Strokes of Life

A note-by-note dish: less cost, less calorie, less time — without losing flavour

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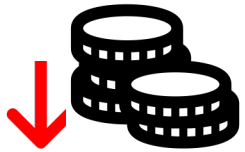
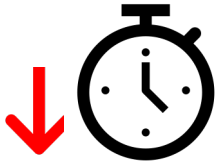
Technological University Dublin · AgroParisTech, Université Paris-Saclay

Can a note-by-note dish reduce cost, calories and time — while still using flavour to tell the story of a life?

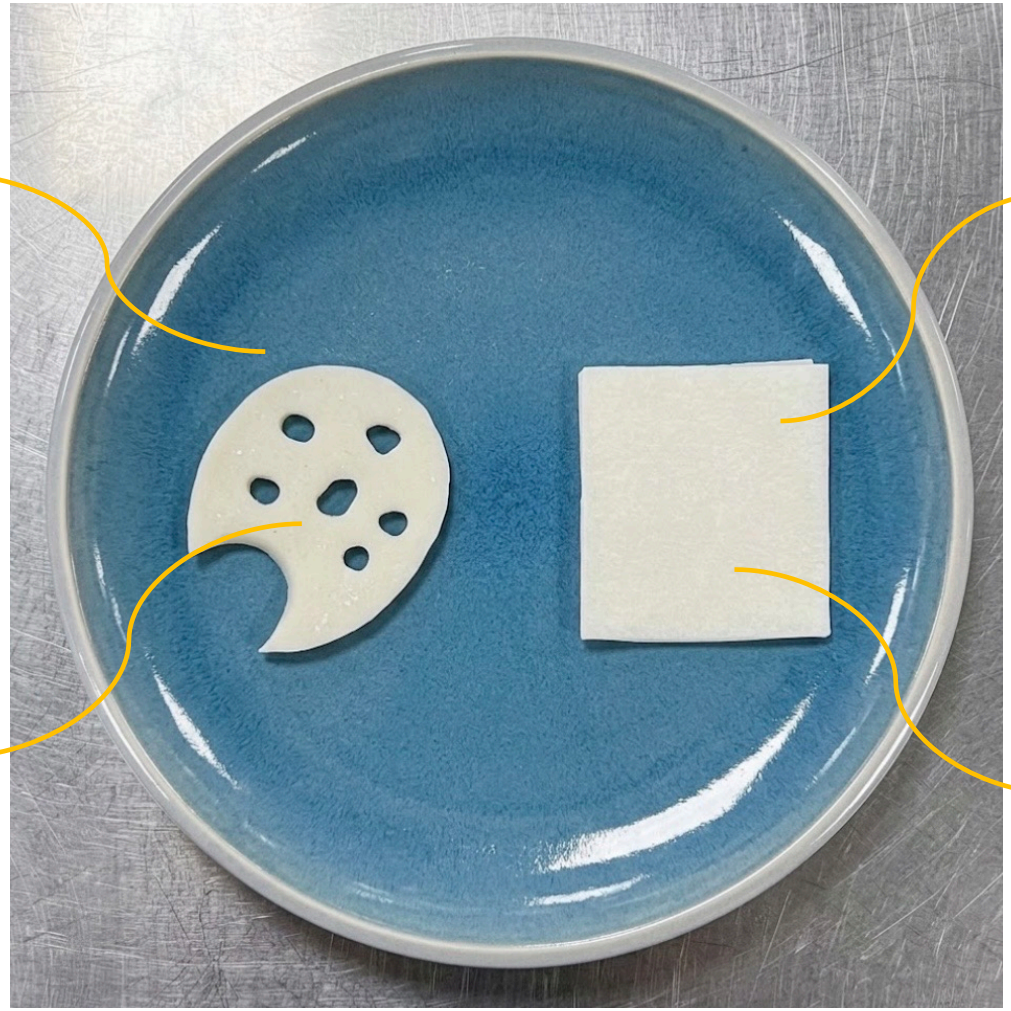





Let us find the answer together…

The Canvas & The Palette (Beginning of Life)

10min (preparation time)
12.95 kcal



Components

Water 150 mL
Agar E406, 1.2 g
Whey protein, 3 g
Xanthan gum E415, 0.1 g

Equipments

Saucepan
Weighing scale
Thermometer
Spatula/whisk
Moulds

10min (preparation time)
12.95 kcal

Paints (Different Emotions of Life)

15min (preparation time)
2 kcal (per product)

Components (per paint)

Water 5 mL
Whey protein, 0.5g
Xanthan gum E415, 0.025 g
Colourants
Aroma

Equipments

Blender
Cups
Weighing scale

Raspberry (happiness)

Caramel (struggle)

Mango (difficulty)

Blackcurrant (resilience)

