



RAPS UK

AUTUMN 2022
FOOD MAGAZINE



Autumn Draws In...

Shorter days, your favourite coffee haunt offering pumpkin spiced options, Halloween taking over the retailer entrances and the odd scattering of Christmas throughout the shops. Autumn certainly has some familiar features these days, be it the colour of the leaves changing or the sharp change in the weather. This however does not mean that our want for 'summer-centric' flavours and cuisines diminishes. If anything we have seen a desire to extend these through into the Autumn months.

Persian slow cooked dishes, Middle Eastern inspired roasts, 'hot style' chilli products are still highly visible. The comfort and warmth of British Classic Stews and hotpots slowly encroached on by comforting and warming spices of cuisines further afield. We have certainly seen a sharp increase in newer cuisine restaurants popping up all over the country and have had the pleasure of visiting plenty of them. This has enabled us, along with many other areas we have trawled and sieved through, to form a comprehensive Autumn/Winter 2023/4 Marketing and Innovation presentation which we would love to share with you. For more information or to book a bespoke presentation please contact us on the details below.

A flyer for an Autumn Winter 2023-2024 presentation. The background is a collage of various dishes, including a bowl of hummus, a bowl of salad, and a bowl of soup. The text is overlaid on the right side of the flyer. The RAPS logo is in the top right corner.

**AUTUMN
WINTER**
2023-2024

Let RAPS take you on a journey to the next cuisine destinations of the world

Full market analysis, latest cuisine flavours and formats designed with you in mind, with live taste testing

Presentations available from 24th October 2022

TO BOOK YOUR PRESENTATION AT RAPS IN BRACKLEY OR AT YOUR FACILITIES, PLEASE CONTACT
E: CRAIG.WOODHALL@RAPS.COM T: 07867 497632
OR
E: TRACEY.MOULDER@RAPS.COM T: 07887 554226



You may have noticed a new name appear on the Autumn Winter invite and we are thrilled to introduce, Tracey Moulder to the UK team, and in her own words.. "I recently joined RAPS UK as Sales Account Manager, and am thoroughly enjoying being back in the food industry having had a career break whilst my children were young. My background is in Food Ingredients, having worked as an Applications Technologist and Account Manager in previous roles. The team here in the UK have been very welcoming and I have so far enjoyed tasting a wide range of the RAPS products and reviewing some of the newer items available in the UK supermarkets as well as beginning to meet with customers. I am looking forward to meeting many of you during our Autumn Winter 2023 presentations.

Well Worth A Read

MEZCLA: RECIPES TO EXCITE
IXTA BELFRAGE

@IXTA.BELFRAGE

RETAIL - £17.00 - £26.00



Ixta Belfrage is one of many proteges from the world of Yottam Ottolenghi. The co-author of the lockdown hit that was Ottolenghi Flavour has taken the plunge and gone solo.

Mezcla, the Spanish word for fusion, mix or blend certainly delivers all three in bucket loads. She draws her inspirations from cultures and cuisines that influenced her upbringing and later life; her childhood in Italy and Brazil, the food she tasted from her Mother's homeland and her Grandfather's Mexican heritage. The resulting collection of recipes is both exciting and dynamic and certain crowd and palate pleasers.

Filled with 100 recipes for all occasions from quick recipes (Everyday) and the slightly longer more time consuming (Entertaining) these flavourful, vibrant and bold recipes certainly deliver on Ixta's trademark of utilising inventive ingredient combinations.

Her appreciation of the work that was encouraged by her previous co-writer Yottam Ottolenghi in allowing her to combine ingredients and flavours and be adventurous in the textural delivery of ingredients is both worded and carried out practically in the delivery of her recipes. From working at NOPI to four years in his development kitchens supporting on his cookbooks and recipes, she has clearly soaked up a huge amount of knowledge and learnings.

