

Sharsheret in the Kitchen

with Paula Shoyer, The Kosher Baker

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Jessica Jablon: Thank you so much for joining us. Welcome, everyone. We're very excited to have you today for Sharsheret in the Kitchen: Lightening Up Holiday Desserts with Paula Shoyer. I'm Jessica Jablon, the California Program Coordinator at Sharsheret. For those of you who don't know about Sharsheret, we help women and families facing breast and ovarian cancer, as well as those who are at elevated genetic risk through free, confidential and personalized support and resources.

We also provide health education throughout the country. One of our goals during COVID is to make sure that we are offering healthy living and cancer prevention information to you during this hard time and giving you web support you need. In addition to our virtual services that can be found on our website or by emailing us, you can also access prior webinars on a range of cancer-related topics as well as access our calendar of upcoming virtual programs through our website.

Before we begin, just a few housekeeping items, today's webinar is being recorded and will be posted on Sharsheret's website along with the transcript. Participants' faces and names will not be in the recording as long as you remain muted. If you would like to remain private, you can turn off your video and rename yourself or you can call into the webinar. And instructions are in the chat box now for both options. You may have noticed, all participants are muted upon entry.

Please keep yourself on mute throughout the call. If you have questions for Paula, put them in the chat box, either publicly or you can click on Sharsheret in the chat box to submit a private question and I will ask them throughout the program. We are very excited to be continuing our new season of Sharsheret in the Kitchen, an initiative in partnership with Cedars-Sinai here in Los Angeles, to empower those of us at risk for breast and ovarian cancer to make healthier diet choices.

Prior Sharsheret in the Kitchen webinars can be accessed on our website at the link in the chat. You should have received the recipes for today's program in advance. My colleague is putting the link in the chat box, so you can download and print it or see it on your screen. We want to thank our generous sponsors, Cedars-Sinai, The Cooperative Agreement DP19-1906 from the Centers for Disease Control and Prevention, Eisai, GSK, Merck, SeaGen, and The Siegmund and Edith Blumenthal Memorial Fund.

Their incredible support has allowed us to continue to provide our series of webinars throughout the pandemic. In addition to the many support services and resources we offer at Sharsheret, our outreach team goes into communities across the country, sometimes virtually, sometimes in person, to educate women and men about the increased risk of hereditary breast and ovarian cancer among Jewish families, the measures they can take to protect their health, the importance of knowing their family health history, and Sharsheret's resources.

We partner with synagogues, organizations, health care professionals, campus organizations, just to name a few, to plan events like Teal and Pink Shabbat or Teal and Pink Challah Bakes, panel discussions with experts like doctors, genetic counselors or nutritionists, wellness programs with yoga or pilates instructors, and training specifically for healthcare professionals and more. We customize events and bring life-saving education to your individual community.

If you're interested in finding more about planning and engaging educational program in your area, please email info@sharsheret.org or fill out the survey at the end of the webinar. Now, before we get cooking, I want to introduce you to Annie, a wonderful member of our advisory committee here in California, who's going to share her personal story with us.

Annie Spar:

Good morning. I'm Annie Spar. As Jessica said, a member of the West Coast Advisory Committee of Sharsheret. And I'm really excited to be here today and excited for Paula's class. I've known about Sharsheret for a very long time. Full disclosure, my sister-in-law was the clinical director of Sharsheret for over a decade. And I always knew it was a wonderful organization, but I didn't truly understand what they did.

But then, in the summer of 2014, my family moved to Los Angeles from New York. It was a big move, but we had moved before and we were up for the challenge. Seven months after we arrived, I was diagnosed with breast cancer. Seven months in a new city is not a lot of time to create the support network one needs in the face of a cancer diagnosis. When I was waiting for the results of my biopsy, my husband Elon told me I should call his sister. "Why," I asked. "What can she do?"

He gently reminded me that she might have some tips to help me, as I hadn't really slept since I knew I was having a biopsy. And so, I called her. Indeed, Shera, my sister-in-law, and Sharsheret had so much to offer, not just me, but my family. They helped in ways I didn't know I needed, that we needed. They gave my husband a support package that helped him understand what I was going through and how he could best help me. He gave me language to explain to my teenage children what was happening.

They connected me with women who had a similar diagnosis so I could talk with them about what the surgery I was facing and its recovery would be like. Doctors can tell you a lot, but unless they have experienced the surgery, their understanding of the recovery can be, well, let's just say spotty. After treatment, Sharsheret sent me a survivorship packet, which included lots of information about post-cancer healthy lifestyle. Exercise, meditation and nutrition were highlighted.

There was even a cookbook. Now, I am a peer supporter, and I'm able to help women like me, who need someone, who has walked the road before them to listen, to answer questions and to be a part of their

community. I was paired with a woman in New Jersey who, during her treatment, would call sometimes with questions, sometimes with complaints and sometimes with the small victories that a woman recovering can experience, something like I was able to shower, wash and dry my hair unassisted today.

I'm not a therapist. I don't even play one on TV, but I do know what it's like to be in the thick of cancer. And it is a blessing to be able to listen and cheer on someone the way I received that encouragement when I needed it. Every time I speak about Sharsheret, someone will come up to me after to disclose that they or a family member recently had a diagnosis or found out they had a genetic mutation. Should she call Sharsheret? "Yes," I answer.

Recently this happened and I received the following email. Dear Annie, I want to thank you again. The Sharsheret team has been amazing. They are sending me a credit packet and a box of toys for my eight-year-old. I have spoken with someone three times since yesterday, and she is sending me a children's story for my eight-year-old daughter, butterfly kisses. Thank you so much for connecting me with them. It really helped me start moving in a positive direction.

It's not a matter of if you know someone who will be affected by breast or ovarian cancer. It's a question of who and when. But I am here to say it is very comforting to know that Sharsheret is here to be a part of the care team for that woman and her family, that they are only a phone call away.

Jessica Jablon:

Thank you, Annie, for sharing your inspiring story with us today and for your incredible support of Sharsheret. We're so lucky to have your involvement, and you've helped so many women along the way, and families. If you're interested in finding out more about the resources that Annie mentioned, our Peer Support Network, the Busy Box for families with young children, our caregiver packet, our Thriving Again kit or our kit for newly diagnosed women, please contact clinicalstaff@sharsheret.org.

And we all know that the end of the year celebrations are often filled with delectable, sweet and sugary treats. It can be a hard time to feel motivated to eat on the healthier side. That's why we're so excited to have today's guest demonstrate a few delicious, lighter, sugar-free desserts we can make at our upcoming holiday meals. Paula Shoyer, The Kosher Baker, is the author of *The Healthy Jewish Kitchen*, *The Holiday Kosher Baker*, *The Kosher Baker*, *The New Passover Menu*, and *The Instant Pot Kosher Cookbook*.

And as a side note, stay tuned to the end of the webinar as we are excited to give away Paula's cookbook, *The Healthy Jewish Kitchen: Fresh, Contemporary Recipes for Every Occasion*, there you saw it, to three lucky winners who fill out today's evaluation. Paula has a French pastry degree from Paris and does cooking events all around the world.

