TÖUfood

VEGAN PASTRY ALTERNATIVES

Plant-based proteins

GASTRO CULTURA
MEDITERRÁNEA

Introduction

At Gastrocultura Mediterránea we are aware of the large number of people who, for different reasons, govern their diet based on veganism. For this reason, with the utmost respect for the product and the quality of our ingredients, we have sought alternatives that are **100% plant-based.**

We have developed this dossier with the aim of **providing knowledge and explaining how to use these ingredients, and the many options they can offer us.**

We will explain what **vegetable proteins** are, and we will delve into each of them so that they can be understood and applied in your own gastronomic recipes.

Acknowledgments

This recipe booklet has been prepared by the team of **Gastrocultura Mediterránea S.L.** in collaboration with **Marike Van Beurden and Alejandro Puñet (SAIA)**, who have developed the Töufood products and created tested and reliable recipes.

MARIKE VAN BEURDEN

ALEJANDRO PUÑET ROVIRA

TÖUfood

Index

Plant-based proteins

What are they?

> *Vegetable proteins provide the elaborations with the **necessary properties** that are obtained from traditional ingredients such as **eggs, milk or animal gelatin**.*

Proteins are macromolecules (very large molecules) that, due to their composition and structure, serve crucial functions in the ingredients that contain them. In traditional pastry, animal-derived foods like eggs, milk, butter, or animal gelatin are present in nearly all preparations because they often provide technical functions such as foaming, emulsifying, or gelling.

The specific properties of proteins vary depending on the type used, and they contribute different characteristics to the final product.

What functions do they provide?

- **Gelation:** Gelation is the process of solidification of a product initially in a liquid state, creating a three-dimensional structure by retaining water (hydrocolloid). Some proteins, when heated, change their structure and trap the surrounding water with it, forming a gel.

- **Emulsion:** The emulsion is the mixture between a watery part and a fatty part. This is achieved through an emulsifier, and proteins, among other properties, also have this function.

- **Foaming:** Is the introduction of gas, usually air, into a liquid or solid by mechanical or chemical actions. Proteins have a great capacity for gas retention, which allows whipped and fluffy preparations.

- **Coagulation:** It is the compaction and solidification of a liquid by the action of temperature or acidity. Proteins, when heated above a certain temperature or by acid, alcoholic or other substances, denature changing their shape and the structure solidifies.

- **Stabilization:** It is the ability to maintain the appearance and texture of an elaboration for a certain time. Proteins, given their emulsifying and coagulating properties, are very good stabilizers in recipes, especially those that contain some fat content.

Vegetal protein range

We have developed a line of **Töufood Vegetal Proteins** intended for use in restaurants and haute cuisine. This project is still open, and with research in constant development, in order to expand the range with a much broader spectrum of applications.

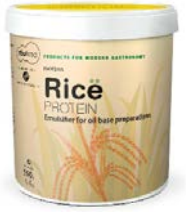
Potato protein is used primarily as an egg substitute. It has a strong coagulation and structuring power, making it ideal for recipes that require **baking**, such as cookies, cakes, or brownies. It has a strong flavor in high doses.

Potato protein with a high capacity for **aeration and emulsion**. It can replace egg whites in recipes where a **significant amount of air, usually air, needs to be incorporated**. It doesn't impart a strong flavor and is **heat-resistant**.

Pea protein with excellent emulsifying power, good gel formation, texturizing ability, and foaming properties, but with a lower overrun compared to potato protein. It is commonly used in mousse bases and as a **cream substitute when combined with inulin**.

Soy protein is used for its excellent **foaming ability with a high degree of overrun**. It imparts very little flavor and easily maintains the **stability** of foams and emulsified mixtures.

Chickpea protein is used as an emulsifier with excellent water retention properties. It serves as a **substitute for egg whites in cold and neutral pH preparations**.



Rice protein is used as a **bulking agent** and protein supplement. It **enhances the texture of doughs** and mixtures.

Other products for vegan pastry applications

There are other Töufood products that help us achieve the desired texture and complement the proteins in the different preparations. As with proteins, we can classify them according to their technical function:

Gelification

Emulsion

Coagulation

Stabilization

Fat contribution

Applications

Meringues

> *By using vegetable proteins with a cold thickener,* ***an analog to egg whites*** *is generated in the preparation of* ***meringues and marshmallows****.*

Meringue is a sweet preparation based on egg whites and sugar that we can use in a wide variety of shapes and textures, either as a dessert in itself, or as part of other preparations. There are three types of confectionery, the **Italian, Swiss and French meringue**, although the variations between them are subtle, and the ingredients are basically the same.

On the other hand, **marshmallow** is a preparation derived from meringue, where a gelling agent is added that will give consistency to the preparation and maintain its shape, giving rise to a more manipulable and elastic product.

To make **vegan meringues**, it is necessary to create a mixture of products that rise and thicken, and that can curdle with heat. The use of vegetable proteins **such as potato or soy protein**, which have a great capacity for incorporating gas (air), **with some thickener to stabilize the preparation**, allows us to assemble water-based meringues. It is possible to substitute water for another aqueous liquid, such as fruit juices or purees, to obtain meringues with a wide range of flavors, since, by not using it, it will not interfere with the original flavor of the egg.

Recommended products

Italian meringue

92 g Water (I)
29g Töufood Potäto Whip Protein
3 g Töufood Cream Tartär
50 g Sugar (I)
200 g Sugar (II)
60 g Water (II)

1. Blend the water (I) and Potäto Whip Protein using an immersion blender.
2. Whip the previous mixture while gradually adding sugar (I) and Cream Tartär.
3. Dissolve sugar (II) in water (II) and cook the syrup until it reaches 121ºC.
4. Gradually pour the syrup over the meringue base until it cooks and forms a stiff meringue.

