



Coconut Custard Tarts

 Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



111 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon coconut extract
- ☐ 2 tablespoon cornstarch
- ☐ 0.8 cup cup heavy whipping cream 35%
- ☐ 3 egg yolks
- ☐ 0.5 cup caster sugar
- ☐ 2 tablespoon coconut or shredded sweetened
- ☐ 2 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ muffin tray

Directions

- ☐ Whisk the egg yolks, sugar and corn starch in a medium saucepan. The mixture will be thick. Gradually whisk in cream, milk and coconut until smooth.
- ☐ Heat the mixture over medium heat and cook, continuing to stir with a wooden spoon, until the mixture has thickened slightly(it will come to the boil).
- ☐ Remove from heat and stir in the vanilla and coconut extracts.
- ☐ Transfer the custard to a new bowl, cover surface with plastic wrap and leave to cool. While the custard is cooling, preheat the oven to 375F. Lightly grease a 12-pan muffin tin.
- ☐ Cut the puff pastry sheet in half, placing one half on top of the other and set aside for 5 minutes.
- ☐ Roll the pastry tightly from the short end, wrap in waxed or parchment paper and place the log in the fridge for about 5 minutes.
- ☐ Remove pastry from the fridge and cut into twelve rounds.
- ☐ Lay each round on a lightly floured board and roll each one out until they are about 10cm diameter. Press the pastry rounds into the muffin tin. Slightly pinch the overlapping pieces at the top of each tin. Make sure the bottom pastry is thicker than the side pastry. Scoop the cooled custard into pastry cases and bake for 30-35 minutes, until both pastry and custard are golden. The custard might have dark spots on top of it – this is totally normal and even desired. Leave the tarts in the tin for 5 minutes, then transfer to a wire rack to cool completely. The custard will sink but again, this is ok. Enjoy! These are best enjoyed the day they are made.

Nutrition Facts



 **PROTEIN 4.24%**  **FAT 56.91%**  **CARBS 38.85%**

Properties

Glycemic Index:5.84, Glycemic Load:5.82, Inflammation Score:-1, Nutrition Score:1.6065217489782%

Nutrients (% of daily need)

Calories: 111kcal (5.55%), Fat: 7.03g (10.82%), Saturated Fat: 4.24g (26.53%), Carbohydrates: 10.81g (3.6%), Net Carbohydrates: 10.74g (3.91%), Sugar: 9.43g (10.47%), Cholesterol: 65.41mg (21.8%), Sodium: 9.73mg (0.42%), Alcohol: 0.3g (100%), Alcohol %: 1.22% (100%), Protein: 1.18g (2.36%), Vitamin A: 283.55IU (5.67%), Selenium: 3.26µg (4.66%), Vitamin D: 0.48µg (3.21%), Vitamin B2: 0.05mg (3.2%), Phosphorus: 27.74mg (2.77%), Vitamin B12: 0.11µg (1.86%), Manganese: 0.04mg (1.83%), Folate: 7.26µg (1.82%), Vitamin B5: 0.18mg (1.82%), Vitamin E: 0.26mg (1.72%), Calcium: 16.02mg (1.6%), Vitamin B6: 0.02mg (1.23%), Zinc: 0.16mg (1.1%)