**Method**

For the cream
- In a pot, add 900 g of the milk and half of the sugar.
- Slice the vanilla pod open with a small knife and scrape out the seeds. Add them to the pot along with the pod.
- Place over medium heat for 5 minutes, until it comes to a boil.
- In a bowl, add the egg yolks and the rest of the sugar. Whisk.
- Add the milk and corn starch. Whisk until the ingredients are completely combined.
- As soon as the milk comes to a boil, gradually add the egg yolk mixture while whisking continuously.
- Transfer all of the mixture to the pot and place over heat.
- Whisk continuously for 2-3 minutes, until the cream thickens.
- Remove from heat, add the butter and whisk until it melts.
- Remove the vanilla pod and transfer cream to a bowl.
- Cover with plastic wrap, making sure the plastic touches the surface of the cream directly so that a film does not form.
- Refrigerate for 2-3 hours.

For the base
- Preheat oven to 190° C (374° F) Fan.
- Spread the puff pastry out on a working surface and cut each sheet into 12 pieces. You want 24 pieces total.
- Dust one side of the puff pastry pieces with icing sugar and transfer to 2 baking pans lined with parchment paper.
- Pierce them with a fork all over so that they don’t puff up while baking.
- Bake for 15-20 minutes.

To assemble
- Remove the cream from the refrigerator and mix with a spatula so that it can fluff up.
- Add the whipped cream and mix until incorporated.
- Spread some of the whipped cream on a serving platter so that the sweet won’t slide.
- Add 6 pieces of the puff pastry and spread the cream over their surface with a spatula.
- Repeat the same process until you have created 3 layers of puff pastry and cream.
- Spread the remaining cream over the whole surface of the dessert.
- Crush the remaining 6 puff pastry pieces with your hands and sprinkle them over the whole surface of the mille feuille.
- Serve with icing sugar and ground cinnamon.

**Ingredients**

For the cream
- 1 liter milk, 3.5%
- 100 g corn starch
- 6 egg yolks, from medium eggs
- 270 g granulated sugar
- 1 vanilla pod
- 100 g butter
- 200 ml heavy cream 35%, chilled

For the base
- 850 g puff pastry sheets
- 100 g icing sugar, for dusting + extra to serve

**Nutrition information per portion**

<table>
<thead>
<tr>
<th>Nutrition Information</th>
<th>Amount</th>
<th>% of RNI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories (kcal)</td>
<td>745</td>
<td>37%</td>
</tr>
<tr>
<td>Total Fat (g)</td>
<td>41.0</td>
<td>59%</td>
</tr>
<tr>
<td>Saturated Fat (g)</td>
<td>23.0</td>
<td>115%</td>
</tr>
<tr>
<td>Total Carbs (g)</td>
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<td>32%</td>
</tr>
<tr>
<td>Sugars (g)</td>
<td>44.0</td>
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<td>Protein (g)</td>
<td>11.0</td>
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<tr>
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<td>1.1</td>
<td>4%</td>
</tr>
<tr>
<td>Sodium (g)</td>
<td>0.46</td>
<td>8%</td>
</tr>
</tbody>
</table>

**Recipe Category / Sweets / Desserts**

**Mille-feuille (Napoleon)**

**Hands on** 30’

**Hands off** 2 hours'

**Cook Time** 20’

**Portion(s)** 8-10

**Difficulty** 2

**Διατροφικός πίνακας**

**Mille-feuille (Napoleon)**

**Nutrition information per portion**

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