

STRAIT OF MALACA - NATA



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The luxurious Westin Macau presents a fusion of local hospitality and global flavours. Represented by Bruno Santos & Olivier Foucke.

- Sub Category Name
Combo
Desserts
- Recipe Source Name
Real High Tea 2014/15 Volume 1

Used Teas



t-Series Lychee with
Rose & Almond

Ingredients

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Portuguese Egg Tart



- 1 sheet puff pastry
- 3 large free range egg yolks
- 25cl cream
- 25cl milk
- 50g sugar
- 1 tsp vanilla essence
- 100g melted unsalted butter

Tea Infused Bird Nest

- 4g Gomantung bird nest
- 6g Dilmah Lychee with Rose and Almond
- 25g bees honey

Methods and Directions

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Portuguese Egg Tart

- Preheat the oven to 220°C. Line a baking tray.
- Prepare the custard: Combine the milk and sugar, heat over low flame until it's bubbling. Remove from fire. In a mixing bowl whisk together the cream, vanilla essence and egg yolks, whisk constantly while adding the milk. Whisk till the ingredients are well blended. Keep in the fridge.
- Prepare the dough: Cut the puff pastry into 3 equal parts. Brush with melted butter and stack them together. Roll the sheets into a cylinder and cut out rings of 1 mm thickness. Press the dough in the desired moulds size.
- Cook the egg tart: Remove the custard mix from the fridge; fill each tart shell till it's 80% full of custard.
- Bake in the oven for 13 minutes. Switch the oven to a broil for 3 minutes to get a caramelized top.

Tea Infused Bird Nest

- Soak and expand the bird nest: Keep the nest in cool water for 18 hours in the fridge, stirring every couple of hours. Remove from fridge and strain excess water without force.
- Prepare the Tea: Boil spring water to 100°C, add the tea and leave to brew for 3 minutes, strain and add 25g bee's honey. Cool down to 40°C.
- Infuse the nests: Dip the bird nest in tea and leave in for 4 hours. Strain and keep refrigerated till required.



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