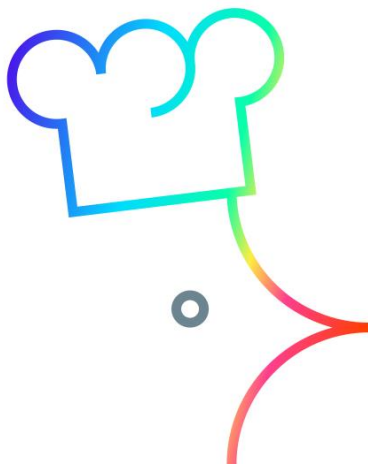


FUNDAZIUN UCCELIN

FINAL REPORT
STIJN ROTHIER



Introduction

Fundaziun Uccelin... It all started the 14th of March 2019.

I was reading an article in the Belgian newspapers about Sergio Herman who became a mentor of the foundation. That period I was doing some freelance to help a bit where they needed some extra men in the kitchen, as well all the events for Sergio himself. I was looking for a final adventure before the real deal started, my own restaurant. I was already planning with a business partner to make that dream come true and so could the Uccelin project be a powerful source of extra inspiration.

On the next event I've been talking to Sergio about Uccelin and he convinced me to do this. So yeah, next day, started doing some research, gather all the needed documents and sent my application. About two months later, new e-mail in the mailbox! And guess what?!

SELECTED !!

First thing that went through my head was : "Okay, how am I going to tell my business partner that I will be gone for a few months?" Eventually before I started the project, we did the last official things to request our building permit and finalized the design of my kitchen in detail so that I could focus myself on Uccelin.

1st of August, right after Tomorrowland, I loaded my car and had a little roadtrip through the North of Italy, getting some good rest before the adventure!

14.8.19 – 24.8.19 Schloss Schauenstein, Fürstenau

Starting the Uccelin program at Schloss Schauenstein was the perfect place to get used to the Swiss gastronomy and atmosphere. There's such a



big difference between working in the city and Fürstenau! Working at Schloss Schauenstein was for me two relaxing weeks, like everything was connected to nature. On my first day I have quite some nerves, because you get pulled out of your comfort zone after already been working for a long time on

places where you were the responsible of the kitchen. Sarah was the one who made me feel at home immediately! She gave me a grand tour of everything around the restaurant, the guestrooms, the garden, ...

Lucky was I that Ollie, the kitchen chef, speaks Dutch as well and we had some mutual friends/connections. So we got along pretty quickly and started working in the kitchen around his side.

I loved the way how the dishes were presented, as well flavor wise. The dishes are well-balanced, colorful and known tastes into perfection.

Those two weeks were flown away and I already had to go to the next destination. Charming Fürstenu, you stole my heart!

Big thumbs up for Sarah, Andreas and the whole team for guiding me through these two weeks!



26.8.19 – 30.8.19 Holzen Fleisch, Ennetbürgen, Nidwalden

Driving from Fürstenu to Ennetbürgen itself was already a beautiful journey, passing some beautiful Swiss lakes and definitely much greener alongside the highway than in Belgium!

Arriving at the accommodation, next to the lake



of Luzern, I already felt home! First day at Holzen fleisch, starting at 8am. And oh my, what a beautiful view to work! Upon arrival, Stefan Mathis, the owner, received me and immediately gave me a white butcher overall, with a metal chainmail for protection. Not so long after

that, they already gave me a knife and some beef to clean. Even when you already work with all kinds of knives and products for several years, butcher movements are pretty difficult if you're not used to it. So I started very careful and disciplined.

First on the list was beef. They explained me all the different parts and muscles. I know the



names very well in Dutch, French and some in English, but Stefan only mastered the German language so I started listening very carefully. They also explained me how to distinguish the best quality meat from others by having half a cow hanging before you. He has his own grades of the grease-layer, marbling of the meat and even the shape and color of the bones. After tearing down the parts, we switched over to Stefan's dry-aged beef, which he already sells since 2003 and was one of the first doing it.

