NOTE BY NOTE RECIPES

Theme**: Low Cost, Low Time, Low Calorie**

Dish Name**: STROKES OF LIFE**

Submitted by,

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MATERIALS & METHODS

Edible Canvas

The canvas is the central element of the dish. Conceptually, the white canvas represents **purity, possibility, and the unknown beginning of life**. Scientifically, the canvas is a white, firm, slightly moist agar-whey protein gel, stable enough to hold its shape on the plate and provide a workable surface for edible paint application.

Equipment

Table 12 – Equipment List

Equipment	Purpose
Weighing scales (0.01g precision)	Accurate ingredient measurement
Small rectangular tray (approx. 10×8 cm)	Mould for canvas shape
Stainless steel saucepan (2 L)	Heating and dissolving agar
Thermometer (0–110°C)	Monitoring temperature for whey protein addition
Spatula	Stirring
Sharp knife	Trimming canvas to size
Stove / induction hob	Heat source

Ingredients

Yield: 1 canvas, approx. 10×8 cm

Ingredient	Quantity	Function
Water	150 mL	Solvent and dispersion medium
Agar powder (E406)	1.2 g	Primary gelling agent
Whey protein powder	3 g	Structural integrity, opacity, whiteness
Xanthan gum (E415)	Pinch (~0.1 g)	Binding, stability improvement

Method

1. Bring 150 mL of water to a rolling boil in a saucepan.
2. Sprinkle 1.2 g of agar powder into the boiling water while stirring continuously.
3. Maintain boil and stir for 1 minute to fully hydrate and dissolve the agar.
4. Remove from heat. Allow the solution to cool to approximately **70°C** (monitor with thermometer).
5. Gently stir in 3 g of whey protein powder. Mix gently with a spatula, avoid vigorous beating which may introduce unwanted foam.
6. Add a pinch of xanthan gum (~0.1 g) and stir to incorporate.
7. Pour the mixture into a rectangular tray to a depth of approximately 5 mm.
8. Allow to set at room temperature for 10–15 minutes.
9. Once fully set, trim neatly into a rectangle (approx. 10×8 cm) using a clean, sharp knife.

Scientific Note: Agar (E406) is a polysaccharide composed of agarose and agaropectin, extracted from red seaweed. It forms a firm thermoreversible gel upon cooling, with a gel strength dependent on concentration. At 0.8% (w/v), agar produces a firm, self-supporting gel. The addition of whey protein, which denatures and aggregates when heated above approximately 65°C, creates a white, opaque protein network interspersed within the agar gel matrix, providing both the desired white appearance and additional structural rigidity *(Phillips & Williams, 2011)*.

Edible Palette

The palette holds the five individual edible paints before painting. Conceptually, it represents the **separate emotions of life before they are brought together on the canvas of experience**.

Equipment

Equipment	Purpose
Weighing scales	Accurate measurement
Shallow round tray	Palette shape mould
Saucepan	Heating
Thermometer	Temperature control
Small teaspoon or melon baller	Scooping paint wells

Ingredients

Ingredient	Quantity	Function

Water	150 mL	Solvent
Agar powder (E406)	1.2 g	Gelling agent
Whey protein powder	3 g	Opacity and structure

Method

1. Prepare agar-whey protein base using the same method as the canvas (Steps 1–6 above).
2. Pour into a shallow round tray to a depth of 7–8 mm.
3. Allow to partially set for 5 minutes.

4. Using a small teaspoon or melon baller, gently scoop 5 small round wells (approximately 1.5–2 cm diameter) into the partially set surface.
5. Allow to fully set for a further 10 minutes before filling wells with edible paints.

Edible Paints

The edible paints are the most conceptually and scientifically significant elements of the dish. Each colour has its own **flavour profile**, so the emotional narrative is experienced not only visually but also through taste, engaging multiple sensory channels simultaneously, consistent with the multisensory principles of note-by-note cooking.

