



Reduce the costs,
reduce the calories,
but mind the flavour!

14th International Contest of
Note by Note Cuisine

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Aim



Create a visual, textural
and flavourful experience



Reduce cost of dish



Mindfulness of calories



Extend Shelf Life

Inspiration!

Twist on the classic Beef Tartare

Substitutes for similar textures & flavors

Vinegar/Mustard/Egg Yolk/Crisps



Ingredients

- *'when thinking about ingredients it is important to note that lots of ingredients consist mainly of water' (This et al, 2009).*



Reducing Costs!

DISH COMPONENT	PRICE PER RECIPE	POTIONS PER RECIPE	PRICE PER PORTION
Beetroot Tartar	€1.72	8	€0.22
Glass Potato Crisps	€0.22	15	€0.02
Egg Yolk	€4.52	20	€0.23
Caper Pearls	€1.83	20	€0.09
Horseradish Mustard Seeds	€2.46	25	€0.10
Herb Tuile	€0.28	35	€0.01
Total Cost Per Portion			€0.67

Reducing Costs!

- Fillet of Beef per portion costs €2.70 per 50g Portion
- Note by Note Beetroot Tartare costs €0.22 per 50g Portion
- Overall dish costs €0.67 per Portion
- Menu costing at 70% profit margin & incl. 13% Vat rate menu price of €2.52
- More affordable, average price beef tartare €12-20 per portion
- Also high wastage of beef tartare due to oxidation of beef
- Time efficiency in preparation

