



Ingredients to reimagine gastronomy

Flaxfiber

Recipe Book

Flax fiber 100 % plant-based
Additive-free

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Flaxfiber

Ideas by
our chefs



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Bonus recipe

by Disfrutar

Flaxfiber

A VERSATILE TEXTURIZER: THICKENER - STABILIZER - EMULSIFIER,
MADE OF 100 % FLAX FIBER



42151

Savoury uses

Water-based sauces and soups
Hot and cold creams
Emulsified sauces
Drinks



Sweet uses

Sauces and coulis
Ice creams and sorbets
Mousses and meringues





The most savoury version of Flaxfiber

At restaurants, certain textures are fundamental. Emulsifying, thickening and stabilizing are three key techniques in the world of gastronomy, used in a wide variety of dishes such as sauces, creams and soups.

These techniques are essential in achieving perfect consistencies and textures. That is why we have created this recipe book in order to inspire our clients and show them new ways of incorporating Flaxfiber in their culinary creations.

The team at DISFRUTAR—famous for their innovative approach and constant bid to excel—has proven how effective Flaxfiber is as a technique, using it in a variety of different applications and demonstrating what a groundbreaking ingredient it is for the world of haute cuisine.

For this recipe book, they have come up with a beurre noisette meringue à la meunière.

Our chefs



Guillermo Corral

Guillermo 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 Sivieude

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.



Edu Azuaza

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.



Albert Jofre

After training as a pastry chef with Eric Ortuño, Albert forged a solid career working at some of the finest patisseries in Barcelona.





Onion soup with toast,
texturized with **FLAXFIBER**



Onion soup with toast, poached egg, and Parmesan cheese

Main recipe

1 SERVING

Texturized onion soup with toast	200 g	70.92%
Toast.....	20 g	7.09%
Poached egg	50 g	17.73%
Slivers of Parmesan cheese	10 g	3.55%
Chopped chives	2 g	0.71%
Total	282 g	100%

Lay the hot poached egg on top of the toast on the bottom of a soup dish. Pour the hot soup in. Decorate with the slivers of Parmesan cheese and chopped chives.

Poached egg

Medium-size fresh egg	300 g	36.36%
Water	500 g	60.61%
Vinegar	20 g	2.42%
Salt.....	5 g	0.61%
Total	825 g	100%

Cook the eggs in water at a controlled temperature of 65 °C for 30 minutes. Cool in iced water. Heat the 500 g of water to 60 °C with the vinegar and the salt. Remove the shells from the eggs and put them in hot water to regenerate them.

Texturized onion soup with toast

Onion soup with toast	1 kg	98.81%
Flaxfiber 42151	1 g	0.10%
Vegetable umami	1 g	0.10%
Sugar.....	8 g	0.79%
Salt.....	2 g	0.20%
Total	1012 g	100%

Blend for 30 seconds in an electric blender to integrate all the ingredients. Strain.

Onion soup with toast

White onion	1 kg	43.86%
Mild olive oil.....	80 g	3.51%
Mineral water	1.2 kg	52.63%
Total	2280 g	100%

Peel and cut the onion. Divide into 2 parts. Cut one part into quarters and toast in the oven (180 °C - 40 min). Cut the rest into julienne strips and sauté in oil in a pan until lightly caramelized (not very dark brown). Add the toasted onion and water. Simmer on a very low heat for 40 min. And strain.



Tiger's milk with passion fruit,
emulsified with
FLAXFIBER



Grooved carpet shell clams in ceviche with passion fruit

Main recipe

1 SERVING (200 G)

Tiger's milk

with passion fruit	80 g	26.36 %
Large grooved carpet shell clams	200 g	65.90 %
Freeze-dried sweetcorn 2 g	2 g	0.66 %
Pickled red onion	15 g	4.94 %
Coriander shoots	1 g	0.33 %
Celery brunoise	5 g	1.65 %
Grated lime	0.5 g	0.16 %

Total 303.50 g 100 %

Open the live clams and remove them from their shells. Arrange the shell-less clams in a circle on a plate. Randomly add the other ingredients. Finish the dish off by adding the tiger's milk with the passion fruit.

Tiger's milk with passion fruit

Passion fruit puré	60 g	24.39 %
Tiger's milk	170 g	69.11 %
Sunflower oil	10 g	4.07 %
Concentrated passion fruit paste 41526	5 g	2.03 %
Flaxfiber 42151	0.5 g	0.20 %
Salt	0.5 g	0.20 %

Total 246 g 100 %

Blend all the ingredients in an electric blender for 30 seconds until an emulsion is obtained.

