

## What you need to take this course...

### INGREDIENTS

We know that, in some countries, finding certain ingredients is quite difficult. We also understand that you might prefer to use ingredients different from the ones we use in this course. Therefore, we suggest some ingredient substitutions and even some alternative recipes with more common pastry ingredients.

Category	Ingredient	Brand (recommended)
<b>Cereals</b>	Oat flakes	
	Whole rice flour	
<b>Fats/oils</b>	Deodorized coconut oil	
	Olive oil	
<b>Sugars/fibers</b>	Powdered oligofructose (Oligofruct)	Sosa Ingredients
	Coconut sugar	
	Sugar	
	Native inulin (Inulin in cold)	Sosa Ingredients
<i>In each of the recipes that we use fibers (inulin and oligofructose), we indicate possible substitutions for both of them. We also share alternative recipes with more common and affordable ingredients.</i>		
<b>Cocoa products</b>	Cocoa powder	Felchlin
	Whole cocoa beans	
	Cocoa butter	Felchlin
	Cocoa nibs	Felchlin
	Cocoa mass	Felchlin

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Category	Ingredient	Brand (recommended)
<b>Fruits/liquids</b>		
	Water	
	Lime zest	
	Lemon zest	
	Fresh lime juice	
	Fresh lemon juice	
	Granny Smith apples	
<b>Eggs/dairy</b>		
	Egg whites	
	Eggs	
	Egg yolks	
	35 % whipping cream	Elle&Vire
<b>Nuts/seeds</b>		
	Whole hazelnuts (peeled)	
	Almond flour	
	Pure roasted almond paste	
	Pure pecan nut paste	
	Pure pistachio paste	
	Whole pecan nuts	
	Whole pistachios	
	Pumpkin seeds	
	Sunflower seeds	
<p><i>The pure nut pastes can be substituted with pastes made with whole nuts that have been ground in a food processor until a fine, semi-liquid texture is obtained. You can also put the paste in a conching machine to make it even smoother.</i></p>		
<b>Other ingredients</b>		
	Fleur de sel	
	Salt	
	Powdered citric acid	Sosa Ingredients

Category	Ingredient	Brand (recommended)
<b>Technical ingredients</b>		
<i>Gelling agents</i>	Acid Free pectin	Sosa Ingredients
	Pectin NH	Sosa Ingredients
	Agar-agar	Sosa Ingredients
	220 Bloom powdered gelatine	Sosa Ingredients
<i>Thickening agents</i>	Guar gum	Sosa Ingredients
<i>Emulsifying agents</i>	Citrus fiber emulsifier	Sosa Ingredients
	Powdered lecithin	Sosa Ingredients
<i>The citrus fiber emulsifier can be substituted for powdered or granulated lecithin.</i>		
<i>Foaming agents</i>	Powdered albumin (Albuwhip)	Sosa Ingredients
<i>Leavening agents</i>	Cream of tartar	Sosa Ingredients
	Baking powder	Sosa Ingredients
<b>Colorings</b>		
	Powdered black natural coloring (water-soluble)	Sosa Ingredients
	Powdered mint green natural coloring (water-soluble)	Sosa Ingredients

## What you need to take this course...

### PASTRY TOOLS AND EQUIPMENT

These are the tools, machines, and electronic devices that we use in the course. It is not necessary that you acquire this equipment, just that you understand their use. The indicated brands are simply suggestions. It does not mean that this equipment should be acquired specifically through these suppliers.

#### MACHINERY AND ELECTRONIC EQUIPMENT

These are the machines and electronic devices which we use throughout the course. It is not necessary for you to acquire this equipment, just that you know and understand their use and their exact references. The indicated brands are simply suggestions. It does not mean that this equipment should be acquired specifically through these suppliers.

#### Refrigeration

##### Fridge

Use: refrigerate and keep food products between 0 and 5 °C.

##### Freezer

Use: freeze food products up to -18 °C.

##### Blast freezer\*

Use: quickly blast freeze preparations and elaborations up to -30/-40 °C.

*\*A blast freezer is very useful for speeding up the freezing processes in pastry to obtain optimal results. If you do not have one available, a conventional freezer works just fine.*

#### Cook / Heat

##### Oven\*

Use: bake, roast or dry out preparations.

*\*A conventional fan oven can be used in the event that you do not have access to an industrial one.*

##### Microwave

Use: defrost or heat up ingredients or preparations.

##### Induction stove\*

Use: heat up or cook preparations

*\*A conventional stove can also be used.*

##### Heat gun

Use: heat something up or maintain temperature.

## Measuring equipment

### Pastry thermometer

Use: measure the temperature of ingredients, preparations and elaborations.

### Kitchen scale

Use: weigh ingredients and preparations.

## Food processors

### Standing mixer

Use: beat, whip, mix  
Reference: Chef XL Elite KVL6320S (Kenwood)

### Hand blender

Use: mix, emulsify  
Reference: Babyline (Bamix)

### Food processor\*

Use: blend and process food, make nut pastes

*\*There are many processors available on the market, like the Multipro Compact (Kenwood), or the Blixer Robot Coupe. We mainly use them to make nut pastes. If you do not have one available, you can simply buy a pre-made paste.*

### Conching machine\*

Use: mix, grind and refine chocolate or nut pastes  
Reference: Spectra 11 Mixer

*\*This machine is used to make bean-to-bar chocolate in one of the elaborations of MODULE 4. It is not necessary for you to have this machine, since any other type of chocolate can be used in its place for this recipe.*



precision scale



hand blender



blast freezer



standing mixer

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induction stove



food processor



refrigerator



oven



heat gun



Pastry thermometer



microwave

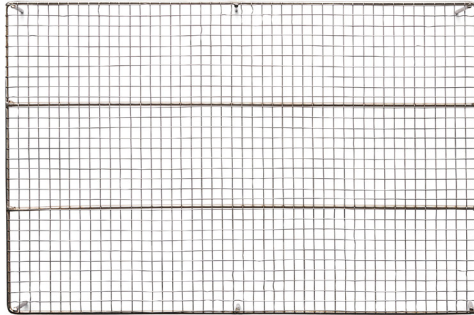


conching machine

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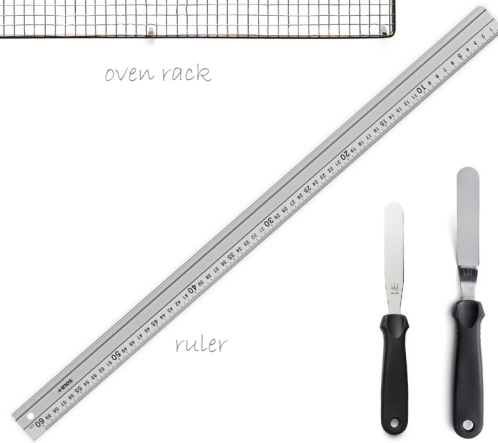
gastronorm container



oven rack



baking tray



ruler



spatulas



measuring cup

measuring jug



bowls



paper towels



dispenser



plastic "guitar"  
sheet



baking paper



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silicone spatula



Ladle spoon



heat resistant spatula



whisk



plastic dough scraper



chef's knife



paring  
knife



pastry brush



kitchen tweezers



pastry  
piping bags

pastry tip



fork



zester/Microplane®



cling film



rolling pin



acetate



small cooking  
pot



silicone mat



water spray