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de comercio, hostelería y servicios

**CATERERS GUILD**

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AND DIVE IN BARAKALDO**



La Barakaldosa



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# President's letter

*"There is a way to do it better", look for it!"*

Thomas Alba Edison

*Five years ago, a few hoteliers and commerces in Barakaldo we believed that things could be done differently. Better.*

*At first, new ideas are just ideas and some people thought that we would end up giving in to laziness, conformism and inactivity. But in 2023, we have seen that we are stronger than ever, we have more enthusiasm, more ideas and our commitment is not stop growing.*

*In our constant search to do things better, we create opportunities, organise activities, take care of people, team up, we join causes that are worthwhile and we become every day the Association that we, the hoteliers and local businesses, dream of, always close to people.*

*We are sure that this magazine that you have in front of you now, can be better. Longer, shorter, more colourful*

*or in black&white. This 'better' represents something different for each person, and we thank you for your assessment, which will make us better.*

*The important thing is that is to be here, that we have brought it to life and that we have put into it the soul, the knowledge and the affection of the whole family that make up this association.*

*This is the first edition and there will be more. Every year we will find a way to improve ourselves, as Edison proposed.*

*This 2023 we have surpassed our 2022 version and we are already preparing the ABK 2024 version with more participation and more associated establishments.*

*At the moment...*



Esther Magaz  
President of ABK

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# SAN VICENTE



*This neighbourhood has been so important historically that our city was called San Vicente of Barakaldo for many years.*

*Not in vain was the seat of the City Council and has a nerve center that vertebra everything: its church.*

*Founded in the year 1340, before that date it was united to its mother church, Santa Maria of Erandio.*

*Years ago the neighbourhood was very different, with its low houses and that monolith that recalled the place where the City Hall was erected. Surely you have not known it since it was demolished in 1932 and nothing remains of it.*

*But what does remain in San Vicente is the life of its streets, the sports city, the walks through Gernikako Arbola, the greenery of Eguskiagirre park and the essence that remains in its bars and restaurants!*

*Welcome to San Vicente!!*



# The best wines for every occasion



*Arriving home after an exhausting day, having had a fight with the whole company, having had an argument with the children and with feet mortified from wearing the same shoes for 14 hours. Sit down and unwind with a little glass of wine.*

**D**o you like?

The question is... **would you opt for a crianza for that moment? Would you prefer a fresh verdejo? Or would you go for a sparkling wine?**

There is a wine for every occasion and, although it is true that each one goes best with a moment, a dish or a disappointment... the truth is that the best option is always the one you feel like and like the most.

But of course, even if you are one of those who choose a reserve, even for trout, the truth is that knowing which wine goes with which food is an asset to extract the most intense flavours from each food.

And the bars of San Vicente know a lot about that. So, before telling you whether to go for rose or tempranillo, here are some recommendations when choosing the perfect wine!

## 6 steps to avoid making mistakes

We could list many more but, if you know us, you will already know that at ABK we like to make it easy for you.

Choosing the right wine involves taking into account the occasion, the temperature, the people you are going to share it with, the time of year and even the menu.

But, as a general rule, it will be enough for you to follow these 6 steps before pass by check-out.

### FIRST STEP: THE COLOUR

Opt for red wines for meats or fattier foods, which require the body that this tonality provides.

White wines go great with fish and shellfish, but also with salads.

If you fancy a sparkling rosé, you will succeed if you use it on hot days and for desserts.

### SECOND STEP: THE GRAPE

On the label you will find all the information you need to know about the wine (and even more!).

If you already know which is the favourite grape of your in-laws, friends or your own, look it up on the label to be on the safe side.

Still not clear? We help you!

**White grape (such as Chardonnay)** have a moderate acidity and a fruity aroma. It is usually quite fresh and has hints of pineapple and peach.

**Tempranillo grape**, widely used in Spanish wine reds, are rather dry with forest fruit scents.

If the label talks about **international grapes**, such as Cabernet, you will find a wine with a strong and penetrating flavour.

### THIRD STEP: THE AGE

Once you have decided whether you prefer a white wine or a red wine, and the grape you

have liked the most in the past, the next question is clear: do I prefer a young wine or do I prefer to add years?

You have to know that young wine is the one that is bottled just when it has fermented and that gives it a fresher and fruitier touch.

If it is already a few years old, it means that it has spent that time in barrels, maturing and making the flavours and aromas more intense. If you read Crianza, Reserva or Gran Reserva, you are looking at one of these wines.

#### FOURTH STEP: THE PRICE

The most important thing we can tell you is that you don't have to spend half your salary to get a high quality wine.

Set yourself the budget you decide and look for the wine that meets your requirements, because we are sure that there are some delicious ones.

### One moment, one wine

Have you got the menu ready?

Whether it's a snack with friends or a luxury dinner for a special occasion, the establishments in San Vicente know what your glasses need to really shine.

If you want to have it clear from now on, this article will help you to do just that.

**Begin the evening with some appetizers** to whet your appetite and accompany them with a light and smooth touch of white and dry wines or one sherry.

If you feel like a surprise, you can do so with a vibrant fresh blue wine.

**Now that the main course has arrived**, what's on the menu?

We ask this question because white meats pair beautifully with young and dry white wines. But if you've opted for red meat or game, it's best to go for reserves and crianzas.

Oh, there's **fish!** No problem, but then you'd better go for Albariños for seafood, whites to go with white fish and even a young red for blue fish.

We are almost at the end of the meal and this is almost always accompanied by champagne or sweet and sparkling wines. But did you know that cava doesn't go well with, for example, chocolate cake?

Don't close yourself off to this option and discover how delicious **desserts** taste with a brut, a dry wine or a rose.

### Much more than a meal

Life is full of those moments that are engraved in the memory and others that we suffer or enjoy to the fullest but are lost in the memory.

For both, there is also a wine that can make them even more special.

Because yes, it's great to stay wonderful at a dinner party at home, but what about those other moments when you also need a glass or when they cry out for a toast?

So, they're here:

**The wine for a Saturday night** at home is undoubtedly a Lambrusco that will help you relax and transport you to Tuscany.

**The 'my day has been disgusting'** it cannot be other than a Merlot. In a glass you will find all the body you need to feel embraced.

Are you planning a **romantic date**? Then you need a Port wine with the seductive touch of red fruits.

Wait until Thursday to order a Moscatel in the **pintxo pote**, because it's a winning choice to face Friday with more enthusiasm.

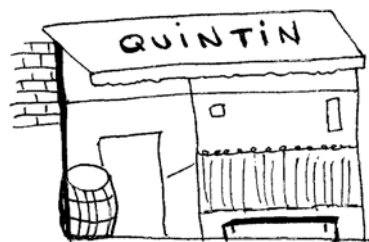
*What occasion are you waiting for to open that bottle?*



# Oh la lá

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EL CAPRICHIO

DATE UN CAPRICHIO  
CON NUESTRAS GILDAS Y BROCHETAS





# BEURKO- BAGATZA

## *From Beurko to Bagatza.*

*Easy to reach by Metro, you will find Gabriel Aresti and Santa Teresa stations. The former will take you to the neighbourhood church and the latter to the street of the old Dúplex cinemas.*

*But if there is one thing that characterises Beurko and Bagatza, it is the San Eloy hospital. By the way, did you know that years ago it belonged to the Blast Furnaces of Vizcaya?*

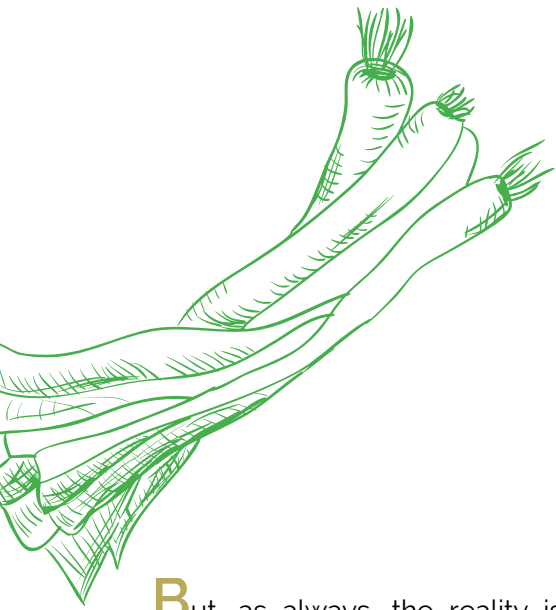
*That's right! It has not always been public, however strange it may sound now.*

*I'm sure that the Miranda Foundation and its residence are also familiar to you, but years ago it was a municipal asylum where a huge Nativity Scene was set up!*

*OK, OK. We'll stop telling you little stories, but what we can tell you is that if you walk from Beurko to Bagatza (or the other way round) today, you'll find delicious traditional flavours in its bars and restaurants.*

*And of the moderns and 21st century? Well, that too!*

# Discover the history behind of...



**B**ut, as always, the reality is different. Depending on which house you ask, the autonomous community you are in or what we have at home at the time, the recipe for this dish may vary.

In some areas of our country, porrusalda has sausage or cheeks, becoming almost a meat stew, and in some restaurants you can already see it on the menu with prawns, cream or cheese.

Returning to our territory, perhaps you do not know that in Gipuzkoa some people call it porrupatata and it is characterized because its broth is thicker, even reaching the texture of a puree.

In Vizcaya we add cod, to give a delicious touch to the mixture of leek and potato. Always desalted for 48 hours and added before the garlic and seasonings.

And if you ask us, although it is not a bad idea to try other alternatives, this is the real porrusalda (whatever the rest may say)!

*Do you call it purrusalda or porrusalda?*

*The truth is that it doesn't really matter, because the Real Academia de la Lengua says that both are valid and it tastes just as good.*

*Porrusalda is so much our own that even the name comes from Basque. Porru is leek and salda means broth, so it seems that it should be limited to a couple of ingredients.*

## Step by step

In case you have never prepared it, in this report we leave you the recipe that is used in all the bars and restaurants of Bagatza, when it is included in the menu.

---

### INGREDIENTS FOR 4 PERSONS

Leeks 2/3  
1 onion  
300 gr potato  
2 carrots  
250 grams of cod  
1 liter of vegetable broth  
Fresh parsley  
Oil

---

The preparation is not too difficult so you will be able to prepare it even if cooking is not one of your genetic gifts. Besides, you are not go-



ing need more than an hour to have it ready, so...what's your excuse not to try it?

Ah, you don't know where to start...well, this way!

- ~ Wash the leeks and separate the greenest part for another preparation.
- ~ Wash, peel and cut the carrots, potatoes and onion.
- ~ Heat a pan with oil to poach the onion with a little salt. When it is soft, add the carrots and potatoes.
- ~ Cover everything with the vegetable stock, adding it little by little, so that you get the texture you like.
- ~ Bring everything to a boil and lower the heat when it reaches that point. Then you should let it simmer until the potato is cooked (about 20 minutes).
- ~ At this point is where you have to add the cod so that it cooks with the rest of the ingredients and is impregnated with their flavors.

