



OLDWAYS
HEALTH THROUGH HERITAGE

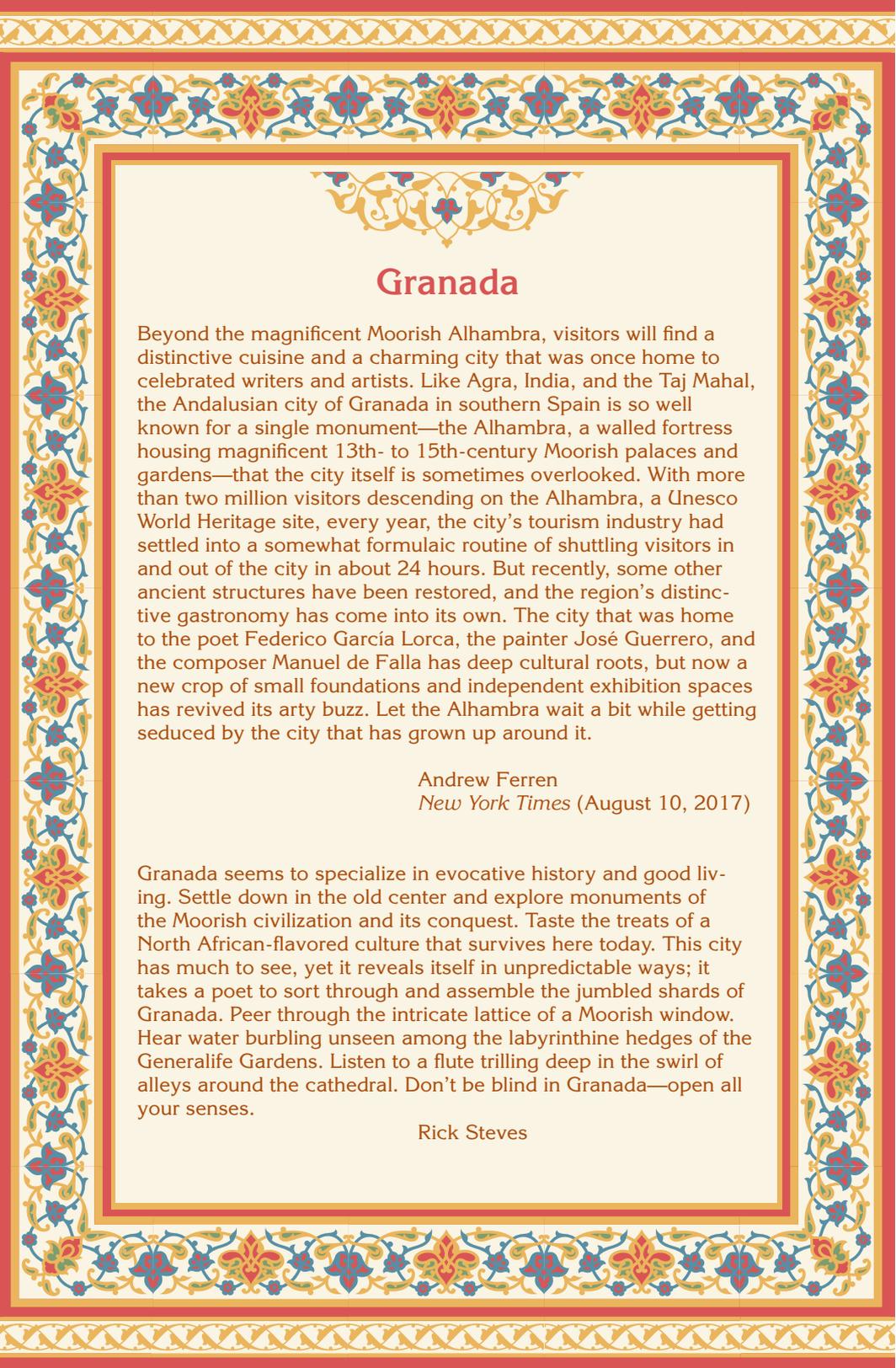
 Taberna de Haro

Andalusia Spain Culinaria

with
European Art Curator Ronni Baer
& Chef Deborah Hansen

November 12–19, 2017 • Granada & Seville, Spain





Granada

Beyond the magnificent Moorish Alhambra, visitors will find a distinctive cuisine and a charming city that was once home to celebrated writers and artists. Like Agra, India, and the Taj Mahal, the Andalusian city of Granada in southern Spain is so well known for a single monument—the Alhambra, a walled fortress housing magnificent 13th- to 15th-century Moorish palaces and gardens—that the city itself is sometimes overlooked. With more than two million visitors descending on the Alhambra, a Unesco World Heritage site, every year, the city's tourism industry had settled into a somewhat formulaic routine of shuttling visitors in and out of the city in about 24 hours. But recently, some other ancient structures have been restored, and the region's distinctive gastronomy has come into its own. The city that was home to the poet Federico García Lorca, the painter José Guerrero, and the composer Manuel de Falla has deep cultural roots, but now a new crop of small foundations and independent exhibition spaces has revived its arty buzz. Let the Alhambra wait a bit while getting seduced by the city that has grown up around it.

Andrew Ferren
New York Times (August 10, 2017)

Granada seems to specialize in evocative history and good living. Settle down in the old center and explore monuments of the Moorish civilization and its conquest. Taste the treats of a North African-flavored culture that survives here today. This city has much to see, yet it reveals itself in unpredictable ways; it takes a poet to sort through and assemble the jumbled shards of Granada. Peer through the intricate lattice of a Moorish window. Hear water burbling unseen among the labyrinthine hedges of the Generalife Gardens. Listen to a flute trilling deep in the swirl of alleys around the cathedral. Don't be blind in Granada—open all your senses.

Rick Steves

OLDWAYS

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ANDALUSIA SPAIN CULINARIA

with

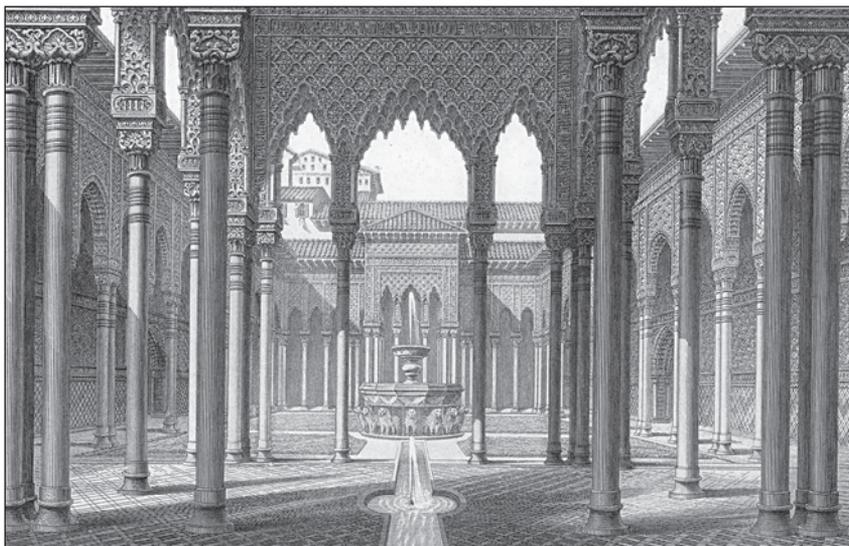
European Art Curator Ronni Baer

and

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Andalucia—Andalusia

NOTE: There are two ways to spell the region we are visiting. In Spain, it is Andalucia with a C. Many others outside Spain use an S in Andalusia. Throughout this program book, we've used the spelling as it was written by the author.

There are many reasons why Oldways chose to bring a Culinaria to Andalusia in southern Spain—just a few of which we've detailed below. We know you'll love this place as much as we do, and that, after you've spent a week traveling with us in this beautiful region, you'll have even more reasons to add to this list.

Spanish Cuisine. While most of us are very familiar with Italian cooking, and Italian restaurants are easy to find in almost every big city and small town in America, the food and preparations of Spain and Andalusia are much less well known. It's time to change that! We've put together a program that introduces you to Andalusian and Spanish dishes and ingredients, and new ways of eating and cooking—at restaurants, farms and through cooking demos and lessons. We hope you'll bring these Andalusian and Spanish old ways back across the Atlantic.

UNESCO World Sites. Andalusia has 5 cultural UNESCO World Heritage Sites, and we're going to visit three: The Alhambra and Albayzin in Granada; the Cathedral, Alcazar and Archivo de Indias in Seville; and the Historic City Center of Córdoba. To be included on the World Heritage List, sites must be of outstanding universal value and meet at least one out of ten selection criteria.

Wines of Montilla-Moriles. You may know a lot about wine, and you may know a lot about sherry, but do you know about the wines of Montilla-Moriles? Now's the time to learn more about these wines produced through the solera method, just like how the sherry from Jerez de la Frontera is produced. One more thing to fall in love with!

Flamenco. Even if you don't love to dance, you'll be mesmerized by the rituals of flamenco, and impressed by the skills and endurance of both the flamenco dancers and the musicians. Andalusia is the true home of flamenco.

