



DAS KULINARISCHE HERZ SPANIENS

Katalonien ist mit einer der reichsten Esskulturen Europas gesegnet. Die Küche gilt als einzigartig in Spanien, und die Region beherbergt eine der höchsten Konzentrationen von Restaurants mit Michelin-Sternen der Welt. Die Gerichte werden stark von Schweinefleisch und Meeresfrüchten beeinflusst, wobei der Schwerpunkt auf frischen saisonalen Produkten liegt. Dabei reichen die Rezepte von herzhaften Eintöpfen über eine einzigartige Paella ohne Safran bis hin zur berühmten Crema Catalana. Entstanden ist ein Best-of der Küche Kataloniens.

Das ultimative Kochbuch für Liebhaber der mediterranen Küche

Die katalanische Küche begeistert Michelin-Köche aus der ganzen Welt

Eine der kulinarisch angesagtesten Regionen Europas

Emma Warren | Katalonien. Das Kochbuch | 95 Gerichte aus der Kultküche Spaniens | 256 Seiten; ca. 200 Abbildungen; 22,5 x 27,1 cm; | Hardcover mit Leseband | € [D] 29,99 | € [A] 30,90 | sFr. 41,50 | ISBN: 978-3-95961-352-1 | WG 454; ET: Oktober 2019

 CHRISTIAN

KATALONNIEN
DAS KOCHBUCH

Emma Warren

 CHRISTIAN

Emma Warren

KATA- LONNIEN

DAS KOCHBUCH



95 Gerichte aus der
Kultküche Spaniens

 CHRISTIAN

Einleitung 9
Anmerkungen 11

PICA PICA

VORSPEISEN
14



L'HORT

GEMÜSEGERICHTE
54



LA COSTA

FISCHGERICHTE
84



EL CAMP

FLEISCHGERICHTE
120



BARNA MODERNA

BARCELONA
MODERN
160



DOLÇOS

DESSERTS
196



SALSES I BROUS

BRÜHEN & SAUCEN
230



Dank 250
Die Autoren 251
Register 252







AMANIDA DE FAVETES I PÈSOLS

FAVABOHNEN & ERBSEN SALAT

Katalanen lieben ihre Favabohnen über alles! So hardy and easy to grow, they set up the vegetable garden for the rest of the summer's plantings by fixing much-needed nitrogen in that deliciously rich Catalan soil.

Inspiration for the flavour combinations in this dish comes from one of my favourite restaurants, Can Fabes – owned by three-Michelin star chef Santi Santamaria, who has since sadly passed away – located in the beautiful broad bean-growing lands of Sant Celoni, situated between the Montseny and Montnegre massifs. My favourite meal was an aspic-like jelly packed full of teeny-tiny, bright green podded baby broad beans with the mild, fresh essence of ginger. So clean and unforgettable.

If you can find it in a deli, finely shaved duck jamón, tossed through at the end, dresses up this salad beautifully.

4 Portionen

500 ml Gemüsebrühe
½ Bund Estragon, fein geschnitten
200 g Favabohnen
150 g Erbsen
2 Zweige Minze, die Blätter abgezupft
Meersalz und frisch gemahlener
schwarzer Pfeffer
3 EL Olivenöl
1 EL Sherryessig
1 TL Ingwer, frisch gerieben
Saft einer ½ Zitrone
¼ Radicchio, fein geschnitten
100g Frischkäse oder Ricotta

Bring the vegetable stock and two tarragon sprigs to the boil in a medium saucepan over medium-high heat.

Blanch the broad beans for 2 minutes then, using a slotted spoon, remove from the stock and immediately transfer to a bowl of iced water. Remove the outer skins of most of the larger beans, leaving the smaller ones intact for a touch of bitterness.

Bring the stock back to the boil and blanch the peas for 4 minutes, then strain and cool in the iced water.

Finely chop the remaining tarragon leaves and place in a medium bowl with the blanched broad beans and peas, mint, a pinch of salt and pepper and half the olive oil.

