



GROHE

Edited by
Michael Rauterkus

TAP TO TABLE

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TO

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Michael Rauterkus

TABLE

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The importance of water for the culinary experience

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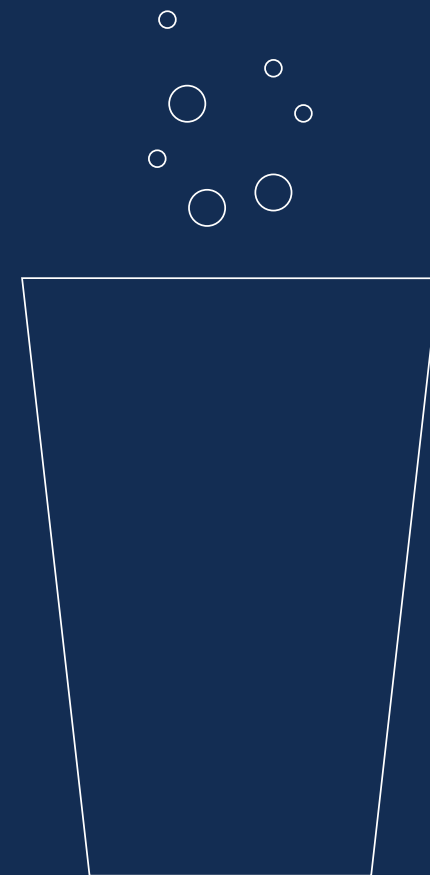
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STARTERS

THE IMPORTANCE OF WATER FOR THE CULINARY EXPERIENCE





STILL AND SPARKLING — RETHINKING THE IMPORTANCE OF WATER.

As I sit down to write this introduction, I can imagine you, the reader, have one question: What do I, the CEO of a sanitary fittings company, know about the latest food trends? A good question – after all, I have no training as a sous-chef nor have I worked as a sommelier at your favorite Michelin-starred brasserie. I’d like to counter with a question of my own: What is one of the most important ingredients when cooking? That’s right: simple water. As more and more patrons in high-end restaurants are asking for a non-alcoholic pairing for their menu, the humble natural element that we at GROHE help bring to restaurants is playing an even greater role within the world of gastronomy. A role that we aim to enhance even with our Taste Tour, for which we partnered with some of Europe’s most influential chefs. And, yes the GROHE Taste Tour was also the inspiration for this very book you are now holding in your hands.

Fine dining, that is the art of enjoying and offering taste as an experience, has undergone a great deal of change recently. And I’ve watched this change firsthand. In my role, I find myself partaking in my fair share of upscale lunches and dinners, and I have seen old-world fussiness make way for the young and hip. But why is it then, that when asked about one’s water preference, the only options usually offered go no further than “still or sparkling?” As someone who’s constantly thinking about the myriad ways that water can improve our well-being, that question strikes me as, to put it simply, a little simple.

In the same way that anyone being asked “Tea or coffee?” at the end of a lavish tasting menu would want to know what kind of tea or coffee is being offered, most diners today will have an interest in what kind of water there is to choose from. And drinking water is just one aspect of it. As more and more restaurants (you’ll find some great examples in this book) are switching to filtered tap water or even using kettle-hot water straight from the faucet to create their dishes, local sourcing – or as we call it, “Tap To Table” – is becoming the focus of a sparkling debate in foodie circles.

Now it’s time to rethink the importance of water, whether at in-the-know restaurants or at home. As the farm-to-table movement has shown, foodies crave ingredients that are locally sourced or at least are clear about their provenance. Our taste buds – and also common sense – have now determined that produce from round the corner just tastes better. And that’s not the only reason to opt for regional produce. In these times when natural resources are becoming scarcer, it is simply the most ethical choice to go for what’s nearby. In the case of hydration, this means filtered water that comes straight from the faucet, whether in our favorite restaurants or in our own homes. Tap water is simply the most sustainable option there is, with no plastic bottles and no industrial cleaning processes for glass bottles (which also require miles of transport, don’t forget).

Of course, water is always “organic,” and most European water companies provide water of great drinking quality. But just as you are discerning about what goes on your plate, it makes sense to be discerning by enjoying filtered tap water as offered by our GROHE Red and Blue water systems. Not only is it purer, but you’ll notice the difference in taste – the chefs featured in this book definitely did. And here’s the good news for all aspiring amateur chefs looking forward to cooking the recipes from this book. With GROHE Red and Blue, you too can have the best quality water delivered to your home straight from the faucet – “best quality” in terms of taste as well as from a sustainability and convenience point of view.

So, as you begin to leaf through this publication, I sincerely hope that our selection of top chefs and their menus, as well as some of the easy-to-replicate recipes, will inspire you to rethink the quality and provenance of your drinking water.

Michael Rauterkus
Chief Executive Officer of GROHE AG

TURNING WINE INTO WATER

For the health-conscious diner,
careful water selection may offer
new, beneficial taste experiences.

MINERAL CONTENT, HARDNESS OR SOFTNESS, OR LEVEL OF CARBONATION CAN HAVE AN EFFECT ON A DINER’S IMPRESSION OF A STEAK OR A SALAD AS PROFOUNDLY AS A CÔTES DU RHÔNE OR A RIESLING.

TEXT: GIULIA PINES

Health and wellness are hot topics nowadays, especially when it comes to what we put into our mouths. Diners who may have once thought nothing of indulging in a six-course tasting menu with a full wine pairing are now thinking again. Since scientific studies continue to be inconclusive about the health risks of alcohol consumption, one may argue, why chance it? What’s more, who wants to be too drunk to remember a supposedly unforgettable, once-in-a-lifetime meal?

There’s a growing sense among foodies, chefs and fine-dining aficionados that alcohol shouldn’t be the only way to indulge. Increasingly, other types of beverage pairings are making an appearance on the menu, and don’t just call them “alcohol alternatives.” With this increasing emphasis on clean drinking, restaurants and chefs have found value in a new type of sommeliers, those who pair fine dining menus with interesting juices, herbal mocktails or even good old-fashioned H₂O. Their decisions have great power in the dining room, affecting the way a dish tastes and making it crucial for them to choose the right beverage for each part of a meal.

Water’s mineral content, hardness or softness, or level of carbonation can have an effect on a diner’s impression of a steak or a salad every bit as profoundly as a Côtes du Rhône or a Riesling. “Not all H₂O is created equal,” explains Alican Akdemir, one of the first water

sommeliers in Turkey, now working for the Istanbul-based catering company Yeme İçme İşleri. “Drinking waters that have different mineral content for each course highlight their subtle differences, and the progression adds enormously to the gastronomic experience.”

Not all H₂O is created equal

Alican Akdemir, water sommelier

Think of highly carbonated water, for example, which produces a buoyant, zesty feeling in the mouth. It may feel cleaning and refreshing, but it’s actually the incorrect pairing for a spicy dish, as it spreads, rather than dissolves, the molecules of capsaicin in chili peppers that cause the sensation of pain.

Meanwhile, an espresso brewed with soft, mountain water can come out tasting smooth, bright and even sweet. There’s a reason Vienna is known for its coffee culture: Alpine H₂O is simply more pleasing to the tongue than ground water from lower altitudes, which can often come with a chalky residue that affects flavor and the ability to saturate coffee grounds.

Even the realm of baking makes use of the varying qualities of water: The lactobacillus bacteria that allows sourdough bread to rise may react particularly well to one region’s water and particularly poorly to another.

WATER HAS A DEEP IMPACT ON A DISH’S FLAVOR, TEXTURE, DISSOLVABILITY AND DIGESTIBILITY. WATER-BASED BEVERAGE PAIRINGS ARE MUCH THE SAME.

Anyone who’s marveled at the dense texture and rich flavor of New York’s legendary bagels has probably heard the old adage, “It’s just something in the water.” Turns out they’re not far off.

To put it simply, water has a deep impact on a dish’s flavor, texture, dissolvability and digestibility. Water-based beverage pairings are much the same. “As a sommelier, you have two possible approaches: complementing or contrasting,” explains Nicole Klauss, author of *Die Neue Trinkkultur: Speisen Perfekt Begleiten Ohne Alkohol* (The New Drinking Culture: Accompanying Dishes Perfectly Without Alcohol). “Sometimes sommeliers want to provoke with the drink – and often the drink is too strong for the dish.”

Often the drink is too strong for the dish

Nicole Klauss, culinary author

As a longtime advocate for what she calls “temperance pairings,” Klauss concerns herself with the best ways to enhance a menu without using alcohol, or even juices, which she says some of the world’s top restaurants rely on too much: “Even at Noma in Copenhagen, if you order an (eight or more) course meal, by the end of the evening you’ll have drunk nearly one liter of juice.” The sugar content of it all makes it nearly as unhealthy as alcohol.

So how do you add flavor and nuance to a meal without relying on either? For Akdemir, the solution is water; for Klauss, the answer is very often tea. The author describes how ginger or green teas can provide an ideal contrast to wasabi in a sushi meal, and she’s almost as passionate about fermented drinks: “They are like chameleons: Flavored with herbs, spices or fruits, they are great partners.”

For both of them, though, the presence of GROHE Blue in their working kitchens has made a world of difference. “Using sustainable, green, energy and water-saving products is extremely important in my daily life,” says Akdemir, who appreciates GROHE Blue for its ability to produce carbonated drinking water on command. “I love the look on my friends’ faces when I ask if they prefer medium or high sparkling when I’m pouring from the tap.”

Klauss, who consults with restaurants, supper clubs and TV cooking shows on non-alcoholic pairings, also credits GROHE Blue with a more enjoyable tea-drinking experience: “It filters the limescale out and softens the water,” she says. And with better water comes a better overall eating and drinking experience. So perhaps next time a waiter approaches your table to ask if you’d like still or sparkling water with your meal, you can simply say, “Make it GROHE.”

GUSTATORY SENSATIONS

How do we experience the food and drink we consume?
We take a sip on the science around our most delicious sensory perception.

TEXT: MEREDITH JOHNSON

Humans have spent a long time analyzing how the senses work. Taste, with all its intricacies and idiosyncrasies, has come to be understood through the simple idea that all the flavors in the world can be broken down into five basic categories. These are sweet, sour, salty, bitter and savory (otherwise known as *umami*, meaning ‘deliciousness’ in Japanese). These categories of taste overlap to create unique flavors, like the many combinations of a five-number padlock, and it’s generally accepted that these categories have every possible experience of taste covered.

However, there is a great deal more to understand about how taste works beyond these categories, and it’s an area which is constantly evolving. For one thing, we have long known that it is the interaction of flavor (what we

taste with our tongues) and aroma (what we smell) that gives us the full picture of whatever we are tasting. In fact, smell and taste are absolutely intertwined, and without a sense of smell to trigger the olfactory (smell) senses in our brains, much of what we taste would be virtually lost. “You may notice,” says Carol Raithatha, a food and drink research consultant in the UK, “that when your nose is blocked, food and drink doesn’t have much flavor – this is in fact because you are not detecting as many odors.”

Raithatha explains that the ‘technical definition’ of flavor is actually the combination of taste, odor and what she calls “trigeminal sensations”, named after the nerve that controls chewing and facial motor functions. This controls “irritating sensations such as pain, temperature and



THE ERRONEOUS BUT HIGHLY POPULAR NOTION OF ‘TASTE ZONES’ CAN BE TRACED BACK TO A MISCOMMUNICATION BETWEEN SCIENCES IN THE EARLY 20TH CENTURY.

tingling ... created by stimuli like chili or carbonation.” And other senses that don’t technically count as taste do contribute to it. Whether it’s the feel of food in our hands and mouths, the sound of something ready for us to consume (think of the sound of fizzy water being poured into a tall glass) or the mere sight of food looking desirable or not, all our senses are in play when it comes to taste.

The consumption of certain foods is linked to the release of neurotransmitters that create a sense of well-being.

Carol Raithatha, research consultant

And the science of the matter is still in constant flux. For much of recent history, for example, it was thought that the tongue divided neatly into clearly demarcated ‘zones’ of taste, accounting for the different categories of taste – a sweet zone, a salty zone, and so on. This theory (which may conjure up images of biology classrooms, dripping pipettes and protruding classmates’ tongues) now seems to be far less accurate than was once thought. Scientists now believe that the tongue simply has areas of differing sensitivity, and that much of the disparity in taste intensity comes from links between neurons in the brain and taste buds with different functions all over the tongue. Indeed, the erroneous but highly popular notion of ‘taste zones’ can be traced back to a miscommunication between sciences in the early 20th century.

But taste remains a far bigger and more complex phenomenon than even the most contemporary technical explanations would suggest, and features in many areas of study outside biological science. For example, taste is a significant subject within philosophy. The question of how one can speak of universal tastes, or indeed definitively answer the surprisingly difficult question of what it actually means for something to taste ‘good’ or ‘bad,’ makes it perhaps the ultimate paradigm of human subjectivity.

So while taste may well intuitively seem to be a universal experience, this is simply not the case. There are certainly patterns: sweetness is widely experienced as pleasurable, and bitterness almost universally unpleasant, for example. But these patterns are not only fallible, they may have less to do with our biological makeup than we think. Indeed, taste in particular may be almost entirely the result of societal norms and habits. This idea in particular was compelling to 19th century scientists who observed that those flavors that are pleasing to one individual may be distasteful or even unbearable to those unaccustomed to them.

We now know far more about individual differences in terms of what Raithatha refers to as “sensitivities to certain stimuli,” which gives a better picture of how important the individual experience is. In other words, taste often comes down to “how much those stimuli are liked or not.” In this area, memory – linked deeply with smell and by extension taste – is key. “The impact of personal experiences and motivations,” says Raithatha, “are recognized to be very important.”

Despite the profound effect of individual preference, it is undeniably possible to observe general patterns of human response – and often, this looks like simply measuring responses of pleasure or aversion. It is through these mechanisms that humans have come to know what we should avoid, responding generally (though not always) with some kind of hostile reaction to things our bodies know we shouldn’t be consuming. Carol Raithatha explains: “The body reacts to bitter-tasting things negatively because many bitter compounds are poisonous. Similarly, sour and astringent compounds can be found in unripe fruits, which are better not to eat.”

But when it comes to the water we drink, these reflexes seem to be less targeted towards our well-being. This means that people will often unknowingly drink water containing many impurities, such as lead, bacteria, sediment, pesticides (or instead, purifying chemicals such as chlorine), without realizing the effect these things are having both on the water’s taste and perhaps even their own bodies. Such impurities are rife in tap water consumed in cities across the world, with most people never realizing that these things do in fact leave a taste in the mouth, and that filtered water can remove the taste and impact.

