

Caiger & Co Catering Publishes Blog Post On New Trends In Catering And Food

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Caiger & Co Catering, a catering business in London, United Kingdom, has recently published a new blog post that reveals the latest trends in catering and food. The company has compiled data based on the orders they had received over the past six months to identify what the most popular dishes and foods are right now. Further information is available on <http://caigerandcocatering.co.uk/london-caterers-share-the-latest-and-the-most-sumptuous-trends-in-food/>.

"The year is almost half over, and there's no better way to look back at the past half-year than to look at the trends in food that caught the attention of folks everywhere," says Alix Caiger from Caiger & Co Catering. "One of the main things that we have noticed is that people continue to be interested in healthy foods and the catering industry is responding positively to that."

Significant evidence points to the fact that people do indeed have an increased focus on health. This is also something that has pleased various medical professionals and researchers focusing on obesity, who hope this is a trend set to continue. Since the catering industry seems to be fully on board in terms of actually delivering healthy options, this is a very positive development.

At the same time, it was shown that people are becoming interested in more high quality food, including lobster. "Most high-end fast food restaurants that opened by the end of last year offered an array of lobster dishes, something that Londoners loved and embraced enthusiastically," adds Alix Caiger. "From lobster rolls to lobster muffins, this seafood had not only captured the hearts and the stomachs of folks from London, but also became popular in Norwich, Manchester, and Cardiff."

In fact, the high quality element is seen in many dishes. While consumers continue to enjoy vegetables and meat, they now prefer these dishes to be organic and non-processed. They also prefer it if there is some cultural connotation with the food that is still quite out of the norm. So, instead of favoring Italian spaghetti and meatballs, consumers now look for Italian dishes such as guanciale, which has the same Mediterranean flavors, but is a more unusual dish.

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Caiger & Co Catering

*Alix Caiger, Chef / Owner at Caiger & Co. set up her bespoke catering company after graduating from university.
Alix then went on to train at Leith's School of Food and Wine.*

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