60 simple and surprising recipes
“Mugaritz Experiences combines the most versatile condiments to obtain practical and ingenious results with the greatest ease.”

Andoni Luis Aduriz

Mugaritz Restaurant
Mugaritz Experiences, which bring together ingredients from different culinary cultures, form an important element in the techniques developed at Mugaritz. Seeds, extracts, flowers, fruits, essences and condiments are used to suggest unusual aromatic journeys. These gifts of nature allow us to enjoy surprising yet remarkably simple textures.
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SEEDS

Amaranth
Black Quinoa
Bulgur
Linum
Mustards
Sweet Millet
SEEDS

Grains and seeds with high nutritional value, gathered from ancestral culinary cultures. Ideal for making simple bases and complements. Ingredients that will turn your dishes into extraordinary fusions of pleasure, culture and health, ideal for pasta, emulsions, veils, snacks, makis...
Amaranth

Is an Andean plant with great nutritional value. Easy to rehydrate with any type of stock, it can be cooked in practically all the same ways as pasta and rice. Gives body and rounded texture to soups and stews. Fried, Amaranth makes an enjoyable snack.
SEEDS
Amaranth

Wash the Amaranth seeds and drain off the water. Boil them for 10 minutes in salted water and strain them well. Pour a little olive oil into a wide frying pan and sauté the mushrooms, gradually adding the boiled Amaranth seeds. Add the Iberico stock and leave it to evaporate. Add the cheese. Allow a crust to form at the bottom of the pot. Mix this crust into the mixture over the heat.

Amaranth seeds have great nutritional value.

Like pasta...

Iberian pork stock
8 g salt
1 l water
150 g Amaranth seeds
Olive oil
Grated Comté cheese
Wild mushrooms

* The photographs depict the presentation of dishes as suggested by Mugaritz.
**SEEDS**

Amaranth

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**Gelatinous veil**

Wash the Amaranth seeds and drain off the water. Boil them for 10 minutes in salted water and strain them well. Add the mushroom powder and the moist gelatine leaves to the boiled Amaranth seeds in a saucepan. Melt the gelatine with the Amaranth seeds over heat. Spread a fine layer of the Amaranth seed-gelatine mixture between two sheets of greaseproof paper and refrigerate it. Once it is cold, cut out discs using a pasta cutter. Place a disc over the preparation to be covered. Heat the preparation under a salamander grill so that the disc melts and covers it like a veil.

- 16 g gelatine leaves
- 250 g boiled Amaranth seeds
- Wild mushroom powder
- 2 l water
- 16 g salt
SEEDS
Amaranth

Candied rocks

Wash the Amaranth seeds and drain off the water. Boil them for 10 minutes in salted water and strain them well. Make a syrup with the water and sugar. Heat it to 114°C and add the Amaranth seeds. Stir in the Amaranth seeds until they are well coated. Transfer the syrup-coated Amaranth seeds to a clean frying pan. Heat them while stirring vigorously until they become caramelised. Make nuggets with the candied Amaranth seeds over a non-stick surface and leave them to cool. Coat the Amaranth-seed nuggets by dipping them in melted chocolate couverture before dusting them with cocoa powder.

Amaranth seeds contain significant quantities of protein, iron, vitamins and minerals.
SEEDS

Black Quinoa

These are seeds with great nutritional value used in Andean farming. The small grains can be used in both sweet preparations (biscuits, dough) and savoury dishes (risottos and garnishes).
Black Quinoa

Dry dressing

Wash the Quinoa and drain off the water. Add the Quinoa to boiling salted water and cook it for 12 minutes. Strain it well. Dry it for 12 hours at 35°C. Sauté the Quinoa in a frying pan with a few drops of oil. Add the samphire and stir the mixture well over the heat. Transfer the mixture to a bowl. Add the shredded nori together with the seaweed powder and coarse salt. Mix everything together to make the dressing.

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Use it on fish, salads, etc.

100 g Quinoa
1 l water
8 g table salt
Nori
Seaweed powder
Coarse salt
Samphire
Black Quinoa

Risotto nero

Wash the Quinoa and drain off the water. Add the Quinoa to boiling salted water and cook for 12 minutes. Strain it well. Sauté the Quinoa in a frying pan with a few drops of oil. Moisten it with the sauce before adding the squid ink sauce. Mix it well over the heat. Add the grated cheese. Finish off by binding the mixture with olive oil. Allow it to stand for 5 minutes.

Serve as a garnish or use as the base for a dish. Known as ‘rice of the Andes’, Quinoa contains 10 essential amino acids, making it very nutritious.
Black Quinoa

Wash the Quinoa and drain off the water.
Add the Quinoa to boiling salted water and cook for 12 minutes. Strain it well. Sauté the Quinoa in a frying pan. Add the honey and continue to cook until the liquid evaporates.
Spread the Quinoa and honey over a non-stick surface. Cover it with greaseproof paper and roll it into a fine layer with a rolling pin while keeping it hot. Allow it to cool before cutting or breaking it into irregular pieces according to preference. Apply heat so that the piece of glass used fits the shape of the surface to be covered.

