

Learning to make the classic French Mille-Feuille was one of my most fascinating experiences while pursuing my culinary journey in the UK. The precision, patience, and elegance of this dessert drew me in — every layer taught me something new about balance and craftsmanship. It reminded me that great food is both art and discipline.



- Ingredients
- For the Pastry:
- 1 sheet puff pastry (store-bought or homemade)
- 1 tbsp icing sugar (for dusting)
- For the Pastry Cream:
- 2 cups whole milk
- 4 egg yolks
- ½ cup sugar
- ¼ cup cornstarch
- 1 tsp vanilla extract
- 2 tbsp unsalted butter
- For the Topping:
- ½ cup icing sugar
- 2 tbsp milk or water
- 2 tbsp melted chocolate (for patterning)



French Mille-Feuille



Serves: 6



Prep Time: 30 mins | Cook
Time: 25 mins | Chill Time: 1
hr | Total Time: 1 hr 55 mins

Method

1. Prepare the Pastry:
2. Preheat oven to 200°C (400°F). Roll puff pastry to ⅓ inch thick and prick with a fork. Bake between two baking trays for 20–25 minutes until golden and crisp. Cool completely, then cut into three equal rectangles.
3. Make the Pastry Cream:
4. In a saucepan, heat milk until warm. In a bowl, whisk egg yolks, sugar, and cornstarch until pale. Slowly pour warm milk into the mixture, whisking constantly. Return to saucepan and cook over medium heat until thick. Stir in butter and vanilla. Cover and chill.
5. Assemble:
6. Place one pastry layer on a tray, spread pastry cream evenly, then add a second layer and repeat. Top with the third layer.
7. Finish the Top:
8. Mix icing sugar and milk to make a glaze, spread over the top layer, and drizzle melted chocolate in straight lines. Use a toothpick to create the classic feathered pattern.
9. Chill and Serve:
10. Refrigerate for 1 hour before slicing carefully with a sharp knife.

CHEF WILL'S TIPS:

- Chef Will's Tip 🍴
- "French pastry has always inspired me — precision, patience, and passion. Mille-feuille reminds me that even in simplicity, there's beauty. Each layer is a lesson in balance — crisp, creamy, and elegant."
- Chef William Smith Local
- 🌐 www.willsmithskitchen.com
- 📍 #WillSmithKitchen | "Bringing Local Flavor to Every Table"