

Caramelized apple mille-feuille, vanilla ivory cream

Recipe for 4 persons



Description

A twist on the typical french mille-feuille, with caramelized apples and white chocolate chantilly.

Note

Make sure that the crème pâtissière boiled for at least one minute before incorporating the butter and chocolate.

You can perfume the crème pâtissière with what spice or herb you like.

Ingredients

For the puff pastry

- 1 Leaf(ves) Puff pastry
- 50 Gr Icing sugar
- 50 Gr Sugar

For the custard

- 1 Liter(s) Milk
- 3 Unit(s) Egg
- 5 Unit(s) Egg yolk
- 250 Gr Sugar
- 50 Gr Flour
- 50 Gr Cornstarch
- 2 Clove(s) Madagascar vanilla
- 50 Gr Butter

For the apples

- 3 Unit(s) Cortland apple
- 20 Gr Butter
- 20 Gr Brown sugar
- 0.50 Unit(s) Lemon juice

For the ivory cream

- 500 Ml 35% whipping cream
- 165 Gr White chocolate
- 1 Unit(s) Vanilla bean

Preparation

- Preparation time **45.00 mins**
- Preheat your **four** at **425.00 F°**

Puff pastry

Cut the puff pastry sheet in three equal strips lengthwise. Place them between two sheets of parchment paper and two baking sheets.

Cook it in the oven for 15 minutes, check occasionally.

When the strips reach a light golden brown, remove the top baking sheet, sprinkle some sugar on top, put it back in the oven to caramelize it, repeat this step with the icing sugar.

Remove from the oven and let it cool down.

For the custard

In a pot, warm the milk.

At the same time, mix the egg yolks with the sugar in a bowl until they whiten slightly then add the flour and the corn starch. Pour the warm milk over the mix while whisking it constantly, then pour it back into the pot on the stove at low heat and stir constantly until it thickens.

Remove from the stove and incorporate the butter, let it cool down in the fridge on a baking sheet covered in saran wrap.

For the apples

Peel and core the apples, cut into quarters, toss in lemon juice and then in a hot pan with some butter, caramelize the apples with the brown sugar for 4 to 5 minutes.

Set aside at room temperature before plating.

For the ivory cream

Bring half of the cream to a boil with the open vanilla bean in it. Pour it on the white chocolate and mix until it melts completely, then add the rest of the cream and remove the vanilla bean. Ideally, let it rest for 24 hours at this point. Next, whip it as if it was simply whipping cream.

To plate it

Spread some custard on the first strip of puff pastry, put another strip of puff pastry then custard again and repeat it again. Flip the mille-feuille on its side then garnish the top with the caramelized apples. Finish it with the ivory cream on top.

Bon appétit!