



Andalusian Cuisine

SHORT OVERVIEW

This course delves into the rich culinary heritage of Andalusia, a region known for its diverse flavors and centuries-old traditions. Combining influences from Arabic, Mediterranean, and Spanish cultures, Andalusian cuisine features fresh, local ingredients and simple yet vibrant dishes.

Participants will explore iconic recipes like Gazpacho, Salmorejo, Tortilla de Patatas, Croquetas...

In addition to hands-on cooking, the course will provide insights into the historical and cultural context of Andalusian cuisine, highlighting its Moorish influence and the importance of local produce like olives, citrus fruits, and seafood from the Mediterranean and Atlantic coasts

COMPETENCES

- Preparing iconic dishes.
- Understanding the proper use of key ingredients.
- Identifying and selecting fresh, local ingredients typical of Andalusia.
- Gaining familiarity with herbs and spices
- Understanding the Moorish and Mediterranean influences on Andalusian cuisine.

RESULTS

- Ability to prepare dishes from Andalusian cuisine
- Increased the knowledge of local products
- Improved Sensory Abilities
- Enhanced Teamwork and Communication in the Kitchen

NOVEMBER

STANDARD DAILY PROGRAM

0	Arrival.
1	Meeting at Intermobility's office to check the program and speak about the project. Guided visit around the historic centre of Seville.
2	Guided tour around Triana market, explanation of its history, the market stands, the products and typical products such as some types of cheese. Training course and preparation of two typical Andalusian dishes. Lunch time, the participants will eat all the prepared dishes.
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5	Meeting at Intermobility's office to evaluate the project and handle the certificates. Presentation of INTERVET Project. Training course and preparation of two typical Andalusian dishes. Lunch time, the participants will eat all the prepared dishes.
6	Departure