



塞维利亚的美食文化

SEVILLE GASTRONOMIC HERITAGE

这份向导是塞维利亚餐饮协会和塞维利亚政府与塞维利亚旅游局合作完成的。在这里，我们为您列举塞维利亚的传统美食食谱以及能够品尝到这些美食的餐馆，塞维利亚其他地方的一些并未提及的餐馆一样值得您前去品尝。这份向导仅仅收录了能够提供给客人吧台吃“小吃”的餐馆和酒吧，但是在塞维利亚您同样可以发掘一些很棒的高级餐厅。这份向导推荐的餐馆是由塞维利亚旅游局于2013年4月15日至9月15日通过专家评审团评出的，专家评审团由Abantal餐馆主厨（拥有米其林星级）Julio Fernández，安达卢西亚美食旅游学院主席Fernando Huidobro，品酒专家Javier Compás，美食记者和作家Shawn Hennessey，2013年最受欢迎的美食Twitter，塞维利亚美食之旅《Sevilla Tapa》的作家，塞维利亚老牌酒店创始人Paco Sánchez——吉拉尔达塔酒吧和星光酒吧前任总裁。这些餐馆大多在塞维利亚的旅游区，也有一些“酒香不怕巷子深”的有特色的品质餐厅。塞维利亚菜肴丰富，容纳各方特色。这里提到的一些特色菜肴，有可能来自其他的地

This Guide is the result of a joint work between the Seville Restaurant Business Association and the Tourism Board of the City of Seville. A collection of our most traditional recipes is presented along with a list of establishments as an invitation to know our gastronomy and extending to visit other places and establishments of the city. In this guide are only collected bars and restaurants having a bar-counter for Tapas, although our city treasures excellent establishments to eat at worn table with fine service. Establishments suggested come from a popular survey conducted by Tourism Board of City of Seville website between April 15 and September 15, 2013, as well as from a selection prepared by a technical commission of experts composed of Julio Fernández, Chef of the Michelin Star restaurant Abantal, Fernando Huidobro, president of the Andalusian Academy of Gastronomy and Tourism, Javier Compás, wine tasting technician, journalist and gastronomic writer, Shawn Hennessey, best gastronomy Twitter 2013 and author of Sevilla Tapas gastronomy tours. And Paco Sánchez, historic bar-restaurant owner in town, former owner of Bar Giralda and Bar Estrella. As a rule, these establishments are limited to the traditional and touristic heart of the city, although some other establishments are also included beyond that area because of uniqueness, quality and tradition. Sevillian cuisine is very rich including influences of many sources. Specialties listed here may have their origin elsewhere, but by tradition and spreading are an essential part of our cuisine. The gastronomy of Seville is alive, so, because of this and also because we are sure that there are other establishments not listed in this Guide but deserving to be included, “Sevilla, Patrimonio Gastronómico” is a living project periodically renewed.

塞维利亚不仅拥有众多历史文化遗产，还拥有独具特色的美食，这里是众多吃客的美食天堂。我们想让所有旅游认识和了解塞维利亚的特色美食，这些美食是塞维利亚文化的不可缺少的一部分。塞维利亚美食是其悠久繁杂的历史的自然产物，综合了罗马人，犹太人，伊斯兰教徒和基督教徒等众多人群的烹饪传统。东西方的口味在此交融，美洲食材的引进，自古便是内陆运河枢纽的塞维利亚和周围的海岸交往密切。塞维利亚美食不仅融合了众多的烹饪传统，如今塞维利亚作为全球化的都市，更是在创新，摆盘，整体质量和制作工艺上精益求精，新的美食文化已经成为塞维利亚人的生活方式和乐趣。我们想让您认识这些：塞维利亚人聚餐都吃些什么，哪些是最具特色的塞维利亚传统菜肴。

Seville has a unique and renowned cultural and historical heritage, but also boasts another kind of wealth, perhaps its gastronomy would be the factor that could make more happy to those who enjoy. Through the Gastronomic Heritage of Seville Project, we want to make known to all those who visit us those specialities that are part of the culture of this city and should not be missed.

The gastronomy of Seville is the natural reflection of the complexity and sophistication of its rich historical legacy. The cuisine of Seville has collected different traditions of all peoples settled in the city throughout its history, Romans, Jews, Muslims, Christians... So, Seville is a city in which customs and flavors of East and West come together, including the crucial contribution of the new products arrived from America thanks to its status as an inner city with a historic river port and a close relationship with the nearby coast.

And if this great tradition is added to the strength of the current culinary scene in terms of creativity, imagination and updating of practices and procedures, we get finally a gastronomy that is one of the pillars of the own identity of the city as well as the way of being and living of the people of Seville.

And this is precisely what we want you to know: What we eat in Seville when we go out to enjoy our cuisine. And we want you to come along with with us.



We love people

香煎猪颊肉

“CARRILLADA”

小记:

美味、精致而且易于准备，运用美味鲜嫩的利比亚猪肉，纤维质口感，胶质多汁，选择合适的葡萄酒，搭配香料和蔬菜，是塞维利亚最受欢迎的小吃之一。

NOTES:

Delicious, exquisite and easy to prepare, the 'carrillada' -iberian pork cheeks- has a fibrous and tender texture with a tasty touch of flavor. Wine, spices, vegetables... This is one of the most requested tapas of Seville.



制作配料 INGREDIENTS:

(为多食客准备多道小菜品的分量) 1公斤猪颊肉，切块，2根胡萝卜，2棵洋葱，1个番茄，4瓣蒜，2块肉汤料块（或者自炖肉汤），1杯葡萄酒（或干或香），半杯水，橄榄油，盐，红椒，百里香，牛至，丁香，月桂叶，糖。

About 1 kg chopped 'carrillada' meat, 2 carrots, 2 onions, 1 tomato, 4 garlic cloves, 2 small cubes of beef broth, 1 glass red wine (or a sherry, to taste), 1/2 glass of water, olive oil, little spanish paprika 'pimentón', oregano, thyme, clove, bay leaf-laurel, sugar, rosemary.

