

A close-up photograph of a chef, José Andrés, holding a large bunch of fresh carrots and green leafy vegetables. He is looking down at the produce with a focused expression. The background is a soft-focus outdoor setting with green foliage.

José Andrés  
Matt Goulding

# GEMÜSE

*ohne Grenzen*

100 kreative Rezepte vom Sternekoch,  
der auszog, die Welt zu retten



# INHALT

6

**EINLEITUNG**

7

**WORAN ICH GLAUBE**

27

**WIE ICH KOCHTE**

43

**SELBST ANBAUEN**

55

**FRÜHLING**

117

**SOMMER**

195

**HERBST**

257

**WINTER**

344 **INSPIRATIONEN**

350 **DANK**

352 **REGISTER**



E I N F R Ü H L I N G S A U S F L U G

# »CHEF'S GARDEN«

Huron, Ohio

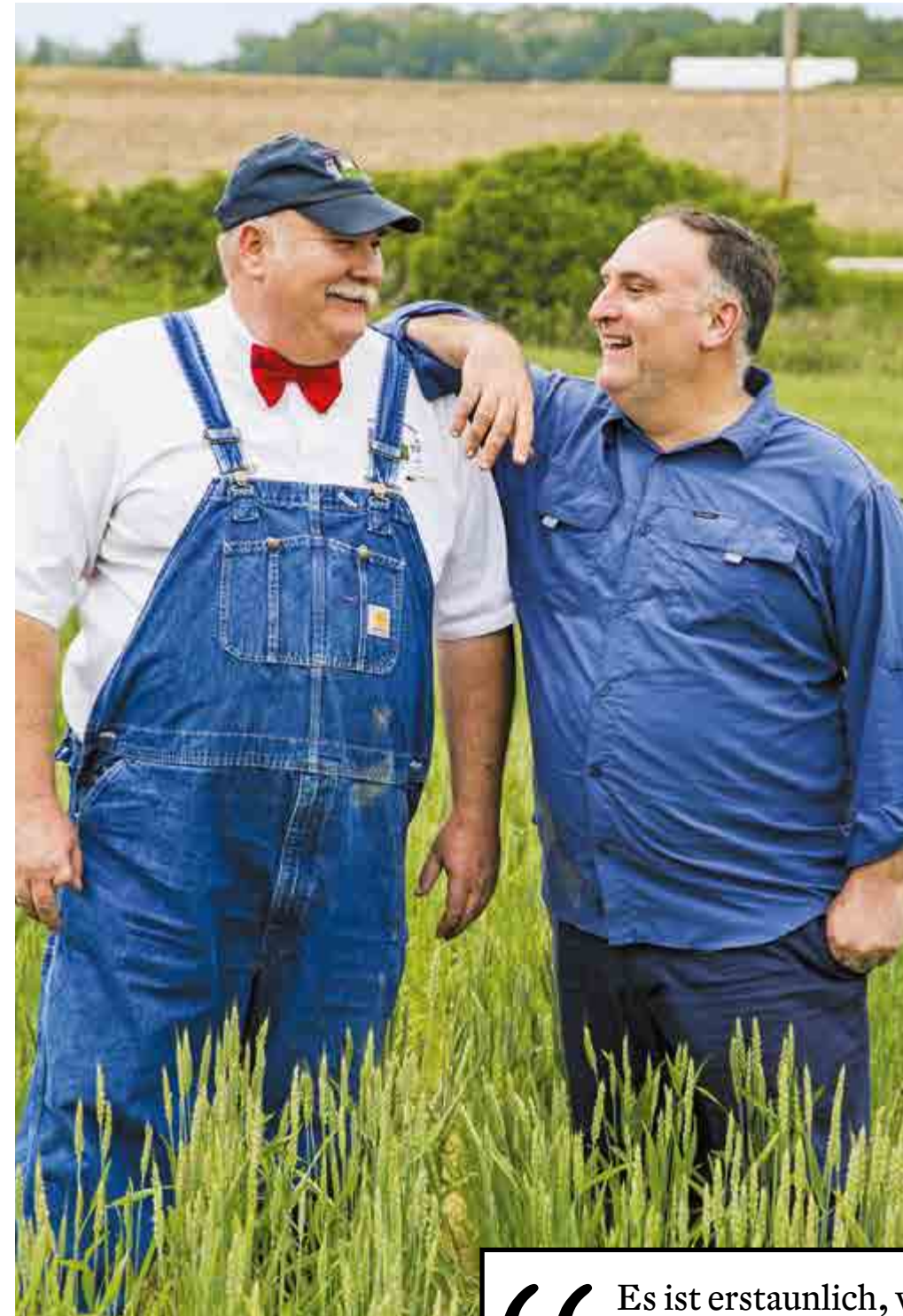
10:00 A.M. | TUESDAY, MAY 23

A team of fifteen chefs packs into a small theater, clutching their notebooks, looking excited and nervous and slightly hungover. Photographs of Charlie Trotter, Thomas Keller, Alain Ducasse, and others hang on the walls, titans of the restaurant industry who have walked these grounds before us, in search of inspiration.

A video runs through the highs and lows of one of America's most iconic farms. Started by Bob Jones Sr. in 1960s, the farm went bankrupt in 1983, at the same time big agriculture was squeezing out family farms across America. But the Jones family pooled their resources and bought back six acres of land, where they began to carve out a future. The turning point came when a European chef cooking in the United States came to Ohio and asked if the Joneses could grow squash blossoms and baby vegetables she couldn't find anywhere else. The family decided to focus on developing relationships with America's growing crop of world-class chefs, and the Chef's Garden began to take off. Thirty years later, through a mix of hard work, technical innovation, and incredible soil, rich with the silt of Lake Erie that once covered these lands, they raise vegetables that fuel many of the country's finest restaurants.

