



## What can you expect in 2020?

Diane Camp, Executive Development Chef at Reynolds, gives us her predictions on what trends will emerge or keep growing in 2020 and how best to answer them.



### 1 - FLEXITARIANISM

With a wide range of plant-based proteins now available (tofu, seitan, soy, tempeh etc.), and 'meat-free Monday' promotions, it's easier than ever for people to eat meat-free meals occasionally in an attempt to be healthier and help the environment.

Along with the rise of vegans, we expect to see more 'accidental vegans', who will choose to eat the vegan option on the menu, not because it's vegan but because they really like the sound of the dish.

### 2 - BREXIT-LED CHOICES

Depending on the outcome of Brexit, there is a possibility that the price and/or availability of imported produce will affect consumer choice.

Operators are already looking for British alternatives, rather than having to rely on products from the EU. For example, swapping olive oil for rapeseed oil or using vinegar as an alternative to lemon juice.

With Brexit likely to encourage consumers to return to a seasonal diet, it will be important to use and advertise 'Best of British' produce



### 3 - SNACKING

Due to people's busy lifestyles, consumers don't always have the time to leave the office for a full lunch break, and therefore a few snacks during the day is becoming preferable, and people are expecting choices to include more than a bag of crisps or a chocolate bar.

Fresh snacks such as raw veg pots with hummus, fruit pots or freshly baked muffins are examples of popular new ways of snacking.

We expect this trend to grow in 2020, with a focus on protein snacks, both plant based and non-plant based.



# TOP 2020 INGREDIENTS

## 1 - JICAMA



Also known as yam beans, jicama is a tuber and the vine of the plant can grow to a height of 4-5 metres and the root can weigh up to 20kg. High in inulin (pre-biotic fibre), it has gut bacteria properties amongst other health benefits. Delicious shaved in a slaw or a salad.

## 2 - JACKFRUIT



Jackfruit is the largest tree borne fruit in the world. This Asian staple is becoming more commonly known as an ingredient in the UK with the rise of plant based eating. It makes a fantastic replacement for meat.

## 3 - FRESH TURMERIC



This bright orange root-like subterranean stem contains more than 300 bioactive compounds.

Commonly used in curries and rice, you can also try using fresh turmeric in teas and lattes.

## 4 - KOHLRABI



From the German for 'cabbage turnip', they are also known as 'German turnip' despite the fact they are not in the same species as turnips. It is a very versatile ingredient, that you can grate raw in a salad, to replace celeriac for an allergen free alternative.



## 5 - YOUNG COCONUT



Popular for their high yield of water, the flesh is much softer and jelly-like than a mature coconut, hence their other name "jellynut". Blend it in smoothies or scoop the flesh as the perfect addition to a salad.

## 6 - PINK CHINESE LEAF



With a trend towards instagrammable food, its bright and colourful appearance makes it a good alternative to your standard leaves. These leaves are also used in kimchi, a fermented preparation with gut health benefits.

## 7 - BLACK GARLIC



Black garlic is a type of aged garlic. The typical brown color is due to the Maillard reaction, not caramelization. This ingredient works well blended in a mayonnaise or added to a puree for a sweet and subtle flavour.

## 8 - WATERMELON RADISH



This ancient variety of root vegetable has a vibrant pink interior colour which makes it ideal for a colourful dish. Perfect thinly sliced in a ceviche. They can also be pickled.

## 9 - SWEETSTEM CAULIFLOWER



Because of its sweeter flavour, it is usually preferred to the standard cauliflower by children. They are high in vitamin C. You can eat it raw, steamed, or drizzle with olive oil, salt and pepper, sprinkle with grated cheddar and roast for 12 mins at 180c.

## 10 - BANANA BLOSSOM



They are perfect to create an innovative, plant-based fish and chips. Indeed, the flaky texture is very similar to fish. Tinned banana blossoms can be dipped in flour and batter, then deep-fried.