

PRESS FILE

LAUNCH

WE'RE SMART® GREEN GUIDE

2020

4th of May 2020

We're Smart® Best Vegetarian Restaurant 2020 - World

We're Smart® Best Vegan Restaurant 2020 - World



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1. We're Smart® World: Introduction

The **unveiling of the world's best vegetables restaurants and chefs** by the We're Smart® community fills the culinary world with anticipation every year. It forms the traditional starting shot of **International Fruit and Vegetable Week** and recognises the incredible creativity and vision of the best practitioners from the culinary world of vegetables.

And while the current COVID-19 pandemic has meant that the live awards presentation has been pushed back to 21 September 2020, it has not stopped the announcement of two of the most important awards – the **We're Smart® Best Vegetarian Restaurant 2020 and Best Vegan Restaurant 2020**.

The announcement forms part of an **exclusive online event on 4 May 2020**, along with the release of the **We're Smart® Green Guide 2020**, with reviews and ratings of nearly 1000 restaurants worldwide where vegetables take centre stage.

As with the We're Smart® World Awards, the We're Smart® Green Guide is aimed at encouraging people to use fruit and vegetables in more creative ways and in so doing, **promote a healthier, better and smarter world**.



2. We're Smart® World awards 2020

We're Smart® Best Vegetarian Restaurant World 2020



We're Smart® Best Vegetarian Restaurant 2020

Frank Fol, The Vegetables Chef® & Chef Adrien Zedda

Culina Hortus Lyon (France)



Following the success of Victoire & Thomas, Thomas Bouanich joined forces with Maxime Rémond to open Culina Hortus just across the road. With the young and talented Adrien Zedda (24) as Chef de Cuisine, who has worked alongside some of the world's greatest chefs, including Objectif Top Chef, Philippe Etchebest. Culina Hortus is the new gastronomic address for haute - and 100% vegetarian - cuisine in a cosy and contemporary space.

Frank Fol, The Vegetables Chef® and driving force behind We're Smart World: *“Adrien Zedda may only be in his twenties but he can still count himself one of the finest vegetable chefs in the world. And at Culina Hortus, he transforms vegetables into a veritable feast with exceptional creativity, resulting in refined, well balanced, healthy and above all delicious dishes. **Well-deserved We're Smart® Best Veggie in the World 2020 and going from 4 to 5 radishes!**”*



Adrien Zedda, chef-kok at Culina Hortus

It is with great emotion that we learned that we won the We're Smart Best Vegetarian Restaurant World 2020.

For the whole team and myself, this award represents a recognition of the work accomplished throughout the year. This award rewards our regularity, our involvement and our love of a job well done for our customers. It's a great pride. We are honored to receive such an award.

Today, vegetables have a primordial place in our kitchens. It is an integral part of our lives. People eat less and less meat and fish, for several purposes: ecological, animal welfare or just for health or pleasure. Us, chefs, must be aware of this new offer and we must take responsibility.

Like all chefs, I am passionate about the product: it is the greatest source of inspiration. Plants inspire me with their diversity of variety, tastes, colors and textures. In the world of plants, there are not 4 seasons but rather 51. Over the weeks certain plants arrive and others start again, some get better and this course is really interesting and exciting.

Our ambitions are to make sure our customers are satisfied and to continue improving and creating dishes, emotions and memories, and of course the recognition by guides and, why not, a star. I would like to thank Frank Fol for the confidence he has placed in me and for this magnificent prize.

I would like to thank Thomas Bouanich, the manager and owner of the restaurant, who has trusted me from the start, and without whom I would not be here today, he is a real pillar for me.

Thanks to Maxime, the restaurant manager and Thomas' partner, who does a superb job with Damien and Anastasia. No good food without good service, it's teamwork.

And to finish: my kitchen team, it's a second family: Joffrey my pastry chef, William my chef de partie and Miguel my second who joined us a short time ago.

This award is a team effort, a chef without his team does not exist. Today I really want to thank them for their dedication, thank you all, this award recognizes the work of everyone.

