



Ingredients to reimagine gastronomy

Gracila Gel recipe book

Additive-free,
100 % plant-based gelling agent



preface

As drivers in promoting a responsible, forward-looking approach to the culinary world, we are proud to launch Gracila Gel in a bold new step on the road toward emotionally inspiring, modern styles of cuisine.

Gracila Gel is an additive-free gelling agent, able to ensure a broader range of textures thanks to its slow gelling capacity. Gracila Gel is more than an ingredient—it's an expression of our constant bid to innovate.

This guide contains a series of proposed dishes and tips by our chefs. 16 recipes based on the four main applications of Gracila Gel: jellies, gels, moulds and junkets and, lastly, compotes.

**Gracila Gel is more
than just an ingredient—it's
an expression of our constant
bid to innovate.**

Right from the very beginning, we have collaborated closely with Disfrutar on this project in acknowledgement of the importance that it places on gelling as a fundamental culinary technique. At the end of this guide, you can find a recipe by Disfrutar: a genuine gastronomic masterpiece to boost your creativity in the kitchen.





NEW
CLEAN-LABEL
GELLING AGENT

List of contents

Gracila Gel.....	6
The benefits in comparison with other plant-based gelling agents.....	7
Table of Sosa gelling agents by application.....	8

Sosa Recipes

Jellies

Apricot, aniseed and bitter almond cocktail.....	15
Sea and mountain aspic.....	17
Parmesan tuiles with wild mushrooms and truffles.....	19
Black Forest tartlets.....	21

Gels

Tomato, melon and ham salad	27
Octopus and soy takoyaki	29
Carrot cake.....	31
Chestnut blackcurrant.....	35

Moulds and junkets

Chocolate and coconut custard cream.....	39
Cream caramel.....	43
Mel i mató (fresh cheese and honey)	45
Tropical sundae.....	47

Compotes

Pear and vanilla compote.....	51
Orange charlotte	53
Coconut and lime biscuits.....	57
Citrus rum baba	59

Disfrutar's recipe with Gracila Gel

Sweetcorn foam jelly in ceviche	63
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This guide contains recipes by
our chefs based on the main
applications of Gracila Gel.

Gracila Gel

Powdered Gracilaria

01

100% plant-based gelling agent, not considered to be an additive (E)



43201

02

Does not add flavour to the liquid it is used with

03

**Slow gelling properties
Creamier textures**

CHARACTERISTICS

- **A plant-based gelling agent**, perfect for clients in search of clean-label solutions. Not considered to be an additive. **An alternative to agar-agar, pectins and carrageenans.**
- **A wide range of possible textures.** Also gels in acids, very salty liquids (e.g. soy sauce), dairy-based liquids, and even high-proof alcohol (from alcohol contents of 0.8 %).
- Withstands temperatures of over 70 °C without losing its gelled texture. **Thermoreversible from 85 °C.**

The benefits of Gracila Gel in comparison with other plant-based gelling agents



Clean-label gelling agent

Additive-free, plant-based gelling agent (E).



Slower gelling properties, a broader range of textures

Thanks to Gracila Gel, with just one product, different kinds of textures can be achieved, from soft to hard ones. Solids or fats can also be added before it is fully set, such as chocolate or nuts.



Gels with a wide range of pH levels and sugar contents

Gracila Gel's gelling capacity is not as dependent on the pH level and/or amount of sugar as pectin. This means that Gracila Gel will gel in liquids of differing acidities, with or without sugar.

Plant-based gelling agents

by application

SOFTER JELLIES

		Gels	Hot gels up to 60 °C	Gels bakeable at over 60 °C	Jams and compotes	Creams and crémeux	Glazes
	GRACILA GEL	●	●	●	●	●	●
	AGAR-AGAR	●	●	●	●	●	●
	PRO- PANNACOTTA	●	●	●	●	●	●
	KAPPA GUM	●	●	●	●	●	●
	FRUIT PECTIN NH	●	●	●	●	●	●
	JAUNE PECTIN	●	●	●	●	●	●
	GELLAN GUM	●	●	●	●	●	●

HARDER JELLIES

Moulds and
junkets

Elastic veils
and jellies

Aspic

Fruit jellies

Hot gels
up to 60 °C

Gels
bakeable
at over 60 °C

Cuttable/
grateable
jellies



Further information and the
characteristics of Sosa's
plant-based gelling agents



Our experts



Guillermo Corral

Guillermo gained his experience in well-known restaurants, such as those of Martín Berasategui and Ángel Pascual, and in banqueting restaurants and big hotels. He has over 10 years' experience as an expert consultant.

Thanks to his extensive culinary expertise, he is highly proficient at the art of pastry-making and savoury cuisine.



Jean Sivié

Jean has been passionately keen on the art of gastronomy since a young age. Academically, he started by studying for a degree in science before embarking on specialist training as a pastry chef and chocolatier at two famous French confectionary institutions: Ferrandi and Christophe Michalak. He has forged a name in the world of confectionary for his experience and dedication.



Edu Aduza

From a young age, Edu trained in the different kitchens of celebrated chefs. He is a versatile chef who has worked in different areas of the catering trade. He is our link between tradition and innovation due to his passion for different gastronomic cultures and his proficiency in various different languages.



