

ENGLISH
EDITION



KACHEN

SPRING

LUXEMBOURG'S FOOD & LIFESTYLE MAGAZINE

REFRESHING

Spring delights

60
SEASONAL
RECIPES



No. 30



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SEASONAL

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SPRING MENU

ENJOY

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FEATURE: VANILLA
VEGAN TO GO

SUSTAINABILITY

VERTICAL GARDENING
CIRCULAR ECONOMY
GREEN KITCHEN

CHEF BAS VAN KRANEN

COOKING CONSCIOUSLY

Chef Bas van Kranen leads the kitchen of the Flore restaurant in Amsterdam, which was classified as the 11th “Best Vegetable Restaurant” in the We’re Smart Guide of 2021. We had the opportunity to (virtually) sit down with this consciously-minded chef.

Bas van Kranen always sought to challenge himself. From the age of 8 onwards, when he first started to show an interest in cooking and baking, he fully dedicated himself to his culinary passion, at all costs. A notable example of his commitment was the time when he worked in a bakery at night, after completing a 20-hour shift in a restaurant, to learn the art of baking using only natural ingredients. Chef van Kranen’s devotion for the culinary arts is self-evident and has led him to new opportunities, inspiration and ideas, pathing and defining his own path of success along the way.

His professional culinary journey began in the south of Holland, in Loef, a 2-Michelin star, family-owned restaurant. “After my 6 years of studies, I could have gone to Australia to explore the world, but I decided to stay put, and continue learning from people I had pleasure working with.”

At the age of 23, he took over from the previous head-chef and earned his first Michelin star. A young and talented chef was born.

After 6 years at Loef, the aspiring chef was eager to take up a new challenge and established himself as Executive Chef of the restaurant Bord’Eau in Amsterdam. “Coming from a small city in Netherlands, I didn’t know what to expect but I fell in love with Amsterdam on day one, with its familiar vibes that make me feel quite at home.”



And then the pandemic tore across Europe. For van Kranen, the disruption turned into a time for reflection, to rethink his cuisine while keeping his team in high spirits. “We all spent time studying the food culture industry and we approached local producers to better understand our local products.” The shocking discoveries that they made throughout their investigation led them to take drastic measures, as the chef initiated a transition towards a more sustainable and vegetable-based kitchen.

This ambitious undertaking demanded an extraordinary amount of dedication and work. He had to completely rethink his approach and technique towards the kitchen, as he decided, among other things, not to use dairy products in his recipes anymore. “Our milk, for instance. To render an element milky we now use oats, and we rely on nut milk for cream.” Their transition ultimately turned out to be an extremely long journey, with a lot of obstacles and “failures.” “The first recipes were not good, missing the fat and creaminess of dairy products. We had to try again and again to hone and perfect our recipes.”

Today, under the new restaurant name “Flore,” Chef van Kranen works only with local biodynamic farmers, each with different specialties. As the restaurant is not exclusively plant-based, the menu offers a limited variety of land and sea products, with selected fish (none from the Red List of endangered species), biodynamic poultry

chosen for its low footprint and game, "as it is the most natural meat there is."

On the botanical menu, serving 16 full plant-based courses, clients can re-discover the true taste of vegetables, plants, herbs. The menu changes every day in order to exclusively use the freshest products. "Nowadays, our climate has changed and there are 365 seasons! The taste of a product can change from one week to another and I need to ensure that only the best products are served on our guests' plates."

Ever since the introduction of their new cuisine, Flore's restaurant has been packed with local guests, eager to discover local products and healthier alternatives. "Our role is not to educate them but to surprise them with an amazing night and extraordinary food in a homey atmosphere." The chef confesses with a smile that many guests don't even notice the lack of dairy products, all the while enjoying outstanding dishes based on nut, oat or other alternative products and are thoroughly surprised upon finding out later. Thanks to a wonderful and young team in the kitchen and in the restaurant, the chef can bring awareness to his project of "conscious fine dining," as he coined Flore's culinary experience. "It is more of being as conscious as we can, rather than using the terms sustainable kitchen that is used for everything and nothing."


