

DESSERTS WITH DISCOURSE



JORDI BUTRÓN

NO ONE HAS STUDIED DESSERTS WITH SUCH DEPTH AND ANALYTICAL CAPACITY. JORDI BUTRÓN HAS CREATED A DETAILED CODE TO NOT ONLY CREATE DESSERTS, BUT TO STUDY, UNDERSTAND, AND ENJOY THEM. *From EspaiSucre, dessert school and restaurant in Barcelona, and alongside his partner Xano Saguer, Butrón teaches a rich, academic, serious, and coherent discourse. One that is also sensorial and rational.* IT IS A METHOD THAT IS USED BY MANY ALL OVER THE WORLD. *Here, Jordi Butrón pinpoints the key elements of his philosophy on sweet cuisine. He also demonstrates two examples in which creativity and reflection are seen.*

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EspaiSucre discourse

1. Taste is an absolute priority. Other variables (technique, plating, esthetic, etc.) are the means, but not the end. We must accentuate the flavors, being faithful to the original flavor.
2. Contend for contrasts in taste. No more sugar monopolization. Contrasted flavors, flavor peaks, blend



the excesses of sugar. The flavor spectrum is then widened (sweet, salty, bitter, acid, spicy, sweet and sour, etc.).

3. The combination of tradition with the introduction of new techniques, tools and products that allow us to have a very precise control over the flavor. Adding all of the new (Roner, gelling agents, egg products, pure pastes, dried fruit and nut pastes, dehydrated ingredients, paco-jet, etc.) to the old patisserie techniques and choosing the most adequate process for each ingredient, keeping in mind its nature and the aggressiveness of the technique being used.
4. Assembly plays an important role as a variable which manipulates flavor. The ingredients' disposition on the plate will influence flavor when the dessert is tasted. Esthetic is not a priority, flavor is.
5. The speed of the service at the restaurant is relevant and means new proposals at the assembly and temperature level (assemblies with volume, playing around with hot and cold, and many other combinations).
6. Restaurant desserts have become an autonomous discipline with its own codes and specialized personnel. It shares the same physical space as savory cuisine, a fact that makes it maintain a mutually enriching synergy when it comes into contact with other products, tools, techniques, and mentalities.
7. The existence of a discourse makes a dessert more complex. Intangible elements such as the discourse (the idea, the concept, connecting thread, an argument) exist alongside the perfect union of flavor, technique, and plating. These intangible elements distance its components from an appearance of chance.

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EMPYREUMATIC

EMPYREUMATIC IN RESTAURANT DESSERTS

EMPYREUMATIC: ADJECTIVE THAT WHICH HAS EMPYREUMA.

EMPYREUMA: EMBER, CONSERVED UNDER ASH, A PARTICULAR COLOR AND FLAVOR WHICH TAKE ON ANIMAL AND SOMETIMES VEGETABLE SUBSTANCES AFTER THEY HAVE BEEN SUBMITTED TO A VIOLENT FIRE.

EMPYREUMATIC SERIES: TOBACCO, SMOKE, SMOKED, HUMMUS, INCENSE, BURNT, TOASTED, CARAMEL, TOASTED ALMOND, TOASTED BREAD, BURNED ROCK, FLINT, SILEX, GUNPOWDER, BURNED WOOD, FIRE, RUBBER, LEATHER, SCENTED LEATHER, HIGH ROASTED COFFEE, COCOA, CHOCOLATE.

THE PREVIOUS CLASSIFICATION OF AN EMPYREUMATIC SERIES COMES FROM PEYNAUD E AND BLOUIN J'S BOOK, 1999, EL GUSTO DEL VINO (THE TASTE OF WINE), MADRID, ED. MUNDIPRENSA. THEY ANALYZE AND NUMBER THE AROMAS WHICH MAY BE FOUND IN WINE AND THEY ARE GROUPED BY SIMILARITY. THE GROUP CALLED EMPYREUMATIC SERIES IS SUITABLE FOR ME AS A STARTING POINT TO CONCEIVE VARIOUS DESSERTS WHERE THE EMPYREUMATIC BLENDS TURN INTO THE CREATION'S CONNECTING THREAD OR "LEITMOTIV". I CHOOSE THE BLENDS WHICH I THINK ARE MOST LIKE PATISSERIE FROM THIS OLFACTORY FAMILY: BURNED, TOASTED, CARAMEL, TOASTED ALMONDS, TOASTED BREAD, HIGHLY TOASTED COFFEE, COCOA, AND CHOCOLATE. THE INGREDIENTS CHOSEN ARE THOSE WHICH ARE MOST SIMILAR TO THE TOASTED BLENDS: CARAMEL, COATED, SMOKED, BITTER, ETC.

