

Sweet Spring vol-au-vent

Recipe from Vanille @ Down Under

Crème pâtissière or vanilla custard

4 egg yolks
35ml milk
60g caster sugar
25g cornstarch
Vanilla bean split
1 tsp rum

Note, you will have more custard than needed to fill your vol-au-vent.

Vol-au-vent case (makes 8-10)

210g flour
1 1/2 tsp salt
93g cold water
30g butter melted and cooled
190g butter
20g cornstarch

+ Fruits of your choice, peeled and diced.

1. Dissolve salt in the cold water
2. In a large bowl mix flour, salted water and melted butter.
3. Knead lightly for 1-2 minutes to get a rough dough.
4. Wrap the dough in cling wrap and shape it like a rectangle. Let it rest for one hour in the fridge
5. Cream butter and cornstarch with a fork and then wrap it with cling wrap and shape it like a rectangle of similar size as the dough and store it in the fridge.
6. Roll down dough on a lightly dusted flour surface to make it two times larger than the butter block. Remove butter block from the fridge and soften it with the rolling pin. Place butter on the right half of the dough and then fold up the left half of the dough. Cut edges to make the dough a perfect rectangle.
7. Roll down the dough. Turn the dough 90° (clockwise) and then fold in 3 parts (like a letter)
8. Wrap in plastic film and refrigerate for an hour.
9. Repeat 5 to 6 times steps # 7 and 8.
10. Preheat oven to 190°C
11. Rolled down the dough and cut out with a round cookie cutter the dough. Then using a smaller cookie cutter, press to make a deep mark in the middle of each piece

12. Bake on a baking tray lined with parchment paper for 20 minutes or until puff and golden

13. Remove from the oven and let them cool on wire rack. When cooled remove with a sharp knife the precut part in the middle. You will then have empty shells ready to be filled.

For the crème pâtissière or vanilla custard:

14. In a saucepan, bring almost to a boil the milk, remove from the heat, cover and let infuse vanilla bean for half an hour. Remove vanilla bean from the milk, scrape out seeds and add them to the milk.

15. In a separate bowl whisk egg yolks and sugar until light and fluffy, then add cornstarch and keep on whisking. Pour milk in and whisk. Then pour back in the saucepan over medium heat and keep stirring until you get a thick cream. Add rum to flavor and mix.

16. Remove from fire and let the cream cool completely.

17. Spoon the crème pâtissière inside vol-au-vent cases and then add on the top diced fruits and sprinkle a bit of ice sugar.