
LA GASTRONÒMICA

CREATORS OF EXCITING FOOD AND
WINE EXPERIENCES

PRESS KIT

LA
GASTRONÒMICA



SHARING IS OUR RECIPE

COMPANY PHILOSOPHY

La Gastronòmica is all about wine, cuisine, health, and awakening the senses. Every service we offer is deeply engaging, with attention to detail and personal interaction at the heart of each experience. Our commitment to the local land, its culture, and sustainability is evident in everything we do.

We take pride in being ambassadors of our region, its products, and its producers. We bring active tourism from Catalonia to the world, transcending borders to tell the story of where we come from, what we have, and who we are. At La Gastronòmica, sharing is our secret ingredient.

We present bold proposals with a strong humanistic value, such as pairing wines with cello performances in a 12th-century church, a traditional boat trip along the Costa Brava with a private chef on board, blind tastings that lead to a surprising sensory journey, poetry recitals paired with local wines, tastings of the finest Empordà wines in various European cities, and talks in the U.S. to showcase the quality and potential of our region... and so much more.

We bring music, theater, poetry... We bring knowledge, sharing the story of our food and wine culture while moving the soul. Our goal is to convey the richness of our region in a way that is accessible, engaging, educational, and fun.

WHO ARE WE?

CLARA ANTÚNEZ



Woman of wine, curious, sensitive, and dynamic.

Graduated in Human Nutrition and Dietetics, with a Master's in Gastronomic Communication and Sommelier.

She is responsible for the design, creativity, and production of services and experiences at La Gastronòmica.

With over 14 years of experience in the wine and culinary world, she has primarily focused on communication and education. She is a regular contributor to the Catalunya Radio program *Un Restaurant Caníbal a Berlín*, has written numerous articles for *Cuina* magazine, authored five books on wine and gastronomy, and has taught over 1,000 hours in the field.

A highly skilled educator and expert on local products, both food and wine.

He comes from the healthcare field. A graduate in Physiotherapy, he started his own medical practice with just one treatment table at home, gradually growing it into a team of professionals dedicated to caring for people.

Trained as a chef at the prestigious Hofmann Cooking School in Barcelona, he has spent the last ten years balancing his profession with his true passion: gastronomy.

Caring for people runs in his blood. Now at La Gastronòmica, he designs special and exciting experiences where people are at the heart of everything.

He is responsible for strategic planning and oversees the financial management and commercialization of La Gastronòmica's products and services.

JAUME MONTANYÀ



Restless and provocative gastronome.

She is the latest addition to La Gastronòmica.

A graduate in Tourism with a Master's in Cultural Tourism Management, specializing in gastronomic tourism.

She manages the company's online presence and social media, as well as planning and executing some of our experiences.

With a deep passion for promoting Catalan culture and a love for small, soulful projects, she brings contagious enthusiasm and a strong desire to learn and grow within the industry.

JÚLIA MARTÍNEZ



Passionate about culture and gastronomy..

FOOD & WINE EXPERIENCES

It's not just what you do, but how you do it. We love wine and gastronomy as a form of cultural expression. In our country, no social gathering or celebration is complete without a good meal paired with unique wines. This is the spirit behind our offerings, as our motto is to share Catalan gastronomic culture. That's why we create exciting food and wine experiences—personalized activities where quality, knowledge, and sensory experiences take center stage.



VIVIVI

A wine tasting paired with live musical pieces from all eras, ranging from classical to pop rock. A captivating performance of strings and wines.

A sommelier will delight us with the stories behind each wine, while two string instruments (violin and/or cello) take us on a journey through music history. It becomes a dance of wine and sound that will touch your soul.

Genuine, vibrant, and full of flavor!

**Award-winning experience of the 2024 Vinari Prize for the best solidarity wine tourism activity in collaboration with the Empordàlia winery.*

POPI EXPERIENCE

A day of sailing along the Costa Brava, anchoring in a stunning cove to relax, sunbathe, snorkel, or enjoy paddleboarding.

The experience continues with our private chef service on board, offering a full tasting menu featuring fresh seafood from the Palamós fish market, vegetables from nearby farms, and a wine tasting of the finest wines from Empordà.



SEAROAD EXPERIENCE

A stroll along one of the best coastal paths on the Costa Brava, guided and accompanied by a tasting of local products.

