









Editor: Etnia Eyewear Culture Art Direction & Graphic Design: Joaquín Díaz Ferrer Texts: Etnia Eyewear Culture Creative Team Recipes: Borja Oller Flores, Laura López Guerrero, Aitana Modolell Ossandón Photography: Beatriz Janer, Eva Carasol Printing: Agpograf

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#### We are a family.

A large family, one of those with members all over the world. The kind that strives to maintain day-to-day contact and eagerly awaits the moment they will be together.

And, like all families, we make time to see each other, talk, and enjoy ourselves around the table together whenever we can. Where problems become less significant when sharing a good meal. A space where the best ideas and the purest creativity emerge somewhere between dessert and coffee.

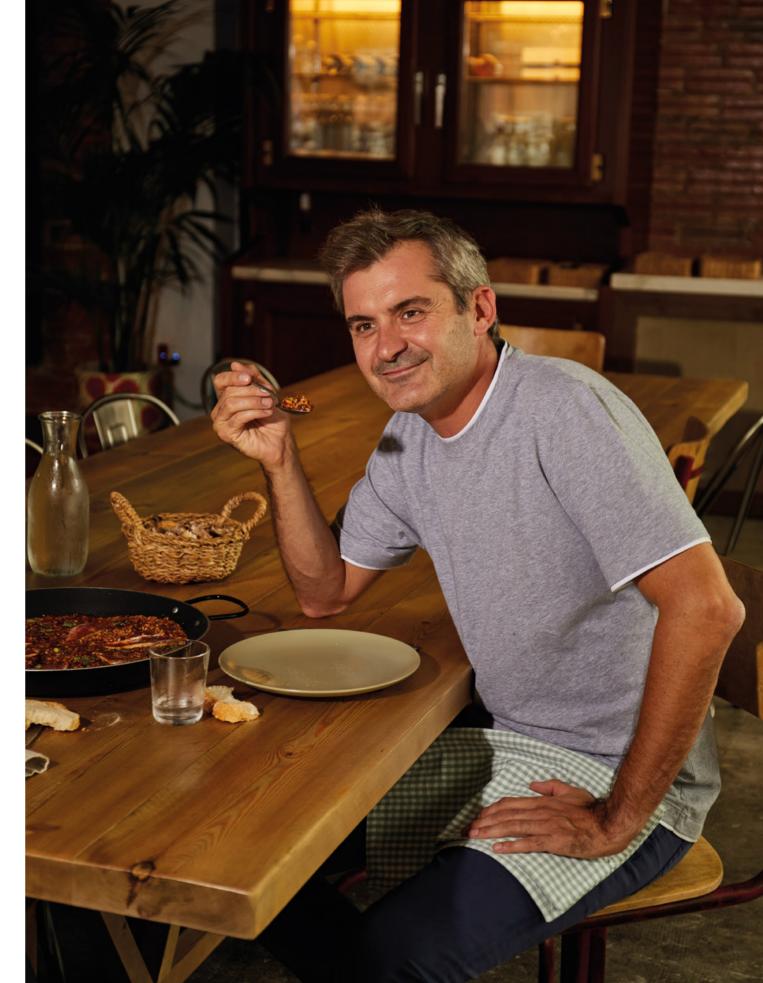
The family must always be cared for.













## Philosophy

At Etnia Eyewear Culture we strive to be a more sustainable and ethical organization every day. We are a company that makes a positive impact on the planet. And our goal is to become an even more responsible version of ourselves.

This is how La Cuina was born: a space where we reflect this philosophy. A space where we promote healthy habits through an ecological and local cuisine.

La Cuina is a project that goes above and beyond. It is a necessary lifestyle in a time of great change, where it has become more important than ever to commit to balance and sustainability. And never settle. We believe in the future, and the only way to preserve it is respecting the earth, going back to our roots. Eat what is available at each season, refraining from straining the planet.

Although we make an effort to eat healthily, are we really aware of the environmental and social impact of our decisions as it relates to eating?

The food industry is one of the decisive factors in the future of the planet, and we believe we have to start changing our consumption habits.

22

Respecting

The environment and ecosystems.

**Improving** People's health and promoting healthy lifestyles.

Promoting

Respect for animals.



Responsible food production and sustainable management systems.



To integrate these principles, we have devised a work plan in which we measure everything we do: from the origin of the ingredients that enter our kitchen to the management of the last residue that leaves it.













#### individuality and encouraging everyone to unapologetically be themselves.

# 2020

#### IGNASI MONREAL

Launch of a capsule in collaboration with Ignas Monreal, the "enfant terrible" of 21st-century culture. The brand also expanded its production plant at its HQ. This important step for Etnia Barcelona sped up innovation and opened a new period of experimentation and increased production capacity.



WE USE THE BEST RAW MATERIALS

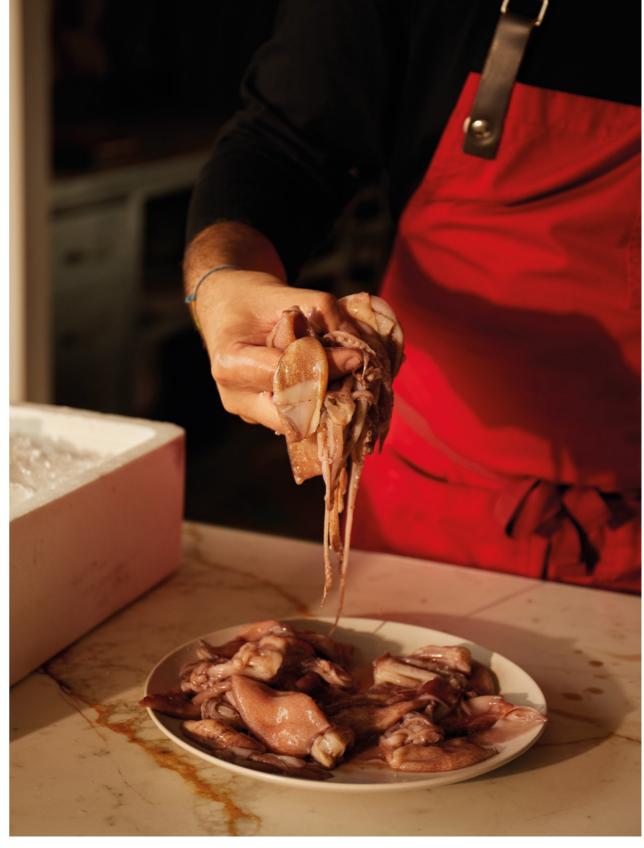


At La Cuina we are committed to using organic and local products from nearby regions. We use seasonal ingredients and stay away from endangered and/or genetically modified species.

To obtain these products, we work with small local suppliers that favor responsible practices in agriculture, livestock, and fishing.







PHILOSOPHY

SEASON

VAL FOODS

LA CUINA FRIDAYS

RECIPES



































WE OFFER BALANCED MENUS AND PORTIONS



To ensure a varied and healthy diet, our menus are designed using fresh, additive-free products. We do not use any processed foods; everything is cooked and made to order.

We prioritize vegetable proteins. We offer a wide array of vegetarian dishes and make sure you can always find a vegan alternative in our menus.

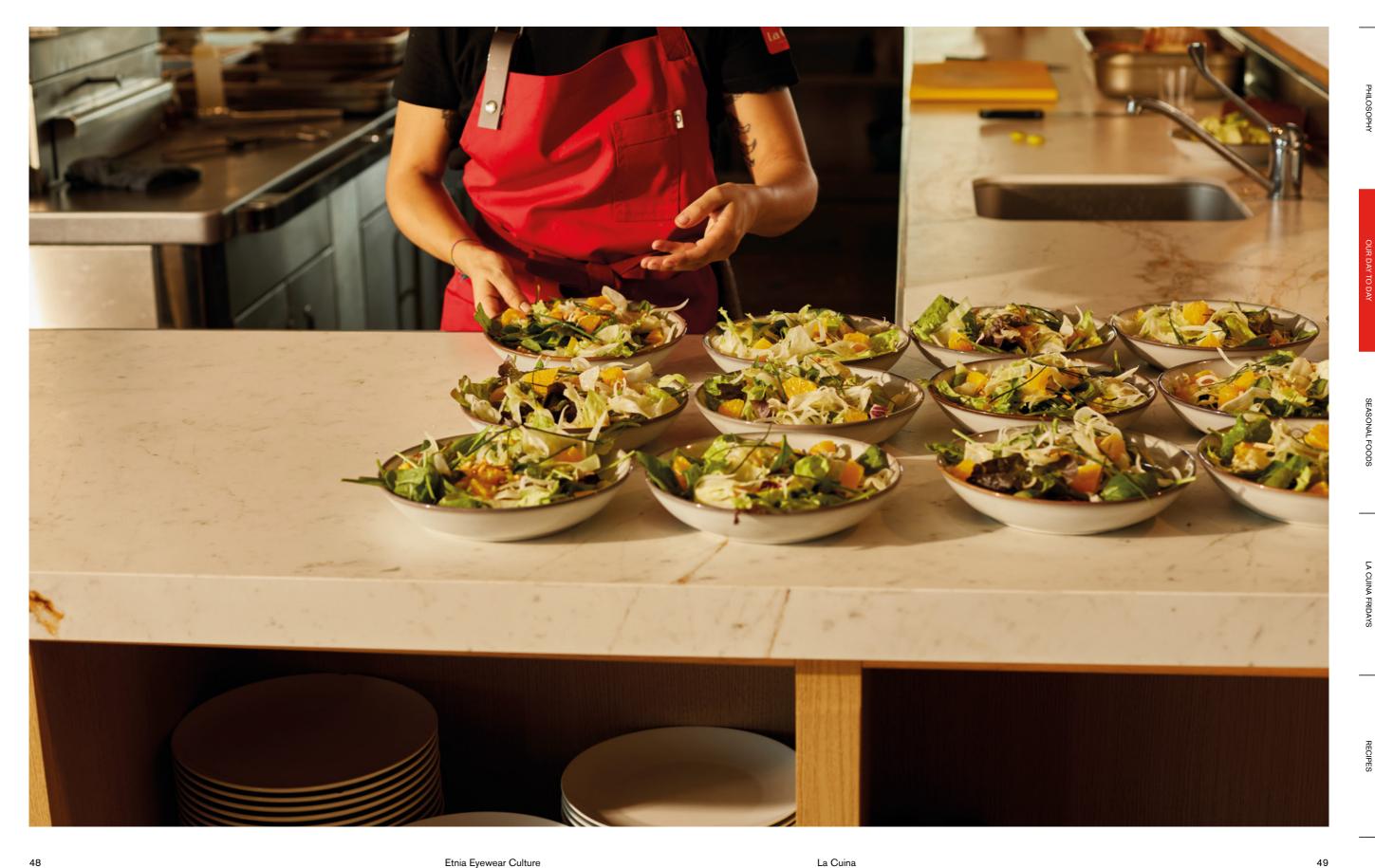
Moreover, the portions in our menu are designed to satisfy you without leaving any food to waste. We have some nonperishable foods in case more guests than expected arrive, and, if there are any leftovers, we always find a way to make use of it so that it does not go to waste.





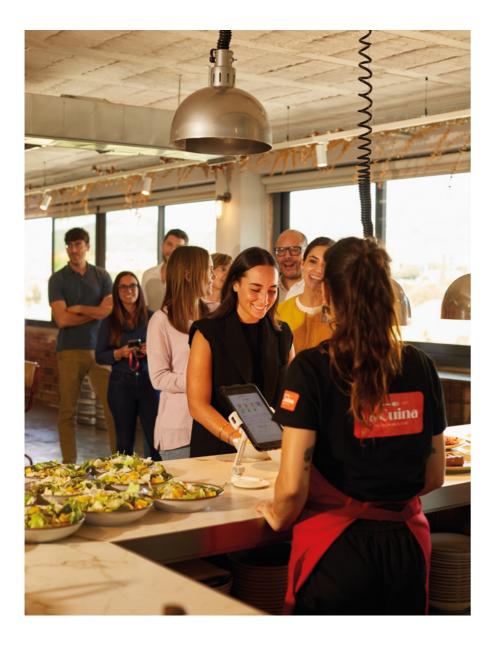


Etnia Eyewear Culture





## WE PLAN THE MENUS WEEKLY





SEASONAL FOODS

Our reservation system allows us to plan the menus weekly, allowing us to buy exactly the amount of ingredients we need. With this, we are able to minimize leftovers fully and avoid food waste.

