

From the boat to the sea and from the sea to the mouth - Tapas workshop

During the week of Letters to the Seas, we give space to the world of food and cooking.

In this activity, students from our center will learn and experience through food and the importance of the Atlantic diet.

As you know, in our #Fervedeiro of the ProBleu project we are analyzing the consequences of the rise in the temperature of the sea waters and how these directly affect the way of life of Rianxo and its people.

In this proposal we are holding a cooking competition for which students from 1st year of ESO (hunting and fishing in Prehistory and the Ancient World) from 3rd year (industrialization and food preservation) and from 1st year of Baccalaureate (commercialization and business) will make a brief introduction to the capture, transformation and commercialization of seafood, which is why we talk about "From the boat to the sea, and from the sea to the mouth".



A primitive tapas and tapas competition for a resistance kit (made with canned goods as a fundamental element) on Wednesday 14th, gave way to a cooking workshop with the team of chef Miguel Mosteiro on Friday 16th May.

This initiative was a transversal work through different departments and educational levels (FP, Galician Language and Literature and Geography and History)

To highlight the most recent culinary heritage and also the most distant in time as well as the products of our estuary and those of proximity.



Wednesday 14 – Tapas Competition

1st ESO - Each group explained a historical stage or civilization and its food: Prehistory, Mesopotamia, Egypt, Greece and Rome.

3rd ESO – the students highlighted the importance of technological and scientific advances in food, focusing particularly on the canning industry.

1st Baccalaureate – a group of two female and two male students spoke about the importance of marketing the product based on the advertising campaign carried out during the 2022-2023 academic year in the subjects of Galician Language and X^a and H^a.

Students of Cycles (professional training) – acted as a jury while monitoring the participants' hygienic measures in their preparation of the tapas.



The competition consisted of the preparation by teams (1st ESO students) of two tapas, a "primitive" tapa inspired by the possible ingredients that the settlers of Rianxo could have had at their disposal about 2000 – 3000 years ago. A second cover of the “resistance kit” featured canned

ingredients, paying homage to one of the most relevant economic activities in the region, the canning industry.

Friday 16 – Cooking Workshop

The kitchen team of chef Miguel Mosteiro from Arousa worked with our students in a cooking workshop to learn how to get the most out of the products from our environment.

On this occasion, the participants were the students who won the tapas competition and the students from Ciclos who participated as judges.

Finally, Miguel Mosteiro's kitchen team prepared a tasting catering for those attending the [Cousas Award](#).



Miguel Mosteiro's team at the Cooking Workshop. Friday, May 16



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