

GRAVY

Whether an indulgent touch or a means to save a criminally dry main event dish, we're seeing an uptick in solutions that maximise flavour whilst minimising time in the kitchen on Christmas.

A current 'gravy hack' trend uses a traditional method of roasting wings and bones with vegetables but adding quality stock to further boost the flavour. Environmental concerns are sent packing, with premium turkey gravy made with Madeira and sage available in 100% recyclable cans. Feeding into the trend for delicious deviations from the norm, veggie-friendly gravies come flavoured with herbes de Provence, caramelised onion and thyme or roasted garlic and rosemary. Quick, easy and flavourful, they offer a premium touch without costing premium time on the big day. Similarly, gravy granules give an unusual twist, infusing the festive flavours of cinnamon and cardamom.



Clockwise from top left: 'Make ahead gravy', @annasfamilykitchen (Instagram, UK) || Turkey gravy with Madeira & sage, Potts' (UK) || 'Home-style gravies; herbes de Provence, caramelised onion & thyme, roasted garlic & rosemary, Heinz (US) || Winter spice gravy granules with cinnamon & cardamom, Bisto (UK)



UPCYCLED

MATRIARK FOODS UPCYCLED VEGETABLE BROTH

Matriark uses fresh vegetable remnants that would go into landfill to create a low sodium vegetable stock concentrate. The stock is easy to change the strength of by adding more water.

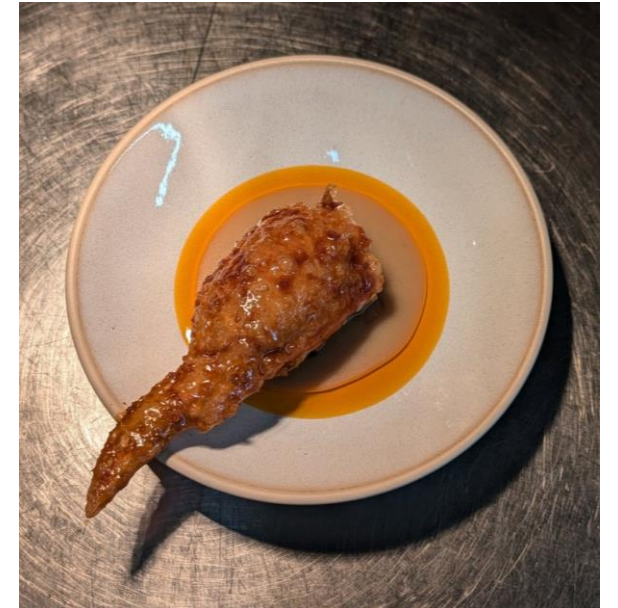
Each carton offers environmental benefits, as each one diverts 0.9 pounds (0.4kg) of vegetables from landfill and saves 140 gallons (636 litres) of water and reduces greenhouse gases by 3.2 pounds. (US)

SURF 'N' TURF

This is surf 'n' turf, but not as you know it, as combos from land and sea undergo inventive reinterpretations. This season, the classic steak 'n' shrimp combo is out, replaced by global twists and clever culinary techniques that flip the concept on its head, while small touches bring subtlety through sauce, garnish and seasoning.



Pictured clockwise from top right: Lobster claw & pork belly skewer, yuzu kosho & furikake, **Nord** (Liverpool, UK) || Chicken wing stuffed with minced prawn & pork belly served with crab stock gravy, **Brunswick House** (London, UK) || Kurobuta pork chop on barley risotto, pickled stone fruit & chipotle fish caramel, **Guard & Grace Steakhouse** (Denver, US) || Sea truffles, fermented shiso vinegar mignonette, pork skin, **Whyte's Restaurant** (London, UK)



BONE BROTH

Bone broth is being recognised for its health benefits and green credentials. Brands, influencers and celebrities are spreading the message and social media is buzzing about bone broth. Demand is rising for this nutritious elixir so we're bringing you the low down.

SUMMARY



- Bone broth is of ancient origin but its health and eco-credentials are bringing it under the spotlight.
- Bone broth is thought to contain proteins, minerals and vitamins - good for immune, gut, joint, bone, skin and mental health.
- Brands are innovating with flavours and formats to deliver a wide array of bone broth products.
- For those seeking clean, natural, wholesome and upcycled nourishment, it might be worth taking a sip.

