

# **Catersource + The Special Event™**

**Nutritious, Delicious &  
Allergen Friendly  
Menus**



# A Little Bit About Us.....

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# What Are We Going To Discuss Today?

Allergens & Dietary Requirements

Common Allergens/Restrictions

Our Process

A Safe Path for Guests

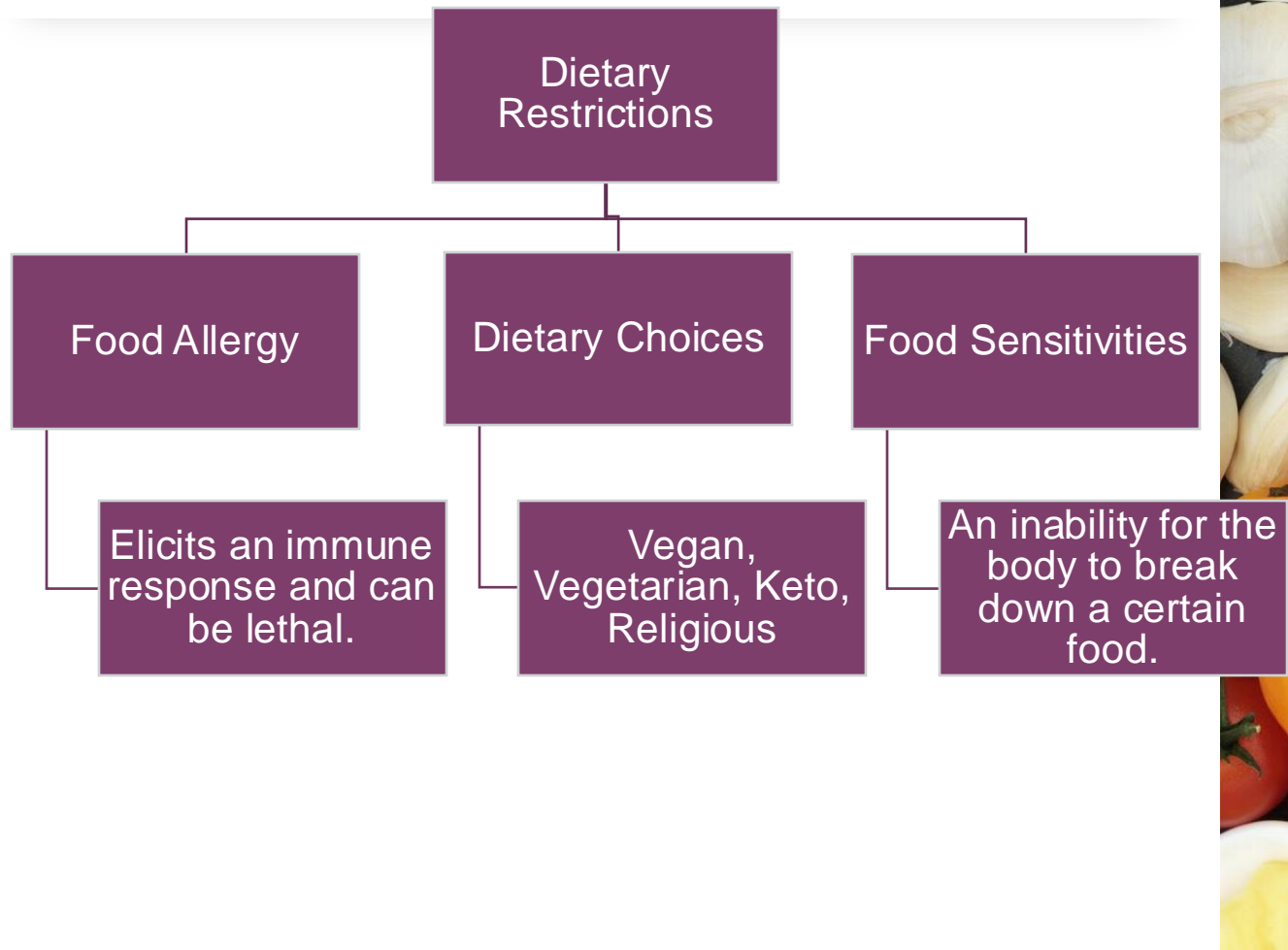
Creating the Common Experience

Sample Menu Items we Love

Demos



# Allergens and Dietary Requirements



# Allergens On The Rise

## Top 9 Food Allergens



Dairy



Egg



Soy



Wheat



Peanuts



Tree nuts



Fish



Shellfish



Sesame



- In the US 1 in 3 adults and 1 in 4 children have a food allergy
- May be due to underexposure, changes in lifestyle and diet, pollution and less exposure to beneficial microbes which all affect how our immune system responds



