

Vegan Pastry

e-mag of the French pastry trends
November - December 2020

Trend:

- The boom of vegan pastry

Our solutions:

- Starfruit Fruit Purées
- Traditional & Fluid Pralinés
- Miroir Plus Glazes
- Napstar Glazes

100% vegan recipes:

- Chocolate Bar Snack
- Praliné & Blackcurrant Macaron
- Raspberry Cake
- Raspberry Tartlet
- Chocolate Caramel Dessert



THE BOOM OF VEGAN PASTRY



The current health crisis has changed the eating habits of a large number of consumers, who are increasingly opting for a vegan lifestyle.

Veganism promotes a diet free of animal products and does not allow the use of any product sourced through the exploitation of animals, thus excluding meat and fish, but also milk, eggs, butter or honey.

While this trend is already well established in the United Kingdom, where the so-called vegan population quadrupled between 2014 and 2018*, it can also be observed worldwide. **Thus, 11%** of consumers now say they are ready to eat vegan pastries**, and this is all the more true among the younger generation. A real sense of awareness has been created and many signs show that this trend, which has become a way of life, will only become more pronounced in the coming years:



45%

think that vegan food has a positive impact on the environment**



38%

think that vegan food is healthier than regular food**



22%

would like to buy more vegan food in the future**

But how can we explain such a craze for vegan food? It is mainly **environmental awareness, animal welfare and health benefits** that have convinced consumers to take the leap. Indeed, making one's diet plant-based is beneficial in many ways: it reduces the greenhouse gas emissions produced by animal farms and helps to combat animal suffering, among other benefits.

And did you know that some great Pastry Chefs already offer vegan pastries?

This is notably the case of Pierre Hermé, who took up the challenge in 2018 to reinvent his signature pastry: the rose macaron. So, allow yourself to be enticed by this new way of thinking about sweetness, and explore this opportunity now by creating vegan pastries just as delicious as they are healthy! To guide you through this process, you will find in this magazine the great classics of pastry in a 100% vegan version.

*Source: Ipsos Mori surveys, commissioned by The Vegan Society, 2016 and 2019

** Source: <https://www.tastetomorrow.com> – 'How ethical food choices shape our future' article – 7 November 2019

Replacing butter, eggs and milk seems impossible in pastry?

Thanks to our many solutions suitable for vegans*, you can make 100% vegan pastries that are both tasty and creative.

If you want to have the full list of our solutions adapted to vegans, we invite you to contact your PatisFrance representative.

Discover hereafter some of our vegan solutions:

FRUIT PURÉES

Starfruit PatisFrance



Natural fruit purées with the real taste of fruit and with a 100% vegetable composition: 90% fruit and 10% sugar.

18 ready-to-use flavors are available in 1 kg brick, bringing pleasure and authenticity to all your vegan pastries: mousses, desserts, tartlets...

GLAZES

Miroir Plus PatisFrance



A range of ready-to-use glazes to give the perfect finish touch to your vegan desserts. In addition to adding shine, they also protect your pastries from oxidation and prolong their freshness.

Available in neutral, caramel and red fruit versions in buckets of 2.5 kg to 8 kg, depending on the flavour.

PRALINÉS NUT FILLINGS

Traditional Pralinés PatisFrance



Our Traditional Pralinés respect the real authentic French praliné recipe with a composition of only 2 ingredients: 50% of dried fruits and 50% of sugar. 7 pralinés are available in 5 kg buckets, with an intense taste and a granular texture, providing an incredible delicacy to your vegan desserts, logs and chocolate bonbons.

Fluid Pralinés PatisFrance



Our Fluid Pralinés, made up of 50% dried fruits, sugar and an emulsifier to obtain an extra fluid texture, are ideal for bringing a unique sweetness to your vegan mousses, desserts, macarons and chocolates. Our 4 fluid pralinés are available in 5 kg buckets.

GLAZES

Napstar PatisFrance



Hot-processed glazes rich in fruits (15.5% of apricot purée for Napstar Blond and 16.5% of redcurrant purée for Napstar Red), with no colouring and quick gelling that add shine and freshness to your vegan pies, cakes and travel cakes. They can be used diluted with 10 to 30% water and are available in 8 kg buckets.

