

PlantEDT

PLANTAcademy

JULY 2021
ISSUE #02
FREE ISSUE

Inspiring passion through plants

Filled with
8 seasonal summer
recipes from our
chefs and
students

INSIDE

What is next for the food industry?

Meet the chefs reimagining kitchen culture

Potent plants for life, biohacking and beyond



WELCOME TO THE PLANTEDT

Schools out for summer ... and what a term it has been! Since we published the first edition of the PlantEDT in January this year a lot has happened at Plant Academy HQ. Like many of you reading this it's been a rollercoaster in terms of life and business. There's been uncertainty and adventure, innovation and inspiration and many challenges on the way, but the biggest thing for us here has been a real sense of team power.

We've launched our new student community, The Plant Place, which is soon to be open to anyone to join our plant-powered community, we've hosted micro events with brands and I've been swiftly making final Plans for the big launch of this season, the upcoming Plant Two Live Online!! Plant Two is a class very close to my heart, and has a huge act to follow after Plant One last year. Plant Two originally happened for the first time in October 2019 with a group of incredibly passionate women, who I think will also agree, were changed by the experience as much as I was. Those two weeks onsite showed the power and need for women in professional kitchens and since then it's become ever more important to reimagine kitchen culture, which is a huge part of what we are about!

The strapline for plant two is "express your essence through

food" and that course and the students ignited so many ideas about our values and the impact we hoped to achieve.

Plant Academy has always been about this sense of community, originally from our onsite classes and last year we were blown away by the power of online. I have been excited to grow our small team this year with new members, and original Plant Academy students; Jasmin Howarth leading Community, Morgane Olivier supporting Marketing and Toufan Hosseiny on Design.

In this edition you will find stories from our team and students, taking you around the world exploring plant based business and life, hear about our Plant Two chefs, explore a major theme of reimagining the kitchen, plus taste our favourite recipes for the summer ahead.

If this time has taught us anything it's that we need to stand up for what we believe in, have a voice and act now to make an impact. We've heard from chefs, students and brands who are inspiring passion through plants but the question is will you be a part of a new vision for the future? I hope these pages inspire you to do so and fuel a delicious, boundless and plant-filled summer ahead.

Lauren Ellen Lovatt

Creator of the Plant Academy

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"Waste is a failure of the imagination"

Douglas McMaster



Plant One Online

The self-paced course

PLANT
One

- The course in plant food fundamentals
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PlantAcademy.co.uk/products/p/plant-one-plant-food-online

THE
PLANTEDT

A vision for the future

We highlight some great people who inspire us





All photos: Sara Kiyo Popowa (@shisodelicious)

A STELLAR EXPERIENCE

An interview with Lou Oats and Jason Wood

Stellar

Deep beneath the trees in an off the grid land, where myself and a group of plant-people had the chance to experience the first ever Stellar Pop Up on the Summer Solstice this year! Stellar is a travelling restaurant created by chefs Lou Oats and Jason Wood, who is a guest chef on the upcoming Plant Two Live Online this September. After months of talking with Jason planning his module he mentioned he and his partner were starting something new – Stellar.

Jason Wood is a chef driven by nature, seasonality and a sense of place. He was previously the culinary director for Plant Food + Wine LA, consultant at Erpingham House and Farmacy London, as well as cooking and consulting on numerous food projects in America and the UK. I've admired Jason's creativity for a long time and Lou has high credentials in the plant-food world. So, after so much time in lockdown the memory of travelling to events in far-flung lands felt long forgotten, long forgotten, and there was no question about going on the most delicious adventure to an off-grid paradise, Kudhva, in Cornwall!

Stellar is all about sharing, educating and feeding people a dazzling array of cuisine of plant based food, and under the trees that night, myself and fellow guests were truly mesmerised by what they created.

KUDHVA SOLSTICE MENU

chilled apple + pear soup

puffed quinoa, turmeric and seeded granola + tarragon oil

grilled carrots + asparagus

a salsa macha of sorts, fermented cashew purée, pea shoots, micro herbs

vegetable cereal

miso marinated cucumbers, cherry tomatoes and radish, samphire. puffed rice, sesame seed, pink peppercorn, fried dulse + togarashi cereal

smoked soft tofu

brown rice crackling, sunflower seeds, picked chili and sesame marinade, seaweed dukka + micro radish

grilled oyster mushroom

kimchi purée, coconut maple crumb + braised pistachios

almond, orange + polenta cake

polenta chip, braised strawberry, elderflower + coconut chantilly, sugared elderflower, rosemary popcorn



The produce served was all locally sourced and it was amazing to hear all foraged produce came from within a mile radius of Kudhva. Could you share a little about how and where you sourced the produce and the magic of the local land?

JW: Great question! Our first major hurdle was going to be the mushrooms which we served on the last savory course. I had my heart set on maitake, but they aren't easy to come by. Our friend Will at New Eyes (who kindly let us use the field kitchen he built at Kudhva) sent me to one grower for oyster mushrooms who was out. That person then sent us to Robbie at RE-Growth. Robbie then sent us down the road for microgreens. Each grower we visited



we would ask for recommendations for other growers.

We took a trip to the Truro farmer's market where we bought coriander, sorrel, potatoes, watercress, garlic etc. From Goonown Growers and also picked up asparagus from Tregassow Farm. Our strawberries came from Boddington's Berries, in Cornwall.

LO: Cornwall has a deep and rich legacy with many folk tales and traditions. For me it is a deeply magical place which harnesses some unique energy. Upon first meeting Louise (the owner, founder and architect of Kudhva) and visiting the land I felt immediately at ease and at home. Intuitively it felt as though that the Solstice / Midsummer would be a fitting time to host a feast and pay our dues on the longest day of the year.

The flora and fauna of Kudhva is as unique as it is complex with a multitude of uses both medicinal and culinary. For our dinner we used plants

respectfully harvested to make flower arrangements with each chosen for their spirit qualities. A couple of especially noteworthy ones were: foxgloves, one of my absolute favorite flowers which have a huge presence in folkloric tales and in plant spirit medicine (although you would absolutely never eat foxglove as they are poisonous!) and St John's Wort which is at its flowering peak during the Solstice and is known for its mood elevating properties and ability to dispel darkness.

We used Eyebright, Water Mint and Dandelion flowers for our infused table water and the water itself was from Kudhva's deep spring water reserve. Elderflower which is abundant at the Solstice was collected from the property to infuse our whipped coconut chantilly and we sugared the actual Elderflower flowers to make garnishes for our dessert. We harvested wild strawberries which we pickled to punctuate the dessert.

Kudhva is an incredible place. In what way did it inspire the food for each of you?

JW: Kudhva is a wild and vibrant place and I was able to be bold with my thoughts and flavors in regards to the plates that we served. Cooking off-grid is a challenge; however, being able to cook over a flame brings a robust flavor.

This was my first experience hosting a dinner in the UK and I was hugely inspired by Cornwall as a region. Kudhva as a location was especially inspiring as the plant life is so bold and bright in summer and the terrain is rugged. I tried to imbue

"Kudhva is a wild and vibrant place and I was able to be bold with my thoughts and flavors in regards to the plates that we served"

Jason Wood



those qualities in my dishes and to craft an offering that complemented our surroundings.

LO: Kudhva for me is such a spectacular place and thoughtform. It is exuberantly inspirational and magic in the purest sense of the word; it seeps from every crevice, crack and plant that grows there. It is sometimes hard to fully express myself in commercial work; Kudhva broke those constraints and catapulted us into a place that, for me, was full of all of the things I love: plants, magic, folklore, adventure, the elements and community. It was wonderful to create a setting that used food as a medium for our expression of thought.



Could you share a short quote about your experience doing the pop-up?

JW: Being able to serve our first meal as Stellar in such a magical place as Kudhva really has set the bar high for us.

LO: Stellar at Kudhva was the confluence of all of our experiences thus far. It was a deeply meaningful and poignant experience for us. Our service was one of respect for the land, our guests and our ancestors.

What are your ambitions for Stellar?

To continue to bring vibrant, seasonal, meaningful and sustainable food to the table in unique settings and always to be inspired by our surroundings.

Lou and Jason are currently scouting for our next location and will release details soon. If you would like to be the first to know follow them @stellar_vegan. ■

Lou Oats and Jason Wood

@stellar_vegan | kudhva.com

Case studies

FUTURE. FOOD. FEMALE

By Jasmin Howarth, Community Manager and Plant One Online Student

The constant lockdowns and social distancing measures over the last eighteen months have severely damaged the hospitality industry. Thousands of team members had to be let go from businesses that were struggling to cope with the crippling financial implications of the pandemic. But with measures now easing as we start to open up again, the staff shortages in our professional kitchens are stark. This void created by the pandemic presents maybe a pivot point; with professional kitchens now in desperate need of staff, could

Please note that 'old-school' gender stereotypes are referenced throughout this article. These are for demonstrative purposes only and do not represent particular individuals or their views unless specifically referenced.

this be an opportunity to revolutionise the work environment and the future of the industry?

Plant-based food is now widely accepted as mainstream; with the emergence of restaurants, cafés and pop-ups being common place on our high streets. There seems to be lots of choice at this more accessible end of the market with 'vegan junk food' being the most enticing option for most diners. But we are yet to see this demand for plant-based cuisine permeate up to fine dining experiences. There maybe a few reasons for this: firstly, plants don't have that level of status yet and society still attaches 'value' to meat. Secondly, we haven't created these establishments yet and it's just a case of 'if you build it, they will come'. A great example of this is Eleven Madison Park, one of New York's top fine dining restaurants, which reopened after lockdown with a completely plant-based menu.

Daniel Humm, the head chef, said that the reason behind the change was because "the current food system is simply not sustainable". The restaurant's current waiting list exceeds 15,000.

Lastly, maybe it is because, in what is a male-dominated industry most of the positions of power are filled by men and their identity is intrinsically linked to meat, therefore changing their menus would essentially mean changing their identities. So do male head chefs need to change their identities or do they just need to descend from these positions of power to allow a new generation of female plant-based-creatives to rise up? Surely a luxury dining experience can be something more than just expensive meat-centric dishes. Why not give these experiences deeper meanings, and let them connect us with the community and planet; whilst revolutionising hospitality industry to make





Kirk



Maxine

it more female-friendly at the same time.

This turbulent time has presented women with the opportunity to ascend to the top. So what's stopping them? Is it lack of confidence? "Old-school" men are generally brought up to be risk takers and therefore inherently have more confidence. Whereas women tend to be more cautious and self-critical of their talents, even if these are equal to or better than those of a man in the same role. How do we encourage passionate, knowledgeable and creative women to take that step into the professional plant-based world and drive innovation? At Plant Academy we aren't short of this type of female and both Kirk Haworth's and Chantelle Nicholson's case studies explain how to make that move.

But as well as building women's confidence we also need to create a case-for-change to encourage men to descend from the top echelons of the system. Yes, women have to step up, but men have to understand that hiring women is going to bring a different type of benefit to their kitchens. The qualities that women bring to the kitchen are less tangible and you probably won't find them on their CVs, because they are more holistic and benefit the collective. For example: a better work-life balance through flexibility, caring and intuition making kitchens a safer space for mental health, a kinder working environment that is less intense and aggressive, a more family-centric view of work and shared parental leave, more diversity of thought bringing innovation and creativity.

As I finish writing this article news is breaking about the physical abuse and harassment experienced by staff in the Tom Kitchin restaurant group in Edinburgh. His employees endured sexual



Chantelle

harassment or were abused, deprived of food, water, lavatory breaks or adequate rest during shifts of up to eighteen hours. In response to the allegations Mr Kitchin said that top venues can be "high pressure, frenetic and challenging", which sounds more like an excuse than an apology. This old-school view on how kitchens should be run feels like it belongs to dinosaurs like Gordon Ramsey and Marco Pierre White, where their reality-TV abuse was glamorised in exchange for ratings. In the recent past these chefs were seen as role models and decreed that the way to get the best out of your staff was through emotional and physical abuse. But how can a high-stress environment that destroys your mental



health be a productive one? Women have been smart to stay away from that aggressive atmosphere, but by staying away we have allowed old-school men to damage future generations of chefs. Now is the time for change and we have to act.

