

**FUTURE
MENUS**
2023

IRRESISTIBLE *Vegetables* AN EMERGING PLANT-BASED TREND



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SNAPSHOT: PLANT BASED *Trend*

Plant-based eating is a growing trend as more people prioritize vegetables in their diets.

50%

OF CONSUMERS IN KSA ARE REDUCING MEAT CONSUMPTION, MAKING PLANT-BASED EATING A SIGNIFICANT TREND.

FLEXITARIANS ARE ON THE RISE

PEOPLE ARE SEEKING A BALANCED APPROACH, INCORPORATING PLANT-BASED OPTIONS AND TRADITIONAL PROTEIN SOURCES.

COMMITMENT TO SUSTAINABILITY

BY INCORPORATING MORE PLANT-BASED DISHES ON MENUS, RESTAURANTS ARE CONTRIBUTING TO A MORE SUSTAINABLE FOOD SYSTEM, WHICH IS BECOMING INCREASINGLY IMPORTANT TO ENVIRONMENTALLY AWARE CONSUMERS.

10%

UPTICK IN SALES FOR RESTAURANTS WITH PLANT-BASED MENUS. A GLOBAL REPORT BY THE GOOD FOOD INSTITUTE HAS FOUND THAT RESTAURANTS WITH PLANT-BASED MENUS WITNESSED AN INCREASE IN SALES.

PROACTIVE MENU CHANGES

CHEFS ARE TAKING PROACTIVE MEASURES TO MAKE PLANT-BASED DISHES MORE ATTRACTIVE ON THEIR MENUS, INCLUDING USING SMART DISH NAMES, STRATEGIC PLACEMENT, AND EXPERIMENTING WITH INGREDIENTS AND PRESENTATION.

IRRESISTIBLE VEGETABLES STEALING THE *Spotlight*

Vegetables are no longer just side dishes, but the star of the show. Meet the evolving needs of your customers who want more health conscious and nutritious options that go beyond traditional protein- focused meals.

CHEFS PUSHING VEGETABLES FORWARD



CHEF MARIANO RAMON OF GRAN DABBANG IN BUENOS AIRES IS ONE EXAMPLE OF A CHEF WHO IS PUSHING THE BOUNDARIES WITH PLANT-BASED DISHES. HIS INNOVATIVE AND INGENUOUS APPROACH TO COMBINING LATIN AMERICAN AND ASIAN FLAVORS CAN BE SEEN IN HIS CASSAVA ROTI WITH BANANA PRATTA CHILI JELLY. BY USING SMART COMBINATIONS OF INGREDIENTS AND TECHNIQUES, HE ELEVATES VEGETABLES TO BE THE STAR OF THE PLATE.

CHEF RENÉ-NOEL SCHIEMER BELIEVES THAT FLEXITARIAN DISHES DON'T HAVE TO BE COMPLICATED. INSTEAD, CHEFS CAN BE INNOVATIVE WITH ONE MAIN INGREDIENT TO SIMPLIFY THEIR MENU AND OFFER MORE PLANT-BASED OPTIONS. HE USES DIFFERENT TECHNIQUES TO MAKE CARROTS PLAY MULTIPLE ROLES ON THE PLATE, PROVING THAT IT IS POSSIBLE TO CREATE DELICIOUS AND CREATIVE PLANT-BASED DISHES WITHOUT SACRIFICING TASTE.



EXPLORE IRRESISTIBLE
VEGETABLES RECIPES



QUINOA BREADED Eggplant

Eggplants are often found across menus from mezze to a main vegan option. This appetizer recipe involves a fun play of texture and contrasting flavors inspired from far east Asian cuisine.



INGREDIENTS (Serves 10)

SCALLION SAUCE

- 10g Scallions, green part, finely chopped
- 5g Coriander leaves
- 5g Parsley
- 10ml Sesame oil

120g Hellmann's Vegan Mayo

- Combine all the ingredients in a food processor and puree until smooth. Taste and adjust seasoning.
- Transfer to a piping bag, secure the ends and chill until ready to use.

CHILI DRESSING

- 30g Sambal oelek
- 40g Korean chili paste
- 120g Hellmann's Vegan Mayo
- 100g Tofu, drained

- Combine all the ingredients in a food processor and puree until smooth. Taste and adjust seasoning.
- Transfer to an air-tight container and chill until ready to use.

