



# Daniel Roos

## *The Scandinavian Pastry Designer*

**Daniel Roos is no longer an unfamiliar name for professionals who want to be inspired by using the Internet on a regular basis. Without doubt many have visited his blog at some point. Years ago we came in contact with him through the social network. What started as a question by him to see if he could be featured in Pastry in Europe has grown to a beautiful and sincere friendship.**

We meet the chef-pâtissier in his atelier in the far corner of a very busy section of different venues that form the kitchen of restaurant Operakällaren. This historic restaurant has been the brainchild of the Swedish Gastronomy for over ten years, and was nominated as the best restaurant of Sweden last year. It is located directly across from the Royal Palace, to where the restaurant delivers. Better yet, Daniel, together with his colleagues, created the wedding cake for the heiress to the throne,

Princess Victoria and husband Daniel. The restaurant is part of a bigger establishment that revolves around the city's opera and houses four restaurants, a small but very secret private club, several banquet halls and the most popular nightclub of Stockholm. At 25 years old, Daniel already achieved the title of chef- pâtissier for this restaurant. Now, just four years later, we join him at his table.

While the first heavy snow is falling on Stockholm, Daniel tells us about his growing career. “When I was a young lad I started at the bakery department in a supermarket where we always baked our own bread. Since I wasn’t sure which direction I wanted to go, the chef advised me to take a pastry course. In 2000, after three years of training and one year of specializing I landed a job in a pastry shop. After a while, the chef-pâtissier moved to a typical summer restaurant and convinced me to go with him. A new world opened up for me; I had never made desserts but became passionate about it very quickly.” Afterwards he worked in several restaurants and pastry shops and each time Daniel climbed a step higher on the career ladder. “I really started to grow when I worked at restaurant Berns. It’s quite an old pastry shop, similar to this one with much pastry baking. I was asked to help the chef developing the desserts. To get inspired I bought many books, all second hand, as my small salary didn’t allow me to purchase new ones. Amazon.com took care of my inspirational needs. After that I quickly earned my first supervising position, although I was only 24 years old. Up to that point I had always been working for somebody else and now it was up to me to train other people. That was not easy.” Obviously Daniel must have done a much better job than he thought because within one year Daniel was

approached by chef Stefano Catenacci of Operakällaren and asked if he could become the chef- pâtissier for that restaurant.

### Competition

Although Daniel has more than a full time job in this famous restaurant, he also has his own business in consulting and is giving pastry classes. “I am a member of the National Pastry team of Sweden which requires that you have your own company so you can work commercially as well. Every member of the team is committed for four years and it’s expected that you give it your all. In the time leading up to an important competition it is not uncommon to work an extra twenty hours per week. It is definitely worth it. We always finish in the top three and are almost daily on Swedish television. The companies where team members work are very understanding and are generous in giving time off. After all it’s very good advertising for their companies.” The budgets they work with are phenomenal. They have their own Public Relations department and their employees receive extended media training. Even Electrolux has built a special training facility. “Once you are part of the team you can be assured that you will be at the top in your country and everyone will know you. I have signed a contract until 2012, so Erfurt, Germany, will be my last competition.”





inspiration. “You must think like a child with the eyes of a chef, open and naive. Never say that something doesn’t work or is impossible to do. Some ideas come to you in every day life. The world has a lot of beauty to offer. Even flowers or scientific forms can lead to a creation.” If they have an idea it’s up to Igor and Xabier to make it happen. They have access to a flavour bank of more than fourteen hundred ingredients. Each ingredient has been tested for taste, origin and other qualities. They can even find a flavour in the computer. There will be a time when Elena will follow in her father’s footsteps but she hasn’t finished learning. “I worked many years in good restaurants and afterwards with my father. I am brought up with his way of thinking, but I am not his clone. I learn every day and so does he. His energy at sixty-eight is unbelievable. I am twenty-seven and find it difficult to keep up with him sometimes.” The flavours at Arzak are respectful of the Basque tradition but absolutely not traditional. It is a combination of flavours, textures and ideas. To summarize, our trip was worthwhile.

