



Culinary Institute  
of America

# Mediterranean Cuisine

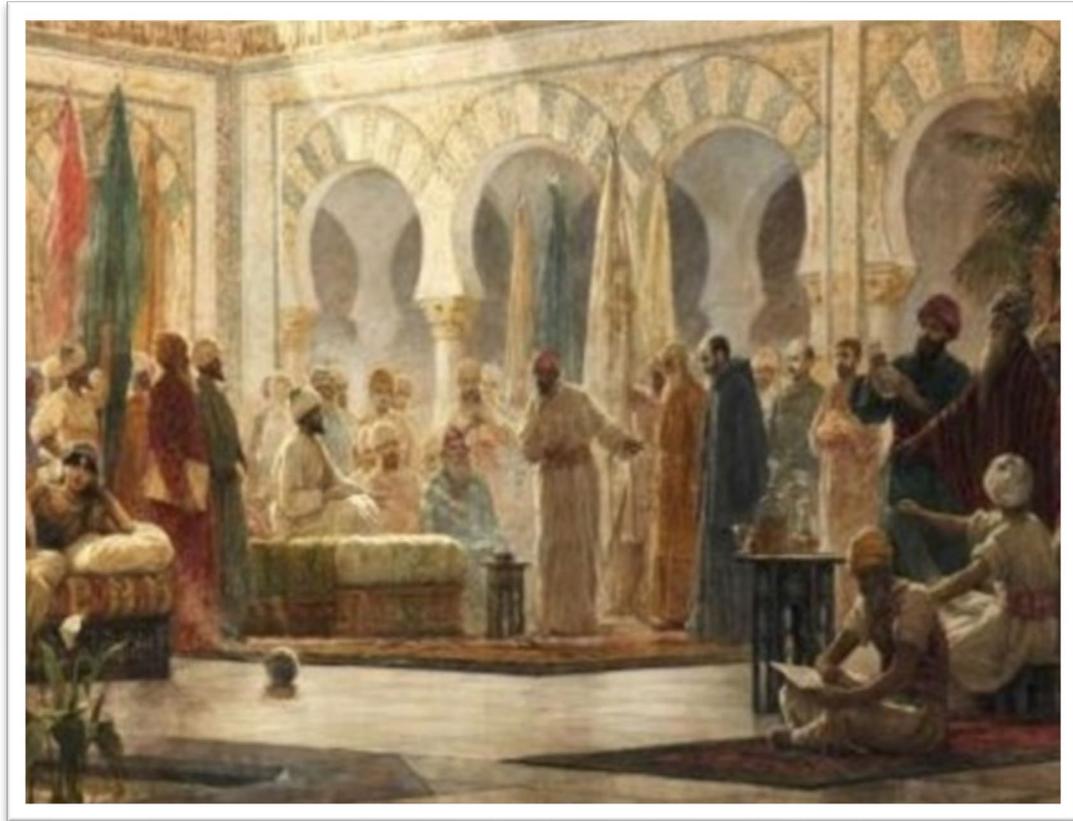
Day Five: Spain



# Learning Objectives

- Discuss the history of Spain and the Muslim influence on its cuisine.
- Describe the geographical regions of Spain and their influence on its cuisine.
- Describe the flavor profiles of Spanish cuisine.
- List the specialty items of Spanish cuisine.
- List common Spanish dishes.
- Describe tapas and list common examples.

# History and Culture of Spain



- Early settlers: Iberians, Greeks, Phoenicians, Romans
- **700-1200 AD:** Moors rule, Muslim influence, advanced civilization
  - Introduced subterranean irrigation, waterwheels, windmills
  - Brought eggplants, artichokes, figs, dates, almonds, sugar, rice

# Geography of Spain

- **Capital:** Madrid
- **Mediterranean Sea:** surrounded by water, wide variety of seafood
- **Pyrenees Mountains:** dried, preserved meats (*Jamón Serrano*)
- **Pastures/ farms:** vineyards, olive groves, fresh fruits/ vegetables, grains