Using the Etnia Eyewear Culture internal application, we choose the dishes and check the allergen table.

53

### La Cuina

#### Semana del 24 al 28 de octubre

Apostamos por productos ecológicos, de proximidad y de temporada

#### Lunes

Ensalada verde con lechuga y pepino km0, tomate Cherry, pera km0 y vinagreta de encurtidos Crema de brócoli

Estofado de lenteja pardina ECO al curry con verduras de temporada Tortilla de patatas y calabacín con huevos ECO

#### Martes

Escabeche de verduras de temporada Crema de remolacha km0

Espaguetis ECO al pesto de col kale km0 y albahaca Rodaballo ECO con patata panadera

#### Miércoles

Trinxat con col del país km0 panceta de cerdo ECO Ensalada con lechuga km0, pera, membrillo y vinagreta de almendra

> Huevos ECO con pak choy km0-ECO Arroz del Delta con calabaza km0 y azafrán

#### lueves

Crema de zanahoria ECO y cúrcuma Endivias al Josper con vinagreta de queso azul

Quinoa ECO salteada con verduras de temporada Butifarra ECO al Josper con mongetes del ganxet D.O.

#### Viernes

Kale km0 salteada con puré de boniato Crema de nabo y chirivía

Macarrones ECO con calabaza km0, tomillo y bechamel de castaña Tortilla de setas de temporada



### La Cuina

Semana del 31 de octubre al 4 de noviembre

En La Cuina cocinamos cada día los menús con producto fresco

#### Lunes Endibias con aguacate ECO, manzana km0-ECO y almendra Crema de zanahoria ECO, naranja y brotes de cebolla

Macarrones integrales ECO, brócoli y albahaca Tortilla de espinacas km0-ECO a la catalana

#### Martes

FESTIVO

#### Miércoles

Menestra de verduras de temporada Crema de calabacín, puerro ECO y semillas de calabaza

Bulgur ECO con berenjena y yogur ECO al limón Arroz con bacalao, ñora y azafrán

#### lueves

Ensalada de tomates Cherry km0, pepino, semillas de lino y vinagreta de mostaza Crema calabaza km0 y boniato con brotes de soja

Patata ECO, boloñesa de lenteja pardina y huevo Espaguetis ECO a la carbonara con panceta ECO

#### Viernes

Acelgas km0-ECO a la vasca Ensalada de berros km0, champiñones y pipas de girasol

> Huevos ECO revueltos con pisto Fabada asturiana

### La Cuina

Semana del 7 al 11 de noviembre

No dudéis en contactar si tenéis alguna intolerancia, alergia o dieta estricta

#### Lunes

Ensalada de hinojo km0, naranja y vinagreta de nuez pecana Crema de coliflor km0 con semillas de sésamo

> Estofado de verdura y lentejas ECO Tortilla de calabacín km0-ECO

#### Martes

Pak Choi km0-ECO al vapor con salsa de soja y sésamo Sopa de cebolla ECO

> Marmitako de salmón ECO Macarrones ECO con salsa puttanesca

#### Miércoles

Ensalada con mini verduras km0-ECO encurtidas Coliflores km0 al horno con bechamel

Huevos ECO revueltos con setas de temporada Garbanzos ECO estofados con alcachofa del Prat y calabaza km0

#### lueves

Crema de calabaza km0 al curry con pipas de calabaza Col País km0 asada con alcaparras y vinagreta de limón

Entraña de ternera ECO al Josper Pasta integral ECO con tomates Cherry pera km0 caramelizados, espinacas km0-ECO y albahaca

#### Viernes

Achicoria km0 salteada con ajo y guindilla Hummus de remolacha con tostaditas

Tortilla de bacalao Arroz integral ECO vegetariano estilo asiático



La Cuina

## La Cuina

Semana del 14 al 18 de noviembre

Excluimos especies en peligro de extinción y alimentos transgénicos

#### Lunes

Ensalada con lechuga y rúcula km0, pera ECO, membrillo y vinagreta de almendras Crema de hinojo km0, puerro ECO y naranja con brotes de cebolla

Espaguetis ECO con calabaza violín km0 y queso de cabra Huevos ECO con espinacas km0-ECO y tomates cherry km0

#### Martes

Trinxat de la Cerdanya con col kale km0-ECO Crema de zanahoria km0-ECO y comino con semillas de girasol

> Arroz cremoso del Delta con radicchio km0 Pescado del día ECO/MSC

#### Miércoles

Acelgas km0-ECO con puré de boniato km0-ECO Sopa minestrone

Tortilla de huevos ECO con cebolla ECO y tomillo Dhal de lenteja pardina ECO del Vallés Óriental

#### lueves

Crema de coliflor verde km0-ECO y sésamo Zanahoria ECO y chirivía al Josper con yogur ECO de la Selvatana

Macarrones integrales ECO con setas de temporada, romero y nueces Cap i pota de ternera con garbanzos ECO

#### Viernes

Ensalada de cogollos con kimchi casero

Bibimbap (Bol de arroz con verduras ECO, carne de cerdo marinada v huevo) Bibimbap veggie (con o sin huevo)

LA







PHILOS

2

AYS

RECIPE



## WE USE ENERGY WISELY



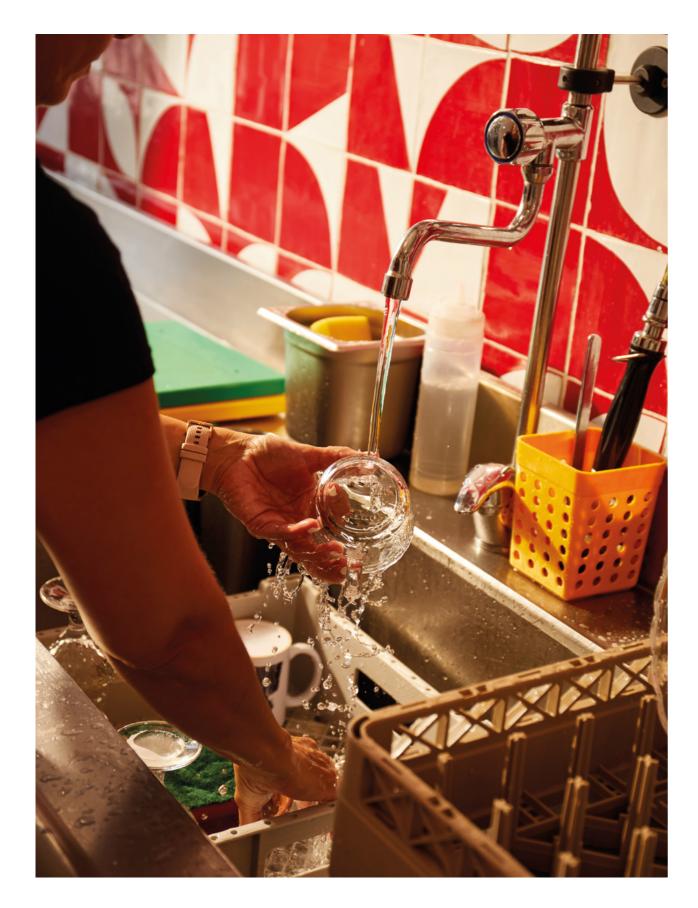
At Etnia Eyewear Culture, we are against irresponsible energy use and try to use only what is strictly necessary. We have implemented several measures to achieve this:  $\rightarrow$  We use cooking methods that require little energy, also achieving healthier results.

 $\rightarrow$  We do not have a fryer; we do not make any kind of fried food.

 $\rightarrow$  We use water responsibly, employing automatic systems. We also do not contaminate it by discarding used oils.

 $\rightarrow$  We turn off the lights in the dining room outside of meal times. Our lighting system is made up of LED lights and motion sensors.

 $\rightarrow$  We use renewable energy sources and high-efficiency appliances, thus guaranteeing energy savings.

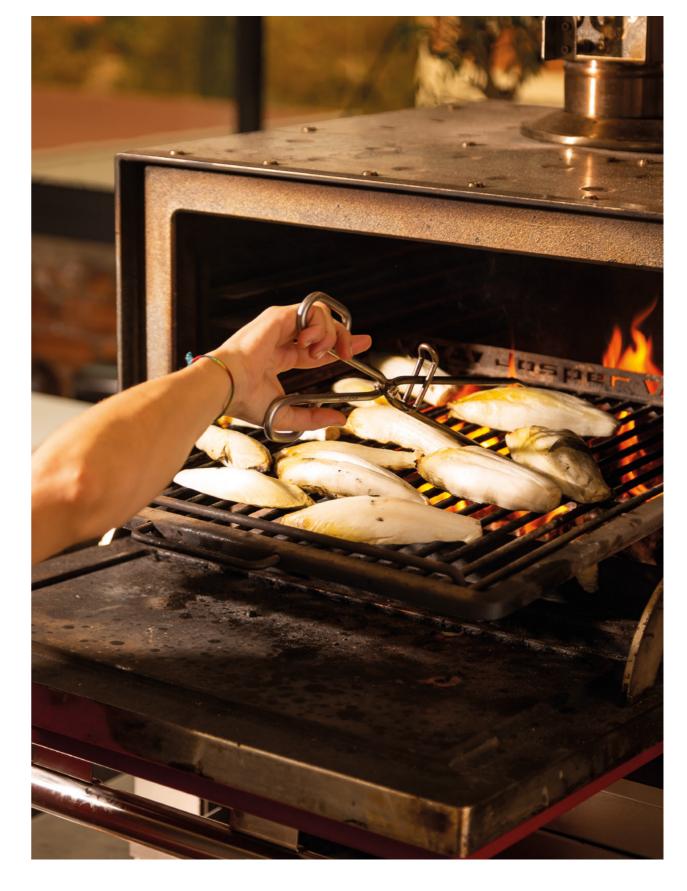




Etnia Eyewear Culture







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SEASON

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LA CUINA FRIDAYS

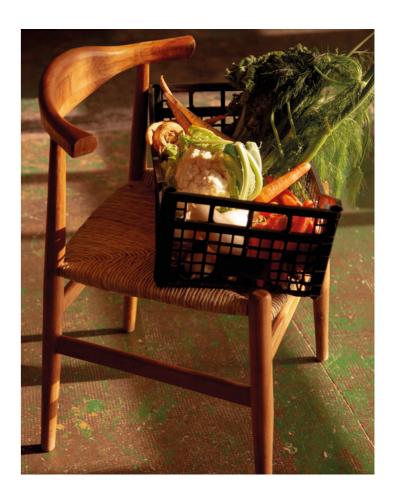
RECIPES

## WE REDUCE, REUSE, AND RECYCLE



At La Cuina we seek to minimize our environmental impact, so single-use plastics or papers are not used! Our suppliers provide us with bulk, unpackaged products, and we have eliminated paper napkins. You cannot imagine the amount of paper we are saving and the positive impact generated by this small change in our practices!

We make sure to recycle all food waste, transforming it into biogas and compost. We also use biodegradable cleaning products with renowned ecolabels.





