



3-star chef Christian Jürgens: Culinary excellence with passion and perfection

"Quality is never coincidence. It is always the result of ambitious goals, sincere effort, an intelligent approach and skilful execution." This motto has accompanied the exceptional chef Christian Jürgens for decades. And it expresses clearly where the priorities of the chef de cuisine's work lie.

Bavaria's best chef himself describes his form of cuisine as "modern with classical roots". With great attention to detail, he not only presents the treasures of his adopted home Bavaria, but also international top products, constantly reinterprets them and allows himself to be inspired by his creations on journeys around the globe. He never lacks three ingredients: the best quality, outstanding taste and an exceptionally creative presentation. In short: Christian Jürgens' culinary works are an exciting experience through every single course. Experts have confirmed for many years that he is one of the best in his profession worldwide. Christian Jürgens currently holds three Michelin stars, 19.5 Gault Millau points and five Feinschmecker "F".

The Restaurant Überfahrt at the Tegernsee

Since 2008, Christian Jürgens has been head chef and managing director of the restaurant Überfahrt at the Althoff Seehotel Überfahrt in Rottach-Egern. After only three months there, the Gault Millau restaurant guide already awarded him 18 points for his culinary skills. "Der Feinschmecker" chose him as "Chef of the Year 2008" and the Michelin Guide awarded the restaurant two stars. Three absolute top ratings in such a short time – a novelty in the industry to this day. In 2013, Gault Millau named Christian Jürgens "Chef of the Year". In the same year he was awarded the third Michelin star – a distinction that the Michelin Guide confirmed for the fourth time in 2016. Since 2015, Jürgens has also carried 19.5 Gault Millau points as one of only four other chefs. According to the Hornstein Ranking 2017, for the second year in a row, he and his team from the Restaurant Überfahrt have been among the top three restaurants in Germany – along with the renowned big names of the culinary trade Harald Wohlfahrt from the Schwarzwaldstube and Helmut Thielges from the Waldhotel Sonnora.

Cooking was never his plan – today it's his life

Christian Jürgens, a butcher's son born in 1968 in Unna, grew up in Westphalia. He became a chef by chance. A dishwasher needed to be replaced at his sister's restaurant. Jürgens jumped in without further ado and realised that cooking is more than just "preparing food". He completed a cooking apprenticeship and then started his culinary career, which today reads like an apprenticeship and hiking tour through the starred kitchens of the republic.

At the end of the 1980s, Jürgens moved south – first to Feinkost Käfer in Munich, then to the cradle of German star cuisine, the Tantris Restaurant with Heinz Winkler, and his Residenz in Aschau. On the island of Sylt Christian Jürgens refined his skills for one season with Jörg Müller before returning to Bavaria: Eckart Witzigmann in the Aubergine in Munich and again Heinz Winkler in his Residenz were important teachers for the aspiring chef, who increasingly began developing his own style.

In 1997, Christian Jürgens took over the gastronomic management of the Restaurant Am Marstall in Munich and one year later received his first Michelin star as its chef. From 2001 onwards, he was then



the chef de cuisine of the Restaurant Kastell and responsible for the entire gastronomy of the Hotel Burg Wernberg in Wernberg-Köblitz.

Commitment outside of the kitchen too

While for many chefs the third Michelin Star is the goal, for Christian Jürgens it is more like a starting signal: His goal is to lead gastronomy in completely new ways in order to make it interesting again for career starters. In particular, this means performance-related pay and better working hours, i.e. the opportunity to work at the highest level and still be able to participate in 'normal' social life. That is the only way to maintain the fun of working in the long term. It also includes a commitment to dealing with each other in a respectful way and fostering a culture of open feedback. Because only in a healthy working environment can the highest performances be achieved with much more pleasure – as can be seen in the kitchen of the Restaurant Überfahrt. "It is important for me to not only achieve the goals of the restaurant, but also to perceive the goals of my employees and to support them in achieving them. To convey values such as authenticity, honesty and loyalty to them is a real concern to me", Christian Jürgens emphasizes.

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Further information

For further information on Christian Jürgens go to www.christianjuergens.de/media. Follow Christian Jürgens on [Facebook](#) and [Instagram](#).

