

TRENDS



PLATE

# ANZ FOOD TRENDS DEEP DIVE REPORT

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2022



Unilever  
Food  
Solutions

**We're for U.**

Earlier this year, Unilever Food Solutions produced its first annual trends report, highlighting the culinary themes that were predicted to power the food industry for the next 12 months.

IN THIS FIRST  
DEEP DIVE REPORT FOR 2022,  
WE CONNECT 14 OF THOSE TRENDS  
WITH DISHES, TECHNIQUES  
AND PRACTICAL IDEAS  
THAT ARE DESIGNED TO KEEP  
YOUR KITCHEN'S OUTPUT  
ON-POINT IN THE WEEKS  
AND MONTHS AHEAD.



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## GET THE FULL REPORT

We recently published our first annual food trends report, highlighting the 29 trends we believe will drive the hospitality industry forward over the next 12 months. To download your free copy and stay ahead of the curve, click [here](#).

Plus, for a regular serving of hot tips and menu inspiration throughout the year, sign up to our all-new Chef Hacks e-mail newsletter [here](#).







# HEIRLOOM VEGGIES NOW IN VOGUE





Heirloom vegetables are succeeding because they live at the intersection of sustainable farming practices and appealing flavour diversity. This gives venues a great story to tell while providing diners with exciting ingredients that breathe new life into classic dishes.

Gone are the days when heirloom vegetables were exclusively found in top end restaurants. In response to a creative push from chefs, heirloom varieties are becoming more widely available. Today, heirlooms are readily accessible to anyone who values the intense flavours, unique textures and exotic appearances of this niche produce.

## IN-MARKET INSPO

Heirloom veggies are dotted across the menu at Brisbane gastro pub, **Post Office Hotel**. A Caprese salad features heirloom tomatoes, fior di latte (cow's milk mozzarella), basil pesto and balsamic vinegar, while the house risotto is built with heirloom mushrooms, truffled mascarpone and grated pecorino cheese.

Lunch at Christchurch's **Luciano Espresso Bar** offers heirloom tomatoes several ways. Try them as part of the halloumi salad, piled high in prawn soft shell tacos or as a central feature of the loaded Mediterranean chicken salad.





## HOW ABOUT AN HEIRLOOM INSTEAD?

A simple swap from typical vegetables to heirloom varieties can add interest and a point of difference on your dish. Depending on seasonality, most can be found at wholesale food and farmers' markets.

Tomato:	<b>Green Zebra</b>	Spinach:	<b>New Zealand Spinach</b>
Butternut pumpkin:	<b>Australian Butter</b>	Eggplant:	<b>Turkish Orange</b>
Green apple:	<b>New Zealand Freyberg</b>	Garlic:	<b>Australian Purple</b>
Serrano chilli:	<b>Peter Pepper</b>		

### TAKE OUT:

Increasingly, heirloom vegetables are being used by chefs for their intense flavour, unique texture and exotic appearance, not to mention the point of difference they create on the menu.



## FOR YOUR TOOLKIT

A lightly seasoned sauce that is versatile and easy to customise, **Knorr Italiana Pronto Napoli** is packed with flavour because it's made with tomatoes that are harvested from Italian fields and canned within 24 hours.



# Heirloom Vegetable and Pancetta Pizza

Revel in the incredible colours and flavours of heirloom veggies.



## Serves 10

14g	Dry yeast
10g	Sugar
5g	Salt
1.5l	Warm water
1kg	Plain flour
80ml	Olive oil
300g	Heirloom baby carrots
250g	Baby beetroot
200g	Red onion
250g	Rainbow chard
250g	<b>Knorr Pronto Napoli</b>
25ml	<b>Knorr Intense Flavours Roast Umami</b>
250g	Bocconcini, drained
100g	Pancetta slices
50ml	Extra virgin olive oil

1. Combine yeast, sugar, salt and water in a bowl. Whisk until dissolved then set aside for 10 minutes.
2. Sift flour into a large bowl. Add yeast mixture and oil. Bring together to make a soft dough.
3. Knead dough on a lightly floured surface for 15 minutes or until elastic and smooth. Place in a large lightly oiled bowl, cover with plastic and set aside in a warm place for 45 minutes to an hour or until dough has doubled in size.
4. Punch down dough with fist. Knead lightly until smooth. Pizza dough is now ready to be topped. Halve dough and shape into two rectangles.
5. Halve carrot, halve or quarter baby beetroot, cut red onion into wedges and roughly chop chard.
6. Place carrots and beetroot on a baking tray, drizzle with olive oil and roast in a combi oven at 220°C until just tender. Add onion wedges and chard to the tray and continue cooking for 15 minutes. Remove and set aside.
7. Spread pizzas with combined **Knorr Intense Flavours Roast Umami** and **Knorr Pronto Napoli**. Slice bocconcini and arrange on pizzas with roasted vegetables and pancetta.
8. Bake pizzas in combi oven at 200°C for 20 minutes or until cheese is melted and golden.
9. Drizzle pizzas with extra virgin olive oil and slice.

## Serves 10

125ml	White wine vinegar
100ml	Water
40g	Sugar
400g	Red onions, thinly sliced
200g	<b>Knorr Italiana Tuscan Vegetable Sauce</b>
150g	<b>Hellmann's Vegan Mayonnaise</b>
10	Lentil patties, frozen
10	Brioche buns, plain or charcoal
200g	Mixed leaves
1kg	Heirloom tomatoes, sliced

1. Combine vinegar, water and sugar, stirring to dissolve sugar. Add onions and set aside.
2. Deep fry lentil patties until golden brown. Drain and keep warm. Meanwhile, lightly toast brioche buns and warm through **Knorr Italiana Tuscan Vegetable Sauce**.
3. Drain onions and squeeze to remove excess liquid.
4. To assemble, spread base of buns with **Knorr Italiana Tuscan Vegetable Sauce** and top with mixed leaves, lentil patty, sliced tomato and pickled onion.
5. Spread burger lids with **Hellmann's Vegan Mayonnaise** and serve with fries.

## The Earth Burger

Heirloom tomatoes are the stars of this plant-based burger.





# THE CONTINUING RESURGENCE **OF COMFORT FOOD**





The enduring appeal of comfort food reminds us that diners will always return to dependable classics and no-fuss meals that evoke warm memories of simpler times. Right now, social media feeds are dominated by baked goods, curries, sandwiches, casseroles and gravy-based dishes.

But importantly, all this talk of revisiting nana's favourite recipes needn't mean a compromise on creativity for chefs. Diners continue to show an appreciation for inventive takes on comfort classics, allowing chefs to flex familiar flavours and dishes into fresh new spaces.

## IN-MARKET INSPO

Peterborough café **229 On Main** is decorated with nostalgic movie posters, gumball machines and a jukebox. The kitchen dishes up a retro menu that combines old school classics with some on-point twists, such as the evocatively titled Mess In A Bowl—a meld of hot chips, bacon, onion, cheese and gravy with sour cream.

From baked apple slice to a golden-brown Parmigiana, crumbed foods never fail to warm the heart. It's something that **The Little Hungarian Restaurant** in the Melbourne suburb of Caulfield knows only too well. Crumbed foods are the cornerstone of a menu that includes veal and chicken schnitzels, crumbed mushrooms with chips and crumbed dory with spinach and potatoes.



## POTATO: THE ULTIMATE COMFORT FOOD?

While hot chips, French fries and wedges are the go-to potato-based sides, there is literally a world of interesting ways to present this universal comfort food.

The country most closely associated with potatoes is Ireland, home to buttery potato mash, **colcannon**. From the French countryside comes the **potato galette**, a thin layered cake of herbed potato slices.

**Hasselback potatoes** are a staple of Swedish cooking, while it was the Swiss who invented the recipe for evergreen favourite **potato rösti**.

From Ukraine comes **deruny**, a simple and hearty battered potato cake that is typically served with a dollop of sour cream. Potato-based **gnocchi** is an Italian classic.

**Daigaku imo** is a deep-fried sweet potato snack from Japan that has been a favourite of university students for more than 100 years. In India and Pakistan, the spicy **aloo tikki** is a popular croquette-style snack that is served with chutney and yoghurt.

### TAKE OUT:

Nostalgia is a powerful component of comfort foods. Here, simplicity and flavour are the focus, not complex recipes or funky superfood ingredients.



Potato rösti



Daigaku imo



## FOR YOUR TOOLKIT

Trusted by chefs for its reliable quality and flexible application, **Knorr Professional Rich Brown Gravy GF** is the ultimate comfort food classic and a great base for building signature flavours for comfort dishes.



