

SUMMER

WILD COOKING



BY WILD MOON CERAMICS & WE'RE SMART WORLD



*We proudly present to you, with great enthusiasm,
the first-ever “WILD COOKING” cookbook,
the SUMMER edition!*

*A unique online cookbook with undiscovered
culinary gems for your next meal.*

*Everything revolves around an original flavour- and taste experience for just
the right atmosphere. This all in combination with
an artisan passion and innovative vegetable cooking.*

*Together with the right local partners and products,
who are always looking for that little bit more, are challenging and have top
quality as a basis to make the difference,
we have created the “wild” recipes.*

*The recipes of Frank Fol, on the plates of Wild Moon.
Together we'll assure you will create the most perfect,
unique mix that you could've ever imagined at home...*

Foreword



Who are we?



Ilse De Vis - Wild Moon Ceramics
Creator of artisanal ceramics - www.wildmoon.be



Frank Fol - The Vegetables Chef®
Creator of the Think Vegetables! Think Fruits!® kitchen
<https://weresmartworld.com/en>

Ilse and Frank have been a strong team for several years now. Their culinary television program called “Z-Mastercooks” on Kanaal Z is currently one of the most-watched programs on the platform, and Ilse is also the regular host and presenter in Franks project – We’re Smart World.

The combination of Ilse’s passion to design ceramics and Frank’s belief to be creative with vegetables, formed the solid foundation and was a small step towards creating a surprising “wild” cookbook all together!

By offering this booklet in English, offering it internationally by our partners, we hope to contribute to the movement of returning to the essential parts of cooking. More artisanal and more healthy and balanced seasonal cuisine. Food as medicine!

About



*We're Smart® World
is the undisputed reference in the culinary
world of vegetables and is the brainchild of
Frank Fol, The Vegetables Chef®.*

*Every year the We're Smart® Green Guide
recognizes the best vegetable restaurants
in the world with 1 to 5 radishes,
and vegetable chefs and companies
with the We're Smart® Best Vegetables
Restaurants Awards*

and We're Smart® Future Awards.

*In this way We're Smart World contributes
to a healthy, sustainable
and ecological world.*

SOLUTIONS FOR A HEALTHY AND BETTER WORLD:

WWW.WERESMARTWORLD.COM



*Ilse De Vis from Wild Moon
is a lady who wants to work on something
with a lot of passion and her soul.*

*Making the ultimate cup, plate, bowl
or apero set is something that gives her joy.
Unwinding, while making others happy with the result.*

*In contrast to her daily life,
where she is a presenter on Kanaal Z
and at major events, ceramics is something that
brings her closer to herself.*

*Artisanal, handmade ceramics
that guarantee your moment
of pure happiness.*

WWW.WILDMOON.BE



WIJNDOMEIN VALKE VLEUG

Location

Valke Vleug is a young, vibrant vineyard of 4.2 ha in rural Liezele at Puurs - Sint-Amands.

It is a contemporary winery in harmony with local traditions and surroundings designed by internationally renowned Belgian architect Vincent Van Duysen.

[Vinetiq](#), the wine boutique specializing in cool climate wines, is based at the winery and will launch Valke Vleug's first Belgian wines in the autumn of 2020.

The Flemish terroir is the canvas of the Valke Vleug wines and determines their quality and character.

In addition to wine, the wine estate also offers a well-filled agenda: tastings and tours, culinary Chef's Tables, but also musical evenings such as the Vinetiq Classiq with artists like Astrid Stockman and the Brussels Philharmonic. Companies, organizations and individuals can also book the luxurious venue for private events.

In other words, winery Valke Vleug was the perfect location for our photoshoot.

www.valkevleug.be

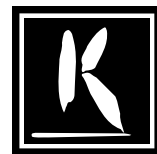


BergHOFF®



LIZZY'S
BRON VAN
LEKKER ETEN

VALKE
VLEUG



KOPPERT CRESS
Architecture Aromatique

BROUWERIJ
NEER IJSE
DE KROON



ILUIGI
OLIVE OIL, ORGANIC & EXTRA VIRGIN



EL FLAMENCO
DE DOÑANA

JOCHEN HUYGHE
DESIGN WITH PRINT

CAFFÈNATION

PASTAMAN

MIST
EXCEPTIONAL TEAS

youmeal



H
Le Nouveau Chef
EST. 1986

HOLLEBEEKHOEVE
ZUIVEL VERS VAN DE BOERDERIJ

Partners

Wild cooking is all about

“together we are strong”!

We believe that in these challenging times there is more

*need for togetherness. Sustainable cooperations,
simply because they are so much stronger.*

By working together, we can all jump further, isn't it?

That is why we are pleased to say that these 20 partners

have supported the “Wild Cooking” initiative.

