



ask the experts: FOOD TRENDS

Top chefs, food stylists and designers talk about what's trending in the dining world, and make their predictions for the future. It's all about simplicity, health and sustainability in the service of flavour

ILLUSTRATIONS **TAMMY JOUBERT**



MARC OSSTYN

beverage design expert

NATURAL

Sugary, preservative laden beverages (and foods) are declining in popularity as a more health conscious millennial population search for healthier, tastier options. Differentiation through a focus on quality ingredients has never been more prolific.

SERVE IT FROM A TAP

Coffee, kombucha, beer, wine... there is little we can't drink on tap these days.

COLD BREWING

Cold brewing refers to the process of brewing in cold water rather than introducing heat. It often reduces acidity and bitterness, giving precedence to sweetness and body.

LOCAL BEVERAGES

Consumers are increasingly more intrigued by locally produced products. Gin has picked up steam in Cape Town; in two years we have all become connoisseurs in all things gin because of a selection of great local producers. We also now have more than 120 micro coffee roasters in Western Cape alone.

LIMITED CHOICE

More and more menus have less on them – a great thing in my opinion. There is no way a restaurant or café can pull off the 100+ items they often list in the interests of pleasing everyone. A focus on a core theme, one's strengths as a chef, and what can be sourced fresh is prominent again in the food and beverage world.



LIAM TOMLIN

chef owner at Chefs Warehouse

INDIAN TAPAS

Indian is such a popular cuisine and I think South Africans are really embracing communal and share-dining. It's a great way to eat and experience lots of different flavours. (Keep an eye out for Liam's soon-to-open restaurant in Park Road, Cape Town.)

ETHICAL AND SUSTAINABLE AGRICULTURE

Chefs and diners are a lot more aware of and concerned about the origin of their food. I am involved in two vegetable gardens that supply our guests at Singita game lodges and our new restaurant at Beau Constantia with fresh, chemical-free and seasonal herbs and vegetables.

RAMEN NOODLE BARS

Ramen is a Japanese noodle dish consisting of wheat noodles served in a meat- or fish-based broth, flavoured with soy sauce or miso, with toppings such as sliced pork, dried seaweed, menma and spring onions. Ramen bars are popping up all over Cape Town and Joburg.

SINGLE BEVERAGE BAR

We had the wine bars in the late 1980s and early 90s and now we have the single beverage gin, whisky, vodka and rum bars opening, offering great selections and experiences.

SIMPLE

We are going to start seeing simpler dining experiences, less labour intensive food offerings and fewer fine dining establishments.



— CLAIRE JOY WINSTANLEY —

food stylist, chef and YouTube video creator

MOBILE MANIA

Mobile information and recipes on demand via YouTube, Google and Instagram are changing the way we seek knowledge and consume food. We don't rely on cookbooks and cooking shows alone anymore for our culinary cues.

MINDFUL EATING

With the incredible amount of information available to us, comes a greater understanding of what we should be eating versus not eating. According to a recent Google study, keyword searches for 'benefit of' and 'best foods for' have risen 10 times since 2005. People want to eat the right things instead of simply removing the wrong things.

TURMERIC

In the wake of the mindful eating trend, people are embracing the benefits of this healing spice.

FUNFETTI

Funfetti or rainbow sprinkles are enjoying a resurgence in cookies, waffles, pancakes, birthday cake, doughnuts and more. Appreciated by all ages, these colourful baked goods are Instagram gold.

TRAVELLING THROUGH TASTE

Food facilitates cultural connections. We are turning to food to experience new cultures. Whether it is cooking the recipes at home, or visiting a restaurant that offers a particular cuisine, people want to taste what the world has to offer.

ROOT-TO-STEM AND UGLY FRUIT AND VEG

Not necessarily a new trend, but one that is not going anywhere, is the need to reduce waste. We are slowly adopting the mentality of using the whole veg at home – because it is cost effective. But what we have not seen much of yet in South Africa is major retailers offering 'ugly' fruit and veg to their customers. Let's hope this is next.



— CHANTELL DARTNELL —

executive chef at Restaurant Mosaic at The Orient

ORIENTAL ELEGANCE

Merging Asian flavours and ingredients into European style dishes has become popular, and words such as yuzu, ponzu, kombu, dashi, and mirin feature regularly on menus.

NATURAL NUANCES

Increasingly, chefs are focusing on nature and how to capture the perfect balance of each ingredient. Focus is put on the sourcing, origin, sustainability as well as consistency of ingredients – the ingredient is now the ultimate dictator of the quality and success of the dish.



— PETER TEMPELHOFF —

group executive chef for The Collection by Liz McGrath and Relais & Châteaux Grand Chef

COOKING IS SOMETHING THAT COMES FROM THE SOUL

Trying to manipulate the thought process and the inspiration to fit into a particular trend would have negative effects. People want to eat authentic food created by an individual with their own take on food and life. If you are after manipulated and thoughtless food then rather go to McDonald's.