

#### **EXECUTIVE SUMMARY**

How to serve more with less is the big ask of chefs today. Diners are hungrier than ever for unforgettable dining experiences — delicious food, drinks and entertainment. However, the ability to satisfy these demands is getting tougher as the price of ingredients, labor shortages and the cost of doing business continue to soar. This requires doing things in a new way to deliver top dishes that excite, with chefs' creative skills still at the core. Staying on top of menu trends is key but it's a big undertaking, particularly in this digitally-inspired world where trends on social media develop and decline at lightning speed.

That's where the UFS Future Menus 2024 Food Trends report comes in. Countless hours of detailed research by experts in the foodservice industry, coupled with input from more than 1,600 chefs in 21 countries across the globe, have gone into identifying the biggest menu trends. A lot has changed in the 12 months since the inaugural edition was published. Information on the trends has been refined and updated.

Unilever Food Solutions









#Prepped for tomorrow at ufs.com

We see evolution in all the trends but three are growing at pace.

- Flavor Shock is about having a respectful disrespect for familiar flavors by tearing up the rule book and delivering on diners' raw excitement for exploding experiences. They want wild fusion, chaos cooking and a no-holds-barred approach to the dishes they see on the menu.
- The **Plant-Powered Protein** trend offers a big opportunity to satisfy guests' hunger for chef-created and chef-inspired dishes in this space. People are seeking new culinary experiences that revolve around plant-rich proteins such as beans, pulses, legumes and vegetables.
- 2 Local Abundance is about celebrating local produce and staying close to nature. Over three quarters (77%) of Gen Z diners and 70% of Baby Boomers are willing to pay more for dishes with locally sourced ingredients.

Meanwhile, a big space remains at the table for two other popular trends – Low-Waste Menus and Irresistible Vegetables. Both are highly relevant for today's high-cost environment and the big shift towards flexitarianism. In fact, 42% of diners are now flexitarian, representing one of the fastest growing dietary trends today.

- 4 Low-Waste Menus: maximizing resources through creativity.
  Research tells us increasing profitability is the main reason why chefs embrace this trend, while 54% do so to be more sustainable.
- of all chefs see this trend as a way to offer new and interesting dishes. It's also a tasty way to attract new diners and stand out from the competition. More inspiration is the order of the day and is provided in this report.
- 6 Modernized Comfort Food: continues to meet demand for classics with a twist and delivers authentic dishes.
- 7 **Feel-Good Food:** exploring new cuisines to satisfy the appetite for wholesome dining.
- 8 **The New Sharing** is about attracting more guests to enjoy bonding over food that's good for the soul.

So what now? It's time to put the trends into action. Incorporating them into menus is simple and just a few clicks away, thanks to the report's user-friendly design -useful resources like recipes, techniques, and tips are provided along with links to short online demos and trainings, further dish inspiration, ingredients, UFS product hacks, and cost-efficient applications. Dive in!

FUTURE MENUS 2024



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#### Recipe Key:



#### Plant-Forward Recipe:

Recipes with at least 80% ingredients from plant sources.



#### Time-Saving Recipe



#### **Recipe Contains Allergens**

All the recipes have been developed considering the nutritional quality of ingredients through better techniques and/or alternatives wherever possible.

Costs per portion were estimated by local chefs and converted into euros. Note that with unpredictable price fluctuations, these costs may vary.



#### **FOREWORD**

Words by
Chef Kees van Erp,
Global Executive Chef,
Unilever Food Solutions

Menus keep evolving – that's why Future Menus supports you in responding to Gen–Z and Millennial diners' preference for unique culinary experiences. At Unilever Food Solutions (UFS), we're committed to helping you stay ahead of the culinary curve. This new edition is packed with solutions to some of the biggest challenges facing our industry today – from shifting diner behavior and skilled labor shortages to inflating food costs and environmental impact on the global supply chain.

Inside, you'll find tips from top UFS chefs on how to create tasty and trendy dishes that not only look great on the plate but also on the balance sheet. There are also insightful stories about flexitarianism, menu streamlining, and artificial intelligence in restaurants.

We understand that for many chefs and restaurateurs the coming seasons are unpredictable. But with Future Menus you'll discover new ways to get inspired, develop strategies and thrive. Together with over 250 professional UFS chefs around the globe, we can help you get prepped for tomorrow.



#Prepped for tomorrow

TURE MENUS 2024





HOW Gen-Z DINERS Chef Joanne Limoanco-Gendrano ARE CREATING GREATER DEMAND FOR Unique CULINARY EXPERIENCES

We find ourselves in an era that is starting to be shaped by Gen-Z diners. Their directness stems from their meticulous online research. Its members are swift in sizing up their experiences, making them quick to decide if something resonates with them, or otherwise pivot to the next enticing offer.

"Gen-Z want to know the human story behind the food."

"Next-level condiments" is the fastest growing topic in Google searches for this trend.

With their remarkable proficiency in tech, Gen-Z demands the same level of flexibility when it comes to their dining experiences. Convenience is paramount, which prompted the surge in restaurants' expansion to provide takeout options. As a result, innovative food packaging strategies continue to emerge.

Food brands featured on delivery apps have also taken cues from their online behaviour, as they continuously expand their reach even to the point of making niche brands from abroad available locally through ghost kitchen operations or pop ups.

This generation seeks not only the restaurant's brand name but also the individuals behind these unique food experiences. Similar to millennials, Gen-Z diners want to know the story behind the food, but with a twist: chefs now aren't expected to reach celebrity status

for guaranteed patronage but rather they must attain an influencer-level presence which allows them to be perceived as more approachable, adding more credibility to their affiliated restaurants.

Despite the wealth of available technology and services, the rising cost of goods and operations are challenging future investments. While adapting to this generation's needs is crucial, maintaining a robust social media presence and upholding food quality still remain the most costeffective and compelling means to continuously attract and retain customers from any generation.



10 FLAVOR SHOCK

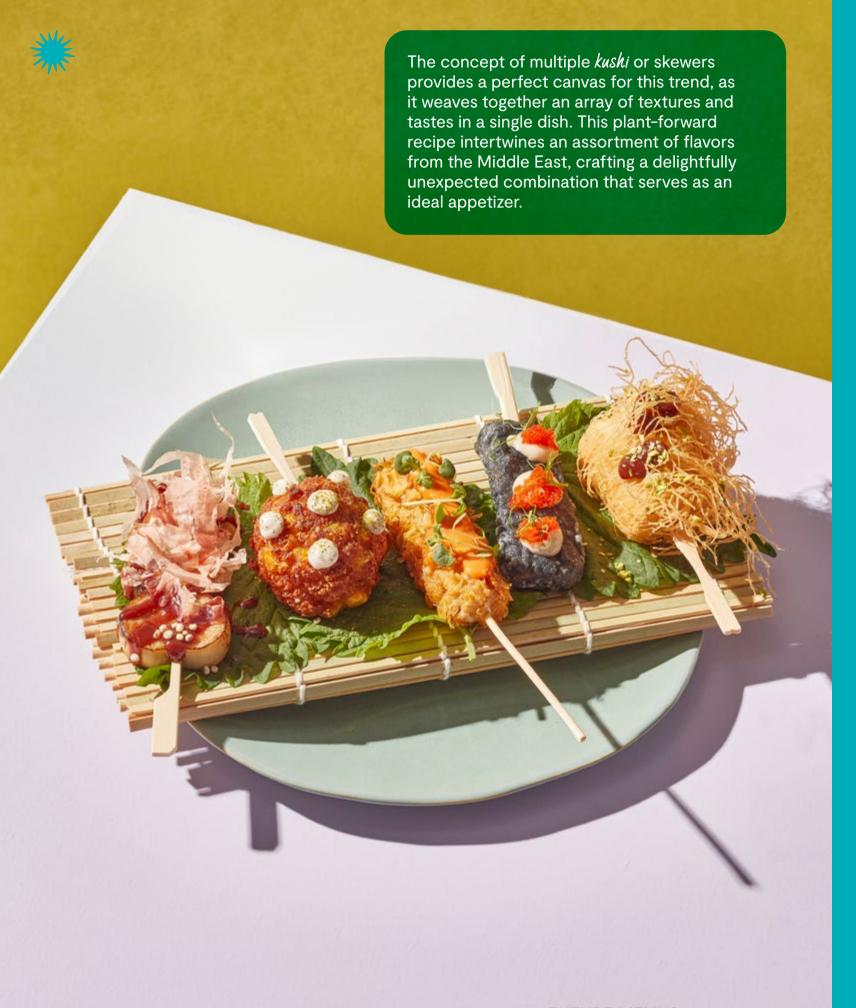


#### Salsa verde Encacahuatado The key ingredients of this green Similar to a mole, the main sauce are garlic, onion, Serrano ingredients in this recipe are peppers, and coriander. peanut and pumpkin seeds, with some added spice from Guajillo and Chipotle chillies. Salsa poblana Mild green poblano chillies, originally grown in the Mexican state of Puebla, Salsa roja are roasted or fried to make this sauce, This red sauce forms part of which is delicious with chicken or pasta. Chilaquiles, a popular breakfast dish of fried corn tortillas, but you can also use it for tacos. Mole rosa **MEXICAN** Dried chipotle, rose petals and spices **Chef Carlos Venegas, Mexico SAUCE IDEAS** including cloves, cumin and cinnamon are Words by used in this sauce, which accompanies pork, FOR MODERN BURGERS, Ryan Cahill chicken, fish, and octopus. PASTA, CHICKEN, For more Mexican recipe ideas, **AND MORE** visit unileverfoodsolutions.com.mx

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**FUTURE MENUS 2024** 

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# SKEWER PLATE

Chef Joanne Limoanco-Gendrano, Arabia @ @hellochefjo

For Casual Independent Restaurants

Cost (R) per portion: 3-4



#### **Ingredients (Serves 10)**

#### **Batter**

2250ml water

18g xanthan gum

15g Knorr Aromat Original

450g rice flour

450g tapioca flour

#### **Vegetables**

1000g eggplant, peeled and sliced into 3" segments (1cm thick)

1000g king oyster mushrooms, sliced into 1" segments horizontally, scored

50g Knorr Aromat Original

30g coriander powder

#### **Miso Glaze**

100g white miso paste

200ml honey/molasses

water, as needed

#### Chili Hollandaise

250g Knorr Professional Hollandaise Sauce

90g Knorr Professional Sweet Chilli Sauce

30g chili paste water, as needed

#### **Tahini Dressing**

200g Hellmann's Tangy Mayonnaise

100g tahini

10g garlic cloves

2g ground pepper

1g salt

15g lemon juice 30ml cold water For more ingredients see Appendix.



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HELLMANNS

FUTURE MENUS 2024 FLAVOR SHOCK 15



#### **Method**

#### **Batter**

- To make the batter, place the water in a deep bowl. Use a hand blender to blend the water and add the xanthan gum while the equipment is running.
- Whisk in the Knorr Aromat Original, rice, and tapioca flour. Batter can be stored in the chiller until ready to use.

#### **Vegetables**

- Place the eggplant and mushrooms on separate trays.
- Season with Knorr Aromat Original, coriander powder, and pepper. Set aside until ready to use.

#### Miso Glaze

- Combine all ingredients in a saucepan. Heat to dissolve the miso.
- Taste and adjust seasoning.
   Add water to thin out as needed.

#### Chili Hollandaise

- Combine the ingredients together in a blender.
- · Add a small amount of water if necessary.
- Place in a squeeze bottle or piping bag, chill until ready to use.

#### **Tahini Dressing**

- Combine the ingredients together in a blender.
- Place in a squeeze bottle or piping bag, chill until ready to use.

