

Guide to Àpat Catalunya



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What is Àpat Catalunya?

Àpat Catalunya is the food served when an event of Catalan institutional or business representation takes place, both in a local and international setting. When that happens, it is nothing but expected to serve distinguished food that completely represents both Catalan's gastronomy and culture, and its values.

Brillat Savarin (1825) states that gastronomy is “the human's knowledge and reasoning regarding food and diet. The tangible part of gastronomy is anything that can be eaten. The main purpose is to feed people adjusting to production, distribution and industry; as well as the feeling that lingers after eating a pleasant and delightful meal”.

Likewise, Àpat Catalunya must always have available products, dishes and gastronomic traditions representing Catalan culture.

A 'meal' is a powerful tool to promote Catalans' agrifoodstuffs, even if the product it is not present at the moment. What is important is the feeling that remains after the meal— it needs to be distinguished and meaningful enough to empathize with the guests and leave an impression.

We should say 'meals', in plural— Àpats Catalunya, because the tool that lies in your hands is designed to offer a vast variety of suggestions depending on the different serving settings and the catering's particular features.

If we take a look at the dictionary, we will see that the word 'Àpat' in Catalan refers to “a solid meal, daily and scheduled. For instance, brunch, lunch or dinner”. Therefore, each and every situation relates to an 'Àpat Catalunya'.

Which are its purposes?

- Spread the local product.
- Spread awareness of Catalan's cuisine and Catalan's native products.
- Increase the feeling of belonging regarding a particular gastronomic culture.
- Contribute to Catalonia's internationalization spreading knowledge about its gastronomy and local products.
- Share all this knowledge with catering companies and its workers, which are the ones who will subsequently spread all the information to the public.
- Boost the distinctive range of services, and the companies that provide these services.
- Create a tool to profit from trend opportunity.
- To promote the Catalan agro-industrial business.

Target audiences and usage settings

Àpat Catalunya's **target** audience can be very diverse. With any situation in mind, and intending to reduce the diversity and to make the background of the event more understandable, we can find two types of **audience**: the first one would be **locals** (we assume that they already have some brief knowledge of Catalan gastronomy); the second one would be **foreigners** (we cannot assume that they have knowledge of Catalan gastronomy). We can find the second **audience** in two situations: When they are visiting Catalunya, or when they are outside of Catalunya and/or in their birthplace.

This guide also takes into consideration some specific cases that might be included in the previously mentioned group. We talk about different features, such as religion, health and different points of view. We have foreseen these kind of circumstances, and included numerous possibilities

to adjust to those features. For now, these adjustments are: different meal options for dinning guests who avoid eating pork, for dinning guests who avoid animal protein, for dinning guests who avoid gluten and for dinning guests who do not drink alcohol.

It is also diverse and hard to enumerate all the possible **settings**. It is obvious that different settings lead to different types of service arrangements between the catering and their client, and also the catering's aptitude to offer different services. Moreover, we encourage caterings to offer Àpat Catalunya (whenever they find it suitable) even if it is not a Catalan institutional or business representation setting, or if the client is not clearly interested in agrifood promotion.

Next, we will present you those mentioned settings in two type of backgrounds:

Settings in Catalunya:

- Introducing products
- Institutional meetings
- Protocol aspects
- Functions
- Festivals and promotions

Settings outside of Catalunya:

- Catalan delegations outside of the country
- Events in which Catalan culture is invited

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Content and guide usage

There are two separate sections. One talks about the general history of Catalan cuisine, symbolic products and where you can find them, and identifying the essentials and main elaborations of Catalan cuisine. The other talks about Àpat Catalunya and how to use it. In this section you will find: the selection criteria of the products and their elaboration, the concepts (groups of reference) and the culinary references (products and elaborations), and how to use them (in which there is a discussion about prerequisites to take into consideration), mandatory requisites, the sheets that allow the references, and some basic examples of the design of Àpats Catalunya.

Catalan cuisine:

- Detailed report of Catalonia's gastronomic culture
- Specific messages of Catalonia's gastronomic culture
- Signature products
- Essentials and most common elaborations

Àpat Catalunya:

- Selection criteria of products and elaborations
- Àpat Catalunya's concepts and references (concepts and products/elaborations)
- How to use it (preliminary, requisites, sheets, examples)

Detailed report of Catalonia's gastronomic culture

Catalan cuisine has a historical impact, all due to medieval recipe books. After the fall of the Roman Empire and the development of romance languages as ways of communication among the population, the Catalan language was used to spread knowledge in different areas of expertise, and cooking was no exception. The first recipe book written in Catalan is from the XIV century– the *Llibre de Sent Soví*, one of the first art expressions for Catalan cuisine that influenced many courts and noble households around the area. But the cuisine exemplified in the books is not related at all to today's Catalan cuisine, which probably comes from one of the classic recipe books from the XIX century– *La cuynera catalana*. This recipe book balances medieval tradition and the new cooking trend that came after introducing American products on the continent. Anyways, we have to thank people like Ignasi Domenech or Ferran Agullo (XIX century) for the current state of today's Catalan cuisine.

During the XX century, Catalonia was a land very meticulous with gastronomic culture. We can realize after reading various texts written by different authors who always try to identify the costumes and traits of a unique gastronomic identity. Some of those authors are Josep Pla, Néstor Luján, Joan Perucho or Vázquez Montalbán; each of them had a different point of view and opinion. But there is no doubt that they contributed to showing those unique traits. And Colman Andrews, an American gastronomist, could not ignore this fact. In his book, *Catalan Cuisine* from 1980, he states that we could be staring at "Europe's last great culinary secret". Back then, this cuisine was a real discovery for gastronomists all around the world.

Catalan cuisine can be influential, but it also receives influence, incorporating elements from other cuisines, which lets us know how easy it is for Catalan cuisine to evolve and adapt. For instance, marinating food, legacy from the Arabs, was easily incorporated to Catalan cuisine. As well as the use of tomatoes, peppers or potatoes that came from America, and helped consolidating symbolic dishes in Catalan gastronomy, such as *Pa amb tomàquet* (bread with tomato). Another proof of what we mentioned is cod. This species of fish is not naturally part of the Catalan landscape, but it was adapted to our cuisine because of religion, food preservation techniques, and trading.

Talking about landscapes, even if Catalan *payeses* complain about how hard it is to work on Catalan land, we cannot deny that it has great orographic, climatic and soil diversity. This is crucial for obtaining products that we can afterwards use to develop a **complex and tasty cuisine**. Thanks to all of this variety, we can divide Catalan cuisine into categories: mountain cuisine, boat cuisine, coast cuisine, cuisine based on rainfed food, or sea and mountain's cuisine.

Specific messages of Catalonia's gastronomic culture

After the detailed report about Catalan cuisine, you will find a selection of slogans—messages that allow to spread Catalan cuisine's value and contents.

- It has a proven historical richness. It was one of the most important cuisines in the Middle Ages.
- Catalan cooking books exist since the 14th century. The first one that we know of is *Llibre de Sent Soví*.
- Historically, Catalan cuisine has influenced other cuisines, just as much, as it has received influenced by the Occitan, the French, the Arab and the Jew cuisine.
- *La cuynera catalana*, a recipe book from the 19th century, harmonizes medieval tradition and the influence of products from America. It is the embryo of today's Catalan cuisine.
- Ignasi Domènech and Ferran Agulló, during the 20th century, laid the foundations of today's Catalan cuisine, a mixture of bourgeois and working-class cuisine.
- Catalonia is a territory sensitive to the diffusion of gastronomic culture. Josep Pla, Néstor Luján, Joan Perucho, Vázquez Montalbán, Llorenç Torrado, Pau Arenós i Cristina Jolonch are some of the most prominent authors who spread this culture.
- It is a cuisine with renown internationally. Colman Andrews in the 80s said it was "Europe's last great culinary secret".
- In the last few decades, between the 20th century and the beginning of the 21st century, Catalonia has experienced a culinary revolution that has had an impact on the whole world and we know it under

the name of *creative cuisine*. Some of its prime representatives are Ferran Adrià, the Roca brothers, Fina Puigdevall, Carme Ruscalleda and Paco Pérez.

- In the last decade, Catalan cuisine has been at the top of international awards for best restaurants.
- The diversity of Catalonia's landscape and geography make it a privileged area for producing a wide range of products that enrich its cuisine.
- When talking about Catalan cuisine, we cannot forget its great diversity of culinary styles, usually influenced by the soil and the geographic diversity. For instance, mountain cuisine, boat cuisine, coast cuisine, cuisine based on rainfed food, or sea and mountain's cuisine..

Who can use it?

The catering staff.

Which are its purposes?

These messages intend to disseminate knowledge to those interested in learning more about the truth and background of this cuisine.

Signature products

A signature is distinctive mark or characteristic that identifies someone or something. Therefore, Catalonia's signature products are those used in cooking, representing Catalan gastronomy and helping us connect with it.

In Catalonia, there are a lot of products and recipes that we could talk about, but we need to narrow them down to make it easier for the catering. Keeping this in mind, we have handpicked a list of signature products marked as PDO (Protected Designation of Origin) and PGI (Protected Geographical Indications) since those are surely representing Catalonia.

PDO



Catalan wines, Catalan oils, rice from Delta de l'Ebre, cheese from l'Alt Urgell and Cerdanya, pear from Lleida, White beans, butter from l'Alt Urgell and Cerdanya, hazels from Reus.

PGI



Calçot de Valls, (tangerine) clementines from Tirras del Ebro, rooster from Penedès, longaniza (Catalan dry-cured pork sausage) from Vic, Pan de Payés (peasant's bread), Prades potatoes, chicken from el Prat, Apples from Girona, Agramunt nougat, beef from the Pyrenees.

Even so, you can find in our web, [Gastroteca](#) a list all the products that currently have stable production in Catalonia. We recommend to check Gastroteca since it is a suitable tool for catering companies when they need to select Catalan products that they wish to offer.

Essentials and most common elaborations

When conceptualizing Catalan cuisine, we can distinguish between a combination of essentials and dishes, and/or more symbolic elaborations of the traditional Catalan cuisine.

We can find them, both together or on their own, in a lot of Catalan traditional cooking books. The history of each of them is related to their evolution throughout centuries (changes in the elaboration, incorporation or discarding ingredients, main characters of specific recipes, etc.), and that helps to explain the history of what we now know as traditional Catalan cooking.

Catalan's cuisine four essentials, according to Ferran Agulló:

- Sofrito (fried onion, garlic and tomato)
- Picada (garlic, saffron, and/or parsley sauce)
- Alioli (garlic mayonnaise)
- Samfaina (pepper, aubergine, tomato, and onion stew)

Those elaborations include multiple dishes found around all of Catalonia, The Balears, Valencia and North Catalonia, in their respective versions, depending on the region and the season of the products. With variations in the ingredients and formats, these are, altogether, a heritage of the most traditional Catalan cuisine that has endured over time. The main ones are:

Types of dishes/most symbolic elaborations of the traditional Catalan cuisine:

- Sea and mountain
- Rices and soaked noodles
- Rices and dried noodles
- Cocas (dough bread with toppings)
- Casseroles
- Vegetables/legumes stew
- Escudellas (noodles or rice soup)
- Pan con tomate con... (bread with tomato with...)



Àpats Catalunya

We thought about some concepts/categories to classify the chosen references. This classification order was designed to help with product selection and preparations depending on the service. They are organized in large groups that can respond to the moments of consumption, order of consumption, eating order, or the dish consistency. Each concept can explain:

- Moments of consumption.
- Specific elaborations.
- Costumes and traditions related to how to eat the food and the dishes.
- Popular knowledge and practices.

These concepts or categories are put forth to create a record with all the references chosen by Àpat Catalunya. Each product and elaboration sheet attached to the manual can include these synthetic stories.

How do we use it? Following the record created by Àpat Catalunya, the room staff can use the stories described in the sheets to explain them according to the event.

Concepts

This section presents a selection of the main concepts that exemplify the structure and content of Catalan gastronomy translated into an Àpat Catalunya (AC). Each of these concepts includes a set of culinary references. An AC can be made with a single concept or with the combination of two or more of them:

- 1 — **Vermouth**
- 2 — **Pan con tomate (bread with tomato)**
- 3 — **Deli meats and/or cheese**
- 4 — **Traditional appetizers**
- 5 — **Roast, stews and casseroles**
- 6 — **Desserts**
- 7 — **Beverages**

Vermouth is a category/concept that does not correspond to an elaboration, but rather to a moment of consumption, that is to say, a leisure activity. Vermouth is all about socialization; food is only a resource.

Bread with tomato, combined with **deli meats and/or cheese**, blends the categories/concepts of specific elaborations, customs and traditions linked to the way of ingesting/eating. It can also be associated with popular knowledge and practice.

Traditional appetizers and **roasts stews and casseroles** are clearly related to specific elaborations of Catalan cuisine. Many are associated to its costumes, traditions, knowledge and popular practice.

Desserts could also be specific elaborations related to costumes and traditions.

Lastly, the concept of **beverages** is a cross-cutting and supporting category to any of the other ones previously mentioned.

Products and elaborations (references)

Now, we will show you the complete list of product references, as well as the total number of products and elaborations, sorted according to the chosen concepts:

Vermouth

| Ref | Product | Sheet |
|-----|--|-------------------|
| 1 | Vermouth | ↓ |
| 2 | Soda siphon | ↓ |
| 3 | Stuffed olives | ↓ |
| 4 | Chips | ↓ |
| 5 | Canned food (mussels, clams, cockles) | ↓ |
| 6 | Anchovies | ↓ |
| 7 | European anchovies in vinegar | ↓ |

Pan de payés

| Ref | Product | Elaboration | Sheet |
|-----|--|----------------------------|-------------------|
| 8 | Pan de payés (peasant's bread) | | ↓ |
| 9 | Tomate de colgar (Catalan hanging tomatoes) | | ↓ |
| 10 | Extra virgin olive oil | | ↓ |
| 11 | | Alioli (garlic mayonnaise) | ↓ |

Deli meats and/or cheese

| Ref | Subcategory | Product/Elaboration | Sheet |
|-----|-------------|--|-------|
| 12 | Deli meats | Longaniza (Catalan dry-cured pork sausage) | ↓ |
| 13 | | Fuet (Catalan dry cured pork sausage) | ↓ |
| 14 | | Xolís (salami-type sausage) | ↓ |
| 15 | | Bull blanco y negro (kind of Catalan sausage) | ↓ |
| 16 | | Pa de fetge (Catalan pork liver pâté) | ↓ |
| 17 | | Butifarra de huevo (egg botifarra) | ↓ |
| 18 | Cheese | Requesón (cottage-cheese) | ↓ |
| 19 | | Garrotxa (goat cheese) | ↓ |
| 20 | | Serrat (sheep cheese) | ↓ |
| 21 | | Tupí (kind of tarrine food) | ↓ |

Traditional appetizers

| Ref | Elaboracions | Fitxa |
|-----|---|-------|
| 22 | Catalan salad | ↓ |
| 23 | Escalivada (roasted vegetables) | ↓ |
| 24 | Empedrat (cod and haricot beans salad) | ↓ |
| 25 | Esqueixada (shredded cod, tomato and olive salad) | ↓ |
| 26 | Coca de recapte (dough bread with toppings) | ↓ |
| 27 | Escudella i carn d'olla (noodles broth followed by stew meat and vegetables) | ↓ |
| 28 | Trinxat (cabbage and potatoes, boiled, chopped and fired) | ↓ |
| 29 | Xató (escarole, tuna and cod salad) | ↓ |
| 30 | Truita de dijous gras (egg botifarra in an omelette) | ↓ |
| 31 | Calçots (grilled spring onions) | ↓ |
| 32 | Cigrons amb espinacs (chickpeas with spinach) | ↓ |
| 33 | Espinacs a la catalana (Spinach, Catalan style) | ↓ |

Roasts stews and casseroles

| Ref | Elaboration | Sheet |
|-----|--|-------|
| 34 | Rice casserole with meat | ↓ |
| 35 | Fish rice | ↓ |
| 36 | Noodles casserole with meat | ↓ |
| 37 | Noodles <i>rossejat</i> (cooked in fish broth) | ↓ |
| 38 | Cuttlefish with meatballs | ↓ |
| 39 | Catalan sausage with beans and with or without streaky bacon | ↓ |
| 40 | Chicken with raisins and pine nuts | ↓ |
| 41 | Country casserole | ↓ |
| 42 | Beef fricassee | ↓ |
| 43 | Capipota with chickpeas | ↓ |
| 44 | Cod with <i>smfaina</i> (pepper, aubergine, tomato and onion stew) | ↓ |
| 45 | Cod <i>a la llauna</i> (fried and baked) | ↓ |
| 46 | Fish <i>suquet</i> (stew) | ↓ |
| 47 | <i>Sardines</i> in pickle | ↓ |
| 48 | Fish and shellfish stew | ↓ |
| 49 | Fish with <i>romesco</i> (Catalan nut, red pepper, tomato, and garlic sauce) | ↓ |
| 50 | Snails <i>a la llauna</i> (roasted in the pan) | ↓ |

Desserts

| Ref | Subcategory | Product/Elaboration | Sheet |
|-----|----------------------------|---|-------|
| 51 | Barquillos (rolled wafers) | | ↓ |
| 52 | Turrones (nougats) | | ↓ |
| 53 | Carquinyolis (cracknels) | | ↓ |
| 54 | Seasonal fruit | | ↓ |
| 55 | | Postres de músic/nyoca (nuts and dried fruit) | ↓ |
| 56 | | Crema catalana (crème brûlée) | ↓ |
| 57 | | Requesón con miel (cottage cheese with honey) | ↓ |
| 58 | | Buñuelos de viento/ rellenos (stuffed fritters) | ↓ |
| 59 | | Tortel de nata (Catalan ring-shaped cake) | ↓ |
| 60 | | Pan con vino y azúcar (bread with wine and sugar) | ↓ |
| 61 | | Menjar blanc (blancmange) | ↓ |
| 62 | | Bizcocho/coca (sponge cake) | ↓ |

Beverages

| Ref | Elaboration | Sheet |
|-----|--|-------|
| 63 | Wine&Cava (PDO Wines and others) | ↓ |
| 64 | Sweet wines, alcoholic drinks and handcrafted beer | ↓ |
| 65 | Water/coffe and tea/other drinks | ↓ |



How to use/adapt Àpat Catalunya

Àpat Catalunya can be ordered and served on multiple occasions. Each institutional event contemplates certain intrinsic or extrinsic conditions that determine the contents of Àpat Catalunya that best fit the event to be held.

