

Introductory course to the B-Concept method

*Embark yourself into the world of a
healthier, lighter, and tastier pastry*



Presentation

In this online course you will learn the keys to our vision of a healthier, lighter, and tastier pastry. This is a theoretical and practical course that will become a starting point to **understand the fundamentals of the B-Concept recipe formulation method.**

- ✓ Discover our key pastry ingredients.
- ✓ Learn the basics of the texture creating techniques.
- ✓ Discover the B-Concept method and the possibilities it offers you to have creative freedom.
- ✓ Learn to make 4 healthier, lighter, and tastier pastry elaborations.



Key features



100% online

Take this course from anywhere in the world



At your own pace

Organize yourself and take the course when and how you want to



Immediate access

Register and immediately access to enjoy the content



Downloadable recipe dossier

Download the PDF materials



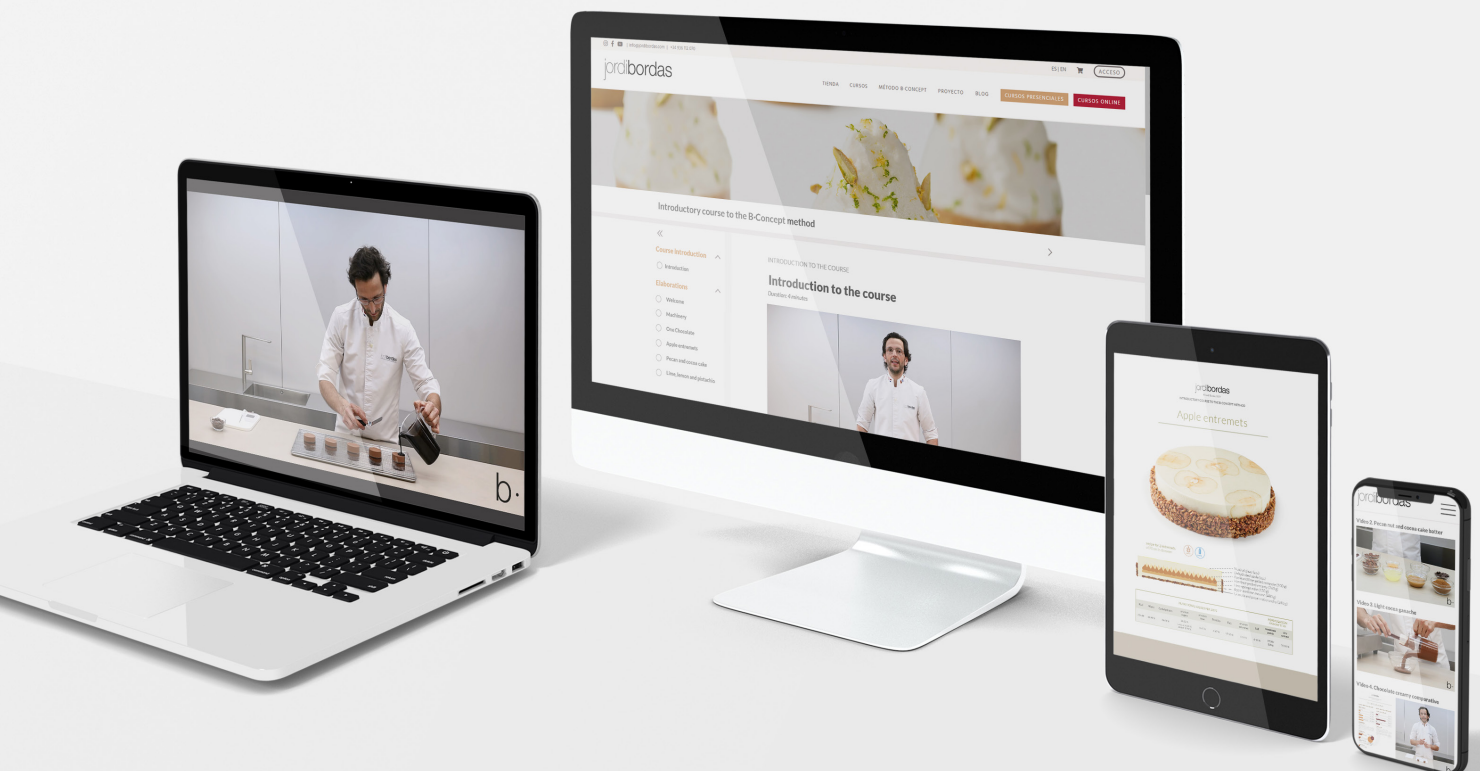
High-quality video lessons

8 hours of high-resolution videos



High-level training

Learn with Jordi Bordas, World Pastry Champion





Aimed at

This course is for you if you are passionate about pastry, if you work or would like to work in a pastry business, coffee shop, or hotel, or if you are engaged in the food sector R&D&i.

