



MOUSSES & BAVAROISES

REVOLUTION: REVIEW + EVOLUTION



CLA



EV1



EV2



VEG

Sosa Ingredients

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REVOLUTION

REVIEW + EVOLUTION

OF MOUSSES

The starting point for this project was the evolution of classic mousse and bavarois recipes that **in any case, it is not pretended to replace or remove**, but rather co-exist alongside the tradition.

This evolution is rooted on the following aims:

- Enhancing the taste of your recipes.
- Reducing or replacing fats from dairy products (cream).
- Reducing the sweetness sensation.

We've based this information on classic mousse and bavarois formulas depending on their origin and composition.

We've also classified the new formulas into two evolution phases to enhance the taste of the main ingredient.

- Evolution 1 **EV1**
- Evolution 2 **EV2**

In **EV1**, egg yolk has been replaced with citrus fibres in the form of **Natur Emul**, helping to accentuate the recipe's main flavour. Substantial changes have also been made to reduce fat and sweetness, resulting in lighter preparations which meet current market expectations.

We have achieved another goal in terms of **EV2**, in that we have eliminated dairy products and been able to accentuate the main flavour while retaining the texture. We cannot do without cream in a bavarois as it is a fundamental component and the recipe would become too similar to mousse otherwise..

We have also made **100% plant-based mousses**.



Why replace eggs?

Egg is one of the most complex ingredients. It has two elements - egg white and egg yolk - which have different compositions and fulfil different technical functions depending on the recipe.

Eggs are mainly made up of water (75%), the remainder of their contents being almost equally divided between protein and fat. In mousses, they fulfil the technical functions of aeration, emulsification and adding fat content.

Egg yolks

Yolks are where most of the fat is concentrated (32%) and they have less water (at only 50%). Some mousses and bavarois incorporate this ingredient into the cream base to help thicken and emulsify it.

Natur Emul (citrus fibre) used at 8% plays the same role as egg yolk but means you can avoid egg and its associated flavour.

Egg whites

Egg whites are an essential ingredient in mousse recipes, as they play the technical role of incorporating air.

By including this ingredient, we introduce a large amount of water into the recipe (as it makes up 90% of whites' content), whereas we could use a flavouring instead, such as fruit purée.

Whether we want to replace eggs so we can avoid them as an ingredient or heighten flavour, there are different products we can use:

- **Albuwhip**: This powdered albumin is made from egg white. It can be used to replace the water found in egg white with a flavour, so meringues can be made from fruit purées. Use 8 to 10% of the amount of water in the recipe.
- **Potatowhip Cold** or **Sojawhip**: These are plant proteins that can be used to replace albumin, in case you want to make 100% plant-based preparations. Use 3 to 5% of the amount of water in the recipe's meringue.

Replacing animal gelatine

To provide a substitute to animal gelatine, we have created a gelling agent from a combination of agar-agar and tapioca starch called **Vegan Mousse Gelatine**. This makes it possible to achieve a texture very similar to animal gelatine, but in 100% plant-based mousses.

Other ingredients

Complementary ingredients for making plant-based mousses include vegetable fats such as **organic deodorised coconut oil**, or **Inulin**, which provides an unctuous mouthfeel without altering flavour.

We have also included natural stabilisers and thickeners such as **Gelcrem**, **Guar Gum** and **Xanthan Gum** to balance recipes and improve their stability if necessary.

This enables us to make very light-textured mousses, with very pronounced, clear-cut flavours.



FRUIT MOUSSE



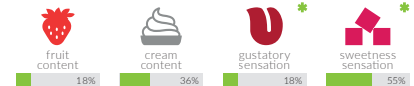
CLASSIC FRUIT MOUSSE

CL

► A very classic mousse, in which the cream and sugar are more important than the fruit.

Code	Ingredient	Brand	g	%	g/kg
34353	Water	Sosa	100	7,42	74,24
	Sugar		250	18,56	185,60
	Egg whites		175	12,99	129,92
	Fruit purée		250	18,56	185,60
	Gelatine mass* (see recipe)		72	5,35	53,45
	Cream 35%		500	37,12	371,20
Total			1347		1000

Combine the sugar and water and heat. Besides, start whipping the egg whites at low speed. Once the syrup at 110 °C, rise up the speed on the egg whites whipping process. Once the syrup reach 120 °C, remove from the heat and pour onto the egg whites little by little. Keep whipping until the meringue gets lightly warm (45 °C). Melt the gelatine mass and add it to the fruit purée. Then add to the meringue and fold it by hand carefully using a rubber spatula. As last, fold the semi-whipped cream into. Use.



EVOLUTION 1 FRUIT MOUSSE

EV1

► The objective of the EV1 is to reduce fats and sugars, enhance the taste and keep a good structure, which is obtained by adding inulin to give it structure and smoothness. In addition, there is a technical incorporation, which is the making of a meringue with the fruit as the liquidy part and the powder albumin as the stiff part. This replaces the water of the egg white while the fruit gives the mousse more taste strength.

Code	Ingredient	Brand	g	%	g/kg
34353	Sugar	Sosa	60	6,05	60,45
	Fruit purée (10% sugar) 1		200	20,15	201,51
	Fruit purée (10% sugar) 2		320	32,24	322,42
	Cream 35% fat		280	28,21	282,12
39461	Inulin Cold	Sosa	30	3,02	30,23
38689	Guar gum	Sosa	1,50	0,15	1,51
38461	Albuwhip	Sosa	18	1,81	18,14
	Neutral acid (if needed)		5	0,50	5,04
	Gelatine mass* (see recipe)		78	7,86	78,59
Total			992,5		1000

Blend the fruit purée with the Guar gum until smooth. Heat a little of the purée 2 and melt the gelatine mass into it. Add the remaining purée 2. Then mix the purée 1 with the Albuwhip and whip. Combine the sugar and inulin and then add to the meringue, once started to be fluffy, and keep whipping until get a shiny and smooth texture. Add the base of fruit and gelatine into the meringue and finish incorporating the semi-whipped cream delicately. Use.



