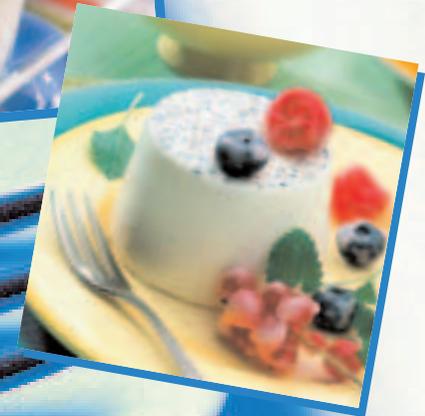


DELICIOUS PLEASURES



Gelatine
infocenter

www.gelatine.org

Cooking
with European chefs

UNLIMITED PLEASURE WITH GELATINE

Scarcely any other ingredient offers chefs such a wide spectrum of possibilities for variation and creative ideas. Gelatine's presence in Europe's leading kitchens is all thanks to its diversity and unique qualities.

Now five renowned chefs from all over Europe have compiled their favourite creations with gelatine for you.

Andreas C. Studer, a successful television chef in Germany and Switzerland, presents classic dishes full of Mediterranean flair. The ingenious recipes from Great Britain originate from the renowned journalist and chef Jill Cox. Yannick Alléno, a senior chef with two Michelin stars, offers a tasty insight into French cuisine. Mario Sandoval, one of Spain's best-known chefs, whose restaurant "Coque" has been awarded one Michelin star, reveals how he pampers his guests' palates. The Italian Marco Olivieri, known throughout the country from television and as a cookery teacher, captivates with his natural, simple and creative culinary skills.

The experts' selection of recipes goes to prove that the traditional gelling agent gelatine meets all the demands placed on the preparation of ingenious, modern dishes. And you don't need to be a professional to surprise your guests with great dishes with that unmistakable melt-in-the-mouth feeling of gelatine. Be it a savoury starter or a sweet dessert – this brochure contains a diversity of small dishes that can be enjoyed on their own or as part of a complete menu. And professional chefs reveal their tips for cooking with gelatine.

The Gelatine infocenter wishes you lots of fun cooking and lots of culinary delights!



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NATURAL PROTEIN FOR MODERN GOURMETS

Whether as leaves or in powder form, with its special gelling ability gelatine ensures melt-in-the-mouth pleasure and plenty of variety in the European diet.

Yet gelatine not only makes sure that various foods get into the right shape. Free of fat and carbohydrate, as well as cholesterol and purine, this natural protein is an ideal ingredient in modern cuisine. Combined with other proteins, it can enhance the biological value of foods. Thus it makes a vital contribution to keeping the human body fit and healthy.

There is scarcely any other ingredient that can be combined in as many diverse ways as gelatine. Savoury meat, fish and vegetable dishes, as well as dessert creations such as creams and jellies – it lends dishes that unmistakable consistency.

Gelatine has this ability thanks to a very specific quality. It melts at body temperature, thus literally dissolving in the mouth and creating a uniquely creamy mouth feeling. The optimum release of aromas also ensures an intensive taste experience. Although gelatine itself is taste and odour-neutral, it underlines the natural taste composition of recipes.

Thanks to their particular stability, dishes with gelatine are not only a pleasure for the palate but also for the eye. Thus with well known ingredients it is possible to create cunning dishes with that special something extra.



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STEP BY STEP TO PERFECT GELLING

1. Soaking:

Place the gelatine leaves in cold water and allow to swell for approx. 5 minutes.

2. Squeezing dry:

Remove the expanded gelatine from the water and gently squeeze out the excess water.

3. Dissolving:

In dishes prepared while cold (cream dishes, whipped cream): after squeezing out the gelatine, dissolve in a pan over a low heat while stirring continually. Add a few tablespoons of the cold mass to the gelatine solution and mix both together. Then add the rest of the cold mass.

In dishes prepared while warm (jellies, aspic): blend in the squeezed out gelatine directly with the warm cream or liquid until it has dissolved. Do not boil the liquid with gelatine as otherwise the latter loses its gelling power.