# Asian Crusted Beef Sirloin Roast

Enjoy a Japanese spin on a slow-cooked favourite.



## Serves 10

20g	Five spice powder
50ml	Olive oil
1.8kg	Whole beef sirloin
75g	<b>Knorr Jus</b>
100g	<b>Knorr Japanese Teriyaki Sauce</b>
	Salt and pepper

1. Combine five spice powder, salt, pepper and oil. Rub mixture over fat on the surface of the sirloin.
2. Roast in combi oven at 180°C for 1 hour 10 minutes. Remove and rest.
3. Combine **Knorr Jus** with 500ml of warm water. Whisk together and simmer for 2-3 minutes. Stir through **Knorr Japanese Teriyaki Sauce**.
4. Slice beef and divide between serving plates. Drizzle with Asian jus and serve, accompanied with steamed greens and simple salad.

## Serves 10

10g	Ground cumin
10g	Ground coriander
5g	Smoked paprika
2g	Ground chilli
2g	Ground cardamom
50ml	Olive oil
1.8kg	Lamb shoulder, bone in
	Salt and pepper
50g	<b>Knorr Rich Brown Gravy</b>
150g	<b>Knorr Moroccan Sauce</b>

1. Combine spices, salt, pepper and oil. Rub mixture over the surface of the lamb.
2. Cover tightly with foil and roast in combi oven at 150°C for 5 hours or until the meat comes away from the bone. Remove and rest.
3. Combine **Knorr Rich Brown Gravy** with 500ml of warm water. Whisk together and simmer for 2-3 minutes. Stir through **Knorr Moroccan Sauce**.
4. Shred lamb off the bone into large pieces. Divide between serving plates, spoon over Moroccan gravy and serve with roasted heirloom carrots and chat potatoes.

# Middle Eastern Slow Roast Lamb

Spice up the traditional lamb roast with the flavours of Morocco.







# **THE RISE OF GLOBAL FLAVOUR FUSIONS**



Cuisine fusions have always been a creative way to set a venue apart and it seems diners can't get enough of inventive cuisine combos. Excitingly, chefs have moved beyond classic Asian fusions into a space where anything goes: think Thai-Italian, French-Vietnamese and Greek-Mexican.

With a little imagination, kitchens have the opportunity to treat their customers to an adventure in culinary tourism. There really are no limits to where chefs can take their flavour fusions, in a landscape that permits creativity to stretch into bold new horizons.

## IN-MARKET INSPO

Melbourne's **Kung-Fu Burger** combines American fast-food culture with a range of Asian cuisines to create something wholly unique. Dishes are presented in classic burger joint style and include a crispy chicken burger with yuzu and lime mayo, Japanese pickle and Asian slaw. Japanese-style loaded fries are topped with pulled pork, sriracha mayo, jalapeños and bonito flakes.

Highly rated Auckland diner **Azabu** offers a range of Peruvian-Japanese fusion dishes including a kingfish ceviche with pickled daikon, jalapeño and coriander. Chef Yukio Ozeki's tuna sashimi tostada is layered with corn, cucumber, chopped jalapeño and wasabi tartare.





## THREE MODERN FLAVOUR MASHUPS

**Mexican-Korean:** Tacos and burritos are ideal homes for a range of ingredients, including Korean-style BBQ meats and fermented vegetables.

**Chinese-Peruvian:** Known as chifa, this fusion is spreading beyond Peru and typically involves a classic Chinese stir-fry filled with authentic Peruvian fare.

**Thai-Italian:** The Thais themselves are at the vanguard of fusion cuisine, with the likes of tom yum pizza setting a new agenda for creative combos.



### TAKE OUT:

Australia and New Zealand are currently amid a fusion cuisine revolution, with a high level of invention inspiring ingenious combinations from across the globe.



## FOR YOUR TOOLKIT

Capture authentic global flavours with the **Knorr World Cuisine** range of sauces, pastes and powders. Ready to use, they offer chefs a fabulous platform for blending different culinary influences into all-new cuisine fusions.

# Karaage Chicken Schnitzel and Fennel Cabbage Slaw

A European casual dining favourite meets Japanese-style deep-frying.

## Serves 10

10	Chicken thigh fillets, flattened
200g	Flour
3	Eggs, whisked
300g	Panko breadcrumbs
50g	<b>Knorr Golden Roast Gravy</b>
50g	<b>Knorr Japanese Teriyaki Sauce</b>
2g	Star anise powder
200g	Fennel, shaved
500g	Red cabbage finely shredded
120g	<b>Hellmann's Real Mayonnaise</b>

1. Dust chicken in flour, dip in egg and coat in panko crumbs. Deep fry schnitzels until golden and cooked through.
2. Combine **Knorr Golden Roast Gravy** and 500ml warm water and simmer for 2-3 minutes. Stir through **Knorr Japanese Teriyaki Sauce** and star anise.
3. Combine fennel, red cabbage and **Hellmann's Real Mayonnaise**.
4. Serve chicken schnitzel drizzled with teriyaki gravy, sprinkled with sesame seeds, accompanied with lime wedges, fennel and cabbage slaw and sprinkled with fennel fronds.

## Serves 10

800g	Chicken thigh fillets, skin on
100g	<b>Knorr Thai Red Curry Paste</b>
50ml	Oil
20g	<b>Knorr Lime Powder</b>
100g	<b>Knorr Thai Sweet Chili Jam</b>
200g	Red cabbage
200g	White cabbage
15g	Red chilli, sliced
20g	Coriander, chopped
20	Parathas

1. Remove skin from chicken thighs and cut into small pieces. Set aside.
2. Cut chicken into small pieces and toss in **Knorr Thai Curry Paste**, oil and 75ml water. Marinate for 1 hour.
3. Deep fry chicken skin at 170°C until crispy and golden. Drain.
4. Grill or pan fry chicken until cooked through.
5. Fry parathas in vegetable oil until golden and slightly crispy around the edges. Drain.
6. Shred red and white cabbage and combine with chilli and coriander.
7. Combine **Knorr Lime Powder** with 300ml of water and **Knorr Thai Sweet Chilli Jam**. Toss through the cabbage mixture.
8. Divide slaw mixture between parathas. Top with chicken and a sprinkle of crispy skin.

# Mexican Taco-Inspired Roti

Give your Thai curry a thoroughly modern Mexican fusion twist.





**SMOKY  
FLAVOURS**  
ARE HOT RIGHT NOW





The techniques being explored are taking smoke & fire to a new level in 2022: different timbers are driving flavour experimentation; high-quality liquid seasonings are fast-tracking the process; and the like of smoked tofu is ensuring vegans and vegetarians aren't missing out.

The fact that open-fire cooking has moved into intriguing new spaces, with butter, chocolate, fish and even salt getting a fiery flavour makeover, suggests diners are keen to explore new takes on smoked dishes. Chefs are adopting a 'char-grill everything' attitude and bringing fresh ideas to the table.



## IN-MARKET INSPO

Everyone revels in the smoky goodness at New Zealand eatery **Miss Moonshine's**, located in the North Island township of Silverdale. Diners can choose the wood-smoked 8-hour beef short rib and brisket, tamarind BBQ prawns with a black garlic aioli or lovingly prepared smoky plant-based options including a vegetarian burger and cauliflower with cheese sauce and Romesco.

In the Perth suburb of Highgate, **Side Door BBQ** offers diners a smoke-flavoured road trip through the southern states of America. The menu swings from classics like pork belly lollipops and southern fried chicken all the way through to modern favourites such as bourbon salmon and smoked brisket with an espresso BBQ sauce.





#### TOP TECHNIQUE HACK

Watch our sizzling combi oven technique that captures all the flavour of an authentic smoked steak.

## EXPERIMENT WITH TIMBERS FOR A TASTE TWEAK

- **Ironbark** burns for a long time and features a subtle smoky flavour
- **Manuka** wood offers a popular sweet note to smoked foods
- Ideal for red meats, **Oak** provides a strong, smoked flavour to food
- **Fruit woods** (e.g., apple and peach) are light and fast burning, but add an appealing flavour to white and pink meats
- With a sweet, bacon-like flavour, **Hickory** is classic timber for smoking, but can be expensive if being imported

#### TAKE OUT:

More than merely having a moment, smoking has taken the country by storm. The smoky flavours of low-'n'-slow cooking now feature in many dishes and menus, underscoring its standing as a full-blown trend.



## FOR YOUR TOOLKIT

Nail the smoke & fire trend with **Knorr Intense Flavours Deep Smoke** liquid seasoning, with a natural, charred hardwood smokiness that makes it ideal as a marinade, infusion, garnish or sauce.



