



Project 2023-1-BG01-KA210-VET-
000160715 – "STEM Culinary
Fantasies" under the "Erasmus+"
program, activity KA2 "Cooperation
between organizations and
institutions," sector "Vocational
Education and Training."

SCAN ME



STEM AND CULINARY FANTASIES

COOKBOOK

IN PARTNERSHIP WITH



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WHITE CHERRY TOMATOES

INGREDIENTS

200g Cow cheese

Bunch of cherry

tomatoes with stems

200 ml Animal cream

10 g Agar agar

Black sesame seeds for
sprinkling

30 ml Chlorophyll oil

DIRECTIONS

1. Mix the cheese with a little cream and form small balls, which we freeze.
2. Dissolve the agar agar in boiling water and add cream. After it cools down, dip the balls in it and place them in place of the cherry tomatoes.
3. This way we get white cherry tomato branches, which we sprinkle with black sesame seeds and chlorophyll oil.



NOTES



DUCK LIVER CAPPUCCINO

INGREDIENTS

150 g Duck liver
80 g Onion
50 g Butter
200 ml Animal cream
a pinch of Salt
1-2 pieces Oreo biscuits

DIRECTIONS

1. Sauté the onion in butter.
2. Cut the duck liver and sauté it. Add salt, cream, and black pepper.
3. Blend the mixture. Separately, whip the cream until stiff peaks form.
4. Strain the mixture and place it in the siphon with two cartridges.
5. Make the "cappuccino" in cups and top it with whipped cream, sprinkle with powdered Oreo biscuits.



NOTES



DEHYDRATED TARATOR

INGREDIENTS

200 g Strained yogurt

200 g Yogurt

100 g Cucumber

Walnuts

2 g Garlic

1 bunch Dill -

100 ml Chlorophyll oil

Calcium chloride

Alginate

DIRECTIONS

1. Mix the two types of yogurt with dill, a pinch of garlic, salt, and calcium chloride.
2. Cut the cucumber into small cubes.
3. Prepare a bath of alginate, in which we place ravioli made from the milk mixture.
4. After 3-4 minutes, remove them and rinse them in water.
5. Place the ravioli on the diced cucumber, sprinkle with chopped walnuts and chlorophyll oil.



NOTES



EGG EYE FROM MANGO AND CREAM

INGREDIENTS

200 ml Cream
200 g Mango puree
15 g Sugar
15 g Agar agar
Aronia syrup
Calcium chloride
Alginate
Citrate

NOTES

DIRECTIONS

1. Dissolve agar agar in hot water and add cream and sugar.
2. Cool the mixture and shape the "egg white" from it.
3. In the mango puree, dissolve alginate.
4. Prepare a citrate bath and place ravioli of the puree in it.
5. Remove them after 3-4 minutes and rinse with water, which represents the "egg yolk".
6. Form the egg eyes.





SOUS VIDE PORK ROLL

INGREDIENTS

1 piece Pork tenderloin
4 Eggs
200 g Chicken breast
5 g Fresh
marjoram/thyme
200 ml Cooking cream
Agar agar
100 g Parsley
Salt
black pepper
turmeric

NOTES

DIRECTIONS

1. Prepare a roll from the pork tenderloin and omelet.
2. Cook it sous vide and "coat" it with a film of cream, agar, and salt.
3. It can be colored according to preference with turmeric.





GELIFICATION

INGREDIENTS

500ml Tomato juice

8g Xanthan

NOTES

Gelling is a culinary technique to transform a liquid food into a solid one to be tasted with a spoon. It happens thanks to natural agents that solidify the liquids

DIRECTIONS

1. Blanch the tomatoes into a pot of boiling water
2. Peel the tomatoes and blend them with an immersion blender
3. Filter the pulp through a sieve and add the xanthan.





PRESSURIZATION WITH SIPHION

INGREDIENTS

500ml cream 300g
pecorino (goat cheese)

NOTES

This technique is used to transform liquid ingredients into foams and mousses without adding emulsifying agents.

DIRECTIONS

1. Boil the cream and the grated pecorino in a saucepan
2. Mix everything together and filter with a conical strainer
3. Pour the sauce with a funnel into a siphon loaded with three nitrogen capsules





EMULSION OF OIL AND LEMON

INGREDIENTS

200ml EVO Oil
200ml Lemon juice
20g Soy lecithin

NOTES

Emulsion with soy lecithin is an interesting technique: Soy lecithin is a very versatile thickener of vegetable origin

DIRECTIONS

1. Create in a mug with an immersion mixer an emulsion of oil and lemon juice
2. • Add soy lecithin





SPHERIFICATION

INGREDIENTS

400ml Water

3g Sodium alginate

8g Calcium lactate

NOTES

It is a technique that became popular thanks to the famous Spanish chef Ferran Adrià. It is used to transform liquids into semi-solid spheres, creating unexpected contrasts of taste, temperature and color.

DIRECTIONS

1. Blanch the tomatoes into a pot of boiling water
2. Peel the tomatoes and blend them with an immersion blender
3. Filter the pulp through a sieve and add the xanthan.





AIR

INGREDIENTS

100g Berries liquid

4g Soya lecithin

DIRECTIONS

1. Pour the liquid into a large container
2. Add the lecithin and melt it with a spoon
3. Blend everything with an immersion blender trying to let the liquid take air
4. Collect the foam that forms on the surface and put it in another container
5. The air is ready to use



NOTES

This technique is used in molecular gastronomy to add an extra touch of flavor, an almost ethereal quality to a dish.



BALSAMIC CAVIAR/PEARLS

INGREDIENTS

200ml balsamic vinegar

5 gr agar agar

500 ml Sunflower oil

1 baguette bread

200 gr mozzarella

100 gr Smoked salmon

200 gr Tomatoes

100 gr Walnut

100 gr Pesto sauce

200 gr Cream cheese

100 gr Blueberry

Avocado

NOTES

DIRECTIONS





ORANGE SPAGHETTI

INGREDIENTS

1 kg Orange

10 gr Agar agar

For sauce:

200 gr Lemon

100 gr Walnut

100 gr Parmesan cheese

100 ml heavy cream

1 clove Garlic

Salt

Pepper

DIRECTIONS



NOTES



GREEN OIL

INGREDIENTS

500 gr Spinach
250 ml Sunflower oil
For the recipe:
200 gr Tenderloin
200 gr Eggplant
20 gr Flour
40 gr Butter
100 ml Milk
Salt
Pepper

NOTES

DIRECTIONS





GEL TOMATO SOUP

INGREDIENTS

1 kg Tomatoes
10 gr Powdered gelatin
200 gr Onion
2 cloves Garlic
1 lt Water
Olive oil
Salt
Pepper

NOTES

DIRECTIONS





Erasmus+



HUMAN
RESOURCE
DEVELOPMENT
CENTRE

This cookbook is a fine selection of the molecular gastronomy recipes under Project 2023-1-BGo1-KA210-VET-000160715 – "STEM Culinary Fantasies" under the "Erasmus+" program, activity KA2 "Cooperation between organizations and institutions," sector "Vocational Education and Training."

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