

MY PALEO

Patisserie

Sample Recipes



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Getting Started

These recipes are taken as an excerpt from my print cookbook, *My Paleo Patisserie*. To order a copy of the full book, visit www.mypaleopatisserie.com or search for it on Amazon.

Before charging headlong into one of the recipes in this book, which might leave you wondering why your labors didn't result in the perfect cake, tart, or profiteroles you were hoping for, I recommend taking a moment to read the baking tips that follow.

Making beautiful and delicious pastries can take some practice. My motto is, "Recipes don't make beautiful and tasty desserts; people do." In the end, when you see the faces of your friends and family light up with awe and enthusiasm, all the effort is worth it.



HELPFUL TIPS

I wouldn't go so far as to say that these are "rules," but when it comes to pastry making, I have found that minding a few minor guidelines goes a long way toward helping you produce great-looking and great-tasting desserts.

Set up your space. Call it a mystery if you like, but I've always found that if my kitchen is cluttered and crazy, it somehow comes through in my pastries. I'm not a super-organized baker to begin with, and things always end up being pretty messy. But as long as I start with a little organization, things always seem to go better for me.

Have the right tools. You don't need ultra-fancy tools and a large, super-decked-out workspace, but you do need to have the tools you're going to use for a recipe. The old saying goes, "Every job is easy if you have the right tools," and that's absolutely true with pastry making.

Always preheat the oven before you do anything else. For even baking, a standard oven takes a minimum of 15 minutes to preheat, regardless of when it beeps and says that it's at the right temperature. I always use an oven thermometer as well, because I have yet to find an oven that reads at the correct temperature all the time.

Prepare for making the recipe. Always start by taking a moment to read through the entire recipe. Make sure that you have the ingredients in the right amounts and that your tools are clean and accessible. Measure and weigh the specific amounts of ingredients you'll need for the recipe, using as many prep bowls as necessary. Precut the parchment paper, grease the pans, and so on. Many recipes are time-sensitive, and success depends on having what you need when you need it.

When baking, never leave the kitchen for very long. Pastry making requires you to use a measure of intuition, and you have to stay engaged in the process if you want great results. What I mean is that if you have to bake something for 25 minutes, it's unwise to leave the kitchen and return after 24 minutes hoping to find a perfect cake waiting for you. For certain recipes with shorter baking times, like sponge cakes, I actually don't leave the kitchen at all. For longer baking recipes, I try to be back in the kitchen at least 10 minutes before the expected baking time is over to allow for recipes that are done sooner than expected.

Be patient. It's a virtue, after all. Don't be anxious; if a recipe says to whip something for 15 minutes, don't stop at 13, unless you've done it enough times to know for sure that it is ready early.

Respect the cool-down process. Cooling time is a critical part of most recipes; it should be thought of as part of the baking/cooking process. This is especially true with coconut flour cakes, which tend to require the full cooling time for the internal texture not to be soggy.





Sacher Torte

Sacher torte is a classic Austrian chocolate cake layered with apricot preserves. It is traditionally served with a side of whipped cream, but is equally delicious on its own.

INGREDIENTS

Cake Ingredients

¼ cup (45 g) palm shortening or ghee

½ cup (60 g) coconut flour

¼ cup (25 g) cocoa powder

1 tablespoon arrowroot flour

Pinch of salt

3 large eggs, room temperature

½ cup (120 ml) full-fat coconut milk

½ cup (120 ml) maple syrup or honey

1 teaspoon vanilla extract

1 teaspoon apple cider vinegar

¾ teaspoon baking soda

Filling and Glaze

1 cup (240 ml) apricot jam (for the filling)

5 ounces (140 g) bittersweet chocolate, finely chopped

⅓ cup (80 ml) maple syrup or honey

1 tablespoon water

1 tablespoon rum or water

YIELD

One filled (6-inch/15-cm) round cake (serving 6)

