

contents

6	PREFACE
8	INTRODUCTION
14	TAPAS
60	SOUPS
88	SALADS AND VEGETABLES
118	SEAFOOD
156	MEATS
192	RICE
216	SAUCES AND CONDIMENTS
234	DESSERTS
260	GLOSSARY
263	SOURCES
264	CONTRIBUTORS
267	INDEX
272	ACKNOWLEDGMENTS



PREFACE

The paella pans were bubbling and steaming as the dry vine cuttings underneath crackled and popped. These were no ordinary pans, but gigantic four-foot-wide vessels, all oozing at the rim with rice, rabbit, and spices. As acclaimed Spanish paella expert Rafael Vidal walked through this outdoor kitchen, carefully stoking the fires and checking his delicacy, a crowd of hungry and eager chefs (many of whom had come from all over the world) watched intently. Nearby, Llorenç Petràs, owner of a much-loved mushroom shop in Barcelona's La Boqueria market, was grilling hundreds of calçots, spring onions similar to small leeks.

Later, when the assembled chefs nibbled on tapas, peeled the charred layers off the calçots and dipped them in a rich, nutty romesco sauce, and then heartily savored the saffron-scented paellas, they all knew an inspiring and delicious culinary immersion had just begun.

It was yet another exciting day at The Culinary Institute of America (CIA) at Greystone. Like every other year in November, more than 700 chefs and food professionals had gathered for the college's flagship Worlds of Flavor International Conference & Festival, which this year featured Spain and all of its spectacular food, wine, and culinary traditions.

Indeed, the CIA's "Spain and the World Table: Regional Traditions, Invention, and Exchange," co-



Greg Drescher affirms the vibrancy and passion that surround Spanish food today.

presented with The Spanish Institute of Foreign Trade, Foods from Spain, and Wines from Spain, together with a host of regional Spanish governments and private companies, was perhaps the largest and most comprehensive conference ever held in the United States on Spanish food and wine. It brought together an "A-list" of top Spanish gastronomic talent, from three-star Michelin chefs to distinguished regional cooks, from Spanish cheese and olive oil experts to wine authorities and ingredient specialists. More than fifty Spanish chefs made the trip to the Napa Valley conference from all across Spain.

The food and cooking at the event was exceptional, but the sense of history in the making was truly galvanizing: an unprecedented U.S. gathering of top Spanish culinary talent sharing what they do best with their American counterparts at this very moment in time when Spanish leaders in food and wine are at the "top of their game."

It is this kind of unique culinary experience that has made the CIA's Worlds of Flavor conference the most influential professional forum in the country for world cuisines and flavor trends and a "must attend" for chefs, corporate menu decision-makers, wine and other beverage specialists, suppliers, journalists, and other professionals. Each November the event transforms the Napa Valley campus into an amazing crossroads of world food and culture.

This book is the product of the conference on Spain and is designed to share all the vibrant and robust flavors as well as the knowledge and passion of the influential and talented Spanish chefs who presented there.

During the event, one could see within a few minutes the whole story of contemporary Spanish gastronomy—the ancient juxtaposed against the modern, the rustic against the refined, and all shaped by culinary influences from around the world. Legendary chef Ferran Adrià of El Bulli mesmerized the audience as he shared the imperatives of creativity and demonstrated his latest applications of food science. Outside, in one of the CIA's outdoor kitchens, chef Cándido López Cuerdo of Segovia patiently roasted his suckling pigs in a wood-fired oven, a tradition that reached back into medieval Spain.

Moments of intense concentration and delight ensued as Spanish cheese expert Enric Canut described the elements of quality of Spain's best artisanal cheeses. Then there were unexpected moments: Chef Dani García of Marbella displayed good-humored patience when he discovered that he couldn't demonstrate his frozen olive oil popcorn at the scheduled time because the liquid nitrogen had failed to arrive with that morning's routine milk delivery at the CIA. Such was the spirit of the conference.

Now, through this book, Martha Rose Shulman—who has authored many of our best Mediterranean cookbooks—has magically combined that very spirit and passion from the conference with savory recipes and in doing so transports us into a world that is part fantastic Spanish kitchen and part Spanish culinary "brain trust."

We invite you now to come into our kitchen; to feel the genius of these chefs, cooks, and food and wine experts; taste the results and really understand what a delicious proposition Spain is today.

JOSÉ ANDRÉS

Chef, television personality, author, and chairman of the CIA's "Spain and the World Table" conference

GREG DRESCHER

Executive Director of Strategic Initiatives, The Culinary Institute of America



José Andrés (right) enjoys calçots, a glass of wine, and the lively atmosphere at the Worlds of Flavor conference.

SEAFOOD

From the simple to the experimental

With over 3,000 miles of coastline bordering both the Atlantic Ocean and the Mediterranean Sea, Spain is a seafood lover's paradise. The Spanish certainly feel that theirs is the best seafood in the world, and they may be right. So important are the fruits of the sea that even landlocked Madrid boasts some of the best fish restaurants in the country.



In true Spanish style, the freshest halibut is simply grilled and served here with a traditional Catalan sauce.

