



workbook recipes, 2009-2010

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Caramelized White Chocolate

Inspired by Valrhona's L'Ecole du Grand Chocolat

The extent to which the white chocolate is 'roasted' will determine the color and flavor of the finished cream. Also, depending on the final application, I find the amount of gelatin needed is variable; I add more gelatin for a free-standing component, less for a cream that will be put into a shell or glass. And like many similar preparations, the blending phase of the method is vital to achieve the ideal texture.

Yield: approximately 480g

170g caramelized white chocolate
10g glucose
125g whole milk
2-3 sheets gelatin, bloomed
175g heavy cream (36% fat)

1. Warm the white chocolate and add the glucose.
2. Bring the milk to a boil and stir in the bloomed gelatin.
3. Remove from heat and slowly incorporate into the white chocolate.
4. Add the cream and emulsify for a few minutes with an immersion blender. Transfer to a container and chill, allowing to crystallize, or dispense into desired forms.

Black Sesame Sponge

Adapted from an original formula by Albert Adria, El Bulli

The 'baking' time will vary with the wattage of the microwave and quantity dispersed.

80g black sesame paste
3 whole eggs
80g sugar
1g fine sea salt
20g all purpose flour

1. Thoroughly combine all ingredients; pass through a fine mesh sieve.
2. Transfer the mixture to a one-pint foam siphon and load two gas chargers, per manufacturer's instructions.
3. Dispense the mixture into small plastic or paper cups, into which a few regularly-spaced holes or slits are punched.
4. Place in microwave and cook on high power for 30-40 seconds.
5. Remove from microwave, allow to cool a moment, and then remove from the cups.



Black Sesame Pain de Genes

Adapted from an original formula by Sebastien Canonne

Yield: one quarter-sheet pan

325g almond paste
75g black sesame paste
250g whole eggs
35g trimoline
2.5g fine sea salt
60g all purpose flour
110g unsalted butter, melted

1. In the bowl of an electric stand mixer fitted with the paddle attachment, combine almond and sesame pastes, mixing until thoroughly combined.
2. Slowly incorporate the whole eggs, a little at a time, scraping the bowl after each addition.
3. Add the trimoline, followed by the salt.
4. Add the flour, mixing just until incorporated, followed by the melted butter.
5. Transfer to a sprayed and parchment lined quarter sheet pan. Place in an oven at 180°C/350°F for approximately 15 minutes, or until thoroughly baked.



Black Sesame-Apricot-Cherry Shiso, Soy Caramel

Yield: 12 servings

Apricot Sorbet

20g granulated sugar
 2g sorbet stabilizer
 170g water
 90g sugar
 40g glucose powder
 15g dextrose
 500g apricot purée (10% sugar)

1. Combine first measurement of sugar and stabilizer.
2. Heat water to 50°C/120°F. Whisk in stabilizer, then remaining sugar, glucose, and dextrose. Bring to a boil for about 30 seconds. Remove from heat.
3. Chill and allow syrup to mature for at least 4 hours.
4. Combine syrup and purée. Process in batch freezer.

Black Sesame Panna Cotta

4g gelatin
 cold water, as needed
 140g heavy cream
 48g granulated sugar
 25g black sesame paste
 100g whole milk

1. Bloom gelatin in water. Reserve.
2. In a saucepan, combine cream and sugar, gently warming over medium heat.
3. Remove from heat and add black sesame paste and gelatin, stirring to dissolve. Temper into milk, thoroughly combine with an immersion blender, and strain through a chinois. Drop into desired form and refrigerate or freeze. Allow two hours to set.

Cherry Gelée

3g sheet gelatin
12g cold water
170 *griottine* brandy, flamed of alcohol

1. Bloom gelatin in the water and reserve.
2. Warm the cherry brandy. Add the softened gelatin, stirring to dissolve.
3. Strain through a chinois, pour into a container and chill.

Soy Caramel

250g granulated sugar
300g water
50g orange juice
soy sauce, to taste

1. Combine sugar and water to moisten in a saucepan. Cook to a medium amber color.
2. Meanwhile, in a second pan, gently heat water and orange juice.
3. When sugar has reached the correct color, remove from heat and slowly add water mixture. Return to heat and cook to dissolve any hardened bits of sugar. Continue to reduce until desired consistency is achieved. Finish with soy sauce.
4. Allow to cool and transfer to a squeeze bottle.

Black Sesame Powder

100g black sesame paste
10g sesame oil
25g-50g N-Zorbit tapioca maltodextrin

1. Place the black sesame paste and sesame oil in the bowl of a food processor. Slowly add the maltodextrin, pulsing the machine until the mixture resembles a light powder.

Assembly

shiso leaves, torn

1. Unmold each portion of black sesame panna cotta and place onto a plate allowing to temper slightly for best serving texture.
2. Place a small spoonful of the cherry gelée onto each panna cotta, along with a quenelle of the apricot sorbet and a piece of shiso. garnish with the soy caramel and black sesame powder.

Blueberry Macaron

Yield: approx 100 petits fours

95g egg whites
125g granulated sugar
water, as needed
18g freeze dried blueberries
125g almond flour
115g confectioner's sugar
egg whites, as needed

1. Place egg whites into a mixer bowl fitted with the whip attachment. Cook the granulated sugar and water to 240°F/115°C and prepare an Italian-style meringue.
2. Grind the blueberries in a coffee grinder, along with a small amount of almond flour and confectioner's sugar to produce a fine powder. Sift this powder with the remaining almond flour and confectioner's sugar.
3. Gradually incorporate dry ingredients into the meringue. Mix to a smooth consistency, using tiny amounts of extra egg white to adjust consistency if necessary.
4. Pipe onto silpat lined sheet pans, allow for a drying period, and then bake for 5-7 minutes at 275°F/135°C, or until just set.

Lychee Purée

Yield: approx. 640g

180g water
105g granulated sugar
7g agar agar
315g lychee purée (10% sugar)
45g lemon juice

1. Combine water, sugar, and agar agar in a small saucepan. Gently bring to a boil; reduce heat while maintaining a simmer for two to three minutes.
2. Remove from heat and whisk in lychee puree and lemon juice. Chill, allowing to cool and set for a few hours.
3. Process in blender until smooth.

Apple Celery Sorbet

Yield: 1 liter

20g granulated sugar
2g sorbet stabilizer
110g water
45g granulated sugar
35g glucose powder
250g green apple purée (10% sugar)
150g celery juice
20g lemon juice

1. Combine first measurement of sugar and stabilizer.
2. Heat water to 50°C/ 120°F. Whisk in stabilizer, then remaining sugar and glucose and bring to a boil for about 30 seconds. Remove from heat, chill, and allow syrup to mature for at least 4 hours.
3. Combine syrup, purée, and juices; process in batch freezer.

Grapefruit Fennel Sorbet

Yield: 1 liter

20g granulated sugar
3g sorbet stabilizer
150g water
55g granulated sugar
55g glucose powder
350g grapefruit juice, strained
125g fennel juice
100g orange juice, strained

1. Combine first measurement of sugar and stabilizer.
2. Heat water to 50°C/ 120°F. Whisk in stabilizer, then remaining sugar and glucose and bring to a boil for about 30 seconds. Remove from heat, chill, and allow syrup to mature for at least 4 hours.
3. Combine syrup and juices; process in batch freezer.

Roasted Pepper Mandarin Sorbet

Yield: approx. 1 liter

300g mixed baby bell peppers (red, yellow, and orange)
oil, as needed
20g granulated sugar
2.5g sorbet stabilizer
120g water
80g granulated sugar
25g glucose powder
300g mandarin purée (10% sugar)
200g roasted pepper purée

1. Toss the whole peppers in a small amount of oil and gently roast in a high oven, just until skin begins to blister. Remove from the oven and allow to cool.
2. Remove stems and seeds, then transfer to a blender and process to a smooth purée. Pass through a fine mesh sieve, reserving 200g for the sorbet.
3. Combine first measurement of sugar and stabilizer.
4. Heat water to 50°C/ 120°F. Whisk in stabilizer, then remaining sugar and glucose and bring to a boil for about 30 seconds. Remove from heat, chill, and allow syrup to mature for at least 4 hours.
5. Combine syrup and purée and process in batch freezer.

Bacon Ice Cream

YIELD: approximately 1 liter

200g double-smoked bacon
500g whole milk
30g nonfat dry milk
75g granulated sugar
30g glucose powder
20g trimoline
25g granulated sugar
3g ice cream stabilizer
100g pasteurized egg yolks
75g heavy cream

1. Finely dice the bacon and render. Add the rendered bacon and fat to the milk and chill overnight.
2. Strain the milk of all the bacon and solidified fat and discard.
3. Place milk in a sauce pot. Whisk in dry milk to rehydrate and add first measurement of sugar, glucose, and trimoline. Bring to a boil.
2. Meanwhile, combine remaining sugar and stabilizer. Whisk into egg yolks.
3. Temper hot cream into yolk mixture. Return to low heat and cook, stirring, until slightly thickened, 84°F/183°C.
4. Remove from heat and whisk in heavy cream. Chill in an ice water bath. Allow mixture to mature at least 12 hours.
5. Process in batch freezer.

Chèvre Fondant

Yield: approximately 375g

125g chèvre
50g granulated sugar
2 sheets gelatin, softened and squeezed of excess moisture
50g crème anglaise
125g heavy cream, whipped

1. In the bowl of a mixer fitted with a paddle attachment, combine chèvre and sugar. Cream until smooth, light, and fluffy.
2. Meanwhile, gently warm the crème anglaise and add gelatin to dissolve.
3. Combine chèvre and anglaise mixture. Fold in whipped cream. Chill until set.

Chestnut Wafer

Yield: approximately 325g

210g sweetened chestnut purée
70g granulated sugar
15g unsalted butter, softened
40g egg whites

1. In the bowl of a mixer fitted with a paddle attachment, combine chestnut purée and sugar. Cream until smooth. Add the butter, followed by the egg white.
2. Spread the mixture onto a silpat lined sheet pan with an offset spatula as desired. Bake in an oven preheated to 150°C/300°F until golden.
3. Allow to cool and remove from silpat. Store in an airtight container.

Olive Oil Financier

Yield: approximately 1900g

300g unsalted butter
200g almond flour
200g all purpose flour
588g confectioner's sugar
490g egg whites
170g extra virgin olive oil

1. In a heavy, non-reactive saucepan, cook butter to *noisette*, whisking occasionally. Strain through a chinois and reserve warm.
2. Meanwhile, combine dry ingredients.
3. In a large mixing bowl, manually whip egg whites just until frothy and yellow color dissipates. Whisk in almond flour mixture.
4. Slowly whisk in warm *beurre noisette* and olive oil, ensuring complete emulsification.

Juniper Ganache

Yield: approximately 1000g

400g heavy cream (36% fat)
8g juniper berries, crushed
5g coriander seed, crushed
zest of ½ orange
500g milk couverture, chopped
80g trimoline
100g unsalted butter, softened
30g gin

1. In a saucepan, bring cream just to a boil.
2. Remove from heat, add juniper, coriander, and zest; cover, and allow to infuse for 30 minutes.
3. Strain cream and return to a boil. Place chocolate and trimoline in a large bowl and gradually pour hot cream over it, stirring with a spatula to emulsify.
4. Allow to cool to 35-40°C/95-104°F. Add butter and gin.
5. Deposit into molds as desired.

Cream Cheese Parfait

Yield: approximately 850g

3 sheets gelatin
50g water, cold
110g granulated sugar
pinch fine sea salt
100g unsalted butter, softened
225g cream cheese, softened
50g crème fraîche
70g mandarin purée (10% sugar)
20g lemon juice
260g heavy cream (36% fat), whipped

1. Bloom gelatin in full measurement of water. Gently heat to dissolve. Reserve.
2. In a mixer bowl, combine sugar, salt, and butter, creaming the mixture well. Slowly add the cream cheese, occasionally scraping down the sides of the bowl. Follow with the addition of the crème fraîche, mandarin, lemon, and dissolved gelatin.
3. Fold in whipped cream and transfer to desired molds or forms.



Burnt Orange 'Meringue'

Yield: approximately 225g

50g granulated sugar
water, as needed
150g orange juice, strained
2 cloves
50g water
25g sugar
2.5g Versawhip
.5g xanthan gum
orange zest
pistachio
dark chocolate couverture

1. Combine the first measurement of sugar with water to moisten in a small saucepan and cook to a medium-dark caramel. Deglaze with the orange juice.
2. Add cloves and slowly reduce to 150g.
3. Remove from the heat, discard cloves, and add the second measurement of water.
4. Combine the remaining sugar, Versawhip, and xanthan gum. Disperse into the liquid and blend well with an immersion blender.
5. Transfer to the bowl of an electric stand mixer and whip to a slightly firm peak.
6. Finely mince the orange zest, pistachio, and chocolate; gently fold into the 'meringue'

Caramelized Fig Purée

This is the base from which I began to experiment with acids and other flavors to create a more 'solid' 'agrodolce' or 'gastrique'. Various additions can be added: lemon, sherry vinegar, balsamic, red wine, and any number of herbs and spices...

Yield: approximately 500g

125g granulated sugar
400g fig pulp
juice and zest of one orange
100g cinnamon-jalapeño syrup

1. In a medium sauté pan, caramelize sugar over high heat.
2. Just as sugar begins to color, add fig pulp, orange juice, and zest. Stir to combine.
3. Lower heat to medium and continue cooking until liquid is absorbed.
4. Stir in syrup and remove from heat.
5. Purée with an immersion blender and chill.

Chicory Ice Cream

YIELD: approximately 1780g

1000g whole milk
60g nonfat dry milk
10g soluble chicory
150g granulated sugar
60g glucose powder
40 g trimoline
50g granulated sugar
8g ice cream stabilizer
200g pasteurized egg yolks
150g heavy cream (36% fat)
60g liquid chicory extract

1. Place milk a sauce pot. Whisk in dry milk, soluble chicory, and add first measurement of sugar, glucose, and trimoline. Bring to a boil.
2. Meanwhile, combine second measurement of sugar and stabilizer. Whisk into egg yolks.
3. Temper hot milk into yolk mixture. Return to low heat and cook, stirring, until slightly thickened, 84°C/183°F.
4. Remove from heat and whisk in heavy cream and liquid chicory. Chill in an ice water bath. Allow mixture to mature at least 12 hours.
5. Process in batch freezer.



Banana Ganache

Adapted from Norman Love

Yield: approximately 1500g

475g heavy cream (36% fat)
2 vanilla beans, split and scraped
40g trimoline
780g white couverture, chopped
100g banana purée
100g unsalted butter, softened
30g dark rum

1. In a saucepan, combine cream and vanilla. Bring to a boil.
2. Remove from heat and discard vanilla. Place chocolate and trimoline in a large bowl and gradually pour cream over it. Emulsify with an immersion blender, if necessary.
3. Allow to cool to 35°C/95°F. Add banana and butter, followed by the rum. Allow to cool to 30°C/85°F before filling molds.



Mango Pearls

Yield: approximately 1 pint

250g mango purée (10% sugar)

75g granulated sugar

150g water

3g agar agar

.4g locust bean gum

1. To prepare the base, combine the mango purée and sugar, heating just enough to dissolve the sugar.
2. Reserve warm.
3. To complete, disperse the agar agar and locust bean gum in the water with an immersion blender; transfer to a small sauce pan.
4. Bring this mixture to a boil, reduce heat and simmer for 2-3 minutes.
5. Remove from heat and incorporate into the mango base.
6. Drop the mixture into cold vegetable oil, allowing 5-10 minutes to set. Transfer pearls to cool water to rinse, then drain.



