

fresh KITCHEN

Fresh Kitchen is the creative spark in the Fresh Direct Family. Three top class development chefs who drive NPD and innovation for some of the biggest names on the high street. They are the trend spotters!



Let's face it, as far as raw ingredients go, we as a fresh produce supplier are in a pretty good place. With increasing pressure being exerted on restaurateurs to deliver higher margins and reduced food costs the culinary pendulum has swung further in favour of veganism, vegetarianism or the relatively new flexitarianism diets. And we sure love an 'ism!

Raw food dieting is not a new fad, you could describe it as an evolution of the vegan regime. It requires the devotee to consume only foods of vegetable origin, in their natural unprocessed state with no steaming, frying, baking or roasting allowed. When followed to the tee, 'Raw fooders' can benefit from absorbing all of those vital nutrients and minerals that are often destroyed during the cooking process, and more importantly the warm fuzzy, foodie glow resulting from being so darn good.

Recipes - Raw is best



A dollop of sweet nut 'cream' makes a delicious final addition to most raw puddings, but the same method can be applied to savoury. Blitz your cashew or blanched peanuts with crushed garlic, crumbled saffron threads, water and olive oil to create Aioli dip. Blitzing with dried seaweed, lime zest and powdered matcha tea is pretty yummy too.



You can freestyle a bit here, but have a go at making energy bites or balls by combining oats, chia seeds, dried fruits, coconut flakes, hazelnut butter, sea salt, maple syrup, cacao powder... you get the idea! Roll into mouth sized nuggets before popping into the freezer to firm up.



Banana ice cream is the simplest dessert to make. Take your ripest, sweetest bananas, peel and roughly chop, then freeze till solid. In a blender jug, combine well chilled oat or rice milk, raw honey and the seeds of a vanilla bean. Whizz up to a purée and pop back in the freezer to firm up before serving with a drizzle of honey and a few drops of nutty, cold pressed rapeseed oil.



Tasty and nutritious, raw savoury tartlets are a great dish to tuck under one's culinary belt. To make the base combine sunflower seeds, walnuts and rolled oats with sundried tomatoes in a food processor until the 'dough' comes together. Press into a loose bottomed tartlet case before topping off with whipped avocado, nutritional yeast flakes, chopped olives, capers, and a final flourish of torn basil leaves and sliced cherry tomatoes.



Top tip 1:

We all get hugely frustrated when attempting to create nice, neat slices of a soft cheese, or any cheese right? Well fret no longer, as this simple trick will revolutionise the way you prep that goat's cheese log or even a block of cheddar. All you will need is... a length of clean sewing thread. That's really it, honestly!

Top tip 2:

Rough puff or short crust is just so much quicker to prepare if you grate your block of butter into the flour. But DO remember to chill it thoroughly, and if it starts to get a tad messy, dip the block into the flour. Sorted!



Lardo de colonnata

Lardo de colonnata has been lovingly prepared in the Tuscany region since the days of the Romans. Cured simply with rosemary, pepper, salt and garlic. This cured lard, may sound like a coronary catastrophe but is simply sublime! Slice it paper thin and drape across some hot asparagus, charred purple sprouting broccoli, or on some simply griddled sourdough bread rubbed with a bruised clove of garlic.

HOW FRESH KITCHEN CAN HELP YOU

- Identify market and ingredient trends
- Help you create market winning dishes
- Produce soups, sauces, ice cream to exact specs, every time.
- Outsourcing and standardisation.

If you want to learn more about Fresh Kitchen and how we can help grow your business, drop Duncan an email.

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