



Culinary Institute
of America

Mediterranean Cuisine

Day Five: Spain



Learning Objectives

- Discuss the history of Spain and the Muslim influence on its cuisine
- Describe the flavor profiles of Spanish cuisine
- List the specialty items of Spanish cuisine
- Explain the cooking techniques of Spanish cuisine
- Describe tapas and list their uses in Spanish dining
- Discuss the role of sherry wine when eating tapas
- Describe jamon serrano
- Describe bacalao and list common uses
- Describe the 2 types of chorizo sausage used in Spain

History and Culture of Spain

- Early settlers included
 - Iberians
 - Greeks
 - Phoenicians
 - Romans
 - Moors (Moslems)
- Moors ruled from 8 -13 Century

Strong Muslim Influence

- Lasted seven centuries
- One of the most advanced civilizations in Europe at the time
- Gifted builders
- Introduced subterranean irrigation, waterwheels, windmills
- Introduced eggplants, artichokes, figs, dates, almonds, sugar and rice

Agriculture of Spain

- Wheat, barley, rice, sunflowers
- Vegetables: potatoes, tomatoes, onions, cabbages, peppers, and string beans
- Fruit: olives, oranges, mandarins, grapefruit, lemons, limes, apples, bananas, pears, peaches, apricots, plums, cherries, figs
- Herbs and spices: saffron, thyme, bay leaf, sweet paprika
- Legumes: French beans, kidney beans, chickpeas, lentils
- Nuts: almonds, hazelnuts, pine nuts, walnuts
- Cheese: manchego, cabrales, san simon
- Lamb, beef, veal, poultry
- Leading fishing nation in western Europe: sardines, mussels, cephalopods, cod, mackerel, and tuna
- Wine grapes: tempranillo/garnacha/garnacha blanca/mazuelo/malvasia (Rioja), parellada/macabeo/xarel-lo (Cava), monastrell

Spanish Flavor Profiles

- Almonds + garlic + olive oil
- Almonds + olive oil
- Garlic + olive oil
- Garlic + onions + paprika + rice + saffron
- Garlic + onions + parsley
- Red peppers + onions + tomatoes
- Tomatoes + almonds + olive oil + roasted red peppers

The Spanish Pantry

Almonds	Anchovies	Bay Leaf	Bread
Chorizo	Custards	Cabrales	Chicken
Chickpeas	Cinnamon	Eggs	Fruits
Finfish	Shellfish	Crustacean	Garlic
Pork	Guindilla peppers	Hazelnuts	Jamon serrano
Lemons	Manchego	Mushrooms	Olives
Octopus	Salt Cod	Red Peppers	Olive Oil
Onions	Oranges	Sweet paprika	Parsley
Pasta	Piquillo peppers	Pine nuts	Pomegranates
Pork	Potatoes	Poultry	Quail
Rabbit	Rice	Saffron	Sausages
Chilies	Sherry	Cayenne	Thyme
Chard	Artichokes	Brandy	Squid & cuttlefish
Wine	Tomatoes	Vanilla	Walnuts

Specialty Items of Spain

- **Jamon Serrano**

- Uncooked “Mountain Ham” (pork)
- Salted, 8 -10 days (salted)
- Air-cured, aged up to 17 months
- Similar to prosciutto (Italy)

- **Bacalao**

- Dried salted cod
 - Requires 1-3 days of soaking
- Used all over Spain
 - Especially by the Basques
- Tapas, entrees, soups; stews, stuffing, fritters

- **Chorizo**

- Mild, Pork based sausage
- Flavored with paprika and garlic
- Cured dried (eaten raw)
- Fresh (requires cooking)

- **Saffron**

- Hand-picked
- World’s most expensive spice
- Adds golden color and flavor
- Used in Paella

Tapas: *Common Examples*

- Chickpeas and Spinach
- Clams in Sherry Sauce
- Octopus & Paprika
- Meatballs in Almond Sauce
- Fried Cheese
- Quail and Onions
- Spicy Fried Potatoes
- Sole with Raisins & Pine Nuts
- Grilled Pork
- Slices of Jamon

Sandwiches

CALENTS	ENTREPANS	FREDS
Bikini de York i Formatge 2,28		Pernil Ibèric d'Aglà 3,97
Llom a la Planxa 2,64		Manxego Semisec 2,16
Pepito de Vedella 3,31		Fuet de Vic 2,46
		Tonyina 2,46



Charcuterie

XARCUTERIA		
Pernil Ibèric d'Aglà 5,92		
Fuet de Vic 1,74		
Manxego Semisec 2,91		
		Manxego Sec 3,22
		Assortit d'Embotits 7,45

Classics Tapas

CLÀSSIQUES

 <p>24 Pintxos de Llagostins 2,64 —</p>	 <p>25 "Patatas Bravas" 2,10 3,01</p>	 <p>26 Pop Galleg 4,15 6,55</p>
 <p>27 Xoricets Fregits 2,98 —</p>	 <p>28 Olives Barrejades 1,80 —</p>	 <p>29 Calamars Romana 2,61 3,91</p>
 <p>30 Seitons amb Vinagre 1,98 —</p>	 <p>31 Gambes "Ajillo" 3,82 5,83</p>	 <p>32 Canapé d'Anxoves 2,22 —</p>
 <p>33 Trita de Patates 2,01 —</p>	 <p>34 Xampinyons All i Julivet 2,61 3,88</p>	 <p>35 Trita de Bacallà 2,22 —</p>

Fried Tapas

			F R E G I D E S					
			Tapa	Ració		Tapa	Ració	
12		Verdures Andalussa	1,80	3,01	13		3,16	4,39
15		Croquetes de Marisc	2,01	3,82	16		1,53	—
18		Bunyols de Bacallà	2,31	3,43	19		2,25	3,07
21		Delícies de Camembert	2,04	4,00	22		2,07	—
					23		2,07	3,82
					14		2,22	3,31
					17		1,50	2,98
					20		1,56	3,10

Cold Tapas

A M A N I D E S											
	Tapa	Ració		Tapa	Ració		Tapa	Ració			
1		2,10	—	2		2,76	—	3		2,04	2,91
	Amanida Rusa				Margallons i Cranc				Patates amb All i Oli		
4		2,64	—	5		2,37	—	6		2,64	—
	Salpicó de Marisc				Amanida Italiana				Formatge de Cabra		
7		2,37	3,37	10		5,59	—	8		2,76	3,70
	Amanida d'Arròs				Assortit d'Amanides				Pasta i Llagostins		
9		2,76	—	11		2,79	—				
	Esqueixada				Escocesa amb Salmó						



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Any Questions?