Nougat Glacé

YIELD: approximately 800g

70g fresh egg whites
140g honey
175g caramelized walnuts, crushed
20g preserved green walnut, chopped
20g lemon confit, drained
500g heavy cream (36% fat), whipped

1. Prepare an Italian meringue by bringing the honey to a boil and pouring into whipping egg whites.
2. When cool, fold in the crushed nuts, preserved walnuts and lemon confit.
3. Fold in whipped cream and transfer to desired forms or molds. Freeze.

Caramel Banana Filling

Adapted from Tanya Fallon, Tribute pastry chef from 1996-1999

Yield: approximately 1100g

225g heavy cream
100g granulated sugar
125g glucose syrup
125g granulated sugar
500g ripe banana, peeled and chopped
50g unsalted butter

1. In a heavy saucepan, combine cream, first measurement of sugar, and glucose. Bring to a boil; remove from heat and reserve.
2. In a second saucepan, cook the second measurement of sugar, with water to cover, to a medium caramel.
3. Reduce heat and add banana, followed by the cream mixture. Slowly cook down to a thickened consistency, stirring often to avoid scorching.
4. When correct consistency is achieved, remove from heat and add butter in small amounts, using an immersion blender to produce a smooth texture.

Milk Chocolate Cremeux

Yield: approximately 720g

250g milk chocolate, chopped
400g heavy cream
60g water
2g agar agar
20g glucose syrup
2 sheets gelatin, bloomed

1. Place chocolate in a mixing bowl and reserve. Begin heating cream.
2. Meanwhile combine water with agar agar and glucose. Place in a small sauce pan and gently bring to a boil, holding for two to three minutes.
3. Once cream has boiled, remove from heat and gradually incorporate into the chocolate. Follow with the agar mixture. Add the gelatin and transfer to forms. Freeze.
4. Unmold and temper to room temperature before serving.

Milk Chocolate Brown Butter Ganache

Yield: approximately 1100g

400g heavy cream
30g browned milk solids
80g trimoline
500g milk couverture, chopped
100g unsalted butter

1. In a saucepan, combine cream, milk solids, and trimoline. Bring to a boil.
2. remove from heat and blend well with an immersion blender. Place chocolate in a large bowl and gradually pour hot cream over it.
4. Allow to cool to 35-40°C/95-104°F. Add butter. Pour into frame and allow to crystallize 48 to 72 hours.
5. Apply a base and cut centers. Separate to allow further crystallization and enrobe.

Haute Pastry at Home

Michael Laiskonis

Ritz Carlton Grand Cayman, 17 January 2009

...Rather than offer a simple recipe for you to follow along with, I thought it might be more interesting to take you on the journey from a classic idea or technique, and trace the steps we take as chefs to "create" more advanced or contemporary dishes. And when I say *advanced*, I don't necessarily mean that they are more difficult. We like to say that cooking at this level isn't really that hard, it's just the sum of a lot of little things executed perfectly!

The classic I've chosen as to focus on today is brown butter- which shouldn't be a foreign concept among a room full of passionate foodies! While it lends its nutty complexity to sauces and sautés, it might not be the first flavor one associates with pastry, yet it's one of my favorites, and as a base in high-end desserts, one might argue that it's a bit trendy at the moment.

So what is brown butter? It's butter- and nothing else- that's allowed to brown, right? But let's take a step back to ask ourselves, what is butter? Fat, of course. And in good quality butter, that fat makes up at least 82% of its weight. But fat alone doesn't brown; sure, I guess you could burn a fat until it smokes and blackens, but that's a different kind of chemistry at work, and one that doesn't really taste all that good! So, with 82% fat, that leaves 18%, and the water in butter accounts for most of it, about 16% of the total. Nearly all of that water cooks off or evaporates in the process. So really, the most important constituent of butter is everything that's left: the measly 2% that is comprised of milk solids. If you've ever made clarified butter, these proteins and sugars are the scum and foam that we carefully skim off to get at the pure butterfat. But here we want to leave them intact and we *want* them to brown to create that flavor.

How does that happen? Once that 16% (the water) has cooked off into the atmosphere, you're left with just the fat and the solids. Remember, at least at sea level- and we're about as close to it now as we'll ever be! - liquid water boils and turns to steam at 212°F.

Once that water is increasingly out of the picture, the fat can finally exceed that temperature barrier. As it begins to rise, about another 100° or so, we begin to see a chemical reaction take place. This Maillard reaction, named for the scientist who discovered, or rather better understood, the phenomenon of color (and flavor) resulting from the effect of heat on proteins and sugars. In simple terms, this browning, or Maillard reaction, is what makes a perfectly cooked steak taste more appealing and complex than a piece of raw meat.

But again, back to our butter. So that's it, the solids, for lack of a better word, *fry* in the butterfat- and the fat in turn becomes infused with the flavors of the browned solids. Most often, this is applied as an instant sauce. But there is one classic pastry application, which also happens to be one of my personal favorites: a little French cake known as a *financier*. The *financier* is made up of five simple ingredients: brown butter, finely ground almonds, flour, sugar, and egg whites. Why the name? The story I've always heard told involved a 19th century Parisian pastry shop, who developed their own particular version of the cake. The shop was located quite close to the *Bourse*, or the Paris stock exchange. In a savvy marketing move, the shop baked the cakes in small rectangular molds, which resembled gold bricks, just like those the *financiers* traded down the street...

Before we go any further, we need to take a look at butter once again, and we need to remember that those flavorful solids makeup only 2% of it. As we start to consider other uses for our brown butter, we're confronted with the fact that those browned bits are dispersed in a lot of fat. This is especially challenging if we want to, say, make a brown butter ice cream, a brown butter ganache for chocolate bonbons. Both are applications where fat has to be delicately balanced.

So one step forward, two steps back: where does butter come from? Milk of course, but more specifically, we might say cream. You can make your own butter by over-whipping cream to the point where the fat molecules jam themselves together, which 'squeezes' out a good deal of water. And in that water- the original buttermilk- lie the majority of its

milk solids. If you were to compare one pound of butter to one pound (about a pint) of heavy cream, you'd discover that the cream contains 6% milk solids by weight, or three times more of the stuff we want. Not only would we yield a full ounce of potential gold from cream, but in today's market, a pint of cream might cost a buck or two less than a pound of butter. As a side note, you might say, well, whole and skim milk contain even more, up to 8 or 9% milk solids. So too does milk contain a lot more water; water that would take forever and a day to cook off, unless of course you were working on an industrial scale. That's right, in commercial evaporated and condensed milk, the solids content jumps to between 25 and 30% of its total weight. And then that leads us to *dulce de leche*, and why *it* tastes so good: it's all about the browned milk solids.

So how do we go about browning and extracting the solids in heavy cream? It's the same process as for the butter, but as you can imagine, it just takes longer. As more and more water evaporates, the natural emulsion of the cream breaks down, causing the solids to separate from the fat. These solids tend to clump together- there are three times more of them- which if carefully strained out (through cheesecloth), also gives us the usable by-product of pure clarified butter. So now I have a sort of brown butter 'powder' I can add to just about anything.

You *can* cheat if you don't have time to stand over a pot of reducing cream, and if you just happen to have nonfat powdered milk lying around. Part of what makes dry milk shelf stable, is that it contains no fat, which would eventually turn rancid. This too, obviously, is all the good stuff we're trying to isolate. By whisking some milk powder into our butter as we begin to brown it, we'll indeed see a boost in our yield and our flavor.

So we've taught ourselves all about the milk solids in our various dairy goods. Now we can start to look at other products, and how this knowledge can expand our repertoire even further. Can anyone tell me what is in chocolate? The cacao 'beans', which bring both the flavorful solids and fat in the form of cocoa butter. And sugar, of course, and usually small amounts of vanilla and lecithin. What about milk chocolate? Perhaps fewer

cocoa solids, but they're replaced with more sugar, and...? Milk solids! On to white chocolate. Apart from the cocoa butter, there are no other cocoa solids, hence the white color and neutral flavor. But we also have sugar and those milk solids, which in this case, make up around 20% of its total weight. With about 40% sugar, white chocolate is pretty close to condensed milk, at least in terms of those two components. While few of us would get excited over the prospect of munching a block of white chocolate, I hope what we show you next will make you think twice about what many consider a throw-away ingredient.

Just as I have, I'm sure most professional pastry chefs and home cooks have accidentally scorched, or 'ruined' chocolate by over-heating it, at least once. By applying what we've learned from brown butter and reduced cream, why can't we take that accident and turn it into something delicious? Why not try to control the browning process in white chocolate? To do this we're simply going to *roast* the chocolate to achieve the same effect. Slowly, gently, and stirring it every few minutes, we cook the chocolate in the oven to the desired color; the darker it is, the more complex the flavor will be. Of course, too long, or too much heat, or not enough stirring and it will burn. And while it looks like a grainy mess, our roasted, or caramelized, white chocolate is combined with whole milk, glucose, and cream to create an incredibly smooth texture and a *dulce de leche*-like flavor. Remember the similarities between the chocolate and the condensed milk? It all makes sense!

For our final tasting, we've matched the white chocolate cream with a bit of lime curd and mango pearls. These pearls are an entry point to newer, 'modern' cooking techniques. For lack of a better label, many such "molecular" approaches are really about how we as chefs can transform the familiar, to shift the context, or play around with the associations we tend to attach to a dish or an ingredient. For better or worse, the deconstructions and rearranging of classic flavors go to show the intent and playfulness of the chef.

The pastry realm is certainly more about manipulation of ingredients than savory side is, or at least used to be. I'll often tease the other cooks in the restaurant, saying, "You've got

it easy- your fish and vegetables are already *made*, you just have to cut them and cook them"; in pastry, a great deal of our components have to be made from scratch before we can even get to that point. So the pearls represent an answer to a few different questions we might ask ourselves as chefs: Does a 'sauce' always have to be a 'sauce'? I could simply finely dice a fresh mango for a similar effect, but what if I want an entirely different shape, or texture? And how can we shape that texture as a contrast or compliment to the ingredients around it? Ice cream or sorbet, if you think about it, is really just a sauce, just one that is really, really cold, so much so that it takes on a new texture and contrast. Here we've taken the puréed mango- our sauce, if you will- and transformed it into 'caviar', which I hope will offer a completely different perception alongside the rich and creamy white chocolate.

To make our caviar, or pearls, we combine mango purée and sugar. To that we add a solution of water and agar agar. You've all heard of agar? Well, it's a seaweed-derived thickener- similar to gelatin- but a plant product that sets stronger, and much quicker and at a higher temperature. For example, gelatin will firm up under refrigeration, and melt right around our own body temperature. Agar, however, will set at room temperature, but will also hold a gel when heated, a property some chefs have exploited to create, say, 'noodles' made out of consommés or juices. We're also adding a second natural plant derivative, locust bean gum, which works in tandem with the agar to produce just the right texture. While this mixture is still warm, we slowly let it drip into a large container of *cold* vegetable oil. Think of it almost like frying in reverse; in this case the cold temperature of the oil is helping the agar to set, while the density of the oil keeps the drops in a spherical shape. Looking a bit like a lava-lamp, once these pearls hit the bottom of the container, they've hopefully set completely. Then we simply strain the pearls out and we're ready to go...

Caramelized Rice

Yield: approximately 425g

240g granulated sugar

80g water

200g rice cereal

10g unsalted butter

1. Place sugar in a large sauté pan and moisten with water.
2. Over medium heat, cook sugar until nearly all water has evaporated and but before it begins to color.
3. Add cereal and gently stir to coat with sugar.
4. Continue cooking and stirring as sugar crystallizes. Sugar will begin to melt and caramelize.
5. When most of the sugar has remelted and coated the cereal, remove from heat and stir in the butter, gently yet thoroughly. Transfer to a silpat to cool.
6. Store in sealed plastic bags.

Coconut Sorbet

Yield: approx. 3 liters

40g sugar
7g stabilizer
730g water
300g granulated sugar
150g glucose powder
1000g coconut purée (10% sugar)

1. Combine first measurement of sugar and stabilizer.
2. Heat water to 50°C/ 120°F. Whisk in stabilizer, then remaining sugar and glucose and bring to a boil for about 30 seconds. Remove from heat, chill, and allow syrup to mature for at least 4 hours.
3. Combine syrup and purée and process in batch freezer.



Green Tea Biscuit

YIELD: one half-sheet pan

60g cake flour
15g matcha
150g white chocolate couverture, melted
120g unsalted butter, softened
75g pasteurized egg yolks
25g trimoline
zest of 1lemon, finely grated
125g egg whites
65g granulated sugar

1. Sift cake flour with matcha and reserve. Thoroughly incorporate butter into melted chocolate. Stir in egg yolks, trimoline, and lemon zest.
2. Meanwhile, begin whipping egg whites, gradually adding sugar, to soft peaks.
3. Fold in sifted cake flour, followed by white chocolate base. Transfer into a prepared half sheet pan.
4. Bake at 325°F for 10 to 13 minutes. Allow to cool, store wrapped under refrigeration.

Green Tea Ice Cream

Yield: approximately 1700g

1000g whole milk
60g nonfat dry milk
150g granulated sugar
60g glucose powder
150g heavy cream (36% fat)
40g trimoline
50g granulated sugar
4g ice cream stabilizer
12g matcha green tea powder
200g pasteurized egg yolks

1. In saucepan, whisk together milk, first measurement of sugar, and milk powder and bring to a boil over high heat.
2. Combine green tea powder and sugar and whisk into egg yolks; Add cream and trimoline to boiled milk. Temper hot cream into yolk mixture. Return to medium-low heat and cook, stirring constantly to 83°C/185°F.
3. Remove from heat and strain through a fine mesh sieve. Chill in ice water bath. Allow to mature at least 12 hours.
5. Process in batch freezer.



Yuzu 'Meringue'

Yield: approximately 225g

75g sugar
2.5g Versawhip
.5g xanthan gum
100g water
25g yuzu juice

1. Combine the sugar, Versawhip, and xanthan gum. Disperse into the liquids and blend well with an immersion blender.
5. Transfer to the bowl of an electric stand mixer and whip to a slightly firm peak.
6. Finely mince the orange zest, pistachio, and chocolate; gently fold into the 'meringue'



Yuzu Parfait

Yield: approximately 1100g

4 whole eggs
340g granulated sugar
120g yuzu juice
50g orange juice
zest of two lemons
zest of two oranges
4 sheets gelatin, bloomed
170g unsalted butter
180g heavy cream, whipped to soft peaks

1. In a heavy saucepan, whisk together eggs and sugar, and then add juices and zest.
2. On medium heat, bring mixture to a boil, stirring constantly, as it will easily scorch on the bottom.
3. When the mixture boils and is quite thick, remove from heat and emulsify the butter into the mixture in small amounts. Add gelatin. Strain through a chinois and gently chill in an ice water bath until cool but not set.
4. Once cooled, fold into whipped cream and portion into desired molds or forms.



Chocolate Pain de Genes

Adapted from an original formula by Sebastien Canonne

Yield: one quarter-sheet pan

325g almond paste
250g whole eggs
35g trimoline
2.5g fine sea salt
60g all purpose flour
90g dark chocolate couverture 70%, melted
110g unsalted butter, melted

1. Place the almond paste into the bowl of an electric stand mixer fitted with the paddle attachment, mixing until the paste has softened and broken down into small bits.
2. Slowly incorporate the whole eggs, a little at a time, scraping the bowl after each addition.
3. Add the trimoline, followed by the salt.
4. Add the flour, mixing just until incorporated, followed by the chocolate and melted butter.
5. Transfer to a sprayed and parchment lined quarter sheet pan. Place in an oven at 180°C/350°F for approximately 15 minutes, or until thoroughly baked.



Earl Grey Ganache

Yield: approximately 1100g

375g heavy cream
25g Earl Grey tea
90g trimoline
500g dark chocolate couverture (66%), chopped
100g unsalted butter
10g orange flower water

1. Infuse cold cream with tea for 24 hours.
2. In a saucepan, bring cream to 50°C/122°F. Strain. Add fresh cream to bring the amount back up to 375g and combine with trimoline. Bring to a boil.
3. Place chocolate in a large bowl and gradually pour hot cream over it. Emulsify with an immersion blender if necessary.
4. Allow to cool to 35-40°C/95-104°F. Add butter and orange flower water. Deposit into molds.