制作方法 ELABORATION:

仔细清洗猪颊肉的脂肪和筋腱。用椒盐调制后在锅里用小许油煎至变色。另一边将切好的胡萝卜、洋葱和蒜放在煎肉的油里煎制。加入切好的番茄和月桂叶后翻炒这些蔬菜。在另一个锅里将酒、迷迭香、百里香和一些糖烧制收汁。去掉月桂叶，盛出蔬菜捣碎，放入盛有猪肉的锅里，加入料酒、水、月桂叶，高汤或者高汤精，百里香，牛至和丁香。盖上盖子在高压锅里烹制15分钟。配上炸土豆或者熟土豆一起食用。

Well clean the meat, salt and pepper and saute with little oil until changes color. Set aside. Chop onions, carrots, garlic and saute with the same oil of the meat. Add chopped tomato and poaching the vegetables with the laurel. Then, pour in another pan the wine together with rosemary, thyme and some sugar, to reduce. Remove laurel and crush the vegetables. Put in the pressure cooker the meat, the wine, water, laurel, the beef broth, the thyme, oregano and the clove. Cover and cook for about 15 minutes after the steam whistle.

建议酒吧和酒吧柜台 SUGGESTED BARS AND BAR COUNTERS

ENRIQUE BECERRA

C/ Gamazo, 2
41001 Sevilla
954 213 040
www.enriquebecerra.com

CASABLANCA

C/ Adolfo Rodríguez Jurado, 12
41001 Sevilla
954 224 114
www.bodeguitacasablanca.com

TABERNA COLONIALES

Plaza Cristo de Burgos, 19
41003 Sevilla
954 501 137
www.tabernacoloniales.es

BODEGUITA ROMERO

C/ Harinas, 10
41001 Sevilla
954 229 556
www.bodeguita-romero.com

S LAS TERESAS

C/ Santa Teresa, 2
41004 Sevilla
954 21 30 69

LA AZOTEA

C/ Jesus del Gran Poder, 31
41002 Sevilla
955 11 67 48
www.laazoteasevilla.es

AL-ALJIBE

Plaza Alameda Hércules, 76
41002 Sevilla
954 90 05 91
www.elaljibe.com

S EL RINCONCILLO

C/ Gerona, 40
C/ Alhondiga, 2
41003 Sevilla
954 22 31 83
www.elrinconcillo.es

LA FLOR DE MI VIÑA

C/ José Velilla, 7
41001 Sevilla
954 56 42 52

S CASA CUESTA

C/ Castilla, 1
41010 Sevilla
954 33 33 35
www.casacuesta.net

S CASA ROMÁN

Plaza de los Venerables, 1
41004 Sevilla
954 228 483

TRADEVO

Plaza Pintor Amalio García del Moral, 2
41005 Sevilla
626 255 573
www.tradevo.es

ESLAVA

C/ Eslava, 3
41002 Sevilla
954 906 568
www.espacioslava.com

YEBRA

C/ Medalla Milagrosa 3
41009 Sevilla
954 35 10 07
www.yebrarestauracion.com

威士忌肉排

PORK SIRLOIN
MEDALLIONS WITH WHISKY

小记:

令人惊叹塞维利亚人民的想象力，把里脊肉和威士忌和白兰地。看起来，虽然都叫作“威士忌风味”。独特的细腻口味加之这片土地美味的猪里脊肉。如果用利比亚火猪肉，味道更好。这个“标志性”的小吃无论是游客还是塞维利亚本地人都赞许有加。另一个传统制法是蒜香里脊肉，这道菜在Sol y Sombra酒吧最负盛名。

NOTES:

Exquisite and effective sevillean imagination and know-how is the key to prepare this so tasty andalusian pork sirloin with whisky (or brandy), giving to the already splendid Iberian pork meat a different character and flavor.

The result is a very succulent tapa, highly appreciated, in which the flavor of the meat -so tender and juicy- is perfectly complemented by the simplicity of the sauce. Pork tenderloin with garlic is another traditional recipe, typical in Sol y Sombra bar.



制作配料 INGREDIENTS:

2, 3块中等或小块里脊肉，初榨橄榄油，4, 5瓣蒜，一些黄油，一中杯威士忌（或者白兰地看您喜好），可选配料一块高汤精，水，柠檬汁，可选配料白料酒，盐。装盘：每小盘中1,2块熟土豆，一些香菜末。

Two or three medallions of iberian pork sirloin, extra virgin olive oil, 5 cloves of garlic, some butter, 1 glass of whisky, 1 beef bouillon cube, salt to taste, some lemon juice, 1 glass of white wine, some fresh parsley, 1 glass of water.

制作方法 ELABORATION:

平底锅里加一些油用中火加热，把里脊肉两侧烧至焦黄。放在一旁保存，把蒜拍碎，把蒜和蒜皮放在刚才的平底锅中，加入一些油和几小勺黄油。低火烧焦。加入威士忌（或者白兰地）。火焰烧制，熄灭后加入一点柠檬汁，白葡萄酒（或者一块溶于高温水中的高汤精）。蒸制收汁，不要太过。将烹饪好的里脊肉加盐放好。把每片里脊肉放在一两片熟土豆上，完成后淋上酱汁，撒上香菜末即可享用。

Pour some oil in a pan over medium heat and brown medallions for both sides. Set aside. Crush garlic cloves with the skin and put them in the same pan with a little more oil and some butter, to brown. Add the whisky or brandy, flambé and let evaporate. Add the bouillon cube dissolved in a glass of lukewarm water (or the white wine), and some lemon juice. Then put the medallions and salt to taste. Simmer until meat is done. Serve each medallion on a slice of boiled potato, pour the sauce on and sprinkle the chopped parsley.

