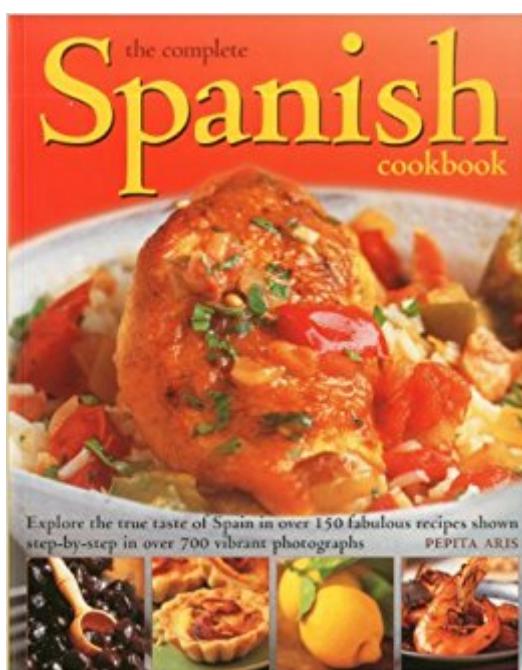


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# The Complete Spanish Cookbook: Explore The True Taste Of Spain In Over 150 Fabulous Recipes Shown Step By Step In Over 700 Vibrant Photographs



## Synopsis

This glorious book first takes you through the culinary history of Spain, then offers a photographic guide to the essential Spanish ingredients, from fantastic cheeses and hams to olive oils and shellfish. There are then over 150 magnificent step-by-step recipes to try, with chapters devoted to tapas, soup, eggs, rice and pasta, vegetables and salads, fish and shellfish, poultry, meat and game, and desserts and baking. Explore the true taste of Spain.

## Book Information

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## Customer Reviews

Pepita Aris is a leading authority on Spanish food and cooking and has written many books on the subject. Pepita writes for a number of magazines and newspapers and is the founder editor of Taste magazine. She has appeared on both radio and television to promote Spanish food and give cooking demonstrations. Her published works include: Recipes From A Spanish Village (Conran Octopus) and Master Chefs of Europe (Van Nostrand Reinhold).

Good book history and recepies

Authentic and comprehensive. A pleasure to read and cook from.

Say what you like about British cuisine, their spirit of the hobbyist remains an in-tact wonder. Fully seventy pages pass before the first recipe. All kinds of background are provided on regions, resources, implements and ingredients before you pick up your first prep bowl. The only sense in which this book is complete is that it covers everything from tapas and eggs to deserts and baking,

so you can do complete menus for all occasions. But it is only one of seven that I need just to cover Spain alone (and the new Spanish cooking). Although Pepita Aris is an accomplished author of cookbooks on Spanish cooking, she knows also the gastronomy publishing business cold. This is very much the book for the British market. So it takes a bit getting used to. She distinguishes kid from lamb and both from mutton, and gammon from ham. I can barely get through backgammon. But back bacon is a close enough substitute. In a less technical area, she notes that Valencia moscatel is widely available "abroad", and that green absinthe is dangerous. Mindful of the colonials, American terminology is constrained within (brackets) [sic]. So superfine sugar (bakers' sugar) is caster. Pepita says we can get a nice cup of coffee in Spain, and it is always fresh. Thinly sliced fried beet rounds are "crisps". Thus may a book be both charming and precise. But let us get into the cooking. First up are Bunuelos, which are not little avant-garde Spanish film directors from Aragon, but cheese puffs. Similar enough but not the same. Aris does not deep fry them according to the traditional method. She bakes them in a hot oven and then reduces temperature to finish. Baking is easier, cleaner and, okay...healthier. But the results are excellent, albeit distinctly different from the deep fry. She does specify Manchego cheese, but nods to her primary audience by following with cheddar as an alternative. Another baking alternative to deep frying is her version of Spinach Empanadas; and they are an improvement because baking better shows off the frozen puff pastry she employs that you will find in better markets. As for the filling, raisin, pine nut and anchovy are the perfect elevation of spinach. A genius of Spanish cooking is their critical twists on otherwise familiar dishes. For yet another example, San Esteban Canelones (cannelloni) use chicken liver as the ingredient which completely makes it. The distinguishing ingredient is rarely intuitive, as we shall continue to see. Soups are a strong suit. Chilled almond with grapes is made differently from all other chilled fruit soups by bread. Almonds themselves become the special guest star in another 'grab your own face with at least two hands' soup: Sherried Onion with Saffron. Almonds do not even make the title, yet they make the difference. Still, there is one standout, Fish Soup with Orange. Seville or sour orange is the rootstock for all citrus. 99, yes, 99 out of every 100 seeds you squeeze will grow only sour orange trees. Yet we have so few. In Phoenix, they are relegated to ornamentals, especially because their fruit hangs so long and because they peak right after Christmas. They are the secret to this sparkling soup. Fear not, you may use any orange if you add 50% lemon juice (I have also used limes to great effect). No herbs. No spices. No stock. No wine. Yet this iridescently colored soup has complex flavor unlike any other. Ultimately, after reading about it several times, the national dish of Cocido appears. Brisket, bacon, marrow bone, pigs' feet, chickpea, chorizo, blood sausage and leek. Sure, there are plenty of Spanish standards that you will

find here. But such else resides in this unassuming book. Large format, heavy grade glossy paper and an easy to clean cover means this one stays close to the action. And for half the price of books with far less information or utility. Cinco Estrellas.

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