

Milföy Pasta (Mille Feuille)

Classic French Mille Feuille recipe with flaky puff pastry, rich pastry cream, and whipped cream. Learn to make this elegant thousand-layer dessert at home.

30

HAZIRLIK DK

10

PI?IRME DK

40

TOPLAM DK

4

PORSIYON

Medium

ZORLUK

Milföy Pasta (Mille Feuille)

Malzemeler

- 1 pack mille feuille
- 1 cup milk
- 3 egg yolk
- 2 tbsp corn starch
- 1 cup granulated sugar
- 2 tsp vanilla extract
- 1 cup unsalted butter
- 1 cup powdered sugar
- 2 tbsp cocoa powder
- 1 cup heavy cream

Yapılı???

- Make the pastry cream**

Whisk 1 cup sugar and 2 tablespoons cornstarch together in a large bowl until well combined.
- Add 3 egg yolks and whisk vigorously for 2-3 minutes until the mixture becomes pale yellow and fluffy.
- Heat 1 cup milk in a medium saucepan over medium heat until small bubbles form around the edges and steam rises, about 3-4 minutes.
- Pour the hot milk slowly into the egg mixture while whisking constantly to prevent the eggs from scrambling.
- Stir in 2 teaspoons vanilla extract until combined.
- Pour the mixture back into the saucepan and cook over medium heat, whisking constantly, until it thickens and comes to a full boil, about 3-5 minutes.
- Remove from heat and immediately whisk in 2 tablespoons butter until completely melted and smooth.
- Press plastic wrap directly onto the surface of the pastry cream to prevent a skin from forming and refrigerate for at least 2 hours until completely chilled.
- Prepare the puff pastry**

Preheat oven to 400°F (200°C) and line two baking sheets with parchment paper.

- 10 Roll out 1 pack thawed puff pastry on a lightly floured surface and cut into 12 equal rectangles, each about 4x2 inches.
- 11 Place rectangles on prepared baking sheets, spacing them 2 inches apart, and bake for 12-15 minutes until golden brown and puffed.
- 12 Transfer to a wire rack and cool completely, about 15 minutes.
- 13 **Make the icing and whipped cream**
Whisk 1 cup powdered sugar with 2 tablespoons milk until smooth for the white icing.
- 14 Whip 1 cup heavy cream with remaining 1 cup powdered sugar using an electric mixer until soft peaks form, about 2-3 minutes.
- 15 **Assemble the mille feuille**
Place 4 pastry rectangles on serving plates as the bottom layer.
- 16 Spread one-quarter of the chilled pastry cream evenly over each bottom pastry layer.
- 17 Top each with a second pastry rectangle and spread with whipped cream.
- 18 Add the final pastry rectangles and drizzle with white icing in decorative patterns.
- 19 Serve immediately or refrigerate for up to 2 hours before serving.

?puçlar?

Use a sharp knife or pizza cutter when cutting the puff pastry to ensure clean edges that will rise evenly during baking.

Place a second baking sheet on top of the pastry during baking to prevent excessive puffing and create more uniform layers.

Strain the pastry cream while it's still warm to eliminate any lumps and ensure a perfectly smooth texture.

Chill the pastry cream with plastic wrap pressed directly onto the surface to prevent a skin from forming.

If your pastry cream becomes too thick after chilling, whisk it vigorously or use a hand blender to restore smoothness before piping.

For cleaner assembly, transfer creams to piping bags fitted with round tips rather than spreading with a spatula.

Add different flavors to the pastry cream such as coffee extract, lemon zest, or cocoa powder to create unique variations.

Serve Mille Feuille with a side of fresh berries or a light fruit sorbet to balance the rich creams.