



THE — ESSENTIAL

RECIPE BOOK

**FOR MODERN
CUISINE**

WITH
SOSA INGREDIENTS



Preface

Sosa Ingredients presents this extensive collection of recipes as part of its mission to act as a driver in promoting trailblazing modern trends in cuisine able to meet market demands. Cutting-edge products and techniques were used in the design of this dossier that are all set to define future cuisine.

Boundless inspiration

Sosa Ingredients is not just a supplier of ingredients, but a source of inspiration and emotion for chefs worldwide. This recipe book contains over 30 sub recipes from our library. We aspire to fuel your culinary creativity and capacity to innovate.

The Technical Team—your source of creativity

Each and every recipe in this book is the result of the passion and expertise of our technical team, all of whom share your love of gastronomy. We have created 12 full recipes from the sub recipes in this dossier. Each of these creations is living proof of our commitment to excellence and quality in modern cuisine.

This recipe book is more than just a useful tool for chefs and other culinary professionals. It also a tribute to the wide variety and versatility of the ingredients we offer. We hope that these recipes will inspire you, triggering new culinary ideas and fuelling your passion to innovate. Let's cook!

List of contents

Top techniques.....	4
Top applications and sub recipes.....	6
The recommendations of our experts.....	23
Top products.....	36

Airs and foams.....	6
Mousses and meringues.....	8
Doughs and sponges.....	9
Terrines and compacts.....	11
Sauces.....	12
Moulds, junkets and jellies.....	14
Crunches.....	18
Creams and crémeux.....	19
Cocktails.....	20

Top techniques

Top techniques

emulsion

An emulsion is a **uniform blend of fat and water**. For an emulsion to form, an ingredient with emulsifying properties is needed, such as egg lecithin, milk and animal proteins, sugars etc.



aeration

This consists of **inserting air into a liquid or solid** to increase the volume and give it a lighter texture. It can be achieved by beating, through fermentation (yeast), or chemically (for instance, with bicarbonate) so that air becomes trapped inside.

For aeration to occur, ingredients are needed that are able to retain air, such as proteins.



stabilization

A process in which **the appearance and texture of a dish is maintained for a long period of time** and **its resistance is boosted when frozen or defrosted**, without syneresis occurring. For example, with ice cream so that it lasts for longer, without melting, or with chantilly cream to preserve its texture.



thickening

This consists of **increasing the consistency of a dish** without modifying its colour, taste or smell. This is a fundamental technique in cooking, used to give a wide variety of dishes a denser, more pleasant texture, from sauces and soups to stews and desserts. It can be achieved by adding starch, gelatine or fibre.



gelling or coagulation

This consists of **transforming a liquid into a solid** so that a structure is formed with a varying firmness (softer, harder, more brittle etc.). This is a very important technique since textures have to be achieved for differing purposes; for instance, to make a mousse firmer so that it can be cut. Gelling agents of plant or animal origin can be used to obtain textures of very different kinds.

In the case of coagulation, this consists of converting a liquid into a solid, with a compactness of varying kinds. This can be achieved by coagulating proteins through heat, as occurs with egg in a cream caramel.



Airs and foams



SAVOURY VEGAN GLUTEN-FREE

Sesame oil bubbles

Sesame oil	250 g	98.43%
Soy lecithin 48644	4 g	1.57%

Mix the ingredients together in a bain-marie and heat to 60 °C. Leave to cool at room temperature and use a Foam Kit to make the bubbles.

SAVOURY SWEET VEGETARIAN

Yoghurt foam

Water	50 g	23.36%
Greek yoghurt	150 g	70.09%
Yopols Mediterranean 49568	4 g	1.87%
Proespuma Cold 48660	10 g	4.67%

Mix all the ingredients together and pour into a siphon loaded with one charger cartridge of gas.

SAVOURY GLUTEN-FREE

Bisque foam

Prawn bisque	500 g	90.91%
Proespuma Hot 48658	50 g	9.09%

Mix all the ingredients together and blend well for one minute. Heat to 60 °C, stirring all the time, and pour into a siphon. Load two charger cartridges of gas and leave on one side in a bain-marie at 70 °C.

SAVOURY GLUTEN-FREE

Hot sweetcorn foam

Culinary Journey		
sautéed onion	60 g	10.53%
Tinned sweetcorn	250 g	43.86%
35% fat cream	160 g	28.07%
Water	75 g	13.16%
Salt	4 g	0.70%
Proespuma Hot 48658	21 g	3.68%

Sauté the sautéed onion with the tinned sweetcorn. Add the cream, water and salt, and blend for a few minutes in a food processor. Sieve using a superbag to remove the fibre. Blend the resulting mixture with Proespuma Hot and heat to 60 °C to activate the product.

SAVOURY

VEGETARIAN

GLUTEN-FREE

Wasabi foam

Peas	300 g	38.76%
Water	400 g	51.68%
Mint	20 g	2.58%
Wasabi powder 41390	7 g	0.90%
Salt	7 g	0.90%
Proespuma Cold 48660	40 g	5.17%

Bring the water to the boil and pour it onto the peas. Once it has cooled, add the mint, salt and wasabi, and blend the mix well. Sieve it, using a fine sieve, to remove all the fibre. Add the Proespuma and blend it well. Load the siphon with two charger cartridges and leave it on one side.

SAVOURY

VEGETARIAN

Fennel and celeriac foam

Celeriac	360 g	24.31%
Fennel bulb	380 g	25.67%
82% fat butter	100 g	6.75%
Anise powder	0.60 g	0.04%
Milk	600 g	40.52%
Proespuma Hot 48658	40 g	2.70%

Mix the butter, diced fennel and celeriac in a saucepan. Cover with the milk and boil for 20 minutes on a medium heat. Blend well in a food processor and sieve to remove any excess fibre. Once the mixture is cool, mix it with Proespuma and heat to 60 °C. Pour the mixture into a siphon, load with one charger cartridge of gas, and leave it on one side in a bain-marie at 70 °C.



SWEET

VEGETARIAN

GLUTEN-FREE

Vineyard peach foam

Vineyard peach purée	400 g	90.91%
Proespuma Cold 48660	40 g	9.09%

Mix the ingredients together and blend well for a minute. Pour into a siphon and load with two charger cartridges of gas. Leave on one side at 4 °C.

SWEET

VEGETARIAN

GLUTEN-FREE

Almond air

Almond milk	460 g	91.45%
Concentrated Amaretto	40 g	7.95%
Sucro Emul 49567	3 g	0.60%

Mix the ingredients together and blend for half a minute. Create the air using a Foam Kit or a hand whisk.

Mousses and meringues

Mousses and meringues

SWEET VEGAN GLUTEN-FREE

Italian lemon meringue

Lemon purée.....	180 g	30.66%
Potatowhip 44180.....	7 g	1.19%
Sugar	200 g	34.07%
Trehalose powder 48687.....	50 g	8.52%
Liquid glucose DE40 48647.....	50 g	8.52%
Water	100 g	17.04%

Mix the lemon purée with the Potatowhip, using a blender. Put in a food processor and whip at speed 6. Put the water with the liquid glucose and trehalose and heat to 121 °C. Add to the meringue in the form of a string to make an Italian meringue.

SWEET VEGETARIAN GLUTEN-FREE

Blackcurrant meringue

Blackcurrant purée.....	160 g	43.24%
Water.....	40 g	10.81%
Trehalose powder 48687.....	75 g	20.27%
Sugar	75 g	20.27%
Albuwhip 48688.....	20 g	5.41%

Mix the water, purée and Albuwhip. Whip with an electric whisk. Add the sugar and fibre little by little. Pipe the mix into ring shapes. Dehydrate for 1 hour at 50 °C.

SAVOURY GLUTEN-FREE

Foie gras mousse

Foie mi-cuit	250 g	31.33%
Milk.....	200 g	25.06%
35% fat cream.....	300 g	37.59%
Duck stock	10 g	1.25%
Instangel 48639.....	30 g	3.76%
Guar gum 48682.....	1.50 g	0.19%
Sea salt.....	5 g	0.63%
Black pepper	1.50 g	0.19%

Mix the diced foie gras with the milk, and heat it slightly in a bain-marie or in the micro wave. Add the duck stock, salt, pepper, guar gum and Instangel, and blend it until a smooth cream is obtained. In a separate bowl, semi whip the cream and stir it carefully into the other mixture. Pour into a 1.5cm-high food form and leave in the freezer. Once it has frozen, cut it into 7x2cm bars, put on skewers, and re-freeze.

