

Fruit - full

*The magazine
(for all you need to know)
about Fruitology®*

Special feature

*What makes kumquat
so irresistible?*

n° 1

LES VERGERS
boiron®

2025.

Les vergers Boiron is entering the new year with a fresh approach, launching Fruit-full magazine to bring fruitology straight to our minds and to your creations.

This first issue gives us a taste for the vitality of citrus fruits in all their forms!

Yuzu and Corsican clementine...

This family of energizing fruits is a source of inspiration for our culinary arts and far beyond, in our quest for perfect daily balance.

Like the kumquat, the star fruit of our special feature, which has so much to teach us, Fruit-full takes you behind the scenes to reveal the trends and innovations in fruit usage, in tune with the tastes and challenges of our time!

Enjoy the tasting!

Edito





Summary

Learning

- 6 Once upon a time there was a kumquat
- 7 In the heart of Andalusia, meeting Bio Jara
- 9 Citrus for all senses

Creating

- 12 Chef's challenge
- 15 What makes kumquat so irresistible?
- 16 An interview with Anne Coruble
- 18 One kumquat, some kumquats
- 19 Kumquat in balance

Living

- 22 A day with...
- 24 Exquizzz
- 25 Shopping list
- 26 Proust's Madeleine



Learnings

6 Once upon a time there was a kumquat

7 In the heart of Andalusia, meeting Bio Jara

9 Citrus for all senses

Once upon a time *there was a kumquat*



Its main characteristics

Oval or round in shape, this small citrus fruit is eaten with its rind. It is such rind that contains the fruit's sweetness, helping to balance out its bitterness.



Harvest time

To ensure optimum ripeness and limit bitterness, the fruit is harvested by hand when it becomes bright orange in color and the skin is slightly soft.



there was a kumquat

Origins

Originally from the Far East, kumquat means “golden orange”. It was introduced to Europe in the 19th century by botanist Robert Fortune.



Growing methods

Grown in Asia and the Mediterranean basin, the kumquat thrives in drained soils and warm climates; it can take between 3 and 4 years to produce its first fruit.



Fruit that inspires

A table fruit above all, it is also a favorite in the kitchen to accompany white meats or fish; in pastries with vanilla or chocolate; and in mixology to enhance classic Campari or Negroni.

In the heart of Andalusia, meeting *Bio Jara*

In sunny Andalusia, in the “Los alcornocales” national park in the Strait of Gibraltar (Tarifa), lies the home of Bio Jara: A 4-hectare certified Bio citrus farm, named after the Rio Jara river that runs alongside the estate. Today, Françoise shares with us the secrets of this family plantation.

Bio Jara marked its 50th anniversary in 2020. Can you tell us about its history?

Our plantation was established in the 80s, inspired by my father's idea to introduce to Spain a citrus fruit that was still unknown to Europeans: the kumquat. Trained as an agronomist specializing in tropical fruits, he worked with a Seville based nurseryman to adapt the kumquat to local strains and approve its production on Spanish soil. In the winter of 1980, my parents planted thousands of kumquats in the heart of the Jara Valley. 4 years later, the trees produced their first fruits. These days, the plantation has a tree population of 4000, the oldest of which is 40 years old!



I trained as an economist and decided to join my father on the plantation in 2013. Since 2016, I've been managing it, and I'm very proud of the practices we have implemented! We don't use phytosanitary or chemical products, our weeding is mechanical, our fertilizers are organic and, to encourage pollination, we have installed around fifty beehives at the very heart of the plantation. As well as being certified Bio, the other thing that sets us apart is our specialization. More often than not, citrus growers produce this fruit as a complement to other citrus fruits, so there are very few dedicated crops. We dedicate between 3.5 and 4 hectares at Bio Jara to the production of Nagami kumquat, with an annual yield between 50 and 60 tons.

How is harvesting organized on your plantation?

Tarifa is a tourist resort. In the summer, residents are busy all over the place, trying to keep up with the peak of activity. When winter arrives, job opportunities are harder to come by. We're delighted to be able to employ local people at this time of year. Especially since some of these families have been working for us for several generations. There's a friendly atmosphere because our employees know each other and come back every year. We also welcome seasonal workers when the need arises.

