

Martín Berasategui's Cooking in five stages

1984-1992

Martín carries out a rural, a very technical cooking which is very influenced by the universe he discovered during those years. He added new ingredients, both in cooking and in pastry-making, in combination with the ones that were traditionally used in the cookers of the Bodegón.

It was the beginning of something that would later become an unmistakable stamp of his: the work team was perfectly organized in various groups, and the factor that united them all was their tremendous youth.

1993-1997

During those first five years in Lasarte, Martín began to develop his cooking and the human group became more consolidated. He made a general review of the traditional Basque cookery book and added easier preparations to the menu.

He became the first Basque cook to break the moulds of the 'artisan cook' as a good professional, and showed that it is possible to maintain coherence and quality, serving both small groups of clients and larger amounts of people.

1998-2001

It was the most cooking Martín ever. The keys: polished recipes and a search for the best ingredients from all over the world. He was more and more virtuous and, above all, he was very regular. There were no ups and downs. Those were the years of an unusual Martín, the creator of a very characteristic cooking.

2001-2005

It was a very important stage for Martín, since he obtained the third star of the prestigious *Michelin guide*. He also obtained 9.5 points in the *Lo mejor de la gastronomía española 2002* guide (The best of the Spanish gastronomy 2002). Berasategui appears among the 6 best European restaurants of the *Guida delle Guide* with his restaurant in Lasarte. With these and other awards, he distinguished himself as one of the best cooks in the world.

2006

The recognition of the well-done work arrived from all the areas of culture, society and gastronomy. It was an innovative, avant-garde Martín who put all his knowledge at the service of the young cooks. The pillars of his cooking remained firm.