*We would like to thank them for their confidence and their
contribution to the success of this story.*

A beautiful story where

our first “summer child” is born!

Here we go, together ...

Ilse & Frank

Think local



Bon Appetit

Measuring is knowing...

*Wild Cooking not only wants to inspire you,
we also want to help you make the right choices.*

*That is why you will also find a nutriscore
with every dish, from A to E.*

*This helps consumers to make healthier choices
when cooking.*

*Nutri-Score is a traffic light system with 5 levels,
where A (green) is the preferred choice
and E (red) is a less good choice if that were a regular habit.*

*But sometimes you can also do yourself a favor by, for example, tasting
our chocolate recipe (which is E).*

*So you will find the nutri score for each recipe as calculated for us by our
partner Youmeal.*

Youmeal is food data analysis software.

Need help to calculate your recipes?

More info at: <https://www.youmeal.io/en/>





ROASTED LEEK TAGLIATELLE WITH MARJORAM, TURNIP & ARGAN OIL

4 SERVINGS



20"



VEGGIES



WILD SAGE PLATE

RECIPE.

Turnip puree

Peel the turnips, cut them into pieces (keep 1 turnip raw whole)
The same with the onion.
Cook these together in boiling water together with some sea salt.
Scoop the vegetables out of the cooking water and mix them
together with some argan oil, black pepper and mace powder to
create a smooth mass.
Spoon into a bowl and let it stiffen in the fridge.

Leek sauce

Cut the green part from the leeks (around 1/3 of it), cut into pieces
and wash it off well to remove all of the sand.
Boil the leek greenery and a few marjoram leaves in water with sea
salt until it looks done. Afterwards, remove the leeks from the
cooking liquid and cool it off under some tap water (this way you'll
keep the beautiful green colour).
Mix these together with some cooking water, olive oil and some
black pepper till you've made a nice sauce.

Leek tagliatelle

Divide the 2/3th leek into 2 separate parts. Afterwards, cut it into
lengthwise pieces, and when this is done cut these into strips of
about 1 cm till you got tagliatelle.
Make sure to wash it well in cold water and to dry it with some
kitchen paper.
Place the final result into a metal bowl and burn the leek lightly
brown until it feels soft.

To finish off

Place the roasted leek on the left-side of the plate.
Drip a few more drops of organ oil over the whole of this.
Place a spoonful of turnip puree on the right next to the leek.
Rub the leek open.
Finish it off with some marjoram flowers and some grated raw turnip.

INGREDIENTS.

- 1 leek
- Branch fresh marjoram
(with little flowers)
- Just a few drops or Argan oil
(Arqan oil)
- 100 gr Imperial Heritage caviar
- 1 whole onion
- 1 bone young turnip
- Strong dash of olive oil
(El Flamenco)
- Black pepper
- Mace powder
- Coarse sea salt



F i s h p e a r l s



Yes, we are indeed talking about caviar!

Yes, this is a luxury item, but a very tasty one for sure. If you have the chance to taste it, it is important to serve caviar the most optimal. Slurping it off the back of your hand, or placing a spoon of caviar on a preparation to get an extra dimension or the ultimate taste experience with a warm potato preparation. In all 3 cases, you will notice that the warmth of the hand or dish makes the caviar's flavour shine. It is very important to never ever heat the caviar, that would be a shame, for you and for the caviar!

*Looking for the most optimal way
of enjoying your caviar?*

Here's a tip:

<https://imperialheritage.com>

RECOMMENDED DRINK

White wine,
Chardonnay
Winery Valke Vleug,
Scheldeland, Belgium



D i d
y o u
k n o w ?

*Did you know
that you can “reset”
your taste buds?
If you want to taste
different types of caviar,
drink a little bit of
vodka in between! That way
you will get the original taste
again.*

*Belgian Secrets
Premium Potato Vodka is made
by distilling fermented potatoes.
A Belgian vodka with its own
unique taste.*
www.belgiansecrets.be





OPEN LASAGNA OF WATERMELON,
FENNEL CARPACCIO, DILL, BABY SPINACH,
YELLOW CHERRY TOMATO & LEMON

4 S E R V I N G S

INGREDIENTS.

1 small watermelon
(without seeds)
1 small fennel
2 sprigs of fresh dill
Box of Sea Fennel,
Koppert Cress

1 lemon
12 yellow cherry
tomatoes
Handful of fresh baby
spinach leaves

Strong dash
of olive oil
(El Flamenco)
Black pepper
Coarse sea salt

RECIPE.

Fennel carpaccio

Cut the fennel paper thin with a sharp knife or plane.
Season with black pepper and sea salt, as well as some lemon juice and
a dash of olive oil. This may marinate for a few minutes.

