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REINVENTING THE FINE ART OF FRESH

With the new focus on healthy eating and the growing demand, particularly among trendy Millenials, for affordable meal options that 'are good for me, but filling at the same time' your salad menu is increasingly going to be the go-to choice for patrons. But standard ingredients and traditional salad staples, no matter how well constructed and presented, simply aren't going to cut it anymore.

People are looking for the fresh innovation and taste experiences you create with the rest of your menu, so your choice of ingredients for this changing market is more important than ever. Driven by the craft and farmers' market phenomenon, 'locavores' are attracted to locally sourced, sustainably farmed ingredients while 'flexitarians', motivated by ethical concerns around the meat industry are increasingly turning to alternative sources of

protein – and salads utilising the latest fad ingredients are the ideal answer.

It's time to get adventurous, it's time to freshen things up and add some zing to your salad offering. Our chefs have identified some of the freshest salad trends as food for thought, along with some fantastic recipe ideas for you to experiment with and add your own unique style.

Yours, in great food.



The Hellmann's team





Food has come a long way since our ancestors gathered nuts as a means of survival for harsh winters when food was scarce. We certainly have a more varied diet today, but nuts are still a staple in our diets, as a snack or in stir-fries and as a dessert ingredient or topping. But nowadays nuts are really starting to play a starring role in salads, in many cases they've replaced croutons altogether as the go-to crunch.

Let's face it, they've got more flavour than toasted chunks of bread and they're a whole lot more versatile. They can be candied for a little sweet touch and toasted, roasted, salted or seasoned for a hit of savoury.

There are also some pretty compelling health reasons to add nuts to your salad repertoire, with both the Harvard Health Report and, The Nurses' Health Study linking the regular consumption of small portions of a variety of nuts with significantly reduced risk of coronary heart disease.

The unsaturated fats in nuts can improve blood cholesterol levels, especially when substituted for foods high in saturated fat or refined carbohydrates such as meat and cheese, croutons and bread or sugary foods. Other nutrients and substances in nuts also have heart-health benefits, including B vitamins, zinc, potassium, copper, magnesium, vitamin E and fibre (much of it soluble). And, with the recommended daily portion of nuts being just 30g, great-tasting nutty salads are the ideal way to bring the benefits of nuts to your customers.

It's a win-win situation for any salad-lover – a delicious crunch and all-natural goodness that perfectly compliments your creation.

ALMONDS – nutrient dense and Heart Healthy almonds are high in monounsaturated fats. They are ranked second among foods containing vitamin E with 35% of the daily value for vitamin E provided in a 30g serving. They're already a beloved staple in the pastry section but now the almond is getting adventurous on salad plates too, particularly in savoury salads using chicken and lamb.

MACADAMIAS – another nutrient dense and Heart Healthy option, macadamias are fantastic with shaved zucchini and parmesan, avocado or a host of Asian-style salads using beef or pork. Macadamia nuts are spearheading the 'nutting' revolution among health-conscious diners. For those looking to adopt high fat meals, macadamia nuts have the most calories of all nuts and the most fat, most of which is good quality unsaturated fat – oh and they're totally delicious too!



SEARED SIRLOIN WITH SEASONAL LEAVES AND CARAMELISED MACADAMIA NUTS WITH A THYME AND LIME DRESSING

SIRLOIN STEAK

120 g Sirloin steak 10 ml Olive oil

1g Robertsons Cajun Spice10 g Marvello Butter Flavoured

5g Garlic purée

Method

Heat up griddle pan. Rub oil and cajun spice on steak. Seal steak on griddle pan (on both sides). Smear the garlic over the steak, then Marvello and allow to cook in the melted margarine. Take out of pan, pour remaining juices over the steak and allow to rest.

CARAMELISED MACADAMIA NUTS

40 g Macadamia nuts 50 g Castor sugar

Method

Place macadamia nuts in pan and turn heat on medium. Toast the nuts till browned, then add sugar. Allow to caramelise, then transfer to silpat mat. Allow to cool and then break up into shards.

POLENTA BAKE

100 g Polenta 500 ml Water 5 g Garlic purée

5g Robertsons Veggie Seasoning

Method

Place all the ingredients in a pot and bring to the boil. Reduce heat to simmer and cook for 15-20 minutes. Pour into a greased tray and allow to set in fridge (20 cm x 15 cm tray). Once cooled, cut a slice off. Heat a griddle pan and grill polenta slice. Cut the grilled polenta slice into wedges.

OTHER SALAD INGREDIENTS

70 g Assorted leaves

20 g Red onion, julienne cut

40 g Cherry tomatoes

To Assemble

Place leaves on base of plate. Arrange grilled polenta, cherry tomatoes and red onion. Place the thinly sliced sirloin on top of the salad base. Place shards of caramelised macadamia nuts around. Dress with Hellmann's Thyme & Lime Dressing.

THYME AND LIME DRESSING

1g Fresh thyme 5 ml Lime juice

50 ml Hellmann's Ranch Dressing

PERFECT PAIRINGS

Nuts in salads work fantastically with combinations of fresh veggies and soft summer fruit, with the nutty crunch perfectly offsetting the juicy sweet or tart flavours of rocket, peppers cucumber, cherry tomato, watermelons, raspberries or strawberries.

Compliment your nut creation with:

- Hellmann's Honey & Mustard Dressing with burnt orange juice and caraway seeds
- Hellmann's Creamy Dressing with parmesan shavings and brocolli
- Hellmann's Signature Vinaigrette with creamed horseradish, mascarpone and chopped chives.



