



QuornTM

— QUORN FOOD TOUR —

Brighton

INTRODUCING 2018 SPRING & SUMMER INSPIRATION...

On our last seasonal street food tour we visited 24 vendors at KERB in London's Camden and enjoyed dishes from Venezuela, India, Taiwan, Cuba, Columbia, Pakistan, Mexico and Vietnam. The trip to Camden further demonstrated just how strong, dynamic and vibrant the food culture is in the UK. And, as we see it as our responsibility to continuously innovate and inspire you to use Quorn to create deliciously healthy, great tasting and on trend meat free options, our latest tour took us further afield.

On a sunny Friday, we headed down to the seaside. Brighton, is said to be the "Vegetarian Capital of the UK". While other cities are catching up, Brighton considers itself as having the best array of veggie bars, cafés and restaurants in the country, as well as an emerging street food scene.

So, we visited the famous Street Diner in Brighthelm Garden, which is on Queens Road and is Brighton's first weekly street food market – which gives dedicated space to established and emerging street food traders based in and around Sussex. We tasted amazing food from eight very different street food vendors that all draw inspiration from around the globe, including; amazing tender smoked meats from The Little Blue Smokehouse, delicious Vietnamese pork belly and lemongrass chicken from Càphê Republic and out-of-this-world East African and Indian fusion from Kitgum Kitchen. We also stopped by nine vegetarian cafés, restaurants and canteens including Brighton's first vegetarian restaurant, Food for Friends which opened in 1981.

Whilst the cuisines were all very different across the places we visited, the flavours were all bold and plentiful in colour and there were some common themes running through the offers:

Pickles, Slaws & Sauces: across many menus, the protein/hero ingredient was often about simplicity in flavour; only ever seasoned lightly or marinated with simple spice blends. The amazing flavour combinations came from the many pickles, slaws and sauce combinations that had been cleverly created to complement the hero. On our visits we had picked watermelon and carrot carrots, dill & sesame slaw and chilli & ginger slaw.





Asian Influence: we noticed that across the street food vendors, the restaurants, canteens and cafés many dishes had been influenced by Asian cuisine. From Asian-style rice boxes in Baby Bao to Korean Fried Cauliflower in Terre à Terre. Clearly still a popular and growing food cuisine trend in the UK.

Imitation Meat: nothing is as it seems! Many places we visited on our food tour of Brighton were embracing plant based eating and pushing the boundaries, creating clever imitations of meat to not only confuse and excite the senses but to cater for the third of UK consumers that are reducing their meat consumption*. We tasted salt & pepper oyster mushrooms that were created to give the ever-popular salt and pepper squid a run for its money and crispy coconut shavings, which tasted just like bacon.

Grab & Go: it's inevitable that street food is based around grab & go in its very nature, but this was a growing key theme on the menus of the restaurants, cafés and canteens that we visited too, demonstrating the change the operators approach to cater for consumer convenience.

On our tour of Brighton, we took photos, observed what was going on and looked at who was enjoying what each had to offer. The following pages provide a bit of a summary to whet your appetite and will inform our recipe innovation and development for Spring & Summer 2018.

Keep your eyes peeled for our 2018 Spring/Summer recipe inspiration books, which will be with you in time for next year's menu planning! If you're interested in how we can support you with your meat free menus, get in touch – we'd love to hear from you.



HOW BUSY WERE THEY? Throughout this document you will see that each food vendor, restaurant, café and canteen has been rated on how busy they were on a scale of one to four. One being very quiet through to four being packed with queues for food.

Street Diner



THE LITTLE BLUE SMOKEHOUSE



Whilst meat free is a growing trend, those that visited The Little Blue Smokehouse got to enjoy amazing tender smoked meats including pulled pork, pastrami and beef brisket – all hot smoked with oak in their own smokehouse. Your choice of meats are served in a roll with pickled watermelon, home-made slaw and optional creamy mac ‘n’ cheese, all topped off with a selection of homemade sauces including little red hot sauce, Carolina golden mustard and smoked tomato & chipotle ketchup. We were lucky enough to try a selection of everything because we simply couldn’t decide. Our favourite? It had to be the BBQ pulled pork with creamy mac ‘n’ cheese and pickled watermelon.

PRICE POINT

£6 - £7

HOW BUSY



soul street kitchen

SOUL STREET KITCHEN

We could smell the food of Soul Street Kitchen from the entrance to the market as it was the first up and running. Heavily influenced by the chefs love of American barbeque style, with inspiration also drawn from cuisine from all over the world, the meats on offer change weekly based on new ideas. We ate Jerk BBQ chicken thigh, slow cooked Cajun chicken and roasted Jackfruit; all served with rice salad and amazing sesame slaw. The flavour was delicious and who doesn't love a BBQ when the sun is shining?



PRICE POINT

£6 - £8

HOW BUSY



SOULSTKITCHEN

CÀPHÊ REPUBLIC

Authentic and packed with flavour, Càphê Republic specialize in Vietnamese street food. Signature dishes include Banh Mi – Vietnamese baguette with pickles, herbs and sriracha mayo and bun noodles with pickles, herbs, peanuts, shallots and a fish sauce dressing both topped with either, lemongrass chilli chicken, 11 spiced pork belly or spring onion & soy sauce omelette. You could also wash your food down with a refreshing Vietnamese iced coffee. We couldn't decide what to eat so we tried the pork belly and the chicken (with a slightly milder chilli sauce) and it was stunning!



