

# *The Family Meal*

*Home  
cooking  
with  
Ferran  
Adrià*



PHAIDON

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## Ten years of *The Family Meal*

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When this book first came into existence ten years ago, little did we know that it would become what is undoubtedly elBulli's most popular project. Back then, the elBulli restaurant was at the height of its activity and, you could say, of its influence in the realm of contemporary cuisine. But what we aimed for in terms of impact and popularity around the world was actually diametrically opposed to what this book embodied. We were certainly proud of it, but it strayed from our idea of maximum innovation in the context of avant-garde gastronomic restoration.

The truth is we spent about two or three years working on this book, looking for recipes that could easily be adapted for a variety of diners and situations, always based on the type of cuisine so well described in the title: 'The Family Meal.' 'Family' is what we have always called the *bullinians* that worked at the restaurant at any given time, and even after they went on to other adventures, the daily meals that we cooked for them are the ones reflected in this book, which I can now safely say was born under a lucky star.

I say this because we had the feeling the book would be fairly well received, mainly because – though it may not seem like it – putting together a daily two-course meal, plus dessert, which was different each day and varied in terms of nutrition and flavor for seventy people, is no easy feat. Successfully crafting those meals time and again was a triumph in itself. That said, we never thought it would have such an impact, especially the number of countries that stock copies of it and all the different languages it has been translated into. If I say this is elBulli's most popular project, I do so for a very simple reason: I am sure that if we asked people today how they know of Ferran Adrià, thousands would say it is because of this book.

So, what are we left with a decade later? The reality is that, after several years of *The Family Meal* leading a separate life from us – being published in several countries around the world – it is now back in Cala Montjoi, where I have been living since August and where elBulli1846 is now in full swing. It's really funny because we have started over, and now we're cooking those meals for our new family once again. We've realized the book is still very current to us because, ten years later, we're using it as if not a day had gone by, except we no longer cook for other cooks or clients, but rather for our researchers.

Revisiting *The Family Meal*'s recipes has sparked all kinds of ideas about books we could make in the future. We always welcome an opportunity to work with Phaidon and the team led by Emilia Terragni and James Booth-Clibborn. In recent years we have continued to work in collaboration with them to create other projects, such as *What Is Cooking* and *The Origins of Cooking*, two books born out of our research at elBullifoundation.

In the meantime, what I would like – and I encourage readers to do the same – is to dive back into the pages that we wrote ten years ago but which are still every bit as current today.

I have said it before: we could not have imagined the impact this book would have. Today, knowing this is the case, all I can do is invite the reader to enjoy these pages, go shopping, fully stock their pantry, and put on an apron to try these recipes, which are sure to leave your family feeling satisfied.

Ferran Adrià

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## *What is the family meal?*

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The family meal is the dinner eaten every day by the 75 members of staff at elBulli restaurant. We call it that because the staff members are like a family, and the family meal is an important moment when everyone sits down together to eat. You might assume that the staff would eat the same food as the guests, but they don't. In fact, people are often surprised when we tell them that we eat ordinary food.

Why is the family meal so important at elBulli? The answer is very simple: we believe that if we eat well, we cook well.

### WHY THIS BOOK?

This book is the result of three years' work by Eugeni de Diego (one of the head chefs, and responsible for the family meal) and Ferran Adrià, who created and planned the recipes together. We thought it would be a shame for all this work to end up gathering dust in a drawer. Once we knew that elBulli would close on 30 July 2011, we decided to collect all the family meal recipes into a book. At first, we thought only professionals would be interested. Restaurants around the world feed their staff every day, and we hoped we could contribute to our profession by offering varied and nutritionally balanced menus for large numbers.

But then we thought: why not offer our philosophy to home cooks too? Domestic cooks can learn many tips from how things are organized in a professional kitchen, and *The Family Meal* aims to show people how easy it can be to cook in an organized way, by adapting our recipes for home cooks.

It was never our intention to invent brand-new recipes; this is simply a collection of everyday varied and inexpensive meals. It is a book about simple cooking. We wanted to showcase ordinary recipes for dishes that people might imagine are difficult to make, such as vichyssoise or chocolate cookies. The food we like to eat at elBulli is the same as what most people like to eat.

