

Theme 2026: Reduce production costs and time, reduce calories, but mind the flavour

Dish Name: Lights, Camera, Pop!

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Figure 1. Final plate of Lights, Camera, Pop!, including mini popcorn foams, a red isomalt bowl, red carpet powder and an edible agar cinema clapboard.

Final Dish Description

The final plate consists of light siphon popcorn foams served in a red isomalt bowl, with a controlled red carpet powder decoration and an edible cinema clapboard prepared from black cola-flavoured and white lime-flavoured agar gels.

Materials and Methods

Mini Popcorn Foams

Equipment

Table 2. Specific equipment used to prepare the mini popcorn foams, including the function of each item during aeration, shaping and drying.

Equipment	Purpose
500 mL siphon with narrow nozzle	Foam aeration
2 N ₂ O gas chargers	Charging the siphon
Hand blender	Hydration and homogenisation
Fine sieve	Removing lumps to prevent siphon blockage
Baking tray + baking paper	Drying surface
Professional kitchen oven	Low-temperature drying

Ingredients

Table 3. Ingredient formulation for approximately 40 mini popcorn foams used in one final plate. Quantities were scaled from the original batch developed for approximately 100 pieces.

Ingredient / compound	Quantity (x 40 "popcorns")	Function in dish	Brand
Water	65.2 g	Continuous phase / base	Tap water
Egg albumin powder	7.2 g	Foaming protein; creates aerated structure	Louis François
Sugar	5.6 g	Sweetness, body and drying behaviour	-
Maltodextrin	3.2 g	Bulking agent; supports crisp texture	Sosa
Xanthan gum	0.2 g	Viscosity and foam stabilisation	Sosa
Sodium chloride	0.32 g	Taste enhancement	Table salt
Citric acid	0.08 g	Acidity / flavour balance	Louis François
2-acetylthiazole	approx. 6 drops	Popcorn-like aroma and flavour	Aroma compound

Method

Aroma compound

1. Mix egg albumin powder, sugar, maltodextrin, xanthan gum, salt and citric acid in a bowl.
2. Place the water in a tall container and gradually add the dry mixture while blending continuously.
3. Blend until smooth and homogeneous with no visible lumps.
4. Add 2-acetylthiazole and blend briefly to distribute the flavour evenly.
5. Rest the mixture in the fridge for approximately 25 minutes to improve hydration and foam stability.

6. Blend briefly again and pass the mixture through a fine sieve.
7. Pour the mixture into a 500 mL siphon.
8. Charge with two gas chargers, shaking well after each charger.
9. Dispense medium-sized irregular foam pieces onto a lined baking tray.
10. Dry at approximately 90°C with low ventilation for around 75 minutes.
11. Remove, cool at room temperature and store in an airtight container until plating.



Figure 2. Preparation of the mini popcorn foams: dispensing medium-sized irregular foam pieces onto a lined baking tray using the siphon (Step 9), followed by low-temperature oven drying at approximately 90°C (Step 10)

Red Isomalt Bowl

Equipment

Table 4. Equipment used for the preparation of the red isomalt bowl, including the function of each item during melting, shaping and safe handling.

Equipment	Purpose
Saucepan	Melting isomalt
Silicone mat	Shaping the bowl
Bowl (heat resistant)	Base to shape the melted isomalt
Heatproof gloves/spatula	Safe handling

Ingredients

Table 5. Ingredients used for the red isomalt bowl, including the quantity, technological function and notes for each compound used in the final presentation.

Ingredient / compound	Quantity	Function in dish	Brand
Isomalt	25 g	Crunchy brittle bowl / visual cinema element	Louis François
Red food colouring	q.s. (approx. 0.1 g)	Red cinema/theatre colour	Mallard Ferrière

Method

1. Weigh the isomalt and place it in a saucepan.
2. Heat until fully melted and fluid.
3. Add red food colouring, and mix till homogeneous.
4. Allow to cool slightly until workable but still flexible.
5. Drop the isomalt to shape over a silicone surface with a inversed bowl underneath. So the isomalt slowly drips, giving a inversed bowl shape with controlled drips on the sides.
6. Leave to cool completely until solid and reserve in a dry place.

