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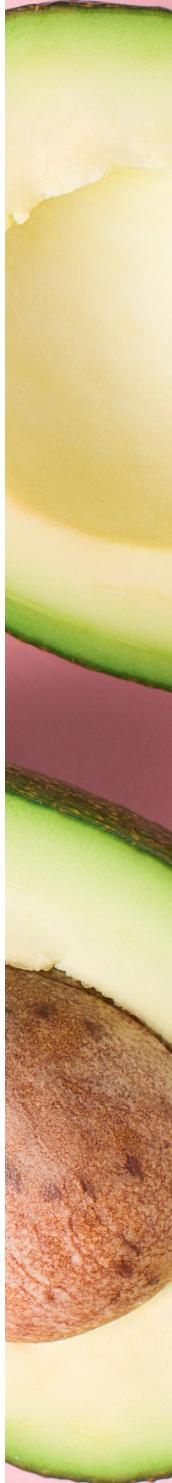


# Quick Bites

Texas A&M Food Science Club

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# Upcoming Events

## March 17 - Guest Speaker: Cole Hutton

Cole Hutton a former TAUM food science student is coming to speak about finding internships and the food industry as a whole. It should be a great night and very informative!

## March 24 - Profit Share: MOD Pizza!

Help support the Food Science Club by attending our very first profit share! More information on the next page.

## March 31 - Dr. Awika's Research Lab

On the last day of March, Dr. Awika will speak about his wheat quality lab. The lab primary now works with sorghum. Also his lab is hiring a undergraduate student to working the lab over the summer.

## April 7 - Dr. Talcott's Research Lab

Dr. Talcott, the food chemistry professor, will be coming to speak at the club. He will talk about his research and what his lab does and maybe give out some advice.

## April 14 - South Central Area Meeting

Come celebrate food science and IFTSA at the first virtual south central area meeting from 7-9pm. Hear what other food science clubs are doing in our area, learn more about the IFTSA Weekend Event, and play games. It should be a very fun time. Look for more details to come!

# Announcements



## Club Profit Share - March 24

At MOD Pizza from 6:00-9:00 pm

You can participate by:

- Dinning in
- Take-out
- Delivery

Make sure to mention your with the TAMU Food Science club or use code **GR177310F** when ordering online, so that 20% of your order will go to helping out the club!

## South Central Regional College Bowl - March 27

Wishing the College Bowl Team good luck as they compete against Louisiana State University, University of Central Oklahoma and Escuela Superior Politécnica del Litoral. If the teams wins they get to compete in the national competition!



# Monthly Recap

This last month has been a great month in food science, despite the one week of cold freezing weather.

To start the product development team began the ideation stage of its new project. College bowl continues to work hard preparing for the regional competition latter this month.

On February 23, we hosted a joint meeting with Longhorn IFT about how to navigate getting jobs and internships. Some helpful tips include leveraging LinkedIn to bypass HR. Find a few companies you want to work for, then connect with employees on LinkedIn, and finally reach out to them about a job or internship. One other helpful tip is think of interview has going on a first date and do homework on the company before the interview.

Adam Yee came to speak at our club on the 24th. He talked about his career, favorite podcasts, and general advice. He has created a wonderful podcast: "My Food Job Rocks" You should listen to it if you have free time.

On March 3, Dr. Murano, the food law professor and Director of the Borlaug Institute, spoke about what the institute does to carry out the legacy of Dr. Borlaug. Dr. Borlaug famously said; "Life is short. Do stuff that matters." Dr. Murano challenged us food science students to follow this statement and do something with our lives that matters in the world. Other exciting news is the Borlaug Institute is working on a paid internship program that will launch soon.

Finally this month Cris Weingart Co-founder of Blackwater Draw Brewing Co. spoke about his journey to create a brew company that is located in downtown Bryan. It was a great meeting for anyone interested in learning how beer is made and the struggles and triumphs of starting your own business.

# Webinars and Networking Opportunities

Make it your goal to attend one food science industry event every week!