Lemon (healing)

The Brush (Connector- the ultimate energy)

15min (preparation time)
2.5 kcal

Components

Water 100 mL

Agar E406, 1g

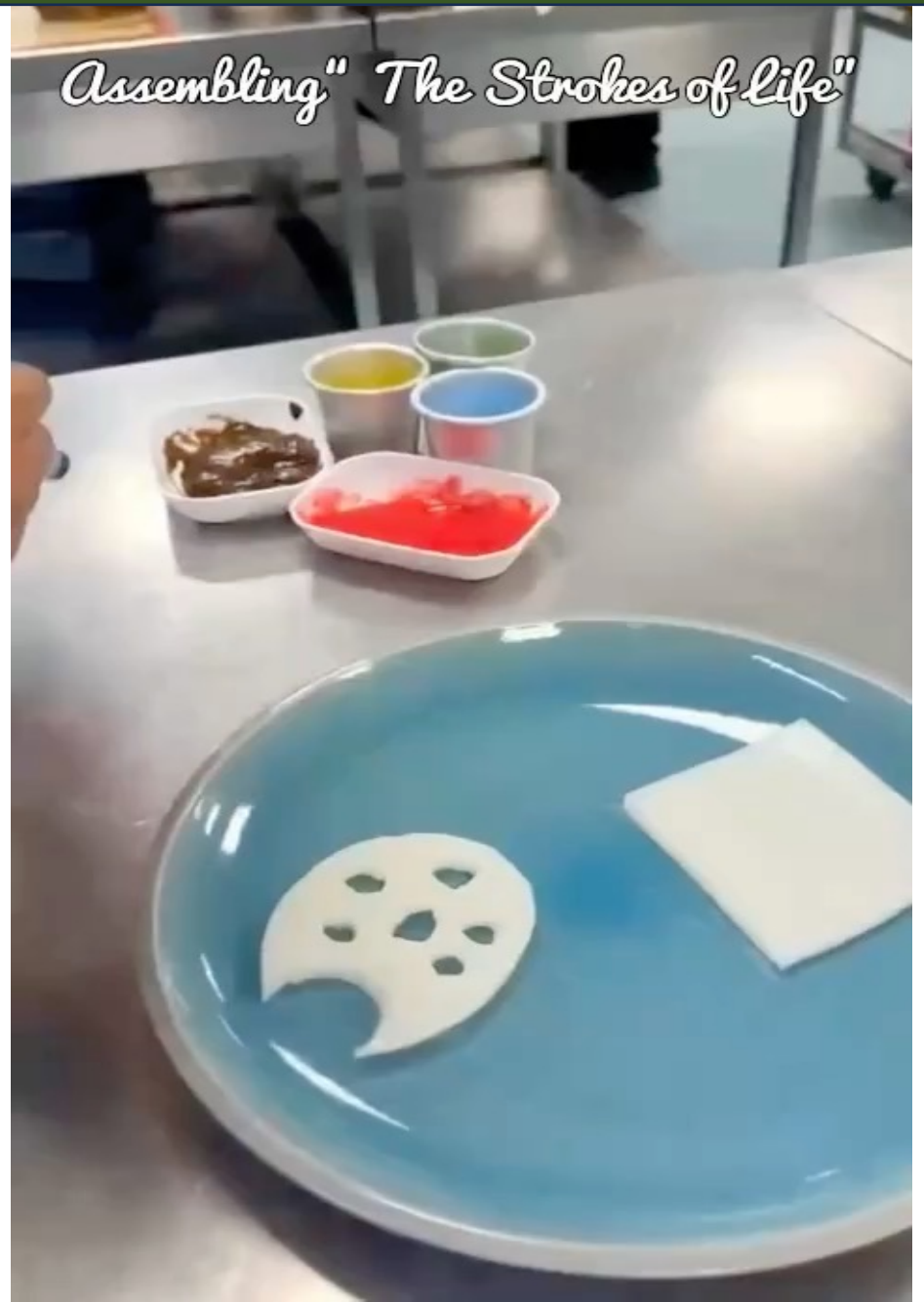
Caramel colourant E150a

Xanthan gum E415 + Whey protein, 0.025g

Equipments

Saucepan
Weighing scale
Spatula/whisk
Mould

Strokes of Life



In Creation

The Complete Picture

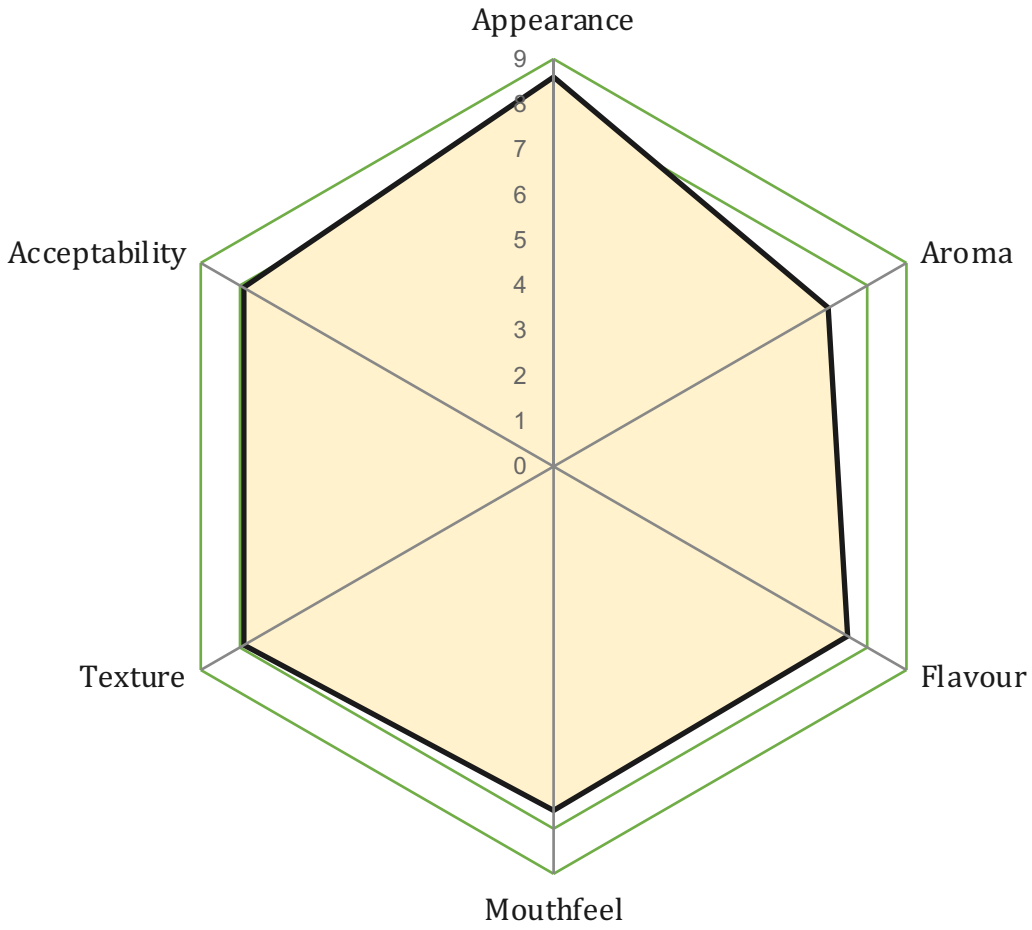
Here is the result:

≈ €0.52
per serving

38.4 kcal
per serving

≈ 55 min
start to plate

Results — sensory evaluation



n = 8 panellists

7.1 / 9

Overall acceptability — “Like Very Much” on the 9-point hedonic scale

References

1. EFSA Panel on Food Additives and Nutrient Sources added to Food (2017). Re-evaluation of xanthan gum (E 415) as a food additive. EFSA Journal, 15(7), e04909.
