



## complementary content

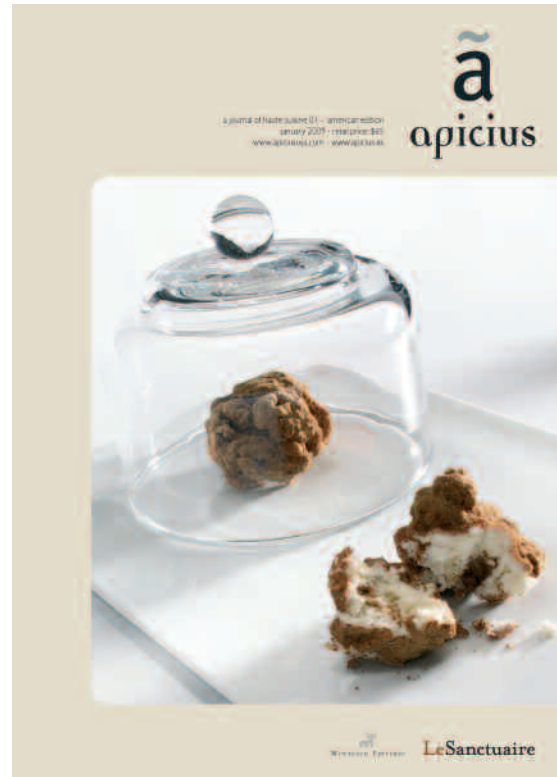
Here you'll find additional content to complement what has been published in the first issue of the APICIUS Journal of Haute Cuisine.

The Journal includes an in-depth version of the content, together with the most important work tools (sources of inspiration, techniques, recipes, collaborations, photographs, etc.).

Given the length and importance of some of the articles, we've decided to move a part of them—especially the recipes—to the website. In the Journal, you will find a symbol (\*) that will refer you to the recipes on the web.

At the same time, on the exclusive webpage material you will find the same symbol (\*), which will refer you to the page number in the Journal where you'll find an in-depth version of the article—essential to fully understand it.

Remember: the website content only makes sense as a complement to what is published in the Journal.



# apicius

a journal of haute cuisine 01 - january 2009

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applications...

**2<sup>nd</sup> application of the cuisine of wine:** "oyster al cava" (2005)

**2<sup>nd</sup> application of perfumed cooking:** "shrimp with amontillado" (2008)

**1<sup>st</sup> application of sweet cuisine:** "foie gras turrón" (2007)

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**1<sup>st</sup> application of chromatic cuisine:** "orange chromotherapy" (2004)

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**2<sup>nd</sup> application of the cuisine of gardens:** "zen garden" (2004)

**1<sup>st</sup> application of the cuisine of perfumes:** "adaptation of the perfume Eternity by Calvin Klein" (2002)

## 2<sup>nd</sup> application of the cuisine of wine: “oyster al cava” (2005)

### the apple compote

**ingredients:** 100 g liquefied Royal Gala Apple, 1 g agar-agar.

**method:** Decant the pulp from the liquefied apple. Add the agar-agar, bring to a boil, then remove from heat and let set. Once cold, process to a fine purée, then set aside.

### the solidified cava

**ingredients:** 1,6 g xanthan gum, 400 g cava.

**method:** Mix the xanthan and the cava with a hand-held blender. Place into a double-valved siphon. Set aside.

Currently at El Celler de Can Roca, through a research project carried out with Agustí Torelló, they have managed to add three grams of xanthan per bottle at the moment of degorging the cava; then it is left to stand for six more months. During this time the xanthan is softened by the cava, and turns the liquid into a sauce while at the same time maintaining the natural carbon dioxide without needing to introduce more gas.

### assembly

**other ingredients:** 4 oysters, candied lemon peel, fresh pineapple chunks, crystallized ginger, curry, cumin, spice cake.

Place the apple compote on a plate. Add the oyster, and on top, the rest of the ingredients. Serve the solidified cava at the table.



(I) the cuisine of wine

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## 2<sup>nd</sup> application of perfumed cooking: “shrimp with amontillado” (2008)

### the onion rings

**ingredients:** 500 g onion, 40 g extra virgin olive oil, 500 g water, 3 g agar-agar.

**method:** Lightly sauté the julienned onions until just brown. Add the cold water and simmer gently for 2 hours. Strain and reserve the stock.

Mix the stock with the agar-agar, bring to a boil and let set in 0.5-cm-deep trays. Once set, cut out rings of different sizes and reserve.

### the velouté of shellfish

**ingredients:** 140 g shellfish stock, 165 g cream, 6 egg yolks.

**method:** Boil the shellfish stock with the cream. Remove from heat, add the egg yolks slowly. Place into a mold and set in a water bath in the oven at 160°C/320°F for 20 minutes. Take out and process till smooth. Reserve.

### the shrimp

**ingredients:** 4 shrimp, 75 g amontillado.

**method:** Peel the shrimp, retaining the head, and skewer them so they stay straight. Fit a fine sieve over a pan, then place on high heat and add the amontillado. Set the shrimp on the sieve and cook for 2 minutes.

### assembly

**other ingredients:** 20 pieces of candied orange, chervil leaves, dill sprigs, fennel sprigs, brown shiso sprouts, green shiso sprouts.

Place the onion rings on the plate, then a drop of the shellfish velouté, and then the shrimp. Finish with the bits of candied orange and the herbs.



(2) perfumed cooking

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## I<sup>st</sup> application of sweet cuisine: “foie gras turrón” (2007)

### the turrón

**ingredients:** 200 g foie gras, 50 g hazelnut praline, 15 g butter, 50 g de ground hazelnuts, 30 g cocoa butter, 10 g white truffle oil, salt.

**method:** Sear the foie gras, browning it on each side. Place it in the food processor along with the rest of the ingredients. Process well and strain through a chinois. Turn out the mixture into a metal bowl, make an inverted water bath, and with a hand-held blender, emulsify the mixture until it lightens in color and changes in density. At that point, set into cube-shaped molds and freeze.

### the gloss

**ingredients:** 70 g 70% chocolate, 30 g cocoa butter.

**method:** Melt and mix the chocolate with the cocoa butter, strain and load into the decorating tool. Paint the cubes with the chocolate mixture and reserve in the freezer.

### assembly

**other ingredients:** 10 g PX reduction, gold foil.

With a drop of PX on one corner of a bit of the *turrón*, fix it to the square of gold foil.



(3) sweet cuisine

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I<sup>st</sup> application of traditional cuisine:  
“marinated sardines with grilled eggplant” (2007)

**the anchovy oil**

**ingredients:** 8 anchovy slices, 100 g extra virgin olive oil.

**method:** Process the ingredients and strain through a chinois. Reserve.

**the marinated sardines**

**ingredients:** 8 sardine fillets, 200 g mineral water, 65 g Chardonnay (white wine) vinegar.

**method:** Lay the sardines on a tray and cover them with the mixture of water and vinegar. Let sit, cold, for 1.5 hours. Take the sardines out of the water, and let them drain. Place the fillets into a 6-cm ring. Reserve.

**the vinegar caviar**

**ingredients:** 150 g mineral water, 50 g balsamic vinegar, 50 g basil seeds, salt.

**method:** Mix together the liquids, add the seeds and let moisten for an hour. Season with salt and form quenelles with the plumped seeds. Reserve covered, cold.

