

Introductory Course to Sugar Free Pastry

Join the world of sugar-free pastry



Presentation

On this online course, you'll learn the key elements of **sugar-free pastry** by understanding what **alternative ingredients there are and their functionality in the recipes**.

- ✓ You'll learn how to elaborate 6 healthier, more nutritious sugar-free pastry recipes, step by step.
- ✓ You'll discover new alternative ingredients without giving up flavor and texture.
- ✓ You'll get to know the keys for obtaining delicious, appealing results.



Key features



Modality

100 % online and at your own pace



Start of the course

As soon as you register, you will immediately access the course content



Jordi Bordas certificate

Get a pastry certificate issued by Jordi Bordas' Pastry School.



Theory dossier

Downloadable PDF recipe dossier



Includes

25 theory and practical lessons



Duration

More than 2 hours of high-resolution videos



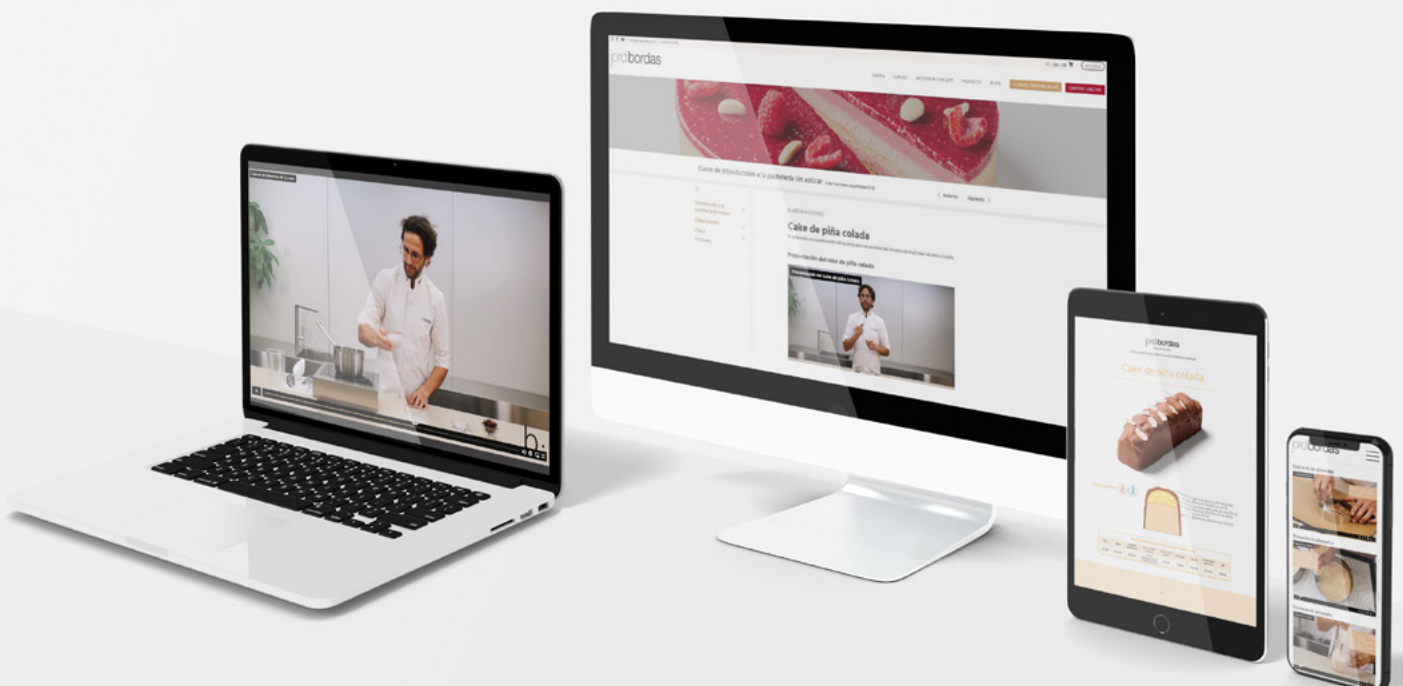
Instructors

Jordi Bordas and Pamela Jiménez



Price

75 € + taxes





Aimed at

You want to elaborate sugar-free desserts at home, or rather in your pastry shop, restaurant, or hotel, and you want new options to offer to your clients.

- ✓ You want to be up to scratch with the newest alimentary trends.
- ✓ You're eager to learn how to make different, conscious pastry that's adapted to the consumers' needs.
- ✓ You want to learn how to use alternative ingredients, apt for a healthier diet.
- ✓ You're passionate about pastry and want to discover a newer vision of traditional recipes.

Syllabus

MODULE 1

In the first part of the course, we'll give a brief introduction of the basic ingredients in sugar-free pastry, understanding their origin and functionality within the recipes designed for this course, so as to then substitute ingredients correctly in traditional recipes.

Introduction to sugar free pastry
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What is sugar free pastry?

Sweeteners in sugar free pastry
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In the second part, you'll learn how to elaborate different sugar-free recipes, such as an entremets, cakes, and cookies. We'll work with different textures like mousses and creamies, always respecting the main ingredient so as to enhance its flavor, aroma, and properties.

Sugar free pastry elaborations

Entremets

Cakes

Cookies

MODULE 2

Pastry elaborations

Raspberry and white almond tart



An entremets for which we have designed a sugar-free almond sponge cake with a smooth, spongy texture. We've created a contrast with the zingy flavor of the raspberry and the creaminess of the almond.

