



HISAE SAKAMOTO

Born in Kobe, Japan, Hisae Sakamoto is a chef and nutritionist. She spent more than a decade managing dining establishments and providing food consultancy services in Japan and Singapore. In 2011, after developing a great passion for French pastries, she returned to Kobe to set up Pas de Deux KOBE, a French pastry shop and culinary school. She acquired her confectionery diploma from Le Cordon Bleu Kobe in 2015.

Inspired by her friend's diabetic condition, Hisae decided to create desserts that diabetics and people with dietary restrictions could enjoy. This resulted in SINLESS Desserts, a line of cakes and sweet treats that are low in carbohydrates and do not contain sugar. Hisae continues to share her passion for healthy baking through giving lectures at universities on carbohydrate and sugar substitutions for baking, and conducting baking classes.

Hisae's desserts are available at her shops located in Kyoto and Kobe, as well as Welcia pharmacies throughout Japan, and Grand Jeté Cafe & Bar in Singapore.

It's time to stop feeling guilty about eating desserts.

As a patissier and nutritionist, Hisae Sakamoto recognises that many people struggle to balance their health and love for sweet treats. She came up with the perfect solution by creating sugar-free options for popular desserts. While these creations look and taste as delicious as their typical versions, they will be kinder on the body.

This collection of Hisae's healthy, sugar-free recipes can be made by beginners and experienced bakers alike. Practical tips and step-by-step photos make creating these delectable treats easy for everyone. Now you can have your cake and eat it too!



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HISAE SAKAMOTO

NoSugar LowCarb NoGuilt Japanese-style Desserts

Marshall Cavendish Cuisine



**NoSugar
LowCarb
NoGuilt**
Japanese-style Desserts

HISAE SAKAMOTO

• More than 40 sugar-free recipes suitable for bakers of any skill level

• Recipes highlight sugar content per serving for Hisae's sugar-free desserts versus typical desserts, so you know just how much sugar you just don't need!

• With baking tips and step-by-step photos to guide new bakers

• Includes links to videos showcasing techniques for extra guidance

For Review Only

No Sugar
Low Carb
No Guilt
Japanese-style Desserts

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For Review Only

Introduction

Ten years ago, a friend of mine was diagnosed with diabetes.

Realising that the medication prescribed by the doctors only delayed the progress of diabetes, my friend researched fervently on ways to treat his illness. He found a simple solution: reducing his sugar intake. This meant cutting out table sugar and not eating carbohydrates like white rice and refined wheat products like pasta, noodles and white bread. Coupling this change in diet with conscientious monitoring of his blood sugar level and exercise, my friend found his high blood sugar level returning to normal within two months. A year and a half later, his blood sugar level hardly resembled that of a diabetic person.

While my friend's experience may suggest that sugar is bad for our health, that's not quite true. Our bodies require glucose (a simple sugar) for energy. Our brains need glucose to function. What is bad for health is the consumption of too much sugar. Eating too much carbohydrates (complex sugars which the body breaks down into glucose) can lead to high blood sugar and other negative health problems such as diabetes.

Yet, it is difficult to avoid sugar in our food. Sugar exists in a lot of the food we eat, even vegetables. However, complex sugars being a large part of the human diet is a fairly recent development. Although it is said that humans have been around for more than 200,000 years, the practice of growing and processing cereal grains such as wheat and rice to make bread, pasta and white rice began only about 2,000 years ago. Before that, humans survived mainly on fruits, meat and fish. An interesting article published in the journal *Human Nutrition* in 2004 has even suggested that the human body has not adapted to the consumption of carbohydrates as a staple food, and I too wonder whether we humans are truly able to digest carbohydrates well.

As a patissier and nutritionist, I considered this research and the foods that my diabetic friend had to avoid, and it inspired me to develop desserts that are low in carbohydrates and made without regular sugar. I started looking into sugar substitutes.

For Review Only

Sugar substitutes appear to be the perfect solution for those who want or need to limit their sugar intake. However, we have to be particular about the kind of substitutes we choose because some of them pose health risks. Generally, there are three major groups of sweeteners. Artificial sweeteners, like saccharin, fall into one group. These are produced synthetically and could potentially have negative effects if taken long term. The second group consists of natural sweeteners extracted from plants. One example is stevia, which is derived from the leaves of a stevia plant. Sugar alcohols make up the last group. Similar to the second group of sweeteners, they are derived from plants or fruits such as apples, strawberries and pears. Sugar is extracted from the plant and combined with hydrogen to form sugar alcohol. Xylitol and sorbitol are examples of sugar alcohol.

The sweetener I chose to use in my recipes is made of a sugar alcohol called erythritol and sugar extracted from monk fruit, also known as *luo han guo*. It is much sweeter than regular sugar, so a little goes a long way.

