Disfrutar Vol. 3







Oriol Castro, Eduard Xatruch y Mateu Casañas

Photography: Francesc Guillamet

Description

Oriol Castro, Eduard Xatruch, and Mateu Casañas present the third volume of the award-winning work dedicated to Disfrutar, their iconic Barcelona restaurant, culminating a decade of creativity recognized with a third Michelin Star.

Retrospective 2021-2023.

Disfrutar Vol. 3 covers a period of full creative maturity, documenting the evolution of a restaurant that continues to set trends and celebrates its entry into the pantheon of world gastronomy.

Established Culinary Vanguard.

The trio of chefs continues to amaze with their boundless innovation, now presenting the 2021–2023 Catalog and new techniques and concepts that inspire professionals and enthusiasts worldwide.

A Legendary Restaurant.

With a third Michelin Star and named **The World's Best Restaurant 2024** by 50 Best, Disfrutar reaffirms its position as one of the most creative and influential restaurants in the world

Unmatched Creative Method.

True to their pursuit of excellence, the chefs create dozens of new dishes every year. This volume selects 98 recipes from 2021–2023, many based on original techniques and concepts that have become international references.

Interactive Experience.

Recipes and techniques are explained in detail and include QR codes linking to exclusive videos, making it easy to follow each preparation step by step.

Prestigious Collaborators and Author Edition.

With photography by Francesc Guillamet, design by Zoo Studio, and editorial direction by Abalon Books, this edition maintains the award-winning format that distinguishes the collection, now established as a trilogy.

A Table That Comes Alive.

Includes the presentation of the innovative Table M#01, the "Living Table," a staged experience that expands the gastronomic journey beyond the plate.

The highly anticipated third installment of a reference work in culinary publishing, celebrating a prodigious decade of Disfrutar and its unstoppable journey toward new creative heights.

Synopsis

Oriol Castro, Eduard Xatruch and Mateu Casañas have returned with their new volume of their publishing project that illustrates the world of Disfrutar, their iconic Barcelona restaurant. In this third installment, preceded by the acclaimed achievement of a third Michelin Star, they once again set the benchmark for culinary publications, as did the two fabulous volumes that preceded it. This immense undertaking, with prospects to surpass the condition of trilogy, like the great classics, covers the tireless creative output of these admired and inspiring chefs.

Disfrutar Vol. 3 introduces a total of 98 new creations at the culinary cutting edge selected from the 2021–2023 Catalogue of dishes, many of which are the fruit of techniques and concepts of their own invention and are making their way around the world and are shown here in detail accompanied by QR codes. These new classics of contemporary creative cuisine are showcased in this book together with a record of the memory of a restaurant that has already become legendary in the world of hospitality and has reached the zenith of culinary achievement. An incomparable finale to a brilliant decade at the pinnacle of gastronomy.





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Acknowledgements

About the authors



Part II - Folder with creations

Catalogue 2021–2023 Recipes: 98



Excerpt from the introduction by the authors

10 years of Disfrutar, 25 years of creative self-demand

"If we were to condense what we want to keep in this introduction, we would say this. We're three chefs who, after a decade of responsibility at elBulli, decided to start from scratch with Compartir to learn how to manage, and then we founded Disfrutar with the same creative exactitude and with a culture particular to us. We've done all of this with independence, discipline, consensus and coherence. We have treated acclaim as a consequence, not as a goal. We've brought order to our creativity by means of a method – our catalogue – which forces us to improve year after year. We've paid attention to the front of house experience as an integral part of our offering and customers as the centre of attention. We've invested in people and structure over and above the façade. We've rejected shortcuts to protect our identity..."

About Disfrutar Vol. 1 and Disfrutar Vol. 2

Disfrutar is the ultimate work from Abalon Books and CXC Chefs, a must-have compendium for chefs and high-level gastronomy enthusiasts. Its first volumes, *Disfrutar Vol. 1* (2021) and *Disfrutar Vol. 2* (2023), are available in both Spanish and English editions, offering a unique experience: meticulous design, exceptional photography, and recipes that have shaped the evolution of contemporary cuisine. This one-of-a-kind collection has received a total of five national and international awards:

- National Gastronomy Award 2021 to Best Gastronomic Communication
- Expansión-Fuera de Serie Gourmet 2021 Award for the Best Gastronomic Book
- ADG Laus 2022 Bronze Graphic Design Editorial
- Design & Art Direction D&AD Awards 2022 Shortlist Book Design
- Art Directors Club of Europe ADCE 2022 Silver Award Editorial Design

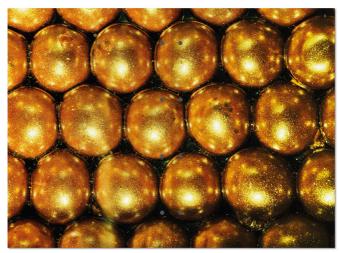


Content preview: Disfrutar book













Content preview: Catalogue 2021-2023















Amaranth coral with oyster and velvet horn seaweed emulsion

In 2023 the Mexican chef José Luis Hinostroza prepared a meal in Barcelona, which we had the privilege to attend, where we sampled a wonderful soft shell crab tempura with a light a crispy batter. As our curiosity was piqued, we asked José Luis whether there was any particularity to the dish, to which he replied that its ingredients included amaranth. Back at our restaurant, we did a number of experiments until we came up with our formula for a tempura whose recipe incorporated puffed amaranth. As we wanted the light and crispy texture to be the focus of the dish, this coral was the result. We accompanied it with a few hints of the sea to add complexity. Presentation-wise, as an exercise in tableware design, we served this dish in a light box, which consisted of a set of mirrors and a light with which we tricked diners when picking up the coral.

