

THE

# Patisserie

#thepatisserie

ISSUE N° 2  
SUMMER  
2024

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Summer recipes*

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bake  
game

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The patisserie

# SUMMER Sensations

This column is devoted to bringing bakers the best and quick recipes for any summer occasion or craving, from the lemony cupcakes to the chocolate eclairs.



# THE HOMEMADE ÉCLAIR

Not even the finest patisseries around town can compete with homemade éclairs! Unlike shop-bought éclairs, the light-as-air choux is at its absolute, delicately-crisp best. Filled with Chantilly whipped cream and coated with a shiny chocolate glaze, this is an éclairs recipe that anyone can follow!

Tray of freshly made Eclairs

## How to make choux pastry for Éclairs

I've never experienced a failure with my recipe, though I will say the one step I added over the years to make it even more foolproof is to cool the dough before adding the eggs.



initially look split with the egg but don't fret! Keep stirring and it will come together.

This is what it should look like! It's like a very thick batter that is sticky, a bit stretchy, but too wet to knead like say pizza dough.

Transfer the dough into a piping bag fitted with a star tip nozzle. The star tip will give us a lovely fluted bun after it bakes.

And here's how to make choux pastry: on the stove, in a saucepan!

Put the butter in a saucepan over medium heat. Once mostly melted add the water.

Once the butter and water mixture comes to a simmer, add the flour and mix it in, still heating on the stove.. You should be able to scoop it up into a ball with a wooden spoon, like pictured in step 3.

Note: Do not let the butter-water boil for ages before adding flour as this may affect the outcome of the recipe since there will be too much heat in the saucepan.

Cool 10 minutes, once the dough looks like pictured above, take the saucepan off the stove and let it cool for 10 minutes.

Using a wooden spoon, mix the eggs in one at a time, waiting until each egg is mixed in before adding the next. When you start stirring, the dough will

## How to bake choux pastry for Éclairs

Pipe on an angle, aiming for logs that are 12 – 14 cm long, 2 cm wide and 1.5 cm tall.

Be sure to leave plenty of space between the logs. If you crowd the tray, they curiously will not crisp up because of the steam from surrounding buns. I need to use 3 trays to fit all mine. If you have a big oven and big trays, you might only need 2 trays – lucky you! I pipe on an angle because that's how I can fit the most on each tray while leaving sufficient space between each log.



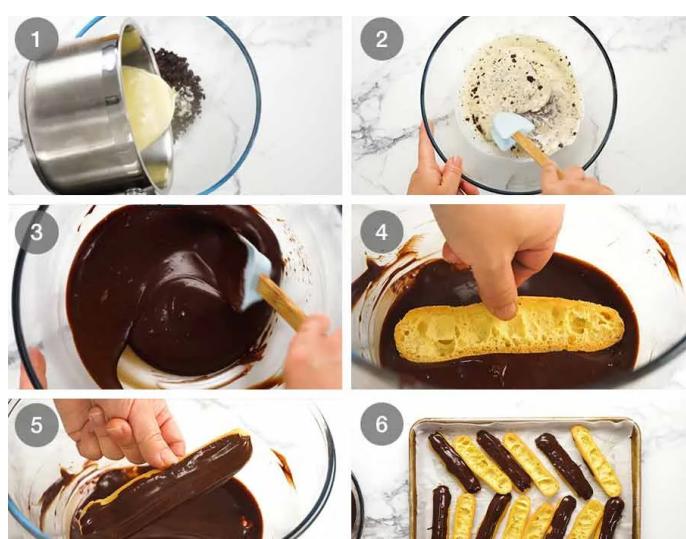
Bake for 45 minutes at 180°C/350°F (160°C fan). At the 30 minute, 35 minute and 40 minute mark, open the door for 2 seconds to release steam. This little step really does make them extra crispy and gives the crispiness a longer shelf life. Cool completely on the trays, left on the counter. Once the pastry has fully cooled, cut in half horizontally using a serrated knife. A serrated knife will give you a cleaner cut.



