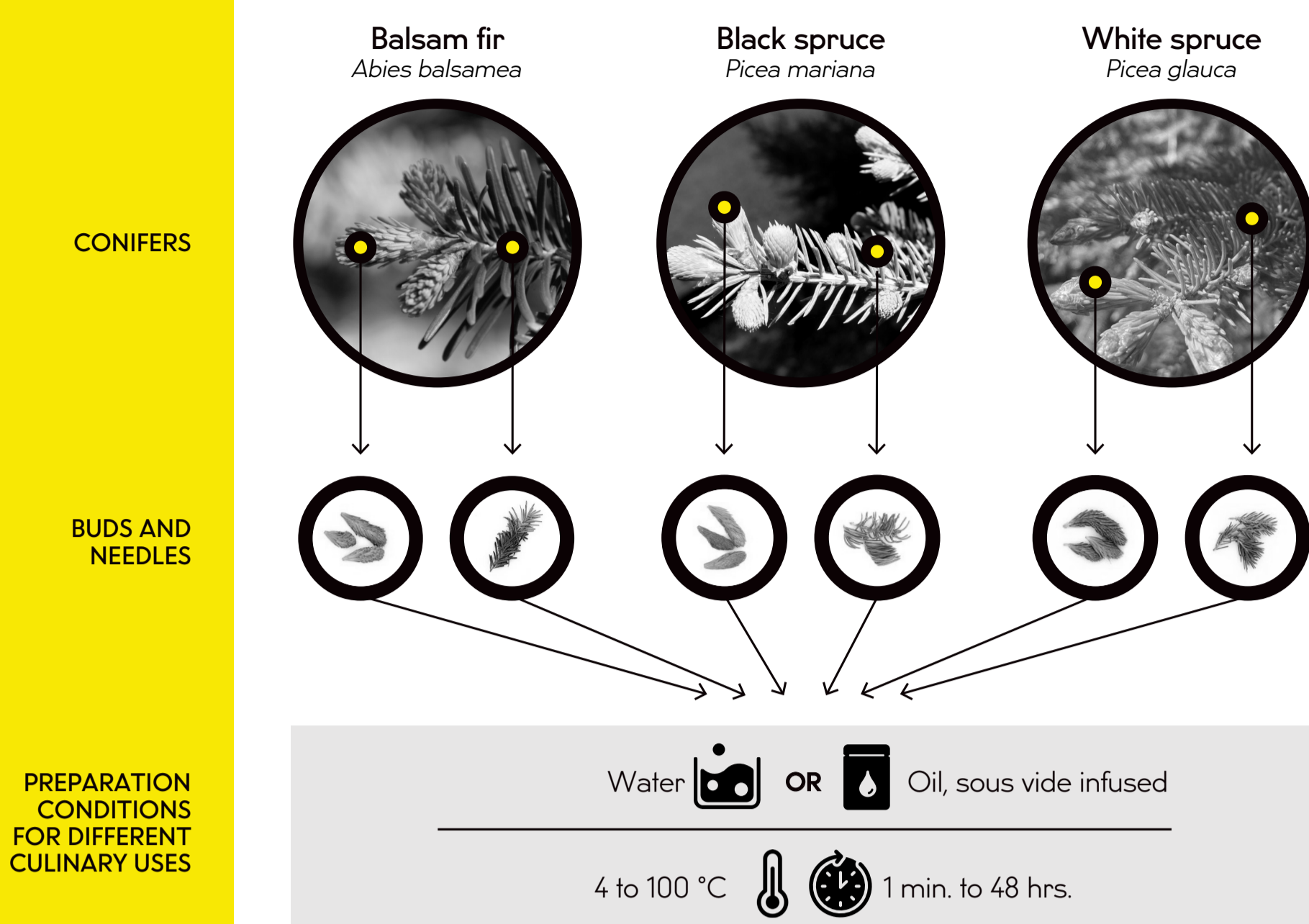


# CONIFERS AS FOREST AROMATICS IN COOKING

## Preparing conifer extracts for culinary uses



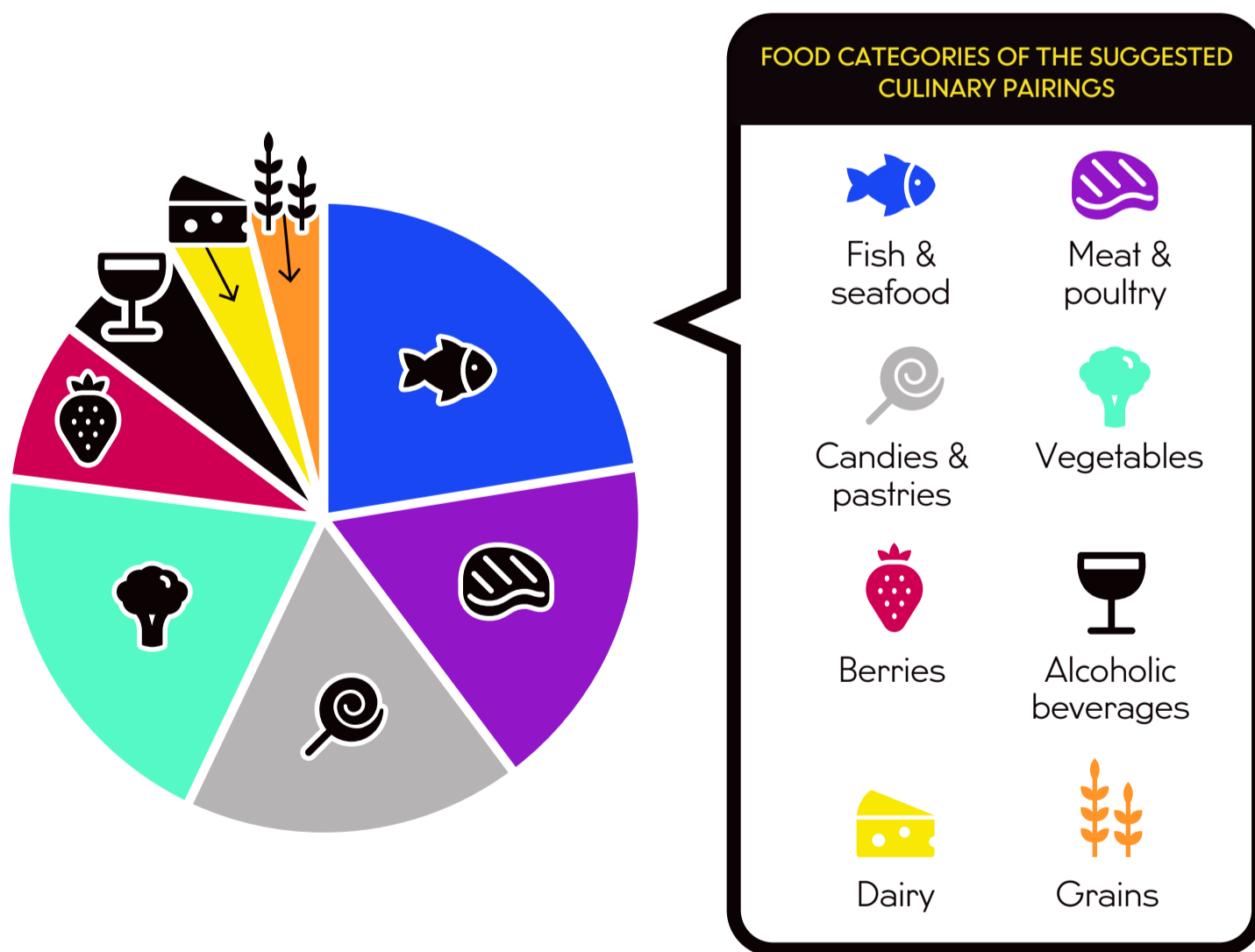
## Aromas and tastes in conifer extracts

Description given by culinary professionals



## Pairing conifer extracts with food

Spontaneous suggestions given by culinary professionals



- The sensory profile of conifer extracts varies depending on how they are prepared, the needle maturity, and the tree species.
- This information can be used to better apply conifers as forest aromatics for culinary uses.

To learn more, watch the video

# GastronomiQc Lab

### Research team

François Girard<sup>1,2,3</sup>, Master's Student  
 Afia Boumail<sup>1,4</sup>, Research Professional  
 Sylvie Turgeon<sup>1,2,3</sup>, Full Professor  
 Véronique Perreault<sup>1,3,4</sup>, Research Professor

### Contributors

Katherine Tanaka<sup>1,2,3</sup>, Research Professional  
 Michael Bom Frøst<sup>5</sup>, Associate Professor

<sup>1</sup>GastronomiQc Lab,  
<sup>2</sup>Faculty of Agriculture and Food Sciences, Department of Food Science, Université Laval,  
<sup>3</sup>Institute of Nutrition and Functional Foods (INAF),  
<sup>4</sup>Institut de tourisme et d'hôtellerie du Québec (ITHQ),  
<sup>5</sup>Department of Food Science, University of Copenhagen.