She has taught over 187 virtual cooking classes. She is a freelance writer, cookbook editor, and brand ambassador for food companies.

Paula competed on Food Network's Sweet Genius and has appeared on TV over 48 times. Paula, welcome to Sharsheret in the Kitchen. And thank you so much for being here today.

Paula Shoyer:

Thank you, Jessica, for that lovely introduction. And, Annie, it was very powerful to hear your story as well. I want to dedicate this class today to the memory of my best friend Susan Glickman, who passed away from breast cancer about seven years ago and who first taught me about Sharsheret. And her motto always was, eat desserts first. There are many times when she and I together would plan on a meal but we start with ice cream.

Sometimes we'd have a meal and sometimes we would just eat ice cream. So, today, I'm going to teach you delicious but healthier recipes. I am working with some white flour. I'm using some sweeteners. These aren't a 100% devoid of anything that has calories. But my whole approach has always been you just have to move a step forward in a healthier direction and that is how you will become healthier yourself.

So, very quickly, I just wanted to talk about my food story. And what I mean by a food story is every one of you has experiences with food your whole life, meals in your mother, grandmother's, aunt's kitchens, meals you fed your children, first meals you cooked when you're in college off-campus or when you got married. Remember, we used to travel and taste food everywhere we went. So, all of those memories become your food story.

My own food story goes back to my grandmother's kitchen in Brooklyn when I was 12 years old. And I was sitting at the counter in that pink and yellow kitchen, very 1970s. And I would watch her measure cake ingredients with her hands. And it was some kind of great magic because my mother only baked once a year with those Manischewitz cake mixes on Passover. So, it was so great to be in grandma's kitchen, and I would just watch her create just wonderful, wonderful desserts.

Now, growing up in Long Island in the '70s, early '80s, I never imagined food was a career. I went to college at Brandeis to become a doctor, ended up in law school after a chemistry accident. And after practicing law for four years in DC, my husband's work sent us to Geneva, Switzerland, where I had a job as a speech writer for a Jewish organization. After my daughter Emily was born, I decided to leave that job, went to cooking school in Paris just for fun.

I wasn't planning on a new career, I just thought I'd learn how to eat better. And then, I started catering in my small kitchen in Geneva. And a woman in the Jewish community asked me to teach cooking classes for a Jewish women's organization, and that began my love of teaching. And

about 35 years after sitting in the kitchen with my grandmother, I get an email from a woman in Brooklyn asking me if I would teach a cooking class in her rabbi's house.

By then, I was traveling the world teaching, and people would recommend me to different groups. And that's how I built my whole business. So, I saw where the email was from. I call this woman on the phone and I say to her, "Am I going to teach this class at 3844 Lyme Avenue in Seagate, Brooklyn?" And a shocked woman says, "How do you know the address of my rabbi's house?" So, I tell her that that house was my former grandparents' house.

And I taught a cooking class in the same kitchen, where my grandmother taught me to cook and bake. And my mother, my aunt, my daughter, my dad were all there. I thought I would be overwhelmed because grandma was already gone. She had lived to age 98 on a steady diet of sponge cake and Sanka. But when I stood up in front of that group, holding *The Kosher Baker* in my hands, which took five years to get out into the world, I knew that that's what I was meant to be doing.

All right. Let's get into our first recipe. So, the first thing we're going to make is a galette dough. It is super simple. I'm making in the food processor, but you could do it by hand, too. This recipe is from *The Kosher Baker*. There is no sugar in the dough or the file. If you want to sprinkle sugar on top later or a sugar substitute, you can. I'm going to ask my tech people to highlight my other screen and I'm just going to move right over here so you can watch me perfect. Okay.

So, I'm going to make this in a food processor. And the reason why I do this is that we're trying to cut fat into the dry ingredients. So, I've got my all-purpose flour here. And you could use a gluten-free substitute if you want. I'm a big fan of All Blends by Orly, which you can get on Amazon. They have different blends for cookies, for cakes, for challah. So, it's really great. And you can use pretty much any fat you want. It's six tablespoons.

I have used coconut oil. If use coconut oil, I would freeze it first. You measure out of tablespoons. Here, I'm using like a plant based, but they call it plant-based butter. You can use any kind of a dairy-free or you can make it with butter, too. And the idea behind making a flaky pie crust is that you want to have pieces of fat that don't get completely smushed. So, what we're going to be doing here, we're basically just going to pulse this 10 times just to start cutting the fat into the dry ingredients.

So, the margarine are still in big pieces. Don't worry about that because basically what happens in the oven is if you have little pebbles of fat among your dry ingredients, in the oven, they melt and they press up against the dry ingredients and that's what creates those wonderful flaky areas of any kind of a biscuit, scone or pastry dough or pie dough. This is a great method to make any kind of pie for Thanksgiving.

So, I'm just adding one egg yolk. When you're baking, we're just baking with large eggs. And I'm going to go ahead and add one tablespoon of ice water. And the reason we're using the ice water is that we don't want our fat to melt. So, now that I've put this in, I'm going to pulse it five times. I'm going to add my second tablespoon of ice water in here, try to avoid the ice cubes. But that's not terrible either.

And now, I'm going to add my third tablespoon of ice water. So, now, I'm going to mix it and I will show you the different stages of it. First, it's going to look like my couscous, basically, and then it'll come together. And once it's clumps, then it's done. So, as you watch it, and I'm going to show this to you guys in a second, you'll see it starts to come together, clumpy, but we want a little bit more clumps.

You don't need it to completely come together. So, if a recipe tells you, "Oh, I have to have all the dough has to come together," you don't really need to do that. All right. So, now that I see it started to clump up, so I see a couple of spots here, all right, we're done here. So, I'm going to tilt this so you can see this. Now, if I picked up the dough and put it in my hand, it looks like normal pie dough. So, I'm going to take this off.

And let me quickly get this out of the way. Now, you can make this dough weeks or months in advance. So, if I'm hosting Thanksgiving, my tart and pie doughs are done, I don't know, weeks beforehand. I'm going to take a piece of plastic wrap and just put it on my counter. Got a little clump up. Hopefully, I won't take another one. There we go. So, you're just going to take a plastic wrap. Always go ahead and take the blade out so that you don't risk hurting yourself.

Now, I started doing sugar-free desserts because my dad was a diabetic, and he loved his desserts, I tell you. And you see how it's not coming together. But I'm going to quickly turn it over here onto here. See if I can get it all up. Good, good, good. And now, watch what I'm going to do. I'm going to take the size of my plastic wrap and press it together and bring this dough together. So, I'm just lifting and smushing. Smushing is a very sophisticated French baking technique I learned in cooking school.

So, you see, now it looks like a regular piece of dough. Now, whenever you're going to put dough in the freezer to chill, you don't want it to be a ball. You don't want it to be like a hockey puck. You want it to be more like a pancake. So, what I do is I wrap it loosely and I press it down like this since we're going to roll this out soon. I'm going to press it even thinner than usual. And now, I've got this pancake and I'm just going to stick this in the freezer while I do the next recipe.

Jessica Jablon: Paula, there was a question that came in. If you make the crust ahead of time and freeze it, how do you defrost it in the fridge and for how long?