Colour-Emotion-Flavour Profile

Colour	Emotion / Stage of Life	Flavour / Aroma	Flavour Character
Red	Joy, passion, love, energy	Raspberry	Sweet, vibrant, uplifting
Yellow	Sadness, difficulty, challenge	Mango	Slightly sharp, bittersweet
Green	Growth, healing, renewal, learning	Lemon	Earthy, fresh, vegetal
Blue	Calmness, peace, reflection	Blackcurrant	Mild, cool, soothing
Brown	Struggle, failure, hardship, resilience	Caramel	Slightly bitter, deep, grounding

Equipment

Equipment	Purpose
Weighing scales (0.01 g precision)	Accurate measurement
5 × small mixing bowls	Separate preparation of each colour
Small handheld blender or whisk	Smooth incorporation of xanthan gum

Syringes (5 mL) or small spoons	Controlled application to palette and canvas

Ingredients Per Colour

Yield: approximately 5–8 mL per colour

Ingredient	Quantity	Function
Water	10 mL	Solvent and consistency adjustment
Whey protein powder	1 g	Body, creaminess, opacity
Xanthan gum (E415)	~0.05 g (very small pinch)	Thickening - creates paint-like viscosity
Food colourant	As needed	Visual colour
Food-grade aroma	1–2 drops	Flavour profile per emotion

Method

1. Add 10 mL of water to a small bowl at room temperature.
2. Add 1 g of whey protein powder and stir until fully dissolved and uniform.
3. Gradually sprinkle approximately 0.05 g of xanthan gum while continuously stirring or blending with a handheld blender. Sprinkle slowly to avoid lumps, xanthan gum hydrates rapidly and can clump if added too quickly.
4. Add the appropriate food colourant and 1–2 drops of the corresponding aroma.
5. Mix thoroughly until the colour and aroma are evenly distributed.
6. Allow to rest for 5 minutes, the mixture will thicken to a smooth, creamy, paint-like consistency.
7. Test consistency: the paint should flow slowly from a spoon but hold the shape of a brushstroke on the canvas surface without running. If too thick, add a few drops of water. If too thin, add a minimal additional pinch of xanthan gum.
8. Transfer to small syringes or bowls. Fill the corresponding wells of the edible palette.

Edible Brush

The edible brush serves both a functional role (used to paint the canvas during preparation) and a presentational role (placed on the plate as part of the final dish). It represents **the instrument through which life's experiences are applied**, the agency and effort we bring to shaping our own journey.

Equipment

Equipment	Purpose

Weighing scales	Accurate measurement
Plastic drinking straw	Cylindrical mould for handle
Saucepan	Heating agar
Thermometer	Temperature control
Toothpick or small knife	Scoring bristle lines on tip
Syringe or small spoon	Filling straw mould with agar

Ingredients

Ingredient	Quantity	Function
Water	100 mL	Solvent
Agar powder (E406)	1.0 g	Gelling agent - rigid handle structure
Brown food colourant (E150a caramel)	As needed	Realistic wooden handle appearance

Bristle Tip:

Ingredient	Quantity	Function
Whey protein powder	1 g	Base material for tip structure
Xanthan gum (E415)	Tiny pinch	Binding and shaping of bristle tip
Mixed food colourants	Trace amounts	Simulate paint residue on used brush

Method

Handle:

1. Boil 100 mL of water in a small saucepan.
2. Add 1.0 g of agar powder. Stir and boil for 1 minute.
3. Cool to approximately 80°C.
4. Add brown food colourant. Stir to achieve a rich brown, wood-like colour.
5. Using a syringe or small spoon, carefully fill a plastic drinking straw with the coloured agar solution.
6. Allow to set for 5–10 minutes.
7. Gently push the set agar rod out of the straw. Trim to desired brush handle length (approx. 8–10 cm).

Bristle Tip:

1. In a small bowl, mix 1 g of whey protein with a tiny pinch of xanthan gum. Add 2–3 drops of water and mix to form a firm, mouldable paste.
2. Shape the paste into a small elongated oval or flat cone to represent the brush bristle tip.
3. Using a clean toothpick or the tip of a small knife, lightly score fine parallel lines along the length of the tip to simulate individual bristles. This step significantly improves the visual realism of the brush.
4. Press the bristle tip gently onto one end of the handle while both are slightly soft. Allow to set and bond for 5 minutes.
5. Using a toothpick or small spoon, apply trace amounts of mixed food colours to the tip to simulate paint residue, reinforcing the visual narrative that the brush has just been used and the canvas of life is already being painted.

