

A THE FUNDAMENTALS
CONCEPT

1

FikaTime



VALRHONA
SELECTION
PARTNER OF GASTRONOMY TALENTS

VALRHONA

Lisa

chocolatier

NOROHY

adamance

PARFUMI

A THE FUNDAMENTALS
CONCEPT



FiKaTime



FiKa Time

a new standout concept

The bakery sector is perpetually evolving, balancing tradition and innovation to address the demands of public health and shifting consumer expectations. Today, your customers are looking for:

- **A creative, gourmet pastry offering that updates and enriches the classic croissant/pain au chocolat duo.**
- **Pastries made with top-quality products.**
- **A responsible pastry offering that's healthier, less sweet and less fatty, but just as delicious.**

Pastries – the next generation

With a fresh approach to colors, shapes and flavors, the pastry sector has undergone a transformation, with many professionals adding their own personal touch and sharing extensively on social media. Pastries have transitioned from traditional to trendy, gaining popularity through media exposure and serving as an important promotional tool for bakers. Once reserved for breakfast, they have now stepped out of their comfort zone to offer a new snacking solution that's artisanal, creative... and profitable.

The birth of a concept

The surge in the popularity of pastries pushed us to question our approach to indulgent treats and baked goods, to explore new habits and to identify new opportunities.

As the current success of babkas and cinnamon rolls shows, the pastry sector goes well beyond puff pastry items to encompass a variety of brioches, with different fillings, innovative shapes, and decorative elements.

In Sweden, cinnamon rolls are typically enjoyed with coffee or tea, in a deep-rooted social tradition. This ritual – FiKa – embodies the values of sharing, enjoyment and relaxation that inspired us.

The outcome is FiKaTime, a healthy, well-balanced pastry concept designed to streamline your daily routine and meet your customers' expectations with creative flair and high quality.

Explore new creative possibilities thanks to our research into pastry doughs and fillings.

Recipes that represent our brands

Each of the products has been carefully selected from across Valrhona Selection's different brands (Valrhona Chocolatree, SOSA, Norohy, Adamance, and Pariani), so that you can choose from our most interesting products with our guarantee on maximum creativity and optimal technical application.

FiKaTime brings you original recipes tailored to your needs, and helps you to create something different to stand out from the crowd. In this booklet, you'll discover our gourmet vision of the world of pastries, along with all the possibilities that this new FiKa moment offers!

PASTRIES: A GROWING WORLD MARKET *

\$40
BILLION

THAT'S THE SIZE OF THE PASTRY
MARKET WORLDWIDE, WITH ANNUAL
GROWTH OF 5%.

UNITED STATES

+18%

ADDITIONAL SALES

FOR PASTRIES THAT USE
INGREDIENTS PERCEIVED
TO BE HEALTHIER.

EUROPE

4

**MILLION TONS
OF PASTRIES
SOLD**

CHINA

+25%

SALES GROWTH
FOR LOW-SUGAR
PASTRIES USING NATURAL
INGREDIENTS.

FRANCE

9%

= THE GROWTH IN SALES
OF LOW-SUGAR, LOW-FAT
PASTRIES.

80%

OF CONSUMERS
FREQUENTLY
BUY PASTRIES.

3 TO 4

= THE NUMBER
OF PASTRIES CONSUMED
ON AVERAGE
BY THE FRENCH
EVERY WEEK.

A LEVER TO BOOST YOUR SALES

3 TO 5
TIMES MORE

THIS IS THE RATIO BETWEEN
COST PRICE AND SELLING
PRICE FOR PASTRIES
(FOR OTHER SWEET BAKES,
IT'S BETWEEN 2 AND 3.5).

TODAY, AROUND

70%

OF CONSUMERS
ARE LOOKING FOR PRODUCTS
THAT ARE MORE NATURAL,
LESS SWEET
AND LESS FATTY.

PREMIUM PASTRIES: A BUOYANT MARKET

+15%

GROWTH FOR PASTRIES
THAT USE TOP-OF-THE-RANGE
INGREDIENTS SUCH
AS PDO BUTTER
AND ORGANIC FLOUR.

A POWERFUL LEVER FOR IMAGE

OVER
100 MILLION
INSTAGRAM USERS FOLLOW

PASTRY NEWS PROMOTED
BY PROFESSIONALS AND
INFLUENCERS. KNOW-HOW
AND AUTHENTICITY
ARE IN DEMAND
AND CREATE A BUZZ.

**Now is the
perfect time
to introduce
FiKaTime!**

FiKaTime

The birth of a concept

FiKa, an indulgent break

FiKa is inspired by the Danish pastry and the cinnamon roll, a type of pastry found in Scandinavia, especially in Sweden. It is traditionally enjoyed during a coffee break with a sweet snack. In Sweden, this indulgent moment is called... FiKa!

It is more than just a break – FiKa is all about relaxation and fostering connections. It's a chance to share a moment with friends, colleagues or family. FiKa is always widely appreciated and fosters stronger social ties. It's so deeply rooted in everyday life that in Sweden it's seen as form of art of living!



A new vision of pastries

When we say 'pastries', we often think about puff pastry, but there's also a whole world of products based around brioche dough, such as babkas or cinnamon rolls, which are an invitation to indulge. FiKaTime captures the essence of these enjoyable occasions and, in a selection of recipes, brings together all the ingredients for an experience combining joy and togetherness.

In line with the “Reasonable Indulgence” movement launched by Frédéric Bau and Valrhona, we have applied these principles to the world of bakeries and pastries, more specifically to the FiKa concept.

Each recipe in this booklet has been created with this approach in mind: **healthier pastries that are just as tasty.**

More than just a shared
moment of indulgence,
FiKaTime promises an enjoyable
and generous way of life.

