



PREP: 60 min
COOK: 45 min
SERVES: 12

Black Sesame & Orange Chinese Egg Tarts (Po Tat)

Ingredients

Custard

- 1 tsp Vanilla Bean Paste
- 1 tbsp (20g) plain flour
- 1 tbsp milk
- 2/3 cup (150g) caster sugar
- 1/3 cup (80ml) water
- 2/3 cup (160ml) milk, extra
- 2 tsp orange zest
- 3 large egg yolks, whisked

Pastry

- 2 sheets frozen puff pastry, defrosted
- 2 tbsp black sesame seeds

Method - Custard

STEP 1

In a medium bowl, whisk the flour and 1 tbsp milk until smooth. Set aside.

STEP 2

Bring sugar and water to a boil in a small saucepan and cook until 100°C.

STEP 3

While the sugar syrup is heating up, in a separate saucepan bring extra milk, orange zest and Vanilla Bean Paste to a simmer. Once hot, pour the milk through a sieve into the flour mixture, mixing to combine.

STEP 4

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Method - Custard

Then pour in the hot sugar syrup in a thin stream into the hot milk-and-flour mixture, whisking briskly. Allow to cool for 10 minutes before adding whisking in the egg yolks. Strain the mixture into a bowl, cover with plastic wrap, bring to room temperature then pop in the fridge for 1 hour.

Method - Pastry

STEP 1

Preheat oven to 220C (fan-forced) and lightly grease a 12 hole cupcake tin with melted butter.

STEP 2

Sprinkle one sheet of puff pastry with black sesame seeds, place the other on top. Roll into a log and cut into 12 even pieces.

STEP 3

Roll pastry rounds out to 10-12cm circles on a lightly floured bench. Gently press the pastry into cupcake holes and place in the fridge to chill for 20 minutes.

STEP 4

Remove custard from fridge. Fill muffin holes with 1 ½ - 2 tablespoons of custard. Bake for 25 minutes or until pastry is crisp and flaky and custard is golden. Allow to rest for 10 minutes before transferring to a wire rack to cool.

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