

# The Hirshon South African Melktert

Yield: 4 min  
Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-south-african-melktert>

## Ingredients:

- shortcrust pastry
- 9/16 cup cold butter approximately 1 stick or ½ cup
- 2 7/8 tablespoons granulated sugar approximately 45 ml or 3 tablespoons
- 1 5/8 cups cake flour approximately 400 ml or 1 ¾ cups
- 1 egg large
- 2 tablespoons cold water approximately 2 tablespoons
- tart filling MILK
- 1/2 stick butter
- 2 15/16 tablespoons cake flour approximately 45 ml or 3 tablespoons
- 7 ounces condensed milk sweetened full fat
- 2 cups whole milk
- 3 large eggs separated
- 1/4 teaspoon salt
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon almond extract
- 1/2 teaspoon cinnamon powder
- 1/2 teaspoon grated nutmeg

## Nutrition:

1. Calories: 900 calories
2. Carbohydrate: 92 grams
3. Cholesterol: 340 milligrams
4. Fat: 51 grams
5. Fiber: 1 grams
6. Protein: 20 grams
7. SaturatedFat: 30 grams
8. Sodium: 600 milligrams

9. Sugar: 43 grams

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