Albert Jofre

After training as a pastry chef with Eric Ortuno, Albert forged a solid career working at some of the finest patisseries in Barcelona. At Sosa, he puts his culinary teaching experience into practice, providing our clients with customized training and advice. His passion and knowhow are reflected in his dedication to teaching the art of good cuisine.

Recipes



Jellies



Apricot, aniseed and bitter almond cocktail

Main recipe

FOR 1 SERVING

Aniseed and cinnamon pearls	30 g	16.67 %
Apricot liqueur	120 g	66.67 %
Light bitter almond foam	30 g	16.67 %

Pour the pearls into a cocktail glass, followed by the apricot liqueur. Finish it off with the foam.

Aniseed and cinnamon pearls

Water	80 g	28.99 %
Aniseed	180 g	65.22 %
Gelcream Hot 38673	3 g	1.09 %
Gracila Gel 43201	7 g	2.54 %
Sugar	5 g	1.81 %
Sunflower oil	as needed	
Cinnamon	1 g	0.36 %

Mix all the ingredients together, except for the aniseed, and bring to the boil. When it is boiling, add the aniseed. Using a baby's bottle, form the pearls by letting drops fall into the cold sunflower oil.



Light bitter almond foam

Almond milk	300 g	72.20 %
Bitter almond paste 37514	100 g	24.07 %
Proespuma Cold 38976	15 g	3.61 %
Bitter almond flavouring 38242	0.5 g	0.12 %

Mix all the ingredients together and blend them. Pour into a syphon charged with a cartridge of gas, and leave on one side.



Sea and mountain aspic

Main recipe

FOR 15 BALLS

Stew broth	150 g	59.69 %
Xanthan gum Clear 38694.....	0.3 g	0.12 %
Gracila Gel 43201	1 g	0.40 %
Red prawns	100 g	39.79 %

Mix the stew broth with the Xanthan gum Clear and the Gracila Gel, and bring to the boil. Place the diced prawn tails in a spherical mould and cover with the broth. Leave to set in the fridge.





Parmesan tuiles with wild mushrooms

Main recipe

FOR 1 SERVING

Parmesan tuiles	10 g	14.08 %
Grated black chanterelle and truffle jelly	30 g	42.25 %
Chanterelle mushrooms	20 g	28.17 %
Truffles	10 g	14.08 %
Guérande fleur de sel sea salt 37808	1 g	1.41 %

Grate the jelly and the truffles and place them on top of the parmesan tuiles. Crown them with the sautéed chanterelle mushrooms and season with salt.

Parmesan tuiles

Parmesan cheese	50 g	100 %
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Grate the parmesan cheese and make oval tuiles in a non-stick pan. Lay each one in a semi-spherical mould to create a basket shape as a base and leave them to harden.

Grated black chanterelle and truffle jelly

Water	200 g	86.21 %
Black chanterelle mushrooms	20 g	8.62 %
Salt	2 g	0.86 %
Gracila Gel 43201	8 g	3.45 %
Black truffle flavouring 38413	2 g	0.86 %

Liquidize the black chanterelle mushrooms with water. Add the Gracila Gel and bring to the boil. When it stops boiling, add the truffle flavouring and leave to set.



In high proportions, grateable hard jellies can be made, with an airy-looking, pleasant-tasting texture.





Black Forest tartlets

Main recipe

FOR 200 G

Mascarpone panna cotta	30 g	21.58 %
Cherry crèmeux	20 g	14.39 %
Cocoa tartlet	65 g	46.76 %
Flourless chocolate sponge cake	10 g	7.19 %
Black cocoa veil	8 g	5.76 %
Freeze-dried blackcurrant powder 38720	1 g	0.72 %
Kirsch-flavoured cherries	5 g	3.60 %

Fill the tartlet with the mascarpone panna cotta. Place a spongecake disk on top, and crown it with a piped ball of cherry crèmeux. Insert a kirsch-flavoured cherry into the crèmeux. Sprinkle the sides of a round cocoa veil with blackcurrant powder. Place the veil over the tartlet.

Mascarpone panna cotta

Milk	300 g	28.21 %
Pro-pannacotta 38970	3 g	0.28 %
Trehalose powder 39054	20 g	1.88 %
Sugar	40 g	3.76 %
Mascarpone	700 g	65.82 %
Carob gum 38687	0.5 g	0.05 %

Mix the sugar and the trehalose with the Pro-pannacotta and the carob gum. Add the cold milk, mix, and heat to 85 °C. Leave to cool a little and pour onto the mascarpone. Blend well. Leave to cool on a 1 cm-thick silicone mat.

Cherry crèmeux

Cherry purée	750 g	68.18 %
Natur Emul 38850	5 g	0.45 %
Sugar	160 g	14.55 %
Deodorized coconut fat 37327	140 g	12.73 %
Fruit pectin NH 37850	15 g	1.36 %
Hot Inulin 39460	30 g	2.73 %

Mix the sugar with the Inulin, Natur Emul and pectin and leave on one side. Heat the cherry purée to 40 °C and gradually add the previous mixture to it, stirring constantly. Bring to the boil. Remove from the heat and cool to 45 °C. Add the cocoa fat and emulsify with an electric mixer. Pour into moulds and leave them in the fridge for 6 hours so that the mixture crystallizes properly.

