Institut Màrius Torres, Catalonia

Màrius Torres Secondary School was founded in 1842. The current enrollment for the course 2009/10 is of 1200 students and there are 100 teachers and other school staff. Moreover, Màrius Torres is one of the few secondary schools in our city where you can attend morning and evening classes.

Our students' age range from 12 to 18. We offer the four years of ESO (Secondary Compulsory Education) which comprises the ages from 12 to 16 and the two years of Batxillerat (A levels) comprising ages from 16 to 18. Although Batxillerat is not compulsory, a great deal of our students continue Batxillerat studies. Also, it is worth mentioning that we have quite a lot of newcomers in order to pursue the Batxillerat studies. In our school students can choose from a wide range of Batxillerat modalities: Arts, Science, Technology and Humanistic. When students finish their two years of Batxillerat they have to take the University entrance exams called "Selectivitat".

Màrius Torres Secondary School has many facilities such a well designed and equipped library that serve the requirements of students and teachers. We have a large and fully equipped gymnasium, a Science Museum, Computer labs, Technology and Art classrooms. We have specialized laboratories for Chemistry, Physics, Science and Geology. Students and school staff can meet in a large Cafeteria where we can have homemade meals, snacks and drinks.

Our main objective is to prepare our students to be responsible, critical and creative thinkers, confident lifelong learners, qualities that we strongly believe are essential to succeed in their academic life. We set high expectations for all our members and we maximize outcomes throughout the support we provide in an inclusive and respectful environment. We highly believe in our partnership with parents, the local community and with many institutions outside the school. For that reason all our students are encouraged to take part in a wide variety of activities such as Comenius projects, Orator projects, Literature contests and Maths competitions among others.

Lleida - our City

The city of Lleida is the capital of the province. The presence of the river Segre determines not only the irrigation of the area with a large network of ancient canals and ditches, but also a pioneering hydroelectric industry. For centuries the province has been essentially agricultural: garden, fruit, cereals, fodder and olives constitute the traditional wealth. In the 20th century the industrial sector in the city began to grow and now Lleida shares its activity between industry and the tertiary sector

Moreover, agricultural activity is the basis of a wide range of food processing industries (canning, beer, meat products, etc.) and the construction of agricultural machinery.

The growing development and diversification of manufacturing activities has resulted in the promotion of industrial estates. We emphasize the Gardeny Technology Park in which we host food research centers and new technologies.

Lleida is also the administrative provincial capital, financial and cultural center with several university faculties. We can also say that our city is a major communications centre, due to its geographical location, the motorways and the high speed train Madrid-Barcelona, and the recent inauguration of the Airport Lleida-Alguaire.

Catalonia

It is considered a Spanish autonomous community and a nationality. Located in the north-east of the Iberian Peninsula. It occupies a territory of about 32,000 km^2. It borders France and Andorra to the north, the Mediterranean sea to the east, Valencia to the south and Aragon to the west. This strategic location has led a very intense relationship with the territories of the Mediterranean and the Continental Europe.

Catalonia enjoys a Mediterranean climate, but it has large temperature variations between the coastal slopes with a mild climate, the interior with a Mediterranean-continental climate and the mountain areas near the Pyrenees with a climate of high mountain.

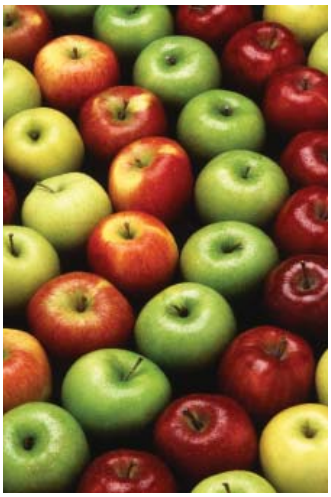
Catalonia comprises the provinces of Barcelona, Girona, Tarragona and Lleida. Barcelona is the capital city. From a demographic point of view there are 7,364,078 inhabitants. Two thirds of the population live in the metropolitan region of Barcelona.

