



Flavour Forecast
Recipe Challenge
2013
together with heia

A-Z of flavour forecast ingredients

Trend

no apologies necessary

Diving headfirst into sumptuous flavours and making the conscious choice to stop and enjoy the moment.

Flavour combination



1. Decadent Bitter Chocolate, Sweet Basil & Passionfruit:
An intensely indulgent combo that delights all the senses.

Bitter chocolate is also known as cooking chocolate or unsweetened chocolate. It works well in recipes such as biscuits and brownies where sugar is added. Also, to balance the bitter taste, you can combine with fruit flavours such as passionfruit.

Sweet basil is a much loved herb with a sweet aromatic flavour. Also known as basil, it is a member of the mint family and is a small bushy plant with fragrant dark green leaves. It has slightly minty, spicy notes and makes the perfect companion to tomato based Italian dishes such as pastas and casseroles.

Passionfruit is unique in the fact that it is both sweet and tart. Rich in vitamins A and C, good source of potassium and iron, and seeds high in fibre. Passionfruit is native to Brazil but now grows all over the world. In the early 1900s it was introduced to Australia, and we are now the largest producers of purple passionfruit.

Examples of ways in which this combination of flavours can come to life include:

- Cocoa Basil Biscuits with Passionfruit Compote
- Cocoa-Rubbed Ribs with Passionfruit BBQ Sauce
- Bittersweet Chocolate Torte with Passionfruit Cream

Flavour combination



2. Black Rum, Charred Orange & Allspice: An instant tropical getaway, this sultry collision balances richness and warmth.

Black rum is a premium rum with richer, bolder flavour than traditional rum.

Charred orange has all the characteristics of orange pith and juice with a slightly scorched note, which adds smokiness and complexity. To char oranges, cut the orange into slices and dip into brown sugar. Grill oranges over medium heat until charred, turning slices occasionally.

Allspice is a cured, unripe berry from a tropical evergreen tree. It has a warm, fragrant aroma, which tastes like a mixture of cinnamon, nutmeg, ginger and cloves. Allspice adds a touch of sweetness to desserts and warmth to meats and winter vegetables.

Examples of ways in which this combination of flavours can come to life include:

- Charred Orange Sorbet with Warm Rum Sauce and Spiced Cookie Bars
- Black Rum Charred Orange and Allspice Icy Poles



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personally handcrafted

A hands-on approach showcasing the very best of ourselves.

Flavour combination



Flavour combination



1. Cider, Sage & Molasses: Rustic and comforting, this combo brings natural goodness to every meal of the day.

Cider or cyder is a fermented alcoholic beverage made from fruit juice, most commonly and traditionally apple or pear juice, but also the juice of peaches or other fruit.

Sage is the silvery-grey dried leaves of an evergreen shrub belonging to the mint family. It is earthy and provides a strong flavour and aroma. Sage brings an aromatic lemony pine flavour to meat and vegetable dishes. It is said that from ancient times through the Middle Ages, sage was used to ward off such ills as curses, fever, liver disease, epilepsy and snakebite.

Molasses is a thick, rich flavoured syrup made from several boilings of sugar cane or sugar beets. Molasses has many culinary uses as it adds a deep, rich, sweet and robust flavour to even the lightest of ingredients. Tip: when using molasses use it sparingly (you can always add more) because of the intense richness and overpowering flavour.

Examples of ways in which this combination of flavours can come to life include:

- Apple Sage Tart
- Apple Cider, Sage and Molasses Cookies

2. Smoked Tomato, Rosemary, Chilli & Sweet Onion: Smoky, sweet and spicy flavours energise handcrafted chutneys and sauces.

Smoked tomato flavour goes to the next level with smoked vegetables. The tomato is consumed in diverse ways, including raw, as an ingredient in many dishes, sauces, salads, and drinks.

Rosemary is a highly aromatic herb with a distinctive fresh, bittersweet flavour. The slender, slightly curved leaves resemble miniature curved pine needles. The Latin name 'ros maris' means 'dew of the sea', as the plant grows well by the seaside. Rosemary's fresh and fragrant flavour is exceptionally versatile.

Chilli flakes are the dried, ripened, fruit pod of capsicums. Chilli is noted for its hot, spicy flavour profile. Various chilli varieties exist, including jalapeno and Bird's Eye. As a general rule, the larger the chilli, the milder it is.

Sweet onions are a variety of onion. They deliver a burst of sweetness and are mild, with little sharpness, subtle, fruity flavour.

Examples of ways in which this combination of flavours can come to life include:

- Rosemary Smoked Tomato Chutney and Poached Egg
- Pizza with Rosemary Smoked Tomato and Sweet Onions



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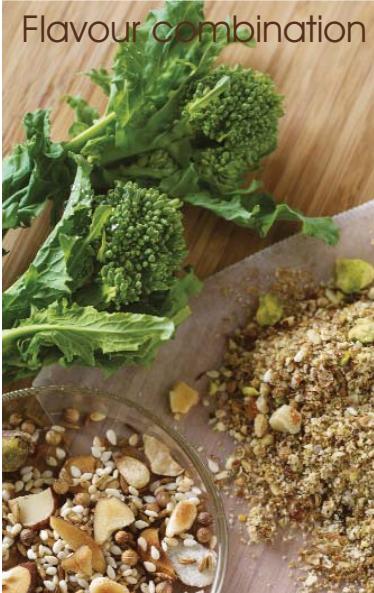
empowered eating

Creating health and wellness harmony through a highly personalised, flexible approach.

Flavour combination



Flavour combination



1. Farro Grain, Blackberry & Clove: Healthy ancient grain rediscovered with powerful hits of fruit and spice.

Farro is one of the oldest grains in the world and needs to be soaked and then cooked. Cooking produces a firm and chewy texture with an earthy, nutty taste. It can be a staple to any meal but more importantly it's the level of flavour that can give depth to root vegetables and a nutty note with steamed greens. It is sometimes referred to as spelt and may be used like barley.

