

The millefeuille



Serves :

4-6



Prep :

1h

puff pastry not included



Rest :

Freezing : -
Refrigeration : 6h



Cook :

Temperature : 338°F
Time : 45-60 min.

Special equipment

- 2-3 mm dough thickness guides
- 2 x perforated baking sheets
- round nozzle/tip 8-10 mm
- 4 nuts (for bolts) of 1 cm thickness

List of recipes

- ✓ Inverted puff pastry
- ✓ Fondant
- ✓ Pastry cream



Steps

D - 2

🌀 Making inverted puff pastry dough

Chill in the refrigerator

-Refer to the puff pastry recipe for more information-

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D - 1

🌀 Preparation of fondant

Store at room temperature for a minimum of 8 hours

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🌀 Preparation of pastry cream

Refrigerate for a minimum of 4 hours

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🌀 Rolling out puff pastry dough

Refrigerate for a minimum of 2 hours

Page **3**

D-Day

🌀 Baking the puff pastry and then cutting it

Bake at 170°C/338°F for 45-60 minutes.

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🌀 Step 1 - Pastry cream (rest for 1 minute)

Réserver 5 minutes au réfrigérateur

Page **5**

🌀 Step 1 - Pastry cream (rest for 1 minute)

Refrigerate for 1 hour (ready to be piped)

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🌀 Warming up the fondant

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🌀 Application of the fondant

Refrigerate for 1 hour

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🌀 Assembly

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The puff pastry

Refer to the dedicated sheet for inverted puff pastry.

Ingredients

- ☑ 375 g ~ Dry butter or PDO
- ☑ 150 g ~ Pastry flour (T45)
- ☑ 350 g ~ All-purpose flour (T55)
- ☑ 115 g ~ Melted butter
- ☑ 150 g ~ Water
- ☑ 15 g ~ Fleur de sel
- ☑ 1 tablespoon of white vinegar

- Roll out the dough to 2-3 mm thickness, then transfer it onto a baking sheet and cover with parchment paper.
- For baking, you have two options: caramelizing or not caramelizing the pastry!

Without caramelization

- Place the parchment paper with the pastry on a perforated tray. Place nuts of 1 cm in height at the 4 corners (they ensure a controlled and regular thickness of the pastry). Place another sheet of parchment paper on top of the pastry, a tray, and weights to prevent the tray from lifting.
- Bake (with fan) at 170°C/338°F for 45 to 60 minutes.
Check the baking every 5 minutes from 35 min. of baking.

With caramelization

- Sprinkle the pastry with powdered sugar (preferably underneath) before baking and then proceed as for the first method. It is also possible to caramelize it after baking. But I find the result less convincing. After baking, caramelize the pastry by sprinkling reduced caramel powder (see page 4) and return to the oven at 180°C/356°F for 1 to 2 minutes (the time to properly melt the caramel).
- Once cooked, place the pastry on a rack to prevent condensation and let it cool for 20 minutes.
- Delicately cut the edges with a bread knife, then cut strips 10 cm wide.
- Cut rectangles of 5 cm by 10. You can also use a template to help you.



Ingredients

- ☑ 25 g ~ Glucose syrup
- ☑ 75 g ~ Water
- ☑ 225 g ~ Superfine sugar
- ☑ 1 tablespoon of cane syrup
- ☑ As needed (QS) of cocoa powder

The white fondant

- It can be prepared several months in advance and stored in a cool place.
- It must be prepared at least 24 hours before its use.
- Prepare a container with ice and cold water.
- In a saucepan, pour 25g of glucose, 225g of powdered sugar and 75g of water and heat over medium heat, stirring the saucepan regularly.
- At 114°C/237°F, stop cooking by placing the saucepan in the container of ice water.
- Wait for the syrup to reach 75°C/167°F before pouring it into the bowl of the mixer.
- Mix using the paddle attachment, gradually increasing the speed up to 3/4 of the maximum speed for 12-15 minutes. The mixture should become whitish and thicken. Stop before the sugar completely solidifies.
- Rub in the fondant with a dough scraper on the work surface (i.e. knead it until it becomes shiny and smooth) and then shape it into a ball.
- Wrap it in cling film and store in an airtight container at room temperature.