Olive Oil and Agriculture. If you love food, you've got to love Andalusia, as it has traditionally been an agricultural region. In fact, Andalusia produces more olive oil and more olives than anywhere else in the world. Spain is the largest producer of olive oil, and Andalusia is the leader within Spain. The region produces more than 50% of Spain's organic agriculture and is also known for wine, vinegars and sherry, fish, pork, nuts and dried fruit.

Art and Architecture. Andalusia's stunning architecture has its roots in the mix of Christian, Jewish and Muslim cultures that have lived in this region. In fact, the Moors, who occupied most of the Iberian Peninsula from the 8th to 15th centuries, called all of their territory "al Andalus," a name that lives on today as Andalusia. Traveling through Granada, Seville and Córdoba, we'll have a front row seat for the best of this Hispano-Islamic art and architecture, which encompasses so much more than simply the Alhambra and other well-known sites.

We're thrilled you've decided to join us in Andalusia. We hope you love every minute, every mouthful, and every spectacular view and experience. We hope you'll take home not only memories and appreciation, but also some practical old ways of enjoying food and wine that enable you to incorporate delicious, elegant, Andalusian ways of life into your daily routine.

Sara Baer-Sinnott
President, Oldways
November 2017

A Message from Ronni Baer

Looking closely at paintings is analogous to tasting a fine red wine or sampling olive oil from various terrains or listening attentively to the strains of Andres Segovia or dancing flamenco with precision. Spain is fertile territory for all these pleasures.

My love of 17th-century Spanish painting dates back to graduate school and a course I took with the eminent art historian, Jonathan Brown. He introduced me to the unmatched brilliance of Velázquez and helped me understand the art of Zurbarán (whom I found stiff) and Murillo (who appeared to me saccharine). He also wrote an exhaustive study on the artistic program of the Hospital de la Caridad, one of Seville's lesser-known and most interesting sites; this piece of writing exposed me to the importance of patronage for the creation of art before the idea of personal artistic expression could even be imagined. Several years ago, I teamed up with a classmate of mine in Professor Brown's course, now a good friend and colleague, to create a groundbreaking exhibition of Spanish art at the Museum of Fine Arts, Boston. This project, five years in the making, allowed me to spend time in Spain, visiting museums and talking to curators and scholars and learning about the various centers of art production there. I especially appreciated my sojourn in Seville, the birthplace of all three of these 17th-century Spanish superstars. A trip back in time to their hometown will, I hope, excite you as much as it did me.

The art of the Netherlands—the area comprising current day Holland and Belgium—is my primary field of study. Many years ago on a trip to Spain with an international group of Dutch and Flemish art curators, we visited Granada. I was surprised to find there a repository of beautiful 15th-century Netherlandish paintings, two centuries older than the work of Rembrandt and Rubens. Since I imagine many tourists overlook this treasure trove, I saw our Oldways trip as a way of letting you into this secret. I very much look forward to exploring these magical works of art with you—and to sharing all the rest of the great sensory experiences that await us in Andalucia.

Ronni Baer
European Art Curator



A Message from Deborah Hansen

In a little corner of Brookline, I happily toil each day to prepare my guests the authentic food of Spain. In my opinion, Spanish food requires virtually no tweaking, nor embellishment, nor feats of creativity, as it is a perfect cuisine. The olive oil that is the pillar of Spain's cuisine must be excellent and the vegetables that figure heavily in many dishes must be fresh. Beyond that, the cooker must have a mind that is open to such things as whole fishes, unusual cuts of meat, and a panoply of charcuterie. And then you are ready to experience the incredibly diverse and delicious food from a nation whose history is long and rich with the stamps of various cultures. It is my enormous pleasure to accompany Oldways to Andalusia and show you first hand some of the traditions of Spain that have enchanted me since 1983 when I made my first voyage there as a freshman in college.

Spain has been a much-loved tourist destination since the early 70s when Franco decided it was safe to open the doors, at least a crack, to the outside world. The mostly European travelers came in droves to experience Spanish sunshine, exuberant hospitality, and one spectacular cuisine. In 1992, when the Olympics took place in Barcelona and the World's Fair took place in Seville, tens of thousands of visitors came to celebrate the 500th anniversary of Spain's accomplishments in 1492. (The justice of the discovery of America and the unification of Spain under the Catholic kings is a topic for another day, and we'll stick to themes gastronomic for now...). As these tourists delighted in a cuisine that was little known outside her borders with the exception of paella and gazpacho, it was inevitable they would return to their home countries with inspiration to both seek and cook Spanish food. Spanish cookbooks were published yearly. More Spanish restaurants opened, and existing ones enjoyed a better-informed clientele. For example, guests came to Taberna de Haro and praised the purity of our gazpacho instead of wondering why it wasn't chunky with vegetables and topped with cilantro, typical perversions of gazpacho we've all experienced in the world at large.

We as Americans have finally come around to olive oil as a superior fat, red wine as part of a healthy lifestyle, and artisanally-made cheeses as a sublime substitute for their factory-made counterparts. The Spanish have always known this. Not because they studied it, but because it is their way of life. Eating fat-marbled charcuterie is balanced by eating fish several times a week. A few slices of cheese a day are perfect when the plate of vegetables you had at lunch was huge and dripping with olive oil. A large meal at lunch is better for us than a large supper, and, if you take a nice walk everyday it's ok to eat churros or ice cream.

I'm so excited to take my passion out of my little corner in Brookline onto the road with all of you Spain enthusiasts. I've been a champion of this healthful, delicious diet for decades (I lived in Madrid for about 8 years, all told, including owning and operating a restaurant there for 5 years). We'll go deeper into topics we already know a thing or two about, such as olive oil and tapas. And we'll learn plenty of new things as we taste the fortified wines of Montilla-Moriles and the artisanal cheese of a small producer. Flamenco, the wines of Granada, the Alhambra and the pure joy of cooking together will be ours to enjoy on this perfectly planned trip!

¡Salud!

Deborah Hansen
Chef-Owner-Sommelier
Taberna de Haro

Program

SUNDAY, NOVEMBER 12: BIENVENIDO!

Morning and Afternoon

Check-in at the Hotel Palacio de Santa Paula in Granada

7:00 PM Welcome Session with a Wine & Tapas Tasting

We'll meet in the chapel of the 16th century convent at the Hotel Palacio de Santa Paula for a welcoming/opening session. Sara Baer-Sinnott from Oldways, Deborah Hansen of Taberna de Haro and Ronni Baer, European Art Curator, will give you a preview of the week ahead, and introduce our guide for the week, Nani Gonzalo.

The finale for our welcome session will be a wine and tapas tasting. We'll learn about four Granadian wines, and enjoy each one with a different and complimentary tapas. Dinner at the chapel will follow the tasting.

MONDAY, NOVEMBER 13: TRADITIONS OF GRANADA

Morning Breakfast Buffet at the Hotel Palacio de Santa Paula

Enjoy the breakfast buffet by the courtyard at the Hotel Palacio de Santa Paula.

9:30 AM Guided Tour of the Alhambra

We'll leave the hotel by bus at 9:30 to travel up to the Alhambra, the magnificent palace and fortress that got its name from its red color. We'll discover the history, architecture and art of this World Heritage site as we explore it in two smaller groups, each with a guide.



1:00 PM Lunch at the Parador de Granada

After touring the Alhambra, we'll enjoy lunch at one of Spain's spectacular Paradors—hotels and restaurants housed in historic palaces, castles and monuments. The Parador de Granada, a former monastery, is located within the Alhambra complex—a perfect spot for us to enjoy lunch together.

Afternoon Free Time for Siesta, Shopping, Strolling

After lunch you'll have the choice of returning to Granada on foot (there is a lovely path back into town) or by taxi. Then you'll have the afternoon free to rest, or set out on your own for shopping, strolling or visiting museums or galleries.

8:00 PM Evening Tapas Tour in Granada

The tapas tradition is a defining element of the social culture of Spain, particularly in the south of Spain. Our evening of tapas hopping will be both experiential and sustaining. We'll be divided into four groups, each with an expert tapas guide, and we'll sample four different drinks and six tapas in 4 unique tapas bars. It's the perfect way to learn more about the city of Granada, and enjoy the tapas tradition first-hand.

TUESDAY, NOVEMBER 14: ART & COOKING

Morning Breakfast Buffet at the Hotel Palacio de Santa Paula

Enjoy the breakfast buffet by the courtyard at the Hotel Palacio de Santa Paula.

9:30 AM Guided Walking Tour of Granada + Cathedral + Royal Chapel

Our guides will meet us at the hotel for a walking tour of Granada, including the nearby Mercado de San Agustin and Granada's Cathedral. We'll stop for coffee (or tea) before we have the pleasure of Ronni Baer's art-focused tour of the spectacular Royal Chapel of Granada.



1:00 PM Lunch on Own and Free Afternoon

Explore more of Granada on your own, or enjoy a long leisurely lunch (see our restaurant suggestions on page 28).

