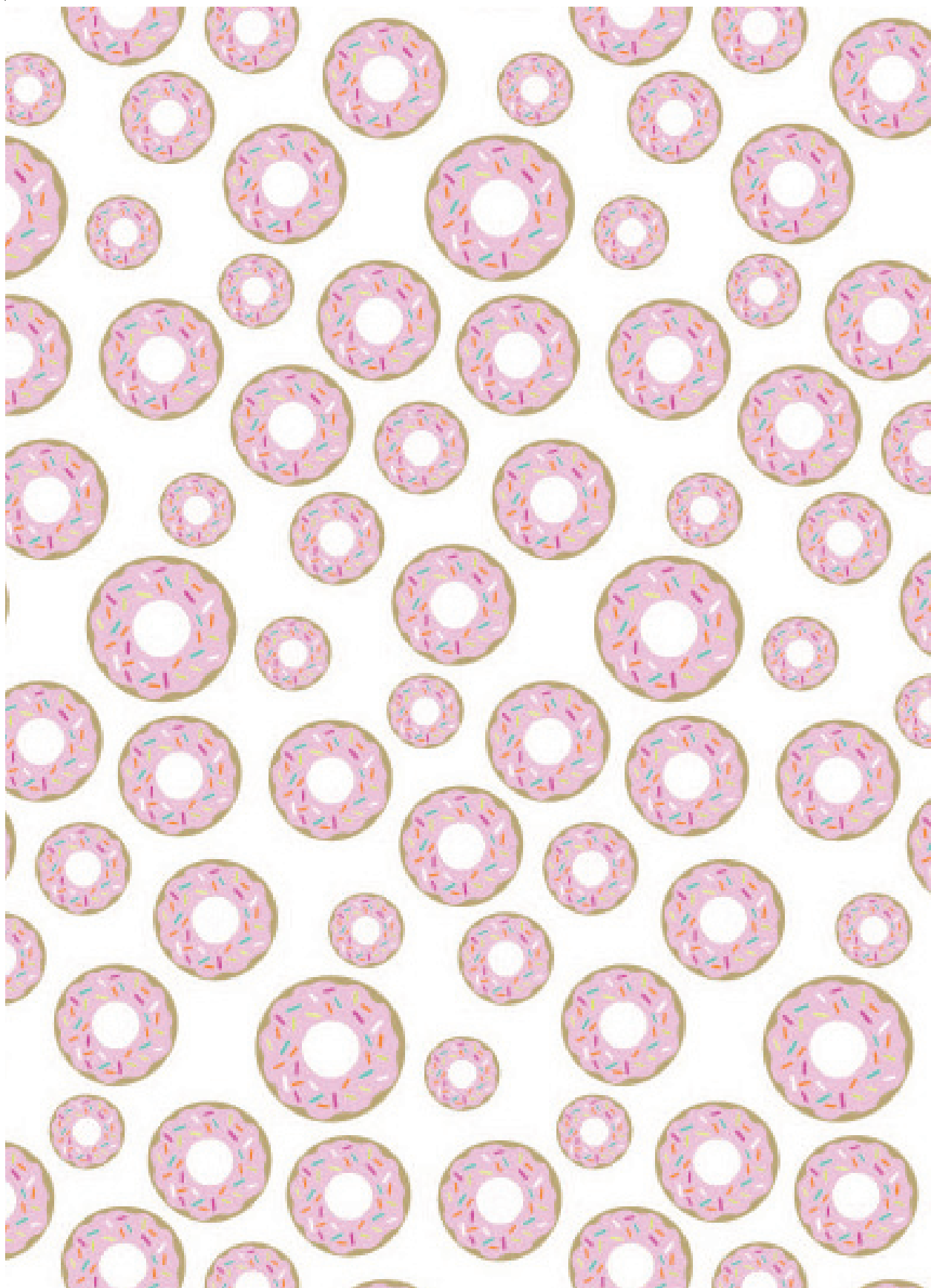


peace of cake





"As you breathe in, cherish yourself.
As you breathe out, cherish all
Beings."

Dalai Lama

table of contents

peace of cake

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Editor's Letter 7
Baked Goods and Some Words 10-13
How to Make a Fruit Galette Without Losing your Shit 16-31
Q&A with Leah Mizrahi 32-35

a letter from the editor

Whoever you are, wherever you come from, you are in the right place.

I am so glad that you have found this zine, Peace of Cake. It's all about finding stillness and clarity in this crazy world we live in through the art of baking.

Baking has helped me get through many lows in my life. While doing so, I'm able to quiet my mind from its constant chatter and just be present in my own moment where I am creating something with my own hands.

Now, I'm definitely happy you're reading this, like I mentioned before, but I won't lie and tell you that baking is for everyone. It just isn't. Just like running isn't for everyone

(I know I look like a spaz while I'm running).

But I ask you to give it a chance and see where it takes you. Even if in the end you are left with a mess, it will be your own masterpiece, no judgements or criticisms necessary.

I hope that this brings you a bit of joy and peace, whatever the amount.

Thanks for reading.

**with gratitude,
ivy**

inhale.

exhale.

baked goods

and some words



"The smell of good bread baking, like the sound of lightly flowing water, is indescribable in its evocation of innocence and delight."

