

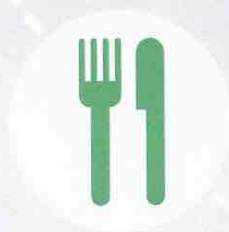
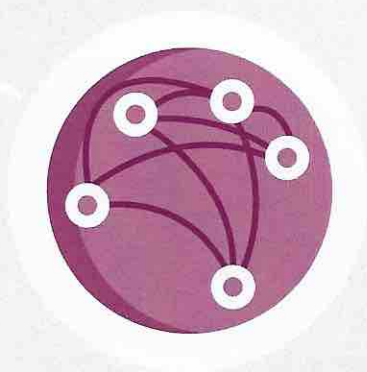
# FOOD FOR THOUGHT

RESEARCHERS & RECIPES  
FROM AROUND THE WORLD

A collaboration between University of Bristol, BNHC and the University of the West of England, Bristol Bright Night is part of the prestigious annual Europe-wide Researchers' Night programme. European Researchers' Night (ERN) is funded by the EU Commission.

The event brings research to the city to inspire and engage the public. For the second year running, and in celebration of the ERN's 10th anniversary, the University of Bristol is holding a series of interactive activities, live demonstrations, exhibitions and a chance to meet many of our researchers.

This recipe book, 'Food for Thought', aims to give a taste of the impact international researchers have on the University, and the city. Our Marie Curie Fellows bring research excellence in their work, but they also offer different cultural perspectives and help to create a rich learning environment. Food is an essential part of culture, and sharing these recipes tells us a little more about the people behind the lab coats. Thank you to everyone who has taken part in this book; we hope you enjoy it.





# FOOD FOR THOUGHT

## RESEARCHERS & RECIPES FROM AROUND THE WORLD

**'There is no one set route to enjoy a career in research. As these Marie Curie Fellows show, one person's recipe for success may look very different from the next.'**

**On Bristol Bright Night I am pleased to introduce this collection of recipes from our fellows working at the University. Spanning the globe, from Vietnam to Italy and Greece to Sweden, they have come here to work on projects around electronics, genomics and more.**

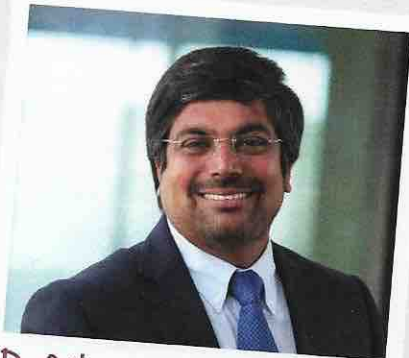
**Research, and its significant social impact, is of the utmost importance to the University. We are proud to support the projects highlighted in this publication.**

**Taking part in European Researchers' Night offers the public a unique opportunity to meet with our researchers and to take part in engaging activities designed to educate and inspire.**

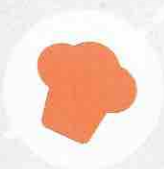
**Bristol is well placed to demonstrate the fascination of research as a career. I hope to welcome many more fellows to join us in years to come.**

**Thank you to everyone who has helped to make this night such a success'**

Professor Nishan Canagarajah,  
Pro Vice-Chancellor,  
University of Bristol



*Prof Nishan Canagarajah*





## MY RESEARCH



### Adaptation to life on land of chelicerates

Animals have marine origins and only three lineages have adapted to life on land. These groups are the vertebrates (e.g. reptiles, mammals), molluscs (e.g. land snails, slugs) and the arthropods (e.g. insects, spiders). The water-to-land transition is referred as terrestrialisation, and is an extreme case of adaptation to a new environment.

My research will focus on the arthropod lineage, and specifically in one of the groups that conform it, the chelicerates (e.g. spiders, scorpions, mites). Chelicerates contains marine and land representatives as well as abundant terrestrial fossil record. I will combine the genomic and fossil information of these organisms to study the modifications that allowed marine chelicerates to adapt to life on land.

## A RECIPE FOR RESEARCH



### Ingredients

- One high school lab project
- 400g Biology at the Autonomous University of Barcelona
- A sprinkle of evolutionary biology through the Erasmus program
- 1 year working as a technician in a university microscopy service
- 1 healthy and exciting life



## THE CHEF



**Jesus Lozano Fernandez**  
Marie Curie Researcher,  
School of Biological Sciences

### Method

1. Bake in the University of Barcelona at Masters level to become a researcher in Biodiversity.
2. Once cooled, consolidate research interests through a PhD about the evolution of insect metamorphosis in the Institute of Evolutionary Biology of Barcelona.
3. Add a masters in Economics and Business Administration for extra flavour.
4. The final product is served with an European Marie Skłodowska-Curie fellowship to study the adaptation to life on land of chelicerates.

### Chefs Tip!

Enjoy each ingredient of your path and envision the final product!





## Traditional Catalan soup and stew (Escudella i carn d'olla)

**Serves 6**

### Ingredients

- 500g hock of lamb
- 300g of pig's ear or cheek
- 300g of potatoes
- 300g of chicken
- 200g black butifarra (Catalan sausage)
- 150g chickpeas (soaked overnight)
- 100g of fatty bacon
- 100g of lean pork
- 100g of large noodles
- 4 beef bones
- 3 cloves of garlic, finely chopped
- 2 eggs
- 1 piece of bread soaked in milk
- 1 sprig of parsley, finely chopped
- 1 stick of celery
- 1 pig's trotter
- 1 cabbage
- 1 carrot
- 1 onion
- 1 turnip
- Salt

### Method

1. Put the lamb, chicken, bacon, beef bones, pig's ear, cheek and trotter into a pot, all well covered with water, and place it on the heat.
2. After an hour add the salt, chickpeas, chopped turnip, carrot and onion, the butifarra and the celery. Keep an eye on the meat so you can remove it when it is perfectly cooked.
3. Put the lean pork, bacon, garlic, parsley and bread through the mincing machine. Then add the eggs and a pinch of salt and mix together. Prepare some balls with the resulting mixture and add them to the cooking soup.
4. Once the meat is ready, take it out of the pot and strain off a little stock into another receptacle where you cook the potato and cabbage. When this is cooked, take out the ingredients and use the stock to boil the noodles.
5. First serve the soup and then add the meat and vegetables on a serving dish.



*Jesus' traditional Catalan soup*