Layer it!

From salad bar to salad jar – the layered salad is here to stay! **Everything** looks better in glass. From sweet sensations to savoury concoctions, the Mason jar craze has generated countless creations within the new 'contained-cuisine' scene, and salads are no different.







The firm texture of root vegetables makes them perfect for spiralizing - one of the hottest salad trends around at the moment. Versatile, easy to use and economically-priced - a quality commercial grade spiralizer is fast becoming a must-have item for any kitchen. After all, a hearty salad incorporating long ribbons of colourful and beautifully textured root veggies - what's not to love?

Whether you spiralize them or not, root vegetables are becoming an important addition to any serious salad repertoire. As the locavore and farm-to-table trends get more popular, root vegetables are attracting renewed interest amongst chefs looking to

offer unique taste twists while cutting kitchen costs. And the use of root ingredients on salad menus is becoming more and more prevalent as kitchens strive to meet the growing demand for more filling 'salad-as-a-meal' options for health-conscious customers.

Waste not, want not has long been the principle underpinning sustainable food trends, including snout-to-tail cooking and using every part of a fish. For root vegetables this translates to root-to-stalk, with formerly discarded toppings finding their way onto plates (wilted or flash-fried) as part of a delicious salad revolution utilising these extremely nutrient rich foods.

WHAT'S HOT ON THE UNDERGROUND SCENE? TOP TRENDING

SALAD ROOTS

BEETROOT – think beyond the traditional 'purple death' pickled salad beet! Fresh beets are a fantastic source of iron and folic acids. A great ingredient for salads containing roasted veggies, beetroot also subtly enhances the delicate flavours of ostrich and

HORSERADISH - rich in calcium, potassium and magnesium with proven anti-viral properties, but perhaps just as important for chefs is the huge hit of piquant flavour horseradish brings to a summer salad, either as a fresh ingredient or grated and incorporated into a signature salad dressing. The more you add, the more fiery things get - not surprisingly horseradish is delicious with salads incorporating beef fillet!

SWEET POTATO – why not lighten up the traditional heavy potato-based salad by including sweet potato along with the usual white ones? Sweet potatoes are nutrient dense and are rich in beta carotene, a form of vitamin A. They also contain twice the fibre of normal potatoes and they're delicious in roasted vegetable salads, especially when combined with fresh herbs, pine- or ground-nuts and salty tangy feta. Versatile and affordable, sweet potatoes combine well with beef, lamb and chicken in salads.



ROASTED BEETROOT AND SWEET POTATO, GINGER PICKLED CUCUMBER AND HERBED CROTTIN SALAD WITH CARAMEL HONEY AND MUSTARD DRESSING

ROASTED BEETROOT AND SWEET POTATO

150 g Orange sweet potato, skin on

100 g Beetroot, skin on

Method

Wrap the sweet potato and beetroot in foil. Place on an oven tray and cook in a preheated oven at 170°C for 40 minutes. Remove from the foil and allow to cool.

BRUNOISE SWEET POTATO AND BEETROOT

Cooked sweet potato, cut brunoise
Cooked beetroot, cut brunoise

Method

Place both brunoise of sweet potato and beetroot on a roasting tray. Place in preheated oven 160°C for 10 minutes.

CRUNCH CRUMBLE

50 g Cooked couscous

30 g Granny Smith apple grated

with skin on

30 g Brunoise sweet potato and beetroot

15 ml Olive oil

Method

Mix the couscous, apple, beetroot and sweet potato and oil together. Place on a baking tray and cook in preheated oven at 160°C for 10-15 minutes until crunchy.

GINGER PICKLED CUCUMBER

1 Cucumber, peeled

5ml Salt

60 ml White wine vinegar

50 g Castor sugar

20 g Fresh ginger, skin on , finely sliced

30 g Stem ginger in syrup, finely sliced

1g Red chilli, sliced

Method

Slice the cucumber into ribbons using a peeler. Peel until you get to the fleshy seeds. Sprinkle the salt over the cucumber ribbons. Leave for 10 minutes. Rinse under cold water. Combine the sugar and vinegar together. Stir until dissolved. Add the gingers and chilli to the vinegar/sugar mix before adding the cucumber. Mix through thoroughly before covering and refrigerating.

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OTHER SALAD INGREDIENTS

Crottin cheese, rolled in chopped parsley and cut into 3 pieces

1 pinch Black mustard seeds

1 pinch Micro herb

To assemble

Place rough cut beetroot and sweet potato on plate first. Then the herbed Crottin. Add 3 cucumber ribbons. Sprinkle the crumble crunch over the salad. Dress with Hellmann's Honey and Mustard Dressing. Sprinkle the mustard seeds and micro herb.



10 g Caramel Treat

50 ml Hellmann's Honey & Mustard

Dressing



PERFECT PAIRINGS

Join the roots revolution and explore salad combinations with couscous, noodles, fresh herbs feta, olives quinoa, roasted veg, vine tomatoes, olives, rices, cheeses and salad leaves.

Compliment your root creation with:

- Hellmann's Creamy Ranch Dressing with toasted pine kernels, Italian parsley and cracked red peppercorns
- Hellmann's Honey & Mustard Dressing with toasted coriander seeds and vanilla
- Hellmann's Signature Vinaigrette with roasted garlic, cashew nut and lime juice.