You don't need experience to follow the recipes, as each recipe is explained step by step. In fact, what is presented here is more a way of thinking about food than a way of cooking. We truly believe that if you don't eat well, it's because you haven't tried.

### RECIPES OR MEALS?

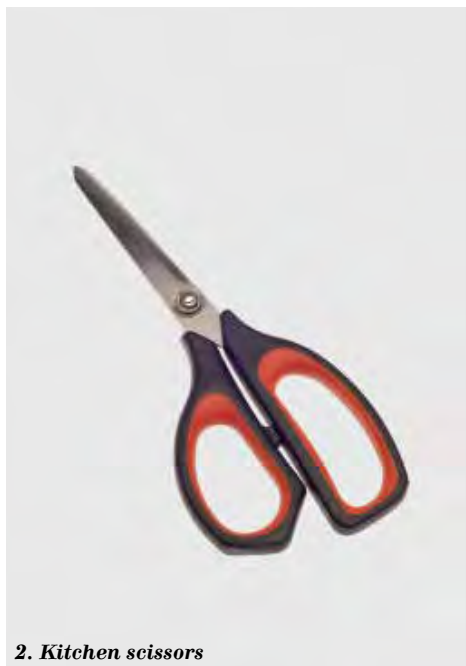
There are many recipe books, but very few based on meals. People often pick up a cookbook at home, but have no idea how to combine the recipes into a sensible meal. This book aims to help by providing meals that have been thought out in their entirety. They have been organized into thirty-one balanced menus, each one containing three courses. You can also make your own menus by combining the recipes using the list on page 65.

### WHAT WAS THE THINKING BEHIND EACH MEAL?

It is a myth that good food has to be expensive, and all the recipes in this book were designed to feed people very well on a low budget. Of course, the price will not be the same everywhere in