From bottom to top, we find an almond crunchy, an almond sponge cake, an almond creamy, a raspberry compote, a raspberry mouse, all topped off with whole almonds and fresh raspberries for decoration.



MODULE 2

Pastry elaborations

Cookies



We elaborate three different types of sugar-free cookies: one with a raspberry gelée, one with cacao and hazelnut, and one with almond and 40 % ChocoCoco. In this lesson, we show you how to create your own sugar-free chocolate from scratch.



Cakes



We elaborate two different types of cakes: a pineapple and coconut cake, and a hazelnut and cacao cake.

For each of these products, we achieved the proper substitution of classic pastry ingredients, like sugar, with healthier options, always respecting the flavor and balance of our recipes.



Downloadable materials

The course includes a 50-page PDF dossier with the course's theory and recipes.



jordi**bordas**
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INTRODUCTORY COURSE TO SUGAR FREE PASTRY

Cocoa and hazelnut cookies



recipe for 8 cookies

NUTRITIONAL VALUES PER 100 G				
Kcal	Water	Carbohydrates	Protein	Fats
460.19	11.94%	47.17%	7.15%	20.40%
		of which: sugars		of which: saturated
		4.28%		13.03%
		natural: 4.50%		
		added: 0.00%		
NUTRITIONAL VALUES PER COOKIE (70 G)				
322.13	8.36 g	33.23 g	5.01 g	14.28 g
		of which: sugars		of which: saturated
		3.21 g		9.12 g
		natural: 3.21 g		
		added: 0.00 g		

Cocoa and hazelnut cookies

RECIPE

Cocoa and hazelnut cookies

213 g Whole rice flour (sieved)
93 g Almond flour (sieved)
14 g Cocoa powder (sieved)
1.5 g Baking powder (sieved)
140 g Powdered psyllium
240 g Vegan butter (sieved)
40 g Water (at 20 °C)
1 g Stevia leaf
74 g Whole hazelnuts, unsweetened (chopped)

Mix the rice flour, the almond flour, the cocoa powder, the psyllium, the baking powder and the salt in a standing mixer at a low speed with the paddle attachment.

Add the oligosaccharose and mix until a homogeneous texture is obtained.

Cut 70 g dough portions, roll them with your hands on a tray lined with baking paper. Flatten the dough in a ventilated oven with the vent open. Bake for 20 minutes and bake at 160 °C and bake for a further 5 minutes.

21.30 %
9.30 %
1.40 %
0.40 %
0.35 %
14.00 %
23.60 %
7.40 %
0.10 %
7.40 %

Registration

Your registration includes:

- ✓ Immediate access
- ✓ Downloadable material in PDF
- ✓ High-quality video lessons
- ✓ 2 hours of detailed recipe instructions
- ✓ 24 months access period

Price

75 € + taxes that are calculated upon the enrolment, depending on your country of residence.

The companies from European Union that have a valid VAT number and the residents of Canary Islands, Ceuta and Melilla, as well as residents of countries outside of the EU, are exempted from paying any taxes.

Enrollment and more information on our website:
www.jordibordas.com

Frequently asked questions

How long does the course take?

The course is 2 hours long and you can access the content for 24 months from the time of your registration.

Can I start whenever I want?

Yes, you can access immediately after your registration.

Will I be able to download the videos?

No. Since the videos are in full HD, it is impossible to send you the videos or to give you the option to download them. However, the platform is adapted so that you can watch the videos from different devices with an internet connection, always preserving the same quality.

Will I be able to download the recipes and other PDF materials?

Yes, you can download all the documents in PDF so that you can save them on your devices or print them whenever you want.

Do I need to have previous experience or knowledge?

It is not necessary for you to have previous experience or knowledge, although it is important that you are eager to learn!

Is this course for pastry professionals?

You want to make vegan desserts at home, or if you work in a pastry business, restaurant, or hotel, and you want to offer new options to your clients.

Is it a theoretical or a practical course?

The course is 40 % theoretical and 60 % practical. It's made up of two big blocks; the first is dedicated to sugar-free pastry, where we study the key ingredients for this type of pastry, and the second is dedicated the elaboration of recipes, in which we put everything into practice y preparing 6 pastry products with varying textures and flavors, step by step.

Can I complete the modules in the order that I want to?

Yes, although we recommend that you follow the order proposed in the course program.

Do I need a computer to take the course?

You can use a mobile phone, a tablet, or a computer with an internet connection, although our recommendation is that you have a computer to better view the content.

How do I sign up?

In the registration section of this page, you must select the language in which you want to take the course and click on the “Registration” button that will redirect you to the payment gateway. There you must follow the steps to register for the course.

I am having problems when making the payment, what do I do?

Since we receive students from all over the world, sometimes the system blocks the payment for a security issue, both by our banking entities and by that of the clients. If you find yourself in this situation, you can contact us to find the best solution by sending an email to info@jordibordas.com or by calling +34 93 611 20 70.

Do the prices on the web include VAT?

Depending on the residence of each student, the corresponding tax will be applied according to current regulations.

Will I get a certificate?

We can send you a certificate confirming that you completed the course in our school once you have finished, at your request. You can write us at info@jordibordas.com and we will need your name and surname.

Can I cancel my registration?

As this is an Immediate Access course, you will not be able to cancel the registration.

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