

# THE FUTURE OF COOKING

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**KITCHEN  
LAB** AWARD WINNING  
CHEF PASQUALE  
**FOOD** ENJOY A  
MULTISENSORY  
EXPERIENCE



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# CREATIVITY, SUSTAINABILITY & ZERO COMPROMISE



THIS MASTERCLASS IS NOT ABOUT TRENDS, TECHNOLOGIES, OR SHOCK VALUE. IT'S ABOUT RETHINKING HOW COOKING IS DESIGNED.

**FROM PRODUCT  
TO INSECTS  
TO ZERO COMPOST  
TO NOTE-BY-NOTE COOKING**

**PART I**



**PRODUCT**

**PART II**



**INSECTS**

**PART III**



**WASTE**

**PART IV**



**NOTE-BY-NOTE**

**PART I**  
**THE END OF THE PRODUCT**



# WHAT IS A PRODUCT?

A PRODUCT IS DEFINED BY :

- ORIGIN
- SEASON
- NUTRITION
- TRADITION



WHAT HAPPENS WHEN THOSE PRODUCTS ARE NO LONGER AVAILABLE?

# THE PRODUCT IS NO LONGER STABLE

TRADITIONAL FOOD PRODUCTS  
RELY ON STABILITY.  
STABILITY IS DISAPPEARING.

- CLIMATE VARIABILITY
- RESOURCE UNPREDICTABILITY
- SUPPLY CHAIN FRAGILITY



A misty forest path at night. A glowing lantern sits on the path, surrounded by many small, glowing fireflies. The scene is dimly lit with a blue and green color palette, creating a magical atmosphere.

# WHEN THE PRODUCT DISAPPEARS

WHAT REMAINS :

- TASTE
- TEXTURE
- NUTRITION
- EMOTION
- MEANING

# TIME TO THINK OUT OF THE BOX



**PART II**  
**INSECTS OR NOT INSECTS ?**

# WOULD YOU EAT INSECTS?

WHAT ROLE CAN  
INSECTS PLAY?





# **INSECTS CAN PROVIDE :**

- **UMAMI**
- **FAT**
- **PROTEINS**
- **TEXTURE**
- **STRUCTURE**

# TASTE & DESCRIBE

FOCUS ON :

- TEXTURE
- AFTERTASTE
- EMOTION





# **INSECTS ARE NOT FUTURISTIC**

**THEY HAVE ALWAYS  
BEEN PART OF THE  
HUMAN DIET**

**WHAT SEEMS « NEW » TO US IS SIMPLY UNFAMILIAR**

# **OUR PERCEPTION IS OUTDATED**

**THE CHALLENGE IS  
CULTURAL, NOT  
NUTRITIONAL**



**HIGH-QUALITY PROTEIN + LOW ENVIRONMENTAL  
FOOTPRINT + EFFICIENT USE OF LAND AND WATER**

## **PART III**

# **ZERO WASTE vs ZERO COMPOST**

# HOUSEHOLD FOOD WASTE

EVERY HOUSEHOLD  
WASTES A SIGNIFICANT  
AMOUNT OF FOOD:

- PEELS
- LEFTOVERS
- FORGOTTEN PRODUCTS





# FOOD WASTE IN RESTAURANTS

**OVERSIZED PORTIONS, UNSOLD DISHES, KITCHEN SURPLUS → MASSIVE LOSSES**

# COMPOST

STILL MEANS FAILURE UPSTREAM

WHAT WE CHOOSE NOT TO VALUE  
BECOMES WASTE



# ZERO COMPOST FISH

**ZERO COMPOST MEANS USING 100% OF THE FISH FOR HUMAN CONSUMPTION, NOT EVEN FOR COMPOST**



**FILETS = COOKED AND SERVE AS THE MAIN DISH  
HEAD & BONES = FISH STOCK  
DEYHDRATED-FRIED BONES = SEASONING,  
CONDIMENT, UMAMI BOOSTER**

**THIS IS NOT RECYCLING.  
THIS IS CULINARY TRANSFORMATION.**



# **ZERO COMPOST VEGETABLE**

**USING A CENTRIFUGE  
JUICER, THE VEGETABLE  
IS SEPARATED INTO :**

- **JUICE**
- **FIBERS**
- **PEELS**
- **ROOTS**
- **TOPS**



# CARROT MENU

**NOTHING IS DISCARDED.**

**NOTHING GOES TO COMPOST.**

- **CARROT TOPS/ROOTS SALAD & CARROT JUICE USED AS A BASE FOR A VIBRANT DRESSING**
- **WHOLE CARROT ROASTED & FIBERS USED AS CRUMBLE**
- **CARROT FIBERS INCORPORATED INTO CAKE & CARROT JUICE REDUCED INTO A NATURAL SYRUP**