Paula Shoyer: Okay. So, what I typically will do if I'm going to roll out the dough is I'll take it out of the freezer and put it on if you have a granite countertop

because the countertop will absorb the cold from the dough and help it thaw. You only have to thaw it until when you press the top of the dough, your finger goes in a little bit. As long as your finger can be pressed in, start rolling out the dough. And if it's really hard, you can bang it with a rolling pin, which is really fun to do, and that way it'll help you stretch out your dough.

And if you're ever rolling out dough and it starts to get really sticky to your rolling pin and whatever you're rolling it on, your parchment, just take whatever you've rolled, put it on a cookie sheet and stick it right back in the freezer and let it freeze. I'm grabbing my mixer for the pumpkin cake. Now, I have the galette, that dough that I just showed you. And the galette is like an open-faced tart. I have another version of this in Healthy Jewish Kitchen where the dough has chocolate in it.

So, it has less white flour. It does need sugar in the dough to balance out the bitterness of the chocolate. But you should know that, even when I make this tart regularly and I'm not worried about sugar-free, I still don't put any sugar in the dough because you just don't need to. You just want to have flavor inside. So, I'm just going to get all this ready to go. I've got this great clear mixing bowl, which I got when I started doing Zoom cooking classes.

Okay. So, let's get ready. Let me move these out of the way. Now, the pumpkin bread is basically what I call just a really classic one bowl dessert. Everybody needs those in their arsenal. My Kosher Baker cookbook is organized by time. So, the first section of the book are one-step recipes. There's like 35 one-bowl cakes, one-bowl cookies, so easy, easy. Second part is two-step desserts and then three-step desserts.

Because I think when you think about what you're baking, you think about how much time you have. Is it Friday at 3:00? Or is it Wednesday night? It's a very different dessert you're making if it's Friday at 3:00 and you're like, "Oh no, I need a dessert." Okay. I have a loaf pan over here. For this recipe, I'm using one of these longer loaf pans. It's a 12-inch. So, if you're going to make this, you could also make it in a Bundt.

And then, you would probably bake it for more like 55 minutes or an hour. But I have this one of these great nonstick pans. I'm going to spray it with the spray oil that already has flour. And whenever you're greasing any pan, grease it more than you think. This one is gloppy a little bit because it has the flour in it but it really helped everything pop out. So, whenever you're greasing a pan, a Bundt pan, be a little more generous than you think. It'll save you from having problems later.

Okay. I've got oil. Now, for this recipe, I'm using agave, but you could also use maple syrup as well. And I'm going to add all my liquid ingredients first. I've got vanilla. I've got three eggs.

Jessica Jablon: Paula, what can you use instead of the spelt flour?

Paula Shoyer: Okay. So, the flours that I'm using in this recipe can be substituted with any flours. So, I could not find a white whole-wheat flour, so I'm using regular whole-wheat flour that I mixed with a little bit of white flour. You could do this all with white flour or you could combine it half white and half whole-wheat flour. I've done this one different ways. So, I'm going to mix this for about 30 seconds or so. And this recipe is from The Holiday Kosher Baker.

I will show you that one. This is my book that's organized by Jewish Holidays. It's got 37 gluten-free recipes in it and 45 Passover recipes. I guess I go back and forth between both books. You can ask me which book I like better. It's like asking me which one of my four children I love the most. I guess it depends on the day. All right. So, now, I'm adding my pumpkin puree. And this is just canned pumpkin.

If you wanted to cook a pumpkin or sweet potato, you could use that as well. And we're going to get that mixed in. I've been playing around with pumpkin recently. I've been working on a pumpkin focaccia, which I'll probably post in the next day or so. All right. So, now, I'm ready to go ahead and add all my dry ingredients. So, I will go add those one at a time. So, my Healthy Jewish Kitchen cookbook is very, very dear to me.

That book came out in 2017. And I always joke that that's how you're supposed to, this is the spelt and that was the whole-wheat, that that is how you're supposed to eat so that you always have room for dessert. I'm adding salt, baking powder, baking soda. And I'm adding a bunch of spices here. But if there are any of the spices that you don't like as much, you could skip it. I mean, there's cloves and cinnamon and ginger and nutmeg.

So, I'm going to go ahead and put those in. And I'm just going to mix all this together. So, I think I started saying this, I'm not sure if I finished, that The Healthy Jewish Kitchen is how you're supposed to eat so that there's always room for dessert. And that book has my most viral recipe to date, which is my chocolate quinoa cake, which does have a fair amount of sugar in it, but it's completely gluten-free. It's a great Passover recipe.

The Food52 blog featured it, calls it a genius recipe. And they created a video of how to make it that got like 63,000 views. Now, no matter what mixer you have or you're mixing by hand, always check the bottom because sometimes the whisk or the hook, it just doesn't get there. Okay. I think we're good here. I'm going to take this out. So, about six years ago, my publisher came to me and asked me if I would write a kosher cookbook that emphasize a healthy approach.

And because she knew that I'm not overweight, unfit, and wondering like, how is it that I can do that with all the desserts that I'm creating all of the time. And I will tell you, everybody, that's the number one question I used to get when I did events in person was I would show up and people would

think I couldn't possibly be a good baker if I wasn't obese. They kept saying to me, "Well, you don't eat these dessert," but I actually do.

I'm just going to go ahead and scoop this in here. And before I tell you my secret, I will just tell you about baking times. This is the most important thing I'm going to tell you today. So, if you forget every single thing I've said, I want you to remember this, on a second, everybody's ovens are different. If you've ever gone on vacation and use a different oven or visited a family member and made your challah and you're having trouble getting it right, it's because ovens really are different.

So, 350 on one oven is not necessarily 350 on another oven. So, how do we account for that? So, my rule of thumb is we reduce baking time. So, the first time you make a recipe, my recipe, anyone's recipe, reduce the baking time. If the recipe says bake something for an hour, you bake it for 50 minutes. Okay. For 40 minutes, bake it for 30. Cookies for 16 minutes or 14 minutes, do it from 12 to 14 minutes.

Then, you can check it. You can always add more time rather than take it away. So, my recipe here says 45 minutes and I would probably tell you, "Okay, just time it for 40 or so." All right. Yeah, go ahead.

Jessica Jablon: A question came in. Do you always use the whisk for cakes instead of the paddle?

Paula Shoyer: I do, I do. For some reason, I find that the whisk just distributes all the ingredients that much better. And if I'm making a cake, adding air to it is a good thing.

Jessica Jablon: And would adding sugar-free chocolate chips change the cooking time or amounts of other ingredients?

Paula Shoyer: No, it would make it really yummy. I'm a big fan.

Jessica Jablon: I think that's a great idea.

Paula Shoyer: Oh, my God, my mother only ate chocolate dessert. She used to hide a chocolate fudge cake in the kitchen... I mean, in her closet. There was one in the kitchen for my brothers and me. But literally, she had her own cake in her bedroom. Okay. So, one of the things just a quick tip for something like this. I'll put this down so it's not as wilt. So, I've got my cake in here. Whoops, you can drop it a few times so that there's no holes in it. Okay?