I can't wait to see you in September during the WE'RE SMART WORLD event.

Culina Hortus

-  5 radishes
-  Opened in 2018
-  First 100% vegetarian gourmet restaurant in France
-  Created by culinary duo Thomas Bouanich and Maxime Rémond
-  Chef: Adrien Zedda
-  High-end, 100% vegetarian cuisine in a cosy and contemporary interior

culinahortus.com/
facebook.com/culinahortusrestaurant/
[instagram.com/](https://instagram.com/culina.hortus.restaurant/)
culina.hortus.restaurant/



We're Smart® Best Vegan Restaurant World 2020



We're Smart® Best Vegan Restaurant 2020

Vanilla Black London Holborn (UK)



Vegetarian “for no major reason”, Vanilla Black breaks down many of the stereotypes that plague vegetarian restaurants. Created out of boredom with the standard vegetarian fare on offer at the average restaurant, Andrew, Donna and their team apply 1 simple rule: no dish would rely on pasta, meat substitutes or heavy spicing. The result is a forward thinking menu that challenges our conceptions not only of vegetarian cuisine but of food in general.

Frank Fol, The Vegetables Chef® and driving force behind We're Smart World: *“A fantastic demonstration that vegan can also be haut cuisine. The surprising combinations, textures and flavours at Vanilla Black – without a shred of meat to be seen – are enough to convert even the most staunch carnivore. The We're Smart® Best Vegan Restaurant in the World 2020 and 5 strong radishes for Andrew Dargue and his team.”*

Andrew Dargue, Head Chef at Vanilla Black: *“As a team we are passionate about pushing the boundaries of cuisine using vegetables. This award is something which inspires us to push on and take the creativity further.”*

Vanilla Black

- 🥕 5 radishes
- 🥕 Opened in 2004, relocated to London in 2008
- 🥕 Chef:
Andrew Dargue was working as a chef-lecturer at Middlesbrough College and running a sideline as a producer of frozen vegetarian meals for restaurants, pubs and bars in the Teesside area when he and his wife Donna decided to open their first restaurant.
- 🥕 Team: Andrew Dargue and his wife, Donna Conroy who works front of house
- 🥕 Unconventional, gourmet and 100% vegan approach to fine dining

vanillablack.co.uk/
twitter.com/vanillablack1
instagram.com/vanilla_black_uk/



3. Release We're Smart® Green Guide 2020: New restaurants, new radishes



Published once per year with reviews and ratings of hundreds of vegetables restaurants around the world, the We're Smart® Green Guide is an unmissable companion for vegans and vegetarians and anyone else looking to broaden their culinary horizons.

This year's We're Smart® Green Guide 2020 covers a total of 967 restaurants (in 42 countries around the world which are given a rating from 1 to 5 radishes,

including the newly announced Best Vegetarian and Best Vegan Restaurants in the World, Culina Hortus and Vanilla Black.

Each restaurant is evaluated on its creative use of seasonal ingredients, the percentage of fruit and vegetable-based dishes on the menu and a number of sustainability criteria related to socially and environmentally responsible activities.

weresmartworld.com/nl/we-re-smart-green-guide
weresmartworld.com/fr/we-re-smart-green-guide
weresmartworld.com/eng/we-re-smart-green-guide

[Read the complete We're Smart® Green Guide 2020](#)

Facts & Figures

-  From 164 to 43 countries + **38**
-  13 country winners of Best Vegetables Restaurant 2020.
-  From 800 to 964 restaurants + **164**
-  **2477** radishes
-  79 restaurants worldwide with 5 radishes + **23**
-  17 restaurants with improved rating, **9** reduced
-  15 restaurants removed from the guide for various reasons.