It's very important that you disinfect everything very well if you switch to or from dry-aged meat for the good bacteria on the meat. That's why it always needs to be separated.



The second day we started with pork meat, which they have normal pork and the Mangalitsa pork, Wollschwein in German. Mangalitsa has a bit more fat and the meat is much more red. It's remarkable that you

discover just the same parts in a pork as in a cow, it's just a lot smaller.

My skills in the knife movements are improving by the day, as well as the self-confidence which is necessary when butchering. After the pork we switched to lamb, which he had as well in dry-aged version, which I have never seen before!

The 3rd day, Stefan took me to his home, where he grows the Wollschwein. It's incredible how he treats his cattle on a biological way. No hormones or injections or whatever. When they're having a cold, he gives them like a tea made of herbs and eucalyptus. When they're feeling dizzy, they get biological apple vinegar!



His way of thinking is an example towards every farmer. "To take something from nature, you have to give first." He built for example birdhouses to attract more birds. The more life, the better everything will flourish. And that exactly is creating the perfect environment for your cattle to be happy. And that will result in much better quality meat.

This was one of the most inspiring things that I've learnt in a long time.

Straight after this, we went to the Würsterei. There we made all kinds of sausages, as well as Bresaola, Coppa di Parma and some kinds of warm-smoked beef sticks.



On the fifth and last day I got the chance to work on the more expensive parts like the beef filet pur and dry-aged lamb racks. Everything was going smooth! Before ending the day, Stefan's wife tested me on my knowledge that I've gathered throughout the week with a Powerpoint presentation and frequently asked me questions about the parts of the animal and their company.



I totally underestimated how perfectionist a butcher could be and my this week changed my way of thinking about meat. From now on I will respect every part of meat much more. The effort, time and respect that is invested in the product is immense! From

feeding up the animal to slaughtering, butchering and finally preparing in the kitchen. This will definitely make me more economical when using meat. Think twice before throwing anything away and try to maintain a no-waste philosophy!

Thank you Holzen Fleisch! And now to Zürich!

02.09.19 – 06.09.19 John Baker, Zürich

Had 2 days to get a little bit used of the Swiss city, then started my first day at 6 am. Today I did the dough making with Stefan. He explained a little bit how he organized the making of the dough every day and in the meanwhile I was weighing some of the ingredients of the recipe.

Communication in the beginning went a little stiff because Stefan didn't master any English and didn't really prepared that I was coming, I guess. So I kind of missed the introduction of the company by not getting explained what their story or philosophy is.



John Baker is a company that uses only regional, eco-friendly and organic products. They are bound to seasonal products as well, so they won't be giving sunflower seed bread in winter. Makes sense! They also do deliveries in the city by electric bikes.

The second day and third day I started at 2:30 am, which was pretty new for me! Today it was all about the shaping of the bread together with Torsten. A very experienced baker. We've been baking all kinds of bread, brioches, croissants and chocolate bread. It was a very intensive job as everything has to be ready on time just before the shop opens and to finish all the delivery orders.



The fourth day was “Feinbäckerei” and “Tourieren” with Agnetha. We made for example the dough for puff pastry and croissants. Difference between both is that in puff pastry you

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need flour, salt, water and butter. Lots of butter. Whole lots of butter. So much butter that no one person should consume on a regular basis. And yet, we needed even more. To make puff pastry, you need to feel like butter is your friend and treat it as such. It will try to escape, to soften, to ooze out, but you need to contain it, know how and when to handle it. Croissant dough is the same way to make it, but it contains milk, sugar and yeast as well.



On my fifth and last day, I finally had someone with who I could speak some French with. Benoit is the pastry chef at John Baker who makes all kinds of delicious cakes, tartelletes and deserts. Especially the plum cake was absolutely fantastic!