# Allergen Obstacles

- **Hidden Ingredients**
  - Onion, garlic, paprika, sunflower oil, mushrooms
  - Spice mixes, sauces, stocks
- **Modifying existing menu items**
  - Create menu items that leave out common offenders such as nuts, gluten and dairy
  - Eliminates or reduces last minute requests, re-producing items and wasting money
- **Communication**
  - What is the best way to communicate with guests?
  - Developing signage, the allergy matrix
- **Being Proactive**
  - Including allergen friendly menu items in proposals to cover all bases especially for larger events



# Aubergine Garnie : A Common Experience Hors d'Oeuvre

Pumpkin Seed Breaded Eggplant,  
Vegan Ricotta, Tofu N'duja





# Aubergine Garnie : A Common Experience

## Hors d'Oeuvre

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### **Pumpkin Seed Breaded Eggplant:**

- $\frac{3}{4}$  c pumpkin seeds
- $\frac{3}{4}$  c nutritional yeast
- $\frac{3}{4}$  tsp garlic powder
- $\frac{1}{4}$  tsp kosher salt
- $\frac{1}{4}$  c Olive oil
- 3 tbsp Lemon juice
- 1 tsp Oragano, dried
- $\frac{1}{2}$  tsp Thyme, dried
- $\frac{1}{2}$  tsp Basil, dried
- 1 eggplant

In a bowl, combine olive oil, lemon juice, and dried spices.

Cut eggplant into small coins and toss with marinade. Allow to marinate for 1 hour.

In a food processor grind pumpkin seeds, nutritional yeast, garlic powder and salt to resemble a fine crumb.

Remove eggplant from marinade and toss in pumpkin seed crumb.

Place on a parchment lined baking sheet and bake at 325F for 10 mins.





# Aubergine Garnie : A Common Experience Hors d'Oeuvre

## **Vegan Ricotta**

- 8 oz extra firm tofu
- 1 tbsp lemon juice
- ½ tbsp lemon zest
- 2 tbsp nutritional yeast
- ½ tsp garlic powder
- ½ tbsp olive oil
- Kosher salt to taste

Use a blender to blend all ingredients together until very smooth.

# Aubergine Garnie : A Common Experience Hors d'Oeuvre

## **Vegan Nduja Crumble**

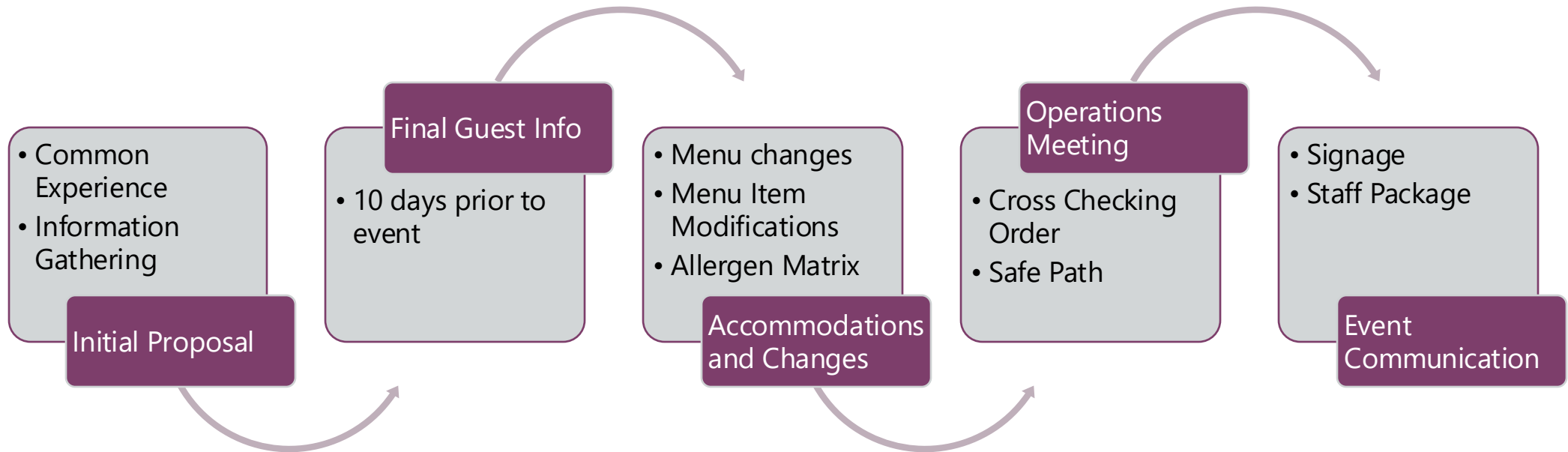
- 400 g extra firm tofu
- 1 tbsp harissa paste
- 2 tbsp tomato paste
- 1 tsp minced garlic
- ¼ tsp chili flakes
- 1 tsp paprika
- 4 tbsp olive oil
- Salt and pepper to taste

