

Vol. 1 No. 6
Feb. 2021

Texas A&M Food Science Club

Sweet Cheats

A Creation of the TAMU Product Development Team



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Quick Bites



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Upcoming Events

February 17th - LIFT Job Opportunities

LIFT (Longhorn IFT) section is teaming up with the food science club to help you find a job. In this roundtable event, you will learn how to search for a job, tips for interviewing, and resume advice. Best part is all of this information is tailored to the food industry. Ramon Santillan Jr. an interview coach will be giving his insights to help you get your dream job or internship. Food Science recruiters will also be attending. This will be a great night for freshman just starting to figure out the whole career thing all the way to seniors looking for a job.

February 24th - My Food Job Rock!

Adam Yee will be hosting a Q&A session all about his podcast and the food science industry. My Food Job Rocks! is an excellent podcast on different jobs in the food industry and industry professional advice for young professionals. He also has a very informative blog on his website (<https://myfoodjobrocks.com/>). If you have free time this month listen to his podcast and come prepared with questions!

March 3rd - Borlaug Institute

Dr. Elsa Murano will be the guest speaker presents about all the wonderful work the Borlaug Institute does here on campus and around the world. Many of you probably know Dr. Murano as the food law professor. The Borlaug Institutes goal is to help small farmers achieve prosperity and end hunger through agricultural science. More information about the institute can be found here: <https://borlaug.tamu.edu/>

March 10th - Blackwater Brewing

Chris Weingart, the co-founder of Blackwater brewing, will be speaking about how beer is made and the challenges and rewards of running a small business. Blackwater brewing is a microbrewery located in Bryan, Texas. It should be a fun time and nice to hear from a local to the area.

Diversity - Serving - Inclusion - Fluency

Hope to see you soon...

MONTHLY RECAP

We made it through the first month of spring semester! Classes and labs are off to a great start. This past month has been a busy time for the food science club.

The 2020-2021 product development team submitted their primary proposal on February 1st to the IFTSA Mars completion!!! More highlights about this team's accomplishment later in this newsletter.

College bowl is working hard studying for the South Central Regional Competition on March 27. Lucas has done a great job so far leading the team despite having to move practices and the competition to a virtual format.

The first meeting of the semester was on January 20th where the club's officers and involvement leaders talked about ways members could get involved and the club's vision, mission, and values. The club strives to support, connect, and develop its members so that we can be the future leaders of the food industry. If you have any questions about the club or suggestions for improvement reach out to Jacob (websterjonesj@tamu.edu).

On January 27th the club played a game called product pitch. Each team was asked to create a new product using food waste. It was fun to have Kimi be our guest judge! We love having alumni come back for meetings.

Dr. Pillai, our faculty advisor, gave an excellent presentation on the use of E-Beam technology on February 3rd. Texas A&M is the only university with an E-Beam facility. If you want to work in the E-Beam facility or wanting to learn more about this technology contact Dr. Pillai.

On February 10th Janet Adams talked about her career from starting out as an undergraduate at Texas A&M to working for Hanks Brokerage. She got her undergraduate and master's in food science at Texas A&M. Then she worked at Frito Lay in their R&D department. She loved the job but hated traveling and wanted to be home for her kids. She then took a new job at a brokerage selling food ingredients and additives. She loves her new job and has a flexible schedule so that she still can attend her kid's events and activities. It is always interesting to hear how a food science professional got to where they are today.

Overall, the club has had a great month of learning and fun. We hope you are looking forward to what is next and reaching out to the club seeing if there are more ways you can get involved.

Other Announcements

Water Cooler Chats

Every other Wednesday at 1:00 pm

Join Shayna, our vice president, and food science professors to chat about the future of the department and other food science topics. Watch for the zoom link in your inbox.

"Open Door"

Tuesdays at 12:00 pm or Thursdays at 1:00 pm

Join Jacob, our president, and talk about club matters and ideas, food science topics, and really anything else. Zoom link will be in the weekly email!

College Bowl Practice

Mondays at 6:30 pm

Email Lucas (lucas050@tamu.edu) if you want to join our competitive food science trivia team. It is always a good time.