Plating and Final Presentation

Components and Placement:

Table 13: Component Placement of "Strokes of Life"

Component	Placement on Plate
Blue/grey round plate	Base - represents the vastness of life's journey
Edible canvas	Centre-right of plate
Edible palette	Upper-left of plate
Edible brush	Diagonally across the plate, pointing toward the canvas
Small paint drops	Scattered lightly for artistic effect

Painting the Canvas:

Colour	Stroke Direction	Emotion
Red	Top-left diagonal toward centre	Joy, passion
Yellow	Top-right diagonal toward centre	Difficulty, challenge
Green	Bottom-left diagonal toward centre	Growth, healing
Blue	Bottom-right diagonal toward centre	Peace, reflection
Brown	Short converging stroke at centre point	Struggle, hardship

All five colour strokes converge and slightly overlap at the centre of the canvas. This **convergence point** is the visual and philosophical heart of the dish, where all of life's emotions meet to create something complete, unified, and beautiful

NUTRITIONAL AND CALORIC ANALYSIS

A fundamental requirement of the theme **"Less Cost, Less Time, Less Calorie"** is that the dish is genuinely and significantly low in caloric content. Note-by-note cooking is uniquely and ideally suited to achieving this goal, as individual compound ingredients are used in precise, minimal quantities, completely avoiding the high caloric density associated with conventional whole food ingredients such as fats, oils, sugars, cream, and refined carbohydrates *(This, 2013)*.

The nutritional analysis presented below is based on the **total quantities of all ingredients used across the entire finished dish**, canvas, palette, all five paints, and brush combined, representing one complete serving of **"Strokes of Life"**.

All nutritional values are sourced from established food composition databases including the **USDA FoodData Central Database** *(USDA, 2023)* and **McCance and Widdowson's The Composition of Foods** *(McCance & Widdowson, 2021),* and from ingredient-specific technical data sheets where available.

Role of Each Key Ingredient - Nutritional and Functional Context

Before presenting the full nutritional analysis, the functional and nutritional role of each key ingredient is summarised below:

Table 4 - Functional and Nutritional Role of Key Ingredients

Ingredient	Brand	Primary Function in Dish	Nutritional Significance	Note-by-Note Relevance
Agar Agar Powder	En Place Foods	Gelling agent -canvas, palette, brush handle	Virtually zero metabolisable calories - indigestible polysaccharide	Classic note-by-note structural compound
Xanthan Gum	Sosa	Thickening, stabilising - paints and canvas	Indigestible dietary fibre - negligible metabolisable calories	Rheological control compound in note-by-note applications
Maltodextrin 12DE	Sosa	Texturising, bulking - paints and canvas body	380 kcal/100g but used at pinch level only — minimal contribution	Pure carbohydrate compound - classic note-by-note texturiser
Whey Protein	Optimum Nutrition - Gold	Opacity, whiteness, structure - all	High-quality complete protein - highest caloric	Pure protein compound - note-by-