You can see that it is very simple, but if you want to guarantee success, take note of these tips:

- For porrusaldas **without cod**, chicken broth instead of vegetable broth will give it more flavor.
- The key to the dish is that the **potatoes are of good quality** and that you let them cook well without rushing.
- For extra nutrition, **a crumbled boiled egg will make all the difference**.
- Children will devour it if you give it a **mashed texture**.

### Why include porrusalda in your menus?

So far we know that porrusalda is tasty, it's very much ours, it's present in several of our neighborhoods, it's simple to make, it's not expensive at all and it's quick.

If with all this you still haven't gone out to buy its ingredients, it is because you are still lacking information.

Because yes. There is more!

The benefits of this dish go beyond its price and simplicity. Do you want to know them?

Well, we are going to tell you just a few of them, **4 specifically with which to open your mouth**.

And we start precisely with the mouth, because that's where our commitments to our diet escape. Isn't it? We promise ourselves to eat healthier, but it costs us horrors.

Well, porrusalda is ideal in those menus of descent in which you never know what to include. **It has a very low caloric intake but lots of vitamins**. Of course, without cod it has no protein, so if you are going to go for the simplest recipe, you will have to complete the dish with some kind of protein.

We have talked about vitamins and we do not want to leave it at that, without explaining. When we say that porrusalda has a lot of them, it is true.

**The leek is rich in vitamins C, A and B9**, which help the metabolism and the formation of new tissues (very interesting if you are pregnant).

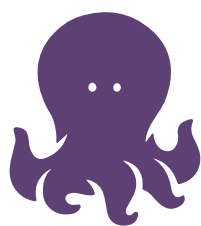
**Carrot and potatoes add to the cocktail the benefits of E, B3, B6, B1, B2**, without forgetting carotenes, retinol and folic acid.

Thanks to all of them, **it is a wonderful dish for athletes or people who need a great intellectual performance**. By the way, carotene is ideal at this time of the year for its property to protect the skin from the sun.

Ah, wait! Before we finish, we forgot that porrusalda is a **natural blood pressure regulator because it contains potassium, magnesium, iron, zinc, iodine and selenium**.

Have you ever wondered how intelligent our ancestors were when they included it in their diet?





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# ZUAZO- ARTEAGA BEITIA

*Who hasn't slid down the Eguskiagirre slope to get to Arteagabeitia from San Vicente?*

*Now, mechanical ramps help on the climb, but years ago that was unthinkable.*

*In its day there was no Sanitas residence, nor the fields that improve the panorama on the road. But there were farmhouses and vegetable gardens like in so many other neighbourhoods in our city.*

*All of Barakaldo's neighbourhoods have changed in recent years, but Zuazo and Arteagabeitia are among those that have changed the most.*

*The inauguration of the BEC, the improvement of what is now the Ronda de Azkue and the walk to the MegaPark give this area an upward price for any Barakaldo people looking for a new home.*

*Also, don't forget that in these neighbourhoods there are some regional centres such as the Galician one, as well as restaurants and bars where the recipes they're finger-lickin' good.*

*Let's take a walk around  
Zuazo and Arteagabeitia*



# Zero waste, the concept that helps the planet



**W**here would you rather go to eat?

~ **Option 1:**

A restaurant with a delicious menu and magical décor, but that throws kilos of left-over food in the trash every day.

~ **Option 2:**

A homemade restaurant, without artifice, that prioritises local food, is careful with the planet and tries not to throw away food senselessly.

Every day more and more people are committed to the environment, to caring for the limited natural resources we have as a species and to the needs of others.

So we are sure that many of you will have chosen the second option. But even if you have chosen the first option, we still love you!

**At ABK we firmly believe in the sustainability movements and in the hospitality industry there is one that is quickly taking hold: Zero Waste.**

Sound familiar?

Getting technical and going to the source, we tell you that the Zero Waste International Alliance (ZWIA) explains that Zero Waste consists of:

*"The preservation of all resources through the responsible production, consumption, reuse and recovery of all products, packaging and materials without burning them and without discharging them into the soil, water or air so that they do not harm the environment or human health."*

Basically, down to earth, it's about trying to achieve zero waste at the end of the day. In other words, buying and preparing only what we know will be consumed on the premises, so that we don't have to fill Barakaldo's dumpsters with food in good condition.

It may not seem like much on a small scale, but it is a big deal when you put the figures into perspective. **In 2020 alone, we Spaniards threw away 1.3 billion kilos of food, which means more than 30 kilos per person.**

This unbridled and unmeasured way of consuming is increasing the carbon footprint of production, generating disproportionate amounts of non-biodegradable waste and condemning us to a bleak future.

That's why it is important to raise awareness that leads to concrete actions. In every home, of course, because we are all responsible for the well-being of the Earth. But also in restaurants and catering establishments.



## *Small actions, big results*

Catering businesses have a responsibility towards food. In fact, it is common to see them taking advantage of every centimetre of every product, because of the value they place on quality ingredients.

But going further means starting to apply certain techniques that help to achieve Zero Waste.

**Offer facilities for customers to take away leftovers.** Please, always in biodegradable packaging so that it does not produce more environmental impact.

**Donate the food.** After customer's refusal, this should always be the first option, in a world with so many people in need and Food Banks begging for help.

**Make animal feed.** Reach agreements with organisations to provide them with the restaurant's surplus, generating mutually beneficial alliances.

**Transform surpluses in compost.** Whether or not you have land, you can compost the waste and sell it to those who need it, recovering part of the investment and helping the planet.

**Use other waste.** Cooking oil, cooking fats or those leftovers left on dishes, also have more uses and the most widespread is biodiesel. Negotiating with companies that manufacture biodiesel is another alliance that may be of interest to the hosteller.

## *Changing mentality as the only way out*

For many people, the thought of recycling is still a burden and a waste of time. Everyone knows this and, for this reason, there is a succession of regulations that eliminate excuses and replace them with fines.

Last year, the Prevention of Food Loss and Waste Bill was passed and it affects you a lot if you have a catering business. But not only you, as the regulation tries to involve the whole chain: from producers to consumers.

Do you know this legislation?

In the case of gastronomic businesses, they are forced to...

- **Draw up a plan** to reduce food waste.
- **Adapt the restaurant infrastructure** to maintain cold chains, store safely, transport efficiently and handle each ingredient correctly.
- **Organise purchases and storage** so that they are made in a sustainable way and favour Zero Waste.
- **Prioritise local and seasonal products** to reduce the carbon footprint.
- **Raise awareness among staff** so that they include this mentality in all their actions.

Implementing these measures is neither easy nor quick. Some establishments have always based their menus on these pillars, but others must completely change the way they work, prioritising the well-being of the planet over economic income.

Or no?

## *The reality of Zero Waste*

The changes scare, and a lot.

To start thinking about having to buy a compost generator, to fire that employee who throws away a lot of the produce when cooking it, or to find the time to go talk to that farmer who you know has a vegetable garden and would need compost, is both lazy and apprehensive.

Things are working well, the restaurant is profitable and if it has always worked, should we really change it?

**Yes.**

And not because we tell so, not even because the law obliges you to do so.

**Zero Waste is going to have an impact on the profitability of your hospitality business (and your home too) and there is nothing negative about it.**

This is something that you are going to do for the planet and for others, but that does not mean that you will not benefit. Maybe this will start to interest you...

## > Cost reduction

Every time you throw a product away, it's your money going down the drain. Being more efficient in purchasing and those alliances we talked about, it is going to reduce your loss figures.

## > Increased revenue

If you spend less and earn more on top of it, the account is round. And it can be, because waste sales will add a source of cash flow to your balance sheet.

## > Increased perceived value

This concept, which is very much related to marketing, comes to say that your customers will choose you over that first option in which waste was the keynote. Every day more people join the mentality of change, the protection of the planet and sustainability and that can be your best asset for recruitment.

## Apply it now

Whether you are a business or a conscious local, Zero Waste is a trend that we strongly advocate.

But, is it possible to do more than what the law stipulates? Of course we can!

It is always possible to go a little further.

So you can start by...

**Reduction of single-use packaging**

**Practicing waste-free cooking**

**Develop menu offers with ingredients close to their expiry date**

**Give preference to bulk products.**

**Optimize your water's use**





# URBAN



## *Do you know Urban?*

*A few years ago it wasn't called that. Urban was the Plaza del Desierto (or Plaza de abajo), the small house of the train station, a square where dances were organised, the market, the municipal police and... little else.*

*Or perhaps a lot, because in this area closer to the estuary was the economic lung of Barakaldo: the Altos Hornos de Vizcaya.*

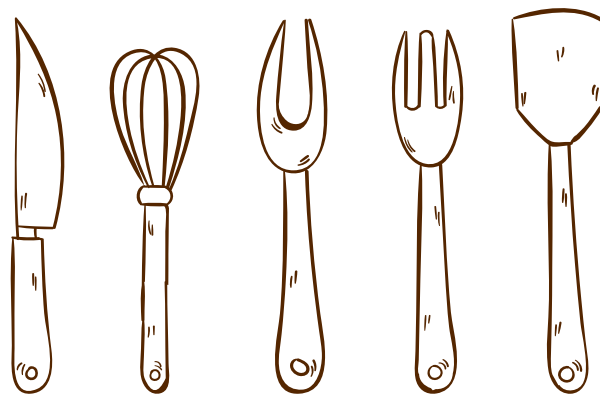
*There is almost nothing left of it now, apart from a few remnants that have been preserved so as not to be forgotten. If you take a stroll along the promenade along the estuary you can still see an old factory loading bay and the A.H. offices, which are now housing adapted for the elderly. Barakaldo is evolving but it remains anchored to its past because only by remembering can progress be made.*

*Urban is an example of the change that our city has undergone in recent decades. A green, young space that continues to look to the future and where the river beach of our municipality will be inaugurated.*

*You should visit it and taste what its catering establishments have for you!*



*Whenever, instead of cooking at home, you opt for a quiet meal in one of Barakaldo's restaurants and whenever a pintxo bar tempts you, you are protected by the good practices of these professionals*



## Avoid food poisoning, cooking like an expert

**W**hen we escape to taste different dishes or simply because we are too lazy to get into the kitchen, what we expect is a good experience. **To eat good, without going broke, in a place that transmits nice energy and to leave satisfied.**

For that to happen, all catering establishments must have what is known as the HACCP plan. Yes, it sounds terrible but believe us: it is very important.

The acronym stands for Hazard Analysis and Critical Control Points for food. In other words, **it is a regulation that obliges businesses in the food sector to assess the risks of food contamination and set up mechanisms to avoid them.** But making this plan imply some other variables.

In fact, it must:

- ~ Identify the hazards.
- ~ Discover the critical points where a risk may occur, in order to eliminate them.
- ~ Monitor those critical points.
- ~ Carry out checks to improve the plan.
- ~ Keep records to present in case of inspection.

And there's more, they have to comply with...