Now, I'm going to go ahead and bake it in my 350 oven. And we're just baking it until we can take a skewer out and the skewer is clean. And I'm going to show you something. This is also a really general baking tip. Okay? So, basically, if I am baking and I want to check to see how a cake has baked, I'm not going to use a toothpick. Okay? Because a toothpick is

only going to tell you this much about your cake. So, I hold on, I keep these in my oven mid drawer.

If I can find the smaller ones, they take up less space or skewers because this will tell you what's going on in the whole cake. And when you're testing the cake, you want to stick it in on an angle so that you get the middle part of the cake, not the bottom which would be close to the heat anyway. So, that's my great tip. So, I find you can get them in the supermarket in the summer because everyone is making kebabs, I guess.

So, go ahead and stock up on those because they're really, really great. Okay. Very quickly, I was telling you about The Healthy Jewish Kitchen. I will do that while I'm getting my other recipe ready to go. I'm going to show you how to make profiteroles. And I'm going to do that on a portable burner. So, I'm going to get that warmed up. Let me get my saucepan here. And if you don't know what professionals are, it's basically the pastry that you use for eclair.

It's called a choux pastry and it's a cooked pastry. It's real. I find it's really fun to make. And normally, people would fill it with ice cream and chocolate sauce. And you can fill these with anything. We're going to fill it with fruit today. But if you got sugar-free, dairy-free, any kind of ice cream that you can have, it's really fun to do that. Maybe even made them for parties. Okay. I'm just trying to heat up the burner here and then I'm ready to go. Let me make sure I have everything.

There we go. And a quick word about pans. I'm just going to show you this quickly. So, whenever you're using any kind of a cookie sheet, you want it to be sturdy and light colored. If you have those really old, really dark pans, they're going to heat up more than a lighter color pan and then you're going to have a problem with your cookies baking. And if you ever make a cookie recipe, the first time you make them, bake four cookies and see how long it takes till they come out the way you want them.

And take cookies that you want to be chewy cookies. You should have to take them out of the oven. When you press the top of the cookie, your finger only goes halfway through. All right. So, this is ready to go. I've got parchment paper on here. Okay. And you know what, I'm going to get these in the oven, then I'm going to tell you the story. Okay. Let's come back over here. All right. So, we're making the profiterole.

So, the first thing I'm going to do is I'm putting in water. I'm making this dairy-free, so I'm using almond milk today. But you could use soy milk is great as well. All right. I'm turning the heat up here. And what I'm going to do as well is add more tablespoons of butter or a plant-based margarine. I'm just going to cut these in here. And I'm just going to add my salt here. And we're going to bring this to a boil. Like I said, it's like a cooked dough.

So, here's my little bit of salt there. Okay. So, while that's ready, I'm getting out my other ingredients.

Jessica Jablon: Paula, a question came in about the pumpkin bread. Does it matter if you use a round pan instead of a rectangular pan?

Paula Shoyer: Right. If you use a round pan, yeah, it may take a little bit longer and it may dome up a little bit. That's why you have to check them. You have the skewers you have to check in, but depending on the size of the pan. I think this amount of butter, I might put in too small pans, turned into layer cake. But if you put it into one, just watch the middle.

If you ever have a cake where the top is starting to burn too much, but when you stick the skewer in it's still too gooey, then you want to maybe take some foil, and you can do this with challahs too, drape it over in the oven so that it will stop browning on top. Okay, good. This is melting. This is great. My timer for my galette dough, still soft, I'll give it a few more minutes. Okay, great.

I didn't say this, if you take your dough out of the oven, I mean, out of the freezer and it's just hard as a rock but you really need to roll it out, I've even put it in the microwave under defrost just very briefly. So, right what I'm trying to do here is melt the fat and bring the milk and water to a boil. I'd made this with whole milk, fat-free milk, a lot of different ways. And it just all seems to work.

Jessica Jablon: There was a question that came in earlier about how do you know which kind of milk to use, whether it's almond or coconut or oat or?

Paula Shoyer: So, I use soy milk for years just because to me, soy milk is thick. It's more like whole milk. Almond milk, depending on the brand, could be more like fat-free or 1% milk. So, depending on what you're substituting for. If you were substituting for cream, like something half and half, I probably want to use soy milk for that. But people have lots of different sensitivities and allergies, so people should find whichever one works for them. All right.

So, the fat is almost melted and then it's going to boil. And then, we're going to go ahead and add our flour. It's an interesting process, but this is a really fun dough to make. Okay, so here we go. Here, my mixture is boiling. And when I say boiling, you want it to be a rolling boil, not the bubbling that your kids see, a teeny amount of bubbles when they're first learning to cook pasta and they wonder like why can't they put the pasta in?

So, this is a rolling boil with all the fat melted. I'm just going to remove this from the heat over here and I'm going to go ahead and add my half a cup of flour to it. And you're going to see an interesting transformation here. The mixture is going to basically turn into mashed potatoes. I'm going to turn this down. Let me turn this lower here because we only need a very... I'm just trying to dry out the dough. So, you basically want to make sure you don't see any of the flour.

And you're going to stir it on the heat till it comes together into a ball. So, you see, I'm not using any fancy tools here. I'm just mixing this up. So, you see how it's coming off the sides now. It's coming together. And you just want to dry it out for a little bit, maybe 30 seconds, maybe a minute or so. And I'm just smushing it on the bottom to just make sure that the dough has dried out of it. And we're good. All right.

So, I'm going to turn this off. I'm going to move this out of the way. Let me put it down on something and then I'll show you what we're going to do next. How we turn this into this fabulous, fabulous dough.

Jessica Jablon: It's so nice to have the burners that you can move around.

Paula Shoyer: I know. Yeah, I need to get a single one. I went and bought an induction one, but it wasn't working. Okay. So, now, I've dumped the dough into the bowl. And now, we need to add eggs to it. But I'm sure you guys will all know that we can't put eggs into this hot, hot dough this moment. And for this, you really want a wooden spoon. Now, you could do this next part of the recipe with the paddle in the machine. But I like to do it by hand because I find it's a really good arm workout.

Jessica Jablon: A question came in about whether or not this can be made gluten-free.

Paula Shoyer: I would do this with a gluten-free flour. Yes, you can definitely make these gluten-free. I've made these for Passover with... I'm trying to remember what I used for them. I probably use a combination of potato starch and cake meal. All right. So, I'm just stirring it up so it cools down a little bit. And whenever you're stirring anything, if it's moving around your counter, just put it on top of a dish towel so that it will cool down.

All right. I'm going to give this one minute to cool down. And I'm just going to tell you my quick secret to staying in shape. Okay? So, I call this the secret of the four S's. Okay? You can adopt some of them. They don't have to be yours. I'm just sharing mine because it's the question I always got asked the most. So, the first S is sweat. I exercise a lot. I started running when I was 48, did two half marathons for charities.

And now, I can't do that anymore. I still can run. But do something like exercise, especially on Fridays. We all eat too much on Shabbat. We just can't help it. It's all there. There's challah. It's just the foods are delicious that we've created, that our friends are sharing with us. So, just do whatever, even if it's just walking in your house. And depending on your health issues, you figure out as long as you can do something safely, just move. Okay?