I had a fun week at

John Baker and learnt a lot about how bread works and that you have to treat all kinds of dough like a living organism and respect the recipes but after all I was glad I could go back to the kitchen because I was missing the feeling to have a real kitchen service and not just producing all day like in a bakery or butchery.

Next destination, New York!!

11.09.19 – 13.10.19 Blue Hill at Stone Barns, New York



Blue Hill! I was really looking forward to this one! Dan Barber is a world pioneer about sustainable agriculture and the farm-to-table concept.

Blue Hill at Stone Barns is a restaurant at the Stone Barns Center for Food &

Agriculture in Pocantico Hills, New York. This area is known as the state park preserve of the famous Rockefeller family. The restaurant serves contemporary cuisine using local ingredients, with an emphasis on produce from the center's farm. As Blue Hill staff we also participated every day in the education programs.

There is no menu, as such, but instead a procession of 30 or more bites and courses sourced from the fields and pasture at Stone Barns as well as the surrounding farms. The 'grazing, pecking and rooting' experience varies according to season.

First day I arrived, Sonja received me very well and explained into detail about how the days are passing in the kitchen. She also made a grand tour to show every place. After that we started with the daily team meeting, which can sometimes take 1 hour. They discuss about news from the farm, new products and dishes and some details about the evening service. Blue Hill is only open for dinner, except on Sunday. So we had about 80-100 guests in one evening!



My first week I started at the “amuse” section. Every section had a sous-chef who decided what dishes they were going to give that day. So it could change daily. Unfortunately we weren’t allowed to take any pictures inside the kitchen. What I really admired about the place is that we could see all the products that were growing on the farm, as well as the cattle. Weekly we had 2 times a farm duty. That means that we had to help the farmers with feeding the animals or picking any of the fruits or vegetables.



The amuses that we were serving to our guests consisted of about 10 small dishes to introduce the guests about the style of the food that we were giving, such as chef Barber’s famous dish “The Fence”. The Fence were all small vegetables on metal needles that were available that period.

The second week I worked on the “Garde Manger”. Which are the appetizers. We served dishes that contained for example a sunflower. The restaurant tried using the whole product to minimize the food waste. So this dish contained the root, the seeds, flowers, the center of the



flower and even the flower stalk.

A service at Blue Hill is in the beginning very chaotic if you are not used to it. 30 chefs are running all the time because most of the things are done à la minute. Why? Well, every table had a different menu. Just because we served the guests what we received from the farm. Chef Barber also liked the idea that 2 tables sitting next to each other didn't have the feeling that they were having the same menu. Sometimes they even changed some menu's on the last minute because people were talking to one of the waiters about how much they loved the dish that they were seeing on another table, so they inserted it in their menu without that the people were knowing about it.

The third and fourth week I got the chance working at meat section. Like I said before, they used every part of the animal. One table gets a strip-loin, and the table next to it gets for example the rib-eye. With all the scraps from the meat they made dried sausages or even a pork hot-dog with beetroot in it!

I really liked the warm dishes, as they were all very juicy, spoonable, very high on taste and umami!

Stone Barns Center possessed seeds of their own breeds of vegetables, which are sold by Row 7 seeds. Some of their vegetables are now also in the garden of Schloss Schauenstein and I managed to smuggle some into Europe as well for later! One of their famous breeds is the centercut squash. One morning I had the chance to harvest them myself.



I was lucky for working at Stone Barns on the perfect moment of the year. The changing from summer to fall is a very interesting period. As a lot of new vegetables will start their season. Weather will slightly cool down so there will be less insects on the plants. Plants produce their own natural insecticides. When there are less insects, the plant will start to relax a bit more and use their energy on producing more sugars, which will give more flavor and sweetness. Also the skin will be slightly thinner. For fish and meat it was an interesting period as well. Animals will eat more right before winter to “survive” so fish and meat will contain more fat and



taste than in summer. It's amazing how much I've learned about how everything changed in seasons.

