

GASTRONOMY *in Spain*



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INTRODUCTION

SPAIN LIVES FOR ITS FLAVOURS
SPAIN IS FOR DRINKING, EATING
AND FEELING



Get yourself ready for a journey through Spain's delicious cuisine.

Spain has consolidated its position as a world leader in gastronomy thanks to a perfect blend of **classic** and **avant-garde cuisine**.

The value of our chefs can be measured in stars. With **250 Michelin Stars**, Spanish gastronomy is one of the most renowned in the world.



The **Spanish omelette**: one of the delights of the Mediterranean diet. It is made with olive oil, potatoes and eggs. You can order one with or without onion.

This success is partly due to our traditional dishes, some of them with their own name:

The **paella**: our most international dish. An irresistible combination of rice, chicken, rabbit, green beans... Originally from the Valencia Region, this dish is popular throughout Spain.



Iberian cured ham: A delicacy that is renowned throughout the world, with four designations of origin to choose from. Once you try it, you'll want some more.

Enjoy an authentic experience with one of our classics.

TRADITIONAL CUISINE

TRADITIONAL STEWS

Soups, stews, lentils, white beans... Our traditional stews are your best defence against the cold. Meat, fish, vegetables and pulses are harmoniously simmered to create nutritional, comforting, succulent dishes.

There are some very famous recipes: "**Cocido madrileño**", a traditional stew typical of Madrid, with chickpeas, noodles, vegetables and meat; "**caldo gallego**", a traditional stew from Galicia with all kinds of meat and vegetables from the north of Spain; and **garlic soup**, with bread, ham, olive oil, garlic, paprika and egg, typical of Castile-León.

In Spain there are no fewer than ten **pulses** with designation of origin status.

Although they can be eaten all year round, **bean, chickpea** and **lentil** stews are traditionally eaten in the autumn and winter. The secret: top-quality ingredients and cooked with much care and patience.

Let yourself be tempted by recipes like **lentils with "chorizo" spicy sausage** and "**fabada asturiana**" with coveted white "faba" beans and pork. Delicious and satisfying.

We also recommend you try our **casseroles**.



"Calderetas" (a type of casserole), for example, are made with a blend of the best from the sea, like "caldereta de langosta" (lobster casserole), which is typical of the Mediterranean coast, and also with the best from the farm, like "caldereta de cordero" (lamb casserole), in Castile-La Mancha, made from lamb and rabbit.



FROM THE SEA

The variety of ingredients from the Cantabrian Sea, Mediterranean Sea, Atlantic Ocean and the rivers that cross the country is the source of some of Spain's greatest culinary delights. From fried fish in Andalusia to shellfish in Galicia, you will find top-quality freshwater and seawater products cooked in a wide variety of ways throughout Spain.

Without any doubt, seafood is one of Spanish cuisine's most coveted products. Lobster in Catalonia and prawns in Andalusia are exquisite dishes and the quality and selection of seafood found on the coasts of Galicia are acknowledged worldwide.

As a matter of fact, the **scallop** shell is renowned throughout the world as the symbol of the Way of Saint James and the flesh is delicious, especially those originating from the coasts of Galicia. It can be eaten raw or cooked. In Galicia you will also find the best **oysters**. All you need are a few drops of lemon juice. From the sea to your palate.



Possibly the queen of all shellfish, the **lobster**, appears in most Spanish coastal cuisine. The flesh is succulent and it can be prepared in so many ways. Try it barbecued, in a casserole or with a sauce. It will always be delicious.



