

To most people, the festive season means *family* but to our hospitality industry, it usually means *frantic!* Either way, coming together for a convivial meal in the Australian summer demands cool dishes for cool heads. Kyle's Grandmother's recipe for the classic South African Melktert (Milk Tart) is a perfectly nostalgic, not-too-sweet ending to a meal... He likes to delight Appellation guests with a petit four version but a wobbling, Christmas-scented slice from the larger tart will easily tempt a crowd, claiming to be 'too full for dessert'!

Kyle's Grandmother's Melktert

Filling

1 tin of condensed milk
1180 ml water
80g corn flour
4 eggs, separated
15g butter
pinch of salt
1 vanilla pod, scraped

Pastry

250g plain flour
125g butter
1 egg
1 tablespoon iced water

For the tart filling -

Place all ingredients except egg whites into a saucepan and heat until thickened.
Remove from heat, pour into a bowl and allow mixture to gently reach room temperature.

Meanwhile, prepare your pastry -

Pulse flour and butter in food processor until it resembles sand texture.
Add egg and water and pulse until just combined.
Push all together then wrap in cling wrap and refrigerate for 30mins
Remove from fridge roll out then lay into your tart shell shape.
Blind Bake at 175c 15-20 minutes or until just cooked
Set aside to cool.

Back to the filling -

Beat egg whites to stiff peaks then fold through your room temperature pie mixture.
Gently pour pie mixture into your cooled pie crust and bake for 15mins at 160 c *
Your pie consistency should be wobbly but set and a pale, milky colour.
Finish with a good dusting of nutmeg - Freshly grated is always best.

*Lower temp if your oven is fan-forced, gently jiggle the pie and touch the top to make sure it's set.