

PARISIAN CUISINE

Classic Mille Feuille Napoleon Pastry



INGREDIENTS AND SUBSTITUTES

- Puff Pastry - Store-bought is just fine. I often make homemade puff pastry too. But, either one works just fine.
- Milk - For the sake of consistency it is important to use full-fat milk, no low-fat or skimmed milk.
- Sugar - I use white fine grain sugar so it dissolves easily in the milk.
- Cream - Again, you want to use a good 38% or more or you won't have the right consistency for your pastry cream.
- Vanilla - I like to use vanilla bean scrapings because it gives me those black specks in the pastry cream just like you find in the French patisseries.

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STEP BY STEP INSTRUCTIONS

1. BAKE PUFF PASTRY
2. Preheat the oven at 190 C / 375 F.
3. Cut the puff pastry into two.
4. Roll each so sheet to about 12 x 8-inch rectangle.
5. Work with one sheet at a time.
6. Place on a parchment paper, so it's easy to move around.
7. Then, cut the pastry at every two-inch interval so you have 6 long strips.
8. Cut each strip in half at the center so you should have 12 equal pieces.
9. Sprinkle with granulated sugar.
10. Place a parchment paper on top. Then, place a baking tray on top.
11. Bake on the center rack for 15 minutes.
12. Remove the baking tray and parchment paper - bake another 10 minutes until lightly golden.
13. Remove and let cool completely.

PREPARE PASTRY CREAM

1. In a heavy-bottom saucepan, combine sugar, cornstarch, egg yolks, vanilla, and salt.
2. Slowly add the milk while whisking to prevent lumps.
3. Place the saucepan on medium heat stirring continuously until the pastry cream thickens.
4. You want the pastry cream to come to a low simmer so the cornstarch will thicken the mixture.
5. Add the butter and continue to stir on low.
6. Once the pastry cream is thick, remove from heat and pass through a sieve or mesh.
7. Cover with the plastic wrap touching the surface of the cream.
8. Set aside to cool completely.

WHIP THE CREAM

1. Whip the cream using a whisk attachment until soft peaks.
2. Combine half the whipped cream with the chilled pastry cream. Save the rest for the top layer.
3. Use a whisk to ensure you have no lumps.
4. Transfer to a piping bag with a large star piping nozzle.

ASSEMBLE

1. Each mille-feuille or napoleon uses three puff pastry pieces.
2. Place one pastry rectangle on the serving plate.
3. Pipe two or three lines of pastry cream.
4. Top with a second pastry rectangle and pipe another two rows of pastry cream.
5. Place the top pastry rectangle.
6. Pipe with whipped cream on the top and garnish with fresh fruits.

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