Everybody who supports sustainable farming, helped each other out when needed. One time a farmer of pumpkin asked us for help when the restaurant was closed. So we drove about an hour with about 10 people of the kitchen and service time and we picked about !5000 kg! of butternut squash. It was about 32°C, sun was shining and we had to work fast by picking the squash from the ground and lay it in huge baskets while the vehicle was driving slowly. Luckily we got a good family meal after to kill the pain!



hier



Stone Barns hammered on the ideology of having a farm that contains more than just a few kinds of plants. What we see a lot in the world is farmers having monocultures. That means that you're focusing on only tomatoes for example, which is actually not good for nature to flourish.

They indicated that the number of different species of for example birds went up due to sustainable farming. If you're doing monoculture, you don't give the nature the chance to restore its natural habitat so birds and other animals will slightly disappear. Knowing that for example the bees are one of the most important insects to have in nature. Bees take care of the entire



ecosystems. Globally there are more honey bees than any other type of pollinating insect. So it's the world's most important pollinator of food crops. It is estimated that one third of the food that we consume each day relies on pollination mainly by bees, but also by other insects, birds and bats.



My fifth and last week I worked at the fish station with chef Cameron. One of the dishes I liked the most was the sushi dish. Using for example really ripe tomato instead of rice, which was extremely refreshing. At Blue Hill they had a deal with the sustainable fishermen to buy the fish that they were able to get that day. So no

special orders. They also used the Ikejime method. It's a Japanese method of slaughtering fish to maintain the quality of its meat. They insert a spike quickly and directly into the brain that will cause immediate brain death so will prevent muscle movements and stress. Too much stress will result in a production of lactic acid and make the meat sour and less tasteful. The blood contained in the fish flesh goes to the guts instead of the meat, will result in a better colored fillet.

As a final conclusion, this internship was one of the most inspiring moments of my life as a chef and recommends this to all the next Uccelin candidates because you not only learn to cook, but also everything that is involved in the whole food industry. I started reading Dan Barber his book "The Third Plate" which contains more than 400 pages of food wisdomness and his vision towards our food cultures and habits. This is the start of a new era!



17.10.19 – 13.11.19 Restaurant Stucki, Basel

Tanja Grandits! Just a few days before I started at Stucki, she got awarded as the chef of the year in Gault & Millau and received 19 points out of 20!

The first time I introduced myself, she received me very kindly! She even immediately told me that I was going to have dinner the same evening so I could taste all the dishes first before working. So got all dressed up nicely and started my 12-course menu with wines at 7PM.



All the dishes that are served at Stucki are very colorful. Every course has its own aroma as well, so every time a different spice or herb. They call it "The Aroma kitchen".

Personally were the desserts at the highest level. These are made by the French pastry chef Julien Duvernay. As I didn't had the chance yet to work in the pastry during Uccelin, I decided to go deeper in this section. So during my whole stay at Stucki, I was happy to help Julien out

His desserts are based on vegetables with nice citrus acidities throughout every dish. The pastry section at Stucki wasn't not only responsible for every dessert, but as well for a lot of products that they sold in the Stucki shop. From chocolate bars to savory cookies and different cakes. So there was a lot to see for me!



On my last day I went early in the morning to a farm to pick up fresh goat milk. André Kneubühler, one of the Uccelins from 2016 who is working at Stucki, goes every Wednesday morning to the farm to get the milk. Back in the restaurant, we started making fresh goat cheese and quark, pretty fun to make!



I really enjoyed my time in Basel, very good working atmosphere and a nice city to visit/live in!

Thank you so much Tanja & team!





15.11.19 – 16.11.19
Au Pavillon de la
Truffe Suisse,
Murten

This time I'm having the honor to work with Fredy Balmer. Someone very known in the truffle world. Fredy has been a chef for all of his life and founded this company in 2007. He picked me up in the morning at the hotel with his car and took me for a ride. The first thing he



wanted to show me was the kind of soil that's needed to grow truffles. So first of all it needs chalk ground. Truffles like a bit of everything. They like some cold, but no ice. Humidity but not too much water. Shadow but not too much,... Anyway, they don't like acid soil because it will burn the truffle, so the pH should be between 7 and 8.

