



PA-BÚ  
COCINA DE  
MICROTEMPORADA

Green Dossier



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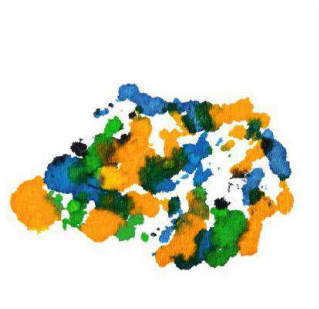
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## Coco Montes.

Degree in Business Administration and Management from San Pablo CEU University in Madrid.

Grand Diplôme in cuisine and pastry from Le Cordon Bleu Paris, and disciple of Alain Passard, chef of L'Arpège (three Michelin stars) for six years. In his final stage there, he handled the restaurant's international events, cooking in Shanghai (three-month pop-up), Bangkok, Los Angeles, Sydney, Aspen, Abu Dhabi, New Delhi, and Punta Cana.

He has worked at prestigious restaurants such as Zalacaín, Azurmendi (both with three Michelin stars in Spain), and Eleven Madison Park (three Michelin stars in New York).

Passionate about creative, traditional, and plant-based cuisine, using carefully sourced products from producers who respect natural processes.



## The origin of the focus on the plant-based world.

With extreme respect for the ingredient and its seasonality, Coco opens Pabú in Madrid, his first project as a chef. His six years at L'Arpège in Paris significantly shaped his style and philosophy, inspired by his mentor Alain Passard, a revolutionary figure in modern gastronomy, especially for his plant-based approach.

Coco loves plant products—their story from origin, from the earth to the table, from roots to leaves.

His culinary philosophy is based on absolute respect for the product and its seasonality, using fresh ingredients from trusted organic farms, grown without pesticides or chemical fertilizers.

Mushrooms, cereals, legumes, fruits, vegetables, seeds, fresh herbs, nuts, etc.—this is the foundation of his cuisine, integrating animal protein for a balanced diet.







# Microseason: Cooking that Follows Nature's Cycle

The microseason is the plant-based soul of Pabú's cuisine.

This concept focuses on selecting ingredients at their optimal point of ripeness, respecting natural cycles and avoiding artificial intervention.

Every day is a new opportunity to discover the perfect moment of fruits, vegetables, herbs, and greens, and to bring them creatively and respectfully to the plate.

This philosophy offers a living, fleeting, and authentic cuisine that reflects the diversity and richness of the natural environment.





## The microseason.

The microseason is the plant-based soul of Pabú's cuisine. This concept is based on selecting ingredients at their optimal point of ripeness, respecting natural cycles and avoiding any artificial intervention.

Every day is a new opportunity to discover the perfect moment of fruits, vegetables, herbs, and greens, and to bring it to the plate with creativity and respect. This philosophy allows us to offer a living and authentic cuisine that reflects the diversity and richness of the natural environment.

The microseason is an approach that goes beyond traditional seasonality. While seasons give us a general idea of product availability, microseasons invite us to pay attention to the subtle transitions that occur week by week in the fields and the sea. It is not just spring or summer, but the exact moment when the first fava beans sprout, strawberries reach their optimal sweetness, or mushrooms appear after the rains.

This cuisine requires close collaboration with producers, who act as guides and allies in this search for ingredients at their natural peak. Mutual trust enables smooth communication and daily work to discover which ingredients are at their best and ready to shine on each plate.





## Benefits of Cooking with Microseason Products.

Cooking with microseason products is not just a gastronomic choice, but a commitment to the environment, sustainability, and quality.

At Pabú, ingredient selection follows nature's rhythm, offering diners an experience where each bite reflects the product's optimal moment.

Choosing in-season products also means contributing to a fairer, more efficient value chain that connects farmers, chefs, and customers through respect for the ingredient and its origin.

- **Enhanced Flavor:** Ingredients in their microseason reach their maximum expression in flavor, aroma, and texture.
- **Superior Nutritional Quality:** Products harvested at their optimal moment retain their essential nutrients better.
- **Environmental Sustainability:** Carbon footprint is reduced by working with local producers and minimizing transport.
- **Support for Local Agriculture:** Promotes the economy of small producers who farm the land by hand.
- **Gastronomic Innovation:** Each day is a creative challenge to adapt the menu to available products, creating unique and fresh dishes.





## Examples of seasonal ingredients and their application in the offering.

Pabú's cuisine revolves around the concept of microseasons—very short periods, sometimes just weeks or even days, when plant-based ingredients reach their optimal point of consumption.

This approach allows each product to shine at its best, ensuring more intense flavors, deeper aromas, and ideal textures. Identifying these microseasons requires a close and trusted relationship with local producers, who guide the restaurant on exactly when to harvest and use each ingredient.

Thanks to this daily communication, the Pabú team can constantly plan and adapt the menu according to the immediate availability of fresh, top-quality products.

Some examples of microseason ingredients include lágrima peas, which are available for just a few weeks between April and May; wild mushrooms that appear after short rainy periods in autumn; or certain varieties of heirloom tomatoes that reach their aromatic peak during specific days in summer.

