

# Food Trends to Watch

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OUR ROUNDUP OF THE HOTTEST FOOD TRENDS OF 2017 HAS SOMETHING FOR EVERYONE, FROM WAYS TO ELIMINATE WASTE, TO HOTSPOTS WITH THE MOST POST-WORTHY GRUB.

## TICKING THE BOXES: HOME DELIVERY SERVICES

Boxed delivery services have been steadily gaining in popularity over the past few years, making home cooking easy, fun and fresh. We love Hello Fresh and Blue Apron, for a number of reasons:

It's convenient: you don't have to worry about food shopping or decisions for a couple of nights of the week.

It's simple: step-by-step instructions are easy to follow, and does not take more than 45 minutes to make

It's efficient: They give you everything you need, to exact measurements including spices and veg, so you don't have to buy anything extra, and there is no waste (double trend alert: see Trend #3!)

It's adventurous: it introduces lots of recipes and foods from world cuisines you might not usually choose yourself

It's delicious: The recipes are scrumptious; all really flavorful and filling.

[hellofresh.com](http://hellofresh.com) or [blueapron.com](http://blueapron.com)

## BUGGING OUT: INSECTS & BUGS

Bugs are big business, and it turns out they're good for you too. Packed with protein, flour made from crickets boast more per 100 grams than sirloin. ExoProtein protein bars are packed with the stuff, and its founders have raised more than \$5.6 million in funding to finance their dream of taking crickets mainstream. Restaurants are getting into the bug game, too, with upscale Hugo's in Houston featuring pan-sautéed grasshoppers served with guacamole, tortillas and chipotle tomatillo salsa on their Mexican menu, and Trailer Treasure is serving up Asian spiced cricket tacos from their trailer on 6th Street in Austin.

[exoprotein.com](http://exoprotein.com)  
[hugosrestaurant.net](http://hugosrestaurant.net)  
[trailer-treasure.com](http://trailer-treasure.com)

## A QUESTION OF ETHICS: HAPPY MEAT, HAPPY FOOD

The trend for free-range has been around for a while, and the way meat is raised and sourced by restaurants and supermarkets is one which isn't going anywhere anytime soon. It's not only about living conditions of animals with large chains like Panera Bread confirming that it will change the way it sources to adhere to the Global Animal Partnership's Broiler Chicken Standard, but also about taste. Field harvesting at long range used by ranches including the Broken Arrow Ranch in the Texas Hill Country ensures the animals are never under any stress and the resulting meat

quality is the highest possible—tastier, more tender and longer lasting. Read more about the Broken Arrow Ranch in this issue on the next page.

[panerabread.com](http://panerabread.com)  
[brokenarrowranch.com](http://brokenarrowranch.com)

## WASTE NOT, WANT NOT: ZERO WASTE

Cutting down on food waste is a trend for good. The United Nations Food and Agriculture Organization reports that an estimated one-third of the food produced worldwide for human consumption is wasted annually. The nose-to-tail movement, in which chefs use every part of the animal, is one way chefs help to cut down on food waste. In his restaurant Cured at the Pearl, Chef Steve McHugh is a proponent of not wasting anything, curing everything from an animal including shoulder and tongue, and also through preserving fresh fruit and veg—buying lots of it whenever it is available and using it later. Read about Cured on Page 30.

[curedatpearl.com](http://curedatpearl.com)

## READY FOR MY CLOSE-UP: INSTA-READY FOOD

Rainbow Bagels, cookie dough served up like ice cream and pretty much anything at the Sugar Factory in NYC took #foodporn to new levels in 2016, and the trend for restaurants dreaming up dishes with how photogenic they'll be in mind will continue into 2017. The 2016 BBC Good Food Nation Survey found that 40% of millennials have posted photos of their food on social media channels, and we bet you have too. Our picks for some of the most Instagrammable spots in the Texas Hill Country? San Antonio's Bohanan's for its beautiful cocktails and array of steaks, and the Floore's Country Store in Helotes for its old school BBQ and décor.

[bohanans.com](http://bohanans.com) • [liveatfloores.com](http://liveatfloores.com)



**CURED MEAT LOCKER**  
Located in the Cured at the Pearl Restaurant