After the tour we went to his house. There he let me taste his new "truffle cheese". A small ball in the shape of a truffle that contained hard cheese from pasteurized cow milk and truffle inside. Fredy gave me his book that he wrote and he explained all the different kinds of truffle and the

details you should notice when you buy this beautiful product.

In the afternoon we finally went to his own cultured truffle plantation that he started 10 years ago. The perfect soil with oak- and hazelnut trees, which are required to grow the truffle. On site there was someone to take pictures of the whole scene because the annual truffle market in Murten was going to happen the day after. By the help of 2 beautiful dogs we started searching for this black gold. The Romagnolo dog is a special race from Romagna, Italy that they use to search the truffle. In just half an hour we found about 200 grams. Sometimes you're lucky to find more, sometimes you find nothing.

Fredy was so kind to give me half of the truffles we've found! The day after I went to visit this beautiful annual truffle market, where 20 different truffle seekers were selling their products. It was a huge feast!

Merci à vous, Fredy ! It was an unforgettable experience with a lot of deep conversations between us two chefs and some lessons in life!



19.11.19 – 14.12.19 Hotel de Ville, Crissiers

It has come to my final internship! One of the most iconic restaurant Hotel de Ville! Been looking forward for this one!



Upon arrival I was hosted by chef Franck Giovannini himself, who showed me around in the kitchen and explained the history of the house a little bit.

It all started with Benjamin Girardet in 1955 who ran the restaurant for ten years. His son, Frédy Girardet took over when his father passed away. Frédy started with a whole transformation regarding

the style of cuisine. He was inspired by the nouvelle cuisine and served dishes who were re-

fined and precise. In 1986 he got awarded 19,5/20 by Gault Millau and when the Michelin guide arrived in Switzerland in 1994, he immediately got 3 Michelin stars and it has never left the restaurant. In 1990 he also got awarded as “Chef of the century” by Gault Millau.

In 1996 Mr. Philippe Rochat took over, followed by Benoit Violier in 2012. Unfortunately Violier passed away in 2016 after being awarded as the best restaurant of the world according to La Liste. Chef Franck Giovannini took over and was chef of the year in 2018.

This French cuisine is very detailed and symmetrical. It reminds me of the dishes that are served at the Bocuse d’Or championships.

First I started at the pastry for a few days. Very classic combinations are being used in the dishes but nice and fresh tastes, not too sweet! On special requests they also served a big soufflé for 2 or apple pie with calvados.



After 3 days I got transferred to garde manger as they really needed an extra pair of hands over there. I was happy getting a ton of work and responsibilities, so I took this chance with my both hands. I was surprised by the good working atmosphere at Hotel de



Ville. The team was amazing and I got explained everything in detail. Chef Giovannini also started random conversations with anybody in the kitchen to have some fun and laughter. It was a very disciplined kitchen but everybody respected each other, both kitchen and service teams.

It was the perfect timing to work in this restaurant. Autumn is the most interesting period at Hotel de Ville because they are specialised in game season. Products like partridge, woodcock, pheasant and much more were available. As well as their iconic dish “Hare à la Royale” is a dish that they serve every year without changing it. One that I didn’t know yet was the chamois, a goat-antelope typical in Switzerland. So it was nice to discover these fine products!



It was surprisingly to see how much luxurious products they were serving in a menu. A few kilo of white truffle and about 10 kilo of caviar were served weekly, which for me was unseen. The caviar they served was one uniquely for the



restaurant, with their name on it, as well as the Royal Belgian Caviar, which comes from a village about 20 minutes from my home town. Regarding the white truffle, there was someone who came every week from Italy to bring this lovely white gold!