SWEET VEGAN GLUTEN-FREE

Dry tomato meringue

Water	250 g	58.07%
Freeze-dried tomato powder 41225.....	15 g	3.48%
Sojawhip 40375.....	10 g	2.32%
Maltodextrin 48671.....	100 g	23.23%
Trehalose powder 48687.....	50 g	11.61%
Gelespessa 41375.....	2.50 g	0.58%
Salt	3 g	0.70%

Mix the water, salt, tomato powder and Sojawhip in a blender. Whip in a beater with the wire whip attachment. In a separate bowl, mix the remaining dry ingredients and add them gradually to the whipped mixture. Whip for 10 minutes at a medium/high speed. Pipe into the desired shape and dehydrate for 12 hours at 60 °C.

Doughs and sponges

SWEET VEGAN

Raspberry sponge

Sugar	200 g	20.26%
Cake flour	200 g	20.26%
Baking Powder Std 45480	10 g	1.01%
Natur Emul 48645	6 g	0.61%
Potatowhip 44180	30 g	3.04%
Raspberry purée	450 g	45.59%
Sunflower oil	70 g	7.09%
Salt	1 g	0.10%
Freeze-dried raspberry powder 40459	20 g	2.03%

Mix the raspberry purée with the Potatowhip and whip the mixture. Add the sugar and continue to whip it for three more minutes. In a separate bowl, mix the sunflower oil with the Natur Emul, and pour it into the meringue mixture. Mix well. Lastly, carefully mix it with the sieved solids. Spread it on a baking tray and bake at 175 °C for 10 minutes.

SWEET

Vanilla sponge

Water	240 g	28.74%
Vanilla bean paste	15 g	1.80%
Albuwhip 48688	30 g	3.59%
Trehalose powder 48687	40 g	4.79%
Sugar	160 g	19.16%
Egg yolk	150 g	17.96%
Baking Powder Std 45480	10 g	1.20%
Flour	150 g	17.96%
Corn starch	40 g	4.79%

Mix the water with the Albuwhip and the vanilla bean paste. Blend it. Whip the mix at speed 3. Mix the sugars together and add them in three parts, as with a French meringue. Gradually pour the egg yolk into the meringue mixture and mix it well. In a separate bowl, mix the remaining solids and fold them into the meringue mixture until fully incorporated. Spread on a baking tray and bake at 155 °C for 8 minutes.

SAVOURY

Teriyaki blinis

Water	70 g	14.71%
Albuwhip 48688.....	27 g	5.67%
Cake flour	180 g	37.82%
Mascarpone	60 g	12.61%
Baking Powder Std 45480	6 g	1.26%
Culinary Journey		
teriyaki sauce	100 g	21.01%
Sunflower oil	20 g	4.20%
Corn starch	10 g	2.10%
Salt	3 g	0.63%

Combine the water with the teriyaki sauce, mascarpone and sunflower oil. Mix for one minute. In a separate bowl, mix the remaining ingredients together and pour into the first mixture. Mix for a further minute. Fill a siphon with the mix and add gas until it is full. Keep in the fridge, ready for use.



SAVOURY

Corn dog dough

Cake flour	150 g	18.18%
Corn flour.....	75 g	9.09%
Sugar	40 g	4.85%
Salt	5 g	0.61%
Egg.....	100 g	12.12%
Milk.....	450 g	54.55%
Baking Powder Std 45480	5 g	0.61%

Mix the solids in a bowl until well integrated. In a separate bowl, mix the egg and the milk. Then pour over the solids. Blend until a uniform dough is obtained.

SWEET VEGAN

Financier

Sugar	280 g	27.40%
Cremsucre 40405	25 g	2.45%
Cake flour	100 g	9.78%
Almond flour 41409	130 g	12.72%
Salt	1 g	0.10%
Baking Powder Std 45480	6 g	0.59%
Potatowhip 44180.....	20 g	1.96%
Water.....	230 g	22.50%
Vegan butter substitute.....	230 g	22.50%

Mix the water with the Potatowhip. Whip well. Add the sugar and continue to whip until it has dissolved completely. In a separate bowl, mix the solids with the vegan butter substitute, melted at 40 °C, and stir until it is well integrated. Add the meringue in two parts, keeping as much air in it as possible. Spread on a baking tray and bake for 15 minutes at 170 °C.

SAVOURY

Cuttlefish corn dog

Fresh cuttlefish	400 g	96.39%
Gelbinder 50064	8 g	1.93%
Salt	4 g	0.96%
Smoke powder 50056	3 g	0.72%

Cut the fresh cuttlefish into small irregular pieces and mix with the remaining ingredients in a food processor. Blend for two minutes to obtain a uniform dough. Fill cylindrical moulds with the mix, and leave to hydrate in the fridge for one hour. After an hour has passed, freeze them. Once they are frozen, cut to the required size and put them on wooden skewers.

SAVOURY

Cuttlefish carpaccio

Freeze-dried spinach powder	50 g	3.13%
Gelbinder 50064	50 g	3.13%
Cuttlefish	500 g	31.25%
Water	1000 g	62.50%

Clean the cuttlefish and cut into 1 cm-thick strips. In a separate bowl, mix the Gelbinder with the freeze-dried spinach powder. Cover the cuttlefish strips in the previous mix and immerse in water for 3 seconds. Lay the lightly drained strips on cling film and roll it up to form a 10 cm-diameter cylinder. Leave in the fridge overnight and cut with an electric meat slicer into 1 mm-thick slices.

SAVOURY

Tandoori chicken and prawn terrine

Tandoori Masala	50 g	14.71%
Gelbinder 50064	50 g	5.67%
Chicken breast	150 g	37.82%
Prawn	100 g	12.61%
Water	1000 g	1.26%

Mix the Tandoori Masala and the Gelbinder in a bowl. Cut the chicken breasts into 1cm-thick strips. Peel the prawns and de vein them. Cover the chicken strips and prawns in the Tandoori mix and immerse them in water for a few seconds. Lay the lightly drained prawns and chicken on cling film, alternating them, and roll into a 6 cm-diameter cylinder. Leave overnight in the fridge.



Terrines and compacts

Terrines and compacts

Sauces

SAVOURY VEGAN GLUTEN-FREE

Red-pepper mayonnaise

Liquidized red pepper	100 g	38.76%
Natur Emul 48645	5 g	1.94%
Potatowhip Cold 43124	1 g	0.39%
Salt	2 g	0.78%
Sunflower oil	50 g	19.38%
Olive oil	100 g	38.76%

Blend the oils with the Natur Emul, Potatowhip Cold and the salt. Combine with the liquidized red pepper. Blend until it has the texture of mayonnaise.



SAVOURY GLUTEN-FREE

Beurre blanc

Shallots	60 g	8.36%
35% fat cream	300 g	41.78%
Champagne	200 g	27.86%
Salt-free butter	150 g	20.89%
Salt	5 g	0.70%
Gelespessa 41375	3 g	0.42%

Cut the shallots into matchsticks and sauté for 10 minutes on a low heat with a knob of butter. Add the champagne and reduce until dry. Add the cream and bring to the boil. Blend it all with the remaining butter, salt and Gelespessa, then sieve. Leave on one side.

SAVOURY GLUTEN-FREE

Béchamel sauce with truffled foie gras

Milk	200 g	59.51%
35% fat cream	50 g	14.88%
Gelcrem Hot 48640	25 g	7.44%
Foie gras mi-cuit	50 g	14.88%
Fat-soluble natural truffle flavouring 41535	0.10 g	0.03%
Salt	10 g	2.98%
Sichuan pepper	0.50 g	0.15%
Nutmeg	0.50 g	0.15%

Mix all the ingredients together, except for the foie gras and flavouring. Heat to 100 °C, stirring continuously until it thickens. Add the foie gras and the flavouring and blend.

SAVOURY VEGAN GLUTEN-FREE

Soy mayonnaise

Water.....	40 g	15.69%
Sunflower oil	150 g	58.82%
Natur Emul 48645.....	4 g	1.57%
Potatowhip Cold 43124.....	1 g	0.39%
Culinary Journey soy sauce	60 g	23.53%

Mix the water with the soy sauce, Potatowhip Cold and Natur Emul, and blend. Once it is blended, add the oil and emulsify.

