Handbook of Molecular Gastronomy
Scientific Foundations, Educational Practices, and Culinary Applications
Róisín M. Burke, Alan L. Kelly, Christophe Lavelle, Hervé This vo Kientza

Some of the Easiest Note by Note Recipes Served at Senses Restaurant

Publication details
Andrea Camastra
Published online on: 09 Jun 2021

How to cite :- Andrea Camastra. 09 Jun 2021, Some of the Easiest Note by Note Recipes Served at Senses Restaurant from: Handbook of Molecular Gastronomy, Scientific Foundations, Educational Practices, and Culinary Applications CRC Press
Accessed on: 12 Oct 2023

PLEASE SCROLL DOWN FOR DOCUMENT
Some of the Easiest Note by Note Recipes Served at Senses Restaurant

Andrea Camastra
Restaurant Senses, Bielanska 12, Warsaw 00-085, Poland

In 2017, the restaurant Senses in Warsaw, Poland, became the first entirely note by note (NbN) restaurant in the world. It took about six months to make the transformation, after lectures in which Hervé This demonstrated NbN cooking in Poland. At first, some traditional ingredients remained among the pure compounds. But then, the decision was taken to focus on one traditional ingredient … but this would only be present provided that the main part of the dish was NbN.

Since then, more and more NbN dishes have been introduced, and they are served daily. Here, we show only the simplest of the NbN dishes served at Senses.

Technical notes for all recipes:

1. The proportions of odorant solutions are according to the weight of the water or to the total grams if described. At Senses, we make all recipes with 250 g of water, because this is the minimum weight for a good result; doubling it up is even better.
2. These odorant solutions are pure odorant compounds dissolved in a solvent (it can be oil); they are described either using the name given by the producer, or by reference to a traditional ingredient of which they are a reminiscence, or by their chemical name (remember that the solutions have to be very dilute).

Recipe 1. NbN “Cucumber” and Buttermilk Spheres (Figure 132.1)

250 g water
8.5 g skimmed milk proteins
12 g lactose
9.75 g neutral oil
0.9 g xanthan gum
0.5 g lactic acid
white colorant
to taste: odorant solution “Onium” (Iqemusu)
to taste: odorant solution “Piovo” (Iqemusu)

Process:

1. Put all the ingredients (except lactic acid and odorant solution) in a Thermomix.
2. Set the temperature at 70 °C and blend together.
3. Once the mixture is homogeneous, add the odorant solutions and the lactic acid while the Thermomix is running.
4. Add salt to taste.
5. Take the whole mixture and freeze in a spherical silicon mould with a dispenser.
6. While the mixture freezes, prepare the cocoa butter.

**For the Coating**

- cocoa butter
- green food colorant

**Process:**

1. In a bain marie, melt the cocoa butter with the colorant; disperse well.
2. When the spheres are frozen, extract them from the mould.
3. Attach them to a toothpick and dip them into the cocoa butter when the cocoa butter is around 60 °C.
4. Remove from the toothpick.
5. Let them defrost in the fridge slowly.

**Recipe 2. NbN “Nuts” Air Bubbles (Figure 132.2)**

- 250 g water
- 5.5 g egg white proteins (albumin)
- 0.3 g xanthan gum
- 2 g salt
- 5 g fructose
- to taste: dilute solution of sotolon

**Process:**

1. Combine all the ingredients except the egg white proteins.
2. Blend with a hand blender.
3. Heat at 80 °C in a Thermomix or in the pan (in this case, control with a thermometer or a thermocouple).
4. Once it is hot, cool down to around 20 °C.
5. Then, add the egg white proteins and blend.
6. Let it rest in the fridge for 2 hours.
7. Put the liquid in a bowl big enough that the liquid fills half of the bowl.
8. Take an aquarium pump.
9. Put the tip of the aquarium pump tube in the cup and switch the pump on; big bubbles will form.
10. Let these bubbles fill up the cup and burst them, as the first bubbles are not clear in colour.
11. From this point on, make bubbles when needed, and take them gently from the cup with a spoon and serve.