Preliminary

When a catering company is going to offer Àpat Catalunya, there are expected to meet the following criteria:

Those involved:

- Public administration and catering, or client and catering.

Type of supply and demand:

- Two types of demand: public or private. For now, we will only look into the public one, in which the Administration asks explicitly for Àpat Catalunya (AC), which should include this document's criteria. However, the AC manual is presented as an opportunity for caterers who want a distinctive offer for any type of customer.

Requisites

To be able to carry out Àpat Catalunya, there are a few requisites that need to be met. The catering should take responsibility for these requirements if they are explicitly offering Àpat Catalunya. These are the following requisites:

Regarding the offer:

- It is encouraged that the offer adapts to the culinary references in this document. Variations may be considered:
 - Inclusion of other Catalan dishes as long as they are a part of *Corpus del patrimoni culinari catalan* (Edicions la Magrana).
 - Variations of original recipes (referencing the document) can be included as long as they are part of *Corpus del patrimoni culinari catalan*.

Regarding the supplementary information provided by Àpat Catalunya, it is important to bear in mind that:

- An explanation about the dishes has to be given, depending on the service/space/budget options. It should be done graphically, by providing visual support, and verbally, explained by the staff..
- It should be granted that the staff is knowledgeable enough to explain the meaning of Àpat Catalunya. This does not mean that the staff must be an expert on the topic; it's all about using the tools offered in this guide.

Regarding the use of local products (produced and manufactured in Catalonia), this is the following criteria:

- If the offered product is considered a signature product, for instance, fuet, it must have been produced and elaborated in Catalonia. Signature products are specified in this guide. .
- If the product is part of an elaboration, it is preferable to buy Catalan products, if the season allows it..

Aspects that are not established, but that should be considered to identify a specific style for Àpat Catalunya. Initially, it depends on the catering's criteria:

- Tableware: Plates, cutlery, glasses, wine porron, tablecloths, table mats, baskets...
- Attrezzo: use of furniture and space distribution. Chairs, tables, wine porron, oil cruets, wine racks, baskets...
- Staff: attire.

Essential requisites:

- Beverages and Vermouth are two different categories.
- Vermouth. In order to make this category work, the drink should be included (vermouth + soda siphon), and at least two solid food offers from this category.
- In the remaining categories (including vermouth), at least two concepts must be present for any provided service (excluding beverages).

Other requisites/tips:

- Take into account the season (identified in the respective sheet).
- Take into account the type of restrictions (identified in the respective sheet).
- The more varieties of elaborations/products that are included, the broader the vision of Catalan cuisine will be.
- Maintain a logical balance between the elaborations of the different concepts (vermouth, bread with tomato, deli meats and cheese, traditional appetizers).
- Possible incompatibility or affinity between the offerings and the location/typology characteristics (preferences).
- Serving temperature according to location and catering characteristics).

- Take into account whether the dishes are meant to be shared or not.
- It is encouraged to explain or describe the products or preparations that are being served (graphically and verbally).

These are the prior requirements that the catering staff has to take into consideration while serving the products, choosing the recipes, designing the room, and sharing the story of Àpat Catalunya. Once men the essential requirements for an event to be considered Àpat Catalunya, we can show you different possibilities about how to choose the serving contents and how to carry out the event according to the different conditions that can affect each catering.

Sheets

Each culinary reference will have a personalized sheet. The goal of the sheet is to offer all the possible information so the cooking team and the room staff can work. It is necessary to consult the sheets when choosing which Àpat Catalunya is to be served. In this guide you will find 65 sheets.

Examples

Here are some exemplified suggestions of how concepts can harmonize depending on the circumstances:

Suggestion 1 —
Breakfast *a peu dret*
(standing up):

Pan con tomate (bread with tomato)

Deli meats and/or cheese

Dessert

Beverages

Suggestion 2 —
Lunch *a peu dret*
(standing up):

Vermouth

Pan con tomate (bread with tomato)

Deli meats and/or cheese

Roast, stews and casseroles

Desserts

Beverages

Suggestion 3 —
Dinner *a taula*
(sitting down):

Traditional appetizers

— *Escalivada*

Roast, stews and casseroles

— *Cuttlefish with meatballs*

Sweets

— *Carquinyolis*

Beverages

Vermouth





Concept

Vermouth

Reference recipe books

There is no need.

Name

Vermouth (drink)

Context

The word Vermouth comes from German (*wermut*) and means wormwood, one of the traditional herbs with which wine is softened and afterwards gives us Vermouth. But the industrial process of Vermouth is monopolized by Italians. In Catalonia, Vermouth made its first stop at Reus, the historical centre of Catalan Vermouth production, in 1839 more or less. The Café Torino of Barcelona, run by Flaminio Mezzalama in the early 20th century, was the starting point for the brand Martini & Rossi and the costume of going for a Vermouth. This costume became popular among the Barcelonan bourgeoisie, and, afterwards, it spread through all social classes.

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Season

There is no sessional restriction.

Service and consumption

— *How to serve*

Depending on the glass (larger, smaller, tub, wider, Martini glass) or the mixing ingredients (soda, ice, sliced citrus, or even olives on a toothpick).

— *How to ingest*

It can be eaten by itself or paired with the typical products served in an aperitif or vermouth; in this case, we can mention potato chips, olives, canned fish, meat or vegetables, pintxos (tapas), etc. It can be ingested before a meal, or during leisure and festive moments between meals.



Concept

Vermouth

Reference recipe books

There is no need.

Name

Sifón (Soda water)

— *Other names*

Soda

Context

Soda water is fizzy water that has been used in Catalonia traditionally to mix with alcoholic beverages like, for instance, Vermouth. This mixture is still made in a lot of Catalan cities. Between 1920 and 1970, an explosion happened, and affected different bottling factories of soda water, which makes it impossible to know how many existed.

Nowadays, the soda water bottle, wrapped with holey plastic of different colours, is still considered traditional. It has been trending all over bars and *Vermoutherías* these few last years.

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Season

There is no sessional restriction.

Service and consumption

— *How to serve*

Once our Vermouth glass is filled up, we add the soda water until there is a perfect balance between the two drinks and the customer approves.

— *How to ingest*

In the usual Vermouth consumption moments—right before a meal, a leisure moment, or a festival.



Concept

Vermouth

Reference recipe books

There is no need.

Name

Aceitunas rellenas
(stuffed olives)

Context

Stuffed olives were born in Alcoy (Valencia) during the second half of the 20th century. It was one of the star products of the agrifood sector. The purpose was to get rid of the olive pit to eat them easier while stuffing them with a tastier and saltier content, improving their taste. The most traditional ones are those stuffed with cod, but we can also use roasted red bell peppers. In Catalonia, stuffed olives have always been well received. Today they are considered a typical snack, complementary to a drink. In fact, due to their organoleptic characteristics, they induce appetite.

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Season

Available all year because seasonal restrictions do not apply to canned food. However, olive recollecting season starts around September, even if their macerating process and sour removal take a couple of months. This process cannot be avoided since it's the one that allows the pit removal and the olive stuffing.

Service and consumption

— *How to serve*

Added in salads and other culinary elaborations or served individually on a small plate.

— *How to ingest*

By themselves, with a Vermouth or between hours. Mixed with other ingredients, it can be part of any meal.



Concept

Vermouth

Reference recipe books

There is no need.

Name

Patatas chips (Chips)

— *Other names*

Patatas de churrería

Chips

Context

Chips were born in New York, United States, in the mid-19th century. In Catalonia, the history of this kind of chips is related to street vending churro makers who used to fry the sliced potatoes to serve them right after being fried. Nowadays, there are numerous Companies in Catalonia mass-producing chips, achieving a high-quality product. Thanks to its organoleptic characteristics—crunchy, salty and grassy—it's a highly valued product amongst consumers and contributes to helping the appetite.

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Season

It is a year-round product. Since its process is now industrialized, we can ignore potatoes' recollection season.

Service and consumption

— *How to serve*

In the same bag or in a plate.

— *How to ingest*

As a side-dish, a Vermouth appetitive, or between breaks.



Concept

Vermouth

Reference recipe books

There is no need.

Name

Latas (canned food)
(mejillones, almejas, berberechos)
(mussel, clam, cockles)

— Other names

Conserves

Context

Canned food has been known in the Iberian Peninsula since the mid-19th century. It is one of the examples of how the agrifood sector became industrialized. Salting and smoking (the traditional way of preserving food) led to conserving food with aseptic packaging and hermetic aliments. Usually, the ingredients that will be canned, are previously steamed before being mixed with a liquid that helps conservation and strengthens their organoleptic characteristics. Production is mainly focused in the northern part of the Peninsula, but there are also canning companies in Catalonia. It is popular to serve canned food while drinking Vermouth. Both because of their flavour and, just like chips and stuffed olives, their organoleptic characteristics.

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Season

Canned food is available all year.

Service and consumption

— How to serve

In the same can, in small bowls or on small plates, keeping the juice. Also, they can be seasoned with this like olive oil, vinegar or lemon, and black or red pepper to enhance the flavour. Can be mixed with designed sauces.

— How to ingest

Usually eaten from the same platter, with which every guest serves themselves. With a toothpick or little forks. They can be mixed, creating what we know as *plato combinado* and eaten during Vermouth or aperitif time.



Concept

Vermouth

Name

Anchoas (anchovies)

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Reference recipe books

There is no need.

Context

Anchovies' salting process is a traditional activity in several Catalan cities, especially in Golfo de Lleó cities— Palamós, Port de la Selva, Llançà o Sant Feliu de Guíxols. But the most renowned ones are the ones from l'Escala.

Anchovies are a type of salted fish. Salting is a food preservation method inherited from the Greeks more than 2000 years ago. It was improved by the Romans, who spread the tradition across the coastal territories in which they lived. In Catalonia, Francisco de Zamora in the late 18th century already describes the importance of the coastal economy. But the cod salting industry reached its peak between 1920 and 1960. It stays strong until the early 21st-century thanks to well-known companies dedicated to salt anchovies both on their land and outside of it.

Season

Canned food is available all year. Cod season starts in spring and follows through the summer. The process of ripening will last eight months approximatively.

Service and consumption

— *How to serve*

In a plate, in their original can, or extracting the juice and seasoning (olive oil, vinegar, spices, etc.).

— *How to ingest*

By themselves, with bread and tomato, with other traditional mixtures (escalivada, xató, etc.), or with new recipes now available at restaurants.



Concept

Vermouth

Reference recipe books

There is no need.

Name

Boquerones en vinagre
(European anchovies in vinegar)

Context

Here we have another way to conserve anchovies without elongating the process. This is one of those homemade elaborations done in coastal towns. This process has inherited generationally; children grow up seeing their grandmothers and grandfathers doing this. Bars also profit from this process, but each cook has a recipe. Nowadays it can be bought in cans, and agrifood establishments serve them. Very popular at Vermouth time.

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Season

Canned food is available all year. If wished to be homemade, we need to take into consideration that the cod season starts in spring and follows through the summer.

Service and consumption

— *How to serve*

Unwrap and serve on a plate.

— *How to ingest*

With the same juice in which cooked, or seasoned with oil, garlic and parsley. Combined with stuffed olives or other canned foods. Usually eaten while drinking a Vermouth or as an aperitif.

Pan con tomate (bread with tomato)





Concept

Pan con tomate
(bread with tomato)

Name

Pan de Payés
(peasant's bread)

— *Other names*

Pan Redondo
Pan de medio / de kilo

Restrictions

Vegetarian

Pork free

Gluten-free

Alcohol free

En Initially, wheat flour has gluten, and, in Catalonia, most of round breads are made with this kind of flour.

Reference recipe books

There is no need.

Context

Bread is one of the most typical and popular products of all of Mediterranean territory's gastronomy. In fact, the wheat –main ingredient of bread– it's part of The Mediterranean Triad along with grapes and olives.

Pan de payés is the generic denomination under which a series of pieces of bread of various shapes are known. These are famous for using the same type of dough, for having a rounded shape, and for having a hard crust and a consistent dough. Its name indicates its humble origins, since it was originally eaten in rural areas. But nowadays everyone eats it.

Season

There is no seasonal restriction.

Service and consumption

— *How to serve*

Placed on a table. Either sliced, one per individual, or all the slices together in a bread basket so each person can take as much as they please. Also sliced and toasted (or not), mixed with different ingredients to be eaten directly with bare hands or served on a plate.

— *How to ingest*

By itself or combined with other dishes, using to eat portions of food, or to dip in sauces. Also toasted or not, with tomato, olive oil, and combined with other products like cheese, anchovies or deli meats. There are other options available too, like covering a slice in butter and sugar or marmalade; or the traditional way– eating it with sucamulla, dipped in wine and seasoned with sugar.



Concept

Pan con tomate
(bread with tomato)

Name

Tomate de colgar
(Catalan hanging tomatoes)

— Other names

Tomata de colgar
Tomate de ramillete

Restrictions

Vegetarian
Pork free
Gluten free
Alcohol free

Reference recipe books

There is no need.

Context

Tomatoes came from America and they slowly slid into Catalan cuisine, used diversely between the 18th and 19th centuries. There are different varieties, some imported, some made in situ. Tomate de colgar is one of them. Its morphologic characteristics (especially its thick skin) allows it to be a tomato that can be traditionally preserved for longer than summer—until winter, the longest season of the year. It is named *de colgar* because it is sheathed with a rope and hanged so it can last longer. Its organoleptic characteristics (mainly its body, tasty, sweet and juicy) make the bread tastier and gives it a texture that could never be achieved with any other kind of tomato.

Season

Tomatoes are recollected during summer but are traditionally preserved for more than five months. This means that we can find them in the market until February. If there is a good variety and proper conservation, these tomatoes can be found all year.

Service and consumption

— How to serve

Grab a bunch and put them in a bowl, or serve them sheathed (they can be left on the table or hung like it is traditionally done).

— How to ingest

Keep them whole and encourage the guests to slice them so they can make themselves the bread with tomato. When the tomatoes are to be sliced, it is important to do it parallel to the stem; this way, the juice will sprout better.



Concept

Pan con tomate
(bread with tomato)

Name

Aceite de oliva virgen extra
(Extra virgin olive oil)

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Reference recipe books

There is no need.

Context

Extra virgin olive oil is one of the most symbolic products of Catalonia's gastronomy, as well as the Mediterranean diet; it is part of The Mediterranean Triad, along with grape and grain. The Greeks and Romans introduced olives and olive oil to us, and we should thank the Arabs for introducing better elaboration technics and farming improvements. No other product has been influenced as much by different cultures as this oil. We know it was present through Catalan history thanks to the millenary olive trees located mostly in some southern regions. Its relevance and quality are shown with the 5 PDOs: Siurana, Garrigues, Terra Alta, Baix Ebre-Montsià and Empordà.

Season

Available all year because of its mass production. The olive season does not start until November and follows through the winter months— in which we can buy and taste the best virgin extra olive oils. If the olive is seasonal it will always be more aromatic and organoleptic.

Service and consumption

— *How to serve*

Pour from the same bottle or fill a traditional oil bottle (if that is the case, we should keep the oil's original bottle to be able to show the brand). The traditional oil bottle is used to pour oil, just like the olive bottle called *Marquina* designed by Rafael Marquina in 1961, which has crossed borders.

— *How to ingest*

Olive oil is used to season dishes, whether it is salads or other culinary dishes. It can also be used for cooking, as well as for seasoning bread with tomato.



Concept

Pan con tomate
(bread with tomato)

Name

Alioli
(garlic mayonnaise)

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Reference recipe books

Llibre de la cuina catalana.

Agulló, Ferran (1999 (1928)).

Barcelona: Edicions Altafulla (page 26: "Allioli").

La teca, la veritable cuina casolana de Catalunya.

Domènech, Ignasi (2006 (1924)).

Valls: Edicions Cossetània (page 87: "Salsa allioli catalana", "Allioli casolà").

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page 40: "Allioli").

Context

Alioli is considered one of the four essential sauces of Catalan cuisine. Traditionally it is made in a mortar. Its origin goes back to Ancient Greece and Rome since the mixture of oil and garlic is very common in a lot of Mediterranean Basin's recipes, used to strengthen the food's taste. Nowadays, it can be added to rice or noodles in a paella or casserole, suquets, dishes with meat, and to dip with fried food or grilled, both with its regular recipe or made only with garlic and oil. Back in the day, it was also eaten in a slice of toasted bread. Even though traditional alioli is made by mixing olive and garlic, today is usual to add an egg to make the emulsion easier and less strong in taste. In Catalonia, there are also variations with other ingredients; the most known is quince alioli, typical in mountain areas.

Season

It does not have any seasonal restrictions. We can find oil and garlic all year round. However, garlic season is during the summer months, but we can find it dry all year.

Service and consumption

— *How to serve*

In a small tub or the mortar.

— *How to ingest*

As a complementary sauce for a lot of dishes, like the ones mentioned before, or as an ingredient.

Deli Meats and/or Cheese





Concept

Deli Meats and/or Cheese

Reference recipe books

There is no need.

Name

Longaniza
(Catalan dry-cured pork sausage)

Context

Within the world of deli meats, we have to differentiate between two kinds of deli meats: the ones that are made out of beef and stuffed into a gut, or that are just a piece of meat, whole and cut that has been cured or salted (ham, loin, etc.); and the other ones are a great classification inside of the Catalan deli meat's world. The ones from the second category are both raw, cured meat (longaniza is queen) and stuffed meat that ends up being boiled.

