

FUTURE MENUS

TOP GLOBAL TRENDS 2024



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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, labour 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.

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

- 1 Flavour Shock** is about having a respectful disrespect for familiar flavours 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.
- 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.
- Low-Waste Menus:** maximising 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.
- Irresistible Vegetables:** almost half 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.
- Modernised Comfort Food:** continues to meet demand for classics with a twist and delivers authentic dishes.
- Feel-Good Food:** exploring new cuisines to satisfy the appetite for wholesome dining.
- The New Sharing** is about attracting more guests to enjoy bonding over food that's good for the soul.

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.

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!



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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.



“Menus keep evolving—that’s why Future Menus supports you in responding to Gen-Z and Millennial diners’ preference for unique culinary experiences.”

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 behaviour and skilled labour 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.



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FLAVOUR



SHOCK



No Rules Experience

In all aspects of life, we're demanding bigger, better, more vibrant experiences that we won't forget – and why should the food we eat be any different?

We're in an era of **sensory overload**, and it's time to lean into that. Diners are keen to see chefs tear up the rulebook and experiment more, using authentic Mexican sauces like salsa poblana to create modern burgers, for example. They want wild fusion, chaos cooking and a **no-holds-barred** approach to the dishes they see on the menu.

The future of dining is about seeing food as a form of **escapism**, a vision that is achieved through the need to surprise and challenge diners with sensorial dishes that are designed to delight.



HOW *Gen-Z* DINERS ARE CREATING GREATER DEMAND FOR *Unique* CULINARY EXPERIENCES

With
Chef Joanne Limoanco-Gendrano

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.¹

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 cost-effective and compelling means to continuously attract and retain customers from any generation.





Salsa verde

The key ingredients of this green sauce are garlic, onion, serrano peppers, and coriander.

Encacahuatado

Similar to a mole, the main ingredients in this recipe are 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, are roasted or fried to make this sauce, which is delicious with chicken or pasta.

Salsa roja

This red sauce forms part of Chilaquiles, a popular breakfast dish of fried corn tortillas, but you can also use it for tacos.

Mole rosa

Dried chipotle, rose petals and spices including cloves, cumin and cinnamon are used in this sauce, which accompanies pork, chicken, fish, and octopus.

With
Chef Carlos Venegas, Mexico

Words by
Ryan Cahill

For more Mexican recipe ideas, visit [ufs.com](https://www.ufs.com)

**MEXICAN
SAUCE IDEAS**
FOR MODERN BURGERS,
PASTA, CHICKEN,
AND MORE



The concept of multiple *kushi* or skewers provides a perfect canvas for this trend, as it weaves together an array of textures and tastes in a single dish. This plant-forward recipe intertwines an assortment of flavours from the Middle East, crafting a delightfully unexpected combination that serves as an ideal appetiser.



KUSHI PLATE

Chef Joanne Limoanco-Gendrano, Arabia
@hellochefjo

For Casual Independent Restaurants



Ingredients (Serves 10)

Batter

2250ml water
18g xanthan gum
15g Knorr Aromat
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
30g coriander powder

Miso Date Glaze

100g white miso paste
200ml date syrup
water, as needed

Chilli Hollandaise

250g Knorr Hollandaise Sauce
90g Knorr Thai Sweet Chilli Sauce
30g Gochujang
water, as needed

Tahini Dressing

200g Hellmann's Vegan Mayo
100g tahini
10g garlic cloves
2g ground pepper
1g salt
15g lemon juice
30ml cold water

For more ingredients see [Appendix](#).

For more information on these ingredients, click [here](#).

Tips and Substitutions

- Substitute date syrup with honey, golden syrup or maple syrup.



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**, 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**, coriander powder, and pepper. Set aside until ready to use.

Miso Date Glaze

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

Chilli 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 Kunafa

- Preheat the oil to 180°C.
- Season the diced tofu with **Knorr Aromat**, 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 tobiko and chives.

“Operators aim to differentiate their menus with unique flavour combinations and interactive dining experiences. This is especially challenging when creating plant-forward 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.

Kaffir Chilli 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**, 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 Mayo** and sprinkle with the kaffir spice powder before serving.



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!





FARM FIRST: COULD YOUR *Local Farm* CHANGE YOUR BUSINESS?

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.

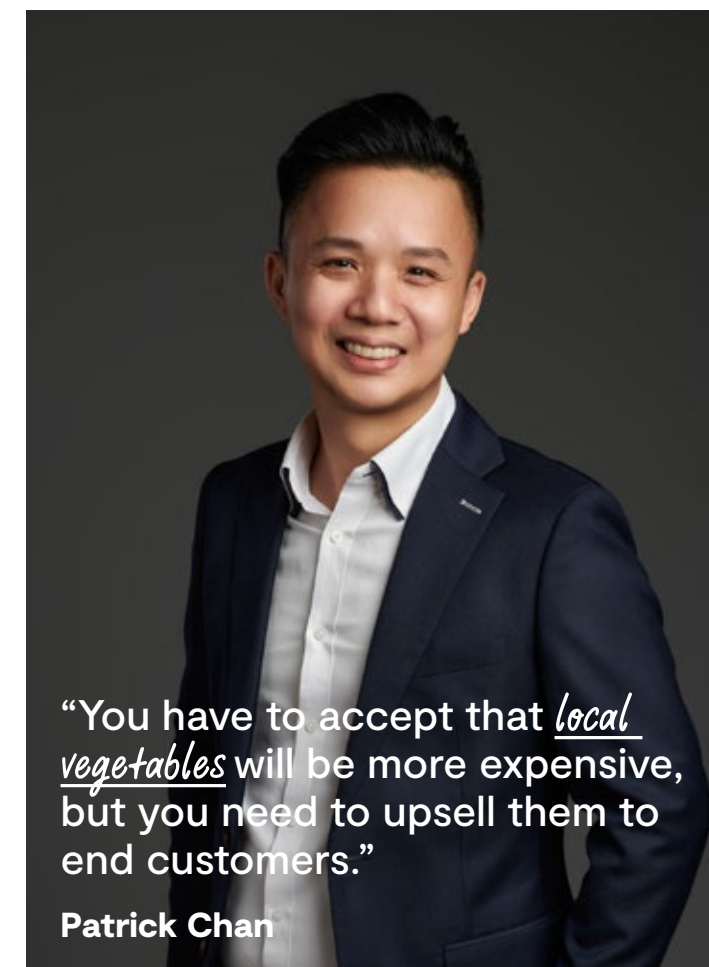
With
CEO of Kitchen Haus Group,
Patrick Chan
📍 @patbing11

Words by
David Wright

Patrick Chan is CEO of Kitchen Haus Group, one of the pioneers of the Singapore Food Agency's Farm-to-Table award which recognises 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."



"You have to accept that local vegetables will be more expensive, but you need to upsell them to end customers."

Patrick Chan

77% of Gen-Z are willing to pay more for locally sourced food²



FIERY SCALLOPS IN SWEET AND SPICY SAUCE

Chef Philip Li, People's Republic of China

🎵 @李某人的美食空间

For Casual Independent Restaurants



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 Gan Shao Sauce
10g vinegar caviar

Comb Batter

120g low-protein flour
30g salted egg yolk powder
200g non-glutinous flour/wheat starch
16g baking powder
8g baking soda
300g iced water
200g vegetable oil
20g Chinese liquor (er guo tou)

Sweet and Spicy Sauce

30g granulated brown sugar
50g vegetable oil
20g Sichuan chilli paste
40g pork, minced
40g garlic, minced
10g ginger, minced
10g spring onions, chopped
20g Chinese yellow wine
80g water
15g Chinese rice vinegar
5g Knorr Chicken Booster
10g wet starch
80g tomato ketchup
50g fermented glutinous rice

Tips and Substitutions

- Salted egg yolk powder is available from specialty Asian distributors and Asian supermarkets.
- Chinese liquor (a Chinese spirit) is available from large liquor outlets.

For more information on these ingredients, [click here](#).

Deep-fried scallops with a light, umami-rich, crispy batter. This dish is served on a flavoursome sauce with chilli and other spices that can easily be prepared ahead of time. A simple, low-cost, and efficient dish that looks premium when presented.