*Our 'suitable for vegans' solutions do not have any ingredients derived from animal products. Yet, they are manufactured in factories that do use eggs, milk... in other products, so we take all the steps possible to minimise carryover in our 'suitable for vegans' products. However, very small traces of these ingredients may still appear.

CHOCOLATE BAR SNACK

Molds 1908 chocolate world

CRUMBLE

Margarissime PatisFrance	110 g
Brown Sugar	90 g
Flour	120 g

Mix the Margarissime, the brown sugar and the flour together. Then, spread out on 2 baking sheets to an approximate 5 mm thickness.

PASSION FRUIT JAM

Starfruit Passion Fruit PatisFrance	200 g
Starfruit Mango PatisFrance	100 g
NH Pectin PatisFrance	6 g
Sugar	160 g

Add the pectin and sugar mixed into the Starfruit purées. Cook at 103°C and store the preparation in a dry and cool place.

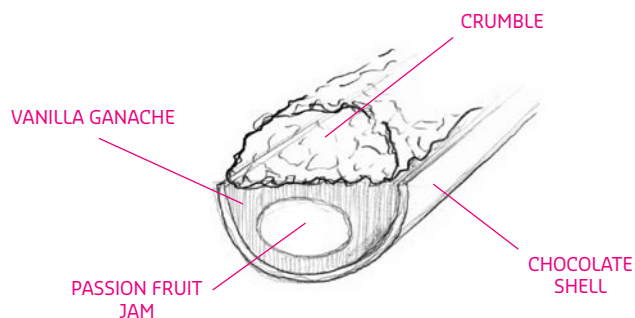
VANILLA GANACHE

Plant milk	264 g
Margarissime PatisFrance	130 g
Sugar	120 g
Vanilla Pod PatisFrance	2 pcs
Inverted Sugar PatisFrance	60 g
Dark Chocolate 72% PatisFrance	450 g

Heat up the plant milk, the Margarissime, the sugar, the vanilla pods and the inverted sugar at 80°C. Pour on the chocolate and blend. Then, leave the preparation to cool it down at 28°C.

ASSEMBLY AND FINISHINGS:

- Bake the crumble at 160°C for 20 minutes. Once it is baked, crush it into small pieces.
- Create a chocolate shell into the mold.
- Fill the shell with 8 g of passion fruit jam.
- Fill the bar until the top with the vanilla ganache.
- Close with a thin layer of chocolate and then, unmold.
- Mix the crushed crumble with a chocolate sauce made with 50% of **Dark Chocolate 72% PatisFrance** and 50% of **Cocoa Butter PatisFrance**.
- Put on top of each bar 20 g of this crumble and leave to crystalize.



PRALINÉ & BLACKCURRANT MACARONS

Makes 75 pieces

WHITE SHELL

Almond Powder PatisFrance	200 g
Icing sugar	200 g
Aquafaba	75 g
Water	50 g
Caster sugar	200 g
Aquafaba	75 g

Mix the almond powder with the icing sugar and the first 75 g of aquafaba. Cook the sugar and the water at 121°C. Meanwhile, whip the remaining 75 g of aquafaba. Pour the cooked sugar into the whipped aquafaba and mix until it is up to 45°C. Then, mix with the first mixture until it gets a good texture.

Aquafaba: legume water, excellent alternative to egg whites.

PRALINÉ GANACHE

Plant milk	83 g
Dark Chocolate 64% PatisFrance	67 g
Praliné Tradition Extra 50% PatisFrance	133 g
Glucose Syrup PatisFrance	33 g

Bring to a boil the plant milk and the glucose syrup. Add the dark chocolate and leave to melt. Add the praliné and blend it until obtaining a smooth texture. Store in a cool and dry place.

BLACKCURRANT CHESTNUT

CHESTNUT BASE

Chestnut Purée PatisFrance	104 g
Chestnut Paste PatisFrance	104 g
Chestnut Cream PatisFrance	63 g
Margarissime PatisFrance	21 g
Rum or plant milk	4 g

In a robot coupe, mix all the ingredients together until obtaining a smooth texture.

