

# FUTURE MENUS

TOP GLOBAL TRENDS 2024



Unilever  
Food  
Solutions



# EXECUTIVE SUMMARY

How to serve more with less is the big ask of chefs today. Diners are hungrier than ever for unforgettable dining experiences – delicious food, drinks and entertainment. However, the ability to satisfy these demands is getting tougher as the price of ingredients, labor shortages and the cost of doing business continue to soar. This requires doing things in a new way to deliver top dishes that excite, with chefs’ creative skills still at the core. Staying on top of menu trends is key but it’s a big undertaking, particularly in this digitally-inspired world where trends on social media develop and decline at lightning speed.

That’s where the Future Menus 2024 Trend Report by Unilever Food Solutions comes in. Countless hours of detailed research by experts in the foodservice industry, coupled with input from more than 1,600 chefs in 21 countries across the globe, have gone into identifying the biggest menu trends. A lot has changed in the 12 months since the inaugural edition was published. Information on the trends has been refined and updated.

We see evolution in all the trends but three are growing at pace.

- 1

**Flavor Shock** is about having a respectful disrespect for familiar flavors by tearing up the rule book and delivering on diners’ raw excitement for exploding experiences. They want wild fusion, chaos cooking and a no-holds-barred approach to the dishes they see on the menu.
- 2

The **Plant-Powered Protein** trend offers a big opportunity to satisfy guests’ hunger for chef-created and chef-inspired dishes in this space. People are seeking new culinary experiences that revolve around plant-rich proteins such as beans, pulses, legumes and vegetables.
- 3

**Local Abundance** is about celebrating local produce and staying close to nature. Over three quarters (77%) of Gen Z diners and 70% of Baby Boomers are willing to pay more for dishes with locally sourced ingredients.

Meanwhile, a big space remains at the table for two other popular trends – **Low-Waste Menus** and **Irresistible Vegetables**. Both are highly relevant for today’s high-cost environment and the big shift towards flexitarianism. In fact, 42% of diners are now flexitarian, representing one of the fastest growing dietary trends today.
- 4

**Low-Waste Menus:** maximizing resources through creativity. Research tells us increasing profitability is the main reason why chefs embrace this trend, while 54% do so to be more sustainable.
- 5

**Irresistible Vegetables:** almost half of all chefs see this trend as a way to offer new and interesting dishes. It’s also a tasty way to attract new diners and stand out from the competition. More inspiration is the order of the day and is provided in this report.
- 6

**Modernized Comfort Food:** continues to meet demand for classics with a twist and delivers authentic dishes.
- 7

**Feel-Good Food:** exploring new cuisines to satisfy the appetite for wholesome dining.
- 8

**The New Sharing** is about attracting more guests to enjoy bonding over food that’s good for the soul.

So what now? It’s time to put the trends into action. Incorporating them into menus is simple and just a few clicks away, thanks to the report’s user-friendly design –useful resources like recipes, techniques, and tips are provided along with links to short online demos and trainings, further dish inspiration, ingredients, UFS product hacks, and cost-efficient applications. Dive in!



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#Prepped for tomorrow at ufs.com





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## Recipe Key:



**Time-Saving Recipe**

All the recipes have been developed considering the nutritional quality of ingredients through better techniques and/or alternatives wherever possible.





“Menus keep evolving that’s why Future Menus supports you in responding to Gen-Z and Millennial diners’ preference for unique culinary experiences.”

# FOREWORD

Words by  
**Chef Kees van Erp,**  
**Global Executive Chef,**  
**Unilever Food Solutions**

Menus keep evolving – that’s why Future Menus supports you in responding to Gen-Z and Millennial diners’ preference for unique culinary experiences. At Unilever Food Solutions (UFS), we’re committed to helping you stay ahead of the culinary curve. This new edition is packed with solutions to some of the biggest challenges facing our industry today – from shifting diner behavior and skilled labor shortages to inflating food costs and environmental impact on the global supply chain.

Inside, you’ll find tips from top UFS chefs on how to create tasty and trendy dishes that not only look great on the plate but also on the balance sheet. There are also insightful stories about flexitarianism, menu streamlining, and artificial intelligence in restaurants.

We understand that for many chefs and restaurateurs the coming seasons are unpredictable. But with Future Menus you’ll discover new ways to get inspired, develop strategies and thrive. Together with over 250 professional UFS chefs around the globe, we can help you get prepped for tomorrow.

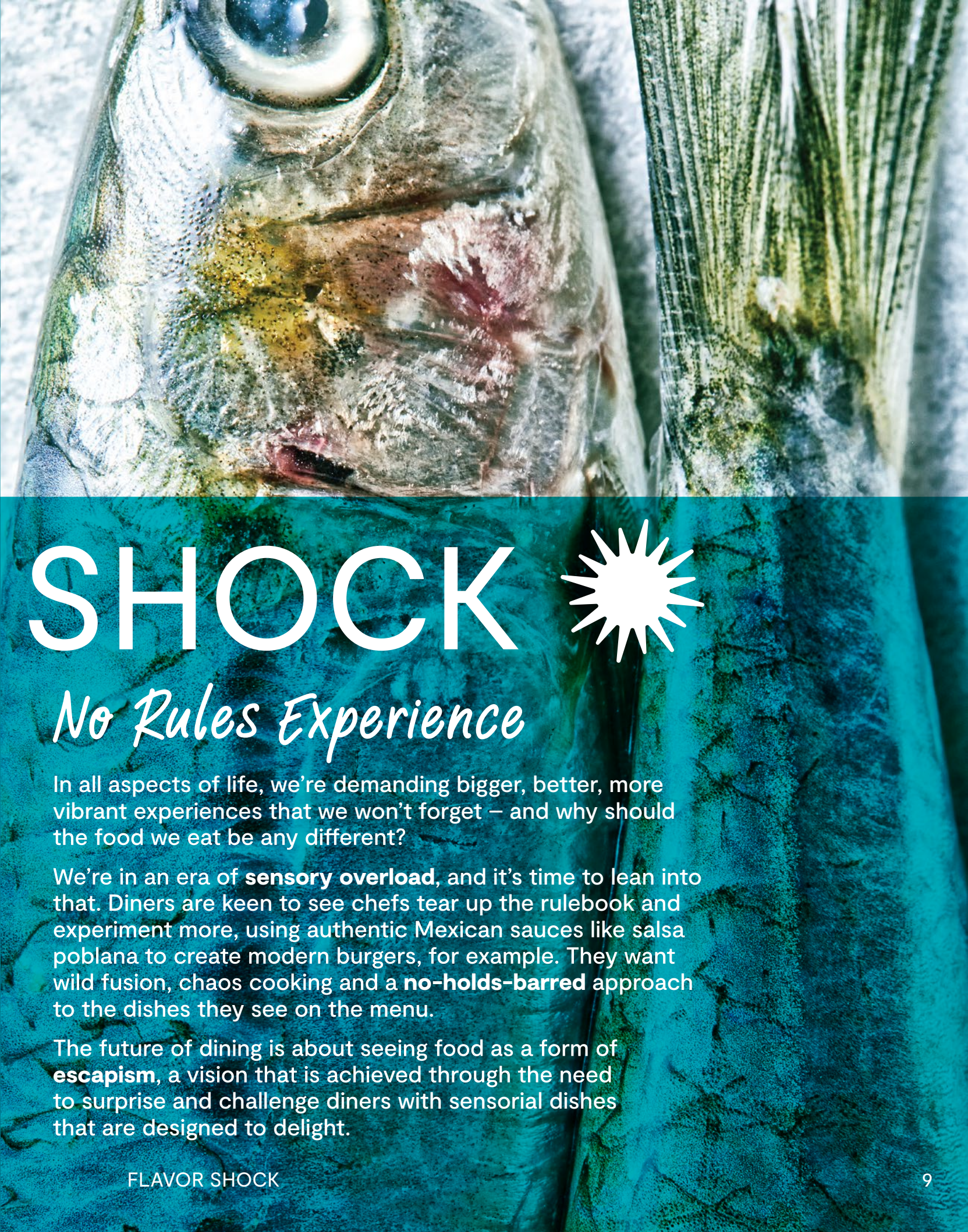


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# FLAVOR



# SHOCK



## *No Rules Experience*

In all aspects of life, we're demanding bigger, better, more vibrant experiences that we won't forget – and why should the food we eat be any different?

