

# ROUND & ABOUT

## Back to school

Discover the secrets of traditional Spanish gastronomy with a visit to the modern kitchens of Cook and Taste, situated right on Las Ramblas. The interactive workshops allow visitors to join in on the fun while professional Catalan chefs Begonia and Josep whip up some of the best-loved Spanish dishes and give you an insight into the history and customs of Spanish cuisine. Learn, for example, that *paella* is traditionally eaten only on Thursdays. The programmes are available in English, French or Spanish and run for approximately three hours. The menu changes according to the season and uses fresh ingredients to create a deliciously light *crema catalana* and the ultimate *tortilla de patatas*. Best of all, consumption of the delicacies is included in the programme. After a motivating afternoon at Cook and Taste, it's now your turn to give it a shot at home.

**Cook and Taste** Las Ramblas 58, 3<sup>o</sup>  
Tel. 93 302 1320 [www.cookandtaste.net](http://www.cookandtaste.net)  
Workshops 12pm and 6pm (Mon-Sat)

