

MILLE FEUILLES AND TEA



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Ng Wai Kee

Croustillant Kouign-amann mille feuilles filled with Nuwara Eliya mandarin cream and jelly.

- Sub Category Name
Food
Main Courses
- Recipe Source Name
Dilmah Real High Tea Global Challenge 2015

Ingredients

MILLE FEUILLES AND TEA

Kouign-Amann Dough

- 550g Flour
- 17g Sea Salt
- 20g chopped Nuwara Eliya Tea
- 10g Fresh Yeast
- 280ml Water
- 20g Butter

To fold

- 500g Tempered Butter
- 300g Sugar
- 150g Muscovado Sugar



Nuwara Eliya Mandarin Cream

- 66g Eggs
- 72g Sugar
- 1 Lemon Zest
- 5g Nuwara Eliya Tea
- 1/2 Tangerine Zest
- 30g Lemon Juice
- 32g Tangerine Concentrate
- 108g Butter
- 50g Mascarpone
- 250g Tangerine Cream

Nuwara Eliya Tea Jelly

- 350ml Mandarin Juice
- 100g Sugar
- 20g Nuwara Eliya Tea
- 5pcs Gelatin Sheets
- 3pcs Mandarin Zest

Methods and Directions

MILLE FEUILLES AND TEA

Kouign-Amann Dough

- In a bowl with attached hook, knead the dough for 6 minutes at low speed.
- Keep the dough in a square shape and in the fridge for 2 hours.
- Give two simple turns by incorporating the softened butter and let it stand for about 1 hour in the fridge.
- Give two new single laps and incorporate the mixture of the two sugars.
- Roll out the dough then cut into thin slices; cook the slices in a Panini maker to obtain a perfect caramelisation.

Nuwara Eliya Mandarin Cream

- Mix the eggs, sugar, lemon zest, tangerine juice, Nuwara Eliya tea and tangerine concentrate.
- Poach in a water bath until 84°C. Cool down to 60°C, add the butter and whisk.
- Mix with a hand mixer for 10 minutes. Keep the mixture for 24 hours before use. Whisk with the mascarpone and tangerine cream.

Nuwara Eliya Tea Jelly



- In a saucepan, heat the mandarin juice with sugar. Remove from the heat, add in the tea and gelatin previously rehydrated in cold water. Refrigerate until it is completely set.

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