Did you know? You can regrow sweet potato by placing it in a jar of water in direct sunlight and letting it sprout? Then plant the well-rooted sprouts in soil. You can also sprout normal potatoes and yams in the same way. Most root vegetables will grow very well in nutrient rich, well drained containers in small courtyards, or verandahs. Fresh produce doesn't get much fresher than being grown on your premises!





CULTURES, THE SALAD BOWL IS TRANSFORMING DRAMATICALLY

With their nutty taste, mild flavour, and irresistible chewy texture, high-fibre whole grains are a fantastic canvas to explore for salad inspiration because they harmonise with the bright, fresh flavours customers enjoy most. They also combine beautifully with fresh herbs and vegetables in individual summer variations on the Middle Eastern tabbouleh and as accompaniments to mezze spreads.

Grains like millet can be pan-roasted to further enhance the nutty flavour, and, as a whole, grains are great for make-ahead salads as they

absorb flavour while they sit. The great news for chefs is that there are more readily available grains than ever before to experiment with - from traditional kitchen staples like rve, rice and bulgur wheat to 'rediscovered' ancient grains like Tuscan farro and spelt that are perfect for incorporating into the current 'power bowl' salad trend.

For hearty, nutritious, flavour-packed salads, you have nothing to lose, and everything to grain!

BULK IT UP CLASSIC TRENDING SALAD GRAINS

COUSCOUS – high in potassium that aids blood pressure regulation, this North African staple takes its name from the traditional Berber keskes pot used to prepare the steamed semolina balls. Delicious with spicy harissa, roasted vegetables, beef, chicken or lamb, couscous adds an exciting dimension to any salad - especially with the wholewheat versions that are now becoming increasingly available.

QUINOA - known as the 'wonder grain' because it cooks quicker than rice and is virtually foolproof, quinoa was a staple of the Aztec and Inca cultures. It is gluten-free, contains more protein than any other grain, and is rich in iron and vitamin E. Quinoa has a deliciously nutty flavour and a texture that combines beautifully with Mediterranean -style salads.

WILD RICE - ideal as a 'main course' salad or a side dish, wild rice is a traditional Native American seed-grain with a chewy external sheath and a nutrient-dense grain inside. It has up to twice the amount of protein than brown or white rice and contains all the essential amino acids which makes it a great option for vegetarian and vegan diets. With more fibre than white, Heart Healthy wild rices are also ideal for power bowl-style salads.



WARM RED AND WHITE QUINOA, CHICKEN AND ASPARAGUS SALAD WITH ARTICHOKE AND POMEGRANATE CONFETTI & ZESTY VINAIGRETTE

RED AND WHITE QUINOA

50 g Red and white quinoa – raw weight

Method

In a saucepan, add the quinoa and turn on the heat to medium/high. Add hot vegetable stock to the pot. As the stock evaporates, keep topping up the stock to the pot. Cook until the grain splits and becomes translucent – about 25 minutes.

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ASPARAGUS

4 Whole asparagus spears

Method

Peel the asparagus. Blanch and refresh asparagus. Cut the spear heads off. Use the remaining ends for the confetti.

CONFETTI

10 g Orange segments (3 segments)

20 g Pomegranate seeds

25 g Artichoke hearts cut into small

Method

Cut up the orange segments and artichoke hearts to the same size of the pomegranate seeds. Use the ends of the blanched asparagus, and cut into small cubes. Add to the mix.

CHICKEN

100 g Chicken breast, cut into small cubes

5 ml Sunflower oil 15 ml Lemon juice

2g Italian parsley finely chopped

Method

In a frying pan over medium heat, add oil and cook chicken until fully cooked. Add lemon juice and chopped parsley. Adjust seasoning with salt and pepper.

To Assemble

Mix Hellmann's Zesty Vinaigrette Dressing through the warm quinoa. Add the warm chicken. Scatter the confetti over the quinoa. Garnish with the blanched asparagus.

ZESTY VINAIGRETTE

50 ml Hellmann's Greek Dressing

10 ml Fresh lemon juice half Lemon, zested

PERFECT PAIRINGS

Show your patrons the grain-fed difference by exploring salad options featuring roasted vegetables, fresh herbs, nuts, cucumber, roasted tomatoes, feta, lemons and spinach.

Compliment your grain creation with:

- Hellmann's French Dressing with avocado and toasted pecan nuts
- Hellmann's Signature Vinaigrette with sumac, chilli and toasted sesame seeds
- Hellmann's Creamy Ranch Dressing with biltong shavings, feta and coriander pesto.



Did you know? Some facts about other 'ancient' grains:

- **Farro** is an ancient Italian grain that was a staple of the Roman legions
- **Spelt** was an ancient wheat popular in pre-industrial agriculture
- Amaranth has been cultivated for over 8 000 years.
 It's the only grain documented to contain vitamin C
- Teff is a staple in Ethiopia and Eritrea. It has a sweet molasses-like flavour.







A POWDER KEG OF FLAVOUR - TRENDING SALAD POWDERS

MORINGA - it is known as 'The Tree of Life' or 'The Miracle Tree' in many cultures around the world. In East Africa it is known as 'Mother's Best Friend' – not just because of its many health benefits but also because of its fantastically varied uses in food. Every part of the tree is edible and significant. Moringa leaves are a power house of essential microand macro-nutrients. Gram for gram, Moringa leaves contain seven times the vitamin C in oranges, four times the vitamin A in carrot, four times the calcium of milk, three times the potassium of bananas, three times the vitamin E of spinach and two times the protein of yoghurt. Fresh leaves can be used as salad greens. Moringa oil is a sweet oil that can be used to make scratch salad dressings while Moringa powder adds zest and bite to a creamy dressing base.