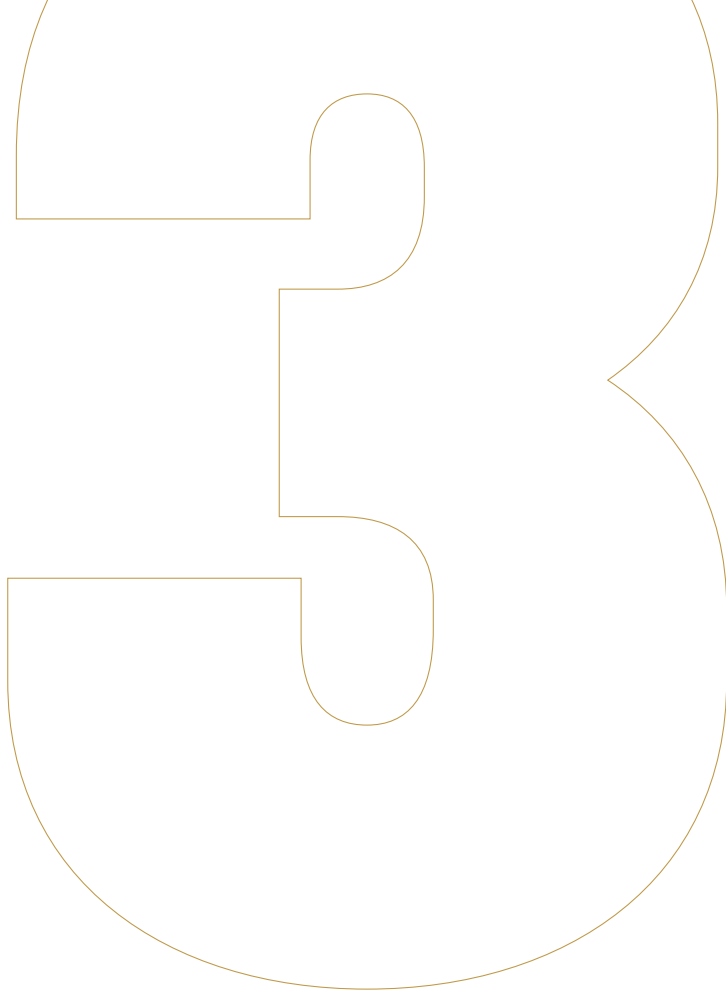
New at your point of sale

FiKa is also an opportunity to gain a foothold alongside the great bakery classics, by offering a gourmet brioche in snack format.

Bringing FiKa to your sales outlet will unlock a new world of shapes and flavors: with choices like FiKatine Raspberry, FiKaflow Chocolate, and FiKabun Pistachio, along with numerous variations, you will elevate your customers' experience and satisfaction!

FiKa, a simple
name for a
new approach
to pastries





FiKaTime

A 3-phase offer

FiKaTime brings you a range of products based on the time of consumption.

From the neighborhood bakery to the luxury hotel, there's something for everyone!

①

Daily offer

PLAIN DOUGH
+
INCLUSIONS
OR FILLING
+
SIMPLE SHAPES

Simplify your daily routine and maintain efficiency!

The product range is very simple and the selling price is low.



2

Weekend offer

FLAVORED DOUGH
+
FILLING
+
ORIGINAL SHAPES
AND MADE TO SHARE

Indulge yourself,
be creative!

Volume production is possible,
and you will increase the selling
price.



3

The Signature offer

FLAVORED DOUGH
+
FILLING
+
INCLUSIONS
+
INNOVATIVE SHAPES

Stand out from the crowd
and let the world know!

Each product is exclusive
and you control the margin.



4

Basic

recipes

From all-butter brioche to flavored brioche

To liven up your range of pastries and snacks, we've been working on new ways to make flavored brioche doughs.

The idea

Butter is a key ingredient in brioche and plays not only a technical role (contributing to the dough's malleability, softness and conservation), but is also key to organoleptic quality ¹, adding warm, gourmet notes that are appreciated by just about everyone!

For brioches flavored with inclusions or a filling, the flavoring ingredient may mask the taste of the butter, so in this case we've chosen to use a brioche with a lower proportion of butter. **We take advantage of butter's functional properties, but let the flavor of the added aroma take center stage.**

What's new

It's not often that you find recipes for chocolate or nut brioche doughs that are flavored directly in the mixture.

The high fat content of these ingredients, combined with the fat content of the butter, make it difficult to incorporate an adequate quantity of the aromatic substances for an optimal flavor experience. **That's why, for the chocolate and nut doughs, we've chosen not to use butter, but to exploit the fats naturally present in these ingredients** (for the chocolate brioche, oil is added to facilitate incorporation). This considerably improves the intensity of taste and color, without adding excess calories, while maintaining optimal texture.



The bonus

To optimize production, we have formulated recipes starting with a **basic détrempe dough**. This standard base can be used to make butter, neutral plain, chocolate and nut doughs.

Benefits

- A simple process for optimized, cost-effective production and easy variations.
- Intensely flavored, calorie-controlled brioches.

A NEW FLAVORING PROCESS FOR YOUR BRIOCHE DOUGHS

A NEUTRAL BASE + THE FLAVOR OF YOUR CHOICE



1. The term "organoleptic" refers to the properties of a product that can be perceived by the senses (taste, smell, etc.), including aspects such as flavor, aroma, color, texture and sound.



FiKaTime

Brioche dough

Starting with our basic détrempe dough base, explore the many flavoring possibilities!

Brioche détrempe dough base

488g	Eggs	26.2%	Mix the eggs, milk and flour for about 5 minutes at slow speed.	Temperature at the end of kneading should be approximately 75°F (24°C).
188g	Whole milk	10%		
1000g	T45 strong wheat flour	53.7%	Add the sugars and continue kneading, increasing the speed.	Remove the quantity to which you want to add the flavoring.
62g	Sugar	3.4%		
62g	Invert sugar	3.4%	Once the dough starts to come away from the sides of the bowl, add the salt and yeast, then continue kneading until the dough is no longer sticky at all, to boost gluten development.	
25g	Fine salt	1.3%		
38g	Live yeast	2%		
1863g	Total weight			

PLEASE NOTE

Adding the salt and yeast after the other ingredients helps to boost gluten development and delays the start of fermentation.

Neutral plain brioche

1860g	Brioche détrempe dough base	81.5%	Knead the détrempe dough base.	Leave to settle for 45 minutes on a tray, knock back the dough, then set aside at 39°F (4°C), ideally for approximately 12 hours.
366g	European-style butter 84%	16%	Slowly stir in the softened butter and invert sugar.	
57g	Invert sugar	2.5%	Once the dough is homogeneous, increase the speed and knead until the dough starts to come away from the sides of the bowl.	You can fold the dough after proving to give the dough some strength, depending on how it behaves.
2290g	Total weight		End of kneading temperature: 75-79°F (24-26°C)	

Pure butter brioche

1860g	Brioche détrempe dough base	78%	Knead the détrempe dough base.	Leave to settle for 45 minutes on a tray, knock back the dough, then set aside at 39°F (4°C) ideally for approximately 12 hours.
525g	European-style butter 84%	22%	Slowly stir in the softened butter.	
2385g	Total weight		Once the dough is homogeneous, increase the speed and knead until the dough starts to come away from the sides of the bowl.	You can fold the dough after proving to give the dough some strength, depending on how it behaves.
			End of kneading temperature: 75-79°F (24-26°C).	



Chocolate brioche

230g	Organic hazelnut oil	8.4%
76g	Cocoa powder	2.8%
383g	SATILIA NOIRE 62%	14%
1860g	Brioche détrempe dough base	68%
186g	Bassinage water	6.8%
2735g	Total weight	

THE DAY BEFORE

Mix hazelnut oil, cocoa powder and melted chocolate.

Leave to crystallize at room temperature to obtain a creamy texture.

ON THE DAY

Knead the détrempe dough base.