Dried meringue

225 g Mineral water
20 g Töufood Söy Protein
1 g Töufood Güar
200 g Sugar

1. Mix the water with the Söy Protein and Güar.
2. Beat while gradually adding sugar until it forms peaks.
3. Dry the meringue at 60ºC.

Meringue for biscuit

600 g Water
45 g Töufood Potäto Bake Protein
1,5 g Töufood Xanthän

1. Blend all the ingredients with an immersion blender. Let it rest for 12 hours.
2. Whip using beaters or a whisk.

Meringue for mousse

500 g Water
30 g Töufood Pëa Protein
3 g Töufood Güar
0,5 g Töufood Xanthän

1. Mix the water and Pëa Protein with an immersion blender. Allow it to rest for 12 hours.
2. Whip the previous mixture with the remaining ingredients until you achieve a meringue consistency.

Raspberry meringue

225 g Water
20 g Töufood Söy Protein
1 g Töufood Güar
200 g Sugar
20 g Lyofëeling Raspbërry

1. Mix the water, Güar, and Söy Protein using an immersion blender.
2. Beat the mixture while gradually adding sugar.
3. Crush the Raspbërry to obtain a fine powder.
4. Once the meringue is whipped, add the raspberry powder.
5. Shape and dehydrate at 60°C.

Blueberry meringue

175 g Blueberry purée
50 g Water
20 g Töufood Potäto Whip Protein
1 g Töufood Güar
200 g Sugar

1. Blend the water, blueberry puree, Güar, and Potäto Whip Protein using an immersion blender.
2. Whip the mixture while gradually adding sugar.
3. Shape and dehydrate at 60°C.

Pavlova

107 g Water
34 g Töufood Potäto Whip Protein
125 g Icing sugar
10 g Lemon juice
4 g Töufood Cream Tartär
10 g Töufood Cornstär

1. Mix the water and Potäto Whip Protein using an immersion blender. Let it rest for 12 hours.
2. Whip the previous mixture with Cream Tartär until it forms stiff peaks.
3. Gently fold in the Cornstär, powdered sugar, and lemon juice.
4. Spread it onto a Silpat and dehydrate at 80°C for 8 hours.

Marshmallow

84 g Water (I)
26 g Töufood Potäto Whip Protein
3 g Töufood Cream Tartär
4,5 g Töufood Agär
2 g Töufood Pëctin LM Nappage
0,5 g Salt
130 g Water (II)
50 g Töufood Glucöse Syrup
300 g Sugar

1. Blend water (I) and Potäto Whip Protein using an immersion blender. Allow it to rest for 12 hours.
2. Whip the above mixture with Cream Tartär until it forms stiff meringue.
3. Mix water (II) with Agär, Pëctin LM Nappage, salt, and bring it to a boil.
4. Add Glucöse Syrup and sugar, raising the temperature to 115°C.
5. Pour the syrup over the meringue and continue whipping until it reaches 40°C.
6. Spread it onto a Silpat and allow it to cool.

Prickly pear marshmallow

83 g Prickly pear purée (I)
26 g Töufood Potäto Bake Protein
8 g Töufood Cream Tartär
4,5 g Töufood Agär
2 g Töufood Pëctin LM Nappage
0,5 g Salt
180 g Prickly pear purée (II)
50 g Töufood Glucöse Syrup
800 g Sugar

1. Mix prickly pear puree (I) and Potäto Bake Protein using an immersion blender, then let it hydrate in the refrigerator for 12 hours.
2. Whip the potato protein mixture with Cream Tartär.
3. Combine Agär, Pëctin LM Nappage, salt, and prickly pear puree (II), then bring it to a boil.
4. Add Glucöse Syrup and sugar and raise the temperature to 115°C.
5. Pour the syrup over the semi-whipped potato protein and continue whipping until it reaches 40°C.
6. Spread it onto a Silpat and allow it to cool.

Foams

> *An **emulsifying agent** is needed to be able to create whipped foams or siphon foams. Proteins help **trap and stabilize** the air bubbles in the mixture.*

Foams are emulsions in which the **aqueous base is mixed with a gaseous component**, forming more or less stable bubbles. Depending on the size of the bubble and the amount of air introduced, we will talk about a **whipped cream, a foam, or an air**. There are several methods to generate foams, ranging from **vigorous whipping** to incorporate air into the mixture to **injecting air under pressure** using a siphon. In both cases, an emulsifying agent is required to incorporate the air into the mixture. Typically, eggs or cream are used to stabilize foams.

To have this emulsifying ability, it is necessary to use **proteins like soy protein along with a stabilizer such as xanthan**, which will also help retain the introduced air. For siphon foams, since they are under pressure, they may require the addition of a stabilizer like pectins

Recommended products

Raspberry foam

60 g Water (1)
300 g Raspberry pulp
30 g Simple syrup [15g water (2), 15g sugar]
2 g Töufood Pëctin LM Nappage
0,5 g Töufood Xanthän
4 g Töufood Söy Protein

1. Mix water (1) with the Söy Protein, incorporate well, and add the raspberry pulp. Let it sit in the refrigerator for 15 minutes.
2. Create a water pectin with the TPT, Pëctin LM Nappage, and Xanthän. Once it reaches 85°C, cool the preparation to 30°C and mix it with the previous preparation.
3. Place the mixture in a siphon along with 2/3 charges. Stir well manually after the incorporation of each charge.

Whipped doughs

> *In biscuits and whipped dough, a protein that can **retain gas (air)** is necessary, as well **as coagulate and withstand oven temperatures.***

In pastry, the world of dough represents a wide range of very different elaborations among them. Within the masses are the **whipped doughs**, preparations that are based on beating flour with egg and sugar with subsequent baking. Depending on whether fat is added to this preparation or not, we would talk about **light or heavy** whipped dough.

