VENN · ADVISORY · SPECIMEN

inside one dish.

grass pea falafel · tomato water · black sesame.
summer 2026 menu, interlude two.

this document follows one course from the field to the pass: what is bought, how it is prepared, what it yields, what it costs to control, and what has to be true before it leaves the kitchen.

this is the shape of the document a diagnostic returns for your own menu, with your purchasing data behind every line.

THE COURSE AS SERVED · JULY 2026

specimen document. an adapted working specification from venn's kitchen. its structure, operational controls and selected production data are shown intact. formulations, critical process steps and selected figures have been withheld. a shaded field marks each one, so that the field itself stays visible.

DOCUMENT	SOURCE	MENU	STATUS
operating specification	kitchen recipe book, summer volume 7	summer 2026, in service from 8 july	active, adapted for publication

what is on the plate, and what this document covers.

COMPONENT	IN THIS SPECIMEN
tomato water	yes · section 04
grass pea falafel	yes · section 05
lacto-fermented red currant and tomato	yes · section 04
red currant and tomato chutney	yes · section 05
black sesame mayonnaise	not included
shaved fennel, seasonal flowers	not included

COURSE RECORD

position	interlude two, the second course of the six-moment menu
register	cold, acidic, savoury. sets the summer menu's tone: clean, acidic, colourful
portion	3 falafel × 15 g, in tomato water, dressed at the pass
finished to order	the falafel only. every other component is prepared ahead and held
allergens	sesame · mustard
menu tags	regenerative agriculture · agroforestry · includes wild vegetation
producers on the public menu	the landscape farm · h2douro · sweet green · formiga gloriosa

THREE FALAFEL, BEFORE THE TOMATO WATER · PORTION CONTROL IS VISIBLE BEFORE ANYTHING ELSE IS

why this dish. it is the easiest course on the menu to describe and one of the hardest to run well. five prepared components, two of them live ferments, a pulse we buy a kilo at a time, and a clear liquid that goes cloudy if anyone hurries it. it also has two by-product loops, which is what we most want a client to see.

what is bought, from whom, and why it is on the menu at all.

INPUT	SPECIFICATION	PRODUCER	WHERE
grass pea, dried	current crop, whole, sorted, organic	the landscape farm	são vicente do paúl · santarém
tomatoes, coração de boi	ripe, mixed, peak season only	h2douro	marco de canaveses
red currants	fresh, in season	h2douro	marco de canaveses
fresh herbs, parsley and coriander	fresh, same week	formiga gloriosa · sweet green	trofa · castelo de paiva
fennel	fresh, cut to order	sweet green	castelo de paiva
seasonal flowers, wild leaves	picked same day	formiga gloriosa	trofa
cumin, coriander seed, chilli	whole seed, toasted in house	wholesale	not tracked by producer
muscovado, cider vinegar, salt	unrefined · organic · sea salt	wholesale	not tracked by producer

every producer above is named on the public menu. prices, volumes and terms are commercial and are not shown.

PROCUREMENT CONTROL	RULE
season	one harvest a year, held dry, so the pulse is available in every menu
commitment	
receiving check	
price basis	the producer's published list; direct terms sit below it
if the crop fails	
rejected at the door if	

grass pea, the facts.

lathyrus sativus. two portuguese landraces entered the national catalogue of varieties in 2001 and 2002; alvaiázere calls itself the capital of chícharo. ours is grown at the landscape farm, são vicente do paúl, on the bairro ribatejano, certified organic, one of six systems the farm runs on one property: house, garden, olive grove, orchard, field and scrub.

the seed carries β-odap, a toxin that matters when grass pea is a staple for months. at 22 grams of dried pulse in one course it does not. it has been eaten in the eu since long before 1997 and sits outside the novel food rules.

on the plate it is soft, mild and takes spice, and it holds a coarse falafel without a binder. a crop like this stays in the ground only if someone commits to buying it, so the batch is a kilo, every second service, for the season.

