



Liquid Nitrogen: How to WOW the Crowd

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How Cold is Liquid Nitrogen?

- -320°F or -195.79°C
- Water Freezes at 32°F
- 40% Alcohol (AKA, The Good Stuff) Freezes at -16.5°F
- 100% Pure Ethanol Freezes at -174.6°F
- Leidenfrost effect
 - insulating layer of vapor from the “boiling” off nitrogen
 - boiling nitrogen changing back to a gas state



Safety Equipment

Dewar Flask (container to hold the liquid nitrogen)

Thick Gloves

Safety Glasses



Dragon's Breath Treat

Ingredients:

Puff Cereal Snack

3 cups liquid nitrogen

Directions:

1. Place a thick cloth or towel on bottom to protect the surface and place stainless steel bowl on top.
2. Place cereal snack in the bowl and stir with stainless steel slotted spoon.
3. Allow cereal to come up to temp for about a minute before eating.

Ice Cream Base Ingredients/Variations

<p>Vanilla:</p> <p>1 cup heavy cream 7 oz condensed milk 1 tbsp vanilla extract 3 cups liquid nitrogen</p>	<p>Chocolate:</p> <p>1 cup heavy cream 7 oz condensed milk ¼ cup unsweetened cocoa powder 3 cups liquid nitrogen</p>
<p>Strawberry:</p> <p>1 cup heavy cream 7 oz condensed milk 1 cup Strawberries 3 cups liquid nitrogen</p>	<p>Banana:</p> <p>1 cup heavy cream 7 oz condensed milk 1 cup banana 3 cups liquid nitrogen</p>
<p>Directions:</p> <ol style="list-style-type: none">1. Fill a food processor with all the ingredients, except the liquid nitrogen.2. Place a thick cloth or towel on bottom to protect the surface and place stainless steel bowl on top.3. Using the squeeze bottles, drip the mixture into the liquid nitrogen and allow the liquid nitrogen to boil off or use a slotted spoon to strain.4. Allow the icecream to sit for about a minute before eating.	

Scallop Crudo with Sesame Ginger Vinaigrette

Ingredients:

1-3 scallops, U-10
1 tbsp Sesame Ginger Vinaigrette
1 tsp Cilantro Oil
1 tsp grapefruit, supremes
1-3 mint leaves
toasted black and white sesame seeds, as needed for garnish
chives, as needed for garnish
3 cups liquid nitrogen

Directions:

1. Freeze scallops for 5-10 min. for ease of slicing. Cut each scallop horizontally into thirds, lay onto a plate or tray and lightly dress with the Sesame Ginger Vinaigrette.
2. Cut grapefruit into supremes and drop into stainless steel bowl with liquid nitrogen until the nitrogen boils off.
3. Meanwhile, you can pick off leaves of mint and drop them in the same bowl.
4. Place the frozen leaves of mint between parchment and roll with a rolling pin to achieve a dust.
5. Smash the grapefruit between towels get little juice morsels.
6. Plate and finish with more Sesame Ginger Vinaigrette and Cilantro Oil.

Sub Recipes

Sesame Ginger Vinaigrette Ingredients: ½ cup fish sauce ¼ cup water ¼ cup sugar ¼ cup toasted sesame oil 2 limes, juice 1 garlic clove, microplaned 1 tsp fresh ginger, microplaned 1-3 thai chilies, sliced	Cilantro Oil Ingredients: 300 g neutral oil 75 g parsley 75 g cilantro
Directions: <ol style="list-style-type: none">1. Combine all ingredients in a jar or food safe container and shake to combine.2. Store in airtight container in fridge for up to 1 week.3. Shake well before each use.	Directions: <ol style="list-style-type: none">1. Blend all ingredients in a high speed blender for 3-5 minutes or until smooth.2. Cook mixture until 212°F and pull off heat.3. Strain through coffee filter and strainer.4. Cool over an ice bath.5. Store in airtight container in fridge for up to 2 weeks.