So, that's my number one is sweat. The second S is salad. I eat a lot of salad. I don't eat bagels and lasagna. I typically have salad with tuna, salad with an egg, salad with leftover chicken or beef. If I know I'm eating heavy meal in the evening, my lunch is going to be very light. Today's lunch was homemade sourdough bread with some avocado and

scrambled eggs. And I was very excited about that. So, all natural, nothing process.

So, try to add more healthy food into your diet. And I'm never going to preach to you. I'm never going to tell you it's all or nothing. It's just balancing out the things you want to treat yourself with, with other lighter food. So, the third S is to be selective. We've all been to a wedding, Bar Mitzvah or party, where there's some beautiful looking pastries. You take a bite, they taste terrible. Don't eat it. If you follow me around a Kiddush, you will see what I call the graveyard of desserts.

One bite has been taken out of every one of them and I don't finish it. If there's a cookie that isn't worth eating, put the cookie down. That cookie out of a package, just don't finish it. I just don't. So, only eat desserts that are truly worth the calories. Now, the fourth S was my secret is become much less relevant during COVID. And my fourth secret is Spanx. All right. So, now, we've got our dough here. And now, we're going to start mixing in an egg. So, I'm going to pour in one egg here.

I once told that joke with my rabbi in attendance and had no idea what I was talking about. Now, you see when you start mixing this egg into the dough, it's annoying, it doesn't really mix. But just keep mixing. Just keep mixing, smushing. The egg won't get mixed in. And you have to do them one at a time. And once one is mixed in, you can go ahead and add the next one. So, The Healthy Jewish Kitchen book was not one that I had wanted to write, but my publisher asked me if I would write this book.

But the time when she approached me about doing this book... you see how it's now all mixed in. Now, I can go ahead and add the next one. As long as you see nothing shiny, you can mix in the second egg. So, when I got this request to write this healthy cookbook, it was about six weeks after my mother passed from a 12-week battle with lung cancer. And I was spending every night, after minyan, on the sofa over there with my two best friends, Ben and Jerry, eating my feelings.

I know some of you have been there, too. And I knew that I couldn't stay on that sofa forever. And I really loved writing cookbooks. So, I agreed to write this cookbook. And I started taking recipes that I grew up with and just making them so much lighter. I abandoned ingredients I had relied on for years, like margarine and puff pastry and jarred barbecue sauce. I didn't use any of that. Everything was natural on the book.

And what happened was, I started losing the grieving weight and I started to feel hopeful again. People loved my recipes, and I was bringing joy to people. I had purpose and hope from working on this project. So, writing The Healthy Jewish Kitchen brought me back to life and really saved me. Sadly, my father passed away as the book went to press. So, the book is dedicated to both of their memories. And there's lots of stories of my family in that book.

All right. So, you see, I've got this nice batter here. It's actually a little bit thicker than I would like. Yeah. So, this is going to come together into a batter. And now, we're going to pipe it out. Okay. So, let me show you what I've done here. I've got my parchment paper over my nice heavy pan. And look what I have here. These are disposable pastry bags that you can buy from Wilton or other companies. And I have a tip with a half an inch.

Oh, I like using these. So, you can get the ones that have the coppers on it, but these professional bags are great. And you can get them online like the restaurants, depot places has them. So, I'm going to turn this inside out. When I was doing my Zoom classes for kids last summer and last year, we did a lot of work with pastry bags. So, it's really good to do it. And like everything else, you have no idea what you're doing. And then, one day, you just become an expert.

Jessica Jablon: Anybody who is wanting, we are compiling a list of recommendations and tips that Paula is making throughout the program. And we will be sending that out, the recording, in the next week or so.

Paula Shoyer: All right. I think I've got as much as I need to get out here. We're good. All right. Sometimes you have to do this in two batches, but I think I'm fitting it all in. Okay. So, how do we work with a pastry bag? First thing we do, we'd try to keep the outside clean. So, do your best to get whatever icing, whatever it is. Lift up the top. Anytime you're going to use a pastry bag, you hold it from the top, squeeze down the air and squeeze out a little bit. Then, I twist it one time, two times. Okay? Cut off the extra.

You see how it's comfortably sitting in my hand like this? So, now, I can squeeze out with one hand. Pastry bags are not a two-handed operation. Another little trick I've learned in cooking school, especially if you have a conduction oven, in which case you would probably bake these for 25 degrees less. Look what you can do. You can hold down your parchment display with you just using a little bit of butter.

Okay. So, now, we're going to make our pastries. I would have to start in the middle because it's easier for me here. Oh, I'm going to need that. I have little bowl here is fine. Okey-doke. Okay. So, whenever I'm doing macaroons or anything I want or meringues, basically, what I'm going to do is I'm going to use this hand to guide me, and I'm going to squeeze it out to the size I want. For this recipe, I like them on the bigger side, and then lift up.

So, I'll show it again. I'm putting the tip about, I don't know, like a half an inch above the parchment. And then, I squeeze in the middle. Squeeze, squeeze, squeeze right till I see the size I want, and then I lift it up. I've taught 11-year-olds on how to do this on Zoom. So, I'm telling you, you can do it. It was really fun watching kids try to do what I was teaching them.

I taught crepe making on Zoom, which was fun. I did a lot about matzos, which was fun. I guess, my most popular Zooms were black and white cookies, challah and babka. So, for this recipe, I'm making these on the bigger side, but I can make them smaller too. This majorly makes 16. So, I'm making them just bigger in the interest of time. They take a little longer to bake. Squeezing this out. All right, there we go. Okay.

So, one more step. I'm going to take another egg and beat it. If you're ever working on recipes where you need beaten egg, like challah, glazing your challah, and you know you might make something else, I would hold on to your leftover glazed egg for a day or two in case you make something else that needs it so that you don't have to waste. And usually, all I do is very gentle, just gently do this. You can make these smaller if you want.

So, these, I've decided to make them a little bit bigger today. And I'm going to put them in a 475 oven and immediately turn the oven off. And I'd leave them like that for about 10, 15 minutes to let them steam. Then, I turn the oven back on to 350 and you have to cook them until the color is right. So, I'm going to go ahead. Can you guys see these? I hold them up really close. So, these are what they will look like.

These are bigger than you might typically make. And I'm putting them in my oven. And I'm turning my oven off for 15 minutes. And I'm going to go ahead and check on my galette. See if it's ready to roll that out. They are ready to roll out. Okay. So, I will explain to you how I know this is ready to roll out. And I'm going to teach you all my tarte tatin rolling tips, so that if you guys are making any pies for Thanksgiving... I also want to tell you my Sharsheret pies for prevention story.

So, when my mother passed away six years ago, her yahrzeit was last week. We were sitting shiva during Thanksgiving. And there was a really big debate among my brothers and me what we should do for Thanksgiving. Why should we celebrate? Should we not? What should we do? We don't want to celebrate during the shiva. But my four children, my kids are between the ages of 21 and 26, they want a Thanksgiving food. It was really important to them.

