

Strawberry Napoleon / Mille-Feuille aux Fraises Recipe

Makes 3 to 4.

Phyllo / Filo / Fillo dough has been around for hundreds of years and was first developed in Istanbul, despite the assumption that it originated in Greece as it is commonly used in their dishes, indeed the word phyllo is actually Greek, meaning "leaf". Filo dough is a great alternative to puff pastry and very easy to handle.

Pastry

Filo dough, thawed
Melted butter or oil.

Whipped Cream (Chantilly)

1 cup (250ml) heavy cream
1/4 cup (60g) sour cream (crème fraîche)
1 vanilla bean, scrap out the seeds or 1/2 tsp (2.5ml) vanilla extract
2 Tbsp (25g) powdered sugar or fine caster sugar
1 tsp (5ml) orange blossom water (optional).

Method: In a chilled bowl, whip all ingredients together until soft-medium peaks.

Strawberries

Lime zest and mint leaves (optional).

Method

First, thaw the filo dough in the refrigerator overnight. Remove from the package and unroll and place over a baking tray or countertop. Cover with a damp (not wet) kitchen towel to prevent from drying out. Carefully, pull one sheet of the dough off the stack and place on your cutting board. Don't worry if it tears, just keep it together the best you can. Brush with melted butter or oil starting on the edges and toward the center. Repeat process with 4 more sheets of dough; 5 layers total. Cut rectangle in half and superimpose them and repeat this once. You should end up with a 20 layers 17x4 -inches (43x10cm) rectangle. Divide into nine 4x1.5 -inches (10x4cm) portion and bake on a baking tray lined with silicon mat or parchment. Strawberry Napoleon can be stored in the refrigerator one day. www.brunoskitchen.net

Baking

Bake the pastry in a 375°F (190°C) preheated oven or using your Traeger wood pellet grills (heat up according to the directions / any wood pellets work for this recipe). Bake for about 20 minutes or until the pastry is golden brown and flaky. Remove from grill or oven and let cool completely before the assembly. If tops are too bumpy, just take them off and use flat parts only. Think about using 2 to 3 baked portions per serving.