

so good..

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oriol castro, eduard xatruch & mateu casañas



In less than three years, the restaurant Disfrutar in Barcelona has greatly evolved. The insatiable creative talents of its three chefs, ex-Bulli Oriol Castro, Eduard Xatruch, and Mateu Casañas, have led to the emergence of new techniques and ideas that are also transversal, translatable both to savory creations and also to the sweet universe. For these three chefs, the borders that delineate both worlds do not exist. On the contrary, in Disfrutar it is common that cooking and pastry, savory and sweet, are enriched to give rise to great ideas. To prove this, we look into two of their most recent creations (one sweet and the other savory), in which they play with two of their latest and promising techniques: molded multispherification and fried siphon doughs. Two advances of which they are especially proud: **'We have been able to bring new techniques and concepts, which is what sets apart a creative restaurant. It is important for us to be able to convey new things.'**



New techniques without borders



'There are things you come looking for, and sometimes you come to them by mistake, but being focused and concentrating on what you're doing takes you to something interesting. The multispherification was born of the intention to group spheres, although we were not clear on how. In fact, to achieve this effect we set off from an error. A sphere, after passing through the alginate bath, passes through water and is reserved in oil. We simply drain the sphere, to avoid any gelatin globs between them. Something wonderful can emerge from what would initially be a mistake, if the technique is well polished. In texture, we obtain a more gelatinous group, like an aspic, but liquid. The potential of this technique is unlimited. It allows one to play with multiple shapes and molds, besides allowing a set of flavors and colors in a same group of spherifications. In the case of this dessert, we have an exterior texture that looks a lot like baked apple, thanks to the caramelized gelatin, but the liquid inside is surprising. This technique also permits working with temperatures. This tatin is hot. Flavor-wise, we want everything to be very recognizable.'

ABOUT SPHERIFICATION

The first spherification carried out in elBulli in 2003 was the direct one, used for the melon caviar or the pea spheres. The alginate was placed into the liquid to spherify and then this liquid was put in calcium chloride. The sphere was created but it had to be served immediately as the liquid in the inside started to set. In 2005, the reverse spherification was born, which is the one used here: a liquid with chloride is soaked into alginate. This is the case of the olive spheres. In this case, the cooking is stopped, it does not set, but it does lose liquid and freshness with the pass of time, and for that reason it is best to keep working service after service.



Multi-spherical pineapple tatin

Ingredients for 10 people

Baked caramelized pineapple base

100 g sugar
500 g ripe pineapple, peeled
40 g butter
0.3 g xanthan
3 g calcium gluconolactate

Dry caramelize the sugar in a pot over the heat. Add the chopped pineapple and caramelize. Deglaze with the butter and bake in the oven at 200°C for 15 minutes. Remove from the oven and process with a blender to a creamy purée. Strain. Scale out 300 g and add the gluconolactate. Mix. Add the xanthan and crush with the help of a hand-held blender until no lumps are left. Store in the refrigerator.

Alginate base

1 l water
5 g sodium alginate

Combine the water and alginate and process with a hand-held blender until no lumps are left. Reserve in the refrigerator for 24 hours.

Pineapple multispherification

Baked caramelized pineapple base (see above)
Alginate base (see above)

With the help of a spherical spoon, make 1-cm-wide balls with the base of the pineapple in the alginate base. Cook for 1 minute, allow to drain on a perforated spoon and place 12 spheres in a cylindrical mold, 5 cm in diameter, so that they are together next to each but not on top of each other. Reserve in the refrigerator for 30 minutes and carefully unmold to prevent the spheres from breaking.

Phyllo dough base

4 u phyllo dough sheets
q.s. butter
q.s. sugar

With the help of a brush, eliminate the excess flour on the sheets and brush with melted butter. Slightly sprinkle with sugar and pile the different dough sheets. Cut with the help of a 5-cm-wide cutter. Bake between two silicone mats in the oven at 180°C for 10 minutes. Store in an airtight container in a cool, dry place.

Anise flan

200 g cream
50 g whole milk
2 g star anise, chopped
20 g sugar
20 g egg yolks
1 gelatin sheet of 2 g (previously hydrated in cold water)

Combine the milk, cream and anise. Bring to a boil, remove from the heat and allow to infuse for 30 minutes. Pass through a superbag. Add the egg yolks and sugar and mix. Pour into a pan and cook in a bain marie at 160°C for 25 minutes. Remove from the oven, purée and add the gelatin sheet. Fill 2 x 1 cm oval molds with the flan and freeze. Once frozen, unmold and reserve in the freezer.

Anise flan bonbons

10 u frozen cores of anise flan (see above)
100 g cocoa butter

Melt the cocoa butter to 65°C. Prick the cores with a needle and immerse in the melted cocoa butter so that they are completely coated. Reserve in the refrigerator.

Pineapple sorbet

1 u ripe pineapple

Peel and chop the pineapple with the help of a knife. Transfer to a Pacojet container, pressing so that it has no air and freeze. Spin twice and reserve the sorbet in the freezer.