#### **Tofu Kataifii**

- Preheat the oil to 180°C.
- Season the diced tofu with Knorr Aromat Original, pepper, and coriander powder.
- Dip each seasoned, diced tofu with batter and coat with the kataifi strands.
- Deep-fry for 3-4 mins until golden brown and crispy.
- · Place over a rack to drain off excess oil.
- Drizzle with miso date. Sprinkle with pistachio powder before serving.

#### **Black Eggplant Kushiage with Tahini**

- Preheat the oil to 180°C.
- Whisk together the charcoal powder and the batter.
- Coat each eggplant with batter. Deep-fry for 3-4 mins until the eggplant is crispy.
- Place over a rack to drain off excess oil.
- Pipe the tahini dressing on the surface of the fried eggplant. Garnish with micro herbs and chives.

"Operators aim to differentiate their menus with unique flavor combinations and interactive dining experiences. This is especially challenging when creating plantforward dishes for a market that predominantly prefers meat."

Chef Joanne Limoanco-Gendrano



#### King Mushroom "Scallops"

- Skewer the scored and marinated mushrooms using bamboo sticks.
- · Grill over medium heat.
- Take off the fire and brush with the miso date glaze.
- To serve, sprinkle each mushroom skewer with fried quinoa and bonito flakes.

#### **Lime Chili Dust**

- Place all ingredients in a bowl. Dry whisk to evenly combine.
- Place in an airtight container.

#### **Corn Bomb**

- Preheat oil to 170°C.
- Combine the baking powder, cornstarch, and tapioca flour in a bowl. Dry whisk to combine.
- Combine the corn, Knorr Aromat Original, pepper, dried mango and grated cheese in a bowl. Start by adding half of the dry mix to coat the corn.
- Combine the other half of the dry mix with a small amount of water. Mix well until it resembles a thick slurry. Gradually add the wet batter sparingly to the corn mixture to make it sticky. Use your hands to form a disc (2-3cm diameter) or use a falafel press. Immediately drop the mixture into the pan and deep-fry until crisp and golden brown.
- Heat oil to 175°C. Form the corn mixture into balls and insert a cube of the cheese in the middle. You can set the corn bombs in the chiller before frying.
- Fry the corn bombs. Set them over a rack. Drizzle with Hellmann's Vegan Mayonnaise and sprinkle with the kaffir spice powder before serving.

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# A LOCAL ABUNDANCE



# Celebrating Local

Whether it's in the kitchen, among your customers or with business owners in the local area, the ability to embrace and celebrate **community** is at the heart of all successful restaurants.

If you're yet to establish your love of local, it's time to start building relationships with the farmers and growers near you. Combining two or more traditional components using local ingredients is a great way to create something new that looks refreshing on a plate.

The local links you cultivate will help you to create seasonal and local dishes that **excite** and **invigorate** the tastebuds of your diners. Home is where the heart is, after all!





CEO of Kitchen Haus Group,
Patrick Chan

@ @patbing11

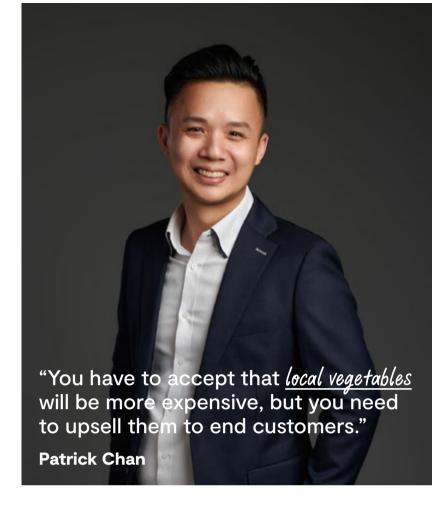
Words by **David Wright** 

When we think of fresh produce, a picture of a farmland bursting with vibrant fruits and vegetables springs to mind. It's a powerful image and supporting a local farmer can benefit everyone... if you go about it the right way.

Patrick Chan is CEO of Kitchen Haus Group, one of the pioneers of the Singapore Food Agency's Farm-to-Table award which recognizes local F&B enterprises that incorporate a minimum of 15% of purchase that is derived from local produce. It's an initiative that proves that local supply chains can work on a larger scale. "We have been partners with Unilever Food Solutions through local distributors dating back 10 years," he explains. "And in June 2023, we launched a fully plant-based, local farm produce catering menu."

Patrick reveals that, "we do our own rooftop urban farming with our joint venture with Metro Farm, of up to 40,000 sq ft. Our partnership with a reputable local farm enables us to access economically-priced local produce such as nai bai, kai lan, kale, basil, etc." By deploying more local farm vegetables and fish, Kitchen Haus Group is able to reduce its carbon footprint as food sources do not need to travel as far to the central kitchens.

Knowing the provenance of food and the story behind it allows your customer to know that you care about your region, and that you pay attention to detail in all aspects of your operation. The way you celebrate and tell the stories of these special elements can be the difference between building long-lasting customer loyalty and just paying more for a carrot. As Chan puts it, "You have to accept that local vegetables will be more expensive, but you need to upsell them to end customers."



77% of Gen-Z are willing to pay more for locally sourced food<sup>2</sup>

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# FIERY SCALLOPS IN SWEET AND SPICY SAUCE

Chef Philip Li, People's Republic of China

For Casual Independent Restaurants

Cost (R) per portion: 1-2



#### **Ingredients (Serves 10)**

#### **Deep-Fried Scallops**

200g big scallops, around 10 pcs, trimmed

10g dry cornstarch

vegetable oil, for deep-frying, as needed

200g comb batter

400g Knorr Professional Prego Sauce

10g vinegar caviar

#### **Comb Batter**

120g rice flour

30g Knorr Professional Chicken Stock Granules

200g chickpea flour 16g baking powder 8g baking soda

300g iced water

200g vegetable oil

20g dry white wine

#### **Sweet and Spicy Sauce**

30g granulated brown sugar

50g vegetable oil

20g chili paste 40g pork, minced

40g garlic, minced

10g ginger, minced

10g spring onions, chopped

20g dry white wine

80g water

15g Chinese rice vinegar

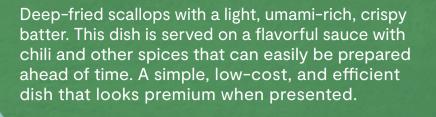
5g Knorr Professional Chicken

Stock Granules
10g wet starch

80g Knorr Professional Prego Sauce

50g Jasmine Rice/ sushi rice











#### Method

#### **Comb Batter**

- Mix the flour, chickpea flour, baking powder, baking soda, iced water, dry white wine, and Knorr Professional Chicken Stock Granules.
- · Add oil slowly and mix well.
- Chill for 2 hours.

#### **Sweet and Spicy Sauce**

- Pan-fry the minced pork until golden brown. Add chili paste, garlic, ginger, and spring onions.
- Combine all the condiments in a pan then cook for 2 mins. Add wet starch and stir until smooth.

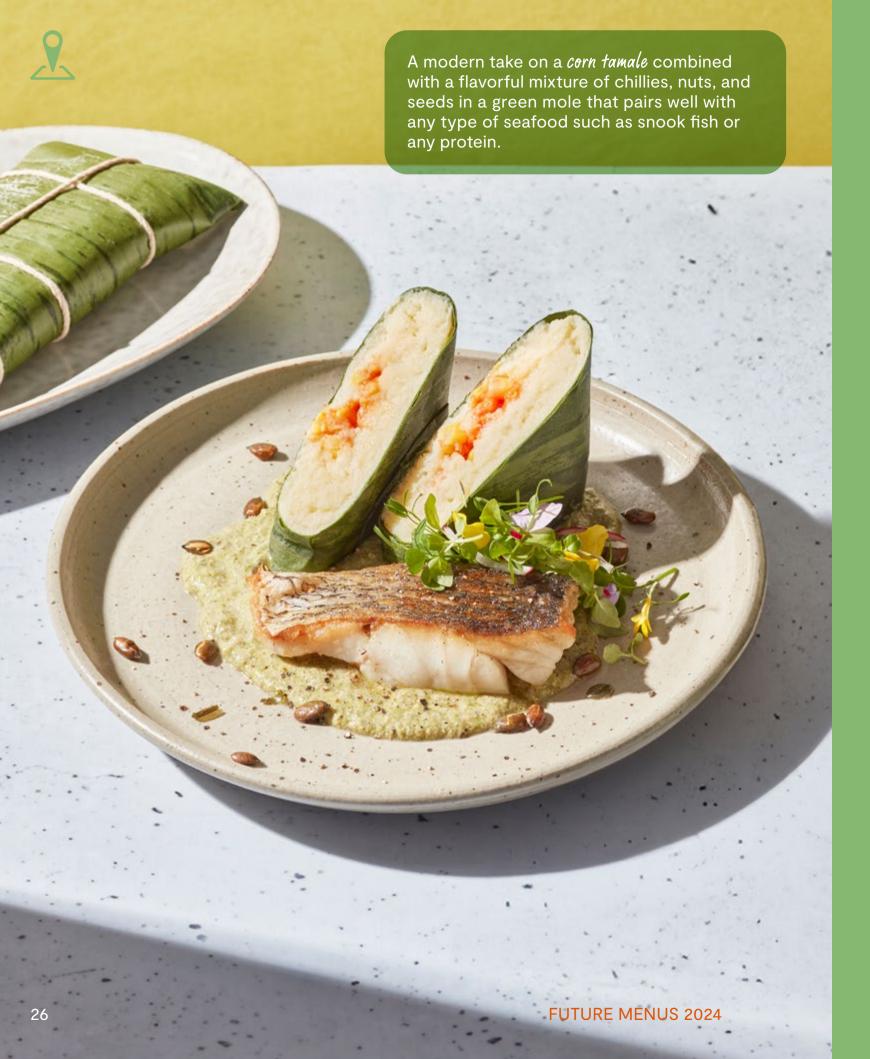
#### **Deep-Fried Scallops**

- Trim and clean the scallops. Dry with a paper towel.
- Refrigerate for 1 hour.
- Coat the scallops with dry starch first and then dip in the comb batter.
- Deep-fry in a 170°C oil for about 30 seconds until golden brown and crisp.
- Place on top of the Knorr Professional Prego Sauce.
- Garnish with some organic leaf and vinegar caviar.

#### **For Central Production Kitchens:**

The sweet and spicy sauce can be prepared in bulk and stored frozen. The batter can also be a dry pre-mix then liquid can be added later in the restaurant.





# **SEA BASS IN GREEN SAUCE**

WITH POTATO AND GREEN TAMALE

Chef Andres Cardona, Colombia ② @andres\_chef\_ufs

For Casual Independent & Chain Restaurants

Cost (R) per portion: 7-9

#### **Ingredients (Serves 10)**

#### **Mexican Green Sauce Potato Wrap**

150g pumpkin seed

5g fresh coriander

50g jalapeño

5g cinnamon, ground

400g green pepper/ green tomato

30g Knorr **Professional Chicken Stock Granules** 

5g black peppercorns, crushed

150g white onion

15g garlic cloves

70g butter

3g bay leaf

125ml Knorr **Professional** Hollandaise Sauce

170g Knorr **Professional** Mash Flakes

120g corn flour

300g creamed corn

250g Knorr **Professional** Prego Sauce

30g Knorr Professional Chicken **Stock Granules** 

1000g water

7-9 pcs steamed cabbage leaves

#### **Assembly**

1,5kg sea bass

800g potato wrap

5g green sauce

50g pumpkin seed

edible flowers, as needed (garnish)

beet sprouts, as needed (garnish)









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#### Seabass cont'd



#### **Tips and Substitutions**

- You can substitute cilantro for epazote.
- You can replace serrano pepper with jalapeño and reduce the amount by 30%.
- Roast on the griddle or in a very hot frying pan without using oil.

