

'Happy Holidays'

Dr Denise O'Leary, Head of School

Dear Colleagues, Students and Supporters,

This newsletter provides a small taste of the achievements and contributions of staff, students and industry partners this semester. These activities have occurred against a backdrop of significant change for the school while we settle into our new school structure and continue to plan for further changes, as University structures and processes align across the three TU Dublin campuses in Blanchardstown, Grangegorman and Tallaght.

The process of change has not always been easy, and I would like to acknowledge the hard work of colleagues across the school and faculty who have been tireless in their efforts to ensure a smooth transition. My colleagues on our school executive deserve a special mention, for rising to the challenge of addressing change-related issues on a daily basis. There have been many highpoints this semester, not least the fact that our school has been able to return to normal functioning after the restrictions of the previous two years.

It was wonderful to be able to attend the graduation and school award ceremonies in-person and to welcome industry partners, guests and prospective students to the school.

I would like to congratulate staff and students who have continued to excel in awards and competitions, only some of which are highlighted in this newsletter. Thank you to our industry partners for their continued support. Without it, we would not be able to acknowledge student achievements in the way that we do.

It is also inspiring to see the achievements of staff in research and teaching being recognised nationally and internationally. I would like to take this opportunity to wish Pat Zaidan a wonderful retirement, to send best wishes for the next chapter in his life and to thank him for all his contributions to the school over the years. He will be missed. Finally, *Nollaigh shona daoibh go léir. I hope you have a peaceful and happy holiday season.*

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School of Culinary Arts & Food Technology 'Newsletter' Submissions (Next Issue) - Please e-mail submissions for inclusion to: james.p.murphy@tudublin.ie Thank you !!

Colleagues, Friends and Supporters

It is with great sadness that our school remembers current colleagues and cherished supporters who passed away recently, including our retired colleagues. Our school extends our deepest sympathy in particular to the family and friends of our school colleague **Kathleen Farrell**, Kathleen's dear mother **Maura Farrell** [photo below, middle] passed away recently. Full details of Maura's funeral service were available at <https://rip.ie/death-notice/maura-farrell-ballymacurley-roscommon/513589>.

Our school also extends our deepest sympathies to school colleague **Anna Cruickshank** upon the recent loss of her Mother-in-law **Anne Nally** [photo below, left side]. Full details of Anne's funeral service were available at <https://rip.ie/death-notice/anne-nally-stillorgan-dublin/504303#!photo>.

Our school also extends our deepest sympathies to school colleague **Jackie Rigney** upon the recent loss of her Sister-in-law **Helen Malone** [photo below, right side] Full details of Helen's funeral service were available at <https://rip.ie/death-notice/helen-malone-belcamp-dublin/514383#!photo>. *Ar dheis Dé go raibh a h-anam dílis*".



Colleagues, Friends and Supporters

'Farewell to Pat Zaidan'

In October the School of Culinary Arts and Food Technology bid a fond farewell to our good friend and popular academic colleague **Pat Zaidan** [photos below]. Pat began his career in Hospitality as a Hotel and Catering Management student in 1985 at the famous Dublin College of Catering, Cathal Brugha Street (our school's former campus). He later realised that his heart was in the Kitchen and thus his Culinary apprenticeship began. This led Pat to hone his skills in prestigious establishments, notably **Gidleigh Park, Restaurant Patrick Guilbaud and A.I.B Corporate**. Pat's career continued to progress, his next position took him to the critically acclaimed Drimcong House where he took up the role of Head Chef. For almost three decades Pat Zaidan has been teaching Culinary Arts at our School, in this time Pat was a professional who possessed great technical skill as well as panache and flair in his cooking.

Pat was also blessed with a wonderful palate and was discerning in his taste, he was a highly competent and talented Chef and many of the dishes he crafted were a joy to the senses. I particularly remember his **Rillette de Porc** at Christmas time, where he would spend weeks preparing his festive picnic. Pat was an fine educationist and inspiration to students and colleagues alike, he conceived and wrote some great recipes and support resource notes for all the students of our Culinary school. He also coached, trained and Judged many students for the National Apprenticeship annual competition. The highlight of Pats career included a stage at the historic and famous **3 Michelin Star Pavilion Ledoyen under the brilliant Chef Christian Le Squer**, it was there when he learned the finer points of Haute Cuisine of which he was immensely proud. Pat leaves our school to actively pursue a career in photography and although we will all miss him very much, we all wish him the best in his further pursuits. Our school also looks forward to welcoming Pat back on campus in the near future to share his experience and unique skills with the current generation of culinary arts students and colleagues. [James Carberry, Lecturer Culinary Arts, School of Culinary Arts & Food Technology, TU Dublin]



School Awards Day ‘City Campus’

The School of Culinary Arts and Food Technology held their annual awards ceremony recently for City Campus [photos below and next page], this prestigious event which recognises the achievements of the school’s students and staff across the culinary, gastronomy, bakery and pastry arts, bar and beverage management, cookery , food product development and RE-INSPIRED fields of study and professional practice during 2021.22. The event took place in our **Culinary Theatre, Central Quad, Grangegorman Campus, Dublin** and brought together all the major industry trade bodies, Inspired Friends of Culinary Arts —School Supporters, recipients of awards and diplomas and their families. A special appreciation was made to remember **Gerald Cunningham** who passed away during the last academic year. **Dr Denise O’Leary** (Head of School Culinary Arts and Food Technology) congratulated all award winners on their achievements and thanked all the major trade industry bodies and foodservice companies for their continued sponsorship and support to the school. A special word of thanks was also offered to Ann Walsh and the school laboratory assistant team for organising the school’s training restaurant for refreshments and to our baking and pastry arts team for organising the tasty treats enjoyed by the guests and our supporters. Thanks were also offered to **Jackie Rigney (School Operations Lead)** for her hard work behind the scenes towards co-ordinating this prestigious event for our school.

School Awards Day Supporters

- Musgrave MarketPlace
- Freshways Food Co
- Bolton Trust – Docklands Innovation Park
- Catering Management Association of Ireland (CMAI)
- O’Brien Ingredients
- Irish Bakers Association (IBA) – formerly FCBA
- Andrew Ingredients
- IREKS
- Panel of Chefs of Ireland
- Gallagher’s Boxy House
- Monin
- Gather&Gather
- Panelto Foods
- Sodexo
- Mars Ireland
- Diageo Ireland – Open Doors Programme
- Silver Hill Duck



School Awards Day 'City Campus'



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New Campuses 'CQ, Tallaght and Blanchardstown'

New opportunities **FOR YOU** to get involved

The **School of Culinary Arts and Food Technology's** new home is based now between **TU Dublin's 'Central Quad' (CQ) Grangegorman Campus, Tallaght Campus and Blanchardstown Campus** [see photos below and next page]. On our school's (3) campuses currently we have the following specialised facilities for our students and staff [*multiple hot kitchens, product development kitchen, bakeries, pastry kitchens, training restaurants, training bar, beverage tasting and sensory laboratories, 150 seater lecture theatre and demonstration kitchen, culinary shop, horticultural grounds and gardens with dedicated food and amenity growth areas.*]

Our school welcomes all enquiries from food, beverage, hospitality, retail and service providing companies plus universities and colleges to get involved. To find out more visit <https://www.tudublin.ie/explore/our-campuses/grangegorman/campus-development/> OR email: scaft@tudublin.ie to speak to one of our team to get involved with the next generation of culinary arts and food studies students.



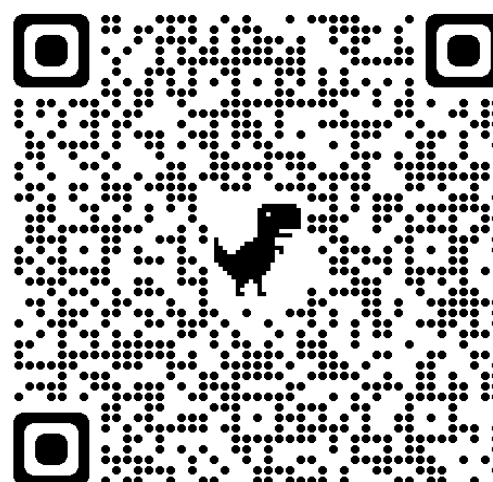
Tallaght Campus.



Blanchardstown Campus.



Central Quad (CQ), Grangegorman Campus.



QR Code: School Website

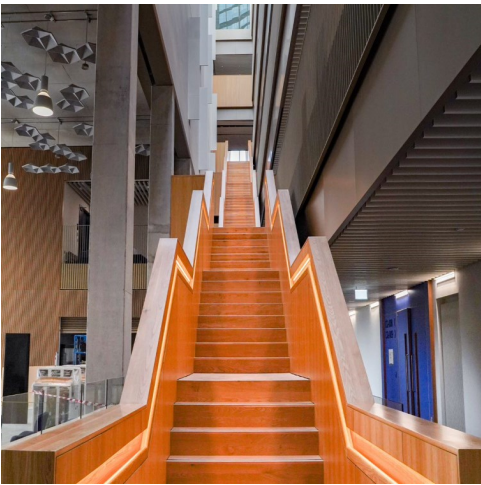
Our school welcomes your enquiries for you to get involved e: scaft@tudublin.ie

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Please e-mail submissions for inclusion to: james.p.murphy@tudublin.ie Thank you !!

New Campuses 'CQ, Tallaght and Blanchardstown'

School's Campus Facilities



School's new cooking demonstration unit (photo left) located in our 150 seater Culinary Theatre (Lower Ground Floor, CQ, Grangegorman Campus).

School's Horticulture Compound- Blanchardstown

School's Campus Facilities

As our school continues within the TU Dublin Organisation design to evolve, embrace and develop all our school facilities and programme provision across our three campuses, within this section we are proud to highlight our excellent horticultural compound on our Blanchardstown Campus [**photos both below and next page**]. In these areas assisted by our excellent academic and technical support team our school's conducts all our current horticultural studies.

