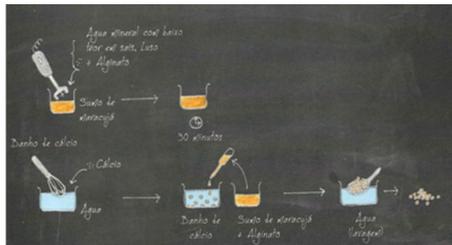
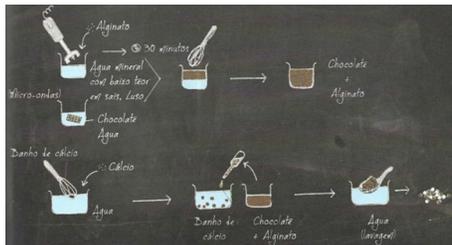


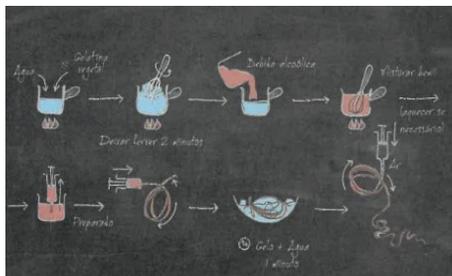
PASSION FRUIT CAVIAR



Chocolate CAVIAR



Passion Fruit Spaghetti



Veggie After eight



TOPICS

Mixtures of Substances
or Dispersions

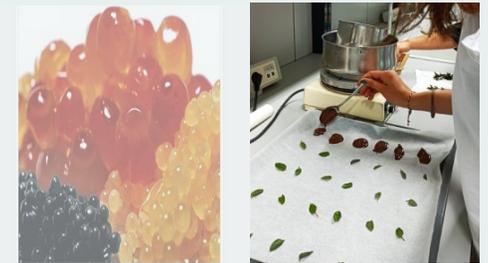
Solutions

Colloidal Dispersion

Suspensions

Jellification

Agrupamento de Escolas de Rio Tinto n.º3 2021/2022



Molecular Cuisine and “Veggie” After Eight

agrupamento
de escolas de
rio tinto n.º3



O SEU LOGÓTIPO AQUI



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CAVIAR DE MARACUJÁ

Ingredients:

- 3,3 g (1 x spoon 2) sodium alginate
- 100 mL spring water (*Luso*) with a low calcium concentration
- 230 mL passion fruit juice

Ingredients for the “calcium bath”

- 240 mL water

INSTRUCTIONS—STEP BY STEP

1. Prepare a “calcium bath”: mix the sodium gluconolactato de cálcio with mineral water.

2. Add the previous preparation to the passion fruit juice and mix again with the electric hand mixer until you get a homogeneous mixture

3. Let it rest for about 30 minutes until the air bubbles are released.

4. Prepare a “calcium bath”: mix the water with the calcium, and stir.

5. To get slightly larger spheres, cut the tip of the Pasteur pipette.

6. Fill the pipette with the juice of the passion fruit with sodium alginate. Add one drop at a time on the calcium solution in order to form false caviars (process of spherification).

CAUTION: do not touch the pipette to the calcium solution so that it does not become clogged.

7. Remove the spheres with a strainer, rinse with clean water and serve.

Chocolate CAVIAR

Ingredients:

- 2,2 g (1 x spoon 1) sodium alginate.
- 250 mL spring water (*Luso*) with a low calcium concentration
- 100 g dark chocolate.

Ingredients for the “calcium bath”

- 240 mL water

- 4,8 g (2xcolher 1) de gluconolactato de cálcio

INSTRUCTIONS—STEP BY STEP

1. Prepare a “calcium bath”: mix the water with the calcium, and stir . 2. Using a hand mixer, mix 100ml sodium alginate with mineral water.

3. Leave it for 30 minutes until the air bubbles disappear.

4. Separately, mix the chocolate with the remaining 150 mL of low-calcium mineral water and take it to the microwave oven or to the stove, always stirring so that the chocolate melts and forms an emulsion.

5. Mix the two solutions well and quickly. Keep it on an insulating surface not to cool down.

6. To get slightly larger spheres, cut the tip of the Pasteur pipette.

7. Fill the pipette with the chocolate solution with sodium alginate. Add one drop at a time on the calcium solution in order to form false caviars (process of spherification).

CAUTION: do not touch the pipette to the calcium solution so that it does not become clogged. If it becomes jelly, reheat the solution and stir well, so that it liquefies and the spherification process may proceed.

8. Remove the spheres with a strainer, rinse with clean water and serve.

Spaghetti de maracujá

Ingredientes:

- 15 g (1 x spoon 1+ 4 x spoons 2) vegan Agar-Agar Jelly.
- 100 mL spring water (*Luso*) with a low calcium concentration
- 200 mL passion fruit juice
- ice

INSTRUCTIONS—STEP BY STEP

1. Prepare the ice bath: put ice and some water in the bowl.

2. In a separate container, which can be heated or microwaved, add the vegetable jelly to the 100 ml of water

3. Bring the mixture to a bowl until it boils. Let it boil for about 2 minutes, stirring constantly

4. With the jelly dissolved and off the heat, but still very hot, add the juice in a stream and mix well. Keep it from cooling down, keeping it on an insulating surface (if necessary, reheat, but do not let it boil)

5. Attach the nozzle to the syringe and fill the tube with the previous mixture. You should do this very quickly.

6. Take the tube off the syringe and put it in the ice bowl. Wait a minute.

CAUTION: Do not allow the ends of the tube to come into contact with the bath water.

7. Fill in the syringe with air and attach the tube to the syringe and press it to get spaghetti .