BAOBAB – rich in vitamins B1 and B2, with three times the vitamin C content of an orange and as much calcium as a glass of milk, baobab fruit is gaining popularity as a healthy additive to cereal bars and smoothies. The leaves can be eaten like asparagus or used in fresh salads while the fruit pulp can be used as an alternative to vinegar in salad dressing or as a tangy ingredient in fruit based salads. If you are unable to get hold of fresh baobab fruits (monkey bread) you can find powdered pod extract in health shops. Add it to a creamy salad dressing for a wonderfully refreshing edge that offsets the richness.

TURMERIC – it may look like an ugly little cousin to the ginger root but there's a whole lot more to fresh turmeric than meets the eye. Whether sliced, grated or chopped fresh, turmeric adds a spicy, sunny, peppery kick, with an almost Sichuan-style taste profile. It's great chopped into potato and egg-based salads for extra tang, grated as a salad topping or crushed into your signature dressing to compliment chicken salads too. With it's reputed anti-inflammatory properties , it's as good for your customers as it tastes.



GARLIC PRAWNS ON SAUTEED TURMERIC NOODLES WITH A LEMONGRASS, CHILLI AND LIME DRESSING

TURMERIC NOODLES

75 g Noodles

5 g Robertsons Turmeric

15 ml Sunflower oil

50 g Onions, cut into petal shapes

3g Ginger, finely sliced

10 g Spring onions cut at a slant

10 g Coriander, chopped

Method

Pour boiling water over the noodles and allow to stand for 30 minutes. In a saucepan, heat the oil. Add the onion petal and cook till soft. Add the ginger and turmeric and cook out for 4-5 minutes. You might have to add a little water to the pan so as to cook turmeric and not burn. Drain the noodles and add to the pot, stir and keep warm. Add the spring onions and coriander.

GARLIC PRAWNS

150 g Prawns, deshelled

30 g Marvello Butter Flavoured

5g Roasted garlic purée

Method

In a pan, heat the Marvello and add the prawns. Add the garlic and baste the prawns until fully cooked. Remove the prawns from the pan and pour remaining juices into the noodles.

To Assemble

Pour the Hellmann's Lemongrass, Chilli and Lime Dressing into the warm turmeric noodles. Place noodle salad in bowl, top with garlic prawns. Garnish with grilled lime wedge and coriander.

Play with fire!

Wood fired grills are putting a smoky twist on made-to-order salads, locking in the crunch with searing and charring that adds appetite appeal and often changes the taste of an ingredient entirely. Fired salads utilising everything from asparagus spears to peppers and courgettes are a great way to bring out the bold flavours in hearty salads containing sirloin, grilled or smoked chicken and prawns.

Embrace the open flame by grilling and charring salad ingredients to add character and intensify flavour. Fired-up foods are on the brink of becoming a food service trend. So, get ready to make your mark!

LEMONGRASS, CHILLI AND LIME DRESSING

10 g Lemongrass, smashed

75 ml Hellmann's Signature Vinaigrette

1g Red chilli, deseeded & chopped

15 ml Lime juice2 g Brown sugar

Method

In a bowl, add the lemongrass and Hellmann's Signature Vinaigrette and mix with spoon, allowing flavours to infuse. After 10 minutes, strain. Reserve liquid. Add the chilli, lime juice and sugar to the infused Hellmann's Signature Vinaigrette.

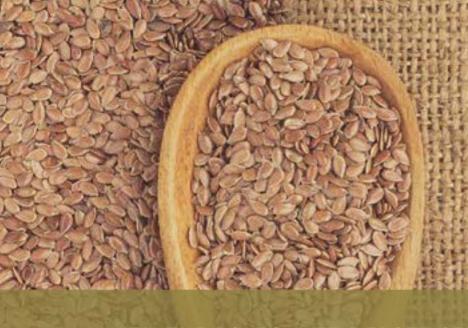
PERFECT PAIRINGS

Compliment your African creation with:

- Hellmann's Meditarranean Light Dressing, fresh coriander and smoked paprika
- Hellmann's Creamy Ranch Dressing with peanut butter, coconut, chilli and palm sugar
- Hellmann's French Dressing with mango, chilli and cashew nut.







WITH THE PALEO DIET DEBATE STILL
RAGING AND FLEXITARIANISM
BECOMING A WORLDWIDE
PHENOMENON, IT'S A SMART MOVE TO
INCORPORATE THE LATEST FAB-FAD
SEEDS INTO YOUR SALAD REPERTOIRE

Let's face it, seeds are often an afterthought in the kitchen. For many, they're snack food or toppings for muffins or buns. But they are an essential source of nutrition for the growing numbers of vegans and vegetarians (the biggest consumers of salads), so it's time to put seeds front and centre in your kitchen as a source of healthy fats, vitamins and minerals. In addition, with the Paleo diet debate still raging and flexitarianism (selectively eliminating some meats from the diet out of ethical

concerns) becoming a worldwide phenomenon

– it's a smart move to incorporate the latest fab-fad seeds into your salad repertoire. The good thing is they're endlessly versatile and utterly delicious!

One of the major benefits of seeding your salads is that they are not a common allergen (unlike peanuts and tree nuts), so they can provide similar crunch and taste, without the risk of an allergic reaction.