### *Moon Stone*

**Ingredients:** Yuzu powder (Yuzu is Japanese fruit)

**For the moonstones:** 480 g orange juice, 4.8 g Xantana, 50 g orange liqueur, 100 g sugar.

**For the outer layer of the moonstones:** 60 g toasted bread crumbs, 50 g milk chocolate, 200 g cocoa butter.

**For the moonsand:** 30 g burnt white sesame seed, 200 g sugar.

**For red wine bouillon:** 100 ml red wine, 10 g soya sauce, 20 g sugar, 0.5 g Xantana.

For the moonstones combine required ingredients to a smooth mixture. Carefully spoon some dots in liquid nitrogen and “deep-fry” for 15 seconds. Put in the freezer. For the outside layer, heat chocolate and cocoa butter to 50°C/120°F and add breadcrumbs. Stick the frozen moonstones on a needle and pull through the chocolate mixture. Keep moonstones in the fridge so the inside will thaw. For the moonsand, grind sesame seed and sugar to a fine powder. For the bouillon, mix required ingredients and allow to rest well before use. Use a black plate and create a moon landscape with moon-sand. Form some small craters and fill with bouillon. Place some moonstones in the sand and sprinkle with yuzu powder.

### *Chocolate and coloured crystals*

*For little galettes (thin crisps) of red cabbage:* 165 g sliced red cabbage, 200 ml water, 200 g sugar, 70 g sugar, 3.5 g Xantana.

*For little galettes of milk:* 200 ml milk (half and half), 70 g sugar, 3 g Xantana, freeze dried red beet powder, parsley and tomato.

*For pumpkin galettes:* 200 ml pumpkin juice, 2 g Xantana, 20 g sugar.

*For chocolate mousse with tonka:* 200 g bitter chocolate, 30 g butter, 4 egg yolks, 50 g sugar, 30 g cream, 1 gelatin leaf, 10 cardamom seeds, half a grated tonkabean.

*For the garlic and vanilla sauce:* 200 ml water, marrow of half a vanilla bean, 50 g sugar, juice of half a lime, 1 clove of garlic, 0.2 g Xantana.

*For small cocoa cubes:* 50 g bread croutons, 100 ml water, 20 g cocoa powder, 20 g sugar.

For the red cabbage galettes, bring 65 g of the vegetables to a boil in 200 ml water until done, pass through a sieve and keep the liquid. Blanch the rest of the vegetables and make a puree. Mix 110 g puree with 90 g of the liquid and add rest of the ingredients. Place galettes on a silicon pad, and dry in the oven at 60°C/140°F until crunchy. For the milk galettes, mix the ingredients, except the freeze-dried powder. Put galettes on a silicone pad, sprinkle with the powders and dry in the oven at 60°C/140°F until galettes are crunchy. For the pumpkin galettes, mix all ingredients and prepare as described before. For the mousse, heat cardamom seeds and the grated tonka bean, dissolve the soaked gelatin in it and pass through a sieve. Melt chocolate and butter, mix with the egg yolks and tonka cream. Beat egg whites and sugar and stir egg whites with a spatula through the chocolate mixture. Refrigerate for 3 hours until set. Smoke chocolate mousse cold for 5 minutes in a smoker. For the sauce cook ingredients sous vide in a warm water bath at 65°C/150°F for 2 hours. Pass sauce through a sieve. For the chocolate cubes bring water, sugar and cocoa powder to a boil. Pour on croutons and mix carefully. Drain croutons and dry in the oven at 65°C/150°F until crunchy. Serve dots of chocolate mousse on a plate and decorate with galettes. Garnish with chocolate cubes and sauce.



# *From wheat*

A photograph showing two green plastic buckets filled with wheat grain, resting on a wooden floor. In the background, there are several large white sacks, likely containing more grain.

Flour and bread have been here since Adam and Eve. Thousands of years ago farmers cultivated the land with grain. Mills powered by water appeared to mill the grain. Bread was basic food long before it turned into art. Over the years, much has changed, cultivating and milling have commercialized. Fortunately we can still find the odd farmer who resists this industrial revolution.

# *to flour*

A close-up photograph of a bag of flour. The bag is white with an orange band across the middle. The label on the orange band reads 'moulin andré ARNET' in white text. Below the label, there is some smaller text including '57720 - Volmunster' and a phone number '03 87 98 7...'. The background is slightly blurred, showing more of the bag and some other items.