EVOLUTION 2 FRUIT MOUSSE

EV2

► The objective of the EV2 is to get maximum taste strength and a light structure. We do so by removing the milk fats and, therefore, the lactose too, and by lowering the added sugar to the minimum. Like in the EV1, the inulin gives us structure and smoothness and follows the same meringue technique using fruit and albumin.

Code	Ingredient	Brand	g	%	g/kg
	Fruit purée 1 (10% sugar)		250	25,21	252,14
	Fruit purée 2 (10% sugar)		460	46,39	463,94
34353	Sugar	Sosa	80	8,07	80,69
	Freeze-dried fruit	Sosa	15	1,51	15,13
39461	Inulin Cold	Sosa	80	8,07	80,69
38689	Guar gum	Sosa	1,50	0,15	1,51
38461	Albuwhip	Sosa	24	2,42	24,21
	Neutral acid (as an option)		3	0,30	3,03
	Gelatine mass* (see recipe)		78	7,87	78,67
Total			991,50		1000

Mix the purée 2 with the guar gum and the freeze dried fruit. Then melt the gelatine mass and add it to the previous mixture. Beside, mix the purée 1 with the Albuwhip and then whip in the KitchenAid machine until get a meringue texture. Add the inulin and sugar, previously combined, little by little and keep whipping at medium speed for 5 minutes more. Add the first fruit mixture to the meringue little by little. Finish mixing with the rubber spatula. Place at desired molds.



* Gustatory and sweetness sensations are subjective values and they depend on the type of fruit used.

RECIPE Gelatine mass:

Mix the Sosa beef gelatine powder (38670) with cold water in a ratio of 1 of gelatine per 5 of water. Hydrate for at least 20 minutes to get a gelatine mass.

FRUIT MOUSSE

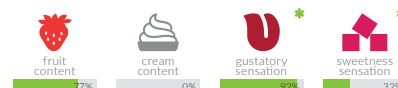


VEGAN FRUIT MOUSSE

VEG

Code	Ingredient	Brand	g	%	g/kg
	Fruit purée 1 (10% sugar)		250	26,94	269,40
	Fruit purée 2 (10% sugar)		464	50	500
34353	Sugar	Sosa	80	8,62	86,21
39461	Inulin Cold	Sosa	50	5,39	53,88
38689	Guar gum	Sosa	1,50	0,16	1,62
39028	Sojawhip	Sosa	12,50	1,35	13,47
37857	Vegan Mousse Gelatine	Sosa	20	2,16	21,55
37327	Deodorized coconut fat	Sosa	50	5,39	53,88
Total			928		1000

Mix the purée 2 with the guar gum, and the Vegan Mousse Gelatine. Then Bring to boil stirring. Add the coconut fat and mix well to combine. Beside, mix the purée 1 with the Sojawhip and then whip in the KitchenAid until get a meringue texture. Add the inulin and sugar, previously combined, little by little and keep whipping at medium speed for 5 minutes more. Add the first fruit mixture to the meringue little by little, at medium speed until get an homogeneous mixture. Remove from the whipping machine and use immediately.



* Gustatory and sweetness sensations are subjective values and they depend on the type of fruit used.

VEGAN LEMON MOUSSE

VEG

Code	Ingredient	Brand	g	%	g/kg
	Lemon juice (1)		110	17,50	174,96
	Water		70	11,13	111,34
38850	Natur Emul	Sosa	3	0,48	4,77
34353	Sugar (1)	Sosa	55	8,75	87,48
37857	Vegan Mousse Gelatine	Sosa	15	2,39	23,86
38673	Gelcrem Hot	Sosa	5	0,80	7,95
37327	Deodorized coconut fat	Sosa	50	7,95	79,53
	Water (2)		160	25,45	254,49
39028	Sojawhip	Sosa	10	1,59	15,91
	Lemon juice (2)		50	7,95	79,53
34353	Sugar (2)	Sosa	50	7,95	79,53
39461	Inulin Cold	Sosa	50	7,95	79,53
38696	Xanthan Gum	Sosa	0,70	0,11	1,11
Total			628,70		1000

Mix the lemon juice (1) with the water (1), sugar (1), Gelcrem Hot, Natur Emul and the Vegan mousse gel. Cook until boiling point stirring constantly using a whisk. Remove from the heat, add the coconut fat and blend well using a stick blender. Besides, mix the lemon juice (2) with the water (2) and the Sojawhip, and then whip in the KitchenAid until get a meringue texture. Add the inulin, sugar and Xanthan gum, previously combined, little by little and keep whipping at medium speed for 5 minutes more. Add the first mixture to the meringue little by little, at medium speed until get an homogeneous mixture. Remove from the whipping machine and use immediately.



* Gustatory and sweetness sensations are subjective values and they depend on the type of fruit used.

NUTS MOUSSE



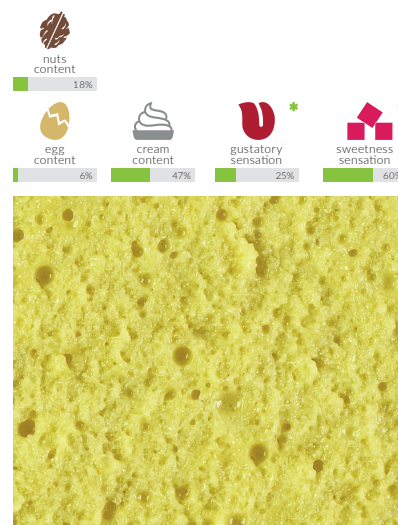
CLASSIC NUTS MOUSSE

CL

► Classic nuts mousse with a *pâte à bombe* and semi-whipped cream base.

