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NASA Food Technology Commercial Space Center luncheon is plum delicious, soy good

For lunch on Tuesday, members of the review board for the NASA Food Technology Commercial Space Center (FTCSC) gathered in the Joan Bice Underwood Tearoom for a plum delicious, soy good meal. Plum Board chef **Andrew Bakst** and Triple F product development specialist **Elaine Wolf** presented the 51 guests a menu where every item contained either plum extract or soy.



Using extract from dried plum puree offers several benefits. Bakst explained, "Plum extract prevents microorganisms from growing in food products, acts as a preservative and helps retain moisture in food products. It can be added to whole muscle (like a turkey breast) or ground meat." For this occasion, Bakst offered guests grilled plum turkey burgers on plum rolls; plum Andouille sausage pasta with Alfredo sauce; and Fit for Life plum bread with plum butter.

Wolf used a Premier Harvest meatless taco kit to prepare taco dip, and Soy Anytime (crunchy soy and rice granules) in the broccoli and corn vegetable casserole. The Soy Creations division of Triple F developed the technology to process the soy so that the flavor is good. Wolf said these products are available for consumer use.

For dessert, guests chose between plum sorbet, chocolate plum pave cake, fresh fruit salad and carrot cake cupcakes containing soy. The iced tea and lemonade contained no plum extract or soy.

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Dietetics alum writes about emergency rooms, food systems and grease