“These combinations give diners a great taste and texture experience. It’s a flavour and texture bomb!”

Chef Philip Li

Method

Comb Batter

- Mix the flour, wheat starch, baking powder, baking soda, iced water, Chinese liquor, and salted egg yolk powder.
- Add oil slowly and mix well.
- Chill for 2 hours.

Sweet and Spicy Sauce

- Pan-fry the minced pork until golden brown. Add chilli 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 170°C oil for about 30 seconds until golden brown and crisp.
- Place on top of the Ganshao 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.





A modern take on a *corn tamale* combined with a flavoursome mixture of chillies, nuts, and seeds in a green mole that pairs well with any type of seafood such as barramundi or any protein.



ROBALO IN GREEN MOLE

WITH POTATO AND GREEN TAMALE

Chef Andres Cardona, Colombia
📍 @andres_chef_ufs

For Casual Independent & Chain Restaurants

Ingredients (Serves 10)

Mexican Green Mole

150g pumpkin seed
5g epazote/cilantro
50g serrano pepper
5g cinnamon
5g peppercorns
400g tomatillo/green tomato
30g Knorr Chicken Booster
5g black peppercorns
150g white onion
15g garlic
70g pork lard
5g salt
3g bay leaf

Tamale de Papas

340g Knorr Instant Mashed Potato Mix
340g pre-cooked corn flour
600g shelled corn or corn on the cob
250g hogao criollo
80g pork lard
40g Knorr Chicken Booster
1000g water
10 pcs plátano leaf
10 pcs butcher's twine, 50-cm each

Assembly

1500g barramundi
800g mole verde/pipian
5g tamale de papa
50g pumpkin seed
edible flowers, as needed
beet sprouts, as needed

For more information on these ingredients, [click here](#).

Tips and Substitutions

- Hogao criollo, also known as hogado or criollo sauce, is a traditional Colombian sauce or condiment made by slowly cooking green onions, tomatoes and garlic in oil until they become soft and caramelised.
- 250g of **Knorr Tomato Powder** can be used as a substitute for hogao criollo.
- Plátano leaf can be substituted with banana leaf.



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 Mole

- Wash all the fresh ingredients.
- Peel the garlic cloves and dice the onions.
- Add the tomatillo, garlic, onion, and chillies to a dry pan over high heat. Char and set aside.
- Using the same pan, add the pumpkin seeds, old spice, black pepper, cinnamon, bay leaf, and cloves. Roast the spices until aromatic.
- Place all the roasted ingredients in a blender. Add the **Knorr Chicken Booster** and epazote/cilantro. 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 mole 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 hydrated **Knorr Chicken Booster**. Add corn flour and **Knorr Instant Mashed Potato Mix**. Mix until a soft dough is formed then finish with the pork fat. Set aside.
- Using a pan with 10g of pork fat, sauté the corn kernels, then add the “Hogao Criollo” (Colombian mother sauce). Cook until the corn is smooth.
- Prepare the banana leaves, passing them over an open flame for a few seconds until softened and glossy.
- Take a portion of the dough. Form a cup shape then fill it with the corn mixture. Seal the dough then place it on the softened banana leaves.
- Wrap the “tamale” with the leaves in a square shape then secure with butcher’s twine. Place it on a steamer for 35 mins. Set aside.



“It’s a combination of techniques and local ingredients, which enhances any type of sea or land protein, and highlights our region’s abundance and biodiversity in one dish.”

Chef Andres Cardona



LOW-WASTE MENUS



Maximising Creativity

Your leftover legumes are destined for a second life and your offcuts of oxtail are about to become something tasty, like the carrot top pesto created by Chef Brandon Collins. It's time to **push the boundaries** of your culinary creativity and turn your waste into a winning dish.

The rising cost of produce means that we need to be resourceful in order to reduce waste, whether that's using the whole ingredient to create more components or sharing excesses with other restaurants. Reducing waste is no longer just about sustainability, it's about **maximising the potential of ingredients** and creating **unique food stories** that bring communities together.



HOW TO GET *Creative* WITH WASTE

With
Chef Brandon Collins

Words by
Ryan Cahill

“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.

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 utilising 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.”



“Anything that you don’t throw into the bin is going to translate to dollars on the plate.”

33% of all food produced globally goes to waste³

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

- 1 **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!
- 2 **Do Your Research**
One of my go-to books is *Surplus: The Food Waste Guide for Chefs* by Wojtech 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 utilisation of waste. So start exploring!
- 4 **Look to the Past**
If you look at historic recipes, they utilise everything. Looking back into the past can help propel us into the future and inspire us.
- 5 **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 flavour profile that I’m looking for? Nine times out of ten, leaving it on actually creates a better dish.



“There are so many dishes that can be easily adapted or tweaked. You just have to be creative.”

LESS IS MORE: THE BENEFITS OF A SMALLER MENU

With
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

70% of operators believe this trend is set to grow⁴

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 minimise the amount of perishable items that go to waste.”

Enabling restaurants to optimise 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.”

According to End Food Waste Australia, the average annual cost of food waste per Australian foodservice business is an astonishing

\$66,740

Use our free step-by-step guide and Excel template to cut complexity, eliminate spoilage and drive profitability of your menu.

[Click to download.](#)



SPENT GRAIN DETROIT-STYLE FOCACCIA

WITH NDUJA, CARROT AIOLI, CARROT TOP PESTO
AND FERMENTED GARLIC CREAM

Chef Brandon Collins, North America
📷 @chefbrandonc

For Casual Full-Service Restaurants

Ingredients (Serves 4)

Carrot Aioli

0.25kg Hellmann's
Real Mayonnaise
0.25kg orange carrots,
tops removed, rinsed,
and reserved
28g hot sauce
28g vinegar,
rice or white
salt & pepper to taste

Carrot Top Pesto

240g carrot tops,
blanched
120g spinach,
blanched
zest from 1 pc lemon
56g olive oil
56ml canola or mild oil
1 pc avocado
225g parmesan grated,
reserve the rind
salt & pepper, to taste

Fermented Garlic Cream

12 pcs fermented
garlic cloves, grated
100g Continental
Professional Cream of
Cauliflower Soup Mix
826g water
1 pc parmesan rind
salt & pepper, to taste

Fermented Garlic

25 cloves garlic
472g water
1.5 Tbsp kosher salt
1 tsp fennel seeds
3 pcs bay leaves
1 tsp dried oregano

Pizza Dough

550g spent grain flour
295g water warm
2 tsp instant yeast
2 tsp sugar
2 Tbsp olive oil
all-purpose flour,
as needed

Assembly

1 dough recipe
112g low-moisture
mozzarella, diced
112g Gouda, diced
112g carrot aioli
25g carrot top pesto
25g garlic cream
112g Nduja

**For more information
on these ingredients,
click [here](#).**

One of the global top dishes with a high-fibre focaccia base, topped with a pesto made with carrot tops, carrot aioli, fermented garlic, and a kick of spice from Nduja.



Tips and Substitutions

- Nduja is a spicy, spreadable pork sausage from Italy and is available from meat suppliers or specialty food suppliers.
- Any spreadable salami can be used as a substitute for Nduja.



Spent Grain Detroit-Style Focaccia cont'd

“I recreated something familiar while using the whole ingredient. It’s a combination of simple yet trending flavours on a recognisable vessel, utilising 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 purée until smooth. Set aside.

Carrot Top Pesto

- Place all ingredients in a blender and purée until smooth.

Fermented Garlic Cream

- Combine garlic and spices in a jar.
- Dissolve salt in water and pour over garlic herb mix.
- Let it set on the counter with a loose-fitting lid for 4 days.
- Seal and place in fridge until needed.

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 the steel pans: professional Detroit-style pizza pans that are non-toxic, never need any seasoning, and can last for years.
- Let it rise again for about 1 hour.

Assembly

- Preheat the oven to 204°C.
- Top dough with diced 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 Nduja 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.

