Disfrutar
Vol. 2

ABALON
BOOKS



Oriol Castro,
Eduard Xatruch
y Mateu Casañas

Photography: Francesc Guillamet

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Description

Oriol Castro, Eduard Xatruch and Mateu Casañas offer us the second instalment of the multi-award-winning work dedicated to Disfrutar, their celebrated restaurant in Barcelona.

Retrospective 2018–2020. *Disfrutar Vol. 2* shows the subsequent steps and evolution – during a period of evident global upheaval – of a restaurant in a class of its own that has already created a style, and what many consider to be a school, of its own.

At the global culinary cutting edge. Oriol Castro, Eduard Xatruch and Mateu Casañas continue to surprise us with their incredible creative ability, now with the publication of their *Catalogue 2018-2020* and some of the techniques and concepts that are most admired by professionals and enthusiasts alike.

One of the world's best restaurants. Disfrutar has been placed among the world's most creative restaurants. A habitual favourite of global rankings, it has continued to climb to reach the second place on the 2023 list of The World's 50 Best Restaurants.

A unique creative method. The three chefs' obsession with creativity and the high standards they set for themselves has led them to include an average of 80 new dishes each year in their catalogue, of which the 96 best are featured for the 2018–2020 period and all involving techniques and concepts created by themselves.

Also in audiovisual format. As a novelty, some of their recipes and techniques include QR codes with links to videos of how they are made or put into practice. The new Flourless puff pastry and Microwave crisps, and some of their classics, such as Deep-fried batter foams are given another dimension.

Prestigious collaborators and multi-awarded edition. *Disfrutar Vol. 2* comes in the same format and was published by the same team – featuring photographs by Francesc Guillamet and art direction by Zoo Studio – as its predecessor, and has gained numerous accolades both in Spain and internationally, including the 2021 Spanish National Gastronomy Award.

International edition. In response to the international success of *Disfrutar Vol. 1* and the interest sparked by the possibility of a new volume, both the Spanish and English versions of the book are being released simultaneously.

The long-awaited continuation of an ambitious project that has become a trendsetter among gastronomy publications, by one of the most desirable restaurants at the present time.

Synopsis

After the publication of the restaurant's multi-award-winning first book *Disfrutar Vol. 1*, this second volume by **Oriol Castro**, **Eduard Xatruch** and **Mateu Casañas** offers the continuation of an ambitious publishing project dedicated to their acclaimed Barcelona restaurant, this time tracing their subsequent stage, 2018-2020, accompanied by a personal account of those years filled with undeniable challenges.

Disfrutar Vol. 2 showcases the evolution of a restaurant impregnated with creativity in every aspect that continues to lead the way at the international culinary cutting edge, creating a style and, for many, a school of its own. This new volume is also dedicated to a creative Catalogue that is truly impressive, both for the sheer number of new dishes – of which 96 already highly successful ones have been chosen for this volume – and for the development of genuinely innovative techniques and concepts, now also available in audiovisual format through links provided by QR codes. A culinary masterpiece by a restaurant that has steadily grown and never ceased to amaze with the track record it has earned for itself in such a short lifetime.



Contents:
Part I – Disfrutar Vol. 2 book

To the reader
1. The next stage
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5. Wine and other beverages
6. Gastronomic offering
7. Learning, sharing, enjoying
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Acknowledgements
About the authors



Part II – Folder with creations

Catalogue 2018-2020
Recipes: 96



Excerpt from the preface by the authors
To the reader

“It gives us great satisfaction to present the second volume of Disfrutar, a reflection on our efforts and the work we do every day at our restaurant and a testimony to the fact that our creative impulse remains very much alive and continues to formulate new ideas.

This new book spans the period between 2018 and 2020. It is a selection of our innovations and successes, compiled in a folder whose 326 pages contain 96 recipes for creations in the catalogue and 182 pictures. This book also explains how the restaurant has evolved in terms of its spaces, people, hospitality and service, wine cellar, gastronomic offering, the trips we have undertaken and acknowledgements received, and, exceptionally, the roadmap we used to steer our way through the Covid-19 period of 2020. As a novelty, some of our recipes include QR codes with links to videos of how they are made.”

