Disfrutar Vol. 1

ABALON BOOKS



Oriol Castro,
Eduard Xatruch
and Mateu Casañas

Photography: Francesc Guillamet
Foreword: Ferran Adrià

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Description

The first book from Disfrutar, the restaurant belonging to the acclaimed chefs Oriol Castro, Eduard Xatruch and Mateu Casañas.

The elite of avant-garde cuisine.
Oriol Castro, Eduard Xatruch and Mateu Casañas are among the legends of modern cuisine and are behind some of the most iconic creations in recent gastronomic history.

One of the world's most coveted restaurants.
Awarded two Michelin stars in just three years, Disfrutar is already among the world's best restaurants featuring avant-garde cuisine. Its progression has broken all the records for awards and acknowledgements, the latest being its rise to fifth place in the ranking of The World's 50 Best Restaurants.

The best compilation of contemporary creative cuisine.
Their gastronomic offering is presented through the techniques that have made them famous and a selection of more than 100 creations from the years 2014–2017, including their Macaroni a la carbonara, Panchino filled with caviar and Multi-spherical corn on the cob.

A monumental work of publishing.
This is an ambitious volume owing to its content and format, which comprises a book with the history of the restaurant and the keys to its gastronomic offering, and a folder containing step-by-step recipes documented by the chefs in their catalogue of creative cuisine.

Prestigious collaborators.
This book features a foreword by Ferran Adrià, photographs by Francesc Guillamet – one of the best contemporary gastronomy photographers – and art direction by the renowned Zoo Studio, winners of numerous national and international graphic design awards.

International edition.
The book is being published simultaneously in Spanish and English editions in response to the growing worldwide interest in the restaurant and its chefs' creations.

Finally, one of the most eagerly awaited books in recent years is being released in an edition that will set a new benchmark in food publications.

Sinopsis

Oriol Castro, Eduard Xatruch and Mateu Casañas have taken their Barcelona restaurant to the forefront of the global gastronomic scene with a firm commitment to creativity as their hallmark. For the first time, they share the secrets of their most influential project in this book, with this first volume covering the period between 2014 and 2017.

Disfrutar is the story of one of the most important restaurants in the modern culinary culture, a singular space whose proprietors have created their own distinctive style of hospitality. They unlock the keys to their creative cooking, with detailed descriptions of their evolution and the techniques and concepts that have made them famous, including a large amount of previously unpublished material. It comes with a binder containing recipes of more than 100 dishes from their *Catalogue 2014–2017*, together with a section detailing their highly documented methodology. Some of their most famous creations are explained step by step, with photographs by their close collaborator Francesc Guillamet.





Content:
Part I – Disfrutar book

Foreword
To the reader
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2. The space
3. Our team
4. Hospitality and service
5. Wine and other beverages
6. Gastronomic offering
7. Learning, sharing, enjoying
Acknowledgements
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Content:
Part II – Folder with creations

Catalogue 2014–2017



Excerpt from the foreword by Ferran Adrià

'If I had to describe Eduard, Mateu and Oriol, and their restaurant, Disfrutar, in five words, the first one on the list would be effort. It has taken effort to get as far as they have: endless hours of work, in both management and in everything to do with innovation. Imagination and creativity would come next, as I have no doubt that you can count chefs in the world who are on a par with them in this respect on one hand. There's no question that courage is the attitude that best defines how they've taken on this project since the outset in 2014: their determination has allowed them to resolve the financial and gastronomy-related issues that opening a restaurant of these characteristics entails. Finally, teamwork is synonymous with Disfrutar, because the joint leadership exercised by these three chefs and the respect, care and admiration they profess for each other and for their team is vital if we're to understand their success and why they're some of the most esteemed professionals in the business. As an added bonus, Disfrutar is uniqueness, an experience that is impossible to find outside of their restaurant.'

What they said about Disfrutar

JOSÉ ANDRÉS

'To know the Disfrutar project is to feel inspired by Oriol, Eduard and Mateu... by their creativity, effort and teamwork that they convey through each dish, through which they tell the story of avant-garde cuisine and the evolution, techniques and concepts that have brought them success and that will continue to take them even further.'