SHARE THE SALAD-LOVE

WITH THIS SEASON'S SUPERSEEDS

CHIA – chia seeds are nutrient dense and are good sources of fibre and protein along with healthy omega-3 fatty acids and other micronutrients. Chia seeds can be used whole in salads to add in a little crunch or milled and added to your salad dressing for a nutrient punch that won't unbalance the flavour.

HEMP – along with chia, hemp seeds are a great source of 'good fat', especially polyunsaturated fats. They contain all 20 of the essential amino acids for human health for vegetarians and vegans. They are also high in fibre and omega-3 and omega-6 fatty acids and have more protein than flax and chia seeds. Chewier than other seeds like sunflower or pumpkin seeds they have a wonderful, slightly crunchy sweet and nutty flavour. Sprinkle over crispy power salads whole or hulled or mill and add to your signature salad dressing.

FLAX – flax seeds are one of the richest plant sources of omega-3 fats (after chia seeds) which are necessary for the function of every cell. Rich in fibre and healthy polyunsaturated and monounsaturated fats, they can be toasted to add healthy crunch to salads, but will lose many of their nutritional benefits if used whole (the tiny seeds will simply pass through the body). A more common option is to grind the seeds into an oil to add to your salad dressing or use commercially available flax seed oil.





SMOKED CHICKEN, FETA AND GUACAMOLE SALAD WITH ORANGE AND CHIA SEED DRESSING

GUACAMOLE

50 g Avocado pear mashed

1 pinch Robertsons Veggie Seasoning

5ml Fresh lemon juice

1g Red chilli, finely chopped

Method

Mash the avocado to a purée. Add the Veggie Seasoning and lemon juice and chilli.

OTHER SALAD INGREDIENTS

100 g Smoked chicken cut into chunks

6 Orange segments

70 g Feta cheese, broken rough chunks

5g Baby salad leaves1 pinch Beetroot shoots

To Assemble

Place the guacamole, chicken, feta and orange segments on the plate. Place the leaves in between ingredients. Garnish with beetroot shoots. Drizzle dressing around the plate.

ORANGE AND CHIA SEED DRESSING

50 ml Hellmann's Mediterranean Dressing

5g Chia seeds

15 ml Orange juice

NB: allow to infuse for 3 hours

PERFECT PAIRINGS

Compliment your seed creation with:

- Hellmann's Signature Vinaigrette with chia seeds, rooibos tea and citrus essence
- Hellmann's French Dressing with chia seeds, oregano and parmesan
- Hellmann's Creamy Ranch Dressing with chia seeds, jalapeno peppers and coriander.





Keep that seed oil fresh

When using ground seeds, store leftovers in the fridge to prevent the oils from going rancid.





SWEET-SAVOURY SALAD COMBINATIONS ARE ALL THE RAGE NOWADAYS WITH CHEFS EXPERIMENTING WITH SUMMER-INSPIRED COMBINATIONS OF FRUIT AND BERRIES

Everybody loves a fresh summer fruit salad, but fruits and berries can add freshness and texture as well as a healthy dose of minerals and vitamins to a savoury salad too. They are high in water and add refreshment, vibrancy and colour to dishes.

In fact, sweet-savoury salad combinations are all the rage nowadays with chefs experimenting with summer-inspired combinations of fruits, nuts and the irresistible sweet tartness of fresh berries that takes the goodness of summer much further than the dessert menu. The key is to be a little daring!

Try pairing the sweet tang of berries with spicy jalapeno, spinach, mixed greens and salted sunflower seeds, fresh herbs, feta or crumbly cheese. Toss in a blast of ginger and cracked pepper. Drizzle with the zing of a ginger and lime based dressing to create a completely unique flavour profile your customers will love

The question is, how adventurous are you?

PICK OF THE CROP

TOP TRENDING SALAD BERRIES

RASPBERRY – relieves nausea in pregnant women, protects against infection and strengthens the immune system. A great combination with salty tastes like savoury chicken, bacon and feta.

GOJI BERRY – this fad berry is finding a new lease of life in the salad bowl. Gogi berries are reputed to aid in weight management and digestion. A single portion of gogi berries provide 170% of your daily vitamin A needs. They combine well with a wide range of sweet-savoury ingredients as well as providing a bit of 'chew' to chickpea, wild rice and roasted butternut salads.

BLUEBERRY – blueberries boost brain function as well as promoting heart health and healthy skin. Try combining blueberries with a balsamic vinaigrette and ingredients like quinoa, grilled chicken, hazelnuts, and fresh tarragon. They're fantastic in blue cheese salads too.





WATERMELON, RICOTTA AND RASPBERRY SALAD WITH A HERBED CRÈME FRAICHE DRESSING

SALAD INGREDIENTS

150 g Watermelon20 g Pecan nuts

60 g Ricotta cheese, sliced

50 g Raspberries

5g Picked salad leaves1 pinch Cracked black pepper

To Assemble

Place watermelon as base. Add the ricotta and pecans. Top with raspberries. Garnish with micro leaves. Drizzle with Hellmann's Herbed Crème Fraiche Dressing then dust with cracked black pepper.

HERBED CRÈME FRAICHE DRESSING

15 g Crème Fraiche 1g Chopped parsley

25 ml Hellmann's Creamy Dressing

5 ml Honey

PERFECT PAIRINGS

Compliment your berry creation with:

- Hellmann's Signature Vinaigrette with baobab powder, mint and coconut dressing
- Hellmann's Creamy Ranch Dressing with crispy bacon and wholegrain mustard
- Hellmann's Creamy Dressing with puréed litchi and mint.