4. Gelling:

After the preparation of gelatine dishes, place in the refrigerator to gel. The necessary gelling time varies from recipe to recipe.

5. Turning out:

Some gelatine dishes are turned out before serving. Separate the edge of the jelly from the mould using a knife that has been dipped in warm water. Also briefly dip the mould in warm water, place a plate that has been run under cold water over the mould, turn upside down and briefly shake.

Preparation of powder gelatine:

The preparation of dishes with powder gelatine is identical to the use of leaf gelatine. After soaking in a cold liquid in accordance with the instructions on the pack, it does not need to be squeezed out.

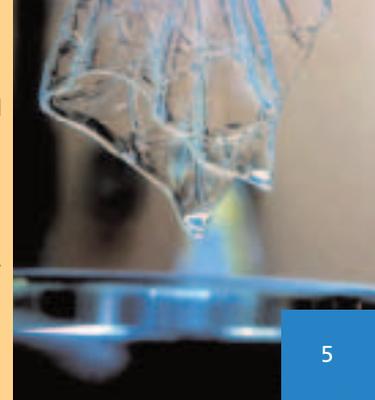
A pack of powder gelatine (9 g) corresponds to 6 gelatine leaves.

Rules of thumb for dosage (per 1/2 litre of liquid):

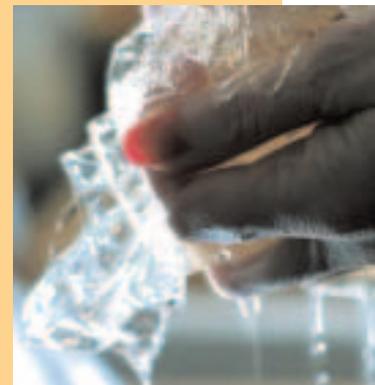
Jellies: 6 gelatine leaves

Cream dishes with egg yolk: 4 gelatine leaves

Cream dishes to be turned out: 8 gelatine leaves



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Andreas C. Studer is a successful television chef in both Germany and his native Switzerland. This leading chef learnt his culinary skills in top hotels in Zurich, Mexico and the USA.

TIP

Gelatine makes it possible to create dishes with exciting new shapes using familiar ingredients. Dip the mould in warm water first to make it easier to turn out jellies.

POTATO AND COURGETTE TOWERS

Andreas C. Studer | Germany

Serves 4:

- 500g medium sized new potatoes
- salt and freshly ground black pepper
- 12 gelatine leaves
- 500g quark
- 50g blue cheese (e.g. Roquefort or Gorgonzola)
- 200g natural yoghurt
- 200ml double cream
- 2 tbsp freshly snipped rinsed chives
- 4 tbsp warm vegetable stock
- 2 medium courgettes, rinsed, trimmed and thinly sliced
- 10 cherry tomatoes, rinsed and halved
- extra chives for decoration



Preparation

Boil potatoes in lightly salted boiling water until tender. Drain, cool, then peel. Leave to cool completely.

Soften gelatine in cold water according to packet instructions. Place quark in a bowl and add blue cheese, yoghurt and cream. Add snipped chives. Season with salt and freshly ground black pepper. Squeeze out excess water from soaked gelatine and add leaves to warm stock to dissolve. Stir into quark mix.

Cut potatoes into thin slices. Rinse 4 tall moulds - about 200ml - and place alternate layers of potato and courgette inside. Pour in quark mix, then tap moulds briskly against the worktop to make sure the mix is evenly distributed between the vegetables. Leave to set in the refrigerator for 3 - 4 hours. Remove moulds from refrigerator, place briefly in hot water, then turn out onto a platter. Serve with halved cherry tomatoes and remaining chives.

Preparation time: 1 hour, plus setting time

VEAL AND TUNA ROLLS WITH CHIVE CREAM

Andreas C. Studer | Germany

Serves 4:

8 thin veal escallops
salt and freshly ground
black pepper
16 fresh, washed and dried
basil leaves
160g can tuna in oil, drained
2 tbsp capers
2 spring onions, trimmed
and in 5cm lengths
1 tbsp olive oil
12 gelatine leaves
500ml chicken stock
500ml dry white wine
150g quark (20% fat)
150g sour cream
2 tbsp snipped fresh chives
4 medium potatoes,
peeled and thinly sliced
oil for deep frying
extra snipped chives
for decoration



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Preparation

Place escallops on a board, cover with film and beat until flat with a meat mallet or rolling pin. Remove film. Season veal with salt and freshly ground black pepper.

