

*The  
Family  
Meal*

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*Home  
cooking  
with  
Ferran  
Adrià*



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**List of  
 Meals and  
 Recipes**  
 -

**Meal 1**

-  
 Guacamole  
 with  
 tortilla chips  
 -  
 Chicken mole  
 with  
 Mexican rice  
 -  
 Watermelon-CRU  
 -

**Meal 2**

-  
 Spaghetti  
 with  
 tomato & basil sauce  
 -  
 Fried fish  
 with garlic  
 -  
 Caramel foam  
 with  
 toffee  
 -

**Meal 3**

-  
 Fish soup  
 -  
 Butifarra sausages  
 with  
 mushrooms  
 -  
 Oranges  
 with  
 honey, olive oil  
 & salt  
 -

**Meal 16**

-  
 Potatoes with  
 romesco sauce  
 -  
 Hake with  
 salsa verde  
 -  
 Rice pudding  
 -

**Meal 17**

-  
 Macaroni with  
 bolognese sauce  
 -  
 Mackerel  
 &  
 potato stew  
 -  
 Chocolate cookies  
 -

**Meal 18**

-  
 Lettuce hearts  
 with mint  
 -  
 Beef cheeks  
 in red wine  
 -  
 Chocolate mousse  
 -

**Meal 19**

-  
 Tomato  
 &  
 basil salad  
 -  
 Crab risotto  
 -  
 Coconut  
 flan  
 -

**Meal 4**

-  
 Caesar salad  
 -  
 Cheeseburger  
 &  
 potato crisps  
 -  
 Santiago  
 tart  
 -

**Meal 5**

-  
 Peas sautéed  
 with ham  
 -  
 Roast chicken  
 with  
 potato straws  
 -  
 Pineapple  
 with  
 honey & lime  
 -

**Meal 6**

-  
 Roast aubergines  
 with miso vinaigrette  
 -  
 Sausages  
 with  
 tomato sauce  
 -  
 Crème Catalan  
 -

**Meal 7**

-  
 Waldorf salad  
 -  
 Noodle soup  
 with  
 mussels  
 -  
 Melon soup  
 with  
 pink grapefruit  
 -

**Meal 20**

-  
 White beans  
 with clams  
 -  
 Salt cod with  
 braised vegetables  
 -  
 Baked apple  
 with  
 whipped cream  
 -

**Meal 21**

-  
 Roast vegetables  
 with  
 olive oil  
 -  
 Salmon  
 with lentils  
 -  
 White  
 chocolate cream  
 -

**Meal 22**

-  
 Potato salad  
 -  
 Thai curry  
 -  
 Strawberries  
 with  
 vinegar  
 -

**Meal 23**

-  
 Lime-cured fish  
 -  
 Osso bucco  
 -  
 Piña colada  
 -

**Meal 8**

-  
 Gazpacho  
 -  
 Black rice  
 with  
 cuttlefish  
 -  
 Bread with chocolate  
 & olive oil  
 -

**Meal 9**

-  
 Cauliflower  
 in  
 béchamel sauce  
 -  
 Pork ribs  
 with  
 barbecue sauce  
 -  
 Plantains  
 with lime  
 -

**Meal 10**

-  
 Chickpeas  
 with  
 spinach  
 -  
 Pork belly  
 with  
 teriyaki sauce  
 -  
 Sweet potato  
 with  
 honey & cream  
 -

**Meal 11**

-  
 Tagliatelle  
 carbonara  
 -  
 Cod & green pepper  
 montadito  
 -  
 Almond soup  
 with  
 nougat ice cream  
 -

**Meal 24**

-  
 Miso soup  
 with clams  
 -  
 Mediterranean-style  
 mackerel  
 -  
 Almonds with turrón  
 ice cream  
 -

**Meal 25**

-  
 Noodles  
 -  
 Duck breast  
 with  
 chimichurri sauce  
 -  
 Pistachio custard  
 -

**Meal 26**

-  
 Cold asparagus soup  
 with egg  
 -  
 Salmorejo  
 chicken wings  
 -  
 Chocolate truffles  
 -

**Meal 27**

-  
 Steamed mussels  
 -  
 Sea bass  
 baked in salt  
 -  
 Peaches in red wine  
 -

