

Barcelona: Gastronomy

Among the best-known recipes of Barcelona there are stews, as **La escudella i carn d'olla**, made of vegetables, rice, noodles and potatoes, **Cocido con judias blancas**, of Butifarra (a typical regional sausage), Pilota (a preparation of beef), bread, eggs and white beans, **Faves a la catalana**, **Botifarra amb monjetes** and **Arroz a la cazuela**, a dish similar to the famous "*Paella Valenciana*".

Fish specialities are "**Zarzuela**", a dish of the same name like the Spanish operetta and made of cuttlefish, mussels and prawn, and its more luxurious version, "**La Opera**", additionally with lobster. Both of them obviously dishes that will make sing your palate...

Typical desserts are **Crema Catalana**, **Mel i mato** (of curds and honey), and the **Postre del Musico** ("dessert of the musician") with pine-kernels and raisins.

Specially remarkable among the **wines** of Catalonia are the red wines from **Peralda**, **Alella**, **Priorat** and **Tarragona**, white wines from **Penedés** and of course the famous **Cava** (sparkling wine).

Burgos: Gastronomy

The most famous food of Burgos is certainly that fresh cheese with slight goat-milk-flavor, called "**Queso de Burgos**", which is extremely popular not only here but in most other regions of Spain. Here you can try the original...

But the cuisine of this town has high reputation also for a variety of other recipes: **Roasted lamb**, **chopped pork**, **blood pudding**, **red beans** (called Ibeas) and **hotpot**.

There are excellent fish-dishes as well: **river crab salad** and **codfish á la Burgalesa** are specialities of this region.

Cordoba: Gastronomy

Olive oil, being produced in big quantities around Cordoba, is an important ingredient of many typical dishes.

Gazpacho and **Salmorejo**, delicious and refreshing cold soups made mainly of mashed vegetables and olive oil, are the indispensable first dish during the hot season.

Equally indispensable is **Jamon**, cured ham, which is produced in extraordinary quality specially in *Valle de los Pedroches*. **Salchichon de Pozo Blanco**, a typical sausage, **Caña**

de Lomo and **Morcilla**, blood sausage, are more specialities.

Despite of the hot climate, there are of course as well warm dishes: you should try specially the ragouts of oxtail, **Estofado de Rabo de Buey**, and of lamb, **Cordero en Caldereta**

The typical desserts mostly show Arabian influences: **Alfajores**, made of almonds and honey, **Pestiños**, a sweet fried in oil and covered with honey, and **Pastel Cordobes** are the best known.

Granada: Gastronomy

Granada's geographic location, between the mountains and the sea, explains its rich and varied kitchen:

From the high mountain ranges around Granada comes the perhaps best known speciality of the region, the reputed **Jamón de Trevelez**, a ham that is cured in the snow.

Ajo Blanco is a delicious cold soup made of almonds, original from the coast. There you have to try as well **Espetones**, sardines grilled at the barbecue.

In the mountain range **Sierra de Alpujarra** are well-known **Migas Alpujarreñas**, made of fried pieces of bread, and **Pollo con Tomate**, chicken in tomato sauce.

Original from the town itself are **Tortilla al Sacromonte**, the local version of the "spanish omelette", **Habas Fritas con Jamon**, fried beans with cured ham, and **Pollo al Ajillo**, chicken with garlic.

The desserts are mostly of Moorish tradition, often made of almonds and honey, like **Torta Real** and **Pestiños**. **Tocinos de Cielo**, made of yolks of egg, are a speciality of the village Guadix. Well known are also the creme-filled **Piononos** from Santa Fe and the **Roscas** from Loja.

Madrid: Gastronomy

Since Philip II made Madrid the capital of Spain, numerous recipes and influences from all the regions of the country entered in its kitchen. Today it is practically impossible to say which dishes are *original*, and which are imported. Today Madrid offers more a *Spanish* than a regional kitchen.

The dishes that are called *madrileño* in Spain, are mainly hotpots, as the well-known **Cocido Madrileño** with chick-peas. Among regional specialities have to be named the delicious **asparagus from Aranjuez** and the very typical **Sopa de Ajo**, a soup of garlic.

There are many dishes of lamb and veal, but - perhaps a bit surprising considering its

geographic location - Madrid is a real paradise for the lovers of any kind of fish. It has the second biggest fish market in the world (behind Tokyo), and as well in shops as in many Restaurants you will find an ample selection and extraordinary quality.

