

plant-based

**PASTRY-MAKING
INDISPENSABLES**

Sosa

Sosa

Editorial

Plant-based pastry-making: a real technical challenge

Veganism is becoming a bigger and stronger trend in society, and its implications for pastry-making are vast. Avoiding animal ingredients is a real technical challenge, because the basic ingredients in most recipes also fulfil a technical purpose.

We have developed this tool to bring you plant-based pastry-making solutions, but we also intend for it to help you understand each ingredient's role in a recipe.

With this in mind, we explain the main ingredients, their roles and how to replace them to make your own plant-based recipes. We have also included a series of ready-to-use, perfectly quantified recipes.

Our objective is to provide solutions for anyone who wishes to make plant-based pastries without scrimping on maximum flavour and perfect textures.

WHAT IS VEGANISM?

Veganism is a way of life whose proponents avoid all products that originally come from animals or have been made through animal exploitation in any way. This covers clothing, medication, cosmetics, transport, experimentation and testing, labour and entertainment. Veganism is rooted in ethical, environmental and humanitarian concerns.

The main foodstuffs and derivatives that are not suitable for a vegan diet are meat, fish, eggs, honey, milk and other dairy products (such as cheese and yoghurt). By avoiding these kinds of products, we can also circumvent allergies or intolerances that people might have (to eggs or lactose, for instance).

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A GOOD WAY TO ACHIEVE *a more intense flavour*

Most traditional pastry-making recipes use eggs and dairy products. Sometimes we want to include their flavours, but there are also times when they fulfil a purely technical role, such as emulsifying, aerating or adding a creamy mouthfeel to a recipe.

There are pastries that are known for their eggy or creamy flavour. It's hard to imagine flan, Chantilly or crème brûlée, for example, without their characteristic flavour, and we can't claim to have a substitute for these types of tastes in plant-based pastry-making. Instead, we believe plant-based pastry-making should focus on alternative flavours to egg and dairy, such as fruit, nuts, chocolate, spices and herbs.

Avoiding dairy and egg is a good way to uncover purer, more intense flavours in products that traditionally use one or both. These ingredients can somewhat distort your recipe's main flavour, for instance in traditional fruit mousses, in which dairy tones down the fruit's notes.

We believe plant-based pastry-making doesn't mean giving up on flavour and texture; in fact, it's a good opportunity to do just the opposite.

Avoiding dairy and egg is a good way to uncover purer, more intense flavours in products that traditionally use one or both.



A 100% blackcurrant meringue

BASIC INGREDIENTS TO REPLACE



EGGS

Eggs have a very important role in pastry-making: as well as adding flavour, they fulfil technical functions such as emulsifying, aerating, coagulating and providing additional fat content.

Emulsion

Coagulation

Aeration

A creamy mouthfeel

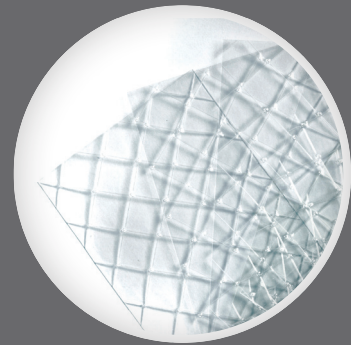


DAIRY PRODUCTS

Dairy products are very common ingredients in pastry-making, and include milk, cream, butter and cheese. These products add flavour and technical properties, including aeration and fat content.

Aeration

Fat addition



ANIMAL GELATINE

Animal gelatine helps us to stabilise and jellify various types of dessert. It's important we lose none of gelatine's properties when we replace it.

Stabilisation

Jellification

BASIC INGREDIENTS' TECHNICAL ROLES

EMULSION

Emulsions are a mixture in which the fats and water content have blended together perfectly.

They have a very important technical role in pastry-making, because they are used in most products, including creams, ice creams, sponges, ganaches and mousses. To make an emulsion, we need an ingredient with the right properties, such as egg lecithin or milk proteins.

COAGULATION

Coagulation is when a liquid is converted into a solid. That solid can vary in compactness.

Heat can be applied to cause proteins to coagulate, which is how eggs can turn into flan, for example. We can also use enzymes or acids, as is the case with cheeses. It is also common to use plants and vegetables as coagulants. One example of this is tofu, which takes advantage of salts or plant proteins with coagulant properties (such as potato extract).

AERATION

Aeration involves introducing air into a liquid or solid by stirring it, fermenting it (in the case of yeast), or adding in a chemical (with bicarbonate). These techniques help to trap air inside, such as in a whipped cream, meringue, bread or sponge.

For this to happen, we need to use ingredients that retain air, such as proteins, for example.



JELLIFICATION

Jellification involves converting a liquid into a solid to form a structure, the strength of which can vary.

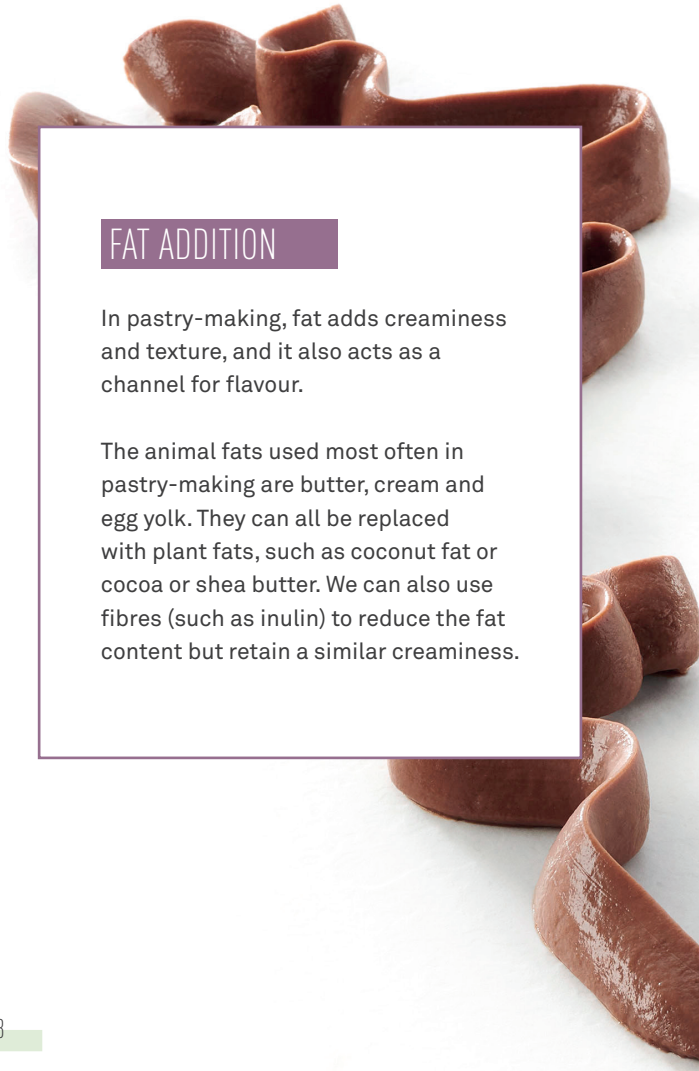
It's a very important technique for creating a texture that can have multiple uses, such as giving mousse a sliceable texture. We might also want to jellify a cream so we can use it to fill a tart.

Plant-based gelling agents are available, and they each produce very different textures.



STABILISATION

Stabilisation is a process which allows us to preserve a product's look and texture for a longer period of time and improve how it reacts to being frozen and defrosted, so as little water is lost as possible. For example, we might want to stop an ice cream from melting for as long as we can, or help whipped cream keep its shape.



FAT ADDITION

In pastry-making, fat adds creaminess and texture, and it also acts as a channel for flavour.

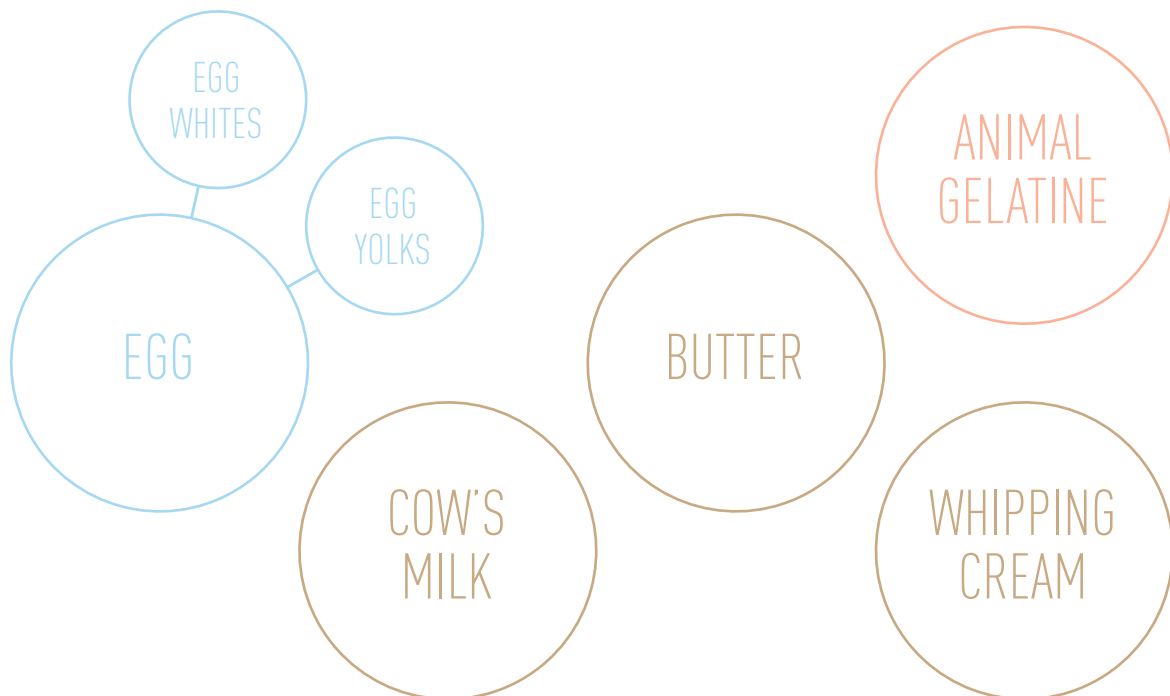
The animal fats used most often in pastry-making are butter, cream and egg yolk. They can all be replaced with plant fats, such as coconut fat or cocoa or shea butter. We can also use fibres (such as inulin) to reduce the fat content but retain a similar creaminess.

PASTRY-MAKING BASIC ANIMAL-ORIGIN
ingredients



PASTRY-MAKING BASIC ANIMAL-ORIGIN INGREDIENTS

WHY IS IT IMPORTANT TO UNDERSTAND INGREDIENTS' COMPOSITIONS?



