Handbook of Molecular Gastronomy
Scientific Foundations, Educational Practices, and Culinary Applications
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Greek Diracs

Publication details
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Published online on: 09 Jun 2021

How to cite :- Makis Kalossakas, Nicolas Nikolakopoulos. 09 Jun 2021, Greek Diracs from: Handbook of Molecular Gastronomy, Scientific Foundations, Educational Practices, and Culinary Applications CRC Press
Accessed on: 11 Oct 2023

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Greek Diracs

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Introduction
On 16 March 2018, Yannis Vlachos (professor of mixology), Makis Kalosakas (professor of cooking), Nicolas Nikolakopoulos (professor of pastry), Michel Ntenoutas (professor of cooking) and their students served a Note by Note Cocktail, followed by a Note by Note Dinner, at a press event in the Ecole Le Monde in Athens, Greece.

This was the first time that Note by Note cooking was ever performed in Greece. A menu was devised, which contained no meat, no fish, no milk, no vegetables, no fruits ... but only compounds: this was the culinary challenge for the chefs/teachers of the Ecole Le Monde and for the students who helped them.

In order to make this Note by Note menu, the chefs/teachers and their students used water, proteins, sugars and polysaccharides, lipids, vitamins, odorant compounds, etc., i.e., the same compounds that are found in ordinary food ingredients, but the compounds used were obtained by fractionation of plant tissues, which is a remarkable advantage from a sustainability point of view: instead of transporting vegetables and fruits, which can contain as much as 99% water (in salads), only dry and light powders are transported, so that nutrients are not damaged. Moreover, the new food ingredients do not need to be stored in the cold, which saves energy and avoids using gases that can damage the ozone layer. Note by Note could be good for the climate!

Here, we give the menu, and the recipes for it.

The Menu
The menu served in Athens included:

Amuse-Bouche Note by Note
Evocation Mediterranean seafood, crisp and tender
Evocation milk and cheese, foam
Evocation potato and tomato chips, crisp
Evocation cucumber, French toast, garlic, foam
Evocation sausage, tempura, crisp and tender
Evocation mustard and wasabi, foam

Entrée Note by Note
Ravioli evocation earth

First Course
Cod / beetroot and potato purée
Almond foam, black garlic jelly

Sherbet Note by Note

Main Course
Lamb under a crust of black olives, eggplant, red and yellow pepper, thyme juice, and pearls of black olives, of green olives and of Gruyère cheese

FIGURE 118.1 Ravioli evocation earth. Notes: mushroom, 2,4-dithiapentane, goat, beetroot. Caramel solution, flavours mushroom and beetroot.

FIGURE 118.2 Note by Note sorbet. Evocation violet, geranium, pink rose, fresh meringues, evocation lemon butter.
Dessert Note by Note

N-Fruit

Mignardise Note by Note

Macaron freshness
Evocation French mint, lemon

The Recipes

Here we give the recipes for some dishes.

Evocation sausage-tempura, evocation mustard-wasabi

This dish included a dirac sausage-tempura and a garlic jelly.

Dirac sausage-tempura:
1600 mL sausage water, made with water, Sosa sausage flavouring and Sosa smoke flavouring
560 g egg white powder
640 g corn maltodextrin
16 g carob gum
20 g serum milk proteins
96 g psyllium cellulose
8 g monosodium glutamate (Manis Chemicals)
48 g methylcellulose
Red and green colorants (Louis François, Inc.)
120 g garlic jelly cut in brunoise (see later)
Iqemusu odorant products: Sfumo, Poppe, Onium

Garlic jelly:
200 mL water
4 g gellan
titanium dioxide (white colorant, Manis Chemicals)
Iqemusu odorant product: Onium

Dough for frying:
200 g water
milk serum proteins
140 g “Note by Note flour” (see the following)
20 mL neutral oil with Iqemusu odorant production:
Hertzson
Red colorant (Louis François)
To taste: salt
Iqemusu odorant product: Sfumo

Note by Note flour (portion):
760 g wheat starch
120 g gluten
8 g egg white powder
5 g serum milk proteins
27 g cellulose

Note by Note bread:
1 portion “Note by Note flour”
8 g lyophilized yeast
20 g salt
720 mL water
3 g diglycerides
10 g serum milk proteins
0.4 g monosodium glutamate (Manis Chemicals)
30 mL sunflower oil

FIGURE 118.3  N-Fruit, including imaginary fruit (evocation fruity and sour/foamy), kernel (evocation caramel, honey, vanilla/crisp and soft) and earth (evocation coconut, milk, vanilla, smoke).
Greek Diracs

Mustard foam:
1400 mL water
35 g milk powder 0% fat
Allyl isothiocyanate (solid solution, Mane S.A.)
105 g white vinegar (solution of acetic acid in water)
To taste: salt
Colors yellow and brown jaune (Sosa)
Iqemusu odorant products: Sfumo, Carez
Monosodium glutamate (Manis Chemicals)

Evocation Potato and Tomato Chips, Evocation Cucumber, French Bread and Garlic, Evocation Milk and Cheese

Evocation potato:
180 g water
40 g potato starch
monosodium glutamate (Manis Chemicals)
fleur de sel (after frying)
Iqemusu odorant product: Thian