# Dry-aged Whisky Steak with Smoked Butter

Give your steak a smoky twist with the peaty punch of a bold Scotch whisky.



## Serves 10

250g	Unsalted butter, softened
250ml	<b>Knorr Intense Flavours Deep Smoke</b>
100ml	Whisky
10	Dry-aged rib eye steaks

1. Combine softened butter with **Knorr Intense Flavours Deep Smoke**. Form into a cigar shape and roll in nonstick baking paper. Chill until firm.
2. Season steaks and baste with whisky.
3. Preheat oven to 70°C. Place steak in oven and cook to an internal temperature of 44°C. Remove from oven and rest.
4. Finish rib eye by cooking on hot grill for 3 minutes each side. Allow to rest.
5. Serve steaks topped with a slice of smoked butter, accompanied with balsamic roasted onions and an heirloom tomato salad drizzled with **Knorr Balsamic Glaze**.

## Serves 10

### Tofu

1.5kg	Hard tofu
100g	<b>Knorr Intense Flavours Deep Smoke</b>

### Dressing

50g	<b>Knorr Intense Flavours Deep Smoke</b>
90ml	Water
80ml	Olive oil

### Salad

250g	Mixed leaf lettuce
4	Avocados, sliced
300g	Kale, fried
300g	Carrot, julienne
20g	Red onions, thinly sliced
500g	Cherry tomatoes, halved

1. Combine tofu and **Knorr Intense Flavours Deep Smoke** and marinate overnight or for a few hours.
2. Chargrill tofu until grilled.
3. Combine all dressing ingredients in a bowl and season.
4. Combine all salad ingredients in a bowl, add dressing and toss to combine.
5. Place salad in bowl, top with tofu. Garnish with micro herbs.

# Smoked Tofu Burnt Ends

Chargrilled goodness comes to a vegetarian favourite.





# INDIGENOUS FLAVOURS TO THE FORE







For the chef seeking a point of difference, indigenous ingredients offer exciting possibilities for innovation and expression. The commercialisation of local produce continues to grow, making it easier than ever to add native flavours to your menu.

There are literally hundreds of interesting local ingredients to explore. In Australia, finger lime, warrigal greens, bunya nuts and gubinge are among those breaking through. In New Zealand, the flavours of horopito pepper, kawakawa mint and manuka continue to grow in prominence and use.

## IN-MARKET INSPO

In the Sydney suburb of Glebe, **The Lillipad Café** serves a native flora burger that features a house-made vegetable patty made with saltbush, wattle seed and pepper leaf and encased in a finger lime mayonnaise, bush tomato relish, vegan cheese, mixed lettuce, tomato and beetroot.

At **Hiakai** in Wellington, the innovative use of indigenous Kiwi cuisine includes dishes of kūmara gnocchi and a seed-coated avocado with vinaigrette made from the native shrub karamū.





## ADD A NATIVE TOUCH WITH BUSH INGREDIENTS

With many traditional flavours easy to replicate by swapping in native produce instead, experiment with some of these Indigenous foods in your dishes:

- **Anise myrtle** instead of fennel
- **Lemon myrtle** leaves instead of lemon zest
- **Muntries** instead of apples
- **Warrigal greens** instead of bok choy, spinach or silver beet
- **Wattle seed** instead of coffee beans or chocolate
- **Kawakawa** instead of mint
- **Kūmara** or **Tutaekuri** instead of potato
- **Horopito** instead of pepper
- **Pikopiko** instead of asparagus
- **Kokihi** instead of spinach

### TAKE OUT:

Produce native to Australia and New Zealand is finally being recognised for its diversity and flavour, with indigenous ingredients appearing more regularly on menus everywhere.



Beef with warrigal greens



Pikopiko salad



## FOR YOUR TOOLKIT

Did you know that **Hellmann's Real Mayonnaise** uses traditional ingredients for a scratch-made taste? Its new and improved gluten-free recipe offers real versatility and reliable performance across all menu applications.



# Kangaroo Steak with Thai Sweet Chilli Jam Sauce

Mix things up with this fabulous fusion.

## Serves 10

50g	<b>Knorr Golden Roast Gravy</b>
50g	<b>Knorr Thai Sweet Chilli Jam</b>
500ml	Water, warm
1.5kg	Kangaroo fillets or loin steaks

1. Combine **Knorr Golden Roast Gravy** and 500ml warm water. Whisk together and simmer for 2-3 minutes. Stir through **Knorr Thai Sweet Chilli Jam**.
2. Season kangaroo meat. Grill until done to your liking. Allow to rest.
3. Serve kangaroo drizzled with sweet chilli jam sauce accompanied with Asian greens, pickled vegetable and steamed rice.



## Serves 10

10	Rib eye steak on the bone
50ml	<b>Knorr Intense Flavours Roast Umami</b>
250g	Davidson plum
500ml	<b>Knorr Hollandaise Sauce</b>

1. Marinate steaks in **Knorr Intense Flavours Roast Umami** for an hour.
2. Remove steaks from marinade, discard excess marinade. Season with cracked black pepper. Grill steaks until done to your liking. Allow to rest.
3. Combine Davidson plum jam with **Knorr Hollandaise Sauce**.
4. Serve steak with Davidson plum hollandaise sauce, accompanied with leaf salad and chips.



# Steak with Davidson Plum Sauce

Lend your steak a local flavour.



A roasted pig's head is the central focus, resting on a black plate. The skin is golden-brown and crispy. To the left of the head, there is a pile of tender, pulled pork. Several whole, roasted carrots are also visible on the plate. A carving knife with a wooden handle is positioned behind the pig's head. A large, semi-transparent yellow circle is overlaid on the center of the image, containing the text 'DINERS ARE ALL-IN ON FLAVOUR INNOVATION'. The background of the entire image features a dark, repeating geometric pattern of interlocking chevrons.

**DINERS ARE  
ALL-IN ON  
FLAVOUR  
INNOVATION**



Whether due to lack of travel or simply a thirst for something new, diners are more willing than ever to extend their palates beyond familiar flavours, with search engine activity showing a growing interest in spices, ingredients and dishes from across the globe.

Many emerging flavours are spice blends anchored by the cayenne chilli, such as the North African mix berbere and Caribbean jerk seasoning. But also rising are citrus-based flavour blends, such as the Mexican tajín with its zesty lime character, and immunity boosting combinations like the central American spice blend sazón, which features garlic and coriander.



## IN-MARKET INSPO

**Mejico**, with locations in central Sydney and Melbourne, is a complex flavours paradise. Its watermelon salad features the Mediterranean flavour of fennel, the heat of jalapeños and a Mexican take on the North African spice mix, dukkah. Corn ribs are a flavour force, with the dish boasting chilli and lime miso seasoning, and a tasty hit of pecorino cheese.

In the inner Melbourne suburb of Collingwood, **Savanna** spices its goat dish with onion, garlic, chilli and berbere, while a range of simple vegetarian dishes feature blends of turmeric, ginger, garlic and basil, offering diners a wide variety of exotic African tastes.





## THREE COMPLEX FLAVOUR THEMES

1. **Citrus.** The Mexican seasoning **Tajín** contains dried and ground red chillies, sea salt and dehydrated lime juice. **Togarashi**, a Japanese spice blend, features seaweed, orange zest, ginger, sesame seeds and chilli powder. The tangy Indian seasoning **Chaat Masala** comprises coriander, cumin, mango powder, black rock salt, pepper, citric acid and mint leaves.
2. **Immunity.** Commonly found in Middle Eastern countries **Za'atar** is a combination of thyme, oregano, sesame seeds, sumac, sea salt and black pepper. The Puerto Rican blend **Sazón** is made from coriander, cumin, achiote, garlic powder, oregano, salt and pepper. **Chimichurri** is an uncooked sauce from South America and includes parsley, garlic, vinegar, olive oil and chilli flakes.
3. **Heat.** A complex North African spice blend, **Berberé** typically includes ground chillies, paprika, cayenne pepper, onion powder, ginger, cumin, coriander, cardamom, fenugreek, garlic powder, cinnamon, nutmeg and cloves. **Chipotle** is a smoked and dried Mexican chilli made from jalapeños and ground into a powder for seasoning. From Jamaica, **Jerk** seasoning consists of allspice, chillies, cloves, cinnamon, nutmeg, thyme, garlic, ginger and salt.



### TAKE OUT:

Previously niche flavours are moving into the mainstream as diners search for ever-more challenging and stimulating flavours. Complex combinations are an area ripe for further discovery.



## FOR YOUR TOOLKIT

Revel in the rich, caramelised notes of **Knorr Intense Flavours Roast Umami**. Slow, oven-roasted onion and garlic combine for an aromatic umami sweetness that would otherwise take time to create from scratch.