Berries have been shown to be some of the healthiest foods on the planet. New research is constantly being published and berries are being recognised and analysed for their health giving properties.









YOUNGER CONSUMERS ARE DRIVING DEMAND FOR MORE FILLING, ENTRÉE-WORTHY SALADS. AND GETTING CREATIVE WITH EASY, AFFORDABLE STARCHES IS THE PERFECT SOLUTION

Adding starch to your creation is a great way to create a more rustic, wintery flavour that is genuinely filling. And it certainly doesn't have to be stodgy and boring. With the right combination of ingredients, and of course a truly inspired dressing, you'll be able to craft a salad that will satisfy the needs of a whole new market.

Younger consumers are driving demand for more filling, 'main-course' worthy salads. And getting creative with easy, affordable starches is the perfect solution. Starch-based salads are also ideal to cater for the paleo-diet craze which is also driving demand for filling meals

featuring resistant or retrograded starches, created once starchy vegetables like potatoes and grains are cooked then cooled for 24 hours before serving. This changes the structure of the starch, reducing its glycemic load by up to 25%, which suits patrons struggling with blood sugar control. Resistant starches also stimulate the growth of healthy prebiotics in the gut.

Starch-based salads are an ideal canvas for a great dressing; fresh and zesty, featuring citrus flavours, or dense and sweet, with notes of honey and rosemary. The possibilities are endless!

FILL IT UP TOP TRENDING SALAD STARCHES

PARSNIP – closely related to the carrot, parsnip is a very good source of vitamin C and fibre. They are dense with starch and are traditionally used roasted in salads. However, thinly sliced raw parsnip packs quite a snap when bitten into, which is a pleasant way to experience the vegetable anew. And if you're not a fan of the flavour, this way they'll be much more neutral, a blank slate to take on your dressing. Parsnip pairs well with slow cooked lamb, beef and pork and vegetables like carrots, onions, butternuts, leeks, celery and garlic.

BUTTERNUT – high in vitamin A which is good for the immune system, eyesight and cell membranes, butternut is also a good source of fibre, potassium and magnesium. Roasted butternut is a fantastic base for hearty, filling salads pairing well with chicken, pork, lamb and beef as well as roasted root veggies, spinach and salad greens. For best nutritional benefit, serve butternut skin-on.

MILLET – this African staple is high in protein, gluten-free and has a hydrating effect on the colon. Millet pairs well with basil, chilli, tarragon and other fresh herbs, black peas, coconut, currants, mushrooms, citrus fruits and nuts as well as a wide range of fresh veggies.

BUCKWHEAT – starchy grains like buckwheat are low in saturated fat, and sodium with a high protein content. Perfect pairings include asparagus, mushrooms, walnuts, pine nuts, garlic, ginger, sunflower seeds and most vegetables.







MILLET, SEMI DRIED TOMATOES, WILTED KALE AND CANNELLINI BEAN SALAD WITH A BASIL AND ROASTED GARLIC DRESSING

MILLET

100 g Millet - raw weight

Method

Soak the millet in cold water for 1 hour. Rinse. Bring water and millet to the boil and cook till soft (10-15 mins). Rinse.

KALE

60g Kale

Method

In a frying pan over high heat, cook the kale with a little water and salt until tender. Refresh under cold water. In a little oil, sauté onions till soft, add Robertsons Veggie Seasoning and add the strained kale.

OTHER SALAD INGREDIENTS

40 g Semi-dried tomatoes 50 g Cannellini beans

5g Toasted coconut shavings

30 g Onion, diced

5g Robertsons Veggie Seasoning

To Assemble

Mix Hellmann's Basil & Roasted Garlic Dressing through the millet with the spring onions and cannellini beans. Place millet in serving bowl, add the semi dried tomatoes and cooked kale. Sprinkle the coconut shavings over the top of the salad.

BASIL & ROASTED GARLIC DRESSING

5g Fresh basil7g Roasted garlic

80 ml Hellmann's French Dressing

Method

Place whole bulb of garlic on a piece of tin foil, drizzle with olive oil. Fold tightly. Place in oven at 170°C for 40 minutes. Remove from tin foil and squeeze out roasted garlic from each clove. Using a stick blender, blend all the recipe ingredients.

PERFECT PAIRINGS

Compliment your carb creation with:

- Hellmann's Signature Vinaigrette with coriander pesto, natural yoghurt and spring onion
- Hellmann's Mediterranan Light Dressing with wasabi, coconut cream and honey
- Hellmann's Greek Dressing with Knorr Tomato Pronto and Veggie Seasoning.



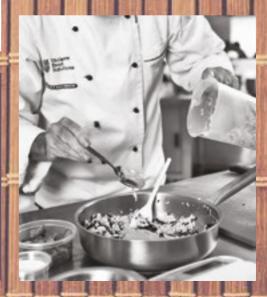
Kitchen Hack

Cooking buckwheat

• Pre-soak overnight, rinse well, boil in vegetable stock for 3-5 minutes.

Cooking millet

• Pre-soak overnight, strain, simmer in vegetable stock with the lid on for 10-15 minutes.







