

R e c i p e

ORANGE & RASPBERRY MILLE FEUILLE



ORANGE & RASPBERRY

M i l l e F e u i l l e

Recipe: **JENN DAVIS**

INGREDIENTS

Puff Pastry

One batch of homemade or store bought puff pastry.

Orange Creme Patisserie

- 1 Cup Heavy Cream
- 1 Cup Whole Milk
- 1 Egg
- 2 Egg Yolks
- 1 Cup Sugar
- ¼ Cup All Purpose Flour
- ¼ Cup Cornstarch
- 1 tsp Vanilla
- 4 Tbsp Unsalted Butter, cut into cubes
- 1 Tbsp Orange Juice
- 1 Tbsp Orange Zest

Candied Orange Peel

- 1 Naval Orange Peeling
- 1 Cup Sugar
- ½ Cup Water

Raspberry Buttercream

- 8 Tbsp Unsalted Butter, softened
- 1/3 Cup Raspberry Jam
- 3-4 Cups Powdered Sugar



SERVING
1 Flan



CATEGORY
Dessert



ISSUE
sisterMAG45

Orange Creme Patisserie

- STEP 1** Bring milk and whipping cream to just about a boil in a medium pan on medium heat.
- STEP 2** Meanwhile in a medium sized bowl, whisk together egg, egg yolks, flour, cornstarch, and salt to form a paste.
- STEP 3** Slowly pour warm milk mixture into egg paste while vigorously whisking to prevent eggs from cooking.
- STEP 4** Once incorporated, pour new mixture back into sauce pan and cook on medium low. Continue to slowly whisk as it begins to thicken. (3-4 minutes).
- STEP 5** Once thick, pour in the orange juice, orange zest, and vanilla.
- STEP 6** Remove from heat and stir until butter has melted.
- STEP 7** Push cream through a sieve into a clean bowl.
- STEP 8** Cover with plastic wrap, pressing the plastic onto the cream to prevent a skin forming.
- STEP 9** Place in fridge to chill and set for two hours.

P a s t r y L a y e r s :

- STEP 1** Heat oven to 350 F (176 C). Roll out the pastry onto a sheet of parchment paper to about 1/8-1/4 inch thick rectangle.
- STEP 2** Place onto a flat baking sheet and cover with another layer of parchment paper. Take two more baking sheets and set on top of parchment paper to weigh down pastry. This keeps it from over puffing.
- STEP 3** Bake for 30 minutes or until lightly golden brown. Remove from oven and let cool.
- STEP 4** Take a non-serrated sharp knife and slice uneven edges from pastry sheet using a ruler to guide. This gives perfect edges to the pastry and showcases the layers.
- STEP 5** Measure and slice the pastry into a division of three equal pieces. Each piece will be used as a layer for the final pastry.
- STEP 6** Set aside until ready to assemble.
- STEP 7** *You can create one large Mille Feuilles and then once assembled, slice to into smaller pieces. Or Divide each third into another three equal pieces for a total of 9 layers of pastry. Take a set of three to create smaller Mille Feuilles.

R a s p b e r r y B u t t e r c r e a m

- STEP 1** Place butter in bowl of stand mixer and beat with paddle attachment until smooth and fluffy. Add raspberry jam and powdered sugar.
- STEP 2** Beat until fluffy. Add more powdered sugar to thicken and a tbsp at a time of milk to thin as needed.

C a n d i e d O r a n g e P e e l

- STEP 1** Remove peel from orange and slice into strips. Take off as much of the white flesh as possible.
- STEP 2** Place 1 cup of water in a medium sauce pan with peel and boil for 10 minutes. Drain and discard liquid. In a medium sauce pan, bring water and sugar to a boil on medium heat until sugar is dissolved.
- STEP 3** Turn down to a simmer and add orange peels. Cook for about 20 minutes. Gently move peels with a wooden spoon to keep coated.
- STEP 4** Remove peel from syrup and place on a cooling rack with parchment paper underneath to catch sugar drippings.
- STEP 5** Let cool and then toss in sugar to coat.

A s s e m b l e M i l l e F e u i l l e

- STEP 1** Place one layer of pastry onto dish. Pipe rows of Orange Creme Patisserie across top of pastry with desired piping tip.
- STEP 2** Set second layer of party onto cream. Pipe circles of Raspberry Buttercream across top of pastry with desired piping tip.
- STEP 3** Dust lines of powdered sugar onto top layer of pastry. Decorate with cream, sliced, almonds, and candied orange peel.
- STEP 4** Best eaten after assembly.