*1. Large and small kitchen knives*



*2. Kitchen scissors*



*3. Wooden spoons*



*10. Ovenproof dishes*



*11. Measuring jug*



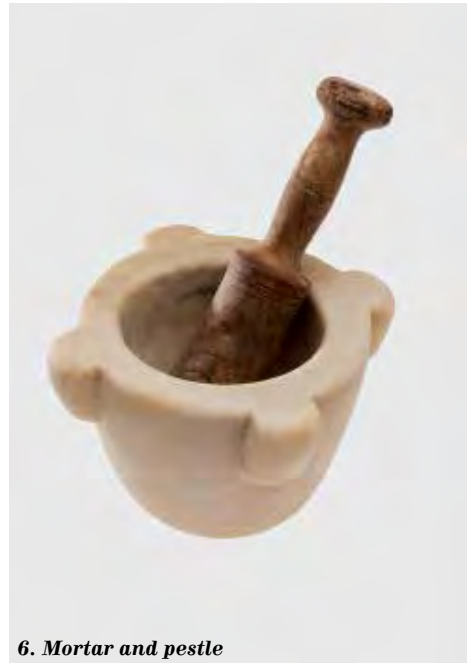
*12. Fine-meshed sieves*



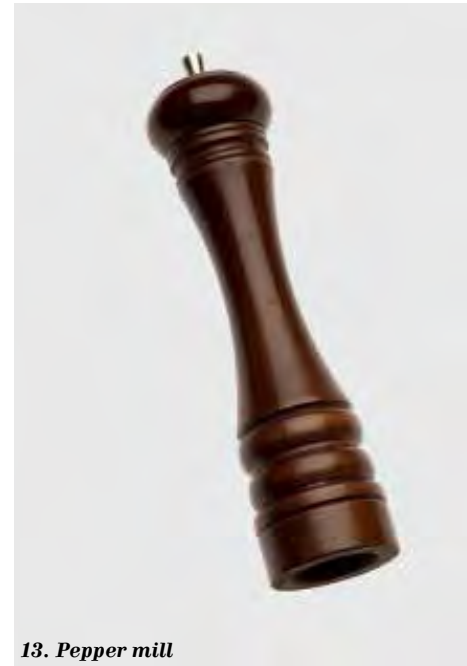
*4. Balloon whisk*



*5. Spatula*



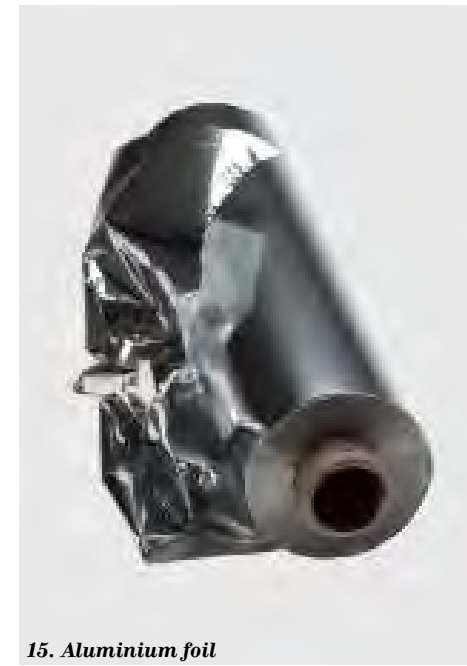
*6. Mortar and pestle*



*13. Pepper mill*



*14. Kitchen paper*



*15. Aluminium foil*



*7. Grater*



*8. Non-stick frying pan*



*9. Large, medium and small saucepans*



*16. Clingfilm*



*17. Baking parchment or greaseproof paper*



*18. Molds of different sizes*





***Bread  
&  
garlic soup***



-  
***Mexican-style  
slow-cooked  
pork***



-  
***Figs with  
cream & kirsch***

**Bread  
&  
garlic soup**

**Mexican-style  
slow-cooked  
pork**

**Figs with  
cream & kirsch**

**INGREDIENTS**

**FOR THE SOUP**

- white country-style loaf
- 1 small red steel pork shoulder joint
- red onions
- small habanero chilies
- eggs
- croutons
- butter

**FOR THE STROGANOFF**

- olive oil
- garlic
- salt
- black peppercorns
- mild paprika
- dried oregano
- ground coriander
- white wine vinegar
- soft cheese
- onions
- sour cream
- kirsch
- sugar

**FOR THE FIGS**

- eggs
- whipping cream
- salt

**FOR THE FIGS**

- chicken stock (see page 87)



**ORGANIZING YOUR NIGHT**

**1 1/2 hours before**  
Make the marinade for the pork and leave it overnight

**1 hour before**  
Put the pork in the oven

**30 minutes before**  
Make the bread and garlic soup

Drop the red onions and chilies for the pork

Prepare the eggs and get the pork. Sprinkle with a little kirsch

Whip the cream and kirsch, and keep to the fridge

**15 minutes before**  
Cook the eggs to your liking, then serve with the soup

Carve the pork shoulder and place on a serving dish

Toast the coriander in a frying pan

**Just before serving**  
Put on the kirsch cream and the figs to serve

Start  
before  
the  
meal

1

2

3

4

5

6

7

8

9

10

11

12

13

Start  
of the  
meal

14  
Dinner

## Mexican-style slow-cooked pork

The original name of this dish is *cochinita pibil*, and it comes from Mexico's Yucatan Peninsula. Cider vinegar is used in Mexico instead of white wine vinegar.

If you have time, marinate the pork shoulder for 12 hours in the fridge. If you are short of time, you can marinate it for 30 minutes.

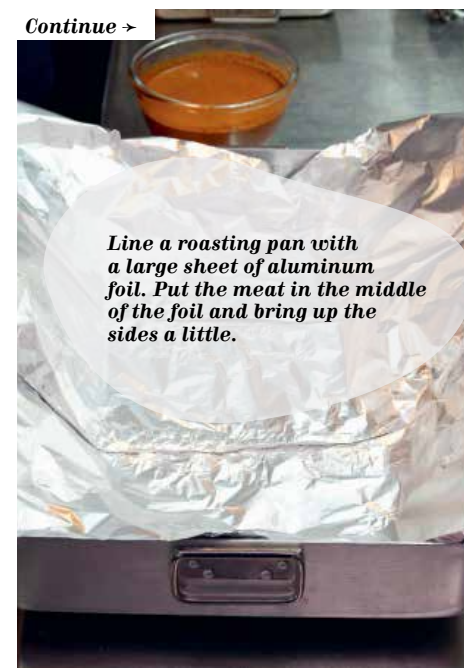
*Achiote* (or annatto) is a shrub native to Mexico and Peru. Its fruit is used as coloring and flavoring in many dishes. The paste is available from specialty food stores and delicatessens. If you cannot find it, you could try making a mixture of orange and lemon juice, pepper, and saffron, although the results will be different.

