



My Favourite Things

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www.myft.net

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WE ARE WHAT WE EAT – CULINARY HOLIDAY 19 –24 SEPT 2010

Minimum of 12, maximum of 14 participants.



Enjoy your food? Not to mention the occasional drink? Have a conscience? Want to be healthy? Have a passion for cooking? Interested in organic produce? My Favourite Things and Can Nova have tailor made this workshop holiday for you! It covers all the bases, from cooking classes, grape harvesting and crushing, visits to organic produce providers, and more. Not forgetting the consumption part of the equation (eating and drinking!).

My Favourite Things provides, amongst other activities, culinary tours and workshops in and outside of Barcelona. For more information, go to <http://www.myft.net>.

Can Nova is a service providing workshops and other activities with the focus on creativity and sustainability. For more information, check out the web site <http://www.cannova.net/>

➤ The Venue

You will be staying in Can Rocosa, a beautiful converted *masia* (traditional Catalan farmhouse) set in the wooded hills of the Montnegre Natural Park, 15 km from the Mediterranean Sea, 50 from Barcelona, 40 km of Girona.



Can Rocosa provides five bedrooms, most sleeping two, some three, each with its own bathroom. It also has a large living room and dining room, as well as a huge garden and terrace.

In addition to offering accommodation, Can Rocosa also has its own organic kitchen garden, vineyard and orchards, which we will be looking at as part of the workshop.

For more details, check out <http://www.canrocosa.com>

If you want to stay longer in the area or in Barcelona, we can help you out as well. For more places to stay, go to www.myft.net.

➤ **The Programme**

Sunday evening

Please make sure that you are at Can Rocosa by 6 p.m. on 19 September

Welcome dinner and introduction to ecological food, the surrounding region, My Favourite Things and Can Nova.

Monday

9-10 a.m.: Breakfast

10 a.m. – 1 p.m.: Cooking class 1: Spanish cooking: tapas and dishes, a fusion of traditional and creative

1 – 2 p.m.: Lunch

2 - 4 p.m. Free time/ for the ones who want: optional making bread session

4 – 7 p.m.: Walk around area with explanation of fauna and flora, Montnegre Natural Park and organic farming by Roc, the owner of the Can Rocosa.

8 p.m.: Dinner

10 p.m. Screening of documentary film on ecological villages in Spain (optional)

Tuesday

9-10 a.m.: Breakfast

10 a.m.- 1 p.m.: Cooking class 2: Cold dishes (original salads, dips and filled rolls). We prepare our



picnic for the beach.

1 pm : Trip to the fishing village of Sant Pol de Mar, on whose beach we will picnic.

8 p.m.: Dinner

10 p.m. Optional guided night walk in Montnegre hills.

Wednesday (wine day)

Breakfast

Morning: Harvesting of grapes

Lunch: Lunch in the vineyards

Afternoon: Crushing of grapes

Dinner, accompanied by wine made from grapes harvested last year.

Thursday

9-10 a.m.: Breakfast

10 a.m. – 1 p.m.: Cooking class 3: Asian dishes

1 – 2 p.m.: Lunch

After lunch: Visit to Barcelona, free time /option of joining a culinary tour or eco- tour (to be paid for separately)

Dinner in Barcelona (not included in workshop holiday price)

Friday

9-10 a.m.: Breakfast

10 a.m. – 1 p.m.: Cooking class 4: Fusion cuisine

1 – 2 p.m.: Lunch

⇒ Cooking classes



The cooking we do focuses on fusion cuisine based around fresh, local organic produce. Although varied, the dishes are never complicated, but will perhaps introduce you to new ingredients and approaches and different combinations. The meals will often be vegetarian, but will sometimes include meat or fish dishes, which can be adapted for the vegetarians amongst you.

⇒ **Price**

625 euros, including food, drinks, classes, minibus-based local transport (including excursions), accommodation and organisation.

Not included: 1 dinner and initial/final transport (flight) to and from Can Rocosa.

We do NOT arrange transport TO Spain, but can put you into contact with other participants to share a car from your point of departure. Transport during the workshop holiday (to vineyard, beach, etc.) is included in the price.

Flights

⇒ From Belgium: the cheapest way to fly is with Vueling (Brussels – Barcelona)-
www.vueling.com.

Other options are Brussels Airlines (Brussels-Barcelona)and RyanAir (Charleroi- Girona:).

Pickup from the airport can be arranged on payment of a supplement.

⇒ **Conditions**

Registrations will be open until 15 May. If by that time we have not reached our minimum number of participants, the holiday will be cancelled. If there are only 1 or 2 people too few, charging a supplement is an option, so we can still make it happen. If we really don't have enough people and you have booked your flight we can help you out to find a place to stay.

To register, please make a transfer of 350 euros to the following account asap. The balance must be paid by the end of June. If the course cannot go ahead, we will of course return your deposit.

Bank: Caixa Catalunya

Branch: 0623- Barcelona- Carrer Muntaner-Diputacio

Account name: Katrien Claus

Account number: 2013 0623 11 0200739901



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BIC: CESCESBBXXX

If you have any questions, please don't hesitate to contact us at info@myft.net or on (34) 637 265 405. We will be pleased to answer them.

With a maximum of 14 participants, places are strictly limited, so don't forget: book early!