

Note by Note cooking

Introduction

Note by note cooking is making dishes without using the formal or usual food ingredients.

Cooking in the lab than cooking in the kitchen.

Note by note cooking has great advantage in the sustainability of sources and the world.

No waste at all makes it the most interesting phenomena which solve the current big environmental and global warming problems.

Cooking only using chemicals and finally bringing tangible dish. In this section as we are supposed to use protein.

I would like to make beef meat balls using the given protein and other proposed ingredients.

As the major constituent of beef is water and proteins. In this section, I consider the design of the dish in all aspects.

Design of color, flavor, size, texture, nutritional constituents.

Ingredients

These are the list and amount of ingredients to be used to make 10 medium sized Beef Meatballs

200g of water

Protein

4g of salt for taste and increase the binding and juiciness of the product

10g of Gluten

30g of Starch

0.001g of Ascorbic Acid

0.001g Phosphates: for protein structuring and water binding

5 sheets of Gelatine and Transglutaminase: binding properties and meat extender

4g Carrageenan improves sliceability and cohesiveness

5g Olive Oil Fat

15g of powdered Sugar (sucrose)

Dextrose

Polysaccharides (hydrocolloids)

Nitrate: for curing color and flavor (light golden brown)

Flavoring compound (Monosodium glutamate)

Light golden Brown coloring agent

How to make it

Put the protein, starch, salt, water, gluten into a pan and stir gently and add the rest of the ingredients except the fat and flavoring agent at 100°C and then add the fat and flavoring agent and make into medium sized balls.

Then cook for 15 min in a hot heat at 220°C. Color the outer part with the light golden brown coloring. Serve with parsley leaves.

