



Lightening Up Holiday Desserts with Paula Shoyer @kosherbaker

November 22, 2021



FRUIT GALETTE

SERVES 8

1 1/4 cup all-purpose flour, plus extra to dust work surface and sprinkling

1/4 teaspoon salt

6 tablespoons butter, coconut oil or margarine, frozen for at least 30 minutes, or cold butter cut into 6 pieces

1 large egg, separated

3 tablespoons ice water

3 cups berries or fruit sliced into 1/2-inch pieces

2 teaspoons cornstarch

1 tablespoon granulated sugar substitute, optional

To make the dough, place the flour and salt into the bowl of a food processor fitted with a metal blade. Pulse to mix. Add the fat you are using into the bowl and pulse 10 times or cut the fat into the dry ingredients by hand using two knives or a pastry cutter.

Add the egg yolk and 1 tablespoon of the ice water. Pulse 5 times or mix gently by hand. Add another tablespoon of the ice water and pulse another 5 times or mix again. Add the last tablespoon of water, pulsing or lightly mixing the dough for 10 to 15 seconds until it looks like clumps of couscous; the dough does not have to come completely together.

Take a large piece of plastic wrap. Place the dough on top, lift up the edges of the plastic wrap and press over the dough pieces to bring them together, going all around the dough. Wrap around the dough and then flatten into an 8-inch pancake. Place the dough in the freezer for 15 to 20 minutes, until it feels firm, but you can still press into it a little.

Preheat the oven to 425°F.

Take a large piece of parchment and sprinkle it with some flour. Remove the dough from the plastic wrap and place it on top of the parchment. Sprinkle some flour on the dough and then place a second piece of parchment on top. Roll out the dough until it is about 12 to 13 inches wide, trying your best to keep the shape round. Peel back the top parchment and sprinkle some more flour once or twice while you are rolling.

To make the filling, place the fruit into a medium bowl. Add the cornstarch and mix gently. Place the fruit in the center of the dough circle and spread it outward, leaving a 2 to 3-inch border on the outside. Take one small section of the dough border, about 2 inches, and fold it over the fruit, leaving the fruit-filled center open. Pick up another 2-inch section of the border and repeat, pressing one section into the next to seal it, so you end up with dough pleats. Use a pastry brush to brush off any excess flour on the dough.

Beat the reserved egg white and brush all over the dough. Sprinkle with the sugar substitute, if using. Bake for 25 minutes. Move the galette to a middle rack in the oven and bake another 5 to 10 minutes or until filling looks bubbly. Let cool for 20 minutes. Store covered for up to three days.

PROFITEROLES WITH COMPOTE

MAKES 16 PROFITEROLES, 8 SERVINGS

Choux Pastry

1/4 cup milk, soy milk or other milk substitute
1/4 cup water
4 tablespoons margarine or butter, cut into small pieces
dash of salt
1/2 cup all-purpose flour
3 large eggs, divided

Compote

4 plums, cut into 1/2-inch slices
2 apricots, cut into 1/2-inch slices
2 apples, peeled and cut into 1/2-inch cubes
1/4 teaspoon ground cinnamon
1 teaspoon sugar-free vanilla syrup

Preheat the oven to 475°F. Line a cookie sheet with parchment paper.

Bring the milk, water, butter or margarine, and salt to a boil in a small saucepan over medium-low heat. Remove from the heat and use a wooden spoon to mix in the flour. Place the saucepan back over low heat and cook 1 minute more, stirring constantly to dry out the dough. Remove from the heat.

Place the dough in a bowl and add 2 of the eggs, one at a time, mixing thoroughly after the addition of each egg. You will need to mix vigorously to completely incorporate the egg into the dough.

Place the dough in a pastry bag with a 1/2-inch round tip and pipe out circles of dough, about 2 inches in diameter, onto the parchment-lined cookie sheet, leaving an inch between each one. It's easiest to hold the pastry bag vertically, tip down, squeezing slowly until you have the size you want, and then to lift up the tip.

Beat the remaining egg in a small bowl and brush the top of each circle to smooth out the little tip on the top.

Place the cookie sheets in the oven and immediately turn off the oven. After 15 minutes, turn the oven on again to 350°F. Bake the pastries another 30 to 40 minutes, or until the cracks on the top are the same color as the rest of the pastry. Remove to rack and let cool. Store in an airtight container if not using immediately.

To make the compote: Place the cut plums, apricots, and apples in a medium saucepan over medium heat. When the fruit starts to sizzle, add the cinnamon and vanilla syrup and stir. Turn the heat to low and cook uncovered for 5 minutes, stirring once or twice. The fruit should not have fallen apart; you want to see some large fruit pieces. Let cool.

To serve, use your fingers to partially open up a puff from the side, taking care not to lift off the top. Scoop up about 1/4 cup of the compote and place into the open puff. Repeat with rest of the puffs and compote. Serve 2 per person.

Store the compote covered in the refrigerator for up to four days and store the puffs in an airtight container at room temperature or freeze up to three months.



SUGAR FREE PUMPKIN BREAD

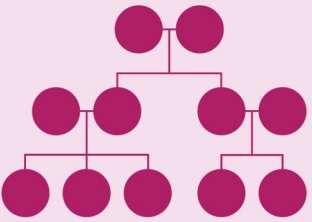
12 SERVINGS

2/3 cup canola oil
1/2 cup agave syrup
2 teaspoons pure vanilla extract
3 large eggs
1 1/4 cup pumpkin purée (not pumpkin pie filling)
1 1/2 cup white whole-wheat flour
1/2 cup spelt flour
1 teaspoon baking powder
1 teaspoon baking soda
1 1/2 teaspoons cinnamon
1 teaspoon ground ginger
1/2 teaspoon nutmeg
1/2 teaspoon cloves
1/2 teaspoon salt
spray oil containing flour for greasing pan


Preheat oven to 350°F. Grease and flour a 12-inch loaf pan. Place the oil, agave, vanilla and eggs into a large bowl and beat for 30 seconds or until mixed. Add the pumpkin purée and mix well. Add the white whole wheat and spelt flours, baking powder, baking soda, cinnamon, ginger, nutmeg, cloves and salt and mix well. Scoop into the prepared loaf pan and smooth the top. Lift the loaf pan two inches above the counter and drop down on the counter three times to remove any bubbles.

Bake for 45 minutes, or until a skewer inserted in the center comes out clean. Let cool ten minutes and then turn out onto a wire rack to cool completely. Store at room temperature for up to five days or freeze for up to three months.


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