建议酒吧和酒吧柜台 SUGGESTED BARS AND BAR COUNTERS

S CASA RICARDO
(antigua Casa Ovidio)
C/ Hernán Cortés, 2
41002 Sevilla
954 389 951
www.casaricardosevilla.com

TABERNA COLONIALES
Plaza Cristo de Burgos, 19
41003 Sevilla
954 501 137

RESTAURANTE RAFAEL
C/ Gonzalo Segovia
41011 Sevilla
954 235 438

S LA ESTRELLA
C/ Estrella, 3
41004 Sevilla
954 219 325

BODEGUITA ANTONIO ROMERO
C/ Antonia Díaz, 19
41001 Sevilla
954 223 939
C/Gamazo, 16
41001 Sevilla
954 210 585
www.bodeguitaantonioromero.com

AMARILLO ALBERO
Plaza de la Gavidia, 5
41002 Sevilla
954 219 085

S LAS GOLONDRINAS
C/ Antillano Campos, 16
41010 Sevilla
954 332 616
www.barlasgolondrinas.com

BODEGA DOS DE MAYO
Plaza de la Gavidia, 6
41002 Sevilla
954 908 647

BAR NURIA
Avda. de Málaga, 1
41004 Sevilla
954 423 460
www.grupodioni.com

TABERNA AZAFRÁN
C/ Luis Montoto, 148
41005 Sevilla
954 576 697
www.azafranrestaurantes.com

CASA PACO
C/ Luis Huidobro, 23
41007 Sevilla
954 584 725

CAFETERÍA RIOJA
Pasaje peatonal Rioja
41004 Sevilla

S SOL Y SOMBRA
C/ Castilla, 147
41010 Sevilla
954 33 39 35

CERVECERÍA GIRALDA
C/ Mateos Gago, 1
41004 Sevilla
954 228 250

调味土豆

SEASONED POTATOES



小记:

用一些不起眼的小土豆，就可以制作出塞维利亚传统配方中的美味蔬菜“调味土豆”，充满特色，大气上档次、新鲜易制作，及其令人惊艳的美味让它出现个每个家庭和餐馆中。

NOTES:

Just some fresh potatoes and little else is enough to elaborate this delicious sevillian salad usually served as a very well known tapa. A tasty and traditional recipe, fresh, easy to prepare and really gourmet, in a very short time. Perfect to go with a cold lager.

I制作配料 INGREDIENTS:

新土豆，洋葱或者小洋葱，新鲜香菜，盐（细或者粗的），橄榄油（最好是特级初榨），可选葡萄酒醋，根据喜好配菜：切碎的煮鸡蛋，金枪鱼，一个切好的番茄，加上切碎的青椒和洋葱。

Some fresh potatoes, onion or chives, chopped fresh parsley, some salt, extra virgin olive oil, a touch of red wine vinegar. Garnish: hard boiled egg (chopped), canned tuna or mackerel, 1 chopped tomato, chopped green pepper.

制作方法 ELABORATION:

将带皮的土豆煮熟清洗。冷却稍许后去皮。将它们切成厚块或片。把洋葱切圈或者小洋葱切成丝状。将所有的材料放入大口碗盆，在确保材料还温热时加入切碎的香菜。加入油，醋，切好的番茄和盐。轻轻用勺子搅拌，完成后加上切碎的熟鸡蛋和金枪鱼未即可。在土豆没有彻底冷却前食用更佳。

Clean and boil the potatoes, with skin. When done, let it cool lightly and peel the potatoes. Cut them into thick slices or chop. Cut the onion -or chives- into thin strips. Mix gently (use a wooden spoon) in a bowl and sprinkle the parsley. Then add the olive oil and a touch of vinegar, the chopped tomato, the green pepper (optional) and salt to taste. Mix gently. Garnish: chopped hardboiled egg and slices of canned tuna or mackerel. Serve almost lukewarm.

建议酒吧和酒吧柜台 SUGGESTED BARS AND BAR COUNTERS

调味土豆

OSTRERÍA LA MAR (MARISCOS EMILIO)

C/ Génova, 1
41010 Sevilla
954 285 032
www.mariscos-emilio.com

LA MONEDA

C/ Almirantazgo, 4
41001 Sevilla
954 223 642
www.restaurantelamoneda.es

CASIMIRO

Avda. de Coria, 9
41010 Sevilla
954 3410269

EL PORTÓN

C/General Polavieja, 20
41001 Sevilla
954 214 072

LAS GOLONDRINAS

C/ Antillano Campos, 16
41010 Sevilla
954 332 616
www.barlasgolondrinas.com

MESÓN DON RAIMUNDO

C/ Argote de Molina, 26
41004 Sevilla
954 223 355
www.mesondonraimundo.com

MODESTO

C/ Cano y Cueto, 5
41004 Sevilla
954 416 811
www.modestorestaurantes.com

BLANCA PALOMA

C/ Pagés del Corro, 86
41010 Sevilla
954 333 788

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C/ Hernán Cortés, 2
41002 Sevilla
954 389 951
www.casaricardosevilla.com

CASABLANCA

C/ Adolfo Rodríguez Jurado, 12
41001 Sevilla
954 224 114
www.bodeguitacasablanca.com

BARBIANA

C/ Albareda, 11
41001 Sevilla
954 211 239
www.restaurantebarbiana.com

DONALD

C/ Canalejas, 5
41001 Sevilla
954 227 252

BAR TINO

C/ Tarifa, 11
41002 Sevilla

BAR GRAN TINO

Plaza de la Alfalfa, 14
41004 Sevilla
954 210 883

ORIZA

C/ San Fernando, 41
41004 Sevilla
954 22 72 54
www.restauranteoriza.com

S ANTIGUA ABACERÍA DE SAN LORENZO

C/ Teodosio, 53
41002 Sevilla
954 380 067

JABALÓN

C/ Luis de Montoto, 54
41018 Sevilla
954 42 41 53
www.restaurantejabalon.com

YEBRA

C/ Medalla Milagrosa 3
41009 Sevilla
954 35 10 07
www.yebrarestauracion.com

BODEGUITA ROMERO

C/ Harinas, 10
41001 Sevilla
954 229 556
www.bodeguita-romero.com

BECERRITA

C/ Recaredo, 9
41003 Sevilla
954 412 057
www.becerrita.com

特制沙拉

POTATO SALAD

小记:

美味又开胃的塞维利亚特色沙拉，这个土豆制成的沙拉在十九世纪被大量需求，尽管如此，这个小菜的质量在塞维利亚要求精益求精：清爽，美味，优雅，丰富。简而言之，这道美食在本地还是在外国，都是广受欢迎。要品味塞维利亚这个城市，这是不得不尝的一道象征性的美味小吃

NOTES:

Always delicious, refreshing and appetizing, this fully requested Tapa is one of the safest assets in Sevilla. The sevillean "ensaladilla" comes basically from the haute cuisine potato salad of the nineteenth century. Of course, some ingredients may vary depending on different bars and cooks, but potato is always the basic main ingredient.



