

The Mazaltov



Serves :

8



Prep :

40 min.



Rest :

Freezing : -
Refrigeration : 8h



Cook :

Temperature : 464/302°F
Time : 10/40 min.

Special equipment

- Springform pan with a diameter of 18 cm or 20 cm

List of recipes

- ✓ Sweet pastry
- ✓ Cream
- ✓ Coulis (Fruit sauce)



Light Cheesecake

Steps

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🌀 **Making the sweet pastry**

Chill in the refrigerator for at least 2 hours

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🌀 **Lining the pastry**

Chill in the refrigerator

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🌀 **Making the coulis**

Chill in the refrigerator

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🌀 **Baking the pastry**

12 minutes at 170°C/338°F convection oven

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🌀 **Making the cream**

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🌀 **Baking the cream**

10-15 minutes at 240°C/464°F static oven

+ Open the oven door for 3-4 minutes (to lower the oven temperature)

+ Bake for 15-20 minutes at 150°C/302°F static oven

+ Open the oven door for 2-3 minutes (to limit the rising of the cake)

+ Bake for 15-20 minutes at 150°C/302°F static oven

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• **Cooling at room temperature**

+ Cool for at least 6 hours in the refrigerator

Sweet pastry

You must prepare it the morning before if you want to respect the resting times.

Ingredients

- ☑ 150 g ~ Soft butter
- ☑ 95 g ~ Powdered sugar
- ☑ 35 g ~ Almond powder
- ☑ 1 pinch of salt
- ☑ 250 g ~ All-purpose flour
- ☑ 60 g ~ Whole egg (x1 large egg)

- Take 150g of butter out of the fridge at least 2 hours before starting the recipe to bring it to room temperature and cut it into cubes.
- Cream the butter using a mixer fitted with the paddle attachment.
- Add 95g of sifted powdered sugar and mix gradually increasing the speed until you get a creamy and homogeneous mixture.
- Add 30g of ground almonds (or hazelnuts), a pinch of fleur de sel, and a little vanilla powder. Continue mixing on medium speed.
- Add 60g of beaten whole eggs (about 2) to the mixture and finish mixing with a flexible spatula (it will be much more effective than with the mixer paddle).
- Finally, add 250g of sifted T55 (or T65) all-purpose flour and mix with the mixer without overworking the dough. The mixture should still be homogeneous.
- Take 120 to 150g of the dough to form a disk, wrap it tightly with plastic wrap and refrigerate for at least 1 hour. The remaining dough can be wrapped with plastic wrap and frozen (it can be used for a later tart).
- Roll out the dough to a thickness of 2-3mm, making sure that the diameter is larger than that of the tart pan used. Refrigerate ideally for 6 hours to prevent the dough from shrinking too much during baking.
- Using the tart pan, cut out the dough disk. Place a sheet of parchment paper in the bottom of the tart pan and fit the ring around it (there's no need to cut the parchment paper to the size of the pan!).
- Place the dough disk in the bottom of the tart pan on the parchment paper, then prick the dough with a fork (to prevent it from puffing up during baking).
- Bake for about 12-15 minutes at 170°C/338°F in a convection oven.
- After baking, let cool.



The cream

Ingredients

- ☑ 285g ~ 0% fat cottage cheese
- ☑ 50g ~ Powdered milk
- ☑ 25g ~ Cornstarch (Maizena)
- ☑ 35g ~ Potato starch
- ☑ 60g ~ Sugar
- ☑ 1 pinch of vanilla powder
- ☑ 35g ~ Lemon juice
- ☑ 30g ~ Egg yolks (x2)
- ☑ 225g ~ Egg whites (x6-7)
- ☑ 65g ~ Superfine sugar

- To make the meringue, put 225g of egg whites in the bowl of a stand mixer fitted with the whisk attachment and start beating them at low speed, gradually adding 65g of sugar. After 5 minutes, increase the speed to medium and continue for about 10 more minutes until you get perfect stiff peaks. With this method (by P. Conticini), the air bubbles formed by the egg whites will be very small and will hold better during mixing and baking.
- Meanwhile, in another bowl, mix 285g of cottage cheese, 2 egg yolks, and the juice and zest of half a lemon with a spatula until you get a smooth mixture.
- In another bowl, whisk the following powders together:
 - 60g (or less, or not at all) of sugar,
 - vanilla powder,
 - 35g of potato starch,
 - 50g of powdered milk (semi-skimmed)
 - and 25g of cornstarch.

This ensures a perfect mix of the powders and avoids the use of a sieve.