## How to make chocolate glaze

Shiny chocolate glaze a signature feature of éclairs.

Dark chocolate for the most luxurious finish, use a 70% cocoa chocolate block and chop it up yourself. You need to use either a good quality chocolate intended for cooking (sold in the baking aisle) or Lindt eating chocolate, in block form.



## How to make the whipped cream and assemble

To assemble, just whip up the cream and pipe it on the bun base.

Chantilly cream – Simply beat together cream, vanilla, icing sugar (powdered sugar) and, if using the stabilised cream option which I highly recommend, mascarpone as well until firm peaks form.

Firm peaks means that the peaks stand straight upright. Pipe the cream generously onto the base of the éclairs. Use "looping" motions so you get a nice thick layer of cream!

Pop the chocolate glazed lid on and that's it! You're done. ence.



## LEMON MARINGUE CUPCAKES

I have always had a thing for meringue, I realise it can be a bit of a 'marmite' situation where some utterly despise it, whereas others (including myself) LOVE them. I eat meringues at any occasion, especially in eton mess – so good. However, I realise I had never posted my recipe for my lemon meringue cupcakes!

These cupcakes have a delicious lemon sponge with lemon zest in, filled with a lemon curd (I use my homemade lemon curd!) and topped with a silky smooth and fluffy Italian meringue topping. Even though I was terrified of using a blowtorch a couple of years ago for fear of having no eyebrows anymore, it's the best to finish it off!



## MARINGUE

You whisk the egg whites like normal, and then very slowly and carefully whisk in the sugar syrup. The heat from the syrup will whisk the egg whites and cook them out so it's safe to eat – but it's much easier to do if you have an electric whisk.

I have done Italian meringue without an electric whisk, and it is possible – it just takes time. You want a slow trickle of syrup, not a massive pour, and you need to continually whisk. Once you have finished adding the syrup, you need to KEEP ON WHISKING for quite a while, to cool the mix down

## CAKES

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## Talia Profet: “With cocoa powder I see a world of possibilities that I don’t see in chocolate”

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The work of research and innovation in a sector such as avant-garde cuisine is constant and never-ending. Either to better adapt to the demands of a gastronomy in which pleasure is not at odds with health or sustainability, or to bring new, more intense and pure experiences to the palate. This is where the efforts of some companies to rediscover an

ingredient like cocoa powder come in.

In so good.. magazine 31, Talia Profet, pastry chef at deZaan, in addition to reviewing her career, speaks about the advantages of working with cocoa powder. Below we share part of the conversation we had with her.

## **What are the key steps in your training and career path?**

The key steps in my training started on the very first day I worked in the kitchen at Balthazar NYC. There, I was lucky enough to have three mentors to show me what to expect from kitchen culture but also to help me keep an extra eye out for opportunities to learn all that I could. My second step was working at Restaurant Daniel in New York, where I learned the importance of mastering techniques and understanding ingredients in depth.

Moving to Europe, I worked with Gino Gebhard, who

introduced me to working with different cuisines, such as Asian food. Next, moving to Paris and working under Thomas Croizé—at the time Pastry Chef of Le Jules Verne by Alain Ducasse—was one of the key steps



in making me the chef I am today. I learned how to take on almost any challenge in the food service world and to be disciplined in my thought process.

Finally, I came to work for deZaan, which brought a whole new challenge: exploring and understanding all aspects of the cocoa world.



## **What are the advantages of using cocoa powder instead of chocolate couverture?**

In my opinion, cocoa powder gives a more intense flavor. It also allows chefs to control various aspects of the recipe, such as sugar reduction, plant-based ingredients, and fat content. I do like using chocolate for certain recipes, but now with the knowledge I have acquired working with cocoa powder as a main ingredient, I see a world of possibilities that I just don't see with chocolate. Most people think cocoa equals chocolate, but actually it's the other way around: chocolate derives from the cocoa bean.

Chocolate already has within its matrix

sugar, emulsifier, and fat, which can enable a chef to create many things and cater to certain dietary requirements, but there is a limit to how far you can get. With cocoa powder I see no limits because it doesn't have those ingredients built in, except for its fat percentage, of course.

