

# kosher by design

Presents

SINCE 1991  
**Kolatin**<sup>TM</sup>  
real KOSHER GELATIN

RECIPE SUPPLEMENT  
with valuable tips on how to use



by *Susie Fishbein*

with Tish Boyle, Editor of *Dessert Professional Magazine*  
Photos by John Uher, exclusively for Kolatin® Real Kosher Gelatin

# // Kolatin® opens up a world of fast and easy recipe creations for kosher consumers. //

— Susie Fishbein,  
celebrity cookbook author, *Kosher by Design*®

## Meet Susie Fishbein

The release of *Kosher by Design Lightens Up* marks the sixth book in seven years for cookbook author Susie Fishbein. The wildly successful series has already sold over 400,000 copies worldwide and has led to hundreds of appearances by Susie from coast-to-coast and Canada. She has been the featured celebrity guest on cruise ships as well as at a week-long culinary adventure in the Galil in Israel. Profiled in the *New York Times* and on CNN, Susie has been named one of the 50 most influential Jews by the *Forward*. She has been a guest on dozens of network TV and radio shows. Susie was featured at the Epcot International Food and Wine Festival at Disneyworld, and taught at the Degustibus cooking school in NY. Susie resides in Livingston, New Jersey with her husband and four children.

## Meet Tish Boyle, Editor *Dessert Professional Magazine*

Tish Boyle is the editor of *Dessert Professional* magazine, a trade magazine for the pastry industry. Formerly the editor of *Chocolatier* and *Pastry Art & Design* magazines, Tish is a graduate of Smith College and La Varenne Ecole de Cuisine in Paris. During her varied food career she has worked as a caterer, pastry chef, and food stylist. She was also an associate editor at *Good Housekeeping* magazine and a freelance recipe developer for several food companies and magazines. Tish is the co-author of *Grand Finales*, *The Art of the Plated Dessert* (1996), *A Modernist View of Plated Desserts* (1997), *Chocolate Passion* (1999), *Simply Sensational Desserts* by Francois Payard (1999), and *A Neoclassic View of Plated Desserts* (2000). She is the author of *Diner Desserts* (2000), *The Good Cookie* (2002) and *The Cake Book* (2006). She lives and bakes in Brooklyn Heights, NY. Visit her website at [www.tishboyle.com](http://www.tishboyle.com).

## About Kolatin

Kolatin® is the world's only true Kosher gelatin that is made exclusively from 100% glatt kosher sources, and is certified as Kosher, Parve, and Kosher for Passover, by the OU (Union of Orthodox Jewish Congregations). Kolatin is manufactured using the finest quality domestic sourced materials.

Since 1991, Kolatin® Real Kosher Gelatin has been marketed exclusively to food manufacturers and the food service industry. Now, for the very first time, Kolatin is available in consumer-size packages for home use, enabling you to enhance your cooking and baking like never before. Like many other important ingredients in your kitchen, Kolatin® Real Kosher Gelatin must be used carefully following instructions – it's not the "sprinkle-on" type of additive. Used properly, Kolatin can open new horizons of food variety for your family.

Moms will be glad to know that Kolatin is actually good for you — it's natural, low calorie, carb-free, gluten-free, sugar-free, cholesterol-free, low sodium, and a good source of protein and amino acids!

Kolatin® Real Kosher Gelatin is also produced as a ready-to-use gel dessert, and is available in both regular and sugar-free varieties in five great fruit flavors: Cherry, Raspberry, Strawberry, Lime, and Orange.



*"Here's a no-bake pie that will thrill the chocolate lovers in your life. It is exceptionally easy to prepare, and makes a dramatic presentation at a party. Serve it with additional whipped cream, if you like."*

## Triple Chocolate Mousse Pie

By: Susie Fishbein of Kosher by Design  
cookbook series exclusively for

Kolatin® Real Kosher Gelatin

Dairy or Pareve • Makes 8-10 servings

Hands on time: 10 minutes

Chill time: 3 hours



- 6 ounces semisweet good quality chocolate bars, finely chopped
- 2 cups (16-ounces) heavy cream or liquid non-dairy whipping topping, divided
- $\frac{1}{3}$  cup sugar
- 1 tablespoon unsweetened cocoa powder
- 1 prepared 9-inch chocolate cookie crust
- 3 tablespoons water, divided
- 2 teaspoons Kolatin unflavored gelatin
- $\frac{1}{2}$ -1 ounce semisweet good quality chocolate bars, grated (optional garnish)