We're in an era of **sensory overload**, and it's time to lean into that. Diners are keen to see chefs tear up the rulebook and experiment more, using authentic Mexican sauces like salsa poblana to create modern burgers, for example. They want wild fusion, chaos cooking and a **no-holds-barred** approach to the dishes they see on the menu.

The future of dining is about seeing food as a form of **escapism**, a vision that is achieved through the need to surprise and challenge diners with sensorial dishes that are designed to delight.





# HOW *Gen-Z* DINERS ARE CREATING GREATER DEMAND FOR *Unique* CULINARY EXPERIENCES

Words by  
Chef Joanne - UFS META

We find ourselves in an era that is starting to be shaped by Gen-Z diners. Their directness stems from their meticulous online research. Its members are swift in sizing up their experiences, making them quick to decide if something resonates with them, or otherwise pivot to the next enticing offer.

“Gen-Z want to know the human story behind the food.”

“Next-level condiments” is the fastest growing topic in Google searches for this trend.<sup>1</sup>

With their remarkable proficiency in tech, Gen-Z demands the same level of flexibility when it comes to their dining experiences. Convenience is paramount, which prompted the surge in restaurants’ expansion to provide takeout options. As a result, innovative food packaging strategies continue to emerge.

Food brands featured on delivery apps have also taken cues from their online behaviour, as they continuously expand their reach even to the point of making niche brands from abroad available locally through ghost kitchen operations or pop ups.

This generation seeks not only the restaurant’s brand name but also the individuals behind these unique food experiences. Similar to millennials, Gen-Z diners want to know the story behind the food, but with a twist: chefs now aren’t expected to reach celebrity status

for guaranteed patronage but rather they must attain an influencer-level presence which allows them to be perceived as more approachable, adding more credibility to their affiliated restaurants.

Despite the wealth of available technology and services, the rising cost of goods and operations are challenging future investments. While adapting to this generation’s needs is crucial, maintaining a robust social media presence and upholding food quality still remain the most cost-effective and compelling means to continuously attract and retain customers from any generation.







“Food should be experienced with all the senses of our body.”

Chef Mustafa Sardar

# ABOUT ME

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## INTRODUCTION TO IZAKAYA

Mustafa Sardar has multiple degrees and medals from Le Cordon Bleu London including Culinary Management and Diplome de Cuisine, and has always been passionate about gastronomical food trends and future menus. After working in many Michelin acclaimed establishments, including “The Jane” in Antwerpen, Belgium and “Bon Bon” in Brussels, Mustafa returned to Karachi and opened Pakistan’s first immersive and experiential private dining restaurant. Izakaya focuses on food theatre and encompasses the ethos of “flavour shock”.

The Tasting Menus rotate every season, and are designed on the concept of gastronomical trickery which delivers a shock of flavor to the diner. Chefs like Heston Blumenthal and the ones I have had the pleasure to work with, Nick Bril and Sergio Harman, have paved the way for this concept in modern age Michelin dining,” said Mustafa.

## FLAVOR SHOCK

I firmly believe that dining should be an experience, not merely a quick meal. This begins with elements of the conceptual interiors to the meticulous designing of every plate, the experience involves all the senses of one’s body. Hence our belief in the concept of flavor shock, which is to deceive one’s mind and then deliver a shock with the taste, This is at the forefront of our menu creation. Not only does this enhance one’s dining experience giving that wow factor, it also elevates the meal to an art form.

居酒屋  
IZAKAYA



A modern twist on the classic: smoked red snapper sashimi paired with crispy potato balls and fiery sriracha mayo, garnished with scallions and caviar for a refined yet bold experience.



# IZAKAYA STYLE FISH AND CHIPS

## Ingredients:

Red Snapper Fillet 300 g

Dry Cure for Fish:

**Knorr Professional Lime Seasoning** 5 g

Furikake 5 g

Salt and Sugar 10 g each

Dried Herbs 5 g

Lemon Zest 1 g

Smoking the Fish:

Charcoal for smoke

Olive Oil for drizzling

Dried Herbs for sprinkling

Spicy Mayo:

**Hellmann's Real Mayonnaise** 100 g

Sriracha 45 g

Red Chilli Powder 4 g

Apple Cider Vinegar 4 g

Potato balls:

**Knorr Professional Crispy**

**Coating Mix** 50 g

Eggs (2)

Potatoes 300 g

Ginger Powder 5 g

Scallions 3 g

Cilantro 3 g

Garnish:

Caviar

Scallion

## Method:

For the fish:

Clean the red snapper fillet with lemon water mixture and tap dry with a towel. Prepare the dry cure mixture with Knorr professional lime seasoning, furikake, salt, sugar, lemon zest and dried herbs. Marinate on a rack in a cool place or in a tupperware in the fridge. After this process, bathe the fish in ice water to remove the dry cure, and let the fish rest in cling film. After this, cut the fish into sashimi slices with a sharp knife. Use the charcoal and oil to smoke the fish with herbs.

For the spicy mayo:

For the spicy mayo, combine the Hellmann's Real Mayonnaise with sriracha, apple cider vinegar, chilli powder, and stir well. Then pass the mixture through a fine sieve.

For the chips:

To prepare chips, boil potatoes and pass through a drum sieve. Combine the mashed potatoes with ginger powder, chopped scallions and cilantro. Shape them into balls and add into whisked eggs, then coat it with Knorr professional crispy coating mix. Deep fry, air-fry or bake at 180 degrees.

Plate the course:

Plate the dish by placing the smoked sashimi cuts of red snapper on one side of the plate. You can use chili oil to top it off if you prefer it spicy. Take the spicy mayo and run a line across the plate. Place the potato balls at the end of the line and top with caviar and scallion as garnish.



# PONZU PURI

## Ingredients:

Yellowfin Tuna Tartare 10 g  
Sushi Rice (Cooked 10 g)

Gol Gappa:  
Semolina 50 g  
Salt 1 gm  
Flour 10 g  
Water 30 g

Salsa:  
Tomatoes 10 g  
Onions 5 g  
Jalapeno Pickle Juice 10 g  
Lemon Zest 1 g  
**Knorr Professional Lime Seasoning 5 g**

Sour Cream:  
**Knorr Professional Lime Seasoning 5 g**  
Salt 1 gm  
Cream 50 g

Ponzu:  
Rice wine Vinegar 10 g  
Soy Sauce 40 g  
Water 10 g  
Sugar 5 g  
Lemon Zest 1 g  
Orange Citrus 10 g

## Method:

For the gol gappa:  
Knead all the ingredients together and form a dough and let it rest in a dry cool place with a damp cloth. Roll out the dough and use a cutter. Make them into balls and flatten, then fry into crispy golden brown.

