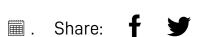
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Top Healthy Food Trends for Chefs



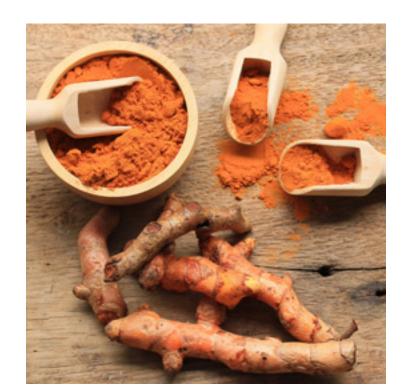
Even in established restaurants, good chefs who work with quality ingredients can be let down by inferior tools. With so many different types of kitchen equipment available, we understand that it can be challenging identifying just what you need. Here's a selection of both common and specialised kitchen equipment that will be useful in almost any kitchen.

As diners move toward healthier food and lifestyle choices, your menu should too. Here's a list of healthy trends that chefs should take note of and implement to keep up with growing demand.



1. Beans

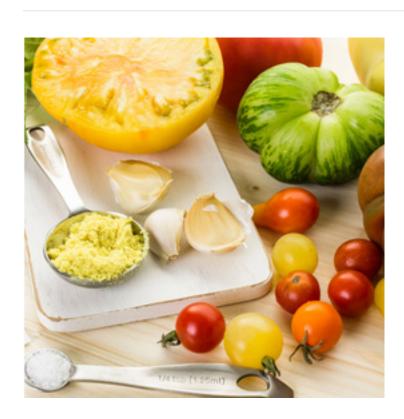
As Indian diners move toward more health-conscious food choices, beans are slowly starting to rise in popularity. This is fantastic news as beans are a sustainable and affordable source of plant-based protein.



2. Turmeric

Turmeric has long had a reputation of being a spice with healing properties in Asia. But increasingly so, the rest of the world is catching on to the incredible health benefits of turmeric and it's popularity has since spread world wide.

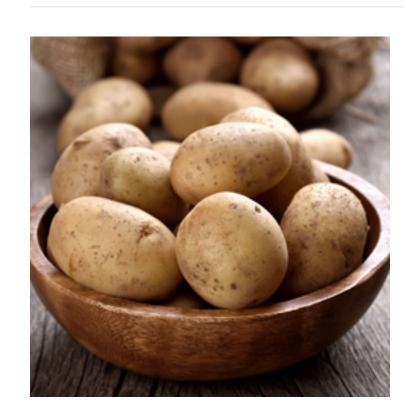
Thanks to its attractive colour and aroma, turmeric can enhance your dishes by making them more appealing and flavourful. Try using them to add some spice and make your dishes more aromatic and visually appealing!



3. Heirloom ingredients

Heirloom ingredients have leaped from the produce aisles into the world of packaged goods. What are they? They are produce that haven't been crossbred or genetically modified for at least 50 years, implying that they taste exactly as they did to our ancestors. This usually means that flavour is top-notch as these ingredients are as naturally grown as it can be.

What does this mean for innovative restaurant chefs? It may be good time to start diversifying your menu to include heirloom fruits and vegetables to attract the modern superfood-loving diners.



4. Root-to-stem eating

As more and more consumers appreciate the value of eating entire vegetable pieces, it makes sense to start creating meals that make it simple for them to do so.

From carrot top pesto to stir-fried beet greens, make it easy for your guests to eat every part of their veggies — from root to stem. Aside from reducing food wastage and saving money, root-to-stem dining reintroduces diners to a fresh array of flavours and textures that were previously lost when we tossed various parts of our produce out. To get started, try experimenting with potato skins, asparagus stems and even fennel stalks!



5. Ugly-looking produce

The shape of our vegetables doesn't indicate its nutritional value. As such, a bent broccoli doesn't mean it will taste bad or has a lower nutritional value than a perfectly-shaped one.

Hence, smart chefs around the world have begun buying "ugly" produce that others have rejected (for purely aesthetic reasons) at considerably lower costs. This allows them to keep costs down while pleasing customers with great-tasting food.

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