It has been stated before that Horticulture touches on so many aspects of our day-to-day lives; from the food we eat, to the flowers we buy for gifts and for our own enjoyment, to the parks and sports grounds we visit for play and recreation. Essentially the horticulture industry has two main sectors: *food and amenity produce*, according to Bord Bia, this sector in Ireland is estimated to have an annual farm gate value of €380 million. Over 6,000 people are employed in this sector in full-time, part-time and seasonal work. **Check out Horticulture at TU Dublin (FB page) at <https://www.facebook.com/profile.php?id=100043294796447>**

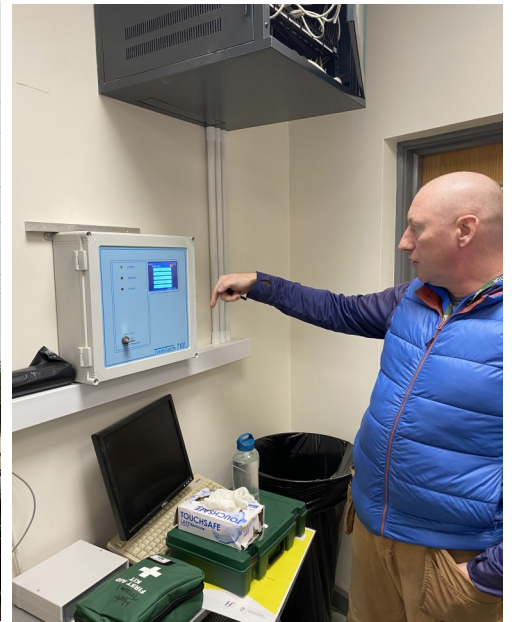


School's Horticulture Compound- Blanchardstown

School's Campus Facilities



School's (3) Geo-domes.



Geo-dome software control system.



Horticulture Compound— Teaching Areas, Equipment and Materials Stores



TU Dublin Culinary Theatre — Live Sessions

Our school in association with the **Press-Up Group** were delighted to continue our 'Live Sessions' in our **new culinary theatre based in the Central Quad Building, Grangegorman Campus**. The TU Dublin Culinary Theatre Sessions are an on-going series of live Masterclasses sessions and food and beverage demonstrations which will include spirits and cocktail events and wine tastings. From sophisticated street food to modern and high end cuisine. The TU Dublin Culinary Theatre hosts some of World's best chefs and Ireland's top food and beverage producers in our new culinary theatre based on our Lower Ground Floor. We were delighted to host **Chef Shloke Chhabra [Photo below] Executive Chef at Doolally for a Indian Cuisine Masterclass demonstration on Thursday 20th October** in the Culinary Demo Theatre CQLG-20. *Shloke Chhabra is from Kolkata, West Bengal in India. His culinary career started over twelve years ago, and after a successful award winning career to date he was head hunted by Chef Alfred Prasad to lead the team at Doolally when it opened in September 2019. Following a relocation to Ireland, Shloke has lead the team at Doolally as the Executive Head Chef, working collectively to be the best premium Indian restaurant in the country, where his main focus is 'quality, quality and quality, and making sure we provide our patrons with the finest Indian cuisine using the freshest local produce of this beautiful country, Ireland'.*

TU DUBLIN'S CULINARY THEATRE (LIVE SESSIONS)

Live interactive masterclasses and food and beverage demonstrations



**THURSDAY
20 OCTOBER
FROM 15:00 – 17:00**
IN
**THE CULINARY
THEATRE,
CENTRAL QUAD - ROOM
CQ-LG20**

**COME ALONG, JOIN
US AND GET
INVOLVED!**

MASTERCLASS BY CHEF SHLOKE CHHABRA, EXECUTIVE HEAD CHEF AT DOOLALLY

Shloke has worked with the renowned Oberoi Hotels Group and has an in-depth knowledge in Asian and Western cuisine. With a collection of accolades and awards Shloke relocated to Ireland when he was head hunted to lead the team at Doolally working collectively to be the best premium Indian restaurant in the country. Doolally is part of the Press Up Hospitality Group.

Further Details: School of Culinary Arts & Food Technology,
T: 01 2205992/2205775 E: sca@tudublin.ie



TU Dublin Culinary Theatre — Live Sessions

Our school in association with **Musgrave MarketPlace** were delighted to continue our 'Live Sessions' in our **new culinary theatre based in the Central Quad Building, Grangegorman Campus**. The TU Dublin Culinary Theatre hosts some of World's best chefs and Ireland's top food and beverage producers in our new culinary theatre based on our Lower Ground Floor. We were delighted to host **Clement Pavie (Head Development Chef, Musgrave MarketPlace)** for a **Culinary Masterclass demonstration on Thursday 17th November** in the Culinary Demo Theatre CQLG-20.

Clément [photo below] is a French classically trained chef who started his studies at the renowned Toulouse Catering School and the prestigious l'Ecole de la Cuisine Française Ferrandi in Paris. He came to Ireland in 1998, and then went on to work in two-Michelin star Restaurant Patrick Guilbaud, the renowned Relais & Château 5 star Park Hotel in Kenmare and the 5 star Claridge's Hotel London. He then ran his own French Bistro in Dublin and moved into restaurant catering as a specialist with KSG Group. For the past 15 years, Clément has been working with Musgrave MarketPlace in various roles, including food specialist trainer, food buyer and customer and innovation manager. He has also worked with some of Ireland's leading food photographers, styling food for brand and product shoots. Clément's passion for food is what drives him.



TU DUBLIN'S CULINARY THEATRE (LIVE SESSIONS)

Live interactive masterclasses and food and beverage demonstrations



**THURSDAY
17 NOVEMBER
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**IN
THE CULINARY
THEATRE,
CENTRAL QUAD - ROOM
CQ-LG20**

**COME ALONG, JOIN
US AND GET
INVOLVED!**

MASTERCLASS BY CLEMENT PAVIE DEVELOPMENT CHEF AT MUSGRAVE MARKETPLACE

Clément is a French classically trained chef who has extensive experience having worked in Michelin star Restaurant Patrick Guilbaud, 5 Star Park Hotel in Kenmare and Claridge's Hotel London and many more. Clément's passion for food is what drives him keeping up-to-date with culinary innovation, gastronomic trends and cooking techniques.

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TU Dublin Culinary Theatre — Live Sessions

The TU Dublin Culinary Theatre Sessions are an on-going series of live Masterclasses sessions and food and beverage demonstrations which will include spirits and cocktail events, and special business presentations. Our school was delighted to host **Joe Dalton [photo below]** (Chair Dublin South FM, Conscious Business Academy, JDC Consulting, Breakthrough Brands and Ted X speaker) who hosted a special talk and workshop on Thursday, 10th November between 3-5 pm. Joe's talk was entitled: *What Makes You Different Makes You Unique: 6 steps to Building Resilience (Even When Life Throws You a Curveball)*. This special presentation was kindly organised by **Darren Harris [photo below]** (Lecturer Baking and Pastry Arts, TU Dublin).

Joe's Background: *Joe has been on a 20-year journey of discovery and awareness he has been involved in and worked in multiple industries. This experience has helped him guide others through the changes they needed to make. His goal is not just to help people but to change lives. His gift is seeing what is possible even when you can't see it for yourself—and then helping you turn those dreams into reality!*

About the talk: Life throws a lot of obstacles in front of us. It's easy to lose sight of our goals and dreams when we're faced with a lot of challenges—especially if we don't feel confident in ourselves or our abilities. But it's possible to get back on track! You just need some help developing a winning edge. Joe's talk will be based on the **6 C's. Clarity, confidence, conviction, curiosity, creativity and courage.** During the event, Joe helped attendees to improve their awareness of what they are capable of, undertaking some insightful practical exercises, he finished with a Q&A session.



[L-R: Jackie Rigney (School Operations Lead); Joe Dalton; Darren Harris (Lecturer, Scaft, TU Dublin)]



TU Dublin Graduation Day 2022 'Blanchardstown Campus'

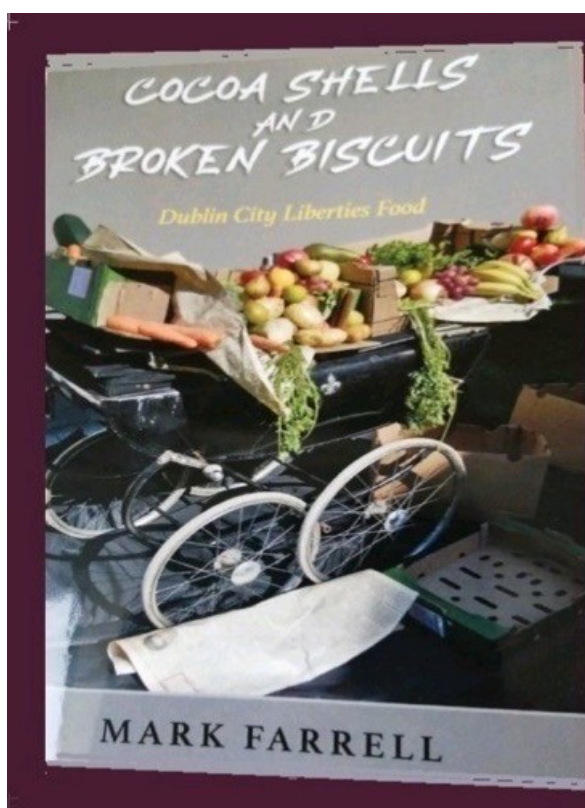
During the month of November TU Dublin graduates [photos below] gathered at TU Dublin's Blanchardstown Campus for this years Graduation Day celebrations for 2022. Our Blanchardstown campus is located on a 22.5-hectare campus within the IDA College Business and Technology Park on Blanchardstown Road North. The modern state of the art campus comprises of eight component buildings, with a total area of over 22,000 square metres. Graduates of the School of Culinary Arts and Food Technology and their families took part in their graduation ceremony on Friday November 4th and from reports received a wonderful exciting and proud day was enjoyed by all attendees.

On behalf of all the staff and management team of our school we would like to congratulate our 2022 graduates and wish them very well on their career journey into the food, beverage and culinary arts world. We look forward to welcoming them all back in the near future to share their career journey and to share their expertise and knowledge with the current and future students of our school.



