




BECHAMEL SAUCE

Ingredients

- 1/2 onion
- Butter: 25 g
- Flour: 1 **tablespoon** (25 g)
- Locust bean gum: 2-4 g (**teaspoon**)
- Milk: ½ L
- Nutmeg: 1 **teaspoon mocha**
- White pepper: 1 **teaspoon mocha**
- Salt: 1 **teaspoon mocha**



We can make a much lighter béchamel sauce, with half the flour or less, and therefore with half the butter/ margarine/oil (whatever we use), using locust bean gum.

In the traditional recipe for béchamel sauce, we put the same amount of flour as butter. For ½ L of milk, 2 heaped spoons of flour (50 g) and 50 g of butter are used. In this recipe we propose, we reduce these two ingredients to half, leaving a creamy and fantastic béchamel sauce to make the best recipes. If we are going to make béchamel for croquettes, which is denser, we will use 4 g of locust bean gum, instead of 2-3 g.

Elaboration

First we mix the flour with the locust bean gum, well mixed.

Add the onion, finely chopped, in a saucepan and then the butter. When the butter has melted, add the flour-rubber to disperse it in the butter, and cook it until it acquires a golden-yellow colour. This step is important, so that the béchamel does not taste like raw flour, it must be browned and toasted with the butter. Stir it all together, leaving a thick textured dough. A trick to get rid of lumps in the béchamel is to sift the flour so that it is thinner, that is, we add it to the butter from a sieve, giving it a touch and allowing it to fall into the butter like a glaze.

We add the milk little by little and without stopping stirring with the sticks. As it gets consistency we add more milk, without stopping stirring. This way we repeat until we finish with the milk.

Add the nutmeg, white pepper and salt. Remove and leave to cool!



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ICE CREAM WITH MILK

Ingredients (for 1 Kg-1L of ice cream)

- Milk cream (cream): **240 g**
- Skimmed milk: **530 g**
- Skimmed milk powder: **49 g**
- Sugar: **120 g**
- Locust bean gum: **6 g** (2 level teaspoons)
- Flavour and colour: **vanilla, cocoa...** to taste.

The most important thing when making good ice cream at home is to add **locust bean gum** to prevent the formation of ice crystals and the consequent loss of volume when we keep it in the freezer for a few days, and thus have that creamy texture characteristic of **ice cream**.



Elaboration

Mix the locust bean gum with the sugar and powdered milk. If we are going to make flavoured ice cream, in this step we will mix the cocoa, or the vanilla extract, or the flavour we want.

On the other hand, we heat the milk up to about 40°C (gentle heating). Once it is tempered, we add the mixture of dry ingredients while heating, the addition has to be done little by little stirring constantly with some rods until a temperature of 80°C-85°C. It should remain at this temperature for about 10 minutes. After this time, we let it cool down by covering the pan, first at room temperature and then we take it to the fridge all night.

Put the cream in a cold bowl and pour it in (be careful not to overcook it and make it too hard). Add the semi-moistened cream to the mixture from the previous day, with wrapping movements, in a cold container, and put it in the freezer. If we don't have a freezer we can do it manually, stirring and beating it with some sticks or a fork at regular intervals, while it freezes.

If we have an ice-cream maker we pour it into the ice-cream maker and in about 15 minutes we have a great, creamy ice-cream.



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YOGHURT RECIPE

Ingredients

(for 1 L of yogurt)

- Locust bean gum: **2 g**
(1/2 teaspoon mocha)
- Fresh milk (not brick): **1 L**
- Milk powder: **1 spoonful**
- Sugar: **1 spoonful**
- Starter culture: **1 yogurt**
(or if freeze-dried ferment: **1 g**)

Elaboration

The powdered ingredients are mixed.

