



Menu Planning for Special Diets and Cultural Cuisines

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Agenda

- In today's session, we will discuss:
 - Dietary restrictions with a focus on vegan, vegetarian, diabetic, and gluten free
 - Key elements for cultural cuisine and how best to address these requests
 - How to address requests from your guests and effectively plan menus





Learning Objectives

- During this session, attendees will learn to:
 - Review some of the key ingredients to be aware of for menu planning with consideration for dietary restrictions
 - Discuss opportunities to expand your cultural cuisine
 - Participate in activities to effectively plan menus based on a wide variety of specialty requests
 - Create equitable and healthy options to meet these requests
 - Learn how to effectively communicate with your culinary and service teams



Key Terms

- Vegan
- Lacto Ovo Vegetarians
- Pescetarian
- Diabetic Meals
- Gluten Free
- Kosher
- Halal

Source: <http://blog.vegan.com/in-the-restaurant-why-vegetarians-and-vegans/>

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Introduction/Rationale

- My background and passion for the topic
- Why do we need to know this?
- How can we do better?

Source: <http://www.vegetarian.com/vegetarian-diet/>

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Vegan/Vegetarian

- About 5% of Americans identify as vegetarians or consume a vegetarian diet
 - Pescatarian
 - Consumes fish/seafood
 - Lacto/Ovo
 - Consumes dairy and eggs
 - Vegan
 - Does not consume any animal products

"Animals are my friends. And I don't eat my friends."
- George Bernard Shaw

Source: <http://www.vegetarian.com/vegetarian-diet/>

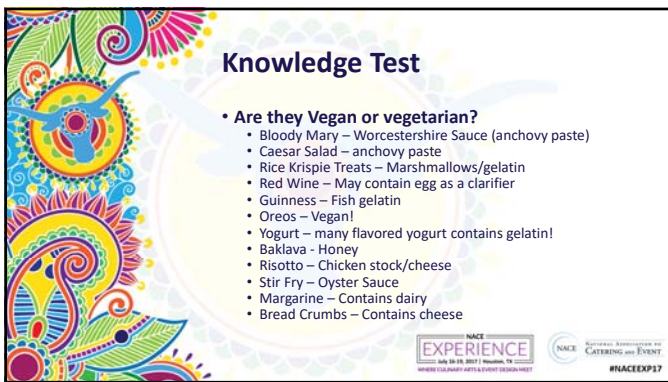
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Knowledge Test

- Are they Vegan or Vegetarian?
 - Bloody Mary
 - Rice Krispie Treats
 - Wine
 - Beer
 - Oreo Cookies
 - Yogurt
 - Baklava
 - Risotto
 - Stir Fry
 - Margarine
 - Bread crumbs

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Knowledge Test

- Are they Vegan or vegetarian?
 - Bloody Mary – Worcestershire Sauce (anchovy paste)
 - Caesar Salad – anchovy paste
 - Rice Krispie Treats – Marshmallows/gelatin
 - Red Wine – May contain egg as a clarifier
 - Guinness – Fish gelatin
 - Oreos – Vegan!
 - Yogurt – many flavored yogurt contains gelatin!
 - Baklava - Honey
 - Risotto – Chicken stock/cheese
 - Stir Fry – Oyster Sauce
 - Margarine – Contains dairy
 - Bread Crumbs – Contains cheese

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Key Ingredients

- Vegetarian – products that require the slaughter of animals
 - Animal products, Gelatin, Stocks, Bases
- Vegan – any products obtained from animals, even if the animal was not slaughtered
 - Dairy, Eggs, Honey
- Items of focus
 - Sauces, dressings, soups, desserts, rice
 - Beverages
 - Cross contamination

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Diabetic

- Diabetic – 9% of the population
- Misconception is that it is just sugar content
- Focus needs to be on balance and lower carb
- Glycemic index:
<http://documents.hants.gov.uk/hms/HealthyEatingontheRun-LowGlycemicIndexFoodList.pdf>

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Diabetic

- Good Items (Low GI)
 - Oat Bran
 - Whole grain breaks
 - Brown rice (steamed)
 - Hummus
 - Nuts/Raisins
 - Milk & Soymilk
 - Unsweetened Juices
 - Sweet Potatoes
 - Legumes
- Bad Items (High GI)
 - Bran Flakes
 - Bagels
 - Glutinous rice
 - Pretzels (baked)
 - Watermelon
 - Gatorade
 - Mashed Potatoes, Pumpkin

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Gluten Free

- At least 2% are consuming a gluten free diet
- Need to ask if the request is based on allergy or preference
- Allergy (Celiac) – allergy to proteins found in wheat, barley and rye
- Not to be confused with people looking for a low carb diet!

