

Patisserie Revolution

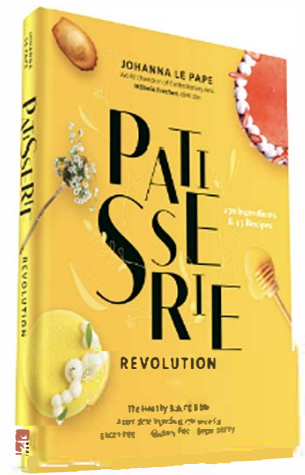
By Johanna Le Pape with Mélanie Frechon

On sale October 2024

978-0-7788-0724-7 / 077880724X

\$34.95 U.S. / \$44.95 CAD

Hardcover / 8" x 11" / Full-color photographs throughout



This revolutionary cookbook transforms traditional French baking indulgences into healthier delights without sacrificing flavor!

Patisserie Revolution is a groundbreaking, comprehensive book by **award-winning French pastry chef Johanna Le Pape** that teaches you everything you need to know about healthier patisserie baking. With information on more than 30 types of alternative flours, 17 types of sugars and substitution guides for a lower glycemic index, and exciting vegan substitutions for milk, yogurts, creams and fats, *Patisserie Revolution* is unlike any other French baking book you've seen before.

With its easy-to-follow design, you'll quickly learn about the essential ingredients for Johanna's revolutionary approach to baking and master the art of creating sugar-free, vegan or gluten-free patisserie.

Recipes are divided into three sections:

Basic: Includes simple recipes for **Shortcrust Pastry, Choux Pastry, Meringues, Lemon Curd** and more.

Classic: Includes timeless recipes for **Chocolate Babka, Banana Bread**, healthier versions of crowd favorite candy-bars such as **Bounty and Snickers**, and more.

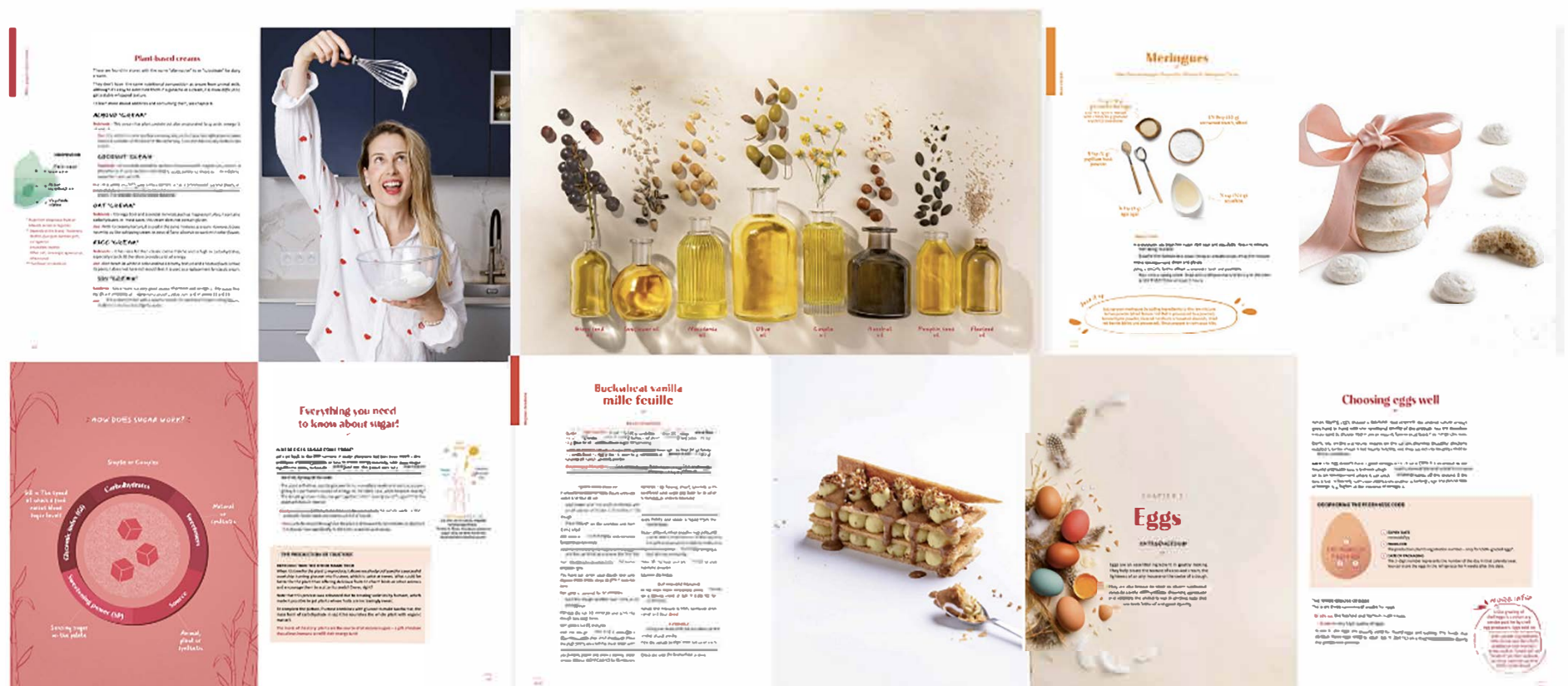
Original: Includes creative recipes like **Pineapple, Coriander and Lemon Balm Pavlova; Buckwheat Vanilla Mille Feuille; Almond Croissants**; and more.

Key Takeaways:

- Features **45 delicious patisserie recipes**.
- Gorgeous, sophisticated and playful design, with beautiful **full-color photographs throughout**.
- **Extensive dietary substitutions** for those who want to make modifications based on sugar, carbohydrate, protein or dairy intake.
- Includes guidance on how to work with more than **30 different flours, 18 cooking oils, 17 sugars**, plus much more.
- A comprehensive guide to mastering **sugar-free, vegan or gluten-free patisserie**.
- Includes information on **preserving micronutrients, and balancing sugar and fiber for a low GI**.
- Contains recipes for healthy versions of crowd-favorite chocolate-bars, such as **Bounty, Snickers** and others.

About the Authors

Johanna Le Pape is an award-winning pastry chef who specializes in dietary well-being. She began her career at the Lutetia, then joined the team at Le Meurice with Cédric Grolet and Maxime Frédéric. She continued her adventure at Ladurée and won the World Cup of Sweet Arts in 2014. She founded the Aerae workshop and devoted herself to creation, consulting and training. Johanna and her family divide their time between Paris, France, and Los Angeles, California. **Mélanie Frechon** is a dietitian and nutritionist who specializes in sports nutrition. She lives in Paris, France.



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