Quinoa contains a balance of proteins, fat, oil and starch.

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**SEEDS**
Black Quinoa

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**Black glass**

Wash the Quinoa and drain off the water.
Add the Quinoa to boiling salted water and cook for 12 minutes. Strain it well. Sauté the Quinoa in a frying pan. Add the honey and continue to cook until the liquid evaporates.
Spread the Quinoa and honey over a non-stick surface. Cover it with greaseproof paper and roll it into a fine layer with a rolling pin while keeping it hot. Allow it to cool before cutting or breaking it into irregular pieces according to preference. Apply heat so that the piece of glass used fits the shape of the surface to be covered.

Quinoa contains a balance of proteins, fat, oil and starch.
Stew

Wash the Quinoa and drain off the water. Add the Quinoa to boiling salted water and cook for 12 minutes. Strain it well. Sauté the Quinoa in a frying pan with a few drops of oil. Add the chicken stock and allow it to reduce. Add the balsamic vinegar, brown food colouring and olive oil. Bind the sauce by stirring it over the heat.

Serve as the base for a dish or a garnish.

Quinoa is rich in iron, calcium, phosphorus and vitamins, while it is low in fats.
SEEDS
Black Quinoa

Praline

Wash the Quinoa and drain off the water. Toast the Quinoa by sautéing in a saucepan until it gives off an aroma similar to roasted peanuts. Vacuum pack the toasted Quinoa with sunflower oil and cook it in a bain marie at a controlled temperature of 70°C for 12 hours. Pour the contents of the bag into a blender and process until you obtain a black praline. Strain the praline.

150 g Quinoa
50 ml sunflower oil
SEEDS

Bulgur

Is a delicate, whole wheat grain, supplied precooked. It is used in the same way as rice, in vegetable stews and salads, and is a very popular ingredient in the Middle East and North Africa. Though supplied precooked and “cracked”.

Bulgur

Delicate, whole wheat grain. It is used in the same way as rice, in vegetable stews and salads, and is a very popular ingredient in the Middle East and North Africa. Though supplied precooked and “cracked”, Bulgur conserves 95% of its bran and germ.
Toast the Bulgur in a frying pan until it gives off a pleasant aroma of toasted cereal and turns a nice golden colour. Heat the milk and leave the hot Bulgur to infuse in it for 6 hours and strain it. Add the 1.4 l of infused milk to the atomised glucose, salt, powdered milk and inverted sugar and blend the mixture. Heat the mixture to 40°C and add the ice cream stabiliser and sugar and blend it. Raise the temperature to 85°C. Strain it and chill it to 4°C. Leave it to set for 12 hours at 4°C. Churn the ice cream and keep it at -18°C to serve.

**Ingredients**

- 80 g Bulgur
- 2 l milk (to make 1.4 l of infused milk)
- 35 g powdered milk
- 150 g sugar
- 60 g atomised glucose
- 20 g inverted sugar
- 6 g ice cream stabiliser
- 6 g salt
- 150 g sugar
SEEDS
Bulgur [+ Kuzu]

Polenta Bianca

Add the Bulgur to boiling water and cook for 8 minutes. Strain it and set it aside. Pour the milk into a saucepan and dissolve the Kuzu and salt in it while cold. Place it over heat and cook until it jellifies, at about 75°C. Pour the smoked milk jelly over the cooked Bulgur and blend the mixture. Serve it hot as a garnish or use as the base for a dish.

Bulgur is a good source of quality carbohydrates.
Spongy bread

Heat the milk with the butter and salt. Remove it from the heat as soon as it starts to boil. Add the Bulgur and leave to infuse for 15 minutes. Add the egg yolk and beat the mixture. Beat the egg white until it forms stiff peaks. Fold it into the mixture. Fold the sifted flour into the mixture with sweeping motions. Pour the mixture into greased and floured moulds. Bake at 170°C for 30 minutes.

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As Bulgur retains a large amount of its properties after its first processing, it is an important source of proteins and minerals.
Discovering culinary senses

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SEEDS
Bulgur

Refreshing snack

Add the Bulgur to boiling water and cook for 8 minutes. Strain it and set it aside. Make a syrup by boiling the sugar, cinnamon and orange rind in 500 ml of water. Pour the hot syrup over the dried apricots. Add the Bulgur and leave the mixture to marinate for 12 hours. Serve the boiled Bulgur at the bottom of a glass. Add the sweet infusion and one dried apricot. Serve it chilled.

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The high fibre content of Bulgur makes it very beneficial in aiding digestion.

100 g Bulgur
1 l water
200 g sugar
Dried apricots
Cinnamon
Orange rind
500 ml water
SEEDS

Bulgur (+ Linum)

Quick soup

Sauté the Bulgur and the sesame seeds separately in a frying pan until they give off a pleasant toasted aroma. Put the seeds into a very hot mortar. Crush them with the pestle so that they release their full aroma. Add the fresh herbs and bathe the mixture in a tasty hot broth. Serve the soup in the same mortar.

