Mille-Feuille / Napoleon
Mille Feuille / Napoleon

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is organized so you can also print it out and assemble it as a book. Since
the text is optimized for screen viewing, the type is larger than that in
usual printed books.
The perfect puff pastry…

You find the two videos of making the Puff Pastry and Mille Feuille here:
Puff Pastry:  http://keikos-cake.com/puff-pastry
Mille Feuille:  http://keikos-cake.com/mille-feuille
Note: You must be logged into your member account to view the videos.

This is the real puff pastry dough. It takes time to prepare but the effort is rewarded with a wonderful rich taste.

**Puff Pastry**

**What you need**
- Cake flour 250 g (8.8 oz)
- Butter (unsalted) 25 g (0.9 oz)
- Water 100 ml
- Vinegar 12 g (0.4 oz)
- Salt 5 g (1.18 oz)

For rolling in:
- Butter (unsalted) 200 g (8.8 oz)
Melt the butter in the microwave.

Mix the wet ingredients (including the butter) and add them to the dry ingredients in a bowl.

Slowly work the ingredients into a dough.
Knead the dough until it has a uniform consistency.

Form a ball and cut the top half with a knife as shown in the picture.

Wrap the dough in plastic wrap and refrigerate for 60 minutes.
While the dough is in the fridge, let’s prepare the butter. The butter must be cold!

Beat the butter with a rolling pin to make it softer. Use flour to prevent the butter from sticking to the working plate or the rolling pin.

Form a flat block of butter (roughly 15x15 cm). Wrap in plastic wrap and put it into the fridge for 30 minutes.
Take the dough out from the fridge.

Roll it into a blunt as I do in the video. Do this until the block of butter fits nicely into the center part of the shape as shown in the picture.

The flat block of butter
Fold the “arms” of the blunt onto the butter and close any remaining gaps.

Beat with the rolling pin to flatten the dough.
Roll the dough into a large rectangle.

Fold the top third down, then fold up the bottom third of the dough:
Next, rotate the dough by 90° and roll it out to a flat rectangle.
Fold again, one third to the center, the opposite third on top.

Now, wrap the dough in plastic wrap and refrigerate for 60-90 minutes.
Ok, on to the second round... 😊

Unwrap the cold dough, beat it with the rolling pin, and then roll out to a large rectangle.
Fold as shown before.

Then, roll out again to a large rectangle.
Fold again, wrap the dough in plastic wrap and refrigerate for another 60-90 minutes.
Repeat these steps 1 more time !!!!

- Roll out
- Fold
- Roll out
- Fold
→ Fridge (60-90 minutes)

The result is the **perfect puff pastry**.
I will use it now to make Mille-Feuille…

Making fresh puff pastry is a lot of work, so sometimes it’s ok to use the ready-made pastry. It doesn’t taste as good as the “real” dough, though. 😊

For Mille-Feuille always use the perfect dough for the best results and taste.
**Mille-feuille** is French and means „thousand sheets“. To make it we use the handmade puff pastry. I don't think we'll end up with 1000 sheets (layers of dough), but we will get close. 😊

In the U.S. this cake is called **Napoleon**…

Roll out the dough and cut it in two halves.
I want to make two sheets for the mille-feuille.

Just a reminder:
Watch the Milee-feuille video here ➔ 
Roll out the first half of the dough to a large thin rectangle that covers your baking tin. Thickness: 2 mm (1/12 inch)

Roll up the dough on the rolling pin and unroll it onto the baking tin.

The size of the baking tin I use is 30x40 cm (12 x 16 inch).
Cover the dough with plastic wrap. Do the same with the second half of the dough (roll out → put on baking tin → cover with plastic wrap).

Put the dough into the fridge for at least 3 hours....

Take out one baking tin from the fridge, take away the plastic wrap.

Dock the dough with a chopstick or a fork to prevent blistering.
Preheat the oven to 200°C (390°F).

Now starts a complex procedure. Grab your stop watch… 😊

First, put the dough into the oven and bake for **10 minutes** at 200°C (390°F). Convection works best.

Next, take the dough out from the oven, turn it upside down, and bake for another **5 minutes**.
Next, take the dough out of the oven, put another baking tin on top of the dough and lightly press the dough to make it flat.

Put the baking-tin-dough-baking-tin sandwich back into the oven and bake for another 5 minutes.
Next, rotate the baking tins 180° and bake for another 5 minutes.

Next, take away the covering baking tin from the top and bake again for 2 minutes.
We are almost done… one final step.

Take the dough out from the oven and powder it with icing sugar.

Put back into the oven and bake for 2-3 minutes.
The icing sugar melts and turns into a thin layer of caramel.

When done, take the other baking tin out from the fridge and repeat the full baking procedure with the second sheet of dough.
Now, we have the perfect plates for our mille-feuille.

Trim the edges and cut the sheet into pieces of identical size. In my case, I cut each sheet like this:

\[ 8 \times 2 = 16 \text{ pieces} \]
Next, we prepare the pastry cream for the filling. It’s the same filling that you know from the cream puffs recipe. Therefore, I will not repeat the steps for making the pastry cream, here.
Just follow the steps in the cream puffs recipe with these ingredients...

For the cream you need:

- Milk 500 g (17.5 oz)
- Butter (unsalted) 30 g (1 oz)
- Sugar 100 g (3.5 oz)
- Egg yolk 100 g (3.5 oz)
- Cake flour 40 g (1.4 oz)
- Vanilla essence
Whisk the pastry cream in a bowl to make it smooth.

Fill the pastry cream into a pastry bag and pipe it onto the mille-feuille sheets. I use a pastry tube with a 7 mm opening (1/4 inch).

Cover the pastry cream with a mille-feuille sheet and add another layer of pastry cream.
Put a third mille-feuille sheet on top.

Decorate with icing sugar.

Done! 😊

What an accomplishment.

And the reward for all this…
Here is a fruity variation: Mille-feuille with raspberries.

Feel free to experiment with other fruits and designs. How about a four layer mille-feuille with chocolate-coated strawberries? … :D
Dessert plate of mille-feuille, vanilla ice cream and raspberry sauce.