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## The Journal



# Mission Heirloom Café in Berkeley

## A new Gluten Free Paleo Diet with a twist



Bobby and Yrmis

June 1, 2014, Berkeley California;

About five years ago, Yrmis Barroeta learned she had two auto-immune disorders. Her husband, Bobby Chang, was having some digestive issues. Meanwhile, his daughter's energy would often crash before lunch.

"It's not that we were sick, but we were not functioning right," said Barroeta. "A friend of ours told us we have to read Robb Wolfe's 'The Paleo Solution: The Original Human Diet,' and that opened up a whole world of exploration for us."

It was no small thing, given that Chang is of Taiwanese descent and, to him, giving up rice was unthinkable. Growing up in Venezuela, Barroeta had long ago learned she was allergic to legumes. Yet, within two weeks of eating the Paleo way, in which grains, gluten and soy are avoided, they were feeling better.

That world of exploration led the two former design-world refugees — they both realized they wanted to do something more meaningful with



their lives — to launch Mission: Heirloom Garden Café, a business they hope will become a new fixture in North Berkeley’s Gourmet Ghetto when it opens in September. The name implies that it’s something worth passing down to future generations. And, while you are welcome to consider it a Paleo eatery, Barroeta says it’s much more than that.

“We don’t want to be making blanket statements,” she said. “One of our main goals here is supporting different people in their journeys.”

The Paleo diet recommends foods that mimic what our ancestors ate in a pre-agricultural, hunter-gatherer society, with no grains, legumes, dairy or refined sugars or oils.



Planning is everything says Bobby



The final Products will display in Oscartek’s finest equipment

Mission: Heirloom Garden Café plans to follow that course, making exceptions for wild rice and buckwheat — both are gluten-free — and unpasteurized milk, as not everyone is lactose-intolerant.

“The Paleo diet is a great stepping stone,” said Barroeta, “but there will be people who want to do more than that, and some for whom it is isn’t right.”

Barroeta and Chang are also hoping to cater to the parents of children with autism, as eating a clean diet is believed to help certain symptoms. They said they know firsthand that diet is not a one-size-fits-all affair.

When the group learned its neighbor at Berkeley Kitchens was a bagel-making outfit, it had a new ventilation duct installed to avoid cross-contamination, and a sign on the door warns those who enter to leave gluten products outside. Mission: Heirloom does its own laundry, as no East Bay restaurant laundry service offers an organic, no-bleach option (business idea alert!). The pots and pans are stainless steel with no aluminum.

The food the business sells for home use all comes in glass jars – since plastic can leach.

“Everybody has their allergies or dietary restrictions, and we wonder why menus are blanket statements, and restrictions are an afterthought,” said Barroeta. “We can avoid all of this and give someone a culinary adventure. We want this to be about what they can have, not what they cannot have, so they don’t feel what’s lacking.”

Mission: Heirloom will also serve breakfast and dessert, which are often sticking points for people on restrictive diets. Breakfast may include a Spanish tortilla, coconut milk and chia seed pudding with nuts and fruits, or a buckwheat porridge. Desserts may include a pistachio crumble, using dehydrated fruit for sweetness, and a non-dairy line of ice creams, made with a Pacojet, which turns foods into mousses without any dairy. While these methods have earned them “the Paleo molecular gastronomy place” label in the media, Barroeta just laughs about that, as molecular gastronomy requires chemicals that go against Mission: Heirloom’s “clean food” ethos.

While the group has received private funding thus far, it plans to go directly to customers to grow in the future.

“We are empowering regular people to invest in their food supply chain,” said Chang, “something that we normally don’t have access to.” Please visit <http://missionheirloom.com> and learn more.

# Slideshow: Top innovations from N.R.A. Show 2015

CHICAGO — Volcanic water, gluten-free whoopie pies and black bean spaghetti were among food and beverage products recognized at the National Restaurant Association Restaurant, Hotel-Motel Show held May 16-19 in Chicago. Showcasing the latest innovations and information about trends and growth opportunities in the industry, the annual event attracts more than 65,000 restaurant, food service and hospitality professionals.



Oscartek Booth NRA 2015

## Restaurant Industry Sales



Recipients of the Food and Beverage (FABI) Awards represent top industry trends, from gluten-free treats to customized craft beverages to plant-based protein. A panel of experts across commercial and non-commercial industry segments selected the FABI Award winners based on benefits offered to both restaurant operators and end consumers.

“From my vantage point as both an owner and a chef, I find this year’s FABI Award winners incredibly exciting,” said John C. Metz, convention chair for N.R.A. Show 2015 and chief executive officer, executive chef and co-founder of Marlow’s Tavern, Aqua Blue and Sterling Spoon Culinary Management. “Our industry feels a continuous drive to innovate, to stay on trend and to deliver on guest satisfaction, and this year’s FABI Awards showcase the companies and innovators that help chefs and food service operators deliver on that promise to our guests. These products provide opportunities to answer consumer demands, advance menu development and improve efficiencies for virtually any operation — and serve as a guide to the must-see exhibitors at N.R.A. Show 2015.



[Click for a slideshow of the 2015 FABI Award winners.](http://www.foodbusinessnews.net/Resources/Slideshow/2015/5/Food%20and%20Beverage%20Awards%202015/Atlanta%20Corp.aspx?TipID=0)

<http://www.foodbusinessnews.net/Resources/Slideshow/2015/5/Food%20and%20Beverage%20Awards%202015/Atlanta%20Corp.aspx?TipID=0>

## A prototype refrigeration system that uses direct sunlight.

May 28, 2015 ; A group of final-year Mechanical Engineering students of the Sree Chithra Tirunal College of Engineering in India have developed a prototype refrigeration system using direct sunlight without converting it into electricity, by using solar panels.

According to the students, the system, which was developed as part of their final-year project, does not use a solar panel, instead uses a parabolic-shaped solar concentrator made of stainless steel to concentrate the heat.



“This method is much cheaper compared to solar panel. In conventional system, a compressor driven by electricity is used to pump the refrigerant and then a solar panel converts solar energy into electrical energy. This drives a compressor that has lesser efficiency owing to loss of power during conversion. To overcome the maximum possible heat loss, we integrated a component called heat pipe that provides effective heat transfer from the parabolic concentrator. Another component, known as adsorbent bed, receives the heat from heat pipe. The carbon inside the bed absorbs the refrigerant (methanol) when it is at low temperature and releases it at high temperature. This pressure is used to run the system,” K. Krishna Raj, one of the members of the team, says. The students said that the results of the experiment showed that its cooling efficiency was same as any normal refrigerator.

It works says Krishna

The other members in the team were M. Sankarlal, K. Naseer, and S.L. Shisin was involved. Baiju V., Assistant Professor in Mechanical Engineering at the college, was the project guide.



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