The friend I mentioned earlier enjoys the desserts that I make often, and continues to have a normal blood sugar level. After meeting countless like-minded people who want to take care of their health and struggle with a long list of foods to avoid, especially desserts, I decided to put together this book. I hope that anyone reading this book will be able to lead a life free of stress when choosing what they want to eat.

Hisae Sakamoto

How to Eat Sweet Treats Without Feeling Guilty

Those with a sweet tooth often wish to indulge in sweet treats without worrying excessively about their weight and health. This book aims to help them and everyone else do just that. Compare the following two strawberry shortcakes.

QUESTION:
Which of these cakes will not make you fat?



A

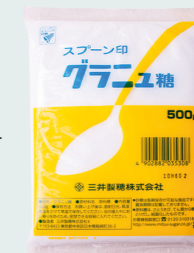


B

ANSWER:
Cake B



+



Cake A

Sugar Content: 100.15 g

Cake A was made with refined wheat flour and refined white sugar.



+



Cake B

Sugar Content: 27.75 g

Cake B was made using soy flour and natural sweetener (page 10, 11).
The recipe is found on page 80.



For Review Only



Both the cakes on the previous page look the same, but they are completely different.

Although counting calories is important, the sugar content in what you eat is even more important. Sugar gives the sweetness in table sugar and fruits, and is also the nutrient that is found in grain ingredients such as flour. Sugar is needed as a source of energy for moving the body, but when taken in excess, the hormone called insulin is overproduced, leading to issues such as diseases and obesity. The collection of dessert recipes in this book does not make use of wheat flour and sugar, and is the answer to a diet low in sugar and free from the stress of having to avoid carbohydrates.

'No Guilt' Desserts

I use this term to refer to desserts that do not contain wheat flour and sugar, and therefore do not make one feel guilty about eating them.

Sugar and the sugar content in wheat flour are the greatest enemies of lifestyle-related diseases, especially diabetes. Through this book, I hope to provide dessert recipes that are healthy, low in sugar, yet delightfully delicious. These desserts use ingredients such as rye flour and maple syrup, which are low-GI¹ and thus will not cause blood sugar levels to increase sharply. Furthermore, without wheat flour, these desserts are low in gluten², which is linked to a number of health issues.

These desserts also present low risks in terms of weight gain. While this does not mean that you will lose weight after eating them, you will definitely be able to enjoy these treats without adding to your waistline.

¹ This refers to glycemic index value. Foods with low glycemic index value do not cause blood sugar to increase too quickly, thus suppressing the overproduction of insulin and reducing the risk of obesity and diabetes.

² This is the protein produced in the endosperm of grains, making them sticky. It is found especially in wheat. Those with gluten intolerance may experience adverse health effects such as digestion problems and headaches if they consume gluten.



GÂTEAU AU CHOCOLAT

ガトーショコラ

Makes one 18-cm round cake, serves 8

This gâteau au chocolat is rich but surprisingly light. The egg yolk batter is prepared separately from the meringue. The key to a successful gâteau lies in how you mix the two batters, so if you don't succeed the first time, try again!

INGREDIENTS

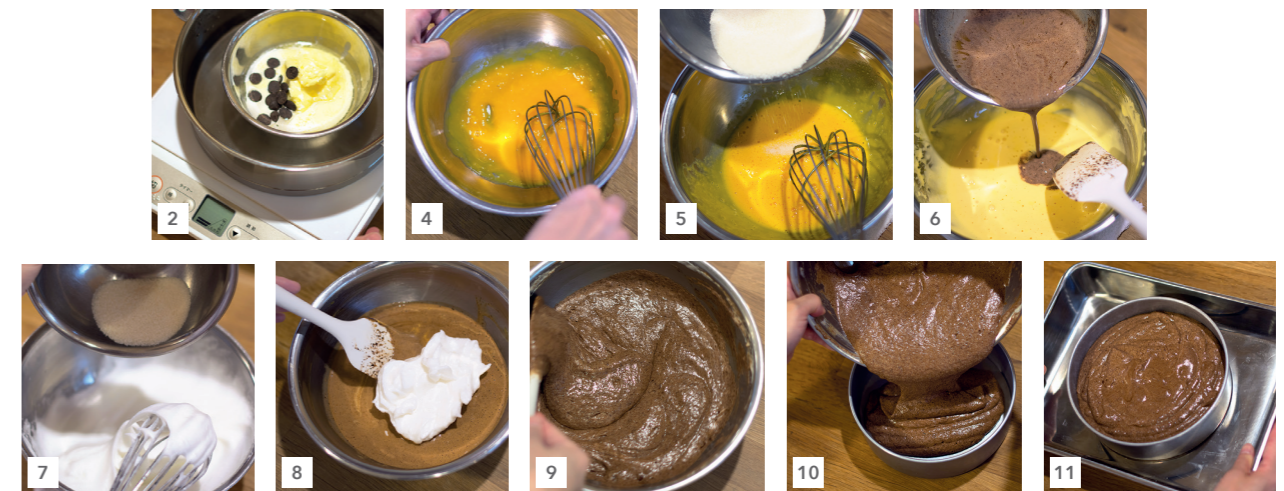
- Whipping cream (35%) 80 ml
- Unsalted butter 80 g
- Unsweetened chocolate 30 g
- Cold-pressed sesame oil 20 g
- Almond meal 20 g
- Cocoa powder 30 g
- Egg yolks 4
- Natural sweetener granules 25 g + 25 g
- Egg whites 4