In saying this, knowing that there is a variety of cocoa powder with different fat percentages, pH, flavor, and color only allows for endless possibilities.

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**"I do like adding less common ingredients to my creations because I like challenging myself"**

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## **Which of your past experiences have helped you to forge your creative vision and your pastry philosophy?**

Which of your past experiences have helped you to forge your creative vision and your pastry philosophy

I have had the opportunity to work with and be mentored by many great chefs who shared one philosophy: the importance of a dish with quality, technique, and flavor. Knowing that my mentors had worked for certain chefs who laid the foundations of today's gastronomic world motivated me to follow in their footsteps.

## **Do you like to introduce less common dessert ingredients to your palate?**

I do like adding less common ingredients to my creations because I like challenging myself. I consider it to be a special thing to be able to surprise someone's taste buds with a different ingredient. Experiencing new dishes helps to expand my palate too.



The great Aussie Pavlova! With easy tips that make all the difference, you'll nail this classic Pavlova recipe every single time. With a delicate meringue crust and soft marshmallow insides, top with cream and fruit for a pav that will steal the show at any gathering!

Pavlova is one of those desserts that is notoriously easy yet notoriously difficult. I think many people are scared to make it. Others have lamented that you should just accept that it will come out of the oven quite cracked.

Though I'm going to be sharing my tips for a perfect near-flawless pav (including a few you may have never heard of before!), first up, let me be clear about one thing – it does not matter if it cracks!! Even if it cracks severely.



**Pavlova is one of those desserts that is notoriously easy yet notoriously difficult.**

Just do your best to piece it back together, using cream as a glue and to hide the worst cracks. It only needs to hold together for you to place it on the table, for everyone to ooh and ah over it, for you to have your moment of glory.

The minute it gets cut to serve it up, it doesn't matter. Even a perfect pav looks like a mess once it starts being served!

But as it so happens, if you follow my tips, I'm confident you'll have a crack-less near-flawless Pav.

# The great Aussie Pavlova

I've seen many "no-fail pavlova" tip lists, but I've never seen a list with all of these, mainly because some of them are my own, discovered after many trial and errors. Measure the egg whites by volume. This is a big tip! "4 egg whites" can range from anywhere between 100 – 180ml (3 – 6oz) depending on the size of the eggs + how much egg white you manage to get out of each egg. The amount of egg whites used is key to a successful Pav.

Use fresh store bought eggs. Not eggs that have been hiding in the back of your fridge for weeks. Separate the eggs while fridge cold. Trust me, it's so much easier than when they're at room temperature. Not even a drop of yolk is allowed! Even a bit of yolk can ruin the whole batch i.e. it won't fluff up. So if you accidentally get yolk in your whites, you can try scooping it out using a shell but if you think there's any chance it has tainted the rest of the whites, start again. It isn't worth the risk. Bring egg whites to room temperature. They fluff up much better. So separate while cold, then bring to room temperature. Make sure your bowls and whisk are clean and dry. Grease and water can stop whites from fluffing. Use an inverted cake pan. For shaping (saves you drawing a circle on paper) and also ease of transferring the Pav to a platter. There is nothing sadder than pulling a perfect Pav out of the oven, only to have it crack when transferring it to the serving platter

Bigger is better except in summer I know, I know. You want to do a giant pav. But honestly, for the sake of a Pav that doesn't collapse on you, stick with 4 eggs. I can't stress that enough. I'm speaking from experience here, having tried a few 6 egg pavs a few weeks ago. A 4 egg Pav will serve 8 -10 easily. 4 eggs doesn't sound like much, but this expands. Any larger, and the risk of severe cracking is



really high. At least, in hot humid weather. You can do giant Pavs in cooler months!