- **Cleaning regulations.** This requires daily cleaning of all surfaces, soils and, in the case of utensils, washing them before and after services. Larger machinery should be cleaned once a week.
- **Food handling regulations.** Accredited food handling training is a essential requisite for working in restaurants and bars where food is served and processed.
- **Food traceability regulations.** To control where products come from, when they are stored, how they are processed and when they are sold.
- **Allergen regulations.** There are 14 types of allergens listed in the regulations:

<i>Fishes</i>	<i>Cereals with gluten</i>
<i>Sesame seeds</i>	<i>Shelled fruits</i>
<i>Celery</i>	<i>Crustaceans</i>
<i>Soy</i>	<i>Eggs</i>
<i>Peanuts</i>	<i>Milk</i>
<i>Lupins</i>	<i>Molluscs</i>
<i>Sulphites and sulphur dioxide</i>	<i>Mustard</i>

To avoid risks, all workers must be aware of all dishes and the allergens they may contain.

Did you think that it was so much that restaurants had to control to protect us?

## Your home, your gastronomic nook

Fortunately in our homes we don't have such demanding regulations, nor plans designed in detail. We use common sense, which is what has always kept us safe.

But, in a world where there are more and more allergies and intolerances, where it is rare to find a home where everyone can eat everything and where ingredients are increasingly processed, **perhaps it would be good if we copied a little of what our bars and restaurants do.**

Don't you agree?

Of course, it doesn't make sense for you to study a food handler's course nor sit down to write a contingency plan, but reading this post will be enough for you to at least get some ideas.

Remember that **60% of food poisoning occurs at home**, usually caused by bacteria which, at this time of year, tend to reproduce more quickly.

So if you are going to get your act together on this issue, don't wait until September and start following the 4 steps to food safety that our Urban gastronomic masters tell us about.

### STEP 1. CLEAN

Always begin with your hands. You know what the arrival of Covid taught us. Washing your hands involves rubbing your palms, backs, under your nails and between your fingers for about 20 seconds. And do it with an antibacterial soap.

#### Extra tip

*Want a trick to know how long to scrub for? Sing Happy Birthday twice while you're washing them.*

Once your hands are shiny, it's time to move on. Wash the **surfaces with soap and water** and do not wipe them dry with a cloth, but with paper towels.

**Regarding utensils**, it is better if they are made of steel or plastic as porous wood tends to keep residues. But whatever material they are made of, they should be cleaned thoroughly before and after each use.

And don't forget that **cloths and rags** are the biggest source of bacteria in our kitchens. If you wipe them everywhere, you will only be spreading the "plague". Wash them often at about 60° and throw away the scouring pads from time to time!

#### Extra tip

*To avoid the washing machine, you can put them in a bowl of water and microwave them until the water boils. But remember to scrub well with soap afterwards!*

Last but not least, cleaning also refers to **food**.

Washing fruit and vegetables before eating them is essential. But only with water!

What you should never wash is beef, eggs or seafood.

### STEP 2. SEPARATE

If you have ever watched a cooking programme you may have noticed at the colour code. But if you haven't, we'll tell you about it.

**The colour code is used to avoid cross-contamination**, i.e. contaminating a vegetable by cutting it where we previously did it with a cutlet (for example). To do this, boards and utensils of different colours are used.

Usually they will be:



for raw red meat



for fishes and seafoods



for birds



for fruits and vegetables



**Extra tip**

*Although in restaurants there are more colours such as purple or brown, for your home it may be enough to have a couple of them or to wash everything before moving on to the next food.*

Not only in processing but even in storage it is convenient to keep certain foods separate. For example:

**Separate meat, poultry, fish, seafood and eggs from other ingredients. And never mix raw and cooked foods.**

**STEP 3. COOKING**

Not all foods are cooked to the same temperature but **all bacteria and germs disappear when we reach the ideal temperature.**

That is why it is important to cook each dish correctly to make them safe. In the case of meats we have to bring their internal temperature up to 63 degrees for at least 3 minutes. Poultry will rise to 74 degrees.

**Extra tip**

*Get a thermometer to make it easier for you to measure the internal temperature, not only for safety but also because this way your recipes will always be delicious.*

Once cooked, if we want to continue with the exquisite care, we must keep the food at the ideal temperature after preparation. For this purpose, thermal trays or pre-heated dishes are often used.

In the case of microwave food, read the instructions carefully and follow them, leaving it to stand for the indicated time.

**STEP 4. REFRIGERATE**

Doing it properly can save you a lot of trouble, so don't leave food out of the fridge for too long and follow these other tips:

- > Always **keep the fridge** at around 4° and the freezer at around -18°.
- > Always **use your refrigerator properly**, following the manufacturer's instructions and labels. And clean it regularly.



- > **Consume processed foods early**, as even when packaged, time increases the risk of Listeria.
- > **Watch for and throw away food that is out of date**, spoiled, or beginning to smell bad, before mold spreads to other ingredients.
- > **Cover food you put in the fridge**, seal bags and store eggs in their carton (best in the door but in the carton).
- > **If you are going to marinate, do it inside the fridge.**
- > **The longer you keep a food frozen**, the more flavour, freshness and texture it will lose, but it will still be safe to eat.

**Extra tip**

*In the event of a power cut, do not open the fridge or freezer. This will ensure that food will keep for at least 4 hours in the fridge and 48 hours in a full freezer.*



# RONTEGI



## *Get on Rontegi!*

*Yes, the bridge that bears his name is very important. So much so that, although it was designed in 1932, it was not opened until 1983. And with its opening, engineering triumphed over physics.*

*At the time, the Euskalduna Shipyard made it necessary to raise it higher than, a priori, would have been necessary. That is why it is at a height of 41.63 metres above the estuary, at high tide.*

*But Rontegi is much more than the bridge. Much more than the hospital that once treated the ailments of the people of Barakaldo and which was demolished in 1945, after having also been an asylum for children and the elderly.*

*Today, if you decide to leave Paseo de los Fueros behind and walk up any of the streets that lead to Rontegi, you will find a vibrant and lively neighbourhood.*

*A young area, a stone's throw away from the centre and with many shops that are still open, traditional bars, regional centers and good food.*

*Still haven't you get on Rontegi?*



# Beer pairing? Yes!

*Shakespeare is said to have said that 'A pint of ale is a meal for kings'.*

*We may never know if he did it or if it was attributed to him, but what we do know is that whoever said it knew what they were talking about!*

Wine has a lot of fame when it comes to accompanying special moments, essential meals, travel, and company. But **how many beers with friends have ended up in the best plans of your life? Who hasn't seen a sunset in Ereaga with a can in their hands?**

Beer can be the perfect pairing, not just for a meal, but for life.

At ABK we love to sit down with a good wine, but we don't understand why we would want to miss out on the best of both worlds and as life is long and days have many hours, there is time for everything!

**So if you are as much a fan of a good wine as you are of a cool beer, this post is for you, as you know that sometimes the choice is simply to keep all the options.**

## The importance of flavours

When it comes to food pairing, each person is different, because each palate is unique and so is the way in which the taste buds are excited.

However, there are two rules that will help you a lot to make a simple dish a delicacy.

### ~ Basic rule 1.

It look for a balance between

### ~ Basic rule 2.

Go for a pairing by contrast the flavours of the beer and the food, without any one flavour standing out.

Difficult? let's short.

**Pairing is about creating an experience for your senses.** Professionals talk about a few seconds in which the flavours, aromas and textures of food and drink coexist in the mouth, generating something pleasurable.

**A few moments in which the saliva integrates all the components and makes each flavour shine separately,** but in such a way that they complement each other, bringing out the best in each one.

Eating and drinking in a way that everything makes sense sounds fascinating and tastes even better, but it is not so easy to achieve.

It is usual that, as we said at the beginning, **the pairing is related to wine, but taking this explanation into account, there are probably pairings with very different drinks. And so it is.**

- How many times have you added vanilla ice cream to a black coffee and smacked your lips with pleasure? That is a pairing.



## CATERERS GUILD

- Green tea is ideal to accompany it with some butter cookies. And that is a pairing.
- And if carrot cake is what you fancy, you should try it with Dirty Chai. Because that's how he gets pairing.

All pairings work because they take flavors into account and seek to make them explode in your mouth, in a way that they never could individually.

**The primary flavors are linked to the main senses** (smell, taste and sight) and are the ones that are always most present.

For their part, **the secondaries are there to complement**, to give the beer that point that remains in the mouth. Normally we talk about them when we refer to citrus or fruit flavors, but also to the coffee taste of some malts.

**Pairing is teamwork and beer works great with many other ingredients, but is beer suitable for all foods?**

Of course! You just have to find the one that best fits each menu.

As we imagine that you are eager to see practical examples, we are not going to make us beg, and we are going to tell you the secrets of our Rontegi catering experts.

### One beer, many dishes

Whatever recipe you think of, there's sure to be a beer to go with it.

Yes, that stew that your grandmother always made also has its ideal bubbly flavor.

The only thing you need is to understand that the beer world is not limited to the blonde of a lifetime and that all beers taste the same is a falsehood.

Clarified this, we serve one but... which one?

### ÁMBER ALES

Its name indicates its hue but it is also characterized by its strong flavor of malt and caramel. They are not sweet but they do have a special dry touch that makes them the perfect match for...

*A good barbecue*

*Risotto*

*Chicken*

*Pizza*

*Fishes*

### BROWN ALES

If the Amber tended towards caramel, the Brown tends towards chocolate and coffee, but also has nutty tones.

A marvel for the palate that leaves a dry after-taste and combines with different types of food.

Traditionally English, it is already marketed all over the world, after its six weeks of preparation. If you opt for it, mix it with...

*Pork meat*

*Fish and sushi*

*Soups and creams*

*Grilled chicken*

*Sausages*

### WHEAT BEERS

They usually contain a mixture of wheat and barley, which gives them a fairly smooth texture without too much flavour. This is why some brands add elements to give it fruity tones.

*What dishes does it go well with?*

*Salads and light soups*

*Cheese platters (especially with gruyere or feta)*

*Omelettes*

*Blue fishes*

*Desserts*

### INDIA PALES ALES

You may know them as IPAs and surely you have tried them because lately they are in fashion.

They are so bitter that master brewers add citrus tones to make them more palatable. If you want to take it up a notch, you can try Double IPAs, which are even more bitter.

But if you prefer to stick to the simple ones, they are the best option when ordering...

*Bitter vegetables like artichokes*

*Mexican, Indian or Moroccan food*

*Sauces such as wasabi*

*Smoked salmon or anchovies*



## LAGERS

These are very refreshing beers fermented with yeast at temperatures between 4 and 12 degrees.

As they are not too heavy and not too bitter, they are widely consumed around the world. We recommend them for...

*Sausages*  
*Dried fruits*  
*Chips*  
*Shellfish and sushi*  
*Meat*  
*Asian food*

## PORTERS

Hailing from London, it was originally very dark and strong, which made it the drink of choice for working people. So much so that it is thought to have been named after the porters who carried goods from one side of the city to the other.

Over the years it has lost some of its intensity but it is still strong and roasted, which makes it ideal when paired with the flavours of...

