

ONLINE MASTERCLASSES
VEGAN, GLUTEN-FREE and NUT FREE CHRISTMAS DECORATIONS

by Danielle Maupertuis



Decorations have always been a crucial part in Pastry : they add the last final elegant touch, or unfortunately they can bring the desserts to a poor and boring level!

You might think vegan and gluten-free decorations have a very limited choice. I totally disagree with this!

With very few and simple ingredients, you can create easy, funny and original little pieces.

This tutorial concentrates on Christmas decorations and covers different techniques :

Pastillage

A mix of water, agar agar powder and icing sugar. This technique will allow you to make little pieces, using all the Christmas cutters you fancy.

Royal icing

Reduced aquafaba and icing sugar. This is a piping technique, will request some nozzles, and... a bit of training!

Fruit caviar pearls

A fruit juice thickened with agar agar powder dropped over ice cold oil.

Natural colours offer a variety of choices :

Turmeric, matcha powder, cocoa powder, red berries juice or purée...

All decorations in this tutorial are nut free. If this is not of a concern, the marzipan offers endless possibilities...

What's included in this class:

A recorded Livestream masterclass

A full recipe manual including:

- Pastillage recipe
- Royal icing recipe and piping technique
- Learn how to make fruit caviar pearls
- List of ingredients and equipment.
- Useful addresses in the UK



VEGAN, GLUTEN-FREE and NUT-FREE “CHRISTMAS DECORATIONS MASTERCLASS

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CLASS RECORDING LINK

Google Drive access to recording

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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 banquet 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.

WEBSITE

www.freefromdesserts.com

FACEBOOK

www.facebook.com/freefromdesserts

INSTAGRAM

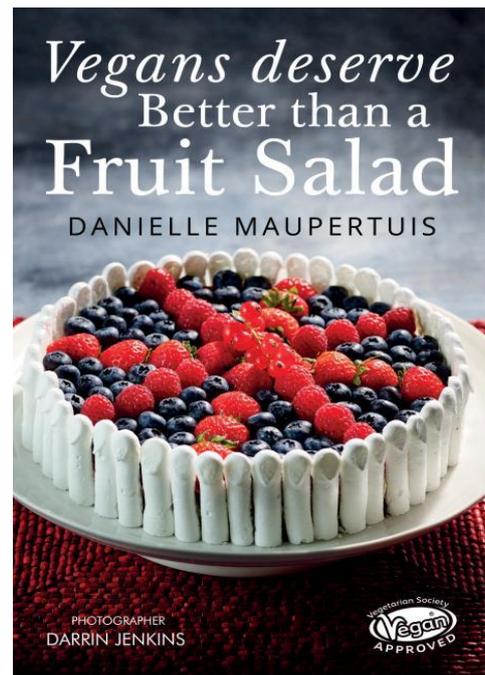
www.instagram.com/dmaupertuis

YOUTUBE

https://www.youtube.com/channel/UCFjl_ia_AG02iggxPGrEw

LINKEDIN

www.Linkedin.com/daniellemaupertuis



INGREDIENTS

- icing sugar
- agar agar powder
- reduced aquafaba
- fruit juice (raspberry)
- rapeseed oil
- natural food colouring : cocoa powder
macha tea powder
turmeric
beetroot or pomegranate or raspberry juice

EQUIPMENT

- Food processor or kitchen aid
- Electric hand blender
- Microwave
- Microwavable bowls, different sizes
- Scale
- Knife, chopping board
- Spoons, forks, measuring spoons,
- Measuring jug
- Whisk, spatula, angled palette knife
- Heavy bottom saucepan
- Rolling pin, scissors, piping bags, nozzle(see photo)
- Christmas cutters (snowman, Xmas tree, holy leaves...)
- Sieve
- Parchment paper

USEFUL ADDRESSES

www.homechocolatefactory.com

www.nisbets.co.uk

PASTILLAGE

- 1 tsp agar agar powder
- +/- 50g water
- 200g icing sugar
- optional : 1-2 tsp cornflour

Method

1. Place the icing sugar in a mixing bowl. Fix the paddle attachment.
2. In a heavy bottom saucepan, dissolve 1 tsp agar agar powder in 25g of water. Bring to the boil, whisking continuously.
3. Pour the boiling liquid slowly in the mixing bowl, mix on low speed until all the ingredients are evenly combined in a paste. Optionnally, add 1 Tbsp of cornflour to help the paste getting firm.
4. Remove the paste from the mixing bowl and place on your worktop, slightly dusted with icing sugar.
5. Finish working the paste by hand, until you get a firm consistency, ready to roll out.
6. With a rolling pin, roll out the pastillage about 1-2 mm thick and cut the shapes you fancy.
7. With an angled palette knife, remove the pieces from the worktop, and let them dry on a tray pre-lined with parchment paper.

