« But the crackling is superb »

NOTE BY NOTE DISH Proposal

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The foods that are crackling

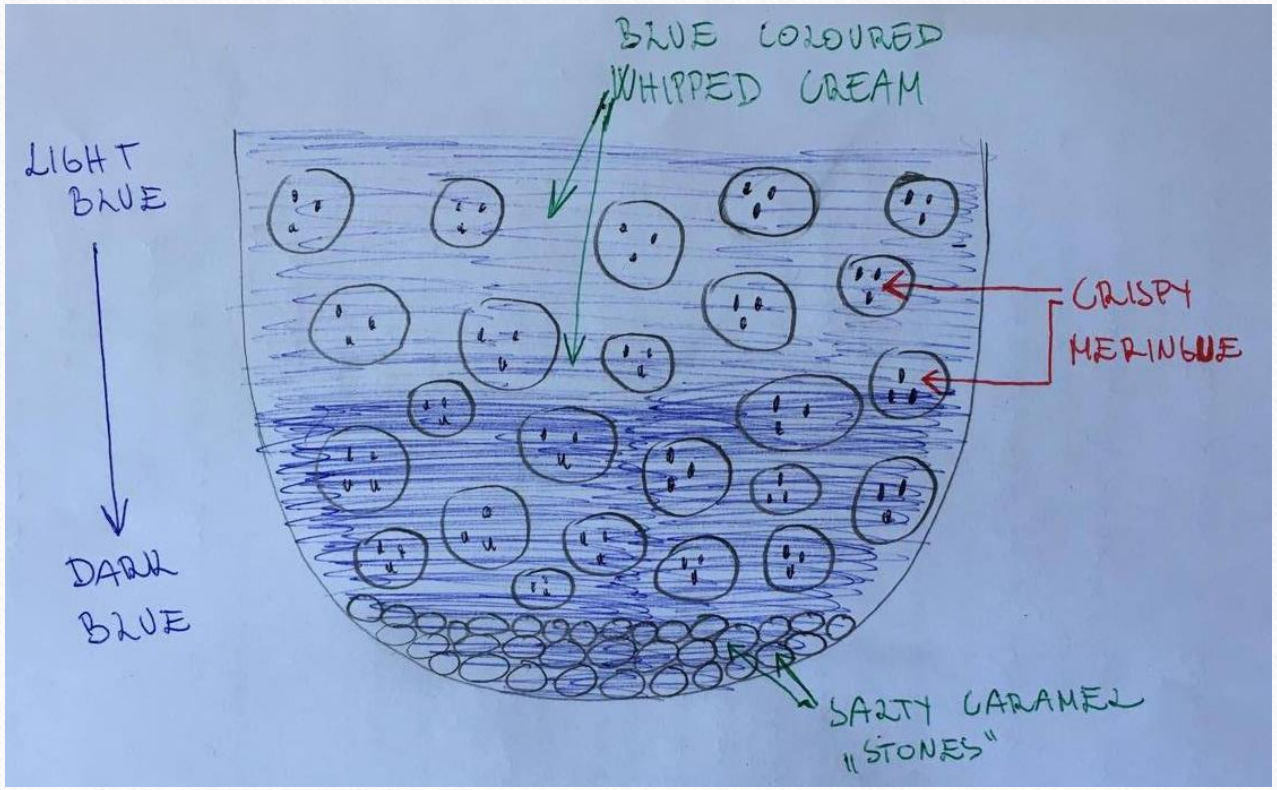
My way of imagining a crackling food:

1. Consist of different crackling parts
2. Consist of crunchy particles dispersed in a medium
3. You can hold the food in your hand or
4. Simply eat with a spoon

Story of „Sand cracks under my steps“

- *When I walk on the beach in early morning and all I hear is birds; sun is coming up and shines on the surface of the sea, the sea is clear like a glass, …*
- *I will take a swim; I walk down to sea and I hear the sand is crunching under my feet and sea shells are crackling, …*
- *The further I go into the water, the more of the sea shells cracks under my feet and the sand turns into sharp stones, …*
- *Until I am finally able to swim and I melt in the smoothness of the sea and cold water from below increases my heart beat,…*

Sand cracks under my steps



DISH:

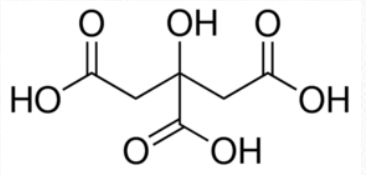
- Bottom of salty caramels
- Crispy meringues with menthol pieces inside, covered in coconut butter with cictric acid note
- All captured inside the whipped cream

The dish is also „layered“ with flavours:

-From top to bottom, there are layers of flavours – from „warm“ spicy chocoate to „cold“ citrus and cucumber flavour on the bottom

Sand cracks under my steps

Citric Acid→



Salty caramels

Ingredients: 280 g water, 20 g maltodextrin, 30 g sugar, 2 g salt 1,5 g gellan gum, 2-3 drops of CAREZ aroma (for caramel flavour)

Mix all the dry ingredients and stir them slowly in the liquid. Bring to a simmer and cool down in an ice bath. Spread on a tray and bake at 120°C until crisp. After it is baked, split into small pieces and fill the bottom of the glass with this caramels

Crispy meringue

a) Crispy Menthol pieces:

Repeat with the recipe of salty caramels, but add menthol to the liquid before baking. Cool down after baking and crack into small pieces.