Product Development Team

Tuesdays at 7:00pm and Sundays at 1:00 pm

It's the perfect time to join the PD team. We just submitted our proposal for Sweet Cheats and now we are just starting our next project. Historically, active members on this team get competitive internship and jobs. Email Allison Brenner (allisonbrenner@tamu.edu) to join!



Alamo Section
Institute of Food Technologists

Virtual Lunch n' Learn

Build Your Personal Brand

Guest Speaker: Michael Gliner

Tuesday, February 23 from 12:00pm - 1:00pm

Topics: LinkedIn and Resumes

Register Here:

https://www.eventbrite.com/e/creating-your-personal-brand-tickets-137460254321?mc_cid=9b70aeb80c&mc_eid=17c446944e



Spring AGLS Career Fair



Thursday February 18

From 9 am - 4pm

Virtual through HireAggies

<https://aglifesciences.tamu.edu/agriculture-and-life-science-career-fair/>

Tips for Success

- Make a HireAggie Profile before the event
- Go early if possible
- Attend the Career Center Pre-Fair Webinars
- Practice interviewing at the Career Center through their mock interviews
- Research the companies attending before the event
- Go to the event as a freshman for practice and to start networking
- Polish your resume and be sure to include tangible facts and numbers

Sweet Cheats

Vegan Allergen Free Post Workout Ice Cream Sandwich

The Product Development Team just submitted their proposal for the IFTSA Mars Product Development Competition. The team worked hard all year to create Sweet Cheats. The team had to navigate many challenges including COVID-19 forcing them to have socially distant labs and most of the meeting over Zoom. Despite many challenges, the team was able to produce a novel product that also tastes great. Formulating a vegan allergen free ice cream is a huge challenge. Overall all of the team members gained hands on experience in the world of product development.

If you want to join the product development team, now is the perfect time. The team is just beginning to work on their next creation and loves having new members. Contact Allison Brenner (allisonbrenner@tamu.edu) to join!

Team Members

- Bethany Gawalis (Captain)
- Jacob Webster-Jones
- Allison Brenner
- Brook Galey
- Lucas Haskins
- Shaun Willars
- Paloma Hernandez
- Katherine Le Mere
- Osa Igbinoba
- My Le
- Shreya Veeravelli





INTERNSHIP AT PONDER FOODS

BY PALOMA HERNANDEZ

Howdy! My name is Paloma Hernandez and I am currently a junior food science major here at Texas A&M. This past winter break I had the grand opportunity to intern at Ponder Foods in Dallas, Texas. Many of you have probably never heard of this company before and that is because Ponder Foods was founded in 2019. It is a fairly new and small company, but with plenty of potential. While they have started developing products for their own portfolio, the company mostly produces products for their external customers. Some of the brands they carry are Culina, Siete Foods, Torchys, Mia's Kitchen, and Thunderbird.

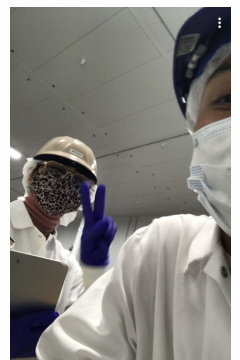
As an operations intern, I was responsible for writing and developing SOPs for the different machines in the production area of the processing plant. The acronym SOP stands for standard operating procedures. An SOP is a document that describes the purpose, the scope, and the detailed steps of a specific procedure.

At the beginning of my internship, I was assigned all the SOPs they wanted me to write during the five weeks I was there. Each of the SOPs were divided into the different sections of the plant: Prep, Cook, Fill, Packaging, and Bar Line. From there it was my job to visit each of the sections and communicate with the operators of those sections. The operators would show me how to set up and run the machines in their respective area. I would take notes and pictures for the SOPs while the operators explained the procedures to me. Some of the operators were not very fluent in English so they preferred communicating with me in Spanish. I would say I spoke Spanish 90% of the time at my internship, especially if I was on the floor. Being bilingual was a perk for sure.

I truly did enjoy my time there and I miss it dearly. The environment there was so warm and friendly. I loved everyone in the office as well as the workers on the floor. I felt like I found my future home. Furthermore, I am looking forward to returning to Ponder Foods this upcoming summer. In the meantime, I will be continuing my internship remotely for the remainder of the spring semester.