	Standard Whey	components	contributor but still minimal	note building block
Caramel Aroma	Sosa	Flavouring - brown paint, brush handle	Negligible - trace usage only	Pure flavour molecule - note-by-note aroma compound
Mango Aroma	Sosa	Flavouring - green paint	Negligible - trace usage only	Pure flavour molecule - note-by-note aroma compound
Blackcurrant Aroma	Sosa	Flavouring - blue paint	Negligible - trace usage only	Pure flavour molecule - note-by-note aroma compound
Raspberry Aroma No. 105	GERD	Flavouring - red paint	Negligible - trace usage only	Pure flavour molecule - note-by-note aroma compound
Bergamot Aroma No. 135	Mallard Ferrière	Flavouring -yellow paint	Negligible - trace usage only	Pure flavour molecule - note-by-note aroma compound
Blue Lipodispersible Colourant	Mallard Ferrière	Colouring - blue paint	Negligible - trace usage only	Pure colour compound - note-by-note visual element
Green Lipodispersible Colourant	Mallard Ferrière	Colouring - green paint	Negligible - trace usage only	Pure colour compound - note-by-note visual element
Strawberry Red Liposoluble Colourant	Mallard Ferrière	Colouring - red paint	Negligible - trace usage only	Pure colour compound - note-by-note visual element
Brown Gel Concentrate	Cake Decoration Line	Colouring - brown paint, brush handle	Negligible - trace usage only	Pure colour compound - note-by-note visual element
Yellow Fat-Soluble Powder Colour E102	Pmak	Colouring - yellow paint	Negligible - trace usage only	Pure colour compound - note-by-note visual element
Water	Tap water	Solvent - all components	Zero calories	Essential dispersion medium

Individual Ingredient Nutritional Breakdown

Table 5: Nutritional Contribution of Each Ingredient Per Complete Dish

Ingredient	**Brand**	**Total Quantity Used (g)**	**Energy (kcal/100g)**	**Total Energy (kcal)**	**Protein (g)**	**Total Carbohydrate (g)**	**of which Sugars (g)**	**of which Dietary Fibre (g)**	**Total Fat (g)**	**of which Saturates (g)**
Agar Agar Powder	En Place Foods	3.4 g	26 kcal/100g	**0.88 kcal**	0.21	0.65	0.00	0.62	0.01	0.00
Xanthan Gum	Sosa	0.3 g	333 kcal/100g (largely indigestible)	**0.10 kcal**	0.02	0.27	0.00	0.27	0.01	0.00
Maltodextrin 12DE	Sosa	0.5 g	380 kcal/100g	**1.90 kcal**	0.00	0.49	0.02	0.00	0.00	0.00
Whey Protein	Optimum Nutrition Gold Standard Whey	7.0 g	370 kcal/100g	**25.90 kcal**	6.37	0.84	0.49	0.00	0.35	0.10
Caramel Aroma	Sosa	0.05 g (trace)	Negligible	**< 0.01 kcal**	~0.00	~0.00	~0.00	~0.00	~0.00	~0.00
Mango Aroma	Sosa	0.05 g (trace)	Negligible	**< 0.01 kcal**	~0.00	~0.00	~0.00	~0.00	~0.00	~0.00
Blackcurrant	Sosa	0.05 g (trace	Negligible	**< 0.01**	~0.00	~0.00	~0.00	~0.00	~0.00	~0.00

Aroma		)		**kcal**						
Raspberry Aroma No. 105	GERD	0.05 g (trace)	Negligible	**< 0.01 kcal**	~0.00	~0.00	~0.00	~0.00	~0.00	~0.00
Bergamot Aroma No. 135	Mallard Ferrière	0.05 g (trace)	Negligible	**< 0.01 kcal**	~0.00	~0.00	~0.00	~0.00	~0.00	~0.00
Blue Lipodispersible Colourant	Mallard Ferrière	0.05 g (trace)	Negligible	**< 0.01 kcal**	~0.00	~0.00	~0.00	~0.00	~0.00	~0.00
Green Lipodispersible Colourant	Mallard Ferrière	0.05 g (trace)	Negligible	**< 0.01 kcal**	~0.00	~0.00	~0.00	~0.00	~0.00	~0.00
Strawberry Red Liposoluble Colourant	Mallard Ferrière	0.05 g (trace)	Negligible	**< 0.01 kcal**	~0.00	~0.00	~0.00	~0.00	~0.00	~0.00
Brown Gel Concentrate	Cake Decoration Line	0.05 g (trace)	Negligible	**< 0.01 kcal**	~0.00	~0.00	~0.00	~0.00	~0.00	~0.00
Yellow Fat-Soluble Powder Colour E102	Pmak	0.05 g (trace)	Negligible	**< 0.01 kcal**	~0.00	~0.00	~0.00	~0.00	~0.00	~0.00
Water	Tap water	~400 mL	0 kcal	**0.00 kcal**	0.00	0.00	0.00	0.00	0.00	0.00
TOTAL		**≈ 411.7 g**		**≈ 29 kcal**	**≈ 6.60 g**	**≈ 2.25 g**	**≈ 0.51 g**	**≈ 0.89 g**	**≈ 0.37 g**	**≈ 0.10 g**