In this type of dough, **the egg performs an aeration and coagulation function**, which is why **pea or potato protein**, which are characterized by **great gas (air) retention and good hot gelation capacity**, with to other ingredients that add body to the recipe, they will provide us with the necessary functions to achieve a good mounting and an optimal final product.

Recommended products

Chocolate cookies

For the protein base
250 g Water
15 g Töufood Pëa Protein
1,5 g Töufood Güar
0,5 g Töufood Xanthän

1. Mix the ingredients with a blender.
2. Rest for 12 hours.

For the cookie dough
40 g Protein base (preparation above)
100 g Vegan butter Be Better
2,5 g Salt
50 g Panela sugar
7 g Tapioca starch
100 g Flour
5 g Baking powder
150 g Chocolate

1. Cream the butter and beat it with the sugar and salt.
2. Add the dry ingredients (except the chocolate) and continue beating until you have a homogeneous mixture.
3. Add protein base and chocolate chips.
4. Bake at 150ºC for approx. 20 minutes.

Cookie with chocolate chips, EVOO and salt

70 g White sugar
120 g Brown sugar
110 g Extra virgin olive oil
60 g Rice milk
16 g Töufood Chickpëa Protein
220 g Flour
5 g Vanilla extract
5 g Baking powder
2,5 g Töufood Bicärb
5 g Salt
80 g Chocolate Callebaut 55% NXT

1. Mix the Chickpëa Protein with the rice milk, let it rest in the refrigerator for 5 minutes, and then blend.
2. In a Kitchen Aid bowl (with paddle attachment), place the previously mixed solid ingredients, and at medium speed, incorporate the chickpea protein mixture, and finally, the oil.
3. When the ingredients are combined, add the chocolate chips and the vanilla paste/extract.
4. Form balls of 65-70 grams each and freeze.
5. Preheat the oven to 180°C. When the cookies are completely frozen, bake for 15-18 minutes.

Chocolate cookie

120 g Chocolate 55% Callebaut NXT
50 g Olive oil
140 g White sugar
80 g Water
130 g Flour
30 g Cocoa powder
8 g Salt flakes
3 g Baking powder
22 g Töufood Chickpëa Protein

1. Prepare a syrup with the sugar and water, then cool it.
2. Mix the Chickpëa Protein with the syrup, let it rest in the refrigerator for 5 minutes, and beat until it forms an airy, smooth, and shiny cream. Set it aside.
3. Melt the chocolate and sunflower oil together in a double boiler, and set it aside.
4. Mix the dry ingredients. In a Kitchen Aid bowl using the paddle attachment, mix the dry ingredients at medium speed, then incorporate the chocolate and oil mixture, and finally, the syrup with soy protein.
5. Form balls with a thickness of 3-4 cm and weighing 65-70 grams each, then freeze them.
6. Preheat the oven to 180°C. When the cookies are completely frozen, bake for 10 minutes. Sprinkle salt on top while they're still hot.

Hazelnut dacquoise

170 g Water
10 g Töufood Pëa Protein
0,4 g Töufood Xanthän
0,5 g Töufood Güar
90 g Sugar
110 g Hazelnut flour
125 g Powdered sugar
45 g Flour
1 Lemon

1. Mix the water with Pëa Protein, Xanthän, and Güar, and let it sit for 12 hours.
2. Beat while gradually adding sugar until the meringue forms.
3. Mix hazelnut flour with powdered sugar and regular flour.
4. Combine the dry ingredients with the liquids and homogenize.
5. Add lemon zest.
6. Roll out on a Silpat and bake at 160°C for 15-20 minutes.

Chocolate biscuit

For the meringue base
500 g Water
10 g Töufood Pëa Protein
3 g Töufood Güar
0,5 g Töufood Xanthän

1. Mix the ingredients with a hand blender.
2. Let it rest for 12 hours.

For the chocolate biscuit
250 g Meringue base (previous preparation)
100 g Sugar
100 g Water
200 g Milk chocolate Callebaut NXT
3 g Töufood Citrüs Fiber
120 g Flour
6 g Baking powder
24 g Töufood Cornstär
6 g Töufood Psylliüm

1. Beat the meringue base until it forms stiff peaks.
2. Gradually add the sugar until it's fully incorporated.
3. Heat the water to 80ºC and pour it over the chocolate. Emulsify using a hand blender (immersion blender).
4. Sprinkle Citrüs Fiber over the mixture and blend.
5. Cool it down to 32ºC.
6. Pour the chocolate mixture over the meringue and gently mix to incorporate.
7. Add the remaining dry ingredients, sifted, and fold them in with gentle, folding movements.
8. Spread the mixture on a Silpat and bake for 8 minutes at 170ºC.

Cocoa sponge cake

70 g Flour
30 g Cocoa powder
4 g Baking powder
1,5 g Salt
105 g Sugar
123 g Water
60 g Coconut oil MCT 08
10 g Töufood Chickpëa Protein

1. Mix the dry ingredients, excluding the Chickpëa Protein.
2. Mix the Chickpëa Protein with water, stir manually, and let it rest in the refrigerator for 5 minutes.
3. Combine the dry ingredients with the water mixture and, finally, add the oil.
4. Place the mixture in a baking tray lined with parchment paper measuring 23 cm in length, 17 cm in width, and 1.5 cm in height.
5. Bake the mixture for 17 minutes at 170°C.