Flourless chocolate sponge cake

70 % dark chocolate	440 g	37.77 %
82 % fat butter	95 g	8.15 %
Egg yolk	100 g	8.58 %
Egg white	400 g	34.33 %
Sugar	130 g	11.16 %

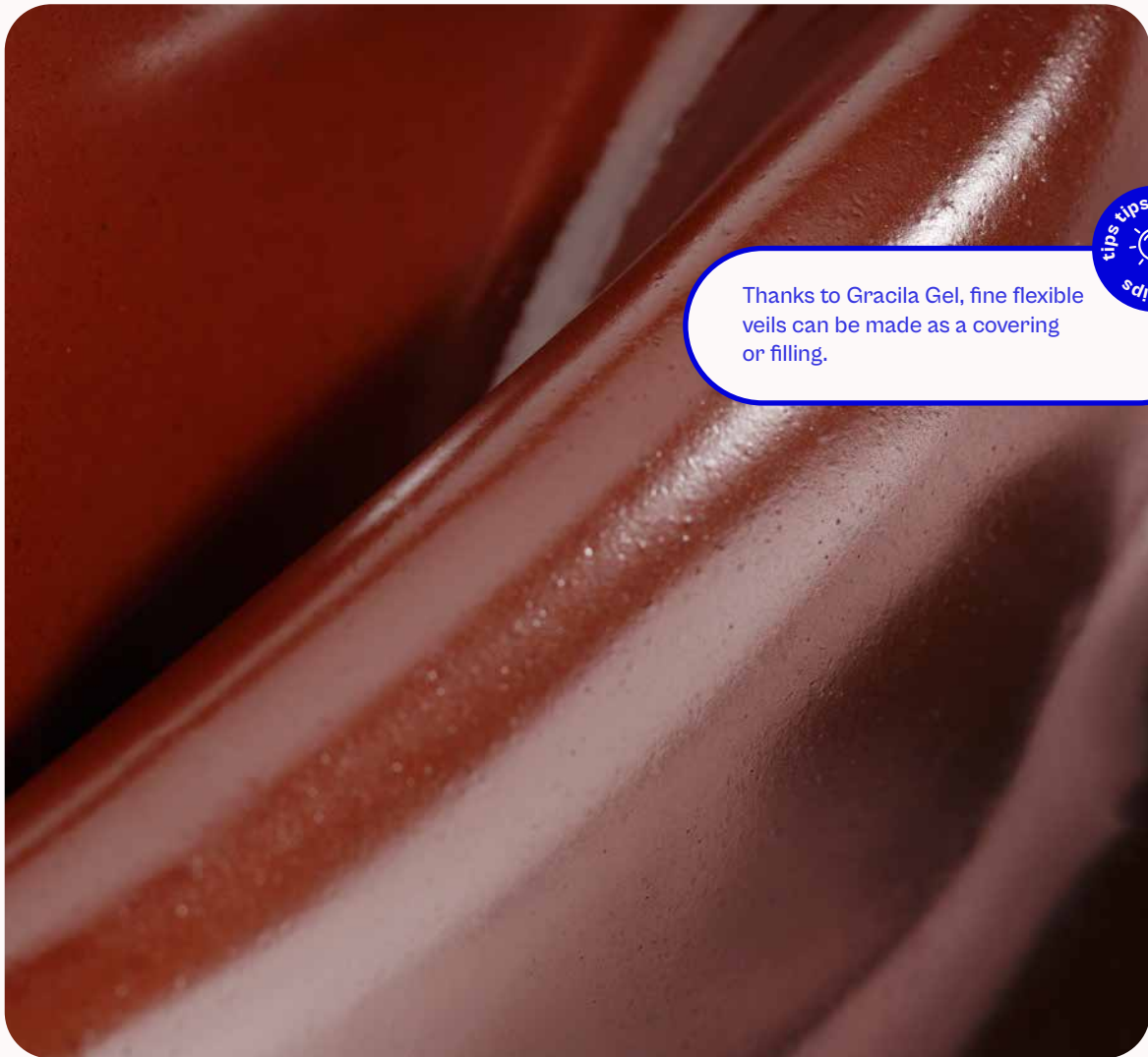
Melt the chocolate and the butter at a temperature of about 50 °C. Whip the egg whites, adding the sugar right from the start so that it is uniformly integrated. Add a little of the whipped egg whites to the chocolate and butter mixture. Then add the yolks and beat until a uniform mix is obtained. Finally, add the rest of the whipped egg whites.



Black cocoa veil

Water	450 g	73.53 %
Sugar	50 g	8.17 %
40 DE liquid glucose 37305	40 g	6.54 %
12 % black cocoa	60 g	9.80 %
Gracila Gel 43201	12 g	1.96 %

Mix the solids together in a bowl. Pour this mixture into the water and stir well. Bring to the boil, stirring continuously. Leave to rest off the heat for 10 seconds. Remove any surface bubbles and pour onto a tray. Spread it out well to ensure a uniform thickness, and leave it to set.



Thanks to Gracila Gel, fine flexible veils can be made as a covering or filling.



Gels



Tomato, melon and ham salad

Main recipe

FOR 150 G

Tomato gel	40 g	26.49 %
Cherry tomatoes	35 g	23.18 %
Melon	30 g	19.87 %
Cured Iberian ham	20 g	13.25 %
Black olives	15 g	9.93 %
Extra virgin olive oil	10 g	6.62 %
Salt flakes	1 g	0.66 %

Cut the tomatoes, olives and melon into small pieces.
Decorate the base of a plate with the tomato gel. Place all the salad ingredients on top, and dress with oil and salt.