Red Carpet Powder

Equipment

Table 6. Equipment used to prepare the red carpet powder, showing the function of each item in mixing, sieving and applying the powder decoration.

Equipment	Purpose
Mixing bowl	Combining powders
Small sieve	Removing lumps and plating
Spoon/stencil	Controlled decoration

Ingredients

Table 7. Ingredients used to prepare the red carpet powder, including the quantity, function and notes for each compound used to support the cinema-inspired visual concept.

Ingredient / compound	Quantity (x 1 tablespoon)	Function in dish	Brand
Potato starch	3.75 g	Powder base / visual decoration	-
Maltodextrin	1.25 g	Dry bulking agent; helps powder texture	Sosa
Red food colouring	q.s. (approx. 0.1 g)	Red carpet colour	Mallard Ferrière
Citric acid	0.05 g	Slight acidic note	Louis François

Method

1. Mix starch and maltodextrin in a bowl.

Louis François

2. Add red food colouring gradually until the desired strong red colour is achieved.
3. Add the small amount of citric acid.
4. Mix until homogeneous.
5. Break up or sieve out lumps.
6. Reserve for final plating and use only around empty spaces or plate margins.

Black Agar Gel Clapboard Base

Equipment

Table 8. Equipment used to prepare the black agar gel clapboard base, showing the function of each item during heating, gel setting and cutting.

Equipment	Purpose
Saucepan	Heating agar solution
Whisk	Dispersing agar
Silicone mat	Setting gel sheet
Refrigerator	Gel setting
Small sharp knife	Cutting clapboard shape

Ingredients

Table 9. Ingredients used to prepare the black agar gel clapboard base, including the quantity, function and notes for each compound used to create the dark edible cinema decoration.

Ingredient / compound	Quantity	Function in dish	Brand / notes
Agar-agar powder	0.75 g	Gelling agent for black clapboard base	Sosa
Tap water	50 g	Gel base	Tap water
Cola flavour	q.s. (approx. 4 drops)	Cola drink flavour	Sosa
Sucralose	0.020 g	Low-calorie sweetness	Sosa
Sodium chloride	0.025 g	Flavour balance	Table salt
Black food colouring	q.s. (approx. 0.05 g)	Black clapboard colour	Taketora

Method

1. Disperse agar-agar in cold water and whisk until no lumps remain.
2. Heat to approximately 90°C while stirring until the agar is fully dissolved.
3. Cool to approximately 70°C.
4. Add cola flavour, sucralose, sodium chloride and black colouring, then mix well.
5. Pour into a flat silicone mat so it forms a thin layer (approximately 0.5 cm depth).
6. Refrigerate for approximately 20 minutes until fully set.
7. Remove from the tray and hand-cut into the base shape of a cinema clapboard.

White Agar Gel Clapboard Details

Equipment

Table 10. Equipment used to prepare the white agar gel clapboard details, showing the function of each item during heating, gel setting and cutting of the decorative pieces.

Equipment	Purpose
Saucepan	Heating agar solution
Whisk	Dispersing agar
Silicone mat	Setting gel sheet
Refrigerator	Gel setting
Small sharp knife	Cutting details and letters

Ingredients

Table 11. Ingredients used to prepare the white agar gel clapboard details, including the quantity, function and notes for each compound used to create the contrasting edible lettering and decorative elements.

Ingredient / compound	Quantity	Function in dish	Brand / notes
Agar-agar powder	0.19 g	Gelling agent for white details	Sosa
Tap water	12.5 g	Gel base	Tap water
Lime flavour	q.s. (approx. 2 drops)	Fruity contrast	Sosa
Sucralose	0.005 g	Low-calorie sweetness	Sosa
Sodium chloride	0.006 g	Flavour balance	Table salt
White colouring / edible white medium	q.s. (approx. 0.03 g)	White clapboard details and lettering	Special Ingredients

Method

1. Disperse agar-agar in cold distilled water and whisk until no lumps remain.
2. Heat to approximately 90°C while stirring until the agar is fully dissolved.
3. Cool to approximately 70°C.