Vanilla sponge cake

113 g Flour
100 g Sugar
4 g Töufood Bicärb
10 g Coconut oil MCT
60 g Soy milk
45 g Soy yogurt
3 g Apple vinegar
15 g Töufood Chickpëa Protein

1. On one side, mix the Chickpëa Protein with the soy milk.
2. Mix the dry ingredients.
3. Combine the wet ingredients and add the protein mixture.
4. Add the dry ingredients to the liquid mixture.
5. Place the mixture in a loaf pan lined with parchment paper, leaving approximately 5 cm of batter.
6. Bake at 180°C with the vent open for 25-30 minutes.

Lemon sponge cake

137 g Flour
2,5 g Baking powder
98 g Sugar
Lemon juice
Lemon zest
50 g Coconut oil MCT
85 mL Water
15 g Töufood Chickpëa Protein
2 g Töufood Bicärb

1. Mix water with Chickpëa Protein using a whisk and let it rest in the refrigerator for 5 minutes. Whisk it with the help of a Kitchen Aid and let the mixture rest.
2. On one side, mix the dry ingredients, and on the other side, mix the liquids.
3. Add the protein mixture to the liquids and add all the dry ingredients after straining them.
4. Mix with a spatula and place the mixture in a loaf pan with a batter height of 5 cm. Bake for 35 minutes at 180°C. Cool and consume. It can be stored in the freezer or refrigerator.

Vegan brioche

250 g Strong flour
15 g Fresh yeast
25 g Sugar
2,5 g Salt
60 g Water
15 g Töufood Chickpëa Protein
100 g Rice milk
100 g Vegan butter Be Better
5 g Vanilla paste

1. Whisk the Chickpëa Protein with water and set it aside.
2. Mix the dry ingredients using a paddle attachment and incorporate the rest of the liquids along with the yeast. Knead at medium speed.
3. When the dough starts to gain strength, incorporate the room temperature margarine in small cubes. Knead until the dough completely detaches from the sides.
4. Allow the dough to undergo its first bulk fermentation until it doubles in size. After this initial fermentation, degas the dough and place it in molds, then let it ferment again in its final shape.
5. Once it has doubled in size again, brush it with a neutral glaze and bake at 175°C with 20% humidity for 20 minutes (ensure the center of the product reaches 90°C).
6. Upon removing it from the oven, leave it in the mold for 5 minutes, then unmold and let it cool on a rack.
7. Store in a cool, dry place.

Cocoa plum cake

260 g Flour
90 g Cocoa powder
7,5 g Töufood Bicärb
170 g Vegan margarine Be Better
2 g Salt
220 g Brown sugar
180 g Sugar
180 g Apple compote
375 g Soy yogurt
8 g Töufood Caröb Protein

1. In a bowl, cream the margarine together with the sugars and the soy yogurt. Once it reaches a creamy texture, set it aside.
2. In another bowl, mix the dry ingredients and gradually incorporate them into the previous mixture.
3. Finally, add the apple pulp.
4. Bake at 165°C for 25 minutes, until the interior of the batter reaches 90°C. The mold used for this recipe was 20cm x 8cm, and the batter filled about 3/4 of the mold.

Chocolate cake

125 g Dark chocolate
300 g Margarine Be Better
290 g Brown sugar
50 g Oat milk
275 g Water
250 g Flour
10 g Töufood Pëa Protein
12 g Töufood Potäto Bake Protein
28 g Töufood Starcrëm
16 g Baking powder
10 g Töufood Bicärb
50 g Cocoa powder

1. Combine the chocolate with the vegan butter.
2. Bring the water and oat milk to a boil and pour it over the chocolate. Mix until homogeneous.
3. In a bowl, mix the dry ingredients.
4. Gradually add the liquids to the solids and mix with a spatula.
5. Fill the mold with 400 g of batter.
6. Bake at 160°C for 45 minutes.
7. Let it cool and then remove it from the mold.

Blueberry and lemon plum cake

125 g Flour
75 g Sugar
5 g Baking powder
120 g Soy milk
40 g Soy yogurt
30 g Coconut oil MCT
5 g Apple vinegar
90 g Whole frozen blueberries
5 g Lemon juice
7 g Töufood Chickpëa Protein

1. Mix the dry ingredients and set them aside.
2. Beat the Chickpëa Protein with the soy milk.
3. On the other hand, mix the liquids, including the yogurt and lemon zest, and beat. Combine both preparations.
4. Mold one part of the batter, place half of the blueberries, cover with the remaining batter, and top it with the rest of the blueberries.
5. Bake at 165°C for 25 minutes, until the center of the product reaches 90°C. The mold used for this recipe was 20cm x 8cm, and the batter filled about 3/4 of the mold. Cool and serve.

Pâte Sucrée

150 g Flour
50 g Almond flour
40 g Powdered sugar
90 g Margarine Be Better
20 g Water
5 g Töufood Chickpëa Protein

1. In a bowl, mix cold water with Chickpëa Protein. Whisk and let it rest in the refrigerator for 5 minutes.
2. Mix the dry ingredients in the bowl of an automatic mixer. Use the paddle attachment.
3. Incorporate the mixture of water and protein.
4. Add the margarine, cut into small cubes, and work at medium speed until you obtain a smooth and homogeneous dough.
5. Form a ball, wrap it in plastic wrap, and let the dough rest in the refrigerator for 2 hours.
6. Roll out the dough using a rolling pin until it reaches a thickness of 2-3 mm. Work the dough between 8 and 15°C.
7. Place the dough in stainless steel tart rings and freeze.
8. When frozen, bake the tartlets for 15 minutes at 180°C.