Don't make it too tall. The taller the Pav, the greater the risk of collapse / severe cracking. In summer, I wouldn't go higher than 5cm/2. It will expand to about 7cm / 2.7 You can do your taller Pavs in cooler months. Make the edges sloped / dome like shape. Yes, a perfect cake-like shaped Pav with vertical smooth edges is pretty. But it's also the most fragile shape. The shape of my Pav, almost like a dome but with a flat top, is the safest. Having the rugged surface also helps provide stability I find. Preheat oven to a high temp, then turn down. The initial high temp really helps to get that crust kick started to stabilise the meringue. Bake on a very low temp for longer – This keeps your Pav nice and white I bake mine at 100C /210f (fan/convection) or 115C / 240F (standard). Also baking for longer at a lower temp again helps with stability. No peeking and no thundering through the kitchen!! Seriously, I am NOT joking. Peeking = loss of heat / door slamming = collapsed Pav. Thundering through kitchen with timber floors = collapsed Pav. Leave in oven overnight. Or all day. Letting it cool down gradually. BE GENTLE when topping the Pav! Place the topping on gently by hand. Follow those tips for my Pavlova recipe, and this is what will come out of the oven a near perfect Pav.

# MACARONS

## Ingredients

4 extra large egg whites  
1 2/3 cups confectioners' sugar  
1 1/3 cups almond flour  
1/8 teaspoon salt  
1/4 cup superfine (castor) sugar  
1/4 cup seedless raspberry jam

## Directions

Place egg whites into a metal mixing bowl and refrigerate overnight. The next day, bring egg whites to room temperature.

Preheat the oven to 280 degrees F (138 degrees C). Line two baking sheets with parchment paper.

Whisk confectioners' sugar and almond flour together in a bowl.

Beat egg whites with salt in a metal bowl with an electric mixer on medium speed until foamy, about 1 minute. Increase speed to high and gradually beat in superfine sugar, about 1 tablespoon at a time, until egg whites are glossy and hold stiff peaks, 3 to 5 more minutes.

Gently fold almond flour mixture into whipped egg whites until thoroughly incorporated; spoon meringue into a pastry bag fitted with a 3/8-inch tip. Pipe 1-inch

**Prep Time:**

40 mins

**Cook Time:**

20 mins

**Additional Time:**

10 hrs 30 mins

**Total Time:**

11 hrs 30 mins

**Servings:**

15

**Yield:**

30 macaron sandwich cookies

disks of meringue onto the prepared baking sheets, leaving 2 inches of space between macarons. The batter will spread.

Lift the baking sheets a few inches above the work surface and hit them lightly on the work surface several times to remove any air bubbles from the macarons; let stand at room temperature until the shiny surfaces become dull and a thin skin forms, about 25 to 30 minutes.

Place the baking sheets in the preheated oven and bake until macarons surfaces are completely dry, about 19 to 20 minutes. Let macarons cool completely on the baking sheets before peeling parchment paper off.

Spread half of the macaron cookies with any desired filling; top with remaining macarons to make sandwich cookies, and refrigerate at least 2 hours to overnight to let them soften.

## Recipe Tips

Use any flavor jam instead of raspberry, or try chocolate ganache or a flavored buttercream filling.

You could try for a lighter meringue using the Italian method, but it's less dependable.



# Summer berry tart



Buttery crust, rich creamy filling, and juicy ripe berries — this is what you want in a berry tart, right? Look no further. This is the tart. As my father says, "don't change a thing." It's actually much easier to make than it looks! First the crust. It needs to be firm enough to hold the tart, but not so firm that it is tough and chewy. (Who wants a chewy crust? Yikes!) The perfect tart crust is similar to a butter pie crust, but with the addition of powdered sugar, and little vanilla, and an egg.