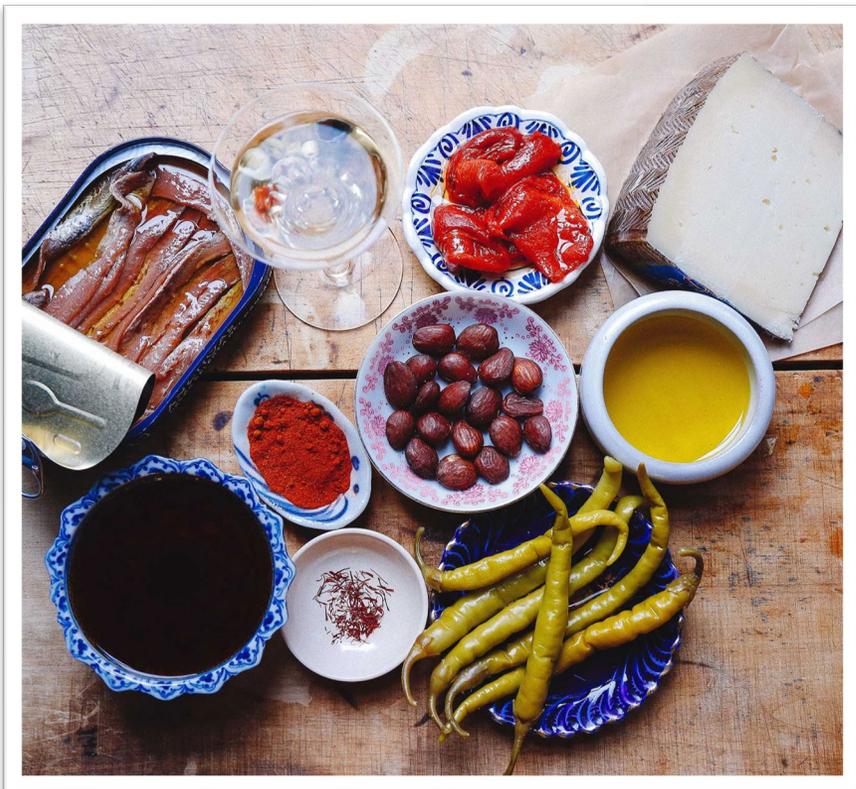


# Spanish Flavor Profiles

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



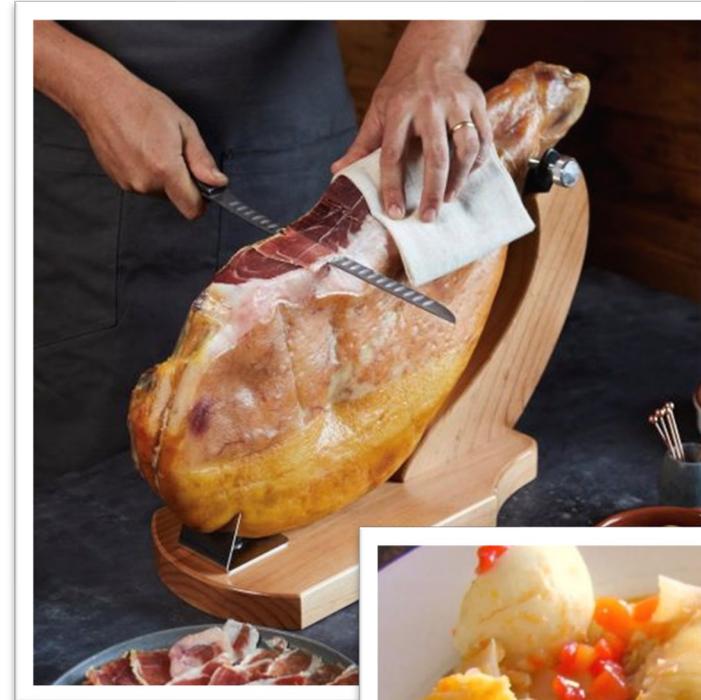
# Key Spanish Ingredients



- **Grains:** wheat, barley, rice, sunflowers
- **Vegetables:** potatoes, tomatoes, onions, cabbages, peppers, garlic, chard, artichokes
- **Fruit:** olives, citrus, apples, peaches, plums, cherries, figs, grapes
- **Herbs/ spices:** saffron, thyme, bay leaf, sweet paprika, parsley, cinnamon, cayenne,
- **Legumes:** French + kidney beans, chickpeas
- **Nuts:** almonds, hazelnuts, pine nuts, walnuts
- **Dairy:** manchego, cabrales, san simon
- **Meat/ seafood:** lamb, beef, veal, poultry, pork, sardines, mussels, cod, tuna, octopus

# Specialty Items of Spain

- **Jamón Serrano:** uncooked "mountain ham", salted and cured
- **Bacalao:** dried, salted cod
  - Used all over Spain for tapas, entrées, soups, stews, stuffing, fritters
- **Chorizo:** mild, pork-based sausage flavored with paprika and garlic
- **Saffron:** adds golden color and complex flavor
  - Used in paella, risotto Milanese



# Popular Dishes



**Tortilla Española:**  
Spanish omelet



**Paella a la Marinera:**  
Seafood paella



**Tapas:**  
Small plates served  
individually or as meal

# Tapas



- Comes from "*tapar*" meaning "to cover"
- Bar owners covered glasses of sherry with small plates of food to keep out fruit flies
- Small plates served as appetizers or snacks, served with alcohol
- Tapas were traditionally salty/ savory to activate thirst and increase drink sales
- Intended to be shared
- Can be served cold or hot

# Tapas: Popular Dishes

- Quail and onions
- Spicy fried potatoes
- Sole with raisins, pine nuts
- Grilled pork
- Slices of jamon
- Chickpeas and spinach
- Clams in sherry sauce
- Octopus & paprika
- Meatballs in almond sauce
- Fried cheese



# Fried Tapas

			F R E G I D E S						
	Tapa	Ració		Tapa	Ració		Tapa	Rac	
12		Verdures Andalusca	1,80	3,01	13		Chipirons Andalusca	3,16	4,39
15		Croquetes de Marisc	2,01	3,82	16		Bomba	1,53	—
18		Bunyols de Bacallà	2,31	3,43	19		Llangueta Andalusca	2,25	3,07
21		Delícies de Camembert	2,04	4,00	22		Cebetes amb Romescu	2,07	—
					23		Croquetes de Pernil	2,07	3,82
					14		Didets de Pollastre	2,22	3,31
					17		Muscles	1,50	2,98
					20		Empanadilles de Tonyina	1,56	3,10

# Cold Tapas

A M A N I D E S			A M A N I D E S			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?