

Fibers

IN PASTRY



jordibordas × 





**Ingredients to
reimagine gastronomy**



Editorial

In a world where healthy eating is an increasing priority, artisanal pastry faces a unique challenge and opportunity: reducing the use of fats and sugars without compromising flavor, texture, or the overall experience. According to the World Health Organisation, excessive consumption of sugars and fats is directly linked to global health issues such as obesity and cardiovascular diseases. In this context, pastry chefs play a key role as creators of offerings that align with wellness trends and social responsibility.

The traditional use of fats and sugars in pastry has been crucial to ensuring properties like preservation and texture. However, scientific advancements and the incorporation of new ingredients, such as inulin and oligofructose, open up a world of possibilities. These natural fibers enable sugar reduction while increasing fiber content, achieving the perfect balance between health and indulgence. The recipes featured in this booklet invite you to explore these innovations: from coconut crunch with inulin to praline glaze with oligofructose, each creation demonstrates that it is possible to meet the expectations of the most discerning palates while aligning with the needs of today's society.

This year, we're going even further: we've included the nutritional value of each recipe, allowing you to see the fat, calorie, and fiber content. We also encourage you to make your own comparisons with other recipes if you wish.

The collaboration between **Jordi Bordas** and **Sosa Ingredients** has been transforming the world of pastry for many years. At SIRHA 2023, we presented a joint project on the use of fibers in pastry, and in 2025, we are proud to continue exploring this direction. With so much potential yet to uncover, we are excited to keep collaborating and reshaping the future of artisanal pastry together.

About jordibordas

After winning the **Pastry World Cup** in 2011, Jordi Bordas founded the pastry school in Viladecans (Barcelona) with the aim of passing on all his experience and knowledge to new generations of pastry chefs. With his **B-Concept**, Jordi revolutionized the pastry world by demonstrating that **healthier, lighter and tastier pastry** is not only possible, but meets a major need expressed by consumers.

About

Sosa Ingredients is one of the leading manufacturers and suppliers of premium quality ingredients for pastry and gastronomy. It was founded in Catalonia in 1967. Sosa Ingredients is committed to using its technological know-how to constantly innovate and improve its products, all with the aim of making gastronomy more ethical and accessible.

Raspberry Flower

RECIPE FOR 3 TARTS OF 18 CM OF DIAMETER GLUTEN FREE LACTOSE FREE HIGH IN FIBER

NUTRITIONAL VALUES PER 100 G

kcal	290.74
Water	42.51 %
Carbohydrates	31.82 %
of which sugars	15.92 %
natural	3.28 %
added	12.64 %
of which fibers	6.01 %
Proteins	4.30 %
Fats	19.71 %
of which saturated	10.01 %
Salt	0.19 %



Amounts per piece

Almond sablé.....	120 g
Vanilla cake batter	80 g
Almond crémeux.....	200 g
Raspberry mousse.....	170 g
Raspberry caviar	
Raspberry glaze	

Almond sablé

Water (at 20 °C).....	32 g	4.00 %
Egg yolks (at 20 °C).....	72 g	9.00 %
Coconut sugar.....	144 g	18.00 %
Rice flour (sieved).....	354 g	44.25 %
Almond flour Sosa 41409 (sieved).....	48 g	6.00 %
Salt.....	2 g	0.25 %
Sunflower oil (at 20 °C).....	36 g	4.50 %
Deodorized coconut oil Sosa 43295 (at 35 °C)	112 g	14.00 %
Total	800 g	

Mix the water, the egg yolks and the coconut sugar, and let hydrate for 10 minutes, until the coconut sugar dissolves.

Mix all the ingredients in a standing mixer with the paddle attachment at a low speed, until a homogeneous texture is obtained.

Roll out the dough in between two silicone mats to a thickness of 3 mm and freeze.

Remove the silicone mats and cut 3 discs with the cutter for the sablé (1 inox ring, 21 cm of diameter).

Place the tart rings (3 perforated rings with rounded walls, SilikoMart KIT 3D TARTE RING BLOOM 180, 18 cm of diameter and 2 cm of height) over a tray with a perforated silicone mat, position the sablé discs on top of the rings and, when they start to thaw, press lightly with the fingers to shape them as the ring. Trim the excess part.

Prick the tarts' bases with a fork and bake at 150 °C for 14 minutes in a ventilated oven with the vent open. Let cool at room temperature (20 °C).

