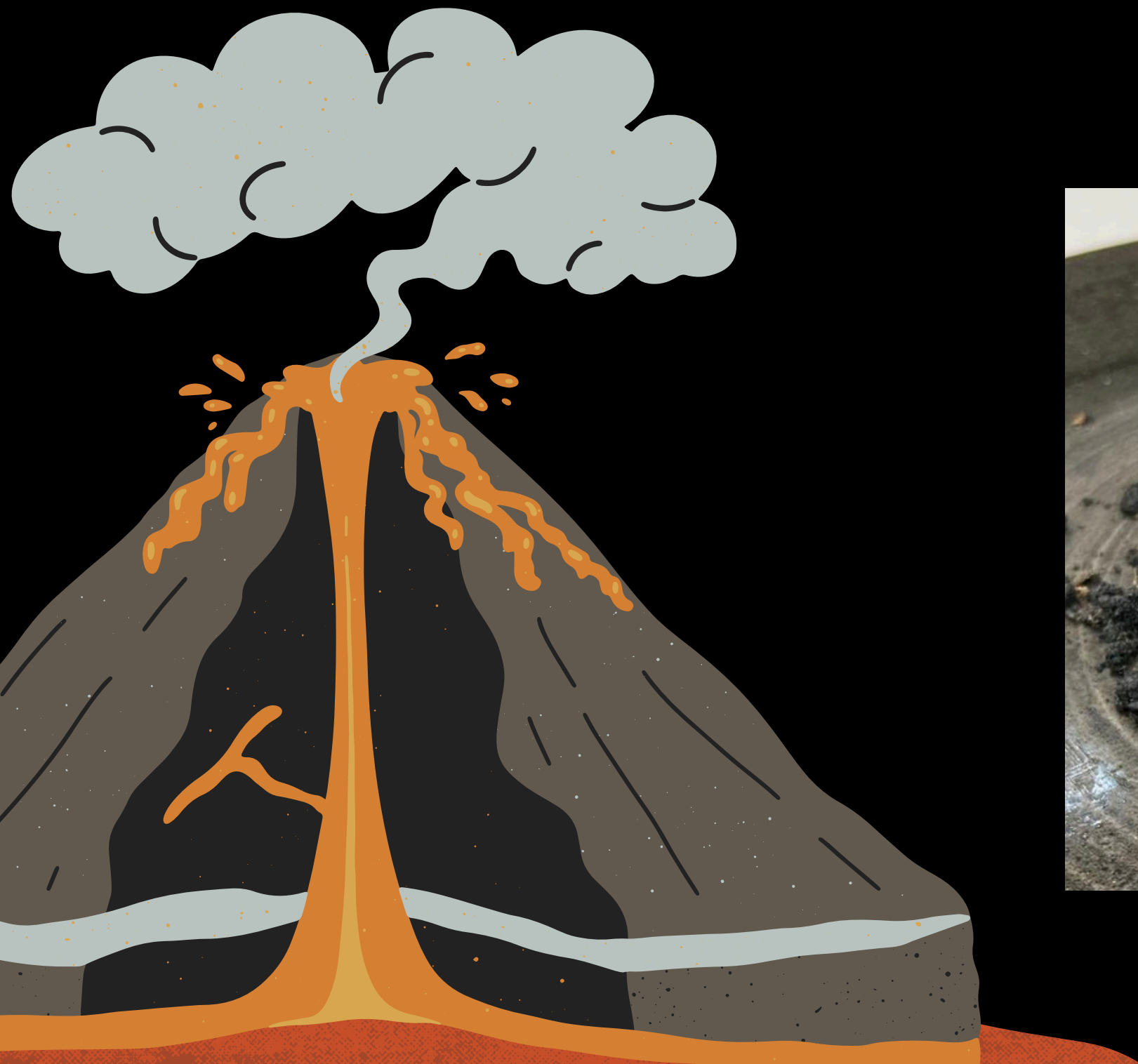


THE FIRE EATER *with a heart of ice*

Note by Note cooking contest, 2024



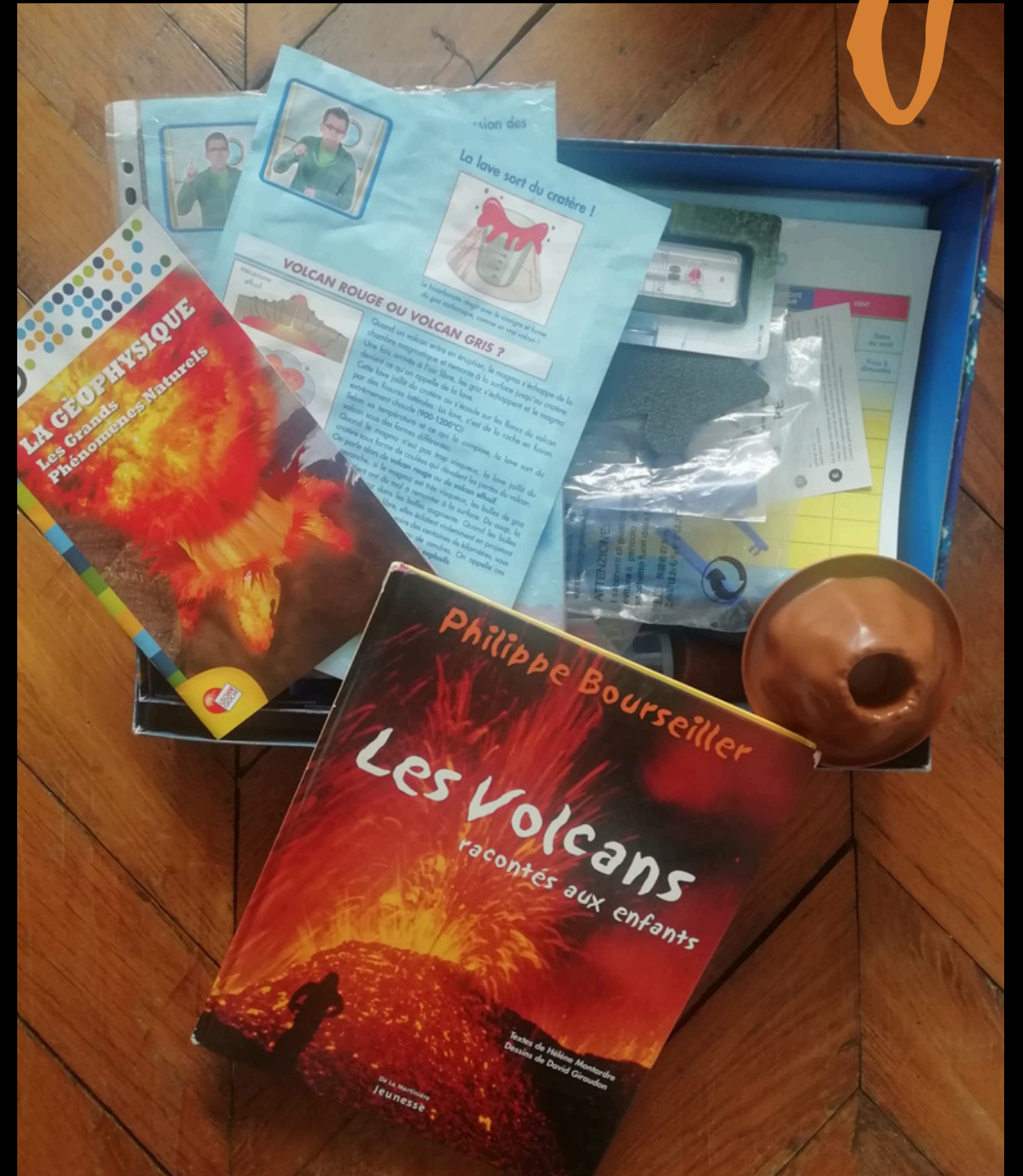
Blandine Bouchelet de Vendegies - cohort 12

“Saving energy”

access to clean, affordable energy is vital, and achieving universal access is an absolute necessity

GEOHERMAL ENERGY:
derived from the Earth internal heat, clean, sustainable, renewable, available 24/7

energy consumption is the main driver of climate change, responsible for 60% of global greenhouse gas emissions