SAVOURY VEGAN GLUTEN-FREE

Textured oil

Olive oil	200 g	97.09%
Wax Concept 40370.....	6 g	2.91%

Heat the oil to 65 °C and melt the wax. Leave to cool and use to seal and protect freeze-dried food or bread from moisture.

SWEET VEGAN GLUTEN-FREE

Raspberry gel

Raspberry purée.....	400 g	72.07%
Simple syrup	100 g	18.02%
Lemon juice	30 g	5.41%
Gelcrem Cold 48652.....	25 g	4.50%

Mix all the ingredients in a blender for 3 minutes. Place in the fridge for 30 minutes. When this time has passed, blend it again for 1 minute to get rid of any lumps so that it has a fine, shiny texture. Put in a piping bag and leave on one side.

SAVOURY VEGAN GLUTEN-FREE

Vegan butter substitute

Water.....	150 g	14.97%
Deodorized coconut fat 43295	580 g	57.88%
Sunflower oil	250 g	24.95%
Natur Emul 48645.....	10 g	1%
Sojawhip 40375.....	12 g	1.20%

Use an electric mixer to blend the water, Sojawhip and Natur Emul until a uniform mix is obtained. Melt the coconut fat and mix it with the sunflower oil. The temperature of the mixed oils should be 18/20 °C. Gradually add the oils to the first mix and emulsify with an electric mixer. If the emulsion curdles, the temperature of the mix has risen too much. If this happens, cool it until it begins to crystallize. Then emulsify it again. When it is ready, it should be like a thick mayonnaise. Keep in the fridge, where it will crystallize and harden.

Moulds, junkets and jellies



Moulds, junkets and jellies

SAVOURY VEGETARIAN GLUTEN-FREE

Dashi veil

Water.....	500 g	81.30%
Vegetable Gelling Agent 48648.....	25 g	4.07%
Dashi powder.....	10 g	1.63%
Culinary Journey soy sauce	80 g	13.01%

Mix all the ingredients together and bring to the boil, stirring continuously. Pour onto a tray to achieve a thickness of 3 mm and leave to gel.

SAVOURY GLUTEN-FREE

Chicken mould

Water.....	800 g	76.70%
35% fat cream.....	200 g	19.18%
Chicken stock	30 g	2.88%
Dashi powder.....	5 g	0.48%
Pro-pannacotta 48650.....	4 g	0.38%
Salt.....	4 g	0.38%

Mix all the ingredients together unheated in a blender. Bring to the boil. Pour into a mould in the shape of your choice and leave to rest in the fridge. Leave to gel for 1 hour before using.

SAVOURY VEGAN GLUTEN-FREE

Truffle couscous

Water.....	250 g	80.54%
Truffle brisure	50 g	16.11%
Salt	3 g	0.97%
Black truffle flavouring 41535.....	0.4 g	0.13%
Gellan gum 48690.....	7 g	2.26%

Mix all the ingredients together, except for the flavouring, and bring to the boil for 20 seconds. When it is below 70 °C, add the flavouring, pour into moulds and leave to gel. Grate once it has gelled.

SWEET VEGAN GLUTEN-FREE

Yuzu pearls

Yuzu purée	100 g	19.23%
Agar-agar powder 41296	10 g	1.92%
Sunflower oil	1 L	
Concentrated natural		
yuzu paste 49577	10 g	1.92%
Water	400 g	76.92%

Mix all the ingredients together, except for the oil, and bring to the boil. Using a baby's bottle, pour drops of the mixture at a temperature of 60 °C into the very cold sunflower oil. Drain and wash the pearls in cold water. Keep in the fridge.

SWEET VEGETARIAN GLUTEN-FREE

Pear gel

Pear purée	400 g	84.21%
Simple syrup	50 g	10.53%
Gelcrem Cold 48652	25 g	5.26%

Mix all the ingredients in a blender for 3 minutes. Place in the fridge for 30 minutes. After this time has passed, blend again for 1 minute to get rid of any lumps and to ensure a fine shiny texture. Put in a piping bag and leave on one side.

SWEET VEGAN GLUTEN-FREE

Tomato and basil jam

Tomato juice	500 g	66.14%
Isomalt powder 48662	120 g	15.87%
Fruit NH Pectin 48667	6 g	0.79%
Liquid glucose DE40 48647	30 g	3.97%
Basil flavouring	0.01 g	0%
Tomato brunoise	100 g	13.23%

Heat the tomato juice and the glucose to 40 °C. In a separate bowl, mix the Isomalt and the pectin, and sprinkle onto the juice. Boil while stirring continuously. Pour onto a tray and cover with cling film. Leave to rest for 5 hours. Add the flavouring and the brunoise.



Moulds, junkets and jellies

SAVOURY VEGAN GLUTEN-FREE

Grated bitter almond jelly

Water.....	300 g	72.82%
Bitter almond paste	100 g	24.27%
Natural bitter almond flavouring 41396	1 g	0.24%
Salt	3 g	0.73%
Gellan gum 48690	8 g	1.94%

Mix the water with the bitter almond paste, gellan gum and salt. Blend for 30 seconds. Pour the mixture into a saucepan and bring to the boil, stirring continuously. Boil for a minute on a medium heat. Add the flavouring and pour into a food form to make an approximately 4cm-high block. Leave to gel in the fridge. Grate with a grater.



SAVOURY VEGAN GLUTEN-FREE

Vermouth glaze

Vermouth.....	250 g	95.24%
Vegetable Gelling Agent 48648	12.50 g	4.76%

Gradually mix the ingredients, beating them energetically with a whisk. Bring to the boil, stirring continuously.

SAVOURY VEGAN GLUTEN-FREE

Piquillo pepper gel

Roast piquillo peppers.....	200 g	44.44%
Water.....	200 g	44.44%
Gelcrem Cold 48652.....	28 g	6.22%
Salt	2 g	0.44%
Sweet chilli sauce.....	20 g	4.44%

Mix the piquillo peppers with the water, and blend for one minute. Sieve with a fine sieve to remove all the fibre. Add the Gelcrem Cold and the chilli sauce, and blend for 3 minutes. Leave in a cold place for 30 minutes and blend for another minute to ensure a fine, creamy, silky texture. Leave on one side in a piping bag, ready for use.

SAVOURY VEGETARIAN GLUTEN-FREE

Pear and mint terrine

Peas	400 g	51.15%
Fennel	120 g	15.35%
Sake	100 g	12.79%
Water	100 g	12.79%
Mint	20 g	2.56%
Salt	10 g	1.28%
Gelbinder 50064	4 g	0.51%
Maltodextrin 48671	8 g	1.02%
Olive oil	20 g	2.56%

Cut the fennel into brunoise and sauté in oil for 3 minutes. Add the peas, water, mint and sake and cook on a low heat for 4 minutes. Check the amount of salt and cool. In a separate bowl, mix the Gelbinder with the maltodextrin and sprinkle slowly onto the peas. Mix well and form the terrine shapes. Leave to rest for 20 minutes.

SAVOURY VEGAN GLUTEN-FREE

Red pepper gel

Red pepper	600 g	46.66%
Olive oil	500 g	38.88%
Garlic	30 g	2.33%
Paprika	8 g	0.62%
Fried tomato	125 g	9.72%
Salt	8 g	0.62%
Flaxfiber 42151	15 g	1.17%

Liquidize the red pepper and reduce to half the amount. Separately, toast the finely sliced garlic in oil and sieve. Mix the liquidized pepper with the paprika, salt, fried tomato and Flaxfiber and blend, adding the garlic oil until an emulsion is obtained. Leave on one side.

SAVOURY VEGETARIAN GLUTEN-FREE

Mascarpone crémeux

Mascarpone	350 g	69.31%
Milk	150 g	29.70%
Pro-pannacotta 48650	3 g	0.59%
Salt	2 g	0.40%

Mix the milk, salt and Pro-pannacotta well. Bring to the boil. Add the mascarpone, take the pan off the heat, and continue to mix it. Pour into a baking tray and leave to rest in the fridge.



Moulds, junkets and jellies

Crunches

SAVOURY VEGAN GLUTEN-FREE

Toasted corn crumble

Toasted corn flour.....	100 g	71.43%
Maltosec 48683.....	15 g	10.71%
Water.....	25 g	17.86%

Mix the ingredients in a bowl with a gloved hand until a uniform dough is obtained. Spread onto a baking tray, covered in baking paper, to form a crumble and toast in the oven at 130 °C for 15/20 minutes.

