

# **Where are the perennial vegetable cookbooks?**

**Malte Rod**

**AGROFORESTRY SYMPOSIUM - 2021**



# Rod & Lund

Perennial crops nursery  
Denmark



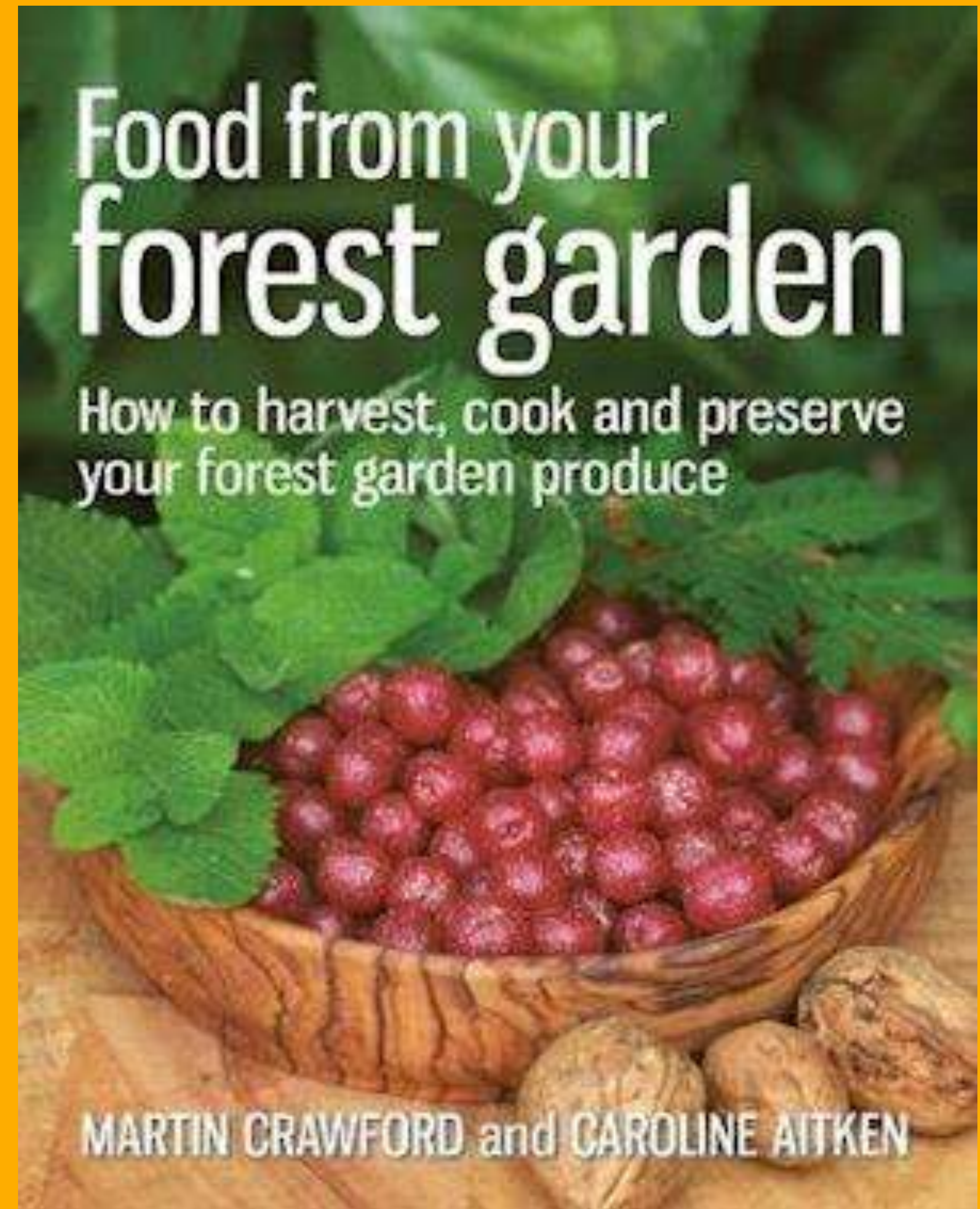


**“How do you use it  
in the kitchen?”**

**Lack of culinary literature**

# Lack of culinary literature

- How to *grow* vs. how to *cook*
- Crawford & Aitken, *Food from your forest garden* (2013)



