



keiko ishida was born and raised in Tokyo, Japan. To further her passion for pastry, she went to Paris, France, to attend the Ritz Escoffier School, the Lenôtre Culinary School and the Bellouet Conseil Gastronomique School, and apprenticed at the famous Le Triomphe bakery. Back in Japan, she worked with the renowned baking instructor, Mrs Chie Kato, before setting up her own baking school, atelier K, where she made dreams come true with her beautifully crafted wedding cakes and desserts.

In 2003, Keiko relocated to Singapore and started conducting pastry classes where she gained a large and loyal following. Her first cookbook, *Okashi: Sweet Treats Made with Love* is a bestseller.

Today, Keiko lives near the ocean in Kanagawa prefecture, next to Tokyo. She has her own space in her house for baking classes, aromatherapy classes and astrological counselling.



For Review

sutekina okashi

more treats from Keiko's Kitchen

Sutekina okashi means "lovely sweets" in Japanese. This is talented baker Keiko Ishida's follow-on title to her bestselling **okashi: sweet treats made with love**. In this collection, Keiko shares new ideas for making even more tempting confections using French-style baking techniques and Japanese flavours. She also includes a section on astrological herbal treats made using ingredients and herbs linked to the zodiac signs, to inject fun and exciting flavours into baking.

With easy-to-follow recipes, step-by-step pictures and essential information on baking techniques, this book provides the necessary guidance that new bakers will appreciate, while delighting all who love baking with its delightful range of recipes.



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Cuisine



keiko ishida *sutekina okashi* more treats from Keiko's Kitchen

Marshall Cavendish Cuisine

ew@sutekina okashi

more treats from Keiko's Kitchen



By **BESTSELLING AUTHOR**
keiko ishida

Discover more sweet treats in
okashi: sweet treats made with love



Basic recipes for sponge and chiffon cakes, pastry creams and pastry dough



Popular, timeless favourites such as French-style Strawberry Cake, Caramel Nut Tartlets and Rum Fruit Cake



Healthy sweets (made without eggs, dairy and refined sugar)



Special treats for pets

For Review Only

sutekina okashi

more treats from Keiko's Kitchen

keiko ishida



For Review Only

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For Review Only

contents

06

acknowledgements

08

introduction

10

baking basics

12

basic equipment

26

basic ingredients

34

new creations
(western pastries with a japanese touch)

62

all-time favourites

114

astrological
herbal treats

140

weights and measures

For Review Only

introduction



It has been seven years since my first book, *Okashi: Sweet Treats Made with Love*, was published in Singapore in 2009. That was my first attempt to document all the sweets I have been making since childhood. It was unbelievable for me, being born and raised in Japan, to produce a book in English. Shocking as it was, this extraordinary event led me to think it was meant to be. The book continues to be a bestseller and it clinched an award at the Gourmand World Cookbook Awards that year. Now, I'm extremely happy to present to you my second book in English, *Sutekina Okashi: More Treats from Keiko's Kitchen*.

The Japanese word, *sutekina*, means lovely or charming, and *okashi* refers to home-made sweet treats. It is my hope that when you present your loved ones and friends with treats made using recipes from this book, they will exclaim, "Wow! What a lovely treat!" ("*Sutekina okashi!*")

In *Okashi*, I shared basic recipes. In this book, I share recipes that are more exquisite in taste and appearance. It is my hope that you will use your skills honed from making the treats in *Okashi* to create these new treats in *Sutekina Okashi*.

In the first section, New Creations, you will find western-style treats made using popular Japanese ingredients such as green tea, red bean paste and soy bean powder. I hope you will enjoy these flavours as much as I do.

The second section features all-time favourites. Although the treats may seem familiar, I add a Japanese touch to the recipes, including using Japanese techniques for softer textures and using less sugar.

In the third section, I invite you into the world of good luck treats. This is a marriage of herbal therapy and astrology, both of which I have a deep interest in. Just for fun, try them out on yourself, family and friends.

