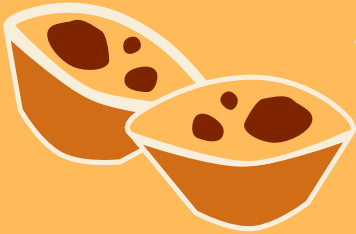


# PASTEL DE NATA

FOR 6 TARTS

DIFFICULTY



## EQUIPMENT

Saucepan  
Mixing bowl  
Rolling pin  
Whisk  
6 Pastel de nata molds

## TIME

**Preparation:** 45 minutes  
**Baking:** 12 minutes

## INGREDIENTS

### Syrup

40g (3 tbsp) water  
85g ( $\frac{1}{3}$  cup + 1 tbsp) sugar

### Puff Pastry

50g (about  $\frac{1}{3}$  cup) flour  
30g (2 tbsp) water  
37g (2  $\frac{1}{2}$  tbsp) margarine  
Pinch of salt

### Custard

125g ( $\frac{1}{2}$  cup) milk  
15g (2 tbsp) flour  
120g (about  $\frac{1}{2}$  cup) syrup  
2 egg yolks  
Lemon zest

## STORAGE

- Pastéis de nata are best enjoyed fresh on the day they are baked, while still slightly warm and crispy.
- They can be stored in an airtight container at room temperature for up to 1 day, or in the refrigerator for up to 3 days.
- To restore their crispiness, reheat them in a preheated oven at 180°C (350°F) for 5–7 minutes before serving.

# METHOD

## 1 Syrup

- Place the water and sugar in a saucepan and heat until the sugar has completely dissolved and the syrup comes to a boil.

## 2 Puff Pastry

- In a bowl, mix the flour and water until you obtain a smooth and slightly elastic dough. Place the margarine in baking paper and knead it until it reaches a texture similar to modeling clay.
- Once the texture is right, shape the margarine into a cube.
- Lightly flour the work surface and place the dough on it. Using a knife, cut a cross on top of the dough, then stretch the four corners outward to form a cross shape while keeping a thicker center.
- Place the margarine cube in the middle of the dough and wrap it completely so that the margarine is fully enclosed.
- Using a rolling pin, roll the dough into a rectangle, turn it a quarter turn, then roll it again into a square.
- Make the first fold: fold the left side over two-thirds of the dough, then fold the right side over the remaining dough.
- Roll the dough out again into a rectangle, turn it a quarter turn, then roll it into a square.
- Make the second fold: fold each side toward the center of the dough, then fold the dough in half.
- Roll the dough out one final time into a square.
- Lightly wet the surface of the dough, then roll it up tightly to form a cylinder. Refrigerate the dough.

## 3 Custard

- Mix a small amount of the milk with the flour. Heat the remaining milk until it comes to a boil and forms a skin on the surface. Pour the hot milk over the flour mixture and whisk gently (do not whisk too vigorously to avoid incorporating air).
- Slowly pour in the syrup while whisking gently. Let the mixture cool, then add one egg yolk.

## 4 Assembly

- Cut the dough into 6 pieces and place them into previously buttered molds. Using your thumb, press the dough twice, then spread it evenly up to the edges of the mold without going over the rim.
- Fill the molds three-quarters full with the custard.

## 5 Baking

- Preheat the oven to its maximum temperature.
- Bake the pastéis de nata for about 12 minutes.
- Remove them from the oven and let them cool for 10 minutes.