

CONFIDENCE
IN EVERY CASE.



China's favorite breakfast treats, jiangbing are hand-held, gluten-free crepes made with egg and tangy-spicy sauces. Stuff them with craveable ingredients like tender pulled pork, crunchy cabbage, fried wontons, and zesty scallions.

WINTER 2020 TRENDS AT A GLANCE

- Looking for protein-heavy, plant-based ingredients? Beans fit the bill!
- Reinvent the french fry with color, texture, and new flavors.
- Part sophistication, part late-night fun, crepes are making a comeback.
- What does it mean to be a chef today?
- Millennials have the spotlight, but what about everyone else?
- Arabic foods: beyond hummus and falafel.

Trends

WINTER 2020

Spill The Beans

Diners are increasingly hyper-focused on high-protein and plant-based foods. Alongside all of the new-fangled, lab-based, cell-cultured options out there is the humble bean. A staple food for millenia, beans are being re-examined as a healthy, versatile ingredient worthy of menu inclusion.

- Retro and heirloom recipes—like Southern succotash, French cassoulet, and Cajun red beans and rice—fit the bill for those in search of authenticity (see photo at right).
- Most world cuisines incorporate some type of bean in their classic dishes. Think feijoada in Brazil, black beans and rice with plantains in Puerto Rico, and garbanzo beans in Israel. Modern interpretations of these recipes are packed with produce and herbs.



- The creamy texture of mung beans is proving an ideal substitute for those that are eliminating soy from their diets.

Alternative Fries

The light, crispy French fry is one of the world's most beloved side dishes, but with low nutritional value and high fat content, many chefs are transforming this favorite to meet the demands of health-minded diners.

- Tubers such as beets, carrots, celery root, parsnips, and yucca can add a pop of color or bolder flavors and reduce fat if baked.
- Substitute protein-rich garbanzo puree or polenta for potatoes to create crunchy-on-the-outside, fluffy-on-the-inside strips that can be paired with a variety of global sauces such as cucumber and dill tzatziki, mango chutney, marsala ketchup, and garlicky aioli.
- Lightly fry green beans, asparagus, Portobello mushrooms, and avocados dipped in parmesan batter to reduce the "bad carbs" and increase vitamins and minerals.

Global Crepes

Thin pancakes stuffed with an array of sweet or savory ingredients, crepes are a versatile dish with international variations.

- French crepes can be found in white-tablecloth settings or on the streets of Paris. Uptown versions include orange zest and Grand Marnier, while more casual

preparations are filled with Nutella and bananas or strawberries and cream.

- Baltic and Russian varieties are stuffed with a Ricotta-like cheese and slathered with house-made jams like lingonberry, bilberry, raspberry, apple, or sea buckthorn.
- Jianbing are the latest Chinese snack to become popular stateside. Their soft, eggy outside is filled with a crispy cracker and gooey, umami-rich sauces (see photo at left).

The Evolving Chef's Hat

Foodservice operators' roles are changing in big ways. In the era of #metoo, open kitchens, and morphing delivery platforms, many chefs are creating more collaborative spaces and challenging old school culinary traditions. With labor being one of today's top challenges, providing safe, creative workplaces that allow employees to contribute and learn are definitely modern goals.

- Traditional top-down hierarchies work in some kitchens, but Millennial cooks are increasingly using a cooperative model where all levels have input and have their voices heard.
- Transparency may be a buzzword, but diners truly do want to know what is in their food and how it is prepared. Open kitchens allow guests to interact or at least observe the process.
- As the dine-in lifestyle becomes more prevalent, chefs must fine-tune delivery services to ensure customers choose them.

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Trends

WINTER 2020



Broad Audiences

For most of the 2000s, foodservice operators have been mindful of what the younger generations (Millennials and Gen Z) want and crave to eat. The reality is that all age groups (hello boomers and Gen Xers!) are eating out and want their needs met too. How do chefs write menus that satisfy all?

- Younger folks want an experience, unique ingredients, and digital connection, while older people look for nostalgia, comfort foods, and value.
- Offer well-known dishes with customizable components to reach multiple age ranges. For instance, bowls (think rice, salad, or noodles) that have choices like chopped chicken, plant-based meat, whole vegetables, exotic fruits, seeds, nuts, and dressings.
- Retro soups like matzo ball, chicken noodle, and old-fashioned tomato satisfy the older crowd's need for familiarity as well as the younger set's desire for authenticity. Be sure to modify by using touchstones like house-made pasta, fresh herbs, and organics (see photo above).

The Hot List

- Fava beans
- Macanese foods
- Chrysanthemum salads
- Tahini
- Tom yum cocktails
- Sea fennel
- Gig economy
- American delis
- Hibiscus glaze
- Progressive campus dining
- Benne seeds
- Infused honey
- Chermoula
- Laotian cuisine
- Dates
- Foodie kids
- Extreme weather impact
- Hash browns
- Vegan "butter" spreads
- Regenerative agriculture
- Sweet potatoes
- Tamarinds
- Porridge
- Plant burger wars
- Expanded take-out
- Churros
- Whole fish platters
- CBD everything
- Alternative flours
- Celery juice
- Themed cafes
- Cold-pressed drinks
- Hemp Seeds
- Mung Beans

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Arabic Foods

Say Middle Eastern foods and you may think hummus and falafel, maybe kebabs. Say Mediterranean cuisine and olive oil, tomatoes, and grilled fish come to mind. Yet Arabic foods encompass these and so much more. Increased interest in these countries and cultures has allowed chefs to expand their repertoires to include a wider range of delicious recipes.

- Tah dig, or Persian jeweled rice, has a browned, crunchy bottom that mixes with the soft, saffron-flavored inner grains, vibrant ruby red pomegranate seeds, dried fruits, pistachios, rose petals, and herbs like mint, cilantro, and parsley to produce one of the world's most iconic one-dish recipes.
- Fusion restaurants can add Arabic accents to grilled meats and vegetable dishes with ingredients like preserved lemons, charred spring onions, and orange blossom water as well as spice blends and sauces like baharat, harissa, ras el hanout, zhug, and za'atar.
- Lebanese and Palestinians prepare green chickpeas by roasting in their pods until the outside is charred, then serve with a creamy dipping sauce made with labneh and tahini, Aleppo pepper, and plenty of lemon juice.
- Flatbreads like lavash, pita, injera, and khubz play a big part in Arabic dining. Add toppings such as sumac, thyme, Aleppo pepper, and sesame.
- Dates and persimmons are common salad and dessert ingredients. Try pairing with labneh, pomegranate molasses, food-grade mastic, and tahini.

Resources:

Bon Appetit
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Eater
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FoodBytes
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