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PASTRY SERIES

**250 Ingredients
& 45 Recipes**



REVOLUTION

The Healthy Baking Bible

A complete ingredient reference for
gluten-free, low-GI, dairy-free & vegan pastry



INTRODUCTION



Our world is faced with an opportunity for evolution and transformation. The time we are living in is pushing us to question how we act, how we work and how we consume.

As we all seek to find our *raison d'être*, we must also consider the *raison d'être* of our professions to accompany this change.

Pastry lovers and professionals, what would you say to continuing to push the boundaries to bring together pastry making and current health, social and environmental issues? Listening, learning and constantly trying new things, being curious, getting informed and sharing our findings are essential if we are going to evolve. There is nothing more powerful than working in a particular way that gives meaning to our actions.

And what if we use our creativity to serve a much larger purpose? Healthy pastry making can be more than just a culinary trend.

It is a way of expressing our commitment to our own well-being and that of our planet. By using natural ingredients that are aligned with the seasons, choosing sustainable production methods and minimizing waste, we can offer sweet treats that support all these issues.

This book about making healthy pastry is a call to action. Through innovative, balanced recipes, I hope to inspire chefs, pastry fans and all those who seek to eat in a conscious way.

Together, let's explore the flavors, textures and techniques that allow us to make delicious and nutritious desserts while taking care of ourselves and our world.

A book created by a committed chef

Early on, I was drawn to pastry. Its elegance and deliciousness makes birthdays a delight, and pastries are often displayed artfully on a sideboard or become small guilty pleasures.

Paris, the capital of this very French art, became my home for learning the fundamentals of this haute couture pastry making that I dreamed of. I spent my early years learning with top chefs before competing at the *Mondial des arts sucrés* (a global confectionary arts competition), where I earned the title of World Champion, *Arts Sucrés*, with my partner, Gaëtan.

Wanting to create pastries that were more my personal style, I have been seeking a new approach at a time when the pastry making profession is having increasing exposure on social media. Although the trend is toward what is visually stunning, with every glaze shinier than the one before, I tackled it from a different angle. Would it be possible to imagine healthy pastries that are just as delicious? Which ingredients would be used in these new, more nutritious recipes? Would it be possible to revise all the basic recipes, which took so many years to be developed by my peers who are all great pastry chefs? So many questions led me to numerous reads and speak with a number of experts. Nutrition, naturopathy, Chinese medicine... These subject areas revealed my scope of analysis and allowed me to approach my profession from a different angle, combining the health aspect with flavor and aesthetics.

It's a revolution!

In recent years, a movement has taken shape. Both professionals and non-professionals have demonstrated their commitment to

- > choosing select local producers
- > producing flour
- > returning to the source of the chocolate bean, promoted by the Bean-to-bar movement
- > creating pastries with a low glycemic index
- > creating vegan pastries

Gluten-free, raw, vegan pastries... there's something for everyone. These new pastries are possible in part thanks to consumers' interest in a diet that suits them. There's no judgment: it is above all pastry that is wide ranging, diverse and with which everyone can identify. The pastry scene revolves around some great traditions and chefs. What a pleasure to be able, in keeping with your own desires, to rediscover the hallmarks of these chefs, each of whom has a story and values to share.

A book for your revolution

This book is the result of eight years of work and research. With more than 250 ingredients included, I offer you a guide to using them in bold, delicious and balanced recipes, whether they are gluten-free, low glycemic index or vegan.

Along the way, you will discover, for example, more than 30 types of flour with distinct characteristics and a variety of sugars and syrups with a low glycemic index. It is a combination of sensory experiences, working on textures and balancing to meet an objective that is dear to my heart: making pastry healthier. That is how "well-being pastry," as I call it, was born. It is built on five main pillars.



The 5 pillars of healthy and committed baking

Diversify

using a wide range of ingredients: flours, sugars, vegetables, seeds.