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Bulgur is one of the grains with the lowest glycaemic index and is metabolised at an intermediate rate.
SEEDS

Linum

Flax seeds are rich in soluble and insoluble fibre. Their taste is like toasted sunflower seeds, whilst their high oil content makes them a good vehicle for aromas. Toasted, Flax seeds are fragile and crunchy. Cooked, they give texture and density to any preparation.
Soak the Linseed in the tomato water. Stand the mixture for 2 hours in the refrigerator. Lightly emulsify the linseed with olive oil. Add the garlic. Leave the emulsion to reach room temperature outside the refrigerator.

Serve as a base, garnish or dressing.

Linseed has a high fibre content that is beneficial in aiding digestion.

150 g tomato water
Tender garlic cloves
Olive oil
100 g Linseed
SEEDS

Linum

Gomasio

Toast the Linseed in a frying pan until it gives off a pleasant toasted aroma. Crush them lightly in a mortar. Mix the toasted and lightly crushed Linseed with the ground almonds and the whole and powdered chrysanthemum petals to make the gomasio. Brush the white asparagus spears with melted Iberian pork back fat so that the gomasio will stick to them. Coat the asparagus with the gomasio.

Linseed is rich in Omega 3 polyunsaturated fatty acids, considered essential for our health.
Soak the Linseed in the milk for 45 minutes at room temperature. Add the water and heat the mixture to 70°C. Once it has reached this temperature, strain it immediately. Chill it at 4°C. Transfer the chilled mixture to a container and place it in an inverted bain marie. Connect it to an aquarium air pump. Allow the bubbles to stabilise before serving.

Use as a dairy base and as a finish for dishes.
Linseed nougat

Mix the water and sugar in a saucepan to make a syrup. Heat it to 114°C and add the Linseed. Stir the mixture vigorously over the heat until the Linseed is well coated. Transfer the syrup-coated Linseed to a clean saucepan. Stir it vigorously over the heat until it caramelises. Place the caramelised seeds between two non-stick surfaces and flatten out with a rolling pin while the caramel is still hot to form a sheet of Linseed brittle. Leave it to cool for a few minutes at room temperature.

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Cut or break the brittle depending on the desired use.

Ingredients:
- 200 ml water
- 280 ml sugar
- 350 g Linseed
SEEDS

Linum

Light ganache

Soak the Linseed in water for 45 minutes at room temperature. Heat the mixture to 70°C and strain it immediately once it reaches this temperature. Chill it at 4°C for 30 minutes. Weigh out 50 g of the water and Linseed base preparation to make the ganache.
Mix the base and the melted chocolate couverture together. Beat it with a hand-held blender until it emulsifies. Drizzle in the olive oil while continuing to beat. Use it at room temperature as a cream or chill it for use as a chocolate truffle.

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This preparation avoids most of the fats contained in a traditional ganache recipe by replacing cream with healthy Linseed.
Soak the Linseed in water for 45 minutes at room temperature. Heat the mixture to 70°C and strain it immediately once it reaches this temperature. Chill it at 4°C for 30 minutes.

For the butter: Weigh out 50 g of the water and Linseed base preparation. Beat it vigorously to aerate. Drizzle in the melted ham fat while continuing to beat. Chill the emulsion at 4°C for 30 minutes.

As this preparation can be made without milk, it is of great interest for lactose-free diets.
SEEDS

Sweet Millet

Is a cereal that is high in energy content. The starch contained in these grains allows them to bind together when cooked. Depending on the way sweet millet is cooked, it takes on different textures: consistent (boiled), spongy (boiled, partially dehydrated and fried) or creamy (crushed and boiled).
**SEEDS**

**Sweet Millet**

Boil the Millet in salted water for 8 minutes. Strain it and set it aside. Season the Millet with white pepper oil and bind it with a little cooking water if necessary.

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As millet has a higher protein content than most known cereals such as wheat, maize and rice, it makes a good substitute with high biological value.

**Gluten Free Couscous**

Boil the Millet in salted water for 8 minutes. Strain it and set it aside. Season the Millet with white pepper oil and bind it with a little cooking water if necessary.

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As millet has a higher protein content than most known cereals such as wheat, maize and rice, it makes a good substitute with high biological value.
Discovering culinary senses

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SEEDS
Sweet Millet

Shortbread

Grind raw Millet in a blender. Sift it through a fine mesh sieve to obtain Millet flour. Toast this Millet flour in a frying pan until it turns golden and gives off a toasted aroma. Blend the toasted Millet flour, icing sugar and ground almonds together with a pinch of salt [optional]. Add the melted lard to make an even dough. Press the dough and cut out biscuits with a pasta cutter. Bake the shortbread at 160ºC for 20 minutes.

360 g Millet flour
100 g icing sugar
120 g ground almonds
120 g lard

This dish makes less use of nuts, reducing the fat content, and incorporates highly nutritional ingredients.
**SEEDS**

Sweet Millet

Puffed millet

Add hot water to the Millet in a saucepan. Cover the Millet and soak it until it absorbs the water, similar to preparing pre-steamed couscous. Dry the Millet grains at 35°C for 6 hours. Fry them in oil at 190°C. Drain off the excess oil and add salt.

