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## PLATINUM Weekblad/Weekly

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Rustenburg – 'Melktert' - South Africa's national desert, is more than just a cultural heritage, it is yummy and loved by South Africans of all spheres

In fact, it is such a great pudding that it has its own day on which we celebrate its deliciousness.

National Milk Tart Day was celebrated on Thursday 27 February. This traditional tart consists of a sweet pastry crust, filled with creamy custard milk, flour, sugar and eggs. To make it even more amazing, it is dusted with cinnamon after baking.

If you didn't have a chance to celebrate it on Thursday, follow our recipe for Mariline's milk tart and make it at home. Don't feel like baking it yourself? Visit Die Melkstal at 188 Kock St, Rustenburg for their scrumptious milk tart and other delightful deserts. Photo: Die Melkstal waiters Beauty Morwe (left) and Loveness Amamon celebrating National Milk Tart Day.

## **Filling**

4 1/2 Cups milk 3 Eggs

2 Tablespoons flour

2 Tablespoons Maizena corn starch

3 Dessertspoons butter

3/4 Cup sugar A pinch of salt Bring milk to a gentle boil. Beat eggs well and add sugar, flour, Maizena corn starch and salt. Mix well and pour the mixture slowly into the boiling milk. Stir the mixture continuously until the mixture thickens and then

pour into cooked shell. Refrigerate for several hours and enjoy!

## Crust

1 package tennis or digestive biscuits

1 stick melted butter

1 teaspoon ground cinnamon In a food processor blend the tennis or digestive biscuits with cinnamon and melted butter until combined and crumbled. Transfer to a tart pan and

spread over the bottom and up the sides, firmly pressing down. Place the pan in the fridge to harden while you make the filling.

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