**Meal 12**

-  
 Melon & ham  
 -  
 Rice with  
 shredded duck  
 -  
 Chocolate tart  
 -

**Meal 13**

-  
 Bread  
 & garlic soup  
 -  
 Mexican-style  
 slow-cooked pork  
 -  
 Figs with cream  
 & Kirsch  
 -

**Meal 14**

-  
 Mushroom risotto  
 -  
 Catalan  
 turkey  
 -  
 Yogurt espuma  
 with  
 strawberries  
 -

**Meal 15**

-  
 Pasta with pesto  
 -  
 Japanese-style  
 sea bass  
 -  
 Mandarins  
 with  
 Cointreau  
 -

**Meal 28**

-  
 Fried egg  
 with  
 asparagus  
 -  
 Chicken  
 with mushrooms  
 -  
 Cream puff  
 -

**Meal 29**

-  
 Grilled courgette  
 with oregano  
 -  
 Salmon marmitako  
 -  
 Cherries  
 -

**Meal 30**

-  
 Watermelon  
 &  
 tomato soup  
 with basil  
 -  
 Lentils  
 with  
 squid ink  
 -  
 White chocolate  
 cake  
 -

**Meal 31**

-  
 Japanese-style  
 cucumber  
 -  
 Catalan sausage  
 &  
 vegetable soup  
 -  
 Yoghurt & fruit  
 -



***Spaghetti  
with  
tomato & basil***



-  
***Fried fish with  
garlic***



-  
***Caramel foam  
with  
toffee***

-  
**Spaghetti  
with  
tomato & basil**  
-

-  
**Caramel foam  
with  
toffee**  
-

**INGREDIENTS**

**FROM THE SHOP**

- fresh basil
- fish from the market

**FROM THE FRIDGE**

- double cream
- eggs
- full-fat milk
- grated Parmesan

**FROM THE FREEZER**

- Tomato sauce #2  
(see page 292)

**FROM THE CUPBOARD**

- spaghetti
- extra-virgin olive oil
- ordinary olive oil
- salt
- sugar
- garlic
- sherry vinegar
- N<sub>2</sub>O cartridges for the siphon

-  
**Fried fish  
with  
garlic**  
-

**ORGANIZING THE MENU**

Two hours before  
Prepare the caramel foam. Fill the siphon with the mixture and put it in the fridge

30 minutes before  
Bring the water to the boil for the pasta

Clean the fish

Make the tomato sauce

Prepare the fried garlic

10 minutes before  
Cook the spaghetti

5 minutes before  
Cook the fish on the grill

Just before eating  
Drain the pasta and finish the spaghetti with tomato sauce and basil

Arrange the fish with the sauce and the garlic oil

Dispense the foam into small receptacles

-  
**Spaghetti  
with  
tomato & basil**  
-

If you have made the tomato sauce in advance and frozen it, don't forget to defrost it in advance.

The oil seasons the spaghetti and also prevents it from sticking together.

Sometimes we replace the Parmesan cheese with Manchego cheese to create a Spanish version of this dish.

	for 2	for 6	for 20	for 75
Spaghetti	200g	600g	2kg	7kg
Tomato sauce (see page 200)	200g	600g	2kg	7kg
Fresh basil	20 leaves	60 leaves	60g	200g
Water to cook the spaghetti	600ml	1.8l	6l	20l
Olive oil	4 tbsp	12 tbsp	400ml	1.5l
Parmesan cheese	30g	90g	600g	2kg
Salt	1 tsp	2 tsp	300g	1kg

Continue →

Bring the water to the boil in a large pan and add the spaghetti. Stir it to prevent it from sticking.

Cook for 8-10 minutes, or until tender but still firm to the bite.

Start →

Place the tomato sauce in a pan over a medium heat and bring it to a gentle simmer.

Pick the basil leaves from the stems, reserving the largest and best ones for the garnish, and tear the rest into pieces.

Remove the sauce from the heat and add the torn basil.

Drain the pasta well.

Stir in the olive oil.

and sprinkle with Parmesan.

Stir, then leave it to infuse for 2 minutes.

Grate the Parmesan cheese and set it aside in a bowl.