But it’s not just negative tastes that spark physiological responses; things that taste good may make us feel measurably good. “It is believed,” says Raithatha, “that consumption of certain foods is linked to the release of neurotransmitters that create a sense of well-being.”

“In addition,” she continues, “I believe that our minds and psychology are very powerful and we can link feelings of well-being to consuming certain foods that we know are good for us and/or that remind us of happy memories and give us comforting feelings.” And the sensory experience of drinking truly pure, clean water is a markedly different taste experience. Having easy access to pure water, therefore, could be worth more to us than we realize.



IMPURITIES ARE RIFE IN TAP WATER, WITH MOST PEOPLE NEVER REALIZING THAT THESE THINGS DO IN FACT LEAVE A TASTE IN THE MOUTH.

GOING LOCAL

How farm-to-table became the most important trend in years.



PERHAPS THE MOST LOCAL EXPERIENCE OF ALL IS GETTING WATER FROM ONE’S OWN FAUCET.

TEXT: ABBY CARNEY

Are we at the peak of the farm-to-table trend? It certainly looks like it. According to a 2015 poll conducted by Friends of the Earth Europe, 89 percent of respondents reported that they think local food supports local jobs, while 78 percent think local food provides a more balanced diet. What exactly constitutes ‘local,’ though?

There are a variety of definitions. Depending on who you ask, local could mean from just down the road or within the same county. Some consider anything grown within the same country to be local, so for instance, the moment the strawberries turn red in Karlsruhe in south-western Germany, they can be shipped 625 kilometers to Hamburg and still get the “locally grown” label on the menu at a farm-to-table restaurant.

Others have an even looser definition, considering produce from a general region to be local. Some Germans would consider produce imported from Italy or Spain to be locally grown. However, it’s worth noting that a shorter distance traveled does not necessarily mean less CO₂ emissions, nor is it guaranteed that the farm just down the road produces their food ethically, organically or sustainably. Careful research is required by shrewd shoppers and chefs alike to ensure that what they are putting in their and their guests’ mouths meets sustainable standards.

Perhaps the most local experience of all, though, is getting water from one’s own faucet. The negative environmental and health impact of plastic-bottled water has been well documented, so, assuming your tap water satisfies health and safety codes, getting it straight from

the source is the best way to go. In a report from the U.S. national public radio, Dan Heil, a professor of health and human performance, said, “I think that the tap has become underrated as a source of healthy water. Not to mention that it’s basically free and creates less waste than the alternatives.” Plus, if it’s filtered, you can even ensure your locally sourced water tastes just as good as bottled, no sustainability check needed.

After all, taste is an important part of any food movement worth its, ahem, salt. According to a wide range of chefs and other professionals, locally grown food offers superior flavor, as well as being more sustainable for crops, livestock and farmers alike. Locally sourced food guarantees fresher, better-tasting ingredients for

I think that the tap has become underrated as a source of healthy water.

Dan Heil, professor for health and human performance

chefs to work with, and by developing relationships with their small producers over time, they can make special requests or guarantee they’ll get the first pick of their best produce.

By cooking with food that is grown in the nearby area, chefs also ensure that their menus stay seasonal: only using tomatoes in the summer, pumpkin in late fall. This means more creativity – when you have to pick from what’s in season, you make the most of what’s available. And while locally produced foods can sometimes be pricier, sourcing ingredients locally from longtime partners (especially in bulk) can help keep a restaurant’s overheads low.





BEFORE GREENHOUSES AND LARGE SCALE FARMING, FARM-TO-TABLE DINING WAS THE ONLY WAY TO EAT.

It bears mentioning that while eating seasonally is both laudable and undeniably popular, it's not a new trend; it's just freshly sprouted in the modern mainstream. In Germany, for instance, people have been eating by the seasons for time immemorial, out of sheer necessity. Before greenhouses and large scale farming, farm-to-table dining was the only way to eat.

But, now that the comparison is there, it's become clear that locally grown, seasonal food tastes better. It's not hard to see why: it is fresher, having been picked at its peak. When food doesn't have to travel a great distance, the gap between the time of plucking or slaughtering and purchase is narrower, resulting in food in its most natural and most delicious state.

Christie Dietz, a British food writer and critic in Wiesbaden, Germany, said of the country's well-known white asparagus season, which runs from mid-April until the end of June: "I don't know a single person in Germany who would choose to have Peruvian white asparagus a couple of weeks before they could have something grown locally." The vegetable is best eaten fresh from the ground, so "it still has a wet end when you buy it, so you don't have to cut it off," she said.

That's the way we eat in our household – it's really dependent on what is available at the farmers' market.

Jennifer Buck Ferrier, organic grape producer

"Who would choose to have something that's flown halfway around the world? Partly because of the sustainability issue – people think it's just completely mad to do that, especially because it has to be wrapped up in plastic and all that sort of thing, the transportation. But mostly because it just tastes better."

On the sustainability front, eating and drinking locally is one of the best ways a person can make a positive impact on the environment, or at least cause a lesser amount of harm. Jennifer Buck Ferrier, an organic grape producer, winemaker and farmers' market organizer in Colline de l'hirondelle, France, said: "I do a lot of trading for my own food in the market, and we live in a place that's way out of the back of beyond. A lot of people who have moved here have done that as a specific choice because they're environmentally inclined and want to make an impact on their local community and have a low impact on the environment. That's the way that we decide to eat in our household – it's really dependent on what is available at the farmers' market where I work."

What's more, eating locally has the added benefit of bringing the community together. When food is purchased from farmers' markets and small vendors rather than giant supermarkets, it gives farmers and producers a chance to connect with the everyday eaters they help sustain. Buck Ferrier said the farmers market she helps organize in Colline de l'hirondelle brings together people of varying social classes and languages, creating a social cohesion in the village. She said, "We actually go to the farmers' market to be a part of the local group of organic growers. We have a club that's associated with our market that does cultural events and a market meal. It means that everyone from the little village comes out and they're together and they spend an evening eating local food and doing their shopping."

It seems unlikely that the farm-to-table trend will be going away anytime soon. Due to climate change, eating locally is becoming more than just another nostalgia food movement; it's quickly becoming incumbent on all of us to concern ourselves with the provenance of our food and drink. The status quo is no longer a true option.

MAN

COURSE

INNOVATIVE CHEFS WORKING WITH GROHE RED AND BLUE
PLUS: MORE RECIPES TO TRY AT HOME



It's not normal for a restaurant to win a Michelin star by accident, but then there's not much normal about Cologne restaurant maiBeck.

FINE ON THE BRINE

FINE ON THE RHINE

JAN CORNELIUS MAIER & TOBIAS BECKER/
MAIBECK

TEXT: SENTA BEST

PHOTOGRAPHY: MAGNUS PETTERSSON

You couldn't really say there's a lack of restaurants in Cologne's historical old town at the moment – eateries line the streets among the tourist attractions of the city center. And yet, that's precisely where Tobias Becker and Jan Cornelius Maier decided to open maiBeck. The concept? "We wanted to break with the whole gourmet nonsense," says Jan Cornelius Maier. Their self-styled bistro has been buzzing for over five years now. It's a totally tablecloth-, lobster- and fuss-free kind of place. The food is not only prepared with simple, high quality local ingredients, it's predominantly recipe-free too. A real challenge for the entire team – after all, given the constantly changing product range and ever-new menu configurations, team members need a great deal of flexibility and a real knack for improvisation. In such a setting, a system like GROHE Red and Blue is a huge help, allowing them to promptly pour guests a chilled sparkling water, serve a hot tea in an instant or quickly blanch some raw vegetables in kettle-hot water straight from the faucet.

Maier and Becker source all their products from the countryside around Cologne: from the Vorgebirge – one of the most fertile regions in Germany – to the trout lakes in the Bergisches Land region. And while they originally only sought out their key products like fish and meat in this way, they are now on first-name terms with the growers of every single one of their vegetables. "Regionality was never a dogma for us, more a logical consequence," explains Becker. That said, the strategy they both pursued from the outset could be described as somewhat dogmatic: to be the best non-Michelin-starred restaurant in Cologne and offer good food without the typical fussiness that sometimes comes with the gourmet context. With plenty of experience in starred restaurants between them, the two had the intention of remaining under the radar. This plan, however, failed after little more than a year – when they inadvertently gained a Michelin star. GROHE pays maiBeck a visit to find out what Maier and Becker's kitchen philosophy is all about.





Maier and Becker source all their products from the countryside around Cologne, creating dishes that all come in at under 30 euros.



WHEN THE DISHES ARE PERFECT, WE TAKE THEM OFF THE MENU. IT'S NICE TO EVOLVE.

JAN CORNELIUS MAIER & TOBIAS BECKER



maiBeck doesn't have tablecloths or curtains, the guests have to hang up their own coats, and you'll be hard-pressed to find amuse-bouches or lobster on their constantly changing menu. All main courses are priced at less than 30 euros. Despite this, or precisely because of this, the self-styled bistro received a Michelin star four years ago – by accident! We spoke to the head chefs Tobias Becker and Jan Cornelius Maier to find out more.

GROHE

How did the concept for maiBeck come about?

Jan Cornelius Maier

We just wanted to serve good food without the typical gourmet character – a place that we would like to eat at ourselves. In our opinion, nowhere in Cologne offered this. Our strategy was actually to stay under the radar and be the best non-starred restaurant in the city.

G You gave up this goal quite quickly, though: How did you get your Michelin star?

Tobias Becker

It was a kind of accident.

JCM It was quite terrible.

TB We've known each other for a long time, since my apprenticeship. Also in a non-work context. But I've never seen Jan so dumbstruck or pale-faced. At first we asked ourselves: Are they about to ruin everything?

JCM When we received the star, we initially thought that we'd have to change our strategy. But then we just carried on doing things the way we'd done them before!

G You place great importance on regional cuisine. Is this primarily due to environmental considerations or is it more of a positive side-effect?



JCM It's a consistent logic, a bit like with Bauhaus design: If a chair is comfortable and works well, it's beautiful, too. Food that is grown well and looked after, has no garbage in it and is only transported a short distance – so is also CO₂-friendly ...

TB ... and harvested at the right time ...

JCM ... exactly ... and then put together by us in a half-decent way, will naturally have a certain quality. If you don't do a lot wrong, you can't really make a mess of it. This means we are forced to be flexible. But we prefer it anyway if the producers just put the stuff in front of us and we are given the challenge of making something out of it – just like at the market.

G In your opinion, what's the biggest difference between maiBeck and Michelin-star gastronomy?

TB If you look at Michelin-star gastronomy, there are four menus per year. They are carefully worked out in advance, there are exact directions on how things should look and where things should be placed. Everything is pre-formulated. At maiBeck, the exact opposite is the case. We offer four courses for 46 euros, and for this we prepare what we've just had delivered, sometimes in very small amounts. So there might be a different starter at lunch than in the evening, which means that the chefs have to improvise. On top of this, the products also change constantly, so they have to develop a flair for this – it's not something you can explain.

JCM I wouldn't want to work any other way – things would quickly get boring otherwise. We communicate and experiment a lot, and as a result the quality is perhaps not as constant as at other places, but we're willing to accept this compromise. We factor in these fluctuations.

TB When the dishes are perfect, we take them off the menu. It's nice to evolve. If something is perfect, then in some way it's complete. That's when things start to get a bit boring.

G Does GROHE Red and Blue make your flexible and improvised way of working easier?

TB GROHE Red and Blue is a huge help and a truly resource-friendly system. Why would I transport water across the country when I can make it better myself here?

JCM There are two decisive factors: First, there's the sustainability question, which plays a big part in both GROHE Red and Blue, and which dovetails perfectly with our philosophy; the second is that you can add the technology to your skill set – in particular cooking methods, for example. We blanch sliced romaine lettuce with hot water straight from the faucet. It makes a massive difference. If I put something into a pan of water, the temperature of the water changes when I put the thing in. But that doesn't happen with GROHE Red, as it delivers a constant stream of kettle-hot water over the product, which generates an exciting effect: The romaine lettuce ends up translucent but super crunchy. Such things make the benefits of GROHE Red and Blue quite clear.





PORK BELLY

WITH APRICOTS & CAULIFLOWER

Serves 4

- 1.2kg pork belly*
- 200g coarse sea salt*
- 1 large onion*
- 2 apples*
- 3 bay leaves*
- A splash of GROHE Blue water*
- 1 cauliflower*
- GROHE Red water*
- 8 apricots*
- 1 tbsp sugar*
- 100ml white vinegar*
- 1 tbsp mustard seeds*
- 100ml white wine*
- Olive oil, vinegar, and salt to taste*

Preheat the oven to 180°C. Score the pork belly rind. Mix sea salt with a bit of water from GROHE Blue until it becomes a mass and rub it on the fatty side of the

belly. Bake in the oven for 90 minutes on a bed of sliced onions, apples and bay leaves.

Meanwhile, trim the cauliflower of its florets and set them aside. Roughly chop the stalk and put it in a stand mixer along with a couple of raw cauliflower leaves, and blend. Season the resulting coleslaw with a dash of vinegar, oil and salt.

Blanch the florets in a pot of salted kettle-hot water from GROHE Red for about 1 minute, just until they are barely softened. Remove the stones from the apricots and cut them in half.

Mix together the sugar, white wine, vinegar and mustard seeds to form a syrup and add the apricots. Cut the pork belly while it's warm and serve with the cauliflower florets, coleslaw and apricots.

PEACH & BASIL BELLINI

2 peaches
150g sugar
150ml GROHE Blue sparkling water
Handful of basil
Shot of vodka
½ lemon

First make a simple syrup by pouring equal parts water and sugar into a saucepan.

Blanch the vineyard peaches, peel off the skin and place in a container with the simple syrup. Set aside for a few days. Mix two tablespoons of the peach syrup with a shot of vodka and the juice of half a lemon. Pour into a highball glass filled with basil and ice cubes, top with sparkling GROHE Blue water and stir to combine.





BEETROOT SALMON

WITH GRAPE & CELERIAC

Serves 4

- 2 salmon trout fillets*
- 2 beets*
- 1 yellow beet*
- 1 Tonda di Chioggia*
- 80g coarse sea salt*
- 50g brown sugar*
- Black pepper*
- 30g ginger*
- 1 celeriac*
- GROHE Red water*
- 100g mixed seedless grapes*
- 100g pumpernickel*
- A dash of vinegar*
- Olive oil or sesame oil*

Combine salt, sugar, peppercorns, peeled ginger and a beetroot in a blender and process into a coarse mixture. Distribute the mixture onto the salmon trout

fillets and let them cool for 24 hours. After 24 hours, rub off the mixture and vacuum fillets, if possible.

