

Creative Cooking with Fermentation

with Jeroen Achtien



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Ferment, Combine, Enjoy

Jeroen Achten

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Ferment, Combine, Enjoy

Fermentation can create intense, multifaceted flavors. But how do you combine them into a coherent dish?

Fermenting is a great way to preserve food. But it also offers a lot in terms of flavor: The acidity and heat that develop through fermentation make dishes more exciting and dynamic.

So how do you combine the tangy flavors? In this course, you will learn how to incorporate fermented products into balanced and delicious creations. Jeroen Achten combines the fermented tomato sauce with a soft lime leaf crèmeux and char tartare. The fermented beet sauce pairs well, for example, with turmeric celeriac cream and spicy cashews. And he uses kombucha ceviche to marinate the langoustines. Side dishes include grilled bok choy and a fresh mango papaya salad.

This workbook contains all the recipes and information for the course. Enjoy fermenting, cooking, and tasting!

Thanks!



Jeroen Achtien

At 14 years old, Jeroen Achtien already knew he wanted to become a chef. Today the two-starred chef can look back on a successful career.

Jeroen Achtien's love of cooking began at the age of 14, when he helped out in his older brother's restaurant. After a year, he knew he absolutely wanted to pursue the profession of chef. He worked in various places, from small bistros and catering events to starred restaurants, until he finally joined the Dutch three-starred restaurant *De Librije*. He stayed there for eight successful years, culminating in the position of head chef.

In 2018, Jeroen moved on to Switzerland to work at the restaurant *Sens* in the *Vitznauerhof* hotel on Lake Lucerne. There, Jeroen was awarded two Michelin stars and was named Gault Millau's "Discovery of the Year" and "Rising Star of the Year."

In 2023, the award-winning chef returned to his home country, the Netherlands. He became head chef at Jannis Brevet's three-starred restaurant *Manoir Inter Scaldes* in Zeeland.



Jeroen Achtien

www.jeroenachtien.com

You will see
something cool
today!

Saibling (Char) Tartare

With Sweet and Sour Tomatoes and Fermented Tomato Sauce



Ingredients & Infos



Preparation
2 h



Total time
2 weeks



Portions
4

2	bay leaves	2 ½ leaves	gelatin
1	beef heart, smoked and dried, or smoked sausage	1 ½ oz	ginger
2 ½ oz	butter	5 tsp	katsuobushi broth
1	char	1 oz	lime leaves
1 jar	char roe	1	lime, zest
7 oz	cherry tomatoes		lovage
½	chili pepper		olive oil
20	cilantro seeds	4 tsp	salt
3	cloves		salt
2 ½ oz	egg yolks	1 cup	soy milk, unsweetened
2 ½ oz	eggs	½ cup	sugar
1	garlic clove		tabasco chipotle
		2 lb	tomatoes
		1 cup	vinegar
		½ cup	water
			xanthan gum