

Home » Dining » Stories » #FoodieFinds: Dining In Disfrutar, Barcelona

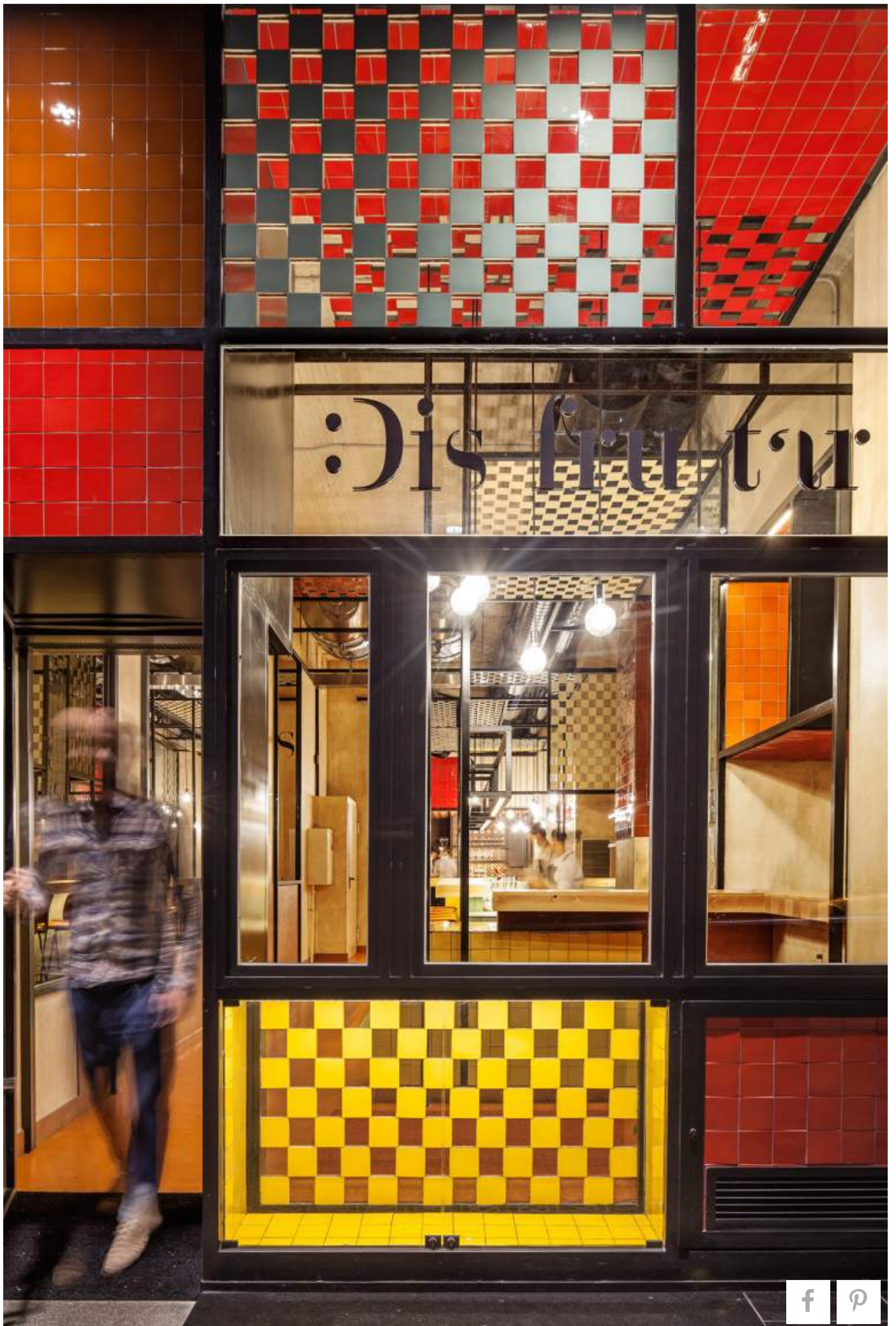
FEATURES

#FoodieFinds: Dining In Disfrutar, Barcelona

A must try when in Barcelona! Be prepared for avant-garde cuisine that is absolutely worth talking about.

