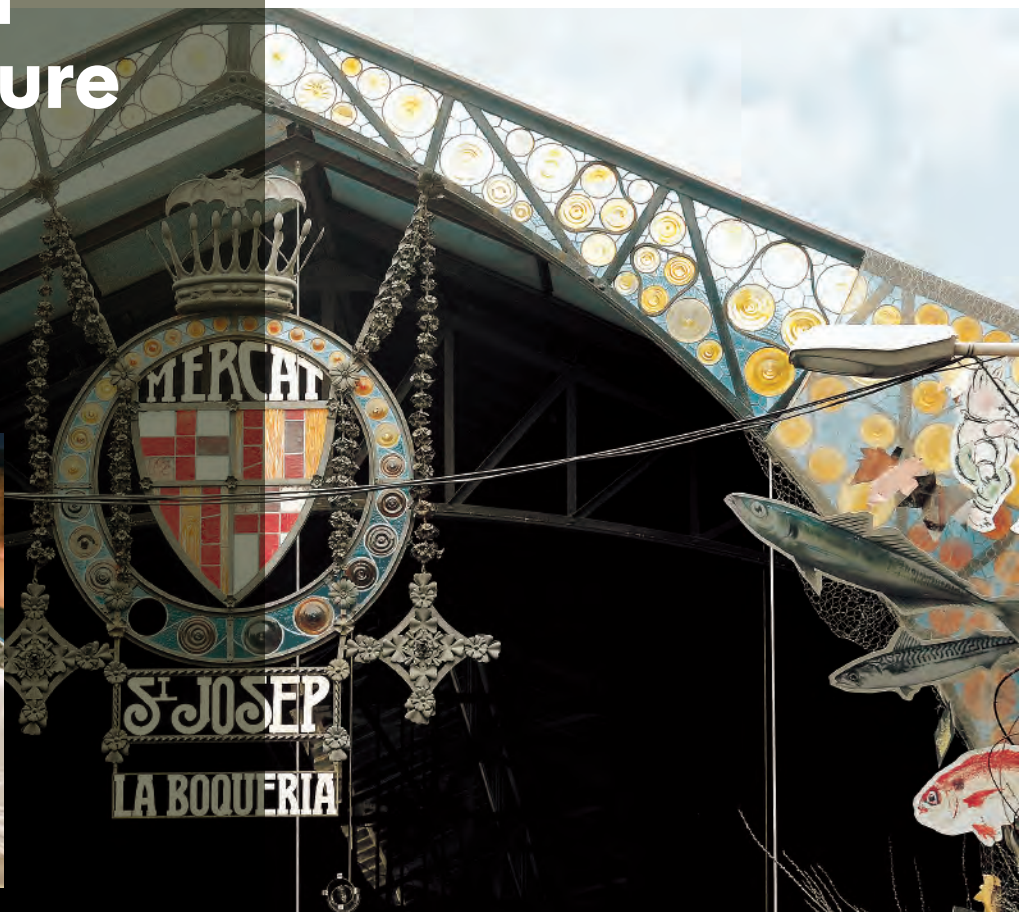


# Workshops for learning how to cook as well as getting to know Catalan and Spanish culture



COURSE 2019-2020



## We explain and teach traditional Catalan and Spanish cooking

The Boqueria Cookery School offers workshops for non-professionals to learn how to cook and discover, observe and experiment with food.

During the workshops we explain where the different foods come from, what they are like, their varieties, characteristics, seasonality and quality.

In every workshop they will go through the whole process from the market place to the table, arousing a host of sensations. Participants will experience our traditions informally, in a professional kitchen.



## Summary of the activity

- Reception
- Explanation of the market's history
- Visit the market
- Discovering market produce and different varieties
- Return to the kitchen
- Brief description of the recipes to be featured
- Making the dishes
- Serving up the cooked food
- Tasting: eating what has been cooked
- Clearing up
- Final conclusions: reviewing and chatting about the experience etc.
- Farewell

---

**Course leader** Eulàlia Fargas

**Information** [barcelona@EscuelaCocinaBoqueria.com](mailto:barcelona@EscuelaCocinaBoqueria.com)

**Telephone** +34 616 976 893

**Registration** by completing the form on our website

**Workshop languages** Catalan, Spanish, French and English (translator required for English)

**Note** it is essential to book in advance. The booking will be confirmed once a bank transfer has been received

**Amount of people in a workshop** 25 minimum to 30 maximum

**Amount of people in a lecture** 25 minimum to 40 maximum

**Schedule** wednesdays: morning / midday / afternoon / evening

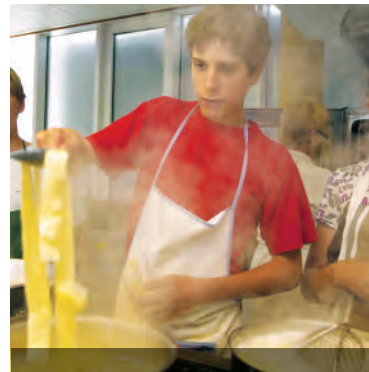
**Where** Aula de Cuina (Kitchen workshop) in La Boqueria market (3rd floor, Market office building, at rear)