NOTE

Sugar is usually added gradually when making a traditional meringue, but when sweeteners are used, the egg whites are first beaten well and the sweetener added all at once following that.

METHOD

1. Preheat oven to 180°C. Prepare an 18-cm round cake tin. Do not grease tin.
2. Heat whipping cream, butter, unsweetened chocolate and sesame oil in a heatproof bowl set over a pot of simmering water until the butter and chocolate are melted. Remove from heat.
3. Sift almond meal and cocoa powder together. Set aside.
4. In a bowl, whisk egg yolks until pale.
5. Add 25 g sweetener and mix well.
6. Add chocolate mixture to egg yolks and whisk until foamy.
7. In another bowl, whisk egg whites until soft peaks form. Add 25 g sweetener and whisk to incorporate.
8. Add one-third of the meringue to the chocolate batter. Mix well with a rubber spatula.
9. Mix in sifted mixture. Add the remaining meringue and mix well with the rubber spatula.
10. Pour batter into prepared cake tin.
11. Bake for about 35 minutes. Remove from the oven and leave the cake to cool before unmoulding.





FINANCIERS For Review Only

フィナンシエ

Makes 6 mini cakes, serves 6

This is a simple dessert bursting with wonderful buttery flavours. Once you have mastered the technique of creating that brown butter aroma, you will be able to make the most delicious financier you have ever tasted.

INGREDIENTS

- Almond meal 50 g
- Cornflour 5 g
- Baking powder 2 g
- Egg white 80 g
- Natural sweetener granules 18 g
- Vanilla seeds a small amount
- Unsalted butter 45 g + more for greasing
- Cold-pressed sesame oil 15 g
- Fleur de sel* (hand-harvested sea salt) as needed

METHOD

1. Preheat oven to 160°C. Grease and refrigerate 6 financier moulds.
2. Sift almond meal, cornflour and baking powder together. Add egg white, sweetener and vanilla seeds and whisk well. Set aside.
3. Heat butter and sesame oil in a saucepan over low heat. When butter mixture is light brown, swirl saucepan to carefully brown it slightly further, then remove from heat.
4. Add browned butter to almond meal mixture and mix well.
5. Pour batter into prepared moulds and sprinkle with a small pinch of *fleur de sel*. Bake for about 25 minutes. Remove from the oven and leave the financiers to cool on a wire rack before serving.





SCONES **For Review Only**

スコーン

Makes seven 6-cm scones, serves 7

I created these low-sugar scones based on a recipe from a friend who was brought up in England. Do enjoy it with deliciously rich clotted cream (with about 60% milk fat content).

INGREDIENTS

- Unsalted butter 30 g, chilled
- Rye flour 100 g
- Rice flour 30 g
- Almond meal 70 g
- Baking powder 8 g
- Salt 1 g
- Egg 1
- Whipping cream (35%) 50 ml
- Cold-pressed sesame oil 15 g
- Water 35 ml
- Clotted cream 30 g
- Your choice of fruit compote 30 g

Egg Wash

- Egg 1, beaten

METHOD

1. Preheat oven to 220°C. Line a baking tray.
2. Place butter in a bowl and cut it up with a dough scraper.
3. Sift in rye flour, rice flour, almond meal, baking powder and salt. Mix ingredients well using a chopping motion.
4. Add egg, whipping cream, sesame oil and water. Using the dough scraper, mix until a dough comes together.
5. Form dough into a ball and wrap in cling film. Flatten using your hands into a 2.5-cm thick disc.
6. Rest dough in the refrigerator for about 30 minutes.
7. Using a 6-cm round cookie cutter, cut out circles from dough. Brush with egg wash and place on prepared tray.
8. Bake for 20-25 minutes or until scones are golden brown. Remove from the oven. Leave the scones to cool before serving with clotted cream and your choice of fruit compote.

