

In collaboration with the Hong Kong Culinary Academy

BAKING ESSENTIALS

by Grace Lee



Includes
detailed
step-by-step
photo AND
QR code video
instructions!

Baking Essentials
Author: Grace Lee

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Thank you to the director of the Hong Kong Culinary Academy (HKCA) for enabling this collaboration, as well as giving me the resources and opportunity to create this book.

And special thanks to my family for supporting every step of my journey.



"It takes longer to get that right if you don't get that right at the first time." This quote is often attributed to the famous American computer programmer and businessman, Alan Cooper. That's why a correct foundation of everything is crucial that will save lots of time and resources.

This book is essential, with workable recipes and videos available by scanning the QR code. All of the basic recipes are the foundation of bakery and pastry. It provides easy-to-follow working tools with great tips. For those who want to have a solid foundation in bakery and pastry, it is a must-have.

-- Testimonial by the Hong Hong Culinary Academy

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Preface

by Grace Lee

I am beyond excited to finally present this cookbook, which is an expression of my passion for baking and a project I have poured my heart and soul into for the past year. Baking has been a part of my life for as long as I can remember, and it has brought both myself and the people around me so much fulfilment and happiness over the years. Through *Baking Essentials*, I am able to share the joy of baking to an even wider community, which is a rare opportunity I greatly treasure.

A main goal I wish to achieve through this cookbook is to make baking accessible to everyone, regardless of their background or resources. From firsthand experience, I know how overwhelming baking as a beginner can be, especially without access to special tools or classes. That's why I wrote this book with the mission to provide an easy and affordable way for beginners or people with limited resources to learn essential baking skills and develop their interest.

Baking Essentials features a detailed step-by-step picture guide for all included recipes, some even having QR codes that link to the relevant video tutorial. I found that following visual steps and videos were the most helpful throughout my baking journey, in particular for double-checking specific textures / consistencies and learning certain skills (eg. folding, piping). I have also included tips for steps that I found myself prone to messing up on, and flavour variations that allow readers to customise the recipes. I am confident that these unique additions to my cookbook will help all readers elevate their skills, and enjoy baking to the fullest.

This book is a collaboration with the Hong Kong Culinary Academy, where I had the privilege of learning from some of the best bakers in the industry. I am grateful for the invaluable knowledge and experience that I gained from them, and am thrilled to be able to share some of their tips and tricks with you in this book.

I hope that this book can help you kickstart your baking journey, and provide you with a solid foundation for all of your future dessert endeavours. Whether you're a seasoned baker or a complete beginner, I believe that there is something in this book for everyone.

Happy Baking!



Crème Caramel

Makes 4-6 cups
Oven Temp. 150°C / 300°F

Ingredients

Caramel:

Sugar 100g
Water 20g

Pudding:

Egg Yolk 60g
Egg 150g
Milk 500g
Sugar 90g
Whipping Cream 200g
Vanilla Extract 1 tsp

QR Code to the relevant video tutorial:



1 Preheat the oven to 150°C.

For the caramel:

2



Add sugar and water into a saucepan over medium heat.

3



Swirl the saucepan around slowly to make sure the heat is evenly distributed. Let the mixture come to a boil.

Tips:

Make sure to use oven-safe containers!

You can use oven-safe plastic / glass cups, ramekins etc.

PRO TIP:

Don't use a spatula / other utensils to stir! This will cause the sugar syrup to crystallise.



When the mixture turns into a light golden colour, take the saucepan off the heat and keep swirling the pot. The caramel will keep cooking itself and turn darker.

PRO TIP:

If you want a darker caramel that's slightly bitter (see below for reference), cook it a bit more. But be careful not to burn the sugar!



Pour the caramel into the containers. Make sure the whole bottom of the container is covered by caramel.

For the pudding:



In a medium sized bowl, add the eggs. Whisk until combined, and then set aside.



In a saucepan, add milk, heavy cream and sugar.



Use a spatula to slowly stir the mixture on medium heat until it starts to simmer.



Pour the sugar and milk mixture into the eggs very slowly while constantly whisking the eggs.

ATTENTION:

If the milk mixture is poured in too quickly and the eggs aren't whisked fast enough, the eggs be cooked to curdle.



Use a sieve to strain the mixture and remove any bubbles / curdled egg. (if there are too many curdles, remake it)



Take the containers with caramel from before and pour in the pudding mixture. You can fill the container up to 95% full, since it won't rise much in the oven.

For the water bath:



Pour water (around 2cm tall) into the tray.

PRO TIP:

The water bath helps the crême caramel to bake slowly and evenly. It prevents them from cracking and turning rubbery.