On this journey, we will encounter unique and beautiful spots, sharing their intriguing legends along the way. On our return, we'll make a stop at a hidden and exclusive location for a tasting of Empordà wines and delicacies of local produce. It's a moment to relax, admire the scenery, and create lasting memories...



TEAMBUILDINGS

At La Gastronòmica, we understand that gastronomy is a powerful tool for fostering team cohesion and energy. That's why we also specialize in corporate activities and team-building events, using gastronomy as a unifying thread to design dynamic and engaging experiences. Our goal is to enhance team unity and spirit within companies, helping them achieve their business goals through exciting and enriching events.



MAKE YOUR OWN WINE

In this team-building activity, participants will immerse themselves in the world of oenology. Guided by a sommelier, they will explore different wine varieties and create their own ideal blend.

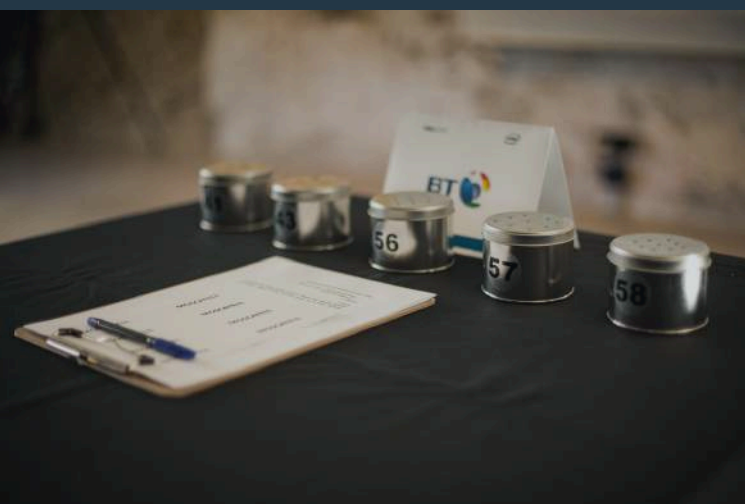
With access to all the necessary materials to craft a wine, design an appealing label, and develop a compelling story, each team will compete to prove who deserves the title of best wine created.

TAPAS CHALLENGE

A gastronomic team-building event where teams compete to create the most innovative tapas.

Each team will have a limited time to conceive an original and exquisite *tapa*, with the opportunity to select ingredients from a wide range of available products.

They can experiment with unique presentations, explore unusual flavor combinations, and even weave stories related to their dishes, all in an environment of creativity and collaboration.



LA GASTRO QUIZ

An engaging competition where each team must showcase their knowledge across various areas: the company, general culture, oenology and gastronomy, music, and much more!

With friendly competition and plenty of fun, La Gastro Quiz will have teams laughing, tasting, smelling, dancing, and connecting like never before.

A perfect blend of knowledge, competition, and enjoyment!

FORMATION AND LECTURES

We are passionate about sharing knowledge and the richness of gastronomic culture through a wide range of activities. We believe that we can only truly appreciate what we know, and we strive to convey that knowledge from its roots and essence. We offer educational courses, inspiring lectures, and publish specialized works, always maintaining rigor and simplicity as our core principles. Our goal is to inform, inspire, and foster a deeper appreciation of wine and gastronomy.

TRAINING COURSES

We offer a wide range of training options, including professional sommelier courses and gastronomic sessions aimed at both amateurs and professionals.

Our programs range from introductory workshops for cooking and wine enthusiasts to advanced courses for chefs and hospitality students.

With a practical, participatory, and up-to-date approach, we ensure an educational experience that enhances skills and nurtures gastronomic talent.

CONFERENCES

We organize conferences and participate as speakers at events where local territory and culture are central themes. Our presentations highlight the richness of local gastronomy, connecting culinary traditions with regional identity, and offering attendees an enriching perspective.



MEDIA AND PUBLICATIONS

We have published various works on wine and gastronomy, including three wine tourism guides, two books on wine, and a book on traditional Catalan cuisine in three languages. Clara Antúñez Ferrer is the author of these publications.

Additionally, we regularly collaborate with media outlets such as Catalunya Ràdio, Revista Cuina, La Vanguardia, and Vadevi. Our goal is to spread knowledge about wines and gastronomic products, promoting the richness of our culinary culture.



IMAGE GALLERY



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CONTACT

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