The grower's voice

When the harvest begins in February, depending on the year, we provide the pickers with small pruning shears and a collection bucket that hangs around their necks. Everyone is given a pallet containing numbered harvest crates. At the end of the day, we monitor the crates and the plantation manager fills in a form with the numbers of crates filled by each person. This allows us to ensure traceability. The crates are then stored in a covered warehouse before heading off to our customers' processing plants.

In addition to kumquats, what other citrus fruits do you grow?

While our plantation is renowned for its kumquats, we certainly haven't forgotten other varieties. We also grow limequat, caviar lemon and Buddha's hand. Limequat is a hybrid of lime and kumquat. It is less tart than limes, but 5 times juicier. Like the kumquat, it can be used whole, since its rind is edible. Our trees are only 8 years old and some of them grow to 3 meters in height, so they are incredibly productive.

The caviar lemon is the new darling of chefs, but the market is limited and prices are still very high; it has to be said that the tree grows very slowly and you have to wait between 7 and 8 years to



see the first fruits. We grow the *Microcitrus Australasica* variety from Australia, which produces little pink beads that are particularly refined. The Buddha's hand is a variety of citron that draws curiosity because of its unusual shape. What makes it special is that it contains no pulp, pips or juice... its albedo is easy to use because it is mildly sweet without any trace of bitterness. Its rind can also be grated.

How do you like to eat kumquat?

The kumquat works well with just about everything, both in cooking and baking! In cooking, it goes perfectly with meats, fish and shellfish. I recommend

kumquat preserve with foie gras! It also adds a surprisingly refreshing touch in sauces for fruit or green salads. In pastries, it pairs particularly well with vanilla, chocolate as well as almond. It is suitable for a wide range of applications: ice cream, mousse, orangette, chantilly, ganache, soufflé, fondant, syrup, coulis, compote...

Citrus *for all senses*

Originally from Asia, citrus fruits were then imported to the Mediterranean basin, a suitable growing area for these frost-sensitive fruits that thrive in warm, sunny climates.

Touch



Valued for their freshness, citrus fruits are also surprising in their shapes. They can range from small fruits like the kumquat to larger ones like the citron (which can grow to as much as 25 cm). Some feature zebra stripes, like the bloody Meyer lemon, while others have atypical shapes, like the Buddha's hand.

Just like their shapes, citrus fruits also come in a variety of colors. The kalamansi is bright yellow, while the blood orange has a unique red color that comes from the anthocyanin pigments in the fruit, which develop thanks to the temperature difference between day and night.



Sight

Taste



The appeal of citrus fruits also lies in the wide range of flavors they offer. From the zesty aromas of yuzu to the peppery notes of sudachi and the sugar/acid balance of mandarin, citrus fruits come in a wide range of flavors. The rind and leaves are also renowned for their organoleptic properties.





12 Chef's challenge

15 What makes kumquat
so irresistible?

16 An interview with Anne Coruble

18 One kumquat, some kumquats

19 Kumquat in balance

Creations

Chef's challenge

Yuzu lemon drop by *Philip Khandehrish*

Glassware:
Martini Glass
Garnish: Lemon
peel and zest

Recipe

- 2 cl of Vodka
- 0.75 cl of Cointreau
- 0.75 cl of yuzu lemon
- 0.25 cl de simple syrup
(if no sugar rim)

Method

Shake all ingredients with ice.
Strain into a chilled glass.
Optional: half rim a glass with
sugar (don't add simple).



Citrus cocktail by *Jennifer Le Nechet*

Glassware: Rock
Ice: Cubes
Garnish: Ground
Timut berries

Recipe

- 4 cl of Gin (preferably Tanqueray 10)
- 2 cl of triple sec (preferably Merlet 3 Citrus)
- 4 cl of citrus puree preparation (3 cl of blood orange puree + 0.5 cl of bergamot puree + 0.5 cl of kalamansi puree)
- 2 or 3 coriander leaves
- 3 cl of egg white

Method

Add all the ingredients to a shaker. Shake well, then shake again with ice. Strain into the glass using a strainer and a fine strainer.



The background of the entire page is a close-up, high-angle shot of several sliced kumquats. The slices are arranged in a somewhat circular pattern, overlapping each other. The fruit is a vibrant yellow-orange color, and the white pith is clearly visible. The slices are set against a deep red background, which makes the yellow-orange of the fruit stand out. The lighting is bright, highlighting the texture of the fruit's segments and the pith.