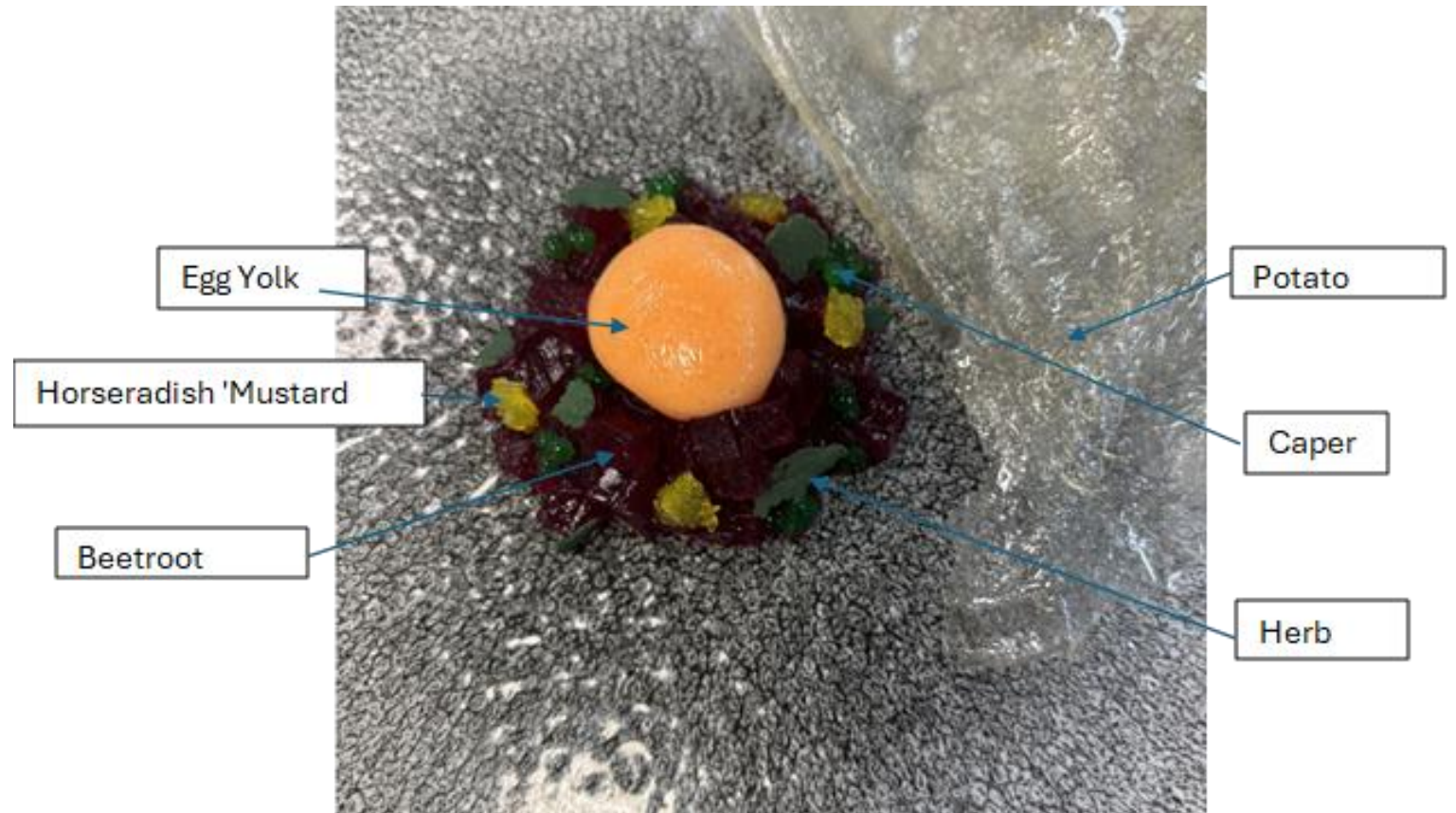


Calories

- The note-by-note egg yolk contains only 2.3g of fat and 21kcal compared to an average hen's egg yolk that contains on average 104 kcal and 9.39g of fat.

Molecular Egg Yolk					DESCRIP
▶ JUMP TO: Choose...					
Label values per 100g					
	PER 100G	%RI	PER 26.7G SERVING	%RI	
Energy(Kj)	326 kJ	4%	87 kJ	1%	
Energy(kcal)	79 kcal	4%	21 kcal	1%	
Fat	8.7 g	12%	2.3 g	3%	?
of which saturates	1.4 g	7%	0.4 g	2%	
Carbohydrate	0 g	0%	0 g	0%	
of which sugars	0 g	0%	0 g	0%	
Fibre	0 g	0%	0 g	0%	
Protein	0 g	0%	0 g	0%	
Salt	0.76 g	13%	0.2 g	3%	?
Nutri-Score ?	A B C D E			HFSS Rating ? (HFSS Restrictions apply)	4

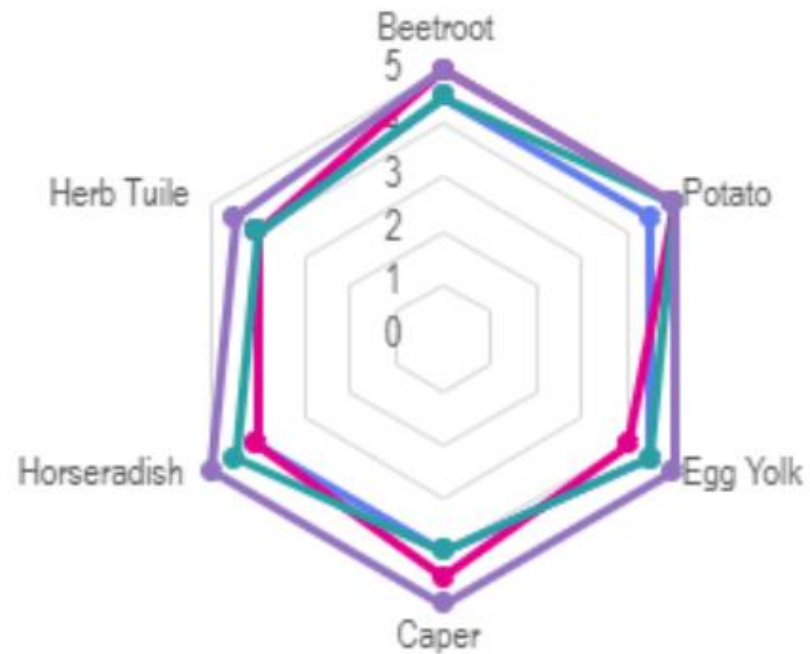
The Final Dish!



Flavour,
Flavour,
Flavour!

Overall Likability of each element of the dish

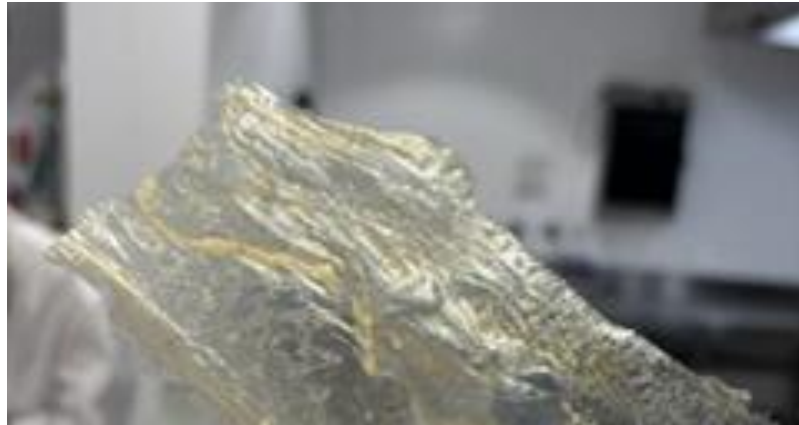
Smell Flavour Texture Appearance



Plating the Final Dish!

- Beetroot Tartare
- Egg Yolk
- Caper Pearls
- Horseradish Gel
- Herb Tuile
- Potato Crisps





Thank You For Your Attention!