Carpaccio watermelon

Cut thin slices of watermelon and place them on a waiting plate.

To finish off

Build up the same amount of mixed fennel and watermelon carpaccio
over the 4 plates.
Cut yellow cherry tomatoes into slices and divide them between the
fennel and the watermelon.
Also some small spinach leaves.
Spoon marinade juice over.
Finish by dividing all the garnishes on the plates:
dill and Sea Fennel pieces.
Finish with a few drops of fresh lemon juice
and tasty olive oil.



15"



VEGGIES



FRUITS



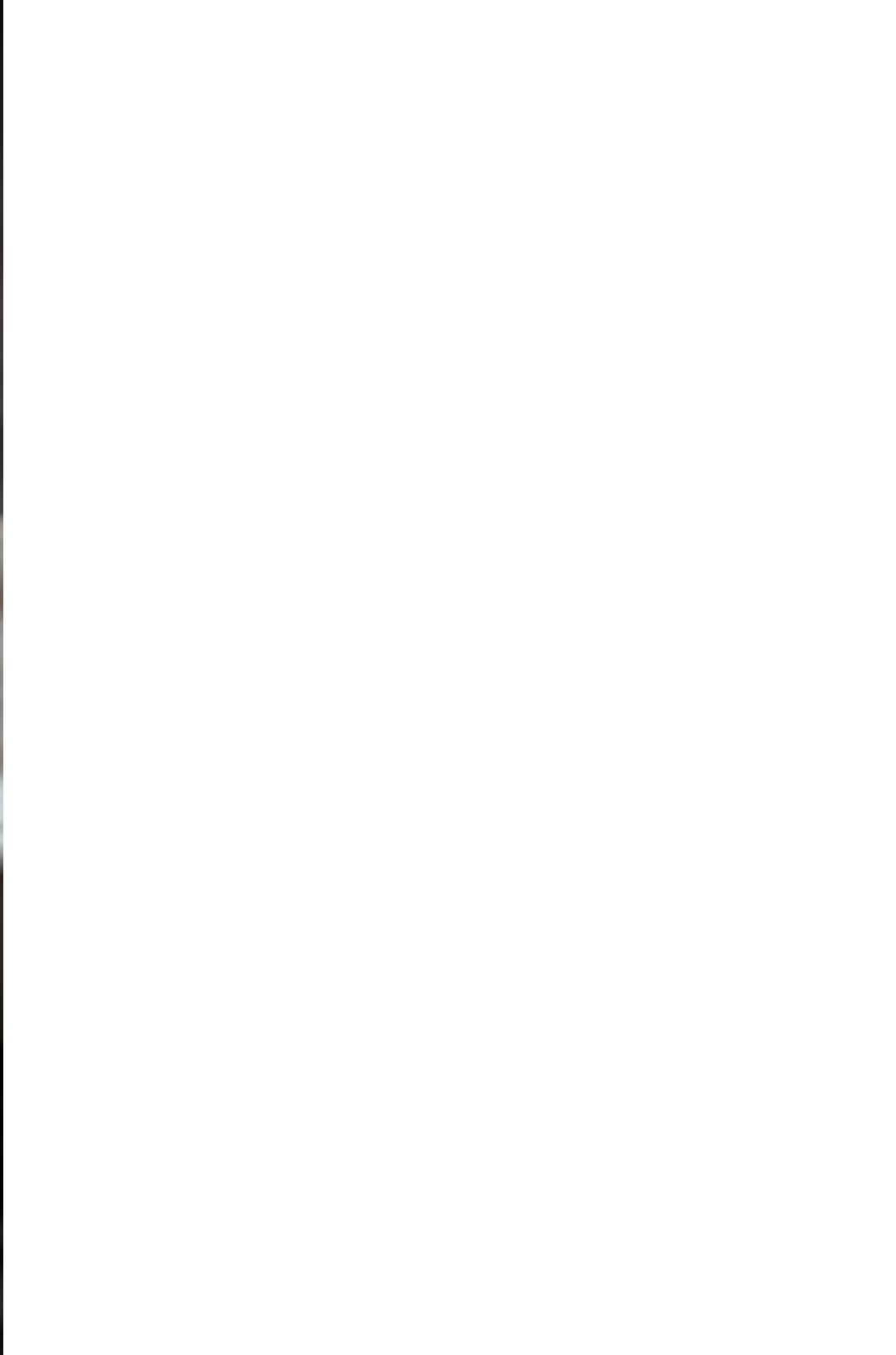
WILD GREY
PLATE



**RECOMMENDED
DRINK**

Ice-tea
(without added sugars)
We used MIST TEAS -
RED OOLONG







COLD WATERCRESS SOUP WITH HIPPO TOPS, RED CURRANT AND ARGAN OIL

4 SERVINGS



20"



VEGGIES



BLACK BOWL

RECIPE.

