

# Radilicious

Pure plant inspiration from  
Europe's best vegetable restaurants



BORGERHOFF  
& LAMBERIGTS



we're smart.

SOUL  
LA  
DE

Frank Fol  
Mieke De Vylder  
Wim Demessemaekers

## Foreword

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### **Pure. Plant. Power.**

Pure plant-based cuisine is the future of food. This book is a culinary adventure that explores its full potential. It reveals a future that is not only varied and irresistibly delicious, but also the best option for people and the planet. By 2050, the world's population will be 10 billion. To properly feed ourselves without continuing to deplete the planet, we urgently need to change our food system. The solution is simple: drastically increase the proportion of pure plant-based food on our daily menu. We must act now.

At Greenyard, our mission is to make the pure power of fruit and vegetables accessible to everyone. It is a powerful and unambiguous plea. Pure. Plant. Power. We serve pure nature, straight from the field, packed with healthy nutrients. The processing is deliberately limited to what people at home or chefs would also do in their kitchens. Slicing, freezing, steaming and fermenting. We consider it of utmost importance to preserve the unique tastes, colours and textures. Pure plant-based food is beautiful, delicious and nutritious. It is an experience.

In Radilicious, renowned chefs show us the way to create a healthier world. They are the pioneers who are opening the dance with their culinary mastery. They allow you to taste the infinite possibilities of fruit and vegetables and elevate pure plant-based cuisine to new gastronomic heights. The stories of these chefs are proof that it is not just a fad, but indisputably the way forward. I am thrilled to see how the culinary landscape is embracing this with passion and dedication.

We cordially invite you to support this movement and redefine our relationship with food. By embracing the power of pure plant-based food, we can cultivate a better future for ourselves and nature. Let this book serve as inspiration, because together we can totally unleash the power of pure plants.

**Hein Deprez**

Founder, managing director & co-CEO of Greenyard

**GREENYARD** 





## We're Smart Movement

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The movement initiated by We're Smart is clearly shifting up a gear. Every day, restaurants from all over the world contact us, asking to be included in the We're Smart Green Guide. More and more pioneering chefs, producers, distributors and retailers want to join our community and consciously position plant-based cuisine at the forefront to nurture the future. This gives us immense pleasure and makes us even more determined in our endeavour. We would like to thank everyone who plays a role in the dynamics of Think Vegetables! Think Fruit!

Radilicious is one of We're Smart's new initiatives, the first book in which twenty of Europe's best vegetable restaurants reveal their unique philosophy and deepest secrets of their cuisine to the world. And what a book it has turned out to be! In this 440-page stunner, we are captivated by the splendid images of culinary photographer Wim Demessemaekers and transported by the authentic stories recounted by Mieke De Vylder.

The decision to opt for a purely plant-based book was logical. All the selected restaurants belong to the coveted top with 5 Radishes in the We're Smart Green Guide. The pinnacle, the ultimate goal for the guide is 100% enjoyment of the dishes and menus in which fruit and vegetables, fresh herbs and flowers, grains and nuts take centre stage and are woven into a unique creative feast of flavours. The 5 Radishes restaurants provide an unforgettable pure plant-based experience all over the world. They serve as the shining examples, inspirers and ambassadors of We're Smart.

Radilicious is the first book in a future series presenting the best vegetable restaurants. We want to inspire you, whet your appetite and encourage you to visit these exceptional places yourself. It is an invitation to experience the power of pure plant-based food and help spread the healthy message. By doing so, you will become a part of the We're Smart Movement and together - by enjoying exceptional culinary delights - we will jointly create a healthier and more sustainable world.

**Frank Fol - The Vegetable Chef®**  
Founder & Chairman We're Smart®



## An incredible journey of discovery through Europe's best vegetable restaurants

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The format is as simple as it is impressive: a culinary journey encompassing twenty of Europe's best vegetable restaurants, each with five radishes in the We're Smart Green Guide. That adds up to a hundred radishes and a phenomenal amount of gastronomic excellence. Each chapter provides insights into the unique vision and approach of chefs who are extremely passionate about their craft and have the utmost respect for the wonders of nature. They inspire us with pure plant-based dishes, true works of art that tantalise all your senses.

You can taste nature flourishing on the plate. From the rocky massif of Les Alpilles, the hilly Vosges Mountains to the undulating Limburg landscape. From bustling metropolises to charming villages. Radilicious takes you to the most delectable places in Europe where each dish tells a fascinating story. Here you will enjoy pure nature at the highest culinary level.

