

TEA-INFUSED STRAWBERRY MILLE FEUILLE



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Mille Feuille filled with Silver Jubilee Ceylon Strawberry Tea infused crème pâtissière is served with strawberry tea syrup and freeze dried strawberry crumble.

- Sub Category Name
Food
Savory

- Recipe Source Name
Dilmah Real High Tea Global Challenge 2015

Ingredients

TEA-INFUSED STRAWBERRY MILLE FEUILLE

Pastry

- 3 Butter Puff Pastry Sheets, (60cm x 50cm each) 0.4cm thick
- 6tbsp. Icing Sugar
- 2 Eggs and 1tsp. Milk, beaten together for egg wash

Tea Syrup

- 50ml Water
- 50gr Sugar
- 1tsp. Silver Jubilee Ceylon Strawberry Tea

Strawberry Crème Pâtissière

- 500ml Organic Milk
- 3tbsp. Silver Jubilee Ceylon Strawberry Tea
- 6 Free-range Egg Yolks
- 180g Sugar
- 60g Custard Powder
- 60g Organic Butter

Methods and Directions

TEA-INFUSED STRAWBERRY MILLE FEUILLE

- Line baking tray with baking paper, put the pastry down and using a fork or a pastry roller poke holes all over the pastry, brush with the egg wash, cover with another baking paper and put another baking tray on top.
- Cook in 180°C preheated oven for about 20 to 30 minutes or until pastry is cooked and golden brown.
- Take tray and top baking paper off, using a fine sieve sprinkle icing sugar evenly on top of all pastry sheets and bake for another 5 minutes or until nicely caramelised but not burnt.

Tea Syrup

- Bring sugar and water to a boil and infuse the tea for about 10 minutes. Then, reduce until the right syrupy consistency is obtained. Pass through a fine sieve into a small bottle with a nozzle top and keep aside.

Strawberry Crème Pâtissière

- Bring milk with tea to a simmer, turn heat off and let it infuse for 10 minutes.
- In the meantime, whisk the egg yolks, sugar and custard powder together.
- Through a sieve pour the infused milk on top of the egg and custard mixture and mix well.
- Pour into a clean pot and bring to a boil whisking continuously. Boil for about 2 minutes to cook off the starch in the custard powder.
- Once cooked and thickened, add the butter and whisk well to incorporate.
- Put mixture into a kitchen bowl and cover with cling wrap, making sure it's touching the crème pâtissière, to avoid skin forming on top.
- Refrigerate for 2 hours or until cooled down.
- Before use, place the cold pâtissière in a mixing bowl with the whisk attachment and beat for about a minute to lighten it up. Place into a piping bag fitted with a nozzle.