



QuornTM

— STREET FOOD TOUR —

Bristol

INTRODUCTION

We like to keep on top of trends within food culture and our previous food tours have demonstrated just how strong, dynamic and vibrant the UK food scene is. 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 to Bristol; known for its buzzy, vibrant atmosphere and emerging food scene.

On a typically rainy British Summer Friday, we headed west to visit Bristol's St Nicholas food market which boasts some of the best local produce and street food available in the City. We tasted outstanding food from ten very different street food vendors that draw inspiration from around the world, including; mouth-watering yellow chicken curry from Niang's Thai Snacks, plump and delicious cheese and spinach steamed Tibetan dumplings from Momo Bar and outstanding gluten and dairy free cuisine from Good Food & Co.





Whilst the food we tasted from the different stalls came from all corners of the globe, the flavours were all bold and big hitting and there were some common themes running through the offers:

Catering for Special Diets - across many of the menus the selling point was often about meeting special diets. Especially gluten free, dairy free and meat centred stalls also offering a stand-alone vegan recipe.

Food Fusions - we noticed that across the street food vendors many of them had been influenced by a fusion of cuisines. From a mix of Tibetan and Japanese at Momo Bar, to Malaysian with Libyan at Dunissa and Italian meeting American at The Italian Sausage. Clearly a popular and growing food trend.

Modern Twists - taking traditional family recipes that have been handed down through generations and giving them a modern twist. Many places we visited on our food tour of Bristol were bringing home cooking to the masses but, with their own twists to deliver modern classics full of big flavours.

On our tour of Bristol, we took photos, observed what was going on and looked at who was enjoying what each stall had to offer. We're using this in our business for our development and wanted to share it in the following pages with you to provide a bit of a summary to whet your appetite.

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 vendor has been rated for how busy they were on a scale of one to four. One being very quiet through to four being packed with queues for food.



DUNISSA

Malay Arabic street food – where Malaysia meets the Middle East for lunch. The Libyan and Malaysian couple running this stall noticed a gap in the Bristol food scene for Malaysian food and created this offering. Serving up their delicious family recipe of slow cooked beef and chicken Rendang named 'The Malaysian' with coconut rice, spicy sambal sauce, boiled egg, cucumber and peanut anchovy mix. To wash it down was a refreshingly sweet Sirap Bandung; rose syrup mixed with condensed milk and soda, which tasted like liquid Turkish Delight, traditionally served at Malaysian weddings for good fortune.

 [DUNISSABRISTOL](#)

PRICE POINT

£6


HOW BUSY




RICEMINSTER



Serving up the best traditional paella in Bristol! Not only gluten and dairy free, but there is also a vegan friendly option! Serving two delicious variations of the traditional Spanish favourite made from scratch. Their Huerta vegan paella with saffron, tomatoes, white beans, flat green beans, aubergine, carrot, cauliflower, mushroom, garlic and red pepper, is served straight from large paella pans for the ultimate in theatre and visual appeal. And, the Valencia meat paella contains everything the vegan one does but with the addition of tender chicken thighs.

 [@RICEMINSTERUK](#)

 [RICEMINSTER](#)

PRICE POINT

£5 - £6

HOW BUSY



GOOD FOOD & CO



Serving food from around the world, with bold flavours and containing no gluten or dairy. South-African born Lance is a chef by trade and a coeliac; he wanted to bring a gluten free and dairy free world cuisine offer to those with special dietary requirements, using simple, natural and tasty ingredients for his dishes. All meats used are locally sourced and slow cooked for more juice and flavour. The most popular main was the tasty Chermoula Chicken – free range shredded chicken in Moroccan spices, saffron and lemon, served with Harissa, coconut & lime yoghurt and slaw. For those vegan eaters, he served up a Coconut & Lime Dhal – red lentils cooked in spices, curry leaves, coconut & lime yoghurt served with slaw.

 [GOODFOODANDCO.UK](#)

 [GOODFOODANDCOUK](#)

PRICE POINT

£5.75 - £6.25

HOW BUSY





THE ITALIAN SAUSAGE

A family-owned and operated business with George Smith at the heart (American father and Italian mother), offering exquisite sausages, passionately homemade using locally sourced meats and served in stone baked bread. On the menu you will find; traditional Italian - style sausage made using 100% pork, thick cut, mixed with fennel seeds and marinated in wine, these sausages contain no breadcrumbs making them gluten free and Porchetta - a typical dish from Rome using pork loin and belly to create a juicy burger made with parsley, basil and garlic.



