

"TRAVEL IS STILL MY SOURCE OF INSPIRATION."

Interview with Anton Schmaus

Mr. Schmaus, your parents ran a hotel in the forests of Bavaria. Did you always know you wanted to be a chef?

Because I grew up with gastronomy from an early age, it was clear to me quite early on that I wanted to become a chef. It's like a virus, there's no getting rid of it.

If you had to choose a holiday destination based on its food culture, where would you go?

Italy or Sweden. Both countries have a unique way of cooking and in both cases I love the simple, produce-oriented approach.

Do you cook at home? Do you ever eat fast food?

My wife does most of the cooking at home (and she's very, very good) – but now and again I do eat fast food.

A Far Eastern note is often typical of your dishes. Where does this influence come from?

When I was in New York and Stockholm, I frequently encountered Asian flavours and fusion cooking in general. It has never let me go, and over time I've developed my own style out of it.

What else characterises your cooking style?

A traditional basis, always with great intensity of flavour, produce-oriented, seasonal.

The hugely popular trend of individualisation can be seen in food too. What's your approach to trends such as paleo eating, fast good, veganism and clean eating?



Many of these trends are here to stay, so as a chef you simply have to adapt to them. Personally I find it an exciting challenge to engage with something like veganism, for example, because it continually presents you with new possibilities. But I also think you shouldn't and don't have to follow every trend.

You've cooked in Lugano, Stockholm and New York, and you acquired plenty of ideas in these places. Where do you get your inspiration now in Regensburg? How do you create new recipes?

Travel is still my source of inspiration. But obviously an important part of creating new dishes is the season and the available produce.

Your restaurant Storstad (Swedish for 'big city') is a true gem in the heart of Bavaria. Why big city?

For me, big city is a feeling, a way of living, characterised



by a cosmopolitan, relaxed community. That's what I wanted to create, what I still aim to create, with my restaurant: generating this feeling and deliberately provoking something, as Regensburg itself isn't really perceived as a big city and the people here are often very aware of the latest thing. The Swedish name 'Storstad' came from the architecture and of course my love of Sweden in particular.

In how many different ways do you use the V-ZUG Combi-Steam to prepare your dishes?

The Combi-Steam helps us in many areas of preparation (vegetables, baking etc.) and above all in service (poaching fish, soufflés, keeping warm etc.).

How would your staff describe you?

Pragmatic, able to take criticism, approachable.

What has been your best experience with a guest?

It's hard to say specifically. Every guest who leaves the restaurant satisfied is a wonderful experience for me.

Describe your character in 3 words?

Cosmopolitan, ambitious, honest.

Are these qualities reflected in your food?

Absolutely!

Who has been your biggest personal and professional influence?

Franz Feckl, under whom I trained, shaped me as a chef. Also Martin Dalsass, who has been an important influence on me in life with his calm, level-headed approach.

How do you relax away from the kitchen?

I enjoy spending my free time with my wife, doing yoga, and exercise generally.

In 2015 you were named Newcomer of the Year in Germany and shortly after opening your restaurant you were awarded a Michelin star and 17 Gault-Millau points. Your big city concept has been a huge success.

What do you wish for in the future?

Most of all I wish for good health so that I can continue to be successful at what I do. This year I will also be opening a second restaurant and fulfilling the dream of a 'casual dining' restaurant – and obviously I wish for the best possible success with this venture too.