BELGIUM: 266	GERMANY: 14	FINLAND: 6	INDONESIA: 1
FRANCE: 143	THAILAND: 14	MEXICO: 5	BOLIVIA: 1
UK: 84	AUSTRALIA: 13	PORTUGAL: 4	SOUTH KOREA: 1
NEDERLAND: 80	LUXEMBOURG: 12	NORWAY: 4	COLOMBIA: 1
SPAIN: 77	AUSTRIA: 12	RUSSIA: 3	MALAYSIA: 1
SOUTH-AFRICA: 36	CHILE: 9	CHINA: 2	UKRAINE: 1
USA: 33	SWEDEN: 9	SINGAPORE: 2	HUNGARY: 1
ITALY: 32	SWITZERLAND: 8	TAIWAN: 2	GREECE: 1
JAPAN: 24	MOROCCO: 7	BRASIL: 2	SLOVENIA: 1
DANMARK: 21	CANADA: 6	TURKEY: 2	CYPRUS: 1
PERU: 19	QATAR: 6	INDIA: 1	



4. Exclusive recipes by Award winning chefs, using vegetable and fruit of the year, cauliflower and grapefruit



The announcement of the We're Smart® Best Vegetarian and Vegan Restaurant of the World 2020 and We're Smart® Green Guide 2020 coincides with International Fruit and Vegetable Week.

The grapefruit was voted best fruit of the year for 2020 with cauliflower taking line honours for best vegetable. And what

better way to try them than with 4 fantastic recipes by Adrien Zedda and Andrew Dargue, head chefs at the award-winning restaurants Culina Hortus and Vanilla Black.

Exclusively for We're Smart® World, they have created these wonderful dishes which they are delighted to share with you!

Fresh grapefruit, tarragon cream, caramelised hazelnut, meringue, grapefruit ice-cream, grapefruit jelly

*by Adrien Zedda, Head Chef at Culina Horta, winner of the We're Smart® Best Vegetarian Restaurant 2020
For 10 people*

1 / For the meringue:

250g egg white
250g castor sugar
250g icing sugar

2 / For the tarragon cream:

500g milk
500g of cream
6 egg yolks
100g caster sugar
1 bunch tarragon

3 / For the grapefruit jelly:

500g grapefruit juice
70g sugar
7g agar agar

4 / For the hazelnut praliné:

200g water
200g sugar
200g crushed and roasted hazelnut

5 / For the grapefruit ice-cream:

500g milk
250g of cream
5 egg yolks
200g caster sugar
150g grapefruit juice

6 / To serve:

5 grapefruit
1 bunch tarragon





1 / **For the meringue:**

Whisk the egg whites until stiff. Fold in the castor sugar and then icing sugar with a spatula. Spread a layer approx. 3cm thick onto a baking tray lined with grease-proof paper and cover with a second sheet of grease-proof paper. Bake at 120°C for approx. 3 hours. Remove the meringue, allow to cool and then crumble.

2 / **For the tarragon cream:**

Place the milk, cream and tarragon in a saucepan and bring to the boil. Add the egg yolks and sugar and whisk. Pour everything through a sieve onto a baking tray lined with grease-proof paper. Bake in the oven at 100°C for about 2 hours. Remove and blend until smooth and transfer to a 1L whipped cream dispenser.

3 / **For the grapefruit jelly:**

Bring the grapefruit juice and sugar to a boil. Add the agar agar and a whisk well. Continue to cook over high heat for 1 min then set aside to cool for 2 hours. Mix and strain through a sieve.

4 / **For the hazelnut praliné:**

Combine the water and sugar in a saucepan. Bring to a boil. Add the hazelnuts and continue to cook until the sugar caramelises and coats the hazelnuts.

5 / **For grapefruit ice-cream:**

Make a custard with the ingredients. Add the grapefruit juice and mix. Transfer to a pacojet bowl, freeze and then pacotise.

6 / **To serve:**

Peel and separate the grapefruit into segments. Dry 1 bunch of tarragon in the dehydrator and then mix into a very fine powder.

Place the grapefruit segments in bowls. Top with tarragon cream, caramelised hazelnuts, crushed meringue, dabs of grapefruit jelly, a scoop of grapefruit ice-cream and a pinch of tarragon powder.



