

Radilicious II

Radilicious II

Pure plantbased inspiration from
Europe's best vegetables restaurants

U N T O L D

 we're smart.

GREENYARD 

Frank Fol
Mieke De Vylder
Wim Demessemaekers

Preface

Defining the future of food: pure plantbased deliciousness

This second volume of Radilicious arrives at a pivotal moment. In the two years since its first edition, the urgency and relevance of its message have only deepened – and even become an undeniable imperative: the future of food is pure plantbased. This book is more than a culinary inspiration. It is a call to action that I am only too happy to support, as it fully aligns with Greenyard's vision on the future of food.

Because let's face it: the world is at a tipping point. Our food systems are unsustainable. Our health outcomes are alarming. The data is shocking: \$11 trillion a year lost to poor diets and food production responsible for over a third of total global greenhouse emissions. If we want a livable future, we can no longer ignore the impact of what we eat. And here lies the paradox: our fruit and vegetable industry is among the most vulnerable to these disruptions, yet it also holds a vital key to their solution. A shift to pure plantbased diets could reduce total carbon emissions worldwide by no less than 25% while at the same time bringing healthier, more nutritious alternatives to the table.

So, the answer is right in front of us. Pure plantbased food isn't a compromise. It's a delicious, beautiful, versatile answer. Every single moment of the day, we provide food that is full of taste, easy to prepare and rich in nutrition – without compromise. Our mission has always been clear: to make the pure power of fruit and vegetables accessible to all, building on the inspiration of the best chefs out there.

This is the future we stand up for at Greenyard, in strong partnership with We're Smart. We share the same vision as Frank Fol, whose pioneering spirit to unite the world's best chefs behind a common cause has been instrumental. Together, we form a growing alliance: chefs who create, companies who innovate and voices who tell stories that matter.

Because this movement isn't theoretical. It's happening. And it's powerful. It connects growers to markets, food to health and people to action.

Radilicious shows us what's possible when the culinary world meets the pure power of plants. In the pages that follow, visionary chefs take fruit and vegetables to dazzling new heights, proving that pure plantbased is not only the most responsible path forward, it is also the most delicious.

Pure plantbased cuisine is neither a compromise nor a trend; it is an evolution that is here to stay. Let this book be your inspiration to try more, enjoy more and be part of the movement to redefine food for the better. For ourselves. For our planet. And for generations to come.

Hein Deprez

Founder and Executive Chairman of the Board of Directors Greenyard

GREENYARD 



Introduction

Cooking, for me, is a form of untamed exploration. In the earliest stages of my own exploration of the world of gastronomy, my focus was primarily on the techniques, flavours and balance needed to create the perfect dish. A little further down the line, the adventure led me to some of the world’s most renowned kitchens, where everything revolved around virtuosity and precision. Places like Can Fabes, Abac and Céleri unlocked untold experiences and a new level of insight into this demanding profession, teaching me the value of rigour, discipline and good communication in a team. I look back on that young chef with fondness and gratitude. Because that formative first leg of my culinary journey laid the foundations for the cuisine I believe in today.

Time changes you. Not always in big bangs but more often in bite-sized ways, gently and almost imperceptibly steering you onto a new course. And so my gaze also gradually shifted to a new reality: the Earth became the real protagonist of my story. My heart and mind became more keenly focused on the plant world. Driven first and foremost by personal concern, I began to explore a whole other universe. The Earth even took me as far as the moon, showing me how its energy influences the growth of plants. I continued my education and exchanged knowledge with people who shared the product of years of experience with a Xavier who was still rediscovering himself. I understood that vegetables were not just a side dish, but part of an immense, delicate and powerful ecosystem. I learned a rich and complex language full of subtle nuances that feed more than just the body.

In 2018 and 2019, I was lucky enough to receive the title of ‘World’s Best Vegetable Restaurant’ by the We’re Smart Green Guide. And since 2020, I may call myself a ‘We’re Smart Untouchable’ – the highest recognition for pure-plant pioneers in the world of gastronomy. A real honour, and above all, the strongest possible confirmation of my chosen path, of this way of cooking.

The magnificent book series Radilicious is just one of many initiatives by this forward-thinking organisation. Each edition comes packed with new stories, inspiration and recipes from the world’s finest vegetables chefs. We’re Smart’s way of inspiring people to feed the future with pure plantbased.

But Radilicious is also more than just a book. It is a powerful manifesto and a profound source of inspiration. A blueprint – or should we say “greenprint”? – for anyone who wants to make a difference in their search for the perfect balance between taste, health and respect for the planet.

My journey has taught me that creation is never purely focused on the end-result alone. In between the obsessive 26-year-old chef driven by the high demands of the job and the one I am today, there are many different versions of myself. Each of them appeared amenable to change and led to the one that stands here and now. The version that wants every dish to tell a story – about the Earth that gave life to every ingredient, about the farmer who nurtured it and the energy that arrives intact at the table. For me, it is nothing more than a gesture of gratitude.

This book is an invitation to see things differently. To step out of the hustle and bustle of daily life, for just a moment, and rediscover the value of simplicity. To reconnect with the things that truly nourish us.

Chef Xavier Pellicer
We’re Smart Untouchable



“
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”





About the book

In volume II of Radilicious, we once again take you on a whirlwind journey of discovery in the company of Europe’s best vegetables chefs. Twenty unique stories embellished with one hundred signature recipes elevate everything the earth yields to dizzying gastronomic heights. Powerful inspiration for the cuisine of the future.

To those who listen, nature speaks volumes – literally and figuratively. Each chapter of this volume brings the unconventional vision of a plantbased pioneer to life. You’ll get to experience their healthy stubbornness, unwavering passion and masterful creativity with the wonders of nature first hand. Each chef has been bestowed a coveted five radishes by the We’re Smart Green Guide: together, they represent precisely one hundred radishes; an extraordinary serve of pure plantbased excellence.

The book leads you on a journey through Italy’s vibrant Piedmont region, England’s lush and verdant Lake District, Luxembourg’s bountiful forests and Belgium’s rolling Ardennes. You’ll cross the fertile plains of Flanders and the Netherlands and explore the dynamic ecosystems of the island of Texel. From Spain’s biodiverse south – Europe’s vegetable garden – to effervescent cities and idyllic villages that bring the best of nature to the plate. Each story opens up a progressive culinary world that will amaze and inspire you.

