

ALTERNATIVE METHODS OF COOKING FONDANT

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Introduction. The current range of dishes in restaurant business establishments is constantly expanding. However, very often after the appearance of new dishes, their inventors searching complete creative in flavors of the dishes not offered by modifying the options of using alternative raw materials but immediately engaged in developing new dishes. Increasing demand among different consumer groups in restaurant services. Desserts, are becoming ever.

One of the most popular is Fondant au chocolat. Fondant au chocolat is a famous French dessert that becomes increasingly popular in establishments of restaurant business around the world. Fondant was invented in 1981 in the province of Aubrac in Aveyron, located in the heart of France. The author was the famous French dessert chef Lahiyol, a winner of 3 Michelin stars, the highest culinary awards, Michel Bras. Under creation of his fondant the chef with his subordinates been working for more than two years. The main task and the idea was to create a dish that would be soft liquid inside and crispy "biscuit-eine".

This gentle, chocolate dessert of classical cooking combines the filling - chocolate ganache cream, which is freezing in the freezer, then it is added to form inside the biscuit dough and is baked for five minutes. Classical ingredients to preparing fondant are: dark chocolate, butter, flour, cocoa, eggs and sugar. It is relevant today to use the alternative methods of preparation fondant. Along with creation of freezing-cream ganache, it's possible immediately to prepare of homogeneous dough one, needs only to choose the right temperature and the baking time, there is also a practice of using white chocolate instead of black one and modern scientific developments of fondant cooking with rice, oatmeal and almond flour. During the research it was decided to develop a recipe of white fondant consisting of rice flour, cocoa butter and condensed milk.

The implementation to replace wheat flour with rice flour allows to use this type of confectionery products for patients with celiac disease, due to the fact that protein of rice flour does not contain gluten - protein that causes a toxic reaction in patients with celiac enteropathy. As for place biological value, protein (7-10%) and high starch content (66-70%), rice flour ranks the first among other cereal flours. Rice flour is a good thickener, has a high ability of swelling, is the source of a wide range of natural trace elements, vitamins and minerals such as sodium, potassium, zinc, magnesium, phosphorus; vitamins B1, B2, PP; amylopectin, a significant amount of starch, easily digestible by a human body; a small amount of fiber (1%); mono- and disaccharides (0.4%). In rice flour there is silicon, which promotes metabolic processes in the human body. In addition, it contains a large number of biotin, which has important medical and biological significance. Rice flour is used in the treatment of chronic enterocolitis and cardiovascular diseases.

Despite the granular structure, breads, cookies and muffins are certain to be cooked tasty and crispy. Cocoa butter in composition is rich in minerals, vegetable protein, carbohydrates, fats, fiber, starch, sugars, amino acids (oleic, stearic and linoleic acid), vitamins (beta-carotene, B, A, PP, E), folic acid, minerals (fluorine, manganese, molybdenum, copper, zinc, iron, sulfur, chlorine, phosphorus, potassium, sodium, magnesium, calcium) as well as antioxidants and organic active compounds of natural origin, and has a positive effect on the human body. Condensed milk in composition is rich in minerals (sodium, potassium, calcium, phosphorus), proteins, fats and carbohydrates.

Conclusions. Thus, diversification of raw materials for fondant will improve or modify the organoleptic quality indicators of the dessert, such as taste, flavour, color, appearance and perfed the nutritional and biological value of dessert. Therefore, it is reasonable to the experimental research and develop the technical documentation for new types of fondant desserts with alternative raw materials.

References:

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