

This concentration of sugar disgusts me and often penalizes the delicious puff pastry and the cream, just underneath! I belong to the generation that was taught that puff pastry should “cry” for butter when it comes out of the oven. This simply means that there is so much butter that the flour can no longer hold it. At Koenig, in Metz, when the baking sheets full of viennoiseries came out of the oven, the baker tilted them to let the excess fat drain into a box placed at the bottom of the oven. This is a nonsense both at a nutritional and an economic level, as raw materials are more and more rare and expensive – it is necessary to stop this practice! So, I propose you an assembly, and a presentation which highlights these thousand puff pastry sheets that we almost never see. Let us climb together to the top of happiness with this well revisited puff pastry recipe, simply good.

A thousand MILLEFEUILLES

TWO DAYS BEFORE

Make the Dulcey ganache.

PREVIOUS DAY

Make the puff pastry, apricot gel and assemble the insert.

SAME DAY

Bake the puff pastry and proceed to montage.

YIELD: 20 PIECES

335 g water
15 g potato starch

6 g gelatin powder, 220 Bloom
12 g water
350 g starch base
230 g Dulcey 35 % chocolate

Détrempe

375 g T55 flour
7.5 g salt
200 g water
5 g white vinegar

Beurre manié

300 g dry butter, 84 % fat
115 g T55 flour

95 %
5 %

STARCH BASE

In a saucepan, mix the water and starch while cold and cook to 85°C, maintaining this temperature for about 1 minute.

DULCEY GANACHE (OVERRUN: 135 %)

1 %
2 %
58.5 %
38.5 %

Combine the gelatin and water and allow 10 to 15 minutes for the gelatin to hydrate. Add the hydrated gelatin to the hot starch base. Gradually pour the hot starch over the melted chocolate, emulsify with a rubber spatula and process with an immersion blender as soon as possible to perfect the emulsion. Pour onto a sheet pan, cover the surface with plastic wrap and reserve in the refrigerator.

PUFF PASTRY DOUGH

37.4 %
0.75 %
20 %
0.5 %

In a mixer equipped with the hook attachment, make the détrempe dough by mixing the flour, salt, water and vinegar together. As soon as the dough is homogeneous, stop the mixer, form a ball, cover with plastic wrap and reserve in the refrigerator for at least 2 hours.

To make the floured butter (beurre manié), in the bowl of the mixer fitted with the paddle attachment, mix the butter at room temperature and the flour. Stop the mixing as soon as a homogeneous dough is obtained. Using a rolling pin, shape into a regular rectangle, about 5 mm thick, between two sheets of parchment paper. Set the butter aside in the refrigerator until needed.

After the resting time, roll out the détrempe to cover two-thirds of the surface of the butter rectangle. Place the détrempe on one end of the beurre manié, making sure that the surfaces coincide. Fold one third of the uncovered butter over the détrempe and then fold the part made up of the two layers over it. This step is a single turn. Rotate the dough a quarter turn and give it a double turn. Wrap the pâton and reserve in the refrigerator for at least 2 hours to allow the dough to relax.





A thousand
MILLEFEUILLES

Give the dough a single turn and a double turn once more, making sure to rotate it a quarter turn each time. Wrap the dough in plastic wrap and refrigerate for at least 2 hours before rolling out.

10 g caster sugar 5.5 %
1.5 g iota carrageenan 0.8 %
170 g apricot purée, no sugar added 93.7 %

APRICOT GEL

In a saucepan, sprinkle the sugar and iota mixture over the purée while whisking. Bring to a boil, stirring constantly. Allow to cool and use.

MONTAGE AND FINISH

TWO DAYS BEFORE – Make the Dulcey ganache.

PREVIOUS DAY – Make the puff pastry and, respecting the resting time, roll out to 3 mm. Set aside in the refrigerator or freezer. Prepare the apricot gel. Once cold process with a blender. On an acetate sheet, make a sort of random lace of about 160 g into a square shape, 24 cm long, which corresponds to the frame used for the assembly. Freeze or blast-freeze. Using a mixer fitted with the whisk attachment, whip the Dulcey ganache made the day before. In a 24-cm stainless steel square, spread 290 g of Dulcey ganache, place the apricot gel lace and then spread again 290 g of ganache. Smooth out and freeze.

SOME DAY – Cut 19-cm x 5-cm strips of puff pastry (about 30 g per strip). Allow one strip and a half per millefeuille. Bake them between two baking sheets at 190 °C for about 20 to 25 minutes. Using the tip of a paring knife, make a few marks in the center of the strips so that you can break them into two pieces. Using a sieve, sprinkle a very thin layer of confectioners' sugar over the broken rectangles. Preheat the oven to 240°C, then put the puff pastry in the oven for about 3 minutes to caramelize.

Cut the frozen Dulcey-apricot insert into 8-cm x 3.4-cm rectangles, then make the millefeuilles by alternating 3 sheets of puff pastry with two Dulcey-apricot rectangles.

Finish by tying a vanilla bean around the millefeuille.

We have tested several recipes for inverse puff pastry. The proportion of butter before baking varies between 35 and 47%. Incredible variations for such a standard recipe! For our version, we have used just less than 30% of butter. There is no problem with the development of the puffs, nor with the shrinkage of the dough during baking, because the puffs come from the water contained in the butter, rather than from the butter itself. Butter is an emulsion. It is indeed the fat that traps the water. The water, when it passes to the vapor state, occupies a lot of space. This rise in pressure, between the layers, allows to lift the sheets of

the détrempe, which harden during the baking (mesh of gluten and starch). This is why the excess butter, which is useless for this “technique”, runs off in most puff pastries. Using less fat, the puff pastry is logically slightly less crumbly, but there is absolutely no reason to consider this as a defect. As for the taste, there are no significant differences. For the ganache, see “Promenade en sous-bois” (“A walk in the undergrowth”) on page 210. The apricot gel required only 5,5% added sugar, whereas for a coulis or a compote, it is between 35 and 40%.

A particularly beautiful puff pastry is obtained.