Place basil leaves on the escallops and then add flaked tuna and capers. Place spring onions across widthways. Roll up escallops and secure with wooden skewers.

Heat olive oil in a pan and fry rolls over medium heat for 12-15 minutes, turning regularly until browned all over and cooked through. Blot on kitchen paper. Cool and remove skewers.

Soak gelatine leaves in cold water to soften, according to packet instructions. Squeeze to remove excess water, then add to stock to dissolve. Add white wine and season.

Place veal rolls in a shallow dish and pour over gelatine mix.

Mix quark with soured cream, season then add snipped chives. Fry potatoes in hot oil until golden brown (170°C). Drain on kitchen paper.

Cut set veal into portions between the rolls and serve with fried potatoes and chive cream. Decorate with snipped chives.

Preparation time: 1 hour, plus setting time

FRESH ANCHOVIES WITH TABBOULEH

Yannick Alléno | France

Serves 4:

3 tomatoes, skinned
salt and freshly ground
black pepper
2 tbsp olive oil
1 medium cucumber
2 gelatine leaves
2 tbsp cracked wheat
2 tbsp raisins
16 fresh anchovy,
or fillets in oil, rinsed
mint leaves for decoration
100ml whipping cream
1 tbsp finely chopped fresh
coriander



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Preparation

The day before, dice one tomato, season and reserve in a small dish covered in film, in the fridge. Chop remaining tomatoes and place in a bowl. Pour over 1 tbsp olive oil and season. Cover with film and marinate in the fridge for 24 hours.

Next day, peel cucumber, halve lengthways, scoop out seeds and discard. Cut 50g piece of cucumber into dice. Reserve. Blend the rest to a puree, then push through a sieve into a jug to obtain the juice.

Place gelatine leaves in a little cold water to soften. Warm the cucumber juice. Add softened and squeezed gelatine leaves and dissolve completely. Cool.

Steam cracked wheat with 1 tbsp raisins for 10 minutes or until it becomes tender. Drizzle with remaining olive oil.

Using 4 shallow square or round moulds, place a layer of marinated chopped tomatoes in the bases of each. Pour over cooled cucumber juice mix. Leave to set in the fridge.

Arrange anchovies over set cucumber. Scatter cracked wheat over anchovies. Decorate with remaining raisins, reserved diced tomatoes, cucumber cubes and mint leaves.

Turn out onto serving plates. Whip cream with coriander and spoon around.

Preparation time: 40 minutes

Marco Olivieri's passion for cooking brought him to teach his art. He made his debut on TV in 1985, presenting a creative, simple and natural style of cooking. He is a member of the Italian Chef's Organisation and of Italy's Euro-Toques; he has also been a hotel restaurant manager, a field in which he was an instant success.

TIP

Gelatine guarantees dishes of outstanding stability. The setting time in the refrigerator depends on the recipe. Don't place jellies in the freezer because they lose their elastic consistency.

GORGONZOLA CHEESECAKE WITH WALNUTS

Marco Olivieri | Italy

Serves 6:

4 gelatine leaves
150g crispbreads, crushed
100g butter, softened
200mls double cream
400g Gorgonzola
40g Parmigiano Reggiano (Parmesan) freshly grated

For nut jelly topping:

4 gelatine leaves
500ml vegetable stock
150g walnut halves, chopped

extra walnut halves and green salad leaves



Preparation

Soften 4 gelatine leaves in cold water according to packet instructions. Place crispbread crumbs into a bowl and add butter. Mix together. Spoon into a 22cm greased spring form, loose-bottomed and press down firmly. Chill in the fridge.