Balance

sugars, combining them with fiber, to get a low glycemic index.

Source

quality raw materials from producers who care about the environment.

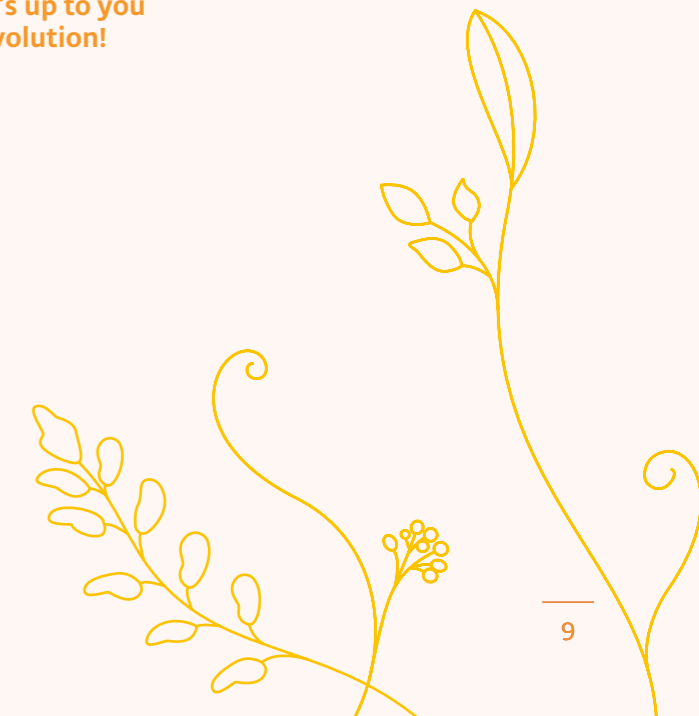
Innovate

constantly, testing new ingredients and “gentle” processing methods, with the aim of preserving the nutritional values of the recipe.

Recycle

by reusing waste to make new raw materials.

**To all those who love pastries,
I offer this wish: What if we dared to
imagine a new future? It's up to you
to start your own revolution!**





Wheat



Oat



Small spelt



Spelt



Rye



Almond



Amaranth



Peanut



Green banana



Coconut



Hemp



Fonio



Carob



Kamut



Green lentil



Flax



Cocoa



Lupin



Corn



Brown millet



Pot barley



Sweet potato



Grape seed



Pois chiches



Quinoa



Rice

Chestnut



Soy



Tiger nut



White teff



Arrowroot starch



Potato starch



Tapioca starch



Rice starch



Cornstarch



Buckwheat



The various starches

Starch is a powder obtained from the roots, rhizomes or tubers (potato starch, tapioca...), or from the seeds of grains (cornstarch, rice starch). This essential ingredient binds creams and sauces and aerates pastries. Another advantage is that it suits people with gluten intolerance because it is gluten-free.

WELLNESS TIP

The glycemic index of starches is medium to high. It is important to add fiber to recipes that use starches to maintain the lowest GI possible.

ARROWROOT STARCH



Source > Arrowroot starch is made from the rhizome of arrowroot, a tropical plant, which is plunged into hot water, peeled, then ground to remove the pulp, and then dried and ground.

Nutrients > This rhizome is rich in starch (85%) and gluten-free, and plays an active role in digestion thanks to its prebiotics. It has many other medicinal properties, especially because of its high concentration in minerals such as calcium, magnesium and phosphorus.

Use > Arrowroot starch binds sauces and creams and has a strong elasticity. Its flavor is neutral and its color remains light after binding.

POTATO STARCH



Source > Potato starch is made from potatoes. First, they are crushed to release the starch granules, which are then dried and processed.

Nutrients > Potato starch is very rich in carbohydrates (86%); they are an excellent source of energy.

Use > Ideal for giving cakes and cookies a light, soft texture. Once cooked, its color is white.