PRICE POINT

£5.50 - £6.50

HOW BUSY





PRICE POINT

£6

HOW BUSY



BABY BAO

Their Asian-style rice box is great but their delicious melt in your mouth steamed buns are what they're famous for! The menu is simple with only a handful of choices – classic pork or Tofu, Korean chicken, Tofu & mushroom (vegan) and just mushroom (vegan). We devoured the classic which is topped with hoisin sauce, peanuts, cucumber and spring onions and it was gorgeous. The other choices come with miso mayo, slaw and crispy onions and they were flying out faster than they could make them!



BABYBAOUK

KITGUM KITCHEN

This truly mouth-watering fusion of East African and Indian street food was one that we haven't come across before. The Kitgum Kitchen story is a nice one because all of the dishes served are all the chef Fayaz's mums recipes. The menu included; Rolex Chicken Wrap and Rolex Veg Wrap – which is a Ugandan chapati filled with thin egg omelette, spiced potato, carrot pickle and tamarind and also the Moong Vegan Stew – moong bean in spiced gravy with cumin rice and yoghurt.



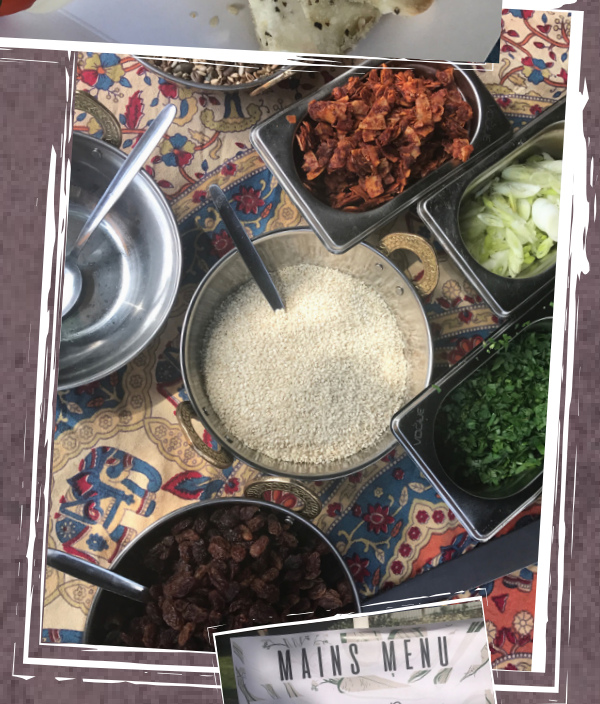
PRICE POINT

£6.50 - £7.50

HOW BUSY



EARTHLINGS



It was the first time at Street Diner for delicious vegan plant-based street food trader, Earthlings. And, they were so keen to make an impression that they asked us to try their salt & pepper oyster mushrooms (created to give the ever-popular salt and pepper squid a run for its money). We also tried their crispy coconut shavings, which if you can believe it have been made to taste just like bacon! Both delicious. The star of the show though? Their huge whole cauliflower steak in a masala, tandoori and orange marinade with chilli sauce, carrot puree and sage cream. Out of this world.

PRICE POINT

£8

HOW BUSY



STEAK EXPECTATIONS

It is all about the steak here, grass-fed and locally sourced from Sussex. With tasty burgers, wraps or a naked steak and salad, the beef is cooked on the BBQ to medium rare perfection. Their dishes include the Udderly Gorgeous a steak burger with lettuce, dill pickles, red onions, 'Sussex Charmer' cheese sauce, crushed nachos and BBQ sauce and the OMG! A steak wrap with lettuce, double gherkins, 'Sussex Charmer' cheese sauce and hot and smokey red chimichurri sauce – a dish name born from the response of the first few people who tried it. We tried the OMG. The steak was melt in the mouth, the flavours incredible and our response? Literally OMG!

PRICE POINT

£6.50 - £7

HOW BUSY



EXPECTSTEAK



EXPECTSTEAK

CROCUS PAELLA



PRICE POINT

£6.50 - £7

HOW BUSY



Crocus Paella serve two delicious variations of the traditional Spanish favourite made from scratch. Their paella is served either with chicken or seafood (squid, mussels & prawns), both with roasted piquillo peppers, judias verdes (green beans), rosemary and parsley straight from large paella pans for the ultimate in theatre and visual appeal. It might not be a new trend, but it's certainly one that's hanging around!

Restaurants, Cafés & Canteens



FOOD FOR FRIENDS

Food for Friends is Brighton's award-winning vegetarian restaurant in South Lanes, that is all about tasty, affordable and honest cooking using the freshest produce. Their menu has influences from around the globe and is changed often to support what is in season. Some of the most popular dishes include, king oyster mushroom "scallops" - with crispy tempeh, crushed peas and salsa verde and crispy sweet potato cakes - served on a ginger and soy sautéed okra and bok choy with cucumber and cashew cheese rolls.

