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ART + DESIGN

STYLE | FALL of 2018 | ISSUE 20

ALEXANDER McQUEEN

The Genius, The Film

MARK KOSTABI *Elements of Style*

CALIFORNIA DREAMING *Manhattan Beach Retreat*

PHOTO LONDON - *Pushing Boundaries in Contemporary Art*

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THE

ART of STYLE

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THE ART *of* DINING

COOKING FROM SCRATCH WITH **SCRAPS**

*London chef Skye Gyngell
deliciously combats food waste.*

by **ANGELA DANSBY**
photography **LISA BARBER**

Chef Skye Gyngell of Spring restaurant in London doesn't have any food to waste. That's because she's using imperfect ingredients from her suppliers and normally discarded bits from her kitchen to create a special menu. She's preventing food waste—one of the city's first chefs to advocate for responsible consumerism in food service.

"As buyers and consumers, we let a quarter of our food go to waste each week," Gyngell says. "But chefs are becoming more aware of this issue and customers care about sustainability. I want to inspire them."

In her pre-theater "Scratch Menu," Gyngell uses items farmers cannot sell, such as pullet (small) chicken eggs and imperfect produce, as well as restaurant scraps like vegetable tops and fish trimmings.

"Outer leaves of lettuce are cooked down and cauliflower leaves are blanched and grilled," Gyngell notes. "Old bread is dried out and turned into flour. Vegetable peelings are turned into chips and coffee grindings go back to the farm as compost."

At about \$27 for three courses, the menu prevents monetary excess as well.

"I saw all of the wasted food on the farm and in our kitchen and thought, 'Why not do a menu with these items at a lower price?'" Gyngell says. "It will enable younger people and those with less money to dine at Spring."

But this is no dumpster dining. Located in the New Wing of Somerset House in London's West End, the restaurant is known for its ingredient-led, nutritious haute cuisine.

"Our job is to show the beauty of nature," Gyngell says. "I also want to serve people nutritious meals. I love food that does something good for you."

Moreover, Gyngell is doing good for the environment by making Spring free of single-use plastic by year-end. This means no plastic wrap, straws, containers, pens, or even garbage bags. The restaurant will save 3,600 kilograms of plastic wrap a year alone.

"Our individual health relies on the health of the planet," Gyngell emphasizes.

That's like a breath of fresh, Spring air. ●



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show the beauty
of nature.”