

# SAVOURY DICE AND FIBRES

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Chef Pasquale Altomonte, MBA  
KITCHEN LAB (SWITZERLAND)



**INTERNATIONAL CONTEST FOR  
NOTE BY NOTE COOKING N°10 (2022)**  
CATEGORY : PROFESSIONAL CHEFS



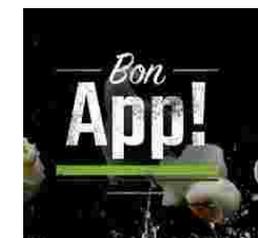
MasterChef (TV France 2, Paris, 2022)  
 Concours d'art culinaire by Université de Geneva (Geneva, 2022) 1<sup>st</sup> prize  
 Bocuse d'Or Suisse (Geneva, 2021) 3<sup>rd</sup> prize  
 Cook'n'Salt (Geneva, 2021) 1<sup>st</sup> prize  
 Cook'n'Sweet (Geneva, 2021)  
 Concours d'art culinaire by Université de Geneva (Geneva, 2021) 2<sup>nd</sup> prize  
 Une histoire de cuisine by Stéphane Décotterd (Corseaux, 2020)  
 Swiss Finger Food Trophy by Bocuse d'Or (Geneva, 2019) 1<sup>st</sup> prize  
 Cook'n'Salt (Geneva, 2019)



Challenge culinaire en duo (G Geneva, 2019) 1<sup>st</sup> prize  
 Trophée Passion (Paris, 2019) Special prize  
 Concours du Macaron (Lyon, 2018)  
 Grand Prix Joseph Favre (Martigny, 2018)  
 Cuisinier d'Or (Wallisellen, 2018)  
 Bon App! TV (RTS Geneva, 2018) 1<sup>st</sup> prize  
 La Cuillère d'Or (Paris, 2018) 1<sup>st</sup> prize+ Special prize  
 Swiss Culinary Cup (Baden, 2017) Special prize  
 Championnat romand des cuisiniers (Suisse romande, 2017)  
 Trophée Masse (Geneva, 2017)



Concours international Cuisine Note à Note (Paris, 2017) 1<sup>st</sup> prize  
 Cuisine et émotion de l'Institut Paul Bocuse (Lyon, 2017) 1<sup>st</sup> prize  
 Grand Prix Joseph Favre (Martigny, 2016)  
 Cuisinier d'Or (Wallisellen, 2016)  
 Buitoni Grande Concorso (Rorschach, 2016)  
 Sciences & Cuisine (Nantes, 2015) 1<sup>st</sup> prize  
 Concours international Cuisine Note à Note (Paris, 2015) 1<sup>st</sup> prize  
 Sciences & Cuisine (Nantes, 2014) 1<sup>st</sup> prize  
 MasterChef des associations (Fribourg, 2013) 1<sup>st</sup> prize  
 Les Toqués du terroir saison 3 (Vaud, 2013)  
 GastroFribourg (Fribourg, 2012)  
 Les Toqués du terroir saison 2 (Vaud, 2012)  
 Nourriture & Santé (Geneva, 2011)  
 etc.



**OVER 50 CULINARY CONTESTS**



**Dr Dao Nguyen, PhD.**

Pharmacist & Lawyer  
Co-founder KITCHEN LAB.

**SCIENTIST, CURIOUS AND MASTERCHEF CANDIDATE**  
**@dao\_masterchef**



**Chef Pasquale Altomonte, MBA**

Culinary Artist, Bocuse d'Or finalist, 3<sup>rd</sup> Best Chef in Switzerland  
Co-founder KITCHEN LAB.