School Colleague Publishes New Book

School colleagues were delighted to join **Dr Mark Farrell (Lecturer Culinary Arts, TU Dublin)** recently a special event [photos below] to celebrate the launch of his book 'Cocoa Shells and Broken Biscuits— Dublin City Liberties Food' which is published by Linden Publishing Service Ltd, Dublin, Ireland. **Cocoa Shells and Broken Biscuits, Dublin City Liberties Food** 'examines the evolution of Irish food culture in the Liberties of Dublin, from the origins of the first settlement at Wood Quay, up to the middle of the last century, Biographical evidence is presented from people who have lived and worked in the area, as a means of deciphering what went into the pot. Food ingredients, cooking techniques, recipes, charity, professions, religion, respect and migration, all encompass the culinary journey in this saga' (Farrell, 2022).



Local author and chef Mark Farrell will launch his new book **Cocoa Shells and Broken Biscuits** in the Carmelite Community Centre Aungier Street, (beside Whitefriar Street Church) on Thursday 24th November at 7pm All Welcome

“This book which is a joy to read is not only a history of the traditions and customs of the food enjoyed throughout the ages in the Liberties of Dublin, but it is packed with anecdotes and stories illustrating the lives of those who enjoyed the food and adopted the recipes described there in.”



School *'Research Exchange Day'*

Dr Máirtín Mac Con Iomaire (Senior Lecturer, SCAFT, TU Dublin) and colleagues kindly organised a *'School Research Exchange Day'* which was held recently in the School's MusgraveMarketPlace Restaurant, Central Quad, Grangegorman Campus. Mairtin and the organising teams concept behind this event was to bring our school's PhD students, recent graduates, and possible future aspiring candidates across the School of Culinary Arts and Food Technology together to discuss and share their research with each other and the wider school community, so that we can all have a better idea of the breadth and range of research been undertaken within the School, and towards developing a supporting and nurturing community of researchers within SCAFT. Highlighted below are the speakers and their current areas of research ;

- Head of School, **Dr Denise O'Leary**, (Overview of research interests).
- **Fionnán O'Connor** (The Historical Trajectory of Irish Whiskey Mash Bills 1661-1980).
- **Michelle Darmody** (Circular Food Education for Primary Schools in Ireland).
- **James Murphy** (History of Dublin's Victorian Pubs) .
- **Dr Elaine Mahon** (Irish Diplomatic Dining 1922-1963) .
- **Anna Cruickshank** (Impact of the MSc. Culinary Innovation and NPD on graduates) .
- **Dr Sophie Dalton** (Exploring a Harmonised European Framework for Culinary Education) .
- **Caitríona Nic Philibín** (Food in Irish Folklore: Comparing the Schools' collections).
- **Orla McConnell** (Evolving Perceptions of Professionalism in Culinary Arts: Experiences of Part-time Undergraduate Students in Industry and Academia in Ireland (pre-recorded) .
- **Sheona Foley** (Food and Sustainability).
- **James Fox** (Impact of BA Culinary Arts on Graduates).
- **Anke Klitzing** (Defining Gastrocriticism as a Literary-Critical Paradigm on the Example of Irish Literature and Food Writing).
- **James McCauley** (Irish Rural Pubs).
- **Angela Hanratty** (A History of Jewish Food in Ireland from 1870s to the present).
- **Dr Tara McConnell** ("Honest Claret": The Social Meaning of Georgian Ireland's Favourite Wine).
- **Mathieu Belledent** (Exploring Provençal Food History through Escoffier's Le Guide Culinaire).
- **Diarmuid Cawley** (History of Wine Writing in Ireland 1975-2005) .
- **Dr Fernanda Lima Rabelo** (Post-Doctoral Research on Skills Needs in Hospitality and Tourism).
- **Dr Brian J. Murphy** (Beyond Sustenance: An exploration of food and drink culture in Ireland).
- **Mike O'Connor** (The New Normal? The lived experiences of students and teachers from Culinary Arts, pre, during and post Covid 19.)
- **Dr Máirtín Mac Con Iomaire** (EJFDS and forthcoming Edited Book on Irish Food History).

School Lecturer wins 'Ally Prize' at IRC Researcher of the Year 2022 awards

The Irish Research Council has awarded **TU Dublin Senior Lecturer Dr Máirtín Mac Con Iomaire**, a Research Ally Prize for the second year in a row. This award was announced on Tuesday 6th December as part of the IRC Researcher of the Year 2022 awards. This national award category of Research Ally Prizes, now in its second year, honours the positive role of supervisors, mentors, and research officers in supporting and sustaining the Irish research community, and how they help to foster a positive academic culture based on equality, inclusivity, and respect.

Dr Mac Con Iomaire [photo below] is a senior lecturer in the School of Culinary Arts and Food Technology in City Campus and was nominated as a Research Ally by three of his PhD graduates for the positive impact he has made as a supervisor. Earlier this year, he also secured the 2022 IRC Government of Ireland Scholarship for his doctoral student **Caitríona Nic Philibín**. Máirtín has built a cluster of researchers around the field of Irish food and beverage history, diplomatic dining, chefs and kitchen culture, food tourism policy, food in folklore, and food education. A doctoral graduate from last year, **Tara McConnell** has recently published her thesis as a monograph with Peter Lang titled *Honest Claret: The Social Meaning of Georgian Ireland's Favourite Wine*.

Currently chair of the MA Gastronomy and Food Studies in TU Dublin, he is also co-founder and chair of the biennial Dublin Gastronomy Symposium, and co-editor of the European Journal of Food, Drink, and Society. Dr Mac Con Iomaire says he is *"absolutely delighted with the award, particularly since it was instigated by my students, and being awarded for the second year in a row makes it all the more special."*



School Contributes to *'Reformulation for healthier lives through Food'* event

The School of Culinary Arts and Food Technology were delighted to contribute (via our colleague **Annette Sweeney, Senior Lecturer Culinary Arts, Tallaght Campus, TU Dublin**) [photo below, third from left side] to the *'Reformulation for Healthier Lives through Food'* event was hosted by Prof Christine O'Connor and Dr Graham O'Neill of the School of Food Science and Environmental Health in our school's Ballymaguire Foods Restaurant, Central Quad, Grangegorman Campus, on Thursday, 24th of November 2022.

The programme included talks from **Nuala Collins**, Food Reformulation Taskforce Lead, Food Safety Authority of Ireland, **Dr Aisling Aherne**, Nutrition Science Manager, Kerry Food/ Food for Health Ireland, **Annette Sweeney**, Culinary Arts Lecturer School of Culinary Arts and Food Technology and **Dr Lubna Ahmed** of the Food Innovation Lab, TU Dublin.

The attendees were Academics and Food Researchers, Food Industry Managers, Food Regulators, funding agencies and Food start-up businesses. The event included a co-creation activity with attendees and panel members and a start-up pitching session. Thanks to **Dr Paula Almiron and Aimee Fee from EIT Food** for sponsoring the event

Full Article is available at: <https://www.tudublin.ie/intranet/update/update-05-december-2022/>



School Graduates and Lecturers feature in 'New Food Publications'

Our school was delighted to be informed that our graduates and lecturers were highly featured in two new food publications [details below]. **Scoop** is a biannual magazine published by Nine Bean Rows books, dedicated to "sharing the inside story on Irish food". Issue 01, which appeared in October 2022, asks the question "What is Irish food?".

Euzana Forkan, graduate of the MA Gastronomy and Food Studies, answered with a reflection on "Brazirish" food and identity, blending her Brazilian roots with her chosen Irish home. Fellow MA graduate **Blanca Valencia** discusses the work of two of "The Original Influencers" on Irish food and cooking, Maura Laverty and Monica Sheridan. **More information is available at** <https://scoopfoodmag.com/>

Guzzle magazine is the brainchild of MA Gastronomy and Food Studies graduate Jane Gleeson. The first issue of this annual magazine, realised through the Agility Awards Arts Council funding, appeared in November 2022 and features commissioned photographs, two interviews and 18 essays on the topic of "Mementoes of Food". Among the contributors are several former and current MA Gastronomy and Food Studies students: **Rebecca Broomfield** tells a story about tea and sandwiches at a time of sorrow. Jane Gleeson writes about burrata cheese and a tough decision. **Lotte Magnus** recounts her learning to make a proper cup of tea. **Jenny Moran** looks at hosting through the lens of a child and a parent. **Andy Shilling** investigates food mementoes in French New Wave Cinema. **SCAFT Lecturer Diarmuid Cawley** writes of the traces that kitchen work leaves on the mind and body of chefs. Two of the essays were first hatched in the Food Writing and Media module on the MA, run by **SCAFT lecturer Anke Klitzing**, which hones the students' creative writing skills through workshops and critical readings. **More information on the magazine is available at** <https://www.guzzle.ie/>.



Horticulture Masters Student Contributes to 'SFI Research Project'

Our school was delighted to hear that one of our former graduates, **Anthony Gargan** [photo below] who is continuing his horticulture/plant science study as a Masters research student., has gained the opportunity to work with **Leaf No Waste** SFI (Science Foundation Ireland) funded project which is spear headed by **Lorraine Foley**. This research project is aimed at reducing food waste, the project could also have significant influence across STEM research and across all aspects of society as TU Dublin and our country works together to meet our sustainability goals and protecting our planet for future generations. Anthony gives us a unique insight into his research work (**details below**) .

*My name is Anthony Gargan and I graduated from TU Dublin in 2022 with a first-class Bachelor of Science (Honours) Degree in Horticulture. During my time at TU Dublin, I had the opportunity to work on the Leaf No Waste project during the summer while completing my undergraduate degree. This was a fantastic opportunity for me as the work involved all of the aspects of horticulture, I find most interesting – **growing crops, plant physiology, environmental sustainability, improving shelf life of fresh produce, and researching how these different aspects can be improved simultaneously.** This challenging research work sparked my interest so much that I decided to base my final year thesis on researching effective methods to compost and avert food waste, one aspect of the Leaf No Waste project. I was most fortunate to gain very specific technical skills in plant science, horticulture and experimental design. My Master's programme involves investigating crop physiological responses to silicic acid applied as a bio-stimulant during the growth and post-harvest stages. I am now honoured to work with the Leaf No Waste team at TU Dublin. With this important work, I can continue my research into finding new ways of growing food in Ireland that benefit growers, retailers, consumers, and the environment. I aim to continue to grow my career in horticulture with a focus on plant research.*

Our school wishes **Anthony Gargan** continued success for his on-going research surrounding the 'Leaf No Waste' research project.