For Central Production Kitchens:

- Par bake the pizza.
- Shave about 10 mins from the cooking time, allowing it to be finished at the restaurant or home.
- Keep all components separate to create a kit.
- Add xanthan gum to the pesto (approx. 0.1% by weight).
- Replace the fermented garlic with regular garlic.



MODERNISED COMFORT FOOD

Adventurous And Satisfying

Comfort food as we know it is **changing**. Where once we saw comfort food as dishes that were familiar and safe, we're making way for new recipes that reflect the heritage of the chef and the restaurant's locale.

Through rich **culinary storytelling** and the chef's genuine **emotional connection** to the dish, diners are presented with new and fresh food experiences that feel and taste special. Think classic and rustic ancestral recipes to be shared and enjoyed to create the new comfort food like Chef Kenneth Cacho's innovative lumpia filled with smoked wintermelon.



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 long-lost past are back on our plates.

Reimagining ingredients

These artefacts 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 quinoa hit the scene, but it can be hard to import and water-intensive to grow. In seeking something that fulfils 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 artefacts of tables past are reappearing and rebranding with impressive deftness."

65% of operators believe this trend is set to grow in the future⁵





A *well-balanced* version of a slow-cooked lamb shank coated with pâté and duxelles, wrapped in a pastry dough then baked. The traditional version of this dish usually has more starch than vegetables. This version was modernised with the goodness of ingredients like freekeh and spinach.

LAMB SHANK FATTEH

Chef Sherif Afifi, Egypt
@chef.sherif.afifi

For Casual Independent Restaurants

A

Ingredients (Serves 10)

Lamb Shank

2000g lamb shank,
5 pcs of 400g each

25g Knorr Beef Booster

500g orange, sliced
20g salt
5g black peppercorn
25g garlic, cloves
25g rosemary, stalks
50ml olive oil

75g Knorr American Chipotle BBQ Sauce

Mushroom Freekeh Duxelles

250g cremini,
shiitake or oyster
mushroom, diced
50g carrots, minced
50g shallots, minced
5g garlic, minced
50g olive oil

20g Knorr Vegetable Booster

1g black pepper
500g freekeh
500ml water

Roasted Red Pepper Sauce

500g red bell pepper
20g thyme, fresh
1g black pepper
5g garlic, cloves
50g olive oil

5g Knorr Vegetable Booster

20g butter

Nutmeg Caramelised Onion

1000g white onion,
julienne
50g olive oil
1g nutmeg
1L boiling water,
for deglazing

5g Knorr Vegetable Booster

2g salt

Pot Assembly

500g freekeh duxelles
5 pcs lamb shanks
400g nutmeg
caramelised onion
20g parsley, chiffonade
20g coriander,
chiffonade
800g puff pastry, block

Side Dish Assembly

200g paprika sauce
500g sautéed spinach

For more information
on these ingredients,
[click here.](#)



Method

Lamb Shank

- Rub the lamb shanks with **Knorr Beef Booster**, **Knorr American Chipotle BBQ 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 for 3 hours at 85°C.

Mushroom Freekeh Duxelles

- Sauté the mirepoix (carrots, shallots, and garlic) in olive oil until soft.
- Add the mushroom and keep stirring.
- Season with **Knorr Vegetable Booster** and black pepper then add the freekeh.
- Add hot water then cover. Let it cook for 20 mins over a low heat.

Roasted Red Pepper Sauce

- Slice the bell pepper and season it with **Knorr Vegetable Booster**, 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.

Nutmeg Caramelised Onion

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

Pot Assembly

- In a round baking pot, add 100g of mushroom freekeh duxelles.
- Add the cooked lamb shank on top of the mushroom freekeh duxelles.
- Add 80g of nutmeg caramelised onion around the lamb shank.
- Add parsley and coriander then seal the pot with the puff pastry. Bake for 10 mins at 230°C.



“The key here is balancing the dish, making it healthier, trendier, and more flavoursome by adding more vegetables and reducing starch.”

Chef Sherif Affi

Side Dish Assembly

- In a medium-sized side plate, pour 40g of the paprika 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.



FRESH VEGETABLE “LUMPIA”

WITH PEANUT SAUCE
AND PICKLED RADISH

Chef Kenneth Cacho, Philippines

📷 @chefkencacho

For Casual Full-Service Restaurants



Ingredients (Serves 10)

A selection of filling ideas:

Pickled Radish

100g radish,
cut into 1cm cubes
10g kosher salt
3g ginger, sliced
30g distilled white
or coconut vinegar
30g sugar, white
granulated
2g bay leaves, dried
10g black peppercorns
2g Thai red chilli,
whole

5g Knorr Tamarind Soup Base

3g bay leaf

For more fillings
see Appendix.

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
20g toasted
sesame seeds

2g Knorr Chicken Powder

For more garnishes
see Appendix.

Tips and Substitutions

- **Knorr Tamarind Soup Base** and **Knorr Liquid Seasoning** are available from specialty Asian distributors and Asian supermarkets.
- **Knorr Chicken Powder** is available from specialty Asian distributors and Asian supermarkets.
- **Knorr Chicken Powder** can be substituted with **Knorr Chicken Booster**.

Serve with:

Peanut Sauce

200g water
80g sugar
**50g Knorr Liquid
Seasoning**
50g oyster sauce
2g star anise
15g cornstarch
50g peanut butter

Assembly

30 pcs spring roll
wrapper
100g mustard leaves,
middle stalk removed
and cut into thick strips
grated garlic
water

For more
information on
these ingredients,
[click here.](#)

The Filipino Folk song, “Bahay Kubo,” depicts a rural farm setting that grows local Filipino vegetables. Different techniques were used like smoking, grilling and roasting to add complex flavours to the many different, versatile ways of filling the *lumpia* made with the 18 vegetables from the popular folk song. The different filling options are packed with vegetables of vibrant colours, flavours, textures, and nutrients with plant protein from tofu and peanuts.





Fresh Vegetable “Lumpia” cont’d

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 winged beans, long beans, and squash.
- Cook for 5 mins and deglaze the pan with fish sauce.
- Pour the coconut milk and add **Knorr Chicken Powder** or **Knorr Vegetable Booster**.
- Bring to the boil and cover the pan.
- Cook for 10 mins or until the squash is soft.

Tortang Talong (Eggplant Omelette)

- In a bowl, mix all ingredients together.
- In a greased pan, cook the omelette, evenly spreading the mixture until set.
- Cut into 10 wedges.



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

Chef Kenneth Cacho

Smoked Wintermelon

- Marinate the wintermelon with all the ingredients overnight.
- Place in a smoker and hot smoke at 120°C for 1 hour.
- Cool down and cut into strips.
- It can be pan-fried or used as it is.

Stewed Tofu and Lima Beans

- Place beans, water and calc in a non-reactive pan.
- Bring to a boil while stirring for 5 mins.
- Remove from the heat and leave covered overnight.
- The next day, rinse and rub the beans to remove as much skin.
- Ground or pulse in a food processor until mealy.
- In a pot, heat the oil and sauté the garlic and onions.
- Sauté the beans for 15 mins and add the rest of the ingredients.
- Cook the stew for 15 more mins.

Peanut Sauce

- Whisk all ingredients in a pan.
- 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 lumpia and cook until golden brown on all sides.
- Serve with the sauce and pickled radish.



A modern and creative yet simple way of cooking barbecued pork with a rich *mala* flavour paired with a refreshingly crisp, pickled lotus root.



TORCHED BARBECUE PORK

WITH MALA LOTUS ROOT SLICES, PRESERVED PLUM

Chef Chris Zhong, People's Republic of China
👤 @队长美食课堂

For Casual Full-Service Restaurants



Ingredients (Serves 10)

Pork Neck

400g pork neck meat, trimmed
1g ginger, sliced
10g spring onions
5g Mei Kuei Lu Chiew
30g red preserved bean curd sauce
10g Knorr Chicken Booster
50g peanut butter
10g shallots, chopped
5g salt

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

200g lotus root, sliced
10g chilli liquid seasoning
20g preserved plum
2g salt
200g white vinegar
50g water
110g granulated sugar

For more information on these ingredients, [click here](#).