Three times a year, they do a seafood platter evening during 3 evenings in a row. People will have about 20 different small dishes with all kinds of seafood, which was pretty impressive to see!



But one of the favourite things I've seen at Hotel de Ville is their à la carte menu. All signature dishes from throughout the years and history of the restaurant. Poularde de Bresse with white truffle, served in 2 courses or "Canard Nantais" for example. Or this beautiful veal shank like on the picture. All being sliced at the table by one of the maître d'hôtels.



Overall this was a very nice place to have the internship and I would like to thank the whole team for this amazing experience!



Final Note

The Uccelin adventure has come to an end! It sure was one of the most interesting weeks in my life and career as a chef. I have gained so much experience and knowledge about food and other cultures throughout the months. Thanks to the project I've got the chance to speak a lot of new people and make new friends, who I will be seeing very soon! It's been for me a "final trip" to complete my skills to feel ready to start my own adventure, which we will be start building in the winter of 2020 and hopefully open spring or summer 2021.

I am completely grateful to receive this opportunity and would like to thank every member of the foundation who realised and support this beautiful project to happen! Special thanks to chef Andreas Caminada and Sarah Leemann for starting the Uccelin Foundation and guiding me from A to Z. Also to Nicolà for assisting Sarah with making the schedules,

bookings and so on. Of course a thank you to miss Alexandra Dorfer for starting making my schedule before I arrived in Switzerland! Shout out to one the Uccelin mentors Sergio Herman who started talking about this beautiful project so I got the chance getting to know about it. As well Flip Dejaeghere, our Belgian Uccelin ambassador and friend. I hope I can continue promoting Uccelin in Belgium and return the favor in the future so we can all together make this project even bigger! And I hope to welcome you guys in 2021 at Fortuin in Belgium!

THANK YOU

Stijn Rotthier 22/12/2019

Final product

Choosing a final product was not simple for me. There are so many things and ideas I would've wanted to make but now I needed to think as a consumer and their needs at home. I wanted to make products that are preservable for a few weeks without much loss of quality and taste like any other fresh product.

When I was doing internship at Dan Barber, I've started getting much more feeling with vegetables and how delicious and simple you can make a salad with all the finest products from the farm. Adding something crunchy is like a cherry on the pie. So I decided to make salty crunchy toppings, but still keep it simple so that the consumers still see and understand what they are buying.

You can use these products individually, but also can mix it with other crispy garnishes. You

can pour it on a salad, or dip your cooked meat or fish in it to make it extra crunchy, which also gives a nice view on your dish. So much you can do starting from these products.

The good side is that you don't need much different ingredients for making these products and you can make them as well in big batches without any problem. Every restaurant has much bread leftovers and to reduce waste, I decided to make the last 3 crunches with leftover bread.

Products

Salty crunches :

- Puffed grains and seed mix
- Green herb crunch
- Caesar salad crunch
- Caramelized onion crunch



Recipes

Puffed grains and seed mix

Crispy quinoa

- 500 grams tri-colored quinoa
 - 1500 grams water
 - 20 grams salt
 - 2 liters sunflower oil
-
- Bring water with salt to boil, turn off the heat, wait for one minute and pour in the quinoa.
 - Let it soak for 30 minutes, strain and rinse the quinoa.

- Spread on a sheet tray and dry in the oven for about one hour so that it's not too dry and still a little bit moist.
- Warm up sunflower oil until 190° C into a pan with enough space left.
- Pour in every time a hand full of quinoa into the oil and fry for about 10 seconds and take out with a sieve.
- Spread on a papered tray and let it air-dry. Salt until seasoned.

