



RECIPE

EARTHLY GOODNESS

GOURMET BAKING

Bake & Dine Challenge



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CANADA

“Practice
for improvement”

“Bake and Dine” Challenge (1)

The “Viennese pastry dessert”

Description

Name of the dish

Earthly Goodness

Explanation

A wholesome savoury filling is wrapped by a delicate basil brioche and a sweet potato, and plum laminated dough. A savoury cookie made from dried fruit and mushrooms, with a hint of rosemary compliments this delightful bake and dine dessert.



Nutritional interest

BENEFITS OF RED STAR® NUTRITIONAL YEAST

Quality Digestible Protein, with No Cholesterol

Protein is essential for the maintenance and growth of muscle. In addition to lending strength, muscle is also important for bone density and equilibrium.

B-complex Vitamins

The B vitamins participate in energy production and support the health of the nervous system. They are depleted during times of stress.

Minerals

Minerals facilitate chemical responses throughout the body. Nutritional yeast naturally contains macro-minerals, such as calcium, magnesium, potassium and phosphorous, as well as micro-minerals, such as zinc, copper, molybdenum, iron, selenium and manganese.

Dietary Fiber from Mannan, Beta-glucan and Trehalose

Dietary fiber provides the needed bulk to move waste through the intestines. While the daily value for fiber is 25 grams, most Americans do not consume this amount through the diet.

Glutathione

Glutathione is the body's most important antioxidant. It is found within every cell, where it neutralizes free radicals, supports detoxification and strengthens immunity.

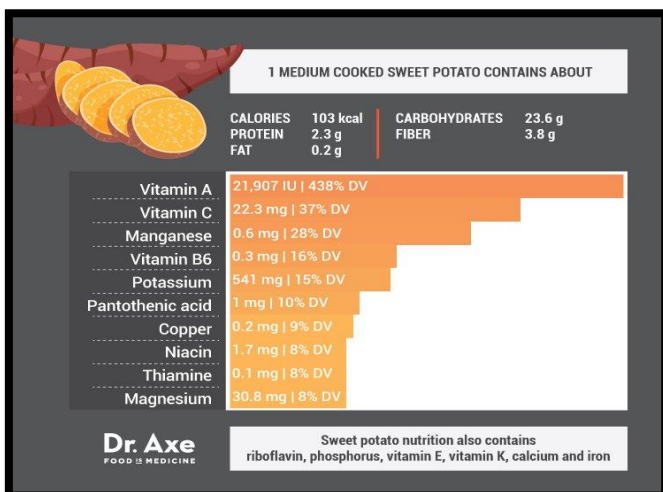
Lecithin

Lecithin is a healthy fat that acts as a building block of cell membranes. It is an excellent source of choline and inositol, B vitamin-like compounds that are involved in the body's transport of fats and that support nervous system function.

“Bake and Dine” Challenge (2)