School Contributes to EFFoST, 2022

The School of Culinary Arts and Food Technology were delighted to play a major part towards this year's EFFoST (European Federation of Food Science and Technology) Conference. Each year the European Federation of Food Science and Technology (EFFoST) organises this prestigious academic food science and technology conference. This year the conference was organised by University College Dublin (UCD) and it took place at the AVIVA stadium in Dublin from November 7-9. EFFoST2022 explored the theme '*Shaping the Production of Sustainable, Healthy Foods for the Future*'. This theme was further examined with these five main conference subthemes:

Subtheme 1: **Green Food Processing – Innovations to meet the future challenges of food production**

Subtheme 2: **Developments in foods to underpin an appealing, healthy, sustainable diet**

Subtheme 3: **Advances to enhance food safety, security, authenticity and integrity**

Subtheme 4: **Implementing the circular economy across the food chain**

Subtheme 5: **Market perception of food processing and sustainable, healthy diets**

<https://effostconference.com/> Plenary talks and keynote presentations were made by renowned experts. Participants also visited the hundreds of posters during the break times on each of the three conference days.

Developing Tasty and Nutritious Sustainable Foods Using Note by Note Cooking and 3D Food Printing

Róisín Burke¹, Pauline Danaher¹ and Maria Grazia Peña Niebuhr^{1,2}

¹School of Culinary Arts and Food Technology, TU Dublin, City Campus, Dublin 7, Ireland; ²M.Sc. Student of Food Innovation and Product Design (fipdes.eu)

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Background

- Molecular Gastronomy (MG) is a sub-discipline of Food Science and Note by Note (NBN) Cooking is an application of MG. In this type of cooking traditional foods are not used to make dishes but pure compounds or mixtures of pure compounds (This, 2014; Burke and Danaher, 2016).
- Note by Note (NBN) cooking and 3D food printing individually and in combination allow for the creation of customized foods.
- The shape of the 3D printed food can be designed as required by using shapes, or scanning in photographs or images (Procusini Company, 2022)
- Protein ingredients can be exchanged for another protein, and concentrations of proteins can be increased or decreased as required.

Objective

To develop a NBN recipe that can be 3D printed and customized to match the dietary requirements of consumers while at the same time minimizing waste.

Methodology

Ingredients

Equipment

Process

Results and Discussion

After a number of trials, to optimize the texture, a prototype savoury NBN recipe was developed which included cornflour, olive oil, sugar, salt, water, plant protein-rich ingredients i.e. either soya, hemp or pea-protein and dietary fibre, flavours and colours. Table 1: Note by Note recipes for a 3D Printed lobster (soya or hemp protein) and a gift box (pea protein). Ingredients are expressed as a percentage of the total wet weight.

Ingredients	Recipe 1 Soya protein lobster	Recipe 2 Hemp protein lobster	Recipe 3 Pea protein gift box
Cornflour	28.0	28.0	27.9
Soya protein isolate	12.3		
Hemp protein		12.3	
Pea Protein			12.5
Dietary fiber			6.8
Olive oil	6.0	6.0	5.6
Caster sugar	0.97	0.97	0.78
Salt	0.43	0.43	0.59
Cream flavour			0.06
Vanilla flavour			0.08
Onion flavour			0.04
Red colorant			0.10
Water	51.9	51.9	49.6
Total	100.0%	100.0%	100.0%

The three resulting mixes were printed either in a lobster shape (soya or hemp) or a cube shape (pea protein). During cooking of each sample there was loss of volume, due to water evaporation, but not of shape. The colour of each sample darkened and the texture became crisp.

Figure 1: The 3D printed soya lobster (a) before cooking and (b) after cooking and the 3D printed hemp lobster (c) before cooking and (d) after cooking.

Figure 2: The 3D printed pea protein gift box (a) before cooking and (b) after cooking. The final protein contents for the cooked soya lobster was 17.5%, 9.7% for the hemp and 12.9% for the pea protein.

Conclusions

The recipes are prototypes and can be produced in various shapes, colours, flavours (including odours) and textures. The customized foods can be served to diners or developed as food products and allow for an expansion in creativity and innovation which addresses the dietary and sustainability requirements of a growing number of consumers e.g. vegan and/or lactose-intolerant, dietary needs of sports athletes and reduction of food waste.

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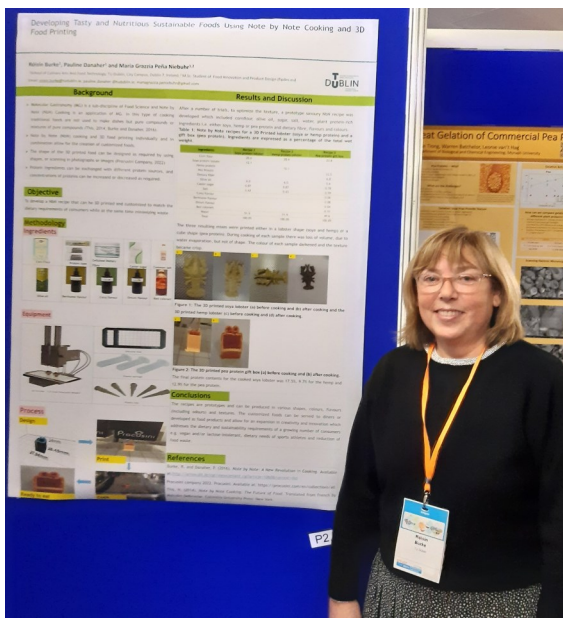
School Contributes to EFFoST, 2022 [Continued]

Details of our school's submissions and support to EFFoST 2022 are highlighted below.

Three major Posters Presentations which detailed the significant research currently being undertaken by staff and students, as follows;

1. **Dr. Róisín Burke**, co-authors were **Pauline Danaher** and **M.Sc. student from the FIPDes programme Maria Grazia Peña Niebuhr**. Presented '*Developing Tasty and Nutritious Sustainable Foods Using Note by Note Cooking and 3D Food Printing*'. **[photo below left side]**
2. **Ph.D. candidate Ciara Kenny** presented '*Designing and Developing Health Promoting and Sustainable Meat-based Comminuted Products*' (Research Supervisors are Dr. Róisín Burke and Dr. Catherine Barry-Ryan). **[photo below right side]**
3. **Dr. Kim Millar** (her Ph.D. supervisors were Dr. Rena Barry-Ryan (TU Dublin, School of Food Science and Environmental Health), Dr. Róisín Burke (TU Dublin, School of Culinary Arts and Food Technology), Dr. Eimear Gallagher (Teagasc) and Dr. Sinéad McCarthy (Teagasc). Kim's presented '*Protein-enriched breads as an alternative dietary source of sustainable protein: Sensory properties and consumer acceptability*'.

During the conference Dr. Róisín Burke met a number of graduates from the M.Sc. in Food Innovation and Product Design (fipdes.eu). They had spent a semester at The School of Culinary Arts and Food Technology, TU Dublin. Some of these graduates were presenting posters, about their Ph.D. research. The FIPDes alumni included, **Karen Lacey** (poster, researcher in Italy), **Lukas Luggin** (working for an NGO), **Alejandra Velásques Barillas** (poster, researcher in France), **Eugenia Ayebea Asamoah** (poster, researcher in France) and **Sara Gaber** (post-doc in Nofima, Norway).



SFI Collaborative Research Project ‘Survey Needs You’

Our school highlighted in our recent ‘School Autumn Newsletter’ the fantastic work currently being undertaken by ‘**Leaf No Waste**’ which is a collaborative research project between TU Dublin and Teagasc, lead by Lorraine Foley. This important research is funded by Science Foundation Ireland (SFI’s) Future **Innovator Prize fund**. Working with food scientists and packaging experts at TU Dublin and Teagasc, the research team are aiming to reduce ‘*fresh food waste through shelf-life extension and reduce plastic packaging waste by using compostable packaging in its place*’.

Research Assistant Carissa Dieli offer a unique into their work to date [details below]. Since Autumn, the Leaf No Waste team has been working hard in the lab, the field, and the office. Part of my role as a Business Research Assistant in the past few months has been to promote our online survey to consumers who buy leafy greens. The results of this survey will inform how we sell and market our innovative solutions to growers. Our survey is still open and we’d love to hear from you! If you have any questions or would like to discuss our work, you can reach out to us via Lorraine (Lorraine.Foley@TUDublin.ie), myself (Carissa.Dieli@TUDublin.ie) or our social media channels below.

One final note... Now that it’s Winter, the season of over-consumption is upon us! Before you stock up for the festive season, consider this: food waste is responsible for up to 10% of global greenhouse gas emissions and costs Irish consumers an average of €700 per year - a figure that will rise with current inflation if practices do not change. **So, remember to eat your leftovers and avoid over-purchasing by making a shopping list (and checking it twice!). You can take our survey here:** <https://forms.office.com/r/uHUR0ivcqp> **LinkedIn:** <https://www.linkedin.com/company/leaf-no-waste/> **Twitter:** <https://twitter.com/LeafNoWaste> [Carissa Dieli, Research Assistant TU Dublin]



ARROW 'TU Dublin's Research Repository'

Arrow is a database of publications and research outputs by staff and students of TU Dublin. This material is organised and made available in full-text format on the World Wide Web. All material is free to download provided it is attributed to the author and is for non-commercial use. Arrow is an institutional archive or repository as well as a method of dissemination. TU Dublin's objective is to preserve a permanent record of the research activity of the university. **TU Dublin has an official policy supporting Open Access Research.** All school colleagues are actively encouraged to submit research work to ARROW, for the purposes of these submissions they are divided into Research Groups and Colleges. Before you can submit to Arrow you must first have an account, which is easy to set up. Material can be submitted to Arrow in a number of formats, some of which the system may convert to PDF (**content may be articles, audio recordings, conference papers, culinary Competitions, dissertations, other resources, reports, resources for students, theses Doctoral, Theses MPhil, video recordings**). The submission process is very straightforward. *Copyright: Arrow@TUDublin* acts as a publisher for the University and therefore must be aware of copyright and compliance issues, a copyright is available for all submissions, the Arrow administrator will check to ensure compliance with publishers' policies on open access. Authors are reminded that copyright of their material is a valuable property right that they should be reluctant to give away to publishers. At the very least, seek permission to lodge a copy of your material on Arrow. The **School of Culinary Arts and Food Technology ARROW statistics** are quite impressive, as follows: our school have submitted **478 papers which have been downloaded 351,067 times and in the last year our papers and resources have been downloaded 40,676**. Highlighted below is just one of our school colleagues [**Authors Statistical breakdown for Arrow which is published monthly**].

