

Tomorrow's Menus for Today's Chefs

FUTURE MENUS 2023

**Irresistible
Carrots:**
4 Ways

TOP 8
Global Menu
TRENDS



Unilever
Food
Solutions



FORE -word

Chef Kees van Erp
Global Executive Chef,
Unilever Food Solutions



Keeping your menus trendy and inspiring is something that keeps you busy as a chef. And this is even more challenging nowadays.

With that in mind, we created the FUTURE MENUS report to support you. The report covers the major trends and demonstrates how these trends can be brought to life with recipes.

The recipes are created with inspiration from many different food cultures and are well tested recipes for professional kitchens. The recipes will give you a good flavor of how to bring the trends to your menu.

And behind all these carefully crafted, inspirational recipes are our talented teams of **UNILEVER FOOD SOLUTIONS CHEFS** from all over the world!

With over 250 chefs in over 70 countries, we can support you in creating on-trend recipes that fit your local operational needs, getting you ready for tomorrow.

All about FUTURE MENUS 2023



We live in times of great change in the world. Four of the eight big megatrends that Unilever has identified are linked to the foodservice industry. These come from 178 trend report sources, analyzing 44 000 food occasions, from more than 15 countries. These are trends that represent big shifts in the world and that will stay with us over a few years.

These megatrends are:
Conscious Choices
Healthier Living
Cooking Renaissance and, Indulgent Experiences

Connected to these we have identified eight emerging foodservice trends for 2023 that link into these four big megatrends.

Future Menus is a yearly report of trends for the food service industry. For 2023, with a team of industry partners and chefs from all around the world, we in Unilever Food Solutions have curated 8 trends to watch and to cook for. We have tested and validated each of them with more than 1600 chefs across the world and they were later translated into professional kitchen recipes that bring them to life.

These recipes serve as inspirations for your menus while also taking into account challenges such as labor shortage, energy, and ingredient costs.

With Future Menus and the 8 Trends we see an increased opportunity for more nutritious and sustainable ingredients, lower carbon footprint, and culinary techniques that bring out the best flavour in every dish...while providing a balance of tasty indulgences. This also helps to play a key role in improving diets through more positive nutrition and reducing the environmental impact of the global food chain.

In the report you will find an explanation of each trend along with trend recipes and the following details:



UFS Chef introduction
including Chef tips.

The report is interactive so you can move through at your own pace.



Look out for sustainable or low carbon tips where you see this symbol!

Did you know?

80% of restaurants globally have a labor shortage problem even as we leave COVID behind.

The growth rate of lower carbon, plant-based recipes on menus is estimated at 15 times higher than 4 years ago.

Top Ingredients and Techniques

that fit best with the trend.

For more details on the trends and how **Unilever Food Solutions** can help you, please go to **ufs.com** for more information.

For more info **visit**
UFS.COM

TOP 8 Global Menu TRENDS



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The report is
interactive so you
can move through
at your own pace.



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IRRESISTIBLE *Vegetables*

Modern techniques can move humble vegetables from a side to the main component of the plate,
without compromising on flavors (while reducing your menu cost).

**IRRESISTIBLE
VEGETABLES** take
center stage as
decadent, indulgent
plant-based dishes.

Diners across the globe are now
experiencing different takes on
plant-based dishes through the
ingenuity of chefs.



Plant based recipes
are also a powerful
way to reduce carbon
footprint and are full
of positive nutrients

In Buenos Aires, Chef Mariano
Ramon of **Gran Dabbang** created
the Cassava Roti with Banana Pratta
Chili Jelly. Inspired by influences from

both Latin America and Asia, he pushes
vegetables forward through smart
combinations of the regions' ingredients
and techniques.

THE GREAT VEG *rebellion*

» **Chef René-Noel Schiemer** says
flexitarian dishes don't have to be
complex; you just need to be innovative
with one main ingredient to simplify your
menu. In his recipe, he uses different
ways to make carrots play multiple roles
on the plate, without sacrificing taste.

Top Ingredients: Mushroom, Cauliflower, Asparagus, Aubergine, Beetroot
Top Techniques: Fresh, Raw, Grilling, Baking, Roasting, Frying



Carrots 4 Ways with Mole Chunks

BY *René-Noel Schiemer*

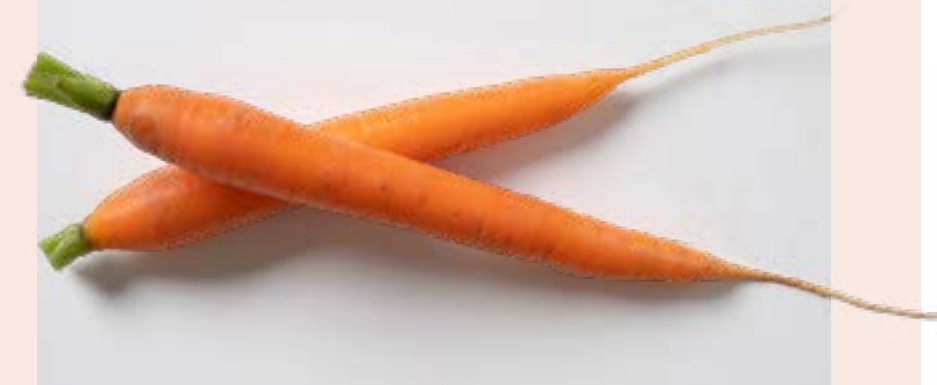


“Guests are increasingly concerned about their diet and want to eat much more consciously. Cooking more with vegetables doesn’t just add more nutrients to the dish but also expands your menu options. Therefore, you have the chance to **bring a new clientele into your location.**”

Chef René-Noel Schiemer
Culinary Advisor - Germany
@chef_renenoeel_chefmanship



Using the whole ingredient
helps reduce food waste and
can also be more nutritious!





INGREDIENTS (Serves 10)

CARROTS IN DIFFERENT COLORS

10 of each finger carrots (yellow, white, orange, purple)

2 vanilla pods

40 g **Knorr Professional Puréed Ginger**

100 g butter / butter substitute

CARROT PURÉE

1 kg carrots

100 g butter / butter substitute

1 organic orange

10 g **Knorr Professional Vegetable Bouillon**

CARROT GREEN OIL

200 g carrot greens

200 g sunflower oil

CARROT ASH

500 g carrot peel

250 g carrot greens

30 g brown sugar

salt, as needed

MOLE NO CHICKEN CHUNKS

700 g **The Vegetarian Butcher - NoChicken Chunks**

40 g spice preparation mole

hazelnut oil, as needed

VEGAN JOGI CREAM

300 g **Hellmann's Vegan Mayonnaise**

50 g vegan yoghurt

Knorr Professional Instant Binder Granules, as needed

METHOD

CARROTS IN DIFFERENT COLORS

- Peel and clean the carrots.
- Prepare a sous vide bag for each type of carrot.
- Put ½ vanilla pod, 10 g spice paste and 25 g butter in each bag.
- Add the carrots and a drop of water.
- Vacuum seal 100% and steam at 85°C for approx. 40 minutes.

CARROT PURÉE

- Put the carrot greens aside.
- Wash and peel the carrots and cut into thin slices.
- Place in a vacuum bag with butter, juice of an orange and bouillon.
- Vacuum seal 100% and steam at 85 for approx. 60 minutes.
- Take out and mix.

CARROT GREEN OIL

- Wash the carrot greens then dry them with a salad spinner.
- Heat with the oil to approx. 150°C, cool together and leave to stand overnight.
- Strain and bottle.

CARROT ASH

- Mix the peels and washed greens together.
- Add sugar and salt.
- Roast with a burner.
- Dry at 160°C (without fan) for about 20 minutes.
- Finely mix or mortar everything.

MOLE NO CHICKEN CHUNKS

- Marinate chunks from the freezer with mole, hazelnut oil.
- Put into a bag or a box and leave for approx. 4 hours.
- Take out and fry as usual.

VEGAN JOGI CREAM

- Mix all ingredients together well.



@chef_renenoeel_chefmanship

Charred Brussels Sprouts with Smoky Gochujang Glaze

BY *Eric Chua*



“One advantage of working with vegetables is you may use many more cooking techniques to **offer different dining experiences to your guests**. And, as a chef, I want my diners to start falling in love with vegetables again.”

Chef Eric Chua
Executive chef – Singapore
@ufssgchefs @chef_eric_chua

INGREDIENTS (Serves 10)

BRUSSELS SLAW

200 g Brussels sprouts, trimmed

100 g **Best Foods Real Mayonnaise**

20 g lemon juice

2 g caraway

1 g salt

1 g pepper, crushed

SMOKY GOCHUJANG GLAZE

60 g **Knorr Professional Rock Sugar Honey Sauce**

50 g **Hellmann's Smoked Chilli Dressing**

50 g gochujang

3 g sesame oil

3 g **Knorr Professional Lime Powder**

CHARRED BRUSSELS SPROUTS

700 g Brussels sprouts, trimmed

25 g olive oil

5 g **Knorr Aromat Seasoning Powder**

1 g white pepper, crushed

GARNISH

20 g white sesame seeds, toasted

30 g spring onion curls

10 g coriander cress

METHOD

BRUSSELS SLAW

- Wash the Brussels sprouts thoroughly.
- Slice Brussels sprouts to 2 mm thickness.
- Transfer shredded Brussels sprouts to mixing bowl.
- Add in all other ingredients and mix well.
- Chill it down in chiller for 1 hour before serving.

SMOKY GOCHUJANG GLAZE

- Add all ingredients into a mixing bowl.
- Whisk well and set aside for later use.

CHARRED BRUSSELS SPROUTS

- Wash the Brussels sprouts thoroughly.
- Trim and cut Brussels sprouts into half.
- Place Brussels sprouts, olive oil, aromat seasoning and white pepper into mixing bowl.
- Toss well and let it marinate for 15 mins.
- Preheat oven with thick cast iron tray to 200°C.
- Once ready, pour marinated Brussels sprouts onto cast iron tray evenly.
- Roast it for 8 mins and stir it gently half way.
- Once charred, transfer to mixing bowl and drizzle smoky gochujang glaze over it.
- Toss well and transfer to plate.
- Garnish well and serve alongside chilled Brussels slaw.



For a more Plant Forward recipe, use Hellmann's Vegan Mayonnaise instead of Real Mayonnaise.

Parsnip Mini Ice-Cream and Panna Cotta

BY *Maurits van Vroenhoven*



“Desserts are often associated with rich flavors such as butter, sugar, and cream. You can **replace part of them with vegetables**, especially root vegetables, which contain a natural source of sugar. We often use beetroot, parsnips, carrots, and sweet potatoes in our desserts.”