The “Viennese pastry dessert” Lesaffre Red Star Nutritional Yeast

NUTRITION INFORMATION			
Amounts per 1 ounce (28g)			
Calorie Information			
Amounts Per Selected Serving			%DV
Calories	105 (440 kJ)		5%
From Carbohydrate	34.4 (144 kJ)		
From Fat	12.3 (51.5 kJ)		
From Protein	58.4 (245 kJ)		
From Alcohol	~ (0.0 kJ)		
Carbohydrates			
Amounts Per Selected Serving			%DV
Total Carbohydrate	12.6 g		4%
Dietary Fiber	6.8 g		27%
Starch	~		
Sugars	~		
Fats & Fatty Acids			
Amounts Per Selected Serving			%DV
Total Fat	1.5 g		2%
Saturated Fat	0.4 g		2%
Monounsaturated Fat	~		
Polyunsaturated Fat	~		
Total trans fatty acids	0.0 g		
Total trans-monoenoic fatty acids	~		
Total trans-polyenoic fatty acids	~		
Total Omega-3 fatty acids	~		
Total Omega-6 fatty acids	~		
<small>Learn more about these fatty acids and their equivalent names</small>			
Protein & Amino Acids			
Amounts Per Selected Serving			%DV
Protein	14.6 g		29%
Vitamins			
Amounts Per Selected Serving			%DV
Vitamin A	0.0 IU		0%
Vitamin C	0.0 mg		0%
Vitamin D	0.0 IU		0%
Vitamin E (Alpha Tocopherol)	0.0 mg		0%
Vitamin K	0.0 mcg		0%
Thiamin	16.8 mg		1120%
Riboflavin	16.8 mg		989%
Niacin	98.0 mg		490%
Vitamin B6	16.8 mg		840%
Folate	420 mcg		105%
Vitamin B12	14.0 mcg		233%
Pantothenic Acid	1.8 mg		18%
Choline	~		
Betaine	~		
Minerals			
Amounts Per Selected Serving			%DV
Calcium	196 mg		20%
Iron	0.2 mg		1%
Magnesium	35.0 mg		9%
Phosphorus	0.0 mg		0%
Potassium	0.0 mg		0%
Sodium	9.0 mg		0%
Zinc	5.5 mg		37%
Copper	0.2 mg		11%
Manganese	0.2 mg		9%
Selenium	39.2 mcg		56%
Fluoride	~		



1. Stabilizes Blood Sugar
2. High in Antioxidants
3. Boosts Brain Function
4. Enhances Immunity
5. Promotes Vision Health
6. Aids in Weight Loss

“Bake and Dine” Challenge (4)

The “Viennese pastry dessert” Pesto Brioche

Ingredient	Quantity	%	Production Method
ARW Flour	103	100.0%	Day 1
Water	29	28.2%	Mix levain 12-16 hours in advance @ 16°C water.
Stevia	1	1.2%	Day 2
Salt	3	2.9%	Mix final dough for 5 minutes on 1st and 2 minutes on second. Add Pesto.
Milk Powder	4	3.5%	Flatten out and refrigerate.
Malt	1	0.6%	Sheet dough down to 2mm, , egg wash, then stack cut sections of Sweet Potato Dough.
Fresh Yeast	5	5.3%	Place back in freezer, sheet down to 2.5 mm and wrap around baked filling.
Egg	10	9.4%	Place in mold and proof for 1 hour.
Butter	30	29.4%	Bake for 30 minutes.
Pesto	61	58.8%	
Liquid Levain	36	35.3%	
Total	283	274.6%	

The “Viennese pastry dessert” Viennese Pastry

Ingredient	Quantity	%	Production Method
Winter Wheat Flour	115	44%	Day 1
Whole Grain Flour	144	55.6%	Mix poolish 12-16 hours in advance @ 16°C water.
Fermented Raisin Water	84	32.2%	For 20 - 24hr poolish mix with 12°C water and add 1g salt.
Fresh Yeast	13	5.0%	Day 2
Egg	29	11.1%	Mix final dough for 5 minutes on 1st and 2 minutes on second.
Salt	6	2.2%	Give a 2 hour BFT. Flatten out and refrigerate overnight.
Malt	2	0.6%	Day 3
Butter	9	3.3%	Remove dough from cooler, pin out to 8 x 16" and place in freezer for 30 - 45 minutes.
Sweet Potato	115	44.4%	Remove laminating butter from cooler allowing to warm to 9°C.
Nutritional Yeast	15	5.6%	Lock butter in dough, sprinkle plum powder of butter, and give 2 half turns then freeze for 10 minutes.
Poolish	58	22.3%	Give last turn, freeze for 10 minutes, then place in cooler for a minimum of 30 minutes.
Total	588	226.7%	Place dough back in freezer for 10 minutes then sheet out and make shapes.