@SAUSAGEITALIAN



THEITALIANSAUSAGE

PRICE POINT

£3.75 - £6.50

HOW BUSY



ENGGI'S KITCHEN

An Indonesian family run street food stall. The family wanted to introduce Indonesian food to the people of Bristol and decided that food markets were the best way to do it! Dishes on the menu include; Indonesian Special Fried Rice - shredded chicken is added to egg, rice and a host of vegetables and is stir fried from scratch for each order using an Indonesian sweet soy sauce as the magic ingredient - and Gado-Gado Surabaja - a spiced peanut sauce mixed with coconut milk and tofu served over shredded lettuce with a boiled egg.



ENGGISKITCHEN

PRICE POINT

£1 - £6

HOW BUSY



INDIAN MASALA



PRICE POINT
£1.50 - £7.50

HOW BUSY

The Indian Masala is a husband and wife duo who have been offering North Indian street food to the people of Bristol for over 10 years! Cuisine from the North of India tends to be more tomato based and spicier than that of the South which was reflected in the menu; a wide variety of curries and accompanying sides heavily vegetarian focused and cooked from scratch at the market. Their most popular dishes were the Butter Chicken Curry with rice and Mixed Vegetable Curry with rice. Sides included; Samosas, Onion & Spinach Bhaji and Fish Pakora.

@INDIANMASALAT1

NIANG'S THAI SNACKS



At this stall we found Niang and her daughters serving up organic, free range, locally sourced and vegan Thai delights. The dishes were mouthwatering and the long queues showed how much of a hit it was with the crowd, all the curries were gluten, dairy and wheat free to cater to those with special diets. Mains included Yellow Chicken Curry, Green Chicken Curry and Ponang Pork Curry served with a choice of jasmine rice or noodles.

@NIANGSTHAISNACKS NIANGTHAISNACKS

PRICE POINT
£6

HOW BUSY

BLU FIRE SMOKE & GRILL



Born in Jamaica and made in Bristol with a whole lot of love! The lady behind Blu Fire is Jamaican born a solicitor by trade and decided to turn to her second passion - cooking - when she found herself made redundant.

The dishes focus on traditional family recipes and scratch cooking but with a modern twist, it is Caribbean Mutton Creole/Cajun Cuisine cooked with homemade spicy sauces and marinades. Delicious dishes including Curried Mutton, Spicy Jerk Chicken and Jerk Belly Pork all served with peas and rice and a side of fried plantain and dumpling. The queue was never less than 10 people deep from start to finish, this goes to show how popular Caribbean food is!

@BLU_FIRESNG

PRICE POINT
£5.50 - £6

HOW BUSY



MOMO BAR

Hand-crafted Momo's in different designs and made from quality ingredients, based on recipes handed down through a Tibetan nomad family and tweaked for new tastes with a fusion of Japanese. Delicious and healthy Tibetan food, steamed to keep all the goodness in and to nourish both body and soul. On the menu were Momo's; Tibetan steamed dumplings, with a range of mouthwatering fillings including Sha Momo - finely chopped onion, beef and seasoning, Tse Momo - spinach, onion, paneer and a hint of mature cheddar and Karsha Momo - buttered mushrooms, finely chopped onion and potato.

 @MOMOSTEAM

PRICE POINT


£5 - £6


HOW BUSY



TIA JULIA

Authentic Brazilian street food, run by husband Fabio and wife Lisa with dishes influenced by Fabio's Grandmother and Aunty Julia back in Brazil. You'll find on their menu Moqueca - Brazilian fish curry using tomato and coconut cooked in a big paella pan, Galinhada - Chicken thighs slow cooked in lime, paprika and turmeric, mixed with rice, caramelised onions, peppers, tomato, olives and sweetcorn, served with pinto beans and fresh tomato salsa and Prato Feito - Brazilian style cuts of rump steak flash fried with onion, pepper and cheese, served with pinto beans and rice.

 @TIAJULIAFOOD

 TIAJULIAFOOD

PRICE POINT

£5

HOW BUSY





Marlow Foods Ltd
Station Road
Stokesley
North Yorkshire
TS9 7AB

www.quornfoodservice.co.uk