Sweet Potato Sorbet

Yield: 1150g

500g water
½ vanilla bean, split and scraped
50g granulated sugar
4g sorbet stabilizer
150g granulated sugar
50g glucose powder
400g sweet potato, roasted, peeled, puréed, and sieved

1. Combine first measurement of sugar and stabilizer.
2. Heat water and vanilla to 50°C/120°F. Whisk in stabilizer, then remaining sugar and glucose. Bring to a boil for about 30 seconds. Remove from heat.
3. Chill and allow syrup to mature for at least 4 hours.
4. Combine syrup and purée. Process in batch freezer.

Sweet Potato Pearls

Yield: approximately 1 pint

80g water
40g granulated sugar
½ vanilla bean, split and scraped
180g roasted sweet potato purée
150g water
1g agar agar
.3g locust bean gum

1. To prepare the base, combine first measurement of water, sugar, and vanilla in a medium sauce pan and bring to a boil.
2. Remove from heat and whisk into the sweet potato purée.
3. Reserve warm.
4. To complete, disperse the agar agar and locust bean gum in the second measurement water; transfer to a small sauce pan.
5. Bring this mixture to a boil, reduce heat and simmer for 2-3 minutes.
6. Remove from heat and incorporate into the sweet potato base.
7. Drop the mixture into cold vegetable oil, allowing 5-10 minutes to set. Transfer pearls to cool water to rinse, then drain.



Sweet Potato Puffs

125g roasted sweet potato purée
100g tapioca starch
100g water

1. Combine all ingredients and mix to form a loose dough.
2. Spread onto a sheet of acetate measuring 40cm by 60 cm. Place a second sheet on top and roll the sweet potato dough as thinly as possible.
3. Using a pair of scissors, cut the acetate/dough into sizes appropriate for a dehydrator (we cut strips measuring 10cm by 36cm).
4. Steam the strips of dough, still sandwiched between the acetate, for fifteen minutes. Remove from the steamer and allow to cool.
5. Carefully remove the acetate from one side of each strip and dry in a dehydrator several hours until crisp.
6. Quickly fry pieces of the sweet potato chip in oil.

Vanilla Sorbet

Yield: approximately 1400g

35g sugar
5g sorbet stabilizer
1000g water
300g granulated sugar
80g glucose powder
3 vanilla beans, split and scraped
10g dark rum

1. Combine first measurement of sugar and stabilizer.
2. Heat water to 50°C/120°F. Whisk in stabilizer, then remaining sugar and glucose, bring to a boil for about 30 seconds. Remove from heat, add rum, chill, and allow syrup to mature for at least 4 hours.
3. Process in batch freezer.



Tarragon Meringue

Yield:

30g tarragon, thick stems removed
150g ice water
24g egg white powder
65g sugar
40g fresh egg whites

1. Blanch the tarragon and shock in the water. Blend very well and strain to achieve 120g tarragon water.
2. Combine tarragon water with egg white powder, whisking to hydrate. Add the fresh egg whites and place into the bowl of an electric stand mixer fitted with a whip attachment.
3. On medium speed, whip mixture, gradually adding sugar, into a soft -peak meringue.

Raspberry Sorbet

Yield: 1800g

60g granulated sugar
4g sorbet stabilizer
410g water
200g granulated sugar
90g glucose powder
36g trimoline
1000g raspberry purée (10% sugar)

1. Combine first measurement of sorbet and stabilizer.
2. Heat water to 50°C/120°F. Whisk in stabilizer, then remaining sugar, glucose, and trimoline. Bring to a boil for about 30 seconds. Remove from heat.
3. Chill and allow syrup to mature at least 4 hours.
4. Combine syrup and purée. Process in batch freezer.

Pistachio Powder

Yield: approximately 1 liter

120g peanut butter

75g N-Zorbit (tapioca maltodextrin), or as needed

1. Place peanut butter into the bowl of a food processor. Slowly incorporate N-Zorbit until a powdery consistency is achieved.

Celsius to Fahrenheit Temperature Conversion

°F to °C (subtract 32, multiply by 5, divide by 9) °C to °F (multiply by 9, divide by five, add 32)

°C	°F	°C	°F	°C	°F	°C	°F	°C	°F	°C	°F
0	32	50	122	100	212	150	302	200	392	250	482
1	33.8	51	123.8	101	213.8	151	303.8	201	393.8	251	483.8
2	35.6	52	125.6	102	215.6	152	305.6	202	395.6	252	485.6
3	37.4	53	127.4	103	217.4	153	307.4	203	397.4	253	487.4
4	39.2	54	129.2	104	219.2	154	309.2	204	399.2	254	489.2
5	41	55	131	105	221	155	311	205	401	255	491
6	42.8	56	132.8	106	222.8	156	312.8	206	402.8	256	492.8
7	44.6	57	134.6	107	224.6	157	314.6	207	404.6	257	494.6
8	46.4	58	136.4	108	226.4	158	316.4	208	406.4	258	496.4
9	48.2	59	138.2	109	228.2	159	318.2	209	408.2	259	498.2
10	50	60	140	110	230	160	320	210	410	260	500
11	51.8	61	141.8	111	231.8	161	321.8	211	411.8	261	501.8
12	53.6	62	143.6	112	233.6	162	323.6	212	413.6	262	503.6
13	55.4	63	145.4	113	235.4	163	325.4	213	415.4	263	505.4
14	57.2	64	147.2	114	237.2	164	327.2	214	417.2	264	507.2
15	59	65	149	115	239	165	329	215	419	265	509
16	60.8	66	150.8	116	240.8	166	330.8	216	420.8	266	510.8
17	62.6	67	152.6	117	242.6	167	332.6	217	422.6	267	512.6
18	64.4	68	154.4	118	244.4	168	334.4	218	424.4	268	514.6
19	66.2	69	156.2	119	246.2	169	336.2	219	426.2	269	516.2
20	68	70	158	120	248	170	338	220	428	270	518
21	69.8	71	159.8	121	249.8	171	339.8	221	429.8	271	519.8
22	71.6	72	161.6	122	251.6	172	341.6	222	431.6	272	521.6
23	73.4	73	163.4	123	253.5	173	343.4	223	433.4	273	523.4
24	75.2	74	165.2	124	255.2	174	345.2	224	435.2	274	525.2
25	77	75	167	125	257	175	347	225	437	275	527
26	78.8	76	168.8	126	258.8	176	348.8	226	438.8	276	528.8
27	80.6	77	170.6	127	260.6	177	350.8	227	440.8	277	530.8
28	82.4	78	172.4	128	262.4	178	352.4	228	442.2	278	532.2
29	84.2	79	174.2	129	264.2	179	354.2	229	444.2	279	534.2
30	86	80	176	130	266	180	356	230	446	280	536
31	87.8	81	177.8	131	267.8	181	357.8	231	447.8	281	537.8
32	89.6	82	179.6	132	269.6	182	359.6	232	449.6	282	539.6
33	91.4	83	181.4	133	271.4	183	361.4	233	451.4	283	541.4
34	93.2	84	183.2	134	273.2	184	363.2	234	453.2	284	453.2
35	95	85	185	135	275	185	365	235	455	285	545
36	96.8	86	186.8	136	276.8	186	366.8	236	456.8	286	546.8
37	98.6	87	188.6	137	278.6	187	368.6	237	458.6	287	548.6
38	100.4	88	190.4	138	280.4	188	370.4	238	460.4	288	550.4
39	102.2	89	192.2	139	282.2	189	372.2	239	462.2	289	552.2
40	104	90	194	140	284	190	374	240	464	290	554
41	105.8	91	195.8	141	285.8	191	375.8	241	465.8	291	555.8
42	107.6	92	197.6	142	287.6	192	377.6	242	467.6	292	557.6
43	109.4	93	199.4	143	289.4	193	379.4	243	469.4	293	559.4
44	111.2	94	201.2	144	291.2	194	381.2	244	471.2	294	561.2
45	113	95	203	145	293	195	383	245	473	295	563
46	114.8	96	204.8	146	294.8	196	384.8	246	474.8	296	564.8
47	116.6	97	206.6	147	296.6	197	386.6	247	476.6	297	566.6
48	118.4	98	208.4	148	298.4	198	388.4	248	478.4	298	568.4
49	120.2	99	210.2	149	300.2	199	390.2	249	480.2	299	570.2

Metric Weight and Measure Conversions

Length

.39 Inch	1 Centimeter	12 Inches	1 Foot
1 Inch	2.54 Centimeters	3 Feet	1 Yard
39.4 Inches	1 Meter		

1000 Millimeters/100 Centimeters/1 Meter

Inches to Millimeters:	multiply by 25.4
Inches to Centimeters:	multiply by 2.54
Millimeters to Inches:	multiply by .03937
Centimeters to Inches:	multiply by .3937
Meters to Inches:	multiply by 39.3701

Volume

1 Fluid Ounce	29.57 Milliliters	3 Teaspoon	1 Tablespoon	1/2 Ounce
1 Cup	237 Milliliters	16 Tablespoons	1 Cup	8 Ounces
1 Quart	946 Milliliters	2 Cups	1 Pint	16 Ounces
.034 Fluid Ounce	1 Milliliter	4 Cups/2 Pints	1 Quart	32 Ounces
33.8 Fluid Ounces	1 Liter	4 Quarts	1 Gallon	128 Ounces

1/4 Teaspoon	1.25 Milliliters			
1/2 Teaspoon	2.5 Milliliters			
1 Teaspoon	5 Milliliters			
1 Tablespoon	15 Milliliters			

1000 Milliliters/100 Centiliters/10 Decaliters/1 Liter

Quarts to Liters:	multiply by .946
Quarts to Milliliters:	multiply by 946
Milliliters to Fluid Ounces:	multiply by .0338
Liters to Quarts:	multiply by 1.05625
Liters to Ounces:	multiply by 33.8

Weight

1 Ounce	28.35 Grams	16 Ounces	1 Pound
1 Pound	454 Grams		
.035 Ounce	1 Gram	1000 Milligrams	1 Gram
2.2 Pounds	1 Kilogram	1000 Grams/10 Hectogram/1 Kilogram	
35.27 Ounces	1 Kilogram		
1 Pound	.454 Kilogram		

Ounces to Grams	multiply by 28.35
Grams to Ounces	multiply by .03527
Kilograms to Pounds	multiply by 2.2046
Pounds to Kilograms	multiply by .454

Workbook

www.mlaiskonis.com

Standard Temperature Measurements

Water

Freezing Point: 0°C/32°F
Boiling Point: 100°C/212°F

High Altitude: Subtract 1°F for every 500 feet increase in elevation above sea level:
2000 feet 208°F
5000 feet 203°F
7500 feet 198°F
10000 feet 194°F

Sugar

Thread (80% Sugar Concentration)	108°C/215°F
Soft Ball (85% Sugar Concentration)	120°C/240°F
Firm Ball (87% Sugar Concentration)	125°C/250°F
Hard Ball (92% Sugar Concentration)	133°C/265°F
Soft Crack (95% Sugar Concentration)	145°C/290°F
Hard Crack (99% Sugar Concentration)	155°C/310°F
Caramel (100% Sugar Concentration)	168°C/335°F
Blackstrap (Decomposition Point)	205°C/410°F

Egg Protein

Coagulation of Whole Eggs:	71°C/160°F
Egg Yolks:	63°C/145°F
Egg Whites:	62°C/144°F
Pasteurization:	83°C/181°F

Chocolate and Tempering

Melting Point of Cacao Butter:	30-33°C/86-91°F
Complete Decrystallization of Cacao Butter:	43°C/110°F

Dark Chocolate:	31-32°C/88-90°F
Milk Chocolate:	30-31°C/86-88°F
White Chocolate:	27-28°C/80-82°F

Gelatin

Setting Point:	20°C/68°F
Melting Point:	30°C/86°F

Yeast

Dormant:	4°C/40°F
Destroyed:	63°C/45°F

Metric-Volume Conversions

Product	Teaspoon	Tablespoon	Cup
Agar Agar	1.6	4.8	
Almond Flour	1.78	5.34	85.44
Almond Paste	4.5	13.5	216
Baking Powder	3.74	11.22	179.52
Baking Soda	4.3	12.9	206.4
Butter	5	15	240
Cardamom, Ground	2	6	
Chickpea Flour	2	6	96
Cinnamon, Ground	2.3	6.9	
Cocoa Powder	2.3	6.9	110.4
Coconut Milk	5	15	240
Coconut, Shredded			93g
Coffee, Ground	1.9	5.7	91.2
Corn Starch	2.7	8.1	129.6
Corn Syrup	6.6	20	328
Cream Cheese	5	15	240
Crème Fraiche	5	15	240
Egg, White (30g)	5	15	240
Egg, White Dried	4.6	13.8	220.8
Egg, Whole (50g)			4.86 each
Egg, Yolk (20g)	5	15	240
Flour, All Purpose	2	6	96
Flour, Cake	1.8	5.4	86.4
Flour, High Gluten	2.6	7.8	124.8
Flour, Whole Wheat	2.7	8.1	129.6
Gelatin, Powder	4.5	13.5	216
Ginger Ground	1.8	5.4	
Heavy Cream	5	15	240
Honey	7	21	336
Maple Syrup	6.7	20.1	321.6
Mascarpone	4.7	14.1	225.6
Milk	5	15	240
Milk, Buttermilk	5	15	240
Milk, Condensed	6	18	288
Milk, Dry Nonfat	2.5	7.5	120
Molasses	7	21	336
Nutmeg, Ground	2.2	6.6	
Peanut Butter	5.4	16.2	259.2
Pectin	4.9	14.7	235.2
Salt, Fine	6	18	288
Sugar, Brown	4.6	13.8	220.8
Sugar, Confectioner's	2.5	7.5	120
Sugar, Granulated	4	12	192
Tea	1.6	4.8	76.8
Vegetable Oil	4.5	13.5	216
Water	5	15	240
Yeast, Dry	6	18	288