For the salsa:  
Blanch, de-seed and dice tomatoes into cubes. Add finely chopped onions. Add lemon zest and Knorr professional lime seasoning and pickle it with jalapeno pickling liquid.

For the sour cream:  
Whisk together cream, Knorr professional lime seasoning and salt. Fold it into a piping bag.

For the ponzu:  
Add soy sauce and water into a small pot and place on low heat. Add sugar, vinegar, orange citrus and stir. Remove from heat and let it cool. Add zest of lemons at the end, once nearly cooled.

Plating:  
Form a hole on the top of the gol gappa by puncturing it. Stuff it with boiled sushi rice as a bedding, followed by the fermented salsa and the sour cream. Finish with cubed and chilled yellowfin tuna on the top. Serve with ponzu and have it in one big bite.

A fusion of textures and flavors, this crispy puri is filled with sushi rice, tangy fermented salsa, sour cream, and fresh yellowfin tuna, served with a zesty ponzu sauce for a perfect one-bite delight.





# LIME COCONUT SOUP

A fragrant and creamy Thai-inspired soup with lime, lemongrass, and coconut milk, topped with fresh cilantro.

## Ingredients:

Butter 15 g  
Garlic 10 g  
Galangal 5 g  
Lime Leaves (3)  
Lemongrass 5 g  
Thai Red Chilli ½ g  
Coconut Milk 1 can

**Knorr Professional Chicken Soup**

**Stock** 1 cube

Brown Sugar 15 g

Fish Sauce 15 g

**Knorr Professional Lime Seasoning**

3–4 g

## Garnish:

Cilantro for sprinkling

## Optional:

Chicken Thighs

## Method:

Saute butter and garlic with lime leaves, lemongrass and galangal. Add the sugar and Thai chillies, then deglaze with fish sauce and Knorr professional lime seasoning. Add Knorr professional chicken soup stock and slowly add coconut milk. Turn the heat down and reduce it for few minutes before serving. Top it off with grilled chicken thighs and cilantro.





# LOW-WASTE MENUS



## *Maximizing Creativity*

Your leftover legumes are destined for a second life and your offcuts of oxtail are about to become something tasty, like the carrot top pesto created by Chef Brandon Collins. It's time to **push the boundaries** of your culinary creativity and turn your waste into a winning dish.

The rising cost of produce means that we need to be resourceful in order to reduce waste, whether that's using the whole ingredient to create more components or sharing excesses with other restaurants. Reducing waste is no longer just about sustainability, it's about **maximizing the potential of ingredients** and creating **unique food stories** that bring communities together.







# HOW TO GET *Creative* WITH WASTE

With  
Chef Brandon Collins

Words by  
Ryan Cahill

“Waste” has always been a dirty word when it comes to food. Specifically, it conjures up images of rotting vegetable offcuts piled up at the bottom of the bin. In recent years, buzzwords like “upcycled” and “ugly foods” have helped to shift the negative narrative surrounding food waste, and chefs are embracing the idea of getting creative with would-be waste.

“Anything that you don’t throw into the bin is going to *translate to dollars* on the plate.”

**33%** of all food produced globally goes to waste<sup>3</sup>



With the cost of produce rising year-on-year, it’s never been more important to make use of every last edible part of the ingredients we use. This is something Brandon Collins, Executive Chef for UFS North America, is passionate about. “Anything that you don’t throw into the bin is going to translate to dollars on the plate,” he explains. “Utilising would-be waste provides excitement for customers and also forces us chefs to be more creative and adventurous.”

“One of the very first ways that I got into utilizing waste was thinking about the things that I knew were edible,” Brandon shares. “Cores of cauliflower, broccoli stems, mundane things that we often throw out can be turned into soups. Or perhaps take those stems and slice and pickle them.”

Brandon adds, “One of the things that I’ve done with banana peels is dice them really small, mix them with vinegar, sugar and a little bit of jalapeño and then use it over oysters. It became a cool mignonette sauce. Super simple, but it brought that beautiful fruitiness of the banana out.”





“There are so many dishes that can be easily adapted or tweaked. You just have to be creative.”

## LESS IS MORE: THE BENEFITS OF A SMALLER MENU

With  
**Chef Audrey Crone**

Words by  
**Herman Clay**

An increasing number of chefs and restaurateurs are realising the importance of data-driven decision making, especially in the face of challenges such as staff shortages. One effective strategy that is gaining momentum is the implementation of smaller menus.

It might seem counterintuitive, but simplifying it can help businesses look after the bottom line while ensuring the customer feels there is great choice on a smaller menu. And it’s equally rewarding for those doing

the actual cooking. “Having a smaller menu gives chefs more freedom to explore their creativity without having to compromise on quality or consistency,” says Audrey Crone, Executive Chef of UFS Ireland.

**70%** of operators believe this trend is set to grow<sup>4</sup>

Embracing the concept of a smaller menu can also lead to cost savings and a more sustainable operation. Audrey explains: “If you have a carefully curated, condensed menu, it makes it easier to manage inventory and minimize the amount of perishable items that go to waste.”

Enabling restaurants to optimize their pricing and profit margins is a big part of the appeal of smaller menus. But for Audrey, it all comes back to ensuring greater quality and consistency. “If you’re able to reduce the amount of ingredients coming in the back door, then ultimately you’re in a better position to deliver great food.”

**For more information about this tool, [click here](#).**





“We need to value our food resources and open our minds to conscious consumption habits.”

Food Consultant Shamira Mapara

## ABOUT ME

### INTRODUCTION TO EVERGREEN

At Evergreen, we are redefining the dining experience in Karachi by offering wholesome, flavorful, and nourishing meals that celebrate the joy of clean eating. We started off as Pakistan's first ready-to-eat health food company, stocking salads and sandwiches at leading supermarkets and gyms across the city. Then, in 2017, we opened the country's first health and wellness focused cafe and haven't looked back since!

Our brand is built on the belief that our diet should be both nutritious and delicious. Whether you're indulging in our protein-packed offerings or savoring a guilt-free dessert, Evergreen is your destination for food that not only tastes amazing but also fuels your well-being.

We are proud to expand our services to key areas in Karachi, including Clifton, DHA, KDA, PECHS, and Shahrah-e-Faisal, ensuring more customers can enjoy our nutritious menu options in the comfort of their homes. With our expansion planned for 2025, we are excited for the future of healthy eating in Pakistan.

### THE LOW-WASTE FOOD TREND

The low-waste food trend is more than just a passing movement, it's a shift in how we view and value our food resources and has opened our minds to a new way of thinking about menu creation.

We have started to embrace this philosophy by minimizing food waste in our operations, from sourcing ingredients mindfully, to utilizing every part of the produce whenever possible. Low-waste practices not only reduce our environmental impact but have also inspired creativity in our kitchen, leading to unique dishes that honor the natural flavors of every ingredient.

This trend aligns perfectly with our commitment to sustainability, as it encourages customers and businesses to adopt conscious consumption habits. Together, we can help combat food waste while enjoying delicious, thoughtful meals that contribute to a healthier planet.

