

Public Abstract

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Title:CULINOLOGY APPLICATIONS TO A CONVENIENT AND ECONOMIC FROZEN DINNER SET

With the rising demand for convenient foods, there usually comes a decrease in quality. Combining the work of food science with culinary arts may result in a food product that is both convenient and economic without having to sacrifice any sensory characteristics. In this study, a culinary arts inspired meal was modified using various food science methods, such as application of gelling products, use of the enzymes to prevent bacterial food-borne illnesses, taste testing, and food engineering. The result is a frozen three-course meal that can be cooked at home but can rival the quality of an up-scale restaurant. This meal could improve the quality time that can be spent with family members at home by reducing the cost of gourmet food, preparation time, and promoting the overall quality of frozen dinners.