

Egg Tart Recipe—Hong Kong Style

Prep Time: 30 minutes

Cook Time: 20 minutes

Yield: Making 8 egg tarts of regular moulds



Famous Hong Kong style egg tart recipe with short crust pastry shell and a super smooth custard filling.

Ingredients

- For custard filling
- 2 middle size eggs, whisked (include 1 tablespoon for pastry dough)
- 90ml hot water
- 35g sugar (around 2 tablespoons+1 teaspoon for castor sugar) You can adjust slightly
- 1/8 teaspoon salt
- 30g evaporated milk(around 2 tablespoons)
- Dash of vanilla extract (optional)

For the pastry dough

- 90g cake flour (160ml)
- 50g unsalted butter, soften in room temperature
- 25g icing sugar (1/4 cup)
- 1 tablespoon of whisked egg
- 1/8 teaspoon salt
- Dash of vanilla extract (if you prefer)

Others

- melted butter for brushing the moulds
- Flour for dusting and coating

Instructions

Make custard filling

1. Melt sugar and salt with hot water. Mix until dissolved and cool down.
2. Whisk eggs and then take around 1 tablespoon out for the pastry dough. Stir in sugar water and also evaporated milk (vanilla extract here too). Give a big stir and combine everything well.
3. Strain the filling to get rid of any foam once or twice. Rest aside or in fridge if the room temperature is high.

Making the pastry

4. In a large bowl, sift flour, sugar and salt. Then add softened butter. Break with hands and mix all the ingredients together.
5. Add around 1 tablespoon of whisked egg (vanilla extract here too) and until knead until smooth. If the dough is too sticky, coat your hand with some flour will help. Cover with plastic wrapper and then fridge for 30 minutes (or longer time for the dough to become stiff so we can continue the assembling process.)
6. Take the dough out and divide into 8 equal portions. Make one portion into a round ball and slightly press down. And I would strongly suggest brushing some melt butter on the surface of the moulds so we can move them out easily. Press the shell into the moulds with your fingers. Try to make the wrapper uniform in thickness and avoid a thick bottom. Repeat to finish all.

Baking the egg tart.

7. Pre-heat the oven to 200 degree C (390 degree F).
8. Pour the custard filling to the shells around 80% full. Bake for 15 to 20 minutes until the surface becomes golden brown and a toothpick can stand in the egg tart.
9. Another tip is to shake the egg tart slightly, transfer out when the surface is not moving any more. In last minutes, please slightly lower your fire to avoid the custard filling rising too high. Otherwise egg tart will collapse after cooling down.
10. Cool down for several minutes and then take out from the moulds. Serve when still hot.