Cocoa pâte Sucrée

150 g Flour
15 g Cocoa powder
50 g Almond flour
40 g Powdered sugar
90 g Margarine Be Better
45 g Water
5 g Töufood Chickpëa Protein

1. In a bowl, mix cold water with Chickpëa Protein. Whisk and let it rest in the refrigerator for 5 minutes.
2. Mix the dry ingredients in a bowl of an automatic mixer. Use the paddle attachment.
3. Incorporate the mixture of water and protein.
4. Add the margarine, cut into small cubes, and work at medium speed until you obtain a smooth and homogeneous dough.
5. Form a ball, wrap it in plastic wrap, and let the dough rest in the refrigerator for 2 hours.
6. Roll out the dough using a rolling pin until it reaches a thickness of 2-3mm. Work the dough between 8 and 15°C.
7. Place the dough in stainless steel tart rings and freeze.
8. When frozen, bake the tartlets for 15 minutes at 180°C.

Shortcrust pastry

175 g Flour
50 g Olive oil
50 g Water
5 g Salt
8 g Töufood Chickpëa Protein

1. In the Kitchen Aid bowl, place the flour and incorporate the water previously mixed with Chickpëa Protein.
2. Add the olive oil and salt. Do not overwork the dough to avoid making it too tough.
3. Let the dough rest in the refrigerator for at least 6 hours. After resting, shape and roll it out using a rolling pin.
4. Give it the desired shape and bake at 175°C with the vent open for 12-15 minutes.

Mousses

> *The main characteristic of a mousse is the **amount of gas (air)** it contains. Proteins like **pea or soy protein** can retain a lot of air inside, contributing to the light and airy texture.*

Mousses are airy preparations where either a meringue or semi-whipped cream is added to a base cream. This base cream is usually egg-based, such as English cream or pastry cream. There are also preparations where gelatin is added to the mousse to stabilize it and maintain a more uniform texture.

Therefore, it is necessary to **use a protein with excellent foaming and gas retention properties**, along with a **thickener that retains water and adds body to the preparation**, or a **gelling agent that stabilizes the emulsion**.

Pea and soy protein are the ones with the best emulsifying and air-retention capacity. The chosen plant protein can be **combined with guar gum or xanthan gum** to achieve the **desired thickness and gas (air) stabilization**. Inulin can also be added to provide a **richer texture while absorbing water**. This combination creates the right texture for a mousse without any animal-derived products.

Recommended products

Milk chocolate mousse

For the meringue base
500 g Water
10 g Töufood Pëa Protein
3 g Töufood Güar
0,5 g Töufood Xanthän

1. Mix the ingredients with and immersion blender.
2. Let it rest for 12 hours.

For the chocolate mousse
300 g Meringue base (previous preparation)
50 g Töufood Inülin
2 g Töufood Pëctin LM Nappage
1 g Töufood Agär
200 g Rice milk
250 g Milk chocolate Callebaut NXT

1. Whisk the meringue base until it incorporates the maximum amount of air.
2. Gradually add the inulin until the meringue becomes stiff.
3. Mix the pectin and agar with the rice milk and bring to a boil.
4. Pour the milk over the chocolate, mix until homogeneous, and let it reach room temperature.
5. Incorporate the meringue in three parts with folding motions.
6. Fill the molds and freeze.
7. Unmold and thaw in the refrigerator before serving.

Creams

> *In creams and custards, **eggs** play a fundamental role. However, they can be replaced with **various plant-based proteins** to create creams with unique **flavors**.*

Creams and custards are semi-liquid preparations with a viscous texture with multiple applications, whether as a final product in a “crema catalana” or custard, or as a base recipe for other preparations.

They are made with egg yolks, starch, and usually a dairy base, so there are **multiple ingredients that need to be replaced for the preparation of these creams** in their plant-based version. There are also preparations in which the **taste of the egg is characteristic of the recipe**. This flavor cannot be achieved using substitutes; however, on the other hand, it allows for creams and custards with many more flavors and more pronounced tastes, as **the egg does not overpower the other ingredients**.

To replace these ingredients, a **coagulating protein is necessary**, making **potato protein** the most suitable for these preparations. Additionally, other products such as **citrus fiber** will provide structure, and **modified starches** will provide other functionalities to the cream, such as the ability to be frozen or preventing coagulation.

Recommended products

Buttercream

92 g Water (I)
29 g Töufood Potäto Whip Protein
3 g Töufood Cream Tartär
50 g Sugar (I)
200 g Sugar (II)
60 g Water (II)
300 g Vegan butter Be Better

1. Mix water (I) and Potäto Whip Protein using an immersion blender. Let it rest for 12 hours.
2. Beat the previous mixture with Cream Tartär and sugar (I) until you obtain a meringue.
3. Heat water (II) and sugar (II) to 121ºC and pour it slowly over the meringue base while continuing to beat.
4. When it's cooled, gradually add the cubed vegan butter.
5. Beat until you have a homogeneous mixture.

Chocolate pastry cream

125 ml Rice milk
2 g Vanilla paste
30 g Sugar
25 g Töufood Cornstär
60 g Margarine Be Better
5 g Töufood Caröb Protein
60 g Chocolate Callebaut 55% NXT
10 g Cocoa powder

1. In a bowl, mix sugar with Cornstär and Caröb Protein. Set aside.
2. Heat the milk in a pot on the stove along with the vanilla extract. When the mixture reaches 40ºC, add 1/4 of the liquid to the Cornstär mixture and whisk. Combine everything in the pot again and return it to the heat.
3. When the mixture reaches 82ºC, remove it from the heat, add the cocoa, whisk well, and temper the chocolate couverture. Once the couverture is fully incorporated, add the vegan butter.
4. Let it cool in the refrigerator with plastic wrap in contact with the surface.

