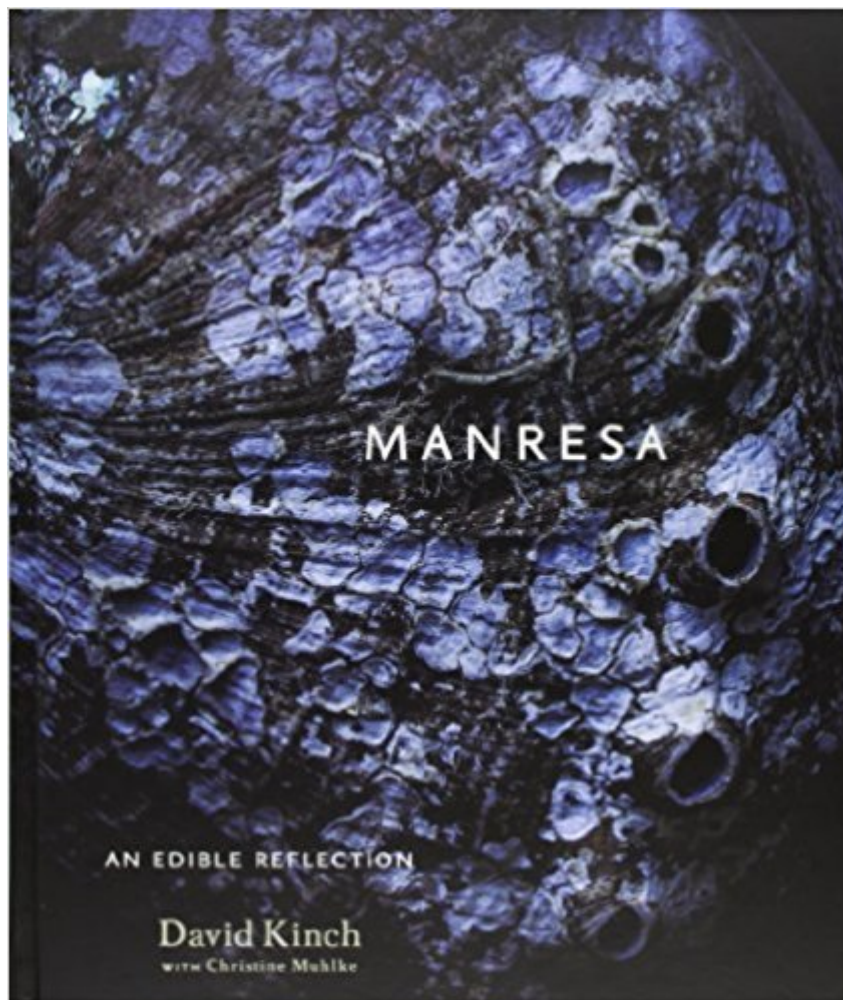


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# Manresa: An Edible Reflection



## Synopsis

The long-awaited cookbook by one of the San Francisco Bay Area's star chefs, David Kinch, who has revolutionized restaurant culture with his take on the farm-to-table ethic and focus on the terroir of the Northern California coast. Since opening Manresa in Los Gatos in 2002, award-winning Chef David Kinch has done more to create a sense of place through his food "specifically where the Santa Cruz Mountains meet the sea" than any other chef on the West Coast. Manresa's thought-provoking dishes and unconventional pairings draw on techniques both traditional and modern that combine with the heart of the Manresa experience: fruits and vegetables. Through a pioneering collaboration between farm and restaurant, nearby Love Apple Farms supplies nearly all of the restaurant's exquisite produce year round. Kinch's interpretation of these ingredients, drawing on his 30 years in restaurants as well as his far-flung and well-fed travels, are at the heart of the Manresa experience. In *Manresa*, Chef Kinch details his thoughts on building a dish: the creativity, experimentation and emotion that go into developing each plate and daily menu "and how a tasting menu ultimately tells a deeper story. A literary snapshot of the restaurant, from Chef Kinch's inspirations to his techniques, *Manresa* is an ode to the mountains, fields, and sea; it shares the philosophies and passions of a brilliant chef whose restaurant draws its inspiration globally, while always keeping a profound connection to the people, producers, and bounty of the land that surrounds it.