# Foraging cookbooks

**They are numerous**



**They are numerous  
... but generic**



**... and insipid**



# Raising the bar

- Originality
- Details on taste and texture
- Proper preparation technique
- Flavour pairings

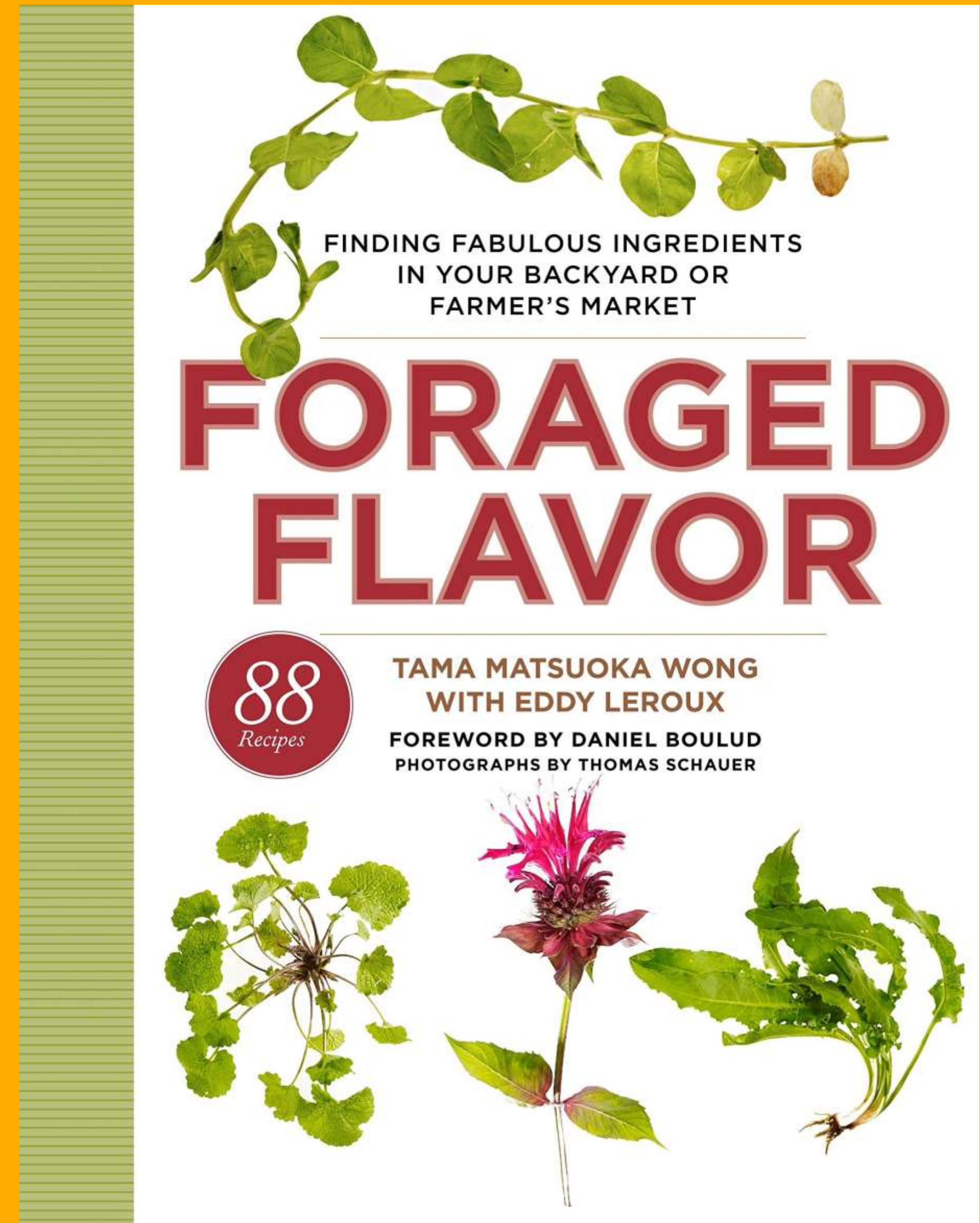




**Two exceptions**

# Wong & Leroux

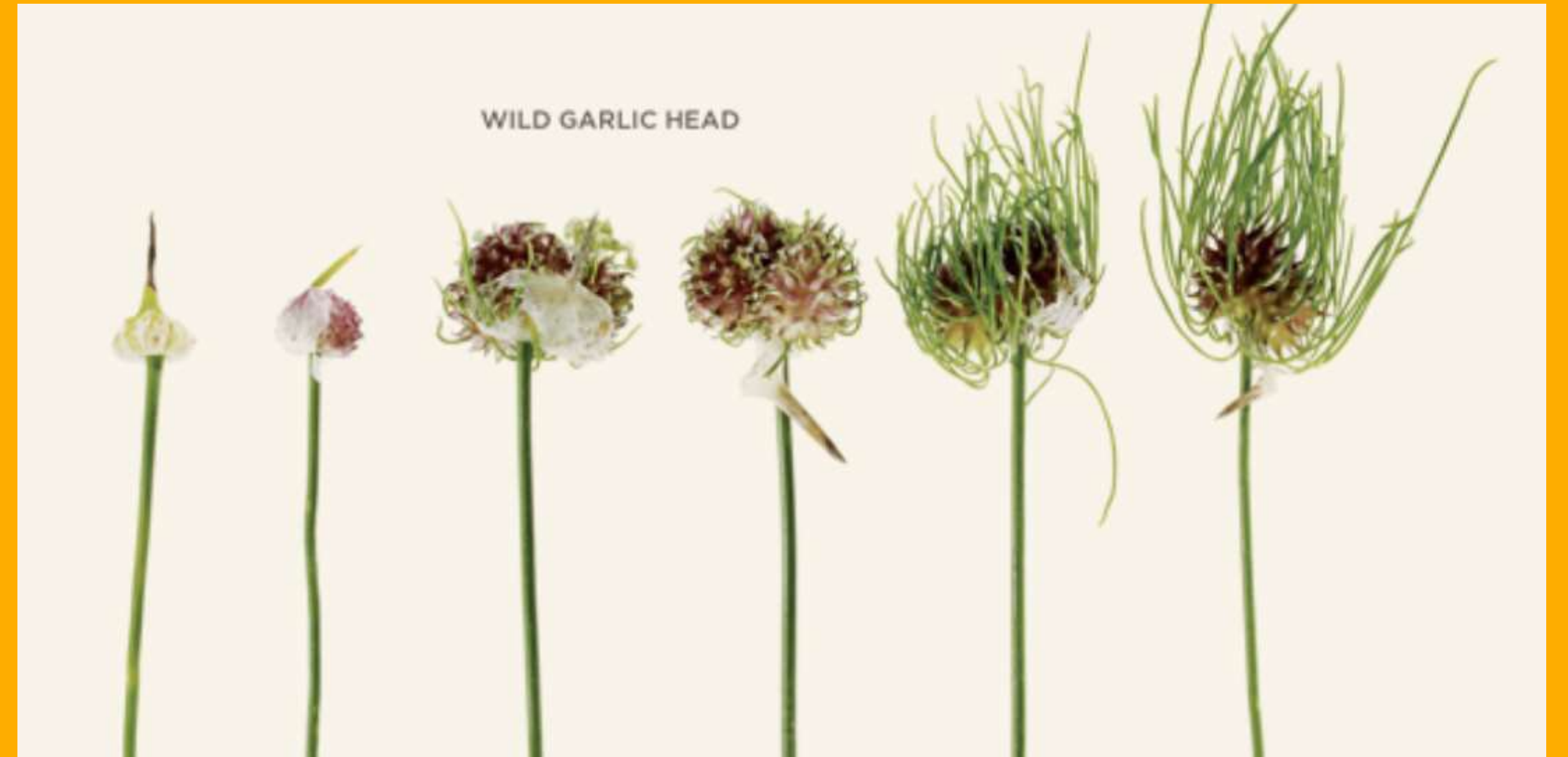
*Foraged Flavor* (2012)



