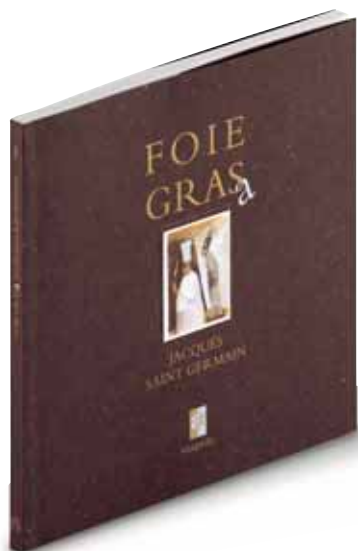


# foie gras



2003

Andoni Luis Aduriz

Collection: Mugaritz Gastronomy Notebooks

22x22 cm. 112 pages Spanish  
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«Beste batzuek, sabelaldea eta burua lumatu eta hegaletako luma handiak erauzten dizkiete; areago, itsutzeko xedez, begiak ere erauzten dizkiete, gantzatsuago bihur daitezzen».



FOIE GRAS  
 Este es el plato más caro del mundo. El foie gras es un hígado de pato o de ganso que se ha engrasado. El proceso de engrasado se llama gavage y consiste en introducir en el hígado del animal una cantidad excesiva de comida. El resultado es un hígado que pesa el doble que el normal y que tiene un sabor muy rico y cremoso. El foie gras se utiliza en una gran variedad de platos, desde el clásico foie gras en terrina hasta el foie gras en brioche. El foie gras es un plato que se ha convertido en un símbolo de lujo y de sofisticación en la gastronomía occidental.

The book reproduces an original by French Jacques Saint Germain, the pseudonym of a talented unknown gourmet writer. Its complete title is revealing: Foie gras, followed by the art of serving and preparing it, published in Paris at the expense of the Company of the Gastronomes Bibliophiles.

The result is an excellent «thriller», an entertaining story about the history of the foie gras and its protagonists. A few practical preparation and service advices describe principles such as the consistency, the appearance, the weight, the origin or the denervation of the liver, and answer some old basic questions about its presentation.

The recipes suggest a foie gras brioche, financial-style foie gras, foie gras soufflé, foie gras escalopes, foie gras au naturel, foie gras crepinettes or duck foie gras with grapes. All of them are old recipes which have been appropriately adapted and interpreted by the temperament of Andoni Luis Aduriz.

The modern design, the daring arrangement of the texts, the beautiful original pen or water-colour drawings: everything delights and turns this work into something we could call a “book-object”. Reading it is a pleasure.