Tomato gel

Tomato water	200 g	98.04 %
Gracila Gel 43201	4 g	1.96 %

Mix the tomato and the Gracila Gel, and bring to the boil.
Leave to set and blend to make a cold cream.



Any liquid that is converted into a gel with Gracila Gel can be blended to make a shiny gel with a silky-tasting texture.



Octopus and soy takoyaki

Main recipe

FOR 10 TAKOYAKI

Takoyaki dough	500 g	57.47 %
Soy gel	200 g	22.99 %
Marinated octopus	150 g	17.24 %
Spring onion	10 g	1.15 %
Katsuobushi	10 g	1.15 %
Sunflower oil	as needed	

Heat the oil to 165 °C. Fry the takoyaki dough fritters with a piece of marinated octopus inside each one until they are golden. Drain and put on a plate. Decorate them with the gel, and finish the dish off with the katsuobushi and the spring onion.

Takoyaki dough

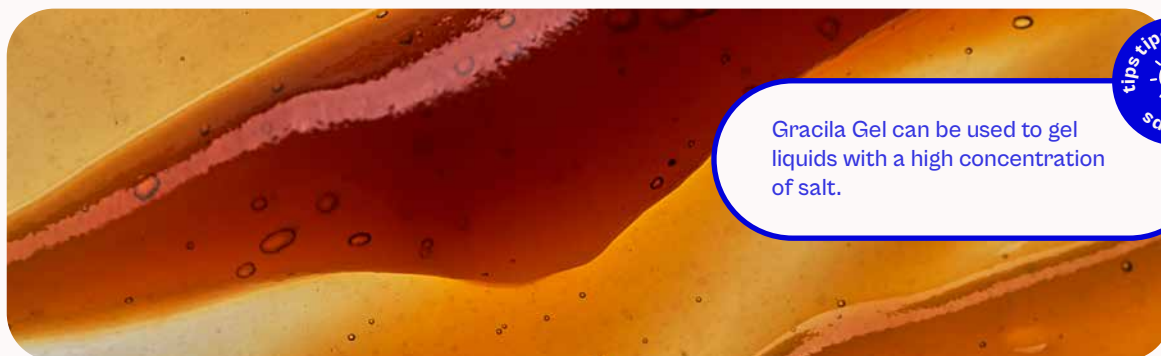
Water	190 g	37.55 %
Albuwhip 38461	27 g	5.34 %
Cake flour	200 g	39.53 %
Dashi powder	3 g	0.59 %
Baking Powder Std 37117	6 g	1.19 %
Culinary Journey soy sauce 37680	60 g	11.86 %
Sunflower oil	20 g	3.95 %

Mix the water with the soy sauce, dashi and sunflower oil for one minute. In a separate bowl, mix the remaining ingredients together and pour into the first mixture. Mix for a further minute. Fill a syphon with the dough and charge with gas. Keep in the fridge, ready for use.

Soy gel

Culinary Journey soy sauce 37680	200 g	98.04 %
Gracila Gel 43201	4 g	1.96 %

Mix the soy sauce and the Gracila Gel, and bring to the boil. Leave to set and blend to make a cold cream.



Gracila Gel can be used to gel liquids with a high concentration of salt.

Marinated octopus

Boiled octopus	100 g	65.79 %
Marinated ginger	12 g	7.89 %
Fresh onion	40 g	26.32 %

Cut the octopus into small pieces and put them in a bowl. Chop the ginger and spring onion finely and mix with the octopus. Stir well and leave in the fridge until needed.



Carrot cake

Main recipe

FOR 1 SERVING

Carrot cake	60 g	60 %
Opalys Namelaka	20 g	20 %
Mandarin gel	15 g	15 %
Gavotte	5 g	5 %

Run a strip of Namelaka across a plate. Arrange some pieces of carrot cake on top. Finish it off with the gavotte and with dots of carrot and orange cream.

Carrot cake

Muscovado sugar	200 g	23.12 %
Egg	100 g	11.56 %
Grated carrot.....	200 g	23.12 %
Grated coconut 38552.....	50 g	5.78 %
Cake flour.....	150 g	17.34 %
Baking Powder Std 37117	2.5 g	0.29 %
Salt.....	2.5 g	0.29 %
Cinnamon	5 g	0.58 %
Ginger	2.5 g	0.29 %
Grated orange peel	2.5 g	0.29 %
Sunflower oil	150 g	17.34 %

Mix the sugar with the eggs. Add the oil and stir it once again. Add all the solids, and mix it all well with the grated carrot. Bake for one hour at 170 °C. Leave to cool.

Opalys Namelaka

Milk.....	200 g	19.49 %
40 DE liquid glucose 37305	10 g	0.97 %
Powdered bovine gelatine 38670	6 g	0.58 %
Water for hydration	30 g	2.92 %
33 % white chocolate	380 g	37.04 %
35 % fat cream	400 g	38.99 %

Hydrate the gelatine in water for half an hour. Boil the milk and add the hydrated gelatine. Pour onto the melted chocolate in 4 to 5 amounts and emulsify. Add the liquid glucose (unheated) and finish by adding the cold cream. Leave to cool in the fridge at 4 °C for 24 hours before using it.