Other ingredients

Sanxo pepper powder
Star anise powder

FINISHING AND PRESENTATION

Warm up the pineapple multispheres in a salamander and place each of them on top of the phyllo dough disk. Place the pineapple tatin in the center of the plate. On one side, place the pineapple flan bonbon, and on the other one place a quenelle of pineapple sorbet. Finish by sprinkling the pineapple sorbet with some sanxo pepper and some anise powder over the flan bonbon. Serve.



Ingredients for 10 people

Idiazábal whey

500 g Idiazábal cheese
600 g water

Cut the Idiazábal cheese into small pieces and then crush to a very fine powder. Boil the stated amount of water, add the cheese, stir and leave to steep next to the heat for 40 minutes, stirring every 5 minutes. Pass through a fine sieve and allow to set in a tall, narrow container for 24 hours in the refrigerator. Skim the fat off the surface and reserve for other preparations. Store the Idiazábal whey (lower part) in the refrigerator.

Idiazábal millefeuille dough

250 g Idiazábal whey
125 g egg whites
1 g xanthan
4 g soy lecithin
60 g wheat flour
q.s. salt
2 u N2O cartridges

Add the soy lecithin and xanthan to the Idiazábal whey and purée until a homogeneous mixture is obtained. Add the egg whites, mix and then pour in the flour. Blend to a smooth dough. Add the desired amount of salt, transfer to a siphon, close and load the cartridges. Allow to set in the refrigerator for 6 hours.

Idiazábal millefeuille

q.s. millefeuille dough (see above)
1 l sunflower oil

Heat the oil in a saucepan to 170°C. Carefully pipe the espuma onto the oil until the whole surface is covered with the espuma. Fry for 3 minutes and, with the help of a slotted spoon, turn over. Fry for 1 additional minute and drain very carefully so that it does not lose its shape. Use some kitchen paper to get rid of the excess oil. 4 pancakes are needed.

Cut into 7x3 cm rectangles. 20 rectangles are needed in total. Fry these rectangles in the oil again until they are nice and golden, and place on some kitchen paper. Transfer the rectangles of fried Idiazábal millefeuille to a dehydrator with some kitchen paper in order to get rid of the excess oil.

Whipped Idiazábal cream, grated

100 g Idiazábal cheese
250 g cream
q.s. salt
q.s. black pepper, freshly ground

Combine the cream and the grated Idiazábal and crush in a Thermomix at 80°C for 7 minutes. Add the salt and pepper, crush and strain. Leave to set in the refrigerator for 24 hours. Whip to the consistency of whipped cream, transfer to a pastry bag and reserve in the refrigerator.

Other

30 u lemon dice
q.s. maltodextrin

FINISHING AND PRESENTATION

Pipe 10 g of whipped cream on top of the Idiazábal rectangle as if it was a millefeuille with whipped cream. Cover with another millefeuille rectangle.

Scatter 3 lemon dice on the surface and sprinkle with maltodextrin, simulating the appearance of confectioners' sugar. Serve.



Idiazábal millefeuille



This creation is also served accompanied by homemade cider, carbonated and smoked in front of the customer. 'This savory millefeuille was created one day we wanted to make a very thin cheese tuile. We made an espuma and the first test was on a frying pan, but it did not work. Then, we put it in the oven and made some very thin parmesan chips with which we ended up creating one dish, intended for dipping. One day, preparing those chips, we wanted to take advantage of the hot oil we had and we made some parmesan crisps which we used for the dish 'sphere yolks with truffle and parmesan crisps'. They resembled the crispy, airy sides of a fried egg. One day, by accident, we casted more espuma than necessary on the hot oil and something similar to an omelet formed. Instead of breaking it or discarding it, we decided to continue to cook it like an omelet. We obtained something similar to an anise pancake, which also led us to another dish. As that pancake had a millefeuille-like texture, it was logical to decide to go on to make a millefeuille. This is the proof that sometimes, in the kitchen, you start working to one direction and you end up obtaining something unexpected. For us, it has been very important to manage to give a savory taste to this millefeuille. Even more if you have a close look at the technique, as it is an espuma that we simply fried. We had never fried espuma before.'



FRESHLY SMOKED HOMEMADE CIDER

Ingredients for 4 people

Apple juice

2 kg Granny Smith apple

Wash the apples in water. Remove the center and cut into fourths. Liquidize the apples and transfer the juice to a tall, narrow container so that the pulp concentrates in the upper part. Leave to set in the freezer for 30 minutes. Separate the pulp from the clear juice in the lower part of the container. Pass the clear juice through some kitchen paper and reserve in the refrigerator.

Apple juice with liqueur

200 g apple juice (see above)
50 g green apple liqueur

Mix and reserve in the refrigerator.

Other

2 u 20-g pellets of dry ice
q.s. wood for smoking

FINISHING AND PRESENTATION

Place the apple juice with liqueur in a small jug. Inside two infusers, place one pellet of dry ice in each. In front of the customer, pour the juice to fill the infusers.

Allow to rest for 3 minutes so that the dry ice gasifies the juice.

Separately, with the help of a blowtorch, burn the wood and slightly smoke the cups.

Immediately serve the homemade cider into the smoked cups.