

My future as a chef

Traditional Icelandic food used to be a lot more sustainable than it is today. When I talk about sustainability I like to mention the farm my dad grew up on as well as I did when I was younger. There my grandparents lived and had livestock and grew vegetables. My grandmother always cooked and it was important not to throw anything away, every bit of the animal was used to make different types of dishes.

Today Icelandic people don't like to eat certain parts of the animal like the intestines and I think they are afraid of cooking it because they don't know how to do it. As a young chef I would like to try and change that and teach people how to cook these parts, they were my favorite growing up and still are. I plan on opening a restaurant when I grow older and when I do I want to highlight these parts of the animal and all of the methods used in old Icelandic food. The methods used in old Icelandic food culture are still used today just not for the same purpose, today the methods are mostly used for flavor or texture but in the old days it was used for preserving and storing. Among these methods are for example smoking, drying and fermenting.

Before I open a restaurant I want to collect experiences in the business so as soon as I graduate as a chef from the culinary school of Iceland, I want to go and travel. I would like to travel to as many countries as possible, try many different cuisines and learn a lot in the way. On my travels I would like to stage in restaurants around the world hopefully in all continents. Many people don't like the idea when I talk about staging in a restaurant and ask me "why are you going to work at a place where you won't get paid" the answer to that is always the same. Staging is not free work, it is free school.

In Iceland you can learn a lot but we have so few restaurants so the variety is not as great as it is in other parts of Europe. In Iceland we have great produce, great meat and amazing vegetables but the variety is not so good as it is too cold for most plants to grow. When traveling I know that I will get the chance to work with more exotic produce and for that I am very excited. We can get many products from other parts of the world but the quality reduces when it travels halfway around the globe and it is not sustainable.

Some of the places I dream about going to are for example Denmark, I have been watching the food culture there develop a lot in recent years and I think it is very interesting where it is headed. Another place I want to go to is Singapore, I traveled to Singapore about 4 years ago and what I loved about it was the variety of food and cuisines to choose from, I only stayed there for 3 days but I would have loved to be there for 3 weeks at least.