

## Taste Laboratories

The sensory capability of contemporary man has diminished considerably. The senses of touch, taste and smell have undergone deep decline. Our increasingly scarce time and the speed of our lifestyles is depriving us of the instruments that might enable us to have a greater, more varied and authentic awareness of the world around us. Consequently, training our senses again, resharpener perception, are essential aspects in the philosophy of Slow Food. Younger generations, in particular, run the risk of losing not only their links with the land and its relation with the seasons, but also the very sense of the act of feeding. This is why the Taste Laboratory has emerged, as the most widely used instrument by Slow Food to disseminate the culture of food and wine through sensory workshops for adults, with single item or comparative tastings.

In the “classrooms” of the **Taste Laboratories**, housed in the facilities at BEC, participants can taste and compare different products (cheeses, delicatessen, fish, meats, wines, etc.), discovering the transformation phases under the guidance of the producers themselves and Slow Food experts. It is an experience that reminds participants, at least in its systematisation, of school lessons: a quite particular school, ***the taste school***.

### L001.- Traditional cured meats

Thursday 29 Nov - 19:30

Tasting of four traditional delicatessen preparations -bacon, ham, chorizo and loin- from the Euskal Txerria breed of pigs, a Slow Food Presidia. Pello Urdapilleta, producer of this gastronomic marvel, will tell us about the difference between intensive rearing and natural rearing, while experts from the sensory analysis department of the U.P.V. (University of the Basque Country) will help participants to explain the sensations that the product causes. The tasting will be accompanied by ecological wine made from Tempranillo grapes by Bodegas Duque Palacios.

Price: € 25

## L002.- Carpaccio

Thursday 29 Nov - 19:30

Carpaccio, a dish originating in 1930s Venice, consists of ultra thin slices of some kind of food, served raw and seasoned with olive oil and a few drops of lemon, and all decorated with slivers of cheese. Although veal was initially used to make the dish, an enormous number of versions are currently prepared throughout half the world. At this laboratory the participants will be able to carry out our extensive sensorial analysis of carpaccio, prepared by Fernando Etxeberri, Head Chef of the Margoa Restaurant, using meat from native breeds such as the Xalda sheep from Asturias, the Azpi Gorri goat breed and the Euskal Oiloa, a hen typical on Basque farms, presented by Mariano Gómez, of Euskal Abereak and Leader of Slow Food Bilbao-Bizkaia. The tasting will be accompanied by 4 wines (cask fermented, carbonic maceration, crianza and author's wine white) winners of the D.O. Rioja 2006 Wine Contest.

Price: € 30

## L003.- Ancestral cereals in bread today

Friday 30 Nov - 12:00

Eagerness to conserve and recover ancient varieties of cereals in the interest of protecting biodiversity and nutritional health will take practical shape in this tasting of bread made with different varieties of wheat, as well as a demonstration of how "talo", a corn bread, is made. The workshop will be directed by experts of the Basque Seed Network and the master baker Xabier Akizu, from Aristizabal. Luis Azilona, the maker of Mugiako-taloa, will also be present. The tasting will be accompanied by Borobia ecological cider.

Price: € 20

#### L004.- Oil tasting

Friday 30 Nov - 17:00

There is no doubt that the itinerary of man and his history have taken place parallel to the trajectory of the cultivation of the olive tree and production of oil. On the old papyrus scrolls of Ancient Egypt, in the Bible, in the Koran and in many other venerable books, countless references are found about the value, importance and symbolism of the olive. Its branch has been and is considered a symbol of peace, the nectar from its fruit is a panacea for health and was light and a source of energy even prior to the Middle Ages. Oils made from Moroccan and Spanish autochthonous varieties (millenary oils from Maestrat and Baena), combining with ecological bread types, will delight those attending this laboratory. It will be directed by Nacho Lánderer.

Price: € 15

#### L005.- The aroma of Coffee

Friday 30 Nov - 17:00

A tasting of coffee varieties covered by Slow Food Presidia. A journey that starts from their distant lands of origin and eventually reaches the cup, following harvesting, processing and roasting. This is a Laboratory that tracks the entire production and roasting process: from the plant to preparation for table.

The Association of Master Coffee Toasters and its international experts from the coffee world will direct the workshop.

Price: € 15

#### L006.- Ecological Spanish wines

Friday 30 Nov - 19:30

Wine is intimately linked with the history of human civilisation. We know that it has reached us from ancient Mediterranean civilisations thousands of years ago. Nowadays, wineries all around the world are increasingly adopting the biological wine production option. Good fruit is essential to obtain good juice and there are already numerous oenologists who are starting to recognise that biologically grown grapes have specially suitable properties for producing high quality wines, without sediment, that maintain their properties. The Spanish State produces an extensive range of ecological wines, which no longer compete with traditional wines on quality, now absolutely proven, but in achieving awards at international competitions. Tasting of wines from the Montilla-Moriles, Rioja Alavesa, Ribera de Duero, Somontano and Penedés regions.

Price: € 18

## L007.- Mycology and our gastronomy

Friday 30 Nov - 19:30

The Al Gusto show in Bilbao is to be held in late autumn and this season, in this beautiful place, with its humidity and mild temperatures, looks like a paradise for fungi. Those attending this Laboratory will go deep into the fungi world, enjoying the flavours of traditional dishes and of the latest culinary creations made with different local varieties. Instruction will be given on collecting fungi and mushrooms, revealing their characteristics, classification, beneficial effects and gastronomic properties. The tasting will be directed by Ismael Ferrer, accompanied by Carmelo Bosque.