I don't have my own patisserie nor am I a highly skilled chef. And for those of you who are like me, we can in our own way, make simple, tasty treats straight out of the oven, the home-baking way. It's possible with decoration and presentation to make refined treats from simple recipes. And most importantly, these treats can bring happiness to our loved ones and friends.

The scent of baking in the kitchen is like aromatherapy. The smell of lemon, butter and custard when whisking lemon curd is so tempting. These are just simple examples of how wonderful it is to bake.

May this book inspire you to bake and bring tons of joy and happiness to you and those around you.

With love from a small kitchen near the sea,

Keiko

For Review Only

new creations
(western pastries with a japanese touch)



36

green tea soufflé
cheesecake

38

polka-dotted green tea
roll cake

40

pumpkin cake

42

green tea pound cake

44

yuzu chiffon cake

46

mille crepe with black
sesame cream

48

green tea/black sesame
scones

50

red bean coconut pie

52

black sesame soy bean
pudding

54

black sugar crème
caramel

56

kinako shortbread

58

green tea cross cookies

60

galette nantaise kinako

For Review Only

green tea pound cake

Makes one 24 x 8-cm cake



- Pastry flour** 110 g
- Baking powder** 1/2 tsp
- Green tea powder** 10 g
- Unsalted butter** 120 g,
at room temperature
- Icing sugar** 120 g
- Salt** a pinch
- Eggs** 120 g
- Japanese chestnuts in syrup**
(*kanro-ni*) about 15 pieces +
more for topping
- GREEN TEA ICING**
- Icing sugar** 160 g
- Green tea powder** 5 g
- Water** 2 Tbsp

1. Preheat oven to 170°C. Line a 24 x 8 x 6-cm cake pan with parchment paper.
2. Sift flour, baking powder and green tea powder together twice.
3. Beat butter, icing sugar and salt until light and very fluffy. Gradually add eggs and beat well. Add flour mixture and fold through completely using a spatula. The surface of batter should be glossy and smooth.
4. Pour half the batter into prepared cake pan, then arrange chestnuts in a line in the middle. Pour remaining batter over to cover chestnuts, and make a lengthwise 'cut' down the middle with a spatula. Bake for about 50 minutes.
5. Remove cake from pan and place in a big plastic bag to cool.
6. Make green tea icing. Place icing sugar and green tea powder in a small bowl and mix well. Add water and mix until smooth.
7. Pour green tea icing over cake. Decorate with gold dust and chopped chestnuts, if desired.

NOTE: For a different flavour, omit the chestnuts or replace with red bean paste.

By making a 'cut' in the middle of the batter, the pound cake will develop a clean, straight crack after baking.



For Review Only

black sesame soy bean pudding

Makes 5 servings



Gelatin sheets 5 g

White sesame seeds 70 g

Soy bean milk 330 g

Castor sugar 40 g

Whipping cream (35% fat) 200 g

BLACK SUGAR SYRUP

Black sugar 50 g

Water 50 g

NOTE: This recipe makes five small portions. Double the recipe if needed. Soy bean milk can also be replaced with fresh whole milk.

1. Prepare five 90-ml wine glasses. Soak gelatin sheets in iced water to soften.
2. Bake white sesame seeds for about 15 minutes at 160°C without preheating oven. Grind toasted white sesame seeds in a food processor.
3. Place ground white sesame seeds, soy bean milk and sugar in a saucepan and bring to a boil. Turn off heat, cover pan and let sit for about 10 minutes for flavours to infuse.
4. Strain soy milk through a sieve into a bowl, pressing white sesame seeds lightly to release excess liquid. Weigh liquid. It should be about 250 g. If weight is below 250 g, add more soy bean milk to make up 250 g. If it is more than 250 g, remove excess liquid.
5. Place softened gelatin in a bowl and heat gently in a double boiler until melted. Add melted gelatin and whipping cream to soymilk and stir until gelatin is dissolved. Pour into wine glasses. Refrigerate overnight to set and chill.
6. Make black sugar syrup. Place black sugar and water into a small saucepan and simmer for about 8 minutes, stirring until syrup is a little thick. Skim off any scum occasionally. Leave to cool.
7. Pour black sugar syrup on set pudding and serve.



