



Flavour Forecast
21st Edition
RECIPE CHALLENGE



Glossary

PLANTS PUSHING BOUNDARIES Indulgent, Satiating, Sensational & Playful

Flavourful vegetables, fruit and botanicals are pushed beyond their healthy halo into sweet and savoury food and beverages. This is what's next in plant-based.

Hearts of palm - are cut from the core of a handful of palm tree species native to South and Central America. After harvesting, they are cut into cylinders or sliced into rings and packed in water or brine. They look like smooth, thick white asparagus spears and often said to taste like artichokes. The delicate flavour of hearts of palm makes them a popular choice for salads, but they can also be braised, fried, or boiled. They can be roasted whole and tossed in a sauce, cut up and sautéed for taco fillings, turned into calamari, scallops or shredded and formed into patties as a satisfying, vegetarian alternative to fish cakes.

Cactus - Many cacti species are edible, including their fruits, leaves, and pods. While some can be eaten raw, others need to be boiled. Some of the most common edible cactus types include Prickly Pear, Barrel Cactus, Saguaro and Dragon Fruit.

Prickly Pear - is the most common of the edible cacti. It stands out with its oval-shaped flat leaves. Both the leaves and fruits of the prickly pear are edible.

Barrel Cactus - is one of the few cacti with almost every part of the plant being edible, apart from the thorny, outer skin and can even be eaten straight off the cactus. The seeds are a good addition to yogurt, bread, and granola. The rest of the fruit can be included in dishes like chutney or even turned into candied fruit treats.

Lobster mushrooms - are deep orange in colour and their shape is what gives them their name. They are known to be very meaty with a shellfish aroma which can intensify once dried. Pan frying or sautéing is perfect for this dense mushroom, and the larger specimens benefit from moist cooking methods. The bright orange-red colour of the mushroom leaches out as it cooks, leaving a colourful juice in the pan.

Trumpet Mushrooms - are also known king trumpet mushroom, French horn mushroom, king oyster mushroom, king brown mushroom. They are the largest species in the oyster mushroom family, and have a thick, meaty white stem and a small tan cap. The mushroom has a good shelf life and is cultivated widely. It has little flavor or aroma when raw. When cooked, it develops rich umami flavour and a meaty texture.

Botanicals

Juniper - is a strong aromatic herb from an evergreen plant or tree. The cone of the juniper is the part that is referred to as the berry. It looks like a small green berry and ends up turning a bluish-black shade in the second year of growth. Juniper is commonly used as a flavouring in pickled foods, beverages, frozen dairy desserts, baked goods, gelatins and puddings and meat products.

Pine and Fir - The pine needles from coniferous trees (i.e. the assortment of trees that make up the traditional Christmas tree—spruce, pine, or fir) can be used for cooking to brighten up a meal, impart a piney, citrusy taste, and give off an earthy, woody aroma. You can achieve pine flavour in your desserts by steeping it: throwing

some pine clippings into a bowl, adding hot milk, and letting it all sit for a while. Strain the milk—you definitely do not want to ingest pine needles!—and like that, your milk will taste like the forest. You can also substitute pine anywhere savoury-sweet herbs like rosemary, thyme, and lavender are used. Another popular way to use needles is by making an oil or spice mix to incorporate into your cooking. The former can be brushed on top of a grilled fish and the latter can be sprinkled into rice as you cook it, or rubbed into any meats that you're roasting.

Sichuan buttons - is an edible flower that is native to tropical regions. The flowering herb of the Acmella Oleracea plant family is well known for its medicinal properties, the toothache plant, due to the numbing analgesic agent 'spilanthol' which is released when the bud is chewed. The flower provokes a multi-sensory experience, including mouth tingling, numbness and increased salivation making it an unusual surprise in both food and drinks. The flowers are also ideal used as a garnish in salads, soups and desserts like sorbets, where just the petals can be sprinkled for a milder reaction.

Colour Indulgence - The key to this evolving theme is the use of natural plant derived ingredients, such as ube, for colour to attract foodies to 'eat with their eyes.'

Ube - is a purple yam originally from the Philippines. It's essentially a bright purple sweet potato with an even sweeter, more mellow taste than its orange relative with a slightly nutty, vanilla taste. It's popularly used in cakes, puddings, pancakes, cheese cakes and desserts in Filipino cuisine, often boiled and then mashed with condensed milk.

Cooking Techniques

Charred vegetables, particularly when used in sauces, give dishes a darker colour and a rich flavour profile. Rich, complex flavours and aromas, a characteristic dark colour and a woody or smoky profile that leads to a heightened sensory experience. We're big fans of 1. Charring only a portion of vegetables ala grill marks. 2. Char the entire vegetable and add it in just a small dose to a recipe for an unexpected effect.

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UNDERWATER, UNDER DISCOVERED Fresh, Earthy, Under Discovered

Bringing flavours from the coast to the kitchen, diving into the potential of the underwater world and it's under discovered ingredients and textures.

Salt water - brings a fresh and briny bite to foods and beverages and is the ultimate flavour enhancer. Many bakers use it as a primary ingredient in bread due to its salty nature and cheesemakers also use sea water to curdle their milk. Koreans soak wilted vegetables in seawater, a precursor to kimchi.

Underwater Botanicals offer a fresh, earthy flavour to savoury meals.

Dashi - is a family of broths or stocks comprised of fusions of umami-rich foods such as bonito fish flakes, dried kombu (sea kelp), dried shiitake mushrooms, and dried whole sardines. You can use dashi in the way you would use any stock and is the backbone of Japanese cuisine, and the liquid base in miso soup and udon and ramen noodle dishes. Sometimes it's whisked together with flour for dishes such as okonomiyaki, savoury Japanese pancakes.

