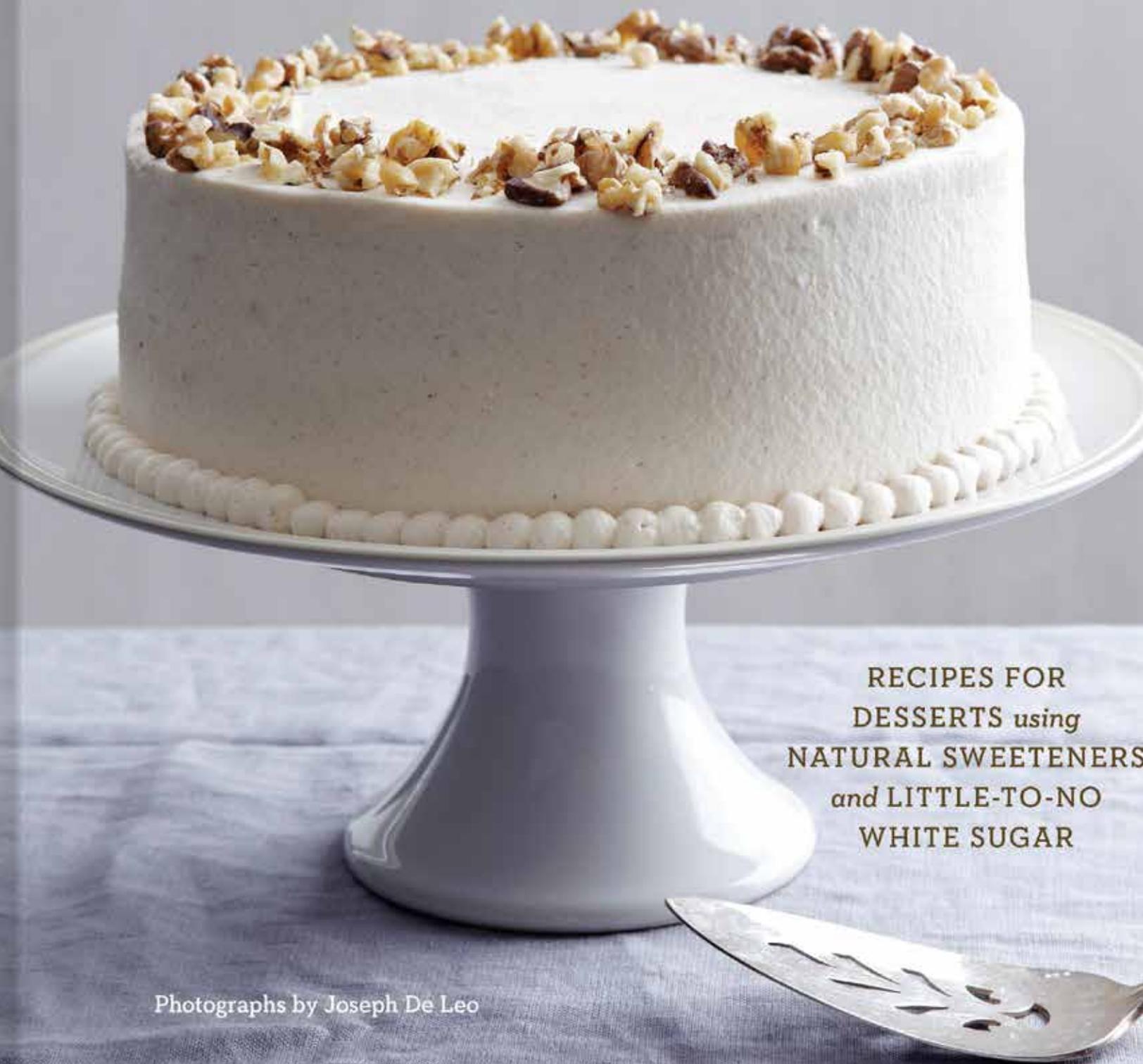


Joanne Chang of Flour Bakery + Café

BAKING WITH LESS SUGAR



RECIPES FOR
DESSERTS *using*
NATURAL SWEETENERS
and LITTLE-TO-NO
WHITE SUGAR

Photographs by Joseph De Leo



but not
hot

- 115 g/½ cup unsalted butter, melted
- 50 g/¼ cup sugar
- 1 Tbsp finely grated lemon zest
- 2 tsp vanilla extract
- 1 large egg
- 140 g/1 cup all-purpose flour
- 40 g/¼ cup fine cornmeal
- 1 tsp baking powder
- ½ tsp kosher salt