### Length of activities

- 1h – tour and explanation of market
- 1:30h – lecture and product tasting
- 2h – cooking workshop and tasting
- 3h – cooking workshop and a full meal
- 3h – tour and explanation of the market, cooking workshop and tasting
- 4h – tour and explanation of the market, cooking workshop and full meal

### Price (for one)

- 6 € – tour and explanation of market (minimum 90€)
- 18 € – lecture and product tasting
- 28 € – cooking workshop and tasting
- 34 € – tour and explanation of market + workshop and tasting
- 44 € – cooking workshop with full meal
- 50 € – tour and explanation of market+ workshop and full meal



---

## PROGRAMMES

Select: wednesdays (morning / midday / afternoon / evening), the subject and length of activity.

### Lectures and product tasting

- The world of olives, the tree and the oil
- About Catalan cooking

## Traditional cooking workshops. Tasting and/or meal

- FRUIT: we'll make meat-stuffed apples and curd cheese tarts
- VEGETABLES: spinach with raisins and pine-nuts; pears in wine
- FISH: sardines in breadcrumbs and *Escalivada* (Catalan dish of roasted aubergines, onions and peppers)
- MEAT: chicken with prunes and pine-nuts, and battered aubergines
- PASTA: *Fideuà* (noodles paella-style) and roasted vegetables with Romesco sauce
- EGGS: different *tortillas* (potato, potato and chorizo, aubergine), *pan con tomate* (bread rubbed with tomato and a drizzle of oil)
- TAPAS: 6 different tapas: *patatas bravas*, *pescadito frito* (small fried fish), *mini hamburguesa con cebolla caramelizada* (mini-hamburger with caramelized onions), *berenjena rebozada* (battered aubergines), *pimientos del piquillo con queso de cabra* (small red peppers with goat's cheese), *sobrasada y huevo de codorniz* (Mallorcan sausage paste with quail's egg)
- PAELLA: We'll make a meat and fish paella

And we'll make them drink with a *porrón!*, a traditional Catalan drinking vessel.  
*They can also choose other options. Discuss with staff at the school.*

---

## MENUS. Workshop + lunch or dinner

### Traditional Catalan and Spanish

- Salteado de setas (*Fried wild mushrooms*)
- Pollo al Ajillo (*Chicken with garlic*)
- Peras al vino (*Pears in wine*)

### Autumn Catalan cooking

- Sopa de setas (*Wild mushroom soup*)
- Arroz de montaña (*Rice dish with meat*)
- Crema catalana (*Catalan-style crème brûlée*)

### Traditional Catalan and Valencian dishes

- Ensalada de escarola con granada (*Frisée salad with pomegranate*)
- Paella mar y montaña (*Seafood and meat paella*)
- Helado de Turrón (*Nougat ice-cream*)

### Catalan and Galician traditional dishes

- Tortillas de patatas con chorizo (*Potato and chorizo omelette*)
- Vegetales con romesco (*vegetables with Romesco sauce*)
- Carquinyolis (*Nutty biscuits*)

### Catalan traditional dishes

- Ensalada Xató (*Frisée salad with Romesco sauce and salt cod*)
- Arroz caldoso (*Traditionall Catalan rice*)
- Coca chicharrones (*Traditional tart with crackling and pine nuts*)

### Catalan, Valencian and Cordoban traditional dishes

- Espinacas con pasas y piñones (*Spinach with raisins and pine nuts*)
- Fideuà (*noodles paella-style*)
- Rosquillas (*traditional pastry from Cordoba*)

### Galician, Valencian and Catalan traditional dishes

- Pimientos de Padrón (*Fried small green peppers*)
- Paella Valenciana
- Mel i mató (*Honey and curd cheese*)

### Catalan, Andalucian and Spanish traditional dishes

- Pescadito frito (*Small fried fish*)
- Arroz negro (*Rice with squid's ink*)
- Torrijas (*Bread, milk, eggs and sugar*)

### Mallorcan, Madrid and Spanish traditional dishes

- Trempó (*tomato, green pepper, onion and peach*)
- Huevos estrellados (*Fried eggs broken over fried potatoes*)
- Queso con membrillo (*Cheese with quince*)

### Andalucian, Catalan and Valencian traditional dishes

- Gazpacho
- Berenjenas rellenas (*stuffed aubergine*)
- Horchata (*cold tiger nut drink*)

The menu includes wine and water. And we'll make them drink with a *porrón!*  
*Other menu options are available. Discuss with staff at the school.*