SAVOURY VEGAN GLUTEN-FREE

Seed sticks

Mixed seeds.....	300 g	78.95%
Maltosec 48683.....	40 g	10.53%
Water.....	40 g	10.53%

Mix all the ingredients together. Stretch the dough out on two silicon mats and bake for 20 minutes at 110 °C. Cut into the desired shape. Leave to finish off drying in the oven for 5 minutes.



Crunches

Creams and crémeux

SWEET VEGAN GLUTEN-FREE

Pistachio cream

Water.....	300 g	50.55%
Sugar	60 g	13.48%
Pistachio paste 44132.....	120 g	30.33%
Gelcrem Hot 48640.....	25 g	5.05%
Natur Emul 48645.....	1 g	0.51%

In a saucepan, mix the water with the sugar and the Gelcrem Hot. Bring to the boil, stirring continuously. In a separate bowl, mix the paste with the Natur Emul until it is well integrated. Combine the two mixtures and blend them to obtain a stable emulsion. Leave overnight in the fridge before using it.



SWEET VEGAN GLUTEN-FREE

Orange crémeux

Orange purée.....	250 g	75.76%
Inulin Hot 48692.....	50 g	15.15%
Sugar	30 g	9.09%

Blend the purée and the sugar with the Inulin, by sprinkling the Inulin onto them. Heat up to 70 °C. Leave to rest for an hour in the fridge ready for use.

SWEET VEGAN GLUTEN-FREE

Bitter almond cream

Water.....	300 g	50.55%
Sugar	80 g	13.48%
Roasted almond paste 41549.....	180 g	30.33%
Gelcrem Hot 48640.....	30 g	5.05%
Natur Emul 48645.....	3 g	0.51%
Bitter almond flavouring 41396.....	0.50 g	0.08%

In a saucepan, mix the water with the sugar and the Gelcrem Hot. Bring to the boil, stirring continuously. In a separate bowl, mix the paste with the Natur Emul until it is well integrated. Combine the two mixtures, add the flavouring, and blend until a stable emulsion is obtained. Leave overnight in the fridge before using it.

SWEET VEGETARIAN

Whipped Opalys ganache

35% fat cream.....	1650 g	71.49%
33% cocoa Valrhona Opalys		
white chocolate	650 g	28.16%
Guérande sea salt 41553.....	7 g	0.30%
Vanilla pods.....	1 g	0.04%

Boil the cream with the salt and the vanilla, and pour over the chocolate. Mix for one minute and leave in a cool place overnight. Beat in a food processor.

Cocktails

SWEET VEGAN GLUTEN-FREE

Mango mojito

Mango caviar	80 g	27.12%
Lime	30 g	10.17%
Fresh mint.....	10 g	3.39%
Brown sugar	15 g	5.08%
Rum	60 g	20.34%
Soda water.....	40 g	13.56%
Crushed ice	60 g	20.34%

Cut the lime into bits and put them in the bottom of a glass with the mint and the sugar. Crush them to extract the juice. Add the crushed ice, rum and soda water. Crown it all with mango caviar.

Mango caviar

Mango purée.....	300 g	71.26%
Water.....	50 g	11.88%
Simple syrup	50 g	11.88%
Concentrated mango paste.....	20 g	4.75%
Alginate 50054	1 g	0.24%

Clorur bath

Blend all the ingredients for 5 minutes, except for the Clorur bath. Fill the Caviar Box and make the caviar by adding drops to the Clorur bath.

Clorur bath

Water.....	300 g	70.92%
Clorur 50065	50 g	11.82%

Mix all the ingredients for 5 minutes with a hand whisk and leave on one side.



SWEET VEGETARIAN GLUTEN-FREE

Black Russian

Black Russian foam.....	40 g	28.57%
Vodka	40 g	28.57%
Coffee liqueur	20 g	14.29%
Ice.....	40 g	28.57%

Mix the vodka and the coffee liqueur with ice in a cocktail mixer and shake well. Pour the contents into a glass and top it with the foam.

Black Russian foam

Vodka	100 g	20.20%
Coffee liqueur	75 g	15.15%
Simple syrup	50 g	10.10%
Water.....	150 g	30.30%
Espresso coffee	100 g	20.20%
Proespuma Cold 48660.....	20 g	4.04%

Mix the ingredients together and blend well for one minute. Pour into a siphon and load with two charger cartridges of gas. Leave on one side at 4 °C.



Our experts



Guillermo Corral

Guillermo gained his experience in well-known restaurants, such as those of Martín Berasategui and Ángel Pascual, and in banqueting restaurants and big hotels. He has over 10 years' experience as an expert consultant. Thanks to his extensive culinary expertise, he is highly proficient at the art of pastry-making and savoury cuisine.



Jean Siviéde

Jean has been passionately keen on the art of gastronomy since a young age. Academically, he started by studying for a degree in science before embarking on specialist training as a pastry chef and chocolatier at two famous French confectionary institutions: Ferrandi and Christophe Michalak. He has forged a name in the world of confectionary for his experience and dedication.



Edu Azuaza

From a young age, Edu trained in the different kitchens of celebrated chefs. He is a versatile chef who has worked in different areas of the catering trade. He is our link between tradition and innovation due to his passion for different gastronomic cultures and his proficiency in various different languages.



Albert Jofre

After training as a pastry chef with Eric Ortuno, Albert forged a solid career working at some of the finest patisseries in Barcelona. At Sosa, he puts his culinary teaching experience into practice, providing our clients with customized training and advice. His passion and knowhow are reflected in his dedication to teaching the art of good cuisine.



The recom- mendations of our experts

SAVOURY

Teriyaki blinis with caviar

Teriyaki blinis.....	300 g	71.33%
Yuzu pearls	30 g	7.13%
Isigny cream	60 g	14.27%
Salmon roe.....	30 g	7.13%
Dill	0.6 g	0.14%

Place a spoonful of cream on each blini and cover it with the two previously mixed caviars. Crown it all with a piece of dill.

Teriyaki blinis

Water	70 g	14.71%
Albuwhip 48688.....	27 g	5.67%
Cake flour	180 g	37.82%
Mascarpone	60 g	12.61%
Baking Powder Std 45480	6 g	1.26%
Culinary Journey Teriyaki sauce	100 g	21.01%
Sunflower oil	20 g	4.20%
Corn starch.....	10 g	2.10%
Salt	3 g	0.63%

Combine the water with the teriyaki sauce, mascarpone and sunflower oil. Mix for one minute. In a separate bowl, mix the remaining ingredients together and pour into the first mixture. Mix for a further minute. Fill a siphon with the mix and add gas until it is full. Keep in the fridge, ready for use.

Yuzu pearls

Yuzu purée	100 g	19.23%
Agar-agar powder 41296	10 g	1.92%
Sunflower oil	1 L	
Concentrated natural yuzu paste 49577	10 g	1.92%
Water	400 g	76.92%

Mix all the ingredients together, except for the oil, and bring to the boil. Using a baby's bottle, pour drops of the mixture at a temperature of 60 °C into the very cold sunflower oil. Drain and wash the pearls in cold water. Keep in the fridge.

Teriyaki blinis with caviar



TECHNICAL TIP

"With Albuwhip, egg white can be replaced with flavour, in this case teriyaki sauce."

Edu Azuaga



SAVOURY

Cuttlefish corn dog

Cuttlefish corn dog.....	320 g	48.48%
Corn dog dough	160 g	24.24%
Horseradish mustard.....	60 g	9.09%
Pico de gallo sauce	60 g	9.09%
Culinary Journey barbecue sauce	60 g	9.09%
Sunflower oil	as needed	

Dip the cuttlefish corn dogs in the dough and fry at 160 °C until they are golden all over. Drain well. Lay the corn dogs on a dish and put the pico de gallo sauce on top. Dribble with barbecue sauce and horseradish mustard. Finish it off with a few freeze-dried pea shoots.

Cuttlefish corn dog

Fresh cuttlefish	400 g	96.39%
Gelbinder 50064	8 g	1.93%
Salt	4 g	0.96%
Smoke powder 50056	3 g	0.72%

Cut the fresh cuttlefish into small irregular pieces and mix with the remaining ingredients in a food processor. Blend for two minutes to obtain a uniform dough. Fill cylindrical moulds with the mix, and leave to hydrate in the fridge for one hour. After an hour has passed, freeze them. Once they are frozen, cut to the required size and put on wooden skewers.