WHERE IN THE WORLD



This article contains trend manifestations from the following regions:



North America

Europe



UK

CHANNELS



Social Media
Food and Drink Manufacturers
Research Papers

ALL-ROUNDER

Bone broth is highly versatile, with eating occasions, it seems, limited only by our own creativity.

Brands are showcasing how bone broth is an easy way of packing nourishing flavour into our everyday diets - with sweet and savoury serving suggestions including, glazes, pies, popcorn and ice cream, to name a few.

Clockwise from top left: Freja Bone Broth encourage followers to sprinkle their chicken bone broth powder onto freshly popped corn for a savoury protein-packed treat, @frejafoods (Instagram, UK) || Borough Broth share a chicken and mushroom pie recipe, fortified with their organic chicken bone broth, @boroughbrothcompany (Instagram, UK) || Bare Bones create a 'sweet and tangy BBQ sauce' from their instant beverage mix chicken bone broth, @barebonesbroth (Instagram, US) || Dr Kellyann Petrucci demonstrates how to make Bone Broth Ninja Creami ice cream using Dr Kellyann chicken bone broth, @drkellyann (TikTok, US)



ONION BOIL

Fast-paced, often fleeting, TikTok trends are ingrained in how today's foodie demographics communicate and interact with food. This latest viral installation is heavily centered around comfort, simplicity and accessibility – the must-have ingredients when navigating turbulent times.



SUMMARY

- Onion boil is the latest TikTok trend to take the social sphere by storm as reels continue to rack up millions of views.
- Contrary to its namesake, the recipe isn't actually boiled and is simply a take on the traditional baked onion; the "boil" a nod to its Southern seafood boil inspired spicing.
- Variations on the creator's recipe are rapidly evolving to include globally inspired dishes and pairings for those seeking to make it more of a meal.

KEY CHANNELS: Social Media

KEY REGIONS:





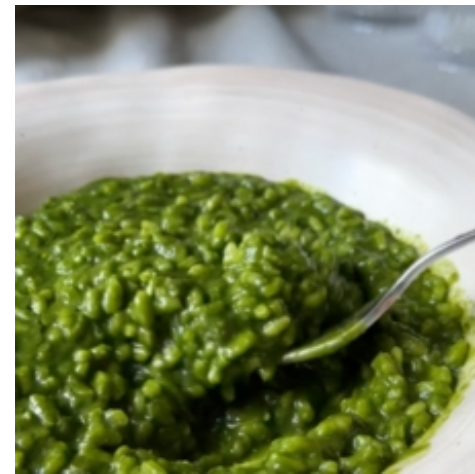
ONION BOIL, BUT MAKE IT...

...Middle Eastern, Mexican, French, Caribbean, Indian – anything goes! The global larder is open for business as foodie influencers draw on spices and ingredients from around the globe. Think punchy Jerk, heady garam masala, tandoori or addition of beef bouillon for the uber popular French soup inspired boil.

Pictured clockwise from top left: Middle Eastern style with dried mint, dill, parsley and tomato paste, @elgameal (TikTok, US) || A Mexican take with crumbled chorizo and cheese, and eaten with a tortilla, @chanandmari (TikTok, US) || French onion soup boil with beef bouillon, butter, garlic powder, salt and pepper, topped with melted butter, more bouillon and dried seasonings, beef broth, sugar, Worcestershire sauce and cheese, @_nichagman_ (TikTok, US) || Jerk onion boil featuring Jerk seasoning, sliced spring onions, coriander, olive oil, Old Bay and other dried seasonings, and fresh chopped garlic, topped with lemon juice and the typical spiced butter, @itz_fierceness (TikTok, US)

PANTRY DINNERS

With the cost of living continuing to loom large, squeezing the most out of budget and flavour is key. Pantry staples of pulses, legumes and pasta are increasingly being given new life by drawing influence from the flavour profiles of already well-established dishes such as Caesar salads and Tuscan bean stew. Boosting the protein content, beans and chickpeas are thrown in with pasta to keep things filling, with some dishes simmering them in stock to deepen the flavour. Seasonal greens like cavolo nero can be whizzed-up with spinach to create a sauce to fold through risottos for a touch as vibrant as it is nutritious.



