



A Trip to Spanish Food Cultures, online

Tuesdays, 6.30 p.m. - 7.30 p.m. (GMT+1)

15/06/2021 - 27/07/2021

40 € | Online | Zoom



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Introduction

In this four part workshop, we will travel to four important gastronomic regions of Spain to learn about their cuisines, cultural heritage and their languages.

We will cover what are the iconic restaurants, chefs, dishes and products. In order to grasp the evolution of the cuisines we will talk about them in the context of gastronomic literature and oral traditions. Finally, we will talk about the most important wine producers in each region and how they complement the food.

We will also visit historic sights and natural wonders and analyse the enormous influence of Latin America and the Arab world both past and present.

Teacher

Blanca Valencia is a specialist in Spanish gastronomy. An Economist by training, Blanca's experience includes Books for Cooks (London), elbulli and El Alambique cooking school (Madrid). She has worked for a specialty food importer in Chicago and has collaborated with the Spanish Commercial Office in Dublin and New York. Her classes combine cooking, history, economy, art and pop culture. She has presented various gastronomy series at the Instituto Cervantes in Chicago and Dublin. Blanca is the co-host of Spice Bags podcast and is pursuing a Masters in Gastronomy at TUD.

Sessions

1. Galicia and the Way of St. James.
2. Andalucía, the Cultural Crossroad of Gastronomy in Spain.
3. Catalonia, where Creativity Meets the Sea and Mountains.
4. The Basque Country & "Gastronomic Society".

Content of the course

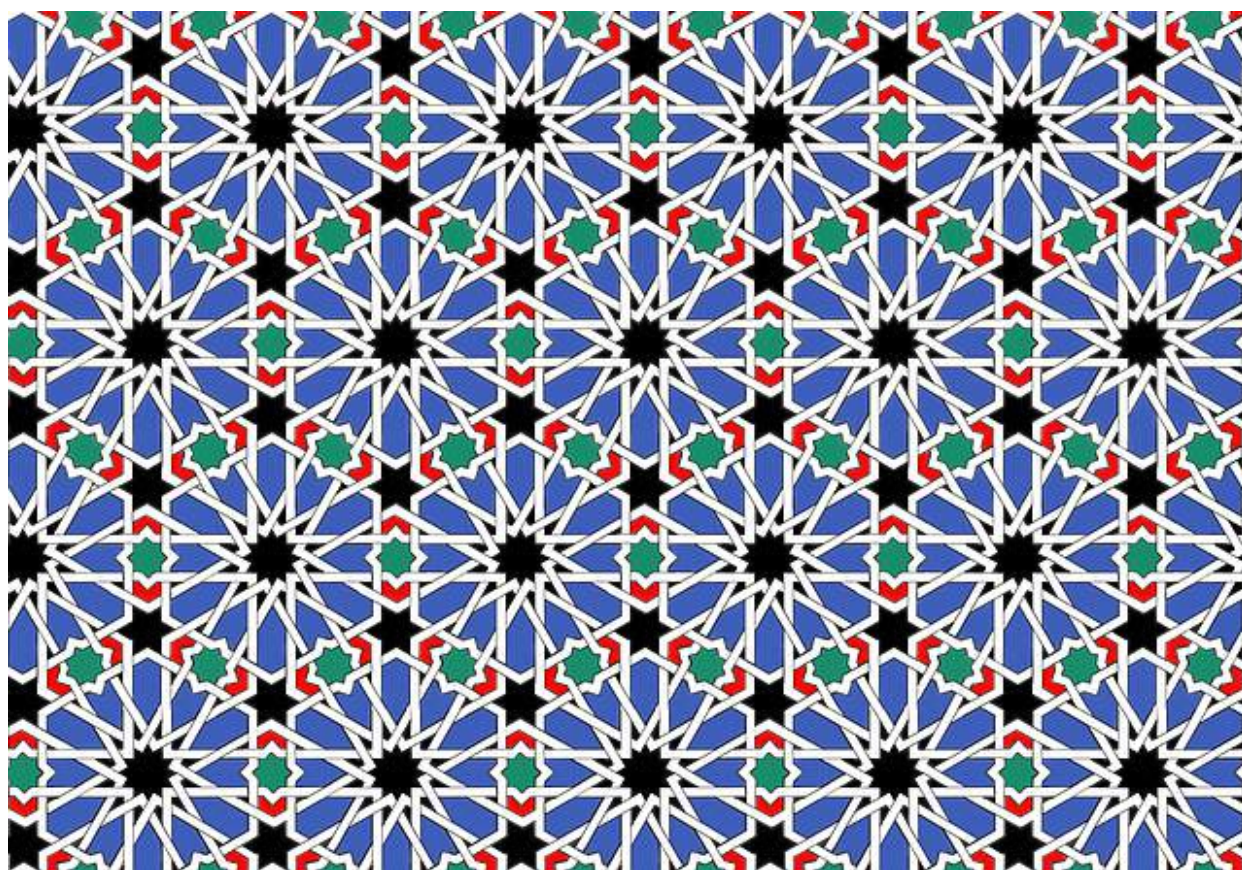
Workshop I - Galicia and the Way of St. James. 15/06/202