Recipes use a variety of acidic components, cheeses, pickles, fried, roasted and charred ingredients to deliver flavour and luxurious toppings. With over sixty percent of the recipes being vegetable based, she has followed a growing trend of the reduction of meat intake and higher more varied cooking methods of vegetable based dishes.





Searching For Inspiration London, August 2022

Whilst Summer 2023 is very much at the fore of most of our customers, we are searching for what's next. Mapping the cuisine trends is a vital component of delivering bespoke, trend led blue sky presentations. In August we were once again on the hunt for 'what's new'. Eating our way through cuisines as well as our in depth research is truly still the only way to deliver relevant and authentic flavour profiles. Undeterred by temperatures topping 30C, we set to do just that;

Starting at two of London's newest Street Food Markets.

Arcade

Recently opened, The Arcade is a cross between a food hall and a restaurant, with a cross section of concessions and cuisines. It has a feeling of a street food market, but food (ordered via App) is brought to you at your table.

Cuisines to Note: Thai, North India, Nepalese, Indonesian & Middle East

Of Interest: dipping sauces of Toasted Soy Beans, Sesame & Hog Plum. Charred Tomato & Timmur and Roasted Tomato & Cashew

MERCATO METROPOLITANO

With many Mercato sites popping up across the capital, we actually started the day at one with a coffee and a run through of our plans for the day, at the site in Mayfair. However, later in the afternoon we headed to Elephant and Castle to see what was on offer. The Elephant and Castle Mercato arguably has the largest selection and number of stalls we have seen to date.

Cuisines to Note: Middle East / Syrian, Japanese Donburi and ramen, Mexican, Venezuelan, Argentinean, Sri Lanka, Nepalese, Vietnamese, Korean, Uzbek, Italian, Indian, Hot Dogs, Cheese

Following our Food Market trips and eating far too much food (Oh, we also stopped for lunch at a specific restaurant of cuisine choice but we can't share too much just yet!), we visited a few Global Food Stores in various parts of the capital;

1. Distri Adina, Elephant Road
2. Chatica, Elephant Road
3. Hekede, Gabriel Walk
4. Green Valley, Upper Berkeley Road
5. Metezio, Hampstead Road

Diverse and unique ingredients with plenty of opportunity for growth into the mainstream retail markets. From Latin American Ingredients such as Tajin, Pasta de Aji Panca, Pasta de Aji Amarillo & Marinador Para Carne Al Pastor. Uncovering sauces such as Chamoy and Laos Hot Sauces. Unique Pastes, Kaffir Lime & White Pepper Penang, Balinese Spiced Tamarind and Mamak Curry Leaf & Roasted Cumin. There was such an eye opening array of combinations, textures and pairings that are surely going to find their way into retailers soon – we are here to help and welcome any briefs to enable this to happen.

Our day ended in Tatale, a new Pan African restaurant which we highlight on the next page.

If you would like us to arrange a bespoke trawl in any major city in the UK or further afield or would like to join us on one of our many trips please contact leila.lawrence@raps.com

Restaurant Review

Tatale

Southwark, London

London and its food scene has developed substantially over the last 12 months with new methods of serving and eating becoming a hot topic as well as untapped cuisines. The ease of sharing and small plates has seen this style grow from strength to strength with many of our retailers and high street eateries following suit. Nestled in the Africa Centre on Suffolk Street, Southwark a contemporary, Pan-African restaurant has emerged. This hotly anticipated restaurant is the brain child of chef and restaurateur Akwasi Brenya-Mensa.



Developing and fine tuning his restaurant through his supper clubs and pop up events, the compact menu showcases techniques and methods from across Africa with more focus on his own Ghanaian heritage.

Predominantly a small plates menu, dishes sit between £7-£10 which changes seasonally and is continuously developed. With lots of vegan options also on offer. Brenya-Mensa has formatted the menu in such a way that each dish is personal to him and a headline of the meaning is shown alongside each dish.