Remove the rings, paint the inside and outside of the sablé with melted coconut oil, let cool in the fridge and paint again.

Vanilla cake batter

Egg yolks (at 30 °C).....	15 g	5.00 %
Egg whites (at 30 °C).....	69 g	23.00 %
Water (at 30 °C).....	30 g	10.00 %
Raw almond paste Sosa 41222 (at 20 °C)	48 g	16.00 %
Deodorized		
coconut oil Sosa 43295 (at 35 °C)	18 g	6.00 %
Vanilla scrapings	1.8 g	0.60 %
Coconut sugar	45 g	15.00 %
Almond flour Sosa 41409 (sieved).....	24 g	8.00 %
Rice flour (sieved).....	46 g	15.40 %
Baking powder Sosa 45480 (sieved).....	3 g	1.00 %
Total	300 g	

Mix the egg yolks, the egg whites, the water, the almond paste, the coconut oil and the vanilla, and vigorously emulsify with a hand blender for 1 minute. Add the coconut sugar and combine with the hand blender.

Mix the almond flour, the rice flour and the baking powder, and add to the previous preparation, mixing with the hand blender.

Position the rings for the financier (3 inox rings, 15 cm of diameter and 3 cm of height) on top of a tray with baking paper and pipe 80 g of financier into the rings.

Bake at 180 °C for 12 minutes in a ventilated oven with the vent closed.

Let cool, remove the rings and store at room temperature (20 °C).

Almond crémeux

Sugar.....	31 g	8.00 %
Pro-pannacotta Sosa 48650	1.2 g	0.30 %
Guar gum Sosa 48682	1.2 g	0.30 %
Water.....	221 g	56.90 %
Raw almond paste Sosa 40415	97 g	25.00 %
Deodorized coconut oil Sosa 43295.....	31 g	8.00 %
Soy lecithin in powder Sosa 48644	5.8 g	1.50 %
Total	350 g	

Mix the sugar, the Pro-pannacotta and the guar gum.

Heat the water to 30 °C in a saucepan, stir in the sugar mixture and heat to 85 °C, stirring constantly.

Mix the almond paste, the coconut oil, the lecithin and the previous preparation, and vigorously emulsify with a hand blender for 1 minute.

Let crystallize in the fridge.

Work the crèmeux with a whisk to homogenize the texture, pipe a little amount on top of the sablés' bases and place the financier discs on top, well centered within the tarts. Pipe more crèmeux into the tarts on top of the financier, until the sablés' rim, and flatten. Store in the fridge.

Raspberry mousse

Raspberry purée Adamance 1 (at 20 °C).....	456 g	62.60 %
220 Bloom		
bovine gelatine powder Sosa 48655.....	10.2 g	1.40 %
Deodorized		
coconut oil Sosa 43295 (at 35 °C)	87 g	12.00 %
Natur Emul Sosa 48645.....	7.3 g	1.00 %
Raspberry purée Adamance 2 (at 30 °C)	102 g	14.00 %
Albuwhip Sosa 48688	7.3 g	1.00 %
Sugar	58 g	8.00 %
Total	575 g	

Mix $\frac{1}{3}$ of the raspberry purée 1 and the gelatine and let hydrate for 20 minutes. Heat to 45 °C and mix with the rest of the raspberry purée 1, working with a hand blender.

Mix the coconut oil, the Natur Emul and the previous preparation, vigorously emulsify with a hand blender for 1 minute and let cool to 32 °C.

Whisk the raspberry purée 2 and the Albuwhip in a standing mixer for 4 minutes at medium-high speed. Add the sugar and whisk for a further 6 minutes, until a light meringue is formed, maintaining a temperature of around 30 °C throughout the entire process.



"**Albuwhip** allows us to elaborate meringues with fruit purées thanks to its aerating and stabilizing properties, enhancing the flavor in the recipe."

Jordi Bordas

When the meringue is ready, little by little incorporate the previous preparation at 32 °C into the standing mixer at low speed and finish mixing gently by hand.

Pour the mousse up to the flower molds' rim (3 flower-shaped silicone molds, SilikoMart KIT 3D TARTE RING BLOOM 180 model, 17 cm of diameter and 2 cm of height). Smoothen and freeze.