The isolating gel

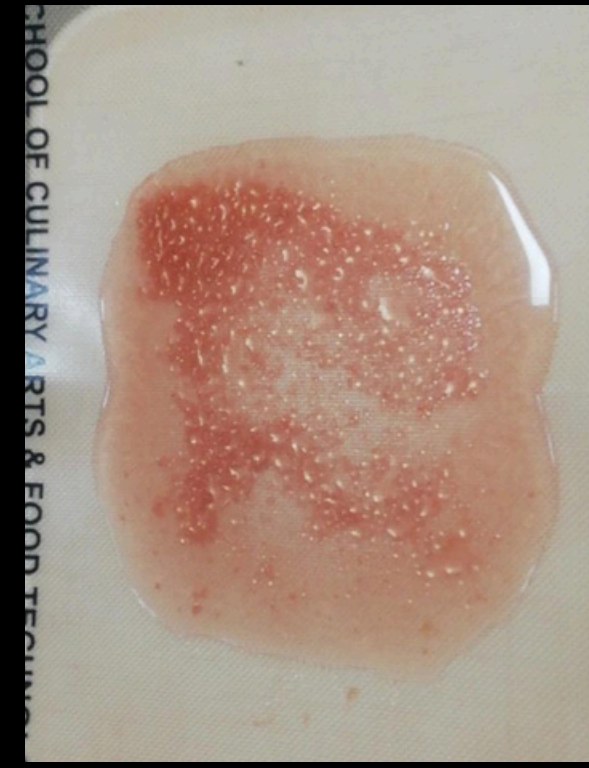
- 200g tap water
- 30g caster sugar
- 2g agar agar
- 1.5g pectine
- 15g peanut oil
- 3g bronze color
- 0.2g lemon essential oil (2-3 drops)
- 0.5g pineapple essential oil (4-5 drops)



Mix all the ingredients in a saucepan and bring to boil, continuously stirring with a spoon or spatula.



Let boiling for 2-3 minutes.



Pour the mixture on a baking sheet with parchment paper, and let cooling at ambient temperature for 30 minutes. Reserve in the fridge for at least 1h.



Cut the gel in pieces to fit the mould's shape.

The heart of ice

- 3g orange colour powder
- 0.1g ginger essential oil (1 drop)
- 12g powder coconut milk
- 9.6g powder butter
- 7.4g casein protein
- 1.8g whey protein
- 13.2g lactose
- 510g tap water
- 40g caster sugar
- 5g xanthan gum
- 30g corn starch
- 5g vanilla extract



-In a bowl, reconstitute the coconut milk by mixing the coconut milk powder with 40 g of tap water with a fork.

-In another bowl, reconstitute the whole milk by mixing the butter powder with 20 g of tap water with a fork. When homogen, add the lactose, whey and casein, and then 100 g of tap water.



-In a saucepan, put together the sugar, the xanthan gum, the colorants and 300 g of tap water. Put to heat consistently stirring with a spoon or spatula. Do not put to boil.

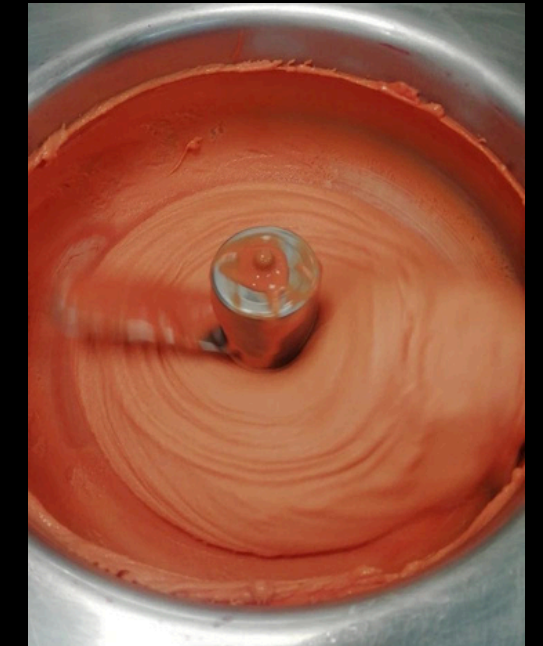
-When sugar is dissolved, add the milk and the coconut milk, constantly stirring.

-In a bowl, mix together the corn starch and 50 g of tap water. When homogenous, add to the saucepan, stirring vigorously.



-When consistency is thicker, take off the heat, then add the vanilla and the essential oil.

-Preserve approximately 10 minutes to cool down, then put the mixture in an ice cream maker for approximately 20 minutes.



The crumble crust

- 7.9g tap water
- 15.8g butter powder
- 30g brown sugar
- 26.3g corn starch
- 5.6g gluten
- 1.1g albumine
- 3g baking soda
- 2g charcoal powder

In a bowl, mix the water and butter together with a fork until complete homogenization



Mix all the other powder ingredients together.



Then add the butter and mix vigorously with a fork until the obtention of a granulous sandy texture, breaking up lumps.

