

Fridays with  
**Seppe  
Nobels**

*5 or 7 course menu Le Condruxi, created  
with local ingredients  
which Seppe has selected with care  
from farmers in the area.*

6 course dinner: €90 p.p.  
7 course dinner: €105 p.p.

The chef's menu depends on the daily offer of our  
farmers from the region.  
Vegetarian options are possible please notify us in  
advance also for any intolerances or allergies.

## VEGETABLES & HERBS

The vegetables Seppe works with at 'La Chapelle' come from local farms - such as ferme Jardin d'Antan in nearby Hody, at walking distance from the castle farm. Vegetables are grown there in a sustainable way: in the field, and at the rhythm of the seasons. So all our beans, turnips, broccoli, lettuce, cauliflower and courgettes come from the fields of Anthisnes and its suburbs - a beautiful, rough and ready environment. Some vegetables that play a key role in Seppe's menu (such as tomatoes, mushrooms or asparagus) he specifically entrusts to local organic farmers who excel in this - such as Adelin. For Seppe, there is only one way to work well and consciously with these local professionals; and that is by using their products in his kitchen in an extremely respectful way.



In our salads and vinaigrettes, you will also find many flowers and local herbs. We find all these plants close to or even on the domain of the castle farm. Over the years, many herbs have been planted there anyway. But also in the flowerbeds around the domain, the soil has so much purity to offer that the wild picking of herbs and flowers makes Seppe's story - and menu - complete. Seppe uses those flavours according to the rhythm of the seasons - in the summer months think of chickweed, yarrow, pimpinell and sorrel. And on the banks of the river that slowly flows through the castle grounds, local water mint and watercress are picked in the morning.

## FISH

The Sambre and the Meuse, two slow-flowing rivers, cross the Condroz. One of the most common fish in these rivers is the sandre, pikeperch. Together with the grayling and the wild trout, this fish is considered to be the most delicious species in the waters of the Ardennes.

Near La Chapelle is the Ourthe, which is rich in fish. In the river, one finds mainly trout and perch, but also (again) crayfish. Whereas in the past only indigenous, so-called European crayfish were found in Wallonia, today at least six species of exotic crayfish can be found in our southern waters.

As a North Sea Chef, Seppe has been working for more than ten years with only local (North Sea) fish species, or with algae or dune plants from Flanders and Zeeland - he has been friends with the Zeeland fisherman Arnold De Jaeger for many years. Seppe now thinks it is time to integrate the southern, French-speaking part of the country, with its river fish and crayfish, into his cooking.

## MEAT

The Belgian Blanc Bleu cattle breed was "created" at the beginning of the 19th century by crossing local cattle breeds (Condroz) with English Durham and French Charolais cattle. It is currently the most cultivated and best known cattle breed in the region.

The Menapian pork is the primitive pig that populated the primeval forests of the Condroz at the time of the Condruzi (one of the tribes of the ancient Belgians) and the Romans. It became extinct in the first millennium AD, but butcher Hendrik Dierendonck, breeder Ruben Brabant and the UZGent succeeded a few years ago in breeding this animal again.

With this history in mind, Seppe serves both breeds at "La Chapelle", alternating them with other (matured) meats or game. For Seppe, this is once again the very logic, and also the basis of his sustainable cuisine: respect for a local population, a region and a terroir.

## MENU

Young green asparagus with fresh  
Ardennes cheese /  
nuts / crusty sourdough bread /  
za'atar / citrus

Pointed cabbage on the BBQ / snails  
from Namur / anchovy / almond /  
cream of chives and celeriac

Risotto / La Chapelle crayfish / lemon  
thyme gravy

Grayling / violet artichokes /  
lukewarm pistou of tomato and basil/  
gravy of lemon thyme

Menapian pork cheeks / sweet  
onion cooked in a crust of salt /  
cream of fermented garlic / chard  
varnished with honey from our own  
bees / red beet and rosemary gravy

Three local artisanal cheeses / rye  
bread / sirop de Liège /  
pear cooked in beetroot juice

Crème brûlée with Belgian  
Saffron / strawberries / kohlrabi /  
basil / buttermilk ice cream