Restrictions

Vegetarian

Pork-free

Gluten free

Alcohol free

The meats that fill the sausage are usually the noblest parts obtained after the pig slaughter: shoulder and thigh meat, minced and mixed with parts of the hard bacon from the back in fluctuating proportions (and sometimes cut with a knife). The seasoning tends to be salt and pepper, and the curation lasts for at least two months, a moment in which the gut tends to be covered with a cape of mould. Back in the day, this deli meat was meant for big festivities. Its consumption starts when people begin to reap and whip (in June). Osona's region has been traditionally known for its pork industry. Especially Vic, its capital, has been the leader of the longaniza production. The PGI Longaniza de Vic is the only one that exists in Catalonia regarding this product.



Concept

Deli Meats and/or Cheese

Name

Longaniza
(Catalan dry-cured pork sausage)

Restrictions

Vegetarian

Pork-free

Gluten free

Alcohol free

Season

In the past, when pig slaughter season (winter) determined the production, curation and consumption of pork-related products, longaniza could only be eaten two or three months after its production. Nowadays, it is produced all year long, so its consumption is transversal and common in every season.

Service and consumption

— *How to serve*

Longaniza must be sliced in thin pieces and always diagonally. It can be served on a plate or tray to share with other people, or be an ingredient for other recipes. It can also be part of a charcuterie board.

— *How to ingest*

By itself in thin slices, allowing the fat to melt in your tongue. In a slice of toasted bread with olive oil and tomato or in a wet sandwich, also with tomato and seasoned with olive oil. The most daring chefs also use it as an ingredient.



Concept

Deli Meats and/or Cheese

Reference recipe books

There is no need.

Name

Fuet and/or somalla

(Catalan dry cured pork sausage)

— Other names

Sumaia

Somall

Secallona

Espetec

Tastet sec

Llonganisseta

Context

Within the world of deli meats, we have to differentiate between two kinds of deli meats: the ones that are made out of beef and stuffed into a gut, or that are just a piece of meat, whole and cut that has been cured or salted (ham, loin, etc.); and the other ones are a great classification inside of the Catalan deli meat's world. The ones from the second category are both raw, cured meat, and stuffed meat that ends up being boiled.

Fuet or somalla is raw and cured deli meat, a signature product in Catalan gastronomy. It has been made through the ages in the houses of payés with pork and bacon, low-fat meat chopped and seasoned with salt and pepper, stuffed into pork gut. During its curation, the surface gets covered with white mould. Its origin goes far back to the Romans since fuet was already being made in the Pyrenees. This product kept being produced in the houses of payés whenever the weather allowed it (cold and dry winters). Reaching the late 19th century and early 20th century its industrialization began. The difference between fuet and somalla is the shape given during curation time—fuet is long, while somalla bends in a “u” shape and is hanged. The time of curation is also different since somalla only needs 15 days and fuet needs at least four weeks.

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Concept

Deli Meats and/or Cheese

Name

Fuet and/or somalla

(Catalan dry cured pork sausage)

— *Other names*

Sumaia

Somall

Secallona

Espetec

Tastet sec

Llonganisseta

Restrictions

Vegetarian

Pork-free

Gluten free

Alcohol free

Season

As mentioned before, this product was originally eaten after pig slaughter (November to February). But after its industrialization, we can eat it all year long.



Service and consumption

— *How to serve*

Somalla or fuet tends to be sliced thicker than longaniza. It can be served on plates or trays if to be shared as an aperitif, or it can be sliced thinner to be an ingredient for other recipes. It can also be part of a charcuterie board.

— *How to ingest*

Just like longaniza, somalla can be eaten by itself or sliced thinner to be placed in a sandwich or in a slice of bread with tomato and a bit of olive oil. The most daring chefs also use it as an ingredient.



Concept

Deli Meats and/or Cheese

Reference recipe books

There is no need.

Name

Xolís
(salami-type sausage)

— *Other names*

Xolís de muntanya

Context

Within the world of deli meats, we have to differentiate between two kinds of deli meats: the ones that are made out of beef and stuffed into a gut, or that are just a piece of meat, whole and cut that has been cured or salted (ham, loin, etc.); and the other ones are a great classification inside of the Catalan deli meat's world. The ones from the second category are both raw, cured meat, and stuffed meat that ends up being boiled.

Xolís is longaniza from Pallars, native to the Catalan mountain area. It is known for being stuffed in a thick-casing or semi-thick-casing pork gut, and for its particular drying process. This process can be carried out thanks to a specific climatic area and gives xolís its particular plane and eight shape.

When making xolís is crucial to get rid of all the internal humidity to avoid mould from growing into the meat; in order to do that, xolís is plane dried two days before being hung. After 15 days it is unhung and pressed to make it flat— this gets rid of all the air and humidity for good. Afterwards, the interior is pressed, traditionally with bare hands, and that is how xolís gets that particular eight shape. Then, it gets hanged again for two months, and after that, it is ready to be consumed. This elaboration, even if it seems complicated, it's based on wisdom and experience passed from generation to generation, finding the perfect balance of production in mountain weather.

Restrictions

Vegetarian

Pork-free

Gluten free

Alcohol free



Concept

Deli Meats and/or Cheese

Season

As mentioned before, this product was originally eaten after pig slaughter. But after its industrialization, we can eat it all year long.

Name

Xolís
(salami-type sausage)

— Other names

Xolís de muntanya

Service and consumption

— How to serve

Just like longaniza, xolís has to be sliced into thin pieces. It can be served by itself on a plate or a tray or combined with other dishes. It can also be part of a charcuterie board.

— How to ingest

By itself, in a sandwich or a slice of bread, heavily seasoned with tomato and olive oil.

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free



Concept

Deli Meats and/or Cheese

Reference recipe books

There is no need.

Name

Bull blanco y negro
(kind of Catalan sausages)

— *Other names*

Bisbe
Donegal
Peltruc
Abat

Restrictions

Vegetarian
Pork free
Gluten free
Alcohol free

Context

Within the world of deli meats, we have to differentiate between two kinds of deli meats: the ones that are made out of beef and stuffed into a gut, or that are just a piece of meat, whole and cut that has been cured or salted (ham, loin, etc.); and the other ones are a great classification inside of the Catalan deli meat's world. The ones from the second category are both raw, cured meat, and stuffed meat that ends up being boiled. The third classification of boiled deli meats is the ones made with or without blood, like boiled botifarra.

Boiled botifarra is the biggest group out of all the botifarra family. It includes some of the biggest aristocratic delicatessens within traditional deli meats. Its formulation, name, and stuffed gut depend on the territory and town in which is made and who makes it. Among its main traits, we have to mention the boiling process (it can be intensively boiled or not); the simplicity of its seasoning (in Principado it tends to be salt and pepper); its colour, depending on the blood (white or black); and its shape (thinner or thicker, more curved or less curved, depending on the guts). To make the bulls (and also boiled botifarra), head, bacon, giblets and other pork parts are used. The big thing that differentiates bulls from botifarra is that only the thickest pork guts are stuffed. The difference between bull blanco and bull negro is how much blood is used. Also, some other ingredients can be added to the recipe, giving bulls a particular name (tongue bull, liver bull etc.).



Concept

Deli Meats and/or Cheese

Name

Bull blanco y negro
(kind of Catalan sausages)

— Other names

Bisbe
Donegal
Peltruc
Abat

Restrictions

Vegetarian
Pork free
Gluten free
Alcohol free

Season

In the past, pig slaughter products were made during the winter months, ready to be consumed in the following months. Nowadays, thanks to industrialization, these products can be found all year long.

Service and consumption

— How to serve

Deli meats are usually sliced with a bit of a thick end and served on plates or trays or be part of other dishes. Bulls can also be part of a charcuterie board.

— How to ingest

It can be eaten by itself, with a slice of bread with tomato and olive oil, or in a sandwich.



Concept

Deli Meats and/or Cheese

Reference recipe books

There is no need.

Name

Pa de fetge
(Catalan pork liver pâté)

Context

Pa de fetge is a product similar to French pâté; both have been made on both sides of the Pyrenees since the Roman Empire. It is most typical in mountain areas, even if its production has spread through all the area. It is usually made in a clay mould, wrapped in pork butter. The inside is stuffed with a mixture of pork liver, lean meat, bacon and eggs; then it is seasoned with salt and pepper, and in some cases with garlic and parsley (depending on the location). It has to boil in a dry oven twice; once cold, we can serve it in or out of its clay mould.

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Season

In the past, pig slaughter products were made during the winter months, ready to be consumed in the following months. Nowadays, thanks to industrialization, these products can be found all year long.

Service and consumption

— *How to serve*

This deli meat is usually sliced thickly. Served whole, on a plate or a tray. It can be part of other dishes or a charcuterie board.

— *How to ingest*

By itself, in a slice of bread with tomato and olive oil, or on a sandwich. Lately, pa de fetge is being more and more used in culinary recipes, since you can make pasta dishes, stuff birds or other meats and vegetables with it.



Concept

Deli Meats and/or Cheese

Name

Butifarra de huevo
(egg botifarra)

Restrictions

Vegetarian

Pork-free

Gluten free

Alcohol free

Reference recipe books

There is no need.

Context

The egg is a very common ingredient in deli meats that come from pork. And it exceeds in egg botifarra, both in taste and specific denomination. Traditionally, egg botifarra is related to Carnestoltes dishes, where pork meat, eggs, blood sausages, omelettes and cocas de llardons were and still are part of the exuberant banquets and feasts for the occasion. Especially in central Catalonia and the metropolitan area, where egg botifarra is an omnipresent product during the Dijous gras' celebration. For its elaboration, bacon and meat from the head and other parts of the animal are used, carved and seasoned with salt, pepper and nutmeg, and mixed with various proportions of eggs (12 eggs per meat kg). The result is then stuffed in a thin gut, closed in both ends in a horseshoe shape and boiled in a pot. It can be eaten cold or after frying it.

Season

In the past, pig slaughter products were made during the winter months, ready to be consumed in the following months. Nowadays, thanks to industrialization, these products can be found all year long. In this case, its production is related to *Carnestoltes*, and it was traditionally eaten in *Dijous gras*. Nowadays this season is still the one in which production reaches a peak.

Service and consumption

— *How to serve*

Egg botifarra is usually sliced in thick portions, and served cold on plates and trays or is an ingredient for cold or warm dishes. It can also be part of a charcuterie board.

— *How to ingest*

By itself, with a slice of bread with tomato and olive oil, or in a sandwich. It can also be cooked in a pan and served warm, or be part of other recipes or stuffed.



Concept

Deli Meats and/or Cheese

Reference recipe books

There is no need.

Name

Requesón

(cottage-cheese)

Context

Requesón is a product as old as cow milking. It is one of the most common ways to preserve milk. Traditionally, it was made by curdling whole goat milk but now is usually done with cow milk. Once the milk is boiled and curdled, the whey is extracted and put in a container to shape it. Or, like it was done traditionally, wrapping the whey in a rag/cloth.

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Its making tradition it's deeply rooted in Catalonia, and back in the day, the farmers sold it in the street market. Traditionally, requesón was made the same way but with goat milk and wrapped in cloth. Its production was more usual in Girona. Even so, the name *requesón* indicates recognizing, which is one of its main traits, *brossat*, an elaboration obtained when hastening the leftover proteins of the milk whey. Out of that process, we can also make other kinds of cheese, like *serrat*, which has very similar organoleptic characteristics to requesón.



Concept

Deli Meats and/or Cheese

Name

Requesón
(cottage-cheese)

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Season

Traditionally, requesón was made when there was leftover milk, to diversify and elongate its consumption. The animal breeding season was around spring, and animals such as cows, goats and sheeps provided a lot of milk. Therefore, around this season more requesón was made, among with other products made out of milk.

Service and consumption

— *How to serve*

Requesón can be served on a plate, combined or not with other products. It can be an ingredient in other traditional desserts.

— *How to ingest*

Traditionally, it's eaten with honey. It is a typical Catalan dessert. It can also be topped with sugar, marmalades, nuts, or other products, or eaten in a slice of toasted bread with tomato.



Concept

Deli Meats and/or Cheese

Name

Garrotxa
(goat cheese)

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Reference recipe books

There is no need.

Context

It is a traditional farmer's cheese, usually produced and eaten in mountain areas, made out of goat cheese from the same packs. Curd milk gives a tender curd, and its cheese is just the same. A bit of salt and ripping between 3 weeks to 2 months leaves us with a tender cheese as a result. Its skin is mouldy and grey— an essential trait to be considered a garrotxa cheese. Nowadays is elaborated in several parts of the area, and is highly consumed by the population, who not always knows its denomination or typicality. This is one of the reasons why it is in process of obtaining a PGI.

Season

Cheese season is related to the goat-milking season. Traditionally, goats were bred during spring, and this, among other cheeses, was made. Garrotxa cheeses' ripping lasts between 3 weeks to 2 months. Traditionally they were eaten during spring and summer time. Nowadays, goats breed almost all year long, thus, milk is always available to make cheese.

Service and consumption

— *How to serve*

The cheese mustn't be cold when served. We need to take it out of the fridge at least half an hour before serving. Its cut and thickness are also important. This cheese has to be sliced in portions and in a triangular shape, so the base of the triangle is the crust. The cut must not be too thin, but also not too thick— just enough to not be easily shattered.

— *How to ingest*

This cheese can also be eaten by itself, combined with a slice of bread and tomato, fresh or dry fruit, and used in other dishes such as green or cereal salads, to melt on a dish of hot pasta or roasted vegetables...



Concept

Deli Meats and/or Cheese

Name

Serrat
(sheep cheese)

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Reference recipe books

There is no need.

Context

Serrat cheese can be considered a traditional mountain Catalan cheese. The diverse sheep breeds (ripollesa, xisqueta, aranesa, etc.) that grazed in the mountain were milked between Christmas and Easter. Its milk was fatty and tasty, which helped with the production of these cheeses usually eaten by families, or traded for other products. The name *serrat* points out that is a compressed and compact cheese, with mouldy skin, and made out of crude sheep milk in the mountains. Some agrifood craftsmen have reinvented the serrat-making process using other types of milk (cow and goat milk). Sheep milk is still the most predominant in serrat cheese making. When eaten, its delicious aroma and fat can be appreciated, transporting the dinner guest to the mountain meadow where sheep graze.

Season

Traditionally, its production season was when the milked sheep gave the fattest milk—between winter and spring months. Its ripening lasted from three to six months (according to the average) and the cheese could be eaten until summer.

Service and consumption

— *How to serve*

The cheese mustn't be cold when served. We need to take it out of the fridge at least half an hour before serving. Its cut and thickness are also important. This cheese has to be sliced in portions and in a triangular shape, so the base of the triangle is the crust. The cut must not be too thin, but also not too thick—just enough to not be easily shattered.

— *How to ingest*

This cheese can also be eaten by itself, combined with a slice of bread and tomato, fresh or dry fruit, and used in other dishes such as green or cereal salads, to melt on a dish of hot pasta or roasted vegetables...



Concept

Deli Meats and/or Cheese

Reference recipe books

There is no need.

Name

Tupí
(kind of cheese in a terrine)

Context

Tupí cheese is the prime exploitation cheese. Traditionally, cheeses that were fermented in the first elaboration stage or dried out before consumption, mainly serrats, were placed in tupins, traditional Catalan clay containers. Once inside, liquids from the same fold (milk whey, milk) were added, along with olive oil. Inside the tupí, the cheese is fermented again, and the name of this process is *segunda hervida* (double boiling). Afterwards, liquor or grain alcohol was inserted, and the result (a yellowish and thick dough) had to be churned. Its strong and spicy taste it's one of tupí's main traits, but it is said that there are not two tupís that taste the same. Nowadays, tupí cheeses, sometimes made specifically for consumption, do not have the same strong taste as they had in the past. But these cheeses are still the ones stealing the show in every gathering.

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Season

Tupí season is not as reduced as other traditional Catalan cheeses because it's a cheese made out of others. So its preparation could begin whenever cheese season started (winter-spring) and last until summer when dry cheeses were still around. Because of this, we can find tupí all year.

Service and consumption

— *How to serve*

The cheese mustn't be cold when served. We need to take it out of the fridge at least half an hour before serving. Since it is a paste, tupí cheese can be eaten by itself, but it's usually combined with other products.

— *How to ingest*

Traditionally, tupí cheese topped a slice of *pan de payés*. Nowadays, this is still the most usual way to eat it— with bread. But it can also be used as an ingredient for other cooking recipes (sauces for pasta, meats, fresh cream, etc.).

Traditional appetizers





Concept

Traditional appetizers

Name

Ensalada catalana
(Catalan Salad)

— *Other names*

Enciamada
Ensalada a la muntanyeca
Ensalada de escarola a la catalana

Restrictions

Vegetarian

Pork-free

Gluten free

Alcohol free

It is called *Catalan* because it includes deli meats and other protein elements, such as egg or canned fish. To be adapted for vegetarian consumption and people who do not eat pork, deli meats and other ingredients must be discarded. In this case, it could not be named Catalan, unless it contained the mentioned ingredients. And if the dinner guest allows it, boiled eggs and canned fish may be added.

Reference recipe books

Llibre de la cuina catalana.

Agulló, Ferran (1999 (1928)).

Barcelona: Edicions Altafulla (page 221: “Amanida o enciamada”).

La teca, la veritable cuina casolana de Catalunya.

Domènech, Ignasi (2006 (1924)).

Valls: Edicions Cossetània (page 59: “Amanida a la muntanyenca”, “Amanida d’escarola a la catalana”).

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page. 45: “Amanida catalana”).

Context

It is a traditional elaboration of Tarragona, in the south of Catalonia. We have always eaten salads as a mixture of vegetables and greens, mixed and seasoned. In any case, harvesting vegetables made them easier to consume, and salads were cooked even in Roman times. Even if we eat them all year, their consumption grows in summer, when the garden sprouts with leaf vegetables and greens. Maybe the biggest difference between regular salads and Catalan salads is the deli meats (cured or stewed) addition; sometimes we also add boiled egg, canned vegetables (asparagus, olives, etc.) or fish (anchovies, or sliced cod). Catalan salad can be considered a combination of green salad and entremés, a mixture of deli meats and other elements (traditionally, Russian salad was served too).



