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

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

ISBN: 9789401480093

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WILD SURPRISING SEASONAL DISHES
WITH FRESH VEGETABLES
AND FRUIT

COOKING

ILSE DE VIS & FRANK FOL

PHOTOGRAPHY: WIM DEMESSEMAEKERS

Lannoo



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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)