METHOD

1. Preheat the oven to 325°F (163°C). Grease and line a 6-inch round cake pan with a parchment paper circle cut to fit the pan.
2. In a small saucepan, melt the shortening over gentle heat, then set aside to cool slightly. In a large bowl, whisk together the coconut flour, cocoa, arrowroot flour, and salt till blended.
3. Separate the eggs, placing the whites in a medium-sized bowl or the bowl of a stand mixer. Place the yolks in another bowl along with the milk, maple syrup, vanilla, vinegar, and melted shortening. Whisk to combine. Add the egg yolk mixture to the flour mixture and whisk till the batter is smooth and no lumps remain.
4. Using a hand mixer or the whisk attachment for your stand mixer, beat the egg whites till they look like softly whipped cream (soft peaks). Stir the baking soda into the batter and then, using a rubber spatula, immediately beat in one-third of the whipped egg whites to lighten the batter. Gently fold in the rest of the egg whites till only a few streaks of egg white are left.
5. Pour the batter into the prepared pan and bake for 35 to 40 minutes or till a wooden skewer poked into the center of the cake comes out clean. Remove from the oven and let cool in the pan for 5 minutes, then run a sharp knife around the edge of the cake and turn out onto a cooling rack. Let cool completely.
6. When ready to assemble the torte, slice the cake in half. Place the bottom layer on a wire rack. Soften ½ cup (120 ml) of the jam in a small bowl by stirring and pressing with a spoon. Spread the jam over the cake layer. You may not need all of it. Place the other cake layer on top, pressing down slightly to secure it.
7. In a small saucepan over medium-high heat, bring the remaining ½ cup (120 ml) of jam to a simmer, stirring every once in a while. Once it becomes liquid, press it through a fine-mesh sieve.
8. Place the rack with the cake on it over a rimmed baking sheet to catch drips. Starting at the center of the cake, pour on the apricot glaze, letting it move outward. Again, you may not need all of it. Use a spatula or spoon to spread the glaze in a thin layer over the entire surface of the cake. You don't want the glaze to be too thick. Leave till the glaze is set, about 15 minutes.
9. To prepare the chocolate glaze, place the chocolate in a heatproof bowl. In a saucepan, whisk together the maple syrup, water, and rum, then bring to a boil over medium-high heat. Continue to boil for about 2 minutes. Remove from the heat and pour the hot mixture over the chocolate. Let stand for 5 minutes or till melted. Whisk till smooth. If the glaze is too thick to pour, whisk in up to 1 tablespoon of hot water. Let cool till lukewarm.
10. With the cake still set over the baking sheet, start at the center of the cake and pour on the chocolate glaze. Pick up and tilt the cake as needed to help the chocolate cover the entire surface of the cake. Add more chocolate on the edges as needed. Chill the cake in the fridge for about 20 minutes to quick-set the glaze. This will make it easier to transfer it to a plate for serving. 1
11. 1. Transfer the cake to a 7-inch (18-cm) or larger plate or cake stand. Serve each slice with a dollop of whipped cream.



Chocolate Bundt Cake with Blackberries

INGREDIENTS

For the Cake:

1/2 cup (90 g) palm shortening or ghee
1 cup (120 g) coconut flour
1/2 cup (50 g) cocoa powder
2 tablespoon arrowroot flour
2 Pinches of salt
6 large eggs, room temperature
1 cup (240 ml) full-fat coconut milk
1 cup (240 ml) maple syrup or honey
2 teaspoon vanilla extract
2 teaspoon apple cider vinegar
1 ½ teaspoon baking soda

For the Ganache:

¾ cup (160 ml) of full-fat coconut milk
5 ounces (140 g) bittersweet chocolate chips
1 cup (170 g) fresh blackberries, for garnish

SPECIAL EQUIPMENT

1 (3 by 8.5-inch / 7.5 by 22-cm) nonstick Bundt pan or other 6-cup (1.4-L) capacity Bundt pan

SERVES

8 to 10

METHOD

1. Preheat the oven to 325°F (163°C) and grease the Bundt pan.
2. In a small saucepan, melt the shortening over gentle heat, then set aside to cool slightly. In a large bowl, whisk together the coconut flour, cocoa, arrowroot flour, and salt till blended.
3. Separate the eggs, placing the whites in a medium-sized bowl or the bowl of a stand mixer. Place the yolks in another bowl along with the milk, maple syrup, vanilla, vinegar, and melted shortening. Whisk to combine. Add the egg yolk mixture to the flour mixture and whisk till the batter is smooth and no lumps remain.
4. Using a hand mixer or the whisk attachment for your stand mixer, beat the egg whites till they look like softly whipped cream (soft peaks). Stir the baking soda into the batter and then, using a rubber spatula, immediately beat in one-third of the whipped egg whites to lighten the batter. Gently fold in the rest of the egg whites till only a few streaks of egg white are left.
5. Pour the batter into the prepared bundt pan. Bake for about 40 minutes, till the top is golden and springs back when gently pressed at the center. Baking times can vary slightly depending on the pan. Check the cake in the last 10 minutes of baking to see how it has progressed. Remove from the oven and let cool for 10 minutes. Loosen the edges with a sharp knife, then unmold onto a wire rack and let cool completely.
6. While the cake cools, prepare the ganache. Open the can of coconut milk without shaking it. Pour off the creamy part into a 2-cup (475-ml) liquid measuring cup. You need $\frac{2}{3}$ cup (160ml); you can add some of the coconut water if needed.
7. Place the chocolate in a heatproof bowl. In a saucepan over medium-high heat, bring the milk just to a simmer. Remove from the heat and pour the hot milk over the chocolate. Let stand for 5 minutes or till melted.
8. Using a metal spoon or small whisk, start from the center of the bowl and stir the chocolate with small circular movements, gently incorporating the milk. As the center begins to become dark and glossy, begin to make larger circular movements till the entire mixture becomes glossy and smooth.
9. Allow it to cool to room temperature. (It will glaze best at room temperature, so give it some time to cool down, but not so much time that it is no longer pourable.)
10. When the Ganache is room temperature, place the rack with the cake on it over a baking sheet or piece of parchment paper to catch drips. Drizzle the ganache over the cake in a decorative manner. Once the glaze has set, pile the blackberries on top of the cake, allowing them to fill up the center hole.