Chef's tips

1. If you want to add a colour, the best time is when the paste is getting its shape while the paddle is still working. It will give you an exact idea of the result.
2. You can re-use this paste several times. You just have to adapt the consistency by eventually adding some agar powder dissolved in a small amount of boiling water. This can be done in the microwave, if easier.

ROYAL ICING

- 200g icing sugar
- +/- 4 Tbsp reduced aquafaba
- optional : white vinegar (coconut)
- natural food colouring

Method

1. Firstly, prepare the reduced aquafaba:

Aquafaba is the water from a chickpea can. To work properly as egg white substitute, it has to be reduced: Pour the water of a chickpea can in a saucepan, gently simmer on medium heat till it has reduced for about 40%. (If the water of a chickpea can has an average weight of 180g, it should be reduced till +/- 100g).

Reduced aquafaba can be stored in the fridge or the freezer.

2. Place the icing sugar in a mixing bowl. Fix the paddle attachment.

Pour a small amount of reduced aquafaba, and mix until you reach a smooth consistency, ready to pipe. A few drops of vinegar will enhance the brightness of the royal icing.

3. Optionnally, add some food colour and give it a last mix.

4. Pipe the Xmas trees on a parchment paper as shown on the video tutorial.

Chef's tips

1. Always cover the royal icing with a damp cloth to prevent a crust forming on the top.

2. This recipe is very flexible : you can re-use the royal icing and ensure the right consistency by adding some icing sugar, or some vinegar.

3. Even protected with a tea towel, the royal icing will not work properly after 24 hours. You can remove the crust or quickly prepare a new recipe, it takes just a few minutes!

FRUIT CAVIAR PEARLS DECORATION

- 100g raspberry purée
- 1 Tbsp maple syrup
- +/- 100g water
- 1 ½ tsp agar agar powder
- +/- 300g rapeseed oil

Method

1. 1 day before

Place the oil in a wide bottom container, about 2cm high. Keep in the freezer.

2. The next day:

3. Prepare the fruit juice. Gently simmer 100g fresh raspberries with 1 Tbsp of water and 1Tbsp of maple syrup.

Purée the raspberries with a blender.

4. Mix the puree with about 100g of water. Dissolve 1 ½ tsp agar powder in this liquid and bring to the boil, whisking continuously.

5. Pass the fruit juice through a sieve. Verify the consistency, it should be quite liquid, easy to pipe. If necessary, add some water, and let it cool down until about 40C.

In the meantime, remove the oil from the freezer and let it come back to a liquid, but still ice cold consistency.

6. 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.

Chef's tips

You can also use some “ready” fruit juice. No need to go through the whole fruit juice prep. But you cancel the water in that case.

I hope you did enjoy this tutorial.

My challenge was to convince you Christmas decorations are easy to make and look fantastic!

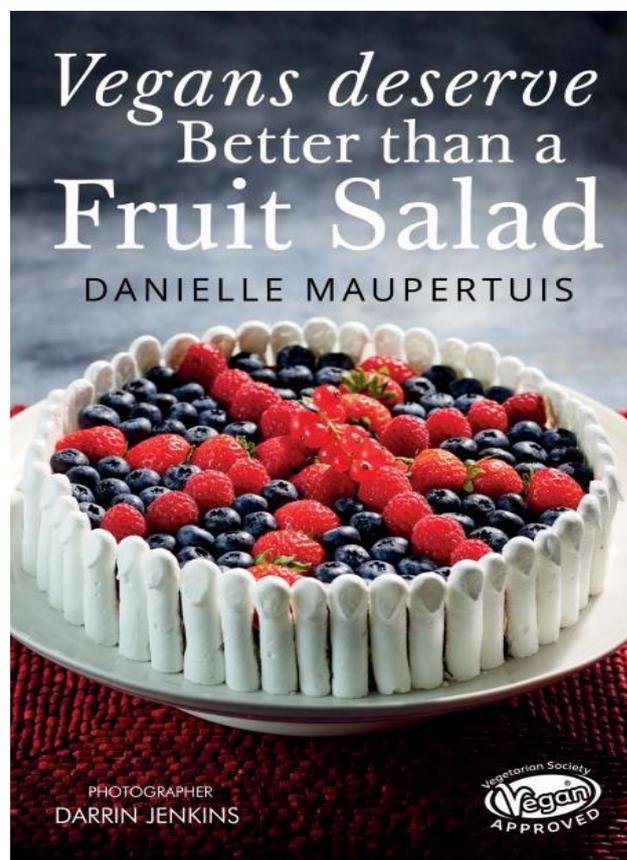
Also, I am sure you increased your self-confidence in vegan, gluten-free and nut-free pastry.

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...



Buy now

If you have any questions, please email me at info@freefromdesserts.com