Peel the celeriac, retaining the peel. Dice the remainder and blanch the cubes in salted water from GROHE Red. Cook the sections of diced cubes with a little salt, sugar and a bit of water in a covered saucepan for about 15 minutes. While still hot, mash into a puree with butter or olive oil. Using a blender, make a coarse “tartare” from the peel and a few leaves of celery, and season with vinegar and oil.

Peel the yellow beet and cut into walnut-sized pieces and cook in salted water from GROHE Red. Cut the Tonda di Choggia into very thin slices. Slice the grapes. Marinate everything with vinegar and oil. Cut the salmon trout and serve with the marinated beet, grapes and celeriac tartare.

RABBIT RAVIOLI

WITH ROMAINE SALAD HEARTS & SMOKED EEL

Serves 4

- 1 length of pasta dough for ravioli*
- 2 egg yolks*
- 4 rabbit legs on the bone*
- 2 white onions*
- 2 tbsp olives with stones*
- 500 ml white wine*
- Salt, freshly ground black pepper*
- Coriander seeds*
- Fennel seeds*
- Cinnamon*
- 2 romaine lettuce hearts*
- GROHE Red water*
- 100 g smoked eel*
- 50 g butter*

Preheat the oven to 160°C. Season the rabbit drumsticks and place on a bed of white onions, along with the spices and olives, in a roasting pan. Add white wine and stew with the lid on for 2½ hours.

In the meantime, finely chop the smoked eel (remove skin first) and cut the romaine hearts lengthwise into eighths. Remove the rabbit drumsticks from the roasting pan and clean the pieces of meat. Pass the stock through a sieve and reduce in a pot (to around a third in volume).

Finely chop the rabbit meat and combine with some of the rabbit stock to form a smooth, spreadable mass. Thinly roll the pasta dough and brush with egg yolks. Place the rabbit mass in small piles, cover with pasta dough and cut to make the ravioli.

Cut the romaine lettuce eighths into thin slices and pour over kettle-hot water from GROHE Red. Froth the butter in a pan. Cook the ravioli in boiling water for 2–3 minutes. Add the ravioli and reserved rabbit stock to the butter, as well as the smoked eel. Serve in small deep plates.



LAB NOTES



The brains behind Warsaw's culinary Wunderkammer, Food Lab Studio, Grzegorz Łapanowski is investing in the next generation of Polish chefs.

LAB NOTES

GRZEGORZ ŁAPANOWSKI/FOOD LAB STUDIO

TEXT: MICHAEL FITZPATRICK
PHOTOGRAPHY: MAGNUS PETTERSSON

To arrive at Warsaw’s Food Lab Studio is to step into a sunlit cabinet of curiosities quivering with possibilities. A poster child for all that’s great about the Polish capital’s recent renaissance, the Lab’s multi functional, loft-like space invites you to wander among the bleached wood, airy kitchen and desks-cum-dining-tables, absorbing inspiration as you go.

Inhabiting the bones of a old Varsovian warehouse in what was once was its grittiest industrial zone, Polish celebrity chef Grzegorz Łapanowski carved out this academy, an example of Warsaw brushing off its previous reputation as a grim communist monolith.

Here he works his alchemy on Poland’s nascent culinary ambitions, presiding over the rise of standards in the country’s kitchens like

a philosopher prince. He is guided, he says, by the principles of slow food, which mostly focus on the seasonal use of high quality products, often from local producers. The space and chef both play host to culinary events, cooking courses, demonstrations, workshops and industry meetings. Both are highly sought after.

Łapanowski believes that good education and good nourishment go hand in hand. To that end he founded, and is now the president of, the Szkoła na Widelcu (School on a Fork) foundation, which works to improve the quality of children’s nutrition in schools and kindergartens across Poland. With an eye for freshness and quality, it was only a matter of time until he should want to introduce the finest water to his fold. Now the Lab is in possession of GROHE Red and Blue faucets, he feels the equation is complete.





A prism of revealing light and space designed to educate and enlighten, Food Lab Studio is based in an old warehouse in what used to be one of Warsaw's grittiest areas.

WE STORE OUR VEGETABLES IN ICE-COLD WATER FROM GROHE BLUE, WHICH GIVES THEM A UNIQUE CRUNCH.

GRZEGORZ ŁAPANOWSKI



Entering the Lab, the vanguard of this Polish revolution, you can see immediately that it's a prism of revealing light and space designed to educate and enlighten. One cozy nook boasts cookery books from the four corners of the earth, reflecting the chef's passion for travel. There are also fearsomely sharp Japanese knives nestling among textured stones, *wabi-sabi* ceramics, a cornucopia of edible plants and displays of the tools of the trade that would look equally at home in a natural history museum.

However busy he undoubtedly was, the chef-turned-food guru found time to talk to GROHE. So, naturally, his new pupil takes a Lab seat with the maestro at the corner of a reclaimed school-room desk, where Grzegorz began to expound his vision for expanding our culinary consciousness.

GROHE

Do you think your School on a Fork mission in Poland is similar in some ways to Jamie Oliver's food activism?

Grzegorz Łapanowski

We are having a Jamie Oliver moment all over the world, I think. He talks about using food as a tool and about putting food in its proper position. We eat to survive, but we also eat to be healthy and to have fun. We are all getting that now, and nowhere is this more important than with kids. It's great that he showed what many people here thought was just boring – cooking for the family – could be cool and fun.

G Why the emphasis on the origin, quality and nutritional aspects of food?



GŁ We are eating more and more industrially produced processed food around the world, and frankly I think we are all sick of it. We do have a choice, and I want to point out that good, healthy food doesn't have to be expensive. Picking local and seasonable vegetables, for example, is something doable in Poland, too, and people are realizing that.

G What are you trying to teach at the Food Lab Studio?

GŁ For 15 years I worked close to the kitchen. I was always searching for the best chefs around to find out the tricks behind their master craft. Universally, it was the same answer: Buy the best quality you can get, and that means seasonal, local, preferably organic. Freshness is paramount. So farm-to-table is ideal, because you don't really want anyone between you and the farmer to guarantee freshness and provenance.

G For home cooks, what lesson would you emphasize above all?

GŁ Freshness guarantees more nutrition, as our dietician will tell you. Any delay in getting your vegetables or fish to the table means you lose dozens more of these benefits. Freshness also means food is tastier, not just healthier.

G What do like about your new GROHE water faucets?

GŁ Of course comfort is a cool thing. It's cool to have something that is so easy, useful and actually minimalist. You don't need much design for a good design. Simplicity is the key, both in the kitchen and in interiors. You just push the button and you have filtered water. I love it. I don't need any plastic bottles and I can have kettle-hot, chilled and sparkling water the way I want it. I can have it in the kitchen and at front of house. Sustainable and easy.

G Have the GROHE faucets helped you improve your food or preparations?

GŁ In front of house, the GROHE Red faucet is a godsend. For teas and coffees we have instant hot water and it's filtered at the same time. In the kitchen I use the GROHE Blue faucet. Easy for soaking couscous or dried *wakame* seaweed and for bathing my thinly sliced veggies. We cut our vegetables into ultra-thin flakes and then we use ice-cold GROHE water to store them, which gives them a unique crunch. You can keep your cut veggies fresh for hours like this using the GROHE Blue faucet. Another tip is if you have wilting salad leaves or herbs, just drop them in water from the GROHE Blue faucet and they will be as good as new.

G How would you describe your style of cooking?

GŁ I enjoy mixing tradition and innovation, combining classic flavors with new-school techniques. Color and structure play a big role for me as well. My food is Poland meets the globe: I'm always searching for the best Polish ingredients I can get and then add some influences from my travels. I've been to over 40 countries, and when I see a nice approach to preparing food, I steal it!



GUINEA FOWL

WITH MASHED POTATO & CONFIT SHALLOTS

Serves 4

2 guinea fowl breasts
2 tbsp oil
1 tbsp butter
2 cloves garlic
2–3 branches of thyme

For the mashed potato:

5 medium-sized potatoes
3 tbsp butter
180ml milk
Pinch of salt
GROHE Red water

For the shallots:

8 shallots
2 tbsp oil
A few sprigs of fresh thyme
2 tbsp butter
100ml dry white wine
Pinch of salt

For the potato chips:

4 small potatoes
300ml oil, for frying
1 tbsp salt

For the gravy:

2kg guinea fowl or its wings
2 bundles soup vegetables
2 tbsp butter
50ml brandy
GROHE Red water

For the gravy, preheat oven to 200–250°C, depending on your oven. On a baking tray, place the wings or entire bodies of the guinea fowl together with peeled and cut soup vegetables and bake for about 30–40 minutes, until they are browned.

Next, put everything in a pot, fill with kettle-hot water from GROHE Red so the vegetables and meat are covered, and cook it on very low heat for about 8 hours, until a clear broth is obtained.

After that, strain the whole content through a gauze and reduce to a thick sauce of a concentrated taste. Do

not salt, as the essence will be naturally salty. The resulting sauce is poured into a saucepan, heated and mixed with butter and brandy.

Peel the shallots, cut them in half, place them in a pan with hot oil, salt lightly and fry until they reach a strong brown color. When the shallots are the desired color, add wine, thyme and butter, cover the pan and cook the shallots for about 10–15 minutes until they are soft.

For the potato crisps, cut the potatoes into thin slices with a mandoline. In a pot, heat oil up to about 160°C and carefully fry the sliced potatoes until they are a light brown color. Remove them with a slotted spoon and place on a plate lined with a paper towel to drain the excess oil. Salt the chips lightly to finish.

To prepare the mashed potatoes, peel the potatoes into a pot filled with kettle-hot water from GROHE Red. Add salt. Then boil the potatoes before rubbing them through a metal sieve with the back of a ladle. Scrape the potato off the outside of the sieve with the spoon and drop it in a bowl. Add butter and milk and gently heat and stir until a homogeneous mass is obtained. Season with salt and keep warm.

Clean and dry the guinea fowl breasts and salt on both sides. Heat oil in a pan and place the breast with the skin facing down. Cook for about 4–5 minutes to achieve a golden skin colour. Reduce the stove to a minimum and add butter, slightly crushed garlic and thyme, constantly pouring the liquid over the meat for about 2–3 minutes, so the butter does not burn.

If the piece of meat is thick, bake it for about 4–5 minutes in an oven preheated to 160°C, to ensure it’s cooked through. Before serving, it’s worth checking the temperature of the meat by inserting the thermometer in its thickest point, which should have reached a temperature of 64°C in the middle.

To serve, arrange mashed potatoes on the bottom of the plate, and then place cut guinea fowl breasts on top. Dress the dish with shallots and guinea fowl gravy and decorated with potato chips.





YOUNG COLORED CARROTS

WITH TRUFFLE MAYONNAISE & CHIVE OIL

Serves 4

1 bunch freshly picked young carrots
3 tbsp sesame seeds
1 bunch coriander leaves
GROHE Blue sparkling water

For the truffle mayonnaise:

1 egg
1 egg yolk
150ml oil
2 tbsp truffle oil
½ tsp mustard
Juice of ½ lemon
Pinch of salt

For the chive oil:

100g chives
200ml rapeseed oil

Place all ingredients for the mayonnaise, except the oil, in a tall, narrow container. Use an immersion blender to blend everything thoroughly into a homogeneous mass, mix both oils and then add a thin stream of oil to obtain a uniform, smooth mass. If you prefer a spicier, sourer or saltier mayonnaise, season it accordingly after blending.

Next, make the chive oil by heating the oil in a saucepan up to about 60°C, before taking it off the stove and adding the chives. Then drop smaller slices of chives in and blend the mass for about 3–4 minutes. Strain the oil through a sterile gauze and allow it to cool.

Taking care not to burn them, scorch the sesame seeds in a dry pan until they are golden in colour. Wash the carrots thoroughly, cut them in half and let them rest in GROHE Blue sparkling water for about ten minutes before drying them off with a tea towel. Place a blob of truffle mayonnaise on the bottom of the plate, place carrots on top, add roasted sesame seeds, coriander leaves and sprinkle gently with chive oil.

SMOKED TROUT

WITH CUCUMBER & KOHLRABI PAPPARDELLE

Serves 2

- 2 fillets smoked trout*
- 2 tbsp mayonnaise*
- 1 cucumber*
- 1 pickled cucumber*
- 2 stems kohlrabi*
- GROHE Blue sparkling water*
- Dill*
- 2 radishes*
- Salt, freshly ground pepper, to taste*

Remove bones and skin from the fillets and chop them into small pieces. Finely slice the cucumbers, add the fish and combine the mayonnaise, salt and pepper. Leave aside to let the flavors mix.

Cut the kohlrabi into ribbons using a vegetable cutter or peeler and thinly slice the radishes. Let them rest in GROHE Blue sparkling water for 10 minutes before drying with a tea towel. Put the trout on the plate and place ribbons of kohlrabi on top. Decorate with radish and dill.





COLD BREW

WITH THAI TEA

Serves 4

8g Black Thai tea
1l GROHE Blue water
GROHE Red water
Optional: citrus and honey

Pour a small amount of kettle-hot water from the GROHE Red faucet onto the tea in the filter to grow its leaves. Put the enlarged tea leaves in a container with a closure, pour in cold-filtered water and keep in the fridge for 12–15 hours.

Finally, pour the brew through the filter into a clean container. The tea tastes best when it is cold and served with ice cubes, citrus and honey. The brew itself can be stored in a refrigerator for up to five days.

Michael van der Eerde’s third venture, named after the one-letter abbreviation for Celsius, is dedicated to experience and experimentation.

THE HIGH C



THE HIGH C

MICHEL VAN DER EERDE/RESTAURANT C

TEXT: SISKALYSENS
PHOTOGRAPHY: MAGNUS PETTERSSON

Amsterdam-Zuid seems a world away from the famous concentric canals of the Dutch capital, with concrete buildings, high rises and wide avenues that are efficient rather than cute. It’s an atmosphere that suits Michiel van der Eerde to a tee. The energetic Dutch chef enjoys the buzzy speed of the area, but most of all he loves great food delivered with an interesting twist.

Restaurant C, on Wibautstraat, is housed in a low-rise concrete building – minimalist on the outside, but thought through in minute detail on the inside. The acoustics, the seating, the light were all a year in the making, says van der Eerde, who proudly adds that this restaurant has become a paragon in the Amsterdam scene. With interior design by the Amsterdam architecture firm Prast & Hooft and finishing touches by Sandra Planken’s Studio

Noun, the restaurant combines city cool with a homely feel. Patterned rugs, large, leafy plants and a mixture of tactile textures make this happen, alongside an inviting bar area with custom designed leather high chairs where guests are served straight from the kitchen.