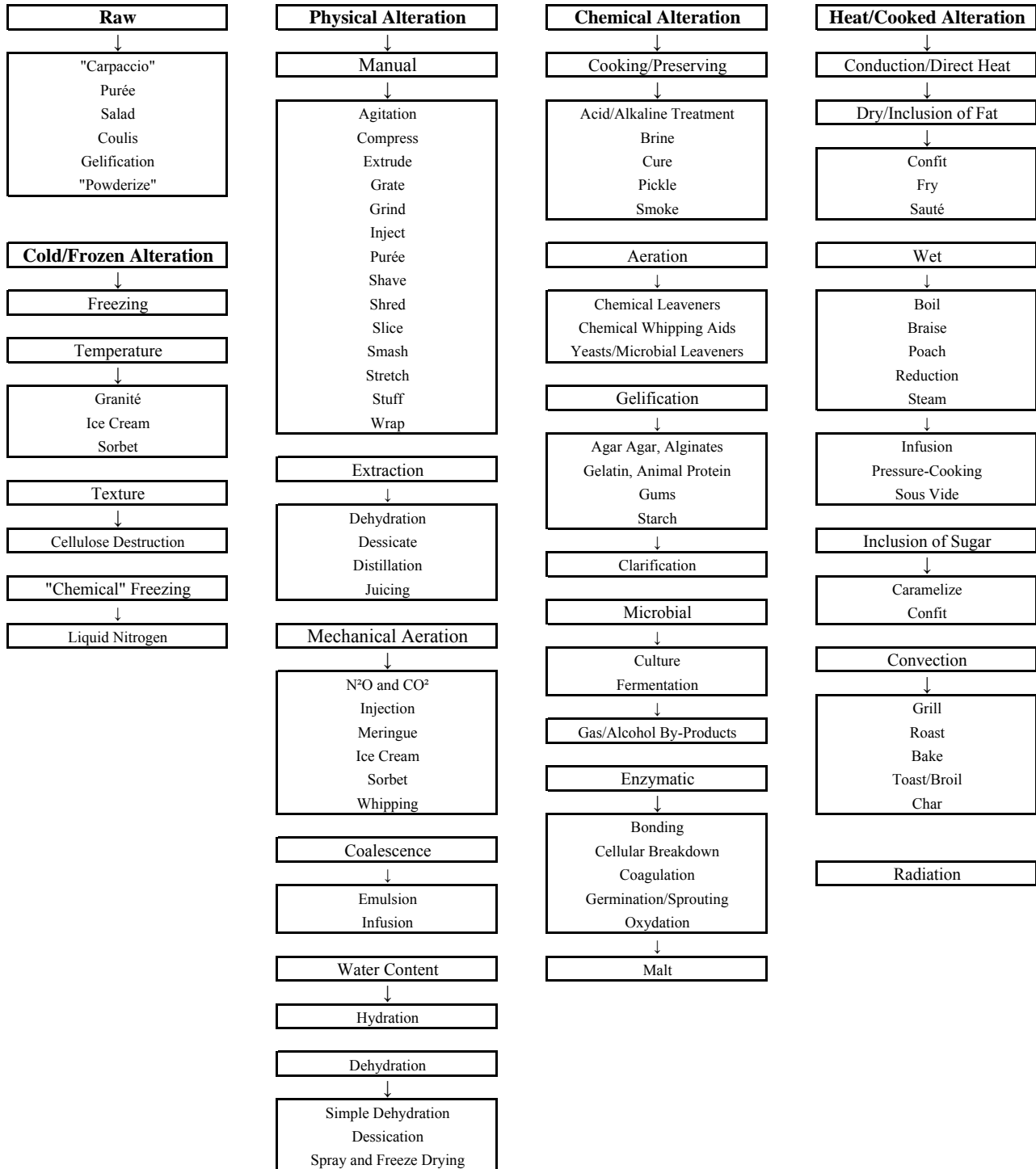
Yogurt

4.2

12.6

201.6

Index of Methods and Preparations



Pâte à Choux

Yield: approximately 800g

180g water
120g whole milk
120g unsalted butter, cut into pieces
30g sweetened condensed milk
2g salt
150g all purpose flour
4 large eggs

Place water, milk, butter, condensed milk, and salt into saucepan and bring to a full rolling boil.

2. Add the flour all at once to the boiling mixture. Stir with wooden spoon or heatproof spatula until a smooth mass forms.
3. Keep cooking and stirring it around over moderate heat to dry out the dough as much as possible, about 2-3 minutes.
4. Transfer dough to mixer bowl. With the paddle attachment, beat at medium speed to release steam and cool a bit for one minute.
5. At low speed, beat in the eggs, one at a time, beating until incorporated between additions. The dough should look smooth and glossy, stiff but not dry.
6. Transfer dough to a pastry bag with a plain tip and pipe out as desired.

Puffed Wheat

Yield: approximately 1 ½ pints

300g water
2g salt
75g shelled wheat berries
oil, for frying

1. Place water and salt in a small lidded saucepan and bring to a boil.
2. Add wheat berries, reduce heat, cover and slowly cook until tender and water is absorbed.
3. Remove from heat and spread onto a silpat, separating the individual grains as much as possible. Allow to cool.
4. Place the grains in a dehydrator and dry several hours.
6. Quickly fry the grains in hot oil.



Chickpea Sablée

Yield: approximately 1225g

215g clarified butter
105g vegetable oil
300g confectioner's sugar
600g chickpea flour
3.5g cardamom, ground

1. Combine fats and sugar in mixer bowl fitted with paddle attachment and cream on medium speed until lightened.
2. Add chickpea flour and cardamom, reduce speed, and slowly mix until fully incorporated.
3. Roll dough to a thickness of about 5mm and chill.
2. Cut into small discs and bake at 300°F for 10 minutes.



Earl Grey - Grapefruit Gelée

Yield: approximately 500g

450g grapefruit juice
8g Earl Grey tea
4 sheets gelatin
2g agar agar
75g sugar

1. Combine grapefruit juice and tea and allow to cold-infuse at least 12 hours.
2. Strain the grapefruit juice, measuring the remaining yield; if necessary, add more fresh grapefruit juice to attain 425g.
3. Bloom gelatin in 25g of the infused grapefruit juice.
4. Combine agar agar with sugar. Disperse into 200g of the infused grapefruit juice.
5. Gently bring to a boil; reduce heat while maintaining a simmer for two to three minutes.
6. Remove from heat and whisk in bloomed gelatin. Add this mixture to the remaining 200g of juice. Allow to cool slightly for a few moments and transfer to a plastic lined pan or mold. Chill and allow to set.

Apricot Kalamansi Pâte de Fruit

525g apricot purée (10% sugar)
525g kalamansi purée (10% sugar)
125g granulated sugar
30g pectin
1150g granulated sugar
225g glucose
8g citric acid

1. In a large heavy sauce pan, combine purées and heat to 40°C/104°F.
2. Combine first measurement of sugar and pectin and whisk into purées. Bring to a boil, stirring continuously.
3. Add remaining sugar and glucose. Cook to 106°C/223°F.
4. Remove from heat and stir in citric acid.
5. Pour into a silpat lined frame or flexipan forms and allow to set.

Mandarin Coulis

YIELD: approximately 600 g

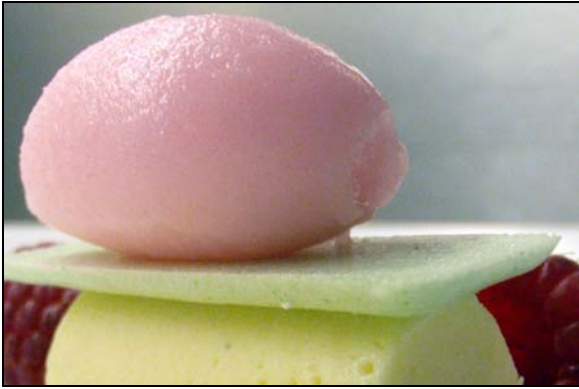
500g mandarin orange juice

Zest of 2 oranges

100g granulated sugar

8g apple pectin

1. Bring juice and zest to a boil.
2. Combine sugar and pectin and whisk into the puree mixture. Resume boil, remove from heat, and allow to cool.



Rose Sorbet

Yield: 1000g

48g granulated sugar
3g sorbet stabilizer
600g water
20g trimoline
50g glucose powder
10g lemon juice
40g rose syrup
30g rose water

1. Combine first measurement of sugar and stabilizer.
2. Heat water to 50°C/120°F. Whisk in stabilizer, then remaining sugar, glucose, and trimoline. Bring to a boil for about 30 seconds. Remove from heat.
3. Chill and allow syrup to mature at least 4 hours.
4. Combine syrup with the lemon, rose syrup, and rose water. Process in batch freezer.

Lemon Sorbet

Yield: approximately 1000g

30g sugar
2g sorbet stabilizer
440g water
200g granulated sugar
40g glucose powder
20g trimoline
20g nonfat dry milk
250g lemon juice

1. Combine first measurement of sugar and stabilizer.
2. Heat water to 50°C/ 120°F. Whisk in stabilizer, then remaining sugar, glucose, trimoline, and milk powder and bring to a boil for about 30 seconds. Remove from heat, chill, and allow syrup to mature for at least 4 hours.
3. Combine syrup and lemon juice and process in batch freezer.

February 2009

Pineapple Buttermilk Sorbet

Yield: approximately 1050g

40g granulated sugar
3g ice cream stabilizer
140g water
150g granulated sugar
50g glucose powder
400g pineapple purée (10% sugar)
270g buttermilk

1. Combine first measurement of sugar and stabilizer. Meanwhile, heat water to 50°C/120°F. Whisk in stabilizer mixture, then remaining sugar and glucose and bring to a boil for about 30 seconds.
2. Remove from heat, chill, and allow syrup to mature for at least 4 hours.
3. Combine syrup with pineapple purée and buttermilk. Process in batch freezer.

Apricot Yogurt Sorbet

Yield: 1100g

25g granulated sugar
2g ice cream stabilizer
75g water
125g sugar
50g glucose atomisé
20g trimoline
480g apricot purée (10% sugar)
320g plain whole milk yogurt
25g lemon juice (optional; adjust acidity to taste)

1. Combine first measurement of sugar and stabilizer.
2. Heat water to 50°C/120°F. Whisk in stabilizer, then remaining sugar, glucose, and trimoline. Bring to a boil for about 30 seconds. Remove from heat.
3. Chill and allow syrup to mature for at least 4 hours.
4. Combine syrup, apricot purée, and yogurt. Process in batch freezer.

Crème Fraîche Sorbet

Yield: approximately 1000g

55g granulated sugar
4g ice cream stabilizer
400g water
1 vanilla bean, split and scraped
170g granulated sugar
50g glucose powder
45g lemon juice
275g crème fraîche

1. Combine first measurement of sugar and stabilizer.
2. Heat water and vanilla to 50°C/120°F. Whisk in stabilizer, then remaining sugar and glucose. Bring to a boil for about 30 seconds. Remove from heat.
3. Chill and allow syrup to mature at least 4 hours.
4. Combine syrup, lemon, and crème fraîche. Process in batch freezer.

Praline Citrus Sorbet

Yield: approximately 1020g

45g granulated sugar
3g ice cream stabilizer
420g water
60g glucose powder
135g granulated sugar
80g orange juice, strained
100g lemon juice, strained
180g praline paste

1. Combine first measurement of sugar and stabilizer.
2. Heat water to 50°C/120°F. Whisk in stabilizer, then remaining sugar and glucose and bring to a boil for about 30 seconds. Remove from heat.
3. Chill and allow syrup to mature at least 4 hours.
4. Combine syrup, citrus juices, and praline paste; process in batch freezer.

Mastic Panna Cotta

Yield: approximately 165g

1 sheet gelatin, bloomed
75g heavy cream (35% fat)
25g granulated sugar
Zest of one-half lemon, grated
2g mastic powder
60g whole milk

1. Bloom gelatin in water. Reserve
2. In a medium saucepan, gently warm cream, sugar, lemon zest, and mastic over medium heat.
3. Remove from heat and add gelatin, stirring to dissolve. Add milk and strain through a chinois. Drop into the desired dish and refrigerate. Allow two or more hours to set.



Spiced Hot Chocolate

Serves 4

Preparation time: 10 minutes

Cooking time: 25 minutes

¼ cup whole almonds, toasted
1 vanilla bean, cut into one-inch pieces
2 tablespoons *pilloncillo*, grated*
1 teaspoon orange zest
1-inch piece dried chile (such as pasilla, arbol, or guajillo)
½ cup heavy cream
2 cups whole milk
1 stick cinnamon
pinch sea salt
4 ounces quality dark chocolate

1. Combine the almonds, vanilla bean, sugar, orange zest, and dried chile in a food processor and grind to a coarse consistency.
2. In a medium sized saucepan, combine the almond mixture with the cream, milk, and cinnamon. Bring to a boil. Reduce heat to low and simmer for 10 minutes.
3. Whisk in the salt and chocolate. Gently simmer another 10 minutes, whisking occasionally.
4. Strain through a fine mesh sieve and serve immediately.

**Pilloncillo*, also called *panela*, is a compressed, unrefined sugar used in Mexico and throughout Latin America, which is available in specialty markets. Light brown sugar is an acceptable substitute.

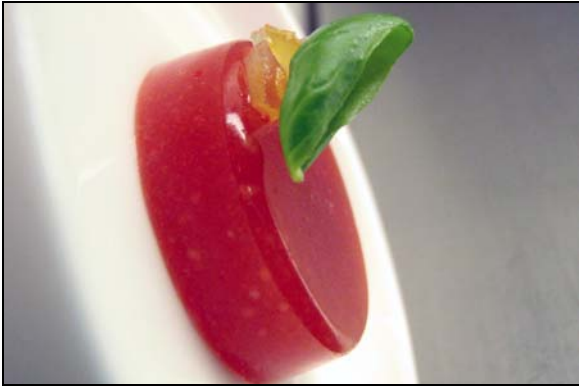


Milk Chocolate Cream

Yield: approximately 730g

180g heavy cream (35% fat)
15g maple syrup
20g glucose
150g milk chocolate couverture
365 heavy cream (35% fat)

1. Bring first measurement of cream, maple, and glucose to a boil over high heat.
2. In a medium mixing bowl, slowly incorporate cream into chocolate, emulsify with an immersion blender until smooth.
3. Add remaining cream. Cover, chill, and allow to rest 12 hours before whipping.



Blood Orange Pate de Fruit (Dry Milk)

Yield: approximately 300g

250g blood orange purée (10% sugar)
40g granulated sugar
4g low methoxyl pectin
10g nonfat milk powder

1. In a medium saucepan, gently warm the purée.
2. Combine sugar and pectin and whisk into the purée. Bring just to a boil, stirring continually.
3. Whisk in the dry milk and return to a boil.
4. Pour into a silpat lined frame or flexipan forms and allow to set at room temperature.



Blood Orange Pate de Fruit (Skim Milk)

Yield: approximately 300g

175g blood orange purée (10% sugar)
40g granulated sugar
4g low methoxyl pectin
75g skim milk, warm

1. In a medium saucepan, gently warm the purée.
2. Combine sugar and pectin and whisk into the purée. Bring just to a boil, stirring continually.
3. Whisk in the skim milk and return to a boil.
4. Pour into a silpat lined frame or flexipan forms and allow to set at room temperature.

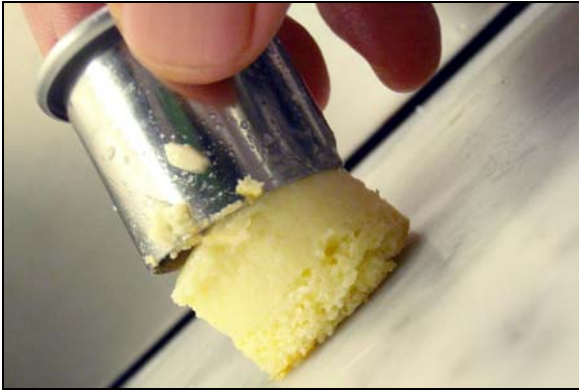


Passion Fruit Ganache

Yield: approx. 2#/ 900g

100g heavy cream
25g glucose
200 passion fruit purée (10% sugar)
500g milk chocolate couverture
60g apricot brandy
30g unsalted butter

1. In a saucepan, combine cream, glucose, and purée. Bring to a boil.
2. Place couverture in a large bowl and gradually pour hot cream over it. Emulsify with an immersion blender, if necessary.
3. Add liquor and butter. Allow to cool to 30°C/85°F before filling molds.



Lime Pudding Cake

Originally adapted from Michelle Gayer and Charlie Trotter

Yield: approximately 625g

60g unsalted butter, softened
110g granulated sugar
0.5g fine sea salt
zest of ½ kaffir lime
zest of ½ orange
60g egg yolks
8g all purpose flour
30g lime juice
240g whole milk
120g egg whites, whipped to soft peaks

1. In a mixer bowl fitted with the paddle attachment, cream together the butter, sugar, salt and citrus zest.
2. Slowly incorporate the egg yolks, followed by the flour, juice, and milk.
3. Gently fold in the egg whites, and immediately transfer to desired pan or form.

