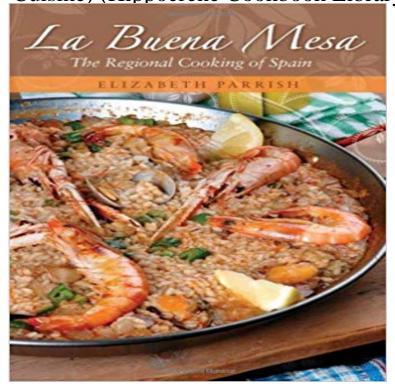
La Buena Mesa: The Regional Cooking of Spain (National Regional Cuisine) (Hippocrene Cookbook Library)



La buena mesa or the good table is a Spanish expression synonymous with delicious food. And, indeed, with its wonder-fully varied climate and geography, Spain is a country that celebrates good tables and distinctive cuisines across nine-teen regions. Over centuries, the Iberian Peninsula has been criss-crossed by different groups, each leaving indelible culinary imprints wherever they settled. The influences of the Greeks, Phoenicians, Celts, and Moors - to name a few - are all found in Spains regional cuisines. From the hearty stews of the rainy northern Bay of Biscay regions, to the myriad rice dishes from the Mediterranean coast, or the cooling salads favoured in Andalucia, Spanish cuisine presents endless bounty and variety. Beloved classics like paella, gazpacho, and flan need no translation, but new favourites are also waiting to be discovered. You will find them in this lovingly compiled tribute to Spanish cooking. Elizabeth Parrish, a resident of Tarragona, invites readers to take a gastronomic journey through the kitchens of Spain. home Clear, easy-to-follow recipes, fascinating notes about Spanish culture and history, and lively personal anecdotes bring the regional cuisines of Spain to life. This title features: 165 recipes with step-by-step instructions; glossary of Spanish ingredients; 8-page colour insert; and, engaging sidebars about Spanish customs and cuisine.

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