To serve, add the tomato sauce,

garnish with the reserved basil leaves,

**Fried fish  
with  
garlic**

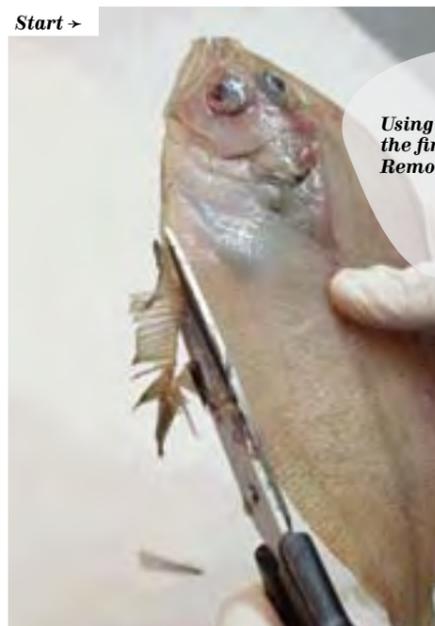
If you are cooking this at home, ask the fishmonger to clean the fish for you.

Use any fresh seasonal white fish that is available at the market, such as gurnard, hake or mullet.

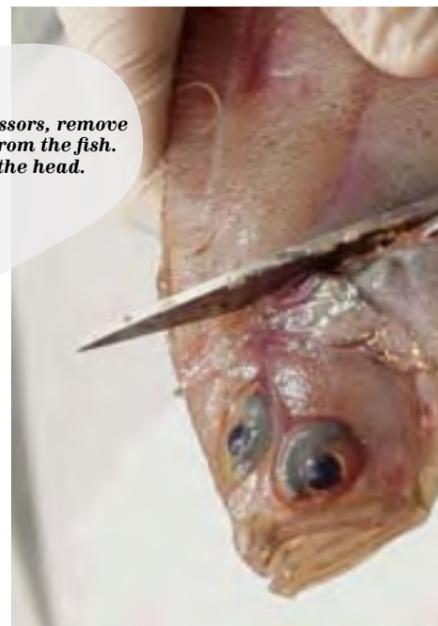
At elBulli we use a large, flat griddle to cook the fish, but at home a frying pan will also work.

	for 2	for 6	for 20	for 75
Fish from the market (180-250g), cleaned and gutted	2	6	20	75
Garlic	3 cloves	9 cloves	100g	375g
Olive oil	4 tbsp	150ml	650ml	2.5l
Sherry vinegar	2 tsp	1 tbsp	30ml	50ml
Salt	1 tsp	1 tsp	15g	50g

Start →



Using scissors, remove the fins from the fish. Remove the head.



Peel and chop the garlic into thin slices, using a mandolin or a sharp knife.

Continue →



Drain the garlic slices on kitchen paper.



Let the oil cool a little, then add the sherry vinegar.



Heat a pan with a little oil, season the fish with salt and place it on the hot pan.



After a few minutes, turn the fish and cook the other side.



Remove and place on a serving dish. It should be golden and juicy.



Pour the olive oil into a pan, add the garlic and place over medium heat.



Fry the garlic for a few minutes until golden.



Strain it through a metal sieve, reserving the oil.



Scatter with the fried garlic and a little of the oil and vinegar mixture, then serve.



## Caramel foam with toffee

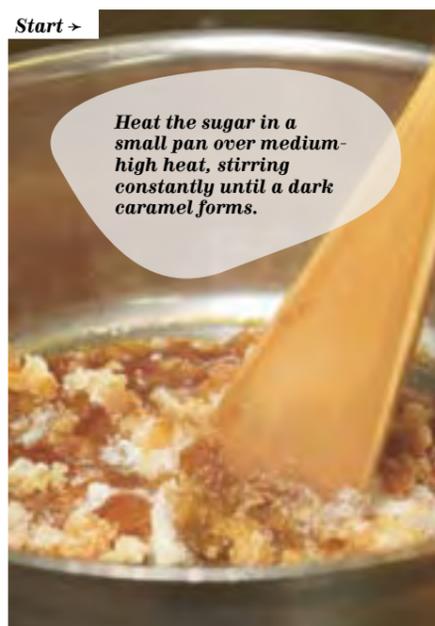
The minimum quantity you can make in a siphon is 6-8 portions. If you don't have a siphon you can serve caramel ice cream instead: follow the recipe and freeze it in an ice-cream machine.

