



LIGHTENING UP HOLIDAY DESSERTS

with Paula Shoyer

Follow Up

November 22, 2021

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- **Recipes from this webinar:** <https://sharsheret.org/wp-content/uploads/2021/11/SITK-November-2021-Paula-Shoyer-Recipes.pdf>

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- **Paula's Instagram @kosherbaker:** <https://www.instagram.com/kosherbaker/>
- **Paula's Website:** <https://thekosherbaker.com/>
- **Join Paula's private Facebook group called Kosher Baker:** <https://bit.ly/3ewpYq3>
- Paula is available for private classes for friends and family or corporate zoom get togethers. Message her here: <https://thekosherbaker.com/contact/>

PAULA'S COOKBOOKS

Paula's signed cookbooks are for sale. Shipping is additional.

The Holiday Kosher Baker - special - \$25

The Kosher Baker - \$30

The Healthy Jewish Kitchen - \$25

The Instant Pot Kosher Cookbook - \$23

To order books message Paula <https://thekosherbaker.com/contact/>.

Payment via Venmo - The last 4 digits of cell are 8998. <https://venmo.com/PAULAE-SHOYER>

10% of sales through Paula will go to Sharsheret.

TIPS FROM PAULA:

Sugar-free Pumpkin Bread

- You can use any flour, such as whole wheat, white, a combination, or any you like! For gluten-free, try [Blends by Orly](#).
- Any fat (oil etc; tip: freeze coconut oil first to make it solid). You want some of your pieces of fat to remain as pebbles, and not become completely smushed. Use ice water for the dough so the fat doesn't melt.

Supported by



- You don't want the dough to completely come together in the food processor; you want some clumps.
- This dough can be completed weeks in advance and wrapped in plastic and frozen.
- As long as your finger can be pressed in, your dough is defrosted enough and can be rolled out.
- You could use maple syrup instead of agave.
- Every oven is different, so Paula's rule of thumb is to always reduce the baking time so you can check and then add more time if needed.
- In her stand mixer, Paula prefers the whisk to the paddle because it combines the ingredients better.
- If you add chocolate chips, the baking time/temp stay the same.
- Make sure to tap your bread mixture pan on the counter a couple times to get rid of air bubbles before you put in the oven.
- Paula uses skewers instead of toothpicks to check her cakes for doneness; and she sticks it in at an angle so that you know what is happening in the entire cake, not just an inch.
- If you use a round pan instead of a rectangular, it might take more time. If you prefer a round pan, she recommends doing two smaller round pans to make it a layer cake.

Miscellaneous

- Paula mentioned her most viral recipe, which was featured on Food52: <https://food52.com/recipes/76025-paula-shoyer-s-chocolate-quinoa-cake>
- Anytime you use a cookie sheet, you want it to be sturdy and light colored. The darker the color, the more heat it retains.
- The first time you make a cookie recipe, make sure to only make 4 so you can test oven temp and cooking time. Then once you know the right time for the recipes, then bake the remaining cookies.
- If your finger only goes half way through, take them out so they'll be chewy after cooling
- Paula's Secret – The 4 S's
 - Sweat: anything to break a sweat, even just walking in your home.
 - Salad: add protein to it! If you know you're eating a heavy dinner, try to have a lighter lunch. Try to balance healthy with unhealthy.
 - Selective: be selective; if you try a dessert that isn't good, you don't need to finish it.
 - Spanx!



Profiteroles

- These are the same type of pastry as eclairs.
- These can be filled with anything: ice cream, fruit, chocolate, whipped cream.
- Almond milk, whole milk, fat free milk, soy milk can all be used. For years, she preferred soy because it acted like whole milk. Likewise, if subbing for cream, she'd use soy milk. If she's substituting for fat free, almond works.
- You want a full, rolling boil, not just a couple bubbles.
- Mix heated liquid and flour until you don't see any flour; mix until it becomes a ball, then dry it out for 30-60 seconds, then move it off the heat.
- Use a wooden spoon (other materials will retain heat) to move the dough around. You want it to cool down enough that adding the eggs won't cook them. Add the eggs one at a time, once it isn't shiny, you can add the next egg.
- You can make these gluten free with any gluten free flour (a mix of potato starch and cake meal works for Passover).
- You can get piping/pastry bags from any restaurant depot online or in person.
- Using pastry bags: close the top, squeeze the air out twice, then twist so you can use the pastry bag with just one hand.
 - Squeeze a tiny bit of batter into each corner to act like glue to hold your parchment paper onto the pan.
 - Hold the tip about a half inch above the pan, squeeze, and then lift straight up.
- For the fruit compote, Paula recommends not cooking too long so the fruit holds shape and isn't just mushy.
- You can make the puffs in the morning so they're totally dry by the time you stuff them. Warm up the compote right before you stuff and serve.