Complete Nutritional Summary Per Serving

Table 6: Full Nutritional Declaration Per Complete Serving of "Strokes of Life"

Nutrient	Per Complete Dish (1 Serving)	Per 100g of Finished Dish

Energy	**≈ 29 kcal / 121 kJ**	**≈ 7.0 kcal / 29.4 kJ**
Protein	**≈ 6.60 g**	**≈ 1.60 g**
Total Carbohydrate	**≈ 2.25 g**	**≈ 0.55 g**
— of which Sugars	≈ 0.51 g	≈ 0.12 g
— of which Dietary Fibre	≈ 0.89 g	≈ 0.22 g
— of which Maltodextrin (complex carbohydrate)	≈ 0.49 g	≈ 0.12 g
Total Fat	**≈ 0.37 g**	**≈ 0.09 g**
- of which Saturates	≈ 0.10 g	≈ 0.02 g
- of which Trans Fats	0.00 g	0.00 g
Sodium	**0.00 g**	**0.00 g**
Salt	**0.00 g**	**0.00 g**
Allergens	**Milk** (Optimum Nutrition Gold Standard Whey); **Soy**; **Eggs; Celery; Sesame; Peanuts; Mustard; Sulphites** (Sosa – Maltodextrin 12DE, Xanthan Gum)	—

Note: No salt or sodium-containing ingredients were used at any stage in **"Strokes of Life"**. The dish is completely **sodium-free and salt-free**, representing a significant additional health advantage over conventional dishes which frequently contain substantial quantities of added sodium.

Caloric Comparison with Conventional Dishes

Table 7: Caloric Comparison: "Strokes of Life" vs Conventional Dishes

Dish / Food Item	Approximate Calories Per Serving	Comparison to "Strokes of One Life"
"Strokes of Life" complete dish	**≈ 29 kcal**	-
A single plain rice cake	≈ 35 kcal	1.2× more calories
A standard green salad (no dressing)	≈ 50 kcal	1.7× more calories
One medium apple	≈ 95 kcal	3.3× more calories
A standard molecular gastronomy amuse-bouche	≈ 80–150 kcal	2.8–5.2× more calories
A conventional starter / appetiser	≈ 150–350 kcal	5.2–12.1× more calories
A standard main course	≈ 400–800 kcal	13.8–27.6× more calories
A conventional dessert	≈ 300–600 kcal	10.3–20.7× more calories
A full three-course conventional	≈ 900–1,800 kcal	31.0–62.1× more calories

meal		
Daily recommended caloric intake (adult)	**≈ 2,000–2,500 kcal**	**69–86× more than this dish**

Macronutrient Distribution

Table 8: Macronutrient Distribution Per Serving

Macronutrient	Quantity Per Serving	Calories Contributed	% of Total Calories	Notes
Protein (Optimum Nutrition Gold Standard Whey)	6.60 g	≈ 26.4 kcal	≈ **91.0%**	Complete protein — all essential amino acids present
Total Carbohydrate (En Place Foods Agar + Sosa Maltodextrin 12DE + Sosa Xanthan Gum)	2.25 g	≈ 2.3 kcal	≈ **7.9%**	Majority is indigestible dietary fibre from agar and xanthan gum
Total Fat	0.37 g	≈ 0.3 kcal	≈ **1.1%**	Entirely from trace fat in whey protein — virtually fat-free
Total		**≈ 29 kcal**	**100%**	

Cost Analysis Per Complete Dish

Table 9 - Full Cost Analysis Per Complete Serving of "Strokes of Life"

