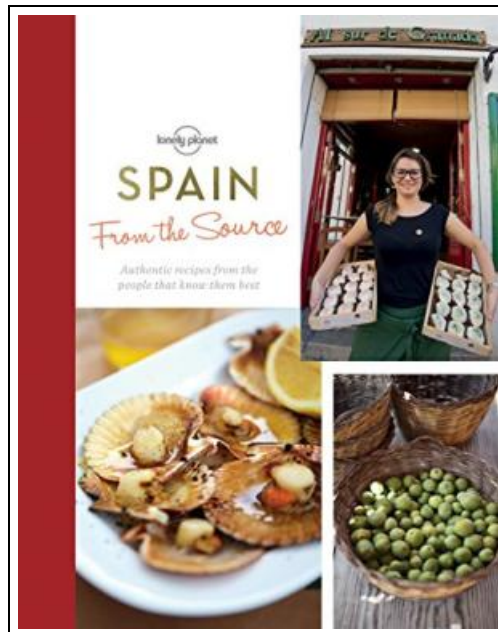


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Lonely Planet Publications Ltd, Australia, 2016. Hardback. Condition: New. 1st ed.. Language: English . Brand New Book. Lonely Planet: The world s leading travel guide publisher Lonely Planet presents Spain s most authentic dishes - direct from the kitchens where they were perfected. From family bakers to Michelin-starred chefs, Spain s best local cooks share their passion for food and their region s classic recipes - from tapas, pastries and cakes to soup, salads, stews, roasts and fresh seafood dishes. Recipes include: Escalivada - chargrilled vegetable salad Lubina a la Mallorquina - Mallorcan-style sea bream Paella Valenciana - chicken and rabbit paella Cochinillo - suckling pig Lechazo - roast lamb Churros - fried dough sticks with chocolate Pintxos - Basque tapas Fabada Asturiana - Asturian bean stew Gazpacho - chilled tomato soup Tarta de Santiago - St James cake And more! In recent years regional Spanish cuisine has won attention and praise thanks to award-winning restaurants in Catalonia and the Basque Country (some of these restaurants are featured in From the Source Spain). Food in Spain is very closely connected to the country s regions, with local specialities based on regional ingredients, whether that s seafood, meat or vegetables. As a result, there s no better way of of getting to know Spanish culture than through its food (and wine). From the Source Spain is the key that unlocks Spain s culinary secrets. With 60 recipes by leading local chefs, it takes us through this fascinating country, rich in history. We travel from Barcelona s fashionable bars for Catalan cooking to the getaway island of Mallorca (home of unique black pigs), then to the central heartlands around Madrid where tasty stews and roast lamb dominate. In the northwest regions of the Basque country, Asturias and Galicia, we discover Spain s...

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