



Mary's Portfolio



My Nut-free Baklava



When my brother developed allergies to nuts, I took it as a challenge. I have been recreating desserts he likes from scratch, using nut-free ingredients

My first ever new product development success, after hours of research and experimentation, was the recipe I put together for a nut-free baklava, a traditional Cypriot dessert.

I managed to capture the flavour and texture of my grandmother's recipe, which was essentially my goal.



Homemade Twix Bars with Salted Caramel

Another success was recreating the Twix chocolate bar for my brother. Tempering the chocolate was something I was really looking forward to. The shortbread was a bit crumbly but together, with the salted caramel, they gave the chocolate a homemade look.



Iranian Ash Reshteh with Homemade Kashk

According to my Iranian friends, Ash Reshteh is usually made on special occasions and it's a way of showing people that you appreciate them, as it takes a long time to prepare and cook.

Reshteh is the name of the noodles, and the stew contains beans, and lots of fresh herbs. Kashk is made from yoghurt/buttermilk/sour cream that are let to dry. I cooked yoghurt for 4 hours to obtain the kashk quicker.





My own version of Ramen

Developing this Ramen recipe took months, as I was researching every recipe I could. I wanted to make everything right and get a result as close to traditional ramen as possible.

- ✓ cook the broth for 8 hours
- ✓ confit the meat for 4 hours
- ✓ marinate the eggs for 24 hours
- ✓ achieve perfection

It was everything I could hope for. I served it for my family and friends on my birthday. Next time I want to make the ramen dough as well.



My own Chilli Oil with Beef



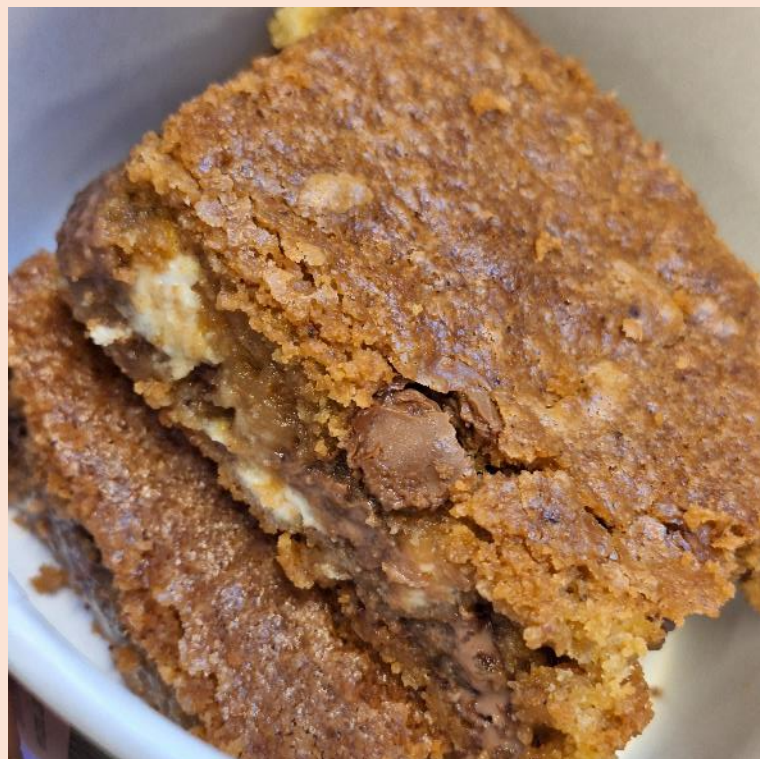
For this chilli oil, I adjusted the recipe of the chilli oil recipe from the BAO restaurants cookbook to my taste and added my own personal touch to it: Beef. When I thought it couldn't get any tastier, it really did and I am addicted to it.





Blondies with Two Chocolates

I prefer baking to cooking because it combines food science and accuracy to get the preferable result. I like mine gooey in the middle and a bit chewy on the edges.



My own version of Mochi

I decided to make a birthday cake made of homemade ice-cream mochi for my partner a few years ago. Lacking the right ingredients in Cyprus, I tried substitutes but failed miserably, numerous times. Eventually, my uncle in the UK ordered the flour from the US for me and shipped it to Cyprus. I finally got it right then.



