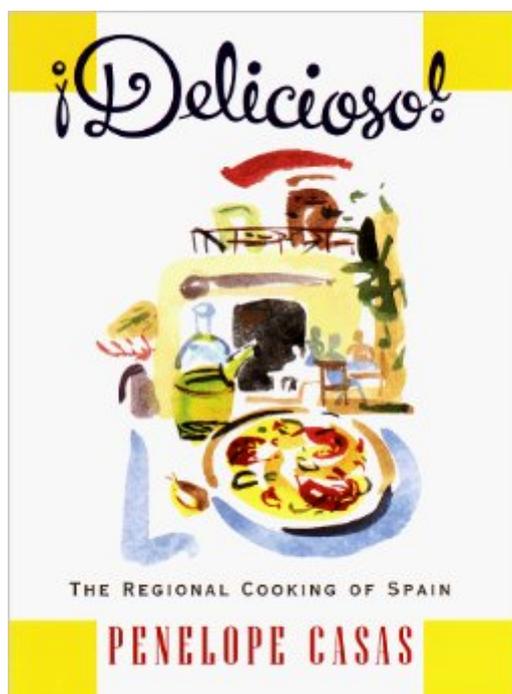


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# Delicioso! The Regional Cooking Of Spain



## Synopsis

Bursting with the enticing and varied flavors of the seven culinary regions of Spain, this new cookbook by the most knowledgeable American expert on Spanish cuisine takes readers on a gastronomic journey filled with new discoveries. Over 400 recipes. of color photos.

## Book Information

Hardcover: 480 pages

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Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (17 customer reviews)

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## Customer Reviews

'Delicioso!' and 'Paella!' are leading Spanish cuisine writer Penelope Casas' latest books, following her similar pair, 'Tapas' and 'The Food and Wine of Spain'. In many ways, the later books are more similar to one another than they are to the earlier books. Both concentrate on regional cuisines. While the paella is certainly made throughout Spain, the dish originated in Valencia with many other rice dishes, described in 'Delicioso!' as 'region of the rices'. Similarly, while 'Delicioso!' covers all of Spain, it is not, like 'The Food and Wine of Spain', a work which is intended to touch all aspects of the country's cuisine, although it is an excellent supplement to the earlier work. Since 'Delicioso!' is organized by region and 'The Food...' is organized by type of dish, they are like the warp and weft of the same piece of cloth. While the latter book provides the support and strength, giving us all the details about technique, ingredients, and wines, the former book enlivens the discussion by going into depth on selected regional specialities such as four different Tortilla Espanola recipes from Andalucia (Sevilla, Granada, Cadiz, Cordoba, Gibraltar) on the southwestern corner of Spain, which Casas baptizes as 'The Region of Fried Foods & Gazpachos'. This chapter may give the historically naïve a notion that the Spanish Celts somehow brought a love of potatoes to Spain. The fact is exactly the opposite, as it was the Spanish who introduced the potato to Europe, specifically through

the ports of Cadiz and Granada rather than the spud's coming from Ireland into northern Celtic Spain of Galicia. Casas dubs Galicia as 'The Region of the Sauces', which is entirely appropriate as it is very close culinarily and geographically to France.

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