Each basic ingredient fulfils different technical roles such as, for example, emulsifying, aerating, coagulating, adding fat to or jellifying your preparations.

When we understand the technical role and composition of each basic ingredient, we can find a plant-based substitute for it. Depending on our recipe, we might not need to find a replacement for every one of an ingredient's technical

purposes. For instance, if we want to find a way to recreate egg yolk's emulsifying properties only, we simply need to swap the egg yolk for a certain quantity of plant-based emulsifier such as Natur Emul or soy lecithin.

By familiarising ourselves with egg yolk's composition, we can re-quantify our recipe's fats, water and protein and make our own plant-based creations.

Egg

Egg – both its white and yolk – fulfil different technical roles which that have a very important part to play in your recipes. Below, we analyse its composition and look for substitute formulas that can go into plant-based products.

TECHNICAL ROLES

COAGULATION

Contains proteins which coagulate between 140°F and 150°F (60-65°C).

EMULSION

Contains lecithin, an emulsifier.

FAT ADDITION

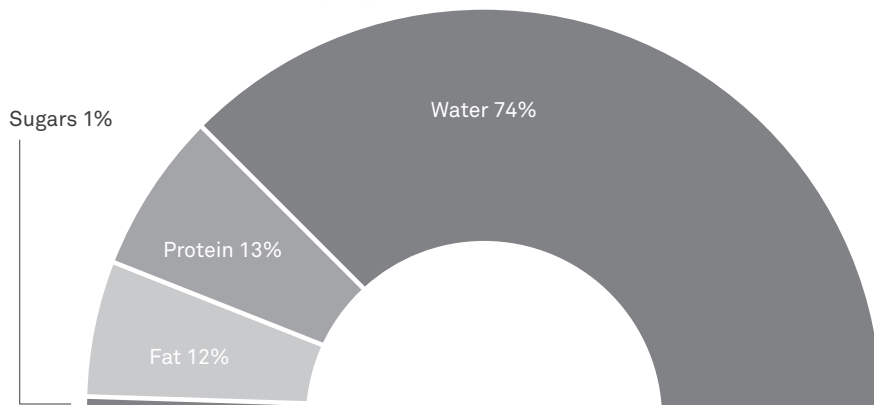
About 12% fat, all of which is in the yolk.

AERATION

Thanks to its albumin, which is a protein.

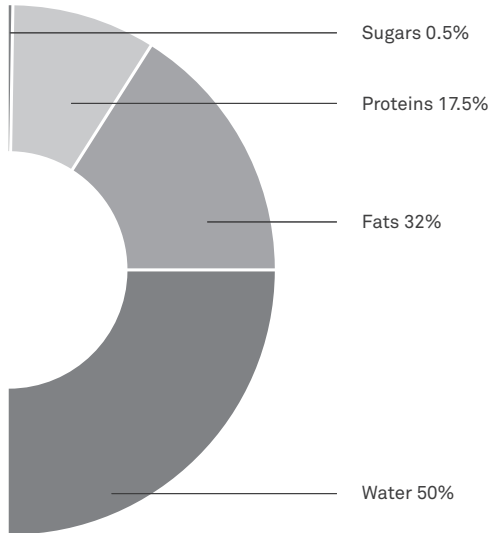


COMPOSITION GUIDE



Egg yolk

COMPOSITION GUIDE



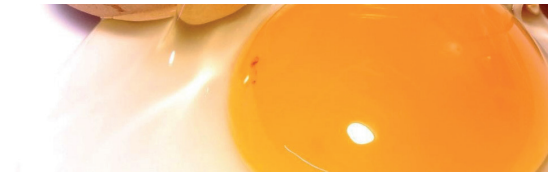
TECHNICAL ROLES

Egg yolk's technical role is to emulsify, coagulate and add fat to products. It also has some aerating properties.

EMULSION

FAT ADDITION

COAGULATION



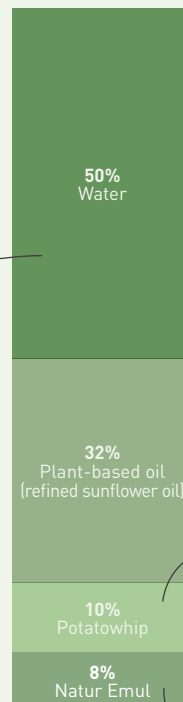
PLANT-BASED ALTERNATIVE

This is the composition which is closest to egg yolk and fulfils all its technical purposes.

However, if the recipe only requires emulsification, we can use Natur Emul or soy lecithin alone.

A GOOD WAY TO INTENSIFY FLAVOUR

The advantage of using this formula is that you can use it to swap water for flavoured liquids, such as fruit purées or infusions, and add flavour to your recipe. You can also switch the fat in the recipe for flavoured fats, such as nut pastes.



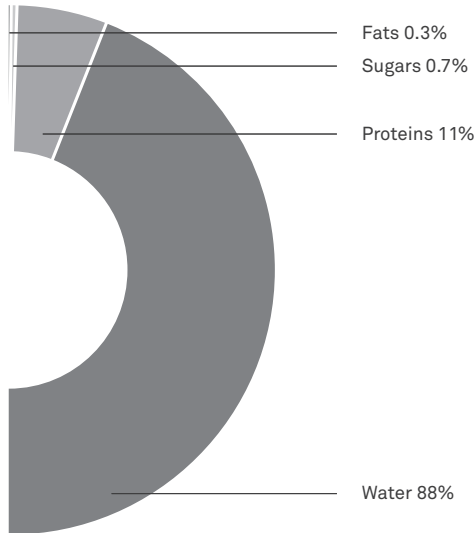
Potatowhip is a potato protein that offers the same coagulating effects as yolk.



Natur Emul is a citrus fibre that has the emulsifying properties of lecithin.

Egg white

COMPOSITION GUIDE



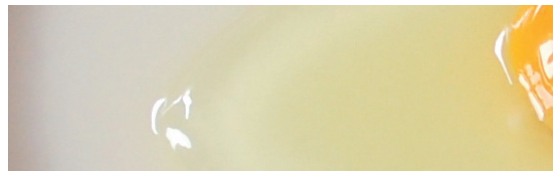
TECHNICAL ROLES

Egg white's technical role is to aerate, coagulate and emulsify recipes. It also has a high water content.

EMULSION

AERATION

COAGULATION

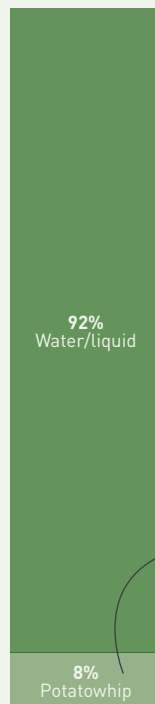


PLANT-BASED ALTERNATIVES

We suggest two ways of replacing egg white, one which has a coagulating effect (perfect for sponges and soufflés) and another which hasn't (perfect for mousses and meringues).

Potatowhip provides coagulating properties in plant-based alternative 1.

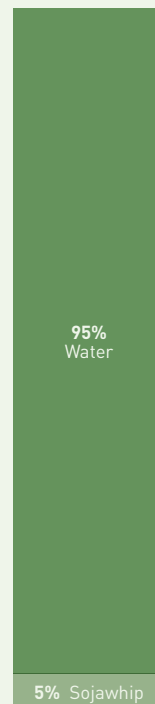
For products that don't need coagulating, we recommend plant-based alternative 2, which contains Sojawhip (a product with a completely neutral flavour).



PLANT-BASED ALTERNATIVE 1
with a coagulating effect



In this case, Potatowhip helps to whip up and coagulate mixtures.



PLANT-BASED ALTERNATIVE 2
no coagulating effect



Sojawhip is a hydrolysed soy protein that helps to whip up mixtures without adding flavour.

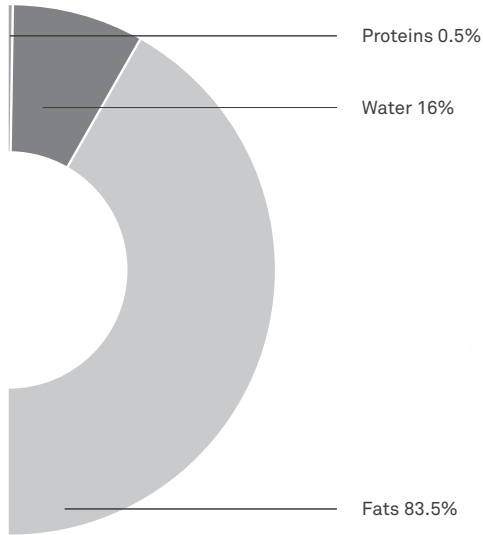


Dairy products

Dairy products bring creaminess, texture and flavour to pastry recipes. There are a few considerations we need to bear in mind when we're looking for a plant-based substitute for them so that the texture of our product stays stable and perfectly balanced. Over the next few pages, we will analyse dairy products' composition and suggest a few potential substitutes.

Butter

COMPOSITION GUIDE



TECHNICAL ROLES

Butter's technical function is to add fat, texture and emulsifying properties, as well as flavour.

We might think we can manage without butter's flavour in our pastries, but it's important not to lose out on the technical roles it plays.

EMULSION

FAT ADDITION

TEXTURE



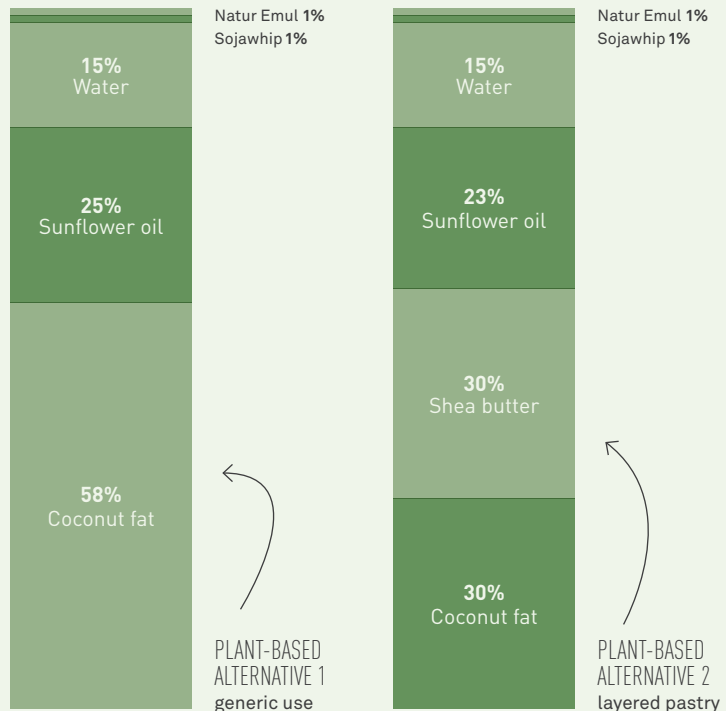
PLANT-BASED ALTERNATIVES

There are lots of butter substitutes on the market, but their composition varies depending on the manufacturer in terms of the fats, flavour, colour and even technical characteristics they include.