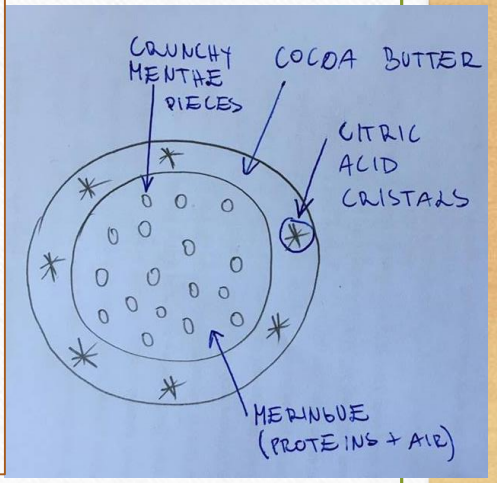
b) Meringue:

Ingredients: 200 ml water, 100 g sucrose, 30 g egg white protein (EWP) powder

→Place the ingredients in a bowl and whip until light foam. Stir in Menthol pieces and foam until tight. Shape the meringues into small (1-1,5 cm diameter) balls and bake on a tray at 120°C until crusty.

c) Coconut butter cover with citric acid cristals

→After meringues are baked and cooled down, melt the coconot butter and add very little citric acid and pinch of sugar; dip meringues in the butter and cool them down



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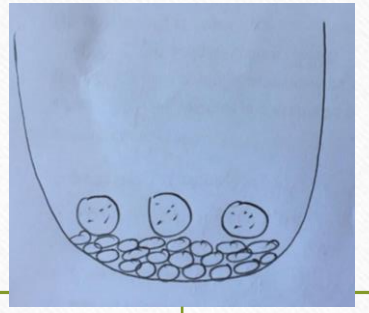
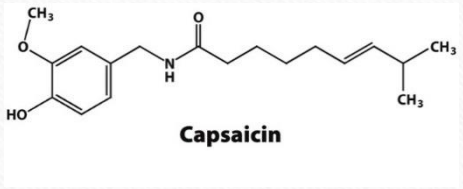




Capsaicin

Blue Whipped cream

Ingredients: 100 g coconut oil, 50 g sugar, 30 g milk proteins, 120 g water, 1-2 g blue colorant Brilliant blue FCF ($C_{37}H_{34}N_2Na_2O_9S_3$), 1-2 g vanilin, 0,5 g capsaicin, 0,5-1 g citric acid

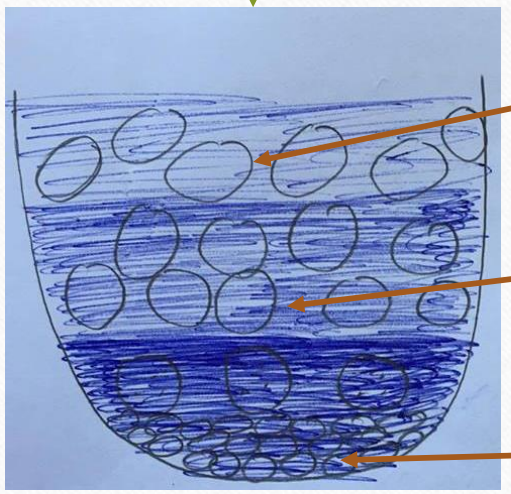
Mix dry ingredients together, stir in the liquid and mix at high speed to make an emulsion (add colourant as decribed in furthter step)

→ Divide the total recipe in 3 parts, you will make 3 layers of different blue shade

→ For the bottom part use the highest proportion of Brilliant blue, and for the top part the lowest amount.

→ Put the first layer on top of salty caramel „stones“ and few pieces of meringue; than put few more pieces of meringue and add the second layer of cream with lighter blue shade. Repeat once again with adding final pieces of Meringue and the last layer of the lightest blue colored cream

Adding layers of the ingredients



Top: Add Vanillin (C8H8O3) + Capsaicin

Middle: Mixture of Capsaicin, Vanillin, citric acid

Bottom: Add Citric Acid C6H8O7

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DSF Formula

- **Salty caramel pieces = { D2(Sugar, Maltodextrin, salt gellan gum) / D3(S) }**
- Crispy Menthol pieces = { D0 (Menthol) / (D1(Proteins)+D1(Sugar)) } (=S1)
- Coconut butter with citric acid = { D0 (Citric acid) / D3 (Coconut butter) } (=S3)
- **Meringue = {D0(G)/ (D2(S1)@D2(EWP, sugar)) } / D3(S3) }**
- **Blue whipped cream = { D0(Sugar, Protein, Brilliant blue) / D3(Fat, water) }**

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**NOTE: The recipe that I proposed I designed with the help of different existing NBN dishes. In order to see if this recipe is feasible, I would need to put the words into experimental work.

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