Maurits van Vroenhoven
Brand Development Lead Chef – The Netherlands
@chef_maurits_van_vroenhoven

INGREDIENTS (Serves 10)

MINI ICE-CREAM (± 50 PIECES)

1000 g milk
2 vanilla beans
350 g parsnip pieces
400 g sugar
1000 g cream
pinch of salt
200 g egg yolk
lemon peel, as needed
300 g milk
chocolate for dipping
hazelnut pieces

PANNA COTTA (± 12 PORTIONS, 90ML)

500 g milk
125 g parsnip pieces
130 g Carte D'or Panna Cotta
500 g cream
100 g white chocolate

METHOD

MINI ICE-CREAM

- Slowly cook the milk, vanilla with the small parsnip pieces.
- If the pieces are soft, remove the vanilla beans and blend milk and parsnips until smooth.
- Add sugar and let it dissolve.
- Add cream, pinch of salt and egg yolks, stir with a whisk until well mixed.
- Add the lemon peel.
- Pasteurize the ice cream base.
- Use an ice cream machine to make the ice cream.
- Spread the ice cream evenly into silicon molds.
- Let the ice cream set.
- Melt dark chocolate and dip the ice creams halfway into the chocolate.
- Sprinkle some hazelnuts over the chocolate.

PANNA COTTA

- Let the milk slowly cook with the parsnip pieces.
- If the pieces are soft, blend milk and parsnip until smooth.
- Pour back into the pan, and bring to the boil.
- Remove from the heat and add the panna cotta mix, stir for 30 seconds and add the white chocolate. Stir until dissolved.
- Pour mixture into ramekins and place them in the fridge.



INGREDIENTS (Serves 10)

SALTED CARAMEL TOFFEE

400 g Jerusalem artichoke (raw in pieces)
1 can (320 g) condensed coconut milk
vanilla extract, as needed
100 ml plant-based cream
sea salt, as needed

SEA BUCKTHORN GEL

500 g sea buckthorn purée
500 g water
175 g calamansi purée
125 g gin
200 g sugar
20 g agar

PARSNIP CROCCANTE

320 g puréed parsnip
160 g icing sugar

EXTRA INGREDIENTS

cress, as needed
sorrel, as needed
hazelnut pieces, as needed
dried parsnip powder, as needed

METHOD

SALTED CARAMEL TOFFEE

- Roast the Jerusalem artichoke pieces at 185°C for 20 minutes, or until golden brown and caramelized.
- Put the condensed coconut milk in a pan, add the roasted pieces, and vanilla extract and start cooking.
- Caramelize the milk until golden brown.
- Add the plant-based cream and cook.
- Add sea salt to taste.
- Pour mixture into mixer and mix until smooth.

SEA BUCKTHORN GEL

- Put everything together in a cooking pan.
- Bring to a boil while stirring with a whisk.
- Let it slowly cook for a minute and pour the mixture into a gastronorm tray.
- Let the mixture cool and set in the fridge for 1 hour.
- In a blender mix the mixture until a smooth gel.
- Put this in a piping bag and store it in the fridge.

PARSNIP CROCCANTE

- Cook parsnip pieces in salted water until soft, drain.
- Weigh the cooked parsnip add half of the weight in icing sugar.
- Put the pieces and sugar into a blender and mix until you have a smooth paste.
- Store this mixture in a container in the fridge.
- Spread mixture evenly on a stencil and bake in pre-heated oven at 130°C for 10-12 minutes.
- Store in airtight container.

BEHIND THE *pass*

The **parsnips** were used as the main component of the ice cream base for the mini ice-cream, as a component of the **Carte D'Or Professional Panna Cotta**, and another batch was blended with icing sugar, spread on a stencil, and baked to create croccantes for garnish.





MODERNIZED *Comfort Food*

Comfort food doesn't have to be monotonous and predictable...

MODERNIZED COMFORT FOOD puts a new spin on timeless dishes, while keeping that sense of connection to one's culture.

» While diners are seeking familiarity in dishes that "taste like home", they also want new, tasty combinations. This can be done by adding or replacing ingredients, combining two or more classical concepts to create something new, or by applying techniques that improve the dish's flavor and texture.

Take it from The Moment Group's **Manam in Manila**. They reinvented the Kansi (Beef Shank in Sour Batuan Soup) by using corned beef belly with a rich, gravy-like sauce, served sizzling-style.

In this *section*

Chef Giuseppe Buscicchio has pulled out all the stops with his Vegetable Charcoal and Saffron Tortellini. He recreated his classic pasta dough by using ready-to-use ingredients to mimic the color of river stones, filled with a hearty, slow-cooked beef osso bucco with mortadella Bolognese, and Parma ham.

Top Ingredients: Chicken, Fish, Beef, Potato, Pasta
Top Techniques: Grilling, Marinating, Braising, Roasting, Steaming



Vegetable Charcoal and Saffron Tortellini

BY *Giuseppe Buscicchio*



“Diners love to rediscover those dishes they know well in a new guise that keeps faith with the past but with the **reinterpretation of possible ingredient combinations, cooking methods, and above all, presentation.** They love to be amazed!”

Chef Giuseppe Buscicchio
Executive Lead Country Chef - Italy
@giuseppebuscicchiochef

INGREDIENTS (Serves 10)

TORTELLINI PASTA

700 g flour “00”

300 g re-milled semolina

7 egg yolks

10 whole eggs

50 g **Knorr Professional Saffron Paste**

white wine, to taste

vegetable charcoal, to taste

TORTELLINI FILLING

oil, as needed

celery, carrot, onion, bay leaf

500 g beef osso buco pulp

salt and pepper, as needed

500 ml **Knorr Professional Beef Broth Granules**

100 g mortadella Bolognese

200 g Parma ham

100 g beef marrow

nutmeg, to taste

100 g parmesan

2 eggs

METHOD

TORTELLINI PASTA

- Combine the “00” flour with the re-milled semolina, egg yolks, and whole eggs. Add Knorr Professional Saffron Paste diluted in white wine, then transfer to a planetary mixer.
- Knead until you get a smooth dough.
- Divide the dough into two parts: one part colored with charcoal and the other with saffron.
- Vacuum seal the two doughs and leave to rest for about 1 hour.

TORTELLINI FILLING

- In a saucepan, make a base of oil, celery, carrot, and onion cut into brunoise. Add the beef osso buco and cook over high heat. Season with bay leaves, salt and pepper, finally, sprinkle with Knorr Beef Broth.
- Leave to cook for at least 2 hours and chill.
- With the help of a meat grinder, mince all the contents of the casserole, including the vegetables. Mince the mortadella Bolognese and the Parma ham and create a mixture with the addition of the marrow, grated nutmeg, parmesan cheese, and eggs.
- For the stone-shaped saffron tortellini, place the filling in a sac à poche and fill the silicone molds in the shape of stones.
- Turn out the filling and cover with the saffron pasta and the vegetable charcoal pasta, recreating river stones.



INGREDIENTS (Serves 10)

MARINATED QUINCE

3 whole quince
500 ml any good Italian wine
100 g sugar
2 cocoa beans
10 g long pepper
lemon zest
sage
rosemary

PARMESAN WATER

200 g roasted parmesan peels
300 ml mineral water

FINISHING

butter, as needed
parmesan water
mountain pine oil
hazelnut sand
syrha and kikuna leaves

METHOD

MARINATED QUINCE

- Peel the quince, cut in half and remove the seeds. Put the quince in a vacuum-sealed cooking bag and add the wine, sugar, cocoa beans, long pepper, lemon zest, sage, and rosemary.
- Close at 99.9% and cook in a steam oven for about 40 min.
- Let it cool down.

PARMESAN WATER

- In a vacuum bag, place the parmesan peels previously roasted with a cooking torch, add the mineral water, close at 99.9% and cook in a steam oven for 2 hours at 65°C.
- Open the bag and strain the cooking liquid.

FINISHING

- Blanch the pasta in boiling water, then sauté in a pan with butter and sage.
- Serve, alternating the yellow and black stones.
- Create hemispheres with the quince.
- Divide the Parmesan water over the plates and garnish.



BEHIND THE PASS

The **quince** were marinated in a good Italian wine with herbs and spices and cooked in a vacuum bag placed in a steam oven.





Dropped Moussaka

BY Katerina Menti



“

“I love traditional recipes because I think they connect with our Greek civilization. But we also need to **make the recipes come alive for today's generation.**”

Chef Katerina Menti
Chef Consultant - Greece
@katerina_menti @Ufschefsgr

INGREDIENTS (Serves 10)

MINCED MEAT

30 g olive oil
2 onions, diced
500 g lean minced meat
3 g spice
10 g Knorr Primerba Garlic
150 g Knorr Professional Tomato Sauce Dry Base
30 g ketchup
pepper, salt, sugar, as needed
8 g Knorr Professional Beef Bouillon Gel

VEGETABLES

1 red sweet potato*, large
1 eggplant, large
flour, as needed
sunflower oil, as needed

CHEESE CREAM

300 g milk cream
5 g Maizena
2 g nutmeg
200 g Graviera, grated
80 g parmesan, grated
salt, pepper, as needed

METHOD

MINCED MEAT

- In a saucepan with olive oil, sauté the onion.
- Add the minced meat and the rest of the ingredients and spices.
- Bring this to a boil, then simmer for 40 minutes. Add Knorr Beef Bouillon Gel and stir.

VEGETABLES

- Boil the sweet potato, then peel and dice.
- Eggplant: Dice, then coat with flour. Fry in sunflower oil until crisp.

CHEESE CREAM

- Boil the milk cream together with the Maizena and grated nutmeg. Remove from heat.
- Stir in the cheese and blend until smooth.
- Season with salt and pepper. Pour the mixture into a siphon.

PARMESAN CRISPS

- Grate mounds of cheese on a Silpat (at 60 g each), then bake at 160° C for 10 minutes.



For a more Plant Based dish, use The Vegetarian Butcher NoMince and a vegetable bouillon

***Red sweet potato is a Future 50 Foods hence nutritious and sustainable.** Red Indonesian sweet potato (Cilembu) is not just a culinary delicacy, it is also a valuable source of several essential nutrients.