When the lights come on, Farmer Lee Jones, son of Bob Jr. and the Chef's Garden chieftain, stands before us, a mountain of a man in a giant set of overalls and a red bowtie. The playful smile beneath his bushy mustache belies the seriousness of his mission at the Chef's Garden.

"Our farming culture is like our culture of Western medicine: We treat the symptoms, not the cause. Spots on cabbage? Try these chemicals! But it should be ...



“ Es ist erstaunlich, was Mutter Natur leisten kann, wenn wir sie lassen!



FÜR 4 PORTIONEN

# WEISSER SPARGEL MIT MANCHEGO-CREME

## ESPARRAGOS BLANCOS A LA CREMA DE MANCHEGO

*In the United States, canned food can make people think of bomb shelters and hard times. But in Spain we put some of our best ingredients into cans—from briny razor clams to roasted red peppers to beautiful white asparagus. White asparagus are magical. In Navarra in northern Spain, where so many of the country's best vegetables are grown, the asparagus are traditionally picked before the spears break the surface of the soil, under the cover of darkness, to keep them from being exposed to sunlight and photosynthesis. You'll need to order the asparagus online, but it's worth the effort. We use the canning liquid to make an amazing sauce that would go well on almost any vegetable. Some like this dish hot (me); some like it cold (Matt, who clearly doesn't have a very refined palate). You be the judge.*

**Two 12-ounce jars or cans white asparagus, such as El Navarrico, drained, ½ cup of the liquid reserved**

**1¼ cups heavy cream**

**¼ pound Manchego cheese (good Parmesan also works), grated, plus shavings for garnish (optional)**

**Kosher salt and freshly ground black pepper**

Arrange the asparagus on a platter lined with paper towels to absorb excess liquid and refrigerate until chilled.

Bring the cream to a boil in a small saucepan and boil until it is reduced by half, about 10 minutes; watch that the cream doesn't boil over. Add the reserved asparagus liquid and simmer for 2 minutes.

