



MEDIENPRÄSENZ
***CHRISTIAN JÜRGENS

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

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.

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



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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

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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