Ingredient	Brand / Supplier	Approximate Retail Price	Pack Size	Cost Per gram / mL	Quantity Used	Estimated Cost Per Dish
Agar Agar Powder	En Place Foods - Agar Agar	€2.50	100 g	€0.025/g	3.4 g	**€0.09**
Xanthan Gum	Sosa - Goma Xantana	€6.00	500 g	€0.012/g	0.3 g	**€0.01**
Maltodextrin 12DE	Sosa - Maltodextrin 12DE	€3.00	500 g	€0.006/g	0.5 g	**€0.01**
Whey Protein	Optimum Nutrition - Gold Standard Whey	€4.50	100 g (per serving equivalent)	€0.045/g	7.0 g	**€0.32**
Caramel Aroma	Sosa - Caramel Aroma (50g)	€7.00	50 mL	€0.140/mL	0.05 mL	**€0.01**
Mango Aroma	Sosa - Mango Aroma	€6.00	50 mL	€0.120/mL	0.05 mL	**€0.01**
Blackcurrant Aroma	Sosa -Blackcurrant Aroma	€6.00	50 mL	€0.120/mL	0.05 mL	**€0.01**
Raspberry Aroma No.	GERD - Flavour No.	€5.00	30 mL	€0.167/mL	0.05 mL	**€0.01**

105	105 Raspberries					
Lime Aroma	Sosa Lime Aroma	€5.00	30 mL	€0.167/ mL	0.05 mL	**€0.01**
Blue Lipodispersible Colourant	Mallard Ferrière - Bleu Lipodispersible	€8.00	50 g	€0.160/g	0.05 g	**€0.01**
Green Lipodispersible Colourant	Mallard Ferrière - Green Lipodispersible	€8.00	50 g	€0.160/g	0.05 g	**€0.01**
Strawberry Red Liposoluble Colourant	Mallard Ferrière - Strawberry Red Liposoluble	€8.00	50 g	€0.160/g	0.05 g	**€0.01**
Brown Gel Concentrate	Cake Decoration Line - Brown Gel Concentrate	€3.50	100 g	€0.035/g	0.05 g	**€0.01**
Yellow Fat-Soluble Powder Colour E102	Pmak - Yellow Fat-Soluble Powder Colour 25g	€4.00	25 g	€0.160/g	0.05 g	**€0.01**
Water	Tap water (potable)	Negligible	-	-	~400 mL	**€0.00**
TOTAL						**≈ €0.52 per dish**

Despite using **14 individual named commercial ingredients** from professional culinary suppliers including Sosa, Mallard Ferrière, GERD, Optimum Nutrition, En Place Foods, Cake Decoration Line, and Pmak, the total ingredient cost per complete serving remains at approximately **€0.52**. This exceptional cost efficiency is a direct consequence of the note-by-note cooking approach, where each ingredient is used in very small, precisely controlled quantities. The most significant cost contributor is the **Optimum Nutrition Gold Standard Whey** at €0.32 per dish — accounting for approximately 61.5% of the total ingredient cost despite being used at only 7 g per serving.

Time Analysis

Table 10 - Full Time Analysis for Complete Preparation of "Strokes of Life"

Stage	Activity	Ingredients Involved	Estimated Time
Stage 1	Weighing and organising all ingredients	All ingredients	5 minutes
Stage 2	Canvas and palette preparation — boiling water, dissolving En Place Foods agar, incorporating Optimum Nutrition whey protein, Sosa xanthan gum, and Sosa maltodextrin 12DE, pouring into moulds	En Place Foods Agar, Optimum Nutrition Whey, Sosa Xanthan Gum, Sosa Maltodextrin 12DE, Water	10 minutes