**the eggplant foam**

**ingredients:** 250 g liquid cream, 500 g grilled eggplant purée, 3 g xanthan gum, 25 g powdered egg white.

**method:** Boil the cream with the eggplant purée. Process and strain through a chinois. Cool rapidly and process again with the xanthan gum and the egg white. Place into a single-valved siphon and reserve. When ready to serve, keep the siphon in a water bath at 60°C/140°F.

**assembly**

Make a tear shape with the anchovy oil, set the sardine mold on top, and in the mold place the caviar quenelle. Fill with the eggplant foam and remove the metal ring. Cover with a bell-shaped glass cover and use a mechanical pipe to fill with smoke.



(4) traditional cuisine

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I<sup>st</sup> application of  
the cuisine of memory:  
“clams with grapefruit sorbet  
and Campari” (1999-2008)

**the clams**

**ingredients:** 8 fresh clams, mineral water, salt.

**method:** Drop the clams into boiling, salted water for just 10 seconds. Stop the clams from overcooking by setting in ice water. Once cold, open them carefully with a knife. Reserve cold.

**the grapefruit and Campari rose**

**ingredients:** 150 g water, 80 g Campari, 75 g sugar-water (equal parts), 100 ml grapefruit juice, 2 gelatin leaves.

**method:** Mix all the liquids together and dissolve the previously softened gelatin into this mixture. Set the mixture into a rose-shaped mold and freeze.

**the caramelized rose petals**

**ingredients:** 100 g sugar-water (equal parts), 10 rose petals.

**method:** Dip the petals in the sugar-water and set them on a baking mat. Dehydrate for 6 hours.

**assembly**

**other ingredients:** 10 g olive oil, 1 teaspoon lemon juice, diced chives, fleur de sel, red pepper flakes, pink grapefruit segments, anise (*Pimpinella anisum*) leaves. Place the clams on the plate and dress them with oil, lemon, chives and red pepper flakes. Season with fleur de sel. Set the grapefruit segments and the rose on top. Finish with the caramelized rose petals and the anise leaves.



(5) the cuisine of memory

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I<sup>st</sup> application of  
the cuisine of the ingredient:  
“baby goat flank with Majorero  
goat cheese and mint foam” (2006)

**the mint juice**

**ingredients:** one handful of mint, 2 dl mineral water, 1.2 g agar-agar.

**method:** Dip the mint leaves into boiling water. Cool, and process with the water in which they were boiled, now cooled. Strain and reserve the liquid. Mix with the agar-agar, boil and pour into a container. Let set, and then process to a fine purée. Reserve.

**the baby goat**

**ingredients:** 4 slices of baby goat flank, extra virgin olive oil, salt.

**method:** Vacuum-package the pieces and cook at 73°C/163°F for 12 hours. If this is a pre-cooking step, then cool as quickly as possible and refrigerate until cooking is recommenced.

When ready to continue, heat a water bath to a lower temperature than that of the cooking process. Open the bag, debone and place in a pan with a little oil, skin-side down so that it crisps.

**the Majorero *parmentier***

**ingredients:** 50 g cream, 200 g milk, 150 g Majorero goat cheese, 400 g potato purée, 8 g egg whites, powdered.

**method:** Heat the milk and cream. Add the cheese, let melt. Process the mix so there are no lumps. Let cool. Mix in the potato purée and the powdered egg whites. Place into a single-valved siphon and keep in a water bath at 65°C/150°F.

**assembly**

**other ingredients:** ground cumin.

Drip a few drops of the mint juice onto the plate, then place the baby goat flank skin-side up on the plate. Finish with the Majorero *parmentier* and sprinkle ground cumin on top.



(6) the cuisine of the ingredient

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I<sup>st</sup> application of  
chromatic cuisine:  
“orange chromotherapy” (2004)

**the orange and passion fruit granité**

**ingredients:** 1 kg orange juice, 200 g dextrose, 200 g invert sugar, 1 kg passion fruit pulp, 8 gelatin leaves, orange zest.

**method:** Dissolve the dextrose and invert sugar in a little of the orange juice. Add the softened gelatin while still warm. Strain and mix with the rest of the ingredients. Freeze and reserve.

**the light carrot compote**

**ingredients:** 500 g sugar, 1 l g agar-agar, 1 kg liquefied carrots.

**method:** Dissolve the agar-agar in the carrot juice. Add the sugar to this mixture and stir well. Boil, then let cool and process to an even texture.

**the egg-yolk and apricot liqueur ice cream**

**ingredients:** 500 g water, 500 g pasteurized egg yolks, 500 g sugar, 175 g apricot liqueur.

**method:** Mix the water, the yolks and the sugar. Pasteurize at 85°C/185°F. Let cool, add the liqueur and process in an ice-cream maker.

**the sugared orange peels**

**ingredients:** 100 g orange peel, 500 g sugar.

**method:** Churn the ingredients together. Spread on a silicone mat and dehydrate. Reserve in a dry place.



(7) chromatic cuisine

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I<sup>st</sup> application of  
mood cuisine:  
“oyster with distilled earth” (2005)

**the oyster**

**ingredients:** 4 Brittany oysters.

**method:** Carefully open the oysters and reserve.

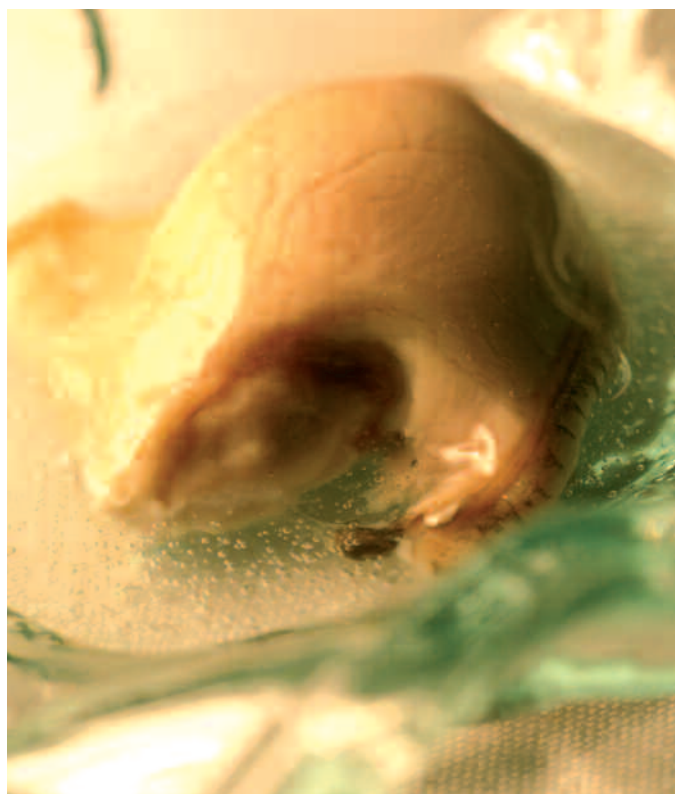
**the distilled soil**

**ingredients:** 400 g moist soil, 1 l water, 0.5 g xanthan gum, salt.

**method:** Infuse the soil with the water for 24 hours. Set the infusion in the pressure distiller at 45°C / 113°F for 2.5 hours. This should produce 430 g of distilled soil. Add the xanthan gum, churn and season with salt. Set aside, covered hermetically.

**assembly**

Place the oyster in the center of the plate and drizzle it with the distilled soil.



