

## ONLINE MASTERCLASSES



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You have been Vegan for a while, you are in the transition of going vegan, or you just started thinking about it, so you are looking for yummy and nice-looking desserts. But the industry still offers poor, limited and expensive choices.

So why not trying to make them yourself?

You might think Pastry is a world of precision and techniques, too difficult and inaccessible...

Well, through these masterclasses, I will convince you vegan desserts are easy to make, taste yummy and look fantastic!

Join me in a live experience, mastering your culinary skills. All levels welcome.

What will you learn in these masterclasses?

- Prepare easy and stunning vegan and gluten-free desserts
- Learn about the main vegan substitutes in pastry, how to replace eggs, gelatine, cream, butter ...
- Learn about flavours and textures, how to obtain a perfect balance.
- Learn how to give classical desserts your personal touch.
- Learn about presentation, how to impress your guests with fabulous fine dining decorations.
- Learn about organization: nobody should spend the whole day in the kitchen while having a party!

## **VEGAN and GLUTEN FREE HALLOWEEN AFTERNOON TEA**

**By Danielle Maupertuis**



### ***RED PEPPER PANNACOTTA, PISTACHIO SPONGE, ORANGE CAVIAR PEARLS***

**What's included in this class:**

**A recorded Livestream masterclass**

**A full recipe manual including:**

- Red pepper pannacotta, pistachio sponge recipe
- Decoration techniques, how to make fruit caviar pearls
- Learn how to temper chocolate
- List of ingredients and equipment.
- Useful addresses in the UK

# VEGAN and GLUTEN-FREE “HALLOWEEN CAT” MASTERCLASS

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## ABOUT ME

My name is Danielle Maupertuis, I am a Belgian Vegan Pastry Chef (meaning I was baptised in chocolate!). I have worked for 5 stars hotels as an Executive Pastry Chef in the UK (Marriott, Red Carnation Luxury Hotels) and abroad: Greece, Lebanon ...including “the Beirut Marriott Hotel”, the first international 5 stars hotel opened after the Lebanese civil war. Given daily power cuts, we had to prepare our first wedding banqueting by candle lights!



I won several gold and silver medals in international competitions ( plated desserts, showpieces, buffets, petits fours). Among them the “Salon Culinaire de la Gastronomie au Liban” with an international jury.



A few years ago, as a Pastry Chef, I was struggling to offer our vegan guests a decent choice of desserts. When a choice was offered (and it usually consisted in a fruit salad or sorbet!) it still suffered from a poor presentation and disappointing taste. This is what enticed me to create my own range of vegan desserts, focused on taste and presentation. My challenge, as a Pastry Chef, is to convince people ***Vegan desserts are easy to make, taste yummy and look fantastic!***

The need for a cookbook became obvious. This, in turn, motivated me to create my first cookbook *“Vegans deserve better than a fruit salad”*, Olympia Publishers.

Inspired by classical and iconic desserts from the UK and abroad, it covers the main fields of pastry - buffets, plated desserts, petits fours, birthdays... Classical English desserts will have a place of honour. A modern twist will bring them to the front of stage, from an Eton Mess to a sticky toffee pudding. A special attention is brought to the basics of vegan pastry too often neglected in the existing vegan cooking literature.

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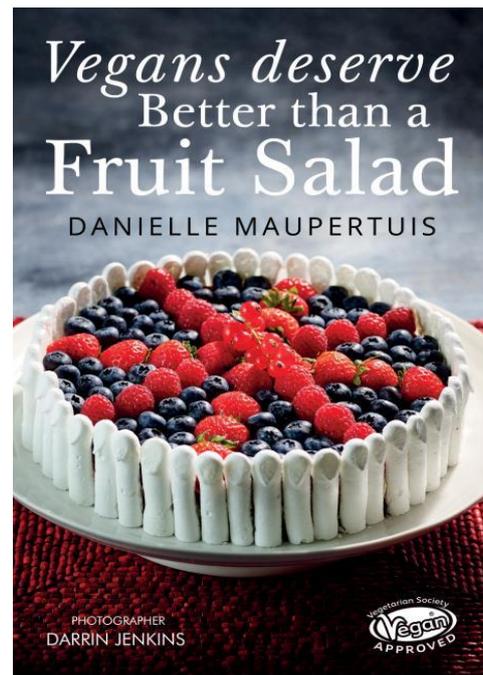
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### **YOUTUBE**

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## RED PEPPER PANNACOTTA, PISTACHIO SPONGE,

### ORANGE CAVIAR PEARLS

#### INGREDIENTS

- Fresh red pepper
- Plant Based cream ( oat, soya ...)
- Milk alternative ( coconut, soya, rice, oat ... )
- Unrefined golden caster sugar
- Agar agar powder
- Ground almonds
- Pistachios
- Gluten-free plain flour
- Xanthan gum
- Baking soda
- Rapeseed oil
- Cornflour
- Fresh orange juice
- Vegan dark chocolate 72%
- Marzipan
- Fresh physallis
- Cocoa Butter Velvet Spray, Cherry red