#### **Method**

#### **Green Sauce**

- · Wash all the fresh ingredients.
- Peel the garlic cloves and dice the onions.
- Add the green pepper/green tomato, garlic, onion, and chillies to a dry pan over high heat. Char and set aside.
- Using the same pan, add the pumpkin seeds, black pepper, cinnamon, bay leaf, and cloves. Roast the spices until aromatic.
- Place all the roasted ingredients in a blender.
   Add the Knorr Professional Chicken Stock
   Granules and coriander. Blend the mixture until just chunky.
- In a saucepan, heat up the pork fat.
   Add the blended mixture then let it cook for 5 mins. Set aside.

#### Robalo

- Season the sea bass with salt and pepper.
   Sear the fillets on both sides then finish the cooking in a preheated oven at 140°C for 5 mins.
- Plate the green sauce and Pipian Verde then place the fish on top.
- Cut the tamale diagonally and place it next to the fish.
- Garnish with sprouts and flowers.
   Sprinkle some pumpkin seeds over.

#### Tamale de Papa

- · Wash all the fresh ingredients.
- In a saucepan, boil the water, butter and **Knorr Professional Chicken Stock Granules**. Turn off the heat and add corn flour and **Knorr Professional Mash Flakes**. Mix until a soft dough is formed. Set aside.
- Using a pan with 10g of butter, sauté the corn kernels, then add the Knorr Professional Prego Sauce. Cook until the corn is smooth.
- Take a portion of the dough, 150g. Form a cup shape then fill it with the corn mixture.
   Seal the dough then place it on the softened cabbage leaves.
- Wrap the "tamale" with the leaves in a square shape then secure by placing the folded side down. Place it on a steamer for 35 mins. Set aside.









# HOW TO GET Creative WITH WASTE

"Waste" has always been a dirty word when it comes to food. Specifically, it conjures up images of rotting vegetable offcuts piled up at the bottom of the bin. In recent years, buzzwords like "upcycled" and "ugly foods" have helped to shift the negative narrative surrounding food waste, and chefs are embracing the idea of getting creative with would-be waste.

"Anything that you don't throw into the bin is going to translate to dollars on the plate."

of all food produced globally goes to waste<sup>3</sup>



With the cost of produce rising year-on-year, it's never been more important to make use of every last edible part of the ingredients we use. This is something Brandon Collins, Executive Chef for UFS North America, is passionate about. "Anything that you don't throw into the bin is going to translate to dollars on the plate," he explains. "Utilising would-be waste provides excitement for customers and also forces us chefs to be more creative and adventurous."

"One of the very first ways that I got into utilizing waste was thinking about the things that I knew were edible," Brandon shares. "Cores of cauliflower, broccoli stems, mundane things that we often throw out can be turned into soups. Or perhaps take those stems and slice and pickle them."

Brandon adds, "One of the things that I've done with banana peels is dice them really small, mix them with vinegar, sugar and a little bit of jalapeño and then use it over oysters. It became a cool mignonette sauce. Super simple, but it brought that beautiful fruitiness of the banana out."

**Chef Brandon Collins offers five** tips on how to start your food upcycling journey.

Find the Perfect Pickle Brine

My top tip is to find a pickle brine that you love. Once you have a universal brine, you can pickle anything. You can ferment or pickle garlic, you can pickle cabbage, eggs, whatever you want!

**Do Your Research** 

One of my go-to books is Surplus: The Food Waste Guide for Chefs by Vojtech Végh. It's amazing and full of useful information.

(3) **Eat Global** 

> There are so many cuisines that are based on fermented food, preserved food or the utilization of waste. So start exploring!

**Look to the Past** 

If you look at historic recipes, they utilize everything. Looking back into the past can help propel us into the future and inspire us.

**Rethink Waste** 

Look at what you throw in the bin, or what you traditionally remove from an item and ask yourself if you actually have to remove it. Do I have to peel that carrot? Do I have to peel that banana? Are these things necessary for creating the dish or the flavor profile that I'm looking for? Nine times out of ten, leaving it on actually creates a better dish.

**FUTURE MENUS 2024 LOW-WASTE MENUS** 32 33



#### LESS IS MORE:

THE BENEFITS OF A SMALLER MENU

Chef Audrey Crone

Words by **Herman Clay** 

An increasing number of chefs and restaurateurs are realising the importance of data-driven decision making, especially in the face of challenges such as staff shortages. One effective strategy that is gaining momentum is the implementation of smaller menus.

It might seem counterintuitive, but simplifying it can help businesses look after the bottom line while ensuring the customer feels there is great choice on a smaller menu. And it's equally rewarding for those doing

the actual cooking. "Having a smaller menu gives chefs more freedom to explore their creativity without having to compromise on quality or consistency," says Audrey Crone, Executive Chef of UFS Ireland.

Embracing the concept of a smaller menu can also lead to cost savings and a more sustainable operation. Audrey explains: "If you have a carefully curated, condensed menu, it makes it easier to manage inventory and minimize the amount of perishable items that go to waste."

Enabling restaurants to optimize their pricing and profit margins is a big part of the appeal of smaller menus. But for Audrey, it all comes back to ensuring greater quality and consistency. "If you're able to reduce the amount of ingredients coming in the back door, then ultimately you're in a better position to deliver great food."

**70%** of operators believe this trend is set to grow 4

For more information about this tool, click here.

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# DETROIT-STYLE FOCACCIA

WITH CHORIZO, CARROT AIOLI, CARROT TOP PESTO AND CONFIT GARLIC CREAM

Chef Brandon Collins, North America

© @chefbrandonc

For Casual Full-Service Restaurants

Cost (R) per portion: 3-4

**Ingredients (Serves 4)** 

#### **Carrot Aioli**

250g Hellmann's Original Mayonnaise

250g orange carrots, tops removed, rinsed, and reserved

30g Knorr Professional Peri-Peri Sauce

30g white wine vinegar

10g Knorr Aromat Original

#### **Carrot Top Pesto**

240g carrot tops, blanched

120g spinach, blanched

zest from 1 pc lemon

60g olive oil

56ml canola or mild oil

1 pc avocado

225g parmesan grated, reserve the rind

5g Knorr Aromat Original

#### **Confit Garlic Cream**

25pc confit garlic gloves

80g Knorr Professional White Sauce Base

800ml water

100g parmesan, grated salt & pepper, to taste

1tsp fennel seeds

1tsp Robertsons Origanum

#### **Confit Garlic**

25pc garlic cloves 250 ml olive oil

#### Pizza Dough

550g flour

295g water warm

2 tsp instant yeast

2 tsp sugar

2 Tbsp olive oil

all-purpose flour, as needed

#### **Assembly**

1 dough recipe
120g mozzarella, grated
120g gouda, grated
120g carrot aioli
120g carrot top pesto
25g garlic cream
120g chorizo





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FUTURE MENUS 2024 LOW-WASTE MENUS 37



"I recreated something familiar while using the whole ingredient. It's a combination of simple yet trending flavors on a recognizable vessel, utilizing fermentation as a way to preserve excesses in the kitchen."

**Chef Brandon Collins** 



#### **Method**

#### **Carrot Aioli**

- · Rinse carrots and toss with oil.
- Roast at 163°C until tender.
- · Let it cool.
- Place all ingredients in a blender and puree until smooth. Set aside.

#### **Confit Garlic**

 In a small baking tray, add the oil and the garlic cloves. Place in a preheated oven of 140°C, slow roast until the garlic is soft.

#### **Confit Garlic Cream**

- Bring 700ml water to a boil. Mix the Knorr Professional White Sauce Base with the remaining water, then add to the boiling water.
- Add in the confit garlic, fennel seeds and origanum. Simmer for 3 mins, stirring continuously. Remove from the heat. Using a stick blender, blend the cream until smooth.

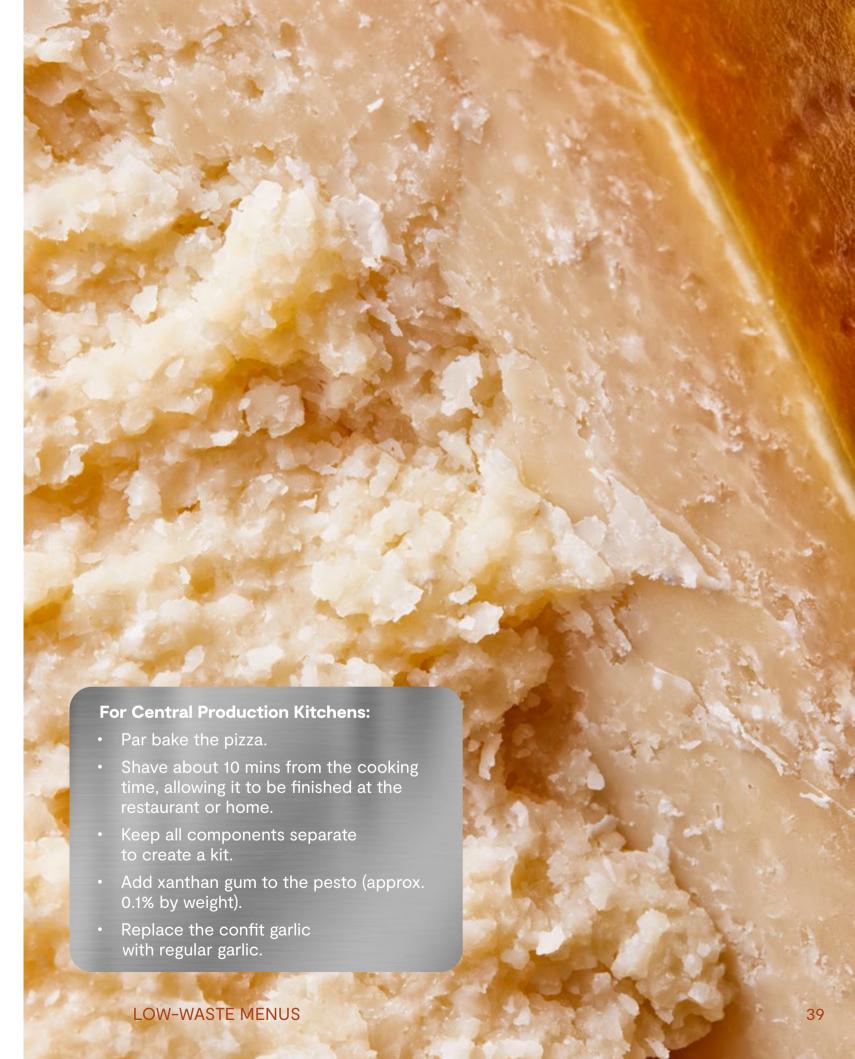
#### Pizza Dough

 Mix water and sugar and sprinkle yeast over to bloom.

- Once yeast starts to foam, mix in remaining ingredients.
- Knead dough until smooth around 4 mins.
- Place in a greased bowl and cover.
   Let it rise until doubled.
- Knock down the dough and place in a baking tray.
- Let it rise again for about 1 hour.

#### **Assembly**

- · Preheat the oven to 200°C.
- Spread the top of the dough with the garlic cream then top with the cheese, making sure to spread across the entire pan.
- Drizzle with garlic cream.
- Bake for 18 mins or until the dough is cooked through and the cheese is crispy on the sides.
- Place chorizo on top of the pizza and let it sit for 5 mins.
- Remove from the pan and drizzle over some carrot aioli and carrot top pesto.
- Cut into 4 pieces.







# Nostalgia IN THE KITCHEN: BRINGING CLASSIC DISHES TO Modern DINERS Words by Lauren Kemp

#### History is full of lost culinary treasures

Chefs, restaurateurs and recipe creators around the world are re-discovering local traditions, and reimagining dishes by looking to history for fresh ideas in an industry that increasingly demands authenticity. This, coupled with the demand for local, sustainable sourcing, means ingredients that had been resigned to the longlost past are back on our plates.