TAPIOCA



Source > Tapioca, discovered in Brazil, is made from the cassava root. The root is grated and washed to separate the fiber from the starch. It is ground after being dried.

Nutrients > Tapioca is rich in carbohydrates. It is a good source of iron and calcium. This starch also contains fiber and is naturally gluten-free.

Use > It is used as a thickener in creams. It is able to inflate, giving dough elasticity. Its flavor is neutral and it is white in color.

CORNSTARCH

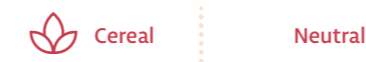


Source > The grain is soaked in water to remove the germ, protein and fiber more easily. The starch is then dried and pulverized.

Nutrients > One of cornstarch's great qualities is that it is naturally gluten-free, which makes it a non-allergenic ingredient. It is rich in carbohydrates (note: its GI is fairly high at 85), which gives the body the fuel it needs to handle days filled with adventures. Also, cornstarch is very digestible.

Use > This is a less elastic starch. When it is heated in a liquid, it swells, thickens and forms a gel. Each grain increases to up to 30 times its volume at 70 °C. It remains opaque after cooking.

RICE STARCH



Source > This is the starch from rice.

Nutrients > Like the other starches, it is a very good source of energy. It is an incredible and light ingredient with remarkable nutritional properties: naturally gluten-free, rich in carbohydrates and low in fat. It is perfect for a varied diet.

Use > It is used in the same way as tapioca.

Meringues

Makes 20 small meringues • Preparation: 20 minutes • Baking time: 2 hours



DIRECTIONS

- In a saucepan, stir together the sugar, agar agar and aquafaba. Heat the mixture, then bring to a boil.
- Transfer the mixture into a bowl and, using an electric mixer, whip the mixture into a meringue.
- Fold in the sifted arrowroot starch and psyllium using a spatula.
- Pipe onto a baking sheet lined with a silicone mat and let dry in the oven at 195°F (90°C) for at least 2 hours.

Jazz it up

Jazz up your meringues by adding ingredients to the raw mixture: lemon powder (dried lemon rind that is processed to a powder), lemon thyme powder, slivered hazelnuts or toasted almonds, dried red berries (dried and processed), Timut pepper or raw cacao nibs.



Vanilla, mango and ginger Tahitian pearl

SERVES 6

SHORTCRUST PASTRY • 2 tbsp (25 g) **coconut sugar** • 1 tbsp (12 g) **coconut oil** • 1½ tbsp (25 g) **applesauce** • 1½ tsp (7 mL) **water** • ¼ tsp (1 g) **gray salt or fleur de sel** • ⅓ cup (40 g) **rice flour** • 2½ tbsp (22 g) **buckwheat flour** • ¼ tsp (1 g) **baking soda**

RECONSTITUTED SHORTCRUST PASTRY • 1 recipe **shortcrust pastry** • 4 tsp (20 g) **cocoa butter** • ¼ tsp (1 g) **fleur de sel**

SOFT GINGER BISCUIT • 1 tsp (5 g) **neutral-flavored oil** • 1 **egg** and 1 **egg yolk** • 2 tbsp + 1½ tsp (30 g) **coconut sugar** • 1½ tsp (5 g) **grated gingerroot** • 6 tbsp (40 g) **ground almonds** • 1½ tsp (10 g) **whole spelt flour** • ½ tsp (1 g) **whole psyllium husk** • 1 **egg white**

MANGO GINGER PRESERVES • 2½ tsp (10 g) **coconut sugar** • ½ tsp (2 g) **sodium alginate powder** • 7 tbsp (75 g) **chopped mango** • 1½ tsp (5 g) **grated gingerroot** • 2 tbsp + 1 tsp (25 g) **diced mango**

VANILLA-COCONUT CREAM • ⅓ cup (100 g) **coconut cream** • 1 **vanilla bean, split** • 1 tbsp (20 g) **honey** • ¼ cup + 4 tsp (200 g) **cold heavy or whipping (35%) cream**

SHORTCRUST PASTRY

In a stand mixer fitted with a paddle, combine the coconut sugar and coconut oil. Add the applesauce and water. Blend. Gradually add the salt, flours and baking soda. Roll out between two pieces of parchment paper to ½ inch (1 cm) thick. Bake at 340°F (170°C) for 20 minutes.

