

Recipe

Kumquat

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Iberian Peninsula Chef Les vergers Boiron

LOW-SUGAR RECIPE

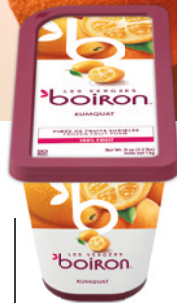


LES VERGERS
boiron



Recipe Kumquat

By Paula Domènech



Kumquat puree
Les vergers Boiron
no added sugar



Lime puree
Les vergers Boiron
no added sugar



Yuzu puree
Les vergers Boiron
no added sugar



Orange &
bitter orange puree
Les vergers Boiron
no added sugar

KUMQUAT COMPOTE

Kumquat puree	192 g
Lime puree	77 g
Yuzu puree	38 g
Trehalose	70 g
NH pectin	11 g
Fresh kumquats	280 g
Gelatin mass (1:5)	11 g

Mix the pectin and trehalose dry. In a saucepan, combine the blanched kumquats cut into small cubes, kumquat puree, lime puree, and yuzu puree. Gradually add the sugar–pectin mixture while stirring, then bring to a boil. Simmer for one minute. Remove from the heat and incorporate the gelatin mass. Lightly blend with an immersion blender. Allow the mixture to set. Break the gel and pipe 30 g of compote into each mold. Freeze.

Chef's tips

This preparation is designed to create an intense, fresh, and textured kumquat center through the combination of kumquat puree and fresh kumquats. The yuzu and lime purees enhance the citrus and floral notes.

Trehalose helps preserve the fruit's shine, limits recrystallization, and provides only a low level of sweetness (POD 0.4). It can be replaced with sucrose or glucose, provided the quantities are adjusted to avoid excessive sweetness. Stability remains ensured by the kumquat fibers, gelatin, and pectin.

GINGER CRUMBLE

Almond powder	110 g
Flour	110 g
Oligofructose	110 g
Butter	110 g
Salt	1.5 g
Ground ginger	6 g
Cocoa butter	16 g
Roasted almond paste	70 g

Lightly cream the butter. Add the flour, almond powder, oligofructose, and salt, then knead until a homogeneous dough forms. Shape into a log and rest in the refrigerator. Crumble the dough by hand or through a sieve, then spread onto a baking tray lined with a Silpat. Bake at 160°C for 15 to 18 minutes, with the oven vent open. Out of the oven, mix with the cocoa butter, almond paste, and ginger until fully coated. Spread out to prevent clumping and freeze.

The crumble adds crunch and enhances the flavors.

Oligofructose promotes caramelization, color development, and flavor while contributing only a low level of sweetness (POD 0.4–0.5). It can be replaced with or combined with sucrose, although this will result in a sweeter profile. Syrups are not recommended, as their water content may compromise the crumble's crisp texture.

KUMQUAT BISCUIT

Kumquat puree	120 g
Flour	135 g
Water	60 g
Butter	100 g
Salt	1.5 g
Whole eggs	155 g
Egg whites	190 g
Cream of tartar	0.5 g
Allulose.....	130 g

Sift the flour into the bowl of a stand mixer.
Bring the water, kumquat puree, butter, and salt to a boil.
Scald the flour with the hot mixture at low speed using the paddle attachment. Mix for 5 minutes.
Gradually add the eggs and mix until a smooth dough forms.
Whip the egg whites with allulose into a stable meringue, then gently fold into the first mixture.
Spread onto a Silpat to a thickness of 0.8 cm.
Bake at 150°C for 15 minutes, with the oven vent closed.

This sponge is based on a choux pastry enriched with meringue. Allulose, with a glycemic index of 0 and a POD of 0.7, provides functional properties close to sucrose (caramelization, color, aroma) without altering the taste profile. It can be replaced with sucrose without major changes to the texture.

KUMQUAT MOUSSE

Kumquat puree	33 g
Orange & bitter orange puree	33 g
Locust bean gum	0.2 g
Powdered gelatin	5-6 g
Deodorized coconut oil	7 g
Citrus fiber	0.8 g
Pasteurized egg white	15 g
Native inulin	6 g

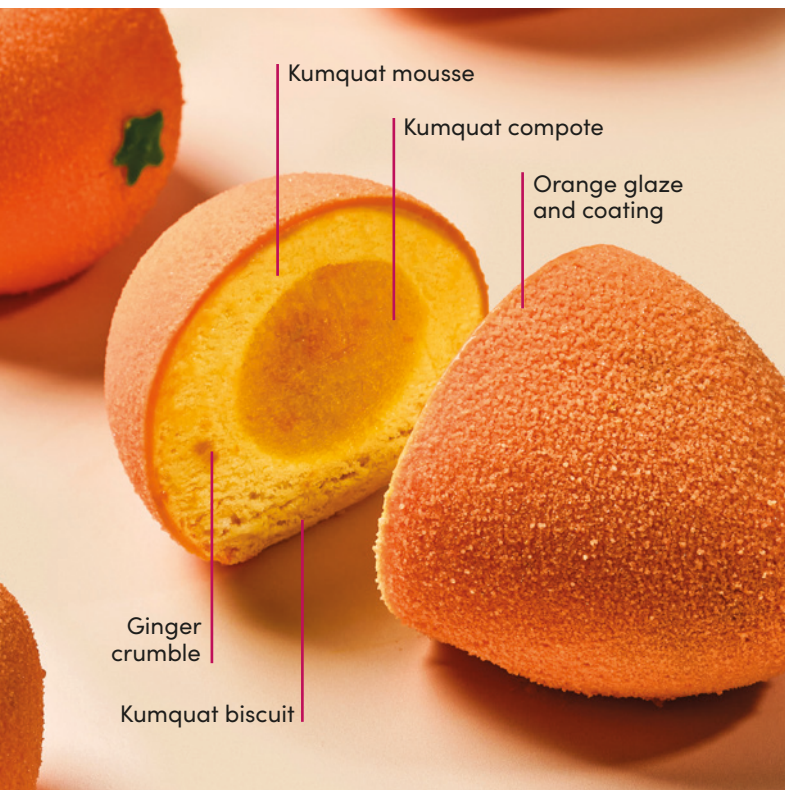
Heat the fruit purees to 40°C and add the gelatin, then incorporate the locust bean gum and blend.
Add the melted coconut oil and citrus fiber, blending with an immersion blender until smooth.
Combine the egg whites, inulin, and sugar, then blend.
Transfer to a stand mixer and whip into a soft, stable meringue.
Gently fold the meringue into the fruit base.

This dairy-free mousse highlights the freshness of kumquat. Deodorized coconut oil preserves the aromas, while citrus fiber and gelatin ensure stability and structure.

Inulin replaces sucrose by providing dry matter and water retention without excessive sweetness. Inulin can be replaced with sucrose, with a slight adjustment of the locust bean gum to maintain stability.

OTHER COMPONENTS

Orange glaze and coating
Tail-shaped chocolate decoration flavored with green tea



Assembly

Cut the kumquat sponge using a 3.5 cm round cutter.
Pipe a first layer of kumquat mousse into the mold.
Insert the frozen kumquat compote insert.
Cut a second 3.5 cm disc of kumquat sponge and place it on one side of the Silikomart Egg Mold mold.
Cover with a little kumquat mousse and add the ginger crumble.
Fill completely with kumquat mousse. Smooth carefully to ensure a perfectly flat, flush finish.
Freeze.
Glaze and spray the “kumquat egg” with the orange glaze.
Finish by adding the tail-shaped chocolate decoration on one side.

Let's cultivate fruit excellence



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