Vegan Doner Kebab

BY *Yasemin Ataman*



“

“Middle Eastern and Asian are some of the trending cuisines in the world right now, especially in the street food scene. And it’s important to **make these dishes more adaptable to a wider group of diners.**”

Chef Yasemin Ataman
Corporate Executive Chef - Turkey

INGREDIENTS (Serves 10)

FILLING

2 kg oyster mushrooms

2 packs soy yoghurt, plain

olive oil, as needed

200 g tomato paste

2 heads garlic

1 kg onion

Knorr Professional Arabic Spices Mix, as needed

2 packs **The Vegetarian Butcher NoMince**

panko, as needed

1 bunch parsley

1 bunch fresh mint

1 kg red onion

500 g sugar

paprika, as needed

cumin, as needed

WRAP

vegan tzatziki

10 pita bread

tomato relish

METHOD

FILLING

- Toast the oyster mushrooms over a charcoal fire till crispy.
- Mix vegan yoghurt, olive oil, tomato paste, garlic purée, onion purée, and Knorr Arabica Spices.
- Mix the mushrooms, The Vegetarian Butcher NoMince, panko, and the marinade together and form into a log using cling film.
- After resting in the refrigerator for one hour, place in boiling water for 45 minutes and immediately cool down using an ice bath.
- Once cooled and firm, slice and cook over a charcoal grill or in a pan or oven until golden brown.

WRAP

- Serve with vegan tzatziki, pita bread, and tomato relish.



This plant forward recipe is a great way to lower the carbon footprint in your cooking.



LOW-WASTE *Menus*

Make clever use of ingredients to help reduce food waste (as well as costs).

LOW-WASTE MENUS aim for minimum waste & maximum flavors in dishes.

There's a lot to learn from various cuisines in the world where the whole animal or the whole vegetable is used in a dish because people need to be resourceful with the food available. That means maximizing every piece of an ingredient and not just keeping the 'good or premium cuts.' This positively impacts your profit, too; it's a win-win.

Techniques that have been around for centuries like fermenting, pickling, and curing, not only extend the life of ingredients but also create great complexity in flavors. And most importantly, efficiently planning the workflow in both back and front-of-house, can significantly reduce food waste.

THE LOW-WASTE HEROES

» In this section, **Chef Joanne Limoanco Gendrano** shows how to utilize chickpeas in multiple ways – this helps in both simplifying your inventory and reducing waste.

Top Ingredients: Vegetables, Soups, Broths, Meat, Leafy greens
Top Techniques: Boiling, Grilling, Braising, Roasting, Puréeing



Mezze Maze

BY *Joanne Limoanco Gendrano*



“The concept is a savory waffle combined with some of the popular cold mezzes. Oftentimes, mezzes are served with a ton of saj (flatbread.) In this recipe, the saj is replaced with a gluten free option and the avocado hummus & moutabal are piped in the crevices of the waffle. Each bite gives the diner a nice complexity of flavor and texture of the Middle East.”

Chef Joanne Limoanco Gendrano
Executive Chef - Middle East, Pakistan, Sri Lanka
@hellochefjo

INGREDIENTS (Serves 10)

CHICKPEA WAFFLE

100 g chickpea flour
25 g arrowroot or cornstarch
25 g potato starch
5 g shiitake mushroom powder
3g baking powder
1 g Knorr Professional Vegetable Stock Powder
5 ml apple cider vinegar
90 ml aquafaba or chickpea water
360 ml water
spray oil, as needed

AVOCADO HUMMUS

120 g chickpeas (canned or fresh), drained
250 g hass avocado
45 ml tahini
30 ml lemon juice
2 g cumin powder
salt and pepper, as needed
2-3 ice cubes

*Texture of batter is thinner than the usual waffle batter.

METHOD

CHICKPEA WAFFLE

- Combine all dry ingredients in one bowl and wet in another.
- Make sure that the liquid ingredients are at room temperature or best slightly warm.
- Whisk wet ingredients into the dry. Let it stand covered for about an hour.
- Heat waffle machine to 175°C (depending on the type and make of the machine).
- When the waffle machine is ready, pour enough of the batter* to cover the heating surface. Cook until the waffle is crisp.

AVOCADO HUMMUS

- Boil the canned chickpeas in 750ml of water for 5 – 8 minutes to remove excess salt and to peel off the skin easily.
- Immediately, drain the water (or reserve the boiling liquid for the waffle batter & other uses) and place under running water. The running water will help peel off the skin.
- Strain the skin. Set them aside for dehydration.
- It is best to work on the chickpeas while they are still warm. Work fast in removing the skin, remove excess water and place the chickpeas immediately in the food processor. Add the rest of the ingredients. Process until smooth. Season to taste.
- Place in a piping bag and chill until ready to use.



INGREDIENTS (Serves 10)

BEET PICKLE JUICE JELLY

using leftover pickling juice from homemade
or store-bought beet pickles

2 g agar agar

350 ml beet pickling juice (just get the liquid
from pickled beets)

MOUTABAL

450 g Moutabal

CHICKPEA SPROUTS

100 g fried chickpea sprouts

TO FINISH

dried chickpea skins

Microgreen (beetroot and arugula cress)

pickled beetroot

METHOD

BEET PICKLE JUICE JELLY

- Bring pickling juice & the agar agar to a boil for 2-3 minutes.
- Transfer the liquid onto a tray. Chill until the mixture solidifies into a jelly block.
- Slice the jelly into cubes and place them in a food processor or blender. Blend until smooth.
- Place in a piping bag or squeeze bottle to be used as garnish.

BEHIND THE *pass*

Chickpeas were used three ways: the chickpea flour was used as a base for the waffle batter, fresh chickpeas were blended in the avocado hummus, and sprouted chickpeas were used as a garnish to finish the dish.



@hellochefjo

Smoked Orange Tomato Marshmallows

BY *Ronald van der Laars*



“**It’s an umami bomb packed with flavor.** Great leftover tomato recipe that can easily be twisted in a lot of flavor directions and upcycled to or from other recipes. TIP: Consider using fermented tomatoes so you can create this recipe all year long.”

Chef Ronald van der Laars
Brand Development Chef - The Netherlands
@ufs_chef_ronald

INGREDIENTS (Serves 10)

25 g gelatin
100 g water
250 g Future 50 Foods orange tomatoes*
4 g Knorr Professional Deep Smoke Liquid Seasoning
7 g Knorr Professional Vegetable Liquid Bouillon
25 g white quinoa
25 g oil
1 g baharat spices

BEHIND THE *pass*

The **orange tomatoes** were blended, seasoned, and gelatinized in a mold for the marshmallows while their peels were dehydrated and blended into a powder to finish the dish.



METHOD

MARSHMALLOW

- Soak the gelatin in cold water. Peel the orange tomatoes in boiling water and cut them into quarters (keep the peels and water).
- Add the Knorr Intense Flavor Deep Smoke, blend smooth with the Knorr Liquid Vegetable Bouillon and 100 g water, strain through a sieve, measure 250 g and season to taste.
- Heat a small amount of juice with the soaked gelatin to dissolve, whisk through the rest of the tomato juice.
- Whisk with ice on the side of the bowl until airy and foamy.
- Transfer to a mold or tray

TOMATO POWDER

- Dry the peels in a low temp oven of 80°C (fan off) for approx. 1 hour or use a veg dehydrator, until dry and blend into a powder.

PUFFED QUINOA:

- Reuse the tomato water and cook the white quinoa according to the cooking instruction on the package, strain. Bake in a non-stick pan with the oil until golden and crispy, strain, add the spices, season to taste and let it drain on some kitchen towel.

FINISH:

- Garnish with a touch of tomato powder and some crispy quinoa.

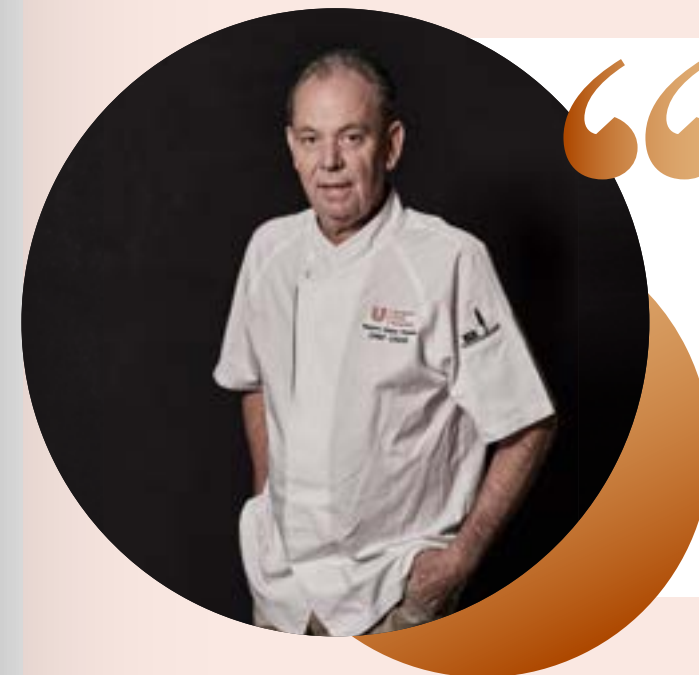


***Eating more varieties of similar foods increases the variety of crop types, making the food system more resilient;** Orange tomatoes contain up to 2x as much vitamin A and B than other types of tomatoes.



Slow-cooked Pork Belly with Cauliflower Purée

BY *Craig Elliott*



“Succulent pork is achieved in this recipe through the sous vide process. I used this pork belly cut, **which is not commonly used in our cuisine**. Leaving the skin on the apple and butternut to give texture and color to the end dish.”

Chef Craig Elliott
Executive Chef - South Africa
@chefcraigelliot

INGREDIENTS (Serves 10)

PORK

2 g Robertsons Barbeque Spice
250 ml Knorr Professional Honey & Soy Sauce
2 g Robertsons Medium Rajah
5 g cumin seeds
1.40 kg pork belly roast (deboned)

CAULIFLOWER PURÉE

½ vanilla pod
1g nutmeg, grated
300 g cauliflower
30 ml cream

METHOD

PORK

- Mix the Robertsons Barbeque Spice, Knorr Honey and Soy Sauce, Robertsons Medium Rajah and cumin seeds together to form a marinade, and pour over pork belly.
- Place pork belly into a plastic bag with excess marinade and vacuum seal.
- Sous vide at 60°C for 18 hours.
- Once cooked, remove from plastic. Place into a tray, cover and weigh down to compress the pork.
- Cut the pork into a 150 g portions, score and place in the oven to roast for 15 minutes at 220°C.

CAULIFLOWER PURÉE

- Boil together the vanilla pod and nutmeg with the cauliflower florets and stems. Strain and blend in Thermomix with cream until desired purée texture.



INGREDIENTS (Serves 10)

APPLES AND BUTTERNUT

15 ml fresh lemon juice (keep skin for zest
bread and butter pudding)

75 g apples (golden delicious), sliced

150 g butternut, cut into wedges with skin on

1 g **Robertsons Veggie Seasoning**

1 g **Robertsons Paprika**

1g **Robertsons Chip & Potato Seasoning**

HONEY GLAZED PARMA HAM

150 g parma ham

5 ml honey

MANGETOUT

5 g snow peas/ mangetout cut into diamonds

METHOD

APPLES AND BUTTERNUT

- Squeeze the lemon juice over the sliced apple (skin on) so they do not discolor.
- In a roasting tray, place the butternut (skin on) and season with the spices.
- Bake in the oven for approximately 12-15 minutes until cooked yet firm.