Special Ingredients

4. Add lime flavour, sucralose, sodium chloride and white colouring, then mix well.
5. Pour into a flat silicone mat so it forms a thin layer (approximately 0.5 cm depth).
6. Refrigerate for approximately 20 minutes until fully set.
7. Hand-cut into clapboard strips, details and "NOTE BY NOTE" letters.

Final Assembly

1. Assemble the black and white agar gel pieces into a cinema clapboard on the left side of the oval shaped plate.
2. Apply the red carpet powder in a controlled way around the empty spaces and plate margins.
3. Place the red isomalt bowl on the right side of the plate.
4. Arrange the popcorn pieces inside the bowl.
5. Add some left popcorns around the plate.
6. Adjust the plate for balance, visual clarity and neatness.



Figure 3. Application of the red carpet around the plate (Step 39) and assembly of the edible cinema clapboard by placing the white agar gel details and lettering onto the black agar gel base (Step 38).

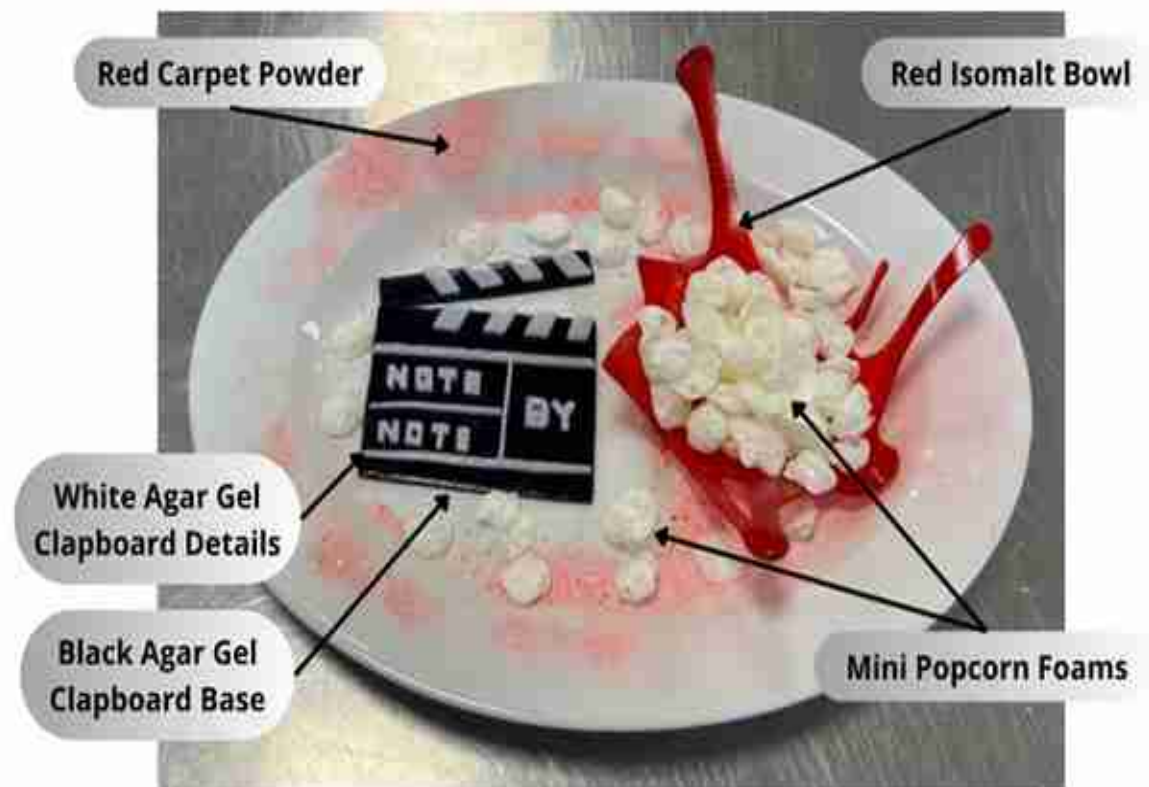


Figure 4. Final presentation of Lights, Camera, Pop!, showing the mini popcorn foams served inside the red isomalt bowl, with red carpet powder and the edible agar cinema clapboard used to complete the cinema-inspired Note by Note concept.

Cost calculations

Table 13. Estimated ingredient cost of the final Lights, Camera, Pop! dish, showing the cost, quantity used and notes for each component in one complete plate.

Component	Ingredient cost (x portion)	Quantity used	Notes
Mini popcorn foams	0.67€	82.4 g	Calculated for approx. 40 popcorn pieces
Red isomalt bowl	0.28€	25.1 g	-
Red carpet powder	0.09 €	5.15 g	-
Agar clipboard	0.17 €	63.88 g	Made from black and white agar gels
Full dish	1.21 €	176.53 g	Total estimated ingredient cost for one complete plate

Calorie calculations

Table 14. Estimated calorie content of the final Lights, Camera, Pop! dish, including the contribution of each component and the total kcal value for one complete plate.

Component	Ingredient	Quantity per portion	kcal per portion	Notes
Mini popcorn foams	Water, egg albumin powder, sugar, maltodextrin, xanthan gum, sodium chloride, citric acid, 2-acetylthiazole	82.4 g	61.4	Main popcorn-like aerated structure
Red isomalt bowl	Isomalt, red food colouring	25.2 g	50,0	Edible serving element
