

Traditional Portuguese Pastéis de Nata

Marcel · 11/02/2025



Prep Time

30

Dificult

Medium

Servings

12

Description

Pastéis de Nata, also known as Portuguese Custard Tarts, are a traditional pastry originating from Portugal. These small, flaky tarts are filled with a rich, creamy custard that is slightly caramelized on top, creating a delightful contrast between the crisp pastry and the smooth, velvety filling. The pastry is made from puff pastry, carefully rolled and pressed into small cups to create a light and crispy shell. The custard filling is a combination of egg yolks, milk, sugar, and a touch of cinnamon, resulting in a silky, slightly sweet texture. Baked at a high temperature (480°F / 250°C), the custard develops a beautifully golden and slightly blistered surface, giving Pastéis de Nata their signature look. Traditionally, they are served warm with a sprinkle of powdered sugar and cinnamon, making them a perfect treat for any time of the day. These tarts are a staple in Portuguese cafés and bakeries and have gained international popularity due to their irresistible taste and texture. Whether enjoyed with a cup of coffee or as a dessert, Pastéis de Nata are a must-try pastry for any food lover!

Ingredients

- 1 cup (240 ml) whole milk
- 3 tablespoons (24 g) all-purpose flour
- 1 cup (200 g) granulated sugar
- 1/2 cup (120 ml) water
- 1 cinnamon stick
- 1/2 teaspoon vanilla extract
- 4 large egg yolks
- 1 sheet of puff pastry
- thawed if frozen
- Butter or oil for greasing the muffin tin

Instructions

1. In a saucepan, mix 1/4 cup (60 ml) of the milk with the flour until smooth. Set aside.
2. In another saucepan, combine sugar, water, and cinnamon stick.
3. Bring to a boil over medium heat, without stirring, until it reaches 220°F (104°C) (about 3-4 minutes).
4. Remove from heat and discard the cinnamon stick.
5. Heat the remaining 3/4 cup (180 ml) of milk until warm, then slowly add it to the flour mixture while whisking.
6. Gradually pour the hot sugar syrup into the milk-flour mixture, whisking continuously.
7. Stir in the vanilla extract.
8. Let the mixture cool slightly, then whisk in the egg yolks, one at a time.
9. Strain the custard through a fine sieve into a clean bowl to remove lumps. Set aside, Preheat your oven to 480°F (250°C).
10. Lightly grease a 12-cup muffin tin.
11. Roll out the puff pastry sheet into a thin rectangle.
12. Roll it tightly into a log, then cut into 12 equal pieces.
13. Place each piece into a muffin cup, cut side down.
14. Using your fingers, press and stretch the dough into the muffin cups, ensuring the bottom and sides are evenly covered.
15. Fill each pastry shell $\frac{3}{4}$ full with the custard.
16. Bake in the hot oven (480°F / 250°C) for 15-20 minutes, until the custard is golden brown and slightly caramelized on top.
17. Remove from the oven and let cool for a few minutes in the tin.
18. Carefully remove the tarts from the tin and place them on a wire rack.
19. Serve warm or at room temperature, optionally dusted with powdered sugar and cinnamon.