

# Apple Iota gel

## Description

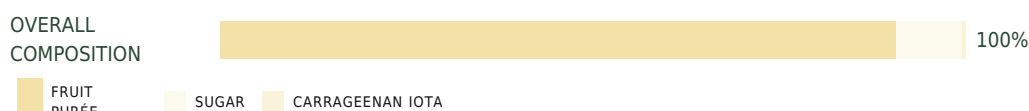
Carrageenan Iota is a natural plant-based gelling agent extracted from red algae that creates firm yet supple gels.

Because the amount of sugar in the solution does not impact much on the gel's texture, you can use it to make very low-sugar recipes.

## Suggested uses

- Plated desserts
- Desserts, tarts and mini gateaux
- Dessert glasses

## Overall composition



Composition	1000 g	100%
Sugar	90 g	9%
Carrageenan Iota	5 g	0.5%
Apple purée	905 g	90.5%

## Technique

Mix together the sugar and Carrageenan Iota, then sprinkle them onto the apple purée (40°F or 4°C).

Homogenize with a mixer, then heat to 185°F (85°C), stirring all the while.

Pour immediately.

## Trick

Tailor the amount of sugar to suit your other ingredients.

You can increase or decrease the amount of sugar you use without any major implications for texture, which means you can tailor your product's general flavor to your preferences.

### Apple Iota gel

#### PLANT-BASED



90.5%

FRUIT PURÉE



9%

ADDED SUGAR

#### Ingredients

Apple purée, Sugar,  
Carrageenan Iota



FREEZABLE



## FRUIT PURÉE USED

Opal Apple

## TASTING TEMPERATURE

Chilled

## WAYS OF CONSUMING

On site ,  
Takeaway

## STRENGTHS

Fruit intensity ,  
Easy-to-customize proportions ,  
Plant-based recipe