

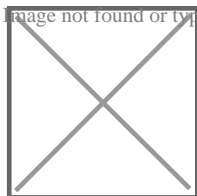
"MAGHREB" DRIED PLUM AND FIG SPHERES

Savoury recipe / by Martín Lippo



Martin Lippo, Chef at Vakuüm and Nitroschool in Barcelona proposes innovative techniques based on fruit purées Les vergers Boiron.

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Martin Lippo

1. For the spicy onions

Ingredients

Chopped onion - 200g

Butter - 25g

Salt - 1g

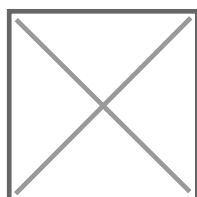
Cinnamon (powder) - 1g

Black pepper - 0,5g

Chicken broth - 150g

Ground ginger - 1g

2. For plum spheres



Ingredients

Frozen fruit purée 100% :
Dark-red plum - 300 g

Water - 40g

Spicy onion - 100g

Orange blossom water - 12
drops

Gluconolactate - 12g

In this step



Frozen fruit purée
without added sugar* :
Dark-red plum

Frozen fruit purées

3. For fig spheres

Ingredients

Frozen fruit purée 100% :
Violet Fig - 300 g

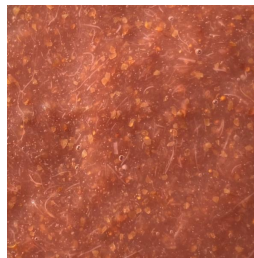
Water - 150g

Spicy onion - 100g

Orange blossom water - 12
drops

Gluconolactate - 12g

In this step



Frozen fruit purée
without added sugar* :
Violet Fig

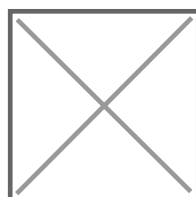
Frozen fruit purées

4. For the alginate bath

Ingredients

Alginate - 5g

Mineral water - 1000g



5. Elaboration

Put butter in a saucepan.
Add chopped onion.
Add salt.
Stir-fry onion.
Add spices.
Add chicken stock.
Add honey (for fig spheres, skip this step).
Cover.
Evaporate.

Transfer in a jar.
Add fruit puree.
Add water and gluconolactate.
Blend with Turmix.
Place in a dispenser.
Fill silicon hemispheric molds.
Freeze.

Mix alginate and half water with Turmix.
Add the remaining water and use Turmix again.
Heat the alginate bath to 50°C.
Drop the frozen hemispheres into the bath.
Leave to cook for 3 minutes.
Remove from the bath.
Rinse to remove excess alginate.
Dry with paper towel.

Place into a dehydrator.
Dehydrate at 50°C for 4-6 hours.

Cook in oil.
Heat at 70°C.

Serve both warm "dried" spheres with quails cooked sous vide at 62°C for 2.5h then pan-fried, quail juice seasoned with cinnamon and ginger, toasted pine nuts, parsley and coriander leaves, and sprinkled with cinnamon.