Warm the cream and transfer half to a bowl. Squeeze out gelatine and add to cream in the bowl, whisk to dissolve. Add remaining cream and whisk lightly again. Fold in Gorgonzola and Parmigiano. Pour over crispbread base and return to fridge.

For nut jelly topping

Soften 4 gelatine leaves in water as before. Heat vegetable stock and add squeezed out gelatine to stock to dissolve. Add nuts and stir. Leave until just beginning to set, then pour this over the cheesecake filling. Chill until completely set.

Turn out and transfer to a plate. Decorate with extra walnut halves and green salad leaves. Serve as an appetizer of first/second course.

Preparation time: 40 minutes plus refrigeration time

WILD SEA BASS WITH PEA TEARS

Mario Sandoval | Spain

Serves 4:

8 gelatine leaves
2 tbsp olive oil
150g Portabella mushrooms, wiped and sliced
150g leeks, cleaned and chopped
50g peas (fresh or frozen)
150g thin green beans, topped and tailed and chopped
500ml fish stock - home made or bought in a tub
1kg sea bass, in 4 fillets, skin on, bones reserved for stock
sea salt
200ml olive oil
25g cornflour
dill sprigs, thin strips of fried mushrooms and extra peas for decoration
For home made fish stock:
500g fish bones (from the fishmonger)
2 sticks celery
1 onion, peeled and coarsely chopped
handful parsley stalks



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Preparation

First make the home made fish stock. Place fish bones in a pan with celery, onion and parsley stalks. Cover with water and bring to bubbling. Turn down to simmer and cook for 20 minutes. Drain reserving stock. Discard flavourings. Reduce stock to 500ml. Soak gelatine in water until softened. Heat 2 tbsp olive oil in a pan and lightly fry mushrooms, leeks, peas and green beans. When just tender, add 100ml fish stock and whizz smooth. Add squeezed out gelatine and whizz again to dissolve completely. Pour into a shallow dish and chill to set. Season bass fillets with salt. Place in an ovenproof dish and pour over olive oil. Transfer to a pre-heated oven at 90°C and poach for 17 minutes. Meanwhile, prepare the sauce. Pour remaining 400ml fish stock in a pan and heat through. Mix cornflour with a little water and add to stock. Bring to simmer to thicken. Remove bass from oil with a slotted spoon and reserve on a plate.

To serve, cut squares of mousse and place on serving plates. Top with sea bass fillets and pour over sauce. Decorate with dill sprigs, lightly fried thin strips of mushrooms and extra peas.

Preparation time: 25 minutes

ASPARAGUS TERRINE

Jill Cox | Great Britain

Serves 6:

450g fresh asparagus
4 gelatine leaves
425ml mayonnaise
2 wineglasses dry white wine
squeeze lemon juice
rocket leaf salad for serving



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Preparation

Trim and 'snap off' the asparagus stalks from the base to where it naturally breaks. Plunge into boiling salted water, cook for around 3 minutes - or until tender. Remove asparagus, blot on kitchen paper. At the same time, place gelatine leaves in a bowl, just cover with water to soften.

Spoon mayonnaise into a bowl. Pour white wine into a pan and warm. Remove softened gelatine from water, transfer to warmed wine to dissolve completely. Cool, don't set. Whisk into mayonnaise with lemon juice.

Pour 1cm layer of mayonnaise mix into the bottom of a 600ml mould or loaf tin, lined with cling film. Leave to set. Arrange cold asparagus spears along the length; pour over a little mayonnaise mix. Continue until asparagus spears are used, finish with mayonnaise mix. Use the cling film to remove from moulds. Serve in slices with a rocket salad.

Preparation time: 45 minutes, plus setting time

Yannick Alléno, Executive Chef at the Hotel Meurice*****, two Michelin stars... Every one of his dishes combines harmony, balance and refinement. The flavours are pure, the textures respected, the aromas natural. The care taken with presentation ensures a superb overall appearance.

TIP

Using gelatine is easier than most people think. It quickly dissolves in warm liquids. But never boil mixtures with gelatine because it loses its gelling strength.

