

A Taste of Spain in Winter: Seasonal Foods Across Spain's Top Destinations



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Introduction: Winter in Spain – A Feast for the Senses

As the temperatures drop, Spain's kitchens come alive with comforting dishes that embrace the season.

Winter is a time to slow down, gather with loved ones, and savor hearty meals that reflect centuries of tradition. From rustic stews to sweet indulgences, Spanish winter cuisine invites you on a journey through diverse flavors and culinary heritage.

In this guide, we'll take you on a delicious tour of **Barcelona, Valencia, Cádiz, Burgos, Sevilla, Mallorca, Menorca, and Extremadura**, exploring the unique starters, mains, and desserts that make each region a winter paradise for food lovers.



1. Barcelona: Catalan Comforts

- **Starter:** Escudella i Carn d'Olla

This iconic Catalan dish warms both body and soul. Served in two parts, it begins with a rich soup made from slow-simmered meats, vegetables, and pasta or rice, followed by a platter of the same meats and vegetables.

- **Cultural Insight:** Often served during Christmas, this dish symbolizes family togetherness and tradition in Catalonia.

- **Main:** Canelons de Sant Esteve

These baked cannelloni, filled with meat and topped with béchamel sauce, are a post-Christmas favorite in Catalonia.

- **Fun Fact:** The recipe was originally inspired by Italian immigrants in the 19th century and has since become a Catalan staple.

- **Dessert:** Mel i Mató

A simple yet elegant dessert of fresh cheese drizzled with local honey. It's a light, sweet finish to any meal.



2. Valencia: Coastal Flavors

- **Starter:** *Esgarraet*

A refreshing combination of roasted red peppers, salted cod, and olive oil. This dish highlights the region's coastal roots and Mediterranean ingredients.

- **Pro Tip:** Serve it with a slice of crusty bread to soak up the flavorful oil.



- **Main:** *Arroz al Horno*

A hearty baked rice dish cooked with pork ribs, blood sausage, chickpeas, and potatoes in a clay pot.

- **Cultural Insight:** Traditionally, this dish was prepared using communal ovens in villages, reflecting the close-knit spirit of Valencian communities.



- **Dessert:** *Tarta de Calabaza*

A pumpkin tart that celebrates Valencia's winter harvest. The sweet, spiced flavor is a seasonal delight.



3. Cádiz: Coastal and Hearty

- **Starter:** Salpicón de Marisco

A light seafood salad made with shrimp, octopus, and fresh vegetables. It's the perfect starter for Cádiz's mild winters.

- **Cultural Insight:** This dish showcases Cádiz's maritime heritage, where seafood is central to the local diet.

- **Main:** Puchero Gaditano

A rich Andalusian stew featuring chickpeas, pork, and fresh vegetables. Its slow-cooked flavors make it a beloved winter dish.

- **Fun Fact:** The broth from this stew is often served as a soup before the main dish.

- **Dessert:** Tocino de Cielo

A caramelized egg yolk dessert, famous for its rich, silky texture.



4. Burgos: Castilian Hearty Fare

- **Starter:** Sopa Castellana

This garlic soup, made with bread, paprika, and eggs, is a staple during Burgos' snowy winters.



- **Main:** Morcilla de Burgos con Pimientos

The city's signature black pudding, combined with roasted red peppers, is a hearty and flavorful dish.

- **Cultural Insight:** Burgos' morcilla is famous for its unique rice filling, setting it apart from other Spanish black puddings.



- **Dessert:** Yemas de Burgos

Sweet, egg-yolk-based treats that are perfect with a cup of coffee or tea.



5. Cádiz: Flavors of Andalusia

- **Starter:** Espinacas con Garbanzos

Spinach and chickpeas stewed with spices create a nutritious and flavorful start to any meal.

- **Cultural Insight:** This dish reflects Sevilla's Moorish culinary influence.

- **Main:** Cocido Andaluz

A lighter version of Spain's classic stew, featuring fresh vegetables, tender meats, and chickpeas.

- **Pro Tip:** Enjoy it with crusty bread to soak up the flavorful broth.

- **Dessert:** Pestiños

These honey-coated fritters are a festive Andalusian treat, especially popular in winter.



6. Mallorca: Island Comforts

- **Starter:** Coca de Trampó

A flatbread topped with seasonal vegetables, like tomatoes, onions, and peppers.

- **Fun Fact:** This dish is often served cold, even in winter, showcasing Mallorca's unique culinary approach.



- **Main:** Sopas Mallorquinas

A hearty vegetable broth served over slices of rustic bread, embodying the island's rustic flavors.