Crumble tofu into small bits and set aside. In a bowl mix together harissa, tomato paste, olive oil and spices. Toss the tofu into the mixture and allow to marinate overnight. Bake at 325F for 30 mins.





# Our Process



# The Allergy Matrix

Count	Wheat	Dairy	Eggs	Peanuts	Sesame	Tree Nuts	Shellfish	Fish	Soy	VE	V	Other
5	X											
15											X	
4			X	X		X						
10							X	X	X			

34

5

0

4

4

4

10

10

10

0

15



# How to Minimize Allergen Problems on Site?

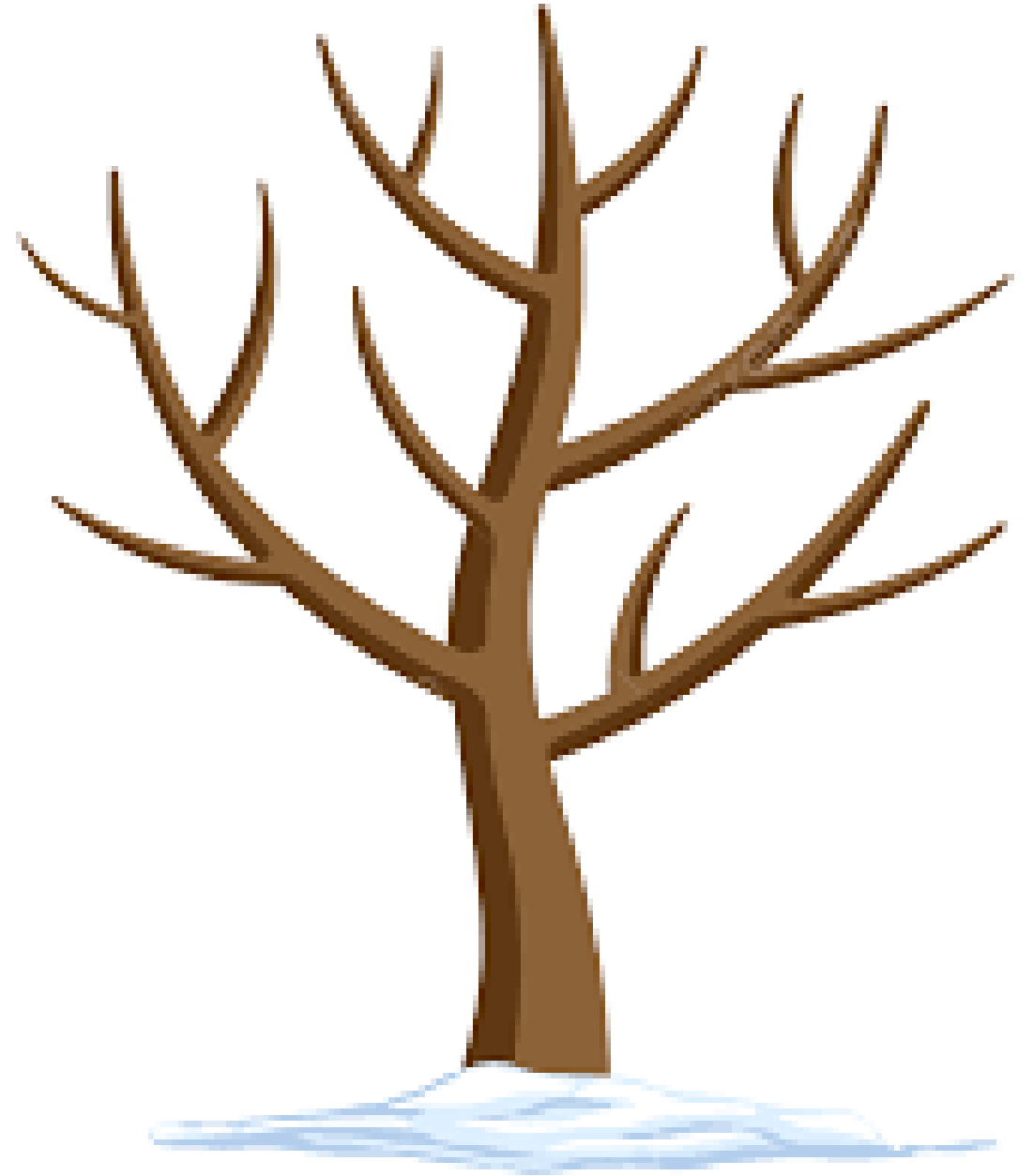
Mushroom Bombe Black Currant, Sage, Pecorino Crisp  
(NF/V)  
Contains: Wheat, Dairy, Egg