150 g Millet
300 g water
Oil
Salt

*Use as a snack and for breading...*
Discovering culinary senses

SEEDS
Sweet Millet

Light biscuits

Simmer the Millet in the water until all the water is absorbed. Process it in a blender until it becomes a paste. Pass the Millet paste through a fine mesh sieve to obtain a fine paste. Roll out a fine layer of paste over a mould and bake it at 180ºC for 10 minutes until the biscuit puffs up. Remove it from the mould and store it in a dry place.

As can be appreciated in the way it is prepared, this recipe makes a healthier snack or crunchy accompaniment without the need for fats or oils.

300 g Millet
700 ml water
5 g salt
For the Millet paste: Boil 300 g of Millet with 700 ml of water and 5 g of salt. The Millet should absorb all the water. Process it in a blender until it becomes a paste. Pass the Millet paste through a fine mesh sieve to obtain a fine paste. Mix the Millet paste together with 3 g of salt, 5 g of sugar and 5 g of baking powder. Pipe it out over a non-stick surface and bake it at 180°C for 20 minutes.

Given its slightly sweet flavour, Millet is an interesting alternative for use in pastries.
Discovering culinary senses

SEEDS
Sweet Millet

Grind raw Millet in a blender. Sift through a fine mesh sieve to obtain Millet flour and set it aside.

Beat the eggs with the sugar. Add the Millet flour and beat the mixture until it is even. Add the softened butter to it and continue to beat the mixture. Add the baking powder and the aromas and beat the mixture until it is even. Distribute the mixture into moulds and bake at 170°C for 12 minutes.

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Millet flour adds important nutritional value to this dish owing to its high content in Vitamins B1, B2 and B9.
SEEDS

Mustards

These crunchy grains are perfect as a base for different dishes or to be used as seasoning. Cooking these seeds lessens their hot taste and bitterness, while providing viscous body. Made into emulsion with oil, they produce a velvety texture.
Vinaigrette

Boil the Mustard seeds in 1 l of water with table salt for 45 minutes. Strain them and set them aside. Infuse the mace in the caramel syrup and add 250 ml of very hot water. Add the oil to the mixture while it is still over the heat. Strain the mixture and add the Mustard seeds and chopped spring onion to it.

100 g Mustard seeds
1 l water
8 g table salt
130 g caramel syrup
200 ml oil
250 ml water
Mace
1 spring onion
Ragout...

Boil the Mustard seeds the water with table salt for 45 minutes. Strain them and set them aside.
Heat the pork stock in a saucepan. Dissolve the miso paste in the hot stock. Emulsify the stock with olive oil. Add the boiled Mustard seeds and stir the mixture over heat until it binds. Add lemon juice to taste. Add the boiled potatoes and serve the dish as you would a stew.

150 g Mustard seeds, 1.5 l water 12 g salt Gelatinous pork stock 40 g extra virgin olive oil Lemon juice 10 g miso paste Boiled potatoes
Mustards

Boil the Mustard seeds in 1.5 l of water with table salt for 45 minutes. Strain them and set them aside. Mix the sugar with 1 l of water in a saucepan. Heat the mixture until the sugar dissolves, making a light syrup. Add the star anise and the Mustard seeds and leave to infuse for 15 minutes. Transfer the anise infusion and the Mustard seeds to the Gastrovac vacuum cooker. Impregnate the Mustard seeds with the infusion in the Gastrovac by opening and closing the air release valve 4 or 5 times in the space of 20 minutes, then strain them.

Note: if you do not have a Gastrovac, vacuum pack the Mustard seeds in the anise syrup and marinate in the refrigerator for 48 hours. Strain them after this time.

Sweet roe

Boil the Mustard seeds in 1.5 l of water with table salt for 45 minutes. Strain them and set them aside. Mix the sugar with 1 l of water in a saucepan. Heat the mixture until the sugar dissolves, making a light syrup. Add the star anise and the Mustard seeds and leave to infuse for 15 minutes. Transfer the anise infusion and the Mustard seeds to the Gastrovac vacuum cooker. Impregnate the Mustard seeds with the infusion in the Gastrovac by opening and closing the air release valve 4 or 5 times in the space of 20 minutes, then strain them.

Note: if you do not have a Gastrovac, vacuum pack the Mustard seeds in the anise syrup and marinate in the refrigerator for 48 hours. Strain them after this time.
SPECIALS
Kaolin
Kuzu
Lactose
SPECIALS

Natural extracts that recreate delicate textures to correct or bring out the properties (density, shine, flavour, colour...) of different preparations in a thorough way.
These products are easy to use and will transform your preparations into special creations by containing stones, flowers, toffees, mozzarella, gnocchi, preserves...
SPECIALS

Kaolin

The purest, select white china clay, of such high quality as to be edible. Can be used as an edible covering for dishes or, combined with oils, to encapsulate aromas in aromatic pearls.
SPECIALS

Kaolin [+ Lactose]

Stones...

