



The traditional cooking course organised by the Office of Heritage of the Consell de Formentera and Es Forn Gastronomic Association in the kitchen of Sant Ferran de ses Roques Primary School ended yesterday with a session on *flao*. All told, roughly 80 people came out over the last three months to prepare traditional recipes such as *sofrit pagès*

,  
*guisat de peix*  
,  
*bullit d'ossos*  
,  
*peix escabetxat*  
and  
*flao*  
.

In attendance at the final session, Raquel Guasch, heritage councillor, congratulated and thanked the cooks of Es Forn — "not only for the success of this first traditional cooking course, but for their dedication and clear passion for passing on Formentera's hometown fare, which is undoubtedly a very important part of our heritage".

*29 March 2023*  
*Office of Communication*  
*Consell de Formentera*