Ideally fitting to such a meal are the young and aromatic wines from the region, **Vinos de Madrid**. To finish your dinner in a very typical way, try a cup of **Anisado de Chinchón**, anisette schnapps.

Traditional sweets are the **Roscas de Santo**, which are made specially for for the *Festival of San Isidro*.

Malaga: Gastronomy

The *cuisine* of Malaga is light, healthy and typically mediterranean: **Shrimps** in all variations, roasted or boiled, and **Pescaito Frito**, fried fish, are among the major attractions. A regional speciality are **Chanquetes**, very small fishes of the family of anchovies. **Boquerones in Vinagre** are other small fishes which are put into marinade for a day or so, a delicious and very refreshing dish.

In the mountain-ranges close to Malaga, on the other hand, you'll find dishes of game, sausages and the famous "**Rabo de Toro a la Rondaña**", bull's tail prepared in the style of the small town *Ronda*. Vegetarians appreciate the fresh and mature vegetables of the region.

But Malaga's perhaps most famous recipe is another variation of those cold soups or *Gazpachos*, which are that typical for all Andalusia: **Ajo Blanco** is a fine cream of almonds, garlic and olive-oil.

The sweets mostly show Moorish influence and are frequently prepared of almonds and honey. Among the best known are those very popular Christmas-cakes, **Alfajores** and **Polvorones**, and a regional speciality with a quite promising name: "**Bienmesabe**" means simply *that tastes*

Pamplona: Gastronomy

To speak of the *cuisine* of Pamplona means to speak, in a wider sense, of the *cuisine* of all Navarra, which has an excellent reputation and is extremely varied thanks to the characteristics of its landscapes.

Specialities from the mountain-ranges are several preparations of **game**, usually in tasty sauces, as well as **salmon** and **trout**. An original recipe is trout filled with cured ham.

Also **Pochas de Sangüesa**, a very delicious kind of beans of high reputation, are the base

of many typical dishes.

The region of *Tierra de Estela* is famous for its dishes of lamb and goat: *Asados de Cordero*, *Cabrito* and *Cordero en Chilindrón*.

Ribera has delicious vegetables, like the mild *Pimientos del Piquillo* (red pepper) and *Asparagus*, as well as an original preparation of fish in a sauce of garlic and paprika, called *Ajoarriero*.

Combining ideally with the dishes mentioned above are the well-known wines of the region, *D.O. Navarra*.

Salamanca: Gastronomy

The *cuisine* of this region is of high reputation in all Spain. Certainly many typical dishes have been influenced by the nearby mountains and cold winters:

Cochinillo al Fuego, roasted porkling, **Chafaina**, rice with meat and "*Chorizo*"-sausage, meat pies like **Hornazo** and **Chichas** are among the best known recipes. Among sweets **Chochos**, with anisette, are outstanding.

Several typical products of the province are appreciated for their high quality: **Cured ham** from **Guijuelo**, **cheese** from **Hinojosa del Duero**, **Alubias**, a delicious kind of beans, from **La Alberca** and **almonds**, the so-called *Almendras de Santa Teresa*, from **Alba de Tormes**.

Roasted goat meat from the mountain range **Sierra de Francia** is considered a speciality, as **Calderillo bejarano**, a ragout of meat and potatoes, from **Sierra de Bejar**. In **Ciudad Rodrigo** they make a delicious sausage of almost white colour, called **Farinato**.

Santiago de Compostela: Gastronomy

To speak about the cuisine of Santiago is not possible without taking into consideration the cuisine of the entire region of *Galicia*, which has an outstanding reputation in all Spain. Most typical is fish, which exists here in extraordinary quality.

The **Saint Jacob's Shell**, *Viera*, is not only the symbol of the town, but also a first rate speciality. The same has to be said about **Pulpo á la Gallega**, cuttlefish prepared with paprika. Another well-known dish is **Empanada Gallega**, a pie of fish, meat or vegetables.

Among sweets **Tarta Compostelana**, a tart of almonds, is most famous.

The wines of the region have a great reputation too, specially **Ribeiro**, young and fresh, but don't leave out the chance to try as well **Fefiñanes**, **Betanzos**, **Rosal**, **Valdeorras**, **Ulla** and **Amandi**.