#### Reimagining ingredients

These artifacts of tables past are reappearing and rebranding with impressive deftness. It's now possible to get mead at music festivals, offal is being sold as a delicacy and honey has never left. Chefs are fermenting and pickling all sorts and combinations of vegetables, fruits, and spices.

New trends are wonderful and coupled with a historic relevance they're even better. It was great when guinoa hit the scene, but it can be hard to import and water-intensive to grow. In seeking something that fulfills the quinoa demand in a local, sustainable way we can look back at what our great-great grandparents,

and their friends were eating. Welcome back, ancient grains! Spelt and rye-based bread is more expensive than ever, farro is appearing all over the shop, pearl barley sounds exotic and does what quinoa does so well (making chickpeas look passé).

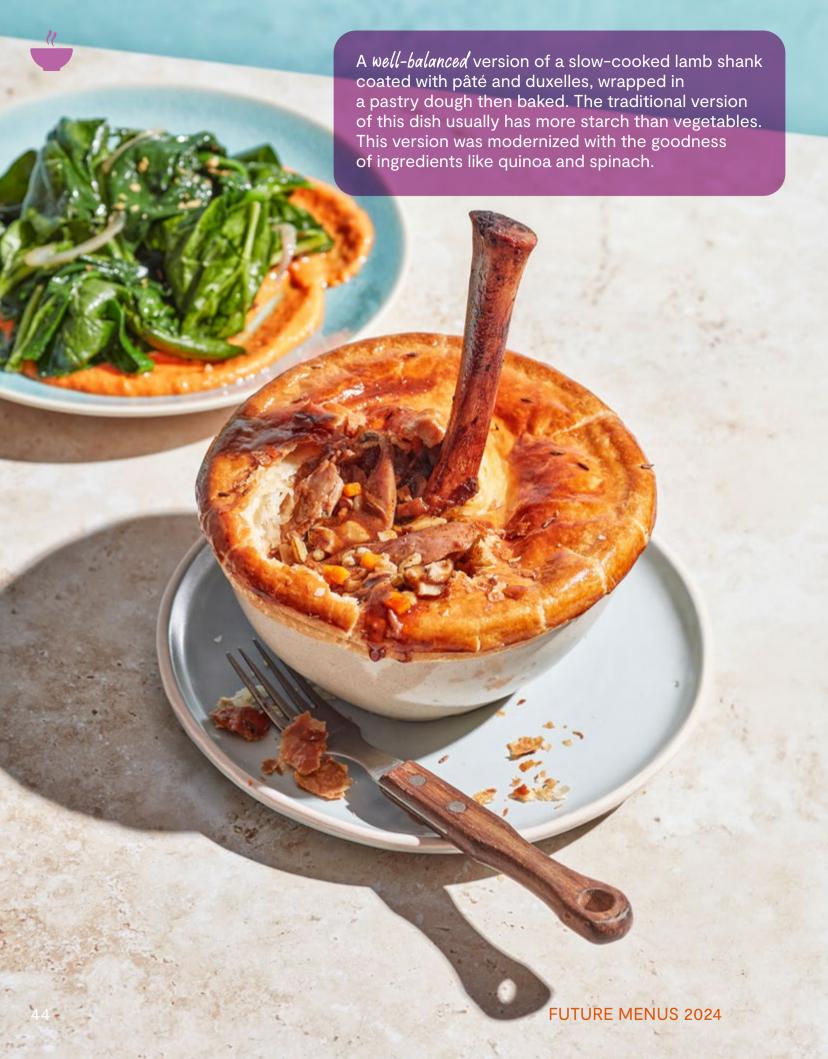
In the quest for originality, it might sound ironic to look to the past, but what better way to show a new ingredient, a fresh concept, or a sophisticated technique than to apply it to a classic. There's a simple joy in being served a familiar dish in a bright new way; it's the best of both worlds.

"These artifacts of tables past are reappearing and rebranding with impressive deftness."

of operators believe this trend is set to grow in the future<sup>5</sup>



**FUTURE MENUS 2024** MODERNIZED COMFORT FOOD 43



## LAMB SHANK FATTEH

**Chef Sherif Afifi, Egypt** @ @chef.sherif.afifi

For Casual Independent Restaurants

Cost (R) per portion: 1-2



#### **Ingredients (Serves 10)**

#### **Lamb Shank**

2000g lamb shank, 5 pcs of 400g each

**30g Robertsons Barbecue Spice** 

500g orange, sliced

20g salt

5g black peppercorn

25g garlic, cloves

25g rosemary, stalks

50ml olive oil

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**100g Fine Foods Barbecue Sauce** 

#### **Mushroom Ouinoa Duxelles**

250g mushrooms

50g carrots, minced

50g onion, finely chopped

5g garlic, minced

50g olive oil

30g Knorr **Professional** Vegetable **Stock Granules** 

1g black pepper

1L water

500g quinoa

#### **Demi Glace**

100g Knorr **Professional Demi-Glace Base** 

1250g water

#### **Roasted Red Pepper Sauce**

500g red bell pepper

20g thyme, fresh

1g black pepper 5g garlic, cloves

50g olive oil

5g Knorr Professional Vegetable

**Stock Granules** 30g Robertsons

**Smoked Paprika** 

20g butter

#### **Nutmeg Caramelized** Onion

1000g white onion, julienne

50g olive oil

1g nutmeg

1L boiling water, for deglazing

**5g Knorr Professional** Vegetable **Stock Granules** 

2g salt

#### **Dish Assembly**

500g quinoa duxelles

5 pcs lamb shanks

400g nutmeg caramelized onion

20g parsley, chiffonade

20g coriander, chiffonade

800g puff pastry, block

#### **Side Dish Assembly**

200g paprika sauce 500g sautéed spinach



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#### **Lamb Shank**

- Rub the lamb shanks with Robertsons Barbecue Spice, Fine Foods Barbecue Sauce, and salt.
- Prepare the vacuum bags and add all ingredients along with the lamb shank in the bag.
- Vacuum seal it and cook it in a pot of boiling water for 3 hours at 85°C.

#### **Mushroom Freekeh Duxelles**

- Sautee the mirepoix (carrots, onion, and garlic) in olive oil until soft.
- · Add the mushroom and keep stirring.
- Season with Knorr Professional Vegetable Stock Granules and black pepper then add the quinoa.
- Add hot water then cover. Let it cook for 20 mins over a low heat.

#### **Roasted Red Pepper Sauce**

- Season the bell pepper with Knorr
   Professional Vegetable Stock Granules,
   black pepper and olive oil
- In a tray, place the marinated bell pepper and add the garlic cloves and the thyme.
- Roast for 10 mins at 190°C.
- Place the roasted bell pepper in a bowl, cover with cling film for 10 mins then peel its skin off.
- Blend the roasted pepper with the roasted garlic then finish with a cube of butter.

#### **Demi Glace**

 Mix the Knorr Professional Demi-Glace Base powder and the water. Whisk to break up any lumps. Bring to a boil, stirring continuously.

#### **Nutmeg Caramelized Onion**

- In a medium-sized pan, heat up the olive oil then sauté the onions.
- Season it with Knorr Professional Vegetable Stock Granules, salt, and nutmeg.
- Deglaze with the boiling water until the onion caramelizes.

#### **Dish Assembly**

- Pour some Demi Glace over the mushroom quinoa duxelles.
- Add the cooked lamb shank on top of the mushroom freekeh duxelles.
- Add 80g of nutmeg caramelized onion around the lamb shank.
- Add parsley and coriander then seal the dish with the puff pastry. Bake for 10 mins at 230°C.

# "The key here is balancing the dish, making it healthier, trendier, and more flavorful by adding more vegetables and reducing starch." Chef Sherif Afifi

- In a medium-sized side plate, pour 40g of the roasted red pepper sauce.
- Top it with 100g of sautéed spinach.

For Central Production Kitchens:

This recipe can be stored chilled and assembled. The baking part can be done to order.

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# FRESH VEGETABLE "SPRING ROLLS"

WITH PEANUT SAUCE AND PICKLED RADISH

**Chef Kenneth Cacho, Philippines** © @chefkencacho

For Casual Full-Service Restaurants

Cost (R) per portion: 1-2



#### **Ingredients (Serves 10)**

A selection of filling ideas:

#### **Pickled Radish**

100g radish, cut into 1cm cubes

10g kosher salt

3g ginger, sliced

30g white wine vinegar

30g sugar, white

granulated

2g bay leaves, dried

10g black peppercorns

2g rice vinegar

2g brown sugar

3g bay leaf

See more fillings on page 119.

#### A selection of garnishes:

#### **Peanut Powder**

80g roasted peanuts 40g brown sugar

OR

#### **Crispy Vermicelli** and Seaweed

vegetable oil for frying

100g vermicelli, deep fried

20g crispy nori, ground 20ml garlic &

20g toasted sesame seeds

5g Knorr **Professional Chicken Stock Granules** 

#### For more garnishes see Appendix.

#### Serve with:

#### **Peanut Sauce**

80g smooth peanut butter

25ml lemon juice

30ml Knorr **Professional Honey** & Soy Sauce

25ml brown sugar

ginger paste

50ml water

#### **Assembly**

30 pcs spring roll wrapper

100g baby spinach, stalks removed and chiffonade

grated garlic

water







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#### For Central Production Kitchens:

You can choose among the different fillings in this recipe as preferred. Prepare the filling and wrap ahead, then freeze and store in bulk. These can be deep-fried to order in the restaurant.

#### Method

#### **Pickled Radish**

- Salt the radish and leave at room temperature for 1 hour.
- Strain and wash the salted radish.
- Make a gastrique with the rest of the ingredients then bring to a boil.
- Pour the gastrique directly to the radish and leave to pickle for 2 weeks.

#### **Guisadong Gulay (Sautéed Vegetables)**

- Heat a frying pan and add the oil. Sauté garlic, onions and tomatoes.
- Add the rest of the ingredients and continue sautéing.
- Cover and lower the heat. Cook for 15 mins until vegetables are tender.

#### Guinataang Gulay (Vegetables in Coconut Milk)

- Heat a frying pan and add the oil.
   Sauté ginger, garlic, and onions.
- Add the sugar snap peas, green beans and butternut.
- Cook for 5 mins and deglaze the pan with fish sauce.
- Pour the coconut milk and add Knorr
   Professional Chicken Stock Granules.
- Bring to the boil and cover the pan.
- Cook for 10 mins or until the butternut is soft.



"I drew inspiration from the traditional folk song, "Bahay Kubo," that highlights vegetables that are affordable, hearty, locally available, and delectable."

**Chef Kenneth Cacho** 

#### **Peanut Sauce**

- · Mix all the ingredients together.
- Bring to a boil while constantly stirring to avoid lumps.
- Simmer for 5 mins and strain.

#### Assembly (Lumpia/Spring Roll)

- Make a spring roll, arranging each component in layers, except the sauce and radish.
- Roll tightly then brush edges with garlic water to seal.
- In a frying pan, shallow fry the spring roll and cook until golden brown on all sides.
- Serve with the sauce and pickled radish.

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# TORCHED BARBECUE PORK

WITH MALA LOTUS ROOT SLICES. PRESERVED PLUM

Chef Chris Zhong, People's Republic of China よ @<u>队长美食课堂</u>

For Casual Full-Service Restaurants

Cost (R) per portion: <1



#### **Ingredients (Serves 10)**

#### **Pork Neck**

400g pork neck meat, trimmed

1g ginger, sliced

10g spring onions

5g dry sherry

30g red preserved bean curd sauce

10g Knorr Professional Chicken Stock Granules

50g peanut butter10g shallots, chopped

5g salt

Pickled Turnip in Spicy, Sweet and Sour Sauce (for 40 pieces)

200g turnip/parsnip,

sliced

10g Knorr Professional Peri-Peri Sauce

20g canned apricots

2g salt

200g white vinegar

50g water

110g granulated sugar



**FUTURE MENUS 2024** 







#### Method

#### **Pork Neck**

- Trim the pork into 2-cm thick pieces.
- Coat all the pieces with the marinade and let it marinate in the refrigerator for 12 hours.
- Steam the pork for 2.5 hours until very tender.
- Chill the pork. Place in a gastronorm with a weight on it to press and form the pork.
- Cut into 4 x 2cm-sized cubes.

