



Mille-feuille

75 grams (2/3 cup) of flour

190 grams (7/8 cup) of butter

Mix the butter and flour, this is the first layer of the puff pastry. It's normal that the dough is sticky. Put it in a cool place for a few minutes to allow the butter to harden. It's important to pay attention to the temperature of the pastry in this receipt.

30 CM SQUARE

Spread the pastry between two sheets of parchment paper and flatten it into a large square (30 cm/11.8 inches square)

ALLOW TO COOL DOWN

Refrigerate the pastry

180 grams (1 1/2 cup) of flour

Mix the flour

60 grams (1/4 cup) of butter

+ 1 pinch of salt

Mix water with salt as well as the cold melted butter. This is the second layer.

80 ml (1/3 cup) of water

This pastry is more difficult to make because it must be sufficiently kneaded so that all the components are well blended. It should be firm but not elastic. If you have a mixer, mix the pastry with a flat beater, gradually adding the water. Flatten the pastry into a square (about 15 cm/5.9 inches square)

Remove the pastry from the parchment paper. Wrap the smaller square of pastry in the large one by folding the large square around the small one.

CHILL FOR 1 HOUR

Wrap the pastry in greaseproof paper and put it again in a fridge for 1 hour.

Remove the pastry from the fridge and spread it out in length - flattening it from the centre towards the edges. The rectangle should be 3 times larger in length than in width. Fold one side over one third of the pastry and the other side over another 2 thirds. Then fold it in half to shape it into a rectangle so it looks like a wallet or a book about to be opened.

CHILL FOR 30 MINUTES

Put the pastry back in the fridge at least 30 minutes before moving on to the next turn.

Spread the pastry lengthwise and fold it up the same way as before.

CHILL FOR 30 MINUTES

Do the same thing for the third time, always with at least 30 minutes of letting the pastry refrigerate.

Finally, flour the work surface and roll out the pastry again.

Preheat the oven to 170°C (338°F)

Preheat the oven to 170°C. Cut the pastry into small regular rectangles then sprinkle them with icing sugar.

Spread the small rectangles out on a baking sheet lined with parchment paper and weigh the pastry down with an extra sheet to prevent it from rising too much.

BAKE FOR 20 MINUTES AT 170°C (338°F)

Allow to bake for 20 minutes at 170°C, check the colour after 15 minutes. You can finish the baking without the extra sheet because the pastry will be baked enough and will not rise.

Making the creme patissiere

3 egg yolks

250 ml (8.5 oz) of whole milk

1 vanilla pod

Heat the milk in a saucepan with the vanilla bean and seeds until it boils.

15-20 min

Allow the vanilla to infuse in the milk for 15 to 20 minutes.

50 grams (1/4 cup) of sugar

Whisk the egg yolks with 100 grams (1/2 cup) of sugar.

25 grams (1/4 cup) of flour

+ 25 grams (2 tbsp) of butter

Add the flour.

When the milk is ready, incorporate it gradually into the egg yolk mixture, then pour it into a saucepan and heat it while constantly stirring until the custard thickens (it's the flour that makes the custard thick, the more flour you add, the thicker the custard is).

Add the butter to the warm creme patissiere and mix it together.

ALLOW TO COOL DOWN

Place the creme patissiere in a container, cover it with plastic wrap to prevent a crust from forming and allow to cool down completely in a fridge before using.

Fill a piping bag with the creme patissiere and spread it regularly on the other side of the cold puff pastry rectangles.

If you want to avoid having to make icing, which is not always easy to make - nor preferable, you can simply sprinkle the millefeuille with icing sugar.

<https://www.sikana.tv/en/cooking/prepare-your-own-desserts/mille-feuille>