

## **Mille Feuille: Makes 6 slices**

### **Pastry**

- 1 pack ready rolled puff pastry
- 1 teaspoons caster sugar

### **Cream custard**

- 250ml milk
- 1/2 vanilla pod, split lengthways or 1 tsp vanilla essence (In school)
- 2 egg yolks
- 50g caster sugar
- 1 teaspoons cornflour (In school)
- 25g plain flour

### **Icing**

- 75g icing sugar
- 1/2 teaspoon cocoa powder (In school)



**Also bring apron, tea towel and a box to take custard slices home in.**

### **Method**

1. Preheat the oven to 200 C / Gas 6.
2. Lay out a sheet of parchment on a baking tray. Lay the puff pastry sheet over the parchment, then brush the top with a little water. Sprinkle with 1 teaspoon of the sugar, then cover with another sheet of parchment and then another baking tray.
3. Bake in the oven for 15 minutes.

### **Vanilla cream custard**

4. Heat 200ml of the milk in a small saucepan with the vanilla pod. Heat gently for 4 minutes, and do not allow to boil. Remove from heat.
5. In a bowl, whisk together the egg yolks and sugar till smooth and pale. Combine the flour and cornflour and whisk into the egg mixture till smooth, then add the remaining 50ml cold milk and whisk well.
6. Remove the vanilla pod from the warm milk. Add the egg yolk mixture to the warm milk in the saucepan, then whisk well. Place over a low heat and stir constantly for 6 to 8 minutes, till the starches gelatinise and the custard is thickened.
7. Remove from heat.

### **Assembly**

8. Carefully transfer the puff pastry sheet to a cutting board. Cut the sheet into three equal pieces. For easier slicing and serving later, cut two of the pieces into six equal pieces.
9. Spread half of the pastry cream over the whole piece of puff pastry. Clean up the edges by running a knife alongside the pastry. Lay the 6 pieces for the second layer on top, then spread with the remaining pastry cream. Finally, top with the final layer of pastry.
10. Make the icing by whisking together the icing sugar and 1 ½ tablespoons of water till smooth. In a separate bowl, combine the cocoa powder with a few drops of water and mix till a paste forms. Place the cocoa paste in a plastic food bag and snip off a very small piece of one corner; you'll use this to pipe on the cocoa paste.
11. Pour a thin, even layer of the icing over the top of the mille feuille. Working quickly so that the icing doesn't harden, immediately pipe 6 thin lines of cocoa paste horizontally across the top (one line per piece). Drag a skewer through the lines of cocoa lengthways to decorate.
12. Let the icing harden in the fridge before slicing and serving.

**Skills: Use of convenience foods; blended sauce making; glaze icing and feathering**

**Nutrition: These high fat, high sugar cakes should only be eaten as a treat.**