

## LEMON POTATO MILKTART



**Serving:** 6

**Cooking Time:** 25 minutes

**Prep Time:** 20 minutes

### INGREDIENTS

- **Shortcrust pastry:**

- 125g all-purpose flour
- 55g butter
- Pinch of salt
- 30ml cold water
- 1 cup rice, for blind baking
- **Potato puree:**
- 2 medium potatoes
- 50ml cream
- **Filling:**
- 500ml milk
- Half cup sugar
- 100g butter
- 3 tsp flour
- 3 eggs, separated
- Pinch of salt
- 1 cinnamon stick
- 3 lemons, zested
- **Topping:**
- 50g castor sugar
- 5g ground cinnamon

## INSTRUCTIONS

1. Pre-heat the oven to 180°C/350°F.

2. Start by making the shortcrust pastry. In a bowl, mix the flour, butter and salt together and pour in the water.
3. Using your hands, work the pastry into a disc and leave to rest in the refrigerator for 30 minutes.
4. Make the potato puree whilst the pastry is resting. Put a saucepan of salted water on the boil and cook the potatoes for about 10-15 minutes or until you can easily push a knife through them.
5. Drain the water from the saucepan, pour in the cream and return to the heat to simmer.
6. Place the potatoes in a food processor/blender and blend on low speed until smooth.
7. After 30 minutes, roll the pastry out and line individual ramekins or pastry casings.
8. Cover the pastry with wax paper and fill with the rice and blind bake in the oven for 15 minutes.
9. In the meantime, make the filling by putting 1/3 of the milk in a pot with the butter and bringing it to a simmer.
10. In a bowl, combine the egg yolks with the remaining milk, then stir in the flour, sugar and salt.
11. Slowly whisk in the hot milk and return the mixture to the pot adding the cinnamon stick and lemon zest. Whisk until thick.
12. Fold the potato puree into the milk mixture and allow to cool to room temperature.
13. Whisk the egg whites into stiff peaks, fold through the potato mixture and spoon into the tartlet casings. Bake at 190°C/370°F for 20 minutes.
14. For the topping, mix the castor sugar and cinnamon together and sprinkle over the milk tarts with a sieve.