EVOLUTION
Techniques and ingredients for modern pastry

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Preparation processes with step-by-step photographs
Datasheets of all the products
How can we whip a meringue without applying heat, without using egg whites and still obtaining the greatest stability?

How can a gelatin withstand temperatures of up to 80ºC—for example inside a cake—and still hold its structure?

How can we keep a frozen product from losing water while thawing?

How can we make a cuttable pistachio praliné without the need for chocolate couverture or cocoa butter?

How can we easily turn a regular mousse into a frozen one without modifying the basic recipe?

Introducing new and advantageous ingredients, simplifying the processes, improving the performance and applications of each product; in short, optimizing the technical side of pastry to the maximum. This is what evolutionary pastry is about, which Jordi Puigvert practices and teaches all over the world as a technical advisor for countless firms. And this is in fact the subject which this book, published by grupoVilbo and so good... magazine, revolves around.

In a didactic way, and with numerous step-by-step pictures for each technique, the book focuses on the so-called ‘technological’ ingredients, revealing their little-known applications in pastry products. Puigvert proves that there are ingredients available to the artisans nowadays which do not subtract quality or nobility from a product at all, but allow to obtain magnificent results regarding texture, preservation and better interaction with other ingredients.

Jordi Puigvert has traveled the world teaching pastry and culinary professionals the results of his research and technical progresses. As for the regular courses he gives, places like Hong Kong, Italy, Singapore, the USA or Taiwan—among other—are usual on his agenda.
1. INGREDIENTS

If there is a natural ingredient, with an origin and extraction method similar to that of the usual ones, and which provides us with practical and specific solutions in our daily tasks, why shouldn’t we use it?

I would like the professionals to find clear and organized theory/practice information without having to search for it to and fro.

To whip
ALBUMIN POWDER

To gel
KAPPA
IOTA
INSTANT GELATIN POWDER
GELLAN GUM
AGAR AGAR
KUZU

For creams and sauces cold and hot process
REFINED CORN STARCH
MODIFIED POTATO STARCH

To stabilize, emulsify and thicken
CAROB GUM
GUAR GUM
MONO AND DIGLYCERIDS OF FATTY ACIDS
GLYCERIN
XANTHAN GUM

Structuring agent
TAPIOCA MALTODEXTRIN

Datasheets of all the ingredients
characteristics
origin
how it is obtained
application
dosage
properties
remarks
2. APPLICATIONS

Numerous new products and techniques have appeared in gastronomy. Many of them have become habitual, but unfortunately they have sometimes been used the wrong way, often due to lack of information. Besides showing Jordi’s work, one of the objectives of this book is to clarify that situation and demonstrate, in a didactic and simple way, all the uses and techniques which we can develop in order to work in a more intelligent, sensible way.

Ramon Morató

Jordi Puigvert has deeply researched the technical possibilities of gelling and thickening agents, emulsifiers, etc. with a very clear objective – offering the pastry professional specific solutions to fight off everyday problems.
3. RECIPES

In this section, all the complete recipes worked throughout the book are compiled. It is a total of 20 creations of modern pastry (cakes, desserts, marshmallows, macaroons, etc.) with over 60 components, as well as their final assembly.

1. PASSION FRUIT MARSHMALLOW
2. AFTER-EIGHT MARSHMALLOW
3. RAW GREEN APPLE MERINGUE
4. MACAROON WITH RASPBERRY MOUSSELINE
5. SEMPRE CAPPUCINO
6. TOFFEE AND CHOCOLATE TARTELETTE
7. CHOCOLATE FINANCIER FILLED WITH ‘HEAT-RESISTANT’ RASPBERRY
8. COCOA CAVIAR
9. PIÑA COLADA
10. CHOCOLATE, BLOOD ORANGE AND LICORICE INGOT
11. QUICK & CHICK
12. INFLUENCE
13. GREEN TEA AND CHOCOLATE MONTBLANC
14. VANILLA MOUSSE AND PISTACHIO BLOCK
15. RASPBERRY “MACACHOUX”
16. LEMON TARTE
17. PISTACHIO MOUSSE
18. FROZEN VANILLA MOUSSE SPRAYED WITH CHOCOLATE ON BROWNIE CAKE
19. DARK CHOCOLATE MOUSSE
20. WHITE CHOCOLATE MOUSSE