

THE  
**DESIGNER'S  
COOKBOOK**

12  
COLORS  
12  
MENUS

**PRESTEL**

MUNICH · LONDON · NEW YORK

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## FOREWORD

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Too often we sleep walk through our lives.

We exist, but somehow fail to be active participants in our daily routine. Take the last meal you ate. Why did you compose it in the way that you did? Chances are it was arbitrary: choosing a sandwich from the display in a café or opening the refrigerator and finishing last night's leftovers. Some days, eating becomes routine, almost monotonous.

The American writer Paul Auster knows a thing or two about vividly challenging the mundane. In his novels, characters are often obsessive, unorthodox and either ensnared by or frighteningly free of everyday routines. Take Maria Turner from the novel *Leviathan*, who was inspired by the French conceptual artist Sophie Calle. In the novel, Maria's work is all about experimenting with consciously created constraints as a way to enrich her daily life: she spends days under the spell of a single letter of the alphabet; she photographs hotel rooms before they are cleaned to try to understand the life of the departed guest; and she eats meals of only one color each day of the week. It was this last constraint that inspired this book: what would a cookbook for Maria's monochrome diet days look like? And what would it feel like to cook and eat meals of just one color?

In this book, the menus insist that you create meals in only one color, be that white or violet or red or dark green. These are recipes that do not allow for the arbitrary and they demand meticulous attention to detail. Cooking in this way establishes firm limits and insists on a reliance on structure, but when you try it you may find that working within constraints can widen your horizons and bring the mundane vividly to life. And I think that's why Maria Turner would like this book: it sets strict boundaries, but in the end results in greater creativity in the everyday.

TRISH LORENZ



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## ABOUT THIS BOOK

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Food prepared in one single color? How does that taste? Well, after two years of cooking monochromatic menus, we can definitely say: it doesn't just look remarkable, it tastes remarkable, too!

Oh, and another thing: one-color cooking is not just a unique experience, it is an invitation to experiment with unknown flavors and ingredients. What's more, it is a challenge for our taste buds and will shake up our usual methods of preparing food – methods we have practiced and honed over the years. Now is the time to sample alternative ingredients, try new ways of creating familiar recipes and try new ways of presenting traditional meals.

In the Red Menu, for example, what do you think could be substituted for green basil in a red tomato soup? Or, in the Green Menu, what ingredient could turn a brownie into a green brownie? The results are surprising twists on trusted recipes, which, at the same time, create an unspoiled visual highlight.

How would you imagine black food to taste? Do colors automatically determine flavors? Believe it or not, a great tasting menu is possible in any color, whether hearty or light, sweet or savory. We decided that the only way to truly embrace this idea would be to create a series of four-course menus, each menu including three beverages.

So, how did we come up with the recipes? All ingredients are meant to be fresh and regional in order to guarantee flavor, ripeness, and availability. First, we decided to have one menu for each month of the year and then we assigned a color to each month: vigorous colors in summer; faded, “non-colors” in winter; softer hues in spring; and richer tones in fall.

Next, we made a list of all possible ingredients and their corresponding colors. We determined the main courses first, and then chose complimentary appetizers, side dishes, desserts and drinks. Sometimes we based the recipes on familiar meals we loved and adjusted them according to color. But we also experimented and improvised with brand new dishes. We tried many different versions until we were happy with the taste and the color presentation.

The menus proved to be a great deal of work, so we always cooked as a team. Sometimes we were eight cooks, sometimes only three. Each menu was prepared in a day, in an eleven square meter kitchen. We relied on our improvised photo studio to photograph all of the raw ingredients and then the finished dishes.

But no matter how much we describe the recipes, you won't be able to fully appreciate these meals until you try them for yourself. So, go ahead and get inspired – bon appétit!

# 12

MENUS

## COMMENTS ON THE RECIPES AND PREPARATION

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We prepared the menus in a very small kitchen with simple equipment. Some utensils and gadgets had to be bought or borrowed from friends. The one kitchen tool we used the most was a blender; we assume that almost every household has a hand blender. Also, we used a high-performance juicer – that’s probably something not everyone has at home, but maybe you could borrow one.

Be sure to check the Internet if you are having problems finding the more “exotic” ingredients. Everything we used can be ordered from various websites. Of course, you can always search for alternative ingredients.

