

ENGLISH
EDITION



KACHEN

WINTER

LUXEMBOURG'S FOOD & LIFESTYLE MAGAZINE

WINTER DELIGHTS

Celebrating together

65
SEASONAL
RECIPES



SEASONAL

CHESTNUTS, TOPINAMBUR
FEATURE: CHOCOLATE
QUICK RECIPES

CELEBRATE & ENJOY

FESTIVE MENU
NO WASTE: DELICIOUS LEFTOVERS
FESTIVE DIY IDEAS

WELLBEING

WINTER BLUES
NORDIC COCOONING
LOW-CARB DIET

MAISON
No. 29



12 €

WE'RE SMART GREEN GUIDE

THE BEST VEGETABLE RESTAURANTS IN THE WORLD

Every year, We're Smart® World publishes a ranking of the 100 best gourmet vegetable restaurants in the world. The ranking is based on radishes and radish leaves. The higher the radish score, the greater the chance of making it to the top of the list. The ranking is based on the most consistent application of the Think Vegetables! Think Fruit!® philosophy.

Number 1 on this annual list is the best vegetable restaurant in the world. This year, the We're Smart World Awards ceremony took place at Bourglinster Castle in Luxembourg. For the second time in a row, Chef René Mathieu's Distillerie was named the best vegetable restaurant in the world! Emile van der Staak and Michaël Vrijmoed followed in second and third place.

As the exclusive media partner of We're Smart® World, KACHEN features a recipe from each of the top 3 chefs on the following pages.

For more information on the We're Smart Green Guide, visit:
weresmartworld.com



F.l.t.r.: Frank Fol, René Mathieu, Michaël Vrijmoed und Emile van der Staak




THE BEST VEGETABLE RESTAURANTS IN THE WORLD 2021:


- 1 René Mathieu, La Distillerie, Luxembourg
- 2 Emile van der Staak, De Nieuwe Winkel, The Netherlands
- 3 Michaël Vrijmoed, Vrijmoed, Belgium

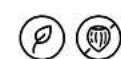
ROASTED CAULIFLOWER FLAVOURED WITH POLLEN



 Serves 4

 20 minutes

 2 hours



For the cauliflower

- › 1 cauliflower
- › 1 tbsp pollen
- › 80 g vegetable butter
- › Herbs de Provence
- › Salt
- › Pepper
- › Paprika
- › Curry

For the sauce

- › 2 shallots
- › 200 g vegetable butter
- › 30 g birch bark
- › 1 cinnamon stick
- › 3 nice sprigs of patchouli or, failing that, a little mint
- › 100 ml white wine
- › 1 lemon
- › Salt
- › Pepper
- › 100 ml vegetable cream

The cauliflower

- 1 Prepare the cauliflower: cut off the base, remove the leaves and reserve a piece.
- 2 Melt the butter in a frying pan, then add the spices according to your taste: salt, pepper, paprika, curry, or a pre-made blend.
- 3 Brush the cauliflower with the mixture. Place it on a large sheet of baking paper and wrap it tightly in the paper (forming a papillote).
- 4 Place in the oven at 180°C for two hours.

The sauce

- 1 Finely chop the shallots. Put the shallots and white wine in a saucepan over medium high heat. Sweat the shallots with the fresh birch bark (no browning) for 1 – 2 minutes.

- 2 Then add the cream. Gradually whisk in the butter. The idea is to get a smooth, creamy texture.
- 3 Infuse the patchouli at the last minute so that you can enjoy all its flavours, strain the sauce and keep it warm.

To finish

- 1 Grate the piece of cauliflower previously removed.
- 2 Carefully remove and open the paper papillote from the oven, place on a dish and sprinkle with pollen and the chopped raw cauliflower and serve with the patchouli and birch bark beurre blanc.