March 16 (Tuesday) @ 11am

## **Redefining Plant Protein by Merit Functional Foods**

Register: <https://www6.ift.org/Ecommerce/Meetings/MeetingDetail?productId=54538316>

March 17 (Wednesday) @ 12pm

## **Upcycling Ingredients with Mattson**

Register:

[https://us02web.zoom.us/webinar/register/3916123759836/WN\\_IEBKFqNATCeMw6lbsHTVEg](https://us02web.zoom.us/webinar/register/3916123759836/WN_IEBKFqNATCeMw6lbsHTVEg)

March 18 (Thursday) @ 12pm

## **Alamo IFT: GMO and Bioengineered Food Labeling**

Register: [https://www.eventbrite.com/e/gmo-and-bioengineered-foods-labeling-tickets-141294584907?aff=odeimcmailchimp&mc\\_cid=67ef87a784&mc\\_eid=17c446944e](https://www.eventbrite.com/e/gmo-and-bioengineered-foods-labeling-tickets-141294584907?aff=odeimcmailchimp&mc_cid=67ef87a784&mc_eid=17c446944e)

March 18 (Thursday) @ 12pm

## **Quinoa 2.0 with Ardent Mills**

Register: <https://www6.ift.org/Ecommerce/Meetings/MeetingDetail?productId=54551420>

March 18 (Thursday) @ 6pm

## **LIFT Product Development and Beyond**

Zoom: <https://zoom.us/j/9021064008?pwd=ZW1MdWIHUnl1Yyt3a2tpRIM3b0MxQT09>

Meeting ID: 902 106 4008 Passcode: 354338

March 30 (Tuesday) @ 5:30pm

## **CSIFT Game Night - New Professionals**

Register: <https://csift.z2systems.com/np/clients/csift/event.jsp?event=757>

April 12 (Monday) @ 6:00pm

## **Virtual Chocolate Tasting by Sensory Spectrum, Inc.**

Register: <https://www.eventbrite.com/e/virtual-chocolate-tasting-experience-registration-145545146451>

**Find More Events Here:**

<https://www.ift.org/events?q=&page=2>

# DUTCH OVEN BREAD

By Jacob Webster-Jones



How you can make bakery worthy bread without a bread machine?

Making bread is something I think everyone should try to make at least once in their life. My attempt was last winter. We had just talked about fermentation in my food science class and I was determined to make my own sourdough loaf with a homemade starter. Making a starter is really easy as long as you're patient, basically, you add water to some flour and leave it out for about two weeks or until the starter's flavor is to your liking (you don't have to eat the raw dough if it smells acidic that's what you want) while adding in a little more flour and water to feed the yeasts every now and then.

I waited the two weeks and did everything just like I had read (or so I thought) but when I took my dough out of the oven, I was greeted with a dense block of cooked dough with a pale and chewy crust (if you could even call it a crust). I rarely ever throw away something I cook but this was an exception. I had made several mistakes that are easy to avoid if you are aware of them.

My dough didn't rise at all because my yeasts were never alive. It was too cold in my kitchen where I kept my starter and I really just left some wet dough on my counter. If your yeasts aren't active they can't produce any gas that gives bread its beautiful crumb.

I over kneaded my dough. The purpose of kneading is to develop a gluten matrix. The gluten matrix is what gives bread its elasticity and texture on the inside. More gluten gives you a chewier texture that you would want in bread while less gluten gives you a lighter texture that you would want in a cake.

Side Note: If you have ever been shopping and seen a "bread flour" and a "cake flour" and wondered "what's the difference?" The difference is in the gluten content of the flours, bread flour has more than cake flour.

The case of the nonexistent crust took me a while to figure out. I originally thought that it was because I didn't have a high enough temperature. I retried my exact recipe but bumped the oven temperature up. If it was a success I wouldn't have started this section like I did. In my frustration, I gave up and I didn't actually figure out my problem until a few days later. I was reading about steam injection ovens that professional bakeries use and it hit me that what I was missing was steam. When there's steam present in the oven it cooks the bread more evenly than a conventional oven. The steam also gelatinizes some of the starch on the outside which makes the crust glossy and keeps moisture inside the bread, leading to a softer inside.

