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Post: Electric alternative to cooking



Created by [Brittany Bunk](#) on 14-Nov-2021

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11



1



1



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Content

Using electric pulses to break down food for perfecting the qualities that cooking brings to the molecular detail (i.e. much better) without the negatives of it:

1. increasing nutrient availability: quickening fermentation, increasing poration for nutrients to come out
2. preservation: removing pathogens, reducing spoilage
3. protein changes: denaturing (i.e. protein unfolding), structural (like stretchiness), enzyme inactivation
4. molecular sealing (such as different vegan food materials to come together to replicate real meat's tissues, like fat, muscle, etc.)

Cooking's not healthy, for various reasons (dangers, costs, quality (like residues - oil, etc.), etc.) and is time-consuming - raw veganism is the way to go. Although this kind of gets away from some of the principles of raw veganism, it does align with the part of not cooking. Electric pulses can be the solution.

Alexis Guionet is a [scientist of Dr. Foods](#) that's seeking creating vegan alternatives through molecular food science.

"Pulsed Power Applications for Protein Conformational Change and the Permeabilization of Agricultural Products"

<https://www.mdpi.com/1420-3049/26/20/6288/htm>

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