Dear Author,

You had **1058** new downloads in November 2022 across your **186** papers in ARROW@TU Dublin. Your current readership:

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These monthly reports are provided to you by bepress on behalf of ARROW@TU Dublin. For questions, comments, or to add more content and increase your readership and visibility as an author, please contact your repository administrator:

arrow.admin@tudublin.ie,
aisling.coyne@tudublin.ie,
gerard.connolly@tudublin.ie

School Supports 'Zero Waste Webinar'

Our school were delighted to support the recent 'Zero Waste' webinar recently on line which was co-ordinated by the **Shannon Chamber of Commerce**. Did you know that:

- Food waste in Ireland amounts to 1.2 million tonnes per annum
- The commercial sector (retail and food service businesses) generates 348,000 tonnes of waste and households 255,000 tonnes
- The average household throws out 150 kg or approximately €700 of food waste every year.

The Sustainable Development Goal number 12 of the (United Nations—UN) specifically aims to half the per capita global food waste at the retail and consumer levels and reduce food losses along production and supply chains, including post-harvest losses by 2030. The fight against food waste is a shared responsibility of individuals and corporates. The webinar outlined the work undertaken over the past 2 years to educate people on waste management, the outcomes achieved, and the many initiatives now available to help individuals and companies reduce, manage and share their food waste. Speakers at this on-line event included the EPA who spoke about the '**National Framework Strategy and Programme on Food waste,**' the '**Zero Waste project framework – SITES**', case studies including the 'Armada Hotel' and the Shannon Chamber of Commerce.

School Colleague 'Annette Sweeney Receives Industry Award'

The annual **Food & Wine Restaurant of the Year Awards** brings together the hospitality industry to celebrate excellence. The members of the judging panel, chaired by Food & Wine Editor Gillian Nelis, pool their extensive knowledge and experience to produce shortlists that recognise the breadth of talent in the hospitality industry across the island of Ireland. At the recent 2022 awards, **Annette Sweeney, Senior Lecturer in Culinary Arts, TU Dublin**, won the 'Highly Commended Innovator of the year award 2022'. The Innovator of the Year category recognises those across sectors including business, charity and social enterprise, publishing and academia for their vision and innovation in their professional practice. Annette has been instrumental in the design of a number of programmes that are unique globally in culinary education through to the current *Mindful Kitchen Project*.



L-R: Niall Hill, Colm Folan, Annette Sweeney, Denise Murray (Tallaght Campus Cul-

School Bar Studies Graduate Wins 'World Cocktail Gold Medal'

The School of Culinary Arts and Food Technology congratulates our Bar Studies Graduate **Michal Lis** [photo below] who was awarded the **Gold Medal for Best Before Dinner Cocktail** at the recent **IBA—International Bartenders Association World Cocktail Competition** which was held recently in Havana, Cuba. The International Bartenders Association IBA is the world's largest bartender association and the host of the official World Championship in Classic and Flair Cocktail Making.

Michal Lis also qualified for the Grand Final where he placed 3rd overall, the Best Bartender of the Year 2022 was **Andrew Watson (Sweden)** and the Flair Champion was **Kacper Smartz (Poland)**.



Masters Graduate features in Irish Independent 'Mistletoe' Magazine

Our school was delighted to note that MA (Masters in Gastronomy & Studies) Graduate **Stephaine Byrne** received a double page feature spread article in the recent **Irish Independent 'Mistletoe'** magazine. Stephanie's article was based on her thesis and she kindly also highlighted the influence of the MA Gastronomy & Food Studies programme, **the full and extended article is highlighted below.**



Ross Lewis visits 'Tallaght Campus Professional Cookery Students'

Our school was delighted to welcome Michelin Star Chef **Ross Lewis** upon his recent visit to our TU Dublin Tallaght Campus. Ross in his role as **Aramark Culinary Ambassador** joined our school students of the **3 Year CPD Diploma in Professional Cookery**.

Attendees and students were really impressed with Ross's advice, inspiration and motivation for the students plus the mentoring advice shared on this special occasion. **Full course details:** <https://www.tudublin.ie/study/part-time/courses/professional-cookery-stage-1-tu5153/>



School's 'BA Culinary Arts Students Showcase their Pastry Creations'

Our School's BA Culinary Arts (TU942) Third Year Students - both groups under the guidance of **Roseanna Ryan (Lecturer Baking and Pastry Arts, TU Dublin)** showcased recently [photos below] their Afternoon Tea pastries selections as part of their Major Pastry 1 Module.



Irish Government Congratulates Our School

The Irish Government congratulated our school on our excellent facilities (Simon Harris, Micheal Martin) during their recent visit to the Grangegorman Campus. Ireland received €990 million in EY grants to support recovery in the aftermath of the C19 pandemic.

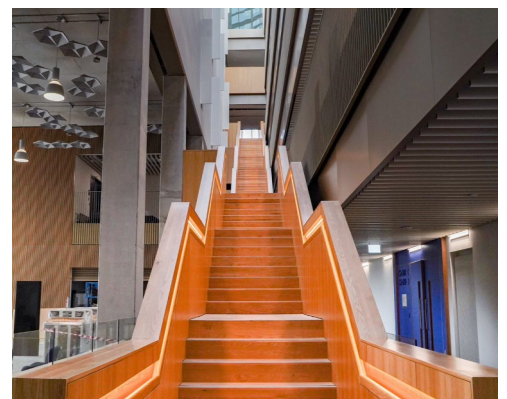
President of the European Commission Ursula von der Leyen formally endorsed Ireland's plan for how the fund will be used. **Taoiseach Micheál Martin** said the fund, which is part of the EU's Recovery and Resilience Facility, will be focused on three key priorities: advancing the green transition; accelerating digital reforms and transformation; and supporting social and economic recovery and job creation.



Taoiseach Micheál Martin speaks to students.

Central Quad Shortlisted for WAF 2022

Our school is proud to highlight that **Central Quad Building, Grangegorman** (home to our City Campus school facilities), has made the shortlist for this year's **World Architecture Festival Awards**, due to take place in Lisbon from 30 November to 2 December. Now in its 15th year, the World Architecture Festival (WAF) is the world's largest festival and live awards competition dedicated to celebrating and sharing architectural excellence from across the globe. It is where the architecture community meets to share expertise and learn from each other and is the only global architecture festival that combines awards, seminars and networking. Designed by **Feilden Clegg Bradley Studios**, the **Central Quad** is a contemporary and dynamic interpretation of the classic university quadrangle, split into two L-shaped forms blocks around a landscaped courtyard. A simple but generous colonnade provides shelter and a collegiate atmosphere. Large windows look inwards to the green space of the quad and outwards to the Grangegorman Campus and its neighbourhood.



School Congratulates 'Dr Sophie Dalton'

The School of Culinary Arts and Food Technology wish to congratulate Sophie Dalton [photo right side] upon her recent PhD graduation. Dr Dalton's Doctoral thesis (which was supervised by school colleagues **Dr Roisin Burke and Dr Frank Cullen, recently retired Head of School**) was entitled: 'An Exploration into the Feasibility of Harmonised International Curriculum Standards for European Culinary Arts and Gastronomy Education'. This research explored, through the mapping and comparison of current curriculum content and engagement with culinary education providers, whether the development of harmonised international curriculum standards for all European culinary schools is a feasible proposition.



Dr Roisin Burke congratulates Dr Sophie Dalton on TU Dublin Graduation Day.

Matthew Loram to Represent our School at 'YCO 2023, India'.

The School of Culinary Arts & Food Technology is delighted to announce that **Matthew Loram** [photo right side] will represent our school and Ireland at the upcoming **2023 Young Chef Olympiad (YCO)** to be held in India. Our school's Chief Mentor **George Smith (Lecturer Culinary Arts)** has been extremely busy preparing Matthew for the World finals which will be held from January 28th to February 6th 2023. George informs us that Matthew will compete against 66 other countries as he cooks across 6 cities in India at YCO 2023. George adds that YCO started in 2015 with a vision to being the best platform to *bring the world closer, via food as food unites people*.

Matthew states that he is *delighted to be selected to represent our school in the YCO 2023 in India*. He adds that he is *really looking forward to meeting his fellow competitors, as a young chef YCO will provide me a great platform to meet new people and create new connections. I have been training for the competition for the last 8 weeks and perfecting my dishes under the watchful eyes of George Smith*. We wish Matthew the best of success.



College Cocktail Competition 2022

The 9th TU Dublin Monin Cocktail Challenge took place on Tuesday 22nd November 2022 in the training bar of the School of Culinary Arts and Food Technology in the new Grange Gorman campus. The 2022 competition which was kindly sponsored by **Monin** saw 22 students compete. **All cocktails were non-alcoholic and based on Monin premium syrups and purees and their new paragon syrups.** The top industry professional judges awarded points for appearance, aroma, taste and the commercial appeal of the cocktails. Due to the extremely high standard of the cocktails entered; the final round consisted of five cocktails which competed for the top three positions.