Concept

Traditional appetizers

Name

Ensalada catalana
(Catalan Salad)

— *Other names*

Enciamada
Ensalada a la muntanyeca
Ensalada de escarola a la
catalana

Restrictions

Vegetarian

Pork-free

Gluten free

Alcohol free

It is called *Catalan* because it includes deli meats and other protein elements, such as egg or canned fish. To be adapted for vegetarian consumption and people who do not eat pork, deli meats and other ingredients must be discarded. In this case, it could not be named Catalan, unless it contained the mentioned ingredients. And if the dinner guest allows it, boiled eggs and canned fish may be added.

Season

In this case, what is going to determine the season are the vegetables and greens. The salad adapts depending on the ones available. The most common greens and vegetables are tomatoes, lettuce, escarole, carrot, red and green peppers and onion.

The season of the previously mentioned vegetables are:

- **Tomato:**
May-December.
- **Lettuce:**
All year.
- **Escarole:**
September- April.
- **Carrot:**
All year.
- **Red pepper:**
July-November.
- **Onion:**
All year.

Service and consumption

— *How to serve*

All the ingredients, clean and sliced, are to be mixed harmonically in either individual plates or shared trays.

— *How to ingest*

Seasoned as pleased with oil, salt and vinegar. Some people do not like vinegar and only add salt and oil. It can also be seasoned with other kinds of vinaigrette.



Concept

Traditional appetizers

Name

Escalivada

(roasted vegetables)

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Reference recipe books

Llibre de la cuina catalana.

Agulló, Ferran (1999 (1928)).

Barcelona: Edicions Altafulla (page 227: “Escalivada”).

La teca, la veritable cuina casolana de Catalunya.

Domènech, Ignasi (2006 (1924)).

Valls: Edicions Cossetània (page. 60: “Les escalivades”).

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page. 196: “Escalivada”).

Context

Escalivada is a combination of roasted vegetables, cooked and peeled, served cold and seasoned. Escalivada is traditional in Catalonia, an identity sign and, at the same time, an identifier of its capacity to adapt to newly imported products-- typical in Catalan cuisine. Onion, introduced by the Romans, and eggplant, from the Arabs, are the main exponents of those products that arrived from Asia, and peppers, that will later arrive from America. These three products are the ones that bring to life one of the most symbolic dishes of Catalan gastronomy, just as these vegetables are also the main trait of Mediterranean gastronomy.



Concept

Traditional appetizers

Name

Escalivada
(roasted vegetables)

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Season

The most traditional escalivada is made out of onion, eggplant and red pepper. We have to take into consideration the season of each of these greens but also keep in mind that escalivada is a summer dish. If we want to add tomatoes, their season is from May to December. The rest of the product's seasons are:

○ Onion:

Tot l'any.

○ Eggplant:

June–November.

○ Red pepper:

July–November.

Service and consumption

— *How to serve*

In a tray, so every guest can serve themselves as much as they wish. It can also be served as a side dish or a main dish.

— *How to ingest*

It can be eaten just after grilling the vegetables, peeled and hot, or cold. It can be seasoned with olive oil, salt and pepper, or mixed with other ingredients and products, like, for instance, bread with tomato, anchovies, boiled eggs, etc. Roasted tomato may be added to make a four-ingredients-dish.



Concept

Traditional appetizers

Name

Empedrat

(cod and haricot beans salad)

— *Other names*

Amanida de bacallà

Esqueixada

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Reference recipe books

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page 194: “Empedrat”).

Història de la cuina catalana i occitana: les salses, els aperitius, les ensalades, les sopes.

Marqués, Vicent (2018).

Besalú: Edicions Sidillà (page 468: “Empedrat”).

El petit llibre de la cuina catalana de veritat.

Sans, Pere (2011).

Barcelona: Editorial Comanegra (page 132: “Esqueixada i empedrat”).

Context

This is a type of salad that Vicent Marqués would call *ensalada de bacalao* (cod salad). This fish is top-tier in Catalan cuisine. On the one hand, it is associated with bad years, and at the same time, imposed religious meat abstinence. Sometimes cod salads are distinguished depending on the main ingredient mixed with the fish; in this case, white beans.

Also, to make the salad fresher, the recipe includes raw carved vegetables, like onion, red or green pepper, and tomato. You can also add black olives or anchovies, to make the taste more intense, as well as boiled egg to give this dish the perfect finish.



Concept

Traditional appetizers

Name

Empedrat

(cod and haricot beans salad)

— *Other names*

Amanida de bacallà

Esqueixada

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Season

One of the basic ingredients in *empedrat* is beans, available all year.

Therefore, there is no seasonal restriction. When using a mixture of vegetables, we should bear in mind their season. Pepper can be found from July to November, just like tomatoes, approximately. Dry onion can be found all year. But when it comes to cod, we need to remember that its season is from December to May. But since it is an ingredient that needs to be salted to be unsalted again just before consumption, its fishing season is not relevant in the making of this dish.

Taking into consideration all the information, the most important thing to consider is the vegetable seasons, all around summer. Knowing this, we can say that this salad is mostly eaten in the summer months.

Service and consumption

— *How to serve*

On an individual plate or a tray, so each guest can serve themselves as much as they wish.

— *How to ingest*

It is seasoned with olive oil, salt and pepper. It can be eaten as a main dish or as a side dish and in other elaborations.



Concept

Traditional appetizers

Name

Esqueixada

(shredded cod, tomato and olive salad)

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Reference recipe books

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page 204: "Esqueixada de Bacallà").

Història de la cuina catalana i occitana: les salses, els aperitius, les ensalades, les sopes.

Marqués, Vicent (2018).

Besalú: Edicions Sidillà (page 466: "Esqueixada").

El petit llibre de la cuina catalana de veritat.

Sans, Pere (2011).

Barcelona: Editorial Comanegra (page 85: "Xató", "Xatonada").

Context

Esqueixada is one of the typical salads with cod in Catalunya. In this case, tomatoes are mixed with the fish. This symbolic ingredient lets us know that this salad could have not been made before discovering America. We could even state that this recipe is pretty recent. Most likely, it was not created before the 19th century, since tomato is used in this and other Catalan recipes that can be found in historic cooking books.



Concept

Traditional appetizers

Name

Esqueixada

(shredded cod, tomato and olive salad)

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Season

We should take into consideration the following product's seasons:

○ Onion:

All year.

○ Pepper:

July-November.

○ Tomato:

May-December.

○ Cod:

December-May.

Service and consumption

— *How to serve*

On an individual plate or a tray for sharing.

— *How to ingest*

Season with oil, salt and, only if pleased, in vinegar.



Concept

Traditional appetizers

Name

Coca de recapte

(pie with roasted onion, tomato and pepper with salted sardine, bacon or blood sausage)

— *Other names*

Coca amb recapte

Coca d'arengades

coca d'escalivada

Coca de catxipanda

Coca de samfaina

Coca enramada

Estropatxo

Restrictions

Vegetarian

Pork-free

Gluten free

Alcohol free

The most traditional coques de recapte used to have blood sausage or sardines; in this case, these are not vegetarian. The ones with botifarra wouldn't be suitable either for people who don't eat pork. In any case, there are other types of coques, like the one with spinach, or pepper and eggplant, which would be suitable for both vegans and people who do not eat pork.

Reference recipe books

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page 154: "Coca de recapte").

Les millors coques catalanes.

Marqués, Vicent (2015).

Valls: Edicions Cossetània (page 9: "La coca de recapte").

El petit llibre de la cuina catalana de veritat.

Sans, Pere (2011).

Barcelona: Edicions Comanegra (page 74-75: "Coques de recapte").

Context

There are as many types of cocas as ingredients exist: vegetables, meat, fish, all of them combined. Vicent Marqués, in his book *Les millors coques catalanes*, wrote down more than fifty variations. It is a common dish in the Mediterranean, related to Italian pizza. The biggest difference is that coques do not have cheese on top, which is an essential ingredient in Italian pizza.

In Catalunya, the most famous one is *coca de recapte*, because it is made with things that are available at the moment, the ones that Catalan houses have depending on the season and ingredients— whatever is left in the kitchen. We don't know its specific origin, but it is usually settled during the early 20th century. Nowadays, the most famous and renowned *coca de recapte*, very common in *Terres de Ponent*, includes escalivada (mainly pepper and eggplant), sardines and botifarra (or longaniza, as they call it in Lleida).



Concept

Traditional appetizers

Name

Coca de recapte
(pie with roasted onion, tomato and pepper with salted sardine, bacon or blood sausage)

— Other names

Coca amb recapte
Coca d'arengades
coca d'escalivada
Coca de catxipanda
Coca de samfaina
Coca enramada
Estropatxo

Restrictions

Vegetarian

Pork-free

Gluten free

Alcohol free

The most traditional coques de recapte used to have blood sausage or sardines; in this case, these are not vegetarian. The ones with botifarra wouldn't be suitable either for people who don't eat pork. In any case, there are other types of coques, like the one with spinach, or pepper and eggplant, which would be suitable for both vegans and people who do not eat pork.

Season

The most traditional coca de recapte usually has eggplant and red pepper on top, and sometimes onion and tomato. Also, botifarra or sardines tend to be included. Therefore, we must take into consideration each of this product's seasons:

- **Onion:**
All year.
- **Eggplant:**
June–November.
- **Red pepper:**
July–December.
- **Tomato:**
May–December.

Coca de recapte, as we know it today, is a summer dish. But there are more versions so it can be cooked all year long; for instance, spinach is very common during winter.

Service and consumption

— How to serve

Whole, with a knife close to it so every guest can cut as much as they please, altogether but already cut to serve as individual portions.

— How to ingest

As a starter dish, in small portions, or as a main dish. It can be eaten with bare hands, with no cutlery.



Concept

Traditional appetizers

Name

Escudella i carn d'olla
(noodles broth followed by stewed
meat and vegetables)

— Other names

Escudella catalana
Escudella de payés
Escudella barrejada
Carn d'olla a la catalanaix

Restrictions

Vegetarian

Pork-free

Gluten free

Alcohol free

Reference recipe books

Llibre de la cuina catalana.

Agulló, Ferran (1999 (1928)).

Barcelona: Edicions Altafulla (page 35: “Escudella catalana, de pagès o barrejada”).

La teca, la veritable cuina casolana de Catalunya.

Domènech, Ignasi (2006 (1924)).

Valls: Edicions Cossetània (page 41: “Una bona carn d'olla a la catalana”).

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page 200: “Escudella i carn d'olla”).

Context

Every gastronomic culture has a stew in its culinary corpus since these wise recipes fill up stomachs and are easy to distribute to the whole family. In Catalan cuisine, *escudella i carn d'olla* is that dish. In the Middle Ages, the word *escudella* was the indicator for a ceramic plate in which food was served. In addition, the action of serving food was called *escudellar-se*.

As time passed, this word ended up being related to soups and hot dishes.

This Catalan denomination differentiates it from other similar dishes from neighbour places. The main difference is that it contains meatballs, the fact that there are no deli meats with red pepper (paprika), or adding *galets* (usually at Christmas). *Escudella* was usually cooked with rice and noodles—typical products of Catalan cooking.



Concept

Traditional appetizers

Name

Escudella i carn d'olla
(noodles broth followed by stewed
meat and vegetables)

— Other names

Escudella catalana
Escudella de payés
Escudella barrejada
Carn d'olla a la catalanaix

Restrictions

Vegetarian

Pork-free

Gluten free

Alcohol free

Season

We should consider the following product's seasons:

○ Potatoes:

April, May, June (early)/November, December (tardy).

○ Carrots:

All year.

○ Cabbage:

All year.

○ Celery:

September-March.

○ Turnip:

December-March.

○ Leek:

September-June.

○ Chickpea:

August- September (dry, all year).

In any case, escudella is an elaboration that used to be cooked mostly in cold months and adapted to the available products, especially vegetables.

Service and consumption

— How to serve

Individually or on a soup plate. Or we take the whole soup bowl so the guests can serve themselves as much as they please.

— How to ingest

With a spoon. Regarding *escudella i carn d'olla*, some people eat first the soup with its noodles, and then the meat. Other people would rather mix it all to eat the vegetables, meat and legumes at the same time.

Concept

Traditional appetizers

Name

Trinxat

(Cabbage and potatoes, boiled and chopped, fried with the oil for gnawing the accompanying bacon)

— *Other names*

Col y patata con panceta

Trinxat de patata y col

Trinxat de la Cerdanya

Coles fritas

Restrictions

Vegetarian

Pork-free

Gluten free

Alcohol free



Reference recipe books

Llibre de la cuina catalana.

Agulló, Ferran (1999 (1928)).

Barcelona: Edicions Altafulla (page 214: “Cols fregides”).

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page 159: “Col i patata amb cansalada”).

El petit llibre de la cuina catalana de veritat.

Sans, Pere (2011).

Barcelona: Editorial Comanegra (page 193: “Trinxat de la Cerdanya”).

Context

Talking about a *trinxat* is talking about Cerdanya, the most popular denomination in the area. Even so, it is a dish spread all over Catalonia, originally made with potatoes and carved cabbage. This dish was common in humble families, and it was associated with mountain cooking and warm dishes in winter. It's a balance between tradition and modernity.

If we can consider cabbage as one of the endemic products of the Mediterranean, and most traditionally consumed in this area, then, on the contrary, American potatoes were one of the last incorporations in Catalan traditional cuisine, becoming essential. Potatoes make cabbage more edible, and the mixture with olive oil and bacon is delightful. Garlic is also a common ingredient and if we fry it all, the dish immediately improves.

Concept

Traditional appetizers

Name

Trinxat

(Cabbage and potatoes, boiled and chopped, fried with the oil for gnawing the accompanying bacon)

— *Other names*

Col y patata con panceta

Trinxat de patata y col

Trinxat de la Cerdanya

Coles frites

Restrictions

Vegetarian

Pork-free

Gluten free

Alcohol free

Season

Cabbage can be found all year, but the best season to cook trinxat is winter because its leaf is dark green and wrinkled. Potato season is a bit tighter; if it is early it goes from April to June, and if it's tardy, November to December. Trinxat is a cold, winter dish because it has a lot of calories and if served hot it is suitable for cold days.



Service and consumption

— *How to serve*

On an individual plate, with a side of bacon. It can also be served in a tray, so each guest can serve themselves as much as they please.

— *How to ingest*

As a main dish and with a fork.



Concept

Traditional appetizers

Name

Xató

(escarole, tuna and cod salad)

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Reference recipe books

La teca, la veritable cuina casolana de Catalunya.

Domènech, Ignasi (2006 (1924)).

Valls: Edicions Cossetània (page 60: “Xató”).

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page 420: “Xató”).

El petit llibre de la cuina catalana de veritat.

Sans, Pere (2011).

Barcelona: Editorial Comanegra (page 85: “Xató”, “Xatonada”).

Context

It's a typical dish in Tarragona and south Barcelona. A lot of cities argue about its origin and preparation, which is an indicator of how big every territory's capacity is to appropriate elaborations and add its special touch. Some people consider that it is a dish common among farmer families who make wine; others think that this dish comes from fishermen and their creativity. In any case, leaving aside its mysterious origin, we can find records of this dish since the 19th century. The base is an escarole salad with unsalted anchovies, anchovies in vinegar and olives, seasoned with romesco sauce (Catalan nut, red pepper, tomato, and garlic sauce) very similar to the one used to make *calçots*.



Concept

Traditional appetizers

Name

Xató
(escarole, tuna and cod salad)

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Season

We have to take into consideration all the product's seasons. On the one hand, vegetables like escarole or ingredients to make the *romesco sauce*, and on the other hand, the added fish.

○ Escarole:

September–April.

○ Nyora peppers:

July–November (but since it is dried pepper, its seasonal restriction is barely existent).

○ Hazelnuts:

There is no seasonal restriction because the hazelnuts need to be toasted.

○ Almonds:

There is no seasonal restriction because the almonds need to be toasted.

○ Tomatoes:

May–December. Ingredient to make the *romesco sauce*. *Tomates de colgar* are the ones traditionally used.

○ Boquerón:

March–September (if salted, there is no seasonal restriction).

○ Bacalao:

Since it's a salted and then unsalted before consumption, there is no seasonal restriction.

To sum up, escarole and tradition bring us xató in cold months. In Carnestoltes' surroundings, in February, xatonades are celebrated as a tradition in villas. Its result is a great winter salad.

Service and consumption

— How to serve

In plates with individual portions, or a tray to be shared, so each guest can serve themselves as much as they please.

— How to ingest

Mix the *romesco sauce* with the rest of the salad and eat with a fork, including each ingredient in every bite.



Concept

Traditional appetizers

Name

Truita de dijous gras/judía blanca
(egg botifarra and omelette)

— *Other names*

Truita de mongeta blanca
Truita de dijous llarder

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Reference recipe books

La teca, la veritable cuina casolana de Catalunya.

Domènech, Ignasi (2006 (1924)).

Valls: Edicions Cossetània (page 79: “Truita de dijous gras”).

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page 400: “Truita de dijous llarder”).

El petit llibre de la cuina catalana de veritat.

Sans, Pere (2011).

Barcelona: Editorial Comanegra (page 104: “Blanc i negre”).

Context

Dijous gras is one of the days in the calendar that demands you to consume in excess, specially pork-related products, before starting Lent—the food restrictions period according to the catholic calendar. Some traditional dishes are related to Dijous gras: coca de llardons (with pork), egg botifarra and botifarra omelette (with or without beans).

During this season, chickens breed in excess, so we have a lot of eggs. Traditionally, it was also the pork slaughter period. These circumstances made eggs and pork collide in the kitchen. Botifarra omelette, fried with dried beans and sautéed with garlic, makes the best lunch or dinner to celebrate Dijous gras.



Concept

Traditional appetizers

Name

Truita de dijous gras/judía blanca
(egg botifarra and omelette)

— *Other names*

Truita de mongeta blanca
Truita de dijous llarder

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Season

Traditionally, this omelette was meant to be eaten in Dijous gras, a festivity that takes place in February. As mentioned before, at this time of the year we have eggs in excess, and traditionally we also had botifarra. Nowadays, these products can be found all year, just like dried garlic or dried beans.

Service and consumption

— *How to serve*

We can make individual, round omelettes or mix more ingredients and make thicker and rounder omelettes. It is better to serve it as soon as finished, hot.