VIRGILIO MARTÍNEZ Y PÍA LEÓN

'Through this book, Oriol, Eduard and Mateu have provided us with a window into their complex and perfectly integrated world. Through hard work and a lot of imagination, they've paved an incredible path, which we can now access to explore four years of their history and their methods, emotions, expectations, lessons and results.'

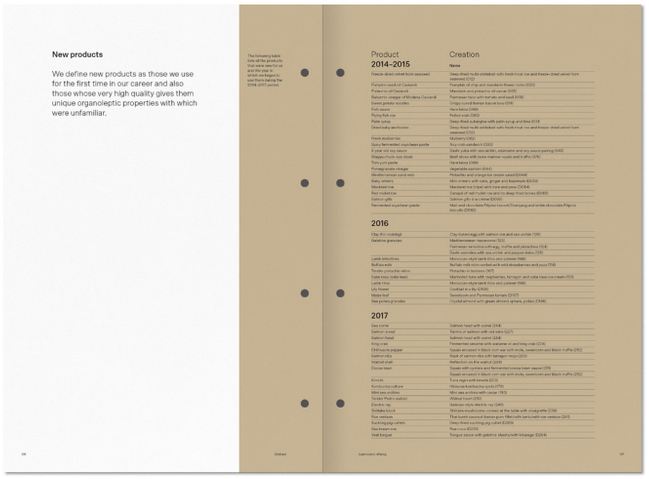
JOAN ROCA

'This is a must-have book. Disfrutar is proof that the great gastronomic revolution of the twentieth century continues to evolve in the twenty-first.'