Tips and Substitutions

- Mei Kuei Lu Chiew is a blended Chinese whiskey. Substitute with any whiskey you have or leave out.
- Chilli liquid seasoning and preserved plum are available from specialty Asian distributors and Asian supermarkets.



Torched Barbecue Pork cont'd



Method

Pork Neck

- Trim the pork into 2cm-thick pieces.
- Mix all ingredients well 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 Lotus Root 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 lotus root 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 caramelised.
- 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.



“Classic yet creative cooking methods were applied for better flavour and texture in this dish. It’s visually appetising to attract diners but most importantly, it’s low-cost and easy to make.”

Chef Chris Zhong



BRAISED BEEF, RED CABBAGE ROULADE, AND POTATO

Chef René-Noel Schiemer, Germany

@chef_renenoe_chefmanship

For Casual Independent Restaurants

Ingredients (Serves 10)

Braised Beef

1,5kg beef topside

500g mirepoix

220g Knorr Rich
Brown Gravy GF

2L water

500ml red wine

Knorr Rich Brown
Gravy GF, to taste

Mondamin Roux Dark,
to taste

Crunchy Topping

250g onion, brunoise

250g cornichons,
brunoise

150g coarse
Pommery mustard

Red Cabbage and Apple Roulade

1kg red cabbage

40g Knorr Vegetable
Booster

500g Granny
Smith apple

50ml white wine

100ml apple juice

100ml water

Agave thick juice,
as needed

olive oil, as needed

Potato Donut

120g Knorr Potato
Flakes

80g flour

560ml milk

15g baking powder

2 eggs

nutmeg and salt,
as needed

For more
information
on these
ingredients,
[click here.](#)

Tips and Substitutions

- Coarse Pommery mustard can be substituted with wholegrain mustard.
- Agave nectar can be substituted with honey.



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 flavours* and textures to the dish.



Braised Beef, Red Cabbage Roulade cont'd

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 delicatessen sauce.
- Place the meat in a gastronorm and cover with stock.
- Braise the beef in the oven until tender.
- Season to taste with **Knorr Rich Brown Gravy GF**.

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. 2cm 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 mould.

Assembly

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



“It’s a real German classic that has been given a completely different face through modern techniques. It’s a new taste and texture experience for diners.”

Chef René-Noel Schiemer



A modern, minimalist take on cooking and presenting paella using different techniques with the right mix of the *best ingredients*: bouillon, paste, concentration of flavours, and accurate cooking times for the most ideal rice flavour and texture.



GOURMET RICE WITH SAFFRON AIOLI

Chef Peio Cruz, Spain
@chefpeiocruz

For Casual Independent and Chain Restaurants

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
1 pc rosemary, fresh

Sofrito Sauce

3 pcs Ñora pepper (dry pepper)
15g garlic, sliced
200g ripe tomatoes
200g olive oil
30g Knorr Concentrated Liquid Chicken Stock
10g salt

Prawn Bouillon

10 pcs fresh prawn heads
1,5L water
30g Knorr Concentrated Liquid Chicken Stock
20g oil

Assembly

30-40 pcs prawns, defrosted

Topping Sauce

0,03g saffron
10g garlic
80g Hellmann's Mayonnaise

For more information on these ingredients, [click here](#).



Method

Rice Base

- In a sauté pan, cook the finely chopped onion in olive oil. Add calamari. Cover and add salt.
- After 10 mins, add bay leaf and wine. Slow cook until golden brown and soft. Cover the pan.
- Char the rosemary then add into the mixture for smoked flavour. 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.



Sofrito Sauce

- Open the peppers and remove the seeds. Keep the peppers in warm water for at least 2 hours.
- In a pan, fry the sliced garlic. Add the hydrated peppers and strain them. Cook for 2 mins.
- Add the chopped tomatoes, 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 Concentrated Liquid Chicken Stock** and some salt to taste. It should reach a pasty texture similar to a purée.
- Use this paste for boosting the taste and colour of the dish.

Prawn Bouillon

- Take the prawn heads off and fry them in a pan. Smash them in order to extract all the flavours.
- Add water and the **Knorr Concentrated Liquid Chicken Stock**. 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.



GRILLED CHICKEN JACKFRUIT IN SERUIT SAUCE

WITH UDON MANDAY

Chef Gungun Chandra Handayana, Indonesia

@chefgungun_handayana

For Casual Restaurants

Ingredients (Serves 10)

Grilled Chicken

1000g boneless chicken breast, skinless
400g jackfruit
35g lemongrass
4g salam leaf/bay leaf
300g Kecap Manis
20g oyster sauce

Spice Mix Paste

25g garlic
60g shallot
20g galangal
20g ginger
6g coriander powder
120g cooking oil

Crispy Spinach

400g spinach
25g garlic, chopped
40g shallots, chopped
20g spring onion, chopped
10g Knorr Chicken Booster
80g cooking oil

Stir-Fried Udon Manday

40g cooking oil
15g garlic, chopped
20g shallots, chopped
10g red chilli, seedless, sliced
10g green chilli, seedless, sliced
6g toasted shrimp paste
160g Manday, shredded
60g Kecap Manis
6g Knorr Chicken Booster
500g udon noodles
200g unripe jackfruit, diced

Seruit Sauce

20g shallots, chopped
200g red chilli, sliced
140g cherry tomatoes
10g white sugar
6g toasted shrimp paste
10g calamansi
6g Knorr Chicken Booster
6g agar-agar
500g cooking oil

For more information on these ingredients, [click here](#).

A dish with modernised components inspired by the different regions in Indonesia from Central Java, Lampung City, to Kalimantan Island. The grilled chicken is paired with crispy spinach, udon Manday, *fermented* unripe jackfruit in a seruit sauce made with a combination of tomatoes, chilli, shrimp paste, and calamansi.





“I’m passionate about experimenting with and creating components using our local ingredients. As chefs, we need to be bolder in trying new combinations!”

Chef Gungun Chandra Handayana

Method

Grilled Chicken

- Sauté the ground spices and add jackfruit, lemongrass, salam, Kecap Manis and oyster sauce.
- Add the chicken, braise for 45 mins, and turn off the heat. Let it cool and soak for 1-2 hours.
- Grill the chicken while brushing it with the remaining braising sauce.

Crunchy Spinach

- Heat the oil to 190°C in a fryer. Deep-fry spinach until crispy.
- In a pan, cook the garlic, shallots, cayenne pepper and red chilli. Add **Knorr Chicken Booster** and crispy spinach.

Sauté Manday Udon

- Deep-fry shredded manday until crispy. Set aside.
- Cook the garlic, shallots, red and green chillies, shrimp paste, manday, Kecap Manis, **Knorr Chicken Booster**, and udon.

Sambal Seruit Caviar

- Blend the chilli mixture until smooth. Cook until it boils.
- Pour small drops of the chilli sauce in the cold oil. Let it set and strain.

Assembly

- Plate the chicken, udon, and crunchy spinach.
- Top with sambal seruit caviar.

Chicken is the top best-selling dish according to a survey of 1400 independent restaurant, hotel, and elderly care operators from 19 countries in 2023.



PLANT-POWERED

PROTEIN 

Veggie Protein Heroes

Flexitarianism is on the up, with more people adopting the sentiment: friends, not food! For flexis, there's the desire to slowly reduce the amount of animal product going into their dishes, with the need to find menus with minimal amounts of meat and fish.

For more established vegan/vegetarians, the desire for highly indulgent dishes is a thing of the past, with people seeking **new culinary experiences** that revolve around plant-powered protein such as beans, pulses and vegetables. They want **flavoursome** and **healthy** dishes, without the highly indulgent dishes. It's about broadening our horizons to celebrate plant power in the most interesting ways.



FLEXITARIANISM: HOW *Small Changes* CAN MAKE A BIG DIFFERENCE

Words by
Lauren Kemp

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 centre veg-centric dishes.

35% of French households are reducing their meat consumption⁷

"The *flexi* method means that nothing is strictly off limits."





