

Epicurean Products from Spain

Hello from Solymer.

Bacalao, salt cured cod, has been popular in Spain for centuries, especially among the Basques. Although Spain is surrounded by water, in days gone by fresh fish never made it to the interior and sometimes wasn't available - or very fresh even on the coasts. So, in this strict Catholic country where meat and poultry were not allowed on Fridays or during Lent, Bacalao became an integral part of the staple diet.

Brandada is bacalao pureed with potatoes, olive oil and sometimes milk. In this recipe it is served as a tapa with some olives and piquillo pepper strips as a garnish. Another very popular dish is piquillo peppers stuffed with brandada and then covered with a wonderful sauce called Salsa Española.

The wine is a wonderful tempranillo from Rioja. The wine maker, Jose Mari Laorden, is an incredible guy with a welcoming basque personality. I was in Barcelona last year at a tapas bar with Jose Mari and some young women from Singapore. Even though he doesn't speak a word of English he was able to keep them laughing all evening. His wine making skills are equally marvellous.

Have a great week!

Lisa, Umberto and the Solymer Team

Recipe of the Week

Brandada

- 1 pound de-salted bacalao
 - 1 bay leaf
 - 2 pounds russet potatoes, peeled, cut into chunks
 - 1 cup olive oil
 - 5 large garlic cloves, flattened
1. Place cod filet in medium saucepan and cover with fresh cold water and add bay leaf. Bring just to boil.
 2. Cover, remove from heat and let stand 10 minutes.
 3. Drain and remove any skin and bones. Transfer cod to processor and flake finely.
 4. Cook potatoes in boiling water until tender. Drain.
 5. Transfer to large bowl and mash with fork.
 6. Mix in cod thoroughly.
 7. Pour oil into heavy medium saucepan over medium-low heat. Add garlic and cook until beginning to brown, about 8 minutes. Discard garlic.
 8. Using large fork, gradually work oil into cod potato mixture.
 9. Season with salt and pepper.
 10. Serve it on bread with piquillo peppers and olives as a garnish.



Wine of the Week

La Orbe

This is 100% Tempranillo from Bodegas Martinez Laorden. It is a complex concoction of tobacco smoke and ripe strawberry and cherry fruit. An excellent value, it spent six months in 70% French and 30% American oak prior to bottling. The Winery is based in Rioja Alavesa in a town called Cenicero. They have built the first bio-climatic winery building in Europe, a building system used to minimize impact on the environment. One of the key benefits is the reduction of water usage in the production of the wine by ~50%.



\$46.90 per bottle
Buy a case of 6 and get 10% off
(\$253.20)
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(\$450.20)

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