

Metz Culinary Management

Metz Article for CIC

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Dining Trends for Higher Education in 2024

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The chefs and dietitians at Metz Culinary Management, Inc. (Metz) study the direction the culinary industry is poised to take every year and then create new recipes that guests will find delicious and exciting. Themes driving dining trends for higher education in 2024 include:

- Increasing interest and curiosity for more globally inclusive dishes, including ancient grains and heritage ingredients
- Ensuring safe access to meals for guests with food allergies

Metz is meeting these culinary needs by serving up international flavors, ancient grains, heritage ingredients and cooking techniques through its Global Kitchen initiative. For those with food allergies, Metz offers its Pure + Simple and Allergy 411 dining programs.

Global Kitchen

In 2024, Metz will be rolling out more recipes that feature international flavors, ingredients and cooking techniques. This is designed to satisfy the increasingly diverse guest population and changing dietary preferences that entice health-conscious individuals to seek out international cuisines and food preparation methods. Following inspiring culinary training sessions with a renowned Certified Master Chef, Global Kitchen recipes were developed by Metz chefs who come from diverse backgrounds.

Global Kitchen recipes include Indian dishes such as butter chicken, toasted tikka masala, onion bhajis and chutneys along with shawarma – a favorite from the Middle East.

Metz's chefs have utilized ancient grains for years to create delicious recipes that incorporate the health benefits that guests crave. Chefs showcase foods that resonate with Native American Heritage and Hispanic Heritage throughout the year. Native American Heritage traditional recipes feature dishes with heritage grains and produce, such as:

- Corn, beans and squash (when grown together, these are known as the 'three sisters')
- Native legumes such as peanuts and walnuts
- Cranberries
- Peppers
- Salmon, turkey and bison (proteins native to America)

To honor Hispanic culinary cuisine, Metz delivers delectable dishes from a diversity of Latin regions, including:

- Caribbean:
 - Moros y Cristianos (Caribbean black beans)
 - Jamaican jerk pork
 - Cuban roasted chicken
- South America:

- Arepas topped with pork carnitas, queso fresco, cilantro and lime on the grill
- Vegan arepas
- Picadillo
- Mexico:
 - Birria tacos
 - Made-to-order fajitas
 - Mexican street corn
 - Spicy huevos rancheros (breakfast)
 - Beef and rice enchiladas with refried beans and corn tomatillo
 - Chimichurri & goat cheese salmon / curried chicken thighs
 - Oven baked chimichurri pork chops served with Moro rice and tostones

Additionally, Metz's chefs have developed a line of new recipes in partnership with research and development chefs at well-known vendor, famous for their commitment to using environmentally friendly techniques to grow and harvest tomatoes at their peak of color, flavor and freshness. Metz will be serving up offerings that include:

- More salad options with grains like quinoa and farro
- House-made veggie burger
- Ancient grain porridge that complements Metz's hot cereal bars

Pure + Simple

Metz's allergen-free dining concept, Pure + Simple, meets the dietary needs of guests who struggle with food allergies. Pure + Simple addresses the top nine food allergens including: eggs, peanuts, tree nuts, sesame, fish, shellfish, soy, cow's milk (dairy) and wheat.

While Metz has been providing allergen-free options for a while, the demand has grown significantly. That is why Metz launched a free-standing allergen-free station with offerings that are delicious and just happen to be allergen-free. For culinary partners without space for a free-standing station, Metz weaves allergen-free offerings into their daily menus.

Pure + Simple is a build-your-own concept where guests can fashion unique plates from multiple allergen-free food items. Guests can use their smartphones to access the menu to see which items are allergen-free through a QR code. They can select any item and be assured that their meal is free from the top nine food allergens. For those with less common food allergies such as onions and garlic, staff works with guests to ensure that their meals are free of allergens.

Metz has included recipes that are already allergen-free and adapted others to fit the Pure + Simple concept. Dishes include:

- Maple-glazed roasted pork loin with herbed rice
- Carved corned beef, sauteed garlic cabbage, roasted garlic and boiled potatoes with fresh dill
- Chicken stir fry bowl with basmati rice and balsamic glaze

- Stir-fry that can be customized with quinoa or brown rice
- Sides and sauces

Allergy 411

Building on the allergen-free trend, Metz is rolling out its Allergy 411 concept in January 2024. Because education is essential to food allergen avoidance, Allergy 411 will include efforts in both front and back of house to teach guests and staff about allergens.

Metz staff will receive ongoing training in safe handling of allergens in food and allergen-free meals, so guests can be assured that their health is protected. Staff training also ensures that the Metz team is equipped to handle specific dining needs.

Allergy 411 will also provide education for guests with food allergies regarding how to use their smartphones to access daily menus and ingredients for each dish. This will ensure that guests are empowered with the information they need to be protected from food allergens.

Delighting Guests Across a New Year

Metz has created offerings for 2024 with every guest in mind. Global-inspired plates, ancient grains, heritage ingredients and allergen-free offerings are all part of Metz's commitment to delighting guests with tasty dishes that also support great health.

About Metz Culinary Management

Metz Culinary Management (Metz) was established in 1994 by entrepreneur John C. Metz as a custom dining management service company with a "Guest First" philosophy serving a variety of market segments, including healthcare, corporate dining, higher education, independent and public-school dining and environmental services. With the energy and experience of his son, CEO Jeff Metz, the company continues to expand its footprint and bring innovation to its clients. Rated one of the country's top 20 foodservice management companies, Metz is known for client collaboration and delivering restaurant-inspired experiences to every guest. Metz is also recognized for embracing high standards for ethical responsibility, environmental stewardship, and healthy lifestyles by creating meals that support wellness, reduce food waste, conserve natural resources, and feature locally sourced ingredients whenever possible. Learn more at metzculinary.com.