

Vanilla and Strawberry Mille-Feuille Recipe

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Prep. time : 30 minutes

Cook time : 30 minutes

Ready in 60 minutes

Level : Advanced

Ingredients:

- Puff pastry 500g (1.1lbs)
- Milk 300g (10.6oz)
- Egg yolks 60g (2.1oz or 3 medium egg yolks)
- Sugar 60g (2.1oz)
- Corn starch 20g (0.7oz)
- All purpose flour 15g (1/2oz)
- Vanilla powder
- Whipping cream 150g (5.3oz)

Directions

1. Roll out the puff pastry until you achieve the ideal thickness of about 3mm (1/8"). Put the pastry on a baking tray, dock it with a fork, and cover with a rack. Bake the pastry at 200°C (400°F) for 10-15 minutes, until golden brown. Take out and leave it to cool down.
2. Cook crème pâtissière: Heat up the milk with the half of the sugar and vanilla powder, and whisk the egg yolks with the rest of the sugar until pale and thick. Add sifted corn starch and flour to egg yolk mixture and whisk to combine. Temper the egg yolk mixture with hot milk. Stir well and return everything to the pan. Cook the cream on medium heat while whisking vigorously until it thickens,

and after it starts boiling, continue to cook for two more minutes. Remove it from the stove and transfer to a clean bowl. Leave it to cool down.

3. Cut your puff pastry into same sized rectangles, approximately 5cm (2") wide and 10cm (4") long.
4. Whisk the cooled crème pâtissière, and whip the cream to soft peaks. Fold in the cream into crème pâtissière. You have just made crème diplomate.
5. Cut the strawberries in half.
6. Assemble your mille-feuilles. For each piece, you will need three rectangles of puff pastry. Take two rectangles, pipe the diplomate cream on the top of each one, and put strawberries on top of the cream. Put one assembled piece on top of the other. Dust the third rectangle of puff pastry with some powdered sugar and put it on the top of your mille-feuille.