



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

Flaked Pastry Cream Cake

Milföy Pastası



6 flaked pastries

For Cream;

1 cup milk

2 tbsp flour

1 tbsp starch

4 tbsp granulated sugar

1/2 tsp margarine or butter

1 pack vanilla

For Sour Cherry Jelly;

1 cup sour cherry juice

3 tbsp starch (corn or wheat)

7 tbsp granulated sugar

Cut the square shaped flaked pastries into 2 pieces (You will get 12 pieces). Place them on the oven tray without any addition. Bake in 374 F oven until they turn to pink.

Prepare the cream after removing the flaked pastries from the oven, while resting them for cooling down.

Add starch, flour, sugar into the milk, whisk the mixture, and place it over medium heat, cook until it reaches high consistency. Add the margarine and the vanilla immediately after removing it from the stove, mix it fast.

When the cream is hot yet, spread it on each pastry with 1/2 inch thickness, and then place the other piece of the pastry on it.

You will get 6 flaked pastries with cream inside by this way.

For the jelly; add starch and sugar into the sour cherry juice, and cook until it reaches to the right consistency.

Pour 1 tbsp of jelly all over each flaked pastry at first, after waiting a little pour 1 tbsp more all over each one. By this way the jelly will be placed over the pastries.

Rest it for 30 minutes and serve.

Note: If you don't have enough time for preparing jelly, you can sprinkle castor sugar all over.