Corn dog dough

Cake flour	150 g	18.18%
Corn flour.....	75 g	9.09%
Sugar	40 g	4.85%
Salt	5 g	0.61%
Egg.....	100 g	12.12%
Milk.....	450 g	54.55%
Baking Powder Std 45480	5 g	0.61%

Mix the solids in a bowl until well integrated. In a separate bowl, mix the egg and the milk. Then pour over the solids. Blend until a uniform dough is obtained.

Horseradish mustard

Horseradish.....	75 g	74.63%
Fine Dijon mustard.....	25 g	24.88%
Food Colour		
yellow colouring	0.50 g	0.50%

Mix the ingredients until they are well integrated. Pour the sauce into a piping bag and leave on one side ready for use.

Pico de gallo sauce

Fresh tomato	80 g	54.42%
Red onion	40 g	27.21%
Fresh coriander	5 g	3.40%
Salt	2 g	1.36%
Culinary Journey		
Leche de tigre	20 g	13.61%

Cut the onion and tomato into brunoise. Add the chopped coriander, salt and leche de tigre, and mix well. Leave on one side ready for use.



Cuttlefish corn dog

SAVOURY

Foie gras ingots with vermouth and bitter almonds

Foie gras mousse	45 g	58.21%
Vermouth glaze	15 g	19.40%
Grated bitter almond jelly	5 g	6.47%
Textured oil	2 g	2.59%
Crackers	10 g	12.94%
Cantonese almond sticks 41456	0.10 g	0.13%
Black olive flour 41515	0.10 g	0.13%
Guérande sea salt 41553	0.10 g	0.13%

Using a spatula, lightly coat the crackers with the textured oil to protect them from moisture. Put in the fridge for 5 minutes for the oil to crystallize again. Meanwhile, melt the vermouth jelly, and submerge the frozen foie gras ingots in it at 80 °C to glaze them. This gives them flavour and texture, adding a shiny coat and protecting the mousse from oxidation. Place an ingot in the centre of each oil-coated cracker. Grate the almond jelly, using a fine microplane grater. Sprinkle with black olive flour and a little Guérande salt. Lastly, decorate with Cantonese almond sticks.

Foie gras mousse

Foie mi-cuit	250 g	31.33%
Milk	200 g	25.06%
35% fat cream	300 g	37.59%
Duck stock	10 g	1.25%
Instangel 48639	30 g	3.76%
Guar gum 48682	1.50 g	0.19%
Sea salt	5 g	0.63%
Black pepper	1.50 g	0.19%

Mix the diced foie gras with the milk, and heat it slightly in a bain-marie or in the micro wave. Add the duck stock, salt, pepper, guar gum and Instangel, and blend it until a smooth cream is obtained. In a separate bowl, semi whip the cream and stir it carefully into the other mixture. Pour into a 1.5 cm-high food form and leave in the freezer. Once it has frozen, cut it into 7x2 cm bars, put on skewers, and re-freeze.

Vermouth glaze

Martini Rosso	250 g	95.24%
Vegetable Gelling Agent 48648	12.50 g	4.76%

Gradually mix the ingredients, beating them energetically with a whisk. Bring to the boil, stirring continuously.

Grated bitter almond jelly

Water	300 g	72.82%
Bitter almond paste	100 g	24.27%
Natural bitter almond flavouring 41396	1 g	0.24%
Salt	3 g	0.73%
Gellan gum 48690	8 g	1.94%

Mix the water with the bitter almond paste, gellan gum and salt. Blend for 30 seconds. Pour the mixture into a saucepan and bring to the boil, stirring continuously. Boil for a minute on a medium heat. Add the flavouring and pour into a food form to make an approximately 4 cm-high block. Leave to gel in the fridge.

Textured oil

Olive oil	200 g	97.09%
Wax Concept 40370	6 g	2.91%

Mix the ingredients in a saucepan and heat to 65 °C until the wax melts. Pour in a bowl and leave to crystallize in the fridge.

TECHNICAL TIP

"By using a plant-based gelling agent, a very shiny glazed effect can be achieved through immersion, isolating the mousse and protecting it from oxidation while also keeping it fresh."

Guillermo Corral

Foie gras ingots with vermouth and bitter almonds

SAVOURY

Cuttlefish carpaccio with anise foam

Fennel and celeriac foam	60 g	47.77%
Cuttlefish carpaccio	35 g	27.87%
Fennel	30 g	23.89%
Sea salt	0.10 g	0.08%
Olive oil	0.50 g	0.40%

Put a cloud of foam on the base of a plate. Cover with a layer of carpaccio. Round it all off with fine matchsticks of fennel, sprinkled with oil and salt.

Fennel and celeriac foam

Celeriac	360 g	24.31%
Fennel bulb	380 g	25.67%
82% fat butter	100 g	6.75%
Anise powder	0.60 g	0.04%
Milk	600 g	40.52%
Proespuma Hot 48658	40 g	2.70%

Mix the butter, diced fennel and celeriac in a saucepan. Cover with the milk and boil for 20 minutes on a medium heat. Blend well in a food processor and sieve to remove any excess fibre. Once the mixture is cool, mix it with Proespuma and heat to 60 °C. Pour the mixture into a siphon and load with a charger cartridge of gas. Leave on one side in a bain-marie at 70 °C.

Cuttlefish carpaccio

Freeze-dried spinach powder	50 g	3.13%
Gelbinder 50064	50 g	3.13%
Cuttlefish	500 g	31.25%
Water	1000 g	62.50%

Clean the cuttlefish and cut into 1 cm-thick strips. In a separate bowl, mix the Gelbinder with the freeze-dried spinach powder. Cover the cuttlefish strips in the previous mix and immerse in water for 3 seconds. Lay the lightly drained strips on cling film and roll it up to form a 10 cm-diameter cylinder. Leave in the fridge overnight and cut with an electric meat slicer into 1 mm-thick slices.

**TECHNICAL TIP**

"Proespuma Hot stabilizes hot foams so that no fat needs to be added and the flavour of the ingredients is maintained."

Edu Azuaga



Cuttlefish carpaccio with anise foam

Mint and pea terrine, wasabi foam and pistachios



TECHNICAL TIP

"With Gelbinder, a temperature-resistant vegetable terrine can be made."

Jean Siviude



SAVOURY VEGETARIAN GLUTEN-FREE

Mint and pea terrine, wasabi foam and pistachios

Mint and pea terrine	120 g	63.12%
Wasabi foam	60 g	31.56%
Raw pistachios	10 g	5.26%
Mint	0.1 g	0.05%

Heat the mint and pea loaf in a frying pan with a few drops of water and put on a plate. Place the foam on one side and finish it off with a few chopped pistachios and mint leaves.

Mint and pea terrine

Peas	400 g	51.15%
Fennel	120 g	15.35%
Sake	100 g	12.79%
Water	100 g	12.79%
Mint	20 g	2.56%
Salt	10 g	1.28%
Gelbinder	4 g	0.51%
Maltodextrin	8 g	1.02%
Olive oil	20 g	2.56%

Cut the fennel into brunoise and sauté in oil for 3 minutes. Add the peas, water, mint and sake and cook on a low heat for 4 minutes. Check the amount of salt and cool. In a separate bowl, mix the Gelbinder with the maltodextrin and sprinkle slowly onto the peas. Mix well and form the terrine shapes. Leave to rest for 20 minutes.

Wasabi foam

Peas	300 g	38.76%
Water	400 g	51.68%
Mint	20 g	2.58%
Wasabi powder	7 g	0.90%
Salt	7 g	0.90%
Proespuma Cold	40 g	5.17%

Bring the water to the boil and pour it onto the peas. Once it has cooled, add the mint, salt and wasabi, and blend the mix well. Sieve it, using a fine sieve, to remove all the fibre. Add the Proespuma and blend well. Load the siphon with two charger cartridges and leave on one side.

SAVOURY

GLUTEN-FREE

Seed sticks with ham and Parmesan

Seed sticks.....	30 g	42.86%
Cured Iberian ham.....	20 g	28.57%
Parmesan.....	10 g	14.29%
Olive oil	10 g	14.29%

Roll some slices of ham around some seed sticks. Dip the remaining sticks in olive oil and coat them in Parmesan cheese.

Seed sticks

Mixed seeds.....	300 g	78.95%
Maltosec 48683.....	40 g	10.53%
Water.....	40 g	10.53%

Mix all the ingredients together. Stretch the dough out on two silicon mats and bake for 20 minutes at 110 °C. Cut into the desired shape. Leave to finish off drying in the oven for 5 minutes.