**Baking time will vary depending on the application; in determining doneness, we treat it much like any custard.*



Ricotta

Yield: Approximately 750g

1800g whole milk
250g heavy cream
45g lemon juice or white vinegar
3g salt

1. In a medium sauce pan, heat the milk and cream to 185°F/85°C; do not boil.
2. Remove from heat and add the vinegar, stirring for about 30 seconds as curds begin to form.
3. Add the salt, stirring for an additional 30 seconds. Cover and allow to stand for 2 hours.
4. Drain the curds in a cheesecloth -lined colander, gently pressing or hanging to remove the whey.



Gianduja Parfait

Yield: approximately 720g

130g hazelnut gianduja, chopped
130g milk chocolate couverture, chopped
105g water
25g nonfat dry milk
25g glucose syrup
100g pasteurized egg yolks
2 sheets gelatin, bloomed
280g heavy cream (35% fat), whipped to soft peak

1. Combine and melt chocolates. Reserve.
2. Combine water, milk powder, glucose, and yolks in a small saucepan and very gently cook as for an *anglaise*, to 185 °F/85°C.
3. Add the gelatin, stirring to dissolve, and transfer to a mixer fitted with the whip attachment. Whip until cool to the touch.
4. Fold the chocolate into the *pâte à bombe*, and then gently fold in the whipped cream.
5. Fill prepared molds.

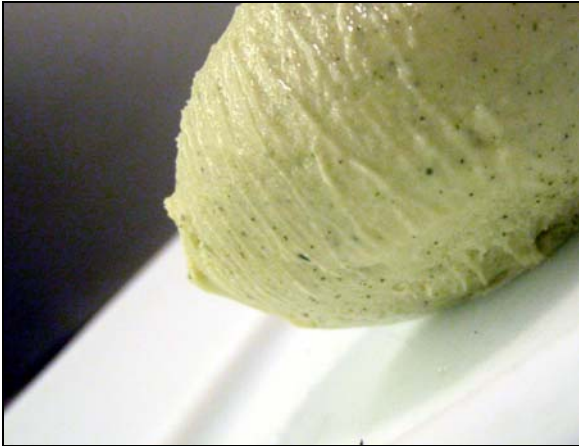


Crêpe

Yield: approximately 900g

45g granulated sugar
170g all purpose flour
5g fine sea salt
3 whole eggs
60g pasteurized egg yolks
85g unsalted butter, melted
360g whole milk, warmed
40g brandy

1. Combine and sift sugar, flour, and salt.
2. Whisk together eggs and yolks.
3. Add dry ingredients in two additions, mixing just until incorporated.
4. Slowly add the melted butter, followed by the milk and brandy.
5. Allow resting period before use.



Mulberry Leaf Ice Cream

Yield: approximately 1700g

1000g whole milk
60g nonfat dry milk
150g granulated sugar
60g glucose powder
150g heavy cream (35% fat)
40g trimoline
50g granulated sugar
4g ice cream stabilizer
18g mulberry leaf powder
200g pasteurized egg yolks

1. In saucepan, whisk together milk, first measurement of sugar, and milk powder and bring to a boil over high heat.
2. Combine mulberry leaf and sugar and whisk into egg yolks; Add cream and trimoline to boiled milk. Temper hot cream into yolk mixture. Return to medium-low heat and cook, stirring constantly to 83°C/185°F.
3. Remove from heat and strain through a fine mesh sieve. Chill in ice water bath. Allow to mature at least 12 hours.
5. Process in batch freezer.



Banana White Chocolate

Yield: approximately 480g

525g caramelized white chocolate
25g glucose
225g whole milk
½ vanilla bean, split and scraped
1 cinnamon stick
15g soluble coffee
zest of ½ an orange
5 sheets gelatin, bloomed
115g banana purée (10% sugar)
38g passion fruit purée (10% sugar)
525g heavy cream (35% fat)

1. Warm the white chocolate and add the glucose.
2. Bring the milk to a boil, add the vanilla, cinnamon, coffee, and orange zest. Remove from heat and allow to infuse 15 minutes. Strain, return to a boil, and stir in the bloomed gelatin.
3. Remove from heat and slowly incorporate into the white chocolate.
4. Add the fruit purées and cream and emulsify for a few minutes with an immersion blender. Transfer to a container and chill, allowing to crystallize.

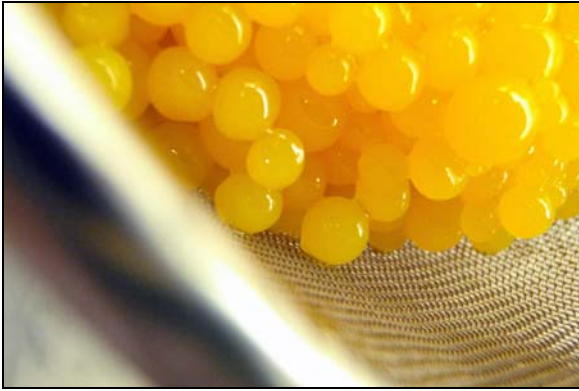


Ginger Parfait

Yield: approximately 600g

120g ginger, peeled and thinly sliced
200g heavy cream 35%
100g whole milk
120g pasteurized egg yolks
200g granulated sugar

1. Place the ginger in a saucepan and cover with cold water. Bring to a boil and drain.
2. Divide the ginger evenly between the cream and the milk and allow to infuse, chilled, at least 12 hours.
3. Transfer the milk mixture to a saucepan and bring to a boil. Meanwhile, combine the egg yolks and sugar in a medium mixing bowl.
4. Strain and then temper the hot milk into the yolk mixture, return to low heat, and continue to cook just until slightly thickened.
5. Transfer the *anglaise* to a mixer bowl and whip at high speed until cool to the touch.
6. Strain the cream and whip to soft peaks. Fold into the whipped *anglaise* and deposit into desired molds. Freeze.

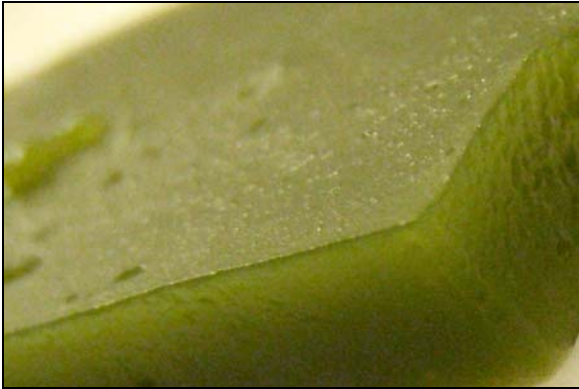


Orange Pearls

Yield: approximately 1 pint

235g orange juice, strained
15g lemon juice
75g granulated sugar
150g orange juice, strained
2g agar agar
.3g locust bean gum

1. To prepare the base, combine the first measurement of orange juice, lemon, and sugar, heating just enough to dissolve the sugar.
2. Reserve warm.
3. To complete, disperse the agar agar and locust bean gum in the second measurement of orange juice with an immersion blender; transfer to a small sauce pan.
4. Bring this mixture to a boil, reduce heat and simmer for 2-3 minutes.
5. Remove from heat and incorporate into the base.
6. Drop the mixture into cold vegetable oil, allowing 5-10 minutes to set. Transfer pearls to cool water to rinse, then drain.

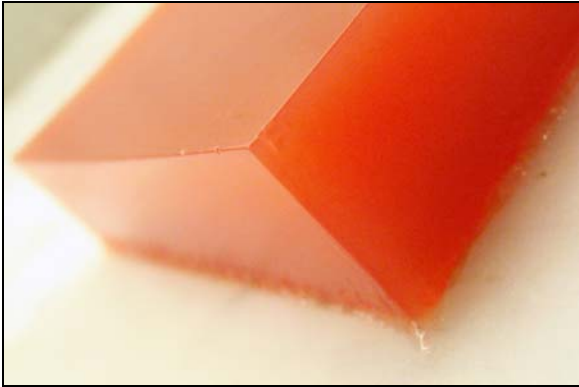


Matcha Kuzu Mochi

Yield: 190g

25g kuzu starch
30g granulated sugar
5g matcha
130g water

1. Combine the kuzu, sugar, and green tea. Whisk in the water, ensuring to dissolve the clumps of starch.
2. Transfer to a small saucepan and gently cook, stirring, until mixture thickens and becomes glossy in appearance.
3. Transfer the mixture to a pan or mold moistened with water. Chill and allow to fully set at least one hour.



Blood Orange Gel

Yield: approximately 215g

20g granulated sugar

2g agar agar

75g water

125g blood orange purée (10% sugar)

- 1 Combine agar agar with sugar and disperse into water.
2. Remove from heat and whisk into the blood orange juice. Transfer to a mold or plastic lined pan. Chill and allow to set.
3. Gently bring to a boil; reduce heat while maintaining a simmer for two to three minutes.



Yogurt Spheres (Alginate)

Yield: approximately 350g

220g yogurt
80g heavy cream (36% fat)
50g granulated sugar
3g vanilla paste

1. Whisk together all ingredients.
2. Spoon the mixture into the alginate solution (see below). Allow to set for 3-4 minutes. Transfer from the solution into a cold water rinse.

Sodium Alginate Solution

1000g water
10g sodium alginate

1. Thoroughly combine with an immersion blender.



Yogurt Sponge

Inspired by Albert Adria

Yield: approximately 285g

The 'baking' time will vary with the wattage of the microwave and quantity dispersed.

90g yogurt
100g egg whites
75g granulated sugar
20g all purpose flour
pinch of fine sea salt

1. Thoroughly combine all ingredients; pass through a fine mesh sieve.
2. Transfer the mixture to a one-pint foam siphon and load two gas chargers, per manufacturer's instructions.
3. Dispense the mixture into small plastic or paper cups, into which a few regularly-spaced holes or slits are punched.
4. Place in microwave and cook on high power for 30-40 seconds.
5. Remove from microwave, allow to cool a moment, and then remove from the cups.



Clafoutis

Yield: approximately 480g

100g granulated sugar
10g all purpose flour
55g almond flour, toasted
190g heavy cream
2 whole eggs
35g pasteurized egg yolks
zest of one orange, grated

1. Combine and sift sugar, flour, and almonds.
2. Whisk together cream, eggs, yolks, and orange zest.
3. Add dry ingredients in two or three additions, mixing until just incorporated.
4. Chill and allow to rest 12 hours before use.



Chocolate Glaze

Yield: approximately 1000g

8 sheets gelatin
80g water, cold
280g heavy cream
65g water
420g granulated sugar
140 cocoa powder

1. Bloom gelatin in first measurement of cold water. Reserve.
2. In a large saucepan, combine cream, second measurement of water and sugar. Bring to a boil and cook to 103°C/217°F.
3. Remove from heat and whisk in cocoa powder, followed by bloomed gelatin and any unabsorbed water.
4. Process with an immersion blender. Allow to cool to 40°C/104°F before glazing, or chill completely for later use.

Basil Foam

Yield: approximately 275g

250g skim milk
5g basil, picked, cleaned, and blanched
25g granulated sugar
zest of ½ orange, grated
1.5g soy lecithin

1. Thoroughly blend all ingredients.
2. Keep chilled; To serve, froth with an immersion blender.

Rosemary Ice Cream

Yield: approximately 850g

2g fresh rosemary, washed and picked
500g whole milk
30g nonfat dry milk
20g glucose atomisé
100g heavy cream
110g granulated sugar
2g ice cream stabilizer
100g pasteurized egg yolks

1. Combine milk and rosemary and cold-infuse for twelve hours.
2. Place milk in a non-reactive saucepan. Whisk in dry milk and glucose to rehydrate and bring to a boil over high heat. Strain through a chinois.
3. Meanwhile, combine sugar and stabilizer and whisk into egg yolks. Add cream to boiled milk mixture and return to a boil.
4. Temper hot cream into yolk mixture. Return to low heat and cook, stirring, to 84°C/183°F.
5. Remove from heat. Chill in an ice water bath. Allow mixture to mature 12 hours.
6. Process in batch freezer.

Citrus-Thyme Ganache

Yield: approximately 50 bonbons

250g heavy cream
40g trimoline
7g thyme sprigs
zest of ½ orange
zest of ½ lemon
250g milk couverture, chopped
50g unsalted butter

1. In a saucepan, combine cream, and trimoline. Bring to a boil.
2. Remove from heat, add thyme and citrus zest, cover, and allow to infuse for 30 minutes.
3. Strain cream and return to a boil. Place chocolate in a medium bowl and gradually pour hot cream over it. Emulsify with an immersion blender, if necessary.
4. Allow to cool to 35-40°C/95-104°F. Add butter. Pour into prepared polycarbonate molds and allow to crystallize 12 to 24 hours.
5. Seal molds. Briefly chill and remove bonbons from the molds



Raspberry Gelée

Yield: approximately 350g

2 sheets gelatin
250g raspberry purée (10% sugar)
50g fresh raspberries
40g trimoline

1. Bloom gelatin in water. Reserve.
2. Combine puree and fresh raspberries in a saucepan. Bring to a simmer.
3. Whisk in gelatin and trimoline. Drop into desired forms.



Lemon Mousse

Yield: approximately 1000g

4 whole eggs
300g granulated sugar
130g lemon juice
40g orange juice
zest of one lemon
zest of one orange
3.5 sheets gelatin, bloomed
170g unsalted butter
160g heavy cream, whipped to soft peaks

1. In a heavy, medium saucepan, whisk together eggs and sugar, then add juices and zest.
2. On medium heat bring mixture to a boil, stirring constantly, as it will easily scorch on the bottom.
3. When the mixture boils and is quite thick, remove from heat and emulsify the butter into the lemon curd in small amounts, using an immersion blender. Add gelatin. Strain through a chinois and gently chill in an ice water bath.
4. Once cooled but not set, fold into whipped cream and portion as necessary.



Coffee Caramel

Yield: approximately 300g

100g fondant
100g glucose
100g isomalt
soluble coffee
nonfat milk powder, finely ground

1. Combine fondant and glucose in a saucepan and begin to cook. Once dissolved, add isomalt. Cook to 163°C/325°F.
2. Pour sugar onto Silpat and allow to cool completely. Transfer to a food processor and grind to a fine consistency.
3. Sift sugar powder, coffee, and milk powder over desired stencil onto a Silpat. Remove stencil and gently cover with a second Silpat. Place in a 300°F/150°C oven for 90 seconds. Remove from oven and allow to cool.
4. Store in an airtight container.

Yogurt Sorbet

Yield: approximately 1000g

55g granulated sugar
4g ice cream stabilizer
400g water
170g granulated sugar
50g glucose powder
30g lemon juice
300g whole milk yogurt

1. Combine first measurement of sugar and stabilizer.
2. Heat water to 50°C/120°F. Whisk in stabilizer, then remaining sugar and glucose. Bring to a boil for about 30 seconds. Remove from heat.
3. Chill and allow syrup to mature at least 4 hours.
4. Combine syrup, lemon, and yogurt. Process in batch freezer.



Coffee Caramel Powder

Yield: approximately 300g

250g granulated sugar
water, as needed
3g freeze dried coffee
1g cardamom, ground
0.5g clove, ground
½ vanilla bean, split and scraped
50g unsalted butter

1. Place sugar and water to cover in a heavy sauce pan. Cook sugar to dark caramel.
2. Remove from heat and add spices, vanilla, and butter.
3. Pour caramel mixture onto a silpat. Place a second silpat on top and flatten carefully with a rolling pin. Allow to cool and set.
4. Pulverize in a food processor, grinding to a fine powder. Store in an airtight container with desiccant.



Coffee Caramel Parfait

Yield: approximately 625g

120g pasteurized egg yolks
1 whole egg
150g coffee caramel powder
2g freeze dried coffee
50g brewed coffee
3 sheets gelatin, bloomed
325g heavy cream, whipped to soft peaks

1. Combine egg yolks, whole egg, caramel powder, and water in a medium mixing bowl. Place over a bain-marie, and constantly whisking, carefully cook to 85°C/185°F.
2. Remove from heat, add gelatin, and transfer to mixer bowl and whip until cool and light in texture.
3. Fold into whipped cream. Transfer to a pastry bag and fill desired forms. Freeze.



