

A Thousand and One Layers of Indulgence




VALRHONA
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A Thousand and One Layers of Indulgence

AN ORIGINAL RECIPE BY *L'École Gourmet Valrhona*

Makes eight individual millefeuilles

Difficulty 🏠🏠🏠

To be done the day before:

Upside-down puff pastry
AZÉLIA 35% crémeux
Praliné whipped ganache
GUANAJA 70% intense gel

To be done on the day:

Whip the praliné ganache
Bake the puff pastry
Assemble the millefeuille

Required utensils:

2 14 mm plain round nozzles
Rolling pin
Stand mixer
Hand blender

UPSIDE-DOWN PUFF PASTRY

Preparation time: 15 minutes for the beurre manié, 15 minutes for the détrempe, 30 minutes for buttering and turning the dough

Leave to sit for: 2 hours between each turn then ideally 1 night of rest

Baking time: approx. 30 minutes

Beurre manié

110g Plain flour
280g Butter

To make the beurre manié:

Mix the softened butter with the flour and spread it into a 30 × 15 cm rectangle between two sheets of baking paper. Leave to rest in the refrigerator for 2 hours.

Détrempe Dough

250g Plain flour
10g Salt
2g Vinegar
90g Butter
110g Water

To make the détrempe:

Mix the softened butter with the flour. Add the salt, then incorporate the vinegar mixed with water. Mix the dough carefully, without overworking it. Spread out in a 13 × 13 cm square. Shape them into a ball, cover with film and leave to stand in the refrigerator for 2 hours.

150g Finely ground roasted hazelnuts



To make the pastry:

Place the rectangle of beurre manié in front of you, portrait-style. Place the square of détrempe in the lower half of this rectangle and fold the butter at the top. Then fold over the butter at the bottom and rotate the butter-dough by a quarter turn. Spread out the butter-dough again to a length of approx. 30 × 15 cm on a thoroughly floured worktop. Fold over the top third of the dough and then the bottom third. Rotate again by a quarter turn. Cover with film and set aside at least 1 hour. Do another 2 turns in this way. Leave to rest in the refrigerator for another hour, then finish off with a final turn and store in the refrigerator ideally overnight.

Baking:

Spread out the puff pastry to a thickness of 2 mm. Sprinkle with finely ground roasted hazelnuts. Bake at 210°C for 15 minutes and finish baking at 175°C until golden-brown.

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AZÉLIA 35% CRÉMEUX

Preparation time: 20 minutes

Chilling time: at least 6 hours

- 125g UHT whole milk
- 60g Whipping cream 35%
- 35g Eggs
- 4g Caster sugar
- 2g Gelatine
- 10g Water (to rehydrate the gelatine)
- 140g **AZÉLIA 35%** chocolate

Mix the eggs and sugar without beating too much. Bring the cream and milk to the boil and combine the two mixtures.

Heat the mixture to 84°C and mix with a hand blender until it is homogeneous.

Add the rehydrated gelatine and combine it with the melted **AZÉLIA 35%** chocolate in three stages. Use a hand blender to blend the emulsion until it is perfectly combined.

Leave in the refrigerator for at least 6 hours before use.

PRALINÉ WHIPPED GANACHE

Preparation time: 15 minutes

Preparation time: ideally overnight

- 110g UHT whole milk
- 3g Potato starch
- 2g Gelatine powder
- 10g Water (to rehydrate the gelatine)
- 25g Cocoa butter
- 85g **50% nutty hazelnut & almond praliné**
- 75g Whipping cream 35%

Mix the water and gelatine in a container. Heat two thirds of the whole milk in a saucepan.

Mix the potato starch with the remaining cold milk. Add this to the warm milk and let it thicken, whisking it all the while so it doesn't stick to the pan. Then add the rehydrated gelatine. Pour one third of this mixture over the praliné and melted cocoa butter.

Mix vigorously with a whisk so its center looks elastic. Add another third the same way. Then incorporate the final third using the same method. Add the cold whipping cream, then blend with a hand blender to perfect the emulsion.

Leave to stiffen in the refrigerator, preferably for 12 hours.

GUANAJA 70% INTENSE GEL

Preparation time: 5 minutes

- 50g UHT whole milk
- 12g **GUANAJA 70%** chocolate
- 1g Gelatine
- 5g Water (to rehydrate the gelatine)

Bring the milk to the boil then combine it with the rehydrated gelatine.

Pour this onto the **GUANAJA 70%** chocolate, then emulsify the two.

Store in the refrigerator overnight.

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ASSEMBLY

Preparation time: 30 minutes

Cut the cooled puff pastry into 24 4 × 12 cm rectangles using a bread knife.

Whip the praliné whipped ganache until it has a soft texture that is suitable for piping.

Using a piping bag with a 14 mm nozzle, place the praliné whipped ganache on eight rectangles of cooled, cooked puff pastry, then make a few dabs of intense **GUANAJA 70%** gel.

Place a rectangle of cooked and cooled puff pastry over each of the eight garnished rectangles.

Use a piping bag with a 14 mm nozzle to apply the **AZÉLIA 35%** crèmeux.

Top the eight millefeuilles with another rectangle of puff pastry and sprinkle with cocoa powder.

Chef's Tip

Order some uncooked puff pastry from your favourite baker or pastry chef for extra convenience.