The book is written in American English, so the American weights and measurements are listed first (cups, ounces, fluid ounces, etc.) - the corresponding British terms are displayed in brackets.

We used a regular gas stove and a convection oven/fan-assisted oven. The preparation times and oven temperatures given for each recipe are only approximate and may vary, depending on what kind of stove or oven you use. Of course, it is essential to rely on your own cooking experiences. For example, if you know your oven tends to run hot, remember to cut down the cooking times.

Olive oil is a basic ingredient for our recipes. In some of the dishes the exact amount used is not mentioned, for example, if the oil is used for frying. The same goes for salt and pepper – please use these ingredients according to your own taste. You will notice that we used different types of salt and pepper, depending on the color of the menu.

Each recipe in this book serves at least four people. If you want to cook for larger groups, you can adjust the recipes accordingly. We found it best to plan the menu with more than one cook and to split the preparation of the individual courses. The effort that is necessary to obtain the ingredients needs to be taken into account, as well as the actual hands-on preparation time. Please be aware that almost every person has a different color perception. This makes no difference for colors like black or white, but may cause problems with colors like green, which can have several shades.

The experimental spirit of the menus should encourage improvisation and the use of alternative ingredients. In other words, you should feel free to use plain asparagus instead of wild asparagus and vary from our method of preparation. We used a special type of paper for the recipe pages in this book so you can jot down your own notes and ideas. In this way, *The Designer’s Cookbook* will become a treasured and one-of-a-kind reference.

M E N U

01







Apéritif

**SALTY LASSI**

Appetizer

**SUMMER ROLLS**

Hors d'oeuvre

**PARSNIP SOUP**

Drink

**WHITE WINE SPRITZER**

Main course

**SAUTÉED SOLE  
WITH WHITE WINE SAUCE,  
CAULIFLOWER RISOTTO  
AND STEAMED PEARL ONIONS**

Dessert

**COCONUT PANNA COTTA  
WITH MERINGUE**

Digestif

**PASTIS**

## Appetizer

**SUMMER ROLLS**

8 round rice paper sheets  
 ½ radish  
 1 parsley root  
 2 white beets  
 1 parsnip  
 1 or 2 hearts of romaine  
 3.5 oz. (100 g) glass noodles  
 4.4 oz. (125 g) tofu  
 3.5 oz. (100 g) bean sprouts  
 1 package enoki mushrooms  
 4 spring onions  
 8 garlic cloves  
 0.6 oz. (15 g) fresh ginger  
 ½ bunch cilantro (coriander)  
 4 sheets parchment paper and butcher's twine

**DIPPING SAUCE**

6 tbsp. rice vinegar  
 3 tbsp. white sugar  
 1 organic lime  
 1 chili pepper  
 1 garlic clove  
 0.6 oz. (15 g) fresh ginger  
 1 stalk lemongrass  
 1 pinch salt

Pat dry the tofu with a paper towel and cut into approximately ⅓ inch wide slices. Peel the ginger and garlic and cut into fine rings along with the green leaves of the spring onions. Next, top each tofu slice with ginger, garlic and spring onion rings, add cilantro and wrap in parchment paper and secure with butcher's twine. In a saucepan, steam tofu “packages” for 7 minutes and then let cool. Remove ginger, garlic and onions and cut tofu into long, thin strips. Cook glass noodles according to package instructions using boiling salted water. Drain noodles and let cool.

Finely chop the very light, almost white part of the hearts of romaine. Slice the white part of the spring onions. Cut the remaining vegetables into fine strips. Quickly swipe a rice paper sheet through a bowl of lukewarm water and place onto a wooden board or plate. Put a little of each ingredient (vegetable strips, tofu, glass noodles, enoki mushrooms and bean sprouts) in the middle of the rice paper. Pull the bottom edge over the fillings and tuck it in on the other side, then fold in the sides and roll it up the rest of the way.

For the dipping sauce, finely grate lime zest and squeeze the juice from the lime. Combine sugar and rice vinegar in a bowl and stir until sugar dissolves, then add the lime juice. Thinly slice the lemongrass. Remove seeds from the chili pepper, press the garlic through a garlic press and grate the ginger. Next, place all (except for the white parts of the lemongrass) in a paper tea filter and add lime zest and a pinch of salt. Place filter in the rice vinegar mixture and let stand overnight. Before serving, remove tea filter and garnish the dip with the white parts of the lemongrass.

