



ARTISAN PASTRY & DESSERTS FOR BEGINNERS

Created by Marceau Dauboin





WELCOME

Foreword

Welcome to this Artisan Pastry & Desserts Course!

No matter your skill level or age, in the handcrafted pages and lessons to follow, you will discover the knowledge required to embark on your very own Baking Adventure.

I hope you savour the journey and wish you all the best in your quest for delicious Pastries & Desserts.

-Marceau Dauboin-

Essential Baking Utensils

- Large Baking Pans (2 minimum)
- Bench Scraper or Spatula
- Parchment Paper
- Water Strainer
- Large Bowls
- Plates
- Brush
- Ruler
- Knife
- Oven (Up To 260°C Preferable)
- Scale (Electronic Preferable)
- Kitchen Towels
- Small Bowls
- Oven Mitts
- Glass Jar
- Spoons
- Fridge
- Kettle



SOURDOUGH STARTER

Ingredients

From Day 1

- Unbleached Rye Flour ■
- Water ■

From Day 2

- Mature Starter ■

INGREDIENT AMOUNTS VARY BY DAY

Directions

Day 1: In a large *glass container* mix **50 g (1.76 oz)** of Unbleached Rye Flour with **80 g (2.8 oz)** of water until incorporated and cover with unsealed lid. Keep your container in a **25°C (77°F)** environment.

Day 2: *Remove* the previous day's Mature Starter leaving only **50 g (1.76 oz)** in your container. Add **50 g (1.76 oz)** of Rye Flour & **70 g (2.47 oz)** of Water, mix thoroughly.

Day 3 - 6: Retain **50 g (1.76 oz)** of Mature Starter. Add **50 g (1.76 oz)** of Rye Flour & **50 g (1.76 oz)** of Water, mix thoroughly.

Day 7 - ∞: Retain **30 g (1 oz)** of Mature Starter. Add **50 g (1.76 oz)** of Rye Flour & **50 g (1.76 oz)** of Water, mix thoroughly.

Sourdough Use & Maintenance

1. Your Sourdough Starter is *alive with yeast organisms* & is *reactant to heat*. It is best kept away from direct sunlight at a temperature of **25°C (77°F)** and refreshed once a day when not in use.
2. Excess heat will *rapidly ferment* your starter while low temperatures will *slow the fermentation process* down. Do not however exceed **45°C (113°F)** or drop below **5°C (41°F)**, this will cause your *Sourdough Starter to die*.
3. When preparing Sourdough Starter for a recipe ensure you account for an **additional 30 g (1 oz)** on top of the required amount in order to continue using your starter at later dates.
4. Should you need larger amounts of Sourdough Starter, do not exceed a ratio of **1 : 10 : 10 (Mature Starter : Flour : Water)**. If there is too little Mature Starter in your container it will not adequately ferment.
5. Wait at least **8 hours** after refreshing your Starter to use it. If you use your Starter too soon after being refreshed it may not be sufficiently *mature to rise your pastries*.





CHOCOLATE BROWNIES

Ingredients

Brownie Batter

- | | |
|------------------------------------|----------------------------------|
| ■ 170 g (6 oz) Dark Chocolate | ■ 150 g (5.3 oz) Unsalted Butter |
| ■ 30 g (1 oz) Cocoa Powder | ■ x3 (150 g / 5.3 oz) Eggs |
| ■ 100 g (3.5 oz) Sourdough Starter | ■ 100 g (3.5 oz) Sugar |
| ■ or 5g (0.18 oz) Baking Powder | ■ 7 g (0.25 oz) Salt |

MAKES 8 MEDIUM BROWNIES

Directions

1. Prepare a *100% Hydration Sourdough Starter* the night before. Mix in *30 g (1 oz) of Mature Starter, 50 g (1.76 oz) of cake wheat flour* and *50 g (1.76 oz) of water*.
2. Cut / cube all your dark chocolate & butter and melt it in a pot over low heat. Use a wooden spoon to stir gently until fully liquified.
3. Preheat your oven to **180°C (365°F)**. Add your melted mixture to a bowl, whisk in all sugar, salt and eggs (One at a time). Once that is incorporated whisk in your cocoa powder & Sourdough Starter (or Baking Powder)
4. Bake Brownies in a **30cm x 20cm (12 in x 8 in)** baking tray lined with parchment paper at **180°C (365°F)** for *35 - 40 minutes*.



ENJOY!



