

Dish name: The distribution paradox by Ximena Cobos



Materials and Methods

The Continents

Ingredients, nutritional content and method for the continents.

The sea

Ingredients, nutritional content and method for the sea.

Standardised recipe							
Name	Nuts by nuts sea						
Portions	1 gel plate						
Prep time	1 hour						
Difficulty rating	Medium						

As a result of the water content in the 3 formulations being higher than 80%, the caloric value

was significantly low, considering the total weight of the plate is around 900g and 18 servings

can be obtained from 1 recipe.

The same can be stated for cost of production, since water is a free natural resource available

to drink from the tap in Ireland, and the water content of this plate is considerably high, the

cost per plate is estimated to be 1,3 euros total.

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