

Fizzy Apfelstrudel Cocktail Dessert



International contest for Note by Note Cooking
N°8

„Playing with Pectins“

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Final

drying

Fizzing

Recipe

Idea

Story

Final

drying

Fizzing

Recipe

Idea

Traditional and comforting, but full of flavor!

„In Slovenia, my grandmother always used to make Apfelstrudel, especially in autumn, when apples were on every doorstep.

She always gave a lot of cinnamon, vanilla and punch flavors inside!

I will always have this dessert in mind as traditional and very comforting food for colder days. It was delicious and still this is one of best memories of my grandmother!“

But lets make it more fun!



Story

- Apple and vanilla flavored jelly made out of pectin:

Each layer has different amount of sugar, from high sugar content on top to low sugar content on the bottom.

Jelly will be exposed to dry ice for a 8 hours to obtain the fizziness.

- Freeze dried raisins made out of pectin:

To make contrast to low sugar concentration on the bottom layer of jelly, little balls of pectin will be made. Flavor of balls will be punch and raisins.

- Rim on top of jar:

Will be made out of mixture of powdered sugar, pectin, color and cinnamon flavor.



Raisin and punch flavored pectin balls

Ingredients:

- Water: 92,6 %
- High methoxly pectin in powder: concentrations: 1,5 %
- Sucrose concentration: 5 %
- Flavorings: raisin: 0,2 % and punch: 0,5%
- Coloring: onion extract colour: 0,2 %

Preparation:

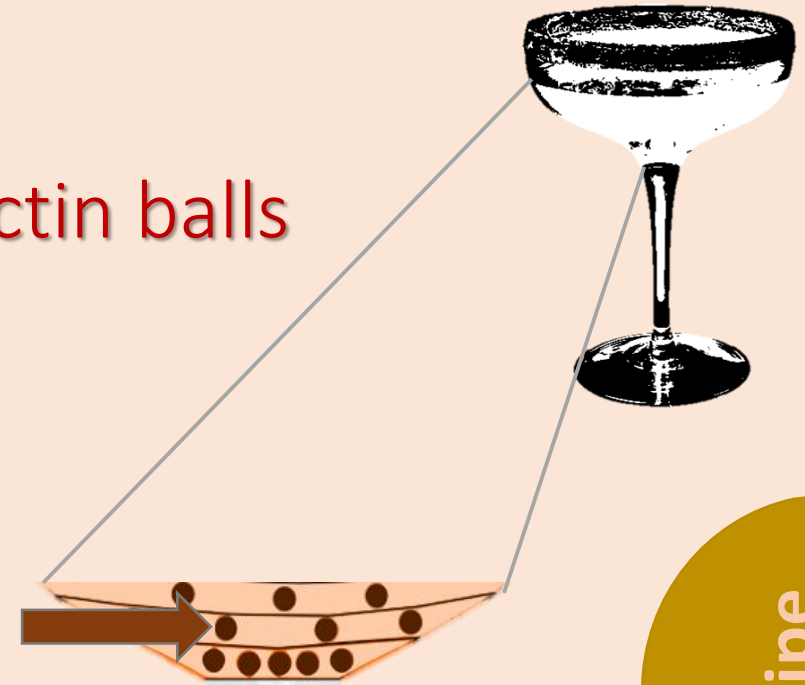
Put water into saucepan and heat the water until boiling.

Add flavorings and colorings, stir well. While mixing well dissolve pectin mixture with sucrose to boiling liquid. Cook for 3 min.

Pour cooked mixture on the mat and spread it to 1mm thickness. Leave it for 5 min at 20°C to set.

Afterwards cut it into 1cmx1cm big squares and make small balls out of it. Leave them for 8 hours at 20°C to set completely.

When they are completely set, place them into freezer at -20°C for 3 hours, before placing them into freeze drying chamber.



Use of freeze dry chamber for crunchy inclusions

For crunchy texture in dessert, pectin balls are placed in a single layer on a tray and processed inside of freeze drier chamber. The freeze-drying process lasts 48 h in a freeze drier Alpha 1-4 LD/2-4 LD-2 (Martin Christ, Gefriertrocknungsanlagen GmbH, Osterode, Germany).

Operating temperature is $-55\text{ }^{\circ}\text{C}$ at a chamber pressure of 4 Pa. The obtained balls should be hermetically packaged into sealed PVDC bags.

The inside filling will expand, cracking the soft shell that was made during 8 hours of setting and doubling the size. Sometimes they come out in really odd shapes, which just ups the fun factor.



Freeze

drying

Fizzing

Recipe

Idea

Story

Final

drying

Fizzing

Apple and vanilla flavored jelly

1st LAYER (from BOTTOM to the top of GLASS)

Ingredients:

- Water: 96,1 %
- Low methoxly pectin in powder: concentrations: 2 %
- Malic acid: 0,2 %
- Calcium lactate: 0,2 %
- Flavorings: apple: 0,2 %
- Coloring: onion extract colour: 0,1 %

Preparation:

Mix pectin and calcium lactate. Put water into saucepan and heat the water until boiling.

