

Ghost Kitchen Foods

FROM THE KITCHEN TABLE..



RETRO NOSTALGIA

Summer sees diners continuing to crave a hit of the ‘nostalgia’ trend, to remind them of the better memorable times.... More individuals are drawn to dishes that remind them of their favourite foods growing up, including old-school comfort dishes.

Bringing the past to your plate with ‘Retro classics’ like prawn cocktails, scotch eggs and devilled eggs “go gourmet” and are topped with premium ingredients like smoked salmon and caviar.

Old-school recipes and flavours will also be a hit with younger diners, coining the term “newstalgic” with the likes of pastry topped pot pies, ‘Spotted Dick’ and meatloaf gaining favour. On to desserts, we have already begun to see a resurgence of trifles, sundaes, rum baba, crème caramels or even pineapple upside down puddings!

The key flavors coming through this summer: Peanut Butter, Vanilla Butterscotch, Fondue style dips (cheesy, wine, garlic), Iconic shrimp sauce (a zesty blend of ketchup, horseradish, and Worcestershire sauce), Raspberry Ripple, Curried Egg Mayo, and malt vinegar chip shop flavors.

FIELD OF COLOURS

Summer brings brighter times, leaving winter behind. Consumers are making use of vivid foods to brighten dishes, especially those crafted from natural ingredients. The visual appeal of food remains crucial, and this year embraces a palette of lively, mood-enhancing colors. The triumphant dishes include fruit salad, guacamole, and a deliberate use of naturally occurring elements to achieve bursts of color – think saffron for a radiant yellow, pandan, matcha, or spinach for a vibrant green, and lavender, hibiscus, or beetroot for brilliant magentas. Inspired by ocean and sky hues, more of our snacks and meals will incorporate the color blue from butterfly pea protein made from the butterfly pea plant, or blue-green algae.



SIMPLY SUMMER We cannot explore emerging summer trends without highlighting the surge of flavorful Spanish foods and dishes hitting the scene. We explore some lesser-known food favorites from across the Mediterranean. From Extremadura to San Sebastian, and through the Basque Country, Spain is a country with diverse regions offering authentic food. We are also seeing an interest in Greek cuisine, with many more high-profile restaurant openings bringing Greek dishes into the spotlight recently.



TROPICAL VIBES

For a true tropical taste, menus are awash with the bright flavors of tropical fruit, with passionfruit, mango, and pineapple as big favorites. Bringing these tropical vibes to dishes instantly adds a flavor of summer, with golden hues, rosy-red tinges, and pink shades adding even more color to dishes. Tropical fruits are almost exclusively used in desserts, cakes, and drinks, showcasing bold flavors and multiple textures.



SWEET SAVOURY

The combination of sweet and savory flavors in one dish is most commonly found in fried chicken and waffles, often with sweet syrup, maple or honey. This sweet/savory crossover is familiar in American cuisine, with sweet barbecue sauces, honey mustard dressings, and chili-spiced honey or caramel BBQ mop sauces. In a further sweet/savory twist, the use of doughnuts as burger bun replacers adds an indulgent, over-the-top, and playful option for burger menus.



MIDDLE EAST PANTRY From authentic Middle Eastern dishes to touches of various ingredients, Middle Eastern cuisine is packed full of flavor. It offers some heat, especially from harissa, plenty of sour notes from citrus fruits, vinegars, and sumac, and is loaded with umami. Hummus is a perfect snack or starter and can be used as a sauce for main meals, with traditional versions as well as versions blended with colorful vegetables like carrots, squash, or beetroot.