The C in the restaurant’s moniker stands for Celcius, a straightforward nod to van der Eerde’s concept for his successful third venture. As a chef who has defined himself via experience and experiment, it makes sense that van der Eerde was eager to share his expertise in handling quality, fresh produce. Utilizing a range of specific temperatures, van der Eerde showcases the effects of different preparations on the taste and texture of an ingredient. Working with temperatures from -20°C to 200°C, the work is precise and intense, just like the chef’s temperament.





The atmospheric Restaurant C fits in comfortably among the high-rise concrete blocks of Amsterdam-Zuid. Although it's certainly fine dining, the food always remains elegant and simple.



I PRESS ONE BUTTON AND I'VE GOT KETTLE-HOT WATER COMING OUT OF THE FAUCET. THAT'S AMAZING.

MICHEL VAN DER EERDE



On the busy Wibautstraat, Restaurant C remains very serene on the morning we arrive to speak to and photograph the Dutch chef. A delivery of liquid nitrogen has just arrived – a perfect moment for van der Eerde to showcase his cheeky side and play up to the camera with the dense fog that the nitrogen releases upon contact with the air. He patiently poses, then takes us inside his atmospheric venture, where his team is preparing diligently: the calm before the storm.

GROHE

All of your dishes are clearly made with a perfectionist mind. Have you always been that way?

Michiel van der Eerde

I believe that when you decide to do something, you should do it well. 100 percent. 99 percent doesn't cut it. We try to achieve this in the restaurant. With the plating it's especially important. If you just let it run its course, one team member will put something on the left and the other will place it on the right, and there will be no consistency at all.

G You prepared oysters three ways for us. Why?

ME The oyster embodies our restaurant concept, in a way. Of course the provenance of a product is important, and its freshness. But that's self-evident – if you don't get that right then why bother? The third element of our kitchen is the preparation, and more precisely, the temperature of the preparation. This is how we came up with the oyster plate, as it lends itself perfectly to the three temperatures that we used: raw, steamed and fried in tempura. Each one is a completely different experience.



G The food is paramount, but the context is pretty important too.

ME I think that going out to eat should be an all-round experience, of course. There's the drinks, the food, the service, the entire atmosphere. This restaurant has a real buzz without us having to add anything. The two teams, kitchen and table service, are perfectly in tune. Our seven chefs are right in the middle of the place. The feeling of oneness is great. We have something called a 'cocktail connection,' where we create a cocktail and then devise a dish to go with it. Usually it's the other way around, but we like to underline that connectivity and communication.

G How does Restaurant C differ from your other establishments in Amsterdam?

ME Restaurant C is definitely fine dining. At BAUT – which has three locations at the moment – the three major elements of produce, freshness and preparation are very present, too, but the extra touch is the fun and slightly crazy atmosphere around it. At Restaurant C we keep things simple, uncomplicated. Complexity feels outdated nowadays. When a guest dines here you can certainly taste a degree of complexity in the dish, but without it feeling or tasting uncomfortable. And the great thing is that we can execute our concept all the way, also in the bar. We offer lots of cocktails with ice and liquid nitrogen, but we also offer warm cocktails. When it comes to wines, of course, it's extremely important to serve them at the right temperature.

G How have the GROHE faucets impacted your kitchen?

ME When I first heard about the GROHE Red and Blue faucets, I was immediately enthusiastic. They are, actually, the translation of our restaurant's concept. Normally, we'd have a pot of boiling water on all evening in our kitchen – which is terrible in terms of energy usage. Now, I press one button and I've got kettle-hot water coming out of the faucet. That's amazing. It's much more efficient to quickly heat some seaweed or blanch something quickly. The GROHE Blue faucet is great for the team in general, so we can have a quick glass of sparkling or filtered water that tastes nicer than tap water. But we also use it in our batters, our patisserie, our sauces and our cocktails.

G Is it a change in other ways apart from efficiency?

ME I think the faucets have made us more aware of temperatures and what is necessary. There's a precision that's become impossible to imagine wasn't there before. We used to work more intuitively. Once you have a great recipe and you know the exact temperature to work with, it becomes fail-proof, with the same – perfect – result each time.







WIBAUT FIZZ

WITH THAI TEA

*35ml butterfly pea tea-infused Tanqueray No 10
20ml lime juice
10ml lemon juice
15ml pandan leaf syrup
1 egg white
15ml heavy cream (40%)
GROHE Blue sparkling water, to top*

Put all the ingredients into a shaker. Dry shake, hard shake and fine strain into a chilled fizz glass. Top up slowly with sparkling water from GROHE Blue until a foam head forms.

THREE OYSTERS

IN THREE DIFFERENT TEMPERATURE ZONES: RAW (0–20°C), POACHED (100°C), TEMPURA (180°C)

Serves 3 (three oysters per person)

RAW OYSTER WITH TOMATO VINAIGRETTE & SESAME TUILLE

3 oysters
200g cherry tomatoes (red and yellow)
Borage flowers

For the tomato vinaigrette:

150g tomato juice
30g sushi vinegar
15g calamansi vinegar
25g soy oil
25g olive oil
4g salt

For the sesame tuille:

200g flour
200g melted butter
200g egg white
150g icing sugar
50g white sesame seeds
50g black sesame seeds

Preheat oven to 160°C. Mix all the tomato vinaigrette ingredients, funnel into a bottle and reserve until needed. Line a large baking sheet with parchment paper. In a medium sized pot, melt butter over a medium heat, add sugar. Remove from heat and add sesame seeds, then flour.

Cool to room temperature and add the egg white. Thinly spread out the mixture on the baking sheet and bake in the oven for approximately 8 minutes until crispy. Peel off baking sheet and cut into strips. Serve together with halved cherry tomatoes and borage flowers.

POACHED OYSTER WITH BLACK FERMENTED GARLIC CRÈME & GARLIC CHIPS

3 oysters
GROHE Red water
1 bottle of fermented black garlic
1 clove garlic
1 spring onion
Oil for frying

To make the black fermented garlic crème, blend fermented garlic with a little bit of water until smooth. For the garlic chips, thinly slice the garlic clove on a Chinese mandoline. Deep fry in oil at 150°C until golden brown. Poach oysters in a bowl of kettle-hot water from the GROHE Red faucet. Put them back into their shells and garnish with garlic chips and thinly sliced spring onion greens.

TEMPURA FRIED OYSTER WITH DASHI VINAIGRETTE, ENOKI MUSHROOMS, SEAWEED CRÈME

3 oysters
150g dashi stock
100g olive oil
10g fish sauce
4g salt
1g Tabasco
200g all-purpose flour
355ml GROHE Blue sparkling water
Oil for frying
Enoki mushrooms and seaweed cream, to garnish

First mix ingredients for the *dashi* vinaigrette: *dashi* stock, olive oil, fish sauce, salt, Tabasco sauce. Funnel into in a bottle and reserve until needed. Whisk all-purpose flour and 355ml sparkling water from GROHE Blue, season with salt. Pour vegetable oil into a large heavy pot and heat to 180°C. Working in batches, coat oysters in batter and fry until golden, about 3 minutes per batch. Transfer to paper towels to drain of excess oil. Serve in shells with the *dashi* vinaigrette. Add *enoki* mushrooms and seaweed cream to garnish.



STEAK TARTARE, TRUFFLE PEARLS & SWEETBREAD

STEAK TARTAR (0–20°C), BISQUE TRUFFLE PEARLS (-196°C), SWEETBREAD IN LOBSTER CARAMEL (82°C)

Serves 4

STEAK TARTARE WITH SOURDOUGH CROUTONS, APPLE & RADISH BRUNOISE WITH POMEGRANATE & SHISO LEAF CRÈME

For the steak tartare:
250g chopped beef
Sourdough bread
40g tomato ketchup
8g Dijon mustard
1g Tabasco
2g Worcestershire sauce
1 tbsp chopped shallots
1 tbsp chopped capers
½ tbsp chopped chives
10g olive oil
Salt and pepper, to taste

For the brunoise:
1 Granny Smith apple
1 radish
1 pomegranate

For the shiso leaf crème:
60g egg yolk
15 shiso leaves
10g white wine vinegar
8g sushi seasoning
5g salt
5g Dijon mustard
500ml soy oil

Thinly slice sourdough bread on slicer, cut into circles with a round cutter and bake between two mats at 165°C for 15 minutes, or until crispy.

To prepare the brunoise, dice the apple and an equal amount of radish. Put in a bowl, add an equal amount of pomegranate seeds and set aside.

To make the shiso leaf crème, in a blender, mix the egg yolk, shiso leaves, white wine vinegar, sushi seasoning, salt and Dijon mustard. While mixing slowly, add the soy oil until it becomes a mayonnaise and set aside.

For the steak tartare, mix all the ingredients. Assemble into 4 four beef patties using the same round cutter as for the croutons, top with brunoise. Add blobs of shiso leaf crème before placing the round sourdough crouton on top.

BISQUE TRUFFLE PEARLS

500g lobster heads
500ml cream
½ tbsp chopped truffle

Roast the lobster in a pre-heated oven at 220°C for 15 minutes. Chop and bring to boil in a pan with the cream. Simmer for 20 minutes. Fine sieve and reduce by half. Add the truffle. Put it in a squeezezy bottle and squeeze drops into a bowl with nitrogen. Sieve and reserve in the freezer.

TEMPURA-FRIED SWEETBREAD IN LOBSTER CARAMEL

For the lobster caramel:
500g sugar
1kg lobster heads
750ml GROHE Red water
50g ginger
¼ stick lemon grass
2 lime leaves
1 tbsp lime juice

For the sweetbread:
100g veal sweetbread
1 tbsp goose fat
GROHE Red water
Tempura batter made with GROHE Blue sparkling water
Ghoa cress, to garnish

Roast the lobster in a preheated oven at 220°C for 15 minutes. In the meantime make a dark caramel with the sugar in large pot. When golden brown, add the roasted lobster and 750ml kettle-hot water from GROHE Red. Bring to the boil and simmer for 30 minutes. Pass through a fine sieve and reduce until it becomes a caramel again. Chop the ginger, lemongrass and add to the caramel. Add the lime leaves and lime juice. Marinate the caramel for 1 day. After 1 day sieve the caramel and reserve until needed.

Prepare a hot water bath using kettle-hot water from GROHE Red and set it at 82°C. Vacuum sweetbread together with one tablespoon of goose fat. Cook for 70 minutes. When cooked, transfer to an ice bath to stop the cooking process. Take the sweetbread out of the vacuum bag and peel off the skin. Cut it in portions of 25 grams.

Deep fry the sweetbread in a tempura batter made with GROHE Blue sparkling water. Heat up 5 tablespoons of lobster caramel. Add the tempura fried sweetbread to the hot caramel and make sure the caramel covers the tempura.

Arrange equal amounts of sweetbread on top of the sourdough croutons. Garnish with Ghoa cress.



OCEAN'S ATE

At the forefront of Manchester's culinary regeneration, Ed Baines's Randall & Aubin is proving that seafood can still make a splash.

OCEAN'S ATE ED BAINES/RANDALL & AUBIN

TEXT: SUZE OLBRICH
PHOTOGRAPHY: MAGNUS PETTERSSON

As Manchester's civic regeneration gathers pace, its once-maligned restaurant scene is finally beginning to blossom. Randall & Aubin, the second site of London's louche bastion of *fruits de mer* encapsulates this happy trend. Indeed, it was Manchester's dynamism that lured chef and co-owner Ed Baines and partner, Jamie Poulton, to open here after 23 years of serving magnificent seafood platters in a repurposed Soho trait-eur. In Baines's words, "We saw a poster that said 'In Manchester, tables aren't just for eating off, they're for dancing on,' and it struck a chord. This city's lively, energetic and positive, with a style and identity all of its own." Which can justly be said for Randall & Aubin, too.

Having apprenticed under Anton Mosimann, the legendary Swiss proponent of *cuisine naturelle* (the revolutionary "no cream, no alcohol" approach to fine dining), before stints at Bibendum and the River Cafe, Baines achieved his culinary dream by becoming head chef of the internationally acclaimed

Daphne's at 25. So, what next? "I wanted to do something different – to have that wonderful Parisian attitude, where menus are affordable but the food is exquisite," he says. Poulton concurred and, inspired by a lunch of *fruits de mer* followed by roast lamb, they concocted their beloved, seafood-led brasserie concept.

Raw ingredients, such as tantalizingly fresh oysters and the most flavorsome cuts of prime British meat, are key to Baines's finesse-without-fuss approach to cookery. And this hawk-eyed attentiveness and commitment to working with the best extends to every element of Randall & Aubin's Manchester operation – from the warmth conveyed by their front of house team to the no-waste attitude. Even, it seems, their kitchen fittings: attracted by GROHE's exceptional engineering and commitment to sustainability, this long-standing relationship has culminated in the installation of the Red and Blue faucets at what is now Manchester's sole seafood specialist. So, it was only right that GROHE paid Baines a visit.





While the menu takes tips from the European brasseries, in the kitchen Baines has a zero-to-landfill policy.



LINE UP FOUR TYPES OF WATER AND IF YOU HAVE A PALATE, YOU CAN DISCERN THE DIFFERENCE.

ED BAINES



Approaching Randall & Aubin, one’s gaze is transfixed by a chef diligently prepping fish behind the gilt-edged glass frontage. Stepping inside, it’s clear no expense has been spared in crafting an elegant emporium of culinary delights, from the marble counters to the mahogany bar top. Moving through the mirror-lined space with Baines, past the glossy champagne and oyster bar, under a glitter ball and skylights, to relax into a banquette, the vast space grows intimate. Quite a feat, and an ideal setting for the following conversation.

GROHE

You’ve long been committed to making seafood accessible to all-comers. Have Mancunians taken to it well?

Ed Baines

It had been said that people here don’t eat fish, they eat meat, which is a fallacy, because they love fresh fish. We have customers coming in who adore eating English, Irish and French rock oysters and *plats de fruits de mer*.

G Has the menu concept evolved now you’ve been open for a year?

EB Our philosophy is ‘Everything for everyone,’ so while we specialize in seafood, this site is leaning towards a European brasserie, because you also have people coming in for a beef carpaccio or roast chicken with *pommes gaufrettes* and watercress – a fantastic, classic dish.

G Tell me about your award-winning zero-to-landfill policy?

EB All of our oil and cardboard is recycled. While, from a kitchen perspective, there are two movements [with every



ingredient]: the core dish, and the second movement, which is how you make brass from muck – fish bones and heads become stocks and sauces, and so on.

G Are you excited to serve diners water directly from the blue faucet?

