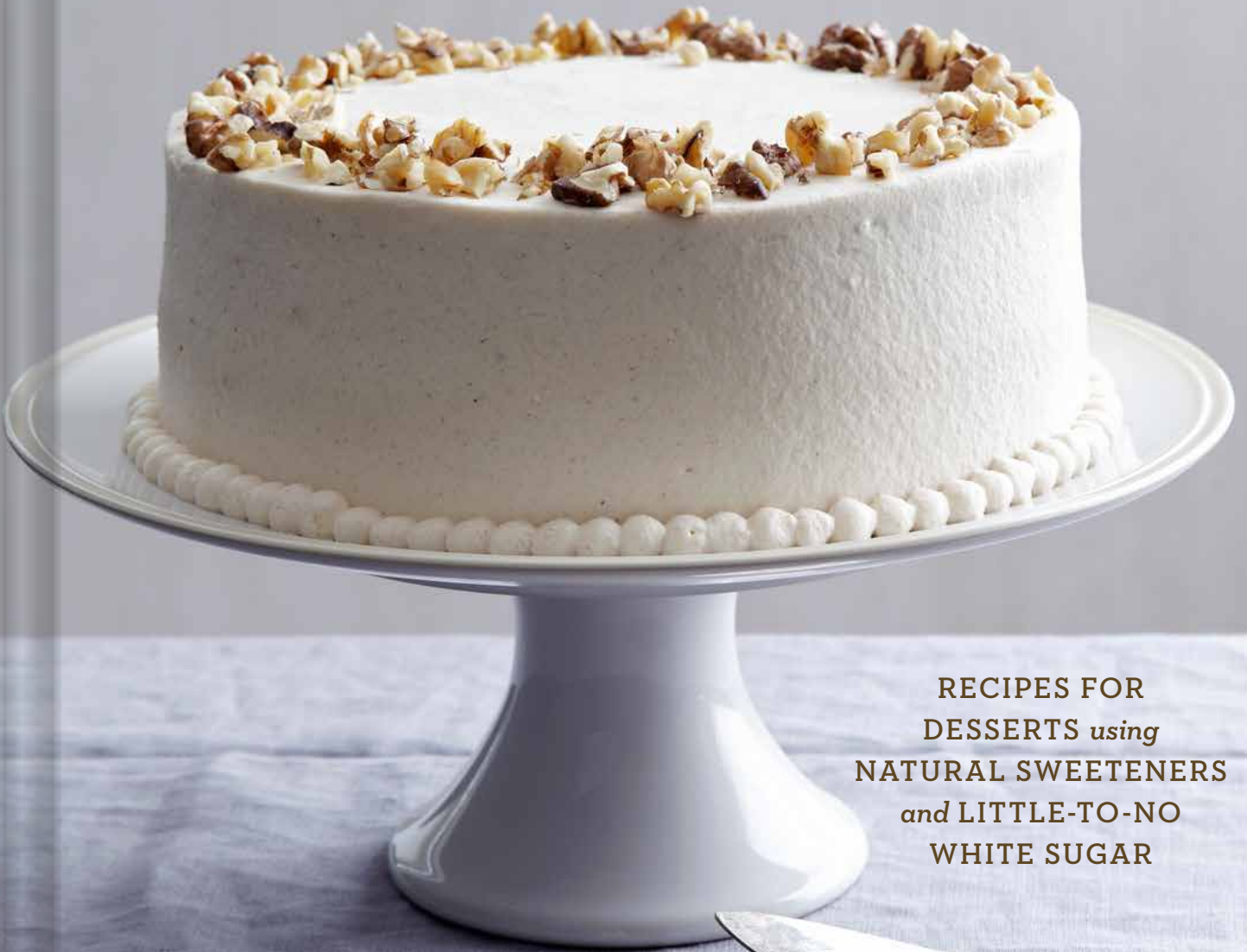


Joanne Chang of Flour Bakery + Café

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# BAKING WITH LESS SUGAR



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

Photographs by Joseph De Leo

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# HOW TO SUBSTITUTE FOR SUGAR

To work around not using refined white sugar, I loved exploring baking with these ingredients. Not all of these made their way into the recipes here, but I offer them up as well as possibilities for you to play with in your baking. I made a conscious decision not to include artificial sweeteners. I've never liked the various aftertastes that each one brings, and I wanted to develop recipes that I'd feel comfortable serving anyone looking to reduce refined white sugar consumption.