Though we did manage the whole menu, we narrowed our top three dishes to: Black Eyed Bean Hummus – richly spiced with Ethiopian tahini seasoned with dukkah and served with plantain crisps (delicious!), Ackee Croquettes – dressed with scotch bonnet, soy and lemon – similar to Ponzu with the lemon and soy combination but paired with the heat of scotch bonnet; and a certain firm favourite, the Omo Tuo & Nkatekwan a rich mashed rice from South Africa (also synonymous with Malay and Indonesian cuisines) paired with an intensely nutty groundnut soup, rich, creamy, spicy and extremely savoury – one thing we have learnt about the increase in small plates is the need for them to have so many dynamic points and this certainly delivered.



With the increase of African Cuisine popping up throughout London alone, Akwasi Brenya-Mensa has had to find a way of captivating his diners with something that isn't on offer elsewhere. We felt a real sense of something special emerging, and we look forward to seeing this restaurant flourish.



Recipes From Our Kitchen

Vegan Stuffed Aubergines with Thai Sticky Rice

Ingredients

4 aubergines
8tbsp olive oil
crispy chilli oil
2 limes

small bunch of chives
2 garlic cloves
6tbsp maple syrup
3tbsp hot chilli sauce (Sriracha is preferred)

Sticky Rice

400g Thai sticky rice
30g dried mushrooms (wild mixed)
120g cooked chestnuts
piece of fresh ginger

Salad

1 bunch spring onions
1/2 cucumber (deseeded)
small bunch coriander leaf
1 green chilli (if desired)
White Sesame Seeds (Optional)

Method

1 – Soak the sticky rice in a bowl of cold water for a minimum of 2 hours or as per the pack instructions. Meanwhile, heat an oven to 240C / 220C Fan or Gas 9. Cut the aubergines in half and score the flesh side but not right to the edge, drizzle with 5tbsp of olive oil. Lay flesh side down and roast in the oven for 40 minutes.

2 – Whilst the aubergines are cooking, soak the dried mushrooms for 20 minutes in boiling water, drain and chop. Mix the chestnuts (chopped), ginger (peeled and grated), chopped chives, maple syrup, 3tbsp olive oil, hot sauce (if using), mushrooms, garlic (grated). Once the aubergines are cooked, chop the flesh, keeping the skins! and add these to the mixture.

3 – Once well combined, add the soaked Thai rice and divide the filling into the aubergine skins. Place on a baking tray and drizzle each stuffed half with a couple of tablespoons of water. Cover with foil and bake for an hour at a reduced temperature of 210C / 190C Fan or Gas 6. Remove from the oven and allow to rest for 10minutes.

4 – Shred the spring onions and slice the deseeded cucumber into half moons. Mix in a bowl with the coriander, green chilli and the juice and zest of the lime. Add a good pinch of salt and Sesame seeds if desired

5 – Serve the aubergine alongside the salad and drizzle over the crispy chilli oil to taste. Perfect with a warm flatbread and a wedge of lime.





Chipotle Butter Oyster Mushrooms with a White Miso Polenta

Ingredients

Chipotle Butter Oyster Mushrooms

500g King oyster mushrooms

5tbsp olive oil

60g Vegan Butter

30g chipotle paste

salt & pepper

chopped chives

White Miso Polenta

200ml full fat coconut milk

100g polenta

60g white miso paste

2tbsp olive oil

Oven Dried Tomatoes

12 cherry vine tomatoes (halved)

small handful fresh thyme

salt & pepper

4 garlic cloves, sliced

Method

1 - Combine all of the Oven Dried Tomato ingredients in a bowl and place onto a baking sheet lined with parchment into a preheated oven at 220C / 200C Fan or Gas 9. Roast for 15 minutes before reducing the heat to 150C / 130C Fan or Gas 2 and cook for a further 1 hour 15 minutes. Remove from the oven and set aside.