"But wait! I don't have one of those fancy (and rather expensive) steam injection ovens, my bread won't ever turn out right now!"

Oh but you can, and you don't even need a special bread making machine to do it! I present to you yet another use for this kitchen utensil, Dutch oven bread.

# HOW TO MAKE CINNAMON RAISIN DUTCH OVEN BREAD

## Notes:

The key to this whole recipe is preheating your Dutch oven. Make sure you preheat your empty Dutch oven from thirty to forty-five minutes at 246°C (475°F). I suggest doing this while your dough is proofing.

This recipe is a no-knead bread so there's a much smaller risk of overworking your dough and makes preparation that much easier. The trade-off with no-knead doughs is that the proofing time is much longer.

I'm using an active dry yeast in the recipe because I don't think many people want to plan weeks in advance to have their bread but if you do have a homemade starter and feel like going that extra mile (I like the enthusiasm) then you can replace the dry yeast with about  $\frac{1}{4}$  cup of your starter.

Not allowing your bread to cool after it is baked will ruin the structure of the bread so please wait to tear into your bread. No matter how delicious it smells!

## Ingredients:

- 3 cups all-purpose flour (plus more for shaping)
- $\frac{1}{2}$  cup raisins
- 1 tsp cinnamon
- 2 tsp sea salt
- 1 tsp active dry yeast
- 1.5 cups warm water



## Instructions:

1. Combine all the ingredients in a bowl. Mix until a shaggy dough forms. The dough should stick to your finger if you touch it.
2. Cover the bowl with plastic wrap and let proof in a warm place for eight to eighteen hours or until the dough rises and flattens on the top.
3. In the last 45 minutes of proofing, place an empty, covered Dutch oven in a 246°C (475°F) oven.
4. Reduce heat to 232°C (450°F). Apply pressure to the dough to let gas escape.
5. Place dough on a floured sheet of parchment paper and shape dough into a ball, making sure not to overwork the dough.
6. Lightly sprinkle flour on the top of the dough ball, place plastic wrap on top and let rest for another 30 minutes.
7. Remove Dutch oven from the oven and transfer the dough with only the bottom layer of parchment paper to the Dutch oven. The parchment paper is not needed if your Dutch oven is ceramic.
8. Cover Dutch oven and return to the oven.
9. Bake bread for 45 minutes with a cover, then remove the cover and bake for an additional 10 to 15 minutes or until the dough is brown on the top.
10. Allow bread to cool before slicing.

# BAKED BROCCOLI CHICKEN NUGGETS

By Kelly Young



THE HIDDEN  
VEGGIE YOU  
WONT EVEN BE  
ABLE TO TASTE!

Prep Time - 20 mins  
Cook Time - 25 mins

## What You Will Need:

Healthy food to prep for lunch or dinner

### INGREDIENTS:

2 cups broccoli, chopped into tiny pieces (measure after chopping)  
1 tbsp olive oil  
1 lb ground chicken  
1/2 cup paleo cracker crumbs (pulverize crackers in a blender)  
1 egg  
1/2 tsp sea salt  
1/2 tsp paprika  
1/2 tsp Italian seasoning  
1/2 tsp garlic powder  
1/2 tsp onion powder  
1/8 tsp black pepper

### FOR THE BREADING:

1/2 cup cracker crumbs  
1/2 tsp Italian seasoning  
1/4 tsp paprika  
1/4 tsp sea salt

### INSTRUCTIONS

1. Preheat oven to 375°F and line a baking sheet with parchment paper.
2. In a skillet over medium heat, sauté the broccoli with the olive oil for 3-4 minutes, until soft and bright green. Set aside to cool.
3. While broccoli is cooling, mix the breading ingredients together in a bowl.
4. In a large bowl, use hands to mix all ingredients for the chicken nuggets (besides the breading ingredients) until combined.
5. Form the mixture into small balls and then dip each nugget into the breading mixture until all sides are coated and shape into nuggets before placing back on the parchment paper.
6. Bake for 20-25 minutes, until nuggets are cooked through and the bottom side is browned. Yields 15-17 nuggets.