**1. Maple syrup.** Maple is the boiled sap from the maple tree. It has a buttery warm flavor (maybe it just seems buttery and warm to me because I associate it with a big pile of pancakes), and it adds a distinctive flavor to all of the desserts it is used in. We use grade B maple syrup, which means that it comes from tapping maple trees of their sap late in the winter when it is a bit warmer and the sap is more concentrated. It's darker in color than grade A, rich, and caramel-y, and offers the most flavor bang for the buck in baking. Once opened, maple syrup should be stored in the refrigerator where it will last about 6 months. If you see mold on the surface of the syrup, discard the whole jar as it may be contaminated. The standard substitution if you want to substitute maple syrup for sugar is 1 cup maple for 1 cup sugar and then decrease the liquid in the recipe by 3 tablespoons per cup substitution. This results in a dessert of equal sweetness as the original. I learned that you can typically halve the amount of sweetness in

many pastries and they will taste just as good if not better.

**2. Honey.** Depending on where it is harvested and from what flower, honey comes in all different flavors and kinds. As with many ingredients I use in baking, I tend to choose what tastes good to me in its raw state to determine what I use in my baked goods; with so many locally produced honeys these days, I suggest you pick one that you love eating straight from the jar for your baking. Honey can be stored at room temperature when open. It's a bit higher in calories than sugar and also sweeter, so you can use less in your baking and still satisfy your sweet tooth.

**3. Molasses.** This thick, dark treacle syrup is the by-product of refining sugarcane or beets for sugar. I stock a mild un sulphured molasses in my pantry that adds a spicy warm note to my baking. It is acidic, which means that it reacts with baking soda; cakes made with molasses will always have baking soda in them to release the bubbles and lighten the batter. Blackstrap molasses is extremely thick, strong, and bittersweet. It is the by-product of the final stages of refining sugar and it has the most minerals and health benefits of all the types of molasses but is also the most pungent. For our purposes, we use a mild molasses that is not blackstrap since its flavor is gentler. These molasses, such as Grandma's brand, still confer significant nutrients, though they are not as nutrition dense as blackstrap.

## 4. Apple juice and grape juice concentrates.

When I was buying "fruit-only spread" for our toast at home in an effort to reduce our personal sugar consumption, I noticed that the ingredients were always fruit and then apple and grape juice concentrates. I really couldn't tell the difference and neither could Christopher; in fact we both preferred these to the full-sugar versions because the flavors of the fruit really came through. With that in mind, I reduced apple juice and grape juice concentrates until they became thick and syrupy and used them to sweeten a host of desserts with great success.

**5. Vanilla extract and vanilla beans.** My favorite flavor by far, vanilla immediately makes your mouth and nose think "sweet" when it's included in a dessert. Vanilla beans are expensive but worth it; their tiny seeds infuse everything they are mixed into with an unmistakable heady perfume. Store them tightly wrapped in a cool, dark place. We also use a lot of vanilla extract in our baking. It's a less expensive, albeit less potent, way of adding vanilla flavor to a dessert. Make sure to get pure, not artificial, extract and store it in a cool, dark cabinet.

**6. Almond extract.** Like vanilla extract, a trace of almond extract flavoring in a pastry can prime your taste buds to sweetness. Adding a little bit to certain desserts will give you a sense of sweetness without having to use sugar. It is strong, so use it sparingly. I add it to any dessert that has almonds in it, and I also like it with stone fruit desserts. The pit of a stone fruit—apricots, peaches, cherries, nectarines—has a faintly almond taste if you crack it open, and the flavor of the almond extract goes particularly well with these fruits.