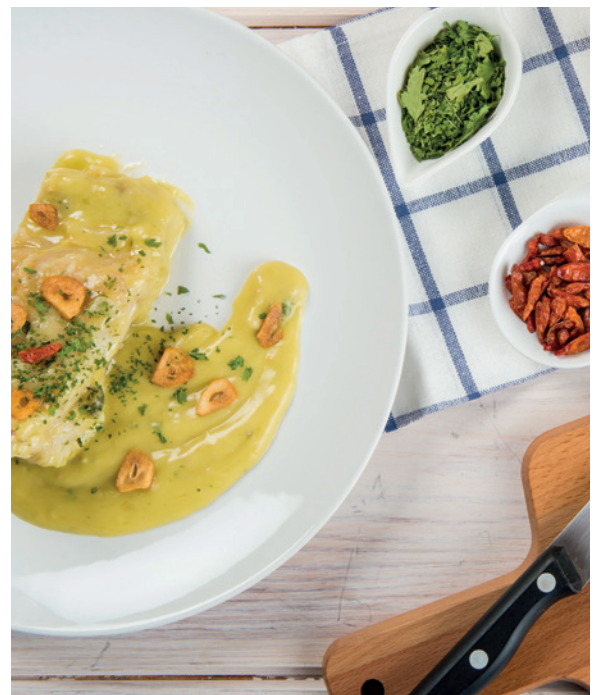
Another classic on Spanish menus is **prawns**. Their flavour is so highly appreciated, that there are numerous recipes. Grilled, in batter, with garlic or with rice... It'll be hard for you to choose your favourite.

And while our seafood is renowned for its quality, the same can be said for our fish. Both white and blue fish are reliable when it comes to choosing.

When you're out trying tapas in Spain, you'll find tinned **anchovies** and **sardines** which keep their flavour even when you're far from the coast, but you'll find fresh ones in a whole host of recipes. Anchovies from Santoña in Cantabria are renowned and they are still caught and prepared in the traditional way.



Cod holds a seat of honour in our recipe book. The simpler the recipe, the tastier the result and this is a fish which barely needs accompaniment to shine. In the Basque Country (Euskadi) you can try the two main options: cod "a la vizcaina" and cod "al pil pil". The former is prepared with cod, peppers and onions, while the second consists of cod gently fried in oil with garlic.



Tuna fish is highly valued in Spanish cuisine because it is so versatile. It has succulent flesh with a variety of nuances which means it can be eaten raw or cooked. Try it yourself with a traditional dish of tuna with tomato. Simple and natural.



If your journey takes you to Andalusia, you really have to try the "**pescaíto frito**" (typical little fried fish). The fish are fried in a smooth batter with an irresistible aroma that bathes Andalusia beaches.

And of course there is always a special place for fish in the Canary Islands, where you can enjoy a typical "sancocho canario", a casserole made with fish preserved in brine and accompanied by the renowned "gofio canario" (toasted cereal).



Add a surprise to your itinerary by learning all about the best fish in the area and you'll discover all the potential of the sea in a single dish. **Hake, monkfish, sole, anchovies, salmon...** There is a place for all of them in our cuisine.



MEATS AND CHEESES

Spain's incredibly varied climate provides us with excellent pastures for livestock. This is why our meats and cheeses have such a special flavour.

Ham is one of the mainstays of Spanish culture. Especially, **Iberian cured ham** with four main designations of origin (Guijuelo, Dehesa de Extremadura, Huelva and Los Pedroches) which makes it one of Spain's most coveted products worldwide.

