



## Activities Es Niu

### Es Niu Popular

**Date and time:** Saturday, 7 November, from 11:30 am to 1:30 pm.

**Activity:** Tasting of Es Niu prepared by our expert chefs: Antonio Estrach, Quim Farrerons and Antonio Izquierdo, with the collaboration and participation of the Escola d'hostaleria Baix Empordà.

**Location:** Plaça Nova.

**Price:** €3 (dish and glass of wine).

**Tickets:** Available at the venue (until stocks last).

### Es Niu brings cooking closer to young people. Workshops “Come and enjoy a workshop full of flavour!”

Each session takes you on a different culinary journey, where you will learn to prepare irresistible dishes while discovering new tips, techniques and ingredients. A fun, creative and delicious experience designed for everyone to take part! For young people aged 12 to 16.

**Location:** Can Genís

#### Dates and themes

- 29 October – Seasonal cooking: cooking with autumn produce such as pumpkin and mushrooms.
- 27 November – Es Niu: discovering this traditional dish from Palafrugell.
- 18 December – Christmas baking: decorated biscuits and nougat!

**Time:** From 5:30 pm to 7:30 pm.

**Price:** Free.

**Professional:** Unax Martinez @unax\_chef.

**Registration:** Download the registration form and send it to [cangenis@palafrugell.cat](mailto:cangenis@palafrugell.cat) or bring it to the office.

**Registration form:** [Download the registration form \(PDF\)](#)



## Es Niu tasting paired with texts by Josep Pla

**Date and time:** Wednesday, 18 November at 7:00 pm.

**Restaurateurs:** Roseta Jorba (Pa i Raïm), David Sadiki (Xadó), Toni Sáez (L'Arc) and Montse Soler (La Xicra).

**Description:** A tasting accompanied by the words of Josep Pla, focusing on specific aspects of the recipe and its preparation, on the small details that make the difference and on the unique personality of each table.

**Location:** Josep Pla Foundation

**Capacity:** Limited.

**Price:** €15.

**Ticket purchase:** [Es Niu tasting paired with texts by Josep Pla](#)

## Es Niu Talk “Recipe and the gastronomic history of Es Niu”

**Date and time:** Thursday, 19 November, at 6 pm.

**Description:** About the recipe and the gastronomic history of Es Niu. Presented by the writer and food critic Salvador Garcia-Arbós, with an introduction by Sandra Bisbe, from the MAP project. For young people and adults.

**Location:** Multipurpose Room of the Palafrugell Library.

**Price:** Free.

**Capacity:** Limited.

**Registration:** No advance registration required.