

# Directions

## **For the Vinaigrette**

Place the vinegar in a bowl then slowly pour the oil into the bowl while whisking until fully emulsified. You can also use an immersion blender if you have one. Salt and pepper to taste.

# Tarragon Lemon Shallot Vinaigrette

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This sauce is light and bright, adding many base layers of flavor to any dish you use it on. Shallot, lemon, and tarragon go great with lighter meats and especially fish so I often bring this vinaigrette out to add complexity to lighter summer meals.



# Ingredients

## For the Tarragon Vinaigrette

3 tablespoons [Tarragon Lemon Shallot Vinegar](#)

1 tablespoon honey

5 tablespoons olive oil

Salt and pepper

# Directions

## **For the Tarragon Vinaigrette**

Whisk together the infused vinegar and honey. Slowly whisk in the olive oil until fully emulsified. Salt and pepper to taste. Serve over warm, white fish.

# Raspberry Infused Vinaigrette

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This raspberry infused vinaigrette is fruity and flavorful and pairs well with white fish or light summer salads. I use a higher ratio of vinegar than normal so the flavors will shine through more.



# Ingredients

## **For the Raspberry Vinaigrette**

3 tablespoons [Raspberry Infused Vinegar](#)

1 tablespoon honey

5 tablespoons olive oil

Salt and pepper

# Directions

## **For the Raspberry Vinaigrette**

Whisk together the infused vinegar and honey. Slowly whisk in the olive oil until fully emulsified. You can also use an immersion blender if you have one. Salt and pepper to taste.

# Caramel and Caramel Sauce

Homemade caramel is one of those magical dishes where two basic ingredients are combined together, heated, and completely transformed into something else. It's also really easy to make at home once you've learned the process.

To make caramel you melt sugar in a pot and cook it until it turns caramel colored. Then you pour in cream (being careful not to burn yourself on the steam!) and whisk them together. The result is a rich, sweet, and deeply flavored caramel.

I make a lot of caramel sauces using infused creams and infused alcohols. Changing up the flavor of the cream imbues the caramel with delicate background notes. These caramel sauces can be used on ice cream or desserts, but I also like to use savory herb infused creams to make rich caramel sauce for pork or duck.

Once the cream has been added, you can thin the sauce and further flavor it through the addition of infused alcohols. My favorite infusions are based on dark rum, spiced rum, or bourbon, but any richly flavored infusion will work.

I also usually add a little water to the sugar before putting it on the heat. It's not required but it slows down the melting process and gives you more control over the sugar, making it less likely to burn.



# Basic Caramel Sauce

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This is a basic caramel sauce recipe that I make often with infused heavy creams. It highlights the general process and results in a rich, highly flavorful caramel sauce. For a thicker caramel, reduce the infused heavy cream to 3/4 cup.

Melted sugar is very hot and can cause burns. Be sure to use a large enough pot because the cream will boil and expand when it is added to the heated sugar. The caramel sauce can be made several hours in advance as long as it's reheated before using as a sauce.

# Ingredients

## **For the Caramel Sauce**

1 cup infused heavy cream

1.5 cups white sugar

3 tablespoons water

# Directions

## **For the Caramel Sauce**

Measure out the cream and set aside.

Mix the sugar and water together in a pot, it should resemble wet sand. Heat the sugar over medium heat without stirring until it melts and bubbles. Once it starts to brown, stir it gently until it turns a light amber color. If clumps form cook for longer until they melt, almost all clumps should eventually melt out.

Once the sugar is an amber color, about 10 to 20 minutes total cooking time, pour in the infused heavy cream while stirring, being sure not to burn yourself on the hot steam that will be released. Mix well to fully incorporate the cream into the sugar. Cook for two minutes then remove from the heat and let the caramel sauce cool slightly before using.

The caramel sauce can be made several hours in advance as long as it's reheated before using as a sauce. It should be refrigerated if being held for more than a few hours.