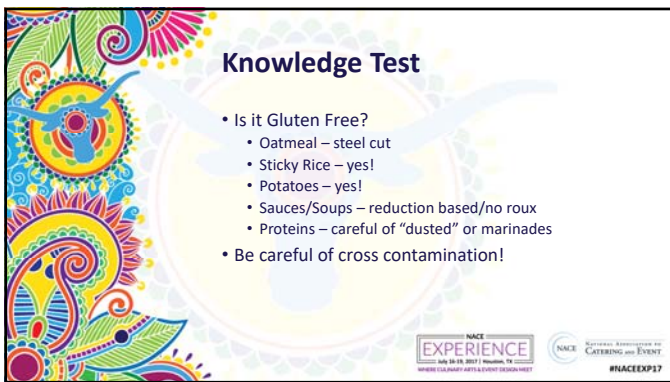
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Knowledge Test

- Is it Gluten Free?
 - Oatmeal
 - Sticky Rice
 - Potatoes
 - Sauces/Soups
 - Proteins

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Knowledge Test

- Is it Gluten Free?
 - Oatmeal – steel cut
 - Sticky Rice – yes!
 - Potatoes – yes!
 - Sauces/Soups – reduction based/no roux
 - Proteins – careful of “dusted” or marinades
- Be careful of cross contamination!

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Other Dietary Restrictions

- Paleo – no grains, sugars, or processed foods
- Jain – variation of vegetarian – may or may not consume dairy, no root vegetables
- “Allergies” – ask the right questions
 - Is this a preference, sensitivity, or severe allergy

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Cultural Cuisine

- Specialty Cultural Menus
 - Kosher – no pork, no shellfish, do not mix dairy and meats, no organ meats
 - Islamic/Halal – no pork, no shellfish, no alcohol
 - Indian/Hindu/Sikh – regional variations, may be vegetarian, no beef, may not consume alcohol

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Cultural Cuisine

- Partner with local caterers
 - Offer authentic options and builds referrals
 - Upcharge for the service (based on food cost) or charge a corkage


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Menu Planning


- Now What?
 - Equitable
 - Contemporary and creative
 - Healthy Alternatives
 - Educating Service and Culinary
 - Effective Communication to the client!



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Menu Planning

- Equitable
 - Is your "alternate" option comparable to the primary entrée?
 - Consider portion size (vegetarians are hungry!)
- Healthy
 - Avoid carb loading, low protein, low nutrient





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Menu Planning

- Contemporary and Creative
 - Old world grains
 - Low GI - Pearled Barley, Buckwheat
 - Gluten Free – Amaranth, Millet, Quinoa
 - Proteins
 - Legumes - Lentils, Fava Beans, Soybeans, Lupin,
 - Meat Alternatives – Tempeh (GF), Tofu (GF), Seitan (Soy Free), Gardein (GF)
 - High Protein Vegetables – Spinach, Kale, Sprouts, Brussel Sprouts, Artichokes, Jackfruit





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Menu Planning

- Communication to the team and the client
 - Plan for specific selections rather than "Chef's Choice"
 - Be cognizant of groups over multiple days or create a cycle menu
 - Review existing options that can be adjusted to become gluten free or vegetarian/vegan and cover other restrictions
 - Gluten free/vegan breakfast and lunch wrap



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Activity – Case Study

- Conference for 850 guests
 - Continental breakfast with breakfast sandwich
 - Cold Sandwich Lunch
 - Hot Buffet Lunch
 - Plated Dinner