HONEY-GLAZED PARMA HAM

- Place Parma ham between 2 sheets of greaseproof paper and weigh down.
- Place in oven for 15 minutes at 180°C.
- Remove from oven, drizzle with honey, continue to roast uncovered for 5 minutes.
- Remove from greaseproof paper, set aside.

MANGETOUT

- Blanch mangetout peas in boiling water with bicarb for 15 seconds, drain and set aside.



📷 | @chefcraigelliot



WILD & Pure

**Seasonal dishes inspired
by the variety found in nature...**

WILD & PURE
use foraged
ingredients to
create tasty and
sustainable dishes.

Edible flowers, wild berries, and seaweed give diners a sense of connection to their local yet diverse environment. It's about moving away from mainstream fare and leaning into what nature provides to create simple, sustainable dishes with ingredients closest to home.

Melbourne's **Mabu Mabu** advocates making indigenous ingredients widely available in restaurants across the country.

Their Charred Emu, Kutjera (desert raisin), Pepperberry, Molasses, with Cassava Crisps, is one of the many items on their menu that uses locally sourced ingredients.

» **Chef Andrew Ballard** says that using native, wild ingredients is an emerging trend in Australia. His modern gnocchi dish was recreated with the earthy flavor of saltbush flakes. Most importantly, it's a recipe that's straightforward and easy to make.



Locally sourced ingredients helps to reduce the carbon footprint in food production.

Top Ingredients: Wild mushrooms, Edible flowers, Truffle, Seaweed, Wild Berries
Top Techniques: Fresh, Grilling, Marinating, Boiling, Raw



Saltbush Gnocchi with Warrigal Greens

BY *Andrew Ballard*



“

“Warrigal greens are found along the eastern coastline and estuaries of Australia. They are a perfect substitute for spinach or silverbeet to be used in pasta sauces, stir-fries, and pies. Along with ingredients like saltbush, lemon Myrtle, and mountain pepper berry leaf, they’re becoming increasingly popular and **seen in native bush food-style dishes.**”

Chef Andrew Ballard

Executive Chef - Australia, New Zealand
@ufschefs

INGREDIENTS (Serves 10)

GNOCCHI

170 ml milk
300 g Knorr Professional Potato Flakes GF
2 egg yolks
100 g parmesan, grated
15 g salt
50 g plain flour
20 g saltbush flakes
10 g mountain pepper berry leaf

TOMATO SAUCE

50 ml oil
150 g onion
4 garlic cloves
15 g Knorr Professional Gluten Free Vegetables Booster
700 g Knorr Professional Base Sauce Pronto Napoli
200 ml cream
30 g Knorr Professional Roast Umami Liquid Seasoning
50 g Geraldton wax leaves, finely chopped

METHOD

GNOCCHI

- In a large pot bring 550 ml water to the boil. Once boiling remove from heat. Pour in milk before whisking in Knorr Potato Flakes GF. Whisk until combined. Sit for two minutes and then whisk again.
- In a small bowl whisk the egg yolks and parmesan together.
- Once the potato mash is cooled, add in the egg mix followed by sifted flour and saltbush. Blend in enough flour to make a stiff dough. Turn dough out on a well-floured work surface and knead lightly.
- Divide dough in half. Shape each half into a long thin roll about 1.5 cm thickness. With a knife dipped in flour, cut into bite-size pieces.
- Cook gnocchi in a large pan of boiling salted water until they float to the surface then cook for a further 2-3 minutes. Drain and keep warm.

TOMATO SAUCE

- Heat oil in a large pan. Add chopped onion and chopped garlic and cook for 5 minutes.
- Mix Knorr Vegetable Booster with 500ml water, add to pan along with Knorr Pronto Napoli, cream and Knorr Intense Flavours Roast Umami. Bring to the boil and simmer for 15 minutes until reduced. Add Geraldton wax and cook for 1-2 minutes.



INGREDIENTS (Serves 10)

EXTRA

- 2 kg large green prawns, peeled, deveined, tails intact
- 200 g prosciutto
- 350 g Warrigal greens

METHOD

EXTRA

- Season and pan fry the prawns on high heat
- Oven bake the prosciutto until crispy and crunch it.
- Mix all ingredients and heat for serving.

BEHIND THE *pass*

The **saltbush**, in dried & flaked form, was used to season the dough, adding some savory & herby flavor to the gnocchi.



@ | @ufschefs



Pork Belly with Nettle Purée & Pine Oil

BY Wesley Bay



“

“As a chef, it is always great to discover new ingredients and even greater when you can pick them yourself. Native ingredients offer chefs **more space for creativity** and allow them to work seasonally.”

Chef Wesley Bay
Culinary Advisor - Belgium
@chefwesley_

INGREDIENTS (Serves 10)

PORK BELLY

10 kg pork belly

5 L water

150 g nitrite salt

165 g salt

165 g sugar

juniper berries, pepper, lemongrass,
garlic, as needed

coriander seed, cardamon, fennel seed,
tarragon, ginger, as needed

PINE OIL

200 g pine needles

600 ml corn oil

salt, as needed

METHOD

PORK BELLY

- Mix all the ingredients and pickle the pork belly for 24 hours.
- Rinse the pork belly.
- Transfer the pork belly with the aromatic herbs/spices into a vacuum bag.
- Cook in a Roner for 20 hours at 65°C.
- Cool down.
- Take 1,5 kg of the prepared pork belly for 10 servings.

PINE OIL

- Mix the pine needles and the corn oil in a thermoblender at 70°C for 15 minutes.
- Pass the oil through a fine sieve.



INGREDIENTS (Serves 10)

DEMI-GLACE FOAM

1 L **Knorr Professional Demi Glace Base Sauce**

25 g **Knorr Professional 3 Peppers Purée**

25 g **Knorr Professional Puréed Ginger**

50 g **Knorr Professional Puréed Garlic**

25 g **Knorr Professional Roast Umami Liquid Seasoning**

25 g tarragon vinegar

200 g gelatin from pork belly (cooking juice from pork belly)

50 g butter

50 g **Maizena Express Sauce Binder**

RED CABBAGE KIMCHI

1 red cabbage*

1 L water

100 g salt

37 g **Knorr Professional Puréed Garlic**

25 g **Knorr Professional Puréed Ginger**

15 ml **Knorr Professional Liquid Concentrate Fish**

50 g **Knorr Professional Paprika Purée**

40 g sugar

15 g **Conimex Sambal**

50 g tarragon vinegar

GARNISH

nettle purée

Cévennes onion in salt crust

dried onion (70°C 18h)

calendula flower

clover sorrel

buckthorn and pumpkin chutney

METHOD

DEMI-GLACE FOAM

- Bring all ingredients to a boil (except the Maizena).
- Add the Maizena and let it simmer for 5 minutes.
- Pass the sauce through a sieve.
- Transfer the sauce to a siphon.
- Add 2 gas cartridges and serve.

RED CABBAGE KIMCHI

- Cut the red cabbage into fine strips.
- Bring the water and the salt to a boil and pour over the red cabbage strips.
- Let them soak for 1 hour.
- Rinse the cabbage and squeeze out excess water.
- Mix the rest of the ingredients and mix with the red cabbage.
- Leave to marinate for 12 hours.
- Assemble all components on a plate.

GARNISH

- Plate the warm ingredients and garnish with the nettle purée, Cévennes onion, dried onion, calendula flower, clove sorrel and the buckthorn and pumpkin chutney.

*Red Cabbage has ten times more vitamin A and double the amount of iron than green cabbage.

BEHIND THE *pass*

The **pine needles** and corn oil were mixed and heated in a thermoblender at 70°C for 15 minutes to create pine oil.





Plant-based Wallenbergare with Mushroom “Duxelles”

BY *Tommi Virranta*



“

“I use local ingredients because their best qualities are at peak especially when in season. I’m constantly in nature to pick and cook ingredients to personally create a great experience for our customers.”

Chef Tommi Virranta
Executive Chef - Finland
@tommi_virranta

INGREDIENTS (Serves 10)

WALLENBERGARE

240 g **The Vegetarian Butcher Raw**

NoBeef Mince

salt, as needed

2 g five spices

2 g porcini mushroom powder

160 g plant-based cream 31%

panko for breading, lightly blended

MUSHROOM SAUCE

1 g yeast

600 ml heavy cream 31 %

60 ml **Knorr Professional Liquid**

Concentrate Mushroom

5 g brown sugar

juice of half a lemon

50 ml ramson oil

RAMSON OIL

100 g ramson

50 g spinach

200 ml rapeseed oil or any neutral oil

METHOD

WALLENBERGARE

- Combine the raw Vegetarian Butcher Raw NoBeef Mince, spices and mushroom powder in a food processor and mix until smooth. Add plant-based cream little by little while mixing at full power. Chill for ten minutes. Shape mince by using a round metal cut-out into 50 g patties. Coat patties in panko.
- Sear patties golden brown on both sides in hot skillet using plenty of oil. Finish off by baking them in the oven until the internal temperature reaches 72°C.

MUSHROOM SAUCE

- Bake yeast in the oven 130°C for one hour. Let yeast chill at room temperature. Grind to a powder. Heat cream, Knorr Mushroom Fond/Extract and sugar until boiling. Season with lemon juice and yeast.
- Garnish the sauce with ramson oil when serving.

RAMSON OIL

- Blend in Thermomix at 90 degrees for eight minutes and strain oil.



INGREDIENTS (Serves 10)

MUSHROOM “DUXELLES”

180 g champignons
40 g butter/margarine
2 shallots
10 ml port wine
10 ml Maille Sherry Vinegar
10 ml Knorr Professional Forest Mushroom Sauce Powder
350 ml cream/plant-based cream
4 thyme leaves
1 garlic glove
40 ml white wine
4 g truffle finely chopped
100 ml water
salt and black pepper, as needed

CRUDITÉ SALAD

4 carrots (violet) fermented 2 % salt 7 – 10 days
4 small red onions Pickled 1 – 2 days

MUSTARD SEED BRINE

100 g Maille white wine vinegar
100 g sugar
100 g water
1 piece star anis
1 g all spice ground
1 g black pepper
1 twig fresh thyme

BROCCOLINIS WITH MUSTARD SEEDS

30 g mustard seeds
8 blanched broccolinis
100 g Hellmann’s Real Mayonnaise
Foraged flowers, herbs and cress

METHOD

MUSHROOM “DUXELLES”

- Finely chop the mushrooms with a knife and brunoise onions.
- Heat the butter and sauté onions until soft then add mushrooms sautéing until ready.
- Add port and Maille Sherry Vinegar and simmer until almost evaporated.
- Finally, add Knorr Mushroom Fond, cream, and thyme leaves.
- Simmer until about 1/3 remains or to right consistency.
- Finally season with salt and freshly ground pepper.