Rhubarb Citrus Compote

Yield: approximately 500g

300g granulated sugar
water, as needed
500g rhubarb, washed, peeled, and chopped
Juice and grated zest of one orange

1. In a large sauté pan, place sugar and water to moisten.
2. Over high heat, cook until sugar just begins to caramelize.
3. Add rhubarb to the pan and toss. Allow juices from the rhubarb to dissolve hardened bits of sugar. Cook until mixture is fairly dry.
4. Add orange zest and juice. Cook until liquid is absorbed. Remove from heat. Cool and chill.

Chocolate Ice Cream (Original)

Yield: approximately 1000g

15g nonfat dry milk
36g granulated sugar
660g whole milk
32g granulated sugar
4g ice cream stabilizer
50g trimoline
200g dark chocolate 66%, chopped

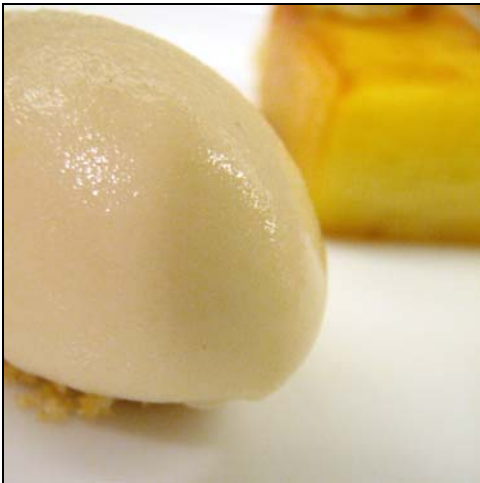
1. Combine dry milk and sugar. Place milk in a saucepan, whisk in dry milk mixture, and bring to a boil over medium heat.
2. Meanwhile, combine second measurement of sugar and stabilizer. Once milk has boiled, remove from heat and whisk in stabilizer mixture.
3. Gradually incorporate hot milk into chocolate and trimoline.
4. Chill in an ice water bath and allow to mature 12 hours.
5. Process in batch freezer.

Chocolate Ice Cream (Revised)

Yield: approximately 975g

30g nonfat dry milk
30g granulated sugar
660g whole milk
30g pasteurized egg yolk
30g granulated sugar
4g ice cream stabilizer
50g trimoline
140g dark chocolate 85%, chopped

1. Combine dry milk and sugar. Place milk in a saucepan, whisk in dry milk mixture, and bring to a boil over medium heat.
2. Meanwhile, combine second measurement of sugar and stabilizer with egg yolk. Once milk has boiled, remove from heat and whisk in stabilizer mixture. Return to heat and briefly cook to 85°C/185°F.
3. Gradually incorporate hot milk into chocolate and trimoline.
4. Chill in an ice water bath and allow to mature 12 hours.
5. Process in batch freezer.



Banana Citrus Sorbet

Yield: approximately 1000g

25g granulated sugar
2g sorbet stabilizer
100g sugar
200g water
40g glucose powder
20g trimoline
445g banana purée (10% sugar)
40g lemon juice, strained
120g orange juice, strained

1. Combine first measurement of sugar and stabilizer.
2. Heat water to 50°C/120°F. Whisk in stabilizer, then remaining sugar, glucose and trimoline and bring to a boil for about 30 seconds. Remove from heat.
3. Chill and allow syrup to mature at least 4 hours.
4. Combine syrup, banana, and citrus juices; process in batch freezer.



Coffee Ganache

YIELD: approximately 800g

340g heavy cream
350g dark chocolate couverture, 66%, melted
5g soluble coffee
25g glucose syrup
30g coffee liqueur
65g unsalted butter, softened

1. Bring cream to a boil.
2. Combine chocolates and glucose, and coffee in a large mixing bowl. Gradually incorporate cream into the chocolate.
3. Add liqueur and butter. Pour into rulers or frame and allow to crystallize.



Peanut Caramel

Yield: approximately 1500g

300g granulated sugar
125g glucose syrup
375g heavy cream (35%), warm
200g milk couverture, chopped
600g roasted, salted peanuts, chopped

1. Combine sugar and glucose in a heavy, non-reactive saucepan and cook to a medium dark caramel.
2. Remove from heat and deglaze with a portion of the warm cream. Add remaining cream and cook until caramelized sugar has dissolved and mixture is homogenous. Final amount of sugar should measure approximately 675g.
3. Combine couverture and peanuts in a large bowl. Pour the hot caramel into the bowl. Stirring to combine completely. Ensuring all chocolate is melted and thoroughly incorporated.
4. Pour into Silpat-lined frame or other form; allow to set at room temperature or under refrigeration.

Bacon Brittle

Yield: approximately 1300g/2.8 pounds
approximately 60cm x 40 cm, 40mm thick

275g granulated sugar
125g light muscovado sugar
300g glucose syrup
200g water
20g unsalted butter
10g vanilla paste
10g baking soda
0.5g *espelette*
0.5g *Halen Mon* smoked sea salt
150g salted peanuts, crushed
450g bacon, very finely minced, rendered, and drained

1. In a heavy, non reactive pot, combine sugars, glucose and water. Gently cook to 140°C/285°F.
2. Remove from heat and incorporate remaining ingredients. Rapidly stir to combine.
3. Working on a flat surface, transfer mixture to a silicon mat (Silpat). Cover with a second silicon mat and quickly roll to a uniform thickness.
4. Allow to cool completely before breaking into pieces and/or wrapping.



Raspberry Sorbet/Stabilizer Trial

A

2.25% Cremodan (Gelatin, Locust Bean Gum, Cellulose Gum, Guar Gum, Whey Protein, Standardized with Dextrose)

60g granulated sugar
 4g sorbet stabilizer
 410g water
 200g granulated sugar
 90g glucose powder
 36g trimoline

B

2.5% Migoya Blend (1.4g gelatin, 0.9g CMC, 0.12g Locust Bean Gum, 0.12g Guar Gum)

60g granulated sugar
 4.5g sorbet stabilizer
 410g water
 200g granulated sugar
 90g glucose powder
 36g trimoline

C

3% Gelatin

60g granulated sugar
 5.5g gelatin powder
 410g water
 200g granulated sugar
 90g glucose powder
 36g trimoline

D

2.5% LBG/Guar Blend (1:1)

60g granulated sugar
 2.5g locust bean gum
 2.5g guar gum
 410g water
 200g granulated sugar
 90g glucose powder
 36g trimoline

Procedure

Each trial syrup base was prepared in the same manner:

1. Combine first measurement of sugar and stabilizer.
2. Heat water to 50°C/120°F. Whisk in stabilizer, then remaining sugar, glucose, and trimoline. Bring to a boil for about 30 seconds. Remove from heat.
3. Chill and allow syrup to mature at least 4 hours.
4. Combine syrup and 1000g raspberry purée (10% sugar). Process in batch freezer.



Basil Seed Pearls

Yield: approximately 200g

3g basil, picked and washed
25g granulated sugar
zest of one lemon
50g water
5g basil seeds
15g basil, picked, washed and blanched
100g water
40g granulated sugar
0.5g ascorbic acid
3 sheets gelatin, bloomed

1. Prepare a syrup by combining the basil, lemon, and first measurements of sugar and water. Bring just to a boil, cover and allow to cool and infuse 30 minutes.
2. Strain the syrup and combine with the basil seeds. Chill and allow at least one hour to hydrate
3. Meanwhile, combine the remaining ingredients, with the exception of the gelatin. Process in a blender. Strain, and heat a small portion of the resulting basil water to dissolve the gelatin. Temper the gelatin back into the remainder.
4. Allow mixture to cool to about 75°F/24°C. Combine with the strained basil seeds and drop into cold oil (40°F/5°C). Allow at least ten minutes to set before straining.

Balsamic Vinegar Ice Cream

Yield: approximately 950g

500g whole milk
30g nonfat dry milk
30g glucose powder
100g granulated sugar
4g ice cream stabilizer
90g pasteurized egg yolks
125g heavy cream
70g balsamic vinegar

1. Place milk in a sauce pan, whisk in dry milk and glucose. Bring to a boil.
2. Meanwhile, combine sugar and stabilizer. Whisk into egg yolks.
3. Temper hot cream into yolk mixture. Return to low heat and cook, stirring, until slightly thickened, 84°F/183°C.
4. Remove from heat and whisk in heavy cream and vinegar. Chill in an ice water bath. Allow mixture to mature at least 12 hours.
5. Process in batch freezer.



Strawberry Foam

Yield: approximately 600g

2 sheets gelatin
25g water
600g fresh strawberries
25g water
30g lime juice
50g sugar

1. Bloom gelatin in water, reserve.
2. Combine strawberries, lime and sugar in a blender and process until smooth.
3. Gently heat gelatin and water to dissolve and add to the pureed mixture. Strain through a chinois.
4. Transfer to a foam canister, charge, and chill thoroughly before use.

Michael Laiskonis
Workbook
www.mlaiskonis.com
March 2009



Kampot Peppercorn Ice Cream

Yield: approximately 850g

500g whole milk
30g nonfat dry milk
75g granulated sugar
30g glucose powder
20g trimoline
10g Kampot peppercorns, crushed
25g granulated sugar
4g ice cream stabilizer
100g pasteurized egg yolks
75g heavy cream

1. Place milk and vanilla in a sauce pot. Whisk in dry milk to rehydrate and add first measurement of sugar, glucose, trimoline, and peppercorns. Bring to a boil. Cover and allow to infuse 30 minutes. Strain through a chinois.
2. Meanwhile, combine sugar and stabilizer. Whisk into egg yolks.
3. Temper hot milk into yolk mixture. Return to low heat and cook, stirring, until slightly thickened, 84°F/183°C.
4. Remove from heat and whisk in heavy cream. Chill in an ice water bath. Allow mixture to mature at least 12 hours.
5. Process in batch freezer.



Ginger Candied Raspberries

Yield: approximately 1 pint

170g fresh raspberries
80g granulated sugar
10g lemon juice
10g ginger, peeled and thinly sliced

1. In a small mixing bowl, combine all ingredients and allow to stand four hours, refrigerated.
2. Transfer to a saucepan and gently heat to 65°C/150°F.
3. Remove from heat and allow to infuse for twelve hours, refrigerated.
4. Strain juice, reserving raspberries. Reduce juice to a syrup.



Chalgozeh Crust

Yield: approximately 75g

30g granulated sugar
50g chalgozeh nuts, shelled (or pine nuts)
water, as needed
2 pods cardamom, shelled

1. In a small sauté pan, combine sugar and water; bring to a boil over high heat.
2. When sugar has dissolved and begun to reduce, add nuts and cardamom. Stirring constantly, cook until the sugar begins to crystallize, and then further melts to a shiny, golden brown coating over the nuts. Remove from heat
3. Immediately turn out onto a Silpat to cool.
4. Grind as necessary and place the powder between two sheets of acetate. Roll into a thin sheet; cut and shape as desired.



"Croque Monsieur"

Yield: 4 servings

200g [peanut caramel](#)

8 slices brioche, or good-quality white bread, crusts removed (8cm square by 1cm thick)

dark chocolate ganache, as needed

2 bananas, peeled and thinly sliced

Maldon sea salt

unsalted butter, softened, as needed

Confectioner's sugar, as needed

1. Place the peanut caramel between two sheets of plastic film and roll to a thin, uniform thickness. Briefly chill for ten minutes, or until the caramel is firm enough to cut into four 8cm squares. Reserve.
2. Arrange the bread onto a work surface; spread one side of each with room temperature chocolate ganache. Sprinkle with a few grains of the sea salt, if desired.
2. Divide the banana among each of the slices. Place a slab of the peanut caramel onto four of the slices. Close the sandwiches, wrap tightly, and refrigerate (The sandwiches can be assembled to this point up to two hours in advance of serving).
3. Spread the softened butter onto both sides of each sandwich.
4. Place each sandwich on to a clean, hot grill. After about ten seconds, turn each at a 90° angle to create grill marks. After another ten seconds, carefully flip and continue to cook an additional 30 seconds. Alternatively, cook the sandwiches in a non-stick sauté pan until golden brown on each side.
5. To serve, slice the sandwiches in half on the diagonal, and then in half again. Arrange on a plate, dust with confectioner's sugar, and serve immediately.

Ganache

Yield: approximately 235g

100g heavy cream (35% fat)
15g glucose syrup
110g dark chocolate couverture (55-61%), chopped
10g unsalted butter, softened

1. In a saucepan, combine cream and glucose. Bring to a boil.
2. Place couverture in a large bowl and gradually pour hot cream over it, stirring to emulsify.
3. Allow to cool to 35°C/95°F before incorporating butter. Further emulsify with immersion blender, if necessary.



Cinnamon Toast Ice Cream

Yield: approximately 2000g

450g whole wheat bread, sliced and thoroughly toasted
2000g whole milk

1300g bread infused milk
80g glucose powder
75g nonfat dry milk
120 granulated sugar
8g ice cream stabilizer
40g trimoline
240g pasteurized egg yolks
150g heavy cream (35% fat)
120g sugar
5g Saigon cinnamon

1. Combine toasted bread and milk. Allow to soak overnight; strain through a chinois, pressing to release as much moisture as possible.
2. Place infused milk in a sauce pan. Whisk in dry milk and glucose to rehydrate and bring to a boil.
3. Meanwhile, combine first measurement of sugar and stabilizer. Whisk into egg yolks, along with the trimoline.
4. Temper hot cream into yolk mixture. Return to low heat and cook, stirring, until slightly thickened or 185°F/85°C. Add the heavy cream.
5. Remove from heat and chill in an ice water bath. Allow mixture to mature at least 12 hours.
6. Process in batch freezer. Combine remaining sugar and cinnamon, stir into spun ice cream base.



Maralumi Cream

Yield: approximately 500g

180g Cluizel Maralumi Lait (47% cocoa solids)
15g glucose
125g whole milk
2.5 sheets gelatin, bloomed
175g heavy cream (35% fat)

1. Combine the milk chocolate and add the glucose.
2. Bring the milk to a boil and stir in the bloomed gelatin.
3. Remove from heat and slowly incorporate into the chocolate.
4. Add the cream and emulsify for a few minutes with an immersion blender. Transfer to a container and chill, allowing to crystallize, or dispense into desired forms and freeze.
5. Allow to temper to proper consistency.

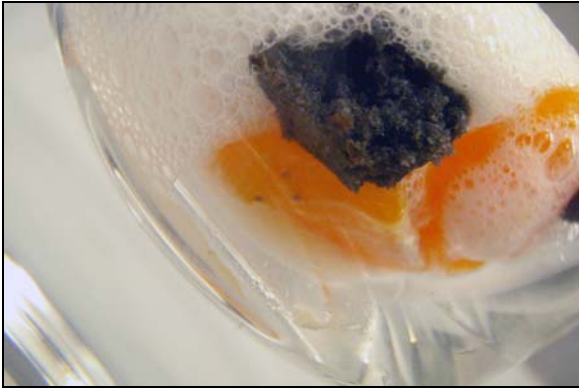


Thai Basil Chili Granité

Yield: approximately 500g

375g water
125g granulated sugar
1 Thai chili pepper, split
5g Thai basil leaves
juice and zest of one lime

1. Combine water, sugar, chili, and basil in a small saucepan. Bring just to a boil.
2. Remove from heat and add the lime zest. Cover and allow to infuse for 20 minutes.
3. Strain the mixture, add the lime juice, and transfer to a shallow pan. Place the pan in the freezer and stir the mixture every ten minutes until the granité is completely frozen. Wrap well and use as needed.