Catalonia has a distinctive culture, that is based on its own language, history and traditions. The Catalan nation and culture started to develop in the Middle Adges and had its own rule until 1714. Under the Franco dictatorship Catalan language was, until the 1970th, excluded from the state education system and all other official and public use, including the prohibition of giving children Catalan names.

Fruit

What is the nutritional value of FRUIT?

Eating fruit is essential to human health. Here are some of the benefits of eating fruit:
Fruit provides your body with a supply of good vitamins and enzymes. Obviously, the different types of fruit have different attributes. But, in general, most fruit supplies fresh vitamins, minerals and enzymes. Fruit is also an excellent source of natural fibre. If you eat apples, pears ... you'll find the nutritional fibre in the pulpy parts.
The most common vitamin in fruit is Vitamin C and this is very important because our bodies neither store nor manufacture it. Vitamin C protects against heart diseases and the "free radicals" which play a part in ageing and cancer. The best Vitamin C can be found in oranges, lemons, grapefruit, kiwi fruit, mangoes.
Fruits of a deep yellow or orange colour are sources of beta carotene. Fruit is also rich in Vitamin A, another important vitamin for the immune system , for good vision and bone growth.
Another nutritional value of fruit is that it is a rich source of essential minerals: potassium, phosphorus, calcium, magnesium and iron.
Potassium helps the body to cleanse itself from impurities and maintain a powerful energy system. We can find potassium in: bananas, blackberries, oranges, avocados.
Calcium is a very necessary mineral for the bone development and maintenance. It is found in: blackberries, strawberries, oranges, kiwi fruit.
Magnesium is important for bones and nerves. And Iron, is also very essential mainly for girls. It is found in: strawberries, grapes, blackberries, kiwi fruit, bananas, raisins.
So, as you can see FRUIT is essential. The World Health Organisation recommends at least five servings of fruit per day.
Bon profit!



Bread with Tomato

Ingredients

four slices thick crusty Catalan bread
one tomato, halved
one clove garlic, halved
extra virgin olive oil
sea salt

Steps to prepare the bread with tomato

Grill or toast the bread slices.
Rub grilled bread with garlic halves.
Rub the tomato halves into the toast to soak the surface.
Drizzle with the extra virgin olive oil.
Then, sprinkle some salt.
It's delicious!

Pa amb Tomàquet

Ingredients

Quatre llesques de pa de pagès
Una tomata, per la meitat
Un all partit, per la meitat
Oli d'oliva extra verge
Sal marina

Procediment per a preparar el pa amb tomàquet

Torra les llesques de pa de pagès.
Suca el pa torrat amb all.
Suca tota la superfície de la torrada amb tomàquet.
Amaneix amb oli extra verge d'oliva.
Després afegeix la sal.
És boníssim!

Students in Lleida (Spain)

Pears with Wine

Ingredients

wine
sugar
1 clove
cinnamon
lemon or orange peel

Steps to prepare the Pears with wine

Put the wine in a saucepan and add the sugar.
Add the cinnamon.
Put everything on the fire.
Peel the pears. Add them to the saucepan and let them there for about 10 minutes.
When the pears are cooked, put them in a bowl in the fridge.

Peres amb Vi

Ingredients

Vi
Sucre
1 clau d'olor
Canyella
Pela de llimona o taronja

Procediment per a preparar les Peres amb vi

Posa el vi dins un recipient i afegeix el sucre.
Afegeix la canyella.
Posa-ho tot al foc.
Pela les peres. Afegeix-les al recipient i deixa-ho coure durant uns 10 minuts aproximadament.
Quan les peres estiguin cuites, posa-les en un recipient dins la nevera.