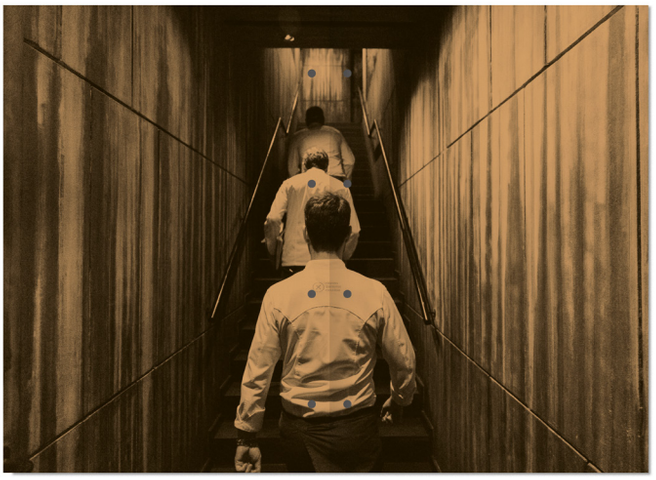
About Disfrutar Vol. 1

Disfrutar is an ambitious editorial work of Abalon Books and CXC Chefs, whose first installment *Disfrutar Vol. 1* has been awarded by the Royal Academy of Gastronomy with the **National Gastronomy Award 2021** for the Best Gastronomic Communication, one of the five national and international awards it has obtained, something unprecedented:

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



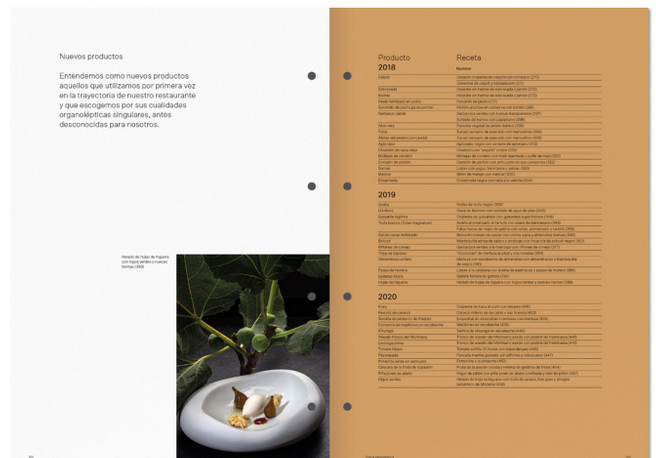
Content preview: Disfrutar book

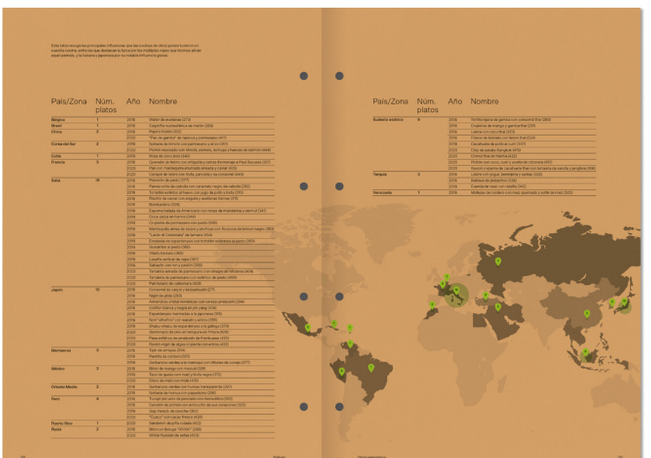




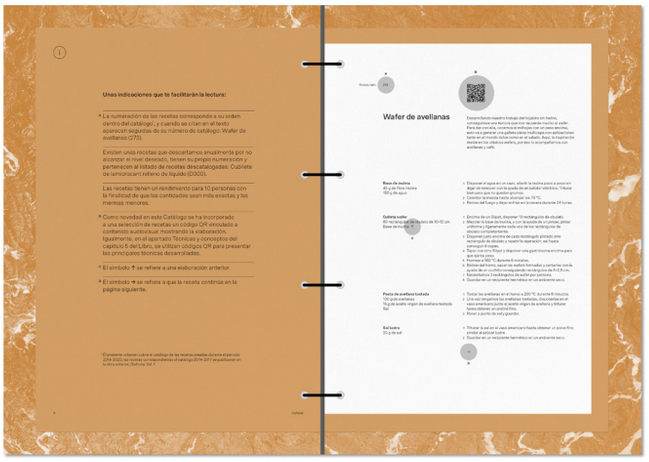


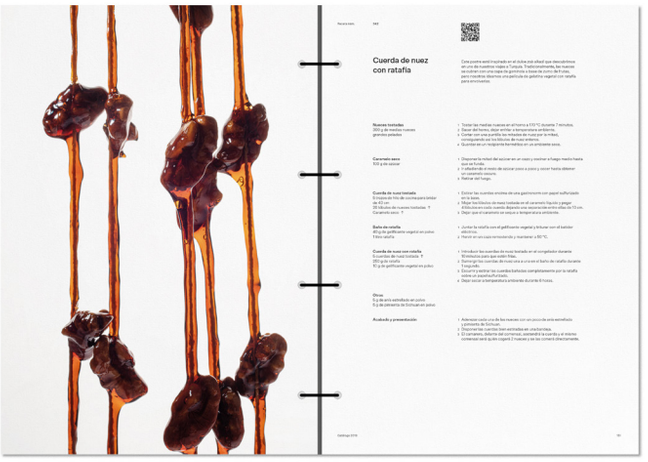


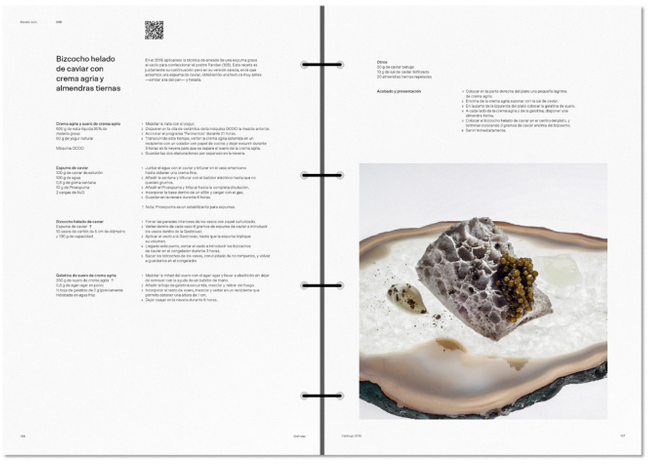




Content preview: Catalogue 2018-2020















SAMPLE PAGE. REAL SIZE DESIGN

Aerated Parmesan tartlet with Modena balsamic vinegar

During the course of 2020, we developed the technique of microwave crisps, which led us to devise different creations, as can be seen in the following recipes. In this case, we applied to make a cheese cream with egg white and a little flour, resulting in a crisp and light tartlet.

Parmesan whey
300 g Parmesan (Parmigiano Reggiano) cheese
300 g water

1. Cut the Parmesan cheese into small pieces and grind it to a fine powder in a blender.
2. Bring the water to the boil, stir in the cheese and leave to steep next to the heat for 40 minutes, stirring every 5 minutes.
3. Strain through a fine-mesh sieve, transfer to a deep and narrow container and refrigerate for 24 hours for the fat to separate.
4. Remove the fat from the top and reserve for another use.
5. Set aside the Parmesan whey (lower portion) in the refrigerator.

Parmesan foam
250 g Parmesan whey ↑
150 g pasteurised egg white
70 g plain flour
0.4 g xanthan gum
3 g soy lecithin
47 g wheat dextrin
2 N_2O cartridges

1. Mix the Parmesan whey with the xanthan gum and process with a hand-held blender until lump-free.
2. Add the remaining ingredients, except the egg white, and process to a smooth, lump-free mixture.
3. Finally, incorporate the egg white.
4. Transfer to a siphon, close and insert the gas cartridges.
5. Refrigerate for 3 hours.