**7. Cinnamon and similar spices.** When you get a whiff of cinnamon, instantly you can "taste" sweetness in your head. Cinnamon brings a heady,

gentle sweetness to baked goods and when used in moderation, can lead your taste buds to think something is sweeter than it really is. I've been using pinches of ground cinnamon in my home baking and eating for years; Christopher's daily oatmeal has a generous grating of cinnamon stick, and he's never once missed the sugar in his breakfast. In addition to cinnamon, other spices like nutmeg, allspice, mace, cardamom, and ground ginger all read as sweet to your taste buds, so use these liberally in your quest for lower-sugar baked goods. For best flavor, buy cinnamon sticks and whole nutmeg and use a Microplane to grind to order. You'll get infinitely more of a flavor boost than with preground dried spices.

**8. Orange juice and pineapple juice concentrates.** These juice concentrates make a good, tangy, bright source of sweetness for sorbets, ice creams, and baked goods such as pound cakes and cookies. They are not quite as versatile as apple and grape juice concentrates, which have less of an acidic component to them, but they are still a valuable sweetener in your no-sugar baking list of ingredients.

**9. Dates.** Learning to bake with dates was a revelation for me. I've tasted dates wrapped in bacon and almonds at fancy dinner parties, and I've had date nut breads and sticky toffee puddings made with dates. But never did I think of them as such a versatile sweetener in pastries. I use plump soft Medjool dates in my baking; if you don't have a good source for these, you can substitute another type of date. Because of the size variations in different dates, be sure you measure the amount you use in these recipes by volume or weight. Dates have a skin that gets tough and leathery with age. Before using them I soak them in some hot water and a little baking soda, which softens and dissolves the skin. Store dates in an airtight container

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- Double-Crust Pie Dough (page 000)
- 680 g/4 cups fresh blueberries
- 50 g/4 Tbsp sugar
- 35 g/¼ cup all-purpose flour
- ⅛ tsp kosher salt
- ½ tsp almond extract
- 1 Tbsp freshly squeezed lemon juice
- 2 Tbsp unsalted butter, at room temperature
- 4 ripe nectarines, unpeeled, pitted, and cut into ½-in [1-cm] slices
- 1 egg yolk

# BLUEBERRY NECTARINE PIE

I don't eat pie right. I poke off the top and ignore the bottom and dig right into the fruit. I grew up with fruit as my only sweet indulgence and I am a bona fide fruit addict, so when faced with a fruit pie, all I really want is the luscious insides. In this pie, I combine my favorite stone fruit—nectarines—with my favorite berry—blueberry—into a juicy, stain-your-mouth, burst-with-flavor dessert. I use a trick from my first book to pack in as many berries as possible into the pie: I cook down half of the berries so they let out their juice and use that to help bind the rest of the berries and the nectarines together. As with pretty much all fruit pastries, your dessert will only be as good as the ripeness and sweetness of the fruit you use to make it. So be sure to seek out perfume-y, fragrant nectarines and the plumpest, sweetest blueberries to make this mouthwatering pie.

1. Place a rack in the center of the oven and preheat to 350°F [175°C].
2. Remove the pastry dough from the refrigerator and knead it slightly to make it malleable if it feels stiff. Using a rolling pin, press about two-thirds of the dough to flatten it into disk about ½ in [1 cm] thick. (Reserve the other one-third for the top.) Generously flour your work surface and the dough disk. Carefully roll out the disk into a circle about 12 in [30 cm] in diameter. Make sure the table you are rolling on is well floured so that the dough does not stick to it; likewise make sure the disk itself is floured well enough to keep your rolling pin from sticking to it. Roll from the center of the disk outward and gently rotate the disk a quarter turn after each roll to ensure that the disk gets stretched out evenly into a nice circle. Don't worry if the dough breaks a bit, especially towards the edges. You can easily patch these tears up once you've lined your pie plate.

