

Let's dive into the Basque cuisine and discover a world of tradition, flavours and identity.

SHALL WE TASTE AND SHARE IT?

Basque people are devoted to tradition and good food, the centre of any social occasion.

The Basque Country is a culinary paradise and it is well known over the world.

It has nearly 40 Michelin stars which means the big quality of it, keeping the traditional food and innovating it. The Basque cuisine is based on ingredients from the Cantabrian sea (fish and seafood) and from the local gardens and farms (vegetables, cereals, meat...). The seasonal and high quality product has also been

taken in mind.

Quality foodstuff can be found in traditional street markets and fairs

The Basque products have also a distinction of quality called K (Basque kalitatea), a certificate which identifies and distinguishes the products. One of the treasures of the Basque cuisine are

"the pintxo" culinary bites which go from the easy and simple ones to the haute cuisine. A tradition of the Basque Country and of course! of our town Galdakao as well.

On Fridays "pintxo pote". It consists of gathering friends and going from one bar to another tasting a "pintxo" and "a pote" (referring to a drink, which could be a glass of wine, beer whatever the customer feels like) at an affordable price, it can cost 1 euro



"Food, in the end, in our own tradition, is something holy. It's not about nutrients and calories. It's about sharing. It's about honesty. It's about identity."

Louise Fresco

"The Txokoak" (Basque gastronomy societies)

Members meet in a society with a complete kitchen for lunch and dinner. They meet with other members, with families and friends and they cook traditional Basque food. Not only do they eat, they also organise cultural activities, sing and talk about current issues.

When you go to a "txoko" it is important to explain that you must be invited by some members of it.

The cooking is made by 2 or 3 of the diners who bring their food for the purpose.

Men only cook and in old times, women were not allowed to get in.

The "txoko" is very similar to Ancient Greek culture "Greek banquets" where they met to talk and make culture and politics. Nowadays, in the Greek cuisine, people gather to talk about current issues, to enjoy, it is a way of life. This is another common custom we have got with our Greek partners.

Then in our homage to the Basque cuisine, we have prepared some recipes which have passed down from parents and grandparents to sons-daughters and grandsons and granddaughters. All of them will participate in their elaboration and we will be very proud to share them with all of you