Add flavorings and colorings, stir well. While mixing well dissolve pectin mixture to boiling liquid. Cook for 3min.

Pour on the baking pan in thickness of 1 cm. Leave it for 8 hours to set.

Explanation:

Low Methoxyl Pectin (< 50% esterified) form thermoreversible gels in the presence of calcium ions (about 30-50 mg of calcium per gram of pectin makes firmer gel) and at low pH (3 - 4.5).



Recipe

Idea

Story

Final

drying

Fizzing

2nd LAYER (from BOTTOM to the top of GLASS)

Ingredients:

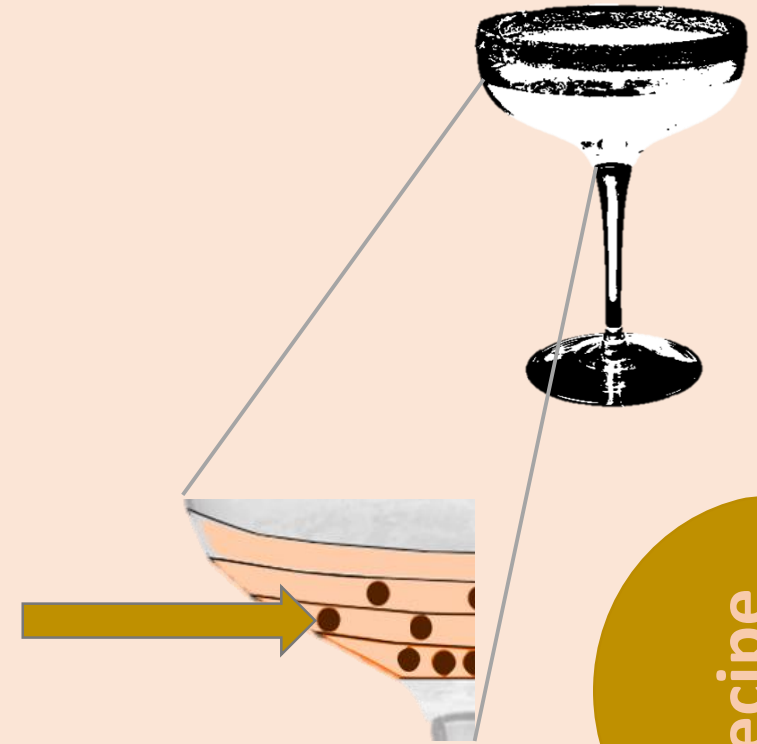
- Water: 95,25 %
- Low methoxly pectin in powder: concentrations: 1,5 %
- Sucrose concentration: 2 %
- Malic acid: 0,2 % and citric acid: 0,05%
- Calcium lactate: 0,2 %
- Flavorings: apple: 0,2 % and vanilla: 0,05%
- Coloring: onion extract colour: 0,1 %

Preparation:

Mix pectin and calcium lactate. Put water into saucepan and heat the water until boiling.

Add flavorings and colorings, stir well. While mixing well dissolve pectin mixture to boiling liquid. Cook for 3min.

Pour on the baking pan in thickness of 1 cm. Leave it for 8 hours to set.



Recipe

Idea

Story

3rd LAYER (from BOTTOM to the top of GLASS)

Ingredients:

- Water: 94,2 %
- High methoxly pectin in powder: concentrations: 2 %
- Sucrose concentration: 3 %
- Malic acid: 0,2 % and citric acid: 0,1 %
- Flavorings: apple: 0,2 %, vanilla: 0,1%
- Coloring: onion extract colour: 0,2 %

Preparation:

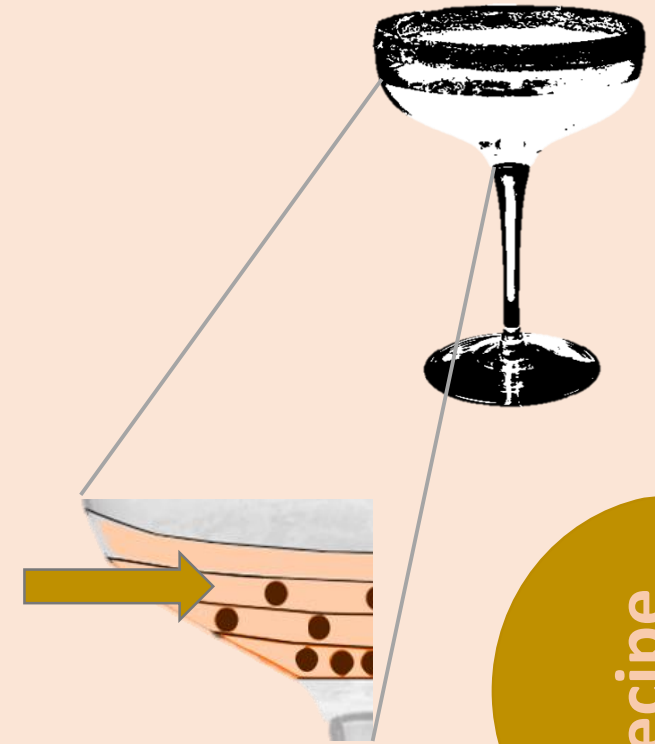
Mix pectin and calcium lactate. Put water into saucepan and heat the water until boiling.