APPLE TART

Ingredients

Pâte Sablée

- 220 g (7.8 oz) Cake Wheat Flour
 - 125 g (4.4 oz) Unsalted Butter
 - 50 g (1.76 oz) Sugar (Optional)
 - 55 g (1.94 oz) Water
 - 5 g (0.18 oz) Salt
- 50g (1.76 oz) Sourdough Starter
 - *or* No Rising Agent

Apple Purée

- x5 (0.75 kg / 1.65 lb) Red Apples
- 20 g (0.7 oz) Unsalted Butter
- x1 (150 g / 5.3 oz) Lemon

Apple Slice Topping

- x5 (0.75 kg / 1.65 lb) Red Apples
- 10 g (0.35 oz) Unsalted Butter
- 20 g (0.7 oz) Water

MAKES 1 LARGE APPLE TART

Directions

1. *Optionally, prepare a 50% Hydration Sourdough Starter the night before. Mix in 13 g (0.46 oz) of Mature Starter, 25 g (0.88 oz) of Cake Wheat Flour and 12 g (0.42 oz) of water.*
2. Mix in all ingredients to prepare your *Pâte Sablée* Dough.
3. Shape your *Pâte Sablée* Dough in a 30 cm (11.8 in) tart tray & bake it for 30 minutes at 180°C (365°F). *Rotate every 10 minutes.*
4. Peel, core and cut 5 Apples into quarters & then cut each quarter into 4 cubes. Add the juice of half a Lemon to prevent browning.

5. Add 20 g (0.7 oz) of *Unsalted Butter* to a frying pan & place it on *medium heat*. Add your Apples, cover with a *heat resistant lid* & cook for 10 minutes. When softened, crush Apples with a *potato masher* to form a *Purée*.

6. *Peel, core and cut* the remaining 5 Apples into slices (1/16th) & add the juice of *half a Lemon* to prevent browning. Add 10 g (0.35 oz) of *Unsalted Butter* to a frying pan & place it on *medium heat*. Add your Apple slices, remaining 20 g (0.7 oz) of *Water* and cover with a *heat resistant lid*. Cook for 4-5 minutes & remove slices when softened.

7. Evenly spread your *Apple Purée* across the surface of your tart and then add your slices on top. To create floral pattern, start adding Apple wedges at the edge of the tart and *move inward*, adding each slice slightly over the last one.

8. At 180°C (365°F), bake your tart at a *medium rack* for 30 minutes. Take it out, apply *grill setting* & then place it back in your oven at the highest rack for 5 - 10 minutes.



ENJOY!



DOUGHNUTS

Ingredients

Doughnut Dough

- 300 g (10.6 oz) Cake Wheat Flour
 - 60 g (2.1 oz) Unsalted Butter
 - x2 (100 g / 3.52 oz) Eggs
 - 50 g (1.76 oz) Water
 - 50 g (1.76 oz) Sugar
 - 5 g (0.18 oz) Salt
- 100g (3.5 oz) Sourdough Starter
 - *or* 8 g (0.28 oz) Baking Powder

Chocolate Glaze

- 150 g (5.3 oz) Sugar
- 25 g (0.88 oz) Cocoa Powder
- 35 g (1.23 oz) Water

Cinnamon Sugar

- 75 g (2.64 oz) Sugar
- 3 g (0.1 oz) Cinnamon Powder

Frying

- +600 g (1.32 lb) Vegetable Oil

MAKES 6 MEDIUM DOUGHNUTS

Directions

1. Prepare a **100% Hydration Sourdough Starter** the night before. Mix in **30 g (1 oz) of Mature Starter, 50 g (1.76 oz) of cake wheat flour** and **50 g (1.76 oz) of water**.

2. Mix in *all ingredients* to prepare your **Doughnut Dough** until it is fully incorporated, cover with a damp cloth & let it rest for **15 minutes**.

3. Perform **stretch & folds**, pulling all sides of the dough over itself for **3 full rotations**. Let it rest again for 15 minutes & **repeat this process twice more**. Let your dough proof for an additional **3 hours**.*

* Skip if Baking Powder was used

4. Once proofed, *cut the dough into 6 equal pieces*. Fold all corners of the individual piece over itself, shape it into a ball & create a large hole in its centre. Repeat with all pieces & evenly *position them on a floured baking tray*.* Cover with cling wrap and place in the fridge overnight.

