



SPANISH CUISINE

- Spain is the fourth-largest country in Europe, after Russia, Ukraine, and France.
- The Iberian Peninsula has five main regions: Green Spain, Central Spain, the Pyrenees, the Eastern Mediterranean, and Andalusia.
- Spanish food comes from traditional local dishes, not from royal or palace cuisine.
- In Mediterranean areas, fruits like oranges, figs, grapes, and olives grow well.
- In inland areas, people grow wheat.
- In wet areas, rice is grown.
- Along the coasts, seafood is very common.



- Spanish explorers sailed past Gibraltar and reached the ocean.
- They later colonized Central and South America. They brought many new foods to Europe, such as tomatoes, corn, potatoes, red peppers, beans, vanilla, and chocolate.
- Columbus and other explorers introduced these foods to Spain after their journeys.
- When Spain discovered Mexico in 1521, Mexican cuisine developed with Spanish influence.
- There is a connection between Spanish and Turkish cuisine.
- In 1492, Jews were expelled from Spain and came to the Ottoman Empire. They are called Sephardim, which means “Spain” in Hebrew.
- There is also a direct connection between Spanish and Turkish cuisine. Today, most Jewish people in Turkey are Sephardim. This community contributed to Turkish cuisine and created a cultural link between Spanish and Turkish food.

	The Development of the Olive
???	Olive trees were likely domesticated in Iran and Turkestan.
BC 3500	Olive trees have begun to be cultivated on islands near Turkey and Greece
BC 15th Century	Phoenician merchants brought olive trees to Cyprus and Crete.
BC 8th Century	Greek colonists brought olive trees to Sicily, southern France, Spain, Thrace, and the Black Sea coast.
BC 8th Century	In Ekron (modern-day Israel), over 1,000 tons were produced annually.
BC 175	During the reign of the Roman Emperor Cato, olive and olive oil cultivation was openly practiced.
AD 2nd Century	The Roman-era writer Columella wrote about the challenges of the olive harvest.
1497	Olive trees were brought from Spain to the Caribbean and Mexico.
1775	As part of the “Mission Olive” initiative, Spanish missionaries planted olive trees in California.
1803	The first olive oil pressing in California was documented.
1899	Unripe green olives were canned.
1933	Olive pitting and stuffing machines have begun to be used in California.
21st century	Three-quarters of the world’s olive oil production began to be produced in the European Union, particularly in Spain (the Andalusia region) and Italy.

- Barley (arpa) first came from the Middle East around 6000 BCE. It later spread to Spain, and from there to France, Germany, and England.
- Rice came from North Africa after the Arab conquests. It spread to Europe through Sicily and Spain.
- Chickpeas were important in Arab cuisine. They later became common in Southern France, Southern Italy, Sicily, and Spain.
- Carrots spread from Arab Spain to France, the Netherlands, and Germany in the 14th century. They reached England in the 15th century.
- Asparagus (kuşkonmaz) was known by the Greeks and grown by the Romans. After the Roman Empire, it was grown in Syria, Egypt, and Spain under Arab rule.

- Eggplant comes from India. It was brought to Europe by the Arabs in the Middle Ages. At first, it was mainly used in Italy and Spain.
- Today, eggplant is very common in Spanish cuisine. It is cooked in many ways: stuffed, fried, or baked.
- Spinach was first grown in Iran in the 4th century. It came to Europe through Spain in the 11th century. Spinach is now a popular food in Spain.
- Saffron was brought to Spain by the Arabs in the 10th century. Later, it spread to Europe during the Crusades.
- Many foods spread to Europe through Spain, such as oranges, almonds, sugar, olives, olive oil, beef, and veal.

CUISINE CULTURE

- Spanish cuisine focuses on fresh ingredients, eating together, and enjoying food culture.
- Olive oil, bread, and garlic are basic foods in Spain.
- Spain has many regional cuisines, such as Andalusian, Basque, Catalan, Galician, and Valencian cuisine.
- Spanish wines are also an important part of the food culture.
- Arab influence can be seen in some Spanish dishes, especially those with meat and fruits or unusual combinations like melon and spinach.
- Rice farming started in Spain during the Arab period.
- Many spices came to Spain at that time, such as saffron, cumin, and anise.
- Nuts like walnuts and almonds also became common.
- Fruits such as dates, citrus fruits, and bananas were introduced during Arab rule.

MUST-HAVES



- Paella



- Tapas



- Sangria



- Empanada

- Tortilla



- Jamón ibérico



- Gazpacho



- Pescaíto Frito



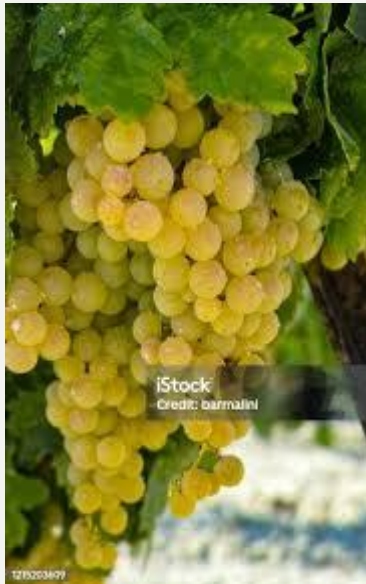


RULES

- Hands should always be visible while eating.
- Wrists should be extended along the edge of the table.
- Elbows should not be placed on the table while eating. However, after a meal or while waiting for the next course, elbows may be placed on the table.
- Do not begin eating until the host does.
- One should take care to use a plate, fork, spoon, etc., to eat most foods and avoid eating with one's hands.
- Even fruit should be eaten with a knife and fork.
- When the meal is finished, the fork and knife should be placed across the plate with the fork resting on top of the knife.
- The host should serve the guests first or ask the guests to serve themselves before the host does
- Refusing food is considered more appropriate than leaving it on the plate.
- It should be indicated that the meal is finished by placing the fork and knife parallel to the plate, with the fork facing upward and the handles turned to the right.
- One should not leave the table until the host or the guest of honor has stood up.

WINE

- liqueur and dessert wines (aperitif wines) are mostly produced in Europe, especially in Italy, Portugal, Greece, and Spain.
- These wines have higher alcohol (16–22%) because brandy is added.
- Southern wines, such as vermouth, can be dry or sweet.
- Palomino Grape
- Tempranillo Grape





Jamon Iberico

TAPAS:
[HTTPS://WWW.YOUTUBE.COM/WATCH?V=6MFSEVSYJ10](https://www.youtube.com/watch?v=6MFSEVSYJ10)



GALICIA

- “Vieiras a la gallega” (scallops with breadcrumbs and sweet peppers)
- Empanada, Queimada (roasted coffee, sugar, lemon zest, and a strong orujo liqueur)



CATALONIA

- **Mar i Muntanya, escalivada**



VALENCIA

- *Paella Valenciana*



BASK

- Bask cheesecake



