

MILLE-FEUILLE NAPOLEON

Serves 6-8

I usually make my puff pastry a few times a year and freeze it. It keeps very well, and is ready to roll out and use. You can use commercial puff pastry. However most puff pastry is not made with butter, and it often contains vegetable shortening. Aside from being something that many of us try to avoid, puff pastry made with shortening just isn't as tasty as those made with butter. There are a few commercial brands of all-butter puff pastry, and these are good. So, this is my conclusion: it is well worth the effort to make your own puff pastry. The inverted puff pastry remains the best option.

Recipe

1.3 lb. (600g) puff pastry (*Watch video: Inverted Puff Pastry*).

Diplomat Cream (Light Vanilla Custard)

Can be refrigerated up to 3 days, covered with plastic wrap.

Save egg whites for later use: Financiers, French Macarons, Meringues etc...

2 cups (500ml) whole milk
1/2 cup (100g) granulated sugar
4 ea. (80g) egg yolks
3 Tbsp (25g) all-purpose flour
3 Tbsp (25g) cornstarch
1 vanilla bean, scrap out the seeds or 1 tsp (5ml) vanilla extract

1 cup (250ml) heavy cream, whipped

Powdered sugar for dusting.

