

Mango Pastéis De Nata

Patéis de Nata – a classic dessert that is easy to prepare. This recipe brings together a rich cream filling with an exotic touch of mango, to be enjoyed hot or cold.

1l semi-skimmed milk
400g sugar
155g egg yolk
80g wheat flour
10g lemon zest
1 cinnamon stick
butter for greasing
2 rectangular puff pastries
24 mango purée portions

METHOD. Preheat the oven at 220°C. Boil the milk with the cinnamon stick. Mix the sugar with the flour and gently add the milk through a strainer. Whisk gently. Bring to a boil again while whisking. Remove from the heat when the cream is homogeneous. Allow to cool. Beat the egg yolks separately and add them to the cream. Add the lemon zest and fold well. Roll out the puff pastry, grease the moulds and place a slice of dough in each mould. Gently press the dough with your thumbs, stretching it to cover the moulds completely. Place a frozen mango puree portion in each mould. Pour the mixture on top of the puree portions and cover them completely. Bake for 10–12 min. at 220°C. Unmould and serve hot or cold.

Notes
