

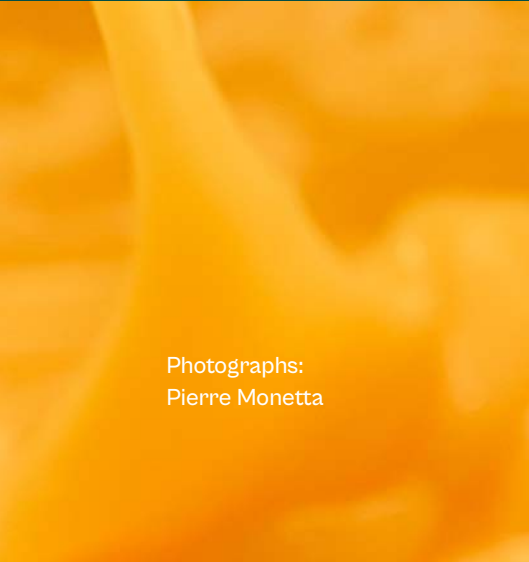


CLASSICS  
**RE  
IN  
VEN  
TED**



JULIEN  
ALVAREZ x





Photographs:  
Pierre Monetta

# PREFACE

**French pastry-making evolves, like all forms of living art.**

It changes with the times, spurred on by inquisitive minds, science, and the needs of pastry chefs. This age-old tradition has to face up to new challenges: the search for lighter, more flavoursome recipes, adapted to production conditions and systematization, without relinquishing quality, in addition to the challenge of freeze-proof textures or the demands of logistics processes.

## Collaboration Julien Alvarez & Sosa Ingredients

emblematic textures, perfecting them with modern texturizing ingredients, such as fibers, proteins and starches.

For instance, in a recipe for Lemon Cream, instead of using conventional cornstarch as a thickener, Gelcrem Hot is used, ensuring a smoother texture, natural shine, and stability when frozen.

In the recipe for Lemon Marshmallow, the classic gelatine is reinterpreted by also incorporating albumen, making it much easier to whip and far more efficient to produce.

**Sosa Ingredients** and **Julien Alvarez** are an active part of this ongoing process of evolution. They have a shared ambition: to take a new look at French pastry-making's most

By adding wheat fiber (Procrunx) to sablé recipes, a longer-lasting crunch is guaranteed as well as better performance when baked.

This booklet is a joint creative effort by the team from **Sosa Ingredients** (made up of its chefs and R&D and marketing experts) and chef **Julien Alvarez**. We wish to offer technical solutions to the daily challenges of our profession and, in this booklet, we share the decisions that were taken for each recipe, based on our philosophy of joint creation and democratization.

### About Julien Alvarez

A French pastry chef of international repute and the winner of the 2011 World Pastry Championship and 2014 Rising Chef Trophy. Julien Alvarez has been the head pastry chef of places as iconic as the Peninsula Hotel and Bristol. He is currently the executive pastry chef at Maison Ladurée, where he adds a new twist to classics and also comes up with new creations, further reinforcing the brand's legacies.



### About Sosa Ingredients

At Sosa Ingredients, we seek to encourage culinary professionals to push back the boundaries. We develop ingredients that transform creativity into results, combining innovation and know-how with a passion for texture. From our base in Barcelona, Spain, our aim is to guide chefs, pastry-makers and artisans in taking a freer, more modern, expressive approach to the art of cooking.







# INTRODUCTION

Pastry is built on a repertoire of textures every professional knows: crisp sablé, melting marshmallow, silky smooth cream. These fundamentals define our craft.

Ingredients evolve. Techniques do too. Today, the tools available allow for more clarity in fruit, more crunch in a sablé, more lightness in a mousse—without compromising what matters most.

This booklet revisits the classics with a contemporary technical approach. Each recipe blends tradition and precision, relying on Sosa products to refine textures and reveal the true nature of each ingredient.

With Sosa Ingredients, we share a conviction: technique is at the service of flavor and texture. Every ingredient is selected for what it brings to the final result. Technique is not a shortcut—it is a precision tool that guides the hand.

These pages are designed to give you concrete working foundations and to open new avenues of experimentation in your daily practice.

*Julien Alvarez*





# RECIPES

P 8 **CARAMEL TART**

P 14 **LEMON TART**

P 22 **PARIS BREST ENTREMETS**

P 30 **POLONAISE**

## MAIN RECIPE

FOR 14 PEOPLE

<b>1</b>	<b>Double-baked shortbread base</b> .....	480 g
<b>2</b>	<b>Caramel cream filling for tart</b> .....	1500 g
<b>3</b>	<b>Dulcey Ganache</b> .....	60 g
	Valrhona Dulcey 35 % 31870.....	25 g
	Raw almonds.....	25 g
	<b>Total weight</b> .....	<b>2090 g</b>



### EQUIVALENCE

2100 g .....	14 people
150 g .....	1 serving



### STORAGE

2 days at 4 °C  
(shelf life in store and temperature)

## ASSEMBLY

### Prepare the dough (the double-baked shortbread base)

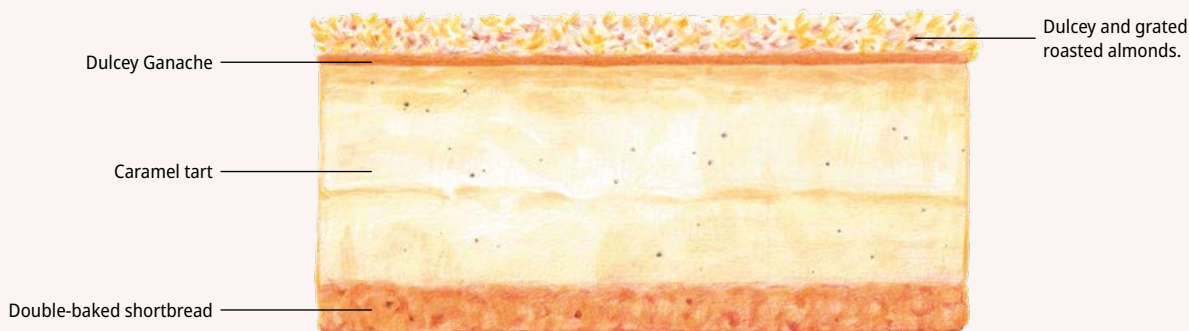
- Place a 27.5 cm-diameter baking ring on a black baking tray, lined with baking paper.
- Line the inside of the ring with Silpat, cut to size.
- Weigh 480 g of the dough for the base.
- Spread it across a flat surface.