Ganaches

> *Al sustituir la nata con un líquido vegetal, falta un **aporte proteico y graso** para estabilizar la emulsión con el chocolate.*

Ganache is an **emulsion made from chocolate and a dairy product, typically cream**. The emulsifier that allows the integration of both ingredients relies on the fat in the cream along with the protein it contains. Depending on the proportion between cream and chocolate, as well as the type of chocolate used, you will have a ganache that is more or less firm and consistent.

To achieve this emulsifying capacity, it is necessary to use a **protein like potato protein along with a stabilizer like inulin**, which will also provide the fatty texture found in the original recipe. Depending on the **hardness of the ganache**, the incorporation of other emulsifiers like sucroester, citrus fiber, or another stabilizer like guar gum may be useful.

Recommended products

Chocolate whipped ganache

20 g Töufood Inülin
25 g Töufood Pëa Protein
0,5 g Töufood Güar
10 g Töufood Sucrö
200 g Milk chocolate Callebaut NXT
20 g Cocoa butter
175 g Vegan butter Be Better
250 g Water

1. Mix water with Inülin, Pëa Protein, Güar, and Sucrö.
2. Heat the mixture to 70ºC.
3. Pour it over the rest of the ingredients and emulsify.
4. Let it rest in the refrigerator for at least 12 hours.
5. Whisk the ganache with beaters or a whisk.

Ganache de chocolate y cereza

60 g Water
100 g Cherry pulp
35 g Töufood Glucöse Syrup
20 g Coconut oil MCT
220 g Chocolate Callebaut 55
5 g Töufood Söy Protein
0,5 g Töufood Xanthän
1 g Töufood Citrüs Fiber

1. Heat the water, fruit pulp, and Glucose Syrup in a saucepan to 95ºC, then cool it down to 60ºC and temper the chocolate.
2. Using an immersion blender (hand blender), emulsify the mixture without incorporating air.
3. Once the ingredients are well integrated, add the coconut oil at 30ºC along with the remaining ingredients.
4. Let it rest in the refrigerator for 6 hours.

Peanut ganache

210 g Chocolate 55% Callebaut NXT
110 g Cocoa butter
200 g Pure peanut butter
300 g Rice milk
7 g Töufood Söy Protein
80 g Töufood Glucöse Syrup

1. On one side, mix the Söy Protein with 100 grams of rice milk alternative, and set aside.
2. Boil the remaining rice milk alternative along with Glucose Syrup and temper the chocolate and the cocoa butter (at 40ºC), emulsify with the help of an immersion blender.
3. When the mixture reaches 45ºC, incorporate the pure peanut butter (at 40ºC) and the mixture of soy protein and rice milk (at 35ºC). Emulsify with the immersion blender and refrigerate. Let it rest for 8 hours.

Hazelnut ganache

100 g Chocolate 55% Callebaut NXT
40 g Cocoa butter
115 g Pure hazelnut paste
150 g Hazelnut milk
5 g Töufood Söy Protein
40 g Töufood Glucöse Syrup
0,5 g Töufood Citrüs Fiber
0,5 g Töufood Xanthän

1. In a bowl, melt the cocoa butter together with the chocolate.
2. In another container, heat the nut paste to 30ºC.
3. Boil the hazelnut milk with Glucose Syrup and temper the chocolate at 45ºC.
4. Emulsify the mixture with the nut paste and the rest of the ingredients until you obtain a well-emulsified and glossy mixture.
5. Refrigerate with plastic wrap in contact for at least 6 hours.

Passion fruit and chocolate cream

200 g Passion fruit pulp
95 g Water
200 g Couverture Callebaut 55% NXT
2,5 g Töufood Caröbin
8 g Töufood Söy Protein
2 g Töufood Citrüs Fiber

1. Heat the passion fruit pulp and water to 40ºC, and set aside.
2. On the other hand, melt the chocolate at 40ºC. In a measuring cup, combine the mixture of pulp and water with Söy Protein, Citrüs Fiber, and Caröbin.
3. Blend at medium speed for at least one minute.
4. Finally, add the melted chocolate and vigorously emulsify with the help of an immersion blender until you achieve a shiny and homogeneous texture. Let it rest in the refrigerator with plastic wrap in contact for at least 6 hours

Water and chocolate cream

150 g Soy milk or water
100 g Couverture 55% Callebaut NXT
1,5 g Töufood Caröbin
8 g Töufood Söy Protein
2 g Töufood Citrüs Fiber

1. Melt the couverture at 40ºC.
2. Heat the soy milk or water to 30ºC and incorporate the Söy Protein. Use an immersion blender to mix.
3. Add Caröbin and Citrüs Fiber to the mixture and blend with the immersion blender until the powders are incorporated.
4. Finally, add the chocolate and blend at medium speed without incorporating air into the mixture for a minimum of 4 minutes to fully incorporate all the ingredients.
5. Let it rest in the refrigerator for at least 4 hours with plastic wrap in contact, and if desired, proceed to freeze.

Almond and chocolate cream

100 g Water
50 g Pure almond paste
100 g Couverture Callebaut 55%
4 g Töufood Citrüs Fiber
3 g Töufood Söy Protein

1. Melt the couverture at 40ºC and set it aside.
2. On the other hand, heat the water together with the pure nut paste to 35 degrees.
3. In a measuring cup, place the water with the pure nut paste.
4. Using an immersion blender, emulsify the water and nut paste with Söy Protein and Citrüs Fiber at medium speed.
5. Finally, add the chocolate and emulsify for 4 minutes at medium speed without incorporating air into the mixture.
6. Cool it down, and let it rest in the refrigerator for 8 hours.