*Shellfish (lobsters, crab...)*  
*Beef*  
*Hunting meat*  
*Blue cheese*  
*Smoked meats*  
*White meats*

## STOUTS

Beers with a black colour and an intense flavour, but not too bitter as they have hints of chocolate and coffee. They usually have a dense foam that characterises them and their low alcohol content makes them ideal for the end of meals.

But not only for that moment, as some savoury ingredients complement perfectly with Stouts.

Don't discard it for...

*Meats, both beef and pork*  
*Grilled vegetables*  
*Shellfish*  
*Truffles, chocolate cakes or mousses*

Are you clear about the next beer you are going to add to your menu?

We think about it and, since we started with Shakespeare, we ended with Poe because, as he said:

*"What does it matter if time marches on, if I'm having a beer today?"*







# LLANO

## *Discovering Llano*

*Located between Cruces and Lutzana, for many Barakaldo people, Llano is a great unknown.*

*However, within its boundaries is one of the most impressive historical spaces in Barakaldo: the Munoa Estate.*

*Although there is evidence of this building as early as 1569, at that time it belonged to the monastery of Burtzeña. Many decades had to pass before it became what it is today.*

*Its walls have been a refuge for people such as the mayor of Bilbao, Juan Echevarria La Llana. But it was his grandson, Rafael, who renovated the building, adding a tower on each side and turning the house into a French-style mansion.*

*Nowadays, the Town Hall owns this space that can be visited in the heart of Llano, but if you think that there is only aristocracy in Llano, you couldn't be more wrong.*

*This is a jewel that is undoubtedly worth discovering.*



# Fold napkins like a pro, even if you're eating alone

*We've all seen those movies where incredible banquets are held in huge halls. An endless table crowns the room and, on it, delicacies from all over the world, sparkling glasses, luxury cutlery and table linen worthy of any royal household.*

*How many mansions like this have you been invited to dine in?*

**N**either have we! But the truth is that we don't mind too much for two clear reasons:

- ~ Because in Llano's restaurants they make us feel like princes and princesses as soon as we walk through their doors.
- ~ Because in our homes, the table is set even better than in those films.

If you also want to feel, for one day, as special as a Hollywood actor at a party given in his honour, you just have to learn how to dress the table like a catering professional.

And because at ABK we have the best, in this report we unravel the secrets of a dream table and napkins at the height of the best origami!



## Before folding, learn!

We imagine that you have already prepared your paper or cloth napkins and are ready to start folding with grace and flair. But, there is a previous step: knowledge.

In this case, certain rules that will help you be the ideal host, the perfect guest or the guest of honour at your own table.

For starters... **the size!**

We are not going to make the typical joke about its importance, but it is important. The protocol clearly states the size that the cloth napkin should be depending on the event and the way the meal is organised.

If it is going to be a standing cocktail party, small and manageable napkins are best. But for a sit-down meal, they should be large.

Protocol dictates that...

- **Sophisticated cocktails** require 11x11 napkins.
- **Professional** or elegant **breakfasts and snacks** call for 20x20
- A size of 32x32 is relegated to **very special meals**.
- And for **children's snacks**, 16x16 is the rule.

Now that we are clear about the size, let's go to the table!

Depending on whether you are the host or the guest on this occasion, we have different recommendations. But, in case you are on the opposite side, you should read them all.

In the case of guests, the rules are basic, after all, you are going to someone else's house where respect, care and protocol must prevail. So gets the best of you.

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#### **AS A HOST DON'T FORGET THAT...**

Napkins are placed on or next to the plate, but you should avoid placing them inside the cups.

For formal meals, the ideal is to use simple shapes (rectangles, triangles, with ribbons...).

If you like more artistic shapes, you should leave them for occasions such as family parties, Christmas or themed meals.

Ideally, use napkins in combination with the rest of the tableware and glassware.

Napkins are placed on the left side of the plate.

Discard any napkins that are torn, dirty or very worn, as they will give a bad impression to your guests.

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#### **AS LONG AS YOU ARE A INVITED...**

You don't touch your napkin until the host has done so. That marks the beginning of the banquet.

Take it gently and unfold it carefully. No vigorous shaking to disturb the other guests.

Put it on your lap unless you are a child or a person with special needs. Only they should be tied around your neck.

You should use it to wipe your lips before and after drinking, so as not to stain the glasses (and never wipe the glasses with it)

When you are going to get up, do not fold it, leave it a little crumpled on the right side of the plate.

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## Practice

Please, always use the same napkin to practice because you won't get it right the first time and we don't want to ruin all the table linen!

To get you started we leave you the step by step of 3 beautiful decorations that you can try to achieve.

### BOW TIE

You will need a bow in addition to the napkin. Start by folding it into an elongated shape and then fold one part over the other.

Place the bow on top and twist it a few times, hiding the excess.

It will be useful for both paper and cloth napkins.

### FAN

This is one of the simplest creations. Take a square napkin and start by folding it in half, then make accordion folds and fold the bottom part outwards.

Hold the folds well to place it on the table and open the fan on the plate.

### RHOMBUS

It's not complicated and you can put your cutlery inside. Fold the napkin in the shape of a triangle and then bring one of the corners towards the top, then do the same with the other.

This will leave you with a square shape, with which you will have to fold the lower end upwards and turn it over to repeat the second step.

## Do you dare?





A black and white photograph of a park. In the foreground, there is a stone fountain with a decorative black metal spout. The fountain is set on a stone base. The ground is covered with fallen leaves. In the background, there are trees with some autumn-colored leaves. The sky is overcast.

## *What do you know about Lutxana?*

*In addition to the fact that it hosted the Sefanitro factory?*

*That company almost became a city that occupied a large part of the neighbourhood, with its infirmary, its canteens and even its areas for religious events. In 1978, it split in two and gave birth to the old Rontealde.*

*Both are now history and with their disappearance Lutxana has been transformed into a residential neighbourhood, chosen by many couples to raise their families, in some of the new houses that have been built there.*

*A gleaming house of culture occupies the ground floor of what used to be a factory and public transport makes it easy to get to Cruces and the city centre in just a few minutes.*

*Did you know all this? Well, you'll also find restaurants and bars here that are well worth a visit.*

*And after lunch, how about a walk along the path that links the estuary with Ansio, passing through Lutxana?*

*If you've never been there before, you'll love it!*

# LUTXANA



*I'm sure it's happened to you at some point, drinking or eating something you expected to taste one way only to be surprised to find a very different one.*

*Whether it's because you took a sip of beer thinking it was your coke or because you ate a dish that wasn't yours. Almost all of us have experienced at some point that feeling of "but what is this?"*

## *Do you know how to make a trampantojo (EYE-trap)*

**T**he point is that it is always unintentional and the result of a mistake. Or not always...

**The trampantojo (EYE-trap) aims to do just that, to provoke a reaction of (positive) surprise in the diner by giving a dish the appearance of one food when it is in fact another.**

To be honest, it is not a concept born in the gastronomic world but comes from art. We used to talk about trampantojo (EYE-trap) pictorial techniques were used to generate spatial illusions.

Nowadays, the RAE has generalised the term and defines it as: 'Trap or illusion with which someone is deceived by making them see what they are not'.

Its very name indicates it as a trompantojo (EYE-trap): a trick of the eye. Sight deceives us by preparing the rest of the senses for what they are going to taste and exploiting them when they do not receive what they expect.

Have you ever seen a trampantojo (EYE-trap) on a table? **You may think that this is only prepared in Michelin-starred restaurants and that you will never see it.**

***You are wrong.***

### *The evolution of trampantojo (EYE-trap)*

In last years, with the rise of vegetarianism and veganism, the trampantojos (EYE-trap) has crept onto the shelves and in the fridges of all supermarkets.

Almost anything with ingredients of animal origin can be copied, modifying the recipe so that it can be eaten by people who have decided to follow a vegetarian or vegan diet.

The ideas are endless and **range from bolognese made with lentils to chickpea flour tortillas**. But the options don't stop there:

- ~ Burgers made from textured soya beans.
- ~ Heura sausage.
- ~ Breaded Milanese with seitan.
- ~ Pea protein tuna.
- ~ Bacon with oyster mushroom base.

It is a way to trick the mind into feeling that it is still eating known menus that give it a sense of familiarity.

However, **before non-meat foods crept into our lives, trampantojos (EYE-trap) already existed and their sole purpose was to surprise!**

Desserts that look like starters, soups that pretend to be coffees, cheeses that taste like cereals?

The possibilities are endless with enough imagination, and if anyone has it, it's our Lutzana caterers.

Perhaps you would like to visit their premises and find out if they have any treasures in their bars, but if you prefer to be the one to leave your guests speechless, we can also help you!

## Two recipes to surprise the senses

At your next lunch or dinner with friends, you'll be the star of the show if you dare to prepare either of these two dishes.

Imagine that, after a delicious first course, the second are...

### A CHOCOLATE WITH CHURROS

#### INGREDIENTS

- 1 sachet of mashed potatoes
- 300 grams of black pudding
- 200 grams of courgette
- 200 grams of onion
- 120 grams of flour
- 300 ml milk
- ½ vegetable stock cube
- 200 ml evaporated milk
- 600 ml of water
- Oil and salt

It doesn't look like we're going to make churros, does it? Stick around and find out step by step.

The chocolate will be made of black pudding cream.

To make it...

- Heat the oil and add the chopped onion. When it is soft, add the courgette and fry for about 5 minutes.
- Crumble the black pudding and peel it before adding it to the pan and, once done, cook it for 5 minutes.
- Dissolve the stock cube in 300 ml of hot water and pour it over the onion, courgette and black pudding, together with the evaporated milk and salt.
- Bring the mixture to the boil and keep it on the heat for about 5 minutes, stirring.
- Mash it all together to make the chocolate and taste to adjust the salt.

### Time to start making the churros!

- Prepare the puree with the other 300 ml of water, following the instructions, and let it warm up.
- Put the result in a piping bag with a curly nozzle or in a churro maker.
- Create the potato churros on a tray, fry them in oil until golden brown and remove the excess with a piece of paper.
- Serve them with the black pudding cream and look at their faces!

And for dessert ....

### FRESH SPICY PATATAS BRAVAS (SPICY FRIED POTATOES)

#### INGREDIENTS

- 2 apple
- 150 grams of red fruits
- 150 grams of liquid cream
- 100 grams of sugar
- 1 chili
- Oil



Now that you have everything, start cooking:

- Wash, peel and cut the apples into large chunks (they will be your potatoes).
- Fry the apple with a little bit of oil and the sugar until golden brown.
- Cut off the tip of the chilli.
- Put the red fruits in the blender with the cream, chili and sugar until you get a uniform sauce (it will be the brava sauce for your 'potatoes').
- Ready to surprise.