#### For the crust

1 1/2 cup (200g) all-purpose flour  
1/2 cup (50g) powdered sugar  
1/8 teaspoon kosher salt  
1/2 cup plus 2 tablespoons (10  
tablespoons or 140g)  
unsalted butter, very cold, cut into  
1/2-inch cubes  
1 egg, lightly beaten  
1/4 teaspoon vanilla extract



#### For the filling

1 cup (8 ounces) mascarpone  
cheese, room temperature  
1/4 cup (60ml) cold heavy cream  
1/3 cup (43g) powdered sugar  
1 teaspoon orange or lemon zest  
1/2 teaspoon vanilla extract  
3 ounces (85g) raspberries  
8 ounces (225g) blueberries  
8 ounces (225g) strawberries,  
stems removed and halved or  
quartered  
4 tablespoons (60ml) apricot jelly  
or orange marmalade  
2 tablespoons water  
1 teaspoon red wine vinegar or  
lemon juice

# THE FAMILY MEAT PIE

The sauce is essentially a very rich stew sauce that is a Beef & Guinness Stew that borrows techniques from a French-style stew like Beef Bourguignon. Yep, we are stealing secrets from the French to make the very best Aussie meat pie. The flavourful stout beer in this recipe is the reason why there are so few ingredients needed for flavour in the sauce. Red wine can also be used, for a slightly more elegant sauce option . Guinness or other stout – This rich, dark beer is a magical ingredient to use in slow cooked dishes because hours of simmering cooks out the alcohol and leaves behind a rich, earthy flavour that you can't buy in jars. There is no trace of "beery" flavour left at all, just the dark and complex notes from the stout. It also gives the sauce the deep, dark brown colour which is part of the appeal of this filling. Nobody wants a meat pie with a pale filling. Non alcoholic option – The best flavour-boosting alternative would be to add anchovies. It will NOT make it taste fishy but will add some desirable complexity in lieu of beer. Believe it or not, there is not a huge difference between homemade and store-bought beef stock in this recipe, I found that store-bought beef stock was almost as good as using homemade. I think it's because beer does so much more heavy-lifting in the sauce compared to wine.

In today's recipe, we are thickening the stew using a simple French finishing technique called a Beurre Manié. This is raw flour and softened butter mixed together, and then stirred into a liquid. It makes the sauce shiny and thick. The sauce needs to be thicker than regular stews else it runs everywhere when you serve a slice of pie. Adding flour at the start means you're working with an already-thick sauce while it cooks. Thick sauces require regular stirring to ensure it doesn't catch on the base of the pot but the problem is all this stirring causes the



beef pieces that are tender from long cooking to break apart. We want lovely big chunks, not shredded beef. It is much, much easier just to use a Beurre Manié instead to thicken the sauce at the end! (Bonus: You get to sound like a total pro when you tell your family how you made this.)

The traditional base for Meat Pies is shortcrust pastry. This is a buttery, flaky pastry that is used for things like quiche and sweet pies. It is ideal for meat pies because it is sturdy enough to hold up to the rich, dense filling. This recipe calls for 800g / 1.6 pounds of beef – this makes quite a bit of filling. Puff pastry could also be used however for the base, to avoid the need to buy two different pastries.

After 2 hours, the meat should be quite tender but not yet completely "fall apart at a touch". The sauce will have reduced and darkened in colour but will still be very thin. We are going to thicken it in the next steps. Next, we put it on the stove to simmer for 20 minutes. The purpose of this step is to reduce the liquid a bit more because meat pie fillings have a more concentrated, smaller volume of sauce than typical stews. During this step, the beef will become "fall-apart-tender". If it doesn't, cover with a lid (to prevent further liquid evaporation)



and keep simmering until it does. Mix together the flour and softened butter to make a Beurre Manié. This is going to be mixed into the stew to thicken the sauce. The butter stops the flour forming lumps when it hits the hot stew. Once the Beurre Manié is made, you just need to stir it into the sauce. Continue to cook the sauce for a couple of minutes. As the flour cooks, it will continue to thicken the sauce. The goal: A sauce viscosity that is about the consistency of honey. When you cut the pie, you want the filling to ooze slowly not run everywhere. The filling does not thicken further when it is baked in the pie, so you want to get the sauce thickness right at this stage. A VERY IMPORTANT STEP! The filling must be cooled before using for two reasons. Firstly, so it doesn't soak into the pie crust base and make it immediately soggy. Secondly, so the hot filling doesn't melt the butter in the puff pastry when the lid is put on. Cover the pot with a lid to prevent further liquid evaporation. Then leave in the pot or transfer to a container. Let it cool on the counter for a few hours then transfer into the fridge. Season the beef with salt and pepper, then brown aggressively in a heavy based pot over high heat. Turn the beef cubes to get a lovely brown crust all over. You don't need to cook the beef all the way through here, we

