

# Workshop: Siphon Fundamentals

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# Workshop: Siphon Fundamentals

## Introduction

Welcome to our culinary workshop dedicated to the fascinating world of siphons! These ingenious devices leverage pressure differentials to revolutionize culinary techniques. By introducing gas into liquids or mixtures, they create a pressurized environment that unlocks a multitude of creative possibilities. Throughout the workshop, participants will explore siphon principles, learning to manipulate textures, enhance flavors, and innovate in cooking. Whether experimenting with foams, infusing liquids with aromatics, or carbonating beverages, siphons' remarkable versatility opens a world of culinary exploration and creativity, promising to transform ordinary dishes into extraordinary delights.

***“Simple ingredients, treated with respect... put them together and you will always have a great dish.”  
– Chef José Andrés”***

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## Learning Objectives

- Familiarize participants with the operation and potential uses of siphons in culinary preparation.
- Introduce participants to basic siphon techniques, including foaming, infusion, and carbonation.
- Provide opportunities for participants to experiment with siphon techniques and create their own culinary creations.
- Foster creativity and innovation in culinary practice through the use of siphons.

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## **Workshop Agenda:**

### **1. Introduction to Siphons**

- Overview of siphon equipment and components.
- Explanation of siphon principles and how they apply to culinary preparation.
- Safety precautions and handling instructions.

### **2. Siphon Techniques**

- Demonstration of basic siphon techniques, including foam creation, infusion, and carbonation.
- Step-by-step guidance on using siphons to achieve desired effects in dishes.
- Tips and tricks for troubleshooting common issues.

### **3. Hands-On Experimentation**

- Participants will work in small groups to experiment with siphon techniques.
- Guided exploration of ingredient combinations and flavor profiles.
- Encouragement of creativity and innovation in dish creation.

### **4. Presentation and Reflection**

- Participants will present their creations to the group and share insights from their experimentation.
- Facilitated discussion on the experience of using siphons in culinary preparation and potential applications in participants' own cooking practices.

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## Video Resources:

- iSi Cooking Courses
  - <https://vimeo.com/showcase/5666689?page=2&page=2>

## Recipe Resources:

- Coconut and Squash Foam
- Coral - Tuile
- Mediterranean infused oil
- 40 second chocolate cake
- Nutella Mousse
- Maize Espuma

[illegible]

1. In a medium saucepan, heat the coconut milk, chicken broth, and annatto seeds for 10 minutes to extract the color. Strain and discard the seeds.
2. In another saucepan, melt the butter and sauté the onions until they are translucent.
3. Add the garlic and ginger and cook for a few minutes, avoiding caramelization.
4. Pour the coconut milk and broth mixture into the saucepan and bring to a simmer.
5. Add the roasted squash and simmer for 15 minutes.
6. Transfer everything to a blender and puree.
7. Return the mixture to a pot, add the heavy cream, and simmer for 8 minutes.
8. Finally, strain the soup directly through a funnel and sieve into a 0.5-liter Siphon Whip. Screw on a charger and shake it 10 times. Serve warm – the soup has a light, pleasant taste thanks to the high whipping volume!

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1. In a bowl mix together water, oil, salt, and flour with a whisk.
2. Pour tuile batter on (med heat) hot pan.
3. Put some of the pepitas on top the tuile.
4. Once the tuile starts to get dry and water is evaporated, gently with help of a spatula gently place it on tissue paper to absorb excess oil.

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### Procedure:

1. Put all ingredients together in a 0.5 L siphon Whip.
2. Assemble the Rapid Infusion Set and screw on an Charger. Swirl the bottle briefly and allow to rest for at least 30 minutes (the longer you let the flavors of the oil infuse, the more intense the flavor will be).
3. Vent the bottle by pressing the lever, unscrew the head and remove the oil.



[illegible]

1. Melt the dark chocolate coating over a water bath or in a microwave and let it cool slightly. Stir the eggs with the icing sugar and salt. Stir the flour and the melted coating.
2. Mix everything until a smooth mass is obtained. Pass the mixture through the funnel & sieve directly into a 0.5 l siphon whipper. Screw on 1 Charger and shake vigorously.
3. Grease several cups or bowls with butter and fill up to a third with the mixture. Heat each individual beaker for 40 seconds in the microwave at 850 watts. Remove from the mould or serve directly to the bowl.

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[illegible]

1. Blend all ingredients together in a blender.
2. Pour the entire mixture through a funnel & sieve into a 0.5 L Siphon Whip. Screw on a Professional Charger and shake vigorously 14-18 times.
3. Optional: Place in the refrigerator for 3 hours and shake vigorously again before use.

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[illegible]

1. Remove the maize kernels from the cob and smoke them. Cut the corncob up small and also smoke separately.
2. Bring the stock to the boil with the sour cream, add the smoked corncob and gently simmer for about 20 minutes on a low heat while covered. Then strain.
3. Add the maize kernels and puree until fine, season to taste and leave to cool. When the mixture has cooled, mix in the xanthan gum and carefully add the egg white.
4. Pour through an iSi Funnel & Sieve into a 0.5 L iSi Whip, screw on an iSi Professional Charger and shake 8 to 10 times.

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