Transfer the hot cream mixture to a blender. Add the Manchego and carefully blend until the sauce is smooth. Transfer the sauce to a container and refrigerate until cooled. (Alternatively, you can serve the asparagus right away, while the sauce is still hot.) Season the sauce with salt and pepper.

To serve, place 3 asparagus spears on each plate and top with the Manchego cream. Finish with more pepper and some thin shavings of cheese, if you like, serve.

### STRAIGHT TALK

**The Manchego cream could make a chef's toque taste good. Try it over roasted broccoli or cauliflower or a baked potato, and you'll see what I mean.**









SERVES 4

# YAKITORI ROSENKOHL

*Tare is the lifeblood of the yakitori world, a soy-based sauce that grill masters brush on their chicken and vegetable skewers to add another layer of umami. When an apprentice yakitori chef breaks away from the master to start his own restaurant, the master will give his student a ceramic pot filled with tare—a sign of respect and a talisman for the new business. Like a sourdough starter, tare is never completely used up but is instead replenished at the end of each day—day after day, year after year. The tare in some kitchens is twenty or thirty years old! But even if your tare is hours, not decades, old, it will do wonders for these charcoal-fired Brussels sprouts.*

## TARE SAUCE

**½ cup soy sauce**

**½ cup mirin**

**¼ cup sake**

**¼ cup water**

**1 tablespoon plus 1 teaspoon sugar**

**2 tablespoons finely chopped onion**

**2 garlic cloves**

**A ½-inch piece of fresh ginger, thinly sliced**

## BRUSSELS SPROUTS

**1 pound Brussels sprouts, trimmed**

**1½ tablespoons canola oil**

**½ teaspoon kosher salt**

## GARNISH

**Furikake**

**Chopped cilantro**

## FOR THE TARE SAUCE

Combine the soy sauce, mirin, sake, water, sugar, onion, garlic, and ginger in a small saucepan, bring to a boil over medium-high heat, and boil until the sauce has reduced by half and thickened enough to coat the back of a spoon, about 25 minutes. Remove from the heat and pick out and discard the garlic and ginger.

Soak a handful of wooden skewers in water. Heat up a grill, preferably a charcoal grill, or preheat a grill pan.

## FOR THE BRUSSELS SPROUTS

If you have large sprouts, cut them in half lengthwise. Soak the sprouts in a bowl of water for about 5 minutes—this will help them steam at first on the grill and ensure that they cook completely. Drain and toss them with the oil and salt.

Arrange the sprouts on the soaked skewers so the cut sides are all facing the same direction and level. Place the skewers, with the cut side down, on the hot grill or grill pan and cook until the sprouts are nicely charred, 3 to 4 minutes on the grill or 7 to

8 minutes on the grill pan. Flip the skewers over to lightly char the other side of the sprouts and to cook them through, about 2 minutes. After the first minute, brush or slather on some of the tare (see Pro Move).

Transfer the sprouts to a platter and give them another good slather with the tare. Sprinkle generously with furikake and cilantro and serve hot.







# LASST UNS DIE WELT RETTEN!

José Andrés ist leidenschaftlicher Koch, der unter anderem im »elBulli« bei Ferran Adrià gearbeitet hat. Ein wichtiges Anliegen ist ihm die Rettung der Welt – wozu man durch eine vegetarische und saisonale Ernährung viel beitragen kann. Seine besten Rezepte von »Weißem Spargel mit Manchego-Creme« über »Kürbis-Quesadilla« bis »Rosenkohl Yakitori« versammelt er in diesem Kochbuch und erzählt die Geschichten der Produzenten, die dahinter stehen.

*Gemüseküche auf höchstem Niveau  
Diese Rezepte haben wirklich Wow-Effekt  
Hier spielt das Gemüse die Hauptrolle auf dem Teller*

José Andres  
Gemüse pur!  
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**GEMÜSE**

CHRISTIAN

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