RECONSTITUTED SHORTCRUST PASTRY

Once the shortcrust pastry is baked, cut it into ½-inch (1 cm) cubes. Melt the cocoa butter and pour it over the cubes. Mix gently. Add the fleur de sel. Make biscuits 1½ inches (4 cm) in diameter using 2 tsp (10 g) of reconstituted shortcrust pastry. Press down.

SOFT GINGER BISCUIT

Preheat convection oven to 320°F (160°C). Grease a 6-inch (16 cm) springform pan or round pan with neutral oil. Using a whisk, mix the egg and egg yolk with the coconut sugar and grated gingerroot. Add the ground almonds, spelt flour and psyllium.

Separately, whisk the egg white. The texture should be fluffy and form soft peaks. Using a spatula, gently fold the whipped egg white into the mixture. Pour the mixture into the pan and bake for 10 minutes at 320°F (160°C). Let cool before removing from pan. Cut out disks that are 1-½ inches (4 cm) in diameter.

MANGO GINGER PRESERVE

Combine the coconut sugar and alginate. Puree the 7 tbsp (75 g) mango with the alginate mixture and grated gingerroot for 1 minute.

Add the diced mango. Pipe a thin layer into half-sphere silicone molds that are 1½ inch (4 cm) in diameter. Freeze for 1 hour before assembling.

VANILLA-COCONUT CREAM

Heat the coconut cream with the vanilla bean. Off the heat, let infuse for 1 hour, covered. Strain, then add the honey and the cold cream. Mix and refrigerate for at least 3 hours.

ASSEMBLY

Whip the vanilla coconut cream. Pipe the cream into first half-sphere of the mango ginger preserve molds. Add a soft ginger biscuit. Pipe more vanilla-coconut cream into second half-sphere and line up with first half-sphere to make a pearl shape. Make the wave out of tempered white chocolate and attach it to the reconstituted shortcrust pastry. Place the pearl inside the wave.



Innovative recipes for perfect French baking – the healthy way

Patisserie Revolution is a ground-breaking comprehensive book by award-winning French pastry chef Johanna Le Pape that will teach you everything you need to know about healthier patisserie baking.

In an easy-to-follow design, you'll quickly learn how to create sugar-free, vegan or gluten-free patisserie. *Patisserie Revolution* includes guidance on how to work with more than 30 different flours and 18 cooking oils, plus much more. She also provides information on how to preserve micronutrients, balance sugar and fiber for a low GI and shares extensive dietary substitutions for those who want to make modifications based on sugar, carbohydrate, protein or dairy intake. Be prepared to reframe how you think about French patisserie!

AUTHOR BIO

Award-winning author **Johanna Le Pape** is an award-winning pastry chef who specializes in well-being. She began her career at Lutetia, then at Le Meurice with Cédric Grolet and Maxime Frédéric. She continued her adventure at Ladurée and won the World Cup of Confectionary Arts in 2014. She founded the Auras workshop, and devotes herself to creation, consulting and training. Johanna and her family divide their time between Paris, France and Los Angeles, California.

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MARKETING & PUBLICITY

- Robert Rose will launch a targeted marketing and publicity campaign across North American platforms.
- Extensive national and regional specialty and food print and online publicity campaign.
- Blogger and reviewer campaign targeting all specialty and food sites.
- Influencer outreach to leading baking and crepe professionals.
- Strategic social media campaign including all author and publisher platforms and channels (Website, Facebook, TikTok, Twitter, Instagram, Newsletters).
- Focus on special online and virtual opportunities for advertising and direct to consumer marketing.