*Continued*

MAKES  
**ONE**  
9-IN [23-CM] PIE



**STREUSEL**

- 75 g/ $\frac{3}{4}$  cup pecan halves
  - 3 Tbsp honey
  - 1 tsp ground cinnamon
  - $\frac{1}{2}$  tsp ground ginger
  - $\frac{1}{4}$  tsp ground cloves
  - $\frac{1}{2}$  tsp kosher salt
  - 45 g/ $\frac{1}{6}$  Tbsp cake flour
  - 2 Tbsp unsalted butter, at room temperature
- 
- 300 g/ $2\frac{1}{2}$  cups cake flour
  - 2 tsp baking powder
  - $\frac{1}{2}$  tsp baking soda
  - 1 tsp kosher salt
  - 140 g/ $\frac{2}{3}$  cup sugar
  - 225 g/ $1$  cup unsalted butter, cut into 5 or 6 pieces, at room temperature
  - 2 large eggs plus 3 egg yolks
  - 1 Tbsp finely grated orange zest
  - 2 Tbsp vanilla extract
  - 240 g/ $1$  cup crème fraîche (see page 000)

MAKES

**ONE**

10-IN [25-CM] CAKE

# VANILLA-PECAN COFFEE CAKE

Sour cream coffee cake has been on our menu since Day One. The method we use to mix this cake is so common within our baking kitchen that many of our cake recipes simply say “mix like SCCC” in the directions. When I opened Flour, the first pastry to get publicly praised by a food writer was this coffee cake. Sheryl Julian, the food editor of the *Boston Globe*, wrote me requesting the recipe and included it in a breakfast pastry roundup she did for the newspaper. (When you are a new business and someone like that praises you, it’s like Tiger Woods walking by as you tee off and saying, “Nice shot.” You kind of want to tell the world. Which I guess is what I’m doing right now!)

To say I was a bit tentative in trying to make a low-sugar version of this cake is an understatement. Why mess with something that was already pretty much perfect according to hundreds of Flour customers? But on a whim one day, I decided to try it out. I reduced the sugar in the main batter and tweaked the nutty streusel layer and brought the results that evening to the prep crew at my Asian restaurant Myers+Chang. They are used to getting treats from me; I often end my day at the restaurant and will grab a bag of cookies when leaving Flour—and to be honest, they get a touch inured about them. So imagine my surprise when a few minutes after my arrival, the cooks were all abuzz: “Mama, this is so good!” (Yes they call me Mama! Maybe it’s all the treats I bring them.) I was floored. Day in and day out bringing them cookies and pastries had elicited no more than a polite “gracias,” and with this coffee cake I was suddenly a superstar.

As with most items that contain less sugar, the keeping qualities of this cake are not as good as the regular version—it’s best enjoyed within a day of baking. However it’s really so good that I doubt you’ll have the problem of leftover cake. We never do! Note that you’ll need a tube pan with a removable insert for this recipe to easily release this tender-crumbed cake from its pan.

*Continued*

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- 140 g/1 cup all-purpose flour
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp kosher salt
- 280 g/10 oz bittersweet chocolate, finely chopped
- 85 g/6 Tbsp unsalted butter
- 120 g/½ cup crème fraîche (see page 000)
- 2 large eggs plus 2 egg yolks
- 2 tsp vanilla extract

#### CHOCOLATE FILLING

- 170 g/6 oz bittersweet chocolate, finely chopped
- 180 g/¾ cup heavy cream

# DOUBLE CHOCOLATE WHOOPIE PIES

These are not for the (chocolate) faint of heart. Dark chocolate soft cookies are sandwiched with chocolate ganache, so you get double chocolate whammy. One of my testers who is also a baker at Flour loved these so much that he turned them into homemade Devil Dogs with a whipped cream filling. For that variation, roll the cookie dough into oblong tube shapes, and fill with lightly whipped cream when completely cooled. The sugar in the chocolate totals about 170 grams or just under 1 cup, which is about 17 grams per whoopie pie.