Code	Ingredient	Brand	g	%	g/kg
34353	Sugar	Sosa	200	19,18	191,75
	Water		60	5,75	57,53
	Gelatine mass* (see recipe)		48	4,60	46,02
	Egg yolk		40	3,84	38,35
	Whole egg		20	1,92	19,18
	Nuts pure paste	Sosa	185	17,74	177,37
	Cream 35%		490	46,98	469,80
	Total		1043		1000

Do a *pâte à bombe* paste by cooking the water and sugar at 121 °C. Pour onto the egg yolks and whole eggs and mix well. Whip the mixture at medium/high speed until fluffy. Keep whipping until gets lightly warm. Fold the *pâte à bombe* onto the pure paste of nuts. Melt the gelatine mass and add it to the previous mixture. Finally fold into the semi-whipped cream.



EVOLUTION 1 NUTS MOUSSE

EV1

► The objective of the EV1 nuts mouse is to remove the egg yolk in favour of Natur Emul which performs the emulsifying function, a part of the fat coming from the cream and reduce the sweetness sensation, to thus lighten and intensify the flavour of the pure nuts paste, all while having the same % as the classic one.

Code	Ingredient	Brand	g	%	g/kg
	Nuts pure paste	Sosa	185	17,13	171,30
	Water (1)		140	12,96	129,63
	Water (2)		160	14,81	148,15
39461	Inulin cold	Sosa	40	3,70	37,04
38461	Albuwhip	Sosa	14	1,30	12,96
	Salt		1	0,09	0,93
34353	Sugar	Sosa	180	16,67	166,67
	Gelatine mass* (see recipe)		78	7,22	72,22
38850	Natur Emul	Sosa	12	1,11	11,11
	Cream 35% fat		270	25	250
	Total		1080		1000

Combine the Natur Emul and the nuts pure paste. Heat water (2) from the recipe at 70 °C and then add the gelatine mass and the salt. Pour this mixture onto the nut paste and emulsify. Mix water (1) with Albuwhip and whip. When starting to be fluffy, add the sugar and inulin little by little and keep whipping for about 5 minutes more. Fold the meringue into the nuts paste emulsion (at 40 °C) delicately and then add the semi-whipped cream. Use.



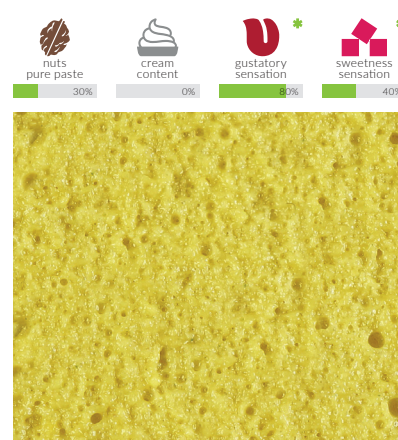
EVOLUTION 2 NUTS MOUSSE

EV2

► The objective of the EV2 pure nuts paste is to remove the cream and enhance the flavour of the nuts to the max, plus retain a stable structure with the help of the inulin as bulking agent and the Nature Emul as the emulsifying part.

Code	Ingredient	Brand	g	%	g/kg
	Nuts pure paste	Sosa	300	28,76	287,63
	Water (1)		300	28,76	287,63
38850	Natur Emul	Sosa	10	0,96	9,59
	Gelatine mass* (see recipe)		96	9,20	92,04
39461	Inulin Cold	Sosa	40	3,84	38,35
34353	Sugar	Sosa	130	12,46	124,64
	Water (2)		150	14,38	143,82
38461	Albuwhip	Sosa	15	1,44	14,38
	Salt		2	0,19	1,92
	Total		1043		1000

Heat the water (1) and melt the gelatine mass into. Besides, mix Natur Emul and nuts pure paste until combined. Then mix the water (2) and Albuwhip and whip using the whipping machine. Once we have like an almost whipped egg whites, add little by little the sugar and inuline. Keep whipping for about 5 minutes more at medium speed. Pour the mix of water and gelatine at 45 °C into the melted pure paste of nut mixture and emulsify with a stick blender. Then fold the meringue into delicately. Use immediately.



* Taste and sweetness sensations are subjective values

RECIPE Gelatine mass:

Mix the Sosa beef gelatine powder (38670) with cold water in a ratio of 1 of gelatine per 5 of water. Hydrate for at least 20 minutes to get a gelatine mass.

NUTS MOUSSE

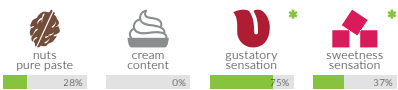


VEGAN NUTS MOUSSE

VEG

Code	Ingredient	Brand	g	%	g/kg
	Nuts pure paste	Sosa	280	27,70	276,95
	Rice beverage		380	37,59	375,87
38850	Natur Emul	Sosa	7	0,69	6,92
37857	Vegan Mousse Gelatine	Sosa	15	1,48	14,84
	Water		150	14,84	148,37
43124	Potatowhip Cold	Sosa	7,50	0,74	7,42
34353	Sugar	Sosa	130	12,86	128,59
39461	Inulin Cold	Sosa	40	3,96	39,56
	Salt		1,50	0,15	1,48
	Total		1011		1000

Combine the nut paste with the Natur Emul. On the other side, mix the rice beverage and the Vegan Mousse Gelatine and bring to boil. Remove from the heat and pour onto the first mixture. Emulsify. Besides, combine the water, the salt and the Potatowhip Cold. Whip the mixture. At half whipping point, add the mixture of sugar and inuline little by little. Keep whipping for about 10 minutes more. When the first mixture reach the 55-60 °C, pour into the meringue with the machine at low speed until fully incorporated. Use immediately.



