

Food Lab

Lauded Canadian chef Briana Kim's latest project, *Antheia*, is a restaurant-meets-living-library of ferments and ideas, giving diners a taste of what drives her passion. "I want *Antheia* to feel like a place where time is preserved, studied and transformed into flavour," she says. The Ottawa eatery reflects her meticulous, purposeful approach and dedication to fermentation with a vegetable-focused multi-course seasonal menu that changes three times a year. Kim started off as a political scientist, but a fascination with fermentation and foraging steered her in a different direction. After interning at New York's Eleven Madison Park, she deepened her understanding of fermented beverages in Copenhagen. She then opened (and closed) two award-winning restaurants in Ottawa, *Café My House* and *Alice*. Last summer, she was invited to share her perspective and techniques at Copenhagen's *Noma*—a full-circle moment for the self-taught chef. Wanting to create a fermentation library to record the evolution of *Antheia*, she filled the shelves of its muro (a cedar-lined purpose-built fermentation incubator) with syrups, garums (fish sauces), koji (a fermentation starter), shoyu (Japanese-style soy sauce) and homemade misos as well as innovative ingredients like peas and corn tortillas. @antheiarestaurant

