



FLAVEL
MONTEIRO

TOGETHER

WITH THE WORLD'S FINEST CHEFS

FLAVEL MONTEIRO
AWARD-WINNING AUTHOR

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84 of the world's finest chefs from 6 continents, 31 countries, with over 50 Michelin stars, representing some of the best restaurants from Brazil to Australia who are featured on La Liste, the World's 50 Best Restaurants and with international awards - we have indeed Come Together!

~ FLAVEL MONTEIRO



THOMAS BÜHNER

THOMAS BÜHNER CONSULTANCY
OSNABRÜCK, GERMANY

For over 20 years, Thomas Bühner has been at the top of the league of German chefs. Born 1962 in Riesenbeck as the son of a housewife and a commercial clerk, he was first exposed to catering at his grandparents' establishment. Here, guests were always greeted with a slice of fresh pain gris with butter and Westphalian ham, and the clattering in the kitchen and the hubbub from the pub acted as a backdrop at bedtime, late in the evening. But all the same, young Thomas Bühner had no clear idea for a long time which career to choose once he left school. Whilst his twin brother turned to carpentry, an aptitude test at the job centre came up with concrete ideas: he was facing a choice of becoming a chef, a baker or a farmer. Bühner decided to become a chef, and even back then, he announced to his parents: "If I'm going to be a chef, then I'm going to have to be a good one." This is the standard that Michelin-starred chef Thomas Bühner has held himself to since leaving school. Fortunately, he followed his careers advisor's suggestion that he become a chef, a baker or a farmer, and Bühner has now been regarded amongst the highest echelon of German chefs for more than 20 years, one of just ten master craftsmen to have been awarded three Michelin stars. Thomas has kept his word to this day.

Bühner trained at Schweizer Haus in Paderborn. This was followed by stints with Günter Scherrer at the Hilton in Düsseldorf, Landhaus Scherrer in Hamburg, Restaurant Grand Cru in Lippstadt and Restaurant Jörg Müller in Westerland on Sylt. In 1989, Bühner became Harald Wohlfahrt's chef de partie at the Schwarzwaldstube in Baiersbrunn. This was one of the most important stages of his career, after all, he was fascinated by Wohlfahrt's discipline and consistency – indispensable assets in his vocation – and, above all, the down-to-earthiness and benevolence the patron showed his employees day in, day out.

The ideal prerequisites for taking on the position of head chef at the restaurant La Table in Dortmund in 1991. Five years later, he was awarded his first Michelin star, followed by a second one in 1998. Gault Millau voted Bühner "Newcomer of the Year" in 2001 and "Chef of the Year" five years later. From April 2006 since July 2018, Thomas Bühner has been running restaurant la vie in Osnabrück. In 2009, Thomas Bühner became a "Grand Chef" with Relais & Chateaux. In addition, la vie has been a member of "Les Grandes Tables du Monde" since early 2010. The restaurant has been awarded 19 Gault Millau points and three Michelin stars, as well as top grades in all other German restaurant guides. It was closed in July 2018.

Thomas Bühner's inspiration to his culinary creations is a procession of three dimensions Natural Flavour, Preparation and Extensive Range. Since its closure, Thomas Bühner has been active as a guest chef, keynote speaker and consultant for gastronomic concepts and food producers worldwide.



**POTATO FOAM
WITH PUMPKIN CURRY ICE CREAM**

THOMAS BÜHNER
GERMANY

POTATO FOAM

300g Pressed potato
100g Butter
150g Water
150g Cream

Boil the potato mild and keep the water back. Peel and boil again with all ingredients. Mix fine and filter all. Taste with some salt. Fill all up in the ISI-Syphon and keep it hot for the service.

PUMPKIN ICE CREAM

15g Ginger
30g Diced onions
30g Butter
450g Pumpkin
500g Cream
70g White wine
160g Egg yolks
100g Trimolin
150g Crème fraîche
Salt and curry powder

Heat the onions, ginger and curry powder in the butter. Deglaze with white wine and add the pumpkin

Then fill up with the cream and cook, mix and pass with all the ingredients. Beat egg yolks and Trimolin until boiling water. Add the pumpkin cream and crème fraîche and stir in. Cool on ice and freeze in an ice maker.

Heat the potato foam in a water bath to 80°C.

Put the hot potato foam in a small bowl and put a tablespoon of pumpkin curry ice cream on top. Serve quickly.



A TOUCH OF FOREST
WITH SMOKED EGG YOLK

THOMAS BÜHNER
GERMANY



FRIED MUSHROOMS

Cep / Oyster mushrooms / Deathrooms mushrooms / Red oyster mushrooms / Chanterelle

Clean all mushrooms and cut evenly. All together the portion is 50 g mushrooms. Fry these mushrooms in a frying pan with some sunflower oil and salt. Place on a cloth and place in the center of the plate.