CRISPY AND CHEWY CARAMEL BAR

Yannick Alléno | France

Serves 4:

250g of sweetened short crust pastry

Caramel Slab:

250ml double cream

1 vanilla pod

1 cinnamon stick

1 star anise

150ml caramel

2 egg yolks,

lightly beaten

5 gelatine leaves

Biscuit:

3 eggs

80g caster sugar

50g best dark chocolate, melted

Icing:

250ml caramel

150ml whipping cream, warmed

3 1/2 gelatine leaves

gold leaf



Preparation

Cut the sweet shortcrust pastry into strips measuring 3cm by 10cm. Brown the strips in the oven for 12 minutes at 180°C. Infuse the warmed cream with the vanilla, cinnamon and star anise. Leave to cool. Add the caramel and then fold in the egg yolks and gelatine, which has been previously softened in cold water and squeezed. Cook the mixture over low heat, without allowing it to boil, stirring continuously. When the cream thickens, take it off the heat and pour into a shallow dish. Let it cool to a thickness of 1cm.

For the biscuit, beat egg yolks with 40g of sugar and beat the whites to firm snowy peaks with remaining 40g of sugar. Mix together and fold in the melted chocolate with a spatula. Spread out on a sheet of greaseproof paper (1cm thick) and cook the mixture at 170°C for approximately 7 minutes. Leave to cool. Cut the caramel slab and the chocolate biscuit to the size of the sweet shortcrust pastry. For the icing, incorporate gelatine previously softened in water, then squeezed out into the warm cream. Add the caramel and leave to cool until the icing starts to set, but is still supple. Put a layer of caramel slab on the sweet shortcrust pastry, then the chocolate biscuit and cover with warm caramel slab. Put in the refrigerator. Top the chewy bars with the icing and arrange them on a plate. Draw a thin line of caramel with a brush and decorate with gold leaf.

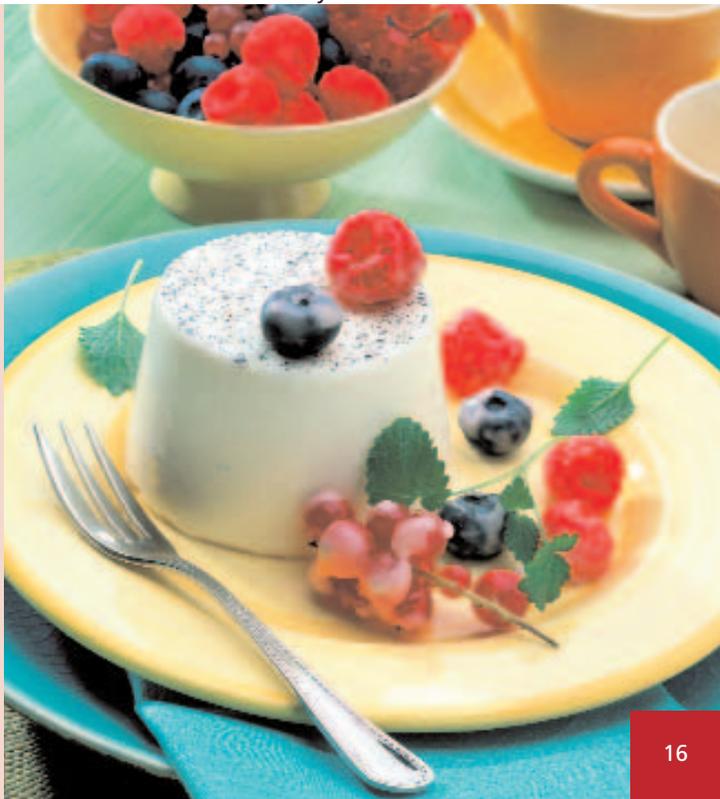
Preparation time: 40 minutes

ORANGE PANNA COTTA WITH BERRIES

Andreas C. Studer | Germany

Serves 4:

4 gelatine leaves
800ml double cream
1 vanilla pod
zest of an unwaxed orange
2 tbsp caster sugar
500g mixed berries
(raspberries, blueberries and blackcurrants)
1 tbsp Campari
2 tsp icing sugar, sifted
lemon balm or mint leaves
for garnish



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Preparation

Soften gelatine in cold water according to packet instructions. Pour cream into a pan. Slit vanilla pod lengthways and scrape out seeds with the point of a knife. Add vanilla pod and seeds to cream and bring to simmer for 10 minutes. Remove vanilla pod. Remove gelatine leaves from water and squeeze out excess. Add leaves to cream and stir to dissolve. Add orange zest and sugar.