Clockwise from top left: Caesar white beans in creamy sauce enriched with Parmesan, @anna_s_table (Instagram, Belgium) || Cavolo nero & spinach risotto served with ricotta, @natsnourishments (Instagram, UK) || Tuscan bean soup with cannellini & haricot beans, @joe_woodhouse (Instagram, UK) || Pasta e ceci, cavolo nero & kabocha squash, @hans.hungry (Instagram, UK)



SOUP-ERB

Perhaps the O.G. of the warming comfort trend, soups have greeted us with open arms when the season hits. Served with doorstep bread, autumn menus uproot the 'healthy' preconceived ideas and showcase the rich and creamy. Lard, beef stock, and cream pop up in ingredient lists, and for added comfort toppings such as crumble, filo pastry, and egg make it a meal-worthy dish.



Clockwise from top left:
Monsieur Caillot, quail egg and lard soup, Restaurant Aux Lyonnais (Paris, France) || Onion soup, Les Enfants Du Marché (Paris, France) || Fish soup Oud Sluis, AIRrepublic (Belgium) || Cauliflower soup, turmeric, paprika oil, poppy seed crumble, Grant Achatz (Chef)

SAUCING & BROTHS

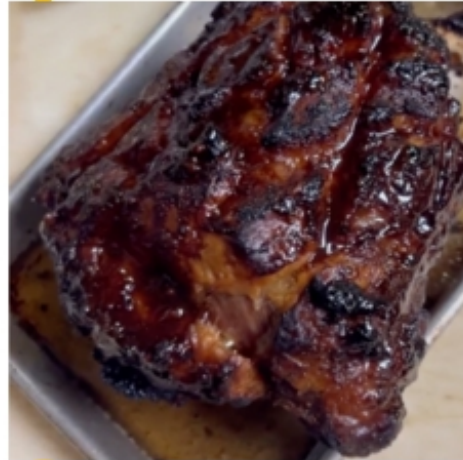
A dish is seldom complete without a sauce. As the reversion to French classical cooking trends continues, we see more butter than Escoffier could've ever imagined. Whether browned to accentuate the warmer, nuttier notes that go like a chilly hand-in-glove with autumn, or a classic *beurre blanc*, butter in all its emulsifiable splendour shows no signs of relenting. Alcohols of nearly every tittle get a look-in, too; elevating sauces by accentuating its depths.

Broths are also enjoying a predictable return to our dishes, with their ability to pack a heavyweight punch in a featherweight format. With similar duality, we're seeing a continuation of split sauces, offering savoury herbaceousness swirled with luxe butteriness.



GRAVY, JUS, SAUCE & GLAZE

A dish is rarely complete without a sauce and we're continuing to see classic sauces made with Madeira and enriched with liver but also more modern twists, such as olive extractions. Glazes based on vinegar and honey are also proving popular, accompanying slow-roasted meats.



Clockwise from top left: Lamb Neck for 2- Whole Elysian farms lamb neck, Moroccan honey-harrisa glaze, Obélix (Chicago, US) || Braised short ribs, vinegar glaze, morel mushroom, onion confit, Orfali Bros Bistro (Dubai, UAE) || Pigeon 'au sang', glazed cherry, smoked beetroot, confit leg and liver sauce, fermented peppercorn and Madeira jus, Cycene (London, UK) || Charcoal grilled Sea bass, dried olives, Chinese mustard greens, lemongrass fish bone foam, olive extraction sauce, TATE Dining Room (Hong Kong)

FLAVOURED BROTH

Broths are an ingenious way of packing as much flavour as gravy or jus, in a texture not much thicker than water. By flavouring the broth, you're able to both season a dish whilst imparting a different temperature and texture. Unsurprisingly, umami plays a dominant role when it comes to infusions, derived from bones, seaweed and fish in particular.



Clockwise from top right: Snapper, miso butter broth, Navi (Melbourne, Australia) || Torched fish, curried peach gel, hot smoked bone broth, Heirloom tomato, lime leaf atchar, ricotta, cold smoked roe, Dusk (Stellenbosch, South Africa) || Arborio, seafood broth, uni cream, smoked eel, Bacatá (Singapore) || Bull tartare stuffed tomato, tuna broth pickled with rice vinegar, Ugo Chan (Madrid, Spain)

SAVOURY COCKTAILS

Conventional wisdom might say that cocktails are as sugary as they are boozy, with the Bloody Mary being the exception. However, savoury cocktails are no longer the preserve of exclusive speakeasy's. Instead, we're increasingly seeing savoury elements commanding the flavour profile of cocktails with olive oils, teas and vegetables.