SUGAR DIPPING MIX

- 2 Tbsp sugar
- 30 g/¼ cup finely chopped, roasted and salted pistachios
- 1 Tbsp finely grated lemon zest

Use a mini food processor or a clean spice grinder.

CAMERON'S LEMON-POLENTA- PISTACHIO BUTTONS

Full of bright lemon flavor and crunchy with cornmeal and green pistachios, these button cookies are a wonderful pick-me-up treat. Keep the batter on hand for baking up a quick snack, or bake a bunch and pack them in a pretty cellophane bag for a lovely housewarming gift. My young nephew Cameron and I are always talking about planning more time to bake together (we don't see each other as much as I would like), so I created these with him in mind for our next baking project.

1. Pour the butter into a medium bowl and add the sugar, lemon zest, vanilla, and egg. Stir together with a wooden spoon or rubber spatula.

2. In a large bowl, combine the flour, cornmeal, baking powder, and salt and stir to combine. Add the butter-egg mixture to the dry ingredients and mix until well combined. Refrigerate the dough until firm, about 1 hour or up to overnight. If refrigerating overnight, store in an airtight container.

3. Place a rack in the center of the oven and preheat to 350°F [175°C]. Line a baking sheet with parchment paper.

4. To make the dipping mix: In a small bowl, combine the sugar, pistachios, and lemon zest.

5. Roll the cookie dough into balls the size of a large walnut. Roll the dough balls around in the dipping mix, pressing firmly to allow the sugar mix to adhere to the cookies. (You'll likely end up with a little dipping mix left over.)

This is larger than you think you should get only about 12 cookies total.

Continued

MAKES ABOUT

12
COOKIES

6. Place the cookies on the prepared baking sheet about 2 in [5 cm] apart. Press them flat with the palm of your hand; these don't spread very much on their own. Bake for 15 to 18 minutes, or until they are golden brown on the edges and pale in the center and baked through. Remove the cookies from the oven and let them cool on the sheet for 5 to 10 minutes, then transfer the cookies to a wire rack to cool completely.

Check the bottoms to make sure they've not burning.



7. The cookies can be stored at room temperature in an airtight container for up to 2 days. The unbaked dough can be stored in an airtight container in the refrigerator for up to 1 week or in the freezer for up to 3 weeks (add a few minutes to the baking time if you are baking straight from the freezer); the sugar dipping mix can be stored in an airtight container at room temperature for up to 1 week.

MINT CHOCOLATE "ICE CREAM"

- 480 g/2 cups heavy cream
- 20 g/½ cup packed fresh spearmint or peppermint leaves, coarsely chopped, or 1 tsp peppermint extract
- 85 g/3 oz bittersweet chocolate, finely chopped
- ¼ tsp kosher salt

CAKE

- 225 g/8 oz bittersweet chocolate, chopped
- 5 large eggs, separated
- 60 g/¼ cup strong brewed coffee, at room temperature
- ¼ tsp kosher salt
- 35 g/¼ cup all-purpose flour

Instant
espresso
works, too.



MINT CHOCOLATE ICE CREAM SANDWICHES

After all this time, I've learned a little self-control when I'm in the pastry kitchen. I know now that I don't *have* to eat that chocolate chip cookie batter, or that it's not *essential* that I taste that warm, gooey sticky bun, or that I *can* walk past that tub of carrot cake trimmings. However, when the bakers are trimming a triple chocolate mousse cake, I know my limits. I've never walked by without snagging a frozen end piece of cake and mousse. We make these cakes in large sheet trays and then freeze them until they are firm so we can neatly slice through them. Each time I eat an edge, I think to myself, this is like the best ice cream sandwich I've ever had. So I took the idea of making a thin chocolate cake and filling it with a whipped chocolate mousse that ends up freezing into something quite like ice cream. Infuse the cream with fresh mint and you've got a spectacular summer treat. (Or you can use peppermint extract if you can't get your hands on fresh mint.) The chocolate in this recipe has about 130 grams of sugar in it, making each sandwich clock in at around 16 grams of sugar.