6:00 PM Cooking Demonstration and Dinner

We'll leave our hotel and drive high up into the Albaycin, a district of Granada that is also a World Heritage site, for our cooking demonstration and dinner. To give you a leg up on your next dinner party, Chef Deborah Hansen (Boston) and Chef Javier Feixas (Granada) have designed a cooking demonstration and dinner of

traditional Spanish fare. We'll arrive a little early to Restaurante La Borraja-San Nicolás, so you'll have time to wander around the narrow, winding streets of the district. Please see page 25 for the cooking demo recipes.

WEDNESDAY, NOVEMBER 15: FARM AND FLAMENCO!

Early Morning **Breakfast Buffet at the Hotel Palacio de Santa Paula**
Enjoy a very early breakfast before we check out of the Hotel Palacio de Santa Paula.

8:00 AM **Depart for Cortijo de Rota**
We'll say farewell to Granada at an early hour, in order to have a very special agricultural experience en route to Seville. We'll be visiting Queseria Cueva de la Magaha, a farm producing goat cheese and olive oil. PLEASE NOTE THAT THE FARM HAS ASKED THAT WE NOT WEAR ANY PERFUME, COLOGNE, SCENTED CREAM, HAIRSPRAY, ETC. If you are wearing any kind of scent, you will not be able to visit the goats!

9:00 AM **Visit to Queseria Cueva de la Magaha**
When we arrive at the farm, we'll meet Reinaldo and Maria Jesus Jimenez Horwitz, who are delighted to welcome us into their home and to share their way of life. After their welcome, we'll have a short tour of the Queseria, and then take a walk to visit the goats in the field and view the grove where the olives are being harvested. After we return to the Queseria, we'll have a tasting of several goat cheeses and olive oil.



12-1:00 PM **Country Cueva de la Magaha Lunch**
Maria Jesus and Reinaldo have graciously offered us a simple, casual country lunch of local Jayena bread, meats from Granada, cold salads with vegetables from Granada, seasonal fruit and Cueva de la Magaha ricotta-style cheese with honey, local wines, beer and water before we leave for Seville.

Afternoon **Arrival and check-in at Las Casas de la Juderia in Seville**
Take time to relax and unpack—and explore!—Las Casas de la Juderia!

6:30 PM **Flamenco and Tapas Evening in Seville**
We'll meet in the lobby at 6:30 then walk the short distance to the Museo de Baile for the 7:00 pm flamenco show. Created by world-renowned flamenco dancer Christina Hoyos, the museum performance stage was constructed in an eighteenth century building over the foundation of an ancient Roman temple. While we do not have time to tour the building tonight, the Museo is close to our hotel, and you might be interested to come back during some free time.



8:00 PM

Dinner at Bodega de la Alfalfa

We'll walk to the Bodega de la Alfalfa for a tapas evening, along with a sherry lesson from Sommelier Deborah.

THURSDAY, NOVEMBER 16: MORE ART & COOKING!

Morning

Breakfast Buffet at Las Casas de la Juderia

Enjoy the breakfast buffet in the mirrored breakfast room (lower level) at Hotel Las Casas de la Juderia.

9:15 AM

Guided Tour of Seville's Alcázar

We'll leave the hotel at 9:15 to walk to Seville's Alcazar, a royal palace originally developed by Moorish Muslim Kings (and now a UNESCO World Heritage site) for a guided tour by Nani and her fellow guide Angeles.



11:00 AM

Ronni Baer's Art Tour at the Hospital de la Caridad

The Hospital de la Caridad is in the heart of Seville, a few minutes from the Cathedral and the Alcazar. Currently a home for the elderly, it also features a spectacular chapel and highlights the artworks of Murillo, Pedro Roldán and Valdes Leal.

12:30 PM

Coffee Break

We'll leave the Hospital de la Caridad and walk to the area around the Cathedral for a coffee/tea break before continuing on with our guided tour.

1:15 PM

Guided Tour of Seville's Cathedral

Also, a World Heritage site, we'll enjoy a tour of Seville's Cathedral by Nani and Angeles. When it was built in the 16th century, it replaced the Hagia Sophia in Istanbul as the largest cathedral in the world.



2:00 PM

Free Lunch and Free Afternoon

Take time for lunch on your own (see our list of suggested restaurants on page 29) and then continue touring, shopping or relaxing on your own before our evening cooking class!

6:00 PM

Hands-on Cooking Class and Dinner

We'll travel by bus to Restaurant Raza in the beautiful Maria Luisa Garden for our hands-on cooking class. In teams, we'll learn to cook three dishes—ajoblanco, a pincho (or small snack) of black pudding with goat cheese, and chicken paella. After we finish, we'll sit down to a dinner of these dishes along with a number of tapas, sweet desserts and wine.

FRIDAY, NOVEMBER 17: LIQUID TREASURES OF ANDALUSIA

Morning

Breakfast Buffet at Las Casas de la Juderia

Enjoy the breakfast buffet in the mirrored breakfast room (lower level) at Hotel Las Casas de la Juderia.

9:00 AM

Day-Long Trip to Montilla

We'll leave the hotel in the morning for an hour-long ride to an area close to Córdoba. First, we'll visit an organic olive oil producer—Alcubilla—in Castro del Rio, where we will see the olive oil production process and taste three oils. Then we'll travel to the town of Montilla to learn about the wines of Montilla-Moriles at Perez Baquero. We'll learn how they are made and then taste four wines that are paired with our lunch.



Evening

Free Evening in Seville

After a day on the road, we thought you'd appreciate an evening on your own—time to explore restaurants in Seville (see our restaurant suggestions on page 29) or to rest up for our final day!



SATURDAY, NOVEMBER 18: A DAY OF OPTIONS

Morning

Breakfast Buffet at Las Casas de la Juderia

Enjoy the breakfast buffet in the mirrored breakfast room (lower level) at Hotel Las Casas de la Juderia.

Day of options: participants choose one of four options:

1. Hands-on cooking class

Delve deeper into cooking, with Ana Lopez of Fresh Cooking Spain. You'll have more time at the stove to learn how to create some classic Spanish dishes, followed by a lunch of the dishes you create!

2. Flamenco dance lesson

Become a flamenco expert by returning to the Museo de Baile for an hour-long class, with time to visit the Museum, followed by lunch in Seville.

3. Cultural day in Córdoba

We'll travel to Córdoba for a tour of this city of many empires—Roman, Muslim, and Spanish. You'll visit La Mezquita, the enormous Mosque built in the 8th century which later became a Cathedral, as well as the Juderia (the Jewish Quarter). We'll close our time in Córdoba with lunch at La Regadera, a restaurant known for Andalusian cuisine with a wonderful twist.



4. Shop, relax, rest on your own

The day is your own—to do as you please!

8:00 PM

Final Dinner at Restaurante Becerra

We'll meet in the lobby at 7:45 for the short walk to Restaurante Becerra for a traditional Andalusian dinner—we'll have the restaurant to ourselves!

SUNDAY, NOVEMBER 19: ADIÓS

Departure!

Ronni Baer

Senior Curator of Paintings, Art of Europe



Ronni Baer received her Ph.D. from the Institute of Fine Arts at New York University. Before coming to the MFA in 2000 as senior curator of European painting, she worked in curatorial departments at the Frick Collection, the Cooper-Hewitt Museum, the High Museum, the Carlos Museum at Emory University, and the National Gallery of Art, where she was curator of the exhibition devoted to the paintings of Gerrit Dou, Rembrandt's first pupil. She has taught at New York University, Emory University, and the University of Georgia and has published widely in the fields of Dutch, Flemish and Spanish art and the history of collecting.

In Boston, Ronni has spearheaded numerous acquisitions and gallery installations and has been responsible for the exhibitions *The Poetry of Everyday Life*; *Rembrandt's Journey* (co-curated with Cliff Ackley); and *El Greco to Velazquez*, for which she was awarded the Encomienda de la Orden de Isabel la Católica by King Juan Carlos of Spain.

Ronni enjoyed a stint at the Getty Research Institute as an invited Guest Museum Scholar in 2013. In October of 2016, her exhibition, *Class Distinctions: Dutch Painting in the Age of Rembrandt and Vermeer*—the first show devoted to the study of how rank and status are reflected in seventeenth-century Dutch portraits, genre scenes, landscapes and decorative arts objects—opened to critical and popular acclaim at the MFA. For her role in furthering knowledge and the appreciation of Dutch art and culture, Ronni was made a Knight of the Order of Orange-Nassau by the King and Queen of The Netherlands in August 2017.



Deborah Hansen

Chef-Owner, Taberna de Haro



Deborah Hansen is the Chef-Owner-Sommelier of Taberna de Haro located at 999 Beacon Street in Brookline, Massachusetts. Since opening its doors in 1998, Taberna de Haro has had the reputation among locals as THE place for Spanish food if you are looking for authenticity.