## **RED PEPPER PANNACOTTA, PISTACHIO SPONGE,**

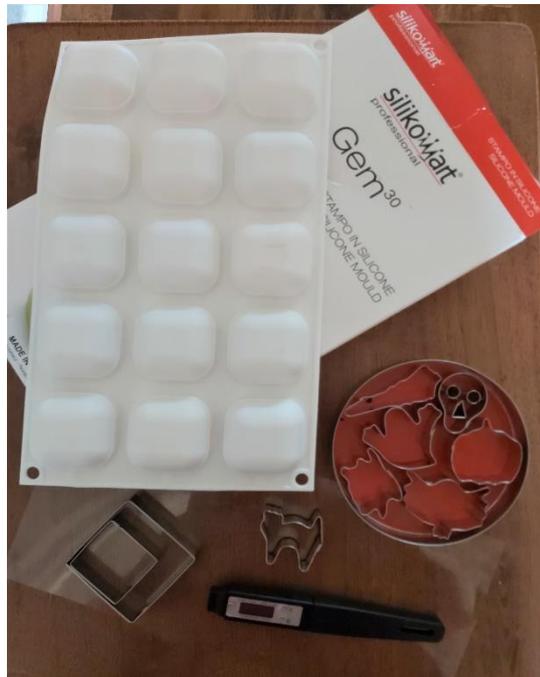
## **ORANGE CAVIAR PEARLS**

### **EQUIPMENT**

#### **BASIC EQUIPMENT**

- Stand or Hand mixer
- Blender
- Food processor
- Microwave
- Microwavable bowls, different sizes
- Scale
- Knife, bread knife, chopping board
- Spoons, forks, measuring spoons, toothpick
- Measuring jug
- Whisk, spatula, angled palette knife
- Heavy bottom saucepan
- Silicone mat
- Rolling pin, pastry brush, scissors, piping bags, plain and star nozzle
- Baking tray, cooling rack

## FOR THIS RECIPE



- GEM 30 Silikomart moulds
- square cutter 5.5cm, 4cm
- Halloween cutters (cat...)
- thermometer
- acetate sheet
- Parchment paper

### ***USEFUL ADDRESSES***

[www.homechocolatefactory.com](http://www.homechocolatefactory.com)

[www.nisbets.co.uk](http://www.nisbets.co.uk)

## RED PEPPER PANNACOTTA, PISTACHIO SPONGE,

## ORANGE CAVIAR PEARLS

### METHOD

#### *Preparation notes*

Makes 4 “GEM 30” moulds, 4cm

Preparation time: 1 hour + extra time to set

Baking time: 15 minutes



#### **1. SWEET PEPPER PANNACOTTA**

- 60g-70g sweet pepper purée
- 95g plant based cream
- 35g milk alternative
- 30g unrefined golden caster sugar
- ¾ tsp agar agar powder **SOSA**

#### **Method**

1. Firstly roast 1 big red pepper. Heat oven to 220C/200C fan/gas 7. Line a large, flat baking sheet with baking parchment or silicone mat. Halve the peppers and arrange on the baking sheet cut-side down. Roast for 30-35 mins until the skin is shrivelled and lightly blistered. Set aside to cool completely before peeling. Purée the red pepper in a food processor, pass through a sieve, keep aside.
2. Pour the milk alternative and cream in a heavy bottom saucepan, add the agar powder and bring to the boil, stirring constantly. Incorporate the sugar and red pepper puree and give it a last stir. Fill the GEM moulds until the top, and transfer to the freezer for 3 hours at least.

## **2. GLUTEN-FREE PISTACHIO SPONGE**

- 30g ground almonds
- 30g ground pistachios
- 30g plain flour
- 1 heaped tsp xanthan gum
- ¼ tsp baking soda
  
- 20g cornflour
- 45g golden caster sugar
- 75g milk alternative
- 2 Tbsp rapeseed oil

### ***Method***

- 1.** Preheat the oven to 190C / gas mark 6
- 2.** Grind the pistachios in a food processor.
- 3.** In a large bowl pour all the dry ingredients and give them a quick stir. Incorporate the milk alternative and oil and whisk until smooth consistency, with no remaining lumps.
- 4.** Pour the sponge in a pre-lined baking tray ,15 x 20cm. Spread evenly - 8mm thick - with a palette knife and bake at 190C for 15minutes.
- 5.** Check if a toothpick inserted in the centre comes out clean. Allow to cool down.
- 6.** Transfer to the freezer for 1 hour at least, the sponge will be easier to cut.