I制作配料 INGREDIENTS: (4 人份. Servings-4)

每人3到4个中等大小土豆，3根胡萝卜，橄榄油，醋，3个熟鸡蛋，150克豌豆（可选），塞维利亚油橄榄（可选），一罐金枪鱼（可选），一罐红辣椒（可选），一打虾仁（可选），自制蛋黄酱，盐。

3 to 4 potatoes per person, medium size, 3 carrots, extra virgin olive oil, wine vinegar, 3 hard boiled eggs, 150 grs peas, cooked (optional), sevillean green olives "manzanilla", pitted or not, 1 tinned tuna (optional), 1 tinned sweet red pepper (optional), 12 fresh prawns (already peeled and cooked), mayonnaise, home-made or a pot of., salt.

烹饪方法 ELABORATION:

煮熟土豆和胡萝卜并切块。加入初榨橄榄油，一点红酒醋和一点盐。加入切瓣的熟鸡蛋，煮熟的豌豆，塞维利亚油橄榄，红椒，金枪鱼片和虾仁。把所有的混合起来并在还温热的时候加入蛋黄酱继续搅拌。蛋黄红椒虾仁和橄榄作为装饰让整道菜看起来充满食欲和营养。这道菜适宜冷食。

Dice and cook potatoes and carrots, seasoning with extra virgin olive oil, a dash of vinegar and salt to taste. Stir thoroughly. Add the whites of hard boiled eggs, diced, and some peas, olives, stripes of sweet red pepper, tuna flakes and prawns. Mix well while still warm and add some mayonnaise. Continue mixing and slowly removing. You can also mash the potatoes in order to make a mold. Garnish over the top with some prawns, egg yolks, sweet red pepper, olives and tuna flakes. Serve cold.

建议酒吧和酒吧柜台 SUGGESTED BARS AND BAR COUNTERS

BECERRITA

C/ Recaredo, 9
41003 Sevilla
954 412 057
www.becerrita.com

OSTRERÍA LA MAR (MARISCOS EMILIO)

C/ Génova, 1
41010 Sevilla
954 285 032
www.mariscos-emilio.com

LA PEPONA

C/ Javier Lasso de la Vega, 1
41002 Sevilla
954 21 50 26

CERVECERÍA INTERNACIONAL

C/ Gamazo, 3
41001 Sevilla
954 211 717
www.cerveceriainternacional.com

LA ALICANTINA

Plaza Salvador, 2
41003 Sevilla
954 22 61 22
www.puertodelicia.es

RESTAURANTE RAFAEL

C/ Gonzalo Segovia, 8
41010 Sevilla
954 323 783

DONALD

C/ Canalejas, 5
41001 Sevilla
954 227 252

PURACEPA

Plaza de San Francisco, 5
41004 Sevilla
954 218 119
www.restaurantelbarama.com

CERVECERÍA LA GRANDE

C/ San Jacinto, 39
41010 Sevilla
954 331 222
www.mariscos-emilio.com

PERIQUI CHICO

C/ Gustavo Bacaristas, 2
41010 Sevilla
954 281 725

PONCIO

C/ Ximenez de Enciso, 33
41004 Sevilla
954 46 07 17
www.ponciorestaurantes.com

CASA MORALES

C/ García de Vinuesa, 11
41001 Sevilla
954 221 242

LA ESPUMOSA

C/ Marqués del Nervión, 116
41005 Sevilla
954 920 448
www.laespumosa.com

PETIT COMITÉ

C/ Dos de Mayo, 30
41001 Sevilla
954 22 95 95
www.petitcomitesevilla.com

RESTAURANTE JAYLU

C/ López de Gomara 19
41010 Sevilla
954 33 94 76
www.restaurantejaylu.com

ALBEDRÍO

C/ Juan de Mata Carriazo 4
41018 Sevilla
954 41 91 99

MODESTO

C/ Cano y Cueto 5
41004 Sevilla
954 41 68 11
www.modestorestaurantes.com

PATIO SAN ELOY

C/ San Eloy, 9
41001 Sevilla
954 501 070
www.patiosaneloy.com

PURATASCA

C/ Numancia, 5
41010 Sevilla
954 33 16 21

LA MOJIGATA

C/ Moratin, 15
41001 Sevilla
655 250 553

菠菜炖鹰嘴豆

SPINACH AND CHICKPEAS



小记:

和其他特色素食一样，这是一道春季复活节时期的特色小吃。特别的香料让塞维利亚的传统美食回味无穷，一些简单的菠菜和著名的鹰嘴豆，组成了这道具有历史和城市象征意义的真正的美食小吃。

NOTES:

This vegetarian delicie is traditionally considered as a part of the cuisine of the Semana Santa - Holy Week. Simple spinach and hugely popular chickpeas, wisely combined with a few spices, make certainly one of the most emblematic historical specialties in Sevilla and one of the most appreciated by both locals and visitors.

制作配料 INGREDIENTS: (4 人份. Servings-4)

¼千克的熟鹰嘴豆，400克菠菜，1勺甜椒，1勺孜然，2片白面包，橄榄油，醋，一颗辣椒，2瓣蒜，盐。

250 grams dried chickpeas (already cooked), 400 grams spinach, washed and chopped, 1 tbsp sweet red pepper, 1 tbsp cumin, 2 slices of white bread, olive oil, about 1 tbsp wine vinegar, 1 "guindilla" chili pepper, 3 cloves of garlic, salt.

