



The Caring Issue

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Companion²²



THE FUTURE OF FOOD

Will it all be lab created burgers, LED grown micro greens and uber mushrooms on our plates? And how do we tackle food waste? Check out what's on the menus of tomorrow, p54

Clothes that care

If you love fashion but are worried about the effect on our environment, fashion stylist Michelle Duguid explores ways to dress well without costing the earth, p.24



ON THE RIGHT TRACK

Celebrating the green renaissance of train travel across Europe, p32



SOAP & GLORY

How to build a true soap empire. We talk to the founders of Soeder, p14



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THE FUTURE OF FOOD

Will it all be lab created burgers, LED grown micro greens and uber mushrooms on our plates? And how do we tackle food waste? Rick Jordan investigates

...IS GOING VEGAN

Unless you've been hiding out on an Argentinian cattle ranch, you can't fail to have noticed the plant-based revolution that's been rebalancing the way we eat. And while going vegan has multiple health benefits, it also has an impact on the planet's wellbeing too – as an Oxford University study reported, converting grass into meat is like converting coal to energy, and going vegan can shrink our carbon footprint by 73 per cent.

"I'm convinced that in the future we won't be eating animal products," says Zurich-based chef, food consultant and activist Lauren Wildbolz, who opened Switzerland's first plant-based restaurant in 2008, Vegan Kitchen & Bakery, founded a vegan pastry company, Kubo, after realising that desserts were a particular stumbling block for cafés, and now advises restaurants, hotels and institutions such as Museum Rietberg on how to create interesting, accessible menus, riffing on 'salty, naughty bar food'.

"If we want to know about the future of nutrition we need to look into the past," she explains. "On a recent research trip to Japan I had probably the best meal I'd ever eaten in my life—a temple meal, or shojin ryori, which was completely vegan. I always tell the story of the Buddhist monastery where tofu was invented 2,000 years ago, then leap forward to Silicon Valley and cell-based meat. It's important to know that faking meat with food such as spelt seitan and tempeh has a long tradition, and is vital to change our animal consumption. There's still much to do politically, but with influential chefs such as Daniel Humm going meat-free, more hobby chefs will follow suit." →



Vegan culinary art
by Lauren Wildbolz

"I'M CONVINCED
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LAUREN WILDBOLZ,
CHEF & ACTIVIST



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Healthy and hearty
goulash soup



Lauren Wildbolz's tasty recipe for goulash soup is a vegan classic that can be scaled and reheated and is ideal for meal prepping. You can also try the recipe with grape juice as an alcohol-free version (70% of the alcohol remains in the food during cooking). Enjoy!

GOULASH SOUP

INGREDIENTS

500g organic onion
4 tbsp butter-flavoured rapeseed oil
3 tsp salt
4 cloves garlic
3 tbsp tomato purée
3 tbsp paprika pulp
4 tbsp paprika powder
150g spelt seitan
300ml vegan white wine, sweet or mellow
350g organic potato
150g organic carrots
100g organic red pepper
3 tsp dark miso paste
1 tsp caraway
1 tsp marjoram
½ tsp thyme

METHOD

1 Finely chop the onions in a food processor or grate them finely with a vegetable slicer.

2 Put 3 tbsp oil in a hot saucepan. Saute grated onion in it over medium-high heat for 15-20 minutes until lightly browned. Stir occasionally. Once most of the onion water has evaporated, season with 1 tsp salt.

3 Finely chop the garlic, add the remaining oil, paprika and tomato paste to the pot, and stir-fry for 1 minute. Stir in the paprika powder and fry for a further 2 minutes.

4 Cut the spelt seitan into approx 0.5cm cubes and add, deglaze with wine and 1.75l water and bring to a boil.

5 Cut the potato, carrot and pepper into 2cm cubes and add them to the broth with the yeast extract. ↗

6 Coarsely grind the caraway seeds and add them to the pot with the marjoram and thyme.

7 Cook the goulash soup over medium heat with the lid on for 40 minutes. Remove the cover and reduce the liquid by about ¼ for another 20 minutes.