Pickled red onion

Pickled red onion julienne	60 g	24.19 %
Mineral water	100 g	40.32 %
Apple vinegar	60 g	24.19 %
Salt	8 g	3.23 %
Sugar	20 g	8.06 %

Total 248 g 100 %

Mix the sugar and salt with the water until dissolved, heating to 60 °C. Add the vinegar and the pickled onion julienne and leave to cool. Pour into a plastic bag suitable for vacuum-packing machines. Vacuum pack with a 100% seal. Allow to cool for at least 1 hour before use.



Beetroot and raspberry
gazpacho, thickened with
FLAXFIBER

Beetroot and raspberry GAZPACHO

Main recipe

1 SERVING

Beetroot and raspberry gazpacho	180 g	90 %
Fresh raspberries	15 g	7.50 %
Fresh dill leaves	2 g	1.0 %
Tender red chard leaves	1 g	0.5 %
Freeze-dried beetroot slivers	2 g	1.0 %

Ladle the cold gazpacho into a soup dish. Arrange the raspberries, dill leaves, tender red chard leaves and freeze-dried beetroot on top. Serve.

Total **200 g** **100 %**

Beetroot and raspberry gazpacho

Mineral water	300 g	29.99 %
Raspberry purée.....	500 g	49.98 %
Cooked beetroot	120 g	11.99 %
Red pepper	15 g	1.50 %
Sherry vinegar.....	20 g	2 %
Olive oil	40 g	4 %
Flaxfiber 42151	0.5 g	0.05 %
Table salt	5 g	0.50 %

Blend all the ingredients together, except for the oil and the FlaxFiber, until a perfect fine creamy texture is obtained. Add the oil and the FlaxFiber and emulsify it all. Season with salt as required.

Total **1000.50 g** **100 %**



Eggless yuzu hollandaise
sauce, emulsified with
FLAXFIBER



WHITE ASPARAGUS

with yuzu hollandaise sauce

Main recipe

1 SERVING

Eggless yuzu hollandaise sauce	60 g	31.91 %
Canned white asparagus.....	120 g	63.83 %
Purple and green shiso shoots.....	1 g	0.53 %
Nori julienne.....	2 g	1.06 %
Lemon peel slivers 41531.....	2 g	1.0 %

Cut each asparagus into 3 parts. Cover each part with hollandaise sauce, and arrange the rest of the ingredients in random fashion.

Total 188 g 100 %

(Eggless) yuzu hollandaise sauce

Mineral water	100 g	39.06 %
Yuzu purée.....	50 g	19.53 %
Flaxfiber 42151	5 g	1.95 %
Clarified butter.....	100 g	39.06 %
Salt.....	1 g	0.39 %

Pour the water, yuzu juice, Flaxfiber and salt into a recipient. Blend with an electric blender until uniform. Gradually add the clarified butter at a temperature of 40 °C, emulsifying it constantly with an electric mixer. Leave on one side at a warm temperature (25 to 35 °C) to prevent the butter from solidifying.

Total 256 g 100 %



Pepper pilpil, with piquillo
peppers thickened with
FLAXFIBER



CONFIT OF COD

with roast piquillo pepper pilpil

Main recipe

1 SERVING

Desalted loin of cod.....	150 g	42.61 %
Canned piquillo peppers	40 g	11.36 %
Piquillo pepper pilpil	60 g	17.05 %
Chives.....	2 g	0.57 %
Extra virgin olive oil.....	100 g	28.41 %
Total	352 g	100 %

Pour the olive oil into a saucepan and heat to 70°C. Put the cod into the hot oil and leave to cook for 5 minutes. Drain the cod and leave the oil on one side. (It can be used to cook more cod). Heat a frying pan with a little of the oil from confiting the cod and fry the piquillo peppers on both sides until they are slightly caramelized. Arrange the piquillo peppers on the base of a plate. Lay the confited cod on top of them and decorate it all with the piquillo pepper pilpil, heated to 50°C. Round it all off with the fresh chives.

Piquillo pepper pilpil

Piquillo pepper juice	200 g	78.13 %
Virgin olive oil.....	50 g	19.53 %
Flaxfiber 42151	5 g	1.95 %
Salt.....	1 g	0.39 %
Total	256 g	100 %

Blend the piquillo pepper juice with the Flaxfiber and salt until a uniform mix is obtained. Gradually add the olive oil, emulsifying it with an electric mixer. Leave on one side, refrigerated.

Piquillo pepper juice

Juice from cooking the roast peppers	160 g	66.67 %
Canned roast piquillo peppers.....	80 g	33.33 %
Total	240 g	100 %

Blend the canned piquillo peppers in an electric blender with double their weight of the juice they released when they were cooked. Strain.