Combine the Kaolin and the Lactose. Add water and blend the mixture. Add salt and the black food colouring paste to the mixture and blend it together again. Stand the batter in the refrigerator for 12 hours.

Boil the potatoes in their skins in salted water. The potatoes should be cooked through and keep a firm texture.

Pierce the flattest part of each potato with a wooden skewer and dip them into the batter. Stand the potatoes vertically on a perforated surface and dehydrate them at 55°C for 30 minutes. Remove the skewers and cover the hole with more partially dehydrated batter. Allow the batter covering the hole to dry.

Serve the potatoes hot.
SANDS

Melt the different types of dark chocolate couverture and mix them together.
Put the Kaolin in a bowl and drizzle the melted chocolate over it while stirring with a whisk in order to form lumps. These lumps should be different shapes and sizes. Balance them with more Kaolin or couverture depending on the desired texture.

Store them in the refrigerator.

200 g Kaolin
400 g 55% dark chocolate couverture
100 g 70% dark chocolate couverture.
SPECIALS
Kaolin [+ Lactose]

Moss...

Combine the Kaolin and the Lactose. Add the green oil and stir the mixture vigorously to obtain an even paste. Pass the paste through a sieve to produce a moss-like preparation. Store with care in the refrigerator.

This can be served with coarse salt and pepper.
Peel the apple with great care. Combine the ground cardamom with the Kaolin. Coat an apple with this mixture. Vacuum pack it in a bag with part of the Kaolin and cardamom mixture on the highest setting. Leave it to stand in the refrigerator for 2 hours. Take the apple out of the bag and remove the excess powder with a basting brush.

Use a basting brush to coat the fruit with the aromatised Kaolin before serving.
White crystal

Combine the Kaolin and the Lactose. Add water and blend the mixture. Leave the paste to stand in the refrigerator for 2 hours. Roll the paste out over a non-stick surface with a rubber spatula and give it shape with the desired mould. Dehydrate the shaped crystal at 45°C for 2 hours. Remove it carefully from the dehydrator and store it in a dry place. Sprinkle a little water over the white crystal to enable you to adapt it to any concave surface to be covered.

Kaolin [+ Lactose]

Ingredients:
- 300 g Kaolin
- 200 g Lactose
- 400 ml water
Clay papillote

Combine the Kaolin with the grated tonka bean. Add the water a little at a time while kneading the mixture into a dough. This process will result in a preparation with a texture similar to pottery clay. Stand the dough at 4ºC for 12 hours. Roll out a small portion of this dough between two non-stick surfaces with a rolling pin to obtain a sheet that is half a centimetre in thickness.

Wrap a fig with this dough, moulding it into the shape of the fruit. Wet your fingers and seal any joints to leave a perfect thin layer.

Make two cuts on the sides of the dough with a knife while still cool to prevent it from breaking as it expands during baking.

Bake the aromatic papillote at 70ºC for 1 hour.

Cut it in half following the cuts made in the sides before baking.

Serve the fig hot inside its wrapping.
Kuzu

Also known as kudzu, is a starch obtained from the root of the plant of the same name. It’s neutral flavour and transparency when cooked makes it ideal for preparations with delicate aromas. Dissolved cold, depending on how it is cooked, Kuzu gives textures that range from creamy (mayonnaise) to firm (cooked egg white). Gluten free.
Brioche

Use part of the milk to dissolve the yeast before adding the remaining milk. Dissolve the Kuzu in this milk. Mix in the salt and sugar before sprinkling the xanthan gum gradually over the mixture while beating vigorously. The texture of the dough should change once the xanthan gum is added. Leave the dough to ferment at 45°C for 50 minutes in non-stick silicone baking moulds. Bake the brioche rolls in a combi steamer at 85°C and 40% humidity for 15 minutes. Leave the rolls to stand in a hot cupboard at 45°C covered in cling film for at least 10 minutes. Remove them from their moulds.

Note: The rolls should be kept covered in cling film in a hot cupboard at 45°C to maintain their creamy texture.

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This bread is suitable for people with coeliac disease because of the gluten-free nature of the ingredients.
SPECIALS
Kuzu

Crispy focaccia

Combine all the ingredients together with a hand-held blender. Mix it on the highest setting to obtain an even dough. Leave the dough to ferment at 45°C for 50 minutes. Roll the dough out over a non-stick surface. The dough should have the consistency of a soft sponge. Bake it at 180°C for 15 minutes. Dry it at 85°C until it becomes completely crisp.

Store the focaccia in a dry place and heat it before serving.
...Creamy gnocchi...

For the cheese water: Combine 600 ml of water, 200 g of cheese and salt in a blender and process with heat. Strain the mixture and decant it in order to collect the cheese water. Dissolve the Kuzu in the unheated cheese water. Bring the mixture to the boil and continue to boil for a further 20 minutes. Transfer the dough to a piping bag and leave it to cool down for a few minutes. Immerse the tip of the piping bag in iced water and cut off small gnocchi-shaped lengths of the piped dough. Revive the gnocchi later by immersing them in stock or brine.