烹饪方法 ELABORATION:

在平底锅里加橄榄油和蒜把面包炸至焦黄香脆，取出蒜和面包，留下橄榄油备用。把炸过的蒜和孜然辣椒磨碎混合，香脆的面包盛盘装饰用，加少许盐和醋，加入平底锅内用剩余的橄榄油炒制片刻，加入洗净切碎的菠菜慢烧至软烂，盛盘加上鹰嘴豆作为装饰，这道美味的热菜就烹饪完成了。

Place in a frying pan with some olive oil the slices of bread and garlic cloves, just peeled. Medium heat. When bread is very brown and crisp remove both ingredients and keep the oil in the pan. Mash the cumin in a mortar together with the chilli pepper, the brown garlic and the croutons of fried bread, saving some croutons to garnish. Salt and pour a dash of vinegar. Sauté briefly in the pan with the same oil and pass to a casserole over medium heat, with a tbsp of sweet red pepper and the chickpeas. Stir slowly adding the spinach and a pinch of salt. Place on individual casseroles with some croutons. Serve hot.

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蜗牛

SNAILS

小记:

首先要知道的是在塞维利亚，我们把小的蜗牛叫作caracoles，大一些的我们叫作“cabrillas”。而蜗牛已经是一道广泛好评的美食，这道菜的处理手艺烹饪方法都传承了罗马时期的经典。营养丰富而且容易“上瘾”，蜗牛美味的汤汁已经是桌上不可缺少的一道菜。当好天气来临，您可以看到塞维利亚大大小小的酒吧都写着“有蜗牛”。

NOTES:

In Sevilla “caracoles” are small snails and “cabrillas” are large snails. Although the generic name in Spanish is “caracoles”. In any case, snails is an ancient culinary specialty of gastronomy, highly appreciated in roman cuisine. Nutritious, tasty and “addictive”, caracoles with the own broth-bouillon -delicious and lightly spiced- is a must everywhere in Sevilla when good weather arrives.



I制作配料 INGREDIENTS: (一大锅. A whole pot)

1千克蜗牛，2片月桂叶，1头蒜，1棵中等大小洋葱，1棵薄荷，1到2颗辣椒，盐。1小勺孜然，1把牛至，黑椒，香菜，橄榄油。

1 k caracoles (small snails), 2 bay leaves, 1 head of garlic, 1 onion, medium, some “hierbabuena”-mint, 1 or 2 chilli red peppers, to taste, salt, some cumin, some oregano, black pepper, to taste, some coriander, olive oil.

烹饪方法 ELABORATION:

让准备烹饪的蜗牛禁食至少24个小时。洗净并彻底处理干净。等没有水后涂盐（这样去除杂质）之后再彻底清洗一遍。把它们放进锅里，加水没过它们用小火加热。去掉水沫或者更换新水，加入月桂叶，蒜，洋葱（沸水烹饪一小时后取出），然后撒上细盐。用网或小的香料盒把黑椒，蒜，牛至，香菜包裹起来加入锅中用沸水煮25分钟左右后加入薄荷或辣椒，静置后取下盖子加入高汤和一些橄榄油就可以吃了，高汤可以另外配备一碗。而“cabrillas”大蜗牛，它的准备有所不同，需要和番茄，火腿丁以及一些香料所特制的酱来烹饪。

Must be left to fast for at least 24 hours. Wash and rinse thoroughly, then rubbing with some salt and without water in order to remove any impurities. Rinse thoroughly again. Put the snails in a pot, covered with water, over low heat. Go skimming and changing water, then add the bay leaves, garlic, onion (just peeled) and some salt. Remove these ingredients after more than one hour boiling and make a small cloth bag containing some cumin, coriander, oregano, black pepper and some cloves of garlic, peeled and mashed. Place the small bag in the pot with the snails and about 25 minutes after add the mint and the chilli red pepper. Let stand. Serve each tapa with some bouillon-broth and a dash of olive oil on. Serve hot. Broth can be served separately in a glass. “cabrillas” -large snails are prepared differently in a sauce with spices and dices of serrano cured ham (“jamón”)..

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每日大锅饭

RICE OF THE DAY
(MEAT AND SEAFOOD PAELLA)



小记:

每日大锅饭可能是塞维利亚最精彩的小吃。特别是在某个阳光明媚的周末或节假日坐下来品尝这金黄色美味多汁的米饭。多种多样的大锅饭已经在这片土地上家喻户晓，不同的配料不同的制作方法都是让米饭吸收了鱼、肉、海鲜和蔬菜的味道而变得与众不同。分食或者一起吃，这个小吃一般会做成“paella”海鲜饭的基本形式，口味永远都那么棒！

NOTES:

Tasty and colorful, rice of the day is certainly one of the most sought tapas, especially on sunday and holidays just before lunch or as a part of it. It is a rice dish cooked in the very popular “paella” - style whose ingredients vary by establishment. “redondo” - round rice is typically used for its ability to absorb the flavors of different ingredients such as meat, fish, seafood, greens, etc.

I制作配料 INGREDIENTS: (混合, 4人份 Mixed, 4 Servings)

400克切好的鸡肉, 250克虾, 250克蛤蜊, 150克鱿鱼 (环状或片), 1棵中等大小洋葱, 切碎, 2个中等大小番茄切小块, 2到3个洋蓍心, 2瓣蒜去皮切碎, 1棵红椒切丁, 1棵青椒切丁, 切碎的新鲜香菜, 藏红花, 1杯豌豆, 橄榄油, 400克圆米 (大约2满水杯), 水 (或者鸡鱼的高汤, 随自己喜好), 盐。 可选: 海虹, 猪肉排骨, 甜椒...