## Serves 10

600g	<b>Knorr American Chipotle BBQ Sauce</b>
150g	<b>Knorr Intense Flavours Deep Smoke</b>
150ml	Espresso coffee
4kg	Beef short ribs
4g	Salt
250ml	Full cream milk
125g	<b>Knorr Potato Flakes</b>

1. Combine **Knorr American Chipotle BBQ Sauce** with **Knorr Intense Flavours Deep Smoke** and cooled coffee. Pour over the beef ribs. Marinate for 1 hour.
2. Drain the ribs. Cook sous-vide at 70°C for 24 hours.
3. Once the ribs are cooked sous-vide, drain the juices from the bag into a pan and reduce for 5 minutes.
4. Brush ribs liberally with the reduced glaze. Chargrill or roast until deep brown.
5. Combine 4g salt and 500ml of water and bring it to boil. Remove from heat and add 250ml of milk. Add 125g **Knorr Potato Flakes** and whisk into milk mixture. Allow to stand for 2-3 minutes, then whisk again.
6. Divide the ribs between serving plates. Drizzle with extra glaze. Serve with potato mash, sautéed red cabbage and char-grilled fennel.

## Beef Short Ribs with Espresso Glaze

Coffee, smoke and chipotle combine to deliver a depth of flavour.



## Hearty Roasted Cauli

A spicy dressing and fresh herbs give this fabulous vegan roast a flavour makeover.

## Serves 10

300g	Eschallots, thinly sliced
220g	<b>Knorr Intense Flavours Roast Umami</b>
5	Whole baby cauliflower
300g	<b>Hellmann's Vegan Mayonnaise</b>
20g	Chilli puree
	Micro herbs, to garnish
	Sesame seeds, to garnish

1. Combine eschallot and 200g of **Knorr Intense Flavours Roast Umami**. Pour over cauliflower and marinate for 2-3 hours.
2. Roast in oven at 160°C for 1 hour covered. Remove cover and roast for a further 20 minutes.
3. Combine **Hellmann's Vegan Mayonnaise**, 20g of **Knorr Intense Flavours Roast Umami** and chilli puree.
4. Arrange cauliflower on a serving platter, slice and serve with dressing and garnish.







**HOT 'N'  
SPICY:**  
IT'S A  
HAPPENING  
THING



While hot 'n' spicy food can be traced back 6,000 years, it has emerged as a particularly powerful trend in 2022. It's likely that our palates have been fired by a desire to discover authentic Asian, South American and African cuisines, with many of these dishes featuring a liberal touch of heat.

The next horizon would appear to be distinct global profiles, with complex regional spice mixes offering another full-flavoured palate for chefs to explore. These include the likes of the Ethiopian spice mix berbere, tongue-tingling Sichuan peppercorns and the Middle Eastern spice blend baharat.

## IN-MARKET INSPO

The menu at Perth restaurant **El Publico** takes influences from regional Mexico and abroad, including banana battered beef mogo-mogo balls with chipotle crema from the southern Tabasco region and a Peruvian-inspired ceviche featuring pineapple habanero salsa, pico de pepino (cucumber salsa) and a sweet hibiscus foam.

At **Supernormal** in Melbourne's CBD, chef Andrew McConnell explores his favourite corners of Asia with a catalogue of fabulously fiery dishes. A Hunan-style beef tartare is seasoned with a fragrant chilli oil, while prawn and chicken dumplings are given a hot 'n' spicy finish with a chilli and vinegar sauce.







## CHOOSING YOUR CHILLIES

Your choice of chilli not only drives the regional profile of food, but it also dictates just how much heat there is in your dish. Here is how a range of well-known and emerging chilli varieties rate on the Scoville heat scale.

<b>Cubanelle:</b>	100–1,000 units	<b>Cayenne:</b>	30,000–50,000 units
<b>Poblano:</b>	1,000–2,500 units	<b>Bird's eye:</b>	50,000–100,000 units
<b>Jalapeño:</b>	4,000–8,500 units	<b>Scotch bonnet:</b>	100,000–350,000 units
<b>Serrano:</b>	10,000–23,000 units	<b>Habanero:</b>	100,000–350,000 units

### TAKE OUT:

The appetite locals have for spicy foods is showing no signs of abating. With innovations emerging in rubs, baked goods and even desserts, there is now no corner of the menu that is left untouched by heat.



## FOR YOUR TOOLKIT

Made in Thailand to an authentic local recipe, **Knorr Thai Red Curry Paste** delivers the taste of Thailand in a medium spice blend that includes red chilli, lemongrass, garlic, shallot and galangal.

# Penang Red Curry Tofu

Bring the heat with the delicious addition of peanut butter.

## Serves 10

850g	Firm tofu, drained
100ml	Oil
100g	<b>Knorr Thai Red Curry Paste</b>
100g	Smooth peanut butter
150g	<b>Knorr Coconut Powder</b>
250g	Broccolini
150g	Baby corn
300g	Japanese (finger) eggplant

1. Cut tofu into 2cm cubes. Fry in half the oil until golden. Drain.
2. Heat remaining oil in a large pan. Add **Knorr Thai Red Curry Paste** and cook until fragrant. Stir peanut butter.
3. Mix **Knorr Coconut Powder** with 800ml of warm water, whisking until combined. Add to pan with curry paste mixture.
4. Simmer for 20 minutes, return tofu to pan, along with chopped vegetables. Simmer for a further 10 minutes until vegetables are tender.
5. Serve curry with steamed rice garnished with kaffir lime leaves and red chilli.

## Serves 10

1.2kg	Chicken drumettes
200g	Plain flour GF
15ml	<b>Knorr Concentrated Liquid Stock</b>
600ml	<b>Knorr Hollandaise Sauce</b>
100g	<b>Knorr Thai Red Curry Paste</b>
	Red chilli, sliced
	Thai basil leaves

1. French trim drumettes and dust in flour, then deep fry at 160°C. Drain.
2. Combine **Knorr Concentrated Liquid Stock**, **Knorr Hollandaise Sauce** and **Knorr Thai Red Curry Paste** and heat through.
3. Garnish with red chilli and Thai basil leaves and serve.

# Chicken Lollipops with Red Curry Butter

Spicy portions that are perfect for snacking and delivery.





# SWEET AND SAVOURY FUSIONS ARE SURGING





Of all the current flavour-based trends emerging across Australia and New Zealand, the blending of sweet with savoury ingredients is one of the most intriguing. Research shows that compatibility at a molecular level is the reason unexpected food pairings just seem to work.

Chefs are embracing this space and diners are revelling in creative new ideas that feature seemingly wild sweet and savoury fusions. Some of the more unusual examples include chicken liquorice tagine, avocado chocolate cake, and cauliflower and strawberry salad.

## IN-MARKET INSPO

**‘The Art & Science of Foodpairing’** is a recently published book by a group of Belgian food scientists that assists chefs to discover new flavour combinations, many of which are based on a sweet-meets-savoury fusion.

The authors have analysed more than 1,700 ingredients to arrive at a series of novel flavour combinations. Their work is anchored in unearthing ingredients that unexpectedly work together based on taste, texture and aroma parameters.

Visit [foodpairing.com](https://foodpairing.com) to learn more about their philosophies and to access recipes. There is a free account that allows you to make 50 pairings of your own from the ingredient database.



## SIMPLE PAIRINGS IN PRACTICE

Experiment with these Foodpairing ideas.

**Avocado and strawberry toast.** Simply lay slices of avocado over freshly browned toast, drizzle with lime juice then top with slices of firm strawberries. Season with ground pepper and sea salt.

**Cauliflower and chocolate.** Cut cauliflower into florets and cook in salted water until al dente. Fry the florets in a pan until golden, spoon onto a platter and sprinkle with grated chocolate.

**Roast beef and liquorice mayonnaise ciabatta.** Add a pinch of liquorice powder and a few drops of Worcestershire sauce to 50g mayonnaise then spread inside a halved ciabatta. Lay in slices of roast beef and garnish with rocket.



### TOP TECHNIQUE HACK

We show you three lip-smacking, sweet and savoury glazes that lend your sous-vide ribs a juicy and tender result at speed.

### TAKE OUT:

Combinations of seemingly unrelated ingredients can produce something entirely new, no more so than the way sweet and savoury pairings are playing with diner palates.



## FOR YOUR TOOLKIT

**Knorr Sweet Thai Chilli Jam** is a traditional and aromatic Thai paste made with shallots, garlic, chillies and shrimps to produce a full-flavoured ingredient that is perfect with vegetables, seafood or meat.