Preparation time: 1 hour + 12 hours marinating time

Hors d'oeuvre

**PARSNIP SOUP****VEGETABLE STOCK**

1.6 lb. (750 g) mixed white vegetables, e.g. white carrots,  
cauliflower, celeriac, parsley root, white leek leaves  
2 white onions  
1 clove garlic  
3 cloves  
3 bay leaves  
84 fl. oz. (2.5 l) water  
Salt  
Freshly ground white pepper  
Sunflower oil

**SOUP**

1 lb. (500 g) parsnip  
1 parsley root  
1 white onion  
6.7 fl. oz. (200 ml) heavy (double) cream  
Freshly ground nutmeg  
Salt  
Freshly ground white pepper  
Sunflower oil

For the vegetable stock, wash and dice vegetables. Chop the remaining ingredients. Heat oil in a large saucepan and briefly fry vegetables. Add 84.5 fl. oz. (2.5 l) of water and simmer for approximately 60 minutes over low heat or until liquid has reduced to 50.7 fl. oz. (1.5 l). Remove from heat and let cool for 20 minutes. Pass stock through a fine sieve and season with salt and pepper. Use immediately.

For the soup, dice parsnips. Thinly slice the parsley root and dice the white onion. Heat oil in a large saucepan. Briefly fry parsnips, onions and parsley root and add the hot vegetable stock. Bring soup to a boil, then reduce the heat and simmer for 30 minutes. Once the root vegetables are soft, remove pan from stove and finely purée the soup with a hand-held blender. Season with salt, white pepper and ground nutmeg. Next, whip cream until stiff. With a tablespoon, spoon cream into parsnip soup for a nice, fluffy consistency.

Preparation time: 3 hours

Main course

## SAUTÉED SOLE WITH WHITE WINE SAUCE, CAULIFLOWER RISOTTO AND STEAMED PEARL ONIONS

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### CAULIFLOWER RISOTTO

#### Cauliflower cream sauce

- 10.5 oz. (300 g) cauliflower
- 1/5 cup (50 ml) heavy (double) cream
- 1/5 cup (50 ml) whole milk
- 1/4 cup (50 ml) chicken stock
- Bowl ice-cold water

#### Risotto

- 8 oz. (250 g) Arborio rice
- 2 cups (500 ml) chicken stock
- 3 tbsp. (40 ml) dry white wine
- 3 tbsp. (40 ml) white vermouth
- 1 white onion
- 1 garlic clove
- 3 tsp. mascarpone
- 1/2 cup (40 g) Parmesan cheese, freshly grated
- Salt
- Freshly ground white pepper
- Olive oil

### PEARL ONIONS

- 20 pearl onions
- Salt

For the cauliflower cream sauce, cut cauliflower into florets. Heat water in a saucepan over high heat and bring to a boil. Submerge cauliflower florets into water and blanch for 2 to 3 minutes. Remove the florets from the boiling water and immediately submerge them in a bowl of ice-cold water. Combine chicken stock, cream and milk and bring to a boil, add the blanched florets and let simmer for 30 minutes. Finally, purée sauce in a blender or food processor and pass through a fine sieve.

For the risotto, peel and finely chop onions and garlic clove. In a large saucepan, heat the oil and sauté onions and garlic until translucent. Add rice and stir until rice turns translucent. At the same time, heat the chicken stock in another saucepan. Add white wine and vermouth to the sautéed rice and simmer. Stir continuously, until all of the alcohol has evaporated. Add the stock slowly, ladleful by ladleful. Let simmer until rice is al dente, stirring frequently. When rice is almost ready, add the cauliflower cream sauce and the mascarpone and simmer for 1 to 2 minutes. Remove saucepan from stove, stir in the grated Parmesan and season with salt and white pepper.

Peel onions thoroughly. Add onions to a saucepan, cover with salted water and cook until al dente.