Red carpet powder	Potato starch, maltodextrin, red food colouring, citric acid	5.15 g	20,0	Decorative powder used in small quantity
Black agar gel	Agar-agar powder, tap water, cola flavour, sucralose, sodium chloride, black food colouring	51.08 g	1.5	Low-calorie gel component. Mostly water
White agar gel	Agar-agar powder, tap water, lime flavour, sucralose, sodium chloride, white colouring	12.87 g	0,38	Small decorative gel details. Mostly water
Full dish	All ingredients combined	176.53 g	133.28	Total estimated calories for one final plate

Production times

Table 15. Estimated production and assembly time for one complete serving of Lights, Camera, Pop!, including active preparation time, passive processing time and whether each stage can be prepared in advance.

Stage	Active time	Passive time	Can be prepared in advance?	Notes
Popcorn foam preparation	10 min	25 min	Yes	Blend, hydrate, sieve and charge siphon.
Oven drying	5 min	75 min	Yes	Dry at 90°C; store airtight.
Isomalt bowl	10 min	5 min	Yes	Shape while warm; cool until solid.
Red carpet powder	5 min	0 min	Yes	Mix, colour and sieve.
Agar clapboard	20 min	20 min	Yes	Prepare gels, set and hand-cut.
Final assembly	5 min	0 min	No	Best assembled just before serving.
Full dish	55 min	125 min	*	*

Conclusion

Overall, Lights, Camera, Pop! successfully achieved the aim of creating a cinema-inspired Note by Note dish that reduces cost, calories and final assembly time while still maintaining flavour and visual appeal. The final plate combined reproducible mini popcorn foams, a red isomalt bowl, red carpet powder and an edible agar cinema clapboard. Together, these components created a clear movie-themed concept with a balanced sensory profile, combining light crispy popcorn textures, brittle isomalt, soft agar gel and popcorn, cola and lime flavour notes. The dish also responded well to the project theme, as it used small quantities of accessible compounds, remained low in calories, had a low estimated ingredient cost and could be assembled quickly once the components were prepared. Therefore, the final plate can be considered a successful, playful and feasible Note by Note dish.

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