This is why we recommend our own plant-based substitutes, both of which have a neutral flavour but different textures to suit their intended use:

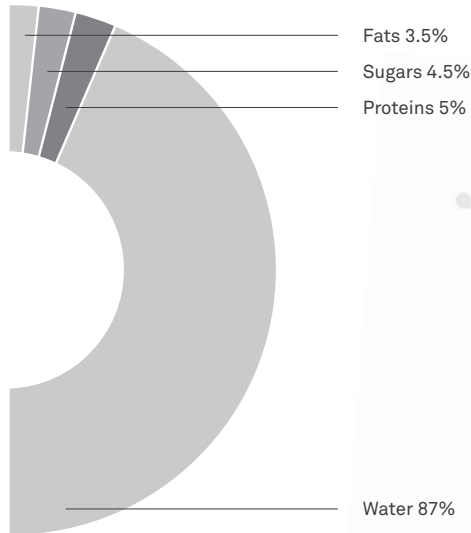
- General use
- Layered pastries (for example puff) or recipes where the texture needs to be more solid.

See plant-based butter substitutes recipes on page 23.



Milk

COMPOSITION GUIDE



TECHNICAL ROLES

In pastry-making, milk adds water, flavour, cream and emulsifying properties. In fact, milk is a stable emulsion itself.

However, it's also an easy product to replace with a plant-based alternative such as plant-based drinks, for instance, which are easy to buy or even make in your own kitchen. These liquids are also rich in protein, so you don't lose any of the milk's emulsifying qualities.

EMULSION

PLANT-BASED ALTERNATIVES



SOY DRINK



RICE DRINK



OAT DRINK



ALMOND DRINK



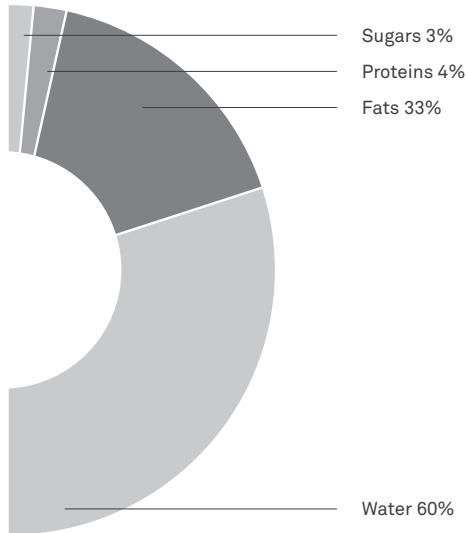
HAZELNUT DRINK



COCONUT DRINK

Cream

COMPOSITION GUIDE



TECHNICAL ROLES

Cream is more complicated than milk, because it has all the technical functions of milk but it also adds air and fat.

If you are making a mousse, for instance, you can switch the aerating function of the cream for a meringue mix made with Potatowhip or Sojawhip. You can also use alternative fats such as coconut fat or cocoa or shea butter, or flavoured fats like nut pure pastes or chocolate.

EMULSION

AERATION

FAT ADDITION



PLANT-BASED ALTERNATIVES

AERATION

WATER OR
FLAVOURED LIQUID



POTATOWHIP



SOJAWHIP

FAT ADDITION



COCONUT FAT



SHEA BUTTER

Animal Gelatine

TECHNICAL ROLES

Animal gelatine acts as a gelling agent and stabiliser. It can also help aerate products with high protein contents. Read on to find out the best substitute for each different type of product.

JELLIFICATION

STABILISATION

PLANT-BASED ALTERNATIVES



ELASTIC JELLIES
Plant-based gelling agent
 Coatings, Yule logs, etc.



MOUSSES
Vegan Mousse Gelatine



HEAT-RESISTANT JELLIES
Gellan gum
 Fillings for baked products



ACIDIC GLAZES
Fruit NH pectin



SMOOTH JELLIES
Pro-Pannacotta
 Plant-based flans



CHOCOLATE OR NUT GLAZES
Nappage X58 pectin



SLOW JELLIFICATION
Agar-agar
 Aspics

ESSENTIAL PASTRY-MAKING

recipes



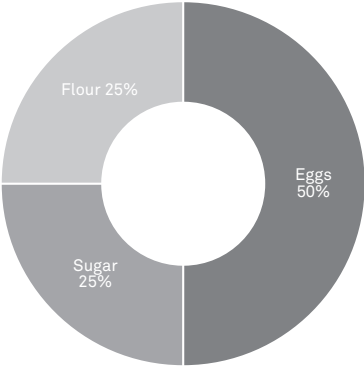
Sponges

Sponge cake is a mixture of flour, egg and sugar that is beaten and baked. Ingredients' proportions vary depending on the type of sponge we want, as does the way we add them in. We might mix them all straight in (for a cake, for example), or we might beat together the egg and sugar or white and yolk separately. We can also add other ingredients such as fats (including chocolate, oils, butter and nuts), spices or fruit, which change the mixture's structure.

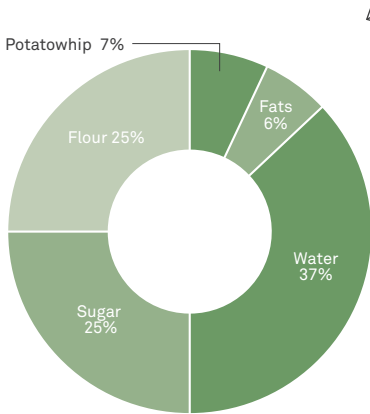
INGREDIENT TO REPLACE

EGGS

BASIC SPONGE MIX



EGG-FREE SPONGE MIX



To explain how egg works in a mixture, we have used a certain amount of basic sponge mix as our benchmark and worked out the ingredients we will need for a plant-based alternative.



EGG SUBSTITUTES FOR MAKING PLANT-BASED SPONGE MIXES



Potatowhip

Potatowhip is a protein made from potatoes. It can be used as a substitute protein for both egg yolk and egg white. It enables us to incorporate air into the mixture during the beating or whipping process. Potatowhip also coagulates and emulsifies like egg.

Emulsion Aeration



Natur Emul

Natur Emul is a fibre made from citrus fruit which can fulfil the same role as egg yolks' emulsifying component, lecithin. Helps emulsify cake mixtures with a high fat content. Also helps incorporate more water because of its absorbent qualities.

Emulsion



Deodorized coconut fat

Eggs are approximately 12% fat. They have an important role to play in giving sponge a creamier texture, as well as helping to emulsify it and providing a channel for other flavours. We can use lots of other fats too. Deodorized coconut fat is a good option, as is shea butter.

Fat addition



BASIC RECIPES

*The functions
of key
ingredients*

ALMOND SPONGE

15g	Potatowhip
330g	Water
150g	Sugar
100g	Strong flour
300g	Almond flour
50g	Trehalose
945g	Total

Using a hand blender, mix the water and Potatowhip for 1 minute. Beat the mixture using a hand blender, add the sugar and Trehalose to the meringue and beat for a further 3 minutes. Lastly, use a plastic sieve to sift in the flour and almond flour. Spread the results into a tray and bake at 390°F (200°C) for 9 minutes.

Potatowhip has aerating, coagulating qualities. Here, we replace some of the sugar with Trehalose to tone down the sweetness and enhance the almond flavour.

CHOCOLATE SPONGE

400g	Water
20g	Potatowhip
250g	64% dark chocolate
50g	Trehalose
160g	Sugar
130g	Pastry flour
7g	Baking Powder Fast
1g	Xanthan gum
1018g	Total

Mix the water with the Potatowhip and xanthan gum and blend them for 1 minute with a hand blender. Beat the mixture with an electric whisk until it has a firm meringue texture. Add both the sugar and trehalose and beat for another 3 minutes. Melt the chocolate at 105°F (40°C) and fold it gently into the meringue. Finally, add in the sifted flour and baking powder and mix them in gently using a flexible spatula. Spread the mixture into a baking tray and bake at 375°F (190°C) for 8 minutes.

The xanthan gum gives the meringue more stability, so it holds its structure.

BASIL SPONGE

220g	Sugar
45g	Cremsucre*
250g	Pastry flour
10g	Bicarbonate of soda
7g	Ground freeze-dried basil
30g	Potatowhip
350g	Water
60g	Sunflower oil
1g	Salt
973g	Total

Using a hand blender, mix the water and Potatowhip for 1 minute. Beat the mixture with an electric whisk, gradually add in the sugar and keep beating until you have a firm meringue texture. Separately, mix the Cremsucre with the oil. Incorporate them into the meringue. Add the sifted ground basil and bicarbonate into the flour mixture using a flexible spatula. Spread the mixture out onto a baking tray and bake for approx. 12 minutes at 345°F (175°C).

We make a meringue with Potatowhip (rather than the traditional ingredients) as a whipping and emulsifying agent. We use ground freeze-dried basil for flavour and colour, but also because it blends nicely into the recipe.

PASSION FRUIT SPONGE

240g	Passion fruit purée
160g	Sugar
20g	Potatowhip
40g	Trehalose
80g	Sunflower oil
10g	Baking Powder Std
120g	Pastry flour
20g	Corn starch
qs	Icing sugar
690g	Total

Mix the purée and Potatowhip using a hand blender. Mix using the third setting of your stand mixer. Mix the sugars together and add them in in 3 stages, like you would for a French meringue. Gradually combine the oil with the meringue and mix them together thoroughly. Separately, mix the remaining solid ingredients and add this to the meringue, taking care to fold the edges into the center, until the two are completely combined. Arrange it into fingerbiscuit shapes on a baking tray lined with baking paper. Bake for 355°F (180°C) for 6 minutes.

We make a meringue using fruit purée beaten with Potatowhip to intensify the sponge's flavour.

