

**EPISODE #5 - THE MAKING OF A PASTRY CHEF**

Andrea Shirey
Executive Pastry Chef
CRAFT Los Angeles

ABOUT THIS EPISODE: Executive Pastry Chef Andrea Shirey of the acclaimed restaurant *Craft Los Angeles* dishes on the skills that helped build her career, insights on developing your own pastry style, and stories from the frontlines. Our shared history working together at the Penthouse Restaurant in Santa Monica, California set the stage for a fun and funny conversation that's equal parts inspiration and instruction for the home baker and budding pastry professional. This episode was going to be the first in a series called *The Making of a Chef*. Rather than wait to have sponsor money, I chose to celebrate Chef Andrea and her journey in an industry that I love and that is suffering great devastation in this time of COVID-19. Happy baking! XOXO – Nickie

 https://www.instagram.com/shirey_andrea/

[LISTEN ON APPLE](#) | [LISTEN ON GOOGLE](#) | [LISTEN ON SPOTIFY](#) | [LISTEN ON STICHER](#)

OTHER COOL RESOURCES + LINKS**INGREDIENT RESOURCES:****FLOUR:**

[Ultimate Guide to Flour](#) (Food Network)
[How to Choose the Right Flour](#) (King Arthur Flour)

BUTTER:

[Butter for Baking: Which Kind Should You Choose?](#) (King Arthur Flour)
[Salted butter is back – even though for some cooks, it never went away](#) (Washington Post)

SUGAR:

[The Ultimate Guide to Sugar: How and When to Use Each Kind](#) (Chowhound.com)
[The Ultimate Guide to Sugar Substitutes and Alternative Sweeteners](#) (Chowhound.com)
[Your Guide to Baking with Sugar Alternatives](#) (BonAppetit.com)

EGGS:

[The Definitive Guide to Eggs](#) (SeriousEats.com)
[Baking School Day 1: All About Eggs and Baking](#) (TheKitchn.com)

OTHER COOL RESOURCES + LINKS

Continued . . .

FRUIT

- [How to Cut Citrus Fruit Into Wedges, Slices, and *Suprèmes*](#) (SeriousEats.com)
- [How to Segment Citrus Like a Pro](#) (Food52.com)
- [How to Work with Apples](#) (CIAFoodies.com)

SPICES

- [The Ultimate Guide to Spices](#) (CooksSmarts.com)

VEGAN BAKING

- [3 Principles of Vegan Baking for the Beginner](#) (TheKitchen.com)

SORBET

- [The Science of the Best Sorbet](#) (SeriousEats.com –this one does not promote using simple syrup)
- [How to Make Sorbet with Any Fruit](#) (TheKitchn.com – this one uses simple syrup)

QUICK BREADS

- [The Complete Guide to Easy Quick Bread](#) (Chowhound.com article with recipes)

DESIGNING NEW DESSERTS

- [Elements of Developing an Original Dessert](#) (International Culinary Center)

MIXING METHODS

- [Mixing Methods – Basics](#) (Craftybaking.com)

CHOCOLATE FLAVOR WHEEL

- [The Consumer Chocolate Sensory Wheel](#) (Barry-callebaut.com)

BOOKS: (Includes Amazon links)

- [Mastering the Art and Craft: Baking and Pastry by The Culinary Institute of America](#)
- [BraveTart: Iconic American Desserts by Stella Parks](#)
- [Huckleberry: Stories, Secrets and Recipes from Our Kitchen by Zoe Nathan](#)
- [Tartine Bread by Chad Robertson](#)
- [The Flavor Bible by Karen Page and Andrew Dornenburg](#)
- [All About Eggs by Rachel Khong and Lucky Peach Editors](#)
- [Jerusalem: A Cookbook by Yotam Ottolenghi + Sami Tamimi](#)
- [Sweet: Desserts from London's Ottolenghi by Yotam Ottolenghi + Helen Goh](#)
- [The Flavor Matrix by James Briscione with Brooke Parkhurst](#)

VIDEOS:

HARVARD UNIVERSITY: *Science & Cooking* Public Lecture Series on the intersection of science and cooking. The lectures start off a little wonky and academic but the guest Chef instructors make the topics fun and accessible. Here are a few to get you started.

- [Harvard University: *Science & Cooking* Public Lecture Series – YouTube Home Page](#)
 - [Joanne Chang: The Science of Sugar](#)
 - [Joanne Chang: Baking with Less Sugar](#)
 - [Christina Tosi \(Milk Bar\): Emulsions and Foams](#)
 - [Bill Yosses \(White House Pastry Chef\): How Phase Changes Causes: Deliciousness](#)
 - [Ramon Morató \(Barry Callebaut\): The Many Faces of Chocolate](#)

THE CULINARY INSTITUTE OF AMERICA: [Online Resources](#) and [YouTube Channel: Cooking Demonstrations](#)

ANDREA ON SOCIAL MEDIA:



https://www.instagram.com/shirey_andrea/

FEEDBACK: Please share your feedback about the episode and the show notes. Your constructive thoughts and comments help me improve the show. You can reach me via email at: info@kitchensceneinvestigator.com

[LISTEN ON APPLE](#) | [LISTEN ON GOOGLE](#) | [LISTEN ON SPOTIFY](#) | [LISTEN ON STICHER](#)

END