Add flavorings and colorings, stir well. While mixing well dissolve pectin mixture to boiling liquid. Cook for 3min.

Pour on the baking pan in thickness of 1 cm. Leave it for 8 hours to set.

Explanation:

High Methoxyl Pectin rapidly forms thermally irreversible gels in the presence of sufficient amount of sugars such as sucrose and at low pH (< 3.5).



Final

drying

Fizzing

4th LAYER (the TOP LAYER of GLASS)

Ingredients:

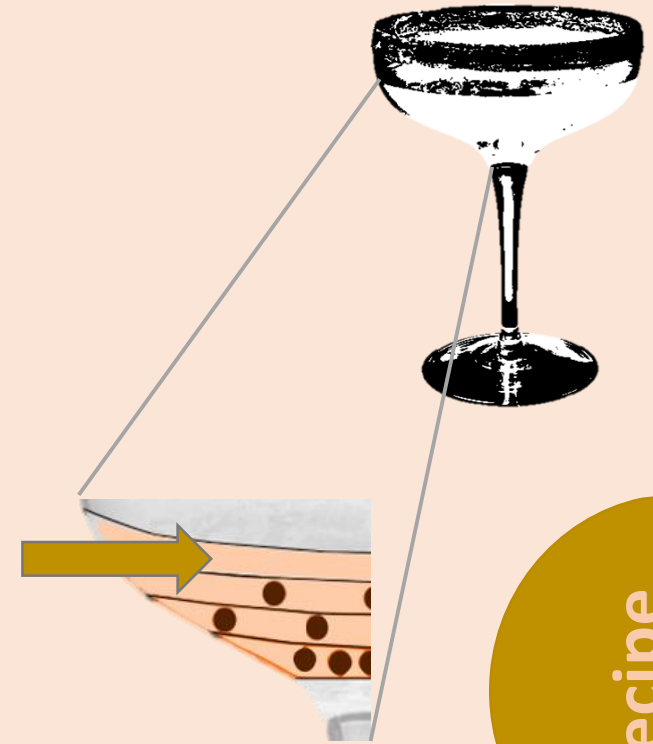
- Water:
- High methoxly pectin in powder: concentrations: 1,5 %
- Sucrose concentration: 4 %
- Malic acid: 0,25 % and citric acid: 0,15 %
- Flavorings: apple: 0,2 %, vanilla: 0,2%
- Coloring: onion extract colour: 0,2 %

Preparation:

Mix pectin and calcium lactate. Put water into saucepan and heat the water until boiling.

Add flavorings and colorings, stir well. While mixing well dissolve pectin mixture to boiling liquid. Cook for 3min.

Pour on the baking pan in thickness of 1 cm. Leave it for 8 hours to set.



Recipe

Idea

Story

Use of dry ice to make fizzy jelly

Carbonated apple jelly is created by placing all four layers and dry ice (solid carbon dioxide at -78.5°C) together into a covered plastic container for 8 hours in the refrigerator the gas sublimates (goes directly to vapor) and pressurizes the container, introducing gas into the layers. The apple jelly will retain same taste, but it will produce a tingling effect on the tongue with chewing.

The effect lasts about 15 minutes, so the dessert must be assembled and served quickly.



Final

drying

Fizzing

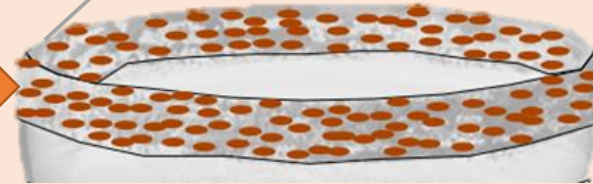
Cinnamon flavored pectin powder

Ingredients:

- High methoxly pectin in powder: 98,7%
- Maltodextrin DE 12 powder: 2 %
- Flavorings: cinnamon oil 0,1 %
- Coloring: onion extract colour: 0,2 %

Preparation:

Mix pectin with maltodextrin. Add cinnamon oil and coloring to the mixtrure. Mix well and spread it on mat to dry completely.



Recipe

Idea

Story

Assembling of dessert

1.) Decorate the rim of the glass with pectin and cinnamon powder mixture.

2.) Place apple and vanilla flavoured fizzy jellies as we have made them and just take them out of container with dried ice.

On the top of each layer (except from last one) place certain amount of raisin and punch freeze dried balls:

First layer (from the bottom to top): 5x raisin and punch flavoured balls

Second layer: 4x raisin and punch flavoured balls

Third layer: 3x raisin and punch flavoured balls



Final

drying

Fizzing

Recipe

Idea

Story

CHEERS!

Now we can have fun but still
comforting apfelstrudel all
year around!



References

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