Seed sticks with ham and Parmesan

TECHNICAL TIP

"Maltosec sticks the seeds together so that they can be moulded into a certain shape, without having to add flour or sugar, ensuring a very crunchy texture."

Guillermo Corral

SAVOURY GLUTEN-FREE

Cod with beurre blanc, pepper and tarragon

Beurre blanc	60 g	24.49%
Red pepper gel	35 g	14.29%
Pickled onion	20 g	8.16%
Tarragon oil	10 g	4.08%
Cod	120 g	48.98%

Arrange the warm slivers of cod on a plate. Coat with beurre blanc and decorate with zigzags of pepper gel. Round it all off with the pickled onion and tarragon oil.

Beurre blanc

Shallots	60 g	8.36%
35% fat cream	300 g	41.78%
Champagne	200 g	27.86%
Butter	150 g	20.89%
Salt	5 g	0.70%
Gelespessa 41375	3 g	0.42%

Cut the shallots into matchsticks and sauté for 10 minutes on a low heat with a knob of butter. Add the champagne and reduce until dry. Add the cream and bring to the boil. Blend it all with the remaining butter, the salt and Gelespessa and sieve the mixture. Leave on one side.

Red pepper gel

Red pepper	600 g	46.66%
Olive oil	500 g	38.88%
Garlic	30 g	2.33%
Paprika	8 g	0.62%
Fried tomato	125 g	9.72%
Salt	8 g	0.62%
Flaxfiber 42151	15 g	1.17%

Liquidize the red pepper and reduce to half the amount. Separately, toast the finely sliced garlic in oil and sieve. Mix the liquidized pepper with the paprika, salt, fried tomato and Flaxfiber and blend, adding the garlic oil until an emulsion is obtained. Leave on one side.

Pickled onion

Onion	100 g	31.75%
Water	100 g	31.75%
White vinegar	100 g	31.75%
Peppercorn	3 g	0.95%
Salt	2 g	0.63%
Sugar	10 g	3.17%

Mix all the ingredients together, except for the onion, and heat in a saucepan. Pour on top of the onion matchsticks and leave to marinate overnight.

Tarragon oil

Sunflower oil	300 g	85.71%
Tarragon	50 g	14.29%

Blanch the tarragon and blend with the oil. Sieve and leave on one side.



TECHNICAL TIP

"With Flaxfiber, fat and water can be emulsified, leading to a highly stable egg-free mayonnaise."

Jean Siviende

Cod with beurre blanc, pepper and tarragon

SAVOURY

GLUTEN-FREE

Chicken mould with sweetcorn foam

Chicken mould.....	30 g	42.25%
Hot sweetcorn foam	25 g	35.21%
Chicken with green curry sauce.....	15 g	21.13%
Mixed salad leaves	1 g	1.41%

Cut the chicken mould and arrange it in the middle of a plate. Add the foam and little pieces of chicken. Round it all off with the salad leaves.

Chicken mould

Water	800 g	76.70%
35% fat cream	200 g	19.18%
Chicken stock	30 g	2.88%
Dashi powder.....	5 g	0.48%
Pro-pannacotta 48650.....	4 g	0.38%
Salt	4 g	0.38%

Mix all the ingredients together unheated in a blender. Bring to the boil. Pour into a mould in the shape of your choice and leave to rest in the fridge. Leave to gel for 1 hour before use.

Hot sweetcorn foam

Culinary Journey		
sautéed onion	60 g	10.53%
Tinned sweetcorn	250 g	43.86%
35% fat cream.....	160 g	28.07%
Water	75 g	13.16%
Salt	4 g	0.70%
Proespuma Hot 48658	21 g	3.68%

Isi 0.5-litre ThermoWhip Plus siphon

Sauté the Culinary Journey sautéed onion with the tinned sweetcorn. Add the cream, water and salt, and blend for a few minutes in a food processor. Sieve using a superbag to remove the fibre. Blend the resulting mixture with Proespuma Hot and heat to 60 °C to activate the product.



TECHNICAL TIP

"With Pro-pannacotta, soft creamy jellies can easily be made."

Edu Azuaga

Chicken mould with sweetcorn foam



SAVOURY VEGETARIAN

Mascarpone crémeux
with tomato jam
and black olives

Tomato and basil jam.....	90 g	48.62%
Mascarpone crémeux.....	35 g	18.91%
Black olive tiles	10 g	5.40%
Anchovies.....	0.10 g	0.05%
Fresh basil leaves.....	50 g	27.01%

Cut the mascarpone crémeux and arrange into cubes on a plate. Add the tomato preserve in random fashion. Cut the anchovies into pieces and arrange them on the plate. Finish it off with the olive tiles and basil leaves.

Tomato and basil jam

Tomato juice.....	500 g	66.14%
Isomalt powder 48662.....	120 g	15.87%
Fruit NH Pectin 48667.....	6 g	0.79%
Liquid glucose DE40 48647.....	30 g	3.97%
Fresh basil flavouring	0.01 g	0%
Tomato brunoise	100 g	13.23%

Heat the tomato juice and the glucose to 40 °C. In a separate bowl, mix the Isomalt and the pectin, and sprinkle onto the juice. Boil while stirring continuously. Pour onto a tray and cover with cling film. Leave to rest for 5 hours. Add the flavouring and the brunoise.

Mascarpone crémeux

Mascarpone.....	350 g	69.31%
Milk.....	150 g	29.70%
Pro-pannacotta 48650.....	3 g	0.59%
Salt.....	2 g	0.40%

Mix the milk, salt and Pro-pannacotta well. Bring to the boil. Add the mascarpone, take the pan off the heat, and continue to mix it. Pour into a baking tray and leave to rest in the fridge.

Black olive tiles

Black olives	250 g	66.67%
Water.....	100 g	26.67%
Gelcrem Cold 48652.....	15 g	4%
Procrunx 40413.....	10 g	2.67%

Blend the olives and water for 2 minutes and sieve. Mix the resulting juice with the remaining ingredients and blend again for 3 minutes until a thick cream is obtained. Spread the cream on a baking mat and dry for 6 hours at 70 °C until it is crunchy.



Mascarpone crémeux with tomato jam and black olives

SWEET VEGAN

Almond textures

Bitter almond cream.....	80 g	36.36%
Financier.....	40 g	18.18%
Almond air.....	20 g	9.09%
Candied apricot.....	50 g	22.73%
Cantonese almonds 41533.....	30 g	13.64%

Arrange pieces of the spongecake on the base of a plate. Add a circle of cream around the sponge. Sprinkle the almonds and apricots randomly on top and encircle it all with the almond air.

Bitter almond cream

Water.....	300 g	50.55%
Sugar.....	80 g	13.48%
Roasted almond paste 41549.....	180 g	30.33%
Gelcrem Hot 48640.....	30 g	5.05%
Natur Emul 48645.....	3 g	0.51%
Bitter almond flavouring 41396.....	0.50 g	0.08%

In a saucepan, mix the water with the sugar and the Gelcrem Hot. Bring to the boil, stirring continuously. In a separate bowl, mix the paste with the Natur Emul until it is well integrated. Combine the two mixtures, add the flavouring, and blend until a stable emulsion is obtained. Leave overnight in the fridge before using it.

Financier

Sugar.....	280 g	27.40%
Cremsucre 40405.....	25 g	2.45%
Cake flour.....	100 g	9.78%
Almond flour 41409.....	130 g	12.72%
Salt.....	1 g	0.10%
Baking Powder Std 45480.....	6 g	0.59%
Potatowhip 44180.....	20 g	1.96%
Water.....	230 g	22.50%
Vegan butter substitute.....	230 g	22.50%

Mix the water with the Potatowhip. Whip well. Add the sugar and continue to whip until it has dissolved completely. In a separate bowl, mix the solids with the vegan butter substitute, melted at 40 °C, and stir until it is well integrated. Add the meringue in two parts, keeping as much air in it as possible. Spread on a baking tray and bake for 15 minutes at 170 °C.

