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Spain: Recipes And Traditions From The Verdant Hills Of The Basque Country To The Coastal Waters Of Andalucía



Synopsis

From the craggy Catalan coastline to the undulating, red-soiled hills of Andalucía, the diversity of the Spanish countryside is without rival. Its cuisine directly reflects this landscape, with each region celebrating its own ingredients and culinary traditions. In Spain, long-time Barcelona resident Jeff Koehler gathers the country's many time-honored dishes and age-old culinary customs, and distills the Spanish table down to its essence—food that is prepared simply but full of homemade flavors, and always meant to be shared. Each chapter is an ode to Spain's delightful kitchen, from gazpachos, salt cod, and poultry, to savory and sweet preserves. The story of the country is told through 200 recipes from classics like Shellfish Paella, Artichoke Egg Tortilla, and creamy Flan to delicacies such as Chilled Melon Soup with Crispy Jamón and Monkfish Steaks with Saffron. Dishes from Spain's leisurely multicourse meals and simple tapas alike celebrate seasonal ingredients: wild mushrooms, asparagus, and local game. Sidebars trace Spain's rich culinary traditions, taking us from ancient Moorish cities to the arid fields of the Castilian countryside, and allow us to meet the people who still, with devotion, cultivate them. Accompanying these are hundreds of evocative photos of the markets, orchards, green hills, and fishing ports from which this delicious cuisine originates. Add to this a thorough glossary that includes techniques such as preparing snails, using saffron, and making perfect fish stock, as well as a helpful source list. Novices and veterans of the Spanish kitchen alike will gain a deeper understanding not only of Spain's cuisine but of its culture.

Book Information

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Customer Reviews

While there are stereotypes about what constitutes Spanish food or cooking (think Paella and

Tapas), it really is a diverse cuisine. While you will find a lot of emphasis placed on Salt Cod in the north, this is less true in the south, where there is a stronger influence of Middle Eastern dishes. Given this, the author has managed to put together a readable and enjoyable book about food in Spain. In keeping with the tradition of late in cookbooks, this one is hard cover, with photos of food, scenery, or people on almost every page. The author lays the terrain of Spain from the onset and then provides a selection of recipes in categories/chapters such as: * Salads, cold soups, and gazpachos * Tapas and appetizers * Vegetables * Eggs * Rice, pasts, and migas * Fish * Shellfish * Poultry and rabbit * Desserts, sweets, and fruits * Drinks I think I have most of the major cookbooks that have been written on Spanish cooking, and we visit the country at least once a year. While many of the recipes in this book are familiar, there are nice variations and surprises. As an example, pasta dishes are actually quite common in Spain, but it's rare to see recipes for them in most Spanish cookbooks. In this one, however, there are recipes for dishes such as Penne Pasta, Cannelloni, and Fideos (thin noodles). If you have been to Spain or a Spanish restaurant, I can almost guarantee that you will find a recipe in this book for what you ate. Some people are reluctant to try recipes from other countries, as the ingredients aren't always accessible in other places.

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