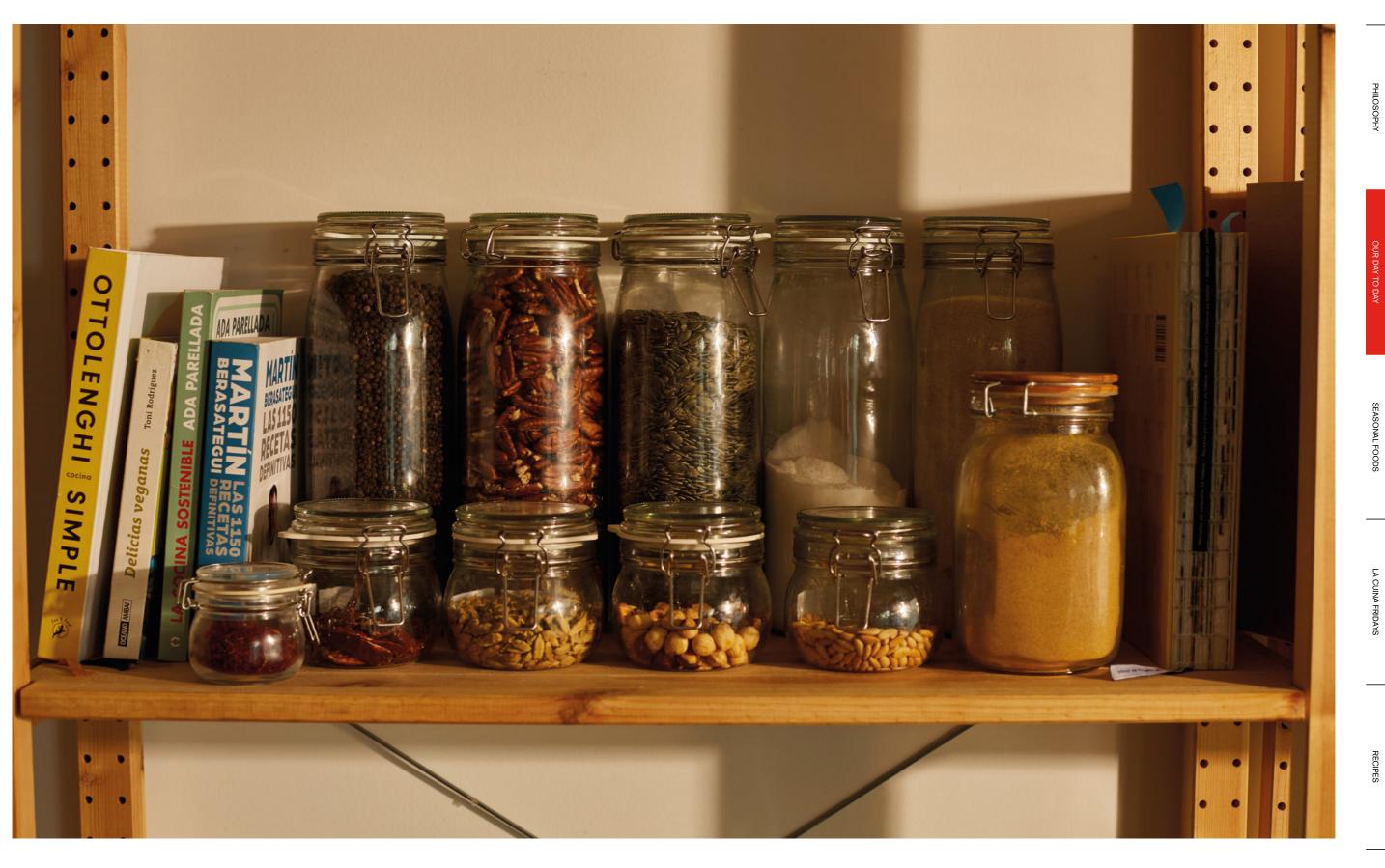


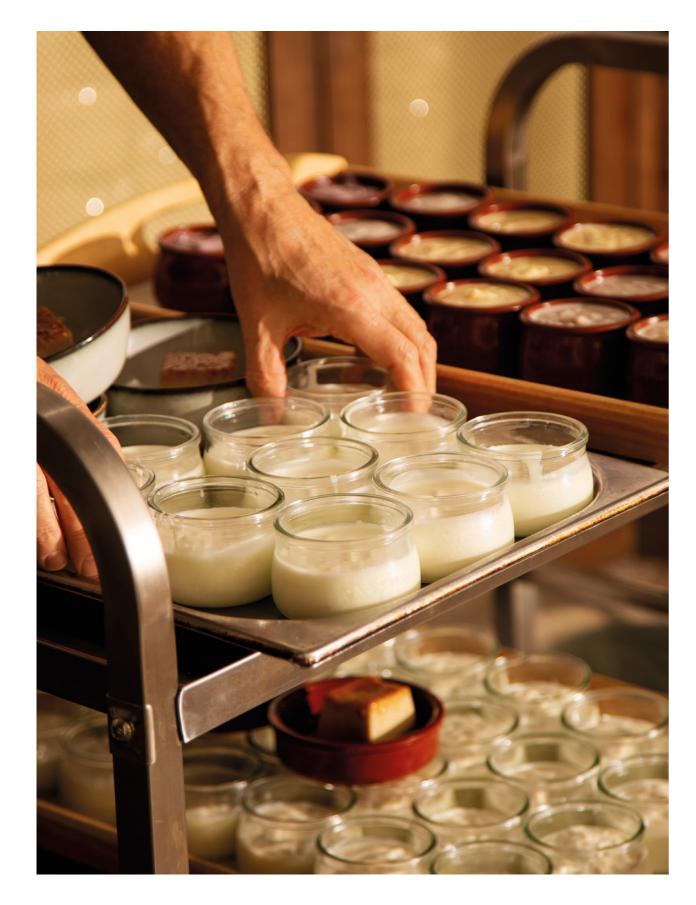
PHILOSOPHY

SEASONAL FOODS

LA CUINA FRIDAYS

RECIPES







DSOPHY

OUR DAY TO DAY

SEASONAL FOOD

## ECOCOOK® CERTIFICATION, THE MICHELIN STAR OF SUSTAINABILITY

At La Cuina, we want to be better every day. We are constantly striving for excellence and partnering with projects that share our philosophy of life.

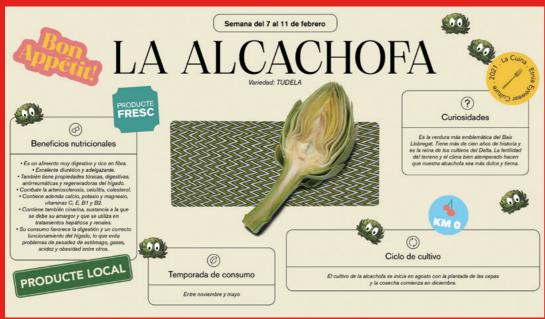
The EcoCook® Certification is the first sustainability consulting and certification program for the food industry, allowing businesses to optimize global performance and discover sustainable practices at all levels. This certification consists of an audit that measures 200 evaluation criteria to assess the level of sustainability of La Cuina.

In December 2022 we received the certificate in recognition of our philosophy and our work, being the first and only organization in the world to receive the silver distinction. We will continue to improve and pass on our knowledge to ensure that the lifestyle La Cuina represents extends beyond the walls of Etnia Eyewear Culture.

Help us be part of the change!







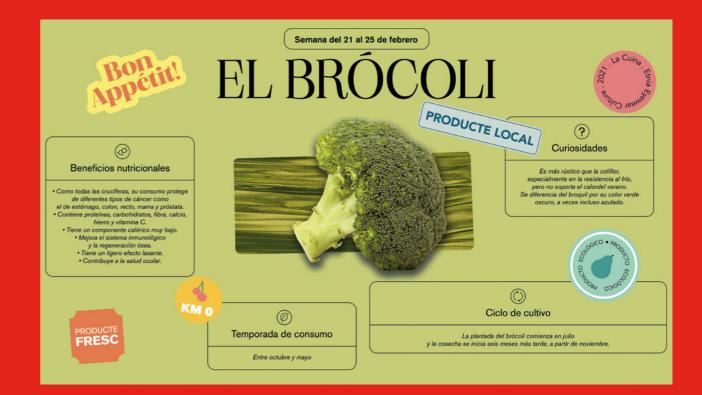


## Seasonal Foods

We never get tired of repeating that eating seasonal foods is good for your health and for the environment. They contain all the nutrients, and their flavor is much richer. It is also a great way to support local businesses. There are only benefits.

At La Cuina, we take this very seriously. We have launched a communication plan with all the information on the products of the month, which we share in La Cuina and, now, in this book. SE









82







Etnia Eyewear Culture

@Cristina Menjar a la Cuina és simplement BRUTAL ;)

@Aida La Cuina es CASA.

sencillamente maravilloso: La comida

más que excelente, pero sobre todo la

propuesta, el concepto y la ejecución

son inverosímiles para lo que serían

muchos restaurantes y es flipante

para comedor de empresa... es un

@Pere Para mí comer

evento. Laura y Borja

son unos cracks que

cada día nos preparan

una comida deliciosa y

saludable. Todo lo que

hacen está riquísimo 😊

@Martín 50 BEST

RESTAURANTS

IN BARCELONA:

1. Disfrutar

2. Alkimia

3. Gresca

4. Koi Shunka

5. La Cuina

en La Cuina es un

grandísimo lujo poder disfrutarlo.

iMil gracias por existir!

es deliciosa, el trato y el servicio es

**@Jaume** Comer en La Cuina es

#### @Susanne Love it 👍 🚳.

@Ana Para mí La Cuina ha sido mejorar en calidad de vida. iGracias por hacerme el día a día más sano y bueno!

@Elías Mejor que comer en casa de mi abuela.

> @Miquel Comer (y estar en La Cuina) es un placer para los sentidos y un punto de inflexión positivo en la jornada diaria, iesperamos que sigáis con nosotros muchos años alegrándonos los paladares!

@Dreyer Everything is perfekt with the Cucina ;)

**@Núria** Entre cucharada y cucharada, te abrazan Borja y Laura con unos platos que te llevan a volar por el mundo.

@Ines Buena comida y ambiente espectacular. Muy práctica y bonita.

@Miguel Saludable.

@Rebecca Delicious, healthy, energizing!

giotis The best place of the HeadQuarters!

**@Bruno** Repas variés Bien équilibrés avec légumes et fruits frais dans un bel endroit aéré et accueillant... malheureusement nous ne pouvons pas y venir si souvent 👌 Un régal pour tous les sens !

**@Denise** The food is so good and the environment is warm and fun!

@Mireia Es como comer en casa.

@Scabini Buonissima.

@David Me encanta La Cuina, hacía mucho que no comía tan bien... la calidad de los alimentos v el cariño que le ponen al cocinar es espectacular!

@Silvia Como en casa.

**@Raphael** Exquisito como siempre.

@Aitana La Cuina has the best quality in every way! It's the place to be.

> @Enric Buena calidad v variedad de alimentos. Está genial.

@Heidi War immer total zufrieden!

@Katrien Pure, authentic and full of taste!

**@Gianmaria** Feels like home: cozy place and lovely food 🎯 🤎

@Leopoldo Ottima!

@Andrea La Cuina properly exemplifies Etnia Eyewear Culture through it's farm to table sustainability and menu, which is as thoughtfully crafted as their frames 10/10.

@Jose Comida sana, variada y con muy buen gusto. Sumándole el lugar y la gente es la excelencia. Gracias por cuidarnos tan bien cuando estamos en Barcelona.

@Karin Perfekt 🚳

#### @Antonio Eccellente.

#### @Giacomini Strepitosa!

@Melanie La Cuina is quality, sustainability, delicious, and something for everyone - just like their eyewear!

#### @Mike It was amazing.

QLuca Cucina Ottima in ambiente caldo ed @Karine Un régal accogliente! Super! pour les papilles :)

> **@Jerome** Ambiente amistoso, platos variados de muy buena calidad... iuna gran experiencia con un buen momento de relax!

**@Zachary** La Cuina was such an amazing experience! Beautiful atmosphere and food! Incredibly delicious!

@Marylin Mi experiencia cuando visité La Cuina fue muy placentera. Me encantó la comida. La decoración y estilo es bello y con muy buena vibra y energía. La Cuina personifica muy bien el Brand de Etnia Eyewear Culture.

@Joaquin La Cuina es lo mejor del día, ino me he perdido ninguna! Borja y Laura son uno más de la familia.

@Marco Excellent! | like the accent on mostly vegetarian and local products that goes with company ethos.

@Mercè El placer de comer de primera, con una atención súper amable, buena compañía y en un espacio muy agradable!

#### @Benatti Molto buona!

@Andrea Accogliente come a casa! Cozy like at home!

> **@Desiree** Comer en la cuina es darle salud v sabor al cuerpo, qué mejor que eso!

@Paola Todo el mundo sabe que el mejor momento de los lunes es recibir el mail de LA CUINA con el delicioso menú de la semana... (y por supuesto comerlo al cabo de unas horas) 😁

@Andrea Buonissima e sana!

@Kathleen Es el momento de felicidad.

@Laurence Un momento de felicidad por los sabores y el ambiente, bravo y merci! 😋

@Pili Comer en la

en casa de mamá.

rica donde se ve

Comida sana y muy

puesto todo el cariño

sitio donde aprender

sabores y productos

además de descansar

y desconectar con los

compañeros sin salir de

hacia la familia. Un

nuevas recetas,

descubrir nuevos

Cuina es como comer

**@Chris** Amazing food and environment!

Etnia.

@Mireille Wow, La Cuina and the food is amazing!

**@Soraya** La Cuina es esperar con ilusión que sea mediodía para subir a poner la mesa, comer un plato riquísimo hecho con mucho mimo y compartir ese momento con los mejores

@Gisela iQue viva San "Josper"!

compañeros de trabajo.

