

KACHEN

SPRING

LUXEMBOURG'S FOOD & LIFESTYLE MAGAZINE

DELICIOUS!
Luxury sandwiches

68
SEASONAL
RECIPES



LËTZEBUERG

FEIERSTENGZALOT
CHEF'S PORTRAIT: JEFF OBERWEIS
HUNN AM ELBLING

FOOD

QUICK & EASY: PASTA
FEATURE: EGGS
BLACK SALSIFY & LEMON

LIFESTYLE

FOODWASTE
GARDEN: TIME FOR SEEDLINGS
BETTER SLEEP!



No. 34



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EMILE VAN DER STAAK

CHEF AND RESEARCHER

Chef Emile van der Staak's restaurant serving botanical cuisine, De Nieuwe Winkel, is currently number one in We're Smart's Top 100.

Why go plant-based? "Because avoiding meat and dairy is the single biggest way to make both us and the planet healthier," says the chef. His culinary creations reflect the path he has travelled to achieve the 100% plant-based cuisine that he offers today –the path of a creative individual, with an open mind, who continues to hone his skills.

His realisation that he needed to change his way of cooking is linked to two major events. "In 2014, I visited NOMA (editor's note: three-starred restaurant in Copenhagen), and a few months later I was asked to create a menu using only local, plant-based ingredients," says van der Staak. This was the beginning of his shift towards vegetarianism. A year later, the chef contacted the managers of a food forest just a few kilometres from his restaurant – a happy coincidence. Foodforests are a form of agriculture. They are not "natural", but well-designed ecosystems that are very rich in biodiversity and productiv-

ity. Almost everything is edible on this land: over 400 species of perennial plants, fruits, nuts and roots thrive there, without any human intervention. "It mimics the way a natural forest evolves. Every year, this food forest increases in volume and the soil becomes more fertile without anyone having to do anything," explains the chef. Fascinating indeed.

Since then, he has taken on an ambassadorial role to raise awareness: "As chefs, our role is also to encourage our guests to turn towards a different way of eating."

Van der Staak is pleased his actions are inspiring other professionals in his field. For instance, the Michelin-starred chef who, thanks to van der Staak, stopped using dairy and meat products in his own

kitchen. "This particular example confirms that mind-sets are changing. There is still a long way to go, but it's a good start."

This chef won't stop experimenting. He has support from food researchers to develop new ideas for more plant-based alternatives. This is the only path he sees, and he intends to lead the way.

"As chefs, our role is also to encourage our guests to turn towards a different way of eating."



DE NIEUWE WINKEL

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TEXT Marion Finzi
PHOTO Duncan de Fey

CHESTNUT SEITAN

WITH PLUM BBQ SAUCE

 Serves 4

 50 minutes

 20 minutes



For the sauce

- › 330 ml dark ale
- › 65 ml red wine vinegar
- › 100 g Chinese mahogany leaves
- › 45 g plum puree
- › 55 g glucose
- › 10 g unripe sichuan berries
- › 6 g salt

For the chestnut seitan

- › 10 g potato starch
- › 6 g toasted yeast
- › 150 g wheat gluten
- › 8 g salt
- › 8 g onion powder
- › 1 g ground black pepper
- › Pinch of cayenne pepper
- › 20 g chestnut flour

- › 4 g smoke powder
- › 2 g porcini powder
- › 40 g roasted and peeled chestnuts
- › 60 g peeled and boiled chestnut
- › 200 g mushroom broth
- › 28 g black garlic
- › 30 g fresh yeast
- › 28 g chestnut miso
- › 40 g garlic oil

The sauce

- 1 In a saucepan, bring all the ingredients to a simmer.
- 2 Cook for approx. 10 minutes until thick, then allow to cool for another 10 minutes.
- 3 Scrape the barbecue sauce into a food processor and blitz until smooth.
- 4 Cool to room temperature.

The seitan

- 1 Preheat the steam oven to 100°C.
- 2 Blitz all the ingredients in a food processor. Spread the dough out on a baking tray with baking paper and steam for 15 minutes.

- 3 Cool the dough quickly in a blast chiller.

- 4 Roll out the dough with a rolling pin and cut out round coin shapes with a knife. Shape 40 g of the dough around each skewer (like a kofta).

- 5 Deep-fry the seitan at 170°C until golden brown. Coat the seitan with the plum BBQ sauce.

To finish

- 1 Serve with fermented tofu, Chinese mahogany oil and green herbs.