Desserts with proteins

Tartlet with Raspberry and Chocolate

For the tartlet
150 g Flour
50 g Almond flour
40 g Powdered sugar
90 g Margarine Be Better
20 g Water
5 g Töufood Chickpëa Protein

1. In a bowl, mix cold water with Chickpëa Protein. Whisk and let it rest in the refrigerator for 5 minutes.
2. Mix the dry ingredients in the bowl of an automatic mixer. Use the paddle attachment.
3. Incorporate the mixture of water and protein.
4. Add the margarine, cut into small cubes, and work at medium speed until you obtain a smooth and homogeneous dough.
5. Form a ball, wrap it in plastic wrap, and let the dough rest in the refrigerator for 2 hours.
6. Roll out the dough using a rolling pin until it reaches a thickness of 2-3 mm. Work the dough between 8 and 15°C.
7. Place the dough in stainless steel tart rings and freeze.
8. When frozen, bake the tartlets for 15 minutes at 180°C.

For the raspberry ganache
60 g Water
100 g Cherry pulp
35 g Töufood Glucöse Syrup
20 g Coconut oil MCT
220 g Chocolate Callebaut 55
5 g Töufood Söy Protein
0,5 g Töufood Xanthän
1 g Töufood Citrüs Fiber

1. Heat the water, fruit pulp, and Glucose Syrup in a saucepan to 95ºC, then cool it down to 60ºC and temper the chocolate.
2. Using an immersion blender (hand blender), emulsify the mixture without incorporating air.
3. Once the ingredients are well integrated, add the coconut oil at 30ºC along with the remaining ingredients.
4. Let it rest in the refrigerator for 6 hours.

For the raspberry foam
60 g Water (1)
300 g Raspberry pulp
30 g Simple syrup [15g water (2), 15g sugar]
2 g Töufood Pëctin LM Nappage
0,5 g Töufood Xanthän
4 g Töufood Söy Protein

1. Mix water (1) with the Söy Protein, incorporate well, and add the raspberry pulp. Let it sit in the refrigerator for 15 minutes.
2. Create a water pectin with the TPT, Pëctin LM Nappage, and Xanthän. Once it reaches 85°C, cool the preparation to 30°C and mix it with the previous preparation.
3. Place the mixture in a siphon along with 2/3 charges. Stir well manually after the incorporation of each charge.

Others
Fresh raspberry
Green pistachios

Finishing and plating

1. Fill the tartlet with raspberry ganache and smooth the surface.
2. Place fresh whole raspberries around the tartlet and decorate with halved green pistachios.
3. Finish with raspberry foam in the center.

Chocolate and hazelnut tartlet

For the chocolate tartlet
150 g Flour
15 g Cocoa powder
50 g Almond flour
40 g Powdered sugar
90 g Margarine Be Better
45 g Water
5 g Töufood Chickpëa Protein

1. In a bowl, mix cold water with Chickpëa Protein. Whisk and let it rest in the refrigerator for 5 minutes.
2. Mix the dry ingredients in a bowl of an automatic mixer. Use the paddle attachment.
3. Incorporate the mixture of water and protein.
4. Add the margarine, cut into small cubes, and work at medium speed until you obtain a smooth and homogeneous dough.
5. Form a ball, wrap it in plastic wrap, and let the dough rest in the refrigerator for 2 hours.
6. Roll out the dough using a rolling pin until it reaches a thickness of 2-3mm. Work the dough between 8 and 15°C.
7. Place the dough in stainless steel tart rings and freeze.
8. When frozen, bake the tartlets for 15 minutes at 180°C.

For the hazelnut ganache
100 g Chocolate 55% Callebaut NXT
40 g Cocoa butter
115 g Pure hazelnut paste
150 g Hazelnut milk
5 g Töufood Söy Protein
40 g Töufood Glucöse Syrup
0,5 g Töufood Citrüs Fiber
0,5 g Töufood Xanthän

1. In a bowl, melt the cocoa butter together with the chocolate.
2. In another container, heat the nut paste to 30ºC.
3. Boil the hazelnut milk with Glucose Syrup and temper the chocolate at 45ºC.
4. Emulsify the mixture with the nut paste and the rest of the ingredients until you obtain a well-emulsified and glossy mixture.
5. Refrigerate with plastic wrap in contact for at least 6 hours.

For the water and chocolate creams
150 g Soy milk
100 g Couverture 55% Callebaut NXT
1,5 g Töufood Caröbin
8 g Töufood Söy Protein
2 g Töufood Citrüs Fiber

1. Melt the couverture at 40ºC.
2. Heat the soy milk or water to 30ºC and incorporate the Söy Protein. Use an immersion blender to mix.
3. Add Caröbin and Citrüs Fiber to the mixture and blend with the immersion blender until the powders are incorporated.
4. Finally, add the chocolate and blend at medium speed without incorporating air into the mixture for a minimum of 4 minutes to fully incorporate all the ingredients.
5. Let it rest in the refrigerator for at least 4 hours with plastic wrap in contact, and if desired, proceed to freeze.

Others:
Roasted hazelnuts
Hazelnut oil pearls

Finishing and plating

1. Fill the hazelnut ganache into the tartlet and smooth the surface.
2. Pipe the chocolate creamy using a "Saint Honoré" nozzle on one side of the tartlet.
3. Decorate with toasted halved hazelnuts and a few drops of hazelnut oil pearls.

