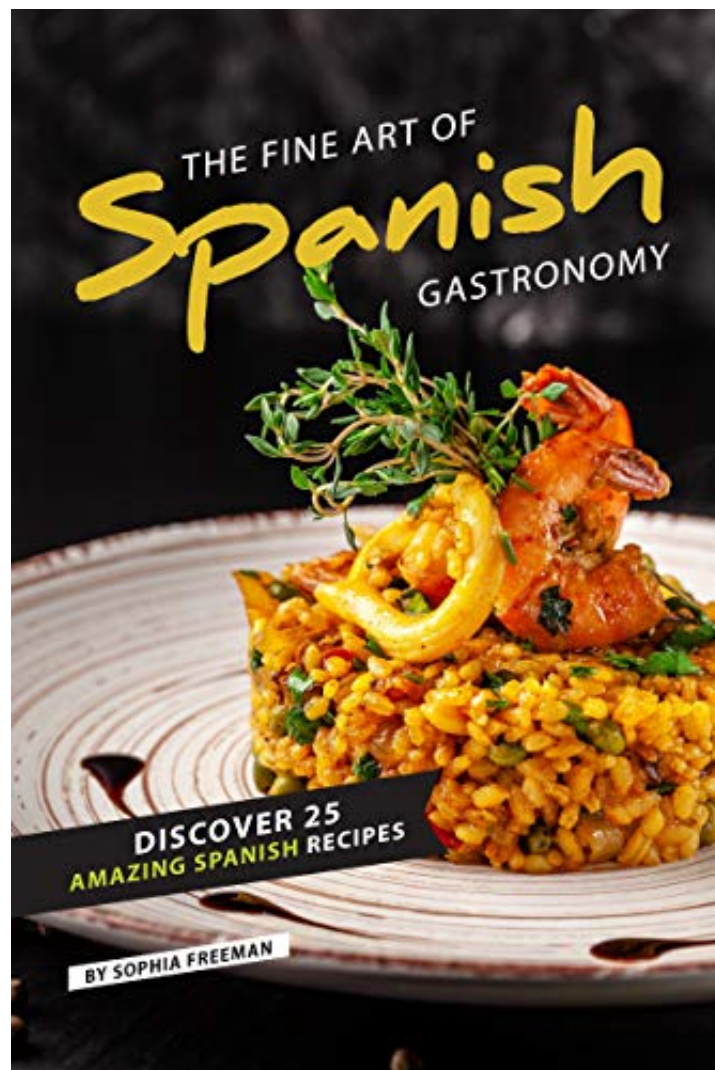


The Fine Art of Spanish Gastronomy: Discover 25 Amazing Spanish Recipes

by

Sophia Freeman



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Synopsis

Spanish cuisine dates back to ages ago. For many years, Paella was synonymous to Spanish cooking. The major factor for this was that the dictator, Franco, had a thing for it. Every Thursday, Madrid restaurants would prepare it because Thursdays were the days Franco came out to have lunch and interact with his people. The 70s came, and tourism became huge in the Costa del Sol and other areas of Spain. This was a good thing in all aspects because it was then the world saw the many potentials of Spanish cuisines. Spanish food is greatly influenced by the Mediterranean diet, and because the country is diverse, the food options are too. It is also influenced by cuisines from Latin America, Africa, and Asia. Because of this, Spanish cooking saw a surge in the importation of spices and new food items. And it was also a good thing because these new food items greatly improved the Spanish food culture. Consider the above as some sort of history lesson. Now, you can get this Spanish cookbook to ensure that you make customary and amazing Spanish meals which will absolutely interest anyone that takes a bite. You will explore and discover a new side to delicious and healthy food from Spain with the 25 recipes you will find in this book. These meals are great for any setting – a family meal or a party. 'Get this cookbook now and let the aroma of sweet Spanish food fill your kitchen, to the delight of your nostrils and your tongue.