Spirulina - is blue - green algae, and believed to be an all-in-one source of nutrients including protein levels comparable to eggs. Spirulina has a bitter taste, so people often mix it with yoghurts, juices, and smoothies to improve its flavour.

Wakame - is a species of kelp native to cold, temperate coasts. As an edible seaweed, it has a subtly sweet, but distinctive and strong flavour and texture. It is most often served in soups and salads. The leaves should be cut into small pieces as they will expand during cooking. Wakame can be used either dried or salted, and used in soups (particularly miso soup), and salads (tofu salad), or often simply as a side dish to tofu and a salad vegetable like cucumber. These dishes are typically dressed with soy sauce and vinegar/rice vinegar.

Kelp - is a type of large brown seaweed that grows in shallow, nutrient-rich saltwater, near coastal fronts around the world. Whether consumed dried, fresh, pureed, fermented, pickled, steamed, or roasted, you can find dried kelp in sheets, flakes, or granules for sprinkling at many specialty grocery stores and also in novel ways such as noodles.

Kombu - Kombu is sold dried (dashi konbu) or pickled in vinegar (su konbu) or as a dried shred (oboro kombu, tororo kombu or shiraga kombu). It may also be eaten fresh in sashimi. Kombu is used extensively in Japanese cuisines as one of the three main ingredients needed to make dashi, a soup stock. Kombu dashi is made by putting either whole dried or powdered kombu in cold water and heating it to near-boiling. The softened kombu is commonly eaten after cooking or is sliced and used to make tsukudani, a dish that is simmered in soy sauce and mirin. Kombu may be pickled with sweet-and-sour flavouring, cut into small strips about 5 or 6 cm long and 2 cm wide. These are often eaten as a snack with green tea. It is often included when cooking beans, putatively to add nutrients and improve their digestibility.

Agar - **Agar** or **agar-agar**, is a jelly-like substance, obtained from red algae. Agar has been used as an ingredient in desserts throughout Asia, and also as a solid substrate to contain culture media for microbiological work. Agar can be used as a vegetarian substitute

for gelatin, a thickener for soups, in fruit preserves, ice cream, and other desserts. It can be used to make jellies, puddings, and custards.

Samphire - is a name given to a number of succulent salt-tolerant plants that tend to be associated with water bodies. It is high in Vitamin A and a good source of calcium and iron.

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HUMBLE NOSH

Approachable, Nostalgic, Global

Drawing inspiration from the Yiddish word -nashn, meaning 'to nibble on,' we combine rising global flavours with universal food & drink formats to 'travel locally' and taste new flavours comfortably.

Chaat Masala - is a spice powder mix, originating from India that typically consists of amchoor (dried mango powder), cumin, coriander, dried ginger, salt, black pepper, asafoetida (hing) and chilli powder. It is traditionally used in Indian, Bangladeshi and Pakistani cuisine and used to add flavour to sweet and savoury dishes. It can be sprinkled on potatoes, fruit, eggs and salads.

Fried 'Crisped' Chillies - is an infused chilli oil condiment with crunchy bits, made by simmering chilli peppers, onion, garlic and seasonings in oil. It is spicy, salty and savoury with an umami flavour, great for adding flavour and texture to anything from sandwiches to desserts.

Pandan kaya - is a coconut egg jam from Malaysia, widely eaten as a spread over toasted bread, soft buns, and as a cake filling or topping. It has a smooth texture, is creamy and rich tasting. The 'jam' is a cooked custard made with eggs, sugar, coconut milk and pandan juice. Pandan juice is the juice obtained from the tropical plant pandanus amaryllifolius, a tropical plant used in many cuisines for flavouring and colouring foods, especially desserts and cakes.

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[Chaat masala - Wikipedia](#)

[Homemade Nonya Pandan Kaya \(Coconut Jam\) | Foodelicity](#)

PHYSIOLOGICAL EATING

Balanced, Intentional, Delicious

Mindful eating and intentional ingredients to achieve mind-body balance. A reemergence of this ancient philosophy is what's next in health & wellness.

Inspired by ancient practices such as traditional Chinese medicine and the Indian practice of Ayurveda, physiological eating is a mindful approach that feels foreign in comparison to many of the modern diets we're familiar with. It's guiding principles for wellness encourages eating with intention - choosing flavours that are aligned to each of their **six taste categories**.

Six tastes - Try to incorporate each of the six tastes into every meal:

- Sweet (said to ground): Cardamom, dates, licorice root
- Sour (said to refresh and cleanse): Citrus, fermented foods, tamarind
- Salty (thought to create balance): Rock salt, olives, tamari
- Bitter (said to cleanse): Fenugreek, green tea, cumin
- Astringent (said to be cooling): Pomegranate, marjoram, parsley
- Pungent (said to be warming and invigorating): Mustard seeds, ginger, chilli

Warming and cooling? We're talking way more than food temperature here. This theme embraces the herbs, spices and ingredients that can help achieve internal balance - all based on ancient Ayurvedic philosophies. Cook with warm spices like cardamom, ginger, and cinnamon for heat and comfort. On the flip side, spices like coriander, fennel and mint introduce a cooling element. Experiment with warming spices in dishes like curry and discover the benefits yourself.

Warming spices provide heat and comfort **Cardamom, ginger, cinnamon, clove, nutmeg, spicy foods.**

Cooling spices and herbs **cooling spices** are said to cool and calm and include: **Coriander, fennel, mint.**