400 g chicken, into pieces, 250 g clams, 250 g prawns, 150 g calamares-squid, rings or strips, olive oil, 1 onion, medium, chopped, 1 red pepper, chopped, 1 green pepper, chopped, 2 hearts of artichoke, sliced, 1 small cup of peas, 2 tomatoes, chopped, 2 cloves of garlic, peeled, some chopped parsley, saffron, salt, 400 g round grain rice (approx. 2 full glasses of water), meat or fish bouillon. Optional: mussels, pork ribs, pimentón-red pepper paprika

烹饪方法 ELABORATION:

剥虾, 将去除的虾壳和虾头用水煮, 备用。清洗干净蛤蜊, 用水煮开。保留煮好的汤汁并切好鱿鱼。在大平底锅里面加橄榄油用中火加热, 将鸡肉炸焦黄, 爆香洋葱加入鱿鱼, 辣椒, 番茄, 切好的洋蓍片。都爆香好之后, 倒入煮蛤蜊和虾的汤和大米, 炒拌。计算里面的汤的量 (至少是米饭的两倍) 如果需要的话加水或者鱼肉鸡肉的热高汤, 以及豌豆, 蒜, 香菜, 盐和藏红花粉末 (溶于温水中)。煮到饭到达七八成熟后, 搁置一会放上蛤蜊和虾即可。

Peel the prawns, set aside, boil the shells and reserve the bouillon. Wash the clams and boil till open. Reserve clams and bouillon separately. Pour some olive oil in a paella pan and brown the chicken over medium heat. Saute the onion and add the squid, peppers, tomatoes and artichokes. Lightly fry, use a wooden spoon. Pour the bouillon (clams and prawns) add the rice and saute. Liquid (ot chicken or fish broth) must be twice the volume of rice. Add peas, mashed garlic, parsley, salt and saffron, previously thinned in warm water. Cooking until rice is ready, placing all over, some minutes before, the peeled prawns and the clams. Let stand a little and serve.

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火腿

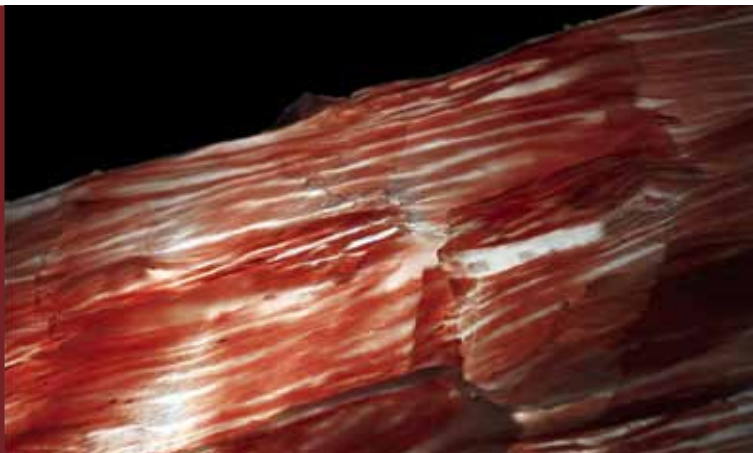
IBERIAN CURED HAM

小记

这是在国际家喻户晓的美食，也是真正的西班牙安达卢西亚塞维利亚的美食（塞维利亚拥有一流的产区）。利比亚猪是一个专门制作火腿的品种，是一种奢侈享用的“美食”。无论是高贵的品质、气味的质地和清晰的口味都可以表现出它高含量油酸、不饱和脂肪不影响体内胆固醇、盐含量低、利比亚猪以橡树籽或饲料为食，国内有广泛的牧场作为其栖息地。而火腿里最好的是“利比亚纯橡料”，有很多品质非常出色：iberico de cebo, de recebo, serrano (山地气候，冷而干燥) de bodega, reserva, gran reserva. 这些不同的名字都源于火腿质量的保证。

NOTES:

A Jamón-iberian cured ham is a true gourmet luxury, an exceptional and unique product, internationally recognized as a flagship of the best gastronomy in Europe. The province of Seville has its own production area. Iberian cured ham is renowned for its highest quality and unmistakable texture, aroma and taste. Not to mention that the Jamón has heart-healthy properties, scientifically tested. The best is the pure Iberian acorn ham, although there is a wide range of different Jamón with outstanding quality. Denomination of origin guarantee the purity and the quality of every type of Jamón.



I制作配料 INGREDIENTS:

只有火腿

Jamón-iberian cured ham only.

烹饪方法 ELABORATION:

火腿的后腿肉由火腿专用的短而薄的雕刀切片，沿着水平方向切开以达到最少的脂肪含量（可品尝到的一样）。火腿的不同位置可以提取出高质量和风味的粗质肉与腌肥肉，骨头也可以烹饪高汤。一小盘火腿通常含有5到7片，一般单独装盘并搭配“picos”小面包棒或者其他小面包一起吃。

Slicing a jamón-hind leg cut is considered almost an art, anyway you can find excellent professionals in the establishments of Seville. Place the “jamón” in a ham holder and cut with a “cuchillo jamonero” - special ham knife, (long, narrow, flexible and very sharp blade) fine slices or flakes, almost transparent, medium size, including some delicious “tocino” - fat. Generally a single tapa comprises five to seven slices or flakes. Jamón is served alone, not to disguise such an extraordinary taste, just some “picos” - small bread sticks.

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烧牛尾

BULL TAIL STEW

小记:

这道菜的历史可以追溯到罗马时期，这是安达卢西亚最流行的炖菜。美味而又简易，用慢火长时间烹饪，让凝胶状的公牛尾变的越来越浓稠，锁住香辣和美酒的味道。托塞维利亚的福，让牛尾成为了用美酒烹饪最好的肉质。

NOTES:

Dating back to Roman times, this popular stew is currently one of the most typical Andalusian stews. Very tasty, the preparation is quite simple. With a slow and prolonged traditional way of cooking, low heat, this special meat, true bull, ox or cow tail is used, and the sauce -thick and lightly spiced- together with the deep aroma of a chosen wine gives an excellent culinary specialty, a true delicacy absolutely succulent. Of course, you can speed it up using pressure cooker.



