



Pastel de Nata

Servings: 12

Ingredients for puff pastry

175 grams all-purpose flour

110 milliliters room temp water

4 grams kosher salt

90 grams unsalted butter at room
temperature



Directions for the puff pastry

Place the flour, salt and water in the mixing bowl of a stand-alone mixer fitted with a dough hook. Turn on and mix at the slowest speed for 2 minutes. Increase the speed to medium and knead for 6 more minutes.

You want the dough to be nice and soft and elastic, much like Neapolitan pizza dough. Let the dough rest for 5 minutes.

Sprinkle a clean surface with some flour and roll out the dough with a rolling pin until you get a 8 inch by 8 inch square.

Make sure the butter is the same temperature as the dough, as this makes it's easier to work with. Evenly arrange the butter in the center of the dough in small dabs or thin slices. Fold the right and left sides of the dough inwards, overlapping it in the center and then fold the top down, and the bottom up so that the butter is fully enclosed by the dough (sort of like wrapping a present).

Roll the dough again until you get a rectangle around a half a centimeter thick with the shortest end facing you. Fold the top down two thirds of the way, and then the bottom up so that it overlaps. Then turn the dough 90 degrees. Roll it out again to a rectangle that is half a centimeter thick.

Again fold the top down two thirds of the way, and the bottom up so that it overlaps. Turn 90 degrees. Roll it out again until it's half a centimeter thick and turn the dough 90 degrees so that the longer part is facing you. The puff pastry is now done.



Ingredients for the custard

- 250 grams sugar
- 50 grams all purpose flour
- 2 1/4 cups 2% milk
- 1 strip of lemon peel
- 1 cinnamon stick
- 85 milliliters egg yolks (5-6 yolks depending on size)



Trim/cut the edges so that you have a neat and even rectangle. Brush a little water over the surface of the dough to make it sticky. Then roll the dough to form a long cylinder, making sure to roll it tightly, especially in the beginning. Trim away the edges and then wrap the roll in some parchment paper and chill in the fridge for at least a couple of hours or up to a couple of days.

Directions for the custard

Make the custard. Sift the flour and sugar together in a bowl so that there are no lumps.

Put the milk, lemon rind and cinnamon stick in a saucepan on the stove and bring to a boil.

Once the milk boils, reduce the temperature to as low as it will go to prevent the sugar from caramelizing at the bottom of the pan. Add the flour and sugar while continuously whisking. Once it's all incorporated, raise the temperature back up to medium high heat and keep whisking until it thickens slightly, around 30 seconds. When the whisk leaves a light trail behind it as you move it from side to side, then you know it's ready.

Allow the custard to cool. Once it reaches room temperature, whisk in the egg yolks. Do not do this while the custard is hot because the eggs will scramble.

Take the dough out from the fridge and roll the cylinder until it is the same diameter as the bottom of your pastel de nata tins which is about 3 centimeters. Cut the dough into 1.5 centimeter pieces with a serrated knife so that you don't squish the laminations. Place each piece of dough into the center of your seasoned pastel de nata molds. ****Please don't forget to season the tins prior to using, otherwise your pastéis de nata will stick.**

Place a small bowl of water in your work area. Wet your thumb and press down into the center of the dough in each mold. Stretch the dough upwards along the mold until the dough overlaps the edge of the mold. It is very important that the dough is slightly higher than the edge of the mold before filling it with the custard.



Place a small bowl of water in your work area. Wet your thumb and press down into the center of the dough in each mold. Stretch the dough upwards along the mold until the dough overlaps the edge of the mold. It is very important that the dough is slightly higher than the edge of the mold before filling it with the custard.

Fill each mold with the custard filling to just below the top edge.

Preheat the oven to 500°F, or as high as it will go. Place the pastel de nata molds on a baking sheet with enough space around them so the heat can circulate around them. If you have a convection oven, turn it on.

Place the tray in the middle of the oven and bake for 18-20 minutes, turning halfway through. The total baking time will depend on the type of oven you have, the temperature, how many pastel de nata you have on the tray and the size of the pastel de nata molds (the smaller ones should bake slightly faster)

When you see that the surface of the pastries start to look caramelized and the puff pastry is golden, open the oven and shake the tray a little. If the pastries wobble too much, leave them in for another minute or two. If they are solid and set, it means they are fully cooked and ready to be taken out.

Remove from the oven and let cool for 15 minutes before removing them from the tins.

Sprinkle with cinnamon and powdered sugar and enjoy! Pastéis de nata are best eaten the same day they are baked. But they will keep for a day or two. Just reheat before serving for the best experience.

