



By: Kirsten Tibballs

# Food Fashions



Australia's chocolate and patisserie trends are largely influenced by new developments overseas, particularly from France which is indeed the home of artisan style pastries and other delicacies. My role as Callebaut Ambassador requires me to travel regularly to Europe and many countries throughout Asia. It is always exciting to see new creations and I am always incorporating these new trends into my short courses at Savour Chocolate & Patisserie School.



I judged the Barry Callebaut World Chocolate Masters competition last October in Paris and was fortunate enough to witness 20 of the best pastry chefs in the world in action. The biggest change I noticed with patisserie based products was everything was shaped in a square including gateaux, tarts and even choux pastry. The gateaux were not just square and flat but formed in a perfect cube in a variety of sizes.

I also noticed a move away from silicon moulding and a greater use of latex for chocolate sculptures. The desserts are no longer an individual portion on a plate but a range of small individual delicacies, such as the Italian competitor who used a Ferrari theme and used a podium and the first, second and third places as a sequence to consume his amazing creations.

Verrines is another new product I found in every patisserie, they replace a percentage of the Petit Gateaux sold. These are contemporary layered master pieces with a multitude of flavours and textures all encased in a disposable glass packaging for consumers to take home.

One I tried had a crunchy praline base followed by caramelised apricots and a layer of caramel cream topped with a vanilla bavaroise.

Macaroons have also been incredibly popular in Europe recently and patisseries in Australia have been quick to integrate these into their range. The macaroon is one of the most difficult products to perfect, so here are a few tips to help you get consistently impressive results:

- Separate eggs the day before and bring to room temperature two hours before making.
- By adding cream of tartar, it prevents egg whites from becoming grainy. An egg white gets grainy when its water molecules disassociate from the albumin ones.
- Knead your dough mixture until it becomes smooth and shiny. You don't want it to spread too much, if the dough is too light the macaroons will lose their round shape.

I have incorporated these new trends in our courses at Savour Chocolate and Patisserie School. Following is a list of popular courses in the coming months:

- **Petit Gateaux**  
Wednesday 5th November \$240
- **French Style Gateaux**  
Thursday 6th November \$240
- **Verrines**  
Wednesday 12th November \$232
- **French Macaroons**  
Saturday 31st January \$235

Savour Chocolate & Patisserie School will be moving to a new, custom built facility late October. For more details visit our website or simply give my team a call during business hours.

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