If you want to know more about my experience, learn more about Ponder Foods, or just be my friend (I'm cool I promise!) add me on snapchat and follow my instagram: @palomakitty14.

Here's a little more info about the company's culture: Ponder Foods takes pride in creating and producing "clean" label food products which is why most of the brands they produce fit this criteria. In addition, the company values diversity and inclusion. Their goal is to have food that everyone and anyone can enjoy without having to worry about their dietary restrictions.



How to Season a Cast Iron Skillet

By Jacob Webster-Jones

So you want to start using cast-iron?

Cast-iron skillets are great for anyone looking to bring their cooking to that next level with minimal effort. Want to get some great color on that pork chop? Use cast iron. Want to make a deep-dish pizza? Use cast iron. The versatility and ability to hold heat is what makes this piece of kitchen hardware so attractive to use.

Why you most definitely should season your cast-iron

Cast-iron is a porous metal that will absorb the flavors and aromas of anything and everything you cook in it. Seasoning is creating a protective coating around those holes that are already in the metal. If you didn't season your cast-iron, you would get a build-up of tastes and smells that don't go well together and those tastes and smells would be imparted on any food you cook in the cast-iron.

How to get your skillet into cooking shape

Before you get started cooking with your new skillet, it has to be seasoned. I don't mean sprinkling some salt and pepper on it, seasoning cast-iron is what gives them some non-stick characteristics and keeps them from smelling like everything you've ever cooked in it. The great thing is you don't have to go out and buy anything because you most likely have everything you need at home! If your skillet isn't new and has some rust, it would be in your best interest to scrub your skillet down with some steel wool. Before you get started on seasoning you should preheat your oven to 500°F (260°C). The first thing you'll need is a neutral oil, think vegetable, canola, flaxseed. I prefer to use flaxseed because it has a low smoke point and is better at creating the coating that gives the skillet its non-stick properties. If you don't have flaxseed oil at home, most grocery stores have it, you might have to look in the refrigerated section for it. Next, you're going to coat the entire skillet in oil, making sure to get every inch of the pan, even the handles. Don't go crazy with the amount of oil you use because the next step is to take a paper towel and wipe off as much as you can. There will still be oil left in the pan which is good because we only really want a minimal coating on the skillet. Too much oil can cause the pan to have an uneven surface.

Next thing is to place the skillet in the oven, upside down, for one hour. Depending on how lightly you coated your skillet you may want to place something below it to catch any drippings. The reason we're doing this is because when the oil coating on your skillet is placed in that high heat goes through polymerization. This is the special step that ensures that if you ever cook fish in the skillet, you won't be smelling it whenever you pull it out to cook.

After an hour in the oven, turn the oven off and allow the skillet to cool completely in the oven until you can safely pull it out. The oven can start to smoke and that's okay! That means that the oven is hot enough. If you see that the skillet has a glossy look to it. If your skillet doesn't have a sheen to it that just means you have to reapply your oil and allow it to bake off again in the oven. You'll keep repeating this process until your skillet has a shiny almost wet paint-like look to it. If your skillet comes out sticky that means there is still oil on it and you either didn't bake it long enough at the right temperature or didn't wipe off enough oil before putting it in the oven.

And Voila!

Now you're all ready to start cooking all those rustic-looking recipes that just wouldn't be right if they were cooked in a stainless steel or non-stick pan. To keep the seasoning on your skillets as long as possible, clean your cast-iron by immediately rinsing it with water and removing any solids by scrubbing with salt and a non-metal scrub, immediately dry your skillet to prevent rusting.





BY: KELLY YOUNG

HEALTHY AND EASY RECIPE ALERT!



Prep Time - 10 mins
Cook Time - 20 mins
Total Time - 30 mins

The tastiest healthy peanut butter banana muffins that are full of protein and peanut butter flavor. These dairy and gluten free peanut butter banana muffins are naturally sweetened with pure maple syrup and are a great on-the-go breakfast or snack.

