

Recipe booklet

The Süvy recipes

TWELVE RECIPES, FROM AFTERNOON TREATS TO
LABORATORY CONFECTIONERY

The recipes developed by Süvy, gathered and cleaned up:
exact quantities, temperatures, resting times. Seven with
everyday Süvy, five with Süvy Tech, reserved for professionals.

Everything sugar does. Without the sugar.

suvy.fr

Contents

01	Hazelnut financiers with no added sugar	WITH SÜVY
02	Madeleines with no added sugar	WITH SÜVY
03	Waffles with no added sugar	WITH SÜVY
04	Crêpes with no added sugar	WITH SÜVY
05	Canelés with no added sugar	WITH SÜVY
06	Brookie with no added sugar	WITH SÜVY
07	Chocolate mousse with no added sugar	WITH SÜVY
08	Cookies with no added sugar — Süvy Tech	WITH SÜVY TECH
09	Strawberry jam with no added sugar — Süvy Tech	WITH SÜVY TECH
10	Raspberry fruit jellies with no added sugar — Süvy Tech	WITH SÜVY TECH
11	Gummy sweets with no added sugar — Süvy Tech	WITH SÜVY TECH
12	Lemon sorbet with no added sugar — Süvy Tech	WITH SÜVY TECH

Hazelnut financiers with no added sugar

The financier forgives nothing: too much sugar and the hazelnut vanishes. By giving the beurre noisette and the ground hazelnuts their place back, this version lets the nut speak first.



Ingredients

- 161 g Süvy
- 152 g ground hazelnuts
- 152 g butter
- 238 g egg whites (about 8 whites)
- 75 g wheat flour
- 1/4 vanilla pod, scraped

Method

- 1.** Gently melt the butter until it turns nut-brown, with the scraped vanilla pod. Leave to cool slightly.
- 2.** In a large bowl, mix the egg whites, ground hazelnuts, flour and Süvy.
- 3.** Fold in the cooled melted butter and mix to a smooth batter.
- 4.** Pour into individual moulds, in the size of your choice.

Baking

- Mini (10 g): 12 min at 170 °C
- Standard (20 g): 15 min at 170 °C
- Large (50 g): 12 min at 160 °C, then 8 min at 180 °C

WATCH OUT FOR

The butter must be cooled before folding in: added hot, it cooks the whites and the crumb loses its softness.

Madeleines with no added sugar

Everything rests on the hump, and the hump is won in the fridge. A rested batter, a very hot oven then a gentler one: the rest is lemon and vanilla.

Yield — Makes 1 kg of batter, about 40 madeleines



Ingredients

- 250 g wheat flour
- 8 g baking powder
- 5 g lemon zest
- 0.5 g vanilla pod
- 250 g eggs (about 5 medium eggs)
- 275 g Süvy
- 250 g butter
- 5 g rum

Method

1. Gently melt the butter with the split, scraped vanilla pod. Set aside.
2. In a bowl, mix the eggs, Süvy and lemon zest until smooth.
3. Add the sifted flour and baking powder, folding in gradually.
4. Finish with the rum and melted butter, added in stages, folding gently.
5. Chill the batter for at least 1 hour: that thermal shock is what creates the hump.

Baking

- Buttered moulds, preheated oven: 4 min at 210 °C, then 6 min at 180 °C, until golden and lightly domed.

WATCH OUT FOR

One hour of resting is the minimum. A night in the fridge gives an even sharper hump.

Waffles with no added sugar

Crisp outside, soft inside. The whipped egg whites do all the work; Süvy simply sweetens without weighing anything down.



Ingredients

- 200 g flour
- 65 g egg whites
- 16 g Süvy
- 200 g milk
- 160 g melted butter
- 1 tablespoon rum
- 1 vanilla pod

Method

1. Infuse the vanilla in the milk.
2. Melt the butter in the hot milk.
3. In a bowl, combine the Süvy and the flour.
4. Gradually add the milk, vanilla, butter and rum mixture.
5. Whisk the egg whites to soft peaks.
6. Fold them in gently with a spatula, without knocking out the air.

Baking

- Cook in a waffle iron until golden.

WATCH OUT FOR

Eat them plain, or with homemade jam and a drizzle of melted chocolate.

Crêpes with no added sugar

A thin, supple batter scented with lemon and rum. The kind made for long tables and unhurried afternoons.

Yield — Makes 15 to 18 crêpes



Ingredients

- 150 g wheat flour
- 90 g eggs
- 30 g Süvy
- 300 ml semi-skimmed milk
- 1 pinch of salt
- 80 ml rum
- 1/2 lemon, zested

Method

1. Sift the flour into a mixing bowl. Add the salt and Süvy.
2. Make a well in the centre, add the eggs, and start mixing.
3. Gradually pour in the milk and rum, whisking to avoid lumps.
4. Cover and rest for 1 hour in the fridge.
5. Heat a lightly greased pan. Pour in a ladle of batter, spread it, and cook for 1 to 2 minutes per side until golden.

