

Deconstructed Caprese Salad

A modern twist on the classic Caprese salad, featuring tomato gel, mozzarella foam, and basil caviar.



Main Dish

Molecular gastronomy

45 min

Total time

Advanced

Difficulty

250

kcal / serving

Nutrition per serving (estimated)

Protein 7 g

Carbs 8 g

Fat 21 g

Fiber 1 g · Sugar 3 g · Sodium 330 mg

Ingredients

- 1 ripe tomato
- 50g fresh mozzarella
- 5 fresh basil leaves
- 2g agar-agar
- 2g lecithin powder
- 2g sodium alginate
- 200ml water
- 100ml olive oil
- Salt and pepper to taste

Substitutions

Fresh mozzarella – Fresh burrata, using the creamy interior for a similarly mild, soft foam.

Fresh basil – Fresh parsley for a different but still herbaceous green garnish.

Olive oil – A mild avocado oil for a similarly smooth finishing drizzle.

Steps

- 1 Tomato Gel: Blend the tomato and strain the juice. Mix with agar-agar and bring to a boil. Let it cool and set. Once set, cut into small cubes.
- 2 Mozzarella Foam: Blend the mozzarella with a bit of water until smooth. Mix in lecithin powder and use an immersion blender to create foam.
- 3 Basil Caviar: Blend basil leaves with water and strain. Mix with sodium alginate. Using a dropper, drop the mixture into a bath of calcium chloride solution to form caviar.
- 4 Assembly: Arrange the tomato gel cubes on a plate. Add drops of mozzarella foam and basil caviar. Drizzle with olive oil and season with salt and pepper.

Chef's tips

- The gel should hold its shape while remaining tender; a rubbery texture suggests it set too firmly.
- For stable foam, use a tall, narrow blending vessel and keep the blender head near the surface to draw in air.
- Prepare the components shortly before serving so the foam stays airy and the basil pearls remain distinct.

Drink pairing

A crisp, dry sparkling wine

Its freshness complements the tomato and basil while lifting the creamy mozzarella.

0% option: Sparkling water with a squeeze of lemon

Storage

Keep components covered and refrigerated, separate from one another, and use within 1 day for best texture. Discard if left at room temperature for more than 2 hours.

Frequently asked questions

Can I make the components ahead?

The tomato gel can be made ahead and kept covered in the refrigerator. Make the mozzarella foam and basil pearls close to serving for their best texture.

Why did my mozzarella foam collapse?

It may have been over-blended or left standing too long. Serve it promptly, and use a narrow vessel so the blender can incorporate air effectively.

How should I serve this salad?

Use a chilled, flat plate and space the gel, foam, and pearls apart so each component is visible. Serve as a small appetizer or first course.