* Taste and sweetness sensations are subjective values

CHOCOLATE MOUSSE



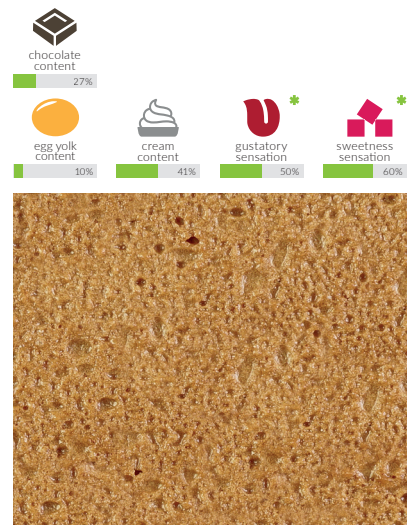
CLASSIC CHOCOLATE MOUSSE

CL

► Recipe for a classic chocolate mousse made with a *pâte à bombe* and a semi-whipped cream.

Code	Ingredient	Brand	g	%	g/kg
	Water		40	2,71	27,12
34353	Sugar	Sosa	175	11,86	118,64
	Egg yolks		140	9,49	94,92
	Whole egg		120	8,14	81,36
	70% dark couverture		400	27,12	271,19
	Cream 35%		600	40,68	406,78
	Total		1475		1000

Cook sugar and water at 125 °C. On the other hand, combine the egg yolks and whole egg and whip. Pour the syrup onto the eggs and keep mixing at high speed for about 3 minutes. Then keep whipping at medium speed until it gets cold (30 °C). Beside, melt the chocolate and also semi-whip the cream. Fold ¼ off the cream on the chocolate. Add the *pâte à bombe* delicately using a rubber spatula. Then add the cream and use immediately.



EVOLUTION 1 CHOCOLATE MOUSSE

EV1

► The objective of this EV1 chocolate mousse is to remove the egg yolk in favour of Natur Emul which acts as the emulsifying agent and reduce the cream and added sugar. In terms of technique, albumin is used to make a meringue, which gives the mousse a lighter texture and makes it less sweet with the same flavour strength as the classic one.

Code	Ingredient	Brand	g	%	g/kg
	Whole milk		170	15,67	156,68
34353	Sugar	Sosa	80	7,37	73,73
	Cream 35% fat		280	25,81	258,06
	Gelatine mass* (see recipe)		102	9,40	94,01
	70% dark couverture		220	20,28	202,76
38850	Natur Emul	Sosa	8	0,74	7,37
	Sunflower oil		30	2,76	27,65
	Water		185	17,05	170,51
38461	Albuwhip	Sosa	10	0,92	9,22
	Total		1085		1000

Combine Natur Emul with the sunflower oil and then add the couverture melted at 45 °C. Heat the milk at 70 °C. Remove from the heat and add the gelatine mass. Pour onto the chocolate and emulsify. Besides, whip the water and Albuwhip. On half whipping process add the sugar little by little and keep whipping for about 5 minutes more at medium speed. Fold onto the previous mixture using a rubber spatula and then finish folding into the semi-whipped cream.



EVOLUTION 2 CHOCOLATE MOUSSE

EV2

► The objective of this EV2 chocolate mousse is to completely remove the egg yolk in favour of Natur Emul, milk and cream, thus lowering the total fat content. The flavour becomes stronger, increasing the % of chocolate. In terms of technique, an emulsion is made with water and chocolate and its is aerated with a meringue, which gives the mousse a very pure taste and lightness.

Code	Ingredient	Brand	g	%	g/kg
	Water (1)		200	20,53	205,34
	Water (2)		200	20,53	205,34
34353	Sugar	Sosa	100	10,27	102,67
	Gelatine mass* (see recipe)		96	9,86	98,56
	70% dark couverture		350	35,93	359,34
38850	Natur Emul	Sosa	7	0,72	7,19
38461	Albuwhip	Sosa	20	2,05	20,53
38696	Xanthan gum	Sosa	1	0,10	1,03
	Total		974		1000

Heat the water (1) and melt the gelatine mass into. Beside melt the couverture. Then mix the water (2) and the Albuwhip and whip using the whipping machine. Once we have like an almost whipped egg whites, add little by little the sugar previously mixed with the xanthan gum. Keep whipping for about 5 minutes more at medium speed. Pour the mix of water and gelatine at 45 °C into the melted chocolate and Natur Emul, emulsify with a stick blender. Then fold the meringue into delicately. Use immediately.



* Gustatory and sweetness sensations are subjective values and they depend on the type of chocolate used.

RECIPE Gelatine mass:

Mix the Sosa beef gelatine powder (38670) with cold water in a ratio of 1 of gelatine per 5 of water. Hydrate for at least 20 minutes to get a gelatine mass.

CHOCOLATE MOUSSE

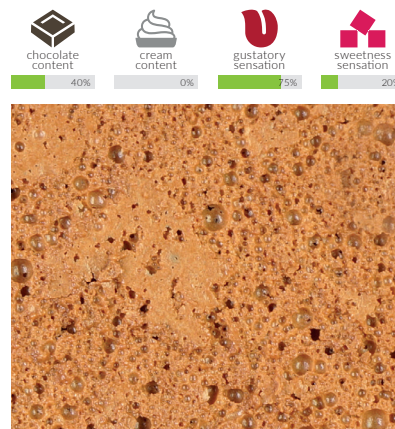


PREMIUM CHOCOLATE MOUSSE

PR

Code	Ingredient	Brand	g	%	g/kg
	Water (1)		200	19,87	198,67
	Water (2)		200	19,87	198,67
34353	Sugar	Sosa	100	9,93	99,33
	Gelatine mass* (see recipe)		96	9,54	95,36
	70% dark couverture		250	24,83	248,34
	Concentrated chocolate		150	14,90	149
39028	Sojawhip	Sosa	10	0,99	9,93
38696	Xanthan gum	Sosa	0,70	0,07	0,70
Total			1006,70		1000

Heat the water (1) and melt the gelatine mass into. Besides melt the couverture. Then mix the water (2) and the Sojawhip and whip using the whipping machine. Once we have like an almost whipped egg whites, add little by little the sugar previously mixed with the xanthan gum. Keep whipping for about 5 minutes more at medium speed. Pour the mix of water and gelatine at 45 °C into the melted chocolate and emulsify with a stick blender. Then fold the meringue into delicately. Use immediately.