WATCH OUT FOR

Resting is not optional: it relaxes the gluten and gives the batter its suppleness.

Canelés with no added sugar

An almost lacquered crust that gives way under the tooth, a soft heart of rum and vanilla. The canelé is an exercise in patience: 36 hours of resting beats any amount of technique.



Ingredients

- 500 ml whole milk
- 3 egg yolks
- 250 g Süvy
- 125 g T55 flour
- 30 g unsalted butter
- 100 ml amber rum
- 1 vanilla pod, split and scraped
- 1 pinch of fine salt
- Beeswax for lining the copper moulds

Method

1. Heat the milk with the scraped vanilla pod and the butter. Remove from the heat at the first simmer and infuse for 10 minutes, covered.
2. In a bowl, mix the yolks and Süvy without over-whisking. Add the flour and salt, then gradually work in the warm milk.
3. Add the rum. The batter should be fluid and smooth.
4. Cook over low heat for about 45 minutes, stirring regularly.
5. Cover with cling film touching the surface and rest for 24 to 36 hours in the fridge, for the aromas and texture to develop fully.

Baking

- Preheat the oven to 250 °C, conventional heat.
- Apply the wax to the copper moulds, then fill them three-quarters full.
- Bake 10 min at 250 °C, then 50 to 60 min at 180 °C, until the crust is brown and glossy.
- Turn out while hot and cool on a rack.

WATCH OUT FOR

Wait an hour before tasting: the textures need time to settle.

Brookie with no added sugar

Brownie below, cookie above, and no need to choose. Two batters, one bake, and the density of the first answering the crunch of the second.



Ingredients

BROWNIE BATTER

- 70 g dark chocolate, 70%
- 106 g salted butter
- 80 g Süvy
- 90 g eggs
- 75 g T55 flour
- 80 g toasted hazelnuts

COOKIE DOUGH

- 100 g softened unsalted butter
- 120 g Süvy
- 1 egg
- 1 pinch of salt
- 50 g toasted hazelnuts
- 180 g T55 flour
- 1/2 sachet baking powder
- 100 g dark chocolate chips

Method

- 1.** Brownie — Melt the chocolate with the butter. Off the heat, stir in the Süvy, then the eggs one at a time.
- 2.** Brownie — Add the flour and salt. Mix to a smooth batter, then fold in the toasted nuts.
- 3.** Brownie — Divide between lined individual moulds, filling them halfway.
- 4.** Cookie — Cream the softened butter with the Süvy until smooth.
- 5.** Cookie — Add the egg, then work in the flour, baking powder, chocolate chips and hazelnuts.
- 6.** Drop one or two spoonfuls of cookie dough onto each brownie base, without smoothing: the ridges deepen as it bakes.

Baking

- 18 to 20 minutes at 170 °C, fan, depending on the size of the moulds.
- The top should be lightly golden, the centre still soft.
- Let them cool slightly before turning out: the textures set as they cool.

WATCH OUT FOR

Whatever you do, don't smooth the cookie dough. Its unevenness is what creates the contrast out of the oven.

Chocolate mousse with no added sugar

A mousse built around the cocoa, lifted on a syrup cooked to 121 °C. The sweetness holds, the finish stays light.



Ingredients

- 190 g dark chocolate, 70%
- 1 whole egg
- 75 g egg yolks
- 85 g Süvy
- 315 g cream, 35% fat
- 40 ml water

Method

1. Whip the cream and keep it in the fridge.
2. Combine the Süvy and water in a pan and heat to 121 °C.
3. Put the whole egg and the yolks in a mixer and start whisking.
4. Melt the chocolate over a bain-marie.
5. Pour the syrup at 121 °C over the eggs as they whisk.
6. Let the mixture double in volume.
7. Add the chocolate in stages, folding with a spatula, then fold in the whipped cream.

WATCH OUT FOR

Pour the syrup in a thin stream down the side of the bowl, never onto the whisk: thrown against it, it sets into threads.

Cookies with no added sugar — Süvy Tech

Crisp at the edges, soft in the middle, generously loaded with chocolate and hazelnuts. A lab formula, built for production.



Ingredients

- 85 g margarine (or butter)
- 100 g Süvy Tech
- 50 g egg
- 80 g T55 flour
- 60 g cornflour
- 5 g baking powder
- 50 g Süvy dark chocolate
- 50 g hazelnuts

Method

- 1.** Put the softened margarine or butter in the mixer bowl, with the paddle attachment.
- 2.** Add the Süvy Tech and cream for 2 minutes.
- 3.** Add the egg and mix.
- 4.** Add the flour and baking powder, then mix.
- 5.** Add the chocolate and nuts, mixing for a few seconds only.
- 6.** Shape into balls or logs, then chill for a few hours.