Kuzu root starch contains high concentrations of flavonoids, which have been found to have a significant medicinal effect on the body’s digestive and circulatory systems.
Savoury jam

Dissolve the Kuzu in unheated seafood and saffron stock. Place the mixture over heat and stir constantly with a rubber spatula until it acquires an aspect and texture similar to jam. Set it aside with cling film in contact with the surface to prevent the formation of a starchy skin.

One property of Kuzu is that of regulating the digestive tract.
SPECIALS
Kuzu

Crystal

Combine the Kuzu with the sugar and water without heating. Place the mixture over heat and mix constantly with a rubber spatula until you obtain a translucent jelly. Spread the jelly over a non-stick surface with a cake spatula to form a thin layer. Dehydrate it at 80°C for 12 hours.

Remove the crystals from the dehydrator and store them in a dry place.
Kuzu

Crunchy sauce

Diluted the Kuzu in the unheated gelatinous stock (it is recommended to do it with a hand-held blender to ensure the Kuzu is completely diluted). Place the mixture over heat and stir it constantly with a rubber spatula. Spread the jelly over a non-stick surface with a cake spatula to form a thin layer. Dehydrate it at 65°C for 48 hours. Remove the crystals from the dehydrator and break them into irregular pieces. Set them aside in a dry place.

Fry them in oil at 190°C. Store them in a hot cupboard at 50°C until it is time to serve them.
SPECIALS

Kuzu

White sauce

Dissolve the Kuzu in unheated milk in a saucepan. Place the mixture over heat and stir it constantly with a rubber spatula until it acquires the texture of a creamy white sauce. Add nutmeg and salt to taste. Set it aside with cling film in contact with the surface to prevent the formation of a starchy skin.

The properties of Kuzu make the use of fats unnecessary in traditional preparations such as white sauce. It produces a very creamy texture allowing the amount of fat to be reduced.
SPECIALS
Kuzu

Gel

Place the Kuzu in a saucepan. Add the unheated clarified onion stock and dissolve it. Place the mixture over heat and stir it constantly with a rubber spatula until you obtain a translucent jelly. Add salt to taste.

Use this gel to cover dishes as you would a sauce...

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Depending on the degree of clarification of the liquid to be jellified, you can make opaque or totally clear creams by making up the recipe with Kuzu, but only to the point of jellification and without boiling.

- 200 ml onion stock
- 20 g Kuzu
- Salt
SPECIALS

Kuzu

Hazelnut cream

For the hazelnut water: Process 400 g of hazelnuts with 1 l of water in a blender. Strain the mixture through cheesecloth. Dissolve the Kuzu with the sugar in 200 ml hazelnut water without heating. Place the mixture over heat and stir it constantly with a rubber spatula until it acquires the texture of light cream. Spread the cream between sponge cake slices soaked in syrup as a pastry filling.

Cool them in the refrigerator.
SPECIALS
Kuzu

Dry sponge cake

Dissolve the Kuzu in the aromatised milk. Mix in the sugar, salt and fresh egg whites and strain the mixture.

Fill a cream whipper with the mixture. Close it and set it aside in the refrigerator for at least 2 hours. Load the cream whipper with 2 N2O chargers. Shake it well and dispense the contents into a paper cup. Cook the mixture in a microwave oven on medium power for about 30 seconds until you obtain a crunchy sponge cake.

Remove the cake carefully from the mould and cut it with a serrated knife if desired.

Store the sponge cake in a dry place until it is time to serve.
Lactose
This is a disaccharide present in milk, formed by glucose and galactose. Lactose is ideal for preparations with a range of textures similar to sugar, but hardly sweetens them at all. Combines with Kaolin to make crunchy toppings with a calcareous texture.
Savoury toffee

For the caramelised Lactose: Sift Lactose through a fine mesh sieve to form a fine layer over a non-stick surface. Bake it in the oven at 205°C to obtain fine brown caramel crystals. Remove the crystals.
For the savoury toffee: Combine the jellied stock, milk and cream in a saucepan over heat. Add the caramelised Lactose to the mixture. Dilute it while it is hot. Reduce the mixture slightly so that it acquires the consistency of light or dense toffee according to taste.
Use this toffee as a glaze or a sauce for any savoury dish.

Lactose can be used to make sweets with only a toasted flavour.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gelatinous stock</td>
<td>450 ml</td>
</tr>
<tr>
<td>Milk</td>
<td>160 ml</td>
</tr>
<tr>
<td>Cream</td>
<td>80 ml</td>
</tr>
<tr>
<td>Caramelised Lactose</td>
<td>80 g</td>
</tr>
</tbody>
</table>
SPECIALS
Lactose

Dehydrated flowers

Make a bed of Lactose and carefully arrange the petals or flowers over it. Cover them completely with Lactose. Keep this preparation at 35°C for 12 hours. Remove the petals and/or flowers from the Lactose with the greatest care. Reuse the Lactose to dehydrate more flowers. Store the petals and/or flowers in a dry place.