At Evergreen, we'll now be focusing intently on minimizing food waste so that we're not just serving food, we're shaping a culture of sustainability, one plate at a time.







A creative twist on tacos using tender banana peels, vibrant veggies, and tangy BBQ sauce, topped with a zesty kick for a sustainable, flavorful treat.

# BANANA PEEL TACOS

## Ingredients:

Banana peel (white peel to be scraped from inside): 2 cups  
Olive oil: 4 tbsp  
Finely chopped onions: 1 tbsp  
Finely chopped garlic: 1 tsp  
Crushed red chili: ¼ tsp  
**Knorr Professional BBQ sauce:** 4 tbsp  
Honey: 1 tsp  
**Knorr Professional Chicken Stock powder** (diluted in 1 tsp in ½ cup water)  
Salt: ¼ tsp  
Shredded lettuce peel: 1 tbsp  
Shredded red cabbage peel: 1 tbsp  
Shredded carrot tops: 1 tbsp  
Shredded beetroot top: 1 tbsp  
Pickled red onion in beetroot stem puree: 1 tsp  
Finely chopped coriander stems: 1 tbsp  
Thai chili: ¼ tsp  
Leftover breadcrumbs: 1 tbsp  
Sour cream: 1 tbsp  
Spinach tacos: 4

## Method:

**Prepare the Banana Peel Filling:**  
Halve the banana peels. Heat olive oil in a pan. Sauté onions and garlic on high heat until golden brown. Add the banana peels and crushed red chilis. Stir in Knorr Professional BBQ sauce, honey, and salt. Reduce heat to medium and add the diluted Knorr Professional Chicken Stock powder. Cook for 3 minutes until the banana peels soften. Remove from heat.

**Assemble and Garnish:**  
Place shredded lettuce on the tacos, and add 1 tbsp of the banana peel mixture. Top with ¼ tsp of shredded cabbage, grated carrots, and beetroots. Add ¼ tsp of sour cream, a pinch of Thai chilis on each taco, and ¼ tsp of lemon zest. Sprinkle with breadcrumbs and Knorr Professional Lime seasoning. Garnish with chopped coriander stems.





# POTATO & CARROT CRISPS

## Ingredients:

### For the Crisps:

Potato skin (peeled into strips): 35 g  
Carrot peels: 35 g  
Olive oil: 2 tbsp  
Crushed red chilis: ¼ tsp  
Salt: 2 pinches

### For the Spicy Seasoning:

Chicken powder: 1 tbsp  
**Knorr Professional Lime Seasoning:** 1 tsp  
Crushed red chilis: ½ tsp

## Method:

### Prepare the Crisps:

Preheat the oven to 350°F (175°C) for 20 minutes.  
Toss the potato skins and carrot peels in a bowl with olive oil, crushed red chilis, and salt.  
Spread the peels evenly on a baking tray and bake for 20 minutes or until crispy.

### Make the Spicy Seasoning:

Whisk together the Knorr Professional Chicken Stock Powder, Knorr Professional Lime Seasoning, and crushed red chilis in a small bowl.

### Serve:

Once the crisps are done, sprinkle the seasoning over them and serve.

Crispy baked potato and carrot peels, seasoned with a zesty, spicy powder for a guilt-free, crunchy snack.







A comforting blend of carrot tops and broccoli stems, simmered with Knorr Chicken Powder and cream, delivering rich flavors in every spoonful.

## CARROT AND BROCCOLI STEM SOUP

### Ingredients:

Chopped carrot tops 1 cup  
Chopped broccoli stems 1 cup  
Olive oil 2 tbsp  
Chopped onions 1 tbsp  
Chopped garlicks 1 tsp  
Knorr Professional Chicken Stock Powder 1 tsp  
**Knorr Professional Lime Seasoning** 1 tsp  
Cream 2 tbsp  
Water 2 ½ cups

### Method:

#### Sauté the Vegetables:

Heat olive oil in a pan over medium heat. Sauté onions and garlic until they become opaque. Add the chopped carrot tops and broccoli stems. Stir on medium-high heat for 3 minutes.

#### Simmer the Soup:

Add Knorr professional chicken stock powder, pepper, and water in the pan. Stir in lemon juice made with Knorr professional lime seasoning, bring to a boil, then cover and simmer for 30 minutes.

#### Blend the Soup:

Remove the soup from heat and allow it to cool. Once cooled, transfer the mixture to a food processor and blend into a smooth puree. Sieve to remove any remaining solids.

#### Final Cooking:

Pour the strained soup into a saucepan, add lemon juice made with Knorr professional lime seasoning and cream. Bring the soup to a boil and simmer for 5 minutes.

#### Serve:

Garnish the soup with lemon zest, parsley stems, and a blend of leftover breadcrumbs with parmesan.





# CROQUETTE SKEWERS

## Ingredients:

### For the Croquettes:

Chicken mince 2 cups  
Roasted garlic 1 tsp  
Lemon zest 1 tsp  
Parmesan cheese 1 tbsp  
Minced garlic 1 tsp  
Green onions (chopped fine) 1 tbsp  
**Knorr Professional Chicken Stock Powder** ½ tsp  
Green chilis (minced) 1 tsp  
Salt ¼ tsp  
Egg 1  
Flour 1 cup  
Bread crumbs ½ cup  
**Knorr Professional Batter Mix** as required

### For the Chimichurri Sauce:

Coriander stems 1 cup  
Dijon mustard 1 tsp  
Olive oil 6 tbsp  
**Knorr Professional Lime Seasoning** 1 tsp  
Green chili (minced) 1  
Cream 2 tbsp  
**Knorr Professional Chicken Stock Powder** 2 pinches  
Water 4 tbsp

## Method:

### Prepare the Chicken Mince:

Mix the chicken mince, roasted garlic, lemon zest, parmesan cheese, minced garlic, green onions, Knorr professional chicken stock powder, minced green chili, and salt in a bowl. Refrigerate the mixture for 30 minutes. Shape the chicken mince into 1-inch square patties and set aside.

### Coat and Fry the Croquettes:

Dip the chicken mince squares into flour, then egg, followed by Knorr professional batter mix, and finally breadcrumbs. Heat oil in a pan and fry the coated chicken mince squares until golden brown and crispy.

### Make the Chimichurri Sauce:

Whisk together the coriander stems, dijon mustard, olive oil, Knorr professional lime seasoning, minced green chili, cream, Knorr professional chicken stock powder, and water in a bowl until smooth.

### Serve:

Serve the croquette square skewers with the chimichurri sauce as a dip.

Golden-fried chicken croquette squares served with a fresh coriander chimichurri sauce, bringing bold flavors to a delightful skewer snack.







# FEEL-GOOD



# FOOD

## *Holistic Wellbeing*

This year is all about the feel-good factor. “Healthy options” are about to be transformed. By thinking outside of the box, we can dream up **divine** and **unexpected** dishes that are rich in nutrients, beautiful to look at and tasty too!

The lettuce-based salad is out, and alternative veg and nutritional grains are in – like the millet used by Chef Jimena Solis in her signature Millet Malfatti dish. It’s important to develop a **well-rounded** understanding of nutrition and wellbeing. We all have a responsibility to safeguard all aspects of human health, and that starts with the food we eat!





