

FORWARD FOOD

CREATING HEALTHY, SUSTAINABLE MENU OPTIONS

Plant based additions to the menu

With the wide, and ever-increasing variety, of plant-based alternatives to animal products, including 'mock meats' and 'faux fish', will should find that in some cases it is easy to make literal swaps, for example beef mince for soya mince, pork sausages for veggie sausages, etc. In other cases, you may wish to replace meat with pulses (beans, peas or lentils), or mushrooms, which can give a dish a chewy, meaty texture. There are also dairy-free spreads that can be used for cooking and in sandwiches. Could you replace the margarine that you buy with a non-dairy spread, which would meet your culinary needs as well as suiting your customers' various dietary needs?

For menu inspiration turn to delicious plant based options that are familiar favourites that just happen to be plant based. Many world cuisines have tasty dishes which have been free for generations. Many ethnic foods such as Lebanese, Indian, Mexican, Ethiopian, Indonesian and many Asian inspired recipes are naturally meat free, delicious and can be an easy place to start. You can then work on creating new plant based dishes based on season ingredients and slowly adding these options into your menu cycle. Feel free to start using the recipes you have created during your Forward Food workshop and utilize the recipes supplied as starting point and refine as you go.

Plant-based Meats

Plant-based meats have come a long way in recent years. Technological developments have led to convincing new products that replicate the taste and texture of chicken, turkey, fish and beef and there is now an impressive selection of products that come in refrigerated and frozen varieties. Making meals meat-free can be as simple as swapping chicken or mince for one of their plant-based alternatives, and recreating familiar meaty dishes is likely to appeal to the many people who still enjoy eating meat but wish to cut down their consumption (often known as 'flexitarians')

There are a number of companies who offer plant based products which are included in the list below. Not all of their offerings are vegan as some contain eggs and milk so do check before purchasing.

Producers

During the workshop we highlighted a selection of plant-based ingredients that will add umami flavour to your plant-based dishes, and provide a satisfying bite and texture:

- Nutritional yeast AKA 'nooch' (brand name: Engevita) – available from Marigold
- Silken tofu: Clearspring
- Oat cream, 'crème fraîche' and foamable milk: Oatly
- Tempeh: Impulse foods
- Coconut Yoghurt: COYO
- Fava umami paste: Hodmedods
- Hot & Smokey Kimchi Kraut and Beet Kraut: Laurie's
- Applewood smoked dulse seaweed, kombu powder, Furikake,

Plant-based meats	Dairy-free cheese	Plant-based milks/creams	Plant proteins	Plant based Yoghurts	Dressings/ Mayo	Desserts	Seasoning
Fry's Family Foods	Vegusto	Alpro	Hodmedod's	Coyo	Granovita	Swedish Glace	Mara Seaweeds
Cauldron	Violife	Provamel		Nush	Plamil	BoojaBooja	Biona Organic Worcester Sauce
Taifun firm, smoked (tofu)	Follow Your Heart	Oatly-Foamable, cream, crème fraiche and custard		Coconut collaborative	Follow Your Heart	Coconut Co	The Coconut Company organic amino sauce
Impulse Foods (tempeh)	Raw food Rosie	Rude Health		Alpro		Coconut collaborative	
Tofurkey	Cheezly	So Delicious			Biona	So Delicious	
Quorn	Tofutti					Tofutti	
Linda McCartney						Almond Dream	
V-Bites						Ben and Jerrys	

Suppliers

Talk to your suppliers to see what they already offer in the way of plant-based foods. These specialist wholefood suppliers may also be useful:

Marigold Health Foods: marigoldhealthfoods.com

Infinity Foods: infinityfoodswholesale.co.uk

Rainbow Wholefoods: rainbowwholefoods.co.uk

Suma: sumawholesale.com