



*We are often asked what “haute pâtisserie” is. After 35 issues of so good.. magazine, we can say that it is a well-emulsified blend of science, technique, and emotions. The emulsion we have prepared for so good.. magazine #35 contains a central section dedicated to gastrophysics, a discipline that can help chefs ensure their desserts evoke exactly what they intended when creating them.*

*In these pages, figures such as Luis Amado, Alba Ruiz Ceamanos, Matthieu Atzenhoffer, Irene Iborra, and Janice Wong explore how memory, perception, and multisensory experiences can create unique moments.*

## Gastrophysics



The science of taste that provokes emotions

The shape of a food, its color, its aroma, the sound it makes when chewed, and even subtle environmental factors such as lighting, the people accompanying us, and even the time of day that moment directly determine the taste we perceive when we eat. And as if these weren't enough elements to take into account, we must also add cultural factors, traditions, memories, and previous experiences. And emotions... All these issues are encompassed in a scientific discipline known as gastrophysics.

As Chelise Spivack whom we interviewed in this challenge explains, "so much of the success or failure of any new culinary creation depends on something other than the recipe itself: How does the dish look, what is it called, how should it be

plated, could AI be used to optimize the creation, all these questions, and many more, need to be addressed if one wishes to ensure that the customer, whoever he or she might be, experiences the flavor in the way that the creator intended."

Therefore, gastrophysics can help chefs ensure that their desserts provoke exactly the reaction they intended when they created them. We could say that this academic discipline provides the necessary materials to build creativity and provoke our emotions.

And that is exactly what Luis Amado, Irene Forés, Abba Ruz Cienfuegos, Matthew Atzenhoffer, and Janice Wong offer us below.



**JANICE  
WONG**



*From the science and research side, we find Graham Mairs's exhaustive work on sap as a natural sweetener; and we echo Christophe Domange's quest to simplify fruit recipes. Between technical rigor and the most elegant creativity, we find Anne Coruble. Precision and virtuosity come courtesy of Yulia Ivanova. And if we're talking about updated revisionism, don't miss what Julien Álvarez offers from Paris, the Japanese chefs Yusuke Matsuhita and Sachiyo Takagi from Tokyo, and the Belgian chef David Baert.*



**ANNE  
CORUBLE**



**JULIEN  
ALVAREZ**



**YULIA  
IVANOVA**



**CHRISTOPHE  
DOMANGE**

*Not forgetting the more emotional side, we reconnect with Albert Adrià and his Enigma, who defies labels; and we welcome Alexis Sanson on his first visit, one of the essential transmitters of knowledge on the finest French pastry; Carmen Rueda, from Dubai, with the challenge of placing a dessert restaurant at the pinnacle of haute cuisine; Nicolas Lambert, who sends a love letter with his creations; and the artist Fabien Emery, who combines his creativity with the sweet management of one of the most unique hotels in the French capital.*



**FABIEN  
EMERY**



**Shiso Juice**  
 200g green juice  
 100g water  
 10g lime  
 10g lemon  
 10g orange  
 10g grapefruit  
 10g kiwi  
 10g passion fruit  
 10g mango

Chop the green juice and mix with the water. Strain through a fine sieve and add the remaining ingredients.

**M. Place** on a small plate of the shiso juice on the side of the bowl. Sprinkle with the shiso seeds and garnish with the shiso leaves. Refrigerate until ready to serve. Serves 1.

**Apple and Shiso Sorbet**  
 200g green juice (grainy)  
 100g water  
 10g lime  
 10g lemon  
 10g orange  
 10g grapefruit  
 10g kiwi  
 10g passion fruit  
 10g mango

Mix 40% of the juice with shiso gum. Blend and keep on the side. Blend 60% of the juice together with the shiso juice. Refrigerate overnight with the shiso juice. Strain through a fine sieve and mix with the remaining ingredients. Refrigerate until ready to serve. Serves 1.

**Peach Flower**

200g peach slices  
 100g water  
 10g lime  
 10g lemon  
 10g orange  
 10g grapefruit  
 10g kiwi  
 10g passion fruit  
 10g mango

Place the peach slices in a bowl. Add the remaining ingredients and refrigerate overnight. Strain through a fine sieve and mix with the remaining ingredients. Refrigerate until ready to serve. Serves 1.

**Earl Grey Juice**  
 200g water  
 10g lime  
 10g lemon  
 10g orange  
 10g grapefruit  
 10g kiwi  
 10g passion fruit  
 10g mango

Mix the earl grey tea with the water for the tea and add the remaining ingredients.

Peach flower with shiso sorbet and Earl Grey yuzu tea

**CARMEN RUEDA**



**NICOLAS  
LAMBERT**



**ALBERT  
ADRIÀ**

*And to Dexter Lee and his world of swans, bamboo poles, and cyborgs in Singapore. Everything can be improved, but the emulsion we offer you in these pages is airy yet consistent, creamy, with an intense but nuanced flavor, and with just the right dose of passion, nostalgia, and emotion.*

*Aren't you going to try it?*



**DEXTER  
LEE**

# con tents

**Anne Coruble.** That place between rigor and imagination

**Yulia Ivanova.** Proudly conservative

**Graham Mairs.** The sweet blood of trees

**Yusuke Matsuhita & Sachiyo Takagi.** Redefining the trajectory of Japanese pastry

**Julien Alvarez.** Rethinking the classics

**Albert Adrià.** Goodbye to labels

**Alexis Sanson.** Passion for sharing

**Christophe Domange.** Simplify to create (better)

**David Baert.** Restless classicism

**Fabien Emery.** The manager who can't stop being an artist

**Nicolas Lambert.** Like a love letter

**Carmen Rueda.** Telling as well as knowing

**Dexter Lee.** Patisserie featuring swans, bamboo, and cyborgs

## GASTROPHYSICS THE SCIENCE OF TASTE THAT PROVOKES EMOTIONS

**Charles Spence.** The guru of gastrophysics

**Luis Amado.** Assembling flavor, assembling memory

**Matthieu Atzenhoffer & Alba Ruiz Ceamanos.** A higher level

**Irene Iborra.** The most emotional ice cream

**Janice Wong.** Multisensory palate-pleasing desserts

**The customer isn't always right**