



Beyond the Plate gathers thirty notable food bloggers from around the world in a diverse and inspiring collection of mouthwateringly irresistible recipes. *Lady and Pups*, *Local Milk*, and *My Darling Lemon Thyme* are just some of the beloved bloggers featured along with their most popular recipes and brand new dishes whipped up exclusively for this sumptuous feast. From Fried Oyster Brioche Toast to Tahini Dirty Blondies and Coconut-Curry Noodle Soup, plenty of delicious dishes will satisfy and stimulate every palate.



**BEYOND THE PLATE**  
**PRESTEL**



TOP FOOD  
BLOGS  
FROM AROUND  
THE WORLD  
INCLUDES  
60 RECIPES

FOREWORD BY Adam Sachs  
TEXTS BY Daniela Galarza

**PRESTEL**

Berlin-based photographers and writers Susann Probst and Yannic Schon seek not to simply highlight recipes on their inspiring blog, but to shine a light on gatherings and the sorts of food that are best shared with others. "Krautkopf" means "head of cabbage" in German, so, yes, classic German recipes (written in both German and English) are featured, but Probst and Schon are redefining classic German cuisine, which tends to be meat-heavy, by focusing on vegetarian recipes. Hearty root vegetables, dark, leafy greens, and, yes, cabbage are transformed, gently, into dishes that look like they came out of the kitchen of a fine dining restaurant. Pumpkins are roasted and stuffed with lentils; peas and pistachios form a ravioli filling; and elderflower perfumes a classy white cheesecake. Sometimes a simpler dish like a vegetable-filled crepe-like pancake (Gratin Pancake) is turned on its head and buried under a brûléed cap of cheese and sauce. Recipes are helpfully arranged by season and diet, and a basics section covers sauces, curry paste, non-dairy milks, doughs, and stocks. The pair's inventiveness is only trumped by their delightful photography. Designed to give the viewer—whether reading on mobile, desktop, or tablet—a book-like experience, the photographs are blown up almost to the width of the page, and are so crisp that the reader might be tempted to reach up and flip the page or dog-ear a corner. It's no wonder then that Krautkopf won Best-Designed Blog in *Saveur* Blog '15 Awards, or that they published their own cookbook in 2015 called *Krautkopf: Vegetarisch kochen und genießen*."

## Krautkopf

**Yannic Schon & Susann Probst**

Berlin, Germany  
[www.kraut-kopf.de](http://www.kraut-kopf.de)



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### Q + A

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**What is the most treasured item in your kitchen?**

Mortar and pestle.

**What is your ultimate comfort food?**

Any type of curry.

**Name a utensil you can't live without**

Camera.

**What is your go-to breakfast?**

Pancakes with berries and granola.

**What is your go-to cocktail?**

Moscow Mule with homemade ginger beer.

**Who would you love to cook for?**

Everyone who would like to taste our food.





## READER FAVORITE

# THAI COCONUT SOUP

SERVES  
2

### METHOD

Place the tofu in a re-sealable container or plastic bag. In a small bowl, combine  $\frac{1}{3}$  cup plus 2 tablespoons (100 ml) of the vegetable stock with 1 tablespoon of the curry paste and whisk until the curry paste is dissolved. Pour over the tofu, cover, and refrigerate overnight—from time to time, shake the container to make sure the marinade covers the tofu on all sides.

The next day, heat the coconut oil in a large, heavy pot over medium-high heat. Add the remaining curry paste and cook for 2 to 3 minutes. Add the remaining vegetable stock and bring to a boil. Use the back of a chef's knife to pound the lemongrass, so that the fibers open and emit their flavor. Add the lemongrass, along with the kaffir lime leaves, to the stock and reduce to a simmer.

While the stock simmers, cook the rice noodles: Bring a large pot of water to a boil, remove from the heat, and add the rice noodles. Let the noodles cook, according to the package instructions, until al dente, then rinse with cold water. Set aside.

To fry the tofu, heat the vegetable oil in a small, heavy pot over medium-high heat. Take the tofu out of the marinade and pat dry with paper towels. When the oil is hot, carefully place the tofu in the oil and deep fry, occasionally turning with a slotted ladle or spoon, for 5 minutes or until golden. Transfer to paper towels to drain. Cut the tofu into thin slices.

