



## YTI culinary students create edible works of art paying tribute to entertainment [Recipes]



MARY ELLEN WRIGHT | Staff Writer

Feb 6, 2019

### RECIPES FROM THE PASTRY PROGRAM

Here are two recipes — the first for a multicomponent dessert — that were submitted by the Pennsylvania School of Culinary Arts.

Note that the ingredients are measured in grams, ounces or pounds.

This recipe for Orange Diplomat Entremet, a type of dessert that all of the pastry arts students were required to

They have learned to bake bread and rolls.

They've tackled cakes, pies, cookies and scones.

They've learned how to mold poured sugar, chocolate and gum paste into fanciful shapes, and how to layer complex flavors and textures into a cake.

create for their capstone projects, shows the complexity of this layered cake.

The recipe makes enough of each component to make several cakes.

For one entremet, you'll need one orange chiffon sponge, cut into two layers, one gianduja insert (a chocolate pudding-like gelatin-set cream) and one almond japonais meringue base.

"The recipes the students use are often for larger batches," chef instructor April Iverson says, "and they scale the recipe back to make enough for one cake."

#### **ORANGE DIPLOMAT ENTREMET**

#### **ORANGE CHIFFON SPONGE**

Makes 10 6-inch cakes.

Ingredients:

- 25.5 ounces cake flour
- 1.125 ounces baking powder
- 0.375 ounces salt
- 22 ounces sugar
- 1 pound egg yolks
- 2.5 ounces vegetable oil
- 12 ounces orange juice
- 0.5 ounces vanilla extract
- 1 pound egg whites
- 1 ounce lemon juice

The pastry arts students of the Pennsylvania School of Culinary Arts, a division of YTI Career Institute, have spent the past nine months learning these skills and many more.

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## **Students create intricate desserts in pastry program [photo gallery]**

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And this recent evening at the school's campus on Hempland Road, six students are challenged to demonstrate both their mastery of baking techniques and their creativity, serving up a variety of required cakes, candies and sugary creations.

This is the last step before the students, ranging in age from 19 to 34, head off to their final-phase externships at restaurants and pastry shops.

An assembled group of family and friends are the evening's tasters.

"Be sure to taste as much as your stomach can hold," chef Joseph Renfroe, program director at the school, tells the assembled crowd.

Offering their white chocolate-almond, passion fruit, lemon, orange and dark chocolate cakes, their raspberry-jalapeno ganache, their spicy mojito bonbons and almond-berry trifle, the students needn't twist anyone's arm to do some extensive sampling.

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- 0.75 ounces cream of tartar
- Zest of 1 orange

Directions:

Line and lightly grease pans. Sift together the flour, baking powder and salt. Combine with part of the sugar in the mixer.

Combine the yolks, oil, orange juice, vanilla and orange zest.

Add the yolk mixture slowly to the dry ingredients while mixing with the whip attachment on medium speed. After paste is formed, stop, drop and scrape.

Continue to add the yolk mixture until incorporated. Beat for an additional 2 minutes on medium speed.

Make common meringue with egg whites and remaining sugar.

Fold in 1/3 of the meringue into the yolk mix. Get to similar consistency. Gently fold in the rest. Fill pans slightly more than halfway.

Bake at 350 F for 20 to 30 minutes.

#### **SIMPLE SYRUP**

Students at Pennsylvania School of Culinary Arts at YTI Career Institute present their entertainment-themed cakes and desserts during their capstone event. From left are McKayla Angstadt, Kyle Biggs, Amanda Canapp, Crystal Caron and Jonathan Abrahamson.

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## **Entertaining sweets**

For nine months before this capstone evening, chef instructor April Iverson says, her students have learned both basic baking techniques and artistic sculpting.

“They learn to make pies and cookies and scones and very basic things,” Iverson says. They move into making mousses, layered cakes and entremets — small, complex cakes with layers of complementary flavors and textures.

“They learn how to do different sculpted cakes, birthday cakes, celebration cakes,” Iverson says, “and they also learn breads.”