@Marta Soy vegana y siempre tienen una alternativa para mí. 😔

@Fermin Como en casa. Mi dieta es similar, aunque no tan sabrosa ni elaborada y el ambiente me hace sentir muy cómodo. Creo que es uno de los grandes aciertos de EB, uno más! Gracias a todos los que lo habéis hecho posible.

Garantía de dieta saludable a la vez que sabrosa!!

> @Marta El pescado fresco del día y las verduras son mis favoritos, se nota que son productos con una calidad increíbleee!

**Quim** Comer en La Cuina es calidad, es buen rollo, alegría, disfrute, oasis... es Laura, es Borja, es familia... ies confort zone!

@Antonio A kind of magic!

88

**@Eric** Lecker lecker lecker 📥 📥 Mit freundlichen Grüßen



## La Cuina Fridays

After a trip to Peru, we returned with a suitcase full of ingredients and the plan to share typical Peruvian dishes with the entire team. The experience turned out to be such a success that it inspired us to create a tradition: LA CUINA FRIDAYS.

La Cuina Fridays is the perfect excuse to say goodbye to the week and take everyone on a trip around the world through eating and discovering different cultures. We prepare the different menus respecting our principles and with lots of love, paying homage to the cultures of each place we "visit".

91

90

CROQUETA DE POLLO RUSTIDO

MEJILLONES

A LA MARINERA







TODAY'S APPETIZER Burrata Salad



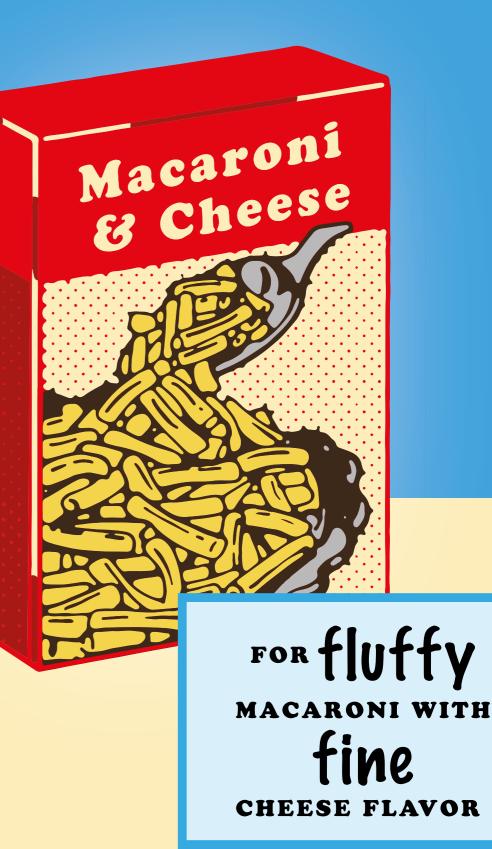
Viernes 8

# and the second s

Pita - Hummus - Fattoush Falafels - Koftas



## No other quite like this







RECIPES

PHILOSOPHY

OUR DAY TO DAY

SEASONAL FOODS



# Recipes

Day after day, we receive many questions about the dishes we prepare at La Cuina, so we thought it would be nice -and necessaryto share our most iconic recipes based on the HITS, the favorites, and those that have left a mark on collective memory.

Here we present 24 recipes based on the 4 seasons of the year. Let's cook! *Bon profit!* 

### WINTER

### **SPRING**

Menu



Fennel, orange and almond salad with mustard vinaigrette. p. 108



Rigatoni with artichokes, broccoli, blue cheese and walnuts.



Vegan carrot cake. p. 112

104



Sautéed green beans, mashed potatoes and lime. p. 122

Menu

JANUARY. Cauliflower and ginger cream with croutons and rosemary oil. p. 115



Mackerel in citrus marinade. p. 124

FEBRUARY. Confit calçot onion omelet with garlic and thyme.

p. 117



Mató cheesecake. p. 126

MARCH. Red mullet, ñora pepper and green asparagus rice. p. 119

Dishes

APRIL. Llavaneras peas with canana and almonds and saffron picada. p. 129



MAY. Scrambled eggs with beans and mint. p. 131



JUNE. Potato, apple and celery salad. p. 133

Etnia Eyewear Culture

### SUMMER

#### Menu



Zucchini carpaccio, parmesan, pine nuts and thyme oil. p. 136



Josper and romesco. p. 138



Strawberries, lemon verbena and cream. p. 140

SEPTEMBER. Bulgur

### AUTUMN

Menu



"Trinxat de la Cerdanya" with pork belly. p. 150

OCTOBER. "Mongetes del ganxet" with pumpkin, sweet potato and kale. p. 157



Meatballs stuffed with wild mushrooms. p. 152

p. 154

AUGUST. Spinach, fig and mató cheese salad with hazeInut vinaigrette. p. 145



tabbouleh with pomegranate, black olives, parsley and mint. p. 147

Dishes





NOVEMBER. Our wild mushroom carbonara.

p. 159





DECEMBER. Hummus trio. p. 161





JULY. Pumpkin Salmorejo.

Dishes



p. 143





La Cuina



SEASONAL FOODS

LA CUINA

, FRIDAYS

PHILOSOPHY



# I.

#### Seasonal Menu

Fennel, orange and almond salad with mustard vinaigrette Rigatoni with artichokes, broccoli, blue cheese and walnuts Vegan carrot cake

#### Seasonal dishes

Cauliflower and ginger cream with croutons and rosemary oil -Confit calçot onion omelet with garlic and thyme -Red mullet, ñora pepper and green asparagus rice

#### WINTER MENU FIRST COURSE

30 MINUTES DIFFICULTY •0000

Ves we are aware that it's wint.

SERVES 4

Yes, we are aware that it's winter. But this fennel and orange salad will help you fight off any cold!

## Fennel, orange and almond salad with mustard vinaigrette

- 4 oranges
- 1 fennel bulb
- 1 butterhead lettuce
- 300 g arugula
- 100 g toasted almonds
- 200 ml extra virgin olive oil
- 50 ml vinegar 2 tbsp mustard
- 2 lbsp - Salt
- Pepper

- 1. Wash the lettuce and tear into bite-sized pieces with your hands.
- 2. Using a mandolin or peeler, slice the fennel very finely and set aside in a bowl
- of cold water. Tip: Save the leaves if you have them.
- 3. Peel 3 oranges and cut them in quarters.
- 4. For the vinaigrette, mix together the oil, vinegar, mustard, juice of half an orange, salt and pepper.
- 5. Put the lettuce and arugula in a bowl. Dress, mix and serve.
- 6. Drain the fennel on some paper towel and add to the leaves together with the orange segments.
- 7. Garnish the plate with the almonds and fennel leaves that you saved, and finish dressing. Voilà!



Etnia Eyewear Culture

#### WINTER MENU SECOND COURSE

1 HOUR DIFFICULTY ●●●●O

SERVES 4

#### La Cuina Top Recipe

We are very excited about this awesome recipe! A family favorite.

## Rigatoni with artichokes, broccoli, blue cheese and walnuts

- 400 g rigatoni
- 6 artichokes
  ½ head of broccoli
- 1 leek
- 2 scallions
- 50 ml extra virgin olive oil
- 100 g blue cheese\*
- Handful of walnuts
- 1 lemon

- 1. In this case, our target is the heart of the artichoke. How do we get to it?
- 2. Remove the outer leaves of the artichoke until you get to the most tender, yellowish ones. Cut off the tip and stalk. Cut in half and remove the hairy fibers known as the choke. Cut each half into 2 or 3 pieces and place them in a bowl covered with water and lemon juice so they don't oxidize. If you manage all that, you're doing very well, because it's not easy!
- 3. Next, dice the leek and scallions. Fry in extra virgin olive oil in a wide saucepan at a very low heat. After a couple of minutes, add the artichokes and cover the pan so that they cook together with our sofrito sauce, stirring occasionally. This process will take about 15 minutes.
- 4. Put water and salt in a pot to boil. You will use this to blanch the broccoli and also for the pasta.
- 5. Cut the broccoli into florets and boil in the water for two minutes. Remove the broccoli from the pan, and here's the trick: to keep the color and shorten the cooking time, put it in a bowl of iced water, so the broccoli stays super green and crunchy.
- 6. Reuse the water to cook the rigatoni. Tip: cook for 1 minute less than the indicated time so that it is al dente. NEVER cool it down with cold water once it has boiled.
- 7. Note: Save a glass of the cooking water to add to the casserole with the artichokes, blue cheese and broccoli.
- 8. Cook over a low heat for two more minutes until the water has almost evaporated and we are left with a creamy sauce, stirring so that it doesn't stick.
- 9. Roughly chop the walnuts and place them on top of the rigatoni. Voilà! You have a plate of pasta which is, as we told you: AWESOME.

#### \*We recommend using a soft regional blue cheese.

The <u>artichoke</u> is an essential food in any diet thanks to its numerous benefits! It improves digestion, is rich in fiber and antioxidants, low in cholesterol, and protects against heart disease. And what's more, it's delicious!



#### WINTER MENU DESSERT

SERVES 4 45 MINUTES DIFFICULTY OOOO

This recipe is really easy. You just need 2 bowls: 1 for the dry ingredients and the other for the wet ingredients. Then mix and bake!

This cake is so tasty and moist that it doesn't even need frosting. It can be kept up to two days in the fridge and is good for both dessert and for breakfast. Who doesn't love second helpings?

## Vegan carrot cake

- 300 g wholemeal flour
- 250 g whole cane sugar
- 1 tsp salt
- 1 tsp ground cinnamon
- 1 tsp baking soda
- 1/2 sachet of yeast
- 300 g grated raw carrots
- 200 ml nondairy milk
- 180 ml sunflower oil
- 140 g shelled walnuts

- 1. Preheat the oven to 180°C.
- 2. Add the flour, sugar, salt, cinnamon, bicarbonate of soda and yeast to a deep bowl. Combine with a food processor.
- 3. Mix the carrots, non-dairy milk and oil in another bowl.
- 4. Little by little, using a spatula, stir until all the elements are combined.
- 5. Chop and add the walnuts and mix again.
- 6. Pour the dough into a 22-cm mold lined with baking paper, and bake for 20 minutes. After this time has elapsed, prick with a toothpick to make sure that it is baked inside. If not, leave to bake for another 10 minutes. Finally, turn off the oven and let it rest for 5 more minutes without opening the door to ensure the cake doesn't sink.







JANUARY

SERVES 4 1 HOUR

DIFFICULTY

For those of you who don't like cauliflower, we promise this recipe will change your mind!

Cauliflower and ginger cream with croutons and rosemary oil

#### For the cream:

- 1 cauliflower
- 2 onions
- 50 g ginger
- 20 ml extra virgin olive oil
- Salt
- Pepper

#### For the croutons:

- 2 slices of farmhouse white bread
- A few sprigs of rosemary
- 30 ml extra virgin olive oil
- 1 garlic clove

- 1. Julienne the onion and fry in oil over a medium heat, adding a pinch of salt.
- 2. Peel the ginger and cut into thin slices, then add it to the onion.
- 3. While it is frying, cut the cauliflower into small 2-3 cm pieces.
- 4. When the onion is translucent, add the cauliflower to the pot and add enough water to cover it. Cover and cook on a medium heat for 20 minutes.\*
- 5. Add the oil, crushed garlic and rosemary to a small saucepan. Infuse for 10 minutes over a very low heat, without letting it boil. Drain and set aside.
- To make the croutons, cut the bread into 2 cm cubes. Place to bread on a baking tray lined with parchment paper and sprinkle with a little oil and salt. Bake at 160°C for 8 minutes and set aside.
- Drain the cauliflower and blend with a food processor or hand blender. Add the water gradually to get the ideal consistency. It shouldn't be too liquid.
- 8. Put the cream in a bowl with the croutons on top and a few drops of rosemary oil (just before eating, otherwise they will lose their "crunch").

- \*<u>Tip:</u> It is not necessary to fill the pot with water, only to cover the vegetables. That way it will have a better texture and a more concentrated flavor!
- Cauliflower contains a long list of nutrients, vitamins, and antioxidants that are essential for our health. In addition, it contributes to proper muscle function and helps prevent heart disease, among other benefits.



FEBRUARY

SERVES 4 30 MINUTES

DIFFICULTY

Confiting seems like a difficult process, but it's worth it. When you get a taste for it, you'll find that you'll do it more often in other dishes. Ultimately, you just submerge a product in oil and heat without letting the oil come to a boil.