It is also for you if...

- ✓ You want to learn the **fundamentals** of the B-Concept pastry recipe method.
- ✓ You want to learn how to make a **healthier, lighter, and tastier pastry**.
- ✓ You want to discover the **key pastry ingredients** and the texture creating **techniques** so that you can adapt your classic recipes and create new elaborations.
- ✓ You want to discover **4 unique elaborations** created by Jordi Bordas.

Syllabus

This course is divided into two main parts; one is **theoretical** and the other one is **practical**:

In the theoretical part, we will introduce our **philosophy**, the **ingredients** we use in our recipes, the texture creating **techniques**, and the **step-by-step** B-Concept method.

Introduction to a healthier, lighter, and tastier pastry

Our key pastry ingredients

Introduction to the texture creating techniques

The step-by-step method


In the practical part, you will learn to elaborate **4 unique and different products**: a petit gâteau, an entremets, a travel cake, and a tartlet.

One chocolate

Apple entremets

Pecan and cocoa cake

Lime, lemon and pistachio tartlet



MODULE 1

Introduction to the B·Concept method

Introduction to a healthier, lighter, and tastier pastry

The course begins with a brief introduction of our work philosophy, which is mainly about making recipes with a good nutritional profile, easy to digest, and with a pleasant, clean, and defined flavor.

Our key pastry ingredients

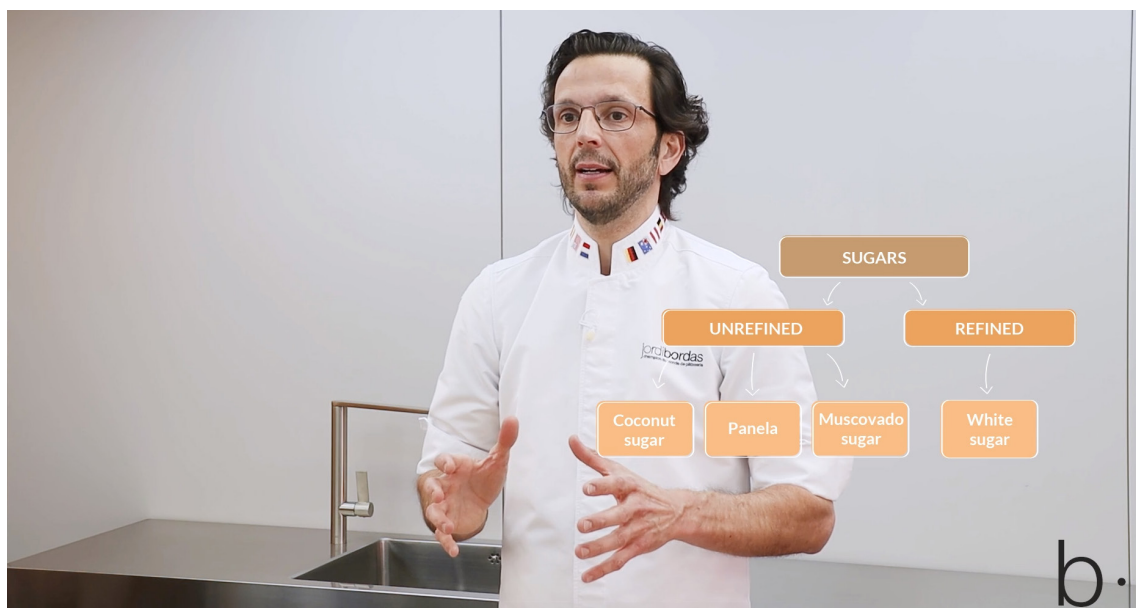
In this lesson you will discover the main ingredients that we work with, such as gluten free flours, unrefined sugars, eggs and dairy (and their alternatives), fats, and fibers.

Introduction to the texture creating techniques

Next, you will discover the basics of the four pastry texture creating techniques: emulsification, aeration, thickening, and gelation.

The step-by-step method

In this last theoretical lesson, you will make an approach to the B·Concept method 4 steps to formulate recipes from scratch.



MODULE 2

Pastry elaborations

One chocolate

A petit gâteau in which we made cocoa our protagonist by creating different textures in which we enhance its rich and tasty flavor.

Composed of a **cocoa sponge cake**, an **almond, cocoa and ChocoCoco crumble and crunchy**, a **cocoa creamy, gelée** and **mousse**. We gave it a final shiny touch with a **dark chocolate glaze** and decorated it with a cocoa bean.