### Baking the tart

- Pour the hot caramel cream filling onto the baked base.  
(1,600 g per tart)
- Freeze.
- Bake from frozen for 30 minutes at 160 °C.
- Cool to 4 °C in the cold room.

## DECORATION

- Heat the ganache slightly.
- Cover the ganache with grated Dulcey chocolate and grated roasted almonds.
- Unmould with care.
- Mark ready for cutting into 14 servings.
- Cut the layer of grated chocolate and ganache with a warm knife.
- Cut into 14 portions.



## OPTIMIZING THE TART BY FREEZING IT

**"By freezing it prior to baking, better control of stocks can be ensured. This also simplifies the 'mise en place' because the tarts can be baked as required. What is more, the final texture is creamier than when it is baked directly at a positive temperature."**

JULIEN ALVAREZ

This method offers key advantages in the daily production process:

- **Operational flexibility:** Large amounts can be prepared in advance and baked as required.
- **Efficiency in 'mise en place':** Less waiting time and a better organized kitchen.
- **Superior quality:** Freezing leads to a smoother, creamier texture, avoiding over-coagulation.





## 1 DOUBLE-BAKED SHORTBREAD BASE

1.1 Shortbread base.....	270 g
Unsalted butter.....	55 g
Brown sugar.....	55 g
Whole almonds.....	100 g
Total weight.....	480 g

Beat the butter and the brown sugar. Add the shortbread base and the chopped almonds, mixing them with care.

## 1.1 SHORTBREAD BASE

Brown sugar.....	45 g
Unsalted butter.....	100 g
T55 flour.....	140 g
Sosa Procrunx 40413.....	15 g
Sea salt.....	1.8 g
Sosa Baking Powder Std 45480.....	1.8 g
Total weight.....	303.6 g

Mix the dough in a food mixer with a paddle until uniform. Do not over-mix to prevent gluten from developing or too much elasticity. Bake the shortbread for 30 minutes at 150 °C.



## FREEZING AND CRUNCHY-TEXTURED SABLÉS

"In our tests, when the product was defrosted, the side with the sablé remained intact thanks to the use of Procrunx, a wheat fiber is very useful in conserving crunchiness."

JULIEN ALVAREZ

What is more, it ensures:

- **A crunchier texture** after baking.
- **Better performance when frozen**, preventing moisture from affecting the structure.
- **Longer lasting crunchiness** even after defrosting.

## 2 CARAMEL CREAM FILLING FOR TART

Fresh whole milk (1).....	400 g
35 % fat long-life cream .....	490 g
Whole tonka beans .....	1 g
Bourbon vanilla pods.....	6 g
Liquid egg yolk.....	200 g
Sosa dark Muscovado sugar 53543 .....	130 g
Sosa Gelcrem Hot 48640.....	45 g
Valrhona Dulcey 35 % 31870.....	240 g
Fresh whole milk (2).....	90 g
Total weight.....	1602 g

Warm the milk (1), the grated tonka beans, and the split vanilla pods in a saucepan.

At a temperature of 40 °C, add a mixture of the egg yolk, sugar and Gelcrem Hot. Cook at a temperature of 85 °C.

Strain and pour onto the melted couverture.

Stir it carefully in, adding the fresh whole milk (2). Do not beat. Mix well.

Bake in the oven for 30 minutes at 165 °C.

## 3 DULCEY GANACHE

35 % fat long-life cream .....	52 g
Sosa inverted sugar 48663.....	3.6 g
Vanilla extract 400 g/L with seeds .....	2.6 g
Valrhona Ivoire 35 % 4660.....	20.8 g
Valrhona Dulcey 35 % 31870.....	20.8 g
Total weight.....	99.8 g

Boil the cream with the sugar and the vanilla extract. Add the hot mixture to both chocolates and emulsify until uniform. Leave to cool to between 4 °C and 8 °C until it crystallizes.



### A TART THAT GUARANTEES MAXIMUM CREAMINESS

**"By replacing conventional starch with Gelcrem Hot, the texture has been improved and the tart can be stored frozen prior to baking.**

**This guarantees improved productivity and efficiency, plus a creamier texture with no curdling."**

JULIEN ALVAREZ

## PROCRUNX

40413



Procrunx is a soluble wheat dextrin, 100% plant-based. It is labelled as wheat fiber and is not considered an additive. Neutral in taste and colour, it is simply added to flour (20 to 30 % of flour weight) to extend the crispness of shortcrust pastry, biscuits, crumbles and tempura. Its key advantage: it reduces moisture absorption and maintains a crisp texture even after freezing, thawing or prolonged storage. This is what allows Julien Alvarez to prepare his shortcrust bases in advance and store them in the freezer with full confidence: the crunch stays intact. Compatible with recipes with or without eggs.



## HIGHLIGHTED SOSA PRODUCTS



## GELCREM HOT

48640



Gelcrem hot is a functional native corn starch that replaces traditional cornstarch in creams, flans and cooked preparations. It is simply labelled as corn starch and is not considered an additive. Its distinctive feature: it delivers more smoothness and shine than classic starch, and above all, it withstands freezing perfectly. This is what allows Julien Alvarez to freeze his flan mixture before baking and bake it directly from frozen, with no loss of texture – a valuable flexibility for managing stock and baking on demand. The resulting cream is smoother, shinier, and does not crack when sliced. Dosage: 40 to 60 g per litre of milk.



