



CULINARY INSPIRATION

Inspiration from Around the World

Issue 01

ALL NATURAL: Constraint breeds creativity



The Thinking House

Bord Bia
Irish Food Board

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constraint
breeds
creativity*

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WELCOME

from Bord Bia

Welcome to this edition of Culinary Inspiration, Bord Bia's magazine bringing global, high-end food and drink inspiration to Irish food and drink manufacturers.

We have collected and curated expertise from every continent to better inform our industry about the

flavours, ingredients and cooking techniques employed by leading-edge chefs and in the world's top restaurants. We hope to inspire our clients to translate these insights into *commercially successful innovations*, getting ahead of our global competitors.



Who did we speak to?

Tom Sellers

LONDON //
Founder/Chef-Patron / Restaurant Story /
Culinary Director / Restaurant Ours

Stefan Cosser

LONDON & ICELAND //
Innovator / The Fat Duck / Director and Chef /
Food Innovation Solutions

Jonathan Tam

COPENHAGEN //
Head Chef / Restaurant Relæ

Jordi Artal

BARCELONA //
Chef-Patron / Cinc Sentits

Anthony Myint

SAN FRANCISCO //
Co-Founder / Mission Chinese Food /
Commonwealth Restaurant / The Perennial

Jan Hendrik

NICE / CAPE TOWN //
Owner and Head Chef / Restaurant Jan

Filipe Rizzato

RIO DE JANEIRO //
Head Chef / Pergula, Belmond Copacabana Palace

Daniele Cason

TOKYO & BANGKOK //
Chef de Cuisine

Martha Ortiz

MEXICO CITY //
Head Chef - Owner / Dulce Patria

Gabriel McMackin

NEW YORK //
Head Chef - Owner / Finch Brooklyn

Through our research we identified 4 themes at play in the high-end culinary world. The magazine editions reflect the themes that we uncovered:

Current Issue:

Issue 01 ALL NATURAL
Constraint Breeds Creativity

Future Issues:

Issue 02 STORYTELLING
The Personality Behind the Plate

Issue 03 BEYOND TASTE
Playing with Perception to Delight
the Senses

Issue 04 ADAPTIVE CUISINE
Diner-centric Dishes

How can you use these reports?

The material shared here is by no means the answer to every business question or challenge you may have; rather the insights and implications should both *inform* and *inspire* you.

So, explore Culinary Inspiration, get creative and differentiate your offer on the global stage.

For further information contact

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ALL NATURAL: CONSTRAINT BREEDS CREATIVITY

High-end dining used to pride itself on clinical, almost scientific approaches to cooking with ingredients shipped from any location. However, some of the world's best chefs are making heroes of ingredients **naturally found in their locale**, even in their restaurant-owned gardens. **Seasonality** shapes their avant-garde menus, even on a day-to-day basis as chefs harvest different foods from their own farms. **Freshness** is a key motivator behind this high-end **soil-to-plate approach**, which applies to meat, too. Innovative cooks seek to maximise the flavour of what they can find in their limited geographical area and sometimes harsher climates. Top Scandinavian restaurants are taking the lead in this arena, often **sourcing through foraging** or **enhancing taste through fermentation and breeding their own mould**. Some of the world's most groundbreaking dishes are now dictated by nature and natural processes, elevating local and sustainable ingredients to world-class cuisine.

THE THEME ON A PLATE

*Blue Hill Farm –
Brioche with ricotta
and spinach marmalade*

- Minimalist plating heroes the natural colours
- No fuss, deconstructed dish; **self-assembled**





IN THE WORDS OF OUR EXPERTS...



“ It’s about pursuing the best possible flavours. **The most truly delicious food is the most sustainable.** Jaw-dropping flavour like the carrot with true deliciousness must be grown in the best soil, not in denuded soil -- and be grown locally. If it travels long distances, it will generally be less delicious and less nutritious. Pursuing the best possible flavour is doing the best for the earth. ”

* **Dan Barber** Co-owner – Blue Hill, New York (US)



“ Weird ingredients, gelling agents, using technology, sous-vide and equipment to make very ‘clinical’ food used to be popular. But then the whole thing of focusing on molecular gastronomy went away. **We’re seeing a big backlash in top restaurants, people wanting more natural food,** and presenting food very naturally too. ”

Stefan Cossler Former Head of Innovation – The Fat Duck, Bray (UK)



“ My inspiration is driven by seasons and ingredients. We’re finishing now the cold winter stock, so things like root vegetables are going away and being replaced with green leafy things. **My inspiration is very much seasonal and then also that’s my inspiration for what to cook with, and then for how to cook it, or how to present it ”**

Jordi Artal Head Chef and Owner – Cinc Sentits, Barcelona (Spain)



* Dan Barber photographed by Daniel Krieger



Septime, Paris (France)

Restaurant profile:

1 Michelin star; Most Sustainable Restaurant 2017

How is it leading 'All Natural'?