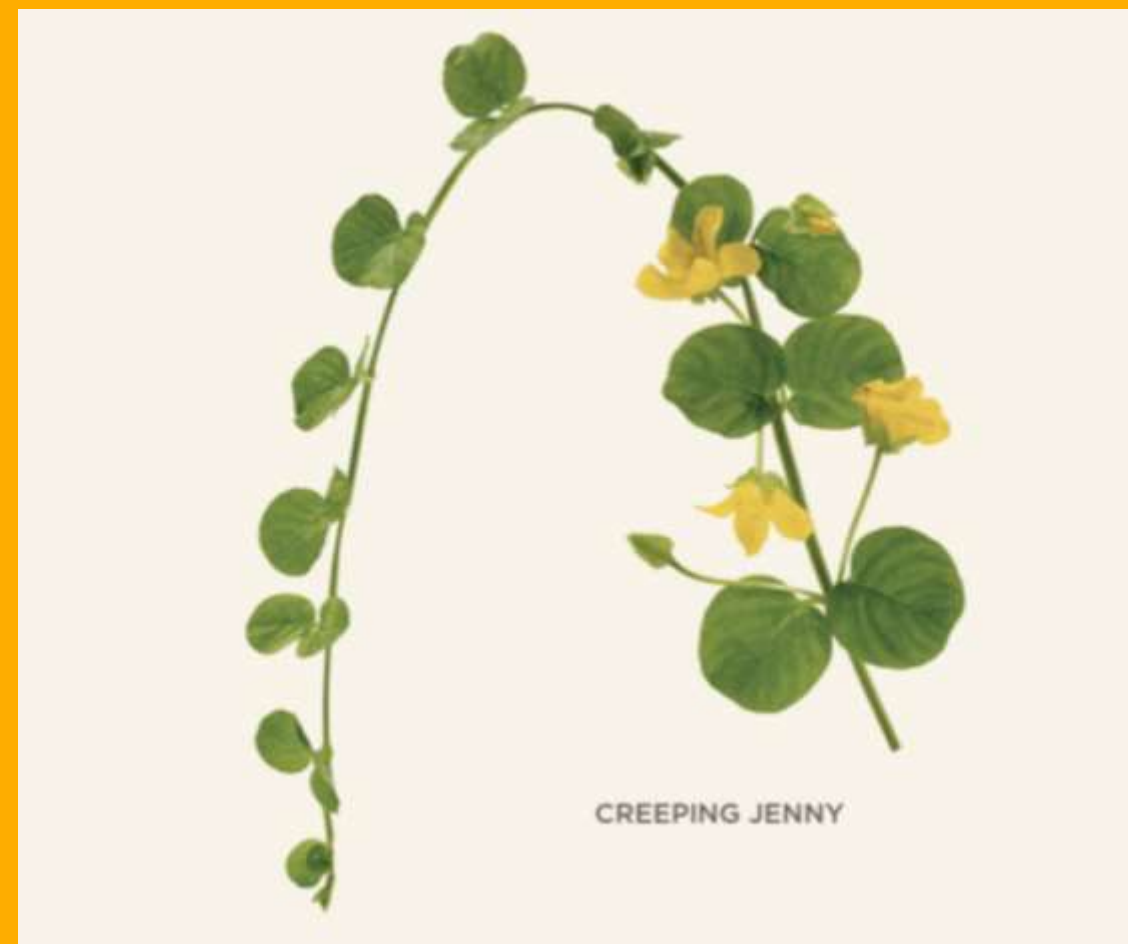




ARALIA BUD



WILD GARLIC HEAD



CREEPING JENNY



SUMAC



# Alan Bergo

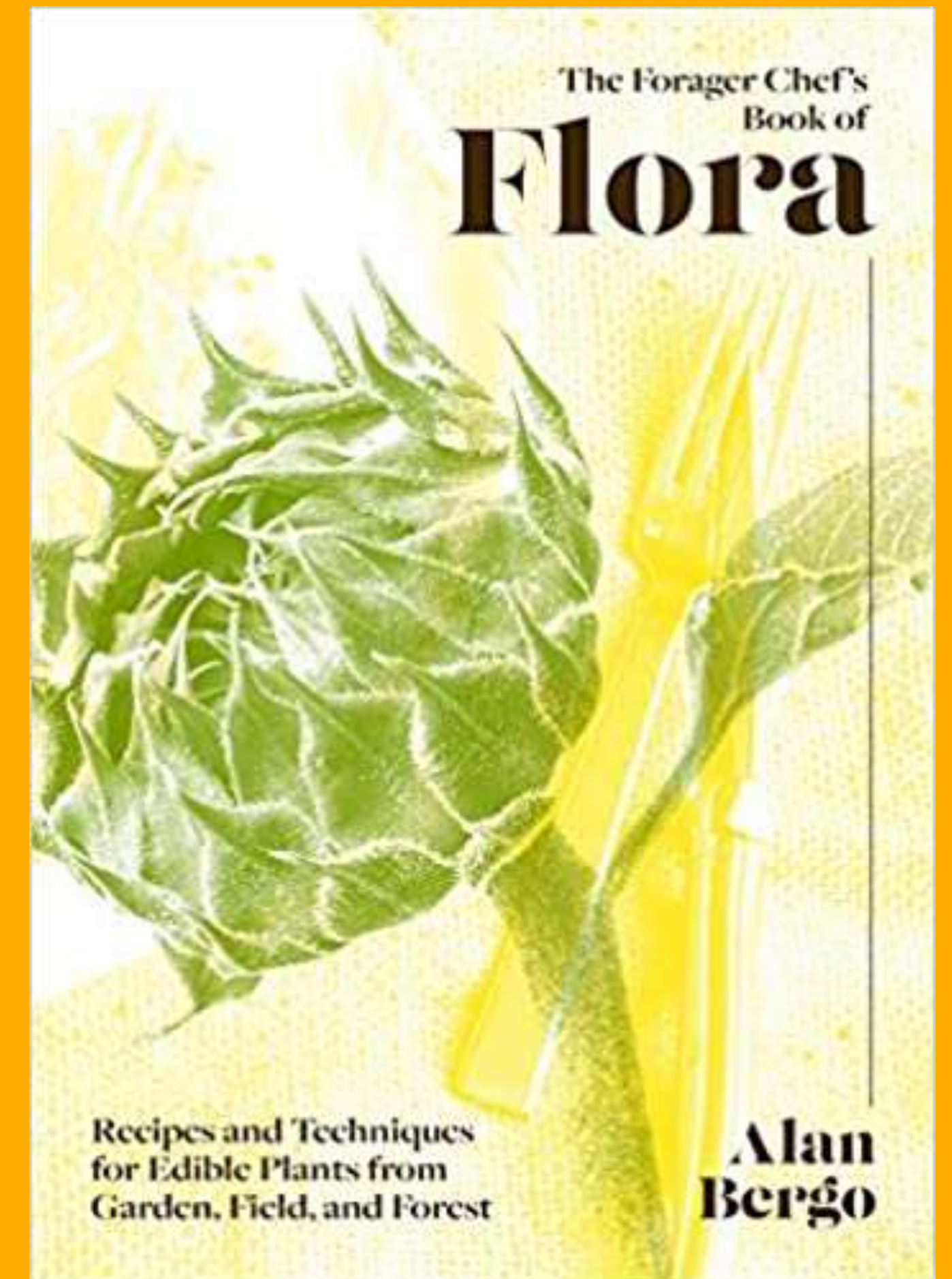
[foragerchef.com](http://foragerchef.com)

*Flora* (2021)



© Adrian Danciu







*Other exceptions?*



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**Where are the perennial  
vegetable chefs?**

# Two major trends in food



# Wild food

- New Nordic Cuisine
- Introduction of new plants





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Noma



**reneredzepinoma**  In my opinion this is better than steak: a plate of woodruff, wild rocket, Japanese knotweed, wild hop shoots, fiddlehead fern, ground elder and garlic mustard [#nomadenmark](#)