## Pickled Turnip in Spicy Sweet and Sour Sauce (for 40 pieces)

- Mix all condiments together and let it rest for 6 hours in a clean pickle jar.
- Slice the turnip into 1.5mm pieces and add the spicy, sweet and sour marinade.

  Let it sit for 2 hours.

#### **Assembly**

- Pan-fry the pork cubes on both sides until golden brown.
- Sprinkle brown sugar on top of the pork cubes then torch them until the sugar is caramelized.
- Top the pork cubes with pickled lotus root then garnish with some organic flower.

#### **For Central Production Kitchens:**

The pork can be pre-cooked, chilled, and cut into portions. The sauce can also be prepared ahead and chilled.





# BRAISED BEEF, RED CABBAGE ROULADE, AND POTATO

Chef René-Noel Schiemer, Germany @chef\_renenoel\_chefmanship

For Casual Independent Restaurants

Cost (R) per portion: 4-5

#### **Ingredients (Serves 10)**

#### **Braised Beef**

1,5kg beef topside 500g mirepoix

220g Knorr **Professional Beef Stock Granules** 

2L water

500ml red wine

**Knorr Professional** Jus, to thicken

#### **Crunchy Topping**

250g onion, brunoise 250g dill cucumbers

150g coarse Pommery mustard

10g Knorr **Professional** 

**Red Cabbage** 

and Apple Roulade

1kg red cabbage

Vegetable Stock Granules

500g Granny Smith apple

50ml white wine

100ml apple juice

100ml water

Maple syrup, as needed

olive oil. as needed

#### **Potato Donut**

120g Knorr **Professional** Mash Flakes

80g flour

560ml milk

15g baking powder

2 eggs

nutmeg and salt, as needed







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A modern take on a German classic with an apple and red cabbage roulade, and potato donut to balance the richness of the beef by adding more varied flavors and textures to the dish.

**FUTURE MENUS 2024** MODERNIZED COMFORT FOOD 56

#### **Method**

#### **Braised Beef**

- Cut the topside into approx.
   150g pieces then sear all sides.
- · Roast the mirepoix in a pot.
- Deglaze with wine and add water and Knorr Professional Beef Stock Granules.
- Place the meat in a gastronorm and cover with stock.
- Braise the beef in the oven until tender.
- Remove the cooked beef from the stock, strain the stock, add Knorr Professional Jus. Stir well and simmer for 5 min.

#### **Crunchy Topping**

- Fry the onion in a pan until golden.
- Add the cornichons and toss.
- Combine everything in a bowl and mix with mustard.
- Spread on a silicon mat and dry at 80°C for about 3 hours.

#### **Red Cabbage and Apple Roulade**

- Remove the outer leaves of the red cabbage and set aside.
- Cut out the lower part of the thick stalk.
- Place the leaves between the cling film and a tea towel.
- Blanch the leaves then rinse with cold water.
- Slice the apple with a peeler into thin long strips.
- Place the apple on the red cabbage leaves and roll into a roulade.
- Cut the roulade in approx. 2-cm lengths.
- Mix white wine, apple juice, and water with vegetable stock.
- Put olive oil in a pan and fry the roulades briefly then add the stock.
- If needed, season with agave syrup.

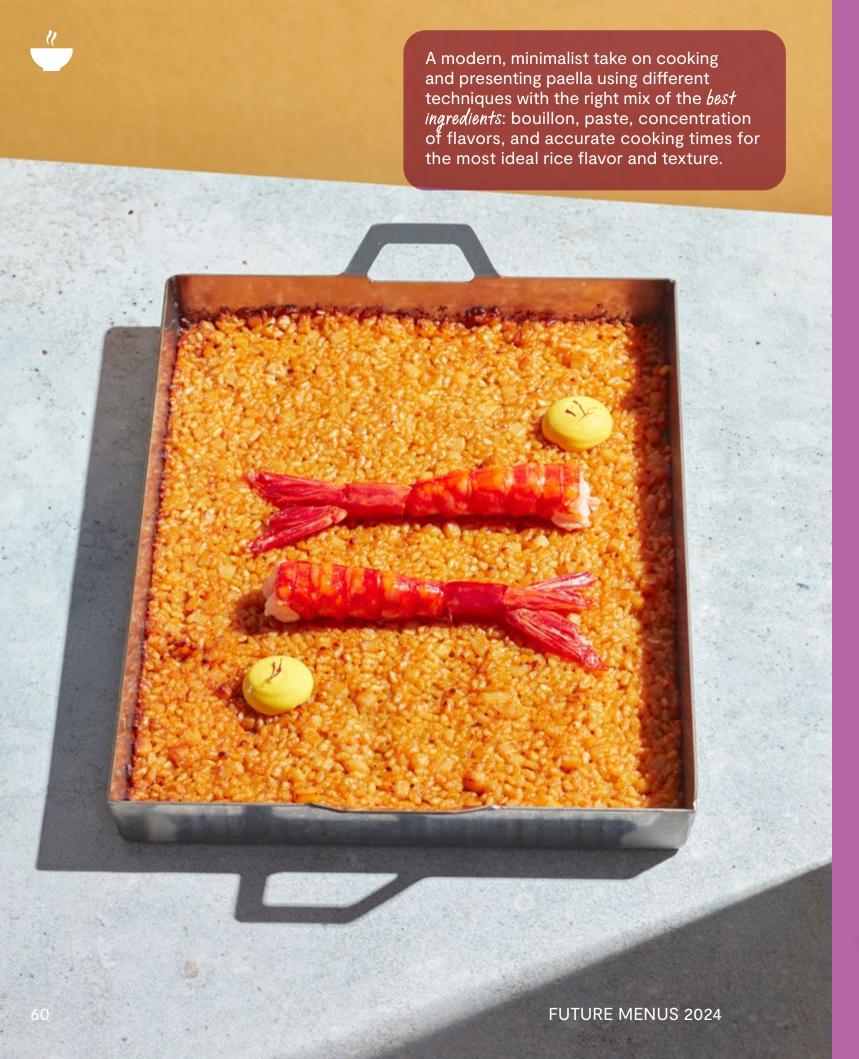
#### **Potato Donut**

- · Mix all ingredients in a blender.
- Blend it for 30 seconds.
- Season with salt and nutmeg.
- Pour everything into a siphon and shake well.
- Bake in an iron or silicone donut mold.

#### Assembly

- Plate the braised beef, jus, red cabbage and apple roulade.
- Add the potato donut and crunchy topping.





# **GOURMET RICE** WITH SAFFRON AIOLI

Chef Peio Cruz, Spain © @chefpeiocruz

For Casual Independent and Chain Restaurants

Cost (R) per portion: 1-2

#### **Ingredients (Serves 10)**

#### **Rice Base**

450g onion

500g fresh calamari, 25-cm width, diced

1 pc bay leaf

400g white wine

200g olive oil

600g rice, bomba variety/ arborio rice

1 pc rosemary, fresh

#### Salmorreta (concentrated paste to boost the taste)

3 pcs robot peppers

15g garlic, sliced

200g Knorr Professional **Tomato Pronto** 

200g olive oil

10g Knorr **Aromat Original** 

#### **Prawn Bouillon**

10 pcs fresh prawn heads

1,5L water

60g Knorr **Professional Chicken Stock Granules** 

20g oil

#### **Assembly**

30-40 pcs prawns, defrosted

#### **Topping Sauce**

0,03g saffron

10g garlic

80g Hellmann's Original Mayonnaise









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#### Method

#### **Rice Base**

- In a sauté pan, cook the finely chopped onion in olive oil. Add calamari and cover with a lid.
- After 10 mins, add bay leaf and wine.
   Cover the pan. Slow cook until golden brown and soft.
- Char the rosemary then add into the mixture for smoked flavor. Leave the rosemary in the pan for a few mins.
- Add 250g of salmorreta then cook for another 5 mins.
- Add rice and 1L of prawn bouillon. Reserve some bouillon in case needed at the end.
- Keep cooking for 12 mins until the rice grains are nearly cooked.

- In the square metal tray, spread the mixture evenly – around 300g – covering the full surface at the same height, max 1cm.
   Let it rest for 2 mins. Add some bouillon if needed to get the perfect doneness of the grain.
- Cook again for the last 5 mins at 200°C in a dry-heat oven, adding more bouillon if needed until the grains are cooked.
- Remove the tray from the oven and let it rest for 2 mins.
- Finish the dish with 2 cooked prawns and some drops of saffron aioli and saffron strands. Plate symmetrically.



#### Salmorreta

- Set your pepper directly on the stove burner flame. Use a pair of tongs to turn the pepper occasionally until the skin is completely blackened, place in a bowl and cover with cling film about 10 mins. Remove from bowl, desseed, peel the charred skin.
- In a pan, heat oil, fry the sliced garlic. Add the hydrated peppers and strain them from the oil and back to the pan. Cook for 2 mins.
- Add the Knorr Professional Tomato Pronto, and cook slowly for about 60 mins, until most of the water has evaporated. Mix the ingredients and pass through a fine sieve.
- Add Knorr Aromat Original to taste.
   It should reach a pasty texture similar to a puree.
- Use this paste for boosting the taste and color of the dish.

#### **Prawn Bouillon**

- Take the prawn heads off and fry them in a pan. Smash them in order to extract all the flavors.
- Add water and the Knorr Professional Chicken Stock Granules. Stir and boil for at least 10 mins.
- Use this bouillon to hydrate the rice if needed.

#### **Assembly**

- Saffron aioli: In a mortar, mix together garlic, toasted saffron, a pinch of salt, and a few drops of olive oil. Smash the mixture until it becomes a smooth paste. Keep adding mayonnaise gradually until the mayo emulsifies the mixture. Transfer the mixture to a squeeze bottle.
- Top the rice with cooked prawns.
- · Finish with some dots of sauce.

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# FLEXITARIANISM: HOW Small Changes CAN MAKE A BIG DIFFERENCE

Flexitarians Have It All

Back in the day, vegetarians going out to eat were served stuffed mushroom to start with and penne all'arrabbiata for their main. They could try and make up a meal out of sides, but it was frowned upon. They must accept their lot and look forward to dessert where they could eat like the rest. Vegans were simply not invited.

No more! That's thanks to plant-forward menus, vegan, and vegetarian options. The rise of the flexitarian has turned these sorry dinner tables all the way around, and rightly so!

Flexitarian is defined as 'a primarily vegetarian diet with occasional meat or fish'. The flexi method means that nothing is strictly off limits, so diners are free to choose based on their own needs and preferences, be they physical, financial, or environmental.

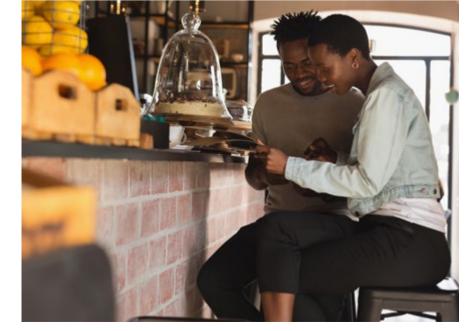
Flexi's principles are largely contained within the term 'conscious gastronomy', which reflects all the things modern diners love – seasonal, organic, local, low-waste and low-carbon offerings that are cheaper both to create and to order.