Continued

MAKES

8

SANDWICHES



1. Rest a fine-mesh strainer over a medium bowl and set aside.

2. To make the “ice cream”: Put the cream and chopped mint (if using) in a medium saucepan. Heat the cream over medium heat until it is scalded—that is, small bubbles form on the edges of the cream and it almost, but not quite, comes to a boil. Let it sit for 30 minutes. Strain the cream through the fine-mesh strainer. Pour the cream back in the saucepan and bring back up to just under a boil. Whisk in the peppermint extract (if using instead of fresh mint leaves). Put the chocolate in a medium bowl and pour the hot cream on top. Add the salt and whisk until the chocolate is completely melted. With a rubber spatula, scrape the chocolate mixture into an airtight container and refrigerate overnight.

3. To make the cake: Place a rack in the center of the oven and preheat to 350°F [175°C]. Line a 13-by-18-in [33-by-46-cm] rimmed baking sheet with parchment paper, and spray the parchment liberally with nonstick cooking spray. Be sure to spray well; the cake is sticky and you’ll have a hard time removing the parchment paper from it if you skip this step.

4. Bring a saucepan filled partway with water to a very gentle simmer over medium-high heat. Place the chocolate in a medium metal or glass bowl. Place the bowl over (not touching) the barely simmering water in the saucepan and heat, stirring occasionally with a wooden spoon or rubber spatula, until the chocolate is completely melted and smooth. Alternatively, microwave the chocolate in a microwave-safe bowl in 30-second intervals, stirring after each interval, until melted and smooth. Whisk the egg yolks, coffee, and salt into the melted chocolate; set aside.

5. Using a stand mixer fitted with the whisk attachment (or with an electric hand mixer), beat the egg whites on medium speed. When they reach the soft-peak stage (that is, when the tines of the whisk leave a trail in the whites, 2 to 3 minutes), watch them carefully until they reach firm-peak stage, which will just take another 30 seconds to a minute. They should hold a peak when you stop the mixer and lift up the whisk attachment slowly from the whites. Using a rubber spatula, fold one-third of the whites into the yolk-chocolate mixture to lighten it, and then gently fold in the rest of the whites. Gently fold in the flour until it is all incorporated.

6. Pour the batter onto the prepared baking sheet. Using an offset spatula, carefully spread the batter evenly to cover the entire baking sheet. Concentrate on spreading the batter towards the corners and the edges of the sheet—the center will be easier to fill once the edges are filled with batter. Don’t worry about the top being perfectly smooth; it’s more important that the batter be spread evenly so that the cake is the same thickness throughout. Bake for 10 to 12 minutes, or until the top of the cake is firm and dry when you touch it. It may look a bit glossy and wet while baking, but touch it after about 8 minutes to check doneness and continue to test until it is dry to the touch. Let the cake cool in the pan on a wire rack for 20 to 30 minutes. Place the cooled cake in the freezer for at least 30 minutes or up to overnight (in this case, wrapped well with plastic wrap) to make peeling off the parchment easier.

Scrape the bottom of the bowl, as the chocolate tends to stick



7. Have a sheet of parchment paper ready that is slightly larger than the baked cake surface and set it on a work surface. Remove the cake from the freezer and run a paring knife around the edge of the cake to release it from the sides of the baking sheet. Invert the cake directly onto the sheet of parchment. Carefully peel off the bottom parchment (which is now on top of the cake). Cut the cake in half widthwise, cutting through the parchment underneath as well so you can lift off one half of the cake. Place half of the cake (with parchment underneath) on a baking sheet, cutting board, or large flat platter.

