



Les Dames d'Escoffier

INTERNATIONAL

New York Chapter



**THE NEXT  
BIG BITE**

**FOR IMMEDIATE RELEASE**

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**What Americans Will Cook, Eat and Crave in 2016 is Revealed During *The Next Big Bite*  
Next Year's Top 10 Trends Discussed During Inaugural Panel with Food Experts  
Hosted by Les Dames d'Escoffier New York**

December 3, 2015, New York -- The root-to-stalk movement, ongoing food truck phenomenon and World Health Organization meat guidelines were only some of the topics covered recently at *The Next Big Bite: What You will Cook, Eat and Crave in 2016*, a panel discussion featuring culinary experts who explored the food trends consumers can anticipate in the coming year. The inaugural event was sponsored by Les Dames d'Escoffier New York (LDNY), the preeminent professional women's culinary organization, and was held at the Institute of Culinary Education (ICE) at Brookfield Place, New York City.

Open to the public as a ticketed event, *The Next Big Bite* drew consumers and food professionals to a forum that provided provocative discussion about food as the universal language bringing together communities and diverse cultures, and gave insight into what can be expected in the food world next year.

Moderated by Rozanne Gold, four-time James Beard Award-winning author, chef and journalist, *The Next Big Bite* included four panelists: Amanda Cohen, chef/owner, Dirt Candy; Amanda Hesser, co-founder/CEO, Food52; Marion Nestle, Professor of Nutrition, Food Studies and Public Health at New York University; and Mimi Sheraton, pioneering food journalist and restaurant critic.

Following are the **Top 10 Culinary Trends for 2016** anticipated by women luminaries in the food field:



At podium: Rozanne Gold, moderator for The Next Big Bite.

1. The end of food elitism as younger chefs open more restaurants in off-the-beaten-path neighborhoods
2. A growing desire for locally sourced food, sustainability of farms, and more organic options
3. The fusion of traditional and exotic cuisine (e.g., Louisiana dishes cooked with West African recipes and spices)
4. Increasing interest in Eastern Mediterranean foods from countries like Israel, Tunisia and Morocco
5. Focus on the root-to-stalk movement that elevates vegetables from side dish to entrée status
6. The shift of meat from center plate to the sidelines, in response to new World Health Organization report guidelines on the health risks from eating processed and red meat
7. Proliferation of food trucks with multi-cultural cuisine
8. The continuing decline of soda consumption and sales
9. Expanding restaurant business challenges, from all-inclusive tipping policies to new training regimens
10. A more politically-active food community impacting governmental policies and humanitarian causes

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“LDNY was delighted to bring together such a passionate group of food professionals – from the panelists and attendees to the event sponsors,” said Linda Lawry, president of LDNY. “As a leading organization of professional women at the forefront of dynamic and far-reaching issues that impact the culinary and wine industries, LDNY is committed to shedding light on these topics and affecting meaningful change. *The Next Big Bite* was a great success and will serve as the foundation for exceptional annual forums going forward.”

Event sponsors included the Institute of Culinary Education, Abigail Kirsch Catering, Cuisinart, elit by Stolichnaya, The Winebow Group, Wüsthof, govino and Heritage Radio.



Audience at The Next Big Bite Event, held 10.26.15 at the Institute of Culinary Education (ICE), Brookfield Place in New York City.



The Next Big Bite panelists, left to right: Mimi Sheraton, Amanda Hesser, Amanda Cohen, and Marion Nestle.

**Photo Courtesy:** *Les Dames d’Escoffier NY*; photographer Gabi Porter – [www.gabiporter.com](http://www.gabiporter.com)

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### **About Les Dames d’Escoffier New York (LDNY):**

*Les Dames d’Escoffier New York (LDNY) is the founding and largest chapter of Les Dames d’Escoffier International, which began in 1973 as the first organization devoted to professional women in food, fine beverage, and hospitality at a time when women were not recognized as leaders in those industries. It is an invitational, volunteer organization whose mission is education, advocacy, and philanthropy. Among its goals is to inspire and empower talented young women through mentoring and scholarships. For more information, go to [ldny.org](http://ldny.org).*