Galician cuisine is shaped by the sea and the vegetables from the land. Famous dishes include *pulpo a feira*, sliced octopus tentacles over boiled potatoes, drizzled with olive oil and dusted with *pimentón* and sea salt and its empanadas, the most famous being *bonito* tuna. Galicia is also a land associated with some of Spain's most important gastronomic writing primarily from novelist and Countess Emilia Pardo Bazán and writer Álvaro Cunqueiro. Finally, there is the Camino de Santiago, one of the most well-known pilgrimages in the world, an essential vehicle for the transmission of cultural and gastronomic knowledge from the Middle ages until today.

In this workshop we will learn how *Tetilla*, a cheese shaped like a female breast, got its name. We will talk about the famous *queimada*, an alcoholic punch to ward off evil spirits and the wines of areas like Rias Baixas, Ribeiro and Ribera Sacra. We will visit Sargadelos, Galicia's famous porcelain factory, and we will learn how to make a *tarta de Santiago*, and the importance of the cross that is placed on top.

Workshop II - Andalucía, the cultural crossroad of gastronomy in Spain. 29/06/2021



Andalucía, whose arid regions are best suited to olive and vine cultivation, is the place that tourists most associate with the brand of Spain. Its cultural richness is a result of being an important crossroad that comprised not only the Romans but also the Arabs, Jews, Visigoths and the Phoenicians. From gazpacho to the world-renowned olive oil, we will study the famous dishes and also delve into the meaning of denomination of origin and geographic indication products. We will understand how tapas are not only with food but form the backbone of Andalusian social relations.

We will also discuss how the Arab world shaped what is and is not eaten locally. We will virtually visit the Córdoba Michelin-starred Noor Restaurant where chef Paco Morales cooks historic recipes from before 1492 to get a sense of the cuisine before the introduction of the food products imported from the Americas, like the potato, tomato and pepper. Also in Córdoba, we will visit the Mosque and the Jewish Quarter, UNESCO heritage sites. Finally, we will visit Jerez and be introduced to Andalucía's *gitano* food culture. There we will also meet a new generation of gitano chefs like Ángel Taboada who has brought this cuisine to high-end hotels and restaurants.

Workshop III - Catalonia, where Creativity Meets the Sea and Mountains. 13/07/2021



Catalonia is one of Spain's most dynamic regions with a diverse landscape and a distinct widely-spoken language, Catalan. The rugged coast of the Costa Brava, the Pyrenees and the city of Barcelona have given rise to a Mediterranean cuisine based on fish, rice, beans, mushrooms and vegetables and fruits, but also with touches of game and poultry.

Catalonia is the home of Ferran Adrià, Spain's most influential chef. We will discuss how his first cookbook, "El Sabor del Mediterráneo" - published in 1993 with a small print run and never translated into English, laid the beginnings of his success as an interpreter of recipes and creator. We will visit Espai Sucre, an inventive restaurant devoted to desserts and study the influence of Mey Hoffman, a female chef who influenced a generation of chefs in her cooking school.

We will explore the dishes of *mar i muntanya* (land and sea), *romesco* sauce, and the use of fruits in savory cooking like goose with pear.

Workshop IV - The Basque Country & “Gastronomic Society”. 27/07/2021



The Basque country, a rugged land, has a cuisine based on fish and seafood; salted cod, hake, squid and parsley green sauces. The region is both mountainous and very green, brimming with museums and wineries.

Its border with Basque France has benefitted from a different kind of transmission compared to other Spanish regions. The Basque culture is one of the oldest in modern Europe and its unique folklore is evidenced throughout. Basque language has shaped the expressions like *txikiteo* used for bar-hopping and the names of dishes and drinks like *pantxineta*, *marmitako*, *goxua*, *txakoli* and *intxaursalsa*, among many others.

It was here, in the Basque country, that the Spanish gastronomic revolution was born. The *Nueva Cocina Vasca*, founded in 1976, was a movement heralded by chefs of the region who wanted to reinterpret the recipes of the past.

We will visit restaurants like Arzak, Mugaritz and also the pintxo bars of San Sebastián. To understand commensality in the context of Basque food we will also delve into the gastronomic societies where men (and now women) meet to cook for each other irrespective of social class.