Evocation tomato:
175 g water
40 g potato starch
Red colorant (Sosa)
To taste: salt
To taste: monosodium glutamate (Manis Chemicals)
Iqemusu odorant products: Berthome, Piovo

Evocation milk and cheese:
200 g water
30 g egg white powder
20 g milk powder 0% fat
20 g dehydrated yogurt culture
Fresh butter flavourings (Sosa)
50 g corn maltodextrin
6 g salt
monosodium glutamate (Manis Chemicals)
Iqemusu odorant product: Chapre

Emulsion cucumber:
1800 g water
360 g cooked “Note by Note bread”
oil
126 g modified starch
salt
360 g cooked Note by Note bread (the Note by Note bread was put in water, filtered, and the water recovered)
Monosodium glutamate
Colour yellow and green (Sosa)
Iqemusu odorant product: Conq

Evocation Mediterranean Seafoods

Dirac shrimp bass:
200 mL shrimp water
150 g egg white powder
40 mL olive oil (or sunflower with Iqemusu odorant product Hertzon)
monosodium glutamate
capsaicin (solid solution, Mane)
piperine (solid solution, Mane)
titanium dioxide (white colorant)
orange and red colorants (Sosa)
Iqemusu odorant product: Troot

Sablé dough (for the shrimp):
250 g Note by Note flour (see earlier)
94 g oil
6 g mono- and diglycerides of fatty acids
100 g water
salt
sugar semolina
10 g egg white powder
10 g milk powder 0%
carboxymethyl cellulose
10 g baking powder
anisole
active charcoal (Agugioro&Figna)

Feta evocation:
300 g feta water
100 g water
6 g kappa carrageenan
8 g yoghurt powder

Tomato sauce:
1 L water
80 g tomato powder
monosodium glutamate
82.5 g modified starch
anisole
sunflower oil
40 g feta water (feta brine, i.e., salt with water in barrels with the feta cheese)
Iqemusu odorant product: Onium

Ravioli Evocation Earth

Ravioli dough:
45 g water
5 g egg white powder
200 g “Note by Note flour” (see earlier)
10 g olive oil (or sunflower oil with Iqemusu Hertzon)
active charcoal dissolved in oil
salt
To taste: monosodium glutamate (Sosa)
Iqemusu odorant product: Chole

Beetroot jelly:
200 mL water
15 g beetroot powder
4 gelatin sheets
salt
monosodium glutamate
Iqemusu odorant products: Piovo, Troot, Onium
Cheese foam:
300 g water
300 g feta water
45 g milk powder 26%
30 g yoghurt powder
6 g iota carrageenan
6 g gellan
Iqemusu odorant product: Chapre

Garlic transparent gel:
1.5 L water
12 g agar-agar
1 g carob gum
citric acid
monosodium glutamate
salt
Iqemusu odorant products: Onium, Berthome

Foam caramel – mushroom – beetroot:
280 g beetroot water
160 g mushroom water
60 g caramel water (sugar, caramel colours)
38 g modified potato starch
monosodium glutamate
salt
Iqemusu odorant product: Chole

Beetroot, mushroom and caramel juice:
6 L water
72 g beetroot powder
Iqemusu odorant compound: Chole
monosodium glutamate
600 g caramel water (200 g sugar, 400 g water)
salt
colorant: deep red (Sosa)

N-Fruit, Imaginary Fruit, Fruity and Sour, Kernel Evocation Caramel, Vanilla, Earth Evocation Coconut, Milk, Vanilla and Smoke

N-Fruit Mousse:
280 g water
50 g inulin
50 g polydextrose
30 g gelatine
4 mL malic acid dissolved in water 1/1
10 g xylitol
10 g trehalose
1 g ascorbic acid
8 g cellulose from pears
5 g apple proteins
strawberry flavouring (Sosa)
apple flavouring (Sosa)
banana flavouring (Sosa)
colour yellow-red (Sosa)
Iqemusu odorant products: Hertzson, Perqoi

Meringue:
60 g water
7 g egg white powder
40 g sugar
80 g fructose

Honey caramel caviar (14 g / portion):
2.5 g agar-agar
1 g carob gum
honey flavouring (Sosa)
600 g caramel water
Iqemusu odorant products: Poppe, Mappo
Sunflower oil
cacao butter, colour brown

Cigarette:
120 g “Note by Note flour”
100 g icing sugar
100 g sunflower oil
6 g mono- and diglycerides of fatty acids
90 g water
10 g egg white powder

N-fruit skin:
45 g gelatine
500 g water
80 g glucose
1.5 g carob gum
10 g apple cellulose
Flavourings and colour (Sosa)

Vanilla earth:
50 g tapioca maltodextrin
40 g cocoa butter
10 g oil
30 g icing sugar
vanillin
Iqemusu odorant products: Sfumo, Poppe, Monka, Frum

Sponge black:
150 g water
40 g milk proteins
110 g oil
110 g water
25 g egg white powder
1/2 g soybean lecithin
190 g sugar
105 g corn starch
5 g salt
vanillin
colour, flavouring
Iqemusu odorant product: Copesca