EB It's stunning what an amazing job's been done, as the filtered water tastes delicious! Although it might seem silly to come to say that water 'tastes,' line up four types of water and if you have a palate, you can discern the difference.

G Will it make a difference to your dishes, too?

EB At Daphne's, we only ever used mineral water to cook with. Often when you're cooking, you're taking a large quantity of water – five liters, for example – and reducing it to one liter as you make sauces, even soups are reduced by half to intensify flavor. If you take tap water from certain cities, reduce it and hold it up to the light, there's not a chance that you'd drink it. But you do, only disguised via food. So, it works for me [to use filtered water].

G And what are the benefits of the GROHE Red faucet?

EB It's a wonderful way of cooking, which emulates the *sous-vide* method, because even though you place your ingredients in a pot of kettle-hot water, by the time it cools to 38 degrees, it's perfectly cooked. Whether it's fish, chicken or prawns, just let it sit, cooling as it cooks. That way, because nothing's agitated or moved, it's much more succulent, tender and light. It's not magic, but it's brilliant.

G How did you develop this line of recipes?

EB We started with one simple dish, which we wanted to make healthy and nutritious so that you feel good after you've eaten it. It's wild camargue rice with mushrooms, a little bit of lime juice, either soy or teriyaki to give it a bit of that sweet and sour, lovely hot faucet cooked salmon, and a teaspoon of mayonnaise. Since then we've evolved more and more dishes with this Asian-style flavor pattern, because it works very well with broth.

G Lastly, have you got any tips for home cooks following your recipes?

EB The greatest ingredient is a slow and steady pace as you learn. After a while, you turn into an octopus that does eight things at once, but attention to detail is the essence of good cooking. The moment you become distracted, things go horribly wrong.





TOFU COCONUT CURRY

Serves 2

200ml GROHE Red water
100ml coconut milk
½ tsp Thai red curry paste
1 tbsp soy sauce
1 spring onion
½ tsp ginger
1 clove garlic
1 handful baby spinach
100g mushrooms
1 pack instant noodles
Juice of ½ a lime
½ tsp sesame oil
1 bunch coriander leaves
200g tofu

Cut the tofu into paper-thin slices, chop spring onion, crush garlic, grate ginger and thinly slice mushrooms. Stir together the coconut milk, curry paste and soy sauce in a large bowl. Add the spring onion, garlic, ginger, mushrooms and spinach, and cover with dry, uncooked noodles.

Pour kettle-hot water from GROHE Red over the ingredients in the bowl, just covering the noodles, and add the tofu. Cover with a lid for four minutes to cook, then mix well to combine all ingredients. Fill in soup plates and finish by topping it off with coriander leaves, a drizzle of soy sauce, a drizzle of sesame oil and a squeeze of lime.

POACHED SALMON

WITH TERIYAKI MUSHROOM WILD RICE & WASABI MAYONNAISE

Serves 2

- 340g salmon fillet
- 1 lemon
- ½ tsp salt
- 3.75l GROHE Blue water
- 200g packet wild rice
- 1 onion
- 1 clove garlic
- 100g mushrooms
- 2 tbsp olive oil
- 100g mushrooms
- 1 tbsp teriyaki sauce
- 1 tsp soy sauce
- 1 bunch coriander leaves
- ½ tsp wasabi or horseradish
- 2 tbsp mayonnaise
- 1 tbsp black sesame seeds
- 1 bunch rocket or watercress

Rinse wild rice in a fine-mesh strainer and shake to drain. Place rice and GROHE Blue water in a saucepan. Bring to a boil and cook for 50 minutes, straining any remaining liquid.

While the rice is boiling, cut salmon into three equal pieces, place in a heatproof bowl, add salt and juice of half a lemon, and pour kettle-hot water from GROHE Red over the salmon, just covering it. Cover the bowl with a plate and leave it to cool.

Next, chop the onion, mince the garlic and slice the mushrooms. Heat the olive oil in a large saucepan and sauté onions until softened, then add garlic and mushrooms, and cook until mushrooms are nut brown in color. Remove pan from heat and add the teriyaki. Combine the mushroom mixture with the cooked rice. Finish it off with chopped coriander leaves and the juice of half a lemon.

To prepare the wasabi mayo, mix mayonnaise with wasabi and add the soy sauce. Toss the greens, such as rocket or watercress, with a squeeze of lemon juice and oil to serve as a side. Place the rice onto plates and top with flaked, cooked salmon and garnish with wasabi mayo, coriander leaves, sesame seeds and a wedge of lemon.





PONZU CHICKEN KETTLE HOT POT

Serves 2

- 1 skinless free-range chicken breast*
- 2l GROHE Red water*
- 2 tbsp ponzu sauce*
- 1 tbsp white wine vinegar*
- 2cm ginger*
- 1 green onion*
- 100g mixed mushrooms*
- 1 pack instant noodles*
- Juice of 1 lime*
- 1 bunch coriander leaves*
- 2 tbsp mayonnaise*
- 1 tsp wasabi*
- 1 tsp black sesame seeds*
- ½ tsp sesame oil*
- White pepper, to taste*

Thinly slice the raw chicken and cover with 1 table-spoon of ponzu sauce mixed with 1.5 liters of kettle-hot water from GROHE Red. Cover with lid and leave for 15 minutes. Once cooked, strain all excess water and add pinch of salt, 1 tbsp ponzu or teriyaki, white wine vinegar and the juice of half a lime.

Grate ginger and slice the spring onions and mushrooms. In a clean bowl, combine them all with a sachet of instant noodle stock, a pack of instant noodles and half a liter of GROHE Red kettle-hot water. Cover and allow to steep for four minutes. To prepare the wasabi mayo, mix mayonnaise with wasabi. Finally, add the poached chicken to the hot pot mixture and finish with a bunch of coriander leaves, a drizzle of teriyaki or ponzu, a teaspoon of wasabi mayo, sesame seeds, a drizzle of sesame oil and a squeeze of lime.

SUSTAINABLY SATURATED



With its natural menu that focuses on flavour experiences, Langhoff & Juul brings eco-friendly, Nordic cuisine to Denmark's second city.

SUSTAINABLY SATURATED

ANDERS K. KRISTENSEN & NICKLAS FRIIS NIELSEN / LANGHOFF & JUUL

TEXT: LINE LUNDGAARD

PHOTOGRAPHY: MAGNUS PETTERSSON

In the past decade, so-called Nordic cuisine has achieved extraordinary fame. Michelin-star restaurants like Noma and Geranium put Denmark and regional ingredients into the minds of Lucullan gourmands and more casual foodies alike. However, not every restaurant is shooting for those stars, even if they have an equally high gastronomic level. Proving the point is Langhoff & Juul in the centre of Aarhus, Denmark's second-largest city.

At Langhoff & Juul, the expert chef duo of Anders K. Kristensen and Nicklas Friis Nielsen devote all their waking hours to giving guests the very best flavour experiences. Both seasoned chefs with several years of experience from renowned gourmet restaurants, the pair prefer to work with organic ingredients. The restaurant has even achieved the Silver Brand from the Danish Food Administration for using 60 to 90 percent organic foods. However,

it's not a case of "organic at any cost." Above all, they work to be sustainable and to produce high quality food.

In the kitchen at Langhoff & Juul you'll find several GROHE Blue faucets that fulfil the restaurant's goal of saving resources. The carbon dioxide in the sparkling water from GROHE Blue, with its higher oxygen levels, also help them to preserve their produce for longer. Saving water has always been a focus for the restaurant's owner, Jonas Langhoff, who is also a co-founder of the business Postevand, which promotes the use of tap water. But as the first participant in the Nordics to take part in GROHE's Water Menu Initiative, which was set up to help restaurants enhance their usage of water, he also sees a chance to playfully educate his guests. To highlight the importance of high quality water for their style of cooking, Langhoff & Juul have developed three exciting dishes that either add or extract water.





Anders K. Kristensen and Nicklas Friis Nielsen are the chefs behind Langhoff & Juul, the Aarhus restaurant where sustainability is always a priority.



FIRST AND FOREMOST, WE PICK THE BEST INGREDIENTS AVAILABLE LOCALLY.

ANDERS K. KRISTENSEN & NICKLAS FRIIS NIELSEN



How did the duo Kristensen and Nielsen work on the menu and how does it fit in with the overall strategy of the restaurant? GROHE went by Langhoff & Juul one day to taste and chat with the two chefs. Arriving at the restaurant, you first notice the comfortable dining atmosphere, with its mix ‘n’ match furniture and lots of wood. It has that clear Nordic feeling – lots of natural materials, a clean aesthetic, functional yet very cozy and relaxed. Langhoff & Juul’s core values are just as clear: The team takes a comprehensive approach, their focus on sustainability shining through at all times. Let’s hear it from the chefs themselves.

GROHE

How does the Nordic cuisine philosophy shine through at Langhoff & Juul?

Anders K. Kristensen

We attempt to buy our ingredients from Nordic countries – preferably locally, from within a distance of 20 km. In that way, we bear in mind the focus on sustainability and our wish to support the local community at the same time. This means that the menu will reflect the seasonal goods that are right around us. If we can’t get the goods nearby, we will think Nordic first and foremost. For instance, we typically prefer to get fresh fish from the sea that surrounds us. However, if we can’t get what we want we might get the fish from Iceland. You’ll never find exotic goods like pineapple, for instance, on our menu.





G You have a great focus on organic foods and have achieved the Silver Brand, a certificate from the Danish Food Administration. Why don't you have the Gold Brand?

Nicklas Friis Nielsen

The Gold Brand presupposes that you are 90 per cent organic. This would mean that we would have to import our goods from far away. It makes no sense to fly in vegetables from South America simply because they are organic. First and foremost, we pick the best ingredients available locally. The focus for any dish starts with the choice of vegetables – then protein. The quality of the ingredient is top priority and we use everything to avoid food waste. There is mounds of flavour in vegetable peelings and it also makes sense economically.

G Your focus on sustainability recurs when it comes to water. How do GROHE's products fit in here?

AK GROHE's approach to water is completely in line with our sustainable ideology. With GROHE Blue we don't just save on our water usage, but we also manage to keep our vegetables longer and we are able to serve ice-cold water from the faucet to our guests at any time.

G Based on your participation in GROHE's Water Menu Initiative, you have developed a menu consisting of three courses, where you either add or extract the water. Could you please describe this menu for us?

NN It's a starter with carrot, where we play with the idea of not adding any water. We dehydrate and utilize every part of one carrot. The centre of the carrot is dehydrated, the outer shell roasted and the peelings used for a purée, with raw carrot spirals sprinkled over the dish. The main course is a squid ink ravioli filled with codfish soufflé in a soup made from water, fried mushrooms and soy. For dessert we conceived a *panna cotta* with vanilla, pickled unripe strawberries, fresh strawberries, fried potato with mint sugar, whipped cream, and strawberry purée and strawberry granita, both made with water from the GROHE Blue faucet.

G How will you consider the issue of water in your future operations?

AK We constantly consider how to save, optimize and utilize our water consumption. This means that naturally we will continue to take into consideration how to bring water into our menus in the future. Now that we've had a three-course menu focusing on the use of water, it might be fun to develop 'a drinking water menu' as well.

DEHYDRATED CARROTS, CARROT PURÉE, BAKED CARROTS & PICKLED CARROT SPIRALS

Serves 4

For the dehydrated carrots:

400g carrots
500ml carrot juice
GROHE Red water

Rinse the carrots well and cut into pen-shaped pieces. Fill kettle-hot water from GROHE Red into a pot, salt and boil the carrots until they are completely tender and almost falling apart.

Dry the carrots in an oven or dehydrator at 65°C until completely dry. Should take about 24 hours depending on the oven.

Place 500ml GROHE Red hot water into a pan, add the carrot juice and a pinch of salt. Heat the dehydrated carrots in the pot, at about 80°C, for an hour.

For the carrot purée:

400g carrots
50g butter
GROHE Red water

Peel 400g of carrots and boil in kettle-hot water from GROHE Red until completely tender. Blend with 50g of butter and add salt and pepper to taste.

For the baked carrots:

400g carrots
20g fresh rosemary
3 cloves garlic

Rinse 400g of carrots and cut diagonally, so that the pieces are about 5cm long. Sprinkle them with chopped fresh rosemary, chopped garlic cloves and salt. Bake in the oven at 200°C for about 15–25 minutes until tender with a bite.

For the hazelnut mayo:

2 egg yolks
1 tsp vinegar
1 tsp mustard
500ml rapeseed oil
75g hazelnuts (peeled)

Start by whisking egg yolks, vinegar and mustard until smooth, and add oil little by little until the mayonnaise gets thick.

Blend roasted hazelnuts for about 20 minutes until they become a purée. Whisk the hazelnut purée into the mayo. Season with salt and pepper to taste.

For the hazelnut chips:

200g baking potato
15g egg whites
75g hazelnuts (peeled)

Peel and boil potatoes in unsalted kettle-hot water from GROHE Red until tender. Strain and blend until smooth. Season with salt and cool down in a fridge.

Whisk egg whites until white and airy. Carefully mix with the potato purée. Spread out on a silicone mat or a sheet of baking paper until 2 mm thick, sprinkle roasted and finely chopped hazelnuts on top so they almost completely cover the potato purée.

Dry in the oven or dehydrator at about 75°C for 8–12 hours until crispy. If you dry them in an oven, do not dry the carrots and the potato purée-chips at the same time, as the carrots’ moisture will ruin the chips. Peel off baking sheet or mat and cut into strips.

For the pickled carrot spirals:

300g carrots
100g vinegar
100g sugar
5 black peppercorns
3 bay leaves

Peel 300g of carrots. Make them into spirals with a spiralizer machine or use a peeler to make pieces of carrot that are as thin and long possible.

Mix vinegar, sugar, GROHE Blue water, whole black pepper and bay leaves, boil and cool down completely.

Soak the carrots in the pickling juice and drain right before serving.

For the sauce:

200g butter
3 cloves garlic
25g soy sauce

Put 200g of butter in a big pot and heat slowly until it begins to caramelize. Strain.

Peel and finely chop 3 garlic cloves. Blanch, peel and chop almonds.

Let the soy sauce, garlic and caramelized butter heat for about 20 minutes at 50°C.

Chop the almonds and add right before serving.

To serve: Spread some carrot purée on a plate, arrange baked and dehydrated carrots on top. Decorate with blobs of hazelnut mayo and hazelnut chips before sprinkling with the sauce.



SQUID INK RAVIOLI

FILLED WITH CODFISH SOUFFLÉ

Serves 4

For the cod soufflé:

200g codfish meat, without skin and bones
100g parsley
50g egg whites
50g cream

Blend codfish meat and add a pinch of salt and the chopped parsley until you get a smooth texture. Add egg whites and blend until completely dissolved before adding the cream.

