

Frank Fol



Vegetables and fruit play the starring role on the plate



Text: Isabel Boons | Photos: De Groene Gault&Millau THV en Heikki Verdurme

Frank Fol, aka the Vegetable Chef, is undoubtedly the trendsetter in the use of vegetables and fruit in the kitchen. His philosophy Think Vegetables! Think Fruit!® conquered many chefs' hearts in Belgium and far afield. At the beginning of May, Frank launched the new platform 'We're Smart® World', a unique concept which puts extensive sustainability centre stage.

For 28 years, Frank Fol has been obsessed by the use of vegetables and fruit in the kitchen. After 16 years behind the stove of his restaurant Sire Pynnock, he decided to take on a new challenge in 2005. Since the start of his restaurant in 1989 the following statement has always been printed on his menus: Frank Fol and his kitchen with vegetables.

Flanders was introduced to Frank through the television programme MondFol on Eén and he is also the creative brain behind EXKI. He accompanied the Belgian Olympic Team and South Pole travellers Dixie Dansercour and Sam Delfour. His passion for healthy eating and his fascination with fruit and vegetables are a direct consequence of the region in which

he grew up. The Hageland, after all, offers a wealth of wonderful fruits and vegetables. His inspiration, in his own words, comes mostly from Thai cuisine.

We're Smart® World

On 2 May, (and on 3 May in the Netherlands), the platform we're Smart® World launched

in Belgium. We're Smart World wants to bring together all the businesses that want to endorse the ideas in order to ensure that there will be more guarantees in the future for a better environmental footprint and extensive sustainability. "This new platform brings a number of things together," says Frank Fol. "In other words, we gather together 'the week of vegetables and fruit', the Awards 'Best Benelux Vegetable restaurant', 'The Green Gault&Millau' and all the activities which have a connection with our concept. "So all the projects that focus on tasty, healthy, sustainability, ecology and organic will be given a place within this platform. Anyone who wants to be part of this sustainable family can register on www.weresmartworld.com and keep up to date with the latest news and activities."

The Green Gault&Millau

Published for the third time, The Green Gault&Millau contains more than 500 addresses, including 140 gourmet restaurants that were graded on their use of vegetables and fruits in their kitchen.

Frank Fol: "Every year we choose the best vegetable restaurants of the Benelux. The selection is done very meticulously based on the philosophy Think Vegetables! Think Fruit!® and according to an internal grading based on 'radishes'. So completely different compared to the grading of the Yellow Gault&Millau. The more radishes a restaurant collects, the more claim it can lay on the title. At the top of our list we mention the percentage of vegetables and fruit that is used in the meal. Apart from that, taste, originality, presentation, structure of the ingredients, natural colours and a good communication concerning the use of vegetables and fruit in the meal play an important role in choosing the best vegetable restaurant. We are completely open about how many radishes each restaurant has so

they can make an effort to gather more." More information can be found on www.weresmartworld.com.

The Best Vegetable restaurants of the Benelux 2016

The new Green Gault&Millau introduces the best vegetable restaurants of the Benelux 2016-2017. They are selected by a professional jury and the customers of the restaurants.

Here is the list:

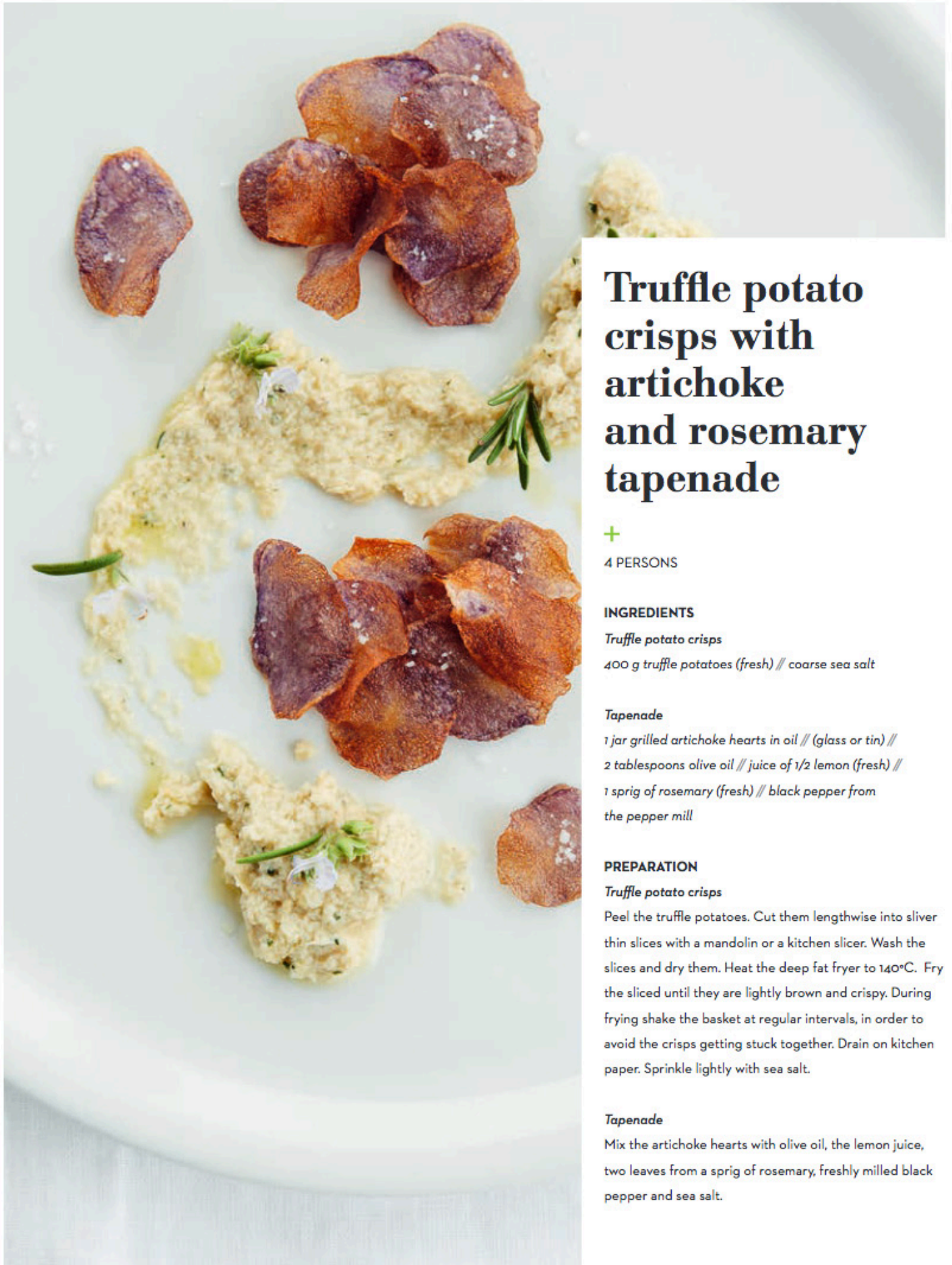
- Best Vegetable restaurant of Flanders: L'Air des Sens in Zoutleeuw
- Best Vegetable restaurant of Wallonia/Luxembourg: L'Eveil des Sens in Montigny-le-Tilleul
- Best Vegetable restaurant of The Netherlands: The Scelta Kitchen in Venlo

The balanced cuisine

In this book, Frank Fol shares with us, fifty of his favourite, simple recipes with fish, meat, poultry and lots of vegetables. In 44 cooking techniques he discusses the extensive possibilities vegetables and fruit offer and all the necessary information for combining vegetables and wine. "In this book, I want to inspire the reader and help them to enjoy day to day tasty meals. I want to show them how easy it is to have a 'balanced cuisine' at home or in the restaurant kitchen", concludes Frank Fol.