Watercress soup

Peel, wash and chop the onion.
Wash watercress and cut stalks from leaves.
Finely chop the stems.
Stew the stems together with the onion
in a dash of argan oil.

Season with cayenne and sea salt and
moisten with a dash of
Super Kroon beer and some water.
Stew gently under the lid for a few minutes.
Now add the watercress leaves,
let it boil and mix everything in the blender.
Taste and season if necessary.
Place in the refrigerator.

To finish off

Divide the cold watercress soup
over the 4 bowls.
Place a bunch of red currants in each,
as well as some sprigs of Hippo tops.
Finish with a few more drops
of roasted argan oil flavour.

INGREDIENTS.

2 white onions
1 flounder watercress
*1 tray of Hippo tops,
Koppert Cress*
Arqan argan oil
*4 bunches of ripe red
currant*
Cayenne pepper
Coarse sea salt





**RECOMMENDED
DRINK**

Super Kroon beer,
Brewery De Kroon,
Belgium





D i d
y o u
k n o w ?

*One of the greatest discoveries as of recent
years within the culinary landscape would
certainly be argan oil!*

*Not only is it healthy, but it also works as
a real flavour enhancer!*

*Argan is a vegetable oil extracted from
fruits from the rare Argania Spinosa,
also known as 'the tree of beauty'.*

*Just until 15 years ago, hardly anyone
outside of Morocco knew about the
existence of this argan oil, while Berber
women have used this 'Moroccan gold' for
multiple centuries for their beauty.*

*Its nutritional assets are certainly the rich
mix of fatty acids, antioxidants and the
vitamin E. We choose the best there is:*

www.arqanoil.com

YELLOW CARROT AND CHERVIL SALAD
WITH NORI, SÉSAME AND ICE TEA

4 S E R V I N G S



20"



VEGGIES



WILD GREY BOWL

RECIPE.

Ice tea

Let tea steep in 2 cups of water.
Pour through a sieve.
Place in the refrigerator

Salad

Peel, wash and cut yellow carrot into fine slices.
Then cut into threads.
Mix carrot with some fresh chervil.
Season with some sea sweet and black pepper.

To finish off

Divide the salad among the 4 plates.
Pour some cold tea into the plates.
Cut the nori into strands of about 5 cm. Place some
threads on each salad.
Sprinkle with some sésame seeds.
Cut the cresses and also sprinkle on the salads.
Finish with a few more drops of roasted argan oil flavour.

INGREDIENTS.

- 4 yellow carrot
- 40 gr fresh chervil
- 1 sheet of nori
- 1 lime
- Loose Black or Green Tea
of your choice, Mist Teas
- Black sésame seeds
- 1 cup of Ghoea cress,
Koppert Cress
- Arqan argan oil
- Black pepper
- Coarse sea salt





**RECOMMENDED
DRINK**

Valke Vleug
Pinot Auxerrois 2019
Winery Valke Vleug,
Scheldeland, Belgium



CAVIAR OF PAPRIKA, MARJORAM, GREEN OLIVE,
FLAKES OF BURRATA AND ACCLA CRESS

4 S E R V I N G S



20'



VEGGIES



DIRTY GREEN
PLATE

INGREDIENTS.

1 yellow paprika

1 red paprika

Jar of green olives without stone

2 sprigs of fresh marjoram

1 tray Accla cress, Koppert Cress

Olive oil El Flamenco

1 Fresh burrata

150 gr. Bio Légumaise Provence

(paprika with thyme)

Black pepper

Coarse sea salt

RECIPE.

Parchment

Cut wafer-thin slices of yellow paprika
Grease an oven tray with olive oil or use an oven cloth.
Place the raw paprika chips here side by side and season with sea salt
and black pepper.
Place these in an oven at 100°C for 30 to 40 minutes until crispy.

Caviar

Clean, wash and cut all other paprikas into a fine brunoise.
Cut some green olives into fine brunoise.
Briefly fry everything until soft and crispy in a dash of olive oil.
Season with black pepper and sea salt. Add finely chopped marjoram and mix.
Let it cool down.

To finish off

Divide the cold paprika-olive caviar over the 4 plates.
Pick the burrata and spread over the caviar.
Place some olives as a garnish.
Cut the cresses and place over the preparation.
Finish with a few more drops of olive oil, coarse sea salt and black pepper
on the burrata.
Spoon in the légumaise.
Finish with a few drops of fresh lemon juice
and tasty olive oil.





**RECOMMENDED
DRINK**

Valke Vleug
Pinot Auxerrois 2019
Winery Valke Vleug,
Scheldeland, Belgium



S t e w p o t s
a r e b a c k !