The viscous lava coulis

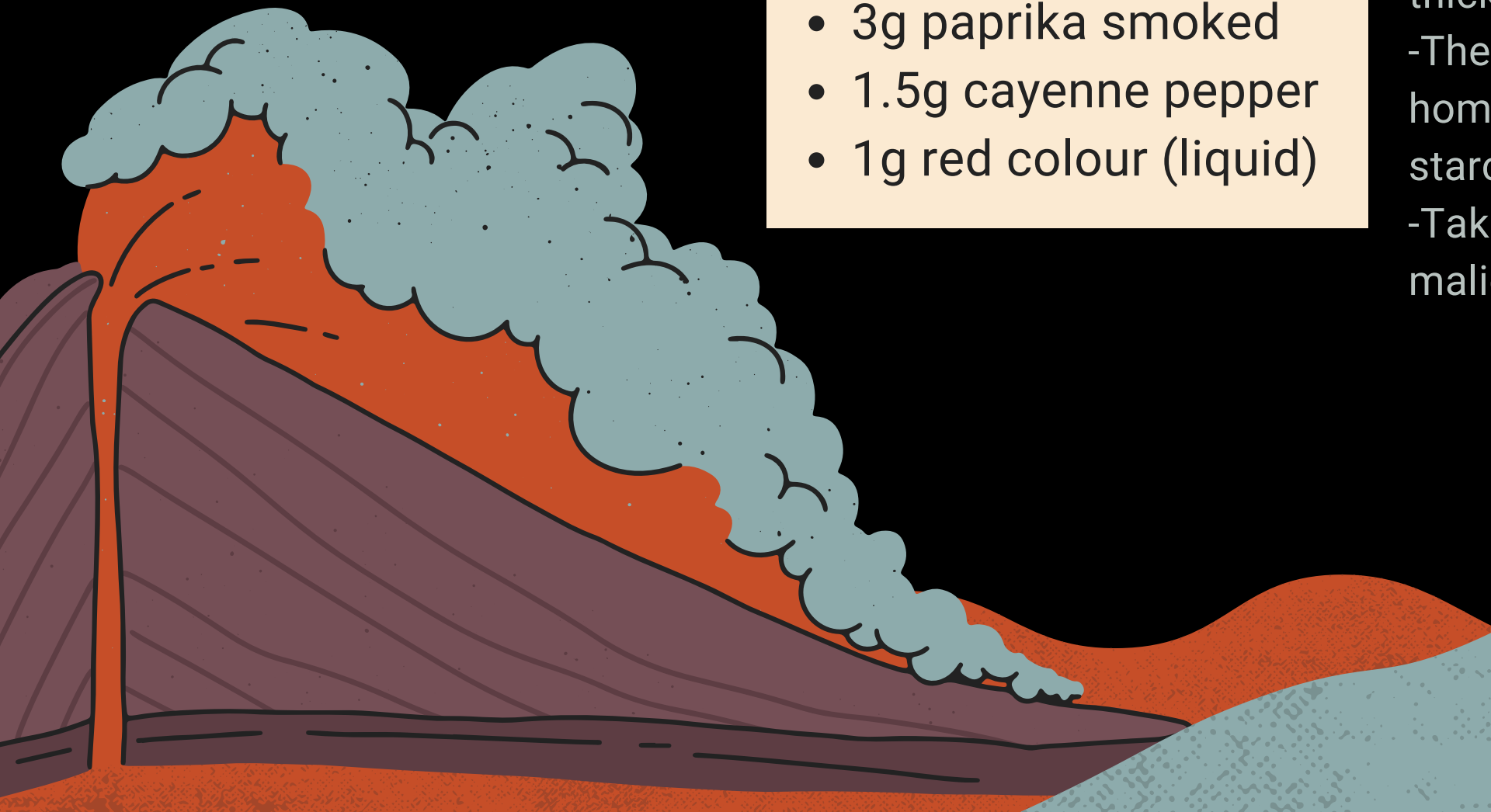
- 100g tap water
- 70g caster sugar
- 5g inulin powder
- 4g pectin
- 7g corn starch
- 2g malic acid
- 3g paprika smoked
- 1.5g cayenne pepper
- 1g red colour (liquid)

-In a saucepan, put to boil water and sugar mixed with inulin and pectin (for good dissolution of the powders), stirring with a spoon until total dissolution.