Deborah loved the kitchen from an early age, but never planned to pursue it as her career. She studied Spanish and political science at Bates College, graduating with Honors in Spanish in 1986, and later went on to receive a master's degree from New York University in Spanish and Latin-American literature in Madrid in 1989. It was back in 1983, however, that she got her first taste of Spain and professes to be 'never quite the same' after that. Utterly drawn to the Spanish obsession with food and wine, Deborah has made dozens of trips to dig deep and learn as much as possible over the years. Although she had two cooking stints in the US, one at a Pricilla's Gourmet of Wellesley and one at the corporate kitchens of Whole Foods in Newton, and then a year of private chef work in Santiago, Chile and São Paulo, Brazil, it was in Spain where she truly honed her culinary skills. From 1992 to 1997 Deborah owned and operated a restaurant in Madrid called 'Cornucopia.' It was during this time that she achieved her Sommelier title—and gave birth to two daughters.

Since opening Taberna de Haro in 1998, Ms. Hansen has continued to travel to Spain to keep abreast of things both culinary and vinicultural. As the molecular cuisine movement exploded, Deborah opted to keep her menu quite traditional, even as she enjoyed dining on the brilliant new techniques born and nurtured in her beloved Spain. She feels that in times of such rapid-fire technological changes, old-fashioned and traditional foods can ground us and even calm us in dizzying times. Hewing closely to traditional recipes and styles of eating connects us to more tranquil days, when families cooked, dined and chatted for hours.

Spanish cuisine is extremely regional, and therefore rooted in local products and traditions. What they eat in cool, coastal Asturias is quite different from what they eat in hot and sultry Andalusia. Spanish chefs never needed to embrace a local movement—it was already firmly in place. Deborah tries to reflect this love of tradition and distinction of place with both her wine list (315 Spanish wines, including 85 sherries) and her menu, 42 traditional dishes and 8 weekly specials grounded in Spanish ingredients but adapted slightly to reflect Boston's seasonality and produce. She is rather chauvinistic about the marvels of Spanish food, and loves to impart her knowledge and enthusiasm as she teaches in various places such as Boston University's culinary programs, various adult education programs, private cooking classes at the restaurant, and especially the classes designed for young people. Her strongest message is always "Learning to cook good food is as important as learning to read." Hansen is convinced that high-quality food is the key to enjoying an energetic, illness-free life.

Andalusia

When I think of Andalusia, I do not think only of the sea. Instead I imagine wheat fields, sunflower plantations, vineyards and olive groves, rolling hills and mountains, exuberant patios bursting with green plants, sweet fresh water, tranquility and light—a special light that is an inspiration to me. I also imagine balconies laden with multi-coloured geraniums, and the fragrance of orange blossom accompanying me along the roads that lead away into distant gorges, mountain ranges and meadows of incomparable beauty. Add to this scene parcels of fried fish from Cádiz, cold almond soup from Córdoba or Málaga, and olive oil, garlic and tomatoes—the three staple ingredients of Andalusian cooking and the picture begins to emerge.

Family and religion, food and wine; these are the four pillars that still support the fabric of Andalusia's social life. The region has a rich culinary tradition that encompasses the widely disparate lore of the peoples on Al-Andalus, the name given by the Moors to Seville, Córdoba, Granada, Almeria, Cádiz, Málaga and Jaén.

Maria Jose Sevilla
Spain on a Plate

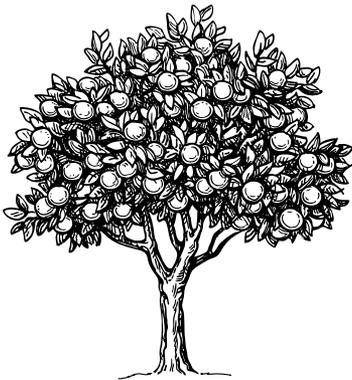


Andalusia is Spain's most southerly region, the closest to Africa both geographically and to some extent in spirit. Jebel Tariq (Gibraltar) is less than 20 miles as the stork flies from Jebi Musa, the edge of Morocco's Rif plateau. These twin mountains form the Pillars of Hercules, which guard the approaches to the Mediterranean. Portugal lies to the west while the steep lip of the high central plateau, La Mancha, forms the northern boundary.

The land and the people keep the print of seven centuries of Muslim rule. Granada, last redoubt of the Caliphs of Al-Andalus, fell of the Christian armies of Ferdinand of Aragón and Isabella of Castile in 1492. From their Arab overlords, the people inherited a peripatetic Middle Eastern way of eating, a tradition which survived the Reconquista and later developed into the tradition of taking tapas, tiny dishes of something good which can be said to provide a lid or sopthe 'tapa' for a glass of wine. This pleasant habit spread to the rest of Spain, becoming a feature of the life of the towns and cities, particularly those with universities.

The landscape is varied: mountainous and forested in many of the inland areas, irrigated throughout its heartland by the mighty Guadalquivir, bordered by the Mediterranean on the east and the Atlantic to the south. Year-round sunshine and a reasonable expectation of winter rain make for a land which is both fertile and productive, with wheat fields, citrus groves, and vineyards on the southern plains, and olives cropped for oil in the uplands. Sherry is the native triple; Moorish pastries provide the treats. Vegetables and fruit of all kinds grow with ease; goats are the traditional producers of milk and meat; in earlier times, a long sea coast provided ample fish and shellfish for coastal dwellers who also supplied those villages of the hinterland that lay within a day's donkey-ride.

Elisabeth Luard
The Food of Spain & Portugal



Orange tree lines the streets of Andalusia, and the scent of jasmine is in the air. It is the home of bullfighting, flamenco, and Gypsies, and it is where the tapas tradition was born. It was as the imperial Roman province of Baética that it produced grains, wine, and olive oil for the Roman Empire. But it is the ghosts of Al-Andalus that haunt the land, with its Moorish castles and palaces, its mosques and white-washed villages that the Muslims left behind.

Ziryab, a lute player and poet who came from the court of Harun el Rashid (the Abbasid Caliph who was immortalized in *The Thousand and One Nights*) in Baghdad in 822 and revolutionized the cooking at the court of Córdoba, would be smiling to find that lamb with honey and fish with raisins and pine nuts are on the menus of fashionable restaurants here, and that the nuns make the greatest variety of Moorish pastries in all of Spain. No other region so captures the allure of the old Muslim presence.

Claudia Roden
The Food of Spain

The Cuisine



Like so many other facets of life, the Andalucían cuisine was strongly influenced by the Moors. It was they who introduced spices such as saffron, nutmeg and black pepper, and first planted almond groves; sugar was unknown in Western Europe (the common sweetening agent was honey) until they planted sugar cane in the conquered territories along the Mediterranean; bitter oranges, lemons and grapefruit were also cultivated in southern Spain some two centuries before the returning Crusaders brought the first specimens to Sicily

and Italy from the Near East. It would therefore seem that we have the Moors to thank for that most English of confections, marmalade—much of the best is, in fact, made by Seville by cooking the flesh and coarsely-cut peel of the bitter oranges, the cooked fruit then being dispatched to England in barrels for sweetening and maturing.

Another staple of Andalucían (and Spanish) cooking is of even earlier origin. Olives and olive oil were introduced to Spain by the Romans. The province of Jaen in the mountainous north of Andalucía, with sixty-four percent of cultivated land under olives, is the largest grower in Spain, followed by Córdoba and Seville; and the trees, marching along whole valleys and hillsides, their grey-green foliage contrasting with the red soil, are one of the most beautiful features of the Andalucían landscape.

**Jan Read, Maite Manjón,
Hugh Johnson**
The Wine and Food of Spain



Years ago, when I visited El Molino, a restaurant and center of gastronomic research outside Granada where they give courses on the history of Spanish food, I asked about the origins of the cooking. One of the teachers said, “Arab and Jewish,” and gave me roast pork, which is forbidden to Jews and Muslims, as an example. He explained, “When the Muslims and Jews converted to Christianity, they cooked pork in the way they cooked lamb, which was to rub it with cumin seeds.” Now you know why you may find cumin seed on roast pork belly in Spain today. The Arab-Islamic presence had a huge impact in Spanish gastronomy, even in parts of the country where it was brief.

Claudia Roden
The Food of Spain

Andalusia has many faces. Most of the region is wild and mountainous, with huge sierras (mountain ranges) covered with scrub or chestnut and oak forests. The sierras are pig country, with the ideal conditions for curing pork in the cold, dry winter air. The prestigious cured ham jamón ibérico is produced here from the famous black pata negra pigs, which feed on sweet acorns in the oak forests. Trevelez, in Las Alpujarras in the Sierra Nevada, and the village of Jabugo, in the Sierra de Aracena, are renowned for their exquisite jamón ibérico. Mountain cheeses are mainly goat cheeses, from the milk of the Malaga breed of goats, Graza lema, from a blend of sheep's and goat's milk, is slightly spicy.

Rice grows in the desert like stretches and in wetlands with freshwater lagoons. Irrigation and a brilliant sun allow areas on the coast and the huge basin of the great Guadalquivir River to produce a fantastic abundance of vegetables.

Seville, on the banks of the river, was the getaway and port for goods arriving from the New World in the sixteenth century and so was the first city to receive the new vegetables and fruits. Almond groves dotted around the countryside are important to confectionary and pastry production throughout Spain.