*Stews are back in business!
Is it nostalgia, convenience or just
because stew dishes
are really tasty and healthy?
All of it!*

*And they add to the core of cooking, the flavour!
We are completely “wild” about the new pots from
Berghoff,
as you can see in our photos.*

*Be sure to check out their beautiful colours:
https://berghoffworldwide.com/bgh_en_int/*



CUCUMBER LASAGNA
WITH RASPBERRY, LEMON
VERBENA, LEMON JUICE AND
ILUIGI'S OLIVE ICE CREAM

4 SERVINGS



15'



VEGGIES



FRUITS



BLACK PLATE

INGREDIENTS.

1 small cucumber
20 ripe raspberries
1 lemon
2 sprigs of fresh lemon
verbena

Olive oil El Flamenco
1 spoon of olive ice cream
Iluigi

RECIPE.

Cucumber lasagna

Peel the cucumber.
Make wafer-thin discs with the help of a slicer.
Drizzle the cucumber slices with lemon juice.
Marinate for a few minutes.

To finish off

Place the marinated cucumber slices on the plates,
3 per plate.
Place 5 raspberries on each plate.
Now place a spoonful of creamy olive ice cream
on each plate.
Place some small lemon verbena leaves on top
of the preparation.
Finish with a few more drops of olive oil and freshly grated lemon zest.



OLIVE ICE CREAM?

Olive oil mixed with ice cream.

This is probably a combination that you don't immediately think of yourself.

Still, olive oil ice cream has been around for a while and it has a unique and delicious taste.

Usually, olive oil is poured over your vanilla ice cream scoop, but Iluigi took a different approach to this matter.

They created an ice cream consisting purely of olive oil. Much healthier because almost all cream is replaced by their organic Iluigi olive oil.

The ice cream is full of flavour and has a nice aftertaste. And good news:

they have 5 different flavours mmmm mmmm.

1 address for artisan olive ice cream:

www.iluigi.be



**RECOMMENDED
DRINK**

Potato vodka Mojito
(without added
sugars)











APRICOT MARMALADE WITH LAVENDER,
FRESH YOGURT, OLIVE OIL AND LIMON CRESS.

4 S E R V I N G S



15"



VEGGIES



FRUITS



WILD BOWL BROWN

INGREDIENTS.

8 ripe apricots
Sprigs of fresh lavender
1 cup of Limon cress,
Koppert Cress
Olive oil El Flamenco

1 pot of Fresh yoghurt
(Hollebeek Hoeve)
1 liter of water of your
choice

RECIPE.

Marmalade

Cut 7 apricots into 2, pitted and cut into large pieces.
Slowly stew under the lid with a few lavender flowers
Stir occasionally so that they do not burn until they form a nice
unsweetened creamy marmalade.

Lavender water

Place a few sprigs of lavender with flower lace
in a carafe of ice-cold water.
Leave to marinate and pour as a fresh drink
with the preparation.

To finish off

Divide the marmalade over the 4 plates.
Place a sturdy spoonful of yogurt in the center.
Cut the 8th apricot into slices and divide on the yoghurt on the
4 plates.
Cut the cresses and place over the preparation.
Finish with a few more drops of fine olive oil.



NUTRIScore A



**RECOMMENDED
DRINK**

Lavender scented water





SPAGHETTI WITH YELLOW COURGETTE, BABY SPINACH AND WILD GARLIC, MOTTI CRESS AND TOASTED BREAD CRUMBLE

4 SERVINGS



15'



VEGGIES



BIG BLUE BOWL

RECIPE.

Bread crumble

Mix the toasted bread into a crumble.
Put a dash of olive oil in the pan, heat up and add the crumble. Color on low heat. Season lightly with some sea salt.

Spaghetti

Cook spaghetti in boiling water with sea salt for 4 minutes. Drain and toss with some olive oil and black pepper.
Wash zucchini, cut into thin slices of 2 mm using a slicer. Then cut into long spaghetti strands.
Finely chop the wild garlic and spinach.
Stew the vegetables with some olive oil without coloring for a few minutes. Season with sea salt and black pepper.
Now add the pasta and mix well.

INGREDIENTS.

- | | |
|-----------------------------------|-------------------------------------|
| 1 yellow courgette | 1 cup of Motti cress, Koppert Cress |
| 250 gr fresh spaghetti (Pastaman) | 2 slices of toasted bread |
| 20 gr fresh young spinach | 1 lemon |
| 2 leaves of wild wild garlic | Olive oil El Flamenco |

To finish off

Divide the warm spaghetti mix over the 4 plates.
Spread some toasted crumble on top.
Drizzle some cold olive oil over the preparations.
Cut the cress and divide it over the spaghetti.