Add the tofu, along with the shiitake mushrooms and coconut milk, to the soup and simmer for another 10 minutes. Season to taste with lime juice and salt. Divide the rice noodles between 2 bowls and top with the soup. Serve immediately with the spinach, mung bean sprouts, scallion, herbs, peanuts, and lime wedges.

*We love Asian cuisine, especially for its use of fresh and exotic herbs. We prefer to serve this soup with only rice noodles, tofu, and mushrooms and to arrange an extra plate for the spinach, sprouts, scallion, fresh herbs, peanuts, and lime wedges. This way, everyone can garnish their soup as they like.*

*Tofu is mild, so we like to give it some much needed bang by marinating it in a curry paste mixture overnight. This means you'll need to start this recipe a day ahead.*

### INGREDIENTS

- 4 cups (950 ml) vegetable stock
- 1 tablespoon plus 2 teaspoons red curry paste
- 9 ounces (250 g) organic firm tofu, cut in half
- 1 teaspoon virgin coconut oil
- 1 stalk lemongrass
- 2 kaffir lime leaves
- 4½ ounces (125 g) rice noodles
- About ½ liter vegetable oil, for frying
- 3½ ounces (100 g) shiitake mushrooms, thinly sliced
- 1 cup (250 ml) coconut milk
- Juice of ½ lime, plus wedges for serving
- Fine sea salt
- 1 handful baby spinach leaves
- 1 handful mung bean sprouts
- 1 scallion, thinly sliced
- Fresh herbs, such as cilantro, mint, Thai basil, celery greens, and shiso
- Toasted peanuts, roughly chopped

## NEW RECIPE

SERVES  
2

### INGREDIENTS

#### For the falafel

5 ounces (150 g) dried chickpeas

5 ounces (150 g) fresh shelled fava beans

1 shallot, finely chopped

1 to 2 cloves garlic, finely chopped

½ bunch flat-leaf parsley, leaves only

3 to 4 sprigs fresh cilantro, leaves only

1 teaspoon freshly squeezed lemon juice

1 teaspoon cumin seeds, crushed with a mortar and pestle

½ teaspoon coriander seeds, crushed with a mortar and pestle

½ teaspoon ground sumac

½ teaspoon baking soda

Fine sea salt

About 1 liter vegetable oil, for frying

#### For the salad

3 tablespoons raspberry balsamic vinegar

1 tablespoon extra-virgin olive oil

1 teaspoon Dijon mustard

1 teaspoon rice syrup or ½ teaspoon maple syrup

Fine sea salt

Ground pepper

4½ ounces (120 g) baby lettuce and wild herbs

5¼ ounces (150 g) blackberries

# WILD HERB SALAD WITH FAVA BEAN FALAFEL

### METHOD

For the falafel, soak the chickpeas overnight in plenty of cold water. The next day, thoroughly wash the chickpeas and let them drain well (they won't be cooked for this dish).

Bring a small pot of salted water to a boil and blanch the fava beans for about 5 minutes or until the white skins begin to split. Drain and quickly rinse with cold water. Slip off the white skins and discard.

Combine the chickpeas, fava beans, shallot, garlic, parsley, cilantro, lemon juice, cumin, coriander, sumac, and baking soda in a food processor and pulse until the mixture has a medium-fine texture—mind that you don't grind the mixture too finely or the falafel will be dense rather than soft and fluffy. Season to taste with salt. Form the mixture into ping pong-size balls.

To fry the falafel, heat the vegetable oil in a large, heavy pot over medium-high heat. When the oil is hot, carefully place falafel in the oil and deep fry, occasionally turning them with a slotted ladle or spoon, for about 5 minutes or until golden brown. Transfer to paper towels to drain. Bring the oil back up to temperature and fry the remaining falafel. Place the falafel in the oven to keep warm, if desired.

For the salad, in a small bowl, whisk together the vinegar, olive oil, mustard, and rice syrup. Season to taste with salt and pepper.

In a large bowl, toss together the baby lettuce, wild herbs, and blackberries. Drizzle with the dressing, top with the falafel, and serve immediately.

*When talking about our favorite dishes, we can't forget versatile falafel. Falafel is ideal for eating on the go, big appetites, or, perfect for a light dinner (when combined with a wild herb salad).*

*The dried chickpeas need to be soaked overnight, so be sure to start the recipe a day ahead.*

*For the salad dressing, we use raspberry balsamic vinegar. Those vinegars are very fruity, thick, and not as sour. If you use normal raspberry vinegar you might have to balance the sourness with more syrup.*

