

Top Spanish Dishes: A Culinary Journey through Spain

THE GOURMET EDITION



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Setting the Table: Your Guide to Spanish Cuisine

Spanish cuisine is a delicious reflection of Spain's rich history, culture, and diversity.

Whether you're savoring seafood on the Mediterranean coast or indulging in hearty mountain dishes, food is an essential part of Spanish life. As the Spanish say, "**A buen hambre no hay pan duro**" (For a good hunger, there is no hard bread – Beggars can't be Choosers).

In this magazine, we'll explore the iconic dishes from seven Spanish regions: **Barcelona, Valencia, Menorca, Mallorca, Cádiz, Sevilla, and Burgos**. Don't forget to check out our [Idiomatic Expressions Course](#) to learn more about **Spanish idioms** and how to use them like a native.



Right: Mónica, our host teacher in Barcelona, with Gunilla from Sweden at a traditional restaurant, where she observed the art of preparing pan con tomate.



Above: Mónica, our host teacher in Barcelona, along with her parents, hosting Gunilla from Sweden and enjoying a delicious seafood paella prepared by Mónica's father.

Immerse Yourself with Our Spanish Homestay Immersion Program (SHIP)

Looking for more than just a culinary experience?

WELCOME TO OUR SPANISH HOMESTAY IMMERSION PROGRAM (SHIP), WHERE WE EXTEND AN INVITATION TO STUDENTS OF ALL AGES AND BACKGROUNDS FROM ACROSS THE GLOBE.

Our 1-4 week language immersion program offers a unique opportunity to achieve Spanish proficiency through direct immersion at our language schools located in the teacher's home, apartment, or hotel.

Whether you're enjoying a traditional meal in Sevilla, learning about paella in Valencia, or tasting the finest cheese in Menorca, you can combine your passion for food with immersive Spanish learning.

How Does SHIP Work?

You'll stay in the homes of native Spanish speakers, all of whom are certified educators, or you can opt for apartment or hotel accommodation.

Each experience is designed to maximize your language skills while introducing you to Spain's rich culture and daily life. We offer immersion experiences in Barcelona, Valencia, Menorca, Mallorca, Cádiz, Sevilla, Burgos, and many other incredible destinations.

This program is perfect for individuals or families looking for a full cultural and language experience.

For more information, visit our [Spanish Homestay Immersion Program \(SHIP\)](#) page and start planning your journey toward Spanish proficiency today.

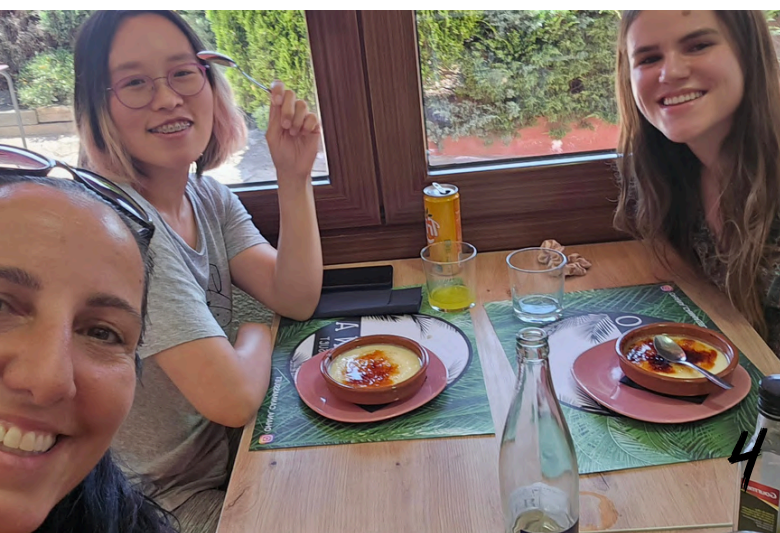


IDIOMATIC EXPRESSION:
"PONERSE LAS BOTAS" -
TO PUT ON YOUR BOOTS
(TO EAT A LOT OR
INDULGE IN FOOD).