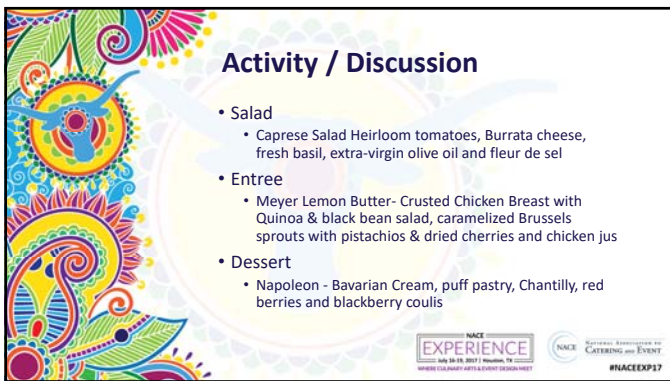
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Activity – Case Study

- 97 Guests with Dietary Restrictions Include:
 - Gluten Free
 - Gluten Free/Lactose Free
 - Lactose Free
 - Diabetic
 - Kosher
 - Vegan, Vegetarian
- Miscellaneous Ingredients:
 - Pistachios, Beans, Chicken, Crab, Red Meat, Bell Peppers, Nuts, Coffee, Tea, Potatoes, Rice, Salmon, Shrimp, Shellfish, Stone Fruit, Tree Nuts

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Activity / Discussion

- Salad
 - Caprese Salad Heirloom tomatoes, Burrata cheese, fresh basil, extra-virgin olive oil and fleur de sel
- Entree
 - Meyer Lemon Butter- Crusted Chicken Breast with Quinoa & black bean salad, caramelized Brussels sprouts with pistachios & dried cherries and chicken jus
- Dessert
 - Napoleon - Bavarian Cream, puff pastry, Chantilly, red berries and blackberry coulis

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Activity – Suggested Changes

- Salad
 - Caprese Salad Heirloom tomatoes, Burrata cheese, fresh basil, extra-virgin olive oil and fleur de sel
- Alternates:
 - Heirloom tomatoes, fava beans and pea sprouts (GF, Vegan, Lactose Free, Nut Free)
 - Kosher Option

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Activity – Suggested Changes

- Entree
 - Meyer Lemon ~~Butter-Crusted~~ (or GF crust) Chicken Breast with Quinoa & Black Bean Salad, caramelized Brussels sprouts ~~with pistachios & dried cherries~~ and chicken jus (GF, Lactose Free)
- Alternate Entree
 - Quinoa & Black Bean Salad with Roasted Root Vegetables, Artichokes, and Balsamic Reduction (Vegan, Lactose Free, Nut Free)
 - Kosher Entree

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Activity – Suggested Changes

- Dessert
 - Napoleon - Bavarian Cream, puff pastry, Chantilly, red berries and blackberry coulis
- Alternate Dessert
 - Fresh Berry Sorbet with and red berries and blackberry coulis and (optional) Sugar free/Vegan Raspberry Rose Macarons with Fruit Jam (Vegan, Diabetic, GF, Nut free without macaron)
 - Kosher dessert

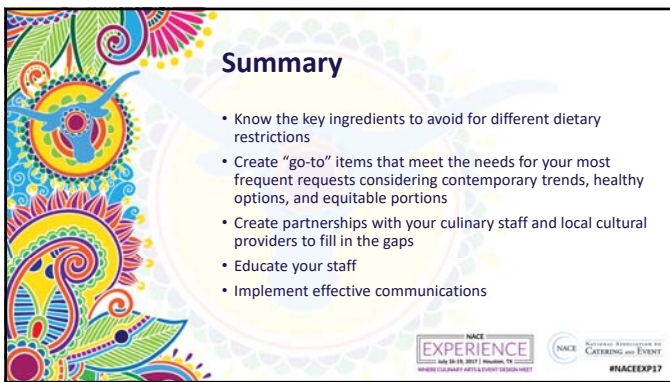
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Activity Review

- Strategies
 - Create a list of “go-to” alternatives that are readily available and utilize similar menu items
 - Eliminate / substitute ingredients included on the dietary restriction list
 - Combine the special requests
 - Strategize with the culinary staff to keep ingredients on hand based on seasonality and non-perishable goods
 - Communicate and label the items you currently have and understand how to easily adjust menu items

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Summary

- Know the key ingredients to avoid for different dietary restrictions
- Create “go-to” items that meet the needs for your most frequent requests considering contemporary trends, healthy options, and equitable portions
- Create partnerships with your culinary staff and local cultural providers to fill in the gaps
- Educate your staff
- Implement effective communications

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Q&A

Continue the conversation!

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