

Millefeuille

Components: Puff Pastry • Pastry Cream

Puff Pastry

Ingredients	Quantity
Basic dough	
Cake flour	1 cup +4 TBSP
Fine salt	3 tsp
Water	9-1/2 TBSP
Butter for folding	
Butter	3-1/2 Cups
Cake flour	1/2 Cup

Procedure

1. Delicately mix the ingredients for the basic dough. The dough must be firm. Cover in plastic wrap and refrigerate for several hours, ideally overnight.
2. To prepare the butter for folding, knead the flour with the butter cut into cubes, shape into a square protect in plastic wrap and refrigerate.
3. Roll out the dough to a square shape. The folding butter must have the same consistency as the dough.
4. Place the butter crosswise in the center of the rolled-out dough, and fold the edges over towards the center.
5. Use rolling pin and **Roul'Pat®** to roll out dough in a rectangular shape and fold in three. Wrap and place in the fridge for 1 hour.
6. Turn 45 degrees and roll out once more, fold in three again and refrigerate for 1 hour.
7. Repeat the operation twice more, making sure to respect the rest time.



8. Roll out the dough, Cut rectangles. Place them in a **SilPain®** and lightly dock it with a fork.
9. Bake at 380 F until golden brown.

Vanilla Pastry Cream

Ingredients	Quantity
Whole Milk	4 cups
Heavy Cream	1/3 cup
Sugar	1-1/2 cups
Egg Yolks	8 units
Rice Flour or Cornstarch	2/3 cup
Vanilla Bean	1
Lemon Zest	2 units
Gelatin	1 tsp

Tools & Equipment

- **Roul'Pat®**
- **SilPain®** mat
- Half sheet baking tray (13"x18")
- Rolling pin
- Measuring cups & spoons
- Small pot
- Whisk
- Pastry bag
- Rubber spatula
- Wire rack for cooling the tray
- Chef's knife, Cutting board

Procedure

1. Warm cream and milk in a pot and infuse with the vanilla bean and lemon zest.
2. In the mixer whip together yolks, sugar and cornstarch until light and fluffy.
3. Pour the warm milk over the yolk mixture and mix well.
4. Go back to the stove and cook to a boil, stirring constantly.
5. Turn off the heat, add the gelatin. Strain and wrap with plastic wrap.
6. Keep refrigerated for at least 6 hours, better overnight.
7. Place the mix in the mixer and whip until light and fluffy.
8. Transfer to piping bag with a piping tip attached.

Presentation

- Pipe the vanilla pastry cream on top of cut piece of millefeuille. Stack identical piece above; repeat procedure.
- Millefeuille can be presented horizontally or vertically.
- A vanilla chantilly or whipped cream with icing sugar can be added to finish the presentation.

RECIPE DIFFICULTY LEVEL	
	EASY
	MODERATE
	CHALLENGING
	PROFESSIONAL