

information

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BISTREAU: THE SEA-INSPIRED EMOTIONS OF ÁNGEL LEÓN COME TO THE MANDARIN ORIENTAL, BARCELONA

*“It is possible to dream in kitchens”, asserts Ángel León. And he’s proved it: he dreamed of turning sea plankton into an ingredient and he managed it, he wanted to capture the light that deep sea fish emit far below the waves and he achieved it. Ángel León has brought his nautical dreams to fruition at the table thanks to his creativity and meticulous research methods in which he collaborates with universities and scientists. There are amazing milestones throughout his career: the discovery of diatomaceous algae for making stocks, the creation of the first saline cheese and 100% maritime Iberian cold cuts or the elevation of previously discarded fish to *haute cuisine*.*

Ángel León was born in 1977 in Cadiz and acquired his love of the sea through his father, a doctor and fisherman. He trained in France and travelled the world getting to know other cuisines. In 2007 he gambled on opening his own restaurant: Aponiente (Puerto de Santa María, Cádiz), taking its name from the Mediterranean wind that blows in from the west. Here he developed his *avant-garde* cuisine using the sea as his larder and demonstrating a limitless capacity for creativity. It was here that he achieved his first and second Michelin Star along with international recognition.

Ángel León’s passion for saltwater fishing and his interest in the marine world are lovingly reflected in his creative cuisine. Ángel’s culinary expertise and flair for questioning existing conventions have made him a young chef with an outstanding talent for experimentation. He is the first chef in the world to use plankton in cooking, adding it to a number of his delicious recipes.

Ángel León’s talent and creativity has earned him dozens of awards: for *Technological Innovation* at Madrid Fusion (2008), the *Chef of the Future* award from the International Academy of Gastronomy (2011), three suns in the Repsol Guide (2012 and 2013), the National Gastronomy Award 2012, the Chef Millesime Award 2013 and the gold medal of

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Andalusia (2014). The *New York Times* has also rated him as amongst the ten best chefs in the world. His knowledge of the marine world and the art with which he translates that knowledge to the table has made him worthy of the title *Chef of the Sea*.

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