Apple entremets

An entremets in which we worked with a pairing of apple and lime. The lime, provides a fresh touch, enhances the apple's flavor, and also gives an acidic touch by lowering the pH of the preparation in which it is used. We also worked with hazelnut to create a contrast between the refreshing acidic taste of the apple and a more neutral taste from the nut.

Composed of a **granola and pecan nut crunchy** at the bottom, a **lime sponge cake**, a **hazelnut praliné creamy**, an **apple and lime gelled compote**, an **apple and lime mousse**, and a decoration of very thin **apple slices**, a shiny glaze, and a granola "hoop".



MODULE 2

Pastry elaborations



Pecan and cocoa cake



A cake in which we worked with a cocoa bean from Ghana, very rich in flavor, in the form of cocoa paste and cocoa nibs. We also worked with pecan nuts, which give this preparation its characteristic flavor.

Starting from bottom to top, the different textures in this elaboration are a **pecan nut and cocoa cake batter**, a **light cocoa ganache**, a **pecan nut and chocolate coating**, and **candied pecan nuts**.

Lime, lemon and pistachio tartlet



A tartlet in which we worked with pistachio and two citrus fruits: lime and lemon. A perfect balance of neutral and acidic flavors.

On top of a **pistachio sablée**, we find a **pistachio cake batter**, a **lime and lemon creamy**, and a **meringue**. Finished with a decoration with lemon and lime zest and some chopped pistachios.



Downloadable materials

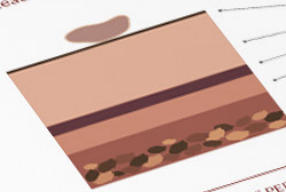
The course includes a 100-page PDF dossier with the course's theory and recipes.

jordibordas
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INTRODUCTORY COURSE TO THE B-CONCEPT METHOD

One chocolate



recipe for 12 petits gateaux



- Whole cocoa bean (q.s.)
- Dark glaze (0.5 g)
- Cocoa mousse (35 g)
- Cocoa gelée (15 g)
- Cocoa creamy (30 g)
- Cocoa sponge cake (20 g)
- Almond, cocoa and 7.5%
- ChocoCocoa crumbly (15 g)

NUTRITIONAL VALUES PER EACH PETIT GATEAUX 125 G						FORMULATION PARAMETERS				
Kcal	Water	Carbohydrates	of which sugars	of which fiber	Proteins	Fats	of which saturated	Salt	Sweetness points	Dry extract
342.89	62.58 g	30.45 g	15.10 g natural; 0.62 g added; 14.48 g	8.02 g	6.83 g	23.11 g	12.49 g	0.21 g		
274.31 /100 g	50.07 %	24.36 %	12.08 % natural; 0.50 % added; 11.58 %	6.42 %	5.46 %	18.49 %	9.99 %	0.17 %	12.54 / 100 g	49.93 %

INTRODUCTORY COURSE TO THE B-CONCEPT METHOD
MODULE 1. PASTRY AND CONFECTIONS
LESSON 1. ONE CHOCOLATE

One Chocolate

recipe for 12 petits gateaux

RECIPES

Cocoa sponge cake

- 117 g Water
- 65 g Olive oil
- 2 g Salt
- 33 g Coconut sugar 1
- 124 g Whole rice flour
- 148 g Eggs
- 46 g Cocoa powder

In a saucepan bring the water, olive oil, coconut sugar 1, and salt to a boil, stirring constantly. Add the flour and the cocoa powder and mix together using a spatula until a homogeneous dough is obtained. Transfer the dough into a standing mixer, with the coconut sugar 2 and whisk. Little by little, add the egg whites (and the albumin) for 3 minutes in the standing mixer, at a medium-high speed. Add the coconut sugar 2 and whisk until a homogeneous texture is obtained and store. When the mixture is ready, add the previous preparation for 7 more minutes, until light. Pour into the sponge cake frame on top of a tray lined with a parchment paper. Bake at 150 °C for 10 minutes in a ventilated oven. Let cool in the fridge, remove the frame cut 12 with a cutter and store in the fridge or freezer.

- 18.00 %
- 6.00 %
- 0.00 %
- 12.00 %
- 5.00 %
- 19.00 %
- 22.70 %
- 7.00 %

Depending on the coconut sugar that you use, the merge might vary. If this is the case, add 10 to 15 g to the recipe.

Registration

Your registration includes:

- ✓ Immediate access
- ✓ Downloadable material in PDF
- ✓ High-quality video lessons
- ✓ 8 hours of detailed recipe instructions
- ✓ 12 months access period



Price

300 € + taxes that are calculated upon the enrolment, depending on your country of residence.

The companies from European Union that have a valid VAT number and the residents of Canary Islands, Ceuta and Melilla, as well as residents of countries outside of the EU, are exempted from paying any taxes.

Enrollment and more information on our website:
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