For the squid ink ravioli:

200g fine wheat flour
1 egg
10g squid ink
1 egg yolk
GROHE Red water

Make a pasta dough by mixing flour, whole egg and squid ink. Use a pasta machine and roll the pasta at the second thinnest level.

Put one sheet of pasta on the table with a bit of flour underneath. Put a spoonful of codfish soufflé on the pasta and try to make a circle with a diameter of 5cm.

Use a bit of whisked egg yolk around the soufflé to make the new layer of pasta you put on top stick. Use a knife or a round pastry cutter, leaving at least 1 cm of pasta around the soufflé middle. Continue until you get at least 8 ravioli.

Just before serving, boil the ravioli for about 5 minutes at about 90°C in salted water from GROHE Red.

For the consommé:

1kg mushrooms
500g beech mushrooms
4 onions
2.5l GROHE Red water

Rinse the mushrooms and clean the beech mushrooms without using water. Peel the onions and cut each into four.

Take a big pot, heat it up and add a bit of tasteless oil. Fry the mushrooms for about a minute, then add the onions and fry until they are all lightly browned.

Add the kettle-hot water from GROHE Red and let it gently boil with the lid on for about 3 hours.

Drain the soup and reduce to 1.5–2 liters or until you like the flavor, season with soy sauce (instead of salt).

For the dehydrated herbs:

50g dill
100g parsley

Rinse the herbs and dry them in the oven for about 12 hours in an oven or dehydrator, at no more than 50°C. When they are dry, blend into a dust. Use a fine kitchen strainer to get rid of big pieces of herbs.

For the vegetables julienne:

400–600g fresh vegetables
(recommended: carrots, squash, leeks or thin-leafed cabbage)

Rinse the vegetables from the garden, peel them if necessary. Cut into julienne. Blanch them with kettle-hot water from GROHE Red with a bit of salt. Drain.

To serve: In a soup platter, place two ravioli on a bed of vegetables. Dust with the herbs before slowly pouring on the consommé, trying not to wash the herbs off the ravioli.

PANNA COTTA WITH STRAWBERRY GRANITA

Serves 4

For the panna cotta:

- 250ml milk
- 250ml double cream
- 1 vanilla pod
- 25g sugar
- 5g gelatin
- GROHE Blue water

Soak the gelatin in a little water from GROHE Blue, until soft.

Place the milk, cream, vanilla pod (with seeds) and sugar into a pan and bring to a simmer. Remove the vanilla pod and discard.

Add the gelatin to the pan and take off the heat. Stir until the gelatin has dissolved.

Pour into a container and keep in the fridge for at least an hour, until set.

For the granita:

- 650g fresh strawberries, mashed into a juice
- 100ml GROHE Red water
- 100g sugar
- 4g gelatin
- GROHE Blue water
- Ripe and unripe strawberries, mint sugar and whipped cream, to garnish

Soak the gelatin in a little water from GROHE Blue, until soft.

Pour kettle-hot water from GROHE Red with the sugar into a saucepan and bring to the boil. Add strawberry juice and soaked gelatin.

Give it a blitz with a blender, pour into a container and freeze for 24 hours. Scrape the granita with a fork and add to blobs of panna cotta.

Garnish with ripe and unripe strawberries, mint sugar and whipped cream.



MILANES MIXOLOGY

Wild botanical cocktails prepared with
equally wild ingredients: The Wood*ing
Bar is breaking new ground.

MILANESE MIXOLOGY
ERICA ROSSI/WOOD*ING BAR

TEXT: ANNALISA TESTA
PHOTOGRAPHY: MAGNUS PETTERSSON

Foraging has been a buzzword on fine-dining menus in Europe for several years now, denoting a commitment to the restaurant’s local environment. Now, as it’s making its way even on to cocktail menus, we might ask: What exactly is foraging? “It’s the activity of harvesting indigenous plant food by exploring the territory of different natural environments, such as mountains, river banks, beaches and forests while learning to recognize and select plants that are considered edible and suitable for human consumption,” explains Erica Rossi, mixologist at Wood*ing Bar, the first wild botanical cocktail bar in Italy, located in the heart of the Isola district of Milan. This original cocktail bar has become a reference point for a new mixing philosophy as well as a way to allow customers to enjoy the discoveries of the Wood*ing Wild Food Lab, a laboratory for culinary research that is dedicated to using foraged food for human nutrition and enjoyment. Founded in 2010 by Valeria Margherita Mosca, Wood*ing Wild Food Lab is

already well-known in the tight-knit community of radical Italian gastronomy. “The possibility of using food of native origin gives rise to a reflection on the complexity of the relationship between food and the sustainability of the planet: a concept that we never think about, as we are accustomed to making no effort to getting food while we choose from the shelves of a supermarket or from a restaurant menu,” says Mosca. And what Wood*ing offers really are wild cocktails, prepared with equally wild ingredients: herbs, roots, lichens, moss, sap and leaves become the essentials of fascinating recipes with unique flavors, often with long and complex preparation times that can last weeks. The result? Alchemy, science and creativity. An elegant marriage between mixed drinks and uncultivated elements of nature, in which the pure essence of woods, grasslands and forests are immersed in liquids, some alcoholic, some not. This is it, a new perspective on experimental mixology.





The peeling walls, large communal tables in reclaimed cedar wood, soft colors, paintings and details from the natural and botanical world create a simple and essential environment.



WORKING WITH GROHE BLUE REALLY MAKES IT SO MUCH EASIER FOR US.

ERICA ROSSI



Arriving at the bar is like arriving at an ancient, abandoned villa in the middle of a forest. The peeling walls, large communal tables in reclaimed cedar wood, soft colors, paintings and details from the natural and botanical world – it's a simple and essential environment. And then a bar in which the protagonists are not bottles of internationally-produced tippie, but jars, preserves, jams, concentrates, bitters and homemade spirits. The interventions are minimal, meaning that the furnishing and interiors of Wood*ing Bar in Milan perfectly reflect their wild philosophy, as we find out in our conversation.

GROHE

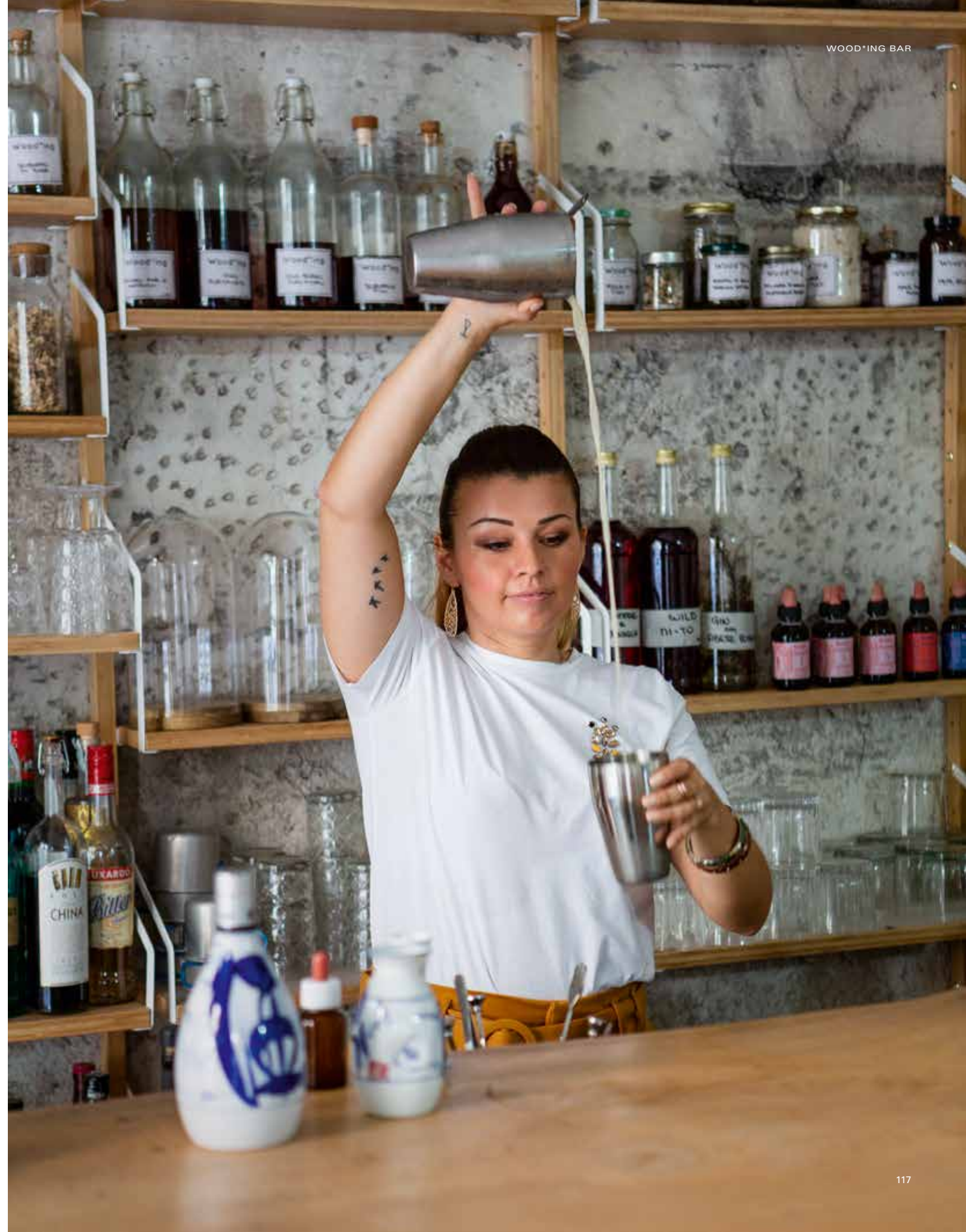
What is the idea behind drinking 'wild'?

Erica Rossi

It is a return to our origins. Indigenous leaves, flowers, roots and bark, which are obviously suitable for human consumption, were already in our grandparents' day-to-day diet and used especially in mountain or country areas. They are still used in the traditional preparation of herbal teas, liquors and bitters that can be tasted in certain areas of Italy.

G What are the protagonists of this new endemic mixology?

ER Sometimes it seems to me that the ingredients at our disposal are infinite. Every day we discover some new preparation. In Italy, we have very different ecosystems from the North to the South, which allow us to use everything



from lichens, mosses and bark from the mountains to flowers, green plants and typical fruits of the lowland areas – as well as algae and cacti from the coast and the islands.

G Which ingredients do clients like best?

ER Elderberry, wild rose, violet, dandelion and chamomile are the most popular classics, because they are already known. But the curiosity to taste something new pushes the guests to order cocktails prepared with thought and care, but also with more particular ingredients, such as lichens, white nettle, or plantain – a leaf with a flavor that reminds you of fresh mushroom.

G How are they treated before they can be used in a cocktail?

ER I love using these ingredients in the most natural way possible in order to preserve all the characteristics of flavor, color and aroma. The supply of the products are seasonal but to keep them and use them at other times of the year we prepare syrups, dyes, fermentations and dehydrations.

G Is water an indispensable or additional element in your mixing work?

ER Water plays a fundamental role. Every cocktail tells us about our link with the environment and with the sustainability we want to practice. We try to enhance it, not only in cocktails by using filtered still or sparkling water, but also in preparations such as infusions, spirits and syrups. Working with the GROHE Blue faucet really makes it so much easier for us.

G Can you tell me something about the drink list?

ER It is divided into flavors and sensations, to help the customer navigate the unusual ingredients. Among the most popular cocktails is a drink with pleasant herbaceous notes based on wild barley and witch hazel liquor. There is also a cocktail with a strong and smoky flavor that uses a kombucha of bramble leaves and mescal, and also a more floral one with a delicate hint of elderberry flowers and the intense scent of wild rose.

G How do you work with non-alcoholic cocktails?

ER Non-alcoholic beverages are an increasingly important reality. It is interesting to be able to offer a cocktail that does not contain alcohol but which, in any case, has a carefully researched combination of ingredients with unique flavors, carefully prepared and presented so it can be as satisfying as an alcoholic cocktail.



SPRING AFTER RAIN

*30ml macadamia milk infused with spring flowers
(elderflower, jasmine and lime tree blossom)
4 drops lychee vinegar
35ml Fen-Jiu Baijiu liquor
15ml fermented rice malt
GROHE Blue sparkling water, to top*

Mix all the ingredients using the “throwing” technique, which helps to oxygenate the drink and make it cold without diluting it with ice. To do this, fill one of two cocktail shakers with ice and cover with a strainer. In the other cocktail shaker, add the ingredients above. Transfer the liquid from one shaker into the other repeatedly in long pouring motions for about 20 seconds. Strain into an oriental saucer cup over a single, clear cube of ice and top with sparkling water from GROHE Blue. Garnish with a sprig of edible flowers.





RIVIERA ESCAPE

30ml MeMento alcohol-free distilled blend
20ml birch water
15ml chamomile and white grape syrup
15ml lemon juice
20ml GROHE Red water
Mallow flowers

Infuse the mallow flowers in kettle-hot water from GROHE Red. Once cooled, combine the ingredients in a cocktail shaker. Fill partway with ice, then cover and shake vigorously until the outside of shaker is frosty. Strain into a Collins glass filled with ice. Garnish with a vine leaf and ground pepper.

BE ITALIANO, BE APERITIVO

40ml Amaro del Centenario Cerutti liquor
30ml bitter Mediterraneo Macchia vermouth
6 drops vanilla and chestnut tincture
GROHE Blue sparkling water, to top
Wild rose essence
White rose petals, to garnish

Shake the ingredients with ice for 20 seconds and strain into a thin goblet glass, then top with sparkling water from GROHE Blue. Spray wild rose essence on the drink’s surface and garnish with white rose petals.



UNCONVENTIONAL WISDOM

Roger van Damme may not believe in inventing dishes, but his restaurant Het Gebaar is still a hive of innovative culinary creation.

UNCONVENTIONAL WISDOM

ROGER VAN DAMME/HET GEBAAR

TEXT: SISKALYSENS

PHOTOGRAPHY: MAGNUS PETTERSSON

Roger van Damme, founder of Antwerp lunch restaurant Het Gebaar, isn't one for conventions. The Dutch transplant is remarkable for the focus and determination he has brought to his career – a singular drive that has raised the bar for patisserie and desserts on an international level rarely seen in the world of sweet treats. Not only was van Damme crowned best pastry chef in the world in 2017, Het Gebaar also has a Michelin star and scores 18/20 in Gault & Millau's ranking.

