

# From the Director's Desk



By Sandy Folsom

Another Wilton School year is coming to a close. It has been a busy, busy year since it first began in January!

If you are looking for a gift to give someone special or receive one yourself, a Wilton 1-day class is sure to please. You can contact Jennifer Steele, our school coordinator at 630-810-2888 or email her at [jssteele@wilton.com](mailto:jssteele@wilton.com) for more information about this great gift idea.

Impress your holiday guests with a delicious Bûche de Noël. A Bûche de Noël is a traditional dessert served near Christmas in countries such as Belgium, Canada, Lebanon, Vietnam and former French colonies. As the name indicates, the cake is generally prepared, presented and garnished to look like a log ready for the fire. The traditional bûche is made from génoise or sponge, filled and frosted with chocolate buttercream to resemble a log. Those of you who took a Master's class may have been lucky enough to sample one of Lorena's sponge cakes! In this

class you will learn to make the perfect sponge cake. What could be tastier than to learn how to make an edible Christmas centerpiece?

Another traditional French pastry often served at weddings, baptisms and first communions is the Croquembouche. It is very impressive to see a cone-shaped stack of choux filled with wonderful pastry cream and drizzled with strands of caramel. A sugar artist's delight! With edible centerpieces to wow your guests, or for holiday gift-giving, your gifts and parties will be more memorable.

Consider taking the following classes:

- Petits Fours and Mini Cakes**—November 17 with instructor Debbie Friedman
- Fondant for the Holidays**—November 28 with instructor Lorena Hernandez
- Holiday Hard Candies, Lollipops & Sugar Art**—December 1 with Laurie Bradach
- 3-Day Fondant Modeling for the Holidays**—December 5-7 with Lorena Hernandez

Good changes have happened at [wilton.com](http://wilton.com). Some of our classes listed on our website now have an informative video that shares what to expect in that class and some of the many things my staff members do behind the scenes. Check out the videos online for these classes: The Master Course, Introduction to Gum Paste or Rolled Fondant, Advanced Sugar Artistry and Sugar Showpieces with Laurie Bradach, Hands-On Baking Workshop, Gum Paste & Fondant with Colette Peters, and Kids' Baking & Decorating Camp.

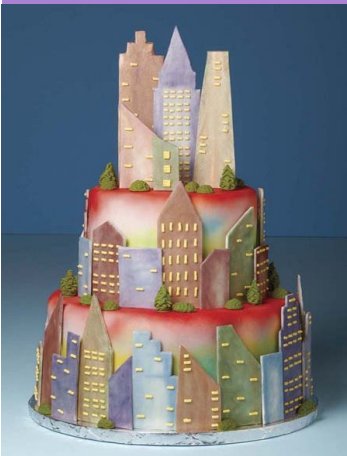
In 2011, we have added two countries that are now represented on our world map...Angola & Iceland. We still have one more Master Class in Darien October 31 and I see we have students coming from Brazil, France, Italy, Nigeria, Hong Kong and Kuwait. If you are contemplating taking a course in 2012, sign up early to avoid disappointment.

Debbie will be teaching a Master's Course in Chihuahua, Mexico October 17-27 and I will be doing the same in Amsterdam October 18-28. Next year I will be in Lisbon, Portugal February 6-16 and Rome, Italy April 30-May 10.

Please send us news, accomplishments and time-saving tips. It's the only way we know what you've been doing since you have taken classes here at the Wilton School.



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# Confection Connection

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While in Portugal in January, I had a student, Irene Kucma from Monaco, who thought she would start off slowly, but that hasn't been the case. Not only is she baking and decorating cakes and muffins, but she was invited to speak and demonstrate "specialized cakes". She attributes her success to her enjoyment of baking & decorating, being a self-confessed cakeaholic, and the Master Course at Wilton. Check out this article about Irene...<http://www.cityoutmonaco.com/monaco-food-drink/articles/irene-kucma-cakes>

Flavia De Angelis from Bari, Italy says she is so busy that she now employs her husband to keep up with the pace. He has already signed up for a Master's Course so he can decorate instead of only prepping. Log on to her website: <http://www.italiancupcakes.it/it/index.asp>

Also, please check out some pictures on this website of a former student, Maral Ataman from Istanbul, Turkey...<http://www.maralscakery.com/>

If you took classes in the past, or you are new to The Wilton School, we encourage you to check out all of our course offerings for 2012. There is sure to be a class that will interest you!

## Bake Decorate Celebrate Website

### Projects for Every Decorating Skill

By Gretchen Homan, Test Kitchen Director

Seems like whenever it's time to write for the newsletter, we've just completed taping a new season of our Public Television show Bake Decorate Celebrate. With the completion of tapings, only a small part of the project is complete. It's now time to write up all the projects we've shown in Season 900 for our website, [www.bakedecoratecelebrate.com](http://www.bakedecoratecelebrate.com).

This season, 60 new projects, 11 new recipes and 12 completely new decorating techniques were shown in the 13 episodes that featured fun themes like Fantasy, Silly Serpents, Edible Art and Love, Marriage, Baby Carriage.



While I'm always impressed with the large or intricately decorated projects, like Spectacular Cityscape Cake or Artist's Garden Brushed Embroidery Cake, I think my favorite of this past season was the Origami Cake. My second favorite? ...Rings Around the Dessert.

Not sure why these stand out. Is it the pure simplicity, the multiple colors or the fact that someone with minimal decorating experience could achieve either of these fancy fondant decorated cakes?

Check out the [www.bakedecoratecelebrate.com](http://www.bakedecoratecelebrate.com) website for instructions for these and all the impressive creations we've demonstrated on the show! Tell us your favorites!

