



# WINNING WITH PLANT 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 Irish 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.

**PLANT-BASED  
FOODS ARE TOP OF MIND  
FOR MANY CONSUMERS<sup>^</sup>**

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](https://ufs.com/plantbased)

# WHY PLANT-BASED?

## #1: THE COMMERCIAL WIN

“WHILE THERE ARE NO FIRM FIGURES ON HOW MANY VEGANS THERE ARE IN IRELAND, THE VEGAN SOCIETY HAS RUN OUT OF INFORMATION PACKS, SUCH IS THE LEVEL OF DEMAND”<sup>\*\*\*</sup>



**?** DID YOU KNOW?  
**MONDAYS & WEDNESDAYS** are the most popular days of the week to eat vegan<sup>†</sup>



## #2: THE PROFESSIONAL WIN

AS VEGANISM GROWS, WE'RE ENCOURAGING AND SUPPORTING CHEFS TO IMPROVE THEIR VEGAN COOKING SKILLS TO MEET INCREASING 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.”<sup>^</sup>

# 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 55 vegan products at [ufs.com/plantbased](https://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.



## HELLMANN'S TOMATO KETCHUP SQUEEZY

A handy 430ml squeeze bottle of our delicious ketchup for front of house use.

## HELLMANN'S VEGAN MAYO

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

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

## HELLMANN'S TOMATO KETCHUP

Made with 100% sustainably sourced tomatoes.

**CHEF TIP:** Use as a glaze or marinade on tofu to give a great colour and sticky coating.

# 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.

Cashew cream is also a popular alternative. For a richer cream, soak cashew nuts in bouillon for a few hours, then simply blend.

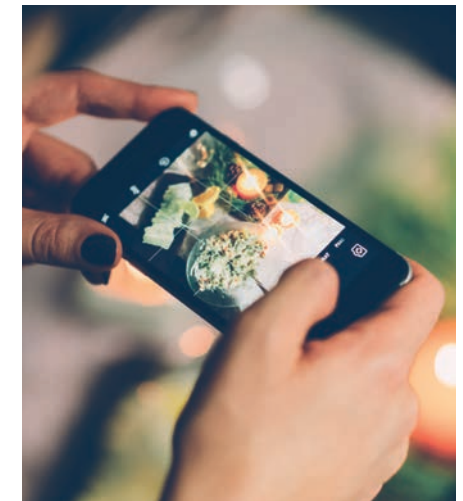
## 3 ACHIEVE CREAMY CONSISTENCIES

## 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

### 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.

## 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.

### 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.

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



# 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](https://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



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

## 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.
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

Please contact your local UFS representative to learn more about how we can support your business to embrace plant-based.

**T:** 01 291 4000

**W:** [ufs.com/plantbased](https://ufs.com/plantbased)

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