Gradually add the bassinage water.

Then blend in the previous day's mixture at low speed, in two phases.

Increase speed and knead until the dough comes away from the sides of the bowl.

End of kneading temperature: 75-79°F (24-26°C).

Leave on a tray to settle for 45 minutes, knock back the dough, then set aside at 39°F (4°C), ideally for approximately 12 hours.

You can fold the dough after proving to give the dough some strength, depending on how it behaves.

Hazelnut brioche

1860g	Brioche détrempe dough base	75.5%
87g	Bassinage water	3.5%
50g	Invert sugar	2%
470g	High-roast Napoli hazelnut paste	19%
2467g	Total weight	

Knead the détrempe dough base.

Gradually add the bassinage water.

Add the invert sugar and pure hazelnut paste mixture in two batches, at slow speed.

Increase speed and knead until dough starts to pull away from the sides of the bowl.

End of kneading temperature: 75-79°F (24-26°C).

Leave on a tray to settle for 45 minutes, knock back the dough, then set aside at 39°F (4°C), ideally for approximately 12 hours.

You can fold the dough after proving to give the dough some strength, depending on how it behaves.

Pistachio brioche

1860g	Brioche détrempe dough base	75.5%
87g	Bassinage water	3.5%
50g	Invert sugar	2.0%
470g	Pure Sicilian pistachio paste	19.0%
2467g	Total weight	

Knead the détrempe dough base.

Gradually add the bassinage water.

Add the invert sugar and pistachio paste in two batches, at slow speed.

Increase speed and knead until dough starts to pull away from the sides of the bowl.

End of kneading temperature: 75-79°F (24-26°C).

Leave on a tray to settle for 45 minutes, knock back the dough, then set aside at 39°F (4°C), ideally for approximately 12 hours.

You can fold the dough after proving to give the dough some strength, depending on how it behaves.



For all preparations using plain neutral brioche dough, you can use your own recipe!



If you freeze the brioche dough, store it for no more than ten days to preserve the quality of the final product.

Innovative, lower-calorie fillings

To appeal to your customers, our new brioche recipes come with fillings that are made according to a totally innovative “pre-bake” method: GELANIKA!

The idea

The fillings add extra indulgence and intense flavor, which can complement the flavoring of the dough, but also give a “range effect”. Although the filling step can be completed after baking, it is often much easier to do it before baking. However, it is much more difficult to control the formulation of a filling before baking, as it has to adapt to the constraints of product shapes and withstand the brioche baking process.

We have opted to use gellan gum, a “heat-resistant” texturizing agent. This means that once the gluten has fully developed, it can endure the baking process.

What’s new

Once we understood the behavior of gellan, we were able to determine the ideal conditions for setting.

In fact, pH plays a major role in the texture and qualities of the gel, which is why we use acidity correctors. Depending on the recipe, tartaric acid can be used to acidify ingredients that are too alkaline, while sodium citrate can be used to alkalize ingredients that are too acidic.

When we regulate the pH, we can reduce the amount of texturizing agents used, which helps achieve clean flavors and pleasant textures while meeting the criteria for pre-bake fillings.

The bonus

GELANIKA filling can be used in two ways!

① Non-stirred

Once poured, the result is a melting gel-like texture, similar to that of a flan. You can use this to create inserts or even place it directly on brioches (like the Fikafinger, for example) whose shape will remain intact after baking.

② Stirred

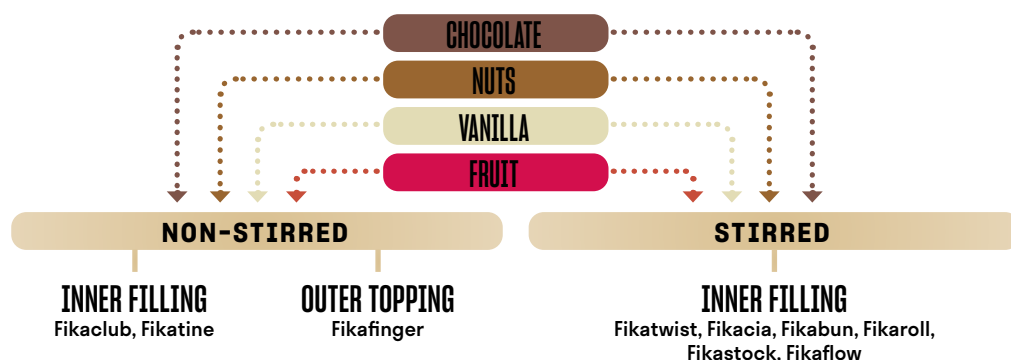
If the gel is poured and then stirred (with a whisk, paddle attachment, etc.), you will obtain a creamy, melt-in-the-mouth texture suitable for piping. This stirred version of the filling works particularly well as an inner filling.

Please note: GELANIKA filling recipes contain a lot of water. This makes it possible to obtain low caloric values, while ensuring a strong aromatic presence and maintaining the profile of the aromatic ingredient you want to highlight. For chocolate and nut fillings, this recipe also helps keep material costs down.

Benefits

- Freezable, intense-flavored fillings that withstand the baking process.
- Recipes with lower calorie content and controlled *food costs*.

GELANIKA, OUR NEW CONCEPT FOR PRE-BAKE FILLINGS!





FiKaTime

Thermostable fillings

Chocolate fillings

[Mix water and tartaric acid (according to recipe)].

Combine the gellan gum and starch, then blend well with the superfine sugar to distribute evenly.

Pour over the water, then add the melted coconut oil.

Blend thoroughly, then add the chocolate.

Heat to 194°F (90°C), stirring constantly, then use immediately (as the gel sets quickly).

	CONFECTION 80%		GUANAJA 70%		JIVARA 40%		BLOND DULCEY 35%		AMATIKA BLANCHE 35%	
Water	574.5g	57.45%	576g	57.55%	574g	57.35%	574g	57.35%	574g	57.35%
Tartaric acid	1g	0.1%	-	-	1g	0.1%	1g	0.1%	1g	0.1%
Gellan gum	1.5g	0.15%	1.5g	0.15%	2.5g	0.25%	2.5g	0.25%	2.5g	0.25%
Corn starch	28g	2.8%	20g	2%	40g	4%	40g	4%	40g	4%
Superfine sugar	150g	15%	120g	12%	80g	8%	80g	8%	80g	8%
Flavorless coconut oil	75g	7.5%	53g	5.3%	53g	5.3%	53g	5.3%	53g	5.3%
Chocolate	170g	17%	230g	23%	250g	25%	250g	25%	250g	25%
TOTAL WEIGHT	1000g									

Nut fillings

Mix the water and tartaric acid.

Combine gellan gum and starch, then blend well [with superfine sugar to mix] (as per recipe). Drizzle over the first mixture, then add the melted coconut oil and [praline] or [pure paste].