Researchers from the University of Westminster have found that "meat eaters are significantly more likely to choose vegetarian meals when they make up the majority of food offered. A menu had to be at least 75% vegetarian for this choice tipping point to occur."8

Vegetarian and vegan options have a much larger profit margin than meat-based dishes. It's no surprise that chefs across the globe are now extolling the virtues of vegetables and sharing exponentially more fabulous ways to center veg-centric dishes. 35%

of French households are reducing their meat consumption<sup>7</sup>

"The <u>flexi</u> method means that nothing is strictly off limits."



FUTURE MENUS 2024 PLANT-POWERED PROTEIN 67

Lauren Kemp



### FOUR INGREDIENTS FOR HEALTHY AND MINDFUL DISHES

With

Sana Minhas, Nutritionist

Words by

The growing movement toward embracing plantforward sources not only reduces our reliance on animal agriculture but also offers numerous health benefits. Below, Sana Minhas suggests four nutritious plant based ingredients to help the wellbeing of people and the planet.

#### (1) Beans and Pulses

These versatile members of the legume family boast a surprising superpower: they can convert nitrogen from the air and 'fix' it into a form that can be readily used by plants. Beans and pulses are also a rich source of fibre, protein and B vitamins.

#### (2) Whole Grains

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Whole grains and cereals have been a key source of food for humans for the longest of times. Diversifying carbohydrate sources beyond the basic white rice, maize and wheat is essential for not only making our menus more exciting and unique, they also provide more nutritional value and improve soil health. Think about millet, buckwheat, wild rice, quinoa – these wholegrains take your dishes to the next level and help your diners eat more wholesomely.

#### 3) Leafy Greens

Leafy greens are the most versatile and nutritious of all types of vegetables. They contain dietary fiber and hence are good for your gut and are packed with lots of vitamins and minerals, low in calories, and provide many health benefits.

#### 4 ) Nuts and Seeds

As well as being high in protein, healthy fats, and vitamin E, the desirable flavor and crunchy texture of these little powerhouses makes them a great addition to almost every dish.

Humans have discovered over <u>20,000</u> edible plants, but we only consume <u>150-200</u> on a regular basis, which is less than 1%.







# A.I. AND THE Future OF RESTAURANTS

**Chef Eric Chua** 

Words by @chef\_eric\_chua Ryan Cahill

#### Eric Chua on how A.I. could be the future of restaurants

Restaurants can create holistic and memorable dining experiences that cater to customer preferences while optimizing kitchen efficiency with Artificial Intelligence. It's important to carefully choose solutions that align with your restaurant's concept and budget, ensuring a seamless blend of technology and culinary artistry.

**Enhanced Personalization** 

Al can analyze customer data and preferences to provide personalized dining recommendations, making each guest feel special and valued.

**AR/VR Immersive Dining Experiences** 

> Create augmented or virtual reality dining experiences where guests can explore the origins and compositions of ingredients, dine in unique ambiance, or even interact with digital elements in their surroundings.

**Customer Feedback Analysis** 

Utilize AI to analyze customer feedback and reviews, identifying trends and areas for improvement to continuously enhance the dining experience.

**Inventory Management** 

Implement Al-driven inventory management systems that track ingredient levels, predict restocking needs, and minimize food waste.

**Al Recipe Development** 

Use AI to generate innovative ingredient pairings and presentation ideas, allowing chefs to experiment with new culinary concepts.

"Let the A.I. handle the precision and data while you focus on the creativity and passion for cooking!"

> For related articles, click here.





A highly *versatile*, top dessert that can be prepared ahead using different molds and served with different sauces, toppings, and garnishes.



WITH QUINCE COOKED IN SAFFRON AND CARAMEL, GARNISH OF COTTON CANDY, PISTACHIO AND BUTTERFLY TUILES

**Chef Maurits van Vroenhoven, The Netherlands** @chef\_maurits\_van\_vroenhoven

For Casual Independent Restaurants

Cost (R) per portion: 1-2

#### **Ingredients (Serves 10)**

#### Crème Brûlée

500ml milk

500ml cream

100g Carte d'Or Crème Brûlée

#### **Poached Quince**

3 quince or pear or apple (dependent on availability)

1 lemon, squeeze the juice

125g white sugar

500ml water

5ml Carte d'Or Salted Caramel Flavoured Milkshake Syrup

Pinch of saffron threads

#### **Butterfly Tuiles**

75g icing sugar

50g flour

70g egg white

50g butter, melted

#### Assembly

cotton candy (as needed or available)

50g pistachios, toasted and chopped

dried rose petals, as needed











#### Method

#### Crème Brûlée

- Make the crème brûlée according to on-pack instructions.
- Pour the crème brûlée mixture into 10 ramekins or suitable moulds.
- Place in the fridge to set for at least 4 hours or best overnight.

#### Quince/ pear/ apple

- Peel the quince then cut them into eight pieces and remove the core.
- In a pan add sugar, water, lemon juice, and Carte d'Or Salted Caramel Flavoured Milkshake Syrup.
- Bring to the boil and add some saffron threads.
- Add the cut fruit and simmer, 20 to 30 mins or until tender.
- Allow to cool down and refrigerate.



#### **Butterfly Tuiles**

- · Combine icing sugar and flour in a bowl.
- Stir in the egg white with a whisk.
- · Add the melted butter and mix in well.
- Place the cookie batter in the fridge for 1 hour.
- Use a silicone mat butterfly lace mold. Spread out the batter with an offset spatula.
- Bake the tuiles at 160°C, for 8-10 mins. Shape them while they are still warm.

#### **Assembly**

- Unmould the crème brulee and place 2 on a plate.
- Add some cooked quince or pear or apple on the plate and drizzle over some of the syrup.
- Decorate the dessert with pistachios, rose petals, and cotton candy.
- Top with butterfly tuiles.







FROM HUMBLE TO SUBLIME: CAN Simple Veg. TAKE THE LEAD?

Words by

There's a debate on the plate about whether the cheap and cheerful veg at the back of the class could ever truly take center stage on the table. Let's take two veg treasures that don't see enough of the limelight and also support good health.

"A 100g portion of <u>butternut squash</u> provides you Vitamin A, C and E. It's the fiber-rich, low-calorie king of autumn."

All hail the butternut squash

Is there a more autumnal sight than the sturdy and versatile butternut squash, waiting patiently for the right moment to make your plates golden and your heart warm?

Fantastic stuffed full of cheese, stirred into a risotto, or blitzed into a seasonal soup, the wallet-friendly squash delivers on all counts: it's pretty, versatile and chock-full of vitamins and minerals. A 100g portion of butternut squash provides you Vitamin A, C and E. It's the fiber-rich, low-calorie king of autumn.

For related articles, click <u>here</u>.

#### From zero to hero

Thanks to a wave of ingenious chefs and a surge in demand for imaginative sides, cabbage is experiencing a renaissance. Half a cup of cooked cabbage also contains fiber, folate, magnesium, potassium and vitamins A, C and K. When it's fermented it provides natural probiotics which are good for your gut health.

Both of these awesome veggies have a long shelf-life and a low price point, and they provide the body with a wealth of goodness. So put them on the menu!



FUTURE MENUS 2024 IRRESISTIBLE VEGETABLES 81



## HOT HONEY CARAMELIZED **BUTTERNUT SQUASH TOSTADA**

Chef Dana Cohen, North America @chefdana\_eats

For Casual Full-Service Restaurants

Cost (R) per portion: 2-3





#### **Ingredients (Serves 10)**

#### Caramelized **Butternut Squash**

1.3 kg butternut, peeled and cubed, 2.5cm

48g olive oil

1g fresh thyme, chopped

10g Knorr **Professional Vegetable Stock Granules** 

15ml honey

8g garlic powder

1g Robertsons Cinnamon

2g Robertsons Smoked Paprika

1g Robertsons Cayenne Pepper (or a good pinch)

Salt & pepper as needed

#### Salsa Macha

125ml olive oil

100g onion, finely sliced

6 cloves garlic, chopped

4g whole dried chilli, chopped (4 each)

1g ground coriander

½ cup roasted peanuts

20g white sesame seeds

10ml apple cider vinegar

4g Knorr **Aromat Original** 

#### Whipped Feta

#### 200g Hellmann's Original Mayonnaise

225g feta cheese

1 pc lemon, zested

Cracked black pepper, as needed

Fried Sage and Kale

20 sage leaves (20g)

180g of kale, remove stem & roughly chop

120g pumpkin seeds, roasted & chopped

salsa macha as needed (see recipe)

oil for deep frying, as needed

#### Pitas

10 pcs ancient grain pitas, toasted until crisp

2 each green apple, peeled & finely diced



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#### Method

#### **Caramelized Butternut Squash**

- Mix together the honey, oil, thyme, Knorr Professional Vegetable Stock Granules, garlic powder, Robertsons Cinnamon, Robertsons Smoked Paprika, Robertsons Cayenne Pepper.
- Toss over the butternut and mix together.
- Spread on a lined baking sheet pan and roast at 180°C until golden brown and caramelized – about 25 mins – tossing occasionally.

#### Salsa Macha

- In a pot heat the olive oil and add the onion, cook until soft.
- Add in the dried chilli, ground coriander, garlic, then peanuts, sesame seeds, and cook for a few minutes.
- Lastly add in the apple cider vinegar, Knorr Aromat Original and cook for few mins.
- Allow to cool and set aside

#### **Whipped Feta Cheese**

• Blend all ingredients until smooth and whipped. Refrigerate until needed.

#### Fried Sage and Kale

- Fry the sage and kale leaves, remove from the oil and season with salt
- In a medium bowl, toss together the sage, kale, and pumpkin seeds, then break up into a crumble texture.
- Add enough salsa macha to coat.



#### **Tostada Assembly**

- To assemble the tostadas, spread the whipped feta on the toasted pita.
- Top each with roasted butternut squash.
- Sprinkle the sage crumble on top.
- Garnish with finely diced apple

#### **Tips and Substitutions**

 This flavor profile is perfect for autumn/holiday season, but the vegetables can easily be swapped for other seasons, like tomatoes in summer, or artichokes in spring.

#### For Central Production Kitchens:

The packaging can be similar to a salad with the pita and whipped feta on the side.





## TURKISH GLAZED CABBAGE

**Chef Pinar Balpinar, Turkey** @ufs\_chef\_pinarbal

For Casual Chain Restaurants

Cost (R) per portion: 1-2





#### **Ingredients (Serves 10)**

#### **Glazed Cabbage**

200g Knorr **Professional** Honey & Soy Sauce

**50g Fine Foods Barbecue Sauce** 

10g vegetable oil 80g onion

#### **Spice Mix**

**10g Robertsons Veggie Seasoning** 

**10g Robertsons** Cayenne Pepper

7g sumac

2g Robertsons Origanum

2g dry oregano

#### Cabbage

100g butter 1700g white cabbage

#### **Spicy Bulgur Rice** with Pickled Cabbage

20g vegetable oil 60g green bell pepper, brunoise

400g Knorr **Professional Tomato Pronto** 

2g chilli, finely chopped

**15g Robertsons Veggie Seasoning** 

900g water

250g bulgar wheat

150g sauerkraut

60g butter

50g watercress stems, sliced

#### **Walnut Mayonnaise**

100g walnuts

300g Hellmann's **Original Mayonnaise** 

5g garlic, crushed

**5g Robertsons Veggie Seasoning** 

100g water

**Creamy Baba Ganoush Puree** 

350g red bell peppers

185g eggplants

10g tomato paste

5g garlic, crushed

**5g Robertsons Veggie Seasoning** 

25g olive oil

2g salt

10g white wine vinegar

60g plain Greek yogurt

#### **Crispy Onion Strings**

200g onions

100g corn starch

**5g Robertsons Veggie Seasoning** 



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#### Tips and Substitutions

Isot is one of the protected food products in Turkey which means it is registered and protected by legislation. If not available, you can use smoked spicy chili flakes or smoked paprika.

#### Method

#### **Glazed Cabbage**

• Blend all the ingredients together until the sauce is smooth.