* Inverted sugar

CAKE

225 g	Icing sugar
25 g	Cremsucre*
300 g	Pastry flour
110 g	Almond flour
17 g	Baking Powder Std
7 g	Natur Emul
7 g	Potatowhip
250 g	Water
6 g	Lemon zest
6 g	Vanilla extract
3 g	Salt
20 g	Orange liqueur
100 g	Plant-based butter substitute
80 g	Sunflower oil
1156 g	Total

Mix the plant-based butter substitute (at room temperature) with the confectioner's sugar using the flat beater in a stand mixer. Gradually add the lemon zest and liqueur. Separately, mix together the dry ingredients and set them aside. Separately, use an electric whisk to mix together the water, Natur Emul and Potatowhip, then gradually add in the (room temperature) oil. Add this emulsion to the first mixture. Lastly, add in the dry ingredients and mix until homogenous. Fill the cake molds three-quarters full and use a piping bag to apply a thin line of plant-based butter substitute (beaten until it has a soft "beurre pommade" texture) from one end to the other. Bake for approx. 30 minutes at 345°F (175°C) depending on the size of the mold.

Natur Emul helps us to emulsify mixtures with a high fat content.

MACARON

250 g	Marcona almond flour
250 g	Icing sugar
200 g	Water (1)
14 g	Potatowhip
1.5 g	Gelespessa
250 g	Sugar
110 g	Water (2)
1075.5g	Total

Mix the water (1) with the Potatowhip and leave it in a stand mixer for 2 minutes until it dissolves. Take 110g of this mixture and combine it with the almond flour and sugar in a bowl. Mix until homogenous. Mix the rest of the dissolved Potatowhip with the Gelespessa in the bowl of a stand mixer and beat until a meringue forms. Put the water (2) and sugar in a saucepan and heat to 245°F (118°C). Slowly incorporate the syrup into the meringue to create an Italian meringue. Add the meringue into the marzipan and stir it in gently until the two are completely combined. Put the mixture in a piping bag with a round nozzle and pipe it into macarons on a silicone mat. Leave the macarons to rest at room temperature until they dry out. Bake at 285°F (140°C) for 14 minutes. Once you have baked them, leave the macarons to cool at room temperature.

The combination of Potatowhip and Gelespessa (xanthan gum) helps make the meringue more stable.

* Inverted sugar

PLANT-BASED BUTTER SUBSTITUTE

SOFT VERSION / GENERAL USE

150 g	Water
580 g	Deodorized coconut fat
250 g	Sunflower oil
10 g	Natur Emul
12 g	Sojawhip
1002 g	

Use a hand blender to mix together the water, Sojawhip and Natur Emul until homogenous. Melt the coconut fat and mix it with the sunflower oil. The oil mix should be 64-68°F (18-20°C). Gradually add the oils to the first mixture and emulsify them using an electric whisk.

If the emulsion splits, it means its temperature has risen too high. If this happens, let it cool until it starts to set and start emulsifying again.

The end result should be much like a dense mayonnaise. Keep it in the refrigerator so it can set and become firmer.

PLANT-BASED BUTTER SUBSTITUTE

FIRM VERSION / VERSION FOR PUFF PASTRY

150 g	Water
300 g	Deodorized coconut fat
300 g	Shea butter
250 g	Sunflower oil
10 g	Natur Emul
12 g	Sojawhip
1022 g	

Dissolve the soy protein in the water. Add the Natur Emul and stir thoroughly again until homogenous. Melt the coconut fat and shea butter and add them to the sunflower oil. The oil mixture's temperature should be approx. 68°F (20°C). Gradually add the oils into the first mixture and emulsify the two.

If the emulsion splits, it means its temperature has risen too high. If this happens, leave it to cool until it starts to set, then emulsify it again.

The end result should be much like a dense mayonnaise. It will set and take on a firmer texture in the refrigerator.

Pastry creams

Pastry creams are a type of preparation with an unctuous consistency and are often used in pastry-making. A classic pastry cream (or *crème pâtissière*) is made using flavoured, sweetened milk thickened with egg yolk and starch (usually corn starch). It is heated to at least 175°F (80°C) so that the starch and yolk coagulate. It's used as a filling or covering in pastry-making, as a dessert in its own right or as a sauce for desserts. Its thickness varies depending on what you are using it for.

It also works as a base for other types of creams such as, for example, mousselines (if you add butter), diplomat cream (if you add whipped cream) and chiboust (if you add meringue).

INGREDIENTS TO REPLACE

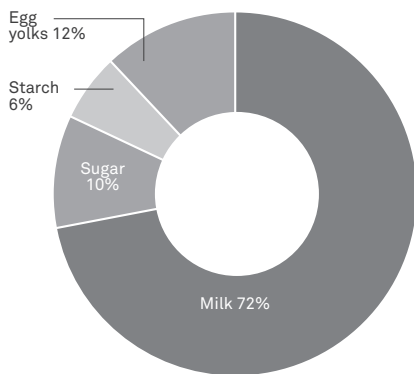
MILK EGG YOLKS

We can substitute milk with a plant-based drink (such as rice, oat or soy) and achieve a similar texture, but if we want to find a substitute for egg yolk, we need to find something with the right technical characteristics to make sure the texture isn't altered.

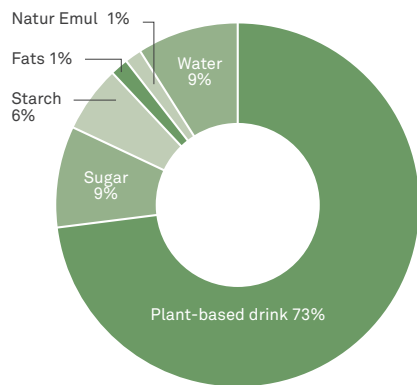
It's important to point out that there are now technical starches that help us to thicken cold or hot creams and improve their texture and stability when they are frozen, for example. They can then improve cold creams' flavour in particular because, thanks to them, the fruit doesn't have to be heated and loses none of its fresh taste.

A GOOD WAY TO IMPROVE TEXTURE AND INCREASE FLAVOUR

BASIC PASTRY CREAM



PLANT-BASED PASTRY CREAM



To explain the role of egg yolk in a cream, we use basic pastry cream as our benchmark and work out the ingredients we will need to replace it.

PLANT-BASED SUBSTITUTES FOR MAKING CREAMS



Natur Emul

This can be a replacement for egg yolks’ emulsifying properties, which they owe to their lecithin. This is particularly important when we want to emulsify creams properly. We can also use soy or sunflower lecithin instead.

Emulsion



Deodorized coconut fat

Egg yolk is about 30% fat. This fat content is an important way of adding an unctuous texture to your cream, but it also helps with emulsification and provides a vehicle for flavours. There are different fats we can use, one of which is deodorized coconut fat. Shea butter is another good option.

Fat addition



Gelcrem Hot / Gelcrem Cold

Gelcrems help us to thicken cold or hot creams and have an important role to play in improving their texture and stability when they are frozen, for example. The flavour of some creams – fruit, for example – is improved when they are made cold, because we let them retain their fresh flavour when we don’t cook them.

Stabilisation Texture



BASIC RECIPES

*The functions
of key
ingredients*

CHOCOLATE PASTRY CREAM

700g Rice drink
130g Sugar
65g Gelcrem Hot
1g Salt
7g Natur Emul
100g 70% dark chocolate
1003g Total

Whisk together the dry ingredients and rice drink and cook the mixture in a pan until it comes to the boil, stirring all the while. Add the couverture. Mix vigorously until the texture is smooth and homogenous. Leave it to cool to 40°F (4°C) and store it in the refrigerator.

We can use Natur Emul as a substitute for egg yolk's emulsifying properties. We use Gelcrem Hot to thicken this cream with a very intensely chocolatey flavour and creamy texture.

COCONUT PASTRY CREAM

380g Rice drink
430g Coconut purée
105g Sugar
68g Gelcrem Hot
6g Natur Emul
35g Deodorized coconut fat
1024g Total

Mix together the rice drink and coconut purée. Separately, mix the Gelcrem Hot, sugar and Natur Emul. Whisk the two mixtures together and cook until they come to the boil, stirring all the while. Take it off the heat and add the coconut fat. Whisk until you have a smooth, homogenous cream.

In this instance, it's also important to find a substitute for the egg yolk so the coconut loses none of its flavour. In addition to Natur Emul and Gelcrem Hot, we add coconut fat to enhance the creamy mouthfeel.

RASPBERRY PASTRY CREAM

350g Rice drink
425g Raspberry purée
115g Sugar
75g Gelcrem Hot
7g Natur Emul
50g Deodorized coconut fat
1022g Total

Mix the plant-based drink and raspberry purée. Separately, mix together the Gelcrem Hot and sugar. Whisk the two mixtures together and cook until they come to the boil, stirring all the while. Take the mixture off the heat and add the coconut fat and Natur Emul. Mix until the cream is smooth and homogenous.

This product is made with raspberry purée and rice drink, and it incorporates fruit without losing any of the flavour and texture of a pastry cream. We use Natur Emul as an emulsifier and thicken the cream with Gelcrem Hot. We can make cold creams with 100% fruit purée using Gelcrem Cold.

PISTACHIO PASTRY CREAM

700g Rice drink
120g Sugar
60g Gelcrem Hot
1.5g Salt
7g Natur Emul
100g Pistachio pure paste
40g Deodorized coconut fat
15g Sunflower oil
1043.5g Total

Mix together the sugar, salt and Gelcrem. Separately, mix the pistachio pure paste, sunflower oil, coconut fat and Natur Emul. Mix the dry ingredients with the plant-based drink and cook until it comes to the boil, whisking all the while. Take it off the heat and add the fat-based ingredients mixed with the Natur Emul. Mix thoroughly until the cream is smooth and homogenous.

This cream has an intense pistachio flavour thanks to the pistachio pure paste it contains. We can use Natur Emul instead of egg yolk and thicken it with Gelcrem. We can also include coconut fat combined with other oils to make the texture lighter.

Crèmeux

Crèmeux are similar to creams, but their texture is thicker and more compact. They are ideal fillings for mousses or tartlets, as they slice nicely. Their texture is also suitable for *quenelles*.

Crèmeux are generally made using a custard base (with milk, cream, egg yolk and sugar), added to which are flavours and aromas such as chocolate, nuts, spices or fruit, along with gelatine for a more compact texture.

We can use plant-based drinks instead of milk and *Natur Emul* instead of egg yolk, while various *pectins* make a good substitute for animal gelatine.

We can also include plant fibres such as *inulin* to make the texture more unctuous and recreate the same mouthfeel as cream for your crèmeux.

There are lots of pectins that can help us create different textures depending on the type of crèmeux you want. Here, we work mostly with *Nappage X58 pectin* and *Fruit NH pectin*.

A GOOD WAY TO MAKE LIGHTER PASTRIES

By switching some of the cream for inulin (which is a fibre) we are reducing the recipe's fat content and making a lighter, healthier pastry.