1. Place the chopped chocolate into a large mixing bowl. Set aside.
2. In a small sauce pan, whisk together  $\frac{2}{3}$  cup heavy cream or non-dairy whipping topping, sugar and cocoa powder; bring to a simmer and pour over chopped chocolate. Let stand 10-15 seconds, then whisk until smooth.
3. Pour  $\frac{3}{4}$  cup of chocolate mixture into the crust. Chill for 20-30 minutes.
4. Meanwhile, in a small bowl, sprinkle the gelatin over 1 tablespoon cold water. Let the gelatin soften for 5 minutes. Bring the remaining water to a boil and pour into the gelatin mix. Stir with a fork until gelatin is completely dissolved, about 2 minutes. Scrape sides as needed.
5. Whisk the gelatin mix into the remaining chocolate and stir until completely blended. Let cool to room temperature. (Can be chilled for 5-10 minutes to hasten the process, just don't let it get too thick.)
6. Whip the remaining cream to medium stiff peaks, then whisk into the cooled chocolate.
7. Dollop the mousse into the cooled, filled pie shell and sprinkle with grated chocolate if desired. Chill at least 2 hours. Serve and enjoy immediately or chill until ready to serve, up to one day in advance.

*"This classic, silky Italian dessert will wow your friends and family. It is a cold, smooth, refreshing burst of cream and coffee and can be whipped up in 5 minutes. Sophisticated yet simple, this is a great dessert when you are cooking a full menu. It can be made up to two days in advance, making it the perfect ending to a meal."*

## Espresso Panna Cotta

By: Susie Fishbein of Kosher by Design  
cookbook series exclusively for

Kolatin® Real Kosher Gelatin

Dairy or Pareve • Makes 6 servings

Hands-on time: 5 minutes

Chill time: 3-4 hours



- $1\frac{3}{4}$  cups water, divided
- $3\frac{1}{2}$  teaspoons (1 envelope + 1 tsp) unflavored Kolatin® Real Kosher Gelatin
- $\frac{1}{4}$  cup sugar
- 2 tablespoons instant espresso coffee
- 2 cups heavy cream or liquid non-dairy whipping topping, cold
- Whipped cream, cocoa powder and chocolate covered espresso beans, (optional garnish)

1. Pour 1 cup cold water into a medium bowl. Sprinkle gelatin over the cold water.
2. Bring the remaining  $\frac{3}{4}$  cup water and sugar to a boil and pour into the gelatin mix. Stir for 2 minutes until completely dissolved. Be sure to scrape bowl sides as needed.
3. Add the espresso powder and pour in the heavy cream or liquid non-dairy whip topping. Whisk for 2 minutes until espresso is completely dissolved. Pour into Pyrex dessert cups or ramekins. Chill for 3-4 hours or overnight.
4. To unmold, allow the cups to sit in hot water for 10 seconds. Run a knife around the edges and turn out each Panna Cotta onto a plate.
5. Garnish with cocoa powder a dollop of whipped cream, and chocolate covered espresso beans.
6. Serve and enjoy immediately or chill until ready to serve, up to two days in advance.



For more recipes, visit [www.kosherGELATIN.com](http://www.kosherGELATIN.com)

# Top 10 Tips

## for Using Kosher Gelatin

by Tish Boyle

1. **Measure the amount of gelatin you use precisely.** Since you generally use only a small amount of gelatin, using too much or too little can disastrously affect your recipe's outcome. Too much gelatin will make your finished dish rubbery, while too little can prevent it from setting up properly. If your recipe calls for a teaspoon or tablespoon measurement, carefully spoon the granules into the measuring spoon, overfilling the spoon slightly. Use the back of a knife to level off the measured amount.
2. **Sprinkle the gelatin granules evenly over the surface of the cold liquid.** This will prevent it from forming clumps that may not dissolve.
3. **One ¼-ounce envelope contains 2¼ teaspoons of granulated gelatin.** If your recipe calls for less than this amount, measure the amount out using a measuring spoon. If your recipe calls for more than this amount, use the envelope plus a measured amount of gelatin from another envelope.
4. **If you're in a hurry, you can speed up the setting process.** If you want your gelatin mixture to set up quickly, set the bowl containing the mixture into another bowl of ice water and stir until it has the consistency of cold raw egg whites. Now you can refrigerate the mixture and it will set evenly and quickly.
5. **Don't use pineapple in your gelatin recipes.** Certain fruits and spices, such as pineapple, papaya, gingerroot, figs and kiwi, contain an enzyme that causes gelatin to break down and prevent it from setting. If you want to use them, they must be poached before adding them to your gelatin recipes. Canned pineapple is pre-cooked, so it does not pose a problem.
6. **Gelatin takes up to twice as long to dissolve in cream or milk.** Bear this in mind when making recipes that use milk or cream as the hot liquid the gelatin is stirred into.
7. **Keep gelatin dishes refrigerated until ready to serve.** This will prevent them from softening and losing their gelatinous texture.
8. **Store gelatin desserts in the refrigerator covered.** This will prevent the formation of a thick, rubbery skin on the dessert. It will also prevent it from picking up any unwanted "refrigerator odors."
9. **For easy unmolding of gelatin recipes, coat the mold with non-stick cooking spray before filling.**
10. **Do not bring gelatin mixtures to a full boil.** This may cause the gelatin to lose its thickening properties.