Mr. Vlad Novrantidis (Monin Brand Ambassador) who also judged the competition awarded all entrants with a participation certificate and congratulated them for their expertise and imaginative use of the Monin products. The overall winner was presented with a customised cocktail kit by Mr. Vlad Novrantidis and **Head of school Dr. Denise O’Leary**. Dr Denise O’Leary Head of school offered sincere thanks to Mr. Vlad Novrantidis (sponsor and judge), **Balaz Kiss** (International cocktail Judge, Business Manager McDonald’s UK & Ireland), **Ms. Cathryn Bell** (Judge, freelance sommelier and Drinks consultant) and **Ms. Judith Boyle** (School of Culinary Arts & Food Technology) and all the competitors who entered. The 9th TUDublin Monin Cocktail Challenge winners were as follows;

1st place (Overall winner) Cocktail Name: ‘Orange Forest’ (Prepared by: Ethan Holohan-TU641/1).

Ingredients and method: Shake 3cl Monin Black Forest Syrup, 1.5cl Monin Blood orange syrup, 1cl Monin caramel syrup and 5cl cold espresso together. Pour into a hot drinks glass and top with slightly whipped cream. Garnish with chocolate powder and an orange twist.

Runner up: Cocktail Name: ‘Uisce na Beatha’ Prepared by: William Nolan- TU942/1)

Ingredients and method: Muddle 1.5cl of Paragon rue berry syrup, 1.5cl burnt honey syrup with 3 sage leaves. Add 6cl orange juice and 2cl egg white and shake with ice. Pour into a chilled nick and nora cocktail glass. Garnish with a sage leaf and edible flower.

Runner up: Cocktail Name: ‘Ember Tropica’ (Prepared by: Siobhan Anikwe- TU942/1)

Ingredients and method: Muddle 1 cl Monin ginger syrup, 1cl paragon white penja syrup with two slices of ginger. Add ice and shake with 8cl pineapple juice and pour and strain into a pre-chilled glass with crushed ice. Garnish with a dehydrated lime slice.

College Cocktail Competition 2022 [Continued]



L-R front row. Dr Denise O’Leary (Head of the School , SCAFT); Ethan Holohan (Winner); Mr. Vlad Novrantidis (Monin Brand Ambassador). Cocktail Name: ‘Orange Forest’ Prepared by: Ethan Holohan (TU641/1).



School Students Create ‘The Classic Christmas Cake’

The lead up to Christmas time is such a special time for everyone not least our school students and colleagues who have been extremely busy about our school’s training laboratories. Detailed in these excellent pictures over the next two pages is the delightful work of our **Second Year Baking and Pastry Arts students of the TU 741 programme**.

This wonderful work is a major component of their Cake 1 module studies under the supervision and mentorship of **Ann Marie Dunne (Lecturer Baking and Pastry Arts, TU Dublin)**. Ann Marie states that *these special Classic Christmas cakes are made from the finest ingredients using a recipe handed down through the generations*, she adds that it takes ‘weeks of preparation to get to the finished decorated cake’.

The pictures below and next page display the process involved, Ann Marie finally stated that *all the students involved did a tremendous job with the finished cake*, she finished by wishing everyone a ‘**Happy Christmas to All from all the team TU741—Baking and Pastry Arts Degree programme**’.



School Students Create 'The Classic Christmas Cake' [cont]



'Towards Student Recruitment - School Presentations'

Our School continues to line up a number of Secondary Schools to present our 'Careers in Culinary Arts and Food Technology studies' virtual presentations (via Teams/Zoom to TY, 5th and 6th year students). Schools throughout Ireland have received our virtual presentation and Q&A sessions (on request) for their student groups. These recruitment and career presentations in addition to the use of our school on-line resources (social media platforms, e-mail drops, offers to schools etc.) , plus **TU Dublin's new CAO Hub** <https://www.tudublin.ie/cao/> continue to directly target prospective students and **Guidance and Career Counsellors** who had expressed interest in our programmes. **All colleagues are encouraged at this time to use their influence, their communication mediums, their contact channels to help drive student numbers and interest in our programmes .**

For example our school colleague **Dr Mark Farrell** just recently spoke to the students and parents of **Temple Carrig School in Greystones, Dublin** . Mark was asked to speak about Culinary Arts Degree, Chef's courses and alternative programme options in Culinary Arts., he gave a series of presentations and fielded many enquiries from the 1,000 plus attendees at this careers event organised by Kay Lynch (Guidance Counsellor).



Careers and Educational Opportunities in Food Studies and Culinary Arts

School of Culinary Arts and Food Technology, Central Quad, City Campus, TU Dublin.
Enabling Career Potential



Industry, Academic & Civic Engagement

'Towards Student Recruitment - Autumn Open Day'

The School of Culinary Arts and Food Technology colleagues were extremely busy assisting TU Dublin's 'Autumn Open Day s' held recently across all our (3) campuses in Grangegorman, Tallaght and Blanchardstown . School colleagues offered special career and educational provision presentations to all attendees, colleagues also offered visitors special 'culinary tours' of the campuses specialised facilities which includes all our training kitchens, bakeries, pastry labs, training bar and restaurants, production development areas, demonstration theatre, culinary shop, science labs, beverage sensory labs plus much more. Attendees also had the opportunity to speak to our school lecturers and to taste some of the beautiful pastries and hand made chocolate treats prepared by our school colleagues for this event. **Our school wishes to sincerely thank all our colleagues who worked hard across our three campuses to ensure that all attendees enjoyed our 'Autumn Open Day/s' and to the TU Dublin Admissions team for assisting the overall operational activities of this event. Further details <https://www.tudublin.ie/study/open-days/>**



School Visit to 'Silver Hill Duck' 2022

Silver Hill Duck are a Founding Partner with TU Dublin for the Transforming Tomorrow Capital Campaign for Grangeegorman. This partnership has led to educational tours, cooking demonstrations and culinary competitions. The partnership between TU Dublin and Silver Hill Duck in Co. Monaghan witnessed another cohort of students [photos below] under the co-ordination of **Diarmaid Murphy (Lecturer Culinary Arts)** visiting the site. From a learning perspective, the educational trip was organized to provide students with a rare opportunity that demonstrated the development, preparation and presentation of the unique distinctive hybrid duck that was developed over thirty years, bred exclusively for Silver Hill Duck. Students across multiple programmes were invited to be educated on all aspects of production from breeding, egg production, hatching and selection, to processing, cooking and packaging. In the centre of excellence, the kitchen development team dished up various duck products for the students to taste. This was followed by a question and answer session in which students got to engage with the team at Silver Hill. Upcoming **Silver Hill Duck events** include (Site Visit with the Silver Hill Duck Truck, Guest Speaker, Tutorials and Demonstrations, and the Silver Hill Duck Competition 2023).



Barry Cullen (Silver Hill Duck) with the first 'Silver Hill Duck Trophy' won by George Smith (Lecturer, SCAFT).

TU Dublin's 'GrowthHub' Supports School

MSc Culinary Innovation & Food Product Development students were treated to a dedicated workshop on **Design Thinking recently** with Shachi Palmer from TU Dublin's GrowthHub. This special workshop was held over a two hour period, during this period our school's Masters students were requested to step in the shoes of their consumers and design a consumer experience based on projects they are working on to develop a new food product. This workshop connects with both the Masters students Innovation Management and NPD prototype modules. Thanks were offered to **Shachi Palmer and the TU Dublin GrowthHub** team and to School of Culinary Arts and Food Technology Lecturers **Sheona Foley and Anna Cruikshank**.

NPD Masters Students engage with 'Bakery Workshop'

New Product Development module Masters students **[photo below]** engaged with a special 'Bakery Workshop' which was held recently as an integral component of their Culinary Innovation & Food Product Development studies programme. This immersive experience was organised by our school's Baking and Pastry Arts Lecturing colleagues **Shannon Dickson and Sheona Foley [photo below]**.

During the workshop event which was facilitated in one of the school's baking laboratories based on the Grangegorman Campus MSc students learnt about developing bakery products and the importance of using quality bakery ingredients with an emphasis on bread formulation and structure. Students were tested on their ability to detect bakery errors when presented with in a range of bread products.



Westland Horticulture Sponsors 'Academic Excellence' Awards'

This Westland Horticulture sponsored award, consisting of a perpetual bog oak trophy, a bursary cheque and TU Dublin certificate is presented to the student in the final year **BSc Horticulture L7 and BSc Horticulture (Hons) L8 cohort** with the highest overall GPA in their year. This was the 10th year of the award. The trophy, a piece named '**High flyer**' [photo below left side], is made from both bog Oak and Yew, both native Irish wood and is the work of Kevin Casey sculptor from Newtowncashel, Co. Longford. The piece has been carbon dated by the school of geosciences at Queen's University Belfast and is approx. 5,600 years old. This years' awards were made by **Westland Horticulture, Ireland & UK Sales Manager Assumpta Meally**, a graduate of the BSc Horticulture (Hons) programme at TU Dublin. The ceremony was hosted by **Dr Denise O'Leary** (Head of School) and **James Murphy** (Head of Discipline) with responsibility for Horticulture in the Central Quad Grangegorman, Campus and was followed by lunch in the MusgraveMarketPlace Restaurant. This year, following a Covid hiatus, there were three recipients ;

- **Carmel Moran 2019 – 2020** [Award in abstinencia]
- **Patrik Weisser 2020 – 2021** [photo right side]
- **Aideen Loftus 2021 - 2022** [photo right side]

Thanks were also offered to **Rachel Freeman (Lecturer, Horticultural Studies, TU Dublin)** and to **Jackie Rigney (School Operations Lead)** for organising this event. All three students award winners completed the BSc Horticulture honours QQI Level 8 programme with TU Dublin on the Blanchardstown campus. Carmel Moran is currently developing a specialist plant nursery in Newport Co. Mayo. Patrik Weisser is an assistant head gardener, currently engaged in the restoration of 18th Century garden on a private estate in Co. Laois. Aideen Loftus is currently studying an MSc in Climate Change with DCU.



'High Flyer' Trophy



Industry, Academic & Civic Engagement

Westland Horticulture Sponsors 'Academic Excellence Awards' [cont.]