Sadly, during the making of this book, we were forced to bid farewell to an icon: chef Jonnie Boer. His inspiring legacy has put vegetables well and truly on the culinary map in the Netherlands. Mischievous in nature, creative in craft and top class in everything else. Together with his wife Thérèse, he made De Librije a beacon on the gastronomic horizon – a place that is home to nature, hospitality and exquisite culinary delights. Jonnie was able to share his story, dreams and small pleasures with us. And his passion continues to burn brightly in Thérèse, Jimmie, Isabelle and Nelson.

This second edition also puts the extraordinary journey of Frank Fol in the spotlight, the first vegetables chef and the driving force behind We’re Smart World. He shares the story behind the organisation that now comprises not one but over 1,500 vegetable restaurants and counting! From its humble beginnings to the ground-breaking movement it is today, nourishing the world with healthy and sustainable food. The twentieth chapter is an ode to the visionary chef who fights with heart and soul for what truly matters: respect for people and nature.

These inspiring stories are brought to life through the stirring images of photographer Wim Demessemaekers and the texts written by my own hand. Every place and every encounter has touched us to the core. The love for the craft, the immense dedication, the warm welcomes, the delightful glimpses into passionate kitchens. It was always a thrill and an honour to bring a new chapter to life in words and images and, in so doing, unleash far-reaching inspiration on the world. That is what Wim and I strive to achieve with UNTOLD: to experience stories first hand, capture them with emotion and share them in a way that touches souls and ignites change.

As chef Emile van der Staak put it during the press conference for Radilicious I: “Had this book existed when I took my first steps, it would have given me several years’ head start. Because the future of cuisine is unavoidably plantbased.”

May this book amaze and touch you. Where it feels (and tastes!) good.

Mieke De Vylder

Author





Arabelle Meirlaen	16
Basiliek	36
De Librije	56
D’Errico Ristorante at La Madernassa	76
De Tuinkamer	98
Entropy	118
Fierro	138
Forest Side	158
Hofke van Bazel	180
Kook Atelier op Oost	200
Ma Langue Sourit	220
Menssa	240
Neon	262
ONE	282
Patrick Devos	302
Piazza Duomo	322
Plates	344
Tony García Espacio Gastronómico	364
’t Vijfde Seizoen	384
We’re Smart World	404



Arabelle Meirlaen

One taste of chef Arabelle Meirlaen's intuitive cuisine is all it takes to whet your appetite for more. Set amidst the rolling hills of the Belgian Ardennes, her restaurant serves nature in all its glory. Generous, elegant and beautifully balanced. Her enchanting vegetable garden is the point of embarkation for dishes that continue to flourish on the plate. Infused with a vitalising energy and a touch of magic that gently seep into your innermost being. Beauty that you can taste, feel and savour.



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arabelle.be

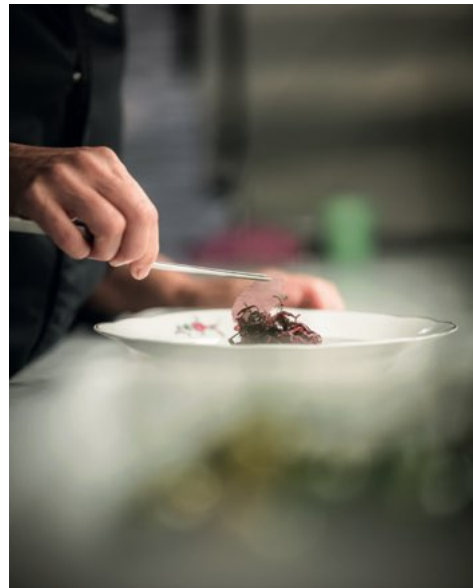


"I imagine food the same way I do life: beautiful, flavourful, crisp, drenched in love and emotion." Arabelle Meirlaen has an infectious sparkle in her eyes. Whenever she speaks, you intuitively hang on her every word. What a woman. What a cuisine! Infused with the refined intuition with which she expresses the free play of nature. An extra serve of happiness and healthy energy on the plate.

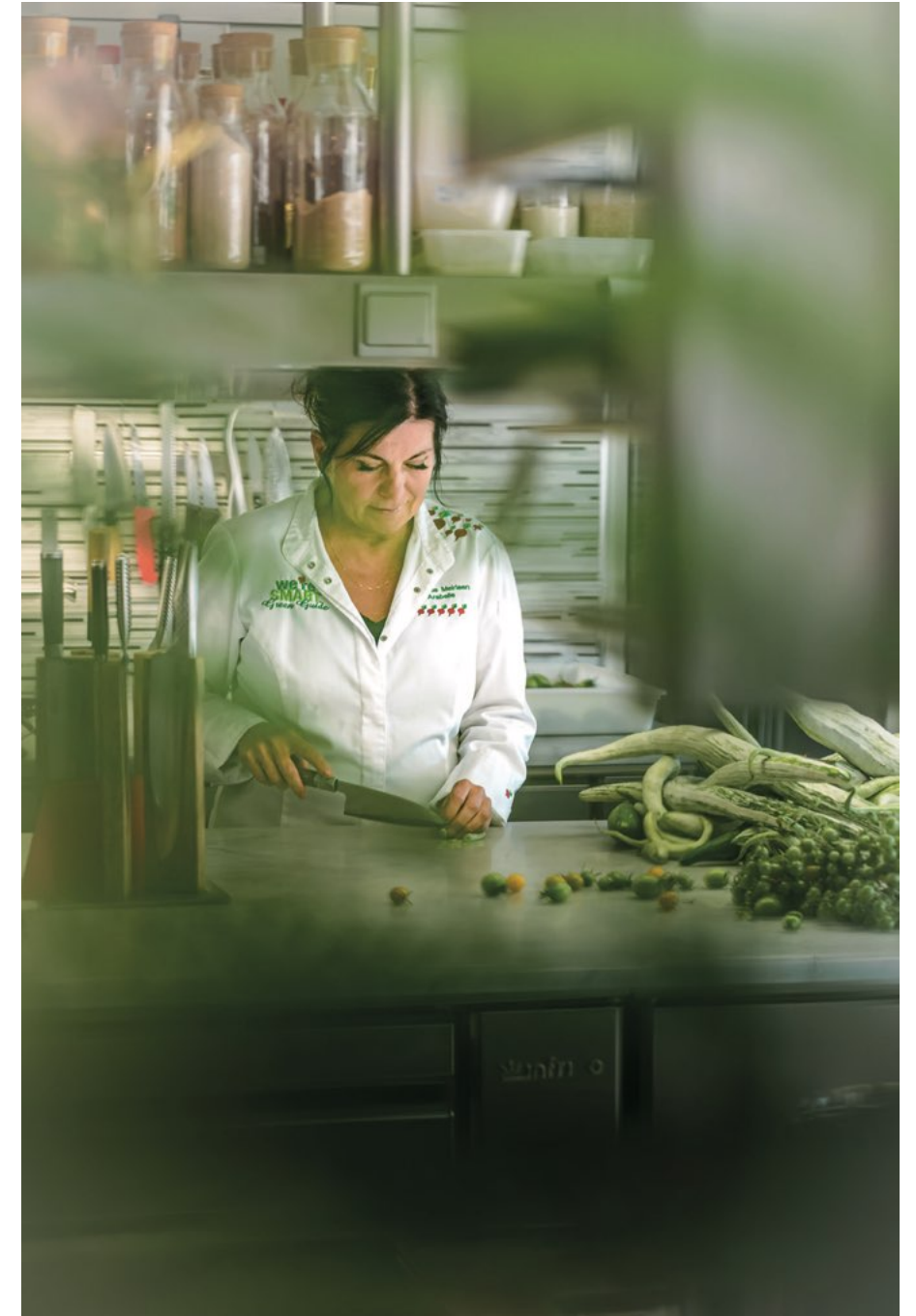
Overlooking the immense vegetable garden, you can enjoy dishes that are as light as a feather but no less full of life and intense in flavour. All served with a masterful sense for aesthetics and nuance. Making people happy, that is what she does (and enjoys doing) best.

