

2018

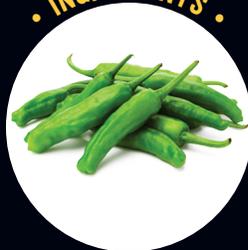
Hot

LIST

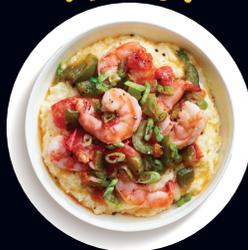
Here they are: the ingredients, dishes and groceries you'll see everywhere this year.



• INGREDIENTS •



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JACKFRUIT

Canned jackfruit imitates the texture of pulled pork and has a mild taste that takes on the flavor of whatever sauce it's in, making it a hit among vegetarians. You'll see it at barbecue joints across the country, and this March, you'll find it in snack form: Sabra is debuting a BBQ-flavored jackfruit hummus.



CASCARA

Trendy cafés are introducing coffee lovers to cascara, the pulp and skin of the coffee cherry. Brewed like tea, it becomes a slightly sweet caffeinated drink.

Starbucks has even put a cascara latte on its menu.



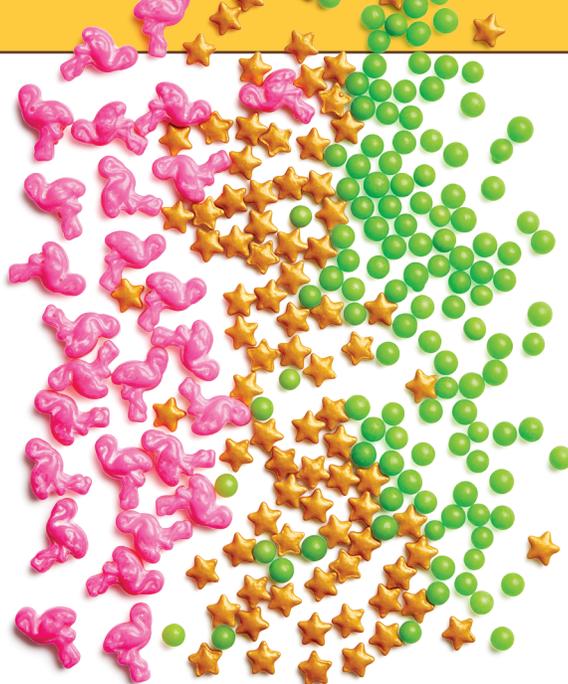
NUTRITIONAL YEAST

Vegans have been sprinkling this deactivated yeast on salads, pastas and soups for decades (it tastes like parmesan!), but it has become a mainstream favorite as more people go dairy-free. Add "nooch" (as fans call it) to kale chips, popcorn and other snacks.



MEZCAL

If you've had a margarita in the past few years, you've probably encountered some smoky ones made with tequila's cousin mezcal. This Mexican agave liquor has earned a front spot in notable cocktail bars and restaurants nationwide, and many liquor stores carry it now, too.



NEXT-LEVEL SPRINKLES

Baking-supply companies have moved way past rainbow sprinkles: The options are endless in the sprinkle section, and many of them look more like confetti than cake decorations. Wilton recently started selling individual packages of sprinkles in every shape, size and color—including bright pink flamingos, gold stars and neon dragées. Check out other festive options at sweetapolitashop.com and neonyolk.etsy.com.



ACTIVATED CHARCOAL

Activated charcoal was until lately used mainly in hospitals as a treatment for poisoning or a drug overdose. Now the flavorless detoxifying agent is a social-media sensation, lending ice cream, burger buns, lemonade and lattes a deep black color and decidedly goth look.



LABNEH

Savory yogurt has been trending for the past few years, paving the way for this spreadable Middle Eastern yogurt cheese. Creamy and tangy, labneh is now a popular ingredient for dips, sandwiches and even desserts, and it could well become the next Greek yogurt.



HEMP SEEDS

These nutty-tasting, protein-rich seeds are a favorite topping for acai and grain bowls and avocado toast. (Despite the name, hemp seeds are not a drug!) You can purchase the seeds by the bag, or buy hemp seed oil to use in smoothies, sauces and salads.



GOCHUJANG

Sriracha will have to share some hot-sauce glory with gochujang this year. The Korean paste, made from chile peppers, sticky rice and fermented soy beans, is turning up on menus everywhere, including Umami Burger's; the chain uses gochujang glaze in place of barbecue sauce.



SHISHITO PEPPERS

These Japanese peppers, typically served blistered, are among the 10 fastest-growing produce items on appetizer menus. Shishitos are appealing because of their mild taste, but the real fun is that one in 10 is surprisingly spicy—making them the perfect party trick. You can now find them at many supermarkets, including Whole Foods and Trader Joe's.

Hot INGREDIENTS

Get a taste of what's trending.



FANCY ICE CREAM SANDWICHES

Restaurants are proving that you can sandwich ice cream between just about anything: On Rye in Washington, DC, uses chocolate babka instead of cookies, and Churro Borough in Los Feliz, CA, uses—you guessed it—churros.



UNI

Chefs are taking briny raw sea urchin way beyond sushi, mixing it into butter to melt on steak, using it to garnish guacamole and pressing it into sandwiches. Leave it to the pros, though: Uni is tough to get out of its prickly shell!



TARTARE

Chefs nationwide—including Food Network stars—are bringing retro steak tartare back: Alex Guarnaschelli's menu at Butter features it, Marc Murphy has a truffle-Wagyu version at Landmarc and Geoffrey Zakarian serves sirloin tartare at The National.



APEROL SPRITZ

Italians love mixing the bitter aperitif Aperol with prosecco and soda: They drink 300,000 spritzes daily in the Veneto region, Aperol's homeland. In the US, the drink is now a cocktail menu staple—and an Instagram favorite, thanks to its electric orange color.



