

Best

Lord of the Rings

Mitro *Feta* *Foam*





SYNOPSIS

Culinary use of Liquid Nitrogen has been around for many years and is usually linked to instantly freezing ice cream or sorbet for sweet desserts. To entice our guests at the Grand Opening of our newest venue, we decided to incorporate liquid nitrogen into a savory feta foam hors d'oeuvre with fried olives and dried figs using a liquid nitrogen freezing griddle. Adding a twist to familiar ingredients, guests had the opportunity to enjoy an extraordinary bite full of flavors, textures, and temperatures.

DESCRIPTION

Concept

The concept developed when we decided to fuse liquid nitrogen with a savory hors d'oeuvre idea. We have several liquid nitrogen freezing griddles called Teppans that we purchased on the tradeshow floor at Catersource. By pouring liquid nitrogen into the Teppans and inserting the metal griddles, these griddles instantly freeze whatever comes in contact with their surface. We found that cheese hors d'oeuvres tend to be very popular in our region, so we developed a feta mousse that could be piped out of a whipped cream dispenser onto the freezing griddle. This technique formed a frozen base that complemented the rest of the creamy mousse texture and created one unique bite. To create more flavor and balance to this idea, we added honey, and a choice of dried figs or fried green olives that guests could choose from. Serving this hors d'oeuvre on a small bamboo spoon worked well because it made it effortless to grasp and eat.



Originality

The originality comes from the surprise of textures and temperatures that cater to your senses with just one bite. The guests also have the opportunity to interact with the attendant to choose from different toppings. Witnessing the feta foam freeze instantly before their eyes generated excitement and fascination. We wanted this hors d'oeuvre to be different from the rest and memorable for the guests.



Production

The production starts in the on-site kitchen. The feta foam is made in a mixer and transferred to whipped cream canisters charged with nitrous oxide chargers. They are packed in crates with the dried figs and honey in squeeze bottles. The olives are fried on-site, cooled, and packed on sheet pans to be transferred off-site with the rest of the items. We own dewars to hold liquid nitrogen safely. Those dewars are filled and put in crates to be transported to the events. We pack the Teppan containers as well.

Once off-site, the Teppan containers are filled with liquid nitrogen 3/4 of the way up. The metal griddles are inserted into the liquid nitrogen and left to sit for at least 20 minutes.



This allows the griddles to get to the appropriate negative temperature to be able to freeze the feta foam. The dried figs and fried olives are put into containers and set with the Teppan. Once the griddles are cold, the feta foam is piped onto the griddles and topped with the garnishes. Using a small metal spatula, the attendant transfers the feta foam onto the small wooden bamboo spoons for the guests to enjoy.

Challenges

One of the challenges for this hors d'oeuvre was training the attendant on piping the right amount of feta foam onto the griddles, topping them with the garnishes, and then practicing how to transfer them onto the small bamboo spoons. We also had to train our staff on the safety practices when working with liquid nitrogen. The griddles freeze anything that comes in contact with them almost instantly, so all of the staff is knowledgeable about these practices.

RECIPE

Name: (100) Nitro Feta Foam with Honey-Nitro-Anti Griddles-Spatulas-Canisters-Chargers

Ingredients:	Description	Qty	Measure	Category	Conversion	Comment
	heavy cream	88	Teaspoon	Dairy	(1.75) Cups	
	sour cream	88	Teaspoon	Dairy	(1.75) Cups	
	feta cheese	29	Solid Oz	Dairy	(1.75) Pounds	
	olive oil	15	Teaspoon	Dry Goods	(5) Tablespoons	
	salt	0.41	Teaspoon	Spices	(0.5) Teaspoons	
	honey	12.5	Teaspoon	Baking Supplies	(4.25) Tablespoons	

Recipe:

- Blend feta cheese, olive oil, sour cream and seasoning in a mixer or food processor.
- Add heavy cream and mix.
- Pour the mixture into an ISI Whip, screw one ISI cream charger (2 chargers if using 1L ISI Whip) and shake vigorously.
- Refrigerate for at least 1 hour
- Pipe a tablespoon size of the foam onto the anti-griddle and top with honey and garnish. Serve on mini bamboo spoons.

Name: (100) and Dried Figs

Ingredients:	Description	Qty	Measure	Category	Conversion
	figs, dried	20	Solid Oz	Walk-In	(1.25) Pounds

Recipe: -Slice into quarters

Name: (100) Fried Olives,

Ingredients:	Description	Qty	Measure	Category	Conversion
	green olives	12.5	oz	Dry Goods	(12.5) ozs
	flour	0.8	Cup	Baking Supplies	(0.75) Cups
	egg	5	Each	Dairy	(5) Each
	panko bread crumbs	8	oz	Dry Goods	(8) ozs

Recipe: -Dredge the olives in flour, eggwash, and then the bread crumbs.
-Fry in oil at 350* for approximately 2 minutes or until golden brown.