



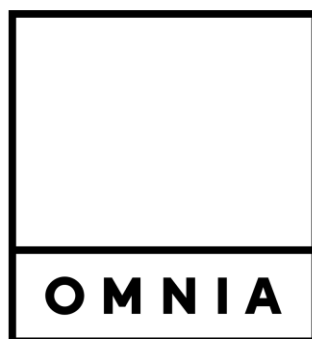
# EUROPEAN LEVEL COMPETENCE AND SKILLS ENTITY – DEFINITION AND STANDARD, BACKGROUND RESEARCH

Interview findings – Themes in  
Spain

Themed findings from the interviews conducted  
in spring/summer 2019 in the context of the  
CORE project.

CORE – Cooking for the future  
WP2, edited by Mary Rose Stafford, ITT

## Partnership:



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Topics/Chefs	Fernando Gonzalez	Josemi Olazabalaga	Borja Etxebarria	Alfonso Rey	Alvaro Gomez
<b>Background</b>	Passion for cooking from early age, worked in the best restaurants in Spain before starting international career.	Long national experience worked in the best restaurants in Madrid in the 90s before his return to Basque Country. Awarded with a Michelin Star in 2016.	Interested in cuisine since he was very young, he has been headchef at Yandiola since 2005 and later Executive chef.	Studied in local catering school in Bilbao, had several experiences in different parts of Spain.	Young talented chef, in charge of one of the busiest restaurants in Bilbao.
<b>Themes</b>	Local products and international dishes.	Basque home kitchen. Try to recover the flavors of the old kitchen.	We start working on a fusion of Basque classic food and new cuisine.	On working days economic menus and weekends we offer a very elaborate menu with recipes from different parts of the world.	Basically Basque cuisine. We run away from topics and try to make it light and healthy
<b>Cooking Techniques</b>	Mainly slow food and so we like wet cooking methods.	Slow food and km 0. Local products mainly.	Part of Bizkaian Association Slow Food. Vacuum pack and low temperature cooking. Classic charcoal grill.	As most of the Basque restaurants we like cooking slow food and KM 0.	Slow food and intensive use of the oven at low temperature
<b>Social Media</b>	For us is very important the social media, we think that today social networks are the image that our business gives to the world. So one of the job of my helpers is up to date all our social networks and apps.	We mainly work with Facebook can be made online form.	We have a cooking blog where we talk about our recipes, international and where our friends / clients write opinions and suggestions.	Advertising in Facebook and Instagram. But only pictures and so commentaries. By the way we have got enough clients so we don't pay so many attention to this.	We opened a web site where our clients can check the menus, prices, recipes, and make reservations.
<b>Career</b>	I love my work and have not limits to the imagination and investment.	We spend many hours in the kitchen not only cooking but also investigating.	The kitchen is my live and always try to transmit this passion to my collaborators	Cooking is a way of life so I am trying to do my best. We are professionals.	We try to mix the pride of being Basque with our kitchen

<b>Special Diets</b>	All our menus have the detail about the level of possible allergens. The most commons of course.	This year we have included allergen data in all the menus	We have some menus without gluten and lactose.	We take care of the gluten.	We don't cook specifically without gluten or lactose. But the client can identify these ingredients at the recipes.
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This material was produced by  
**CORE – Cooking for the future** project



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