(8) mood cuisine

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2<sup>nd</sup> application of the cuisine of gardens:  
“zen garden” (2004)

**the green tea and peach sugar**

**ingredients:** 200 g Isomalt sugar, 30 g powdered green tea, 10 g peach flavored breath fresheners.

**method:** Mix all the ingredients together and grind to a powder. Reserve in a dry place.

**the honey and orange blossom cream**

**ingredients:** 200 g egg yolks, 75 g cornstarch, 300 g milk, 200 g honey, 500 g cream, 100 g orange blossom water, 3 gelatin leaves.

**method:** Mix the cornstarch into the egg yolk. Reserve.

Boil the milk, honey and cream. Add the orange blossom water and the mixture of cornstarch and egg yolks. Cook until it thickens and then cool quickly. Reserve.

**the hibiscus and rose gelatin**

**ingredients:** 75 g glucose, 75 g invert sugar, 500 g hibiscus infusion, 50 g rose water, 15 g fruit pectin, 500 g sugar, 50 g sugar, 7.5 g citric acid.

**method:** Dilute the glucose and invert sugar in a mixture of the hibiscus infusion and rose water. Add the 500 g of sugar along with the fruit pectin to this, and bring to a boil. Heat to 106°C/223°F and then add the rest of the sugar and the citric acid. Stir well and then pour into a tray to set. Cut into cubes and reserve.

**the jasmine jam**

**ingredients:** 500 g water, jasmine blossoms, 200 g sugar, 10 g fruit pectin, lemon juice.

**method:** Steep the jasmine blossoms in the water. Mix the sugar and pectin together, then add to the jasmine infusion, and bring to a boil. Add the lemon juice and pour into a tray to set. Cut cubes and reserve.

**the Japanese blossom tea ice cream**

**ingredients:** 600 g milk, 200 g cream, 30 g invert sugar, 50 g powdered milk, 140 g dextrose, 50 g sugar, 7 g ice cream neutralizer, 50 g Japanese blossom tea.

**method:** Mix the milk, cream and invert sugar. Heat to 80°C/176°F and add the rest of the ingredients (except the tea). Stir well. Let the tea steep in the heated mixture for 10 minutes. Strain and let stand for 12 hours. Process in the ice cream maker and reserve.

**the blossom salad**

**ingredients:** almond blossoms, rose petals, pansies, rosemary blossoms, carnation petals, saffron blossoms.

**method:** Select the blossoms and reserve for plating.

**assembly**

Brush the sugar on the plate in the style of a Japanese garden. Decorate with the other elements in a natural fashion.



(9) the cuisine of gardens

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I<sup>st</sup> application of the cuisine of perfumes:  
“adaptation of the perfume Eternity by Calvin Klein” (2002)

**the vanilla cream**

**ingredients:** 500 g cream, 1 vanilla pod, 50 g sugar, 100 g egg yolks.

**method:** Boil the cream and the vanilla. Whisk in the egg yolks and the sugar, and pasteurize, stirring constantly, until the mixture is thickened and even. Let cool and reserve.

**the orange blossom water gelatin**

**ingredients:** 1 g agar-agar, 200 g orange blossom water.

**method:** Mix the agar-agar with 1/3 of the water and bring to a boil. Add the rest of the water and pour into a 0.5-cm-high tray. Once set, cut into 0.5 x 0.5-cm cubes.

**the basil sauce**

**ingredients:** 50 g fresh basil, 200 g water, 100 g sugar-water (equal parts), 3 g agar-agar.

**method:** Dip the basil leaves in the boiling water for 20 seconds and cool quickly in iced water. Once the boiled water has cooled, process with the sugar-water and basil leaves. Strain and mix a small amount of the mixture with the agar-agar. Bring this to a boil, then add the rest of the mixture and let set. Process to a sauce.

**the maple syrup gelatin**

**ingredients:** 150 g maple syrup, 50 g water, 1.5 gelatin leaves.

**method:** Boil the maple syrup and add the water and the previously softened gelatin. Stir well and let set.

**the mandarine granité**

**ingredients:** 500 g de mandarine juice, 100 g dextrose, 100 g invert sugar, the zest of 3 mandarines, 4 gelatin leaves.

**method:** Boil a small amount of the juice and dilute the dextrose and the invert sugar. Add the zest and infuse for 5 minutes. Add the previously softened gelatin leaves and strain. Mix with the rest of the juice and freeze at -20°C/-4°F.

**the bergamot ice cream**

**ingredients:** 300 g milk, 150 g cream, 45 g invert sugar, 3 g stabilizer for ice cream, 30 g sugar, 45 g dextrose, 18 g powdered 1% milk, the zest of 2 bergamots (or essential oil of bergamot), 60 g bergamot juice.

**method:** Boil the milk, cream and invert sugar. Mix the rest of the ingredients (except the bergamot juice) and add to the hot liquid. Let stand in the fridge for 12 hours. Strain, churn and add the bergamot juice (the ice cream base should be below freezing point so as not to curdle when the juice is added). When ready to serve, process in the ice cream maker.

**assembly**

**other ingredients:** mandarine segments, mandarine zest, julienned rose petals.

On a soup plate, place three points of vanilla cream, 3 drops of the basil sauce, 3 gelatin cubes and 1 bit of maple syrup gelatin. Heap a spoonful of mandarine granité and 3 mandarine segments. Finish with a quenelle of bergamot ice cream, the mandarine zest and the rose *julienne*.



a salute to the senses

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applications...



"sound of the sea" (2007)

"gold, frankincense and myrrh" (2007)

"flaming sorbet" (2007)

heston blumenthal

the fat duck. bray (england). [www.fatduck.co.uk](http://www.fatduck.co.uk)



## “sound of the sea” (2007)

### the ponzu

**ingredients:** 65 g sake, 2 whole fresh yuzu, 1 whole fresh sudachi\*, 700 g mirin, 525 g rice wine vinegar, 550 g tamari soy sauce, 110 g ‘thin mouth’ soy sauce (usu kuchi shoyu), 10 g katsuo bushi (dried bonito flakes), 15 g kombu (dried kelp), browned on both sides over an open flame.

\* A green Japanese citrus fruit, similar to a lemon or a lime, but with higher levels of calcium and ascorbic acid.

**method:** Pour the sake into a pan, bring to the boil over high heat and flame off the alcohol. When the flames have died down, remove the pan from the heat and set aside to cool.

Wash the yuzu and sudachi, cut them in half and juice them, straining out any seeds.

Discard any seeds from the fruit-skin halves, then cut the skins into quarters. Place in a large container along with the juice and the rest of the ingredients, and seal with an airtight cover. Refrigerate for 1 month, then strain the liquid through muslin and adjust the seasoning by adding tamari, thin mouth soy sauce or vinegar if necessary. Store in the fridge.

### the miso oil

**ingredients:** 250 g red miso paste, 100 g white miso paste, 5 g cod liver oil, 250 g grape seed oil.

**method:** Fold all the ingredients together very carefully, then cover and refrigerate for 48 hours. Gently strain through damp muslin to separate the top layer of oil from the heavier miso below, and reserve the oil.

### the pickled dulse seaweed

**ingredients:** 15 g white wine vinegar, 40 g rice wine vinegar, 40 g water, 30 g sugar, 2 g salt, 50 g dried dulse seaweed, washed in cold water, picked over, and cut into 4 cm strips.

**method:** Place all the ingredients, except the seaweed, in a saucepan and bring to a boil. Remove from heat and cool to room temperature.

Add the dulse to the cooled liquid, transfer to an airtight container and refrigerate for 24 hours before using.

