Elena Arzak – best female chef in the world

Elena Arzak is the first woman in the World’s 50 Best Restaurants 2017 list. Her restaurant Arzak is at number 30 in the list ranking. There is only another woman in the list, her name is Italivi Reboreda and she is from New York. Her restaurant is called Cosme and it is at number 40. So, technically, Elena is the best female chef in the world. She was also the top female in the ranking in 2012. There is a big imbalance between women and men in the professional kitchen. Only two women restaurants are in the list. There are a lot of famous chefs but very few women popular for their cooking creativity.

Elena owns a family restaurant in San Sebastian. Her father, Juan Mari Arzak, is a very popular chef, too. They work together. She started cooking at the age of 11, she is the fourth generation working at the restaurant. Elena is now 48 years old. Arzak’s food is modern Basque. It is described as elegant Spanish cuisine, but it is also traditional and simple. This family restaurant was the first one in Spain to receive three Michelin stars. It has 37 cooks and 2900 types of wines. The menu costs 155 euros, you can eat a variety of creative dishes made with quality products.

At home Elena always has vegetables in her fridge, she has a healthy diet. Her favourite ingredient is avocado, because it is healthy and delicious. She also likes cooking fish and soups. She likes eating slowly and enjoying family time at the table. In her free time, she likes reading and travelling. She loves spending time with her friends and family. She enjoys meeting her friends at a bar called Ganbara.

Elena has the sensibility of a chef and she is a creative person. She is very passionate at work because she loves her job. Cooking is in her heart.

Vocabulary:
imbalance: desequilibrio
owns: es propietaria
cuisine: cocina
receive: obtener
avocado: aguacate

Read the instructions for each question carefully before answering. (Total score: 10 points)
1. Read the text and answer the questions. Write complete sentences. (2 points)

a) What number is Elena’s restaurant in the ranking? ___________________________________________________________________

b) Who is Elena’s father? ___________________________________________________________________

c) How old is Elena? ___________________________________________________________________

d) How much is the menu in Arzak restaurant? ___________________________________________________________________

e) Does Elena have a healthy diet? ___________________________________________________________________

2. Underline True or False according to the text. (2 points)

a) There are a lot of women working as professional chefs. TRUE or FALSE
b) Elena was 11 years old when she started cooking. TRUE or FALSE
c) Her restaurant was the second one in Spain to have three Michelin stars. TRUE or FALSE
d) She doesn’t cook fish and soups at home. TRUE or FALSE
e) Elena is a passionate person. TRUE or FALSE

3. Which word does not belong to the group? (1 point)
Example: tall / thin / fat / station

a) friendly / face / eyes / hair
b) maths / science / behind / English
c) fourth / rainy / sunny / hot
d) cooking / living room / dancing / watching TV

4. Put the words in the correct order. (1 point)
Example: doctor / a / am / I → I am a doctor

a) wearing / a / T-shirt / is / Mary / red/ ___________________________________________________________________

b) to / did / Sunday / go / cinema / you / the / last / ? ___________________________________________________________________
c) are / any / in / there / not / vegetables / fridge / the

________________________________________________________________________

d) likes / music / my / listening / to / brother

________________________________________________________________________

e) have / breakfast / coffee / I / toast / for / and / usually

________________________________________________________________________

5. Write a short text (8 sentences) about your eating habits: describe your daily meals and your weekend meals, and where and with who you eat in each case. (4 points)