IF WE DISTRIBUTE DESSERTS INTO THREE TYPES, WE HAVE:

REFRESHING DESSERTS: INITIAL DESSERTS, LIGHT, WATERY, WITH A PREDOMINANCE OF TECHNIQUES USED IN COLD. THEIR ROLE IS TO CLEAN THE RESIDUAL FLAVORS FROM THE PREVIOUSLY EATEN SAVORY DISHES.

INTERMEDIATE DESSERTS: THESE HAVE A MORE POTENT FLAVOR, CHEWING IS MORE INTENSE SO AS TO RETAIN THE TASTE INFORMATION LONGER IN THE MOUTH. THE FAT SENSATIONS ARE MORE RELEVANT.

FINAL DESSERTS: POTENT AND BLUNT FLAVORS TO FINISH UP A MENU. THE PALATE GETS TO THIS STAGE SATURATED, SO WE MUST ACCENTUATE THE BLENDS VERY WELL, SO AS NOT TO FALL IN A FLAVOR DEFICIT.

EMPYREUMATIC FLAVORS WILL BE FRAMED IN FINAL DESSERTS SINCE THEY ARE FLAVORS WITH A HIGH TASTE PRESENCE. AFTER CONSUMING THEM, THE PALATE IS UNABLE TO DETECT AND RECOGNIZE OTHERS BECAUSE IT IS SATURATED. IT IS AN OPEN SERIES WHICH MAY CONTINUE SINCE IN EVERY CREATIVE PROCESS YOU REJECT ALTERNATIVES THAT AT THE MOMENT ARE NOT USEFUL FOR YOU. AFTER SOME TIME YOU TAKE THEM UP WITH NEW EYES. IN FACT, I'M ABOUT TO FINISH EMPYREUMATIC 3.



EMPYREUMATIC I

Concept idea, relationship between ingredients

The main motivation for creating this dish was the use of cereals in a restaurant dessert, not as a supporting element (such as flour in a cake), but as the main flavor of it. I used as an excuse for this a childhood memory. When I was a child I fervently drank a soluble cereal product called EKO, made up of barley, malt, rye, and chicory. Since cereals were going to be the protagonists, I had to duplicate or triplicate the techniques used for them, since it would be impossible to cleanly distinguish its flavor using one technique. In this case I used:

Cereal: sponge cake, caramelized Kellogg's, chicory ice cream, and powdered chicory.

The presence of cereals in the mouth was assured with these steps. The central taste axis was decided (cereals). Now I needed to marry it with other blends which would complement it and would round it out and make it more complex.

Two big and pastry-friendly food families appeared which are naturally associated with cereals:

- Dried fruits and nuts such as energy bars, muesli, nut bread, etc.
- Alcohol, for example, beer, whisky, bourbon, etc.

Knowing that the connecting thread of the dessert should be empyreumatic blends, walnut with its touches of astringent and bitter fat, and lager beer with its bitter blends and fermented cereals turned into the perfect travel companions for cereals.

Lastly, I incorporated two small chords which added complementary blends such as the dark chocolate pearls' bitterness and the toasted-smoked walnut meringue.

With all these small interventions, the dessert became a harmonious whole where the empyreumatic essence presides above all. In general, when creating a dessert there exists an idea or concept which plays a common role among all the ingredients, an invisible link is created between them which gives sense to the whole and this definitely makes it better.

FLAVORS AND TECHNIQUES

Main flavors:

- Cereal: cereal sponge cake (corn, muesli), caramelized Kellogg's, chicory ice cream, chicory powder.
- Lager beer: foam.
- Walnut: meringue (walnut oil), grated walnut.

