



WINNING THE PLANT WITH BASED



LACTO-OVO-PESCE- RAW-FLEXI-VEGAN- VEGE-TARIAN... WAIT, WHAT?



Stop what you're cooking, because the world is changing. Plant-based or plant-forward dining is a real thing – and it's in real demand.

This isn't veganism taking over, or the beginning of the end of the meat industry. This is about choice – and opening menus up to consumers who are increasingly demanding it.

Today's reality is that about 75% of what the global population consumes relies on just 12 crops and 5 animal species – when there are actually over 5,000 species of crops that we could be eating*. The world's largely cautious and unvaried diets are placing too much reliance on too few plant species.

But UK attitudes are already changing. Increasingly aware of the potential consequences of their dietary choices, many consumers are making a conscious effort to consume less meat – especially given that animal products are the single biggest contributor to greenhouse gas emissions.

92%
**OF VEGAN DISHES EATEN
IN 2018 WERE CONSUMED
BY NON-VEGANS[^]**

At Unilever Food Solutions we're championing better ways to cook for a more sustainable food future, by creating flavours using natural, quality ingredients.



We're here to help chefs better understand plant-based cooking and up-skill accordingly. What's more, your business could really benefit too.

Discover our full collection of plant-based recipes and our extensive product range suitable for vegans at ufs.com/plantbased



WHY PLANT-BASED?

#1: THE COMMERCIAL WIN

20%

OF CONSUMERS NOW FOLLOW A MEAT-FREE, OR PARTIALLY MEAT-FREE, DIET*

ORDERS OF VEGAN MEALS GREW

388%

BETWEEN 2016 AND 2018**



DID YOU KNOW?
MONDAYS & WEDNESDAYS are the most popular days of the week to eat vegan†



#2: THE PROFESSIONAL WIN

AS MORE BRITS EMBRACE VEGAN, CHEFS WITH VEGAN COOKING SKILLS ARE IN GROWING DEMAND‡



#3: THE SUSTAINABILITY WIN

“AROUND ONE THIRD OF GREENHOUSE GAS EMISSIONS AND SIXTY PERCENT OF GLOBAL BIODIVERSITY LOSSES ARE CONNECTED TO OUR PRODUCTION AND CONSUMPTION PRACTICES.”^

DISCOVER VEGAN INGREDIENTS THAT DON'T COMPROMISE ON TASTE.

At Unilever Food Solutions we're championing better ways to cook for a more sustainable food future, by creating flavours using natural, quality ingredients.

Explore our range of over 80 vegan products at ufs.com/plantbased

KNORR® PROFESSIONAL PATAK'S BALTI PASTE

A spice blend that perfectly compliments chickpeas and lentils.

CHEF TIP: Use in vegan batters for a delicious balti flavour boost.

KNORR® PROFESSIONAL GLUTEN FREE VEGETABLE PASTE BOUILLON

Perfect for creating full flavour bases.

CHEF TIP: Use as a savoury base for nut cream sauces.

COLMAN'S ENGLISH MUSTARD

The original English mustard.

CHEF TIP: Try using it as a mock-egg glaze for vegan pastry dishes.

HELLMANN'S VEGAN MAYO

Award-winning vegan mayo with original Hellmann's taste.

CHEF TIP: Use as a base for vegan salad dressings.



KNORR® PROFESSIONAL GRAVY GRANULES FOR MEAT DISHES

Gravy for meat? Not anymore. Our Gravy Granules are 100% vegan.

CHEF TIP: Use to deliver a rich umami gravy for more traditional dishes.



OUR TOP CHEATS TO WINNING WITH PLANT-BASED

Our culinary experts offer their top tips to plant-based cooking success.

1 UTILISE UMAMI

One of the most commonly overlooked opportunities in vegan cooking is what can be achieved with umami flavours. For instance, try using finely diced aubergine and frying it until golden to add richness to the base of a sauce. Or, if you're short on time, you can just use some Marmite!

Citrus fruits such as lemons and limes are great taste enhancers – but, perhaps surprisingly, they're not always suitable for vegans.

Many are waxed using shellac (made from a resin secreted by a type of bug) or with beeswax, so make sure you check with your supplier before using them in vegan dishes.

2 BE MINDFUL OF HIDDEN ANIMAL PRODUCTS



Vegan food can be indulgent too! But delivering creamy textures in dishes without using animal products can be challenging. Use non-dairy alternatives to milk as a starting point, such as coconut milk or soy.

For a richer cream, soak cashew nuts in bouillon for a few hours, then simply blend.

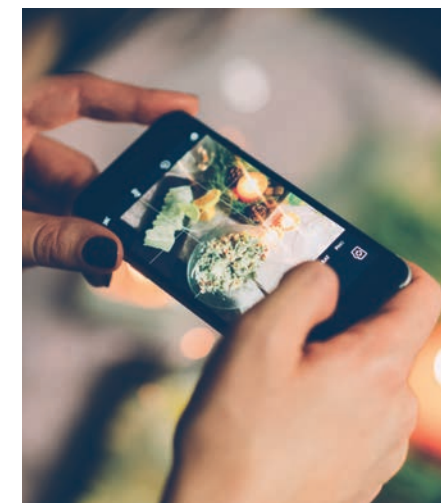
3 ACHIEVE CREAMY CONSISTENCIES

4 GET NOTICED



One of the biggest challenges for vegans and people looking for plant-based food is knowing where to go to eat.

Shout about your menu using your website and social media platforms to help grow your plant-based reputation.