FOUR INGREDIENTS FOR *HEALTHY* AND MINDFUL *DISHES*

With **Sana Minhas, Nutritionist** Words by **Ryan Cahill**

The growing movement toward embracing plant-forward 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**

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 fibre 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 flavour and crunchy texture of these little powerhouses makes them a great addition to almost every dish.

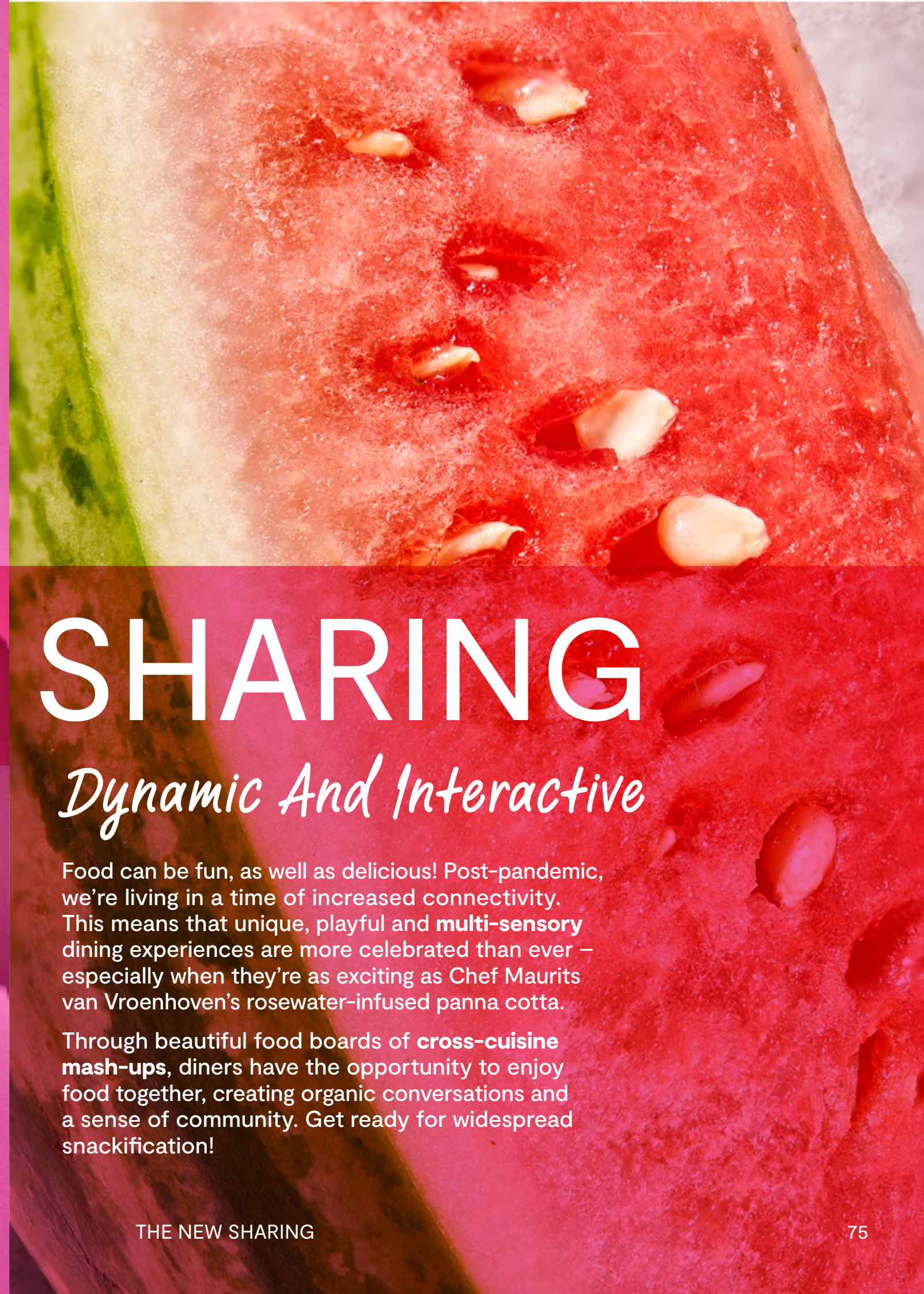
Humans have discovered over **20,000** edible plants, but we only consume **150-200** on a regular basis, which is less than **1%**.



“Chefs have a big part to play in providing solutions to the environmental and ethical concerns raised by traditional food systems.”



* THE NEW



SHARING

Dynamic And Interactive

Food can be fun, as well as delicious! Post-pandemic, we're living in a time of increased connectivity. This means that unique, playful and **multi-sensory** dining experiences are more celebrated than ever – especially when they're as exciting as Chef Maurits van Vroenhoven's rosewater-infused panna cotta.

Through beautiful food boards of **cross-cuisine mash-ups**, diners have the opportunity to enjoy food together, creating organic conversations and a sense of community. Get ready for widespread snackification!



A.I. AND THE *Future* OF RESTAURANTS

With
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 optimising 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 Personalisation**
AI can analyze customer data and preferences to provide personalised 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**
Use AI to analyse customer feedback and reviews, identifying trends and areas for improvement to continuously enhance the dining experience.
- Inventory Management**
Implement AI-driven inventory management systems that track ingredient levels, predict restocking needs, and minimise food waste.
- AI 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!”



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



ROSEWATER PANNA COTTA

WITH QUINCE COOKED IN SAFFRON AND CARAMEL,
PIŞMANIYE, PISTACHIO AND BUTTERFLY TUILES

Chef Maurits van Vroenhoven, The Netherlands
📍 [@chef_maurits_van_vroenhoven](#)

For Casual Independent Restaurants

Ingredients (Serves 10)

Panna Cotta

½L milk

½L cream

**130g Carte D'Or
Professional
Panna Cotta**

rosewater, as needed

Quince

3 pcs fresh quinces

1 pc lemon

200g caramel topping

600ml water

a pinch of
saffron threads

Butterfly Tuiles

75g icing sugar

50g flour

70g egg white

50g butter, melted

Assembly

Pişmaniye, a type of
Turkish cotton candy,
as needed

pistachios, as needed

dried rose petals,
as needed

**For more information
on these ingredients,
click [here](#).**



“It’s a simple dessert that’s easy to prepare yet versatile and tasty. You can use different toppings and moulds that are readily available. Best of all, it’s great for sharing.”
Chef Maurits van Vroenhoven

Method

Panna Cotta

- Make the panna cotta according to pack instructions.
- Add rosewater to taste.
- Pour the panna cotta mixture into 10-12 ramekins.
- Place the ramekins in the fridge for at least 3 hours.

Quince

- Peel the quinces then cut them into eight pieces and remove the core.
- Place them in a pan with the water, lemon juice, and caramel topping. Bring to the boil and add some saffron threads.
- Let the quince simmer for 30-40 mins or until tender.
- The saffron will give a nice colour to the quinces and syrup.
- Let the cooked quinces cool down.

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 at least 1 hour.
- Use a silicone mat butterfly lace mould. 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

- Use a warm water bath to take out the panna cotta from the ramekins and place 2 on one plate.
- Add some of the cooked quince on the plate and drizzle over some of the syrup.
- Decorate the dessert with pistachios, rose petals, and pişmaniye.
- Top with butterfly tuiles.





IRRESISTIBLE VEGETABLES



Vegetable Democracy

With such a saturated market within food services, your dish of the day can't just taste great, it needs to look the part too. Diners demand food that is not only full of nutrition and nourishment, they want it to look **aesthetically interesting** – and vegetables might be the answer.

Veg allows cooking to become an artform, with chefs able to create **vibrant** and **picturesque plates** that excite diners and leave them feeling inspired. It can transform a dish from something lacklustre and beige, to bright and brilliant, like Chef Dana Cohen's Hot Honey Caramelised Butternut Squash Tostada with Whipped Feta. Vegetables have long been overlooked, it's time for them to be front and centre.



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

Words by
Lauren Kemp

There's a debate on the plate about whether the cheap and cheerful veg at the back of the class could ever truly take centre 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 *butternut squash* provides you Vitamin A, C and E. It's the fibre-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 fibre-rich, low-calorie king of autumn.

For related articles, [click here](#).

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 fibre, 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!