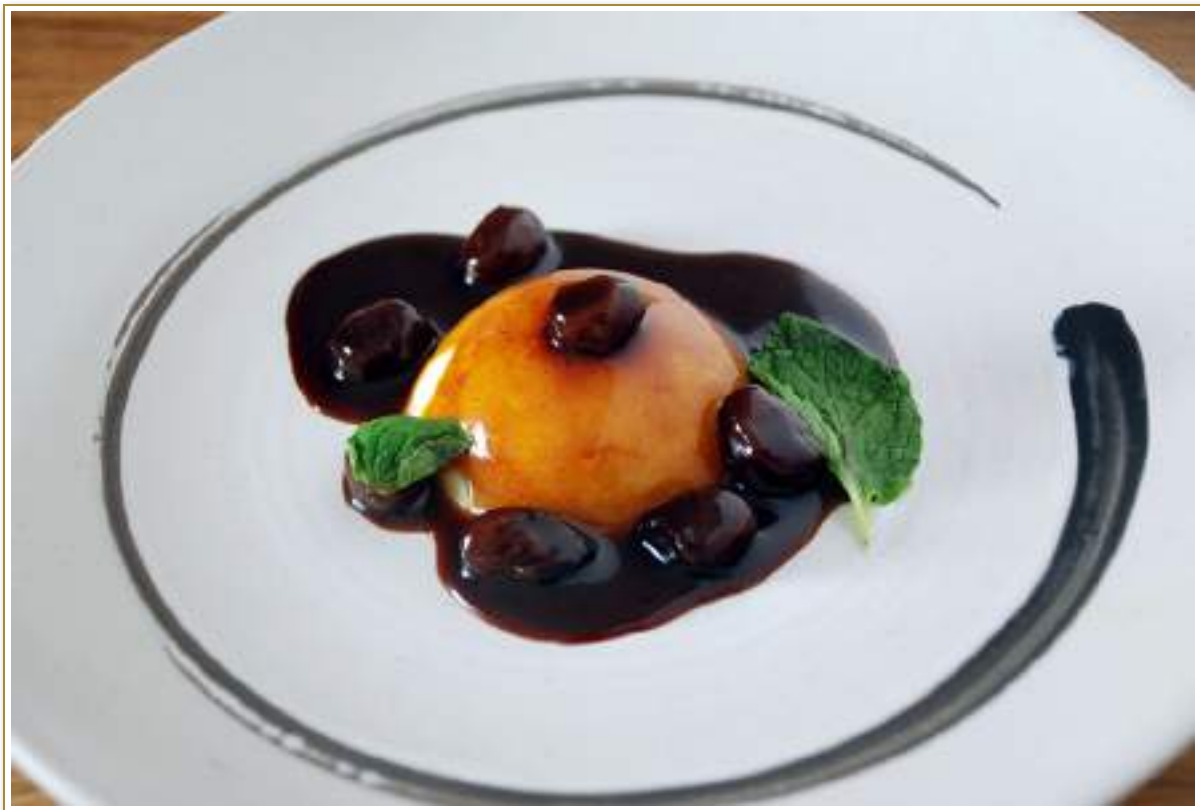
# Rum Raisin Caramel Sauce

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The spiced rum-infused raisins add a great flavor to this caramel sauce. The sauce itself is ideal on desserts or even served plain on vanilla ice cream. For a fun twist I often use flavored caramel sauces with savory dishes such as pork or lamb.

This is a thin and boozy sauce. For a thicker sauce you can decrease the amount of cream or the amount of spiced-rum that is added. I usually add both the spiced rum and the raisins to the caramel, but you can omit either one if you prefer.

Melted sugar is very hot and can cause burns. Be sure to use a large enough pot because the cream will boil and expand when it is added to the heated sugar. The caramel sauce can be made several hours in advance as long as it's reheated before using as a sauce.



# Ingredients

## For the Rum Raisin Caramel

1 cup heavy cream

1.5 cups white sugar

3 tablespoons water

1 cup [Spiced Rum Infused Raisins](#) and Spiced Rum

# Directions

## **For the Rum Raisin Caramel**

Measure out the cream and set aside.

Mix the sugar and water together in a pot, it should resemble wet sand. Heat the sugar over medium heat without stirring until it melts and bubbles. Once it starts to brown, stir it gently until it turns a light amber color. If clumps form cook for longer until they melt, almost all clumps should eventually melt out.

Once the sugar is an amber color, about 10 to 20 minutes total cooking time, pour in the heavy cream while stirring, being sure not to burn yourself on the hot steam that will be released. Mix well to fully incorporate the cream into the sugar. Add the spiced rum infused raisins and stir well to combine. Cook for two minutes then remove from the heat and let the caramel sauce cool slightly.

The caramel sauce can be made several hours in advance as long as it's reheated before using as a sauce. If holding for more than a few hours it should be refrigerated.

# Modernist Dishes and Garnishes

Some of the most impressive things you can do with your infusions are creating various modernist dishes and garnishes. These can range from light airs and foams to dense gels or tender panna cottas.

If you haven't worked with modernist ingredients before, there are a few pieces of information you will need before you get started.

## Where to Buy Ingredients

There are many places online to buy modernist ingredients but I highly recommend Modernist Pantry.com. I have worked with them for years and they have high quality ingredients at good prices. They also have many kits to help you get started with modernist cooking, included several that come bundled with my book Modernist Cooking Made Easy: Getting Started.

## Ingredient Ratios

Many of the recipes will specify the ratio the ingredients should be used in. All the ratios refer to the weights of the ingredients. For example, an agar recipe might say to add 2% agar. The 2% means that the weight of the agar should be 2% of the weight of the liquid it is being added to. So if you had 300 grams of fruit juice you would add 6 grams of agar to it, or  $300 \times 0.02$ .

## Proper Weighing

To someone not familiar with using a scale it can be a little intimidating until you use it a few times. The main concept to learn is to "tare" or "zero" the scale. All digital scales will have a "tare" or "zero" button. What this does is reset the weight to zero.

This allows you to measure all the ingredients in the same bowl. You simply turn on the scale and place the bowl on it. Hit the tare button so it resets to zero. Add the next ingredient, then tare it to zero again. Repeat for all the ingredients.

You will most likely have to use a larger scale for the liquids or main ingredients and a ram scale for the modernist ingredients.

## **Required Equipment**

The only equipment really needed for the majority of the modernist recipes and techniques in this section are a gram scale, a kilogram scale, an immersion blender, and a whisk. Most everything else you probably already have on hand in your kitchen.

### ***Scales***

There are two types of scales needed for most modernist cooking. A gram scale, for weighing out small ingredients and a kilogram / pound scale, for measuring large amounts of an ingredient.

I recommend electronic versions of each scale, they tend to be more accurate and allow you to easily tare (reset) the scale so you can just add ingredients into the same bowl.

The kilogram / pound scales typically increase in increments of 1 gram which is sufficient. A maximum weight of at least 2,250 grams (5 pounds) is good but I prefer one with at least 10 pounds so I can easily weigh larger amounts of food.

For the gram scale, an increment of 0.1 grams is normally good enough. Some scales increase by 0.01 grams, which is just fine, but probably a bit of overkill for most applications. The max weight is less important on the gram scale since the accuracy it gives you is only needed for smaller amounts of ingredients.

### ***Immersion Blenders***



An immersion blender is one of those pieces of equipment that can seem unnecessary but once you own one you can't imagine cooking without it. In modernist cooking an immersion blender is needed to blend in many of the ingredients to ensure they are evenly mixed. If you already own a standing blender it can often be used instead but the immersion blender is almost always more convenient.

In traditional cooking I use my immersion blender to puree sauces and soups directly in the pot, without having to get my blender dirty. I also use it to create purees from fresh vegetables and to quickly make vinaigrettes and mayonnaises.

### ***Whisks***

Whisks aren't used in any fancy ways but many ingredients need to be mixed together and whisks are a great way to do it. A set of decent whisks is very inexpensive and will come in handy in many situations.

# Vinegar Air

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In addition to being a great emulsifier, lecithin is also a wonderful stabilizer for light foams. If it is mixed into a liquid at a 0.6% ratio and air is added it will form a dry, coarse foam called an air. These foams are typically made with strongly flavored liquids so infused vinegars work great. The foams are used as garnishes for many dishes and will last 10 to 20 minutes.

To make a lecithin foam, take a flavorful liquid and whisk or blend in the lecithin. Then introduce air to create bubbles through agitation of some kind. Typically this is done using a whisk or immersion blender, but any type of agitator can be used including an aquarium pump, blender, mixer with a whisk attachment or a whipping siphon.

