



TOP 5 SPANISH DISHES

Albondigas

A classic tapas item, albondigas, or meatballs in tomato sauce, are served all over Spain.

A tasty variation serves up the meatballs drizzled in an almond sauce, minus the tomatoes.

The version pictured is a squid meatball, by José Pizarro.



Bacalao

A prized dish in Spain, bacalao, or salted cod, was brought back by Spanish fisherman from as far afield as Norway and Newfoundland - the fish not being found in local waters; it was salted to preserve it on the journey.

It has to be left to soak in water for at least 24 hours to remove all but the slightest tang of salt.

Bacalao is served in all manner of dishes; one of the most popular is with pil-pil sauce, made of olive oil garlic and the juice of the fish, and typical in the Basque Country.



Leche frita

Leche frita, or fried milk, is a popular dessert made by whipping up milk, egg yolks and flour. This is left to chill and solidify, before being coated in breadcrumbs and fried.

Can be served hot or cold.



Fabada

A favorite of the northwestern Asturias region and based around the white fabe bean, fabada is a one-pot feast usually served with a mixture of pork meats.

Chorizo, pork belly and bacon are common accompaniments, as is morcilla, Spanish blood sausage, which tastes far better than it should.



Gaspacho

This tomato-based Andalusian soup is most famous for being served cold.

This can be quite a shock for those who aren't expecting it, but in the searing heat of a Seville summer, the attraction becomes clear.

Its principal ingredients, aside from tomato, are peppers, garlic, bread and lots of olive oil.





THE END