By Isabel Martel Francisco on May 08, 2017

The restaurant's facade is a tad casual and unassuming, which is quite misleading as their food, is the complete opposite -- powerful and inventive haute-cuisine.



When entering Disfrutar, you are met with details reminiscent of Barcelona city life and bold Spanish colours: iron fixtures with accents of reds, splashes of blue and yellow. This motif continues through the narrow space into their open kitchen, which is covered in ceramic tiles that are cut into a plethora of shapes and designs, giving the whole restaurant layers of texture.

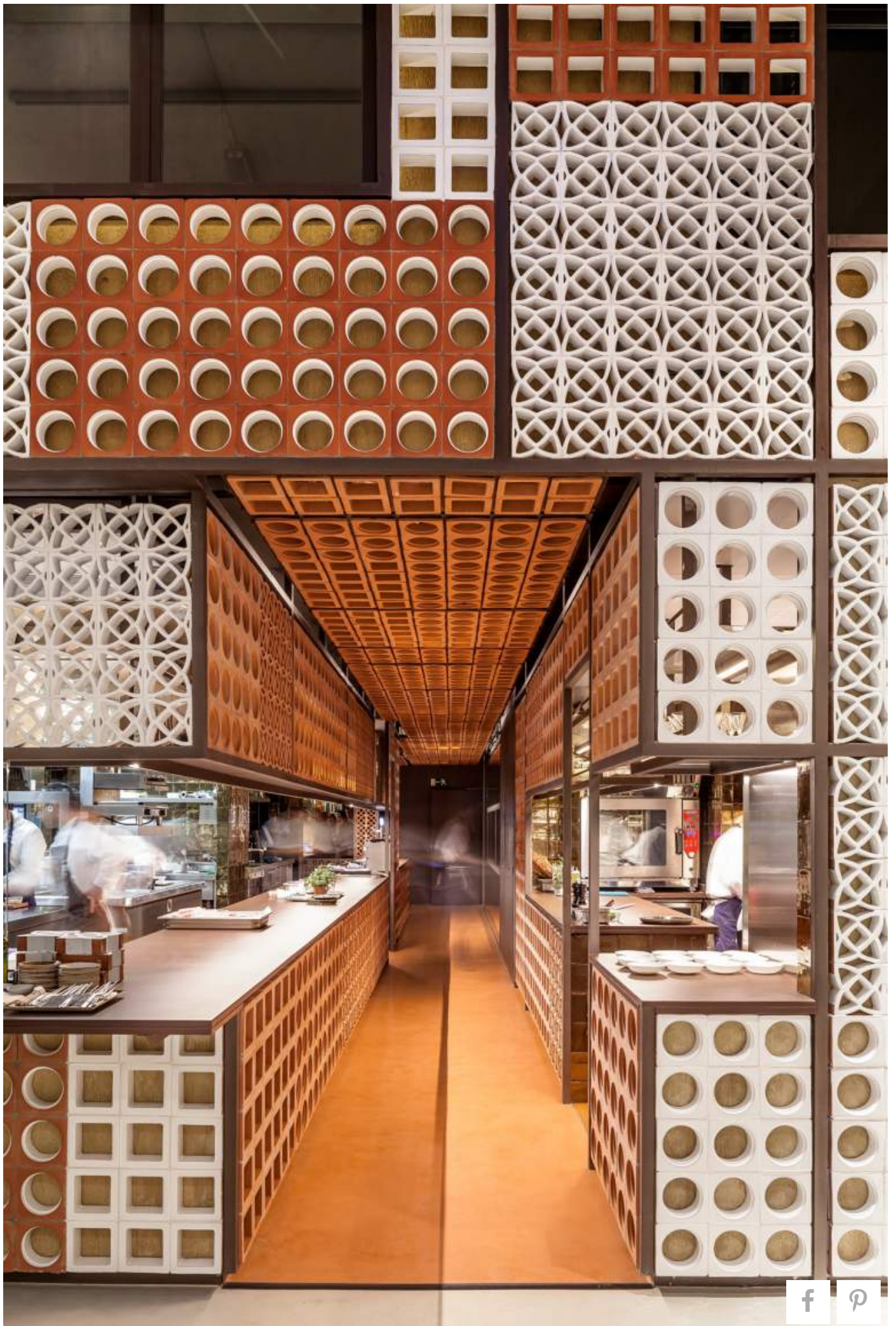
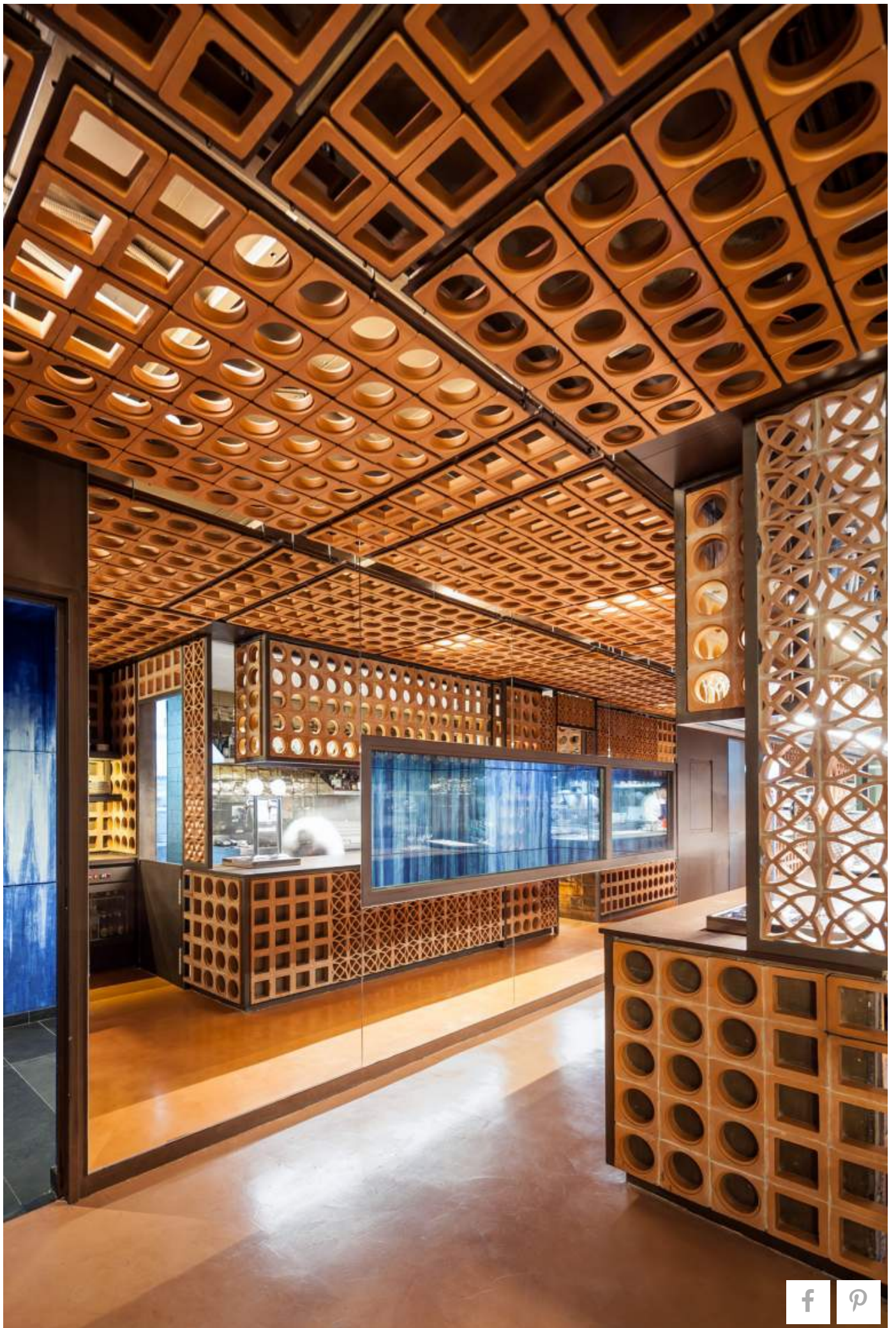