Interesting facts about olive oil

1. *The smoke point is lower and it is therefore recommended not to heat it above the 200 to 220 degrees Celsius, and not to maintain the temperature for too long. That is why cold use is the best choice overall !*
3. *If the olive oil is cold we get the most out of it: Vitamins A and E, monounsaturated acids and a lot of Omega-9.*
4. *Opting for quality olive oil helps against Alzheimer's, thrombosis, high blood pressure, counteracts bad cholesterol, slows down the aging of the skin and is better for your heart.*

*In general, it can be said, the better the olive oil, the healthier you'll go.
So make sure to play it safe, opt-in for the Spanish olive oil based on the Picual Olive of the 3 Flamencos!*

This is full of aromas and has a very low acidity:

www.elflamenco.shop/olijfolie







PATISSON BURGERS WITH MOZZARELLA, ROASTED LEEK AND FRESH THYME

4 S E R V I N G S



20"



VEGGIES



LARGE DIRTY
GREEN PLATE

RECIPE.

Burn leeks

Clean, wash and cut the leeks into 5 cm julienne. Place in ice cold water. The leek threads lose some strength and become firmer. Drain, dry with kitchen paper and place in metal container. Burn the leek with a gas burner by shaking it well and coloring it. Then drizzle with some olive oil and season with some sea salt.

Hamburgers

Wash the patisson. Cut them in half lengthwise. Fry the half patisson on each side in a pan with some olive oil. Season with black pepper and sea salt, and also wash finely chopped fresh thyme. Cook until they are colored and still crispy. Cut the mozzarella into 16 equal slices. Now put together the burgers:
* Take a bottom piece
* Place a slice of mozzarella
* Put some roasted leeks
* Now place the top part and prick everything from the top together with a stick. Place in a warm oven or on the BBQ until the mozzarella starts to melt. Serve.

To finish off

Place a circle of legumaise on each plate. Place 2 yellow and 2 warm green hamburgers on each plate. Finish with some fresh thyme as garnish, some black pepper and drizzle some olive oil over each plate.

INGREDIENTS.

16 mini patisson (yellow & green)

(Also called bishop's cap)

1 young leek

200 gr mozzarella

A few sprigs of fresh thyme

*150 g Bio Légumaise Bilbao,
yellow paprika with lemon*

Olive oil El Flamenco

16 Bamboo or wooden sticks





*T h e f o r g o t t e n
B I S H O P ' S
C A P ?*

*This fruit-vegetable is a pumpkin-like,
also called the turban squash or
patisson. This vegetable comes in several
colours: green, white and yellow. It can
grow up to around 15 to 20 cm,
but it is the small size that is the most
successful within the kitchen.*

*Delicious in stir-fry preparations, s
tews, on the BBQ and even in a hearty
curry. A forgotten vegetable?
Not anymore from now on!
But where can you find it ...?*

*Have a look in one of the finest fruit &
vegetable stores in the country!
www.lizzysnieuweoogst.be*





*Belgium is a beer country par excellence.
Our country, therefore, has many small and larger
breweries. Still, beer is not yet getting the place
it deserves in culinary terms!*

*Because the right choice of beer for
a certain dish can actually work wonders.
The fruitiness, depth, bitterness, freshness
and finesse of a beer, therefore, determine in
which culinary creation it is best served
and of course enjoyed.*

