



# Flavor Forecast<sup>®</sup> 2018

TASTE TOMORROW'S  
FAVORITE FLAVORS

TANZANIAN BBQ SKEWERS WITH TOMATO ONION SAUCE



# HANDHELD FLAVOR FUSION

Take to the streets for the latest fusing of global cuisines. Carts, trucks and food halls are merging high-flavor fillings with unique crepes, buns and breads for loaded street fare you eat with your hands.

## HOW TO MAKE AREPAS



FORM DOUGH INTO ROUND CORN CAKES.

COOK BOTH SIDES UNTIL GOLDEN BROWN.

FILL AREPAS.

## SIZZLING EGG CREPES

Egg crepes are just that—egg and crepe batter cooked together, then filled and rolled up like a burrito. Stuff these Asian wraps with regional American tastes like smoky pork, crisp slaw and tangy sauce for a Southern kick.



ASIAN EGG CREPES WITH PORK "BURNT ENDS" & CAROLINA SAUCE



BANOFFEE PIE BAO WITH CARAMEL SAUCE

## DESSERT BAO BUNS

In China, these soft, steamed buns are typically served up savory. But, with a simple dough and classic pie fillings, you can create the ultimate handheld dessert—like a British banoffee pie bao with bananas, cream, cinnamon and toffee.

## GYROS MEET AREPAS

Arepas are the taco-sandwich hybrid you have to try. Fill these crispy corn cakes with sliced meat, veggies and spicy tzatziki sauce—it's a blissful union of the best tastes and textures South America and Greece have to offer.



SWEET PLANTAIN & STEAK AREPAS WITH TZATZIKI HOT SAUCE



# A BITE OF EAST AFRICA

East Africa is a treasure trove of flavor. At last, the signature seasonings, BBQ marinades and sauces of Tanzania and Ethiopia are being discovered across the globe.



## ETHIOPIAN BERBERE SPICE BLEND

Berberé is Ethiopia's most popular seasoning. The blend contains an array of spices like paprika, allspice, coriander, cardamom, ginger, cinnamon and red pepper. Its hot, sweet and citrusy flavor is perfect for chicken stew and meats, as well as lentils and veggies.



BERBERE SEASONING BLEND

## TANZANIAN BBQ

These meat skewers, called mishkaki, are similar to shish kebabs. The traditional Tanzanian marinade includes a blend of lemon, tomatoes and green papaya to help tenderize the meat. Curry, garlic, red pepper and ginger are added for a bold flavor.



TANZANIAN BBQ SKEWERS WITH TOMATO ONION SAUCE



# JAPANESE IZAKAYA EATS

Sushi isn't the only bite-sized food Japan has to offer. Izakayas—Japanese gastropubs—serve up casual tasting plates, similar to Spanish tapas. Featuring bold glazes, tangy sauces and seaweed seasonings, these dishes are an explosion of flavor.

## MISO SAKE YAKITORI GLAZE

It's all about the glaze. This tangy, sweet and savory sauce adds excitement to grilled chicken and seafood skewers. Brush on to instantly impress dinner guests with a distinctive char and bright, glossy look.



MISO SHRIMP & SHISHITO PEPPER YAKITORI



HOMEMADE JAPANESE FURIKAKE SEASONING

## THE ESSENTIAL FURIKAKE SEASONING

In Japan, furikake is sprinkled on everything from rice and noodles to veggies and seafood. This coarse mixture of seaweed, sesame, dried seafood, sugar and salt offers umami deliciousness and a subtle, sweet flavor.

### HOW TO MAKE RICE BALLS



WRAP SEASONED CHICKEN IN BOK CHOY.



FORM RICE AROUND WRAPPED CHICKEN.



COAT IN PANKO AND FRY.

## ONIGIRI—STUFFED RICE BALLS

Onigiri—rice balls filled with flavorful goodness—are served in almost every izakaya in Japan. Stuff them with ginger and plum vinegar-infused chicken for a sweet and zesty snack.



FRIED CHICKEN RICE BALLS WITH CREAMY PLUM VINEGAR GINGER SAUCE

FLIP FOR MORE FLAVORS





# DRINK TO YOUR WELLNESS

Wellness never tasted so good. Breakfast boosts, snacking soups and end-of-day sips feature robust flavors and uplifting ingredients like cucumber, dandelion greens, ginger, turmeric and cayenne pepper. Awaken, stay energized, rebalance and, above all, enjoy.

## THE MORNING JUMPSTART

This wake-up call is packed with tart green apples, refreshing cucumbers, tangy-sweet clementines and a bold kick of cayenne.



**SMOKY AVOCADO & MUSHROOM DRINKABLE SOUP**

## THE EVENING ELIXIR

Rebalance after a busy day. For the ultimate replenishing mocktail, muddle fresh pineapple with ginger, turmeric and dandelion greens, then top with a splash of sparkling water.



**SPICED CUCUMBER & APPLE MORNING BOOST**

## THE AFTERNOON SOUP

Power through your day with a drinkable soup. Oyster mushrooms, avocado, thyme and sage provide satisfying flavor for the ultimate pick-me-up.



**PINEAPPLE TURMERIC MOCKTAIL WITH MUDDLED DANDELION GREENS**



# GLOBETROT WITH HOT POT

Throw an Asian hot pot party and leave the cooking to your guests. Gather friends around a steamy pot of deeply flavored broth. Offer meat, seafood and veggies for dunking, then finish with various toppings for a new DIY meal. This East Asian favorite can be easily changed up to go Mexican, Caribbean and more.

## PUEBLA HOT POT

Steeping ancho chile, smoked paprika and spices in chicken stock gives this Central Mexican-inspired hot pot a smoky, savory taste. Serve it with chicken or pork, corn, avocado crema and fresh garnishes for a festive feast.



PUEBLA HOT POT BROTH WITH AVOCADO CREMA

## WEST INDIES HOT POT

This hot pot features an amazing spiced coconut milk broth. Bay leaves, thyme, turmeric and allspice add intense flavor to the broth, which quickly cooks the seafood. Top it off with a chile papaya pica sauce and plantain chips for a Caribbean vacation right in your kitchen.



CARIBBEAN HOT POT BROTH WITH PAPAYA PICA SAUCE



# Discover, Experience and Share the Flavors of 2018

For 128 years, McCormick & Company has been guided by a passion for flavor. This passion drives our constant pursuit of what's next in flavor. Since 2000, the McCormick® Flavor Forecast® has identified top trends and ingredients to discover the tastes of tomorrow. Our global team of experts, including chefs, trend trackers and food technologists, is the force behind our successful predictions. These ingredients and recipes inspire home cooks and professional chefs around the world to experience and share the joy of flavor.

As you immerse yourself in this year's forecast, McCormick's team is already hard at work gathering insights, trends, tastes and undiscovered culinary innovations that will influence tomorrow's favorite flavors.

To explore recipes, videos and more, visit [www.flavorforecast.com](http://www.flavorforecast.com) or [www.mccormickcorporation.com](http://www.mccormickcorporation.com).

BERBERE SEASONING BLEND



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