Arabelle offers soulful cuisine that goes so much further than albeit sublime gastronomy. With a meticulous attention to detail, she deliciously weaves her natural wisdom into every recipe. Everything she knows and experiences is served thoughtfully and generously at the table. She invites your senses to a dance and lets your organs sing to the beat of the seasons. Intuitively, you experience how wholesome the heavenly flavours are and how light and cheerful you feel even as the final course is served. Here something unfolds of which most can only dream: nature in all its purity and harmony. A smile infused in every fibre.

What is most striking, perhaps, is that Arabelle never had any desire to become a chef. Fashion designer, that was more her thing. Moving house, however, brought the Libramont hotel management school a little closer. Arabelle's parents convinced her to give it a try. She got on well with people and thus specialised in service. And was very good at it. She was immediately hired after completing her traineeship at the restaurant of the world-famous crystal manufacturer, Val-Saint-Lambert. Not long after, she rose through the ranks to the position of restaurant manager. For the amount of work she put in, however, Arabelle earned precious little in return. In her view, she could just as well open her own restaurant. But her standards were high, which made the search for a suitable chef more difficult than expected. There was no other alternative than to go into the kitchen herself. And there, Arabelle came to feel more and more in her element. In fact, the kitchen proved to be the ideal place for her to do what she loves most: creating dishes that make people happy. The chef in her was finally born.



“
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”



As a daughter of farmers, Arabelle has a deep respect for everything the earth provides. Her father had a real feel for the land and what it could yield. And with each harvest, her mother would transform it into the most delicious meals. It is from them that Arabelle learned how to cook to the rhythm of nature.

The work as a chef is intensive, so she actively sought ways to re-energise each day, to be able to devote herself entirely to her craft. Her first thought was a logical one: how could her diet strengthen her vitality? Nature provided her with the answer, in the form of the seasons and how they promote our health through the exchange with our bodily organs.

A paper delivered by Philippe Gazon, herbalist and lecturer in herbal medicine, proved to be the first step in a whirlwind journey of discovery. He revealed how nature's hidden treasures can help us achieve a healthy balance: the power of prevention, the place of food and how plants act as allies in our wellbeing. Arabelle delved deeper and deeper into the subject, read mountains of books and followed numerous presentations on herbalism, macrobiotics, ayurveda and Eastern medicine. On her way, she met a number of likeminded people who shared her experiences and insights. Universal wisdom is timeless and stretches across cultural bounds. From the herbalist Fabienne Monnier to homeopath Irène Grosjean. From Ekuko, the wife of the Japanese ambassador to Amina, the radiant Moroccan dishwasher from the restaurant.

The macrobiotics expert Esther Chapeau inducted Arabelle in the philosophical and nutritional traditions that strive to maintain a balance between Yin and Yang energy for a long and healthy life. She taught her about plant toxicity and how to eliminate it in preparing easily digestible, nutritious dishes. Legumes, for example, should be soaked for at least 12 hours before cooking. Stimulating the germination process helps remove the toxins. For the same reason, sesame seeds should also only be eaten toasted or soaked in water.

Every encounter has contributed an immeasurable wealth of knowledge and techniques to her cooking: about natural elements and seasons, meridians and their effect on our organs, age-old techniques and herbs that were originally added not at the end for their flavour but rather at the beginning to promote better digestion. In addition to knowledge and know-how, those many encounters also spurred the exchange of unique seeds. Seeds which Arabelle sows with love and grows into true delicacies in her restaurant.



“
Nature’s hidden
treasures help us
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The more Arabelle learns about nature, the more she realises just how far removed from it we as human beings have become. She contemplates in wonder the immeasurable wealth of nature and what it can bring to her life and that of her guests. And in that endeavour, she has found her calling as a chef: honouring her mother's culinary arts and mother nature at the same time. By listening to the rhythm of the seasons and our own bodies to create dishes that are both irresistible and healthy.

Arabelle is like a fairy who magically conjures the wisdom of nature on the plate. Intuitive, wholesome and utterly delicious. The seasons define what nourishes us. Spring is the season of the liver, of detox and regeneration, of abundant fresh greens. Summer lets our hearts sing. It is the season of unbridled energy, rich colours on the plate and a healthy dose of sunny vitamin D. With autumn, nature takes a moment to catch her breath. Here, the lungs are central. Arabelle stimulates our breathing by adding a pinch of spice to earthy delights such as wild mushrooms, pome fruits and root vegetables. In the winter, it is time for our kidneys, for rest and revitalisation. Everything related to water supports the energy of the kidneys. Those with a keen sense of taste will discover delightful salty notes throughout the menu.

