**HOW AN EXECUTIVE CHEF RECEIVES A THREE MICHELIN STAR.**

**COMMENTARY**

**Introduction**

The document I have to study is a video about an executive chef by an american website calle The Eater. The Eater is a gastronomic website dedicated to food across America.

All through the video, we have the Executive Chef telling about his experience as an experimental chef. So, in my presentation, I wil speak about experimental cuisine as a recent gastronomic phenomenon. Then, I will deal with the life and experience of the experimental chef in the video before talking about the fears resulted in using chemical products.

**Development**

Experimental cuisine as a recent gastronomic phenomenon

Experimental gastronomy is a new and recent approach to food that invents new dishes and explores new ways to make traditional dishes with the help of the tools and ideas of science. It appeared around the turn of the 21st century. Different terms are used to refer to experimental cuisine like molecular, modern or avant-garde cuisine.

Whatever the term used, experimental cuisine offers to blend physics and chemistry to transform the tastes and textures of food under different temperatures or pressures or the uses of chemical products like emulsifiers.

The life and experience of the experimental chef

First part of the video, we have a series of plates. The stress is put on the aethetic aspect and the apparent sobriety or simplicity of the dish. The video emphasizes both art and science in gastronomy. It also underlines the **Mike Bagale** ‘s state of mind as an executive chef at Alinea restaurant in Chicago.

He appears to me as an artist. He has a passion for his job. He likes to create new dishes with traditional food. He uses shell-fish and explains that the key to success is understanding the ingredients. If you know the potential of your ingredients, you can design great dishes. This is what he calls manipulating food. He doesn’t touch the food so much. He changes its texture and makes combinations of food.

We can see that this chef is humble.He acknowledges that he doesn’t always manage to do what he really wants to achieve and has to repeat. His work consists in controlling and giving directions to the whole staff. It means that he is responsible for the success and failure of the whole kitchen and the reputation of the restaurant.

I finish with the floating dessert which is one of the attractions of the restaurant of which **Mike Bagale** is so proud of**. To** create it, you turn an apple into a candy paste and you blow it with a tube of helium. It gives a transparent balloon tied by a string.

It is a very amazing to eat these kind of dessert because it’s very funny. However, we can wonder if these desserts or molecular cuisine is safe.

Is molecular cuisine safe?

When people hear the words molecular gastronomy or molecular cuisine they often mistakenly view it as unhealthy, synthetic, chemical, dehumanizing and unnatural.

This is not surprising given that molecular gastronomy often relies on fuming flasks of liquid nitrogen, , syringes, tabletop distilleries, PH meters and shelves of food chemicals.

The truth is that the "chemicals" used in molecular gastronomy are all of biological origin. The raw material origin is usually marine, plant, animal or microbial. These additives have been approved by EU standards and are used in very, very small amounts. The science lab equipment used just helps modern gastronomy cooks to do simple things like maintaining the temperature of the cooking water constant (water bath) , cooling food at extremely low temperatures fast (liquid nitrogen) or extract flavor from food (evaporator).

**Conclusion**

As a conclusion, I will say that molecular gastronomy experiments have resulted in new innovative dishes. like hot gelatins, airs, faux caviar, spherical ravioli, crab ice cream and olive oil spiral The potential of molecular gastronomy is enormous. It is revolutionizing traditional cooking and transforming dining into a surprising emotional and sensory experience.

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<http://www.businessinsider.com/3-michelin-starred-restaurant-alinea-serves-edible-helium-balloons-dessert-chicago-food-grant-achatz-2017-7>