Mandarin gel

Mandarin purée.....	200 g	98.04 %	Mix the mandarin purée and the Gracila Gel, and bring to the boil. Leave to set and blend to make a fine cream.
Gracila Gel 43201	4 g	1.96 %	



Gavotte

Egg white	110 g	14.57 %	Mix the sugar and the egg whites. Add the melted butter, the water and the salt. Lastly, add the Gelcrem Cold and mix for a minute. Leave to rest for 20 minutes and blend again.
Muscovado sugar	90 g	11.92 %	
Water	450 g	59.60 %	Put a fine layer of gavotte on a silicone mat and bake at 175 °C for 10 to 12 minutes. Shape the gavotte while it is still hot.
82 % fat butter	50 g	6.62 %	
Salt	5 g	0.66 %	
Gelcrem Cold 38674	50 g	6.62 %	



Chestnut blackcurrant

Main recipe

FOR 200 G

Chestnut cream	100 g	58.82 %
Blackcurrant gel	35 g	20.59 %
Coconut ice cream	25 g	14.71 %
Coconut meringue	10 g	5.88 %

Pipe the chestnut cream onto a lightly greased silicone mat using a vermicelli piping nozzle. Freeze, cut a circle of cream and arrange it on the base of a plate. Pipe the blackcurrant gel around this circle. Decorate the plate with pieces of dry meringue and a *quenelle* of coconut ice cream.

Chestnut cream

Marron Antic Confit 37437.....	350 g	87.50 %
Whisky.....	50 g	12.50 %

Blend for 5 minutes at 50 °C in a food processor. Sieve.

Blackcurrant gel

Blackcurrant purée.....	200 g	98.04 %
Gracila Gel 43201.....	4 g	1.96 %

Mix the blackcurrant purée and the Gracila Gel, and bring to the boil. Leave to set and blend to make a cold cream.





Moulds and junkets



Chocolate and coconut custard cream

Main recipe

FOR 90 G

Chocolate custard cream	150 g	71.43 %
Crunchy cocoa caramel	5 g	2.38 %
Chocolate fondant	25 g	11.90 %
Coconut ice cream	30 g	14.29 %

Place the chocolate custard cream in the middle of a plate. Cut some chocolate fondant into squares and put them on top of the custard cream. Place a cocoa and caramel tuile on top of that. Round it all off with a *quenelle* of coconut ice cream.

Chocolate custard cream

35 % fat cream 36641	400 g	53.23 %
Milk.....	100 g	13.31 %
Sugar.....	100 g	13.31 %
Gracila Gel 43201	1.5 g	0.20 %
75 % dark chocolate.....	150 g	19.96 %

Mix all the ingredients together, except for the chocolate, and bring to the boil. Pour onto the chocolate and blend well. Pour into a mould and leave to set.



In low proportions, soft textures can be obtained like that of a cream caramel, **without using egg**, hence maximizing the flavour you want to boost.





Crunchy cocoa caramel

40 DE liquid glucose 37305	60 g	45.11 %
Isomalt 39463	60 g	45.11 %
Cocoa powder	13 g	9.77 %

Melt all the ingredients together at 155 ° C. Spread across a silicone mat and bake for 5 minutes at 250 ° C. Shape as required on removal from the oven.

Chocolate fondant

Egg	170 g	27.33 %
82 % fat butter	140 g	22.51 %
64 % dark chocolate	145 g	23.31 %
Coconut sugar 37902	80 g	12.86 %
Sugar	55 g	8.84 %
Salt	2 g	0.32 %
Gelcrem Hot 38673	5 g	0.80 %
Grated coconut 38552	5 g	0.80 %
Cremsucre 37821	20 g	3.22 %

Melt the chocolate and the butter at 40 °C. Add the Cremsucre, followed by the liquid egg and the Gelcrem. Mix the coconut sugar and the sugar together, and add to the previous mix. Once they have been mixed together, add the rest of the ingredients.

Coconut ice cream

Coconut pulp	960 g	56.80 %
Procrema 100 Cold 37629	110 g	6.51 %
Sugar	180 g	10.65 %
33 DE glucose powder 39464	30 g	1.78 %
Water	410 g	24.26 %

Mix all the ingredients together, blend until uniform, and leave in the fridge for a minimum of 6 hours. Churn.



Cream caramel

Main recipe

FOR 190 G

Cream caramel	150 g	78.95 %
Fudge	25 g	13.16 %
Chantilly cream	10 g	5.26 %
Carquinyolis	5 g	2.63 %

Place the cream caramel in the middle of a plate. Cut some fudge into squares and put them on top of the cream caramel. Place a caramel tuile on top of that. Round it all off with a little whipped cream and some pieces of carquinyoli.

Cream caramel

35 % fat cream	400 g	66.50 %
Milk.....	100 g	16.63 %
Sugar	100 g	16.63 %
Gracila Gel 43201	1.5 g	0.25 %

Mix all the ingredients together and bring to the boil. Place in previously caramelized moulds and leave to set.



Fudge

Muscovado sugar	240 g	52.17 %
Maple syrup	20 g	4.35 %
Cake flour.....	10 g	2.17 %
82 % fat butter	60 g	13.04 %
Salt	5 g	1.09 %
Evaporated milk.....	120 g	26.09 %
Baking Powder Std 37117	5 g	1.09 %

Mix all the ingredients together and boil to 121 °C. Mix in a food processor with the blade until the mixture cools. Spread across a silicon mat.