By using Lactose in dishes that typically require normal or icing sugar, you can reduce their sweetness, opening them to a different range of flavours while keeping the characteristic crystalline texture of sugar.
Lactose

Lumps

Combine the Lactose with the beetroot juice. Heat while stirring until lumps form. Lumps are produced instantly at about 110°C. Store the lumps in a dry place.

The sudden saturation of lactose syrups produces lumps almost instantly.
SPECIALS
Lactose

Unsweetened *honey*

For the caramelised Lactose: Sift Lactose through a fine mesh sieve to form a fine layer over a non-stick surface. Bake it in the oven at 205°C to obtain fine caramel crystals. Remove the crystals.

For the unsweetened honey: Dissolve the Lactose in the jellied stock over heat. Reduce the mixture until it acquires the desired texture. Use more or less caramelised Lactose depending on whether a more or less toasted colour honey is required. Add the rosemary to infuse away from the heat.

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The use of caramelised lactose can produce both sweet and savoury dishes with the appearance of honey but without its sweetness.
HERBALS

Apple-Onion
Cinnamon-Clove
Cherry-White Tea
Jasmine-Macis
Peach-Stone Tea
Pineapple-Juniper
HERBALS

Natural, fragrant formulae, selected to aromatize all kinds of preparations, that take us on a journey through other cultures, places and times. Created to drink and cook, they can be served cold or hot; dry, as seasoning or shaping ice-creams, creams, infusions, dressings...
HERBALS

Apple-Onion
HERBALS

Apple-Onion [+ Linum]

Confit

For the Linseed base: Soak the Linseed in water for 45 minutes at room temperature. Heat the mixture to 70°C and strain it immediately once it reaches this temperature. Chill it at 0°C for 30 minutes. Weigh out 50 g of the water and Linseed base to make the Apple-Onion emulsion.

For the confit: Combine the oil with the Apple-Onion. Add the mushrooms and cook gently at 80°C.

For the emulsion: Take 100 ml of the aromatised oil.

Make an emulsion of the Linseed base and the aromatised oil with a hand-held blender.
HERBALS
Apple-Onion

Compote

For the quail jus: Cut the onion into a fine julienne and caramelise them in olive oil. Brown the quail carcasses and offcuts in a frying pan and deglaze the resulting caramelised juices with brandy. Toast 1 head of garlic cut in half in a frying pan in a little olive oil. Transfer the browned carcasses and the deglazed juices, the caramelised onion and toasted garlic to a pressure cooker. Cover the contents with water and cook for 2 hours after the cooker reaches maximum pressure. Strain the jus and reduce it. Transfer 250 ml of quail jus to a saucepan and add the Apple-Onion. Cook it until a compote is obtained. Leave it to stand for 2 hours.

Glaze quail breasts with the smoked compote
HERBALS

Cinnamon-Clove

Mixed with common thymes in the enveloping aroma of cinnamon. The spice integrates perfectly with anise and cardamom while the cyclic wort notes of bitter almond and spice to provide contrast. Common may be dressing for ails, syrups, cookies, pastries, baking...
Ice cream

Heat the milk in a pot to 70°C. Add the Cinnamon-Clove and cover the pot. Leave the mixture to infuse for 15 minutes and then strain it. Add the infused milk to the cream, atomised glucose, powdered milk and dextrose. Blend the mixture and heat it to 40°C. Add the stabiliser mixed with the sugar. Heat the mixture while stirring it until it reaches 85°C. Strain it and chill it quickly to 4°C.

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Leave it to set for 12 hours at 4°C. Churn the ice cream and keep it at -18°C to serve.

Ingredients:

- 16 g Cinnamon-Clove
- 1 l milk
- 350 ml cream
- 185 g powdered milk
- 314 g dextrose
- 41 g atomised glucose
- 150 g sugar
- 14 g stabiliser
Quick marinated anchovies

Make a powder of the Cinnamon-Clove and the salt in a blender. Vacuum pack the anchovy fillets coated in the salted aromatic powder on the highest setting. Marinate them for 3 hours. Take the fillets out of the bag and remove the excess powder with a basting brush. Immerse the fillets in olive oil until it is time to serve them.

Anchovy fillets
8 g salt
16 g Cinnamon-Clove
300 ml olive oil
HERBALS

Cherry-White Tea

Mixture of pale golden hue that combines the sweetness and acidity with the aroma of peach tea, rock resin, and fragrant camomile. Can be used as hot tea or soup base, and cold and sweet garnish or ice cream.

HERBALS. Nature, fragrance, and taste selected to build a world of flavors across different cultures, times, and places.
HERBALS
Cherry-White Tea

Whipped infusion

Vacuum pack 8 g of Cherry-White Tea in a bag with sunflower oil and cook it in a bain marie at a controlled temperature of 70°C for 24 hours. Make an infusion with the remaining 8 g of Cherry-White Tea in water at 70°C for 15 minutes. Whip the infused oil with a hand-held blender for 10 minutes. Then, with the hand-held blender on the highest setting, add the whipped oil to the water infusion to obtain an oily foam.

