

Waterkloof's Paul Thinus Prinsloo shares 5 food trends to look out for in 2020

As the winner of the S.Pellegrino Young Chef Africa & Middle East 2019 competition, Paul Thinus Prinsloo knows a thing or two about what's happening in the food world. As such Prinsloo - who serves as the Chef de Partie at The Restaurant at Waterkloof in Cape Town - has shared his top five food trends to look out for in 2020.



Waterkloof's Paul Thinus Prinsloo wins 2019 S.Pellegrino Young Chef Regional Award
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Sustainability

“Global warming has become a massive thing and many people are trying to help with awareness. As such, a lot of chef's have taken spreading that awareness to their food and the plate by going green, using sustainable products and creating less waste by reusing and recycling.”

Cannabis cooking

“Everyone is going on about CBD products these days and it won't be long before it becomes a full-on food trend. As many countries have now started legalising marijuana in small quantities, CBD products will start making its way into the restaurant industry very shortly.”



Healthy eating

“More and more restaurants have started adding carb-free/gluten-free/lactose-free/plant-based options to their menus and some even provide nutritional charts so that people can see what their intake will be. It's a food trend that's growing and will make its mark in 2020.”

Plant-based menus

“A lot of research has been done behind plant-based menus – which makes being vegetarian or vegan much easier.”



Catering for dietary restrictions

“A lot of people these days have dietary restrictions that need to be taken into account when it comes to designing a menu. Food producers are trying to make it less difficult for the industry by going organic, using less of certain items or completely removing certain things to accommodate those needs.”

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