— *How to ingest*

Since it's a nutritious and fatty dish, we recommend serving it with a green salad and garden products. Considering the season, it's a great idea to serve it with a xató salad, another typical February dish.



Concept

Traditional appetizers

Name

Calçots
(grilled spring onions)

— Other names

Calçotada de Valls

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Reference recipe books

La teca, la veritable cuina casolana de Catalunya.

Domènech, Ignasi (2006 (1924)).

Valls: Edicions Cossetània (page 204: “Calçotada de Valls”).

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page 119: “Calçotada”).

El petit llibre de la cuina catalana de veritat.

Sans, Pere (2011).

Barcelona: Editorial Comanegra (page 89: “Calçotada”).

Context

Talking about calçots is talking about Valls’ city. Xat de Benaige discovered them. He was a farmer in the late 19th century who realized that some onions in his garden had germinated after leaving dirt on top. He tasted them and found out that the onions were edible. It is called *calçot* because the onion, while grown, has to be completely covered in dirt. This makes a part of the log remain white and tender, while the other part gets burnt, sweetened and sugary.

To bake calçots it is recommended to burn them all together, and wrap them in a newspaper or in old tiles; that way, the baking completes and the calçots soften. *Calçotada* is a social act and celebration.

Its peculiar way of consumption made the tradition (no older than a century) grow, but nowadays families and groups of friends cook calçots during the winter months. We have to add that calçot is dipped in romesco sauce, a product that makes it more edible, and that has surely contributed to its popularity through the years.



Concept

Traditional appetizers

Name

Calçots
(grilled spring onions)

— *Other names*

Calçotada de Valls

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Season

We should focus of calçot season, and the rest of ingredients to make romesco sauce.

○ Calçot:

December-April.

○ Nyora peppers:

July-November (but since it is dried pepper, its seasonal restriction is barely existent).

○ Hazelnuts:

There is no seasonal restriction because the hazelnuts need to be toasted.

○ Almonds:

There is no seasonal restriction because the almonds need to be toasted.

○ Tomatoes:

May-December. Ingredient to make the *romesco sauce*. *Tomates de colgar* are the ones traditionally used.

Tradition says that calçotada must be held during winter, the only season in which we have calçots in the market.

Service and consumption

— *How to serve*

Once the calçots are cooked, we wrap them in newspapers to keep the warmth. Served in this same wrapping or on top of a tale (more popular).

— *How to ingest*

Once cooked, take the calçot by its green end with one hand and the other side with the other hand. Then stretch it to get rid of the first carbonized onion skin. Once peeled, dip it in a bowl with romesco sauce. Raise the hand with which the calçot and tilt your head up to eat it slowly.



Concept

Traditional appetizers

Name

Cigrons amb espinacs
(Chickpeas with spinach)

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Reference recipe books

La cuina de les àvies.

Trenta cuineres de tota la vida revelen els seus secrets.

Guitart, Anna (2005).

Barcelona: Columna Edicions (page 49: “Cigrons amb espinacs, panses i pinyons”).

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page 142: “Cigrons amb espinacs”).

Context

Legumes are a legacy of the Romans. Thanks to Catalonia’s arid weather and the rest of the crops, legumes fit in nicely and became popular. In medieval Catalan cuisine, chickpeas were common among the working class. Besides cooking *escudellas* and stews like chickpeas with spinach, they also made flour for porridge or other doughs. Chickpeas, just like other legumes, are nutritious enough to fill people’s stomachs, and easy to conserve.

In the late 19th century, chickpea with spinach became popular, especially in central Catalonia because this dish was allowed during fasting and abstinence days, which was common among the Catholics. The preparation of this dish evolved with time, and today is a nutritious and balanced meal. In some cases, we can add bacon, garlic and/or onion sauté, or boiled egg.



Concept

Traditional appetizers

Name

Cigrons amb espinacs
(Chickpeas with spinach)

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Season

We find spinach during October and June, but the most prolific months are the winter months. Chickpeas do not have that much of a seasonal restriction, since they grow during August and September, and are conserved for longer. Therefore, we can find them all year round, especially if boiled and conserved. This dish is traditionally served during the winter, but we can extend its season from autumn to spring.

Service and consumption

— *How to serve*

On an individual plate or a tray, so every guest can serve themselves as they please.

— *How to ingest*

With a spoon or a fork, depending on how juicy it is.



Concept

Traditional appetizers

Name

Espinacs a la catalana
(spinache, Catalan style)

— *Other names*

Espinacas con pasas y piñones

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Reference recipe books

Llibre de la cuina catalana.

Agulló, Ferran (1999 (1928)).

Barcelona: Edicions Altafulla (page 215: “Espinacs amb panses i pinyons”).

La teca, la veritable cuina casolana de Catalunya.

Domènech, Ignasi (2006 (1924)).

Valls: Edicions Cossetània (page 202: “Espinacs o bledes fregides amb pernil i pinyons”).

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page 203: “Espinacs amb panses i pinyons”).

Context

Espinacas a la catalana, o con pasas y piñones (spinach Catalan style with raisins and pine nuts), is an elaboration and combination of popular ingredients in Catalonia and the Mediterranean since the Middle Ages. The mix of raisins and pine nuts is usual in several vegetable recipes. We can find this mixture of ingredients in medieval cooking books as much as chard or pumpkin-- it's as old as the Romans. The combination with spinach is the most common, and the one that we know today. This recipe has crossed borders and become popular in the Iberia Peninsula and Andorra. The origin of spinach is related to the Arabs since there are records in the 14th and 15th centuries of their harvest around Barcelona. The fact that this elaboration is marked as Catalan shows us how important spinach was in the land.



Concept

Traditional appetizers

Name

Espinacs a la catalana
(spinache, Catalan style)

— *Other names*

Espinacas con pasas y piñones

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Season

Spinach season is from October to June. The rest of the ingredients do not have any seasonal restrictions (pine nuts and raisins). Mostly cooked during winter, but its season is from autumn to spring.

Service and consumption

— *How to serve*

On an individual plate or a tray, so every guest can serve themselves as they please. In some cases, ham is added instead of raisins. If that happened, it wouldn't be vegetarian.

— *How to ingest*

In individual portions, with a fork. The mixture can also be used to stuff other recipes (like *panadons*) or empanadillas.

Roast, stews and casseroles





Concept

Roast, stews and casseroles

Name

Arroz a la cazuela con carne
(rices casserole with meat)

— Other names

Arroz de montaña
Arroz a la cazuela

Restrictions

Vegetarian

Pork-free

Gluten free

Alcohol free

This dish is available for people who do not eat pork as long as we use other meats.

Reference recipe books

Llibre de la cuina catalana.

Agulló, Ferran (1999 (1928)).

Edicions Altafulla (page 63: “Arròs a la milanesa amb salsitxes”).

La teca, la veritable cuina casolana de Catalunya.

Domènech, Ignasi (2006 (1924)).

Valls: Edicions Cossetània (page 63: “Arròs gras”).

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page 61: “Arròs a la cassola”).

Context

Rice is a typical and transversal dish in Catalan cuisine, offering a variety of dishes, combining numerous ingredients, and adapting to each product's season. Arabs introduced rice to the Iberian Peninsula, and we find some records of its intrusion into Catalan cuisine through medieval cooking books of the 14th century. A lot of current recipes are available thanks to rice. Especially in the *Terres de l'Ebre*, in the late 19th century. In Catalonia, one of the most traditional ways of cooking rice is in a pot. In the mountain area, rice is mostly cooked with seasonal meat and vegetables; on the coast, rice is mainly cooked with fish. Rice can be classified depending on its broth: dry or brothy.

Mountain rice recipes usually include pork meat (ribs, blood sausage), other meats like rabbit or chicken, seasonal vegetables, and onion, garlic and/or tomato sauté. It can be cooked with meat stock or water.



Concept

Roast, stews and casseroles

Name

Arroz a la cazuela con carne
(rices casserole with meat)

— *Other names*

Arroz de montaña
Arroz a la cazuela

Restrictions

Vegetarian

Pork-free

Gluten free

Alcohol free

This dish is available for people who do not eat pork as long as we use other meats.

Season

While making rice, we mainly have to focus on the meat and vegetable season. Nowadays, we can find meat all year long, and, as mentioned before, vegetables are added according to the season, area, and chefs' decisions.

Service and consumption

— *How to serve*

In the same pot, at the centre of the table, or on an individual plate. Depending on its broth, it will be served on a flat or soup plate.

— *How to ingest*

Depending on its broth, it can be eaten with a spoon or a fork.



Concept

Roast, stews and casseroles

Name

Arroz de pescado
(fish rice)

— Other names

Arroz al campanero
Arroz mariner
Arroz a la cazuela de pescado
Arroz a banda

Restrictions

Vegetarian
Pork free
Gluten free
Alcohol free

Reference recipe books

Llibre de la cuina catalana.

Agulló, Ferran (1999 (1928)).

Barcelona: Edicions Altafulla (page 66: “Arròs de peix”).

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page 62: “Arròs a la cassola de peix”).

La cuina de la Barceloneta.

Marqués, Quim (2004).

Barcelona: Columna Edicions (page 122: “Arròs caldós de llotja”).

Context

Rice is a typical and transversal dish in Catalan cuisine, offering a variety of dishes, combining numerous ingredients, and adapting to each product's season. Arabs introduced rice to the Iberian Peninsula, and we find some records of its intrusion into Catalan cuisine through medieval cooking books of the 14th century. A lot of current recipes are available thanks to rice. Especially in the *Terres de l'Ebre*, in the late 19th century. In Catalonia, one of the most traditional ways of cooking rice is in a pot. In the mountain area, rice is mostly cooked with seasonal meat and vegetables; on the coast, rice is mainly cooked with fish. Rice can be classified depending on its broth: dry or brothy.

When talking about fish rice, we need to mention how fish was made traditionally in a boat by fishermen, with fresh seasonal fish, and mainly combined with garlic sauté or alioli. But we can also find rice cooked on land, including seasonal fish mixed with vegetables.

Other popular names for this dish, which also describe how it is cooked, are *arroces a banda*, in which the broth is made first. We also have *fumet*, made with rockfish and mixed with rice. The fish it's served without the rice, and sometimes mixed with some good alioli. Nowadays, in Catalan cuisine, fish rice is brothy. Cuttlefish, squid, mussels or other bivalves are used as ingredients too. Sometimes they leave the ink or make onion sauté, which makes the rice black.



Concept

Roast, stews and casseroles

Name

Arroz de pescado
(fish rice)

— *Other names*

Arroz al campanero
Arroz mariner
Arroz a la cazuela de pescado
Arroz a banda

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Season

In the making of fish rice, we have to take into account each fish's seasons, as well as the vegetables. The fishing season determines the product to mix with the rice, and, as we already mentioned, vegetables will be added according to region, season, and the chef's criteria.

Service and consumption

— *How to serve*

In the same pot, at the centre of the table, or on an individual plate. Depending on its broth, it will be served on a flat or soup plate.

— *How to ingest*

Depending on its broth, it can be eaten with a spoon or a fork.



Concept

Roast, stews and casseroles

Name

Fideos a la cazuela con carne
(noodles casserole with meat)

Restrictions

Vegetarian

Pork-free

Gluten free

Alcohol free

This dish cannot be ingested by people who do not eat pork but may be accessible if cooked with another type of meat.

Reference recipe books

Llibre de la cuina catalana.

Agulló, Ferran (1999 (1928)).

Barcelona: Edicions Altafulla (page 79: “Fideus a la cassola”).

La teca, la veritable cuina casolana de Catalunya.

Domènech, Ignasi (2006 (1924)).

Valls: Edicions Cossetània (page 68: “Fideus a la catalana (o a la cassola)”).

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page 216: “Fideus a la cassola”).

Context

Fideos a la cazuela (noodles casserole with meat) is a traditional dish in Catalonia. Even if it's not an ancient dish, we can find medieval traces of this dish in other similar ones cooked with noodles and meat under the name of “Qui parla con se cou carn ab alatria (noodles)” (“how to cook meat with vermicelli”), in the *Llibre de Sent Soví*, of the 15th century.

The making depends on the chef's skill and the seasonal ingredients available. Specifically, the dish is known for including thick noodles, with or without holes, stewed with onion, garlic and/or tomato sauté, with a side of ribs, rabbit, morcilla and/or chicken, and other seasonal vegetables. In this elaboration, we do not follow the tradition of boiling pasta in water. Instead, the noodles are boiled in broth, with the rest of the ingredients.



Concept

Roast, stews and casseroles

Name

Fideos a la cazuela con carne
(noodles casserole with meat)

Restrictions

Vegetarian

Pork-free

Gluten free

Alcohol free

This dish cannot be ingested by people who do not eat pork but may be accessible if cooked with another type of meat.

Season

While making this dish, we mainly need to focus on the meat and vegetable seasons. Just like we've been saying, meat now is seasonless, and vegetables may vary depending on the season (artichoke and broccoli in winter, and red and green pepper in summer).

Service and consumption

— *How to serve*

In the same pot, at the centre of the table, or on an individual plate. Depending on its broth, it will be served on a flat or soup plate.

— *How to ingest*

Depending on its broth, it can be eaten with a spoon or a fork.



Concept

Roast, stews and casseroles

Name

Fideos 'rossejats de peix'
(noodles rossejat— cooked in fish
broth)

— *Other names*

Fideos mariners

Fideos "rossos"

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Reference recipe books

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page 219: "Fideus rossejats").

La cuina de la Barceloneta.

Marqués, Quim (2004).

Barcelona: Columna Edicions (page 113: "Rossejat de fideus").

El petit llibre de la cuina catalana de veritat.

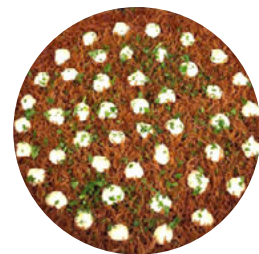
Sans, Pere (2011).

Barcelona: Editorial Comanegra (page 117: "Fideus rossejats (Fideujat)").

Context

Fideos rossejats (noodles cooked in fish broth) are a traditional gastronomy dish on the Catalan coast. It can be considered a fishermen's dish with a humble origin since fish was usually cooked on a boat instead of being sold. The diverse fish species to elaborate a soup (or fumet) in which the noodles are boiled is wide. Noodles are an easy ingredient to carry around, conserve, and absorb fumet's taste perfectly. The trick for this dish is to toast the noodles. It is a very important part of the dish, previously made before adding the soup and sealing the starch so that the finishing is not dense.

To make fideos rossejats we need angel hair noodles. Then we toast and boil them in a soup. This should leave us with straight noodles, very glimpse-catching. The dish is usually served with a side of alioli. Nowadays, some people call this dish *fideuá* or *fideuada*. Traditionally, it is not the same since *fideuada* was made with thick noodles and fish, and ended up being much juicier, similar to noodles casserole with meat.



Concept

Roast, stews and casseroles

Name

Fideos ‘rossejats de peix’
(noodles rossejat– cooked in fish
broth)

— *Other names*

Fideos mariners

Fideos “rossos”

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Season

When making fideos rossejats, we can divide the ingredients into two big groups: fish and seafood, and vegetables. In the case of fish and seafood, the most usual ones are red prawn, from October to December; cuttlefish, from April to May; and clams, in April, July–October and December. Also, a fish fumet is made out of a great amount of rockfish, like monkfish (April–May). The vegetables are added according to season. Fideos rossejats also include dried garlic, which can be found all year. Lastly, oil is a crucial ingredient in noodle toasting. The olive harvest is in November, but today we can find oil all year.

Service and consumption

— *How to serve*

In the same pot, at the centre of the table, or on an individual plate. Depending on its broth, it will be served on a flat or soup plate.

— *How to ingest*

Depending on its broth, it can be eaten with a spoon or a fork.



Concept

Roast, stews and casseroles

Name

Sepia con albóndigas
(Cuttlefish with meatballs)

— Other names

Pelotillas con sepia

Restrictions

Vegetarian

Pork-free

Gluten free

Alcohol free

This dish can be suitable for people who do not eat pork if the meatballs are cooked with other meat.

Reference recipe books

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page 259: “Mandonguilles amb sípia i pèsols”).

La cuina de la Barceloneta.

Marqués, Quim (2004).

Barcelona: Columna Edicions (page 58: “Sèpia amb mandonguilles”).

El petit llibre de la cuina catalana de veritat.

Sans, Pere (2011).

Barcelona: Editorial Comanegra (page 200: “Mandonguilles amb sípia”).

Context

Meatballs are one of the eldest culinary recipes. During Roman and Greek times, this dish already existed in the medieval cooking book *Apici, De re coquinaria*. Even so, meatballs were not always made with meat; actually, this recipe book shows that meatballs were made out of fish and seafood. Arabs named meatballs, focusing on the round and small shape, like a ball. Regarding cuttlefish with meatballs, it is a wide-used product in Catalan gastronomy, made in very different ways and mixed with a great diversity of products, especially rice and noodles.

Cuttlefish stew was also very typical in the Classic Ages and lingered to the Middle Ages. The recipe *sosenga de sèpia* that comes in the *Llibre de Sent Soví* in the 15th century described cuttlefish stew with onions. So we can observe that this particular dish can also include peas when in season and that it's typical in Catalan cuisine both on the coast and mountains.



Concept

Roast, stews and casseroles

Name

Sepia con albóndigas
(Cuttlefish with meatballs)

— *Other names*

Pelotillas con sepia

Restrictions

Vegetarian

Pork-free

Gluten free

Alcohol free

This dish can be suitable for people who do not eat pork if the meatballs are cooked with other meat.

Season

Meatballs with cuttlefish is a dish with two ingredients: cuttlefish and ground meat. But more ingredients can be included, such as onions and tomatoes, part of the sauté; and peas, when in season. Cuttlefish season is from June to early September. Meat's seasonless. We can find onions all year long, pea season is narrowed from March to June, and tomatoes around June to October, but those can be hung and we can find some varieties in the market all year. Bearing in mind all that we said, the best month to cook this recipe is June.

Service and consumption

— *How to serve*

In the same pot, at the centre of the table, or on an individual plate. Depending on its broth, it will be served on a flat or soup plate.

