

# Our cuisine is the image of the landscape in a pot

International meeting (Granollers)  
16th - 20th March 2026



# COOKING WORKSHOP

- Pa amb tomàquet
- Truita de patates
- Carquinyolis

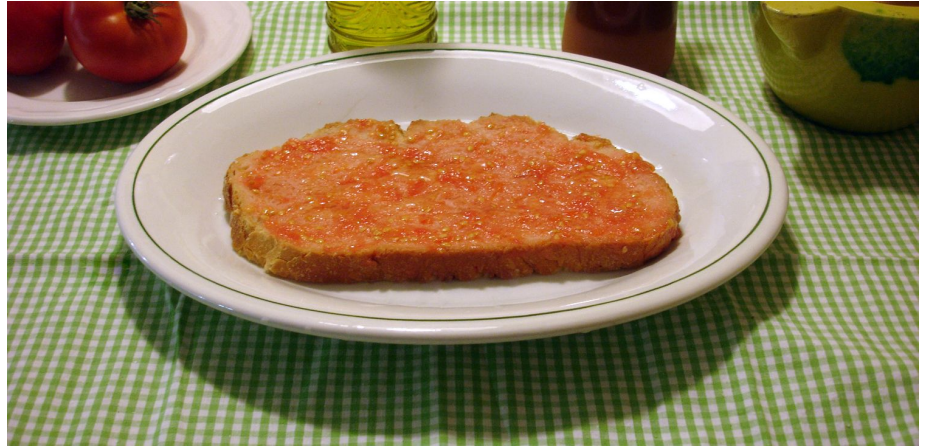
Students prepare their own packed lunch for Monday with the [recipes](#).

# PA AMB TOMÀQUET

To eat a genuine “PA AMB TOMÀQUET” you must carefully choose the raw materials: a **ripe tomato**, a **big bread slice** (like some toasted “pa de pages” or rustic **bread**), **olive oil** and a bit of **salt**.

Cut the tomato in half without removing the skin, take one half, face the juicy part toward the bread, and spread the content out by pressing hard on the bread until it is red in its entirety. Repeat the process on both sides of the bread if is “pa de payés”.

Don't worry if there are **tomato** seeds or pieces on the bread, they will make everything tastier. Finally, pour a little olive oil and add a dash of salt over the bread.



# TRUITA DE PATATES

6-8 potatoes

1 onion

4 eggs

Salt and olive oil

Preparation:

Peel and thinly slice the potatoes and onion.

Heat a frying pan with a little olive oil and add the potatoes and onion.

Fry over medium heat for about 15-20 minutes, or until tender and golden.

It is important to stir occasionally to prevent them from burning.

Meanwhile, beat the eggs in a bowl with a pinch of salt. Add the potatoes and onion to the eggs and mix well.

Heat a non-stick frying pan with a little more olive oil. Pour the egg, potato and onion mixture into the pan and cook over medium heat for about 3-4 minutes, or until the top is set.

Turn the omelet over using a plate or a frying pan lid. Cook for 3-4 minutes, or until cooked on both sides.



# CARQUINYOLIS

2 eggs (+1 for painting)  
150g flour  
120g sugar  
80g ground almonds  
5g baking powder  
A pinch of salt  
100g toasted hazelnuts



Mix the flour, sugar, ground almonds, salt and yeast.

Add the beaten eggs and knead until you get a fine dough.

Flour the work surface and roll out the dough into a loaf shape.

Flatten it and fill with toasted hazelnuts. Wrap it around itself.

Brush the top with egg and bake for 20 minutes at 170°C.

Wait for it to cool slightly (about 3 minutes) and cut into slices on the bias.

Bake for another 10 minutes.

# CHALLENGE IN GRANOLLERS

## LET'S GO TO THE MARKET!

We have to cook some traditional Catalan recipes, let's go! You have to look for the ingredients and the culinary tools in order to cook the traditional dish. Once you have found an ingredient or tool, you have to take a picture with it and the price. When you have all the ingredients, you should find an important place of the city of Granollers whose name starts with the same letter of the traditional recipe. Take a photo of all your group there. Finally, you have to create a poster with all your photos and the name of the recipe.

Upload your poster real poster in this padlet:

[https://padlet.com/erasmus12/market\\_granollers\\_piemonte-zneq6zxxl08km9f9](https://padlet.com/erasmus12/market_granollers_piemonte-zneq6zxxl08km9f9)



# ACTIVITY AT POBLE ESPANYOL

LET'S COOK AROUND SPAIN!

What do you know about traditional products and dishes in Spain? We are in Poble Español and you will find some replicas of famous monuments of different Spanish regions.

We will play in groups of four.

Instructions:

- You will receive an envelope with some traditional Spanish dishes or products.
- You should go to a monument of the original region of the dish and take a photo of your group.
- Post it on the map.
- The title of the post should include the name of the dish and the monument.

<https://padlet.com/erasmus12/spanish-cuisine-2026-kk8op37u38h2o6ft>



# FOOD SEASON CALENDAR

- [Instructions](#)
- [Final work](#)