# Savor Chocolate Energy

Hey there! We're Tom and Sean, two Texas A&M grads (class of '18) and the co-founders of Savor Chocolate Energy - an energy drink that tastes like a dessert, but without the downsides. We're at the very beginning stages of our beverage business, and want to share our story so far and what we're aiming to do with our brand!

We both grew up in different Texas cities (Dallas and Austin) and met as freshmen at Fish Camp. From there we became best friends and lived together for 3 years during college. Throughout our college years, we both developed strong interests in nutrition and fitness. However, we constantly struggled with the feeling of restricting ourselves to meet our fitness goals. We tried the cliche of "eating clean" - eating mostly plain chicken, rice, and broccoli, and to put it simply, it was not the most enjoyable experience. We found ourselves craving unhealthy foods constantly and looking forward to "cheat days". We wanted to enjoy everything we ate while also reaching our fitness goals. We wanted to feel less restricted in our diets.

Over the years through lots of trial and error, we figured out how to feel less restricted with our diets by learning to cook and making healthy recipes that we looked forward to eating, and it's been the single most positive change either of us made in our lives. Along the way, we found ourselves gravitating towards brands like Halo Top and Quest - these brands make products that feel like you are treating yourself, but are actually nutritionally beneficial.

With all this in mind, we noticed a gap in the energy beverage space.

There were basically two options - coffee and energy drinks. Coffee is really centered around having an indulgent experience and is taste first - while energy drinks mostly center themselves around the functional aspect and sacrifice on taste.



## Mint Chip

Crisp and Refreshing

60 Calories	0g Sugar	150mg Caffeine	Hydrating Electrolytes
Naturally Sweetened	Plant-Based Ingredients	No Jitters No Crash	



## Brownie Batter

Smooth and Chocolatey

60 Calories	0g Sugar	150mg Caffeine	Hydrating Electrolytes
Naturally Sweetened	Plant-Based Ingredients	No Jitters No Crash	



## Peanut Butter Cup

Rich and Creamy

70 Calories	<1g Sugar	150mg Caffeine	Hydrating Electrolytes
Naturally Sweetened	Plant-Based Ingredients	No Jitters No Crash	

# Savor Chocolate Energy

We gravitated towards and loved the idea of coffee - something indulgent and creamy that you have to start your day on a positive note, and that kick-starts your productivity. We wanted this experience every day, but unfortunately, we just didn't like the taste of coffee - so we didn't have any option to center our morning experience around. The alternative to coffee, energy drinks, just didn't create the same experience at all - they were fruity, hyper sweet and carbonated, and just weren't something we wanted to start our day with.

So, the idea for Savor was born. We got to work in the kitchen to create an energy drink that leads with taste first, and captured a similar experience to a latte coffee - but with the added functionality of energy drinks. We spent a year and a half formulating the product ourselves - eventually landing on chocolate as the base, which we felt was the perfect alternative to coffee. Now it's been two years since we had the initial idea, and we have a product to sell!

As we said in the beginning, Savor is a chocolate energy drink designed to taste like a dessert, without the downsides. It's made from 100% natural, plant-based ingredients, contains zero sugar (making it keto-friendly, sweetened with Allulose and Monk Fruit), and is low calorie at around 60 calories per bottle. We designed the product to take the best of both worlds from coffee and energy drinks. Like a latte coffee - it's sweet, creamy, and indulgent and something you'd want to sip on in the morning to start your day. On top of that, it has the added functionality of an energy drink with 150mg caffeine, L-theanine to balance out the caffeine and promote a state of focus, and electrolytes for additional energy and hydration.

Whether you're just trying to be healthier, working towards fitness goals, eating plant-based or keto diets, we want everyone to feel less restricted with what they eat and drink.

Currently, we're selling exclusively through direct delivery into College Station from our secure Shopify website, [savorbeverages.com](https://savorbeverages.com)! The best way to join our journey is to follow us @drinksavor on Instagram. If you'd like to learn more about us, our website and Instagram are great places to do just that, and we're responsive on both if you have any questions!