Mel i mató (fresh cheese and honey)

Main recipe

FOR 200 G

Walnut and honey junket	200 g	100 %
Sugar-coated walnuts	as needed	
Fresh cheese	as needed	
Honey 37469	as needed	

Leave the junket to set on the base of a deep plate.
Decorate the plate with sugar-coated walnuts and pieces of
fresh cheese, and pour a little honey on top.

Walnut and honey junket

Milk.....	400 g	79.60 %
Honey 37469	50 g	9.95 %
Walnut paste 37513	50 g	9.95 %
Gracila Gel 43201	2.5 g	0.50 %

Mix all the ingredients together, and bring to the boil.



Sugar-coated walnuts

Walnuts 36971	100 g	50 %
Honey 37469	50 g	25 %
40 DE liquid glucose 37305	50 g	25 %

Melt the honey and the glucose, and heat to 160 °C.
Submerge the walnuts in the syrup and caramelize.



Tropical sundae

Main recipe

FOR 200 G

Passionfruit junket	50 g	40.32 %
Coconut microwave sponge	12 g	9.68 %
Coconut crèmeux	50 g	40.32 %
Fresh passionfruit	12 g	9.68 %

Leave the coconut crèmeux to set in a sloping glass. When it is cold, pour the passionfruit junket on top and leave to set. Decorate with the microwave sponge and passionfruit

Passionfruit junket

Passionfruit purée	400 g	79.60 %
Water	50 g	9.95 %
Sugar	50 g	9.95 %
Gracila Gel 43201	2.5 g	0.50 %

Mix all the ingredients together without heating, and then bring to the boil. Pour into your chosen recipient and leave to set.

Coconut microwave sponge

Coconut purée	64 g	44.08 %
Egg white	24 g	16.53 %
Cake flour	12 g	8.26 %
Butter	4 g	2.75 %
Baking Powder Std 37117	1.2 g	0.83 %
Icing sugar 38489	40 g	27.55 %

Mix all the ingredients and blend for a minute. Pour into a syphon and charge with two cartridges. Fill two paper cups halfway up, and heat in a microwave at 600 W for about 40 seconds.

Coconut crèmeux

Coconut purée	440 g	43.31 %
Coconut water	160 g	15.75 %
Sugar	100 g	9.84 %
325 NH 95 pectin 38892	12 g	1.18 %
Water	86 g	8.46 %
Sunflower oil	64 g	6.30 %
Natur Emul 38850	10 g	0.98 %
Deodorized coconut fat 37327	144 g	14.17 %

Mix the water, sunflower oil and Natur Emul until it thickens to the texture of egg yolk. Separately, heat the coconut water with the purée. In turn, mix the sugar with the pectin. When the purée and the coconut water reach about 40 °C, gradually add the sugar and pectin and stir with a whisk. Bring the mix to the boil. Remove from the heat, and add the mixture with the water, sunflower oil and Natur Emul, followed by the coconut oil. Emulsify with a mixer. Pour into moulds. Keep in the fridge for 6 hours.

Compotes



Pear and vanilla compote

Main recipe

FOR 360 G

Pear purée.....	250 g	68.87 %
Gracila Gel 43201	3 g	0.83 %
Vanilla pods.....	5 g	1.38 %
Sugar	80 g	22.04 %
Lemon purée.....	25 g	6.89 %

Mix all the ingredients together unheated, and then bring to the boil.



Compotes with a low sugar content can be made, incorporating solids and creating healthier dishes with more flavour.



Orange charlotte

Main recipe

FOR 1 CHARLOTTE

Orange spongecake	280 g	40 %
Orange bavaroise	200 g	28.57 %
Orange and ginger compote	180 g	25.71 %
Candied orange strips 37786	20 g	2.86 %
Orange segments	20 g	2.86 %

Place a 16 cm-diameter spongecake disk on the bottom of a mould. Fill with the bavaroise and freeze. Remove from the mould and cover the bavaroise with the compote. Surround it with orange sponge fingers, and decorate the top with orange segments and candied orange strips.

Orange spongecake

Orange purée	240 g	29.27 %
Sugar	160 g	19.51 %
Albuwhip 38461	30 g	3.66 %
Trehalose 39054	40 g	4.88 %
Egg yolk	150 g	18.29 %
Baking Powder Std 37117	10 g	1.22 %
Cake flour	150 g	18.29 %
Corn starch	40 g	4.88 %
Icing sugar 38489	as needed	

Mix the purée with the Albuwhip using an electric hand-mixer. Whip it in a food mixer at speed 3. Mix the sugars together and add them in three parts, as with a French meringue. Gradually pour the egg yolk into the meringue mixture and stir well. In a separate bowl, mix the remaining solids with the egg yolk and fold them into the meringue mixture until fully incorporated. Spread it onto baking parchment and bake for 6 minutes at 180 °C.

Orange bavaroise

Milk	200 g	20.14 %
Sugar	100 g	10.07 %
Orange purée	170 g	17.12 %
Natur Emul 38850	7 g	0.70 %
35 % fat cream	422 g	42.50 %
Sunflower oil	20 g	2.01 %
Guar gum 38689	2 g	0.20 %
Gelatine mass	72 g	7.25 %

Mix the Natur Emul with the sunflower oil. Heat the milk, sugar and guar gum. Add the gelatine mass and blend. Add the orange purée and blend again. When the mixture reaches 28 °C, carefully incorporate the semi-whipped cream. It is ready to use.



