

MILLE-FEUILLE

METHOD

Meringue Buttercream

- 01 Add sugar into egg yolk and whisk until it turns light yellow, then add cornstarch and mix well.
- 02 Add vanilla seeds into milk and heat until steaming. Avoid bringing it to boil.
- 03 Add warm milk mixture to egg mixture and mix well. Pour mixture back into the pot, slowly heat up until thickened.
- 04 Move the mixture away from heat. Then add in butter and mix well with residual heat. Let cool and put it into a piping bag.

Puff Pastry

- 01 Preheat Miele Oven at 200°C with “Moisture Plus” function on and set to release 1 burst of steam manually. Prepare 100ml of water and pull out the water intake pipe to absorb the water.
- 02 Cut the puff pastry into 8cm round shaped pastries. Brush with egg wash and place in the Miele Oven. Press the burst of steam button and bake for 10 minutes.
- 03 Take out the baked pastry and let cool. Pipe the buttercream and then place raspberries on top. Repeat for twice the layers. Dust with icing sugar and ready to serve.

INGREDIENTS

Puff Pastry	1 pc
Egg yolk	1 pc
Raspberry	1 Pack
Icing Sugar	1 tsp

Meringue Buttercream

Sugar	70 g
Milk	240 ml
Egg Yolk	5 pcs
Vanilla Seeds	1/2 pc
Cornstarch	12 g
Butter	7 g

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Tips

- Keep the puff in semi-soft status for easier handling.
- By applying the “Moisture Plus” function, the oven will release bursts of steam during the baking process, so the puff pastry will rise better and create a fluffy and crispy texture.



45 mins



2 persons

千層酥

做法

奶油霜做法

- 01 蛋黃加入糖，打起至淡黃色，然後加入粟粉拌勻，備用。
- 02 將雲呢拿籽加入奶中，然後加熱，但注意不要煮至沸騰。
- 03 將熱奶加入蛋黃溶液中並拌勻，再倒回鍋中慢慢加熱，煮至呈濃稠。
- 04 讓濃稠的混合物離火，加入牛油，透過餘溫將牛油一邊攪拌一邊溶化，放涼後倒進入腳袋備用。

酥皮做法

- 01 選用「加濕」功能以攝氏200度預熱Miele焗爐，同時選擇手動加濕1次，並預備100毫升水讓喉管吸水。
- 02 將酥皮裁成8厘米圓形，掃上蛋液後，放入焗爐，然後按下噴灑蒸氣按鈕，焗10分鐘。
- 03 焗完後放涼，把奶油霜啣上，擺上紅桑子，重覆製作兩層，最後灑上糖霜，即可享用。

材料

酥皮	1塊
蛋黃	1隻
紅桑子	1盒
糖霜	1茶匙

奶油霜

糖	70克
奶	240毫升
蛋黃	5隻
雲呢拿籽	1/2條
粟粉	12克
牛油	7克

網上教學短片



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貼士

- 酥皮在半軟狀態下較易處理。
- 利用「加濕」功能在烤焗時噴灑蒸氣，令酥皮有更佳膨脹效果，入口更鬆脆。

45 分鐘

2 人份