The success of Arabelle's mission depends on the quality of her ingredients. A dream of hers became a reality one day when she and her (life and business) partner Pierre Thirifays discovered this incredible piece of land, surrounded by green, at the end of a dead-end street that opens onto a forest. Here, their restaurant found its natural habitat, giving the vegetable gardener in Arabelle the breathing room it needed to unfold. Space to experiment and to cultivate. In the extensive garden you'll find pumpkin and zucchini varieties of which most of us have never even heard. Bolivian, Mexican, Chinese, Vietnamese and no doubt a dozen other varieties of coriander: fresher and much more refined than the more common variety. Myoga ginger. Wild fruits and vibrant flowers. Around three quarters of everything on the plate once grew in this magnificent garden. Arabelle in Wonderland.

Nature whispers its wisdom. And those who listen well will hear her voice resonate deep inside them. And on the plate at Arabelle Meirlaen.



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”



Pierre has stood by her side from the beginning. While Arabelle thrives in the garden and the kitchen, he truly excels in serving. He receives guests, explains the menu and tells the story behind every dish with masterful flair and finesse. What began as a passion became a true calling and he trained to become a qualified sommelier as well. As the son of a farmer himself, he speaks the language of small-scale artisanal winemakers and has built up several fruitful relationships. His selections are precise, surprising and perfectly balanced.

For Arabelle, Pierre is the ultimate partner for creating highly refined taste pairings. The dishes are accompanied by his exceptional selection of wines and noble alcohol-free drinks made with ingredients from the garden: birch juice with ginger, elder blossom champagne, rose-infused geranium water, kombuchas and herbal infusions.

With her naturally intuitive cuisine, Arabelle has succeeded in creating a personal signature that touches people where it feels good. A smile, a tear of joy, the best compliments come all by themselves. In 2019, the restaurant was declared the Best Vegetable Restaurant in Belgium by We're Smart. Since then, it has been a permanent fixture in the Guide's top 30 vegetable restaurants worldwide. The restaurant also boasts a red and green star from Michelin.

What female intuition, a lush garden and refined virtuosity can bring about! Once upon a time... and they lived happily (and healthily) ever after.

“
Once upon a time...
and they lived
happily (and healthily)
ever after.
”



Red cabbage with Sakura leaves and roasted sesame seeds

4 PERSONS

Fermentation

400g red cabbage

4g sea salt

- Combine the red cabbage and sea salt. Knead until the cabbage releases liquid. Place in a preserving jar, press the cabbage down, making sure it is fully immersed. Leave to ferment for 12 hours at 25-30°C.

Garnish

Roasted sesame oil

Extra virgin olive oil

10g sesame seeds

15g goji berries

15g pumpkin seeds

8 fermented Sakura leaves (Cavad'or)

Dash of mirin (Japanese sweet rice wine)

1t yuzu kosho or chilli paste (homemade)

Rice paper

100g cooked sushi rice

50ml cabbage fermentation juice

1t granulated sugar

- Blend the rice, fermentation juice and sugar for 5 min. at 100°C until smooth. Spread thinly on a silicone mat. Dry in the oven at 90°C until the sheet is firm but flexible.

Finishing

- Briefly toast the sesame seeds and pumpkin seeds. Coarsely chop the Sakura leaves. Mix the fermented cabbage with goji berries, seeds, sesame, Sakura leaves, mirin, yuzu kosho and a dash of both oils. Arrange the cabbage on a plate, place the rice sheet on top and finish with a few drops of the fermentation liquid.

TIP

- Fermented cabbage contains vitamin C and is also a great source of probiotics, which enrich the intestinal flora and strengthen the immune system.



Scallop trompe-l'œil

4 PERSONS

Vegetarian scallops

1 celeriac

- Peel and cut the celeriac into 4cm thick slices. Cut out round shapes the size of a scallop and cook for 20 min. in dashi stock.
- Cook the leftovers and set aside to make a purée.

Dashi

1.5L water

50g kombu seaweed

10ml white soy sauce

- Bring the water to the boil with the seaweed and season with soy sauce.

Celery purée

Celery scraps

1 dash of soy cream

Pinch of fleur de sel

Pinch of 5 pepper mix

- Blend all ingredients together until smooth. Strain.

Vinaigrette

100ml pumpkin seed oil

100ml walnut oil

600ml Belgian rapeseed oil

- Pour all ingredients into a bottle and shake well.

Brazilian seaweed salad

2T roasted sunflower seeds

2T roasted sesame seeds

2T roasted flax seeds

1T fleur de sel

2T seaweed salad mix

1T roasted nori flakes

- Combine all ingredients and store in a jar.

Finishing:

- Place a spoonful of celery purée in the centre of a plate. Add sliced celery and then the Brazilian seaweed salad. Drizzle with the vinaigrette around it.

TIP

- This dish is rich in iodine, plantbased protein and vitamins B1 and B9.



Peace & Love

4 PERSONS

Almond mayonnaise

100g white almond purée (Monki)
50ml clear iodised soy sauce with sea water (Smolarek)
50ml soybean oil

- Blend all ingredients together in a blender

Vegetable crab

600g parsley root

- Grate the roots (2mm). Combine with 4-6 tablespoons of the almond mayonnaise

Kohlrabi slices

750g kohlrabi

- Cut the kohlrabi into 2cm wide and 15cm long slices. Save the leftovers for the tartare.

Apple and pear tartare

1 green apple
1 pear
150g kohlrabi trimmings
Lemon juice
25g wakame (rehydrated)
2T almond mayonnaise
Fleur de sel and 5-pepper mix

- Finely dice all ingredients. Beat into the almond mayonnaise and season with lemon juice, fleur de sel and 5-pepper mix.

Chlorophyll Angel Face

100g carrot tops
100g rucola
1 shallot
1/2 bird's eye chilli
300ml orange juice
50ml olive oil
20ml apple cider vinegar
1 whole ginger root
5g coriander
Salt and pepper

- Blend everything in a blender and strain to obtain 500ml of juice.
- Bring half of the juice to the boil. Remove from heat and add the other half of the juice, along with 4g agar agar.
- Pour the mixture into moulds while still warm.