### the ‘sand’

**ingredients:** 10 g grape seed or peanut oil, 20 g shirasu (baby eels or anchovies), 10 g kombu, 80 g N-Zorbit M tapioca maltodextrin\*, 25 g ice-cream cone (darker, waffle type), ground, 30 g panko breadcrumbs, fried in grape seed oil until golden brown, then lightly ground, 2 g blue shimmer powder, 3.5 g brown carbonized vegetable powder, 140 g reserved miso oil, sea salt.

\* This is essential to achieve the sand-like texture. National Starch developed it specifically to increase the volume of dry mixes and to absorb fats and oils to form a light, dry powder. Other types of tapioca maltodextrin don’t absorb fat in the same way.

**method:** Place the grape seed oil in a small sauté pan over medium heat until hot. Add the shirasu and sauté, stirring constantly, until they are golden brown. (If they are too dark, they will be bitter; too light and they won’t be crisp enough. Note that the shirasu will continue to brown after being removed from the pan). Strain off the oil and drain the shirasu on kitchen paper.

Grind the kombu to a fine powder, sift it, then weigh out 4 g.

Put 5 g of the fried shirasu in a mixing bowl. Add all the other ingredients except the miso oil and salt, and combine.

Add the miso oil, drizzling it in a light stream, and stir to obtain the consistency of wet sand. Season with the sea salt and store, covered, until needed.





### the hijiki seaweed

**ingredients:** 150 g dried hijiki seaweed, 25 g ‘thin mouth’ soy sauce (usu kuchi shoyu), 5 g mirin.

**method:** Soak the hijiki in warm water until softened (about 5 minutes), then drain off the water. Rinse with fresh water and drain again. Season with the soy sauce and mirin. Cover and refrigerate until needed.

### the ‘seashells’

**ingredients:** 1 Japanese lily bulb.

**method:** Rinse off the sawdust that the lily bulb is stored in, then pat dry and cut out the core. Separate the individual layers of the bulb. Using a small knife, trim each layer to look like a seashell and store covered in fresh water.

Blanch the ‘seashells’ in salted simmering water. As soon as they float to the surface, refresh in iced water, then drain and set aside. (They can become overcooked in a matter of seconds, so act quickly to retain the lightly crunchy texture.)

### the ‘sea’

**ingredients:** 125 g carrot, finely sliced, 125 g onion, finely sliced, 75 g fennel, finely sliced, 50 g leek, white and pale green parts only, finely sliced, 50 g shallots, sliced, 5 g garlic, finely sliced, 25 g vermouth, 100 g white wine (Chardonnay), 250 g razor clams, purged in several changes of fresh water, 300 g mussels, purged in several changes of fresh water and beards removed, 225 g cockles, purged in several changes of fresh water, 1.75 kg water, 35 g dried wakame seaweed, 20 g kombu, 15 g flat-leaf parsley.

**method:** Put the vegetables, garlic, vermouth and white wine in a saucepan and simmer until translucent. Add water if necessary to prevent the vegetables from sticking.

Add the shellfish and cover with the water. Bring the liquid up to 85°C/185°F, then cover and infuse for 25 minutes at this temperature.

Remove the pan from the heat and add the wakame, kombu and parsley. Re-cover and allow to cool to room temperature. Skim off any impurities that have risen to the top. Pass the stock through a chinois and then through a sieve lined with damp muslin. Cool over an ice bath.

### the razor clams

**ingredients:** 15 g rishiri kombu, 900 g low-calcium mineral water, 40 g white soy sauce (shiro shoyu), 500 g live razor clams, purged in several changes of fresh water.

**method:** Use a damp cloth to wipe the kombu, then place in a pan with the water. Heat to 60°C/140°F and hold at that temperature for 1 hour.

Remove the pan from the heat and add the white soy sauce. Set aside until cold.

Preheat a water bath to 65°C/149°F. Place the razor clams, in their shells, in a single layer in sous-vide bags. Add just enough of the kombu infusion to cover the clams, then seal under full pressure. Cook immediately for 4 minutes in the water bath.

Transfer the bags to iced water. When thoroughly chilled, remove the clams and discard the shells. Cut away the entrails and reserve the ‘tubes’ in the fridge until needed.

### the oysters

**ingredients:** native oysters (1 per portion).

**method:** Clean the outside of the oysters with cold water. Using a short, wide-bladed knife, carefully open each oyster, transferring them and their juice to separate containers. Strain the juice through a fine sieve and use this liquid to wash the oysters. Place the oysters in a clean container, then strain the juice once more and add it to the container. Cover and keep refrigerated.

### the final sauce

**ingredients:** 800 g reserved ‘sea’, 200 g juice from reserved oysters, 30 g white soy sauce (shiro shoyu), salt, freshly ground black pepper.

**method:** Place the ‘sea’, oyster juice and white soy sauce in a saucepan and adjust the seasoning as necessary. Refrigerate until needed.

### the sea urchins

**ingredients:** live sea urchins.

**method:** Rinse the sea urchins under running water to wash away any mud or debris. Using kitchen scissors, cut around the top of each urchin to reveal the orange ‘tongues’ inside. With a small spoon, carefully remove these from the shell and place on kitchen paper. Note that the urchins need to be prepared as near as possible to serving in order to maximize their fragrant floral character. One urchin yields three portions – two ‘tongues’ per person.

### assembly

**other ingredients:** 2 g fresh *Codium spp.* seaweed, washed in several changes of cold water and separated into pluches, 10 g soy lecithin, 10 g sodium caseinate, trimmed samphire (approximately 3 x 5 cm pieces per portion).

**method:** Place the ‘sand’ on a plate and use a rigid card or spatula to shape it into a vertical strip about 2 cm wide. Sprinkle the shirasu on top.

Toss the ‘seashell’ in the *ponzu* and place on the ‘sand’. Toss the *Codium* seaweed in the *ponzu* and drain on kitchen paper. Place in a pile by the edge of the ‘sand’. Place separate piles of the hijiki and dulse seaweeds on the sand in the same manner.

Drizzle the *ponzu* over the seafood pieces, then place these on top of each pile of seaweed.

Place the final sauce in a container, add both the soy lecithin and sodium caseinate, and foam the mixture using a hand-held blender. Spoon around the seafood to resemble the ocean crashing onto the beach. Garnish the dish with 3 pieces of samphire and drizzle a bit more *ponzu* over the top. Serve with an iPod playing sounds of the sea.



“sound of the sea” (2007)

## “gold, frankincense and myrrh” (2007)

### the white langoustine stock

**ingredients:** 1.5 kg live langoustines, 50 g peanut or grape seed oil, 150 g onions, finely sliced, 150 g fennel, finely sliced, 50 g shallots, finely sliced, 50 g leeks, white and pale green parts only, finely sliced, 50 g button mushrooms, finely sliced just before cooking, 5 g garlic, sliced, 1 g fennel seed, zest of 1 lemon, 3 stems of parsley.

**method:** Remove the claws, heads and tails from the langoustines. Remove the mid-gut (liver) from the heads and set aside with the tails. Rinse the heads and claws in cold water and crush slightly to open up more surface area. Remove the finger-shaped gills just above the tail meat and discard them as they can impart a bitter flavor.

Heat the oil in a pressure cooker, add the vegetables and garlic, and sweat until softened. Add the remaining ingredients and just enough water to cover. Bring to a boil, skimming regularly. Tighten the lid, bring up to full pressure and cook for 40 minutes. Leave to cool before removing the lid, then skim again.