Raspberry caviar

Sugar.....	60 g	15.00 %
Inulin Cold Sosa 50063.....	40 g	10.00 %
Agar-agar Sosa 41296.....	2.8 g	0.70 %
Raspberry purée Adamance.....	200 g	50.00 %
Water.....	97 g	24.30 %
Total	400 g	

Fill a jug with sunflower oil and let it cool in the freezer.

Mix the sugar, the inulin and the agar-agar.

Heat the purée and the water to 30 °C in a saucepan, stir in the sugar mixture and bring to a boil, stirring constantly. Let cool to 60 °C.

Introduce the previous preparation inside a dispenser and pipe small droplets into the cold sunflower oil.

Pour the droplets in a strainer and let the oil drain completely.

Store in the fridge.

Raspberry glaze

Oligofruct Sosa 41551.....	320 g	32.00 %
Pectin Fruit NH Sosa 48667.....	8 g	0.80 %
Guar gum Sosa 48682.....	1 g	0.10 %
Red Food Colour Sosa 48681.....	15 g	1.50 %
Raspberry purée Adamance.....	400 g	40.00 %
Water.....	256 g	25.60 %
Total	1000 g	

Mix the Oligofruct, the pectin, the guar gum and the coloring.

Heat the purée and the water to 30 °C in a saucepan, stir in the Oligofruct mixture and heat to 85 °C, stirring constantly.

Let cool and store in the fridge for at least 4 hours.

Finishing touches

Heat the glaze to 60 °C. Unmold the mousse flowers, spray with the glaze and clean the edges. Place the flowers centered on top of the sablés and fill the empty spaces on the sides and the center with caviar. Place the tarts on top of bases.

Before consumption, thaw in the fridge for a minimum of 2 hours.



Hazelnut Oblio

RECIPE FOR 24 PETIT-GÂTEAUX

GLUTEN FREE

VEGAN

HIGH IN FIBER

NUTRITIONAL VALUES PER 100 G

kcal	275.07
Water	47.03 %
Carbohydrates	30.50 %
of which sugars	18.48 %
natural	0.93 %
added	17.54 %
of which fibers	6.25 %
Proteins	3.66 %
Fats	16.83 %
of which saturated	7.35 %
Salt	0.20 %



Amounts per piece

Almond and cocoa sablé.....	15 g
Hazelnut financier.....	16 g
Hazelnut crémeux.....	17 g
70 % chocolate mousse.....	65 g
Hazelnut praliné glaze	
60 % hazelnut praliné	
Whole hazelnuts	

Almond and cocoa sablé

Water (at 20 °C).....	96 g	12.00 %
Coconut sugar.....	144 g	18.00 %
Deodorized		
coconut oil Sosa 43295 (at 35 °C)	96 g	12.00 %
Sunflower oil (at 20 °C).....	40 g	5.00 %
Soy lecithin in powder Sosa 48644	4.8 g	0.60 %
Almond flour Sosa 41409 (sieved).....	80 g	10.00 %
Rice flour (sieved).....	242 g	30.20 %
Cocoa powder (sieved).....	32 g	4.00 %
Corn starch (sieved).....	48 g	6.00 %
Powdered psyllium Sosa 43300	8 g	1.00 %
Baking powder Sosa 45480 (sieved).....	4 g	0.50 %
Xanthan gum Sosa 48642	4 g	0.50 %
Salt.....	1.6 g	0.20 %
Total	800 g	

Mix the water, the coconut sugar, the coconut oil, the sunflower oil and the lecithin, and vigorously emulsify with a hand blender for 1 minute. Add the almond flour and work with the hand blender for a further minute.

Mix all the ingredients in the standing mixer with the paddle attachment at a low speed until a homogenous texture is obtained.

Roll out the dough in between two silicone mats to a thickness of 3 mm and freeze.

Remove the silicone mats and cut 24 discs with the cutter for the sablé (1 inox ring, 7 cm of diameter).

Prick the sablée discs with a fork and bake at 150 °C for 14 minutes in a ventilated oven with the vent open.



"Psyllium helps us achieve the structure of a completely stable vegan and gluten-free sablé. It replaces the binding functionality of egg and gluten proteins."

Jordi Bordas

Let cool at room temperature (20 °C) and paint both sides of the discs with melted coconut oil.