PRICE POINT

£6 - £14.50

HOW BUSY



FOODFORFRIENDSRESTAURANT



FOODFORFRIENDS



FOODFORFRIENDSBRIGHTON



PRICE POINT

£4 - £12.50

HOW BUSY



PUREZZA

Purezza is famous for serving plant-based versions of classic Italian dishes and are the only plant-based wood fired pizzeria in Europe. The mozzarella is made using a blend of rice milk, chickpeas and olive oil. Dishes on the menu include - Under the Sea Pizza - seafood sauce base, white onions, cherry tomatoes, fried tofu, sea salad and black pepper and Mac 'n' Cheese - a short-length gluten free pasta with cheese and pea pancetta, topped with crunchy layer of wholegrain breadcrumbs.

GREEN KITCHEN



PRICE POINT

£3.50 - £9

HOW BUSY



Green Kitchen is an all vegan cosy café. The menu has a mixture of sandwiches, toasties and salads, but, what its famous for is the burgers. You get to choose your burger base and then customise with toppings. Burgers include - Golden Peaches, Rosemary & Cinnamon, Black Bean, Beefy and Chicken Style. Toppings are from across the globe - Mexican (guacamole, salsa, cheese and jalapenos), American (cheese, lettuce, artisan bacon, tomato, mayo and onion ring), Jamaican (jerk mayo, avocado, tomato and rocket) and Italian (pesto mayo, rocket, tomato and black olives).

— TERRE A TERRE —



PRICE POINT

£6 - £16

HOW BUSY



Terre à Terre, Brighton's iconic acclaimed restaurant where vegetarianism is about indulgence has been feeding customers for over 23 years. Its dishes appeal to the senses and offer a combination of textures and tastes that look amazing. The names of the dishes are playful and refer to the original inspiration and ingredients including; KFC - Korean Fried Cauliflower with sweet and sour sesame and onigiri rice and Sneaky Peeking Steamers - steamed rice buns stuffed with Szechuan marinated halloumi, ginger bok choy, kimchi Chinese cabbage, pickled watermelon and cucumber.



IYDEA

Iydea offers really great value and quality food fast and is award winning – having won the Vegetarian Society’s National Best Eating Out Award in 2010. On offer is a large selection of freshly prepared hot and cold meals and all of the food is freshly made. It has a canteen style set up and you choose a main, side and topping. Mains include – Fruity Harissa Couscous Filled Aubergine and Pea & Goats Cheese Arancini. Sides include – Beet, Chilli & Ginger Slaw and Sweet Chilli Sautéed Savoy Cabbage. Toppings include – Spicy Tomato Salsa and Beetroot Chutney.



PRICE POINT

£4 - £8

HOW BUSY





ROOTCANDI

Rootcandi is a vegan restaurant in the heart of Brighton that serves tasty street food that is inspired by Pan-Asian cuisine. The food is 100% plant based and vegan and its ever-changing menu is created by its chefs on a daily basis. The menu consists of a set of individual tapas-style dishes presented on a tower and designed for sharing. Dishes include; Sweet Tofu - braised daikon and beetroot cream, Mushroom Fritters - oyster mushroom, lotus root and garlic aioli and Smoked Tea Salad - lapsang souchong jelly, seaweed, chilli and courgette.



PRICE POINT

£4 - £12

HOW BUSY



VBITES

VBites is located in the heart of Brighton and offers a delicious selection of vegan food and drink to eat in or takeaway. It has a great breakfast menu that offers meat alternatives for sausages and bacon. The main menu is focused too around vegan fast food meat free alternatives. Such as the mouthwatering Pulled Porky Burger - pan fried pork-style pieces in BBQ sauce with coleslaw, Hottie Dog - served in a bun with onion relish and the RLT - crispy rashers, tomatoes and lettuce served in a toasted bloomer.



PRICE POINT

£6 - £10

HOW BUSY



LARDER



Funky vegan sandwich shop and deli in the heart of Brighton, the Larder went 100% vegan for 'Veganuary' 2017 and found it so successful they chose to stay vegan. The menu is small, but perfectly formed including salads, jacket potatoes and toasted sandwiches. Showcase dishes for us including the Dhal Lentil Pate Jacket Potato with crispy chickpeas, red onion and spinach, the Caramelised Banana Toasted Sandwich with peanut butter and jam and Deep Fried Mac 'n' Pea Balls. Yum Yum!

PRICE POINT

£4 - £6

HOW BUSY



WAI KIKA MOO KAU

This café in the Lanes Brighton offers a menu that is international and totally vegetarian with some vegan dishes. With its cow-patch splotted exterior, it's hard to miss the wacky Wai Kika Moo Kau pronounced as "why kick a moo cow". The dishes range from pancake stacks for breakfasts right through to burritos and pittas for lunch and homemade burgers, mezze and tapas platters in the evening.



PRICE POINT

£4 - £9

HOW BUSY



WAIKIKAMOOKAU



WAI-KIKA-MOO-KAU



BRIGHTON



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