CRUDITÉ SALAD

- Mix all the ingredients together.
- Always select ingredients in season.

MUSTARD SEED BRINE

- Put all the brine ingredients in a pot and bring to the boil.
- Simmer for 30 minutes.
- Sieve out the herbs and spices.

BROCCOLINIS WITH MUSTARD SEEDS

- Put the mustard seeds in the brine and gently boil for 12 minutes.
- Let it cool down and sieve out the mustard seeds.
- Dip the broccolinis first in the Mayonnaise and then in the pickled mustard seeds.



If locally available, try substituting with ‘maitake’ mushrooms, one of the Future 50 Foods. Its sustainable and highly nutritious.





FLAVOR *Contrast*

Unexpected combinations of flavors, colors, and textures that highlight the most talented chefs' creativity...

FLAVOR CONTRAST bursts with unexpected, multi-sensory dining experiences.

Hot and cold, spicy, and sweet – think chili and chocolate; and umami bombs – like Salmon Aburi with Miso-Ponzu Sauce. Dishes have a playful mix of colors and textures – crunchy and chewy, smooth, and creamy. Bitter and sour foods are making an impression, with different types of citrus fruits like yuzu and calamansi. This trend assaults the senses and is truly unforgettable.

In Madrid, Chef Javi Estevez of **Restaurante El Lince** is the brains behind dishes like Duck Rice, Duck Magret, Chipotle Mayonnaise, and Cheese, Licorice and Beetroot Flan. While in Shanghai, **Ultraviolet** serves an immersive culinary experience with multi-sensory audio-visual elements that complement the dishes.

In this *trend*

» **Chef Edwin van Gent** creates his mind-blowing version of cooking celeriac by combining hints of Mexican and Japanese flavors.

Top Ingredients: Ginger, Chili, Lemongrass, Black Garlic, Flavoured Vinegars
Top Techniques: Marinating, Grilling, Spicing, Fresh, Raw, Roasting

Roast Celeriac with Chocolate Mole & Ginger

BY *Edwin van Gent*



"Guests are always curious about exciting combinations and flavors; they want to be surprised. **Eating should be an experience** - a party that you will always talk about and won't forget for long time."

Chef Edwin van Gent
Head Chef - The Netherlands
@chef_edwin_ufs



BEHIND THE *pass*

The **ginger** was prepared two ways: blended with apple juice and sushi vinegar then gelatinized and used as a spice for the mole sauce where the **chocolate** was stirred in to finish.



INGREDIENTS (Serves 10)

CELERIAC

1 celeriac
100 g Knorr Professional Vegetable Stock Powder
5 L water
150 g butter

GINGER GEL

100 g ginger in syrup
250 ml apple juice
50 ml sushi vinegar
4 g gellan

MOLE

10 g sunflower oil
5 g Knorr Professional Puréed Ginger
100 g ginger gel*
1 g chili flakes
2 g mole mix
100 ml PX sherry
250 ml water
11 g Knorr Professional Vegetarian Gravy
10 g Knorr Maizena Express Brown
50 g dark chocolate 80%

MOLE SPICE MIX

55 g Zwolle Stew Spice Mix (Jonnie Boer)
5 g chipotle (dried smoked pepper)
35 g cocoa powder

GARNISH

1 cup wood sorrel
100 g salsify chips

METHOD

CELERIAC

- Wash the celeriac well.
- Make the vegetable stock and cook the celeriac for 1 hour.
- Let the celeriac cool in the broth.
- Put the butter in a frying pan and let it melt.
- Roast the celeriac in the oven for 1.5 hours at 170°C.
- Regularly pour butter over the celeriac.
- Remove the celeriac from the oven and cut it into wedges.

GINGER GEL

- Blanch the ginger and rinse it.
- Purée the ginger with the apple juice and sushi vinegar.
- Mix in the gellan and bring to a boil.
- Cook briefly and then pour the mixture into a bowl.
- Cool down and then turn it all into a smooth gel in the blender.

MOLE

- Heat the oil and add the ginger, chili flakes and spices.
- Deglaze with the PX sherry and add the water.
- Add the gravy powder, bring to the boil and bind with the Maizena.
- Bring to a gentle boil and stir in the chocolate.

TO PLATE

- Preparation: Divide the celeriac over the plates and pipe small dots of ginger gel on it.
- Garnish with the salsify chips and wood sorrel and top with the sauce.



This recipe is a great vegetarian option.



@chef_edwin_ufs



Black Bean Falafel Macaron with Creamy Makdous

BY *Eddy Diab*



“The falafel is usually made from chickpeas. But this time I’m using black beans instead of chickpeas to give it a trendy black color and great flavor. Using savory ingredients in desserts is a big trend right now and **I want to combine this idea with my culinary roots.**”

Chef Eddy Diab
Chef - United Arab Emirates
@chef.eddy.diab

INGREDIENTS (Serves 10)

BEAN FALAFEL

500 g black beans soaked in water

30 g red onion

18 g garlic

3 sprigs fresh coriander

2 sprigs fresh mint

5 g cumin powder

1 g cardamon powder

1 g charcoal powder

2 g baking soda

1 g baking powder

2 g salt

1 g pepper

frying oil, as needed

CREAMY MAKDOUS

180 g red bell pepper

20 g garlic

5 g French thyme

15 ml olive oil

210 g makdous

10 g roasted walnuts

METHOD

BEAN FALAFEL

- Blend all the ingredients together until smooth. Portion, then shape them into rounds and deep-fry in oil for 2 minutes. Slice into half.

CREAMY MAKDOUS

- Roast the bell pepper with garlic, thyme, and olive oil.
- Blend these with the makdous and walnuts until creamy.



INGREDIENTS (Serves 10)

CEVICHE LANGOUSTINE

375 g langoustine

2 g dill

5 g shallots

5 g green onion

10 g crispy beans - black beans

2 g fresh ginger

zest of half a lemon

1 lemon

1 g smoked paprika

1 g salt

1g pepper

5 ml olive oil

TARATOR SAUCE

150 ml tahini

1 lemon

5 g garlic paste

1 g cumin

80-100 ml cold water

2 g salt

1 g pepper

GARNISH

Tuile beetroot, as needed

Micro greens, as needed

METHOD

CEVICHE LANGOUSTINE

- Combine all the ingredients. Set aside and let it sit until just before plating.

TARATOR SAUCE

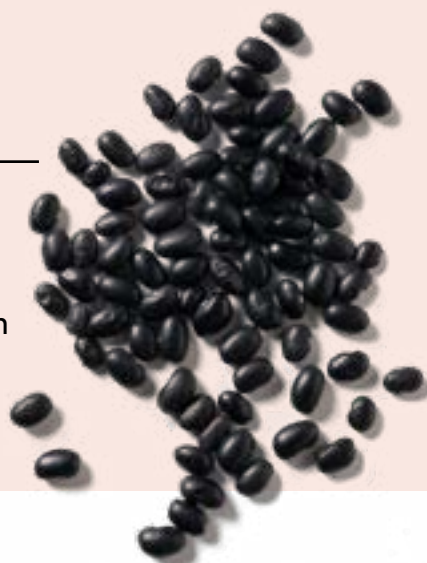
- Combine all the ingredients then put the mixture in a siphon. Set aside until use.

FINISHING

- Fill the falafel macarons with the makdous filling. Arrange on a plate topped with the langoustine ceviche. Finish with tarator sauce and beetroot tuile.

BEHIND THE *pass*

The **black beans** were used as base for the savory falafel macaron blended with spices.



@chef.eddy.diab



Salmon Katsu with Thai Spicy Wasabi Dressing & Shoyu Mayonnaise

BY *Jiraroj Navanukroh*



“I like to mix and match tastes and flavors when creating new recipes. This recipe is a combination of Thai and Japanese touches, which uses Japanese cooking techniques with Thai signature flavors.”

Chef Jiraroj Navanukroh
Executive Chef - Thailand
@chef_jiraroj_ufs

INGREDIENTS (Serves 10)

SALMON KATSU

150 g wheat flour
4 eggs, beaten
300g breadcrumbs
1200 g salmon fillet , skinned (120 g./pp)
1 g ground black peppercorns
500 g cooking oil

THAI SPICY WASABI DRESSING “NAM YUM”

40 g **Knorr Professional Lime Powder**
130 g fish sauce
90 g white sugar

5 g **Knorr Professional Aroy Sure Chicken**

Seasoning

45 g Thai bird's eye chili
40 g garlic, peeled
15 g coriander roots, coarsely chopped
15 g shallot
15 g wasabi paste

METHOD

SALMON KATSU

- Prepare breading process: Combine wheat flour, beaten eggs, and breadcrumbs in a separate bowl.
- Season the salmon fillet with ground black pepper.
- Lightly coat salmon fillet with wheat flour then dip into beaten eggs and finish with breadcrumbs.
- Heat oil in a pan over medium heat. Quickly fry the salmon until golden brown and crispy outside but still rare inside.

THAI SPICY WASABI DRESSING “NAM YUM”

- Put all ingredients in a blender, then mix until smooth. Set aside.



INGREDIENTS (Serves 10)

SHOYU MAYONNAISE

100 g **Best Foods Real Mayonnaise**

10 g Japanese soy sauce

5 g garlic, minced

2 kaffir lime leaves, finely chopped

GARNISH

50 g lemongrass, thinly sliced

50 g shallots, finely sliced

30 g Thai bird's eye chili, thinly sliced

150 g Japanese cucumber, sliced lengthwise

into strips, rolled

200 g cherry tomatoes, cut in half

5 kaffir lime leaves, finely sliced

5 g mint leaves

50 g salmon roe

METHOD

SHOYU MAYONNAISE

- Mix all ingredients in a separate bowl, then whisk until smooth. Transfer to a squeeze bottle.

TO PLATE

- Slice the salmon katsu into portions, then arrange on a plate.
- Spoon the Thai spicy wasabi dressing and drizzle shoyu mayonnaise over the plate.
- Add vegetables and garnish with kaffir lime leaves, mint leaves, and the salmon roe.

BEHIND THE *pass*

The **kaffir lime leaves** are added to the shoyu mayonnaise, creating a powerful punch.





FEEL-GOOD *Food*

Positive yet tasty dishes that boost the mind, body, and spirit...