Between the river valley and the mountains, gently rolling hills are covered by seas of wheat and sunflowers, orange and lemon groves, and vineyards. As one drives from Granada toward Jaen, they all eventually give away to olive trees, line after line, as far as the eye can see and however far you travel. Olive and olive oil are the culinary symbols of Andalusia, and the province of Jaen is the greatest producer of olive oil in the world. Its extra virgin oil, made from Picual olives, are fruity and fragrant. Three sensational Andalusian extra virgin oils, mainly from Picual and Hojiblanca olives, are the fruity, mildly bitter, and slightly pungent Priego de Córdoba, the slightly bitter Sierra Magina, and the intense Sierra de Segura.

With both Atlantic and Mediterranean coasts and an extraordinary variety of fish and seafood from the two water's, it's not surprising that the cooking of the sea represents some of the region's greatest dishes. Andalusians are famous for deep-frying fish and seafood, but they also have many other coastal specialties. Among them are sea bream Cadiz-style with sherry and fish in onion and saffron sauce from Málaga.

Claudia Roden
The Food of Spain

Tapas

The word tapa originally meant a “cover” and perhaps dates from the custom of covering the glasses to keep out flies. Today it is used for the multiplicity of small dishes served as aperitifs with the drink. Especially in southern Spain, the custom was to serve a few olives, a wedge of cold tortilla (Spanish omelette), or a few prawns or anchovies with the compliments of the house. Tapas, except for the simplest, are no longer free; and the more substantial, such as squid, crisp-fried in rings or stuffed and fried in their own ink, stuffed peppers, fresh fried anchovies, mussels in marinade, shellfish like the delicious percebes (a form of edible barnacle), or Russian salad, are no longer cheap.



Nevertheless, by choosing from the assortment of dishes, both hot and cold, lining the top of any bar, one can make a most appetizing lunch.

Another favourite tapa in these parts, also served as a first course, often with melon, is jamón Jabugo, an uncooked, highly cured ham from the province of Huelva, cut razor-thin. This is the best of the many varieties of jamón serrano, made all over Spain and akin to Parma and Beyonne ham, but even fuller in flavour.

**Jan Read, Maite Manjón,
Hugh Johnson**
The Wine and Food of Spain

Sherry

Andalucía, where it all began, is notable for the production of sherry, a fortified wine, with grape brandy bringing up the alcoholic content. Sherry is a corruption of Jerez as the sherry vineyards lie around the town of Jerez-de-la-Frontera, south of Seville. The principal grape used is Palomino, one of the few wine grapes that are also good eating grapes. There are four main types of sherry. The Finos which are pale and dry and Manzanilla, also pale and dry, are the best aperitif wines and should be drunk chilled. Amontadillo, medium-dry, pale but slightly darker and slightly sweeter is still an acceptable aperitif wine, and Oloroso is an amber-coloured sweet dessert wine. There are also the sweeter sherries called cream sherry.

Elisabeth Lambert Ortiz
The Food of Spain and Portugal



Wines of Montilla-Moriles

Montilla conjures up the shaded alleys of the Juderia, the old Jewish quarter or Córdoba. Pass through the discreet arched entrance of one of its many tabernas, and you will discover a thronged interior with whole families enjoying their pre-meal copita in the cool patio. The wines are, in fact, made in the hill town of Montilla and the nearby village of Moriles, some forty-five kilometres across the dry and rolling countryside to the south on the borders of the province of Málaga.

Until the region was demarcated in 1945, much of its sherry-like wine was sold to the bodegas in Jerez for blending. This is now forbidden, so that even abroad one may now enjoy the dry, soft wines in their own right.

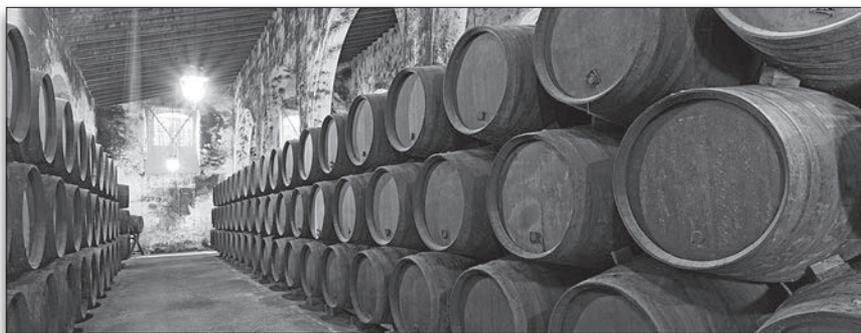
The chalky white albero soil very much resembles the albariza of Jerez, but here the vineyards are variegated with wide olive groves, and the predominant grape is the Pedro Ximénez, sunned and used only for sweet wines in the Jerez region. In Montilla-Moriles the grapes are picked ripe, but not overripe, and fermented without delay and to completion, so that all the sugar is converted to alcohol.

The recorded history of Montilla, the Munda Betica of the ancients, goes back to Roman times, and it was here that Julius Caesar defeated Pompey's army under the command of his sons. A legacy of this period are the earthenware tinajas in which the wine has traditionally been fermented: directly descended from the Roman amphorae, they are also to be found in the older bodegas of Málaga, Valdepeñas and the Portuguese Alentejo. This is one of the ways in which Montilla differs from sherry, though in the large bodegas steel tanks are now replacing both the oak butts in Jerez and the tinajas in Montilla.

As in Jerez, the wines are matured in soleras, the older wine being "refreshed" with younger, so that again there are no vintages. Here, it seems, the ubiquitous stainless steel has no part to play! A Montilla solera normally contains five "scales" for the finos and four for the olorosos. This is one of the hottest and sunniest parts of Spain; the ripe grapes contain large amounts of sugar and the wines are naturally high in alcohol, so that Montilla is very rarely brandied.

Like sherry, Montilla develops in different styles, officially classified by the Consejo Regulador (or regulatory body) as follows: Fino, Amontillado, Oloroso, Palo Cortado, Raya, Pedro Ximénez.

**Jan Read, Maite Manjón,
Hugh Johnson**
The Wine and Food of Spain



Soups: Gazpacho and Salmorejo

Salmorejo, a thick, dense, creamy version of gazpacho made with more bread, is a Córdoba speciality. It is served at all flamenco cantes (festivals) and at other festive occasions, together with a glass of wine. You find it in every bar and tavern in Córdoba, topped with chopped hard-boiled eggs and bits of jamón serrano. Some recipes have as much bread as tomatoes. In Antequera and the area south of Córdoba, they call it porra and add bits of canned tuna with the garnish.

Claudia Roden
The Food of Spain

Perhaps the best-known on Andalucía's contributions to cooking, its cold soups or gazpachos, so refreshing in summer, are directly attributable to the Moors. They always contain garlic and a little olive oil, but are made with a variety of uncooked vegetables, chopped or pureed. The most popular version contains peppers, tomatoes and cucumbers, with bread crumbs either incorporated or served on the side. On no account miss the ajo blanco de Malaga with its whole fresh grapes or the sopa de almendras from Granada, made with a basis of ground almonds. During the winter the Andalucians also make a hot gazpacho. Because they contain vinegar, gazpachos are best eaten without wine-but try fino sherry if you must, and ask for the gazpacho to be made with lemon juice.

**Jan Read, Maite Manjón,
Hugh Johnson**
The Wine and Food of Spain



One of the most outstanding aspects of traditional Andalusian cooking is the soups, especially the cold soups which refresh the palate in the hot summers. The Andalusians love them.

Despite what some people maintain, they are not all gazpachos. In Andalusian, the term gazpacho should only be used for a cold dish of liquid consistency, often drunk from a glass, and containing tomato and bread, along with garlic, olive oil, vinegar and water; peppers and cucumber are optional. Until just a few years ago, gazpachos were always made by pounding the ingredients one by one to a smooth paste, which was then usually diluted with water. This work was done by the casera, the woman who cooks for the teams of labourers working in the fields. Today, even in the most remote places, electric blenders

have to a large extent replaced this traditional method. Nonetheless, people still anxiously await the arrival of the year's first tomatoes in June, the herald of the gazpacho season. The delicious white garlic speciality from Málaga, ajo blanco, porra from Antequera, and salmorejo from Córdoba are not gazpachos, as they all differ in their ingredients, consistency, or both.

Not all Andalusian soups are cold: many a time in a friend's house or in a simple restaurant I have enjoyed hot soup and vegetable or fish stews of the sort in which the fishermen of Sanlucar excel. In Andalusia, cocidos, when everything is cooked in one pot, can be made with six different kinds of vegetable, apart from the traditional meat and pork.

The vegetables chosen depend on the time of year, and may include chard, cabbage, broad beans, peas, green beans, and boronia or alboronia, a Moorish combination of aubergine, pumpkin, capsicum and tomato, which can also be made into a sauce. The authentic Moorish version is spiced with coriander, cumin and saffron.

Maria Jose Sevilla
Spain on a Plate

Flamenco

Flamenco is a Spanish art form made up of three parts: guitar playing ("guitarra"), song ("cante"), and dance ("baile"). Flamenco originated in the southern regions of Spain, but it's thought to be influenced by many world cultures, including Latin American, Cuban, and Jewish traditions.