Cream of wild mushroom
soup, thickened with
FLAXFIBER



HOT wild mushroom and hazelnut CREAM SOUP

Main recipe

1 SERVING

Cream of wild mushroom and hazelnut soup	200 g	76.92 %
Fresh cep mushrooms (Boletus edulis)	40 g	15.38 %
Roasted hazelnuts	10 g	3.85 %
Virgin olive oil	10 g	3.85 %
Total	260 g	100 %

Pour the hot cream soup into a soup dish. Halve the cep mushrooms lengthwise, and sauté them in a frying pan with olive oil. Put the mushroom halves into the cream soup. Decorate the dish with roasted hazelnuts and a few drops of the oil from sautéing the mushrooms.

Cream of wild mushroom and hazelnut soup

Cream of cep mushroom soup	900 g	89.91 %
Roasted hazelnut paste 40371	100 g	9.99 %
Flaxfiber 42151	1 g	0.10 %
Total	1001g	100 %

Blend all the ingredients in an electric blender for 1 minute until they are emulsified.

Cream of cep mushroom soup (Boletus edulis)

Mild olive oil	20 g	1.55 %
Cep mushrooms (Boletus edulis)	400 g	30.91 %
Spring onion	50 g	3.86 %
Monalisa potatoes	130 g	10.05 %
Mineral water	350 g	27.05 %
35 % fat cream	300 g	23.18 %
Salt	3 g	0.23 %
Black pepper	1 g	0.08 %
Brandy	40 g	3.09 %
Total	1294 g	100 %

Poach the spring onion in oil. When it is slightly caramelized, add the cep mushrooms and continue to cook until they are slightly golden. Flambé with the brandy and let the alcohol reduce. Add the water and the cream and cook over a low heat for 10 minutes. Season with salt and pepper to taste. Blend until a uniform cream is obtained. Strain.



Thai vichyssoise,
thickened
FLAXFIBER

VICHYSSOISE THAI

with toasted leeks

Main recipe

3 SERVINGS

Thai vichyssoise.....	250 g	81.17%
Lightly toasted leeks.....	50 g	16.23%
Sivers of desiccated coconut.....	5 g	1.62%
Lime peel.....	1 g	0.32%
Sesame oil.....	2 g	0.65%
Total	308 g	100%

Ladle the cold vichyssoise into a soup dish. Place the lightly toasted leeks in the middle. Decorate with the coconut sivers, grated lime and sesame oil.

Lightly toasted leeks

Leeks.....	200 g	90.83%
Butter.....	20 g	9.08%
Salt.....	0.2 g	0.10%
Total	220.20 g	100%

Clean and cut the leeks. Remove the first two layers and use the white part. Steam until lightly cooked. Cut into 1cm pieces. Heat the butter in a frying pan and lightly toast the leeks on both sides until they are golden. Add salt and leave on one side.

Thai Vichyssoise

Vichyssoise thai base.....	1000 g	99.70%
Flaxfiber 42151	2 g	0.20%
Salt.....	1 g	0.10%
Total	1003 g	100%

Blend everything in an electric blender for 1 minute until the mixture has thickened and it is properly emulsified.

Thai vichyssoise base

Olive oil.....	20 g	1.98%
Butter.....	50 g	1.98%
Leeks.....	150 g	14.81%
Spring onion.....	50 g	4.94%
Fresh ginger	15 g	1.48%
Garlic.....	5 g	0.49%
Monalisa potatoes	150 g	14.81%
Mineral water	300 g	29.63%
Coconut milk	300 g	29.63%
Kaffir lime leaf	0.5 g	0.05%
Lemon grass.....	2 g	0.20%
Total	1012.50 g	100%

In a saucepan, heat the oil and the butter and sauté the spring onion and leek mirepoix. It is important to sauté them on a low heat so that they cook without turning gold (remaining white). Add the chopped garlic and ginger. Continue to sauté for 5 more minutes. Add the diced potato, water, coconut milk, Kaffir lime leaf and lemon grass. Cook for 10 minutes until the potato is cooked. Remove the Kaffir lime leaf and the lemon grass, and blend the rest with an electric blender. Strain and set aside.