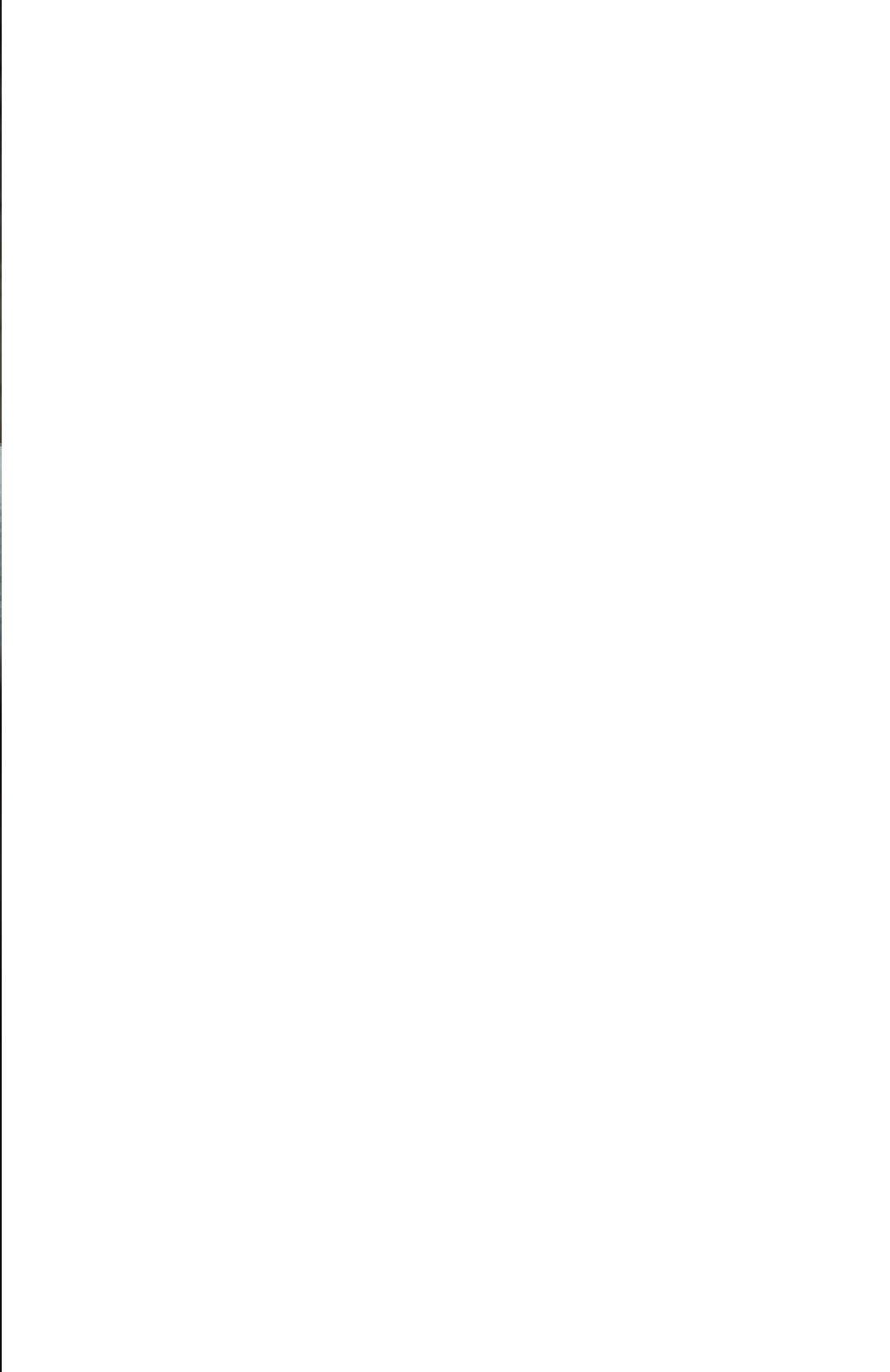
*Did you already taste the beers of De Kroon Brewery?
www.brouwerijdekroon.be/en/*

**RECOMMENDED
DRINK**

Delvaux Beer,
Brewery De Kroon,
Belgium









CUCUMBER SALAD WITH THAI BASIL, SHALLOT, LIME, RED ALLSPICE, ROASTED PEANUTS AND SYRHA LEAVES

4 SERVINGS



15'



NUTS



VEGGIES



WILD BROWN BOWL

INGREDIENTS.

1 cucumber
1 red allspice
2 shallots
1 lime
2 sprigs of Thai basil

40 gr roasted peanuts
1 tray of Syrha leaves,
Koppert Cress
Olive oil El Flamenco
Coarse sea salt

RECIPE.

Cucumber

Peel the cucumber
Cut it lengthwise and scoop out the seeds with a spoon.
Keep and mix the seeds with some lime juice and olive oil to make a sauce. Season with some sea salt.
Cut the cucumber into halfmoon shape of about half a cm thick.
Finely chop a piece of red allspice without the very spicy seeds.
Stew the cucumber with the allspice very briefly with some olive oil and sea salt. Let it cool down.
Finely chop a few leaves of Thai basil and mix with the cucumber salad together with the sauce.

Prepare garnishes

Finely chop shallot and season with some sea salt.
Marinate a little.
Coarsely chop the roasted peanuts.

To finish off

Place the Syrha leaves in each bowl around.
Divide the cucumber salad.
Finish with the garnishes: shallot and peanut.
Drizzle some more olive oil over it.



**RECOMMENDED
DRINK**

Delvaux Beer,
Brewery De Kroon,
Belgium







H o w d o y o u m a k e c e r a m i c s ?



*Wild Moon symbolizes our journey back
to the simplicity, the essence, the most basic.*

Rediscover your purest, most authentic self.

*For me as a maker, for you if you hold a cup with both hands
and sip your coffee or tea with closed eyes, enjoying your me-moment.*

The wild component embodies the unexpected, untamed and unaffected.