# Gelatin 101

## All About Kosher Gelatin

(excerpted from [www.kosherGELATIN.com](http://www.kosherGELATIN.com))

by Tish Boyle

### ▶ How do I use Kolatin Real Kosher Gelatin?

We suggest you follow the instructions specified in your selected recipe when using our product, but here are some general guidelines for working with granulated gelatin: Gelatin granules should be dissolved in a TWO-STEP PROCESS. First, the granules should be softened in a small amount of cold liquid. For one packet of gelatin, place ¼ cup of water (or other liquid) in a small bowl or cup and sprinkle the gelatin granules evenly over the surface of the liquid. Let the granules absorb the liquid and soften for 5 minutes. The second step is to dissolve the softened gelatin mixture completely by stirring it into a steaming hot liquid. Following this process will ensure that the gelatin granules dissolve completely and that your gelatin dish will not be grainy or have a rubbery "skin" on top.

▶ **What can I make with gelatin?** Gelatin is a versatile ingredient which will allow you to add a multitude of new recipes to your cooking repertoire. Here are some examples of dishes you can make with Kolatin Kosher Gelatin:

**SAVORY DISHES:** cheese spreads, pates, dips, molded vegetable salads, vegetable terrines, aspics

**DESSERTS:** No-bake cheesecakes, mousse cakes and pies, ice-box cakes, chiffon pies, panna cotta, Bavarian creams, charlottes, molded custards, fruit whips, fruit molds, parfaits, no-bake soufflés, dessert terrines, trifles, low-fat desserts, sherbets, frozen yogurt, ice pops

**CONFECTIONS:** Marshmallows, jelly chews, gummy candy, gumdrop squares, nougat, various dessert bars

▶ **What are the health benefits associated with using gelatin?** There are many health benefits, both direct and indirect, of using gelatin in your dishes. Gelatin is a natural ingredient, low-calorie, carb-free, gluten-free, sugar-free, cholesterol-free, and low sodium. Kolatin eliminates the need for eggs in many recipes and is a good source of protein and amino acids! Many experts also believe that gelatin itself has benefits for maintaining healthy bones, joints and attractive hair and nails, and it has long been valued as a digestive aid. But it is gelatin's ability to mimic the mouthfeel and texture of fat that may be its greatest health asset. This allows cooks to make lower fat, dietetic and healthier dishes that taste and look like the higher fat foods and recipes that we all love.

Discover a wealth of information at [www.kosherGELATIN.com](http://www.kosherGELATIN.com)

Let Kolatin make your life easier

You'll find exclusive quick and easy Kolatin recipes by world renowned author Susie Fishbein, members of the CKCA (Center for Kosher Culinary Arts), and others. As well as easy-to-follow tips and uses by Tish Boyle, editor of Dessert Professional Magazine and facts and information about Kolatin.



### About Glatech

Glatech Productions was founded in 1991 to develop and produce a high-quality bovine kosher gelatin exclusively from glatt kosher hides. Glatech is the sole producer of Kolatin® Real Kosher Gelatin and desserts, as well as Elyon® kosher confectionery products.



Want to join our mailing list for the latest Kolatin recipes?

e-mail us at:  
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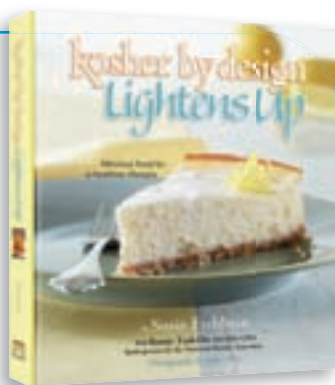
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## Kosher by Design Lightens Up

This sixth volume in Susie Fishbein's celebrated Kosher by Design cookbook series was crafted with your good health in mind! *Kosher by Design Lightens Up* is a gorgeous culinary guide, bursting with easy-to-do ideas for eating and feeling better. This cookbook teaches healthy cooking and food combining techniques, with special commentary by certified nutritional expert Bonnie Taub-Dix, spokesperson for the American Dietetic Assn.



- Over 145 brand new recipes
  - Over 160 full color photos
  - Over 320 pages
  - Creative entertaining ideas
  - Comprehensive cross-reference index
- Simple, healthy approaches to: cooking oils, sweeteners, whole grains, superfoods, smarter shopping, and more efficient kitchen gadgets.

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