Septime serves a vegetable-centric, locally-sourced menu, with a transparent produce chain.



RESTAURANTS AT THE LEADING EDGE

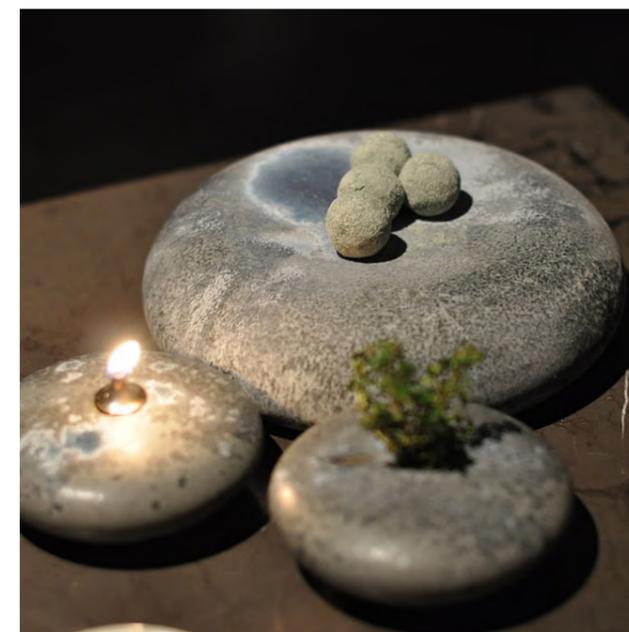
Geranium, Copenhagen (Denmark)

Restaurant profile:

One of the World's 50 Best Restaurants; gained 3 Michelin Stars within 4 years

How is it leading 'All Natural'?

Geranium's 20-course menu changes with the seasons, elevating Scandinavia's underused local produce.



Restaurant Relæ, Copenhagen (Denmark)

Restaurant profile:

1 Michelin star; Most Sustainable Restaurant 2015 & 16

How is it leading 'All Natural'?

Relæ is the only fully organic Michelin-star restaurant in the world, led by the products available on its farm.



INSPIRATION ON THE TABLE



The Vegetable Carpaccio – L'Arpège, Paris (France)

- Vegetables: all sourced from the same small area (“what grows together goes together”)
- Plating and colours inspired by July’s bursts of sunshine
- Minimal ingredients: **olive oil, salt, pepper**—and **10 varieties of mandolined seasonal vegetables**
- **Mesclun leaves and flowers:** provide extra bursts of colour and a touch of bitterness

Shirasu & Squid Ink Sorbet – Kadowaki, Tokyo (Japan)

- Main **fish** ingredient: varies according to what’s caught that day
- **Shirasu:** acutely salty flavour, similar to whitebait
- Japanese mountain vegetables: The bitterness of the **Fukinoto** and **Itadori** is balanced by the sweetness of the **rhubarb** flavour
- Sorbet: locally-caught **squid ink** is strained and frozen, bringing notes of **almond** and **garlic**
- Small portions plated with punchy flavour, on a bed of **Japanese mountain leaves**

Beetroot Steak – Restaurant Relæ, Copenhagen (Denmark)

- ‘Monster redbeets’ (3-5kg) baked overnight achieves the colour and consistency of a rare steak on the plate
- **Red beet** infused **red wine jus**, reduced with **onion, garlic, thyme** and **parsley**
- Jus is infused with **Icelandic seaweed** “søl”, to fake the meaty taste!