NITRO COFFEE

It sounds like a drink for a superhero, but nitro coffee (cold-brew coffee infused with nitrogen gas) is becoming everyman's fuel. The process gives the drink a slightly milder flavor and creamier texture than regular iced coffee. Order it on tap from a barista, or buy it at the grocery store: La Colombe has a canned draft latte and Califia Farms bottles an almond-milk version.

Hot DISHES

Look for these popular foods and drinks to show up on a menu near you—if they haven't already!



GRITS

Southerners must find it amusing that grits have become a nationwide obsession. Now that Charleston, SC, and Savannah, GA, are major culinary destinations, the popularity of traditional shrimp and grits has spread far and wide. There are goat cheese grits at the national chain Tupelo Honey, and miso and pecan grits at Erven in Santa Monica.



NDUJA

You may not know how to pronounce this spreadable Italian sausage (it's en-DOO-ya), but you'll likely see it served on top of pizza, pastas, burgers and seafood. Made from pork laced with chiles, it gives dishes a fiery, meaty kick.



EDIBLE COOKIE DOUGH

When Dō began serving cookie dough in New York City, it created a tizzy—and long lines. Now similar shops are popping up everywhere, and The Cookie Dough Café sells flavors like confetti in grocery stores nationwide.



RACLETTE

In the Swiss Alps, this cheese is warmed, scraped from the wheel and served with boiled potatoes. Now raclette has oozed onto American burgers, hot dogs and pizza. Raclette NYC has a menu dedicated to its namesake, and the Sweet Cheesus food truck in Florida serves it on the go.



GRANDMA-STYLE PIZZA

A focaccia-like square crust sets this hearty rustic pizza apart from standard pies. We've spotted it everywhere from Umberto's on Long Island (where it supposedly originated) to Presidio Pizza Co. in San Francisco.

In the Know



SPIRALIZED VEGETABLES

You can swap noodles for zoodles without the fuss of a spiralizer: Green Giant now sells frozen veggie spirals made from zucchini, butternut squash and carrots.



NATURALLY FLAVORED COFFEE

We're all obsessed with natural flavors, and the call for naturally flavored coffee has been answered: Folgers has launched a line of ground beans amped up with vanilla, cinnamon, mint and other flavors.



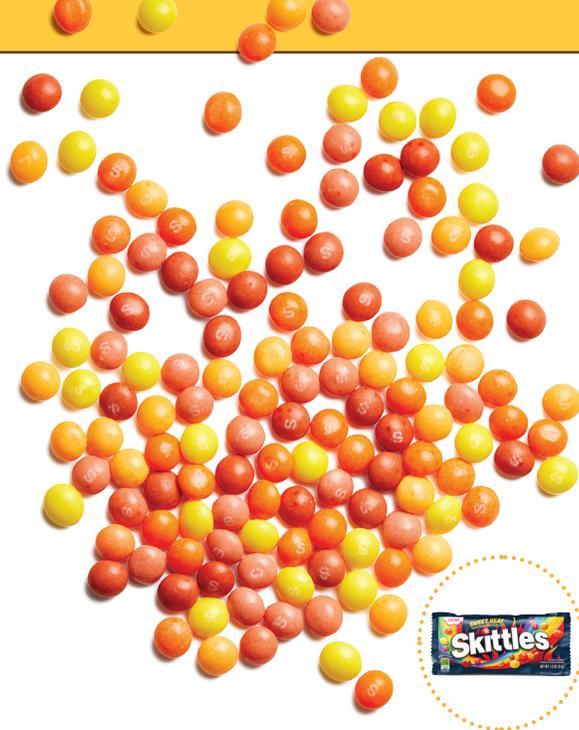
DOWNSIZE FRUIT

Small fruit is a big trend in the produce aisle, and we're seeing much more than just tiny apples and pears: Trader Joe's sells Teeny Tiny avocados, and many supermarkets nationwide are now carrying baby bananas.



AGUA FRESCA

This traditional Mexican drink, made with fresh fruit, water and sugar, has become a supermarket standard. Santa Cruz Organic makes four flavors, including pomegranate and cucumber-lime.



SWEET-AND-SPICY CANDY

The growing popularity of sweet-and-spicy food pairings (like mango with chile, and spiced hot chocolate) has inspired some appealing new Skittles, Starburst and Nerds: The sweet-meets-heat candies have fruit flavors with a not-so-subtle kick.

Hot GROCERIES

Check out these cool new products worth adding to your shopping list.



BANANA-BASED "ICE CREAM"

Many of us puree frozen bananas as a healthy alternative to ice cream, but now you can find the dessert already made: Outshine recently launched a nondairy banana-based frozen treat blended with other fruit, including strawberries.



BLACK GARLIC POWDER

McCormick has released a collection of garlicky spice blends, and they are no joke. The black garlic seasoning is aged for 90 days and gives dishes a rich molasses-like flavor.



STUFFED BAGELS

For mornings when you're too busy to put cream cheese on a bagel: These frozen bites from Nancy's Specialty Foods are pre-filled with cream cheese. Of course, you still have to wait for the microwave...they take 40 seconds to warm up.



KID-FRIENDLY SELTZER

Companies like LaCroix and Polar have made seltzer super cool, and now the flavors are skewing kid-friendly as parents look for sugar-free drink options. Polar recently came out with Seltzer Jr: miniature cans in mythically named flavors like Mermaid Songs and Yeti Mischief.



FRENCH-STYLE YOGURT

This dairy-aisle newcomer is thick and slightly sweet—imagine Greek yogurt but with French flair. Yoplait's new version, Oui, comes in cute little glass jars.