

How to make the MIAS, a French pastry made with corn:



Ingredients for 6 people

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· 100 g of cornstarch

· 40 g of wheat flour (T55)

· 125 g of caster sugar

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· 25 g of butter

· 2 eggs

· 60 cl of whole milk

· 5 cl of Armagnac

· 1 bag of vanilla sugar

· the worn zest of an untreated orange

· 1 pinch of salt

Stages of preparation

1 Sieve both flours in a bowl, add the caster sugar, and then dilute with a third of the cold milk.

Incorporate the rest of milk, and then overturn into a pan.

Add the butter; carry in shivers by mixing regularly.

Let cook 5 min, and then cut the fire. Let warm 30 min by mixing from time to time.

2 Preheat the oven in 180 °C (th. 6). Incorporate Armagnac, beaten eggs, vanilla sugar, orange peel and salt.

Deeply mix; he should not stay a lump.

3 Overturn into a buttered and floured mold, put in the oven for 45 min approximately: the blade of a knife planted at the heart of the mias has to take out again sandbank.