FOOD INNOVATION FROM TRADITIONS:
A satellite educative trip from Paris-Beirut-Doha to Montpellier
(and why not to the rest of the world)?

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How did it start?
Series of seminars addressed to various audiences: scientists, university professors, high school instructors, food engineers, chefs and university students specializing in hotel management.

Preservation and development of lebanese culinary heritage by means of MG
• Convention for the Safeguarding of the Intangible Cultural Heritage, UNESCO

**Culinary heritage of Zahlé recognized by UNESCO**

• Creative cities network- Gastronomy category
• [https://youtu.be/nti_fSNUbl](https://youtu.be/nti_fSNUbl)

Preservation of Lebanon’s culinary heritage

Help in rural development by the valorisation of culinary ancestral know-how in Lebanese villages

Help in sustainable development through the development of local products

Help the development of agro-tourism in Lebanon by insuring a better visibility to Lebanese rural regions, their food as well as culinary resources
1. Research
<table>
<thead>
<tr>
<th>Research topic</th>
<th>Objective</th>
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<tbody>
<tr>
<td>Optimization of non gluten kneffe bread</td>
<td>Strengthening links between academia and the private sector through research and development and innovation</td>
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<tr>
<td>Study of traditional Marzipan from Zouk-Mikael</td>
<td>Elaborate specific protection labels for local traditional products Support rural development and agri-tourism, by promoting Lebanese culinary ancestral know-how</td>
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<td>Exploration and colloidal stability development of fermented milk drinks (ayran)</td>
<td>Explore by molecular gastronomy the molecular reasons of non-stability of certain Lebanese food products</td>
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<td>Scientific exploration of culinary precisions of different preparation modes of Hommos Bi Tahine</td>
<td>Promoting traditional Lebanese products and their scientific development by molecular gastronomy</td>
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<td>Development of a new Lebanese menu: explorative study</td>
<td>Understand the consumer’s perception of traditional and new Lebanese recipes</td>
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<td>Study of the emulsifying properties of chickpea cooking water as a by-product valorization of Hommos production</td>
<td>Valorization of a Hummus by-product Creat vegan Lebanese innovations based on chickpeas, its derivatives and by-products</td>
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2. Monthly seminars

- Mixing order of arak with water
- Whitening effect on “Baba Ghanoush or moutabal”
- Salting eggplants before frying
- Marinating chick peas with sodium bicarbonate
- Browning of different fat sources used in Lebanon
3. Education at bachelor level
On the road of Lebanon’s culinary heritage
4. Education at master level
5. Education at school level
Explore culinary transformations from the perspective of technique, technology and science but also from cultural perspective (art, literature, history, society, languages).

Study of culinary sayings regarding dishes from all over the world with a focus on French and Arab countries cuisines. This action was implemented in Doha (Qatar)
## Protocole de mise en œuvre

<table>
<thead>
<tr>
<th>1er groupe</th>
<th>2ème groupe</th>
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<tbody>
<tr>
<td>Mélange « travaillé » au fouet</td>
<td>Mélange « travaillé » au batteur</td>
</tr>
<tr>
<td>1 plat Réservé à l’air frais</td>
<td>À la même température T = 15°C</td>
</tr>
</tbody>
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### Étape 1
On a séparé les jaunes d’œufs, on les a placés dans un grand bol, on a ajouté le sucre et on les a travaillé au fouet jusqu’à ce que les œufs blanchissent. On a ensuite ajouté la farine rempli puis travailler encore.

### Étape 2
Dans un moule, on a superposé les bicuits trempés dans le café, le mélange sucre-œufs-beurre et les fruits secs jusqu’à obtient une hauteur de 4 couches.

## Deuxième paramètre : La température.

Sur les trois moules restants, faisons varier la température de la façon suivante :

- A T = 2°C plaçons le moule avec le gâteau en bas du réfrigérateur.
- A T = 8°C plaçons le moule avec le gâteau en haut du réfrigérateur.
- A T = 29°C plaçons le troisième moule à l’extérieur de la pièce au cours d’une journée ensoleillée à Doha.

Quels résultats obtient-on ?
6. Continuing education and knowledge transfer
7. Local and International

Locally, this year new in Montpellier Supagro

The TRAD-INNOVATION module addresses the innovation of foods from the food heritage by integrating multidisciplinary knowledge with the aim to rediscover, claim local specificities, preserve and improve regional and local recipes and products, whether at artisanal or industrial scale.