Hazelnut financier

Water (at 20 °C).....	343 g	34.30 %
Coconut sugar.....	150 g	15.00 %
Roasted hazelnut paste Sosa 40371.....	140 g	14.00 %
Natur Emul Sosa 48645.....	15 g	1.50 %
Hazelnut flour (sieved).....	180 g	18.00 %
Rice flour (sieved).....	150 g	15.00 %
Baking powder Sosa 45480 (sieved).....	11 g	1.10 %
Powdered psyllium Sosa 43300.....	10 g	1.00 %
Salt.....	1 g	0.10 %
Total	1000 g	

Over a baking tray with a silicone mat, position the slats for the financier (2 methacrylate rectangular slats, 60 cm of length and 1 cm of height), spaced 30 cm apart.

Mix the water, the coconut sugar, the hazelnut paste and the Natur Emul, and vigorously emulsify with a hand blender for 1 minute.

Mix the hazelnut flour, the rice flour, the baking powder, the psyllium and the salt, and add to the previous preparation, mixing with the hand blender.

Pour in the rectangular space marked off by the slats, smoothen and remove the slats.

Bake at 180 °C for 10 minutes in a ventilated oven with the vent closed.

Let cool, cut 24 discs using the cutter for the financier (1 inox ring, 5.5 cm of diameter) and make a whole in their center using the small cutter for the financier (1 inox ring, 3 cm of diameter).

Cover with a silicone mat and freeze. Turn over and remove the first mat. Store at room temperature (20 °C).

Hazelnut crémeux

Coconut sugar.....	44 g	8.00 %
Pro-pannacotta Sosa 48650.....	1.7 g	0.30 %
Guar gum Sosa 48682.....	2.2 g	0.40 %
Water.....	304 g	54.70 %
Roasted hazelnut paste Sosa 40371.....	156 g	28.00 %
Deodorized coconut oil Sosa 43295.....	44 g	8.00 %
Soy lecithin in powder Sosa 48644.....	3.3 g	0.60 %
Total	500 g	

Mix the coconut sugar, the Pro-pannacotta and the guar gum.

Heat the water to 30 °C in a saucepan, stir in the coconut sugar mixture and heat to 85 °C, stirring constantly.

Mix the hazelnut paste, the coconut oil, the lecithin and the previous preparation, and vigorously emulsify with a hand blender for 1 minute.

Let crystallize in the fridge.

70 % chocolate mousse

Sugar 1.....	32 g	2.00 %
Agar-agar Sosa 41296.....	1.3 g	0.08 %
Guar gum Sosa 48682 1.....	3.2 g	0.20 %
Water 1.....	659 g	41.17 %
70 % dark couverture.....	400 g	25.00 %
Deodorized coconut oil Sosa 43295.....	80 g	5.00 %
Natur Emul Sosa 48645.....	8 g	0.50 %
Water 2 (at 30 °C).....	240 g	15.00 %
Potatowhip Cold Sosa 43124.....	14.4 g	0.90 %
Guar gum Sosa 48682 2.....	2.4 g	0.15 %
Sugar 2.....	160 g	10.00 %
Total	1600 g	

Mix the sugar 1, the agar-agar and the guar gum 1.

Heat the water 1 to 30 °C in a saucepan, stir in the sugar 1 mixture and bring to the boil, stirring constantly.

Mix the couverture, the coconut oil, the Natur Emul and the previous preparation, vigorously emulsify with a hand blender for 1 minute and let cool to 70 °C.



"In this mousse, **Potatowhip Cold**, a flavorless plant-based protein, allows us to create the airy and light texture."

Jordi Bordas

Mix the water 2, the Potatowhip Cold and the guar gum 2 with a hand blender and whisk for 10 minutes in a standing mixer at medium-high speed. Add the sugar 2 and whisk for a further 10 minutes, until a light meringue is formed, maintaining a temperature of around 30 °C throughout the entire process.

When the meringue is ready, little by little incorporate the previous preparation at 70 °C, mixing gently by hand.

Pipe 65 g into the molds for the mousse (24 ring-shaped silicone molds, SilikoMart OBLIO 95 model, 7.5 cm of diameter and 3 cm of height), cover with the financier rings, smoothen and freeze.