## Book Information

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## Customer Reviews

Featured Recipes from Manresa   Download the recipe for Fava Bean Risotto   Download the recipe for Fig and Wild Fennel Confit   Download the recipe for Garden Beignets and Crispy Leaves

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â œIn this age of just-add-water celebrity chefs, David Kinch has never sought the spotlight, but acclaim has rightly found him anyway. This wonderful book is a window into why. Kinch fills its pages with the same qualities that infuse his restaurant, revealing the dedication, creativity, and refreshing humility that underpin everything he does.â •â "Thomas Keller,Â Chef and owner, The French Laundryâ œDavid Kinchâ™s writing isnâ™t simply about cooking, rather itâ™s a life philosophy. Without a doubt, Manresa is one of the greatest restaurants in the world.â •â "Ferran AdriÃ   â œI love the sweet craziness of this great roaster and saucier! Vegetable-based cuisine has honed and sharpened his senses, making this big-hearted boy a veritable couturier of vegetable material. David Kinch has the passion of the seasons; he understands that the most beautiful cookbook has been written by nature and has thus entrusted his creativity to what the land and sea provide.â •â "Alain Passard,Â Chef and owner, lâ™arpÃ"ge Â â œManresa embodies an ideal for all restaurateursâ™the natural and delicate expression of its cuisine perfectly reflects Davidâ™s personality. Enormous passion can be felt in the aesthetics of his food. There are many chefs in this world, yet David Kinch is one of the few who is trying to open a new gate. This book contains the key.â •â "Yoshihiro Murata,Â Chef and owner, Kikunoi Honten, Kikunoi Akasaka, and Kikunoi Roan

"We kind of tie in our very being to the work that we do. ...Part of finding this balance is knowing when, when to leave."David Kinch, Manresa. From "Mind of a Chef."How can I begin to be objective about David Kinch, and about his restaurant Manresa? I came to know Manresa following the trail of Jeremy Fox after he left Charleston for the West Coast. I think the vegetable focused, micro seasonal approach of Manresa, along with its unique relationship with Love Apple Farms, played a pivotal role for Fox as he developed his own voice. A voice that would eventually earn him a Michelin star at Ubuntu, a vegetarian restaurant above a yoga studio in Napa. But I digress...Manresa's cuisine is not only beautiful, but thoughtful. Every component is there because it needs to be there, period. Consider his dish "Into the Vegetable Garden." It's been on the menu for several years, but continues to evolve on a daily basis depending upon what walks in the kitchen door from Love Apple Farms. It was inspired by Michelle Bras' "Gargouillou," a composed salad dish that includes 50-60 components. (A dish that's also been interpreted by the likes of Grant Achatz, Paul Virant and Daniel Patterson FYI.)I greatly admire David Kinch from afar. His cuisine

reflects time and place. He is transparent about his sourcing, inspiration and technique. He continues to lead, teach and inspire. After a fire very nearly claimed Manresa in 2014, David took the rebuild time to plan a bakery that these days is now crushing it. This year, the culinary community eagerly looks forward to his opening of The Bywater, a casual, New Orleans themed eatery with David Morgan, a chef from John Besh's Restaurant August in NOLA. Kinch grew up in New Orleans, and counts 2 years spent at Commander's Palace among the first of his jobs at 16, so in a way, The Bywater marks a return to his past. I know it will be delicious. By now you see what I mean- it's hard to be objective about David Kinch and his restaurant Manresa. In my estimation, the Manresa cookbook is one of a handful of essential reads / purchases of the past 5 years.

First things first; this is a remarkable book written by a unique chef. It's easily worth the price tag. And it's a refreshing, inspiring change from most of the volumes hitting the culinary shelves these days. For instance, it's *\*not\** a "hot new chef book" by somebody who has run a kitchen for a year or two and who is now trying to parley his 15 minutes of fame into a half hour. Instead, chef/author David Kinch has been at the stove for more than three decades in Louisiana, New York, California and Europe, and he knows exactly what he's talking about. It's *\*not\** a "TV chef book" by somebody more attuned to staring into the camera while flashing a mouthful of shiny white teeth than focusing on the precise but natural-looking plates going out of his kitchen. To my knowledge, Chef Kinch's only foray into the wild, wild world of the Food Network was back in 2009, when he thoroughly kicked Bobby Flay's butt in Battle Cabbage on Iron Chef America. Rather than jump on the fabled media bandwagon after that experience, Chef Kinch went back to what he intimately knows and loves - his restaurant, and all that it involves. And it's *\*not\** a "coffee table cookbook," meant simply to look great in your living room this holiday season. Yes, on first gaze, it looks that way. Oversized ... check. Texturally-correct abalone shell on the cover ... check. Absolutely killer photographs (from Eric Wolfinger) sprinkled here, there & everywhere ... check. But it's *\*way\** more than that. This is the rare culinary treatise that embodies so much more than recipes. It encompasses Chef Kinch's philosophies (insofar as things like these can be captured by the written word) about food, nature, cooking, hospitality, technology, professionalism, respect (in all its relevant guises), mentoring the next generation of chefs, etc. It's an ode to his 11 year old restaurant, Manresa, and his life in the industry. I've dined at Manresa several times (and enjoyed Chef Kinch's hospitality at Sent Sovi - his previous restaurant - well over a decade ago). But don't think that I'm just raving about the book because I've been to the restaurant. If anything, my firsthand experiences only increased my expectations for the book. Clearly, I needn't have worried. You should understand upfront that Chef

