

Food Predictions to Watch Out For!

Gastronomic trends tend to reflect growing awareness about the merits and dangers of particular ingredients, the buzz surrounding “fashionable” foods, and of course, the way the [depth of our wallets](#) contrast with that of our tummies! Current food trends that have taken off have done so due to an increased demand for safe, organic, and sustainable ingredients that are just as safe for the human body as they are for the environment. Perhaps that’s why chicken, beef, and even fish do not show up anywhere on an online search for the latest food trends.

The hungry hordes are gravitating towards vegetarian food, dairy-based options, and even exotic spices and condiments that are increasingly being hailed for their calorie-burning, [immunity boosting](#) effects.

The first major trend that I have witnessed in the **restaurants near me** is the growing emphasis on using locally produced ingredients. This means everything from meats and seafood to foraged mushrooms. The apparent advantage is that this kind of food is less likely to be affected by pesticides and chemicals used to preserve foods grown elsewhere. Just as seasonal fruit contains remedies for seasonal ailments (many winter fruits increase immunity against colds), local foods contain many hidden benefits for the resident population. Because of the decreased need for storage and transportation, they also taste better and pollute less.



We’re seeing a growing amount of information about the benefits of vegetables, nuts, eggs, grains, and dairy products, which all lead to healthier food and more and more of these ingredients are being used in entrees, salads, snacks, and dressings. Look forward to better quality pizza too: people are lining up for the varieties made from authentic wood-fired ovens, basil, and oregano and are shunning low-quality, mass-producing pizzerias. Many companies such as Live Basil, MOD Pizza, and Patxi’s are catering to an increased demand for gourmet pizzas.

Speaking of pizza, expect to see spaghetti, risotto, and panzanella replace ice cream and chicken wings as comfort food. With the growing familiarity with healthfulness, easily found ingredients and ease of preparation of most Italian food, it is seldom going to be reserved for special occasions in coming days. A variety of garnishing can complement the cheese, bread, tomatoes and other simple ingredients of Italian food, adding to its popularity.

People around the world want to quickly prepare food with minimal effort and expense, which is why we are going to see a resurgence of bizarre yet exciting “mashup dishes” such as salads, burgers, pies, and submarine sandwiches. Expect to see experimentation with fresh fruit, coconut slices, parsley, and seaweed combinations, although really, it is hard to expect anything in hybrid dishes prepared in an anything-goes manner.

Two common ingredients that are gaining a surprising amount of popularity are lemons and tea leaves. Lemon zest and pulp have been adding fresh taste and health to margaritas, salads, pickles and pasta, but the citrus fruit is going to be a ubiquitous addition to dishes and snacks in the coming days. Same goes for tea leaves, which have already been popularized as a food rather than drink because of the success of green tea cakes and ice creams, but will soon be found as a substitute for coffee and will increasingly be used in desserts.

Already, several **fine restaurants near me** have begun to place emphasis on kitchen-garden herbs and forgotten local delicacies that are gaining prominence due to their unique ingredients and “unfamiliar” taste. Although trend-prediction in the food industry has its naysayers, universal principles such as using natural, minimally-processed ingredients, helping the local economy and workers, and finding flavors that are both exotic and indigenous, will dictate the items on our menus in the years to come.