— *How to ingest*

Depending on its broth, it can be eaten with a spoon or a fork.



Concept

Roast, stews and casseroles

Name

Butifarra con alubias (con o sin panceta)

(Catalan sausage with beans; with or without streaky bacon)

— *Other names*

Butifarra con judías

— *Variants*

Lomillo con judías

Restrictions

Vegetarian

Pork-free

Gluten free

Alcohol free

Botifarra is made out of pork meat, so it won't be suitable for all people. However, if botifarra is made with another type of meat, this dish would be suitable as long as we don't add bacon.

Reference recipe books

Llibre de la cuina catalana.

Agulló, Ferran (1999 (1928)).

Barcelona: Edicions Altafulla (page 185: "Llomillo o botifarra amb mongetes").

La teca, la veritable cuina casolana de Catalunya.

Domènech, Ignasi (2006 (1924)).

Valls: Edicions Cossetània (page 158: "Botifarres o bé salsitxes").

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page 97: "Botifarra amb mongetes").

Context

This dish became popular in the 19th century in inns all over Catalonia, especially in the *fondes de sisos* of Barcelona, which were very popular inns, born during the Catalan Renascent. In this period, the noblemen and bourgeoisie mingled. And in those inns, several traditional Catalan dishes were created, such as the one we are talking about. In the *sisos* this dish was known as the *las once mil vírgenes* (the eleven thousand virgins) y la *chica del país* (the country's girl) (peas and botifarra) and is a dish related to a very popular one at the time: *Lomillo con judías*.

In 1835, in the book *La Cuynera catalana*, we can find this recipe, but they used the name *longaniza* instead *botifarra*, as they do in some Catalan areas, especially in Poniente. During this same century, Felip de Palàcio, in the book *Avisos o sien reglas sencillas* (...), published in 1857, talked about this recipe. Dry peas were introduced into the Catalan cuisine in the 16th century, just like other American products, and quickly incorporated into the working class' recipes because they were similar to other legumes. Nowadays, this dish made with dried peas is a sign of rural, and even urban, Catalan cuisine and gastronomy.



Concept

Roast, stews and casseroles

Name

Butifarra con alubias (con o sin panceta)

(Catalan sausage with beans; with or without streaky bacon)

— Other names

Butifarra con judías

— Variants

Lomillo con judías

Season

This recipe's ingredients are peas and botifarra, which we can now find all year. Therefore, there is no seasonal restriction for its making and consumption.

Service and consumption

— How to serve

How to serve: It is usually served with a handful of blood sausage, cooked on the grill or in a pan, and beans (sauteed with oil from the pot, with garlic and parsley, and/or bacon, in the same pan where the botifarra has been cooked).

— How to ingest

With fork and knife.

Restrictions

Vegetarian

Pork-free

Gluten free

Alcohol free

Botifarra is made out of pork meat, so it won't be suitable for all people. However, if botifarra is made with another type of meat, this dish would be suitable as long as we don't add bacon.



Concept

Roast, stews and casseroles

Name

Pollo con pasas y piñones/Rostit de Festa Major
(chicken with raisins and pine nuts)

— *Other names*

Rostit de festa major
Rostit de Nadal
Pollo a la catalana

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

To make it available for people who do not eat pork, the chicken cannot be stuffed with said meat.

Reference recipe books

La cuina de les àvies.

Trenta cuineres de tota la vida revelen els seus secrets.

Guitart, Anna (2005).

Barcelona: Columna Edicions (page 83: “Pollastre de Nadal”).

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page 334: “Pollastre amb prunes i pinyons”).

El petit llibre de la cuina catalana de veritat.

Sans, Pere (2011).

Barcelona: Editorial Comanegra (page 105: “Pollastre de festa major”).

Context

In the late 19th century and the early 20th century, chicken was a Sunday and festive dish in rural Catalonia. In the farmyard, chickens were killed only on special occasions for roasting. During that time is when traditional Catalan cuisine became consistent. Because of this, we can only assume that chicken dishes are to be considered festive. Now, these dishes are named *plats de pollo a la catalana* (Catalan chicken dishes).

Chickens can be cooked sliced, but it is more usual to cook them whole and stuffed with pork meat (like bacon or sausage), onions, garlic and/or tomatoes, nuts and dried food. There are so many recipes of pollo a la catalana as chefs exist. Out of the combination with nuts and dried food, we find medieval recipes that mix raisins and pine nuts with vegetables, noodles and meat. These ingredients used in different preparations in Catalan cuisine ended up being symbolic. Roasted chicken with plums (and/or raisins) and pine nuts (and apricot, etc.) is a stew –more or less dry, depending on the cook– unique to Catalan cuisine, still cooked for parties and banquets.



Concept

Roast, stews and casseroles

Name

Pollo con pasas y piñones/Rostit de Festa Major
(chicken with raisins and pine nuts)

— Other names

Rostit de festa major
Rostit de Nadal
Pollo a la catalana

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

To make it available for people who do not eat pork, the chicken cannot be stuffed with said meat.

Season

It cannot be specified. Nuts and dried food have a long season. Onion, garlic and/or tomato sauté, and the herbs that can be put in the roast are also available almost all year. We can agree that this dish is mainly festive, and can be cooked all year.

Service and consumption

— How to serve

In the same pot or on a tray in the middle of the table, in front of the guests. On individual plates with a portion of chicken and its juice.

— How to ingest

With fork and knife.



Concept

Roast, stews and casseroles

Name

Cassola de tros
(country casserole)

— Other names

Catxipanda
Arroz a la cazuela
Cutxipanda con caracoles

Restrictions

Vegetarian

Pork-free

Gluten free

Alcohol free

Reference recipe books

La teca, la veritable cuina casolana de Catalunya.

Domènech, Ignasi (2006 (1924)).

Valls: Edicions Cossetània (page 136: “Els rostits en cassola a la catalana”).

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page 139: “Cassola de tros”).

La cuina de les terres de Lleida.

Lladonosa i Giró, Josep (2006).

Barcelona: Columna Edicions (page 275: “Cassoles de tros”).

Context

Cassola de tros is a typical dish from *Terres de Ponent*. The word *tros* refers to a portion of ground, a field in which the working class farmed. It was cooked when different working-class men during their long working day, and lack of ways to go back home to eat, gathered at lunch to eat together and cooked *Cassola de tros*.

Traditionally, the farmers gathered the ingredients, anything they could offer: things from home, like vegetables, or pork-based products from pig slaughter season. They also included other products from the same area, like snails. *Cassola de tros* was cooked in winter with spinach and potatoes, and with peppers, eggplant and onion (*pisto*) in summer. We can see that they added whatever was available, and today this dish is made as the cook pleases and according to the season. It's an elaboration without a fixed recipe since this dish accepts a lot of ingredients. It is the base of Catalan cuisine's profit culture.



Concept

Roast, stews and casseroles

Name

Cassola de tros
(country casserole)

— *Other names*

Catxipanda
Arroz a la cazuela
Cutxipanda con caracoles

Restrictions

Vegetarian

Pork-free

Gluten free

Alcohol free

Season

Since its recipe is not consistent, we will talk only about the main ingredients that are mostly used: pork (bacon, ribs and longaniza) and vegetables. There is no seasonal restriction for pork. Also, you can add other sorts of meat, like rabbit or chicken. Vegetables will be added according to the season— whichever is available at the time.

Service and consumption

— *How to serve*

In an individual plate or the same pot, so the guest can serve themselves as they wish.

— *How to ingest*

With cutlery and toothpicks, or with small forks that make it easier to eat the snails.



Concept

Roast, stews and casseroles

Name

Fricandó
(beef fricassee)

— *Other names*

Flicandó
Ternera con setas (is another dish)

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Reference recipe books

Llibre de la cuina catalana.

Agulló, Ferran (1999 (1928)).

Barcelona: Edicions Altafulla (page 159: “Fricandó de vedella”).

La cuina de Josep Pla.

A taula amb l'autor de El que hem menjat.

Fàbrega, Jaume (1997 (1996)).

Barcelona: Edicions de la Magrana (page 165: “Fricandó”).

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page 223: “Fricandó amb moixernons”).

Context

Even if it was born in France, and there are variations all over Europe, the actual *fricandó* is a dish native to Barcelona. It's one of the most emblematic dishes of Barcelona's bourgeoisie of the 18th and 19th centuries, which embraced this French recipe and adapted it to include it in their cuisine. During the 18th century, *fricandó* appears in most Catalan cooking books, which is only proof of its popularity and success. We see the acceptance of *fricandó* in the late modern period in the early 20th century. At that time, cooking books were meant to spread Catalan cuisine, not only gather recipes, and *fricandó* is one of the most emblematic. Besides, Ferran Agulló, in the book *El llibre de la cuina catalana* (1928), instructed how to slice the meat. He also incorporates new ingredients that were not present in other recipes; the meat, coated with flour and fried, and a *sauté* that is the base to cook the stew. This postscript adding the *sauté* may be the dish's settlement in Catalan cuisine, not only within the bourgeoisie but also in the working class. Just like in many other dishes from Barcelona's cuisine with a *sauté* base (noodles cooked in a pot, *zarzuela*, rice, *capipota*, etc.), *frincadó* is also part of that.

We can agree that this dish spread around Catalonia thanks to its origins in Barcelona, a place in which foreign dishes become popular, adapted, and spread around the land. Traditional Catalan *fricandó* that we now know is coated and fried beef, with abundant onion *sauté* and a long stewing process mixing both the meat, the *sauté*, and additional mushrooms (traditionally with *moixernons* but nowadays is made with *cama-secs*).



Concept

Roast, stews and casseroles

Name

Fricandó
(beef fricassee)

— *Other names*

Flicandó
Ternera con setas (is another dish)

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Season

Beef can be found all year, but the mushroom season is in autumn. It was traditionally cooked with moixernons (spring mushrooms) but now we use cama-secs, which are usually added dry.

Service and consumption

— *How to serve*

On an individual plate, a tray or in the same pot in which has been cooked, so every guest can serve themselves as they please.

— *How to ingest*

With cutlery and bread.



Concept

Roast, stews and casseroles

Name

Capipota con garbanzos
(Capipota with chickpeas)

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Reference recipe books

Llibre de la cuina catalana.

Agulló, Ferran (1999 (1928)).

Barcelona: Edicions Altafulla (page 170: “Cap i pota”).

La cuina de les àvies.

Trenta cuineres de tota la vida revelen els seus secrets.

Guitart, Anna (2005).

Barcelona: Cossetània Edicions (page 89: “Capipota”).

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page 124: “Capipota”).

Context

A long time ago, in all of Catalonia’s markets, whole animals were sold *in situ*. In other words, all of the meat was bought, including giblets and guts. In Barcelona, this took place in *carrer de les Freixures*. It is usual to think that these kinds of products were part of popular cuisine and, therefore, part of traditional Catalan cooking books. Cooked giblets were popular within the working class between the 19th and 20th centuries, while these recipes were frowned upon by the bourgeoisie because they weren’t exquisite enough.

Capipota is a traditional dish in Catalan gastronomy, showing the Catalan mindset of profiting from all the ingredients. The main ingredients are calf head and leg, boiled and boneless, and cooked with a *sofrito*. Sometimes gut is included, as well as other ingredients such as chickpeas. In the past, this dish was cooked in inns and hostels and served to farmers and travellers. We know this thanks to Josep Pla, who talks about the *Fonda Europa de Granollers*, established in 1771. Nowadays, these types of dishes have made a comeback, being served in several wineries, *Vermuterías* or popular bars as lunch or appetizers.



Concept

Roast, stews and casseroles

Name

Capipota con garbanzos
(Capipota with chickpeas)

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Season

Both chickpeas and calf heads and legs do not have any seasonal restrictions. But chickpeas are usually harvested during August and September. Since its conservation is long, we can find them all year round, especially if they are boiled and canned.

Service and consumption

— *How to serve*

In individual portions or to be shared. Usually eaten with bread.

— *How to ingest*

With cutlery and bread to dip in.



Concept

Roast, stews and casseroles

Name

Bacalao con samfaina

(Cod with Samfaina— pepper, aubergine, tomato and onion stew)

— *Other names*

Bacalao con xamfaina

Reference recipe books

Llibre de la cuina catalana.

Agulló, Ferran (1999 (1928)).

Barcelona: Edicions Altafulla (page 142: “Bacallà amb samfaina”).

La teca, la veritable cuina casolana de Catalunya.

Domènech, Ignasi (2006 (1924)).

Valls: Edicions Cossetània (page 111: “Bacallà amb samfaina a la catalana”).

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page 91: “Bacallà amb samfaina”).

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Context

It is hard to tell when cod was declared one of the main products in Catalan cuisine. We know that it has been eaten salted since the 16th century and that the catholic church also popularized it during Lent when meat was forbidden. Barcelona, being a coastal town, has been a cod supplier for centuries, especially in la Ribera, Barceloneta, fishermen and mule driver town. In the city markets, there were also facilities where bacalao could be unsalted before selling. It was a top-tier dish in inns and hostels around the city during the 18th and 19th centuries (and in the early 20th century).

Regarding samfaina (pisto), the first record that we have is in a Catalan cooking book from the 19th century, and now is considered one of the main basic sauces of Catalan gastronomy, along with *sofrito*, *picada* and *alioli*. It can be a side dish for other meat or fish dishes, or even be eaten by itself, dipped in bread. According to Joan Perucho and Néstor Luján (*Libro de la cocina Española: gastronomía e historia*, 1970:225), this is the “most important sauce, unique and irrefutable in Catalan gastronomy”. It is made out of red pepper, eggplant and onions (sometimes zucchini too), boiled in tomato until the vegetables are tender and caramelized. It is a sweet elaboration, perfect to serve with cod which, once rehydrated, is coated with flour and fried, softening inside the mixture of summer vegetables.



Concept

Roast, stews and casseroles

Name

Bacalao con samfaina

(Cod with Samfaina— pepper, aubergine, tomato and onion stew)

— *Other names*

Bacalao con xamfaina

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Season

The main ingredient is cod, a product fished and salted only to be unsalted when is about to be eaten. Pisto is a sauce made out of tomatoes, onions, garlic, peppers and eggplants (sometimes zucchini may be added).

The season of each product is:

○ Tomato:

De maig a desembre.

○ Onion:

All year.

○ Pepper:

July–November.

○ Eggplant:

July–October.

Cod with pisto is, mainly a summer dish.

Service and consumption

— *How to serve*

Served a piece of cod per guest, previously cut before being cooked, and with a side of pisto.

— *How to ingest*

With cutlery and bread to be dipped in.



Concept

Roast, stews and casseroles

Name

Bacalao “a la llauna”
(Cod fried and baked)

— *Other names*

Abadejo a la llanda
(Comunidad Valenciana y Tortosa)

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Reference recipe books

La cuina catalana.

Cunill de Bosch, Josep (1996 (1923)).

Barcelona: Parsifal (page 152: “A la llauna”, “Altres bacallà a la llauna”).

La teca, la veritable cuina casolana de Catalunya.

Domènech, Ignasi (2006 (1924)).

Valls: Edicions Cossetània (page 110: “Un bon bacallà a la llauna”).

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page 86: “Bacallà a la llauna”).

Context

It is hard to tell when cod was declared one of the main products in Catalan cuisine. We know that it has been eaten salted since the 16th century and that the catholic church also popularized it during Lent when meat was forbidden. Barcelona, being a coastal town, has been a cod supplier for centuries, especially in la Ribera, Barceloneta, fishermen and mule driver town. In the city markets, there were also facilities where bacalao could be unsalted before selling. It was a top-tier dish in inns and hostels around the city during the 18th and 19th centuries (and in the early 20th century).

Josep Pla talks about *Bacalao a la llauna* with a sense of nostalgia in the book *El que hem menjat*; “In my opinion, this is the most delicious and authentic cod dish in this country, the one that harmonizes more with this species of fish— *Bacalao a la llauna*, just like it was made in Barcelona when I was young, cooked in extra virgin olive oil”. It is a mule driver dish, just like Domènech shows in *La Teca*, 1924, where he writes the recipe that we now know. He names it “*Racció de Bacalao a l'all (traginer)*”, which is a portion of cod coated in flour and fried. The leftover oil is used to fry sliced garlic, sweet red pepper, vinegar and bay. The cod will be soaked and baked in this sauce for a few minutes. It's needless to say that its name comes from the utensil in which it was originally cooked. Its simplicity stands out.



Concept

Roast, stews and casseroles

Name

Bacalao “a la llauna”

(Cod fried and baked)

— *Other names*

Abadejo a la llanda

(Comunidad Valenciana y Tortosa)

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Season

The main ingredient is cod, and even if its season is from December to early May, this fish is originally salted, and then unsalted before its consumption. Thus, the fishing season it's not relevant for this recipe.

Service and consumption

— *How to serve*

Serve a portion to each guest, previously cut before being cooked, and seasoned with the boiling juice. It can be served in the same can in which it has been cooked or on a plate.

— *How to ingest*

With cutlery and bread to dip in. It is usually served with a side dish of *mongetes seques sortint de l'olla*.



Concept

Roast, stews and casseroles

Name

Suquet de peix
(fish stew)

— Other names

Cruet de peix
Bullinada (Catalunya Norte)
Remescló (Peñíscola)
Bullabessa de peixos

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Reference recipe books

Llibre de la cuina catalana.

Agulló, Ferran (1999 (1928)).

Barcelona: Edicions Altafulla (page 108: “peix a la ‘bruta’”).

La teca, la veritable cuina casolana de Catalunya.

Domènech, Ignasi (2006 (1924)).

Valls: Edicions Cossetània (page 121: “bullabessa de peixos”).

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page 383: “Suquet de peix”).

Context

Suquet de peix is a stew dish very typical among fishermen’s recipes. It became popular in Costa Brava in the early 20th century. Traditionally, the fishermen and their families cooked dishes with the spoiled fish that was left after the fishing. With this, we can understand that the variety of species used for these kinds of dishes is large. We can include not only fish but also cephalopods and seafood.

