

Cooking courses at The Kingsley



Basque cuisine 2016

Introduction

The Tradition of Basque Cuisine

The Basque cuisine is considered as one of the best international cuisines. It can be established, without going to excessive lengths, that it shares an honoured place next to the French or Chinese cuisines.

Seafood is the star ingredient in traditional cuisine and the basis of the best known recipes. A fish can be simply roasted or superbly accompanied by one of many sauces that embody the traditional Basque cuisine.

Livestock in the Basque Country has always had to search hard for pasture, and as a result, this has given us leaner, tastier meats.

The tastiest cuts of mountain cattle, such as cutlets or sirloin, the lambs that have fed upon harsh alpine grasses, or the robust farmhouse poultry raised on corn are all good examples.

Some history

Modern Basque cuisine is a fusion between traditional Basque cooking and French cooking from Aquitaine just over the border. In the early 1900's leading Basque and French chefs met in Biarritz for a conference on gastronomy and as a result the foundations of modern Basque cuisine were laid.

The Kingsley at Eversley, Eversley Centre, Hampshire, RG270NB telephone 01189 076322
email:events@thekingsley.co.uk website for online bookings <https://thekingsley.co.uk>

Time and place

Courses are held at The Kingsley at Eversley, Eversley, Hampshire, RG27 0NB Tel 01189 076322

The chef instructor is Jauma Carrera – a Basque chef with international experience in top Michelin restaurants. Jauma lives and cooks in the Basque Country and comes to the Kingsley to promote and disseminate the love of his native cuisine.



Weekend courses start at 12 mid-day on the Saturday. Students sit down for dinner at the end of the day to enjoy the fruit of their coursework. Various pintxo (tapas) and wine-tasting rounds will intersperse the coursework.

Courses recommence Sunday 11 o'clock (accommodation available if required) resulting in preparation and cooking of a Basque Sunday lunch which students will in due course enjoy at a late lunch sitting and wine-tasting. Course concludes about 4PM.

The courses

Introduction

- safety in the kitchen
- hygiene
- brief summary of Basque cuisine

A basic starting point for all culinary work:

Essential types of cuts, carving and chopping techniques. Jauma will teach you how to do these basic cuts safely and efficiently.

The cuts

Mirepoix - roughly chopped carrots, onions, size depending on type of dish.

Parmientier - medium dice

Julienne – thin strips

Medium Julienne

Brunoise – fine dice



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Sauces

We will teach the secrets of the essential sauces such as the pil-pil green sauce used to accompany bacalao (cod) dishes.

We will look at different methods of cooking meat and fish - confit, stewing, steaming, roasting, grilling; and see how to adapt these to particular dishes.

Pintxos

During the course we shall make five different pintxos (tapas):

Terrina de foie Mi-Cuit (half-cooked) con compota de manzana y gelatina de patxaran (duck liver with apple compot and Patxaran jelly).



Txaka (crab with prawns and mayonaise)



Bakalao ajoarriero (paste) Cod based pintxo made with onions, red & green peers, and local choricero peppers



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Bola de queso de idiazabal con garrapiñadas de nueclas (Cheese with caramelised walnuts)



Jamón iberico con tomate rallado.(finest ham with grated tomato)



Jauma will talk about the importance and status of jamon iberico - its provenance and pedigree.



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Let's eat and enjoy

Cena sabado – Saturday dinner



Tortilla de patatas o tortilla de bacalao - the classic omelette enjoyed with and the fruits of your coursework and wine from Navarra.

Comida domingo – Sunday lunch

Entrada pintxo

Plato principal presa iberico (type of pork cut)

Postre pastel vasco ...

...and lots of wine from our favourite bodega -
Castillo de Monjardin



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