From left to right: T45, T55, T65, T80 en T150

Bread seems a simple thing. Water, flour, yeast, a dash of salt. .... Sometimes we forget that bread is a living substance that carries many elements. One of the elements is the flour. Flour is highly regulated in many countries and people know it only as “flour”. That’s the same in recipes. However when you go to a supermarket in France, even a small and simple one, you’ll have a choice between T45 and T55. Does this sound complicated? We found the answer in Lotharingen, the most northeastern section of France.

### **Eight generations**

The flour used in bread and pâtisserie is soft wheat, coming from the variety *Triticum Savitum*. The flour is milled in a variety of ways and that defines the different baking qualities. We won’t go into cultivation details, but straight to authentic miller André Arnet, who lives in Volmunster, close to Sarreguemines at the German border. The watermill

was built in the 18th century and at that time would mill three raw materials: flour, oil and calcium. That has changed because now we only find wheat in the mill. What didn’t change is the constant streaming water from the Schwalb where the mill gets its energy.

On the outside it looks like a very ordinary building, but inside we are impressed with the very complex machinery, most of it built from wood. We have been to this mill before when we did a chef’s profile on Jean-Georges Klein. We kept our promise to return which made André very happy. For him it’s not a job but a passion. “I took the mill over from my father in 1980. I am the third generation but my family has been milling for eight generations.” This knowledge has been passed on seven times from father to son. No doubt André knows a lot about the history of the mill that was built centuries ago. Obviously we are at the right place.



### A lively substance

The production area is totally white, everything is covered in white powder including his staff. Three copper kettles are continuously steaming. They are a large part of the process cooking the syrup, the basis of the candy. Christian: “Nothing is better than copper. It is a perfect heat conductor, but copper also enhances the taste of sugar. We have done a lot of tests with inox (stainless steel) steam boilers, but that doesn’t give the same result, so we keep doing it the old fashioned way.”

The sugar is very important as well. Christian uses the purest sugar SKI. The sugar is boiled with water at about 130°C/265°F or 135°C/275°F. The right temperature depends on the weather. “When it’s warm the sugar is cooked less, but when it’s damp the sugar has to cook longer. It goes more or less by instinct.” During that process the foam on the syrup is removed to get rid of impurities. In the confiserie business this foam is called milk.

Now it’s time to add the glucose followed by Arabic gum. Christian wants to keep the timing of adding the Arabic gum a big secret, “otherwise everyone will copy us.” Apparently the timing is of utmost importance. “Our Arabic gum comes from Kenya, we use the A1, the whitest and the best.” The gum is a story on its own. Our host tells us that you should always work with the same producer, since he knows the quality of his harvest best. However it does seem to differ every year. Arabic gum is a lively substance and sometimes is stronger one year than the other. This means you have to adapt your recipes, and that requires a certain skill. Some manufacturers use gelatine, something he doesn’t even want to think about.

### Warm chamber

The foam is once more removed before adding colouring and flavours. Christian uses natural and generic flavours. Why? “It’s a matter of price. Take the violet. If I would use the natural violet flavour, my cuberdons would become very expensive and nobody would buy them, but if a customer wants it, I will use it, we work à la carte!”

The cuberdons get their shape in the moulding machines that have wooden forms filled with a mixture of talcum powder and starch. The syrup is poured in the machine and then sprinkled with talcum powder and starch; this is to prevent the syrup coming in contact with air. The stacked forms go to a warm chamber. A warm chamber? “People think that the filling is injected into the cuberdons, but it’s really a drying process. Now another secret of the process is revealed: the talcum/starch combination. “I have developed my own recipe”. The drying chamber has a temperature of 55-60°C/130-140°F; it takes 6 days for the cuberdons to be ready. There has to be an evenly coated sugar crust on the outside while the inside stays soft.

### More than thirty flavours

We start to understand why there are few confiseurs making cuberdons: it is a delicate process that takes about seventeen days to do. It’s not easy to make candies that require a lot of control. “The heat takes care of the crust but more important is the air. The candy would start to crystallize if it comes in contact with air during the drying process.” Once the cuberdons are processed the powder is removed. This happens with a pressure gun and that’s why everyone and everything looks white here. Once done Christian wraps them immediately. Some businesses spread egg white on the candy to get a shiny effect, but Christian wants his candies to look authentic.





### *Dôme Blanche*

Evolution of the classic Dame Blanche

*Emotion: Nostalgia*

The most popular dessert of the last twenty years is actually an interpretation of the original one from Escoffier. The Dame Blanche as the general public knows it consists of vanilla ice cream and warm chocolate sauce, often garnished with a crunchy ice cream cookie, some candied nuts and of course, whipped cream.