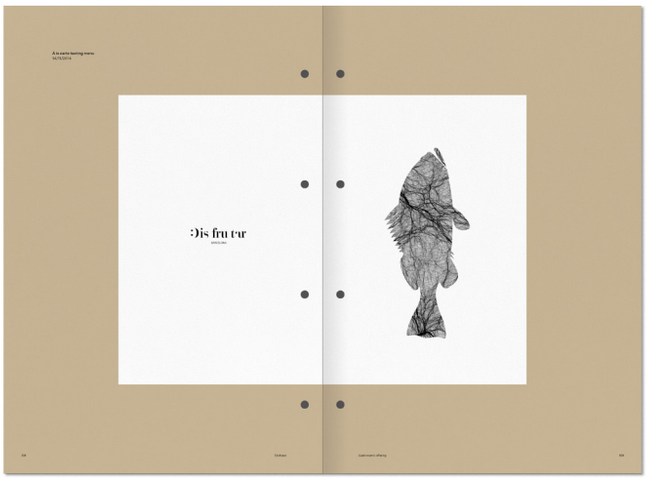
Content preview: Disfrutar book

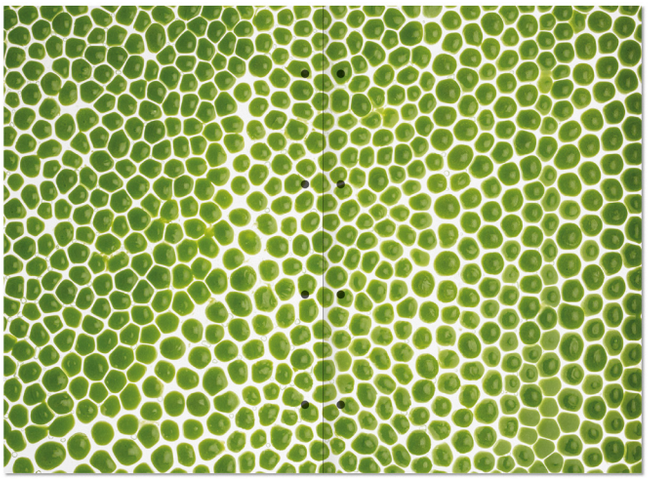




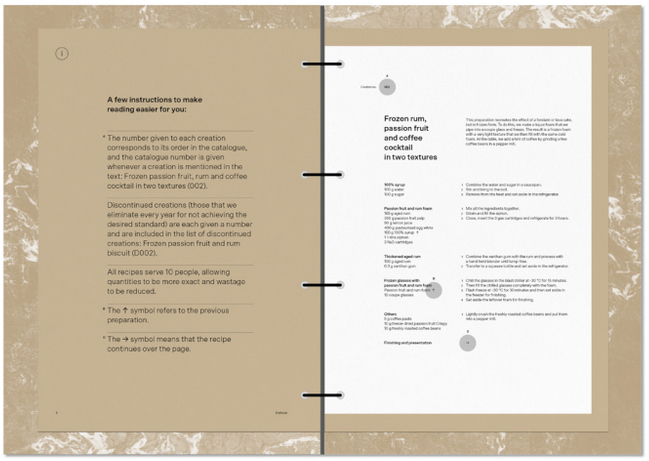




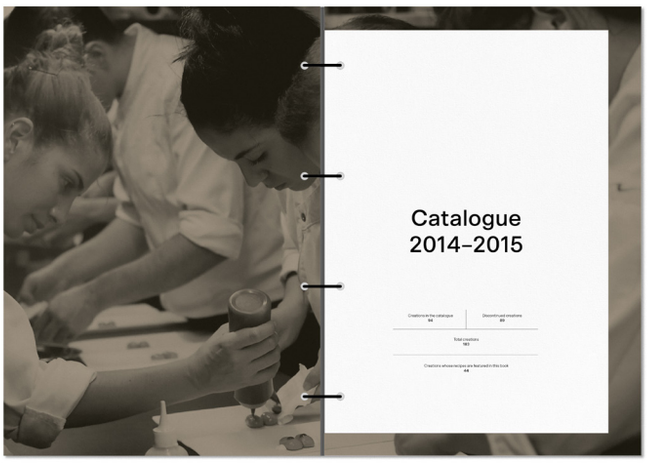


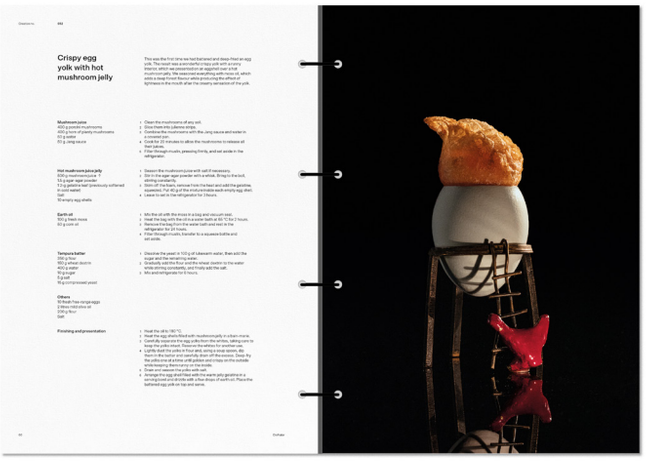


Content preview: Catalogue 2014–2017

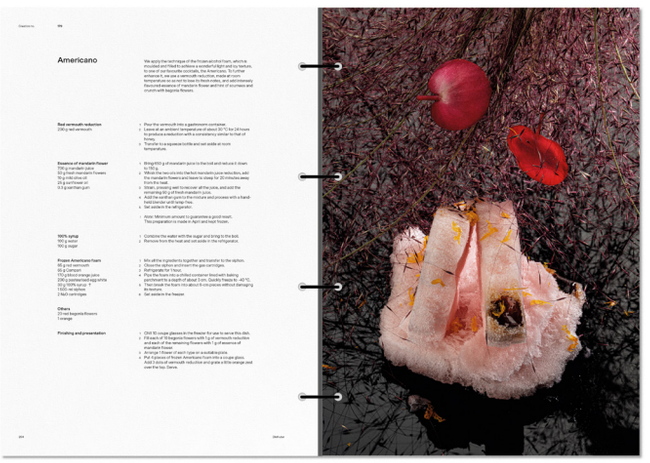












Frozen beetroot with caviar

As we were working on our next creation, we came up with a new technique: vacuum-puffing and freezing meringue. This discovery allows us to make extremely airy frozen preparations, such as this frozen beetroot, whose hints of earthiness are combined with the saltiness of the caviar. This taste combination that's very familiar to and appreciated by our mental palate.

Beetroot juice
1 kg fresh beetroot

1. Peel and cut up the beetroot and pass the pieces through the juicer.
2. Transfer the juice to a saucepan and bring to a light boil.
3. Then remove from the heat, skim off the foam and filter through muslin.
4. Set aside in the refrigerator.