BLACKCURRANT JAM

Starfruit Blackcurrant PatisFrance	110 g
Sugar	45 g
NH Pectin PatisFrance	3 g

Mix the three ingredients together and cook at 102°C. Pipe the preparation inside the chestnut base.

COCONUT VANILLA

Plant milk	116 g
Vanilla Pod PatisFrance	½ pc
Sugar	75 g
Ground Coconut PatisFrance	67 g
Cocoa Butter PatisFrance	93 g

First, in a strong blender, mix the sugar and the ground coconut to powder. Add the melted cocoa butter and mix it. Crystalize at 27°C and leave to set.

Bring to a boil the plant milk and the vanilla pod. Then add the coconut chocolate mixture, blend and store in a cool and dry place.

ASSEMBLY AND FINISHINGS

- Pre-heat the convection oven at 130°C.
- On a silicone mat, put the macaron preparation and lower the oven temperature at 105°C. Bake them for 35 minutes.
- Once they are cooked and cold, fill the macaron with the filling of your choice.
- Store in a fridge for one night and keep the macarons in the freezer until you need them.



RASPBERRY CAKE

Makes 4 pieces

CRUMBLE

Margarissime PatisFrance	110 g
Brown sugar	90 g
Flour	120 g

Mix all the ingredients and spread out on 2 baking sheets to 5 mm thick.

RASPBERRY JAM

Starfruit Raspberry PatisFrance	145 g
Starfruit Lemon PatisFrance	17 g
NH Pectin PatisFrance	2 g
Caster sugar	94 g
Raspberry Filling with Seeds PatisFrance	45 g

Mix together the raspberry and lemon purées, the pectin and the sugar. Cook at 103°C and add the raspberry filling with seeds. Leave the mixture to cool down.

CAKE

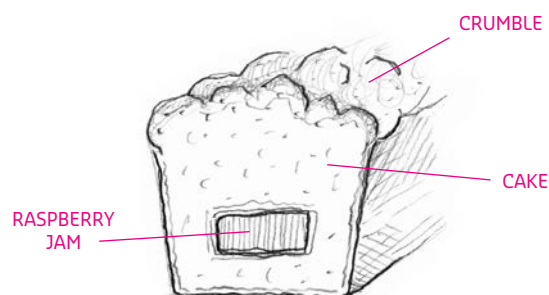
Catania Almond Paste PatisFrance	245 g
Superpomme 38% PatisFrance	250 g
Plant milk	94 g
Inverted Sugar PatisFrance	63 g
Icing sugar	62 g
Flour	421 g
Volcano Baking Powder PatisFrance	19 g
Oil	250 g

Mix with a whisk the almond paste, Superpomme, the plant milk, the inverted sugar and the icing sugar.

Change the whisk by the paddle and add the flour and Volcano baking powder together. Then gently add the oil.

ASSEMBLY AND FINISHINGS

- Fill each classic cake mold with 300 g of cake preparation.
- Soften the raspberry jam and fill the cake with 40 - 60 g of it.
- Close the cake with 50 g of cake preparation.
- Once the crumble is cold, dice it and sprinkle 60 g of crumble on top of the cake.
- Cook it in a convection oven at 155°C for 45 minutes.
- Leave the cake to cool down.
- Make a colored sugar with a red colorant and caster sugar.
- Wet the top of the cake and deep it in the colored sugar.



RASPBERRY TARTLETS

Makes 20 pieces Ø85 mm

SHORTBREAD

Margarissime PatisFrance	250 g
Icing Sugar PatisFrance	170 g
Salt	2 g
Superpomme 38% PatisFrance	70 g
Almond Powder PatisFrance	50 g
flour	420 g

Mix all the powder and the Margarissime. Once it is crumbled, add the Superpomme. Lower at 0.3 cm.

Detail 40 disks at Ø85 mm and cut 20 rings at Ø75 mm inside.

RED FRUIT CUSTARD

Starfruit Red Berries PatisFrance	500 g
Sugar	80 g
Superpomme 38% PatisFrance	100 g
Mervex PatisFrance	45 g
Margarissime PatisFrance	30 g

Bring to a boil the fruit purée, add the sugar, Superpomme and Mervex mixed together.