Van Damme's dishes are sensory and aesthetic gestures that please the eye as much as they do the taste buds. Het Gebaar's central location in Antwerp's small but lush botanical garden cleverly heightens this feeling of sublime enjoyment. The chef's plates – both savory and sweet concoctions – are beautifully prepared dishes made with the finest quality produce. He often works

with familiar flavors, but makes it his mission to elevate them. One of the ways in which van Damme does this is by utilizing the filtered water that flows from his GROHE faucets to guarantee the brilliant consistency of his creations.

A veritable maestro when it comes to combining ingredients, and a true perfectionist in every aspect of his elegant eatery, van Damme demonstrates his aesthetic in everything from the plate choice to the seating arrangements. When we catch him on a Tuesday morning, before another busy day on which Het Gebaar is – as ever – fully booked, van Damme is calm and composed. While his 14-strong staff bustles away in the kitchen, the homely dining room, bathed in soft daylight, forms a welcoming backdrop for van Damme's refined and complex creations. His is an exceptional eye that's been in the making since his early teens.





The Michelin-starred Antwerp restaurant evokes traditional Flemish countryside style. Even so, van Damme looks to the future in his food, for example using a 3-D food printer in his kitchen.



IT TAKES ME QUITE SOME TIME TO DESIGN A DESSERT — ANYTHING FROM THREE TO SIX MONTHS.

ROGER VAN DAMME



At the end of summer, the botanical garden in Antwerp is still green and generous. The herbs that van Damme uses in his kitchen are plentiful, the greenery brings coolness on a hot day. When we enter the steps of his ‘pancake’ house – a former gardener’s home – it’s surprisingly calm, although in a few hours the first lunch shift will commence. The comfortable dining room in familiar Flemish countryside style beckons, and we step right in, the smell of van Damme’s freshly baked bread rolls wafting towards us.

GROHE

When did you know that you wanted to work in gastronomy?

Roger van Damme

When I was about 12 years old, I already had this feeling that I wanted to become a baker. The smell of biscuit dough really affected me, and I thought that giving the finishing touches to cakes was the most exciting thing.

G Why did you decide to found a restaurant in Belgium as opposed to the Netherlands?

RvDI found Belgium to be a bit more like Burgundy and I thought Antwerp was Zeeland’s capital!

G How do you go about creating your dishes?

RvDIn a way, each and every dish stems from the experiences that I have and the things that I encounter. I don’t believe in ‘inventing’ something. I do believe that multiple things can inspire you. From the inspiration, the creation follows. That’s when I go searching for flavors and combinations, trying to end up with a final dish. Usually, it takes me quite some time to design a dessert – anything from three to six months.

G What about the dishes you created with GROHE faucets?

RvDWe chose to create a mocktail to start, because, as we are a lunch restaurant, we don’t always serve alcohol to each





guest. It's made of raspberry purée, with a little added violet syrup, which combines the two flavors beautifully, then we add a bit of lime juice and finish it with sparkling water from GROHE Blue. It gives the whole thing a nice aroma. We then created two desserts, one called "Strawberrylicious," in which I use strawberries from Hoogstraten, for which I am the ambassador. The other dessert is named "Rock around the clock."

G It's a very specific one!

RvDI came up with this idea on New Year's Eve, when I was counting down and looking for an image to post on social media. I encountered this specific clock, and that same month I was working with a foodbot that I'm lucky enough to own. It's a 3-D printer that can print off edibles. The ingredients are chocolate, almond and coconut mousse filled with mango chutney, basil, passion fruit and *dulce de leche*. Simply delicious combinations of flavor.

G How did you make use of our faucets for these dishes?

RvDI think what's the most important is the water: for everything one prepares, water determines the quality. People sometimes say, 'The bread is so good in this or that area in France – can we make it the same?' Very often, the quality of the water is the reason for the great taste. If you can activate your yeast with the same levels of pH every time, then you can produce gorgeous bread. The same goes for people using these faucets at home. For a sauce, it's better to use filtered water. For waffles and pancakes, you get a better result by using sparkling water. You can also use it for sparkling cocktails or infused lemonades.

G Speaking of gorgeous, how important is the plating?

RvD Nowadays, it seems that a dish is a winner when people take out their phones to photograph it before even taking a bite. Then you know that it's something they want to immortalize for themselves and their friends. The moment when somebody wants to share something with their friends means they find it interesting and beautiful. The taste of a dish is, of course, defining, but for some the appearance trumps that. For me, the flavor is paramount – the plating is a kind of gift that I have and that does have an impact. It has to be a feast for the eye as well.

G Your bread is equally refined.

RvD Bread seems simple, but is actually quite complex. It's baking, and I don't think there's anything as difficult as baking. A baker needs to know so much about chemistry and physics, and be able to work within so many different temperatures, because he's activating a little living creature, which is the yeast. You never know what it's going to look like when it comes out of the oven – is it the right day, the right humidity? I have an enormous amount of respect for bakers.

RASPBERRY MOCKTAIL

25ml raspberry purée
25ml violet syrup
20ml cane sugar syrup
35ml lime juice
35ml GROHE Blue sparkling water

Purée raspberries, violet syrup, cane sugar syrup, lime juice and quarter of a cup of cold water in a blender until smooth. Transfer to an airtight container, cover and chill until cold. Skim off any foam. Pour into a glass filled with ice and sparkling water from GROHE Blue, stir gently to combine and add a sprig of mint.





STRAWBERRYLICIOUS

320ml GROHE Red water
320g sugar
6.5g hibiscus tea
2 cardamom seeds
1½ sheets of gelatin
GROHE Blue water
80g puréed strawberries
30g elderflower syrup
200g lemon juice
1g xanthan gum

Dissolve sugar in kettle-hot water from GROHE Red. Add the hibiscus tea and cardamom seeds and leave it to infuse for 20 minutes. Pour it through a sieve and allow to cool. Next, soak the gelatin sheets in cold water from GROHE Blue, remove and dissolve in the warm (60°C) mixture of sugar and infused water. Allow the mixture to cool some more, then gradually add the xanthan gum. This sauce goes really well with many different desserts. Here, it's served with vanilla panna cotta and strawberry purée.

ROCK AROUND THE CLOCK

(ALMOND MOUSSE)

120g almond milk
55g lemon juice
210g milk
18g cream powder
105g sugar
75g egg yolks
525g fresh cream, whipped
1 sheet of gelatin
GROHE Blue water

First, soak the sheet of gelatin in GROHE Blue water and set aside. Next, mix the almond milk, lemon juice, milk, cream powder, sugar and egg yolks in a thermo-mixer, and increase heat to 85°C. Allow the mixture to cool a little, to around 60°C. Next, remove the sheet of gelatin from the water, squeeze out the excess water, and dissolve in the warm mixture. Allow the mixture to cool down some more, then carefully fold in the whipped cream.







TASTE AT HOME

Easy to replicate recipes for
your GROHE Red and Blue.

PHOTOGRAPHY: JEN ENDOM

PASTA WITH BEETROOT & GOAT CHEESE

Serves 4

- 4 beets, medium red
- 225g mushrooms
- 4 cloves garlic
- 1 tbsp fresh thyme
- 235ml balsamic vinegar
- 2 tbsp honey
- 450g long pasta, such as spaghetti or linguine
- GROHE Red water
- Salt and pepper, to taste
- ½ tsp red pepper flakes
- 4 tbsp olive oil
- 2 tbsp butter
- 115g goat cheese or whipped goat cheese
- Optional: pomegranate seeds

Preheat the oven to 200°C. On a baking sheet, toss together 2 tablespoons of olive oil with the beets, thyme and a good pinch of salt and pepper. Transfer to the oven and roast for 25–30 minutes.

Fill kettle-hot water from GROHE Red in a large pot, add salt and bring to a boil. Add pasta and boil until

al dente according to package directions. Just before draining, reserve one cup of the pasta cooking water.

Melt the butter and 2 tablespoons olive oil in a large skillet over a high heat. Add the mushrooms and cook until they begin to caramelize on the edges, about 5 minutes. Add garlic and cook 30 seconds to 1 minute or until fragrant. Remove the mushrooms and garlic from the skillet and place on a plate.

To the same skillet, add the balsamic vinegar, honey and crushed red pepper flakes. Bring to a boil over medium high heat and cook for 5–8 minutes or until the balsamic reduces by about a third and is sticky to touch. Reduce the heat to low and stir in the pasta and mushrooms. Toss to coat. If the sauce seems too thick, thin it with a little of the pasta cooking water. Season to taste with salt and pepper.

Serve the pasta immediately, topped with roasted beets, goat cheese and a spoonful of pomegranate seeds (if using).





ICED TURMERIC GREEN TEA

500ml GROHE Red water
1 inch fresh ginger root, minced
2 tsp ground turmeric (or 1 inch fresh turmeric root)
1 green tea bag
1 pinch of salt
85g honey

Fill kettle-hot water from GROHE Red into a medium pot. Add minced ginger, turmeric, honey and salt. Simmer for 10 minutes then turn off the heat. Add the green tea bag and steep for 3 minutes, then take out. Strain out the solids using a fine mesh strainer and set aside. To serve, pick any sized glass or mason jar you like, fill three quarters height with ice cubes and pour the tea over the ice. Add fresh lime juice and honey to taste.

CHANTERELLE MUSHROOM OMELET WITH HERBS

Serves 2

2 tbsp butter or
2 tsp extra virgin olive oil
1 shallot
120g chanterelle mushrooms
1 tbsp chives, minced
4 eggs
50ml GROHE Blue sparkling water
2 tbsp crème fraîche
3 tbsp Gruyère cheese, grated
Salt to taste
Freshly ground pepper, to taste
Optional: fresh herbs – dill, parsley, chives or
coriander leaves

Rinse and wipe the chanterelle mushrooms dry, trim off the ends, and cut into thick slices. Heat a large, heavy frying pan over medium high heat, and add a tablespoon of butter or olive oil. Mince the shallot and cook, stirring, until it begins to soften for two or three minutes. Add the mushrooms and cook, stirring or tossing in the pan for a few minutes. Add salt to taste and some crème fraîche and cook, stirring frequently, until the mushrooms are tender, about five minutes. Stir in the chives, season to taste with salt and pepper, and remove from the heat.

Heat an 8-inch nonstick omelet pan over medium high heat. Break two eggs into a bowl and beat with a fork or a whisk until frothy. Add salt and freshly ground pepper to taste, and 25ml of sparkling water from GROHE Blue. Whisk in half the herbs, if using. Add one teaspoon of olive oil to the pan. When the pan feels hot as you hold your hand above it, pour in the eggs, scraping every last bit into the pan. Tilt the pan to distribute the eggs evenly over the surface. Tilt it slightly again, and gently shake with one hand while lifting up the edges of the omelet with the spatula in your other hand, so as to let the eggs run underneath during the first few minutes of cooking.

Spread half the mushrooms down the middle of the eggs. Top with cheese. As soon as the eggs are set on the bottom (the top will still be runny), jerk the pan quickly away from you then back towards you so that the omelet folds over on itself. Shake in the pan for another minute if you don't like the omelet soft on the inside; for a moist omelet, tilt the pan at once and roll out onto a plate. Keep warm in a low oven while you repeat the whole process for a second omelet with the remaining eggs, mushrooms and herbs, and serve.





RED COCKTAIL

*10ml lime juice
40ml blood orange juice
20ml gin*

For the thyme-cinnamon-ginger syrup:

*Two sprigs thyme
2cm ginger
Pinch of cinnamon
150g brown sugar
150ml GROHE Blue water*

First, prepare the syrup by putting all the ingredients in a pan and bringing to a boil, then allow to cool and rest for one hour so that the thyme saturates the syrup. Strain out the solids using a fine mesh strainer. To serve, fill a glass with ice, and add 10ml of the strained syrup, gin, lime and blood orange juice. Gently stir the drink with a spoon and garnish with a slice of blood orange and the sprigs of thyme.

GLUTEN-FREE VEGETABLE TEMPURA WITH MATCHA SALT & PONZU SAUCE

Serves 4

450g preferred vegetables: asparagus,
carrots, zucchini
1 egg yolk, large
¼ tsp baking soda
½ tsp salt
160g white rice flour
700ml vegetable oil for frying
190ml GROHE Blue sparkling water

For the matcha salt:

½ tsp matcha, high quality
1½ tbsp salt, flaky

For the ponzu sauce:

2 tbsp low-sodium tamari sauce
½ tbsp mirin (sweet rice wine)
1 tbsp water
1 tbsp fresh orange juice
½ tbsp fresh lemon juice
Optional: chives, to garnish

Heat vegetable oil in a large pot over a medium high heat until it reaches 175°C. Adjust the heat to keep the

oil at 175°C. Set a paper towel-lined wire rack near the stove. Whisk together the white rice flour, salt and baking soda in a medium or large mixing bowl. In a small mixing bowl, whisk together the egg yolk and sparkling water from GROHE Blue until smooth and fizzy. Pour the egg and water into the flour and mix gently with a fork until just combined. Don't overmix – it's okay if there are still some dry clumps, but just make sure to mix in the flour from the bottom of the bowl.

Dip vegetables into the batter, making sure they are completely covered. Shake off any excess batter. Working three at a time, drop the vegetables into the oil and fry for 1–3 minutes, turning gently with a spoon, until crispy and lightly golden. Use a slotted spoon to transfer each vegetable to the paper towel-lined wire rack. Repeat with remaining vegetables.

For the matcha salt, grind the salt and matcha together with a mortar and pestle until fine. For the ponzu sauce, whisk together the tamari sauce, mirin, water, orange and lemon juice in a metal bowl until combined. Garnish with chives if you wish.





FLAVORED WATER — THREE COLORS

Blue Hydration:
1l GROHE Blue water
Handful each of blueberries, raspberries and currants

Green Hydration:
1l GROHE Blue water
1–3 stalks each of herbs of your choice, such as basil, sage, thyme, rosemary
2–3 slices cucumber

Yellow Hydration:
1l GROHE Blue water
Juice of ½ lemon
2 slices lemon
3 slices ginger

Fill a carafe or large jug with GROHE Blue water, add the ingredients and let them infuse for a few minutes.

VEGETABLE SALAD

Serves 4

½ English hothouse cucumber
4 small radishes
2 spring onions
450g mixed beans
(such as green, peas and/or romano)
110g sugar snap peas
200g black lentils
GROHE Red water
GROHE Blue water
½ cauliflower
3 tbsp fresh lime juice
3 tbsp olive oil
1 tbsp soy sauce
¼ tsp sugar
Salt, freshly ground pepper
Optional: beluga lentils

Slice the cucumber, radishes and spring onions using a mandoline or very thinly using a paring knife. Put them in a colander and set it inside a bowl of ice water. Press down on vegetables to submerge. Let soak, stirring occasionally, until very firm and crunchy, for at least 15 minutes and up to 1 hour. Drain and pat dry.

