

POWDER FOR *texture*

molecularrecipe

REVERSE SPHERIFICATION.



SETTING BATH:
5 G SODIUM ALGINATE
2 G MALTODEXTRIN
1 LITRE WATER

EQUIPMENT:
HEMISPHERE RUBBER MOULDS --
SMALL (HOLD 5 ML EACH)
SQUEEZE BOTTLE
BAMIX OR HAND BLENDER
PERFORATED SPOON

1. Using a hand blender, dissolve the calcium lactate in the liquid and then thicken the liquid by adding the xanthan gum into the liquid gradually.
2. Place liquid into a squeeze bottle and then fill the hemisphere moulds. (at this point you can introduce a small piece of protein, fruit, vegetable, etc)
3. Place mould into the freezer until liquid is hard.

1. Mix sodium alginate and maltodextrin together.
2. Place water in a blender and add the powder slowing whilst running the blender on low speed.
3. When combined, pass through a fine strainer and place the thickened water into a shallow pan with at least 1 inch depth.

To Assemble:

1. Dispense the frozen spheres into the sodium alginate bath (which is at room temperature) and ensure the spheres are completely submerged. **DO NOT ALLOW THE SPHERES TO TOUCH.**
2. Set the timer for 20 minutes. (the spheres will thaw and create a thin clear film around the liquid).
3. Now remove the spheres from the bath with a perforated spoon and dip in cold water to rinse off any excess gel that forms around the sphere. Serve.

To Serve Hot:

place spheres into a water bath @ 60°C for 3 minutes.

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