Pass the stock through a chinois lined with a double layer of damp muslin. Set aside until needed.

### the royale

**Note:** This recipe combines gelatin with gellan to create a *royale* that is light and smooth while remaining resistant to the heat of the broth poured around it. As the gelatin warms in the broth, the gellan retains the texture of the *royale* without needing to rely on egg proteins. The flavor release is also improved as a result of leaving out the egg yolk, and likewise the fat levels are lessened. The heat-resistant properties of the gellan prevent the *royale* from disintegrating into the broth while it is being eaten. A custom-made rigid plastic chocolate mould is used to set the *royale*.

**ingredients:** 3.5 g leaf gelatin (170 bloom), 250 g reserved white langoustine stock, 250 g heavy cream, 3 g salt, 0.55 g gellan LT100, 0.15 g gellan F

**method:** Soak the gelatin leaf in cold water. Meanwhile, combine the stock, cream and salt in a Thermomix set at 95°C/203°F. When the mixture reaches 90°C/195°F, add the gellans and continue to mix for 2 minutes. Turn off the heat, add the softened gelatin, and blitz for 20 seconds at low speed.

Transfer the mixture to a sauce dispenser and dispense 10 ml portions into individual 13 ml molds. Refrigerate for 12 hours (even though the gellan sets in a matter of minutes, the gelatin needs the extra time).

### the tomato and saffron gel

**ingredients:** 500 g whole ripe tomatoes, 25 g peanut or grape seed oil, 50 g carrots, diced, 50 g shallots, finely chopped, 500 g chicken bouillon, 1.5 g saffron, 2 g salt, 5 g sherry vinegar, 1 g gellan F

**method:** Bring a pan of water to the boil, blanch the tomatoes for 10 seconds, then plunge into iced water to prevent further cooking. Remove the skin and cores. Slice in half and scoop out the centers. Chop the flesh and the centers separately. Pass the centers through a sieve to remove the seeds, then combine the resultant liquid with the chopped flesh.

Heat the oil in a pan, add the carrots, shallots and tomatoes and sweat lightly. Add the bouillon, saffron, salt and vinegar and bring to a simmer. Simmer for 30 minutes, then strain through a chinois.

Return the mixture to a clean pan and reduce to 100 g, skimming off any oil that rises to the surface. Transfer to a Thermomix set at 95°C/203°F, add the gellan and whisk for 2 minutes.

Carefully pour the gel onto each *royale* in the molds to create a layer 1 mm thick. Refrigerate to cool and set.





**the langoustine roulade**

**ingredients:** 12 reserved langoustine tails, transglutaminase (Activa RM).  
**method:** Gently remove the central tail fan and pull it away along with the intestinal tract. Carefully thread a skewer along the underside of each tail in order to keep them straight during cooking. Bring a pan of water to the boil and blanch the tails for 10 seconds. Plunge into an ice bath to stop the cooking. Gently squeeze the shell until it cracks, being careful not to crush the tail meat, then remove the shell. Remove the skewers. Place a sheet of plastic wrap on a work surface. Arrange 2 lines of tails on it, head to tail, each line facing the opposite direction. Pat them dry, lightly dust with transglutaminase and immediately press the 2 lines together, one on top of the other. Tightly roll in clean plastic wrap, puncturing it at the seams to relieve any air pockets. Sous-vide the roulade at full pressure and refrigerate until needed.

**the saffron yolk**

**ingredients:** 350 g whole eggs, 0.5 g saffron, 50 g water, 2 g salt.  
**method:** Preheat a water bath to 64°C/147°F. Sous-vide the whole eggs in the shell in a single layer (stop at 50 mbar), then place in the water bath for 1 hour. Remove and place the eggs in an ice bath for at least 10 minutes. Remove and discard the eggshells; save the whites for another recipe. Pass the yolks through a very fine sieve. Simmer the saffron in the water for 15 minutes until almost completely reduced. Strain, cool and whisk into the yolks. Salt to taste, then cover and refrigerate until needed.

**the dark langoustine stock**

**ingredients:** 1.5 kg langoustine claws, bodies, heads, mid-guts and legs, peanut or grape seed oil, 150 g onions, thinly sliced, 60 g carrots, thinly sliced, 60 g fennel, thinly sliced, 50 g button mushrooms, 150 g diced plum tomatoes (including skin, centers and seeds), 5 g garlic, sliced, 1 g fennel seed, 5 threads of saffron, 5 stems of parsley, 3 sprigs of thyme, 4 basil leaves, 1 g tarragon leaves, zest of 1 lemon.  
**method:** Crush the langoustine claws, reserving the juice. Remove the shells from the bodies and rinse in cold water. Remove all the gills. In a pan large enough to hold all the ingredients, heat a thin layer of oil until hot, then sauté all the langoustine shells until lightly colored. Remove from the pan and set aside. Heat some oil in a pressure cooker, add the vegetables, tomatoes, garlic and fennel seed and sweat until softened. Add the reserved langoustine juice and shells, cover with water and bring to a boil. Skim the surface, then seal the pressure cooker. Bring up to full pressure and cook for 40 minutes. Allow the pan to cool before removing the lid. Skim the surface and add the saffron, herbs and lemon zest. Leave to cool to room temperature, then pass through a fine chinois lined with damp muslin. Set aside until needed.

**the onion stock**

**ingredients:** 10 g peanut or grape seed oil, 900 g onions, finely sliced, 3 g whole star anise, 750 g water.  
**method:** Heat the oil in a pressure cooker and lightly caramelize the onions with the star anise. Add the water, cover and bring to full pressure. Cook for 40 minutes. Allow the pan to cool before removing the lid. Strain the stock through a chinois and set aside until needed.

**the vegetable stock**

**ingredients:** 400 g unsalted butter, 500 g onions, finely sliced, 500 g leeks, white and pale green parts only, finely sliced, 250 g carrots, thinly sliced, 375 g red wine (preferably Syrah), 125 g water, 25 g egg whites.  
**method:** Place the butter in a small saucepan and warm over medium heat, stirring frequently, until it begins to brown and take on a nutty aroma. Strain through a fine sieve. Heat 125 g of the browned butter in a pressure cooker, add all the vegetables and sweat until soft. In a separate pan, bring the wine to a boil, flame off the alcohol and reduce to 250 g. Add the water and reduced wine to the vegetables. Cover, bring to full pressure and cook for 1 hour. Allow the pan to cool before removing the lid. Pass the stock through a chinois and incorporate the remaining browned butter with a hand-held blender. Once cold, refrigerate overnight. Remove the solidified fat and strain the stock through a chinois. Whip the egg whites lightly and whisk into the cold stock. Bring the mixture to a gentle simmer, stirring constantly, and allow the whites to rise and form a raft. After 20 minutes, ladle the stock through a coffee filter. Return the stock to the pan and bring to a boil. If any protein coagulates, strain again through a coffee filter. Set the stock aside until needed.

**the vermouth reduction**

**ingredients:** 300 g shallots, finely sliced, 100 g fennel, finely sliced, 100 g leeks, white and pale green parts only, finely sliced, 10 g garlic, finely sliced, 1.5 kg vermouth (preferably Noilly Prat), 5 sprigs of tarragon, 5 sprigs of thyme, 5 stems of parsley.  
**method:** Place the vegetables, garlic and vermouth in a pan, bring to a gentle simmer and reduce to 500 g. Remove from the heat and add the herbs. Set aside to cool. Pass the reduction through a chinois, then cover and refrigerate.

