PRODUCTS BROCHURE
## TÖUFOOD PRODUCTS RANGE

<table>
<thead>
<tr>
<th>Category</th>
<th>Products</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emulsifiers</td>
<td>Lëcitin</td>
</tr>
<tr>
<td>Gelling agents</td>
<td>Agār</td>
</tr>
<tr>
<td></td>
<td>Agār ECO</td>
</tr>
<tr>
<td></td>
<td>Agār ELASTIC</td>
</tr>
<tr>
<td></td>
<td>Algīnate</td>
</tr>
<tr>
<td></td>
<td>Fishgēl</td>
</tr>
<tr>
<td></td>
<td>Gēllan</td>
</tr>
<tr>
<td></td>
<td>lōta</td>
</tr>
<tr>
<td></td>
<td>Kāppa</td>
</tr>
<tr>
<td></td>
<td>Mēticel</td>
</tr>
<tr>
<td>Pectins</td>
<td>Pēctin HM BASIC</td>
</tr>
<tr>
<td></td>
<td>Pēctin HM YELLOW</td>
</tr>
<tr>
<td></td>
<td>Pēctin LM ECO LOW CALORIE</td>
</tr>
<tr>
<td></td>
<td>Pēctin LM LACTIC</td>
</tr>
<tr>
<td></td>
<td>Pēctin LM NAPPAGE</td>
</tr>
<tr>
<td>Thickeners</td>
<td>Carōbin</td>
</tr>
<tr>
<td></td>
<td>Güar</td>
</tr>
<tr>
<td></td>
<td>Inūlin WAXY</td>
</tr>
<tr>
<td></td>
<td>Xanthān INSTANT</td>
</tr>
<tr>
<td></td>
<td>Xanthān</td>
</tr>
<tr>
<td>Starches</td>
<td>Kūzu</td>
</tr>
<tr>
<td>Egg and Dairy</td>
<td>Yōdry</td>
</tr>
<tr>
<td></td>
<td>Albūmin EGG</td>
</tr>
<tr>
<td>Salts</td>
<td>Glücocal</td>
</tr>
<tr>
<td>Maltodextrins</td>
<td>Mälto Tapioca</td>
</tr>
<tr>
<td>Sugars</td>
<td>Trehalöse</td>
</tr>
<tr>
<td></td>
<td>Dextrōse</td>
</tr>
<tr>
<td></td>
<td>Glucōse 35</td>
</tr>
<tr>
<td>Polyols</td>
<td>Erythritöl</td>
</tr>
<tr>
<td></td>
<td>Sorbitöl</td>
</tr>
<tr>
<td></td>
<td>Mannnitöl</td>
</tr>
<tr>
<td></td>
<td>Isomält</td>
</tr>
<tr>
<td></td>
<td>Maltitöl</td>
</tr>
<tr>
<td></td>
<td>Xylitöl</td>
</tr>
</tbody>
</table>
Gastrocultura Mediterránea is a Barcelona-based business dedicated to the study and teaching of 21st-century gastronomy, from a scientific and technical perspective. Thanks to ongoing research and a first-class science and gastronomy team, we aim at meeting the demands of modern cuisine and, particularly, the specific dietary needs of different segments of the public.

TÖUFOOD is a complete line of exceptional quality products, most of which are thickeners, allowing the best-known modern cooking techniques to be used. With the Töufood range, innovative recipes can be prepared with ease, bringing excitement and surprise to dishes, and offering a stimulating and memorable culinary experience.

Grouped by family according to their characteristics, these products can be used to thicken or create jelly-like, foamy, creamy, crunchy and smooth textures without altering the original flavour of the food.

**PRODUCTS RANGE**

**EMULSIFIERS**

Lēcitin  
Foamy airs of any flavour

**GELLING AGENTS**

Agār  
Hot or cold, hard gels

Agār ECO  
Hot or cold, hard Eco gels

Agār ELASTIC  
Hot or cold, hard elastic gels

Algînate  
Gelling agent in calcium medium.

Fishgēl  
For sweet and savoury gelation

Gēllan  
Highly elastic gels (hot or cold)
**GELLING AGENTS (Cont.)**

- **Iöta**
  To make soft gels (hot or cold)

- **Käppa**
  To make gels quickly (hot or cold)

- **Mëticel**
  Gels when heated

**PECTINS**

- **Pëctin HM BASIC**
  Jams, marmalades and jellies

- **Pëctin HM YELLOW**
  Fruit purées and jellied sweets

- **Pëctin LM ECO LOW CALORIE**
  Eco jams, marmalades and jellies.

- **Pëctin LM LACTIC**
  Low sugar and low acid calcium products

- **Pëctin LM NAPPAGE**
  Coating sauces, creams and coatings.

