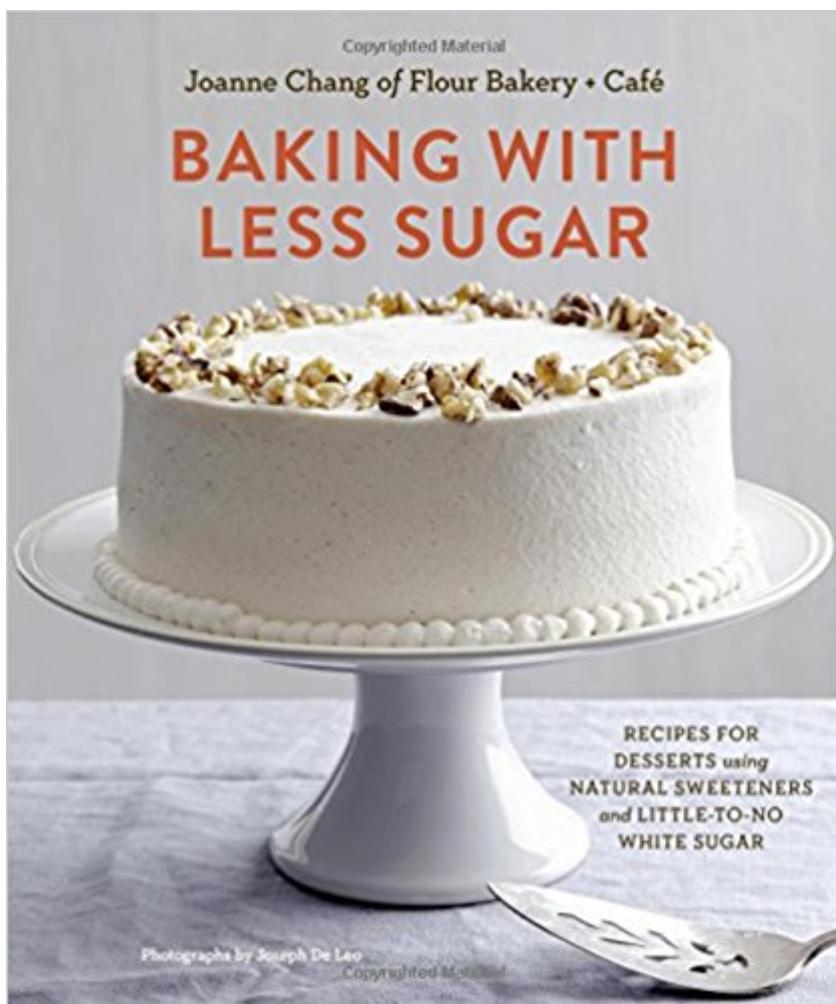


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# Baking With Less Sugar: Recipes For Desserts Using Natural Sweeteners And Little-to-No White Sugar



## Synopsis

Trust Joanne Chang—beloved author of the bestselling *Flour* and a Harvard math major to boot—to come up with this winning formula: Minus the sugar equals plus the flavor. The 60-plus recipes here are an eye-opener for anyone who loves to bake and wants to cut back on the sugar. Joanne warmly shares her secrets for playing up delicious ingredients and using natural sweeteners, such as honey, maple syrup, and fruit juice. In addition to entirely new go-to recipes, she's also revisited classics from *Flour* and her lines-out-the-door bakeries to use minimal refined sugar. More than 35 mouthwatering photographs beautifully illustrate these revolutionary recipes, making this a must-have book for bakers of all skill levels.

## Book Information

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## Customer Reviews

"Let's kick sugar to the side and dig deeper into our kitchens and cupboards to discover other balancing acts and sweeteners that challenge what can really embolden a recipe. What results is a deeper connection, a more compelling depth of flavor, and complex baked goods and desserts that are all the more irresistible as the absence of sugar makes way for more flavors to come forward—exactly what Joanne does best." - Christina Tosi, author of *Momofuku Milk Bar*

Joanne Chang is the pastry chef-owner of *Flour Bakery + CafÃ©* in Boston. Joseph De Leo is a food photographer based in New York.