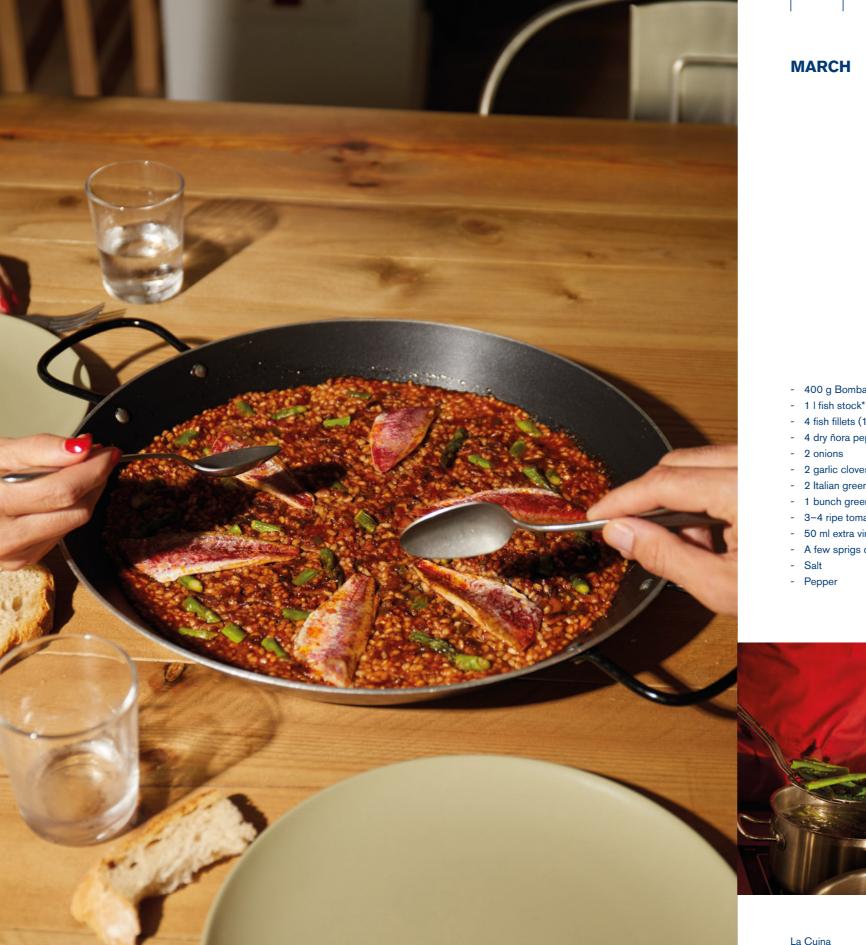
Confit calçot onion omelet with garlic and thyme

- 8 eggs
- 1 bunch of calcot onions
- 1 l extra virgin olive oil
- A few sprigs of thyme
- 2 garlic cloves
- Salt
- Pepper

- 1. Clean the calçots, remove the first layer and any soil, then cut them just 1 cm above the green part.
- 2. To confit the onions, place them in a wide casserole, cover with oil, and add the thyme and garlic. Cook over medium heat for 30 minutes.
- 3. Once they are confited, drain the calçots and place them on kitchen paper to remove the excess oil.\*
- 4. It's time to make the omelet. Important: It is important to use a non-stick frying pan when cooking eggs. The omelet will look better if you use a small frying pan.
- 5. Crack the eggs into a bowl and beat them. Add a little salt, pepper, the calçots cut into roughly 5-cm slices, and a few more thyme leaves.
- 6. Put a little of the oil reserved from the confit in the frying pan over a medium-high heat. When it starts to smoke, add the mixture, give the pan a few quick turns so that it starts to set, and lower the heat a little. Keep moving the frying pan in circular motions to prevent the omelet from sticking.
- 7. Flipping the omelet is much more than a simple action: you have to have the "skills". While it is waiting on the plate to be returned to the frying pan, remember to add more oil and wait for it to heat up. After 2–3 minutes, cook the omelet on the other side and carefully plate it. If you like it juicy, a couple of minutes will be enough.

\*<u>Tip:</u> Save the leftover oil for future recipes; it will add a delicious flavor.

The <u>calcot</u> is an expert-level Catalan ingredient but, ultimately, it is still a white onion, so you can make this dish with other varieties! It has antioxidant, antiseptic, detoxifying and antibiotic properties. In addition, thanks to its diuretic properties, it helps fluid drainage. Take advantage of the early part of the year; it's the perfect time to pick and cook calcots!



MARCH

SERVES 4 2 HOURS DIFFICULTY

The boss's favorite. If you learn to make this recipe, you can take on any rice dish in the world!

# Red mullet, ñora pepper and green asparagus rice

- 400 g Bomba del Delta rice
- 4 fish fillets (100 g/each)
- 4 dry ñora peppers
- 2 garlic cloves
- 2 Italian green peppers
- 1 bunch green asparagus
- 3-4 ripe tomatoes
- 50 ml extra virgin olive oil
- A few sprigs of parsley

- 1. Chop the garlic and onion into small pieces and fry until the onion turns dark, around 30 minutes.
- 2. Add the chopped Italian green peppers, and 10 minutes later the grated tomato, a pinch of salt and pepper.
- 3. Soak the dried ñora peppers in hot water for 10 minutes then remove the flesh with a spoon, chop and add to the sauce. Allow to bubble for another 15 minutes.
- 4. Boil the asparagus for 1 minute, remembering to put in a bowl of iced water to cool. Remove the hard part and cut into 5 cm pieces.
- 5. Flash fry the fish skin-side down in the pan. The trick is to color the skin without cooking the flesh.
- Bring the stock to the boil. 6.
- Add the rice to the vegetables and coat it well. 7.
- For the rice to be perfect, the quantities have to be exact. For two cups of rice you 8. will need 5 cups of stock.
- 9. Momentum: add the boiling stock to the rice, stir gently and cook over a high heat for 5 minutes before turning it down to low for another 10 minutes.
- 10. 5 minutes before the end of the cooking time, add the asparagus and red mullet to finish everything off.
- 11. Let it rest for 5 minutes, then eat!

- \*Hey! This rice dish will be much better if you prepare it using your own <u>stock</u>. Follow the recipe that you will find in the appendix.
- Bomba del Delta rice is excellent for this type of recipe because it absorbs a lot of the flavor and is difficult to overcook. It is the best rice of its kind found in Catalonia.
- Asparagus is rich in fiber, folic acid and beta carotene, which is important for the prevention of heart disease and high blood pressure. It has rejuvenating properties, helps eyesight and generates changes in the body's metabolism with slimming effects.





Seasonal Menu

Sautéed green beans, mashed potatoes and lime Mackerel in citrus marinade Mató cheesecake

Seasonal dishes

Llavaneras peas with canana and almonds and saffron picada -Scrambled eggs with beans and mint -

Potato, apple and celery salad

#### **SPRING MENU** FIRST COURSE

SERVES 4 1 HOUR

The "Vegetables again?" part has finished. This recipe will win over even the youngest members of the household.

# Sautéed green beans, mashed potatoes and lime

#### - 500 g of green beans

- 4 potatoes
- 250 ml milk
- 100 g butter
- 2 limes
- 20 ml extra virgin olive oil
- 1 garlic clove
- A few chives - Salt
- Pepper
- green beans and blanch them for 6 minutes. Remove them from the boiling water and cool in a bowl of iced water. When they have cooled, drain and set aside. Tip: It is important that the beans are cooked al dente, so they keep a nice green color.\* Add a little more salt to the same pot of water and boil the potatoes in their skins 2. over a medium-low heat for 45 minutes. Tip: Stick them with a toothpick in to find out if they're tender!

1. Fill a pot with water and salt and bring to a boil. When it starts to boil, add the

- Meanwhile, in another saucepan, boil the milk.
- 3. Remove the peel from the potatoes while they're hot, mash or pass them through
- 4. a potato ricer, and return them to the pot. Leave on the heat for 2 minutes to dry the mashed potato, keeping it moving.
  - Cut the butter into cubes and add it to the mash, stirring until the butter is absorbed.
- 5. Pour the hot milk into the pot stirring with a whisk until you get an unctuous puree.
- 6. Add the zest and juice of a lemon and a little pepper to the puree. Keep the puree warm over a low heat, being careful not to let it stick, and place
- 7. plastic wrap over the top so it doesn't dry out.
  - Cut a clove of garlic into thin slices and add to a pan with the oil over a medium
- 8. heat. When the garlic begins to brown, turn the beans over and turn up the heat. Sauté for 1 minute then remove from the heat.
- 9. Place 2 tablespoons of puree on a plate and a few beans on top.
- 10. Garnish with more lime zest and some freshly chopped chives for a professional touch! 11.





#### **SPRING MENU** SECOND COURSE

1 H + 24 H DIFFICULTY

This dish needs to be marinated for 24 hours.

SERVES 4

## Mackerel in citrus marinade

- 4 mackerel fillets
- 2 onions
- 2 carrots
- 350 ml extra virgin olive oil
- 125 ml sherry vinegar
  125 ml white wine
- 4 garlic cloves
- 2 bay leaves
- 2 sprigs of thyme
- 1 lemon
- 1 lime
- 1 orange
- 10 g black pepper
- A few sprigs of parsley
- Salt

- Go to your trusted fishmonger and ask for the most beautiful and firm mackerel they have. Don't make things difficult for yourself! Get them to clean and fillet them for you. Once at home, season them with a pinch of salt and pepper and place them on a baking tray at least 3 finger widths deep.
- 2. Cut the onion into julienne strips and the garlic into slices. Add to a wide saucepan and sprinkle with extra virgin olive oil. Add the bay leaves, thyme, and peppercorns too, and cook for 15 minutes.
- 3. Cut the carrot into thin slices and cook for another 5 minutes.
- 4. Add the wine and vinegar, and let it simmer for another 5 minutes over a low heat.
- 5. Remove the pot from the heat and add the julienned citrus peel.
- 6. Pour the marinade over the mackerel and cook in the oven at 180°C for 6-7 minutes.
- 7. Leave it to marinate for 24 hours and serve at room temperature.



Cily fish is an important part of the Mediterranean diet and is a great source of protein and healthy fats. At La Cuina we like to use <u>mackerel</u>, because it contains less mercury than other large oily fish, and is rich in omega-3. Any sustainable oily fish from your geographical area will work in this recipe. Using sustainable local fish helps protect endangered species such as tuna!



#### SPRING MENU DESSERT

Have a little patience because this cake has to rest. It's worth the wait!

## Mató cheesecake

- 5 eggs
- 200 g cane sugar
- 700 g mató cheese
- 700 g cream
- 25 g flour
- 50 g cornstarch
- 1 lemon
- A pinch of salt

- 1. Preheat the oven to 170°C.
- 2. Pour the eggs, cream and cheese into a tall plastic container and blend well.
- 3. Add the sugar, flour, cornstarch and a pinch of salt and blend again.
- 4. Grate in the lemon peel and mix.
  - 5. Line the mold with baking paper and pour in the batter.
- 6. Bake at 170°C for 50 minutes.
  - 7. Turn off the oven and leave to rest inside for another 15 minutes.
  - 8. Finally, let it cool down and store in the fridge for at least 3 hours before serving.



For this recipe, you will need a <u>22-cm round mold</u>.





APRIL

SERVES 4 1 H 30 MIN

DIFFICULTY

Now that you know how to make a good stock, here's another recipe for you to show off what you've learned!