This commitment to extreme seasonality allows Pabú to offer unique, unrepeatable dishes that highlight the natural richness of the surroundings in every bite.





















## Menus.

At Pabú, vegetables, fruits, fresh herbs, mushrooms, and legumes are the true protagonists of every dish. Every day, eight unique creations are crafted where the plant element stands out above all—even in preparations that include one or two proteins.

### Menu options

|                             |            |
|-----------------------------|------------|
| <b>Pate – 8 courses</b>     | <b>170</b> |
| <b>Pate – half portions</b> | <b>150</b> |
| <b>Bubú – 6 courses</b>     | <b>130</b> |

There is also a fully flexible à la carte option, selecting from the eight daily dishes without requiring the same choice for the entire table.

Both tasting menus can be adapted to vegetarian and vegan versions, maintaining the same essence of creativity and respect for the product.





## Plant-based suppliers.

Pabú's plant-based cuisine is possible thanks to a network of producers committed to sustainable, environmentally respectful practices.

**La Huerta de Abril:** Works with biodynamic gardens to guarantee product purity and freshness.

**Supernormal:** Specializes in vegetables grown with traditional, pesticide-free techniques.

**Cultivo Desterrado:** Experts in aromatic herbs and leafy greens, essential for adding fresh nuances to dishes.

These collaborators share Pabú's philosophy: care for the land and get its best without harming or altering it.



# Microseason as a Philosophy

Pabú's plant-based cuisine is an ode to nature and its cycles.

Through the microseason, the restaurant offers an experience where diners connect with the environment and discover the endless potential of plant-based ingredients.

The commitment to local producers, respectful techniques, and full use of the product makes Pabú a benchmark for plant-based haute cuisine in Madrid.





## Full use of the product: from root to leaf.

At Pabú, the product is considered as a whole, being the most important element in the kitchen.

Each ingredient is handled with the utmost respect, seeking to enhance its natural qualities and minimize waste. New ways of using ingredients are explored, such as pea pods, experimenting with their use in sauces, ice creams, fillings, or preserves, with the aim of fully integrating them into the cuisine and achieving complete use of the ingredients.

One of Pabú's fundamental principles is the complete use of the product. For example, when kohlrabies arrive, all their leaves, as well as those of chard or beets, are used to make crispy preparations.

Cauliflower leaves are used to make fillings for other vegetables, reflecting the team's effort to make the most of each ingredient and minimize waste. In addition, sustainability and seasonality play a crucial role in the restaurant's philosophy.

The goal is not only to use sustainably sourced products, but also to protect and preserve natural resources for the future.





## Traditional cooking methods.

When it comes to cooking methods, traditional techniques are prioritized, as they best respect the qualities of vegetables. In a kitchen with an extensive menu, the use of runners, vacuum cooking, and steam ovens helps with the work, especially for preparing fish, where a thermometer probe is used. However, at Pabú, a reduced mise en place is preferred in order to guarantee the freshness of the ingredients.

This results in more demanding service, but allows for a more direct focus on cooking and flavor. The team also works with traditional methods such as curing, poaching at low temperatures to avoid denaturation, cooking in broths, and slow grilling, turning the pieces over long periods of time.

These techniques enable a deep understanding of the ingredients. Beyond following standardized rules for time and temperature, the goal is to create a real connection with each product, learning to cook it according to its unique characteristics.

This approach aims to recover the essence of haute cuisine from its foundations, learning to stew and extract the flavor of ingredients from their origin.





## **PABÚ**

### **All You Need to Know**

Calle Panamá, 428036 Madrid

Opening Hours:

Tuesday, Wednesday, Thursday – Lunch

Friday – Lunch and Dinner

Saturday – Dinner

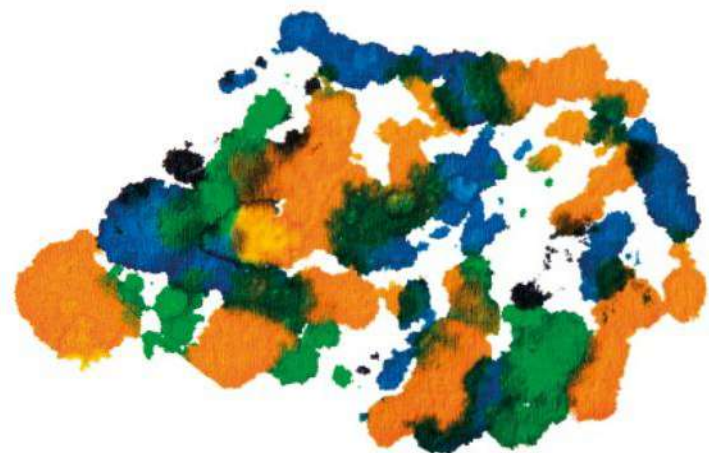
Closed Sunday and Monday

Hours may vary depending on the week.

[restaurantepabu.com](http://restaurantepabu.com)

@restaurante\_pabu





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