CONCEPT – The TRAD-INNOVATION module should make it possible to analyze the "typicity and authenticity" of a traditional recipe (historical and heritage aspects) and to consider its "innovative transformation under constraint" (for example = adapting a recipe based on meat to a vegetarian consumer target; modify the nutritional value of a recipe for a specific target; modify the consumption methods of a traditional food).
Condensed module over 2 weeks, alternating conferences and learning by project

- **Step 1** - Search for recipes and traditional products from a French region (identify several (minimum 4) traditional dishes and explain the choice of one among the 4).
- **Step 2** - Historical / anthropological exploration of the selected recipe.
- **Step 3** - Identification of know-how / variants / nutritional qualities of the recipe (diversity of recipes).
- **Step 4** - Creativity under constraint around the identified recipe (eg food for seniors, food for children, vegetarian diet, etc.), with the same constraint for all groups of students.
- **Step 5** - Transformation of the selected innovative idea into a technological flowsheet, with the identification of key technical points.
- **Step 6** - Experimentation in an experimental kitchen to test a physico-chemical or organoleptic characteristic of the innovative recipe from a scientific perspective (analytical, sensory).
- **Step 7** - Presentation of the innovation project under constraint of a traditional food: exploration of the circle of possibilities.
BIENVENUE à tous
Welcome to All!

And thanks to COVID 2019
For allowing us to imagine this Day!!!!

- The 2019 COVID crisis is impacting populations and activities.
- The 2019 COVID crisis no longer allows us to teach "as we used to do"
- The 2019 COVID crisis forces us to be innovative in order to continue teaching.
- The 2019 COVID crisis allows us to have very good ideas to continue to interact with professionals and students in the agri-food industry.

This year and due to sanitary constraints, we are turning it into an unique experience that can reach your students as well!

- Idea to travel without a visa and without stepping into an airplane? and without taking a covid-test? Food Hackathon
- International contacts : FEEDtheMIND (Slovenia, Spain, Greece, Austria, France) + personal contacts (Lebanon, Ireland, France)
Who were the participants of the day?

8 institutions

- University of Natural Resources and Life Sciences, Vienna
- University of Ljubljana
- AgroParisTech
- Universitat Politècnica de València
- L’Institut Agro
- TCD Dublin
- BOKU
- USEK

Students (48 participants)

- 21 students
- 15 students
- 9 students
- 1 student
- 1 student
- 1 student
- 1 student
- 1 student
Coaches, experts and jury members

- 13 coaches, experts and jury members
- Professors/researchers/pedagogical engineers in food science area

The Street Food Challenge

CHALLENGE
Imagine and develop the concept of an innovative food resulting from the fusion of 2 traditional foods from your countries, for one specific consumption context = "street food and food truck".

One emblematic food recipe + One emblematic food recipe = One innovative Street Food sold in a Food Truck
Fusion of food culture & food engineering
Virtual Food Challenge Day
12th of January 2021

TEAMs

Team A - Žlinkroflette

Team B - Fala’basa

Team C - Štrumita

Team D - Loco cheese

Team E - Chulette

Team F - Potikish breton

Team G - Traveller eclair

Team H - Pitalafel

AWARDS

Jury members

Connect virtually with students from the final year of Culinary Science degree in TU Dublin (till end of April/beginning of May) and have a talk on mutual innovative food development projects

Authentic and revisited Lebanese recipe from Chef Joe Barza!

Plant your own team-tree!
8. And Now?
FEEDtheMIND project intends to demonstrate that the European food education requires a systemic, interdisciplinary approach based on a food innovation education of excellence and a project-based approach.

Duration: 3 years [1/09/2019 – 31/08/2022]

Objectives:
- adapt, test and implement a digital pedagogical platform focusing on the development of an innovative food product;
- facilitate the exchange of pedagogical methods between the different European HEIs partner organisations;
- contribute to the rethink of the curriculum design by enabling HEIs to provide online courses.

Ultimately foster entrepreneurship among students attending food-related degrees.

MAIN THEMES FOR A FUTURE PROJECT
MAIN DISCIPLINS

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