Santa Teresa Toast

Ingredients

milk (¼ litre)
dry bread (8-10 slices)
2 eggs
olive oil
cinnamon
sugar

Steps to prepare the Santa Teresa toast

We pour the milk in a bowl and we add a bit of cinnamon. We make the milk boil.
We put the slices of bread in the bowl with the milk to absorb it. At the same time we put olive oil in a frying pan. Then we beat the eggs and we put the toast in the beaten eggs. Finally, we put the toasts in the frying pan.
Then, we put the toasts in a dish with kitchen paper to eliminate the excess of olive oil from the toast. Afterwards, we add to the toasts some sugar and cinnamon.
We only need to wait for a while and - they are ready to be eaten.

Torrades de Santa Teresa

Ingredients

Llet (¼ litre)
Pa sec (8-10 llesques)
2 ous
oli
canyella
sucre

Procediment per a preparar les Torrades de Santa Teresa

Fiquem llet dins un recipient i afegim una mica de canyella. Fem bullir la llet. Posem les llesques de pa dins el recipient amb la llet per a que l'absorbeixi. Mentrestant, fiquem oli d'oliva en una paella. Batim els ous i fiquem les llesques de pa a dins la paella amb l'ou batut.
Després, posem les torrades en una safata amb paper de cuina per a eliminar l'excès d'oli de les torrades. Afegim sucre i canyella pel damunt de les torrades i només ens cal esperar una mica per a menjar-les.

Comenius meeting in Lleida (Spain)

Spinach Parcels

Ingredients

1 kg spinach
100 g raisins
50 g pine kernel
olive oil
salt
black pepper

For the pastry

½ kg flour
a glass of water
15 g yeast
a pinch of salt

Steps to prepare the Spinach parcels

Rub the spinach leaves with salt to remove all the water.
Add olive oil, pepper, garlic, pine kernels and raisins. Put all in a saucepan.
Put the flour, the glass of water and a pinch of salt in a bowl and beat them for about 15 minutes.
Add to this mixture the yeast and beat all for a minute. Once the dough is ready leave it aside.
Let the dough stand covered with a cloth.
Cut the dough into pieces.
Spread each bit of dough and put inside the spinach mixture. Cover the spinach mixture with the dough.
Put all the spinach parcels into the oven for about 15 minutes (250 ^{0}C).

Panadons d‘Espinacs

Ingredients

1 kg espinacs
100 gr de panses
50 gr de pinyons
oli d’oliva
sal
pebre negre

Per la pasta

½ kg farina
1 got d’aigua
15 gr llevat
un pessic de sal

Procediment per a preparar els Panadons d‘espinacs

Frega les fulles d’espinacs amb sal per treure’n tota l’aigua
Afegeix l’oli d’oliva, el pebre, els alls, els pinyons i les panses. Posa-ho en un recipient.
Posa la farina, el got d’aigua i una mica de sal en un recipient i ho bats tot durant 15 minuts.
Afegeix el llevat i ho tornes a batre tot durant un minut. Un cop la massa estigui a punt, deixa-la reposar.
Talla la massa en trossos.
Estira la massa amb un corró i fica dintre la barreja d’espinacs. Ho cobreixes amb la mateixa massa.
Posa els panadons d’espinacs al forn durant uns 15 minuts (250 ^{0}C).

St. John‘s Pastry

Ingredients

6 whites (eggs)
6 yolks (eggs)
150 g rice flour
150 g sugar
butter

Steps to prepare St John‘s pastry

Put the 150 g of sugar in a bowl. Add the 150 g of rice flour.
Spread the butter in the baking pan.
Beat the 6 whites and add them to the sugar and rice flour. Beat them all.
Beat the 6 yolks and add them to the mixture.
Then, put all the mixture in the baking pan.
Turn on the oven (200 ^{0}C)
Put the mixture into the oven for about 20 minutes.
Take the mixture out.
30 minutes later, add the fruit (bits of cherries, oranges ...) on the mixture.