## MAIN RECIPE

FOR 12 SERVINGS

<b>1</b>	<b>Crunch</b> .....	480 g
<b>2</b>	<b>Light lemon cream</b> .....	300 g
<b>3</b>	<b>Yellow spray</b> .....	qs
<b>4</b>	<b>Lemon gel</b> .....	140 g
<b>5</b>	<b>Lemon and mint marshmallow</b> .....	140 g
<b>2.1</b>	<b>Lemon cream</b> .....	140 g
	Fresh grated lime.....	qs
	Fresh and candied lemon.....	10 g
	Fresh mint leaves.....	qs
<b>6</b>	<b>Lemon glaze</b> .....	qs
	<b>Total weight</b> .....	<b>2110 g</b>

## ASSEMBLY (FOR 1120 G TART)

### Crunch

With a spoon and 40 g of the crunch, spread the crunch out to form 8cm-diameter circles with a depression in the middle.

### Light lemon cream

Pipe 25 g of the light lemon cream on top of the crunch and smooth the surface. Leave to solidify. Freeze and unmould.

### Yellow spray

Spray the perimeter with the yellow spray.

### Lemon gel

Pour 12 g of the lemon gel into a 4.5 cm-diameter mould and freeze. Unmould.

### Lemon and mint marshmallow

Make the marshmallow, pour 8 g into a semi-spherical 6cm-diameter mould. Insert the lemon gel. Freeze again.

## DECORATION

Unmould the lemon marshmallow and place it on the assembled base.

### Lemon cream

Put 8 dots of lemon cream around the marshmallow. Place alternating pieces of candied lemon, fresh lemon, and grated green lime between them.

## DECORATION

### Lemon glaze

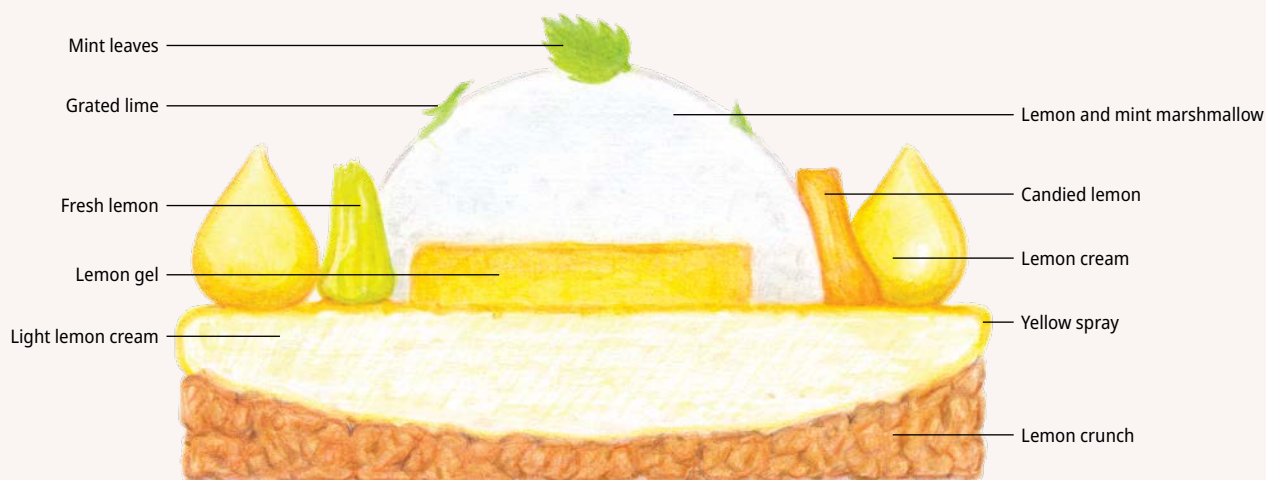
Spray the tart with lemon glaze.

Round it all off with a mint leaf and grated lime peel.



### STORAGE

1 day at 4 °C  
(shelf-life in store and temperature)







## 1 CRUNCH

Melt the chocolate and mix it very carefully with the other ingredients.

<b>1.1 Biscuit base</b> .....	283 g
Valrhona Éclat d'Or 14592 .....	101 g
Sea salt .....	1 g
Valrhona Dulcey 35 % blond chocolate 31870 ..	155 g
<b>Total weight</b> .....	540 g