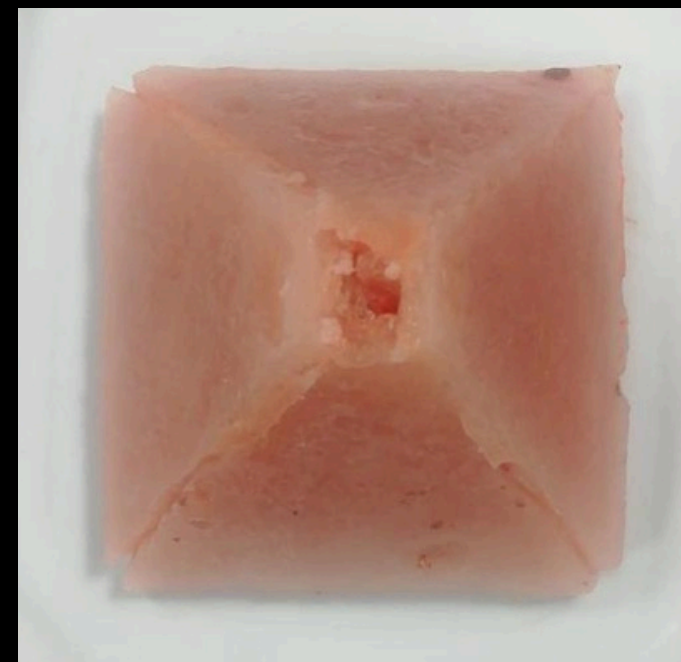
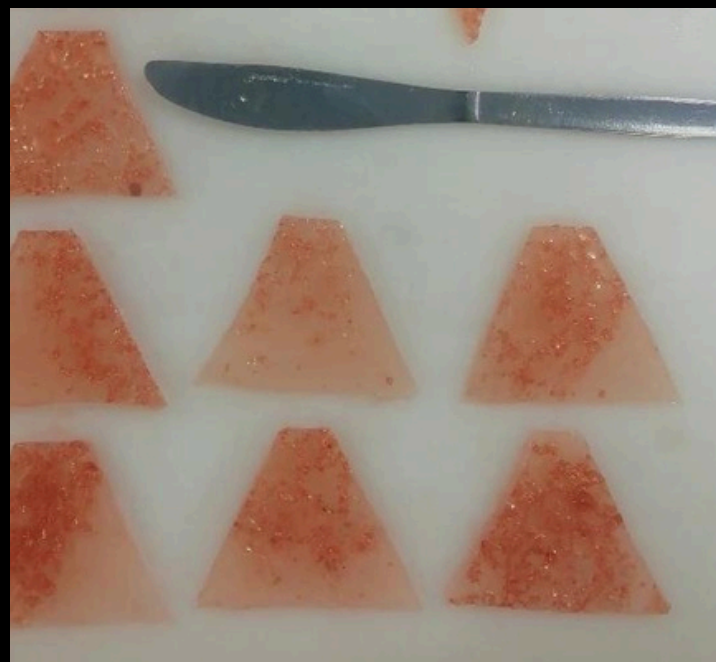
-Add the paprika and pepper, stir and let boiling and thickening during 2-3 minutes.

-Then add the colorant, mix homogenously, and add the corn starch to thicken the sirop