BREADING

- 100g All purpose flour
- 45g Cornstarch
- 35g Rice flour
- 60g Tapioca flour
- 10g Baking powder
- 200ml Cold water

EGGPLANT

- 10 pcs Baby eggplant
- 5g Salt
- 5g Knorr Professional Aromat Seasoning Mix
- 1g Crushed black pepper
- 100g White quinoa, cooked and cooled through
- dry Breading mix
- Batter
- Oil for deep-frying
- 3g Black sesame seeds
- 10g Microgreens

- Combine the flours and baking powder in a bowl. Dry whisk to combine evenly.
- Divide the mixture into 2. One to be used dry and other made into a wet batter.
- Make the batter by whisking in cold water into the other half of the mixture. The batter should be slightly thin. Adjust the amount of water accordingly.

METHOD

- Peel the eggplants. Gently poke each one with a toothpick or fork.
- Sprinkle with salt and let it degorge for at least 30 minutes.
- Steam the eggplants until they are fully cooked. Be careful not to “flatten” the eggplants.
- After steaming, place them on a perforated food pan or drum sieve to drain off any excess liquid.
- Season the eggplants with Knorr Professional Aromat Seasoning Mix and black pepper. Set aside.
- Heat oil to 175° for deep-frying.
- Place the quinoa in wide base bowl or tray.
- Sprinkle ½ of the dry breading mix over the quinoa to coat each grain.
- To prepare the eggplants, dredge each one with the dry breading mix, then dip in the batter and finally coating them evenly with the floured quinoa.
- Fry the eggplants until crispy and golden brown.
- Serve the eggplants with both of the sauces for flavor contrast.
- Sprinkle with black sesame seeds and micro greens for garnish.

PRODUCTS USED



Beetroot CRÈME BRULEE



INGREDIENTS (Serves 10)

250ml Milk
200ml Heavy cream
80g Egg yolk
110g Sugar
5g Knorr Professional Lime Seasoning Powder
60g Beetroot puree
5ml Vanilla liquid
1 Stick cinnamon
15g Parmesan cheese
Sugar for caramelizing

METHOD

- Pour the cream and milk in a saucepan with cinnamon stick and heat for 80°.
- Pour the egg yolk, sugar and the Knorr Professional Lime Seasoning Powder in a pot and whisk for 2 minutes. Add the vanilla and the beetroot puree and whisk well for 1 minute.
- Remove the cinnamon stick from the heat and strain the liquid.
- Add the heated cream to the beetroot mixture very slowly. Add the parmesan cheese and whisk to combine.
- Pour the mixture into ramekins, and arrange them in baking pan. Pour hot water into the pan until it reaches half way through the ramekins.
- Bake it for 25 to 30 minutes at 160°.
- After that set the crème brulees in the chiller for 2 hours minimum.
- After the crème brulee has set, add the sugar on top and burn it with blowtorch.
- Garnish with some diced pickled beetroots.

PRODUCTS USED



Okra STEW



INGREDIENTS (Serves 10)

50ml Olive oil
100g White onion sliced
100g Red onion sliced
70g Garlic cloves
2 Sticks French thyme
1 Stick cinnamon
2g Chilli flakes
150g Pumpkin diced, roasted
20g Tomato paste
500g Knorr Professional Tomato Pronto
200ml Water
2g Sweet pepper corn
3g Cumin
3g Smoked paprika
600g Okra
250g Cooked chickpeas
Garnish
50g Fried okra
10g Fried garlic
Micro herbs

METHOD

- *In a saucepan heat olive oil add onion, garlic, thyme, cinnamon, chilli flakes and the roasted pumpkin and cook for 3 minutes.*
- *Add the tomato paste, Knorr Professional Tomato Pronto, water and spices and get them to the boil.*
- *Then add the fresh okra to the water, mix, cover and cooked for 15 to 20 minutes on medium heat.*
- *After cooking remove the cover add the cooked chickpeas and let it rest for 5 minutes.*
- *Plate and garnish with fried okra, fried garlic and micro herbs.*
- *Serve with white rice on the side.*

PRODUCTS USED



ALL THINGS *Zucchini*

Vegetarian (contains eggs & dairy)

Zucchini or courgette are packed with vitamins and nutrients as well as rich in antioxidants. Luckily, this is one of the staple vegetables in most pantries in this region. It is often stuffed, roasted or even grilled. In this recipe, this much-loved cucurbit variant is grated & incorporated into a pasta dough, lightly roasted and the trimmings were used to make a zucchini velouté. This plant based dish is filling and makes a good addition to a flexitarian menu.



