

Crispy millefeuille, chocolate pastry cream and vanilla crème anglaise

Recipe for 4 persons

Description

A delicious variation of an all time favorite recipe.

Note

You could add different flavors to the cream such as pistachio paste or caramel. Adding berries such as raspberries, strawberries or blueberries to the dish will lighten it greatly since the acidity of the fruits will cut through the richness of the millefeuille and crème anglaise.

Ingredients

For the millefeuille

- 25 Gr Flour
- 60 Gr Sugar
- 2 Unit(s) Egg
- 300 Ml Milk
- 100 Gr Dark chocolate
- 5 Gr Cornstarch
- 1 Unit(s) Egg yolk

For the custard

- 200 Ml Milk
- 2 Unit(s) Egg yolk
- 60 Gr Sugar
- 1 Unit(s) Madagascar vanilla

Ytbk

- 2 Unit(s) Sheet of puff pastry
- 35 Gr Icing sugar

Preparation

- Preparation time **45.00 mins**

For the plating

Put the chocolate cream in a pastry bag with a star tip. Place a piece of puff pastry in the middle of a dish, garnish with the chocolate ganache. Layer the millefeuille with 3 pieces of puff pastry and 2 layers of pastry cream. Sprinkle generously with powdered sugar and garnish the plate with the crème anglaise sauce.

Chocolate pastry cream

In a sauce pan warm the milk with 1/4 of the sugar. Once it is warm pour on top of the chocolate and wait 30 seconds before mixing to get a smooth ganache. In a bowl, blanch the egg yolks with the remainder of the sugar and flour. Once the mixture has become creamy and white pour a little bit of the the ganache on the top to temper the mix. Add the rest of the ganache while mixing to ensure the eggs do not coagulate. Put it back in the pan, heat it up while whisking constantly until it reaches the proper consistency. Immediately afterward pour the mixture on a baking sheet lined with saran wrap, and cover the top with saran wrap again. (it's important to push the plastic against the pastry cream to make sure it does not form a skin.) Let it set in the fridge for 30 minutes before use.

For the crème anglaise

In a sauce pan, warm the milk with the vanilla grains. In a bowl, blanch the egg yolks with the sugar, pour the hot milk on the top while constantly whisking to temper the mix. Pour the mixture back in the pan, warm it up with whisking permanently until it thickens slightly. (the mixture should coat the back of a spoon) Cool it down on an ice bath and reserve it in the fridge until needed. (this can be done 1 day ahead of time for optimal results)

For the millefeuille

Cut 12 rectangle squares of puff pastry, spread evenly across a baking sheet between two sheets of parchment paper and cover it with another baking sheet of the same size and cook it in the oven for 20 minutes, until you obtain a golden coloration.

Bon appétit!