Special feature

The kumquat,
the citrus
fruit that's all
the rage

Special feature

The kumquat, the citrus fruit that's all the rage

What makes kumquat so irresistible?

Acidic and captivating, kumquat never goes unnoticed, and asserts itself in your recipes as one of the star fruits of today. Decoding.

An embodiment of exoticism, the kumquat is the smallest of citrus fruits, yet it still has plenty of character! With its exceptionally delicate, sweet rind and tangy pulp, it can be enjoyed and processed whole to awaken the taste buds of gourmets looking for originality and freshness.

Both unique and surprising, it stands out as one of the favorite ingredients for 2025. Proof of this is that, in 2024, it was among the 5

most eagerly awaited pastry flavors, according to a panel of 149 French pastry chefs*.

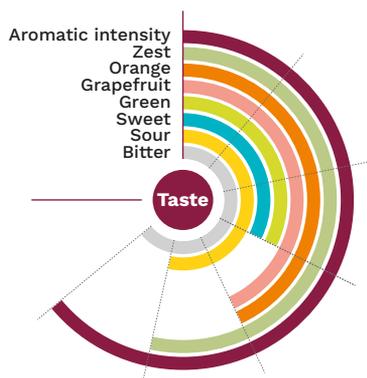
With its low calorie count, its application is being modernized and expanded in line with the latest trends, making it a powerful ally in reducing the sugar content in recipes. Thanks to its powerful notes, it has become a chef's favorite, and might very well surprise mixologists by adding a boost of creativity...



Fruitology notes

A bright, fragrant rind, flavors ranging from orange to apricot, zesty notes...

Kumquat imparts freshness and a unique aromatic intensity capable of skillfully balancing sugar or excess fat in your sweet and savory culinary creations.



Visual aspect
Orange color 🍊🍊🍊🍊
Viscosity 🍊🍊🍊🍊
Heterogeneity 🍊🍊🍊🍊

Texture in mouth
Grainy 🍊🍊🍊🍊
Sticky 🍊🍊🍊🍊

*Quantitative study - Testing the appeal of 24 flavors in France.

An interview with Anne Coruble

Winner of the 2024 Pastry Chef award from the prestigious La Liste guide, Anne Coruble - who works at the Peninsula Hotel in Paris - tells us about her taste for citrus fruit.

Why do you like working with citrus fruit?

I've rediscovered citrus fruit in the process of doing my job and shaping my identity. I like to infuse character in my creations, working with strong, assertive tastes. For instance, kumquat awakens the taste buds with its acidity and bitterness. I'm known for my electrifying desserts, combining indulgence and sweetness.

What are your favorite combinations?

The unexpected kind. The citrus/chocolate combination is fine, but a little more traditional. Citrus fruits pair well with pepper in vinaigrettes. Or with green and black olives. I also pair them with dairy products: yoghurt, ribot milk... Or with ginger and kombucha, which evoke the world of cocktails.

Where do you draw your inspiration from?

Never in my laboratory! Often on walks or in books. Since I'm always looking for innovative combinations, I always make sure they haven't been done before. I'm originally from Normandy, so it was while wandering around there that I came up with the idea of combining seaweed with kumquat, a contrast between sea and land that's quite unexpected in the world of pastries.

Tell us about this innovative recipe...

Working with kumquat is a challenge! The fruit always takes center stage in the dessert: both whole and concentrated, I always think about how to complement it, rather than combine it. I quickly sketch the visual and write until

the idea comes to me. My teams might be surprised by the vibrancy of the flavors, but I always ask them to taste the dessert in its entirety. We test and balance to ensure that the final result is in perfect harmony.

And how do customers react to such creations?

The kumquat is still fairly confidential, so we're focusing more on educating people about it. We explain that you can eat the whole fruit because the rind is thin and tender, and this arouses their curiosity. In pastry making, it is all a matter of balance and the right combination of textures and intensity of flavors. And they're usually delighted with it!