Orange and ginger compote

Powdered ginger	10 g	1.10 %
Orange juice	400 g	44.08 %
Mandarin purée.....	100 g	11.02 %
Lemon purée.....	50 g	5.51 %
Sugar	140 g	15.43 %
Gracila Gel 43201	7.5 g	0.83 %
Diced orange.....	200 g	22.04 %

Mix half the orange juice with the mandarin purée, lemon juice, powdered ginger, sugar and Gracila Gel. Bring to the boil. Add the rest of the orange juice and the orange segments and stir well.





Coconut and lime biscuits

Main recipe

FOR 215 G

Coconut and lime compote	60 g	27.91 %
Hazelnut sablé	120 g	55.81 %
40 % milk chocolate	30 g	13.95 %
Grated coconut 38552	5 g	2.33 %

Temper the chocolate and bathe the sablé with it. Sprinkle coconut on top before it crystallizes. Lastly, fill the biscuit with the compote.

Coconut and lime compote

Coconut purée	500 g	62.50 %
Lime purée	150 g	18.75 %
Sugar	140 g	17.50 %
Gracila Gel 43201	10 g	1.25 %

Mix all the ingredients together, and bring to the boil.



Hazelnut sablé

Butter 36637	150 g	18.59 %
Icing sugar 34354	95 g	11.77 %
Hazelnut paste 36854	70 g	8.67 %
Salt	2 g	0.25 %
Whole egg	75 g	9.29 %
Hazelnut flour 37347	55 g	6.82 %
Cake flour 39711	300 g	37.17 %
Procrunx 37639	60 g	7.43 %

Mix the sugar and the butter in a food mixer with the flat beater. Add the hazelnut paste and the salt. Then add the rest of the solids. Finally, add the egg. Leave the dough to rest overnight, with clingfilm round it. Roll out to a thickness of 4 mm and bake for 15 minutes at 150 °C in the mould of your choice.



Citrus rum baba

Main recipe

FOR 1 SERVING

Yuzu compote.....	5 g	4.55 %
Yuzu crèmeux.....	30 g	27.27 %
Rum baba.....	75 g	68.18 %
Lemon segments.....	as needed	
Fresh mint.....	as needed	

Cut the baba into several disks. Pipe the yuzu crèmeux into the middle and add some dots of yuzu compote. Decorate with a few mint leaves and little pieces of fresh lemon.

Yuzu compote

Yuzu purée.....	300 g	41.15 %
Lemon purée.....	100 g	13.72 %
Apple purée.....	150 g	20.58 %
Gracila Gel 43201.....	9 g	1.23 %
Sugar.....	170 g	23.32 %

Mix all the ingredients together, and bring to the boil.



Yuzu crèmeux

Yuzu juice.....	350 g	34.21 %
Water.....	300 g	29.33 %
Sugar.....	180 g	17.60 %
Fruit pectin NH 37850.....	13 g	1.27 %
Natur Emul 38850.....	10 g	0.98 %
Deodorized coconut fat 37327.....	140 g	13.69 %
Hot Inulin 39460.....	30 g	2.93 %
Baking Powder Std 37117.....	5 g	1.09 %

Mix the sugar, pectin and Natur Emul. Separately, mix the juice and the water. Heat the liquids to 40 °C and gradually add the dry ingredients, sprinkling them on, as you blend the mix. Bring to the boil. Remove from the heat and cool to 45 °C. Add the coconut oil and blend well. Cool to 4 °C as swiftly as possible. Chill in the fridge for 12 hours prior to using.



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Sosa's collaboration with Disfrutar

Disfrutar, a restaurant that opened its doors in December 2014, is built on years of hard work at El Bulli, where Mateu Casañas, Oriol Castro and Eduard Xatruch met and trained professionally, and on their work at Compartir, a restaurant opened in Cadaqués in April 2012.

Disfrutar ended the year 2023 with its 3rd Michelin star, in addition to a National Gastronomic Award in recognition of its track record, Europe's Best Restaurant Award, and second place in the ranks of the World's 50 Best Restaurants.



At **Sosa Ingredients**, we develop innovative, inspirational ingredients, fuelled by a desire to evolve with the aid of top chefs. One good example is Gracila Gel, a product developed and tested, right from the outset, with the team at Disfrutar. This new additive-free ingredient can be used to create a wide variety of textures.





Sweetcorn foam jelly in ceviche

x Disfrutar

Main recipe

FOR 1 SERVING

Savoury sweetcorn sponge

Dressed red onion

Monkfish sauce with spirulina

Monkfish broth

Coriander oil

Tiger's milk

Tiger milk ice cream

Tiger milk slushy

Diced avocado

Lime..... 1 u

Extra virgin olive oil..... as needed

Coriander sprouts..... 12 u

1. Take one of the pieces of diced avocado and caramelize it lightly with a cooking torch.
2. Put a square of savoury sweetcorn sponge on the right and left of the dish.
3. Place the caramelized avocado square at the top, crowned with a piece of red onion.
4. Pour two spoonfuls of monkfish broth into the dish.
5. Decorate the monkfish broth with 4 dots of tiger's milk, 9 dots of coriander oil, and 6 dots of monkfish and spirulina sauce, alternating them.
6. Place a coriander shoot on each piece of spongecake and another on the onion.
7. Put a *quenelle* of tiger milk ice cream in the middle of the dish.
8. Put a spoonful of tiger milk slushy on the opposite side from the avocado.
9. Finish it off by grating lime peel onto the ice cream *quenelle*.