12



Use a spoon to remove any bubbles on the mixture surface.

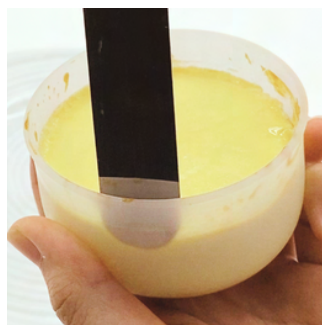
13 Bake for around 45-50 minutes.



WHEN IT'S DONE:

Gently shake the oven tray. The crème caramel should be mostly set, but still a little jiggly in the middle (it will firm up when cooled down).

Unmolding the crème caramel:



Using a small knife / offset spatula, run over the surface of pudding edge.



Cover the pudding with the serving plate.



Flip the pudding over. Hold the plate & container tight while shaking them from left to right.



When the pudding releases, remove the container.

14 Leave out at room temperature until cool, and then refrigerate until cold.



Decorating the Cupcakes

Before decorating: follow the steps on page 20 and fill up a piping bag with the Italian Meringue Buttercream and your chosen piping tip. The examples on this page can be used as references for your designs.



Example 1



Example 2



Pipe some cream out before lowering the tip to form a shell.



Use a large star tip and start piping in the centre of the cupcake.



Use a large star tip and start piping on the right of the cupcake.



Do the same to the second shell.



Pipe 2 swirls (or more) on the cupcake.



Pipe 1 swirl (or more) on the cupcake.



Make a third (or more) shell to form a border around the swirl.



Use a leaf piping tip to add leaves on 3 sides of the swirl.



Use a small star tip and start piping next to the swirl.



Use a leaf piping tip to add leaves between the gaps and swirls.

Cutting Cake Layers



Use a serrated knife to slice off the surface of the cake.



Gently mark the 1/3 length of the cake to separate it into 3 layers.



Gently carve around / mark the 1/3 length of the cake surface.



Slice through the cake in a zigzag motion by cutting into the mark in step 3.



Remove the cake layer on top.



Gently mark the halfway length of the cake.



Gently carve around / mark the 1/2 length of the cake surface.



Slice through the cake in a zigzag motion by cutting into the mark in step 7.



Remove the cake layer on top.

.....Frosting the Cake



Add a large dollop of whipped cream onto the first cake layer.



Use an offset spatula to spread the cream (layer should be around 5 mm thick).



Optional: Pipe a border of cream and fill the layer with toppings that aren't too watery / leak out easily (eg. biscuits).



Stack the second cake layer on top of the cream.



Add a large dollop of whipped cream.



Use an offset spatula to spread the cream (layer should be around 5 mm thick). Repeat step 3 if desired.



Stack the last cake layer on top of the cream.



Add a large dollop of whipped cream and use an offset spatula to spread the cream on the top of the cake.



Apply cream to the sides of the cake.



1 Use an offset spatula to coat the whole cake with a thin layer of the cream (cake layers still visible). This is a crumb coat.



2 Drag the overhanging frosting around the top edge of the cake into the centre for a smooth top. Then chill the cake for 15 minutes.



3 Take the cake out from the fridge and add a large dollop of cream.



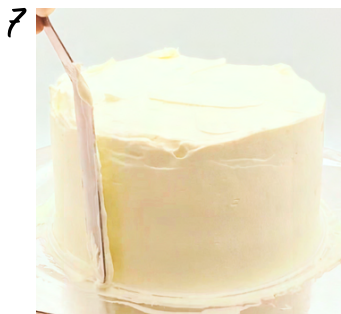
4 Use an offset spatula to spread the cream on the top of the cake.



5 Apply more cream to the sides of the cake.



6 Go around the cake and cover any gaps with more cream.



7 Hold the spatula like the photo above while slowly spinning the turntable to smoothen the sides of the cake.



8 Drag the overhanging frosting around the top edge of the cake into the centre for a smooth top.



9 Go around the cake one last time with the spatula to make sure the cream is smooth.



Oreo Boxed Cake



Add a piece of sponge cake to the bottom of the box.



Cut 3 oreos in half and place them around the side of the box.



Squeeze whipped cream (page 21) between the oreos.



Fill in the bottom layer of the box with whipped cream.



Optional: Add sponge cake chunks (or leftover cake) in the middle of the box.



Add another layer of whipped cream to cover the sponge cake.



Use a knife / offset spatula to spread the cream evenly.



Optional: squeeze a small dollop of whipped cream.



Place a mini oreo / half an oreo on the cream for decoration.



"This book is essential... for those who want to have a solid foundation in bakery and pastry, it is a must have."

- the Hong Kong Culinary Academy



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