Aerated Parmesan tartlet bases
Parmesan foam ↑
10 4.5 x 2.5-cm and 5-mm deep rectangular silicone moulds

1. Fill the moulds with the Parmesan foam.
2. Cook in the microwave at 900 W for 1 minute, and then on medium power for 2 more minutes.
3. Leave to cool down at room temperature and unmould.
4. Use scissors to trim off any imperfections from the edges of the tartlet bases.
5. Set aside in an airtight container in a dry place.

Whipped Parmesan cream
100 g Parmesan cheese
250 g cream (35% fat)
Salt
Freshly ground black pepper

1. Cut the cheese into small pieces, including the rind, and grind in a blender to a fine powder.
2. Add the cream and blend at 80 °C for 7 minutes.
3. Season with salt and freshly ground black pepper.
4. Strain and refrigerate for 24 hours.
5. Then whip the Parmesan cream to firm peaks.
6. Transfer to a piping bag fitted with a small star nozzle and set aside in the refrigerator.

Others
Lemon
20 pearls Caviaroli encapsulated balsamic vinegar of Modena

Assembly

1. Pipe a 2-g swirl of whipped Parmesan cream at the lower end of each tartlet base.
2. Arrange 2 Caviaroli spheres at the top end.
3. Finish by sprinkling a little grated lemon zest over the whipped cream and serve.

SAMPLE PAGE. REAL SIZE DESIGN

About the authors

Oriol Castro (Barcelona, 1974), **Eduard Xatruch** (Vila-seca, 1981) and **Mateu Casañas** (Roses, 1977) are now legends of the fine-dining experience. 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 elBullii, where they were part of the revolution in avant-garde cuisine. At Compartir, their first joint adventure, they explore Mediterranean and festive cooking at their original location in Cadaqués and now 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 second Michelin star in 2017, and were ranked second on the list of The World's 50 Best Restaurants in 2022.



Francesc Guillamet (Figueres, 1956). This self-taught photographer has illustrated the culinary creations by Oriol Castro, Eduard Xatruch and Mateu Casañas from their Compartir and Disfrutar restaurants since their inception. His work is featured in more than 70 books by world-famous chefs. He has collaborated with elBulli since 1992 and took the 1846 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.

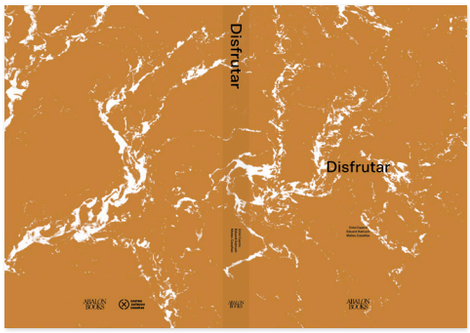
About Abalon Books

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*; *Luis Irizar. Maestro de maestros; Disfrutar Vol. 1; Animal Cocinero* and *Mueble Bar. Coctelería clásica y básica en casa.*

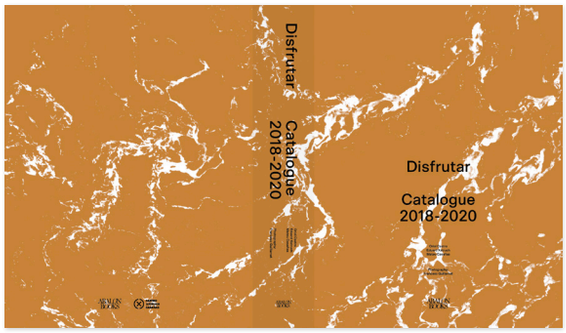
Specifications



Case. Disfrutar. Vol. 2
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 2018–2020
Size: 273 x 345 x 62 mm
Pages: 326 pp
Format: Hardcover

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

Retail price: 225 €
ISBN: 978-84-125707-1-7
Publication date: November 8, 2023
Web: www.abalonbooks.com

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