1. Place a rack in the center of the oven and preheat to 325°F [165°C]. Line a baking sheet with parchment paper.
2. In a small bowl, stir together the flour, baking powder, baking soda, and salt. Set aside.
3. Bring a saucepan filled partway with water to a very gentle simmer over medium heat. Place the chocolate and butter in a 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 and butter are completely melted and smooth. Alternatively, microwave the chocolate and butter in a microwave-safe bowl in 30-second intervals, stirring after each interval, until melted and smooth. Whisk in the crème fraîche until thoroughly combined. Whisk in the eggs, egg yolks, and vanilla.

*Continued*

MAKES ABOUT

**10**  
PIES



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# 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*

## 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

MAKES

8

SANDWICHES



**BUN DOUGH**

- 240 g/1 cup water, at body temperature (when you put your finger in it, it should feel neither cold nor hot)
- ½ tsp active dry yeast or 3 g/0.1 oz fresh cake yeast
- 350 g/2½ cups unbleached all-purpose flour, plus up to about 35 g/¼ cup more, if needed
- 1¼ tsp kosher salt
- 50 g/¼ cup olive oil or other mild vegetable oil

**HONEY GOO**

- 115 g/½ cup unsalted butter
- 170 g/½ cup honey
- 120 g/½ cup heavy cream
- 120 g/½ cup water
- ¼ tsp kosher salt

**BUN FILLING**

- 240 g/2 cups raw unsalted cashews, chopped
- 115 g/½ cup unsalted butter, very soft
- 2 tsp ground cinnamon

# HONEY CASHEW MORNING BUNS

Our famous sticky bun at Flour is unapologetically sweet. It's drenched in a brown sugar-honey "goo" and chock-full of cinnamon sugar and pecans. Not only did it beat Bobby Flay in a *Throwdown* episode on the Food Network, he also graciously picked it as his choice for *The Best Thing I Ever Ate* in another TV show. It has become a signature item, and it has put us on the map.

I confess that I can only eat a few bites and then I'm done. It's incredibly rich, which is what makes it so good, but I longed for something just as decadent but in a lighter, less sugary way. These morning buns are the answer. Made with a light, yeasted, unsweetened dough, they get filled with chopped cashews (my favorite nut) and then baked in a honey goo that is rich with cream and butter, and sweet with a little honey, but not so much that they hide the flavor of the bun or cashew. I especially love the caramelized pieces on the edge of the pan.

**1.** Lightly oil a large bowl.

**2. To make the dough:** Using a stand mixer fitted with the dough hook attachment, combine the water and yeast and let sit for 20 to 30 seconds to allow the yeast to dissolve and activate. Dump the flour and salt onto the yeast mixture, and carefully turn on the mixer on low speed. Let the dough mix for about 10 seconds. (To prevent the flour from flying out of the bowl, turn the mixer on and off several times until the flour is mixed into the liquid, and then keep it on low speed.) When the dough is still shaggy looking, drizzle in the olive oil, aiming it along the side of the work bowl to keep it from splashing and making a mess.

**3.** With the mixer still on low speed, knead the dough for 4 to 5 minutes, or until it is smooth and supple. The dough should be somewhat sticky but still smooth, and have an elastic, stretchy consistency. If it is much stiffer than this, mix in 2 to 3 Tbsp water; if it is much looser than this, mix in 2 to 3 Tbsp flour.

*Continued*

MAKES  
**12**  
BUNS





# RASPBERRY HONEY FROZEN YOGURT

I have an automatic answer when people ask me what is my favorite dessert of all time: ice cream! I could eat it for breakfast, lunch, and dinner and never tire of it. It makes me inordinately happy. But lately, frozen yogurt has been edging its way into all-time-favorite status. Perhaps it is my maturing taste buds—the tanginess of yogurt is now more interesting to me than the sometimes overly sweet nature of some ice creams. With a lower fat content than ice cream, frozen yogurt is also a bit healthier for me, so I feel okay about consuming it in copious amounts. It's also simpler to make than ice cream and since it typically has fewer ingredients, the flavors of whatever you are churning really shine. This frozen yogurt is a perfect case in point. When Christopher first tasted it, he exclaimed, "This tastes exactly like a bowl of fresh raspberries!" He proceeded to polish off the whole quart, which for me was the best compliment of all.

