

The Art of ELEGANT BAKING



KICA
edition



INTRODUCTION

Welcome to *The Art of Elegant Baking*, a pastry book crafted with a passion for beauty, refinement, and exquisite flavors. In developing this book, my aim was to showcase the true artistry of baking – from preparing delicate macarons and tartlets to making delectable tea cakes and eclairs.

It's my pleasure to show you how to create both timeless pastry classics and modern patisserie. Tartlets are at the heart of every pastry chef's collection. And within these pages, you will find the recipe for the ultimate indulgence – the Tart Tatin Caramel Apple Pie. Its golden caramelized apples, nestled in a flaky crust, will leave a lasting impression on all its admirers.

The Glazed Carrot Tea Cake is a testament to the beauty of simplicity. Moist and fragrant, this cake boasts a subtle sweetness that is complemented by gentle cinnamon and nutmeg flavors. Topped with a luscious glaze, it's a delightful treat that perfectly balances sophistication and comfort.

Our quest for elegance would not be complete without a savory delight. The Spiral Vegetable Quiche, with its bright, intricate layers of seasonal vegetables, will become everyone's favorite. Encased in a light, flaky crust, this quiche combines visual elegance with wholesome goodness.

Each recipe in this book is built upon comprehensive steps that are easily followed, even by the novice baker. With detailed instructions and tips, you will gain confidence in your baking skills and learn how to create elegant masterpieces in your own kitchen.

The Art of Elegant Baking is more than just a recipe book; it is a gateway to a world where culinary craftsmanship meets refined flavors. The joy of creating exquisite pastries awaits you, and I'm thrilled to be your guide on this extraordinary journey.

Tetyana Verbytska,
Pastry Chef and Founder of KICA

This pastry cookbook by Tetyana Verbytska is filled with practical advice as well as inspiring photos of techniques, processes and finished products. The recipes featured in this book can be prepared both at home and in a professional kitchen. From tarts and cookies to bonbons, cheesecakes, cupcakes, and éclairs, the book offers a delightful range of recipes that will delight amateurs and professionals alike with their practical approaches and delicious final products.

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PASTRY TOOLS

Professional tools allow the work to proceed smoothly and quickly. Pastry chef's tools are not inexpensive, nor are they always easy to find. Pleasantly, good ones can be used for generations, passed down like heirlooms.

Mousse rubber spatulas set

To make sure that there is nothing left in the bowl, use a spatula with a flexible head.

Thick-bottomed pots

Thick pot bottoms are always beneficial when you cook pastry cream, marmalades or coulis.

Knives

High-quality knives are a must for every pastry chef. Sharpened knives allow the chef to proceed with confidence as they make delicate and precise movements. I like Japanese knives made by Arcos. If a knife is dull and there are no honing steels available, swipe it across the edge of another knife.

Whisk

Whisk with a thin comfortable handle will make your motions easy, and your work delightful. I use Matfer whisks.

Zester

Zester extracts a millimeter of citrus peel saturated with fragrant oils. Microplane® produces a calibrated blade that leaves the bitter white portion untouched.

Spatula for chocolate

A chocolate spatula allows work with a wide range of temperatures, bonbon making polycarbonate molds, chocolate decors, and then easy cleanup.

Spatula for caramel

The rubber part of the caramel spatula, unlike the spatula for mousse, is practically nonflexible. Such a spatula can be used to stir sugar and to cook cream. Unlike mixing with a whisk, a spatula does not generate foam during cooking. The handle of such a spatula is usually a distinct red.

Copper pot for caramel

If one day you manage to get a copper pot, you will be astonished to discover that caramel in it will melt easily and cook itself. Due to the exceptional properties of copper to distribute heat evenly across the surface, sugar will not accumulate on the sides. It will melt evenly, easily and quickly.

Thermometer

The temperature of chocolate can be measured with an infrared thermometer. A thermometer with probe is particularly comfortable to measure the temperature of the sugar syrup.