THE LANDSCAPE FARM, SÃO VICENTE DO PAÚL · THE FIELD, THE OLIVE GROVE AND THE ORCHARD IN ONE VIEW

THE GROWER · AGRICULTURA DE PAISAGEM, THEIR TERM, FARMING SO THE LANDSCAPE ITSELF STAYS VIABLE · PHOTOGRAPHS: THE LANDSCAPE FARM

tomato water

STOCK · CLARIFIED LIQUID

yield	approx. 60 portions
batch input	4.000 kg ripe mixed tomatoes
salt	2% of tomato weight · 80 g
equipment	large mixing bowl · cheesecloth · chinois · bucket or container · scale
active labour	
passive time	20 min rest, then drip until clear
hold	refrigerated, sealed · 3 to 5 days
by-product	tomato pulp, reserved · goes to the lacto-ferment, this page

01 wash, chop roughly if needed, weigh

02 add salt at 2% of weight

03

04 rest 20 minutes to draw more liquid

05

06 pour, and let it drip on its own until clear. never press the pulp

07

reject if the water is cloudy. the cause is always the same: someone pressed the pulp. there is no recovery step; it goes to sauce base, and a new batch starts.

CORAÇÃO DE BOI, PEAK SEASON · THE WATER DEPENDS ON THIS AND NOTHING ELSE

lacto-fermented red currant and tomato

FERMENTED COMPONENT

yield	approx. 1.0 kg fermented fruit
inputs	red currants · cherry tomatoes *or* the pulp reserved from the tomato water · fresh ginger
proportions	
salt	2% of combined weight · approx. 21 g
equipment	fermentation jar · scale · fermentation weight · lid or airlock · clean spoon
time	approx. 7 days at room temperature in summer · longer in winter, to taste
hold	refrigerated after fermentation · kept submerged
by-product	the brine, reserved as a live starter for the next ferment

01 combine fruit, tomato and ginger in a clean jar

02 weigh the combined contents; add salt at 2%

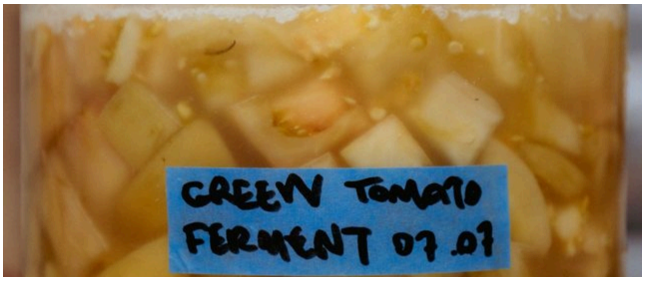
03

04

05 close with an airlock or a loose lid

06

07 refrigerate to slow it once the acidity is right



EVERY FERMENT CARRIES ITS NAME AND START DATE ON THE JAR · NOTHING IN THE WALK-IN IS ANONYMOUS

grass pea falafel

MAIN COMPONENT

yield	approx. 132 falafel at 15 g · 44 portions of 3
base	1.000 kg dried grass pea, soaked overnight in cold filtered water
aromatics	cumin seed · coriander seed · chilli flakes · garlic · small red onion · parsley · coriander leaf
quantities	
equipment	large bowl · oven · baking tray · thermomix or food processor · scale
skill	trained prep for the mix · portioning can be delegated
hold, raw	refrigerated, up to 2 days before cooking · mix or formed balls freeze well
service	fried to order ·

01 soak the pulse overnight, plenty of cold water

02

03

04

05 stop at coarse and cohesive. it must hold a ball. never a purée

06 portion at 15 g, on the scale

07

reject if the mix is smooth, or will not hold a ball without cracking. both mean it was over-processed or under-drained, and neither can be fixed by adding flour, because there is none.

red currant and tomato chutney

FERMENTED CONDIMENT

yield	approx. 1.2 to 1.4 kg
base	one batch of the lacto-ferment, drained
additions	unrefined white muscovado · fresh ginger · salt · organic cider vinegar
quantities	
equipment	medium saucepan · wooden spoon · fine sieve · sterilised jars
endpoint	
hold	refrigerated, sterilised airtight jars
by-product	the drained brine, refrigerated and used to inoculate the next ferment

01 drain the ferment. keep the liquid in a clean jar

02

03

04 drop to a gentle simmer, stirring now and then

05

06 cool, jar, refrigerate

THE FERMENT, DAY SEVEN · THE CHUTNEY AND THE NEXT BATCH'S STARTER BOTH COME OUT OF THIS JAR

three calculations the kitchen actually runs.

A · BATCH TO SERVICE

dried grass pea, one batch	1.000 kg
falafel formed at 15 g	
portions at 3 per plate	44
seats in the room	26
full services per batch	
refrigerated hold before cooking	2 days
batch cadence that never breaches the hold	
balance on a slow night	

the batch size was not chosen for the food processor. it was chosen so that a kilo of a crop we asked a grower to plant is used inside its hold, every time, on a 26-seat room. change the room and this number changes first.

