



WWW.LANNOO.COM

Register on our website and we will regularly send you a newsletter with information about our latest books as well as interesting, exclusive offers.

Text: Frank Fol, Ilse De Vis

Recipes: Frank Fol

Photography: Wim Demessemaekers, The Soul Food Photographer

Graphic Design: Studio Lannoo (Aurelie Matthys)

Graphic Design Cover: Ilse De Vis

Typesetting: Keppie & Keppie

If you have any comments or questions, please contact our editors:
redactielifestyle@lannoo.com

© Frank Fol, Ilse De Vis & Uitgeverij Lannoo nv, Tielt, 2021

D/2021/45/548 - NUR 440, 441

ISBN: 9789401480093

All rights reserved. Nothing from this edition may be reproduced, recorded in an automated database and/or published in any form or in any way, whether electronic, mechanical or in any other manner without the prior written permission of the publisher.

WILD SURPRISING SEASONAL DISHES
WITH FRESH VEGETABLES
AND FRUIT

COOKING

ILSE DE VIS & FRANK FOL

PHOTOGRAPHY: WIM DEMESSEMAEKERS

Lannoo



CONTENTS

SPRING

Stir-fried cauliflower and turnip greens with Greek yogurt and oatmeal	24
Watermelon-lime drink with mint	24
Crackers with carrot salad and Kikuna Leaves	25
Fresh water with celery and Motti Cress	25
Grilled toast with apple-tomato marmalade, truffle dust and Floregano	29
Cucumber gazpacho with kefir and Melissa Cress	30
Smaakbom® salsa with Légumaise Thai and Ghoha Cress	34
BBQ croque radish with mushroom and truffle Légumaise and Garden Cress	37
Pea soup with lemon balm, fried shallots, sweet potato and sea fennel	41
Finger food: Shiso Leaves Green with a celery, tomato, egg mimosa and white truffle oil spread	42
BBQ shallot “oysters” with potato, raspberry and Limon Cress	46
Chard-peach pillows with grilled chard sticks, chermoula and Vene Cress	51
Cabbage wushi with quinoa, mitsuna lettuce, Thai basil, black sesame and Légumaise Thai	57
Asparagus spaghetti with potato straws, caviar and RucolaCress	58
BBQ pointed cabbage steak with radish sauce, cashew nuts, argan oil and Kyona Mustard Cress	61
Braised turnips with redcurrant, tempranillo, gomasio and Mustard Cress	64
Ripe pear and fennel carpaccio, pink grapefruit, pistachio, goji berry and Yka Leaves	67
Grilled honey-lacquered rhubarb, ginger nut crumble, olive ice cream and Honny Cress	71
Strawberry-rhubarb sweet with lemon and Paktizz Tops	72
Cauliflower slices with crema di tartufi bianchi and Persinette + Raw asparagus curls with salsa tartufata and RucolaCress	74
Mangetout, truffle honey and fresh Belgian goat cheese	77
Chocolate brownie with truffle honey	79

SUMMER

Roasted leek tagliatelle with marjoram, turnips and argan oil.....	83
Open lasagne with watermelon, fennel carpaccio, dill, baby spinach, yellow cherry tomatoes and lemon.....	85
Cold watercress soup with Hippo Tops, redcurrants and argan oil.....	89
Yellow carrot and chervil salad with nori, sesame and ice tea.....	90
Sweet pepper caviar with marjoram, green olives, burrata flakes and Acla Cress.....	92
Cucumber lasagne with raspberry, lemon verbena, lemon juice and Iluigi's olive ice cream.....	95
Apricot marmalade with lavender, fresh yogurt, olive oil and Limon Cress.....	99
Spaghetti with yellow courgette, baby spinach and wild garlic, Motti Cress and toasted bread topping.....	100
Pattypan squash burgers with mozzarella, roasted leek and fresh thyme.....	104
Cucumber salad with Thai basil, shallot, lime, red chilli, roasted peanuts and Syrha Leaves.....	107
Fresh cherries with cottage cheese, fresh lemon balm, honey and apple blossoms.....	111
Bitter chocolate chunks with olive oil, coarse sea salt and Limon Cress.....	112
Braised spring onion with lemon verbena, paprika and flax seeds.....	115