Multi-coloured cauliflower tabbouleh, ginger jelly, fried cauliflower, soy vinaigrette

by Adrien Zedda, Head Chef at Culina Horta, winner of the We're Smart® Best Vegetarian Restaurant 2020
For 10 people



1 / For the tabbouleh:

½ white cauliflower
½ purple cauliflower
½ orange cauliflower
½ green cauliflower

2 / For the ginger gel:

300g water
20g sugar
15g apple cider vinegar
4g ginger purée
5g agar agar
pinch salt

3 / For fried cauliflower:

½ white cauliflower
oil for deep frying

4 / For the soy vinaigrette:

75g sesame oil
125g grapeseed oil
30g mirin
50g salted soy sauce
1 lime
½ clove garlic
1 spring onion
1 bunch coriander



1 / For the tabbouleh:

Using a medium grater, grate the 4 cauliflower halves into a salad bowl. If you do not have a grater, you can use a peeler to make very fine shavings and then chop them.

2 / For the ginger gel:

Place all ingredients except the agar agar in a saucepan and bring to the boil. Then add the agar agar and whisk for 1 minute on high heat. Transfer to a bowl and leave to cool for 2 hours.

Once the jelly has set, mix in a blender and strain through a sieve until smooth.

3 / For fried cauliflower:

Slice white cauliflower into florets and deep fry at 140°C for 2 to 3 min. Remove and drain before they change colour. Then return the cauliflower to the oil, this time at 180°C until crisp and golden brown. Remove, drain and season.

4 / For the ginger vinaigrette:

In a small mixing bowl, add the sesame oil, grapeseed oil, mirin, soy sauce, zest, lime juice and half a clove of grated garlic. Whisk together and finish by adding thinly sliced spring onion and chopped coriander.

5 / Finishing and dressing:

In a separate mixing bowl, combine the cauliflower tabbouleh with the soy vinaigrette and toss. Arrange the tabbouleh in bowls, adding fried cauliflower florets, dabs of ginger jelly, a little extra soy vinaigrette and a few flowers and greens (e.g. watercress) to garnish.

Exclusive: Recipes using vegetable and fruit of the year, cauliflower and grapefruit by Andrew Dargue, Head Chef at Vanilla Black, winner of the We're Smart® Best Vegan Restaurant 2020

5. The Most Delicious Think Vegetables! Think Fruit!® Menu 2020

The Most Delicious Think Vegetables! Think Fruits!® Menu is an initiative that was launched for the first time in 2019 by Frank Fol, founder and chairman of the We're Smart® Green Guide. His aim is to share some of the outstanding experiences from his personal search for vegetables restaurants that are making a difference in the world. The dishes included in "The Most Delicious TV! TF! Menu" represent the pinnacle of creativity, colour, texture, quality, taste and flavour combinations. It is also Frank's way of thanking the world's best vegetable chefs for their fabulous culinary performances and to honour them for the work they do to put vegetables in the spotlight!



3 x kohlrabi with crispy veal tartare sandwich.



Salad of radish, peas, fresh herbs and flowers.



Stuffed braised lettuce with fennel, mango, lemon, oregano and croutons.

MENU

Salad of radish, peas, fresh herbs and flowers.
Benoit & Bernard Dewitte – Zingem, Belgium



Stuffed braised lettuce with fennel,
mango, lemon, oregano and croutons.
L'Oustau de Baumanière, Les Baux de Provence, France



Mushroom tartelette with fresh thyme.
Bon Bon – Brussels, Belgium



Kalettes with olive oil and fresh black truffle.
Xavier Pellicer – Barcelona, Spain



Belgian endives “Tarte tatin” with mustard leaves.
Graanmarkt13 – Antwerp, Belgium



3 x kohlrabi with crispy veal tartare sandwich.
Piazza Duomo – Alba, Italy



Potatoes, sea lavender and butter.
Bord'eau – Amsterdam, The Netherlands



Grilled cardon, grapes, lemon and basil.
Château de Bourglinster, Grand Duchy of Luxembourg



Cucumber, avocado and lemon crumble with flowers.
Zilte – Antwerp, Belgium

6. We're Smart® World Awards: 21 September 2020

Bringing together the best of the best from the culinary world of vegetables, the 2020 We're Smart® World Awards will be presented on 21 September 2020.

