Professional meeting – Food Science

Date: April 13, 2018

Topic: The Intersection of Science and Culinary

Location: St. Joseph’s College, 245 Clinton Ave Brooklyn, NY 11205

Speakers: Louis N. Sorkin, BCE, Entomologist, AMNH, Chef Joseph Yoon, Brooklyn Bugs, Dinner Echo, Yummy Eats and Robyn Shapiro CEO of SEEK Foods

Sponsors: SJC Brooklyn’s Department of Hospitality and Tourism Management, Hospitalented, and IHTM

Main points

* Nutritional and environmental benefits of raising and consuming insects.
* Sourcing flour from Brooklyn microbreweries RISE flour made from barley.

The speakers on the panel provided background information on different types of insects, cooking and including insects in usual meal intake. Insects are said to be some of the world most popular sustainable protein source, one of the speaker mentioned that about 80% of the world already includes insects in their regular diets. According to Robyn Shapiro the co-founder of SEEK foods which prepare their products using cricket flour. Raising insects for human consumption will impact the environment in a healthy way this could also solve environmental issues, insects are necessary in decomposing, insects are necessary in recycling of organic waste, lava used to feed zoo animals and farm fish.

The black soldier flies droppings are used for plant fertilizer. According to Shapiro 75% of flying insects are disappearing and could be the 6th great disappearance, human could only survive only 3 months without insects. Insects are said to be sustainable, nutritious and delicious. Canada has the largest cricket farming system, Shapiro mentioned that farming can take place anywhere and does not used up a lot of land space and reduce transportation. Shapiro mentioned that crickets naturally like to be close to each other unlike chicken and other large animals that need more space. Crickets life span is only six weeks and they do not feel pain. Cricket farmers processed cricket before selling they are ground into flour. The protein of crickets are very versatile it can be added to smoothie, bars, granola, pancakes and chips also used to make hot dogs. I learned about RISE flour which is sourced from Brooklyn microbreweries, it has unique flavors and aromas of local ales, porters, stouts and malts. The process creates zero waste in the beer brewing production by upcycling microbrewers’ spent grain into organic, sustainable, and highly nutritious flour.

RISE flour comes in three varieties, taking characteristics from its source grains: Pilsner flour a light and versatile flour, Ale flour a nutty and light flavor with a hint of caramel and almonds and Porter flour a dark and rich flour that has hints of chocolate, coffee and nuts. These flour are enhance the taste and nutrient content of breads, pastas, pastries, pancakes, fried batters and much more they contain zero saturated and trans fat, sodium and added sugar.

The Symposium was put together very well, they had a power point presentation and food and insect exhibition and a panel discussion. I would follow the same format if I was conducting this event. They only had prepared samples at the event if I was presenting I would also provide some raw samples of the products for attendees to experiment with at home. The refreshments were appropriate and consistent with the themes. They had peanut butter sandwiches without bugs, grilled cheese sandwiches with bugs, vanilla and soy ice cream with crickets the crickets provided a nutty flavor, different flavor grasshoppers, shrimps with ants and so much more.