#### For Spice Mix

- Mix Robertsons Veggie Seasoning and all other spices together.
- Slice the cabbage into wedges. Include the stalk to keep it intact and prevent waste.
   Secure the leaves with a wooden skewer.
- Brush the cabbages with the glaze.
- Sear the cabbage with butter in a pan. While searing, use a heavy meat hammer to press.
- Once all sides are seared, cover the cabbage with spice mix and brush with more glaze.
   Place the cabbage in a 250°C oven for 15 mins.
- Remove the cabbage from the oven. Brush with more glaze.
- · Remove the skewers before serving.

#### **Walnut Mayonnaise**

- Roast Walnuts at 180°C for 8 mins.
- Blend roasted walnuts until smooth and create a walnut praline.
- Blend walnut praline with water, Hellmann's Original Mayonnaise, crushed garlic and Robertsons Veggie Seasoning until smooth.

#### **Creamy Baba Ghanoush Puree**

- Place red bell peppers and eggplant on a baking sheet and roast for about 30 mins or until peppers are charred.
- Remove from the oven and place in a bowl.
   Cover and let it steam for about 15-20 mins.
   Peel and deseed peppers. Peel eggplants.
- Place the peppers and eggplant to a food processor, add tomato paste, Robertsons Veggie Seasoning, olive oil, salt, and vinegar. Blend until smooth.
- Transfer to a saucepan. Simmer over very low heat for 20-30 mins, or until thickened, stirring frequently. Remove from heat.
- After the puree has cooled down, add Greek yogurt and continue blending until smooth.



#### **Crispy Onion Strings**

- In a bowl, mix wheat starch and Robertsons Veggie Seasoning.
- Slice onions thinly with a peeler or mandolin.
   Dry off the excess juice form the onions with a kitchen towel.
- Mix onions with the seasoned starch.
- Heat the oil to 160°C and deep-fry the onions until golden brown and crisp.

#### Spicy Bulgar Wheat with Pickled Cabbage

- Heat oil in a saucepan, add bell peppers and sauté for 30 seconds.
- Add the Knorr Professional Tomato Pronto and the chilli.
- · Add Robertsons Veggie Seasoning and stir.
- · Add water and bring to the boil.
- Once the stock starts to simmer, add bulgar wheat and sauerkraut. Cover the pan.
- When all the water has evaporated, the bulgar wheat is ready.
- Add some butter and mix it until the bulgar wheat becomes sticky but pourable.

#### Assembly

• Plate all components. Drizzle over some walnut mayonnaise then top with watercress.

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# SAVE OUR SOIL: WHY THE FUTURE OF AGRICULTURE IS Regenerative

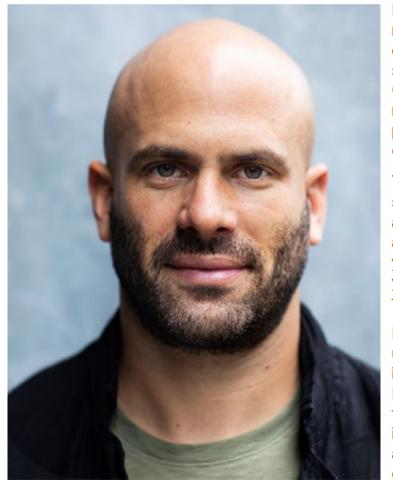
With Chef Sam Kass

Renowned chef and food policy expert Sam Kass shines a light on the power and urgency of regenerative agriculture.

When it comes to regenerative agriculture, the first thing to focus on is soil health – the biological health of the ecosystems that are producing our food. We've been reliant on insecticides and herbicides and mono crop agriculture for a long time, and it's killed much of the vitality of the biology of ▶

"I care about our ability to source *good food*, which is under grave threat."

For related articles, click here.



our soil in the broader environment. The science tells us that we have to change course urgently, because it's having a devastating impact on what underpins our ability to feed ourselves, not to mention life on planet Earth as we know it.

I care about our ability to source good food, which is under grave threat. I care about my kids' ability to eat well in the future. So when we talk about 'quality' in the foodservice industry, the new version of that has to take into account the impact that that plate has not just on the health of the person eating it, but also the health of the land producing the ingredients.

If we adopt the right practices and continue to innovate and use technology to drive solutions, we can take some of that carbon out of the air and put it back into the soil. By supporting producers who are using regenerative practices, we in the foodservice community can start to enable a broader shift in our food and agriculture ecosystem. Chefs can make a difference, by putting more sustainable crops on their menus, and promoting these on social media to influence other chefs and educate younger generations.

Two practices that are fundamental to us shifting towards a more regenerative system are cover cropping and no-till farming. But it's also important to look at what's surrounding your farm in terms of other foliage; what life are you hoping to bring back into the environment from, say, a pollinator standpoint.

I hope everyone in the foodservice industry understands just how important their work is to shifting how we're feeding ourselves. Because making good decisions and telling the right stories can have a huge collective impact. It's an exciting opportunity and a major responsibility that we all have to embrace and put our talents towards.

90 REGENERATIVE AGRICULTURE 91



# FOUR KEY THINGS TO KNOW ABOUT REGENERATIVE AGRICULTURE

1) Soils

Because it takes between 100 and 400 years to form, good soil management is critical to increase productivity, enhance resilience and help lower emissions. Unilever is working together with suppliers and farmers to keeping living roots in the ground, using cover crops to prevent erosion, and rotating shallow and deep rooting crops to increase soil health.

(2) Water

Climate change is increasing the frequency and severity of drought and flooding incidents. Improving floodwater defences and drainage on farms, minimizing water pollution from farm run-off, and using water more efficiently will help protect global water supplies.

(3)

#### **Biodiversity**

Farmers can help slow the current mass decline in biodiversity by introducing land on the land margins that support pollinators like bees and butterflies, and predatory insects, or by planting trees that provide shade cover for crops, while sequestering carbon and maintaining soil stability. In the Knorr tomato project in Spain in 2022, there was a 179% increase in pollinators and a 27% increase in wildflower diversity where farmers had put in wildflower borders.

4

#### Livelihoods

Education in regenerative agricultural practices and better access to finance and technology have the potential to boost livelihoods while improving land management as well as helping to build farmers' resilience to climate-related events such as drought and flooding.9







# THE HIDDEN BENEFITS OF WHOLESOME DINING

Words by

David Wright

The narrative around superfoods in recent years suggests there are only a few highly marketed foods that pack a rejuvenating punch. The truth is that our kitchens are full of foods that have the power to revive and restore.

"Our kitchens are full of foods that have the power to <u>revive</u> and <u>restore</u>."

Let's start with lentils. These little legumes can reduce the risk of a host of chronic diseases such as diabetes, obesity, cancer and heart disease. So whether you use them in a stew, salad or dip, lentils are definitely one to feature in your menu planning.

Eggs are also amazing – a nutritional hand grenade, often described as a 'complete protein', they contain all nine amino acids we need.

A fairly new product for diners is Kefir, but this microbe-rich dairy product has been fermented for over 2,000 years. These microscopic populations of bacteria are thought to be essential for improving digestion and lowering cholesterol.

Watercress is related to mustard and is part of the brassica family of vegetables. It is eaten in many countries and spans most continents. Considered a 'superfood' because of its high content of antioxidants, it is particularly rich in beta carotene and vitamin C. Both the delicate green leaves and paler stems can be eaten either sautéed or fresh, and are great when mixed in soups, salads, tarts and omelettes.

These are just a few examples, but if you consider similar ingredients for your menu, including lots of colorful vegetables and fermented foods, the health benefits cannot be underestimated!

For more creative recipe ideas, click here.

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# MORE THAN FOOD FOR FUEL:

DEVELOPING DELICIOUSLY HEALTHY DISHES

With Chef Sam Kass

Words by Herman Clav

Since gaining national recognition for his role as personal chef to the Obamas during their time in the White House, Sam Kass has used his platform to transform the way we think about food, nutrition, and the role of chefs in promoting better eating habits. Here he offers five tips for striking the perfect balance between flavor and health in your cooking.

# 1 Understand the Relationship Between Nutrition and Wellbeing

"The connection between nutrition and wellbeing all starts with the nutrient density of your dishes. Focus on how much nutrition each calorie delivers. The goal is to ensure that every calorie counts and contributes to nourishment."

# 2 Get Into Local Sourcing and Sustainability

"Sourcing locally can offer fresher and higher-quality ingredients, but remember that sustainability is multifaceted. For example, a poorly farmed local cow fed on low quality grain is less sustainable than a responsibly farmed grass-fed animal transported from another part of the country."

## 3 Embrace Innovations in Food Production

"Healthier and environmentally friendly foods, especially alternative proteins, are becoming more accessible all the time. Look for delicious and nutrient-dense options that reduce the overall environmental footprint of a dish or menu without compromising on taste."

## Emphasize Plant-Based Ingredients

"Plant-based foods are at the forefront of creating a healthier and more sustainable food system. Incorporate beans, lentils and legumes into your dishes as they are a great source of protein, nutrient-dense, sustainable, and super versatile."

#### 5) Explore the World of Mushrooms

"Mushrooms are an amazing ingredient that can bring unique umami flavors to your dishes. They're nutrient-dense, offer diverse flavor profiles, and are easy to incorporate into various recipes."

FEEL GOOD FOOD 9



## SAGO GNOCCHI, BECHAMEL AND BANANA SKIN **CARAMEL GRILLED** HALLOUMI CHEESE

Chef Thais Gimenez, Brazil © @thaisgimenez

For Casual Independent Restaurants

Cost (R) per portion: 1-2





#### **Ingredients (Serves 10)**

#### Sago Gnocchi

150g tapioca grains

150g grated halloumi cheese

40g olive oil

2g salt

10g Robertsons **Veggie Seasoning** 

1g pepper

120g Knorr Professional Mash Flakes

25g Maizena, for rolling gnocchi

240g water

#### Béchamel

**50g Knorr Professional** White Sauce Base

500g milk

450g almond milk

50g ghee

2g Robertsons Turmeric

#### **Banana Skin Caramel** Banana Sago

banana peel

150g brown sugar/

350g oat milk

1 unit lemon

Popcorn

**5g Robertsons Veggie Seasoning** 

200g banana chips



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FEEL GOOD FOOD



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## (\*)

#### Tips and Substitutions

 You can use plant-based milk or cheese for a 100% plant-based recipe.

#### Method

#### Sago Gnocchi

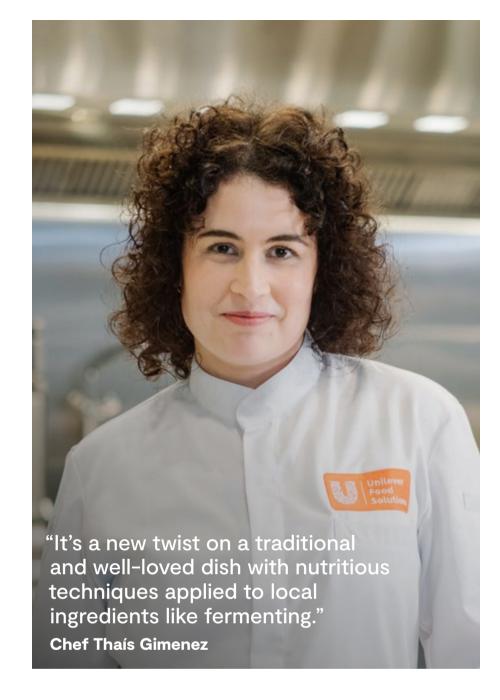
- Boil the milk and add to a bowl with the sago and grated cheese.
- Let it hydrate for about 15 mins.
- Prepare the potato puree: Add Knorr
   Professional Mash Flakes to hot water, mix well and let it rest.
- Add the puree to the hydrated, warm sago and mix well.
- Dust the work surface with Maizena and divide the dough into 5 portions. Working with one piece at a time, use your hands and roll it out from the center into a rope that is about 2-cm wide.
- Transfer the gnocchi to a baking sheet dusted with **Maizena**.
- In a skillet, heat the olive oil.
- Add the gnocchi and fry until golden.
- Tip: Work with the sago dough while still warm so it's easier to roll.