**ARTIST, PASSIONATE, COMPETITOR AND COACH**  
**@thekitchenlaboratory @pasquale\_altomonte**

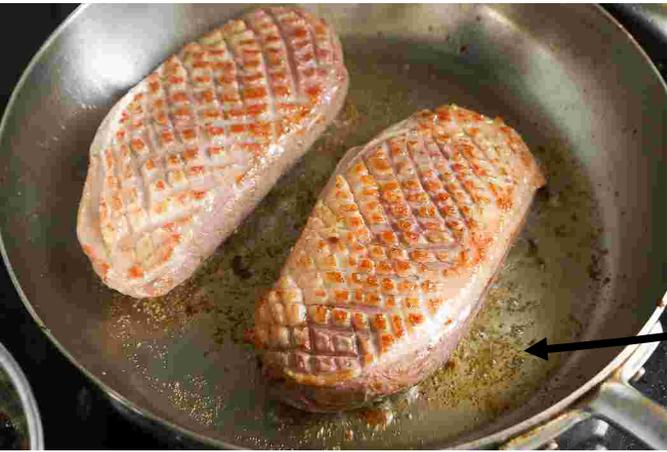
**TWO WORLDS IN ONE**

# NO MORE FOOD WASTE



# IN PROFESSIONAL KITCHENS

# « RECYCLE » FOOD WASTE



Don't throw away  
the **duck fat**

Don't throw away  
the **peas skin**



Don't throw away  
the **carrot fibers**



Don't throw away  
the **orange pulp**

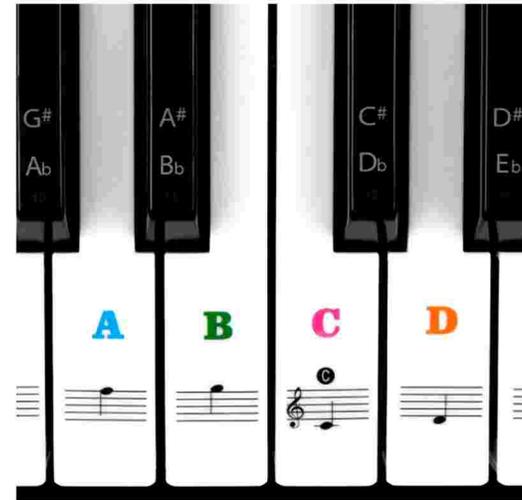


Don't throw away  
the **carrot peel**



Don't throw away  
the **orange zest**

# COOKING WITH NOTES



**= ADD TASTE, COLOUR, ODOUR, TEXTURE, FIBERS, VITAMINS, PROTEINS, NUTRIENTS...**

# DUCK À L'ORANGE

## (CANARD À L'ORANGE)



- Duck
- Oranges
- Carrots
- Tomatoes
- Celery ribs
- Leek
- Onion
- Garlic
- Black pepper
- Bay leaves
- Thyme
- Flour
- Tomato paste
- Chicken stock
- White wine
- Sugar
- Vinegar
- Butter

# DUCK À L'ORANGE

## (CANARD À L'ORANGE)



### INGREDIENTS (10-12 portions, 3x3 cm)

- 5g orange pulp fibers
- 5g orange zest
- 8g carrot fibers
- 8g dried green peas skin fibers
- 10g green peas protein powder
- 50g rice flour
- 200g water
- 100g duck fat
- 150g orange juice
- 150g carrot juice
- 3.5g agar-agar powder
- 1g xanthan gum powder
- qsp red wine powder
- qsp piperine powder
- qsp onium evocation (iqemus)
- qsp monka evocation (iqemus)
- qsp sugar
- qsp salt
- qsp corn starch

# DUCK À L'ORANGE

## (CANARD À L'ORANGE)



Boil the carrot juice with agar (+ salt), then add the dried carrot peel to give texture.

Boil orange juice with agar (+ salt), then add the dried orange zest.



Mix the green peas protein powder with water (+ salt, piperine), then add xanthan gum and dried peas skin.

Cut the desire shapes.

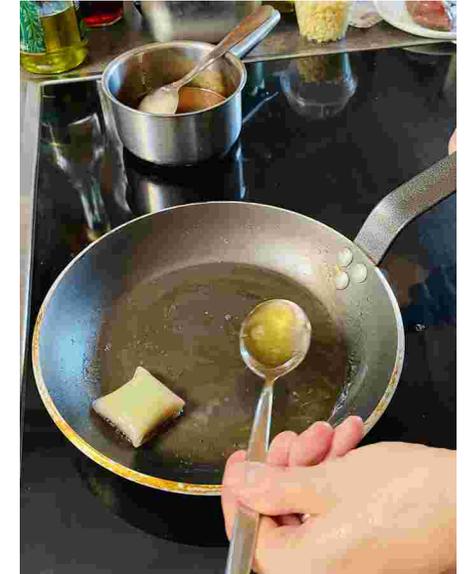


Mix the rice flour with water, make thin rice sheets on the pan.

Wrap the square of carrot, orange and green peas with the rice sheet.



Between each layers, add duck fat for the taste.



Fry the "duck à l'orange" dice in duck fat.

# DUCK À L'ORANGE

## (CANARD À L'ORANGE)



Boil water, add the red wine powder, piperine powder, Onium evocation, Monka evocation, sugar, salt, corn starch, duck fat.



Plate the dish as you wish.



Add some orange zest, dried carrot peel and dried peas skin for decoration.

# DUCK À L'ORANGE

## (CANARD À L'ORANGE)

Traditional Duck à l'orange



Note by Note Duck à l'orange

# DUCK À L'ORANGE

(CANARD À L'ORANGE)



NOTE BY NOTE RECIPE

DIFFERENT WAYS TO PLATE THE DISH

# ENJOY NOTE BY NOTE COOKING



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**Site web**

[www.kitchenLaboratory.wixsite.com/researchdevelopment](http://www.kitchenLaboratory.wixsite.com/researchdevelopment)