Seville: Gastronomy

Seville's typical dishes mostly are relatively simple to prepare, but extraordinarily tasty. Those are some of the best known:

Gazpacho, the famous cold "soup", a vegetable-cream made of tomato, cucumber, paprika, garlic, olive-oil, vinegar and bread; **Pescado frito**, fish turned around in flour and fried in olive-oil; **Huevos a la Flamenca**, a fried egg in a sauce of tomato and **Chorizo** (a spicy typically Spanish sausage); **Cocido Andaluz**, a "hot-pot" made of chick-peas and different vegetables; **Rabo de Toro**, a ragout of bull's tail.

The numberless bars of this city use to offer so-called **Tapas**, "mini-dishes" for the small hunger. Each local has its own "house-specialities", but some recipes you will find almost everywhere: **Huevas**, fish-eggs either with mayonnaise or *Sauce Vinaigrette*, **Pinchos Morunos**, very spicy spits of meat, **Pavías de Pescado**, marinated fish fried in olive-oil, **Caracoles**, snails in a tasty sauce, **Jamon**, cured ham, and of course the fantastic **olives** of the region. The great local wines, **Jerez** (sherry), **Manzanilla** and **Montilla** are a perfect match to all those dishes.

The traditional sweets are mostly of Moorish influences and are prepared often with honey, but also with wine. Very well known are **Torrijas** and **Llemas de San Leandro**.

Toledo: Gastronomy

Toledo's cuisine, fitting to the character of the town itself, puts you back into long gone times, and the dishes seem to be served out of one of Velazquez's still lifes. Recipes are influenced by the region's long tradition of hunting and cattle-breeding, but show Moorish influences as well.

Quails are some of the most extraordinary pleasures for delicate palates. They are usually served either stuffed, **Perdiz Estofado**, or together with a particular kind of beans, **Perdiz con Pochas**.

Very typical are as well **lamb**, fried or boiled, **Cordero Asado** or **Cuchifrito**, and the potato-omelette **Tortilla a la Magra**.

But there are two products in particular that have made Toledo's cuisine internationally famous: **Queso Manchego**, a very mature cheese often made of ewe's milk, and **marzipan** which is produced here in extraordinary quality and exported into many countries.

The wines of the region, *D.O.C. La Mancha* or *Mentrida*, are of high reputation as well.

Valencia: Gastronomy

Sun and oranges, delicious seafood, vegetables and very good wines **D.O. Utiel-Requena** and **D.O. Valencia** ... those are catchwords characterising one of the finest cuisines of Spain. Also rice which is produced here in large quantities is a protagonist in many typical dishes. The *Valencianos* understood to combine those ingredients to perfect masterpieces, **Paella Valenciana** being the most famous example.

There are many variations of this recipe, and even experts cannot determine which one is the *original* Paella. Best known is what *Valencianos* call **Paella Marinera**: rice with saffron, sea-food and vegetables. Often is added chicken to it (**Paella Mixta**). The Paella which *Valencianos* use to call *Valenciana* is all different: it consists of chicken and snails (plus the base of course, saffron-rice and vegetables).

By the way, a really good Paella you cannot make at an electric range, but on charcoal-fire in a flat pan of impressive diameter, called *Paellera*. After all the ingredients have been added you cannot stir it around anymore. Only artists of cuisine neither burn the dish nor serve it crude - but then results are overwhelming.

Fideuá is similar to Paella, but the rice is replaced by a particular kind of noodles. Another speciality is **Arroz Negro**, "*Black Rice*", which debts its color to the ink of cuttlefish.

If you need a refreshment somewhen, try a drink called **Horchata**. It is made of the milk of a plant called *Chufas* (somewhat similar to rice) and is served ice cold.

Zaragoza: Gastronomy

Some of the best known regional specialities are: *Bacalao al Ajoarriero*, cod-fish with garlic and eggs, *Huevos al Salmorejo*, eggs with a sauce of asparagus, *Longaniza de Fuentes*", a highly appreciated kind of sausage, *Ternasco Asado*, roasted veal, *Pollo a la Chilindrón*, chicken in a sauce of cured ham, tomatoes, onions and paprika, *Cordero a la Pastora*, "Lamb Sheppard's style", *Lomo de Cerdo a la Zaragozana*, cutlett, and *Recao*, made of beans, potatoes and rice.

The excellent wines of the region, *Cariñena*, *Borja*, *Paniza*, *Lecera* and *Valle de Jalón*, are a perfect company to the recipes mentioned above.

Traditional sweets are *Turrones*, *Roscones* and *Mostillo*.