To make it even quicker, for the foam base mixture you could use a shop-bought caramel ice-cream, melted.

If you are making it for more than 6, heat the milk and cream before adding it to the caramel.

	for 2	for 6-8	for 20	for 75
Sugar	n/a	60g	160g	600g
Double cream	n/a	320ml	640ml	2.4l
Egg yolks	n/a	4	225g	720g
Full-fat milk	n/a	90ml	180ml	600ml
N20 cartridges	n/a	2	4	15

Start →



Heat the sugar in a small pan over medium-high heat, stirring constantly until a dark caramel forms.



Carefully add the cream and milk.



Cook for 5 minutes, whisking until it is fully combined.



Meanwhile, separate the eggs, put the yolks in a bowl and whisk them lightly.

Continue →



Pour the caramel mixture onto the egg yolks, whisk well, and return to the pan.



Cook gently until it thickens, without allowing it to boil, stirring occasionally.



Pass the mixture through a fine-meshed sieve.



Charge the siphon with the cartridge and fill it with the mixture.



Refrigerate or place in an ice bucket for 2 hours.



To serve, shake the siphon well and dispense the foam into bowls or glasses.



Add your choice of accompaniment, such as toffee or chocolate sauce.



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**Waldorf salad**

When making a large amount of salad, we toss the apple in a small bowl of lemon juice to prevent the flesh from browning. You can use lemon juice in the same effect.

Waldorf salad takes its name from the famous Waldorf Hotel in New York. Invented in 1893, where it was invented in 1893 by the maître d'hôtel, Oscar Tschirky, the recipe appeared in 1906 in *The Cook Book* by the name of the Waldorf.

	for 2	for 6	for 20	for 75
Celery	100 g (3½ oz)	300 g (11 oz)	1 kg (2½ lb)	3.5 kg (7½ lb)
Walnut halves	25 g (1 oz)	100 g (3½ oz)	300 g (11 oz)	1 kg (2½ lb)
Mayonnaise	65 g (2¼ oz)	175 g (6 oz)	500 g (1½ lb)	1.5 kg (3½ lb)
Wholegrain mustard	2 tsp	1½ tbsp	4½ to 5½ tbsp	13 to 15 tbsp
Whipping cream, 35% fat	1½ tbsp	4 tbsp	120 ml	300 ml
Golden Delicious apples	1	3	7	30
Lemon, juiced	1	2	3	3

Continued

Peel the apples.

Mix in the cream and lemon juice then season to taste.

Trim away the celery leaves, then do nothing to it by peeling with a vegetable peeler.

Cut into 5 mm (¼ inch) slices.

Mix the celery, apple and walnuts in a salad bowl.

Put into small cubes about 5 mm (¼ inch) across.

Break the walnut halves in two.

For the dressing put the mayonnaise into a bowl, then stir in the mustard.

Stir in the dressing and stir until everything is well mixed. Season the salad with salt and freshly ground black pepper then serve in bowls.

**INGREDIENTS**

**FROM THE SHOP**  
 Romano, Cos or iceberg lettuce  
 white bread  
 minced beef  
 burger buns  
 fresh burger toppings, such as onions or tomatoes  
 lemons

**FROM THE CUPBOARD**  
 garlic  
 anchovy fillets in olive oil  
 sherry vinegar  
 sunflower oil  
 ready-made croutons  
 salt  
 white peppercorns  
 extra virgin olive oil  
 potato crisps  
 pickles or condiments to go with the burgers  
 plain white flour  
 white caster sugar  
 ground almonds  
 ground cinnamon  
 icing sugar

**FROM THE FRIDGE**  
 Parmesan cheese  
 full cream milk  
 eggs  
 cheese slices  
 unsalted butter

**Caesar salad**

**Santiago tart**

**Cheeseburger & potato crisps**

**ORGANIZING THE MENU**

**2 hours before**  
 Make the Saint James' cake and leave it to cool

**Make the burgers and keep in the refrigerator**

**30 minutes before**  
 Make the Caesar dressing and wash the lettuce

**Turn the cake out of the baking tray, slice and dust with icing sugar**

**Just before serving**  
 Cook the burgers

**Finish the Caesar salad and put it in a serving dish**

**Toast the burger buns and make up the cheeseburgers to your particular taste**