- **Cultural Insight:** This dish highlights the island's agricultural heritage.



- **Dessert:** Ensaimadas

Spiral-shaped pastries dusted with powdered sugar, perfect for a sweet winter indulgence.



7. Menorca: Rustic Island Cuisine

- **Starter:** Oliagua

A simple tomato-based soup served with bread, reflecting Menorca's humble culinary traditions.

- **Pro Tip:** Add seasonal vegetables for a heartier version.

- **Main:** Caldereta de Langosta

A luxurious lobster stew that showcases the island's maritime bounty.

- **Dessert:** Carquinyols

Crunchy almond cookies that pair perfectly with a warm meal.



8. Extremadura: Rustic Flavors

- **Starter:** Migas Extremeñas

A traditional dish of fried breadcrumbs with garlic, chorizo, and peppers, often served as a starter.

- **Cultural Insight:** This dish originated as a shepherd's meal, using simple, locally available ingredients.



- **Main:** Caldereta de Cordero

A lamb stew seasoned with local herbs, that embodies the rustic charm of Extremadura's cuisine.

- **Dessert:** Torta del Casar

A creamy sheep's cheese, often enjoyed as a savory dessert or alongside bread.





Experience Winter in Spain

Above: Mónica, our host teacher in Barcelona, along with her parents, hosting Gunilla from Sweden and enjoying a delicious seafood paella prepared by Mónica's father.

Looking for more than just a culinary experience?

Spain's winter cuisine is more than just food – it's a celebration of culture, family, and tradition. Whether you're savoring the rich stews of Extremadura or the sweet pastries of Mallorca, each dish offers a taste of the region's heart and soul.

Join our Spanish Homestay Immersion Programme (SHIP)

Experience these incredible dishes firsthand while improving your Spanish. Learn to cook these iconic meals with your local host teachers and explore Spain through its flavors in **Barcelona, Valencia, Cádiz, Burgos, Sevilla, Mallorca, Menorca, and Extremadura,**





Winter Foods in Spain: Quiz

- 1. Which region is famous for Canelons de Sant Esteve?**
 - a) Barcelona
 - b) Valencia
 - c) Cádiz
 - d) Sevilla
- 2. What is the main ingredient in Migas Extremeñas?**
 - a) Bread
 - b) Rice
 - c) Potatoes
 - d) Lentils
- 3. Tocino de Cielo originated in which region?**
 - a) Mallorca
 - b) Cádiz
 - c) Extremadura
 - d) Valencia
- 4. What dish from Valencia is traditionally baked in a clay pot?**
 - a) Paella
 - b) Coca de Trampó
 - c) Arroz al Horno
 - d) Caldereta de Langosta
- 5. Which dessert is a spiral-shaped pastry dusted with powdered sugar?**
 - a) Pestiños
 - b) Ensaimadas
 - c) Yemas de Burgos
 - d) Torta del Casar



- 6. Sopa Castellana is typically made with which key ingredient?**
- a) Tomato
 - b) Garlic
 - c) Spinach
 - d) Seafood
- 7. Espinacas con Garbanzos is a popular winter dish in which region?**
- a) Valencia
 - b) Sevilla
 - c) Menorca
 - d) Burgos
- 8. Caldereta de Langosta is a speciality of which island?**
- a) Mallorca
 - b) Ibiza
 - c) Menorca
 - d) Formentera
- 9. Which dish is served as two courses: soup and a platter of meats and vegetables?**
- a) Cocido Madrileño
 - b) Escudella i Carn d'Olla
 - c) Puchero Gaditano
 - d) Sopas Mallorquinas
- 10. Which region is known for Yemas de Burgos?**
- a) Valencia
 - b) Mallorca
 - c) Burgos
 - d) Cádiz

Answers

1. a) Barcelona
2. a) Bread
3. b) Cádiz
4. c) Arroz al Horno
5. b) Ensaimadas
6. b) Garlic
7. b) Sevilla
8. c) Menorca
9. b) Escudella i Carn d'Olla
10. c) Burgos



Contact Us



From the serene beauty of the Balearic Islands to the vibrant energy of Spain's bustling cities, we hope this culinary journey not only tempts your taste buds with Spain's rich flavors but also inspires you to dive into its language and culture through our [Spanish Homestay Immersion Program \(SHIP\)](#).

¡Buen provecho!

LEFT: MÓNICA ROMERO,
🏆 AWARD WINNER 'VISIONARY'
FOUNDER AND DIRECTOR
SPANISH EXPRESS

From our table to yours, we hope this glimpse into Spain's culinary delights sparks your next cultural and gastronomic adventure with Spanish Express.

¡Hasta pronto!

