



## **GATIS PROJECT**

**Valencia, January 21<sup>st</sup> – 25<sup>th</sup> 2019**

### **Monday, 21<sup>st</sup> January 2019**

15:00 – 17:00

- Presentation of the school CSHM
- Presentation of the course with the teacher
- Jackets

18:30 -19:30 – Guide Tour in Valencia

### **Tuesday, 22<sup>nd</sup> January 2019**

11:00 – 14:00 Meeting about cuisine and internships in the catering industry (coordinator: Aleksandra)

Holiday in Valencia

### **Wednesday, 23<sup>rd</sup> January 2019**

10:00 – Meeting Point *Mercado de Ruzafa* (coordinator: Montse)

- Visit to Copenhagen Restaurant
- Visit to Ki Biorestaurant
- Visit to Herbolario Navarro
- Central Market of Valencia

15:00 – 19:30 Cooking Class (teacher: Ana)

- Ecological recipes from the Valencian Community
  - I. Creamy Rice with Artichoke
  - II. Ecological chicken paella with mushrooms
  - III. Ecological Sea bream with salt
  - IV. Caramelized Artichokes with clams
  - V. *Esgarraet*

### **Thursday, 24<sup>th</sup> January 2019**

9:00 – 13:30 Cooking Class (teacher: Ana)

- Recipes from Spain With Eco food
  - I. Stuffed artichokes with green sauce
  - II. Chestnuts and Hazelnuts soup
  - III. Warm salad of roasted peppers with saffron

13:30 – Lunch at CSHM

16:00 – Visit to *Horchateria*, taste typical Horchata and Fartons in Valencia

### **Friday, 25<sup>th</sup> January 2019**

9:00 – 13:30 Cooking Class (teacher: Ana)

- Recipes from Andalusia, Catalonia with eco food
  - I. *Ajoblanco* and Beetroot *Gazpacho*
  - II. Sweet potato and Parsnip pancake with Shrimp
  - III. Desserts

13:30 – Lunch at CSHM

14:00 – Farewell and certificates