## Serves 10

800g **Knorr Japanese Teriyaki Sauce**  
150g **Knorr Thai Sweet Chilli Jam**  
2kg Lamb ribs

1. Combine **Knorr Japanese Teriyaki Sauce** with **Knorr Thai Chilli Jam** and pour over lamb ribs. Marinate for 1 hour.
2. Drain the ribs. Sous-vide at 56°C for 18 hours.
3. Once the ribs are cooked sous-vide, drain juices from the bag into a pan and reduce for 5 minutes.
4. Brush ribs with the reduced glaze. Char grill until golden brown.
5. Divide the ribs into portions. Scatter with green onion and serve with charred lemon wedges, and a radish and cucumber salad.

## Sticky Asian Lamb Ribs

Deliver a deliciously sweet take on chargrilled ribs.



## Southern Chicken Waffle Burger

A finger lickin' fusion with egg and maple glazed bacon.



## Serves 10

850g Self raising flour  
75ml Olive oil  
450ml Buttermilk  
5 Eggs, lightly beaten  
50g **Knorr Hollandaise Sauce**  
100g **Knorr American Chipotle BBQ Sauce**  
850g Bacon rashers  
125ml Maple syrup  
20 Hash browns  
10 Eggs

1. Sift flour into a large bowl. Gradually add oil, buttermilk, eggs, salt and pepper, whisking until smooth. Set aside for 15 minutes.
2. Cook the mixture in a waffle maker according to manufacturer's instructions. Keep warm.
3. Mix together **Knorr Hollandaise Sauce** with **Knorr American Chipotle BBQ Sauce** until fully combined.
4. Cook bacon in a large pan over medium heat until golden. Add maple syrup and toss to coat. Cook for a further 1-2 minutes until bacon starts to caramelize.
5. Deep fry hash browns and drain on paper towel.
6. Fry eggs.
7. Assemble waffle burger by arranging a waffle on each serving plate. Top with hash browns, bacon and egg and drizzle with chipotle hollandaise. Top with remaining waffles.





# LOCALISING GOES TO A NEW LEVEL



Regional and hyper regional cuisines are on the rise, as chefs embrace complex dishes featuring exotic ingredients that reflect the geographies, ethnicities and traditions of distinct areas within countries. For kitchens, it's a wonderful opportunity to experiment and add interest to the menu.

Locally, niche dishes from the likes of Italy, China and Thailand are coming to the fore. At the next level, hyper-regional cuisines are emerging in the form of Persian (Iranian), provincial Indian and Khmer (Cambodian) cooking, while the New Nordic style has captured the mood for comfort dining.

## IN-MARKET INSPO

Persian restaurant **Farsi** in Ryde offers a range of khoresh stews including its morghe nardoona, a chicken dish simmered in pomegranate and palm juice from the northern provinces of Iran, and a shirazi salad that includes tomato, cucumber and onion with olive oil and lemon juice that is a staple from southern Iran.

The meals at Christchurch restaurant **Khmer Angkor** are heavy on traditional Khmer flavours such as ginger, pepper, lemongrass, star anise and chilli lime, many of which are homegrown by the restaurant's owners. The emphasis here is on authentic and niche fare specific to the Cambodian Khmers.







## THE INTRICACIES OF INDIAN FOOD

While there are dishes and ingredients that are common across the 29 states of India—such as rice, stews and curries—the regional cuisines of India are incredibly diverse.



### TOP TECHNIQUE HACK

See how to maximise the flavour of Indian curry creations with a meat-on-the-bone cooking method.

This has partly occurred due to the influences of historic trade partners, such as China, Malaysia, Britain and Philippines, but is also a result of geographic differences throughout this large nation.

Dishes from **northern** India are rich and spicy, such as the croquette-style vegetarian snack aloo tikki and rice-based biryanis. This area is home to tandoori cooking and is also known for the influence of dairy and creamy curry dishes, such as korma.

**Western** India cuisine is dominated by seafood and coconut due to its coastal location. The west is famous for the vindaloo and the sweet Gurajati cuisine, while **eastern** India is recognised for its masalas, dairy-based desserts and the use of mild spices in its cooking.

**Southern** curries are fresh and creamy, presenting as stew-like in their consistency. The south is also known for its fried snacks, such as dosa, uthappam and pappadam.

### TAKE OUT:

As diners become more familiar with international flavours and keener to be challenged, chefs have the chance to introduce deeper and richer regional culinary experiences.



## FOR YOUR TOOLKIT

Capture the essence of India with **Knorr Patak's Mild Curry Paste**. This authentic recipe blends coriander, cumin, turmeric, chilli, tomato and spices to deliver a versatile paste that contains no artificial colours, flavouring or added MSG.

# Lamb Dansak

Features a spice mix from the Gujarati region of India.



## Serves 10

1.2kg	Lamb shoulder
100g	Oil
250g	Onion
10	Cardamom pods
10g	Garlic, chopped
10g	Ginger, grated
10g	Red chilli
100g	<b>Knorr Patak's Mild Curry Paste</b>
25g	<b>Knorr Beef Booster</b>
120g	<b>Knorr Tomato Powder</b>

1. Dice lamb into 3cm cubes. Fry in half the oil until browned. Remove.
2. Chop onion. Heat remaining oil in a large pan. Add onion, cook for 5 minutes until golden then stir in spices and chilli. Cook for 1 minute before adding **Knorr Patak's Mild Curry Paste**. Cook for 2-3 minutes.
3. Mix **Knorr Beef Booster** and **Knorr Tomato Powder** with 1l of warm water, whisking until combined. Add to pan along with browned lamb. Simmer curry over low heat for 2-3 hours or until lamb is extremely tender.
4. Serve curry with steamed rice accompanied by a cucumber yoghurt raita.

## Serves 10

30pc	Battered fish cocktails
10g	<b>Knorr Thai Lime Powder</b>
200g	<b>Hellmann's Real Mayonnaise</b>
200g	<b>Knorr Mexican Chunky Salsa Mild</b>
300g	Tomato, diced
20	Corn tacos
200g	Lettuce, chopped
50g	Onions, sliced

1. Deep fry the fish cocktails.
2. Combine the **Knorr Lime Powder** together with **Hellmann's Real Mayonnaise**.
3. Place all of the ingredients with the **Knorr Mexican Chunky Salsa Mild** into the grilled corn tacos.

# Baja Soft Corn Fish Tacos

A traditional Mexican dish unique to the northern peninsula state.







# **FUNCTIONAL FOOD HITS THE MAINSTREAM**





Functional foods are those that are near-to or wholly natural. While the movement towards eating for wellbeing has been bubbling away for some time, it has exploded in popularity in 2022, with the full force of the pandemic sharpening the focus on food-as-medicine.

The shift towards functional foods has many different layers. For some diners, the emphasis is on plussed-up meals. For others, it's about immunity-boosting ingredients. But for most, flavoursome ingredients such as ginger, turmeric, honey and garlic that also boast health values offer the best of both worlds.

## IN-MARKET INSPO

The breakfast menu at **Knick Knack Café** in central Sydney includes a plussed-up blueberry and coconut chia seed pudding, while the venue's Bircher muesli combines the nutritious flavours of apple, hazelnut and hemp.

At **Middle Ground** in Melbourne, chef Shane Delia embraces the seed and grain revolution, using the likes of quinoa and ancient grains in textural salad bowls, caraway and sesame seeds in dressings, and flaxseed and chia in nutrition-loaded smoothies.





## FIVE TOP FUNCTIONAL INGREDIENTS

1. Inexpensive, versatile and easy to prepare, **Quinoa** is very high in protein and fibre. Often used in salads or as an alternative to rice.
2. A member of the cabbage family, **Kale** offers a host of high-quality nutrients including antioxidants. Sauté with extra virgin olive oil and garlic for a massive health hit.
3. A rich source of omega-3 fatty acids, research shows **Salmon** can guard against cardiovascular disease. It can be prepared any number of ways.
4. Nutritionally dense, **Chia seeds** are loaded with essential vitamins and minerals. They can be eaten raw but make a great addition to yoghurt, porridge and bowls.
5. Native to Brazil, **Acai** is a berry with high levels of antioxidant, amino acids and fibre. A favourite bowl food ingredient for its taste, texture and colour.



### TAKE OUT:

A significant number of diners now view food as much for its nutrient value as its taste. When planning a menu, superfoods can be a powerful addition for a growing cohort of customers.



## FOR YOUR TOOLKIT

Suitable for vegans and vegetarians, **Knorr Intense Flavours Wild Mushroom Earth** liquid seasoning offers the balanced richness of mixed Boletus and Porcini mushrooms with no artificial colours, flavours or added MSG.