# The Common Experience

Build up from an accessible menu.

Add accents that limit guests from there.







# Building the Common Experience

- Allergen and dietary friendly hors D'oeuvres
- Vegetable forward hors d'oeuvres
- Dietary alternatives for Food Stations
- Creating appetizers that are inclusive of the majority of diets
- Making sure we provide a source of protein for vegan main courses



Naked Samosa



Burnt Eggplant Relish



Carolina BBQ Jackfruit

# Common Experience Hors D'oeuvres





# Common Experience Starters



Lavender Melon on Greens: Using coconut milk to make a creamy dressing



Winter Wedge Salad: nuts are easily removed or replaced





Root Vegetable Tajin



Ratatouille Tian



Beet Wellington

# Main Course



# Grab & Go Snack Ideas

- Black bean brownie
- Energy Balls
- Fruit crumble bite
- Egg bites
- Breakfast cookies
- Crudité cups
- Trail mix
- Mini charcuterie cups









# Customizable Energy Ball recipe

850 g

- Dried fruit (dates, apricots, cherries, cranberries)

900 g

- Seed or nut butters (pumpkin, sunflower, almond,

600 g

- Dry ingredients such as: coconut, seeds, puffed grains, oats

Add ins

- flax, hemp, chia, psyllium, sunflower seeds, pumpkin seeds, chocolate chips, cocoa nibs
- Flavorings (zests, vanilla, spices)



# A Common Experience

## Dessert: Chocolate Cremeux



### **Vegan Chocolate Cremeux**

- 180 g Coconut milk
- 362 g Chocolate (70%)
- 180 g Banana
- Pinch Kosher salt
- 5 g vanilla
- Melt chocolate over a double boiler. Blend bananas, salt and vanilla to a smooth puree. Heat coconut milk to boil and pour into chocolate along with banana puree. Using a hand blender, emulsify everything together then pour into desired mold.



### **Vegan, Gluten Free Chocolate Soil**

- 200 g dark chocolate (70%)
- 300 g sugar
- 30 g water
- Pinch of kosher salt
- Melt chocolate and set aside. Heat sugar and water to 250F and add chocolate and salt to the pot
- Keep stirring until the mixture splits and forms crumbs then tip the crumbs out onto a parchment or Silpat lined baking sheet to set.





### **Passion Fruit Gel**

- 450g passion fruit puree
- 9 g agar agar
- 150 g sugar
  - Bring passion fruit puree, sugar to a boil. Whisk in agar agar and bring the mixture to a boil making sure the mixture reaches over 110 F to fully hydrate and activate the agar.
- Pour mixture into a hotel pan and set in the refrigerator.
- Once fully set, blend the gel up in a blender until very smooth.



# Thank You!

## Here's How You Can Connect With Us!



**Social Media**  
**@danieletdaniel**



Visit our website  
<https://www.danieletdaniel.ca/>



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