

Guava 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%
Guava purée	597 g	59.7%
Carrageenan Iota	5 g	0.5%
Sugar	398 g	39.8%

Technique

Mix together the sugar and Carrageenan Iota, then sprinkle them onto the guava 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.

Guava Iota gel



59.7%

FRUIT PURÉE



39.8%

ADDED SUGAR

Ingredients

Guava purée,
Carrageenan Iota,
Sugar



FREEZABLE



FRUIT PURÉE USED

Paluma Guava

TASTING TEMPERATURE

Chilled

WAYS OF CONSUMING

On site ,
Takeaway

STRENGTHS

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