



INGREDIENTS

CUSTARD

2 cups of full-fat milk

7 1/2 TBSP of granulated sugar

2 large eggs

Freshly squeezed juice of 1 ½ lemons

3 ½ TBSP of corn starch

2 packs of vanilla sugar or 2 TSP of vanilla bean extract

WET INGREDIENTS

½ cup of sunflower oil

4 TBSP of granulated sugar

Zest of 1 lemon

2 scrambled eggs

DRY INGREDIENTS

1 ¾ cups + 2 TBSP of AP flour

1 TBSP of baking powder

2 packs of vanilla sugar or 2 TSP of vanilla bean extract

OTHER

¼ cup of icing sugar

For best results, all ingredients need to be at room temperature.



VALENTINE LEMON CUSTARD TARTS

By Caterina Romano's kitchen

DIRECTIONS

1. Heat a medium pot over medium heat. Add the milk and granulated sugar. Continuously whisk until the sugar dissolves.
2. In a bowl, scramble the eggs until they turn pale yellow. Add the lemon juice and corn starch. Continue whisking until the corn starch dissolves.
3. Using a small scooper, temper the eggs by adding and mixing the heated milk one scoop at a time for a total of 10 scoops.
4. Add the egg mixture to the remaining hot milk and whisk continuously mix until the mixture thickens. When it starts to burp, shut the stove and continue mixing for 1 ½ minutes. This will make the custard nice and thick.
5. Add the vanilla sugar and mix well. Transfer the custard to a strainer and bowl. Using a spatula, push the custard through the strainer. This process will remove the unwanted impurities. Place a plastic cling over the top of the custard so that it will not develop a film. Refrigerate for 1 ½ hours.
6. In a bowl of a stand mixer equipped with a paddle, combine the oil, sugar, lemon zest and the eggs. Continue mixing until the mixture turns pale yellow.
7. Combine and mix the flour with the baking powder and vanilla sugar. Add the dry to the wet one tablespoon at a time.
8. Divide the dough into two portions. Plastic wrap each portion and refrigerate for 45 minutes.
9. Use a large muffin tin. Spray the inside of the cups with cooking spray and dredge with flour. Shake off the excess flour.
10. Place one the dough portions onto a floured working surface. Using a rolling pin, spread the dough to approximately ¼ thick. Using a small heart cookie cutter, cut out 7 small hearts and set aside.
11. Collect the dough, turn it into a disk and roll out the dough. Use a 3" round cookie cutter to cut large circles.
12. Place the dough circle over the tart cup and using the back of a spatula, gently press it down. Refrigerate for 20 minutes.
13. Fill the tart cups to the top with the custard. Place one small heart cookie in the center of the tart.
14. Preheat the oven to 390 DF.
15. Bake in the oven for 15-18 minutes or until the top cookie turns golden brown.
16. Place the tarts on a cooling rack and allow to cool for 10 minutes. Place the tarts in the refrigerator to chill for 10 minutes.
17. Sprinkle with icing sugar and serve.

ENJOY THE VALENTINE LEMON CUSTARD TARTS