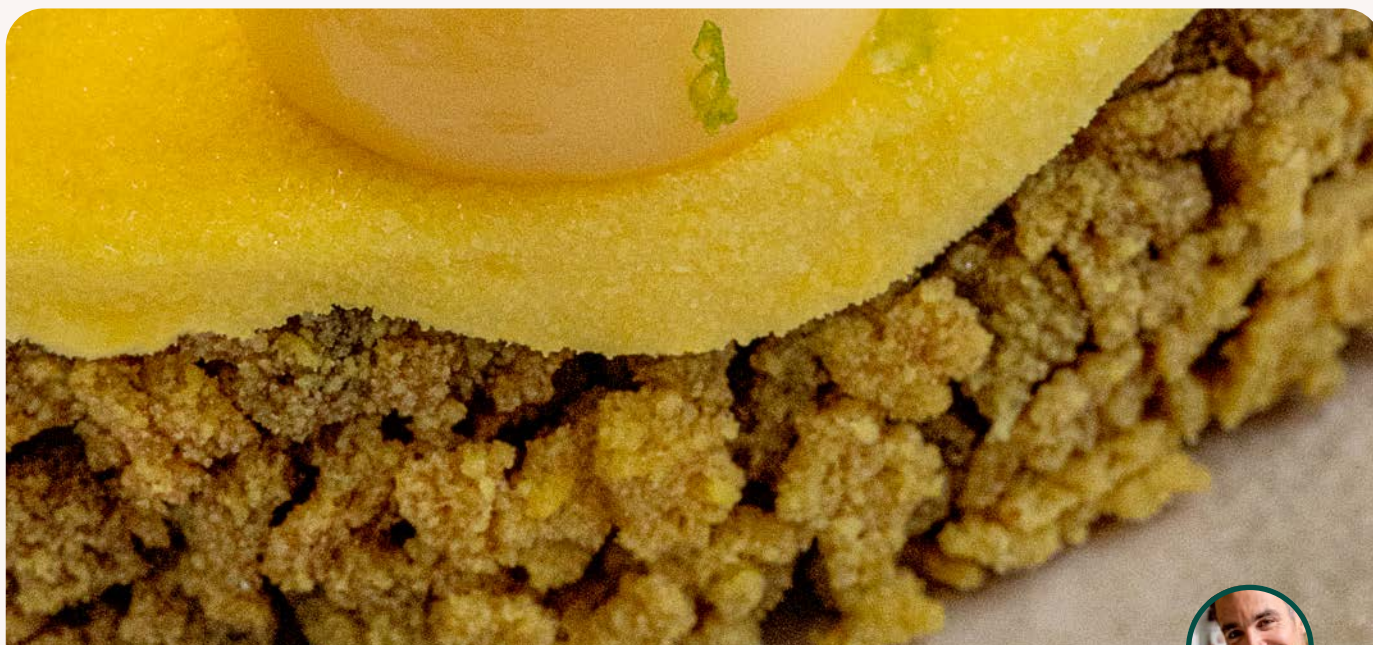
## 1.1 BISCUIT BASE

Sweet butter .....	76 g
<b>Sosa dark Muscovado sugar 53543</b> .....	64 g
Crystal sugar 600 microns .....	25,4 g
T55 flour .....	93 g
<b>Procrunx Sosa 40413</b> .....	12,7 g
Fleur de sel .....	1,69 g
Bourbon Vanilla Pearls .....	1,69 g
Whole liquid egg .....	8,5 g
<b>Total Weight</b> .....	283 g

Mix the Muscovado sugar with the icing sugar to remove any lumps. Cream the butter and sugars and add the powdered ingredients and vanilla pearls.

Add the eggs and mix until you get a homogeneous dough.

Bake at 160 °C for 20 minutes and when it comes out of the oven pass through the rack to obtain an even sablé.



### PROCRUNX: VERSATILITY IN DIFFERENT DOUGHS

**"Procrunx (wheat fiber) can be used in recipes with or without egg, boosting the crunchy texture and conserving the crunchiness for longer."**

JULIEN ALVAREZ

## 2 LIGHT LEMON CREAM

2.1 Lemon cream .....	268 g
35 % fat long-life cream .....	132 g
Total weight.....	400 g

Aerate the lemon cream with a hand-mixer to achieve a uniform cream. Whip the cream until semi-whipped and mix it all together with care.

## 2.1 LEMON CREAM

Water .....	38.4 g
Lemon juice .....	246 g
Sosa Inulin Cold 50063 .....	76.8 g
600-micron granulated sugar .....	115 g
Liquid whole egg.....	230 g
Sosa Gelcrem Hot 48640 .....	23 g
Opalys Valrhona 33 % 44155.....	38.4 g
Total weight.....	768 g

Beat the eggs with the sugar, the Gelcrem Hot and the Inulin Cold until pale and fluffy. Pour onto the lemon juice and water, and bring to the boil, stirring constantly. Pour onto the Opalys and beat with an electric mixer until uniform.

## 3 YELLOW SPRAY

Valrhona Inspiration yuzu 19998 .....	79 g
Valrhona cocoa butter 160 .....	16.4 g
Yellow colouring.....	4.6 g
Orange colouring .....	0.131 g
Total weight.....	100 g

Melt the cocoa butter with the Inspiration yuzu couverture. Add the colourings and beat with an electric mixer.



**"In this recipe, I manage to achieve a creamier texture and a lighter, more stable cream, with a more intense lemon flavour than traditional recipes. By opting for Inulin, I manage to use 17 % less chocolate and 5 % less sugar, reducing the amount of fat and sweetness.**

**Gelcrem Hot acts as a thickener, while also adding a shine and a creaminess that is maintained after freezing. It has been a great discovery."**

JULIEN ALVAREZ

## 4 LEMON GEL

Sugar-free yellow lemon juice .....	80 g
Williams pear purée .....	80 g
600-micron granulated sugar .....	.8 g
Sosa Gelcrem Cold 48652 .....	11.6 g
Total weight .....	180 g

Mix all the ingredients together unheated with an electric mixer. Leave to rest for 30 minutes in the fridge and beat again until a thick, creamy, shiny, uniform mix is obtained.



**"I used to make this gel with gelatine made of agar. By using Gelcrem Cold, a fresher taste is ensured because it is not necessary to heat the juice. What's more, it is shinier and I can freeze the tart without any problem. It is one of my favourite products."**

JULIEN ALVAREZ



**"Gelcrem Cold is a pre-gelatinized modified starch that does not need heating for it to act as a thickener. It also has a very high resistance to freezing."**

OSCAR ALBIÑANA  
R&D Manager at Sosa Ingredients



## 5 LEMON AND MINT MARSHMALLOW

Sugar-free lemon juice (1) .....	110 g
Sosa Albuwhip Free Range 55028 .....	9.3 g
Sosa bovine gelatine 220 bloom 48655 .....	4.6 g
Sugar-free lemon juice (2) .....	29 g
600-micron granulated sugar .....	58 g
Water .....	29 g
Fresh mint.....	10 g
Total weight.....	240 g

Make an infusion with the water, sugar and mint leaves. Bring the syrup to the boil and infuse for 20 minutes. Strain.  
Hydrate the gelatine in the lemon juice (2) for 30 minutes.  
Using a food mixer at a medium speed, start to whip the lemon juice (1) with the Albuwhip Free Range. At the same time, heat the infusion to 130 °C. Pour it slowly onto the whipped lemon juice and Albuwhip Free Range, and add the dissolved gelatine and lemon juice. Whip until the mixture cools.



### IMPROVED WHIPPING

**"By incorporating Albuwhip Free Range in the recipe, the whipping time is halved in comparison with classic whipped gelatine (e.g. marshmallows), which requires strict temperature controls and long whipping times."**

JULIEN ALVAREZ

## 6 LEMON GLAZE

Sosa Proglaçage 52737 .....	5.8 g
Water .....	24.3 g
600-micron granulated sugar .....	24.3 g
Sosa Glucose syrup DE 40 48647 .....	30 g
Sugar-free lemon juice .....	15 g
Total weight.....	100 g

Mix all the ingredients together unheated. Heat to 100 °C. Use immediately as a spray.