A specialized cakes class, she says, teaches them to work with

Makes 16 ounces (or eight 2-ounce portions).

Prep time: 5 minutes.

Ingredients:

- 8 ounces sugar
- 8 ounces water

Directions:

Pour sugar into saucepan. Pour water on top of the sugar.

Gently stir to thoroughly mix. Heat until sugar is dissolved and until it just starts to boil.

Add any flavorings if desired.

### ALMOND JAPONAIS

Makes 2 pounds, for 10 5-inch rounds

Prep time: 15 minutes

Ingredients:

- 0.5 pounds almond flour
- 0.5 pounds powdered sugar
- 0.5 pounds egg whites
- 0.5 pounds sugar

Directions:

Combine the almond flour and powdered sugar. Rub together well.

Place egg whites in a bowl and whisk until frothy. Gradually add the sugar while continuing to whip to stiff peaks. Fold the almond mixture into the meringue. Pipe into 5-inch rounds.

fondant and make sculptures and flowers with gum paste, pastillage (sugar paste) and modeling chocolate, Iverson says.

This evening, they've been challenged to embrace an entertainment theme in their baking.

Their sweet creations range in subject matter from "Star Wars" to "Lord of the Rings" to the life of a K-Pop singer.

Iverson says each of the six students have been required to create certain elements for this presentation, including a three-tiered wedding cake; an 8-inch cake; an entremet; a sugar or molded-chocolate sculpture; two kinds of bonbons; and 12 individual desserts, such as mini cheesecakes.

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A "Harry Potter"-themed cake and bonbons are displayed at the Pennsylvania School of Culinary Arts, a division of YTI Career Institute, Lancaster. Amanda Canapp, of Ronks, made these for a student capstone event.

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## Harry Potter

Bake at 150 to 200 F until dry.

### **GIANDUJA CREMEUX**

Makes 10 5-inch rounds

Prep time: 15 minutes

Ingredients:

- 12.5 gelatin sheets
- Water to bloom the gelatin
- 250 grams egg yolks
- 625 grams whole milk
- 500 grams heavy cream
- 125 grams sugar
- 125 grams dark chocolate
- 280 grams milk chocolate

Directions:

Bloom gelatin in ice cold water. Make creme anglaise using yolks, milk, cream and sugar. Add softened gelatin.

Strain creme anglaise over chocolate. To melt, whisk to emulsify together.

Pour into molds and freeze on flat surface.

### **ORANGE CURD**

Makes 6 pounds, or 12 half-pound portions.

Prep time 15-20 minutes.

Ingredients:

- 36 ounces butter, cubed
- 27 ounces sugar
- 27 ounces orange juice

Amanda Canapp, of Ronks, for example, has created treats based on the Harry Potter books.

Canapp's wedding cake spins on its turntable, revealing a piece that's half decorated with colorful book spines and half as a traditional white-and-gold wedding cake.

Her wizard beverage, butterbeer-inspired entremet, offers flavors of vanilla and rum, with cream soda syrup drizzled over the top.

Canapp also created a showpiece of Platform 9 3/4, where Harry and his fellow wizarding students run through a wall to get to the magical platform for the train to Hogwarts. It's made of poured sugar and pastillage. Harry's owl, Hedwig, sits atop molded chocolate luggage.

"I did a replica of the happy birthday cake that Hagrid makes for Harry in the books," Canapp says. "I made peppermint humbug molded chocolates (a candy favored by Muggles) ... and an English trifle as my individual dessert.

"I've always enjoyed baking, ever since I was really young," Canapp says. "I finally one day said, 'Why not do this as a career?'"

Canapp is getting ready to do her externship at a high-end French pastry shop, which, she believes, is the environment in which she'd like to use her skills in the future.

McKayla Angstadt, of Lancaster, created a wedding cake featuring molded figures of Gandalf the Wizard and a hobbit and his dwelling on the top layer, and a map of J.R.R. Tolkien's Middle Earth on the bottom tier.