AUTUMN

Fork-crushed potatoes and chestnut mushroom carpaccio with Motti Cress and celery sauce.....	121
Chard spaghetti with shiitake, cashew nuts and Citra Leaves.....	125
Kohlrabi ravioli and purple cauliflower with hazelnuts and Jasmine Blossoms.....	126
Braised carrot with ginger, green asparagus, lime and sunflower seeds.....	130
Roasted onion stew with chestnut mushroom, savory and grated radish.....	135
Rigatoni with broccoli pesto, lemon, roasted red onion, fresh apricots and Jasmine Blossoms.....	139
Crushed strawberry with ginger, courgette, pistachio ice cream and Limon Cress.....	140
Radish vermicelli with fresh goat cheese, roasted buckwheat, Légumaise Italia and Adji Cress.....	144
Salad of green grapes and sweet potato, black sesame, dill, lime, yellow cherry tomato and Anise Blossoms.....	147
Braised celery sticks with creamy potatoes, goat cheese and caviar.....	149
Shallot with turmeric, cauliflower and cucumber with curry.....	152

WINTER

Celeriac grilled over an open fire with gomasio, rosemary, vinaigrette of pink grapefruit, cranberries and Ghoo Cress.....	159
White cabbage tagliatelle, mashed red cabbage, hazelnut, pumpernickel bread crusts and Lupine Cress.....	161
Turnip royal with Kyona Mustard Cress.....	164
Sweet potato hummus with sesame crackers and Cuzco Leaves.....	170
Roasted chickpea chermoula with briefly braised endive, lemon and Gangnam Tops.....	173
Chicory poached in orange, pine cone, liquorice, fresh tarragon and clove broth.....	175
Roasted winter carrots with cumin, radish sprouts and Hippo Tops.....	176
Red chicory salad and fried orange slices with mixed spice and Shiso Green.....	178
Brussels sprouts skewer on the BBQ with apple-elderberry compote and Scarlet Cress.....	181
Baked potato with raw Jerusalem artichoke strands, argan oil, caviar and Persinette Cress.....	185
Pumpkin blinis with fresh cheese and Maoi Caviar.....	188
Grilled winter leek with beetroot-pear coulis, puffed black rice and Scarlet Cress.....	193
Pear compote with ginger and turmeric, nocciola olive ice cream, roasted hazelnut and Yka Leaves.....	195
Open pumpkin ravioli with Achelse blue crumble, parsley sauce and Yka Leaves.....	196
Yellow beetroot rolls with shiitake-hazelnut filling, Légumaise truffle and RucolaCress.....	198

WEIGHTS FOR DRY INGREDIENTS

20 g	¾ oz
40 g	1½ oz
50 g	2 oz
60 g	2½ oz
100 g	3½ oz
125 g	4 oz
150 g	5 oz
200 g	7 oz
250 g	9 oz
400 g	14 oz
500 g	1 lb 2 oz
800 g	1¾ lb
1 kg	2¼ lb

LIQUID MEASURES

METRIC	IMPERIAL US
50 ml	2 fl oz ¼ cup
250 ml	8 fl oz 1 cup
1 litre	1¾ pints 1 quart

OVEN TEMPERATURES

°C	°F
100	212
120	250
140	275
180	350





WHO ARE ‘WE’?

Ilse and **Frank** have been a strong team for several years now. Their culinary television program called *Z-Mastercooks* on Kanaal Z is currently one of the most-watched programmes on the platform, and Ilse is also the regular host and presenter in Frank’s project We’re Smart® World. In their newest programme on Kanaal Z, *De Keukentafel* (‘The Kitchen Table’), they join forces to look out for sustainable initiatives.

