

Culinary trends for 2022

From buzz-less booze to potato milk, we look at what trends are on the horizon in the world of food and drink this year. Words: Ellie Swain



▲ Online food shopping PHOTOGRAPH: GETTY

Driven by the long-term effects of an ongoing pandemic, when it comes to food and drink this year, many of us will focus on enjoying life's simple pleasures while seeking balance regarding our health. We're likely to focus on sustainable food options while attempting to do more to protect the planet. Many of us will reduce our alcohol consumption by opting for booze-free beverages. So here are six food and drink trends we can expect for 2022.

Potato milk

Over the past few years, non-dairy milk alternatives like oat, almond and coconut milk have rapidly grown in popularity. In 2022, many of us are likely to stir potato milk into our morning coffees. Not only does potato milk provide a creamy, tasty flavour, but it's low in sugar and saturated fats. As potatoes use far less land than it takes to grow the equivalent amount of oats, it's a sustainable option too.

Buzz-less booze

Whole Foods Market experienced record growth in 2021 in the no-booze spirits category, and we can expect this trend to continue. This is partly thanks to many millennials and gen Z-ers trialling 'drysolation' during the lockdown. This year, there's likely to be a new line-up of drinks hitting the supermarket shelves and bars, delivering the same sort of taste and sophistication of cocktails and other alcoholic beverages but without the buzz.

Online grocery shopping

The pandemic led many people to shopping for food online rather than

visiting in-store. Unsurprisingly, this trend is set to continue in 2022. Not only can customers avoid crowded supermarkets and long queues, but it allows you to buy ingredients many local stores don't have. This is especially useful if you don't live close to a large supermarket.

Online food sourcing isn't just beneficial for consumers, either. Chefs and restaurant owners can take advantage of the myriad of ingredients offered online to expand their menus and become more creative with their dishes.

CBD food and drink

CBD advocates claimed wellness and mental health benefits have led to strong demand for CBD-infused goods, including food and drinks. Typically, you'd have to look for a health food shop for CBD food and drink items. However, in 2022, we can expect to see the trend become more accessible than ever, with supermarkets and smaller stores stocking up. Cannasa, a premium CBD-infused drink, is just one CBD product growing in popularity. Prices start at £20 for a six-pack online at cannasa.co.uk

Reducing waste

Protecting the environment and reducing our carbon footprint is also a major driver in changing our eating and drinking habits. In 2022, manufacturers and restaurants will continue to reduce waste. For example, using all parts of a food source that may have previously been disposed of, such as beet greens and pork fat. Reducing food waste also involves donating or using any excess food that can't be re-purposed or is left over at the end of a shift.