Hand-
churned
vanilla,
blueberry,
rum ice
cream

Blue mochi
dough - his
favourite
colour




The rest of the
dough I filled
with banana and
honey and froze
them for a
healthier snack
option.



Since I was a kid, my favourite movies have been these two: Cloudy with a chance of meatballs, and Ratatouille. I think you can deduce why...

I always wanted to make the iconic food from Ratatouille so, a few Christmases ago, I made two versions of it. The original savoury one, and a sweet version with 2 varieties of apple, caramel sauce, ice cream and crumble. It was a very therapeutic process and a very delicious result.

 My attempt on
Ratatouille



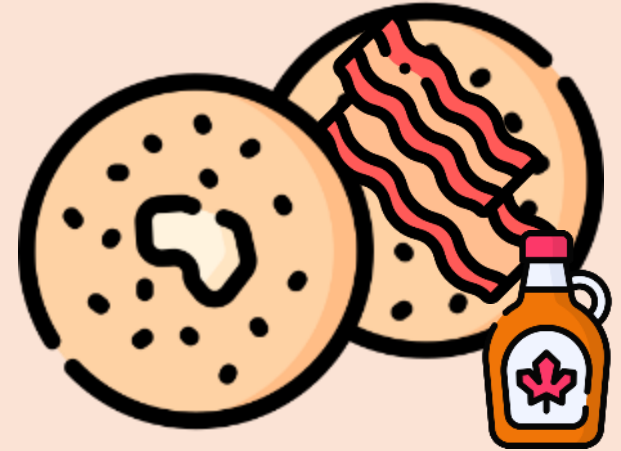


For this birthday cake I combined three different recipes, balancing the sugar content and the bitterness of the chocolate to get it just right. I also made it look like it contains planets when you cut into it. Including the constellation of Ursa Major on top of the cake was my kind of cheeky touch. I made this cake for a friend of mine who owns a telescopes shop back home.

My version of Space-Themed
Chocolate Cake with
Vanilla "Planets"



Crumpets



I wanted to introduce my brother to crumpets which turned out to be some of his favourite treats. Also, some of my favourite things to bake. We served them with caramelised bacon and maple syrup.

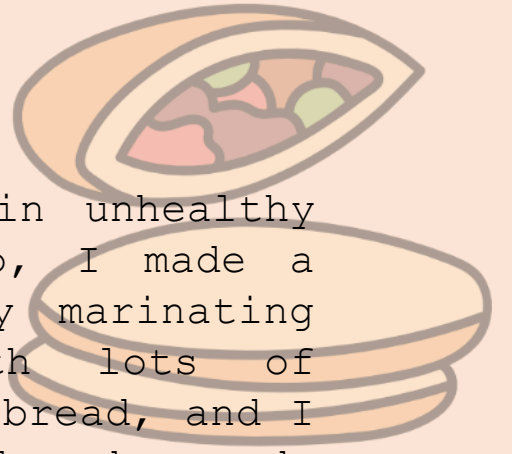
My take on Banh Mi

I prepared this delicious sandwich on a Vietnamese "Themed-Friday" that I host for my partner weekly.

- Pork belly
- Pate
- Pork floss
- Pickled carrots and daikon
- Coriander
- Sriracha
- Mayo
- Shallots
- Sesame seeds

Next goal: baking the baguettes myself.





We can't always indulge in unhealthy treats, such as gyro. So, I made a healthy version of it by marinating chicken in yoghurt with lots of spices. I baked some pita bread, and I served the gyro with homemade tzatziki, fresh tomatoes and shallots and some gherkins.



Healthy Chicken Gyro with Homemade Pita Bread

These are just a few examples of my own creations. I always find that food helps me connect with people and show my love and appreciation for them. I enjoy researching and experimenting with recipes, always striving to craft the best possible version of anything, either following tradition, or going rogue. When I am faced with challenges, I try to find alternatives and that's where I thrive. Whether in a kitchen or a laboratory, my passion for food and thirst for new knowledge, discoveries, and innovation have always been the driving forces.

**Thank you for
your attention.**