are just after colour on the outside. This not only adds flavour to the beef, but the golden bits left on the base of the pot adds valuable flavour to the sauce (that beautiful stuff is called fond). We start with bacon, cooked until golden and to release its fat. We then use the fat to cook the following ingredients. After the bacon is cooked, add it into the bowl with the browned beef. Then we add a little butter into the pot because the residual bacon fat isn't enough to cook the mushrooms properly. We want the mushrooms to get nice and golden and we need enough fat to get there! Once the mushrooms are done, remove to a separate bowl because we will be adding them into the stew partway through the slow cook yet to thicken – we're going to thicken the stew at the end because it's easier. Transfer the pot to the oven for 2 hours adding mushrooms at the 1 hour mark. We add the mushrooms in later so they don't become too soft. The oven temperature is 180°C/350°F (160°C fan) which might sound quite high, but actually, it's the equivalent of simmering the stew on a very low heat on the stove. I generally prefer doing slow cooked stews in the oven rather than the stove because it's lower maintenance. Shortcrust pastry needs to be blind baked to ensure the base doesn't go soggy once filled with the pie filling. "Blind baking" simply means that the crust is partially baked. It will finish baking once we fill it. Once the crust has been baked, let it cool for 15 minutes. Fill the pie crust with the Meat Pie Filling. The filling sinks a bit as it settles into the casing when in the oven. Brush the rim with egg (the world's best food glue) then place a sheet of puff pastry on the pie. Use scissors to trim excess so the puff pastry lines up with the edge of the shortcrust pastry. Press down with a fork, to crimp all along the edge. While this is optional from a decorative purpose, it also helps ensure the puff pastry is firmly adhered to the base. Brush the surface with lightly whisked egg so it will bake up beautifully golden and shiny. Then use a small knife to cut an X in the middle. This allows steam to escape so the puff pastry lid doesn't distend from trapped steam underneath. Bake the pie straight on an oven rack for 45 to 50 minutes at 200°C/390°F (180°C fan), or until the top is beautifully golden.



# shepherd's pie

If you're new to Shepherd's Pie (also spelled Sheppard's Pie), let me be the first to welcome you to your new favourite comfort food. Essentially, it's lamb and veggies smothered in a gravy – and who doesn't love an excuse for tons and tons of gravy?

All those times you were limited to just a small drizzle on a few slices of roast lamb because there wasn't enough to go around Bah! This is how you get your gravy fix!!

## How to make Shepherd's Pie

A really good Shepherd's Pie should always start with a soffrito – that is, onion, garlic, carrots and celery sautéed on a lowish heat until sweet. It's the secret to a great flavour base that's a technique used widely by many cuisines, such as Italian cooking (for example, this Italian Shredded Beef Ragu).

After this, we cook the ground / mince meat – traditionally lamb but equally delicious made with beef – before adding flour (which thickens the sauce) and gravy flavourings (beef broth, tomato paste, beef bouillon cube, Worcestershire sauce and red wine which is optional).

Simmer until the sauce is thickened, spread in a baking dish then top with creamy mashed potato (the creamier = easier to spread). To make the top



beautifully golden and extra crispy, I like to drizzle with a bit of butter and parmesan. You'll see how amazing it looks when it comes out of the oven .

## What to serve with Shepherd's Pie

When it comes to choosing sides for your Shepherd's pie, try Glazed Roasted Carrots or perhaps Sautéed Garlic Spinach. The only other thing you need is a glass of red and a crackling fire

## Tips for making Shepherd's Pie

There are a few stages to making Shepherd's Pie, but it's a straightforward recipe. There's just two little things that you don't see in most recipes, little things that bugged me:

Cool the filling before topping with potato: It thickens and makes it easier to spread the potato across the top and it stops the potato weeping into the filling;

Creamier mashed potato = easier to spread and just an all round better eating experience. I just don't like dry, very firm mash. When I break through the mash, I want it to be borderline collapsing, rather than being able to cut cleanly through it like cake.