# THE HIDDEN BENEFITS OF *WHOLESOME* DINING

Words by  
David Wright

The narrative around superfoods in recent years suggests there are only a few highly marketed foods that pack a rejuvenating punch. The truth is that our kitchens are full of foods that have the power to revive and restore.

“Our kitchens are full of foods that have the power to revive and restore.”

Let’s start with lentils. These little legumes can reduce the risk of a host of chronic diseases such as diabetes, obesity, cancer and heart disease. So whether you use them in a stew, salad or dip, lentils are definitely one to feature in your menu planning.

Eggs are also amazing – a nutritional hand grenade, often described as a ‘complete protein’, they contain all nine amino acids we need.

A fairly new product for diners is Kefir, but this microbe-rich dairy product has been fermented for over 2,000 years. These microscopic populations of bacteria are thought to be essential for improving digestion and lowering cholesterol.

Watercress is related to mustard and is part of the brassica family of vegetables. It is eaten in many countries and spans most continents. Considered a ‘superfood’ because of its high content of antioxidants, it is particularly rich in beta carotene and vitamin C. Both the delicate green leaves and paler stems can be eaten either sautéed or fresh, and are great when mixed in soups, salads, tarts and omelettes.

These are just a few examples, but if you consider similar ingredients for your menu, including lots of colorful vegetables and fermented foods, the health benefits cannot be underestimated!

For more creative  
recipe ideas, click [here](#).





“The future of food is delicious, inclusive, and better for the world we live in.”

Chef Amina Mehdi

## ABOUT ME

### INTRODUCTION TO THE DELI, KARACHI

The Deli, Karachi, began as a labor of love, driven by a very personal need—one that started right at our family’s dinner table. Growing up vegetarian in Karachi was not easy. Most restaurants didn’t have many plant-based options, and I often found myself having to settle for side dishes or asking for modifications just to make a meal work for me. It was frustrating to feel left out at the table, knowing that there were very few options that catered to my dietary needs while still being flavorful and filling.

My mother, Dr. Tina Mehdi, saw this struggle firsthand. And being the compassionate, creative, and deeply caring person that she is, she decided to do something about it. She began experimenting in our kitchen, crafting dishes that weren’t just plant-based but also hearty, vibrant, and absolutely delicious. Her goal was simple: to make sure I never felt like I was missing out because of my dietary choices. What started as a personal mission in our home kitchen soon grew into something much bigger...The Deli, Karachi! A space where everyone could feel welcome, regardless of their dietary needs.

My mom’s background as a doctor brought a unique perspective to how she approached food. She understood that food is not just fuel; it’s something that shapes our health, our energy, and our well-being. Believing that food should nourish both the body and the soul, and that it brings people together in a meaningful way... every dish she created had that balance of flavor, nutrition, and that all important touch of love.

### FEEL GOOD FOOD

The future of food is about more than just sustenance. It’s about joy, connection, and care. And creating meals that respect the planet, nourish our bodies, and bring us together in meaningful ways. Our dishes are a reflection of that ethos, incorporating thoughtful ingredient choices, sustainable practices, and a lot of love. I hope that these dishes inspire you to think about what the future of food can be... delicious, inclusive, and better for the world we live in. Together, we can redefine what it means to eat well and pave the way for a future where food truly feels good.







# FRESH POMEGRANATE AND ALMOND SALAD

## Ingredients:

### For the Salad:

Arugula: 1 cup  
Kale, finely chopped 1 cup  
Mixed lettuce leaves 1 cup  
Pomegranate seeds ½ cup  
Thinly sliced fennel ½ cup  
Roasted almonds (optional) 2 tbsp

### For the Lime-Miso Vinaigrette:

Olive oil 2 tbsp  
**Knorr Professional Lime Seasoning** 1 tsp  
White miso paste ½ tsp  
Honey 1 tbsp  
Water 1 tbsp  
Salt and pepper to taste

### For the Pastry Shell:

Puff pastry (gluten-free if required) 1 sheet  
Egg, beaten (for egg wash) 1

## Method:

### Prepare the Pastry Shell:

Preheat the oven to 400°F (200°C).  
Roll out the puff pastry and cut it into circles or squares to fit small tart molds or ramekins.  
Press the pastry into the molds and brush with beaten egg.  
Bake for 12–15 minutes or until golden and crisp. Let cool completely.

### Make the Lime-Miso Vinaigrette:

In a small bowl, whisk together olive oil, Knorr professional lime seasoning, miso paste, honey, water, salt, and pepper until smooth and emulsified.

### Assemble the Salad:

In a large bowl, combine arugula, kale, lettuce, pomegranate seeds, fennel, and walnuts (as required).  
Toss the salad gently with the lime-miso vinaigrette until evenly coated.

### Assemble the Dish:

Fill each baked pastry shell with a portion of the salad.  
Serve immediately.



# GLUTEN-FREE SOYA LASAGNA

## Ingredients:

### For the Soya Filling:

Textured soya protein granules 1 ½ cups  
**Knorr Professional Italian Tomato Base** (prepared as per instructions) 1 packet  
Medium onion, finely chopped 1  
Garlic, minced 2 cloves  
Dried oregano 1 tsp  
Dried basil 1 tsp  
Chili flakes (optional) ½ tsp  
Salt and pepper to taste  
Olive oil for sautéing

### For the Bechamel Sauce:

Butter 2 tbsp  
Gluten-free flour (e.g., rice flour, cornstarch, or a gluten-free blend) 2 tbsp  
Milk (or a plant-based milk alternative) 2 cups  
**Knorr Professional White Sauce Mix** 2 tbsp  
Nutmeg (optional) Pinch  
Salt and pepper to taste

### For the Lasagna Assembly:

Gluten-free lasagna sheets 1 pack  
Ricotta cheese 1 cup  
Shredded mozzarella cheese 1 cup  
Grated Parmesan cheese ½ cup  
Egg 1

## Method:

### Prepare the Soya Filling:

Soak the soya granules in hot water for 10–15 minutes or as per package instructions. Drain and squeeze out excess water.  
Heat olive oil in a skillet over medium heat. Sauté onion and garlic until fragrant.  
Add the drained soya granules and cook for 5 minutes.  
Stir in the prepared Knorr professional Italian Tomato Base, oregano, basil, chili flakes, salt, and pepper. Let simmer for 10 minutes and set aside.

### Prepare the Bechamel Sauce:

Melt butter in a saucepan over medium heat. Whisk in the gluten-free flour and cook for 1–2 minutes to form a roux.  
Gradually add milk, whisking constantly to avoid lumps. Bring to a gentle simmer.  
Stir in the Knorr professional white sauce mix and cook until thickened. Add nutmeg, salt, and pepper to taste. Set aside.

### Prepare the Cheese Mixture:

In a bowl, combine ricotta cheese, Parmesan cheese, and the egg. Mix well.

### Assemble the Lasagna:

Preheat the oven to 375°F (190°C).  
In a baking dish, spread a thin layer of the soya-tomato mixture at the bottom.  
Place a layer of gluten-free lasagna sheets on top.  
Spread a layer of the ricotta mixture, followed by a thin layer of bechamel sauce, and then the soya-tomato mixture. Repeat the layers until all ingredients are used, ending with a layer of bechamel sauce.  
Sprinkle shredded mozzarella cheese on top.

### Bake:

Cover the dish with the foil and bake for 25 minutes.  
Remove the foil and bake for an additional 10–15 minutes, or until the cheese is golden and bubbly.