Originally flamenco dancing was not set to music; it was only singing and clapping of hands called "toque de palmas." Some flamenco dancing still follows ancient tradition, but the use of guitars and other musical instruments has become more popular in modern flamenco.

Traditional flamenco dancers rarely received any formal training. Instead, flamenco was passed down from friends, relatives, and neighbors.

While some flamenco musicians and dancers still learn the flamenco on their own, most modern flamenco artists are professionally trained.

Flamenco dancing can have many different purposes. Whether the dance is intended to be entertaining, romantic, or comforting, flamenco is a very emotional style of dance.



Flamenco dancers try to express their deepest emotions by using body movements and facial expressions. As the dancers perform, they may also clap their hands or kick their feet. Many dancers also snap small percussion handheld instruments called “castanets.”

Woderopolis.org



Reflective but uplifting, raw but layered, pure yet loaded with historical and emotional complexity, flamenco is far more than just a musical genre—it’s a culture unto itself. Some cite the importance of Spain’s Roma in flamenco’s embryonic development, other emphasize the key role of the Moors, Jews or even Byzantines; almost all agree that the circumstances that sparked its genesis were unique. Flamenco, proudly and unequivocally a product of Andalucía, couldn’t have happened anywhere else.

One of the beauties is its lack of straightforwardness—online searches and historical sleuthing usually throw up more questions than answers. A handful of basic points offer some clarity. First, flamenco is an expressive art, incorporating more than just music. In the early days, it was a realistic reflection of the lives of those who sang it—the oppressed—and they carried it with them everywhere: in the fields, at work, at home and in their famed juergas (Roma parties). Second, it is very much a “live” spectacle and—for purists at least—a necessarily spontaneous one. The preserve of the nomadic Roma until the 19th century, performances were never rehearsed or theatrical, and the best ones still aren’t. Third, flamenco hinges on the interaction between its four basic elements: the cante (song), the baile (dance), the toque (guitar), and an oft-forgotten fourth element known as the jaleo (handclaps, shouts and audience participation/appreciation). The cante sits centre stage, as the guide. In its earliest incarnations, flamenco didn’t have regular dancers, and guitars weren’t added until the 19th century. Some flamenco forms, such as martinetes and carceleras, remain voice only. In traditional flamenco performances, players warm up slowly, tuning their guitars and clearing their throats while the gathered crowd talk among themselves. It is up to the dancers and musicians to grab the audience’s attention and gradually lure them in.

**Isabella Noble, John Noble,
Josephine Quintero, Brendan
Sainsbury**
Andalucía



Seville (Sevilla)

“Seville”, wrote Byron, “is a pleasant city, famous for oranges and women”. And for its heat, he might have added, since summers here are intense and start in April, but the spirit of the quote, for all its nineteenth-century chauvinism, is about right. What is captivating about Seville, as much as the monuments and works of art, is its essential romantic quality—the greatest city of the Spanish south, of Carmen, Don Juan and Figaro, and the archetype of Andalucian promise.

Geoff Garvey and Mark Ellingham
The Rough Guide to Andalucía

Granada and Almeria

There is no more convincing proof of Andalucía’s diversity than its eastern provinces: Granada, dominated by the Spanish peninsula’s highest mountains, the snowcapped Mulhacen and Veleta peaks of the Sierra Nevada; and Almeria, a waterless and, in part, semi-desert landscape. For most visitors, the city of Granada is one of the great destinations of Spain, home to Andalucía’s most precious monument, the exquisite Moorish Alhambra palace and gardens. The city preserves, too, the old Moorish quarter of Albaicin and gypsy barrio of Sacromonte—places filled with the lingering atmosphere of this last outpost of Muslim Spain—as well as a host of Christian monuments.

Geoff Garvey and Mark Ellingham
The Rough Guide to Andalucía

The Albayzín

Spain’s best old Moorish quarter, with countless colorful corners, flowery patios, and shady lanes, is worthwhile if you can make it. While the city center of Granada feels more or less like many other pleasant Spanish cities, the Albayzín is unique. You can’t say you’ve really seen Granáda until you’ve at least strolled a few of its twisty lanes. Climb high to the San Nicolas church for the best view of the Alhambra. Then wander through the mysterious back streets.

Rick Steves
Seville, Granada & Southern Spain



Juderia

Ever since the destruction of the temple of Solomon in 586 BC and on through to the persecution by the Almoravides in the 12th century, Jews streamed in Andalusia. In Córdoba, the Jewish community was the largest during the time of the caliphate, and it grew to be a center of intellectual and social life. Since laws and taxes hindered Jews from owning or working the land, most of them lived in the cities where they worked as doctors, interpreters, merchants and craftsmen. A labyrinth of narrow winding streets and small, enchanted city squares still bears witness to the Jewish quarter that once extended to the west of the Arabian city walls. Visitors will be pleasantly surprised by the occasional view that unfolds between white-washed walls of shadowy patios lavishly filled with flowers.

Brigitte Hintzen-Bohlen

Art & Architecture of Andalusia

Córdoba

Straddling a sharp bend of the Guadalquivir River, Córdoba has a glorious Roman and Moorish past, once serving as a regional capital for both empires. It's home to Europe's best Islamic sight after Granada's Alhambra: the Mezquita, a splendid and remarkably well preserved mosque that dates from A.D. 784. When you step inside the mosque, which is magical in its grandeur, you can imagine Córdoba as the center of a thriving and sophisticated culture. During the Dark ages, when much of Europe was barbaric and illiterate, Córdoba was a haven of enlightened thought—famous for religious tolerance, artistic expression, and dedication to philosophy and the sciences. To this day, you'll still hear the Muslim call to prayer in Córdoba.

Rick Steves

Seville, Granada & Southern Spain



Granada's Royal Chapel (Capilla Real)

Without a doubt Granada's top Christian sight, this lavish chapel in the old town holds the dreams—and bodies—of Queen Isabel and King Ferdinand. The “Catholic Monarchs” were all about the Reconquista. Their marriage united the Aragon and Castile kingdoms, allowing an acceleration of the Christian and

Spanish push south. In its last 10 years, the Reconquista snowballed. This last Moorish capital—symbolic of their victory—was their chosen burial place. While smaller and less architecturally striking than the cathedral (described later), the chapel is far more historically significant.

Rick Steves
Seville, Granada & Southern Spain

The Alhambra Grounds

As you wander the grounds, remember that the Alhambra was once a city of a thousand people, fortified by a 1.5-mile rampart and 30 towers. The zone within the walls was the medina, an urban town. As you stroll from the ticket booth down the garden-like Calle Real de la Alhambra to the palace, you're walking through the ruins of the medina (destroyed by the French in 1812). This path traces the wall, with its towers on your left. In the distance are the snowcapped Sierra Nevada peaks—the highest mountains in Iberia. The Palacios Nazaries, Alcazaba fort, and Generalife Gardens all have entry fees and turnstiles. But the medina—with Charles V's Palace, a church, a line of shops showing off traditional woodworking techniques, and the fancy Alhambra parador—is wide open to anyone. It's especially fun to snoop around the historic Parador de Granada San Francisco, which—as a national monument—is open to the public. Once a Moorish palace within the Alhambra, it was later converted into a Franciscan monastery, with a historic claim to fame: its church is where the Catholic Monarchs (Ferdinand and Isabel) chose to be buried. For a peek, step in through the arch leading to a small garden area and reception. Enter to see the burial place, located in the open-air ruins of the church (just before the reception desk and the “guests-only-beyond-this-point” sign; the history is described in English). The slab on the ground near the altar—a surviving bit from the mosque that was here before the church—marks the place where the king and queen rested until 1521 (when they were moved to the Royal Chapel downtown). The next room is a delightful former cloister. Now a hotel, the parador has a restaurant and terrace café—with lush views of the Generalife—open to nonguests.

Rick Steves
Seville, Granada & Southern Spain



Cooking Class at Restaurante La Borraja-San Nicolás

Tuesday, November 14, 2017

Migas de Pan

Salmorejo

Granadian Cod and Orange Salad (*Remojon Granadino*)

Sevillana Soup

Migas de Pan

(Spiced bread sautéed with bacon & chorizo)

Traditionally, this recipe was created to make the most of leftover bread (*migas* in Spanish means bread crumbs). This is a recipe that doesn't have an exact formula, as it greatly depends on the region and the products available which allows for many variations.

Serves 4

Deborah's note: In Extremadura, the bread is spiced with cinnamon, caraway, and cumin. Sometimes it is garnished with grapes. I've found this alternative to potato hash to be a fun brunch dish, with fried eggs on top.

