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UNIVERSITY OF
ABERDEEN

The Rowett Institute

Not just a free lunch

Welcome to our Taste of Plants
lunch at the Carmelite Hotel,
Aberdeen

12.30 - 2pm
Thursday 13th February 2020



Royal
Botanic Garden
Edinburgh



SEFARI
LEADING IDEAS
FOR BETTER LIVES



Alternative protein crops



Hemp



Buckwheat



Green Pea



Fava Bean



Find out more about our
plant-based recipes here



<https://bit.ly/2vWT2Wj>



Today's Menu

Breads

Hemp & Green Pea served
with Sundried Tomato & Fava
Bean Hummus

To create our breads, we replaced some of the wheat flour with green pea and hemp flour to create flavoursome, high fibre loaves. To accompany, a unique take on hummus substituting chickpeas with fava beans

Bread contains gluten*

Hummus contains sulphites*

Appetizer

Hemp & Buckwheat
Noodle Salad

A twist on the traditional, using buckwheat instead of rice or wheat-based noodles to make this light salad

Contains sulphites and soy*

Entrée

Moroccan Spiced Fava
& Green Pea Stew

An exotic combination of spices bring North African flavours to this low-calorie Moroccan dish and replacing the meat with fava beans makes this a healthy, sustainable option

Contains sulphites*

Dessert

Warm Fava Apple & Apricot
Muffin with Spiced Plums

These muffins have no added sugar as all the sweetness comes from the fruit. Adding the spiced plums makes this a warming seasonal dish

Contains sulphites, eggs and milk*

*Allergen content



Working towards sustainable diets

Research funded by the Scottish Government supports and informs policy and the sustainable development of Scotland's economy. Some current research covers issues related to food inequalities, food security, food biodiversity, sustainability and impact on soil and environment. Across SEFARI (Scottish Environment, Food and Agriculture Research Institutes) research explores ways how Scotland could be more economically and environmentally sustainable and help reduce its dependence on imported foods and ingredients and the potential to use our land in different ways.

One aspect of this work investigates crops which present a high protein content and have historically been grown in Scotland or currently grown elsewhere in similar climates and could be introduced to Scotland. Amongst potential candidates are the green pea, fava bean, hemp and buckwheat. These crops offer an alternative to importing protein-rich crops such as soya bean, and they could contribute to enhancing the diversity, and hence the economic stability, of local agricultural production. They are a source of quality nutrients like protein and dietary fibre, and of other biologically active compounds generally known as phytochemicals.



Your host is Dr Madi Neacsu

My research focuses on sustainable plants and plant-based foods.

I investigate how we can develop these to benefit our health, while having less impact on our planet.



Our collaborators

Max Coleman **Royal Botanic Garden Edinburgh**

Max trained as a botanist with an interest in the diversity and evolution of wild plants. Having moved into the field of science engagement he appreciates the role that food plants can play in engaging people with botanical science.



Professor Wendy Russell **Rowett Institute**

Wendy is the Gut Health theme lead and Professor of Molecular Nutrition at the Rowett Institute. Her research focuses on developing healthy foods as part of a resilient food supply chain. This includes identifying the potential of plant-based crops, particularly in protein provision for the future.



Dr Madi Neacsu **Rowett Institute**

Madalina is a research fellow at the Rowett Institute who trained as a biochemical engineer and did her PhD on Natural Products Chemistry. Madi is developing bioactives-rich functional foods and ingredients aimed to tackle major health problems such as non-communicable diseases.



Mark Barker
Scotland's Rural College

Mark is based at SRUC Elmwood campus combining teaching with food and drink new product development. As an accomplished chef with 30 years experience, his career highlights include executive chef role at the Old Course Hotel, St Andrews.



Professor Christine Watson
Scotland's Rural College

Christine's research focuses on nutrient management in agricultural systems, having worked in a wide range of farming systems including arable, mixed farming, outdoor pig production and dairy systems as well as agroforestry.



Dr Robin Walker
Scotland's Rural College

Robin is a researcher in agronomic systems. His research interests include: Developing sustainable organic and non-organic cropping systems with an aim to deliver benefits not only to the farmer, but to the wider environment.



Thank you for taking time to attend our Taste of Plants lunch event. Your opinions are important to us so please complete the short questionnaire either online or in paper format.



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