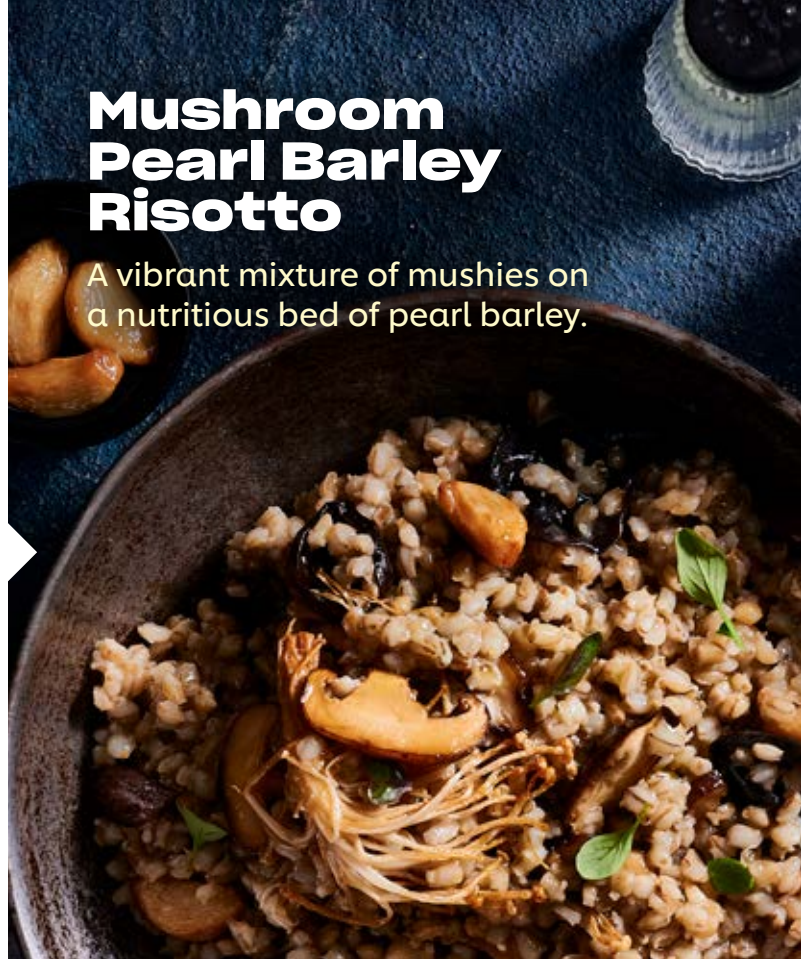
### Serves 10

150ml	Olive oil
500g	Mixed mushrooms (enoki, cloud-ear, shittake)
250g	Onion
3	Cloves garlic
850g	Pearl barley
40g	<b>Knorr Vegetable Booster</b>
40g	<b>Knorr Intense Flavours Mushroom Earth</b>

1. Heat 50ml of oil in a large pan over high heat. Pan fry sliced mushrooms until golden. Remove and keep warm.
2. Heat remaining oil in a large pan over medium heat. Add chopped onion and garlic and cook until onion is just tender. Add barley and stir to coat.
3. Combine **Knorr Vegetable Booster** and **Knorr Intense Flavours Mushroom Earth** with 2l of warm water.
4. Gradually add liquid to risotto, stirring between additions. Barley should be tender with nearly all the liquid absorbed. Add extra boiling water if needed.
5. Fold sautéed mushrooms through risotto. Cook for another 2-3 minutes then serve garnished with micro herbs and slow roasted garlic.

## Mushroom Pearl Barley Risotto

A vibrant mixture of mushies on a nutritious bed of pearl barley.



## Smoked Chicken Curry

For a healthy twist, quinoa replaces rice in this flavoursome and protein-filled dish.



### Serves 10

20	Chicken thighs (skin on)
50g	<b>Knorr Intense Flavours Deep Smoke</b>
100ml	Oil
10g	Garam masala
5g	Turmeric
5g	Chilli powder
25g	<b>Knorr Chicken Booster</b>
400g	<b>Knorr Pronto Napoli</b>
150g	Frozen peas

1. Marinate chicken thighs in **Knorr Intense Flavours Smoke** for 30 minutes.
2. Heat half the oil and brown chicken. Remove and drain.
3. Heat remaining oil. Fry spices in pan for 1 minute.
4. Mix **Knorr Chicken Booster** with 800ml of warm water, whisking until combined. Add to pan along with **Knorr Pronto Napoli**. Simmer for 20 minutes then return chicken thighs to pan and continue to cook for 30 minutes until the sauce has reduced.
5. Stir peas through curry, cook for another 5 minutes then serve.
6. Serve smoked chicken curry with tri colour quinoa and lime wedges.





# **DINERS DIAL BACK ON MEAT**



Driven by the twin forces of health and environmentalism, meat consumption has been in steady decline for more than a decade. The OECD predicts beef consumption in Australia to hit a record low of 19kgs per capita in 2022, while in New Zealand it will drop to just 11kgs in 2022.

The challenge for chefs is to deliver the flavour hit in their dishes without a big serve of meat. Only 1 in 10 people avoid meat altogether, so adopting the 'veggies-with-a-side-of-meat' philosophy is one approach. The other is to create incredible plant-based dishes that make no compromise on taste or interest.

## IN-MARKET INSPO

The focus at Mornington Peninsula venue **Montalto** is almost exclusively on vegetables. Chef Matt Wilkinson's menu includes one meat and two seafood dishes, but the heroes are undoubtedly estate grown ingredients such as heirloom carrots, globe artichokes and an astonishing 60 varieties of tomato.

Pioneering vegan venue **Sarah's Sister's Sustainable Café** has been doing business in Adelaide since 1978. Its ethos is to serve fresh, local and seasonal food, such as its popular crispy marinated tofu Viet baguette with carrot, lettuce and an indulgent satay sauce.







#### TOP TECHNIQUE HACK

Watch our stuffed veggie roasts technique video and see how easy it is to add a range of delicious flavours to your meat-free menu items.

## IT'S IN THE WAY THAT YOU SAY IT

As plant-based diets move into the mainstream, the way we describe meals will take on a more familiar style of foodie phrasing; think terms such as crispy, chargrilled, homemade, roasted and seasonal.

This important shift puts the focus on mouthfeel, flavour and satisfaction rather than just the ethical attributes of these foods. It also reflects a maturing of the sector, where buzz words like 'sustainable', 'healthy' and 'organic' are complemented with more expressive menu language.

Is it time you ran an eye across your menu to make certain the language describing your plant-based dishes is as appetising as it is informative?

#### TAKE OUT:

The expectations around dish creativity are growing among those who favour vegetable-based dishes. For the chef who is dedicated to meeting the evolving needs of diners, it's a time to shine.



## FOR YOUR TOOLKIT

Gluten-free and suitable for vegetarians, **Knorr Golden Roast Gravy** offers a sheer texture and balanced taste that rounds out your favourite roasts. Its appeal to modern palates keeps your dishes in sync and on trend.





# Spicy Vegetable Tagine

Pungent Moroccan spices deliver a winning burst of flavour.

## Serves 10

50ml	Olive oil
200g	Red onion
750g	Sweet potato
200g	Carrot
100g	<b>Knorr Patak's Mild Curry Paste</b>
25g	<b>Knorr Vegetable Booster</b>
500g	<b>Knorr Pronto Napoli</b>
600g	Eggplant
20g	Coriander
200g	Silverbeet

1. Dice all vegetables into 3cm cubes. Heat oil in a large pan. Sauté onion, sweet potato and carrots for 10 minutes, add **Knorr Patak's Mild Curry Paste** for the last few minutes.
2. Mix **Knorr Vegetable Booster** with 1l of warm water. Add to pan along with **Knorr Patak's Mild Curry Paste** and **Knorr Pronto Napoli**. Simmer for 30 minutes then add eggplant. Continue cooking for 15 minutes or until all vegetables are tender.
3. Stir through chopped coriander and silverbeet, cook for a further 5 minutes until silverbeet is wilted.
4. Serve tagine with lemon scented couscous or steamed brown rice.



## Serves 10

1.5kg	Butternut pumpkin, seeded and peeled
60ml	Olive oil
50g	<b>Knorr Tomato Powder</b>
20g	<b>Knorr Aromat Seasoning</b>
40g	<b>Knorr Golden Roast Gravy</b>
50g	<b>Knorr Tomato Powder</b> extra for gravy

1. Make thin, even slices along the pumpkin, approx. 5mm apart, cutting through two thirds of the way into the pumpkin.
2. Transfer to a baking tray, drizzle with oil and sprinkle with **Knorr Tomato Powder** combined with **Knorr Aromat Seasoning**.
3. Bake in a combi oven at 175°C for 50-55 minutes or until tender.
4. Combine **Knorr Golden Roast Gravy** and extra **Knorr Tomato Powder** with 600ml of warm water. Whisk together and simmer for 2-3 minutes.
5. Drizzle pumpkin with tomato gravy and sprinkle with pepitas and thyme sprigs. Slice pumpkin into portions to serve.