Remember that the goal isn't to mix or blend the liquid when you are foaming it but to incorporate air. Because of this, using an immersion blender in a wide container where a quarter of the blender is out of the liquid can be ideal. I'll often put plastic wrap over the end of the container to minimize splashing.



# Ingredients

## **For the Vinegar Air**

250 grams infused vinegar

1.5 grams lecithin, 0.6%

# Directions

## **For the Vinegar Air**

Blend the lecithin into the infused vinegar. It can stay at this stage for a few hours.

Right before serving, foam the infused vinegar by running the immersion blender in it. Try to keep the blender halfway out of the liquid so the air is more easily incorporated. This can sometimes take up to 6 or 7 minutes and there will still be liquid left at the bottom of the bowl. Let it sit for 1 minute to stabilize once there is a decent amount of foam on top then serve.

# Oil Paste

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Maltodextrin is a fascinating ingredient that can turn oil into a paste or powder. If you have a bowl of olive oil and whisk in 30% to 45% as much maltodextrin you'll create an olive oil paste that melts in your mouth.

Maltodextrin is a pretty forgiving ingredient when making powders and pastes. It can be added in slowly until you have the texture you desire. The amount used will also depend on the type of fat you are trying to thicken. Using a whisk or fork for the mixing will usually be good enough.

I often use oil pastes as a spread for bread or meats to add a rich and flavorful topping without the greasiness sometimes caused by liquid oil. You can use any of the flavored oils from the book for this. You can also shape the paste, such as making balls or logs out of it.



# Ingredients

## **For the Oil Paste**

200 grams infused oil

60-90 grams maltodextrin, 30-45%

# Directions

## **For the Oil Paste**

Slowly whisk or stir the maltodextrin into the oil until it forms a thick paste that you can easily spread or form into balls. I usually start mixing with a whisk and end with a fork. Once it has thickened enough the paste will last in the refrigerator for several days.



# Oil Powder

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Similar to the oil paste created in the previous recipe, if you up the maltodextrin to 45% to 60% you can make a light powder that dissolves on the tongue. Just stir or whisk in the maltodextrin to the oil until it forms a light powder. For finer powders you can push the resulting paste through a tamis or fine-meshed sieve.

Oil powder adds a great visual element to a dish and the mouthfeel and texture is truly unique. I'll often add a pile of powder to a piece of meat or fish as a garnish.

# Ingredients

## **For the Oil Powder**

200 grams infused oil

100-120 grams maltodextrin, 50-60%

# Directions

## **For the Oil Powder**

Slowly whisk or stir the maltodextrin into the oil until it forms a thick paste that you can easily form into balls. I usually start mixing with a whisk and end with a fork. Once it has become a powder or light paste put the mixture in a tamis or fine-meshed sieve set over a bowl. Push the mixture through then spoon it out to serve. The powder will last in the refrigerator for several days but might need to be pushed through the tamis again before using to fluff it up.

# Oil Foam

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Oil foams are a great way to incorporate oils and fats into your dishes while avoiding the fatty pools that can occur when using straight oil or butter. The process of foaming also makes a little oil go a long way and keeps dishes lighter than they would be.

Most oil foams make use of mono and diglyceride flakes, also known as glycerin flakes, to thicken the oil and stabilize the foam. Any type of oil or fat can be used and foams are especially effective with flavored or infused oils. Most oil foams hold up well to heat but the colder the foam becomes the thicker it gets.



# Ingredients

## **For the Oil Foam**

300 grams flavored oil

22 grams mono and diglyceride (glycerin) flakes, 7.5%

# Directions

## **For the Oil Foam**

Place the oil in a pot and place on medium heat. Add the glycerin flakes and stir until they have melted. Remove the pot from the heat and carefully pour into a heat resistant whipping siphon. If you prefer, you can let the oil cool to room temperature before pouring.

Seal the whipping siphon and charge it fully. Refrigerate the whipping siphon for several hours. Once cold, shake well and you can dispense the oil foam from the whipping siphon onto your food as a garnish.

# Agar Gel Cubes

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Using agar is a great way to create a wide variety of gels. The amount of agar used ranges from 0.2% for soft gels increasing up to 3.0% for firmer gels. The addition of locust bean gum increases the elasticity of agar gels, making them hold together much better. For a good starting spot I usually use a 0.9% agar and 0.1% locust bean ratio.

These cubes can be made out of most liquids though I find cocktails, broths, or juices tend to work best. Some of my favorite gel cubes are [Margaritas](#), [Pina Coladas](#), and [Fruit Salad Broth](#).

One of the more interesting properties of agar gels is that once they are set, they can be reheated without melting. You can use this to make hot gel cubes of any of the infused broths, or any hot cocktails like a [Hot Buttered Rum](#) or [Bushmills Hot Toddy](#).

You can either set the gel in silicon molds, or just use a rectangular container and then cut it into cubes once it has set. When the gel is setting, you can also add garnishes to it, creating whimsical taste sensations. This recipe can also be used on non-square molds, or even to make noodles in plastic tubing.

If you are making alcoholic gels, I recommend first combining the agar with any juices or mixers then boiling it before whisking the alcohol in at the end. This helps prevent any evaporation of the alcohol.

The cubes can be made ahead of time but be sure to refrigerate them if you aren't serving them for a few hours.





# Ingredients

## **For the Agar Gel Cubes**

400 grams liquid

3.6 grams agar, 0.9%

0.4 grams locust bean gum, 0.1% (optional)

# Directions

## **For the Agar Gel Cubes**

Combine all the ingredients in a pot and blend well to combine. Bring to a boil while stirring occasionally. Let simmer for 3 to 5 minutes, stirring regularly.

Pour the agar mixture into a mold or a rectangular container and let it completely set. Once set, cube the gel.

# Spherified Cocktails and Soups

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Making spherified cocktails or soups is a great way to turn a simple infusion into a fancy modernist dish. The outside of sphere is gelled, leaving the inside liquid and ready to burst in your mouth.

This recipe tends to work best with cocktails containing a lower alcohol content or any kind of infused broth or soup. You can make the spheres without freezing them but I think the convenience is worth the extra time. Hemispherical molds can be found on Amazon.



