

Blueberry Mille Feuille

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Ingredients

50g Demerara sugar

250g Puff pastry

2tbs Honey

1 free range egg

2tbs milk

For the blueberry cream

180ml double cream

50g castor sugar

1 vanilla pod, seeds only

250g blueberries (frozen/ bilberries)

For topping

200g Blueberries

50g castor sugar

Preparation method

Line a large baking tray with greaseproof paper. Dust the work surface with lots of Demerara sugar and roll out the pastry. Cut out 8 rectangles about 9cm/long and 4cm/wide and place them on the prepared baking tray. Brush pastry with milk, egg and honey mixture, Sprinkle with lots of Demerara sugar and put in the fridge for 30 minutes.

Preheat the oven to 190C

Remove the pastry from the fridge and bake in the oven for ten minutes minutes, or until the pastry turns golden-brown. Remove from the oven and set aside.

For the blueberry cream, put the cream, castor sugar and vanilla in a large bowl and whip

until medium-stiff peaks form when the whisk is removed from the bowl. Fold in the blueberries, then scoop the mixture into a piping bag fitted with a 1cm/½in straight nozzle. Place one of the pastry thins on a serving plate. Pipe blobs of blueberry cream over the pastry, then put another pastry thin on top and repeat with one more layer.

On the top layer place blueberry topping

Garnish with blueberry crisp, steep blueberries and blueberry spaghetti (made with agar agar and crisp film, all available from Harvest).