

Mille Feuille with Mulled Fruit Compote



Serves: 6

Preparation: 1 hour plus cooling and chilling

Plus: For the best results make sure you prick the pastry evenly all over and all the way through the pastry. This helps the pastry rise evenly and prevents it rising too much.

Ingredients

For the mulled fruit:

- 150ml red wine, such as merlot

- 50g caster sugar, plus extra for sprinkling
- 2 cardamom pods, split
- 1 cinnamon stick
- good pinch of ground cloves
- grated rind and juice of 1 orange
- 450g mixed fruit such as plums, cherries, raspberries, blueberries and blackberries
- 1 small red apple, cored and sliced

For the pastry and cream:

- 1 x 320g packet ready-rolled puff pastry
- Oil, for brushing
- 50g caster sugar, plus extra for sprinkling
- 300ml double cream
- Grated rind 1 orange
- 1-2 tbsp medium sherry
- Handful of mint leaves
- Icing sugar, for dusting
- Mint leaves, to decorate

Method

For the mulled fruit: Place the wine, sugar, cardamom pods, cinnamon stick, cloves and orange rind and juice in a pan and bring slowly to the boil, stirring until sugar is dissolved. Bring to the boil and boil rapidly for 5 minutes.

Meanwhile halve and stone plums and slice and stone cherries. Place in a bowl with the remaining fruit and pour over the hot juices through a sieve. Discard spices and allow to cool completely, stirring occasionally.

For the pastry and cream: preheat the oven to 220C/fan 200C/Gas 7. Line a baking sheet with baking paper and lightly brush with oil. Unroll pastry and place on the baking sheet and using a knife knock up the sides. Using a fork prick the pastry evenly all over. Brush with a little water and sprinkle over a little caster sugar. Bake for 12-15 minutes until risen and golden. Remove from the heat and carefully transfer the pastry to a wire rack and allow to cool completely.

Pour the mulled fruit juices back into the pan, bring to the boil and boil rapidly until reduced, thickened and syrupy. Remove from the heat and allow to cool.

Transfer the pastry to a wooden board and using a sharp knife cut the cooled pastry into 3

rectangles. Whip together the caster sugar, cream, orange rind and sherry in a large bowl until soft peaking.

Spread the cream over two of the rectangles. Place one on a serving plate. Spoon half the mixed fruits over the creamed pastry. Scatter over mint leaves and drizzle over a little mulled fruit juice. Top with the remaining cream topped pastry rectangle and top with remaining fruits and a little of the mulled fruit syrup and mint leaves. Pour excess mulled fruit juices into a jar to serve separately. Scatter over more mint leaves.

Recipes and Food Styling by Liz Martin | Photography: Michael Dannenberg Photography

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