## Llavaneras peas with canana and almonds and saffron picada

#### For the peas:

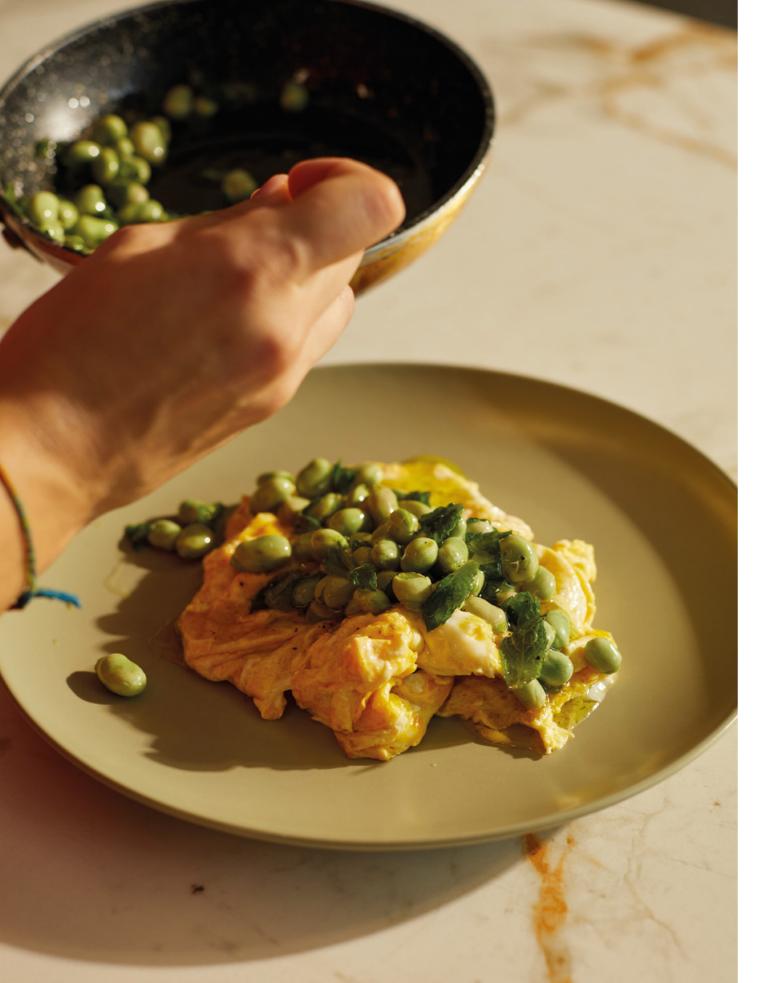
- 1 kg peas in their pods
- 2 onions
- 1 garlic clove
- 800 g canana
- 500 ml fish stock\*
- 50 ml extra virgin olive oil
- Salt
- Pepper

#### For the picada:

- 1 garlic clove
- 1 slice of bread
- A handful of almonds
- A few strands of s
- of almonds
- A few strands of saffron
- Sprig of parsley

- 1. First dice the onion and garlic. Put in a pan with the oil and add a pinch of salt.
- 2. Sauté until the onion is well caramelized.
- 3. While the onion is cooking, remove the peas from their pods and set them aside. Clean the canana and cut it into 2-cm pieces. When the onion is at the desired doneness, add the canana and fry everything together for another 30 minutes.
- 4. Prepare the picada. Toast the garlic, bread and almonds in a pan, without burning them! Next, ideally, grind all the ingredients in a mortar or with a hand blender. Combine with the saffron and parsley. Add a few drops of hot fish stock to help make a homogeneous paste and blend.
- 5. You have now prepared all the elements of the dish! Add the peas to the sofrito, pour in the stock and add the picada. Cook on a medium heat for 3–4 minutes, depending on the size of the peas. Tip! It is important not to overcook them and to maintain a nice green color.
- 6. If you saved any whole cananas, you can grill them to garnish the plate.

- \*Hey! This dish will be much better if you prepare it using your own <u>stock</u>. Follow the recipe that you will find in the appendix.
- A <u>canana</u> is a type of cephalopod that is very abundant along the Catalan coast and, despite not being as popular as squid, has very similar characteristics.
- Picada is traditionally used in Catalonia to thicken stews, and consists of bread, nuts and other thickening ingredients. Unlike flour, it adds additional flavor to the dish.
- Llavaneras peas are a food with a PGI (Protected Geographical Indication). They are mainly sold locally. Peas provide carbohydrates and proteins. Their fiber content relieves constipation and promotes satiety.



MAY

SERVES 4 30 MINUTES

DIFFICULTY

This is a "chill out" recipe. Don't rush. Enjoy the process of removing the beans from the pod yourself. We promise you'll have a relaxing experience.

## Scrambled eggs with beans and mint

- 8 eggs
- 600 g broad beans in their pods
- A few sprigs of mint
- 50 ml extra virgin olive oil
- 1 lemon
- Salt
- Pepper

- 1. Remove the beans from their pods and set them aside.
- 2. Fill a pot with plenty of water and a pinch of salt and put on to boil. When it starts to boil, add the beans and cook them for 5 minutes until they are soft. Drain them and transfer them to a bowl of iced water.
- 3. Lightly sauté the broad beans and add the finely chopped mint. Then set them aside.
- 4. Using the same pan (tip: use non-stick whenever you're cooking eggs), turn up the heat, and when it starts to smoke, add the oil and tip in the lightly beaten eggs.
- Stir a few times with a wooden spatula and plate up. The scramble should be juicy! Add a few tablespoons of whole beans on top of the scramble, and garnish with mint leaves and lemon zest.

Broad beans are highly nutritious. Iron is the most abundant mineral. In addition, the presence of vitamin C causes it to be absorbed faster than normal. They are recommended for pregnant women, adolescents, athletes and people recovering from infectious diseases or surgical operations.



SERVES 4 1 HOUR

DIFFICULTY

This salad, along with the Russian salad, is a "must" at La Cuina. It is a fresh and distinctive dish that will surprise your friends.

## Potato, apple and celery salad

#### For the salad:

- 500 g Monalisa potatoes
- 2 Granny Smith apples
- 4 celery sticks
- 1 spring onion
- 1 lemon
- SaltPepper

- For the mayonnaise: - 2 eggs
- 500 ml light olive oil
- 1 tbsp Dijon mustard A few sprigs of fresh dill
- A lew spligs of liesh

- 1. Fill a pot with salted water and boil the potatoes in their skins over a medium-low heat for 45 minutes. Tip: boil the potatoes until you can stick a toothpick in them and feel that they are tender. Drain, peel and leave to cool to room temperature.
- 2. Using a peeler, remove the top layer of the celery and dice it.
- 3. Dice the apples and set aside in a bowl with the juice of one lemon, so they don't turn brown.
- 4. Dice the spring onion and set aside.
- 5. For the mayonnaise. To a mixing bowl, add one whole egg and the yolk of the other. Then add the olive oil, mustard, and a pinch of salt. Emulsify gradually and from bottom to top with the hand blender until you achieve the desired texture.
- Once the potatoes are cold, cut them into 1-2 cm cubes. Add the rest of the vegetables, the mayonnaise and the chopped dill. Mix everything until well combined.
- 7. It is nice to plate it simply and garnish with dill leaves. You can also eat it with bread sticks, and if you follow a gluten-free diet, with apple pieces.

Potatoes have many benefits and are lighter than you think!! They are made up of 75% water. They are rich in carbohydrates, so provide us with a lot of energy. They are a great source of nutrients, relieve gastrointestinal problems and control sugar and fat levels, among other properties.



## SUMMER III.

#### Seasonal Menu

Zucchini carpaccio, parmesan, pine nuts and thyme oil Josper and romesco Strawberries, lemon verbena and cream

Seasonal dishes

Pumpkin Salmorejo

Spinach, fig and mató cheese salad with hazelnut vinaigrette

Bulgur tabbouleh with pomegranate, black olives, parsley and mint

#### **SUMMER MENU** FIRST COURSE

**30 MINUTES** DIFFICULTY 0000

#### This is a very simple dish to make, but it is very important to plate it with style.

# Zucchini carpaccio, parmesan, pine nuts and thyme oil

#### - 2 zucchini

- 150 g parmesan cheese
- 1 sprig of fresh thyme
- 1 garlic clove
- 50 g toasted pine nuts
- 100 ml oil
- Chives
- 1 lemon
- Salt
- 50 g arugula
- Pepper

1. Add the oil, crushed garlic and thyme to a saucepan. Let the aromatics infuse in

- the oil over a very low heat. Remove, strain and set aside.
- 2. Using a peeler, slice the raw zucchini thinly, and arrange carefully in a bowl ensuring you create good volume. Presentation is important. Surprise your loved ones with your culinary skills!
- 3. Dress the zucchini with the thyme oil, salt and pepper.
- 4. Using a very fine grater, add the Parmesan cheese and lemon peel.
- 5. Sprinkle with pine nuts and chives.

SERVES 4

6. Finish with some arugula leaves.

Etnia Eyewear Culture



#### SUMMER MENU SECOND COURSE

SERVES 4 1 H 30 MIN

I 30 MIN DIFFICULTY

### Thursdays are usually a good day in the office. The smell of charcoal creeps into every corner thanks to our dear Josper. It's meat day at La Cuina.

But... do you know what a Josper is? It's a cross between an oven and a charcoal grill, which is also used for smoking.

It's unlikely anybody has a Josper at home, but we offer you a "homemade" version, so you can enjoy the recipe cooked in your oven or on a regular barbecue.

What you can replicate is its secret ingredient: romesco. The emblematic Catalan sauce that can accompany meat, vegetable and fish dishes.

#### For the meat:1 piece of meat

- 1 aubergine
- 1 zucchini
- 1 potato
- 1 carrot
- 1 onion
- 2 sprigs of rosemary
- 30 ml extra virgin olive oil
- Salt
- Maldon salt
- Pepper

#### For the romesco:

- 2 ripe tomatoes
- 3 garlic cloves
- 50 g hazelnuts
- 2 ñora peppers
- 200 ml extra virgin olive oil
- 30 ml white wine vinegar 1 tbsp sweet paprika
- Salt



## Josper and romesco

#### Tips for cooking meat

- 1. To cook a piece of meat well, it is very important that it is well tempered, not just out of the fridge. We recommend leaving it out for at least 4–5 hours.
- 2. Ensure the heat is turned up high. You only have to apply heat twice: once on one side and once on the other side to seal the meat. Then rest it to ensure that it does not lose its juices and remains tender.
- 3. Accompany your meat with roasted or grilled vegetables. Add a little olive oil, salt and pepper.

#### Romesco recipe

- 1. Remove the stem and the seeds from the ñora peppers. Boil in a pot with water for 5 minutes, drain and leave to cool.
- 2. Put the tomatoes and garlic cloves on a baking tray with a splash of oil and cook in the oven at 200°C for 15 minutes.
- 3. Peel the tomatoes and garlic cloves, remove the pulp from the ñora peppers, and blend everything together with the rest of the ingredients. Set aside in a bowl.

Romesco is probably Catalonia's favorite sauce. Apart from improving your dishes, it provides numerous benefits thanks to its ingredients! It has diuretic properties, is rich in fiber, antibacterial and helps regulate blood pressure.



### **SUMMER MENU** DESSERT

1 HOUR

DIFFICULTY 0000

### You'll lick your fingers and plate clean.

SERVES 4

# Strawberries, lemon verbena and cream

- 12 strawberries approximately - A few leaves of lemon verbena
- 100 ml water
- 200 g cane sugar
- 250 g 35% fat cream
- 80 g white sugar

- 1. Take a saucepan and infuse the water with lemon verbena or another aromatic herb
- (basil, rosemary, mint, etc.). (Tip: set aside some leaves for a garnish)
- 2. Remove the leaves and add the sugar, then bring to the boil for 10 minutes to make a syrup.
- 3. Remove from the heat and leave to rest.
- 4. To be able to whip the cream, make sure that it has 35% fat content and that it is very cold. Pour the cream into a bowl and, using a whisk (preferably electric), whip the cream while adding the sugar gradually until you achieve the desired texture.
- 5. Cut the strawberries into fourths and leave them in the syrup for at least 1 hour, they be marinated for up to 24 hours.
- 6. To serve, place the cream and drained strawberries on top, and finally garnish with the lemon verbena leaves. Delicious!



Tip: you can make this with any aromatic herb.







JULY

SERVES 4 1 HOUR

Things are starting to heat up and salmorejo is one of our favorites. This is our ANARTIST version of the classic salmorejo!

# Pumpkin Salmorejo

#### For the salmorejo:

- 5 ripe tomatoes
- ½ pumpkin
- 150 ml extra virgin olive oil
- 1 garlic clove
- 200 g of farmhouse bread
- Salt
- Pepper

#### For the picadillo:

- 1 spring onion
- 1 Italian green pepper
- 1 red pepper
- 30 ml extra virgin olive oil
- 1 sprig of fresh basil (to garnish)

- 1. Wash the tomatoes, remove the stalk and blend them in a food processor or blender, whatever you have!
- 2. Cut the pumpkin into 2-cm cubes of and cook it in the oven at 180°C for 20 minutes. Tip: Using parchment paper will prevent the pumpkin from sticking to the tray.
- 3. Place the chopped-up bread, garlic without its center and the pumpkin in a container and cover with the tomato puree and the oil. Leave it to stand for at least 30 minutes, then blend until you get a homogeneous cream.
- 4. Store the salmorejo in the fridge.
- 5. To make the picadillo, dice the vegetables (check glossary), mix, and add the oil, a pinch of salt and pepper. Now you can enjoy the salmorejo! Hooray!