Special feature

The kumquat, the citrus fruit that's all the rage

“

*Citrus fruits awaken
the taste buds, and I love
their electrifying quality.*

9 steps

- Kumquat confit
- Dulce seaweed tartare
- Viennois shortbread
- Tangy yogurt siphon
- Poached kumquat
- Orange endocarp
- Kumquat ginger beer sorbet
- Dulce hibiscus royal icing
- Mandarin kumquat gel

See recipe
details on
the website



Recipe

Special feature

The kumquat, the citrus fruit that's all the rage

One kumquat, some kumquats

There are 6 main varieties in the kumquat family. Here's a closer look at their special features...

The best-known of these is certainly Fukushu, which is widely grown because of its ability to survive the cold. Its sweet rind and tangy flesh contribute to its well-balanced flavor.

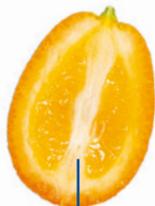
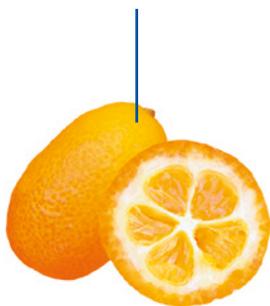
Right after it, the Nagami is definitely the chef's favorite! Oval-shaped and more fleshy,

it has the unique characteristic of being distinctly acidic, but when processed, it will be ideal for your preparations.

Now we move on to the two smoother, sweeter kumquats. In this category, Marumi and Meiwa - a hybrid of Nagami and Marumi - are ideal for enhancing your dishes and can be eaten whole.

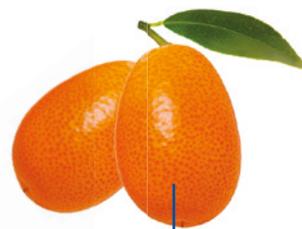
More discreet but still enjoyable, the Malayan - the largest in the category - and the Hong Kong - which looks like a pea - stand out especially for their difference in size.

***Nagami
and Marumi,***
are your sweet allies
for mixology!



Looking for the
perfect balance?
***Choose
Fukushu.***

For fresh eating
and processing,
Meiwa.



***Malayan
and Hong Kong***
are also used
for decorative
purposes.

Kumquat in balance

Rediscover the kumquat in all its glory, both softened and enhanced. Combined with delicate flavors, it delivers a perfect balance between intensity and smoothness, power and richness. A taste experience masterminded by our creative chefs...



Yann Brys - *Ecllosion*

The acidity of the kumquat highlights the intense nuances of the blood orange and yuzu, adding a touch of character to the blend. At the same time, the warm sweetness of mango and pear delicately softens the bright acidity of the raspberry puree. This harmony of flavors delivers a perfect balance of tropical richness and citrus liveliness, while the creaminess of the dessert pleasantly contrasts with the tart freshness of the cocktail.

See recipe details on the website



Fruitology notes

The kumquat puree from Les vergers Boiron has a characteristic orange color, with visible rind traces that add authenticity to any application.

This puree has an intense aroma with just the right balance of sweetness and bitterness. We can also identify notes of zest and other citrus fruits such as orange and grapefruit.

Kumquat is a strong citrus fruit, with pronounced acidic and bitter notes. These flavors are perfectly softened when combined with pear puree, which imparts a smooth texture and delicate nuances reminiscent of green tea.

A subtle touch of mango is the perfect match to complete this harmonious blend. The combination of kumquat and pear brings out the spicy notes of the mango puree, offering a perfect balance between intensity and smoothness.

See recipe details on the website



Giovanni Depergola - *Raspberry and blood orange martini*





22 A day with...

24 Exquizzzz

25 Shopping list

26 Proust's Madeleine

Livings



A day with...

Marc *Ducobu*

After working as a manager in various pastry shops, Marc Ducobu founded his own business in 2003. For one day, the chef and his team welcomed us to his Waterloo boutique.

4:30 a.m. The day begins with the bakers firing up the ovens, followed by the touriers, pastry-makers, chocolatiers and ice-cream makers, who all arrive in succession to prepare the morning's batch. All the teams are hard at work under the watchful eye of Marc, who also likes to "get his hands in the dough", as he likes to put it.

7 a.m. The boutique opens its doors. In the laboratory, everything is cleaned and tidied up to start the second part of the day. From ice creams to macaroons, all stocks are regularly checked to offer fresh products all day long.