Food processor

Your loyal assistant in the kitchen. I have a Thermomix® food processor with a heating function and attachments that seemingly lick the bowl—not allowing the material to stick to the sides.

Wooden rolling pin

The chef will need a wooden rolling pin without a handle with a diameter of about 4 cm. The shorter the rolling pin, the easier it is to roll the dough evenly.

Pastry tip set

For the creation of special designs, a variety of tips of different diameters and plain edges will be used to pipe out macarons, creams, and choux.

Sieve of different diameters and different mesh sizes

A large pastry sieve will sift almond flour, sponge cake crumbs. Fine-mesh sifter is useful for flour, cocoa, and powdered sugar.

Marble pastry slab

A marble pastry slab will come in handy while tempering chocolate. Its cool surface allows the work with pliable chocolate, gumpaste decoration and dough.



B L A C K F O R E S T C A K E R O L L

The cake roll is inspired by classic Black Forest cake. The very assembling will develop a crush on this confection. Cocoa sponge rises evenly in the oven and takes nothing but subtle motions to roll it up. To decorate this cake roll with beautiful chocolate Chantilly peaks is an absolute thing of joy.

Feel free to soak cherries in Kirsch for 24 hours to get that cherry-brandy essence of Black Forest cake.



RECIPE AND INGREDIENTS

RECIPE FOR 1 CAKE ROLL

SPONGE CAKE FOR CHOCOLATE CAKE ROLL total weight 415 g

40 g yolks
110 g eggs
105 g sugar (A)
60 g egg whites
35 g sugar (B)
50 g all-purpose flour
15 g cocoa powder

Heat oven to 210°C. Whisk together yolks, eggs and sugar A. Whip egg whites and sugar B until stiff peaks. Fold egg whites into egg mixture in two additions. Add sifted together flour and cocoa powder. Stir gently with a spatula until homogenous. Bake at 210°C for about 7 minutes. Cool the baked sponge cake, freeze airtight before assembling.

CHOCOLATE CHANTILLY CREAM total weight 445 g

100 g milk
125 g chocolate 72 % Araguani
220 g cream 35 %

Bring milk to a boil. Pour it onto the chocolate. Set aside for 2-3 minutes. Mix until homogenous. Add chilled cream. Pulse with a hand blender. Cover with plastic, pressing it directly on the surface of the cream. Age the cream in the refrigerator for 12 hours. Whip. Use immediately.

CHERRY CONFIT total weight 850 g

400 g frozen cherry
400 g sugar
50 g kirsch

Defrost cherries and combine with sugar. Set aside for one hour. Bring the cherries to a boil. Boil for 20 minutes. Chill, and combine with kirsch. Let cherries steep for 24 hours in the fridge.

VANILLA CHANTILLY WHIPPED CREAM total weight 383 g

60 g milk
25 g sugar
½ vanilla pod
80 g mascarpone
190 g chilled 35 % cream
28 g gelatin mixture
(4 g gelatin + 24 g water)

Add vanilla and sugar to the milk. Bring to a boil. Pour into gelatin mixture (see basic recipes). Add mascarpone. Stir. Add chilled cream. Pulse with a hand blender. Age the cream in the fridge for at least 12 hours. Whip. Use immediately.



BLACK FOREST CAKE ROLL



Step 1 Prepare cherries. Place them in the fridge to steep overnight. Separate cherries from syrup and sop them up with a tissue. Set aside before assembling.

Step 2 Prepare chocolate and vanilla Chantilly cream. Age them for at least 12 hours. It's during this time that the cream and chocolate will become hard and cold to whip them easily.

Tip. Any type of cream to be whipped or piped should be fridged for at least 12 hours. It is needed for gelatin to mature, for chocolate to harden and for cream to chill.

Tip. Let the chocolate melt in hot cream for a few minutes before blending. This ensures its excellent texture. Then process the mixture with a blender.