Nori

50g nori sheets
1L water
12g agar agar

- Bring the water and agar agar to the boil. Add the nori. Pour onto a flat dish to form a thin layer.
- Reinforce with the kohlrabi slices and cut into pieces.

Finishing

- Use a ring (8cm) to arrange seaweed/ kohlrabi on the plate. Place the tartare on top and then the crab filling. Garnish with a cannabis leaf and nori powder.



Indian pumpkin stew

4 PERSONS

Neutral soy or sunflower oil
1T garlic, finely chopped
1T ginger, peeled and chopped
1T yellow mustard seeds
1t turmeric
1t ground coriander
10 curry leaves (frozen) or 1/2t ground
Cardamom seeds
Fleur de sel
Freshly ground black pepper
1t Espelette pepper
1 dash of mirin
1 red onion, finely chopped
300g yellow dahl lentils (soaked for 12h
in cold water at room temperature)
500g diced tomatoes
200ml vegetable stock
1 round Indian pumpkin (Tonda padan)
150g spinach
250g almond yoghurt

- Fry the garlic in the soy oil. Remove from heat, add the spices, ginger, briefly fry. Add the red onion and the soaked lentils, simmer gently. Add the tomatoes and stock. Simmer for 10 min. Add the pumpkin and simmer again until the pumpkin is soft and the lentils are thoroughly cooked. Add the spinach and yoghurt, serve in a bowl with a garnish of your choice.

TIP

- This method is known in the health world for its beneficial effects on digestion. May our food be our medicine.



Fig rose

4 PERSONS

Dark chocolate ganache

100g dark chocolate
100ml soy cream

- Bring the cream to the boil, add the chocolate until melted. Pour half of the mixture into rose-shaped moulds.

Vanilla cream

200ml soy cream
1 vanilla pod (Madagascar)
40g icing sugar
10g vegetable gelatine (Sosa)

- Bring everything to the boil. Allow to cool slightly then gently pour half the filling over the chocolate ganache and freeze.

Crunchy seeds

50g hemp seeds
15g chia seeds
100g toasted almond slivers
100g dried figs
25g toasted sesame seeds
50g almond paste
50g coconut oil
1 pinch fleur de sel

- Blend all ingredients together and spread out on a silicone baking mat. Leave to harden in the freezer. Use a cookie cutter (5cm or same diameter as the moulds) to cut out the shapes.

Fig mousse

500ml prickly pear juice
500ml fresh fig juice
250ml bergamot juice
250ml raspberry juice
250g soy cream

- Gently bring all ingredients to the boil and pour into the rose-shaped moulds. Place the frozen chocolate ganache and vanilla cream and top and finish with the crunchy seeds.

TIP

- Figs provide calcium, potassium, magnesium, iron, zinc, antioxidants, and vitamin B. The crunch of the seeds gives you an energy boost.



Piazza Duomo

In the charming town of Alba, nestled between the glowing hilltops of the Langhe, restaurant Piazza Duomo enchants its guests with every dish served. Chef Enrico Crippa offers a majestic ode to nature, elevating it to the level of contemporary art on the plate. Each dish is a scintillating composition of colour, texture and emotion. Every mouthful, a world unto itself. Intimate and grandiose all at once.



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piazzauomoalba.it



Endless vineyards adorn the hillsides and picturesque villages are strung like pearls between the Alps and the banks of the river Po. Here, in the heart of Piedmont, lies Alba – the city whose markets are ripe with the aroma of fields, truffles and Barolo. On the central square, at the foot of the imposing cathedral, lies the shimmering Piazza Duomo. The undisputed culinary highpoint of the region and among the world's top fifty finest restaurants. Chef Enrico Crippa creates truly exceptional experiences with virtuosic creativity and unparalleled expertise. Pure culinary art of the highest calibre. For those willing to pause, marvel and savour.

The prominent Ceretto family has enriched this region with its magisterial winemaking tradition and consummate passion for art. On their quest to put Alba on the global gastronomic map, they encountered the formidable chef Enrico Crippa. Bruno and Roberta Ceretto met Enrico at Paderno D'Adda where he was head chef. From the moment they tasted his pumpkin crisp with gorgonzola, the plan was hatched. Enrico was given carte blanche to transform Piazza Duomo into a true icon. The restaurant opened its doors in 2005 and soon after began to acquire a formidable reputation. The accolades followed as a matter of course, at a pace never before seen in Italy: recognition as the best vegetable restaurant in the country and third best in the world by We're Smart, one green and three red Michelin stars in nine years and an invitation to sit on the jury of the prestigious Bocuse d'Or chef competition.

Just a few kilometres from Alba lies Tenuta Mon-sordo Bernardina, the Ceretto family's estate. Here, among others, grows the vegetable garden of Piazza Duomo – nurtured with love and devotion by their gardener Andrea and his team. Chef Enrico pays them a visit every morning – the starting point of his creative process. More than four hundred kinds of fruit, vegetables, flowers and herbs – from common to rare and ancient varieties – are cultivated with the greatest respect for the natural process. The greenhouse and garden beds dictate what ends up on the menu. And the produce is harvested and dispatched to Piazza Duomo up to three times per day. Transformed by the chef into culinary masterpieces that amaze all the senses.

“
Chef Enrico pays
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process.
”



Enrico inherited his love of cooking and attention for local produce from his grandfather. He would spend at least two weeks there every summer holiday. He remembers the daily hunt for local markets and growers, and the vegetable patch that was the pride of every rural family. Having endured the war, his grandfather had a strict work ethic which extended to the kitchen where he would cook with genuine passion.

That same passion continues to inspire Enrico's own cuisine. After completing his chef's training, he travelled to France and Japan to enrich his knowledge and know-how, eventually returning to Italy to further develop his own signature. Piedmontese cuisine is famous for its rich, full-bodied flavours, with a lot of meat dishes, ravioli, egg pasta with butter, vitello tonnato and insalata russa. But as Enrico recalls, those dishes were reserved for Sundays. During the week, people ate earlier and simpler – a lot of soup and vegetables.

Piazza Duomo is Enrico's deeply personal and innovative homage to traditional values and the region's treasure trove of local produce. The vegetable garden lies at the centre of everything, meat and fish enter the creative process at a later stage – if at all. Every ingredient is of the highest possible quality, selected with the utmost care. At this level, only the very best is good enough.

