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# From The Source - Spain: Spain's Most Authentic Recipes From The People That Know Them Best (Lonely Planet)



## Synopsis

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 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 most adventurous and contemporary cooking, as ambitious chefs conjure up new twists on classic dishes. And in the sun-drenched south of Spain we encounter interesting flavours and reminders of the Moors. Hailed as 'a future classic', this series of books connects home cooks with the traditions of each country's regions. There are dishes for every ability, from artful pintxos snacks to simple and filling stews and soups. There is no better way to recapture those travel memories than by exploring this book. Every recipe features an expertly written introduction and amazing and original on-site photography. Meet the chefs, encounter the region and history, see the food, and try the recipe! Also check out: *From the Source - Japan* *From the Source - Italy* *From the Source - Thailand* About Lonely Planet: Started in 1973, Lonely Planet has become the world's leading travel guide publisher with guidebooks to every destination on the planet, gift and lifestyle books and stationery, as well as an award-winning website, magazines, a suite of mobile and digital travel products, and a dedicated traveller community. Lonely Planet's mission is to enable curious travellers to experience the world and to truly get to the heart of the places they find themselves in. TripAdvisor Travelers' Choice Awards 2012, 2013, 2014, and 2015 winner in Favorite Travel Guide category 'Lonely Planet guides

are, quite simply, like no other.' - New York Times 'Lonely Planet. It's on everyone's bookshelves; it's in every traveller's hands. It's on mobile phones. It's on the Internet. It's everywhere, and it's telling entire generations of people how to travel the world.' - Fairfax Media (Australia)

## Book Information

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## Customer Reviews

There's a scene in the DVD, Spain: A Culinary Road Trip, where Gwyneth Paltrow is introducing Mario Batali to one of Spain's foremost chefs, introducing the Spanish chef to Batali as "a great Spanish chef" and Batali to the Spanish chef as "an Italian chef" whereupon Batali quickly corrects Paltrow in a slowed, perturbed cadenced, "a great Italian chef" -- causing Paltrow to first pause and then repeat semi-perfunctorily, "a great Italian chef" as Batali blushes in either anger, embarrassment, or a hot Spanish sun. Well, unquestionably, the chefs in this collection of superb recipes are "great Spanish chefs" from distinct regions of Spain. As much as I lauded From the Source: Thailand, I must say that this Spanish book was equally impressive. There is literally a color photo of FOOD on every page (not people smiling with missing teeth sans food in the pictures) and many of the dishes are either new to me (and I own many wonderful Spanish-cuisine cookbooks) or were done in a novel or superb way. Again, the lists of dishes are too plentiful and magnificent to list

any favorites. They are phenomenal, and I invite each of you to doubt my words and run to a bookstore and browse through this book. Your local library is a great place to start. I guarantee you will buy this tremendous collection of Spanish recipes created by real Spanish chefs from Espana. And again, my comments in my review on From the Source: Thailand (about American born chefs descended from and cooking the cuisine of their ancestors, and Americans who can masterfully cook the cuisine of a foreign country despite not belonging to the country whose cuisine they specialize in) still holds true here. But why risk your dollars buying cookbooks from authors who just might not be Italian or Spanish or Japanese or Thai or whatever-enough? I can now say without any hesitation that this From the Source series is everything I had been hoping for in ethnic cuisine books: books featuring the recipes of many great native-country master chefs (not just one or a few chefs) with dozens of great recipes with one or two photos for each recipe (all in color) in the book! And the recipes are the real thing: not water-downed, over-simplified Americanized clones. Enjoy the wonderful dishes in this series. I wish I owned stock in the company. I predict the series will become very famous in the not-so-distant future. Estos platos son simplemente sabroso! By the way, Mario Batali IS a great chef. I have all of his cookbooks and he's simply wonderful. Here is an Italian-descended chef who really can cook great. And did I mention his spoken Italian AND Spanish are really great?

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