With the techniques and knowledge we have today we can put new life in this old timer and reconstruct it to a top-notch dessert with many surprising elements. The large white ball (Dôme) is made with ultra thin white chocolate and melts almost immediately when warm chocolate is poured on it. The top will split open revealing creamy vanilla parfait and coffee crumble. The combination with ice-cold chocolate powder on the bottom of the plate will make this a spectacular dessert. As an extra we made a bouillon of dark chocolate that you drink with a vanilla straw, so really you are drinking a Dame Blanche!

### *Chocolate-whisk*

Chocolate mousse on a whisk

*Emotion: Youth sentiment*

For decades we have served chocolate mousse the same classic way. Put on a plate, piped, or as a quenelle. Boring and predictable but it can be much more exciting. I am sure that all kids with mothers or grandmothers, who liked cooking, have at some point begged mom or grandma to lick the whisks full of chocolate mousse or whipped cream. That was a great inspiration for us to create something new. Make a classic chocolate mousse and dip some nice small delicate whisks in it with lots of mousse hanging on to it. Finish with crunchy garnish like freeze-dried raspberries, puffed rice with white chocolate and cocoa crumble.





## Milk

In this section milk is used as the base, an important ingredient of many desserts and pâtisserie, but rarely does this ingredient play a leading role. We threw ourselves deeper into the matter of milk and concentrated on fresh milk and the opposite of that, the condensed milk. Milk belongs to daily consumption and has a steady place at the breakfast and luncheon table. This makes milk quite ordinary and nothing exciting. But because of all the developments and changes over the years numerous possibilities have opened up. Several new techniques are part of the recipes below and where necessary additional information has been added. Besides that, we have looked at typical applications of different serving methods of milk through the eyes of a food designer and have added an inspirational touch. It might not always be suitable for consumption but it changes your thinking patterns. A good starting point for something new!

## Sixth Sense

Hot milk with anise is like a Band-Aid for many small children's grief. It is supposed to help for stomach aches, flu, colds or insomnia. It is a cube of anise, dissolved in warm milk. The warm milk becomes sweet and has the aroma and smell of anise. When we were making this concoction for our application it brought back memories for everyone. It was a great way to start a new idea as youth sentiment brings out a lot in people. Of course it would be quite difficult to serve warm milk in a restaurant so we decided to reconstruct this classic. We reversed it and choose to have warm anise with ice-cold milk. A small plate is filled with a soft warm jelly made with infused star anise. The ice is prepared with milk and crème fraiche and sweetened with condensed milk instead of sugar. For garnish we choose anise flowers and milk paper. Two main ingredients that are complex in flavour and structure.

### Star Anise jelly

**Ingredients:** 400 ml water, 8 pieces of star anise, 50 g sugar, 3 g agar-agar.

Bring water and star anise to a boil. Take off the heat, cover with foil and let stand to infuse for at least 2 hours. Pour through a fine mesh sieve. Take 350 ml from the infusion, heat with sugar and agar-agar and dissolve well. Pour in deep bowls and cool. Re-heat under heating lamp and finish with milk sorbet. (recipe below). Garnish with anise flowers and a piece of milk paper (see below).

## Surrogate

This is the design method where we replace one ingredient with another. For example, in savoury dishes we can replace pepper with watercress, radish or wasabi to keep it spicy and also add other flavours. Here we use a combination of milk and sugar as a replacement of sugar and milk fat.

### Milk sorbet with sugar and condensed milk

Most ice creams are sweetened with sugar, dextrose, glucose, invert sugar or a combination of different ingredients. In this recipe we only use two: fresh milk and condensed milk. It's in ideal combination and together with the gelatin it creates a smooth melting process.

**Ingredients:** 500 ml fresh milk, 500 ml condensed milk with sugar (45%) 250 ml crème fraiche, 5 g gelatin leaves.

Heat the fresh milk and dissolve the cold soaked gelatin in it. Add the rest of the ingredients and mix well with a hand held blender. Pour in a Paco or Frix beaker and freeze. Process as ice cream.



### ***Chocolate milk cookies***

Very easy to make and the taste of the cookies will remind you of classic tuiles. Use as garnish or just as a cookie. By dipping them in chocolate you have the combination of milk and chocolate that resembles chocolate milk.