Every year in December, chef Enrico and gardener Andrea get together to make a plan for the coming year. They evaluate what was successful and what wasn't and what new challenges they want to take on. Seeds are collected, just as their grandparents did. The dynamic exchange between the vegetable garden and the kitchen is extremely intense and of inestimable value. Enrico and Andrea continuously challenge one another to pick, taste and discover. The gardeners often come by the restaurant to properly understand why the chef's seemingly extravagant demands are so crucial. They learn the importance of young shoots and leaves, and how more mature plants are processed into mind-bogglingly delicious dishes. In return, the gardeners offer Enrico new finds from the garden along with suggestions which the chef is all too eager to embrace. Enrico once asked Andrea why he never saw fresh chickpeas at other restaurants or markets. Apparently, chickpeas are easier to liberate from their pods after drying. Nevertheless, Andrea succeeded in conjuring the fresh variant exclusively for the kitchen at Piazza Duomo. The magic begins here: in the field, in the greenhouse. Passionate souls side by side.



“
Piazza Duomo
is a deeply
personal and
innovative homage
to traditional
values and the
region's treasure
trove of local
produce.
”



Piazza Duomo succeeds in taking rich traditions, daring innovations and artistic creativity and combining them with true elegance. Each dish is thoughtfully planned down to the smallest detail. A virtuosity of flavour, texture and form that succeeds in astonishing guests time and time again. Such as the dish 'Insalata 21, 31, 41, 51...', and here, the vegetable garden comes to life in a lavish bouquet which, depending on the season, can bring together more than one hundred different ingredients. Each blossom, every leaf opens up a new dimension on the palate. For this dish, you are invited to discover the vegetable garden with a pair of tweezers. A singular experience of time to enjoy the purity of nature, served with true deft.

Enrico's ambition is for his cuisine to touch people in the deepest fibre of their being. To make the experience complete, he transforms every dish into a genuine work of art. The same way he remembers his mother drawing on porcelain, he turns every plate into the canvas for a genuine masterpiece. He takes inspiration from famous artists, galleries and exhibitions. And that is no coincidence. Alongside their deep love for the region, for wine and gastronomy, the Ceretto family also has a big heart for art. Piazza Duomo's star-studded guest list includes such names as Anselm Kiefer, Kiki Smith, Marina Abramović, Francesco Clemente, Patti Smith and Lynn Davis. Each time, the chef creates something personal, inspired by his own interpretation of their work. This is a key element of his unique signature. Jewels in all their splendour.

That signature is perfectly matched by the majestic setting at Piazza Duomo. The pink room commands impressive views of the cathedral. The walls are adorned with frescoes painted by Francesco Clemente which only serve to amplify the overall sense of grandeur. Moreover, one does not simply walk into Piazza Duomo. Guests ring the doorbell and are subsequently escorted to the exclusive upper floor. The number of covers is deliberately restricted to ensure a luxury experience of the finest quality.



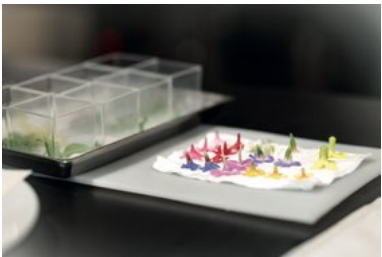
“
Enrico remembers
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”



Chef Enrico Crippa treats the Ceretto's as his second family. Besides them, he can also count on an exceptionally talented team of more than forty employees. In the kitchen: sous-chefs Umberto, Omar and Jacopo, Luca as head of production and Giulia as pastry chef. The front of house is in the expert hands of Davide, while the renowned Ceretto wines are selected and presented by sommelier Jacopo.

As with every plate, the kitchen itself is a tightly choreographed dance in which every element fulfils a specific role. *“Assemblare è una cosa, creare un insieme è un'altra.”* Putting things together is one thing, creating an integrated whole is another. That is the ideal that drives the chef to continually push the envelope towards the sublime.

At Piazza Duomo, time stands still and gives way to exceptional craftsmanship. An ode to the splendours of the vegetable garden like you have never experienced them before.



“
At Piazza Duomo,
time stands still
for exceptional
craftsmanship.
”



Asparagus with wild garlic

4 PERSONS

Asparagus

8 XL asparagus spears
Extra virgin olive oil

- Clean the asparagus and remove the hard ends. Cook for 5-7 min. in salted water and leave to dry on kitchen paper. Brush with extra virgin olive oil and fine salt and roast in the oven.

Wild garlic cream

200g wild garlic
Salt

- Clean and wash the wild garlic leaves. Cook in plenty of boiling salted water, drain well and purée to a smooth, homogeneous cream. Season to taste with salt.

Wild garlic foam

200g wild garlic
Extra virgin olive oil

- Clean and wash the wild garlic leaves. Cook in plenty of boiling salted water. Mix with a little water and extra virgin olive oil. Season with salt. Use an immersion blender to make the foam.

Garnish

4 curly mizuna
4 curly rocket leaves
4 Cuban purslane
4 sorrel leaves
4 Belleville sorrel
8 yellow sorrel flowers
8 yellow wild rocket flowers
8 lithodora flowers
8 wild garlic capers in vinegar
16 Alaskan nasturtium leaves

Finishing

- Put a little wild garlic cream on the plate, place the grilled asparagus on top and cover with wild garlic foam. Garnish with wild garlic leaves, flowers and capers.

TIP

- Wild garlic capers can only be prepared once a year, after the flowers have fallen from the plant. Once collected, they are placed in a glass jar and covered with a boiling solution of equal parts water, vinegar and white wine. Leave to mature at room temperature for 1 month before opening the jar and using the capers.



Cauliflower and spices

4 PERSONS

Almond cream

400g almonds
200g water

- Boil the almonds in water, remove the skins and rinse under running water. Purée the almonds together with the cooking water.

Cauliflower reduction

2 cauliflowers
Salt
White vinegar
Sugar
1 cauliflower
Lemon juice
Salt
Rosemary

- Clean and wash the cauliflower. Cut the cauliflower into large pieces and vacuum seal with salt, sugar and white vinegar. Steam for 1h at 92°C. Purée the cauliflower, pour through a cheesecloth and drain. Boil the juice in a pan until it turns hazelnut brown.

