



8TH INTERNATIONAL CONTEST FOR NOTE BY NOTE COOKING

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THE CONCEPT

- To create a dish with less sugar possible, using pectin in all the preparations.
- The dish is inspired in Italian cuisine, more specific in tomato and mozzarella bruschettas

Components of the dish:

- ✓ “Bread”
- ✓ “Mozzarella”
- ✓ Tomato jam
- ✓ Herbs caviar





ITALIAN DELIZIE

Ingredients and Recipe

“BREAD” PREPARATION

Ingredients:

- 40% water
- 30% egg white protein
- 20% gluten powder
- 5% sunflower oil
- 1,7% salt
- 1,5% low methoxyl pectin (40-50% esterification – Type C)
- 0,5% sodium bicarbonate
- 0,5% ascorbic acid
- 0,5% sucrose
- 0,25% potassium bitartrate
- 0,05% calcium chloride

Recipe:

1. Mix in a bowl with a spoon all the dry ingredients except the egg white protein and gluten: salt, pectin, sodium bicarbonate, ascorbic acid, sucrose, potassium bitartrate and calcium chloride. After mixing reserve the bowl.
2. Mix the water and egg white protein with a whisk for 3 minutes to incorporate air.
3. Add the gluten and the sunflower oil in this mixture, slowly mixing with a spatula.
4. Add the mixture from step 1 to the wet mixture, whisk it for 1,5 minutes.
5. Add the mixture to muffin trays (2 cm height) and cook in a pre-heated oven at 180°C for 25 minutes.



“MOZZARELLA” PREPARATION

Ingredients:

- 60% water
- 10% Tapioca starch
- 7% lactose
- 5% Low methoxyl pectin (40-50% esterification – Type C)
- 3,5% salt
- 3% lactic acid
- 2,5% Casein
- 2,5% Calcium chloride
- 2,5% Citric acid
- 2% sugar
- 1% liquid rennet
- 1% aroma mixture (15% 1-Octen-3-ol, 15% Nonanal, 15% indole, 15% 3-hydroxy-2-butanone, 15% 2-octanone, 15% 2-hydroxy-3-pentanone, 10% heptanal)



Recipe

1. Mix the tapioca starch, pectin, salt, calcium chloride and sugar
2. Add the water to a pot and dissolve the mix of ingredients from step 1
3. Heat the mixture to 100°C
4. Add the rest of the ingredients and cook for 10 minutes at low temperature
5. Put the mixture into round silicone molds
6. Let it cool down for 10 minutes in room temperature
7. Store in the fridge till serving it

TOMATO JAM

Ingredients:

- 60% water
- 13% tomato powder
- 5% sucrose
- 5% fructose
- 5% salt
- 5% low methoxyl pectin (40-50% esterification – Type D)
- 3% citric acid
- 2% malic acid
- 1,5% calcium chloride
- 0,2% piperine
- 0,2% capsanthin
- 0,1% estragole
- 0,05% carmine



Recipe:

1. Mix the pectin with the sucrose and fructose in a bowl
2. Mix the rest of the ingredients in a pot with a blender
3. Add the pectin mixture to the mix in the pot
4. Boil it in low heat for 15 minutes
5. Let it cool down in room temperature to serve

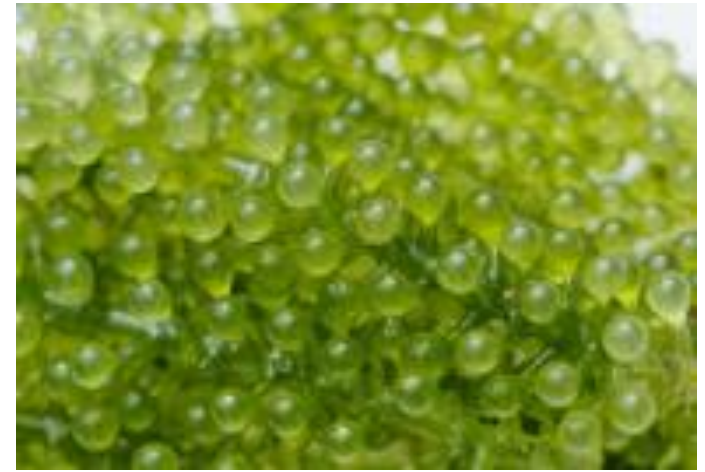
HERBS CAVIAR

Ingredients:

- 90% water
- 3% low methoxyl pectin (40-50% esterification – Type B)
- 3% salt
- 2% citric acid
- 1,5% calcium lactate
- 1% calcium chloride
- 1% sucrose
- 0,2% Spinach extract OS 20 – for color
- 0,2% carvacrol
- 0,1% thymol
- 0,1% estragole
- 0,1% sabinense hydrate

Recipe:

1. Mix the pectin with calcium chloride, citric acid and sucrose.
2. Mix the other ingredients with a blender
3. Add mix from step 1 to mix from step 2 and mix with a blender
4. Remove air from solution with a vacuum chamber
5. Fill up a syringe with the liquid
6. Pour drops slowly in the alginate bath (preparation in next slide)
7. Using a sieve, strain the formed pearls from the solution
8. Rinse them into water
9. Store in the fridge until serving



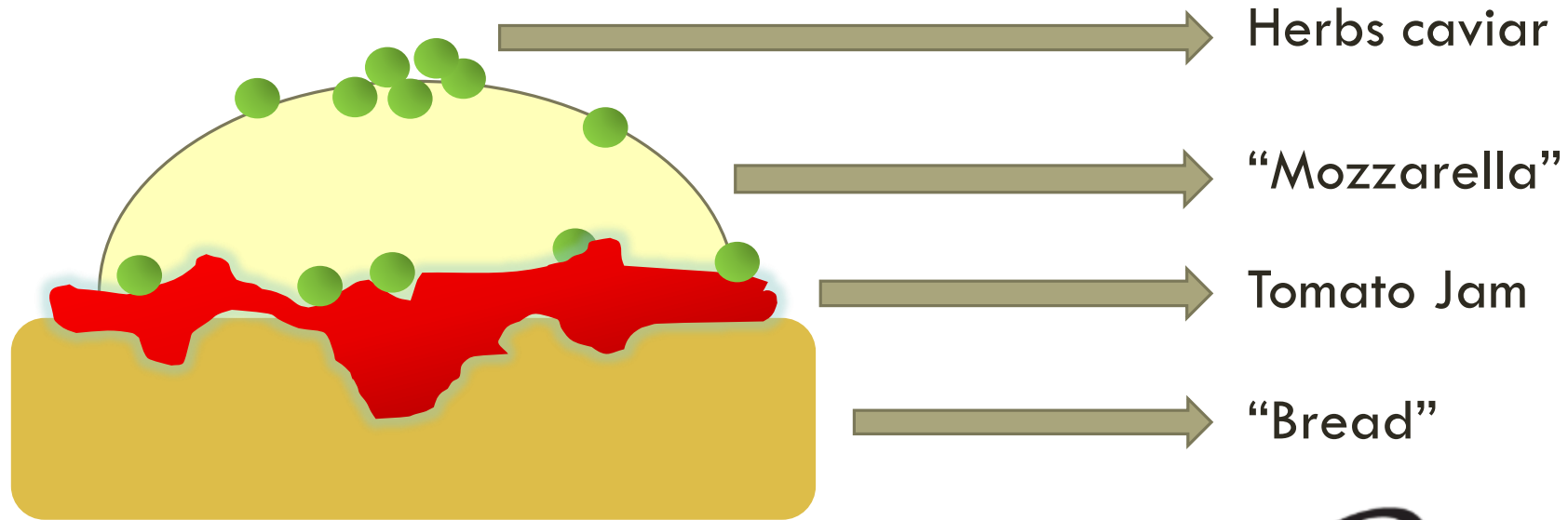
HERBS CAVIAR

- For sodium alginate bath
 - 100% deionized water
 - 0,5% sodium alginate

Preparation:

1. Dissolve solution with a blender and strain
2. Remove air from solution in a vacuum chamber
3. Seal solution into plastic vacuum bag
4. Let the alginate hydrate for 12 h
5. Set in room temperature to follow the step 6 in previous recipe

HOW IT SHOULD BE SERVED



* Side view

Herbs caviar

“Mozzarella”

Tomato Jam

“Bread”

*Bon [♡]
Apétit!*