Blend vigorously.

Heat to 194°F (90°C), stirring constantly, then use immediately (as the gel sets quickly).

	55% FRUITY HAZELNUT PRALINÉ		PGI PIEDMONT HAZELNUT PASTE, MEDIUM ROAST		SICILIAN PISTACHIO PASTE	
Water	561g	56%	562g	56.2%	583g	58.2%
Tartaric acid	1g	0.1%	1g	0.1%	1g	0.1%
Gellan gum	4g	0.4%	2g	0.2%	2g	0.2%
Corn starch	38g	3.8%	38g	3.8%	38g	3.8%
Superfine sugar	-	-	120g	12%	150g	15%
Flavorless coconut oil	26.5g	2.7%	27g	2.7%	26.5g	2.7%
Praline and nut paste	370g	37%	250g	25%	200g	20%
TOTAL WEIGHT	1000g					

Fruit fillings

Combine sodium citrate, gellan gum and starch, then blend well with the superfine sugar to distribute evenly.

Pour over the fruit purée cooled to 39°F (4°C), then blend to combine well.

Heat to 194°F (90°C), stirring constantly, then use immediately (as the gel sets quickly).

	APRICOT FLAVOR COT & LIDO		STRAWBERRY CLÉRY & CHARLOTTE		MEEKER RASPBERRY		MANGO/PASSION FRUIT*	
Sodium citrate	4g	0.4%	6g	0.6%	8g	0.80%	10g	1%
Gellan gum	4g	0.4%	4g	0.4%	4g	0.40%	3g	0.30%
Corn starch	30g	3%	30g	3%	30g	3%	30g	3%
Superfine sugar	155g	15.5%	155g	15.5%	155g	15.5%	155g	15.5%
100% fruit purée	211g	80.7%	805g	80.5%	803g	80.3%	541g / 261g	54.1% / 26.1%
TOTAL WEIGHT	1000g							

* MANGO KESAR & ALPHONSO & PASSION FRUIT PASSIFLORA EDULIS FLAVICARPA

Vanilla fillings

Mix the water and tartaric acid.

Combine the gellan gum and starch, then blend well with the superfine sugar to distribute evenly.

Pour over the first mixture, then add the melted coconut oil and vanilla bean paste.

Blend thoroughly, then add the Ivoire/Opalys chocolate.

Heat to 194°F (90°C), stirring constantly, then use immediately (as the gel sets quickly).

	OPALYS 33%		IVOIRE 35%	
Water	564g	56.4%	584g	58.4%
Tartaric acid	1g	0.1g	1g	0.1%
Gellan gum	2.5g	0.25%	2.5g	0.25%
Corn starch	40g	4%	40g	4%
Superfine sugar	80g	8%	60g	6%
Flavorless coconut oil	53g	5.3%	53g	5.3%
Organic Madagascan vanilla bean paste	10g	1%	10g	1%
Chocolate	250g	25%	250g	25%
TOTAL WEIGHT	1000g			

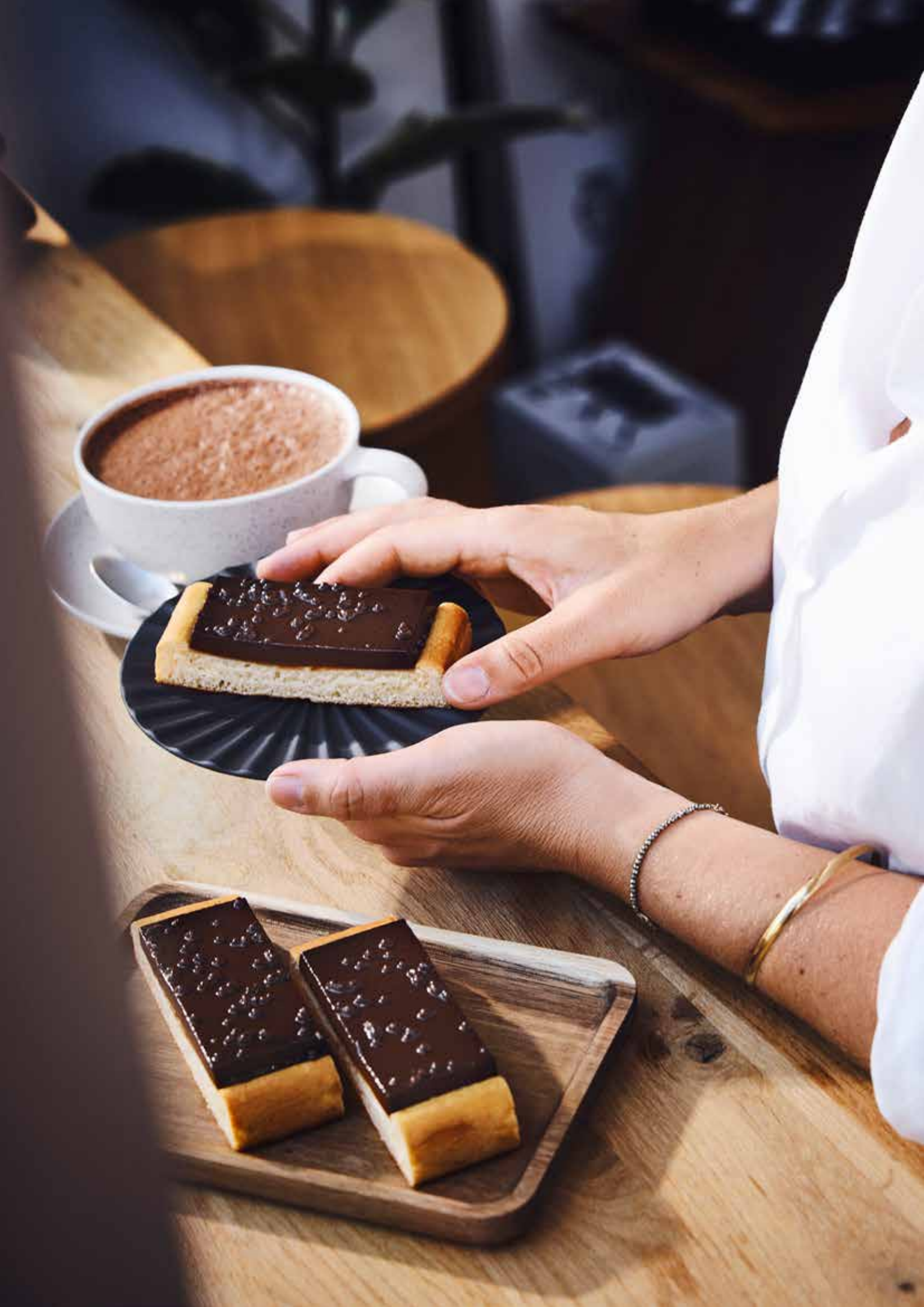
PLEASE NOTE

TARTARIC ACID

Tartaric acid plays a similar role to citric acid, and is commonly used in laboratories around the world. It is also extracted from several fruits and has a completely neutral taste profile, (does not add acidity), unlike citric acid.

