Note by Note Recipes for a Press Conference and Tasting Organized at ITHQ, 2012

Erik Ayala-Bribiesca¹ and Ismael Osorio²
¹ Food Science and Technology Consultant and Professor at Cégep de St-Hyacinthe, Quebec, Canada
² Freelance chef and cook at the ITHQ, Montreal, Quebec, Canada

In October 2012, at the Institut de tourisme et d’hôtellerie du Québec (ITHQ) in Montreal, Canada, a press conference was organized for a presentation of note by note cooking. With students of ITHQ, we served the following bouchées during the conference. The number of participants was about 150. Here, there are slight changes to the initial recipes.

**Bubbles**

This is a sparkling cocktail made from water, sucrose, ethanol and flavourings. It was carbonated using siphons and served directly in the glasses of the guests. The flavourings included apple flavours and sotolon (3-hydroxy-4,5-dimethylfuran-2(5H)-one) (Figure 115.1).

**Ingredients:**

- 4 g table sugar (sucrose) for the caramel
- 100 mL water for the caramel
- q.s. water to reach 300 mL
- 1.8 g citric acid
- 2 g glycerol
- 28 g sucrose
- 0.5 g malic acid
- 28 g sucrose
- 30 mL ethanol (94%)
- 3 g of a 10 ppm ethanol solution of sotolon
- 2 CO₂ cartridges for the siphon
- q.s. apple flavouring

**Method:**

1. Make a light brown caramel.
2. Deglaze with 100 mL water.
3. Add water in order to reach a total volume of 300 mL.
4. Add citric acid and sucrose, mix.
5. Add the apple flavouring.
6. Add the ethanol and the sotolon solution.
7. Pour into a siphon, and charge with the CO₂ cartridge.
8. Serve in wine glasses.

**Cloud**

These bouchées were made from fish protein coloured with beetroot juice, sucrose, and earthy and woody odorant notes. The bouchées were served between two clouds of minty cream (Figure 115.2).

**Ingredients for the “protein”:**

- 500 g surimi (soaked, see Annex)
- 50 mL raw beetroot juice
- 25 g sucrose
- q.s. watermelon flavouring
- 1 g of a 10 ppm ethanol solution of the essential oil of galbanum (earthy and woody-like notes)
Method for the “protein”:

1. Mix the beetroot juice with sugar and the essential oil until the sugar is entirely dissolved. When used, the galbanum odorant flavourings increase the earthy and woody flavour of the dish.
2. Immerse the surimi in this solution, and soak for 1 h in the fridge.
3. Drain the surimi, and cut it in slices.
4. Keep in the fridge.

Ingredients for the green cream:

500 mL of cream 35% fat
8 g gelatine (sheets)
80 g sucrose
1 g of a 0.1% ethanol solution of L-carvone (peppermint note)
1 g of a 0.1% ethanol solution of menthol (fresh mint note)
q.s solution of chlorophylls or bright green colouring.

Note: one can use an essential oil of peppermint instead of using the solutions of carvone and menthol separately.

Method:

1. Soak the gelatine in cold water.
2. Heat the cream with the gelatine and the sugar at 37 °C.
3. Let it cool in the fridge, then whip until it has a firm consistency.
4. Pour the whipped cream in a piping bag, and keep in the fridge.
5. For serving, put a small quantity of cream on a plate, and deposit the surimi on it.
6. Make disks of 3 cm radius with the cream on a plate cooled with liquid nitrogen.
7. As soon as a thin layer of cream is frozen, put it on the surimi.

Tart

This bouchée is a red seitan made using fructose and citric acid, with a cherry and almond flavouring. It is served with a refreshing isomalt tuile (Figure 115.3).

Ingredients for the seitan:

200 g gluten (powder)
200 g water
q.s red colouring
2 L sugar syrup 10%.

Method for the seitan:

1. Mix the gluten, the water and the red colouring.
2. Mix in a mixing machine at medium speed for 5 min (until it becomes elastic).
3. Using a pair of scissors, cut the mass into eight equal parts.
4. Cook in boiling water for 30 min; discard the cooking water.
5. Again, cook in water for 30 min; discard the cooking water.
6. Grind the seitan using a meat grinder.
7. Rinse the ground seitan.
8. Cook the seitan in the syrup for 45 min.

Ingredients for the flavouring syrup:

100 g water
150 g sucrose
6 g citric acid
1 g of a 0.5% ethanol solution of benzaldehyde (instead, you can use an almond or cherry flavouring).
Method for the flavoured syrup:

1. In a pan, boil water, sucrose and citric acid.
2. Let it cool, and add the benzaldehyde solution.
3. Pour the flavoured syrup on the ground seitan (250 g syrup for 350 g seitan).
4. Keep in the fridge overnight.
5. Drain the seitan before serving, season as needed.

Ingredients for the green tuile:

- 100 g isomalt
- q.s. dark green colouring
- 1 g of a 1% ethanol solution of methylsalicylate

Method for the green tuile:

1. In a pan, melt the isomalt and remove from the heat.
2. While still warm, add the colouring and the methylsalicylate solution.
3. Working with small quantities of isomalt, form into the desired shape.
4. Keep in a dry place.