So, somebody decided to donate Thanksgiving food. But my brothers didn't really love that idea. One moved in Israel, so Thanksgiving wasn't as big a deal for him. But my kids just insisted on the food. Let me just show you what I'm doing in the meantime. I will finish my pie story in a second. So, here's flour, here's my parchment paper. This is how you sprinkle flour for any purpose.

People don't know how to do this. I pick it up with my fingers. I hold it about a foot and I rub my fingers together like it's raining. Okay? I'm not rubbing it on, I'm not dumping it on. People use way too much. Okay? Make it rain. Okay. And you can see the dough here. So, when I put my

finger on it, I can press it in. If I know I can press it, then I know I can roll it.

So, my sister-in-law and my mother-in-law decided that they were going to be the ones who would order the Thanksgiving food for us. So, my marching orders were, we don't need every Thanksgiving, everything. Just some turkey, some stuffing, vegetables were fine. But what showed up was an entire Thanksgiving dinner.

And then, at minyan that night, a woman came in, who I grew up with, who I hadn't seen, who was a breast cancer survivor herself. And she walked in with a pie. And it ended up being such a beautiful thing for my family that we had this Thanksgiving dinner during this really difficult week. And they kept asking me, "Do we have a pie? Do we have a pie?" And I said, "I don't have a pie." And they were sad about that until our Sharsheret pie showed up.

And my kids saved the evening for them. All right. So, let me show what I'm doing. I have my parchment, my dough, a little bit of flour and I'm putting parchment on top. I always roll my dough up between two pieces of parchment. Now, if your dough is too hard, you can always bang it. Remember, I mentioned that earlier. It's fun.

And I was called making a galette, kind of pies for dummies because it's just... you don't have to make a fancy design. And what's nice about rolling between two pieces of parchment is you can keep turning the parchment to roll in different directions. I use this plant-based margarine that I don't typically use. And every once in a while, you can lift it up and sprinkle a teeny bit more on top. Now, the idea is to have it round the best you can. And I usually say I roll it out to about, I don't know, 12 or 13 inches.

I have a lot of measurements in my recipes, which is why, ta-da, I keep a ruler in the kitchen. That way I can measure and see when somebody says or my recipe says roll out the babka to nine by 12, I know what that is. Now, this is important, when you're rolling out pie dough or tart dough, don't roll over the edge. And this is true for babka too. Because if you roll all the way over, the ends become thinner and the middle is really thick. So, if you just stop before the edge, then your dough will be rolled out evenly.

Now, another one of my little tricks is probably once during this process, I turn the whole packet over, make sure the bottom isn't sticky. Because if the bottom sticks, I can't stretch it out. I'll put a little bit more flour here and turn it back over. And there's a fair amount of fat in the recipe. So, you're really okay if you end up adding a little bit of flour to it.

Jessica Jablon: I'm sorry to interrupt you.

Paula Shoyer: Of course, go ahead. No, it's a good time for questions.

Jessica Jablon: Great. One came in that said can you use a KitchenAid for egg mixing? Somebody can't do it by hand.

Paula Shoyer: Of course. You mean for glazing over the egg or mixing the eggs into the dough?

Jessica Jablon: Maybe both.

Paula Shoyer: Yeah. You can definitely do something. You can get the immersion blenders, have a whisk attachment. And that would be really, really great for somebody who really had a hard time doing things by hand to use.

Jessica Jablon: That's a great suggestion. There was another question that came in regarding the profiteroles. You take it out of the oven when it gets to 350?

Paula Shoyer: Okay. So, this is what I did. I put them in the oven. I'm going to put the light on here. I will show it to you guys at someone. I turn the oven off for like, whatever, like 10 minutes or so. And then, I'm going to turn it back on, and then they'll bake. So, I have them puff up first and then bake.

Jessica Jablon: Got it.

Paula Shoyer: But I'm going to turn it back on to 350 shortly. All right, I think we're good here. Now, whenever you're rolling out the dough for this, just do your best. I feel that this part is a little bit thicker. So, I'm going to roll it out a little bit more here and make it a little bit more round. If your dough looks like Australia, that is not a terrible thing. Just do your best. Okay?

What's really nice about this recipe is really forgiving. Okay. So, now, let's get our fruit ready. I don't always love to do the fruit in advance because it gets really mushy. So, I have here three cups of raspberries, blackberries and blueberries. You could do all in one. I've combined every kind of fruit I have. If you're going to use apples or pears, I would pre-cook them before putting them into this.

So, normally, I mix cornstarch with sugar, but here, I'm just going to add the cornstarch. And what the cornstarch does, I got a little stuck in here, is it absorbs some of the liquid so it doesn't all ooze out. Oozing is not a terrible thing. So, all I'm doing is stirring it until the cornstarch disappears into the fruit. Now, remember, we had an egg yolk in the dough. I have an egg white over here that I'm going to use to brush the top of it.

So, if it's the summertime, you're going to want to make this with plums or peaches, just whatever you have.

Jessica Jablon: Do you use frozen berries?

Paula Shoyer: You can use frozen berries, but you might add a little bit more cornstarch because those will be... they might be a little bit more liquidy. Okay. So,

here comes the fun part here. And I have the oven pre-heat. I'm going to bake this at about 425. Okay. So, this part, I'm going to dump the fruit into the middle here. And we want to do that, but leave a border.

Now, if you're mixing up fruit, if you see that all the raspberries or all the blackberries are in one place and the blueberries another, just move them around a little bit. So, just do your best to try to leave about, I don't know, about a two-inch border or so. We want to make sure that everybody gets the same fruit in every bite. Okay, something like this.

Let me just wipe off my hands. So, this part is fun. I'm basically going to take my dough and do a twist, fold it over the fruits and go around in a circle like this. I have a friend who lives in West Hampton in Long Island. And every time I visit, basically, my ticket to entry is I have to make two of these tarts. I've made them with rhubarb and strawberry. I've made them with, I don't know, nectarine, just whatever we have because they look really pretty.

Jessica Jablon: Yeah, it looks so pretty.

Paula Shoyer: Whoops. Uh-oh, all right. It's okay. I'm going to fix that. Okay. Fix it. Gentle, gentle, gentle and here's my last one. And then, when you get to this part, you could be like, "Oh, I want to make it a little tighter. Or this side is smaller, so I'll fold it a little bit more in to make it more even." If I'm baking this for a lot of people, then I don't want to make it too tight because I need to get a lot of slices out of it.

Okay. There you go. It's just a free-form apple tart. No fancy shapes, no lattice. I'm just going to slide this on. Here, I'm going to slide it off my counter right onto my cookie sheet like this. And now, I'm going to get my brush. I found a pink Sharsheret looking pastry brush. I can't remember what this came from, but I feel like it came from some kind of a challah bake somewhere, which is very possible.

So, I'm just going to beat my egg white. And then, I'm going to brush the top of this. So, you basically want to beat this until it's golden and the fruit is bubbly. So, that could be about 30, 35 minutes or so. All right. I'm going to go ahead and turn my profiteroles back. I'm going to show you what they look like in a moment. I'm going to bring the camera over so you can see it. It's really cool. They're nice and puffy. And I'm going to go ahead and make this.