SODIUM CITRATE

Sodium citrate is used in a similar way to citric acid: it is a naturally occurring pH-modifier, present in most fruits. Its role is to raise the pH.



1

Daily

Recipes

Simple recipes,
appealing and
cost-effective products

Fikafinger

① Neutral plain brioche

256g Eggs
99g Whole milk
525g T45 strong wheat flour
33g Superfine sugar
33g Invert sugar
13g Fine salt
20g Live yeast
192g European-style butter 84%
30g Invert sugar

1201g Total weight

Knead the détrempe dough base (see recipe p.14).
Slowly stir in the softened butter and invert sugar.
Once the dough is homogeneous, increase the speed and knead until the dough starts to come away from the sides of the bowl.
The final kneading temperature should be 75-79°F (24-26°C).

Leave to settle for 45 minutes on a tray, knock back the dough, then set aside at 39°F (4°C), ideally for approximately 12 hours.
You can fold the dough after proving to give the dough some strength, depending on how it behaves.

② Thermostable fillings

Recipe calculated for a 57 x 37 cm frame (49 x 56 cm strips)

DARK CHOCOLATE FILLING

Combine the gellan gum and starch, then blend well with the superfine sugar to distribute evenly.

Pour over the water, then add the melted coconut oil. Blend thoroughly, then add the Guanaja couverture.

Heat to 194°F (90°C), stirring constantly, then use immediately, as the gel sets quickly.

VANILLA FILLING

Mix the water and tartaric acid.

Combine the gellan gum and starch, then blend well with the superfine sugar to distribute evenly.

Pour over the first mixture, then add the melted coconut oil and vanilla bean paste.

Blend thoroughly, then add the Opalys chocolate.

Heat to 194°F (90°C), stirring constantly, then use immediately, as the gel sets quickly.

APRICOT FILLING

Combine sodium citrate, gellan gum and starch, then blend well with the superfine sugar to distribute evenly.

Pour over the purée cooled to 39°F (4°C), then blend until smooth.

Heat to 194°F (90°C), stirring constantly, then use immediately, as the gel sets quickly.

HAZELNUT FILLING

Mix the water and tartaric acid.

Combine the gellan gum and starch, then blend well with the superfine sugar to distribute evenly.

Drizzle over the first mixture, then add the melted coconut oil and pure hazelnut paste. Blend vigorously.

Heat to 194°F (90°C), stirring constantly, then use immediately, as the gel sets quickly.

TIPS Once set, it is advisable to cut the strips before freezing them.

	DARK CHOCOLATE FILLING	VANILLA FILLING	APRICOT FILLING	HAZELNUT FILLING
Water	1611g	1580g	-	1580g
Tartaric acid	-	2.8g	-	2.8g
Sodium citrate	-	-	11.2g	-
Gellan gum	4.2g	7g	11.2g	5.6g
Corn starch	56g	112g	84g	106g
Superfine sugar	336g	224g	434g	336g
Flavorless coconut oil	148g	148g	-	74.2g
Organic Madagascan vanilla bean paste	-	28g	-	-
100% Flavor Cot and Lido apricot purée	-	-	2260g	-
PGI Piedmont pure hazelnut paste, medium roasted	-	-	-	700g
GUANAJA 70%	644g	-	-	-
OPALYS 33%	-	700g	-	-
TOTAL WEIGHT	2800g			

Four flavors
that deliver a
delicious taste
experience





③ Assembly & finishing

THE DAY BEFORE

Make the neutral brioche dough and the filling.

ON THE DAY

Roll out the brioche dough to a thickness of 4mm. Prick the dough generously to ensure an even rise.

Cut it into 4 × 11.3cm rectangles.

Place rectangles of dough in stainless steel frames (all the same size), greased or lined with parchment paper.

Leave to rise at 82°F (28°C) for about 2.5 hours.

Once risen, place the 9 x 56 cm strips of frozen filling on the rectangles of dough, being sure to press the filling in evenly.

Sprinkle with decor (as needed), according to recipe.

Bake at 295°F (145°C) for approx. 20 minutes.

After cooling completely, cut into 4cm-wide slices.

AS NEEDED, DECOR

Guanaja 70% recipe

Beads 52% CHOCOLATREE

Opalys 33% recipe

Sicilian “Tuono” almond (pre-roasted)

Hazelnut recipe

PGI Piedmont hazelnut seeds (pre-roasted)

Apricot recipe

Hazelnut streusel



Fruity FiKatine

① Neutral plain brioche

426g	Eggs
164g	Whole milk
875g	T45 strong wheat flour
55g	Superfine sugar
55g	Invert sugar
22g	Fine salt
33g	Live yeast
320g	European-style butter 84%
50g	Invert sugar
2000g	Total weight

Knead the détrempe dough base (see recipe p.14).
Slowly stir in the softened butter and invert sugar.

Once the dough is homogeneous, increase the speed and knead until the dough starts to come away from the sides of the bowl.

The final kneading temperature should be 75-79°F (24-26°C).

Leave on a tray to settle for 45 minutes, knock back the dough, then set aside at 39°F (4°C), ideally for approximately 12 hours.

You can fold the dough after proving to give the dough some strength, depending on how it behaves.

② Thermostable raspberry filling

11.2g	Sodium citrate
5.6g	Gellan gum
42g	Corn starch
217g	Superfine sugar
1120g	100% Meeker raspberry puree
1400g	Total weight

Combine sodium citrate, gellan gum and starch, then blend well with superfine sugar to mix.

Pour over the purée cooled to 39°F (4°C), then blend until smooth.

Prepare 37.5 × 28.5cm frames in advance.

Heat to 194°F (90°C), stirring constantly.

Quickly pour the filling into the frames, as it sets very quickly.

Shake the baking sheet lightly to spread the filling evenly, then set aside at 39°F (4°C).

Leave to set for at least 2 hours.

When completely set, cut into 1.5 × 12.5cm sticks.

Use immediately or store at 39°F (4°C).

③ Assembly & finishing

THE DAY BEFORE

Make the neutral brioche dough and the raspberry filling.

ON THE DAY

Roll out two 57 × 37cm rectangles of dough to a thickness of 3mm, then freeze.

Remove the dough from the freezer, and wait a few moments to obtain the ideal texture for scratching the surface of the dough.

Use a cutter to make widthwise incisions, taking care not to cut through the dough.

Turn the dough rectangles over so that these marks are underneath, then cut out 11 × 10cm rectangles.

Roll up like a pain au chocolat with two sticks of raspberry filling.

Arrange on a baking sheet lined with parchment paper.

Leave to rise at 82°F (28°C) for about 2.5 hours.