PEANUT BUTTER BANANA MUFFINS

Dairy Free and Gluten Free



Wet ingredients:

1 cup mashed ripe bananas (about 3 medium ripe bananas)
¾ cup peanut butter
2 large eggs
¼ cup maple syrup
2 teaspoons vanilla extract
1/2 tablespoon dairy free milk (I used almond milk)

Dry ingredients:

1 cup of gluten free oat flour
1 teaspoon baking powder
½ teaspoon cinnamon
¼ teaspoon salt
⅓ cup chocolate chips (dairy free, if desired)

Instructions

Preheat oven to 350 degrees. Line a 12-cup muffin liner with muffin liners and spray the inside with nonstick cooking spray to prevent muffins from sticking to liners. In a large bowl, mix together the mashed bananas, peanut butter, eggs, pure maple syrup, vanilla extract and milk of choice until smooth. Next stir in the oat flour, baking powder, cinnamon and salt until smooth. Fold in the chocolate chips. Evenly divide batter into muffin liners. Bake 20-25 minutes. Let cool and enjoy! Makes 12 muffins.



Caramel Cheese -----

----- A Norwegian breakfast cheese

At a recent trip to the wonderful HEB on Wellborn in the cheese section I came across a small square block of Ski Queen Classic – Caramel Cheese. I was first intrigued by the bright red packaging in a perfect square. I then looked at the ingredients: rennet whey, pasteurized goat's milk, pasteurized cow's cream and milk. I then bought the cheese. I thought it would taste like a sweet piece of caramel candy. I was wrong. It was kinda like a soft savory cheese that stuck to the back of your throat with an afternote of caramel flavor. It was not sweet (should have known from the nutrition facts and ingredients). I really did not like it but everyone has different tastes and it is good to try new foods. I think it is product you either love or hate.

Anyways, I then Googled more information about this cheese because it is strange and defiantly not your typical cheddar cheese. The official Norwegian name is Brunost. It actual is not technically even cheese due to the way it is processed. It is made by boiling the whey from the goat or cow's milk until the sugar are caramelized. It is best described as a savory caramel (strange but worth a try). It is typical eaten at breakfast in Norway. They like it on top of toast and waffles. Other serving suggestions include on apple pie, as a cheese fondue, and on a charcuterie board.

Anyways, it was an interesting experience but would not buy again.

~ Allison Brenner



The Powerful Chickpea

By: Carly Young

People are starting to pick up plant-based protein sources instead of beef, poultry, and pork. Being able to use chickpeas as alternatives is not new, but using them beyond chickpea pasta, falafel, and hummus is new. You can pretty much chickpea anything you want. Chickpeas, also called garbanzo beans, are a type of legume that are in the same family as peanuts and kidney beans.

Chickpeas offer many benefits to health. They are a rich source of vitamins, minerals, and fiber. Two cups of chickpeas provide an entire daily value of fiber!

Chickpeas can help with weight management, improving digestion, and lowering the risk of several diseases. One of the main uses of chickpeas in products is for an alternative protein replacement for meat which is beneficial for vegan or vegetarian diets. Chickpeas are the new cauliflower!

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There are all sorts of new types of chickpea products coming out or that have been recently released. Some new products include chickpea flour, chickpea tofu, and some chickpea cereal. There are chickpea flour tortillas and the well-known brand, Banza, has a chickpea pizza. There is also a frozen ice cream type of dessert made with chickpea aquafaba (liquid in the can of chickpeas).

Chickpeas are good for healthy alternatives in recipes. I have personally made a chickpea cookie dough mix and I thought it tasted good for what it was! The dough was not cooked, just eaten raw, but it tasted pretty similar to regular cookie dough. Overall, chickpeas can be used in many dishes and are a delicious food to include in your diet if you wish to reap some of their health benefits.





Editorial Team

Editor-in-chief: Allison Brenner
Editor of Food Trends: Carly Young
Editor of Healthy Living: Kelly Young
Guest Writers: Paloma Hernandez,
Jacob Webster-Jones

Become a guest writer or
join the editorial team! Email
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(allisonbrenner@tamu.edu)

Food Science Club

Every Wednesday @ 7:00 pm

 @tamu_fsc  tamu-iftsa

<https://foodsciencetamu12.wixsite.com/nfsc>