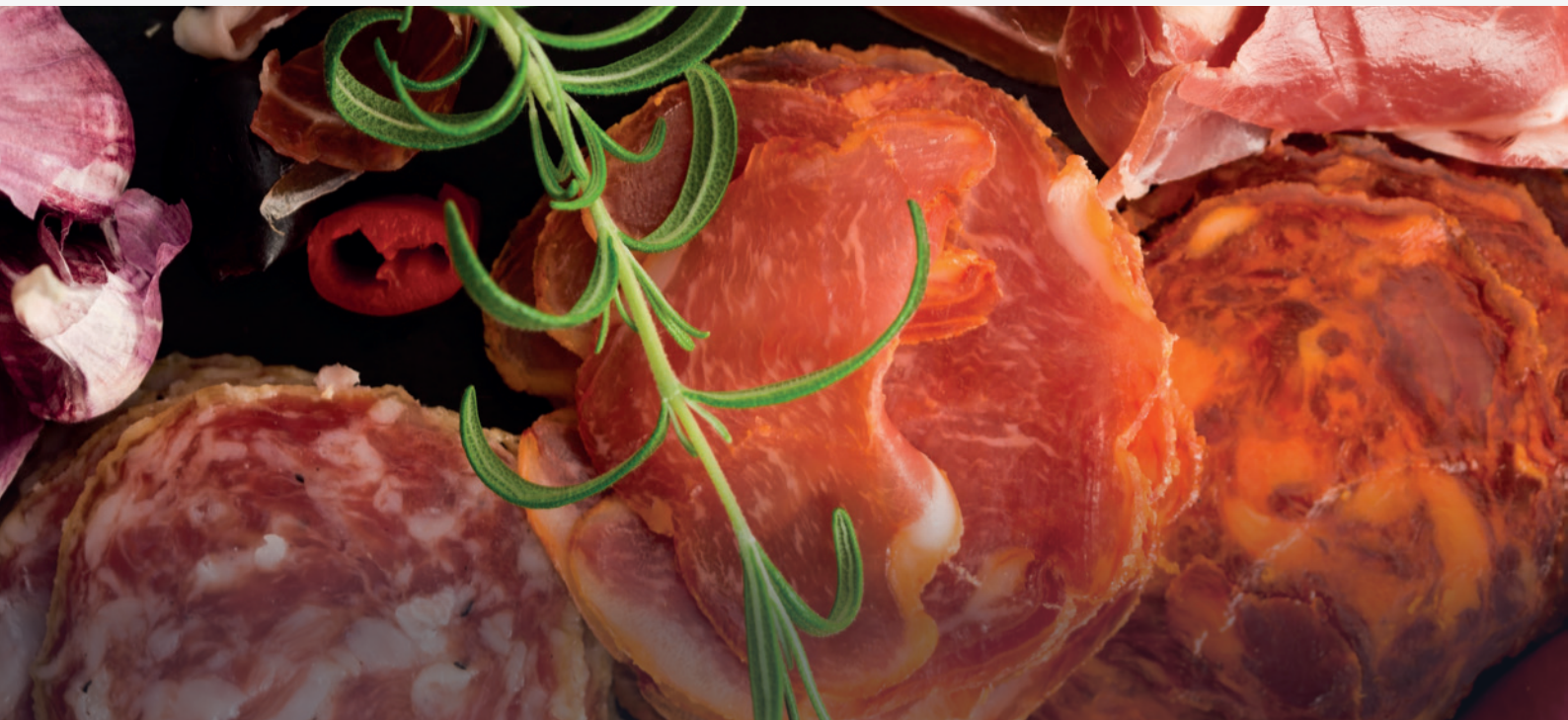
GASTRONOMY

Our pastures produce some of the best Iberian cured hams in Spain. Extreme care is taken at every stage of production, from how the pigs are bred to the maintenance of the fields in which they graze.

In addition to Iberian cured ham (which takes more time to prepare and to cure) there is also **Serrano ham**.

You'll find it in every restaurant you go to. A plate of recently-cut, high-quality Serrano ham together with just a little bread makes a simple, delicious tapa which is a winner every time.

Apart from ham, you'll also love our delicious sausages and cold meats. **Cured pork loin chorizo sausage, longaniza sausage, butifarra sausage** from Catalonia and **sobrasada** from the Balearic Islands to name just a few.



If you like meat, there'll be a wide range of options for you during your trip. The presentation is simple because such wonderful flavour needs very little decoration: certain cuts are worth ordering with nothing to accompany them. This is how it is with **entrecôtes** and **T-bone steaks**.

In many restaurants you can cook them yourself exactly how you like them using a hot stone and salt: simple yet delicious.

Roast meats enjoy a privileged place on our menus. All that's needed is a little firewood to make the embers which will bring out the best in the meat using this ancestral technique.

Depending on the region you are visiting, you'll find two basic types of roast meat, each as tender as the other: **suckling lamb** and **suckling pig**.

Try one of the generous portions served in the restaurants in Castile-León, the region where this tradition is most deep-rooted.





Our veal, suckling lamb and even chicken have designations of origin. You should try the **red meat** from the north of Spain and the renowned Ávila veal from the central region.

But livestock has much more to offer than meat. It is also the origin of cheeses, many of them with a designation of origin and all with a special, authentic flavour.

