



Garden Essence

A Note-by-Note Culinary Innovation

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Concept: Building dishes from **pure compounds** rather than traditional ingredients.

Origins: Introduced by **Hervé This**, one of the founders of molecular gastronomy.

What is Note-by-Note cooking?



Note-by-Note is focused on **sustainability** and **precision** in food innovation, using exactly what is needed, minimizing waste.

Supports **energy-efficient cooking methods** (e.g., cold preparation, low-heat techniques).

Theme

"Saving Energy in the Kitchen" - Focus on energy-efficient cooking methods.

Concept and Objectives



Dish Concept

Visual and conceptual representation of the energy of nature and garden essence

Elements: Plants, soil, water, sunlight



Project Objectives

Create an energy-efficient, sustainable dish.
(Use of cold preparation techniques,
minimal heating)

Implementing Zero-waste approach
(Efficient use of ingredients).

Material and Methods

Edible Soil : Coconut Flour, Cocoa Powder, Powdered Sugar, Water

Method: Mix ingredients and moisten slightly with water.

Grass Layer : Malic Acid, Maltodextrin, Gelatin etc.

Mix ingredients and allow to set without heat.

Sea Foam and layer :
Methylcellulose, Water, Food Coloring

Hydrate methylcellulose, then whip into foam

Flowers: Agar Agar, Sugar Dextrose, Inulin, etc

Dissolve agar agar in minimal heat, mold into flower shapes.

Materials: Basic kitchen tools and equipment.





Figure 1: Preparation of the soil layer



Figure 2: Preparation of the grass layer

Energy saving cooking techniques

1. Cold Preparation (No-Heat Techniques)



Grass Layer:

- Components prepared without any heating.
- The grass layer was created using a mixture of the ingredients, which was stirred and set at room temperature, avoiding any need for heating.





2.No-Bake Edible Soil



Edible Soil Layer:

- The base layer, resembling soil, was made by mixing coconut flour, cocoa powder, and powdered sugar, which were **simply combined and moistened without the need for baking or cooking.**
- This technique avoids the use of an oven or stovetop.

Minimal Heating for Gelation

Flowers (Agar Agar Method): Heat using only to activate agar agar, **reducing overall energy** consumption.



Zero-Waste Preparation

Zero-waste approach, **repurposing any leftover ingredients** to avoid the need for further cooking, thus conserving energy



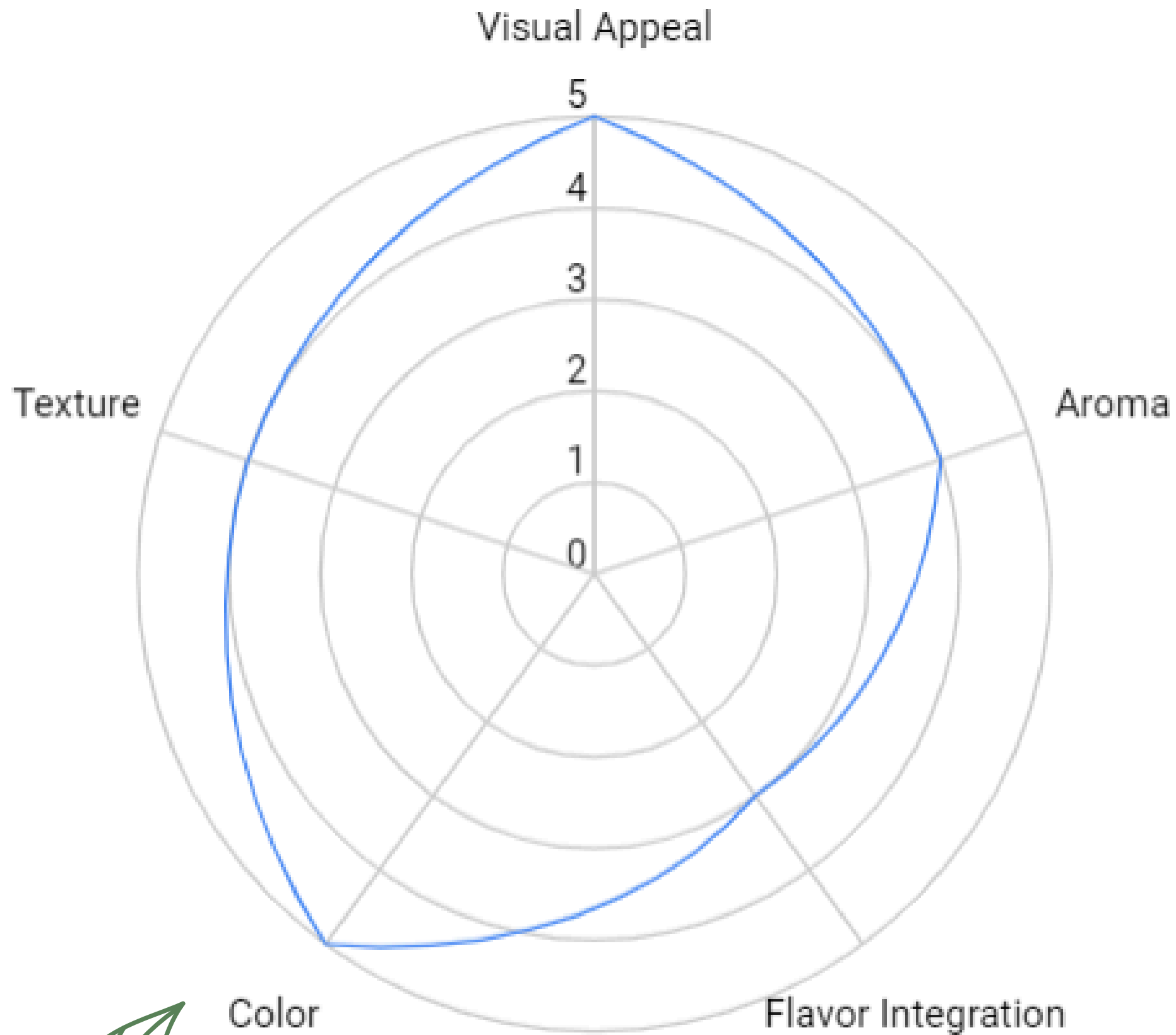
other
methods
used...

Natural Setting or Cooling

Natural setting and cooling methods, such as allowing the dish to **set at room temperature** or in the **refrigerator**, which significantly reduced the energy required during preparation."

No wastage of ingredients

Efficient use of ingredients by carefully **measuring and utilizing all ingredients** without discarding excess



Overall Experience:
Positive Feedback: "Nice," "Beautiful,"
"Nice looking."

The dish was perceived as fresh by the majority, with mild undertones, and **no unpleasant smells reported.**

These results indicate that the dish successfully provided an **enjoyable sensory experience.**

Conclusions

- "Garden Essence" aligns with the theme of "Saving Energy in the Kitchen."
- Used low-energy methods like cold preparation and minimal heating.
- Selected eco-friendly ingredients like coconut flour and agar agar, supporting zero-waste goals.



Thank you

Any questions?