Hazelnut praliné glaze

Oligofruct Sosa 41551.....	200 g	10.00 %
Pectin Fruit NH Sosa 48667.....	20 g	1.00 %
Gluconolactat Sosa 50060 (Gluconolactate in powder).....	4.2 g	0.21 %
Light muscovado sugar.....	240 g	12.00 %
Water.....	848 g	42.39 %
Cocoa mass.....	120 g	6.00 %
60 % hazelnut praliné.....	560 g	28.00 %
Soy lecithin in powder Sosa 48644.....	4 g	0.20 %
Salt.....	4 g	0.20 %
Total	2000 g	

Mix the Oligofruct, the pectin, the Gluconolactat and the muscovado sugar.

Heat the water to 30 °C in a saucepan, stir in the Oligofruct mixture and heat to 85 °C, stirring constantly.

Mix the cocoa mass, the praliné, the lecithin, the salt and the previous preparation, and vigorously emulsify with a hand blender for 1 minute.

Let cool and store in the fridge for at least 24 hours.

Finishing touches

Position the sablé discs on top of bases.

Heat the glaze to 50 °C. Unmold the mousse and financier rings, place them on a wire rack, glaze and let drain. Place on top of the sablé discs.

Work the crèmeux with a whisk to homogenize the texture and pipe 17 g into the mousse rings' holes. Pipe 4 g of hazelnut praliné on top of the crèmeux.

Cut up some hazelnuts and decorate the glazed rings with hazelnut pieces.

Before consumption, thaw in the fridge for a minimum of 2 hours.



Lunar

RECIPE FOR 3 ENTREMETS OF 16.5 CM OF DIAMETER GLUTEN FREE LACTOSE FREE HIGH IN FIBER

NUTRITIONAL VALUES PER 100 G

kcal	339.26
Water	40.18 %
Carbohydrates	29.99 %
of which sugars	14.04 %
natural	5.17 %
added	8.87 %
of which fibers	9.03 %
Proteins	4.50 %
Fats	24.45 %
of which saturated	18.54 %
Salt	0.15 %



Amounts per piece

Almond and coconut crunch	220 g
Coconut sponge cake	80 g
Strawberry gelled compote.....	130 g
Coconut mousse.....	120 g
Mango mousse	140 g
Mango glaze	
Yellow paint	
Whole mango	
Whole strawberries	
Laminated dehydrated coconut	

¹Coconut crumble

Rice flour.....	195 g	34.50 %
Coconut sugar.....	79 g	14.00 %
Grated coconut Sosa 50756.....	108 g	19.00 %
Salt.....	1.1 g	0.20 %
Deodorized coconut oil Sosa 43295 (at 20 °C)	130 g	23.00 %
Water.....	53 g	9.30 %

Blend the rice flour, the coconut sugar, the grated coconut and the salt coconut in a food processor until a fine powder is obtained.

Mix all the ingredients in the standing mixer at a low speed with the beater attachment until a homogeneous dough is formed.

Use a rack to grate the dough, spreading it uniformly over a tray lined with baking paper. Bake the crumble at 140 °C for 20 minutes in a ventilated oven with the vent open.

Let cool, chop into about 5 x 5 mm pieces and store at room temperature (20 °C) to use in the almond and coconut crunch.



"Fibers and plant-based proteins are great allies in the world of vegan pastry. Plant-based proteins like **Potatowhip** and fibers such as **Oligofruct**, **Inulin**, and **Psyllium** help achieve stable, healthier, lighter, and flavorful vegan textures."

Jordi Bordas

²80 % almond and coconut praliné

Whole peeled almonds Sosa 41516.....	141 g	30.00 %
Grated coconut Sosa 50756.....	235 g	50.00 %
Coconut sugar.....	94 g	20.00 %

Roast the almonds at 150 °C for 10 minutes in a ventilated oven with the vent open and let cool completely.

Blend all the ingredients in a food processor until a fine and fluid paste is obtained (optional: refine for 4 hours in a conching machine).

Store at room temperature (20 °C) to use in the almond and coconut crunch.

Almond and coconut crunch

Coconut crumble ¹	400 g	50.00 %
80 % almond and coconut praliné ² (at 30 °C).....	400 g	50.00 %
Total	800 g	

On a tray lined with baking paper, position the exterior rings (3 inox rings, 16.5 cm of diameter and 3 cm of height) lined with acetate strips of 3 cm of height. Paint the inner rings for the crunch (3 inox rings, 14 cm of diameter and 3 cm of height) with sunflower oil and place them centered inside the exterior rings.

Mix the crumble and the praliné, mixing gently until a homogeneous result is obtained.