Savoury sweetcorn sponge

Liquidized sweetcorn	250 g	97.09 %
Gracila Gel 43201	5 g	1.94 %
Soy lecithin 38754	2.5 g	0.97 %

1. Mix the sweetcorn with the lecithin and the Gracila Gel.
2. Whisk until uniform.
3. Pour the mixture into a saucepan and bring to the boil, stirring continuously.
4. Remove from the heat and leave to cool until it reaches 50 °C , then pour it into a syphon. Charge with 2 cartridges and shake vigorously.
5. Line the recipient where it will be piped with clingfilm. Pipe the mix to a height of 6 cm and put it in the freezer for 2 minutes. Remove it from the freezer and put it in the fridge until it forms a solid block.
6. Remove it from the recipient, and cut it into cubes with 2.5 cm sides.
7. Two pieces per person will be needed.

Liquidized sweetcorn

Tinned sweetcorn	800 g	100 %	1. Blend the sweetcorn with the indicated amount of water until a fine cream is obtained.
			2. Filter it through a <i>Claribag</i> and keep the resulting juice.

Dressed red onion

Red onion.....	1 u		1. Peel and cut the onion into fine 0.2 cm-thick slices.
Orange juice	100 g	49.75 %	2. Leave the onion in iced water for 10 minutes. Then drain and dry it on absorbent paper.
Lime juice.....	100 g	49.75 %	3. Mix the orange juice with the lime and the oregano.
Powdered oregano.....	1 g	0.5 %	4. Vacuum pack the onion with the juice mix and leave it to marinate in the fridge for 24 hours.

Monkfish broth

Monkfish heads	2 u		1. Clean the monkfish heads to remove the eyes and the remains of any innards.
Extra virgin olive oil	200 g	99.5 %	2. Cut the monkfish heads into 10 cm pieces and leave them in iced water for 2 hours to remove the blood.
Xanthan gum Clear 38694	1 g	0.5 %	3. Drain them.
Salt.....	as needed		4. In a saucepan, heat 150 g of extra virgin olive oil and add the pieces of monkfish.
			5. Sauté, season with salt as required, and put the lid on the pan. Simmer for 30 minutes on a low heat.
			6. When this time has passed, the fish will have released all the water and gelatine, and you will have a tasty monkfish stock.
			7. Strain through a fine sieve.
			8. Add the xanthan gum to 200 g of the monkfish stock, and blend until there are no lumps.
			9. Emulsify it with the remaining 50 g of extra virgin olive oil, working continuously without stopping the electric mixer.
			10. Add salt as required and leave on one side.

Monkfish sauce with spirulina

Monkfish broth	50 ml	≈90.91 %	1. Put the ingredients into a bowl and mix them with a hand-mixer until it is all fully dissolved with no lumps.
Blue spirulina.....	5 g	≈9.09 %	

Coriander oil

Coriander leaves	50 g	33.33 %	1. Scald the coriander leaves in boiling water, drain, and chill in iced water.
Sunflower oil	100 g	66.67 %	2. Drain the chilled leaves well and blend with the sunflower oil.
			3. Strain and pour into a sauce dosing dispenser.

Tiger's milk

Garlic	40 g	4.18 %	1. Peel and crush the garlic.
Ginger	50 g	5.23 %	2. Peel the ginger and cut into julienne strips.
Red onion	180 g	18.83 %	3. Peel the onion and cut into julienne strips.
Celery	120 g	12.55 %	4. Break the coriander leaves into bits.
Dashi powder	50 g	5.23 %	5. Clean and chop the celery.
Ice	250 g	26.16 %	6. Put all the above ingredients into a vacuum bag with the powdered dashi, ice and lemon juice.
Lemon juice	240 g	25.11 %	7. Vacuum seal the bag, shake, and leave to rest for 4 hours in the fridge. Strain the liquid.
Coriander leaves	25 g	2.62 %	8. Add the xanthan gum to the tiger's milk and blend until there are no lumps.
Xanthan gum 38696	0.8 g	0.08 %	9. Keep in the fridge.

Tiger milk ice cream

Tiger's milk	300 g	97.72 %	1. With the aid of an electric mixer, mix the ingredients until everything is completely dissolved.
Anti-crystallizer for sorbets	7 g	2.28 %	2. Leave in the fridge for 24 hours and then freeze in a pacotizing beaker.
			3. Pacotize in a Pacojet prior to use.

Tiger milk slushy

Tiger's milk	250 g	100 %	1. In a bowl, whisk the tiger's milk with the necessary liquid hydrogen. adding nitrogen until an iced texture is achieved. Leave on one side until required.
Liquid nitrogen	as needed		

Diced avocado

Mature avocado	1 u	100 %	1. With the aid of a small knife, cut the avocado into two. Remove the stone and peel.
			2. Cut a 1.2 cm-thick slice and then cut this into cubes with 1.2 cm sides.
			3. Leave in the fridge, covered with clingfilm until needed.
			4. One per person will be required.



**SEE THE VIDEO OF OUR
COLLABORATION WITH
DISFRUTAR!**









**Ingredients to
reimagine gastronomy**

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