Crispy buckwheat

- 500 grams buckwheat
 - 2000 grams water
 - 30 grams salt
 - 2 liters sunflower oil
- Bring water with salt to boil, turn off the heat, wait for one minute and pour in the buckwheat.
 - Let it soak for one hour, strain and rinse the buckwheat.
 - Spread on a sheet tray and dry in the oven for about 90 minutes so that it's not too dry and still a little bit moist.
 - Warm up sunflower oil until 190° C into a pan with enough space left.
 - Pour in every time a hand full of buckwheat into the oil and fry for about 15 seconds and take out with a sieve.
 - Spread on a papered tray and let it air-dry. Salt until seasoned.

Crispy bulgur

- 500 grams bulgur
 - 1500 grams water
 - 24 grams salt
 - 2 liters sunflower oil
-
- Bring water with salt to boil, turn off the heat, wait for one minute and pour in the bulgur.
 - Let it soak for 30 minutes, strain and rinse the bulgur.
 - Spread on a sheet tray and dry in the oven for about 90 minutes so that it's not too dry and still a little bit moist.
 - Warm up sunflower oil until 190° C into a pan with enough space left.
 - Pour in every time a hand full of bulgur into the oil and fry for about 15 seconds and take out with a sieve.
 - Spread on a papered tray and let it air-dry. Salt until seasoned.

Crispy pearled barley

- 500 grams pearled barley
 - 3000 grams water
 - 50 grams salt
 - 2 liters sunflower oil
-
- Bring water with salt to boil, cook the barley for 25 minutes and rinse.
 - Spread on a sheet tray and dry in the oven for about 90 minutes so that it's not too dry and still a little bit moist.
 - Warm up sunflower oil until 190° C into a pan with enough space left.
 - Pour in every time a hand full of barley into the oil and fry for about 20 seconds and take out with a sieve.
 - Spread on a papered tray and let it air-dry. Salt until seasoned.

Flax seed crisps

- 500 grams whole flax seeds
- 16 grams salt
- 1000 grams water
- 2 liters sunflower oil

- Bring water to the boil, pour in the flax seeds and stir firmly about 2 minutes until it's thickened.
- Spread as thin as possible on a silicon baking mat while it's hot and dry for in a 60° C oven until crispy.
- Warm up sunflower oil until 160° C into a pan with enough space left.
- Fry the flax seed crisps until they start to float on the surface.
- Put it on a papered tray and let it air-dry.

Finishing the mix

- 20 grams crispy quinoa
- 20 grams crispy buckwheat
- 20 grams crispy bulgur
- 25 grams flax seed crisps
- 15 grams crispy pearled barley

Green herb crunch



- 300 grams whole wheat bread
- 120 grams green herb oil
- 6 grams fleur de sel
- 15 grams onion granulate

- 3 grams black pepper
- 6 grams green herb powder
- 8 grams fried basil
- 4 grams fried tarragon
- 4 grams fried parsley
- 6 grams fried young spinach

For the green herb oil

- 40 grams young spinach
 - 40 grams parsley
 - 20 grams tarragon
 - 20 grams basil
 - 500 grams sunflower oil
 - 5 grams salt
- Blend all in a thermo blender during 25 minutes at 70° C.
 - Strain through a cloth and cool down.

For the crunch

- Pour all the ingredients except for the fried herbs in a blender and blend for a few seconds so that the bread is still in chunks.
- Crush the fried herbs a little bit.
- Place in the oven for 30 minutes at 120°C, cool down and add the fried herbs.
- Spread on a papered tray to soak up the oil.

Caesar salad crunch



- 200 grams whole wheat bread
- 40 grams garlic oil
- 20 grams green herb oil
- 6 grams fleur de sel
- 2 grams black pepper
- 10 grams onion granulate
- 2 grams fried tarragon
- 4 grams fried parsley
- 2 grams fried rosemary
- 3 grams green herb powder

For the garlic oil

- 1 stem garlic
- 1 branch rosemary

- 1 branch thym
 - 2 grams black pepper
 - 500 grams sunflower oil
-
- Peel and fry the garlic in a few spoons of oil until golden brown.
 - Vacuum it with the rest of the ingredients, let it rest for a day and strain.