You can use flour or corn tortillas.

	for 2	for 6	for 20	for 75
Orange juice	¼ cup	¾ cup	2½ cups	6¼ cups
Dried oregano	1 pinch	2 pinches	¼ tsp	2 tsp
Ground cumin	1 pinch	2 pinches	¼ tsp	1 tsp
White wine vinegar	2 tsp	2 tbsp	½ cup	1¼ cups
Achiote paste	2¼ oz	6¼ oz	1 lb 5 oz	4¼ lb
Olive oil	1½ tbsp	¼ cup	¾ cup	2¼ cups
Boned and tied pork shoulder roast	12 oz	2¼ lb	7¼ lb	26¼ lb
Salt	1 pinch	2 pinches	¾ cup	2¼ cups
White onions	¼	1 small	1	3
Red onions	¼	2	5	5¼ lb
Small habanero chiles	¼	¼	1	2
Lime juice, freshly squeezed	1 tbsp	3 tbsp	¼ cup	scant 1 cup
Flour tortillas	2	6	20	75

For 2 people you will need 1 orange and ½ lime. For 6 people you will need 2 oranges and 1 lime.

Continue →



Line a roasting pan with a large sheet of aluminum foil. Put the meat in the middle of the foil and bring up the sides a little.



Pour over the marinade.



Coarsely chop the onion.

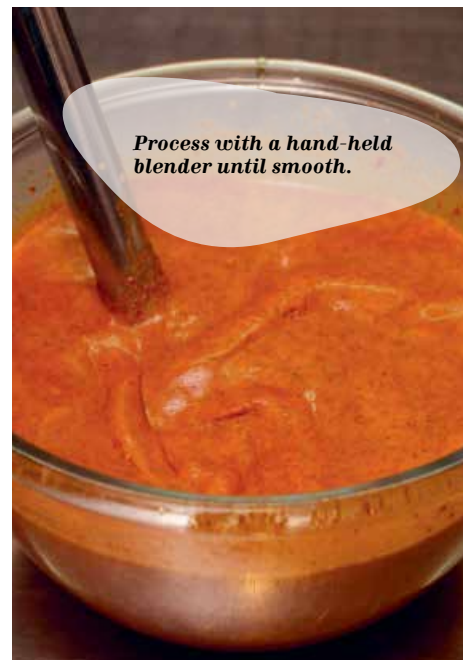


Scatter the white onions over the meat.

Start →



In a small bowl, whisk together the orange juice, oregano, cumin, white wine vinegar, achiote paste, and oil.



Process with a hand-held blender until smooth.



Prick the meat several times with a fine-pointed knife to help the marinade penetrate deep into the meat. Season with salt and pepper.



Preheat the oven to 400°F.

Fold the foil over the meat to make a parcel and seal the edges tightly, so that no steam or liquid will escape as it cooks. Let marinate for a minimum of 30 minutes, but preferably 12 hours, in the fridge.



Roast the pork shoulder for 4 hours. While it cooks, finely chop the red onion.

Continue →

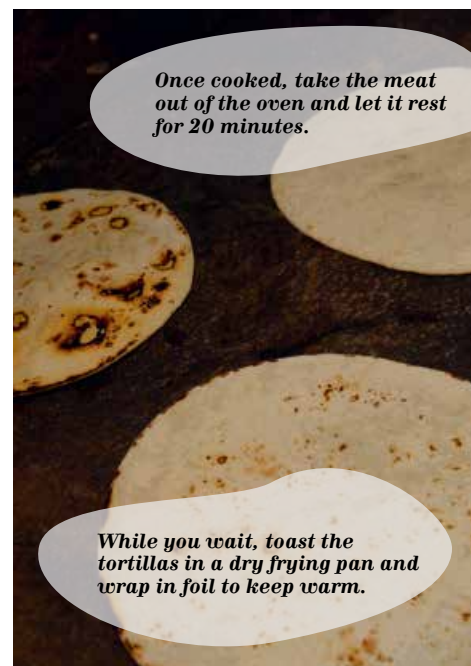
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Remove the seeds from the habanero chili and chop the flesh finely.