# Vanilla

A relatively new FDA-approved natural source of vanilla is Castoreum, a molasses-like compound obtained from beaver's castor sacs located between its pelvis and tail base. Due to the tedious extraction process, only very limited amounts are available commercially.<sup>3</sup>

## Function

It is used in baked goods for:<sup>1,2,3</sup>

Flavor and aroma: provide a characteristic sweet flavor

Enhancer of other flavors

## Types / Variations

Pure extract: is the hydro-alcoholic product obtained from crushed vanilla bean with ethyl alcohol in proportion of 1:10 by weight.<sup>2</sup>

Flavoring: similar to vanilla extract but with a lower amount of ethyl alcohol and higher flavor concentration than the extract.<sup>2</sup>

WON4352F (with other natural flavors): it is a vanilla flavoring made with natural flavor, it may or not contain vanilla beans.<sup>2</sup>

Oleoresin: it is a semi-solid concentrate obtained from the removal of ethyl alcohol of vanilla extract.<sup>2</sup>

Vanilla powder: it is dried vanilla powder mixed with sugar, starch or gum acacia. It can also be made with a mixture of vanilla powder and vanilla oleoresin.<sup>2</sup>

Artificial vanillin: Commonly made from guaiacol, eugenol or lignin. Around 4% of "vanilla" used in food products is made from lignin.<sup>4</sup>

Vanilla sugar: made from ground vanilla beans and sugar, or by mixing vanilla extract with sugar.<sup>2</sup>

## What is Vanilla?

Vanilla is an aromatic flavoring agent obtained from the vanilla bean with vanillin being the principal flavor component. It is the most used flavor in foods and baked goods due to its sweetness and ability to enhance other flavors.<sup>1,2</sup>

Commercially, it is available in various forms:

Pure extract

Flavoring

WON4352F (with other natural flavors)

Oleoresin

Powder

Artificial vanillin

Sugar

## Origin

Vanilla (*Vanilla planifolia*) is thought to have originated in Central and Northern America, more precisely Mexico. In the 16th century, it was introduced to Europe by Spanish conquerors. In the US, vanilla has been sold for over a 100 years in supermarkets and retail stores.<sup>1,2</sup> Various types of vanilla beans such as Bourbon, Tahitian and Indonesian are known with various flavor profiles.

## Nutrition

Vanillin, vanilla's main volatile compound, can produce serious allergic reactions when consumed in excess (above the recommended daily intake of 10 mg/kg).<sup>4</sup>

## Commercial production

It is commercially produced through the following processes:<sup>1,2,4</sup>

Pure extract

Extraction: finely cut vanilla beans are soaked in a 35% ethyl alcohol

Distilling of the solvent

Bottling of the vanilla extract

## Artificial vanilla

First reaction: eugenol is mixed with a dilute solution of sodium hydroxide under pressure at about 160°C (320°F)

Second reaction: conversion of isoeugenol to sodium vanillate

Precipitation: vanillin is precipitated and filtered from the solution

## Application

Vanilla can be used as a whole bean or in other forms. It is typically added in the final steps of mixing in cakes, cookies and other sweet goods.<sup>1,2,3</sup> Vanilla flavor release is most efficient in lipid media.

Considerations when using vanilla in baked goods:

Beans: Keep in mind that different varieties may produce different flavor profiles which are often different than an equivalent amount of vanilla extract. The flavor is most prominent when the split bean is infused in hot liquid such as milk.

Extract: provides...



# Silicone BAKEWARE

## Advantages of Silicone Bakeware

I've long been converted to using this type of bakeware. I would list the key advantages of silicone pans

### Simple to Turn Out

Silicone pans make it really simple to turn out or unmold your baked goods and cooked dishes such as meatloaf. Because they are so flexible and completely non-stick, there is no more frustration with some of your beautiful creations getting stuck to the inside of the pan – which is just heartbreaking when you have made a real effort to turn out something delicious and homemade.

