

Klaudia
Świątek

Catalan cuisine

Dishes of Catalonia are based on sea and mountain ingredients. We can find them similar to other Mediterranean or even Oriental countries, because of geography, history and folklore. Port in Barcelona and sea routes given them many opportunities to taste new things (e.g. oriental flavourings). Catalan cuisine have many different recipes for each holiday. Also the first book about cooking in Spain „Llibre de Sent Soví“ was written in Catalan language in 1324 yr.



Popular in recipes

Seafood



Cod



Dorada



Monkfish



Shrimp

Cheese



Mató



Butifarra



Fuet

Cured meats

Dishes



Pa amb tomàquet



Escudella



Mongetes amb botifarra



Tonyina en escabetx



Suquet de peix



Savoury Coca



Cargols a la llauna



Sonsos



Alioli

*garlic
olive oil
lemon juice*



Samfaina

*Can be served in very
dense version as a sauce
or less dense as stew.*

Sauces



Salvitxada

*Served at harvest event
with grilled Calçot
(specially cultivated
onion).*



Salsa romesco

*Made from almonds,
hazelnuts, garlic, bread,
vinegar, tomatoes, olive oil
and dried red peppers.*

Salads



Escalivada



Esqueixada

Sweets and desserts



Crema catalana



Panellots



Xuíxo



Pastisset



Catànies



Neula

Sweets and desserts



Biscotti



Buñuelo



Tortell



Turrón



Manjar blanco



Orelletes



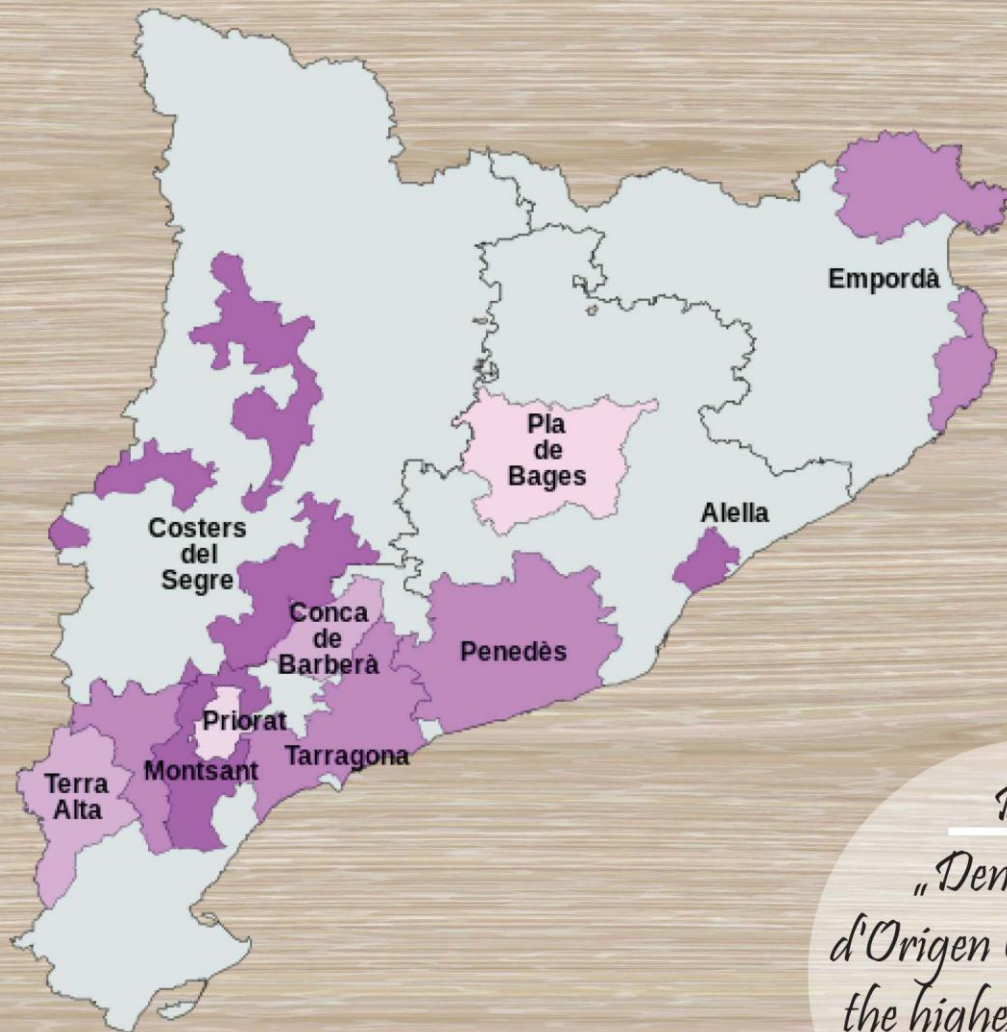
History

Production of Catalan wines has a long tradition. Archaeological evidence suggests that the Phoenicians introduced winemaking to the region several hundred years before the Romans arrived there.

In 1872, the sparkling wine Cava was invented in the Penedès region and eventually became an internationally recognized wine style.

When phylloxera hit the region towards the end of the 19th century, Catalonia's vineyards comprised over 80% red wine grapes. The growing Cava industry encouraged planting of more white wine grapes, where they now make up nearly 70% of the region's vineyards.

Regions



There are 11 Catalan wine-growing regions qualified by the INCAVI (The Catalan Institute of Wine): ten DO: Penedès, Catalunya, Costers del Segre, Conca de Barberà, Montsant, Alella, Tarragona, Empordà, Pla del Bages, Terra Alta and one DOQ - the Priorat.

The Catalunya DO is a generic appellation that covers the entire region for wines that do not fall under any other DO designation.

DOQ

„Denominacio d'Origen Qualificadais“
the highest category in Spanish wine law

DO

„Denominacion de Origin“
mainstay of Spain's wine quality control system

Penedès (DO)

The Penedès is the largest and most productive wine region of Catalonia and is considered the birthplace of Cava (sparkling wine). It is also one of the most ancient viticultural areas in Europe.



Priorat (DOQ)

The Priorat is one of only two wine regions in Spain to qualify as DOQ. Few wineries follow strict rules and the usual practice is to produce known as vino de guarda (aged wine).