HOT HONEY CARAMELISED BUTTERNUT SQUASH TOSTADA

WITH WHIPPED FETA

Chef Dana Cohen, North America

@chefdana_eats

For Casual Full-Service Restaurants



Ingredients (Serves 10)

Caramelised Butternut Squash

1.3kg butternut squash,
1" cubes

48g extra virgin
olive oil

2g thyme, chopped

5g Knorr Vegetable
Booster

15ml hot honey

8g garlic powder

1g cinnamon

1g smoked paprika

5g Knorr Vegetable
Booster

salt and pepper,
as needed

Fried Sage and Kale

20 pcs sage leaves

1 bunch Dinosaur
(lacinato) kale,
stemmed and
roughly chopped

120g Pepitas, roasted
and chopped

salsa macha,
as needed

oil for frying,
as needed

Whipped Feta

1 cup Hellmann's
Real Mayonnaise

225g feta cheese

1 pc lemon, zested

cracked black pepper,
as needed

Pitas

10 pcs ancient
grain pitas, toasted
until crisp

175g green apples,
brunoise

For more
information
on these
ingredients,
[click here.](#)

Tips and Substitutions

- Salsa macha can be substituted with any chilli paste.

What's hot? *Hot honey!* This recipe shows how to keep vegetables trendy and exciting in flavour and appearance – caramelising and frying of seasonal, inexpensive yet appealing ingredients, giving it a wow factor for which you can charge a premium. It provides a good serving of vegetables that deliver taste and essential nutrients, as well as protein to round out the dish.





“Diners will be more likely to try something new if it is tied to familiar dishes like a taco enhanced with simple, yet flavour-packed ingredients.”

Chef Dana Cohen

Method

Caramelised Butternut Squash

- Toss the butternut squash with hot honey, then add the oil, thyme, **Knorr Vegetable Booster**, garlic, cinnamon, and smoked paprika.
- Spread on a parchment-lined sheet pan and roast at 230°C until golden brown and caramelised – about 25 mins – tossing occasionally.

Fried Sage and Kale

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

Whipped Feta Cheese

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

Tostada Assembly

- To assemble the tostadas, spread the whipped feta on the toasted pita. Top each with butternut squash.
- Sprinkle the sage crumble on top. Garnish with brunoised apples.

Tips and Substitutions

- This flavour 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.





A creative way of substituting meat with *accessible* and *affordable* vegetables, recreating the flavour profile of a classic grilled Turkish kebab by combining umami-rich and stable sauces with kebab spices.



TURKISH MOLASSES-GLAZED CABBAGE

Chef Pinar Balpınar, Turkey
@ufs_chef_pinarbal

For Casual Chain Restaurants



For more information
on these ingredients,
[click here.](#)

Ingredients (Serves 10)

Molasses Glazed Cabbage

100g Knorr Chinese
Honey Soy Sauce

50g Knorr American
Chipotle BBQ Sauce

75g grape molasses

25g pomegranate
molasses

10g vegetable oil
80g onion

Spice Mix

10g Knorr Vegetable
Booster

20g Isot pepper
(smoked chilli flakes)

7g sumac

7g cumin

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 Italiana
Pronto Napoli

15g Knorr Vegetable
Booster

900g water

250g bulgur rice

150g pickled cabbage

60g butter

50g watercress
stems, sliced

Walnut Mayonnaise

100g walnuts

300g Hellmann's
Real Mayonnaise

10g garlic, finely
chopped

100g water

Creamy Baba Ganoush Purée

350g red bell peppers

185g eggplants

10g tomato paste

10g garlic, finely
chopped

25g olive oil

2g salt

10g white wine vinegar

60g plain
Greek yogurt

Crispy Onion Strings

200g onions

100g wheat starch

5g Knorr Vegetable
Booster



Turkey Molasses Cabbage cont'd

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 chilli flakes or smoked paprika.

Method

Molasses Glazed Cabbage

- For Molasses Glaze: In a blender mix **Knorr Chinese Honey Soy Sauce**, **Knorr American Chipotle BBQ Sauce**, grape molasses, pomegranate molasses, vegetable oil, and onions together until the sauce is smooth.

For Spice Mix

- Mix **Knorr Vegetable Booster** 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 molasses sauce.
- 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 molasses glaze. Place the cabbage in a 250°C oven for 4 mins.
- Remove the cabbage from the oven. Brush with more molasses 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 Real Mayonnaise** and chopped garlic until smooth.
- Strain it.

Creamy Baba Ghanoush Purée

- Roast bell peppers and eggplants in the oven or grill. 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, chopped garlic, 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 purée has cooled down, add Greek yoghurt and continue blending until smooth.



“The sauces and seasonings add umami, meaty, and smoky flavours that are expected from traditional Turkish meat skewers. Unlike traditional kebab, the recipe can be prepared without any special grill equipment.”

Chef Pinar Balpinar

Crispy Onion Strings

- In a bowl, mix wheat starch and **Knorr Vegetable Booster**.
- Slice onions thinly with a peeler or mandolin. Take the excess juice from 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 Bulgur Rice with Pickled Cabbage

- Heat oil in a saucepan, add bell peppers and sauté for 30 seconds.
- Add **Knorr Italiana Pronto Napoli** and **Knorr Vegetable Booster** and stir.
- Add water and bring to the boil.
- Once the stock starts to simmer, add bulgur rice and pickled cabbage. Cover the pan.
- When all the water has evaporated, the rice is ready.
- Add some butter and mix it until the rice becomes sticky but pourable.

Assembly

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



SUNFLOWER WITH CHIA CAVIAR

AND EARTH POTATOES

Chef Stefan Furrer, Switzerland

@ufschefs.ch

For Casual Independent Restaurants



Ingredients (Serves 10)

Sunflower Purée and Cubes

2kg organic sunflower

2 pcs lemon

200g milk

40g Knorr Vegetable Booster

500g egg

20g sunflower oil

2g salt and pepper

Vegan Caviar

4 pcs nori

300g water

80g soy sauce

150g chia seeds

30g sunflower oil

Earth Potato

500g potatoes,
small, washed

100g egg white

100g healing earth clay

2g salt and pepper

30g sunflower seeds

100g mountain hay

Assembly

2 pcs organic
sunflower

100g sunflower oil

2g salt and pepper

150g crème fraîche

20g chervil

20g garden cress

For more information
on these ingredients,
[click here.](#)

A dish comprising the different parts of a sunflower using various techniques to create a *unique* combination of flavours and textures, with a low-cost yet healthy chia caviar.





Sunflower with Chia Caviar cont'd

Tips and Substitutions

- This flavour profile is perfect for autumn. The vegetables can easily be swapped for tomatoes in summer or artichokes in spring.



Method

Sunflower Purée and Cubes

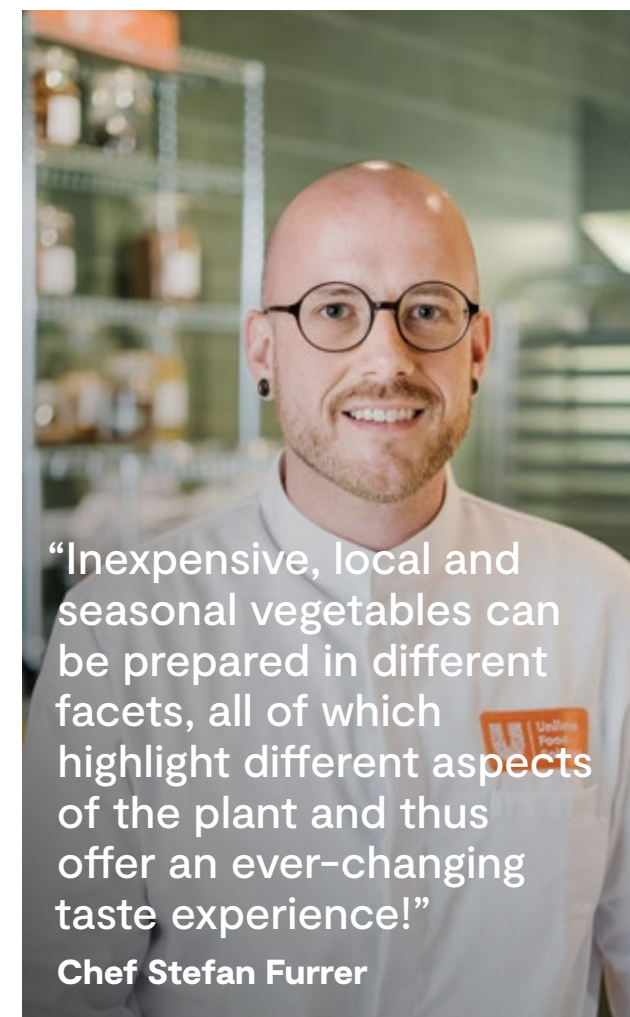
- Clean and prepare the sunflower heads then soak in lemon water.
- Blanch in salted water.
- Cook 400g sunflower heads with milk and concentrated **Knorr Vegetable Booster** until soft, then purée.
- Mix the purée. Season to taste.
- Cut the remaining sunflower heads into cubes and sauté in hot fat and season.
- Put 200g purée into a piping bag. Keep it warm.