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AUSZEICHNUNGEN
***CHRISTIAN JÜRGENS

Award-winning culinary art

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- 1998** *1 Michelin Star* for the Restaurant Am Marstall, Munich
The "rising star of the year" by the gourmet magazine Der Feinschmecker
- 2000** "Restaurant of the Year": Restaurant Am Marstall, Munich, was the first winner to receive this award from the gourmet magazine Der Feinschmecker.
- 2002** **2 Michelin Stars** for the Kastell Restaurant in the Hotel Burg Wernberg, Wernberg-Köblitz
- 2007** Still today one of the "top chefs of the year" according to the Aral Schlemmer Atlas
- 2008** **2 Michelin Stars** only three months after the restaurant's opening for the Restaurant Überfahrt am Tegernsee, Seehotel Überfahrt, Rottach-Egern
"Chef of the Year" and top rating "5F" by the gourmet magazine Der Feinschmecker
"18 points" by the gourmet guide Gault & Millau
- 2009** "19 points" by the gourmet guide Gault & Millau
- 2010** "Restaurant of the Year" for the Restaurant Überfahrt am Tegernsee by the gourmet magazine Der Feinschmecker
"Best Cooks 6th place" by the gourmet magazine Der Feinschmecker
- 2012** "10 Pans" by restaurant/gourmet guide GUSTO
"Best Cooks 2nd place" by the gourmet magazine Der Feinschmecker
- 2013** ***3 Michelin Stars*** for the Restaurant Überfahrt in the Seehotel Überfahrt at the Tegernsee, Rottach-Egern
"Chef of the Year 2013" by the gourmet guide Gault & Millau
- 2015** "19.5 points" by the gourmet guide Gault & Millau
- 2016** "1st place" in the Hornstein ranking together with Harald Wohlfahrt (Schwarzwaldstube at Hotel Traube Tonbach in Baiersbronn) and Helmut Thieltges (Waldhotel Sonora in Wittlich).

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VITA
***CHRISTIAN JÜRGENS

Companion and pioneer

Christian Jürgens, the butcher's son born in 1968 in Unna, grew up in Westphalia. Today he lives in his adopted home of Bavaria and runs the Restaurant Überfahrt at the Tegernsee as head chef and managing director. The path he has taken to get there reads like an educational tour through the starred kitchens of the republic.

1984	Start of cooking apprenticeship in Bad Homburg
1988	Feinkost Käfer , Munich
1990	Tantris , Heinz Winkler, Munich
1991	Residenz Heinz Winkler , Heinz Winkler, Aschau
1992	Jörg Müller , Jörg Müller, Sylt
1993	Aubergine , Eckart Witzigmann, Munich
1994	Residenz Heinz Winkler , Heinz Winkler, Aschau
1997	Am Marstall , Munich – gastronomic management of the restaurant
2001	Kastell im Hotel Burg Wernberg , Wernberg-Köblitz culinary management of all gastronomic outlets
Since 2008	Restaurant Überfahrt at the Tegernsee, Seehotel Überfahrt, Rottach-Egern gastronomic direction and management of the restaurant

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MEDIENPRÄSENZ
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3-star chef Christian Jürgens: Media face with sympathy factor

Christian Jürgens is the anchorman in his kitchen in the Restaurant Überfahrt of the Althoff Seehotel at the Tegernsee. But even when appearing on television and as a columnist for renowned media, the 3-star chef regularly proves that he is a person with many talents who likes to share his knowledge.

Insider tips from the gourmet chef for interested readers

In the magazine of the *Süddeutsche Zeitung* newspaper, Christian Jürgens has now been ensuring for several years that readers once again have the desire to cook. As a founding member of the renowned "Kochquartett" he serves recipes for refined dishes alternately with Anna Schwarzmann, Maria Luisa Scolastra and Tohru Nakamura (and formerly Tim Raue). The best 40 recipes from the popular cooking column have even been published as a culinary card game.

Despite or even because of his very time-consuming job, sport is, besides cooking, Christian Jürgens' great passion. It is important for him to maintain a healthy lifestyle not only in the kitchen but also outside. With his regular column in fit for fun, the exceptional chef skilfully combines his passion for fitness with his outstanding culinary abilities.

Those who already wanted to soak up Christian Jürgens' insights at the breakfast table were able to enjoy his tips in the 2016 newsletter "Handelsblatt Morning Briefing": In the "Chef's Insider" section, the exceptional chef presented recipes once a week in an entertaining way based on current economic, political or social events. Thus readers were able to benefit twice as much: They were informed and also given a suitable recipe for a spontaneous meal with family or friends.

