



## Fresh Plum Napoleon

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



460 kcal

SIDE DISH

## Ingredients

- ☐ 2.5 teaspoons cornstarch
- ☐ 6 ounces cream cheese cut into 1/2-inch cubes, room temperature
- ☐ 4 large egg yolks
- ☐ 2 teaspoons orange peel grated
- ☐ 1 pound plums pitted halved cut into 1/4-inch-thick slices ( 6)
- ☐ 10 servings powdered sugar
- ☐ 17.3 ounce puff pastry frozen thawed (2 sheets)
- ☐ 0.5 cup sugar

- ☐ 0.5 vanilla pod split
- ☐ 0.3 cup water
- ☐ 1 cup milk whole divided

## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin
- ☐ cutting board
- ☐ serrated knife

## Directions




- ☐ Whisk sugar and cornstarch in medium saucepan to blend.
- ☐ Add 1/4 cup milk; whisk until cornstarch dissolves.
- ☐ Whisk in remaining 3/4 cup milk and egg yolks. Scrape in seeds from vanilla bean; add bean.
- ☐ Whisk over medium heat until mixture is smooth and thick and comes to boil, about 2 minutes.
- ☐ Remove from heat.
- ☐ Add cream cheese and whisk until smooth. Strain pastry cream into small bowl; discard solids in strainer. Press plastic wrap directly onto surface of pastry cream; chill until cold, about 4 hours.
- ☐ Combine sugar and 1/4 cup water in heavy medium saucepan. Scrape in seeds from vanilla bean; add bean. Bring to simmer over medium-high heat, stirring until sugar dissolves and

syrup begins to thicken, about 2 minutes.

- ☐ Add plums and orange peel; reduce heat to medium and simmer until mixture is very thick and reduced to 3/4 cup, stirring often, about 20 minutes. Cool. Discard vanilla bean. (Pastry cream and plum jam can be prepared 1 day ahead. Cover separately and chill.)
- ☐ Preheat oven to 375°F.
- ☐ Place 1 puff pastry sheet on work surface.
- ☐ Brush 1 edge of sheet with cold water.
- ☐ Place 1 edge of second pastry sheet atop wet edge of first sheet, overlapping by 2 inches, pressing to adhere, and forming 18x10-inch rectangle. Using rolling pin, roll out pastry to 1 large sheet, 19 to 20 inches long and 11 inches wide.
- ☐ Transfer pastry to ungreased 18x12x1-inch baking sheet. Pierce pastry all over with fork. Using sharp knife, trim pastry to fit sheet.
- ☐ Bake until golden, occasionally piercing pastry with fork to deflate slightly, about 25 minutes (pastry will shrink to about 15x10-inch rectangle). Cool completely on sheet.
- ☐ Carefully transfer pastry to cutting board. Using serrated knife, cut pastry into three 14x3-inch rectangles. Trim any puffed portions of pastry to flatten and even slightly. (Can be prepared 8 hours ahead. Cover with foil; let stand at room temperature.)
- ☐ Place 1 pastry rectangle on long serving platter. Stir pastry cream to loosen.
- ☐ Spread 1 cup pastry cream over pastry rectangle, leaving 1/2-inch plain border at all edges (reserve remaining pastry cream for another use).
- ☐ Place second pastry rectangle, flat side up, on cardboard rectangle or 18-inch-long ruler.
- ☐ Spread with half of jam (generous 1/3 cup) to cover. Top with sliced plums in neat lines, skin side facing out. Using cardboard rectangle or ruler as aid, slide pastry with plums atop pastry cream layer, plum side up.
- ☐ Spread remaining plum jam over flat side (underside) of third pastry rectangle.
- ☐ Place jam side down on plums on second pastry layer. Dust top of pastry with powdered sugar. (Can be made 2 hours ahead.)
- ☐ Let stand at room temperature; do not refrigerate.)
- ☐ Cut napoleon crosswise and serve.

## Nutrition Facts



 PROTEIN **5.87%**  FAT **52.77%**  CARBS **41.36%**

Properties

Glycemic Index:22.98, Glycemic Load:21.4, Inflammation Score:-4, Nutrition Score:8.3934782276983%

Flavonoids

Cyanidin: 2.55mg, Cyanidin: 2.55mg, Cyanidin: 2.55mg, Cyanidin: 2.55mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.45mg, Epicatechin: 1.45mg, Epicatechin: 1.45mg, Epicatechin: 1.45mg Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg, Epicatechin 3-gallate: 0.34mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 459.67kcal (22.98%), Fat: 27.32g (42.03%), Saturated Fat: 9.28g (57.98%), Carbohydrates: 48.18g (16.06%), Net Carbohydrates: 46.76g (17%), Sugar: 24.52g (27.24%), Cholesterol: 93.55mg (31.18%), Sodium: 188.68mg (8.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.83g (13.67%), Selenium: 17.73µg (25.33%), Vitamin B1: 0.24mg (15.86%), Vitamin B2: 0.26mg (15.47%), Manganese: 0.27mg (13.52%), Folate: 52.1µg (13.03%), Vitamin B3: 2.28mg (11.4%), Vitamin K: 11.28µg (10.74%), Phosphorus: 106.2mg (10.62%), Vitamin A: 524.68IU (10.49%), Iron: 1.55mg (8.62%), Calcium: 63.92mg (6.39%), Vitamin C: 4.85mg (5.88%), Fiber: 1.42g (5.67%), Vitamin B12: 0.3µg (5.03%), Potassium: 168.82mg (4.82%), Vitamin E: 0.72mg (4.78%), Copper: 0.09mg (4.66%), Vitamin B5: 0.45mg (4.54%), Zinc: 0.65mg (4.34%), Vitamin D: 0.64µg (4.24%), Magnesium: 15.98mg (4%), Vitamin B6: 0.07mg (3.62%)