1. Barcelona: A Taste of Catalonia

SOME MUST-TRY DISHES IN BARCELONA INCLUDE:

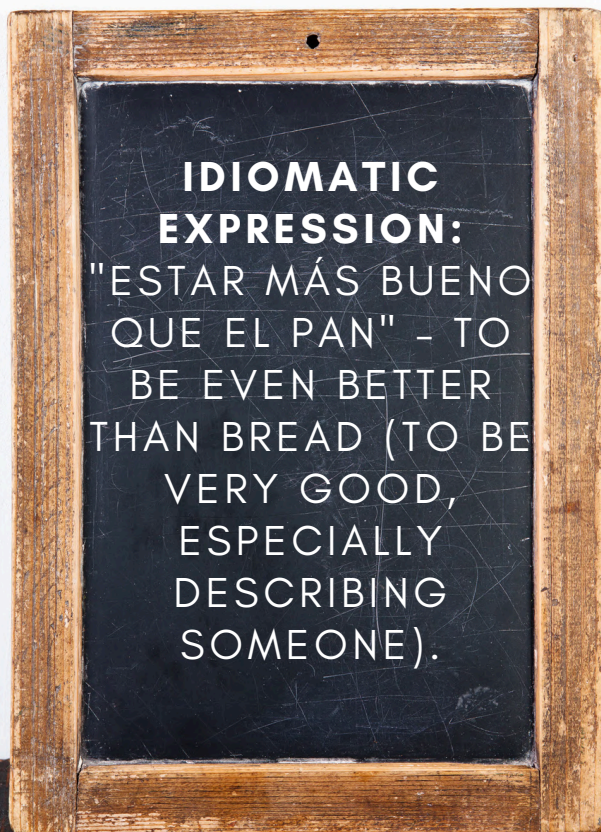
1. **Pan con Tomate:** Rustic bread rubbed with ripe tomatoes, drizzled with olive oil, and sprinkled with salt.
2. **Escalivada:** Grilled vegetables such as eggplant, peppers, and onions.
3. **Botifarra:** A type of Catalan sausage often served with beans.
4. **Crema Catalana:** A creamy dessert similar to crème brûlée, with caramelized sugar on top.



2. Valencia: The Home of Paella

EXPLORE VALENCIA'S CULINARY GEMS:

1. **Paella Valenciana:** A traditional rice dish made with rabbit, chicken, and green beans.
2. **Fideuà:** Similar to paella but made with noodles instead of rice, typically with seafood.
3. **Horchata:** A refreshing drink made from tiger nuts
4. **Arroz al Horno:** A baked rice dish with pork ribs, sausages, and garbanzo beans.



IDIOMATIC EXPRESSION:
"HACER DE TRIPAS
CORAZÓN" - TO MAKE A
HEART OUT OF GUTS (TO
MUSTER UP THE COURAGE
TO DO SOMETHING).

3. Menorca: Taste the Tradition of the Balearic Islands

SOME MUST-TRY DISHES INCLUDE:

1. **Caldereta de Langosta:** A rich lobster stew, one of Menorca's most famous dishes.
2. **Queso Mahón:** A tangy cheese from the island, aged for varying degrees of intensity.
3. **Ensaïmada:** A spiral-shaped pastry, slightly taller than the traditional Mallorcan version.
4. **Carquinyols:** Almond biscuits, perfect with coffee.



4. Mallorca: Culinary Treasures of the Balearic Islands

SOME MOUTHWATERING FOOD INCLUDES:

1. **Tumbet:** A layered vegetable dish made with aubergines, potatoes, peppers and tomatoes, often served with fish or meat.
2. **Frito Mallorquín:** A traditional dish made from fried liver, vegetables and potatoes.
3. **Sobrassada:** A cured sausage made from ground pork, paprika and other spices.
4. **Ensaimada:** A sweet pastry similar to the Menorcan version but often larger.



**IDIOMATIC
EXPRESSION:
"TIRAR LA CASA
POR LA
VENTANA" - TO
THROW THE
HOUSE OUT OF
THE WINDOW (TO
SPARE NO
EXPENSE).**

IDIOMATIC EXPRESSION:
"ESTAR EN SU SALSA" –
TO BE IN ONE'S SAUCE
(TO BE IN ONE'S ELEMENT
OR HAPPY).