Clockwise from top left: Peppino, The Other Room (Singapore)

|| @seawolfrum, sour orange, agave, @luckyliqueurs green chilli, and an olive oil wash, Lucky Liquor Co. (Edinburgh, Scotland) || Savory green tea and sweet cider, Mibbedong (Seoul, Korea) || The Glass Onion, Matilda 159 Domain (South Yarra, Australia)



GRAVY & JUS

With a finishing flourish, gravy or jus can add a punch of flavour to dishes, with a pleasing glossiness from butter added *monter au beurre* at the end of cooking. Classic French sauces like Bordelaise or Bigarade are coming back into fashion, adding a touch of the classics to more modern looking dishes.

These gravies, jus and sauces are also perfect for dipping snacks into, or dipping overloaded sandwiches that are served *au jus*.



Clockwise from top: Dry-aged Hereford beef fillet, yeast parsnip purée, bone marrow pudding, heritage carrot, Bordelaise sauce, White Horse (Churton, UK) || @withwild_ wapiti roasted fillet wrapped in pancetta, braised neck, Jerusalem artichoke (puree, chips, fondant), chestnut gnocchi, wapiti gastrique sauce, Embra (Taupō, New Zealand) || Roast guinea hen, braised cipollini onions, creamy @mainegrains polenta & madeira bacon sauce, Lord's (New, York, US) || Duck confit, Bigarade (sour orange) sauce, roasted potatoes, celeriac purée, pickled red cabbage, chilli-marinated pumpkin & pomegranate, Tight (Copenhagen, Denmark)



SOUP & BROTH

A perennial favourite that we see year in year out, soup can be traditional or made to global recipes like the Nepalese style vegetable soup at Cornersmith in Sydney, Australia. Soup can be made into more of a light meal with toppings and sides, and it can be smooth and creamy or filled with noodles, vegetables, protein, pastry toppings are perfect for dipping. Broth and brodo, is rich and health giving, with gut healthy bacteria, it can be served clear for sipping or loaded with dumplings, onions, vegetables, and protein.



Clockwise from top left: Onion soup, beef broth, onion, puff pastry for dipping, Tanta (Peru) || Around carrots: yellow carrot mousseline, saffron, kalamansi gel, carrot tabbouleh, coriander, roasted seeds, Cajun spices, The Friendly Kitchen (Paris, France) || Nepalese style vegetable soup, soba noodles, lime, Cornersmith (Sydney, Australia) || Country beef & veg soup, fresh flowers, Le Coco C Food Purveyors (Pretoria, South Africa)

SAVOURY COCKTAILS

Many consumers are looking to lower sugar in their diets, and using vegetables to create cocktails can help with this as the vegetables tend to be naturally sweet, like carrots and parsnips. Also, savoury cocktails that are less sweet are trending, often using healthier ingredients like seaweed and mushrooms, along with bone broth, all giving an umami flavour.

Clockwise from top: Cape to Casablanca, Tequila, Ardbeg whiskey, honey, harissa, roasted carrot, dry sherry, Upper Union Restaurant (Cape Town, South Africa) || Freezer Martini, Parsnip, London Dry & Scottish gins, Blanche Armagnac, yellow Chartreuse, dry Vermouth di Torino, mustard seed oil from carrot tartare production, Eleven Madison Park (New York, US) || Savour the Red Seas, olive oil washed Hendrick's Neptunia Gin, dry vermouth infused with mushroom, orange bitters, curry leaf, Aniba (Singapore) || Negroni Handroll, @leyendasmezcal's 'Serie de Ocio' Tepeztate, Campari, Aperitif, mushroom, nori, Otium (Los Angeles, US)



BROTHTAILS

Savoury ingredients are one of the biggest trends in the cocktail world right now, so it's no surprise that mixologists and home bartenders have thought of combining broths and stocks with alcohol. While savoury classics like the bloody mary and martini are an obvious choice, there's plenty of scope for getting creative here, think of it like making a delicious soup with a boozy little lick!

Clockwise from top left: Pozole rojo brothtail: guajillo infused Abasolo whisky, bay leaf infused lime juice, hot water, cube chicken bouillon, garnish chile árbol, radish, and cilantro oil, April 2023 @verygooddrinks (TikTok, US) || Chicken soup martini, @getgraza (TikTok, US) || Bone broth bloody mary, @fishnships (TikTok, US) || Bone broth bloody mary, Fond (US)