"I did two cakes of chocolate, a sugar sculpture and an entremet ... which is lemon raspberry," she says.

Her vanilla cake with raspberry filling and vanilla bean buttercream bears the likeness of Orlando Bloom's Legolas in the "Lord of the Rings" films — white hair, quiver of arrows and all.

Angstadt's bonbons capture the flavors of dark chocolate-raspberry ganache and orange white chocolate.

- 1.875 ounces orange zest

- 27 ounces egg yolks

Directions:

Combine half the butter, half the sugar, orange juice and zest and bring to a boil. Stir gently to dissolve the sugar.

Meanwhile, blend the egg yolks with the remaining sugar. Temper gradually, adding about 1/3 of the orange juice mixture, stirring constantly with a whisk.

Return tempered egg mixture to saucepan.

Continue cooking, stirring constantly with whisk until mixture comes to a boil. Stir in remaining butter.

Strain the curd.

Cover with plastic wrap right on top of curd.

### **ORANGE DIPLOMAT CREAM**

Makes 2 pounds, for 2 6-inch rounds

Prep time: 15 minutes

Ingredients:

- 1 pound heavy cream
- 2 sheets gelatin
- Water to bloom the gelatin
- 1 pound orange curd

Directions:

Bloom gelatin in cold water. Whip cream until soft peaks

She will be working in a bakery in Wyomissing for her externship.

“Eventually, I want to open my own shop,” she says. “I like cake decorating.”

The animated “Toy Story” movies inspired Kyle Biggs, of Lititz, who came to the area from Georgia, where he earned an associate degree in culinary arts.

“‘Toy Story’ was a movie I always loved growing up,” Biggs says. His foot-tall, purple-and-black blown-sugar sculpture features “Zurg, the bad guy in the second (film).”

The decorations on Biggs’ wedding cake feature a fondant cardboard-box tier, bursting with white marshmallow packing peanuts, indicating it’s moving day for “Toy Story” character Andy.

The other tiers evoke the blue-and-white wallpaper of Andy’s room, and cowboy-doll Woody’s yellow, black and white clothes.

There’s even a molded-chocolate Slinky dog curving around the bottom tier.

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Kyle Biggs' cake decorations, based on a "Toy Story" theme, were on display at the Pennsylvania School of Culinary Arts on Tuesday, Jan. 23, 2019.

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form. Melt softened gelatin and stir into curd.

Use ice bath to cool curd slightly. Whip in whipped cream.

Pipe into 6-inch rounds.

### WHITE MIRROR GLAZE

Ingredients:

- 225 grams milk
- 563 grams granulated sugar
- 450 grams heavy cream
- 300 grams glucose
- 38 grams cornstarch
- 15 grams powdered gelatin
- 90 grams cold water

Directions:

Bloom gelatin in cold water.

Add the granulated sugar to the cornstarch and blend together to evenly distribute the sugar-starch mixture.

Heat the milk, cream, glucose

This sugar sculpture of Zurg from the "Toy Story" movie franchise was on pastry student Kyle Biggs' display table at the Pennsylvania School of Culinary Arts.

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Biggs' entremet is "a chocolate chiffon cake soaked with passion fruit simple syrup," Biggs says. "It has passion fruit curd and a white chocolate crispy base, and it's all covered in vanilla mousse with a chocolate glaze."

His chocolate chiffon tasting cake, proclaiming "to externship and beyond!" is finished with Italian buttercream.

Biggs' next step is working at a local restaurant and bakery for his externship. He hopes someday to work in a confectionery, making candy, and also to teach pastry arts.

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and sugar-starch mixture, and bring to a boil.

Boil vigorously to cook the cornstarch.

Strain through a chinois (fine mesh strainer).

Add the bloomed gelatin to the warm mixture.

Working temperature for the glaze is around 85 degrees F.

This glaze can also be colored with gel food coloring.

#### **TO ASSEMBLE THE ENTREMET:**

Line a 6-inch cake ring with a piece of plastic called acetate.

