Culinary Institute of America

Plant Forward Kitchen Boot Camp

Day 4

WELCOME TO DAY FOUR

Day Four Lecture

- Elephant in the Room: Protein
  - ✓ How much do we need?
  - ✓ Where can we get it?
- Plant-Based Meat Replacers
- Plant-Forward Food Trends
- Demonstrations & Kitchen Production
  - Making seitan
  - Satay with different proteins
- Lunch/Menu Critique/Review

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PROTEIN

- Protein plays a critical role in our biological functions.
- The average adult man consumes 75% more protein than is recommended (women: 50% more)
  - RDA is 0.8 grams per kg of body weight
- Plant-based foods are important sources of protein

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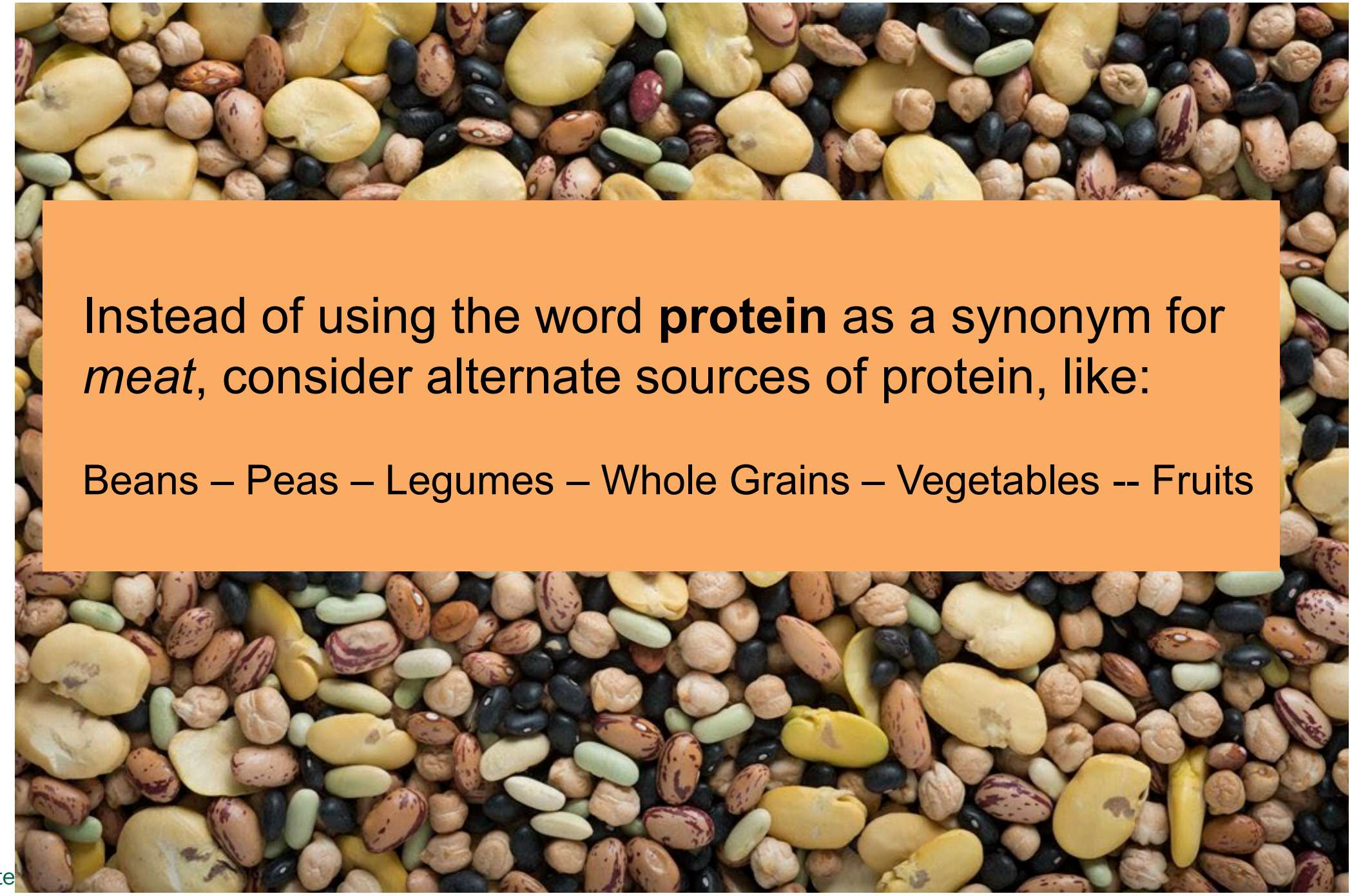
PROTEIN



Instead of using the word **protein** as a synonym for *meat*, consider alternate sources of protein, like:

Beans – Peas – Legumes – Whole Grains – Vegetables -- Fruits

WE LARGELY MISS OUT ON A WHOLE WORLD OF PLANT PROTEINS

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Let's explore ... Soy

- Plant-forward eating is not necessarily vegetarian or vegan, though it can be.
- Soy foods are naturally cholesterol-free and low in saturated fat.
- Soy is a source of fiber, which promotes a healthy gastrointestinal system, reduces cholesterol, and is associated with a reduced risk of developing cardiovascular disease.