251w



**sazzlemac** [@k.harbz](#)  

246w Reply



**k.harbz** Is this real?????      [@sazzlemac](#)

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# Vegetable-based food

- Yotam Ottolenghi & Co.
- Freeing vegetables from vegetarianism



Celery roots steaks with Café de Paris sauce



**“The world of vegetables has gone way beyond the ownership of vegetarians.”**

Yotam Ottolenghi in *Good food*, 5.2.19





Asparagus and gochujang pancakes, from Ottolenghi's *Flavour*



Cabbage with ginger cream and sechuan oil



**Principles over recipes**

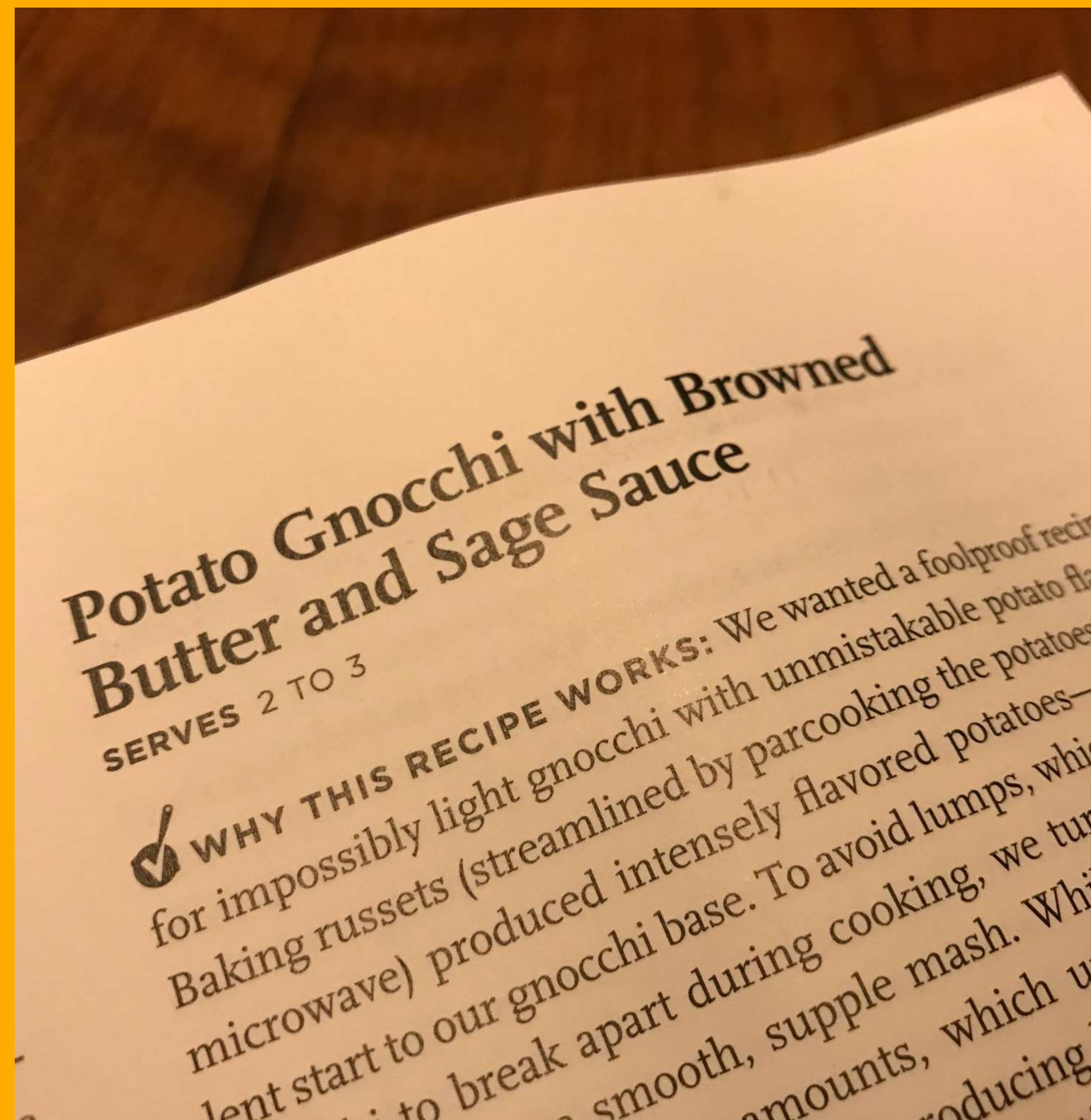
# Principles over recipes

- The need for culinary schooling
- Reading a recipe takes skill