This allows the cake to release easily from the cake ring once it's been set.

Set the ring on an 8-inch cake board.

Trim the almond japonaise meringue so that it is slightly smaller than the 6-inch ring, and then place the almond japonaise in the bottom of the ring — fitting it so there is a small gap between the base and the ring itself.

Cut the orange chiffon sponge into 2 equal layers and also trim these so they are slightly smaller than the cake ring.

Take the orange diplomat cream and pipe mousse right



Pastry arts student Jonathan Abrahamson serves a slice of vanilla cake with peanut butter filling and chocolate Italian buttercream to Rachel Farmer during the Pennsylvania School of Culinary Arts capstone event on Tuesday, Jan. 23, 2019.

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## **'Star Wars'**

Jonathan Abrahamson, visits a galaxy far, far away with his "Star Wars" presentation, featuring an orange diplomat entremet and a chocolate peanut butter cake.

"The showpiece is a scene from 'Star Wars' where a battle's going on," featuring pulled, poured and blown sugar pieces representing the Empire's round Death Star, a TIE fighter craft and Han Solo's Millennium Falcon, Abrahamson says.

His wedding cake features tiers that evoke Chewbacca's fur and R2D2's blue-and-white droid body.

He finishes his display with mojito-flavored dipped chocolates.

against the acetate to fill the gap between the base and the ring. A small amount of mousse would be spread on top of the base and then the first cake layer would get pressed on top of that.

Soak the cake layer with a simple syrup and then pipe a layer of mousse on top of the cake and fill the gap between the cake layer and the cake ring.

The gianduja insert is next. Place that into the mousse, followed by another layer of mousse.

The idea is that the insert is floating in the middle of the finished cake, suspended between the 2 layers of mousse.

Finish with the second layer of cake, soaking this with syrup, as well.

Then, evenly spread a thin layer of mousse on the very top, using the top of the cake ring to level off the cake.

Freeze until solid, at least 8 hours.

Remove cake from freezer, remove the cake ring and the acetate and glaze with the mirror glaze.

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The pastry arts students are all required to learn to make French macarons, a popular item in bakeries, Iverson says.

Abrahamson, who moved from Denver, Colorado, to Akron, will next be heading to Philadelphia to become assistant pastry chef in a restaurant as his externship.

Abrahamson, who confesses he doesn't really like sweets, probably will not continue in the pastry arts realm after his externship is over.

He interrupted his general culinary education to go to pastry school and hopes to finish that education once his externship is over.

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Culinary student Jonathan Abrahamson's "Star Wars"-themed sugar sculpture was on display at the Pennsylvania School of Culinary Arts, a division of YTI Career Institute, Lancaster, at a capstone event.

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Here's a recipe for the sandwich cookie, submitted by the school.

## FRENCH MACARONS

Makes 32 macaron shells.

Ingredients:

- 225 grams granulated sugar.
- 50 grams water
- 100 grams egg whites (part 1)
- 100 grams egg whites (part 2)
- 250 grams almond flour
- 250 grams powdered (10x) sugar
- Gel food coloring, as needed

Directions:

Make a template using circle cutters to use as a guide for piping.

Cook water and sugar to 120 degrees C. Once the sugar reaches 100 C, begin whipping the egg whites (part 1). The whites should be a soft peak when the sugar reaches the range of 118 C to 121 C.

Pour the sugar syrup over the whipped egg whites (part 1) to make an Italian meringue. Place the almond flour and the powdered sugar in a food processor and pulse to make the almond flour fine. Sift the almond flour and the powdered sugar to break up any lumps. Add the egg whites (part 2) to make a paste.

“I love to cook,” he says. He hopes eventually to operate a food truck.

But he also hopes his pastry training will help him if he can tackle his other dream — entering cooking competitions, including ones on TV.

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Baking and pastry arts student Crystal Caron's Alice in Wonderland-themed desserts, which included raspberry jalapeño ganache and white chocolate kirsch bonbons, were on display at the capstone event at the Pennsylvania School of Culinary Arts at YTI Career Institute, Lancaster, on Tuesday, Jan. 23, 2019.