(L-R): Assumpta Meally, Aileen Loftus, Patrik Weisser, Rachel Freeman, Dr Denise O'Leary.

(L-R): Assumpta Meally, Aileen Loftus, Patrik Weisser, Dr Denise O'Leary .



(Centre) Aileen Loftus receives the Horticulture Studies 'Westland Academic Excellence Award for 2021-2022.

(Centre) Patrik Weisser receives the Horticulture Studies 'Westland Academic Excellence Award for 2020-2021.

Chef Ireland Culinary Competition 2023

The School of Culinary Arts and Food Technology were delighted to receive the details for the upcoming **Chef Ireland Culinary Competition 2023** which will be held in the RDS, Dublin at CATEX in February. These competition are organised by the **Panel of Chefs of Ireland** and **The Irish Foodservice Alliance (IFSA)**. Professional Cookery Competitions play a vital role in culinary arts as they continually raise the standards of culinary excellence. The Panel of Chefs of Ireland maintain that there is no better way for a culinarian to hone their craft than by putting their skills and knowledge to the test in a competitive format. **Further details and competitions are available at <https://www.catexexhibition.com/chef-ireland-2023-culinary-competitions.html>** . Our school is also delighted to note that our current academic colleagues (**Dr Mark Farrell and George Smith**) and former colleague (**John Clancy**) have also been selected to join the official judging panel for these prestigious competitions. Our school wishes all the competitors success and encourages our students to enter into the 'Chef Ireland Culinary Competition 2023'.



School Organises Visit for 'Confey College, Leixlip' School Students

School colleagues **Warren MacElhone (Lecturer, SCAFT, TU Dublin)** and **Jackie Rigney (School Operations Lead)** organised a special visit for the Home Economics students from **Confey College, Leixlip** to visit our City Campus in Grangegorman. Most of these students intend to peruse a career in Culinary Arts Studies and during their visit the students were accompanied by their teacher Mrs Hargarden.

All students received a culinary tour of the school and our excellent facilities (co-ordinated by Jackie Rigney) followed by a mocktail demonstration delivered by students from our Culinary Arts Year 2 (TU643/2) students before lunch in the MusgraveMarketPlace Training Restaurant [**Warren MacElhone, Scaft, TU Dublin**]



Industry, Academic & Civic Engagement

School Organises French School Visit to Central Quad, GG Campus

The School of Culinary Arts and Food Technology were delighted to organise a visit from the **L'Envol group [photos below]** in November. L'Envol (meaning to "Soar" or "Take Flight") is part of the corporate social responsibility enterprise agenda of La Banque Postale in France that has been in existence since 2012 and is **designed to promote education, excellence and equal opportunities**. The programme promotes and supports the educational path of talented young students from modest backgrounds in France. They currently support 45 vocational track students from sectors of excellence in the hotel and restaurant trades, the metallurgy industry and art and design. The visit was co-ordinated by **Dr Brian Murphy (Senior Lecturer, SCASFT, TU Dublin)** with the assistance of the School of Mechanical Engineering and the School of Arts and Design. It was a great success, thanks to everyone's efforts and our French visitors were delighted with the welcome they received from SCAFT. It was a pleasure for the School to welcome a group with such an important social responsibility remit and to show them the type of opportunities that a Technological University can offer European students like this .

Marie Ferrez (Cheffe De Projet Evenementiel, L'Envol, Le Campus de La Banque Postale) sent our school the following message; *From L'Envol, I wanted to say a HUGE thank you for the visits you and hosted on Friday. Both pupils and leaders were absolutely thrilled by those instructive, inspiring and lovely meetings with you. Thank you for your availability, your warm welcome and for the high quality of the TU'S programs presentation. Our students left Dublin with a vision of studies/ professional opportunities they can find there and TU Dublin could definitely be a great option for them. I hope you also appreciated the exchanges you had with students and teams of L'Envol. If so, I would be happy to keep in touch with you.*



School Hosts Visiting International Partners'

The School of Culinary Arts and Food Technology were pleased to host **chef lecturer Christophe Charlot**, [photos below] on an Erasmus mobility exchange visit to our School recently. Christophe came to SCAFT from Lycée **Christian Bourquin in Perpignan, France**. He spent the week in Dublin exploring classes and facilities and sharing ideas at **both our City Campus and our Tallaght Campus**. Christophe was in excellent company thanks to the warm welcome provided by culinary lecturers **Jimmy Griffin, Tom Meaney, Brendan Keenan, Warren Mcelhone and Dr Elaine Mahon**. Lycée Christian Bourquin offers a wide range of culinary, hospitality and tourism courses in their state of the art facility in the South of France. They have been co-operating through student exchanges and events with TU Dublin for a number of years and the School continues to develop links with their BTS Management en Hôtellerie Restauration programme. Lycée Christian Bourquin are scheduled to host the next **FICAHT (The France-Ireland network for Culinary Arts, Hospitality and Tourism) Conference in 2023 [Dr Brian Murphy, Senior Lecturer, SCAFT,**



Industry, Academic & Civic Engagement

School Welcomes Recent TU Dublin Appointments

The School of Culinary Arts and Food Technology welcomes the recent **TU Dublin appointments** [details and appointments below], our school looks forward to working with you all going forward;

- **Mark Mulqueen** (Head of University Communications and Marketing).
- **Dr Julie Bernard** (Deputy Head of Recruitment and Enrolment Planning).
- **Sinead Dunne** (Senior Manager Access and Outreach).
- **Sinead O'Neill** (Senior Manager LifeLong Learning)..
- **Bob O'Mhurchu** (Senior Manager Admissions).
- **Lynda Young** (Senior Manager Recruitment).
- **Dr Catherine Spencer** (Language Studies Lead , Faculty Arts and Humanities).
- **Dr. Conor McGarrigle** (Head of Research, Faculty Arts and Humanities).
- **Mr Michael Keane**, (Academic Quality Advisor for the Faculty of Arts and Humanities).

GDPR - TU Dublin

Earlier this year the world celebrated the anniversary of the introduction of the General Data Protection Regulation #GDPR. It's been 4 years since the GDPR came into effect across the EU. Since then our school and university (TU Dublin) have advanced our work to ensure compliance and we want to thank you for your contribution and continued engagement with our information governance and school offices. For further information on data protection in TU Dublin, please see our website <https://www.tudublin.ie/explore/gdpr/>. The importance of data protection needs to be on your mind every day in the course of your work, you will also have recently received an alert to complete the TU Dublin E-Learning GDPR training module which you are required to complete every two years.



School Restaurants/Shop 'City Campus, CQ, Grangegorman Campus'

The school has two training restaurants based in the West Wing area of the Central Quad, TU Dublin, City Campus, Grangegorman, our school also has a training restaurant in our Tallaght Campus. The School of Culinary Arts and Food Technology would like to thank you for your support of all of our training restaurants and the culinary shop, we look forward to receiving your bookings and custom. We wish to remind you that our Training Restaurants and bakery shop are **cashless and therefore all payments are 'contactless' (no cash will be accepted towards payments)**. Listed below are contact details you will require for bookings and orders for 2023.

RESTAURANTS (CQ-City Campus): Warren Mcelhone warren.mcelhone@tudublin.ie Lynsey White Lynsey.white@tudublin.ie James Sheridan james.sheridan@tudublin.ie

CULINARY BAKERY SHOP (CQ-City Campus): Gary Poynton (photo below, bottom middle) 01-2206046 gary.ponyton@tudublin.ie



School Restaurants/Shop 'City Campus, CQ, Grangegorman Campus'

School Restaurant (City Campus, Grangegorman) **Opening times, Second Semester [Table Below]**, (From January-May 2023). We wish to remind you that our Training Restaurants are **cashless and therefore all payments are 'contactless' (no cash will be accepted towards payments)** . To make a booking please contact the relevant lecturer **[details below]** with proposed date, lunch or dinner, amount of people, allergens and any other information you may think is important. Please note, we run a card only payment system, **3 course lunch €15 and 3 course dinner €20.**

Monday

No Lunch Service

No Dinner Service

Tuesday

No Lunch Service

Arrival time 5.00pm-5.30pm

Musgrave MarketPlace Restaurant

Contact: Lynsey.white@tudublin.ie

Wednesday

Arrival time 12.00-12.30pm

Ballymaguire Foods Restaurant

Contact: Warren.mcelhone@tudublin.ie

Arrival time 5.00-5.30pm

Ballymaguire Foods Restaurant

Contact: Warren.mcelhone@tudublin.ie

Thursday

Arrival time 12.00-12.30pm

Musgrave MarketPlace Restaurant

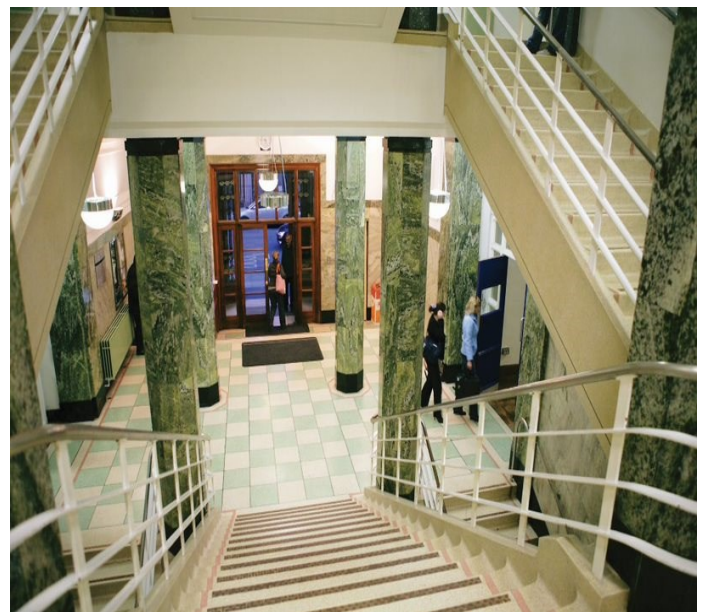
Contact: James.sheridan@tudublin.ie

Arrival time 5.00pm-5.30pm

Musgrave MarketPlace Restaurant

Contact: James.Sheridan@tudublin.ie







Celebrating Culinary Excellence

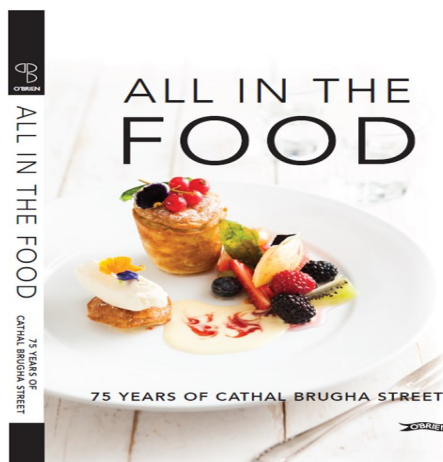
(Our Award Winning School Book—Published by O’Brien Press)