The combination of Ilse’s passion to design ceramics and Frank’s belief that we should be creative with vegetables, formed the solid foundation and was a small step towards creating a surprising ‘wild’ cookbook together!



We're
SMART
Green Chef
CHAIRMAN

Frankie For
the Vegetarians



We're Smart® World is the undisputed go-to reference in the culinary world of vegetables and is the brainchild of **Frank Fol, The Vegetables Chef®**.

Every year the We're Smart® Green Guide recognizes the best vegetable restaurants in the world with 1 to 5 radishes, and vegetable chefs and companies with the We're Smart® Best Vegetables Restaurants Awards and We're Smart® Future Awards. In this way We're Smart® World contributes to a healthy, sustainable and ecological world.







Ilse De Vis from WILD MOON creates artisanal, handmade ceramics.
Making the ultimate cup, plate or bowl is something that gives her joy.

In contrast to her daily life, where she is a presenter on the television chain Kanaal Z and at major events, ceramics is something that brings her closer to herself.
Each piece is unique and hand made. *With love, for life.*


WILD MOON
UNTAMED BY NATURE

Wild Cooking with images that leave you wanting more.

For the photography for Wild Cooking, we were honoured to work together with internationally renowned photographer **Wim Demessemaekers**, also known as **the Soul Food Photographer**. Wim is not just an exceptional photographer; he is a storyteller through and through. His photography creates stories that inspire and bring dreams to life — from the magic on our plate to his other passion, wildlife photography. Wim strives to create pure and authentic images. He chooses to work with vintage lenses, essential guides in his search for illuminating perspectives.

Wim is devoted to inspiring and generating impact. And that goes beyond photography. As one of the driving forces behind **Soul Food Revolution**, he creates maximum impact for initiatives around healthy and sustainable food. Soul Food Revolution is a purpose-driven creative agency that embodies the essence of communication: moving and inspiring people with a strong and authentic story by creating strong brands, inspiring campaigns, and mouth-watering websites...

From passionate farmers to chefs who can conjure up a veritable revolution on your plate. From game-changing producers to retailers who aren't afraid to make bold choices. Wim is there to help anyone involved with sustainable food to make a real difference — for themselves and for the planet.

Food is life.









SPRING

NUTRISCORE A



SPRING

THE HEALTHY BREAKFAST!

4 SERVINGS



30 MINUTES



VEGGIES



FRUITS



LARGE FLAT PLATES (WILD MOON)

Stir-fried cauliflower and turnip greens with Greek yogurt and oatmeal

Watermelon-lime drink with mint

Ripe blueberries

Crackers with carrot salad and Kikuna Leaves

Fresh water with celery and Motti Cress

Watermelon 'fingers'





STIR-FRIED CAULIFLOWER AND TURNIP GREENS WITH GREEK YOGURT AND OATMEAL

RECIPE

Remove the greens and then wash and cut the cauliflower into slices.

Coarsely chop turnip greens into equal pieces.

Stir-fry both with some olive oil and season with sea salt.

Divide between the 4 bowls and spoon some yogurt on top.

Finish with the oatmeal. Serve lukewarm or cold.

INGREDIENTS

1 small cauliflower

1 turnip

tablespoon of olive oil (lLuigi)

freshly ground sea salt (Verstegen)

160 g Greek yogurt

4 teaspoons of oatmeal (without sugar)

WATERMELON-LIME DRINK WITH MINT

RECIPE

Peel the watermelon and cut into pieces.

Place in a blender and add the lime juice and a few mint leaves.

Mix into a drink.

Put juice in the glasses and finish with a sprig of mint.

INGREDIENTS

1 small ripe watermelon (seedless)

juice of 2 limes

a few sprigs of fresh mint





CRACKERS WITH CARROT SALAD AND KIKUNA LEAVES

RECIPE

Mix everything and make 2 sandwiches per person with the crackers and carrot salad mixture. Place in each bowl with some Kikuna leaves.