There are all kinds of flavours, origin and maturity. From the strongest, like the blue Cabrales cheese (Asturias) and Torta de Casar from Extremadura, to the milder Burgos cottage cheese, via mature cheeses like Manchego from Castile-La Mancha.



If you like cows' milk cheese, you should ask for a plate of Mahón cheese from the Balearic Islands which has a distinctive smokey flavour. But if you prefer sheep's milk cheese, then you'll love the Basque Idiazábal cheese.

FROM THE GARDEN

There's nothing like eating fresh, healthy garden products.

In Spain, we have exceptional vegetables, cereals and pulses that are the basis of some of our star dishes.

Let's start with **Valencian paella**, an internationally renowned dish in Spanish gastronomy based on rice.

The original recipe is a blend of the best the Valencia Region has to offer. Chicken, rabbit, snails, green beans, artichokes... all these ingredients are blended with rice to create a universal dish.

The original recipe has given rise to an endless number of variations using almost any ingredient from the sea, the farm and the garden. You should try them all!



Let's move on from paella to another truly Spanish dish: the **Spanish omelette**.

It is one of the dishes which best represent the Mediterranean diet, and therefore Spain. The key ingredients for this culinary delight are potatoes, olive oil and eggs. You can have it with or without onion, and it can be more or less set.

Speaking of potatoes, if you are visiting the Canary Islands you really must try "**papas arrugás**" (wrinkly potatoes), made from a local variety of potatoes and usually served with traditional Canary Island sauces: "**Mojo verde**" (garlic and coriander sauce) and "**mojo picón**" (red chilli pepper garlic sauce).



Another key Spanish dish is the refreshing "**gazpacho**" a cold soup made of raw blended tomatoes, cucumber, garlic, onion and peppers which concentrates all the flavours of Andalusia. A culinary delight when the summer heat obliges you to stop for a rest.

You'll be enchanted from the very first bite!



For something more refreshing you should try one of the wide variety of **salads** available on the menu.


Or some of the best produce from the vegetable garden in hot dishes like "**tumbet**" from the Balearic Islands, (with aubergine, potato, red pepper and tomato) or "**pisto**".

The "pisto" from La Mancha is probably the most well-known. It is made from aubergines, tomatoes, onion and courgettes.




Salads feature variations like "**campera**" salad from Murcia, a delicious combination of potato, tuna fish, peppers, tomato and onion; or "**escalibada**", with aubergine, peppers, onion and tomato.





If you happen to be visiting Catalonia between **November and April** you'll be able to try the renowned "calçots". These are the tender, sweet shoots of a local variety of onion which are prepared on the barbecue and served with an original Romesco sauce with olive oil, garlic and almonds.



And if you love fruit then we have some of the most tempting, healthy and juicy.

In Valencia, the **oranges** are exquisite and are used all over Spain for making juice.

There is an abundance of **strawberries** in Huelva, where the greatest crops of this fruit are harvested in the springtime.



The Canary Islands also produce one of Spain's most famous fruits: the **Canary Island banana**, with its own designation of origin. The flavour and small patches on the skin make the taste and appearance unmistakable.



SWEETS AND DESSERTS

Sometimes, we save the best until last, which is why you always need to leave room for dessert.

In Galicia you can choose between "**filloas**", delicious sweet crepes that can be filled with custard or chocolate, or **Santiago cake**, with its distinctive almond flavour.





In Madrid you can get a sweet at any time of the day. Together with drinking chocolate, "**churros**" (traditional fried-dough pastries) have made the city famous, to the point where they can be found in a number of foreign countries, each with their own little twist.

In Catalonia there are desserts like "**mel-i-mató**", a little local cottage cheese with honey.

"Turrón" (nougat) is the Christmas sweet par excellence in Spain and Alicante is the home of **Jijona nougat**, one of the best on the market. With a soft and crumbly texture and a delicious flavour, it is one of the economic mainstays of its place of origin.



After a visit to Mallorca, you can take the island's favourite dessert home with you on the flight. Take a little taste of Spain away with you with a delicious "**ensaimada**", a typical dessert which is usually filled with "Angel's hair", a transparent threaded jam made from pumpkin pulp.