Secondary flavors:

- Chocolate: chocolate pearls.
- Toasted: toasted walnut meringue.





cereal sponge cake

- 400 g milk
- 40 g corn semolina
- 120 g sugar
- 40 g clarified butter
- 200 g low-moisture sweet corn flakes
- 4 eggs
- 80 g golden raisins
- 80 g white rum
- 40 g water

Heat milk and half the amount of sugar and bring to a boil. Add the semolina and moisten and cook. Allow the moist and semolina to absorb the milk. Meanwhile, beat the egg and golden raisins and place over the heat together with the rum and water. Cook until the liquid has evaporated completely, then allow to cool. Add the cooked raisins, sweet corn and chopped butter to the moist and semolina mixture, taking in mind that the latter cannot be hot. Following this, add two whole eggs and four egg yolks. Place a heavy rectangular with the four egg whites and 80 g sugar and fold into the previous mixture. Place in 22cm x 12cm x 5cm mould, previously lined with white fat (40 g butter into each half) and bake at 180°C for 34 minutes. When cooled, pour honey and cut into 1cm long and 0.5cm thick slices.

chicory ice cream

- 120 g sugar
- 80 g eggs
- 10 g gelatin
- 100 g buttermilk (Provença total)
- 60 g soybean
- 40 g whole cereal (Bial)
- 20 g soluble chicory

Combine all the ingredients and process with the Thermomix. Allow the mixture to be refrigerated for four hours. Process with the ice cream machine and place in a piping bag to set with a no. 7 nozzle.

bear foam

- 100 g egg foam
- 1.5 g gelatin sheets
- 7 g gelatin

Heat a small amount of the foam and dissolve the gelatin sheets in it, previously soaked in plenty of water. Dissolve the gelatin in the remaining liquid. Beat in a stand mixer on high speed first and then on medium.



caramelized cereal

10	g	Kellogg's Special K
40	g	confectioner's sugar
3	g	clarified butter

Put the cereal and sugar in a small sautépan and place over the heat. Gently stir to prevent the cereal from breaking before caramelizing. Once caramelized, add the butter and pour over a sheet. Then square them with the help of a fork.

base meringue/walnut meringue

Base meringue		
15	g	Oxone
15	g	sugar
100	g	water (1)
175	g	powder sugar
50	g	water (2)

Combine the oxone (egg white powder), sugar and first amount of water in the bowl of an electric mixer. Separately, heat the second amount of water (approximately twice as much water as oxone). When the liquid reaches 110°C, start the mixer with the meringue/sugar/water mixture. Allow the meringue to reach 117°C and pour over the previous heated water (pouring on medium speed). Continue to beat until the bottom of the bowl feels cool when touched.

The walnut meringue is made by adding 150 g crushed walnut and 30 g liquid walnut oil to each 300 g base meringue. Put into a piping bag fitted with a number 11 or plastic nozzle.

other

shoestring pearls





SERVING

LAY A PIECE OF CAKE HORIZONTALLY IN THE CENTER OF THE PLATE, SOMEWHAT TO THE LEFT. USE A BIT OF MERINGUE TO FIX IT HALF A CENTIMETER OFF THE CAKE. PIPE A WALNUT MERINGUE LINE AS LONG AS THE CAKE AND SCORCH WITH A BLOW TORCH USING A MICROPLANE. GRATE SOME WALNUT OVER IT. PIPE TWO STRIPES OF CHICORY ICE CREAM ON TOP OF THE CAKE AND THEN TOP WITH EIGHT CEREAL PEARLS AND FOUR CARAMELIZED KELLOGG'S. FINISH BY PLACING A GENEROUS SPOONFUL OF BEER FOAM, THEN SPRINKLE HALF A TEASPOON SOLUBLE CHICORY OVER IT. IT IS ADVISABLE TO STORE THE BEER FOAM AT ROOM TEMPERATURE, CRACKING IT SLIGHTLY WITH A SPOON BEFORE ASSEMBLING. USE ALWAYS FRESH, FIZZY BEER TO MAKE THE FOAM.

Serving steps

	Quantity	Details
Basic steps	4	cereal sponge cake / walnut meringue / burn meringue / grated walnut
Final steps	5	chicory ice cream / chocolate pearls / caramelized cereal / beer foam / chicory
Steps at dining room	0	
Total steps	9	