烹饪配料 INGREDIENTS: (4 人份), Servings-4)

1.5 千克牛尾，切碎，1 个大洋葱，胡萝卜 3 根，1 个红辣椒，2 瓣大蒜，黑胡椒 6 或 7 粒，1 杯半红酒，月桂，橄榄油，盐，½ 升肉高汤，胡椒粉，面粉，4 棵丁香，½ 韭菜（可选）。

1.5 kg bull tail, chopped, 1 large sweet onion, 3 carrots, sliced, 1 red pepper, 2 cloves of garlic, just peeled, 6 to 7 grains of black pepper, 1 cup and a half red wine (or a full bodied Montilla, Sherry...), 2 bay leaf, olive oil, salt, half a liter of beef broth (or water, to taste), ground pepper, flour, 4 cloves, half a leek (optional).

烹饪方法 ELABORATION:

用盐和面粉腌制的牛尾肉，用平底锅放橄榄油煎至褐色，搁置一旁。洋葱切丝，胡萝卜切片，切韭菜。用煎牛尾的油炒制，炒好之后加上月桂和丁香，把所有料都加入锅中，加入肉汤，红酒，盖上盖子，温火烹饪 3 个小时。添加更过肉汤和水烧至骨肉分离。配上熟土豆和酱汁，实在是美味绝伦。

Season and slightly flour the pieces of meat, lightly brown them in a pan with olive oil. Set aside. Chop the onion into julienne short strips together with the sliced carrots, the garlic and the leek (optional). Braise it all in the same oil of the meat, low heat. When properly done, add the laurel and the cloves and pass it all to a casserole and place the meat. Covering with broth and the wine. Cover the casserole and cooking for about 3 hours, low heat. Add more broth -or just water- if dried. Cooking until the meat can be separated from the bone. Vegetables can be crushed to thicken the sauce. Serve with the sauce over and place some fried or boiled potatoes.

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“帕维亚” 鳕鱼

CODFISH “PAVIA”



小记:

塞维利亚一个吃鱼的传统，油炸或者裹面糊油炸。而我们的帕维亚鳕鱼也是厨房里厨师精湛技艺的证明。简单又好吃的帕维亚鳕鱼，外壳金黄，外酥内嫩真是美味诱人。

NOTES:

Seville has a great and long tradition in fish, especially fried or battered fish, often marinated specialties. Tasty and popular “pavía” of battered cod is a proof of the expertise of our chefs in that sense. The pavías can be of hake too, however battered cod is the most traditional recipe. A very simple and exquisite way of preparing cod with a crispy and light golden wrapper.

I制作配料 INGREDIENTS: (4 人份 . Servings-4)

600克鳕鱼，脱盐，去皮，切碎，加入150毫升橄榄油，200克面粉，150毫升冰啤酒，一些藏红花粉着色，三个鸡蛋，四瓣大蒜切碎，盐，黑胡椒粉，打泡粉少许，葵花籽油，切碎的香菜，一小杯柠檬汁。

600 grs desalted cod, skinned, into strips, 150 ml olive oil, 200 grs flour, 150 ml lager beer, very cold, a pinch of saffron or food coloring, 3 eggs, 4 cloves of garlic, finely chopped, salt, ground black pepper, a pinch of baking powder, oil for frying (sunflower oil), a small cup of chopped parsley, a little glass of lemon juice.

烹饪方法 ELABORATION:

浸泡鳕鱼24小时，换水数次，切成15英寸长，5英寸宽的条状。碗里加橄榄油，柠檬，香菜，大蒜，胡椒腌制鱼肉。在另一个碗里加入鸡蛋，面粉，盐，啤酒，藏红花粉（少许稀释后上色），拌打面糊不至太稀或太稠，将面糊包裹好鳕鱼后，放入烧热的葵花籽油里至金黄起泡，用纸吸干油，配上一些面包，生菜番茄，一点蛋黄酱，大蒜酱。

Cod soaking for about 24 hours, changing the water several times. Note that once cooked the “pavía” is about 15 cms long and 5 cms width. Marinate the strips of cod for two hours in a bowl with lemon juice, olive oil, parsley, garlic and black pepper to taste. In another bowl prepare the batter with the eggs, flour, salt, beer and saffron (previously thinned in a little warm water) or coloring. Beating the dough batter till not too thick or too watery. Well batter the cod strips and frying in hot oil giving an elongated shape with a slooted spoon or similar. Drain on kitchen paper and serve with some “pícos” -small sticks of bread and -as a suggestion- some tomato wedges and lettuce salad, or a little mayonnaise or “alioli” -garlic and oil dressing at one end of the tapa.

鳕鱼的特性 COD SPECIALTIES

鳕鱼除了品质在于质地，变化不定的烹饪和风味，鳕鱼具有很高的营养价值。可以风干和腌渍更利于运输和储存。几个世纪以来，鳕鱼极大的代替了肉的消费。尤其是像我们这样气候差异大，因此十分苦难保存和运输易腐食品。在遥远的海域我们国家的渔船总是最先捕捉鳕鱼。在塞维利亚的厨房和餐厅里盛产许多伟大的特色菜。鳕鱼西红柿，鹰嘴豆炖菠菜或者甜菜，炸虾或者炸对虾，可口的“帕维亚”，特制沙拉配橙油，土豆饼，油炸丸子等等...我们必须提到，鳕鱼是塞维利亚厨房“四月大斋期”主要明星（复活节守夜期间，宗教禁肉欲（尽管它不在强制执行）。还有其他不是鳕鱼的美食，例如油炸面包，甜食骨圣翻卷酿蛋黄，美味的鹰嘴豆炖菠菜还有大量美味美食数不胜数。

Cod has a high quality in terms of texture, flavor and culinary versatility as well as a high nutritional value. Dry and salty, transportation and storage is relatively easy, so, cod has been for centuries an excellent alternative to meat. Fishermen in our country are among the first and best -historically- in cod fishing, and Sevillian cookery and gastronomy has accumulated a wide variety of splendid specialties, such as cod with tomato sauce, ‘tortillitas’, fried, battered (as tasty ‘pavía’), stews with chickpeas, prawns, chard, spinach, salads, dressings, etc. Cod is one of the major figures in the Sevillian ‘Cuisine of Lent’, period in which abstinence from meat is generally practiced (although it is no longer mandatory at all) with superb specialties like the aforementioned and also without cod: ‘torrijas’, ‘pestiños’, ‘huesos de Santo’ (sweets, among many other), spinach and chickpeas...