**the langoustine bouillon**

**ingredients:** 15 g leaf gelatin (170 bloom), 1 kg reserved dark langoustine stock, 200 g reserved onion stock, 200 g reserved vegetable stock, 250 g reserved vermouth reduction, 200 g white soy sauce.  
**method:** Soak the gelatin in cold water. Meanwhile, combine all the liquids and heat to 60°C/140°F. Squeeze out the gelatin, then whisk into the hot liquid. Pour into a large sous-vide bag and seal under full pressure. Freeze the bag, keeping it flat. Turn the frozen block onto a perforated tray lined with a double layer of muslin. Set this over a large container to catch the liquid as it defrosts, and place in the fridge to thaw very slowly for about 48 hours, until only gelatin remains in the muslin. Portion the clarified bouillon in 500 g bags and freeze to -80°C/-112°F. Transfer from the bags to a freeze-dryer, close the chamber and cycle until completely sublimated. Proceed immediately to the next stage, or store in a moisture-free environment in the freezer until needed.

**the gold bouillon bars**

**ingredients:** 22 g leaf gelatin (170 bloom), 100 g reserved freeze-dried langoustine bouillon, 12 sheets edible gold leaf.  
**method:** Soak the gelatin in cold water until completely soft. Pat dry with a paper towel and place on a kitchen scale: the gelatin should now weigh 100 g. Place in a Thermomix set to 60°C/140°F and mix slowly. When completely liquefied, add the bouillon and blend thoroughly. Transfer the liquid to a depositor and portion out into a gold bar mold. Refrigerate to set. Remove the portions from the molds and wrap each one in gold leaf. Cover and store in the freezer until needed.

### the frankincense hydrosol

**ingredients:** 50 g golden frankincense tears, 100 g water.

**method:** Set the bath of a rotary evaporator to 50°C/120°F. Combine the frankincense and water in the evaporating flask, then attach and submerge in the bath. Using a pump, run iced water through the condensing coils. Begin rotating the flask and pull the vacuum to below 50mbars. Run the evaporator for 3 hours. Collect the liquid in the receiving flask and reserve until needed.

### the pistachios

**ingredients:** 250 g polished pistachios, 100 g white soy sauce (shiro shoyu), 1 g shelled cardamom pod

**method:** Preheat the oven to 100°C/212°F. Place the pistachios on a baking tray and roast for 30 minutes. Raise the temperature to 140°C/275°F and continue roasting for another 10 minutes without browning. Heat the soy sauce and cardamom in a pan and reduce by half. Strain, then add the pistachios. Return to the pan and cook over high heat until the soy sauce is completely reduced and the pistachios are evenly coated. Place the nuts in a single layer in a dehydrator and dry for 24 hours at 65°C/149°F. Store in a covered container until needed.

### the pickled pearl onions

**ingredients:** 50 g rice vinegar, 150 g water, 25 g carrot, sliced, 10 g allspice, 5 g coriander, 5 g pink peppercorns, 1/2 stick of cinnamon, 1 bay leaf, 100 g refined caster sugar, 100 g pearl onions, peeled.

**method:** Place all the ingredients except the onions in a small pan and bring to a boil, stirring regularly. Strain and return the liquid to a boil, add the onions and cook briefly. Remove from the heat and cool to room temperature. Drain the onions and remove the outer layers, leaving just the small centers. Cut them in half lengthwise and reserve.

### the sea urchins

**ingredients:** live sea urchins (1 urchin yields 3 portions).

**method:** Rinse the urchins under cold running water. Using a pair of kitchen scissors, cut an opening around the mouth of each one to expose the orange 'tongues'. Using a small spoon, carefully remove the tongues from the shell and place them on a paper towel. Depending on the size of the urchins, 2–3 tongues per person should be sufficient.

### assembly

**other ingredients:** chervil pluches, tarragon leaves (small centers only), 1 myrrh twig.

**method:** Heat a water bath to 60°C/140°F. Place the langoustine roulade in the bath for 10 minutes, then remove and rest for 2 minutes. Slice into 15 mm rounds, then remove the plastic wrap.

Make a small arch of the saffron yolk in the bottom of an individual bowl. Add a piece of *roulade* and a molded *royale*. Place an urchin tongue on each. Garnish with 4 pistachio halves and 4 halved onion centers. Place a chervil leaf and tarragon leaf on both the roulade and the *royale*.

Place 1 gold bouillon bar in a teapot. Fill another teapot with 70 g boiling water and add 10 drops of frankincense from a pipette. At the table, pour the boiling frankincense water over the bouillon bar. Stir with the myrrh twig to dissolve. Pour the reconstituted broth into the bowls containing the langoustines and serve.



“gold, frankincense and myrrh” (2007)



## “flaming sorbet” (2007)

Firmenich’s head of soft edible matter, Alan Parker, first introduced Blumenthal to methylcellulose back in 2002. A substance that sets when it’s hot and melts when it cools? Heston felt like one of the space crew in *Alien*, who discover something totally unknown. “My mind was racing with ideas for possible uses, chief among them being an ice lolly [popsicle] that could be served at the table with the advice, ‘Eat it before it cools down and melts.’” However, it proved difficult to get the balance right – too low a dosage of methylcellulose and it wouldn’t set when hot; too high and the texture was gummy, pasty. And gradually, in any case, the whole pursuit began to seem a bit oxymoronic. You can’t have a hot popsicle because you can’t have hot ice crystals. “It felt wrong, and I realized that I’d pursued the idea largely because I liked the play on words. So I put the idea in the deep freeze, hoping but not really expecting to bring it back to life,” he confesses.

### ...five years later...

Meanwhile, the pastry chef, Jocky, had been working on the Baked Alaska recipe (ice cream covered in a warm meringue) and burst, breathless, into the development kitchen one day to tell me that he had made an apple sorbet, poured alcohol on top and then flamed it. And it didn’t melt!

It turned out that he had made a fluid gel using gellan and then churned it like an ice cream. The presence of heat-resistant gellan meant that the result didn’t readily melt, even though it was frozen. The outside became warm when it was set alight, while the inside still had the frozen crystals that are a key part of ice creams and sorbets and granitas.

The dish had a surreal logic and looking-glass symmetry to it – the cold sorbet set on fire; the smell of fire rising from cold vapor – “It really appealed to me,” relates Blumenthal. But during its development he gradually realized that it also presented an opportunity to engage all the senses – a real multisensory experience. So even after it was served at the feast, he kept searching for the fine details that would enhance this, drawing in sight, sound, smell, taste and touch. The sorbet was originally served in a wrought-iron casserole that sat in a bowl with a wide rim covered in red leather. Around the casserole was placed a corona of twigs, like firewood stacked next to the chimney, and in the bowl itself were put dry ice and popping candy (like pop rocks). Now, as the scent was poured on to the bowl to mix with the dry ice and release its vapor, the popping candy added its crackle and snap to the fireplace sounds of dry ice shattering.

The whisky used to flame the sorbet also grew in complexity. As well as its leather and smoke aspects, the dish also had apple and caramel notes (from the compote of caramelized apples, the crumble topping and the gel of caramelized tarte tatin that garnished it), all of which were characteristics of certain whiskies. Heston asked the expert Dave Broom to suggest examples that captured these characteristics, and they set about tasting and testing to create a blend that, as the flames die down and the diner begins to eat, offers up flavors of smoke and leather and apple and caramel that echo what is heard, felt, seen and tasted.