INGREDIENTS TO REPLACE

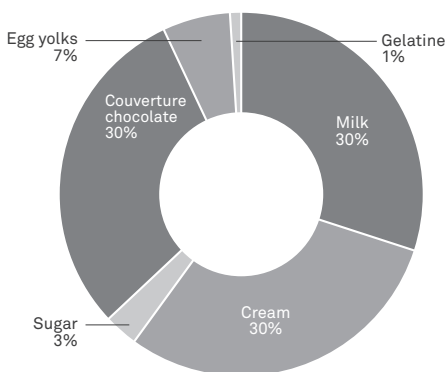
EGG YOLKS MILK

WHIPPING CREAM

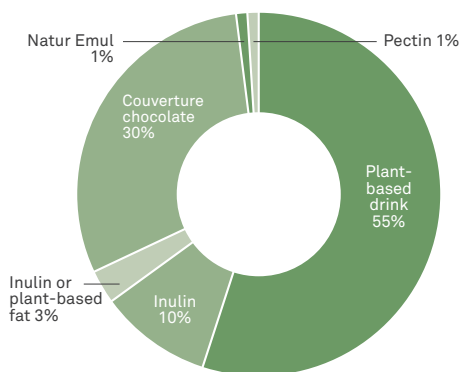
GELATINE



BASIC CHOCOLATE CRÉMEUX



PLANT-BASED CHOCOLATE CRÉMEUX



Let's analyse a classic chocolate crèmeux recipe and figure out how to get the same texture using 100% plant-based ingredients.

SUBSTITUTES FOR MAKING PLANT-BASED CRÉMEUX



Natur Emul

This can be a replacement for egg yolks' emulsifying properties, which they owe to their lecithin. This is particularly important when we want to emulsify creams properly. We can also use soy or sunflower lecithin instead.

Emulsion



Inulin Hot

By adding inulin to creamy recipes, we provide a substitute for egg yolks' and cream's fat content. However, this is also a perfect ingredient for crèmeux because of its unctuous mouthfeel and texture.

Creamy mouthfeel addition



Fruit NH pectin | Nappage X58 pectin

Pectins can play the same gelling role as animal gelatine, but they also provide a creamier, less elastic texture than traditional gelatine. Use Fruit NH pectin for acidic creams and Nappage X58 pectin for creams with no acid content.

Jellification



Deodorized coconut fat

We can replace egg yolks' fat using vegetable fats such as deodorized coconut fat. Shea butter is another good option.

Fat addition

BASIC RECIPES

The functions of key ingredients

LEMON CRÉMEUX

- 300 g Lemon juice
- 350 g Water
- 180 g Sugar
- 13 g Fruit NH pectin
- 10 g Natur Emul
- 10 g Lemon zest
- 140 g Deodorized coconut fat
- 30 g Inulin Hot
- 1033 g Total**

Combine the lemon juice, water and lemon zest and put them in a casserole. On the other side, combine the dry ingredients. Pour little by little the dry ingredients into the liquids mixing constantly until dissolved. Bring the mix to boil. Remove from the heat and cool at 45 °C. Add the coconut fat and mix using a stick blender. Cool down down to 4 °C and keep in the fridge for 12 hours before using.

We can use Natur Emul as a substitute for egg yolk's emulsifying properties. Given it is an acidic recipe, this crèmeux uses Fruit NH pectin as its gelling agent. The coconut fat and inulin create a creamy texture. The result is a very fresh yet creamy crèmeux.

CHOCOLATE CRÉMEUX

- 550 g Rice drink
- 1 g Salt
- 100 g Sugar
- 10 g Nappage X58 pectin
- 260 g 70% dark chocolate
- 50 g Deodorized coconut fat
- 30 g Sunflower oil
- 1001 g Total**

Mix the sugar and pectin together. Set aside. Heat the plant drink to 105°F (40°C). Add the salt and the pectin and sugar mixture, stirring constantly. Bring the mixture to the boil. Take it off the heat and add the sunflower oil, chocolate and, lastly, the coconut fat. Emulsify using a hand blender until completely homogenous. Split it into molds of your choice. Store them in the refrigerator for 6 hours so they set correctly.

We use Nappage X58 pectin to add texture, as well as coconut fat to create a creamier mouthfeel.

STRAWBERRY CRÉMEUX

- 750 g Strawberry purée
- 5 g Natur Emul
- 160 g Sugar
- 30 g Inulin Hot
- 140 g Deodorized coconut fat
- 15 g Fruit NH pectin
- 1100 g Total**

Mix together the sugar, inulin, Natur Emul and pectin, and set aside. Heat the strawberry purée to 105°F (40°C) and gradually add in the previous mixture, stirring all the while. Bring to the boil. Take it off the heat and let it cool to 115°F (45°C). Add the coconut fat and emulsify the mixture using a hand blender. Pour it into molds of your choice and keep them in the refrigerator for 6 hours so that they set correctly.

Because this is a fruit-based recipe, we use Fruit NH pectin as it's better at gelling acids. We add inulin and coconut fat to enhance the product's creamy texture, and Natur Emul to help it emulsify properly.

HAZELNUT CRÉMEUX

- 600 g Water
- 2 g Salt
- 150 g Sugar
- 30 g Natur Emul
- 13 g Nappage X58 pectin
- 50 g Deodorized coconut fat
- 150 g Hazelnut pure paste
- 30 g Inulin Hot
- 1025 g Total**

Mix the sugar and pectin together. Set aside. Separately, mix together the hazelnut pure paste and Natur Emul in a bowl until homogenous. Heat the water to approx. 105°F (40°C) and gradually add in the mixture of sugar and pectin, stirring all the while. Bring the mixture to the boil. Take it off the heat and add in the Natur Emul and pure paste mixture, followed by the coconut fat. Emulsify using a hand blender until completely homogenous. Pour it into molds of your choice and store them in the refrigerator for 6 hours so they set correctly.

Nut pure pastes are ideal for nut-flavoured crèmeux. Here, we use Nappage X58 pectin as a gelling agent, and we use inulin and coconut fat to enhance the creamy mouthfeel. The Natur Emul helps to perfect the emulsion.

Mousses

Mousses' number-one characteristic is their airy texture. This is achieved by adding meringue and/or partially whipped cream to a cream base flavoured with, for example, spices, fruit, nuts or chocolate.

Egg yolk is traditionally added to this cream base to make it thicker, help with emulsification and add fat. In some more contemporary recipes, egg yolk is avoided to eliminate any of the yolk flavour that can mask certain subtle notes such as fruit.

Depending on the type of mousse you are using and the way you want to present it, you can add gelatine to make the texture firmer and easier to slice in tarts, pastries and other creations.

There are other types of mousse including, for example, bavarois, which is made from custard, partially whipped cream and gelatine. Another type of mousse is chiboust, which is more like cream but also uses meringue in a pastry cream base.

INGREDIENTS TO REPLACE

EGG YOLK

EGG WHITE

WHIPPING CREAM

GELATINE

INGREDIENTS THAT NEED TO BE REPLACED

There are different ways to make a 100% plant-based mousse.

*We recommend using **Natur Emul** combined with stabilisers such as **guar gum** to replace egg yolks' emulsifying properties, as they help us thicken and stabilise our cream if needs be (in fruit purée-based mousses, for instance).*

*Egg whites can be replaced by proteins such as **Sojawhip** and **Potatowhip**. If you want to make a mousse with very heavy or high-fat ingredients, we recommend a meringue with **Potatowhip**, as this will give it greater stability. **Sojawhip** is ideal for lighter meringues made with citrus fruit or spices, for example.*

*For cream, we can only replace the fat element by using plant fats such as **coconut fat** or **shea butter**. If you don't want to add fat but you want to keep a creamy mouthfeel, we can add **inulin**.*

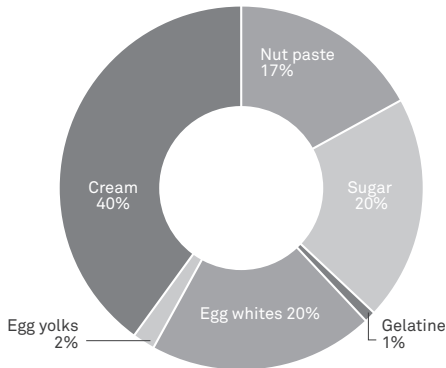
*Lastly, we can replace animal gelatines with **Vegan Mousse Gelatine**, which was specifically created with this goal in mind.*

VEGAN MOUSSE GELATINE

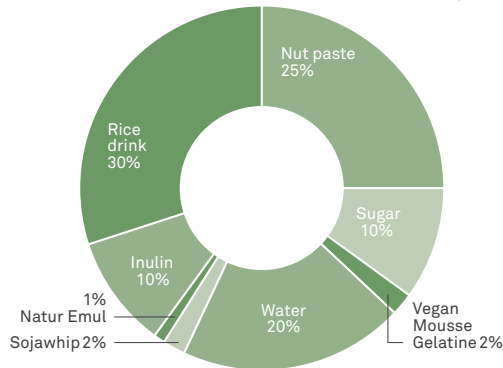
is a plant-based gelling agent that was specifically created for mousses and freezes very effectively.



CLASSIC NUT MOUSSE



PLANT-BASED NUT MOUSSE



We can substitute the animal-based ingredients with 100% plant-based alternatives but achieve the same texture and an even more vivid flavour.

*+8% nuts → More flavour
-10% sugar → Less sweetness*

SUBSTITUTES FOR MAKING PLANT-BASED MOUSSES



Natur Emul

This can be a replacement for egg yolks' emulsifying properties, which they owe to their lecithin. This is important if cream bases are to emulsify properly. We can also use soy or sunflower lecithin instead.

Emulsion



Sojawhip | Potatowhip

Sojawhip and Potatowhip are a good substitute for egg white in meringues. We recommend using Sojawhip because its flavour is neutral; however, if your creations need a more compact structure – they might be mousses with a high fat content, for example – we would encourage you to use Potatowhip.

Aeration

SUBSTITUTES FOR MAKING PLANT-BASED MOUSSES



Vegan Mousse Gelatine

Vegan Mousse Gelatine is specially designed as a substitute for animal gelatines in mousses.

Jellification



Deodorized coconut fat | Inulin

We can recreate a creamy mouthfeel using plant-based fats such as coconut fat, shea butter or inulin.

Fat / creamy mouthfeel addition



Guar gum | Carob gum | Xanthan gum

In some instances, we need to thicken our cream base, which is something egg yolks can do for us if they are heated. Guar, carob and xanthan gum can achieve the same results without adding any flavour. We can also use Gelcrem Hot or Cold as a thickener, depending on the product.