Photo: Courtesy of Disfrutar, Adrià Goula



This colour palette abruptly changes as guests enter the much larger, high-ceilinged, back room. The main dining room is filled with ceramics, clay and more natural textures like weave for example – taking inspiration from fishing villages and the much more natural landscape of the Mediterranean. Diners eat in this white, light, spacious and quite minimalist space, which allows them to truly appreciate the food as each creation stands out amidst the somewhat plain room.



Photo: Courtesy of Disfrutar, Adrià Goula





Photo: Courtesy of Disfrutar, Adrià Goula

As we entered Disfrutar, we found out that we would be eating a 25-course menu and I thought: *how on earth can I possibly eat all that?* By the end of the meal, the question had changed, it had become: *how could I not eat all that?*

Don't worry, you do not have to order the 25 course tasting menu, but it is encouraged. The chefs-owners (Mateu Casanas, Oriol Castro and Eduard Xatruch) tell us that it is their best effort at showing guests what they have up their sleeves, and that they wish everyone will be able to try this experience. Each course is bite sized, purposed to give you a taste, not to overwhelm with oodles of food.



Chef Eduard Xatruch



They describe their creations as avant-garde cuisine inspired by the Mediterranean. Every

dish incorporates the essence of this region while introducing a myriad of foreign ingredients. There are flavours from all over the world highlighted in each bite, from French, Spanish, Middle Eastern, Indian to South East Asian touches. The goal is also to introduce diners to who the chefs are as people, for us to understand a little bit more about what interests them.



Photo: Courtesy of Disfrutar, Joan Valera

These fast rising superstars are absolutely the ones to watch. Chefs Casanas, Castro and Xatruch all trained under the legendary Chef Ferran Adrià in the famed El Bulli. In chef Adrià's top-notch, cut throat kitchen, these three men formed a bond that has served them well. Their partnership has led them to opening two lauded restaurants: Compartir and Disfrutar. The later has been open since 2014, and has already garnered a Michelin Star and **The Miele One To Watch Award for 2017.**



It is clear that they have taken their life lessons to the heart, infusing their own interpretations into well-rehearsed techniques. Disfrutar created not only great food, but worthwhile experiences. I was told to smell scents while eating, and to even interact with my food. Inhaling a distinct smell changed flavours, and eating in a suggested order so as to introduce your palette to specific tastes completely transformed what you thought you would be tasting. Bread was not bread, olives were not olives and pasta was not made of pasta. It was so new to me. It was thoroughly eye opening and impressive to witness their inventive capabilities. How these chefs were able to play, innovate and experiment to develop unique dining journey is remarkable.



Chef Eduard Xatruch at the pass

While enjoying the meal, the entire dining room can watch the bustling kitchen work their magic. On any day, you are guaranteed that at least one of the three chef-owners will be present and working the pass at both Disfrutar and Compartir. Their hands-on and very involved approach is what breathes life into their establishments.

Captivating, thrilling, innovative and delicious. Chef Casanas, Castro and Xatruch have forged something truly special with Disfrutar. Their combined talents shine brightly through their playful and soulful food – which absolutely does the restaurant’s name justice. In case you did not know, Disfrutar means, to enjoy, in Spanish.



2/3 of the trio: Chefs Oriol Castro and Eduard Xatruch

That is exactly what we did. We enjoyed every morsel, and the entire four and a half hour experience. Their charming and well-versed wait staff added to a memorable day.

From the bursts of flavours, sharp and delicate, to watching the open kitchen and admiring their artful plating – each dish of the 25-course meal was something worth talking about. If you are in Barcelona, eating in Disfrutar is a **must do**.

Let me take you through the highlights of this culinary adventure:



Tags: [food](#), [travel](#), [barcelona](#), [generation t](#), [spain](#), [chef](#), [disfrutar](#)



A Taste of Europe in
Manila



Search



LATEST FEATURES