For Review Only

all-time favourites



64
prune clafoutis

66
dome-shaped peach cake

68
strawberry mousse
charlotte cake

70
red berry roll cake

72
raspberry chiffon cake

74
yoghurt cream biscuit
roll cake

76
rum chocolate cake pops

78
flower cupcakes

80
chocolate raspberry
mousse cake

82
bavarian cream cake
with fruit

84
coconut milk cake

86
orange flower cake

88
coffee rum praline
ring cake

90
cream soufflé with
chocolate ganache

92
mango coconut
cheesecake

94
baked oreo cheesecake

96
mini lemon cream puffs

98
caramel fudge brownie

100
lemon tart

102
strawberry tart

104
chestnut tart

106
coconut & raspberry
meringue

108
chocolate heart cookies

110
gingerbread cookies

112
caramel ice cream

For Review Only

orange flower cake

Makes one 16-cm round cake



Unsalted butter 90 g,
at room temperature

Icing sugar 45 g

Salt a pinch

Egg yolks 3

Fresh whole milk 2 Tbsp

Pastry flour 90 g, sifted

Ground almonds 40 g

Sliced candied orange 90 g

MERINGUE

Egg whites 2 (about 70 g)

Icing sugar 45 g

SUGAR GLAZE

Icing sugar 70 g

Lemon juice 2 tsp

Orange liqueur 1 tsp

ICING FLOWERS

Icing sugar 250 g

Egg whites 40 g

Orange and yellow icing colours

1. Make icing flowers a day in advance. Beat icing sugar and egg whites in a bowl until texture is firm. Divide icing into 3 equal portions. Using just a little colouring, colour one portion orange and another yellow. Leave one plain.
2. Spoon icing into separate piping bags fitted with petal piping tips. To pipe 5-petal flowers, start by applying a little icing on a flower nail and place a piece of waxed paper on it. Hold piping bag at a 45° angle, with the wide end of the tip touching the paper. Pipe a petal while rotating the piping bag clockwise and rotating the nail counterclockwise. Do this 4 times to make 5 petals, each petal overlapping slightly. Pipe flower centre using a small round tip. Pipe enough flowers to decorate cake. Leave on a tray to dry completely overnight.
3. Grease a 16-cm Gugelhupf mould with a little softened butter, then place in the freezer to chill. Dust mould with some flour, then tap to remove excess flour. Set aside.
4. Preheat oven to 170°C. Place butter, icing sugar and salt in a bowl and beat until creamy. Add egg yolks and milk and beat until light and fluffy.
5. Make meringue. In a clean bowl, beat egg whites until foamy, then add icing sugar and beat until stiff peaks form and meringue is glossy.
6. Add one-third of meringue to butter mixture and fold in lightly. Add sifted flour, ground almonds and candied orange, and fold through with a spatula. Add remaining meringue and fold to incorporate completely. The batter should be glossy and smooth.

NOTE: This decorated cake makes a lovely present for any occasion. The colour of the icing flowers can be changed to suit your theme.

7. Pour batter into prepared mould and bake for 40–45 minutes. Remove cake from pan and leave to cool on a wire rack.
8. Make sugar glaze. Place icing sugar, lemon juice and orange liqueur in a small bowl and mix well. Pour glaze over cake and decorate with icing flowers.