We need a cultural shift. Overall the hospitality industry does not currently support health, wellbeing and family life, which means that it doesn't appeal to women. By its very nature the industry demands employees to work antisocial hours and prioritise their work over their health. As a result men are more likely to fill these roles, and men are more likely to hire more men, work more antisocial hours and create a working environment that it is constructed for men, therefore attracting more men! The perfect viscous cycle. The more plant-based female chefs we introduce into the system, the more likely we are to break this cycle and make our kitchens healthier and kinder. Women have the potential to change not only the working environment but the future of food by revolutionising the system to work for them. ➤

*"Women are coming into
their power now"*

Case study

Kirk Haworth

Founder of Plates and Hospitality Wellness

Kirk Haworth is the opposite of an old-school chef. Having worked in physical and aggressive kitchens he knows exactly what environment he doesn't want. "When I first came to London at 19 I was working 19 to 20 hours a day, having five hours sleep and not eating. I never want to feel like that again". By breaking away from tradition and thinking in a more innovative way Kirk is creating a calm, more health-centric environment, where his team "define their own success" and get involved in the creative process.

Kirk is challenging the status-quo, a history of inflated-egos, demanding and abusive work environments and undoing the damage of rock-star chefs. Reflecting on his past experiences: "When I worked in kitchens ran by men I did experience a physical and intense environment. I knew it was wrong, but at the time it was seen as cool to be like that. And it was what we were inspired by as young cooks. It's not until you grow up and you have more wisdom, combined with the health challenges that I've had, you wake up to what is important."

Kirk created Hospitality Wellness to give people the

tools to look after themselves every day. Each month would feature a different chef paired with a well-being coach (e.g. nutritionist, yoga teacher or physiotherapist), followed by a panel discussion, mediation and a meal together. Everyone on the six week strategy programmes has an accountability partner to encourage them to hit their goals. "At Hospitality Wellness we are your tribe and we are going to motivate you".

Lacking confidence is one the biggest barriers to overcome when changing careers or applying for a new job and this is where Hospitality Wellness comes in. "Imagine thirty people on a call telling you that you can do whatever you want and we all believe in you. That's a powerful thing and it's going to encourage people to do it. And there's that support to fall back on too. A lot of people in the industry feel lonely, and it's important to be around people who think and vibe like you. When you are surrounded by people who get you, you'll become the best version of yourself".

Believing you don't have enough experience is another barrier to entering the hospitality industry, but Kirk doesn't look for traditional experience: "You can have the best CV in the world but if your attitude isn't right then it's worthless. Even if you don't know how to hold a knife, if you have the right attitude, I'll teach you everything you need to know. I spent most of my life working for a CV, and when I look back was I happy? Not really. Life experience and passion are more important than CV experience".

Kirk believes that "women are coming into their power now" and by educating each other we can



create a support network that prioritises mental health and wellbeing. He believes that we need women in our kitchens to improve creativity through diversity. "We all look at things so differently, and the creative process is a team thing. My sister has a big impact on the creative process of dish development. Not a lot of people know that!"

Kirk is changing the future of hospitality with his innovative approach, putting health and wellbeing as his top priority and work second. By revolutionising the way he structures his team and work environment, he is not only looking after their mental and physical health, but he is reaping the rewards of creativity and success at the same time. ■



Case study

Maxine Thompson

Founder of Polka Pants

Maxine Thompson is the founder of Polka Pants, tailored trousers designed for female chefs and women in hospitality. Maxine studied fashion design and worked for Chanel before training as a chef at New York's International Culinary Centre. A private chef and published cookbook author, she found the unisex chef's trousers available unattractive and uncomfortable so set out to design something better.

Polka Pants are now worn by chefs in some of the best restaurants in the world including The River Café and Petersham Nurseries in London, and have

grown to become a favourite of women working across the creative industries looking for great-fitting, practical trousers.

Maxine went from studying fashion to wearing baggy chefs trousers in a zero-waste restaurant. Every time she had to serve dishes to diners from the open kitchen she cringed: "I hated it because I was so embarrassed of what I was wearing!"

There were no flattering alternatives for women and so she decided to create her own; trying out prototypes on her colleagues. She wanted to design trousers that were comfortable, practical and celebrated women's curves. Polka Pants purpose is to empower women and make them feel comfortable with their sexuality in a male dominated environment.

Maxine believes that it is important to showcase that being a female chef is a legitimate career and that it is important to be able to express yourself in the

kitchen, both through your cooking and your style.

Polka Pants create a girl-gang and a sense of sisterhood in the kitchen, something it definitely needs right now. Keep an eye out for a special **Plant Academy X Polka Pants** collaboration! ■

polkapants.com

"Our purpose is to empower women and make them feel comfortable with their sexuality in a male dominated environment"



Case study

Chantelle Nicholson

Founder of Tredwells and All's Well

Chantelle Nicholson is a beacon of hope in the turbulent waters of the hospitality industry, creating a safe harbor for those who work with her (not beneath her). Chantelle is the multi-award winning chef owner of Tredwells, in the West End's Seven Dials and All's Well; a hyper-seasonal pop-up based in Hackney, London. As one of the UK's leading female names in the hospitality industry, Chantelle's impressive ascent on the culinary career ladder and achievements to date, set her apart as a remarkable talent and a source of inspiration to hospitality professionals across the UK. In January 2021, Tredwells was awarded a green Michelin star for its commitment to sustainability.

Why do you think there aren't as many women in head chef positions?

I think there are a few reasons. Firstly, not that many women go into the industry to start with. Secondly, they are more likely to be guided down more academic paths because generally females do better at school and therefore are less likely to pursue manual careers. Thirdly, it isn't even considered as an option. When I was growing up being a chef wasn't even talked about as a profession. Lastly, currently the hospitality industry does not support women who want to have families. Paid maternity leave is just not possible because the margins are so tight. Male chefs don't even have to consider the impact of having children, they can just take two weeks off and go back to work.

What is it like being a plant-centric female in an industry of meat-centric males?

I think that my plant-centric focus comes from growing up in New Zealand, where I was surrounded by vegetables. I saw how they grew and really loved and appreciated them. I think that there is a status attached to meat and it is seen as a masculine thing. Traditionally the hardest section in the kitchen is 🍷



considered to be the meat section and usually this is where you find the most experience chefs, who are generally male. When I was at the Savoy, I think that I was the second female who had ever cooked on the meat section in the history of the restaurant.

I also believe that female operators (a business owner and chef) do a lot more for their businesses than their male counterparts. Women bring a dynamic and flexible approach. They are more likely to be team players because they don't have the ego and therefore don't mind doing the less glamorous tasks. Men don't always feel comfortable asking for help because it can be considered as weak.

Do you find it easy to hire female chefs?

Predominantly I do have more females than males and I have done for the last three or four years. I think that's partly due to the fact that females seek out the kitchen because they do want to work in a female run business.

How is your kitchen run differently to that of a man?

It's more of a family and I use my intuition to pick up on when the energy is off. When you are an operator you have the freedom to run things the way you want to and I prioritise wellness and mental health. For me it's about creating an environment where

sharing your thoughts and feelings, in a safe place without judgement, is part of the daily routine. I am open and honest about the struggles I have had personally and I put the team's wellness before everything else. My biggest learning from working in kitchen run by men was understanding how I did not want things to be. I knew that I wanted to put people first. I am nothing without the amazing people I have around me. It's a team approach, rather than it being about me and my ego and the food I want to cook.

What advice would you give to a woman wanting to work in a professional kitchen?

1 | Find the right kitchen. Being in the wrong one will put you off doing it.

2 | Use trial shifts to your advantage. Trial shifts were historically used to let the restaurant see what you



were like, but it's more important for you to use that time to see if you want to work there. Talk to the other chefs and get a feel for how the kitchen works and ask if they enjoy working there. Whenever we

"I am nothing without the amazing people I have around me. It's a team approach, rather than it being about me and my ego and the food I want to cook"



have trials here it's very much about what the team think, because they are the ones who will be working directly with you.

3 | Now is the time! Right now you are in a buyer's market! Make a conscious choice about what kitchen you want to work in and do some work experience there. Don't be too restrictive to start with, try lots of different places. Just give it a go and don't overthink it. What's the worst thing that could happen? You go into an awful kitchen, someone shouts at you and you walk out! No one is forcing you to stay there. Every experience IS an experience.

Chantelle's vision is clear and she knows what works well in her kitchen and what doesn't. She is dynamic, she learns and she adapts. She puts her team first and uses her experience and wisdom to craft a healthy kitchen environment. Her flat team structure has a family dynamic, where everyone can muck in and support each other.

Chantelle has proven that women are the future of professional kitchens and just by being that light she acts as a magnet to attract a new wave of female chefs into our kitchens. ■



The Business of Plants

Workshops, live networking and advice on how to kick-start your plant-based business

Creativeimpact.group/plantacademy



SCHOOLS OUT FOR SUMMER

Beau's Gelato

Beau's Gelato is a Plant Academy favourite; making the most incredible ice cream that tastes good and does good at the same time. Amber Fox-Eyre, Beau's co-founder, answers our questions about all things cold and delicious.

What is Beau's – can you give us your elevator pitch?

We make gelato the way it should be made. Drawing on traditional Italian techniques, we make plant-based ice cream packed full of fresh, simple ingredients that have been ethically sourced and are sustainably conscious.

Where did the inspiration behind the company come from?

Joseph (my co-founder) and I were greatly inspired by our travels. Having both gone vegan in 2005 we had become used to lacklustre offerings but, when we went travelling around 2010, we discovered a wealth of vegan food made without compromise. At that point we both said that we would one day create a product that transcended the vegan/non-vegan binary – something that everyone could enjoy without compromising the planet. After several years of planning and preparation, Beau's was eventually born out of this idea.

What drives the business – what are your ethos, values and unique selling points that sets you apart from other brands?

We have two foundational pillars at Beau's: simplicity and sustainability. We see ourselves as more of a host and let our natural ingredients to do the talking. You don't need complex additives or

ingredients lists as long as your arm to make something delicious. When treated with respect, natural ingredients will sing on their own, so we just give them the platform to do so.

Equally, everything we create is carefully considered with sustainability at the forefront of our minds. When we started Beau's, we said there would be no point creating a plant-based product if it caused harm and suffering to the planet and/or its inhabitants. We all co-exist on this fragile rock, so we really do have to look after each other and our environment. ➤



Photo: Beau's Gelato



THE ICE CREAM CLASS WITH BEAU'S GELATO - 25TH JULY 2PM BST

Have you ever dreamed of creating decadent vegan ice creams? This is your moment to ask questions and learn five high vibe recipes to see you through this summer. Amber, co-founder of Beau's, will join us to share her ice-cream tips and insights to complement our Plant Academy recipes; from ice cream floats to lollipops and everything your hot summer heart desires to keep cool this season. [CLICK HERE](#)

"We have two foundational pillars at Beau's: simplicity and sustainability. We see ourselves as more of a host and let our natural ingredients to do the talking."

Amber Fox-Eyre



We believe a fully transparent supply chain is the only way you can guarantee you are working in the most sustainable and ethical manner possible, which is why our policy is to work solely with ingredients suppliers with stellar track records, such as Liberation Nuts and Equal Exchange.

What are the challenges that come from creating a business that hits all of your above values – e.g. sustainability, authentic, ethically sourced?

