

Spill the Soup

The Broth	1 L of water	Mix and simmer on low to medium heat
	200 ppm Brown EK (E154)	
	50 ppm 3-methylbutanal	
	50 ppm 2-heptanone	
	10 ppm oct-1-en-3-ol	
	5 mg piperine	
	5 mg salt	
	0.1% heptanethiol	
	Olive oil (a few drops)	
The Carrot Purée Spheres	Water (87.5%)	Mix all except the calcium lactate and allow to rest, When the settling bath is ready, add the calcium to the carrot mix and allow to rest to eliminate air bubbles
	Sucrose, fructose & glucose (11%)	
	Cellulose powder (1.5%)	
	α -terpinene (carrot flavor 200 μ g)	
	β -carotene (carrot color 5mg)	
	6g calcium lactate	
The settling bath	1 L of distilled water	Blend in a blender and allow to rest in the chiller
	5g sodium alginate	

Reverse Spherification:

- Line up the sodium alginate bath and two water baths
- Use a measuring spoon to drop the carrot mix into the sodium alginate bath and keep for a few minutes while lightly moving them in the liquid
- Transfer the spheres into the water baths one after the other and then store in a container until used

Soup assembly: pour the heat-resistant spheres in the hot broth and serve.