Meanwhile, place beans in a large pot of generously salted kettle-hot water from GROHE Red for about 1 minute, just until they are barely softened. Using a slotted spoon, immediately transfer to a large bowl of salted ice water from GROHE Blue (use about 1 table-spoon of salt for every 2 liters water). Repeat the process for the sugar snap peas; add to bowl of ice water with beans. Let vegetables cool; drain and pat dry. Trim beans and remove strings from sugar snap peas. Slice into large pieces on a steep diagonal.

To make the dressing, whisk lime juice, oil, soy sauce, sesame seeds and sugar in a large bowl. Season with salt and pepper. Add beans and peas and toss to coat. Taste and adjust seasoning if needed. Add cucumber, radishes and spring onions and toss to combine. Transfer to a platter.

You can also add beluga lentils to bulk up the salad. In a saucepan, add 1 part lentils to 2 parts kettle-hot water from GROHE Red, then turn down your heat to a simmer for at least 25–30 minutes. Keep tasting your lentils as they cook to check the consistency – to have with the salad, they should be firm. Drain.



AFTER

DINNER



TEA OR COFFEE, ANYONE?

Finishing your menu with tea or coffee made from perfectly filtered water is the key to a sophisticated dining experience.

In cultures all around the world, an after-dinner cup of tea or coffee has long been traditional, and today is no exception. Just as the right water or wine can complement a beautiful *bouillabaisse* or roast lamb main course, the right coffee or tea can also complement a dessert. These hot beverages are the finishing touch to a contemporary dining experience, for both comfort and health purposes. While their subtle flavors can bring out elements of the dessert, they can also satisfy as a low-calorie, aromatic alternative. These infusions can help you digest and relax, or equally reawaken your taste buds, body and mind to keep you from plunging into that all-too-familiar post-meal lethargy.

As the influence of international tea and coffee cultures becomes more widespread, our options as to how and what we consume increase as well. Today, roast, blend and tea leaf options are endless, as are the ways we drink them. But no matter your preference – be it espresso, matcha tea, drip coffee, herbal tea, cappuccino or anything in between – one thing is certain: flavor should never be sacrificed. After all, nobody wants to follow a delicious steak with a crummy cup of coffee. This is why, when it comes to flavor, using filtered water for your warm beverages is key.

After all, water is the main ingredient in both coffee and tea, and can make all the difference in flavor.



Drip coffee made with kettle-hot water from GROHE Red.

Unfortunately, tap water contains all sorts of chemicals and minerals that leave little room for other flavors to come through and can leave coffee tasting quite bitter. Most cafes and restaurants use filtration systems such as GROHE Red and Blue for the best results. A good filtration system will sift out chemicals and certain minerals so that the water has space to take on, and even enhance, the flavors. Magnesium, for example, is really bad for tea, and most tap water contains magnesium. Tap water dulls the aroma, weakens the flavors and can often taste metallic or acidic.

If you drink coffee or tea on a daily basis, installing a filtration system beneath your sink is a great idea for

your health, your palate and your wallet. You will no longer have to leave the house to hunt down a perfect cup of coffee or tea. And should you have guests, they can expect high quality tea or coffee that is just as delicious as the menu you've whipped up for them. Today, everything is on-demand, so why shouldn't one of our main resources, hot water, be as well? With GROHE Red you'll also save time and not have to leave friends and family waiting at the table while you boil the water. GROHE Red's on-demand kettle-hot water will let you enjoy that cup together with them in no time. A system that fits snugly under your sink while simultaneously heating and filtering your water is perfect for a timely, flavorful and warm finishing touch to a great meal. So, anyone for tea or coffee?



IT'S SO MUCH EASIER

From fitness influencers to food photographers, everyone benefits from GROHE's water systems.

PHOTOGRAPHY: ALICE WHITBY

THE GROHE BLUE FAUCET IS PROOF THAT THERE REALLY IS NO EXCUSE TO BUY PLASTIC BOTTLES.

TWICE THE HEALTH

Emily, a nutritionist, and Hannah, who works in marketing, are the fitness duo behind Twice The Health, an Instagram platform where they share healthy recipes, gym tips and encouragement for their tens of thousands of followers. When they're not jet-setting around the world, they conduct running and cycling clubs in London, where they are always in search of the latest exercise trends as well as healthy lifestyle foods and products to help them along their fitness journey. "We always try to take our own water bottles with us when we're at the gym or on the road with our cycling club," Hannah says. "The GROHE Blue faucet is proof that there really is no excuse to buy plastic bottles on the run as you can fill up at home before you go and always have cool, refreshing water at hand. The taste of the water from the

GROHE Blue is noticeably better compared to unfiltered London tap water."

Another advantage of GROHE Blue is the ability to enjoy sparkling water, which Emily observed could increase one's daily water intake: "I think a lot of people are put off by drinking water, always reaching for another kind of beverage as a source of hydration, whereas when you have a faucet with specialized drinking water, it makes it feel a bit more exciting." Emily explained that GROHE faucets also help with food preparation. "It's very important to wash your vegetables and leaves – even organic, because they still do have some pesticides, and grains, such as quinoa, because the crops may have been contaminated with gluten. With GROHE Blue, you know your water is pure."



Hanna's and Emily's favorite cafe, High Mood Food in London, also has a GROHE Blue installed.

WE LOVE THE LUXURY OF HAVING KETTLE-HOT WATER AT THE PUSH OF A BUTTON.

MUMSNET

Mumsnet is the UK's leading online parent community, covering everything from conception to becoming a gran. Their blog posts and "discussions of the day" allow parents to pool their knowledge to tackle a broad range of topics. They've recently installed GROHE Red at their HQ in London and are already big fans of the gadget – the immediate hot-water aspect of the GROHE Red faucet is a necessity in their busy shared kitchen. "We love the luxury of having kettle-hot water at the push of a button, as well as the slick, shiny design," said the team. "Gone are the queues for the kettle during peak times!"

Mumsnet explained that they very much appreciate the smart safety features of the GROHE Red faucet, which include a child lock that reactivates after five seconds of non-use, and water flow that's controlled with the pressure of a finger on the red button. "The steps are simple and stress-free for parents, and it's perfect for the tea and coffee rounds in our office. The overall verdict here at Mumsnet HQ is that the faucet looks great and is super quick and easy to use, the water tastes nice, and we recommend it unhesitatingly to busy parents who are short for time and safety conscious."



IT'S CLEAN AND CRISP TASTING — I'M COMPLETELY ADDICTED TO IT!

CHARLOTTE TOLHURST

Charlotte Tolhurst is a London-based food photographer who uses GROHE Red and Blue faucets both at work and at home. She says having the faucets on set is a great benefit for her during shoots, since time management is crucial. “I work with a food stylist to get six to eight recipes out in a day, so time is precious. Being able to have hot and cold water at hand makes a huge difference: boiling water is obviously needed for cooking, and ice-cold water is great for salads and herbs, which I use a lot of to liven up a dish.” The other great aspect of it is that she’s able to provide refreshments for the clients on the shoot. “It’s nice to be able to give them cold, sparkling water and offer them teas, which can be made immediately

and taste great.” As far as home is concerned, Charlotte says the GROHE Red and Blue faucets have been great for her family as it helps to get dinner on the table quickly. “It’s so much easier to not have to boil the kettle.” As well as not having to carry heavy water bottles all the time, she says that she loves the flavor of the filtered water: “It’s clean and crisp tasting – I’m completely addicted to it!” Her husband also drinks liters of the sparkling water every day. She also noticed that her cups of tea taste much better compared to water boiled from water jugs. “They get so dirty because of the limescale build up,” she explains, “and since they’re not as filtered as the GROHE cartridges, the flavor isn’t as good. This is way superior.”



DID YOU KNOW?

GROHE Red and Blue are hard to beat when it comes to convenience, sustainability and taste. Naturally, they are award-winning too.

We live in an instant world. So why wait for perfectly chilled, sparkling or kettle-hot water? GROHE Blue and GROHE Red deliver perfect taste and kettle-hot water straight from the tap. But it's not only the time you save waiting for water boil or to be cooled down. Once GROHE Blue is installed neatly below your sink, having to shop for and carry water bottles is a thing of the past. GROHE Red and Blue's benefits also apply to the world at large,

since both systems are proven to be far more sustainable than hot water from the kettle or bottled water. Did you know that it takes about seven liters of water to enjoy one liter of bottled water? With GROHE Blue a liter is just a liter. We call it "Water reinvented". And it's not only us who is excited – both water systems have won 20 prestigious awards between them. But, see for yourself ...

CONVENIENCE

7.0 minutes	5.2 minutes	4.2 minutes	0.0 minutes
ceramic hob (2000 W)	electric kettle (2000 W)	induction hob with booster (2500 W)	GROHE Red (2100 W)

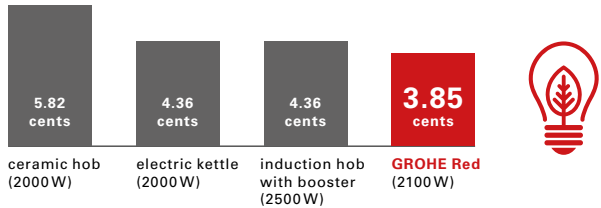
Waiting time to have one liter of kettle-hot water with GROHE Red compared to ordinary kettles

A never-ending cycle of shopping, hauling cases, refrigerating and recycling

VERSUS

No shopping needed: Have the GROHE Blue filter and carbon bottles delivered to your home via the web shop

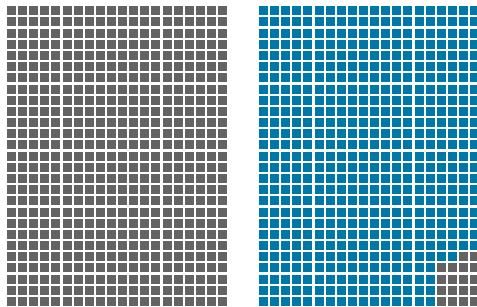
SUSTAINABILITY



Energy costs of boiling 1 liter of water with GROHE Red compared to ordinary kettles



Amount of water it takes to enjoy one liter of bottled water



Bottled water: Up to 108.5 grams of CO₂ equivalent per liter
GROHE Blue: 17.96 grams of CO₂ equivalent per liter

GROHE Blue helps reduce CO₂ emissions by 61% compared to bottled water



With GROHE Blue 1 liter is exactly 1 liter

TASTE

GROHE Red and GROHE Blue are fitted with filters that use a five-step filtration process to remove even the smallest particles from tap water.

1. PRE-FILTRATION
Filters out coarse particles of sand and dirt.
2. ACTIVATED CARBON PRE-FILTER
Removes chlorine and certain organic compounds including insecticides and pesticides, for a cleaner, fresher taste.
3. HIGH-PERFORMANCE ION EXCHANGER
Removes limescale and metal substances.
4. ACTIVATED CARBON FILTRATION
A second filtering process for a maximum taste experience. Bypass water is filtered and purified while keeping essential minerals.
5. FINE FILTRATION
Captures even the finest remaining particles.

AWARDS

GROHE Red and GROHE Blue have won 20 awards between them.

GROHE Blue:
Red Dot (2017 + 2018), iF (2017), German Innovation Award (Winner 2018), German Design Council: Innovative Architecture (2017 + 2018) and Innovative Interior (2017), Materialica (2017), Green Product Award (2017), Good Design Chicago (2017), Green Good Design (2017), Good Design Japan (2018), Idea (2017), Designer Kitchen & Bathroom (2017), Victrix (2017) among others

GROHE Red:
Red Dot (2018), German Design Council: German Design (2019) and Innovative Architecture (2018) among others

THE PERFECT KITCHEN DUO

Perfect taste straight from the tap with unbottled water by GROHE Blue and kettle-hot water on demand by GROHE Red.

PHOTOGRAPHY: ATTILA HARTWIG



GROHE RED

KETTLE-HOT WATER IN AN INSTANT?
JUST THINK WHAT THAT COULD DO FOR YOU



INSTANT VITAMINS

Blanching vegetables is the best way to preserve their color and nutrients. That makes GROHE Red your short-cut to eating healthily.

INSTANT TEATIME

Never mind what the clock says – every time's right for a cup of tea. With GROHE Red, the moment you think about one, it's ready.

READY BEFORE YOU CAN SAY "WHAT'S FOR DIN ..."

Why wait – when tummies are rumbling? Why wait to get the spaghetti going? We think kettle-hot water should be ready and waiting for you whenever you need it. GROHE Red's innovative technology means never having to wait for the comfort of a cup of tea again. Or for dinner. And less time spent waiting means less energy spent heating as well. So take time to enjoy, not to boil.

GROHE BLUE

STILL, MEDIUM OR SPARKLING:
THE CHOICE IS ALL YOURS



STILL

If you prefer your water cool and still, nothing could be simpler.

MEDIUM

Sparkling – but not too much? More of a gentle sparkle? Coming right up!

SPARKLING

Sparkling water, alive with bubbles: for pure, effervescent heaven.

IT'S SO EASY TO GET YOUR GLASS OF PERFECT WATER

Simply use the buttons on the handle. For cool, still water, just push the top button. The LED lights up blue, filling your glass with pure refreshment. Your choice is medium sparkling? Press both buttons in sequence – the LED lights up turquoise – to produce a finely pearled stream of water. For water that bubbles with refreshment: just push the lower button – the LED lights up green – for your perfect glass of sparkling water

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IMPRINT

PUBLISHER

GROHE AG
Feldmühleplatz 15
D-40545 Düsseldorf
Germany
grohe.com

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**CENTRAL COORDINATION & EDITING,
INTERNATIONAL COORDINATION**

Jan Shepherd

ACKNOWLEDGMENTS

Thanks to the following colleagues who
helped in the production of this book:
Karin Borger, Andrea Bußmann,
Lisa Dierks, Kelly Everest, Rasmus Falck,
Nanda Hoefsmid, Axel Korn,
Barbara Kowalczyk, Katharina Lattmann,
Adam Logan, Nikki Lovell,
Emma McSweeney, Tim Pelargus,
Arianna Pellegrini, Elena Rancati,
Frank Spiekermann

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Suze Olbrich, Giulia Pines,
Annalisa Testa, Alice Whitby

PRINTING

Kunst- und Werbedruck GmbH & Co KG
Hinterm Schloss 11
D-32549 Bad Oeynhausen
Germany
kunst-undwerbedruck.de



Drinks and dishes from GROHE Red & Blue – by some of the world's most influential chefs.