Spices

Turmeric powder
Caper powder
Fennel flower powder
Roasted lemon powder

Turmeric powder

- Dry the fresh turmeric at 60°C. Purée into a fine powder.

Caper powder

- Soak the salted capers overnight. Drain and dry at 60°C. Purée into a fine powder.

Fennel flower powder

- Dry fennel flowers at 60°C. Purée into a fine powder.

Roasted lemon powder

- Wash 10 lemons. Place in the oven at 200°C until they are completely black on the outside. Halve the lemons and spoon out the flesh. Dry the peel in the oven at 60°C. Purée the dried lemon peel in a blender to a fine powder.

Package

Cauliflower
20 roasted almonds
8 Rumex Belleville
8 ground ivy
8 Rum Scutatum
8 Alaska nasturtium

- Grate a cauliflower into grains the size of couscous. Cook the grains, drain and leave to dry on kitchen paper. Put the cauliflower grains in a bowl and season with the almond cream, ensuring a consistency similar to creamy risotto. Season with chopped rosemary, salt and lemon juice. Spread the cauliflower in a circle in the centre of a plate. Spoon a teaspoon of cauliflower reduction onto the cauliflower. Using a sieve, sprinkle the four powders, alternating colours, over the cauliflower. Garnish the plate with the toasted almonds and herbs.



Ficoide and Ficoide

4 PERSONS

Ficoide

160g ice plant (Ficoide)

- Wash the ice plant and dry on kitchen paper.

Dressing

25g salted preserved lemon

5g lemon juice

15g extra virgin olive oil

Pepper

- Finely chop the preserved lemon. Add lemon juice and olive oil. Season to taste with pepper.

Ice plant juice

200g large ice plant leaves

Salt

Sugar

Lemon juice

- Clean and wash the leaves. Juice them using a juicer. Season to taste with salt, sugar and lemon juice.

Puffed polenta waffle with avocado

Puffed polenta

100g cornmeal

500g water

5g salt

- Bring the water to the boil, add salt and corn-flour and continue stirring with a whisk. Cook for 1h with the lid on the pan. Divide the polenta between two sheets of baking paper and dry at 60°C. Break the polenta into pieces of approximately 3x10cm and fry in oil at 200°C.

Guacamole

1 avocado

Lemon juice

Salt

- Mix the avocado flesh with lemon juice and season with salt.

Salad

24 white borage flowers (cucumber herb)

8 Thai basil flowers

8 Greek basil leaves

8 red basil

8 pearl herb (Lithodora)

8 rucola flowers

8 garlic mustard flowers (Alliaria)

Lime zest

8 slices of fresh chilli

8 slices of fresh onion

- Place the ice plant in a small bowl, season with black pepper and dressing. Garnish with the white borage flowers. Fill the polenta waffle with guacamole and garnish with grated lime zest, chili pepper and sliced onion. Garnish the waffle with the various leaves and flowers. Serve with the ice plant juice in a glass.



Summer in Macedonia

4 PERSONS

Siroop

Syrup
2L water
240g sugar
Zest of 1 red apple
Zest of 2 lemons
1/2 star anise
2 cloves
1 vanilla pod
3 mint leaves
1/2 cinnamon stick

- Bring the water to the boil, add the various aromatic ingredients and leave to infuse for 30min. Strain the syrup and leave to cool.

Vegetables and fruit

1 fennel
5 carrots
1 bunch of celery
2 Williams pears
3 red apples
1 pineapple

- Wash and clean all the fruit and vegetables and cut each piece into 7mm cubes. Cook each item separately in the syrup and combine all the ingredients in a bowl after cooking. Leave to cool immediately.

Base

1 banana
1 kiwi
2 strawberries
1 yellow apple
1 Williams pear
30 g fresh peas, shelled
Vanilla oil
1 bar of white chocolate
Bouquet of herbs and flowers

Finishing

- Divide 200g of the cooked vegetables and fruit into 4 shallow plates. Add the fruit, also diced into pieces the same size as the cooked base. Add the peas. Garnish with herbs, flowers and vanilla oil. Grate the white chocolate over the plate.



Pak choi and turmeric

4 PERSONS

Pak choi

4 pak choi

- Wash the pak choi and remove the outer leaves. Cook the pak choi for a few minutes in boiling salted water. Leave to dry on absorbent paper and cut in half.

Turmeric sauce

100g shallots
60g turmeric root
30g ginger root
10g garlic
10g coriander seeds
1L vegetable stock
2g bay leaf
2g lemon leaf
Cornflour

- Clean the shallot, garlic, ginger and turmeric and cut into slices. Roast the coriander seeds in a pan. Fry the chopped shallot, garlic, ginger and turmeric in oil. Add the bay leaves, lemon and roasted coriander seeds. Leave to simmer for a few minutes, then add the vegetable stock. Cook over low heat for 2h. Blend with an immersion blender and strain through a cheesecloth. Reduce the sauce to 1/3 and thicken with cornflour.





From chef to book

The world is full of stories that have the power to feed our imagination, nourish our bodies and nurture our planet. Living and telling those stories is what drives us. We are Mieke and Wim, a creative duo who share a passion for inspiring initiatives and for life itself. With UNTOLD, we create books that matter, that open up new perspectives and ignite change.

We travel the world in search of stories that can enrich the lives of others. And we bring them to life through powerful images and evocative words. Wim, camera at the ready, with an eye for the greatness hidden in the smallest detail. Mieke, wielding words that add resonance and meaning. Together, we give soulful stories the weight and reach they deserve.

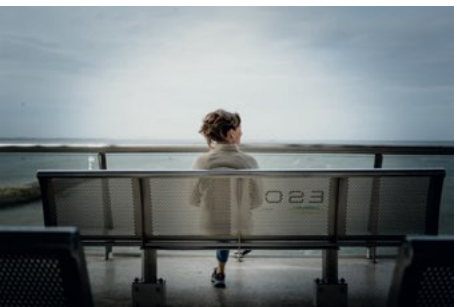
Our hearts have skipped more than one beat in the making of Radilicious. As in the first edition, twenty plantbased pioneers have once again offered a window on their progressive visions and revealed the secrets of recipes bursting with flavour and impact. It is astonishing just how much diversity there is between chefs who all place plantbased food centre stage. The chefs' unique perspectives and motivation have led to twenty distinctive stories, each striking a different chord. From passionate social action to nutritious food made with the utmost respect for nature. From striving for a healthy balance in tune with the seasons to cooking according to the principles of macrobiotics and traditional medicine. Every story embodies a unique adventure, full of inspiration and deserving of admiration.