**THICKENERS**

- **Caröbin**
  Thickener and gelling agent with Xanthän

- **Inülin**
  Fibre substitute for fats and sugars

- **Inülin WAXY**
  High performance Inulin substitute for fats

- **Xanthän**
  Thickens hot and cold liquids

- **Xanthän INSTANT**
  Thickens liquids quickly (hot or cold)
STARCHES

Küzu
Thickens hot non-elastic liquids

EGG AND DAIRY PRODUCTS

Yödry
Yoghurt powder for dried products

Albümin EGG
Emulsifying, protein stabilising and foaming agent

SALTS

Glücocal
Calcium medium for spherification

MALTODEXTRINS

Mältö TAPIOCA
Absorbs fats, converting them into powder
SUGARS
- Trehalose
  - Anti-humidity sugar
- Dextrrose
  - Non-crystallizing sugar
- Glucose 35
  - Thickening and stabilizing sugar

POLYOLS
- Erythritol
  - Calorie-free sweetness for drinks and cakes
- Sorbitol
  - Sweetens chocolates and candies
- Mannitol
  - Crunchy coating for fruit and vegetables
- Isomalt
  - Used to cast melted figures without caramelising
- Maltitol
  - Sweetens biscuits and pastry
- Xylitol
  - Sweet freshness for pastries
EMULSIFIERS
LËCITIN

INFORMATION

For making “air”, a type of foam.

It is a phospholipid normally extracted from soy, with emulsifying properties, but used in cooking for its foaming properties. Ideal for turning broth and juices into foams, but also oils into fatty foams. Extremely efficient. A 300 g pack is enough to make about 1000 portions of air. Only 6 g of Lëcitin are required for each kilo of liquid, to obtain a stable foam.

Characteristics and uses:

It is presented in fine powder. Mix cold, shaking vigorously and make the foam putting the stick blender between the liquid and the air. The best results on air–type foams are achieved between 30 ºC to 40 ºC. If you cannot attain air-foams of oil in cold, heat it between 40 ºC to 50 ºC, to achieve stable air-foams. Foams made with Lëcitin are suitable for freezing.

Suggested ratio for foams: 3-8 g/l.

LËCITIN – (300 g & 75 g)

Ingredients: Soy Lecithin (E-322).
Description: Phospholipid extracted from soy, with emulsifier properties, but used in cooking to create foams.
Directions for use: It can be mixed cold, but it is more efficient at moderate temperatures (30 ºC) and when mixed with oils at 40-50 ºC. Ideal for turning broth and juices into delicious foams. Suitable for freezing.
Suggested ratio: 3-8 g/l.
Storage: Store in a cool and dry place. Keep away from children reach.

Nutritional Values

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>per 100 g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy Value</td>
<td>kcal</td>
</tr>
<tr>
<td></td>
<td>kJ</td>
</tr>
<tr>
<td>Fat (Total)</td>
<td>g</td>
</tr>
<tr>
<td>Of which saturated</td>
<td>g</td>
</tr>
<tr>
<td>Carbohydrates (Total)</td>
<td>g</td>
</tr>
<tr>
<td>Of which sugars</td>
<td>g</td>
</tr>
<tr>
<td>Total dietary fibre</td>
<td>g</td>
</tr>
<tr>
<td>Protein</td>
<td>g</td>
</tr>
<tr>
<td>Salt</td>
<td>g</td>
</tr>
<tr>
<td>Sodium</td>
<td>g</td>
</tr>
</tbody>
</table>

934 239 580 © info@gastroculturamediterranea.com ©www.gastroculturamediterranea.com
**LËCITIN - RECIPES**

**VEGETABLE AIR**
(Töufood recipe)

**Ingredients**
- 1000 g Vegetable liquefied juice
- 6 g Lëcitin

**Method**
- Mix all the ingredients in a big container of rectangular shape, if possible.
- Put the stick blender on one end, in a position that allows air getting in.
- To prevent splashing, cover the surface around the stick blender with cling film.
- Take the foam and serve promptly.

**Note:** Applicable to any type of vegetable.

**FRUIT AIR**
(Töufood recipe)

**Ingredients**
- 1000 g fruit liquefied juice
- 6 g Lëcitin

**Method**
- Mix all the ingredients in a big container of rectangular shape, if possible.
- Put the stick blender on one end, in a position that allows air getting in.
- To prevent splashing, cover the surface around the stick blender with cling film.
- Take the foam and serve promptly.

**Note:** Applicable to any type of fruit.

**OLIVE OIL AIR**
(Töufood recipe)

**Ingredients**
- 1 L extra virgin olive oil
- 6 g Lëcitin

**Method**
- Mix all the ingredients in a big metallic container.
- Heat at 40-50 ºC
- Put the stick blender on one end, in a position that allows air getting in.
- To prevent the oil from splashing, cover the surface around the stick blender with cling film.
- Let stabilise, take the foam and serve promptly.

