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Arzak Secrets



Synopsis

NAMED BEST BOOK ABOUT FOOD 2015 BY BOOKSABOUTFOOD.COM Juan Mari Arzak is the owner and chef of Arzak restaurant in San Sebastian, Spain, and was one of the first Spanish chefs to be awarded 3 Michelin stars. The restaurant is now rated 8th best in the world, and Juan's daughter Elena, who cooks with him, was voted best female chef in the world in 2012. They both studied with the great chefs of their day – Juan in France with Paul Bocuse and the Troisgros brothers; Elena with Alain Ducasse, Ferran Adrià and Pierre Gagnaire. "What we eat, how we eat, is in our culture," says Elena, "our signature cuisine is Basque. Our taste is from here. We were born here. We cook unconsciously with this identity." Thus Arzak is considered to be one of the most influential masters of the New Basque cuisine, which has continued to have a major influence on international cuisine, particularly on such world renowned chefs as Ferran Adrià, who took the techniques pioneered by Arzak to new heights. Originally published in Spanish and now available in English for the first time Arzak Secrets is THE behind the scenes recipe and technique book from the world famed restaurant. Gorgeously photographed, this volume is a glimpse at some of the secrets behind the dishes that have made the restaurant and chef famous. Arzak's kitchen is a laboratory for flavors, aromas and textures, and his dishes and techniques are revealed in this fascinating cookbook, which is not only for professionals looking for inspiration but for any dedicated cook committed to understanding the creative development and innovations behind this exceptional food.

Book Information

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Customer Reviews

Chef Juan Arzak in this unique and enticing cookbook reveals his secrets, REALLY secrets, which he uses in his kitchen and the recipes and techniques that have made his restaurant one of the best and most highly acclaimed in the world! It used to be the habits of cooks and chefs to keep their unique dishes secret so only they could claim the prize. However, Juan, who has owned his Arzak restaurant in the Basque country of Europe since 1970, studied with famous French chefs and has developed his own unique recipes and blends of what to some in America will seem unusual foods. But this book and his restaurant feature New Basque Cuisine, which is gaining world favoritism. Juan's daughter Elena was declared the best female chef in the world in 2012 . This cookbook is a must for chefs the world over and for those daring people who love to cook or to read cook books. It is fascinating and also the photos are beautiful enough to make this your unique coffee table book! EXCELLLENT and PRIZED!

Good baseline of formats and ideas to stimulate the culinary mind. From arguably the best restaurant in the world.

Just as described. Awesome. Loved it!

Love the book

My expectation was more!

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