# Roasted Hasselback Pumpkin

Discover a new veggie-based centre-plate hero.



# THE GROWING INFLUENCE OF FERMENTED FOODS







For chefs, fermentation offers an irresistible combination of benefits. Not only can it create delicious and unexpected flavours, but it has positive health associations and can help us better manage the often-needless waste of fresh food.

The influence of fermentation is ever widening, bringing a new dimension to menus across the country. Labneh yoghurt, amba sauce, kefir milk, miso paste, sauerkraut and tempeh cake have hit the mainstream, while the likes of kimchi, doenjang jjigae and fermented fruits are now capturing attention.

## IN-MARKET INSPO

Rob Cockerill's southern octopus at iconic Sydney restaurant **Bennelong** is paired with charred pickled cucumber, salted lime aioli and agretti ice plant, while the menu at **Restaurant Mason** in Newcastle features roasted and pickled cabbage alongside wagyu beef with Katsuobushi potato butter and barbequed shiitakes.

In central Christchurch, **Little Poms** café does a burger of pan-fried fish with a charcoal bun, pickled vegetable slaw, roast peanuts, fermented chilli lime mayo and hand-cut fries with lemon aioli.





## FOUR WAYS TO TAKE FERMENTATION FURTHER

Consider these ideas to take advantage of the surging popularity of food preservation:

- Create your own fermented fare and add it to your menu as ingredients, condiments or garnishes for a sure-fire way to set your dishes apart
- When made naturally, the likes of house-made kombucha avoids much of the over-engineering that goes into commercial varieties
- Enjoy the benefit of provenance that is attached to house-made condiments and ingredients. Including this detail on your menu can surprise and delight diners
- For a valuable new revenue stream, create a retail line of preserves so that diners can enjoy the fruits of your labour at home



### TAKE OUT:

Fermented foods are taking the culinary world by storm. When you consider fermentation adds flavour intensity to otherwise mild-tasting foods, the only surprise is that it hasn't gone bigger before now.



### TOP TECHNIQUE HACK

Watch how you can elevate your pizza game with this cold fermented pizza dough technique, which adds flavour and crunch to your favourite Italian pies.



## FOR YOUR TOOLKIT

With an exciting citrus freshness derived from Tahitian lime and yuzu juices, **Knorr Intense Flavours Citrus Fresh** liquid seasoning delivers a zesty profile that is difficult to blend from scratch.

## Serves 10

14g	Dry yeast
10g	Sugar
5g	Salt
1.5l	Warm water
1kg	Plain flour
80ml	Olive oil
75ml	<b>Knorr Intense Flavours Roast Umami</b>
200g	Bocconcini, drained
1	Head fermented garlic
50ml	Extra virgin olive oil
150g	Honey
15g	Fresh thyme

1. Combine yeast, sugar, salt and water in a bowl. Whisk until dissolved then set aside for 10 minutes.
2. Sift flour into a large bowl. Add yeast mixture and oil. Bring together to make a soft dough.
3. Knead dough on a lightly floured surface for 15 minutes or until elastic and smooth. Place in a large lightly oiled bowl, cover with plastic and set aside in a warm place for 45 minutes to an hour or until dough has doubled in size.
4. Punch down dough with fist. Knead lightly until smooth. Pizza dough is now ready to be topped. Portion dough into ten pieces and shape into small rounds.
5. Spread pizza rounds with **Knorr Intense Flavours Roast Umami**. Slice bocconcini and arrange on pizzas with thinly sliced fermented garlic cloves. Scatter with half the thyme sprigs.

## Fermented Garlic Honey Pizza

Capture the intense flavours of fermented foods on this delicious Italian pie.

6. Bake pizzas in combi oven at 180°C for 15 minutes or until cheese is melted and golden.
7. Drizzle pizzas with extra virgin olive oil, honey, salt, cracked black pepper and remaining thyme sprigs.

## Kimchi Cream Eggplant Taco

This street food classic is bursting with fermented Korean flavour.

## Serves 10

40ml	Olive oil
2kg	Large eggplant, thinly sliced or corn tortillas
80g	Gochujang
20g	Rice wine vinegar
30g	Soy sauce
30g	Caster sugar
15g	Garlic, crushed
1kg	Japanese eggplants, cut into strips
600g	Swiss brown mushrooms, sliced
80g	<b>Knorr Intense Flavours Wild Mushroom Earth</b>
100g	Kimchi
150g	<b>Hellmann's Vegan Mayonnaise</b>

1. Brush 20ml oil over eggplant and grill until soft. Combine gochujang, rice wine vinegar, soy sauce, caster sugar and garlic. Add remaining oil to large pan, add eggplant and mushrooms and cook for 4-6 minutes over high heat, add gochujang mixture and toss to combine. Add **Knorr Intense Flavours Wild Mushroom Earth**.
2. Combine kimchi and **Hellmann's Vegan Mayonnaise** and blend until smooth.
3. To assemble tacos, divide vegetable mixture into eggplant 'tacos'. Add toppings and spoon over kimchi cream.





**DINERS ARE  
FAVOURING**  
NATURAL  
FLAVOURS





Along with a shift towards whole foods, organic sourcing and smaller meals, flavouring is following suit as people search for simplicity, nutrition and transparency in everything they consume.

From exotic African and South American spice mixes to the fabulous, fermented flavours of tamari, chimichurri and gochujang, there is no shortage of exciting, natural flavours to explore. Also rising are immunity-boosting botanicals and natural sweeteners, such as raisins, citrus and mango.

## IN-MARKET INSPO

Head chef at Sydney restaurant **Fred's**, Danielle Alvarez, does pork and pineapple tacos that are naturally seasoned with a heady marinade of chillies in adobo sauce, paprika, cumin and apple cider vinegar.

Authentic Chinese Sichuan and Xi'anese flavours are the order of the day at Auckland restaurant, **Ghost Street**. Grilled lamb skewers feature a cumin chilli sesame rub with coriander, while the wok-seared eye fillet is served with a union of natural flavours including doubanjiang (a fermented chilli bean paste), Chinese celery, ginger and dried chilli.





## NINE NATURAL FLAVOUR TYPES TRENDING NOW

1. **Immunity**—Ginger and Honey
2. **Dessert**—Banana and Peanut butter
3. **Exotic**—Amba and Cardamom
4. **Botanical**—Lavender and Hibiscus
5. **Citrus**—Sicilian lemon and Yuzu
6. **Spicy**—Jalapeño and Chipotle
7. **Mint**—Peppermint and Spearmint
8. **Nostalgia**—Vanilla and Cinnamon
9. **Berries**—Blackcurrant and Elderberry



### TAKE OUT:

Changing preferences are seeing chefs turn to natural, additive-free options that are also gluten-free, vegan and low in salt in order to deliver a guilt-free flavour hit.



### FOR YOUR TOOLKIT

Proudly containing 'no nasties', Australian-made **Knorr Vegetable Booster** offers real, natural deliciousness with no compromise on taste. It's the perfect flavour booster when transparency and naturalness matter.

