

GUIDE TO REGIONAL & MEDITERRANEAN MEALS IN SPAIN



Andalusia



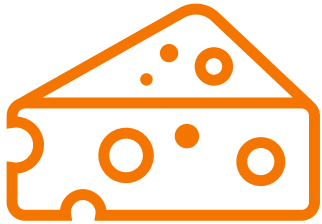
Olive oil that has been produced in Jaén, Cordoba and various other Andalusian cities, plays a star role in the region's cuisine, often with fried fish that has been dipped in flour, **pescado frito**; **salmorejo cordobés** helps cool down the body after a long day in the scorching heat; or a splash of vinegar from Jerez on a fresh salad, all make for delicious Mediterranean meals.

Aragon

Aragon has inherited lots of dishes from various cultures that passed through the region over centuries and centuries, but typical dishes include: **Aragonese garlic soup with almonds** and **Calatayud sponge cake**.



Asturias



Cuisine in the region of Asturias is rustic and pure, akin to the breathtaking backdrop of sea, mountains and countryside. Most famous for: Simple stews like the **fabada** (bean and sausage casserole), **cachopo** (fried veal fillets with ham and cheese in the middle), **cabrales blue cheese** and the **tastiest cider EVER**.

Balearic Islands

This region is well-known for its fresh fish, but why not sample **ensaimada** (sugary oven-baked pastry typical in Mallorca), or **sobrasada** (sweet or spicy sausage that is often made into a spread and put on bread).



Basque Country



The Spanish region with quite possibly the greatest international reputation for fine dining – San Sebastián has the most Michelin-starred restaurants per square metre in the world (aside from Kyoto in Japan).

Must-try: **Marmitako** (spicy tuna, potato and vegetable stew), **Bacalao a la Vizcaína** (fillet of cod coated in a vegetable and tomato sauce), or the Basque (and now national) version of French toast, **Torrijas**.

It would be impossible to discuss the cuisine in the Basque Country without mentioning **pintxos** - small finger food served at bars usually consisting of a slice of bread with toppings which vary in complexity and flavour.

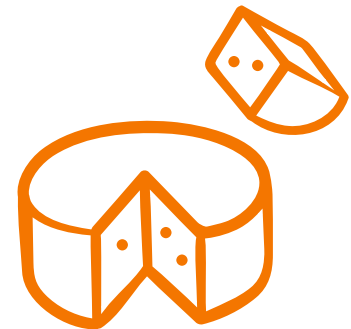
Canary Islands



Naturally, this region is renowned for its **exquisite seafood**, but it's also famous for **papas arrugadas** (baby potatoes wrinkled with evaporated salt and smothered in spicy sauce - mojo picón), as well as a liquor called **ron miel** (literally honey rum).

Castile-La Mancha

This central region of Spain offers simple and hearty dishes mainly consisting of **soups and stews**. Don't forget to try the **pisto manchego** (seasonal vegetable stew), **caldereta manchega** (meat stew), and **marzipan** from Toledo. Oh, and DON'T go without sampling the **queso manchego**.



Cantabria



One of the most recognisable dishes from this beautiful region of Spain is the **dessert quesada pasiega**, which is a fluffy-style cheese cake that melts in your mouth. Another popular delicacy is the rustic **cocido montañés**, a hearty bean stew that tends to be eaten in winter months.

Castile and Leon

Although rich and varied, the cuisine in this region is undoubtedly known for **asados** (roast food), especially **roast suckling pig and lamb**; as well as the delicious **morcilla from Burgos** (blood sausage), and **sopa de ajo** (garlic soup), also known as sopa castellana.



Catalonia



The cuisine in this region is innovative using basic Mediterranean ingredients including tomato, garlic, onion and olive oil. It would be a crime to visit and not try typical Mediterranean meals including **fideuà catalana** (essentially the Catalan version of paella using short noodles instead of rice), or **pan tumaca** for breakfast (garlic tomato spread on toast), or **escalivada** (roast aubergine and peppers).