Mix the chile with the onions. Add the lime juice, then season with salt.



Once cooked, take the meat out of the oven and let it rest for 20 minutes.

While you wait, toast the tortillas in a dry frying pan and wrap in foil to keep warm.



Remove the string from around the pork, then cut into thick slices.



Spread the pork over a serving platter and pull the meat to shreds with your fingers.



Spoon over the sauce from the pan.



Serve the pork with the warm tortillas and red onion salsa.

## Figs with cream & kirsch

Kirsch is a cherry brandy with a high alcohol content. It is typical of Germany, Switzerland, Austria, and regions in France, such as Alsace and Franche-Comté.

If no kirsch is available, use another white distilled spirit, such as maraschino liqueur or white rum.

	for 2	for 6	for 20	for 75
Ripe figs	3	9	35	120
Kirsch, for the figs	2 tsp	2 tbsp	¼ cup	1 cup
Whipping cream, 35% fat	¼ cup	¾ cup	2½ cups	8½ cups
Sugar	1 tsp	1½ tbsp	scant ½ cup	1½ cups
Kirsch, for the cream	1 tsp	2 tsp	1 tbsp	¼ cup

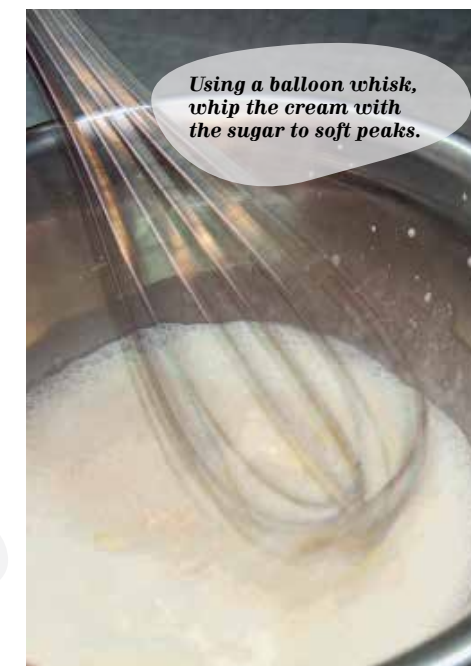
Start >



Cut each fig into 4 wedges.



Arrange 6 fig wedges in each serving bowl, then drizzle with the first quantity of kirsch.



Using a balloon whisk, whip the cream with the sugar to soft peaks.



Add the second quantity of kirsch, and then whip the cream a little more until it thickens up again.



Spoon the cream over the figs to serve.



While Ferran Adrià is better known for his innovative and ground breaking gastronomic creations, this highly anticipated new book reveals his secrets for creating delicious, seasonal, and simple home cooked meals.

*The Family Meal's* mouth-watering recipes are inspired by the dishes eaten by the staff of Ferran's restaurant, the legendary elBulli, four-time recipient of the World's Best Restaurant Award. Every day at 6pm, Ferran's team stops what they are doing to sit down to eat a three-course dinner together - this is known as the 'family meal'.

Featuring 31 meals (each made up of 3 recipes) and providing the quantities of ingredients needed for servings of 2, 6, 20 and 75 people, this book is a great way to pick up new ideas whether you are cooking at home or in a restaurant.

This special edition features a brand new cover and introduction by Ferran to celebrate the 10th anniversary of this influential book's first publication.

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*Learn how to cook delicious everyday meals with the world's best chef. From gazpacho to roast chicken, and from almond cake to chocolate cookies, the easy-to-follow, step-by-step recipes have been adapted from the dishes eaten every day by the elBulli staff, so that everyone can cook simple meals at home on a low budget. As Ferran shows, eating well doesn't have to be expensive.*

PHAIDON