Preparation time: 1 hour

**SAUTÉED SOLE WITH WHITE WINE SAUCE****Sole**

8 to 12 (2 to 3 filets per person) sole filets  
 ¼ cup (50 ml) fish stock  
 3 tbsp. (40 g) soft butter  
 Salt  
 Freshly ground white pepper  
 Parchment paper

**Sauce**

5 fl. oz. (150 ml) dry white wine  
 1.35 fl. oz. (40 ml) vermouth  
 5 fl. oz. (150 ml) fish stock  
 3.4 fl. oz. (100 ml) heavy (double) cream  
 3 tbsp. (40 g) cold butter  
 1 small white onion  
 ½ cup (50 g) freshly ground horseradish  
 1 ½ tsp. white wine vinegar  
 Salt  
 Freshly ground white pepper

For the sauce, peel onion and cut into rings. In a saucepan, heat half of the cold butter and briefly sauté onion. Add wine and vermouth and simmer until liquid has reduced to one half, then add 5 fl. oz. (150 ml) of fish stock and cream. Add the grated horseradish and simmer, stirring occasionally, until sauce has reduced by one-third.

Preheat oven to 350 °F/180 °C/gas 4. While the sauce reduces, grease a shallow, ovenproof casserole dish with soft butter (use a brush). Thoroughly wash the sole filets and dab dry, then lightly season with salt and pepper. Fold each filet in half and place in the casserole dish. Spread the remaining soft butter on top and pour the fish stock over the filets. Cover with parchment paper and place on the middle rack. Bake for 8 to 10 minutes, checking frequently. Remove fish from the oven as soon as it has finished cooking to prevent it from drying out.

Pass the sauce through a fine sieve. Using a whisk, stir in the remaining cold butter, piece by piece. Season with white wine vinegar, salt and pepper.

Preparation time: 30 minutes

**Total preparation time:**

1.5 hours

Dessert

## COCONUT PANNA COTTA WITH MERINGUE

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### PANNA COTTA

5 fl. oz. (150 ml) coconut milk  
 1 ¼ cup (300 ml) heavy (double) cream  
 ½ cup (40 g) homemade vanilla sugar  
 (simply place a used vanilla bean in an airtight jar of sugar  
 and leave it for at least two weeks)  
 3 gelatin sheets  
 Bowl of cold water

### MERINGUE (MAKES 8)

1 egg  
 1.7 oz. (50 g) powdered sugar  
 1 pinch salt  
 Lemon juice (just a few drops)

For the panna cotta, soak the gelatin sheets in a little cold water until soft. Mix coconut milk, cream and sugar in a saucepan, bring to a boil and simmer over low heat for 5 minutes. Remove from stove. Squeeze out any excess water from the softened gelatin sheets and then whisk them into the hot coconut cream mixture until they dissolve. Rinse four ramekins with cold water. Divide the mixture among the four ramekins and leave to cool. Cover and place in the fridge for at least 4 hours or until set.

For the meringues, preheat oven to 300°F/150°C/gas 2. Separate egg and transfer egg white to a dry metal or glass bowl. Slowly beat egg white until stiff, adding 1 pinch of salt and a few drops of lemon juice. Slowly drizzle in sugar. Beat egg white until stiff and glossy and the sugar has dissolved. Line a baking sheet with parchment paper and spoon out eight tablespoon-sized dollops of meringue. Turn the heat down to 212°F/100°C/gas ¼. If you are using a conventional oven, prop it open by placing a wooden spoon between the oven and door (if you have convection oven, this won't be necessary). Let meringues dry in the oven for about 3 to 4 hours, then remove. The meringues should still be shiny and white.

To serve, run a small knife around the edges of each ramekin, dip the bottoms into warm water and then invert onto a dessert plate. Top with crumbled meringue.

Preparation time:

35 minutes + 4 hours cooling time + 3–4 hours drying time

Apéritif

## SALTY LASSI

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2 cups (500 ml) low fat plain yogurt (1.5%)  
6.7 fl.oz. (200 ml) whole milk  
Juice of ½ a lemon  
Salt to taste (e.g. sea salt)

In a blender, mix all ingredients (milk and yogurt should be cold!) until foamy. Serve immediately.

Preparation time: 5 minutes

Drink

## WHITE WINE SPRITZER

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1 bottle dry light white wine  
1 bottle sparkling mineral water

In a jug, mix both beverages (1:1). Serve cold.