MAIN INGREDIENT OR A CRISP TOPPING, BUT THERE IS A WHOLE LOT MORE THAT YOU CAN DO

The process of seed germination results in a dramatic increase in vitamin content over a very short period which makes sprouts a healthy addition to any diet, and a great guilt-free way to fill up. Very low in calories with low amounts of a variety of vitamins and minerals, sprouts are alkaline, whole and pure, natural foods that play a pivotal role in protecting our body from different kind of diseases. Sprouts are at a transitional stage between seeds and plants and, as the seed's own enzymes do almost all work, they are essentially pre-digested foods.

Sprouts obviously lend themselves to salads whether they are the main ingredient or a crisp nutty topping, but there is a whole lot more that you can do than you might think. Typically sprouts are used in lighter, more refreshing salads which should be assembled just before serving to preserve the crunch of the sprouts.

SPROUTS TO SHOUT ABOUT

TOP TRENDING SALAD SPROUTS

BEAN SPROUTS - rich in folate, protein, vitamins B and C and iron.

ALFAFA SPROUTS - an excellent source of niacin, calcium and fibre.

LENTIL SPROUTS - high in thiamine, copper and iron.



SMOKED TROUT, BOK CHOY AND AVOCADO SALAD WITH ALFAFA SPROUTS AND A CREAMY SPICY DRESSING

SALAD INGREDIENTS

40 g Smoked trout

30 g Bok choy, cut into 1/8ths 20 g Red onions, finely sliced

5g Toasted cashew nuts

20 g Salad greens

10 g Alfafa sprouts

20 g Spring onions

50 g Avocado, sliced

To Assemble

Layer bok choy with salad ingredients. Add smoked trout and alfafa sprouts. Drizzle with Hellmann's Creamy Spicy Dressing.



CREAMY SPICY DRESSING

50 ml Hellmann's Meditarranean

Light Dressing

10 g Avocado

1g Red chilli, chopped

5ml Lemon juice

1 pinch Robertsons Cayenne Pepper

Method

Blend all the ingredients together.

PERFECT PAIRINGS

Compliment your sprout creation with:

- Hellmann's Fench Dressing with caviar and cream cheese
- Hellmann's Signature Vinaigrette with capers, sweet chilli sauce and lemon juice
- Hellmann's Creamy Dressing with passion fruit and dill.

Kitchen sprouting

Why buy when you can DIY? With the current trend towards fresh, organically grown produce it may be a good idea to invest in a sprouting kit to supplement your fresh herb garden or vegetable patch. They are affordable and increasingly commercially available.

Besides the usual suspects, like alfafa and beans, sprouts can also be obtained from a wide range of other grains like wheat, barley, rye, buckwheat, brown rice etc. which we more commonly serve as milled flours.









BLACK-EYED BEAN SALAD WITH TOASTED PITA AND EAST AFRICAN DRESSING

PITA BREAD

1 Pita pocket

Method

Place pita on hot griddle pan to get marking on the pita and to warm through. Cut into triangles.

SALAD INGREDIENTS

50 g Black-eyed beans - raw weight

25 g Red pepper, cubed

30 g Red onion, cubed

10 g Spring onion, rough chop

10 g Coriander, roughly chopped 40 g Corn on the cob, blackened

Method

Soak the beans in cold water for a minimum of 3 hours. Rinse and then boil in water for 30 minutes or until cooked yet tender. Rinse. Mix all the salad ingredients together in a bowl.

To Assemble

Mix Hellmann's East African Dressing through the salad. Place in a bowl. Place pita pocket around the inside rim of the bowl.

The Power Bowl Revolution

Pulses are the ideal base for a hearty, healthy and nourishing 'power bowl' addition to your salad offering. These trendy, quick, easy-to-assemble meals in a bowl are focused around blending combinations of healthy foods that are satisfying physically and mentally.

These flavourful combinations can be served hot or cold and can feature complex carbs, nutrient dense vegetables, high quality proteins and heart-healthy dressing. The perfect timesaver for your lunchtime restaurant rush.

EAST AFRICAN DRESSING

1 pinch Ground cumin

1 pinch Robertsons Cinnamon

1 pinch Robertsons Cayenne Pepper

1 pinch Robertsons Veggie Seasoning

60 ml Hellmann's French Dressing

5 ml Lime juice

PERFECT PAIRINGS

Compliment your bean creation with:

- Hellmann's Signature Vinaigrette with chipotle, crispy chorizo and a dash of tequila
- Hellmann's French Dressing with cucumber, mint and lime
- Hellmann's Creamy Ranch Dressing with pineapple crush, toasted coconut and coriander.









RE-INVENTED ROCKET TAKE A STARRING ROLE AS INTRIGUING SALAD BASES

One of the greatest things you can do for your health is to have a good green salad. But let's face it, while greens may be the soul of the salad, they often play second fiddle to the other ingredients, the toppings and dressing that entice customers and often give the menu item its name. But, as trends change, innovation is creeping into the green base of the salad.

The age of the ice berg lettuce is all but over. Today 'dark greening's' the thing, as kale, spinach and re-invented rocket take a starring role as intriguing salad bases that make a genuine contribution to your dish's flavour profile. Sweet, bitter, crisp, soft and delicate, wilted or seared - today's green salads have turned over a new leaf!

GREEN CUISINE TO BE SEEN TOP TRENDING SALAD LEAVES

KALE - very low in calories and nutrient dense so it's a great guilt-free 'filler-upper'. It contains a range of vitamins and minerals but is especially high in vitamins A, K and C (in fact a cup of raw kale has more vitamin C than one orange). Kale has a whole mouthful of flavour, which combines well with chicken, beef, lamb and pork.