Pour cream mix into 4 rinsed moulds (150ml each). Leave to set in the refrigerator 2 - 3 hours.

Pour Campari into a shallow, flat dish. Add icing sugar and blend smooth. Add berries to this mix.

Remove moulds from refrigerator. Briefly dip bases in hot water to loosen, then turn out onto individual plates. Spoon berries over the top. Serve decorated with lemon balm or mint.

Preparation time: 30 minutes, plus setting time

LATTE MACCHIATO CREAMS

Andreas C. Studer | Germany

Serves 4:

12 gelatine leaves
125g caster sugar
400ml water
6 heaped tsp instant espresso
coffee powder
vanilla sugar to taste
500ml milk
150ml almond syrup
150ml whipping cream
cocoa powder for sprinkling
fresh mint leaves for
decoration



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Preparation

Soften gelatine in cold water according to packet instructions. Place 100g sugar in a heavy bottomed small pan over medium heat and leave to melt and caramelize to golden brown. Pour over water to cover and stir to dissolve caramelised sugar. Mix in coffee powder and vanilla sugar.

Add 6 leaves soaked gelatine leaves to coffee mix and stir to dissolve. Add remaining caster sugar. Warm 150ml milk and add remaining gelatine leaves to dissolve. Stir in remaining milk and almond syrup.

Divide almond milk evenly between 4 latte macchiato glasses. Leave to set in the refrigerator. Then pour over espresso mixture, and return to refrigerator to set again. Whip cream to soft peaks, then spoon onto the top of set coffee layer. Sprinkle cocoa powder over using a tea strainer. Decorate with mint leaves.

Preparation time: 25 minutes, plus setting time

Mario Sandoval is one of the most important and promising chefs in Spain. He completed his training with the leading and most prestigious European chefs. His restaurant "Coque" in Madrid has been awarded one Michelin star; Sandoval's cuisine unites tradition with modern trends.

TIP

What all recipes with gelatine have in common is that incomparable "melt-in-the-mouth feeling". For example it lends ice cream the right stability and makes it especially creamy.

**COCONUT WAFERS
WITH CHOCOLATE**

Mario Sandoval | Spain

Serves 4:

For the wafers:

- 60g unsalted butter
- 200g caster sugar
- 100g egg whites (approx 4 whites)
- 60g plain flour, sifted

For the Coconut Mousse:

- 330ml coconut milk
- 70g caster sugar
- 70ml double cream
- 6 gelatine leaves

For the Chocolate

Ice Cream:

- 250g best chocolate, melted
- 750ml milk
- 3 gelatine leaves
- 3g soya lecithin stabilizer
- fresh red berries for serving



Preparation

Melt butter and add the sugar. Stir to dissolve. Cool slightly. Whisk egg whites stiff then fold into butter mix with flour.

Grease a baking sheet and place tablespoonsful of the mixture on it - spacing out because the mix spreads during cooking. Transfer to a pre-heated oven 170°C for 5 minutes.

When wafers are cooked trim to oblong, or square shape, to preference.

For the coconut mousse, pour coconut milk into a pan and add sugar and cream. Warm, then add gelatine, previously soaked in water to soften, then squeezed out. Heat until mix is smooth, stirring. Pour into a shallow rectangular mould and chill in the fridge to set.

For the Chocolate Ice Cream, place chocolate in a bowl and cool slightly. Add soaked and squeezed out gelatine and stir to dissolve. Add milk and stabilizer and stir. Transfer to an ice cream maker and process until thick and smooth.

Just before serving, make a sandwich with 4 wafers, with coconut mousse in between. Place on chilled serving plates with a scoop of chocolate ice cream, decorated with extra coconut mousse, and a few fresh red berries.

Tip: Wafers cannot be assembled for more than 15 minutes before serving as they will go soft.

