

# Karpatka (Polish 'Cream Puff' Cake)

Also known as Carpathian Cream Cake, or Cream Puff Cake. It's Two Layers of Pastry Dough, with Custard Filling.

A Polish 'Karpatka' cake is basically a giant cream puff in cake form. It's called a Carpathian 'mountain' cake, because once dusted, it 'resembles' the snowy mountains of Poland. This recipe uses my "Choux Pastry" dough, but instead of making cream puff shells, we bake into 2 round 'crusts'. The filling is a simple vanilla custard based pastry cream, made lower in calories, fat and sugar, with ingredient substitutions.

## Servings Info.:

**Yield:** 1 cake  
**Servings:** 12 slices  
**Serving Size:** 1 slice



Range  
6-8

- last checked 03/03/22 -

## Ingredients:

### PASTRY:

- 1 batch of dough from my 'Cream Puff Shells' recipe on page 150.

### CUSTARD CREAM FILLING:

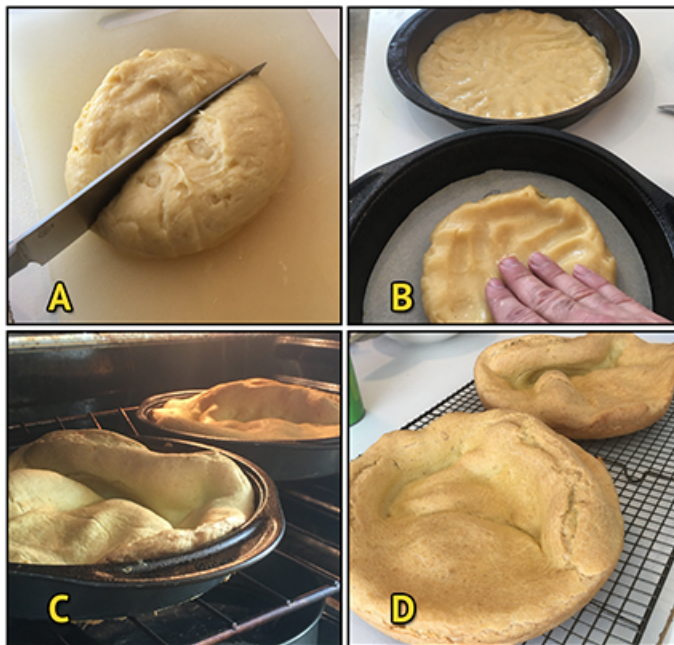
- 2 large eggs
- 6 large egg yolks
- 7 Tbsp cornstarch
- 1/4 cup all purpose flour
- 4-1/2 cups unsweetened vanilla almond milk (separated)
- 1 cup I Can't Believe It's Not Butter, Light
- 2 Tbsp imitation non alcoholic vanilla extract (roll with it)
- 2-1/2 cups 0 calorie confectioners sugar replacement (such as swerve brand or Truvia 0 calorie blend with stevia)

### ADDITIONAL INGREDIENTS/EQUIPMENT:

- additional 0 calorie confectioners sugar for dusting
- wire strainer
- parchment paper
- 9" pie pans
- 9" springform pan (to layer it all together, at the end)

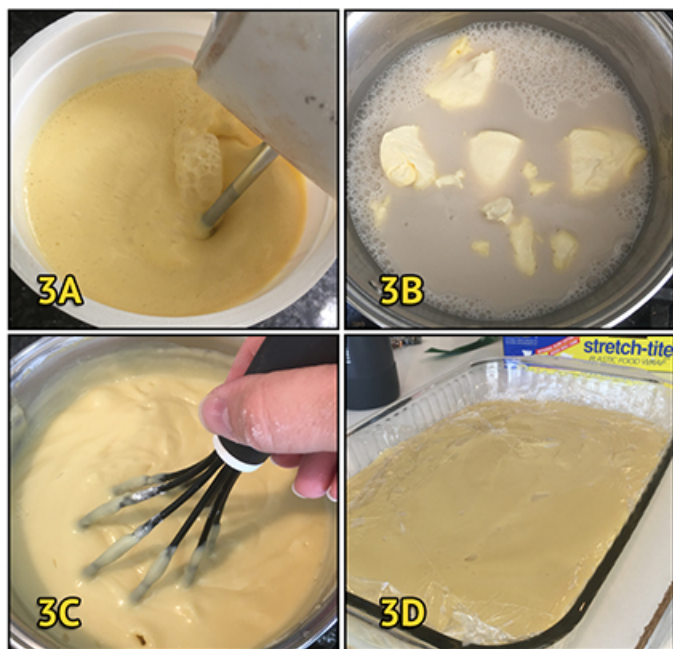
## Directions:

1. Prepare the pastry dough as directed. Line (2) 9" pie pans with parchment paper. Heat oven to 375 degrees.

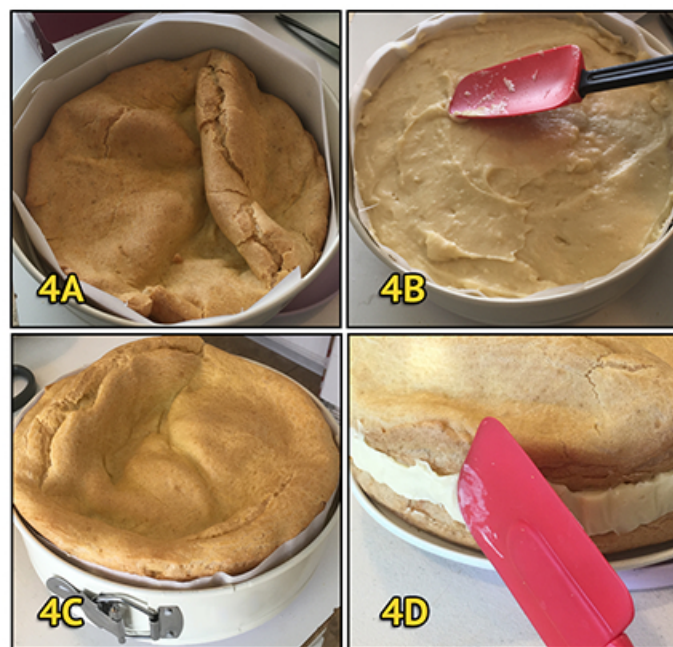


2. (A) Spray the sticky dough with cooking spray, so you can easily handle it. Cut dough into 2 halves, (B) then spray the pans with cooking spray and press each half into the pans. If the dough is too sticky, spray with more cooking spray. (C) Bake at 375 degrees for 35 minutes, or until golden brown and firm to the touch. (D) Remove from oven and let cool to room temperature on racks. Once they are room temperature, you can wrap them in plastic wrap and store in the fridge, for later. They also freeze well, but should be unwrapped while defrosting.





3. (A) Whisk (or use an electric hand mixer) to mix together the eggs, egg yolks, ONE CUP of the almond milk, cornstarch, and flour together, until smooth and lump free. Set aside. (B) In a medium sized pot, heat 3-1/2 cups almond milk, the I can't believe it's not butter, vanilla extract and 'confectioners sugar replacement', until the butter is almost completely melted. Then, pour in the whipped egg/cornstarch mixture. Begin whisking immediately. It will start to clump up, but that's ok, it will eventually become smooth. (C) Once the thickened custard begins to bubble, lower the heat, slightly. Continue stirring/whisking for 10 minutes. (D) Pour into a 13x9 casserole pan, or other large dish and cover with plastic wrap DIRECTLY on top of the custard. Let cool for 30 minutes.



4. (A) Place one of the baked 'crust' layers on the bottom of a springform pan, then place parchment paper around the pan's inner edge. (B) Pour/scoop the still-warm custard over the bottom layer, the smooth it with a rubber spatula.

#### 4. (Continued)

(C) Place the last baked layer of dough on top of the custard and press down slightly. Cover with plastic wrap and let sit in the fridge for 4-5 hours. Preferably overnight. (D) Prior to serving, remove cake from the pan and peel away the parchment paper. If you'd like, you can use a slightly wet spatula to smooth the custard filling around the cake. Finally, dust the top with 0 calorie confectioners sugar... Done.

#### NOTES:

- **ALMOND MILK:** I use almond milk, because 4-1/2 cups is only 3 points. If you'd like to use a different type of milk, feel free. However, adjust your points as necessary.
- **I CAN'T BELIEVE IT'S NOT BUTTER LIGHT:** I use it because 2 cups is only 47 points, while 2 cups of regular butter is 187 points, with over 3,000 calories and 368 grams of fat.
- **0 CALORIE CONFECTIONERS SUGAR:** Swerve, Lakanto Monkfruit and Truvia all make 0 calorie 'confectioners sugar' substitute blends. Most are cut with erythritol, which is sugar alcohols. The packages list them as being ultra high in carbs, but they are 'non glycemic' carbs, which your body doesn't turn into sugars, like regular carbs..
- **ALCOHOL FREE IMITATION VANILLA EXTRACT:** I use it because it's ultra inexpensive and lower in points than regular vanilla extract. If you'd prefer to use regular, adjust your recipe/points accordingly.
- **MIXING THE CUSTARD FILLING:** I mention it briefly in the instructions, but I need to address it a bit more here. When you add the blended egg/cornstarch mixture into the pot and start whisking... there WILL be clumps. Don't panic. Keep whisking and stirring, they'll eventually break up. If your concerned, you can always use your electric hand mixer, to smooth out everything in the pot. Lastly, when pouring the finished custard into the large dish, to cool, you can pour it through a wire strainer. Doing so will make sure no lumps end up in your finished cake.