# Ingredients

## **For the Cocktail**

400 grams prepared cocktail or soup

8 grams calcium lactate

## **For the Setting Bath**

1000 grams water

100 grams sugar

5 grams sodium alginate, 0.5%

## **For the Rinsing Bath**

1000 grams water

# Directions

## **For the Cocktail**

Blend the calcium lactate into the cocktail or soup to combine. Pour into spherical or hemispherical molds then place the molds in the freezer and let freeze fully.

## **For the Setting Bath**

Prepare the setting bath at least an hour before you want to make the spheres. Blend together the water, sugar, and sodium alginate then bring to a boil. Set aside and let cool.

## **To Create the Spheres**

Once the liquid is frozen you can make the spheres. This can be done up to a few hours before serving.

Set up the rinsing bath by placing the water in a bowl. Set up the holding bath by adding enough water to a bowl to cover the spheres once they have been spherified.

Remove the frozen spheres from the freezer. Place the spheres, a few at a time, in the setting bath, being sure not to let them touch or they can fuse together. Let them set for 2 to 4 minutes. Remove them with a slotted spoon and place them into the rinsing bath. Swirl them gently to rinse off the outsides then place in the holding bath. Repeat for the remaining spheres.

The spheres can be held in the holding bath for several hours but the flavor will begin to leak out over time into the holding bath.

# Foamed Cocktails and Broths

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Foaming cocktails results in a light take on a traditional cocktail. You can foam a mixer or the whole cocktail, depending on the final dish you are aiming to create. I prefer to use gelatin for my cocktail foams because it doesn't have to be heated too much to dissolve and it has great flavor release and texture.

This recipe tends to work best with cocktails containing a lower alcohol content. Besides a a foamed pina colada, some of my favorite cocktails are made by foaming fresh grapefruit juice for a paloma, cranberry juice for a cosmo, or lime juice and sugar for a margarita.

You can add more or less gelatin depending on how thick you want the foam to be.



# Ingredients

## **For the Foam**

400 grams prepared cocktail

3.2 grams gelatin, about 1.75 gelatin sheets, 0.8%

# Directions

## **For the Foam**

Pour the prepared cocktail into a pot. Place the gelatin into the pot and let bloom for 5 to 10 minutes. Once bloomed, heat the pot over medium heat while stirring until the gelatin and sugar dissolve. Remove from the heat and pour into a whipping siphon.

Seal the whipping siphon and charge it fully. Place in the refrigerator for at least an hour or two to let the gelatin set completely. The foam can be stored in the refrigerator for several days.



# Gelatin Panna Cotta

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Traditional panna cotta is made from milk or cream gelled with gelatin. Using infused milk or cream gives you a lot of control over the flavor of the panna cotta. You can use all milk or all cream in the panna cotta, or some mixture of both, depending on how rich you want it. The gelatin can range from 1/2 to 1 teaspoon per cup of milk or cream; the more gelatin used the firmer the panna cotta will be.

I usually let the panna cotta set in greased ramekins, but silicon molds work as well. If you want to un-mold the panna cotta once it has set you can run a knife along the edge of the ramekin and gently pop the panna cotta out.



# Ingredients

## **For the Panna Cotta**

2 cups infused milk or cream  
2 teaspoons powdered gelatin  
1/3 cup sugar  
Pinch of salt

# Directions

## **For the Panna Cotta**

Place the milk and gelatin in a pot. Let the gelatin bloom in the milk for 5 to 10 minutes.

Once the gelatin is bloomed, warm the milk over medium to medium-high heat while stirring until the gelatin dissolves completely. Whisk in the sugar until evenly mixed. Taste the mixture and add salt or more sugar as needed to balance the flavors. Remove the pan from the heat.

Pour the panna cotta into your greased molds and let cool on the counter. Once they have cooled, place them in the refrigerator for several hours to fully set. They will last in the refrigerator for several days and will firm up the longer they are in there.

# Carrageenan Panna Cotta

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This panna cotta is a delicate, tender dessert that almost falls apart before melting in your mouth. I love to make it with various infused creams and milks. It is especially tasty with the [Milk and Cookies](#) or [Maple Pecan Milk](#).

Using different amounts of iota and kappa carrageenan allows you to directly control the tenderness of the panna cotta. I usually start off with a 0.1% ratio for both iota and kappa carrageenan but a combined 0.2% to 0.5% total ratio ranges from soft to hard panna cotta. You can also change the ratio of iota to kappa. A 1:1 ratio will create a gel of medium elasticity and the more kappa carrageenan you use the more brittle the gel will be.

# Ingredients

## **For the Panna Cotta**

550 grams infused milk or cream

0.6 grams iota carrageenan, 0.1%

0.6 grams kappa carrageenan, 0.1%

# Directions

## **For the Panna Cotta**

Place the infused milk or cream in a pot. Add the iota and kappa carrageenan and blend well with an immersion blender. Bring to a boil and whisk for 30 to 60 seconds. Remove from the heat and pour into serving cups or bowls. You can also let the milk cool slightly before pouring into the cups or bowls if they are not heat resistant.

Let the panna cotta cool at room temperature, or in an ice bath, then place in the refrigerator to finish setting. The panna cotta should last for several days covered in the refrigerator.

# **Xanthan Thickened Vinaigrette**

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Most vinaigrettes can be easily thickened and improved upon with the addition of 0.1% to 0.3% xanthan gum. Xanthan gum is very easy to use and only requires a small amount. If you blend xanthan gum into the vinaigrette it will prevent it from separating for much longer than usual. It will also slightly thicken it, making it coat the food better as well as adding a richness to the mouthfeel of the vinaigrette. I include directions for a simple one but this recipe works with almost any vinaigrette.

# Ingredients

## **For the Vinaigrette**

1/4 cup vinegar, infused if desired

3/4 cup olive oil, infused if desired

Salt and pepper

## **For the Thickened Vinaigrette**

220 grams vinaigrette

0.4 grams xanthan gum, 0.2%



# Directions

## **For the Vinaigrette**

Whisk together the vinegar and olive oil then salt and pepper to taste.

## **For the Thickened Vinaigrette**

Blend the xanthan gum into the vinaigrette with an immersion blender until fully combined. It is then ready to serve.