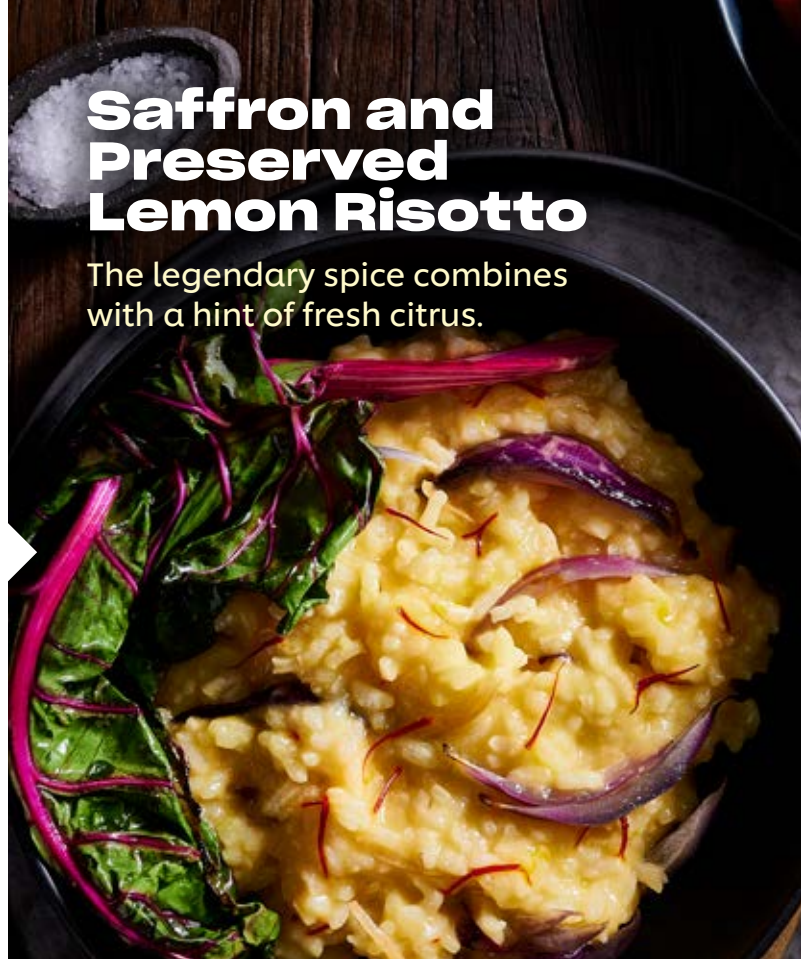
## Serves 10

150ml	Olive oil
250g	Onion
4	Cloves garlic
1kg	Arborio rice
	Large pinch saffron threads
20g	<b>Knorr Vegetable Booster</b>
40g	<b>Knorr Intense Flavours Roast Umami</b>
50g	Julienne preserved lemon skin

1. Heat oil in a large pan over medium heat. Add chopped onion and garlic and cook until onion is just tender. Add rice and saffron threads and stir to coat.
2. Combine **Knorr Vegetable Booster** and **Knorr Intense Flavours Roast Umami** with 2l of warm water.
3. Gradually add liquid to rice, stirring between additions. Rice should be al dente with nearly all the liquid absorbed. Add extra boiling water if needed. Season and stir through preserved lemon.
4. Serve risotto with roasted red onion wedges and sautéed rainbow chard.

## Saffron and Preserved Lemon Risotto

The legendary spice combines with a hint of fresh citrus.



## Beetroot Risotto with Labneh

Revel in the natural flavours of beetroot and soft Lebanese cheese.



## Serves 10


300g	Greek style yoghurt
500g	Trimmed baby beetroot
150ml	Olive oil
300g	Onion
4	Cloves garlic
10g	Thyme
1kg	Arborio rice
20g	<b>Knorr Vegetable Booster</b>
40ml	<b>Knorr Intense Flavours Roast Umami</b>
850ml	Beetroot juice

1. Place yoghurt in the centre of a large length of muslin cloth. Twist ends tightly to form a ball and tie at the top. Hang muslin over a colander or sink using a large wooden spoon and drain for 24 hours. The yoghurt will drain of excess liquid and form a soft cheese.
2. Place beetroot on squares of foil and drizzle with a little oil. Wrap up and cook in combi oven at 170°C for 30 minutes or until tender then halve or quarter. Set aside and keep warm.
3. Heat oil in a large pan over medium heat. Add chopped onion, garlic and thyme and cook until onion is just tender. Add rice and stir to coat.
4. Bring beetroot juice to a simmer. Combine **Knorr Vegetable Booster** with **Knorr Intense Flavours Umami**, 500ml of boiling water and warmed beetroot juice.
5. Gradually add liquid to rice, stirring between additions. Rice should be al dente with nearly all the liquid absorbed. Add extra boiling water if needed. Season.
6. Stir roasted baby beetroot through risotto and serve topped with shaved heirloom beetroot, a dollop of labneh and micro red mustard leaves.





**COULD SPEED  
SCRATCH BE  
YOUR SMARTEST MOVE?**



With experienced staff hard to find and time in the kitchen at a premium, the one thing that hasn't changed is the expectation of perfection from diners. Adopting a few speed-scratch principles will help you maintain consistency, minimise waste and maximise creativity.

Otherwise known as the ready-to-innovate movement, speed scratch is becoming a popular way to efficiently build dishes and flavours off reliable and cost-effective convenience bases. When used well, speed scratch is a smart platform for creating signature flavours with consistency and flair.

## IN-MARKET INSPO

Once upon a time, speed scratch was considered a sneaky move, but even influential chefs such as **Yotam Ottolenghi** now freely admit to creating famous dishes and flavours using reliable, ready-to-innovate products.

Ottolenghi says the longer shelf life of convenience foods unlocks sustainable cooking principles and is no barrier to creating incredible dishes. His most recent book, *Shelf Love*, exposes a shift in attitude where Ottolenghi challenges chefs to make more from what is readily accessible.





## TOP SPEED SCRATCH TACTICS

- The simple addition of fresh herbs and spices can transform a convenience base into a distinctive, flavour-filled masterpiece
- Sauces, seasonings and dressings are ideal speed scratch items. For example, simply add roasted garlic and a squeeze of fresh lemon to a mayonnaise base to create your own artisan aioli
- Remember, frozen veggies have already been cooked, so reduce cooking times to keep them crunchy
- Rich signature flavours can be built around a gravy base. For maximum versatility, look for a gluten-free base with a light taste profile, such as **Knorr Golden Roast Gravy**
- Sous-vide cooking is an efficient way to gently cook food. [Click here](#) to see how we use a sous-vide method to cook juicy, tender ribs
- Fast-track your way to incredible smoked flavours with **Knorr Intense Flavours Deep Smoke**, a liquid seasoning that has a natural, charred hardwood smokiness that's ideal as a marinade, infusion, garnish or sauce



### TAKE OUT:

Agile operators have been turning to speed scratch principles as they realise the labour-saving benefits of building custom flavours off high quality convenience bases.



### TOP TECHNIQUE HACK

Watch how quick and easy it is to prepare five delicious parmigiana sauces, each built on a base of Knorr Tomato Powder.



## FOR YOUR TOOLKIT

With a scratch-made taste and texture, gluten-free **Knorr Potato Flakes** delivers a rich and creamy mash that is great for croquettes, schnitzels, pizza bases, soups and gnocchi.



# Amatriciana Pasta with Pulled Pork

A twist on a traditional dish that can be executed simply and efficiently.

## Serves 10

850g	Rigatoni
50ml	Olive oil
300g	Onion
6	Cloves garlic
15g	Dried chilli flakes
20g	Fresh thyme
1l	<b>Knorr Pronto Napoli</b>
800g	Pulled pork

1. Cook pasta in a large pan of boiling water until al dente. Drain, reserving 250ml of pasta water and keep warm.
2. Heat oil in a large pan. Add chopped onion, cook for 5 minutes without colouring until softened then add finely chopped garlic, chilli flakes and half the chopped thyme.
3. Cook for a further 2-3 minutes then stir through **Knorr Pronto Napoli** and pulled pork. Simmer for 15 minutes then toss pasta and reserved water through sauce. Simmer until thickened.
4. Divide pasta between serving dishes. Sprinkle with remaining thyme, salt and cracked pepper and extra chilli flakes if desired.



## Serves 10

100g	<b>Knorr Potato Flakes</b>
100g	Corn flour
300ml	Boiling water
2	Egg whites
20	Whole baby squid, cleaned, sliced
400g	<b>Hellmann's Real Mayonnaise</b>
200g	<b>Knorr Thai Sweet Chilli Sauce</b>
300g	Kale, fried
120	Mixed chillies, sliced and fried
400g	Lemon

1. In a bowl mix the **Knorr Potato Flakes**, corn flour and boiling water together. Allow to cool.
2. Whisk in the egg whites. Use chilled water to thin mix if needed.
3. Coat the squid with the batter and then gently place in deep fryer too cook until golden brown.
4. In a bowl mix the **Hellmann's Real Mayonnaise** with the **Knorr Thai Sweet Chilli Sauce** (portion into ramekins).
5. To assemble, arrange the squid, kale and chilli on plate. Finish with lemon and a portion of sauce on the side.



## Crispy Fried Squid

Use trusted time-saving bases to create a golden crunchy favourite.



# PUT THE TRENDS INTO ACTION

KEEP AN EYE OUT FOR  
OUR NEXT DEEP DIVE REPORT  
IN SEPTEMBER 2022, PUTTING  
TRENDS INTO ACTION WITH HOT  
ON-TREND RECIPES, EASY COOKING  
HACKS AND TECHNIQUES TO APPLY  
STRAIGHT TO YOUR MENU.

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