

# INDUSTRY WEEKLY DIGEST

YOUR WEEKLY DIGEST OF CONTEMPORARY INDUSTRY TRENDS



## EATING NOSE TO TAIL

What can 'whey' do?

If kidney pie, fried chicken gizzard, and black pudding waters your mouth, you're eating in style with the Nose-to-Tail movement, currently a popular and wholesome food trend. Eating nose to tail means that you are enjoying and consuming the entire animal including parts that are typically discarded, such as organs, bones, and skin, not just prized pieces like breasts. It is the way our ancestors ate, and to open our mind to amazing flavours. This can improve the sustainability and morality of our diet while also paying the utmost respect to the animal that gave its life for your meal. So, what are the benefits?

In this week's industry digest, final year undergraduate hospitality student, Eunice Lau, explains this approach and explores the topic of 'Nose-To-Tail' eating. Have a great weekend!



# EATING NOSE TO TAIL

Eunice Lau

Firstly, Nose-to-Tail diet helps saving money from your pocket. Those 'cheaper' meat cuts are more often seen at a lower price at the butchers. This is a great time and option to tackle cost of living crisis.

A Nose-to-Tail diet's organ meats contain very particular compounds that have a positive impact on the corresponding organs in our own bodies. For instance, rare amino acids found in beef kidney can help our own kidneys function better. These elements prevent pathogens from evolving to withstand our immune responses. Also, it protects against bacterial infections.

Not always was meat unethical or unsustainable. We should be proud of how resourceful our ancestors were. The necks, shoulders, internal organs, brains, and kidneys were all used in innovative ways. The efforts of farmers and the use of environmental resources in the production were respected and appreciated for saving the lives of the animals.

"This is a celebration of cuts of meat, innards, and extremities that are more often forgotten or discarded in today's kitchen; it would seem disingenuous to the animal not to make the most of the whole beast: there is a set of delights, textural and flavoursome, which lie beyond the fillet." — Fergus Henderson

We throw away almost one-third of the food we produce before it is even consumed, wasting nutrients, water and fossil fuels that goes into the production. According to recent research, cutting down on our consumption of organ meat to just two meals per week would result in a 14.5% reduction in global greenhouse gas emissions from livestock.

Food waste was always an issue in the food industry, and there are so much more to be explored. In light of this, the hyperlocal Hillfield Restaurant at Pennyhill Park has done a fabulous example to this! Not only do they source 80% ingredients locally, they chose suppliers whom respects food, such as Tempus Charcuterie, using local British livestock that were ex-breeding animals (their meat are not valuable to the market) to cure meat and make salamis.

Their head chef Sarah is also extremely talented, after curdling cheese for their tart using British milk, they turned whey into a sorbet to serve with the cheese tart! After having a go, it is one of the most creative desserts I have ever seen!

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