5. Fill a pot to the *halfway mark* with **Vegetable Oil** & apply low to medium heat to bring it to **190°C (374°F)**. Fry your Doughnuts for **1.5 minutes** on each side and then, let them cool off on a metal rack.

6. Prepare your toppings, for **Cinnamon Sugar**, mix in both ingredients in a bowl. For **Chocolate Glaze** mix in both Sugar & Cocoa Powder but for the Water, add **35 g (1.23 oz)** if you used *Granulated Sugar* or only **25 g (0.88 oz)** if *Icing Sugar* was used instead.

7. Apply selected toppings to all Doughnuts



ENJOY!



STROOPWAFELS

Ingredients

Waffle Dough

- 270 g (9.5 oz) Cake Wheat Flour
 - 125 g (4.4 oz) Unsalted Butter
 - x2 (100 g / 3.52 oz) Eggs
 - 60 g (2.1 oz) Sugar
 - 3 g (0.1 oz) Salt
- 50 g (1.76 oz) Sourdough Starter
 - *or* 5 g (0.18 oz) Baking Powder

Caramel Syrup

- 200 g (7 oz) Sugar
- 50 g (1.76 oz) Unsalted Butter
- 80 g (2.8 oz) Heavy Cream
- 3 g (0.1 oz) Salt

MAKES 6 MEDIUM STROOPWAFELS

Directions

1. Prepare a *50% Hydration Sourdough Starter* the night before. Mix in **13 g (0.46 oz) of Mature Starter, 25 g (0.88 oz) of Cake Wheat Flour** and **12 g (0.42 oz) of water**.
2. Mix in *all ingredients* to prepare your **Waffle Dough** until it is fully incorporated, cover with a damp cloth & let it rest for **15 minutes**.
3. Perform ***stretch & folds***, pulling all sides of the dough over itself for **2 full rotations**. Let it rest again for 15 minutes & ***repeat this process***. Once completed let your dough rest for an additional **30 minutes**.

4. Roll your dough into a 30 cm (12 in) tube & then cut it into 12 individual slices. Shape those pieces into *small boules* & then let them rest *overnight in the fridge** covered in a bowl with a damp cloth. When that is done, roll them out into flat spheres & *stripe them* using the blunt side of a knife.

5. *Cook your waffles on a greased or non-stick pan at low heat for 2 minutes on each side.*

6. To make your Caramel Syrup, measure out its 4 ingredients in advance. Begin melting your sugar in a pot at low heat, followed by your butter; when that has melted pour in your heavy cream as well as salt. Stir those ingredients by using the handle to manipulate your pot & let it cook for *2 additional minutes* before letting it cool for 10 minutes. *Exercise caution when working with Caramel.*

7. Cut your waffles into circular shapes using a *cookie cutter or large mug* & then spread your syrup on one of its face. *Tightly sandwich* that with another waffle to complete the recipe.





CINNAMON ROLLS

Ingredients

Cinnamon Roll Dough

- 560 g (1.23 lb) Cake Wheat Flour
 - 125 g (4.4 oz) Unsalted Butter
 - x4 (200 g / 7.05 oz) Eggs
 - 155 g (5.46 oz) Milk
 - 50 g (1.76 oz) Sugar
 - 3 g (0.1 oz) Salt
- 200g (7.05 oz) Sourdough Starter
 - *or* 10 g (0.35 oz) Instant Yeast

Cinnamon Sugar

- 120 g (4.23 oz) Sugar
- 12 g (0.42 oz) Cinnamon
- 60 g (2.11 oz) Unsalted Butter

Cream Cheese Icing

- 80 g (2.82 oz) Cream Cheese
- 40 g (1.41 oz) Unsalted Butter
- 20 g (0.7 oz) Milk
- 130 g (4.58 oz) Sugar

MAKES 11 LARGE CINNAMON ROLLS

Directions

1. Prepare a **100% Hydration Sourdough Starter** the night before. Mix in **50 g (1.76 oz) of Mature Starter, 100 g (3.5 oz) of Cake Wheat Flour** and **100 g (3.5 oz) of Water**.
2. Mix in *all ingredients* to prepare your **Cinnamon Roll Dough** until it is fully incorporated, cover with a damp cloth & let it rest for **15 minutes**.
3. Perform **stretch & folds**, pulling all sides of the dough over itself for **3 full rotations**. Let it rest again for 15 minutes & **repeat this process twice more**. Let your dough proof for an additional **3 hours*** & then **place it in your fridge overnight***

* Skip if Instant Yeast was used

4. Prepare your **Cinnamon Sugar filling**, *excluding your butter at first*. Roll your dough out into an *extended rectangle* until it is only **1 cm thick** & then spread your softened butter across the surface. Apply a layer of your *Cinnamon Sugar* filling across your butter & then roll your dough into a log. Cut it at every **4 cm** and place each piece on a *greased baking tray* before covering it with *another tray*. Place that in your oven with a *light on* & let it proof for **2 hours***.