3 p.m. Teams tidy up and clean their workspaces. By the time the laboratory has closed, the day is not over for Marc, who makes the most of every moment to be creative. At home or on the road, he captures his creativity in a black notebook and comes back to it later. To develop new recipes, Marc looks for inspiration in his everyday life and experiences: «I don't dedicate any specific time to creation. If I just sit in front of a blank sheet of paper and think up new recipes, nothing seems to come to mind". It's also a good time to prepare the calendar for the year, as each holiday will require a year of preparation.



Luis Inchaurreaga

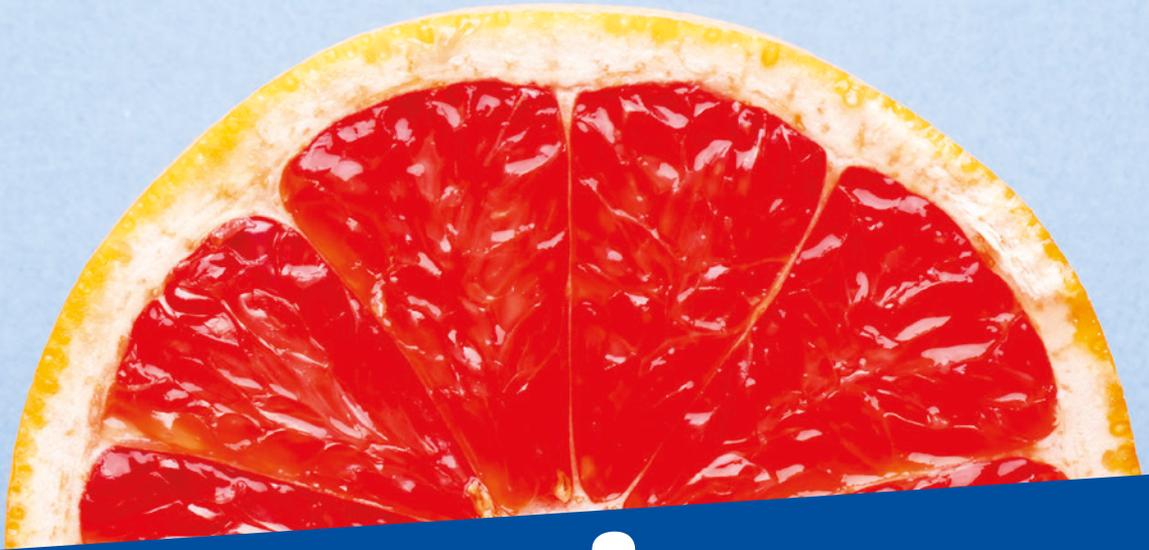
Luis Inchaurreaga was first introduced to the world of mixology in 1994, while studying for a degree in tourism. At that time, a course on cocktails grabbed his attention, but he had no idea that 18 years later, in 2012, he would be opening his own mixology school in Madrid.

9 a.m. Luis' days now start earlier to welcome his students to the "house of mixology". In the weeks when he's not teaching, he visits his customers' premises to run workshops on flavor combinations. Without forgetting the management of his school, as well as more administrative tasks.

6 p.m. His teaching day is almost over, but he still has to organize photo shoots, prepare his training courses, and plan the different events where he will be involved.

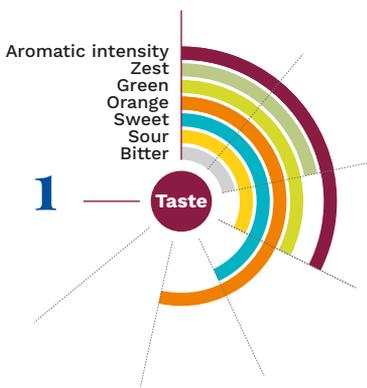
10 p.m. He ends for the day. That is, apart from the evenings when he works late into the night as a mixologist.

Despite his busy schedule, his creative thinking never stops. Every experience, whether culinary, artistic or otherwise, brings up new ideas that he likes to treasure and develop in his spare time.

