



Your recipes  
Your FUTURE  
**50**  
FOODS

Better ways to cook for  
more sustainable future



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**Knorr and WWF have joined forces with other leaders in nutrition and sustainability to develop Future 50 Foods.**

Our purpose to champion better ways to cook for a more sustainable food future.

At UFS, we support you buy delivering progressive and sustainable solutions that withstand the pressure of the professional kitchens and meet the ever-changing food and diner trends.

Our chefs have selected a few of their favorite ingredients from the Future 50 Foods list to inspire you to start doing the same!



# Appetizers





# Okra Hush Puppies with Smokey BBQ Dip

Okra can be a love-hate ingredient due to the texture, but in this classic American fritter application, fresh okra shines and marries well with the crunch of the corn meal making for a fun addition to a casual dining concept.

## Ingredients:

### For the Hush Puppies:

130 g All-purpose flour  
120 g Corn Meal  
120 g Okra, fresh, cleaned and sliced  
6 g Baking powder  
30 g Sugar, white  
**15 g Knorr Chicken Stock Powder**  
5 g Garlic powder  
120 g Milk, full-fat  
5 ml White vinegar  
25 g Onion, finely chopped  
2 Chicken eggs  
40 g Butter, unsalted softened

### For the Smokey BBQ Mayonnaise:

**250 g Hellmann's Real Mayonnaise**  
**40 g Knorr Hickory BBQ Sauce**  
1 g Black pepper, crushed  
3 g Chipotle powder  
15 ml Water

## Method

### For the Mayonnaise:

- Whisk together all ingredients, serve in a bowl or squeeze bottle for plating.

### For the Hush Puppies:

- Preheat a deep-frying machine to 180°C.
- In a medium bowl, whisk together flour, corn meal, baking powder, garlic powder, sugar and **Knorr Chicken Stock Powder**
- In another bowl, add milk, white vinegar and allow it to sit at room temperature for 10 minutes before adding the eggs. Whisk together until well combined.
- Make a well in the middle of the dry ingredients and add the wet ingredients. Combine with a rubber spatula until  $\frac{3}{4}$ 's mixed, then add okra and butter and continue to fully combine. Do not over mix.
- Drop 'teaspoon' sized of butter into the preheated oil and allow them to become a rich golden brown, making sure to rotate them occasional to ensure even browning. This should take 5 to 7 minutes.
- Remove and serve hot with Smokey BBQ Mayo.

**Chef's Tip:** To take this over the top, feel free to crumble over with some feta or grated cheddar cheese



# Tofu Hummus & Savoury Granola

A new twist on the most popular middle eastern mezze dish, using tofu instead of chickpeas for extra nutrient from the soybeans. The savoury granola made with flaxseed, sesame seeds, walnuts & pumpkin seeds gives it a nice extra layer of texture, flavour, nutrition & WOW factor!

## Ingredients:

### The Granola:

10 g Flaxseeds, ground  
30 g Water, warm  
80 g Water from hummus can  
100 g Rolled oats  
60 g Walnuts, roughly chopped  
60 g Cashew, roughly chopped  
60 g Pumpkin seeds  
30 g Sesame seeds  
10 g Fennel seeds  
30 g Olive oil  
0.25 g Chili flakes  
15 g Honey  
5 g **Knorr Vegetable Stock Bouillon Powder**

### The Tofu Hummus:

500g Firm tofu, drained  
150g Tahini  
**5g Knorr Lime Seasoning**  
5g Garlic paste  
5g Salt

### Garnish:

50g Herb mix (zaatar, thyme, parsley), deep fried  
50ml Olive oil  
5g Sweet paprika  
50g Pomegranate molasses

## Method

### Granola:

- Preheat oven to 180C.
- Soak ground flaxseeds in warm water for 5 minutes
- Mix all ingredient together and spread on a baking tray
- Roast in the oven for 25 minutes at 180C, stirring every 5 minutes until golden crisps
- Remove cool down completely and store in airtight container.

### Tofu Hummus:

- In a food processor, blend strained tofu with the other ingredients
- Adjust seasoning with salt

### Plating:

- Spoon or spread the tofu hummus on a serving dish.
- Garnish with savoury granola
- Top with deep-fried herbs and olive oil for garnish and pomegranate molasses







# Mains



# Burrata & Fava Bean Salad

Also called broad beans, the subtle sweetness and buttery texture of fava beans goes well with burrata. The beans are also an excellent source of protein.