Finally, on a small plate, arrange the seitan and the green tuile.

**Flama**

This one is a savoury seitan, cooked and fried with a dusting made of amylpectin (corn starch), casein, lactose and methylcellulose. It is served with smoky oil transformed into a powder using maltodextrin and ground food charcoal, and sour and pungent pearls (Figure 115.4).

Ingredients (yellow seitan, savoury):

- 200 g gluten
- 4 g salt
- 200 g cold water
- q.s. yellow colouring
- q.s. red colouring

Cooking brine:

- 1 L aqueous solution of salt 1%

Seasoning for the seitan:

- 8 g whey powder
- 2 g monosodium glutamate
- q.s. salt (if needed)

Here, the whey powder can be replaced with milk powder.

Ingredients for the dusting:

- 15 g casein
- 5 g methylcellulose
- 80 g corn starch

Here, the casein can be replaced with milk powder.

Method for the seitan:

1. Mix all ingredients for the seitan.
2. Knead using a mixer at medium speed for 5 min (until it becomes elastic).
3. Using a knife, cut strips 1 cm thick.
4. In a pan, simmer water, and cook the seitan for 45 min.
5. Drain the seitan and change the water.
6. Again, simmer for 45 min.
7. Drain the seitan.
8. Cut the seitan as needed.
9. Season with the whey, glutamate and salt.
10. In a mixing bowl, mix all ingredients for the dusting.
11. Dip the seitan in the dusting mixture.
12. Fry the seitan in neutral oil at 200 °C for about 30 s.
13. Place on absorbent paper, and keep hot.

Ingredients for the smoky powder:

- 10 g liquid smoke
- 15 g neutral vegetable oil
- 100 g maltodextrin
- 1 g powder of food grade charcoal

Method for the smoky powder:

1. Mix the oil and the liquid smoke, and heat at 80 °C.
2. Remove from heat and let stand until it cools down.
3. Recover the oily phase and add it to the maltodextrin.
4. Mix to adsorb the oil onto the maltodextrin.
5. Add the charcoal and mix well.
6. Keep in a dry place.

Ingredients for the pearls:

- 100 mL water
- 1.5 g of a 1% ethanol solution of black pepper oleoresin
50 mL of a 5% aqueous solution of acetic acid
1.5 g agar-agar
q.s. red colouring
1 L cold neutral vegetable oil (stored overnight in a fridge).

Method for the pearls:

1. Pour the water, the acetic acid solution and the agar-agar into a pan.
2. Mix well and bring to the boil.
3. Simmer for 4 min.
4. Add the red colouring and the black pepper oleoresin solution. Mix well.
5. Using a pipette, add the solution, as droplets, to the very cold oil. Allow the droplets (pearls) to gel.
6. Recover the pearls and keep them in the fridge.

Final assembly:
On a cold plate, put the fried seitan. Garnish with the smoky powder and the peppery pearls.

Ultra
Fish protein, capsaicin, salt, monosodium glutamate, blue/purple colouring. Garnish with a “pepino-serum snow” made of cucumber, salt, citric acid and grapefruit flavouring (Figure 115.5).

Ingredients for the blue surimi marinade:

225 g soaked surimi
25 mL cold water
5 g monosodium glutamate
2.5 g salt
q.s. blue colouring
q.s. purple colouring
1 g of a 100 ppm ethanol solution of capsaicin (when needed, the capsaicin can be replaced by 3.2 g of an ethanol solution of 0.1% Capsicum extract 500,000 SHU, or by an infusion of crushed habanero chili in ethanol).

Method for the blue surimi:

1. Mix all the ingredients (except for the soaked surimi).
2. Dry the soaked surimi in absorbent paper.
3. Using a brush, season the surimi (to taste), and store in the fridge for 30 min.

Ingredients for the snow of pepino-serum:

500 g cucumber (peeled, seeded)
50 mL cold water
Seasoning for 500 mL of pepino-serum:
5 g salt
1.25 g citric acid
q.s. essential oil of grapefruit, diluted to 1% in ethanol.

Method for the snow of pepino-serum:

1. Mix the cucumber with water at full speed for 1 min.
2. Sieve, so that you get a clear liquid.
3. Add the seasoning. Mix well.

Final assembly: put the cucumber water in a mixing bowl. Add liquid nitrogen while whipping until you get the consistency of snow. Arrange the surimi and the pepino-serum snow on Chinese spoons.

Annex: Soaking the Surimi
The surimi that one can buy at grocers is already seasoned. This is why we devised a method to soak it. We proposed to use sticks of surimi, because they can be unfolded, in contrast to solid blocks that would need to soak for too long.

Ingredients:

500 g surimi (fish protein)
q.s. cold water.

Method:

1. Soak in very cold water in order to prevent microbial proliferation.
2. Change the water three times during the first 30 min.
3. Soak for three more hours, changing the water every hour.
4. Keep in the fridge during the whole soaking process.

Of course, surimi can also be made using 20% proteins (plant, milk or egg) and 80% water: the dough that is obtained by simply mixing them can be poured on a flat surface, scratched with a spoon and cooked in the microwave oven. You can add a starch batter to the protein one if you need more consistent surimi.