Take condensed milk and mix with 10-15% flour to make a batter like a strong tuile batter. Using a template spread batter on baking sheet and bake in the oven at 180°C/355°F. Let cool, dip half of it in dark chocolate and set aside to harden.





The evolution continued and many other kinds of waffles came on the market, like honey cakes that were two waffles with a layer of honey in between. This batter was the start of the waffle we eat today. The recipe was refined and improved. At MAX the same recipe has been used by five generations of bakers. As important as the recipe is the waffle iron. Yves: "A waffle iron is the same for us as a hammer for a carpenter. The first ones had long handles because the waffles were baked on the embers of a wood fire. Later the handles became shorter."

### **The irons**

Our master moves away from the table and returns with a painting of Anton Pieck, a famous Dutch painter and artist (1895-1987). The painting shows a waffle baker sitting on a little stool baking waffles on a wood fire. "I assume this was the store of my grandfather," says our host and continues his story. "Waffles baked on wood fires are a delicate business and require real skill. It took about one and a half minutes to bake one. Later they started to use heavier steel. Wood fire was replaced by gas. The first waffle irons had about forty little squares, the second version still has twenty." At MAX's store everyone can look inside and see the bakers in action. The whole store is furnished with items from the past that have been well maintained over the years. Through beautiful Art Nouveau French doors we can see original waffle irons that are a

century old. According to our chef it is just a matter of good maintenance. When the waffles are baked the irons are about 250°C/480°F. It demands excellent skill to make them perfect. Yves has that skill in his genes; he explains how a perfect waffle should look: "A waffle should be golden brown and crispy. Another characteristic of a Brussels waffle is that it is very thin and almost transparent. The variety made in Liege is somewhat thicker but has to have a nice colour. Sometimes you find these at fairs or at stands at the beach, but the quality is often horrible. Black pieces on the waffle show that the irons have been badly maintained. "When you make pancakes the last ones are always better than the first ones, that is the same for waffles. The best waffles come after you have baked a few because the irons will have the right temperature. This is why we bake waffles continuously for a few hours a day as you must keep baking." We think that it never smells good near waffle stands, as it smells like artificial vanilla. Strange, since you will soon discover waffles do not contain any vanilla.

### **The waffle from Brussels and Liege**

While Yves passionately tells us his waffle stories, he shows us pictures from the famous past of his family. We see yellowed black and white pictures with enormous stands, which had wood fires in the centre where waffles were baked. On the sides where little booths were guests



could sit. The stand was nicely finished and the hosts would be dressed in suit and tie. If you think waffles were for everyone, you are wrong. These were delicacies for the elite; only nobility and the rich could afford these delicacies. “Compare waffles with caviar today. Ingredients of the waffle, like eggs and sugar, were scarce and expensive. The rich would arrive in a carriage and would spend several hours enjoying a drink and a waffle. It was only on special occasions, like a baptism, or communion, that ordinary people would sit and enjoy a waffle. Fortunately that was in the past.” After the war the waffle was also available for the general public. But why did the Brussels’ waffle originate in Gent (Belgium)? “We are really people from Gent and the reason why it is called a Brussels’ waffle and not a Gent’s waffle is simple. As mentioned before the waffle was a very luxurious product. The name was invented by my great-grandfather for commercial reasons. Gent was a true city of average people and not as posh as the rich capital of Brussels. A product from this city was always considered better because it was associated with class. Besides that it sounded great in French.”

We also have the Liege waffle; this recipe might be even older than the Brussels variety. There are some distinct differences between both waffles. The Brussels waffle consists of a batter, whereas the Liege waffle consists more of dough. This also changes the form. The Brussels waffle

is very straight and measures exactly 16 x 18 cm with 20 little squares. The Liege waffle is baked in an iron with 24 little squares. Hard to miss are the big pieces of pearl sugar in the latter, whereas the other one doesn’t contain any sugar. The Brussels waffle is almost fat free and only weighs 110 grams. “The people from Liege have a sweet tooth, but strangely enough my family sold most of the Brussels waffles in Liege.” It has to be said that Yves is not keen on baking Liege waffles. “The sugar in the batter caramelizes and this has an effect on the irons.”

