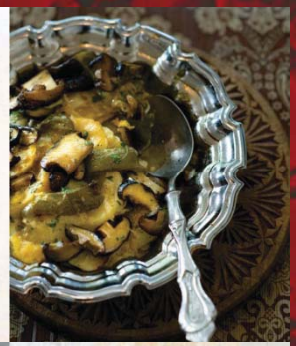
IN THIS SPANISH FASHION NOTHING IN THE KITCHEN IS WASTED—NOT EVEN THE HEAT FROM THE BREAD OVEN IN SANT JOAN DE LAS ABADESSES, A TOWN IN THE PYRENEES. THE DISH, WHICH WAS SITTING IN A POOL OF GLADIOLUS STOCK, WAS PLUCKED INTO THE OVEN TO SLOWLY COOK FROM THE RESIDUAL HEAT TRAPPED IN THE OVEN. BUT *PANADERA* (BAKER) WAS ONLY USED ON SUNDAYS, BUT THE NAME OF THIS DISH IS STILL THE SAME. CALDERO THIS DISH WOULD SIMMER THIS WITH THE GODLESS FOR LAZY FRIENDS. MY FRIEND, THE LOCAL DOCTOR, SHOPPED BY WITH A BAKERY IN HIS HOUSE AND HIS WIFE, THE LOCAL SOPRANO, COOKED THIS DISH SERVED TO THE DOCTOR AND HIS WIFE. THE LOCALS SOFT DISH WAS THICKENED WITH A LITTLE EGG. THIS COMMENTED THAT WE FELT SAYS LAYING WILD MUSHROOMS WITH A DOCTOR. "IF WE BOY DISH WELL BE ABLE TO GIVE US," HE LAUGHED.

PATATAS PANADERA CON SETAS

SOFT POTATOES & ONIONS WITH MUSHROOMS THICKENED WITH EGG



JAMÓN HAS MANY GUISES AND CAN SERVE MORE THAN ONE PURPOSE. AS A DISH, IN THIS SIMPLE WAY OF COOKING FRESH TROUT, THE JAMÓN SLICES ARE FIRST GENTLY FRIED TO RENDER OUT SOME FAT IN WHICH TO COOK THE FISH. THOSE SLICES ARE THEN PLACED INSIDE THE FISH TO ADD SUCCULENCE, FLAVOUR AND SALT. FINALLY SOME SLICES ARE LAID OVER THE FISH, OFFERING A CONTRAST IN FLAVOUR AND TEXTURE TO THE MUGGY, SAFFRON AND NUTTY MUSTY TROUT UNDERNEATH.

TRUCHA CON JAMÓN

PAN-FRIED TROUT WITH JAMÓN

MOVIDA RUSTICA

FRANK CAMORRA AND RICHARD CORNISH

SPANISH TRADITIONS AND RECIPES

FOR GENERATIONS THE HOUSEWIVES OF CATALONIA HAD A LOVE-HATE RELATIONSHIP WITH THE *COCA ECONÓMICA* – A CHARCOAL-BURNING BEAST ON WHICH THEY COOKED THEIR MEALS, HEATED THEIR WATER AND IN WHICH THEY BAKED THEIR *COCAS*. *COCAS* ARE LEAVENED FLATBREADS THAT ARE COOKED IN A HOT OVEN. YES, THEY ARE SIMILAR TO PIZZA, BUT NEVER TELL A CATALAN THAT THEIR *COCA* IS A PIZZA! TOPPED WITH WHATEVER WAS IN SEASON, SAVOURY OR SWEET, THE *COCAS* SOAKED UP THE HIGH HEAT OF AN OVEN WITH A FRESHLY MADE FIRE. AFTER THE FIRE WENT DOWN, THE REST OF THE DOUGH WENT IN TO MAKE THE DAILY BREAD. THIS IS A SUMMER VERSION OF *COCA*, SO PLEASE FEEL FREE TO INCORPORATE YOUR OWN TOPPING OF COOKED SEASONAL VEGETABLES. BUT, HOWEVER MUCH YOU FEEL COMPELLED, DO NOT ADD TINNED PINEAPPLE!

COCA DE RECAPTE

CATALAN FLATBREAD

8 MEZINAS PACIONES

12 g (½ oz) fresh yeast or 2 teaspoons dried yeast
½ teaspoon caster (superfine) sugar
2 teaspoons extra-virgin olive oil, plus extra, to drizzle
½ teaspoon fine sea salt, plus extra, to sprinkle
500 g (1 lb 2 oz/4 cups) plain (all-purpose) flour
[illegible] extra-virgin olive oil
1 large brown onion, thinly sliced
2 bay leaves
2 garlic cloves, finely sliced
1 large red capsicum (pepper), seeded and membranes removed, very thinly sliced
1 large green capsicum (pepper), seeded and membranes removed, very thinly sliced
1 tablespoon sweet paprika
250 g (9 oz) zucchini (courgettes), very finely sliced
200 g (8½ oz) cherry tomatoes, halved
2 tablespoons chopped parsley

Put the yeast in a bowl, add 330 ml (11 fl oz/1½ cups) lukewarm water and stir until the yeast has dissolved. Add the sugar, olive oil and sea salt and whisk together. Cover and leave to stand in a warm place for 20 minutes, or until bubbles start to appear.

Add the flour and stir to combine. Place the bowl of an electric mixer fitted with a dough hook and knead on low speed for 12 minutes. Allow to rest for 5 minutes, then knead again for 5 minutes, or until smooth and elastic. Cover and stand in a warm place for another 30 minutes.

Meanwhile, heat the olive oil in a heavy-based saucepan over medium heat. Add the onion, bay leaves, garlic, capsicums (peppers) and [illegible] golden. Add the garlic and capsicums, then cover and cook for 20 minutes, or until the capsicum is soft, stirring regularly. Remove from the heat.

Preheat the oven to 220°C (430°F/Gas 7).

Divide the dough into six equal portions, then roll out on a lightly floured surface into 30 cm (12 inch) tongue-like shapes. Sprinkle two well-oiled baking trays with the polenta, place the dough pieces on top, cover with a clean cloth and stand in a warm place for 15 minutes.

Toss the zucchini in a bowl with a little salt and extra-virgin olive oil.

Brush the pizza bases lightly with extra-virgin olive oil, sprinkle with sea salt and divide the onion and capsicum mixture among the bases, leaving a 1 cm (½ inch) border. Scatter the tomatoes, zucchini and parsley over the top, drizzle with a little more oil and season to taste. Bake for 10–12 minutes, or until the bases are golden and crisp. Serve immediately.