Coca de Sant Joan

Ingredients

6 clares d'ou
6 rovells d'ou
150 gr de farina d'arròs
150 gr de sucre
mantega

Procediment per a preparar la Coca de Sant Joan

Posa els 150 gr de sucre en un recipient. Afegeix la farina d'arròs.
Posa mantega al motlle.
Bat les 6 clares i afegeix-ho al sucre i a la farina d'arròs. Barreja-ho tot.
Bat els 6 rovells i afegeix-los a la mescla.
Després, posa la mescla al motlle.
Encén el forn (200 ^{0}C).
Posa la mescla dins el forn durant uns 20 minuts.
Treu-ho del forn.
30 minuts més tard, afegeix la fruita (trossos de cireres, taronja ...) damunt la massa.

Sugared Almonds

Ingredients

a cup of almonds
a cup of sugar
a cup of water

Steps to prepare the sugared almonds

Put the almonds, sugar and water into a saucepan. Turn on the fire. Stir all with a wooden spoon. When the liquid starts to thicken and the sugar sticks to the almonds it is time to turn off the fire and let everything to cool for a while.

Ametlles Garapinyades

Ingredients

Una tassa d'ametlles
Una tassa de sucre
Una tassa d'aigua

Procediment per a preparar les ametlles garapinyades

Es fiquen les ametlles, el sucre i l'aigua a la cassola. Ho fiquem al foc. Es remena amb la cullera de fusta. Es deixa al foc fins que el sucre es caramelitza, mentre no es para de remenar fins que el sucre s'enganxa a les ametlles. S'aboca per a que es refredi.

Grilled Vegetables

Ingredients for 4 or 5 people

4 aubergines
4 red peppers
2 gloves of garlic
1,5 dl olive oil
1 tablespoon of vinegar
salt

Steps to prepare Escalivada

Char-grill or barbecue the peppers and the aubergines until they are soft and cooked, then transfer to a bowl, cover with a cling film and wait for 15 minutes. Peel and wash both, removing seeds from the peppers and tear into large pieces. Remove stem end of aubergine and tear lengthways into pieces. Place char-grilled vegetables on a large platter or in separate bowls. Put the two gloves of garlic and a pinch of salt into a mortar and, using a pestle, pound into a smooth paste, add the oil and the vinegar. Season with the garlic, oil, vinegar and salt mixture over the grilled vegetables.

*A barbecue is ideal for making Escaliva, as roasting the vegetables in a conventional oven does not really have the smoky flavour that is the essence of the dish.

Escalivada
This word comes from the Catalan word escalivar, meaning "to char" as the vegetables were traditionally cooked over embers.

Escalivada

Ingredients per a 4 o 5 persones

4 albergínies
4 pebrots vermells
2 grans d'all
1,5 dl d'oli
un rajolí de vinagre
sal

Procediment per a preparar l'Escalivada

Poseu les albergínies i els pebrots directament sobre les flames del foc (també es poden posar al forn amb el grill encès), tot fent-los rodar sovint, fins que la pell quedi negra, gairebé cremada. Quan estiguin al seu punt, emboliqueu-los una estona amb un drap, i després peleu-los, traieules llavors i netegeu-los sota l'aixeta. Talleu-los a tires i presenteu-los en una safata amb els alls picats, amanits amb sal, vinagre i oli.

Coca de Recapte

Ingredients

1 egg
1 small glass of olive oil
1 small glass of wine
flour

Ingredients to garnish

fried tomato
sausages, herrings ...

Steps to prepare the „Coca de recapte“

Put the egg, olive oil and wine in a bowl.
Add the flour.
When the dough does not stick, it is ready to stretch it.
Put the stretched dough on a tray.
Put a layer of fried tomato.
And add sausages, herrings ... as you like it.

Comenius meeting in Lleida (Spain)

Coca de Recapte

Ingredients

1 ou
1 got petit d'oli d'oliva
1 got petit de vi
Farina

Ingredients per a la guarnició

Tomata fregida
salsitxes, arengades ...

Procediment per a preparar la Coca de recapte

Posa l'ou, l'oli d'oliva i el vi dins un recipient
Afegeix la farina.
Quan la massa no s'empegui als dits, és hora d'estirar-la.
Posa la massa estirada en una safata.
Afegeix la tomata fregida damunt la massa.
Afegeix les salsitxes, les arengades...al teu gust.

