

# Custard and Fruit Tarts (Mini)

*The Essential Appetizers Cookbook (1999)*  
*Whitecap Books*

## **Yield: 36 tarts**

*4 sheets ready-rolled shortcrust pastry*  
*1 vanilla pod*  
*1 1/4 cups milk*  
*2 egg yolks*  
*2 tablespoons sugar*  
*3 tablespoons plain flour*  
*sliced fruit (for garnish)*  
*apricot jam (for garnish), warmed*  
*and sieved*

Preheat the oven to 350 degrees. Grease three shallow twelve-cup muffin tins.

Using a 2-3/4-inch round cutter, cut rounds from four sheets of ready-rolled sweet shortcrust pastry. Place in the tins. Press down. Prick the bottoms several times with a fork.

Bake for 12 to 15 minutes or until golden brown. Remove and cool.

Cut the vanilla pod in half. Place in a saucepan with the milk. Slowly bring to a boil, then remove from the heat and cool slightly.

In a large heatproof bowl, whisk the egg yolks and sugar until thick and pale. Add the flour, then gradually mix in the vanilla milk. Return to a clean pan. Heat slowly, stirring constantly, for 5 to 10 minutes or until it boils and thickens.

Allow to cool. Then spoon evenly into each pastry cup. Top with some sliced fruit.

Glaze with warmed apricot jam.

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Per Serving (excluding unknown items): 403 Calories; 20g Fat (45.4% calories from fat); 16g Protein; 40g Carbohydrate; 0g Dietary Fiber; 467mg Cholesterol; 164mg Sodium. Exchanges: 1/2 Lean Meat; 1 Non-Fat Milk; 3 1/2 Fat; 1 1/2 Other Carbohydrates.

Appetizers, Desserts

**Calories (kcal):** 403  
**% Calories from Fat:** 45.4%  
**% Calories from Carbohydrates:** 39.3%  
**% Calories from Protein:** 15.4%  
**Total Fat (g):** 20g  
**Saturated Fat (g):** 9g  
**Monounsaturated Fat (g):** 7g  
**Polyunsaturated Fat (g):** 2g  
**Cholesterol (mg):** 467mg  
**Carbohydrate (g):** 40g  
**Dietary Fiber (g):** 0g  
**Protein (g):** 16g  
**Sodium (mg):** 164mg  
**Potassium (mg):** 494mg  
**Calcium (mg):** 410mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 2mg  
**Vitamin C (mg):** 3mg  
**Vitamin A (i.u.):** 1030IU  
**Vitamin A (r.e.):** 310RE

**Vitamin B6 (mg):** .2mg  
**Vitamin B12 (mcg):** 2.1mcg  
**Thiamin B1 (mg):** .2mg  
**Riboflavin B2 (mg):** .7mg  
**Folacin (mcg):** 64mcg  
**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** n n%

### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 1  
**Fat:** 3 1/2  
**Other Carbohydrates:** 1 1/2

## Nutrition Facts

### Amount Per Serving

**Calories** 403                      **Calories from Fat:** 183

### % Daily Values\*

<b>Total Fat</b>	20g	31%
Saturated Fat	9g	47%
<b>Cholesterol</b>	467mg	156%
<b>Sodium</b>	164mg	7%
<b>Total Carbohydrates</b>	40g	13%
Dietary Fiber	0g	0%
<b>Protein</b>	16g	
<b>Vitamin A</b>		21%
<b>Vitamin C</b>		5%
<b>Calcium</b>		41%
<b>Iron</b>		7%

\* Percent Daily Values are based on a 2000 calorie diet.