

Macau Style Portuguese Egg Tarts

BY JOANNA CHUNG | @CHUNGEATS

Portuguese egg tarts have always been one of my favorite desserts growing up in Hong Kong. I always thought of them as a dessert from Hong Kong despite its name, all that mattered to me is that they tasted like home!

As a third culture kid, growing up between Hong Kong and New York, with roots in Brazil, my identity was always one thing that I felt like I couldn't grasp and sometimes it felt like I didn't actually belong anywhere. But understanding the history and the culture behind the foods that raised me, helped open up my worldview in how traditions evolve, just like us.

From pastel de natas in Portugal, to becoming a staple dessert in Macau and Hong Kong after Portuguese colonization, to today, my Thanksgiving table in New York. Being an Asian American doesn't lie in choosing one identity or home over the other, but rather embracing them all together.

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INGREDIENTS

⅓ cup sugar
⅔ cup hot water
2 eggs
⅓ cup evaporated milk
½ teaspoon vanilla extract
8-9 frozen puff pastry egg tart shells

INSTRUCTIONS

01 Preheat the oven to 400°F

02 Make the custard

1. In a small bowl or measuring cup, whisk together the hot water and sugar until the sugar is completely dissolved.
2. In a medium bowl, whisk the eggs until the mixture is slightly foamy and well combined.
3. Add the evaporated milk and the sugar water, then whisk until smooth.
4. Add the vanilla extract and whisk again until fully combined.
5. Strain the custard 1–2 times to remove any air bubbles or egg solids.

03 Assemble tarts

1. Lay out the frozen puff pastry tart shells evenly on a baking sheet.
2. Pour the custard into a measuring cup, then fill each tart shell with the custard mixture until about 80% full.

04 Bake

1. Bake for 25–30 minutes at 400°F or until the crust is golden brown and the custard is set with a slight caramelization on top.
2. For the last few minutes of baking, crack the oven door slightly open and leave it ajar to help prevent the custard from deflating too much as it cools.