



MEDIENPRÄSENZ
***CHRISTIAN JÜRGENS

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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About Christian Jürgens | The exceptional chef Christian Jürgens (*1968 in Unna) currently holds three Michelin stars, 19.5 Gault Millau points and five Feinschmecker "F". Since 2008 he has been head chef and managing director of the Restaurant Überfahrt at the Althoff Seehotel Überfahrt in Rottach-Egern – one of the three best restaurants in Germany according to Hornstein's 2017 ranking. Christian Jürgens himself describes his kitchen 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, continuously reinterprets them and allows himself to be inspired for his creations on journeys around the globe. He never lacks three ingredients: an outstanding taste, the best quality and an exceptionally creative presentation.

After working at Feinkost Käfer, Restaurant Tantris in Munich, Residenz Heinz Winkler in Aschau im Chiemgau and with top chef Jörg Müller on the island of Sylt, Jürgens received his finishing touches at the Restaurant Aubergine with Eckart Witzigmann. In 1998 he received his first Michelin star as chef of the restaurant Am Marstall. Two years later "Der Feinschmecker" chose the restaurant as restaurant of the year 2000. As chef de cuisine, Christian Jürgens took over the gastronomy and restaurant Kastell at the Hotel Burg Wernberg in 2001. When he then switched to the Restaurant Überfahrt at the Tegernsee, the cooking enthusiast already belonged to Germany's culinary elite.

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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