To be frank, cost is by far our biggest challenge. In terms of product quality and ethical sourcing practices, we are the more premium ice cream on the market. As a result, we often get a lot of people asking why our ice cream is so expensive, pointing out that they can buy supermarket own ice creams at 80p and suggesting that makes us overpriced.

What is hard to communicate to people is that yes, the supermarket own ice cream might be 80p to you, but someone else, someplace else, will be paying the rest of the cost, whether that's through cutting corners on quality or not paying a fair wage to suppliers and labourers involved in sourcing products.



The simple fact is that doing things right means paying more. But, as result of this, we are able to actively contribute to fairer wages for farmers in developing countries. We are able to help customers consume in a more environmentally responsible way, reducing landfill and the proliferation of ocean plastics.

In a nutshell, you can pay 80p for an ice cream – but don't be fooled that it isn't costing the earth.

Talk to us about innovation in the ice-cream/ gelato world. Has it reached melting point yet? Or is there still a lot left to discover?

There is definitely more to discover. In fact, I think the ice cream world is fairly slow to develop and progress in comparison to other food sectors. As an industry attitudes can be very traditional and 'we do what's always been done', which means we've barely scratching the surface on what can be done in terms of innovating with gelato.

Ice cream is a brilliant medium for telling stories through food, capturing flavours, scents and memories in a way almost no other food item can. As long as your imagination and creativity is open, the possibilities are endless.

What are you currently working on?

What can we expect from Beau's in the future?

Currently we are working on a number of different projects. Having launched the UK's first ice cream Pint Club delivery service in December last year, ▽



we are constantly developing new flavours for this! We're also launching into several stockists this summer and, even more excitingly, working with like-minded brands (including Plant Academy's Lauren!) on an incredible gourmet special edition gelato box that we can't wait for!

How do you come up with your flavours? What are some of your favourites/some of the most unusual/some of the fan's most popular etc?

I like to think of our flavour creations as a journey of mutual discovery. It always feels like the flavour finds you as much as you find the flavour. When you've created a new flavour it just feels right – like it was always meant to exist!

We take a lot of inspiration from our Pint Club subscribers who are passionate ice cream lovers and regularly suggest flavour combinations that they'd love to see in their boxes. Beau's Pint Club is all about the experience of gelato, so it only feels right that the very people enjoying the ice cream are able to inform what flavours we're sending them.

In terms of personal favourites, I am a fruity gal through and through. I absolutely love the soft fruit season and am currently in the midst of a love affair

with our Sour Cherry flavour, which is July's Pint Club guest. My ultimate favourite of all time – the one I think about years and years after having created it – was Yuzu. Zippy yet creamy; sharp yet somehow mellow. It honestly was a taste sensation.

Probably our most unusual combination to date was Cacao and Avocado. The two elements combined created a chocolate banana pudding flavour, which was quite a joyful experience.

How do you balance the scales between innovation and authenticity?

It's a delicate balance for sure. We are always respectful of the gelato lineage we learnt from and the core principles of authentic gelato making, but using ingredients that are plant and planet-based gives us room to innovate within

these guidelines.

We don't go for crazy, throw-in-every-whacky-ingredient-under-the-sun flavours, but we are for pushing boundaries in how we use ingredients and how we do business.

How can people get involved/excited about ice-cream at home? Are there any simple recipes/ tips or tricks/ flavour combinations that you can recommend?

I think my best advice would be to just let loose and go crazy! It's guaranteed that some creations are not going to work out: some ice creams will turn out icy and flavourless, while some will just straight up not pan out how you envisaged. But don't let that put you off!

You can really create any flavour experience you want with ice cream – it's a blank slate to tell any story you want. Tomato, chilli, mango, chocolate, hazelnut, watermelon mint, fudge brownie, guacamole... whatever takes your fancy!

If you want a foolproof and easy way to get a successful, creamy scoop, then start with coconut milk as has a high fat content that lends itself to that creamy mouthfeel you want in ice cream.

The most important thing to remember is that, once your ice cream is churned, you have to be really careful with what you add in and be mindful to freeze it as soon as possible. Once your mix has been churned (aerated), moisture is the enemy. You want to make sure nothing you add is too wet or moist, or else you are heading for a mouthful of ice crystals! ■

Amber Fox-Eyre

@beausgelato | beausgelato.com



ONE WOMAN KNIFE SHOW

Loftus Knives

Holly Loftus is a female knife maker based in London, who we connected with earlier this year; carving (pun unintended) her way into the world of knife making Holly is not only creating unique knives but sharing an insight into the world of knife making and women in the business.

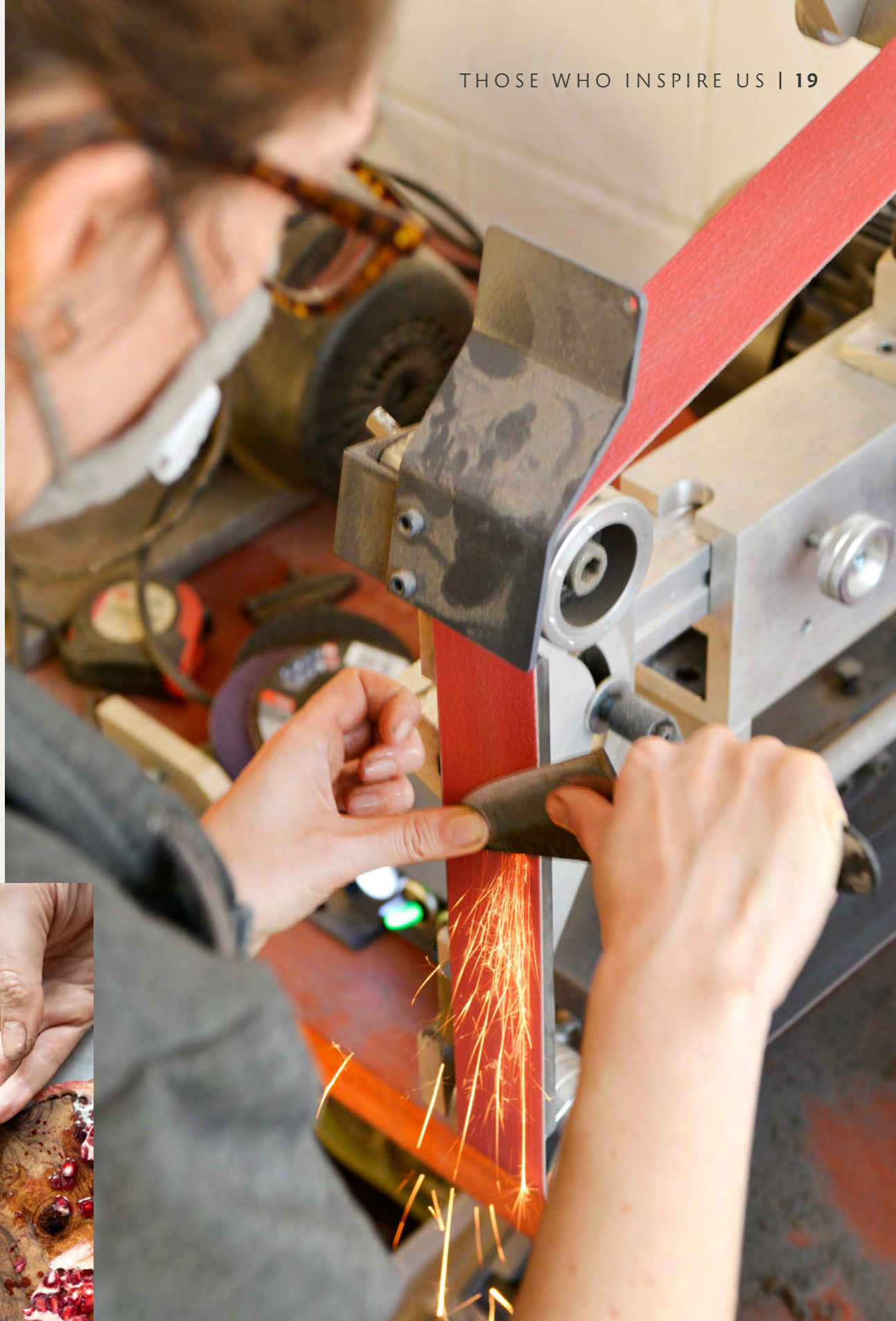
There's big things to come from Holly who is still in the early days of her business, but, for any of you reading (students or chefs) don't fret - we may just have some exciting news just around the corner. Here we interviewed Holly about her knife making experience so far.

Could you share how you first became interested in making knives?

I hadn't thought about knife making, or making anything at all, before a chance encounter with a knife maker almost ten years ago. It took a few more years before I figured out how to get started, but I was really drawn to the idea of making something beautiful that is so utilitarian- most of us use a knife at least once a day, I love that!

For those of us that don't know much about the industry, how would someone go about getting started?

There are no formal apprenticeships and no dedicated courses for blade smithing at a professional level in the UK, so when I decided I wanted to commit to knife making I quit my job and moved to Scotland for 6 months to do a course for farriers (blacksmiths who shoe horses). By the end of the course I had learned how to swing a hammer but I still didn't know how to make a knife- but it gave me the confidence I needed to apply for work and I began at Blenheim Forge in London making their Japanese influenced kitchen knives. I made



their knives during the week and on the weekends I manned their shop in exchange for workshop access to make my own knives.


Who have been your mentors along the way?

Grace Horne (@grace_horne_designs), a scissor maker in Sheffield, was one of the first people I went to for advice. This will sound contradictory but she has a beautiful workshop in an old public urinal! Seeing another woman in the field meant a lot to me when I was starting out- it made it that little bit easier to imagine myself doing it too. Then of course: Blenheim Forge. Everything I know about making high performance kitchen knives is built on what I learned while working for them.

What makes your knives different?

Unlike most shop bought knives, which are made by stamping the blades from big sheets of steel and passing them through a series of automated machines for finishing, my knives are hand-forged as close to their final form as possible before being fitted with native hardwood handles. I'm inspired by principles of heirloom design to make something beautiful and useful that, when properly cared for, will last years. From the careful selection of materials to the processes I use to make them, the uniqueness of each knife comes from my own hands.

When looking for inspiration within the industry, where do you look?

Harumi Hirayama is my favourite knife maker. She makes beautiful pocket knives that look like 



"Try to trust yourself and work with people who are excited about your ideas, people you can share joy with along the way"

Holly Loftus

swans, clouds and cats. She doesn't have much of an online presence, which is a shame because she would probably also be my favourite instagram account.

When looking for inspiration outside the industry?:

I'm interested in the histories of the materials I use, for example: in Deptford, where my workshop is based, there are lots of black mulberry trees. These trees have links back to the 16th century when 100,000 black mulberry saplings were imported from France in the hopes of establishing a silk industry in England. This didn't take off because silkworms prefer the tasty leaves of the white mulberry, but lucky for us the fruit of the black trees are very tasty and the wood makes for a beautiful finish on my knives

Here at Plant Academy we're often asked about

where to start with buying your first chef knife and the best knives for plants. Do you have any insights?

For plants, nice thin blades: a chef knife and paring knife. I'd recommend getting a carbon steel blade, as, unlike many stainless steels, they're much easier to sharpen at home. Learning to sharpen your knives is a life skill that will help you get the most out of them so you can prep all manner of plants and cut soft fruit, herbs and tomatoes without crushing or bruising.

Are there any chefs that have used your knives that you've been particularly excited to connect with?

Chef Elizabeth Haigh (@the_modernchef) bought one of my silver nipper knives. I have a lot of respect for her; she's not afraid to use her platform to be vocal about injustices. Throughout the pandemic she was providing meals for children experiencing

poverty, and fundraising for a local food cooperative supporting those in need - all while being a mom, chef and business owner.