Dose 120 g of crunch between each pair of rings and freeze. Carefully remove the inner rings for the crunch and dose 100 g more of crunch on the bases. Flatten and freeze inside the rings.

Coconut sponge cake

Egg whites (at 30 °C).....	63 g	19.00 %
Albuwhip Sosa 48688.....	8.6 g	2.60 %
Cream of tartar Sosa 41542.....	0.6 g	0.19 %
Coconut sugar.....	56 g	17.00 %
Rice flour.....	33 g	10.00 %
Almond flour Sosa 41409.....	36 g	11.00 %
Grated coconut Sosa 50756.....	36 g	11.00 %
22 % Fat coconut purée Adamance (at 20 °C).....	96 g	29.21 %
Total	330 g	

Whisk the egg whites, the Albuwhip and the cream of tartar in a standing mixer for 4 minutes at medium-high speed. Add the coconut sugar and whip for a further 6 minutes, until a light meringue is formed, maintaining a temperature of around 30 °C throughout the entire process.

Blend the rice flour, the almond flour and the grated coconut in a food processor until a fine powder is obtained.

Mix the purée with 1/3 of the previous preparation.

When the meringue is ready, incorporate the purée mixture and the rest of the powders mixture, folding gently with the spatula.

Position the rings for the sponge cake (3 inox rings, 14 cm of diameter and 3 cm of height) on top of a tray lined with baking paper and pipe 80 g of sponge cake into the rings.

Pulverize slightly with water and bake at 160 °C for 6 minutes in a ventilated oven with the vent closed. Let cool, remove the rings, carefully unstick the sponge cake discs from the paper and freeze.

Strawberry gelled compote

Sugar.....	33 g	6.00 %
Inulin Cold Sosa 50063.....	54 g	10.00 %
Pectin Fruit NH Sosa 48667.....	6.5 g	1.20 %
Strawberry purée Adamance.....	217 g	40.00 %
Whole strawberries (into 8 x 8 mm dices).....	195 g	35.80 %
Lemon purée Adamance.....	38 g	7.00 %
Total	500 g	

Mix the sugar, the inulin and the pectin.

Heat the strawberry purée and dices to 30 °C and stir in the sugar mixture. Heat to 45 °C, add the lemon purée and heat to 85 °C, stirring constantly.

Position the rings for the compote (3 inox rings, 14 cm of diameter and 3 cm of height), with film sealing the bottom, on top of tray with a silicone mat. Pipe 130 g of compote into the rings and freeze.

When they are completely frozen, unmold the compote discs and store in the freezer.

Coconut mousse

22 % fat coconut purée Adamance (at 20 °C).....	284 g	63.18 %
Non-deodorized coconut oil (at 35 °C).....	37 g	8.10 %
6:1 gelatine mass (at 45 °C).....	36 g	8.00 %
Soy lecithin in powder Sosa 48644.....	2.7 g	0.60 %
Guar gum Sosa 48682.....	1.4 g	0.30 %
Egg whites (at 30 °C).....	54 g	12.00 %
Albuwhip Sosa 48688.....	3.1 g	0.70 %
Cream of tartar Sosa 41542.....	0.5 g	0.12 %
Sugar.....	23 g	5.00 %
Inulin Cold Sosa 50063.....	9 g	2.00 %
Total	450 g	

Mix the purée, the coconut oil, the gelatine mass, the lecithin and the guar gum with a hand blender.

Whisk the egg whites, the Albuwhip and the cream of tartar in a standing mixer for 4 minutes at medium-high speed. Add the sugar and the inulin and whip for a further 6 minutes, until a light meringue is formed, maintaining a temperature of around 30 °C throughout the entire process.

When the meringue is ready, incorporate the previous preparation little by little into the standing mixer at low speed, and finish mixing gently by hand.

Pipe 120 g into the exterior rings on top of the crunch, cover with the sponge cake discs and freeze.



"We replace part of the sugar in the meringue, with **Inulin Cold**, a fiber that provides greater stability to the meringue and reduces the amount of sugar, resulting in a mousse that is more balanced in sweetness and sugar content."