# Cream Puff Shells

A Versatile, Light and Fluffy Pastry Dough, Which Can Be Filled With Sweet or Savory Fillings

This recipe is a lighter, healthier version of a classic French pastry dough, "Choux Pastry". It is an extremely versatile dough, commonly used for making cream puffs, light pastries... and \*gasp\* ECLAIRS!!!! Yes, you can use this to make lower fat/calorie/sugar eclairs. HALLELUJAH! You can then fill these little balls of pastry goodness with whatever you want. I'm also adding a few ideas for different types of fillings and toppings, in the recipe's notes. This recipe isn't necessarily a 'cream puff' recipe, it's more of a guide for making the dough and baking it into rounds. You can fill these shells with whatever you want, though I will provide an example for a pudding-based filling, below.

## Servings Info.:

Yield: 29 shells\*\*

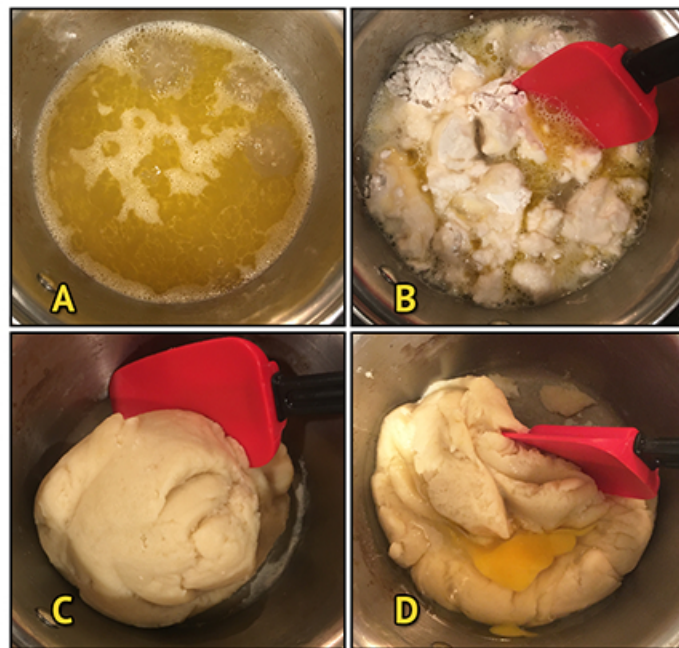
Servings: 29\*\*

Serving Size: 1 shell



- last checked 02/14/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Directions:



- (A) In a small pot, bring the water, 'butter', extract, salt, and sweetener to a low simmer. (B) Reduce heat to low, then add the flour and baking powder. Stir/mix until it begins to form a smooth, yet firm, ball of dough. (C) Continue cooking/stirring the dough over low heat for 1 minute. Turn off heat and let the cool for 2 minutes. (D) Mix/fold in 1 egg at a time, waiting until each egg is completely mixed in before adding the next. This step will take a few minutes, per egg. The dough will end up the consistency of VERY sticky, creamy mashed potatoes.

## Ingredients:

### PASTRY:

- 1/2 cup water
- 1 cup I Cant' Believe It's Not Butter, Light \*\*\*
- 1 Tbsp imitation vanilla extract (because... points)
- pinch of salt
- 3 Tbsp 0 calorie sugar replacement o' choice (such as lakanto monkfruit, swerve, stevia, etc.)
- 1 cup all purpose flour \*\*\*
- 2 tsp baking powder
- 4 large eggs

### SIMPLE PUDDING FILLING (OPTIONAL EXAMPLE FILLING):

- (2) 1oz boxes Jell-O sugar free instant white chocolate pudding mix
- 1-1/2 cups cold water
- 2 to 3 Tbsp confectioners sugar replacement. (0 calorie powdered sugar, such as 'Swerve', 'Lakanto', or 'Truvia' brands)

### ADDITIONAL INGREDIENTS:

- butter flavored cooking spray, as needed
- (optional) extra confectioners sugar replacement, for dusting the tops.