Once risen, glaze and bake at 295°F (145°C) for about 16 minutes.

TIPS

After shaping, FiKatine can be deep-frozen for later use.



Fikaccia

Orange blossom brioche

369g	Eggs
142g	Whole milk
755g	T45 strong wheat flour
47g	Superfine sugar
47g	Invert sugar
19g	Fine salt
29g	Live yeast
276g	European-style butter 84%
43g	Invert sugar
173g	Organic orange blossom water
1900g	Total weight

Knead the neutral brioche (see recipe p.14).

Gradually add orange blossom water.

The dough should have a soft, smooth texture.

The final kneading temperature should be 75-79°F (24-26°C).

Weigh out 315g pieces of dough, shape into balls with the help of a triangle and place in a 19cm diameter x 5.5cm high panettone mold, then spread the dough evenly in the mold.

Leave to rest in the refrigerator for 12 hours.

TIPS

After adding the orange blossom water, the dough will become very supple, giving it a moist crumb that is pleasant to eat.

② Thermostable raspberry filling

5.8g	Sodium citrate
2.9g	Gellan gum
21.6g	Corn starch
112g	Superfine sugar
578g	100% Meeker raspberry puree
720g	Total weight

Combine sodium citrate, gellan gum and starch, then blend well with the superfine sugar to distribute evenly.

Pour over the purée cooled to 39°F (4°C), then blend until smooth.

Heat to 194°F (90°C), stirring constantly, then without delay (as the gel sets quickly), pour into tubs and set aside at 39°F (4°C).

Leave to set for at least 2 hours.

Using the mixer fitted with the paddle attachment, beat the raspberry filling at low speed until smooth.

Use immediately or store at 39°F (4°C).

③ Syrup

220g	Water
280g	Superfine sugar
500g	Total weight

Bring the water and sugar to the boil, then set aside at 39°F (4°C).

④ Assembly & finishing

As needed - Syrup
As needed - Organic hazelnut oil

THE DAY BEFORE

Make the orange blossom brioche dough, raspberry filling and syrup.

ON THE DAY

Leave to rise at 82°F (28°C) for about 2.5 hours.

Once risen, drizzle the oil over the Fikaccia, then use your fingers to create indentations.

Using a piping bag without a nozzle, fill each Fikaccia with approximately 120g of filling, in a random pattern, making it stand out slightly.

Sprinkle with crushed pistachios.

Bake at 295°F (140°C) for approx. 35 minutes. Remove from the oven and brush with syrup.





2

Weekend

Recipes

Indulge yourself and treat everyone
to a warm and special moment

Fruity FiKastock

① Neutral plain brioche

- 255g Eggs
- 99g Whole milk
- 525g T45 strong wheat flour
- 33g Superfine sugar
- 33g Invert sugar
- 13g Fine salt
- 20g Live yeast
- 192g European-style butter 84%
- 30g Invert sugar
- 1200g Total weight

Knead the détrempe dough base (see recipe p.14).
Slowly stir in the softened butter and invert sugar.
Once the dough is homogeneous, increase the speed and knead until the dough starts to come away from the sides of the bowl.
The final kneading temperature should be 75-79°F (24-26°C).

Leave on a tray to settle for 45 minutes, knock back the dough, then set aside at 39°F (4°C), ideally for approximately 12 hours.
You can fold the dough after proving to give the dough some strength, depending on how it behaves.

② Thermostable apricot filling

- 4.8g Sodium citrate
- 4.8g Gellan gum
- 36g Corn starch
- 186g Superfine sugar
- 968g 100% Flavor Cot and Lido apricot purée
- 1200g Total weight

Combine sodium citrate, gellan gum and starch, then blend well with the superfine sugar to distribute evenly.
Pour over the purée cooled to 39°F (4°C), then blend until smooth.
Heat to 194°F (90°C), stirring constantly, then without delay (as the gel sets quickly), pour into trays and set aside at 39°F (4°C).

Leave to set for at least 2 hours.
Using the mixer fitted with the paddle attachment, beat the apricot filling at low speed until smooth.
Use immediately or store at 39°F (4°C).

③ Fruity [apricot] syrup

Bring the water, sugar and [100% fruit purée] to the boil, then set aside at 4°C.

	FLAVOR COT & LIDO APRICOT		CLÉRY & CHARLOTTE STRAWBERRY		MEEKER RASPBERRY		MANGO/PASSION FRUIT	
100% fruit purée	485g	48.5%	485g	48.5%	485g	48.5%	321g / 161g	32.1% / 16.1%
Water	310g	31%	310g	31%	310g	31%	313g	31.3%
Superfine sugar	205g	20.5%	205g	20.5%	205g	20.5%	205g	20.5%
TOTAL WEIGHT	1000g							

*MANGO KESAR & ALPHONSO & PASSION FRUIT PASSIFLORA EDULIS FLAVICARPA





④ Assembly & finishing

As needed - Syrup [apricot...]

As needed - Chopped peeled almonds

3 DAYS BEFORE

Make the plain neutral brioche.

2 DAYS BEFORE

Divide the dough into 80g pieces and forms balls with them.

Place 5 balls in 8 × 24 × 7cm molds, forming a Nanterre brioche.

Leave to rise at 82°F (28°C) for about 2.5 hours.

Bake at 295°F (145°C) for about 40 minutes.

THE DAY BEFORE

Make the apricot filling and fruit syrup.

ON THE DAY

Cut 2cm-thick slices of brioche.

Dip the brioche into the warm syrup to soak.

Using a piping bag, place approximately 50g of filling on each slice.

Sprinkle with chopped roasted almonds.

Bake at 355°F (180°C) for about 15 minutes with the vents open.

TIPS

You can reuse unsold brioche or use fresh brioche, which will take several days to dry.



Hazelnut FiKaroll

① Hazelnut brioche

198g	Eggs	Knead the détrempe dough base (see recipe p.14).	Leave on a tray to settle for 45 minutes, knock back the dough, then set aside at 39°F (4°C), ideally for approximately 12 hours.
76g	Whole milk	Gradually add the bassinage water.	You can fold the dough after proving to give the dough some strength, depending on how it behaves.
405g	T45 strong wheat flour	Slowly fold in the invert sugar and hazelnut paste mixture in two batches.	
25g	Superfine sugar		
25g	Invert sugar		
10g	Fine salt		
15g	Live yeast		
36g	Bassinage water	Increase speed and knead until dough starts to pull away from the sides of the bowl.	
20g	Invert sugar		
190g	High-roast Napoli hazelnut paste	The final kneading temperature should be 75-79°F (24-26°C).	
1000g	Total weight		

② Thermostable hazelnut paste filling

422g	Water	Mix the water and tartaric acid.	Leave to set for at least 2 hours.
0.8g	Tartaric acid	Combine the gellan gum and starch, then blend well with the superfine sugar to distribute evenly.	Using the mixer fitted with the paddle attachment, stir the hazelnut filling at low speed until smooth.
1.5g	Gellan gum		Use immediately or store at 39°F (4°C).
28.5g	Corn starch	Pour over the first mixture, then add the melted coconut oil and pure hazelnut paste.	
90g	Superfine sugar		
20g	Flavorless coconut oil		
188g	Pure PGI Piedmont hazelnut paste, medium roast	Blend vigorously.	
750g	Total weight	Heat to 194°F (90°C), stirring constantly, then without delay (as the gel sets quickly), pour into trays and set aside at 39°F (4°C).	