A wholesome twist on a classic favorite, this gluten-free lasagna layers rich soya filling, creamy bechamel sauce, and a cheesy blend for a guilt-free indulgence.





# PISTACHIO-CRUSTED CHICKEN

## Ingredients:

### For the Chicken:

Chicken breasts 4  
Pistachios, finely chopped 1 cup  
Gluten-free breadcrumbs ½ cup  
Dijon mustard 2 tbsp  
Salt and pepper To taste

### For the Herbaceous Barley Risotto:

Pearl barley 1 cup  
Vegetable or **Knorr Professional Chicken Stock Powder** 4 cups  
Medium onion, finely chopped 1  
Garlic, minced 2 cloves  
Grated Parmesan cheese ½ cup  
Butter 2 tbsp  
Fresh parsley, chopped 2 tbsp  
Fresh basil, chopped 2 tbsp

### For the Glazed Vegetables:

Baby carrots 1 cup  
Zucchini, cut into rounds: 1 cup  
Honey 1 tbsp  
Olive oil 1 tbsp  
Balsamic vinegar 1 tsp  
Salt and pepper To taste

### For the Citrus-Chive Oil:

Olive oil ¼ cup  
Orange juice 1 tbsp  
**Knorr Professional Lime Seasoning** 1 tsp  
Fresh chives, finely chopped 1 tbsp  
Salt To taste

## Method:

### Prepare the Chicken:

Preheat the oven to 375°F (190°C).  
Season the chicken breasts with salt and pepper.  
Spread dijon mustard on each breast.  
Combine chopped pistachios, breadcrumbs and coat the chicken with this mixture.  
Place it on a baking sheet and bake for 20-25 minutes or until the internal temperature reaches 165°F (74°C).

### Make the Risotto:

Heat the butter in a large pan. Sauté onion and garlic until translucent.  
Add barley and toast for 1-2 minutes.  
Gradually add Knorr professional chicken stock powder, one ladle at a time, stirring frequently until absorbed. Repeat until the barley is tender and creamy (about 25 minutes).  
Stir in Parmesan cheese, parsley, and basil.  
Season with salt and pepper.

### Glaze the Vegetables:

Heat olive oil in a pan. Add carrots and zucchini.  
Drizzle with honey and balsamic vinegar.  
Season it with salt and pepper.  
Cook until tender and slightly caramelized.

### Prepare Citrus-Chive Oil:

Whisk olive oil, orange juice, lemon juice, and chives in a small bowl. Add salt to taste.

### Assemble and Serve:

Plate the risotto with the glazed vegetables and pistachio-crust chicken.  
Drizzle with citrus-chive oil. Serve warm.

A delightful fusion of textures and flavors featuring nutty pistachio-crust chicken, creamy barley risotto, vibrant glazed vegetables, and a zesty citrus-chive oil.







# MODERNIZED

# COMFORT FOOD

## *Adventurous And Satisfying*

Comfort food as we know it is **changing**. Where once we saw comfort food as dishes that were familiar and safe, we're making way for new recipes that reflect the heritage of the chef and the restaurant's locale.

Through rich **culinary storytelling** and the chef's genuine **emotional connection** to the dish, diners are presented with new and fresh food experiences that feel and taste special. Think classic and rustic ancestral recipes to be shared and enjoyed to create the new comfort food like Chef Kenneth Cacho's innovative lumpia filled with smoked wintermelon.





# Nostalgia IN THE KITCHEN: BRINGING CLASSIC DISHES TO *Modern* DINERS

Words by  
Lauren Kemp

## History is full of lost culinary treasures

Chefs, restaurateurs and recipe creators around the world are re-discovering local traditions, and reimagining dishes by looking to history for fresh ideas in an industry that increasingly demands authenticity. This, coupled with the demand for local, sustainable sourcing, means ingredients that had been resigned to the long-lost past are back on our plates.

## Reimagining ingredients

These artifacts of tables past are reappearing and rebranding with impressive deftness. It's now possible to get mead at music festivals, offal is being sold as a delicacy and honey has never left. Chefs are fermenting and pickling all sorts and combinations of vegetables, fruits, and spices.

New trends are wonderful and coupled with a historic relevance they're even better. It was great when quinoa hit the scene, but it can be hard to import and water-intensive to grow. In seeking something that fulfills the quinoa demand in a local, sustainable way we can look back at what our great-great grandparents, and their friends were eating. Welcome back, ancient grains! Spelt and rye-based bread is more expensive than ever, farro is appearing all over the shop, pearl barley sounds exotic and does what quinoa does so well (making chickpeas look passé).

In the quest for originality, it might sound ironic to look to the past, but what better way to show a new ingredient, a fresh concept, or a sophisticated technique than to apply it to a classic. There's a simple joy in being served a familiar dish in a bright new way; it's the best of both worlds.

"These artifacts of tables past are reappearing and rebranding with impressive deftness."

**65%** of operators believe this trend is set to grow in the future<sup>5</sup>







“When you blend nostalgia and tradition with innovation, you make it relevant to the new generation of diners.”

Chef Natasha Akber

## ABOUT ME

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### INTRODUCTION TO WILDFLOUR

As a pastry chef with a passion for creating and giving back, I founded Wildflour to merge my love for French pastry with a mission to make a difference. More than a bakery, Wildflour is a social project where I mentor talented young individuals, sharing my knowledge and skills to help them rise and achieve their potential. Everything we earn is reinvested in my team, encouraging them to live their best lives and build brighter futures.

### MODERNIZED COMFORT FOOD

Comfort food to me is the warm embrace of nostalgia and simple joys. In baking, it's the scent of cinnamon, the crackle of fresh bread, or the crumble of a pie crust. And chocolate, the universal comfort food, adds its rich, indulgent touch—whether melted into desserts or savored alone. Baking is more than ingredients; it's about love and intention, nourishing both body and soul. Modernized comfort food is blending tradition with innovation, while staying true to my roots in artisanal baking.





This recipe makes a rich and creamy saffron-flavored rabdi that can be used as a dessert base, especially for mousse.



# THE KESAR: A SAFFRON-INFUSED MASTERPIECE

## Ingredients:

### Sponge:

Flour 120 g  
Baking Powder 1 tsp  
Salt 1/4 tsp  
Eggs (separated) 4 large  
Sugar (divided) 150 g  
Vanilla Extract 1/2 tsp

### Saffron Milk Soak:

Condensed Milk 100 g  
Evaporated Milk 100 g  
Heavy Cream 50 g  
Saffron Kewra 5 g

## Method:

### Sponge:

Preheat your oven to 175°C (350°F). Grease and line an 8-inch square or round baking pan with parchment paper.  
In a bowl, sift together the flour, baking powder, and salt. Set aside.  
In a mixing bowl, beat the egg yolks with 100g (1/2 cup) of sugar until pale and creamy. Stir in the vanilla extract.  
In a separate clean bowl, beat the egg whites until soft peaks form. Gradually add the remaining 50g (1/4 cup) sugar and beat until stiff peaks form. Gently fold the flour mixture into the egg yolk mixture in batches, alternating with a spoonful of whipped egg whites to lighten the batter.  
Once combined, fold in the remaining egg whites carefully to retain air.  
Pour the batter into the prepared pan and smooth the top. Bake for 25-30 minutes, or until a toothpick inserted in the center comes out clean. Allow the sponge to cool in the pan for 10 minutes, then transfer to a wire rack to cool completely before soaking with the saffron milk.

