

MILLEFUILLE WITH STRAWBERRIES

We are about to prepare the Millefeuille with strawberries: a classic of all time, fresh and delicious, perfect to end a lunch with friends or on holidays.



50'



4 people

Ingredients

2 pz Puff pastry
17,63 oz Strawberries
4 pz Egg yolks
3,52 oz Sugar
1,76 oz Wheat flour
2,08 cup Milk
0,035 Vanilla Flavour
0,35 Chopped lemon peels

Procedure

We start preparing the custard because it needs to rest for a while before the use.

Mix the sugar with the egg yolks until a homogeneous and soft mixture is formed.

Then add the sifted flour and stir constantly with a wooden spoon to avoid the formation of lumps.

When the mixture is smooth and soft, start pouring hot milk slowly, stirring constantly.

Add the lemon zest (or more than one if you prefer a more fresh and aromatic cream) and vanillin.

Bring the mixture to a boil over low heat, stirring constantly.

When the cream begins to boil, lower the heat and cook over a very low heat: you can adjust the density of the cream by increasing the time to stay on the boil for a minimum of 2 minutes to a maximum of 4-5 minutes.

Take the two sheets of puff pastry and cut them into the desired shape (we have chosen discs).

Prick it with a fork or a pasta roll, brush it with a mixture of egg yolk and water and bake it as shown.

PHASE	TEMPERATURE	TIME	PROBE	HUMIDITY	FAN	PRE-HEATING
1	356°F	25'	/	0%	V5	ON

Plating

Create the Cake by combining the flakes of puff pastry, the custard and the strawberries (which were first washed and removed from the stem).

Finish the millefeuille with a sprinkling of icing sugar.

Chef's tips

To avoid the formation of lumps during the preparation of the custard, add the milk to the mix of eggs and flour away from the fire.

Only after incorporating all the ingredients well do you proceed with cooking.

Be careful not to scrape the white part of the lemon peel, which is very bitter.

Prick the puff pastry will help to have a homogeneous growth during cooking.