Vegan butter substitute

Water.....	150 g	14.97%
Deodorized coconut fat 43295.....	580 g	57.88%
Sunflower oil.....	250 g	24.95%
Natur Emul 48645.....	10 g	1%
Sojawhip 40375.....	12 g	1.20%

Use an electric mixer to blend the water, Sojawhip and Natur Emul until a uniform mix is obtained. Melt the coconut fat and mix it with the sunflower oil. The temperature of the mixed oils should be 18/20 °C. Gradually add the oils to the first mix and emulsify with an electric mixer. If the emulsion curdles, the temperature of the mix has risen too much. If this happens, cool it until it begins to crystallize. Then emulsify it again. When it is ready, it should be like a thick mayonnaise. Keep in the fridge, where it will crystallize and harden.

Almond air

Almond milk.....	460 g	91.45%
Concentrated Amaretto.....	40 g	7.95%
Sucro Emul 49567.....	3 g	0.60%

Mix the ingredients together and blend for half a minute. Create the air with a Foam Kit or a hand whisk.

Almond textures



TECHNICAL TIP

"Potatowhip is a substitute for egg white in vegan pastries and cakes."

Jean Siviude

SWEET VEGETARIAN

Blackcurrant pavlova with yoghurt

Almond slivers	10 g	10%
Yoghurt foam.....	40 g	40%
Blackcurrant meringue.....	30 g	30%
Blackcurrants	20 g	20%

Place the pavlova in the middle of a plate. Pipe the foam on top of the pavlova. Round it all off with the almonds and blackcurrants.

Yoghurt foam

Water	50 g	23.36%
Greek yoghurt	150 g	70.09%
Yopols Mediterranean 49568	4 g	1.87%
Proespuma Cold 48660	10 g	4.67%

Mix all the ingredients together and pour into a siphon loaded with one charger cartridge of gas.

Blackcurrant meringue

Blackcurrant purée.....	160 g	43.24%
Water	40 g	10.81%
Trehalose powder 48687	75 g	20.27%
Sugar	75 g	20.27%
Albuwhip 48688.....	20 g	5.41%

Mix the water, purée and Albuwhip. Whip with an electric whisk. Add the sugar and fibre little by little. Pipe the mix into ring shapes. Dehydrate for 1 hour at 50 °C.

Blackcurrant pavlova with yoghurt

SWEET VEGETARIAN

Whipped Opalys, pear and vanilla ganache

Vanilla sponge	60 g	29.27%
Pear gel	35 g	17.07%
Pecan nut praline	40 g	19.51%
Whipped Opalys ganache	30 g	14.63%
Fruit&Sauce diced pear	30 g	14.63%
Cantonese pecan nuts 50061	10 g	4.88%

Arrange the spongecake on the base of a plate and cover it in the whipped ganache, Fruit&Sauce diced pears and pecan nut praline, in random fashion. Round it all off with slivers of Cantonese pecan nut.

Vanilla sponge

Water	240 g	28.74%
Vanilla bean paste	15 g	1.80%
Albuwhip 48688	30 g	3.59%
Trehalose powder 48687	40 g	4.79%
Sugar	160 g	19.16%
Egg yolk	150 g	17.96%
Baking Powder Std 45480	10 g	1.20%
Flour	150 g	17.96%
Corn starch	40 g	4.79%

Mix the water with the Albuwhip and the vanilla bean paste. Blend it. Whip the mix at speed 3. Mix the sugars together and add them in three parts, as with a French meringue. Gradually pour the egg yolk into the meringue mixture and mix it well. In a separate bowl, mix the remaining solids and fold them into the meringue mixture until fully incorporated. Spread on a baking tray and bake at 155 °C for 8 minutes.

Pear gel

Pear purée	400 g	84.21%
Simple syrup	50 g	10.53%
Gelcrem Cold 48652	25 g	5.26%

Mix all the ingredients in a blender for 3 minutes. Place in the fridge for 30 minutes. After this time has passed, blend again for 1 minute to get rid of any lumps and to ensure a fine shiny texture. Put in a piping bag and leave on one side.

Pecan nut praline

Cantonese pecan nuts 50061	650 g	96.30%
Salt	10 g	1.48%
Vanilla bean paste	15 g	2.22%

Mix all the ingredients and blend until a grainy praline is achieved.

Whipped Opalys ganache

35% fat cream	1650 g	71.49%
33% cocoa Valrhona Opalys		
white chocolate	650 g	28.16%
Guérande sea salt 41553	7 g	0.30%
Vanilla pods	1 g	0.04%

Boil the cream with the salt and the vanilla, and pour over the chocolate. Mix for one minute and leave in a cool place overnight. Beat in a food processor.



Whipped Opalys, pear and vanilla ganache

TECHNICAL TIP

"With Gelcrem Cold, creams can be made without heating them, preserving the organoleptic structure of the ingredients."

Albert Jofre

A close-up photograph of a wooden surface. A diagonal line runs across the frame, separating a lighter, smooth wooden area on the left from a darker, heavily textured brownish-orange material on the right. The textured material has a pebbled, almost crystalline appearance. The text "Top products" is overlaid in white on the left side.

Top products

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SOY LECITHIN

An aerating agent for fats and stable emulsions.

An emulsifier made from soybeans. Used as an emulsifier in chocolate recipes and dishes with a high fat content. Can also be used as an aerating and foaming agent for fats.

emulsifier



SUCRO EMUL

An emulsifier and aerating agent made by esterifying sucrose with fatty acids.

Usable with any liquid comprising one part of water. Can be used to make hot or alcoholic airs.

emulsifier

aerating agent





GELCREM HOT

A thickener in hot liquids, stable when frozen.
Made of corn starch. Can be used to thicken all kinds of hot liquids, improving on the product freezing process. Perfect for preparing confectioner's custard and beaten doughs.

- stabilizer
- adds texture



PROESPUMA HOT

An emulsifier and stabilizer of hot foams.
Whipping, foaming and emulsifying effects.
Usable with any liquid or semi-liquid.
For hot foams with a siphon.

- emulsifier
- stabilizer



GELCREM COLD

A thickener for cold dishes, stable when frozen.
Made with potato starch. Usable with all kinds of liquids, resistant to heat, and can be frozen. Can be used to make cold creams without adding egg or milk products.

- stabilizer
- adds texture



PROESPUMA COLD

An emulsifier and stabilizer for cold foams.
Whipping, foaming and emulsifying effects.
Usable with any liquid or semi-liquid.
For cold foams with a siphon.

- emulsifier
- stabilizer



Top products

ALBUWHIP

Egg white albumen powder.

This is a protein that can be used to whip any water-based liquid in a stable way, substituting the water in egg white for flavour and multiplying the taste of desserts and confectionery by 10.

- Guarantees 5 times more stability than fresh egg white.
- 25% more whipping capacity than fresh egg white.
- Works with acidic products (with a high pH).

Can be used to substitute egg white for liquids that add flavour.

emulsifier

aerating agent



POTATOWHIP

Deodorized powdered potato protein.

- Suitable for vegetarian and vegan diets.
- High aerating capacity.
- Works with acidic products.
- Coagulating agent.

For hot uses: sponge cakes, macarons, and cooked meringues.

emulsifier

aerating agent

coagulating agent



SOJAWHIP

A plant-based substitute for egg white, used for whipping.

Hydrolyzed soy protein. An ideal substitute for fresh egg white when whipping food. Works with all kinds of fat-free liquids. Can be used to make meringues and dishes with a meringue base. Neutral flavour.

emulsifier

aerating agent



POTATOWHIP COLD

Deodorized powdered potato protein.

- Suitable for vegetarian and vegan diets.
- High aerating capacity.
- Works with acidic products.

For cold uses: sauces, uncooked meringues and mousses.

emulsifier

aerating agent





FLAXFIBER

Fibre from brown and golden linseeds from which mucilage is extracted.

Flaxfiber stands out for its thickening, stabilizing and emulsifying properties. It is also a suspending agent.

- Can be used to replace the stabilizing and thickening properties of Xanthan gum in a proportion of 1:2.
- Neutral taste and colour.
- Easily soluble/dispersible in water, in both hot and cold conditions, in a wide range of pHs.

A thickener, with hot or cold ingredients, for making sweet or savoury sauces, and a stabilizer and emulsifier for ice creams and sorbets. Helps to stabilize meringues and mousses.

emulsifier

stabilizer

Adds texture



HOT INULIN

Fibre extracted from roots and tubers.

Inulin adds a creamy sensation when mixed with a liquid. Can be used to make fat-free creams and cremosos and to substitute part or all of the fat in mousses, baked doughs, ice creams, creams and recipes in general. Sosa's range of texturizers include Inulin Cold. This dissolves more easily but adds less of a creamy texture.

