Spherical Yogurt with Strawberry Coulis

This is a fun recipe to try using molecular gastronomy. The yogurt are made into almost spheres that pops.

This is one of the most fun thing I have ever done in my kitchen…as you might know (or not), I am a Pharm.D/biochemist by training, therefore I feel very comfortable in the lab, so when I heard about molecular gastronomy I was like “I need to try this…how come I have never thought of using my lab skills in the kitchen?” Anyway, to make the long story short, I did some reading through the internet and got myself some edible “reagents” and today I am so excited because I am sharing with you my very first “experiment”. I am expecting more “reagents”

therefore I will have more posts to share in the future.

If you are interested, you can read all about molecular gastronomy by searching the internet, which by the way, I still do not understand why it is called this way, since every method done in the cooking process requires change of molecules.

This recipe is very simple, it is adapted from here with lots of changes…in spite of the recipe calling for plain yogurt, specifically not to use non-fat or low fat yogurt, claiming that fat-free or low fat yogurt contain less calcium, which is critical for this recipe. I went ahead and still used fat free yogurt. I personally don't think that the calcium content of whole yogurt and non-fat yogurt would be that different being that calcium is water soluble and not fat soluble. Moreover, the difference in these yogurts should be the content of fat and not calcium.

Well, it was very interesting…when eating these spherical yogurt you feel the pop and a thin gelatinous membrane, almost like the salmon roes in sushi or the little balls filled with juices at frozen yogurt store.

Oh! One more thing…this method is called Reverse Spherification.

Ingredients:

Alginate Bath

200 ml of filtered water
1 g sodium alginate

1 cup non-fat yogurt

Method:

Prepare the alginate bath by mixing the sodium alginate in water, until the sodium alginate is totally dissolved. You can use an immersion blender. Once the sodium alginate is dissolved, let the solution rest in the refrigerator for approximately 24 hours or until all the air bubbles disappear.

When ready to start the process of spherification, place the sodium alginate solution in a bowl and in another bowl place clean and filtered water.

Scoop the yogurt using a half sphere measuring spoon and carefully pour it into the alginate bath. Make sure that the yogurt spheres do not touch otherwise they will stick together (which I experienced)

Leave the yogurt spheres in the alginate bath for about 2 minutes and carefully remove them using a slotted spoon.

Place the yogurt spheres in the clean water bath. Remove the yogurt spheres and serve with fruit salad, or berry coulis.

I served my yogurt spheres with strawberry coulis.

I hope you enjoyed this fun recipe…for more Molecular Gastronomy recipe please look here.

Did you know that spherification is the process of shaping liquid in spheres by a thin gelatinous membrane? The main “reaction” is the forming of the gelatinous membrane by combining alginate and calcium.

Thank you for stopping by Simple Recipes [dot]me….have a colorful day!