This can be considered a humble recipe. It profits from the ingredients, but that doesn’t mean it is less delicious. Fishermen knew how to make the best out of every fish species. Cooking with some fresh greens, a *sofrito* (garlic, onion, tomatoes, etc.), potatoes that gave a delicious finishing taste, and, finally, a good *picada* that added thickness to the dish and made it more Catalan, we were left with a delicious dish. Its leftover broth was so exquisite that people named it *suquet de peix*.

The records of this dish are as old as fishermen themselves. In ancient Greece, they had great knowledge and diversity of usage of sea species. Dished such as the one we are talking about already existed. Nowadays, there are versions of *suquets*, with different names and some little variations in ingredients and preparation all over the Mediterranean.



Concept

Roast, stews and casseroles

Name

Suquet de peix
(fish stew)

— *Other names*

Cruet de peix
Bullinada (Catalunya Norte)
Remescló (Peñíscola)
Bullabessa de peixos

Restrictions

Vegetarian
Pork free
Gluten free
Alcohol free

Season

Suquets are made out of great fish diversity. The most common ones are rockfish, which remain less shredded after boiling. Other ones are monkfish, fished during April and May; lobster, from May to September; scorpionfish, which its best fishing moment is between March and August; and many, many more options of fish and seafood.

The vegetables and greens used for *suquet* are mainly potatoes, available all year, and tomato, available from June to November—but with its hung version is available all year.

Service and consumption

— *How to serve*

In the same cooking pot or on an individual plate.

— *How to ingest*

With cutlery and a lot of bread to dip in.



Concept

Roast, stews and casseroles

Name

Sardinas en escabeche
(sardines in pickle)

— Other names

Pescado escabechado

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Reference recipe books

Llibre de la cuina catalana.

Agulló, Ferran (1999 (1928)).

Barcelona: Edicions Altafulla (page 127: “Peix escabetxat”).

La teca, la veritable cuina casolana de Catalunya.

Domènech, Ignasi (2006 (1924)).

Valls: Edicions Cossetània (page 124: “Sardines amb escabetx”).

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page 362: “Sardines escabetxades”).

Context

The marinating technique was introduced by the Arabs during the Middle Ages. It's a form of cooking and preserving the food based on adding an acid element. Usually, it includes vinegar, spices and salt. The first record in our hands is in the book *Llibre de Sent Soví*, in the 15th century. Medieval Catalan cuisine includes in different cooking books marinating recipes. In most of them, fish is cooked similarly as we do today. We could say that marinating is the recipe with fewer deviations throughout history.

Even if it's much more common to do it with fish (done traditionally when there was leftover fish that people wanted to consume and preserve without salting), meat can also be marinated. In some Catalan areas, especially near Poniente, it is common to find marinated rabbit. Marinated sardines is one of the most common dishes, since this type of fish is easily fried, and it can also soak up the marinating juice and overflow. This creates the perfect marinating dish. Very typical as an aperitif or a starter before the main dish.



Concept

Roast, stews and casseroles

Name

Sardinas en escabeche
(sardines in pickle)

— *Other names*

Pescado escabechado

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Season

Even if we can find sardines all year, the most appealing season is in the hot months, from May to October. Marinating can also include different types of vegetables and herbs according to the season: the most common ones are onion, leek, carrot, garlic, bay, thyme, rosemary, winter savoury, etc.

Service and consumption

— *How to serve*

Both hot and cold, in the same pot, on a different tray, so every guest can serve themselves as much as they please, or individual portions.

— *How to ingest*

Nowadays is much more common to find it as a snack, an aperitif, and not the main dish. In this case, it would be encouraged to include some sort of side dish, for instance, *mongetes seques sortint de l'olla*.



Concept

Roast, stews and casseroles

Name

Zarzuela

(fish and shellfish stew)

— *Other names*

Õpera (made with lobster)

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Reference recipe books

Llibre de la cuina catalana.

Agulló, Ferran (1999 (1928)).

Barcelona: Edicions Altafulla (page 118: “Sarsuela”).

La teca, la veritable cuina casolana de Catalunya.

Domènech, Ignasi (2006 (1924)).

Valls: Edicions Cossetània (page 105: “Sarsuela de peix i marisc a la catalana”).

El petit llibre de la cuina catalana de veritat.

Sans, Pere (2011).

Barcelona: Editorial Comanegra (page 166: “Sarsuela”).

Context

The origin of the dish is on the Catalan coast. It starts in Barcelona and then spreads through Costa Brava. It is considered “Barcelona’s version of *suquet de peix*”. We can give some context in its elaboration since it was born in the *Modernisme* era when restaurants in Barcelona started including this dish on their menu.

It is made with different species of fish and seafood, cooked in a pot with a sofrito and a picada. Domènech is the first one to talk about it in *La Teca*, 1924. Its name was given because, in the *Modernisme* era, it was usual for the elaborations to be named after art forms, following the French gastronomic tradition. In this case, *Zarzuela* (Spanish theatre) inspired the name of the dish. It became popular outside of Barcelona too and was highly requested in the Costa Brava during the 60s and the 70s.

This dish was cooked both in restaurants and at home, being a festive dish when a family member did something great. The typology of the fish and seafood used depends on the quality or price that each chef or guest can afford.



Concept

Roast, stews and casseroles

Name

Zarzuela
(fish and shellfish stew)

— *Other names*

Õpera (made with lobster)

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Season

In this recipe, different species of fish and seafood are used. It can be cooked with the ones that are in season at the moment. The most typical are:

○ Monkfish:

April-May.

○ Hake:

April-July.

○ Squid:

July-late September.

○ Crayfish:

May-August.

○ Mussel:

January-December.

○ Clam:

April; July-October; December.

Service and consumption

— *How to serve*

In the same pot in which was cooked. But the most common way of consumption is pouring it directly on plates, making sure that every guest has equally fish and seafood, all seasoned with the broth.

— *How to ingest*

With cutlery and bread to dip in.



Concept

Roast, stews and casseroles

Name

Romesco de pescado

(Fish with romesco– Catalan nut, red pepper, tomato and garlic sauce)

— Other names

Guisado de romesco

Romescada de pescado

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Reference recipe books

Llibre de la cuina catalana.

Agulló, Ferran (1999 (1928)).

Barcelona: Edicions Altafulla (page 109: “Peix amb romesco”).

La teca, la veritable cuina casolana de Catalunya.

Domènech, Ignasi (2006 (1924)).

Valls: Edicions Cossetània (page 100: “Romesco de peix”).

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page 349: “Romesco de peix”).

Context

“The precedents of the word romesco can be found in the Arabic word *Rumískal*, which is written next to the word *cete*, which is the Greek plural of *cetos*, and was applied to all types of large fish, especially tuna” (Dolors Bramón: “Sobre el romesco, un terme romandalusí arribat al català”), *Vox Romanica*, 71: 2012). This history makes us think that at first *romescos* were mostly used to cook different fish species. The first records of this dish can be traced to the Roman period, in which we can already observe similar dishes that mixed bread, spices, nuts and vinegar. Throughout the time we can observe different ingredients and cooking techniques. In medieval cooking books, it was common to use these kinds of dishes as the base for others made out of fish and meat. *Picada* is a concept that became popular during this period. With the exchange of products between the old and new continents, several new ingredients were introduced in cooking recipes, and a lot of changes were made until reaching the *romesco* that we know today. The tomato and pepper (dried or powdered) were star additions.

In Catalan gastronomy, it is said that this recipe became popular thanks to Serrallo fishermen (Tarragona) because there are more records around the area since the early 20th century. The recipe is the result of mixing available ingredients (garlic, dried bread, dried pepper, oil, salt, wine), with which they made *picada* in the mortar. Then they put it in a pot to stir-fry. The main trait of this recipe is that *picada* starts the process. The next step was adding freshly fished fish to obtain what we know as *romesco* or *romescada de pescado*.



Concept

Roast, stews and casseroles

Name

Romesco de pescado

(Fish with romesco– Catalan nut, red pepper, tomato and garlic sauce)

— Other names

Guisado de romesco

Romescada de pescado

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Season

Romesco can be made with a great variety of fish, meat or chicken.

Depending on the chosen ingredients, the dish can be cooked in different seasons. Regarding the sauce, it's a mixture of basic, mainly dried, products in Mediterranean cuisine. Therefore, romesco is an elaboration made all year long.

Service and consumption

— How to serve

In the same pot. But it is usually poured on individual plates, with one or two pieces of fish and seafood, drenched in the romesco sauce in which it was cooked.

— How to ingest

With cutlery and bread to dip in.



Concept

Roast, stews and casseroles

Name

Cargols a la llauna
(Snails roasted in the pan)

— Other names

Cargols a la petarrellada
Cargols rostits, cargolada
Cargols a la brutesca
Cargols a la graella
Cargols a la paella
Cargols a la llosa
(Not all the names describe the same recipe)

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Reference recipe books

Llibre de la cuina catalana.

Agulló, Ferran (1999 (1928)).

Barcelona: Edicions Altafulla (page 131: “Caragols rostits”).

La teca, la veritable cuina casolana de Catalunya.

Domènech, Ignasi (2006 (1924)).

Valls: Edicions Cossetània (page 127: “Cargols a la petarrellada”).

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page 129: “Cargols a la llauna”).

Context

It is interesting to see how in Roman times, snails were already being eaten in important banquets and used as a therapeutic remedy for their healing properties. When the Arabs arrived in the Peninsula, snails stopped being eaten so casually, because they weren't considered noble animals. Even so, some areas still kept this tradition, especially in *Terres de Ponent* and in north Catalonia, where snails were considered a delicatessen both by the working class and the bourgeoisie.

In the *Modernisme* era, with the influence of French cooking in the land, this meal turns into a luxurious dish. In fact, in French cuisine, snails are considered the most luxurious type of cooking. In Catalonia, snails have been eaten by themselves, cooked *a la llauna* and seasoned with salt, pepper and oil, or adding herbs and other spices. But it was also common to cook them in a pot, as a side dish to other popular recipes such as rabbit, pork feet, *Cassola de tros* or rice. We can say that snails are a traditional dish, distinguished in Catalan cuisine. In Lleida, since 1980, *Aplec del Cargol* is celebrated. In this festivity, tons of snails are cooked and served to please both locals and visitors.



Concept

Roast, stews and casseroles

Name

Cargols a la llauna
(Snails roasted in the pan)

— Other names

Cargols a la petarrellada
Cargols rostits, cargolada
Cargols a la brutesca
Cargols a la graella
Cargols a la paella
Cargols a la llosa
(Not all the names describe the same recipe)

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Season

Snails are usually found in the countryside and side-roads during springtime. Thanks to the rains and good weather, we can find them strolling, and they are easy to pick. Even so, this only happens as a self-supply practice. Nowadays, thanks to snail farms, we can find snails all year long.

Service and consumption

— How to serve

Snails are served in the same can/pan/tale/grill in which they have been cooked. These containers can be for one or two portions. Snails are also mainly served with two typical Catalan sauces: alioli and romesco. Depending on the area, we can also use sauces like vinaigrettes, spicy tomato sauce or mayo.

— How to ingest

We eat the snails with our bare hands, helping ourselves with a specific type of toothpick. You take a snail out of its container, poke it, extract it, dip it (or not) in a sauce, and then eat it.

Desserts





Concept

Desserts

Name

Barquillos
(Rolled wafers)

Restrictions

Vegetarian

Pork free

Gluten-free

Alcohol free

It must be taken into consideration that these sweets are usually not available for celiac people, even if some can be gluten-free.

Reference recipe books

There is no need.

Context

In the Middle Ages, the first *barquillos* had either a flat shape or a half-moon shape, because it is based on an un-consecrated host, eaten with salt and pepper, and a glass of aged wine. The first records we have of this food go far back to the 9th and 13th centuries, mentioning *barquillos* in monasteries and King James I's Christmas receptions.

When *barquillos* became popular in the 18th century other containers have been used for their elaboration. Therefore, their shape has changed to cylindrical. It is said that the idea of wrapping them was to make them easier to eat. This sweet, little by little, became popular, and now it is traditional to the point that it is used as a typical Christmas sweet, a festival sweet, and a religious sweet (it was already usual to eat these back in the days for a religious celebration).

Season

It is a traditional Christmas desert, but it can be found all year.

Service and consumption

— How to serve

On a tray. Sometimes it is stuffed with compote or cream. It can also be made with chocolate, but it is usually done with a fine finishing paste.

— How to ingest

It is eaten with bare hands. Traditionally, *barquillos* were dipped in some type of liquor or drink, like wine or cava.



Concept

Desserts

Name

Turróns
(nougats)

Restrictions

Vegetarian

Pork free

Gluten-free

Alcohol free

We should keep an eye on the nougats, since some may contain gluten.

Reference recipe books

There is no need.

Context

Several records can be found about the origins of nougats, but the first of them goes back to the Middle Ages, under the name turróns a malalts, a type of marzipan. Even so, the most common elaboration hypothesis is that Arabs brought it into the Peninsula— great cooks of sweet pastes with nuts, sugar and honey. The first written records of nougats as we know them today can be found in these two books of the late 19th century: La Cunya catalana and El confitero moderno. Nowadays, the most typical nougats in Catalonia are Agramunt ones, except in Valencia, in which we will have to name those made in Alicante and Jijona. There is a great variety of nougats, with different types of texture and ingredients, but the most traditional are marzipan, cream, Jijona and Argamunt or Alicante.

Season

It is encouraged to serve nougats in winter since their texture and taste are fresher. In hot weather, the texture and taste usually change, and the nougats are oily and much more tender. During the Christmas holidays, you can find them everywhere in every shape, since it's a tradition to eat nougats at this time of the year. Even so, nougats can be found all year round, since there are shops specialised in its making and even supermarkets that keep selling them.

Service and consumption

— *How to serve*

Usually served already sliced in individual portions on a plate or a tray, in which different varieties are exposed.

— *How to ingest*

With bare hands.



Concept

Desserts

Name

Carquinyolis
(cracknels)

Restrictions

Vegetarian

Pork free

Gluten-free

Alcohol free

Ingredients must be checked before ingesting.

Reference recipe books

There is no need.

Context

Today we can find carquinyolis all over Catalonia and in other places like Sicily and southern France.

Carquinyolis are mainly made out of flour dough, sugar and almonds, but variations may be found depending on the location. Its origin can be similar and parallel to *mostatxons*, another recipe found in an Italian cooking book from the 16th century. *Mostatxons* are rhomboidal pastries made out of flour, sugar and almonds, and were very popular among the Catalan bourgeoisie in the 18th and 19th centuries. It was served among chocolate *xicres*. We do not have records of a carquinyolis recipe until the 19th century when they became much more popular than *mostatxons*, and probably other desserts. Carquinyolis became prestigious among popular chefs and Catalan celebrations. At home, these are bought and eaten in any type of festivity, after a meal and eaten among some aged or sweet wine, or it's given as a present for guests.

Season

Carquinyolis are made and eaten all year.

Service and consumption

— *How to serve*

Place a few on a plate to be shared.

— *How to ingest*

With bare hands. With a glass of aged wine or muscatel, but taking into consideration alcohol restrictions. It can also be served with coffee, since some people may like dipping them in coffee.



Concept

Desserts

Reference recipe books

There is no need.

Name

Seasonal fruit:

pear, apple, strawberry, cherry,
peach, orange, fig, etc.

Context

Seasonal fruit is enjoyed and appreciated by the locals that harvest them. Nowadays, refrigerating cameras make fruits last longer, but it is still best to eat them in their recollecting season when their organoleptic traits are at their best.

It is interesting to take a look at the different farming locations to identify each fruit's origin and purchase them according to it.

The main farming locations of the following fruits are:

- **Pear:**
Segrià.
- **Apple:**
Gironès.
- **Strawberry:**
Maresme.
- **Cherry:**
Llobregat, Maresme.
- **Peach:**
Baix Segrià, Alt Penedès.
- **Orange:**
Terres de l'Ebre.
- **Fig:**
Alt Segrià.

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free



Concept

Desserts

Name

Seasonal fruit:

pear, apple, strawberry, cherry,
peach, orange, fig, etc.

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Season

Each fruit has its season, even if most of them ought to be sold and exported all year. Now we will mention the fruit's farming seasons:

○ Pear:

September-December.

○ Apple:

September-April.

○ Strawberry:

May-July.

○ Cherry:

May-July.

○ Peach:

May-October.

○ Orange:

September-May.

○ Fig:

August-September.

Service and consumption

— *How to serve*

Peeled and sliced, or just clean so each guest can cut, peel and eat it as they please. It can also be served in a bowl or a plate with different types of seasonal fruits.

— *How to ingest*

Depending on how it's served, it can be eaten with a spoon, fork and knife, or with bare hands.



Concept

Desserts

Name

Postres de músic
(nuts and dried fruit)

— *Other names*

Nyoca
(nuts and dried fruit)

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Reference recipe books

There is no need.

Context

It is said that the origin of the name *postre de músic* comes from the period when musicians travelled from town to town, square to square, playing in celebrations. The villagers gave them some nuts, and probably a sip of aged or sweet wine so they could eat while reaching their next destination. That is how the combination of nuts and dried fruits were given the name that we know today— from musicians. Another retelling of the story says that musicians and actors eat nuts and dried fruits before performing since they didn't have time to eat a meal but still needed energy for the function. Anyway, *postres de músic* or *nyoca*, as it is called in various places in Catalonia, are now usual desserts in restaurants where Catalan cuisine is the main theme. The most common are the ones with nuts of Catalan origin (almonds, walnuts, and hazel), and dried fruit (fig, apricot, plum and raisins). If cashew or pistachio is offered, it wouldn't be authentic *postres de músic*. A wine jar full of aged or sweet wine is a perfect combination to eat with this dessert.

Season

The harvest season of nuts is usually during the autumn months, but once dried, those can be eaten all year long.

Service and consumption

— *How to serve*

A mixture of nuts and dried fruit is served on a plate. This dessert is traditionally served with a side of muscatel or aged wine. But nowadays some other drink is fine too, like ratafia, which can be served both in a glass or a wine jar. If we are to serve drinks, every guest should bear in mind their drinking restrictions.

— *How to ingest*

Postres de músic are served on individual plates and eaten with bare hands. Some people mix dried fruit with nuts in the same bite.