Cream of coconut and
pistachio soup, thickened with
FLAXFIBER



CREAM

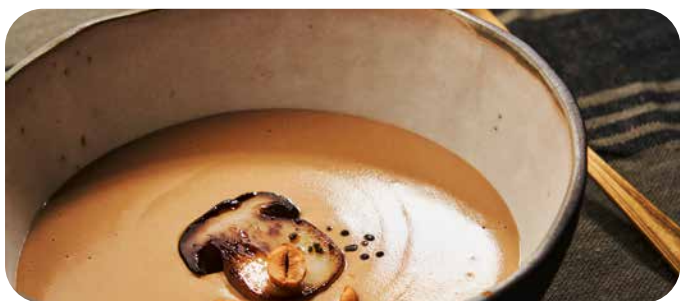
of coconut and pistachio soup

Main recipe

Coconut liqueur (Malibu).....	450 g	44.66 %
Pure pistachio paste 44132.....	200 g	19.85 %
35 % fat cream.....	80 g	7.94 %
Concentrated rum	70 g	6.95 %
Salt.....	6 g	0.6 %
Sugar.....	1 g	0.10 %
Mineral water	200 g	19.85 %
Pistachio flavouring 50062.....	0.12 g	0.01 %
Flaxfiber 42151	0.40 g	0.04 %

Total1007.52 g 100 %

Blend everything for 1 minute in an electric blender until the mixture is properly emulsified. Serve chilled in a glass with ice.





Bonus recipe

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Beurre noisette meringue à la meunière **x Disfrutar**

Ingredients for 4 people

Beurre noisette

Butter400 g

1. Melt the butter in a thick-based saucepan.
2. Heat to 150°C for 30 minutes, without moving it.
3. Remove from the heat. Collect all the toasted part and pour it unstrained into a recipient to cool.

Beurre noisette meringue

Mineral water200 g

Albuwhip **48688**40 g

Flaxfiber **42151**4 g

Beurre noisette (previously prepared)300 g

1. Add the water to the Albuwhip and the Flaxfiber and blend until there are no lumps. Store in the fridge for one hour for the mixture to hydrate. In a food mixer, whip until a meringue with stiff peaks is obtained.
2. Add the butter in a stream, at a temperature of 45 °C, until it is integrated. Do not over-beat it.
3. Remove from the food mixer and mix with a spatular, making folding movements.
4. Put the mixture into a piping bag and leave on one side at room temperature so that the butter does not solidify.

Meunière butter sauce

Beurre noisette (previously prepared)50 g

Lemon juice30 g

Salt

1. Heat the butter to melt it.
2. Add the lemon juice, in a stream, as it emulsifies.
3. Taste and season with salt as required.
4. Keep warm.

Disfrutar



Ocoo millenium egg

5 fresh eggs..... 65 g

1. Cook the eggs in the Ocoo for 7 hours, using the "millenium egg" programme.
2. Check that they are cooked when you remove them. If not, cook them for 3 more hours.

Black lemon juice

Lemon juice..... 4 u

1. Pour the juice into a vacuum bag, and vacuum pack it with a 100 % seal.
2. Store at a temperature of 60 °C for 50 days. It should acquire a caramel texture.
3. Leave on one side in the fridge until required.

Pieces of anchovy fillet

Salted anchovies.....4

Extra virgin olive oil.....100 g

1. Remove the salt from the anchovies by putting them in cold water for 8 minutes. Take them out of the water and drain them on kitchen paper.
2. Using the tip of a sharp knife, half the anchovies and remove any bones from the belly and back of the fillets.
3. Cut the anchovy fillets into 0.5cm pieces. 4 pieces of anchovy per person will be needed.
4. Cover the anchovy pieces with virgin olive oil, and store in the fridge.

:Dis frutar

Lemon cubes

Lemons..... 2 u

1. Segment the lemons. With the tip of a sharp knife, remove the skin and the pith.
2. Separate the lemon segments, making sure that there are no pips or pith left.
3. Cut the lemon segments into 0.3cm cubes. 30 lemon cubes will be needed.
4. Store in the fridge.

Others

India black salt

Capers..... 8 u

Dry Moroccan black lime

Salt flakes

Pasteurized egg yolk..... 4 g

Presentation

1. Prior to the dish, serve a dessert spoon with India black salt.
2. Pipe the meringue (9 g) onto the left side of the dish. With a spoon, make a tear shape, running it across to the edge of the dish
3. Place a portion of millenium egg (1/4, cut lengthwise) in the middle of the tear.
4. Arrange 2 capers, 2 pieces of anchovy and 2 lemon cubes on top of the meringue.
5. Decorate one end of the meringue with a dot of black lemon juice.
6. Round it off by sprinkling the pasteurized egg yolk across the top of the meringue (1 g), together with half a spoon of butter meunière (4 g), and the grated black lime, making a line perpendicular to the meringue.

:Disfrutar

Here is the video of the recipe



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**Ingredients to
reimagine gastronomy**

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