Coconut Lemongrass Soup

Yield: approximately 450g

400g coconut purée (10% sugar)
1 stalk lemongrass, sliced
1 small piece Thai chili pepper
50g palm sugar, grated
juice and zest of one lime
juice and zest of one mandarin
2g lecithin

1. Combine all ingredients, except for the lime juice and lecithin, in a small saucepan. Bring just to a boil.
2. Remove from heat and cover; allow to infuse for 30 minutes.
3. Strain the mixture, add the lime juice and lecithin, and chill.
4. To serve, thoroughly blend the mixture to create a foamy texture.



Rice Pudding

Yield: approximately 500g

400g whole milk
1 vanilla bean, split and scraped
100g arborio rice, pre-gelatinized
50g heavy cream (35%)
40g palm sugar, grated
5g cocoa nibs
25g dried apricot, diced
zest of one lemon
rosewater, to taste

1. Bring the milk and vanilla to a boil. Add the rice, reduce heat to medium, and continue to cook, stirring occasionally, until rice is tender and most of the liquid has been absorbed.
2. Remove from heat and discard the vanilla bean. Add the remaining ingredients and allow to chill.



Olive Oil Sorbet

Recipe adapted from Philippe Conticini

Yield: approximately 1400g

250g water
105g trimoline
60g granulated sugar
25g basil, picked and cleaned
70g lemon juice
120g pasteurized egg yolks
80g glucose syrup
600g *fromage blanc* (0% fat)
200g extra virgin olive oil
pinch ground white pepper

1. Prepare a syrup with the water, trimoline, sugar, basil, and lemon juice. Allow to infuse, then strain, and measure 400g.
2. Combine the syrup, egg yolks, and glucose and whip over a *bain marie* to create a sabayon. Allow to and incorporate the *fromage blanc*, followed by the olive oil and white pepper. Chill.
3. Process in a batch freezer.



Olive Tuile

Recipe adapted from Philippe Conticini

Yield: approximately 200g

65g all purpose flour
60g olive purée
50g egg whites
20 glucose syrup
35g unsalted butter, softened

1. Incorporate ingredients one at a time, in the order listed. Mix until thoroughly combined.
2. Apply to a Silpat, garnish with vanilla powder, casting sugar, and orange peel. Bake in a 150°C/300F° oven just until the tuiles take on color.



Cinnamon Mint Ice Cream

Recipe inspired by Philippe Conticini

Yield: approximately 850g

500g whole milk
15g mint, picked and cleaned
30g cinnamon sticks
30g nonfat dry milk
75g granulated sugar
30g glucose powder
20g trimoline
25g granulated sugar
4g ice cream stabilizer
100g pasteurized egg yolks
75g heavy cream

1. Place milk, mint, and cinnamon in a sauce pot. Bring to a boil, cover, and allow to infuse 30 minutes. Strain. Whisk in dry milk to rehydrate and add first measurement of sugar, glucose, and trimoline. Bring to a boil.
2. Meanwhile, combine sugar and stabilizer. Whisk into egg yolks.
3. Temper hot milk into yolk mixture. Return to low heat and cook, stirring, until slightly thickened, 185°F/85°C.
4. Remove from heat and whisk in heavy cream. Chill in an ice water bath. Allow mixture to mature at least 12 hours.
5. Process in batch freezer.



Verjus Sorbet

Yield: approximately 1000g

30g sugar
2g sorbet stabilizer
390g water
200g granulated sugar
40g glucose powder
20g trimoline
20g nonfat dry milk
300g verjus

1. Combine first measurement of sugar and stabilizer.
2. Heat water to 50°C/ 120°F. Whisk in stabilizer, then remaining sugar, glucose, trimoline, and milk powder and bring to a boil for about 30 seconds. Remove from heat, chill, and allow syrup to mature for at least 4 hours.
3. Combine syrup and verjus and process in batch freezer.



Ginger Raspberry Soda

Yield: approximately 500g

350g fresh raspberries
100g granulated sugar
30g lemon juice
50g ginger, peeled and thinly sliced
water, as needed
0.5g xanthan gum

1. In a small mixing bowl, combine all ingredients and allow to stand four hours, refrigerated.
2. Transfer to a saucepan and gently heat to 65°C/150°F.
3. Remove from heat and allow to infuse for twelve hours, refrigerated.
4. Strain juice and add water to bring the total weight to 500g. Whisk in xanthan gum and allow to chill.
5. Load into a soda siphon and charge with CO₂.



Canelé

Adapted from a recipe by Romain Lenoir

Yield: approximately 1100g

500g whole milk
2.5 vanilla beans, split and scraped
250g whole milk
375g granulated sugar
225 g all purpose flour
90 g pasteurized egg yolks
50 g unsalted butter
75g dark rum
unsalted butter, for coating the molds

1. Combine first measurement of milk and vanilla bean in a pot and bring to a boil, cover and allow to infuse for 10 minutes.
2. Combine the remaining milk, sugar, flour, and egg yolks and mix together until thoroughly incorporated.
3. Add infused milk followed by the melted butter.
4. Refrigerate and allow to rest at least 24 hours.
5. Arrange the copper molds on a sheetpan and brush with soft butter and refrigerate several minutes to set.
6. Apply a second coating of butter.
7. Add the rum to the batter and transfer to each mold, filling completely. Bake 340°F for 30-40 minutes.



Burnt Honey Pistachio Ice Cream

Yield: approximately 1775g

800g whole milk
25g nonfat milk powder
250g honey
100g heavy cream, heated
50g granulated sugar
4g ice cream stabilizer
150g pasteurized egg yolks
400g crème fraîche
200g caramelized pistachio, chopped

1. Combine milk and nonfat milk powder to rehydrate.
2. Place honey in a heavy saucepan and bring to a boil over high heat. Allow to caramelize slightly. Deglaze with heated cream, and then add milk. Bring to a simmer.
3. Meanwhile, combine sugar and stabilizer. Whisk sugar mixture into egg yolks.
4. Remove hot milk from heat and temper into egg yolks. Return to low heat and cook to 85°C/185°F. Remove from heat.
5. Add crème fraîche to base. Chill in an ice water bath and allow to mature 12 hours.
6. Process in a batch freezer. Fold nuts into the finished ice cream.



Caramelized Pistachio

Yield: approximately 800g

600g pistachios
40g water
240g granulated sugar
30g unsalted butter

1. Gently warm the pistachios in a low oven.
2. In a large sauce pan, combine sugar and water; bring to a boil over high heat.
3. Cook sugar to 115°C/240°F, add pistachios, and stirring constantly, cook to a shiny golden brown.
4. Add butter, remove from heat, and turn out onto a silpat. Quickly separate pistachios to avoid sticking. Allow to cool



Parsnip Panna Cotta

Yield: approximately 400g

150g parsnips, peeled and roughly chopped
250g whole milk
150g heavy cream
12 whole coffee beans
40g granulated sugar
3g fine sea salt
2 sheets gelatin, bloomed

1. Combine parsnips, milk, cream, and coffee. Bring to a boil, and then reduce heat to a low simmer, continuing to cook until parsnips have softened.
2. Remove the coffee beans and thoroughly purée the mixture in a blender. Strain through a chinois or fine mesh sieve.
3. Add the sugar and salt. Stir in the bloomed gelatin.
4. Allow to cool slightly and transfer to desired forms or dishes. Chill to set.



Black Sesame Rocher

Yield: 200g

125g black sesame paste
20g cocoa butter, melted
55g dark chocolate couverture, tempered

1. Combine the praline paste and cocoa butter, followed by the tempered chocolate.
2. Allow to set partially. Transfer to a pastry bag fitted with a large plain tip; pipe long ropes of the mixture. Allow to set completely.
3. Cut the ropes into smaller pieces and dip or enrobe as desired.



Falooda

Rose Sorbet

48g granulated sugar
3g sorbet stabilizer
600g water
200g granulated sugar
20g trimoline
50g glucose powder
10g lemon juice
40g rose syrup
30g rose water

1. Combine first measurement of sugar and stabilizer.
2. Heat water to 50°C/120°F. Whisk in stabilizer, then remaining sugar, glucose, and trimoline. Bring to a boil for about 30 seconds. Remove from heat.
3. Chill and allow syrup to mature at least 4 hours.
4. Combine syrup with the lemon, rose syrup, and rose water. Process in batch freezer.

Basil Seeds

5g basil seeds
40g simple syrup
20g lemon juice

1. Combine seeds and liquid and allow to stand for at least one hour to fully hydrate. Reserve under refrigeration.

Saffron Cream

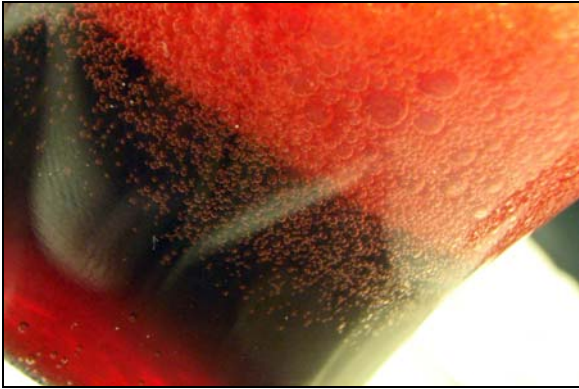
pinch saffron
85g heavy cream
70g granulated sugar
40g pasteurized liquid egg yolks

1. In a saucepan, lightly toast the saffron. Remove from heat and add the cream, followed by the sugar and bring to a boil over medium heat.
2. Remove from heat and very carefully whisk in egg yolks.
3. Strain through a chinois and chill.
4. For assembly, combine base with equal weight of whipped cream.

Assembly

mango, diced
pistachio, chopped
falooda noodles, briefly boiled 3-4 minutes and shocked in ice water

1. Assemble all ingredients into desired glasses or dishes.



Purple Corn Soda

Yield: 500g

120g purple corn
750g water
zest of one lemon
1 clove
½ cinnamon stick
100g pineapple rind
50g granulated sugar
juice of one lime
juice of one lemon
.5g xanthan gum

1. Combine the purple corn and water in a small saucepan. Bring to a boil, then reduce heat and gently simmer one hour.
2. Add the pineapple rind, clove, and cinnamon. Remove from heat, cover and low to infuse 15 minutes.
3. Strain. Stir in the sugar, citrus juice, and xanthan gum. Chill.
4. Transfer to a soda siphon and charge according to manufacturer's instructions.



Purple Corn Gelée

Yield: 500g

120g purple corn
750g water
zest of one lemon
1 clove
½ cinnamon stick
100g pineapple rind
50g granulated sugar
juice of one lime
juice of one lemon
1.5g agar agar
3 sheet gelatin

1. Combine the purple corn and water in a small saucepan. Bring to a boil, then reduce heat and gently simmer one hour.
2. Add the pineapple rind, clove, and cinnamon. Remove from heat, cover and low to infuse 15 minutes.
3. Strain. Stir in the sugar, and citrus juice. Allow to cool. Into half the mixture, disperse the agar agar, into the second half, bloom the gelatin
4. Bring the infusion and agar up to a boil, reduce heat, and simmer for 3 minutes. Remove from heat and whisk into the remaining infusion. Deposit into desired forms and chill until set.



Flourless Chocolate Cake

Yield: approximately 1100g

165g unsalted butter
425g granulated sugar
8 whole eggs
120g cocoa powder

1. In a mixer bowl with paddle attachment, combine butter and sugar. Cream until smooth and lightly aerated.
2. Add eggs two at a time, scraping the bowl between each addition.
3. Add cocoa powder, mixing until thoroughly incorporated.
4. Transfer to a parchment lined half sheet pan and bake in a medium oven for about 15 minutes, or until an inserted pick removes clean.



Green Apple Foam

Yield: approximately 500g

3 Granny Smith apples, cored and chopped
250g fresh Granny Smith apple juice
30g lemon juice
50g granulated sugar
2 sheets gelatin, bloomed

1. Combine apples, juice, lemon, and sugar in a non-reactive saucepan and bring to a boil. Reduce heat to low and continue to cook, covered, until apples are very soft.
2. Remove from heat, process with an immersion blender and force through a tamis.
3. Add bloomed gelatin, stirring to dissolve. Adjust acidity with more sugar or lemon juice. Strain through a chinois.
4. Transfer to a foam canister, charge, and chill thoroughly before use.



Basil Ice Cream

YIELD: approximately 1720g

1000g whole milk
60g nonfat dry milk
150g granulated sugar
60g glucose powder
40g trimoline
50g granulated sugar
8g ice cream stabilizer
200g pasteurized egg yolks
150g heavy cream
20g basil, blanched

1. Place milk in a sauce pot. Whisk in dry milk to rehydrate and add first measurement of sugar, glucose, and trimoline. Bring to a boil.
2. Meanwhile, combine sugar and stabilizer. Whisk into egg yolks.
3. Temper hot cream into yolk mixture. Return to low heat and cook, stirring, until slightly thickened, 84°C/183°F.
4. Remove from heat and whisk in heavy cream. Blend in blanched basil. Chill in an ice water bath. Allow mixture to mature at least 12 hours.
5. Process in batch freezer.



Pâte Croustade

Yield: approximately 1000g

8g fine sea salt
500g all purpose flour
300g unsalted butter, melted
125g pasteurized egg yolks
100g warm water

1. Thoroughly combine salt and flour in mixer bowl.
2. Separately, combine water and butter; add egg yolks.
3. Add liquid mixture to flour in three additions, mixing to produce a homogenous dough.



Vanilla Olive Oil Parfait

Yield: approximately 700g

200g whole milk
50g heavy cream
70g granulated sugar
1 vanilla bean, split and scraped
1 zest of lemon
100g pasteurized egg yolks
50g extra virgin olive oil
3 sheets gelatin, bloomed
200g heavy cream (35% fat), whipped

1. Combine milk, cream, sugar, vanilla, and lemon zest in a medium saucepan. Bring just to a boil
2. Remove from heat and whisk in the egg yolks, followed by the olive oil. Stir in the gelatin and strain. Allow to cool to room temperature.
3. Gently fold in the whipped cream and transfer to desired mold or form. Freeze and allow two hours to set.



Milk Chocolate Shot

Yield: approx. 600g

50g granulated sugar
water, as needed
500g whole milk
2 pieces star anise
zest of one orange
100g milk couverture, chopped

1. In a small saucepan, combine sugar and water to moisten. Cook to a light amber caramel.
2. Meanwhile, gently warm the milk. Deglaze the caramelized sugar with the milk and add the star anise and zest. Bring just to a boil, remove from heat, cover, and allow to infuse for ten minutes.
3. Strain the milk mixture through a chinois and return to a boil. Remove from heat and incorporate milk chocolate. Chill.



Effervescent White Chocolate

Adapted from an original formula by Ramon Morató, Chocovic

10g freeze-dried blueberries, finely ground
15g confectioner's sugar
16g citric acid
16g baking soda
100g white chocolate, melted

1. Thoroughly combine the dry ingredients; stir the powder into the melted white chocolate.
2. Pipe buttons of the mixture onto an acetate sheet. Cover with a second sheet of acetate and press to obtain thin, flat tablets. Allow to set.



Corn Sorbet

Yield: approximately 1650g

540g water
18g granulated sugar
4g ice cream stabilizer
315g granulated sugar
3g fine sea salt
135g glucose syrup

600g whole milk
550g corn, rinsed and drained

1. Place water in a large sauce pan and begin to heat. Meanwhile, combine first measurement of sugar and stabilizer.
2. Heat water to 50°C/120°F. Whisk in stabilizer, then remaining sugar, salt, and glucose. Bring to a boil and hold for about one minute. Remove from heat.
3. Chill and allow syrup to mature for at least 4 hours.
4. In a second sauce pan, combine milk and corn and bring to a boil. Remove from heat and thoroughly purée until smooth. Pass through a fine chinois and allow to cool.
5. Combine 1000g of the base syrup with 650g of the corn purée. Process in batch freezer.



Pistachio Cream

This is the base preparation for the Pistachio Parfait.