Stabilisation Texture



BASIC RECIPES

CHOCOLATE MOUSSE

350 g	Water (1)
15 g	Vegan Mousse Gelatine
160 g	Water (2)
8 g	Potatowhip
100 g	Sugar
1 g	Xanthan gum
30 g	Sunflower oil
350 g	70% dark chocolate
1014 g	Total

Melt the chocolate at 130°F (55°C) and mix it with the sunflower oil until homogenous. Heat the water (1) with the Vegan Mousse Gelatine until it comes to the boil, stirring all the while. Combine it with the chocolate mixture and emulsify using a hand blender. Separately, mix the water (2) with the Potatowhip and beat them with an electric whisk. Halfway through the whisking process, combine the sugar and xanthan gum and add them in. Keep whisking for approx. 10 more minutes. Gradually add the chocolate emulsion heated to 130°F (55°C) to the meringue, mixing at medium speed.

*The functions
of key
ingredients*

In this recipe, we make our meringue with Potatowhip and xanthan gum, as this ensures it's very stable and doesn't lose any structure when it's mixed with chocolate. Vegan Mousse Gelatine helps it to take on a mildly jellied texture.

LEMON MOUSSE

190 g	Lemon juice (1)
110 g	Water (1)
5 g	Natur Emul
90 g	Sugar (1)
25 g	Vegan Mousse Gelatine
8 g	Gelcrem Hot
80 g	Deodorized coconut fat
250 g	Water (2)
15 g	Sojawhip
80 g	Lemon juice (2)
80 g	Sugar (2)
80 g	Inulin Cold
1 g	Xanthan gum
1014 g	Total

Mix the lemon juice (1) with the water (1), the sugar (1), the Gelcrem Hot, the Vegan Mousse Gelatine and the Natur Emul. Cook until it comes to the boil, mixing all the while with a hand blender. Take it off the heat. Add the coconut fat and mix again with an electric mixer. Separately, mix the Sojawhip with the lemon juice (2) and the water (2) and beat with an electric mixer. Halfway through the beating process, add in the sugar (2), inulin and xanthan gum, previously mixed, and keep beating for approx. 10 more minutes at medium speed. Heat the first mixture to 140°F (60°C) and add it into the meringue in the stand mixer. Beat at medium speed until homogenous. Take it out of the mixer and use immediately.

Citrus mousses are enhanced by the extra texture that lemon juice provides, as well as the extra tanginess. We make a cream base, which is thickened using Gelcrem Hot, and a meringue that uses Sojawhip and xanthan gum. We add Natur Emul as an emulsifier, and the whole preparation gels using Vegan Mousse Gelatine. We also create a creamy mouthfeel using a combination of coconut fat and xanthan gum.

PECAN MOUSSE

280 g	Pecan pure paste
380 g	Rice drink
7 g	Natur Emul
15 g	Vegan Mousse Gelatine
150 g	Water
7.5 g	Potatowhip
130 g	Sugar
40 g	Inulin Cold
1.5 g	Salt
1011 g	Total

Mix together the pecan pure paste and Natur Emul. Separately, mix the rice drink with the Vegan Mousse Gelatine and bring them to the boil, stirring all the while. Take the mixture off the heat and combine it with the pure paste and Natur Emul. Emulsify using a hand blender. Separately, beat the water, salt and Potatowhip using a hand blender. Halfway through the beating process, gradually add in the sugar and inulin mixture. Keep beating for approx. 10 more minutes at medium speed. Gradually add the first mixture (heated to 130-140°F or 55-60°C) to the meringue, beating it in at medium speed.

Nut pastes are rather heavy, which is why we make our meringue with Potatowhip. We emulsify the cream with Natur Emul and we use Vegan Mousse Gelatine to add structure. The inulin provides creaminess and structure.

BLACKCURRANT MOUSSE

270 g	Blackcurrant purée (1)
500 g	Blackcurrant purée (2)
90 g	Sugar
50 g	Inulin Cold
2 g	Guar gum
14 g	Sojawhip
20 g	Vegan Mousse Gelatine
60 g	Deodorized coconut fat
1006 g	Total

Using a hand blender, mix purée (1) with the guar gum and Vegan Mousse Gelatine until homogenous. Bring to the boil. Add the coconut fat and keep emulsifying. Separately, mix the Sojawhip with the purée (1) and beat them together in a stand mixer. Halfway through the mixing process, mix together the sugar and the inulin and gradually add them in. Keep beating for approx. 5 minutes on a medium speed. Gradually incorporate the first mixture at 60 °C to the meringue, mixing at medium speed.

We use guar gum to add a thicker texture to the blackcurrant purée. We use Sojawhip to make the meringue. We use Vegan Mousse Gelatine as a gelling agent, and the coconut fat and inulin add creaminess.

Ganaches

Ganache is a dessert product made of emulsified chocolate and cream. It can vary in form, from dark to mellow to thick, depending on the proportion of chocolate and cream we use. It can also be made using white chocolate. Usually, it's flavoured with spices or liqueurs.

It can be used as a filling or coating for pastry chefs' products such as chocolate bonbons, tarts and cookies.

It's made by heating cream until it comes to the boil and incorporating pieces of chocolate. Chocolate and cream emulsify well together and can be flavoured with your choice of ingredients.

The proportions you use will vary depending on the application. For instance, to make a ganache suitable for fillings, the texture needs to be compact enough to seal chocolate bonbons. The texture has to be even more compact for sliceable chocolate-coated bonbons, whereas truffles or frostings need to be softer and easier to mold.

Although the basic formula is chocolate and cream, other products can be added, such as technical sugars (including glucose and invert sugar) which offer a longer shelf life, more moisture and greater elasticity. Bonbon fillings, for instance, need to be stored for longer periods of time. Often, fat, such as butter, is also added to make the ganache firmer, creamier and glossier.

*In essence, to make a plant-based version of ganache, we need to replace the cream. Given that cream is high in fat, we can replace it with plant-based varieties such as **coconut fat** or **shea butter**, or with fibres such as **inulin**. We can also replace the cream's protein (which acts as an emulsifier) with **Sojawhip** or **Natur Emul**.*

*If recipes contain butter, we recommend **substituting it with a plant-based alternative** (see page 23).*

INGREDIENTS TO REPLACE

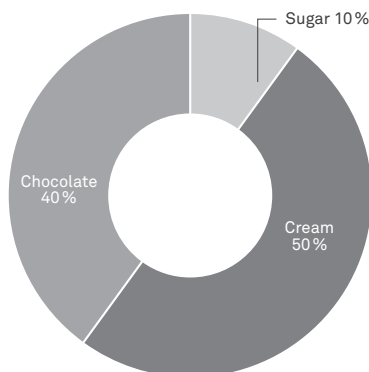
WHIPPING CREAM

BUTTER

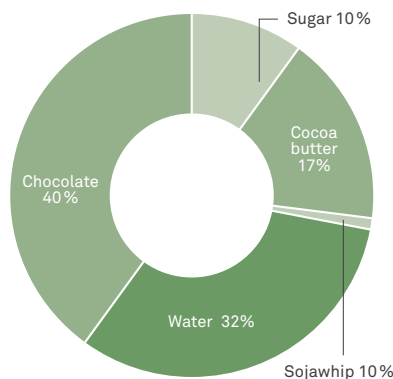


It's important to remember when using white or milk chocolate that we also have to replace these two ingredients' milk content. There are now milk and white chocolates that use alternative plant-based components, such as Valrhona's Amatika, a delicious product that replaces milk with almonds.

CLASSIC GANACHE



PLANT-BASED GANACHE



SUBSTITUTES FOR MAKING PLANT-BASED GANACHES



Sojawhip

Replaces cream's protein content while also emulsifying and aerating mixtures.

Emulsion Aeration



Deodorized coconut fat | Inulin

We can replace the fat content or creamy mouthfeel using a plant-based fat such as coconut fat, shea butter or inulin. We can also use plant-based butter as a substitute for standard butter (see page 23).

Fat / creamy mouthfeel addition



BASIC RECIPES

*The functions
of key
ingredients*

GANACHE FOR PASTRIES AND MACARONS

320g	Water
60g	Cremsucre*
80g	Glucose syrup 40 DE
4g	Sojawhip
400g	70% dark chocolate
50g	Deodorized coconut fat
914g	Total

Mix the water with the sugars in a saucepan and bring it to a boil. Combine with the chocolate. Stir thoroughly until well emulsified. Add the deodorized coconut fat and continue mixing until your ganache is smooth and glossy. Cover its surface with plastic wrap and leave it to set.

Here, we substitute cream with water. We add coconut fat, and protein with Sojawhip to help with emulsification. We make a mixture of technical sugars to extend the product's life, improve its structure and elasticity and tone down the sweetness.

GANACHE FOR HAND-CUT CHOCOLATE BONBONS

220g	Water
40g	Sorbitol
40g	Cremsucre*
90g	Glucose syrup 40 DE
6g	Sojawhip
350g	70% chocolate
60g	Cocoa butter
200g	Plant-based butter substitute
1006g	Total

Heat the water, Sorbitol, Cremsucre and glucose to 95°F (35°C). Add the Sojawhip and whisk it in. Melt the chocolate and cocoa butter at 122°F (50°C). Combine the water and sugar mixture with the couverture and emulsify them using a hand blender. Add the melted cocoa butter and plant-based butter substitute. Emulsify using a hand blender and pour the mixture into a frame. Leave to set in the refrigerator for 24 hours and cut into slices.

We replace the cream with water and boost the unctuous texture using cocoa butter. This also helps us to make the structure stronger. Sojawhip works in place of protein to emulsify the ingredients. We make a mixture of technical sugars to improve preservation, structure and elasticity. We also replace the butter with a plant-based substitute.

PASSION FRUIT GANACHE

50g	Water
270g	Passion fruit purée
80g	Glucose syrup 40 DE
20g	Cremsucre*
50g	Deodorized coconut fat
530g	50% chocolate
5g	Sojawhip
1005g	Total

Mix the water and purée with the glucose and Cremsucre. Bring to the boil. Combine this mixture with the chocolate, and emulsify using a hand blender. Add the deodorized coconut fat and emulsify again until your ganache is smooth and glossy. Leave to set the refrigerator for 24 hours.

In this recipe, we replace cream's liquid properties with fruit purée. We also add Sojawhip as an emulsifier and we use coconut fat to recreate a creamy mouthfeel.

ALMOND GANACHE

300g	Almond drink
5g	Salt
50g	Inverted sugar
250g	Amatika 46% chocolate
140g	Cocoa butter
250g	Almond pure paste
5g	Sojawhip
1000g	Total

Heat the almond drink with the salt and inverted sugar until it comes to the boil. Separately, mix the almond pure paste with the melted chocolate and cocoa butter at 105°F (40°C). Add in the hot almond drink and emulsify again using an immersion blender. Leave the mixture at 40°F (4°C) for 24 hours so that it sets properly.