Now, if I'm making this for people who can have sugar, I will just sprinkle a little bit of sugar on top. You can also use xylitol or any kind of a sugar substitute. I'm just going to show you quickly how I do that with sugar, but you could do it with something else. All I'm going to do is like we were pinching with the flour before. I don't even have a teaspoon. This is just a teeny amount of sugar.

Now, when I wrote The Kosher Baker cookbook, I was working with sugar substitutes. And I wasn't that excited about the flavor of them. So, when I wrote The Holiday Kosher Baker, I moved towards low sugar. I'm going to go get this in the oven. Actually, I know what I'm going to do. Hold on. I am going to give you guys a little window into the oven here if I can make this work. Let's see if I can do this. Here we go.

There's the oven. Oh, there we go. Okay. Can you guys see the puffs in there?

Jessica Jablon: Yes.

Paula Shoyer: So, do you see how they really puffed up, but they don't have any color yet. Okay? So, they puffed up, but now I need them to get brown. So, I'm just going to now bake them until they turn brown. All right. So, let me talk to you briefly about the compote. And then, we will wrap up in a moment. Okay. So, let me show you what I did earlier today. So, for the profiteroles, to put the healthiest thing inside them, I made this compote earlier.

Now, normally, I would make this compote with plums and peaches and apricots, but they're out of season right now. So, what was I going to do? So, I went to the store and I'm like, "Okay. Well, I want to get the color of the plum," so I put in some raspberries. And then, I wanted to have some texture, so I have apples and pears. Now, this is just a very class and the color... and I just want to hold this up so you guys can see how gorgeous this is.

If I put fresh cranberries in this, which I should have. I probably have some. If I put fresh cranberries in this, you'd really turn into a really cool Thanksgiving dish. Now, this is something I make on a regular basis. So, if I go on vacation or I'm out for a few days, and I come home, and I look at my fridge, and the berries are a little mushy but not moldy. The blueberries are soft. I don't really want to eat them raw. I will turn them into a compote.

I didn't even add any water to this. I put all the fruit in the saucepan, turned on the stovetop. As soon as I hear the fruit sizzle, I just added a little bit of vanilla. You could do sugar-free vanilla syrup and a little bit of cinnamon in, and I just cook it on medium heat until they're as soft as I want them to be. And that's it. Okay?

So, these have some texture, I will show you with a fork. These aren't completely mushy. I want them to hold their shape a little bit. So, what I'm going to do with the profiteroles is after they're done, I'm going to take these puffs and open them up, and fill them with compote. So, those are going to take a little more time. So, I'm not sure you'll be able to see them completely done, but we'll see how it goes. But you want them to be really golden and you want them to dry a little bit.

So, what I like about making these kinds of shells is that you can make them earlier in the day. So, let's say you want to serve this for Thanksgiving or for Shabbat. I would make the puffs in the morning and just let them sit out and dry on a cooling rack, in an aluminum pan and let them just sit there, and make the compote. You could always refrigerate it. You can do that a day or two or longer before.

And then, when you're ready to serve it, you can warm up the compote. And then, you just put your fingers inside the puffs to make open them up. And then, you fill it up and close it. It's like a sandwich. But know that these puffs, you can also fill them up with ice cream, which is really great. So, remember when I was talking to you at the beginning about my food story.

The reason I do that is I want everyone to consider their own food stories. And what I really implore all of you to do, when you're planning meals, is to bring that story to your table. So, just like we like to have older people and young people at the table, you should try to have old recipes and young recipes. Old recipes are the recipes that tell your story that you can make something that reminds you of a person, a place, a time, a special occasion.

And when you bring those dishes to the table and share those stories with your guests and your family, it's like taking the food and elevating it to something truly meaningful. But at the same meal, add something new, a recipe from me that you find in any one of my five cookbooks. I have recipes on my website, thekosherbaker.com. I'm on Instagram @kosherbaker. Please, please, please follow me.

So, I take one of my recipes and start creating new traditions and combining them. Because there's lots of food trends out there. There's a lot of viral TikToky dishes here and there. But if you design your menu that has a little bit of the old and a little bit of the new, I think, it's... while you are nourishing the bodies of the people around your table, you can nourish their souls at the same time.

And I will say this now, and I probably didn't tell Jessica this before. So, Jessica is giving away some cookbooks. If anybody wants to buy cookbooks from me, you can message me through the contact page on thekosherbaker.com. I will donate 10% of any books that anybody from this group buys to Sharsheret. I've been donating percentages of my book sales since the beginning of COVID and had been feeding the needy all over the country. But I will designate Sharsheret as my current recipient. So, please, kind of a gifts, cookbooks are the best.

Jessica Jablon: Well, thank you so much, Paula. That's amazing. That's really very, very nice. Thank you.

Paula Shoyer: And I'm watching these and I'm trying to see if I can get one done enough before we say goodbye, but yeah. Because I definitely made them bigger.

I just turned the temperature up to just rush them a little bit because I know what they're supposed to look like. And people should know is that as they cook through this week for Thanksgiving and then Hanukkah, once you know me, you can message me, like lots of people do, an hour before every holiday or before Shabbat, Thanksgiving Day, all day long.

The worst thing about Thanksgiving is there is no candle lighting time. So, people will message me with pie questions all day long. And Annie, who was on at the beginning, talked about my baked latkes, which I'm very proud of. My kids love them. They're in this book. They're so crispy. You can find them online because they've been featured in lots of places. I've done them on television shows as well. So, if I can ever help anyone plan a menu or solve any kind of a cooking or baking problem, please, please contact me.

Jessica Jablon: Thank you so much, Paula. This has been amazing. We will see if we get to see the desserts at the end. But in the meantime, we recommend that you follow Paula on social media and that you check out her cookbooks. We put links in the chat. We'll also put them in our follow up so that you can contact Paula, or order her cookbooks, or follow her Instagram, which is really great.

Paula Shoyer: Oh, when I started doing TikTok, which is like, I felt like I had... I started doing TikTok videos. My last one was a cranberry sauce from my Instant Pot Kosher Cookbook. This is my most recent book. It's a lot of comfort food. So, if you're an Instant Pot devotee like I am, my four children love their Instant Pots, let me know. Happy to talk about that, too.

Jessica Jablon: Amazing. Yeah, my Instant Pot has become a really great thing during this time, I know. We want to thank Annie again for sharing her meaningful story. Please, there's a link for the survey, a brief evaluation survey in the chat. As I mentioned, we are giving away three copies of Paula's Healthy Jewish Kitchen cookbook away. If you're interested, please fill out the evaluation to enter the giveaway. Evaluations really do inform our future programming. So, thank you so much for just taking a few minutes to fill it out.

We'd love for you to stay connected with Sharsheret via social media on Facebook or @sharsheretofficial on Instagram, where we post about events like these, program updates, and fun ways to get involved. Please never forget that Sharsheret is here for you and your loved ones during this time. We provide emotional support, mental health counseling, and other programs designed to help navigate you through the cancer experience.