2- Next, mix all the mushroom ingredients on a baking tray. Bake at 210C / 190C Fan or Gas 7 for 30 minutes.

3 - Whilst they are roasting, take a large saucepan and add all the polenta ingredients along with 370ml of water. Put onto a medium heat and cook whilst whisking continuously for around 5 minutes.

4 - Spoon the Polenta onto a serving platter and cover with the Mushrooms. Drizzle with all the delicious juices from the baking tray. Scatter with the Oven Dried Tomatoes and top with a handful of freshly chopped chives.

cooking times may vary



New in Store

WITH

LEILA LAWRENCE – RAPS UK MARKET DEVELOPMENT MANAGER

I am sure that we hear ourselves say the same thing every September 'mince pies already?' This year, although they have been lurking on our supermarket shelves since the start-of-school, we have been swamped by the huge array of Halloween eatables. And, sadly these are not just confined to the confectionary and bakery aisles! So who wins the 'spooky' award this year? Well, with items such as Zom-Beef Fingers, Boo Bao Buns, Box O' Bats and Spooky Sliders, need I say anymore..



In recent editions we have often highlighted the weird and wonderful combinations of flavours in some of our favourite condiments and this one, I must admit gets my vote. Here's hoping it's scarily good enough to become a permanent fixture.



On a more serious note, we are finally seeing ingredients – mainly in the form of pastes and seasoning blends, making up and coming cuisines more accessible to consumers wishing to cook recipes at home, without the huge investment in time and money (buying the individual components. With the delisting of BART seasonings, Waitrose has gone all out on its Cooks' Ingredients range adding herbs, spices, blends, pastes and sauces, uniquely



also frozen ingredients such as Thai Green Herb portions and Miso Butter pellets. The range of ready-to-use pastes and sauces cover a wide scope of cuisines, from the heavily advertised Cacio e Pepe paste and Truffle & Porcini Mushroom sauce to Far Eastern dishes such as Ramen paste and Green Tikka Masala paste. For those looking for individual elements, pastes such as Ginger & Turmeric; Lemongrass; and Black Garlic all feature in this extended fixture. Dry blends also feature extensively with the new Vadouvan seasoning, Gunpowder Spice and Mexican Tajin seasoning pushing the boundaries of these popular cuisines. Also, not to be missed are the new toppers and crusts: Mediterranean; Spiced Onion; and Smoky Chipotle for added flavour enhancement and texture. A pretty comprehensive range!

It wouldn't be an Autumn edition without the mention of the warming and comforting soup varieties that have recently hit the shelves, and the majority seem to be in the domain of the top tier brands: Sainsbury's Taste the Difference has launched Autumn Edition soups of Butternut & Sage Risotto, Spiced Pumpkin and Masala Spiced Cauliflower. Asda too has utilised its top tier Extra Special brand to launch a Creamy Mushroom Risotto soup; Petit Pois & Ham Hock; Chicken Chorizo & Butterbean and Potato Butternut Squash, Coconut & Chilli. Aldi's Specially Selected has also gone with the more traditional Pea & Ham; Leek, Potato & Mature Cheddar and a more unusual one in a Sri Lankan Chicken Laksa.



Focus on Breakfast

The meal time we so lovingly call breakfast, has undergone quite a transformation of late and its purpose now serves more than just breaking our nightly fast. In fact, it is now seeping beyond brunch into lunch and even offered as an all-day alternative to lunch and dinner menus in many QSRs and cafes. What has become of our breakfast model? What is driving the transformation? Like many aspects of our lives, influences are coming from many directions. Lockdown and WFH dragged us away from our bowls of cereals or quick grab-n-go enroute to the office, and encouraged a less-time strained, more elaborate, and healthier attitude towards our breakfast. Indeed, we could eat breakfast at any time of the day – who’s watching, right? In fact, according to Kantar fewer people are eating breakfast in the mornings, mainly due to the residual habit built up during lockdown (abstinence in 2022 is 15% up on pre-covid 2019).

