



PROFESSIONAL

HONEY & BERRY MILLE FEUILLE



AVONMORE
PROFESSIONAL
PRODUCTS USED



Avonmore Professional
35.1% Whipping Cream

SERVES 10

INGREDIENTS LIST

Honey Cream

- 500ml Whipping Cream (35.1% Fat)
- 50g honey
- 2 leaves of gelatine

Arlette Pastry

- 2 sheets puff pastry
- 50g icing sugar

Assembly

- 250g fresh raspberries
- 250g fresh blackberries
- icing sugar



THE RECIPE, STEP BY STEP

ELEMENTS:

- 01 Honey Cream
- 02 Arlette Pastry

01 Honey Cream

1. Put 100ml of the cream into a small saucepan with the honey. Put on a medium heat and bring to boil until completely dissolved. Meanwhile, place the gelatine leaves in a small bowl of cold water to soften.
2. Put the remaining cream in a bowl for the stand mixer.
3. Attach the whisk to the mixer and whisk the cream until soft peaks form. Set aside.
4. Once the cream in the saucepan is boiling, remove from heat, squeeze out the gelatine leaves and add to the cream, mixing well to dissolve.
5. Cool the warm cream slightly before folding into the whipped cream and placing in the fridge for 1 hour (minimum) to set.

02 Arlette Pastry

1. Preheat the oven to 200°C. Prepare four baking trays and four pieces of baking paper, cut to fit the baking trays.
2. Dust the work surface with icing sugar. Starting with the first sheet, roll the puff pastry out into a large rectangle sheet, dusting liberally with icing sugar.
3. Continue to roll and dust with icing sugar until very thin (as thin as possible).
4. Place this sheet onto a piece of baking paper, and place another piece of baking paper on top. Place this sheet between two baking trays. Repeat with the remaining sheet of puff pastry.
5. Bake the puff pastry sheets in the oven for 10 minutes. Check if caramelised, placing back in the oven for a further 3-4 minutes if needed.
6. Remove the trays from the oven and cut the pastry into rectangles (2cm x 9cm), using 4 rectangles per portion.
7. Set aside until ready to assemble.

Assembly and Presentation:

Arrange 4 rectangles of pastry per portion.

Beat the honey cream until smooth and place in a piping bag fitted with a medium sized round nozzle.

Dust one of the rectangles with icing sugar.

Pipe the cream into blobs 1cm apart onto the 3 other pastry rectangles, alternating a raspberry and a blackberry between each space.

Assemble the pastry rectangles on top of each other, finishing with the icing sugar dusted pastry on top.

Serve.



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