5. Cádiz: Flavors of Andalusia

SOME VIBRANT ANDALUSIAN CUISINE INCLUDES:

1. **Tortillitas de Camarones:** Crisp shrimp fritters, a true delicacy.
2. **Atún Rojo de Almadraba:** Bluefin tuna, traditionally fished in the region.
3. **Gazpacho:** A cold tomato-based soup, perfect for hot summer days.
4. **Pestiños:** Fried dough pastries coated with honey, a favorite during holidays.



6. Sevilla: Andalusian Heartland

SOME MOUTHWATERING DISHES INCLUDE:

1. **Salmorejo:** A thicker, richer cousin of gazpacho, served with ham and boiled egg.
2. **Flamenquín:** Breaded and fried pork roll, usually filled with ham and cheese.
3. **Torrijas:** A Spanish take on French toast, soaked in milk and coated with sugar and cinnamon.
4. **Jamón Ibérico:** Cured Iberian ham, prized for its rich flavor and delicate texture.



IDIOMATIC
EXPRESSION:
"TENER MÁS
HAMBRE QUE EL
PERRO DE UN
CIEGO" - TO BE
HUNGRIER THAN
A BLIND MAN'S
DOG (TO BE
EXTREMELY
HUNGRY).

IDIOMATIC EXPRESSION:
"SER PAN COMIDO" - TO BE
EATEN BREAD (TO BE EASY
OR A PIECE OF CAKE).

7. Burgos: A Taste of Castile and León

RUSTIC DISHES FROM CASTILIAN TRADITIONS INCLUDE:

1. **Morcilla de Burgos:** A unique blood sausage made with rice, onions and spices.
2. **Cordero Asado:** Roast lamb, often served at family gatherings.
3. **Sopa Castellana:** A garlic soup with bread, eggs, and ham.
4. **Leche Frita:** Fried milk pudding, a sweet and comforting dessert.





Cultural Quiz: Top Spanish Dishes

1. What is the main ingredient in Paella Valenciana?

- a) Beef
- b) Chicken and rabbit
- c) Pork
- d) Fish

2. Which dessert is famous in Barcelona?

- a) Flan
- b) Tarta de Santiago
- c) Crema Catalana
- d) Turrón

3. What is a popular seafood dish in Menorca?

- a) Paella
- b) Caldereta de Langosta
- c) Gazpacho
- d) Fideuà

4. What is Tortillitas de Camarones made from?

- a) Octopus
- b) Shrimp
- c) Squid
- d) Clams

5. Which city is known for tapas culture?

- a) Cádiz
- b) Burgos
- c) Valencia
- d) Sevilla



6. What is the main ingredient in Morcilla de Burgos?

- a) Rice
- b) Fish
- c) Potatoes
- d) Chicken

7. Which drink is traditional in Valencia?

- a) Horchata
- b) Sangria
- c) Cava
- d) Sherry

8. Which dish is known for being thick and served cold in Sevilla?

- a) Salmorejo
- b) Sopa Castellana
- c) Paella
- d) Fideuà

9. What cheese is famous from Menorca?

- a) Manchego
- b) Queso Mahón
- c) Idiazábal
- d) Tetilla

10. What is a popular dish in Burgos made from roast lamb?

- a) Pisto
- b) Lechazo Asado
- c) Fabada
- d) Cochinillo



Cultural Quiz: Answer Key

1. **b) Chicken and Rabbit**
2. **c) Crema Catalana**
3. **b) Caldereta de Langosta**
4. **b) Shrimp**
5. **d) Sevilla**
6. **a) Rice**
7. **a) Horchata**
8. **a) Salmorejo**
9. **b) Queso Mahón**
10. **b) Lechazo Asado**

Contact Us



From the sun-soaked coasts of the Balearic Islands to the heart of Spain's vibrant cities, we hope this culinary journey inspires you to not only savor the rich flavors of Spain but to immerse yourself in its language and culture through our [Spanish Homestay Immersion Program \(SHIP\)](#).

¡Buen provecho!

LEFT: MÓNICA ROMERO,
🏆 AWARD WINNER 'VISIONARY'
FOUNDER AND DIRECTOR
SPANISH EXPRESS

From our table to yours, we hope this taste of Spain inspires your next culinary and cultural adventure with Spanish Express.

¡Hasta pronto!