It started out as an open-minded journey of discovery and became an intriguing adventure that lingers and gives lasting pleasure. The chefs' immense dedication, their clear vision and masterful decisiveness, the sublime dishes and the warm welcome. Each visit captured a place in our hearts and provided endless inspiration. We are incredibly grateful to have had the privilege of bringing these magnificent stories to life in this extraordinary book. A special place of honour goes to Frank Fol, the inspiration and driving force behind We're Smart, and initiator of Radilicious. His unwavering commitment to sustainability and the power of pure plant-based cuisine serve as the breeding ground for a journey that should - must - continue.

What makes this book so special and so extremely valuable is the wealth of culinary wisdom that the chefs generously share. Alongside their story, you will find five signature recipes that will bring the essence of their cuisine into your home. You will experience every chef's unique style. They challenge you to explore new horizons to join the ever-growing movement where fruit and vegetables take centre stage. A cuisine that whets the appetite for a healthier and more sustainable future.

Enjoy a breathtaking journey through Europe's culinary gems. Welcome to Radilicious!

**Mieke De Vylder and Wim Demessemaekers**  
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# 't Aards Paradijs

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Chef Lieven Lootens offers an experience that lives up to the name of his restaurant. In picturesque Merendree, a stone's throw from Ghent, you are immersed in an idyllic world where the bounty of nature, authentic beauty, and enchanting creativity flourish. A paradise for the senses created from what the earth provides.



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[www.aardsparadijs.be](http://www.aardsparadijs.be)

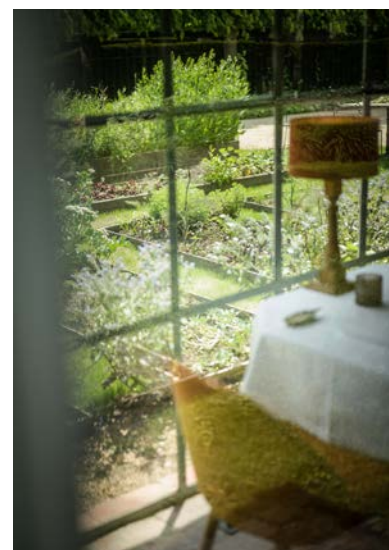


An enterprising man of action, creative craftsman, and lover of nature in its purest form, these are all appropriate descriptions for Lieven Lootens. In 't Aards Paradijs he creates spontaneous and exquisite dishes in his inimitable style, with vegetables, herbs, fruits and flowers taking centre stage. Delight in nature at its very best in a green oasis. Pure, irresistible beauty.

Lieven is in his element with his feet on the ground, his hands in the earth and his mind lost in creative thought. He designed the garden himself, and literally harvests the fruits of his labour every day. It provides many of the fresh ingredients used to create his dishes. Or as Lieven puts it, bursting with life and full of healthy vitamins, because nature supplies what we need in abundance.

't Aards Paradijs is a cosy retreat where Family Lootens loves to spoil you. Isabelle has been Lieven's rock for more than 30 years, his wife and companion, who lovingly makes their house a home. The atmospheric décor of the restaurant and adjacent bed & breakfast exudes her sense of elegant beauty and harmony. She offers you a warm welcome with a smile, and serves the dishes with as much passion as Lieven applies in their creation. The couple complement each other perfectly. Their daughter Amber-Lynn takes things to the next level. She combines her many passions: from interior design, photography and event organisation to communication. Her added value is omnipresent, front of house and behind the scenes.

To Lieven, family and tradition are paramount, as is respect for nature. Sprinkled with a generous helping of idiosyncratic creativity, 't Aards Paradijs will make you feel inspired and connected to what nature offers us in such abundance.