What are you excited about for the next 12 months?

Over the next twelve months I'll be focusing a lot on improving my workshop. Like adding more space for the hot and fiery work! I am excited to just keep developing my craft and make more knives. I have some special projects happening over the next year too, and look forward to sharing what the Plant Academy and I have been working on. I'm thrilled to be bringing our passions together.

Do you have one piece of advice you would like to share with anyone interested in starting their own business, especially in something as unique as making knives?

Listen to your gut. When you're new to something it's easy to become overwhelmed with self-doubt, but if you're starting a business you know your own motivations. Try to trust yourself and work with people who are excited about your ideas; people you can share joy with along the way. ■

Holly Loftus

@loftusknives | loftusknives.com

ADAPTOGENS



Photo: Sara Kiyo Popowa (@shisodelicious)

Over the past two months we have been working with some of our favourite brands to take an in-depth look at using different groups of adaptogens and tonic herbs to achieve a state of mind and body: specifically **CALM** and **ENERGY**.

During these sessions experts in adaptogens discussed how to introduce them into your rituals and routines. They explained the science behind them, what to look for when researching a brand or product, tips and tricks, and how and when to use them. ➤

FOCUS - 28TH JULY

'Focus' is the last event in our series and takes place on 28th July. We will be accompanied by **Jardin Collective** and **Fungtn** to discuss balancing hormones, bringing clarity to your mind and improving your cognitive function. **CLICK HERE** to reserve your place on this event and purchase the previous recordings and recipes.



Oh My Shrooms

Leading the way in making medicinal mushrooms more mainstream Ayelen Martinez is a true example of a passion driven entrepreneur. Whilst studying to become a Health Coach, Ayelen started Oh My Shrooms, a health forward and decadently delicious medicinal mushroom snack company.

@ohmyshrooms | ohmyshrooms.com



ADAPTOGENS AND TIPS

CORDYCEPS

(*Cordyceps Sinensis/Militaris*)

A.K.A The caterpillar fungus

- Improves energy and athletic performance
- Best consumed during the day, before a workout when running low on energy.
- It's not advised to take it in the evening

CHAGA (Inonotus Obliquus)

A.K.A The gift from Heaven to Siberian Shamans.

- Powerful antioxidant and anti-inflammatory
- Best consumed during the day

REISHI (Ganoderma Lucidum)

A.K.A The mushroom of immortality or spiritual potency

- Stimulates and regulates sleep cycles
- Best consumed in the evening or any time of day during periods of stress and anxiety

Fungtn

Fungtn is the first adaptogenic, alcohol-free craft beer range brewed with functional mushrooms. Their unique product brings together the growth markets of no and low alcohol, craft beer and functional drinks. They wanted to create more mindful options for conscious consumers looking to reduce their alcohol consumption and help empower their health. They have proven that a traditional craft beer can be made without alcohol or animal derivatives and align with those making more mindful choices.

@fungtn.brewing | fungtn.com



KÄÄPÄ Health

KÄÄPÄ Health (Kääpä=polypore in Finnish) is a transparent and sustainable medicinal mushroom brand from Finland. Making potent and safe mushroom extracts from mushrooms which are grown in Southern Finland. KÄÄPÄ has quickly grown to be the largest medicinal mushroom farm outside of Asia and is uniquely growing and producing their functional tinctures themselves, 'from spore to shipment'.

The company is a big believer in supply chain transparency and can pinpoint exactly where your mushrooms come from - which is unique in the supplement industry. KÄÄPÄ makes tinctures using only mushroom fruiting bodies with the latest technology of ultrasonic assisted extraction - An industry-leading method that ensures premium quality and the highest potency mushroom extracts.

@kaapahealth | kaapahealth.com



TIPS TO USE

The best ways to use our mushroom tinctures are either to drop it straight under the tongue or in a glass of water. KÄÄPÄ Health also recommends adding them into homemade sweets, which is a great way to inspire people to learn about the world of medicinal mushrooms.



Jardin Collective

Jardin Collective is a medicinal mushroom company that offers products designed to provide balance and support through all of life's peaks and troughs. They are passionate about creating nutritious, delicious and invigorating products which boost cognitive function and enhance overall wellbeing. They believe that mushrooms are magic and they strive to help educate others on the wonderful world of fungi - through functional foods and self-care rituals.
@jardincollective



SERVES 100 (1/2 tbsp servings) | PREP TIME 15mins | FERMENTATION 4 weeks

Fire Cider

Fire Cider has been used and shared by herbalists for generations as a remedy to ward off sickness and promote health. This fiery brew was originally formulated in the 70s by the godmother of herbs, Rosemary Gladstar. Jardin Collective's take on Fire Cider is made with raw and organic apple cider vinegar infused for over a month with organic herbs, roots, raw honey and our groovy blend of Lions Mane and Cordyceps mushroom extracts. This spicy, sweet and sour tonic supports the immune system, aids digestion, and can help to reduce inflammation in the body when taken daily. You can knock back Fire Cider neat, with some hot water and lemon, with sparkling water, or in salad dressings for a delicious, fiery kick!

Rosemary Gladstar who first created Fire Cider never measured anything and always advocated to 'get creative' with the recipe, so, if there is a certain spice or herb you are fond of, stick it in there! We've made variations with lemon balm, thyme, hibiscus etc.

Fancy making a simple Fire Cider at home? All you'll need is a 2 litre Kilner jar, 5 x 250ml bottles and these ingredients:

INGREDIENTS

- 1 large horseradish root (grated)
- 1 large ginger root (grated)
- 1 large onion root (peeled and roughly chopped)
- 1 whole unwaxed lemon (sliced - don't peel, use the whole fruit)
- 10 cloves of garlic (peeled and crushed)
- 3 whole cayenne peppers (chopped - can omit for cayenne powder- add to taste depending on your spice preference)
- 4 rosemary sprigs
- 1 litre raw apple cider vinegar (enough to cover)
- raw honey

METHOD

- 1 | Place all the fresh herbs and spices in your Kilner jar and cover with enough raw apple cider vinegar to cover the herbs by at least three to four inches. Close tightly with a tight-fitting lid.
- 2 | Place jar in a warm place and let it sit for four weeks. It's best to shake it every day to help in the maceration process!
- 3 | After four weeks, strain out the herbs using a sieve and cheesecloth. Reserve the liquid.
- 4 | Add honey to taste. Your Fire Cider should be hot, spicy, and sweet. So add just enough to get a hint of sweetness.
- 5 | Bottle and enjoy. Fire Cider will keep for several months unrefrigerated if stored somewhere cool. But it's better to keep it in the fridge if you can!

Wunder Workshop

The Wunder Workshop connects pharmacology and Ayurvedic practices. Using the experience gained in the pharmacological world and a deepening understanding of traditional plant-based remedies, they research ingredients that are functional and effective.
@wunderworkshop | wunderworkshop.com



WUNDER WORKSHOP PRODUCTS

BALANCE

Relief & Release

- Ashwagandha, Liquorice, Turmeric, Ginger, Black Pepper & Cayenne
- Ashwagandha helps to reset cortisol levels; used extensively in Ayurveda for its calming nature
- 40 servings per jar

SHROOMS


Energy & Immune Magic

- Reishi & Cordyceps stimulate immune boosting cytokines
- Inspired by Traditional Chinese Medicine
- Perfect addition to coffee, milk, smoothies & shakes

GLOW

Flawless Focus & Glowing Skin

- Maca, Siberian Ginseng, Brahmi, Turmeric & Black Pepper
- Maca maintains thyroid hormone balance, promoting healthy skin and hair
- Brahmi used in Ayurveda to improve mental agility



“Sustainability is not just about the
earth, the food or the ingredients
- it’s about people, and creating a
lifestyle that’s sustainable for all of
us to coexist in good health”

Kirk Harvorth

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PlantAcademy.co.uk/plant-two



THE
PLANTEDT

Student Stories

and lessons from our alumni



APPROPRIATED CREATIVITY

By Milo Diduca, Plant One Self-paced Student

When we talk about creativity and the creative process, romantic ideas of eureka moments and sudden flashes of inspiration from unexpected places come to mind. However, once we take a step back, we start to see that the reality is more of a slow accumulation of inspiration from all around us seen through our own lens, which is what makes our ideas so unique. But whether you're recording an album, painting a masterpiece or designing a menu, some of this inspiration is most definitely going to come from a culture other than your own. This becomes

problematic when this inspiration goes uncredited.

Cultural appropriation has become a bit of a buzzword in the past few years so it's important to understand what would constitute it in your own creative endeavours and why it matters. It's widely understood to be when a member of a dominant culture adopts aspects of a minority culture for their own benefit, removing it from its original cultural meaning. It's not something to be taken lightly, the practice of cultural appropriation perpetuates colonialism. It lets dominant cultures profit off practices which have been demonised for those to

which they belong due to the dominant persons privilege and power.

In terms of creative ideas and food, it could be a particular ingredient, dish, cooking style or a whole cuisine that's been taken out of context by a member of a dominant culture. It's all too common to see high profile chefs who've launched whole restaurants, cookbooks, etc., using culinary creativity belonging to a minority culture. As a member of a dominant culture, I can only try to empathise with what feelings, if any, these types of appropriation can bring about. But when food and recipes have

*"Using some critical thinking
when researching food can help you
to make more mindful decisions"*

Milo Diduca

the ability to tie us so closely to people, places and identity, it seems that there's room to cause offense. Kimchi is much more than a lip-smacking health food; mushrooms have a long history of medicinal use predating even the phrase 'veganism' and preprepared curry powder (I'm talking about 'curry powder' not traditional spice blends) has a questionable origin story rooted in colonialism.

When out in search of creative ignition, we're going to be exposed to hundreds of ideas that help us build our own. Taking the time to delve deeper into these inspirations has the potential to be enriching for your projects as well as uplifting to minority voices. Using some critical thinking when researching food (or any other creative project) can help you to make more mindful decisions about what resources are going to be potentially damaging. Is this chef giving credit as to where their inspirations came from? Does that restaurant owner have any 'authority' to be serving and profiting from a particular style of cuisine? What does this ingredient/dish/technique mean to people and what's its history? These sorts of questions challenge the oppressive

systems that silence minorities and give you a more in depth understanding of other cultures. The end product of the creative process may come out different by questioning your influences in this way but will actively help to decolonise your field so long as you credit any influences you do take from other cultures of course. Taking this lens into all aspects of life can help us develop a greater connection to the

people around us and the word in which they reside.

Things we can do to push back against cultural appropriation when creating include using recipes from chefs who have strong connections to the cuisine they are sharing. We can also speak out when we see creators stealing inspiration from minority cultures without giving due credit. We can make sure we always give credit back when take inspiration from sources, we don't have our connections to. When buying food for your own projects consider, where it has come from, is it from the ground upon which people are still violently oppressed or soil on which colonisers are profiting? Going past the first few search pages when researching particular cuisines pushes back against the algorithms built from a world that favours the appropriative narrative and puts you in touch with more authentic ideas and interpretations. Sharing creations from marginalised groups and uplifting these voices helps to preserve the intimate connections people have to the culture and art that moulds them. ■

Milo Diduca

@bean_based_bs



TASTING MEMORIES

By Toufan Hosseiny, Plant One Online Student

It's funny how we are attached to the flavours we grew up with. The dishes our parents and other family members cooked when we were kids and are still cooking today. Food is memory. It comforts us. It tells a story; our story; a story we want to pass down through generations.

I'm Toufan, a Belgian artist with Persian origins. Food wasn't always a passion for me, I didn't enjoy eating as a kid; I grew up having digestive issues (gluten and lactose intolerance), and never really enjoyed animals on my plate. After a journey as a vegetarian, reading books (*Eating Animals* by Jonathan Safran Foer was a big one for me) and watching documentaries, I decided to go plant-based, for better health and a better planet.