“Bake and Dine” Challenge (5)

The “Viennese pastry dessert” Mushroom Yam Filling

Ingredient	Quantity	%	Production Method
Flour	63	100.0%	Melt dark couverture with butter. Whip eggs and stevia in a mixing bowl, then add to melted butter and chocolate. Incorporate dry ingredients. Whisk in yams, nutritional yeast, and mushrooms. Portion 70g into tube and bake for 23 minutes at 180°C.
Egg	115	182.0%	
Stevia	6	10.0%	
Butter	137	216.0%	
Cocoa	9	14.0%	
Baking Powder	2	3.0%	
Dark Couverture	129	204.0%	
Yams	38	60.0%	
Mushrooms	60	94.0%	
Sundried Tomato	13	20.0%	
Mascerated Pear	89	140.0%	
Nutritional Yeast	10	16.0%	
Total	672	1059.0%	

The “Viennese pastry dessert” Dessert Cookie

Ingredient	Quantity	%	Production Method
Flour	125	100.0%	Combine flour, cornmeal, sugar, dried fruit, rosemary, and butter in a bowl with a paddle. Blend until sandy, then add yolks and vanilla, mix until it comes together.
Cornmeal	95	76.0%	
Sugar	83	66.7%	
Dried Fruit Blend	83	66.7%	
Rosemary	3	2.0%	
Butter	119	95.3%	
Vanilla	2	1.3%	
Egg Yolk	28	22.0%	
Total	538	430.0%	

The “Viennese pastry dessert” Dessert Cookie

Ingredient	Quantity	Bakers %	Production Method
Ingredient	Quantity	Bakers %	1. Melt Chocolate, add almond pieces and grapeseed oil. 2. Dip baked pastry into chocolate and place on base.
Chocolate	228	303.0%	
Almond Chunks	65	87.0%	
Grapeseed Oil	65	87.0%	
Total	358	477.0%	

“Bake and Dine” Challenge (6)

The “Viennese pastry dessert”

Argument



Physical and flavour characteristics

A crunchy exterior with flavors of plum, basil, sweet potato first hit the palate, followed by the savory, mushroom and chocolate flavor of the filling with the moistness of maserated pears in Canadian Ice Wine



Product assessment indicators

A moist flavorful filling is wrapped with a basil brioche dough which has a layer of laminated sweet potato dough. Many natural ingredients like mushrooms, sweet potato, sundried tomato, pear, corneal, rosemary, basil, nutritional yeast, and pears all work together to make a healthy savoury pastry.



Source of inspiration

The inspiration for this savory product comes from the quality of the ingredients. Nutritional yeast is extremely high in Vitamins, and a staple of Vegan diets providing a mildly cheesy flavor, and sweet potatoes, have 10 times the nutritional value of a potato.



Conditions of integration of the viennese pastry in the dish

I wanted to feature wholesome and healthy ingredients from the land, but needed healthy ingredients to make a pastry from. I chose sweet potatoes and nutritional yeast, and naturally fermented raisin water to create a delicate exterior of the pastry.



The role of the viennese pastry in the dish

The exterior of the pastry is a has delictes layers of plum and basil in a laminated pastry and a rich brioche dough. The viennese pastry provides a nice crunchy texture for the dish.

“Bake and Dine” Challenge (7)

The “Viennese pastry dessert”

Marketing interest

Targeted market

Working in a Polytechnic Institute our target market is our students and staff. The pastry is a nice individual portion size for a student or staff who would like a quick pastry.

Evaluation of the market size

We have approximately 17000 students and 3000 staff on campus. Of which 50% work and attend classes on our main campus.

Potential sales price

Our potential sales price would be \$3.99ea.

Nutritional interest

Analysis / Nutritional value final product		
Per serving (90g)		
	Amount	Daily Value (%)
Calories	340	
Fat	18 g	28
Saturated	9 g	46
Trans	0.2 g	
Cholesterol	70 mg	
Sodium	330 mg	14
Carbohydrate	38 g	13
Fibre	4 g	16
Sugars	9 g	
Protein	8 g	
Vitamin A		25
Vitamin C		2
Calcium		4
Iron		25