### Steps for Assembly:

Prepare the sponge using the provided recipe. Once baked and cooled, cut the sponge into rounds slightly smaller than the molds you'll use.

### Soak the Sponge:

Prepare the soaking syrup (milk, evaporated milk, cream, saffron, and kewra). Generously soak the sponge rounds to infuse them with moisture and flavor. Refrigerate the soaked sponge until ready to assemble.

### Make the Rabdi and Rabdi Mousse:

Prepare the rabdi by reducing full-fat milk with saffron, sugar, and cardamom until thickened. Use the rabdi to make the mousse by blending it with white chocolate, gelatin, and whipped cream for a light, airy texture.

### Pipe and Assemble:

Pipe the rabdi mousse into your chosen silicone molds, filling halfway. Place a dollop of plain rabdi in the center for added richness. Add more mousse to fill the mold, leaving space for the sponge. Cut the soaked sponge to fit and place it on top of the mousse layer. Gently press the sponge to level it.

### Freeze for 24 Hours:

Freeze the assembled molds for 24 hours to set completely.

### Glaze the Petit Gâteau:

Unmold the frozen petit gâteau and place on a wire rack. Pour the pistachio glaze over each, ensuring an even, glossy coating.

### Finishing Touches:

Garnish with saffron strands, chopped pistachios, or edible gold leaf for an elegant presentation.



Rabdi Recipe for Mousse Base

Ingredients:

Full-Fat Milk 500 g  
Sugar 2 tbsp  
Saffron Strands 1 g  
Cardamom Powder 1 tsp  
Milk (to dissolve custard powder) 2 tsp  
Rafhan Vanilla Custard Powder 5 g

Rabdi Mousse Ingredients:

Whipping Cream 70 g  
Milk 70 ml  
Rabdi 150 g  
Gelatin Powder 6 g  
Cold Water (for blooming gelatin) 30 ml  
White Chocolate (finely chopped) 200 g  
Whipped Cream 255 g  
Saffron Kewra 5 g

Pistachio Glaze Ingredients:

White Chocolate (finely chopped) 200 g  
Grapeseed Oil 80 g  
Chopped Pistachios 100 g

Method:

Combine Ingredients in a Pan. In a wide, heavy-bottomed pan, add the full-fat milk, sugar, saffron strands, and cardamom powder. Stir well to mix. Heat the milk on high flame and bring it to a boil, stirring occasionally to prevent it from sticking to the bottom. Once the milk boils, lower the flame to medium. Let it simmer while stirring frequently and scraping the sides of the pan to incorporate any thickened milk back into the mixture. Continue to simmer until the milk reduces to one-third of its original quantity.

Prepare Custard Mixture:

In a small bowl, mix the Rafhan vanilla custard powder with 2 teaspoons of milk to create a smooth slurry. Gradually pour the custard slurry into the saffron milk while stirring constantly to avoid lumps. Cook for another 2-3 minutes until the rabdi thickens further. Remove from heat and allow the rabdi to cool completely. Once cooled, refrigerate until ready to use in your mousse or other desserts.

Prepare the Gelatin:

Bloom the gelatin by sprinkling it over the cold water. Let it sit for 5-10 minutes until it absorbs the water and forms a gel-like mass.

Prepare the White Chocolate:

Place chopped white chocolate in a heatproof jug or container. Set aside.

Heat the Liquid Base:

In a saucepan, combine whipping cream, milk, and Rabdi. Heat on medium until just about to boil. Remove from heat, add gelatin mass and saffron kewra, and stir until dissolved. Pour over the white chocolate and let sit for 2-3 minutes to melt. Blend with a stick blender until smooth. Cool to room temperature.

Whip cream to soft peaks and fold into the cooled Rabdi mixture in batches until incorporated. Transfer the mousse to a piping bag and pipe into molds. Place the soaked sponge on top and level for clean presentation.

Pistachio Glaze:

Melt white chocolate in a microwave or double boiler, stirring frequently. Once melted, stir in grapeseed oil until smooth and glossy. Add chopped pistachios and mix thoroughly. Allow the glaze to cool to a pourable consistency.

Pour the pistachio glaze over frozen petit gâteau for an even coating.

Prepare Rabdi and Rabdi Mousse:

Reduce full-fat milk with saffron, sugar, and cardamom to make Rabdi. Incorporate gelatin and whipped cream to transform into mousse. Pipe mousse halfway into silicone molds. Add a dollop of Rabdi at the center, pipe more mousse, and top with soaked sponge. Freeze molds for 24 hours.

Unmold frozen petit gâteau and coat evenly with pistachio glaze.

Finish and Serve:

Garnish with saffron strands, pistachios, or edible gold leaf. Serve chilled to enjoy the layered textures and flavors of The Kesar.





Ruby Noir is a luxurious dessert that combines the richness of moist chocolate sponge with the tangy brightness of raspberry compote, layered with silky chocolate custard frosting. Finished with a delicate crumb coat for texture and garnished with fresh raspberries, this cake is a masterpiece of flavor and sophistication.



# RUBY NOIR

## Ingredients:

### For the Chocolate Sponge Cake:

All-purpose flour 200 g  
Granulated sugar 200 g  
Unsalted butter (softened) 200 g  
Large eggs 4  
Cocoa powder (sifted) 50 g  
Baking powder 2 tsp  
Salt 1/4 tsp  
Milk 2 tbsp  
Vanilla extract 1 tsp

### For the Raspberry Compote:

Fresh or frozen raspberries 300 g  
Granulated sugar 100 g  
Lemon juice 1 tbsp  
**Rafhan Corn Flour Premium** (mixed with 2 tbsp water) 1 tbsp

### For the Chocolate Custard Frosting:

Gelatin powder 4 g  
Cold water 24 ml  
Whole milk 100 g  
Heavy cream 100 g  
Rafhan Vanilla custard powder 3 tbsp  
Sugar 3 tbsp  
Milk (for custard slurry) 25 g  
Heavy cream (for custard slurry) 25 g  
Good-quality chocolate (chopped) 50 g

### For the Crumb Finish:

Cake scraps from leveling sponge layers

## Method

### Step 1: Make the Chocolate Sponge Cake

Preheat oven: Set to 180°C (350°F). Grease and line two 8-inch round cake pans.  
Cream wet ingredients: In a large bowl, beat butter and sugar until light and fluffy. Add eggs one at a time, mixing well, then stir in vanilla extract.  
Sift flour, cocoa powder, baking powder, and salt in another bowl.  
Gradually add dry ingredients to the wet mixture, alternating with milk. Mix until smooth.  
Divide batter evenly between pans and bake for 20–25 minutes, or until a skewer comes out clean. Cool completely. Trim cake tops, reserving scraps for crumbs.

### Step 2:

**Prepare the Raspberry Compote**  
Combine raspberries, sugar, and lemon juice in a saucepan. Cook over medium heat, stirring occasionally, until juices release (5–7 minutes). Stir in cornstarch slurry and cook for 1–2 minutes until thickened.  
Remove from heat and cool completely.

### Step 3:

**Make the Chocolate Custard Frosting**  
Sprinkle gelatin over cold water. Let sit for 5–10 minutes.  
Heat milk, cream, and sugar in a saucepan until simmering. Mix custard powder with 25g milk and 25g cream to form a slurry. Whisk slurry into the saucepan and cook until thickened.