## Ingredients:

### The Salad:

300 g Fava or Broad Beans, frozen  
10 pcs Burrata cheese  
200 g Courgette, sliced  
200 g Cherry tomatoes, sliced into half  
100 g Baby red radish, sliced thinly  
10 g Cereal loaf bread, slice  
50 g Pine nuts, toasted  
300 g Balsamic dressing  
50 g Fresh basil leaves  
50 g Flat leaf parsley  
**5 g Knorr Chicken Stock Powder**  
10 g Garlic cloves

Pinch of crushed black pepper  
125 ml Extra virgin olive oil  
20 g Olive oil  
200 g Lettuce, mix  
50 g Fresh basil leaves  
2 g Salt  
1 g Crushed black pepper

## Method

- Wash and dry all the vegetables needed in the recipe
- Blanch fava beans and peel.
- Slice cherry tomatoes in half and keep on the side
- Slice courgette, season with salt, pepper and olive oil, grill on both sides, let it cool
- Brush bread with olive oil and grill on both sides
- Wash and trim the basil and parsley leaves
- Combine it with **Knorr Chicken Stock Powder**, garlic cloves and a pinch of crushed black pepper in a food processor.
- Pulse to combine all the ingredients together while slowly drizzling in the olive oil.
- Taste and adjust seasoning, then, lightly brush on one side of the toasted bread
- Combine cherry tomato, grilled courgette with balsamic dressing
- Arrange the ingredients on a chilled plate. Drizzle with basil oil.
- Garnish with pine nuts and black pepper

**Chef's Tip:** For a completely vegetarian dish, you can use Knorr Vegetable Stock Bouillon Powder instead of Knorr Chicken Stock Powder



# Tofu, Tomato & Turmeric Quiche

One of the most popular by-products of soybeans is tofu. A widely used ingredient in Far-Eastern cuisine, tofu is an ideal substitute for meat since it has high protein content. In this quiche recipe, the egg is replaced with tofu. It is also responsible for its creamy and smooth texture. To achieve the yellowish colour sans the egg, turmeric powder is added to the filling mix.

## Ingredients:

### Tofu Mix:

400 g Mushroom (white or brown), mix sliced  
40 g Onion, chopped  
15 g Garlic, minced  
100 g Spinach, fresh  
10 g **Knorr Vegetable Stock Bouillon Powder**  
2 g Black pepper  
40 g Olive oil  
750 g Tofu, firm  
5 g Turmeric powder  
5 g Garlic powder  
1 g Chili flakes  
30 ml Non-dairy milk  
30 g Flour

### For the Vegan Crust:

375 g Flour  
225 g Vegetable shorting  
5 g Sugar  
2 g Salt  
120 g Non-dairy milk

### Topping:

250 g Red cherry tomato, sliced into half  
50 g Yellow cherry tomato, sliced into half

### Garnish:

Side salad

\*Recipe continued on next page



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# Tofu, Tomato & Turmeric Quiche

## Part 2

### Method

#### Tofu Mix:

- In a sauté pan over high heat, add the olive oil. Sauté the onions, garlic and mushroom. Season with **Knorr Vegetable Stock Bouillon Powder** and pepper
- Add the spinach and slightly wilt, remove from heat and cool down completely
- In a food processor, remove tofu from water and squeeze, blend tofu with turmeric, chili, garlic powder, non-dairy milk, season with **Knorr Vegetable Stock Bouillon Powder** and pepper, and add the flour, blend until smooth
- Set on the side

#### The Crust:

- Ensure that all tools to be used for making the crust are well chilled. (Place the whisk, food processor jar & blade, pie tins in the chiller for at least 30 minutes prior to making the crust)
- Whisk together the flour, salt and sugar, cut the vegetable shortening into cubes and sprinkle over the flour, use a fork or pulse in a food processor and blend into the flour until you get a crumbly consistency
- Now pour over the non-dairy milk and continue pulse blend the dough until over, do not over mix remove the dough
- Sprinkle flour on a clean surface and roll the dough
- Divide into 10-inch quiche or tart crust pie tin. Shape and press evenly.
- Pierce the dough and pre-bake for about 15 minutes at 180C or until lightly browned.
- Remove from oven and cool down

#### The Quiche:

- After baking the crust, turn down the oven to preheat to 175C.
- Fill the tofu mix in the pre-baked pie shell.
- Carefully arrange the sliced cherry tomatoes on top. Gently press them into the tofu mixture.
- Bake in oven for 40 minutes or until a toothpick comes out clean when inserted.
- Serve with side salad





# Braised Black-Eyed Peas on Toast

Black Eyed Peas are often used in African cuisine and have made their way through to the Caribbean and the Southern United States to become a staple food. This dish is an ode to the journey by serving it over toast and topped with a poached egg to give it an American twist to 'beans on toast'.