Of course it wasn't always well received from people around me. They didn't know what to cook for me and were worried I wasn't getting all the nutrients and proteins I needed. I had the right arguments and was confident enough about my choices, but I had to start cooking for myself! I came across Deliciously Ella's recipes, who helped me understand the basics of a plant-based diet. Straight away I was amazed by the variety of dishes and how delicious they were; I was thirsty to learn more.

Last winter, I came across the Plant Academy London and decided to follow an online course with them to develop my cooking skills. It was a unique experience - both from what I learnt but also because of all the new social connections I made. It truly revealed a hidden passion within me,



one I wasn't aware of. During the course I developed my own style, reconnected with childhood dishes and revisited them. It was a way for me to share my Iranian-Western background; my relationship with food and who I am today.

As Samin Nosrat (author of *Salt, Fat, Acid, Heat*) says so well: 'Persian cuisine is, above all, about balance — of tastes and flavours, textures and

temperatures. In every meal, even on every plate, you'll find both sweet and sour, soft and crunchy, cooked and raw, hot and cold'.

The base of each Persian dish is rice, and the crust, 'tahdig', we make with it. The flavours come from the abundance of herbs, spices, nuts and fruits, which makes meat an ingredient that can easily be replaced.

In Iran cooking it's all about sharing. You cook for you friends, family, neighbours. It's a way of saying that you are there for one another. A tradition

that stayed with my parents when they arrived in Belgium. I remember my mom inviting around 20 friends for dinner in our tiny flat. We spent the day in the kitchen, cooking traditional Persian dishes that were passed down and reinterpreted through generations (because no one follows an exact recipe!). This is where my passion for food comes from. I'll never be cooking for myself. 🌱



Food for me is a social event, I want to share, I want to surprise, I want to comfort. I want to create unique experience that stays with people.

Since January, I've created a blog where I've been sharing my own recipes. I bring Persian flavours to dishes I love, and revisit dishes I grew up with. When I recreate a recipe from my childhood, I try not to follow an exact recipe but trust my senses. I bring my own touch and explore with the techniques I've learned. I add another layer to what I am familiar with to create a new narration.

One of the most loved recipes is my 'Adaptogenic Zeytoon Parvardeh'. I recreated my favourite Persian appetiser: marinated olives with walnuts, fresh herbs and pomegranate. It's originally from the Gilan Province, in the North of Iran, which is known for its vegetarian dishes. I've recently

ordered a portion from a restaurant and was surprised of how different it was from what I've created. I've changed the roles of the ingredients giving the herbs and walnuts the lead. I've also soaked the walnuts to help the body digest and absorb the nutrients. To increase that mind-boosting aspect of the walnuts, full of brain-friendly fats, I've also added some CBD to help control anxiety and sleeping disorders, as a way to

introduce how food can influence our mood; a way to tell my story through a traditional dish.

I am still at the beginning of my journey, but I can't wait to continue sharing recipes with everyone. I hope you'll enjoy them as much as I do! ■

Toufan Hosseiny

@adashoflemon | adashoflemon.kitchen



SERVES 6 | PREP TIME Overnight | COOK TIME 15mins

Adaptogenic Zeytoon Parvardeh

This is my favourite Persian appetiser. Marinated olives with walnuts, fresh herbs and pomegranate. So it's all about finding comfort and relaxing. Be careful, you won't be able to stop yourself eating after just a bite. It tastes incredibly good and it's addictive!

INGREDIENTS

- 200g green olives, pitted
- ½ cup walnuts, soaked, overnight
- 30g mix of fresh herb leaves (coriander, parsley & mint)
- 2 tbsp pomegranate molasses
- 4 tbsp pomegranate juice
- ½ tsp cumin powder
- salt & pepper
- ½ tsp golpar (Persian spice, optional)
- 1 pipette CBD (optional)
- pomegranate arils (optional)

METHOD

- 1 | Place the soaked walnuts into a food processor and pulse for a few seconds to crumble them. Add the washed fresh herbs and pulse again.
- 2 | Now add the rest of the ingredients except the olives, until you get a paste (you don't want it to be too creamy, you still want to see some of the crumbled walnuts).
- 3 | In a bowl combine the green olives with the paste.

To serve

Garnish with fresh herbs and pomegranate arils if the season.



CAPTURE THE BEAUTY

By Kathryn of Herbivoriennne, Plant One Self-paced Student

For most of my life, I believed that only a select few individuals were graced with the talent for artistic expression, and that I was decidedly NOT one of them. Dejectedly, I would often describe my creative ambitions to others as “I don’t create; I appreciate.” However, I have since learned that what I once thought of as being an “innate gift” is, in reality, the end result of countless hours of thankless practice and repetition.

When people talk to me about my food photos, they usually follow it with the phrase, “I could never do that...”. However, I promise you that if I can do it, so can you!

I must admit, my first food photography shots were objectively terrible. However, after pushing through some painfully humbling moments, I discovered that I do indeed have my own artistic vision and voice. I am now equipped with some knowledge that I would love to share with you.

Here are a few of the tips that have greatly improved my food photography:

1 | FIND YOUR LIGHT In food photography your light source should come from either behind your main subject or from the side (as opposed to straight-on). The goal is to create as many highlights and shadows in your scene as possible. This is what gives your food dimension, and keeps it from looking flat. ➤



2 | PICK A GARNISH While developing your recipe try to incorporate a garnish element; something that you can easily pour or sprinkle over your main subject (think chocolate sauce or pistachio dust). Then don't be afraid to make a mess with it!

3 | LAYER, LAYER, LAYER Always try to add layers to your compositions, especially for flatlays. For example; instead of just having a cookie on a plate, add some fabric underneath it, a piece of parchment paper under the cookie and top with a garnish. This will help to add depth and interest to your subject.

4 | LEAD WITH EMOTION The first question you should ask yourself when planning a food photo shoot is what emotion are you looking to elicit from the viewer? For example, while planning my vegan anchovy pinchos, I imagined the scene taking place on a hot summer night in Barcelona, over good conversation with friends at a small bar. These feelings then translated for me into warmer tones and a relaxed natural styling. Once you have identified the feeling you can start building the scene around that, adding in human touches to make it more believable.

5 | EDITING IS 50% OF THE WORK Every professional food photo that you have seen has been edited. Post-production is an indispensable step to bringing your creative vision to life. I would highly recommend investing some time into learning how to use an editing systems like Lightroom and Photoshop..

Just remember, we are ALL capable of creating beautiful things (yes, even you). ■

Kathryn

@herbivorienne | herbivorienne.com

"We are all capable of creating beautiful things."

Kathryn



SERVES 4 | PREP TIME 10mins | COOK TIME 30-40mins

Simple Summer Strawberry Galette



INGREDIENTS

- 1 vegan pâte brisée pie crust (or ready-made short crust pastry)
- 350g of strawberries
- 50g of cane sugar (or coconut sugar)
- 6 speculoos biscuits
- 1/2 lemon
- 1 tbsp plant milk

METHOD

1 | Cut strawberries into thin slices. In a bowl, mix strawberry pieces with sugar and the juice of 1/2 a lemon.

2 | In a food processor, or with a mortar and pestle, break apart the speculoos cookies into a fine crumb.

3 | Lay pie crust flat on a baking sheet, and spread out speculoos crumbs, making sure to leave enough room around the edge to fold over the strawberries (the speculoos helps soak up the

strawberry juices, in an attempt to avoid the much feared soggy bottom!).

4 | Starting from the center, lay out the strawberry slices over the speculoos crumbs in a thin layer. Once the speculoos has been completely covered, fold over the remaining outer edges of the pie crust.

5 | Brush the plant milk over the folded edges and sprinkle some extra sugar on the crust. Bake for 30-40 minutes at 200°C on the lower rack of your oven.

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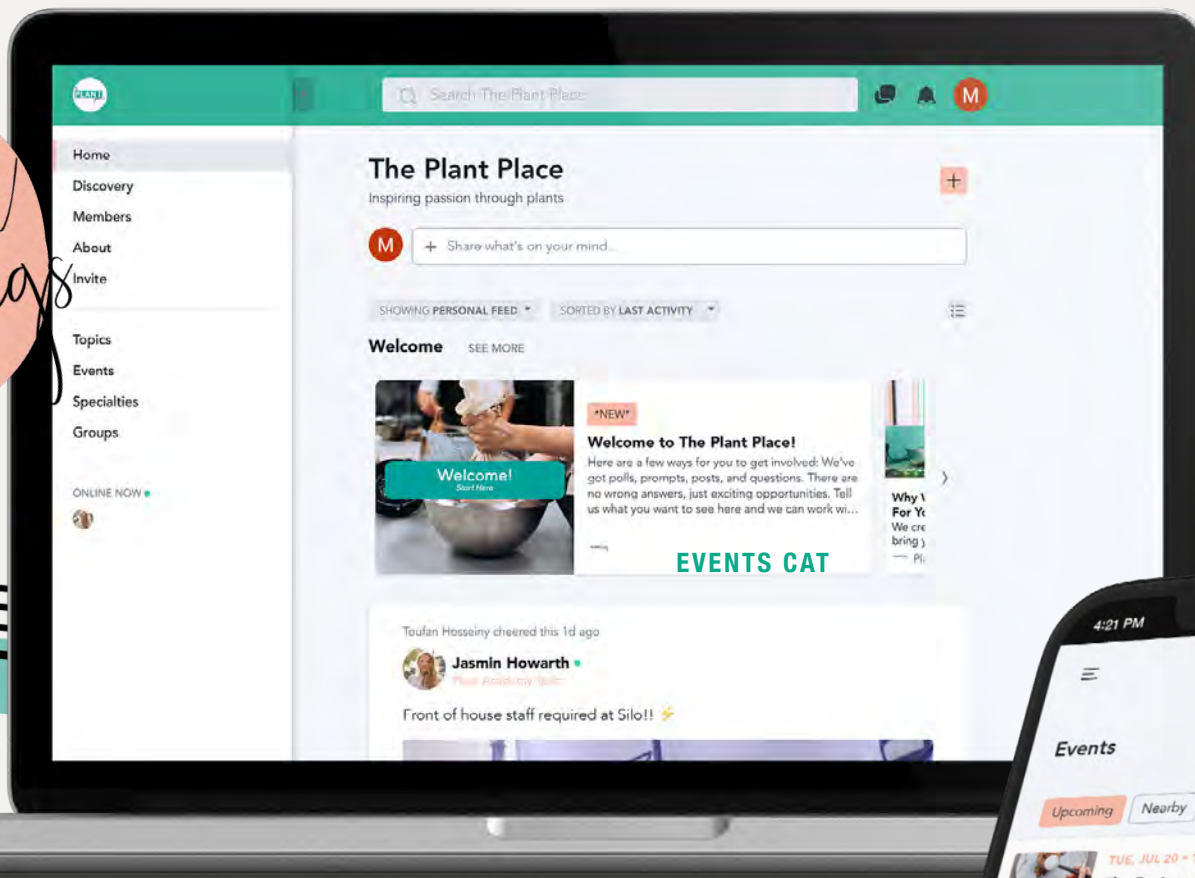
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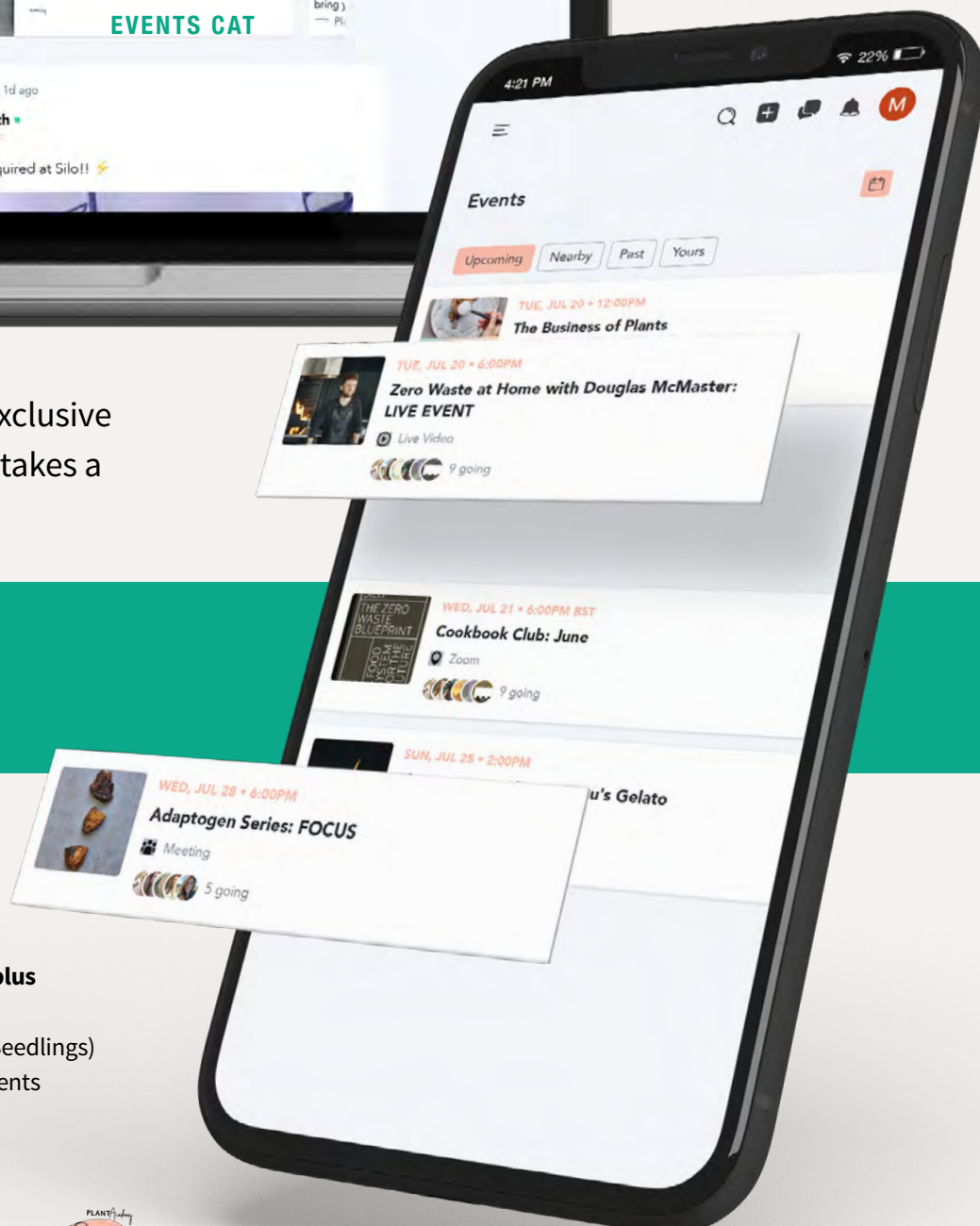
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PLANT BASED WITH LOVE