Cook it like a classic custard. Add the Margarissime and blend. Store at 4°C.

FRUIT GLAZE

Red Napstar PatisFrance	150 g
Water	50 g

Bring to boil and glaze the fruit when it is up to 85°C.

ASSEMBLY AND FINISHINGS

- Bake the rings and disks separately during 15 - 20 minutes at 170°C.
- Spread 20 g of red fruit custard per disk.
- Put the ring on top.
- Cut in half 7 fresh raspberries per tartlet and nicely put them inside the ring.
- Using a brush, glaze the raspberries to keep them fresh.



CHOCOLATE CARAMEL DESSERT

Makes 30 pieces Ø60 mm

BROWNIE

Dark chocolate 64% PatisFrance	340 g
Margarissime PatisFrance	200 g
Oil	90 g
Superpomme 38% PatisFrance	225 g
Elsay PatisFrance	40 g
Flour	188 g
Volcano Baking Powder PatisFrance	5 g
Raw Hazelnuts PatisFrance	225 g

Melt the dark chocolate, the Margarissime and oil at 45°C. Add the Superpomme and the flour, Volcano baking powder and Elsay sifted. Then add the roasted crushed hazelnuts and spread out in a 40 x 60 cm frame. Cook for 15 to 20 minutes at 180°C.

CRUNCHY

Fluid Praliné Hazelnut 50% PatisFrance	270 g
Dark Chocolate 64% PatisFrance	65 g
Corn flakes	90 g

Melt the dark chocolate, add the praliné and the corn flakes. Spread out the crunchy mix on a 40 x 30 cm frame.

CHOCOLATE CREAM

Plant milk	312 g
Plant cream	312 g
Superpomme 38% PatisFrance	100 g
Elsay PatisFrance	18 g
Dark Chocolate 72% PatisFrance	270 g

Bring to a boil the plant milk and the plant cream. Add the Superpomme mixed with Elsay and cook like a pastry cream. Add the dark chocolate and blend. Pour over the crunchy mix.

SALTED CARAMEL

Plant milk	140 g
Patis'Omalt PatisFrance	80 g
Vanilla Pod PatisFrance	2 pcs
Glucose Syrup PatisFrance	120 g
Fleur de sel	6 g
Sugar	120 g
Margarissime PatisFrance (1)	20 g
Margarissime PatisFrance (2)	20 g
Cocoa Butter PatisFrance	60 g

Heat up the plant milk, the Patis'Omalt, the Margarissime (1) and the vanilla pods together. Caramelize the sugar and warm up the glucose syrup. Then, add the warm syrup and the previous warmed up mixture to the caramelized sugar. Cook at 104°C and pour on top of the Margarissime (2), the cocoa butter and the fleur de sel. Mix and keep in a piping bag.

DARK CHOCOLATE MOUSSE

Plant milk	430 g
Elsay PatisFrance	25 g
Dark Chocolate 64% PatisFrance	430 g
100% cocoa paste	71 g
Plant cream	380 g
Plant milk	575 g

Bring to a boil the plant milk and add the Elsay mixed with a part of the milk. Cook like a classic pastry cream, then add the chocolate and cocoa paste and blend. At 45°C, mix with the plant cream and the plant milk.

COCOA GLAZE

Miroir Plus Neutral PatisFrance	1000 g
Cocoa Powder PatisFrance	150 g
Water	150 g

Bring to a boil the water and the Miroir Plus glaze. Add the cocoa powder and blend together. Leave the mixture to cool it down to 35-40°C and then glaze.

ASSEMBLY AND FINISHINGS:

- Detail the brownie at 70 mm of diameter.
- Detail the crunchy and chocolate cream at 50 mm of diameter.
- Fill a 60 mm diameter ring with 30 g of the chocolate mousse.
- Push to the bottom the ring of crunchy and cream.
- Pipe around 10 to 15 g of caramel on it.
- Fill until the top with the mousse and store in a freezer.
- Glaze the cakes with the cocoa glaze and put them on top of the brownies.





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PatisFrance - Puratos

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