We had a sneak peek of the book and were very impressed about the range of possibilities that vegetables and fruit have to offer. That's why we have added 3 recipes from Frank Fol's new book!

www.weresmartworld.com.



Truffle potato crisps with artichoke and rosemary tapenade

+

4 PERSONS

INGREDIENTS

Truffle potato crisps

400 g truffle potatoes (fresh) // coarse sea salt

Tapenade

1 jar grilled artichoke hearts in oil // (glass or tin) //
2 tablespoons olive oil // juice of 1/2 lemon (fresh) //
1 sprig of rosemary (fresh) // black pepper from
the pepper mill

PREPARATION

Truffle potato crisps

Peel the truffle potatoes. Cut them lengthwise into sliver thin slices with a mandolin or a kitchen slicer. Wash the slices and dry them. Heat the deep fat fryer to 140°C. Fry the sliced until they are lightly brown and crispy. During frying shake the basket at regular intervals, in order to avoid the crisps getting stuck together. Drain on kitchen paper. Sprinkle lightly with sea salt.

Tapenade

Mix the artichoke hearts with olive oil, the lemon juice, two leaves from a sprig of rosemary, freshly milled black pepper and sea salt.



INGREDIENTS

Rabbit

1 large saddle of rabbit and 2 kidneys //
knob of butter // olive oil

Cauliflower croquettes

salt // 8 to 12 cauliflower florets // (fresh or frozen) //
flower // 1 beaten egg white // breadcrumbs

Peas

60 g peas (fresh or frozen) //
pepper from the pepper mill

Pepper droplets

2 red peppers (fresh or frozen)

Mashed potatoes

240 g potatoes (fresh) // 1 bay leaf //
1 small onion, finely chopped (fresh) //
1 clove garlic (fresh) // 1 sprig rosemary,
finely chopped // (fresh or frozen)

Cauliflower croquettes with paprika droplets, rabbit cutlets with peas, lemon and rosemary



4 PERSONS

PREPARATION

Rabbit

Cut the fillets off the rabbit and clean them. Cut the ribs from the backbone and scrape the meat from the bones, so you get nice clean bones. Cut the kidneys in half. Set aside.

Cauliflower croquettes

Heat the deep fat fryer to 140 ° C. Bring salted water to a boil.

Boil the cauliflower florets for 2 minutes in boiling water. Drain.

Coat them in flour, egg and breadcrumbs. Fry in hot oil for several minutes until lightly browned. Set aside.

Peas

Submerge the peas for 30 seconds in the cooking water of the cauliflower. Rinse under cold running water. Season with salt and pepper. Drizzle with olive oil.

Pepper droplets

Clean the peppers. Separate the seeds and put aside. Chop the flesh of the pepper into very small bits. Fry in some olive oil and a splash of water and the lemon juice. Season with salt and pepper. Let the peppers fry a bit more. Then mix it in a blender until you get a creamy sauce. Pour into a squeeze bottle. Roast the pepper seeds gently in a pan without oil. Make sure they do not burn. Cool on some kitchen paper. Sprinkle lightly with salt.

Mashed potatoes

Peel the potatoes, wash them and cut them into pieces. Boil them in salted water with the bay leaf, a chopped onion and a clove of garlic. Mash the cooked potatoes adding some cooking water. At the end, add some finely chopped rosemary to the mash.

Fried rabbit cutlets

Gently colour the rabbit fillets on both sides in a pan with some butter and a little olive oil. After 4 minutes, add the cleaned bones and kidneys to the pan. Season well with pepper from the mill and salt. Allow another 2 minutes. Remove the meat and bones from the pan. Cut the fillets into equal pieces.

FINISHING

Fry the cauliflower croquettes for another 1 to 2 minutes in the hot cooking oil (140 °C) until they are slightly crispier. Put some mash in the centre of each plate. Garnish the plate with droplets of pepper sauce, hot peas, seeds and half a kidney. Place a few nice and juicy fillets alternating with warm cauliflower croquettes onto the mash. Position a bone into the rabbit fillets so that they resemble cutlets.