GLAZED CHIOGGIA, BEETROOT, ORANGE & VANILLA



 Serves 4
 30 minutes
 2 hours
 

For the glazed chioggia

- › 2 chioggia beetroots
- › 150 ml vegetable stock
- › 1 tsp sugar
- › Little piece of butter
- › 1 mace (nutmeg)
- › Salt

For the beetroot baked in salt crust

- › 1 beetroot
- › 215 g flour
- › 205 ml water
- › 205 g salt

For the chioggia sauce

- › Chioggia glaze juice
- › Juice of ½ orange
- › Vanilla oil

For the sauce maitaise

- › 3 eggs
- › 60 g butter
- › 2 tbsp tarragon vinegar
- › 2 tbsp water
- › 2 tbsp fresh tarragon
- › Zest of 1 orange

Glazed chioggia

- 1 Peel the chioggia and cut into pieces of ca. 1.5cm, add the rest of the ingredients and glaze the chioggia in a pot, covered, until cooked soft.

The beetroot baked in salt crust

- 1 Combine the flour, salt and water, kneading, into the saltcrust dough.
- 2 Wash the beetroot and wrap it completely in the dough.
- 3 Bake for around 2 hours at 200°C until the beetroot is cooked.

- 4 Leave to cool down, then peel the beetroot and cut it into thin slices with a cutting machine.

The chioggia sauce

- 1 Mix all ingredients and set aside.

The sauce maitaise

- 1 In a bain-marie, combine the eggs with the vinegar. Stirring constantly, add the water, until the cream thickens and smoothens.

- 2 Add the butter in small chunks, whisking.
- 3 Off the heat, add the zest and tarragon.

To finish

- 1 Reheat the chioggia beetroot and mix with a few spoons of the sauce maitaise.
- 2 Cover with a few slices of beetroot and decorate with some orange confit zests.
- 3 Finish with the chioggia sauce.

RECIPE Michael Vrijmoed
 PHOTO Heikki Verdurme

CHESTNUT TEMPEH, GLAZED WITH UNRIPE SZECHUAN BERRY, CHINESE MAHOGANY & PLUM



 Serves 4

 30 minutes + fermentation

 50 minutes + cooling



For the chestnut tempeh

- › 500 g chestnuts
- › 8 g tempeh starter
- › 30 ml apple vinegar

For the barbecue glaze

- › 330 ml dark ale
- › 65 ml red wine vinegar
- › 100 g Chinese mahogany leaves
- › 45 g plum purée
- › 55 g honey
- › 10 g unripe Szechuan berries
- › 6 g salt
- › Fried onions, to decorate

For the chestnut tempeh

- 1 Prepare 2 zip-lock bags by pricking holes with a needle at 2-cm intervals.
- 2 Cook the chestnuts for 40 minutes in a large pot covered with 5 cm of water until they are tender but not mushy. Skim off and discard any impurities that rise to the surface while cooking the chestnut.
- 3 Drain the chestnuts and spread out on towels and pat them dry. Allow to cool below 37°C.
- 4 Transfer the nuts to a clean bowl and add the apple vinegar.
- 5 Sprinkle the tempeh starter over the chestnuts and mix to distribute evenly.
- 6 Divide the nuts evenly in the zip lock bags and flatten the chestnuts out evenly.
- 7 Place the bags in a room with 30°C and 70% humidity. Depending on the conditions, the tempeh may take up to 48 hours to form a white layer around the chestnuts, binding them into a dense, firm cake.
- 8 Stop the fermentation by transferring the tempeh to airtight bags and storing it in the refrigerator. It can be kept cold for up to one week.

For the barbecue glaze

- 1 Combine all the ingredients in a saucepan and heat, stirring, until simmering.
- 2 Cook for about 10 minutes until the sauce has thickened.
- 3 Leave for at least 10 minutes.
- 4 Scrape the barbecue sauce into a food processor and purée into a smooth consistency. Let cool at room temperature.

To finish

- 1 Cut the chestnut tempeh into 3-cm cubes.
- 2 Use the young shoots of Japanese quince (or regular skewers) to skewer two pieces of tempeh onto each stick.
- 3 Heat the barbecue and roast the tempeh skewers 5 minutes on each side. Finish by brushing all sides generously with barbecue sauce. Roast for another 4 minutes, careful not to burn them.
- 4 Finish by rolling the glazed skewers in fried onions.