Ingredients

- ☑ 50 g ~ Superfine sugar

The caramel

It is useful if you do not want to use fondant!

- In a saucepan, pour 50g of superfine sugar and melt it over low heat, pouring it in 4 times to facilitate browning.
- When the sugar reaches an amber color, place it on a silicone mat and let it harden for 1 hour.
- Crush the caramel and reduce it to powder using a blender.



The pastry cream

Ingredients

- ☑ 500 g ~ Whole milk
- ☑ 75 g ~ Superfine sugar
- ☑ 80 g ~ Egg yolk (x4-5)
- ☑ 25 g ~ All-purpose flour
- ☑ 25 g ~ Pastry cream powder
(or cornstarch)
- ☑ 1 ~ Vanilla bean
- ☑ 35 g ~ Butter
- ☑ 5 g ~ Gelatin
- ☑ 30 g ~ Water

- In a saucepan, pour 500 g of milk.
- Split a vanilla pod in half and scrape the seeds out using a knife.
- Heat the milk over medium heat until it reaches a simmer, then turn off the heat and let it infuse covered for 1 hour.
- In a ramekin, prepare 5 g of gelatin and 30 g of water, then refrigerate for 20 minutes.
- In a mixing bowl, beat 4 egg yolks with 75 g of sugar until they turn pale.
- Add 25 g of flour and 25 g of pastry cream powder, then mix until smooth.
- Set aside 35 g of butter diced and frozen while making the pastry cream.
- Reheat the milk over medium heat. Once it boils, pour half of it slowly over the yolks and whisk to combine. Pour everything back into the rest of the milk that is still boiling.
- Turn off the heat, and continue stirring with a whisk until the cream thickens. Put it back on medium heat. As soon as the cream starts to bubble, stir constantly for 2 minutes. The cream should be very firm at first, then gradually become more liquid.
- Off the heat, add the gelatin and whisk again. Then add the frozen butter and whisk again.
- Pour the pastry cream into a dish and cover with plastic wrap, making sure it touches the cream. Refrigerate for at least 4 hours.
- Also, refrigerate the bowl of a stand mixer for 4 hours.
- Whip the pastry cream using the stand mixer to loosen it for 1 minute at high speed. Refrigerate for 5 minutes and then whip again for 1 minute at high speed.
- Transfer the pastry cream to a piping bag fitted with a 10mm round tip and refrigerate for 1 hour.



Assembly

- o Prepare the fondant by melting it in a double boiler. > **Video reference = 18:48**
- o Add cane syrup to loosen it (no more than 3%) and control the temperature to reach 32-33°C/90-92°F.
- o Continue to stir off the heat.
- o Never exceed 37°C/99°F, the temperature for use.



For the grooving:

- o Mix one tablespoon of cane syrup and cocoa. > **Video reference = 21:16**
- o Add enough cocoa to obtain the same consistency as the fondant.
- o Then add as much fondant as you have of this chocolate preparation.
- o Mix and put in a cone.



- o Quickly spread a thin layer of fondant on the puff pastry using a spatula. > **Video reference = 22:09**
- o Draw lines of chocolate fondant.
- o Using a toothpick, create lines perpendicular to the first ones (making a round trip).
- o Once the fondant has hardened (after 1 hour in the refrigerator), cut off the excess.



- o Place lines of pastry cream on the other two puff pastries > **Video reference = 23:25**
- o Then assemble the millefeuille.
- o Using a knife, smooth the edges for a clean finish.



Tips

Recipe for inverted puff pastry



❖ For the puff pastry:

Preferably opt for an inverted puff pastry.

You will need 500 g of puff pastry to make 6 individual portions of 5x10 cm or 4 portions of 6x12 cm.

According to Chef Conticini, the ideal thickness after baking is 11 mm.

❖ For the fondant:

Although it may seem fairly simple to make, the fondant can be a bit granulated, which is not great. To avoid this type of problem, it is possible to buy it already prepared, especially since it is really cheap.

To loosen the fondant, use cane syrup or simply syrup (definitely not water!). If possible, do not add more than 3% syrup compared to the weight of the fondant.

It is also important not to heat the fondant to more than 37°C/99°F (average memory = body temperature) so that it can keep its shine.