Pumpkin is not only good for Halloween decorations. It is a typical fall food, and also strengthens our defenses and helps prevent flu and seasonal colds. Rich in vitamins C, E and beta-carotene, which benefits eye health.



AUGUST

SERVES 4 30 MINUTES

DIFFICULTY 00000

Take advantage of fig season. It is very short and they are delicious. We love this salad for its flavor, colors and nutrients. It's perfect for days when you feel too lazy to cook.

Spinach, fig and mató cheese salad with hazelnut vinaigrette

#### For the salad:

- 8 figs
- 500 g mató
- 100 g baby spinach
- 1 oakleaf lettuce

#### For the vinaigrette:

- 60 ml extra virgin olive oil
- 20 ml sherry vinegar
- A handful of hazelnuts
- Salt
- Pepper

- 1. Wash, dry and tear the lettuce into medium-sized pieces. Mix it with the spinach in a bowl.
- 2. Cut the figs into 6 pieces each.
- 3. For the vinaigrette. Roughly chop the hazelnuts with the knife. Put them in a bowl with the olive oil, sherry vinegar, a pinch of salt and pepper.
- 4. Before serving, dress the leaves with the vinaigrette, and plate. And the figs and crumbled mató cheese with a touch of salt and pepper. Finish with a little more vinaigrette.



Figs are rich in natural sugars, minerals, fiber and calcium, among other nutrients. In addition, they helps stabilize blood pressure, provide antioxidants, promote good digestion, and much more.



SEPTEMBER

SERVES 4 1 H 30 MIN

DIFFICULTY 0000

Another "veggie" recipe to add to the list!

Bulgur tabbouleh with pomegranate, black olives, parsley and mint

- 400 g bulgur wheat
- 1 I water or vegetable stock
- 500 g pear tomatoes
- 1 bunch of parsley
- 1 pomegranate
- 1 spring onion
- 1 handful of Kalamata olives
  - A few sprigs of mint
  - 2 bay leaves
  - 2 limes
  - 25 ml extra virgin olive oil
  - Salt
  - Pepper



- 1. Bring the water or vegetable stock to the boil.
- 2. Add the extra virgin olive oil, bulgur, a pinch of salt, pepper and the bay leaf to a wide saucepan. Cook for two minutes, stirring constantly.
- Add the stock or hot water, stir, put on the lid, and cook over a low heat for about 15 minutes until all the liquid evaporates. Once cooked, spread out on a tray and leave to cool to room temperature.
- 4. Wash and cut the tomatoes into fourths. Remove the seeds, and cut into 1 cm cubes. Set aside in a large bowl.
- 5. Finely chop the olives and the spring onion.
- Shell the pomegranate.
  - 7. Finely chop the herbs and put all the ingredients together in a bowl.
  - 8. When the bulgur has cooled, season it with the lime juice, salt and pepper. Add to the bowl, mix and let it rest for 15 minutes before serving.

- Bulgur wheat is a food prepared from durum wheat that has a high nutritional and vitamin content..
- Pomegranate has been used throughout history as a medicine. It gets its red color thanks to polyphenols, which make it one of the fruits that provides the most antioxidants. It has diuretic properties and is rich in minerals.





### Seasonal Menu

"Trinxat de la Cerdanya" with pork belly Meatballs stuffed with wild mushrooms Poached pears in wine

Seasonal dishes

"Mongetes del ganxet" with pumpkin, sweet potato and kale -Our wild mushroom carbonara -

Hummus trio

### **FALL MENU** FIRST COURSE

1 H 15 MIN DIFFICULTY

SERVES 4

When something simple makes you happy... or if not, take it up with the finance department.

# "Trinxat de la Cerdanya" with pork belly

- 4 potatoes
- 1 cabbage 200 g pork belly
- 200 g pork be
- 30 ml extra virgin olive oil
- 2 garlic cloves
- 1 tbsp sweet paprika Salt
- Pepper

- 1. Peel the potatoes and cut them into 2 or 3-cm cubes.
- 2. Strip the leaves off the cabbage, remove the hard part from the middle of the leaf and cut into reasonably large strips.
- 3. Place the potatoes in a pot and top up with water to 3 finger widths above the level of the potatoes. 5 minutes after it starts to boil, add the cabbage. Cover the pot and cook on a medium heat for another 10 minutes. (The potatoes should be cooked through and the cabbage soft)
  - 4. Drain and "trinxar" (shred) the cabbage and potato with a fork.
  - 5. Cut the pork belly into 1 cm cubes and the garlic into thin slices and sauté in a pan over a medium heat. When it is golden, set aside a few cubes of pork bely, add the "trinxat" to the rest and mix well with the pork belly and garlic. Tip: You can use a mold and mark the "trinxat" in the pan on both sides.
  - 6. Take another pan and add the extra virgin olive oil, the other sliced garlic clove, and add a teaspoon of paprika. Cook on a low heat until the garlic is golden.
- 7. Plate the trinxat and garnish with the pork belly that you set aside and the garlic and paprika oil.

**<u>"Trinxat de la Cerdanya"</u>** is a perfect winter meal. It is a typical dish from Cerdanya and the Catalan high Pyrenees, and we could not leave it off the La Cuina menu. It is a high-calorie dish made from potatoes and cabbage, and it is named for the way the dish is prepared, by grinding and mixing in a specific, methodical way. Making "trinxat" is an art form!





### FALL MENU SECOND COURSE

2 H 30 MIN DIFFICULTY

SERVES 4

Remember that the trick with cooking is patience; dedicating time and emotion, and enjoying the process. Therefore, for this recipe we recommend you put on some good music, open a bottle of wine, and enjoy getting your hands dirty!

# Meatballs stuffed with wild mushrooms

#### For the meatballs:

- 450 g ground beef
- 150 g ground pork jowl
- 1 spring onion
- 1 egg
- 1 garlic clove
- A few sprigs of parsley
- 10 g bread crumbs
- 25 ml milk
- Salt
- Pepper
- 500 ml light olive oil 100 g flour
- roo g nour

### For the sauce:

- 2 onions
- 2 garlic cloves
- 50 ml extra virgin olive oil
- 50 g flour
- 2 carrots
- 250 ml red wine
- 1 liter of water or beef stock
- or chicken stock
- 400 g of wild mushrooms
- 1 sprig of rosemary
- Salt
- Pepper

- To make the meatballs, put the ground meats in a bowl. Finely chop the scallions, garlic and parsley and add them to the bowl.
   Pour the milk over the bread crumbs in another bowl and leave to soak for 5 minutes.
- Add the soaked bread crumbs and the egg to the first bowl and mix with your hands.
- Add the soaked blead cluthos and the egg to the first bow and thix with your hand
   Form into 35-gram balls and roll in flour.
- Heat oil in a pan over a medium heat.
- 6. Fry the meatballs for 2 minutes, so that they are cooked on the outside but still raw on the inside.
- 7. To prepare the sauce, brunoise the onion and garlic. Add to a wide saucepan with olive oil and cook on a low heat for 1 hour.
- 8. When the onion is caramelized and dark in color, brunoise and add the carrot. Cook for another 15 minutes.
- 9. Turn up to medium heat and add the red wine and the sprig of rosemary. Let the alcohol evaporate for 3 or 4 minutes.
- 10. Add the flour to the sofrito and let it cook for 1 minute.
- 11. Add the water or stock and the meatballs.
- 12. Put a pan on high heat. When it starts to smoke, toss the mushrooms with a few drops of oil, sauté and add a pinch of salt at the end.
- 13. Add the mushrooms to the casserole. Cook everything together for another 30–45 minutes. Finally, let it rest for 15 minutes and serve. Mmmmmm!





### FALL MENU DESSERT

1 HOUR

SERVES 4

DIFFICULTY 0000

A La Cuina classic that never disappoints! And if you dare, embrace sustainability and try a biodynamic wine.

# Poached pears in wine

- 4 pears (not very ripe)
- 200 g cane sugar
- 800 ml red wine
- 1 cinnamon stick
- 1 star anise
- 4 cloves
- 1 orange - 1 lemon

- 1. Peel the pears, cut them in half lengthwise and remove the seeds.
- 2. Place the pears in a wide saucepan and add the orange peel, lemon, cinnamon, anise, cloves, sugar and wine.
- 3. Cover the pan and cook over a low heat for around 20 minutes. You will know

- 5. Strain the liquid and discard the aromatics.
- 6. Pour the liquid back into the pan and make the syrup. Let it cook over a medium heat until half the fluid evaporates and it takes on a thicker appearance. The pears can be left in the syrup for a few hours to enhance the flavor and color.
- 7. Serve the pear on a plate, bathed in a little syrup, and grate over the orange peel. Tip: It can be served on a base of Greek yogurt!



\*We recommend using a wine of the <u>Garnacha</u> variety.



Etnia Eyewear Culture





OCTOBER

SERVES 4 1 H+ 12 H

Unique in the world, "ganxet" beans are grown in a small area of Catalonia. We do meat-free Mondays at La Cuina and we can't resist this recipe!

# "Mongetes del ganxet" with pumpkin, sweet potato and kale

- 400 g "ganxet" white beans
- 1 onion
- 1 carrot
- 1 leek
- 2 garlic cloves
- 1 bay leaf
- 50 ml extra virgin olive oil
- ½ pumpkin
- 2 sweet potatoes
- 1/2 bunch of kale
- A few sprigs of parsley
- Salt
- Pepper

- 1. Put the clean, soaked (at least 12 hours) and drained beans in a saucepan, and top up with mineral water to two finger widths above the beans. Cut the onion and leek in half and add to the pan together with the whole carrot and garlic, and bay leaf. Cover the pan and cook on a gentle heat. Once it starts to boil, turn down the heat and simmer for another 30 minutes.
- 2. While the beans are cooking, chop the pumpkin and sweet potato into 2 cm cubes. Place them on a baking tray lined with parchment paper, sprinkle with a few drops of oil and season with salt. Preheat the oven to 180°C. When it reaches temperature, put in the tray and cook for 10 minutes. Your vegetables should be golden but al dente.
- 3. The beans are almost ready! Now take the onion, leek, carrot, garlic and a little cooking water and blend.
- 4. Stir this mixture into the stew and add the pumpkin, sweet potato and a little chopped parsley. When the beans are ready, let them rest for about 15 minutes.
- 5. In the meantime, cut the kale as thin as possible and sauté in a hot pan with a little oil.
- 6. Place the beans in a soup plate and garnish with the crispy kale.

\*<u>Preparation</u>: the night before, leave the beans to soak in a container of water.

Sweet potato season! This tuber is notable for being nutritious, easily digestible, high in antioxidants, and very tasty. It's a fantastic source of energy, so it is an ideal food for athletes and pregnant women.



NOVEMBER

SERVES 4 1 HOUR

This recipe is the result of looking for an alternative to meat! And friends, you won't miss it.

# Our wild mushroom carbonara

- 400 g whole grain fusilli pasta
- 4 eggs
- 150 g parmesan cheese
- 400 g mushrooms (black trumpet
- and milk cap mushrooms)
- 20 ml extra virgin olive oil
- A few chivesSalt
- Pepper
- . . . . . . . .

- 1. Prepare the mushrooms. Wash them and cut the milk cap mushrooms into thin strips. Leave the black trumpet mushrooms whole. Set aside.
- 2. Boil water in a pot with a pinch of salt. When the water comes to the boil, add the pasta and cook until al dente.
- 3. While the pasta is cooking, put the egg yolks in a bowl and save the whites for another recipe. Add 100 grams of very finely grated parmesan to the yolks, beat well and season with salt. This is where the magic happens!
- 4. When the pasta is al dente, strain it and, without cooling, transfer it to a bowl with the egg yolk and parmesan mixture so it becomes fully coated.
- 5. Quickly, place the frying pan on a very high heat. When it starts to smoke, add the mushrooms with a few drops of oil. Keep the mushrooms moving in the pan as they cook, then add a pinch of salt at the end. Tip: It is important to add the salt at the end so the mushrooms don't lose their moisture.
- 6. Serve the pasta in a soup plate and place the sauteed mushrooms on top. Grate over the rest of the parmesan and garnish with chives.