# Whipping Siphon Whipped Cream

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Making whipped cream in a whipping siphon is one of the easier ways to create it. You just add cream and sugar to a siphon, charge it, and out comes the whipped cream! Using infused cream results in a wide variety of flavors, from [Orange Cinnamon Vanilla Cream](#) to [Orange and Cocoa Nib Cream](#). I also provide directions for a more traditional method below in case you don't have a whipping siphon.

# Ingredients

## **For the Whipped Cream**

2 cups infused heavy or whipping cream

2 tablespoons super fine or confectioners sugar

# Directions

## **With a Whipping Siphon**

Combine all ingredients in a whipping siphon. Seal and charge as the manufacturer recommends. Shake well, 4 to 6 times, and chill until ready to dispense.

## **Without a Whipping Siphon**

Combine all the ingredients in a bowl and whip until the whipped cream forms. It is much easier with a standing mixer with a whisk attachment than by hand.

# Component Recipes

# Simple Syrup

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Simple syrup is a sweet, easily dissolved liquid that is perfect for cocktails or sodas.

# Ingredients

## **For the Simple Syrup**

1.5 cups water

2 cups white granulated sugar

# Directions

## **For the Simple Syrup**

Combine the water and sugar in a pot and heat over medium-high heat while stirring occasionally until the sugar has completely dissolved. Remove from the heat and let cool. The simple syrup can be stored in the refrigerator for several weeks.



# **Brown Sugar Simple Syrup**

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Brown sugar simple syrup adds deep molasses notes to the normal simple syrup.

# Ingredients

For the Brown Sugar Syrup

1.5 cups water

2 cups brown sugar

# Directions

## **For the Brown Sugar Simple Syrup**

Combine the water and brown sugar in a pot and heat over medium-high heat while stirring occasionally until the brown sugar has completely dissolved. Remove from the heat and let cool. The brown sugar simple syrup can be stored in the refrigerator for several weeks.

# **References**

## **Section Four**

# Fahrenheit to Celsius Conversion

This guide gives temperatures in both Fahrenheit and Celsius but to convert from Fahrenheit to Celsius take the temperature, then subtract 32 from it and multiply the result by 5/9:

$$(\text{Fahrenheit} - 32) * 5/9 = \text{Celsius}$$

I've listed out the temperatures from 37°C to 87°C which are the most commonly used range in sous vide.

37°C - 98.6°F  
38°C - 100.4°F  
39°C - 102.2°F  
40°C - 104.0°F  
41°C - 105.8°F  
42°C - 107.6°F  
43°C - 109.4°F  
44°C - 111.2°F  
45°C - 113.0°F  
46°C - 114.8°F  
47°C - 116.6°F  
48°C - 118.4°F  
49°C - 120.2°F  
50°C - 122.0°F  
51°C - 123.8°F  
52°C - 125.6°F  
53°C - 127.4°F  
54°C - 129.2°F  
55°C - 131.0°F  
56°C - 132.8°F  
57°C - 134.6°F  
58°C - 136.4°F  
59°C - 138.2°F

60°C - 140.0°F  
61°C - 141.8°F  
62°C - 143.6°F  
63°C - 145.4°F  
64°C - 147.2°F  
65°C - 149.0°F  
66°C - 150.8°F  
67°C - 152.6°F  
68°C - 154.4°F  
69°C - 156.2°F  
70°C - 158.0°F  
71°C - 159.8°F  
72°C - 161.6°F  
73°C - 163.4°F  
74°C - 165.2°F  
75°C - 167.0°F  
76°C - 168.8°F  
77°C - 170.6°F  
78°C - 172.4°F  
79°C - 174.2°F  
80°C - 176.0°F  
81°C - 177.8°F  
82°C - 179.6°F  
83°C - 181.4°F  
84°C - 183.2°F  
85°C - 185.0°F  
86°C - 186.8°F  
87°C - 188.6°F  
88°C - 190.4°F  
89°C - 192.2°F

# Other Resources



For an up to date look at current books, websites, and other modernist cooking resources you can visit the list I keep on my website.

You can find it at:

[MCMEasy.com/Resources](http://MCMEasy.com/Resources)

There is more and more good information available about infusing, modernist cooking, and sous vide. Here are some resources to help you continue to master the process.

# Ingredient And Tool Sources

Many of the modernist tools and ingredients cannot be picked up at the local grocery store. I have had good luck on Amazon but here are some other good resources to find these ingredients.

## **Anova**

<http://anovaculinary.com>

Anova carries high quality, inexpensive sous vide circulators perfect for the home cook.

## ***CreamRight***

<http://www.creamright.com>

CreamRight carries a large selection of whipping siphons, chargers, replacement parts and attachments.

## ***Harney and Sons***

<http://www.harney.com>

Carrying a wide range of high quality teas, they also have many dried fruit blends that are great in infusions.

## ***Herbs of Mexico***

<https://herbsofmexico.com>

They have a variety of herbs, roots, and barks that can be hard to find elsewhere.

## ***Modernist Pantry***

<https://www.modernistpantry.com>

Modernist Pantry has a great selection of modernist ingredients and equipment. I have a great working relationship with them and buy most of my ingredients through them.



### ***Molecule-R***

<http://www.molecule-r.com>

Molecule-R has a good selection of packaged ingredients and tools. Their ingredients tend to be a little more expensive but if you are just getting started then their Cuisine R-Evolution kit can be a good way to get many of the ingredients and tools to get started.

### ***Mountain Rose Herbs***

<https://www.mountainroseherbs.com>

They carry a wide selection of barks, roots, and spices. Most things you need for syrups and bitters can be found here.

### ***Nomiku***

<http://nomiku.com>

Nomiku carries sleek but inexpensive sous vide circulators geared around the home cook.

### ***Penzeys***

<https://www.penzeys.com>

Penzeys has a nice selection covering many of the usual cooking spices and chile peppers. They also sell some decent blends.

### ***PolyScience (Now Breville)***

<http://www.cuisinetechology.com>

PolyScience carries many of the higher-end modernist cooking tools such as the antigriddle, chamber vacuum sealers, and rotary evaporators.

### ***Specialty Bottle***

<http://www.specialtybottle.com>

A great place to find bottles, droppers, and containers for all your infusions.

***Spice Jungle***

<https://www.spicejungle.com>

In addition to all the usual spices and chile peppers they cover a wide range of hard-to-find varieties as well. Their chile pepper selection is especially large and contains great descriptions. They also carry many natural extracts.

