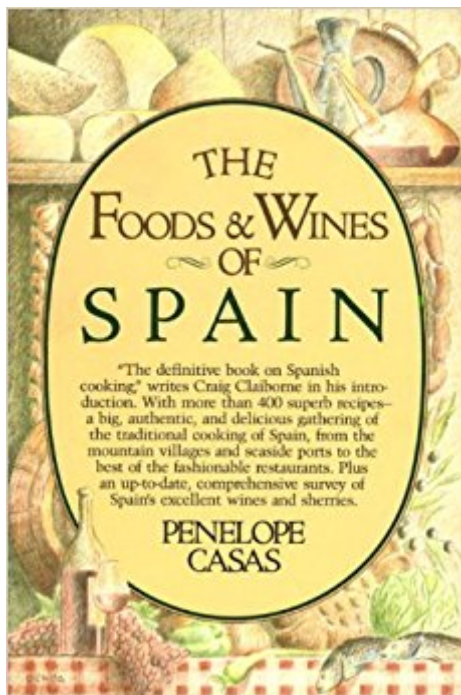


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The Foods And Wines Of Spain



Synopsis

This classic cookbook brings more than 400 of the traditional foods of Spain—•with their extraordinary range of flavors—•into the home kitchen. To search out the finest Spanish recipes, Penelope Casas traveled over 25,000 miles, crisscrossing the country. Region by region, she found local cooks and discovered their secrets, often putting to paper recipes that had never before been set down. In *The Foods and Wines of Spain*, she brings us savory meat and fish pies from the Celtic lands of Galicia; a legendary bean dish from the coastal mountains of Asturias; the renowned romesco sauce of ground almonds and dried sweet peppers from Cataluña; paellas from the rice paddies of Valencia; simple but exquisite fish dishes from Andalucía; breads from the wheat fields of Castilla; honey-drenched pastries from Extremadura; and much more.

Book Information

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Customer Reviews

“Casas’s seminal *The Foods and Wines of Spain* features traditional dishes from even the most obscure Spanish villages and restaurants.” [Food & Wine](#)
“[*The Foods and Wines of Spain*] introduced many Americans to the cuisine that is only now getting its due.” [Los Angeles Times](#)
“For decades the only act in town if you wanted to know about authentic Spanish food.” [Huffington Post](#)

400 superb recipes--a delicious gathering of the traditional cooking of Spain with new ways of using exotic seasonings and unusual combinations, plus a comprehensive survey of Spain's excellent

wines and sherries.

This isn't a new cookbook, and Penelope Casas has written a few that supplement it, but it ranks alongside James Beard's cookbooks for quality and utility!. I lived in Spain for four years, and came to love the food. This copy of the book was a replacement for the copy that finally fell apart after many years of hard use. Having to discard the old copy was like discarding an old lover! Recipes are easy to follow, ingredients are easy to find. When unique ingredients are needed, Casas gives you enough information to find them- and this was before the Internet which now makes it a breeze, even when living in rural South Carolina! I highly recommend this book for anyone who likes Spanish food or who would like to try it. Just a few recipes, like Fabada Asturiana, Cocido Madrilenio and Fideus (Paella with noodles instead of rice) make it worth the cost!

This book is fantastic! I was disappointed at first because there are no photos. After trying the recipes, photos schmotos! Pictured below are some of our favorites: 1) The Entrecôte à la Al Queso Cabrales (steak with blue cheese sauce) p.297 is amazing! It's one of the best steaks I've ever had. And the green salad with El Alino Dressing that she suggests as a pairing is spot on. It's strongly flavored enough to stand next to that blue cheese sauce. 2) Sausage Rolled in Pork Fillet p.311 with Potatoes and Green Beans, Extremadura Style p.96. Divine dinner! 3) Stuffed Green Peppers and Zucchini p.316. Complete meal in itself. It takes an hour to bake at the end, so I love to do this one as a prep ahead meal. Delicious. 4) Tapas dinner. Alcondigas (pork balls) with Garlic Aioli p.28, Champinones a la Segovia (mushrooms, Segovia style) p.35, and Gambas al Ajillo Meson Botin (garlic shrimp) p.5. Delicious dinner. We couldn't decide if the decadent pork balls in garlicky mayo or bacony winey mushrooms were better. The kids loved those! There are five different Paella recipes. I love the Tapas chapter. Buy this alone before you start buying paella and tapas books. There's a strong chance this will happily fill all of those categories for you. If not, Casas has books dedicated to those that you can pick up later. I have the paella one and love it. She's brilliant.

The great virtue of this book is its down-to-earth simplicity; you probably have the ingredients in your fridge and cupboards right now to make 60-70% of the recipes. What a relief, after putting up with the needs of many of today's slick cookbooks, e.g., flipping through a recent "simple" cookbook of a star chef in NYC, I discover I need 3 vanilla beans, fresh chervil, and grapeseed oil. Huh? Who the heck has the time to track this stuff down, let alone use it again in the next 3 years? Ms. Casas has

obviously been very careful to anticipate such problems; everything seems to have been tried over and over with the average US kitchen in mind. And amazingly, the dishes still turn out exotic and "Spanish." I have no ability to vouch for authenticity, but who cares; the bottom line is that these recipes work and are absolutely delicious. I also appreciate the suggested accompanying vegetables and wine. Two favorite main courses: Rice and Chicken, Chicken with Pine Nuts. In addition to the above virtues, Ms. Casas gives a straight-forward history for each of the recipes, giving context and conveying a keen intelligence and quiet passion that leave the reader wanting to try every single one of these dishes. The research is complete and stunning. There is no hype or filler. This book is a keeper.

I love all of Penelope Casas' books on Spanish cooking and this one is the place to start.

And selected about 50 recipes that I can't wait to try. I particularly liked the detailed stories about the foods and regions. Substitutions were appreciated.

My husband is very fond of authentic Spanish cuisine. Since it was more economical than a trip to Spain I purchased this book for his last birthday. A year has gone by, but it may have been the most successful birthday gift I have ever given to him. He now enthusiastically makes dinners for me several times a month just so he can keep trying out new recipes! The food (and the generosity of my husband) is wonderful. Most of the recipes in the book can be made with ingredients that you have on hand anyway and the results are well worth it. Check out the recipes for Garlic Chicken, Spanish Tortilla and Veal Extremena and see for yourself.

This book is full of a dynamic range of Spanish recipes, all of which are both tasty and easy to prepare. Every recipe I've made has come out perfect, I have never had a failure. Ms. Casas has clearly gone to great lengths to capture authentic, well tested recipes that anyone can prepare. This book is so diverse in its scope that it would take a long time to tire of using it. I can hardly bare to cook anything else. Spanish flavor with its simplicity and freshness of flavors could not be better presented then in this perfect book. Highly recommended!

Casas is just fantastic in her collection of recipes and vibrant descriptions. A real pleasure to read and use!

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