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Crystal Caron, of Red Lion, already owns a business, Charity's Cupcakes, which will expand its menu and get the new name of The Sugar Rose once she finishes pastry school.

She's been baking for just six years.

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If using color, add it at this time.

Once the Italian meringue has cooled and bowl is still warm, fold into the almond mixture in 2 parts.

Do not overmix. The mixture should fall into itself so when piped the tops are smooth. Pipe shells, using template to keep size consistent. Allow to sit so a skin forms on top. Bake at 260 F until done.

### **LIQUOR GANACHE FOR MACARONS**

Makes 70 portions of ganache for macarons.

#### **Ingredients:**

- 280 grams heavy cream
- 90 grams milk
- 100 grams glucose
- 510 grams dark chocolate
- 70 grams of your liquor of choice

#### **Directions:**

Combine cream, milk and glucose in a pot and bring to a boil.

Pour over chocolate and let sit for 60 seconds.

Stir in vigorous circles until emulsified.

Add liquor and stir in until combined.



Baking and pastry arts student Kessie Luscher presents her cake decorations based on the life and songs of K-pop star Kim Jong-hyun, during the Pennsylvania School of Culinary Arts capstone event on Tuesday, Jan. 23, 2019.

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“Before that, I couldn’t even cook spaghetti,” she says.

“I used to sell jewelry at craft shows,” Caron says. “One time a lady asked me whether I could make some cupcakes to put on my table. I sold six dozen cupcakes and two necklaces.”

That got her interested in a pastry career.

Caron has tackled “Alice in Wonderland,” for her capstone presentation theme, working the pattern of Alice’s blue dress, a molded Mad Hatter’s top hat and chocolate-filled teacup, and the faces of the Cheshire Cat and the White Rabbit into tiers of her wedding cake.

“I made red velvet cake (with cream cheese filling and Italian

Use the ganache to fill macarons.

#### MORE INFORMATION

See 'Star Wars,' K-pop and Harry Potter-inspired cakes and recipes by YTI students

Students at the Pennsylvania School of Culinary Arts, a division of YTI Career Institute, use fondant, gum paste, sugar paste, modeling chocol...

buttercream) and a cherry diplomat entremet,” she says.

Her bonbons are white chocolate-cherry and raspberry-jalapeno, while both her tasting cake and her poured sugar and pastillage showpiece pay tribute to the Queen of Hearts.

Caron will be either creating desserts for the dining services at an area college or decorating cakes at a supermarket for her externship.

Kessie Luscher, of Lititz, has enjoyed baking since she was a kid.

“In sixth grade, I used to make cupcakes for my class, for other people’s birthdays,” Luscher says. “It made me happy ... because kids love cupcakes. That’s where it started.”

Before coming to YTI’s culinary school, she says, “I had just graduated from military school,” and her parents were encouraging her to learn a skill.

She settled on pastry, she says, since it was something she already enjoyed doing.

Luscher will be creating treats for a local restaurant and bakery during her externship.

Her capstone project revolves around Kim Jong-hyun, a young Korean pop singer known as Jonghyun who died in December.

“I made a memorial of his life and his music and my feeling toward him,” she says.

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Pastry student Kyle Biggs displayed cakes, including a layered entremet, at the Pennsylvania School of Culinary Arts on Tuesday, Jan. 23, 2019.

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Her cake includes tiers of a purple fondant pillow, which she says represents the comfort Jonghyun’s music gave her.

The piece is covered with gold-rope decorations, and the singer’s song titles written in gold.

Luscher says she’ll go “wherever the wind blows me” in her pastry career — a restaurant, a bakery or somewhere else.

The students, Iverson says, will return to YTI after their externships for one final presentation, sharing what they’ve learned in the pastry world.

After that, the cake, candy or dessert you’re served in a bakery or restaurant might just come from one of these soon-to-be pastry professionals.

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