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by BBC Good Food Show

Pistachio Millefeuille with Raspberries



Ingredients

1 quantity puff pastry (see page xx), or good-quality, bought all-butter puff pastry
 flour, for dusting
 50g caster sugar
 450g raspberries
 1 tbsp chopped pistachio nuts
 4 sprigs basil
 For the pistachio cream 150g caster sugar
 75ml water
 1 large bunch basil
 15g pistachio paste
 50ml warm crème pâtissière (see below)
 100ml double cream
 CRÈME PÂTISSIÈRE
 Makes 750g
 500ml full-fat milk
 1 vanilla pod, split, seeds scraped out
 5 egg yolks
 125g caster sugar
 50g cornflour
 25g butter
 icing sugar (optional)

Preparation

- 1 CRÈME PÂTISSIÈRE
- 2 1. Place the milk, vanilla pod and seeds in a saucepan and bring to the boil, then remove from the heat.
- 3 2. Whisk the egg yolks and sugar together in a large bowl, then add the cornflour and whisk until smooth.
- 4 3. Pour the hot milk over the egg mixture, stirring all the time, then tip back into the saucepan. Cook over a high heat, still stirring all the time, for 2–3 minutes until the mixture has started to thicken.
- 5 4. Finally, whisk in the butter, remove from the heat and tip into a clean bowl. Cover with a dusting of icing sugar to stop a skin forming, or place a layer of clingfilm over the

surface and chill until needed.

6 General Instructions:

7 Preheat the oven to 180°C/350°F/Gas mark 4 and line a baking sheet with silicone paper.

8 Roll the pastry out on a lightly floured surface to a thickness of 3mm and place on the baking sheet. Place another sheet of silicone paper over the top followed by another baking sheet so the pastry is sandwiched between the trays. Bake in the oven for 15 minutes until golden brown and cooked through. Lift the top tray off and return to the oven for another 5 minutes to crisp up. Set aside on a wire rack to cool.

9 Meanwhile, make the pistachio cream. Prepare the crème pâtissière. Place the sugar and water into a saucepan and bring to the boil. Add the basil leaves and blanch for 20 seconds. Tip straight into a blender and blitz to a fine purée then pass through a fine sieve into a bowl. Set aside 2 tablespoons of the basil oil. Add the pistachio paste to the remaining basil oil and whisk to combine then whisk in the warm crème pâtissière and double cream until it just holds it's shape. When ready to serve, transfer to a piping bag fitted with a 5mm nozzle.

10 When the pastry is cold, cut into 12 small rectangles 2.5cm wide by 12cm long. Dust with caster sugar then caramelise with a blow torch or under a hot grill until just golden brown. Place 1 rectangle onto each of 4 serving plates. Pipe the pistachio cream onto the pastry then top with raspberries. Place a second piece of pastry on top, then repeat with another layer of cream and raspberries. Top with another rectangle of pastry then garnish with a few raspberries and chopped pistachios then drizzle a little of the reserved basil oil over and finish with a few sprigs of basil.

Cooks Note