# CRUCES



## *Cruces: much more than the hospital*

*To think of Cruces is to think of the enormous health complex that crowns the neighbourhood. But with that thought we are leaving aside the true essence of Cruces.*

*Just think that the hospi was not inaugurated until 1955 and before that date the neighbourhood was already of great importance, as it was the crossroads between the neighbourhoods of Munoa, Retuerto and Vituricha (now Lutzana) and because it had a factory in what is now known as La Dinamita.*

*One of the funny anecdotes about Cruces is that it has been waiting since 1814 for a dispensation from the Town Hall to hold a livestock fair in its territory. And no, nobody has ever responded.*

*Fortunately, in the middle of 2023, we don't need to wait for any permission to get lost in its streets and enjoy the growing gastronomic and leisure offer in Gurutzeta.*



# MUSHROOMS. Everything you need to know about them before cooking and eating

*As the saying goes: "There are old mushroom pickers and daring mushroom pickers, but there are no old and daring mushroom pickers".*

**M**ushrooms are a delicacy, but you have to know them in order to enjoy them safely and, above all, treat them properly to get the full flavour out of them. But they are not only delicious for the palate, they are also good for your health.

Did you know that? Well, perhaps some of their properties will surprise you.

- ~ **They contain soluble fibre**, which is very good for cleansing the intestinal tract and has a high satiating power.
- ~ **They are a source of antioxidants**, according to a study in the Journal of Nutrition, which implies a fundamental role in the prevention of some types of tumours.
- ~ **Their calorie content is low**, around 25 kcal, so weight is no excuse for eating them.
- ~ **They contain large doses of essential minerals and vitamins**. So much so that the Spanish Heart Foundation recommends them in the fight against cardiovascular diseases.
- ~ **They are perfect for vegans and vegetarians**. Their protein and essential amino acid content make them perfect substitutes for red meat. They also contain riboflavin and niacin.

- ~ **They improve the diversity of your microbiota**, thanks to lignin, and this helps to reduce obesity.
- ~ **They help to control bad cholesterol**. They are rich in linoleic acid which helps reduce LDL to keep you healthier.
- ~ **They make your immune system strong and protect you from cognitive decline**, according to researchers at the National University of Singapore.

If you are also pregnant or planning to become pregnant, including mushrooms in your menus can prevent pre-eclampsia.

**This was known in ancient Chinese culture and mushrooms such as the reishi mushroom have been used in traditional Chinese medicine for centuries.**

However, in this article we are not going to talk to you about pills or mushroom supplements (although it is worth considering it), we are going to talk to you about tasty meals prepared with them!

Because we're sure your mouth was already watering and their properties have only made it better, right?

But be careful! **Not all mushrooms are suitable for human consumption, nor will you be able to add any of them to your recipes.**

Do you want to know what to look out for if you refuse to buy greenhouse mushrooms?

## *When, where and which ones*

The most likely areas to find mushrooms are beech and oak forests, and we have quite a few of those around here.

It is true that in some pine forests they can also be found, but only if there were oak or beech trees in the past and their nutrients are preserved.

**Autumn is the prime time for collecting mushrooms, but some of them wait until spring.**

If you have already made up your mind and are planning to go mushroom picking this October, start by finding out about the regulations in your chosen area. There are usually mushroom preserves and a maximum weight per person. If you pick where it is not allowed or exceed the amount, you will face fines that will make you choke on the delicacy.

Once you are sure that the area is indeed suitable for picking, there are other tips that will come in handy.

- **Get kitted out properly.** Of course, good boots and warm clothing are essential, but don't forget your basket and make sure it's wicker. Why? Because this material allows the spores of the mushrooms you have picked to continue to spread. In other words, at the same time as you are looking for other specimens, you are replanting for next autumn.
- **Forget about mushrooms growing near roadsides.** These mushrooms, as well as those that may have been fumigated, are at risk of accumulating heavy metals and toxic substances that we don't want on our plates.
- **Do not pluck them.** You should cut them with a razor knife, because if you pull them out, you destroy the microhabitat and damage the growth of new specimens.
- **Clean them immediately.** Before putting them in the basket, so that dirt does not get into the mushroom.
- **Choose only mushrooms that you know perfectly well and,** if in doubt, do not cut a mushroom that does not give you any guarantees.

To talk about types of mushrooms, **we have to distinguish between those found in pastures and those that you will see walking through our forests.**

Among the former are the well-known mushroom, the oyster mushroom and the milk cap mushroom.

In the forest is where the boletus, chanterelles, black mushrooms, edulis and pinicola mushrooms are hidden.

But there are many more.

## *Be careful with the species*

There are about 7000 species of mushrooms in Europe and many of them are not edible. **According to the National Institute of Toxicology and Forensic Sciences, there are 1500 types of dangerous mushrooms in Spain, of which about 150 are toxic.**

Every year there are warnings about the dangers of ingesting unknown mushrooms and yet hundreds of poisonings are recorded, including deaths among them.

Recognising a mushroom and differentiating between one that is healthy and fit for consumption and one that is not is not easy. There are many accepted techniques and methods, but none of them are 100% safe.

**In Cruces we have a mycology association made up of experts in the field and the restaurants in this neighbourhood know the importance of in-depth knowledge before deciding to cook any type of mushroom.**

We are not specialists, but we can give you some basic recommendations to keep you out of danger, at least a little.

### **LOOK AT**

Mushrooms with very bright colours, such as red, orange or green, are usually poisonous.

Also, rule out any mushrooms that have been damaged by parasites, spoiled by rain or are in poor condition. It may not be poisonous but this alteration complicates identification and, as we have said, if in doubt, pass over it.

### **SMELL**

As with any food, an unpleasant smell indicates risk. Perhaps because it is part of its attraction mechanism or because it is full of some chemical compound. The best thing to do is to go for another type.



## UNDERSTAND

Understanding the shape of the mushroom can help.

Under the cap, mushrooms have the hymenium which is the place where their spores are found. If when you cut it, the hymenium has white sheets on it, it is time to discard the mushroom.

The stem is another important part, if it has one or two ring-shaped folds, there is a possible toxicity.

The volva is at the end of the stem, and its widening marks a risk.

The veil is, as the name suggests, a kind of transparent webbing in the stem area under the cap. As pretty as it looks on brides, it is not a good sign on mushrooms.

## PAINT

Yes, on a piece of paper. Once you've picked the mushroom, put the paper under the cap and shake it to drop some of the spores.

Pink or very dark shades mark toxicity.

## REMEMBER

Ingesting toxic mushrooms is a huge risk to you and your family. There is no margin for error; if you make a mistake, someone else will suffer the consequences.

Therefore, if you are not an expert, you should leave the harvesting to one side and just enjoy the taste.

## At home at last

Now that you have bought your mushrooms, safe in the knowledge that they are not toxic or deadly, it is time to clean and cook them, and in this post we are going to help you with that too.

**The ideal way to clean mushrooms is to always clean them thoroughly.** Under the tap, with cold water and then put them in a bowl full of water to give them time to loosen all the soil.

For extra safety, use a damp cloth to rub each mushroom and then another constant stream of water until you are sure that there is no more soil left.

But don't let them soak for hours as they will lose some of their flavour. Our recommenda-

tion? Cook them as soon as you have finished cleaning them.

Luckily, there are many ways of doing this. **In some preparations the mushrooms will be the stars and in others an accompaniment**, but there are options to suit all tastes.

*Sautéed in oil*

*With garlic*

*With cream*

*In scrambled*

*Stews*

*To the wine*

Only you decide which one to opt for each day, or better, you can come and taste them in one of our associated restaurants, what do you think about?





# GOROSTIZA



## *How we love Gorostiza*

*Many of us have been to the Gorostiza sports centre when we went to school to learn to swim. Have you too?*

*Even if you haven't, you've certainly enjoyed more than one summer at the camps and their lunch areas, the swimming pools and the bar at the sports centre.*

*But this neighbourhood has not always been a place for sport, although it has always been an area for wellbeing.*

*With a reservoir filled with approximately half a million litres of water, the reservoir that bears its name was inaugurated in 1947.*

*For this reason, and for being in the middle of nature, if the Regato is the lungs of Barakaldo, Gorostiza is the bronchial tubes.*

*Do you know it?*



# Sustainable gastronomy\_

## Kilometre zero

*No matter how far back you look, you will fall short.*

*Your history, like that of all humans, is very short compared to that of the planet. And yet we feel tremendously important.*

*Let us put you in perspective.*

*The Earth was formed about  
4,6 billion years ago*

*The moon dates back more than  
4,5 billion years*

*The first traces of molecular life appeared  
3,8 billion years ago*

*Oxygen (essential for your life)  
began to accumulate in the atmosphere 2,7 billion years ago*

*Plants have only been colonising  
the soil for 465 million years*

*The age of the dinosaurs  
began 240 million years ago*

*The continents, as we know them,  
were formed 200 million  
years ago, after the break-up  
of Pangaea*

*60 million years ago  
and after the dinosaurs became extinct,  
mammals began to thrive*

All this had happened on the planet before any vestige of the human race had ever set foot on it, because the dates of our species are much, much more recent.

Australopithecus  
4 million years

Homo Habilis  
2 million years

Homo erectus  
1 million and half year

Homo Neanderthalensis  
100.000 years

Homo Sapiens  
40.000 years

There are many other subdivisions and the dates dance a bit, depending on the source. But what we want is not to give you a lecture on the history of the universe, nor on natural science.

**What we are looking for is just contextualisation.**

Perhaps, now that you see that humans are the shortest chapter in the book of our planet, you realise that it will continue to rotate, whether we are there or not.

Hurricanes, floods, fires, earthquakes... Natural disasters are on the increase and it seems as if the Earth is trying to protect itself from the evil that our species causes it.

In the same way that our organism acts against viruses, the planet also tries to fight against what hurts it. Have you ever thought about it like that?

**At ABK we don't want to be problem the problema. We refuse to continue making the planet sick and that is why we are committed to actions that protect it.**

In all sectors, but even more so in the hospitality industry.

There are currently many trends that are leading us towards sustainable consumption, recycling and awareness.

We talked about one of them in the Zuazo report, have you read it? It refers to Zero Waste and takes care of our environment from an excess of unnecessary waste and rubbish.

But there is another one that seems equally important to us: **the Kilometre Zero menus and can you think of a better place than Gorostiza to try them?**

### *Kilometre 0: a necessary new trend*

However modern the concern for the environment may be, the truth is that the origin of the 0 kilometre concept dates back to 1986.

At that time, the sociologist Carlo Petrini started what is known as the "Slow food" movement. Its aim was to serve as a balancing element against the overcrowded fast food culture.

Today, 37 years later, we cannot speak of a victory of slow and quality food over so-called junk food, **but we can see a change in the consumption habits of many people, who are increasingly tending towards a healthy diet and away from ultra-processed and unnatural ingredients.**

But there is more. Every day new people are waking up to the fact that caring for the planet has been our responsibility for the last 4 million years. The carbon footprint is not only caused by the excessive transport of ingredients from the other side of the world, but also by the way we package, market and consume these ingredients.

The EU is the fifth biggest polluter in food production after China, Indonesia, the United States and Brazil and this is something we must try to reverse.