All are free, completely private, one-on-one. And our number is 866-474-2774. And you can also email us at clinicalstaff@sharsheret.org. Our social workers and genetic counselor are available to each of you. You are our priority. So, please never hesitate to reach out. Finally, I want to share a few of the exciting webinars we have planned over the next few

weeks. Join us this Sunday, November 28th at 11:00 a.m. Pacific, 2:00 p.m. Eastern, for a doughnut demo with Naomi, TGIS. She'll demonstrate how to make the perfect sufganiyots.

On Tuesday, December 7th at 4:00 p.m. Pacific, 7:00 p.m. Eastern, is the next Sharsheret National Book Club with award-winning and bestselling author, Dr. Edith Eger, for a conversation about resilience. And then, our next Sharsheret in the Kitchen, we're joining forces with our Shalom, Shabbat webinar series for the Zen of Challah Baking on Thursday, December 9th at 5:00 p.m. Pacific, 8:00 p.m. Eastern with Dr. Beth Ricanati, who wrote Braided: A Journey of a Thousand Challahs.

And she's going to demonstrate making challah dough and provide some ideas for healthy ingredient options, and discuss the grounding meditative nature of making challah. The link to register for all of the programs are in the chat. And you can also check out our website regularly to see what topics are coming up. So, I believe that the survey has been put into the chat box again. And I don't know if, Paula, if we made it in time or not?

Paula Shoyer:

No. I'm going to show you, they'll get the loaf out and just show you that because that is just a couple of minutes. But I can show you how I tested quickly. So, let's do that briefly. Okay. So, let's switch cameras for a moment. So, it puffed up really nicely here. So, here, I'm basically just going to take my skewer and stick it in and see what happens when it comes out. Oh, look at that, it's completely clean. All right. So, this was five minutes early.

I stick it in again just on an angle, so I can make sure I'm not getting inside. Let's see what happens. Oops. See, it's a little too gooey. See, that's why I checked it twice. So, now, it's going to go back for five minutes. But you'll see. Now, if you look at this loaf cake, it's not going to be super pretty. I don't want to put any sugar, or I could put powdered sugar on if I wanted. But this is the thing that I'm going to slice and bring out to people on a platter already sliced.

I'm going to show you one of the profiteroles what they look like, even though it's not completely brown yet because they're not going to get that much bigger. Okay. So, take a look at this now. So, right now, it's really puffed up, but they're going to get more golden. So, we want them like a honey golden color. So, it's going to take another probably 10, 15 minutes. You really can't overbake them. So, I wouldn't worry about that.

I'll leave you with a couple of quick hacks. Okay? So, let's say you make a pie for Thanksgiving this week. It won't be one of the pies from Sharsheret because those are usually beautiful. But if you're making a pie and it doesn't come out as pretty as you like, and you're thinking, "Now what?" This is what you're going to do. You're going to get a serving spoon and you're going to scoop the pie onto a plate in the kitchen. And you're going to bring it out to your family and your guests. And you're going to call it cobbler.

Nobody knows what you planned. Okay? Put a couple of berries on that plate, looks beautiful. Let's say you've made an apple pie and it's almost perfect, except the crust, the lattice, the design is cracked in one place. You can actually take apricot jam and brush a little bit on the edges and glue the pastry back together. Pattern sugar covers everything. Chocolate can cover anything. Caramel sauce covers anything.

So, just realize that you have to be kind to yourself. Okay? And don't make excuses. Just bring it out there. No one knows what you plan. Big smile on your face because trust me, if you're making a homemade dessert and it's not perfect, doesn't matter. Because at the end of the day, and this is what I said, I competed on Food Network's Sweet Genius back in about 10 years ago, and I should have made it to the third round. Spoiler alert, I was robbed.

But the whole day, the judge, Ron Ben-Israel, kept telling me how delicious everything was. And he just thought he didn't like that my presentation wasn't fancy enough for that second round. But I always say food is not art. It is meant to be consumed and it is meant to be eaten. It's not there to just be on show. And we all cook for ourselves just to live, to nourish ourselves, but we bake to share, to comfort, to celebrate.

We're not baking a cake because we want a piece of cake. We're roasting a chicken because we're hungry. But we're not baking for ourselves. We bake to share. So, please, please use these recipes and eat my recipes to spread love and joy, to make food in my Instant Pot book, soups and stews. You can pack up and just give to people.

Bake desserts that you can have in your freezer, so that if somebody is going through a difficult time, and I know many of you have, and now you want to pay it forward, you've got a cake, you've got cookies, you've got something to bring to someone to help them have a better day, a better week. So, please, when you think about baking, think about who you can share it with. So, I hope everybody has a delicious Thanksgiving and joyous and happy Hanukkah. And please stay in touch.

Jessica Jablon: I love that. Thank you so much, Paula. That was just the perfect way to end with a lovely sentiment. And thank you all for being here. We wish you a happy Thanksgiving and a wonderful Hanukkah. And we hope to see you soon. Thank you.

About Sharsheret

Sharsheret, Hebrew for “chain”, is a national non-profit organization, improves the lives of Jewish women and families living with or at increased genetic risk for breast or ovarian cancer through personalized support and saves lives through educational outreach.

With four offices (California, Florida, Illinois, and New Jersey), Sharsheret serves 150,000 women, families, health care professionals, community leaders, and students, in all 50 states. Sharsheret creates a safe community for women facing breast cancer and ovarian cancer and

their families at every stage of life and at every stage of cancer - from before diagnosis, during treatment and into the survivorship years. While our expertise is focused on young women and Jewish families, more than 15% of those we serve are not Jewish. All Sharsheret programs serve all women and men.

As a premier organization for psychosocial support, Sharsheret's Executive Director chairs the Federal Advisory Committee on Breast Cancer in Young Women, Sharsheret works closely with the Centers for Disease Control and Prevention (CDC), and participates in psychosocial research studies and evaluations with major cancer centers, including Georgetown University Lombardi Comprehensive Cancer Center. Sharsheret is accredited by the Better Business Bureau and has earned a 4-star rating from Charity Navigator for four consecutive years.

Sharsheret offers the following national programs:

The Link Program

- Peer Support Network, connecting women newly diagnosed or at high risk of developing breast cancer one-on-one with others who share similar diagnoses and experiences
- Embrace™, supporting women living with advanced breast cancer • Genetics for Life®, addressing hereditary breast and ovarian cancer
- Thriving Again®, providing individualized support, education, and survivorship plans for young breast cancer survivors • Busy Box®, for young parents facing breast cancer
- Best Face Forward®, addressing the cosmetic side effects of treatment
- Family Focus®, providing resources and support for caregivers and family members
- Ovarian Cancer Program, tailored resources and support for young Jewish women and families facing ovarian cancer • Sharsheret Supports™, developing local support groups and programs

Education and Outreach Programs

- Health Care Symposia, on issues unique to younger women facing breast cancer
- Sharsheret on Campus, outreach and education to students on campus
- Sharsheret Educational Resource Booklet Series, culturally-relevant publications for Jewish women and their families and healthcare Professionals

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Sharsheret in the Kitchen – Lightening Up Holiday Desserts with Paula Shoyer, The Kosher Baker

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