**Note:** Applicable to any type of oil.
CARROT AIR-FOAM
(Texturas Care)

For 10 servings

Ingredients
− 250 g Carrot juice
− 5 g Lemon juice
− Salt
− 2.4 g Lëcitin

Method
− Mix all the ingredients. Strain first, if there are any solid residues.
− Put the stick blender on one end, in a position that allows air getting in.
− To prevent splashing, cover the surface around the stick blender with cling film.
− Let stabilise, take the foam and serve promptly.

BEETROOT AIR-FOAM
(Texturas Care)

For 10 servings

Ingredients
− 250 ml Beetroots juice
− 2.4 g Lëcitin

Method
− Mix all the ingredients. Strain first, if there are any solid residues.
− Put the stick blender on one end, in a position that allows air getting in.
− To prevent splashing, cover the surface around the stick blender with cling film.
− Let stabilise, take the foam and serve promptly.
AGÄR

INFORMATION

Agar Agar (E-406). Fibrous carbohydrate extracted from red marine algae, like Gelidium and Gracilaria. Suitable for making hot gelatinous products, achieving a superb result, even with very small quantities. It is extremely efficient. A 400 g pack is enough to prepare around 500 meat or vegetable portions of 100g. On top, it is an important source of fibre with positive effects on cholesterol levels and 0% fat. It can be used as gelling agent for vegetarian and vegan diets. It is a gluten-free product and, therefore, suitable for celiac.

Characteristics and uses:

Presented in very fine powder. Mix cold and bring to the boil. It sets quickly and, once gelled, it can withstand temperatures up to 80 ºC (hot gelatinous product).
To obtain the desired texture. Increase dose when used with alcohol or ingredients high in acidity.

Suggested ratio to achieve not too hard gelled products: 2-5 g/l.
Suggested ratio to achieve hard gelled products: 5-10 g/l.

AGÄR – (400 g & 100 g)

Ingredients: Agar Agar (E-406).
Description: Fibrous carbohydrate obtained from red seaweeds, such as Gelidium and Gracilaria.
Directions for use: Mix cold, bring to the boil and leave to cool. It sets quickly and, once gelled, can withstand temperatures of up to 80 ºC.
Suggested ratio: 4-10 g/l.
Increase ratio when used with alcohol or ingredients high in acidity.
Storage: Store in a cool and dry place. Keep away from children reach.

Nutritional Values

<table>
<thead>
<tr>
<th></th>
<th>per 100 g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Energy Value</td>
<td>kcal 26</td>
</tr>
<tr>
<td></td>
<td>kJ 109</td>
</tr>
<tr>
<td>Fat (Total)</td>
<td>g 0</td>
</tr>
<tr>
<td>Of which saturated</td>
<td>g 0</td>
</tr>
<tr>
<td>Carbohydrates (Total)</td>
<td>g 85</td>
</tr>
<tr>
<td>Of which sugars</td>
<td>g 0</td>
</tr>
<tr>
<td>Total dietary fibre</td>
<td>g 85</td>
</tr>
<tr>
<td>Protein</td>
<td>g 0</td>
</tr>
<tr>
<td>Salt</td>
<td>g 0</td>
</tr>
<tr>
<td>Sodium</td>
<td>g 0</td>
</tr>
</tbody>
</table>

GELLING AGENTS
AGÄR – RECIPES

FRUIT CRÈME CARAMEL
(Töufood Recipe)

Ingredients
- 250 g Fruit juice
- 15 g. Sugar. Optional (if fruits are not sweet enough)
- 1.5 g Agär

Method
- Mix half of the fruit juice with the sugar (if you have used some) and the Agär. Stir constantly until stir
  until thoroughly dispersed.
- Heat the mixture to boil, stirring constantly to prevent the mixture sticking. Remove from heat and
  add the other half of the juice.
- Place in the crème caramel moulds.
- Leave to cool until the gel texture has been achieved.

Notes: Increase the amount of Agär to 2g, for very acid fruits (lemon juice or passion fruit). Once gelled, the
product can be blended to obtain a purée texture, more suitable for soft diets.

Example - Apple purée: Apple juice 200 g +2 g Agär. Heat the ingredients together, leave to cool and strain.

HOT COFFEE GEL
(Töufood recipe)

Ingredients
- 250 g Coffee (Express)
- 30 g Sugar
- 1 g Agär

Method
- Mix all the ingredients, stirring continuously, until thoroughly dispersed.
- Heat the mixture to boil.
- Heat the mixture to boil, stirring continuously to prevent burning. Remove from heat and place in
  pottery coffee containers.
- Leave to cool until a gelatinous texture has been achieved.
- Oven heat the gel at 100 ºC, for 10 minutes.
- Serve.

