

Unit 304: Contribute to the guest experience

Handout 11: Adapting dish ingredients

All catering operations when planning menus for customers need to consider how the dishes and recipes can be adapted to meet the growing number of special diets and customer preferences.

The chef needs to be able to reinvent dishes traditionally made with meat to transform them into plant-based dishes to appeal to vegan, vegetarian customers as well as those looking to eat healthier. Examples of these dishes include:

- vegan bolognaise sauce
- aubergine cannelloni.

When cooking for customers with an intolerance to lactose, cereal milks can be used when making sauces or products purchased that do not contain cow's milk:

- oat milk
- almond milk
- rice milk
- soya milk
- vegan cheese
- lactose free cream and milk.

Tofu is as popular alternative to meat; it is very versatile and contains proteins that the body needs every day. Other examples are:

- seitan
- tempeh
- legumes.

Seaweed can be introduced to menus; it is highly rich in minerals and vitamins so the daily needs for some nutrients is provided.

Gluten-free alternatives include

- tamari used in pasta
- coconut aminos used in pasta
- corn starch to thicken sauces
- quinoa
- rice
- polenta.

Whilst vegan egg substitute or flax eggs are available there are other alternatives such as:

- aquafaba
- over-ripe banana or very over ripe avocado can be used in sweet recipes.

If customers are looking for healthier dishes, then the following ingredients can be considered as well as the plant-based alternatives:

- brown rice
- a bacon flavour can be achieved by using smoked paprika
- jackfruit
- cauliflower rice
- wholemeal pastas
- vegetable spreads instead of butter
- olive oil
- coconut oil
- yoghurt instead of cream
- legumes
- ezeikel bread.

The healthier cooking methods are considered to be:

- baking
- steaming
- poaching
- grilling
- braising.