**Add gelatin and chocolate:** Remove from heat. Stir in gelatin until dissolved, then add chocolate and mix until smooth.  
Cool to room temperature, cover with plastic wrap, and refrigerate until set. Whip chilled custard until light and fluffy.

### Step 4: Prepare the Crumb Finish

Crumble reserved scraps onto a baking tray. Bake at 150°C (300°F) for 10–15 minutes until crisp.  
Let crumbs cool completely.

**Assembly:** Place one sponge layer on a serving plate. Spread a thin layer of raspberry compote, then a layer of whipped chocolate custard frosting.

### Add the second layer:

Spread raspberry compote, then frost the cake with chocolate custard frosting (top and sides). Gently press crumbs onto frosted sides and top using hands or a spatula.  
Garnish with fresh raspberries, a drizzle of compote, or chocolate shavings.

### Chill and serve:

Refrigerate for 1–2 hours. Slice and enjoy!



Layered dessert featuring creamy pistachio crème, a crunchy praline center, and a glossy green mirror glaze, creating an elegant and indulgent showcase.



# PISTACHIO CRUNCH PETIT GÂTEAU

## Components:

- Pistachio Crème (for filling)
- Pistachio Praline (center insert)
- Pistachio Crunch (layer)
- Pistachio Pâte Sucrée (base)
- Green Mirror Glaze (for finishing)

## Recipes for Each Component: Pistachio Crème

### Ingredients:

- Gelatin Powder 4 g
- Cold Water 24 ml
- Whole Milk 100 g
- Heavy Cream 100 g
- Rafhan Custard Powder 3 tbsp
- Sugar 3 tbsp
- Whole Milk 25 g
- Heavy Cream 25 g
- Pistachio Paste or Pistachio Praline 50 g

### Method:

**Prepare Gelatin:** Dissolve the gelatin in cold water and let it bloom. Set aside.

**Heat Milk and Cream:** In a saucepan, gently heat 100g of milk and 100g of heavy cream until it reaches a slight simmer.

**Mix Custard Base:** In a separate bowl, whisk together Rafhan custard powder, 25g of milk, 25g of heavy cream, and sugar until smooth and lump-free.

**Thicken Custard:** Gradually pour the custard mixture into the heated milk/cream, stirring constantly. Cook on medium heat until the mixture thickens into a smooth custard.

**Incorporate Gelatin:** Remove from heat and stir in the bloomed gelatin until fully dissolved.

**Add Pistachio Flavor:** Mix in the pistachio paste or praline. Use a stick blender to blend the mixture until it's silky and smooth.

**Cool and Set:** Allow the mixture to cool slightly. Transfer to a piping bag and pipe into the desired mold or container.

## Pistachio Praline

### Ingredients:

- Pistachios, peeled and toasted 100 g
- Sugar 100 g
- Pinch of Salt

### Method:

Heat sugar in a pan until it melts and turns golden.

Quickly stir in toasted pistachios and pour onto parchment paper to cool.

Once hardened, break into pieces and blend into a paste.

## Pistachio Crunch:

### Ingredients:

- White Chocolate, melted 120 g
- Pure Pistachio Paste 60 g
- Pinch of Sea Salt
- cornflakes 60 g
- Pistachios, chopped 20 g

### Method:

Place the white chocolate in a microwave-safe plastic bowl. Heat in 30-second increments, stirring after each interval. Once the chocolate is 50% solid and 50% liquid, stir vigorously until fully melted.

Add the pure pistachio paste to the melted chocolate and mix until combined.

Incorporate the sea salt, slightly crushed cornflakes, and chopped pistachios, mixing until everything is evenly coated.

Spread the mixture evenly between two thick plastic guitar sheets. Use a rolling pin or palette knife to roll it out to a 3mm thickness.

Place the sheet in the freezer to set until needed.



Pistachio Pâte Sucrée

Ingredients:

- Unsalted Butter, softened 150 g
- Powdered Sugar 90g
- Pistachio Paste 25 g
- large Egg 1
- Flour 250 g
- Almond Flour 30 g
- Pinch of Salt
- A few drops of Green Food Color (optional, for a more vibrant pistachio look)

Method:

Cream the Butter and Sugar: In a mixing bowl, cream the softened butter and powdered sugar together until light and fluffy.  
Incorporate Pistachio Paste: Add the pistachio paste and mix until fully incorporated. If using green food coloring, add it now and mix evenly.  
Add the Egg: Beat the egg into the mixture until fully combined.  
Mix in Dry Ingredients: Sift the all-purpose flour, almond flour, and salt together. Gradually add the dry ingredients to the wet mixture, mixing just until a dough forms. Do not overmix to avoid toughening the pastry.  
Chill the Dough: Flatten the dough into a disc, wrap it in plastic wrap, and chill in the refrigerator for at least 1 hour (or up to 24 hours) to firm up.

Roll and Bake:

- Preheat the oven to 160°C (320°F).
- Roll out the chilled dough to 3–4mm thickness on a lightly floured surface.
- cut out to desired shape.
- Prick the base with a fork to prevent puffing. Chill for 10–15 minutes to maintain its shape.
- Bake for 15–20 minutes, or until golden brown. Let it cool completely before using as the base of your pastry.

Green Mirror Glaze:

Ingredients:

- Sugar 150 g
- Glucose Syrup 150 g
- Water 75 ml
- Condensed Milk 100 g
- White Chocolate, finely chopped 150 g
- Gelatin Powder 10 g
- Cold Water (for blooming gelatin) 50 ml
- Green Gel Food Coloring

Method:

Prepare Gelatin: Sprinkle gelatin over 50ml cold water and let bloom for 5–10 minutes.

Heat the Syrup Base: Combine sugar, glucose syrup, and 75ml water in a saucepan. Heat until the sugar dissolves and mixture gently boils.

Add Condensed Milk: Remove from heat and stir in condensed milk.

Melt Gelatin: Add bloomed gelatin to the hot mixture and stir until dissolved.

Incorporate White Chocolate: Pour hot mixture over chopped white chocolate. Let sit for 1–2 minutes, then blend until smooth.

Color the Glaze: Add green food coloring and blend until the desired shade is achieved.

Cool and Glaze: Strain glaze to remove air bubbles and cool to 30–32°C. Place frozen pastry on a rack, pour glaze evenly, and smooth any excess.

Final Assembly:

Pipe Crème: Fill silicone molds halfway with pistachio crème pâtissière.

Add Pistachio Paste: Place pistachio paste in the center of each mold, fully surrounded by crème.

Add Crunch Layer: Press a pre-cut pistachio crunch layer on top of the filled mold.

Freeze: Freeze molds flat for 24 hours.

Unmold and Glaze: Remove frozen gâteau from molds and glaze evenly with green mirror glaze.

Assemble on Biscuit: Place glazed gâteau on pre-baked pistachio pâte sucrée biscuit, ensuring it's centered.

Finishing Touches: Garnish with pistachios, edible gold leaf, or decorative elements.

Serve and Enjoy: Thaw in the fridge for 1–2 hours before serving to enhance texture and flavor.





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[UFS ACADEMY](#) is a portal with the latest professional trainings – all filmed and created with expert chefs from around the world. Our teams are waiting to teach you skills, tips and tricks that can be used right now in your kitchens. If you would like to learn more about a few of the trends found in this report, check out some videos below.

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