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Crunchy, with a smoky summer flavor, these cabbage wedges get a spicy kick from gochujang barbecue sauce.

SUMMER 2018 TRENDS AT A GLANCE

- Purple Power!
- Condiments 2.0 with herbs, spices, and floral flavors.
- Creative chefs are taking the meat out of barbecue with exciting results.
- Move aside frose! Frozen wines and popicles take center stage on summer beverage menus.
- Japanese, Brazilian, Mexican, and Russian... the breakfast category goes international.
- West Africa is the on-trend, global direction many modern chefs are embracing.

Trends

SUMMER 2018

Purple Foods

Pantone Ultra Violet is the color of 2018, leading those in the worlds of fashion, art, and of course, food to showcase this vibrant shade of purple.

- What, pray tell, are purple foods? There are many violet varieties of ingredients such as asparagus, figs, eggplants, plums, grapes, kale, and cauliflower.
- Tint salmon fillets with a tangy blueberry-balsamic sauce; top fish with berries and a dramatic drizzle.
- Charring gives purple cabbage wedges a smoky flavor—add a spicy kick with Korean gochujang barbecue sauce (see photo at left).
- Serve potato salad made with Peruvian purple potatoes, minced red onions, chopped egg, and spicy mayo.



Meat-Free BBQ

When people think barbecue, they typically think ribs, pulled pork, and saucy grilled chicken. But in today's age of endless options, vegan bbq has become a true genre that exists beyond side dishes like yams, collard greens, baked beans, corn pudding, and cole slaw.

- Seitan is an alternative meat made with wheat gluten. It can be molded on lemongrass sticks to form drumsticks and grilled just like chicken legs (see photo at left).
- 34% of Americans are said to eat vegan once per week. Why not offer something unique like a bbq jackfruit sandwich that uncannily imitates pulled pork? Top with creamy cole slaw made with cabbage, carrots, kale, and shaved fennel or apple.
- Char tree fruits such as nectarines, plums, and peaches and serve with agave nectar or coconut sorbet (or both!).

Frozen Fruity Wine Pops & Slushies

Last summer, froses were the hit beverage of the season—and while there will be plenty more this year, schnapsicles and frieslings as well as other frozen fruity treats, are joining bar menus.

- Schnapsicles are made by freezing schnapps (peach flavor is a favorite!) in popsicle molds and either serving as a boozy dessert or using as an ice cube in summer cocktails.
- Frieslings use icy Riesling wine as their base. Bartenders add their own extras to make unique concoctions—like honey, lemon juice, brandy, fresh herbs, citrus zests, and spicy simple syrups.
- Although last year's hit, frose's popularity is expected to continue this season; make yours special with edible flowers and/or fresh berries.

Inspired Condiments

The sophistication level of North American diners is at an all-time high. They know and want (expect!) the latest flavors, trends, and ingredients so they can enjoy the full experience and then post their gorgeous photos as proof. That includes every course on the menu as well as what used to be the lowly condiment. Today customers know that sauces, compound butters, and pickled toppings can take a dish from ho-hum to sublime.

- For the spice addicts, chili crisp sauce is a bold, numbing combination of chile peppers, peppercorns, fried onions and garlic, soy nuts, and various spices in oil.
- Mayonnaise is a versatile portal for flavors such as smoke, paprika, seaweed, pickled ginger, pureed herbs, and miso paste.
- Mexican mole sauces are deeply complex. Although there are an infinite number of variations, they're all earthy blends of nuts, chiles, spices—and chocolate—that can lend intensity to an array of international dishes.

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Trends

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Global Breakfasts

World cuisines have influenced lunch and dinner day parts for years. Now the last frontier of traditional American breakfasts is finally being infiltrated with delicious flavors from far-flung nations.

- Brazilian acai bowls check many boxes for health-conscious eaters—fresh fruit, crunchy granola, low in fat and calories, and high in vitamins and fiber.
- Mexican breakfasts like huevos rancheros and chilaquiles are great crossover recipes that combine morning familiars like eggs, cheese, and sour cream with the slightly adventurous (tomatillos, jalapenos, and refried beans).
- Think French toast and most conjure up a sweet, eggy treat, but turning this recipe into a savory green curry dish gives it a pan-Asian appeal that works as a spicy morning meal.
- A Georgian/Russian mashup combining khachapuri cheese bread with chirbuli, a baked egg-veggie dish is a best seller on the East Coast.
- Rice porridge is a centuries-old favorite in Asia that's mixed with herbs, fish, eggs, kimchi, or greens.

The Hot List

- Ghost Kitchens
- Plant-Based Proteins
- Approachable Restaurants
- Uni Everything
- Thai Tea Ice Cream
- Veggie Bread/Pizza Doughs
- Fast-Casual Cuban Chains
- Paprika
- Chinese Dumplings
- Edible Mini Orchids
- Sustainable To-Go Containers
- Guacamole Bars
- Mushroom Dashi
- Fonio
- Vegan Poke
- Employee Inclusion
- Green Chick Peas
- Seaweed
- Authentic Mole Sauces
- Macro Diets
- Cashless Quick Serves
- Botanical Wallpaper
- Moringa
- Instagram-Worthy Plates
- Pickled Crudite Platters
- Intellectual Food TV
- Vegetarian Tasting Menus
- Hemp IPAs
- Riceberry Salads
- Caviar Comeback
- Spicy Fruit Sorbets
- Tamarind

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- **In Season**—a quarterly look at what's fresh now and how to use it
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The Cuisine of the African Diaspora

The foods of West Africa and the West Indies are making appearances on menus from New York to Chicago to Vancouver. Their nutrient-dense ingredients, delicious flavor combinations, and produce-centric recipes are an ideal fit for the wants and needs of today's health-conscious, adventure-seeking diners.

- Fonio, one of the world's oldest grains at over 5,000 years old, is gluten-free, easy to prepare, and extremely versatile. Try it in salads, stuffings, porridges, and fritters paired with ingredients like cashews, mangoes, citrus, and cilantro.
- Other dominant ingredients include tilapia, peanuts, chile peppers, cocoa, ginger, tomatoes, plantains, okra, sweet potatoes, and baobab fruit.
- Suya, Nigerian shish kebab, is a popular street food. There are infinite combinations, but the classic recipe is seasoned with kuli kuli paste made with ground peanuts and various spices.
- Jollof rice is one of the most commonly served dishes across the continent in regional variations. Main ingredients include long-grain rice and tomatoes with onions, garlic, bell peppers, and chile peppers all fried together.
- Maafe, a ground nut stew, is typically made with peanuts and the region's holy trinity of chiles, onions, and tomatoes. This spicy soup can be served vegetarian/vegan or made with proteins like fish or lamb.

Resources:

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