

# Mille-Feuilles Recipe

<b>Servings</b> 6	<b>Prep time :</b> 30min	<b>Cook time :</b> 30min	<b>Resting time :</b> 1h30
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## Ingredients

### *Puff pastry*

- **250g** all-purpose flour
- **200g** cold unsalted butter (cut into chunks)
- **1/4** teaspoon salt
- **100g** cold water

### *Vanilla Pastry Cream*

- **500g** whole milk
- **2** eggs
- **150g** granulated sugar
- **40g** cornflour
- **1** vanilla bean or high-quality vanilla extract

## Step by Step instructions

### Bake the [Puff Pastry](#)

If you're not making your own puff pastry, **at least buy it from a good bakery**. Store-bought versions often use margarine or palm oil instead of real butter, which affects both taste and texture.

- Roll out your puff pastry to fit your baking tray.
- Prick the dough with a fork to prevent excessive rising.
- Place a second baking tray directly on top to keep the layers flat and even while baking.
- Bake at **180°C (356°F)** for **30 minutes**, removing the top tray during the last 5 minutes for a golden finish.
- Allow to cool completely on a wire rack before slicing.

- Remove the vanilla pod from the milk, then slowly pour half the warm milk into the egg mixture, whisking constantly.
- Return the mixture to the saucepan and cook over medium heat, whisking continuously until the cream thickens.
- Transfer to a clean bowl, cover with plastic wrap **directly touching the surface** (this prevents a skin from forming), and let it cool completely.

### Assemble the Mille-Feuilles

- Divide your baked puff pastry into **equal-sized rectangles**—you'll need **three per portion**.
- Place the vanilla cream into a **piping bag** for precision.
- Start by piping the cream onto the first pastry layer.
- Gently place the second pastry sheet on top. For evenness, pipe a bit of cream in the corners before continuing across the surface.
- Repeat with the third and final layer.
- Dust with icing sugar or apply fondant icing (see below) before serving.

### Prepare the Vanilla Pastry Cream

- Split your vanilla bean and scrape out the seeds.
- Place both the seeds and pod in a saucepan with the milk and heat gently. Allow to **infuse for 20–30 minutes**.
- In a separate bowl, whisk together the eggs, sugar, and cornflour.