If you think that this is something that does not matter to too many, let us tell you that, according to a study by the consultancy firm Kantar, **74% of Spaniards prefer a local product to a non-local one.**

**And the number of consumers in our country who have changed their diet to adapt it to a consumption more in line with environmental health has already reached 60%.**

Currently, the organisation created by Petrini spreads its message in more than fifty countries around the world and has a manifesto that endorses this current of thought, which includes the concept of Kilometre Zero.

But are all the products manufactured or collected in our city Kilometre Zero ingredients?

### *Characteristics, objectives and benefits*

Basically, there are 3 requirements that an ingredient has to meet in order to be considered 'local':

- ~ **It must be seasonal.** In other words, that it respects the biological cycle of the ingredient, without forcing it to produce more.
- ~ **It must be a local product, harvested, processed and packaged** in the vicinity



of where it is sold (no more than 100 km away).

- ~ **They must be ecological products**, but not only in the process of obtaining them (without chemical or artificial preservation agents), but also in their transport, which should be zero-emission.

You may be used to eating strawberries almost all year round, to the melon season being extended and you may be fond of lychees or pitahayas. This is normal.

As humans we tend to want it all. To live in Euskadi, to enjoy the greenery of its mountains, the angry swell of the Cantabrian Sea and the pintxos and xirimiri, but at the same time, not to miss out on anything the world has to offer our palate.

But now, stop and think: do your menus really need dragon fruit, knowing the huge carbon footprint that bringing it to you implies?

We are not telling you to eliminate from your diet everything that is not produced within 100 kilometres of your home. Just that you prioritise in your shopping basket what our gardens and companies offer.

Local consumption helps everyone and, for this reason, **Gorostiza's hosteliers take this into account when designing menus that come from the nearest market gardens.**

To convince you that this is a trend that should stay and grow, let's finish with some of the benefits that your decision can bring.

#### Kilometre 0 gastronomy...

- **Reduces pollution** and helps to preserve our environment.
- **It favours healthier eating**, as the proximity of the place means that the nutritional values of foodstuffs are better preserved.
- **Helps (a lot) the primary sector of Barakaldo**, due to the elimination of intermediaries that contributes to a fairer trade.





# EL REGATO

## *El Regato, of course*

*Undoubtedly, the most important lung of Barakaldo is this neighbourhood crowned by the reservoir that bears its name.*

*With a church dating back to 1886 and a square full of bars where you can taste zero-kilometre food, a visit to El Regato is always a pleasure for the senses.*

*Back in the 1930s there was the Urkullu mill and forge, which is part of Barakaldo's history with iron.*

*Today it is a place where you can go hiking, visit the Castrejana Bridge and travel back in time thanks to the chapel of Santa Águeda, which dates back to the 15th century.*

*But if you don't feel like putting on your trainers, you can get there by Kbus or Bizkaibus without any problems and simply sit on one of its terraces to fill your body with fresh air.*





*A wedding, a christening, the little one's first communion or a family meal, with the gang? It doesn't matter!*

## *Basic tips to make sure your celebration a success*



**C**elebrating is part of our DNA. No matter how much the world may want to make us out to be surly, **we Basques are great fun and getting together to have a good time is as much a part of our culture as the poteo or the pintxos (tapas) in Barakaldo.**

Perhaps in other areas the celebrations are organised around a guitar, a piano or a bonfire. Here, if we've come to celebrate, we've come to eat (ok, and drink!!)

Food brings us together, and it's not that we say so. It's not even that we see it every time we get together with loved ones to share a table.

Really, the experts say so.

---

**Eating with others stimulates the production of endorphins, which makes us feel good and lowers pain levels.**

---

**A study by the University of Chicago states that sharing a table makes us trust each other more and work more efficiently as a team.**

---

**Eating together as a family, at least once a day, is beneficial for children who learn to eat better, increase their self-esteem and reduce their risk of eating disorders.**

---

**Sitting down together and eating together is an easy way to bond.**

---

**There are scientists who affirm that the custom of meeting to eat gave way to agriculture and livestock, due to the human desire to always have food to offer to others.**

---

Laughter, confidences, sorrows, secrets... everything tastes better when accompanied by a good meal. That's why **our restaurants and bars in El Regato make it easy for you to organise your event. So that you just arrive and enjoy the many advantages of sharing the bread (and other delicious things) with the people you love.**

Of course, you, as they do, will have to take into account what kind of event you are going to celebrate because based on that, there are some details that you have to take into account.

And yes, maybe you've thought of your daddy's birthday or the farewell of that friend who is going to live abroad.

But, let's be honest, if there is one event par excellence that always brings headaches, it is the wedding!

We know very well that any of our restaurants in El Regato is prepared for them, in the same way that **they will know how to help you in the organization of other parties.** But at ABK, we want to give them a hand by giving you some information before you arrive at their stores.

## A 5 star wedding

For most people it's not the most important day of their lives, but don't doubt that when it happens, it will be in the top 5 of the memories you'll treasure forever.

The first tip for your wedding day is **to try to enjoy it to the full, because it takes months to organise and then it goes by so quickly....**

Try to enjoy every minute instead of focusing on what is not going 100% and worrying about things that nobody is noticing.

Of course, before the event, you can (and should) be choosy! Our basic tips are these!

### TIP 1: BE CLEAR

Think about the time of the year you are getting married and be realistic when choosing whether you...

- ~ You want to have an outdoor or indoor banquet.

- ~ Will you have lunch or dinner.
- ~ Will you be serving a welcome cocktail in another area of the restaurant?
- ~ There will be live music or disco dancing.

### TIP 2: DETAILS ARE KEY

The organisation of the tables, the decoration, the table linen, the name signs...

You can give the whole banquet your own personality, but it will be much easier to make it unforgettable if you focus on the details that make each celebration unique!

### TIP 3: YOU ARE NOT ALONE

As much as you love pickled poulard or steak tartar, it's certainly not for everyone's taste buds.

Of course the menu must please the bride and groom, but not only them, so make an effort to be generous with those who are going to share the day with you and choose a menu suitable for everyone.

Also, don't forget that there are more and more food allergies and intolerances and you should take them into account.

You wouldn't want someone to miss out on the menu you've so lovingly chosen, would you?

### TIP 4: MORE THAN FOOD

We've said it before, if eating together helps us to feel better, irrigate it all down with good wines has to be the recipe for happiness!

Focusing on the menu and forgetting the wine cellar is not a good idea, remember we talked in Rontegi about the importance of pairing?

Check the wine, beer or cava list and choose the one that will make your guests' taste buds explode with pleasure.

### TIP 5: TRUST AND DELEGATE

The catering professionals at El Regato are very used to celebrating events with a variable number of diners, with all kinds of menus and with the most varied requirements.

And they are well aware that some of the determining factors when choosing a restaurant are usually the following:



- Parking.
- Photo service.
- Accessible for people with reduced mobility.
- Differentiated spaces for the cocktail, banquet and the party.
- Gastronomic offer adaptable to the needs and tastes of the bride and groom.
- Efficient, attentive and professional staff.

Ok, looking at this list, we are even more convinced that **you don't need to escape to the mountains, to another autonomous community or to the Pacific Islands to tell 'I do'.**

Because everything on this list (and a few more things) you are finding in Barakaldo. So now you know: trust in the professional criteria of our hoteliers and...

***Long live the bride and groom!!***





# RETUERTO



*We love Retuerto! Well, we love all the neighbourhoods of Barakaldo, but Retuerto has something that no other has.*

*An image of the Sacred Heart crowning its church, which is visible from a great distance.*

*Haven't you noticed? It is almost impossible for your eyes not to run over this statue, of unknown author, weighing more than 30 tons and 8 metres high!*

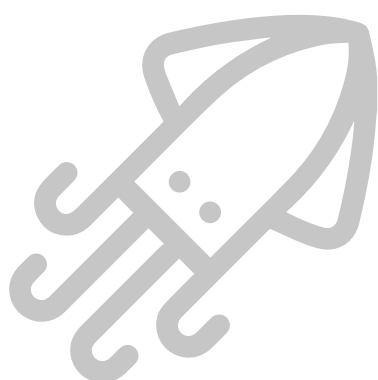
*Maybe you didn't think it was so big, because perspective is deceiving, but at ABK we have always been fascinated by the fact that it has been there since December 1947, like a watchman of the enormous changes that our city has undergone in these almost 8 decades.*

*Even more so, because before the church of the Sacred Heart of Jesus, on that same site was the hermitage of San Ignacio, which already presided over a neighbourhood that has not stopped evolving, growing and adapting to new times, without ever losing the beauty of tradition.*

*Shall we scape to Retuerto?*



# Grandma's recipe: Squids!



*Although in our bars and restaurants squid in its ink is a very common (and delicious) dish, in other parts of Spain it is still surprising that something bright black can be part of our nourishment*

**T**he truth is that there are very few recipes that end up with this colour, but, curiously enough, they are all exquisite.

If you don't believe us, think of black pudding, black truffle or the black mole that is so famous in Mexico (and which you should try).

**The question when it comes to squid in its ink is always the same: who was the first came up with the idea of cooking this way this jewel of the sea?**

We would love to tell that we Basques were the discoverers, not only of the flavour that squid ink gives it, but also of the need to cook it so as not to poison ourselves.

But we can't. As much as we know that a bil-bainada every now and then is not wrong, in this report we want to be as professional as the innkeepers of Retuerto, who cook this dish.

## Unknown origins

That squid in its ink is a recipe that is very much our own is undisputed.

Consensus has not been reached is whether it was first cooked in Basque territory or whether

we adopted it from some other civilisation with which we had contact, thanks to the ports and the shipping movement.

At the beginning of the 17th century Manuel Martínez Montañón, cook to Philip III, wrote in his 'Arte of cook' that squid...

*"They have a bag of very black ink; this must be removed with great care so that it does not break, because even if they were washed in many waters, the ink would never be completely removed."*

**It was so much work for them that they did not usually eat this type of cephalopods and much less did they think about cooking the ink or consuming it.**

This is when history brings us back to the Basque Country, albeit with a previous stop in the Philippines.

As it turns out, according to the San Sebastian historian Ignacio Olagüe, the Basque Jesuits may have had a lot to do with this jet-black dish.

Olagüe made a series of publications in the 'Diarios de la Cofradía Vasca de Gastronomía'

during the 1960s, and in them he talked about these missionaries who travelled across the China Sea as far as the Philippines.

Why?

He told that:

*"One of the typical dishes of the Philippines, adobong pusit, is a way of preparing squid by first boiling them in rice vinegar and soy sauce, and then sautéing them with their garnish to finish the ink."*

Be that as it may, the truth is that, when we have in front of us a delicious dish of squid in its ink (and plenty of bread to spread the sauce) we don't really care if it was a Filipino, a Basque Jesuit or a Martian who thought 'Hey, what if...?'

The important thing is that someone did it and, from here, we thank them for an idea that has filled our stomachs so many times and continues to awaken all our taste buds!

