

Spanish Tapas Blog

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SPANISH TAPAS

BLOG

We are happy to make this blog about tapas – it is an amazing way of serving food and delighting food.

Over this blog you will get more knowledge we will speak about origin of tapas, etymology, the way how is served and eating, how tapas look like and the team “Tapas” which is moving from bar to bar.



CULTURE AND TRADITION

(Juan Quintero)

It is called 'tapa' to the small amounts of food that are usually served in Spanish bars to accompany the drink and, therefore, the term is usually used as a synonym for a snack.

There's really no definitive answer, as it depends on who you ask. In Spain, tapas can include practically anything - One of the main features of Spanish cuisine is tapas. Tapas are small amounts of food served in bars to accompany a drink. In Spain it is very common to go



for tapas: a tradition that consists of going from bar to bar with friends to eat and drink (usually beer or wine).



The concept “Tapas” is part of the culture of the Spanish gastronomy and the social scene of Spanish life-style when it comes to going out, the verb “ *Tapear*” means to go out and eat small portion of food along some beers or wines, moving from bar to bar eating is also “*Taper*”



The origin of *Tapas*

There are numbers of stories about the origin of tapas which are a part of the Spanish history. One of the histories involves Alfonso X, “The Wise One,” was the person who make sure that the wine was served with very small amount of food so that the clients of the taverns did not get drunk quickly



In the time of Alfonso X. It is said that, on a visit of the monarch to Cádiz, before returning to the palace he stopped at the Ventorrillo del Chato Inn, on a beach between Cádiz and San Fernando. The king ordered a glass of Jerez wine and one of the waiters, seeing that the strong wind that was running could fill the glass with sand, decided to cover it with a slice of ham. Although he was surprised by the occurrence of the waiter, Alfonso XIII ate the ham, drank his wine and ordered another glass "with an equal lid." By those same dates, the Andalusian grocery stores were popularized in Madrid and the custom of serving sausages or similar products with the drink spread rapidly in the capital. The Real Spanish Dictionary added this new meaning to the word 'Tapa' in 1936.

Since that supposed first slice of ham that started it all, the tapas have become a hallmark of Spain. The post-war period popularized them because eating tapas was cheaper than ordering a dish and can now be enjoyed anywhere in the country, although with different names

Popular Areas

Whenever you go in Spain you will find a place that will be pride for serving the best tapas of the city with a very cold drink every region depend of their gastronomy but it does not mean that each region change too much they served always the traditional tapas such a tortilla, chorizo and "Croquetas", But there are two regions that try hard to

Stand out from each one these are the south and the north each one has their food, tradition and way to cook the food and how the food come out from the kitchen to the table , they have a lot rivalry which it can be reflected in way to serve the tapas to everyone who wants to enjoy a nice tapas

FOOD BASED AND RECEIPT OF TAPAS.

The idea, the world, the pattern and the tradition of tapas are all 100% Spanish. Tapas are now fashionable globally and they are here to stay.

The Spanish tradition of tapas is considered so culturally meaningful that actions have been taken to have it asserted part of the Intangible Culture Heritage of Humanity by UNESCO. This tradition has reached our days in good shape and it is now begin exported all around the world.

With tapas you have total freedom to select what, where and how to eat: in seated position or standing, when to start and when to finish.

Tapas are often shared with friends.



The top 9 of Spanish tapas:

1. Spanish omelet



It is such a popular dish, some people are calling “the national dish of Spain” or potato omelet. It is made of three simple ingredients: eggs, potatoes and onions. It is not only served as a tapa, but also as a main dish.



2. Fried Squid Rings

Are such a simple but delicious and very popular appetizer or tapa in Spain and United States.

3. Garlic Shrimp



Fresh shrimp are fried in olive oil with plenty of garlic, dried cayenne pepper and paprika. It is one of the most common tapa with full of garlic flavor.

4. Bravas Potatoes



Originally from Madrid.

Potatoes are cut in irregular chunks, fried and dressed in a spicy tomato sauce.

5. Ham, Cheese and Chorizo with bread



It is simple and delicious tapa that everyone enjoys.

6. Grilled Octopus



It is a grilled octopus, traditional tapas from Galicia, served all over the Spain.

They are using the following ingredients: olive oil, garlic, the paprika, smoked paprika and cayenne.

If the octopus if is freeze, it will cut down the cooking time.

7. *Anchovies Marinated in Vinegar*



Cover them in vinegar until anchovies are submerged in liquid. Chop the garlic and sprinkle over the anchovies, than olive oil into the baking dish.

8. Stuffed Mussels



One of the most popular tapas in northern of Spain.

Mussels are finely chopped and mixed with onion, pepper, tomato sauce for a delicious filling. After they are breaded and lightly fried.

9. Fish fried



_Fresh battered fish fried in olive oil. This is found mostly in Andalusia where it is often served in a paper cone, prepared with flavourful spice mix.

Spanish tapas are tentatively beginning to spread throughout the world's major capitals, where a lot of tapas bar are opening up. They offer not only some of the most well-know dishes, but also the chance to “tapear” like the Spanish.

List of common tapas dishes

Olives – sometimes with a filling of anchovies or red bell pepper

Meatballs – served with sauce

Garlic and oil- it is a sauce, served on bread, boiled or grill potatoes, fish, meat or vegetables

Pickled in vinegar – served with olives, baby onions, baby cucumbers, pepper and other vegetables.