2. European Parliament and Council of the European Union (2008). Regulation (EC) No 1333/2008 on food additives. Official Journal of the European Union, L 354, 16–33.
3. Lawless, H.T. & Heymann, H. (2010). Sensory Evaluation of Food: Principles and Practices. 2nd edn. New York: Springer.
4. This, H. (1994). La gastronomie moléculaire et physique. Unpublished doctoral thesis. Paris: Université Pierre et Marie Curie.
5. This, H. (2013). Note-by-Note Cooking: The Future of Food. New York: Columbia University Press.
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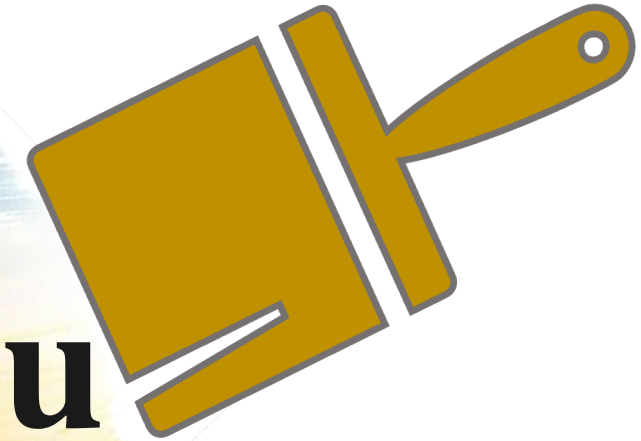
Thankyou



Life becomes colourful, and alive, only when every element is combined.