**"The genuine advantage of Proglaçage is the fluidity when sprayed. It allows you to work in a far more convenient way."**

JULIEN ALVAREZ



**"Proglaçage is a 100 % plant-based powdered gelling agent, made of tapioca starch and agar. It can be used to create shiny, stable, easy-to-prepare glazes, adding just the right texture, thickness and gel."**

OSCAR ALBIÑANA  
R&D Manager at Sosa Ingredients



## GELCREM COLD

48652

Gelcrem cold is a pre-gelatinised modified potato starch that thickens cold, with no cooking required: simply blend it vigorously into a liquid to achieve a creamy, glossy texture. Its key advantage: it preserves all the freshness and aromatic intensity of fruit juices, since no heating is needed. This is what Julien Alvarez particularly values in his lemon gel: a fresher taste, a more intense shine, and the ability to freeze the preparation with no alteration whatsoever. Stable in acidic environments (lemon, red fruits, passion fruit) and resistant to oven baking. It is one of the chef's favourite products.



## ALBUWHIP FREE RANGE

55028

Albuwhip free range is a high-performance powdered egg white, sourced from free-range hens. It blends cold into any aqueous liquid – fruit juice, purée, infusion – and whips it directly: the liquid itself becomes the meringue, concentrating all the flavour of the ingredient. This is how Julien Alvarez creates his lemon cloud and apricot cloud: meringues that taste of fruit, not of egg white. It whips more than fresh egg white and offers superior stability, cutting whipping time in half compared to a classic gelatine-based meringue.



## HIGHLIGHTED SOSA PRODUCTS



## PROGLAÇAGE

52737

Proglaçage is a fully plant-based powdered gelling agent, made from tapioca starch and agar-agar. It offers a 100% plant-based alternative to pectins and animal gelatines for glazing. It is simple to use: mix cold, heat to 100 °C, and the glaze is ready – glossy, smooth and adherent. It works equally well on acidic fruit glazes and chocolate glazes, and its fluidity is particularly valued in production. Julien Alvarez highlights the working comfort it provides: an even spray application and an immediate professional finish.



## MAIN RECIPE

FOR 12 SERVINGS

1	Crunchy base	778 g
2	Choux pastry sponge	519 g
3	Hazelnut crèmeux	255 g
4	Homemade 70/30 hazelnut praline	715 g
5	Light hazelnut praline mousse	502 g
6	Carmelia Azelia glaze	1000 g
	Raw hazelnut	50 g
	<b>Total weight</b>	<b>3819 g</b>



### STORAGE

2 days at 4 °C  
(shelf life in store and temperature)

**THIS RECIPE  
CAN EASILY BE FROZEN**

## ASSEMBLY (FOR ONE POLONAISE)

Specific material: Martelatto donut mould

### Bottom part

- Spread the crunchy base (1) to a thickness of 5 mm (775 g /half tray).
- Place the choux pastry sponge (2) on top and freeze. Cut into 7cm-diameter circles.

### Mousse insert

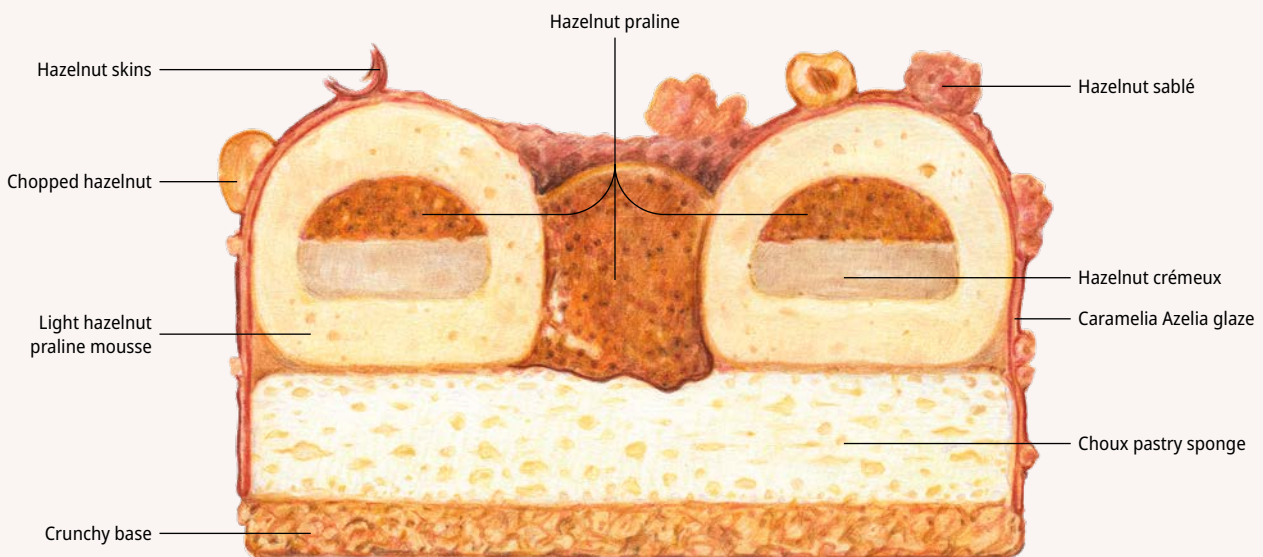
Pour 12 g of the hazelnut praline (4) into the donut mould. Freeze.  
Pour the hazelnut crèmeux (3) on top (20 g). Freeze. Unmould.

### Mousse

Pour the light mousse (5) into the donut mould (30 g). Add the insert. Fill with the mousse and smooth. Freeze.

## DECORATION

- Unmould the mousse and stick it to the base with a little of the cream.
- Freeze.
- Insert 2 toothpicks into the mousse, and submerge it in the Carmelia Azelia (6) glaze right up to very top of the mousse.
- Remove the surplus glaze and sprinkle with hazelnut sablé. Remove the toothpicks. Spray the glaze across the whole surface with a high-pressure gun.
- Pour the hazelnut praline into the hole in the middle.
- Stick on pieces of chopped hazelnut and hazelnut skins.