Kitchen hack: Buy whole heads of kale rather than the salad ready baby kale. They are cheaper and the leaves can be easily softened by marinating in lemon juice, olive oil, garlic and red pepper flakes for 2 hours.

SPINACH – nutrient dense and especially high in vitamins A, C and K as well as iron, folate and calcium. Due to its softer texture baby spinach tends to be more popular in fresh salad items, although some chefs do use the darker more mature leaves especially in Asian-style wilted or crisped spinach salads. However you choose to use it, spinach adds a hit of flavour to salads containing seafood, beef, lamb, chicken or pork.

ROCKET - it's more than a somewhat 'tired' garnish. Today rocket is being used (in combination with other greens) to add its distinctive peppery hit to salads incorporating bacon, chorizo, beef, chicken, seafood and lamb.



WARM BACON AND SMOKED RED ONION AND CRANBERRY SALAD WITH MAPLE SYRUP AND TOASTED ALMOND DRESSING

SMOKED ONION

85g Red onion (1/2 onion)

20 g Wood chips

Method

Place griddle pan on high heat. Place onion (skin on) on griddle pan and sear on all sides. Place wood chips around onion on griddlepan. Cook for 1 minute. Take off heat and place a stainless steel bowl over the onion and woodchips. Allow to 'smoke' for 1/2 hour. Peel off skin and discard. Peel off layers of onion and use in salad.

OTHER SALAD INGREDIENTS

40 g Streaky peppered bacon cooked

10 g Almonds whole 15 g Cranberries 25 g Baby spinach 30 g Green apple, sliced

To Assemble

Place spinach on plate. Add the layers of smoked onion. Add the cranberries, almonds and bacon. Drizzle with Hellmann's Maple & Almond Dressing.

Bonus ingredients for the bowl

Here are some super-substitutes for your signature salad:

- Replace Kale with Cauliflower now being touted as 'the new kale', cauliflower is high in fibre and nutrients, and adds crunch to salads. Venture beyond traditional cauliflower florets to chopped cauliflower that better blends into a salad.
- Replace Red Beets with Golden Beets this heirloom beet variety is milder and sweeter than red beets. High in fibre, iron and potassium, golden beets add color and crunch to salads.
- Replace Rocket with Arugula with its peppery, almost spicy flavour, arugula stands up to salad dressings. It is a cruciferous vegetable (like kale) that is high in nutrition.

MAPLE SYRUP & TOASTED ALMOND DRESSING

5g Almonds 10 ml Maple syrup

50 ml Hellmann's Signature Vinaigrette

Method

Place ingredients in a container. Using a stick blender, blend for a second or two just enough to break up almonds.

PERFECT PAIRINGS

Compliment your leaf creation with:

- Hellmann's Signature Vinaigrette with grated apple, cider and marmalade
- Hellmann's Creamy Ranch Dressing with mustard seeds, coffee essence and mascarpone
- Hellmann's Greek Dressing with orange purée, candied chilli and coriander.





DISCOVER A KALEIDOSCOPE OF FLAVOUR USING HELLMANN'S AS A BASE FOR YOUR DRESSINGS

Experimentation and simplicity are the trends that are leading the way in dressings as chefs mix in high quality ingredients and gourmet flavours to create signature dressings that perfectly compliment a broader ingredient panel than the traditional salad staples.

The hottest trends right now are Thai relishes featuring chilli, lime and citrus zests, spicy Korean-inspired dressings, and a whole new world of inspiration for creamy dressings featuring everything from peppercorns to cilantro and tzatziki.

Hellmann's is very much part of the gourmet salad revolution, bringing you a range of premium dressings with real herbs and spices that form a perfectly balanced dressing base for you to combine and experiment with the 'crunch', the 'punch' and the 'bite' that is at the heart of the fine art of fresh.

REAL INGREDIENTS INSPIRING A REAL SALAD REVOLUTION

Our mayonnaise and salad dressings are made from simple combinations of inherently good ingredients.

The vegetable oils used in Hellmann's mayonnaise and salad dressings are rich in 'good' unsaturated fatty acids (PUFA and MUFA), including alpha-linolenic acid (essential Omega-3). They are very low in saturated fatty acids, and are virtually trans fat free.

HELLMANN'S MAYONNAISE – made only from good vegetable oils (like rapeseed, canola, soybean and sunflower oil), eggs, lemon juice or vinegar, water and salt. Hellmann's Mayonnaises make good food GREAT!

HELLMANN'S SALAD DRESSINGS -

made from good quality sunflower oil, vinegar, water, salt, herbs and spices. Some dressings contain their own special ingredients like yoghurt, cheese, mustard etc.

SO WHAT'S IN OUR SALAD DRESSINGS?

CREAMY RANCH DRESSING

- Made with 33% sunflower seed oil
- · Contains real buttermilk

SIGNATURE VINAIGRETTE

- 35% sunflower seed oil
- Contains oil, vinegar & mustard

HONEY & MUSTARD DRESSING

- 15% sunflower seed oil
- Contains real honey & Dijon mustard

CREAMY DRESSING

- 36% sunflower seed oil
- Contains real garlic & thyme

GREEK DRESSING

- 20% sunflower seed oil
- Contains real lemon juice & garlic

MEDITERRANEAN LIGHT DRESSING

- 7% sunflower seed oil
- Contains real lemon juice

FRENCH DRESSING

- 35% sunflower seed oil
- Contains real Dijon mustard





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