

ICT-YES! VIRTUAL ITALY (TEXT OF THE PREZI PRESENTATION)

SPANISH CULINARY AND FOOD HERITAGE

We'll present first some important restaurants and chefs of the Spanish gastronomy:



The Roca brothers

Joan, Jordi and Josep Roca. Their restaurant is called "El Celler de Can Roca", with 3 Michelin Stars.

Ferrán Adrià

He was the initiator of the learning in fusion cooking and innovative cuisine in his famous restaurant "El Bulli" and "The Bulli Foundation". Thanks to his work the chefs work began to be visualized. He has many international and important awards as the Prix de l'Art de la cuisine, granted in 1994 for the International Academy of Gastronomy. In 2005 Ferrán was considered one of the 10 most influential people of the world. It is practically impossible to list all the awards and distinctions obtained by this chef.

Ricard Camarena

Ricard started in the restaurant of the local swimming pool from his city of birth, Barx, in Valencia. In 2004, he opened the restaurant "Arrop" and in 2005 the restaurant was already listed in the most prestigious guides of the country. In 2007 he appointed the best chef for the Valencian Academy of Gastronomy and he won his first Michelin Star. Nowadays his restaurant has 3 Michelin Stars.

Susi Díaz

She owns her restaurant “La Finca” in Elche, Alicante. She collaborates in TV shows and radio programs as Top Chef in Spain. Susi and her restaurant also have countless awards and recognitions. Currently the restaurant has 1 Michelin Star.

Juan Mari Arzak

These are Juan Mari Arzak and his daughter Elena Arzak. Being only 32 Juan Mari received the National Award of Gastronomy. He has been awarded from 1970 till now. Elena joined her father's kitchen and they share it until today. Arzak restaurant is a benchmark of national and international gastronomy.

Basque Culinary Center

Finally we want to mention this school, created in 2011, Center for Higher Studies in Cooking and Food in the Basque Country, with the support of the best national and international professionals and where future Spanish chefs and specialists obtain their training. This center is one of the most innovative projects in the world.

ORIGINS OF SPANISH GASTRONOMY



All our traditional and modern gastronomy, chefs, restaurants, are due to our past. Thanks to the succession of cultures that have passed through our history, through our Iberian Peninsula, we have a big variety of gastronomy.

The geographical location has made that a lot of products are essential in our main meals.

One of these cases is fish since we're in a peninsula almost completely surrounded by the sea.

Thanks to the great extension of valleys and rivers which sustain the irrigation we can find many vegetables and fruits.

As we said before, many cultures passed through the Iberian Peninsula.

First, they were **the Greeks**. They spread the wheat, wine, the bread and the beer.

With **the Romans** we began to produce green peas, lamb meat and fruits.

The Arabs left in Spain the most important impact on our gastronomy. They introduced many seasonings, saffron, lemon, eggplants, melon, pistachos, datiles, etc.

The Christians made much use of meats.

In 1492, after the discovery of America a variety of products were added into the Spanish diet and the way to prepare dishes. Little by little like potatoes, tomatoes, vainilla, peppers, oat, chocolate, etc.

And without any doubt the ones that brought more changes into our gastronomy were the Arabs at Al- Andalus.

THE CULINARY HERITAGE FROM AL-ANDALUS



At the beginning of the 21st century, we can boast that Spain has reached the top of the high Few know that we were a world power in these things on the table more than a thousand years ago.