For the crunch

- Pour all the ingredients except for the fried herbs in a blender and blend for a few seconds so that the bread is still in chunks.
- Crush the fried herbs a little bit.
- Place in the oven for 30 minutes at 120°C, cool down and add the fried herbs.
- Spread on a papered tray to soak up the oil.

Caramelized onion crunch



- 200 grams whole wheat bread
- 20 grams garlic oil
- 60 grams onion oil
- 80 grams dried caramelized onions
- 6 grams fleur de sel
- 2 grams black pepper
- 15 grams onion granulate

For the onion oil

- 3 onions
 - 20 grams onion granulate
 - 500 grams sunflower oil
-
- Peel and chop the onions.
 - Add the rest and fry until nice and brown.

- Strain through a sieve and cool down.

For the caramelized onions

- 2 sweet onions
- 30 grams of butter
- Peel and slice the onions into thin disks.
- Slowly caramelize in a pan together with the butter.
- Spread on a tray and let it dry in a dehydrator during 24 hours.

For the crunch

- Pour all the ingredients except for the caramelized onions in a blender and blend for a few seconds so that the bread is still in chunks.
- Crush the onions a little bit.
- Place in the oven for 30 minutes at 120°C, cool down and add the fried onions.
- Spread on a papered tray to soak up the oil.

Foodcost calculation

Quinoa 7 CHF/kg
buckwheat 8 CHF/kg
Bulgur 7 CHF/kg
Pearled barley 4 CHF/kg
Flax seeds unbroken 6 CHF/kg
Whole wheat bread 5,80 CHF/kg
Green herbs 2,80 CHF/bundle
Sunflower oil : 3,25 CHF/liter

For 100 grams crispy Quinoa : 0,70 CHF + 5%
general costs = 0,74 CHF

For 100 grams crispy buckwheat : 0,80 + 5%
general costs = 0,84 CHF

For 100 grams crispy bulgur : 0,70 + 5% = 0,74
CHF

For 100 grams crispy pearled barley : 0,40 + 5%
= 0,42 CHF

For 100 grams flax seed crisps : 0,60 + 5% = 0,63
CHF

For 100 grams seed and grains mix :

20 grams Quinoa = 0,15
20 grams buckwheat = 0,17
20 grams bulgur = 0,15
25 grams flax seed = 0,16
15 grams pearled barley = 0,06
= 0,69 CHF / 100 grams mix

Green herb oil

500 grams sunflower oil = 1,65
40 grams young spinach = 0,63
20 grams tarragon = 0,46
20 grams basil = 0,56
40 grams parsley = 0,47
5% general cost = 0,17
= 3,96 CHF / 500 grams

Garlic oil :

1 stem garlic = 0,80
500 grams sunflower oil = 1,65
5% general = 0,12
= 2,57 CHF / 500 grams

Onion oil :

3 onions = 0,55
20 grams onion granulate = 0,39
500 grams sunflower oil = 1,65
5% general = 0,13
= 2,72 CHF / 500 grams

Caesar salad crunch :

100 grams bread = 0,58
20 grams garlic oil = 0,11
20 grams green herb oil = 0,08
2 grams fleur de sel = 0,09
5 grams onion granulate = 0,10
Green herbs = 0,20
= 1,16
+ 5 % = 0,06

= 1,22 CHF / 100 grams

Green herb crunch :

100 grams bread = 0,58

40 grams green herb oil = 0,32

2 grams fleur de sel = 0,09

5 grams onion granulate = 0,10

Green herbs = 0,30

= 1,39

+ 5% = 0,07

= 1,46 CHF / 100 grams

Caramelized onion crunch :

100 grams bread = 0,58

10 grams garlic oil = 0,05

30 grams onion oil = 0,16

2 grams fleur de sel = 0,09

7,5 grams onion granulate = 0,15

40 grams caramelized onions = 0,40

= 1,43

+5% = 0,07

= 1,50 CHF / 100 grams