# Avocado: Powerful Fruit

I love Avocados. They're great on toast and even better in guacamole. Better yet they are probably the most nutrient-dense fruits. So that makes them super healthy. They contain good unsaturated and monounsaturated fatty acids, rich in fiber, protein, vitamins, antioxidants, and minerals. Avocados have even higher amounts of potassium than bananas. They have about 975 milligrams of potassium.

You can even bake with avocados. If you trying to stay away from butter, avocados can make a great replacement. Many vegan bakers but avocados in cakes, brownies, and other baked goods. They also taste great in smoothies and nice cream.

Most avocados come from Mexico because they have a great climate that allows them to grow year-round. Avocado trees are part of the flowering-plant family Lauraceae. A funny fact about avocados is that Sir Hans Sloane in 1696 called the avocado tree an "alligator pear tree" in the Jamaican-plant catalog. It is kinda a weird name but makes sense: the skin of avocados looks kinda like alligator skin. The skin of avocados can be toxic to most dogs and cats, so make sure to properly dispose of it in your trash can. Otherwise keep eating this great fruit that can be a powerful superfood in your diet.

What is your favorite way to consume this fruit?

~ Allison Brenner

# Chocolate Trends for 2021

The world took a turn in many areas after 2020 and now people are paying more attention to healthier lifestyles, sustainability, craftsmanship, provenance, the exponential growth of at-home occasions, and just overall well-being.

By Carly Young

Due to COVID-19, comfort food has become more prevalent and important to consumers. They are looking for ways to help their well-being and are leaning towards confectionary. People can use it for special occasions, looking for ways to get away from their normal routines, or just as a way to strive for comfort. A new trend such as the hot chocolate bombs or premium chocolate with multiple flavors are good for indulging moments.

Consumers are looking for chocolate that still tastes good but has better health benefits. As people start to attend the gym more regularly or have a eating lifestyle restriction, there is an increasing amount of consumers wanting chocolate that is better for them. A person's health and well-being is starting to become more of a priority. The brand Quest has chocolate with more protein and less carbs. There are chocolates that are vegan for tailored lifestyles and some that contain a chemical that helps as a sleep aid.

Many consumers are looking for chocolate that has certain requirements to make sure that the food they are eating is not hurting the planet. People value craftsmanship and provenance because it shows the company values quality that the consumer will want to trust. More people are wanting to know where their chocolate came from and what ingredients are in it. Some brands tend to use local ingredients that are sustainable and other brands will track something such as the carbon footprint or using plant-based ingredients.



As the shift to more at home occasions occurs, consumer behavior is changing and reshaping the market. There is a need for creating new formats of chocolate to keep up with the new demand, The categories of chocolate creations are now becoming less precise and are beginning to evolve. People are wanting to try new and exciting experiences involving chocolate. New products such as chocolate granola bark are arising.

# The Great Arctic Blast and Texas Agriculture

We all lived through some historic weather here in Texas last month. It was crazy most of us had no power or water for almost a week with the temperature below freezing. The grocery store supply chain was a mess and most stores had to throw away all there refrigerated and frozen foods making the problem even worse.

Did you think about Texas agriculture having problems? Freezing weather destroys crops. The prolonged freezing temperature will have a devastating impact on our states citrus, leaf greens, onions, beets, parsley, and watermelon crops. There is good news however most of the grapefruits and oranges were picked prior to the storm. Also any summer crops that were planted before the storm like potatoes can be replanted.

Basically anything that was growing in Texas is dead or will have significant yield losses. While the full effect of the storm damage to Texas agriculture will not be known for a few more weeks, it is predicted that the damage will be significant. Thankfully, Texas A&M Department of Agriculture has worked very hard to breed new crops that are resistant so hopefully the freeze will not hurt the produce supply chain too much.

## **Editorial Team**

Editor-in-chief: Allison Brenner  
Editor of Food Trends: Carly Young  
Editor of Healthy Living: Kelly Young  
Guest Writer: Jacob Webster-Jones  
and Brook Galey

# **Food Science Club**

**Every Wednesday @ 7:00 pm**



@tamu\_fsc



tamu-iftsa

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