Note: The Agär amount can be increased to 2 g, for harder gels.

STRAWBERRY SPAGHETTIS
(Töufood Recipe - Chef Jordi Guillem)

Ingredients
- 400 g Strawberry blend
- 2 g Agär

Method
- Heat the blend with Agär, strain, fill the syringe and place the tube until emptying the syringe.
  Remove the tube and place it in water and ice.
- Place the tube when the syringe is full of air and remove the spaghetti.
HOT SCAMPI GEL  
(Tōufood Recipe - Chef Jordi Guillem)

**Ingredients**
- Scampi broth
- 250 g Scampi broth
- 0.6 g Agār

**Method**
- Bring to the boil, stirring continuously, without stopping.
- Gel in the fridge, for 2 hours, at least.
- Grill-heat for serving.

BASIL TERRINE  
(Tōufood Recipe - Chef Jordi Guillem)

**Ingredients**
- 250 g Basil’s water
- 0.9 g Agār

**Method**
- Mix ¼ part of basil's water and Agār powder.
- Bring to the boil at medium heat and keep stirring continuously, without stopping.
- Remove from heat and add the rest of the water with a pinch of salt.
- Set in a container that allows 1 cm thickness.
- Cut in rectangles.

FAKE AGĀR CAVIAR  
(Tōufood Recipe - Chef Jordi Guillem)

**Ingredients**
- 200 g Orange juice
- 2 g Agār
- 500 g Sunflower oil

**Method**
- Mix the orange juice and the Agār and boil.
- Leave the oil in the fridge or freezer until it is very chilled and release some oil drops with a syringe to make the caviar pearls. Strain and clean.

*Note:* The advantage of this false caviar is conservation. It is harder outside and non-liquid inside.

HOT POTATO FOAM  
(Tōufood Recipe - Chef Jordi Guillem)

**Ingredients**
- 800 g Potato cream
- 1 g Agār
- 2 N₂O charges

**Method**
- Make the traditional potato cream: leaks, butter, potatoes, water and cream 35%. Blend with the Thermomix and strain with a chinoise strainer (conical).
- Add the Agār to the 800 g of potato cream. Bring to the boil, strain and put into the siphon.
– Bain marie at 65 ºC and serve.

**LEMON PURÉE**
(Tôufood Recipe- Chef Jordi Guillem)

**Ingredients**
– 400 g Lemon Juice
– 6 g Agår
– 200 g Syrup (half & half)

**Method**
– Boil the syrup with the Agår.
– Remove from heat and add the lemon juice.
– Leave to cool and speed blend.

**COCONUT QUALL**
(Tôufood Recipe- Chef Jordi Guillem)

**Ingredients**
– 187 g Milk
– 187 g Cream 35%
– 2 g Agår
– 100 g Sugar
– 125 g Coconut milk

**Method**
– Mix all the ingredients, except the coconut milk.
– Boil the mixture for 2 minutes (except the coconut milk).
– Start boiling the coconut milk and strain.
– Fill the moulds.
– Leave to set in the fridge.

**VINEGAR PURÉE**
(Tôufood Recipe- Chef Jordi Guillem)

**Ingredients**
– 300 g Vinegar
– 2 g Agår
– 25 g Sugar

**Method**
– Reduce 300 g of vinegar down to 200 g.
– Leave to cool.
– Mix all the ingredients and start boiling.
– Leave to cool, speed blend and strain.
– Serve with the dispenser bottle.
AUBERGINE “ESCALIVADA” WITH VEGAN MOZZARELLA
and roasted pepper confiture with vinegar
(Tōufood Recipe - Jordi Guillem)

Ingredients
- 2 Aubergines
- 100 g Tofu
- 125 g Vegan almond yogurt
- 70 g of Almond milk
- 10 g of Lemon juice
- 10 g of Extra virgin olive oil
- 8 g Kūzu
- 1 g Agār
- 200 g Brunoise roasted peppers
- 50 g Coconut sugar
- 10 g Vinegar
- Olive oil, salt and pepper to season

Method
- To make the vegan mozzarella, put in a bowl the tofu, vegan yogurt, almond milk, lemon juice, Kūzu, Agār, salt and the olive oil. Then, blend everything and bring it to the boil. Blend again and wrap it with cling film into a rounded mozzarella-like shape. Keep in the fridge, cooling for 12 hours.
- For the confiture, put in a saucepan a bit of oil, the roasted peppers, sugar and vinegar and reduce to achieve a thickened texture.
- Blend with the stick blender.
- Finish the dish with some roasted aubergines, clean them and cut away the flesh. Then, add some oil, salt and pepper.
- Shape-place into a rectangular mold and cover with some slices of mozzarella and the roasted peppers with vinegar confiture.
- Garnish with some edible flowers, if desired.