

ONLINE HELP

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Food

DINING FINDS

Takeout and Early Bird rev...
for Boynton Beach, Lauderdale
by-the-Sea and Greenacres
PA

SOUTH FLORIDA SUN-SENTINEL | THURSDAY | FEBRUARY 23, 2006

Quick Bites

The Morikami's cooking

The Morikami Museum and Japanese Gardens in Delray Beach will host its version of the Food Network's *Iron Chef* competition when it stages the Master Chef Competition this weekend.

Part of the annual *Hatsume Fair*, the event will challenge four chefs to make one appetizer, one entree and one dessert for judges. The chefs have one hour to finish their Asian-fusion creations in head-to-head showdowns. Ginger must be used in each course.

The only out-of-town competitor is chef **Joshua Butler**, who cooks for **Gov. Jeb Bush** and wife **Columba**. The locals are **Ed Marcos Ueno** of **Saki Room**, **Peter Kannasute** of **Kyoto Sushi** and **Daniel Ramos** of **Sundy House**, all of Delray Beach.

"*Iron Chef* is different because they don't know the ingredients until the last minute," Ueno says. For the Morikami, we have the ingredients. At the same time, I want to make something very extensive and different."

The elimination rounds are 12:30-1:30 p.m. and 2:30-3:30 p.m. Saturday. The finals begin at 2:30 p.m. Sunday; the winner receives \$500. The Morikami is at 4000 Morikami Road. Admission to the two-day fair is \$10 for adults, \$5 for ages 7-18. Call 561-495-0233 or visit morikami.org.

— JEFF RUSNAK

Check it out

We can't discuss **mace** without talking about **nutmeg**. The two spices are inextricably linked: Both are products of the nutmeg tree, which produces a peach-like fruit. When ripe, it splits to reveal a dark seed sheathed in a lacy, bright-red covering. The seed is nutmeg; the covering is mace. Once separated, the two spices are dried. The nutmeg dries to a light brown; the mace turns to a warm tan.

Both spices are sold in whole and ground forms. Whole nutmeg has a longer shelf life than ground; you simply grate off as much as you need and then store the nut in a cool, dark place.

Mace has a slightly softer, mellower flavor than nutmeg, but either one is a good substitute for the other.

— NEWSDAY

THE END IS NEAR: As the *Olympic Winter Games* wind down in **Turin, Italy**, we bring you a salute to the people and athletes in that fine city. The region is known for vermouth and the home to Ferrari, so here is a recipe for a Ferrari Cocktail: Place 2 ounces dry vermouth (½ cup) and 1 dash amaretto almond liqueur over ice cubes in a small highball glass and serve. That should keep your motor purring like a fine-tuned Italian machine.

— STAFF REPORTS

Lost & found

FOUND: **Semolina flour** for **Carmine Ruggieri** of **Margate**. **Andrea Demby** of **Boca Raton**, uses it for coating fried calamari and buys it at **Doris Italian Market** (various locations; check dorismarket.com) in 16-ounce containers for \$1.49.

STILL AT LARGE: **Lee Geller** of **Highland Beach** is looking for his childhood favorite—chewing gum called **FanTan**. And **Karen McClain**, **Pompano Beach**, is searching for her husband's favorite hot cereal—**Coco Wheats**, a chocolate version of cream of wheat.

— JUDITH STOCKS

If you are looking for a lost food item or know a source for one still at large, write *Lost & Found*, Sun-Sentinel, 200 E. Las Olas Blvd., Fort Lauderdale, FL 33301-2293. Or send an e-mail to judithstocksreviews@yahoo.com. Put "Lost and found" in the subject line and include your name, address and phone number. Due to volume, not all requests are published, nor can we personally respond.

INSIDE

PARTY TIME

Brazil's crazy Carnival is here again. Check out the secrets to savoring tapas and snacks.

