



4th Annual Tomorrow Tastes Mediterranean Conference

University of Barcelona Historic Building

November 27, 2023

Tomorrow Tastes Mediterranean: Innovation Workshop

Barcelona Culinary Hub

November 28, 2023

2023 Conference Program Schedule *(8 July 2023)*

Subject to change

November 27, 2023

- 8:30 **Registration and Coffee**
Check-in at University of Barcelona Historic Building
- 9:00 **Welcome and Opening Remarks**
- 9:20 **Session 1: The Mediterranean Diet—Latest Findings and Emerging Research to Support Personal and Planetary Health**
- 10:30 **Session 2: Renewing Food Culture—Securing the Future of the Mediterranean Diet as an Intangible Cultural Heritage Recognized by UNESCO**
- 11:30 **Break**
- 12:00 **Session 3: Of Food, Health and Culture: A Sustainable Heritage of the Mediterranean Diet in North Africa and the Eastern Mediterranean?**
- 13:30 **Session 4: Pulses of Change: “Beans Is How” We Can Fix the Future**
- 14:00 **Lunch**
- 15:00 **Session 5: Powering a Global Trend around Irresistible Vegetables**
- 15:40 **Session 6: Fermenting Change: Chefs, Plant-Forward Restaurants and Sustainability**



- 16:20 **Session 7: Scaling Change for a Sustainable Future: In our Communities and our Businesses**
- 17:00 **Break**
- 17:30 **Session 8: Mastering the Olive Oil Kitchen: The Chemistry of Heat, A World of Application and Flavor**
- 18:15 **Session 9: From Culinary Interactions to Nutritional Synergies: Next-Generation Research on the Mediterranean Kitchen**
- 19:05 **Closing Remarks**
- 19:15 **Conference Adjournment/Wine Reception**

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2023 Innovation Workshop Program Schedule

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November 28, 2023

- 9:30 **Registration and Coffee**
Check-in at Barcelona Culinary Hub
- 10:00 **Welcome and Workshop Overview**
- 10:10 Workshop 1: **Frontiers of the Olive Oil Kitchen—The Art and Chemistry of Heat and Flavor**
BCH Hot Kitchen
- 11:00 Workshop 2: **North Africa—The Vegetable Kitchen Revealed**
BCH Cold Kitchen
- 11:50 **Break**
- 12:10 Workshop 3: **Flavor Dynamics of Plant Protein Deliciousness—Of Beans, Nuts and the Mediterranean Kitchen**
BCH Classroom
- 13:00 Workshop 4: **Eastern Mediterranean—Strategies with Plant-Rich Menus, Aromatics and the Spice Kitchen**
BCH Hot Kitchen
- 13:55 **Closing Remarks**
- 14:00 **Workshop Concludes**

Note: All four workshops include tastings