The cake can be kept, covered, in the fridge for up to 2 days.



Maple Carrot Cake

For this recipe you will need three 6-inch (15-cm) round cake pans, as the recipe is written for that amount of batter. However, this amount of batter will also make one 9-inch (24-cm) round cake for a nice single-layer cake if desired.

INGREDIENTS

For the cake:

- ¼ cup palm shortening or ghee
- 4 large eggs
- 1 large egg white
- 1 cup firmly packed maple sugar
- 1 teaspoon lemon juice
- 3 cups almond flour
- 1 teaspoon ground cinnamon
- ¾ teaspoon ginger powder
- ½ teaspoon ground nutmeg
- ½ teaspoon baking soda
- ½ cup unsweetened shredded coconut
- ⅓ cup raisins
- ⅓ cup chopped pineapple
- ⅓ cup chopped pecans
- 3 medium carrots grated
- 3 cups coconut flakes, for garnish

For the buttercream:

- 3 large egg whites, room temperature
- ¼ teaspoon cream of tartar or lemon juice
- ¾ cup maple syrup
- 1½ cups palm shortening*, room temperature
- 1 teaspoon vanilla extract

YIELD

One three-layer (6-inch/15-cm) round cake (serving 12 to 15)

METHOD

1. Preheat the oven to 325°F (163°C). Grease and line the cake pans with parchment paper circles cut to fit the pans.
2. Melt the shortening in a small saucepan over low heat, then set aside to cool. In the bowl of a stand mixer fitted with a whisk attachment, beat eggs, egg white, sugar, and lemon juice on medium-high speed for 15 minutes. The mixture should become thick and voluminous. Always beat it for the whole 15 minutes, though.
3. While the egg mixture is beating, whisk together the flour, spices, and baking soda in a large bowl till blended. Add the shredded coconut, raisins, pineapple, pecans, carrots, and melted shortening, then toss to combine.
4. When the egg mixture is ready, gently fold it into the flour mixture till completely incorporated. Divide the batter evenly among the prepared pans and bake for 30 to 35 minutes or till the tops spring back when gently pressed. (Bake for 35 to 40 minutes if using a 9-inch/24-cm round cake pan.)
5. Remove from the oven and let cool in the pans for about 10 minutes. Loosen the edge of each cake with a sharp knife, then turn the cakes out onto a wire rack and let cool completely before assembling.
6. Once the cakes are cooled, prepare the buttercream. Combine the egg whites, maple syrup, and cream of tartar in a large heatproof bowl. Place the bowl over a small or medium-sized saucepan with 2 inches (5 cm) of simmering water in it. It is important that the bottom of the bowl does not touch the water. Heat the mixture till it reaches 160°F (71°C) on a candy thermometer, whisking constantly so the eggs don't curdle or seize.
7. Remove from the heat and transfer the mixture to the bowl of a stand mixer fitted with a whisk attachment, or use a metal bowl and a hand mixer. Start whipping on low speed, gradually increasing to high over the course of 30 seconds. Continue to beat the mixture on high speed till stiff and completely cool. This could take up to 8 to 10 minutes, or longer if using a hand mixer. When the meringue is ready, switch to the paddle attachment on the stand mixer. Add the shortening bit by bit, beating on medium-high speed till thick and smooth. Beat in the vanilla.
8. If the buttercream becomes loose and liquid, your meringue may not have been sufficiently cool when you added the shortening. Chill the mixture slightly in the fridge, then resume beating. It will emulsify eventually. If it curdles, the shortening may have been too cold. No worries! Don't fret or throw it out; just keep beating! Beating the mixture fixes pretty much everything.
9. To assemble the cake: Place the first cake layer on a plate or cake stand. Spread about a ¼-inch (6-mm)-thick layer of buttercream evenly over the cake. Place the second cake layer on top of the buttercream, then spread more buttercream on top. Finally, place the last cake layer, then frost the top and sides of the cake with the remaining buttercream. You don't need a super thick layer, but you want enough buttercream to press the coconut flakes into.
10. Scoop up handfuls of coconut flakes and gently press them into and all over the surface of the cake.
11. For best results, chill the cake, uncovered, for about 30 minutes to secure the coconut flakes. If needed, fill in gaps by placing a little frosting on the back of a coconut flake and securing it to the area.