#### Béchamel

- In a saucepan, boil the almond milk and ghee until reduced into half over low heat. Set aside.
- In a saucepan, heat the milk then add turmeric and Knorr Professional White Sauce Base.
- Whisk the mixture until smooth and thickened.
- Add the reduced almond milk and ghee to the saucepan and bring to the boil. Set aside.

#### **Banana Skin Caramel**

- Peel bananas. Store the peels in a bag and freeze them for 24 hrs.
- In a saucepan, caramelize the brown sugar.
- Cut the banana peels into medium pieces and add to the sugar.
- Mix well, add salt and half of the cream.
- Bring it to the boil.
- Add all the mixture to a blender with the lemon juice and the remaining cream and then strain.
- In a skillet, grill all sides of the cheese.
- Brush the grilled cheese with caramel.



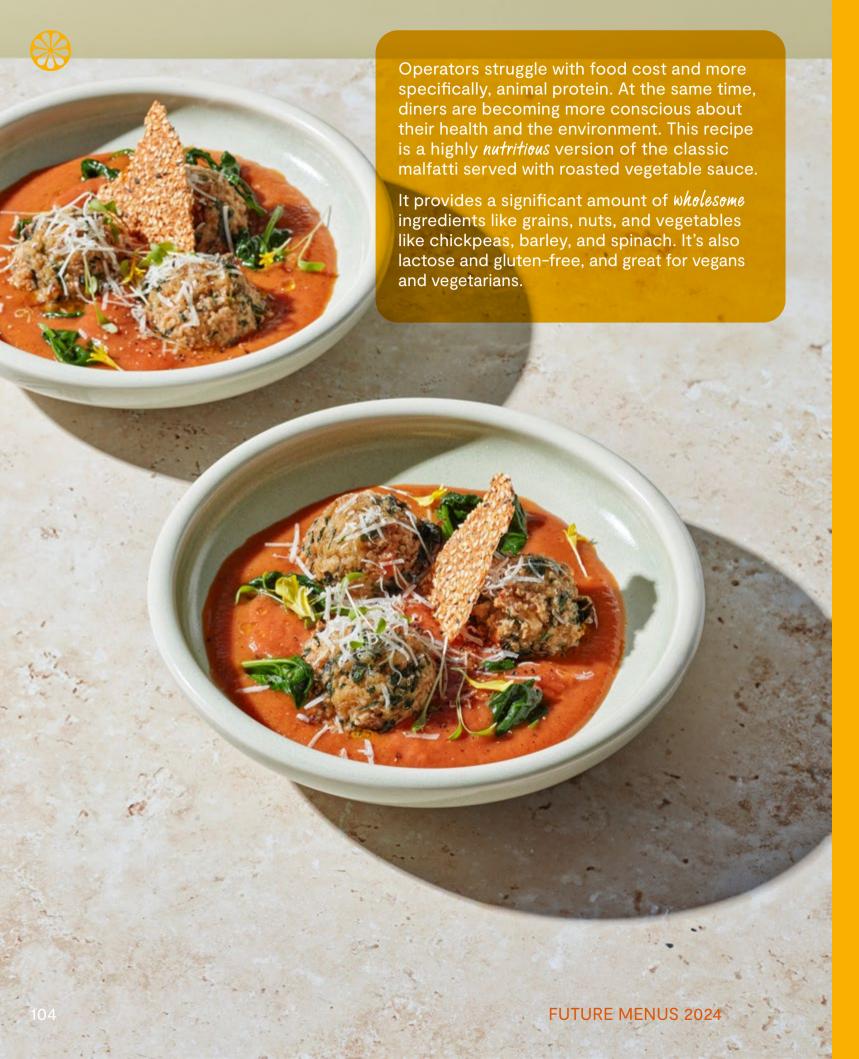
#### **Banana Sago Popcorn**

- Slice the peeled bananas then arrange them on a silicon mat.
- Bake them for 20 mins at 160°C.
- Remove from the oven then let them cool. Set aside.
- In a skillet, heat the olive oil. Add sago flakes until they pop, add Robertsons
   Veggie Seasoning, and fry them for 1 minute, covering all the flakes.
- Add the Robertsons Veggie Seasoning and the banana chips.

#### **For Central Production Kitchens:**

This recipe is a great concept for Ready Meals that can be frozen and stored. All components suit big-volume productions.

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# PEARL BARLEY MALFATTI IN ROASTED VEGETABLE SAUCE

Chef Jimena Solis, Argentina

© @chefsufsarg

**For Casual Restaurants** 

Cost (R) per portion: 3-4





#### **Ingredients (Serves 10)**

#### Malfatti

300g pearl barley

15g Robertsons Veggie Seasoning

440g spinach, 150g walnu blanched and chopped 20g Knorr

125g Knorr Professional Mash Flakes

500g water, for the purée

10g sunflower oil

250g chickpea, cooked

2g pepper, crushed

5g lemon zest

150g walnuts, toasted

Aromat Original

walnuts, toasted

#### Sauce

1500g Knorr Professional Tomato Pronto 1500g water

800g red pepper

1g chili

20g Robertsons Smoked Paprika

5g Robertsons Cayenne Pepper

20g Knorr Aromat Original

2 pcs siphon charges

20g agar-agar

#### Crackers

For Central Production Kitchens:

The malfatti can be prepared

ahead and frozen in bulk. Add

the chickpea flour to the mix

Portion and freeze.

and knead until the dough is firm.

40g black sesame seeds

80g white sesame seeds

100g flour

1/2 tsp salt

1 tbsp Robertsons Veggie Seasoning

20ml sesame oil

80ml water



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#### Pearl Barley Malfatti cont'd



#### Method

#### Malfatti

- Wash the pearl barley and toast it slowly in a pan.
- Cook the pearl barley with the **Knorr Professional Vegetable Stock Granules** (1L water + 15g Knorr Professional Vegetable Stock Granules).
- the **Knorr Professional Mash Flakes**. The puree needs to be firm in texture.
- · Chop the chickpeas in a mixer.
- Toast the walnuts in the oven then
- Chill all the ingredients and combine them (cooked pearl barley + chickpea + puree). Add the Knorr Aromat Original, the spinach Crackers finely chopped and the salt and pepper.
- Shape them into balls around 35g each.
- Preheat the oven to 200°C. Roast the balls for 5 mins or until golden in color.

#### **Roasted Vegetable Sauce**

- Roast the vegetables in the oven @ 200C until the red pepper goes black. Place in a bowl and cover with cling film to sweat. Remove the skin.
- For the tomato sauce, dry fry the Robertsons Smoked Paprika and the Robertsons Cayenne Pepper. Heat the Knorr Professional Tomato Pronto and add in the paprika, cayenne pepper and aromat.
- Add the roasted vegetables to the tomato sauce and blend until smooth.
- Mix well and pour the sauce into a siphon. Charge it.



- Preheat the oven to 180°C.
- Grind the white sesame seeds, then mix with the whole black sesame seeds, flour, salt and Robertsons Veggie Seasoning.
- Place the dough between 2 silicone mats and roll out until 1 to 2m thick.
- Neaten the edges with a sharp knife. Cut the
- Cook until the crackers are browned and crispy all the way through, about 15 mins.
- Transfer the cooked crackers to a wire rack



### RECIPE APPENDIX

#### **Skewer Plate (p.14)**

#### Black Eggplant Kushiage with Tahini

600ml original batter

15g black charcoal powder

600g marinated

eggplant 120ml tahini dressing

20g tobiko

30g chives, finely sliced

#### Tofu Kataifii

600g firm tofu, pressed overnight, sliced into 1.5-cm cubes

#### 10g Knorr Aromat Original

3g crushed black pepper

3g coriander powder 600ml original batter

300g kataifi or kunafa dough

150ml miso glaze

30g pistachio powder

#### Corn-Flaked Eggplant Kushiage with Chili Hollandaise

500g marinated eggplant

600ml original batter

300g corn flakes, crushed

250ml chili hollandaise

30g white sesame seeds, toasted

50g microgreens

#### **Lime Chili Dust**

5g kaffir lime leaves, dehydrated and grinded to powder

15g lime powder

7g chili powder

3g salt

10g white sugar

#### **Corn Bomb**

10g baking powder

50g cornstarch

50g tapioca flour

360g corn kernel (from fresh corn)

#### 5g Knorr Aromat Original

2g black pepper

70g smoked cheese (cheddar, gouda frico), grated

60g dried mango, finely chopped

water, as needed

120g Hellmann's Vegan Mayonnaise

10g kaffir lime dust

#### Fresh Vegetable "Spring Rolls" (p.48)

## A selection of filling ideas:

#### Guisadong Gulay (Sauteed Vegetables)

30g vegetable oil 10g garlic, minced 50g onion, julienne 100g tomatoes, julienne

150g butternut, julienne

150g okra, julienne

150g, turnip or parsnip, julienne

10g Knorr Professional Vegetable Stock Granules

#### OR

#### Guinataang Gulay (Vegetables in Coconut Milk)

30g vegetable oil
10g ginger, brunoised
10g garlic, minced
50g onions, brunoised
100g sugar snap
peas, julienne
150g green beans,
julienne

100g butternut, julienne

5g fish sauce 150g coconut milk

10g Knorr Professional Vegetable Stock Granules









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## **ABOUT THIS REPORT**

Unilever Food Solutions (UFS) Future Menu Trends Report 2024 was compiled from robust global data and extensive chef inputs, including industry reports of leading third-party sources (Kantar, Firmenich, Symrise, IFF, The Forge, CMJ-PDC), social media analytics using 77,000 keywords representing 69 million searches across more than 21 countries, perspectives from UFS' 250 professional chefs and in-depth feedback of more than 1,600 chef professionals located in 21 markets worldwide via UFS e-panels.

The Future Menu Trends Report findings have been translated into practical, action-driven solutions for foodservice operators globally, including recipe suggestions, preparation techniques and ingredient solutions operators can use on their menus.

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#### **Low-Waste Menus**

- 3. wfp.org
- **4.** Q4443 Trendsetter March 2022, UFS e-panel plus ad-hoc, 19 countries, Base n=1,303

#### **Modernized Comfort Food**

- **5.** Q4443 Trendsetter March 2022, UFS e-panel plus ad-hoc, 19 countries, Base n=1,303
- **6.** What's new on your menu? April 2023. Kantar for Global UFS e-panel.

#### **Plant-Powered Protein**

- 7. Nielsen IQ Panelview, 2022
- 8. sciencedirect.com

#### **Irresistible Vegetables**

**9.** Unilever Regenerative Agriculture Impact Results 2022

# Get #Prepped for Tomorrow with Unilever Food Solutions

As a B2B partner to chefs from around the world, we don't just offer products but also other services to help develop chefs. On our website <a href="UFS.com">UFS.com</a>, we house thousands of recipes, practical kitchen and team solutions, content for inspiration, and free training modules.

ACADEMY is a portal with the latest professional trainings – all filmed and created with expert chefs from around the world. Our team are waiting to teach you skills, tips and tricks that can be used right now in your kitchens. If you would like to learn more about a few of the trends found in this report, check out some videos below.

fair kitchens is the UFS movement that's fighting for a more resilient and sustainable foodservice industry. We're calling for change because we believe that healthier kitchen cultures make for healthier businesses. At <a href="UFS.com">UFS.com</a> you can find our range of tools, trainings and solutions to the toughest kitchen culture challenges, leadership skills and much more.

Low-Waste Menus Course and Irresistible Vegetables Course

by Christian Weij, Fermentation Expert

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