INGREDIENTS

200 g grated carrots
150 g organic Légumaise Brabant, carrot with ginger
sprig of curly parsley, finely chopped
1 shallot, finely chopped
freshly ground black pepper (Verstegen)
1 cup of Kikuna Leaves (Koppert Cress)
16 crackers of your choice

FRESH WATER WITH CELERY AND MOTTI CRESS

RECIPE

Pour water (still or sparkling) into glass. Place a stick of celery and some Motti Cress in it. Allow to infuse for a while.

INGREDIENTS

4 celery sticks
1 cup of Motti Cress (Koppert Cress)
still or sparkling water





BREAKFAST CAN ALSO BE DELICIOUSLY TRENDY!

Lack of time, bad habits and loneliness at the breakfast table are major culprits when it comes to skipping the most important meal of the day. As the first meal, breakfast should contain the necessary energy and vitamins to start a busy day. The fact very few people eat breakfast is already a problem in itself. Throughout the workweek, breakfast mainly has a negative connotation; parents are nervous, the bus or the car is waiting up front to leave, and so on. Habits related to eating or making time for breakfast mainly have to do with existing family traditions, but also with what's important to parents or an individual's character. Eating a healthy breakfast is an even more difficult step ...

The organization of a successful breakfast starts the day before.

- What do I want to do myself a favour with tomorrow morning?
- Why should I definitely wake up on time tomorrow?

Two questions that everyone should ask from time to time. Good organization ensures that all ingredients for the ultimate breakfast are present. If this is the case, you can already prepare a few things before going to bed, in order to save time and gain quality. Eating healthily also means eating calmly. Social contact usually makes this moment a bit cosier too. If better organization can give us this quality time, then it's already an important step in the right direction! This is what we like to do during weekends or holidays, right?

How can we make breakfast healthier? Variety is the magic word here. But really alternate — not a day of chocolate and a piece of chocolate the day after. Breakfast starts with good, wholemeal bread or cereals. But we must also dare to experiment at breakfast. Vegetables can play an important role here. For example, vegetable and fruit juices in combination with cold milk. Raw vegetables cut into sticks can also taste nice and fresh. A piece of ripe fruit or a fruit salad can certainly taste great on a regular basis. Even more creative are the fruit and vegetable marmalades with little or no added sugars mixed with a pot of low-fat yogurt.



GRILLED TOAST WITH APPLE-TOMATO MARMALADE, TRUFFLE DUST AND FLOREGANO

4 SERVINGS



25 MINUTES



VEGGIES



FRUIT



LARGE FLAT PLATE (WILD MOON)

RECIPE

Marmelade:

Peel and core the apples. Cut into pieces.
Wash tomatoes and remove the tough central core.
Make a cross cut at the top of the tomatoes.
Bring enough water to the boil and immerse the tomatoes for 20 sec to loosen the skin. Then take them out and plunge them into cold water and then peel. Now cut the tomatoes into quarters and remove the seeds.
Put the seeds into a blender or food processor and blend to a pulp, then sieve the pulp and add it to the peeled tomatoes.
Season with a pinch of mace powder.
Stew the apples and tomatoes covered, over low heat until it forms a thick marmalade. This can take up to 30 minutes.

Toast:

Using a bread knife, cut slices 1.5 to 2 cm thick.
Grill these on the (Berghoff) BBQ until they are nicely toasted on both sides. Then spoon the marmalade onto the toast.
This can be served hot or cold.

Serve:

Put 2 pieces of toast on each plate and garnish with some truffle dust and the Floregano.

INGREDIENTS

2 stewing apples
4 ripe beef tomatoes
a pinch of mace powder
(Verstegen)
truffle powder
1 small loaf wholemeal bread
1 cup of Floregano
(Koppert Cress)