## 1 CRUNCHY BASE

1.1 Hazelnut sablé.....	400 g
4 Homemade 70/30 hazelnut praline .....	75 g
Roasted hazelnut paste .....	75 g
Valrhona hazelnut praline 60% caramelized 2258 .....	200 g
Sea salt.....	2.5 g
Sosa deodorized coconut fat 43295.....	25 g
Total weight.....	778 g

Melt the cocoa fat. Add the hazelnut paste and the praline (4) to obtain a uniform emulsion, then gently mix with the shortbread.

## 1.1 HAZELNUT SABLÉ

Brown sugar.....	190 g
T55 flour.....	170 g
Almond flour Sosa 41409.....	95 g
Raw ground almonds.....	95 g
Sea salt.....	3.5 g
Water.....	30 g
Sosa deodorized coconut fat 43295.....	155 g
Sosa Procrunx 40413 .....	18 g
Total weight.....	756 g

Mix the sugar with the other powdered ingredients. Mix the cocoa fat, warmed to 30 °C, with the water. Add all the powdered ingredients, and mix in a food mixer with a paddle until a uniform dough is achieved.

Bake for 20 minutes at 160 °C, and then pass it through a mesh screen to get biscuit grains of the same size.

## 2 CHOUX PASTRY SPONGE

Unsalted butter.....	45 g
Long-life whole milk.....	35 g
T55 flour.....	45 g
T45 flour.....	30 g
Liquid whole egg.....	90 g
Liquid egg yolk.....	75 g
Sosa Albuwhip Free Range 55028 .....	13 g
600-micron granulated sugar .....	55 g
Water.....	130 g
Sosa Flaxfiber 42151 .....	1 g
Total weight.....	519 g

Prepare the choux pastry dough with the butter, milk, flours, egg and egg yolk. Separately, hydrate the Albuwhip Free Range and Flaxfiber with water, and whip to a soft meringue. Stir the meringue into the choux pastry dough very carefully. Make a base with one part of the meringue. Mix well and gradually add the rest. Spread across a tray. Bake for 9 to 11 minutes at 170 °C.



### IMPROVE THE STABILITY OF MERINGUES WITH FLAXFIBER

The mixture of Albuwhip Free Range and Flaxfiber ensures a more stable meringue. After it is baked, a more elastic cookie is also achieved that can be cut more cleanly.

JULIEN ALVAREZ

### 3 HAZELNUT CRÉMEUX

Sosa dark Muscovado sugar 53543 .....	20 g
Sosa Inulin Cold 50063 .....	4 g
Sosa acid-free pectin 41543 .....	1 g
Almond-based plant drink .....	115 g
Roasted hazelnut paste .....	115 g
Sosa Flaxfiber 42151 .....	0.75 g
Total weight .....	255 g

Mix the sugar with the Inulin Cold and the pectin. Heat the almond-based plant drink and the hazelnut paste to 30 °C and add the sugar mixture. Bring to the boil. Add the Flaxfiber and blend.

### 4 HOMEMADE 70/30 HAZELNUT PRALINE

Peeled Roman hazelnuts 13/15 .....	500 g
600-micron granulated sugar .....	215 g
Total weight .....	715 g

Roast the hazelnuts for 15 minutes at 150 °C. Make a dry caramel and pour it over the hazelnuts. Leave to cool. Mix until a liquid praline is obtained.



"In this recipe, I wanted to avoid using eggs and milk products in order to bring out the flavour of the nuts. Thanks to the combination of pectin and fibres, a creamier texture has been achieved that is also lighter."

JULIEN ALVAREZ



"We replace the egg (with its properties as a thickener, emulsifier and coagulator) with acid-free pectin, which does not need an acidic medium to gel, and Flaxfiber, which emulsifies and stabilizes the mixture.

The Inulin Cold allows us to reduce some of the sugar in the recipe and it also adds creaminess."

OSCAR ALBIÑANA  
R&D Manager at Sosa Ingredients



## 5 LIGHT HAZELNUT PRALINE MOUSSE

Water .....	135 g
<b>5.1 Gelatine mass</b> .....	30 g
<b>4 Homemade 70/30 hazelnut praline</b> .....	160 g
Sosa Flaxfiber 42151 .....	1.75 g
35 % fat long-life cream .....	100 g
Fresh liquid egg white .....	50 g
Sosa Oligofructose 41551 .....	25 g
Total weight .....	502 g

Mix the water and the melted gelatine mass. Heat to 50 °C. Add the hazelnut praline and the Flaxfiber and emulsify. At the same time, whip the cream gently. Prepare the meringue: whip the egg whites for 4 minutes at a medium speed. Add the Oligofructose and continue to whip it for six more minutes. Prepare the mixture for the mousse: add half the whipped cream to the praline base at a temperature of 45 °C. Add half the meringue and mix very carefully. Round the mixture off by adding the rest of the cream and the meringue.

## 5.1 GELATINE MASS

Sosa bovine gelatine 220 bloom 48655 .....	8.3 g
Water .....	50 g
Total weight .....	58 g

Mix both products unheated, and leave to rest for at least 30 minutes.

## 6 CARMELIA AZELIA GLAZE

Valrhona Azelia 35 % couverture 11603 .....	430 g
Valrhona Carmelia 36 % couverture 7098 .....	430 g
Valrhona cocoa butter 160 .....	43 g
Grape seed oil .....	87 g
Total weight .....	1000 g

Melt the couvertures and cocoa butter at a temperature of 40 °C. Emulsify with the oil. It can be used as a spray or for bathing.



**"I chose Flaxfiber to give the mousse more stability. I also opted for Oligofruct, which replaces part of the sugar: this helps reduce sweetness while adding fiber to the recipe — a double benefit that makes the creation more balanced."**

JULIEN ALVAREZ

## ACID-FREE PECTIN

41543

Acid-free pectin is a plant-based pectin that gels without needing an acidic environment, unlike classic pectins. This makes it particularly valuable for working with low-acidity ingredients such as nuts, plant-based milks or chocolate – where traditional pectins simply do not work. Julien Alvarez uses it in his hazelnut crêmeux for the Paris-Brest to replace the egg in its gelling role, combined with Flaxfiber. The result: a texture that is both firm and melting, without eggs or dairy, highlighting the purity of the hazelnut flavour. Dosage: 0.5 to 2%. It opens the door to vegan recipes that retain the texture of the classics.