### Let's cook!

But there is something else that matters a lot to us. We can get dressed up and go to a restaurant in Retuerto to eat the squids.

We can go to the grandma's or mommy's house because nobody knows how to make them like they do, but....

The pandemic taught us that sometimes you have to stay at home and fend for yourself.

How many times did you make squid in its ink during your confinement?





If the answer was none, it's because maybe you didn't know how to prepare them. But this will never happen again because you have the magazine in your hands that will give you the **original recipe and those tricks that amama doesn't want you to know, so that you keep coming back to eat them at her house!**

The first thing you need to know is that the fresher the squid and the better quality they are, the better they will taste when you sit down at the table.

You can make them with squid rings that are not fresh and it will be great, but nothing compares to the fresh product.

That said... apron on, hands washed, worktop cleaned and to organise ingredients!!

If we are talking about a recipe for **4 people**, the quantities needed are:

## TXIPIROIAK TINTAN

### INGREDIENTS

1 kilo of squid

2 large onions

2 cloves of garlic

A glass of white wine

Glass of water

175 ml extra virgin olive oil

One sachet of squid ink

Salt and pepper

- The first stone is to clean the squid very well, if they are fresh. Drain them and cut them into not very thin rings.
- Fry the peeled and chopped onion until golden brown and then add the finely chopped garlic cloves.
- Now add the squid and sauté them, while separately we dilute the squid ink in the water.
- While the squid is cooking, seasoning them with salt and pepper so that they gain flavour and pour in the white wine.
- Leave to reduce over a medium heat and finally add the water with the ink to keep it simmering for a further 40 minutes.

Easy? It is! But to make sure they always look great, there are a few extra tips we would like to tell you about.

- ~ Don't let the sauce get too runny or it will lose its flavour. To do this, take it off the heat if you see that it is getting too diluted and, if necessary, you can add a teaspoon of flour to thicken it.
- ~ Another little secret is that you can make it in a pressure pot if you are short of time. In 15 minutes you'll have them done and no one will notice the difference!
- ~ If you dare to add a splash of white wine during cooking, you will give them a personal and tasty touch.
- ~ For a complete dish, you can accompany the squid in its ink with white rice or vegetables, such as carrots and red pepper.

Do you dare cooking this black dish that continues to surprises?

CAFE • BAR  
**LOIZAGA**

R E T U E R T O

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# CENTRO



## *At the core is virtue*

*Or was it in the middle? It doesn't matter because in reality, in Barakaldo, there is virtue, delicious pintxos and worthwhile menus in every neighbourhood.*

*And at the centre... too!*

*Ever since the town hall was inaugurated in 1963 in the Los Fueros square, this has been the heart of the city.*

*First with that frog that crowned the promenade and now with a little more modern architecture.*

*We could talk about the old Cultural Centre in Zaballa Street, the old Barakaldo Theatre dating back to 1930, the Casa del Pozano or the municipal vet, whose name was José Palenzuela and whose clinic was in Juan de Garay.*

*The truth is that this neighbourhood has a lot of history, because it has seen everything from market gardens to detached house. From the slaughterhouse to the language school, the monument and the Bide Onera were part of its identity and the Parque de los Hermanos has changed so much that it is unrecognisable.*

*What has been the constant? The hotel and catering trade.*

*The Barakaldo people, and those who visit us, have always liked to eat well and drink well. That hasn't changed and thank goodness that in the centre we have many places where we can continue to do so!*



# From dish to dish without leaving Barakaldo

*We propose a trip. One where you aren't needing to spend money, or look for plane or train tickets.*

*A trip where it doesn't matter what the weather is like when you arrive and where you can forget about the clock.*

**T**his is a very special trip because we are going to do it without moving from here. **Only you have to do is immerse yourself in the lines of this report, shake hands with us and you will discover places and, above all, flavours.**

The richness of a country lies in its differences and, although you may think that there are very few differences between us and the Cantabrians or Catalans, the truth is that our history has been different.

And do you know where this is very visible?

No!! Nothing to do with politics. Where it is noticeable is in the food!

Exactly, in the food. **The dishes cooked in a house in Barakaldo are not the same as those that fill a Catalan farmhouse or a kitchen in Grazalema.**

But today your home will be filled with aromas from the four corners of our country. And all of this, starting from the Herriko Plaza.



## A journey through Spain

16 autonomous communities which, if you look closely, you will find represented in most of the restaurants and bars in Barakaldo.

Each one with its traditional cookers, its best-known ingredients, its typical dishes.

**Can you tell us which is the most famous recipe of each community?**

### ANDALUSIA

Do you prefer gazpacho or salmorejo?

The former is prepared with peppers, cucumber, garlic, olive oil, vinegar and salt.

The latter is made with crushed tomato, bread crumbs, olive oil, garlic and salt. For more flavour, you can add hard-boiled egg and cured ham.

### ARAGON

From vegetables to meat because the star dish of Aragon is the delicious ternasco (lamb).

This young lamb has its own Designation of Origin and is cooked roasted, with potatoes and even stuffed.

### ASTURIAS

To speak of Asturias is to speak of fabes (beans). Whether they are white and mixed with clams or red to complete the fabada we love so much.

But let's not forget its cachopo either, which is already present in many of our restaurants.

### BALEARIC ISLANDS

Our closest islands leave us with postcard-worthy landscapes, but also dishes that you should try sometime.

The caldereta of langosta (spiny lobster stew) is one of the most famous, but there are many others that are also prepared with this crustacean, such as spiny lobster with eggs and potatoes.

### CANARY ISLANDS

They say that the islands that make up the Canary archipelago are fortunate, but so are those who lose themselves in their cliffs, beaches and natural landscapes.

And if they do so after eating some papitas arrugás accompanied by mojo picón, the plan can not get any better.

Or yes, if the first course it has been gofio!

### CANTABRIA

Our neighbours have in their kitchens a delicacy that is already part of the menus of some houses in Barakaldo: cocido montañés (Cantabrian stew).

Have you tasted it?

White beans, cabbage, ribs, bacon, black pudding, chorizo... It makes our mouths water just thinking about it!

### CASTILE LA MANCHA

Although this dish is quite common throughout Spain, in Castilla La Mancha they are the kings of ratatouille.

They prepare it hot but also cold, and although its base is tomato, green and red pepper and courgette, the variations are endless.

Some add olives, ham or even scrambled eggs.

### CASTILE AND LEON

From La Mancha to León and from the vegetable garden to the meat. The recipe for roast suckling pig is the top of this community's cuisine.

Served with its skin and cut with a plate, it is not only a pleasure for the palate, it is a spectacle for all the senses!

But if that doesn't quite convince you, you can opt for some potatoes a la importancia, a Castilian soup and for dessert... yemas de Santa Teresa (egg yolks of Santa Teresa).

### CATALONIA

They are not onions, they are calçots and they are very typical of Catalonia.

They are about 20 centimetres long and are cooked by roasting them on the fire and seasoning them with a finger-licking romesco sauce.

This is probably why calçots are traditionally eaten with your hands!



Askatasun etorbidea 9 -Barakaldo



### EXTREMADURA

A meal in this beautiful region cannot be without migas.

Yes, they are prepared in other places too, but the ones here are especially delicious, despite the fact that they were born out of the need to survive.

Their traditional recipe included stale bread, vegetables and, if you were lucky, some fried eggs.

### GALICIA

The community that was once home to the end of the world has many typical dishes. Its seafood is legendary, as is the Galician broth with cabbage and pork shoulder.

But to speak of Galicia is to speak of octopus and all its variants. With cachelos and paprika is our favourite.

### LA RIOJA

If we ask about the most representative food of La Rioja, some people will answer that Rioja-style potatoes are its bastion.

On the other hand, perhaps you are not aware of the fame of its vegetable stew seasoned with oil and made with seasonal produce from its vegetable garden.

Finally, you should taste the fardalejos.

### MADRID

If you think about the capital and the first thing that comes to your mind is a calamari sandwich with aioli in the Plaza Mayor, we confess that it happens to us too.





But if you ask a lifelong cat, he would choose cocido madrileño as the dish par excellence, without batting an eyelid.

Nobody knows where it comes from and it is even thought to be of Arab origin. What we do know for sure is that the mixture of vegetables with meat and chickpeas, prepared in a clay pot, deserves a place in this report.

### MURCIA

The fame of Murcia's market garden is well known and this is the origin of one of its most traditional dishes: zarangollo.

Yes, the name is reminiscent of a festive character, but in reality it is a recipe with two stars: courgette and onion.

It also contains eggs and is usually served as an appetizer.

### NAVARRRE

And from Murcia to Navarre, which has nothing to envy. Its asparagus and artichokes make our lives brighter.

However, the dish par excellence of our neighbours is stuffed peppers and, even better if they are piquillo!

The best stuffing? For us, the one with bechamel sauce and cod.





### VALENCIA

Valencia and paella are an indivisible tandem. Approaching this Mediterranean community and not tasting its different specialties is almost a sin.

The dish has become so famous that it can be found in almost any country in the world. Of course, there is none like the original Valenciana.

Originally it was made with rice, paprika, rabbit, chicken, tomato, water and salt. But, over time, the recipe has changed and now accepts everything.

Did you know that there is even one with beans and chorizo?

Now that you know the dishes of each Autonomous Community, all you have to do is find the perfect place to try each one in the list of our innkeepers.

*Because, without a doubt,  
it is in Barakaldo.*



# LASESARRE



*How far would you say Lasesarre goes?*

*Is it the slope of Aldapa, the Trueba park and the Municipal Library still Lasesarre or do you consider it to be the centre?*

*What we would agree on is that Lasesarre is the neighbourhood where we find the sports centre, the church of El Carmen, the train station and the Larrea palace.*

*This area was crossed many decades ago by the Franco-Belgian mining railway as it passed through Portu Street and has, in addition to the beginning (or end) of the Bidegorri, its own hidden demon in the Devil's Bridge.*

*But it was also the location of the Fantasio cinema, which disappeared in a fire, of the bartering carried out in the Alhóndiga and even housed the offices of Altos Hornos and the headquarters of La Unquinesa.*

*Nothing remains of all that, except the collective memory of those who knew it.*

*Today Lasesarre is a neighbourhood full of green areas, pedestrian walks, good food, good laughs and good life!*

*Don't take our word for it, just....*

*Take a walk around Lasesarre*



*I'm sure you have heard your grandparents or your parents talk about their childhood.*

*Many of them lived through the war or the post-war period and lived in a very different era to ours. Life has changed a lot for us since we used to play pita or rope in the streets of Barakaldo.*

## *Foods that we eat today that yesterday were a luxury*

**T**echnology has burst into our worlds and we no longer shout out of windows to go upstairs, we no longer know the names of many of our neighbours, nor can we find what there were in the supermarket then.

But that's the thing about evolutions. They are so slow, they conquer small spaces of our existence in such a subtle way that we almost don't realise it until they have set the flag and we discover that, looking back, the world is a very different place.

