

Albano Lourenço^(ES)

Quinta das Lágrimas Hotel, Coimbra

June 22nd



Albano Lourenço graduated in Cooking/Pastry in the late 80's at the School of Hospitality and Tourism of the Algarve. He began his career in that Portuguese Region, working for 10 years at the restaurant "São Gabriel" (1 Michelin star), where he became the Chef.

After some years in the South part of Portugal, he decides to return to his homeland and embrace a new challenge, becoming, since late 2000, the Executive Chef of "Hotel Quinta das Lágrimas", where he was again distinguished with 1 Michelin star in 2004.

Albano Lourenço has received numerous awards throughout his career as, for example, Figure of the Year 2005 by Inter Magazine.

Over the years Albano Lourenço have been many times invited to judge various cooking contests. He is also author of the book "The Bible told by flavors".

Simple dishes are one of chef Albano's greatest strengths. He says that everything he does is inspired on Portuguese cuisine and believes that the country has the best fish, good meat and excellent fruit. He enjoys working with products that are familiar to people, to make them feel at home. True to the traditions of his Region, he says that at home he only cooks food on a pot or in a wood fire oven.

He is frequently invited to major culinary events in Portugal and abroad.

In 2010, he was awarded by the Portuguese Academy of Gastronomy the Diploma of Honor.