8. Using a stand mixer fitted with the whisk attachment (or with an electric hand mixer or by hand with a whisk), whisk the “ice cream” base on medium speed for 2 to 3 minutes, or until it holds stiff peaks. Use an offset spatula to spread it evenly in a thick layer on top of the cake half that is on the baking sheet. Carefully invert the other half of the cake onto the ice cream base; center it and press it down so it’s relatively flat and even. Make room in the freezer for the cake and place the whole thing in the freezer for at least 6 hours or up to overnight.

This happens really quickly, so watch it carefully.

9. When ready to serve, peel off the parchment on both the top and the bottom of the cake. Using a hot knife, trim the edges of the cake to get a clean edge. You will end up with a rectangle about 8 by 12 in [20 by 30 cm]. Slice the ice cream sandwich cake into 8 pieces, each about 3 by 4 in [8 by 10 cm].

10. Serve immediately, or store in the freezer, wrapped well in plastic wrap, for up to 3 weeks. These are best served after they’ve been removed from the freezer and set out for 10 to 15 minutes before eating to allow the ice cream to soften.

STICKY TOFFEE PUDDING WITH MAPLE SAUCE

We make an incredible sticky toffee pudding at Myers+Chang that we heap with whipped cream and douse with warm maple sauce to order. It's super sweet with sticky dates and loads of brown sugar and is the perfect dessert to eat in the snowy, cold winter months. Here, I've taken out the sugar and added maple syrup instead, and I've also tamed the sweetness so you can really taste the deep, fruity flavors of the dates. This cake is moist and full of flavor, and you'd never guess there was no sugar. You'll adore the sauce and end up putting it on everything—it goes great on pancakes and ice cream, too. The name “pudding” is deceptive if you haven't had this dessert before; it hails from England where they often call steamed cakes “pudding.”

1. Place a rack in the center of the oven and preheat to 350°F [175°C]. Butter and flour an 8-in [20-cm] round cake pan, or butter and line the bottom with parchment paper.
2. Put the dates in a small bowl and add the hot water. Add the baking soda and stir to dissolve; the baking soda will soften the skins of the dates. Let sit for 10 to 15 minutes.
3. With a food processor or a blender, combine the dates and soaking water and process until smooth. Add the flour, baking powder, salt, vanilla, and maple syrup and process until well mixed. Add the butter and eggs and process until well mixed.
4. Pour the batter into the prepared pan. Bake for 35 to 45 minutes, or until the cake is golden brown and springs back when you press it in the center. Remove from the oven and let cool in the pan on a wire rack.

- 12 to 16 pitted and chopped Medjool dates
- 120 g/½ cup hot water
- ½ tsp baking soda
- 175 g/1¼ cups all-purpose flour
- 1 tsp baking powder
- ½ tsp kosher salt
- 2 tsp vanilla extract
- 3 Tbsp grade B maple syrup
- 55 g/4 Tbsp unsalted butter, melted and cooled
- 2 large eggs

MAPLE SAUCE

- 80 g/¼ cup grade B maple syrup
- 115 g/½ cup unsalted butter, melted and cooled
- 60 g/¼ cup heavy cream, at room temperature or warmed (if it is cold, it could cause the butter to lump when mixed)

Measure the cream into a glass measuring cup and place it on the preheating oven to bring it to room temperature quickly.

Scrape down the sides of the food processor or blender.

Don't *continued* overmix the batter or the cake will be tough.

MAKES

ONE

8-IN [20-CM] CAKE



5. Meanwhile, make the sauce: In a medium bowl, whisk together the maple syrup and butter until blended. Slowly whisk in the cream. The mixture should be somewhat soupy. Let the sauce sit at room temperature as the cake bakes.

6. Line a plate with parchment paper. When the cake is out of the oven, pour about one-third of the sauce evenly over the top of the cake while it cools. When the cake is completely cool, invert it onto the lined plate and then quickly invert it again onto a serving plate so that it is right-side up. Serve slices of the cake warm or at room temperature with extra sauce generously ladled on top. The cake can be stored, well wrapped in plastic wrap, at room temperature for up to 3 days. The sauce can be stored in an airtight container in the refrigerator for up to 1 week; warm it in a small saucepan over medium-low heat before serving.



The sauce will thicken, so you may need to whisk it and possibly warm it before serving.