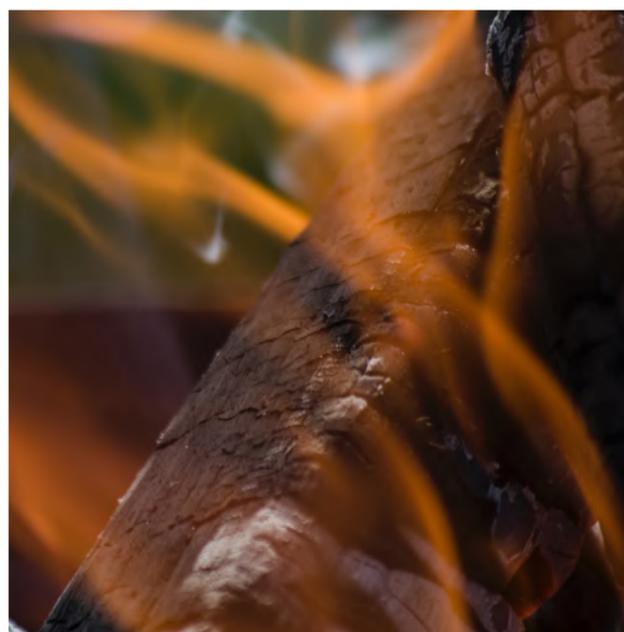


***Mieliepap and white truffle –
JAN Restaurant, Nice (France)***

Tasting notes: creamy, rich, nutty

Jan Hendrick utilises unconventional ingredient pairings, combining the South African household staple mieliepap, creamed with luxurious white truffles. This dish is built on tensions, both through reimagining a cheap, plentiful ingredient in this rare form, and through the conflicting crunchy-creamy textures.

NEW INGREDIENTS & TASTING NOTES



***Bone charcoal –
Blue Hill, New York (USA)***

Tasting notes: smoky, earthy, intense

At Blue Hill they roast their legs of lamb over lamb femurs, carbonising the leftover bones to infuse flavour in the cooking process and reduce waste.



***Catalan suckling pig –
Cinc Sentits, Barcelona (Spain)***

Tasting Notes: juicy, sweet, fruity notes

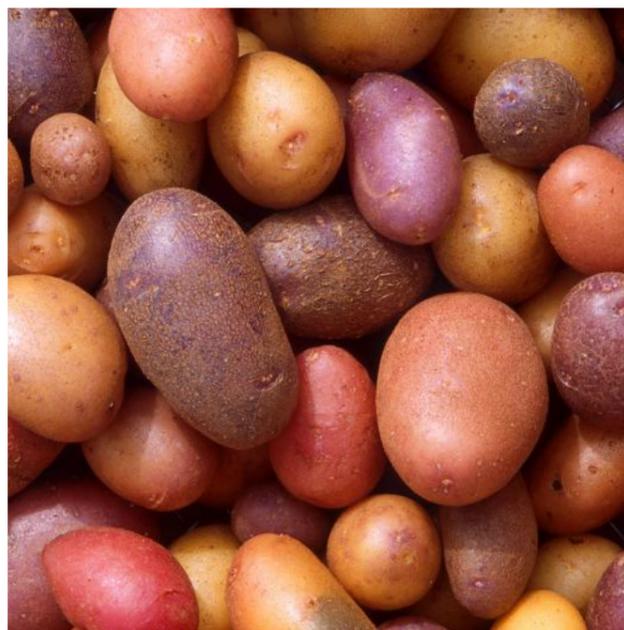
Catalonia is famous for its cured hams, but Jordi Artal intercepts pork intended for jamon iberico production, and serves the meat as top quality suckling pork belly instead, with pickled fruit sauces to enhance the meat's sweetness. The entire dish, and indeed the entire restaurant, uses exclusively Catalan ingredients.



***Flavour of nature –
Restaurant JAN, Nice (France)***

Tasting notes: slightly sweet, earthy, buttery
Jan Hendrik plays with seeds to bring a 'natural flavour' to his dishes. He creates seed breads and tops vegetable dishes with seed crumble. Their crunchy and wholesome flavour adds interest and a certain 'wildness' to the dish.

NEW FLAVOURS & TASTING NOTES



***Soil-baked potatoes –
Centrale Restaurant, Lima (Peru)***

Tasting notes: woody, salty, smoky and caramelised
Virgilio Martinez, at Centrale in Peru, is experimenting with the effect of altitude on flavour, cooking with a traditional Peruvian huatia 'soil-oven' in different locations, giving different degrees of woodiness and saltiness to baked potatoes.



***Birch Tree Water –
Restaurant Relæ, Copenhagen (Denmark)***

Tasting notes: subtly sweet, floral, perfumed
Restaurant Relæ is tapping into an abundant Danish resource through birch trees, inspired by a global trend towards tapping trees for sap. Birch tree water is used to add sweetness and a fresh taste to their minimalist onion dish.