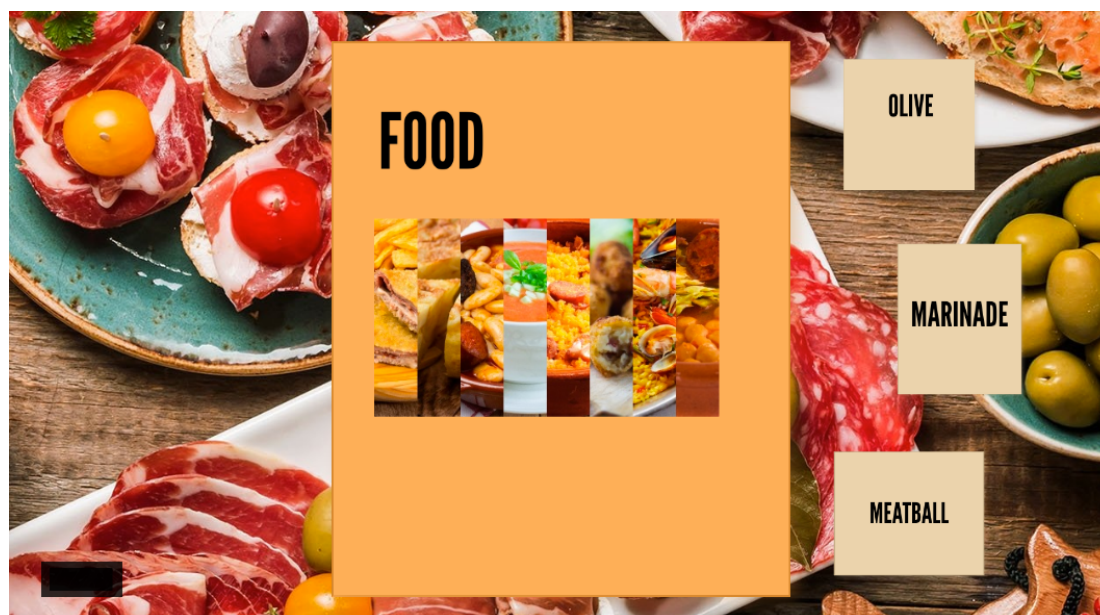
So let's turn on the time machine and Let's see what was cooked in those stoves in Córdoba or Granada.

HISTORY

Year 822. A young musician from Baghdad arrives in Cordoba. He comes invited by the emir and his name is Abu al-Hasan, soon he will be known as Ziryab. With refined tastes and a lover of gastronomy, Ziryab discovers that al-Andalus is a country rich in ingredients, orchards and crops but unsleek in eating. Popular cuisine is a mixture of Roman, Visigothic, Syrian and Berber origin. Ziryab, becomes a culinary adviser to

the court and introduces novelties such as eating asparagus ,drinking in glass cups or using tablecloths.

FOOD



When they crossed the strait, The Muslims encountered a population that ate based on bread, wine and hopefully, meat. The implementation of the invaders' agricultural techniques revolutionized the Andalusian countryside and transformed it into a verge of fields and ditches. They introduced new crops, such as rice, sugar cane, eggplant, artichoke or spinach. In addition to unknown fruit trees. Many other culinary contributions of the Andalusians have reached our time despite the fact that we cannot recognize them at first glance.

OLIVAS/OLIVES

Muslims even improved the cultivation of species that already existed on the peninsula before their arrival, such as that of the olive grove. So important was his work in this field that today the word "olive" comes from Hispanic Arabic. Many other food-related names come from Arabic. But what did the Andalusians eat? It depended on whether they lived in the countryside or in a big city like Cordoba. In the city there was much more variety of products, which could be bought fresh or already cooked in the souk. The fish was common among the most humble Hispano-Muslims, who almost always ate it fried or preserved, either salted or pickled.

ESCABECHE/MARINADE

The cooking fat was olive oil or refined butter extracted from the tails of the Lambs. Their meat was the most expensive and appreciated, being a symbol of social status.

Goat, ram, sheep and cow were also eaten, as well as rabbit and game or poultry like pheasants and quails. Usually the meat was roasted, stewed in sauce or cooked in sausages and meatballs

ALBONDIGAS/MEATBALLS

The Andalusians were great lovers of fried or baked sweets. Even though the refined cane sugar, its high price meant that honey was normally used as in today's Arabic pastries.

This was more or less the diet of the majority of Hispano-Muslim. The big ones banquets started by Ziryab and destined for the upper class became a display of refinement and sophistication, especially in times of the great Caliphate of Córdoba. Abderramán III had snow brought from the mountains to prepare sorbets (which also gave rise to "syrup") and had an army of cooks who cooked the most delicate.