NOTES - To substitute ghee, use an equal amount by weight. If measuring by volume (cups), reduce the amount of fat used to 1 cup plus 2 tablespoons.



Italian Almond Cookies

This classic cookie is soft on the inside and crisp on the outside. It is often coated with almonds, and here I even have a pistachio variation.

INGREDIENTS

2 cups (200 g) almond flour

$\frac{2}{3}$ cup (140 g) firmly packed maple sugar

2 large egg whites

Pinch of salt

A few drops of almond extract

For the coating:

1 large egg white

$\frac{1}{2}$ cup (45 g) sliced almonds

YIELD

12 cookies

METHOD

1. Preheat the oven to 325°F (163°C). Line a cookie sheet with parchment paper.
2. Combine the flour and sugar in a large bowl. In a separate bowl, beat the two egg whites with a pinch of salt and a few drops of almond extract till they form soft peaks. Using a spatula, fold the beaten egg whites into the flour mixture, mixing till a smooth ball of dough has formed.
3. Make the coating: In a small bowl, beat the egg white with a fork for about 15 seconds. Place the sliced almonds on a small plate or in a shallow bowl. Set aside.
4. Divide the dough into 12 equal portions and shape them into small ovals, about 1½ inches (4 cm) long. You may need to wet and clean your hands periodically, as the dough will be slightly sticky.
5. Coat one cookie at a time on all sides with the beaten egg white, then roll or press in the sliced almonds. Arrange the cookies on the prepared cookie sheet, spacing them about 1 inch (2.5 cm) apart.
6. Bake for 25 to 30 minutes or till golden. Rotate the pan halfway through the baking time for even baking. Let cool on the pan.
7. These cookies are best eaten the day they are made but can be stored in an airtight container at room temperature for up to 3 days.

VARIATION: ITALIAN PISTACHIO COOKIES

This version uses a combination of almond and pistachio flours and chopped pistachios instead of sliced almonds for the coating. Follow the instructions above, but reduce the amount of almond flour to 1 cup (100 g) and add 1 cup (100 g) of pistachio flour. Replace the sliced almonds with $\frac{1}{2}$ cup (65 g) of roughly chopped raw pistachio meats.



Extra-Thin Chocolate Chunk Cookies

INGREDIENTS

1 cup (100 g) almond flour
2 tablespoons arrowroot flour ¼ teaspoon salt
¼ teaspoon baking soda
½ cup (90 g) palm shortening or ghee, softened
½ cup (100 g) firmly packed maple sugar
1 large egg
1 tablespoon vanilla extract
1 tablespoon full-fat coconut milk
½ cup (3 oz/85 g) chocolate chunks

SPECIAL EQUIPMENT

Small mechanical ice cream scoop or 2-tablespoon measuring scoop

YIELD

10 Large Cookies

METHOD

1. Preheat the oven to 350°F (177°C). Grease and line two large cookie sheets with parchment paper. Greasing is important here, as it keeps the parchment from curling and ensures that the cookies will spread out smoothly.
2. Sift the almond flour into a small bowl (lumps will cause the cookies to spread unevenly), then add the arrowroot flour, salt, and baking soda and whisk to combine.
3. In the bowl of a stand mixer fitted with a paddle attachment, or with a hand mixer, cream the shortening and sugar on high speed for at least 2 minutes. Scrape down the sides of the bowl as needed. Add the egg and vanilla and beat to combine. Turn the mixer down to low speed, then add the flour mixture and milk and mix till fully combined.
4. Using the scoop, place slightly rounded mounds of dough on the lined cookie sheets, spacing them at least 4 inches (10 cm) apart. You can fit about 5 cookies per sheet, giving them plenty of room to spread as they bake.
5. Bake one sheet at a time for 4 minutes, then open the oven door and, leaving the pan in the oven, sprinkle chocolate chunks evenly over the surface of each cookie. They should fall and deflate some. Try to avoid putting chocolate chunks on the edges, or the cookies will slide into odd shapes as they melt.
6. Close the oven door and continue baking for another 6 to 8 minutes or till golden and crispy around the edges. Remove from the oven and let cool on the pan for about 5 minutes, then carefully transfer to a cooling rack. If the cookies are too soft for your liking once cooled, just pop them back in the oven for a few more minutes.
7. These cookies are best eaten the day they are made and will lose their crispness over the course of the day. But if needed, they can be stored in an airtight container in the fridge for a few days.