INGREDIENTS (Serves 10)

PASTA DOUGH

150g Zucchini, grated
3g Salt
300g Pasta double 00 flour
2 pcs Egg yolks
1 pc Whole egg
45ml Extra virgin olive oil
2l Water
30g Salt
Olive oil

METHOD

- Place the grated zucchini in a bowl. Sprinkle with salt and mix them well.
- Transfer to a strainer and let the zucchini degorge for about 20-30 minutes. Reserve the strained liquid for the velouté.
- Combine the flour, eggs, zucchini and oil in a mixer.
- Using the dough hook attachment, turn on at low speed to combine the ingredients.
- Turn the speed up to 4-5 to knead the dough until it forms into a ball. Continue to knead until the surface of the dough ball is almost smooth. Be careful not to over work the dough.
- Cover the dough ball with cling film and let it rest for at least 30 minutes.
- Divide the dough into 4. Cover the rest while rolling out each portion to prevent it from drying.
- Using an electric or a manual pasta machine, roll out the dough until you have reached your preferred thickness for a lasagna (#5 or #6).
- Place the sheet on a floured surface. Dust with flour & cover each layer with a kitchen towel or parchment paper to prevent them from sticking together.
- Bring a pot of water to a boil and add salt.
- Cook the pasta sheets for 2-3 minutes.
- Drizzle the pasta with oil to prevent it from sticking together.

ZUCCHINI VELOUTÉ

60ml Unsalted butter
50g White onions, finely minced
10g Garlic cloves, minced
200g Green zucchini, sliced into cubes (you can use trimmings)
30g AP flour
500ml Water
10g Knorr Professional Aromat Seasoning Mix or Knorr Professional Vegetable Stock Bouillon Powder
20g Parsley
125ml Cream

- In a hot saucepan, melt the butter and sweat the onions and garlic until fragrant.
- Add the zucchini and cook until the zucchini begins to soften.
- Add the flour to coat the mixture in the pan.
- Pour in the water. Mix well to thicken the liquid.
- Add the Knorr Professional Vegetable Stock Bouillon Powder. And continue to simmer until the zucchini is completely softened.
- Puree the sauce by using a hand blender. If the sauce appears too pale, add a handful of fresh parsley to brighten the color.
- Bring the sauce back to the pan. Taste and adjust seasoning.
- Add the cream to enrich the sauce.
- Set aside until ready to use.

ZUCCHINI LASAGNA

500ml Knorr Professional Tomato Pronto, pureed
150g Emmenthal cheese slices
80g Parmesan cheese, grated
Zucchini velouté
Zucchini pasta sheets
Roasted zucchinis

- Preheat the oven to 175°.
- To assemble the pasta, line a 1/3 sheet food pan with ½ cup of the velouté. Spread the sauce evenly across the pan
- Arrange a layer of pasta sheet on top of the sauce. Ladle another layer of sauce, followed by a thin layer of roasted zucchini and Emmenthal.
- Repeat the process one more time and finish with a layer of pasta sheet.
- Ladle the velouté on top and sprinkle with a generous amount of parmesan.
- Bake in the oven for 12 minutes.
- To serve, cut a portion of the lasagna.
- Place a layer of velouté on the bottom of the plate, followed by the lasagna.
- Top the lasagna with ½ cup of warm puree of Knorr Professional Tomato Pronto followed by some fried zucchini and finely grated parmesan cheese. Serve immediately.

ZUCCHINI SLICES

200g Green zucchini, thin half moon slices
200g Yellow zucchini, thin half moon slices
125ml Olive oil
10g Knorr Professional Aromat Seasoning Mix or Knorr Professional Vegetable Stock Bouillon Powder
2g Crushed black pepper

- Preheat oven to 200° or a salamander.
- Drizzle the zucchini slices with olive oil and season with Knorr Professional Aromat Seasoning Mix and Knorr Professional Vegetable Stock Bouillon Powder.
- Arrange the zucchini slices on a lined baking tray. Make sure that the slices are not overlapping each other as much as possible.
- Lightly roast them in the oven or broil under a salamander.
- Set aside until ready to use.
- Reserve a small amount of roasted sliced zucchinis for frying to be used for garnish.



PRODUCTS USED