The most incredible stories come from people who put their heart and soul into them. We are therefore incredibly grateful. For the seed planted by Frank Fol, which has grown into this magnificent book series. For his faith in us as travel companions on the journey. For the time and dedication of masterful chefs and their teams, generously given to inspire others. For the courageous growers who make future-oriented agriculture their life's work. For the unwavering support of the We're Smart and UNTOLD teams. In short, for the commitment of everyone who played a part in bringing this wonderful story to the world.

Radilicious. To be continued.

Mieke De Vylder & Wim Demessemaekers

UNTOLD. Books that matter.



Arabelle Meirlaen		D’Errico Ristorante in Madernassa		Fierro		Kook Atelier op Oost	
Red cabbage with Sakura leaves and roasted sesame seeds	26	Rifiorire	86	Parsnip	148	Oyster shell of seaweed with briny vegetables	210
Scallop trompe-l’oeil	28	Campari asparagus	88	Thyme, green apple and celery	150	Bouquet of spring vegetables	212
Peace & Love	30	Evergreen	90	Corn	152	Kohlrabi ravioli	214
Indian pumpkin stew	32	Melanzane	92	Red chard from the garden and capsicum ravioli	154	Rhubarb and strawberries with sesame	216
Fig rose	34	Vegetable Capunet	94	Seaweed and tremella	156	Pure plant pâté	218
Basiliek		De Tuinkamer		Forest Side		Ma Langue Sourit	
Yellow beetroot, unripe tomato and juniper	46	Pure plant foie gras with Jerusalem artichoke	108	Jerusalem artichoke taco	168	The garden	230
Bread course	48	Cold romaine lettuce soup	110	Garden herb flatbread	170	Shallot, carrot and cumin tart	232
Clafoutis, blackberry and lovage	50	Radish with rhubarb root and pumpkin	112	Beetroots cooked all day in their own juice	172	Beetroot, blackcurrant and tonka	234
Marbré	52	Kohlrabi pyroza with dahlia mole and purple polenta	114	Barbecued new season asparagus with wild garlic and pickled walnut	174	Celery, vegetable juice and ravioli	236
Green beans, kombu and tomatillo	54	Pea and butterfly pea	116	Barbecued hen of the woods	176	Garden tart with citrus	238
De Librije		Entropy		Hofke van Bazel		Menssa	
Wasabi	66	Cabbage, onion and quinoa	128	Prime cauliflower, caramelised Cevennes onion, fermented garlic and herb oil royal	190	Artichoke angel hair	250
Cauliflower	68	Asparagus and nasturtium	130	Marinated tomato confit “all the way”	192	Beefsteak tomato carpaccio à la Harry’s Bar	252
Aubergine	70	Potato and leek	132	Ceci n’est pas un risotto	194	Mushroom broth and eryngii brochette	254
Sunflower	72	Apple and carrot	134	Frozen Bellini	196	Pani puri with tomato salsa and jalapeño gazpacho	256
Beetroot	74	Pea and morel	136	Candied rhubarb, Basel strawberries, young fennel and rhubarb sorbet	198	Beersel garden dessert	258

Neon		Patrick Devos		Plates		't Vijfde Seizoen			
Indian Cosmo	272	Marinated aubergine, fermented cherries, roasted beetroot, rye miso, cherry kombucha sauce	312	Amela tomatos, sour gooseberry, house ricotta, black apple jam, frozen tarragon, grilled tomato broth	354	Beetroot tartlet and dry-aged beetroot	394		
Mix of pickled and marinated vegetables	274					Tartare of einkorn koji, smoked aubergine jus and beetroot ice cream	396		
Bright gazpacho with cherry tomatoes, cherries and beetroot	276					Nasturtium pesto with tomato preparations, turmeric oil and samphire	314	Dry-aged sandwort spaghetti and wasabi quinoa	398
Grilled pointed cabbage, nasturtium and lemon verbena pesto with Douglas fir and hazelnut milk	278					Mushroom brochette with koji sauce and wild herbs	316	White asparagus, romesco, fried cashews and magnolia beurre blanc	400
Meadowsweet ice cream with blackberries and honey	280	Artichoke with sea fennel emulsion, codium gel, wakame and palmaria	318	Rice pudding ice cream, chewy beetroot and mulberries, toasted Poha rice	360	Milky Oolong pecans, Amatika chocolate and salted caramel	402		
ONE		Sea buckthorn mousse, lemon verbena crèmeux and wild blackberry sorbet	320	Raw gateaux, sour cherry, toasted macadamia, coconut blossom ice cream, african pepper and raw caramel sauce	362	We're Smart World			
Vegetable garden bouquet	292	Piazza Duomo		Tony García Espacio Gastronómico		Grilled zucchini steak with apple salsa, zucchini, Kalamata olives, garlic, chives and flowers	414		
Crispy potato flower	294					Okra stuffed with spinach and chickpea hummus, topped with a salad of finely chopped spinach, radish and dill	416		
Muscat pumpkin	296	Asparagus with wild garlic	332	Our patatas bravas	374	Binu carpaccio on a stem sauce with sweet and sour mashed potatoes	418		
Barbecued carrots	298	Cauliflower and spices	334	Paccheri Tatayoyo	376	Yacon, tomato, shallot and lime tartare with capers, chives and rucola	420		
Roasted capsicum	300	Ficoide and Ficoide	336	Buckwheat with Almería vegetables	378	Crispy yacon with orange, pistou basil, za'atar, curly lettuce and blueberries	422		
		Summer in Macedonia	338	Tomato salad	380				
		Pak choi and turmeric	340	Pumpkin stew with pomegranate, tofu and kefir	382				

U N T O L D

Colophon

Untold was introduced to a world of masterful vegetables chefs through the initiative and infectious enthusiasm of Frank Fol (We're Smart). A unique collaboration that has given rise to this book, infused with passion, vision and future.

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With this Untold book, we serve stories that inspire and dishes that bring flavour to the world.
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