Interview with Neria aka Mama Benta
Plant One Live Online student



Mama Benta is a treasured Plant Academy student, her happiness is infectious and her zest for life just makes you smile. Her journey hasn't always been easy, but her spirit and belief have enabled her to share her passion with her growing student community.

Tell me about your journey to starting your business.

I didn't set out to start a business at all! I wanted to share my own personal journey with others who were thinking about going plant-based. (I use the term Plant-based vegan, because my focus is on health, rather than meat substitute foods). Then a friend of mine said to me: "Instead of doing it as a hobby, why don't you turn this into a business?". I had no idea how to start a business. She recommended a course called 'Teach Your Passion', where you would become a certified online instructor. It was a very intense three months course, where I learned about the importance structuring your course, the values you want to share with your clients and the 'WHY' you do what you do. I learned so much and I am still learning about my business. And this is where my life as an entrepreneur began: living off my passion!

Why did you choose the Plant Academy?

How has it benefitted your business?

I have been following Lauren's journey for a long time, and her health-focus style really inspires me. So when I started researching online plant-based courses during lockdown to improve my cooking skills and build my confidence it was the best option. I wanted to do a course that would help me to develop my own brand as well as learning about a holistic approach to plant-based food. Plant Academy made me feel confident in my abilities and my knowledge, which really helped my business to flourish.

Why did you want to start your business?

Who are your clients? And what do you want to share with them?

What I put into my body I am doing so with intention. I don't eat just for the sake of it, I want to eat something that is going to nourish me and make me feel more vibrant. I want to help people to experience the same thing as me and to really put their health and well-being first. I help them on their journey to eating more plant-based food by making it accessible and fun. I also incorporate my love of 🌱



travel, different cuisines and my spirituality into my courses and workshops. Your body is a temple, treat it with respect!

My clients are anyone who is transitioning from an omnivore or vegetarian diet to a plant-based diet but don't know where to start. When I first started my business I thought: "What am I going to teach? Everyone already knows everything!", but the truth is that the things I think are every day, are new and mind-blowing for most people.

I want to help my clients have the confidence to make a super delicious plant-based meal but also know that they are getting all the nutrients their bodies need. I want to set them up to succeed; I want them to understand the importance of a plant-based lifestyle by living it and feeling it.

Tell me a bit more about what spirituality means to you as a chef and a teacher?

As a Seventh Day Adventist Christian, part of our message is to focus on living a healthy lifestyle based on God's Eight Natural Remedies (air, water, sunshine, exercise, rest, nutrition, balance and faith). I like to say I'm preaching the gospel, one plate at a time! That's why I am Mama-Benta Plant-Based with Love: love for the animals, love for the environment and above all, love for yourself. You were created to be amazing and to reach your full potential. By eating a plant-based diet you are more like who God wanted you to be: loving and part of a harmonious system. This message is at the heart of my purpose and what I want to share with everyone.



What does your course entail?

What format did you find the best?

I initially started with a 'Plant-Based Vegan for Beginners' course, which was everyday for four weeks. It was intense! I provided recipes and videos everyday and a live lesson once a week. It was tough for both me and the students, with lots of content to create and for my students to make. I got the best engagement from my live sessions, so now I run more workshops. My students loved cooking along and asking questions. Live workshops are also a lot more profitable because the cost is more accessible than a long course, which means I get a better uptake, and it also means a lot less preparation. My students really value what I am teaching them and always make what we learn in the workshop. ■

Neria

@mama_benta | mamabenta.com

ADVICE FROM NERIA

For someone who wants to start their own business

- 1 You know more than you think.
- 2 Stop overthinking everything. You will never be 100% ready and things will never be perfect, so stop waiting for that moment and just go for it! Wherever you are now, start.
- 3 "When I stop feeling afraid I'm going to do it". You will never stop being scared, so use that fear as a motivator.
- 4 Don't expect to be the best as soon as you start. You are on your own journey and your passion will guide you. Don't let failures get you down, use them as learning experiences and keep on moving. Baby steps.
- 5 Look for help. Don't think you have to know everything. Ask an expert or a friend. Invest in learning a skill.
- 6 There is someone out there who needs what you are selling, and the only person who can reach them is you. You are the only person who can teach them what they need to learn and they are waiting for you.
- 7 Be gentle to yourself. Treat yourself like you would your best friend: they might suck sometimes, but they support you anyway!
- 8 As a beginner your mind will always try to sabotage your purpose, so don't give up, have faith. I give this advice to myself everyday!



FUELLING YOUR BUSINESS

By Amanda Franco Ortega

Fy name is Amanda, I am a journalist, natural chef and the founder of The Green Fuel, a healthy cooking school based in Madrid. Right now, The Green Fuel has evolved to The Green Fuel Academy, which I co-founded with my partners: Beatriz and Vania. We offer online cooking classes and courses, and we also develop content for brands. We chose to evolve to be adapted to this new situation by shutting down the onsite school and offering as much as we could online.

Tell me about your journey to starting your business.

At the beginning I didn't think The Green Fuel was going to be my main activity and business. It all started as an Instagram account and blog and every day I shared my office lunch box on my social media account.

At that time I was working in an agency as a journalist. I had just started to develop a bigger interest in food and what I was choosing to eat and how it was affecting my health. I didn't have any serious health issues but I wasn't feeling good either. I was in my early twenties with daily head and back-aches, with no energy and feeling bloated. I started to investigate more about food and its relation to health. I wanted to feel better. So, I just started shared my learning process (through my blog and Instagram I started studying Health Coaching at IIN and also Herbodietetic).

It then came to a point that The Green Fuel was the most important thing (above my work as a journalist) so I left my job to explore how real the project could become. I wanted to focus on giving food workshops, guiding retreats and sharing this new way of life.

Why did you want to start The Green Fuel? What message did you want to share?

Changing my lifestyle habits and going green in my food, with a solid and tasty plant-based diet completely transformed my life. I finally was feeling much better, with energy to enjoy my projects, more stable digestion and almost no headaches. I felt a really strong change and I felt everyone should have

the opportunity to feel it as well. From the beginning, the main goal of The Green Fuel has been to share that a plant-based healthy diet can be delicious, easy and affordable and help to heal in a deeper way. We don't focus only on vegan or vegetarian people; we want everyone to go greener; to add more green leaves; veggies and plant-based proteins into their lives. To discover how they feel different, lighter and healthier while enjoying the process and the food. For us it is very important that everything is super delicious, so it is not an effort to go healthier but a pleasure.

When you made the transition, how was it? And were you scared of the change?

It was a very organic and personal transition. I just couldn't help it, I had to make the change. When something passionately interests me I have to follow that path and discovering plant-based food was a point of change in my life. Everything after that started to unwrap - I started studying again, [▶](#)



THREE TOP PIECES OF ADVICE FROM AMANDA

For someone who wants to start their own business

1 PASSION

You will spend day and night, 24 hours, 7 days of the week with your head and energy in it, you need to love it to survive.

2 FAILURES WILL HAPPEN

Accept there will be a lot of failures and "no's". Don't take them personally, learn and continue.

3 STRENGTHS & WEAKNESSES

As soon as you can, delegate the things you don't do so well so that you can focus on what you are best at.

I left my job, I gave my first workshop, my Instagram account kept growing, I did my first retreat and then I decided to study to become a professional plant-based chef in PlantLab. After that, we opened our onsite school in Madrid, and taught hundreds of workshops, almost daily, in two years, before we decided to close due to Coronavirus.

I am always scared of change. I always feel the resistance. It is more comfortable to just stay, to have stability and to not worry. But I just ignore this feeling, When I get scared, I ignore it, and I just do it anyway. There is no trick. I guess after making so many changes and decisions that brought me a lot of great things I just know change is inevitable. It can be uncomfortable but it is necessary. Change is evolution. I hope the project never stops changing.

Why did you choose Plant Academy?

How has Plant Three benefitted your business?

I attended Plant Three in a moment when I was feeling creatively stuck. I needed fresh air, new ideas and inspiration, and also structure to maintain energy and motivation in my business. When I finished Plant Three I was recharged to continue. Also I think it was

very healthy for me to spend time with other people that really understood me and were chasing similar dreams. Creative and special people that wanted to change the world, each of us in our own way.

How do you promote your business?

How do you get new clients?

We work a lot with Instagram and sometimes Facebook Ads. Also we have participated a couple of times in a Bundle and this is a great way to get to new customers. Word of mouth is also important for us so we work hard in giving the best experience to the students in each course. Our newsletter is also a great tool for communicating in a more direct way with our audience. We try to do a couple of new lead magnets per year to increase our list.