# Infusion And Modernist Resources

## My Other Books

All of my books are available from Amazon.com or on my website.

### [Modernist Cooking Made Easy: Sous Vide](#)

By Jason Logsdon

My comprehensive guide to sous vide covers purchasing machines, the science of the technique, time and temperature recommendations for more than a hundred types of food plus tons of great recipes.

### [Modernist Cooking Made Easy: The Whipping Siphon](#)

By Jason Logsdon

A detailed look at the whipping siphon. It covers the three main uses of the siphon: foaming, carbonating, and infusing and is chock full of exciting recipes.

### [Modernist Cooking Made Easy: Getting Started](#)

By Jason Logsdon

My introductory book to modernist cooking including detailed looks at many of the most popular techniques and ingredients.

### [Modernist Cooking Made Easy: Party Foods](#)

By Jason Logsdon

Amaze and delight your friends with easy to make modernist dishes that will blow them away!

### [Sous Vide: Help for the Busy Cook](#)

By Jason Logsdon

My book focusing on how to use sous vide around your busy schedule. Full of recipes, tips and tricks to make sous vide work for you.

### [Sous Vide Grilling](#)

By Jason Logsdon

This book is focused on grilling and BBQ recipes. It includes 95 great recipes covering steaks, burgers, kebabs, pulled pork, and everything in between.

## **Recommended Books**

### [Homemade Liqueurs and Infused Spirits](#)

By Andrew Schloss

Covers many traditionally infused spirits and the liqueurs that can be made from them.

### [Homemade Soda](#)

By Andrew Schloss

Looks at different methods of making sodas at home with lots of recipes.

### [Liquid Intelligence](#)

By Dave Arnold

A deep look into cocktails covering everything from basic cocktail making to infusions, centrifuges, and liquid nitrogen.

### [Bitters](#)

By Brad Thomas Parsons

An extensive look into bitters, their history, how to make them, where to buy them, and how to use them...including several food recipes.

### [Shrubs](#)

By Michael Dietsch

A very deep look into shrubs including different methods for making them, recipes for many variations, and what to do with the shrubs

once you have them.

### **[The Joy of Mixology](#)**

By Gary Regan

If you want to learn more about cocktails, how they are made, and how to vary them for your tastes I highly recommend this book. It covers all the classic cocktails and how to create your own.

### **[The Flavor Bible](#)**

By Karen Page and Andrew Dornenburg

A great resource for determining flavor pairing and creating unusual infusions of your own.

### **[Modernist Cuisine: The Art and Science of Cooking](#)**

By Nathan Myhrvold

This aims to be the bible of modernist cuisine. It's over 2,400 pages, costs \$500 and was several years in the making. If you are serious about learning the newly developing modernist techniques then this might be worth the investment.

### **[Modernist Cuisine at Home](#)**

By Nathan Myhrvold

A much more accessible version of Modernist Cuisine especially written for the home cook.

### **[Alinea](#)**

By Grant Achatz

A beautiful, picture-filled book with amazing techniques and whimsical dishes.

### **[Ideas In Food](#)**

By Aki Kamozaawa and H. Alexander Talbot

Delve into the "why" of traditional and modernist cooking.

### **[Texture - A hydrocolloid recipe collection](#)**

Compiled by Martin Lersch from Khymos.com, is a great compendium of recipes for many modernist ingredients.

### **[On Food and Cooking](#)**

By Harold McGee

This is the ultimate guide to the scientific aspects of cooking. If you like to know why things happen in the kitchen, at every level, you will find this book fascinating.

### **[Cooking for Geeks](#)**

By Jeff Potter

If you are interested in the geekier aspects of cooking then this book does a great job. It takes you through the basics of setting up your kitchen all the way up to kitchen hacks and sous vide cooking.

### **[Under Pressure](#)**

By Thomas Keller

This book shows you the extent of what is possible through sous vide cooking. The recipes aren't easy, and they require a lot of work but they can provide great inspiration for dishes of your own. If you are interested in expanding your concept of what can be accomplished through cooking then this is a must have.

## **Websites**

### ***Modernist Cooking Made Easy***

**<http://www.modernistcookingmadeeasy.com>**

My website is full of recipes, tips, and tricks for modernist cooking, sous vide, and infusing. I also have forums and other ways to talk with other passionate cooks.

## ***Hydrocolloids Primer***

<http://www.cookingissues.com/primers/hydrocolloids-primer>

Dave Arnold and the Cooking Issues website help to clarify some of the uses of and reasons for modernist ingredients.

## **Apps**

I also have apps for the iPhone and iPad available, as well as one for the Android. You can search in the app store for "Molecular Gastronomy" and "Sous Vide" and mine should be near the top, published by "Primolicious".

# Ingredient Tables



You can find out more information about modernist ingredients and techniques through my free detailed guides to modernist cooking.

You can find them:

[MCMEasy.com/GettingStarted](http://MCMEasy.com/GettingStarted)



# Ingredient Techniques

Ingredient	Emulsions	Foams	Gels	Spherification	Thickening
Agar		X	X		
Carrageenan: Iota		X	X	X	X
Carrageenan: Lambda	X	X			X
Carrageenan: Kappa			X		
Gelatin		X	X		
Gellan	X	X	X		
Guar Gum	X				X
Gum Arabic	X	X			X
Konjac	X		X		X
Lecithin	X	X			
Locust Bean Gum			X		X
Maltodextrin					X
Methylcellulose	X	X	X		
Mono and Diglycerides	X	X			X
Pectin	X	X	X		
Pure Cote B790			X		
Sodium Alginate			X	X	
Ultra-Sperse	X	X			X
Ultra-Tex	X	X			X
Versawhip		X			
Xanthan Gum	X	X			X

# Ingredient Temperatures

When you are trying to determine which ingredient to use, the hydration, setting, and melting temperatures can be very important.