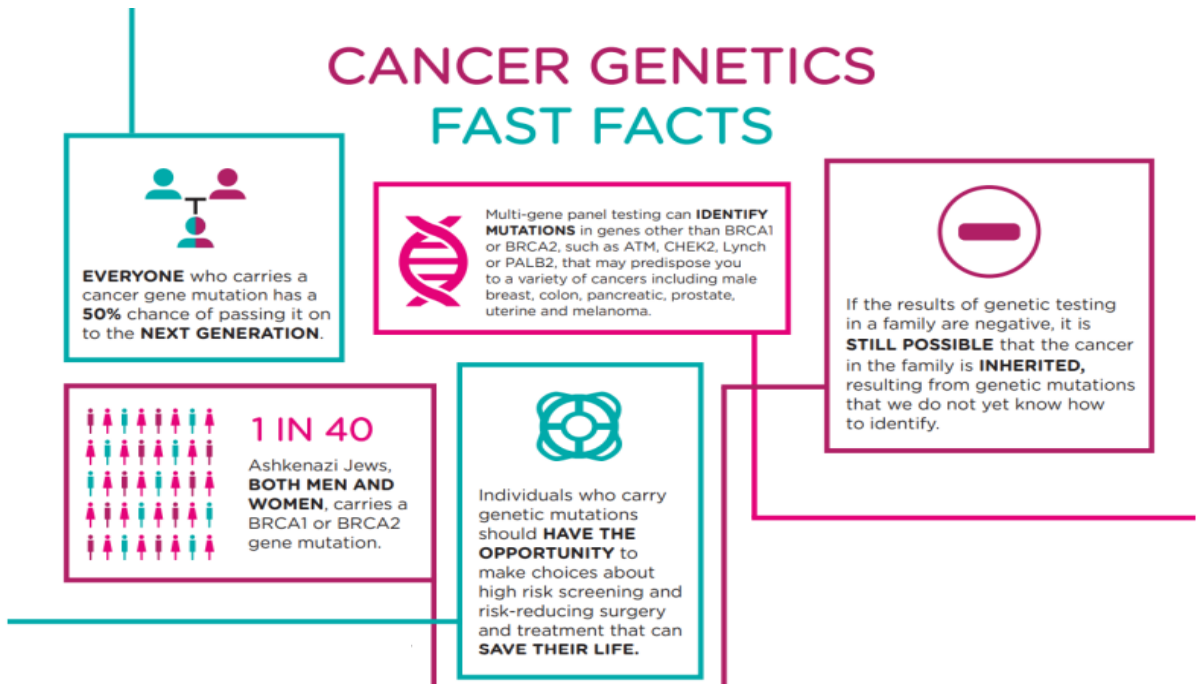
Galette

- To sprinkle flour, don't use too much, hold your hand a foot above and sprinkle like it's raining; don't rub!
- Roll dough between two pieces of parchment paper; sprinkle a little flour on top. Don't roll over the edge or the edges get really thin. Stopping before the edge keeps it all the same thickness.
- Roll the whole thing over half-way through, sprinkle some flour, and then roll back over.
- Hit dough with rolling pin if it's really hard.
- Keep a ruler in the kitchen!
- Don't do the fruit early or it gets really mushy. You can use any fruit. If using apples or pears, Paula recommends cooking beforehand. The cornstarch helps the fruit not ooze out.



- Fold the dough with your hands on the outside of the parchment paper.

Contact Paula to ask her questions! She loves to help people with their baking questions!



Email info@sharsheret.org to connect with Sharsheret support, Sharsheret's genetic counselor, or to bring Sharsheret to your school, doctor's office, or community.

