

Chef Jésus gives you the recipe.....

FRUIT AND CHANTILLY 'ARLETTES' (For 5 people)

Ingredients :

- 2 rolls of puff pastry
- 50g icing sugar
- 1 carton of sangria already yet
- 30 g of hazelnut or almond or coconut powder
- 30g caster sugar
- 25 cl of whole liquid cream (30% fat)
- 1 orange
- Fruits (mango, kiwi, raspberries) or (apples, pears, grapes) make your favorite mixture ...

The recipe :

- Pour two glasses of sangria in a saucepan and add 4 tablespoons of powdered sugar, bring to a boil and lower the heat
- Simmer until the mixture reduces and becomes syrupy, allow about 45 minutes
- Sprinkle your work surface with icing sugar and unroll a roll of puff pastry, roll it out a little using the rolling pin,
- Sprinkle the dough with icing sugar, caster sugar and hazelnut powder
- Roll the dough on itself, and cut small sections of 1 to 2 cm,
- Roll out these sections using the roller and sprinkle again with icing sugar,
- Preheat the oven to 200 ° C
- Prepare the fruits by peeling them and cutting them into quarters, oranges, apples, pears, raspberries that are left whole
- Pour 25 cl of liquid cream at 30% minimum fat in a cold salad bowl or in the mixer bowl and whip into whipped cream, gradually adding 4 teaspoons of sugar and orange zest,
- Put the arlettes in the oven for 15 to 20 minutes
- Arrange on the plate in a mille-feuille, either an arlette, a little whipped cream, some fruit and finally an arlettes to finish,
- Drizzle with sangria reduction,
- Enjoy your meal...