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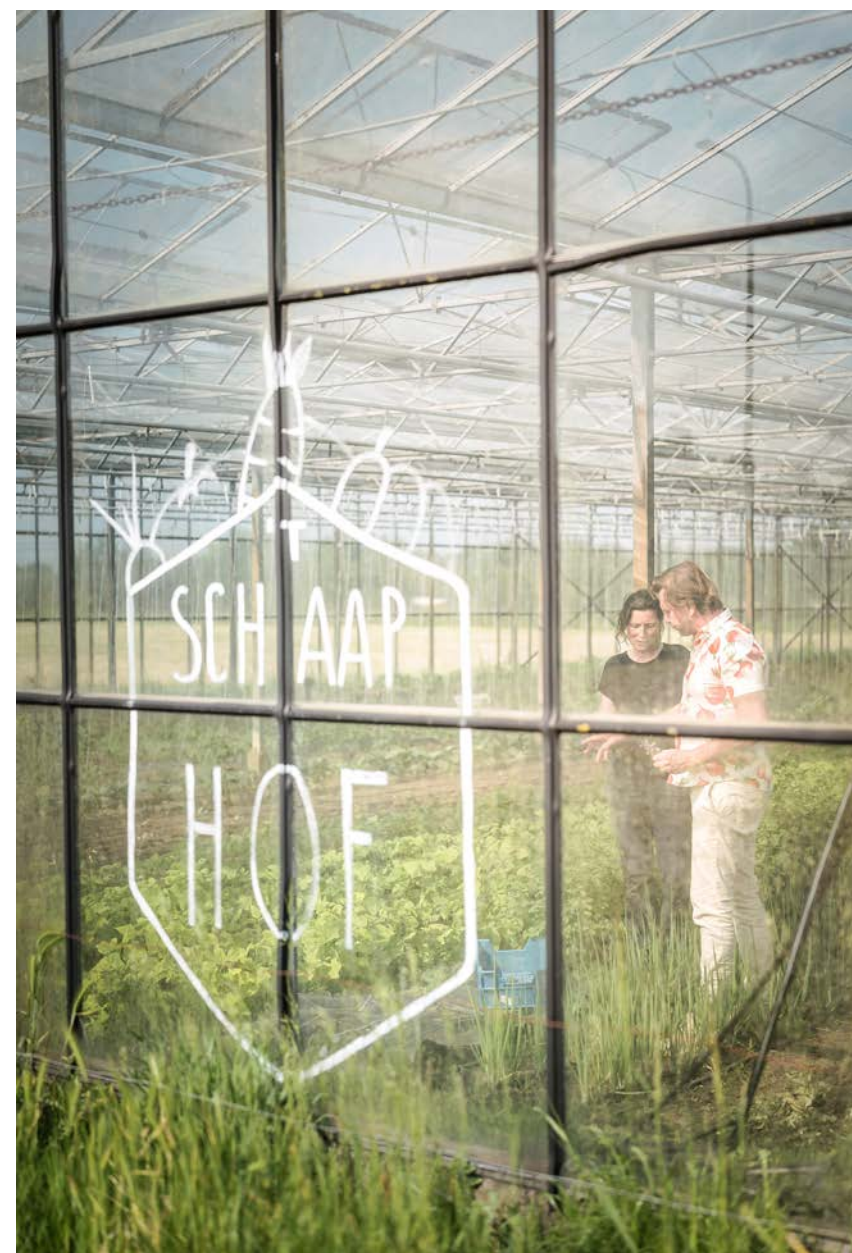


In his quest to always create something new chef Lieven Lootens is driven by healthy curiosity. He lovingly incorporates ingredients that fascinate him in his dishes. His approach is based on the philosophy of minimal manipulation to achieve maximum expression in a product, out of respect for its unique complexity. The shape, texture, colour and flavour are altered as little as possible. After all, these are part of a product's expression and uniqueness.

The cuisine at 't Aards Paradijs is actually a form of co-creation with nature and passionate people along the way. Nature provides an interesting challenge with its seasons, regional character and unexpected vagaries. The farmers of 't Schaaphof in Landegem, with whom the restaurant has a fruitful partnership, are also well aware of this. With their cooperative, the four women and local residents grow organic fruit and vegetables, respecting the rhythm of the seasons. They share the good and the bad, sowing and digging, bowing to Mother Nature and raising their pitchfork in the fight for fair food, as they put it so eloquently.

't Aards Paradijs gratefully buys any surplus. In Lieven's opinion it's much better than ploughing them back into the earth. He simply fills his box, avoiding the use of more plastic packaging, which he despises, and transforms the leftovers into culinary delights. Zero waste, always surprising and of the very best quality.