Joining the We're Smart initiative was a rather natural path for the chef. After several visits of Frank Fol at Flore, each time surprised by the outstanding quality of his vegetables-based cuisine, Bas van Kranen actively became part of the initiative.


Chef Bas emphasises that a lot of chefs remain stuck in the traditional ways of cooking. "We feel that chefs need to change their way of thinking all out to cook local, seasonal and healthily. We're Smart is building a strong network that inspires chefs all over the world to change their classic approach towards cooking. And I truly hope that our work at Flore will provide confidence to all chefs, demonstrating that the change towards a more conscious kitchen is possible" concluded the passionate chef.




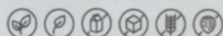
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VEGETABLES OF THE MOMENT

 Serves 2

 45 minutes + marinating time

 15 minutes



RECIPE Bas van Kranen
PHOTO Chantal Arnts

This recipe is more of a rough guideline, an inspiration, that demonstrates what delicacies can be achieved with any selection of vegetables of your choice – served in unity and harmony within a single colour scheme. As such, the oils, foams and creams suggested below can be replaced through other preparations. The principal idea lies in the preparation and composition of any vegetable in an exciting and creative way.

- » 500 g vegetables (1 colour scheme)
- » Ice
- » White wine vinegar (very fruity)
- » Sea salt

For the vegetable marinade

- » 400 g of sunflower oil
- » Charcoal

The vegetable marinade

Light a piece of charcoal and leave to burn for at least 1 hour until it is white hot. Pour the sunflower oil in a heatproof bowl, then carefully add the burning charcoal. Leave to stand for at least 24 hours to get a lightly smoked oil to marinate the vegetables.

The airy horseradish sauce

Combine the rice milk, soy lecithin, a pinch of salt and horseradish to taste. Mix into a tangy milk, then strain through a sieve. Transfer the mixture into a siphon with 1 cartridge and keep cold.

The kale oil

Cook the kale about 2 minutes, then blanch it in icy water. Put the kale in a thermomixer with the sunflower oil and put it on setting 10 until the blender is naturally heated to 60°C. Strain the oil onto cheesecloths and save for later use.

The vegetable cream

Peel the parsnip, then cook in salty water until just tender. Reserve about 200 ml of the water, then drain the parsnips. Thoroughly blend in a food processor, adding a little of the cooking water, bit by bit, until the mixture has a nice creamy texture. Season with salt.

For the airy horseradish sauce

- » 400 g rice milk
- » 10 g soy lecithin (or any other ice cream emulsifier)
- » Horseradish pulp to taste
- » Salt
- » Siphon

For the kale oil

- » 250 g of kale
- » 500 ml sunflower oil

For the vegetable cream

- » 500 g of parsnip

- 1 Briefly cook all the vegetables in well-salted water, then submerge in ice water to ensure that they do not overcook. To add more texture and flavour, thinly slice some of the vegetables and use them raw.
- 2 Marinate all the vegetables and herbs with the charcoal oil, sea salt and dash of white wine vinegar. Using $\frac{1}{3}$ of the cooked

vegetables, arrange a solid base at the centre of the plate.

- 3 Pipe a few dabs of the vegetable cream on top and neatly arrange the remaining cooked vegetables. Decorate with a few additional slices of the raw vegetables, then dress the dish with a few dashes of kale oil and a few dollops of horseradish foam.

TIP

To make the dish even more exciting, give each vegetable a different type of preparation. For instance, this could be anything from drying, smoking, fermenting, boiling, roasting, burning, grilling, pickling or puréeing.

KNOWLEDGE BITES

We use pickled vegetables in this dish that can be prepared months in advance. The pickling process always relies on the same base steps but can be done with any type of vegetable and an array of fruits: Per jar we use 500 grams of clean vegetables, 500 grams of water and 15 grams of salt. Keep the vegetables at room temperature for at least 2 weeks and then store them in the refrigerator to continue ripening for up to 2 years.