**FIGURE 132.2** NbN nutty bubbles.

**Recipe 3. NbN “Goat Cheese” Frozen Pearls**

- 250 g water
- 12 g lactose
- 8.5 g skimmed milk proteins
- 2.5 g xanthan gum
- 3.5 g salt
to taste: odorant solution “Chapre” (Iquemusu)
to taste: odorant solution “Earthy” (Iquemusu)
- 75 g glucose syrup
- 40 g neutral oil
- 2 g pork gelatine (powder)

**Process:**

1. Blend all the ingredients except the neutral oil, the odorant solution and gelatine.
2. After blending well, put all of the mixture in a Thermomix set to 60 °C.
3. In a pan, put together the neutral oil and the odorant solutions, and warm up to around 75 °C.
4. When the Thermomix is hot, put it on a medium-low speed and emulsify the oil mixture.
5. Then, add the gelatine.
6. Give a last blend on high speed for around 20 seconds.
7. Put the whole mixture in a squeeze bottle and let it cool down in the fridge for around 3 hours.
8. When chilled, give bottle a good shake.
9. Prepare a liquid nitrogen bath, put safety glasses on and make sure the room is well ventilated.
10. Drop some “goat cheese” mixture in the liquid nitrogen to form small pearls.
11. Remove the pearls from the nitrogen and store them in the freezer on a pre-frozen cup; use when needed.
Recipe 4. NbN “Beetroot” and NbN “Gorgonzola” Rocks

Part 1

250 g water
5 g fructose
2 g salt
35 g glucose syrup
0.4 g xanthan gum
red colorant
3 g egg white powder (albumin)
1.5 g gelatine leaf (180 bloom)
to taste: odorant solution “Beetroot” (Iqemusu)

Process:

1. Blend together water, xanthan gum and odorant solution “Beetroot”.
2. Bring to the boil.
3. Once boiled, add glucose syrup and mix well.
4. Cool down to around 50 °C, and put in the Thermomix, which has been pre-set to 50 °C.
5. While the Thermomix is running, add all the other ingredients and blend well.
6. Transfer the mixture into a siphon
7. Close and charge with two charges of nitrous oxide (N₂O).
8. Let rest in the fridge in an ice water bath for at least 3 hours.

Part 2

250 g water
0.5 g lactic acid
8.5 g skimmed milk proteins
9.75 g neutral oil
2 g gelatine leaf (180 bloom)
0.7 g xanthan gum
7.5 salt
0.25% odorant NbN “Blue cheese” (heptanone)

Process:

1. Blend together water, xanthan gum and odorant solution “Blue cheese”.
2. Put in a pot and bring it to around 65 °C.
3. When this is hot, reduce it to around 50 °C.
4. Except for the addition of the glucose, use the process steps from the “Beetroot” recipe in exactly the same way.
5. When both siphons are chilled, prepare a tray by brushing with a little neutral oil and cover the tray with baking paper.
6. Flow the two siphons alternately into the tray.
7. When this is done, place the tray immediately in the blast chiller to freeze solid.
8. Cut or break with your hands, as you wish.
9. Keep them in the freezer until they are ready to serve.

Recipe 5. NbN Bread Grissini (Figure 132.3)

250 g water
41 g egg white proteins (albumin)
3 g xanthan gum
9 g isomalt
1.5 g salt
0.6% of the total grams white vinegar (acetic acid solution in water of 4.5% of the volume)
0.3% of the total grams odorant solution “Bread crust”
Andrea Camastra

Recipe 6. NbN “Potato” Tuiles (Figure 132.4)

Process:

1. Blend all the ingredients except the odorant solution “Bread crust”.
2. When all is blended well with a hand blender, put the mixture in a Kitchenaid bowl with the whisk attachment and whip the mixture until very light and fluffy; it should be like a meringue.
3. At this point, add the odorant solution drop by drop on the medium-low speed.
4. Put the mixture in a piping bag and form grissini shapes in a dehydrator tray covered with baking paper.
5. Dehydrate at 60 °C for 12 hours or overnight.
6. Before drying, sprinkle with any kind of seeds if you wish, but this is optional.

Recipe 7. Smoked Bell Pepper NbN Ketchup (Figure 132.5)

Process:

1. Take water, xanthan, kuzu, salt and fructose.
2. Blitz and boil.
3. Put in a Thermomix and blend in all the other ingredients at 60 °C.
4. Cool and serve, or store in the fridge. If bubbles form, pass it through a vacuum machine in a tray and remove the air, making sure the solution is cold before starting.

Recipe 8. Orange Blossom Sorbet

Process:

1. Blend all the ingredients together.
2. Put in a Pacojet canister.
3. Freeze until solid.
4. Run in the Pacojet, and sorbet is ready.
FIGURE 132.5  NbN ketchup.

FIGURE 132.6  NbN orange blossom sorbet.