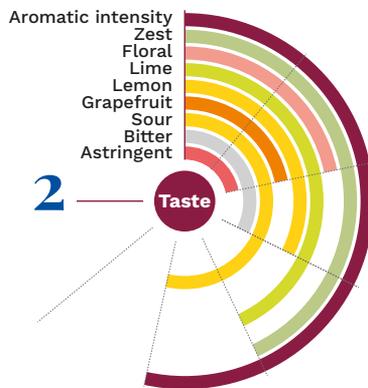


Exquizzzzz

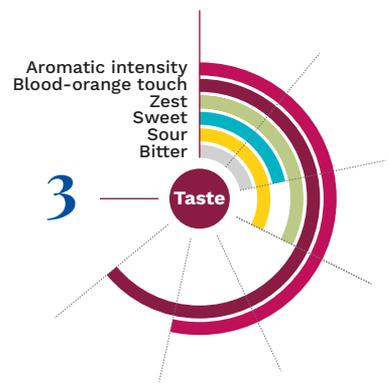
Can you recognize sensory profiles?



Visual aspect
Orange color ●●●●●●●●
Pulpy ●●●●●●●●



Visual aspect
Yellow color ●●●●●●●●
Pulpy ●●●●●●●●



Visual aspect
Red color ●●●●●●●●
Pulpy ●●●●●●●●

Living

3/ PGI Blood Orange

2/ Bergamot

1/ PGI Corsican Clementine
Answers

Shopping list

1



“Limone & Lime120” Silikomart Professional

Comes with 4 cavities of 120 ml each and a plastic holder - practical for perfect sealing during preparation and fast cooling - the Limone & Lime mold lets you faithfully recreate the shape of yellow and lime lemons. A real trompe-l’œil!

“Tourbillon”, Yann Brys

In this book, Yann Brys, Meilleur Ouvrier de France (France’s Best Artisan), shares his “tourbillon” (whirlwind) technique in recipes that are as delicious as they are elegant. Lemon meringue tart, mango & yuzu entremets, pine apricot & lemon cookies... Get ready for a whirlwind of pleasure!

2



3



“Aclla Cress®”, Kopper Cress

Aclla Cress® is a plant native to South America, offering a fresh, delicate citrus flavor. Its floral notes, inherited from the Tagetes family, add a subtle, fragrant touch to sweet creations. A perfect accompaniment to fruit-based desserts, Aclla Cress® enhances citrus fruits and adds a touch of herbal elegance.

4



“Pectine 325.NH95”, Louis François

Extracted from apple pomace and citrus peel, 325NH95 pectin is the most tolerant of all pectins. Its low dry extract requirement makes Pectin 325 an excellent solution for adding texture to citrus puree-based preparations without over-sweetening them, as they are relatively low in fiber compared to other fruits.

5



“Saint-Domingue 70%”, Cacao Barry

The Forastero cocoa beans selected for the production of this chocolate are grown on plantations in Santo Domingo, in the Dominican Republic. Exotic, floral and fruity, Santo Domingo chocolate has a rounded bitter cocoa taste with an exceptional lasting aftertaste, enriched by aromatic notes of spices, wine and olives.



Proust's Madeleine

A meeting with *François Josse*

When we talk to pastry chef François Josse about citrus fruits, we're taking him back to 2018, when he was crowned Champion de France du Dessert (French Dessert Champion) with his creation Baba agrumes et saveurs végétales (Baba citrus and vegetable flavors). It also evokes memories of family and adolescence.

When I took up the challenge of the French Dessert Championship in 2018, I wanted to create a plated dessert based around baba. This choice is hardly a coincidence, as baba is not only my favorite dessert, both from restaurants and pastry shops, but also one that I love to prepare at home for my loved ones. As baba is a very airy, light and fluffy pastry, it is a perfect match for citrus fruits as their juicy texture creates a contrasting effect on the palate. When you enjoy a baba, you want it to quench your thirst! I recreated this freshness by adding orange juice, lemon and lime zest and cinnamon sticks to the syrup.

I also chose not to add alcohol to my dessert. That's why I had to find another way to bring out the aromatic power. The citrus fruit did its job perfectly, adding bitterness and a hint of acidity.

In 2024, I opened my "Família" pastry shop in the heart of the Cévennes Ardéchoises with my partner Emmanuelle, and I must admit that my taste for citrus fruit hasn't changed! My latest creation? A new take on lemon tart with 5 recipes: a pate sucrée, a lemon cake cookie, a lemon confit, a lemon cremeux and a Swiss meringue.

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