

MIGUELITOS



INGREDIENTS:

- 1 sheet of puff pastry
- 500 ml milk for the pastry cream
- 120 g icing sugar for the pastry cream
- 30 g cornstarch for the pastry cream
- 4 egg yolks for the pastry cream
- Lemon peel for the pastry cream
- 1 cinnamon sticks for the pastry cream
- Icing sugar for the final finish

Preparation:

The puff pastry is cut into square or rectangular portions and placed on a baking tray covered with baking paper. It serves the same paper in which the puff pastry is wrapped. The oven is heated to 200° and baked for about twelve or fifteen minutes.

They will rise immediately, and when they look golden brown, without being too toasted, they are removed and left to cool on a rack. Then they are opened with a knife and they are ready to fill.

Custard cream:

To make the pastry cream, heat the milk (minus a glass) with the cinnamon, the lemon peel and the sugar. In the reserved glass of cold milk, dissolve the cornstarch. When the milk starts to boil, add the yolks and stir vigorously. Incorporate the cornstarch dissolved in the milk and return to a simmer, ensuring that it does not come to a boil and beating until the desired thickness is achieved. It is transferred to a pastry bag and allowed to cool.

The cream can be made using 250 ml of milk and 250 ml of cream. And it can also be flavored with vanilla, using natural vanilla, vanilla essence or vanilla sugar.

The puff pastry is filled with cream and sprinkled with icing sugar.