20 ounces day-old bread

1½ cups water

Salt to taste

¼ cup of olive oil

8 garlic cloves, peeled

3½ ounces slab bacon

3½ ounces fresh Spanish chorizo
sausage (not the hard-cured type)

5 green bell peppers

Melon

1. Cut bread into cubes, and place on a large, shallow dish. Sprinkle water evenly over the bread to moisten it. Add salt and the other spices, and let sit for 30 minutes.
2. Pour the olive oil into a large frying pan over medium high heat. Add the garlic to the oil and stir for 2 minutes, turning the garlic to lightly brown a bit on all sides. The oil will pick up the flavor of the garlic. Remove the garlic cloves with a slotted spoon.
3. Sauté the peppers, bacon and chorizo in the same oil; remove with a slotted spoon and set aside with garlic, leaving the flavored oil in the pan.
4. Now sauté the bread in the flavored oil and stir with a large wooden spoon or spatula. Bread must be stirred constantly. Poke the bread, breaking it into small pieces, as you stir.
5. Once the bread is slightly browned, add the peppers, garlic, and meat to the pan. Stir well and cook for 10 more minutes to combine the flavors.

This dish is typically served with fresh melon on the side.

Salmorejo

Salmorejo is a typical cold soup that slightly resembles gazpacho. More than a dish, *Salmorejo* is a cultural product, enjoyed by people in all of Spain and abroad.

Serves 4

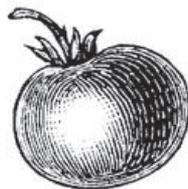
Deborah's note: I find *Salmorejo* to be the perfect late-summer tomato recipe. More like an emulsion of tomatoes and gorgeous Spanish olive oil, this soup is so incredibly evocative of Spain and their generous use of their inimitable extra virgin oils. I always omit the bread as I find it more refreshing without. This will hydrate you better than any glass of water on a hot day!

2 pounds of perfectly ripened red tomatoes
1 clove of garlic
3 tablespoons olive oil (or more)
3 tablespoons sherry (or red wine) vinegar

¼ cup soaked leftover bread (optional)

Garnish: A few thin slices of *jamón ibérico* and 2 quartered hard boiled eggs, cooked medium rare

1. Wash and roughly chop the tomatoes. Place the tomatoes (and all their juices!), garlic, salt, optional bread, and vinegar into a food processor or blender.
2. Mix it until it acquires a soft and homogenous texture.
3. Slowly add the olive oil while mixing.
4. Serve in shallow bowls with 2 or 3 slices of *jamón* and 2 small wedges of hard boiled egg.



Granadian Cod and Orange Salad (*Remojón Granadino*)

Remojón Granadino is a typical Andalusian and Mediterranean dish made with orange, spring onion, salt cod, and black olives.

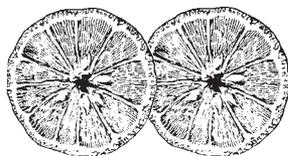
Serves 4 as a small salad

Deborah's note: I always use 'salt cod bits' (scraps from the big, expensive loins) when I make this recipe. They come in reasonably priced 1 lb. packages, and will keep indefinitely in your refrigerator. You must de-salt by soaking the cod bits before you proceed with the recipe. Since the bits are small, it only takes 20 minutes whereas the large filets or loins take 24 hours of soaking. Simply place the 8 ounces of cod in a large bowl or pan of cold water, and change the water after 10 minutes using a fine colander or mesh strainer. Repeat. Taste a tiny piece to check the salinity. It should taste pleasantly salted, just how you'd like to eat it. I love making this recipe in the winter with blood oranges and whole parsley leaves and no potatoes.

8 ounces salt cod (Spanish term "bacalao")
½ cup extra virgin olive oil
1 bay leaf, preferably fresh, if possible
1 hot pepper

2 oranges, peeled
¼ cup black olives
3 scallions, chopped
1 potato
Salt

1. Mix the de-salted cod in the olive oil with the bay leaf and hot pepper. Leave for 10 minutes. Remove the cod from the oil and set aside. Save the oil (in the refrigerator) for another day—great for dressing a salad!
2. Meanwhile, boil the potato with skin, cut into 1 inch chunks, and set aside to cool.
3. Cut the oranges into small pieces, removing strings and pith.
4. Gently mix all the ingredients. Serve cold.



Sevillana Soup

Although it has ‘Seville’ in the name, this is a traditional soup from Granada. In southern Spain, where this soup comes from, it’s called *gazpachuelo*, *Sopa Viña AB* (the name of a brand of amontillado sherry), *sopa sevillana* or *sopa malagueña*. Its lovely, creamy consistency comes, not from milk or cream, but from an emulsion of olive oil and egg.

Serves 4

Deborah’s note: Seafood soup recipes abound in Spanish cuisine, all with slight variations indigenous to their town. This one sounds more complicated than it is—once you do it once, it will be easy!

8 cups salted water	1½ pounds of white fish filet
½ medium onion, chopped fine	1 egg
1 medium potato, peeled and cut into small pieces	Fresh lemon juice (½ lemon)
2 fish heads and a fish tail, for stock	¾ cup extra virgin olive oil
1 pound shell-on shrimp	Salt, to taste

1. Bring the water to a boil. Add potato and onion.
2. After 15 minutes, remove potato and onions and add the fish heads and tail; simmer for 10 more minutes. Remove fish from the pot and allow to cool on a plate. Separate the meat from the bones, placing on separate plates.
3. Add the shrimp to the pot and cook for about 1 minute; then set aside. Once cool, remove meat from shells. Put the shells with the fish bones and the shrimp meat with the fish.
4. Add the white fish meat to the pot and simmer for 5 minutes. Remove, and place with the shrimp, head, and tail meat. Add the shells and bones to the stock and allow to simmer for 10 more minutes.
5. Place the egg in a blender. With the motor running, add the oil in a slow stream until it is thick and emulsified. Blend in the lemon juice and salt. Set aside.
6. Strain the stock into a new pot and discard solids. Bring stock to boil, and slowly add the egg mixture. Add the potatoes, chunks of fish and shrimp. Add salt if need be. Serve hot.

Culinaria Hotels & Restaurants & Free Time Restaurants

Hotel Palacio de Santa Paula

Calle Gran Vía de Colón, 31
Granada, Spain
+34 958 80 57 40

Hotel Las Casas de la Juderia

Calle Sta. María la Blanca, 5
Sevilla, Spain
+34 954 41 51 50

Parador de Granada

Calle Real de la Alhambra, s/n
Granada, Spain
+34 958 22 14 40

Restaurante La Borraja-San Nicolás

Plaza de Fortuny, 1
Granada, Spain
+34 958 04 99 15

Quesería Cueva de la Magaha

Granada Camino de S/n
Jayena, Granada
+34 958 3410

Bodega de la Alfalfa

Calle Alfalfa, 4
Sevilla, Spain
+34 954 22 73 62

Restaurant La Raza

Avda. Isabel la Católica, s/n
Sevilla, Spain
+34 954 23 20 24

Bodegas Perez Barquero

Av. de Andalucía, 27 Montilla
Córdoba, Spain
+34 957 65 05 00

Fresh Cooking Spain

Calle Imagen, 12
Sevilla, Spain
Phone: +34 661 77 25 05

Regadera

Calle Ronda de Isasa, 10
Córdoba, Spain
+34 957 10 14 00

Becerrita

Calle Recaredo, 9
Sevilla, Spain
+34 954 41 20 57

Suggested Restaurants in Granada and Seville for free time

Granada

Alacena de las Monjas

Both a tapas bar and a restaurant (which occupies a former vaulted water cistern), it features contemporary seasonally inspired food. Plaza del Padre Suárez, 5 Granada, Spain
+34 958 22 95 19

Alameda

This gastro-bar has a contemporary ambience and offers typical Andalusian cuisine with a modern touch. Rector Morata 3, esquina Escudo del Carmen
+34 95822 1507

Bodegas Castañeda

A traditional tapas bar in the center of Granada with a good selection of tapas, wines and food. Almircecos 1-3
+34 958 21 54 64

Calle Navas—a street full of bars and restaurants



La Vinoteca

Wine bar and tapas, in a busy part of the city.
Calle Almireros, 5
+34 958 220 975

Romanilla 350

Located in a magical setting in Granada, the restaurant's Mediterranean menu reinvents traditional dishes.
Calle Cárcel Baja, 1
+34 649 41 93 46

Seville

Abades Triana

This sleek, modern restaurant looks out at the Canal de Alfonso XIII and the city skyline. The food is a mix of classic Spanish and more contemporary cooking.
Calle Betis 69
+34 954 286459

Casa Morales

Founded in 1850, this unique and charismatic bar is still in the family and has a great selection of wines and traditional tapas.
Calle García de Vinuesa, 11
+34 954 22 12 42

Casa Robles

This traditional restaurant close to the Cathedral features local ingredients and traditional food in a formal setting.
Calle Alvarez Quintero, 58
+34 954 21 31 50

Contenedor

Contenedor serves locally-sourced food, featuring new takes on traditional dishes.
Calle San Luis 50
+34 954 916 333

El Rinconcillo

Seville's most historic taberna. Neither the place or the menu have changed for a long time. Known for tapas of ham tortilla, carrillada (slow-cooked pork cheek) and paviors (cod chunks).
Calle Gerona 42
+34 95 4223 183

La Brunila

This small restaurant serves perfectly prepared forward thinking food. They take no reservations, so be prepared to stand in line.
Calle Galera 5
+34 954220481

