

thick texture and a key component of the tomato – which is to be found in a number of hot dishes in Andalucia – where it is originated .

Ingredients : Tomato , cucumber , pepper , onion , garlic , olive oil , vinegar , liqueur , salt , and pepper or Tabasco (optional) grated bread .

Paella (Paella)

The most famous dish of Spain , owes its origin to the Moors , who have set up the rice in the Iberian peninsula . Authentic paellas recipe remains a mystery , but the most famous is the " seafood paella " with saffron rice , seafood and vegetables .It often contains chicken , pork and rabbit (mixed paella) , while the Valencian 'Sherlock Holmes' of taste , add the chicken base and snails .

Ingredients : Rice with saffron , vegetables , seafood , pork , rabbit , snails and whatever else you have .

Tortilla de patatas (tortilla)

Just three ingredients are sufficient to compose perhaps the most hearty Spanish dish . Eggs , potatoes and onions - sliced - must be fried slowly in olive oil until they suck all the oil . When finished cooking on both sides , they will constitute a two-storey Flat enjoyment , which serves as a wildcard at every meal .

Ingredients : Add the base peppers , mushrooms , zucchini , eggplant and all kinds of spices . Required pairing: sodas !

Churros (Tsouros)

The guy that he had emitted the expression ' good day from morning appears " , I guess that was a tourist in Spain and had just tried the traditional breakfast meal, consisting of coffee and Tsouros , ie oblong donuts dipped in hot , thick chocolate . The similarity with the horns of rams , bred in the meadows of Castile , was the inspiration of their name . They have a ribbed , surface, they are fried until crispy and are consumed in countless amounts .

Ingredients : Flour , salt , sugar , oil , egg and water . Prepare like donuts .

Sangria (Sangria)

As Spaniards assert , a dry wine bottle Sangre del Torro (bull's blood) , little Jerez (brandy cherry Spanish origin) , apples and oranges , cut into cubes and finally cinnamon sticks , enough to give us a nice sankria . Served chilled in a glass jar and a wooden spoon to stir embattled all ingredients before ending up in your glass .

Ingredients : Alternative vodka (instead of brandy) . Fruits : mango , grapes , melon , pear and lemon . Gazoza .

Migas con jamón y uva (MiG with jamón and grapes) Never has the phrase " somewhat crumbs left ," had not so positive connotation, as it has for the Iberians . That's because the remnants of bread , is the reason for preparing a particular dish , historically associated with the African couscous . The typical recipe includes Aragon fried sausage , bacon and dry bread (previously soaked in water or milk) fat lamb and pork . The use of the latter -

forbidden for Arabs and Muslims – gave to this food dish the name "old Christians ". Accompanied even with : Grapes , mushrooms , watermelon , white cheese or o, what else suits your palate .

Ingredients : Dried bread , fresh butter , fat lamb , olive oil , garlic , salt , Jamon, grapes .

Patatas bravas (potato thumbs)

The most famous dish of Spain (tapas) are simple to cook and taste divine ! The recipe wants potatoes thumbs cut in indistinct figures of 2 cubic centimeters , boiling initially peeled . Then they change "their means", being fried and waiting patiently their hot redhead companion (sauce) to display on your plate . Classic savory , served with wine , beer or a shot orujo, across the Iberian Peninsula , with many variations in convoy: blonde , brunette , hot or not.

Ingredients : potatoes , olive oil , tomatoes , Tabasco , vinegar , black pepper , paprika , bread (to leave the burning) .

Crema Catalana (Catalan Cream)

The Catalan version of crème French Brill , which claims to be the ancestor , is crunchy and slightly bitter . Spring dessert , perfect after a heavy meal paellas , usually prepared on the feast of Saint Joseph (Father's Day) . The frothy mixture made from milk , sugar and eggs , mixed with lemon or orange and cinnamon . The main components are the basis for the preparation of Catalan nougat (torro).

Ingredients : Milk , eggs , sugar . Variations : rosewater , chocolate , fruit.