1. Set a fine-mesh strainer over a medium bowl.
2. Put the yogurt, raspberries, honey, lemon juice, salt, and vanilla in a blender or food processor and blend on high speed for at least 1 minute, or until well mixed. Pour about three-fourths of the mixture through the strainer and, using a rubber spatula, scrape the mixture through to strain out the seeds. Mix the remaining one-fourth of the mixture back into the strained mixture. The final frozen yogurt will have a few seeds, but you won't be overburdened with them.
3. Churn in an ice cream maker according to the manufacturer's directions. When the yogurt has finished churning, transfer it to a storage container and freeze for at least 3 hours to allow it to ripen. During the ripening process, the yogurt becomes harder and smoother and the flavors have a chance to develop. Store the yogurt for at least 1 week or up to one month in an airtight container in the freezer. Remove the yogurt from the freezer about 10 minutes before serving to allow it to soften up.

- 300 g/1¼ cups Greek-style whole-milk plain yogurt
- 455 g/1 lb fresh or frozen raspberries (about 3½ cups)
- 225 g/¾ cup honey
- 1 Tbsp freshly squeezed lemon juice ⅛ tsp kosher salt
- 1 Tbsp vanilla extract

MAKES ABOUT  
**1**  
QUART [1 L]



- 170 g/¾ cup unsalted butter, melted and cooled
- 240 g/¾ cup mild unsulphured molasses (not blackstrap)
- 80 g/¼ cup grade B maple syrup
- 1 large egg
- 210 g/1½ cups all-purpose flour
- 4 tsp ground ginger
- 2 tsp ground cinnamon
- ½ tsp ground cloves
- ½ tsp freshly ground pepper
- 1 tsp kosher salt

## KEITH'S SUPER-SNAPPY GINGERSNAPS

Our ginger-molasses cookies are rightfully beloved among Flour customers: the cookies are thick, chewy, spicy, buttery, and redolent with ginger. I adore them. In trying to come up with a version made without sugar, I knew that the flavor profile would work well by substituting molasses for all of the sugar. And because molasses has such a strong flavor, I also knew I could get by with less.

It turns out that *just* molasses in this cookie was a bit too distinctive. The cookie needed sweetness from the molasses, but the flavor was so sharp I had to cut down on the molasses and add a bit of mellower maple syrup. Once I got the sweetness level spot on (typically this recipe uses 400 g/2 cups of sugar), the next challenge was the texture. I wanted something different from our ginger-molasses cookie—something crispy and crunchy. But without sugar, which helps makes pastries crunchy and caramelized, I found it really challenging to get that snap I was looking for. Keith to the rescue! Keith was a cookbook tester for me for the second Flour book, *Flour, Too*, and subsequently he became a baker for us at Flour. He took this on as a personal challenge to make a crispy gingersnap, and he tested and retested various versions until he came up with this one. (The incentive that I would name the cookie after him didn't hurt, either!) So here you have it—Keith's cookies, which are named after him not only because of his work on these but also because of his super-bright, snappy nature! Note that there is a fair amount of waiting time in making these—waiting for the dough to chill and waiting for the cookies to cool and crisp in the oven.

*Continued*

MAKES ABOUT

**24**

COOKIES



# MAPLE-PUMPKIN PIE

Our super-famous pumpkin pie at Flour is refashioned here without any actual sugar and instead uses maple syrup to sweeten the pumpkin. What I love about this version is that without the sugar you really taste the pumpkin. The mellow maple flavors go especially well with the warm spices, and the pumpkin custard is silky and velvety. You'll serve this to rave reviews.

