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# CULINARY TRENDS AND INNOVATIONS

COMPILED BY ANFP STAFF

These trends reflect a combination of evolving consumer preferences, technological advancements, and a deeper appreciation for sustainability, health, and cultural diversity in the culinary world that can translate to the non-commercial culinary space.

1. **Plant-based revolution:** The growth of plant-based diets continues, with a focus on innovative meat alternatives such as tempeh, seitan, and jackfruit.
2. **Hyper-local ingredients:** Sourcing ingredients locally is a priority, with a surge in urban farming, rooftop gardens, and community-supported agriculture (CSA) programs.
3. **Zero-waste cooking:** There's more emphasis on reducing food waste through creative techniques such as root-to-stem cooking, fermentation, pickling, and composting.
4. **Functional foods:** Interest has grown in foods that offer specific health benefits beyond basic nutrition, such as adaptogenic herbs, CBD-infused products, and immunity-boosting ingredients like elderberry and turmeric.
5. **Enhancing mood through food:** As mental health awareness grows, incorporating mood-boosting foods like dark chocolate or elderberry into the menu could be a valuable addition.
6. **AI-assisted cooking:** Foodservice operations are adopting artificial intelligence (AI) and machine learning algorithms in kitchen appliances and cooking apps to offer personalized recipe recommendations, meal planning assistance, and real-time cooking guidance.
7. **Interactive dining:** Engaging clients in the dining experience through activities such as learning about ingredient sources and histories or participating in cooking demonstrations will distinguish your dining program.
8. **Fusion cuisine reinvented:** A revival of fusion cuisine is taking place, but with a focus on more authentic and culturally respectful blends, such as Korean-Mexican or Japanese-Peruvian.
9. **Alternative flours and grains:** Experimentation has grown with ancient grains, alternative flours (such as chickpea and cassava flour), and gluten-free options to cater to diverse dietary preferences and allergen sensitivities.
10. **Fermentation and preservation:** Interest is increasing in home fermentation and preservation techniques for creating artisanal products like kombucha, kimchi, sauerkraut, and homemade vinegars, inspired by a desire for natural, probiotic-rich foods.



## REFERENCE

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