



Flavour of Sustainability

Copenhagen's dining landscape is constantly changing and evolving with increasing focus on responsible and ethical food practices.

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One of the world's greenest cities, Copenhagen symbolises bike culture and organic food. Its people are determined to leave a better world for future generations by making products with minimal pollution, high resource efficiency and a small carbon footprint. The city aims to become the world's first carbon-neutral capital by 2025. Now picture this – a restaurant set at a farm in the middle of one of the most modern cities in the world, the evening sky lit up in orange hues as you dine inside a 'green room'. Add to that the knowledge that most of the ingredients for your dinner come from just a few feet away.

ØsterGro, the roof top urban farm is one of the many examples of Denmark's capital city Copenhagen's love for



Image credit: Shirin Mehrotra

Above: A cozy greenhouse at Gro Spiseri; **Left:** Fennel greens, toasted seaweed paste, almond oil and white currant sorbet with marigold flowers

sustainability. Set five floors above a showroom that auctions old cars in Østerbro, the farm is spread over a 600 sqm area with patches of vegetables, edible flowers and herbs, a bee farm and chicken coop. ØsterGro is one of the first urban gardens in Copenhagen, which was started to inculcate the idea of sustainability into daily food practices. The produce of the farm is shared by its 40 members who are now part of this initiative.

the menu is decided based on seasonality and availability of produce. A meal of soft pita bread with steak, fresh cherries, cherry sauce, Cuban oregano leaves; salted grilled monk fish with black currant sauce; house made ricotta with grilled house salad, kohlrabi served three ways - raw with salt, pickled, tempura; whipped fresh goat cheese cream with reduced honey and honey comb, is served with organic, locally-made wine.

As a traveller, you can be a part of the experience by signing up for one of their social dinners at the restaurant Gro Spiseri where

From being heavily influenced by French cooking to now being one of the world's most sought after food destinations,



You can fly to Copenhagen with Vistara's interline partners Aeroflot, Finnair, Lufthansa, Qatar Airways, SWISS, and Turkish Airlines.



Experience more of the farm at Denmark's first rooftop farm at Gro Spiseri

BE RESPONSIBLE FOR WHAT YOU EAT

Too Good To Go – An app that ties up with restaurants that do not want to throw away their surplus food. You can pick up the food from these restaurants at discounted prices using this app. Add to that, food is packed in biodegradable boxes.

Rub & Stub – A non-profit restaurant that creates food using donated ingredients that are either 'surplus' in other restaurants or considered 'too ugly' to be sold at supermarkets.

Løs Market – Zero waste supermarket where the food is sold without packaging to reduce unnecessary waste.

Absalon – A church turned into a community centre in Vesterbro that hosts community dinners at affordable prices cooked by volunteers.

Copenhagen's dining scene has undergone a major change. Much of its credit goes to Chef Rene Redzepi who transformed the way the city looked at its food. The focus shifted to seasonality and availability of produce as well as cooking techniques to retain their flavour. With his newly re-opened Noma in Christianshavn, which also houses an urban farm, the love for inner city agriculture and community gardens is growing further.

Sustainability is the keyword right from the Michelin star restaurants to small coffee shops and food markets. At 108, known as Noma's little sibling, the fennel greens sourced from the Krogerup farm form a salad with toasted seaweed paste, almond oil

and white currants sorbet, and marigold flowers. A lot of the ingredients here are foraged and preserved using various techniques. You'll find last year's strawberries, mushrooms and even pumpkin on your plate.

At Andersen & Maillard, coffee roasters in Nørrebrogade, use surplus coffee beans and make ice-cream to be sold the next day, till stocks run out. WeFood, a supermarket in Copenhagen sells products that can't be sold at regular supermarkets because of incorrect labels or damaged packaging. The products are usually available at 30-40 per cent discount.

One of the most impressive examples of 'reduce and reuse' is Reffen, the newly

opened street food hub in Refshaleøen. With 54 stalls spread over 400-sqft outdoor space, it's a seemingly difficult proposition but Reffen does it with open stalls where you can see your food being prepared, and biodegradable packing to ensure minimum waste. From an Indian kebab joint to Peruvian ceviche, the range is wide and inclusive in its setting. "We want to promote mom and pop business and also make it inclusive for our guests and so you will find enough vegetarian and vegan options too," says Dan Husted, creative director of Reffen.

The idea of sustainability in Copenhagen is slowly transcending the concept of farm-to-table and what's being served on the plate. At the soon to open Alchemist 2.0,



Gemyse Restaurant in Copenhagen promotes an eco-friendly 'farm-to-table' culture

The idea is to ensure an innovative, multi-layered and sensory dining experience that extends beyond the plate.

Chef and Co-Owner Rasmus Munk plans to create dishes that will take your focus to the larger issues of the world. His whole vision is to ensure an innovative, multi-layered and sensory dining experience that extends beyond the plate to the immediate surroundings through theme-based art installations and artist performances. At his previous restaurant, Munk served a lamb tartare presented inside a sliced open lamb heart smeared with red sauce, symbolising blood. The dish came with a donor card for the guests to consider organ donation. "I believe we have a responsibility to do more than serve food. We should serve the world and use our platforms to create awareness about important topics like taking good care of our planet and to treat the food we kill and consume with the utmost respect," says Munk. For Munk the term 'sustainable dining' includes all aspects of a restaurant including the treatment meted out to the staff of the suppliers. At Alchemist's T(A)easte Lab, the idea is to work with small and large scale producers to improve their product and production. A simple process of making instant broth using the shells from langoustines (Norway lobster) has created four jobs in the small Danish island of Læsø. The lab's aim is to research on how to store and prepare food in the best possible way to save energy and optimise food and eating quality. 🌱