“FEEL-GOOD FOOD is about vitality. And the key to this is diversity and balance in the food we eat.” - Ria van der Maas, Global Diet & Health Manager

Health-conscious guests want wholesome yet tasty dining experiences. And these can be provided by creating a variety of choices on the menu using immunity-boosting ingredients and techniques that retain their nutritional value.

Choosing alternative ingredients that have less saturated fat, leaner cuts of meat, and creating lighter versions of rich sauces are just some of the many ways to approach this.

Tordesilhas in São Paulo is famous for reinventing classic Brazilian dishes. Their Baião de Dois (rice and beans) was recreated with pumpkin purée and kale.

» And in this section, **Chef Thais Gimenez's** vegetarian version of Moqueca uses a variety of nutritious ingredients including turmeric, olive oil, and pickles that are good for the gut.

Top Ingredients: Ginger, Olive oil, Honey, Nuts, Garlic
Top Techniques: Fresh, Marinating, Steaming, Boiling, Seasoning

Creamy Moqueca with Grilled Heart of Palm

BY *Thais Gimenez*



“It’s a healthy meal, colorful and pretty, **that makes you feel hugged by the richness of flavors**, using ingredients from leaf to root.”

Chef Thais Gimenez
Executive Chef - Latin America
@thaisgimenez @ufschefsbrasil

INGREDIENTS (Serves 10)

CREAMY MOQUECA

10 g palm oil
10 g olive oil
100 g diced onions
30 g diced garlic
500 ml vegetable stock
200 ml low fat coconut milk
600 ml soy milk
50 g Knorr Professional Tomato Sauce Dry Base
100 g Knorr Professional Potato Purée
20 g powder turmeric
600 g grilled heart of palm
400 g shiitake mushrooms

BABY CARROTS & RADISH PICKLES

50 g sugar
100 g salt
150 g vinegar
5 g Knorr Professional Lime Powder
1 L water
10 g mustard seed
10 g dill seed
250 g baby radishes
250 g baby carrots (yellow, orange, red)

METHOD

CREAMY MOQUECA

- In a cooking pot heat the palm and olive oil.
- Add onions and garlic and fry them until transparent.
- Add vegetable broth, coconut milk and soy milk and boil for 5 minutes.
- Add tomato and potato Knorr and stir well.
- Add turmeric. Stir.
- Adjust salt and pepper.
- Season heart of palm with salt and pepper, grill them until golden in coconut oil and reserve.
- In a skillet, add olive oil and fry the sliced shiitake until crispy. Adjust salt & pepper. Reserve.

BABY CARROTS & RADISH PICKLES

- Bring to a boil all the ingredients except the radishes and carrots. In a glass container with lid add the hot brine to radishes and carrots and let it rest for 3 days at least.



INGREDIENTS (Serves 10)

PICKLES FAROFA

75 g olive oil

100 g brunoised red onions

400 g cassava flour

350 g corn flour

100 g sliced cornichon

200 g sliced pickled carrots

200 g sliced pickled radish

10 g fresh dill

10 g tangerine zest

2 g salt

METHOD

PICKLES FAROFA

- In a skillet add the olive oil and onions and fry until transparent. Add cassava and corn flours and toast for 1 minute.
- Add the sliced cornichon, baby carrot and radish pickles. Season with dill, tangerine zest, pepper and salt.
- Add some brine from the pickles to bring a little moisture.



Octopus, Cod and Grouper with Tomato & Bell Pepper Sauce

BY *Carlos Madeira*



“Eating healthy is all about balance! Using good cooking methods like steaming can guarantee a low-calorie dish. With just a few ingredients and the right techniques, you can create both balance and diversity.”

Chef Carlos Madeira
Executive Chef - Portugal

INGREDIENTS (Serves 10)

500 g octopus
500 g salted cod
500 ml extra-virgin olive oil
25 g garlic
750 g mix of tomato, red and green pepper, onion and garlic
500 g grouper
500 g corn semolina
50 g Knorr Professional Citrus Fresh Liquid Seasoning + 250 ml water
25 g coriander
50 ml white wine

BEHIND THE *pass*

The **cod** was cooked confit-style, the **octopus** was boiled until tender, and the **grouper** was steamed with spices to retain all the flavors and nutrients.



METHOD

OCTOPUS

- Boil the octopus in seasoned water and fish bouillon until tender.

COD

- Cook the cod in olive oil (confit), with garlic pieces at 100°C for 20 minutes.

GROUPER

- Cut the green and red peppers, onion, garlic and tomato in pieces.
- Add some olive oil and steam the grouper.
- When cooked, reduce the vegetables, then purée.

CORN SEMOLINA

- Heat olive oil (using oil for the confit).
- Add chopped garlic and part of the coriander. Add the corn semolina and some of the fish bouillon and white wine. Cook slowly while gradually adding bouillon until the mixture begins to thicken – around 20 minutes.
- Sprinkle with fresh chopped coriander and serve.

Low Temperature Cooked Sole with Goji Berries & Lentil Risotto

BY *Vincent Wattelamne*



“I wanted to create an original and healthy recipe using low-temperature cooking, which is **a real passion for me**. As this cooking method preserves nutrients and flavours.”

Chef Vincent Wattelamne
Executive Chef - France
@vincent_wattelamne_chef_ufs

INGREDIENTS (Serves 10)

MARINATED SOLE

4 whole sole
10 g Knorr Professional Citrus Fresh Liquid Seasoning
4 yellow zucchini
4 green zucchini
300 g salmon
3 egg whites
3 g peppercorns

CURRY TILE

20 g Knorr Professional Curry Mise En Place
3 g of atomized glucose

LENTIL RISOTTO

2 onions
2 cloves garlic
500 g coral lentils
50 ml olive oil
200 ml white wine
10 g Knorr Professional Liquid Concentrate Fish
cilantro, as needed
20 g goji berries or cranberries

METHOD

MARINATED SOLE

- Fillet the sole, season with Knorr Professional Intense Flavor Citrus Fresh. Leave to marinate.
- With a mandolin, slice the zucchini thinly. Arrange the different colors alternately on cling wrap, then place the fillet on top.
- Salmon mousse: Mix the salmon with egg white and season. Make a layer on top of the sole.
- Roll this into a log with cling wrap and secure the ends tightly. Cook in a bath at 56°C for 25 minutes.

CURRY TILE

- Brush a fine layer of Knorr Curry Mise En Place on a Silpat and sprinkle atomized glucose on top.
- Bake for 2-3 minutes at 180°C.

LENTIL RISOTTO

- In a pan, sauté onions, garlic and lentils, in olive oil.
- Add white wine, then add the fish broth. Reduce to half.
- Add cilantro and goji berries to garnish.



THE NEW *Sharing*

A celebration of life where food brings people together... and everyone is invited.

THE NEW SHARING is about bonding around generous dishes that are food for the soul.

There are many cuisines around the world that are rooted in the culture of sharing. Think casseroles, charcuterie, and hot pots. Korean barbecue, mezze in Greece, tapas in Spain, and rodizio in Brazil, to name a few. It's a much-needed recovery for everyone from all walks of life across the globe.

This trend nurtures not just the body with great food but also the heart with great people.

Blood Bros BBQ in Houston offers a catering menu for customers during special holidays, such as tea-brined whole duck, cornbread dressing, with brisket fried rice, and jalapeno creamed corn, collard greens with ambrosia salad.

» **Chef Sherif Afifi's** recipe includes a huge variety components using different techniques as tasty dips and sauces that are a true feast for the eyes.

Top Ingredients: Pizza, Platters, Cold cuts, Local cheese, Tapas
Top Techniques: Grilling, Baking, Fresh, Raw, Roasting, Frying



Grilled Sea Bass with Mediterranean Dips & Sides

BY *Sherif Afifi*



“It’s an opportunity for us, chefs, to generously share our regional flavours, and techniques with the diners for them to **have a great experience with their loved ones.**”

Chef Sherif Afifi
Executive Chef - Egypt
@chef.sherif.afifi

INGREDIENTS (Serves 10)

GRILLED FISH

- 2.5 kg whole Sea Bass, cleaned
- 5 g **Knorr Professional Fish Stock Powder**
- 1 g black pepper
- 5 g garlic, minced
- 2 g thyme, leaves

CREAMY TZATSIKI

- 100 g Greek yogurt
- 100 g **Hellmann's Real Mayonnaise**
- 100 g shredded cucumber
- 5 g garlic, minced
- 1 g **Knorr Professional Lime Powder**
- 5 ml olive oil

BEETROOT TARTAR

- 200 g **Hellmann's Real Mayonnaise**
- 1 g **Knorr Professional Lime Powder**
- 20 g capers, chopped
- 40 g Dijon mustard
- 3 g dill, chopped
- 75 ml beetroot juice

METHOD

GRILLED FISH

- Marinate the fish with olive oil and all mentioned ingredients and bake it for 40 minutes at 180°C.

CREAMY TZATSIKI

- Mix all ingredients and keep chilled before serving.

BEETROOT TARTAR

- After mixing the tartar ingredients, add the beetroot juice and chill before serving.

This recipe is not just a treat for the eye but is packed full of nutrients - truly bringing the joy of sharing alive.



INGREDIENTS (Serves 10)

SMOKED BABA GANOUSH

300 g broiled eggplant

100 ml tahini

2 g **Knorr Professional Lime Powder**

2 g smoked paprika

50 ml olive oil

2 g salt

1 g black pepper

ZESTY RANCH

1 g lime zest

100 g **Hellmann's Real Mayonnaise**

100 g sour cream

100 g buttermilk

4 g **Knorr Professional Lime Powder**

5 g onion powder

3 g garlic powder

1 g dill, chopped

GLAZED CARROTS

500 g carrots

50 g sugar

50 g butter

1 sprig of thyme

OVEN ROASTED POTATOES

500 g boiled baby potatoes

50 g butter

2 g **Knorr Vegetable Stock Powder**

GRILLED VEGETABLES

2 kg seasonal vegetables, blanched

100 ml olive oil

3 g garlic, minced

5 g **Knorr Vegetable Stock Powder**

3 g thyme leaves

METHOD

SMOKED BABA GANOUSH

- Broil the eggplant until softened to get a smoky flavor, then blend it. Mix well with all the other ingredients.

ZESTY RANCH

- Add the zest during mixing and not just as a garnish.
- Mix all ingredients in a bowl and add the zest during mixing

GLAZED CARROTS

- Blanch the carrots then glaze with sugar, butter and thyme until cooked and lightly caramelised.

OVEN ROASTED POTATOES

- Blanch potatoes and mix with butter and stock powder and roast them in a pre-heated oven.

GRILLED VEGETABLES

- Steam or blanch the vegetables.
- Mix them with the other ingredients then grill until cooked.