## FLAXFIBER

42151

Flaxfiber is a concentrated flax fibre (over 76% fibre), 100% plant-based. It is labelled as fibre and is not considered an additive. Neutral in taste and colour, it combines three functions: thickener, stabiliser and emulsifier – all at very low doses. It replaces the binding properties of egg in lighter or vegan recipes. Julien Alvarez uses it in three sub-recipes of his Paris-Brest: in the hazelnut crêmeux to emulsify the mixture without egg, in the praliné mousse to stabilise it without altering the hazelnut flavour, and in the choux pastry biscuit for a more stable meringue and a cleaner cut after baking. Micro-doses, maximum effect.



## DEODORIZED COCONUT FAT

43295

Deodorised coconut oil is a refined coconut oil from which the coconut aroma has been entirely removed: no residual taste or smell. 100% plant-based, it is solid below 20 °C and melts between 20 and 32 °C, giving it a behaviour close to butter. This makes it an ideal substitute in shortcrust pastry and vegan crispy bases. Julien Alvarez uses it in the three shortcrust bases in this booklet (Lemon Tart, Paris-Brest) to achieve a crispness comparable to a butter-based shortcrust, without dairy. Compatible with high-temperature oven baking.



## HIGHLIGHTED SOSA PRODUCTS



## MAIN RECIPE

FOR 20 SERVINGS

1	Hazelnut vegan brioche.....	1,000 g
2	Crema catalana .....	500 g
3	Apricot compote .....	500 g
4	Apricot marshmallow.....	1,000 g
5	Passion fruit glaze.....	100 g
	Total weight.....	4,100 g

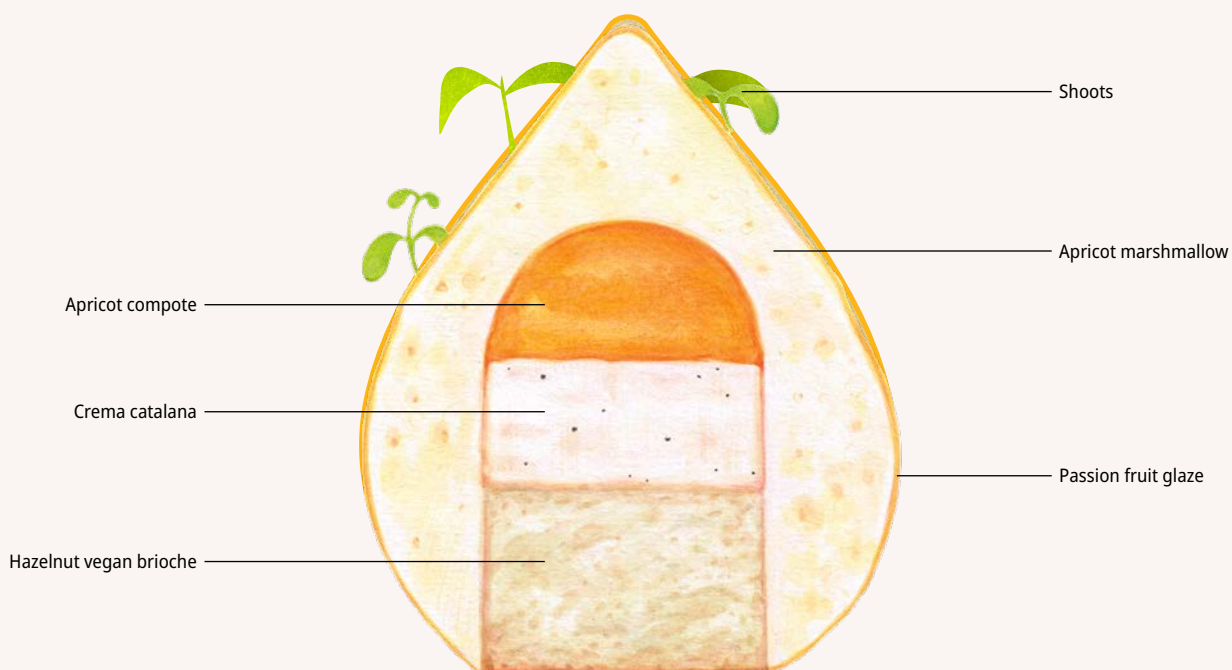
## ASSEMBLY (FOR ONE POLONAISE)

### Brioche

- Cut 30 g of dough per brioche, then shape them and leave them to rise in 55mm-diameter moulds for one and a half hours at a temperature of 24 °C.
- Bake for 10 minutes at 180 °C.
- Cut the brioche into two thirds and remove the top part.
- Pipe 30 g of crema catalana onto the brioche base.

### Apricot filling

- Heat the compote slightly and put 20 g into each 6cm semi-spherical mould. Freeze, and unmould.
- Place the frozen semi-spherical filling on top of the crema catalana.
- Freeze it all.
- With the tip of a knife, submerge the brioche/crema catalana/compote filling into the apricot marshmallow to form a droplet. Freeze it all.
- Glaze with the passion fruit glaze and decorate with 2 leaf shoots.





## HAZELNUT VEGAN BRIOCHE

<b>1.1 Yeast dough for brioche</b> .....	320 g
Bread flour .....	264 g
600-micron granulated sugar .....	74 g
Table salt .....	9.5 g
<b>Sosa Natur Emul 48645</b> .....	5.3 g
<b>Sosa powdered glucose DE33 50053</b> .....	14.8 g
Fructose .....	14.8 g
Water (1) .....	184 g
Fresh yeast .....	37 g
Hazelnut oil .....	22.8 g
Hazelnut paste .....	22.8 g
Water (2) .....	35 g
<b>Total weight</b> .....	<b>1000 g</b>

Mix all the ingredients together, except for the hazelnut paste and the water (1), and knead for 15 minutes. Once it has a smooth texture, add the hazelnut paste. Continue to knead until it has a smooth texture again. Spray with water (2) and leave to ferment for one and a half hours at a maximum of 24 °C.