## **ORANGE CAVIAR PEARLS DECORATION**

- 100g orange juice
- 1 tsp agar agar powder
- 200g rapeseed oil
- optional: vegan orange food colour

### ***Method***

1. Keep the oil in the freezer for 2 hours at least. You can also keep in the fridge overnight.
2. In a saucepan dissolve the agar powder in the orange juice and bring to the boil, stirring continuously. Optionally, add a food colour.
3. Pass the liquid through a sieve, let it cool down until about 40C.
4. Transfer a small amount in a piping bag, cut a small hole and pipe some small balls over the oil. With the contrast of temperature, they will solidify instantly. Pass them through a sieve, and keep refrigerated. They can also be kept in the freezer. The oil can be re-used.

## CHOCOLATE DECORATION

- 40g vegan dark chocolate 72%
- optional : 15g vegan white chocolate

### **Method**

Let's temper some chocolate to prepare the frightening black cats!.

This is a long, complex but fascinating story!

To make it simple, tempering is the process of gently heating and cooling chocolate to stabilise the emulsification of cocoa solids and fats. It is a crucial operation to avoid the chocolate melting in your hands or quickly turning white. A tempered chocolate can be kept for weeks at room temperature without losing its shiny and crispy texture.

Among different methods to melt the chocolate, the microwave is the easiest and quickest one, as long as you know your microwave! This is why I always recommend to melt the chocolate 10 or 15 sec at a time.

Chocolates should be melted at 40-45C. To bring the temperature down, add some chocolate chips- one third of the initial weight. Stir with a wooden spoon. You should reach 32C for dark chocolate, 30C for vegan milk alternative and 28C for vegan white alternative.

Melt 30g of dark chocolate in the microwave, add 10g of very small chocolate pieces, they will melt easy and quick. Check the temperature of your chocolate and spread over an acetate sheet with a spatula. Let the chocolate set at room temperature, and cut 4 -5 cats.

If you wish, you can pipe the eyes and moustaches with some white chocolate. Try to keep their frightening look!!

## **RED PEPPER PANNACOTTA, PISTACHIO SPONGE,**

### **ORANGE CAVIAR PEARLS**

#### **ASSEMBLING and PLATING**

1. Let's give the pannacotta a deep red velvety texture. If you don't want to invest in a compressor, the easiest way is to use ready coloured cocoa butter sprays. Before use, wrap the can in a piping bag and then in hot water - not boiling - for about 5 minutes. Take out, shake it very well and spray from a 25-30cm distance. Always spray onto frozen cakes.
2. Cut 4 sponges 5.5cm square, place the pannacotta on top, choosing a corner.
3. Decorate with marzipan ivy leaves, physalis, orange pearls and a chocolate cat.

*If you have any questions, please email me at [info@freefromdesserts.com](mailto:info@freefromdesserts.com)*

I hope you did enjoy this tutorial.

My challenge was to convince you vegan desserts are easy to make, taste yummy and look fantastic!

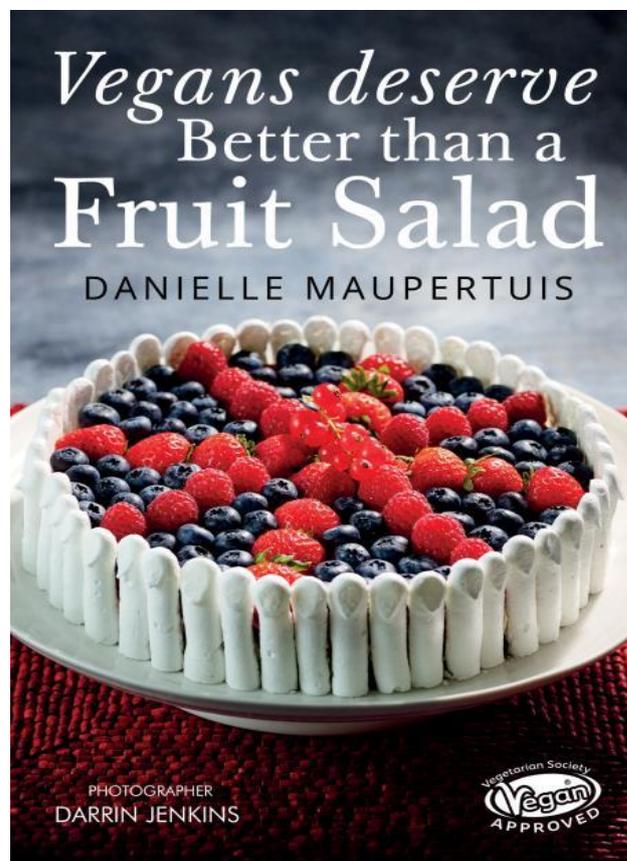
Also, I am sure you increased your self-confidence in vegan and gluten-free baking.

You will find over 60 stunning recipes in my cookbook “ Vegans deserve better than a fruit salad”.

Iconic English desserts with their modern twist have a place of honour.

We wouldn't forget classical continental and festive desserts.

A “Basics” section will describe all the vegan substitutes in Pastry, and covers the essential recipes, pastries, creams, mousses, sponges...



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