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THE
WORLD'S
50
BEST
RESTAURANTS
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MAURO COLAGRECO

ON THE COVER

"ARGENTINE ROOTS"
INSPIRED BY THE FRENCH RIVIERA



Since 2002, The World's 50 Best Restaurants has reflected the gastronomic diversity of the world.



Editorial

As in gastronomy, gastronomic communication must also evolve. In previous editorials I have pointed out the importance that the world of communications has today. It seems that we are "breaking through the door of entry" into the world of the globalization of information via electronic means, and the gastronomic magazines that disseminate the culture of different corners of the world, have to adapt to this new trend. Although at the moment, the paper editions that feed the ego of those who are printed continue to be strengthened, we all know that in the not too distant future, the heavy bibliographic volumes will be replaced by light editions in virtual formats.

In spite of the technological innovations, the world and the human beings that we manage in the network, we are obliged to speak the same language, and like it or not, that language has a proper name: English; and although in the universe that opens us internet every country fights for its language, before English, we all have the lost battle.

In Cielo Mar & Tierra "we have not lost the battle of the language", but the numbers of our readers in different and varied places of the world, is growing rapidly ... So we transform, evolve and become universal, premiering a double edition, more tasty never, in Spanish and English, in such a way that it can be read anywhere on the planet.

Despite this apparent "Anglo-Saxonization", the direction of this magazine will not neglect the Spanish edition at all, and we will continue integrating the growing increase of articles from Latin American countries and their peculiar "turns" in the world of gastronomy, Portugal, Spain and of course, these lucky islands that did not see grow as gastronomic editorial 'the Canary Islands'

Welcome to globalization, welcome to Cielo Mar & Tierra.

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Mauro Colagreco

PROGRESSIVE EUROPEAN PLATES

**“Inspired by the French Riviera and their
Argentine creator’s roots”**

Mirazur - Menton, France ** Michelin

PHOTOS

Portrait: Matteo Carassale
Restaurant: Anthony Lanneretonne
Dishes: Eduardo Torres

Leonor Mederos

In collaboration with 50 Best Restaurants



Between the sea and the mountains

He arrived in France with nothing except a telephone and a friend of a friend. He had trained to be a chef in Argentina. In France he went to work in Burgundy to work with Bernard Loiseau at his restaurant in the Côte d'or. He stayed there for one and a half years. After the tragic death of Bernard Loiseau in February 2003, Mauro decided to move to Paris to work at L'Arpege, the legendary restaurant run by Alain Passard. He stayed there for a year and a half and he considers this time as the one which allowed him to develop his own sense of creativity, attention to detail and imagination. Mauro also worked with Alain Ducasse and Guy Martin before taking over the Mirazur restaurant in Menton.

Colagreco has been progressively going up the World's 50 Restaurants list and Mirazur now is in 3rd position. The restaurant also has two Michelin stars.

He says he is lucky to be in a location that is on the border between France and Italy. "As an Argentinian chef, I can use the borders without any problems bringing two unique cuisines together. I am also lucky to be able to use vegetables from my own garden for the restaurant," he says.

What has changed since he opened the restaurant in the food world? Mauro says that today there is more consciousness about sustainability and this is a great thing. "Chefs have today become public figures and it is our responsibility to raise awareness and to leave a better world for our children,".





Most true gourmet chefs around the world talk more and more about the pursuit of finding the perfect ingredients and they have made all sorts of efforts to make sure they give their guests the very best. Some chefs started to grow their own vegetables and herbs many years ago and more and more chefs do that today. Some chefs have even taken it a step further and have their own poultry and meat as well, even fish in some cases. Italian-Argentinean Mauro Colagreco certainly understands the value of the best ingredients and his two gardens give him the very best vegetables and herbs available at Côte d'Azur.

It is a fantastic resource to be able to pick up the very finest herbs and vegetables just outside the restaurant and that is exactly what Mauro Colagreco and his team can do. The restaurant's staff help each other to take care of the garden just outside the restaurant and the other of Mauro Colagreco's two gardens is not far from his restaurant.

You will find Mirazur on the French side just a few meters from the Italian border at Côte d'Azur. The restaurant is located in a funky 1950's house filled with contemporary art that

can be bought and there are breathtaking views of the Menton Bay so make sure to get a window table.

The understanding and meaning of having the best vegetables and herbs all comes natural for the Head Chef and owner of Mirazur and it is no big surprise that his years as Sous Chef for Alain Passard at Arpège have affected him. In addition to his years at Arpège, Mauro Colagreco has also held key positions at Alain Ducasse Au Plaza Athénée and Le Grand Véfour to mention some, before he founded his own Mirazur back in 2006.

Citrus fruits and avocados to just mention two of the ingredients coming from just outside the dining room together with around 250 different fresh local herbs and flowers all work beyond perfect in the contemporary French cuisine served with several South American touches and flavours from Asia as well.

Mirazur continues to develop and there is no limit how far the restaurant can go on its gastronomic journey. Mirazur is one of the best restaurants in the world and it clearly gives a taste for more to come.

WHAT MAKES IT SPECIAL: In a stunning location on the French side of the Riviera, just moments from the Italian border, Mirazur is an idyllic spot to enjoy the food of the skilled chef Mauro Colagreco, which takes inspiration from his Argentine-Italian heritage as well as the local French region.