- ~ What was the moment that the mobile phone become indispensable to you?
- ~ When did you start to need more than 2 TV channels, more than 10, more than 100?
- ~ Do you remember what it was like when you had to park without an attendant in the car?
- ~ Can you feel the nerves of going to the shop to pick up those pictures you took a month ago?
- ~ Are you able to really taste the fruit?

We miss many things when we stop to think about the past, many ways of doing things, many products that no longer exist and customs that will never return.

But, in reality, **evolution is positive, because only by moving forward can we live, and it has brought us many good things.** However, it never hurts to take a look in the rear-view mirror in order to reposition ourselves.

We were not always who we are. We have not always lived as we do. We have not always eaten what fills our kitchens today.

In some cases it is because of how much our society has changed, but in the case of food, as our Lasesarre hoteliers tell us, it is more due to a transformation in our mentality.

Think about it.

### *From whim to luxury*

Not so long ago, the idea that the fridge would always have soft drinks, that ice creams could be eaten any day of the week or that there would never be a shortage of cold meats for a snack, was a utopia.

No mango, papaya or any other tropical fruit to go with fruit salad, industrial pastries didn't even exist and yoghurts were not bought... they were made!

Depending on how old you are, you may remember that Barakaldo past, but if you are young it may sound like Mandarin Chinese.

And, in spite of everything, that's where you come from. From houses where people cooked slowly, counted every peseta and where chocolate and bread was the star snack.

We have changed a lot, but if we look further back we can discover things that were not always commonplace and that will surprise you, whatever your age.

### **SALT**

You may not know this, but salt has historically been so important that it is the source of the word 'wages'. It was so coveted that for years workers were paid with salt.

In the Roman Empire its value was similar to that of gold and, as you can imagine, its use was very restricted until the 20th century when it became widespread because other ways of preserving food were found.

### **PEPPER**

Today it is the ideal companion to salt, but at the time it was just as highly prized as salt.

It was Alexander the Great who brought it from the East to Europe and it was such a valuable currency that it was even used as a dowry for the women of the upper classes.

### **THE CHICKEN**

You may remember that a few years ago the price of chicken rose so high that we were advised to exchange it for rabbit. And it wasn't the first time, during the 19th and early 20th century, both chicken and turkey were only for the privileged classes.

As a way of demonstrating their economic power, they were careful to leave the bones on top of the rubbish so that everyone could see that they could afford them.

The peasants raised them but they were never on their tables, unless the occasion was exceptional.





**PUMPKIN**

We love the creaminess that comes with a little bit of cheese, do you?

Maybe you don't value it enough but you will when you learn that in the 19th century in places like Haiti a single pumpkin was traded for up to 20 pigs!!!

*The opposite case*

Not all foods have made their way from the wealthiest classes into homes around the world. Some have taken the exact opposite route and, if the above have caught your attention, these will make your brain explode.

**SEAFOOD...**

**Lobsters** were so abundant on the coasts of Canada and New England that fishermen hated them because they got tangled up in their nets, leaving no room for fish.

Because there were so many lobsters, they were not valued as food and were used to fertilise the fields and feed them to pigs and cows.

They began to become more expensive at the end of the 19th century because they began to be canned and distributed (thanks to the railway) to areas where they were not available.

The same happened with the oysters that in 1900 were used to pave Pearl Street in New York.

They were eaten daily and that made them so scarce that they became a luxury product.

But for luxury, the black gold that is caviar in 2023. Have you ever eaten it? Probably not, due to its prohibitive price. However, this was not always the case, as in 1240 it was so abundant that it had no value.

**...AND FROM THE EARTH**

**The quinoa** that today you can see in all the videos of influencers all over the world, in the recipes of all the TV channels and that has earned a place of honour in the menus of any nutritionist, was for centuries the food of the peasants of the Andean altiplano.

**The tiramisu** that has conquered our palate was not always a dessert. Originally it was a drink made of eggs, cheese and coffee. As it was so energetic, it was part of the everyday life of Venetian workers.

What things do you eat today that you never had as a child?





# BURTZEÑA

## *Burtzeña is not Bilbao*

*When we think of Barakaldo's neighbourhoods, Burtzeña is often the most forgotten. Situated between us and Bilbao, we tend to forget that its territory is part of the Anteaiglesia. And thank goodness!*

*We love this area where a bridge once linked the Bilbao-Santander road and where the Mercedarians chose to build their convent.*

*Full of history, to look into Burtzeña's past is to enter a world of tower houses, journeys and adventures.*

*Because... did you know that a resident of Burtzeña travelled around the world with Juan Sebastián Elcano?*

*His name was Juan de Zubileta and, together with Juan de Arratia, he was the only navigator to sail round the world without changing ships. Not even Elcano did it.*

*So you can see what Barakaldo's blood can do and feed you in the bars of Burtzeña!*



# Basic dictionary of gastronomy



**W**e have grown up with amama wrapped between stews, with family meals on Sundays and stews that no one makes like mom.

No matter who you ask, the best croquettes are the ones from home and lentils have these ingredients on your table because that's how you were taught to mix them.

Your mummy probably never gave you cooking classes, nor did your amama sit down with you to write down the millions of culinary secrets she treasured in her memory.

And yet you learned, even if you think you didn't. Because **there are things you know how to cook without anyone having taught you, and it is thanks to seeing those men and women taking handfuls of ingredients, without weight, without measures.**

The favorite phrase of our elders is... by eye!

Haven't you heard it more than once?

It's surprising that the dishes always turned out just as tasty by doing everything by 'eye', but that's how it is.

**And now that you are not bad with lentils, that pasta has no secrets and that you have even dared with pil pil, the cooking channels do not stop talking about new techniques, unknown ingredients and words that you cannot find in your vocabulary.**

*No matter how little you like cooking, you surely know what frying, sautéing, stewing or peeling is.*

Normal! Gastronomy also evolves, changes, grows, globalizes. We now have new flavors, we learn techniques that are ancestral in other parts of the world and we taste things we didn't even know existed.

In case you got lost a decade ago in all this delicious glossary, in this report we have asked our Burtzeña caterers for soups and, with them, we have prepared a dictionary that you should have on your kitchen countertop!

## From A to F

### A

#### Acidify

*To add another acid to a product (such as lemon or vinegar) to change its flavor.*

#### Arropar

*Technique consisting of covering with a cloth a preparation with yeast, to facilitate fermentation.*

#### Aspic

*Cold dish presented inside a poultry, fish or bovine jelly.*

### B

#### Bake blind

*To bake an empty dough in order to cool it before filling it.*

#### Brush

*Paint a mould with oil to insulate it and allow it to be removed from the mould.*

## C

### Cachear

Method of chopping up potatoes, by sticking the knife in and pulling off pieces without clean cuts. It is used so that they release more starch during cooking.

### Chiffonade

Method of cutting vegetables such as chard or spinach into very thin strips. Also used for aromatic herbs.

### Ciseler

Method of cutting the onion into cubes of about 2 cm.

### Coating

To cover the walls of a mould before filling it so that it is easier to remove from the mould.

### Cocassè

Technique of cutting tomatoes into small cubes.

### Cornet

Use of baking paper rolled up like a cone to draw decorations.

### Coulis

Concentrated food juice obtained by crushing and filtering (can be salty or sweet).

## D

### Darne

Type of cut given to fish. These are slices of about 4 cm in which the skin is kept but the thorns are removed.

### Decanting

Letting a preparation rest so that all the impurities left at the bottom can be removed.

### Duxelles

Mushroom sauce used to stuff other dishes. It is often used in the recipe for sirloin Wellington.

## E

### Ecrasè

Cutting the garlic to extract all its flavour by crushing or mashing it with a knife blade.

### Emulsify

To mix oil with water or stock so that it remains stable.

### Entarascar

Action of over-decorating a dish to the point of overloading it and making it unpleasing to the eye.

## F

### Faisandage or Faisande

Technique in which some game is left to age in a chamber to mature and reach new flavors.

## Flambé

To burn a liquor on a food to give it more flavor.

## Fluting

To decorate by marking the edges of a dough with a fork, fingers or knife.

## Foaming

To remove the excess foam from a dish. Especially when cooking seafood. Some people also call it De-foaming.

## Fricassee

French dish that has become internationalized and is a meat stew with a white base and lemon juice.

## Frighten

To add a cold liquid to a boiling preparation to cut the boiling process.

## From G to Z

## G

### Galantina

To remove all the bones from a fish, meat or poultry to stuff it and shape it during cooking.

### Garnish

To accompany the main ingredient with others that act as garnish.

### Gastric

Type of broth, base of sweet and sour sauces, made by mixing vinegar and sugar.

### Gomasio

Toasted sesame seeds mixed with sea salt that form a tasty condiment.

### Gremolata

Mixture of parsley, garlic and lemon zest.

## H

### Heñir

To mix a dough with one's fists.

## I

### Infuse

Pour a boiling liquid over an aromatic plant to release its flavour.

## K

### Kamut

Flour very rich in gluten but low in fibre with a texture similar to butter.

### Kefir

Fermented milk similar to yoghurt but much more sour.



## Kudzu

*Semolina made from the root of this plant used to thicken sauces.*

## L - M - N

### Lamprear

*To cook meat in wine or flavoured water after having fried or roasted it.*

### Leavening

*The action of raising a dough by the effect of some kind of yeast.*

### Majar

*To crush any food in a mortar or pestle*

### Meuniere

*Fish dipped in flour and fried in butter and lemon juice.*

### Mijoter

*Type of very slow cooking that is done just before boiling.*

### Napar

*To cover a food with a sauce so that it is completely covered.*

## O - P

### Oximel

*Preparation of sauce with syrup texture, used in sweet and sour dishes, with two parts honey and one part vinegar.*

### Panko

*Japanese breadcrumbs, widely used in tempura.*

### Poêler

*Slow cooking by adding fat, aromatic substances and very little liquid.*

### Polishing

*Consists of brushing a food with melted butter, syrup, jam, jelly, oil or egg to give it a shine after cooking.*

## R - S - T

### Risolar

*To fry over high heat and fat a food to finish the preparation in the oven.*

### Ros boule

*Cooking point of the syrup that makes it possible to make hard balls by dripping cold water over it.*

### Roux

*A mixture of butter and flour used for thickening. It is often used in béchamel sauce.*

### Sancochar

*To boil food without salt or spices.*

### Timbale

*Circular earthenware dish used to cook seafood or meat. Sometimes it can be metallic.*

## U - V - W - Z

### Umami

*Fifth taste that does not correspond to the other four.*

### Velouté

*A type of white soup made of broth and bound with roux.*

### Volcano

*Cooking a dough by making a hole in the middle with the hand so that it retains liquids.*

### Wakame

*Seaweed widely used in Japanese cuisine for its powerful benefits for the organism.*

### Wasabi

*Horseradish of Japanese origin, very spicy, used in powder or paste form.*

### Zarangollo

*A type of sauce made from onion and courgette.*

### Zeste

*Candied citrus zest*







EL  
ÁGUILA

SABOREA TU  
LIBERTAD

El Águila recomienda el consumo responsable. Alc. 5,5% Vol.



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