

# Activity Idea

## Get Cooking with Chef José Andrés

*Recommended for Adults*

Chef José Andrés (born 1969) has heard the words "esta comida es deliciosa" many times in his life. Andrés, who was born in Mieres, Spain, has become an international ambassador of good food. He is responsible for introducing the Spanish style of tapas cuisine to the United States, where he now regularly hears customers say, "this is delicious food." In addition to operating such popular restaurants as minibar by José Andrés, é by José Andrés, and America Eats Tavern, Andrés has emerged as a celebrated humanitarian thanks to his efforts to aid the victims of natural disasters. (Gale in Context, Biography)

### Books:

*We Fed an Island* by José Andrés (audiobook) on hoopla [tinyurl.com/r4znesc](https://tinyurl.com/r4znesc)

*How to Be A Conscious Eater* by Sophie Egan on Hoopla [tinyurl.com/wcql7az](https://tinyurl.com/wcql7az)

*Meal Planning* by Andrea Griffin on Hoopla [tinyurl.com/wr6etnr](https://tinyurl.com/wr6etnr)

*The Tuesday Taco Cookbook* by Laura Fuentes on Hoopla [tinyurl.com/s9jjzt4](https://tinyurl.com/s9jjzt4)

### Films:

*Undiscovered Haiti with José Andrés* on Kanopy [tinyurl.com/uwfvjt2](https://tinyurl.com/uwfvjt2)

*Into the Mind of a Chef* on Kanopy [tinyurl.com/r2kxt6a](https://tinyurl.com/r2kxt6a)

*Powerful Micronutrients – Cooking with Color* on Kanopy [tinyurl.com/vkwom8l](https://tinyurl.com/vkwom8l)

### Online Courses:

Luscious, Low-Fat, Lightning-Quick Meals on Gale Courses [tinyurl.com/vh2zuza](https://tinyurl.com/vh2zuza)

### Online Resources:

Free recipes courtesy of AARP [tinyurl.com/ybpea8m9](https://tinyurl.com/ybpea8m9)

Free recipes by José Andrés [tinyurl.com/r62yghp](https://tinyurl.com/r62yghp)

### Magazines:

Checkout our collection of cooking magazines on RB Digital [tinyurl.com/snwhov3](https://tinyurl.com/snwhov3)

### Spark an Idea:

Try one of these recipes and share a picture of your delicious creation on social media – tag us @LACountyLibrary