A substitute for fat.

Adds texture



MALTOSEC

Tapioca maltodextrin.

91% solids. A high fat absorption capacity, converting fat into a fine, easy-to-handle powder. When dissolved in water-based liquids, it acts as a binding or bonding agent.

Polvorones/rock cakes/powders/edible sands/nut crunches/non-soluble bonded solids.

fat absorber



GELBINDER

A mixture of alginate, calcium and retardant salts.

Binding and thermo-irreversible gelling effects. Usable with any food product. May gel faster and more solidly with calcium-rich food. Gelling may occur more slowly and weakly with food products rich in salt or acids.

Perfect for hamburgers, terrines, carpaccios and thermo-irreversible jellies.

Gelling agent



Top products

WAX CONCEPT

Natural beeswax.

An emulsifier, fat texturizer, and coating agent.

Texturized fat and coatings.

emulsifier



LOW SUGAR PECTIN

Amidated low methoxyl (LMA) pectin with added calcium.

A thickener and/or gelling agent specially suited for making fruit-based products. No minimum amount of added sugar is required.

Jams and jellies made of low-sugar fruit or containing calcium.

Gelling agent



AGAR-AGAR POWDER

A plant-based gelling agent extracted from red seaweed.

With agar-agar, firm-textured jellies can be made that can be heated (< 80 °C).

- Slow gelling.
- For jellies resistant to temperatures of up to 80 °C.
- 8 to 10 times more powerful than animal gelatine as a gelling agent.
- Highly transparent.
- Can be used to gel acidic liquids

Perfect for hot and cold jellies, solid caviar, aspic, and grateable jellies.

gelling agent



GUAR GUM

A natural stabilizer in uncooked dishes.

A stabilizer and thickener made from the leguminous guar plant. Can be used to thicken sauces and to stabilize emulsions, mousses or ice creams. Hydration in a hot or cold state.

stabilizer



GELLAN GUM

A plant-based gelling agent.

Gellan gum is produced through bacterial fermentation. It has a texture similar to agar-agar, but it can withstand higher temperatures and so it can be used to make jellies for bakeable fillings.

- Fast gelling.
- For jellies resistant to high temperatures.
- Highly transparent.
- Can be used to gel acidic liquids.
- Plant based.

Perfect for jellies used as fillings in cakes and confectionery.

gelling agent



VEGETABLE GELLING AGENT

A carrageenan mixed with carob gum to improve its elasticity.

Can be used to make firm, elastic-textured jellies.

- Fast gelling.
- For jellies resistant to temperatures of up to 70 °C.
- A firm, highly elastic texture.
- Can be used to gel liquids with a high alcohol content.

Its fast gelling properties make it perfect for glazing by immersion.

gelling agent



GELESPESSA

A mixture of xanthan gum and maltodextrin.

A thickener, emulsifier and stabilizer. Resistant to heat and freezing. Thermo-irreversible and easy to dissolve.

Sauces / uncooked coulis / dressings / suspending agent / thickened soups.

emulsifier

stabilizer

adds texture



INSTANGEL

Instant jelly of animal origin.

- Activated cold by stirring it energetically into a liquid.
- A fast-setting smooth jelly is obtained (20 minutes).

Ideal for jellified foams, mousses, and jellified dishes in general.

gelling agent



Top products

PRO-PANNACOTTA

A plant-based gelling agent, made of red algae. It forms a soft, creamy jelly.

- Fast gelling.
- For jellies resistant to temperatures of up to 70 °C.
- A soft creamy texture.
- Can be used to gel liquids with a high alcohol content.
- Plant based.

Ideal for dishes like cream caramel, pannacotta and milk pudding without adding egg.

gelling agent



BAKING POWDER STD

Raising agent. Chemical leavening agent.

Increases the volume of doughs during baking.
Improves sponginess.

Sponge cakes, biscuits, gateaux, omelettes.



DEODORIZED COCONUT FAT

Refined deodorized coconut oil.

Deodorized coconut fat from organically produced coconuts. Melting point between 20 and 32 °C and smoke point at 232 °C.

Can be used in baking in dry and beaten doughs, sponge cakes, mousses, ice creams and creams.

In cooking for fried or sautéed food, stews and roasts. And in sauces and creams.

Source of dietary fat



PROCRUNX

Wheat dextrin.

For very crunchy tempuras. Maintains a crunchy texture long after frying.

Tempuras, battered food or meringues.



Technical sugars



TREHALOSE POWDER

Trehalose made from tapioca.

Solids 95% / PAC 100% / POD 45%.

Delays starch retrogradation. High water retention capacity. High glass transition temperature. Delays protein denaturation. Prevents the formation of large crystals during freezing. Prevents syneresis. Enhances flavours. Prevents oxidation. Stable when exposed to heat and acids. Resistant to moisture absorption in dry mixes. Delays desiccation and increases the volume of doughs. Acts as a stabilizer in beaten mixes. Does not participate in the Maillard reaction.

Can be used in any mix containing water or with a high proportion of fat.



DEXTROSE POWDER

100% dextrose.

Solids 92% / PAC 172% / POD 74%.

An anti-crystallizing agent commonly used in ice creams and sorbets. It is also a preservative with a good sweetening capacity.

Used to make sweets and ice creams.



LIQUID GLUCOSE DE40

Glucose syrup, made from starch.

Solids 80% / PAC 76% / POD 45% / 77.4° Brix.

Prevents the recrystallization of sugar in sweets and gumdrops.

Adds elasticity and softness to sweet foods like baked products, ganaches and truffles.



CREMSUCRE

Creamy-textured invert sugar, made of a combination of fructose, dextrose and sucrose.

Solids 72% / PAC 190% / POD 110% / 80° Brix.

A good wetting agent. Can be used to keep baked foods, creams and ganaches fresher. A high anti-freeze, boosting PAC in ice creams and frozen ice cream products.



ISOMALT POWDER

100% Isomalt, made from sucrose.

Solids 95% / PAC 99% / POD 50%.

Very crunchy and translucent.

Ideal when sugar is needed for decorative purposes (melted, sprinkled).

Sweets, cakes and pastries.



MALTODEXTRIN

A bulking agent to increase or substitute the volume of solids in food products.

Solids = 95% / PAC = 23% / POD = 15%.

Can be used in hot or cold food products without previous hydration. Low texturizing capacity. Very good solubility when used in cold foods. A partial or total substitute for sucrose in recipes containing the latter.



Other types of products

NUTS

Sosa Ingredients offers a wide selection of products made of nuts.

We offer many different ways of adding a crunch to your culinary creations, from raw nuts and pastes to our new caramelized Cantonese nuts. Our raw nuts are very carefully selected to ensure top-quality products with a guaranteed strong flavour.



PASTES



CANTONESE

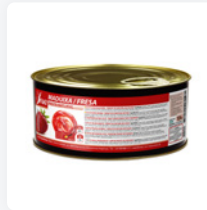


CONCENTRATED PASTES

A concentrated paste is a paste that can be used to add flavour or colour to a wide range of food products, such as ice creams, creams or mousses.

- Only a small amount is needed to add a strong note of flavour and colour.
- A wide range of concentrated pastes of natural origin.
- Easy to incorporate.

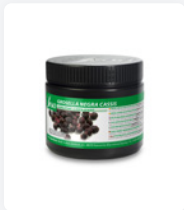
Jams and jellies made of low-sugar fruit or containing calcium.



FREEZE-DRIED PRODUCTS

Freeze-dried whole or cut fruit and vegetables for adding flavour and a crunchy texture to dishes of all kinds.

Use in dry environments. Can be used in chocolate bars, for decorating chocolates, and for last-minute decoration of desserts.



FRUIT&SAUCE

Fruit semi-candied in its juice.

A perfect easy way to add flavour and texture as a topping or filling in desserts.

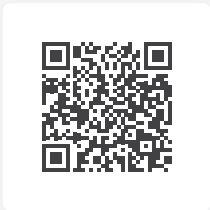
Saves time in the preparation and decoration of dishes. Can be used as a topping in verrines and even as a filling. Thanks to its good freezing capacity, it can be used in ice creams.



FLAVOURINGS

A range of liquid flavourings as a quick direct way of adding flavour.

- Only a small amount is needed to add a strong note of flavour.
- Flavourings of natural origin.
- They do not modify the colour or texture.



NOTES

NOTES



**Ingredients to
reimagine gastronomy**

Sosa Ingredients

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