1. Place a rack in the center of the oven and preheat to 350°F [175°C].
2. On a well-floured work surface, roll the dough into a circle about 12 in [30 cm] in diameter. Roll the dough circle around the rolling pin and then unfurl it on top of a 9-in [23-cm] aluminum pie pan or glass pie dish. Press the dough gently into the bottom and sides of the pan. Either pleat the overhanging dough with your fingers evenly all around for a more dramatic edge, or use scissors to trim the overhang, leaving a ¼-in [6-mm] lip around the edge of the pie plate (to allow for shrinkage in the oven). Refrigerate the pie shell for at least 30 minutes (or up to 1 day in the refrigerator or 2 weeks in the freezer).
3. Once the dough circle is about 12 in [30 cm] in diameter, roll it gently around the rolling pin and then unfurl it on top of a 9-in [13-cm] aluminum or glass pie plate. Press the dough gently into the bottom and sides of the plate. Either pleat the overhanging dough with your fingers evenly all around for a more dramatic edge, or use scissors to trim the overhang, leaving a ½-in [1-cm] lip around the edge (to allow for shrinkage in the oven). Use any scraps or odd pieces to patch up any tears or missing bits.
4. Refrigerate the pie shell for at least 30 minutes. (The gluten needs a little time to relax so it doesn't shrink as much in the oven). The unbaked pie shell can be stored, tightly wrapped in plastic wrap, in the refrigerator for up to 3 days or in the freezer for up to 4 weeks. If frozen, the pie shell can be baked directly from the freezer.

Continued

- [One recipe] Pâte Brisée (page 000)
- 420 g/15 oz pumpkin purée
- 1 tsp ground ginger
- 1 tsp ground cinnamon
- ½ tsp freshly grated nutmeg, plus more for garnish
- ⅛ tsp ground cloves
- ½ tsp kosher salt
- 240 g/1 cup heavy cream
- 2 tsp vanilla extract
- 160 g/½ cup grade B maple syrup
- 3 large eggs
- Unsweetened heavy cream, whipped to soft peaks, for garnish

MAKES  
**ONE**  
9-IN [23-CM] PIE



**ALMOND CREAM**

- 335 g/12 oz frozen apple juice concentrate, thawed
- 50 g/½ cup almond flour
- 55 g/4 Tbsp unsalted butter, at room temperature
- 1 large egg
- 1 Tbsp all-purpose flour
- 1 tsp vanilla extract
- Pinch of kosher salt
- ⅛ tsp ground cinnamon

**APPLE FILLING**

- 3 medium (about 505 g/18 oz) Empire, McIntosh, Golden Delicious, Gala, or other sweet baking apples, peeled, cored, and cut into ⅛-in [3-mm] slices
  - 125 g/½ cup unsweetened applesauce
  - 1 Tbsp vanilla extract
  - ¼ tsp ground cinnamon
  - ⅛ tsp freshly grated nutmeg
- Pâte Brisée (page 000)
- 1 large egg
  - 25 g/¼ cup sliced almonds

# FRENCH APPLE-ALMOND CROSTATA

We live in apple country here in New England, and as soon as you start to feel a bit of chill in the morning air, thoughts go to apple picking and orchards and all of the marvelous things you can do with apples. We planned a Flour outing one year and everyone was instructed to fill—make that over-fill—their bag with apples, and we'd make something fun out of them all. By the end of the afternoon, we had each eaten at least three or four apples (okay, maybe I had five), and the thought of eating anything apple-y again made my stomach turn. Thankfully, by the next day my stomach rejuvenated, and I created this apple tart sweetened only by some reduced apple juice and a heaping pile of apples and almonds. It's quickly become my go-to recipe when I'm happily overrun with apples.

**1. To make the almond cream:** In a small saucepan, bring the apple juice concentrate to a boil over medium-high heat, decrease the heat to medium-low, and simmer for 15 to 25 minutes, or until the juice reduces to ¾ cup [180 ml]. It will thicken up slightly, become syrupy, and boil a little slower as it reduces. Watch out that it does not over-boil or burn; you may need to decrease the heat as it thickens. To check to see if it is reduced enough, every now and then pour the juice into a measuring cup to measure it; if it is not ¾ cup [180 ml], pour it back into the saucepan to continue to simmer and reduce until it measures out to ¾ cup [180 ml]. Remove from the heat, transfer to a bowl, and cool in the refrigerator until cold to the touch.

*Continued*

MAKES

# ONE

9-IN [23-CM] CROSTATA



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