Sunflower Flan

- Mix 500g sunflower purée with the same amount of whole egg. Season to taste.
- Cut the remaining sunflower heads into cubes.
- Place half of the cubes in the serving dish and fill with the flan.
- Cover with cling film.
- Poach in the oven at 100% steam for 30 mins.

Vegan Caviar

- Cut nori into pieces.
- Soak leaves in water and soy sauce.
- Blend finely.
- Stir in the chia seeds and sunflower oil and chill for 1 hour.



“Inexpensive, local and seasonal vegetables can be prepared in different facets, all of which highlight different aspects of the plant and thus offer an ever-changing taste experience!”

Chef Stefan Furrer

Earth Potatoes

- Wash and dry the potatoes.
- Beat the egg whites and carefully stir in the healing earth. Season to taste.
- Roughly chop half of the sunflower seeds.
- Mix the chopped seeds and hay with the egg white mixture.
- Season with salt and pepper.
- Add the potatoes to the mixture.
- Place on a baking tray lined with baking paper and bake in the oven at 180°C for 50 mins.

Assembly

- Cut the leaves into julienne and deep-fry together with the flowers.
- Peel the stems and cut them into 4cm long sticks, then cut in half, lengthwise.
- Sauté the stalks in the sunflower oil and season.

Serve

- Arrange the garnishes on top of the flan.
- Arrange the caviar in a tin, smoothly spread with a spoon, topped with crème fraîche.
- Serve the baked potato with the remaining ingredients.



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.



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, minimising 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





FEEL-GOOD



FOOD

Holistic Wellbeing

This year is all about the feel-good factor. “Healthy options” are about to be transformed. By thinking outside of the box, we can dream up **divine** and **unexpected** dishes that are rich in nutrients, beautiful to look at and tasty too!

The lettuce-based salad is out, and alternative veg and nutritional grains are in – like the millet used by Chef Jimena Solis in her signature Millet Malfatti dish. It’s important to develop a **well-rounded** understanding of nutrition and wellbeing. We all have a responsibility to safeguard all aspects of human health, and that starts with the food we eat!



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 revive and restore.”

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 colourful vegetables and fermented foods, the health benefits cannot be underestimated!

For more creative
recipe ideas, click [here](#).



MORE THAN FOOD FOR FUEL:

DEVELOPING DELICIOUSLY
HEALTHY DISHES

With
Chef Sam Kass

Words by
Herman Clay

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 flavour 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.”

4 Emphasise 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 flavours to your dishes. They’re nutrient-dense, offer diverse flavour profiles, and are easy to incorporate into various recipes.”



TAPIOCA GNOCCHI, TUCUPI BECHAMEL AND BANANA SKIN CARAMEL GRILLED COALHO CHEESE

Chef Thaís Gimenez, Brazil

@thaisgimenez

For Casual Independent Restaurants



Ingredients (Serves 10)

Tapioca Gnocchi

150g tapioca grains
150g ground coalho cheese
400g skim milk
40g olive oil
2g salt
1g pepper
120g Knorr Instant Mashed Potato Mix
25g corn flour, for rolling gnocchi
240g water

Tucupi Béchamel

50g Knorr Roux
500g skim milk
500g tucupi
10g turmeric, powder

Banana Skin Caramel

200g unripe banana peel
150g brown sugar/turbinado sugar
350g oat cream
1 unit lemon
1g salt
25ml rum
1g salt
650g coalho cheese, rectangular sticks

Banana Tapioca Popcorn

200g tapioca flour
5g Knorr Vegetable Booster
200g banana chips
20g olive oil

For more information on these ingredients, [click here](#).

Tips and Substitutions

- Tucupi is a yellow sauce extracted from wild manioc root in Brazil's Amazon Jungle. Tucupi sauce is available from specialist Brazilian grocers or online in many different varieties.
- Coalho cheese can be substituted with halloumi cheese.

A *lighter* take on gnocchi by replacing half of the potato with tapioca flour, paired with a creamy tucupi béchamel with turmeric, and caramelised banana peel.





Tips and Substitutions

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

Method

Tapioca Gnocchi

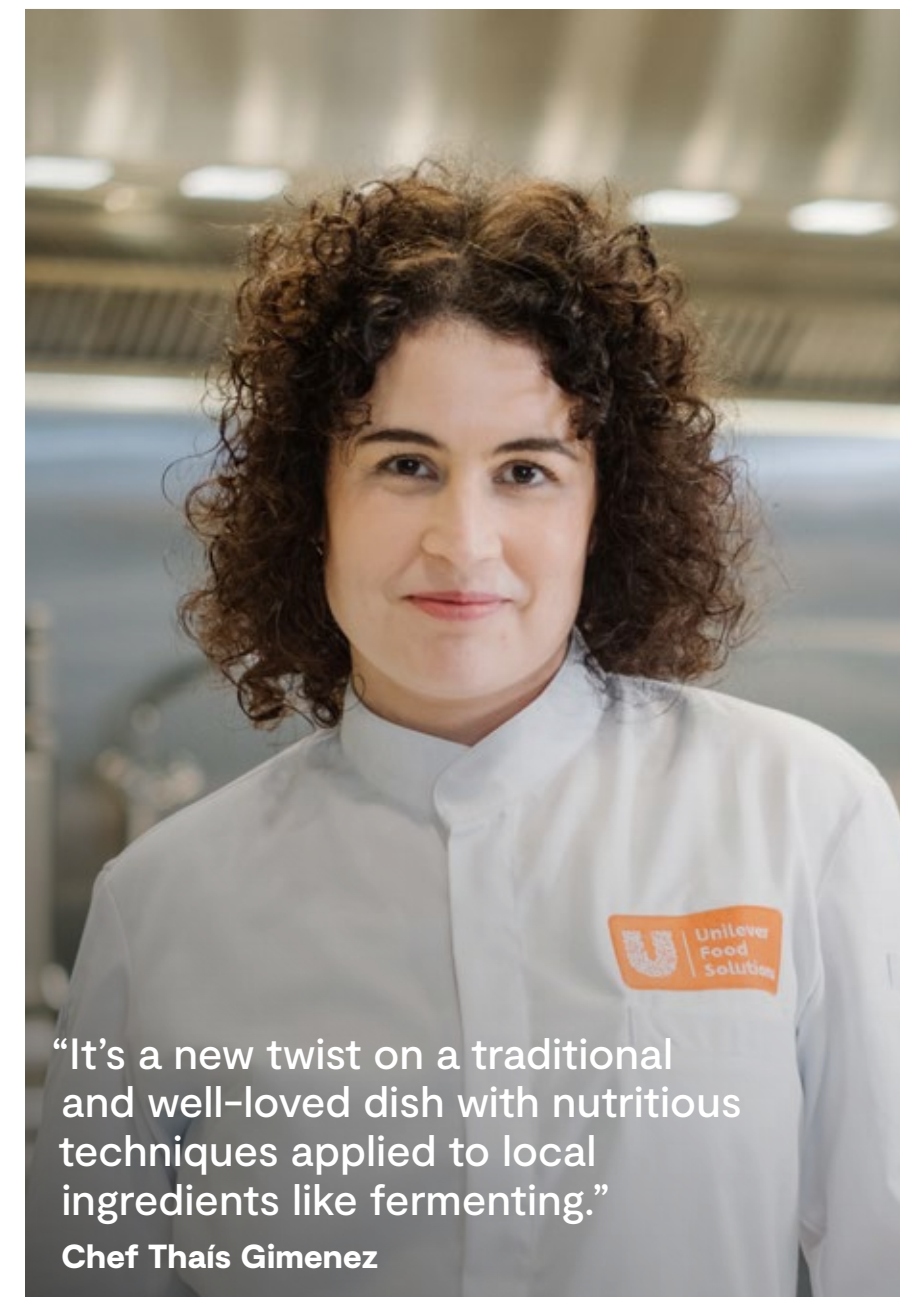
- Boil the milk and add to a bowl with the tapioca granulada and ground cheese.
- Let it hydrate for about 15 mins.
- Prepare the potato purée: Add **Knorr Instant Mashed Potato Mix** to hot water, mix well and let it rest.
- Add the purée to the hydrated, warm tapioca and mix well.
- Dust the work surface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