Inspired by posts on Instagram and TikTok and recipes on Pinterest, consumers are keen to create tasty, colourful plates of food that reflect their desire to eat healthy and satiating meals. We have also seen how the increased influence from cuisines around the world have crept into our eating regime. Championed by many US, Mexican and Australian bloggers and restaurants the ‘healthy’ avocado in all its formats – blended in a smoothie, smashed on rye or chopped in a Quesadilla, has become a staple on most brunch menus. Bored of plain eggs, menus now feature the ever-popular Middle Eastern Shakshuka or Turkish Eggs. Recent interest in gut health and immunity has steered many towards fermented foods and increasingly we are seeing kimchi and sauerkraut appear on brunch plates, either on toast, with eggs, or as is also very popular in a healthy Budha bowl.

Many restaurants and cafes in our towns and cities are now offering all day breakfasts and brunches to cater for any hour and any appetite of the day. And, as they do not necessarily have to pigeon-hole themselves into a cuisine, menus will typically carry both sweet and savoury items, catering for all ages and dietary requirements, from American pancakes to Swiss museli and Za’atar mushrooms to Korean fried chicken. Elaborate breakfasts are not just confined to the leisurely weekend brunch menu at the local cafe, but can be enjoyed on-the-go. QSR’s such as the global hero, Eggslut offers eggs cooked in every way in a bun. Bakery items have also transformed over the years to offer a hybrid of sweet and savoury from cheese cruffins to nutella croffles and even Gregg’s bacon and cheese Danish.

It is also reassuring to see that some retailers are following suit and offering a fresher, healthier take on breakfast and brunch items, giving customers the choice of fresh food open counters or freshly cooked hot food to order. Should our breakfast and lunch habits merge even more, the quality and content of the one-plate meal will become increasingly important.

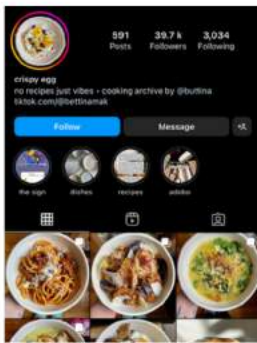
Of course, we don’t all have the luxury of time nor bottomless wallets to enjoy meals out, but there is something indulgent about a one-plate brunch treat with friends and family without breaking the bank. And, of course brunch meals can be beautifully prepped at home, because the joy of the brunch, is that anything goes!





Are you following?

@crispyeggs420



Love a foodie vibe? Not a fan of overly wordy food posts?
Love just looking at food pictures?

Food writer Bettina Makalintal has just the answer.

'no recipes just vibes'

The quote from her profile bio says all she's about. The immaculately presented, colourful and delicious looking ideas are certainly eye catching. But you guessed it, if you want to recreate them you're going to have to get creative with your own recipes.

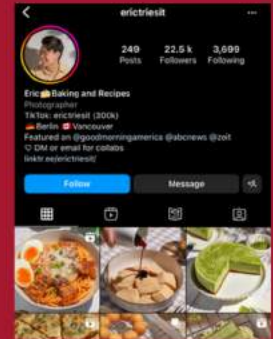


@erictriesit

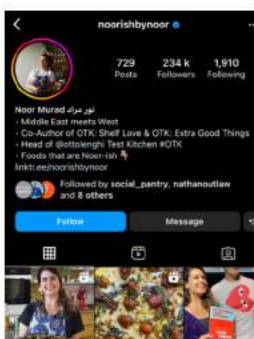


One of the most eye catching, white background based food account we've seen. Immaculately presented sweet treats with effortless aesthetics, this time with recipes too!

Click onto Eric's [linktr.ee](#) to find recipes for treats such as Mochi Doughnuts, Brown Butter Matcha Cookies and Hojicha Brown Sugar Boba Buns. Be prepared to be impressed.