KING OYSTER MUSHROOM 'SCALLOPS' WITH CAULIFLOWER & CURRY OIL

MAKES 10 PORTIONS

INGREDIENTS

FOR THE "SCALLOPS"

1kg	King oyster mushrooms
100ml	Light soy sauce
50g	Capers, in brine
2pc	Nori sheets

FOR THE CAULIFLOWER

300g	Cauliflower
100ml	Coconut milk

FOR THE CURRY OIL

20g	Knorr® Professional Patak's Balti Paste 1.1kg
100ml	Rapeseed oil

TO FINISH

10g	Golden raisins
5g	Micro herbs
170g	Apple

METHOD

FOR THE "SCALLOPS"

1. Cut the caps from the mushrooms then cut the stalks into 2 inch rounds.
2. Score the top of the "scallops" then place into a container. Pour over the caper brine and soy sauce and crumble over the nori sheets.
3. Cover with cling film and allow to marinade for 30 minutes.

DID YOU KNOW?
34% of meat eaters said they had **REDUCED THEIR MEAT** consumption last year*

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*Plant-based innovation: Key ingredients for success 2019, Foodspark.



FOR THE CAULIFLOWER

1. Trim the cauliflower into florets then cook in the coconut milk until tender.
2. Drain the cauliflower but reserve the cooking liquor.
3. Place the cauliflower and half the liquor into a blender and blitz until smooth [add more liquor if needed].
4. Place the puree into a squeeze bottle and keep warm until needed.

FOR THE CURRY OIL

1. Add the Knorr® Professional Patak's Balti Paste and 80ml of the oil to a pan then place on a low heat for 10 minutes
2. Pass the oil and place into a squeeze bottle for service.

TO FINISH

1. Peel and dice the apple into ½ cm dice.
2. Pour a little boiling water over the raisins and allow to soak for 10 minutes.
3. Remove the "scallops" from the marinade and pat dry.
4. Place the remaining oil into a frying pan and place onto a medium heat.
5. Add the "scallops" to the pan and cook for 2 minutes on each side until golden.
6. Place the cauliflower puree onto a serving plate then sit the "scallop" on top.
7. Drizzle over the curry oil then and garnish with the capers, raisins, diced apple and coriander cress.



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THALI: SQUASH BALTI & BHINDI PAKORA

MAKES 10 PORTIONS

INGREDIENTS

FOR THE SQUASH BALTI

- 1.5L** Knorr® Professional Patak's Balti Ready to Use Sauce 2.2L
- 100ml** Vegetable oil
- 400g** Red onions
- 200g** Red peppers
- 15g** Knorr® Professional Mixed Chilli Puree 750g
- 1.5kg** Butternut squash

FOR THE BHINDI PAKORA

- 150g** Okra
- 5g** Turmeric
- 325ml** Water
- 160g** Gram flour
- Salt & Pepper to taste

METHOD

FOR THE SQUASH BALTI

1. Chop the butternut squash into 2cm cubes. Rub with Knorr® Professional Mixed Chilli Puree and 50ml vegetable oil. Roast in the oven at 175°C for 35 minutes.
2. Meanwhile slowly sauté the onions. Add Knorr® Professional Patak's Balti Ready To Use Sauce and combine with the roasted squash.
3. Top with cubes of roasted red pepper and the chopped coriander.

FOR THE BHINDI PAKORA

1. Mix the gram flour with the turmeric and seasoning.
2. Slice the okra and dust with the gram flour mix.
3. Whisk the water in to the remaining gram flour mix to make a batter.
4. Dip the okra in the batter and deep fry at 175°C for approximately 2 minutes.
5. Serve in Thali Dishes with warm naan breads, basmati rice and mango lassi.

SEE THE FULL RECIPE AT
UFS.COM/PLANTBASED



MULLIGATAWNY SOUP

MAKES 10 PORTIONS



INGREDIENTS

FOR THE SOUP

250g	Yellow lentils
300g	Onions
200g	Carrots
50ml	Rapeseed oil
100g	Knorr® Professional Patak's Balti Paste 1.1kg
50g	Knorr® Professional Gluten Free Vegetable Paste Bouillon 1kg
1.5L	Water
800ml	Coconut milk
100g	Wild rice
200g	King oyster mushrooms

FOR THE CORIANDER OIL

50g	Coriander
50ml	Rapeseed oil

METHOD

FOR THE CORIANDER OIL:

1. Blend 50ml rapeseed oil with the coriander.
2. Strain into a squeeze bottle and set aside until needed.

FOR THE SOUP:

1. Soak the lentils in cold water for 2 hours.
2. Peel and dice the onion and carrots.
3. Heat 50ml rapeseed oil in a saucepan then add the vegetables and sweat for 4 minutes.
4. Add the soaked lentils then add the Knorr® Professional Patak's Balti Paste and cook for 2 minutes.
5. Pour in a little water and allow the spices to cook out then add the Knorr® Professional Gluten Free Vegetable Paste Bouillon, coconut milk and water.



DID YOU KNOW?
40% feel there are not enough vegan choices on menus*

6. Bring the soup to the boil and cook for 20 minutes or until the lentils are soft then remove from the heat.
7. Pour the soup into a blender and blitz until smooth.
8. Return the soup to the heat and add the wild rice.
9. Simmer until the rice is cooked.
10. Shred the mushrooms to look like "pulled chicken".
11. Add to the soup and cook for 1 minute then remove from the heat.
12. Pour into a serving bowl then drizzle over the coriander oil.



GET IN TOUCH

Talk to us and learn how we can support your business to embrace plant-based.

T: 01 291 4000

W: ufs.com/plantbased

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