Las Teresas

This is a traditional tapas bar close to the hotel.
Calle Sta. Teresa, 2
+34 954 21 30 69

Restaurant Oriza

Not too far from the hotel and next to the Jardines de Murillo, this restaurant is upscale and the cooking is a fusion of Basque and Andalusian styles.
Calle San Fernando 41
+ 34 95 4227 254

Taberna del Alabardero

Thought of as one of Seville's best restaurants, Alabardero features classic Spanish cuisine. There are award-winning branches of this restaurant in Madrid and Washington, DC.
Calle Zaragoza 20
+34 95 4502 721



Participants

Barbara Aiken-Ali (Charlestown, MA)	Sue McQuay (Boston, MA)
Ellen Band (Somerville, MA)	Maryanne Muller (Needham, MA)
Timothy Barberich (Boston, MA)	Mary Piltch (Needham, MA)
Laurie Cammisa (Washington DC)	Elizabeth Reilinger (Boston, MA)
Birthe Creutz (Weymouth, MA)	Elaine Reily (Jamaica Plain, MA)
Jennifer Culbert (Boston, MA)	Michael Ruberto (Boston, MA)
Lauren Doherty (Dover, MA)	Carolyn Scarbrough (Heathsville, VA)
Jennifer Egner (Dover, MA)	David Scarbrough (Heathsville, VA)
Steven Elmets (Brookline, MA)	Laura Schroeder (Sherborn, MA)
Rosalyn Feldberg (Boston, MA)	Cliff Sinnott (Exeter, NH)
Catherine Field (Portland, ME)	Marilyn Stern (Jamaica Plain, MA)
Eileen Gebrian (Boston, MA)	Leslie Van Kirk (Wellesley, MA)
Margaret Fellner Hunt (Wilson, WY)	Irene Weigel (Lincoln, MA)
Michael Krugman (Needham, MA)	

Hosts and Guides

Hosts

Sara Baer-Sinnott, President, Oldways (Boston, MA)
Ronni Baer, Senior Curator of European Paintings, Museum of Fine Arts (Boston, MA)
Sara Fetbroth, General Manager, Oleana (Cambridge, MA)
Deborah Hansen, Chef-Owner, Taberna de Haro (Boston, MA)
Abby Sloane Tunis, Director of Finance and Administration, Oldways (Boston, MA)

Guides in Spain

María Font, Tour Guide (Córdoba)
Encarnacion (Nani) Gonzalo, Tour Guide (with us all week)
Daniele Grammatico, Tour Guide (Granada)
Angeles Hidalgo, Tour Guide (Seville)
Pablo Romero, Tour Guide (Granada)

Hosts in Spain

Javier Feixas, Chef, Restaurante La Borraja-San Nicolás (Granada)
Alfonso Fernandez, Sabor de Espana (Córdoba)
Reinaldo and Maria Jesus Jimenez Horwitz, Queseria Cueva de la Magaha (Jayena)
Ana López, Fresh Cooking Spain (Seville)
Gayle Mackie, Granada Tapas Tours (Granada)

Acknowledgments

There are many hands that come together to create an exciting week in Granada and Seville, and we are thankful to more than a few people for their help in organizing Oldways Andalusia Culinaria.

First of all, we feel very fortunate that we have the great pleasure of traveling and learning from **Ronni Baer**, Senior Curator of European Paintings at the Museum of Fine Arts in Boston.

Oldways is very grateful to **Deborah Hansen** for sharing her passion for Spanish food and wine, her skills and knowledge, and for letting all of us travel and learn with her.

Thank you so very much to our friends in Spain—both old and new. Special thanks to **Nani Gonzalo**, a friend and our guide in Madrid in November 2013. We knew we couldn't travel in Spain without her knowledge and helpfulness—and the pleasure of her company. She's been instrumental in helping us with our days in Granada, Seville, and Córdoba. Thank you, also, to the additional guides we will meet along the way—**Daniele Grammatico** and **Pablo Romero** in Granada; **María Font** in Córdoba and **Angeles Hidalgo** in Seville.

I was told that **Alfonso Fernandez** is one of the nicest persons anywhere. It is true. Plus, Alfonso has designed a day in Montilla that will be both wonderfully fun and educational. Many thanks to Alfonso! We are grateful to **Belen Luque** and her family at Alcubilla—Luque in Castro del Rio, and to everyone at Bodegas Perez Barquero in Montilla for helping us understand the history and the great tastes of olive oil (Alcubilla) and the wines of Montilla-Morilas (Bodegas Perez Barquero). Thank you very much to **Ana Lopez** at Fresh Cooking Spain in Seville. Her love of Spanish cooking is evident, and we thank her for spreading this passion through her cooking classes. Many thanks, also, to **Juan Carlos Sánchez Gálvez** at Parador de Granada.

I am grateful to **Federico Abril** and his team—**Ana Cochofel** and **Noelia Santiago**—at Granada Exclusive who helped us to organize the cultural tours and cooking lesson in Granada. Many thanks also to **Gayle Mackie** and her colleagues—**Gaby**, **Roberto**, **Ramón**—for our wonderful tapas tour in Granada. We are very fortunate to have met **Reinaldo** and **Maria Jesus Jimenez Horwitz** of Queseria Cueva de la Magaha in Jayena. We thank them for the unique experience of visiting their farm and queseria—learning how they make cheese, and meeting the goats producing the milk for their cheese.

Many thanks also to **Nadine Follert**, **Conchi López**, **Yael Blanco**, **Rosa Molina**, and their colleagues at Hotel Palacio de Santa Paula in Granada, and to **Adelina Medina** at Hotel Las Casas de la Juderia in Seville—our homes away from home. They've been very helpful as we've worked on the program over the last year.

Thank you also to all the chefs and others at the restaurants we have the pleasure of enjoying: El Claustro at the Hotel Palacio de Santa Paula; Parador de Granada; Restaurante La Borraja-San Nicolás; Bodega de la Alfalfa; Restaurant La Raza; Regadera; Pura Cepa Catering; and Becerrita.

continued

Special thanks to **Sara Fetbroth**, General Manager of Oleana Restaurant in Cambridge, who is joining us in Spain as an Oldways staffer. We love traveling with her, and we appreciate her calm, knowledgeable and helpful presence—every day!

Finally, thank you very much to everyone at Oldways for making this Culinaria possible, especially **Joan Kelley**, who has made everything look beautiful, and to **Kelly Grace Weaver**, **Matt Moore**, **Carlos Yescas**, and **Paola Garza** from Oldways, and most of all, without question, to **Abby Sloane Tunis**, who keeps everything running smoothly and efficiently—and always with a smile and boatloads of enthusiasm.

Sara Baer-Sinnott
President, Oldways
November 2017



CREDITS: As a nonprofit education organization, Oldways expresses sincere appreciation to the sources of selections that appear in this program book. These works make valuable contributions to this educational program, and to our understanding of Andalusia, and the foods and wines that make it so special.

Seville

Sevilla is the flamboyant city of Carmen and Don Juan, where bullfighting is still politically correct and little girls dream of growing up to become flamenco dancers. Sevilla has soul—and we feel it in its lacy Moorish palace, massive cathedral, lavish royal tombs, labyrinthine Jewish quarter, and its people-filled streets.

Rick Steves

As early as the 15th century, Seville was the country's most important port city, connecting Europe to the Americas. Everyone passed through what was once known as the Babylon of Spain. Nowadays you can see in the mash-up of architectural styles vestiges of the many different cultures that have claimed the Andalusian capital as their own. There are Roman ruins, Moorish palaces, Gothic cathedrals, noble mansions in the Mudéjar style (a hybrid of Moorish and Christian architectural elements). And there is no shortage of contemporary structures, most notably Santiago Calatrava's harplike Alamillo Bridge connecting the city to the nearby island of Cartuja, the site of the 1992 World Expo. Today the abandoned international pavilions have become part of the city's urbanization plan—the buildings currently serve as research centers and corporate offices. Cartuja is also the home of the Centro Andaluz de Arte Contemporáneo, a former monastery turned porcelain factory that is now a cultural center.

Maura Egan

T Magazine (March 30, 2008)





TAPAS	
JAMÓN IBÉRICO BELL	265
<small>IBERIAN HAM (COURT FEZ)</small>	
CANJA DE LOMO IBÉRICO BELL	250
<small>IBERIAN JOINT (COURT FEZ)</small>	
QUESO PURO DE OVEJA	240
<small>PURE SHEEP-CHEESE SHEEPS-CHEESE</small>	
CROQUETAS DE JAMÓN	270
<small>HOMEMADE HAM CROQUETTES</small>	
ESTOFADO DE CARRILLADA	260
<small>IBERIAN PORK CHEEK STEW</small>	
BACALAO FRITO	260
<small>FRIED COD</small>	
PATATAS ALIÑADAS	240
<small>POTATOES WITH VINAIGRETTE DRESSING</small>	
BOQUERONES EN VINAGRE	250
<small>CRISPENED ANCHOVIES</small>	
PRESA IBÉRICA CON PATATAS	300
<small>IBERIAN STEAKING FILET WITH POTATOES</small>	



Organized by



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