**PART IV**  
**NOTE BY NOTE COOKING**

# WHAT NOTE-BY-NOTE IS NOT



- NOT MOLECULAR SHOW
- NOT ARTIFICIAL FOOD
- NOT INDUSTRIAL SHORTCUTS

# WHAT IS NOTE-BY-NOTE ?

- **FUNCTIONAL COOKING**
- **PRECISION**
- **ZERO STRUCTURAL WASTE**
- **CREATED BY HERVE THIS**



# NOTE-BY-NOTE COOKING



**ADVANTAGE: PERSONALIZING DIETS (HEALTH, RESTRICTIONS, PLEASURE) → INFINITE CREATIVITY**



# CUCUMBER DESSERT



- **CRUMBLE**
- **GEL**
- **FOAM**
- **TUILE**

# BENEFITS

**HEALTH = OPTIMAL NUTRITION**

**ECOLOGY = LESS WASTE**

**ECONOMY = BETTER RESOURCE USE**

**GASTRONOMY = UNLIMITED CREATIVITY**



# VISION OF FUTURE FOOD



**ZERO COMPOST  
=  
EVERYTHING IS USED,  
PERSONALIZED, SUSTAINABLE  
AND CREATIVE CUISINE**

# CONCLUSION

THE FUTURE OF COOKING  
=  
WASTE-FREE, CREATIVE, ADAPTED  
TO EVERYONE



WHAT IF YOUR KITCHEN BIN BECAME  
YOUR NEW CULINARY TREASURE BOX?

**NOTHING IS WASTED, EVERYTHING  
BECOMES SUBLIME**



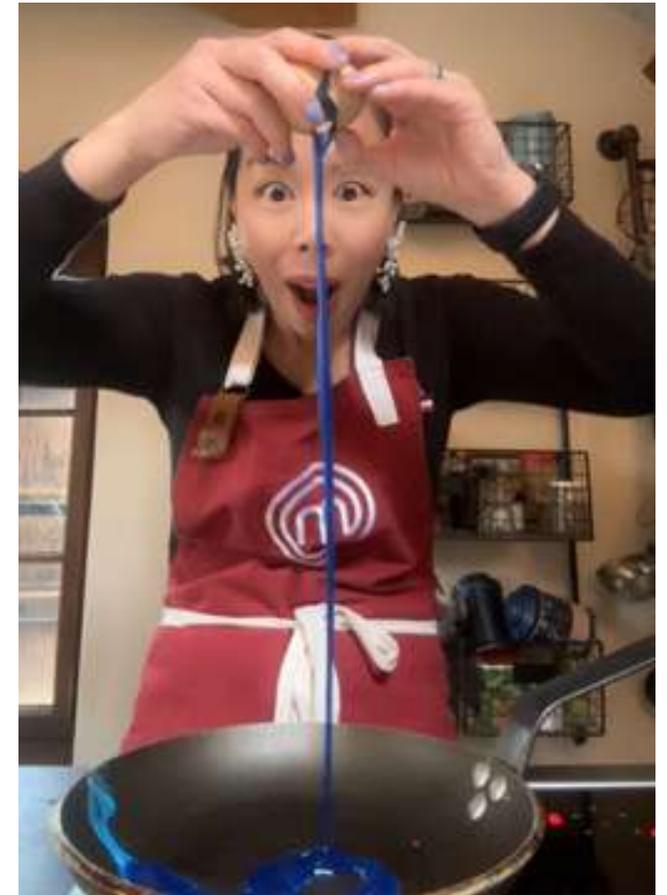
### **Chef Pasquale ALTOMONTE**

- Traffic safety engineer in the USA
- Over 50 national and international culinary competitions
- Career change, back to school, culinary degree & MBA in public health

# WHO ARE

# WE ?

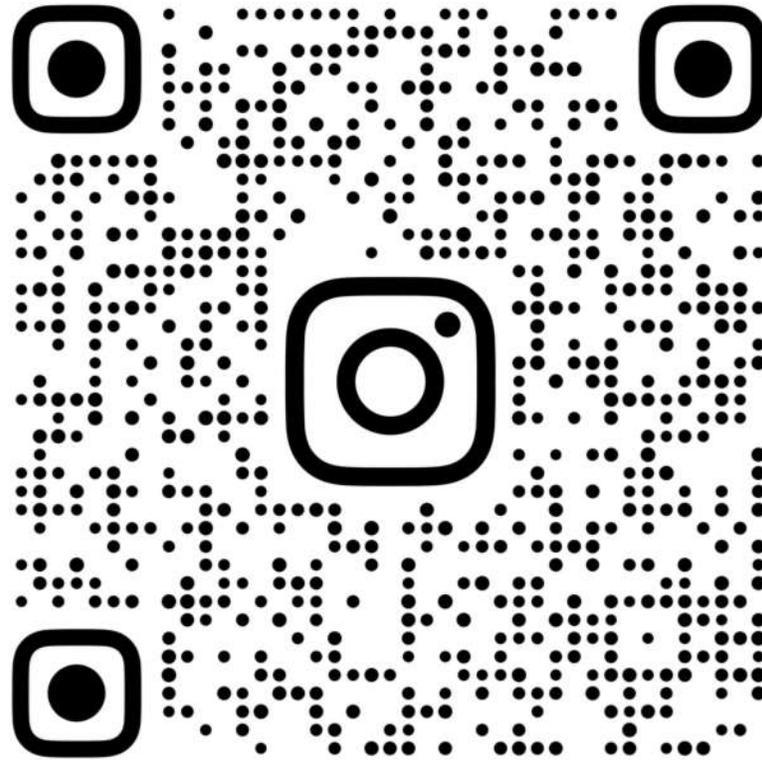
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### **Dr Dao NGUYEN**

- Pharmacist & PhD in pharmaceutical sciences
  - Master's degree in Law
  - Expert in career transition
- Passionate about sciences & cooking
  - Masterchef candidate

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**KITCHENLAB\_FOOD**

more info on our  
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