



CENTRE FOR
Hospitality &
Culinary Arts

Food Innovation &
Research Studio



A TASTY ALTERNATIVE

CULINARY STUDENTS AT GEORGE BROWN PROVE YOU DON'T NEED GLUTEN TO BE GREAT.

In collaboration with industry partner N2 Ingredients, students at the Food Innovation & Research Studio took on the development of household recipes using a gluten-free all purpose flour blend. Led by food scientists Winnie Chiu and Moira Cockburn, Sharon Booy, (Culinary Management Nutrition), Pia Armogan (Culinary Management) and Melissa Godfrey (Baking and Pastry Arts) developed 16 recipes to complement N2's gluten-free flour, Alterna.

The real challenge was to create recipes for home baked goods that could compete with the taste and quality of gluten-based foods for a whole range of products, such as old favorites like cookies, cakes, bread and pancakes.

The students compiled the recipes into a user-friendly booklet, and the success of the recipes were well above expectations. Since then, N2 have developed the recipes for commercial application and retail sales, leveraging the expertise they found at George Brown College. With three flour blends currently listed at Bulk Barn, N2 is well on their way to claiming a share of the growing gluten-free marketplace.

It also taught the students involved the realities of working in and around the food industry. "The opportunity to work in the Food Innovation & Research Studio has been of great value," said Sharon Booy. "Working on [the N2 recipes] has developed my culinary skills. I also benefitted from the depth and breadth of expertise and skills of the staff in the Centre."

Funding and support came from OCE Connections, the Food and Beverage Industry Innovation Fund and GBC Seed funding.



research@georgebrown.ca
Enabling the Innovation Economy



TWITTER:
@GBCResearch