### **Serving**

Over the years eating of waffles has changed a lot. In the past one would eat the Brussels waffle with butter only. The waffle was saturated with it. “My grandmother told us that she would use regular margarine instead of expensive butter and nobody minded that. But don’t worry, we now use delicious butter. Another classic way of serving is to put a dot of whipped cream in each little square.” At MAX people can now choose different garnishes such as whipped cream, ice cream, fruit and so on. However for Yves a waffle with creamy butter is by far the best.

We go to the kitchen to see all the action. Yves heats his irons well in advance because, as said before, they have to be really hot. We start making the Liege waffle.



### *Tum Tum*

For me tum tums are sentimental and bring back memories of my childhood. Every Sunday we would visit my grandpa in a care home where he always had a bag of tum tums with some pop waiting for my brother and me on the old tablecloth. Nice story but let's get back to the techniques. What many people don't know is that gelatin is not just used as a binder in mousse, but when heated long enough it transforms into a tough almost non-reversible gel, something we see in marshmallows for example. Many people don't expect the gelatin to create these candies. To make the tum tums especially appealing we serve them with musket drops of Valrhona chocolate (80%).

**Ingredients:** 150 g gelatin powder, 1050 g liquid (i.e. champagne, fruit juice, coulis), 1000 g glucose syrup, 750 g sugar, 400 g liquid, 10 g tartaric acid.

Combine the gelatin powder with 350 g liquid and cook sous vide until done in a warm water bath for 30 minutes at 60°C/140°F. Bring glucose syrup, sugar, 400 g liquid and the tartaric acid to 124°C/255°F. Cool down to 100°C/212°F. Mix with the rest of the liquid and gelatin and pour in desired forms. Let set completely, loosen tum tums and serve with the musket chocolates.

### *Peppermints with thanks to \*\*\*Jonnie Boer (Michelin star restaurant owner)*

Peppermint is one of our most popular candies. They are often used after dinner to get rid of a garlic taste or just to refresh your palate. The trick is to get a nice crystallized mixture, contrary to fudge where the mixture has to be creamy and smooth. Peppermint is supposed to be hard and coarse, while the sugars melt quickly in your mouth. Always use the purest oil to make peppermint, which will be a challenge to find locally. The better the quality the better the result.

**Ingredients:** 1750 g crystal sugar, 600 g water, 50 g glucose syrup, 600 g icing sugar, 7.5 g peppermint oil (there are different kinds, depending on intensity).

Mix the sugar, water and glucose syrup and heat slowly to 121°C/250°F. Sift icing sugar and as soon as the sugar water has reached its temperature, add icing sugar at once. Stir well and add the peppermint oil. Immediately pour mixture on a flat surface that is dusted with icing sugar. Allow to harden and break into pieces.



### *Pâte de Fruit*

This is the first of a few classic French candies. Contrary to the tum tum this is not a jelly based on gelatin. The pâte is thickened with yellow pectin. There are many kinds of pectin, but for strong results the yellow pectin is the best. Pectin requires two steps to obtain thickening: to be heated to a minimum of 105°C/220°F and by adding an acid.

**Ingredients: 500 g fruit puree (10% sugar), 550 g sugar, 75 g glucose syrup, 15 g yellow pectin, 10 g lemon acid.**

Slowly heat the fruit puree with 500 g sugar and glucose syrup and in the meantime mix dry pectin with 50 g sugar to avoid lumps. Add to the hot puree and mix thoroughly. Heat to 107°C/225°F, deglaze with lemon acid and pour immediately in the desired forms. Allow to harden, cut in cubes and roll through crystal sugar.

### *Balls of Fire*

It's my interpretation of the old-fashioned fireball. If you take an overdose of different flavours you will experience something different. An overdose of basil gives the flavour of cloves. In the case of cinnamon you get the spicy flavour of a fireball. The developers of this candy don't have an extensive culinary background and for economic reasons didn't use the more expensive cinnamon. They chose the much cheaper variety called cassia. I wouldn't be myself if I didn't go for the best ingredients, so in this recipe I used the expensive cinnamon. Make sure that you open the structure of the cinnamon. This will give a much quicker and better taste since opening will enhance the flavour in the water.

Because of the fact that natural water doesn't contain any sugar we have to compensate with doubling the amount of sugar. The recipe and the process of it is the same as for the pâte de fruit. After cooking and adding lemon acid we use some red colouring to enhance the fireball effect. Pour mixture in small round moulds and once jelled pull through crystal sugar.