GARNISH

- Arrange all the components on a wood plank.
- Add lime wedges, pickled olives, butter-roasted garlic, celery, spring onions, sunflower seeds, and cherry tomatoes.

BEHIND THE *pass*

The **Hellmann's Real Mayonnaise** was used as a versatile, creamy base for the tzatziki and beetroot tartare.



@chef.sherif.afifi



Tafelspitz with Potato Donuts

BY *Andras Horvath*



“Sharing a Tafelspitz is a great example of this trend. When the sauces and side dishes are passed around the table, people instantly start to talk about their **favorite food combinations, as well as stories, and memories.** With this meal, we get to relive our youth through the recipes of the past.”

Chef Andras Horvath
Culinary Advisor - Austria
@chef_andras_chefmanship

INGREDIENTS (Serves 10)

TAFELSPITZ

2,5 kg picanha (fat layer kept on)*
500 g bone marrow
300 g carrots
300 g yellow carrots
300 g celery root
30 g Knorr Professional Beef Soup Base
200 g white onions
100 g leeks
100 g parsley root
20 g fresh parsley
5 g fresh thyme
salt, whole black peppercorns, bay leaf

POTATO DONUTS

700 g Knorr Professional Potato Purée
Flakes prepared, chilled
50 g Knorr Roasted Onion flakes
8 eggs
100 g butter, melted
400 g coarse wheat flour
12 g baking powder
salt, sugar, as needed

METHOD

TAFELSPITZ

- Place the meat in cold water than bring it to the boil. Pour off the first batch of water, then rinse with hot water and then cold water.
- Place the meat with the bone marrow in cold water, the whole cut should be slightly covered. Remove any foam that appears.
- Peel and julienne 200 g each from the carrots, yellow carrots and celery root. Set them aside and blanch them shortly before serving.
- After about 1.5 hours add the rest of the root vegetables, herbs and spices and let it cook slowly for another hour. Test whether the Tafelsptiz is done.

POTATO DONUTS

- Prepare the mashed potato with the roasted onion flakes.
- Beat the eggs, add the melted butter.
- Mix in the cold mashed potato.
- Mix the flour with baking powder, salt, sugar and combine it with mashed potato base.
- Shape quenelles from the dough and deep fry them at 170°C until golden brown.

*Use leaner cuts of meats to cater for your health conscious diners.



INGREDIENTS (Serves 10)

CREAMY SPINACH

100 g butter
15 g Knorr Professional Puréed Garlic
400 spinach purée
600 ml double cream
35 g Knorr Professional Potato Purée Flakes
Salt, nutmeg, as needed

APPLE HORSERADISH SAUCE

150 ml Knorr Professional Beef Soup Base
10 ml lemon juice
300 ml sunflower oil
50 g horseradish, freshly grated
500 g Granny Smith apples
100 g apple sauce

CHIVE SAUCE

500 g dinner rolls, unsweetened
500 ml milk
300 g Hellmann's Real Mayonnaise
50 g chives
8 hard-boiled eggs

METHOD

CREAMY SPINACH

- Melt the butter, add the garlic paste and spinach purée.
- Mix in the double cream and gently simmer it for 5 minutes.
- Season it with salt and nutmeg.
- Turn off the heat, set aside, then whisk in the potato flakes. After 2 minutes whisk it again.
- Fill the creamy spinach into an Isl Thermo Whip, and charge it with 2 capsules.

APPLE HORSERADISH SAUCE

- Season the beef soup with lemon juice, oil, salt & pepper and the horseradish.
- Peel the apples and finely grate into the seasoned soup, add the apple sauce and mix well.

CHIVE SAUCE

- Cut off the crust of the rolls and soak them in milk until they have completely absorbed it, then purée it.
- Stir the puréed rolls into the mayonnaise, add the finely chopped chives and crushed egg yolks.

BEHIND THE *pass*

Knorr Professional Potato Purée Flakes is used as the base for the doughnuts. The seasoned mixture was shaped into quenelles then deepfried



@chef_andras_chefmanship



Ribs, Sausage & Pork Leg Sous Vide with Gratinated Polenta

BY *Robert Voicu*



“In Romania, pork dishes are a tradition for the winter season, and it’s the perfect opportunity **for friends and family to meet and spend time together.** The dish is a combination of Romanian Christmas culture and the joy of sharing tasty, fun, food items with loved ones.”

Chef Robert Voicu
Executive Chef - Romania
@robert_voicu_ufs

INGREDIENTS (Serves 10)

SOUS VIDE PORK HAM

- 350 g diced pork hock
- 8 g **Knorr Professional Pork Seasoning Mix**
- 80 g duck lard
- 15 g **Knorr Professional Deep Smoke Liquid Seasoning**

BONE-IN SMOKED PORK RIBS

- 350 g bone-in smoked pork ribs
- 80 g duck lard
- 15 g **Knorr Professional Deep Smoke Liquid Seasoning**

HOMEMADE SAUSAGE

- 350 g fresh homemade sausage
- 80 g duck lard
- 15 g **Knorr Professional Deep Smoke Liquid Seasoning**

METHOD

SOUS VIDE PORK HOCK

- Cut the pork hock into cubes. Put it in a vacuum bag, then add Knorr Professional Pork Seasoning Mix, duck lard, and Knorr Professional Deep Smoke.
- Seal the bag and sous vide at 61 °C for 4 hours.

BONE-IN SMOKED PORK RIBS

- Portion the smoked pork rib, one bone per portion, and remove the meat from one end of the bone (1/3 length).
- Put the pieces in a vacuum bag, add duck lard and Knorr Intense Flavours Deep Smoke.
- Seal, and sous vide at 61 °C for 4 hours.

HOMEMADE SAUSAGE

- The homemade sausage should be prepared from three types of meat (beef, pork, and mutton).
- Portion the sausage and put it into a vacuum bag, add duck fat and Knorr Intense Flavours Deep Smoke.
- Seal and sous vide at 61 °C for 4 hours.

TO FINISH

- Place the bags in iced water to stop the cooking process.
- Fry the ribs in oil before serving.



INGREDIENTS (Serves 10)

GOAT CHEESE MOUSSE

- 420 g cooking cream with 35% fat
- 230 g spreadable goat cheese
- 2 g fine salt

POWDERED PORK RIND

- 250 g fresh pork rind
- 50 g salt

POLENTA AU GRATIN WITH BELLOWS CHEESE

- 850 g water
- 30 g vegetable sunflower oil
- 5 g salt
- 250 g cornmeal
- 5 g **Knorr Professional Roast Umami Liquid**
- Seasoning**
- 100 g bellows cheese

PICKLED VEGETABLES

- 300 g water
- 150 g vinegar
- 40 g honey
- 100 g **Hellmann's Citrus Vinaigrette**
- 8 g chili flakes
- 60 g salt
- 100 g cauliflower florets
- 250 g young carrots
- 100 g sliced gherkins
- 150 g red cabbage leaves

BEHIND THE *pass*

The **cornmeal** was cooked and blended in a Thermomix, cooled down in silicone molds, then topped with bellows cheese and torched.



METHOD

GOAT CHEESE MOUSSE

- Add cooking cream, goats cheese, and salt. Mix everything at speed 3.5 for 3 minutes using the knife mixing blade.
- Pour the mixture into a siphon. Use two siphon chargers for foaming. Shake the siphon and keep in the refrigerator until service time.
- Remove the siphon from the refrigerator 15-20 minutes before plating. Shake the siphon well before use.
- Top with powdered pork rind (cooked for 1,5 hours until crispy and blended to powder).

POLENTA AU GRATIN WITH BELLOWS CHEESE

- Add water, vegetable oil and salt to a Thermomix. Boil for 12 minutes at 100 °C at speed 1.
- Then add the cornmeal using a spatula. Cover and cook for 40 minutes at 100 °C at speed 2, stirring from time to time. Towards the end, add Knorr Intense Flavours Roast Umami.
- Pour the polenta mixture into silicone molds and place them in the blast chiller to cool quickly.
- Remove the polenta from the molds and put it on a tray lined with cling film. Keep it in the refrigerator until service time.
- When plating, cut the polenta pieces lengthwise. Add small pieces of bellows cheese on each side and gratinate in the salamander oven or with a torch.

PICKLED VEGETABLES

- Combine water, vinegar, honey, Hellmann's Citrus Vinaigrette, chili flakes, and salt. Bring the mixture to a boil. Leave to steep for a few minutes.
- Place the vegetables separately in vacuum bags with the prepared brine, seal them, and sous vide at 84 °C for 2.5 hours. Place in a bowl of iced water to stop the cooking.
- Fry the red cabbage leaves until crisp, dry in paper towels to remove excess fat, then arrange on plate.





MINDFUL *Proteins*

This trend is about diversifying to include different sources of protein.

MINDFUL PROTEINS is about diversifying to include different sources of protein. This not only reduces costs but also makes your dishes better for diners and better for the planet.”

- Sana Minhas, Nutritionist, Unilever.

The rise of alternative protein sources only means greater variety when planning your menu and an even greater chance to create more options for a wider group of diners. Using plant protein sources like beans, legumes, pulses, tofu, and plant-based meat reduces the environmental footprint of your dish.

Yardbird in Hong Kong specializes in yakitori (grilled skewered chicken) but is now offering decadent plant-based dishes like Maitake Mushroom Tempura and Korean Fried Cauliflower with Yuzu, Chili, and Lime.

» In this section, **Chef Brandon Collins** creates a protein-packed recipe with bold flavors and textures from charred squash, pickled beets, and an interestingly savory madeleine.

Top Ingredients: Nuts, Beans, Tofu, Meat alternatives, Peas
Top Techniques: Grilling, Boiling, Seasoning, Roasting, Marinating



Savory Teff Madeleine with Yeasted Sunchoke & Sunflower Purée

BY *Brandon Collins*



“Being bold in recreating classics while packing proteins without compromising on taste – all in one plate – is now part of the game.”

Chef Brandon Collins
Executive Chef - North America
@UFSChefsTeamNorthAmerica
@chefbrandonc

INGREDIENTS (Serves 10)

YEASTED SUNCHOKES AND SUNFLOWER PURÉE

700 g Jerusalem artichokes, peeled and cut into ½-inch chunks

130 g sunflower seeds toasted

160 g chickpeas

sea salt, as needed

240 ml **LeGoût Cream Soup Base**, prepared

9 g active dry yeast, toasted

60 g grass-fed butter

PICKLED BEETS

2.2 kg fresh small beets, stems removed

200 g white sugar

470 ml white vinegar

17 g pickling salt

whole cloves, as needed

METHOD

YEASTED SUNCHOKES AND SUNFLOWER PURÉE

- Put the artichokes, sunflower seeds, and chickpeas in a medium saucepan and cover with cold water by 1 inch.
- Season with salt and bring to a boil.
- Lower the heat and simmer until the artichokes are tender, about 15 minutes. Drain.
- Pass the artichokes and potatoes through a ricer or fine sieve back into the saucepan. Stir in the cream soup base.
- Season to taste with salt and yeast and place over low heat.
- Melt the butter in a small pan over medium heat. Cook, occasionally swirling the pan, until the butter is brown and has a nutty aroma.
- Stir into the artichokes.