CULINARY TECHNIQUES



Cooking at the table – De Librije, Amsterdam (The Netherlands)

De Librije or “The library” is a primary source of the finest dishes from Amsterdam’s seasonal bounty. The menu is a bevy of fresh vegetables and meat, notably beef from Dutch cattle specifically, and its killer dish is meat from a 7-year-old dairy cow, **cooked there and then at the table on a hot stone**. Once done, it is served with potato crisps, mushrooms and buttery bone marrow.



Growing your own produce – Akelarre, Gipuzkoa (Spain)

Akelarre sits at the leading edge of high-end Spanish cuisine. **Its selection of meats, vegetables and herbs are sourced from its own on premise gardens**. This assures the freshest possible offering, and complete transparency in the food chain. The entire, beautiful contents of the plate have travelled no more than half a mile to be there.



Serving living food – Frantzén, Stockholm (Sweden)

Freshness is a key priority at Frantzén, run by chef Björn Frantzén and Daniel Lindeberg. From the bread dough to the fresh piece of lamb one can see raw before it is passed through the burner. Frantzén takes fresh to new extremes in their live langoustine dish – **prawns served alive then ‘seared with a hot knife’,** simultaneously killing and cooking them before being eaten moments later.



MENU OF TOMORROW

The Menu of Tomorrow is a collection of some of the breakthrough dishes, flavours, ingredients and techniques shared by our experts and reflecting our culinary theme...



MENU

FROM THE GARDEN

Nasturtium and celeriac 'flowers', atlantic sea salted almond milk

FROM OUR FARM

Irish milk-fed lamb, leek, preserved mushroom, and locally-sourced white ramson flowers

FROM THE SEA

Live langoustines and shrimp, caught today and served on ice, with citrus algae and brown butter emulsion

FROM THE WILD

Roasted squab thigh, pears in wine, with raw shaved artichoke heart croquette and juniper berries

SOMETHING SWEET

Jerusalem artichoke skins baked in syrup, with local crème anglaise ice cream

1

How can you creatively reimagine the waste from your supply chain?

Could fermentation or a similar process make it consumable?

SPARK YOUR
IMAGINATION

2

How might you infuse punchy local flavour into your product for cooking?

3

How might you elevate a local staple by pairing it with richer, rarer ingredients?



4

How might you transform or disguise the natural, to create an element of surprise when eating?

APPENDIX

Our research

Phase 1.

With London-based research partners Kantar Futures, we conducted a *culinary audit*, collecting and analysing a wide selection of *international high-end culinary sources*, from industry publications to influential individual accounts/blogs. Our range of sources include:

Foodism	Elite Traveler
Bon Appetit	Time Out
Michelin Guide	Daniel Food Diary
The Atlantic	Gourmet Magazine
The Luxury Restaurant Guide	Food & Travel Magazine
Fine Dining Lovers	Gastronomica
The World's 50 Best Restaurants	The Art of Eating
London Eater	FOUR Magazine
	Food & Wine Gazette

Phase 2.

We clustered our findings into broad themes recurrently reflected and rapidly evolving in the high-end culinary world.

Phase 3.

We tapped into our *global network of Kantar Futures analysts* to provide insights into these culinary themes across the US, Asia and Latin America.

Phase 4.

We identified ten experts leading the way in high-end food establishments, and conducted in-depth interviews

WITH THANKS TO & CONTRIBUTORS

Photographers	Chefs
<i>Thomas Delhemmes</i>	<i>Dan Barber</i>
<i>Daniel Krieger</i>	<i>Stefan Cosser</i>
	<i>Jordi Artal</i>
Restaurants	<i>Jan Hendrik</i>
<i>Blue Hill Farm & Restaurant</i>	<i>Virgilio Martinez</i>
<i>The Fat Duck</i>	<i>Björn Frantzén</i>
<i>Cinc Sentis</i>	<i>Daniel Lindeberg</i>
<i>Septime</i>	
<i>Geranium</i>	
<i>Restaurant Relae</i>	
<i>Kadowaki</i>	
<i>L'Arpège</i>	
<i>Restaurant JAN</i>	
<i>Centrale Restaurant</i>	
<i>De Librije</i>	
<i>Akelarre</i>	
<i>Frantzén</i>	

