

ÉCOLE BELLOUET CONSEIL

MILLEFEUILLE WITH MADAGASCAR VANILLA

Ingredients

Reversed puff pastry
300 g cubed "dry" butter
390 g flour type 55
130 g water
12 g salt
75 g softened butter

Pastry cream
750 g milk
2 Madagascar Bourbon vanilla beans
165 g sugar
150 g egg yolks
60 g pastry cream powder
45 g butter

Light vanilla cream
1 kg pastry cream
70 g gelatine mass
(10 g 200 bloom gelatine powder and 60g water)
300 g whipped cream

Preparation

Reversed puff pastry
Mix together the cubed "dry" butter and 130 g flour, spread onto a tray and refrigerate for 1 hour at 5°C. Make a "detrompe" with the mixer and dough hook using the 260 g flour, water, salt and softened butter. Allow to rest for 1 hour in the refrigerator at 5°C.
Place the "detrompe" onto the butter and flour and fold into three. Give a simple turn (folded into 3) and rest for 1 hour. Give a double turn (book fold) and rest for 1 hour.
Give a simple turn (folded into 3) and rest for 1 hour. Stock the baton in "cling film" in the refrigerator at 4°C. Before using, give a double turn (book fold) and rest for 15 min before rolling out. In total we gave the puff paste 6 folds. Roll out the puff paste to 2.5 cm in thickness onto a baking tray of 60 x 40 cm and allow to rest for 30 minutes.
Place the tray into a fan forced oven at 170°C then after a few minutes place a sheet of "silpat" and a cooling rack over the puff pastry. Bake for a total 30 to 40 min.
Remove the tray from the oven and take off the rack and silpat sheet.
Dust regularly with icing sugar and return the puff pastry to oven to caramelise evenly at 220°C. Stock the baked and caramelised sheet for the assembly.

Pastry cream
In a metal bowl, combine together the egg yolks, sugar and pastry cream powder. Loosen the mixture with the boiling vanilla infused milk then cook the mixture for 2 min. Remove the pastry cream from the heat then add the butter.
Cool down the pastry cream in the refrigerator. Stock for the light vanilla cream.

Light vanilla cream
Smooth out the pastry cream then add the malted gelatine and the whipped cream. Stock for the filling.

Assembly and finishing
Prepare the baked and caramelised puff pastry by cutting the sheet into 3 lengthwise.
Fill the piping bag fitted with a no° 10 nozzle with the light vanilla cream.
Pipe 680 g of the cream onto the first band and cover with the second band of puff pastry. Repeat the operation with the cream and finish with the final band of puff pastry.
Place the assembly into the refrigerator to allow for the cream to set.
Cut the band into 12 millefeuilles of 4.5 cm in width.
Decorate by lightly dusting with some un-dissolvable icing sugar.

Associated products



BEANS
MADAGASCAR
BOURBON VANILLA

PROVA GOURMET | 46 rue Colmet Lépinay | 93100 Montreuil - France | +33(0)1 48 18 17 20
gourmet@prova.fr | www.provagourmet.com