## Ingredients:

660 g Black eyed peas, soaked  
30 ml Olive oil  
400 g Beef sausage, spiced, casing removed  
80 g Onion, finely chopped  
50 g Celery, finely chopped  
20 g Red chili, seeds removed, finely chopped  
300 g Diced tomatoes  
10 g Garlic, finely chopped  
6 g Thyme, fresh  
8 g Paprika, smoked  
2 g Bay leaf  
80 g Baby Spinach  
1.5 l Water  
**12 g Knorr Chicken Stock Powder**  
10 pc. Chicken eggs, poached  
10 pc. Sourdough toasts

## Method

- In a heavy bottom pot, add olive oil and the beef sausage and brown over medium high heat. Render the meat and then remove with a slotted spoon and set aside.
- Reduce heat to medium and add onions, celery and chili sauté until fragrant. Then add garlic, thyme, smoked paprika and bay leaf.
- Increase the heat to high, add black eyed peas then add water and **Knorr Chicken Stock Powder** bringing to a boil, then reduce heat to medium low allowing it to simmer partially covered for 1 hour, occasionally stirring.
- After 1 hour, peas should be tender, and liquid almost fully absorbed by the peas. Return the beef back to the pot and add the 300 g of diced tomatoes and simmer again for 20 minutes.
- Remove bay leaf and thyme stocks and add spinach allowing it to wilt slightly.
- Search over toasted sourdough and top with poached egg.





# Desserts



# S'mores Sweet Potato Pie

Combining two popular concepts together, makes this a fun & nutritious dessert. Inspired by the traditional pumpkin spiced pie, we've replaced the main ingredient with sweet potatoes.

## Ingredients:

### The Crust:

400g Lotus biscuits  
150g Unsalted butter, softened  
50g Sesame seeds, white

### Sweet Potato Pie Mix:

800g Sweet Potato, baked in the oven until tender, peeled then pureed  
320g Condensed milk  
100g Chocolate chips  
3pc Eggs, whole  
2g Cinnamon powder  
10g Vanilla extract

### Topping:

200g Marshmallows, mini  
50g Lotus biscuit, crushed  
**300g Carte D'or Chocolate Topping**  
50g Chocolate shaving.

## Method

### The Crust:

- Blend the biscuits with the soft butter in a food processor
- Combine the mixture with the sesame seeds using a solid spoon or spatula.
- Divide the mix between 10 lightly greased small tart tins.
- Press well to even out the cookie crust.
- Chill until ready to use.

### The Pie Mix:

- In a mixing bowl, combine the sweet potato puree, egg and the condensed milk.
- Whisk well until smooth.
- Add the vanilla, cinnamon powder and the chocolate chips
- Portion and pour the butter into each of the individual tart crust
- Bake in oven on 170C for 20 minutes or until cooked from the inside. Serve warm

### Plating:

- Top each tart pie with marshmallows. Use a portable blowtorch to caramelize the top /
- Arrange the **Carte' Dor Chocolate Topping** and the tart on the plate. Garnish with crushed biscuits and chocolate shavings



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# Vegan Earl Grey Ice Cream

Taro is a purple yam found through parts of South East Asia and South America and offers a rich earthy flavor. The hint of **Lipton Earl Grey Black** gives this ice cream a lovely floral note.

## Ingredients:

360 ml	Coconut milk, full fat
15 g	Arrowroot powder
400 g	Purple Yam preserve
1 x 20 g	<b>Lipton Earl Grey Black</b>

## Method

- In a heavy bottom sauce pan, heat the coconut milk until it reaches body temperature. Remove from heat.
- Add the **Lipton Earl Grey Black** and allow it to steep for 20 minutes.
- In a blender, add the purple yam preserve, steeped coconut milk, and arrowroot and blend until smooth.
- Transfer mixture to your ice cream machine which is set up to it's factory instructions.
- Churn until it reaches a first gelato stage and store in an airtight freezer safe container.

**Chef's Tip:** Serve a cannel of this ice cream as a 'refresher' between courses to reawaken the appetites of your guests!





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