Comenius meeting in Lleida (Spain)

Paella

Ingredients

½ bowl of rice per person
olive oil
onion
red pepper
2 artichokes
2 tomatoes
1 litre of fish stock
king prawn
10-12 squids
6 sausages

Steps to prepare the paella

Heat the fish stock (a couple of minutes in the microwave).
Clean the shrimps, the small squids and cut them into pieces.
Peel and cut the onion and the red pepper.
Put olive oil in a saucepan and when it is a bit hot, fry the prawns. When they are golden, put them on a plate.
With the same olive oil, fry the sausages. When they are golden, put them on a plate.
Fry the squid and put it on a plate, too.
With the same olive oil, fry the onion, the red peppers, artichokes and then add the tomato.
Add the squid and the sausages (previously cut into small pieces).
Add the rice.
Let the rice boil for about 10-15 minutes. You can add fish stock if it is necessary.
Put shrimp on rice to garnish the paella, when the rice is cooked.

Paella

Ingredients

½ tasseta d'arròs per persona
Oli d'oliva
ceba
pebrot vermell
2 carxofes
2 tomates
1 litre de brou de peix
gambes llagostines
10-12 calamarsets
6 salsitxes

Procediment per a preparar la paella

Calenta el brou de peix (un parell de minuts al microones).
Neteja les gambes, els calamarsets i talla tot en trossos petits.
Pela i talla la ceba i el pebrot vermell.
Posa oli d'oliva dins la paella i quan està calent, afegeix les gambes. Quan estan dorades, posa-les en un plat.
Amb el mateix oli, fregeix les salsitxes i els calamarsets, i segueix el mateix procediment.
Fregeix la ceba, el pebrot vermell, les carxofes i afegeix la tomata.
Afegeix els calamarsets i les salsitxes (tallat tot en trossets petits)
Afegeix l'arròs.
Deixa bullir l'arròs durant 10-15 minuts. Pots anar afegint brou de peix si ho consideres necessari.
Posa les gambes sobre l'arròs cuit com a guarnició.

Catalan Cream

Ingredients for 4 or 5 people

1 litre of milk
1 branch of cinnamon
a piece of lemon peel
8 tablespoons of sugar
6 egg yolks
5 tablespoons of cornstarch

Steps to prepare the Catalan cream

Put 3/4 l of milk, the cinnamon, the sugar and the lemon peel in a pot, boil the mixture for 4 or 5 minutes. Mix the remaining milk and the cornstarch in a bowl. Beat the egg yolks and add them to both mixtures. Cook over the mixture a low heat for about 10 minutes and do not stop stirring until the mixture thickens. Turn off the heat but keep on stirring for 2 more minutes. Put the cream in individual sized bowls and let it cool. Before you eat, sprinkle a thin layer of sugar over the top of the cream and burn it with a very hot iron to get caramel.

Crema catalana

Ingredients per a 4 o 5 persones

1 litre de llet
1 branca de canyella
Una pela de llimona
8 cullerades de sucre
6 rovells d'ou
5 cullerades de midó

Procediment per a preparar la crema Catalana

Poseu 3/4 l de llet, la branca de canyella, el sucre i un tros de pell de llimona en una cassola a bullir durant 3 o 4 minuts. Barregeu la resta de la llet i el midó en un altre cassó. Mescleu-ho tot i afegiu-hi els rovells d'ou ben batuts. Després, poseu-ho en un cassó al foc, removent sense parar durant 10 minuts fins que bulli. Apagueu el foc però continueu remenant durant 2 minuts més. Poseu la crema en cassoletes individuals i deixeu-la refredar. Quan l'aneu a servir, empolvoreu-la amb el sucre i cremeu-lo amb la pala adient de ferro, la qual haureu posat al foc fins que hagi quedat roent; d'aquesta manera es formarà una fina capa de caramel.