



Vegan Melk Tert

This is my take on a legendary South African dessert, basically a custard pie but with heavy hits of cinnamon and Vanilla.

Ingredients

1 Roll Vegan Puff Pastry
790g Plant Milk – I used MOMA Barista Edition
1 Cinnamon Stick
60g Corn Flour
190g Sugar
1 Tbsp Vanilla Extract
2 tsp Arrowroot Powder
50g Vegan Butter – I use Naturli Block
Cinnamon Powder for dusting



Method:

Heat oven to 180C Fan.

Grease a non-stick Quiche Tin with a little Vegan Butter and set aside

Roll out the pastry on a floured surface to about 3mm thick, then line the tin.

Place a sheet of baking paper in the tin and fill with baking beads and bake for 30 minutes.

While the pastry is baking, place 500g of the milk in a pot with the cinnamon stick and gently heat to a boil.

Add the corn flour, sugar and 200g of the milk to a jug and whisk until the sugar is dissolved and the mixture is smooth.

Add the arrowroot to a small jug with 90g milk and mix to combine.

When the milk and cinnamon has reached a boil, remove the cinnamon stick, reduce the heat and pour the hot milk into the jug with the sugar and corn flour, stir and then return to the pot.

Stir continuously on a low to medium heat until the mixture starts to thicken, then add the vanilla and the arrowroot slurry.

When the custard has become very thick, reduce the heat, add the butter and stir until melted.

Remove the pastry from the oven, pour in the custard and then place it back in the oven and bake for 20 minutes until the pastry is golden.

Remove from the oven and place on a cooling rack for at least 2 hours, then place in the fridge and allow to set, ideally overnight.

When ready to serve, remove from the quiche tin, dust the top with cinnamon, slice and serve.