Tucupi Béchamel

- In a saucepan, boil the tucupi until reduced into half over low heat. Set aside.
- In a saucepan, heat the milk then add turmeric and **Knorr Roux**.
- Whisk the mixture until smooth and thickened.
- Add the reduced tucupi 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 hours.
- In a saucepan, caramelize the brown sugar.
- Cut the banana peels into medium pieces and add to the sugar.
- Mix well and add salt, half of the cream, and rum.
- Bring it to the boil.
- Add all the mixture to a blender with the lemon juice and the remaining cream.
- In a skillet, grill all sides of the cheese.
- Brush the grilled cheese with caramel.



“It’s a new twist on a traditional and well-loved dish with nutritious techniques applied to local ingredients like fermenting.”

Chef Thaís Gimenez

Banana Tapioca 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 tapioca flakes and fry them for 1 minute, covering all the flakes.
- Add the **Knorr Vegetable Booster** 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.



Operators struggle with food cost and, more specifically, animal protein. At the same time, diners are becoming more conscious about their health and the environment. This recipe is a highly *nutritious* version of the classic malfatti served with a firewood-smoked and grilled vegetable sauce.

It provides a significant amount of *wholesome* ingredients like grains, nuts, and vegetables like chickpeas, millet, and spinach. It's also lactose and gluten-free, and great for vegans and vegetarians.



MILLET MALFATTI IN SMOKED VEGETABLE SAUCE

Chef Jimena Solis, Argentina
@chefsufsarg

For Casual Restaurants



Ingredients (Serves 10)

Malfatti

300g raw millet
15g Knorr Vegetable
Booster
440g spinach,
blanched
and chopped
125g Knorr Potato
Flakes
500g water,
for the purée
10g sunflower oil
250g chickpea,
cooked
2g pepper, crushed
5g lemon zest
150g walnuts, toasted
lemon zest
walnuts, toasted

Smoked Sauce

185g Knorr Tomato
Powder
1500g water
200g red capsicum
200g green capsicum
200g yellow capsicum
250g onion
350g tomatoes
1g chilli
500g charcoal
200g wood chips
2 pcs siphon charges
20g agar-agar

Crackers

100g bagasse
or leftover from
vegetables
100g sesame seeds
50g whole grain
sesame seeds
1g salt
1g crushed pepper

For more
information
on these
ingredients,
click [here](#).

Tips and Substitutions

- Bagasse can be substituted with sugarcane pulp.



“Charring of vegetables, combined with trendy and nutritious ingredients such as millet, gives this dish lots of umami and meaty flavours. Healthy dishes can definitely be tasty!”

Chef Jimena Solis

Method

Malfatti

- Wash the millet and toast it slowly in a pan.
- Cook the millet with the vegetable bouillon (1L water + **Knorr Vegetable Booster**).
- For the purée: Boil 500g water, add the sunflower oil and incorporate very slowly the **Knorr Potato Flakes**. The purée needs to be firm in texture.
- Chop the chickpeas in a mixer.
- Toast the walnuts in the oven.
- Chill all the ingredients and combine them (cooked millet + chickpea + purée). Add the lemon zest, the spinach finely chopped and the salt and pepper.
- Shape them into balls – around 35g each.
- Preheat the oven 200°C. Roast the balls for 5 mins or until golden in colour.
- Whole Recipe Cooked: Combine 625g millet + 250g purée + 250g chickpea purée + 440g spinach + 150g walnuts + 5g lemon zest.

Smoked Sauce

- Smoke the fresh vegetables with the wood chips and charcoal.
- Mix all the smoked veggies.
- Sift and set aside the bagasse.
- For the tomato sauce: boil 1500g water and add the **Knorr Tomato Powder**.
- Combine the smoked vegetable purée and the tomato sauce.
- Heat the sauce and add the agar-agar.
- Mix well and pour the sauce into a siphon. Charge it.

Crackers

- Partially grind the seeds.
- Add the bagasse to the seeds then add salt and crushed pepper.
- Spread the mix on a silicone mat.
- Bake at 90°C until dry and golden brown.





Unilever Food Solutions provides innovative and high-quality professional food ingredients and value-adding services created by over 250 professional chefs, covering 50 cuisines in 200 million dishes a day. Unilever Food Solutions brands include Knorr Professional, Hellmann's, The Vegetarian Butcher and Carte D'Or Professional - all created by Chefs for Chefs.



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RECIPE APPENDIX

Kushi Plate (p.16–17)

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 Kunafa

600g firm tofu, pressed overnight, sliced into 1.5cm cubes
10g Knorr Aromat
3g crushed black pepper
3g coriander powder
600ml original batter
300g kataifi or kunafa dough
150ml miso date glaze
30g pistachio powder

Corn-Flaked Eggplant Kushiage with Chilli Hollandaise

500g marinated eggplant
600ml original batter
300g corn flakes, crushed
250ml chilli hollandaise
30g white sesame seeds, toasted
50g microgreens

Kaffir Chilli Dust

5g kaffir lime leaves, dehydrated and grinded to powder
15g Knorr Lime Powder
7g chilli 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
2g black pepper
70g smoked cheese (cheddar, gouda – frico), grated
60g dried mango, finely chopped
water, as needed
120g Hellmann’s Vegan Mayo
10g kaffir lime dust

Fresh Vegetable “Lumpia” (p.50–51)

A selection of filling ideas:

Guisadong Gulay (Sautéed Vegetables)

30g vegetable oil
10g garlic, minced
50g onions, deseed, sliced into strips
100g tomatoes
150g bottle gourd, julienne, seeds removed
150g sponge gourd, julienne, seeds removed
150g jicama, julienne, peeled

10g Knorr Chicken Booster

OR

Guinataang Gulay (Vegetables in Coconut Milk)

30g vegetable oil
10g ginger, brunoised
10g garlic, minced
50g onions, brunoised
100g winged beans, julienned
150g long beans, 4cm in length
100g squash, 1cm diced

5g fish sauce
150g coconut milk
**10g Knorr Chicken
Booster**

OR

Tortang Talong (Eggplant Omelette)

60g eggs, beaten
**1g Knorr Chicken
Booster**
15g spring onions, finely sliced
100g eggplant, charred, peeled and chopped
1g pepper

OR

Stewed Tofu and Lima Beans

500g lima beans, dried
10g calc
1500g water
80g vegetable oil
10g garlic, minced
100g onions, brunoise
250g water
**20g Knorr Chicken
Booster**
400g tofu, crushed
30g oyster sauce
5g dark soy sauce
**10g Knorr Liquid
Seasoning**

OR

Smoked Wintermelon

500g wintermelon, seedless
**50g Knorr Liquid
Seasoning**
100g brown sugar
2g pepper
**10g Knorr Chicken
Booster**

ABOUT THIS REPORT

Unilever Food Solutions (UFS) Future Menus trend 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’s 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 Menus trend 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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