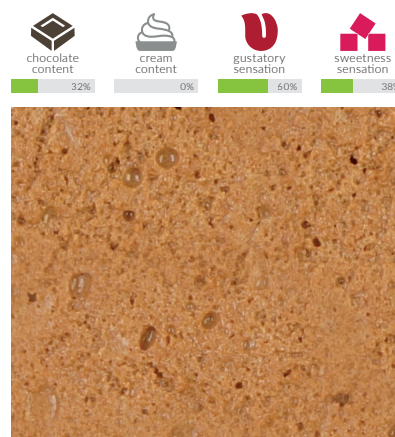


VEGAN CHOCOLATE MOUSSE

VEG

Code	Ingredient	Brand	g	%	g/kg
	Water (1)		330	35,36	353,62
37857	Vegan Mousse Gelatine	Sosa	15	1,61	16,07
	Water (2)		150	16,07	160,74
43124	Potatowhip Cold	Sosa	7,50	0,80	8,04
34353	Sugar	Sosa	100	10,72	107,16
38696	Xanthan Gum	Sosa	0,70	0,08	0,75
	Sunflower oil		30	3,21	32,15
	70% dark couverture		300	32,15	321,47
Total			933,20		1000

Melt the chocolate at 55 °C. Add the oil. Beside heat the water (1) and the Vegan Mousse Gelatine until boiling point. Pour little by little onto the chocolate and emulsify. On the other hand, whip the water (2) and the Potatowhip Cold. At half whipping point, add little by little the sugar and the xanthan gum and then keep whipping and medium fast speed for 10 minutes. Fold the meringue delicately onto the chocolate emulsion at 55 °C. Use immediately.



FRUIT BAVAROIS



CLASSIC FRUIT BAVAROIS

► Classic fruit bavaois recipe to which not much fruit was usually incorporated and, as a consequence, the flavour quality of the fruit was not very present.

Code	Ingredient	Brand	g	%	g/kg
	Whole milk		210	20,98	209,79
34353	Sugar	Sosa	82	8,19	81,92
	Egg yolk		50	5	49,95
	Fruit purée		165	16,48	164,84
	Semi whipped cream 35%		84	8,39	83,92
	Gelatine mass* (see recipe)		410	40,96	409,59
	Total		1001		1000

Mix to combine the sugar and egg yolks. Besides, heat the milk until boiling point and then pour little by little into the previous mixture. Mix well and bring to the heat again. Cook at low heat stirring constantly with a spatula until reach 83 °C. Remove from the heat and add the gelatine mass into. Stir to combine. Let to cool at 30 °C. Add the fruit and then fold the semi-whipped cream into using a rubber spatula. Put in desired molds.

EVOLUTION 1 FRUIT BAVAROIS

► The objective of the EV1 is to remove the egg yolk in favour of Natur Emul as an emulsifying agent, slightly reduce the amount of cream and enhance the amount of fruit purée a little. In any case, the most important thing is to maintain the structural sensation of the classic recipe without adding egg yolk.

Code	Ingredient	Brand	g	%	g/kg
	Whole milk		200	20,14	201,41
34353	Sugar	Sosa	100	10,07	100,70
	Fruit puré (10% sugar)		170	17,12	171,20
38850	Natur Emul	Sosa	7	0,70	7,05
	Cream 35% fat		422	42,50	424,97
	Sunflower oil		20	2,01	20,14
38689	Guar gum	Sosa	2	0,20	2,01
	Gelatine mass* (see recipe)		72	7,25	72,51
	Total		993		1000

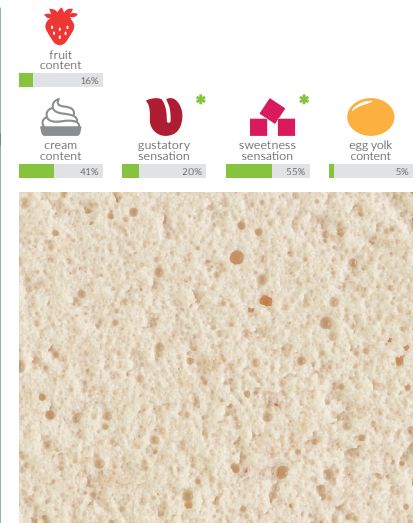
Combine the Natur Emul and the oil. Heat the milk with the sugar and guar gum. Add the previous gelatine mass and stir. Add the fruit purée and mix using an immersion blender. Once the mixture reach 28 °C fold the semi-whipped cream into. Use.

EVOLUTION 2 FRUIT BAVAROIS

► The objective of the EV2 is to increase the fruit content and even enhance it with freeze-dried fruit, thus giving it a much more relevant flavour sensation. The milk is removed and the aqueous part is replaced with fruit purée, but powder milk is added as a source of protein and to give it the typical touch of dairy of bavaoises. In bavaoises, we cannot do without the cream as it would lose its whole meaning and the concept would cross over with mousses.