# “Why this recipe works”

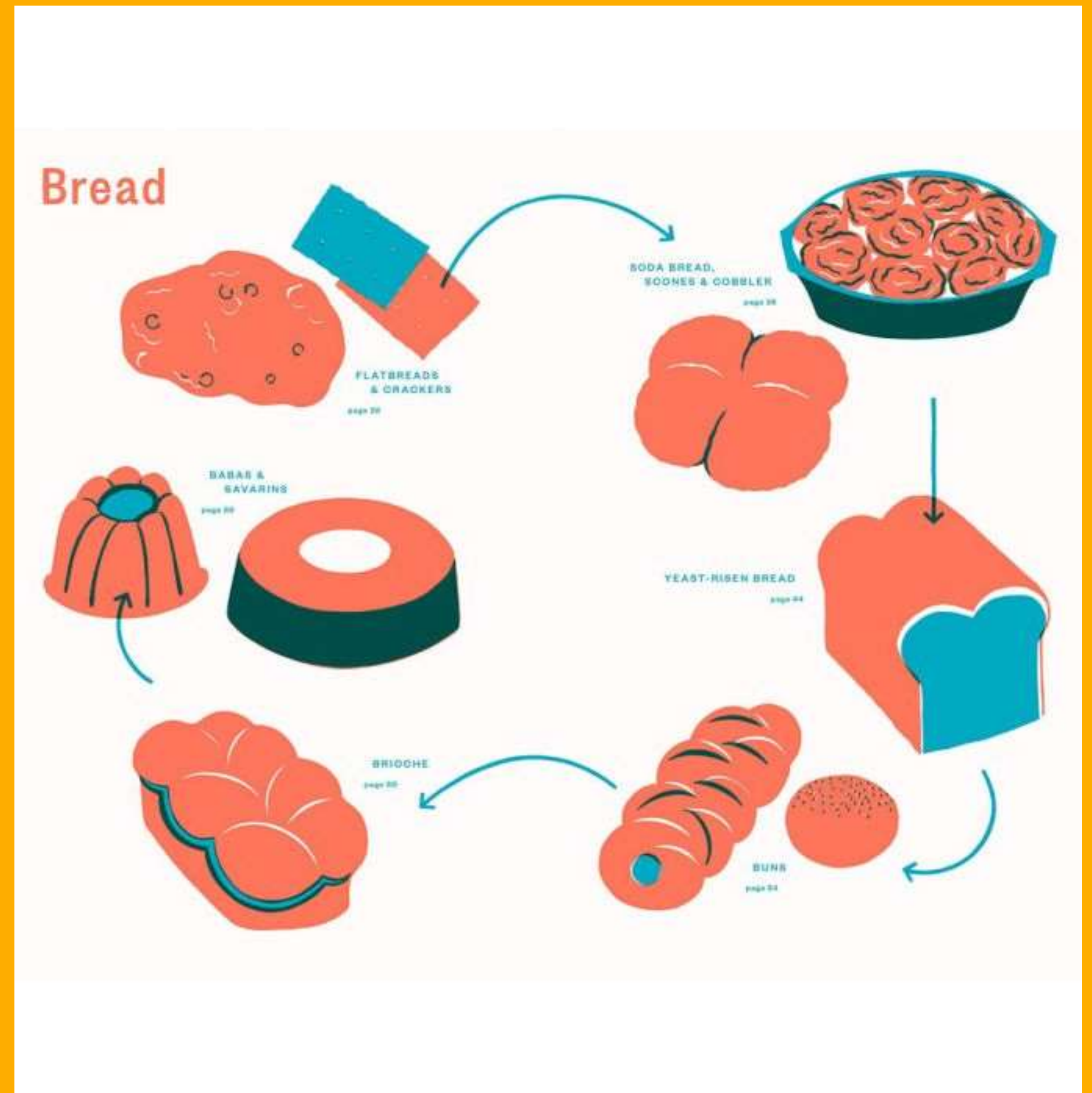
*Cook's Illustrated*





# Starting points, variations, leeway

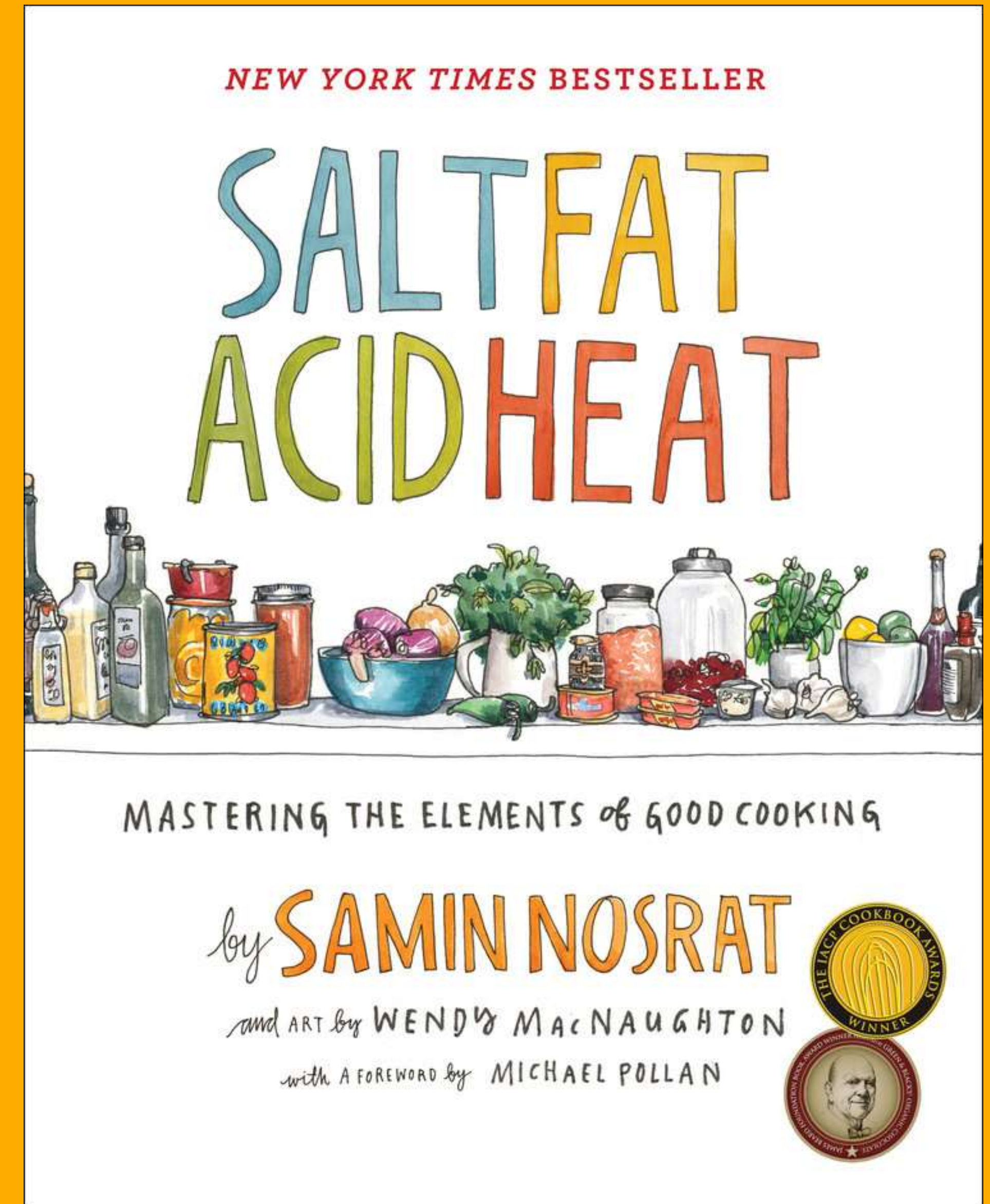
Niki Segnit, *Lateral Cooking*





# Principles over recipes

- The need for culinary schooling
- Reading a recipe takes skill
- Why a recipe works
- Starting points, variations and leeway
- Using the 5 basic tastes





**Understanding bitter**



# Understanding bitter

- Perennials often contain more bitter
- The taste of poison/medicine
- Creates interest, curiosity and excitement







# Understanding bitter

- Perennials often contain more bitter
- The taste of poison/medicine
- Creates interest, curiosity and excitement
- Bitterness needs taming



**Flavor over “health food”**



# Flavor over “health food”

The immediate task: making delicious food

1. Edible vs. Palatable
2. In defence of dressing salads
3. In praise of heat





# Culinary taxonomy



# Culinary taxonomy

- Taxonomy provides culinary clues
- Cooking with “types of ingredients”
- Grouping by flavor compounds
- Grouping by texture
- Not restricting ourselves to phylogenetics



Musk mallow





Spring salad of fiddleheads, hosta, peas and bladdernut flowers



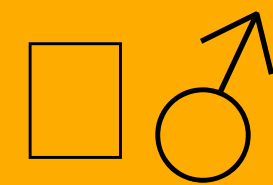
Deep-fried lamb's ear



Day lily casserole



# Thank you



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