Blackberries are sweet and juicy with a bit of tartness. They are rich in antioxidants and vitamins A and C.

Cloves are the dried, unopened flower buds of a small evergreen tree. The flavour of clove is strong, pungent and sweet - almost hot. Cloves are used in both sweet and savoury dishes and can add dramatic flavour to baked desserts and meat dishes.

Examples of ways in which this combination of flavours can come to life include:

- Swiss Chard and Farro Salad with Blackberry Clove Vinaigrette
- Farro 'Rice' Pudding with Clove and Blackberries

2. Market-Fresh Broccoli & Dukkah (blend of cumin, coriander, sesame and nuts): Satisfying flavours and textures, mixing unexpected varieties of broccoli with Middle Eastern spice blend.

Broccoli is a plant in the cabbage family and the large flower head is used as a vegetable. There are many varieties with varying texture and flavour, including rapini, broccoli rabe, broccolini.

Dukkah originates from North Africa and is a tasty blend of toasted nuts, sesame seed, coriander and cumin. It is typically used with oil for dipping.

- Sesame Seeds have a nutty, earthy flavour that develops greater richness after dry roasting or grinding.
- Cumin comes from the ground seeds of a flowering plant and is a member of the parsley family. It has a slightly sweet, warming and aromatic flavour. Cumin is an international favourite and appears in many different cuisines.
- Coriander seeds are a versatile spice that has a mild sweet, citrus flavour which complements both sweet and savoury dishes and is well-suited to Asian and Mexican cooking.

Examples of ways in which this combination of flavours can come to life include:

- Dukkah-Crusted Fish with Chinese Broccoli and Red Lentils
- Dukkah-Spiced Risotto with Chinese Broccoli



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hidden potential

A waste-not mentality, uncovering the fullest flavours from every last part of the ingredient

Flavour combination



1. Hearty Meat Cuts, Plantain & Cinnamon Quills: A new take on meat and potatoes, these ingredients inspire creative approaches that unlock their full flavour potential.

Hearty meat cuts refers to the use of inspiring creative cooking techniques to make the most of underutilised ingredients to create fantastic flavour such as charring and slow roasting. Focus shifts from premium ingredients to less familiar cuts of meat that are reasonably priced; shanks, blade chops, bone-in legs.

Plantains are a hybrid vegetable that look like a banana but taste more like a potato. Popular in Asian, India, Mexico and Caribbean communities just to name a few. In western cuisines, plantains haven't been as popular and are still relatively unexplored. The plantain can be simply fried, boiled or added to a soup. It gives a starchy quality to foods as it thickens the liquid in soups and stews.

Cinnamon is one of the world's oldest spices and is derived from the inner bark of the cinnamon tree. Cinnamon Quills have a wonderful warm and sweet flavour and are a delicious ingredient in sweet and savoury dishes.

Examples of ways in which this combination of flavours can come to life include:

- Cinnamon-Braised Lamb Shanks with Mashed Plantains
- Lamb and Plantain Koftas with Tomato-Yogurt Sauce

Flavour combination



2. Artichoke, Paprika & Hazelnut: Ingredients you thought you knew invite new explorations, unleashing their deliciously versatile starring qualities.

Artichokes: Mildly flavoured artichokes pair well with many flavours. You can use its stems, chokes, leaves and hearts.

Hazelnut adds flavour in many forms. The shells can be used in smoking and the nuts as butters, oil, nutmeat and extract.

Paprika is from the sweeter, milder branch of the Capsicum annuum family and is a cousin to chilli pepper. Paprika has a slightly musty, hay-like, tobacco flavour with a subtle, sweet and peppery taste. It is prized for its orange-red colour, which is made from the dried ground roots of the plant. This milder alternative to chilli can be used in a variety of ways.

Examples of ways in which this combination of flavours can come to life include:

- Artichoke Dip with Smoked Paprika Crostini and Toasted Hazelnuts
- Linguini Pasta, Grilled Chicken Artichoke Hearts, Kalamata Olives and Smoked Paprika and Hazelnut Butter



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Trend

global my way

Discovering the unlimited flavour possibilities of global ingredients,
beyond traditional roles in 'ethnic' cuisines

Flavour combination



1. Japanese Katsu Sauce & Oregano: Tangy flavours of BBQ and steak sauce create the next go-to condiment.

Katsu sauce is rich and delicate all at the same time. It can be used as a thin sauce for dipping or as a thick sauce for marinating and basting. It tastes like a combination of BBQ and steak sauce.

Oregano is generally described as having a strongly aromatic, camphoraceous aroma and a slightly bitter, pungent flavour. This pungent flavour is composed of earthy/musty, green, hay and minty notes. It is an important culinary herb and is a signature flavour profile of many global cuisines. The word 'oregano' is Greek and translated means 'joy of the mountain'.

Examples of ways in which this combination of flavours can come to life include:

- Oregano Breaded Pork Cutlet with Apple Katsu Sauce

Flavour combination



2. Anise & Cajeta (Mexican caramel sauce): Sweet, rich delight transports desserts and savoury dishes to new places.

Cajeta is a new take on caramel. It is a sweet and creamy blend of goat or cow's milk and sugar, slow cooked until thick and caramelised. It is native to Mexican cooking.

Anise has an aniseed flavour with notes of liquorice. It adds a rich flavour to meats and is typically found in Mediterranean cuisine.

Examples of ways in which this combination of flavours can come to life include:

- Cajeta, Fruit and Nut Warm Brie
- Sweet and Savoury Pork Tenderloin Stir-Fry
- Cajeta Sauce on Pancakes