### Safe to Use

Silicone pans cool really quickly when you take them out of the oven, this means that your pan will be cool to touch at the rim so you can unmold cakes and muffins – or whatever you need to do, without risk of burning yourself on a hot pan.

### Easy to Clean

Silicone bakeware items are easy to use and are completely non-stick so there is never anything 'baked-on' to try to clean off. You can just pop the pans or molds in the dishwasher (even on the bottom shelf) or wash them by hand in warm soapy water – you can even turn them inside out if you want to! There are never any tricky corners or

crevices to clean whatever shape pan you choose and there are lots; hearts, stars and more!

Silicone is stain proof so it will not fade or discolor and because it is non-absorbent and scratch-proof, you do not have to worry about any bacteria lurking unseen.

### Easier to Get Perfect Results

Silicone Bakeware bakes everything evenly. When using a metal pan, you can get crisping at the edges where the cake has been in contact with the sides of the tin. This does not happen with silicone pans, everything browns evenly.

In addition, because the pan cools down so quickly, what you have baked does not go on cooking in the tin, the cooking time stops when you take the pan out of the oven.

### Silicone Does Not Absorb Cooking Odors

Because silicone bakeware is completely nonporous, it does not absorb odors from what you have cooked. For example, you can bake a spicy meatloaf, wash your pan in warm soapy water and then bake a chocolate cake if you wish and your cake will not have a hint of spicy meatloaf about it!

### Safe to Use at a Wide Range of Temperatures

All silicone bakeware brands have slightly different instructions for use, but as a good rule of thumb, you can use your pans in the freezer right down to

around minus 40oC degrees. In the oven, you can use them right up to around 250oC (Centigrade) – that's about 480oF (Fahrenheit).

### Easy to Store

This type of bakeware is easy to store because the pans are lightweight and flexible. You never have to worry about them breaking, getting scratched, getting dented or going rusty.

### Using Silicone Baking Sheets

If you hate cleaning your oven, you will love these! I use silicone baking sheets to line my oven shelves whenever:

I am baking cookies, as they come out crisp and evenly cooked.

I am baking something that might boil over in the oven, such as a fruit crumble.

I am using a spring-form cake tin that might leak oil or fat from around the bottom edge.

I am cooking a pizza (as I always like plenty of cheese on top).

This type of baking sheet is so easy to use and so economical too...

The one pictured below has been used regularly for at least two years and is simply washed in warm soapy water when I have finished. To dry it, I simply spread a clean dishtowel (that is bigger than my baking sheet) on the kitchen counter, place the baking sheet on it and roll it up inside. This dries both sides at once.

### Top Tips for Using Silicone Bakeware

Before first use, wash new silicone pans in warm soapy water or pop them in the dishwasher. After drying, condition them with a smear of cooking oil or non-stick baking spray and wipe off the excess. Repeat this process before each use. Some baking recipes also call for you to flour the pans too—refer to your individual recipe for instructions here.



Fill your silicone pans the easy way. Because the pans are so flexible, it is much easier to fill them with the mixture with your muffin molds or cupcake molds on a baking tray—this makes it much easier to transport your silicone bakeware to the oven!

Follow the instructions for the recipe you are using for how much to put in each pan—cupcakes and muffin molds can be filled almost to the rim but a general rule of thumb is to fill them as you would, ordinary bakeware.

I have to follow a gluten-free diet and have found that I get better results with gluten-free recipes if I use a silicone pan instead of a metal one. As an example, my sponge mixture seems to rise better and I do not have problems with the mixture burning at the edges (this was a problem in a metal pan).

Preparing the oven before baking: Always preheat your oven to the required temperature before putting your pans in the oven. Bake on an oven rack in the center or slightly below the center of your oven. Never use your silicone pan on any sort of direct flame or heat source—you cannot use them on a hot plate or gas ring.