Let's not forget **Calçots**, a type of scallion or mild green onion, are roasted on naked flames and commonly dipped in romesco sauce.

Extremadura



Known for its simplicity against a vast backdrop of plains and fields, the key products are **torta del casar cheese**, **caldereta de cordero** (lamb stew), and **callos con manos de cerdo** (tripe with pig's feet).

Other key dishes in this region include roasted lamb, goat and suckling pig, as well as **patatas revolconas**, which consist of mashed potatoes mixed with paprika and topped with pork scratchings or bacon.

We can't do a post on regional and Mediterranean meals in Spain without paying homage to one of the star products of the country: **cured ham**. The region of Extremadura is known for **embutidos** (cold meats), and ham is up there at the top of the list.

Galicia



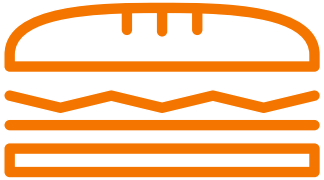
One of the richest regions of Spain when it comes to cuisine, known especially for **pulpo a feira** (boiled octopus on a bed of potatoes and sprinkled with paprika), **tarta de santiago** (traditional almond cake), **steamed mussels** and **Padron peppers** (watch out for the spicy ones). We've all heard of Spanish tortilla, but what about **tortilla de patatas de Betanzos**? This Galician version is different from its typical counterpart, with a much more liquid centre.

La Rioja

Although renowned globally for its **delicious wine**, cuisine in this region includes **Rioja-style cod**, stuffed pimientos del piquillo, and peaches soaked in red wine with cinnamon.



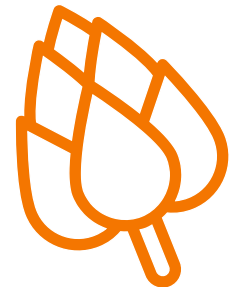
Madrid



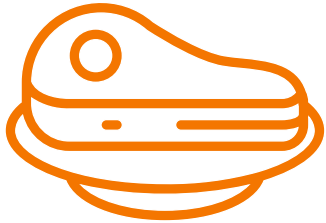
Although modern-day cuisine in the region is influenced by a wide range of global cuisines, there are some classics that remain at the heart: **churros con chocolate** (long fried donuts dipped in chocolate) for breakfast or last thing at night; **cocido madrileño** (chickpea stew with an array of veg and meat), **callos a la madrileña** (Madrid-style tripe), and a **bocadillo de calamares** (fried squid roll).

Murcia

Murcia, although you might not have known, offers it all; rich in meat and vegetable dishes, including **pastel de carne** (meat pie), and **alcachofas de la abuela** (grandmother's artichokes); as well as desserts, including **pan de calatrava** (made from caramel and slightly stale bread), and one of the most typical Mediterranean meals in the region, known as **paparajote** (lemon tree leaf that is fried in dough and sprinkled with cinnamon and sugar).



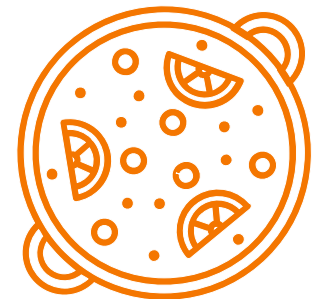
Navarre



Extremely rich and fresh to tie in with the beautiful nature, the cuisine in this region offers **Tudela artichokes** normally served with ham, baked borage and **Navarran lamb** that can be used in **cordero al chilindrón** (lamb stew with potatoes and dried choricero peppers).

Valencia

Paella, paella, paella - yes, you can get it almost anywhere in Spain, but the authentic and freshest type is found in this region. If you don't fancy a rice dish, be daring and go for one of the less common Mediterranean meals known as **all i pebre** (eel, potatoes, almond and paprika stew), and round it off with a glass of **horchata** (cold and refreshing milky drink made from tiger nut).





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