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Let's explore ... Tofu

- Tofu (also known as bean curd) is made by coagulating soy milk and pressing the curds into a block.
- The many different varieties of tofu, along with its readiness to absorb flavor, make it one of the most versatile proteins.
- Besides varying by type, different brands of tofu will vary slightly in flavor and texture as well.
- Tofu, especially the silken variety, can be blended and used as base for creamy soups, dips, or sauces.

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Let's explore ... Tempeh

- Tempeh is a traditional soy product made by a natural culturing and fermentation process that binds soybeans into a cake form.
- Tempeh is generally firmer than tofu, making it an appealing meat-replacer.
- Tempeh can be grilled, baked, broiled, or even crumbled to use in place of ground meat and poultry.

Seriouseats.com

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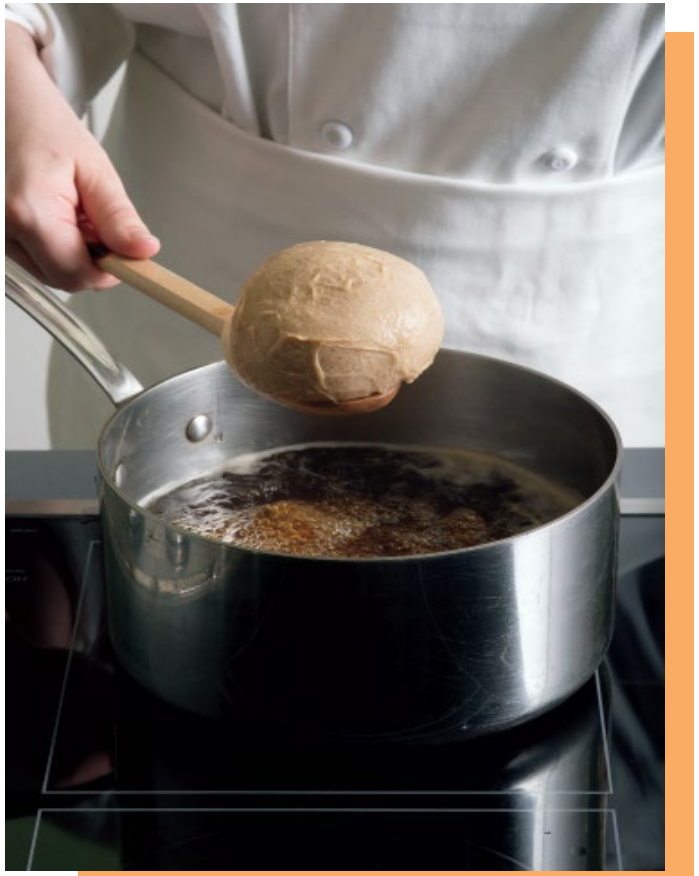
Let's explore ... Seitan

- Also known as vital wheat gluten
- Gluten flour that has been made into a dough and then simmered, resulting in a meaty texture
- Seitan is easily flavored using marinades and sauces, and is suitable for grilling, roasting, and sautéing
- Very high in protein



Tempeh, seitan, and tofu all respond very well to marinating. Because their textures are similar to meat, they are able to absorb the flavors of a marinade.

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PLANT-FORWARD TRENDS

- In 2018, Forbes Magazine cited “plant-based foods” as the food trend of the year
- In 2018, the US saw $2.22 billion in vegan food product sales
- in 2018, McDonalds launched a vegan burger in select markets, and Pizza Hut is testing non-dairy cheese alternatives
- Global data research says that 23% of the world’s population is flexitarian (5% vegetarian)

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- To stay on trend, consider adding these items to your plant-forward tables:
  - Blended hamburgers
    - May include animal protein blended with beans and legumes, mushrooms, nuts, and other veggies
  - Plant-based cheeses
    - Made primarily from nuts, like cashews and almonds
    - Be cautious of prepared foods for excess salt, sugar, and fats
  - Superfoods
    - Especially fermented foods, turmeric, beetroot and blue-green algae

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PLANT-FORWARD TRENDS

Food is Life, but food can also be fun.

Keep an eye out for these rending plant-based foods that are rich in nutrients and vibrant in color.

- ✓ Spirulina
- ✓ Beet root powder
- ✓ Turmeric
- ✓ Matcha powder
- ✓ Pitaya (dragon fruit)
- ✓ Maqui berries

Spirulina is a blue-green algae that grows naturally in warm-temperature salt water.

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