AVANT-GARDE CUISINE

Now you have learned all about our traditional cooking, it's time for you to be swept away by Spain's avant-garde cuisine. This concept has arisen from a new generation of chefs who have turned cooking into an art form. Innovation, creativity and technology are the ingredients that have paved the way for **avant-garde cuisine** to be recognised internationally.

Having become the masters of creation, our chefs are reinventing themselves and continuously searching for **new formulas** to surprise not only your palate but the rest of your senses as well.

Using timeless products and recipes while experimenting with new techniques, our chefs have crossed the purely gastronomical border to become inventors, with the support of technological progress.



The application of **liquid nitrogen** to discover new sensations in the mouth and the **minimalist presentation** of their dishes and cooking under vacuum are widespread techniques used in Spanish restaurants that previously seemed like something out of science fiction.

In an endless search for new flavours, the use of **seaweeds** and **bioluminescent phytoplankton** has been applied to their cuisine. This is an organic, healthy and spectacular way of extracting even more from the sea. As for new textures, the current possibilities are endless. For example, the use of **foams** has become commonplace in Spanish cuisine, bringing new characteristics to traditional products.

Many of these developments that are already widespread in kitchens around the world were devised by our chefs. Names like **Carme Rucadella**, **Ferrán Adriá**, **Elena Arzak** and her father, **Juan Marí Arzak**, **María Marte**, **Joan Roca**, **Ángel León** , **David Muñoz** and **Fina Puigdeval** are just a few of the leading players in this huge circle comprising our most renowned chefs, many of whom have been awarded Michelin Stars.

Many of their ideas are already an integral part of the new way of understanding cuisine, and not only in the more exclusive restaurants. Techniques such as **deconstruction** where the ingredients are separated so as to reinvent flavours and textures.



A young man and woman are smiling and talking to each other in a bustling market. The woman is holding a glass of wine. The background is filled with people and market stalls under a wooden structure with large windows.

CITY MARKETS

If you are looking for an exclusive and different experience, **city markets** will give you a perfect chance to try high-quality products in a unique setting. Having a drink while listening to live music, trying exotic dishes with a glass of one of Spain's best wines and eating a dish of oysters are just some of the possibilities available to you.

Traditionally, markets have always been the nerve centre of a city's commercial activity but they are now being reinvented. Many of these areas have privileged locations within the city and their history dates back decades in time. Just take a stroll around both the new and the traditional markets and you'll feel just like a Spaniard.



LA BOQUERÍA MARKET BARCELONA

You will find one of our country's most iconic markets in the heart of Barcelona's La Rambla boulevard.

La Boquería is the largest market in Catalonia, the one with the greatest culinary variety, and the most visited in Spain.

Open since 1840, it has been constantly changing, filling itself with colours, flavours and aromas that make it a must-see spot when you visit to Barcelona.



SAN MIGUEL MARKET MADRID

Going out for tapas took on a new dimension with the redesign of this market which was originally opened in 1916. Next to the Plaza Mayor and with an iron, glass and ceramic structure, it is a magical space that was refurbished in 2009 to welcome new culinary trends.

A delightful place where you can sample Spanish wines, ham from acorn-fed pigs and even a delicious frozen yogurt.

This market started a trend in the city that brought about the opening of other city markets at a later date, including San Antón Market in Chueca.



GASTRONOMY



CENTRAL MARKET VALENCIA

More than a hundred years old, this stunning venue where light plays a leading role is one of the most popular places to visit for those who come to Valencia.

A strategic and essential place where you can find all kinds of top-quality products. Enjoy a sunny stroll through Valencia city centre and visit the Central Market, but don't forget to explore other gems, like the Colón Market.



LA RIBERA MARKET BILBAO

The city of Bilbao has undergone an incredible transformation in a matter of decades.

It has changed from an industrial city to a leader in terms of art and architecture, inspiring other Spanish cities.

The same has happened with its market, which was recently renovated and turned into a spectacular place to visit.

