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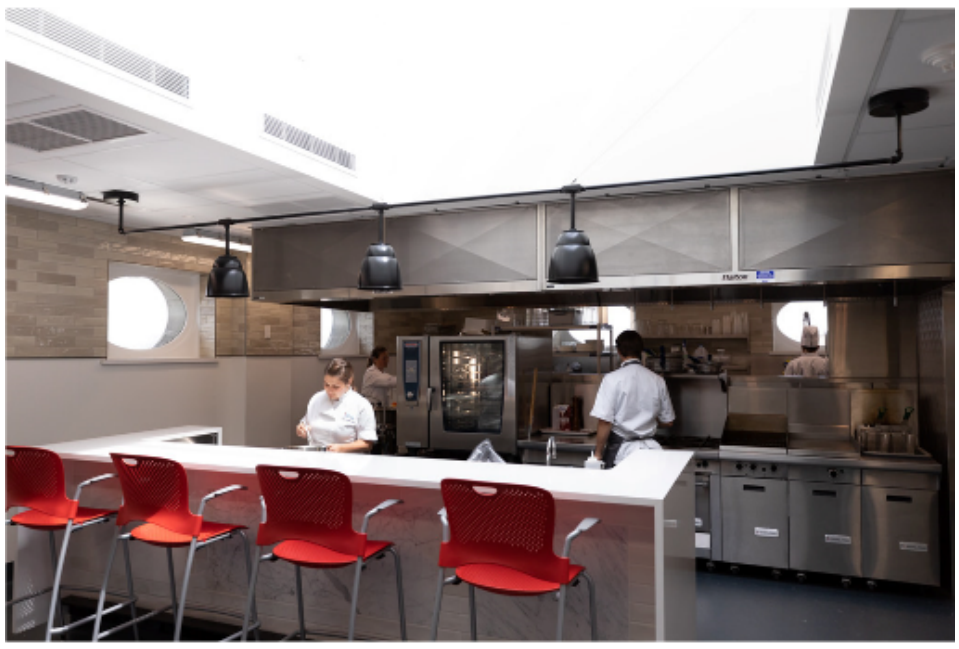
Prairie Research Kitchen (PRK)

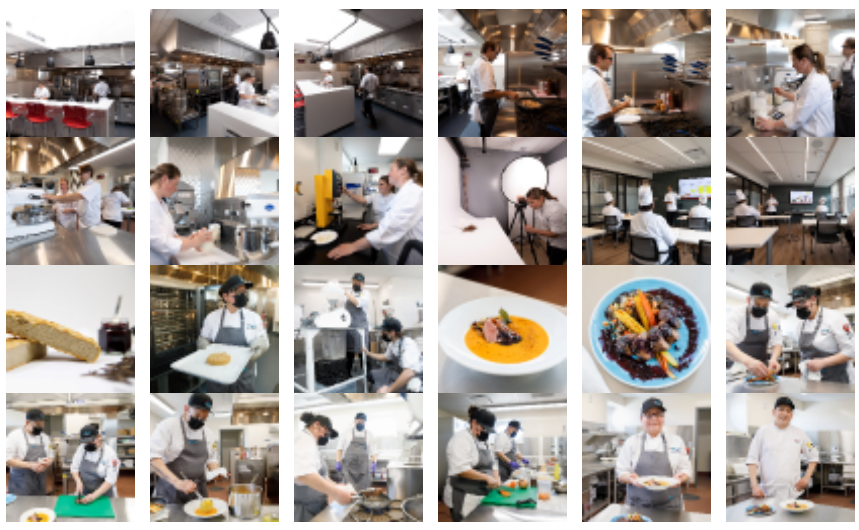
Red River College

Winnipeg, MB

ABOUT PRK

The Prairie Research Kitchen (PRK) at Red River College, brings together a unique blend of food science and culinary arts to find creative solutions to support Western Canadian food processors and food service providers through research and development, technical services, and training. Working with the PRK gives clients access to valuable in-house resources and the expertise of culinary instructors and researchers as well as students.





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RESEARCH AND INNOVATION EXPERTISE

EXPERTISE

1. Prototype Validation and Optimization
2. Process Optimization
3. Ingredient Utilization and Recipe Development
4. Food Styling and Photography

Previous Research Projects

- **Bump** - The Manitoba-based company worked with the PRK to create a 70-30 ground beef/plant-based protein blend. The product is geared for "flexitarians" - those who want to incorporate more plant-based protein, without fully elminating meat from their diet. Full story
- **Winnipeg Harvest** - A partnership between the Prairie Research Kitchen and Winnipeg Harvest, helped distribute 3,000 nutritious Hamper Healthy™ soups to vulnerable Manitobans. Students from RRC's Culinary Arts program worked alongside PRK's research team to create the dehydrated mixes in summer 2020. Full story
- **Prairie Fava** is a Manitoba-based company that has developed new applications for fava beans. Fava flour can be added to food products to increase fibre, protein and overall nutrition content. The company first worked with the PRK to develop a fava flour crouton. Full story
- **Spent Grain Miso** - In partnership with two brewers, Torque Brewing and Farmery, the Red River College Culinary Research Program explored the possibility of spent grains to create Miso, a traditional fermented bean or grain paste. Full story
- **The Prairie Plant Protein Project** - The Prairie Research Kitchen collaborated with the University of Manitoba's Department of Food and Human Nutritional Sciences, as well as the Food Development Centre — in partnership with funding from the Manitoba Pulse & Soybean Growers and Canadian Agricultural Partnerships — to build new, innovative ingredients and products using prairie plant protein sources like dry beans, soybeans and hemp in the project: *Development of value-added food platform technologies using plant-based protein sources including bean, soy and hemp*. The research led to novel applications of hemp, pulses, and soybeans and concluded with the development of a cookbook entitled: Pulse of the Prairies: A Culinary Celebration of Manitoba's Plant Proteins. Learn more