

21th may 1999

Index

1. Food connected to celebrations

Food and tradition

• Food connected to celebrations

- New year's day: Twelve grapes.
- St. Valentine's day: People send chocolate.
- Christmas eve: A glass of wine and some biscuits.
- Hallowe'en: The pumpkin.
- Christmas Day: potatoes, peas, Brussels sprouts, gravy and turkey whit carrots.

The typical English food

- The national dish is roast beef
- In Great Britain there is good boiled ham.
- Soup of berros. The berros are accompanied with potatoes, onion, butter, nut meg and cream of milk.
- The Scottish dish is cockie-leekie (hoil 1Kg of calf, 1Kg1/2 of puerros and 500g of plum).
- Haggis is a traditional food from Scotland. You make it whit meat, onions, flour, salt and pepper. In Scotland, people eat haggis on Burns Night.
- Other sausage typical the English is the Black pudding.
- The Scottish whisky.

• Typical food in different countries

China

The most important characteristic in the Chinese food is that they serve rice instead of bread. In China food there are many varieties of same dish.

There are exotic plates, fins of shark, tortoises, serpents, scorpions...

They use condiments like the tsiang-yeu (fermented soya), yellow wine or alcohol of rice, sauce of soya, sauce of fish, broth of chicken.

The most characteristic salads are made of asparagus, fish or cucumbers.

There are many ways of preparing fish: pickles of shellfish and of crabs, stew of eels with yellow wine, shellfish with honey and cinnamon, shellfish with ham, fried fish, fried prawns.

Typical plates of meat are: meat to the cinder, ox with rice, sweet and sour meatballs, skewer of lamb, sukiyaki (beef), foo yung (pork), haunches of frog, picked of rabbit.

They like many the birds: roasted chicken, smoked chicken, sweet and sour chicken, stewed duck, duck

pekinés duck with watermelon, Chinese delicatessen...

As desserts we can point out the flower of cinnamon, marmalade of roses, peanuts of rose, mi-kiu-tang (shells of mandarin).

The national drink is tea. They like the green tea. They drink it with meals, as well as yellow wine and broth.

Italy

The Italian food is famous for pastas and is also important for ice creams.

Italy has a Mediterranean gastronomy. For this reason they highlight the olive oil and fried fish.

The wheat is very important for its use in pastas: pizza, panzerotti, ravioli, fettuccini, maccheroni, lasagne, spaghetti.

Between the vegetables tomatoes and onions are the most important.

The most common fruit are apples, pears, peaches, oranges and grapes. They are also used in pastry and ice creams.

The livestock is very important for the famous cheeses. They consume, above all, the beef and the ox.

The fish is not very important in the Italian food, but sardines of lake, carps, trouts, cods and the soles are remarkable.

There is a great variety of salads (all with lettuce, tomato and olives) and the soup are also famous.

Italy is the first worldwide producer of wine.

Portugal

The star of the Portuguese gastronomy is cod, because they cook it in many recipes. Also another fish, sardines. In this cuisine the soups of the Miño are famous (cooked with potatoes, onions, garlic and cabbage), cold meat and the pork stews cooked.

The wines, which in Portugal are divided in green and mature, have 8 areas with excellent production.

Spain

In the Spanish gastronomy cured ham and the wines of Rioja and Jerez stand out.

In the north the king is the fish, although the asturiana fabada and the cider asturiana, Galicia's filloas and the partridges with chocolate from Navarra are also famous. Valencia's cuisine bases on vegetable products, but the most important dish is the paella, of which there are many varieties. In Mallorca the ensaimadas and in Castille the vegetables and meat. In the food madrileña is important the cooked, the doughnuts and the besugo. Here, in Andalusía the gazpacho (cold soup with tomatoes, onion, pepper, bread, garlic, oil, salt and vinegar) fried fish and the cold soups are remarkable. A dish typical of canary is the viejas with steamed potatoes.

• Famous cooks

Karlos Arguiñano

He started to cook at home, when he was a child, when his mother fell ill. At 17, he registered at Euromar Hotel Management School in Zarauz, run by a great master, Luis Irizar. Later, he moves to Maria Cristina Hotel and then to Londres Hotel, both in San Sebastian, to end up as chef at Golf in Zarauz. In 1979 he opens his own restaurant. Shortly after he appears in Spanish gastronomy guides and in 1985 he is distinguished with a star in Michelin Guide. In summer of 1990 worked in a hotel too. Karlos Arguiñano has been to the United States, Germany, Italy, Mexico, Switzerland and Sweden. He has been in possession eurocook, in the last years he give class of cooking in New York and Washington.

Eva Arguiñano

She was born in Beasain on 4th April 1960. She is female chief of Karlos Arguiñano's restaurant. She gives classes of confectionery in Artezaien. Gastronomic Mondragon and Gastronomic week. She took part, with the Government in the gastronomic promotion. Eva collaborates in the preparation of journalist dinners.

Mikel Bermejo Del Val

He was born in Segovia on 2-10-63. He started with Karlos at 15 years old. At present he is a chef. In 1986 he won the Championship of New Cooks In 1990 he won the third championship of new cooker of Euskadi.

In 1992 he got the first reward for originality and creativeness.

Patxi Trula

He was born in Zarauz on 28th October 1962. He started with Karlos when he was 14 years old in the club of Zarauz.

Nowadays he is chief of new cooker. He is work with Karlos in Germany, Italy and American. He won a medal in Cuba.