Both as a response to requests of longtime customers and to address her husband's sugar

sensitivity- and, it seems, because of the intellectual challenge required- Chang rejiggered some old favorites to use less sugar. In many cases, Chang keeps the basic structure of a recipe but simply reduces the amount of sugar. (If you've ever put more than a cup of sugar into a cake recipe, you'll be relieved to know that you can get away with as little as a third of a cup to achieve the same results in structure and lose very little in taste.) In other cases, Chang uses "natural" alternatives, including honey, maple syrup, dates and fruit juice concentrates; she does mention stevia's properties, but (thankfully) doesn't use it in baking because stevia is only a sweetener and doesn't work as a stabilizer. Finally, she relies on the natural sweetness in some common ingredients, including dairy cream, coconut milk and vanilla. (Is vanilla, even in seed/paste form, sweet? I don't think so, but because so many of us associate the flavor with sweetness, psychologically that's enough to convey it without extra sugar, at least in whipped cream.) As someone who has been baking for a family for decades, I've known for quite some time that much of the sugar could be reduced without a problem- in cakes. I was particularly impressed by what Chang could do with frosting. The "cover model" is a carrot cake with cream cheese frosting; as anyone who has ever made a cream cheese frosting knows, it becomes softer more quickly and sometimes requires more sugar than buttercream frostings to help hold its shape. Chang uses a combination of vigorous beating and heavy cream to achieve an impressively similar result. Highly recommended for home bakers who want to use less sugar.

I have enjoyed the recipes in the book we have tried so far. I agree with some of the other reviews which question categorizing this book as featuring truly healthy recipes, but it's a terrific alternative to desserts that are drowning in sugar. We just had the blueberry nectarine pie and loved it. There is still a stick of butter in the crust which is made with white processed flour, but the sugar is limited to four tablespoons, considerably less than most pie recipes which can often range from 1/2 cup to one cup of sugar. The frozen Greek yogurt has become a staple in our house, as it can be prepped in just five minutes before going into the ice cream maker. If the fruit is sweet enough, I often don't even need to add any sweetener at all. I did find the tropical tapioca to be too sweet for my taste, but modified it by eliminating the apple juice concentrate and adding in just a small amount of organic honey. I think many of us have grown up with our food chock full of sugar, and it's nice to find out that food can be just as tasty or even better by cutting down the sugar. These will continue to be just once in a while treats in our house, but I do like baking with less sugar or by using natural sweeteners.

My goal was to cut down on the sugar we were consuming with desserts. I'm not totally giving up yet, but after spending five hours over two days on one recipe and having it turn out tasting like really dry, and crumbly fruitcake, I have my doubts. I made the "cake" shown on the cover and followed the directions precisely. It looked beautiful!! Everyone was excited to try it. The icing was fairly tasty but the cake.... oh my, the family simply ditched it after making supportive but lukewarm comments, grimacing as they tried to down bites. The author described it as amazingly wonderful (not her exact words). I think she's kidding herself. I would rather simply forego dessert and actually that's what we are doing to cut down on sugar. I will NEVER make that recipe again but might try another, so the three stars could go higher --- or lower. Am reserving final judgement. (But I truly do not think reduced frozen grape juice is a good sugar substitute. I'd rather use some form of stevia.)

I like the author's presentation of her recipes in her first book with detailed descriptions of what to look for to know that the procedure was done properly. Because I love cakes and pastries but I limit the amount of sugar and calories in my diet, this book is definitely a great addition to my collection.

I so wanted to love this book. And in some ways, I do. I love the Chang's voice. Her introductions to the recipes often take on a memoir tone and are a delight to read. I've opened this book dozens of times to comb through the beautiful photographs and daydream about what to make. I want to buy "Flour" and "Flour too". I'm sure I would read reference these cookbooks constantly. Unfortunately, after trying 5 different recipes from "Baking with Less Sugar", I am throwing the book in the garbage: not a single recipe has been edible. If you're going to make a cookie, make a cookie. Make one from one of Chang's other fabulous cookbooks. Otherwise, eat a banana or a piece of dark chocolate and go on with your day.

Joanne Chang books are always a must, and this does not disappoint, thank you for more terrific recepies and techniques!

I love the Flour cook books and this is a great way to satisfy my sweet tooth without white sugar.

Great find!! The recipes are wonderful - taste great and you wouldn't know the sugar had been reduced. Thanks to Joanne Chang for all her hard work. A definite must-have if you want to cut back on sugar!

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