Look inside the book

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Spanish Style Fish CutletsDelicious fish cutlets with an almonds crust mixture and some tomato sauce. A perfect Spanish fish recipe which will be well accompanied with a mix salad or some spicy potatoes. You can replace with any other fish of your preference.Makes: 4Total Prep Time: 40 minutesIngredient List:4 jewfish cutlets3 Tbsp. of olive oil1 Tbsp. of parsley, chopped2 garlic cloves, crushed2 Tbsp. of almonds1 Tbsp. of green onion, chopped½ tsp. of ground paprika½ tsp. of lemon rind1 can of diced tomatoesInstructions:Preheat the oven at 350 F.Brush a shallow ovenproof dish with the olive oil.Place the fish cutlets in the dish and brush the top of each fish with olive oil.Combine the garlic, parsley, and green onion in a small bowl.Add the paprika, lemon rind, almonds, and the rest of the olive oil.Mix everything well and season well too.Spread the mixture on the top of the fish.Place and cook in the oven for 10 minutes.Remove the fish from the oven and add all around the tomatoes.Cook further for another10 minutes in the oven.Remove from the oven and let it stand for one minute and serve.2) GazpachoThis Spanish soup is very popular all over Spain but nowhere as famous as in Andalic. The garnish can be different depending on your taste. If you want to speed up the chilling process just place the soup bowl into another large

You can replace with any other fish of your preference. Makes: 4 Total Prep Time: 40 minutes

Ingredient List: 4 jewfish cutlets 3 Tbsp. of olive oil 1 Tbsp. of parsley, chopped 2 garlic cloves, crushed 2 Tbsp. of almonds 1 Tbsp. of green onion, chopped ½ tsp. of ground paprika ½ tsp. of lemon rind 1 can of diced tomatoes

Instructions: Preheat the oven at 350 F. Brush a shallow ovenproof dish with the olive oil. Place the fish cutlets in the dish and brush the top of each fish with olive oil. Combine the garlic, parsley, and green onion in a small bowl. Add the paprika, lemon rind, almonds, and the rest of the olive oil. Mix everything well and season well too. Spread the mixture on the top of the fish. Place and cook in the oven for 10 minutes. Remove the fish from the oven and add all around the tomatoes. Cook further for another 10 minutes in the oven. Remove from the oven and let it stand for one minute and serve.

2) Gazpacho This Spanish soup is very popular all over Spain but nowhere as famous as in Andalicia. The garnish can be different depending on your taste. If you want to speed up the chilling process just place the soup bowl into another large bowl full of ice. Makes: 4 Total Prep Time: 40 minutes

Ingredient List: 3 ½ lb. of ripe tomatoes, peeled and cut into quarters 1 green pepper, seeded and chopped 2 garlic cloves, crushed 2 slices of white bread, crusts removed 4 Tbsp. of olive oil 4 Tbsp. of wine vinegar ¾ cup of tomato juice Pinch of sugar Salt and pepper For the garnishes 2 Tbsp. of sunflower oil 3 slices of bread, diced 1 small cucumber, peeled and diced 1 onion, finely chopped 1 red pepper, seeded and finely diced 1 green pepper, seeded and finely diced 2 hardboiled eggs, chopped

Instructions: Add the green pepper in a food processor. Add the ripe tomatoes, garlic, olive oil, and vinegar. Mix everything well. Add the tomato juice, sugar, two Tbsp. of water, and season well. Mix everything well again. Pour the soup mixture into a large bowl and chill in the fridge for two hours. Meanwhile, warm up the sunflower oil into a frying pan. Add the dice bread and cook for 4 to 5 minutes until golden brown. Drain in kitchen paper and mix with all garnish ingredients and set aside. Just before serving the soup, add a few ice cubes into the soup. Serve each bowl with some of the garnishes and enjoy.

3) Chicken Spanish Style This is different from the traditional Spanish chicken you may find and it is very interesting. Serve with slices grilled eggplant and zucchini - it will be perfect. While serving, cover the chicken with the onion and carrot and don't forget to remove the toothpick. Makes: 4 Total Prep Time: 55 minutes

Ingredient List: 4 chicken breasts, boneless and skinless 4 thin slice of ham ¼ cup of butter 1 onion, chopped 1 carrot, finely chopped 1 Tbsp. of flour 1 ½ cups of chicken broth 1 cup of apple cider ¼ tsp. of ground pepper ¼ tsp. of ground nutmeg ¼ cup of toasted pine nuts

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Stella C., "The Fine Art of Spanish Gastroomy.. There are twenty five fantastic Spanish recipes in the amazing recipe book.Influenced by many cultures that can be seen in these dishes, these Spanish recipes will help the home cook make amazing meals for family or party meals."

The book by Sophia Freeman has a rating of 5 out of 5.0. 1 people have provided feedback.

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