



The Buckwheat Mille-feuilles, vanilla and caramel sauce

 40 min
Difficult

For 4 personnes

Crispy Galette (1)

- 3 Pure buckwheat galette (7290)
- 30g of Melted butter
- Icing sugar

Crème Diplomate (2)

- 200mL of Milk
- 60g of Sugar
- 2 Eggs yolk (or 40g)
- 1 Gelatin leaf
- 1 Vanilla pod
- 25g of Butter
- 20g of Maïzena (cornflour)
- 200mL of Whipping cream

Caramel sauce (3)

- 80g of Sugar
- 120g of Whipping cream
- 40g of Semi-salted butter

(1) Crispy Galette

- Using a mould, cut rectangles of buckwheat galettes.
- Glaze with melted butter and cover of icing sugar.
- Bake at 160° for 18 minutes between 2 baking trays.

(2) Crème Diplomate

- Re-hydrate the gelatin. Boil the milk with the vanilla pod.
- Whisk the eggs yolk, sugar and Maïzena (cornflour) and pour the hot milk on the mix, stir and put it back on the heat.
- Once it boils, remove from the heat, add the butter and gelatin. Cool.
- Whip the whipping cream and incorporate it to the pastry cream. Fill it in a piping bag.

(3) Caramel sauce

- Heat the cream.
- Cook the sugar until brown, and pour the hot cream.
- Add the butter, stir and set aside.

Assembly

- Pipe peaks of Crème Diplomate on the galettes. Add some drops of caramel, overlay and repeat the operation.
- Sprinkle with icing sugar to decorate.



www.lemondedescrepes.com