

Nata Pastéis |

Recipe for 24 portions



Description

A Portuguese pastry that everyone loves. Crispy and tender, great hot, warm or cold.

Ingredients

Nata Pastéis

- 1 Unit(s) Sheet of puff pastry
- 30 Gr Flour
- 500 Ml Milk
- 2 Stick(s) Cinnamon
- 250 Gr Sugar
- 100 Ml Water
- 4 Unit(s) Egg yolk
- 2 Unit(s) Egg

Finishing syrup

- 65 Gr Sugar
- 50 Gr Water

Preparation

- Preparation time **30 mins**
- Preheat your **Oven** at **400 F°**

Preparation

Make a nice roll with the puff pastry sheet. Cut into 6 pieces. Place the pastry at the bottom of your muffin molds (buttered). Sieve the flour. Make a syrup with the sugar and water, bring to a boil and then let cool.

Nata pastéis

In a sauce pot, bring the water, cinnamon and flour to a light boil while stirring. In another sauce pot, bring the water and sugar to a boil for 2 minutes.

Pour the syrup into the first sauce pot and continue to whisk together. Add the eggs and continue to

whisk.

Pour this mix on top of the puff pastry in the muffin molds. Cook in a very hot oven (480°F) for roughly 10 minutes.

Plating

Once you remove them from the oven, brush them with the syrup to make sure they are nice and shiny.

Bon appétit!