Come and see how the light falls on the stained glass windows at sunset while you walk along the Bilbao Estuary and try its careful selection of "pintxos" (Basque tapas) and typical Basque dishes cooked to the rhythm of live music.



LAS ATARAZANAS MARKET MALAGA

To feel you are a part of Malaga's everyday life you should go to this beautiful market, which was rebuilt in 2010. With an iron structure and Nasrid architecture, it will give you the chance to immerse yourself in the city's history while purchasing regional products or enjoying a tapa of fried fish at one of the stalls.

Go with the flow of the sounds of the market and listen carefully how the stall holders sell their wares. A truly authentic experience to highlight your visit.



ORGANIC GASTRONOMY



Organic agriculture, based on a sustainable production model is becoming increasingly important in Spain.

In 2016, Spain established itself as the **European country that allocates the most hectares to organic production**, and the fifth worldwide.

Proof of this lies in the variety of organic products you will find in Spanish restaurants and the increasing appearance of organic markets.

This involves, for example, products like **organic wine** which has been gaining

standing on Spanish wine lists and is of high quality with an ever-increasing variety.

Ecological awareness has also led to the production of other foods, such as **meat** and **milk** and a broad selection of **greens, vegetables** and **fruit**.

In this regard, there are a growing number of options for vegans and vegetarians. You no longer need to head to a specialised restaurant to find alternatives to traditional menus and enjoy Spanish gastronomy.

WINE TOURISM

WINE CULTURE

The character of Spanish cuisine is also defined by our wines. With 68 designations of origin, you will always find the perfect wine for you.

There are all types of wines and they are distributed throughout the country. Look for the wine that best matches your tastes as you travel around Spain's vineyards.

There are numerous tours which include wine tasting, where you can learn first-hand how wines are produced, and you can even enjoy sport on farmlands with stunning views.

GREEN SPAIN

A region in which white wines are prevalent, like **Ribeiro** and **Txakolí** for example.

The best way to discover our wines is to visit the **eight major wine-producing regions** and to enjoy a wine tasting in any of the wine cellars.



EBRO VALLEY

This is where our most famous wine is produced, **Rioja**. A region of full-bodied red wines with intense flavour.



DUERO VALLEY

The Tempranillo grape produces both excellent red and wonderful white wines. Come and try a **Ribera del Duero**, a **Toro** or a magnificent **Rueda** wine.



THE MEDITERRANEAN COAST

There is one sparkling wine in this region which stands out from all the rest and that is the cava from the **Penedés**. This is a product of which we are all extremely proud, just like the wines from **Jumilla** and **Utiel-Requena**.

THE PLATEAU

The most extensive wine-producing region in the world gives us important wines like those from **La Mancha**, the renowned **Valdepeñas** and the surprising wines from Madrid.



ANDALUSIA

With a perfect climate for growing grapes, Andalusian wines, with those from **Jerez** at the forefront, are something you can always rely on.



THE BALEARIC ISLANDS

The setting is perfect for you to enjoy endemic wines like **Pla Llevant** and **Bisalem**.

THE CANARY ISLANDS

With their volcanic soil, the Canary Islands produce unique wines like **Tacoronte** and **Valle de la Orotava**.





MEDITERRANEAN DIET

The **Mediterranean diet** transcends purely gastronomic frontiers and is now included in UNESCO Intangible Cultural Heritage. It's much more than a balanced, nutritional guideline: it's a way of life that influences both our customs and our character.

One of the key factors is the use we make of healthy ingredients like olive oil, pulses, fruit and fish.

Another advantage of this diet is that it guarantees sustainable development as it contributes to promoting local consumption and production as well as sustainable agriculture. In a word, it's the perfect way to take care of yourself and the environment at the same time.

WHAT EXACTLY IS THE **MEDITERRANEAN DIET?**



OLIVE OIL

This is the cornerstone of the Mediterranean diet. In Spain, we use it as vegetable fat for cooking.

This treasured liquid is healthy, delicious and abundant in our country and it is the very cornerstone of our gastronomy.



FRUIT AND VEGETABLES

They are essential for providing our diet with vitamins, minerals and fibre.