Add the previous mixture to the L of milk, which we have put in a saucepan and start to heat, without it coming to a boil. Stir continuously with a few sticks until it reaches 90°C. When it is smoking (90°C), remove it from the heat and let it cool down to about 50°C (when we can touch the milk without burning ourselves), so that the heat of the milk does not kill the bacteria in the yoghurt.

When it is warm we add the natural yogurt, integrating well to undo it.

Fresh fruit can be used, the seeds must be removed and passed through the blender until they form a light puree. Add the fruit puree to the yoghurt mixture while it is still warm.

Pour the mixture into small glasses, stir gently in circles and leave to rest, covered with a cloth, for about 4 hours. Then cover the glasses individually and let them rest at 25°C (at room temperature, you can wrap them in a cloth if the temperature is lower) for 6 hours. When it has set, put them in the fridge! And we have yogurt for the whole week.

Brick milk is subjected to a pasteurisation process that kills all the bacteria in the yoghurt, so we have to use fresh milk - and enjoy it!



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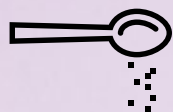
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FRUIT JAM

Ingredients

- Fruit: **1.5 kg of apricots** (or other fruit)
- Sugar: **500 g**
- Locust bean gum: **7-8 g** (3 teaspoons mocha)
- Lemon juice: **15 ml**
- Water: **75 ml** (if we make syrup)



*One level dessert spoon is equivalent to 3 g.

you can experiment with different fruits...



Elaboration

Sterilize the jars well (in the oven at 100°C, or by boiling them, including the lids).

Mix 50 g of sugar with the locust bean gum. Prepare a syrup: put the little bit of water in a saucepan and while it is heating up add the mixture of sugar-carrot gum, stirring constantly with some sticks.

We can also mix the sugar in its entirety with the locust bean gum, and add this mixture over the fruit as explained below, either option is good, as long as we stir the fruit either in syrup or in dry mix while heating.

We wash, chop and bone the apricots. Use ripe fruit, not bruised or beaten, and put it in a large pot. Pour the sugar over the fruit and stir well, leaving it for about 10 minutes so that the sugar starts to dissolve with the fruit juices.

Pour the lemon juice, the previously prepared syrup in which we have included the locust bean gum, and put the casserole on the fire. Bring it to a boil gradually and stir, when it boils lower the temperature and keep it boiling gently, stirring gently. Keep it boiling gently for about 30-45 minutes.

When the fruit is soft or almost broken up, it is crushed with a blender, leaving more or less large pieces depending on how we like the jams.

To check the consistency, one trick is to pour a teaspoon into a previously frozen dish, which should thicken and not expand in the dish. If it is necessary to reduce it a little more, return to the fire until it reaches the consistency we are looking for in a jam.



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FRUIT SORBET

Ingredients

- Fruit: **2 mangoes** (for example)
- Sugar: **200 g**
- Locust bean gum: **2 g (one teaspoon mocha)**
- Water: **200 ml**
- Lemon juice: **1 and ½**

There are fruits that enhance their flavour when cooked beforehand, such as raspberries, and other fruits that make a perfectly tasty sorbet if used fresh, such as strawberries. Fruits that have some grain or fibre, such as raspberries, should be sifted before being used in the sorbet mixture.

you can experiment with different fruits...



Elaboration

- Mix the powdered ingredients well, the sugar with the locust bean gum.
- Then we prepare a simple syrup, put the water in a saucepan and while heating it up we add the locust bean sugar-gum mixture, stirring constantly with some sticks. Bring it to the boil, leaving it for about 5 minutes. Let it cool down.
- We add the lemon juice to the cold syrup, which will enhance the colour and flavour in the sorbet, also acting as a natural preservative.
- We cut and peel the mango. Put the syrup in the glass of a powerful mixer and add the chopped mango. Grind until you get a very fine puree. We can strain the purée obtained to remove any fibres that the fruit may have.
- Refrigerate the mixture and once it is well chilled, beat it by hand (every half hour while it is freezing), or in an ice-cream maker.



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