Amaranth mixture

100 g amaranth grains 100 g maize flour 25 g baking soda

Heat a casserole and add the amaranth, covering the bottom

Cook until the amaranth puffs fully while stirring with a spatula. Quickly remove the puffed amaranth from the casserole to keep from burning.

Combine the puffed amaranth with the maize flour and bicarbonate

Grind to a fine powder.

Sift and set aside in an airtight container.

Coral batter

90 g amaranth mixture ↑ 90 g water 200 g vodka

Mix all the ingredients with a hand-held blender to a smooth batter. Set aside in the refrigerator.

Green and red coral batters

300 g coral batter ↑ 1.5 g natural red food colouring 1 g natural green food colouring Dissolve the red food colouring in 150 g of batter. Process with a hand-held blender and set aside in the refrigerator. Dissolve the green food colouring in 150 g of batter. Process with

a hand-held blender and set aside in the refrigerator.

Amaranth corals

Red coral batter ↑ Green coral batter ↑ 1 litre sunflower oil Salt

Put the oil into a pan that allows for a depth of about 8 cm. Heat the oil to 190 °C

Place a 7-cm-diameter pastry cutter into the oil.

Fill a syringe with the green batter and do the same with the red batter. When the oil is hot, pipe 5 g of green batter irregularly into the pastry cutter, then quickly pipe in 10 g of red batter and finish with 5 g more of green batter.

Deep-fry for 30 seconds until the batter turns completely crispy. Use tweezers to remove the pastry cutter, then carefully remove the coral with a skimmer, taking care not to break it. Make 1 amaranth coral per person.

Drain off the excess oil on kitchen paper and season with salt. Place the corals on a round dehydrator lined with kitchen paper and leave to dry out at 35 °C for 48 hours.

Transfer the dried corals to an airtight container and set aside in a cool, dry place.





About the authors

Oriol Castro (Barcelona, 1974), Eduard Xatruch (Vila-seca, 1981) and Mateu Casañas (Roses, 1977) are now legends of the fine dining scene with a shared background of more than 25 years in the hospitality industry. At their restaurant Disfrutar, they create 80 new dishes every year on average; they work at the highest level of creativity, just as they were taught at elBulli, where they were part of the revolution in avant-garde cuisine. At Compartir, their first joint venture, they celebrate Mediterranean and festive cuisine - originally in Cadaqués, and now also in Barcelona. The great impact of their innovations has earned them global recognition from the entire sector and many awards and acknowledgements. They received their third Michelin Star in 2023, and were named The World's Best Restaurant 2024 by The World's 50 Best Restaurants, just as they were about to celebrate their tenth anniversary.



About Abalon Books

Abalon Books has become a benchmark in the culinary publishing world, celebrated for its unique blend of editorial excellence, design, and world-class content. Founded by Jon Sarabia, the house publishes works by Michelin-starred and 50 Best restaurants and chefs, develops bespoke editorial projects for third parties —as both publisher and author—and has created iconic titles such as Etxebarri, The new vignerons, and Templos del producto. Its landmark Disfrutar trilogy - Vol. 1, Vol. 2, and Vol. 3 - won the 2021 National Gastronomy Award and exemplifies the publisher's commitment to quality, alongside works by acclaimed authors like Benjamín Lana and François Monti. Abalon Books has also received the Euskadi Gastronomy Award, a Top 10 placement at the 2023 Spirited Awards, and multiple accolades for design, including two ADG Laus Awards and recognition from the Art Directors Club of Europe.

Covering every corner of gastronomy, Abalon Books has published a dozen outstanding titles, including Madrid Gastro, The new wave; Jerez, Manzanilla y Montilla; L'Escaleta; La despensa japonesa; Luis Irizar, Maestro de maestros; Disfrutar Vol. 1; Animal cocinero; Mueble Bar; Disfrutar Vol. 2; Viñadores; and Fundador, The first Spanish brandy.

Specifications



Case. Disfrutar. Vol. 3 Size: 293 x 354 x 104 mm

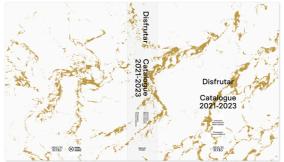
Weight: 6,2 kg

Format: Case with 2 volumes (1 book + 1 folder)



Book. Disfrutar Size: 238 x 345 x 31 mm

Pages: 200 pp Format: Hardcover



Folder. Catalogue 2021–2023

Size: 273 x 345 x 62 mm

Pages: 360 pp Format: Hardcover

Printed on organic paper processed using 100% chlorine-free practices and sourced from sustainably managed forests.

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