Their daily consumption is a guarantee of good health.

Being both delicious and refreshing, you will find fruit on all Spanish menus.



PULSES AND BREAD

Lentils, beans and chickpeas are a hallmark of the Mediterranean diet and can be enjoyed in all kinds of stews and salads, depending on the time of year. Meanwhile, soft and crusty bread is a staple.



DAIRY PRODUCTS

Dairy products like cheese are very characteristic of Spain and are an important addition to our intake of proteins.



EGGS

Eggs are one of the simplest yet most versatile foods you will find. Scrambled, fried, boiled, poached...

But what better way to prepare eggs is there than to make a traditional Spanish omelette?



FISH

Especially blue fish, the perfect way to take advantage of the sea and ocean surrounding us.



WINES

Whatever wine you choose from the endless list of exceptional Spanish wines, you will be pleasantly surprised.



A RECIPE: SALMOREJO

Take the challenge of becoming a Spanish chef by preparing this cold soup which is so typical in the summer.

If you are inviting five friends, you will need the following ingredients:

- Tomatoes (1 kg)
- Stale bread (around 200 g)
- Virgin olive oil (10-12 tablespoons)
- Garlic (half a clove)
- A pinch of salt
- One hard-boiled egg
- Iberian cured ham, diced

Crush and blend the tomatoes and use a sieve to remove the skin and the seeds. This will give your "salmorejo" a perfect texture.

Now leave the **bread to soak** in the tomatoes for about ten minutes before **blending the mixture** again.

Meanwhile, add the **olive oil and the clove of garlic** and watch how the ingredients begin to form a thick, delicious soup.

A 100% natural, healthy Spanish dish that will surprise everyone.

You're almost there. Check the **seasoning** and serve the "salmorejo" in a bowl. Cover with the chopped **boiled egg** and the diced **ham** and there you are!

CUSTOMS

To adapt to the Spanish diet you also need to be familiar with our timetable and the typical menu for each meal:



8:00

Breakfast is essential for a strong start to the day so you won't miss out on anything.

10:00

13:00

The time for **tapas** is an essential part of our culture. Take a seat and enjoy a tapa before heading off for lunch.

14:00

14:00

Lunch is considered to be the most important meal of the day in Spain. Take your time so you can savour each dish.

16:00

18:00

In mid-afternoon take a break for a **snack** Chocolate with "churros" is a great choice.

19:00

21:00

A light **dinner** is the perfect way to end the day and relax before another day experiencing the delights of Spain.

22:30



WHAT ABOUT TIPS?

Unlike other countries, Spain does not have a set percentage that should be left as a tip.

It's up to you to assess the service and decide on an appropriate tip. The tip will obviously vary depending on the total amount of your bill but it's up to you to decide how much to leave.

TAPAS

FROM SPAIN TO THE REST OF THE WORLD



Tapas are amongst the most cherished of our gastronomic traditions. Tapas have become a hallmark of the Spain Brand throughout the world and they are a delicious and surprising way to taste our products.

If you visit Spain, you really have to try some tapas.

With over 70 years of history, tapas have become much more than simple cuisine.

Tapas are small aperitifs you order before lunch and which usually accompany a

drink (generally wine or beer). One of the most common is a bite-size piece of Spanish omelette. You can ask for one in any bar!

The Basque Country is renowned for the tradition of eating based on "**pin-txos**" and "txikiteo".

Pintxos are small finger foods, often haute cuisine, accompanied by small glasses of red wine called "txikitos", typical of Basque gastronomy. You can also accompany your "pintxo" with a "zurito", the Basque name for a small or half-glass of beer.

The fame of our tapas has led to the establishment of **World Tapas Day**, which is hosted simultaneously in Spain and in other countries around the world on the third Thursday of June.

Spanish restaurants and chefs take advantage of this event to promote tapas, which are so typically Spanish. It is an ideal opportunity for enjoying exclusive wine-tastings and signature tapas as well as learning more about the tapas culture through exhibitions and talks by the most renowned Spanish chefs.



Put World Tapas Day in your diary and maybe you'll find a little piece of Spain somewhere near you.





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