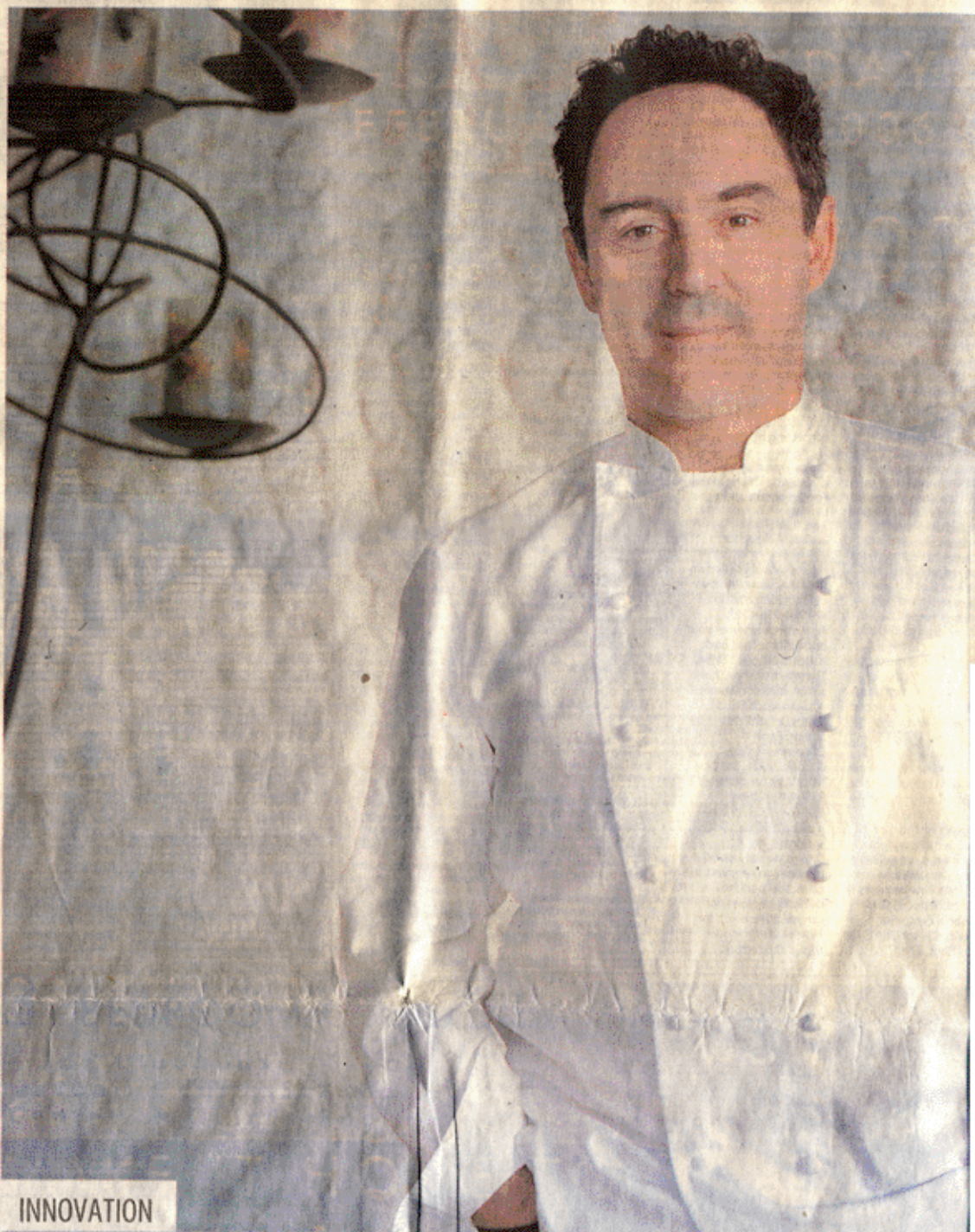
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DIRI JONJON

Linda Mathiew is cooking a Haitian favorite.



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INNOVATION

essence of Adria



Spanish chef Ferran Adria, who creates airs and foams that distill flavors, discusses his art as he prepares to be lauded by his peers at the South Beach Food & Wine Festival.

BY JAVIER MARTINEZ DE PISÓN
SPECIAL CORRESPONDENT

He is the great revolutionary of modern gastronomy. An alchemist who deals with colors, textures and flavors. Spanish chef Ferran Adria has created a unique style of cooking by breaking all the rules yet remaining grounded in context.

He has scientifically researched foods to understand their chemical

compositions and used his discoveries to create dishes such as his famous "airs" of vegetables (lighter-than-foam concoctions of pure, concentrated flavors).

Now, you can pay homage to him as well as take part in the South Beach Wine & Food Festival, Friday through Sunday.

As part of the fest you can see *Decoding Ferran Adria*. To be shown

at 2 p.m. Saturday at the Wolfsonian-FIU Museum, it's a 45-minute documentary on the workshop where the chef and his crew lock themselves each year for several months to reinvent the menu of his famous El Bulli restaurant outside Barcelona. It is virtually impossible to get reservations there.