Starting a new business can be overwhelming, how do you know what to prioritise?

I think it is important to have a clear purpose and to define your products/services very well. I would also focus only on one social media, depending on the business. Having a good website is key, everyone will go through it so it needs to give a clear vision of

who you are, what you offer and why they should choose you.

What does your normal working week look like?

To be honest I don't have a normal week schedule. It depends a lot on what we are working on - if I have some live workshops or if we are recording a course or doing a launch. Some weeks we can be recording all day, the next editing and creating the content for our website and after, launching. We are a little team so we do almost everything ourselves so our duties vary a lot from one week to another. At the beginning I felt lost not having a schedule but after some time I discovered a new way of working. I know I have times I do more hours and then more relaxed times. When we had the onsite school my work was more physical, I spent a lot of hours teaching each week weekend. Now it is different, and I just adapted to it, we spend more time working on the computer or doing student support. ■

Amanda Franco Ortiga

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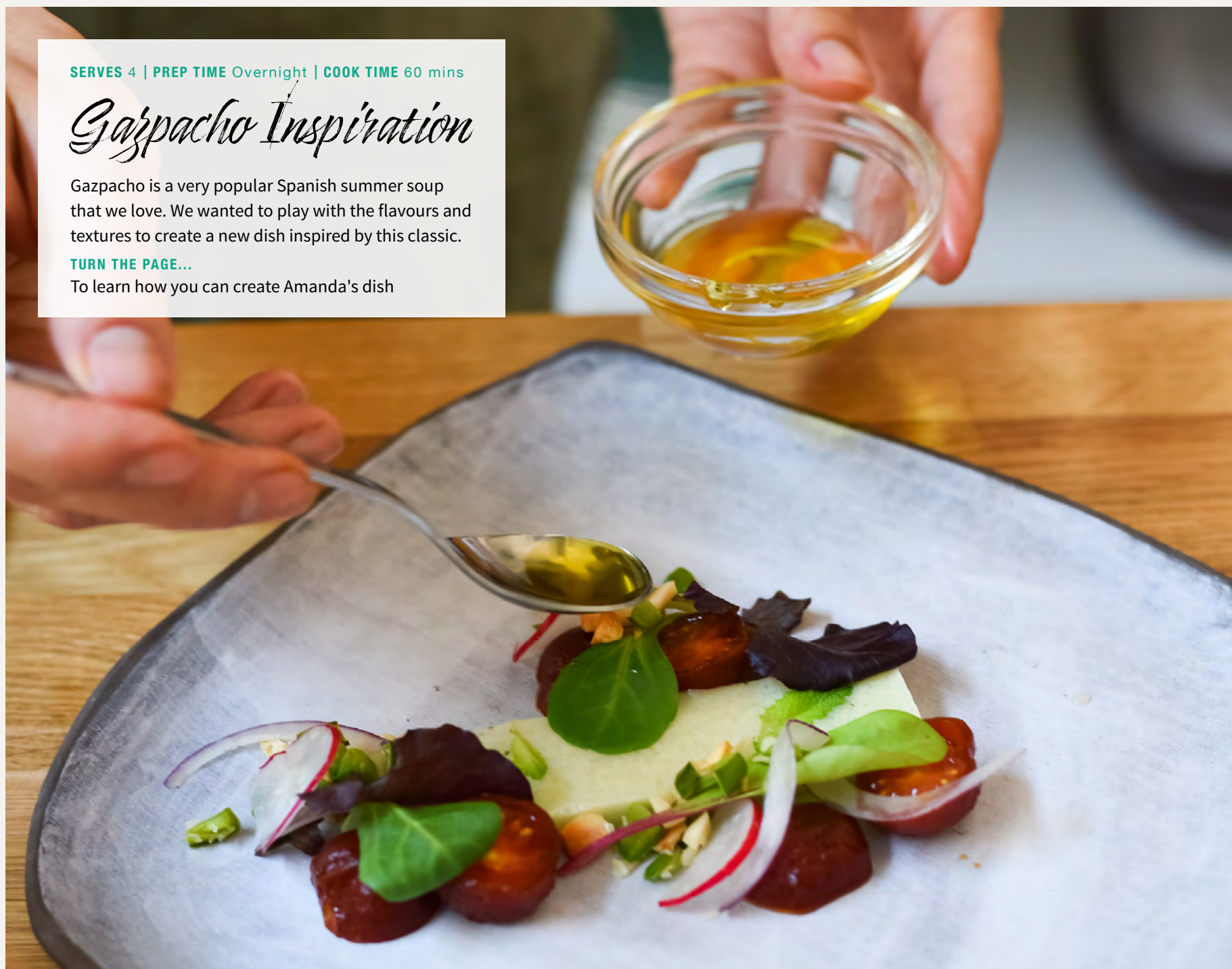
SERVES 4 | PREP TIME Overnight | COOK TIME 60 mins

Gazpacho Inspiration

Gazpacho is a very popular Spanish summer soup that we love. We wanted to play with the flavours and textures to create a new dish inspired by this classic.

TURN THE PAGE...

To learn how you can create Amanda's dish



1

Marinated cherry tomatoes

- INGREDIENTS
- 12 cherry tomatoes
 - ½ cup tamari
 - 2 tablespoon coconut sugar
 - 1 teaspoon dry ginger

- METHOD
- 1 | Cut a cross on the back of each cherry tomato. Add them to a pot of boiling water for a few seconds and then transfer them to a bowl of ice water, then peel them.
- 2 | Add the rest of the ingredients to a jar along with the peeled tomatoes and gently stir to combine.
- 3 | Let the mixture marinate overnight in the fridge.

2

Cucumber jelly

- INGREDIENTS
- 1 cucumber, peeled and deseeded
 - 1 pinch salt
 - 1 pinch pepper
 - 1 tablespoon mint leaves
 - 1 teaspoon agar agar
 - 1 tablespoon olive oil
 - 100 ml water

- METHOD
- 1 | Peel and remove the seeds from the cucumbers. Add them to a blender with the mint leaves, olive oil, salt and pepper. Blend until you have a puree. Strain the mixture and reserve.
- 2 | Bring the water combined with the agar
- agar to a boil in a separate saucepan. Mix with the cucumber and mint juice that you have just prepared and transfer to a mould. You can decorate with some mint leaves that will remain on top of the jelly.
- 3 | Store the jelly in the fridge to set.


3

Almond crumble

- INGREDIENTS
- ½ cup raw almonds
 - 1 green pepper
 - 2 garlic cloves
 - 1 tablespoon olive oil
 - 1 pinch salt

- METHOD
- 1 | Finely chop the almonds, pepper and garlic.
- 2 | Mix with the olive oil and salt and add to a baking tray. Bake at 180°C for 10-15 minutes, until toasted. Stir regularly ensuring it does not burn.
- To serve
- Serve the cucumber and mint jelly with 2-3 split cherry tomatoes per plate. Add the almond and pepper crumble, some green leaves, finely chopped red onion and some slices of radish. Drizzle olive oil and add salt and pepper to taste.





"I found I could say things
with colour and shapes that
I couldn't say any other way
- things I had no words for"

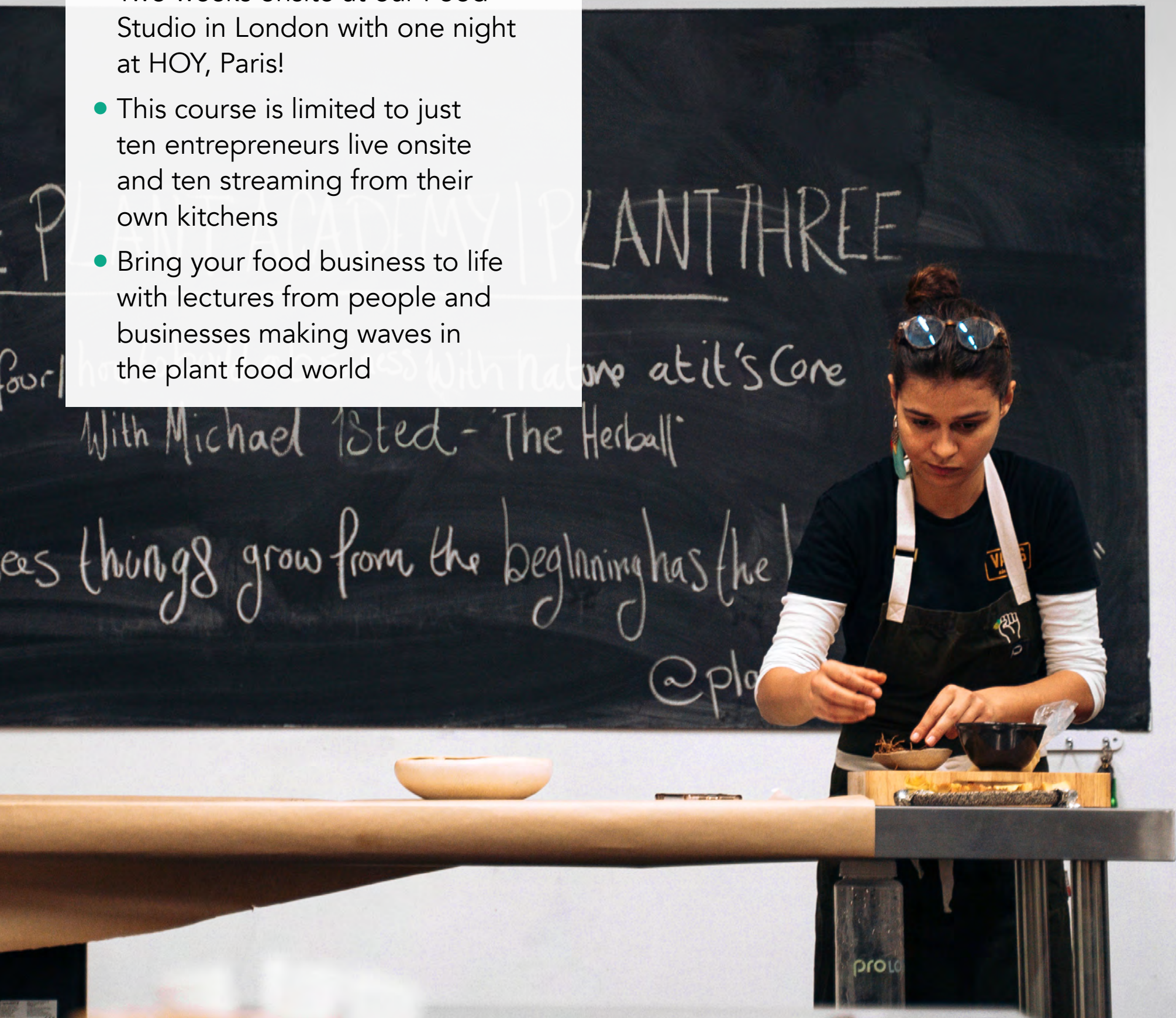
Georgia O'keeffe

Plant Three Onsite

Make an impact on the food system

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Three

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- Two weeks onsite at our Food Studio in London with one night at HOY, Paris!
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- Bring your food business to life with lectures from people and businesses making waves in the plant food world



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THE
PLANTEDT

Recipes

THE PERFECT SERVE

Over the last six months at Plant Academy the ceremony of matcha has been a well loved part of our community. There has been a lot of hype about this drink, and so how can we ensure that we have an authentic experience and keep a sense of matcha's rich history each time we drink it?

Matcha itself is a high-grade whole-leaf green tea which comes in the form of a bright green powder. It is unique as it contains L-theanine which is a natural amino acid that slows the release of caffeine, to give a feeling of energised calm. Although it is caffeinated, this recipe uses CBD to balance out the caffeine content, and mint to bring an additional sense of uplifted peace.

