

Soulfood Signature Hidden Pastel De Nata

Recipe Items:

1 kilo of Sugar
1 Leaf of Filo Pastry
600 ml of Water
Butter
1.5 Liter Milk
200 G flower
25 G Maizena
15 Egg Yolks
3 Whole Eggs



Instructions:

Add water with the sugar e put to boil, when it starts to boil leave for 3 minutes and remove from Heat.

Add the flower to the Maizena and add 200 ml of Milk until becoming as a bechamel sauce, tick and runny.

The remaining Milk needs to be heated, when reaching boiling point remove from heat source .

Mix the hot Milk and Bechamel Sauce a little in the beginning to create a paste after 30 seconds the rest of the Milk, always mixing consistently.

Let the Sugar Water and the Bechamel cool down at room temperature, after slowly in a mixer blend the 2, pouring the Sugar Water gently so they mix together.

Add the 15 yolks and 3 whole eggs to the mix, blend until all are in unison and place in a pan with Vegetable Paper and take it to oven for 30 minutes at 120 degrees

After the cooking place in the fridge to gain consistency.

Cut 8 cm 8 cm square wrap with Filo doe brushed with Melted Butter on all sides and take it to the oven for 10 minutes at 180 degrees.

Remove from the oven, scoop of Ice cream and Enjoy !!!!!!!Happy Valentine´s