③ Assembly & finishing

As needed - Chopped PGI Piedmont hazelnuts	ON THE DAY Roll out the dough to approx. 60 × 40cm, 3mm thick. Spread the hazelnut filling on the pastry sheet, then roll into a 60cm-long sausage. Freeze, then cut into 3cm lengths.	Arrange on a baking tray with a sheet of parchment paper. Leave to rise at 82°F (28°C) for about 2 hours. Once risen, glaze and sprinkle with chopped hazelnuts. Bake at 295°F (145°C) for approx. 20 minutes.
THE DAY BEFORE Make the hazelnut brioche and hazelnut filling.		



Pistachio FiKabun

① Neutral plain brioche

307g	Eggs
118g	Whole milk
630g	T45 strong wheat flour
39g	Superfine sugar
39g	Invert sugar
16g	Fine salt
24g	Live yeast
231g	European-style butter 84%
36g	Invert sugar
1440g	Total weight

Knead the détrempe dough base (see recipe p.14).
Slowly stir in the softened butter and invert sugar.

Once the dough is homogeneous, increase the speed and knead until the dough starts to come away from the sides of the bowl.

The final kneading temperature should be 75-79°F (24-26°C).

Leave on a tray to settle for 45 minutes, knock back the dough, then set aside at 39°F (4°C), ideally for approximately 12 hours.

You can fold the dough after proving to give the dough some strength, depending on how it behaves.

② Thermostable Pure Pistachio Pastry Filling

419g	Water
0.7g	Tartaric acid
1.4g	Gellan gum
27.4g	Corn starch
108g	Superfine sugar
19g	Flavorless coconut oil
144g	Pure Sicilian Pistachio Paste
720g	Total weight

Mix the water and tartaric acid.

Combine the gellan gum and starch, then blend well with the superfine sugar to distribute evenly.

Drizzle over the first mixture, then add the melted coconut oil and pure pistachio paste.

Blend vigorously.

Heat to 194°F (90°C), stirring constantly, then immediately (as the gel sets quickly) pour onto trays, then set aside at 39°F (4°C).

Leave to set for at least 2 hours.

Using the mixer fitted with the paddle attachment, beat the pistachio filling at low speed until smooth.

Use immediately or store at 39°F (4°C).

③ Pistachio Nougatine

18g	Water
89g	European-style butter 84%
53g	Glucose DE35/40
89g	Superfine sugar
1.8g	Pectin NH
250g	Chopped Sicilian pistachios
500g	Total weight

Heat the water, butter and glucose in a saucepan.

At 75°F (40°C), add the sugar mixed with the pectin.

Bring to the boil, then add the chopped pistachios.

Immediately spread out the mixture as thinly as possible between two silicone sheets.

When the nougatine has cooled, cut out the shape you want using a cookie cutter.





④ Assembly & finishing

THE DAY BEFORE

Make the neutral brioche dough, pistachio filling and pistachio nougatine.

ON THE DAY

Divide the dough into 60g pieces and roll them into balls.

Place each ball on a baking sheet lined with parchment paper.

Leave to rise at 82°F (28°C) for about 2 hours.

Once risen, use a piping bag to fill each plain ball with approximately 30g of pistachio filling.

Glaze then place the 9cm-diameter nougatine discs on the brioche.

Bake at 295°F (145°C) for approx. 16 minutes.





3

Weekend **recipes**

Outstanding products
with controlled margins
that will set you apart

Raspberry FiKatwist

① Neutral plain brioche

255g	Eggs	Knead the détrempe dough base (see recipe p.14).	then set aside at 39°F (4°C), ideally for approximately 12 hours.
99g	Whole milk		
525g	T45 strong wheat flour	Slowly stir in the softened butter and invert sugar.	You can fold the dough after proving to give the dough some strength, depending on how it behaves.
33g	Superfine sugar		
33g	Invert sugar	Once the dough is homogeneous, increase the speed and knead until the dough starts to come away from the sides of the bowl.	
13g	Fine salt		
20g	Live yeast	The final kneading temperature should be 75-79°F (24-26°C).	
192g	European-style butter 84%	Leave on a tray to settle for 45 minutes, knock back the dough,	
30g	Invert sugar		
1200g	Total weight		

② Thermostable raspberry filling

7.2g	Sodium citrate	Combine the sodium citrate, gellan gum and starch, then mix well with the superfine sugar to disperse.	Leave to set for at least 2 hours.
3.6g	Gellan gum		
27g	Corn starch	Pour over the purée cooled to 39°F (4°C), then blend until smooth.	Using a mixer fitted with the paddle attachment, stir the raspberry filling at low speed until smooth.
140g	Superfine sugar		
723g	100% Meeker raspberry puree	Heat to 194°F (90°C), stirring constantly, then without delay (as the gel sets quickly), pour into trays and set aside at 39°F (4°C).	Use immediately or store at 39°F (4°C).
900g	Total weight		

③ Syrup

220g	Water	Bring the water and sugar to the boil, then set aside at 39°F (4°C).
280g	Superfine sugar	
500g	Total weight	

Fruity Babka, a light yet
intense version for even
greater enjoyment





④ Assembly & finishing

As needed - Whole blanched "Tuono" almonds from Sicily

As needed - Syrup

THE DAY BEFORE

Make the neutral brioche dough, raspberry filling and syrup.

ON THE DAY

Roll out the dough to approx. 90 × 36cm, 3mm thick.

TIPS

For ease of handling, it is possible to work with one rectangle of dough measuring 60 × 36cm and another 30 × 36cm.

Spread the raspberry filling over 2 thirds of the length, fold over a third of the remaining plain pastry and close with the last third of pastry coated with filling (wallet fold).

Freeze to cut 6 strips of 6 × 30cm.

From each strip, cut 2cm strips, taking care to leave 1cm uncut to keep the strips together.

Plait a 3-strand braid, then form a ball.

Place in a 14cm diameter circle lined with parchment paper.

Leave to rise at 82°F (28°C) for about 2.5-3 hours.

Once risen, glaze and sprinkle with previously roasted, roughly crushed blanched almonds.

Bake at 295°F (140°C) for approx. 40 minutes.

Remove from the oven and brush with syrup.