Yield: approx. 2.5#/1150g

1 sheet gelatin
400g heavy cream (35% fat)
700g pistachio paste (preferably Fabri)
50g heavy cream (35% fat)

1. Bloom gelatin in water and reserve.
2. In a saucepan, heat first measurement of cream to 35°C/95°F.
3. Place pistachio paste in mixer bowl fitted with paddle attachment; slowly incorporate cream. Mixture may 'break', but will emulsify with the addition of all the cream.
4. Dissolve gelatin in the second measurement of cream and add to the pistachio paste mixture.
5. Allow to cool and refrigerate.

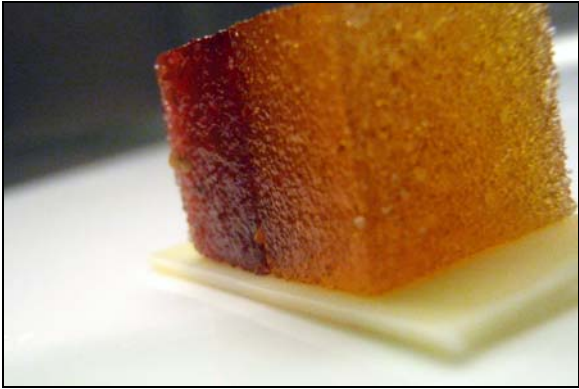


Pistachio Parfait

Yield: approximately 1400g

105g water
100g pasteurized egg yolks
25g nonfat milk powder
25g glucose syrup
10 sheets gelatin, bloomed and dissolved
400g pistachio cream base
750g heavy cream (35% fat), whipped

1. Make the low-sugar *pâte à bombe* by combining the water, egg yolk, milk powder, and glucose; gently heat, while whisking until mixture thickens. Transfer to a mixer bowl and whip until cool and lightened.
2. Meanwhile, gently warm the pistachio paste and begin to fold in the *pâte à bombe*, along with the gelatin.
3. Fold the pistachio mixture into the whipped cream. Deposit into molds and freeze.



Apricot Pâte de Fruit

Yield: approximately 2400g

1000g apricot purée (10% sugar)
140g granulated sugar
24g pectin
1000g granulated sugar
150g glucose
150g trimoline
14g citric acid

1. In a large, non-reactive saucepan, heat purée to 40°C/104°F.
2. Combine first measurement of sugar and pectin and whisk into the purée. Bring to a boil, stirring continually.
3. Add remaining sugar, glucose, and trimoline.
4. Remove from heat and stir in citric acid.
5. Pour into a Silpat-lined frame and allow to set at room temperature.

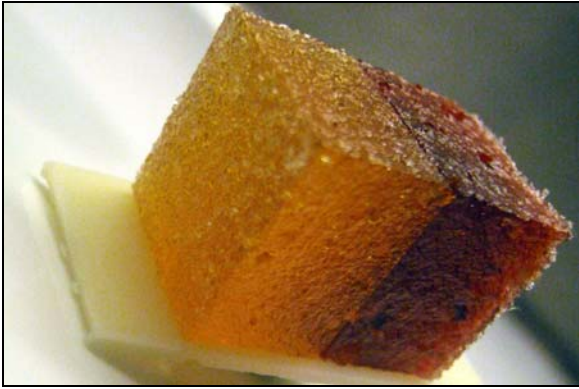


Fig Pâte de Fruit

YIELD: approximately 2500g

250g apricot purée (10% sugar)
1000g fig purée (10% sugar)
150g granulated sugar
25g pectin
1050g granulated sugar
200g glucose
18g citric acid

1. In a large heavy sauce pan, combine purées and heat to 40°C/104°F.
2. Combine first measurement of sugar and pectin and whisk into purées. Bring to a boil, stirring continuously.
3. Add remaining sugar and glucose. Cook to 106°C/223°F.
4. Remove from heat and stir in citric acid.
5. Pour into a silpat lined frame or flexipan forms and allow to set.

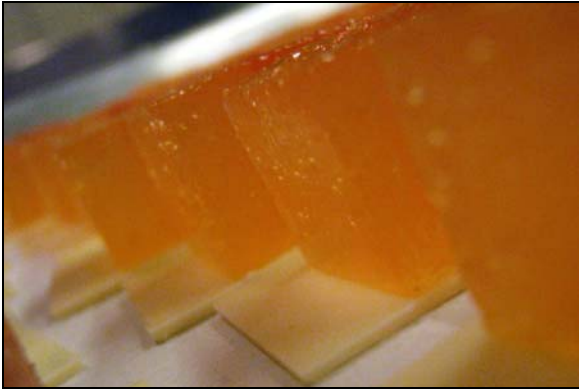


Lychee Pâte de Fruit

Yield: approximately 2200g

1000g apricot purée (10% sugar)
100g granulated sugar
25g pectin
1000g granulated sugar
200g glucose
15g citric acid

1. In a large, non-reactive saucepan, heat purée to 40°C/104°F.
2. Combine first measurement of sugar and pectin and whisk into the purée. Bring to a boil, stirring continually.
3. Add remaining sugar and glucose.
4. Remove from heat and stir in citric acid.
5. Pour into a Silpat-lined frame and allow to set at room temperature.

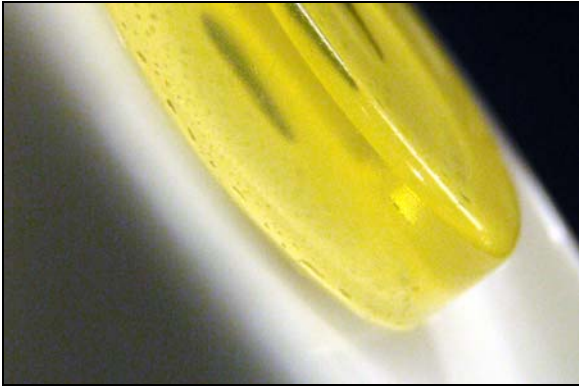


White Peach Pâte de Fruit

YIELD:

1000g white peach purée (10% sugar)
100g granulated sugar
25g pectin
965g granulated sugar
200g glucose
15g citric acid

1. In a large heavy sauce pan, heat purées to 40°C/104°F.
2. Combine first measurement of sugar and pectin and whisk into purée. Bring to a boil, stirring continuously.
3. Add remaining sugar and glucose. Cook to 106°C/223°F.
4. Remove from heat and stir in citric acid.
5. Pour into a silpat lined frame or flexipan forms and allow to set.



Pernod Gummy

Yield: Approximately 200g

25g water
25g gelatin (previously bloomed)
75g Pernod
50g granulated sugar

1. Gently heat the water, adding the gelatin to dissolve.
2. Stir in the Pernod, followed by the sugar, ensuring all of the sugar has dissolved. Deposit the mixture into desired forms and allow to set.



Soft Caramel

250g glucose syrup
30g trimoline
1 vanilla bean, split and scraped
5g fine sea salt
420g heavy cream
330g granulated sugar

1. In a heavy saucepan, combine the cream, glucose, trimoline, and vanilla. Gently heat and allow to infuse.
2. In a second saucepan, cook the sugar to a medium dark caramel. Deglaze with the warm cream mixture and cook to 118°C/245°F.
3. Pour the caramel into a set of bars lined with a silpat and allow to cool several hours before cutting and wrapping.



Passion Fruit Film

Yield: approximately 350g

200g passion fruit purée (10% sugar)
100g orange juice, strained
50g granulated sugar
5g apple pectin

1. Combine purée and juice in a sauce pan and bring to a boil.
2. Combine sugar and pectin and whisk into the puree mixture. Resume boil, remove from heat, and allow to cool.
3. Apply a thin film of the resulting coulis onto strips of acetate cut to fit a dehydrator. Dry until the mixture is no longer tacky, yet still pliable.



English Muffin

Yield: 12 mini-loaves

12g fine sea salt
48g nonfat milk powder
12g instant yeast
600g all purpose flour
380g water
As needed, dough from previous batch

1. Combine all ingredients in medium mixer with dough hook attachment. Mix on low speed for five minutes.
2. Increase mixer speed to medium and continue to mix for another five minutes; add the old dough in small pieces.
3. Remove from mixer and bulk ferment one hour. Punch down and ferment another hour.
4. Punch down dough and place under refrigeration for thirty minutes.
5. Roll the dough on a floured surface to approximately 36cm by 48cm. Allow to rest before cutting.
6. Cut the rectangle into smaller rectangles measuring 16cm by 8cm, trimming the dough at the edges (saving this scrap for the next batch).
7. Place the loaves on a cornmeal-dusted sheet pan, wrap, and proof for thirty minutes.
8. Cook loaves on low flat-top for two minutes each side; transfer to a 300°F/150°C oven for five minutes to complete baking.



Strawberry Consommé

Tapioca, Basil

Yield: 8 servings

Strawberry Consommé

1000g strawberries, hulled and coarsely chopped
250g granulated sugar
40g lemon juice
60g orange juice
zest of 2 lemons
zest of 1 oranges

1. Combine all ingredients in a large bowl. Coarsely pulse with immersion blender. Cover and place in warm area and allow to stand 6 hours.
2. Transfer to refrigeration and allow to chill, at least four hours, or overnight.
3. Strain as necessary, decant, and adjust balance of sweetness, acidity.

Tapioca

25g large pearl tapioca
1000g water
100g granulated sugar
125g water

1. In a medium saucepan, bring water to a boil. Stir in tapioca, reduce heat to a low simmer, and cook for approximately 50 minutes, stirring occasionally to prevent the tapioca pearls from sticking to the bottom of the pan, or each other. The tapioca is done just when they appear translucent in the center.
2. Meanwhile, in a second saucepan, combine sugar and second measurement of water. Bring just to a boil and allow to cool.
3. Drain the tapioca and rinse with cold water. Reserve in the cooled syrup and chill.

Basil Seed Film

10g basil seeds
60g water

4g (2 sheets) gelatin
20g water
1g agar agar
100g sugar
200g water, as needed

1. Soak basil seeds in the water and allow two hours to hydrate.
2. Bloom gelatin in first measurement of water.
3. Combine agar agar with sugar. Disperse into liquid.
4. Gently bring to a boil; reduce heat while maintaining a simmer for two to three minutes.
5. Remove from heat and whisk in bloomed gelatin and basil seeds. Allow to cool slightly for a few moments and transfer to a flat plastic lined half sheet pan. Chill and allow to set. Cut into small squares.

Assembly

Micro basil
Strawberries

1. Using a small melon baller, roughly the same size as the cooked tapioca pearls, prepare several strawberry balls for each portion of soup. Combine the balls with the drained tapioca and pile into each bowl. Drape each mound of strawberry and tapioca with a sheet of the basil seed film and garnish with micro basil. Pour the consommé into the bowl at tableside.



Strawberry Noodles

Yield: approximately 250g

250g sweetened strawberry water
granulated sugar or lemon juice, to adjust flavor if necessary
2g agar agar
.2g locust bean gum

1. Divide the strawberry water in half; adjust the flavor with one half, if necessary, and gently heat just until warm. Reserve.
2. Into the remaining 125g, disperse the agar agar and locust bean gum; transfer to a small sauce pan.
3. Bring this mixture to a boil, reduce heat and simmer for 2-3 minutes.
4. Remove from heat and incorporate into the reserved juice.
6. Transfer to squeeze bottle; fill tubing and quickly chill in an ice water bath until set. Remove the noodles with a blast of N2O and repeat.

Note: It is important to work quickly and to keep the liquid strawberry mixture in the squeeze bottle warm in order to avoid a premature set.



Praline-Choux

Yield: 12 Individual Choux Rings

Pate a Choux

180g water
120g whole milk
120g unsalted butter, cut into pieces
30g sweetened condensed milk
2g salt
150g all purpose flour
4 large eggs
1 large egg yolk
Sliced almonds

1. Place water, milk, butter, condensed milk, and salt into saucepan and bring to a full rolling boil.
2. Add the flour all at once to the boiling mixture. Stir with wooden spoon or heatproof spatula until a smooth mass forms.
3. Keep cooking and stirring it around over moderate heat to dry out the dough as much as possible, about 1-2 minutes.
4. Transfer dough to mixing bowl. With the paddle attachment, beat at medium speed to release steam and cool a bit for one minute.
5. At low speed, beat in the four eggs, one at a time, beating until incorporated between additions. The dough should look smooth and glossy.
6. Transfer dough to a pastry bag with a plain tip and pipe out as desired. Beat one egg yolk with 1 ounce water to make an egg wash. Put in pre-heated 400°F oven for 10 minutes, then turn oven down to 300°F to continue baking for about 20 minutes more, or until appropriately browned.

Praline Cream

120g unsalted butter, softened
90g praline paste
240g vanilla pastry cream

1. Combine butter and praline paste in a mixer bowl and whip until thoroughly combined. Slowly add pastry cream.
2. Chill for use later, or store at room temperature until assembly of dessert.

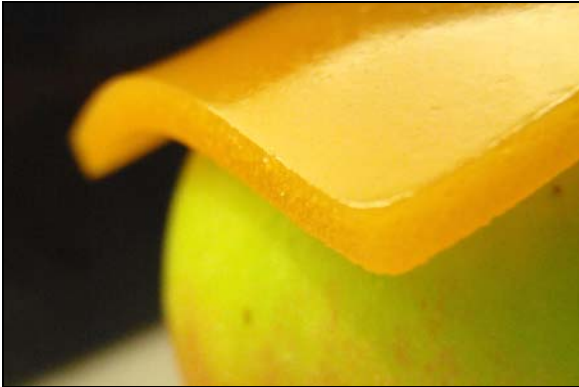


Sweet Potato Sorbet

Yield: 1150g

500g water
½ vanilla bean, split and scraped
50g granulated sugar
4g sorbet stabilizer
150g granulated sugar
50g glucose powder
400g sweet potato, roasted, peeled, puréed, and sieved

1. Combine first measurement of sugar and stabilizer.
2. Heat water and vanilla to 50°C/120°F. Whisk in stabilizer, then remaining sugar and glucose. Bring to a boil for about 30 seconds. Remove from heat.
3. Chill and allow syrup to mature for at least 4 hours.
4. Combine syrup and purée. Process in batch freezer.



Caramel Film

Yield: approx. 1 quarter sheet pan

Caramel Base:

455g granulated sugar
100g water
3g lemon juice
30g glucose syrup
360g heavy cream
55g butter, salted or unsalted

1. In a non-reactive saucepan, combine, sugar, water, lemon, and glucose. Cover and cook to a medium amber color. Meanwhile, heat cream until warm.
2. Remove caramelized sugar from heat and deglaze with the cream. Return to low heat to completely dissolve sugar.
3. Remove from heat and emulsify butter into the caramel.

Caramel Sheet:

2 sheets gelatin
20g water
1g agar agar
75g water
125g caramel base

1. Bloom gelatin in first measurement of water.
2. Disperse agar into second measurement of water.
3. Gently bring to a boil; reduce heat while maintaining a simmer for two to three minutes.
4. Remove from heat and whisk in bloomed gelatin, followed by warm caramel base. Allow to cool slightly for a few moments and transfer to a flat plastic lined half sheet pan. Chill and allow to set.



Green Apple Gelée

500g green apple purée (10% sugar)
½ vanilla bean, split and scraped (pod discarded)
40g granulated sugar
125g white wine
125g water
1.7g gellan LT-100(high acyl)
1.2g gellan F (low acyl)

1. Heat apple purée with vanilla and sugar, reserve warm.
2. Combine remaining ingredients and blend well with an immersion blender, about two minutes.
3. Transfer mixture to a small sauce pan and heat just until boiling. Quickly combine with the reserved pear purée and once again mix with an immersion blender.
4. Into prepared forms, pipe the mixture, tapping the forms to reduce the chance of air pockets.
5. Allow to chill and set before removing from forms.