



# 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.*