A CELEBRATION OF 75 YEARS OF CATHAL BRUGHUA STREET

(The School of Culinary Arts and Food Technology, DIT)

Founded in 1941, Cathal Brughua Street is Ireland's premier culinary school, internationally renowned for the excellence of its graduates. All in the Food showcases more than 80 delicious food and drink recipes from the school's award-winning lecturers, alongside famous alumni, industry legends such as DARINA ALLEN, DERRY CLARKE, RICHARD CORRIGAN CATHERINE FULVIO, CONRAD GALLAGHER, PAUL KELLY, ROSS LEWIS, NEVEN MAGUIRE, MICHEL ROUX SNR and KEVIN THORNTON.



Special hard back copies available from all major book stores, our school office and culinary shop

€20

(Limited Availability)

Workplace Well-being - Winter Wellness for Colleagues and Students

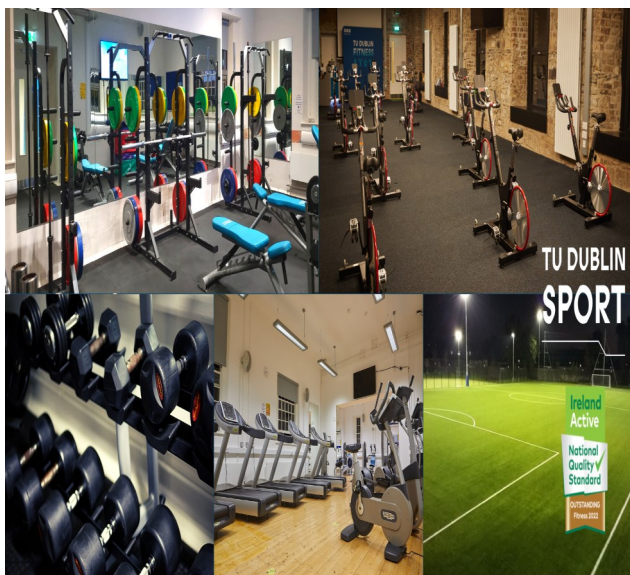
During this winter period our focus should remain on keeping ourselves well, we don't have to make major changes to our diet and lifestyle to support our immune system. Small changes can help optimise our health and wellbeing throughout the winter months. Highlighted here are just a couple of small changes which will help you;

- **Adding some extra veggies** such as leafy greens, ginger and spices such as turmeric to your meals can really help to support your Immune health Eating fruits and vegetables rich in Vitamin C can help reduce the length of a cold and make sure to up your fiber intake too, as a robust gut microbiome can improve your immunity and help keep harmful pathogens from entering your body via your digestive tract.

A great way to pack all those veggies and spices in is by putting soup on your winter menu. An interesting recent study showed that comforting food such as soup really is good for the soul as it increases feelings of belonging! Why not try out this carrot and ginger Immune boosting soup or this winter veg and lentil soup to get you started.

- **Keeping Fit:** It can be hard to keep up your exercise regime in the cold, darker months but it's important to try and get in the recommended 150 minutes per week to keep healthy. Trying to get out in daylight hours too, like meeting a friend for a lunchtime walk, not only helps you get that much needed vitamin D boost, but keeps you connected with friends also! Making it a standing commitment can also help motivate us to keep up the routine and create a healthy habit.

Sports Ireland have just launched their Winter Initiative 2022 with over 700 Events and Activities To Help Keep People Active and Fit Over The Winter Months. Check out the full list of events by clicking here. Don't forget to download the TU Dublin Sport App (ANDROID or IOS) or via the Website. Here you can view all classes on offer! (they have everything from Spin , HIIT, Les Mills GRIT, Bodypump and Boxercise classes). All classes are delivered in the state-of-the-art studios in Lower House (LH 107 & LH216) and across other campuses. All fitness levels are catered for! So join in, grab a colleague and give it a go!



Lower House Fitness				TU DUBLIN SPORT
DAY	STUDIO	TIME	CLASS	LEVEL
MONDAY	2 LH 216	12.30pm	Boxercise	B
	1 LH 107	4.30pm	Spin Fitness	B/I
TUESDAY	1 LH 107	12.30pm	Spin Fitness	B/I
	2 LH 216	4.30pm	Boxercise	B
WEDNESDAY	2 LH 216	12.30pm	Les Mills GRIT	I
	1 LH 107	4.30pm	Spin Fitness	B/I
THURSDAY	2 LH216	12.30pm	Les Mills Bodypump	B/I
		4.30pm	Bums, tums & ABS	B
FRIDAY	1 LH107	12.30pm	Spin & Abs	B/I <small>Beginner/Intermediate</small>

Book classes through TU Dublin Sport App

* Timetable is subject to change
B-Beginner | I-Intermediate | Adv-Advanced

f @TU Dublin Sport

Be Kind 'World Kindness'

World Kindness, an international observance that was introduced in 1998 by the World Kindness Movement, a coalition of nations' kindness NGOs was celebrated recently . During these times participants attempt to make the world a better place by **celebrating and promoting good deeds and pledging acts of kindness**, either as individuals or as organisations. Have a look at the kindness calendar [below] for some ideas to spread kindness. **Action for Happiness: Happier / Kinder / Together.**

New Ways November 2022

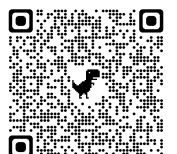
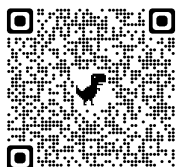
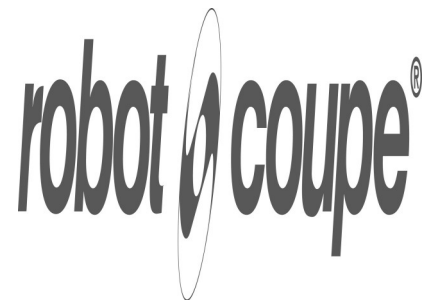
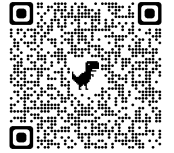
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Make a list of new things you want to do this month	2 Respond to a difficult situation in a different way	3 Get outside and observe the changes in nature around you	4 Sign up to join a new course, activity or online community	5 Change your normal routine today and notice how you feel	6 Try out a new way of being physically active	
7 Be creative. Cook, draw, write, paint, make or inspire	8 Plan a new activity or idea you want to try out this week	9 When you feel you can't do something, add the word "yet"	10 Be curious. Learn about a new topic or an inspiring idea	11 Choose a different route and see what you notice on the way	12 Find out something new about someone you care about	13 Do something playful outdoors - walk, run, explore, relax
14 Find a new way to help or support a cause you care about	15 Build on new ideas by thinking "Yes, and what if..."	16 Look at life through someone else's eyes and see their perspective	17 Try a new way to practice self-care and be kind to yourself	18 Connect with someone from a different generation	19 Broaden your perspective: read a different paper, magazine or site	20 Make a meal using a recipe or ingredient you've not tried before
21 Learn a new skill from a friend or share one of yours with them	22 Find a new way to tell someone you appreciate them	23 Set aside a regular time to pursue an activity you love	24 Share with a friend something helpful you learned recently	25 Use one of your strengths in a new or creative way	26 Try out a different radio station or new TV show	27 Join a friend doing their hobby and find out why they love it
28 Discover your artistic side. Design a friendly greeting card	29 Enjoy new music today. Play, sing, dance or listen	30 Look for new reasons to be hopeful, even in tough times				

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Thank You 'INSPIRED' Friends of Culi-



Gold Plaque Supporters



Thank You 'INSPIRED' Friends of Culinary Arts

INSPIRED Innovative Supporters of Professional Industry Research, Education and Development.

Silver Plaque Supporter



Trade Associations

On behalf of the School Management team we also note the following Industry bodies and trade associations for the support provided to the School: Euro-Toques Ireland. Panel of Chefs. Irish Hotels Federation. Restaurant Association of Ireland. Licensed Vintners Association. Vintners Federation of Ireland. Irish Bakers Association (Formally FCBA). Irish Guild of Sommeliers. Bartenders Association of Ireland.

Finally the *School of Culinary Arts & Food Technology* achievements and on-going developments are only possible through staff interactions with industry, students and trade associations: **We thank all staff and our supporters for this excellent work, well done.**

INSPIRED Innovative Supporters of Professional Industry Research, Education and Development

The significant achievements of the School would not be possible without the generous and ongoing commitment of our industry supporters. Our **INSPIRED Friends of Culinary Arts**, a group of industry supporters who help to sustain the school's mission to deliver a diverse, dynamic and distinct education and to build on the long standing links with industry.

Supporting the school through various initiatives providing opportunities for our students and graduates that are valued by industry, the objectives of the INSPIRED Friends of Culinary Arts are:

- **Enhancement of the Student Experience**
- **Research and Development**
- **Programme Support**
- **Philanthropic Funding**
- **School Scholarship Awards**
- **Bespoke Programmes**

The support of the INSPIRED Friends of Culinary Arts is crucial in providing pathways to success for our students and underpins the transferability and adaptability of our graduates' skills in the workplace to ensure that industry needs are met.

Thank you to all our INSPIRED Friends of Culinary Arts for your continued support.