

CULINOLOGY APPLICATIONS TO A CONVENIENT AND ECONOMIC FROZEN DINNER SET

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ABSTRACT

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 gelling properties, use of the lactoperoxidase system, sensory analysis, 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.