

Ferran Adria

Quotes

*Cooking, Thinking, People, Creativity, Avant Garde, Kitchen, Home, Years,
Simple, Mother, Polemics, Dishes, Differences, Ifs, Cuisine, Risk, Dining,
Copying, Art, Mean*

Remember that a very good sardine is always preferable to a not that good lobster.

~Ferran Adria

Food is about being happy - at a table, thats probably where we spend most of our happiest hours.

~Ferran Adria

I think my virtue was I never thought "This is impossible.

~Ferran Adria

If you think well, you cook well.

~Ferran Adria

I'm not a materialist, I don't care for things. I don't like cars, I hate things that can be exploited. I live a simple life. The only luxuries I have in my life are travel and food.

~Ferran Adria

Could you imagine people eating a painting - if they could introduce a painting into their bodies? It's probably the artist's dream, and we have the opportunity to do so.

~Ferran Adria

I use the kitchen as a pathway to achieve this happiness.

~Ferran Adria

You need an entire life just to know about tomatoes.

~Ferran Adria

Our kitchen is a kitchen that makes food designed to be tasted with the five senses and it requires concentration to appreciate all that we want to express.

~Ferran Adria

You can't please everyone, especially if you're doing very radical things at the vanguard of cooking. That's life; it's a polemic I've lived with since I started cooking.

~Ferran Adria

Innovation, being avant garde, is always polemic.

~Ferran Adria

Salt is the only product that changes cuisine. There's a big difference between food that has salt and food without it. If you don't believe that, ask people who can't eat salt.

~Ferran Adria

What you feel like eating at any given moment is what you should have.

~Ferran Adria

Everywhere the sky is blue. There are a multitude of cuisines and dishes. I think of them as the languages and dialects of food.

~Ferran Adria

I cant live without activity; I cant be sedentary.

~Ferran Adria

For me to go to a restaurant and eat something that is not only good, but totally new, is a double thrill. Double the enjoyment.

~Ferran Adria

There is not a good or a bad cuisine, just the one you like the best.

~Ferran Adria

If you go off the edge, it's not cooking anymore, so you have to push it to the limit... What are the limits?

~Ferran Adria

Risk is to do something that 99 percent of the time would be a failure.

~Ferran Adria

What's wrong with transforming food?

~Ferran Adria

Creativity means not copying.

~Ferran Adria

We opened El Bulli; there were no secrets there. The recipes were not secret. Anybody who came, the recipes were there for them. This was unthinkable then.

~Ferran Adria

I am not a multimillionaire. I don't own a yacht or a Ferrari. I live in a 60-square-metre flat. My needs are simple.

~Ferran Adria

We didn't create dishes. We create preparations to create many dishes.

~Ferran Adria

I had a very normal childhood, and my mother cooked very normal food.

~Ferran Adria

There's so much information that there is disinformation.

~Ferran Adria

You cannot get an influence from the cuisine of a country if you don't understand it. You've got to study it.

~Ferran Adria

People wouldn't think of making avant-garde cuisine at home. When people play basketball at home, they can't play like Michael Jordan.

~Ferran Adria

There's a little treat I like a lot called Bollycao. It's like a brioche with chocolate inside, but industrial.

~Ferran Adria

When I go to a fine dining restaurant, I'm excited and I do expect to find proposals to wake my senses.

~Ferran Adria

I don't do my mother's cooking. Because I am a professional and she isn't. Even if she is a better cook.

~Ferran Adria

The menu de degustation is the finest expression of avant-garde cooking.

~Ferran Adria

I don't worry about the things I can't change.

~Ferran Adria

We'll work with any designer producing something linked to gastronomy. So a chair for the dining area, a van to move food around. Anything that's connected to the gastronomic process.

~Ferran Adria

In an avant-garde cooking restaurant, it's the experience that's the difference.

~Ferran Adria

Friends are really important, especially when you've had the successes that I've had. I've gone really far in my career, so they're the ones that keep you humble, keep your feet on the ground.

~Ferran Adria

It's very hard to be an innovator at the highest level in any discipline. For some chefs it's merely about combining ingredients, but that's something you can do with your eyes closed.

~Ferran Adria

I have a drivers licence, but the truth is that I hardly ever drive. I prefer to get around by taxi.

~Ferran Adria

When a customer receives a dish, they get food and design at the same time.

~Ferran Adria

When you talk about avant-garde cuisine, the surprise factor is really important. For example, I love looking at blogs and the photos, but I'm not that keen on other people taking photos of my dishes.

~Ferran Adria

If I don't have pressure, I don't function.

~Ferran Adria

Related Links:

- [Cooking Quotes](#)
- [Thinking Quotes](#)
- [People Quotes](#)
- [Creativity Quotes](#)
- [Avant Garde Quotes](#)
- [Kitchen Quotes](#)
- [Home Quotes](#)
- [Years Quotes](#)
- [Simple Quotes](#)
- [Mother Quotes](#)
- [Polemics Quotes](#)
- [Dishes Quotes](#)
- [Differences Quotes](#)
- [Ifs Quotes](#)
- [Cuisine Quotes](#)
- [Risk Quotes](#)
- [Dining Quotes](#)
- [Copying Quotes](#)
- [Art Quotes](#)
- [Mean Quotes](#)