B · ONE INPUT, THREE OUTPUTS, NO WASTE

tomatoes in	4.000 kg
salt at 2%	80 g
tomato water out, clear	approx. 60 portions
pulp out, reserved	to the ferment
pulp into the ferment, with currants and ginger	
salt at 2%	
ferment out, day seven	
drained fruit into the pan	
chutney out	1.2 to 1.4 kg
brine out, live starter for the next ferment	**reserved**

the same 2% by weight turns up in the water and in the ferment, doing two different jobs. in the water it draws the liquid out. in the ferment it keeps the wrong microbes out while the right ones work. one figure to remember, two preparations.

C · COST ARCHITECTURE

grass pea, dried, per kg	€5 to €7
pulse cost per portion, ÷ 44	€0.11 to €0.16
aromatics and herbs, per portion	
tomato water, per portion, ÷ 60	
chutney and ferment, per portion	
mayonnaise, fennel, flowers, per portion	
food cost per portion	
share of the six-moment menu's food cost	

the pulse band comes from the producer's own published price list, retail and with tax, so the direct price sits below it. the near-abandoned ingredient is not the expensive line on this plate. the labour and the water are. every line above is live in the kitchen's costing; a client receives this structure filled in for their own menu.

D · LABOUR

soak the pulse	overnight, passive
toast the seeds	5 min, active
drain, blitz, portion	
crush the tomatoes, set to drip	
rest, drip, ferment	20 min, then hours, then 7 days, passive
start the ferment, cook the chutney	
active minutes per batch	
active minutes per portion	

trained prep for the two mixes; portioning and jarring can be delegated. the passive time runs to days, which is the point of the drip and the two ferments: the work is in starting things and checking them, not in standing over them. the active minutes are in the kitchen's labour sheet and are not shown.

six moves at the pass, in this order.

01 · FALAFEL
three, fried to order, straight from the fryer to the bowl. the only hot element.

02 · FENNEL
shaved, dressed, placed with tweezers.

03 · BLACK SESAME MAYONNAISE
from the bottle, three points.

04 · CHUTNEY
from the bottle, between the mayonnaise.

05 · TOMATO WATER
poured from a measured jug, cold, around and not over.

06 · FLOWERS
seasonal, with tweezers. out of the kitchen straight away.

AT THE PASS

components held	water, chutney, mayonnaise cold · fennel cut to order · flowers picked same day
what is hot	the falafel only · the water must be cold when it meets them
what is measured	falafel count · water volume · the two bottles are dosed against a reference plate
what is timed	fry to plate. the falafel do not wait, the water does

REJECT AT THE PASS IF

the water	is cloudy, or warm
the falafel	have cracked in the fryer, or are fewer than three
the fennel	has gone soft: it was cut too early
the flowers	are wilted. they are the last thing on and the first thing seen

what has to be true before this leaves the kitchen.

CONTROL	RULE
salt	2% by weight, for the water and for the ferment
labelling	name and start date on every jar and container, on tape, in marker
holds	
by-products	pulp to the ferment · brine to the next ferment · nothing from this course goes in the bin by design
portion	
batch	
clarity	never press the pulp. the water is a visual test the guest performs without knowing
allergens	sesame and mustard declared on the menu · none in the four preparations shown here
revision	

WHAT CHANGES AT SCALE

at four hundred covers this is a different document. the batch is set by what the combi and the fryer can take in one go, not by the hold. the falafel are cooked in batches and regenerated, because nobody fries twelve hundred to order. the tomato water is the slow part and cannot be hurried, so it sets the prep schedule. the ferments need dates on a calendar instead of tape on a jar. we have not run this at that scale. the second document in this series works it through as a study, and says so.

WHAT A CLIENT RECEIVES

this specimen shows sourcing, yield, batch size, by-product routing, the service sequence, the failure rules and the shape of the costing and the labour. it does not show the labour figures, the food-safety limits or the substitution rules. a full specification carries those too.

a diagnostic returns the full structure for your own menu, with your purchasing data behind every cost line and your constraints, not ours, setting the numbers.

the standard we used to decide what to withhold. a competent chef should be able to understand exactly how venn manages this dish, and should not be able to reproduce exactly how venn makes it. everything that shows control is here. everything that is only the recipe is not.

ENQUIRIES
venncanteen.com/advisory

KITCHEN
rua de fernandes tomás 345, porto

PHOTOGRAPHY
paula yubero, july 2026 · the landscape farm

THIS DOCUMENT
specimen · not for reproduction