Code	Ingredient	Brand	g	%	g/kg
	Fruit puré (10%)		360	35,96	359,64
34353	Sugar	Sosa	65	6,49	64,94
38850	Natur Emul	Sosa	9	0,90	8,99
	Cream 35% fat		430	42,96	429,57
	Sunflower oil		20	2	19,98
	Freeze-dried fruit	Sosa	18	1,80	17,98
38689	Guar gum	Sosa	1	0,10	1
38210	Milk powder 1%	Sosa	20	2	19,98
	Gelatine mass* (see recipe)		78	7,79	77,92
	Total		1001		1000

Combine Natur Emul and oil. Stir. Heat the fruit purée at 45 °C with the sugar, the milk powder and the guar gum. Emulsify. Add the gelatine mass previously melted. Add the mixture of Natur Emul and oil and emulsify again. When the temperature reach 30 °C fold the semi-whipped cream into it delicately. Display into the desired molds.



* Gustatory and sweetness sensations are subjective values and they depend on the type of fruit used.

RECIPE Gelatine mass:

Mix the Sosa beef gelatine powder (38670) with cold water in a ratio of 1 of gelatine per 5 of water. Hydrate for at least 20 minutes to get a gelatine mass.

NUTS BAVAROIS

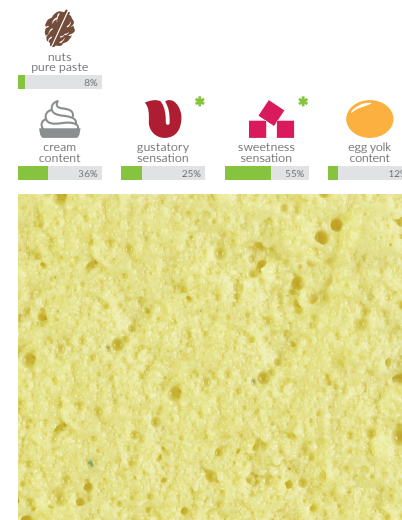


CLASSIC NUTS BAVAROIS

► A classic recipe based on a crème anglaise with the pure nuts paste and semi-whipped cream.

Code	Ingredient	Brand	g	%	g/kg
	Whole milk		500	34,75	347,46
	Nuts pure paste	Sosa	125	8,69	86,87
	Egg yolk		180	12,51	125,09
34353	Sugar	Sosa	130	9,03	90,34
	Semi whipped cream 35%		84	5,84	58,37
	Gelatine mass* (see recipe)		550	38,22	382,21
Total			1439		1000

Mix to combine the sugar and egg yolks. Beside, heat the milk until boiling point and then pour little by little onto the previous mixture. Mix well and bring to the heat again. Cook at low heat stirring constantly with a spatula until reach 83 °C. Remove from the heat and add the gelatine mass into. Stir to combine. Add the nut paste and stir again. Let to cool at 30 °C. Fold the semi-whipped cream into using a rubber spatula. Place on desired molds.



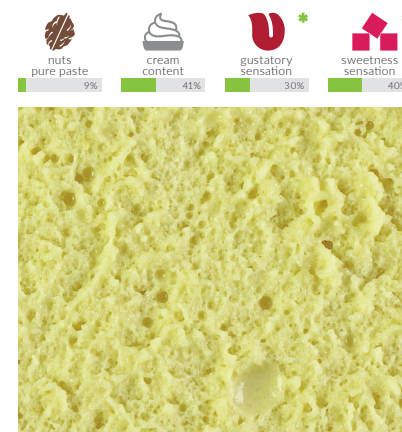
EVOLUTION 1 NUTS BAVAROIS

EV1

► The objective of the EV1 is to remove the egg yolk in favour of Natur Emul as an emulsifying agent and slightly increase the amount of fruit purée. The most important thing is to maintain the structural sensation of the classic recipe without adding egg yolk.

Code	Ingredient	Brand	g	%	g/kg
	Whole milk		315	31,50	315
34353	Sugar	Sosa	100	10	100
38850	Natur Emul	Sosa	14	1,40	14
	Cream 35% fat		420	42	420
	Nuts pure paste	Sosa	90	9	90
38689	Guar gum	Sosa	1,50	0,15	1,50
	Gelatine mass* (see recipe)		72	7,20	72
Total			1000		1000

Mix the Natur Emul into the nuts pure paste. Heat the milk with sugar and guar gum at 50 °C. Add the gelatine mass and pour onto the nut paste mixture. Emulsify. When the mixture is around 28 °C, add the semi-whipped cream. Pour into the desired molds.



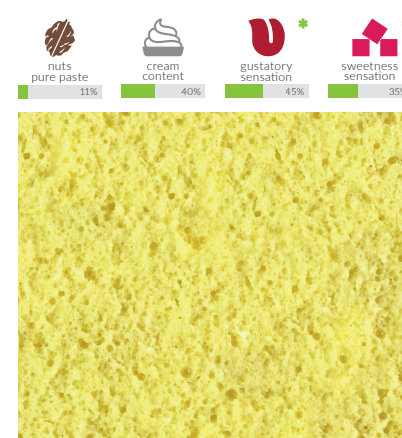
EVOLUTION 2 NUTS BAVAROIS

EV2

► The objective of the EV2 is to slightly increase the pure dried fruit paste content while maintaining the structure of a bavaois. The milk is replaced with water, but skimmed powder milk is added as a source of protein and to give it the typical touch of dairy of bavaoises. In bavaoises, we cannot do without the cream as it would lose its whole meaning and the concept would cross over with mousses.

Code	Ingredient	Brand	g	%	g/kg
	Water		270	27	270
34353	Sugar	Sosa	95	9,50	95
38850	Natur Emul	Sosa	10	1	10
	Cream 35%		400	40	400
	Nuts pure paste	Sosa	110	11	110
	Skimmed milk powder	Sosa	35	3,50	35
38689	Guar gum	Sosa	1,50	0,15	1,50
	Gelatine mass* (see recipe)		72	7,20	72
Total			1000		1000

Combine the Natur Emul into the nut paste. Heat the water with the skimmed milk powder, sugar and guar gum. Stir and put into the previous mixture. Emulsify. When the mixture is around 30 °C, fold into the semi-whipped cream delicately using a rubber spatula. Display into the desired molds.



