



Rick Stein's Spain: 140 New Recipes Inspired by My Journey Off the Beaten Track

Rick Stein

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Rick Stein explores the edible delicacies and delights found in Spain's diverse regions

"I've wanted to make a series in Spain for a long time. I love Spanish food, I've been going there since I was a young boy—but until quite recently I don't think people really took the food seriously. Thanks to a handful of really dedicated Spanish chefs and a growing enthusiasm for its rugged flavors, that has all begun to change. To me the underlying point of journeying to Spain would be to discover the 'duende' in the cooking. By that I mean a sense of soul, of authenticity. The word is normally used in flamenco but I think it could be equally applied to the art of Spanish cooking because to my mind, in really good food, there is a communication between the cook and diner that amounts to art." —Rick Stein

In a beautifully designed and illustrated cookbook, Rick Stein has selected more than 140 recipes that capture the authentic taste of Spain today. Spanish cooking has a rich history, with flavors reflecting a broad range of cultural influences. Rick samples his way through the specialties and hidden treats of each region, taking in the changing landscape from the mountainous northern regions through the Spanish plains to the Mediterranean beaches. With more than 100 location and recipe photographs, this is an essential book for food lovers as well as a stunning culinary guide to a diverse country. Includes metric measures.

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