



FROM THE KITCHEN TABLE..



SPRING CELEBRATIONS

Celebrating the flavours of spring is at an all time high. Whether it's one ingredient focused; say asparagus with a simple sauce and minimal ingredients, or getting together with friends to enjoy floral tipples; we all appreciate the seasonal changes.

Simplicity is of high importance this year and not without flavour. Restaurants make it a key focus to highlight specific ingredients in salads, and with many preferring grab and go formats- seasonal pastries with wild garlic or rhubarb are desirable.

As the sun takes it time to make an appearance here in the UK- there is also a call out for rich sauces and comforting meals- say on toast or filling pasta.



MEAT Spring lamb is iconic at this time of year and although there are still celebrations of the meat throughout the season with lamb racks, there's also a different side as we see more lamb bellies coming through for a more affordable choice. Alternative meats feature on menus this year... whole chickens, pork loin, & rump caps sit alongside as we look at sometimes more affordable alternatives.



PRESERVED Consumers may turn to preserved ingredients more often as we look for longer shelf life and creating our own at home is an affordable way. Fermenting is a popular method with anything from blueberries to asparagus getting a touch of preservation, its unique flavours are transforming plates. Yet, as we channel back to centuries ago, salted is back on trend! From salted lemon to radish daikon, this added salted note only enhanced.



SMOKED Smoked ingredients are welcomed as we take on all degrees of fire and char and its coming through in so many surprising ingredients. Smoked crème fraiche to smoked potatoes, this flavour is being added to almost everything. The smaller additions pack a great punch. Cooking directly on coal or adding extreme level with burnt bread puddings is on a different level.



RHUBARB The humble rhubarb is a true British classic yet the many different preparations and cooking methods make it a truly versatile ingredient - in both sweet and savoury dishes. Poached rhubarb with delicious anise and aromas can give it an extra boost of flavour with pickling or roasting can change it altogether. Pairing with oysters or taking even working with a potato and rhubarb tray bake changes expectation for the fruit.

SPRING GREENS

Spring has sprung and everything green is appearing on menus. Chefs are making the most of asparagus season and filtering it on menus everywhere, globally. Yet, more simple and ingredients that are in abundance like peas, broad beans an runner beans add freshness to plates, when cooked or eaten raw!