5. Prepare your **Cream Cheese Icing** by mixing & stirring in all relevant ingredients.

6. Once proofed, preheat & bake your Cinnamon Rolls at **180°C (365°F)** for **30 minutes**. Rotate your tray at the 15 minute mark. When finished baking take your Rolls out of the oven and apply your *Cream Cheese Icing*.



ENJOY!



TARTE TATIN

Ingredients

Puff Pastry (Pâte Feuilletée)

- 250 g (8.8 oz) Cake Wheat Flour
 - 150 g (5.3 oz) Unsalted Butter
 - 150 g (5.3 oz) Water
 - 5 g (0.18 oz) Salt
- 50g (1.76 oz) Sourdough Starter
 - *or* No Rising Agent

Apple & Caramel Filling

- x7 (1.05 kg / 2.3 lb) Red Apples
- 80 g (2.82 oz) Unsalted Butter
- x1 (150 g / 5.3 oz) Lemon
- 120 g (4.23 oz) Sugar

MAKES 1 LARGE TARTE TATIN

Directions

1. *Optionally*, prepare a **50% Hydration Sourdough Starter** the night before. Mix in **13 g (0.46 oz) of Mature Starter**, **25 g (0.88 oz) of Cake Wheat Flour** and **12 g (0.42 oz) of water**.
2. Mix in ***all Ingredients except the butter*** to prepare your **Puff Pastry Dough**.
3. Perform ***stretch & folds***, pulling all sides of the dough over itself for **1 full rotation**. Let it rest again for **15 minutes & repeat this process**. Once completed let your dough rest for an additional **30 minutes**.

4. Shape your dough into a **17 cm by 17 cm (6.7 in x 6.7 in) square** by placing your dough into a *casing of parchment paper* and using a rolling pin to spread the dough into the parchment. Remove the casing & cover the dough in *plastic wrap or place it on a dish covered with a damp cloth*. Let it rest in the fridge for **30 minutes**.

5. **15 Minutes** before that rest is over, shape your **150 g (5.3 oz) of Unsalted Butter** into a **10 cm by 10 cm (4 in x 4 in) square beurage**. Place your butter into a casing of parchment paper and use a rolling pin to spread the butter into the parchment. **Remove the beurage from the parchment** & place that on a plate in your *fridge* for **5 minutes**.

6. *Extend the corners of your dough* & then place your beurage at the dough's centre in a **diamond shape**. Fold the corners of your dough over the beurage, encasing it. Let it rest for a few minutes & then roll the dough to **45cm (18 in)** in length. Fold one side of the dough to **2/3rds** of its total length and then fold the remaining side *over the first fold*. From there *re-roll your dough to 45 cm (18 in)* & repeat the folding process. Cover that and place it in your fridge for **1 hour**. Repeat the folding method **4 times more (total of 6)** with a 1 hour rest after every 2 sets. After the 6th fold, cover your pastry & leave it to rest overnight in your fridge.

7. **Peel, core and cut 7 Apples** into quarters. Add the juice of 1 Lemon to prevent browning.

8. Preheat your oven to **190°C (374°F)**. To make your Caramel, measure out its 2 ingredients in advance. Begin melting your Sugar in a **30 cm (12 in) baking pan** at low heat; when that has melted add in your Butter. Swirl those ingredients until fully incorporated. **Exercise caution when working with Caramel**.

9. Place your quartered Apples in your caramel in a *spiral pattern*. Let that cook at low heat for **10 minutes**. Roll out your *Puff Pastry* & cut out a **30 cm (12 in) circle**, when your apples are done cooking stop the heat, add the pastry base on top & *tuck the sides in*. Cut small steam holes on top of your pastry & bake in your Oven at **190°C (374°F)** for **30 minutes**. *Rotate your tray 15 minutes into the bake time*.

10. Once finished baking, *place a plate on top of your pan & flip your tarte over*.



ENJOY!