Baking

- 12 to 14 minutes at 170 °C.

WATCH OUT FOR

Chilling is not a matter of convenience: it stops the dough spreading in the oven.

Strawberry jam with no added sugar — Süvy Tech

One night of maceration, an hour over low heat, and the strawberry stays a strawberry. That is the whole point of taking sugar out of a jam: the fruit becomes audible again.



Ingredients

- 700 g strawberries
- 300 g Süvy Tech
- 1/2 lemon

Method

- 1.** The day before, combine the cut fruit, the Süvy Tech and the lemon juice in a bowl.
- 2.** Cover and macerate overnight in the fridge, about 12 hours: this concentrates the flavours and starts the osmosis between sweetener and fruit.
- 3.** The next day, pour everything into a wide, heavy-based pan.
- 4.** Cook over low heat for 45 to 60 minutes, stirring regularly.
- 5.** When the texture is supple, glossy and lightly coating, take it off the heat.
- 6.** Pot into sterilised jars, seal, and turn the jars upside down for a few minutes to help preservation.

WATCH OUT FOR

The wide pan is not a detail: texture comes from the evaporation surface, not from longer cooking.

Raspberry fruit jellies with no added sugar — Süvy Tech

Soft and firm at once, they give way under the tooth and release the fruit all at once. A 110 °C cook, well-dispersed pectin, and twelve hours of patience.



Ingredients

- 400 g raspberries
- 30 g water
- 500 g Süvy Tech
- 12 g yellow pectin
- 1/2 lemon

Method

1. Blend the raspberries and water to a fruit purée.
2. Mix the pectin with a portion of the Süvy Tech (120 g) so it does not clump when added.
3. Heat the fruit purée. At 40 °C, sprinkle in the Süvy Tech and pectin mixture, stirring vigorously for an even dispersion.
4. Bring to the boil, then add the remaining Süvy Tech in three stages, mixing well after each addition.
5. Continue cooking to 110 °C, then add the lemon juice to set the pectin.
6. Pour into a frame and leave to crystallise for at least 12 hours at room temperature.

WATCH OUT FOR

Yellow pectin is unforgiving: poorly dispersed, it forms lumps that stay visible in the finished jelly.

Gummy sweets with no added sugar — Süvy Tech

A bouncy texture and clear cherry notes. The whole recipe lives in the temperature curve: up to 110 °C, back down, and every addition waits for its step.



Ingredients

- 483 g Süvy Tech + 93 ml water
- 60 g gelatine + 60 ml water
- 2 g natural red colouring
- 2 g natural cherry flavouring

Method

- 1.** Rehydrate the gelatine: disperse it in its water and let it hydrate for at least 10 minutes.
- 2.** Pour the Süvy Tech and water into a pan, then heat gradually while stirring to 105-110 °C.
- 3.** Take off the heat and let it fall to 80-85 °C. Add the rehydrated gelatine and stir until fully dissolved.
- 4.** At 70-75 °C, add the colouring and flavouring. Stir gently.
- 5.** Pour immediately into moulds and leave to set at room temperature or in the fridge.
- 6.** Turn out carefully, then leave to dry to the desired consistency.

WATCH OUT FOR

The flavouring goes in late, at 70-75 °C: any hotter and it evaporates with the steam.

Lemon sorbet with no added sugar — Süvy Tech

Yellow and green together, sharp without being aggressive. Sorbet is the real test of a sweetener: without sugar, ice cream sets like a stone. Here it stays soft.



Ingredients

- 400 ml water
- 262 g Süvy Tech
- 182 g lemon purée with no added sugar
- 152 g lime purée with no added sugar

Method

- 1.** Pour the water into a pan and heat to 45 °C. Gradually whisk in the Süvy Tech, then bring to 80 °C.
- 2.** Cool quickly. Add the citrus purées and blend until smooth.
- 3.** Chill for at least 4 hours, ideally 12.
- 4.** Churn until the texture is supple.
- 5.** Transfer to a tub and freeze for at least 2 hours.

WATCH OUT FOR

The cold maturation before churning is not optional: it is what gives the crystals their fineness.

Süvy, the world's first sugar replacer

The result of seven years of research by Laboratoires Innovi, Süvy reproduces every function of sugar — taste, texture, caramelisation — without its drawbacks. 100% natural, no empty calories, no glycaemic spike.

Süvy Tech is the version intended for pastry, confectionery and food-industry professionals.

Everything sugar does. Without the sugar.

süvy.fr