WHAT'S ON THE MENU: With ingredients coming from Colagreco's own backyard farm and the market of Ventimiglia, diners can expect a feast of flavoursome products from just-picked heirloom vegetables to sparkingly fresh seafood. Courses might include monkfish with topinambur puree and Piedmont hazelnuts, or anchovy fillets on fried anchovy skeletons with juice from Menton's famous lemons. Colagreco's signature of oyster with tapioca, shallot cream and pear is a modern classic in the making.



Between Colagreco and ...

L.M.- You came fourth in the World's 50 Best last year and third this year. What do you think enabled you to take it one step further?

Colagreco.- Essentially, I think it comes down to us winning more votes this year. More people have since come to experience our restaurant and those who have already been voted for us again this year. I don't think we changed anything really, even though we do constantly try to improve and try new things. We did have some renovation work done on the restaurant, but this was primarily to improve the setting for customers.

L.M.- ¿These rewards are the result of teamwork?

Colagreco.- Yes, undoubtedly! These rewards came about thanks to everyone, not only my teams, but also my wife Julia, who works with me. We spend more time in the restaurant than at home... so, in the end, it becomes your family.

L.M.- At the beginning of your career, did you ever imagine you would get so far?

Colagreco.- No, not at all. We have come much further than we could

ever have dreamt of or imagined.

L.M.- Last April, you opened a restaurant, L'Estivale, at Nice airport. What made you decide to take on this challenge?

Colagreco.- It really was a challenge, for a number of reasons. The first was that people tend to be in a hurry in airports and don't really have time to stop and sit down for something to eat unless they've missed their connection [laughs]. We had to come up with a tasty menu, something sophisticated, but that was quick to serve too. The other challenge was working with small local farmers. Airport restaurants are often managed by large firms located around the world, which means they work with big agri-food groups. But one of the things we wouldn't negotiate on was being able to hand-pick our suppliers. We overcame this challenge and made a radical change in the concept and way of doing the airport restaurant business. The restaurant chef is one of my former chefs, who I have worked with for six years. One of the good things for us is that L'Estivale is accessible to the public who come from outside the airport, as it is located before security. Many of our customers come from the businesses in the area surrounding the airport.



Perched on a jagged cliff that rises above the palm-fringed Mediterranean Sea in Menton, France, Mirazur is a restaurant that the academy of the World's 50 Best Restaurants considers the "best restaurant in France". It does not serve French cuisine per se and neither is its chef-owner a native of France. But as the ancient Roman poet Virgil so aptly put it, love conquers all.

L.M.- You have just published your first book, Mirazur. Can you tell us more?

Colagreco.- I have received quite a few offers from various publishers over the past few years, but I didn't feel ready. For many, publishing a book is a marketing device, often without much depth or meaning to it. I waited for Mirazur 's 10th anniversary so that I had something to tell. We have completed one cycle, and this book tells of the life of the restaurant and our philosophy on food. It's quite a literary book with a lot of text, but there are some beautiful photos taken by my friend Eduardo Torres too. We want to convey the world of Mirazur through this book, with the stunning landscapes, craftsmen, farmers and our teams. We also used different textures of paper and transparent pages to give more substance to the work. I am very pleased with the result.

L.M.- Which chefs would you love to partner up with to cook dinner together?

Colagreco.- I've already worked with a number of chefs in my time, like Alain Passard or René Redzepi. But if I had to choose chefs who I haven't worked with yet, my first choice would be Olivier Roellinger, even though he handed over the baton to his son Hugo a few years ago. I love his approach to things! I would also say, Thomas Keller. I have huge respect for him.

Inspiring the new generations

L.M.- What advice would you offer to the young chefs of today?

Colagreco.- Nourish your passion and keep on doing what you love even when it's hard.

L.M.- What's the best advice anyone has ever given to you?

Colagreco.- Once, one of my teachers at Lycée Hôtelier in La Rochelle told me: "A good cook is someone who can promptly find solutions no matter what the problem is."

L.M.- What do you miss most about being a young chef?

Colagreco.- The right to fail.

L.M.- What do you think is the most valuable skills young chefs today lack?

Patience. Today everything is fast and this also reflects in kitchens. We need to remember and teach patience.

What are your plans for the future?
Three Michelin stars!

Green beans

cherries and pistachio

Mauro Colagreco

INGREDIENTS

Serves 4

Image: Eduardo Torres

200g green beans
100g butter beans
100g yellow wax beans
100g cherries
1 tromboncino squash
1 shallot
¼ red onion
20 pistachios

Extra virgin olive oil
White balsamic vinegar
50cc pistachio oil
1 small piece of ginger
Fleur de sel
Salt
Wild rocket leaves
Oxalis and chickweed flowers

METHOD

In a saucepan, blanch the beans in salted boiling water for a couple of minutes. Drain, then shock in iced water. Pit the cherries and set aside. Use a mandolin to cut long, thin slices of the tromboncino and brunoise-cut the shallot. Make a vinaigrette with the olive oil, white balsamic vinegar and pistachio oil. Flavour the beans with grated ginger, olive oil and fleur de sel.

PLATING:

Arrange the beans to create volume, add the tromboncino slices, cherries, oxalis and chickweed flowers, sprinkle the salad with the vinaigrette and fleur de sel. Finish with finely-diced red onion, 5 pistachios per plate and a few wild rocket leaves.