### the sorbet

**ingredients:** 100 g pressed, unfiltered apple juice, 500 g water, 6 g malic acid, 200 g spray-dried apple granules, 8 g gellan F.

**method:** Put all the ingredients except the gellan in a saucepan and bring to 95°C/203°F. Add the gellan and mix thoroughly using a hand-held blender. Return the mixture to the boil, then remove from the heat. Cool over an ice bath while blitzing continuously with a hand-held blender.

Pour the thoroughly chilled base into a PacoJet beaker and freeze until solid. Process the sorbet in the PacoJet, releasing the air valve continuously. Cover and store in the freezer.

### the caramelized apples and sultanas

**ingredients:** 3 English Cox apples, 50 g pressed, unfiltered apple juice, 100 g fructose, 40 g large sultanas.

**method:** Preheat a water bath to 90°C/195°F. Peel, core and quarter the apples. Combine the juice and the fructose in a sous-vide bag and add the apples in a single layer. Seal at full pressure, then place the bag in the water bath for 14 hours. Remove and cool to room temperature. Open and strain off the liquid into a saucepan. Add the sultanas to the pan of juice and heat to 70°C/160°F. Remove from the heat and cool to room temperature. Refrigerate until needed.

Place the apples in a single layer in a saucepan. Over a medium heat evaporate the moisture from the apples, turning regularly with a spoon until the surface is lightly caramelized. Remove and set aside to cool to room temperature.

### the crumble topping

**ingredients:** 50 g hazelnuts, 100 g plain flour, 2 g ground cinnamon, 75 g unsalted butter, cut into small cubes and frozen, 75 g demerara sugar, 5 g fleur de sel.

**method:** Preheat the oven to 150°C/300°F. Place the hazelnuts on a baking tray and toast for 10 minutes, shaking the tray regularly. Remove the nuts and peel off the skins with a cloth while still warm. Finely chop the nuts or grind them in a food processor, but not to the point where they turn into a paste.

Combine the flour and the cinnamon in a bowl. Add the frozen butter and mix by hand until the texture resembles coarse breadcrumbs. Fold in the hazelnuts, sugar and fleur de sel so that the mixture forms large clumps. Chill for at least 1 hour in the freezer.

Preheat the oven (preferably convection) to 200°C/400°F. Spread the mixture out on a baking tray and bake until golden brown. Cool to room temperature and store in an airtight container.

### the whisky blend

**ingredients:** 50 g Caol Ila 18-year-old whisky, 25 g Talisker 18-year-old whisky, 25 g Macallan 15-year-old whisky, 10 g Laphroaig 10-year-old whisky.

**method:** Combine the whiskies, then cover and set aside until needed.

### the diced raw apple

**ingredients:** 80 g fructose, 150 g water, 1 g salt, 10 g lemon juice, 1 g vitamin C, 1 Granny Smith apple.

**method:** Combine the fructose, water and salt in a saucepan and heat until the fructose and salt have dissolved. Cool the syrup over an ice bath, then add the lemon juice and vitamin C.

Peel and core the apple and dice into 5 mm pieces. Add the apple to the syrup and refrigerate until needed, but no longer than 2 hours.

**assembly**

**other ingredients:** dry ice pellets, popping candy, small wooden twigs, for serving nests, perfume of leather, wood, fire, tobacco and whisky.

**method:** Preheat the oven to 200°C/400°F and place an individual cast-iron cocotte dish and its lid inside to heat. Meanwhile, place a quenelle of sorbet on a baking tray lined with parchment and place in the freezer to harden. Once the cocotte dish has heated through, remove from the oven and place on a work surface. Put a 50 mm ring mold in the center of the dish, spoon in the caramelized apples to a depth of 5 mm, and pack down with the back of a spoon. Drain the sultanas and spoon 3 per portion on top of the apple. Cover the top completely with crumble topping, then add 3 cubes of raw apple. Remove the ring mold. Place a leather-bound bowl on a work surface and spoon in enough dry ice and popping candy to loosely cover the bottom of it. Make a nest of wooden twigs in the bowl and place the cocotte dish inside it. Working quickly, place a quenelle of sorbet on top of the molded garnish and cover with a hot lid. Transfer the whisky blend to a container with a spout. Dilute the perfume with warm water (1:19, a 5% solution) and place in another container with a spout. Take the cocotte dish to the table and, as the lids are removed, pour 10 g of the whisky blend around each sorbet. Ignite using a cigar torch. At the same moment pour the perfume on to the nest of twigs, allowing it to flow into the bottom of the bowl and release its aroma.



“flaming sorbet” (2007)



artistic trends

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applications...



"the rock" (2008)

quique dacosta & juanfra valiente

el poblet restaurant. denia (alicante, spain). [www.elpoblet.com](http://www.elpoblet.com) / [www.quiquedacosta.com](http://www.quiquedacosta.com)

## “the rock” (2008)

Primarily, this dish pays homage to *percebeiros*: the people who risk their lives to bring to our table one of the greatest gastronomical delicacies, the barnacle. “On a trip to Asturias I went on a ship to see barnacle harvesting. I felt the full force of the Cantabrian Sea and back in Denia I felt the need to translate it into a dish.” The rock is not a landscape. It is part of it, but it is not a landscape in and of itself. Therefore, this dish doesn't fit into the line of landscapes either. Here, Quique Dacosta creates a new line: culinary impressionism, based on essential naturalism.

### the *Codium tomentosum* blend

**ingredients:** 300 g *Codium tomentosum*, 300 g mineral water, 1 g xanthan, salt to taste.

**method:** blend seaweed with water. Strain with a sieve and thicken with xanthan. Season and reserve in a cold place.

### the seaweed

**ingredients:** 200 g *Durvillaea antarctica*, 200 g seawater, 6 l mineral water, *Codium tomentosum*, *Chondracantus acidularis*, green *tosaka*, red *tosaka*.

**method:** hydrate *Durvillaea antarctica* in plenty of water for 24 hours. Cook in mineral water for 3 hours and season with seawater to taste in the last half-hour. Cool in ice water and reserve in water.

Clean the remaining seaweeds and slice into small stems. Reserve.

### the barnacles

**ingredients:** 5 l seawater, 1 kg barnacles.

**method:** boil water and add barnacles. Cook for one minute without bringing to a boil and interrupt cooking with ice cold seawater. Peel carefully, retaining all their liquid.

### the barnacle liquid, thickened

**ingredients:** 100 g barnacle liquid (previously prepared), 0.2 g xanthan.

**method:** bind liquid with xanthan and pour over barnacles to cover. Vacuum pack and reserve until ready to serve.



### the mussel liquid

**ingredients:** 500 g mussels, 200 g mineral water.

**method:** place ingredients in a plastic container and cover with plastic wrap. Microwave on highest setting for 2 minutes. Leave to stand for a few minutes and strain with cloth filter. Reserve.

### the air from the barnacle liquid

**ingredients:** 400 g mussel liquid (previously prepared), 100 g barnacle liquid (previously prepared), 4 g sucrose esters.

**method:** combine both liquids with sucrose esters. Heat slightly and reserve in cold storage until ready to serve. Emulsify with an aquarium pump and serve.

### the herb sauce américaine

**ingredients:** 25 g mild olive oil, 15 g peeled garlic, 1/2 fresh cayenne pepper, 200 g onion, 300 g carrots, 300 g leeks (the white part), 300 g shrimp heads, 1 g paprika from Jarandilla de la Vera, 200 g ripe heirloom tomato, 150 g fried tomato, 10 g cognac, 2 l seafood broth, 1 l mineral water, 25 g chives, 25 g fresh chervil, 25 g fresh tarragon, 12 g wild sorrel, 150 g chard leaves, 100 g wild spinach leaves, salt to taste.

