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Tool of the Trade 創意廚具

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From foams to fizzes

泡沫美食

Make flavourful creations as light as air with an espuma gun

只要一支泡沫槍，輕盈如空氣的
滋味美食唾手可得



By Jon Wall

Although it's received wisdom that tastes have moved on from the recent fad for culinary foam – as pioneered by Ferran Adrià at his restaurant elBulli – the ability to create light and frothy dishes remains an important technique in any chef's arsenal. Indeed, aerated creations – think of whipped cream or zabaglione – are almost as old as classic cookery itself.

Before Adrià, froths were created by adding a thickening agent, such as cream or egg white, to a purée and then introducing air with an immersion blender, or simply a vigorous application of elbow grease. In the 1990s, however, the Spanish culinary maestro hit upon the idea of delighting diners by presenting familiar ingredients and flavours – anything from cheese to mushrooms or tomatoes – in the ethereal form of a foam.

Adrià's revolutionary technique involved adding structure to a

mixture with an emulsifier such as lecithin, agar or xanthan gum and then aerating it with a blast of compressed nitrous oxide (N_2O) gas from a syphon known as an espuma gun (espuma is Spanish for "foam"). The result was light but intensely tasty bubbles.

The espuma gun – which can be fitted with cartridges of N_2O or, perhaps when preparing fizzy drinks, ones containing carbon dioxide (CO_2) – is a relatively simple device that's become a commonplace tool in professional kitchens. It's used in preparing foams both sweet or savoury, and either cold or warm. Remember, though, that a warm foam must never be overheated and that its maximum temperature should not exceed 60-65°C.

雖然，眾所周知，由elBulli大廚Ferran Adrià帶起的泡沫料理風潮近年已有偃旗息鼓之勢，但製造輕盈的泡沫美食，仍然被廚師們視為重要的技藝。其

實，將空氣打進食物裡的做法早已有之，攪打鮮忌廉和沙巴翁等傳統美食就是例子。

在Adrià之前，廚師們也會在糊狀的食物裡加入忌廉或蛋白等增稠劑，然後以手提攪拌器或憑雙臂之力不停攪拌，藉此將空氣打進食物裡，做出輕盈如泡沫的美食。到了1990年代，這位西班牙烹飪大師忽發奇想，把常見的食材和味道如芝士、蘑菇和番茄等變成一份份泡沫美食，給食客驚喜。

他的革新技術是將卵磷脂、石花膠或黃原膠等乳化劑，與食材混合，加強食物的結構，然後用蘇打槍（又名泡沫槍）注入壓縮的一氧化二氮（ N_2O ），做出質感輕盈但味道濃郁的美味泡沫。

泡沫槍除了可以裝入一氧化二氮的氣樽外，也可以放入二氧化碳氣樽，用以製造氣泡飲品。這個簡單的工具，現已成為專業廚房常見的小道具。泡沫槍可以做出鹹甜冷熱的泡沫美食，但切記炮製熱食時，最高溫度不能超過攝氏65度。