Matcha literally means 'ground tea', which originated in China and is now most commonly produced in Japan. You will find ceremonial grade matcha, which is of the highest quality and flavour, from brands like Jing Tea and Jenki, who are some of our favourites!

The matcha ritual is what appeals most, the chance to slow down, tune in and really appreciate this vibrant, creamy, gentle high. Over this summer at Plant Academy we will be sharing matcha recipes in collaboration with these brands sharing how to make matcha ice cubes with additional super-food boosts, ice creams, cakes, cocktails and beyond. But for your everyday drink here is our perfect serve as agreed by Plant Academy HQ.



MAKES 1 cup | PREP TIME 5 mins

Matcha

INGREDIENTS

- 250ml coconut milk
- 1 tsp matcha
- 1-3 drops peppermint essence
- 1 pipette CBD
- 1 tbsp tocotrienols (optional)

METHOD

- 1** | Add the matcha and tocotrienols to a small bowl that you can drink from and preferably hold in both hands, this helps with the ritual of this drink.
- 2** | Add a splash of milk or water and whisk with a bamboo matcha whisk or balloon whisk for the smoothest

texture, making sure it is frothy and smooth.

- 3** | Top the drink up with cold or hot water and then add the CBD, peppermint and milk, again this can be cold or warm. Stir to combine. Sit down, take a deep breath and slowly sip.

CELEBRATE SUMMER IN STYLE

Recipes in collaboration with Inspired Health and Udo's Choice

SERVES 4 | FERMENT TIME 24hrs | PREP TIME 15min

Courgette Cannelloni with Lemon Ricotta

This courgette cannelloni is simple yet made with a fresh tomato salsa, Udo's lemon ricotta and fresh herbs. A wonderful summer treat for lunch!

1

Lemon Ricotta

INGREDIENTS

- 200g cashews, soaked for 4 hours then rinsed
- 100ml filtered water
- 1 Udo's probiotic capsule, contents only
- 50ml olive oil
- 2 tbsp preserved lemons

METHOD

- 1 | Blend the cashews with 2-3 tbsp water in a high-speed blender until very smooth. If using a less powerful blender, you may need to add a little more water and, in that instance, use less liquid in the second part of the recipe. Make sure that the cashews are not too hot from blending, then open the Udo's Probiotic Capsule and mix the contents with the cashews.
- 2 | Place the cashews in a glass bowl or jar and leave overnight to ferment, covered with a cloth. Place somewhere not too warm as the process will happen too quickly or not too cold when nothing will happen.
- 3 | The next day you will see that the mixture is slightly aerated and ready to use.
- 4 | Blend the fermented cashews with the remaining ricotta ingredients and store in a sealed container in the fridge until ready to serve.



2

Herb Salad

INGREDIENTS

- 30g parsley
- 200ml olive oil
- ½ tsp salt
- 2 courgettes
- 1 handful of fresh leaves and herbs, washed
- 4 tbsp pumpkin seeds, toasted

METHOD

- 1 | Blend the parsley, oil and salt in a high-powered blender until the oil is bright green, then set aside.
- 2 | Prepare the courgettes by taking off the tops and the ends, then, using either a vegetable peeler or mandolin, make long thin strips about 2mm thick, which will be the 'cannelloni'.
- 3 | Lay the cannelloni on your chopping board, then place 1 tbsp of the lemon ricotta at the end and roll the courgettes around the filling, continuing until you have filled all of the 'cannelloni'.

3

Tomato Salsa

INGREDIENTS

- 200g ripe plum tomatoes, finely chopped into cubes
- 1 spring onion, outer layer removed, topped and tailed
- then finely chopped
- 1 red chilli, chopped with seeds removed
- 2 tbsp kimchi or sauerkraut brine
- 2 tbsp olive oil

METHOD

- 1 | Make sure that all of the vegetables are chopped into evenly sized small pieces, then mix them with the brine and oil. Leave in the fridge until ready to serve.

To serve

Spoon the tomato salsa onto the plate, top with 3-5 cannelloni and finish with leaves, toasted seeds and parsley oil.



CELEBRATE SUMMER IN STYLE

MAKES One large cheese board | FERMENT TIME 24hrs | PREP TIME 1 hour

Cheese Picnic with Sauerkraut Crackers

This picnic is a great way to enjoy fermented foods with three different cheeses, fermented vegetables and crunchy Udo's crackers. You can try just one cheese at a time if you have not made plant-based cheeses before, but this is a great place to start.

1

Smoked Cheese

INGREDIENTS

- 100g cashews, soaked in water for at least four hours then rinsed
- 100g macadamias, soaked in water for at least four hours then rinsed
- 1 Udo's Choice probiotic capsule
- 1 tbsp lemon juice
- 1 tbsp nutritional yeast
- 1 tsp smoked paprika
- ½ tsp smoked salt

METHOD

- 1 | Blend the nuts with 4-5 tbsp water in a high-speed blender until very smooth. If using a less powerful blender, you may need to add a little more water and, in that instance, use less liquid in the second part of the recipe. Make sure that the cashews are not too hot from blending, then open the Udo's Probiotic Capsule and mix the contents with the blended nuts.
- 2 | Place the nuts in a glass bowl and leave overnight to ferment, covered with a cloth. Place somewhere not too warm as the process will happen too quickly or not too cold when nothing will happen.

3 | The next day, the mixture will be

slightly aerated and ready to use.

4 | Mix the nuts with the remaining ingredients and then line a mould of your choice with baking parchment. Press the flavoured mixture into the mould making sure it is flat and well compacted into the shape of the mould.

5 | Freeze the mixture for 1-2 hours until set to touch and then place it into a dehydrator to dehydrate for 24-48 hours. This process is what develops a rind.

6 | Once a rind has developed, let the cheese cool completely. Wrap in baking parchment and store in an air-tight container. Consume within one month.

2

Sauerkraut Crackers

INGREDIENTS

- 75g pumpkin seeds
- 75g chia seeds
- 2 tbsp flax seeds, ground
- 1 tbsp Udo's oil
- 1 tsp tamari
- ¼ tsp cayenne pepper
- 100ml water
- 100g sauerkraut

METHOD

1 | Place all of the ingredients into a medium mixing bowl and combine thoroughly.

2 | Leave the mixture to firm up for ten minutes, which should be sufficient time for the thickening process.

3 | Carefully spread the mixture onto a piece of baking paper. Use a wet soon or offset spatula to make a square about 3-4 mm thick. You can then score the crackers to make shapes or leave them as they are and snap them when you are ready to eat.

4 | EITHER Dehydrate for 24 hours at 45 degrees Celsius OR bake in an oven at 140 degrees Celsius for 35 minutes, or until crisp.

5 | Leave the crackers to cool before snapping and then store in a sealed container for up to one month.



3
Miso Cheese

INGREDIENTS

- 100g cashews, soaked in water for at least four hours, then rinsed
- 100g macadamias, soaked in water for at least four hours
- 1 Udo's Choice probiotic capsule
- 1 tbsp lemon juice
- 1 tbsp dark miso
- 1 tbsp nutritional yeast

METHOD

- 1 | Blend the nuts with 4-5 tbsp water in a high-speed blender until very smooth. If using a less powerful blender, you may need to add a little more water and, in that instance, use less liquid in the second part of the recipe. Make sure that the cashews are not too hot from blending, then open the Udo's Probiotic Capsule and mix the contents with the blended nuts.
- 2 | Place the blended nuts in a glass bowl or jar and leave overnight to ferment, covered with a cloth. Place somewhere not too warm as the process will happen too quickly or not too cold when nothing will happen.
- 3 | The next day, you will see that the mixture is slightly aerated and ready to use.
- 4 | Mix the nuts with the remaining ingredients and then make the cheese into a log shape by placing it onto a piece of baking parchment and rolling it flat, sealing the ends to make the shape.
- 5 | Freeze the mixture for 1-2 hours until set to touch and then place it into a dehydrator to dehydrate for 24-48 hours. This process is what develops a rind.
- 6 | Once a rind has developed, let the cheese cool completely. Wrap in baking parchment and store in an air-tight container. Consume within one month.

4
Peppercorn Cheese

INGREDIENTS

- 100g cashews, soaked in water for at least four hours then rinsed
- 1 Udo's probiotic capsule
- 2 tbsp lemon juice
- 1 tbsp nutritional yeast
- ½ tsp smoked salt
- ¼ tsp black pepper
- 3 tbsp pink peppercorns

METHOD

- 1 | Blend the nuts with 4-5 tbsp water until very smooth, but if using a less powerful blender, you may need to add a little more water and, in that instance, use less liquid in the second part of the recipe. Make sure that the cashews are not too hot from blending and then open the Udo's probiotic capsule and mix the contents with the cashews.
- 2 | Place the cashews in a glass bowl or jar and leave overnight to ferment, covered with a cloth, somewhere not too warm as the process will happen too quickly or not

- too cold when nothing will happen.
- 3 | The next day, the mixture will be slightly aerated and ready to use.
- 4 | Mix the nuts with the remaining ingredients and then make the cheese into a log shape by placing it onto a piece of baking parchment and rolling it flat, sealing the ends to make the shape.
- 5 | Store in the fridge wrapped in baking parchment in a sealed container for up to one month.



To serve
Prepare the cheeseboard with the cheeses and crackers plus fresh or dried fruits, crudités, ferments and pickles or simply enjoy the cheeses as they are with the crackers, in sandwiches or with salads.



MAKES 12 | PREP TIME 40min | COOK TIME 20min

Smoked Vanilla and Good Hemp Blondies

Good Hemp X Lauren Lovatt These hemp blondies are here for you morning, noon and night. A hempy pick me up laced with seeds and chocolate with a smoky surprise. Hemp is one of the most sustainable, planet-friendly plants around. It's also one of the most nutritious, being super high in omega-3, 6 and 9, full of protein, fibre and vitamins and minerals. Check out our friends, Good Hemp, for all your hemp needs!

INGREDIENTS

- 100g sunflower seed butter
- 100g hemp seed butter (see tip)
- 100g maple syrup, Yacon syrup or honey
- 2 flax eggs (2 tbsp of ground flax mixed with 3 tbsp water. and left to sit for 5 minutes)
- 50g buckwheat flour
- 2 tbsp hemp oil
- 1 tbsp hemp protein powder (optional)
- ½ tsp smoked sea salt
- ¼ tsp vanilla powder or ½ tsp vanilla essence
- 50g chocolate cut into small pieces

METHOD

1 | Preheat the oven to 180 degrees celsius. Mix the sunflower and hemp seed butters with the maple syrup and flax eggs and stir to make sure everything is well combined.

2 | Add the buckwheat flour, hemp oil, protein (if using), smoked salt and vanilla and stir again. You should have a fairly runny mixture.

3 | Line a medium sizes (roughly 20cmx 20cm) baking tray with

baking parchment so that the edges are higher than the sides of the tin and no mixture will escape.


4 | Pour in the mixture and tap to level and then sprinkle on the chocolate and a little extra salt.

5 | Cook in the oven for 20 mins and remove. Let the gooey blondies sit in the tray for 15 minutes or until cool.

6 | Store in a sealed container in

the fridge or at room temperature. They will keep longer in the fridge but will have a denser texture.

TIP Make your own hemp seed butter but placing at least 200g of hulled hemp seeds into a food processor and blending until a butter forms. You may need to scrape down the edges every so often to ensure that all the seeds are incorporated. Store in a sealed jar in the fridge and use in desserts and dressings.



“There comes a point
when we need to stop just
pulling people out of the river, we
need to go upstream and find
out why they are falling in”

Desmond Tutu

The Food Studio

Plant Academy | East London

Plant Academy in-person classes now take place at The Food Studio. A space designed to share a conscious vision through food. In collaboration between **Sara Kiyo Popowa** (right) and **Lauren Lovatt** (below).



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