MUSHROOM

2 Garlic pods / 10 Onions / 10l Water / 5kg Brown champignons
3kg Oyster mushrooms / 2kg Cep

Heat some oil in a large saucepan, halve the garlic in half and brown on the cut side dark brown. Cut the onions into small

strips to the garlic and as dark caramelize. Cut the mushrooms into the pot and cook until the mushroom juice is boiled and the mushrooms take color. Continue to roast a little and then pour in the water. Cook for 6 hours, roughly pass. Cook until a dark background is formed.

GARLIC BLOSSOMS FERMENTED

Garlic blossoms / Pear vinegar

Brush, wash and fill with a pear sauce in a rinse and allow to ferment for at least 4 weeks.

SMOKED EGG YOLK

10 Egg yolks / 1ltr Sunflower oil / Smoke gun

Put the sunflower oil in a tin, cover with foil and once vigorously smoke with the Smoking Gun! Separate the egg yolks from the egg white, place in small cups of smoked oil and leave to stand for 24 hours. 4 hours before service in the oven, if necessary, get out of the oil and drain a little

HERBS FOR THE MUSHROOMS

Pimpinelle mallow / Gundermann / Meadow limb / Birdworms
Fried basil / White and blue cornflowers / Garlic blossoms

Wash all the herbs and place 3-5 leaves each in a lock box. These come late on the fried mushrooms on top of it. Wash the basil, deep-fry and place on a kitchen towel to dry. Garnish with the flowers.

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The recipes are presented in a clear and easy-to-follow way, with ingredients, methods, preparations and photographs of the dishes. The recipes are arranged by type of food.

All measures are level unless otherwise stated.

Centimeter - cm

Cup - c

Deciliter - dl

Fluid Ounce - fl oz

Gram - g

Kilogram - kg

Liter - ltr

Milligram - mg

Milliliter - ml

Ounce - oz

Pound - lb

Quarts - qt

Tablespoon - tbsp

Teaspoon - tsp

CONVERSIONS

1 teaspoon (tsp) = 5 ml / 5 g

3 teaspoons (tsp) = 1 tbsp / 15 ml / 15 g

1 tablespoon (tbsp) = 15 ml / 15 g

15 tablespoons (tbsp) = 1 cup / 225 ml

1 cup = 8 fluid oz / 237 ml

1 pint = 2 cups = 473 ml

1 quart = 4 cups = 0.95 liters

1 ounce = 28 grams

1 pound = 454 grams

1 stick butter = ¼ cup

1 deciliter (dl) = 100ml

WEIGHT

1 gram = 0.035 ounces

100 grams = 3.5 ounces

500 grams = 1.1 pounds

1 kilogram = 35 ounces

VOLUME

5 milliliter = 1 teaspoon

15 milliliter = 1 tablespoon

240 milliliter = 1 cup or 8 fluid ounces

1 liter = 34 fluid ounces

Liquid measures

8 fluid ounces = 1 cup = ½ pint = ¼ quart

16 fluid ounces = 2 cup = 1 pint = ½ quart

TEMPERATURE

Conversion from Fahrenheit to Celsius: $C = (F - 32) / 1.8$

Conversion from Celsius to Fahrenheit: $F = C \times 1.8 + 32$

20°C = 68°F

120°C = 250°F

160°C = 320°F

180°C = 350°F

205°C = 400°F

220°C = 425°F

FLAVEL



Flavel Monteiro has been in the hospitality and F & B industry since 1991. His foray into publishing came when he purchased a franchise to publish Millionaire Magazine in Scandinavia, as well as a Filipino magazine in the Middle East. It was in 2014 when Flavel launched WG Magazine, designed to promote the top culinary experiences around the world. Then in 2018, he partnered with Chef Alfredo Russo from Turin, Italy to launch EX.IT—Extraordinary Italian. Flavel is the recipient of the 2019 Independent Publishers Award and multiple 2019 Gourmand World Cook Book Awards for his books Coffee Absolute Gastronomy and Legacy. Coffee Absolute Gastronomy was the #1 cookbook in the world and Legacy was the #2 cookbook in the world in their respective categories. Closest to his heart, three years ago, he started a foundation that helps 36 underprivileged children each year in the Philippines to attend culinary school through a scholarship program.

TOGETHER

THE WORLD'S
FINEST CHEFS

"It's an honor for me to be part of this project. Especially during this difficult time, to see people like yourself that don't sit and cry, but make things happen—it's admirable."

~ Francesco Guarracino