Preparation time: 5 minutes

Digestif

## PASTIS

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4 fl. oz. (12 cl) pastis  
20.2 fl. oz. (600 ml) iced water  
Ice cubes

For each drink, pour 1 fl. oz. (3 cl) of pastis into a tall glass. Fill a jug with iced water. Pour iced water over the pastis (standard 5:1 ratio) and then add ice cubes.

Preparation time: 5 minutes

## 01

# INGREDIENTS

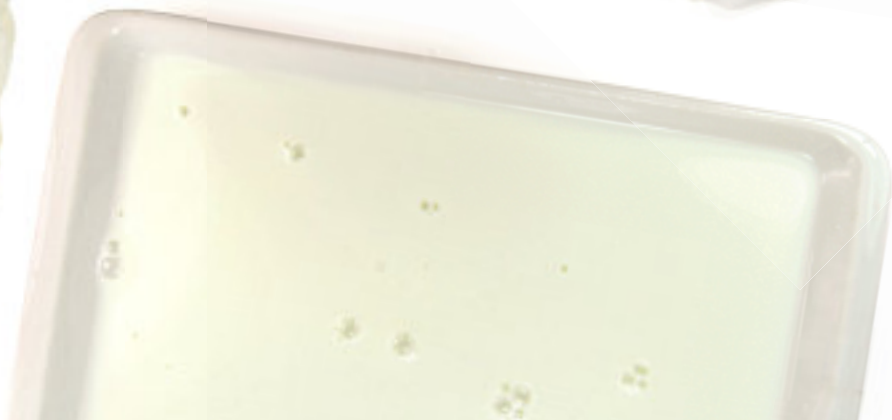
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- ½ radish
- 2 white beets
- 1.5 lb. (700 g) parsnip
- 2 parsley roots
- 10.5 oz. (300 g) cauliflower
- 1 or 2 hearts of romaine
- 1.6 lb. (750 g) mixed white vegetables, e.g. white carrots, cauliflower, celeriac, parsley root, white leek leaves
- 1 package enoki mushrooms
- 3.5 oz. (100 g) bean sprouts
- 4 spring onions
- 20 pearl onions
- 5 white onions
- 11 garlic cloves
- ½ cup (50 g) freshly ground horseradish
- 1.2 oz. (30 g) fresh ginger
- 1 stalk lemongrass
- 1 chili pepper
- ½ bunch cilantro (coriander)
  
- 1 lemon
- 1 organic lime
  
- Salt
- Freshly ground white pepper
- Freshly ground nutmeg
- 3 cloves
- 3 bay leaves
  
- 8 to 12 sole filets
- 1 egg
  
- 2 cups (500 ml) low fat plain yogurt (1.5%)
- 8.4 fl. oz. (250 ml) whole milk
- 22 fl. oz. (650 ml) heavy (double) cream
- 6 tbsp. (80 g) butter
- 3 tsp. mascarpone
- ½ cup (40 g) Parmesan cheese
- 4.4 oz. (125 g) tofu
  
- 6.7 fl. oz. (200 ml) fish stock
- 18.6 fl. oz. (550 ml) chicken stock
- Olive oil
- Sunflower oil
- 6 tbsp. rice vinegar
- 1 ½ tsp. white wine vinegar
- 5 fl. oz. (150 ml) coconut milk
  
- 8 oz. (250 g) Arborio rice
- 3.5 oz. (100 g) glass noodles
- 8 round rice paper sheets
- 3 tbsp. white sugar
- 1.7 oz. (50 g) powdered sugar
- ⅓ cup (40 g) homemade vanilla sugar
- 3 gelatin sheets
  
- 1 bottle + 6.4 fl. oz. (190 ml) dry light white wine
- 4 fl. oz. (12 cl) pastis
- 2.7 fl. oz. (80 ml) white vermouth
- 1 bottle sparkling mineral water
  
- 20.2 fl. oz. (600 ml) iced water
- Ice cubes
  
- Parchment paper
- Butcher's twine











01



02



03



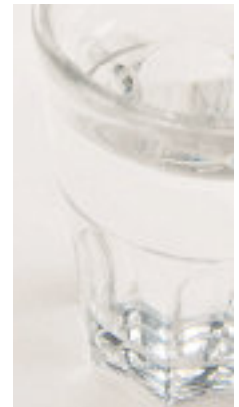
04



05



06



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