PICKLED BEETS

- Place beets in a large stockpot with water to cover. Bring to a boil, and cook until tender, about 15 minutes.
- Drain beets, reserving 2 cups of beet water. When beets are cool enough to handle, peel and discard skins.
- Combine sugar, 2 cups of beet water, vinegar, and pickling salt in a large saucepan; bring to a rapid boil.
- Pour the hot brine over the beets in the jars, quart containers



INGREDIENTS (Serves 10)

SAVORY MADELEINE

130 g all-purpose flour
52 g teff flour*
7 g baking powder
78 g sugar
175 g butter
25 g dark brown sugar
25 g honey
20 g Knorr Professional Ultimate Vegetable
Base Paste
218 g eggs
20 g scallion, chopped
52 g carrot, small shred
puffed quinoa, as needed

METHOD

SAVORY MADELEINE

- Combine all dry ingredients in a mixing bowl except the brown sugar.
- Melt butter, brown sugar, honey, and veggie base.
- While butter is melting, stream eggs into the dry ingredients making a paste.
- While butter is still hot, stream into paste and mix until fully emulsified.
- Fold in shredded carrots and scallions. Let batter fully set overnight.
- Pipe into prepared madeleine molds and sprinkle puffed quinoa to cover batter.
- Bake at 190°C for approx. 4 minutes or until done.

*Future 50 Foods: Teff adapts to environments from drought-stressed to waterlogged soil and delivers a good source of minerals.

BEHIND THE *pass*

The **Jerusalem artichokes** were boiled with sunflower seeds and chickpeas, and then passed through a fine sieve to create a purée, seasoned, then finished with beurre noisette.



Miso Udon Noodles with Marmite Dashi & Tofu

BY *Alex Hall*



“It is important that we bring flavor, richness, and depth to all these dishes because when we take out the meat, people’s expectation is that you are removing the flavor, but this is not the case. What we’ve got to do with these dishes is really deliver on flavor and depth.”

Chef Alex Hall
Executive Chef - United Kingdom & Ireland
@Unilever_Chefs_UKI

INGREDIENTS (Serves 10)

MARMITE DASHI

25 g sugar

3 L water

75 g kombu

50 g **Marmite**

MISO BROTH

3 L marmite dashi

200 g miso paste

50 ml rice wine

TO SERVE

150 g carrots (peeled)

60 g radish

60 g spring onions

600 g enoki mushrooms

250 g pak choi

700 g tofu (firm)

750 g udon noodles (cooked)

30 g togarashi seasoning

METHOD

MARMITE DASHI

- Place the sugar, water, kombu, and Marmite into a pan and bring to a low simmer.
- Cook for a further 2 hours.
- Leave the ingredients to steep in the pan and chill overnight to infuse.
- Pass the Marmite dashi through a sieve ahead of use.

MISO BROTH

- Bring to a gentle simmer and whisk in the miso paste.
- Season with rice wine to taste.

TO SERVE

- Finely slice the carrots, radish, and spring onions.
- Cut the enoki mushrooms into quarters using the core to keep them bunched together.
- Trim and cut the pak choi.
- Slice the tofu into rectangles then pan fry until golden on both sides.
- Place the udon noodles in the base of the dish, then arrange the raw garnish.
- Add on the hot broth then top with the pan fired tofu and togarashi seasoning.



Modern Mapo Tofu

BY *Philip Li*



“I want to make sure that the classics can be served to a wider group of guests. **We need to adapt to their changing needs.**”

Chef Philip Li
Executive Chef - People's Republic of China
Wechat ID: PhilipLiTong

INGREDIENTS (Serves 10)

800 g tofu*
50 g rapeseed oil
100 g The Vegetarian Butcher NoMince*
18 g chili bean paste
10 g garlic paste
30 g Knorr Mix Chili ASP
4 g hot chili powder
400 g water
10 g Knorr Professional Chicken Essence
5 g dark soy sauce
20 g corn starch + 60g water
6 g Sichuan pepper oil
4 g Sichuan pepper powder
4 g sugar

GARNISH

20 g chopped garlic sprouts

METHOD

- Cut the tofu into small squares (2.5 x 2.5 cm), blanch them in boiling salt water. Remove and set aside.
- Heat rapeseed oil in wok, stir fry The Vegetarian Butcher NoMince till a little bit brown, add the chili bean paste, garlic paste, Knorr Mix Chili ASP, chili powder, stir-fry until aromatic.
- Add water, tofu, Knorr Professional Chicken Essence, dark soy sauce, boil on high heat and simmer on low heat for 3-5 minutes.
- Pour corn starch with water into the wok several times, until the sauce completely wraps the tofu.
- Transfer into a bowl and finally drizzle with Sichuan pepper oil, Sichuan pepper powder and chopped garlic sprouts.

BEHIND THE *pass*

The Vegetarian Butcher NoMince, a plant-based alternative to ground pork, makes this classic dish more accessible to a wider group of diners.



*Tofu and the mince are prepared from soy, which is a Future 50 Foods - a healthy and sustainable plant-based protein source.

UFS ingredients

These products were chosen by the contributing chefs and used in the recipes of this report. Equivalent products are often available in countries with a UFS presence and, if you need help, reach out so our team of chefs can help you find replacements.

For more
info

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- A Knorr Professional** Potato Purée
- B Knorr Professional** Puréed Garlic
- C The Vegetarian Butcher** NoMince
- D Knorr Professional** Ultimate Vegetable Base Paste
- E Knorr Professional** Deep Smoke Liquid Seasoning
- F Knorr Professional** Tomato Sauce Dry Base
- G Knorr Professional** Lime Powder
- H Knorr Professional** Beef Soup Base
- I Knorr Professional** Condiment for Pork
- J Le Goût** Cream Soup Base
- K Knorr Professional** Beef Broth Granules
- L Knorr Professional** Chicken Flavour Bouillon Powder
- M Knorr Professional** Saffron Paste
- N Knorr Professional** Aromat Herbs & Spices Seasoning
- O Hellmann's** Real Mayonnaise
- P Knorr Professional** Demi Glace Base Sauce
- Q Robertsons** Vegetable Seasoning
- R Carte D'or** Panna Cotta
- S Knorr Professional** Gluten Free Vegetables Booster
- T Knorr Professional** Mix for Marinating
- U Knorr Professional** Puréed Ginger



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COMMIT-ED TO sustainability

Unilever has a strong commitment to sustainability. In the recipes of this report you will find many ingredients that belong to the Future 50 Foods (F50F) list.

Future 50 Foods is a list of ingredients that, from a global perspective, should be cooked and eaten more often because they are more sustainable than the most commonly eaten foods. That is because those 50 ingredients are more biodiverse, they require less resources to grow, they are more nutritious or they have unique taste and texture that add novelty to the recipes.

FUTURE 50 FOODS



Future 50 Foods is the result of a collaboration of health & nutrition specialists, WWF experts and Knorr, that can help chefs create dishes with ingredients with are more diverse and more plant based.

Click on the link below for the full list of Future 50 Foods and more information:

F50F List



Walnuts

in Black Bean Falafel Macaron with Creamy Makdous by Eddy Diab



Orange Tomato

in Smoked Orange Tomato Marshmallows by Ronald van der Laars

Chickpea & Chickpea Sprout

in Mezze Maze by Joanne Limoanco Gendrano



Click on the Future 50 Foods ingredient to go to the recipe



Lentils

in Low Temperature Cooked Sole with Goji Berries & Lentil Risotto by Vincent Wattelamne

Sesame seeds

in Charred Brussels Sprouts with Smoky Gochujang Glaze by Eric Chua

Quinoa

Teff

in Savory Teff Madeleine with Yeasted Sunchoke & Sunflower Purée by Brandon Collins

Sweet potato

in Dropped Moussaka by Katerina Menti

Spinach

in Tafelspitz with Potato Donuts by Andras Horvath

Parsley root

Spinach

in Plant-based Wallenbergare with Mushroom "Duxelles" by Tommi Virranta

Enoki mushrooms

in the recipe Miso Udon Noodles with Marmite Dashi & Tofu by Alex Hall

Chinese cabbage

IN -dex

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2 Modernized Comfort Food

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4 Wild & Pure

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5 Flavor Contrast

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7 The New Sharing

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8 Mindful Proteins

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INGREDIENTS

> Brussels sprouts	14
> Chickpeas	32
> Cauliflower	38
> Finger carrots	10
> Parsnips	16
> Orange tomatoes	36
> Shiitake mushrooms	72
> Potatoes	86
> Jerusalem artichokes	96
> Cornmeal	90
> Porcini mushrooms	52
> Marinated quince	22
> Octopus, cod, grouper	76
> Parmesan cheese	26
> Marmite	100
> Saltbush	44
> Oyster mushrooms	28
> Lentils	78
> Nettles	48
> Kaffir lime, wasabi	66
> Black beans	62
> Hellmann's Real Mayo	14
> Ginger, chocolate	58
> The Vegetarian Butcher NoMince	102



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ABOUT *us*

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UFS provides innovative and high-quality professional food ingredients and value-adding services created by over 250 professional chefs, covering fifty cuisines in 200 million dishes a day.

UFS brands include **Knorr Professional, Hellmann's, The Vegetarian Butcher** and **Carte d'Or Professional**, all created by Chefs for Chefs.

With the launch of the 'Future Menus' Report, UFS is setting trends and helping chefs to bring them into action on their menus through recipes, techniques, and training. Our delicious menu solutions are inspired by trends and diner expectations, so you can have today the inspiration you need to keep your menu fresh and ready for tomorrow.

As an integral part of Unilever's Nutrition Business, UFS is contributing to the ambition to be a 'World-class Force for Good in Food'. This means delivering top financial performance whilst helping people transition to healthier diets to help reduce the environmental impact of the global food chain. This includes reaching our net zero target across our value chain by 2039

'Future Menus' will provide an additional space to build towards greater sustainability in food service, empowering culinary professionals and inspiring the dishes of today and tomorrow.

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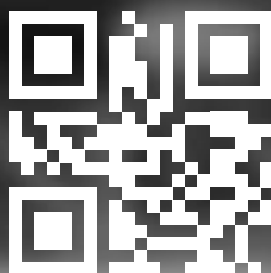


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