Here, we use almond drink instead of cream, and include some cocoa butter and almond pure paste to achieve a creamy mouthfeel. We also work with Amatika chocolate so that the final product looks and tastes much like milk chocolate. We emulsify the whole recipe using Sojawhip.

* Inverted sugar

Glazes

Glazing is a technique which involves partially or completely covering desserts such as mousse, sponge or biscuit with a sweet, glossy product. Glazes can fulfil a range of purposes; if they are decorative, they should have a shiny finish. They can also be protective, preventing items from drying out, for example, or they can add extra texture or complement the dessert's flavour.

There are various types of glazes:

- **Basic** A basic glaze mixes icing sugar and water and is used to coat baked goods such as classic donuts (which are dipped hot in the glaze mix so that they take on crystallised sugar's shiny look when dry).
- **Royal icing** This is very often used to cover biscuits and is made using egg white, icing sugar and lemon juice. It's lightly beaten before being applied. It's quick to dry onto the product.
- **Frosting or buttercream** These glazes are a mixture of beaten fat (such as butter or palm oil) and icing sugar. Sometimes cream cheese is added too. They are piped on to the tops of pastries and cupcakes.
- **Fondant or paste** This mixture of icing sugar, water, fat and humectants such as glycerine forms a paste for covering pastries.

All these glazes can be flavoured and coloured using different flavourings and colourants.

There are also more contemporary glazes, such as ultra-glossy and mirror-effect versions. They are made using a sweetened, slightly jellied liquid base. They come in lots of varieties and have different ingredients, from neutral glazes used purely for their sheen (on a pastry's fruit, for example) to versions flavoured with cocoa, fruit purée or nuts. This type of glaze is more liquid in consistency; in terms of application, products can be dipped into them, or they can be poured onto the product.

We have different animal-based ingredients to replace depending on the type of glaze.

*For royal icing, we have to substitute egg white with plant proteins such as **Potatowhip** and **Sojawhip**.*

*For buttercreams and frosting, we use a **plant-based butter substitute**, and for mirror-effect glazes we use **pectin** instead of animal-based gelatine.*

INGREDIENTS TO REPLACE

EGG WHITE

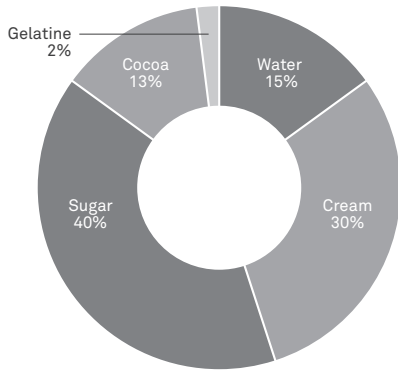
BUTTER

GELATINE

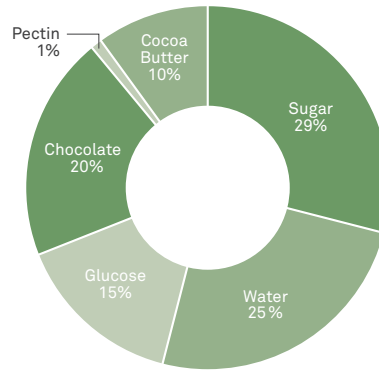


Glaze recipes often include other ingredients such as condensed milk and cream, which are used to add shine and a creamy texture.

CHOCOLATE GLAZE



PLANT-BASED CHOCOLATE GLAZE



Here we are using a mirror-effect chocolate glaze as a reference for our plant-based alternative.

SUBSTITUTES TO GO INTO PLANT-BASED GLAZES



Fruit NH pectin | Nappage X58 pectin

Pectins can fulfil the same gelling role as animal-based gelatine. They also provide a creamier, less elastic texture than animal gelatine. We use Fruit NH pectin for acidic products (such as fruit) and Nappage X58 pectin for non-acidic items such as chocolate or nuts.

Jellification



Sojawhip | Potatowhip

These products can replace egg white's protein in royal icing.

Aeration



Deodorized coconut fat

We can replace cream's fat content with plant-based fats such as coconut fat or shea or cocoa butter. We can also replace glazes' butter with a plant-based alternative (see page 23).

Fat addition

BASIC RECIPES

*The functions
of key
ingredients*
↓

NEUTRAL GLAZE

450g	Sugar
350g	Water (1)
200g	Glucose syrup 40 DE
5g	Fruit NH pectin
1.5g	Citric acid
1.5g	Water (2)
1008g	Total

Put the water (1) in a saucepan. Separately, mix the pectin and sugar. Once the water has reached 140°F (40°C), gradually add in the sugar and pectin mix. Bring to the boil while stirring with the whisk. Add the glucose and bring it back to the boil. Take it off the heat. Mix in the water (2) and citric acid until the mixture is homogenous. Add this mixture to the previous preparation. Leave the glaze to rest for 24 hours with its surface covered with plastic wrap. Heat it to 95-105°F (35-40°C) to give it a glossy shine.

We include Fruit NH pectin as a gelling agent because the results are smooth, heat-reversible and suitable for freezing.

RASPBERRY GLAZE

220g	Raspberry purée
10g	Fruit NH pectin
560g	Water
200g	Sugar
0.5g	Water-soluble red colourant powder
990.5g	Total

Heat the water to 105°F (40°C). Mix the Fruit NH pectin with the sugar and gradually add in the water, whisking all the while. Bring to a simmering boil for 3 minutes. Take it off the heat and add the raspberry purée and colourant. Mix thoroughly until homogenous. Leave at 40°F (4°C) for 24 hours. Heat it to 95-105°F (35-40°C) to give it a glossy shine.

Here we use purée or fruit juice instead of the water that goes into a neutral glaze. This glaze provides a very intense fruit flavour, as well as shine and a protective layer for the dessert.

LEMON GLAZE

580g	Water
250g	Sugar
23g	Fruit NH pectin
140g	Lemon juice
17g	Yellow Food Colour
1010g	Total

Heat the water to 105°F (40°C). Separately, mix together the sugar and pectin and add in the water, whisking all the while. Bring the mixture to the boil while stirring. Take it off the heat and add in the lemon juice and colourant. Leave at 40°F (4°C) for 24 hours. Heat it to 95-105°F (35-40°C) to give it a glossy shine.



BASIC RECIPES

DARK CHOCOLATE GLAZE

300 g	Sugar
240 g	Water
6 g	Nappage X58 pectin
140 g	Glucose
200 g	70% chocolate
100 g	Cocoa butter
20 g	Cocoa powder
1006 g	Total

Mix the pectin with the sugar. Heat the water to 105°F (40°C). Gradually whisk the sugar and pectin mix into it. Bring it to the boil, incorporate the glucose and bring to the boil again. Take it off the heat and mix it with the chocolate and cocoa butter. Emulsify using a hand blender. Leave at 40°F (4°C) for 24 hours. Heat it to 95-105°F (35-40°C) when you are ready to glaze with it.

*The functions
of key
ingredients*

Here, we completely banish cream and gelatine to make a very intensely chocolate glaze. We use Nappage X58 pectin as our gelling agent, which also provides a creamy, smooth texture. We use cocoa butter as our fat in this recipe for extra shine and structure.

AMATIKA CHOCOLATE GLAZE

300 g	Sugar
250 g	Water
7 g	Nappage X58 pectin
150 g	Glucose
200 g	Amatika 46% chocolate
100 g	Cocoa butter
1007 g	Total

Mix the pectin with the sugar. Heat the water to 105°F (40°C). Gradually whisk the sugar and pectin mix into it. Bring it to the boil, stirring all the while. Add in the glucose and bring to the boil again. Take it off the heat and mix it with the chocolate and cocoa butter. Use a hand blender to emulsify the mixture. Leave at 40°F (4°C) for 24 hours. Heat it to 95-105°F (35-40°C) when you are ready to glaze with it.

We use Amatika chocolate, which is very much like milk chocolate. This way, there is no need for cream or gelatine. We use Nappage X58 pectin as our gelling agent, which also provides a creamy, smooth texture. We use cocoa butter as our fat in this recipe for extra shine and structure.



OUR SUGGESTED
plant-based recipes



Almond in different textures

MAIN RECIPE

80 g	Bitter almond curd
20 g	Almond foam
40 g	Financier
50 g	Confit apricot
30 g	Cantonese almonds
20 g	Apricot Fruit&Sauce
240 g	Total

Place a few financiers in the base of a dish. Drizzle the cream around them. Dot around the almonds and Fruit&Sauce, then finish off by arranging the foam around the dessert.

BITTER ALMOND CURD

300 g	Water
80 g	Sugar
180 g	Toasted almond pure paste
30 g	Gelcrem Hot
3 g	Natur Emul
0.5 g	Bitter almond aroma
593.5 g	Total

Mix the water with the sugar and Gelcrem Hot in a saucepan. Bring the mixture to a boil, stirring all the while. Separately, combine the pure paste with the Natur Emul and mix until they are thoroughly combined. Combine both mixtures, add the flavouring and stir them together until you have a stable emulsion. Store overnight in the refrigerator before you use it.

ALMOND FOAM

460 g	Almond drink
40 g	Amaretto concentrate
15 g	Naturfoam
515 g	Total

Mix together the ingredients for about half a minute. Create the foam using a Foam Kit or a hand whisk.

FINANCIER

120 g	Sugar
10 g	Cremsucre (inverted sugar)
40 g	Pastry flour
60 g	Almond flour
1 g	Salt
3 g	Baking Powder Std
8 g	Potatowhip
100 g	Water
100 g	Plant-based butter substitute (see page 23)
442 g	Total

Mix the water and Potatowhip and beat them together thoroughly. Add the sugars and keep beating until they are completely dissolved. Separately, mix the dry ingredients with the butter substitute melted to 105°F (40°C) and stir until the two are thoroughly combined. Add the meringue in two stages, retaining as much air as you can. Spread the results into a tray and bake at 340°F (170°C) for 15 minutes.



Chocolate mousse with banana and miso

MAIN RECIPE

100 g	Chocolate mousse
50 g	Chocolate and miso soup
30 g	Fried bananas with caramel
8 g	Cantonese cocoa nibs
188 g	Total

Put the banana in the base of a dish. Arrange a few natural slices of mousse on top, here and there. Sprinkle on some cocoa nibs and finish off with the hot soup.