Kinch's recipes weren't designed for home cooks or home kitchens. This is Michelin-starred stuff folks, presented the way they do it at Manresa. Indeed, to me, the recipes are included primarily because they are necessary to tell the story of the chef and the restaurant. That some folks will want to duplicate the food at home, I think, is necessarily secondary. For most of us mere kitchen mortals, some of the recipes are inspirational; we may never be able to exactly reproduce them, but we can still take from them pearls of wisdom for use in our own cooking. Now, does that mean it's impossible to make all of these recipes at home even if you are a reasonably skilled home cook with a well-outfitted home kitchen? No, of course not; some are really pretty simple. But you need to recognize that many recipes require time and attention to detail. Many include obscure or not easily sourced ingredients, too, but for me, that's part of the book's charm. It speaks directly to Chef Kinch's desire to make Manresa distinctive while still focusing on the local, the seasonal, the best of what's available to him. If you really want to cook from this book, read the recipes carefully before you step into the kitchen ... heck, before you even think about heading to the market. Then you'll know which ones your kitchen, local markets and cooking skill level can accommodate and which ones you can dream about eating at Manresa. The bulk of Chef Kinch's recipes shun flashy, high tech gizmos (like Pacojets and immersion circulators) and ingredients (like hydrocolloids). He's not blind to the potential advantages technology offers culinary professionals, but at heart he's a cook's cook. As he notes in a brilliant little essay entitled, "Creativity and Technology," beginning at page 251, "what I've learned is that I want to use the best possible techniques that are right for me, whether they are ultramodern or ultratraditional." In other words, if a lamb rack cooked in a water bath no longer has the texture of lamb, why bother? Why, indeed. This book also plumbs the details of Chef Kinch's relationships with his purveyors, most especially Cynthia Sandberg's Love Apple Farms, with which Manresa has an exclusive association. These local connections with passionate folks allow Manresa to showcase the terroir of the Santa Cruz Mountains foothills in an utterly unique way. And, boy, does he take advantage of it. In my dining experience, no other American chef distills (and refines) his locale onto the plate better than David Kinch. You usually hear the word "terroir," roughly translated as "a sense of place," in the world of fine wines, but it's certainly an apt description of what Chef Kinch relates in this book and in the Manresa dining room. And he's more than happy to share the limelight; as he so correctly notes at the end of a short piece beginning on page 9 called, "How I Met Cynthia Sandberg," "thanks to Love Apple Farms, our food tastes of nowhere else in the world." If you have any interest at all in learning what goes on in one very creative and successful culinary mind when it comes to developing dishes and menus, please read, "Building a Dish: 1, 2, 3" (p. 163) and "Building a Menu," (p. 191). Really ... I mean it. Even if

you have to borrow somebody else's copy or (gasp!) sneak off to your nearest brick and mortar bookstore. In my opinion, the cookbook segment of the market has been over-saturated for years, and so it's rare and gratifying to find a book like this one that both informs and resonates without sounding preachy or holier-than-thou.

Watch David on The Mind of a Chef and you will buy this book too. Beautifully illustrated, the book highlights the genius that is David Kinch.

My husband's Christmas gift. He had actually READ the cookbook and said it's the most inspirational cookbook, speaking as a professional chef, he's come across in some time. Great buy!

I did not buy this as a cookbook. So, I did not carefully read the preparation instructions. I live close to Manresa. We have talked about eating there, but it is expensive. I wondered why we should go. Reading the general text explaining the history of David Kinch's work and restaurants and his involvement with the food producers has made a difference in my outlook. If we were to eat at Manresa it would be about having an adventure in tasting, not just a meal. The other thing that was eye opening was the idea of using local ingredients. I'm now looking at the mushrooms growing under the oak trees in our yard, wondering if I dare eat them.

We've been waiting for Chef Kinch's book for a while, and we were ecstatic when it finally came out. I did expect a lot out of this book, but I wasn't sure if those expectations would be met, since there are tons of celebrity chef cookbooks out there, and many of them seem to be of the same type (although many are magnificent). After receiving and perusing through this book, my expectations were far superseded. This is Kinch's magnum opus, and a fantastic addition to the cookbook world. This surpasses the idea of what a cookbook should be, and the compilation of this book is on par with his Michelin-star status. Complete with stories of his philosophy, the ingredients he uses, and clearly-written recipes, this is a must-have for any die-hard foodie. Bravo!

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