Lieven finds inspiration in the sector's young souls and old hands. There's Wim from Cook & Herb with his exclusive range of herbs and forgotten vegetables. And David from D-Food, who hunts for treasure at markets. And Theo who knows how to find the farmer with that one special mushroom. Or the young Brussels native who breeds old tomato varieties in his spare time. Their relentless desire to unearth nature's infinite possibilities strikes a creative chord with Lieven.



”  
We process everything  
customers of the organic farm  
don't buy, often what has finished  
blooming and is starting to wilt.  
”

The love of cooking is in Lieven Lootens' genes. His grandmother was the kitchen princess of Castle Merendree and his parents ran a restaurant on Korenmarkt in the centre of Ghent. That's where he acquired a taste for it at the tender age of seven. He made pancakes by the dozen and tempted passers-by with appetisingly decorated sundaes. If there were too few customers, the young entrepreneur would sit on the terrace enjoying an extra lavish example. Success guaranteed.

Old love does not fade. After trying his hand at sports and music, Lieven became maître sommelier. He worked in various restaurants, in the dining room as well as in the kitchen. He eventually ended up in idyllic Merendree. His parents had swapped Korenmarkt for their home that had been in the family for 200 years. They housed their restaurant there, aptly naming it 't Aards Paradijs. That's what his cousins called it when they came to play, relishing the delightful aromas of pancakes and cake from mother's kitchen.

Traditions are there to be honoured, so Lieven took over his parents' restaurant in the early nineties. He kept the name and created his own version of paradise on earth. He drew the plans for the renovation and rolled up his sleeves. Busy bricklaying, grouting and carpentry until the early hours of the morning. He caught the bug from his grandfather who worked for large shipyards and was equally passionate about all things construction-related. As a child, Lieven accompanied him and watched in admiration as his grandfather invariably drew up solutions, which resolved the issue at hand.

In his kitchen, Lieven also devises the recipes and dresses the plates so that everything is just right. He derives inspiration from nature. He applies the principles of feng shui, in which everything revolves around harmony. An asparagus pointing towards you is intrusive. It is much more inviting at an angle. The organic and natural design results in a balanced recipe that comes into its own.



”  
To me, cooking  
is an artistic and  
personal expression.  
”



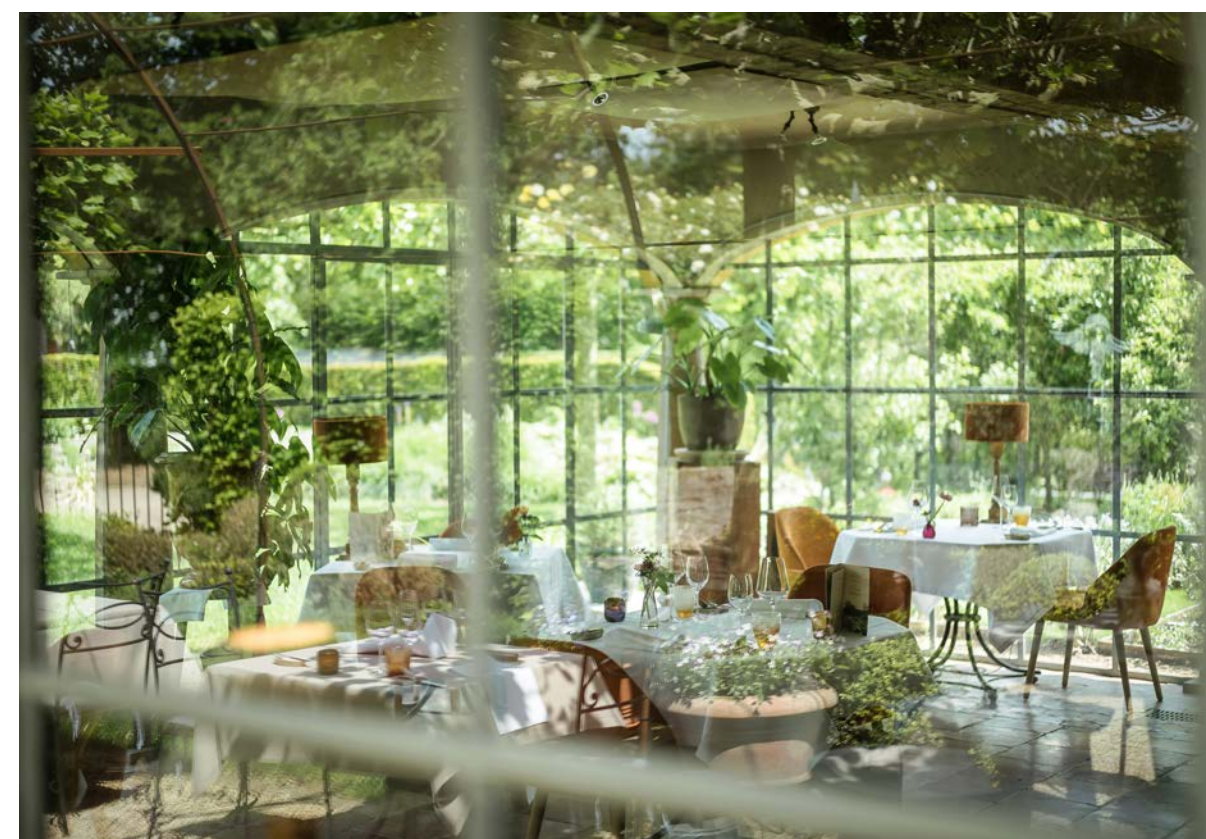
Nature in all its splendour on the plate. In Lieven's opinion that's something we all need to focus on again. Once you go down that path, it only broadens and opens up endless possibilities. From sprout, shoot, leafy green and blossom to ripe fruit. In a world with thousands of variations in every possible flavour, aroma and colour. Curiosità à la Leonardo da Vinci. That's all it takes to view the world with wonder and eagerly learn from it throughout your life.