In the weeks leading up to the We're Smart® World Awards 2020, the world's Top 100 Best Vegetables Restaurants© will be revealed, counting down to the top 10 which will be revealed on 21 September 2020.

In addition to the 100 best restaurants, other outstanding projects, products, publications and innovations from the culinary world of vegetables will be

recognised via 7 We're Smart® Future Awards 2020. In addition, the We're Smart® team will announce the Best Vegetables Restaurant Awards in 13 countries.

The event will also cast the spotlight on two special topics with debates on fermentation and airline food.



Chef Sang Hoon Degeimbre

Frank Fol, The Vegetables Chef® and driving force behind We're Smart World: ***“Fermentation is currently extremely popular throughout the world. Chef Sang Hoon Degeimbre has pioneered the technique and his lead is still followed to this day by numerous restaurants around the world that offer fermented food and drinks.***

Exciting and enticing! The vegetable master himself will inspire us on 21 September with some of the amazing benefits and possibilities of fermented foods.”

Frank Fol, The Vegetables Chef®: ***“This is the first time that an airline has systematically applied the 80/20 rule. More vegetables, less meat. The same rule that We're Smart® has been recommending since 2009. After Thalys, now Luxair has followed suit. Hopefully the first of many in the tourist sector. Learn more about these successful projects during the debate on 21 September.”***

Guidance & solutions for a healthier & better world: weresmartworld.com

7. About We're Smart® and its founder



We're Smart® is the undisputed reference in the culinary world of vegetables. The brainchild of Frank Fol, the famous Vegetables Chef®, the organisation recognises the world's best vegetables restaurants and chefs via the annual We're Smart® Green Guide and We're Smart® Future Awards. As such, We're Smart® aims to encourage the evolution of society towards smarter solutions for our bodies, nature and the world.

Guidance & solutions for a healthier & better world: www.weresmartworld.com

Frank Fol, Chairman We're Smart® Green Guide

Chef Frank Fol – former chef/owner of Michelin star restaurant Sire Pynnock – has, for more than twenty-five years, been really passionate about vegetables and all produce growing on our earth and his cooking was very much geared towards the use of vegetables and fruit.

A former star chef on the Belgian culinary theatre, today he is an international consultant on healthy, equilibrated and vegetal (as often as possible but not systematically) food.

Whilst promoting his slogan « Think Vegetables! Think Fruit! », he travels around the world sharing his approach to the kitchen of today and tomorrow's kitchen with his peers.



Frank Fol, The Vegetables Chef®

Today, living a healthy and balanced life, aiming for sustainable resources and the daily protection of our environment, our planet, has become a major concern worldwide. New initiatives and other projects for our daily life and the future of our planet see the light of day on a daily basis in all corners of the globe. I see this personally not just in my own home country, but in all the places I visit in my travels around the world. It is that observation that inspired me even more to widen my approach with We're Smart® World and the Green Guide. For me and all the people I met on my travels, it is a basic necessity and a valorisation of the work all these people do to promote this philosophy, that I decided to call the project «Think Vegetables ! Think Fruit ! ».

Become a We're Smart® Ambassador!



Want to witness We're Smart® World's activities from the front row? Sign up to become an ambassador. You will receive monthly updates on everything to do with delicious, healthy, sustainable and ecological food as well as what it means to run a responsible business, develop future-oriented solutions and work towards a smarter world. As a We're Smart® Ambassador, you are also in pole position to take part in the free We're Smart® Academy, growing from Influencer to Expert to officially recognised Inspector.

weresmartworld.com/eng/word-were-smart-world-ambassadeur

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Social media links

Facebook

We're Smart® World

facebook.com/weresmartworld/

Online event 4 May

facebook.com/events/210595666836622/

Instagram

We're Smart® World

instagram.com/weresmartworld/

Twitter

We're Smart® World

twitter.com/VegetablesChef

Youtube

We're Smart® World

youtube.com/channel/UCqfp3t4J48rcIIHjyRdsQBA

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