For Review Only

caramel fudge brownie

Makes one 20-cm square cake



Walnuts 50 g

Pecans 50 g

Dark sweet chocolate (55% cocoa)
150 g, chopped

Cocoa mass 50 g, chopped

Unsalted butter 90 g

Castor sugar 120 g

Eggs 120 g (about 2 eggs)

Egg yolk 1

Vanilla extract 1 tsp

Salt a pinch

Pastry flour 50 g, sifted

CARAMEL CREAM

Castor sugar 50 g

Glucose 40 g

Salt a pinch

Whipping cream (35% fat) 50 g

1. Spread walnuts and pecans out on a flat baking tray and bake for 20 minutes at 160°C without preheating oven. Chop nuts into small pieces. Reserve some for topping.
2. Preheat oven to 170°C. Line a 20-cm square cake pan with parchment paper.
3. Place chocolate, cocoa mass and butter in a heatproof bowl and melt over a double boiler. Add sugar, eggs, egg yolk, vanilla extract and salt and mix well using a whisk. Add flour and chopped nuts and fold thoroughly.
4. Pour batter into prepared cake pan and top with reserved nuts. Bake for 25–30 minutes. Remove cake from pan and leave on a wire rack to cool.
5. Make caramel cream. Place sugar, glucose and salt in a saucepan and heat until sugar caramelises. Turn off heat and carefully pour whipping cream into saucepan while stirring with a spatula, mixing until smooth. Leave to cool slightly.
6. Drizzle caramel cream over brownie and leave to cool. Slice and serve.

NOTE: This brownie can be enjoyed on its own without the caramel cream. The caramel cream can also be used as a topping for ice cream, scones, cookies and bread.



For Review Only

astrological herbal treats



116
aries ♡ ginger spice cake

118
taurus ♡ rose cupcakes

120
gemini ♡ peppermint
chocolate cookies

122
cancer ♡ chamomile
bavarois

124
leo ♡ rosemary orange
galette bretonners

126
virgo ♡ lavender cream
petit tarts

128
libra ♡ elderflower jelly

130
scorpio ♡ sweet basil
orange muffins

132
sagittarius ♡ chicory
& fig butter cake

134
capricorn ♡ beetroot cake

136
aquarius ♡ cumin
cheese cookies

138
pisces ♡ maple coconut
ice cream

For Review Only

gemini ♡ peppermint chocolate cookies

Makes about 60 small cookies



Dark sweet chocolate (55% cocoa)

50 g

Unsalted butter 120 g,
at room temperature

Icing sugar 55 g

Salt a pinch

Pastry flour 160 g, sifted

Egg yolk 1

Peppermint tea leaves from 2 teabags

Granulated sugar as needed

NOTE: For a prettier presentation, the cookies can also be topped with fresh peppermint leaves. After baking for about 25 minutes, remove the cookies from the oven. Brush beaten egg whites on the back fresh peppermint leaves and place on top of cookies. Return to the oven to bake for another 1–2 minutes.

1. Place dark chocolate into a food processor and blend until fine.
2. Beat butter, icing sugar and salt until soft and creamy. Add egg yolk and mix well.
3. Add flour, peppermint tea dust and chopped chocolate to butter mixture and fold through using a spatula. Bring dough together in a ball and refrigerate for about 10 minutes.
4. Divide dough into 2 portions. Roll each portion into a log about 3 cm in diameter. Wrap logs with cling film and chill in the freezer. If not baking the cookies immediately, the dough can be kept frozen for up to 2 months.
5. Preheat oven to 160°C. Line a baking tray with parchment paper.
6. Slice cookie dough logs into 7-mm thick pieces. Roll edges of cookies in granulated sugar and arrange on prepared baking tray.
7. Bake for 25–30 minutes. Remove from heat and place on a wire rack to cool.
8. Store cookies in an airtight container with a desiccant. Cookies will keep for up to 2 weeks.

21 May to 21 June

Strengths: Adaptable, logical, multi-talented

Weaknesses: Restless, nosy, fickle

Herb: Peppermint. Peppermint is effective for digestion and helps release tension in the stomach.

It can both warm and cool the body. It lifts the mind and calms the nerves.