FiKacclub

① Chocolate brioche

167g Organic hazelnut oil
56g Cocoa powder
280g SATILIA NOIRE 62%
356g Eggs
137g Whole milk
730g T45 strong wheat flour
46g Superfine sugar
46g Invert sugar
18g Fine salt
28g Live yeast
136g Bassinage water

2000g Total weight

THE DAY BEFORE

Mix hazelnut oil, cocoa powder and melted chocolate. Leave to crystallize at room temperature to obtain a creamy texture.

ON THE DAY

Knead the détrempe dough base (see recipe p.14).

Gradually add the bassinage water. Mix in the previous day's mixture at low speed in two batches.

Increase speed and knead until the dough comes away from the sides of the bowl.

The final kneading temperature should be 75-79°F (24-26°C).

Leave on a tray to settle for 45 minutes, knock back the dough, then set aside at 39°F (4°C), ideally for approximately 12 hours.

You can fold the dough after proving to give the dough some strength, depending on how it behaves.

② Thermostable hazelnut filling

1580g Water
2.8g Tartaric acid
5.6g Gellan gum
106g Corn starch
336g Superfine sugar
74.2g Flavorless coconut oil

700g Pure PGI Piedmont hazelnut paste, medium roast

2800g Total weight

Mix the water and tartaric acid.

Combine the gellan gum and starch, then blend well with the superfine sugar to distribute evenly.

Pour over the first mixture, then add the melted coconut oil and pure hazelnut paste.

Blend vigorously.

Heat to 194°F (90°C), stirring constantly then, without delay (as it sets quickly), pour the filling into a 57 × 37cm frame.

Shake the baking sheet lightly to spread the filling evenly, then set aside at 39°F (4°C).

Leave to set for at least 2 hours.

When completely set, cut into 15 × 15cm squares.

Freeze the squares of filling.

TIPS

Recycle scraps of the filling in products that use stirred filling (such as Fikaroll). You can also adapt the quantities by using an adjustable frame or rulers.

④ Assembly & finishing

Prepare syrup at 86°F (30°C) (see recipe page 44)

THE DAY BEFORE

Make the chocolate dough and hazelnut filling.

ON THE DAY

Roll out 2 rectangles measuring approx. 60 × 40cm, 3mm thick.

Let the dough rest at 39°F (4°C), to obtain a texture suitable for cutting.

Take one of the dough rectangles and cut out 16 × 16cm squares of dough, and then, with the other, cut out 18 × 18cm squares.

Place the frozen hazelnut fillings in the center of the smaller squares.

Brush the edges of the pastry with egg white, then close with the large square of pastry, taking care to press out the air.

Seal together the two dough squares and finish by cutting out using a 16 × 16cm cookie cutter.

Place in greased or parchment paper-lined 16 × 16cm frames on a baking sheet.

Leave to rise at 82°F (28°C) for about 2.5 hours.

Once risen, glaze and bake at 285°F (140°C) for about 40 minutes.

Remove from the oven and brush with syrup.







FiKafLOW

① Chocolate brioche

121g Organic hazelnut oil
 40.2g Cocoa powder
 201g SATILIA NOIRE 62%
 257g Eggs
 98.8g Whole milk
 526g T45 strong wheat flour
 32.9g Superfine sugar
 32.9g Invert sugar
 13.1g Fine salt
 19.7g Live yeast
 97.8g Bassinage water

1440g Total weight

THE DAY BEFORE

Mix hazelnut oil, cocoa powder and melted chocolate.

Leave to crystallize at room temperature to obtain a creamy texture.

ON THE DAY

Knead the détrempe dough base (see recipe p.14).

Gradually add the bassinage water.

Then blend in the previous day's mixture at low speed, in two phases.

Increase speed and knead until the dough comes away from the sides of the bowl.

The final kneading temperature should be 75-79°F (24-26°C).

Leave on a tray to settle for 45 minutes, knock back the dough, then set aside at 39°F (4°C), ideally for approximately 12 hours.

You can fold the dough after proving to give the dough some strength, depending on how it behaves.

② Thermostable Guanaja filling

0.7g Gellan gum
 22g Corn starch
 86g Superfine sugar
 38g Flavorless coconut oil

393g Water
 180g GUANAJA 70%

720g Total weight

Combine the gellan gum and starch, then blend well with the superfine sugar to distribute evenly.

Pour over the water, then add the melted coconut oil.

Blend thoroughly, then add the Guanaja couverture.

Heat to 194°F (90°C), stirring constantly, then without delay (as the gel sets quickly), pour into trays and set aside at 39°F (4°C).

Leave to set for at least 2 hours.

Using the mixer fitted with the paddle attachment, beat the Guanaja filling at low speed until smooth.

Use immediately or store at 39°F (4°C).

③ Assembly & finishing

As needed - Ground chocolate black
 Ghana pure origin

THE DAY BEFORE

Make the Chocolate brioche and the Guanaja filling.

ON THE DAY

Divide the dough into 60g pieces and roll them into balls.

Place each ball in 8cm-diameter x 3.5cm-high circles, greased or lined with parchment paper.

Leave to rise at 82°F (28°C) for about 2 hours.

Once risen, using a piping bag without a nozzle, fill each chocolate ball with approximately 30g of Guanaja filling.

Bake at 295°F (145°C) for approx. 16 minutes.

Remove from the oven and wait until the buns have cooled down enough to handle them, then turn them over. Sprinkle with ground chocolate that will gently melt.

TIPS

We recommend that you leave the brioche in their circles after turning them over, so that they keep their shape.





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Time**



VALRHONA

- Confection 80%
- Guanaja 70%
- Satilia noire 62%
- Opalys 33%
- Cocoa powder
- Ground Chocolate Ghana 68%



- Gellan gum
- Invert sugar (inverted sugar syrup)
- Glucose DE35/40
- Pectin NH
- Flavorless coconut oil (coconut fat)
- Sodium citrate
- Tartaric acid



NOROHY

- Organic Madagascan vanilla bean paste
- Organic orange blossom water

adamance

Frozen

- Sugar-free -



- Meeker raspberry purée
- Flavor Cot & Lido apricot purée
- Cléry & Charlotte strawberry purée
- Kesar & Alphonso mango purée
- Passiflora Edulis Flavicarpa passion fruit purée



- Pure Sicilian pistachio paste
- PGI Piedmont pure hazelnut paste
- Pure hazelnut paste
- PGI Piedmont hazelnuts
- PGI Piedmont hazelnut pieces
- Sicilian Tuono almonds
- Organic hazelnut oil

chocolatree

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Our fruit purées are free from added sugar and additives and traced back to the original grower in 100% of cases. They respect the great taste of ripe fruit, as well as nature and the people who use agroecological techniques to work with it. As a result, ethically-conscious makers can tell their customers all about the fruit they use.



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