

"Super" Bowls: One-Dish Meals

Score Big with Customers this Winter!

January and early February is prime time for football fans, with the playoffs culminating in the Big Game that attracts millions of viewers. When it comes to snacking, customers will expect the usual suspects, like chicken wings and pizza. But when mealtime rolls around, hearty one-bowl meals – containing vegetables, starch, and protein in One-Dish – will turn average customers into serious fans!

FROM AMERICAN REGIONS

Not only are guests more interested in global fare, they're taking an interest in cuisine from regions within the U.S. In fact, research firm Mintel chose "American regionalism" as one of the top five hottest trends in 2012!

Chili: Chili is a one-dish meal that's open to your culinary team's interpretation. Add ham and pineapple for a Hawaiian version, or find inspiration in the Southwest, like Bobby Flay did in his recent Red Beef Chili recipe that uses four kinds of chili pepper and Mexican chocolate.

Jambalaya: Look to the Big Easy for a crowd-pleasing bowl of Jambalaya – it's easy to make, too, in one large pot. Start with the trinity of celery, peppers, and onions; and add in andouille sausage, tomatoes, and crayfish or shrimp. Finish it off with rice and stock.

FROM THE FAR EAST

Bi Bim Bop: This Korean one-dish wonder literally translates to "mixed meal," and CNN just named it to their World's 50 Most Delicious Foods list. It consists of white rice, topped by sautéed vegetables, chili pepper paste (gochujang), and fried egg or beef. The ingredients are mixed together by the guest right before eating!

FROM EUROPEAN TRADITIONS

Paella: Like jambalaya, paella is made in one giant pan (paella means "pan" in the Catalan language) – making for streamlined back-of-the-house preparation. Paella is a traditional dish from the Valencia region of Spain, and like chili, there are endless interpretations. Try Paella de Marisco consisting of seafood, white rice, saffron, and olive oil.

Risotto: Creamy, hearty, and a perfect one-dish meal, risotto is an Italian classic made with special types of rice that simultaneously absorb liquid and release starch. The result is a flavor-packed, filling dish open to your culinary team's creativity. You can't go wrong with traditional Risotto alla Milanese, consisting of beef stock, butter or lard, Parmesan cheese, saffron, and bone marrow. Don't be intimidated by bone marrow! Andrew Freeman's 2012 Restaurant Passion Report cites bone and bone marrow as popular ingredients in the year to come.