Ingredient	Dispersion	Hydration	Gel Sets	Gel Melts
Agar	Any	100°C / 212°F	40-45°C / 104-113°F	80°C / 175°F
Carrageenan: Iota	Cool	Above 70°C / 158°F	40-70°C / 104-158°F	5-10°C / 9-18°F above setting
Carrageenan: Kappa	Cool	Above 70°C / 158°F	35-60°C / 95-140°F	10-20°C / 18-36°F above setting
Gelatin	Above 50°C / 122°F	Cool	30°C / 86°F	30°C / 86°F - 40°C / 104°F
Lecithin	Any	Any	N/A	N/A
Maltodextrin	Room temperature	N/A	N/A	N/A
Methylcellulose				
Methocel F50	Any	Below 15°C / 59°F	Above 62-68°C / 143-154°F	Below 30°C / 86°F
Methocel A4C	Hot	Below 15°C / 59°F	Above 50-55°C / 122-131°F	Below 25°C / 77°F
Mono and Diglycerides	Above 60°C / 140°F	Any	N/A	N/A
Sodium Alginate	Any	Any	Any	Above 130°C / 266°F
Xanthan Gum	Any	Any	N/A	N/A

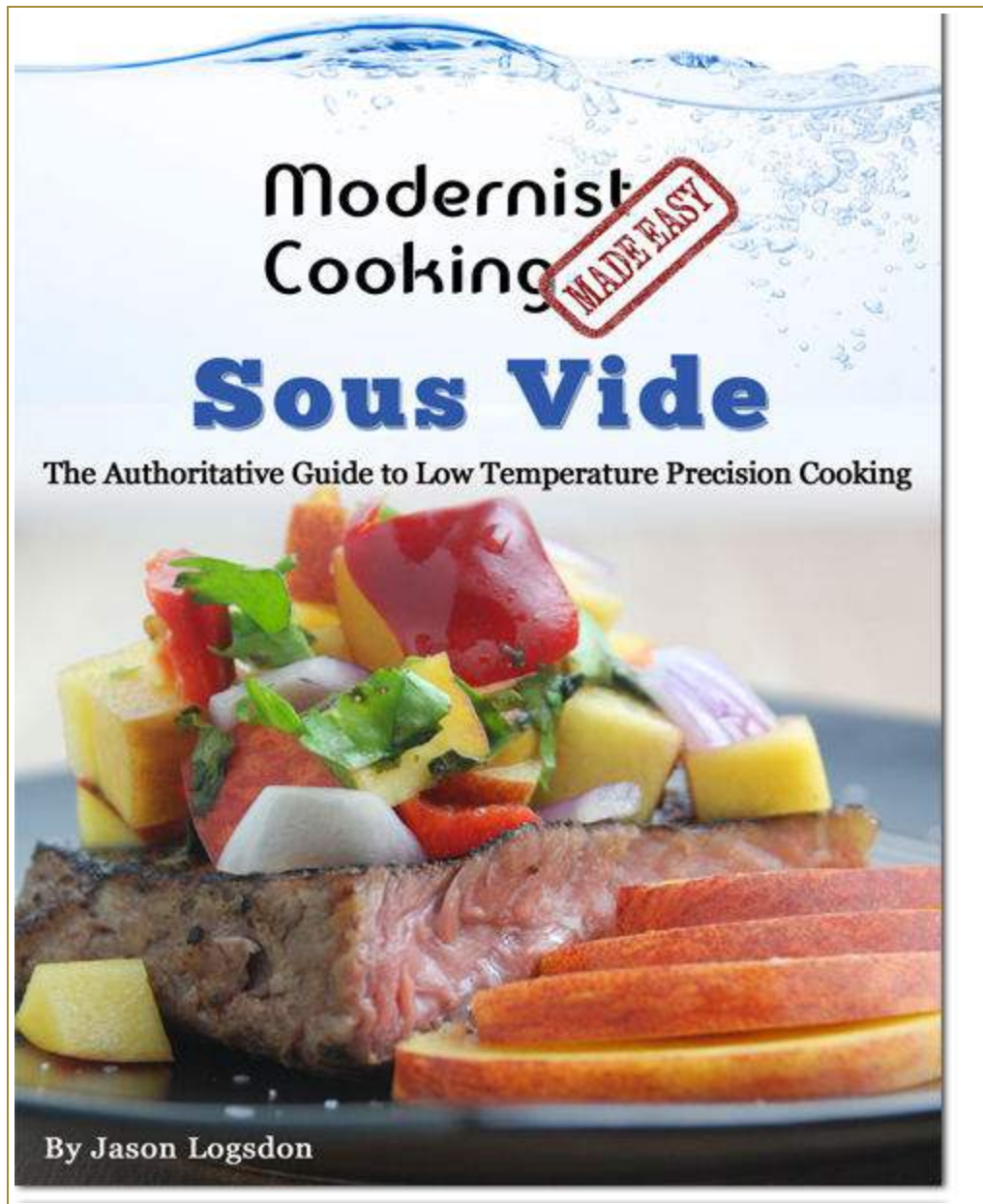
# Did You Enjoy This Book?

If you enjoyed this book check out my other books on sous vide and modernist cooking.

## Modernist Cooking Made Easy: Sous Vide

If you are looking for more information about the other modernist techniques then my first book is for you. It will give you the information you need to create gels, foams, emulsions, as well as teach you how to do spherification, thickening,

and sous vide cooking. It also has more than 80 easy-to-follow recipes to get you on your way.