Leave the foam to stand in the refrigerator until it stabilises, before serving.
**Sorbet**

Vacuum pack the Cherry-White tea with water. Leave the mixture to macerate at 4°C for 72 hours, then strain the mixture. Transfer the infusion to a saucepan. Add the dextrose and atomised glucose and blend the mixture. Heat it to 40°C. Add the sugar mixed with stabiliser. Heat the mixture to 85°C while stirring constantly. Remove the mixture from the heat and strain it. Add the lemon juice and chill the mixture quickly to 4°C. Allow the sorbet base to set in the refrigerator for 12 hours. Churn the preparation in a sorbet maker.

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*Store the sorbet at -18°C until it is time to serve it.*
HERBALS

Jasmine-Macis

Mix with refreshing aromas ranging from Mace to floral Jasmine to earthy Licorice, sweet Tea and bitter Juniper. Imparts notes for an invigorating broth or flavored soups. Can also be the basis for a microbrew or flavored oils, butters or emulsions.

HERBALS: Natural, fragrant remoulage selected to aromatic elements of preparations, that take us on a journey through other cultures, times and eras.
HERBALS
Jasmine-Macis (+ Kuzu)

Spice cake

Make a powder of the Jasmine-Macis in a blender and set it aside. Process all the ingredients together with a hand-held blender except the xanthan gum. Then add the xanthan gum and process everything. The texture of the dough should change once all the xanthan gum is added. Leave it to ferment at 50°C for 50 minutes. Bake the spice cake in a combi steamer at 85°C and 40% humidity for 30 minutes. Stand the cake at 50°C for a few minutes wrapped in cling film. Remove it from its mould.

240 g Kuzu
3 g salt
21 g sugar
330 g water
21 g yeast
6 g xanthan gum
16 g Jasmine-Macis
CREAM

Heat the milk. Add the Jasmine-Macis and the rice. Cook it for 40 minutes while stirring with a spatula. The rice should release all its starch. Add the sugar and leave the mixture to stand for 30 minutes. Strain it and chill at 4ºC for 12 hours.

Use this preparation as the base for a dessert, as a shot, sauce or glaze.
HERBALS

Pineapple-Juniper

Mixture ranging from fruity aromas of peach and pineapple, to the note of juniper. Fresh, refreshing, spicy, similar to a fruit punch. It can be used as a base for make, as a drink or as a soup base. On meat, vegetables, sauces, chutney, cream, glazed fruit.
HERBALS
Pineapple-Juniper

Candy

Vacuum pack the rum and Pineapple-Juniper in a bag. Leave the mixture to macerate at 30°C for 24 hours. Strain the resulting liquid and set it aside. Combine the sugar and the water and heat it to 117°C to make a syrup. Turn off the heat and add the rum infusion. Cover the pot to prevent the alcohol from evaporating and leave it to stand for 5 minutes. Cool the mixture by transferring it from one saucepan to another 4 or 5 times. Then leave it to temper.

Place corn starch that has been previously dried in a hot cupboard at 50°C for 24 hours in a container. Make cavities in the starch in which the candies will be shaped. Fill the cavities with the rum syrup. Sift more maize starch over the candies until they are completely covered. Place the container in a dehydrator at 50°C for 48 hours. Carefully remove the candies and brush off the excess starch.

Store them in a dry place.

- Pineapple-Juniper 16 g
- White rum 600 ml
- Water 400 ml
- Sugar 2.5 kg
- Corn starch
HERBALS
Pineapple-Juniper

Chocolate couverture

Make a powder with the Pineapple-Juniper in a blender on the highest setting. Add the melted cocoa butter to the melted gianduja. Add the Pineapple-Juniper powder and blend everything together.

Use this aromatic couverture as a glaze, sauce, etc...
HERBALS

Peach-Stone Tea

Nestled in the heart of the MUGARITZ EXPERIENCES.COM, the HERBALS Peach-Stone Tea is a beautiful blend that combines the sweetness and acidity of the stone fruits, creating a uniquely fragrant and soothing tea experience. This exotic blend can be used as a hot tea or soup base, and cold and sweet with a touch of ice cream, evoking a journey through other cultures, pieces, and times.
HERBALS
Peach-Stone Tea (+ Bulgur)

Snack infusion

Combine the Peach-Stone Tea and the Bulgur and add the water. Leave the mixture to soak for 24 hours. Lightly process with a hand-held blender. Strain the mixture twice, reducing the mesh size on the second straining. Dissolve the salt and sugar in the resulting liquid. Keep the preparation chilled until it is time to serve it.

Serve it with a lot of crushed ice.
**Impregnated fruit**

Mix the Peach-Stone Tea with the water. Heat the mixture to 70ºC then cover it. Leave it to infuse for 1 hour, then strain the mixture. Transfer the infusion to a Gastrovac vacuum cooker along with the fruit to be impregnated. Allow the contents to undergo 4 vacuum compression-decompression cycles in the space of 20 minutes until the fruit is completely impregnated.

Keep the fruit aside in the refrigerator immersed in the infusion.
Multi-Boxes
Our boxes are designed to be re-used; make the best of them!

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Assembly. Apply double-sided adhesive tape to the sides of each box, and assemble your own storage kit.

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