■ ADRIA CONTINUES ON 9



PURE: This is Ferran Adria's presentation of vegetables in their purest essence. He often serves his dishes on plates he designs himself to showcase his culinary surprises.

essence of Adria

ADRIA

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On the same night the chef will be celebrated by some of the best of his American colleagues — Thomas Keller, José Andrés, Mark Ehrler, Gary Kunz, Nobu Matsuhisa, Jean-Georges Vongerichten and Pierre Hermé — with a seven-course dinner at the Loews Miami Beach Hotel. The sold-out dinner will cost diners \$600 each.

I talked with him by telephone from Spain and found a down-to-earth guy pretty much oblivious to his fame. He speaks little English so this is translated from our mother tongue.

Q. Do you consider cooking an art?

A. Cooking is cooking. There's a kind of cooking that has creative elements, and high cuisine today is close to the art world. It's getting to very high levels, which maybe didn't happen before.

Q. Are you really the [Salvador] Dali of cuisine?

A. They have called me so, but I think that's because of the geographic proximity [both Dali and Adria worked in the Spanish province of Girona, just north of Barcelona]. They never tell a painter that he is like a cook, but to a cook they say that he's like a painter.

Q. It's a praising analogy, don't you think?

A. No, it's a dangerous analogy. One thing is for cooking to become an art and another for art to become cooking. There are limits. We should not forget that we are cooks before

anything else. But now there are even gastronomic museums. Yes, there is even a chocolate museum.

Q. Are you the best cook in the world?

A. I don't believe in what they say. Many people like my cooking and many don't like it. We are proud to have created a gastronomy that has influenced and helped many. We have published books on cooking, given classes and shared our work.

Q. Who are your rivals?

A. Food should be happiness. I'm not interested in rivalries. Cooking is a pleasure.

Q. What's needed to create a great cuisine?

A. To have your own personality.

Q. Is innovation the character trait that best defines your gastronomic personality?

A. Yes, I have always tried to create new things. But you also play with traditional cooking.

Well, in the sense that I'm based in feelings. I think like a Spaniard. Everything is linked to that feeling. Even if I create new dishes, behind them it's that feeling.

Q. Do you mean to say that you're a classic and a revolutionary cook at the same time?

A. It's like in music. There are many kinds of music. Traditional cooking would be folk music; nouvelle cuisine, which has influenced a whole generation, would be another

... And today there's a vanguard that, little by little, is taking its rightful place.

Q. What's the most important thing in cooking?

A. The most important thing is that it has to be good.

Q. Do you believe in Mediterranean cuisine?

A. I believe much more in people than in places. But it is part of a 1,000-year-old culture.

Q. You've got all the big culinary prizes. What's your goal now?

A. My new goal is to cook for the pleasure of cooking, not for business or fame, just for the simple, glorious pleasure of cooking.

Q. Will people ever be able to get reservations at your restaurant?

A. It's a space problem: there's no more room. And to tell you the truth, it's a pity. I cannot enlarge it. We are 70 employees for 45 diners. We have a very unique structure. Without this large staff we wouldn't be able to do what we do.

Q. What are you doing now at El Bulli?

A. We are just finishing a large book, a general catalog documenting the history of the restaurant from 1983 to 2005. There are a total of five books, each with a CD, altogether over 800 pages of recipes, photos... It has taken us five years of work and everything we've done is there. The latest volume will

IF YOU GO

The South Beach Wine and Food Festival runs Friday, Saturday and Sunday with lots of wine tastings, cooking classes, seminars and dinners. It is a must-attend event for many gourmets and gourmands, so some events are already sold out. To see a list of events and which have tickets available, visit sobewineandfoodfest.com.

—DEBORAH S. HARTZ

come out in March, and I think the work we've done is quite interesting.

Q. Has American cuisine changed?

A. Ten years ago, American gastronomy wasn't taken into account in Europe. And I used to say that American chefs were doing incredible things. But if you asked then a French, an Italian or a Spanish chef, they were not aware of it at all. Now there are already a whole generation of both classic and new American chefs, and they are very creative.

Q. Are you excited about coming to Miami?

A. Yes, because in the United States they love me and pamper me. I think I've been a good ambassador of American cuisine in Europe, and I'm very happy to have some of the best American chefs cooking for us.

Javier Martínez de Pisón is a freelance writer living in Miami. He has also written for Art Papers, Art Nexus and El País.



A FLAVOR ALL HIS OWN: Spanish chef Ferran Adria's El Bulli restaurant, outside Barcelona, Spain, is shown inside and out. Reservations are difficult to get to sample his innovative cuisine. The restaurant is closed for six months of the year so the chef and his staff can travel and experiment with foods and techniques at his workshop. www.elbulli.com photos

