

# peace of cake



## a letter from the editor

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breathe.

# baked goods

and some words

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pakeq

"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**



*key lime pie*



*plum scones*

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

**Julia Child**



*upside down apricot olive oil muffins*



*apple cinnamon cake*



*challah bread*

"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 it 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.



# 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)

# 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 strawberry mixture in the center of the flattened dough, leaving 1 inch on each side. Gently fold up the crust over part of the strawberries 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

breathe.  
piggyback

**golden brown.**

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



**and maybe it'll  
look like this...**



**or this...**



**or a beautiful mess like  
this...**

**have you let  
it all go?**

q&a with leah mizrachi