@noorishbynoor



Another Ottolenghi protege, Noor Murad is a recipe developer still working under Yottam in his test kitchen. Her dishes are bright, packed full of flavourful vibrancy and ultimately delicious.

Coconut Green with Spicy Tomatoes in the picture to the right or her take on Bahraini Burnt Aubergine Saloona (a rich tomato based stew with lamb or chicken, spiced with Chilli, Cardamom, Ginger and Cumin.



TikTok Subscriptions

With the ever changing social media scene, TikTok is growing in popularity as a platform that shares eateries, recipes and food bloggers. With its short video sharing format it is the ideal place to look for fun, engaging content. We've collated a few that are worth following.



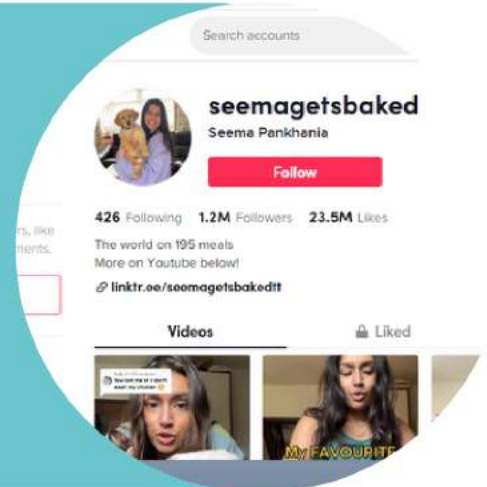
Poppy O'toole (@poppycooks) trained as a chef in michelin star resaurants, her approach is eye-catching, simple and accessible.

@poppycooks took off with her potato based recipes but now explores the world of non tuber based content - not that we were complaining that Potato, Butter and Garlic were at the fore in the first place

@seemagetsbaked is the TikTok account of the food producers at MOB Kitchen.

Simple & delicious recipes paired with easy, entertaining content with some absolute winners!

Travel weird and wonderful countries in Seema's around the world in 195days. From the Dominican Republic, Bosnia, Tanzania and Moldova to name but a few of the 195 unique cuisines that she delivers recipes for



TikTok wouldn't be TikTok without Gen Z and the same could be said for the growth in the vegan movement in the UK.

Ashley Hankins @eat_figs_not_pigs is a hidden gem of a vegan account. Egg Free Fritata, Phillipino Spaghetti or Mongolian Beef tickling your fancy? Give her a follow and uncover far more opportunities for Vegan meals.

The demand for vegan recipes and her huge following has also meant she has released her 'Make it Vegan' cookbook.



On the Box

With Masterchef and Great British Bake Off becoming staples in the UK and very much signaling the start of the Autumn season we have had a look at another couple of programmes well worth watching that have caught our eye

My Greatest Dishes

Originally shown on Food Network, My Greatest Dishes has made its way onto Amazon Prime. Twenty top chefs are invited to share their top four dishes that have helped shape their culinary careers.

Each episode focuses on one of the twenty chefs and delves deeply into the history and background of their favourite dishes. The chefs also get the opportunity to replicate the dishes and showcase them to us.



Best in Dough



Love a baking show but not a fan of them always being sweet? Cakes shaped like things that aren't cakes, multi-tiered themed cakes but nothing savoury. Times are changing and so is our desire for a savoury indulgence – why not start with a rich cheese topped pizza? Each episode features a new pizza-themed challenge offering a monetary prize for the winner. For a winter warmer ultimate savoury comfort food baking competition it's a winner!





Key Contacts

Craig Woodhall – Sales Director
E: Craig.Woodhall@raps.com
T: 07867 497632

Leo Bewers – Executive Development Chef
E: Leo.Bewers@raps.com
T: 07376 177075

Leila Lawrence – Market Development Manager
E: Leila.Lawrence@raps.com
T: 01280 845 206

Instagram – @raps_uk
Follow us and connect on LinkedIn – RAPS UK