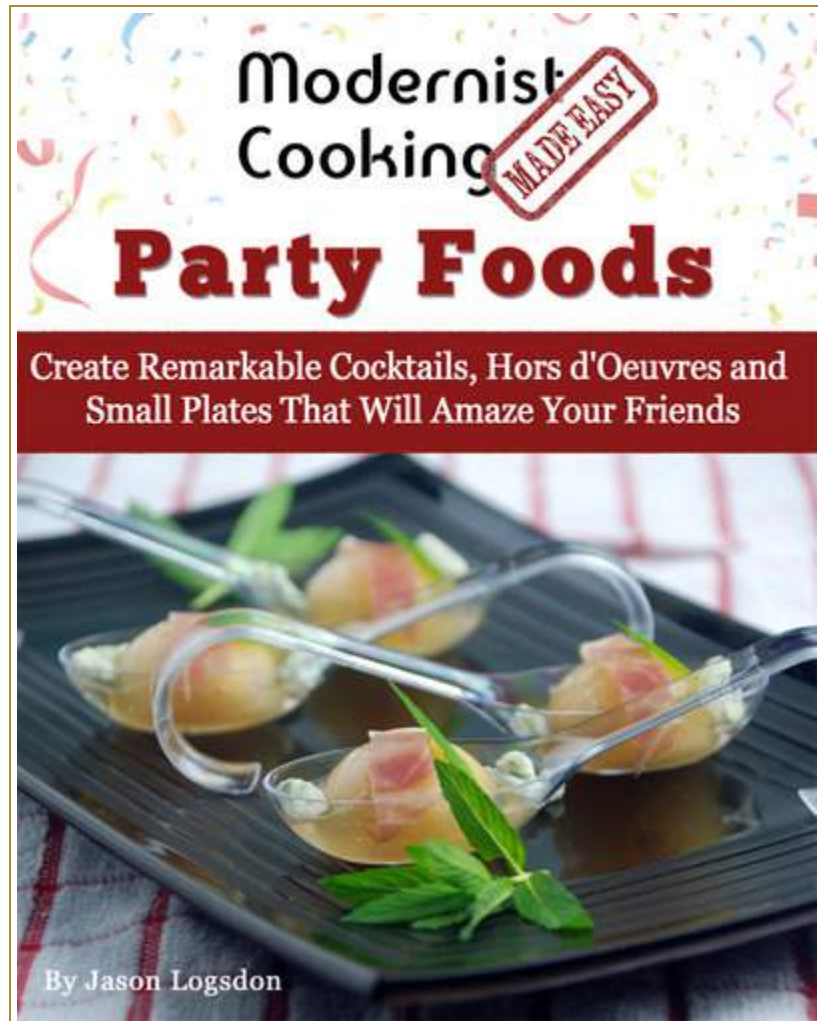
[Modernist Cooking Made Easy: Sous Vide](#)

## **Modernist Cooking Made Easy: Party Foods**

This book provides all the information you need to get started amazing your party guests with modernist cooking.

It is all presented in an easy to understand format along with more than 100 recipes that can be applied immediately to your next party.

[Modernist Cooking Made Easy: Party Foods](#)

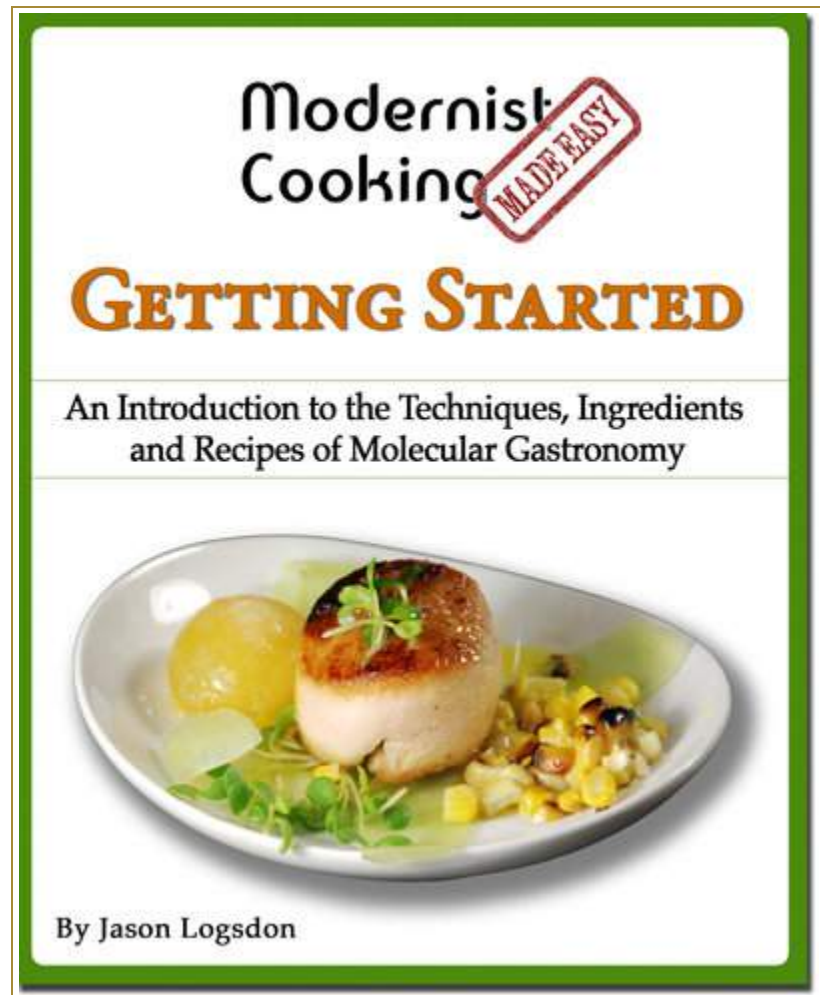


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[Modernist Cooking Made Easy: Getting Started](#)





## **Modernist Cooking Made Easy: The Whipping Siphon**

This book focuses on presenting the three main uses of the whipping siphon: Foaming, Infusing, and Carbonating. It delivers the information you need to understand how the techniques work and provides you with over 50 recipes to illustrate these techniques while allowing you to create great dishes using them.

[Modernist Cooking Made Easy: The Whipping Siphon](#)

Modernist  
Cooking

MADE EASY

## THE WHIPPING SIPHON

Create Unique Taste Sensations By Combining  
Modernist Techniques With This Versatile Tool



By Jason Logsdon

All books are available from Amazon.com as a paperback and Kindle book, on iTunes, and on BN.com.

# About the Author

Jason Logsdon is a passionate home cook, entrepreneur, and web developer. He helps cooks understand new modernist cooking techniques with easy-to-understand directions and recipes. He has a website and several books on sous vide and modernist cooking that are read by thousands of people every month



including Modernist Cooking Made Easy: Sous Vide, Modernist Cooking Made Easy: Party Foods, Sous Vide: Help for the Busy Cook, Modernist Cooking Made Easy: Getting Started, Sous Vide Grilling, Modernist Cooking Made Easy: The Whipping Siphon, and Beginning Sous Vide. His website is

[www.ModernistCookingMadeEasy.com](http://www.ModernistCookingMadeEasy.com) and Jason can be reached at [jason@modernistcookingmadeeasy.com](mailto:jason@modernistcookingmadeeasy.com) or through Twitter at [@jasonlogsdon\\_sv](https://twitter.com/jasonlogsdon_sv).