Price: € 30

## L008.- The potato. A journey from Andean lands to Europe

Saturday 1 December - 12:00

The potato, *Solanum tuberosum*, a vigorous, herbaceous, dicot originating from the immense South American land tract known as the Andean Region, was the staple and subsistence diet of countries like Colombia, Chile, Peru, Bolivia and Ecuador. Even today it provides the main food crop for some of this region's inhabitants (hardly surprising, as they currently grow more than 5,000 varieties). In the late 16th century it was introduced into our continent via Spain and England, although not without the consequent difficulties of adapting to the conditions, not only climatological but also the agricultural and religious customs and prejudices of those times, which delayed its generalised growing and consumption.

Taken to Rome in 1588, the naturalist Charles de l'Ecluse describes it as a "little truffle" or "tartuffoli".

A sensorial tasting of Pampacorral sweet potato, Copo de Nieve high mountain potato and Gorbeia potato, directed by Javier Pascualena, Isidro Urcelay and the potato growers themselves, combined with carbonic maceration and crianza wines from the Rioja Alavesa.

Price: € 15

### L009.- Bubbling cava made with native varieties

Saturday 1 December - 12:00

As early as 1865, a pharmacist from Tarragona, Buenaventura del Castellet, published the book "Viticultura y Enología Española", in which he explained how to make this product by copying the "Champenoise" method, attributed by some to the Benedictine monk Dom Perignon, at Hautvillers Abbey in the late 17th century, but using native grape varieties (xare-lo, parellada and macabeo). The Catalan Mediterranean region submerges us in a world of aromas and delights that those attending this Laboratory will have a chance to enjoy under the direction of Manuel Durán, an oenologist and Slow Food wine expert.

Price: € 18

### L010.- Speaking of spices, saffron, salt, merkel and pepper...

Saturday 1 December - 17:00

Speaking of cuisine means speaking of spices. To a greater or lesser degree, spices have been used by all manner of peoples as a condiment or preservative in their food pantries in each era. Their important meant that some of them (pepper, salt, saffron, etc.) became bartering currencies and the focus points of international trade. We shall make a tasting trip accompanying spices with fish smoked on the same day by Kepa Freire and savouring Itsasmendi Urezti, a wine made with late harvested grapes of 4 native varieties, two of which had almost disappeared and have been recovered by three producers in Bizkaia. Artisan producers of these gastronomic gems, such as Garikoitz Rios de Urezti, will explain their positive properties to those attending.

Price: € 20

### L011.- Aragón wine region

Saturday 1 December - 17:00

A selection of wines from Aragón made with the Crespiello, Garnacha and Parraleta grape varieties, presented by Doctor Pepe Gracia, who is responsible for the overall development of wine from autochthonous "big grape" varieties, such as Azua from La Manchuela, which is 100% Bobal, the Parraleta variety from Somontano, and the Crespiello or Vivadillo wine produced in Almonacid, varieties in danger of extinction. The event will be focused on varieties that are acting as a revelation for their native soils and are capable of capturing the identity of the great wines of Aragón.

Price: € 20

## **L012.- Raw milk cheese**

Saturday 1 December - 19:30

Cured cheese, produced in the artisan way using raw sheep's milk, which can not be defined as authentic unless it has that unique, sharp flavour that comes from the microbial flora present in unpasteurised milk, and which several legislations and some health authorities, apprehensive of the processes, are trying to bury under a mountain of bureaucratic paperwork, abducting our taste and noticeably decreasing our immunological defence mechanisms. The participants in this Laboratory will be able to taste two Spanish cheeses catalogued in the Slow Food Ark of Taste, presented by their producers, José Ignacio Isusi and Llorenç Payeras. Queso de Oveja Carranzana Cara Negra and Formatge d'Ovella Roja Mallorquina accompanied by a selection of wines from the Luis Cañas winery in Alava. The Laboratory will be directed by José Mari Ustarroz, President of the Idiazábal cheese Regulatory Council.

Price: € 20

## **L013.- Free range meats**

Saturday 1 December - 19:30

Presented by Jose Luis Gracia, veterinarian and member of the association of free range meat stockbreeders and producers from the Sierra de Guara, and by Carlos Tristancho, of El País de Quercus and breeder and processor of Iberian pigs, Retinta cattle and Merina sheep, those present will learn about the value of traditional nutrition. We shall be able to taste their products accompanied by a wine from Somontano, Montesierra Ecológico, produced by Joaquín de Castellazuelo, who will lead the tasting.

Price: € 18

## **L014.- Gorrotxategi artisan desserts and confectionery**

Sunday 2 December - 12:00

For three generations the Gorrotxategi family has been dedicated to confectionery and chocolate making in premises founded in 1680; the family has conserved traditional flavours such as the popular Xaxu, an emblematic product that dates back to the romantic period of the 18th century. Josemari Gorrotxategi, master confectioner, by combining chocolates with suggestive flavours, has known how to adapt his products to new trends, due to nutritional requirements, but always faithful to the use of top quality raw materials and produced in the artisan manner. Tasting of this sweet biodiversity will be accompanied by Don P.X., a sweet, aromatic wine obtained from grapes of the homonymous variety under the Montilla-Moriles denomination.

Price: € 20

## L015.- Sea delicacies and craftsman fishing

Sunday 2 December - 12:00

Tasting of Bay of Biscay anchovies with Karmelo Toja, traditionally caught "Almadraba" red tuna from Barbate and "Centollo de lira" spider crab, products all acknowledged in the Ark of Taste and captured respecting traditional methods and equipment and with the respective controls that responsible fishing demands so as to avoid extinction, accompanied by three kinds of Txakoli, a wine traditionally linked to the Basque people and closely connected with the Basque coast. There is a long tradition concerning this wine in Gipuzkoa, Bizkaia and the Ayala region of Alava.

Price: € 30