

How to make spheres with a liquid middle

INDIRECT METHOD

BALL WITH LIQUID INSIDE

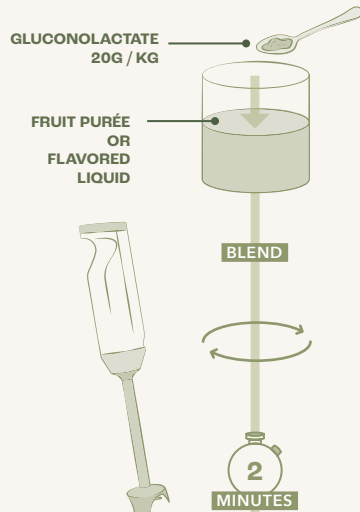
TECHNIQUE USING GLUCONOLACTATE AND ALGINATE

Tips

For both methods
To stop air bubbles forming, you can put your mixture in a sous-vide. To prevent the balls from drying out, we recommend storing them in a liquid or stock once they have been made.



GLUCONOLACTATE
PREPARING THE BALLS' MIDDLES



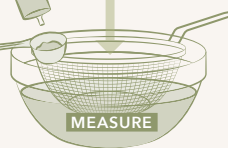
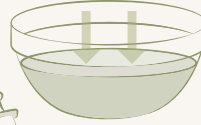
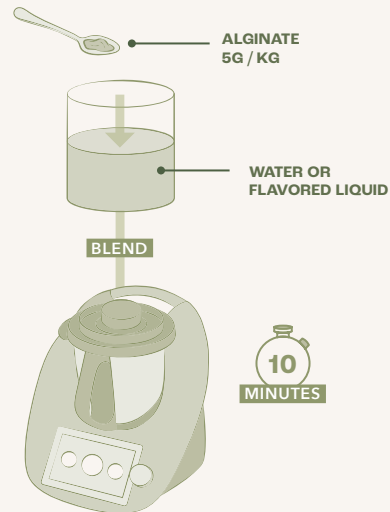
RECIPE P.129

Tips

To remove excess alginate, rinse the balls in water.



ALGINATE
PREPARING THE LIQUID



1 MINUTE

Tips

Be sure to separate the balls to prevent them from sticking together.