SIMPLICITY IS KEY

Throughout Spain, seafood cookery tends to be simple, the fish utterly fresh. If the fish you desire did not come in on that day's boat, you won't find it on the menu. A perfect meal in the Mediterranean city of Malaga, for instance, will be at a beachside restaurant. The waiter tells you what the day's catch offers, and you watch as he takes the fresh fish out to a grill on the beach. Minutes later you have a platter in front of you, piled high with fresh grilled sardines and shrimp, or daurade, or sea bass. Nothing could be simpler. You might prefer your fish fried in olive oil, as the Andalusians do so well. No problem. Whichever way you take it, it is so fresh that it doesn't even beg for a squeeze of lemon.

In the regions of Valencia or Catalonia, fish is often served with a nutty, pungent romesco sauce, made with ground almonds and hazelnuts, peppers, tomatoes, sherry vinegar, and olive oil. The sauce will be stirred into a fisherman's stew called a *suquet*, or served as a condiment with grilled fish. In the cooler northern regions of Galicia and the Basque country, sauces are common. The signature dish of the País Vasco, and the measure of a cook, is hake—*merluza*—in a mild parsley sauce called *salsa verde* (green sauce).

SEASONS AND TRADITIONS

When you travel in Spain, you associate fish with a place. If you live there, you also associate it with a season. You look forward to the bream that is traditionally served on December 24, the fresh young anchovies that arrive in the spring, the sardines that you enjoy in August. Large bluefin tuna arrive in May and June, passing through the Strait of Gibraltar on their way to spawn in the Mediterranean, and into the nets of awaiting fishermen. Like the Sicilians, Spanish fishermen participate in the ritual known as the *Mattanza* in Sicily, the killing of the tuna. Fishermen haul hundreds of the fish onto their small boats; every part of the fish—the loin and belly, the eggs that the tuna have come to lay, the heart and liver, the prized cheeks—will be used. To the people of the coast, the tuna is the “pig of the sea.”

The Spanish don't consider cost when it comes to their favorite shellfish and fish. Pricy *langostinos* (jumbo shrimp) from Sanlúcar de Barrameda near Cadiz, spiny lobsters from the north, prized goose barnacles and sea scallops from Galicia, hake cheeks from the Basque country, are regional treasures. They're enjoyed with abandon, simply prepared.

MAR Y MONTAÑA

Spanish seafood cookery has a rich tradition of bringing together products of the earth and the sea. They call this *mar y montaña*, sea and mountain, and it is most often defined by the presence of pork products in seafood



Humble salt cod, the quintessential Spanish fish, is elevated to modern restaurant fare and served with a coulis of potatoes and red peppers.



Contemporary chefs experiment by merging cuisines; here the classic sole meunière is prepared with a Japanese influence.

dishes, which is why you will find Serrano ham in several of the dishes in this chapter. Lenten dishes forgo the meat, and combine beans with seafood. One of the signature dishes of Asturias and Calabria, Fabes with Clams (page 133), is just such a dish.

Joan Roca, chef of the two-star Michelin Celler de Can Roca in Girona, serves a postmodern, minimalist expression of “*mar y montaña*” in a dish that he calls Treasure Island. Roca is interested in the complicity between aromas and flavor; he likes to explore the essence of a dish, to distill its primary components. He does this literally when he presents an oyster with a sauce made from distilled earth. He achieves his sauce by placing freshly dug earth from the base of an oak tree into a still and distilling a water that tastes of the earth. Using xanthan gum, he thickens the water to obtain a sauce, and this goes over the oyster.

NEW TAKES ON SEAFOOD

Roca is just one of many contemporary Spanish chefs who are inspired by seafood. They are cooking it in new ways, such as in vacuum packs, or submerged in olive oil that remains at a low temperature until the proteins in the fish break down; the fish tastes cooked and feels moist and velvety, yet it looks like sushi. In this chapter you'll find a mix of traditional and modern recipes, and see how chefs have been inspired to deconstruct familiar dishes, to merge cuisines, and to draw upon these new techniques to bring out the best in Spanish seafood.





SEA SCALLOPS

WITH GREEN RAISIN SALSA

THIS DISH has both Spanish and Latino overtones. In the salsa, the olive oil, raisins, almonds, garlic, and anchovies are distinctly Mediterranean, whereas the pumpkinseeds and chiles are New World ingredients.

SERVES 8

4 ripe but crisp Bosc pears
½ cup almond or walnut oil, divided use
2 teaspoons salt, divided use
¾ teaspoon freshly ground black pepper, divided use
24 sea scallops (about 2 pounds 10 ounces or 1.2 kg)
2 tablespoons extra virgin olive oil
1 cup Salsa de Pasitas Verdes (page 224)
4 cups watercress
3 limes, cut into 1-inch (2.5 cm) wedges

1. Core the pears and slice into ½-inch- (1 cm) thick wedge-shaped slices. Toss with ¼ cup of almond oil and season with ½ teaspoon of salt and ¼ teaspoon of pepper.

2. Clean the scallops and season with salt and pepper. Heat the oil over medium-high heat in a large nonstick or seasoned cast-iron skillet and sear for 1 to 2 minutes per side.

3. Arrange 5 of the pear slices and 3 of the sea scallops on each plate. Spoon a rounded teaspoon of salsa over each scallop. Arrange 3 or 4 watercress sprigs over the sea scallops. Season with a pinch of salt, then drizzle with 1½ teaspoons of almond oil, and garnish with 3 lime wedges.

Adapted from a recipe by ROBERT DEL GRANDE