Preparation time: 60 minutes

Jill Cox is a food, wine and cookery writer, author of cookery books and a regular broadcaster on radio and television. Her interest in food began as a child when she took inspiration from her mother, a gifted cook and baker. Jill was Food & Wine Editor of Hello! magazine for 16 years and has co-owned 2 successful delicatessens in London.

TIP

Gelatine is a natural protein. To ensure that gelatine doesn't lose its gelling strength, fruits that contain protein splitting enzymes (e.g. Kiwi fruits, pineapples) should have hot water poured over them before the preparation of jellies.

**RHUBARB
FLUMMERY**

Jill Cox | Great Britain

Serves 4:

- 400g can rhubarb
- 3 gelatine leaves
- 300ml apple juice
- 300ml double cream
- chocolate shreds for decoration



Preparation

Empty rhubarb into a bowl and stir to shred. Cover gelatine with water in a bowl to soften. When soft remove and add to warmed apple juice to dissolve. Cool. Stir into rhubarb mix. Fluff up with a fork. Whip cream to soft peaks and stir in. Spoon into tall glasses and leave to set, lightly. Decorate with chocolate shreds before serving.

Preparation time: 20 minutes, plus chilling time

CHAMPAGNE BERRY JELLIES

Jill Cox | Great Britain

Serves 4:

50g caster sugar
100ml water
4 gelatine leaves
500ml Champagne
or dry sparkling wine,
like Spanish Cava
100g each raspberries,
blueberries, redcurrants or
to choice
extra redcurrant sprigs to
decorate



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Preparation

For the sugar syrup, place sugar in a pan and add water. Place over low heat stirring until sugar is dissolved. Bring to bubbling for 1 minute, then remove from heat. At the same time soak gelatine in a little water. When gelatine has softened, transfer to sugar syrup and stir to dissolve completely. Add Champagne or sparkling wine to top up to 600ml.

Place fruit in 4 cocktail glasses and fill with Champagne syrup. Chill till set. Serve decorated with sprigs of redcurrants.

Preparation time: 30 minutes, plus setting time

SWEET DESSERTS

THE GELATINE INFOCENTER

The Gelatine infocenter is a service facility provided by Gelatine Manufacturers of Europe (GME). It informs consumers throughout Europe about the manufacture and use of gelatine, and is on hand to answer all your questions relating to the topic.

All the most important western European gelatine manufactures are organized under the umbrella of the GME. With some 3,000 employees the member companies manufacture more than 42 per cent of the gelatine produced worldwide each year.

The association – founded in 1974 and with its headquarters in Brussels – has set itself the goal of harmonising industry standards and production monitoring so as to guarantee consumers throughout the whole of Europe a product of consistent quality and safety.

Further information and delicious recipes with gelatine are to be found under www.gelatine.org

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TIPS AND TRICKS FROM THE PROFESSIONALS

Creating dishes that always gel:

- When mixing into cold dishes always add the cold mass to the gelatine solution and not vice versa.
- Never boil liquids with gelatine as it loses its gelling power otherwise.
- Gelatine for cold dishes may also be dissolved in the microwave. To this end place the swollen, squeezed-out gelatine in a small bowl and allow to liquefy for about 10 seconds at full power. Then proceed as described on page 5.
- For jellies with kiwi fruit, pineapple, papayas or mango briefly steam the fruit before preparation or pour hot water over the fruit. In their raw state they contain an enzyme which splits protein, and the gelatine would otherwise lose its gelling power.

Making sure gelatine dishes are in the right shape:

- Moulds made of glass, white plastic or ceramic are particularly suited to the preparation of gelatine dishes.
- Baking moulds with a non-stick coating are not suited for tart dishes or any dishes cooked with fruits or vinegar.
- Moulds for gelatine dishes should not have a capacity/content of more than 1 ½ litres. Otherwise, when they are turned dishes could collapse due to their weight.

Correct storage before consumption:

- Do not freeze jellies as these lose their creamy consistency after defrosting.
- Always store gelatine in a dry and odour-neutral place so that it does not absorb any moisture or odours.

