



Harmonise

EATING WITH BALANCE. A FLAWLESS BLEND OF PLANT-BASED AND ANIMAL PROTEINS IN THE SAME DISH.

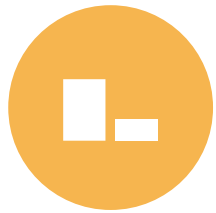
WHY

Plant based proteins have fantastic benefits to our health. We can get these benefits by occasionally replacing some animal protein with plant-based protein. That's what Harmonise recipes do – place emphasis on plant produce with 60% of the protein in each dish coming from plants, and the other 40% coming from animals.

DID YOU KNOW?

Our research suggests that 60% of consumers want to reduce their meat intake and 62% want to eat more vegetables - it's a major driver of today's menus.





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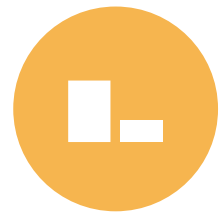
Are you interested in eating more plants but still want to eat animal produce? Then our Harmonise recipes are just for you. In our Harmonise meals, each dish has 60% of the protein coming from plant-based sources and 40% from animal sources.

PROTEIN: NOT JUST IN MEAT

Plant based proteins are low in saturated fat and are rich in fibre, vitamins and minerals, all of which have fantastic benefits to our health. We can reap these benefits by occasionally replacing some animal protein with plant-based protein. That's what our Harmonise recipes aim to do. We take a look at the overall protein content of our meals, reducing the protein where necessary (whilst ensuring that protein demands are still met) and

bulking them out with plant-based foods for added nutrients, whilst retaining some of the animal products.

So, how do we make it work? Click on the banners to find out.



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BRINGING THE TASTE

ALMOST ALL AREAS OF THE TONGUE ARE HIGHLY SENSITIVE TO UMAMI

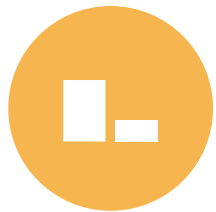
For over a hundred years it was believed that the different tastes that we experience were detected in different areas of the tongue. New research however now suggests that all areas of the tongue are sensitive to the different tastes, and the taste may even be augmented depending on the person.

Almost all areas of the tongue are highly sensitive to umami (pleasant savoury taste) and the taste is heightened even more so around the roof and at the back of the mouth. Umami gives us a full mouth sensation and when mixed with salt, sweet, sour and bitter, it provides us with maximum flavour, balance and impact. The umami belt is a set of food essentials that “Harmonise” chefs always have at the ready to improve flavours within our dishes, regardless of the ingredients.

PLANT BASED PROTEIN

ESSENTIAL AMINO ACIDS THAT OUR BODIES NEED TO FUNCTION AND REPAIR

Protein is made up of amino acids which can be found in the foods that we eat. There are essential amino acids that our bodies need to function and repair. These are found in meat, but can also be obtained by eating a wide range of high protein plant foods. Choosing healthy proteins from at least three of the plant-based food groups within one dish helps to develop protein intake and provide us with complete nutrition.



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PRESENTATION

BALANCING PROTEIN, CARBOHYDRATES AND VEGETABLES TO CREATE A NUTRITIOUS MEAL

We put care and attention into the way that the food and menus are presented. We also focus on balancing protein, carbohydrates and vegetables to create a nutritious meal. You'll also notice that we don't name our dishes 'vegan' or 'vegetarian'. Does it really matter when they taste great?

BUILDING FLAVOUR

REDUCING SUGARS THAT GIVES BROWNEED FOOD ITS DISTINCTIVE FLAVOURS AND SMELLS

There are many ways to create memorable flavours. Take for example the Maillard reaction. This is a chemical reaction between amino acids and reducing sugars that gives browned food its distinctive flavours and smells. Seared steaks, cookies, biscuits, bread, toasted marshmallows and many other foods undergo this reaction. This reaction can be the difference between a good dish and a great dish.