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CONTROVERSIAL DELICACIES OF THE MOLECULAR CUISINE

Summary

Molecular cuisine is integrating the knowledge and skills in matters of cooking art and exact sciences, mainly chemistry and physics. The overriding objective of this cuisine is to surprise consumers looking for some innovative sensory impressions with appearance, colors virtuosity and aromas of the unusual delicacies. Molecular dishes are usually manufactured with the application of permitted food additives and methods generally used in physicochemical laboratories. Some of the techniques, e.g., note by note, are related to the work of a creator who composes the dishes from ingredients being molecules of chemical compounds. In this work it is emphasized, that preparation of food in this way is connected with a huge responsibility and requires knowledge of the experienced food technologists and dieticians. Moreover, it is suggested that creation of the well-being and satisfaction from eating can be achieved also by acquiring knowledge and skills concerning single-handedly preparation of traditional home-cooked meals, using only natural materials.

Key words: controversial preferences, food additives, molecular cuisine0