Stage 3	Canvas and palette setting time at room temperature	—	10 minutes
Stage 4	Brush handle preparation — dissolving En Place Foods agar in boiling water, adding Cake Decoration Line brown gel concentrate and Sosa Caramel Aroma, filling straw mould	En Place Foods Agar, Cake Decoration Line Brown Gel, Sosa Caramel Aroma, Water	5 minutes
Stage 5	Brush handle setting; bristle tip preparation using Optimum Nutrition whey and Sosa xanthan gum; scoring lines; applying mixed colour residue	Optimum Nutrition Whey, Sosa Xanthan Gum, mixed colourants	8 minutes
Stage 6	Preparation of all five edible paints — Optimum Nutrition whey + Sosa xanthan gum + Sosa maltodextrin + individual colourants + individual aromas × 5 colours	All colourants (Mallard Ferrière Blue, Green, Strawberry Red; Pmak Yellow E102; Cake Decoration Line Brown); All aromas (GERD Raspberry No. 105; Mallard Ferrière Bergamot No. 135; Sosa Mango, Blackcurrant, Caramel)	7 minutes
Stage 7	Filling palette wells with five individual paints; trimming canvas to final dimensions	All five prepared paints	3 minutes
Stage 8	Painting the canvas with all five colours using edible brush — diagonal strokes converging at centre	All five paints, edible brush	5 minutes
Stage 9	Final plating and presentation on blue-grey ceramic plate	All components	4 minutes
Stage 10	Final review and adjustment of visual composition	—	3 minutes
TOTAL			**≈ 60 minutes**

Theme Compliance Summary

Table 11 - Theme Compliance: Less Cost, Less Time, Less Calorie

Theme Requirement	Target	Achieved	Benchmark Comparison	Result
Less Cost	Minimal ingredient cost per serving	≈ **€0.52 per complete dish**	Conventional restaurant starter ingredient cost: €3.00–€8.00	**Fully Achieved**
Less Time	Efficient preparation within reasonable timeframe	≈ **60 minutes total**	Conventional three-course meal preparation: 2–4 hours	**Fully Achieved**

Less Calorie	Significantly below conventional dish caloric content	≈ **29 kcal per complete dish**	Conventional starter: 150–350 kcal; main course: 400–800 kcal	**Fully Achieved**
Sodium / Salt Free	No added salt	**0.00 g sodium / 0.00 g salt**	Conventional dish: 0.5–2.0 g sodium per serving	**Bonus Achievement**

"Strokes of Life" achieves all three theme requirements simultaneously and comprehensively. With a total ingredient cost of approximately **€0.52**, a total preparation time of approximately **60 minutes**, and a total caloric content of approximately **29 kcal**, the dish demonstrates that note-by-note cooking can deliver a visually stunning, conceptually rich, and fully multisensory culinary experience at a fraction of the cost, time, and caloric content of any comparable conventional dish.

The final dish **"Strokes of Life"** successfully achieved every aim and objective established at the outset of this project. It stands as a complete demonstration that note-by-note cooking, using only individual compound ingredients at minimal cost, in minimal time, and with minimal caloric impact can produce a dish of genuine visual beauty, sensory richness, philosophical meaning, and scientific rigour. Just as the blank canvas of life is made whole and beautiful by the convergence of all its colours and experiences, **"Strokes of Life"** is made complete by the convergence of food science, human emotion, artistic vision, and culinary craft.

Fig 1: The “Strokes of Life”

CONCLUSION

The dish "Strokes of Life" successfully achieved all aims and objectives set at the outset of this project. A fully edible, visually striking, conceptually meaningful note-by-note dish was developed and presented under the theme "Less Cost, Less Time, Less Calorie".

Using only individual compound ingredients - agar powder (Agar Agar brand), whey protein, xanthan gum, Mallard Ferrière blue lipodispersible colourant, Mallard Ferrière Bergamot Aroma No. 135, and natural food-grade aromas and colourants - all four components of the dish (edible canvas, palette, paints, and brush) were developed, refined, and successfully produced within approximately 50 minutes at a total ingredient cost of approximately €0.41 per serving and a total caloric content of approximately 28 kcal per serving.

All ingredients were confirmed as fully compliant with EU food additive and ingredient regulations under Regulation (EC) No 1333/2008, Regulation (EC) No 178/2002, and Regulation (EC) No 1334/2008.

Sensory evaluation by an 8-member panel confirmed that the dish achieved a strong, balanced sensory profile across all five evaluated attribute categories, with an overall acceptability mean score of 7.1/9 - corresponding to *"Like Very Much"* on the hedonic scale.

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