**method:** fry all vegetables in oil until soft, except tomato. Add shrimp heads and brown well. Next, add paprika, chopped tomato and fried tomato. Flambé with cognac, and add hot seafood broth and water. Bring to a boil and simmer for 40 minutes.

Blanch all herbs in plenty of boiling water and cool in iced water.

Blend sauce américaine with chopped herbs. Strain, add salt to taste and reserve.

### the frozen rock

**ingredients:** 325 g herb sauce américaine, 200 g cream, 10 g cuttlefish ink, 0.8 g xanthan.

**method:** mix all ingredients well. Reserve in a tall container and stabilize for a few minutes.

Cool the base of an 8-cm ladle in liquid nitrogen until it stops bubbling. Remove from nitrogen and leave to stand for 30 seconds. In the meantime use a whisk to create bubbles on the liquid (so that craters will form on the surface of the rock). Dip the base of the ladle in the mixture for a few seconds and remove, draining excess liquid. Reduce its temperature rapidly with nitrogen and leave to stand for a moment. Separate freezing dome with a spatula and reserve at -30°C/-22°F.

### assembly

**other ingredients:** borage sprouts, *Mertensia maritima*.

On a frozen plate, set a base with the *Codium tomentosum* blend. Place 5 barnacles, 4 *Codium tomentosum* stalks, 3 *Durvillaea antarctica* stalks and 3 *Mertensia maritima* stalks. Whip barnacle air and cover the whole. Cover the frozen rock trying to fill it entirely with air. Finish with remaining seaweed and borage sprouts. Serve immediately.

**Average serving temperature: 6°C/43°F**



impressionism



carlo cracco & matteo baronetto

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applications...



"oyster salad" (2008)

"salted oysters with figs and sage" (2008)

## “oyster salad” (2008)

### seaweed gelatin

**ingredients:** 60 g dry tuna, 30 g nori seaweed, 1.2 l water, 2.8 g agar-agar, 5 g sugar, 4 g salt, 1.5 g fish glue.

**method:** Make a broth from dry tuna, nori seaweed and water. Strain and add the agar-agar, sugar, salt and fish glue to half a liter of the broth. Pour into a deep tray and refrigerate for an hour till it sets. Cut into cubes 0.5 cm long. Reserve in the rest of the broth.

### assembly

**other ingredients:** 12 g cuttlefish ink, 8 g hazelnut paste, 8 radishes, 12 spinach leaves, 20 oyster leaves, 12 apple blossom flowers, black pepper, 4 g Maldon salt, extra virgin olive oil.

Distribute a small amount of cuttlefish ink and some hazelnut paste on a plate. Grate the radishes and sprinkle them on the plate. Add the spinach leaves and place the oyster leaves and the apple blossoms on top. Serve 4 cubes of seaweed gelatin as well. Dress with salt, pepper, and olive oil to taste.



oysters at Cracco



## “salted oysters with figs and sage” (2007)

### cocoa paste

**ingredients:** 7 yolks, 110 g egg whites, 300 g cocoa nibs, 105 g flour, 35 g cocoa.

**method:** Work all ingredients into a paste. Spread into 0.5-cm-thick sheets. Reserve.

### salted oysters

**ingredients:** 4 oysters, cocoa paste (see above).

**method:** Open the oysters, but leave them in the shell with the water. Cover with the cocoa paste and bake in a hot oven for 3 minutes.

### sage-butter

**ingredients:** 120 g clarified butter, 35 g fresh sage.

**method:** Gently heat the clarified butter and add the sage. Infuse for one hour. Strain and reserve.

### sage

**ingredients:** 4 medium sage leaves, 0.5 l milk.

**method:** Cook the sage leaves in the milk at low heat for 30 minutes until the milk forms a skin on top. Remove the sage leaves carefully, so that they are covered in the milk-skin. This way the leaves will dry and become crunchy but not bitter. Reserve in a dry place.

### assembly

**other ingredients:** 4 black mission figs, 12 dried capers. Remove the flesh from the figs and place on a deep plate. On top, place the just-baked oysters, the dried capers and a spoonful of warm sage-butter. Finish with a dried sage leaf.



oysters at Cracco

wylie dufresne

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applications...



"knot foie" (2007)



## “knot foie” (2007)

### foie

**ingredients:** 225 g foie gras terrine made in the traditional method, 1.05 g konjac\*, 0.6 g agar, 0.45 g xanthan, 75 g water, 10 g egg yolk.

\*Konjac gum or flour (E-425). This is a hydrocolloid carbohydrate originating from the Asian tuber *Amorphophallus konjac*. It comes as a powder and is used as a thickening and gelling agent. At wd~50 it was first used back in 2006, combined with xanthan. The result is a very elastic gel that makes it possible to tie foie into a knot.

**method:** melt the foie terrine in the microwave until the temperature reaches 82°C/180°F (it will separate). Blend konjac, agar and xanthan into the terrine. Heat water to 82°C/180°F and blend in egg yolk. Pour foie and gum mix into the water and yolk mixture, and transfer to a shallow baking tray. Allow to cool overnight.

### kimchee puree

**ingredients:** 250 g kimchee (Korean seasoned and fermented cabbage), 0.4 g xanthan.

**method:** blend kimchee and xanthan until a smooth paste is obtained; place in a squeeze bottle.

### golden raisin puree

**ingredients:** 200 g Italian raisins, 125 g water, 0.4 g xanthan, salt to taste

**method:** steep raisins in water until tender, then drain. Take 200 g of raisins and blend with xanthan until smooth; add salt if necessary. Chill and place in a squeeze bottle.

### assembly

**other ingredients:** 1 bunch delfino cilantro, 50 g Japanese rice balls (they are crunchy and resemble puffed rice).

Slice foie gras lengthwise into 1/4-inch strips. Tie strips into a knot and place each on a plate. Top with rice balls and add kimchee and raisin puree dots onto the foie and the plate. Garnish with a few sprigs of delfino and serve.



“knot foie” (2007)

technicolor

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mari carmen vélez

la sirena restaurant. petrer (alicante, spain). [www.lasirena.net](http://www.lasirena.net)



applications...

"marinated anchovies filled with raspberry aioli"



## “marinated anchovies filled with raspberry aioli”

### the marinated anchovies

**ingredients:** 100 g lemon juice, 200 g orange juice, 3 g sugar, 6 g salt, white pepper to taste, Cabernet Sauvignon vinegar to taste, raspberry vinegar to taste, 150 ml extra virgin olive oil, 8 anchovies, cleaned, without bones.

**method:** mix all the ingredients in a container and submerge the anchovies. Refrigerate the marinade for at least 4 hours.

### the raspberry aioli

**ingredients:** 6 cloves of garlic, 200 g liquefied raspberries, 2 g salt, 2 g raspberry vinegar, 200 ml grape seed oil.

**method:** blanch the peeled garlic and cool them. Blend to a fine paste and add the rest of the ingredients, except the oil. Emulsify by slowly adding oil. Store refrigerated.

### assembly

**other ingredients:** minced lime zest, lemon verbena, macadamia nuts, lemon geranium, raspberries. Remove the anchovies from the marinade and drain well. Roll up and fill with the aioli. Dress them with the other ingredients.



“marinated anchovies filled with raspberry aioli”