Popular guest on television

Since 2006, Christian Jürgens has been providing optical culinary pleasures on Bavarian Television in the programme "Wir in Bayern". In the "Christian Jürgens kocht" section, he talks in an easy-going way about his cuisine and presents traditional dishes with a contemporary touch. The food is easy to adapt and does not require viewers to spend hours buying all the necessary ingredients in advance.

In 2015, VOX broadcast "Game of Chefs", a top-class culinary competition on German television. The format originated in Israel and caused a lot of excitement there. With "Game of Chefs", cooking was presented for the first time on German television under the actual conditions of a professional kitchen, realistically and with a highly emotional appeal. Christian Jürgens was one of the kitchen coaches and jurors at the cooking show. Together with two colleagues, he tried to find the best cooking talents in Germany. 23-year-old Alexander Hoppe from his team won the competition.

The 3-star chef has also been in front of the camera for the gastro channel *BonGusto*: Together with Jörg Götte, editor-in-chief of the food magazine "meine Familie & ich", he demonstrated in the "meine Familie & ich tv Gastspiel" how to conjure up Asian-style sashimi from local char fillets. This is where the shooting with the exceptional cook was the prelude to a new way of implementation: the home game turned into an away game, as the entire shooting did not take place in a TV kitchen but in the pleasure workshop of the Althoff Seehotel Überfahrt at the Tegernsee.



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Creative writer, cookbook author and popular guest on TV & radio

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Columns in renowned media

1999 - 2001	Own column: " Die kleine Kochschule ", Abendzeitung Munich
Since 2002	Own column: " Aufgetischt " in the Mittelbayerische Zeitung
2002-2003	Own column with Dr. Peter Schleicher: " Die Küche als Apotheke ", TZ Munich
2003	Own column with Dr. Peter Schleicher: " Die ganz neue Fitness-Kur ", TZ Munich
2002-2005	Own column: " Tipps der Saison " in the magazine Homes & Garden
2005-2006	Own columns in the magazine supplements " Wohlfühlen " and " Kochlust " of the Süddeutsche Zeitung
2006	Own column on the World Cup: " Kochen wie die Weltmeister ", Abendzeitung Nurnberg
Since 2008	Testimonial " Genießerland Bayern "
Since 2009	Member of the " Culinary Quartet " in the Süddeutsche Zeitung magazine
2010	Own column on the topic of " gourmet diet " in the Abendzeitung Munich
Since 2013	Own column in the magazine Fit for Fun – various publications on the topic of " fitness and health in the upscale kitchen ".
2016	Own category " Chef's Insider ", Handelsblatt Morning Briefing

Own publications

2004	" Gesund & lecker ", Verlag Neues Berlin, Berlin
2005	" Phantasie & Perfektion ", Verlag Food-Promotion, Munich. The book received the gold medal at the literary competition 2006 from the judges of the Gastronomische Akademie Deutschlands e. V. (Gastronomic Academy of Germany).
2009	" Menüs für alle Sinne ", Südwest Verlag, Munich
2011	" Christian Jürgens ", Collection Rolf Heyne



MEDIENPRÄSENZ
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TV appearances

- 2004** Four-part television series on Bavarian Television, "Die Abendschau" on the subject of "enjoyment and health"
- 2005** Various guest appearances on Bavarian Television
- Since 2006** Regular appearances in the programme "Wir in Bayern" on Bavarian Television
- 2010** "Mit Christian Jürgens unterwegs" – five-part series on culinary Bavaria, first broadcast in September 2010 on Bavarian Television
- 2011** "Auf Ludwigs kulinarischen Spuren" – five-part series on King Ludwig II on Bavarian Television, first broadcast in June 2011
- 2014** Guest juror in the Sat.1 cooking show "The Taste"
- 2015** Kitchen coach and juror of the VOX programme "Game of Chefs".

Radio guest appearances

- Since 2011** Guest at various broadcasts on Antenne Bayern
- 2012** Programme "Mensch, Otto", portrait of Christian Jürgens
- 2012 | 2013** Bayern 3, "Stars und Hits" with Thorsten Otto, Bavaria's most popular Sunday show with approx. 1.5 million listeners

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