Jordi Bordas

Mango mousse

Mango purée Adamance (at 20 °C)	296 g	59.15 %
Guar gum Sosa 48682	1 g	0.20 %
6:1 gelatine mass (at 45 °C)	30 g	6.00 %
Deodorized		
coconut oil Sosa 43295 (at 35 °C)	50 g	10.00 %
Natur Emul Sosa 48645	4 g	0.80 %
Egg whites (at 30 °C)	75 g	15.00 %
Albuwhip Sosa 48688	3.5 g	0.70 %
Cream of tartar Sosa 41542	0.8 g	0.15 %
Oligofruct Sosa 41551	40 g	8.00 %
Total	500 g	

Mix the purée and the guar gum with a hand blender and let hydrate for 15 minutes.

Mix the gelatine mass, the coconut oil, the Natur Emul and the previous preparation, vigorously emulsify with the hand blender for 1 minute and let cool to 32 °C.

Whisk the egg whites, the Albuwhip and the cream of tartar in a standing mixer for 4 minutes at medium-high speed. Add the Oligofruct and whisk for a further 6 minutes, until a light meringue is formed, maintaining a temperature of around 30 °C throughout the entire process.

When the meringue is ready, incorporate the previous preparation at 32 °C little by little into the standing mixer at low speed, and finish mixing gently by hand.

Pipe 140 g into the Lunar molds (3 round silicone molds, with a hole in the middle, 17 cm of diameter and 4 cm of height) and cover with the compote discs, which should be levelled with the mold. Freeze.

Mango glaze

Oligofruct Sosa 41551.....	320 g	32.00 %
Pectin Fruit NH Sosa 48667.....	9 g	0.90 %
Guar gum Sosa 48682.....	1 g	0.10 %
Mango purée Adamance.....	440 g	44.00 %
Water.....	210 g	21.00 %
Lemon purée Adamance.....	20 g	2.00 %
Total	1000 g	

Mix $\frac{1}{3}$ of the Oligofruct, the pectin and the guar gum.

Heat the mango purée and the water to 30 °C in a saucepan and stir in the Oligofruct mixture. Heat to 45 °C, stir in the rest of the Oligofruct and the lemon purée and heat to 85 °C, stirring constantly.

Let cool and store in the fridge for at least 4 hours.

Yellow paint

Cocoa butter (at 45 °C).....	272 g	90.70 %
Yellow Food Colour Sosa 11471.....	27 g	9.00 %
Red Food Colour Sosa 48681.....	0.9 g	0.30 %
Total	300 g	

Mix all the ingredients with the hand blender and strain.

Store at room temperature (20 °C).

Finishing touches

Heat the paint to 25 °C. Remove the rings and the acetate strips from the parts that have the crunch, place these parts on top of high rings, and pulverize the sides of the crunch with the paint to get velvet effect. Place on top of bases.





Heat the glaze to 50 °C. Unmold the parts with the mango mousse, place them on top of high rings and pulverize with the glaze. Place these parts on top of the ones with the crunch.

Cut mangoes and strawberries into about 2 x 2 cm dices and decorate the hole in the center of the entremets with mango and strawberry dices and laminated dehydrated coconut.

Before consumption, thaw in the fridge for at least 5 hours.



Summary table problems and solutions

Problem	Recommended products	Solution
I want to reduce my products' fat content	<p>INULIN HOT</p> 	Replace part or all of the fat with Inulin Hot
I want to reduce my products' sweetness	<p>OLIGOFRACT OR INULIN COLD</p> 	Replace some (Inulin Cold) or all (Oligofract) of the sugar
I want to improve products' texture when defrosting or solve the syneresis (water separation) problem.	<p>FLAXFIBER</p> 	Add Flaxfiber (or use xanthan gum if Flaxfiber is already used in the recipe)
I want to improve emulsions or replace an emulsifier	<p>NATUR EMUL AND FLAXFIBER</p> 	Replace egg yolks or another emulsifier
I want to replace gluten	<p>PSYLLIUM AND FLAXFIBER</p> 	Replace wheat flour with Psyllium in combination with gluten-free starches and Flaxfiber

Because we have close connections to pastry professionals all around the world, we're able to identify the problems they encounter most often.

In the following table, we select five of the most frequently asked questions and suggest the potential solutions our range of fibers can provide.

Meringues	Mousses	Cake mixes and pastries	Glazes	Creams and crémeux	Ice creams & sorbets
	✓			✓	✓
✓	✓	✓	✓	✓	✓
	✓		✓	✓	✓
	✓		✓	✓	✓
		✓			



**Ingredients to
reimagine gastronomy**

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