M.F.K. Fisher



"A party without a cake is just a meeting."

Julia Child

"Food has become my touchstone for understanding what real love is. The best thing? Food makes it easier to give love, untangled. Since it keeps us alive, the smallest, simplest gesture can seem miraculous: I brought you this soup."

Emily Nunn



ooooohhhmmmmmm.

how to make a fruit galette

without losing your shit

A galette is basically any flat, round pastry or cake-like creation. It comes from the French word *galet*, which translates to a smooth, flat pebble. Today, however, the most common and well-known description of a galette is a free-form tart, similar to a pizza, made with a single crust of pastry or bread dough. The dessert is typically filled with fruit and its sides are then folded over the edges as to contain the juices. Though any fruit can be used, some of the best are berries, peaches (or any stone fruit), apples, and pears.

It seems way fancier than it is. But when you think about it, it's like a lazy version of baking a pie. A galette actually is a really simple and easy dessert to bake. And definitely a meditative one.

Before you begin take three slow and deep inhales and exhales. As you inhale, think about something that has been making you tense or stressed, and as you exhale simply let it go. Of course, it's hard to really let things go just with one inhale and exhale. But for the time being, let yourself be present in this moment of baking a galette. All you need to think about is mixing and rolling and whisking and chopping.

but really...

**breathe
in**

**and
out.**

just let it all

9000000000000.

ingredients

*Prep time: 1 hour | Cook time: 40 min | Total time: 1 hour
40 min | Yields: 4 small galettes or 2 large galettes*

dough

- 2 cups flour
- 1 tablespoon sugar
- ¼ kosher salt
- ½ cup (1 stick) unsalted butter, cut into ½ inch pieces
- ½ – ¾ cup ice cold water

filling

- 1 ½ pounds of whatever fruit you're using, sliced in whatever shape you like best
- 3 tablespoons sugar
- 1 tablespoon cornstarch
- ¼ teaspoon salt
- Zest of one lemon (optional)
- 1 vanilla bean, halved and seeds scraped out, or 1 teaspoon vanilla extract

tops of galettes

- 1 egg (for egg wash)
- 1 teaspoon water
- Raw sugar (brown or turbinado)

***and now we're ready to
rumble.***

make the dough

Combine the flour, sugar, and salt in a large bowl.

Cut in the cubed butter with a pastry cutter (or a sharp knife) until mostly pea-sized pieces of remain. You can also use a food processor and pulse a few separate times until combined. Be very careful not to over mix because you want the butter to stay chilled, and over-mixing will warm it up, causing it to melt.

Sprinkle the ice water over the flour mixture, 1-2 tablespoons at a time, and stir with a butter knife to distribute. Mix the dough with your hands until it starts to come together in a coarse ball. Sprinkle the dry bits with more water and bring together into a ball.

Divide the dough into two or four equal balls, depending on what size galettes you are making. Wrap the dough in plastic wrap and shape the balls into small round discs. Refrigerate for at least one hour or up to overnight.

make the filling

Toss the fruit, sugar, cornstarch, salt, lemon zest, and vanilla bean seeds in a medium sized bowl and let sit for at least 15 minutes. The fruit will release juice which will keep your galette from being watery.

assemble the galette

Roll a ball of galette dough onto a floured surface into 8-inch rounds. Transfer to a parchment paper-lined baking sheet.

Taking care to leave any released liquid behind, place 1/4 of the fruit mixture in the center of the flattened dough, leaving 1 inch on each side. Gently fold up the crust over part of the fruit in an overlapping fashion. Repeat with the other dough rounds. Whisk the egg white and water and brush liberally on the galette crust. Sprinkle with raw sugar.



And bake at 400° F for 35 to 45 minutes until crust is **golden brown**.

Serve warm or at room temperature. Maybe with a bit of whipped cream or ice cream...

CONGRATS
!!!

you
didn't lose
your shit...

q&a with leah mizrachi



Leah is an accesories design student at FIT. While she's not handcrafting handbags and shoes, she's cooking or baking in her kitchen for herself and for friends.

"It distracts you from thinking of other things. You're focused on just doing it."

What got you interested in cooking/baking? And when did this happen?

When I was a kid, because my mom used to make me help her in the kitchen. And I would do it a lot with my friends. Now, in college it's therapeutic.

What do you mean by therapeutic?

It's relaxing after a long day at school. It's nice to have a good home cooked meal.

What about cooking or baking do you enjoy most?

I enjoy the outcome and then photographing it when it looks nice. I enjoy eating it too, obviously.

Does it calm you down?

It distracts you from thinking of other things. You're focused on just doing it.

Do you feel like you "meditate" in a way while cooking or baking?

Yeah, it's kinda like going to a yoga class. It's like relaxing where you're just not thinking about everything that's happening around you all the time.

What is your favorite dish to make?

I love roasted veggies. It's easy, it's fast. I like roasting Japanese sweet potatoes and cauliflower and broccoli. All I put is olive oil, salt, and pepper. Simple.

Is there a specific "happy place" you go to while you're in the kitchen?

My healthy happy place. I picture opening a bakery one day. That used to be one of my dreams. But then I learned that you have to wake up at 5 in the morning.

inhale.

exhale.

Thanks for reading. Have a really
great day.