In a separate bowl, combine the vinegar, ginger, lemon juice and remaining oil, then toss through the shredded radicchio. Mix this through the broad bean and pea mixture.

Transfer the salad to a serving platter and dot the queso fresco or ricotta over the top.



SOPA FREDA DE MELÓ

MELONEN- SUPPE

4 Portionen

1 kg Honigmelone, geschält und
Kerne entfernt (entspricht in etwa
1,5 Honigmelonen)
Abrieb von ½ Limette
Saft von 1 Limette
Meersalzflöckchen und frisch gemahlener
weißer Pfeffer
8 Scheiben roher Schinken
1 Bund Minze, Blätter abgezupft
60 ml Olivenöl extra vergine

Frische Früchte mit geräuchertem Fleisch zu kombinieren hat in der mediterranen Küche eine lange Tradition. Dies spiegelt sich in diesem Gericht wieder, das in Barcelona eine beliebte Vorspeise bei Hochzeiten ist.

Preheat the oven to 180°C (350°F) fan-forced. Line a baking tray with baking paper.

Slice a thin wedge off the melon and cut the flesh into small dice. Set aside. Blend the remaining melon in a food processor with the lime zest and juice and salt and white pepper, to taste. Add 125 ml (4 fl oz/½ cup) water and blend until smooth. Pour into a large jug and refrigerate.

Lay the jamón on the prepared tray and bake for 12–15 minutes, until crisp.

Bring a small saucepan of water to the boil and blanch the mint leaves for 1 minute. Drain and refresh in iced water, then strain and squeeze out as much water as possible. Transfer the mint to a food processor, add the oil and blend on high until smooth.

Give the melon soup a good stir, then pour into serving bowls. Decorate with the jamón shards and diced melon, drizzle with the infused mint oil and garnish with mint leaves.



MOLLS GAUDÍ

ROTBARBE À LA GAUDÍ

This dish evokes the artistic style of architect and innovator Antoni Gaudí's broken ceramic tile mosaics. Its inspiration is a romantic nod to another important Catalan craftsman, the great chef Ferran Adrià, who has also made an innovative, modernist, ground-breaking career by using influences from nature, new techniques and history to produce enchanting and decorative creations. This dish first appeared in 1987 (also the era of the 'mullet' hairdo!) in Adrià's first cookbook *El Bulli: el sabor del Mediterràneo*, and it went on to make regular appearances on his menu at El Bulli until the restaurant closed 25 years later.

This version doesn't involve the molecular gastronomy applied to the original, but the visual senses and common connection between these two great contributors to Catalan culture are colourfully present for all to see.

4 Portionen

4 Rotbarbenfiltes à 100 g , mit Haut,
entgrätet
1½ EL Olivenöl extra vergine
⅓ rote Paprika, gewürfelt
⅓ gelbe Paprika, gewürfelt
1 kleine Zucchini, gewürfelt
½ weiße Zwiebel, gewürfelt
1 Tomate, gewürfelt
½ Bund Schnittlauch, fein geschnitten
Meersalzflocken und frisch gemahlener
schwarzer Pfeffer
Ölspray

Preheat a grill (broiler) to medium-high. Cut out four squares of baking paper just larger than the fish fillets.

Brush the fish skin with a little of the olive oil and place each fillet on the prepared baking paper.

Combine the capsicums, zucchini, onion, tomato and chives in a small bowl and season to taste. Evenly flatten the mixture onto the oiled fish skin.

Heat the remaining oil in a medium non-stick frying pan over high heat and gently slide each fillet off the paper into the pan, decorated side up. Cook for 2 minutes to seal the base of the fish, then carefully transfer the fish back onto the baking paper squares and grill (broil) for 4–6 minutes, until lightly toasted.

Serve with a sauce if you like – Alberginia i nous (see page 234), Salsa almadroc (see page 235) or Salsa romesco (see page 236) would all work well, but this dish is equally decadent on its own as a delicate entrée or as a substantial main with your favourite salad.