*The moon is the mysterious, soft glow
that illuminates our path on our quest.*

*During the hypnotic spinning of that lump of clay,
my hands slowly but steadily shape what touches me,
makes me genuinely happy and inspires me.*

Without thinking. Emotions at full blast.

*The artisanal creations are far from perfect,
and that's how they should be.*

*There is a piece of myself in every piece of ceramic.
Moments of intense happiness. Very pure, very personal. All for you.*

No robots, no production lines, no industrial quantities.

Diswasher and oven safe.

Not “made in China”. But in Belgium.

www.wildmoon.be/shop





FRESH CHERRIES WITH COTTAGE CHEESE, FRESH LEMON BALM, HONEY AND APPLE BLOSSOMS

4 S E R V I N G S



10"



VEGGIES



BLACK BOWL

RECIPE.

Flat cheese mix

Mix the fresh cheese with the finely chopped lemon balm.
Marinate for a few minutes.

To finish off

Place the soft cheese mix
on each plate.
Spread some flat in a circle.
Place the cherries on top as you wish.

Finish with some fresh artisan honey
and the apple blush.

INGREDIENTS.

250 gr thick sweet cherries
Jar of fresh cottage cheese
2 sprigs of fresh lemon balm
Cup of Apple blossoms,
Koppert Cress
4 tablespoons of runny artisan
honey

RECOMMENDED DRINK

Sparkling wine
Winery Valke Vleug,
Scheldeland,
Belgium



NUTRIScore B





DO YOU KNOW THE BENEFITS OF LIVING VEGETABLES?

*In recent years, we have seen cresses
- fresh young plants - widely used
within the culinary world.
There is a solid reason for this: not
only are there many different types,
they each display their unique perfume,
but they also really finish a dish
visually, but most importantly besides
this, cresses are super healthy! They
also call the cresses
the 'live vegetables'.*

*We owe all this to Rob Baan,
a pioneer in the vegetable world
who - like Frank Fol - has the goal
of life to let people with taste live
healthier lives. This all thanks to:*

www.koppertcress.com





DIP VEGETABLES WITH LÉGUMAISE

4 S E R V I N G S



10"



VEGGIES



WILD WHITE CUP

RECIPE.

Dip vegetables

Peel, wash and cut all the vegetables into bars of about 8 cm long and 1 cm wide.

Place them in cold water so that they dry.

To finish off

When you are going to serve them, pour off the water and place in pots.

Place the BIO légumaise of your choice also in a jar or a Wild Moon ceramic cup ;)

And now dip...

INGREDIENTS.

1 cucumber

1 carrot

1 retich

150 gr bio Légumaise

of your choice

RECOMMENDED DRINK

Sparkling wine
Winery Valke Vleug,
Scheldeland,
Belgium



BRAISED SPRING ONION WITH LEMON VERBENA,
PAPRIKA AND FLAX SEEDS

4 S E R V I N G S



15"



VEGGIES



WILD WHITE
PLATE (L)

INGREDIENTS.

1 bunch of spring
onions
2 sprigs lemon verbena
A few flax seeds

Lemon zest
Rapeseed flowers
Black pepper (mill)
Sea salt

El Flamenco olive oil
150gr bio Légumaise
Provence (Paprika with
thyme)

RECIPE.

Spring onion

Wash hand clean the spring onions.
Put a dash of olive oil and a strong dash of water in a stew together.
Put the spring onions inside and season it with some sea salt and
pepper.
Stew gently under a lid for about 10 minutes.

To finish off

Put 3 spring onions per plate in a circle.
Place a spoonful of BIO Légumaise in the middle of it.
Finish it off with some drops of olive oil, lemon zest, some flax seeds,
a few lemon verbena leaves on top and some rapeseed flowers.











BITTER CHOCOLATE CRUMBS
WITH OLIVE OIL, COARSE SEA SALT
AND LEMON CRESS

4 SERVINGS



5"



VEGGIES



WILD GREY PLATE (M)

RECIPE.

Preperation

Break the chocolate in uneven crumbles.
Place them on a plate.

To finish off

Drizzle a litte olive oil over the crumbles.
Sprinkle a little coarse sea salt on top of the chocolate.
Divide some cresses over all of this.

INGREDIENTS.

Piece of black bitter chocolate

1 cup of lemon cress,

Koppert Cress

Drops of El Flamenco olive oil

Coarse sea salt





**RECOMMENDED
DRINK**

Coffee
([Caffenation](#), Antwerp)
with the fresh farm's
milk of [Hollebeekhoeve](#)





*Always
end with
a nice cup
of coffee*









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THANK YOU !

*Thanks to all of our partners
who made this e-book possible.
And thank you for reading this and
trying out some of the recipes ;)
See you the next edition!*

*Ilse & Frank
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