CHOCOLATE MOUSSE

350 g	Water (1)
15 g	Vegan Mousse Gelatine
160 g	Water (2)
8 g	Potatowhip
100 g	Sugar
1 g	Xanthan gum
30 g	Sunflower oil
350 g	70% dark chocolate
1014 g	Total

Melt the chocolate at 130°F (55°C) and mix it with the sunflower oil until homogenous. Heat the water (1) with the Vegan Mousse Gelatine until it comes to the boil, stirring all the while. Combine it with the chocolate mixture and emulsify using a hand blender. Separately, mix the water (2) with the Potatowhip and beat them with an electric whisk. Halfway through the whisking process, combine the sugar and xanthan gum and add them in. Keep whisking for approx. 10 more minutes. Gradually add the chocolate emulsion heated to 130°F (55°C) to the meringue, mixing at medium speed.

CHOCOLATE AND MISO SOUP

60 g	70% dark chocolate
50 g	Sugar
125 g	Water
25 g	Miso
1 g	Bourbon vanilla pod
261 g	Total

Caramelize the sugar. Mix the water with the miso and vanilla and add them to the sugar. Bring to the boil. Stir in the chocolate thoroughly.

FRIED BANANAS WITH CARAMEL

70 g	Fresh bananas
20 g	Sugar
40 g	Water
30 g	Lime juice
160 g	Total

Caramelize the sugar. Add the lime juice and water. Let the mixture reduce by half. Add the bananas and cook for 1 minute.



Blackcurrant and lemon entremets

MAIN RECIPE

180 g	Blackcurrant mousse
80 g	Blackcurrant glaze
120 g	Lemon cream
100 g	Financier
60 g	Lemon peel shavings
30 g	Blackcurrant Fruit & Sauce
20 g	Fresh cranberries
590 g	Total

Place the lemon peel shavings on the financier pieces (cut into 12cm rings) and freeze. Fill the 14cm circular mold with mousse and insert the crèmeux in the middle. Finish off by arranging the financier disc upside-down on the dessert and pressing down gently. Freeze. Turn out and glaze. Decorate by putting some halved fresh cranberries on top, along with the blackcurrant Fruit & Sauce.

BLACKCURRANT MOUSSE

50 g	Blackcurrant purée (1)
275 g	Blackcurrant purée (2)
40 g	Sugar
25 g	Inulin Cold
1 g	Guar gum
7 g	Sojawhip
10 g	Vegan Mousse Gelatine
25 g	Deodorized coconut fat
75 g	Water
508 g	Total

Mix the purée (2) with the guar gum and Vegan Mousse Gelatine in a stand mixer until you have a perfectly homogenous mixture without any lumps. Bring to the boil. Add the melted coconut fat and mix well. Separately, mix the Sojawhip with the purée (1) and water and beat in a stand mixer. Halfway through the mixing process, mix together the sugar and the inulin and gradually add them in. Keep beating for approx. 5 minutes on a medium speed. In the bowl of a stand mixer on medium speed, gradually add the first mixture (heated to 140°F or 60°C) to the meringue. Pour it out as soon as it looks homogenous, then remove and use immediately.

BLACKCURRANT GLAZE

100 g	Blackcurrant purée
8 g	Fruit NH pectin
250 g	Water
100 g	Sugar
10 g	Lemon juice
40 g	Banyuls wine
508 g	Total

Heat the water to 105°F (40°C). Mix the Fruit NH pectin with the sugar and combine it with the water heated to 105°F (40°C). Bring to the boil for 3 minutes. Take it off the heat and add in the lemon juice, blackcurrant purée and Banyuls, then mix again until homogenous. Leave to rest overnight in the refrigerator and use at 95-105°F (35-40°C).

LEMON CREAM

125 g	Lemon juice
165 g	Water
85 g	Sugar
6 g	Fruit NH pectin
2 g	Natur Emul
5 g	Lemon zest
40 g	Cocoa butter
15 g	Sunflower oil
443 g	Total

Mix the sugar, Natur Emul and pectin together. Meanwhile, mix the lemon juice, water and lemon zest (which you have grated from the peel using a zester). Heat the liquids to 105°F (40°C) and gradually sift in the previous mixture. Use a whisk to stir in the sugar mix. Bring to the boil. Take it off the heat and add the cocoa butter and sunflower oil. Mix thoroughly in a stand mixer. Store in the refrigerator for 12 hours before using it to fill some 12cm rings with a depth of 1cm. Freeze.

FINANCIER

120 g	Sugar
10 g	Cremsucre (inverted sugar)
40 g	Pastry flour
60 g	Almond flour
1 g	Salt
3 g	Baking Powder Std
8 g	Potatowhip
100 g	Water
100 g	Plant-based butter substitute (see page 23)
442 g	Total

Mix the water and Potatowhip and beat them together thoroughly. Add the sugars and keep beating until they are completely dissolved. Separately, mix the dry ingredients with the butter substitute melted to 105°F (40°C) and stir until the two are thoroughly combined. Add the meringue in two stages, retaining as much air as you can. Spread the results into a tray and bake at 340°F (170°C) for 15 minutes.



Sosa products
FOR PLANT-BASED PASTRY-MAKING





NATUR EMUL

A substitute emulsifier for egg yolk

This natural emulsifier is made of citrus fibres. It's very useful when you need a substitute with the same emulsifying effect as egg yolk in creams, ganaches, ice creams, cake mixes and fermented products.

Emulsion



SOY LECITHIN

For aerating fats and making stable emulsions

This emulsifier is extracted from soy. It can be used as an emulsifier in chocolates and products with a high fat content. It can also be used to aerate fats and turn them into foams.

Emulsion



POTATOWHIP

A plant-based substitute for egg white for whipping and coagulating products

Potatowhip is made of proteins extracted from potatoes. It can be used as a substitute for fresh egg whites to whip up and coagulate products. It works with all kinds of fat-free liquids. It can be used to make meringues and meringue-based preparations that need coagulating.

Emulsion

Aeration

Coagulation



SOJAWHIP

A plant-based substitute for egg whites, used for whipping up products

This hydrolysed protein comes from soy. It's the perfect substitute for fresh egg whites when we want to aerate our preparations. It works with all kinds of fat-free liquids. It can be used to make meringues and meringue-based products. Neutral flavour.

Emulsion

Aeration

EMULSIFIERS

WHIPPING PROTEINS



INULIN HOT

A fat substitute

Inulin Hot is a fibre extracted from roots and tubers. It can be used hot with liquids, so long as it is stirred in vigorously. It creates a creamy texture and can be used to replace fats in part or in full in ice creams, creams, crèmes and ganaches.

Creamy mouthfeel addition



INULIN COLD

A fat and sugar substitute

Inulin Cold is a fibre extracted from roots and tubers. It can be used cold with liquids, so long as it is stirred in vigorously. It adds a creamy texture and mild sweetness and can be used as a substitute for fats and sugars in meringues, sponges, creams, ice creams and so on.

Creamy mouthfeel addition

FIBRES

One of the main differences between the two Inulins is their composition. Inulin Cold is 90% fibre and 10% sugar, while Inulin Hot is 99% fibre, which is why the former is sweeter.

Another difference is the texture, with Inulin Hot providing a creamier mouthfeel than Inulin Cold.

Moreover, Inulin Cold dissolves without heat, while Inulin Hot has to be heated to 140-160°F (60-70°C).





VEGAN MOUSSE GELATINE

A 100% plant-based gelling agent, perfect for gelling mousses

A mixture of agar-agar and tapioca starch, formulated specially for gelling plant-based mousses. Freezes without any risk of syneresis.

Jellification



AGAR-AGAR

A plant-based gelling agent that forms a strong gelatine that can be reheated

This gelling agent is extracted from red algae. It helps us to create compact gels from any liquid and it can be warmed up without losing any structure. Its slow-gelling properties let us add solids to gelatines, which is useful when you are making aspics, for example.

Jellification



FRUIT NH PECTIN

A pectin made from apple and citrus fruit, perfect for thickening and gelling fruit-based products

A pectin made from citrus fruit. It acts as a thickener or gelling agent for mild or acidic preparations, and it is particularly recommended for fruit-based products such as glazes, for example, or marmalades or creams.

Jellification



NAPPAGE X58 PECTIN

A pectin made from apples and citrus fruits, perfect for thickening and jellifying products with milk, nuts or chocolate

A pectin made from citrus fruit. This thickener and gelling agent contains calcium and is particularly recommended for making chocolate or nut glazes, creams and crèmeux.

Jellification



VEGETABLE GELLING AGENT

A gelling agent with a solid, elastic texture that is suitable for heating

This gelling agent is made with red algae and carob gum. It can jellify all kinds of liquids to create a strong, very elastic texture that doesn't lose its shape when heated. It sets fast, so it can be used for glazed coatings.

Jellification



GELLAN GUM

A plant-based gelling agent that makes a strong gelatine that can be heated to high temperatures

This natural gelling agent is made through bacterial fermentation. It can be used with all kinds of liquids and resists high temperatures. It can make firm, solid jellies that can be used to fill baked goods.

Jellification



PRO-PANNACOTTA

A plant-based gelling agent extracted from red algae which forms a soft, creamy gelatine

Pro-Pannacotta gels quickly to create a smooth, creamy, elastic texture that is suitable for heating. It's ideal for egg-free flans, pannacottas and puddings.

Jellification





CAROB GUM

A natural stabiliser for hot products

This stabiliser and thickening agent is produced using carob seeds. It can be used to thicken sauces and stabilise emulsions, mousses and ice creams. It can be used to hydrate hot products.

Stabilisation



GUAR GUM

A natural emulsifier for cold preparations

This stabiliser and thickening agent is made using a legume called guar. It can be used to thicken sauces and stabilise emulsions, mousses and ice creams. It has a hydrating effect when it's used hot or cold.

Stabilisation



XANTHAN GUM

A thickener made by fermenting corn, soluble in hot and cold preparations

Xanthan gum has thickening, stabilising qualities. It can be used hot or cold and works with all kinds of liquids, including drinks with a high alcohol content. It can be used to thicken coulis and sauces or to stabilise meringues and cake mixes.

Stabilisation





GELCREM COLD

A freezable cold thickener

Gelcrem Cold is made from potato starch. It can be used with all kinds of liquids and both resists heat and freezes well. It can be used to make cold creams without any recourse to eggs or dairy products.

Stabilisation

Texture



GELCREM HOT

A freezable hot thickener

Gelcrem Hot is made from cornstarch. It thickens all kinds of liquids when used hot and improves products' freezability. It is perfect for making pastry creams and cake mixes.

Stabilisation

Texture



DEODORIZED COCONUT FAT

Refined deodorized coconut fat

This deodorized coconut fat is made from eco-sourced coconuts. Its melting point is between 68°F and 85°F (20°C and 30°C). It can be used in all kinds of products, including biscuits, cake mixes, ice creams, mousses, creams and ganaches.

Fat addition

THICKENERS AND STABILISERS

PLANT-BASED FATS



Sosa

Sosa Ingredients

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