What is the Nature of Creativity?

Searching for creative inspiration with one of the world's most inventive culinary artists

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While watching an episode of Chef's table, I was inspired to discover the nature of creativity and harness my own creative potential.

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Background

I was watching a Netflix documentary one night and I was completely inspired. Chef's Table had an episode on Jordi Roca, a Spanish chef. His inventive dishes have earned him the nickname of "the Magician of Desserts" because of his creativity, method, and most importantly, the taste and quality of his food.

The documentary talks about his upbringing and past, his method of creating, and his success as a chef. At the end of the episode, I started to think deeply about creativity.

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What is creativity? Are we born with a certain level of creativity? Do life experiences shape or creativity?

The breathing plate. Made with sourdough ice cream and a mechanism that makes it move and makes it look like it's breathing.

My Story

One of the reasons why I love working at Ruhnau Clarke is because I am surrounded by creative individuals. Creativity seems to come easily to them. They're architects, designers, illustrators, and more. I watch them, but I never participate.

I have always been afraid of being creative. Because I grew up being bullied and feeling out of place, I never really tried anything new out of fear of failure, rejection, and ridicule. This was another one of the reasons why I connected so strongly with Jordi's story: he was bullied and ridiculed as a child because of his nose. Eventually, he embraced the thing that made him different and now, his strong sense of smell has helped him become such an inventive chef.

I admire how Jordi did not let his past define his future. I have let my past dictate my present by allowing my childhood experiences hinder me from being creative and trying new things. But I wonder now if I can embrace the things that made me different, or at least, stop letting the past dictate my future and preventing me from trying new things.

> **"I wonder if I can embrace the things that made me different and stop letting the past dictate my future."**

Ice cream modeled after Chef Jordi's nose, which he was bullied for his entire life.

Proposal

I want to go to Girona, Spain to experience Chef Jordi's creations so I can understand the nature of creativity and harness the creative potential within myself.

- To prepare for my XPLORE trip, I will be taking Culinary Art Classes at Riverside City College Culinary Institute to expand my creativity and learn cooking and learn the fundamentals of cooking and baking.
- I will travel to Jordi's restaurant Cellar Can Roca in Girona, Spain to experience his restaurant and taste his food.
- I would like to interview Jordi and his staff and talk to them about their creative process at Cellar Can Roca and what inspired them to become pastry chefs. In particular, I'm interested in asking them questions about the nature of creativity and where they think creativity comes from. I also want to ask them about their creative process and how long does it take to come up with a new dish.
- I would also like to witness dessert preparation from start to finish.
- After my experiences at Cellar Can Roca, I will take a cooking class in Girona.

Right: Cigar smoked-infused ice cream (top)
A student at RCC Culinary Art School (bottom).

Documenting

How I Plan to Share My Experience:

•   I will be filming my experiences and interviews with Jordi to document what I see and learn.

Sharing with the firm:
•   I plan to sharing my experience via video in the hopes to inspire others to be more creative.

Conclusion:

I'm hoping that by learning more about the nature of creativity by experiencing Jordi's restaurant and observing a creative individual, I will be able to learn methods, ideas, and techniques on how to harness creative potential in my own life, and share that new knowledge with the firm and community.
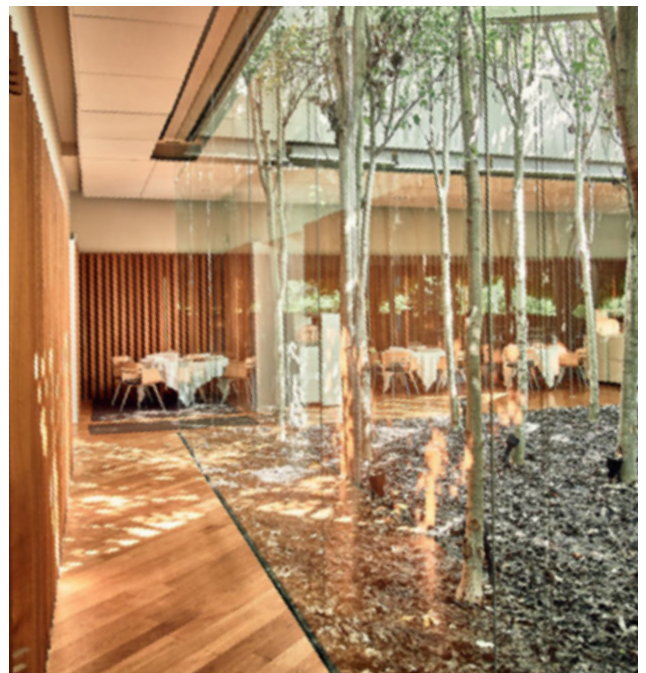
Right: Celler Can Roca, exterior (top) and interior (bottom)