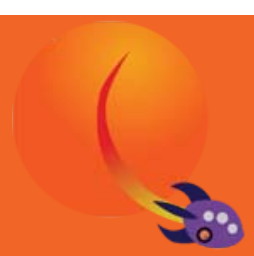




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## SPANISH AND VALENCIAN COOKING COURSES WITH "THE GREAT CHEF NANDO"

### TO WHOM THE COURSE IS DIRECTED

This course is aimed at people who wish to learn famous, typical and important Spanish dishes. A large part of this course focuses on Valencian cooking, such as its world famous rice and paella recipes. The course combines practical cooking classes with gastronomic culture activities such as museum visits, excursions to typical places of interest, restaurants, bars etc. always at the hand of the individual, energetic and fun "CHEF NANDO."

### COURSE LENGTH

1 week

Consisting of 5 - 7 hours a day (3 hours of cooking classes plus 2 - 4 hours of activities).

### LEVEL

All levels. The course will be carried out in a bilingual manner (Spanish/English.)

### STARTING DATES

02.07 / 17.09 Groups of 4 people or more, can request a different date for this course.

### CULINARY OBJECTIVES

The course combines typical Spanish cooking recipes along with those from the Valencian gastronomy (principally, rice and paella dishes.) Every day, a rice dish, a main course, one tapa and a dessert will be prepared.

### EDUCATIONAL OBJECTIVES

The course has an important didactic focus whereby you will learn a wide range of vocabulary and expressions related to the world of food. For many years, Chef Nando has been an English and Spanish teacher which proposes a great advantage for students that do not have a very high level of Spanish.

### RECREATIONAL OBJECTIVES

The idea of this course is not only to learn how to cook, but simultaneously enjoy yourselves by spending time visiting special places in Valencia related to its gastronomy; from curious museums, typical places, shops of culinary utensils to representative Spanish bars and restaurants. The Great Chef Nando will let you in on the most secret places in Valencia, places where the everyday tourist is not aware of... How exciting!?

### ACTIVITIES

The majority of the activities are included in the course price. Some however, such as meals in restaurants, have an extra cost. Therefore, students can decide whether or not they wish to go along to the activity, although it is highly recommended not miss out!

Below are some of the places that we will visit. As you will see, they are related with the culture of the Valencian gastronomy:

**Central Market** - This extraordinary market is like no other with more than 1000 years of history. Typical of Valencian commerce, the reformed building now of Modernist design is one of the most important in the Valencian community. At present, all types of food from fish, seafood and meat to cheeses and sausages can be bought there.

**Silk Market** - The Valencia Silk Market or otherwise known as The Merchant's Market was constructed between 1482 and 1498, and is a civil gothic masterpiece. This building, situated in the heart of Valencia's historic centre, is designated to business commerce and the selling of merchandise and has been declared World Heritage by UNESCO.

**Rice Museum** - This museum is located in an ancient mill. Inside, we will tour around and learn about the rice industrialisation process, deeply entrenched in the Valencian gastronomic culture.

**Horchata Route** - A visit to the Horchata fields, where we will see how tiger nuts are cultivated and how tuber is drawn from Horchata, Valencia's most famous drink.

**Albufera** - Albufera's natural park makes up one of the most representative and interesting natural spaces of the Valencian community. Around Albufera's lakes exist some of the main rice cultivation plants.



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#### EL CHEF NANDO

The Great Chef Nando, (internationally famous!) has been cooking since the age of 5 (when he first made a fried egg...). Cooking is his passion and in life, his great love. With all his energy and vitality along with his joy and humour, he will make sure that this experience will be the most special cooking course of your life! Long live the great Chef NANDO!

#### TIMETABLE AND PROGRAM

MONDAY	TUESDAY	MIÉRCOLES	THURSDAY	FRIDAY
10:30 Visit to the Albufera lake and Palmar Village, Origen of the Paella	10:30 Visit to the Rice Museum, Reales Atarazanas and the harbour	10:30 Visit to the Central Market, Visit to 'La Lonja', Visit to cooking hardware store	10:30 The Horchata Route - Valencia's famous drink	10:30 * Typical Valencia bar - We will try the Typical "Almuerzo Valenciano"
14:00 Paella Valenciana Andalucian Gazpacho Soup Garlic Prawns Orange Sponge Cake	14:00 Black rice Garlic rabbit Steamed mussels Garlic Mayonnaise Nougat	14:00 Oven rice Eel Stew Cod meatballs The famous Valencian cocktail - "Agua de Valencia"	14:00 Fideuà Gazpacho Manchego - Don Quijote's favourite dish! Spanish Omelette Arnadí	14:00 Meloso rice Vegetable stew Moorish meat dish Queen's Cake
17:00 TAISTING	17:00 TAISTING	17:00 TAISTING	17:00 TAISTING	17:00 TAISTING
20:30 PAELLA PARTY	20:30 TANDEM EXCHANGE		*20:30 Dinner in a Typical Spanish Bodega	

\*Extra Cost.



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