"I am convinced that producing much less, but eating healthier, will get us much further. You feed yourself from within, with what nature serves up for us. It has all the nutrients we need to be resilient."

't Aards Paradijs offers you a taste of nature's bounty. You embark on an extraordinary, culinary journey of discovery in which vegetables, herbs and fruits open up a whole new world to you. Afterwards, you imagine yourself in seventh heaven; it's no coincidence that this is the name of the restaurant's bed & breakfast. Family Lootens bids you welcome to their paradise on earth.



”  
The more vegetables,  
fruit and herbs we eat,  
the healthier we are.  
”



# Carrot and sea buckthorn berries with turmeric, lemon marigold and kumquats

SERVES 4

## Carrots

4 carrots  
1 piece of fresh ginger

- Peel the carrots and place in a vacuum-seal bag with two spoonfuls of grapeseed oil and a few slices of fresh ginger. Seal the bag and cook the carrots in the steamer for 5 minutes at 100 °C.

## Sambal mayonnaise

15 cl rapeseed oil  
5 tbsp plant-based egg yolk  
1 tsp sambal oelek  
1 tbsp sushi vinegar  
Salt and pepper

- Make a mayonnaise with the egg yolks and rapeseed oil and a little salt and pepper.
- At the end, stir in the sambal oelek and a tablespoon of sushi vinegar.

## Sea buckthorn berry glaze

10 cl juice of sea buckthorn berries  
1 tbsp syrup of candied orange peel  
10 cl water  
2 tsp arrowroot or kuzu

- Dissolve the arrowroot in cold water and stir over a gentle heat until it thickens.
- Then pour in the sea buckthorn berry juice and syrup and stir everything together until hot (just below boiling point) to obtain a smooth sauce.

## Calamansi mousseline

3 tbsp plant-based egg yolk  
5 cl calamansi vinegar  
5 cl white wine  
5 cl mandarin juice  
5 tbsp plant-based clarified butter

- Whisk the yolks with the vinegar, white wine, mandarin juice and the syrup until thick and frothy.
- Remove from the heat and gently stir in the melted butter.

## Garnish

1 fresh turmeric root  
10 dried eucalyptus leaves  
4 kumquats  
20 Tagetes tenuifolia 'Lemon Gem' flowers  
20 small sprigs of Tagetes tenuifolia 'Lemon Gem'  
20 sea buckthorn berries from the freezer (fresh berries are only available in autumn)  
1 tbsp candied orange peel syrup

- Briefly place the turmeric root in a pan on the grill, cover and smoke with a few eucalyptus leaves.
- Warm the sea buckthorn berries in the pan with a spoonful of syrup.
- Garnish with slices of kumquat, sea buckthorn berries and the Tagetes flowers and leaves.

## TIP

- Pair this dish with a glass of water-kefir fermented sea buckthorn berry lemonade, flavoured with a dash of ginger juice, or a glass of Sauvignon blanc.