- Add the powders to the cottage cheese mixture and mix with the spatula until you get a homogeneous and smooth mixture.
- Preheat the oven to 240°C/464°F in traditional oven mode.
- Once the egg whites are perfectly whipped, incorporate one quarter into the previous mixture and mix with a spatula or whisk. Then gently fold in the remaining whipped egg whites in 2-3 times without deflating the whites.
- Pour the mixture onto the sweet pastry (it is possible to line the mold with parchment paper in case the mixture rises above its height of 7 cm).



The baking

- o Place the cake in the bottom of the oven on the second rack and bake at 240°C/464°F.
- o Set a timer for 10-15 minutes and watch it closely. As soon as the top of the cake is brown, open the oven for 3-4 minutes while lowering the temperature to 150°C/302°F.
Continue baking for another 15-20 minutes at 150°C/302°F.
If you don't want the Mazaltov to crack, you'll need to watch it carefully..
- o Open the oven again for 2-3 minutes (the Mazaltov should deflate) and continue baking for an additional 15-20 minutes.
- o Remove the cake from the oven as soon as a knife inserted in the center comes out clean.
- o Let the cake cool in its mold at room temperature, then place it in the refrigerator for 6 hours.
- o Just before serving, remove the cake from the mold and sprinkle it with powdered sugar.
You can serve it with a fruit coulis, chocolate sauce, or salted caramel sauce, depending on your tastes and dietary goals!
Please take the cake out of the refrigerator at least 15 minutes before serving.



Ingredients

- ☑ 200 g ~ Frozen red berries
- ☑ 40 g ~ Superfine sugar
- ☑ ½ ~ Lemon juice

The coulis

- o In a mixing bowl, pour:
 - 200g of frozen fruits,
 - 40g of superfine sugar,
 - and the juice of half a lemon.
- o Cover the mixing bowl with a microwave-safe plastic wrap and microwave for 4 minutes at 800W.
- o Carefully remove the plastic wrap to avoid burning yourself, and stir the fruits and sugar with a spoon until the sugar is dissolved.
- o Strain the juice and squeeze the fruits to extract the pulp. Scrape the back of the strainer to collect the pulp, then strain it again.
- o Allow the coulis to cool to room temperature, then store it in an airtight container in the refrigerator.



Tips

Designed by the pastry chef Jean-Paul Hévin, it was listed among the top 10 cheesecakes in Paris by the press in 2016. But honestly, it's not as good as the New York one. However, it's about 2.5 times less caloric than the New York cheesecake (much, much less fat!).

⇒ One slice (1/8 of an 18 cm diameter cake) contains about 240 calories.

❖ The crust:

It is possible to replace the sweet pastry with a more traditional crust (in a cheesecake) but it will be a little more calorific (see my video on New York cheesecake).

The recipe:

- Place a sheet of baking paper cut to the correct diameter in the bottom of a springform pan.
- Melt 60g of butter (82% fat) in the microwave for about 30 seconds at 800W.
- In a food processor, place 90g of "Thé" biscuits, 30g of Speculoos and 20g of brown sugar, and grind them finely.
- Pour the powders into a mixing bowl and add the zest of half a lemon and the melted butter. Mix with a spoon or spatula. The mixture should be homogeneous and crumbly (it is not about making a paste!).
- Pour this mixture into the springform pan and, using a glass or large spoon, press the mixture to form a regular and uniform layer, pressing fairly firmly.
- Bake for 10 minutes at 180°C/356°F with a fan. Remove the springform pan from the oven and let it cool to room temperature.

❖ Cracks (during baking):

If your goal is to have no cracks on the top of the cake, it's quite difficult. According to my tests and what I understood, the principle is as follows:

First, a fairly rigid crust must form on top of the cake. For this, the first baking must be at 240°C/464°F and last long enough to form this brown crust (between 10 and 15 minutes).

Then, quickly lower the oven temperature to 150°C/302°F. To do this, open the oven for 3-4 minutes and even remove the Mazaltov from the oven during this time.

Continue cooking at 150°C/302°F (still with static heat) for 15-20 minutes. The Mazaltov swells quite significantly. However, keep an eye on the top (if possible) to see if it doesn't crack.

Open the oven again for 2-3 minutes to make the cake deflate a bit.

Continue cooking at 150°C/302°F until a knife inserted into the center of the Mazaltov comes out clean.

It is important to avoid overcooking the cake because it loses its creaminess and becomes too dry.

❖ 0% fat cottage cheese:

I strongly recommend using 3-4% fat cottage cheese instead of 0%. The taste will be much better, with very few extra calories. The one I liked is "Calin extra from Yoplait".