* Taste and sweetness sensations are subjective values

RECIPE Gelatine mass:

Mix the Sosa beef gelatine powder (38670) with cold water in a ratio of 1 of gelatine per 5 of water. Hydrate for at least 20 minutes to get a gelatine mass.

CHOCOLATE BAVAROIS



CLASSIC CHOCOLATE BAVAROIS

► A classic recipe based on a crème anglaise with 70% chocolate and semi-whipped cream.

Code	Ingredient	Brand	g	%	g/kg
	Whole milk		250	24,46	244,62
	70% dark couverture		150	14,68	146,77
	Egg yolk		65	6,36	63,60
34353	Sugar	Sosa	65	6,36	63,60
	Semi whipped cream 35%		450	44,03	440,31
	Gelatine mass* (see recipe)		42	4,11	41,10
Total			1022		1000

Mix to combine the sugar and egg yolks. Besides, heat the milk until boiling point and then pour little by little onto the previous mixture. Mix well and bring to the heat again. Cook at low heat stirring constantly with a spatula until reach 83 °C. Remove from the heat and add the gelatine mass into. Stir to combine. Add the chocolate and emulsify. Let cool to 30 °C. Fold the semi-whipped cream into using a rubber spatula. Place on desired molds.



EVOLUTION 1 CHOCOLATE BAVAROIS

EV1

► The objective of the EV1 is to remove the egg yolk in favour of Natur Emul as an emulsifying agent. In any case, the most important thing in this step is to maintain the sensation of the structure of the classic recipe without adding egg yolk.

Code	Ingredient	Brand	g	%	g/kg
	Whole milk		250	26,07	260,69
34353	Sugar	Sosa	50	5,21	52,14
	Cream 35% fat		460	47,97	479,67
	70% dark couverture		150	15,64	156,41
38850	Natur Emul	Sosa	10	1,04	10,43
	Sunflower oil		38	3,96	39,62
38689	Guar gum	Sosa	1	0,10	1,04
	Gelatine mass* (see recipe)		40	4,17	41,71
Total			959		1000

Combine the Natur Emul and oil. Then add to the melted couverture at 45 °C. Heat the milk with the sugar and the guar gum and the gelatine mass. Mix and pour onto the chocolate and emulsify. When the mixture will be around 28 °C, fold the semi-whipped cream into delicately. Use.



EVOLUTION 2 CHOCOLATE BAVAROIS

EV2

► The objective of the EV2 is to slightly increase the chocolate content while maintaining the structure of a bavarois. The milk is replaced with water. In bavaoises, we cannot do without the cream as it would lose its whole meaning and the concept would cross over with mousses.

Code	Ingredient	Brand	g	%	g/kg
	Water		230	23	230
34353	Sugar	Sosa	40	4	40
	Cream 35% fat		450	45	450
	70% dark couverture		200	20	200
38850	Natur Emul	Sosa	9	0,90	9
	Sunflower oil		30	3	30
38689	Guar gum	Sosa	1	0,10	1
	Gelatine mass* (see recipe)		40	4	40
Total			1000		1000

Combine the Natur Emul into the oil. Add to the melted couverture (45 °C). Heat the water with sugar and guar gum and mix using an immersion blender. Pour into the chocolate mixture and emulsify. When the mixture is around 30 °C, fold into the semi-whipped cream delicately using a rubber spatula. Put into the desired molds.



* Gustatory and sweetness sensations are subjective values and they depend on the type of chocolate used.

RECIPE Gelatine mass:

Mix the Sosa beef gelatine powder (38670) with cold water in a ratio of 1 of gelatine per 5 of water. Hydrate for at least 20 minutes to get a gelatine mass.

SPICE BAVAROIS



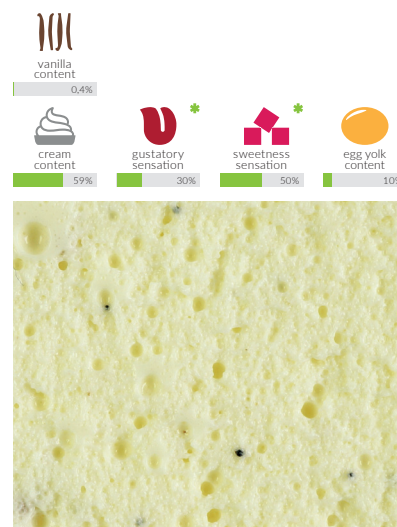
CLASSIC SPICE BAVAROIS

CL

► A classic recipe based on a crème anglaise with the addition of vanilla and semi-whipped cream.

Code	Ingredient	Brand	g	%	g/kg
	Whole milk		150	14,88	148,81
39070	Vanilla Bourbon Madagascar	Sosa	4	0,40	3,97
	Egg yolk		100	9,92	99,21
34353	Sugar	Sosa	100	9,92	99,21
	Semi whipped cream 35%		600	59,52	595,24
	Gelatine mass* (see recipe)		54	5,36	53,57
	Total		1008		1000

Mix to combine the sugar and egg yolks. Beside, heat the milk and infuse the vanilla. Strain. Then pour little by little onto the previous mixture. Mix well and bring to the heat again. Cook at low heat stirring constantly with a spatula until reach 83 °C. Add the gelatine mass. Let cool at 30 °C. Fold the semi-whipped cream into using a rubber spatula. Place In desired molds.