EMPYREUMATIC 2

Concept idea, relationship between ingredients

This second dessert is a variation on empyreumatic which came from the creation of empyreumatic 1 and from the variants and alternatives suggested and rejected in its creative process. An essential condition was to not use the technical resources and flavors already used in the previous dessert. The starting point was a complex element on a technical, flavor, and presentation level such as coffee puff pastry. When a new discipline is born, which is the case with restaurant patisserie (born in the beginning of the 80's), you try to distance yourself from the sources (in this case shop patisserie) because of an imperious need to create new flavor and presentation codes and a new language which will be autonomous and independent. When using puff pastry, a technique which basically defines the shop patisserie image, it is very difficult not to fall into how it is used in traditional patisserie. This was an important point to keep in mind. The challenges we had to overcome were using puff pastry in a restaurant dessert and not giving in to how it is used and presented in shop patisserie, and making the coffee puff pastry really taste like coffee in a more potent flavor context. The dessert was created in a dual-structure way, between coffee and black tea, duplicating each one based on the strength of the flavor required. As complements to this savage duo, they had to be perceived as unrelenting travel companions which sweeten and made this union possible. The caramel flavor, represented by milk chocolate with an aromatic licorice complement, was the flavor chosen for this task. These are warm, sweet, and largely accepted flavors which had to calm the taste aggressiveness of the two empyreumatic paradigms which are coffee and black tea. A dessert is an equilibrium where all kinds of excesses are compensated for by means of technical, flavor, or assembly elements. These elements tone down the aggression to the palate. The latter becomes restless before taste innovations which it does not recognize and the excesses and saturation of flavor. If this occurs, the main sweet flavor is an ideal means to calm it. The palate responds with acceptance when in contact with comfortable and recognizable flavors.

Sweetness:

- chocolate: milk chocolate (with some caramel nuance).
 - spices: licorice (aroma associated to sweetness, especially to the aniseed-like digestive notes)
 - sweetener: molasses (product resulting from the sugar cane refining, intense coffee and licorice notes).
- Finally, I introduced a fruit (water by definition) without a clear taste function as a way to let the palate rest and take a breather. Plums fit in very well in an empyreumatic context, especially with Japanese tea. The tea-plum combination, although not new, has had little use in patisserie and it fits perfectly on the whole.

FLAVORS AND TECHNIQUES

Main flavors:

- Coffee: puff pastry, agar agar.
- Black tea: ice cream, iced tea.
- Licorice: creme caramel, milk chocolate and licorice cream.

Secondary flavors:

- Black plums: diced fruit.
- Molasses: creme caramel.





EMPYREUMATIC 2

coffee puff pastry

- 285 g cream
- 40 g lyophilized coffee
- 10 g salt
- 320 g all-purpose flour
- 210 g butter

Bring the cream to a boil. Add the coffee and salt. Allow to cool and start preparing the puff pastry. Knead all the liquid ingredients when cool with the flour, reserving the butter for the folding process. The dough should be smooth and homogeneous. Rest in the refrigerator for 1 hour covered with plastic wrap. After that, proceed to the folding process (between Teflon sheets). Make 5 single folds, allowing the dough to rest after every turn. To prevent the dough to shrink in excess, make 4 single folds, leaving to rest in refrigerator for 1 hour after each turn, then make the 5th fold 24 hours later. If the puff pastry is made in 2 hours, pay attention to cutting the portions a bit bigger (4 cm + length) because it may shrink excessively. Measure the dough block out to 1 cm high. Freeze and when out of the freezer for a while cut to 2 cm wide x 14 cm long. Bake in the oven at 200°C for 10 minutes, vents closed. After 3 minutes, remove the steel stencils. After 10 minutes, turn the puff pastry over and finish baking for another 6 - 7 minutes at 180°C in the oven, vents open. Out of each baked puff pastry portion, 3 serving portions should be obtained. Cut very carefully, never using a knife. Puff pastry should always be dry and crunchy.

iced english breakfast

- 500 g water
- 40 g English Breakfast tea
- 30 g sugar
- 20 g vodka

Combine the water and sugar and bring to a boil. Add the tea and leave to infuse for 4 minutes. Strain and allow to cool. Once cooled, add the alcohol. Store in the freezer. Once the iced tea block is obtained, scratch into flakes with the help of a fork and keep in the freezer until needed.

molasses and licorice flan

- 150 g molasses
- 20 g butter
- 80 g cream
- 5 g Sosa licorice paste
- 2 eggs

Combine the molasses, butter, licorice paste and cream over a gentle heat so that all the ingredients blend properly. Scald the eggs into this lukewarm mixture. Line an aluminum log mold (21cm x 15cm) with some foil. Cook in bain marie with hot water, placing a kitchen towel in the pot so that the mold does not slide and bake in the oven at 160° - 165°C for 13 minutes, vents open. Remove from the oven and allow to set in the bain marie until cool. Cut the flan into 1cm x 8cm portions.