Chocolate and black tea textures

For the chocolate and tea custard cream
150 g Water
10 g Black tea
2 g Concentrated vanilla paste
30 g White sugar
25 g Töufood Cornstär
60 g Margarine
5 g Töufood Caröb Protein
60 g Callebaut 55% NXT Chocolate
10 g Cocoa powder

1. Heat the water to 90ºC and infuse the black tea for 5 minutes.
2. In a bowl, mix the sugar with the Cornstarch and Caröb Protein. Set aside.
3. On the stove, heat the milk with the vanilla extract. When the mixture reaches 40ºC, add 1/4 of it to the sugar, Cornstarch, and Caröb Protein mixture and whisk together. Return everything to the pot and heat on the stove.
4. When the mixture reaches 82ºC, remove it from the heat, add the cocoa, and whisk well. Scald the chocolate coating. Once the coating is fully incorporated, add the vegan butter.
5. Let it cool in the refrigerator with plastic wrap directly on the surface.

For the cocoa ice cream
635 g Water
120 g Töufood Invërt Sugar
10 g Töufood Caröb Protein
35 g Sugar
15 g Töufood Dextröse
5 g Töufood Güar
100 g Cocoa powder
80 g Chocolate 100%
1 g Salt

1. In a container, mix the Dextröse, Güar, sugar, salt, and cocoa.
2. Separately, combine the water with Invërt Sugar and heat it to 40°C.
3. Add the dry ingredients and heat the mixture to 82°C.
4. Remove the mixture from the heat, pour it over the chocolate and Caröb Protein, and emulsify with an immersion blender.
5. Fill a container, cover it tightly with plastic wrap, and let it cool.
6. Allow it to mature in the refrigerator for 12 hours, churn it, and store it in the freezer.

For the chocolate sponge cake
70 g Flour
30 g Cocoa powder
4 g Baking powder
1,5 g Salt
105 g Sugar
123 g Water
60 g Coconut oil MCT 08
10 g Töufood Chickpëa Protein

1. Mix the dry ingredients, excluding the Chickpëa Protein.
2. Mix the Chickpëa Protein with water, stir manually, and let it rest in the refrigerator for 5 minutes.
3. Combine the dry ingredients with the water mixture and, finally, add the oil.
4. Place the mixture in a baking tray lined with parchment paper measuring 23 cm in length, 17 cm in width, and 1.5 cm in height.
5. Bake the mixture for 17 minutes at 170°C.

For the chocolate sheets:
Chocolate Callebaut NXT 55%

1. Temper the chocolate and spread it between two acetate sheets.
2. Cool and set aside.

Finishing and plating

1. On a plate, place the creamy mixture at the base and create a hollow in the center.
2. Arrange the crumbled sponge cake around the cream, forming a circle.
3. Create a quenelle of ice cream and place it in the center of the plate.
4. Decorate the plate with irregular pieces of tempered chocolate.

Lemon cake glaseado

For the lemon sponge cake:
137 g Flour
2,5 g Baking powder
98 g Sugar
Lemon juice
Lemon zest
50 g Coconut oil MCT
85 mL Water
15 g Töufood Chickpëa Protein
2 g Töufood Bicärb

1. Mix water with Chickpëa Protein using a whisk and let it rest in the refrigerator for 5 minutes. Whisk it with the help of a Kitchen Aid and let the mixture rest.
2. On one side, mix the dry ingredients, and on the other side, mix the liquids.
3. Add the protein mixture to the liquids and add all the dry ingredients after straining them.
4. Mix with a spatula and place the mixture in a loaf pan with a batter height of 5 cm. Bake for 35 minutes at 180°C.
5. Cool and consume. It can be stored in the freezer or refrigerator.

For the lemon icing:
200 g Powdered sugar
20 g Lemon juice

1. Mix both ingredients.

Others:
Lemon

1. Peel the lemon and finely julienne it.

Finishing and plating

1. On a wire rack, glaze the lemon cake with the icing.
2. Before it sets, place the lemon peel julienne on top.
3. Allow it to sit until the icing hardens.

Vanilla and peach granita

For the vanilla sponge cake:
113 g Flour
100 g Sugar
4 g Töufood Bicärb
10 g Coconut oil MCT
60 g Soy milk
45 g Soy yogurt
3 g Apple vinegar
15 g Töufood Chickpëa Protein

1. On one side, mix the Chickpëa Protein with the soy milk.
2. Mix the dry ingredients.
3. Combine the wet ingredients and add the protein mixture.
4. Add the dry ingredients to the liquid mixture.
5. Place the mixture in a loaf pan lined with parchment paper, leaving approximately 5 cm of batter.
6. Bake at 180°C with the vent open for 25-30 minutes.

For the vanilla cream:
700 g Rice milk
130 g Sugar
1 g Salt
2 g Vanilla extract
100 g White chocolate
65 g Töufood Cornstär
7 g Töufood Citrüs Fiber

1. Whisk the Cornstär and Citrüs Fiber with the rice milk.
2. Heat the mixture to a boil while stirring constantly.
3. Add the vanilla and white chocolate and whisk until it thickens.
4. Cool and set aside.

For the peach:
1 Peach

1. Cut the peach in half and remove the pit.
2. Freeze one of the halves.
3. Slice the other half into thin slices.

For the peach gel:
500 g Peach puree
1,5 g Töufood Agär
4 g Töufood Vegetalgël

1. Mix half of the peach puree with the Agär and Vegetalgël while stirring vigorously.
2. Bring the mixture to a boil for 1 minute.
3. Combine this mixture with the remaining peach puree and let it set in the refrigerator.
4. Blend the mixture until you achieve a smooth, fluid gel.

Finishing and plating

1. Place some pieces of vanilla sponge cake at the bottom of the plate.
2. Fill the center with vanilla pastry cream.
3. Drizzle some peach gel over the pastry cream and cake.
4. Decorate with slices of fresh peach.
5. Just before serving, grate the frozen peach on top to create a granita-like texture.

Recipe index

Contact

Tel. (34) 934239580

info@gastroculturamediterranea.com

www.gastroculturamediterranea.com

www.toufood.com