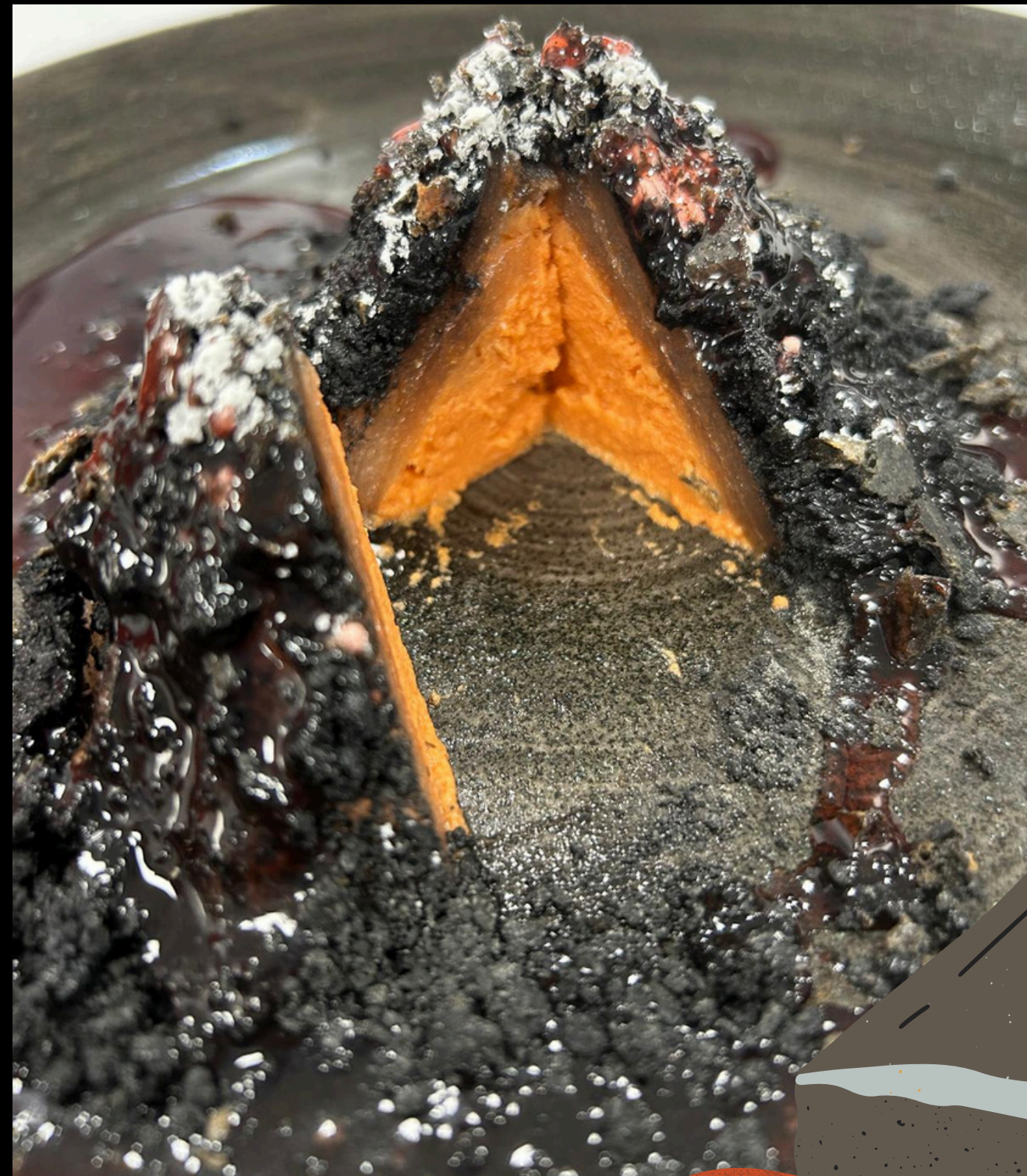
-Take of the heat and add the malic acid.



Assembly of the dish



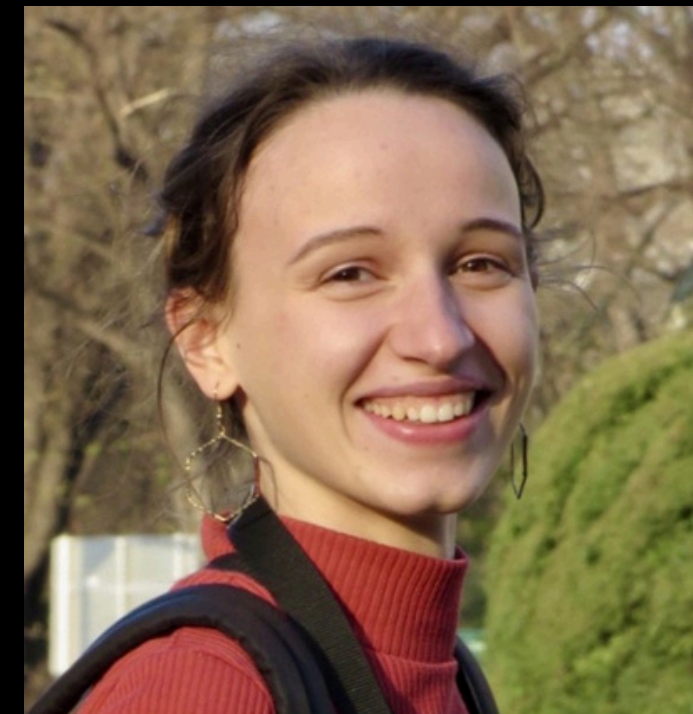
THE FINAL DISH



Conclusion

- create a novel and original note by note dish ✓
- complying with the theme “saving energy”, evoking geothermy and ground energy ✓
- looking like a volcano with a visual layering effect imitating internal earth structure ✓
- each part contrasting yet complementing each other in terms of colour, texture and taste ✓
- considered appealing visually and tasty by the surveyed people ✓

complete report:



Thank you for your attention !