EAT THE TRUTH

FERMENTED BOUILLON

Rich, savoury flavour made simple.

SERVINGS	PREP TIME	COOK TIME	TOTAL TIME
1 (approx. 200 g)	Less than 1 min	0 min	Less than 1 min

Allergens: Check the Culinary Base product label for allergen and cross-contact information before serving.

INTRODUCTION

A rich, flavourful bouillon doesn't have to take hours to prepare. In this recipe, Léa Vucic, EAT THE TRUTH's Food Service Sales Manager in France, demonstrates how to make fermented bouillon in just seconds using our concentrated Culinary Base. With only 5% Culinary Base and 95% hot water, you can create a ready-to-use bouillon with depth, complexity and a rich umami taste.

Powered by fermentation and made with real ingredients, EAT THE TRUTH Culinary Bases offer a simple way to bring consistent flavour to professional kitchens. Serve the bouillon on its own or use it as a base for soups, sauces, grains and other culinary preparations.

INGREDIENTS

Ingredient	Quantity
EAT THE TRUTH Concentrated Culinary Base	10 g
Hot water	190 g

INSTRUCTIONS

01 Add the EAT THE TRUTH Concentrated Culinary Base to a heat-resistant cup or container.

02 Pour the hot water over the concentrate.

03 Stir until the Culinary Base is completely dissolved and evenly distributed.

04 Serve immediately as a warm bouillon or use it in your desired preparation.

NOTES

Use a ratio of 5% EAT THE TRUTH Culinary Base to 95% hot water. Scale up using the same ratio for larger batches, and adjust the concentration according to the application and desired salt level.