**"I wanted to remove the egg yolk from the recipe to achieve a purer hazelnut flavour. Natur Emul is a citrus fibre. It is the perfect emulsifier for replacing egg yolk in this recipe."**

JULIEN ALVAREZ

## 1.1 YEAST DOUGH FOR BRIOCHE

Water .....	120 g
T45 flour .....	195 g
Fresh yeast .....	1.58 g
<b>Total weight</b> .....	<b>316 g</b>

Mix all the ingredients together until a uniform dough is achieved, and leave to ferment for 12 hours at 4 °C.



**"Gelcrem Hot is a good solution when I need to freeze a cream to use it as an insert. It conserves the texture after freezing. Additionally, in this recipe, I wanted to add Inulin to reduce the amount of sugar and boost the creaminess."**

JULIEN ALVAREZ

## 2 CREMA CATALANA

Almond-based plant drink (1).....	290 g
Almond flour .....	30 g
600-micron granulated sugar .....	22 g
<b>Sosa Inulin Hot 48692</b> .....	30 g
<b>Sosa Gelcrem Hot 48640</b> .....	45 g
Bourbon vanilla pods.....	6 g
Grated yellow lemon.....	6 g
Cinnamon stick.....	6 g
Almond-based plant drink (2).....	75 g
<b>Total weight</b> .....	<b>500 g</b>

Heat the almond-based plant drink (1) until it boils, and add the vanilla, cinnamon and grated lemon. Remove from the heat, cover and leave to infuse for 30 minutes.

Sieve and weigh the resulting infusion. Top it up with the almond drink until it has its original weight. Mix the sugar, the Inulin Hot and the Gelcrem Hot. Sprinkle it onto the infusion while beating it with a hand mixer. Bring to the boil, stirring continuously until it thickens. Add the almond purée. Remove from the heat and beat with an electric mixer until it has the texture of a smooth, uniform cream. Leave to rest overnight chilled at 4 °C. Once it is cold, add the almond-based plant drink (2) and mix until uniform.

## 3 APRICOT COMPOTE

Apricots.....	270 g
<b>Sosa glucose syrup DE 40 48647</b> .....	30 g
600-micron granulated sugar .....	40 g
Mango purée .....	35 g
Apricot purée .....	108 g
Granulated sugar .....	12 g
<b>Sosa NH fruit pectin 48667</b> .....	4 g
Sugar-free lemon juice .....	13 g
<b>Total weight</b> .....	<b>500 g</b>

Freeze the apricots and cut them semi-frozen into 0.5 cm-wide slices (to conserve the juice). Heat the glucose syrup and the sugar until it caramelizes at around 170 °C.

Deglaze with the previously heated mango and apricot purées. Mix the sugar with the pectin. Sprinkle it onto the previous mixture while beating with a hand mixer. Bring to the boil, stirring continuously. Add the cut apricots and the lemon juice. Bring it to the boil again for a few seconds. Remove from the heat and leave, covered with a lid.

## 4 APRICOT MARSHMALLOW

Apricot purée .....	380 g
Mango purée .....	53 g
Passion fruit purée.....	26.7 g
<b>Sosa Albuwhip Free Range 55028</b> .....	39 g
<b>Sosa bovine gelatine 220 bloom 48655</b> .....	19.4 g
Sugar-free lemon juice.....	121 g
Granulated sugar .....	243 g
Water.....	121 g
<b>Total weight</b> .....	<b>1,000 g</b>

Mix the fruit purées with the Albuwhip Free Range until a firm meringue is achieved. Hydrate the gelatine in the lemon juice. Cook the sugar and the water at a temperature of 130 °C. Add the hydrated gelatine and pour the mixture onto the meringue, making an Italian meringue.

## 5 PASSION FRUIT GLAZE

<b>Sosa Proglaçage 52737</b> .....	12 g
Water.....	50 g
Sugar .....	50 g
<b>Sosa glucose syrup DE 40 48647</b> .....	60 g
Passion fruit purée.....	30 g
Acid solution.....	1 g
<b>Total weight</b> .....	<b>203 g</b>

Mix all the ingredients together and heat to 100 °C. Leave it to cool to 80 °C and spray.



## NATUR EMUL

48645

Natur Emul is a natural powdered emulsifier, made from citrus fibre. 100 % plant-based, it disperses equally well in water and fats, cold or hot. It replaces egg yolk in its emulsifying role: leavened doughs, creams, ganaches and vegan emulsions. Julien Alvarez uses it in his vegan hazelnut brioche to achieve normal rise and intact crumb, without any egg. The added benefit: by removing the egg yolk, the flavour of the main ingredient is released – here, a purer, more pronounced hazelnut taste. Dosage: 0.5 to 3%.



## INULIN HOT

48692

Inulin Hot is a soluble fibre extracted from chicory root. It is labelled as fibre and is not considered an additive. Its key difference: it has zero sweetening power, which allows sugar reduction in a recipe. It brings smoothness and volume to cooked creams and heated preparations, while reducing fat content. Julien Alvarez uses it in his crème catalane to achieve a creamy, enveloping texture with less sugar. Stable after freezing: ideal for preparing cream inserts in advance.



## PROGLAÇAGE

52737

Proglaçage is a fully plant-based powdered gelling agent, made from tapioca starch and agar-agar. It offers a 100 % plant-based alternative to pectins and animal gelatines for glazing. It is simple to use: mix cold, heat to 100 °C, and the glaze is ready – glossy, smooth and adherent. It works equally well on acidic fruit glazes and chocolate glazes, and its fluidity is particularly valued in production. Julien Alvarez highlights the working comfort it provides: an even spray application and an immediate professional finish.



## HIGHLIGHTED SOSA PRODUCTS







**Ingredients to  
reimagine gastronomy**

**Sosa Ingredients**

Colònia Galobart, s/n - 08270 Navarcles (Barcelona) - Spain

T. +34 938 666 111 - [www.sosa.cat](http://www.sosa.cat) - [sosa@sosa.cat](mailto:sosa@sosa.cat)

