

# Maria (Mary) Katsounotou | Food Scientist, Gastronome, New Product & Recipe Developer

📍 London, United Kingdom - **right to work in the UK**

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🌐 [Personal Website - Gaea Cypria](#)

🔗 [LinkedIn Profile](#)

## Work History

**Accurx, London, United Kingdom - Development Chef** (Accurx is a tech company with a small kitchen where a team of two - my head chef and I - prepare homemade lunches for its employees while keeping a sustainable, vegan and pescatarian profile)

September 2022 - Present

- Hands-on role combining culinary creativity with product and recipe development - menu & recipe development
- Reformulating recipes to accommodate every dietary requirement (gluten-free, vegan, dairy-free, nut-free etc.)
- Created recipes for vegan moussaka, soft tahini and pomegranate molasses cookies, dairy-free beverages etc.
- Event planning - collaborating with people to celebrate their food culture
- Taking the lead on all kitchen related operations when Head chef isn't present, including budget management
- Connecting with and sourcing new suppliers

## KEAN Soft Drinks LTD, Limassol, Cyprus - New Product Developer - Quality Control Analyst

December 2019-June 2022

- Performing chemical, physical and microbiological analysis on products manufactured, raw materials, water and packaging
- New product development, concept ideation, formulation and testing - new soft drinks, juices and sugar-free drinks for KEAN Soft Drinks LTD and our external partners. I developed the "[KEAN Chilled](#)" range of products too
- Creating briefs, designing and scaling up products with a focus on scalability, shelf-life stability, and retail compliance
- Following ISO standards and applying GMP standards
- Monitoring hygiene status of production lines and inspecting CCPs - carrying out internal audits
- Sensory Analysis - designing and executing sensory evaluation tests for current and new products
- Food labelling and compliance
- Approval of packaging designs
- Handling customer complaints - investigating production issues, identifying root causes, and implementing effective solutions

## Education

### New Product Development Certificates/Courses - Issued by the [European Institute of Innovation and Technology - EIT](#), 2024

- Consumer - Centric Approach and Design Thinking in New Product Development
- Project Management in New Product Development
- Sensory Evaluation and its Role in Food Product Design
- Functional Food: Theory and Practice
- New Product Development in a VUCA World
- Technology Management for New Product Development
- Communication in the Food Industry

**Level 2 Food Hygiene & Safety for Catering Certificate** (High Speed Training), 2024

**City & Guilds Diploma of Education - Food Preparation & Culinary Arts - Patisserie 2** Alfa Culinary Academy, Cyprus, 2021-2022

### Master's Degree: Master of Gastronomy: World Food Cultures and Mobility

University of Gastronomic Sciences, Pollenzo, Italy, 2018-2019

**Thesis Title:** The Ark of Taste (AOT) of Cyprus, a Brief History and the Gastronomic Treasures of my Island.

Interviewing, recording and making traditional and almost extinct recipes of Cyprus, in collaboration with the AOT under the Slow Food movement.

### Bachelor's Degree: Agricultural Sciences, Biotechnology and Food Science

Cyprus University of Technology, Limassol, Cyprus, 2014 - 2018

**Thesis Title:** Identification of the Microflora Responsible for the Fermentation of Chickpeas During the Production of Cypriot Traditional Bread, Arkatena. Laboratory based research.

## Publications

"Traditional Breads from Cyprus. The "Arkatena" was published in the book "Traditional European Breads - An Illustrative Compendium of Ancestral Knowledge and Cultural Heritage" by Springer Publishing, 2023

**Languages:** Greek (Mother Tongue), English (Fluent), a little Italian

**Personal Projects:** Launched my own meal preparation service and Christmas box assortments, featuring self-developed and 100% homemade products (e.g. labneh, granola, instant eggnog powder etc). Created and reformulated recipes catering for people with nut allergies while maintaining profile characteristics of original recipes (nut-free baklava)