Concept

Desserts

Name

Crema catalana
(Crème brûlée)

— *Other names*

Crema de Sant Josep
Crema cremada

Restrictions

Vegetarian

Pork free

Gluten-free

Alcohol free

Reference recipe books

Llibre de la cuina catalana.

Agulló, Ferran (1999 (1928)).

Barcelona: Edicions Altafulla (page 250: “Crema”).

La teca, la veritable cuina casolana de Catalunya.

Domènech, Ignasi (2006 (1924)).

Valls: Edicions Cossetània (page 228: “Una plata de crema cremada catalana”).

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page 177: “Crema de Sant Josep”).

Context

It is one of the most popular desserts in Barcelona, well-known and appreciated both by locals and foreigners. Its origin is as old as the mix of boiled milk and eggs. We find records of this dish as far back as Roman times. And in the Middle Ages, we already see some recipes with named *leche cocida*, *leche malcuïta* or *lluixell*. These recipes mainly contain milk and eggs, sometimes bread, or sugar; sometimes only egg yolk, mixed until dense. During the following centuries, similar recipes were born, such as *ametllades* (made out of almond milk and eggs, just like in medieval times). In fact, until the book *Art de la Cuina* by Fray Francesc Roger, based on Menorca’s cooking in the late 17th century, we do not find the word crema in this recipe. Then we find three recipes: *crema blanca*, *crema amarilla* and *crema de chocolate*. These three recipes include the main ingredients with which this dessert is made today: milk, egg yolks, sugar, starch or flour, and the added scents that we now use— lemon and cinnamon. In addition, the three recipes describe that it must be served on a tray, covered in sugar, and burning the top, which it’s the method that most likely gave this dessert its name.



Concept

Desserts

Name

Crema catalana
(Crème brûlée)

— *Other names*

Crema de Sant Josep
Crema cremada

Restrictions

Vegetarian

Pork free

Gluten-free

Alcohol free

Its incursion into Barcelona's cuisine in the XVII century was spectacular, and, along with chocolate and *mató de monja* or *menjar blanc*, made possible the opening of chocolate shops, dairies and farms, and great city institutions. We also need to explain that the name *crema de Sant Josep* was the first name given to this recipe as we know it today. In spring, when animals gave more milk and eggs, and when the *Sant Josep* festive takes place, made this dish was popular and cooked by every handmaid in the 19th and 20th centuries— a tradition that has been lost little by little. The name *crema catalana* with the word *catalana* must have been how popularized outside Catalonia, probably named by visitors who wanted to emphasize its origins.

Season

Nowadays we have both milk and eggs all year. Traditionally, and how its name indicates, *crema de Sant Josep* was made around the 19th of March or in close dates, thanks to the great quantity of milk and eggs around these dates.

Service and consumption

— *How to serve*

In little pots, with sugar on top and burn until the top gets crunchy. It can also be served like it was traditionally, in trays to be eaten with spoons for every guest. It must be served cold.

— *How to ingest*

Ingested directly out of the pot or plate, with a dessert spoon.



Concept

Desserts

Reference recipe books

There is no need.

Name

Requesón con miel

Context

The first mention of the word *requesón* in a Catalan recipe book is in the *Llibre de Totes Maneres de Potatges*, written in the 15th century, and it talks about curdled milk making (most certainly goat or sheep). It is recommended to serve this dish mixed with rosewater and seasoned with honey or sugar. We can see how, at least five centuries before, *requesón* was already a common name and elaboration, just as his peculiar seasoning with sugar or milk and rosewater. Requesón is one of the most traditional ways of selling and conserving milk, carried out by villagers all around the area. The fact of adding honey to the mix was not weird, since some other dairy (lactic) products were already mixed with sugar on top. *Requesón con miel* has been kept as a traditional dessert in restaurants of traditional Catalan cuisine, adapted and remade as some daring chefs suggested.

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Season

Requesón is a perishable product. Once made, it cannot be consumed after three or four days. In the past was usually made when there was leftover milk, around spring. Nowadays it can be found all year.

Service and consumption

— *How to serve*

One plain portion of requesón on a plate, seasoned with honey.

— *How to ingest*

With a dessert spoon, and with nuts or a sweet pastry— like *carquinyolis*.



Concept

Desserts

Name

Buñuelos de viento o rellenos
(fritters)

— *Other names*

Brunyols

Vol-au-vent

Buñuelos de Cuaresma

Buñuelos del Empordà

Restrictions

Vegetarian

Pork free

Gluten-free

Alcohol free

Reference recipe books

Llibre de la cuina catalana.

Agulló, Ferran (1999 (1928)).

Barcelona: Edicions Altafulla (page 262: “Caragirats o bunyols de vent”).

La teca, la veritable cuina casolana de Catalunya.

Domènech, Ignasi (2006 (1924)).

Valls: Edicions Cossetània (page 221-222: “La pasta fullosa per fer els vol-au-vents”, “La pasta lionesa o de bunyols de vent”).

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page 103: “Brunyols”).

Context

Buñuelos are usually made in Lent; most specifically, this recipe starts being cooked on Ash Wednesday. Its making itself is a tradition because back in the days it was made with the family, and the children helped. But nowadays, patisseries are the ones who bake them. There are different types of *buñuelos*, but the most typical are *buñuelos de viento*, round and empty on the inside—very typical in Girona, where they call them *bunyols*. Other variations of this recipe, like the ones in which there is a hole in the centre, are also very popular. Nowadays, we can also find them covered in different types of chocolate. No less loved, we also have stuffed *buñuelos*, traditionally with crème pâtissière, fresh cream, or other types of cream. When cooking this dish, the frying method is also essential— it has to be dipped and fried in olive oil and then drained. Then we add some sugar and are ready to go.



Concept

Desserts

Name

Buñuelos de viento o rellenos
(fritters)

— Other names

Brunyols

Vol-au-vent

Buñuelos de Cuaresma

Buñuelos del Empordà

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Reference recipe books

Llibre de la cuina catalana.

Agulló, Ferran (1999 (1928)).

Barcelona: Edicions Altafulla (page 262: “Caragirats o bunyols de vent”).

La teca, la veritable cuina casolana de Catalunya.

Domènech, Ignasi (2006 (1924)).

Valls: Edicions Cossetània (page 221-222: “La pasta fullosa per fer els vol-au-vents”, “La pasta lionesa o de bunyols de vent”).

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page 103: “Brunyols”).

Season

It is a dessert that can be found all year since it is cooked with basic ingredients (flour, eggs, milk, sugar, olive, and baking powder). Traditionally, we can find *buñuelos* in pastries when in Lent (between February and May, approximatively).

Service and consumption

— How to serve

When cooked properly, they have to be drained and coated in sugar. If are wished to be more tender, and to give them some aroma, a mixture has to be done separately out of dry anise and water before adding sugar. Served cold and on a tray, a *papelina* (folded paper) or individual plates.

— How to ingest

Usually with bare hands. It is recommended to keep a napkin close.



Concept

Desserts

Reference recipe books

There is no need.

Name

Tortel de nata
(Catalan ring-shaped cake)

— Other names

Roscón de hojaldre domingo
Roscón de hojaldre con nata
Redort de nata (Pirineus)
Tortelles (Terres de l'Ebre)

Context

Tortel is a circular puff pastry, baked and stuffed mainly with whipped cream (but we can still find some with chocolate truffle or cream). *Tortel* has been and still is, a classing Sunday dessert for Catalan and Barcelonan people. Many people buy it to be eaten on Sunday family lunches.

In the past, *torteles* were bought in patisseries called *confiterías* or *sucrerías*, great institutions that have been able to keep the traditional Catalan sweets. But even though this dish is widely spread and consumed, we do not find a main recipe. Every chef cooks it different.

Season

The ingredients for this dish can be found all year.

Restrictions

Vegetarian

Pork free

Gluten-free

Alcohol free

Service and consumption

— How to serve

It is usually cooked on a baking tray. When cold, it gets stuffed with whipped cream, regular cream or different types of stuffing, and then it must stay in a freezer to keep it puffed. Once cold, it is ready for consumption, so we only need to slice it into portions. Powdered sugar may be added.

— How to ingest

On a napkin or a plate; eat it with bare hands or a dessert spoon.



Concept

Desserts

Name

Pan con vino y azúcar
(Bread with wine and sugar)

— *Other names*

Sucamulla

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Reference recipe books

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page 294: “Pa amb vi i sucre”).

La cuina de les terres de Lleida.

Lladonosa i Giró, Josep (2006).

Barcelona: Columna Edicions (page 474: “Pa amb vi i sucre”).

El petit llibre de la cuina catalana de veritat.

Sans, Pere (2011).

Barcelona: Editorial Comanegra (page 214: “Torrades al vi bo”).

Context

Traditionally, in Catalan country houses, on the kitchen table always was pan de payés and a wine porró. To make the most out of dried bread, it was usual to dip it in red wine, so the slices were soaked up, and then add sugar on top. That’s how they turned bread that was about to be given to the chickens into a great dessert. It was a dish eaten by both grown-ups and children. One of the main reasons this tradition died in old houses was deciding that children ought not to drink alcohol.

Nowadays, barely a handful of people still keep this tradition, but some top-tier chefs have reinvented this dish, creating sweet recipes based on this humble tradition. It is a tradition with an unknown origin, but we can see similarities with other mixtures of wine, bread and other ingredients made by Egyptians, Greeks and Romans. Just like that, they made a dish out of two of the products of The Mediterranean Triad—grain and grapes.



Concept

Desserts

Season

This dish can be cooked throughout the year since bread and wine are basic products in Catalan gastronomy.

Name

Pan con vino y azúcar
(Bread with wine and sugar)

Service and consumption

— *How to serve*

In thick bread slices, soaked in wine and sprinkled with sugar. We can serve a few slices on a tray, or a single slice on an individual plate.

— *Other names*

Sucamulla

— *How to ingest*

Use of cutlery is recommended, mainly a dessert spoon. But traditionally this dish was eaten with bare hands.

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free



Concept

Desserts

Name

Menjar blanc
(Blancmange)

— *Other names*

Menjar blanco (in Spanish)
Blanc-manger (in French)
Mató de monja

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Reference recipe books

Llibre de la cuina catalana.

Agulló, Ferran (1999 (1928)).

Barcelona: Edicions Altafulla (page 260: “Menjar-blanc”).

La teca, la veritable cuina casolana de Catalunya.

Domènech, Ignasi (2006 (1924)).

Valls: Edicions Cossetània (page 231: “Menjar blanc”).

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page 263: “Menjar blanc”).

Context

In medieval Catalan cooking books, there are a few recipes made out of boiled almond milk mixed with different types of flour (barley, oats, rice, wheat starch) and sugar. In the Middle Ages, it was also usual to add white meat—chicken—broth in a soup and dice. This dish was first called *menjar blanc*, and, as Isidra Maranges points out in her book *La Cuina Catalana Medieval, un Festí per als Sentits*, “one of the most famous dishes in medieval cuisine was *menjar blanc*. In the book *Llibre del Coch*, it is considered one of the three best dishes of that time [...]”. We have talked about the first ever *menjar blanc*, but its evolution, without chicken, is the dish that we know today. During the 17th and 18th centuries, monastery kitchen transformed *menjar blanc* into *escudelles* and white soups—recipes based on almond milk and mixed with flour or rice flour, into a sweet dish that contained these ingredients, plus lemon or cinnamon scent, making the sugary taste more notorious. In the 19th century, the name *menjar blanc* made a comeback, and the recipe gains consistency. *La Cuynera Catalana*, 1835, has in its records a recipe with the name *menjar blanc o requesón de monja*, concluding that these two dishes were the same—sweetened almond milk, scented and thickened with cornflour or rice wheat. This final recipe became popular among chocolate and milk shops in the 19th century and early 20th century, competing with *crema catalana* or *crema de Sant Josep* and melted chocolate. Nowadays, the name *requesón de monja* is not in use anymore, and we only know it as *menjar blanc*, regarding the recipe of some comarcas of Tarragonès. The one from Reus is the most popular. Even if today it’s not a popular dessert, it has great history and career, as well as a famous medieval and early modern period history. All of these reasons make this dish a perfect example of a symbolic and traditional Catalan dish.



Concept

Desserts

Name

Menjar blanc
(Blancmange)

— Other names

Manjar blanco (in Spanish)
Blanc-manger (in French)
Mató de monja

Restrictions

Vegetarian
Pork free
Gluten free
Alcohol free

Season

The main ingredient of this recipe, almonds, are recollected in autumn, but nowadays we can find them all year. Also, this recipe is cooked nowadays with industrial almond milk, since traditional almond milk making is hard for a chef to do properly.

Service and consumption

— How to serve

It is served cold, in little pots or clay tupins, and with sprinkled sugar or cinnamon powder.

— How to ingest

It can be eaten on a plate or in the same mud pot, with a dessert spoon.



Concept

Desserts

Name

Bizchocho
(Sponge cake)

— *Other names*

Pa de pessic de Vic
Biscuit (Valencia)
Pa d'En Pou (Mallorca)

Restrictions

Vegetarian

Pork free

Gluten-free

Alcohol free

Reference recipe books

La teca, la veritable cuina casolana de Catalunya.

Domènech, Ignasi (2006 (1924)).

Valls: Edicions Cossetània (page 225: “Un pa de pessic molt bo”).

Corpus del patrimoni culinari català.

Institut Català de la Cuina i Fundació del Mediterrani (2011 (2006)).

Barcelona: La Magrana (page 295: “Pa de pessic”, “Pa de pessic de Vic”).

El petit llibre de la cuina catalana de veritat.

Sans, Pere (2011).

Barcelona: Editorial Comanegra (page 215: “El pa de pessic”).

Context

The origin of *bizchocho* (*pa de pessic*) is not certain, and every author has their theory: one of them is that it was born during *Processions*, where it was served within the staff. It is said that people could not wait until the end and kept biting down while walking— that being the origin of its name. Another theory is that while celebrating *La Virgen María de las Nieves*, *patrona de las mujeres panaderas*, women cooked bread with sugar and, according to Joan Amdes (*Costumari Català*, 1952), whoever bought that bread could pinch their ass. But, a third theory says that, since it's tender and fluffy bread, it has to be eaten after “pinching bites”. Back in the days, no baking soda was used (but we do now), and the egg whites were mixed with a whisk (and now with a mixer). It is a typical Easter dish. One of the places in which the tradition is more practised is Vic, in which we can always see *bizchocho* in the window displays of patisseries.



Concept

Desserts

Name

Bizcocho

(Sponge cake)

— *Other names*

Pa de pessic de Vic

Biscuit (Valencia)

Pa d'En Pou (Mallorca)

Restrictions

Vegetarian

Pork free

Gluten-free

Alcohol free

Season

It can be made all year since it is made out of basic cooking ingredients (flour, eggs, and sugar); but sometimes people add too lemon or orange zest– which are winter fruits.

Service and consumption

— *How to serve*

It is usually cooked in a square or circular tray, thus, once cooked, it is cut into portions. Sugar powder is sprinkled for a better finish.

— *How to ingest*

On a napkin or a plate. We do not need cutlery, since it is eaten with bare hands.

Beverages





Concept

Beverages

Reference recipe books

There is no need.

Name

Vinos y cavas catalanes
(Wines and Catalan Cavas)

Historical context

Wine production in Catalonia goes far back to the Iberians. There are also archaeological findings of wineries in Roman times. In the 18th and 19th centuries, vine farming was one of the main economic pillars of the country because the rest of Europe and America imported both Catalan wines and grain alcohol. Catalan wines are the product of a wise combination of local and worldwide exports. Nowadays, there are 12 PDO's in Catalonia: Alella, Catalunya, Cava, Conca de Barberà, Costers del Segre, Ampurdán, Montsant, Penedès, Plan de Bages, Piorat, Tarragona y Terra Alta.

According to the *Consejo Regulador del Cava* (Cava's council regulator), Cava's origin is associated with the splendid Catalan vine growing in the mid-19th century. Thanks to the microbiology wine studies conducted by Louis Pasteur, we can now control the second fermentation. And with the cork stopper, bubbles were not lost while producing wine. That is the traditional method, also called *champenoise*.

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Season

There is no seasonal restriction. Grape harvest is usually done by hand at the end of August or even September. Regarding Cava, it lasts until late October.

Service and consumption

— *How to serve*

On a table, where all the bottles are shown beside the cups. A waiter fills the guest's cup, or a guest can fill their cup.

— *How to ingest*

Served with food.



Concept

Beverages

Name

Vinos dulces, bebidas espirituosas
y cervezas artesanas
(Sweet wines, alcoholic drinks and
crafted beer)

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

The beers are not suitable for
people who cannot eat gluten,
unless they are specifically
composed of gluten-free beers.

Reference recipe books

There is no need.

Historical context

In addition to the wine and cava production in Catalonia as a traditional drink, throughout history, many more drinks have been made, not only to preserve other products but to strengthen bonds and the community after meals— what we call *sobremesa*.

The elaboration of alcoholic beverages and sweet wines is a legacy from the Romans. In Catalonia, the most typical sweet wines are muscatel and mistelle. Regarding alcoholic drinks, we need to point out *ratafia* and *aromas de Monserrat* as paradigmatic examples of regional production.

In Catalonia, craft beers are a well-received product, consolidating little by little (even if there is archaeological proof of Iberians producing these beers).

Season

Initially, each beverage had its seasonal production. Even so, once these products are done they can be preserved and consumed all year. Nowadays, these drinks can be found all year long.

Service and consumption

— *How to serve*

In small glasses.

— *How to ingest*

Served with sweets or by themselves.



Concept

Beverages

Name

Agua, cafés e infusiones, otras
bebidas
(Water, coffee and tea, and other
beverages)

Restrictions

Vegetarian

Pork free

Gluten free

Alcohol free

Reference recipe books

There is no need.

Historical context

This sheet does not need historical context, since these are complementary drinks.

Season

There is no seasonal restriction.

Service and consumption

— *How to serve*

The bottles can be placed on a table, near the glasses or cups. A waiter serves the drink to the guest, or each guest fills their cup.

— *How to ingest*

No clarification is needed.

À O C