EVOLUTION 1 SPICE BAVAROIS

EV1

► The objective of the EV1 is to remove the egg yolk in favour of Natur Emul as an emulsifying agent. In this case, the gustative strength of a product in particular is not sought after, as because it is a family that encompasses all kinds of spices, this parameter can't really be taken in consideration as a development parameter. In this step, the most important thing is to maintain the sensation of the structure of the classic recipe without adding egg yolk.

Code	Ingredient	Brand	g	%	g/kg
	Whole milk		180	18	180
34353	Sugar	Sosa	100	10	100
	Cream 35% fat		650	65	650
39071	Vanilla Bourbon Madagascar pod	Sosa	5	0,50	5
38850	Natur Emul	Sosa	9	0,90	9
38689	Guar gum	Sosa	2	0,20	2
	Gelatine mass* (see recipe)		54	5,40	54
	Total		1000		1000

Make an infusion with the milk and vanilla. Strain. Add the gelatine mass to the previous mixture and stir until melted. Add the Natur Emul, the guar gum and the sugar. Mix using an immersion blender. Once the mixture reach 28 °C, fold delicately into the whipped cream. Use.

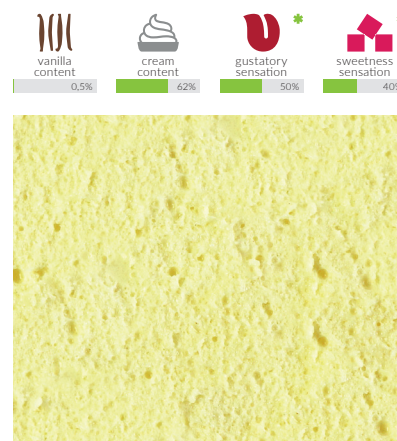


EVOLUTION 2 SPICE BAVAROIS

► The objective of the EV2 is to replace the milk with water, but inulin is added to give it structure and reduce the sweetness sensation. In bavaoises, we cannot do without the cream as it would lose its whole meaning and the concept would cross over with mousses.

Code	Ingredient	Brand	g	%	g/kg
	Water		150	15	150
34353	Sugar	Sosa	90	9	90
	Sunflower oil		40	4	40
	Cream 35% fat		620	62	620
39071	Vanilla Bourbon Madagascar pod	Sosa	5	0,50	5
38850	Natur Emul	Sosa	9	0,90	9
39460	Inulin Hot	Sosa	30	3	30
38689	Guar gum	Sosa	2	0,20	2
	Gelatine mass* (see recipe)		54	5,40	54
	Total		1000		1000

Heat the water and infuse the vanilla into it. Strain. Combine the sugar, guar gum and inulin. Then add it to the previous mixture and emulsify using an immersion blender. Add the gelatine mass to the previous mixture. Combine the Natur Emul and oil and then add to the previous mixture. Emulsify again. Once the temperature reach about 28 °C, fold into the cream semi-whipped. Use.



* Taste and sweetness sensations are subjective values

RECIPE Gelatine mass:

Mix the Sosa beef gelatine powder (38670) with cold water in a ratio of 1 of gelatine per 5 of water. Hydrate for at least 20 minutes to get a gelatine mass.

ANALYTICAL TABLE



Analytical table by type and evolution

		%			
	parameter	classic	ev1	ev2	vegan
Fruit mousse	Fruit	18	52	71	77
	Cream	36	28	0	0
	Gustatory sensation	18	50	85	92
	Sweetness sensation	55	40	30 ¹	32
Nuts mousse	Nuts / Nuts pure paste	18	18	30	28
	Egg	6	0	0	0
	Cream	47	25	0	0
	Gustatory sensation	25	50	80	75
	Sweetness sensation	60	50	40	37
	Fats	28 ²	19 ³	18 ⁴	—
Chocolate mousse	Chocolate	27	22	37	32
	Egg yolk	10	0	0	0
	Cream	41	28	0	0
	Gustatory sensation	50	50	70	60
	Sweetness sensation	60 ⁵	45	40 ⁶	38
	Fats	28	18 ⁷	10 ⁸	—
Fruit bavarois	Fruit	16	20	36	—
	Cream	41	39	43	—
	Gustatory sensation	20	30	60	—
	Sweetness sensation	55 ⁹	40	35	—
	Egg yolk	5	0	0	—
Nuts bavarois	Nuts pure paste	8	9	11	—
	Cream	36	41	40	—
	Gustatory sensation	25	30	45	—
	Sweetness sensation	55	40	35	—
	Egg yolk	12	0	0	—
Chocolate bavarois	Chocolate	15	15	20	—
	Cream	44	46	45	—
	Gustatory sensation	30	35	40	—
	Sweetness sensation	50	45	40	—
	Egg yolk	6	0	0	—
Spice bavarois	Vanilla	0,4	0,5	0,5	—
	Cream	59	65	62	—
	Gustatory sensation	30	40	50	—
	Sweetness sensation	50	45	40	—
	Egg yolk	10	0	0	—

MOUSES

Notes

- 1 In this case, the % of sugar in the recipe is slightly higher than that of the EV1 because the sugar purée contains 10% sugar. But, in fact, with the incorporation of the freeze-dried raspberry and the neutral acid, the sensation of sweetness is even lower compared to the EV1.
- 2 They come from the egg yolk, the cream and pure nuts paste.
- 3 They come from the cream and the pure nuts paste.
- 4 They are 100% from the pure nuts paste.
- 5 It may vary depending on the type of chocolate used.
- 6 It slightly increases the sugar content compared to the EV1, but as it does not have cream or milk, it retains the same sensation of sweetness. This sensation is also reduced due to the fact that the bitter note coming from the chocolate is enhanced.
- 7 They come from the cream and the pure nuts paste.
- 8 They come exclusively from the chocolate.
- 9 The purée contains 10% sugar.

BAVAROISES