

BASIC RECIPE FOR SALAD FOAM

using the example of tomato and rocket salad

Rocket foam:

Puree all the ingredients, with the exception of the SPUMA instant, then strain through a fine sieve. Stir in the SPUMA instant, pour the mixture into a 0.5 l cream whipper and shake well. Foam up with 1-2 chargers and leave to stand for 5-10 minutes.

Tomato foam:

Blend all the ingredients, with the exception of the SPUMA instant, to a fine puree then strain through a sieve. Stir in the SPUMA instant, pour the mixture into a 0.5 l cream whipper and close tightly. Foam up with 1-2 chargers and leave to stand for 5-10 minutes.

To serve:

Spray the foams one after the other in layers in dessert glasses then serve.

Recommendation:

The recipe is especially suitable for whipping in a food processor with a whisk when larger quantities are needed. Simply whip the mixture for approx. 15 minutes then portion into dessert glasses.



Serviervorschlag

Ingredients Rocket Salad Foam

100 g	Rocket
30 g	Fresh herbs
20 ml	Vinegar
50 ml	Olive oil
350 ml	Water
	Salt, pepper, sugar
8 g*	SPUMA instant

Ingredients Tomato Salad Foam

300 g	Ripe tomatoes
10 leaves	Basil
10 ml	Vinegar
30 ml	Olive oil
	Salt, pepper, sugar
150 ml	Water
8 g*	SPUMA instant

* 1 measuring spoon = 4 g

Nutrition facts per 100 g	
Energy/ Calories	311 kJ/ 74 kcal
Fat Of which saturates	6.1 g 0.9 g
Carbohydrates Of which sugars	2.7 g 2.6 g
Fibre	1.7 g
Protein	1.2 g
Salt	0.1 g