



**A RESTLESS SPIRIT**

# ANDRÉS LARA

*He carries a suitcase full of professional experience all over the world to temper a restless spirit which knows no boundaries or limitations. THIS BAGGAGE HAS BEEN NOURISHED BY THE BEST OF THE GREAT PERSONAGES IN PATISSERIE AND HIGH CUISINE, SUCH AS RENÉ REDZEPI, ALBERT ADRIÀ, AND RAMON MORATÓ. All these influences take shape through Andrés Lara's personal filter, A RESTAURANT PASTRY CHEF WHO DEVELOPS A LUXURIOUS DESSERT MENU AT IGGY'S.*

Iggy's Restaurant / Singapur / [www.andreslara.com](http://www.andreslara.com)



**“Desserts must have life”**

On the outside, Andrés Lara is a young professional who, at only 28, already directs the desserts station in one of the best Asian restaurants, Iggy's. With a promising future and much passion for the trade, on the inside he hides an intense biography and the best professional education. He has Colombian roots and was brought up in Chicago, one of America's cities with the best pastry movements. He took his first steps under the influence of French tradition in the United States, at the hand of Jacquy Pfeiffer and Sébastien Canonne in The French Pastry School.

He first tried in hotels, working at the Ritz Carlton

and, however, he soon felt the call of the most sophisticated pastry, less enslaved by the rigors of serialization. For that reason, he first embraced working in Vanille Patisserie's workshop, run by the World's Champion Dimitri Fayard in Chicago, to then take a giant leap towards the most populated city in China, Shanghai. Here he pulls into Eric Pérez's Visage Patisserie. After spending some time on Chinese lands, he decides to take a step forward in his education after exploring all angles in classic patisserie. He was searching for new ways of expressing and deciding through a more artistic concept of patisserie. It was

time to travel to Europe to visit Paco Torreblanca, the

two-Michelin-starred restaurant Bagatelle, in Norway, and also to visit Albert Adrià in elBulli and Moma, whose cuisine left a deep impression on him. He deepens his knowledge about chocolate on a stay in then Aula Chocovic, now Chocovic Chocolate Academy, run by Ramon Morató.

When it was time to evaluate his influences, Lara acknowledges the influence of three great professionals. From René Redzepi he learned to see the world of sweets from a chef's point of view, with Albert Adrià he experimented with creative possibilities, and finally Ramon Morató taught him the reason why of each recipe. This is when he goes into the restaurant Iggy's in Singapore to develop a luxurious dessert menu and a small production of bonbons. It is the moment to let his expression loose to put into practice a maxim, "desserts must have life".

In Andrés Lara's opinion, each and every one of the creations must be worked on with the same respect and passion as the first. It means listening, teaching, and evolving, the logical chain of events towards success in his work in Iggy's. His desserts are connected with the seasonal menu of salty cuisine, by means of elements which are repeated in each dish, such as references to the earth, herbs, and flowers.

He does not go too far with the number of flavors. He prefers sticking to two or three flavors. He likes playing with the textures in his desserts because, he affirms, "it's a question of texture and proportion in each dish". According to Lara, it is too soon to talk about a wide representation of the pastry chef figure in Singapore since this community is still being created. There are even less who, like Andrés Lara, understand desserts as a language of high cuisine rather than that of traditional patisserie.



His creations continuously refer to the earth, herbs and flowers.





BLUEBERRY TART

### petit beurre cookie

1000	g	soft butter
500	g	sugar
1160	g	T-55 flour
167	g	rice flour
20	g	salt

Mix together the butter soft butter with the sugar with the paddle attachment. Add all the dry ingredients, being careful not to over-mix. Chill the dough. Roll out to about 2-mm thickness. Cut as desired, sprinkle a layer of granulated sugar over the surface and bake at 175°C.

### cherry gel sheet

500	g	morello cherry purée
100	g	water
12	g	gelatin
3	g	agar agar
20	g	sugar

Boil the water with the agar agar. Remove from the heat and add bloomed gelatin. Add all the purée to the mixture. Scale desired amount and cast into flat trays. Cool and set. Cut out gel into disks with ring cutter. Keep cold.

### beetroot sorbet

300	g	water
85	g	dextrose
48	g	sugar
5	g	stabilizer
501	g	skimmed beet juice
90	g	glucose powder

Heat bottled water to 40°C, add all the dry ingredients. Cook to 85°C. Allow to cool, add beetroot juice, and let mature overnight. Spin the next day.

### milk chocolate caramel ganache

67	g	cacao paste
100	g	milk chocolate
34	g	70% chocolate
270	g	cream
67.3	g	butter
17	g	glucose syrup
2.70	g	maldon salt
142	g	sugar

Caramelize the sugar and glucose syrup, deglaze with warm cream. Cook to 110°C, let cool to 70°C, and emulsify with chocolate. Cool to 40°C, add soft butter and maldon salt. Allow to crystallize to 32°C and cast into molds.

### vacuum-packed cherries

Remove pit from cherries and place in liquid.

### others

		crunchy cherries
400	g	port
100	g	100% sugar syrup
3	g	xanthan



BLACK FOREST

### blueberry sorbet

470	g	water
250	g	sucrose
130	g	glucose powder
5	g	sorbet stabilizer
1000	g	blueberry puree

Heat water to 40°C. Add all the dry solids and cook to 85°C. Allow to cool, add blueberry puree and mature overnight. Spin the next day.

### kalamansi curd

360	g	egg yolks
90	g	eggs
375	g	sugar
240	g	kalamansi puree
120	g	butter

Place all the ingredients except butter in thermomix, and blend for 13 minutes on high speed at 100°C. Once cooked, cool to 40°C, emulsify in butter and store in refrigerator.

### blueberry meringues

300	g	blueberry puree
180	g	water
12	g	egg white powder
200	g	sugar
12	g	gelatin

Hydrate water, egg white powder, and sugar for about 15 minutes. Place in mixer, and begin to whip on medium speed. Once volume has been achieved, slowly begin to add puree that has already been mixed with gelatin. Make sure the temperature is not above 10°C.

Incorporate all the puree and whip for another 5 minutes. Finally pipe onto dehydrator trays. Set in Cooler for 2 hours, and then overnight in dehydrator at 55°C.

### italian meringue

100	g	egg whites
200	g	sugar
80	g	water
20	g	glucose syrup

Cook sugar, water and glucose syrup to 120°C. Pour over pasteurized egg whites and whip. Once cool, store in a piping bag with a round tip.

### lemon cream cheese snow

2000	g	low fat cream cheese
300	g	milk
1000	g	cream
10	g	lemon zest
200	g	sugar

Infuse milk and cream with sugar and lemon zest. Bring to a boil and pour over cream cheese. Hand blend, and freeze in a Pacojet canister. Spin for about 20 seconds, just to obtain fine snow from surface of base. Keep frozen.



### compressed blueberries

1000	g	water
400	g	sugar
100	g	ginger, peeled and chopped
800	g	blueberries

Cut blueberries in halves. Place in vacuum bag with ginger water infusion. Let mature overnight.

### others

violet  
kalamansi salt

### ASSEMBLY

SEASON DISH WITH KALAMANSI SALT AND VIOLETS.