Beetroot meringue base
350 g beetroot juice ↑
15 g powdered egg white
0.6 g xanthan gum

1. Add the egg white to the beetroot juice.
2. Process with a hand-held blender until lump-free.
3. Add the xanthan gum and process again.
4. Refrigerate the mixture for 12 hours.

Beetroot reduction
150 g beetroot juice ↑

1. Reduce the juice over a medium heat to 50 g.
2. Leave to cool, transfer to a pipette and set aside in the refrigerator.

Puffed beetroot meringue
Beetroot meringue base ↑

1. Beat the beetroot meringue base in a stand mixer on speed setting 8 for 4 minutes to a firm and stable meringue.
2. Transfer to a piping bag.
3. Pipe a 10-g rosette of beetroot meringue into the base of 10 serving bowls.
4. Apply a vacuum until until the meringue protrudes from the surface of the bowl by about 2 cm, then quickly turn off the vacuum.
5. Freeze at -40 °C for 1 hour.
6. Then set aside in the freezer at -20 °C.

Others
50 g beluga caviar
20 g natural yoghurt

1. Put the yoghurt into a squeeze bottle and set aside in the refrigerator.

Finishing and presentation

1. When it is time to serve, put the bowls with the frozen puffed beetroot meringue on serving plates.
2. Using the pipette, inject 2 g of beetroot reduction into the meringue. On one side, make a 2-g dot of yoghurt and finish by adding a 5-g serving of caviar on the surface.
Serve immediately.

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SAMPLE PAGE. REAL SIZE DESIGN

About the authors

Oriol Castro (Barcelona, 1974), **Eduard Xatruch** (Vila-seca, 1981) and **Mateu Casañas** (Roses, 1977) are legends of gastronomy. At their restaurant Disfrutar, they create 80 new dishes a 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 adventure located in the town of Cadaqués, they explore Mediterranean and festive cooking. The great impact of their innovations has earned them global recognition from the entire sector and many awards and acknowledgements. They received their second Michelin star in 2017 and were ranked fifth on the list of The World's 50 Best Restaurants in 2021.



Francesc Guillamet (Figueres, 1956) is a self-taught photographer who has been collaborating since their inception with the Compartir and Disfrutar restaurants by Oriol Castro, Eduard Xatruch and Mateu Casañas. More than 70 culinary works by world-renowned chefs contain his images. He began his collaboration with elBulli in 1992 and took the 1,846 photographs that comprise their general catalogue. He currently combines his editorial work with museum exhibitions on food-related themes and his particular way of seeing landscapes.

About Abalon Books

Abalon Books is the new leading light in food publications. A new collection of works by world-class authors covering the best of cooking, wine and the latest gastronomic lifestyle trends, with contents curated by an expert team and featuring the work of renowned names in photography and art direction. From A to Z and for all audiences, both professionals and enthusiasts. Previous publications by Abalon include *Madrid Gastro. La nueva movida; Jerez Manzanilla y Montilla. Vinos tradicionales de Andalucía; L'Escaleta. El sabor de la montaña mágica; La despensa japonesa. Ingredientes y combinaciones Oriente-Occidente;* and *Luis Irizar, Maestro de maestros*.

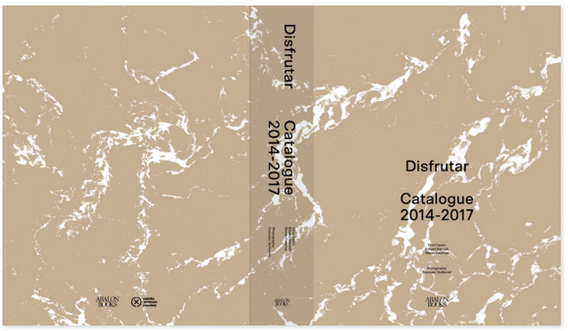
Specifications



Case. Disfrutar. Vol. 1
Size: 293 x 354 x 104 mm. Total weight: 6,2 kg
Format: 2 volume hardcover. 1 book + 1 folder



Book. Disfrutar
Size: 238 x 345 x 31 mm. Pages: 200 pp
Format: Hardcover



Folder. Catalogue 2014–2017
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Format: Hardcover

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Web: abaloncontent.com/disfrutar

Contact and PR

Jon Sarabia | ABALON CONTENT
+34 626 992 761 | jsarabia@abaloncontent.com