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# No Gluten...No Problem

## Baking Gluten-free

By Carla Shuit RD, LDN, MPH-Food and Product Regulatory Specialist

Baking cookies, pies or cupcakes for a gluten-free diet may sound like a complex task to many. However, by learning the basics about gluten free ingredients, how they work in recipes and what they taste like, you will be amazed at just how many mouthwatering treats you can create for you and your family.

About 1 in 133 people are diagnosed with Celiac Disease preventing them from consuming typical baked products containing gluten. Gluten is a protein in wheat, rye, barley and oats that provides texture and elasticity to bakery items. Although the availability of gluten-free items in the market place is increasing, people often still prefer to bake at home. There are many gluten free flours out there: amaranth flour, buckwheat flour, corn flour, quinoa flour, brown/white rice flour, millet flour, montina flour, soy flour, coconut flour, sorghum flour, almond flour, potato flour, tapioca flour (also known as tapioca starch) and chestnut flour. A couple of things to consider when attempting gluten-free baking at home:

1. Gluten-free flours work best when combined as a mixture, not as individual flours. Determining what flours to mix together depends on the desired outcome (e.g., cake, bread, pizza crust).
2. Always sift flours to prevent clumping.
3. Gluten-free baked goods tend to stick more to the pans. Make sure to line with Wilton Non-Stick Parchment Paper or grease pan well.
4. Liquids may be absorbed differently due to the blend of flours. Adjust liquids in recipes, as needed, according to the flours that were used.
5. Baking times may vary depending on flours, moisture and altitude. Always start at the lower end of the baking times. You can always add time but can't take it back.
6. Don't forget decorating! Wilton has a great selection of icing decorations, sprinkles, color mist, icing colors and more that are perfect for adding something special to your gluten-free treat.

**HAVE FUN!** Use [this](#) opportunity to be creative and experiment with favorite flavors and mixes.

*Celiac Disease Foundation* (2011). Retrieved October 4, 2011, from [http://www.celiac.org/index.php?option=com\\_content&view=article&id=5&Itemid=11](http://www.celiac.org/index.php?option=com_content&view=article&id=5&Itemid=11)

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## In the Classroom...

As of May 2011, with the release of Wilton's New Gum Paste Flower Cutter Set, the *Introduction to Gum Paste* class has been updated to include the hydrangea, Stargazer Lily, Dogwood and simple blossoms. The rose, orchid, daisy, stephanotis and Calla Lily are still part of the curriculum, all using the cutters from the new kit.

Along with the Gum Paste Flower cutters, students will use the 2 piece Flower/Leaf Impression set to create and add dimension to create more life-like flowers and leaves.

This class is geared to the beginner student so you don't need to have any gum paste experience before coming to this class. After attending the 4-night class, you won't be intimidated by gum paste flowers again. Sign up for a class soon so you can amaze your family and friends with your own beautiful life-like gum paste flowers!



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# Recipes

## **Pumpkin Roll Cake**

Makes about 16 servings

### **Ingredients:**

- 3/4 cup all-purpose flour
- 2 teaspoons pumpkin pie spice
- 1 teaspoon baking powder
- 4 eggs, separated
- 1 cup granulated sugar, divided
- 2/3 cup canned pumpkin (not pumpkin pie filling)
- 1 tablespoon lemon juice
- 1/2 cup ground pecans

### **Filling & Icing:**

- 1 package (8 ounces) cream cheese, softened
- 4 squares (1 ounce each) white chocolate
- 1/3 cup caramel ice cream topping
- 6 cups thawed, frozen whipped topping or 2 cups of fresh whipping cream, whipped
- Pecan halves

### **Instructions:**

#### Step 1

For the cake, preheat oven to 375°F. Line base of 11 X 17 inch jelly roll pan with parchment paper.

#### Step 2

In medium bowl, sift together flour, pumpkin pie spice and baking powder. Set aside. In large bowl, beat egg yolks until frothy with electric mixer. Add 1/2 cup sugar; continue beating 3-5 minutes. Add pumpkin and flour mixture; mix until well combined.

#### Step 3

In separate bowl, beat egg whites until frothy with electric mixer. Add lemon juice; continue beating 2 minutes. Gradually add remaining 1/2 cup sugar; continue beating until soft peaks form. Sprinkle ground pecans over egg whites; gently fold in. Fold yolk mixture into egg white mixture. Spread into prepared pan.

#### Step 4

Bake 20-25 minutes. Remove cake from oven. Gently loosen edges of cake from pan. Carefully turn cake onto cooling rack lined with a clean kitchen towel. Cool cake 3-5 minutes. Carefully remove parchment paper. Starting at a short edge, roll up cake with kitchen towel. Transfer rolled cake to cooling rack; cool completely.

#### Step 5

For icing, in large bowl, beat cream cheese, melted chocolate and caramel topping with electric mixer. Gently stir in whipped topping. To fill cake, gently unroll cake. Spread about 1/3 of the icing evenly over surface. Gently re-roll cake (without kitchen towel). Trim off ends of roll using serrated knife. Transfer to serving platter.

#### Step 6

Spatula ice pumpkin roll. Alternate rows of pecan halves and tip #21 icing shells.

#### Step 7

Cover and refrigerate 2-3 hours or until ready to serve.



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Some other things of interest to check out:

- The results of the Tulsa, Oklahoma Sugar Competition, Oct 1-2, 2011
- Annual National Gingerbread House Competition, Grove Park Inn, Asheville, NC, Nov 14, 2011
- Cake International, Birmingham, England, Nov 4-6, 2011
- Cake-a-Lot, Knights of the Turn Table, Austin, TX, Feb 25-26, 2012