

Milk Tart (Brian Keck)

½ c. butter, softened
1 c. white sugar
1 egg
2 c. flour
2 t. baking powder
¼ t. salt
4 c. milk
1 t. vanilla extract
1 T. butter
2 ½ T. all-purpose flour
2 ½ T. cornstarch
½ c. white sugar
2 eggs, beaten
½ t. ground cinnamon

Preheat oven to °350. In a medium mixing bowl, cream together 1/2 cup butter or margarine and 1 cup sugar. Add 1 egg and beat until mixture is smooth. In a separate bowl, mix together 2 cups flour, baking powder, and salt. Stir flour mixture into sugar mixture just until ingredients are thoroughly combined. Press mixture into bottom and sides of two 9-inch pie pans. Bake for 10 to 15 minutes, until golden brown.

In a large saucepan, combine milk, vanilla extract, and 1 tablespoon butter or margarine. Bring to a boil over medium heat, then remove from burner. In a separate bowl, mix together 2 1/2 tablespoons flour, cornstarch, and 1/2 cup sugar. Add beaten eggs to sugar mixture and whisk until smooth. Slowly whisk mixture into milk. Return pan to heat and bring to a boil, stirring constantly. Boil and stir 5 minutes. Pour half of mixture into each pastry shell. Sprinkle with cinnamon. Chill before serving.

“I first had this South African dessert in Pietermaritzburg, South Africa, at Christmas, 1977.”