Anchovies – served in vinegar or deep fried

Squid rings

Beef Stew – served with potatoes, vegetables and chilly sauce

Chorizo – slowly cooked in wine

Russian salad - mixed boiled vegetables with tuna, olives and mayonnaise

Fried Cheese

Prawns sautéed – served with garlic and chopped chili peppers

Mushrooms – sautéed with olive oil and garlic

The place of origin of tapas is Andalusia, where the tapas still keep the original vacation. In some parts of this neighborhood tapas are served free when the client buy a drink, the waiter decides which tapas come with a drink, but in some parts of the same region, the customers make the choice and the tapa is not free.

Tapas are usually served when you order a drink. In general a tapa is smaller than what you would have for a complete meal, but their size can vary. They meant to be share, but they also can be small individual dishes.

The content of the food tapas is not essential, the main concept is a small portion of food, can be very simple as a portion of chips or a completely cooked meal like meatballs. Everything is inclined to become a tapa.

DIFFERENT AREAS BETWEEN NORTH AND SOUTH SPAIN GASTRONOMY

(Slav Stoyanov)

Spanish food is often recognized as one of the top cuisines in the world, and some traditional Spanish dishes and recipes date hundreds of years. Food has become as integral to Spain as its rich and tumultuous history, with each region of Spain – once a collection of numerous, distinct kingdoms – boasting their own unique cuisines and flavours.

Each regional speciality in Spain is worth trying, and many of the top Spanish restaurants are known by the different regions they come from. In the main Spanish cities, you can find Basque, Galician, Asturian and Valencian (paella) restaurants, to name but a few of the renowned regions for local food specialities.

In bars you'll quickly find the usual top Spanish tapas all around the country, are a wide variety of appetizers, or snacks, in Spanish cuisine. They may be cold (such as mixed olives and cheese) or warm (such as "*Chopitos*", which are battered, fried baby squid). In select bars in Spain, tapas have evolved into an entire, and sometimes sophisticated, cuisine. In Spain, patrons of tapas can order many different tapas and combine them to make a full meal. In some Central American countries, such snacks are known as "*Bocas*". for example, olives, Manchego cheese, tostadas con "*Tomate*" (grated or scratched tomato on Spanish bread), "*Pinxtos*" (Basque-style, mini sandwiches) or a plate of Spanish bravas (fried potato with spicy

tomato sauce). While Spain's tapas are a gourmet exploration, here are some more top Spanish foods you must try. In the next few lines I will try to explain some differences between the south (see dome tours through southern Spain here) and the north of Spain (see some tours through northern Spain here) to try to help that people that doesn't know where to go when seeking for Spain holidays. I must say there is not a good and a bad Spain. Both are great but offer different things. Depending on your likes and dislikes you should choose to go to northern or southern Spain.

Spanish Food: difference north and south

Spain is internationally renowned by its Mediterranean cuisine. However, there are some differences between the food you eat in the south and the one you do in the north.

In southern Spain food is specially based on fishes and light food like "*Salmorejo*" (kind of tomato soup with bread and garlic), salads and sandwiches while in northern Spain the spectrum is wider. From stronger salads, stews and great meat to extraordinary fish and shellfish (shellfish is very famous specially in Galicia, but you can also find very good one in Asturias, Cantabria or the Basque Country). The weather in the south is warmer than the north, meaning the only time of the year you really should avoid, are July and August.

In southern Spain all the beaches are better prepared with many restaurants and "*Chiringuitos*" (bars on the beach) while in the north you will probably have to leave the beach to find one.

If you are a food lover, you will probably prefer the north of Spain. In Spain there are 162 Michelin starred restaurants. 40 of them are in northern Spain (Basque Country, Cantabria, Asturias and Galicia). In southern Spain (Andalucía and the islands) there are 16. If we draw an imaginary line from Madrid to the north, there are 123 Michelin starred restaurants. The 39 left are located from Madrid to the south and the islands. This talks about the quality of food in both places but you don't have to go to one of those restaurants. There are hundreds of them where you will find local food, cheap and great as well. The north of Spain is also a perfect destination for people who enjoy nature and quiet getaways, and those who prefer driving holidays.

WHY "TAPAS" BECAME A WELL-KNOWN TRADITIONAL SPANISH DISH WORLDWIDE?

(Cythia Tini)



Wherever you are on earth when you hear about “tapas” you thinking straight away at those small delicious appetizer from Spain and you will see yourself driven into dreaming about eating them accompanied with a glass of wine on one of Barcelona beach... but hey let’s stop dreaming for a second and let me explain to you how these delicious Spanish dish is so known worldwide.

To begin with did you know tapas was coming from “tapar” to cover in English and was served to travellers passing through Spain?

This is where it all started, Spanish people during Franco inquisition created these small plates with generally ham or chorizo, olives, pepper and tomatoes (and let's not forget how salty it is!) to increase their sales of alcohol as the more you eat the more you’ll drink. I know this sounds a bit basic as mathematics, but this is what bartenders and restaurants at the time were thinking and they were absolutely right.

Tapas became part of the Spanish culture where everyone come around the plate at the end of the day in jovial atmosphere telling about their days or funny stories. This dish became synonym of joy and sun.

Spanish people offer a lot these delicious little bundles of joy to travellers visiting their country so its where the dish started to expand itself on larger horizons.

Traveling country to country we can now easily all over the world eat this dish and feel like in Spain. The savoir-faire Spanish is found in different restaurant like “Tapas Brindisa London bridge” in London or “Boqueria” in New-York city.



“BOQUERIA” NEW-YORK CITY



“BRINDISA” LONDON

And to conclude my explanation about how Spain offered to the world these, did you know that a World Day of Tapas exists?

“Saborea Espana” a well-known platform concerning famous Spanish dishes created a Tapas day on the first Thursday of June of every year for 9 years now and this movement went worldwide.

If you want to know for me it is Tapas day every Thursday, once a year is not enough.