Second helpings are allowed!

Milk cap mushrooms are composed of water, fiber, vitamins and minerals. They are good for digestion, fat free, generate antibodies, eliminate stress and headaches, and activate the body's defenses. Now we're going to "pick mushrooms"!



#### DECEMBER

SERVES 4 1 H 30 MIN

DIFFICULTY •••00



#### For the basic hummus

- 400 g cooked chickpeas
- 100 ml oil
- 2 garlic cloves
- 2 tbsp tahini (or toasted sesame
- seeds) - 1 lemon
- 2 tbsp cumin
- Salt
- To garnish:
- 10 cherry tomatoes
- 2 tbsp sugar
- A few sprigs of rosemary
- 1 tsp smoked paprika

#### For the beet hummus

- Basic hummus
- 2 cooked beets
- Sprig of parsley

#### For the green hummus

- Basic hummus recipe
- A few leaves of basil
- A few leaves of cilantro
- 80 g spinach 50 g arugula
- 20 sesame seeds

#### **Basic hummus with caramelized cherry tomatoes**

The trick to our hummus is making a confit garlic oil instead of using raw garlic. This gives it a different flavor, which is gentler and easier to digest.

- 1. For this, put the oil and the peeled garlic in a saucepan with the rosemary sprig, and let it confit over a very low heat for 15 minutes, then let it cool.
- 2. Add the chickpeas, confit garlic oil, tahini or sesame seeds, lemon juice, cumin and salt to a bowl. Mix well, and blend with a blender.
- 3. Add water gradually to achieve a creamy texture. The basic hummus is now ready.
- 4. For the garnish, cut the cherry tomatoes in half and place them, facing upwards, on a baking sheet lined with parchment paper. Sprinkle with a little sugar, salt and pepper.
- 5. Bake at 160°C for 10-15 minutes until caramelized.
- 6. Serve the hummus in a bowl, place the cherry tomatoes on one side, and add a teaspoon of paprika and a splash of oil.

#### **Beet hummus**

#### This hummus will be lighter because the beets add moisture.

- 1. The recipe is the same as for the basic hummus, but we add the cooked, chopped beets during blending.
- 2. Can be garnished with lemon zest and chopped parsley. Be creative!

#### **Green hummus**

- 1. Blanch the green leaves in a pan of salted boiling water for 1 minute, then remove and cool in a bowl of ice water.
- 2. Blend all the ingredients together and garnish with basil leaves, cilantro and sesame seeds.

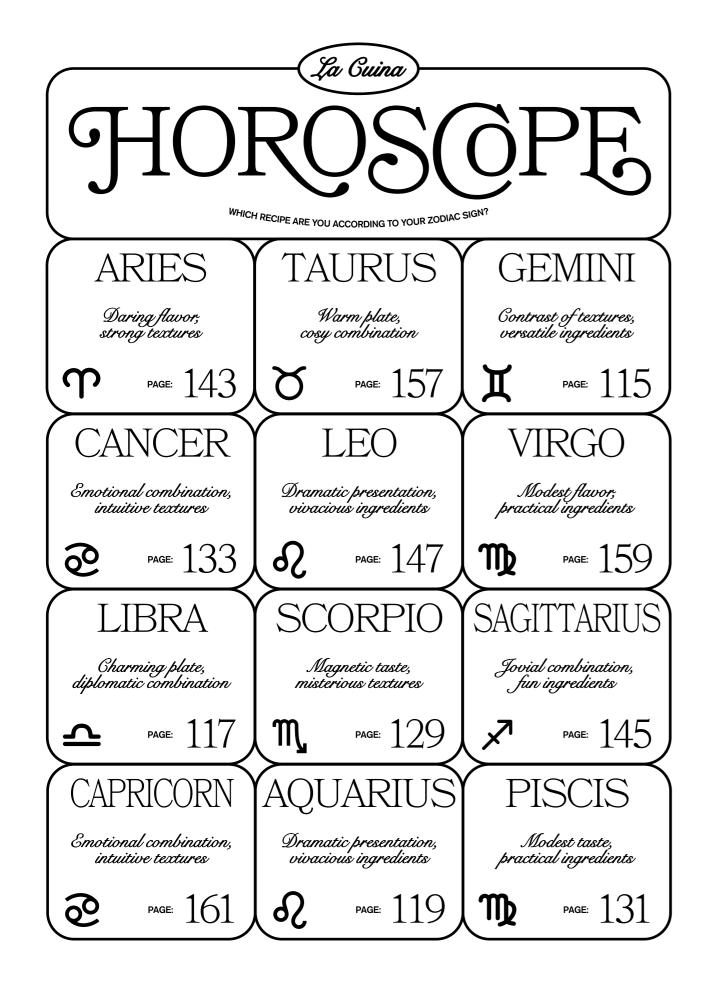
Known for being a detox food,<u>beets</u> have many more benefits than we think. This vegetable improves circulation, has great anti-inflammatory properties, a high fiber content, and provides a lot of energy!

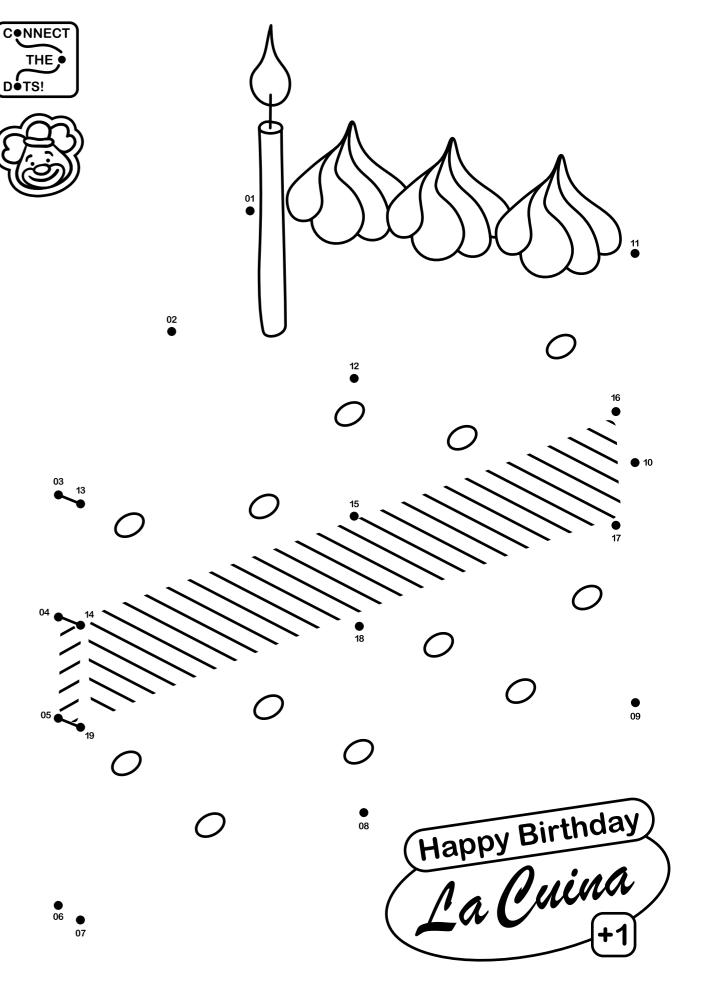












### **GLOSSARY**

## A **AI dente:** Remove the pasta 2-3 minutes earlier than recommended on the package. Some Italians say that

recommended on the package. Some Italians say that 'al dente' is easier to digest.

**ANARTIST:** Combination of the words 'Artist' and 'Anarchist'. The motto that has accompanied Etnia Barcelona since 2017. Our way of saying "rebel through art".

#### **Biodynamic wine:** A biodynamic wine gets its name from the way the grapes have been cultivated. Biodynamics is more than organic farming; it is a work ethic, a philosophy. It takes into account all the factors when cultivating, holistically, in perfect harmony with the earth and the universe.

#### С

**Croutons:** Cubes (approx. 1x1cm) of crispy bread, usually baked or fried.

**Cut in "Julienne":** Cut into long and thin strips.

**Dice:** Cut into 1 to 2 millimeter cubes.

# **Emulsion:** Emulsion is bringing together two liquids do not usually mix with each other. If you whip them well, you will mix them. And then you will have the emulsion.

**Frosting:** Cream that is normally used to cover or fill cakes. **Fumet:** Broth made from fish and shellfish; bones and leftovers are normally used. Nothing is wasted here! (Fish stock).

#### M M

Mandoline: Kitchen utensil used to cut and slice, manually.
You can live without it, but it makes your life easier.
However, watch your fingers!
Marinate: Add flavor to food. The most typical way is to marinate with soy, with fruit...
Mash: Crush, grind, or shred.
Masher: A utensil to make purees. An apparently prehistoric gadget that works super well.
Mató cheese: Typical fresh cheese from Catalonia and the Balearic Islands. Very versatile. Great in salads, and becomes a scrumptious dessert served with honey.

## N Nacarar: An essential step in all rice dishes! Sauté the rice before cooking,

so it absorbs the flavors better.

**Pa de pagès:** Typical popular Catalan bread. Rub a tomato on it and add a little oil to make "pa amb tomàquet". **Picadillo:** Any dish whose ingredients are finely chopped, typical of Hispanic countries.

**Saute:** Cooking food in oil over medium heat until lightly browned.

**Scald:** Submerge and quickly remove food from boiling water. Let's give them a scare.

**"Sear":** Cook over a high heat on one side then the other. **Sofrito:** Life is bland without sofrito! Onions, garlic, peppers, and tomatoes cooked over low heat. The longer

you cook it, the better. **Spread:** "Spreadable" edible, like hummus or the romesco

sauce that we make at La Cuina. **Syrup:** Sugar dissolved in water and cooked over a fire until a caramel-like texture is achieved.

"Trinxar": To crush or "squash" in Catalan style!

#### W

S

Wax paper: A paper that is used in the oven. Not the foil kind.

### **APPENDIX** P. 119, P. 129

1 H 30 MIN DIFFICULTY ●●○○○

An indispensable and standard recipe for a lot of creations. With it, we can forget fish broth bouillon once and for all. Make it yourself and you will feel super proud.

# Fish stock



#### - 2 kg rock fish

- 1 onion
- 2 carrots
- 1 celery stem 1 leek
- 2 ripe tomatoes
- 2 garlic cloves
- 1 tbsp paprika
- 50 ml extra virgin olive oil
- 4 I water

1. Place the fish on a baking sheet with a few drops of olive oil and a pinch of salt, and bake at 200°C for 20 minutes.

- 2. While we grill the fish, cut the vegetables into julienne strips of about 2 cm and saute them in a stock pan.
- 3. When the fish is ready, add it to the pan along with the tablespoon of paprika. Remove for 1 minute and cover with water.
- 4. Once it starts to boil, lower the heat to minimum and simmer for 45 minutes.
- 5. Let it rest for 15 minutes, then strain it.
- Tip: You can make more and freeze it for future recipes!



La Cuina is a tribute to the great Etnia Eyewear Culture family. Here's to the effort they have put in all of these years and to striving to become more aware, more ethical, more sustainable. Better. This is our way of life. This is who we are. Our family.



Creating the best eyewear in the world is and will always be Etnia Eyewear Culture's aim. Being inclusive and caring for everyone's vision no matter their age, race or gender is our mission as a company. We want to achieve this by not settling, pursuing excellence, making mistakes, and learning from them and above everything we want to achieve this by progressing, evolving, and growing.

All the above with a clear vision: to build a better present and future. We want a world that is more supportive, sustainable, efficient, life-friendly, and more consistent with this evident emergency.

Etnia Eyewear Culture advocates for a group philosophy that aims to go beyond the corporate sphere to become a project that focuses on people and the planet.

This is how we envisioned this project, and this is how it has been defined over these 20 years of history. The small and big decisions made over the time have built our way of acting: from responsible production to the creation of the Etnia Barcelona Foundation in 2016.

Today we continue to work towards that direction and have taken a step further with the creation of La Cuina of Etnia Eyewear Culture. A space where we promote healthy habits through an ecological and local cuisine. An initiative that allows us to embody an idea of future and individual and collective responsibility to build a better future. A future un which we want to continue to be a driving engine of change.

With these reasons and this approach, this book presents the project La Cuina. A project for people by people. An initiative based on the concept of wellbeing. A wish come true that allows us to continue to verbalize our passion for creativity, our commitment to sustainability and our love for the team and all the people who are part of this dream.

