

Caramel Egg Custard Tart

Yield: 12 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/flaky-egg-custard-tart-recipe-chinese>

Ingredients:

- 1 1/8 cups all purpose flour
- 5/8 cup whole wheat flour white
- 1 7/8 tablespoons cornstarch
- 1 1/8 tablespoons brown sugar
- 1/2 teaspoon sea salt or kosher
- 9/16 cup unsalted butter
- 1 large egg
- 2 tablespoons water
- 7 15/16 tablespoons granulated sugar white
- 2 tablespoons honey mild flavored, like clover
- 3 tablespoons whole milk
- 7 15/16 tablespoons granulated sugar white
- 1 7/8 tablespoons powdered milk
- 2 1/4 tablespoons cornstarch
- 4 large egg yolks
- 2/3 cup whole milk
- 1 vanilla bean

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 115 milligrams
4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 4 grams
7. SaturatedFat: 7 grams
8. Sodium: 120 milligrams
9. Sugar: 22 grams

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