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炸腌鱼

“ADOBO” FRIED
MARINATED DOGFISH



小记:

有几种不同类型的“ADOBO”炸腌鱼，角鲨、鲛鱼、鲔鱼、凤尾鱼、鲨鱼...其中角鲨需求量非常大，是一个塞维利亚真正的特产，美味可口非常适合夏天晴天品食。

NOTES:

Sevillian cuisine has many different types of 'adobo' fish dressing or marinade: dogfish, fresh anchovies, smooth dogfish, dace, shad, mackerel shark... Although there is one of a great popularity and demand, fried marinated dogfish. A genuine local specialty always flavoured and appetizing, in the tradition and taste of Seville for the fish fry, always prepared by skillful hands. "Adobo" is a light and festive tapa, very suitable for summer period or just sunny days.

制作配料 INGREDIENTS: (7 - 10 小份: 7 to 10 Tapas)

1千克角鲨，切小块，1杯雪莉酒醋，2瓣大蒜，1茶勺辣椒粉，1茶勺牛至，1茶勺孜然，少许盐，面粉，橄榄油。

1 k dogfish, very chopped, 1 glass sherry vinegar, 2 cloves of garlic, peeled, 1 tsp ground red pepper - paprika, 1 tsp oregano, 1 tsp cumin, a pinch of salt, flour to fry, olive oil.

烹任方法 ELABORATION:

在一个碗将大蒜，辣椒，牛至，孜然和盐捣碎搅匀，加入醋，在一个大碗里加入这些料，加一些水，加入角鲨肉腌制12小时以上。沥干后裹上面粉，在平底锅里煎制，配上酸豆，橄榄，尖面包热食即可。

In a bowl or a similar, mix and mash garlic, paprika, cumin, oregano and salt and pour into a large bowl with vinegar (adding little water for a less pronounced taste, if desired). Put the pieces of dogfish and marinate for at least 12 hours covered with plastic wrap in the fridge. Drain well, flour and fry in a pan with olive oil. Draining the oil on kitchen towels and serve hot. Garnish with some capers or olives and "picos" short sticks of bread.

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MENUDO SEVILLANO

DISHES TO EAT WITH A SPOON
TRIPE AND CHICKPEAS



小记:

也被直接叫作“牛肚”，欧洲自古以来就有不同的做法，唯有塞维利亚的口味最为浑厚，口味丝滑，营养丰富，非常适合寒冷的日子里吃，是一个非常传统的家庭菜。

NOTES:

Also called “callos”, usually pork or beef. This is a highly appreciated specialty all around the world, in Europe is a quite common dish since Antiquity. Although, traditional Sevillian recipe has unanimous appreciation. Succulent and forceful, most suitable for cold days with a cup of red wine, “menudo” is for many like the first course of a traditional family lunch.

II制作配料 INGREDIENTS: (6 人份. Servings-6)

½ kg的猪肚或者牛肚, ½ kg的鷹嘴豆, 一个中等大小的香肠, 最好是火腿, 100到150克的火腿培根, 切片, 去皮香加1个, 1个红辣椒, 2个月桂叶, 1棵薄荷, 1头蒜, 2棵辣椒, 孜然1撮, 1勺甜椒, 盐或黑椒, 半杯橄榄油 (可选), 一杯白葡萄酒 (可选)。

½ k tripe, already cut and washed, pork or beef; ½ k chickpeas (usual but optional, to taste), 1 “chorizo” - spicy red sausage or two small chorizos - “serrano” type preferably, 150 gr “tocino de jamón” - cured ham fat (streaky), into pieces, 1 tomato, peeled, 1 red pepper, 2 bay leaves, 1 sprig of “hierbabuena” spearmint, 1 head of garlic, 2 “guindillas” - chilli pepper, a pinch of cumin, 1 tbsp ground red pepper, sweet, salt / ground black pepper, ½ cup olive oil (optional), 1 small cup of white wine (optional)

烹任方法 ELABORATION:

将切好洗净的肚子用沸水煮, 加盐和醋煮半小时后取出, 排水, 放入大锅, 加入鷹嘴豆 (洗净浸泡整晚)。加入培根火腿, 辣椒, 粉碎大蒜, 洋葱, 西红柿, 青椒孜然, 加入橄榄油和盐, 加水, 煮一会加入黑胡椒, 甜椒。小火炖制, 盖上锅盖, 一个多小时搅拌盛出, 配上薄荷叶, 和面包一起吃, 堪称完美。

Boiling the Tripe, already cut and washed, in water, salt and vinegar for 30 minutes. Take it out, drain and put it in a large pot with the chickpeas (previously soaked through the night). Add the “tocino” - cured ham fat, the “chorizo” - spicy sausage into thick slices and the “guindillas” - chilli pepper. Mash the garlic, onion, tomato and red pepper with the cumin and put it into the pot with little oil and salt. Cover it all with water and cooking for a while, just to thicken, slowly, together with little black pepper and ground red pepper. Then, cover the pot and, low heat for more than an hour, stirring the pot to prevent sticking. Sauce must be thick. Place the spearmint sprig on and let stand. Serve each Tapa with some white bread next. Sevillian “bollo” bread goes perfectly.

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面包夹肉

“PRINGÁ”

小记:

是塞维利亚小吃中最奇妙多肉的的了。这来自家庭的传统以及这片土地上最为盛大的烹饪,当然这也有非常多的做法,通常习惯第二道菜是肉汤鹰嘴豆和一些蔬菜,第二道菜简单的切碎后来在小面包片里吃。

NOTES:

“Pringá” is one of the most peculiar and tasty tapas in Sevilla, comes from a family custom, very traditional and related to well known “cocido” (or “puchero”), vegetables and meat stewed with chickpeas. The usual rule is first serve the broth and the chickpeas with the vegetables and then the different meats and sausages which can be -informally- eaten without cutlery but helping with chunks of bread, that is to say “pringar” (to dip, bate or mash) and the popular word “pringá”. As a very successful tapa, the “pringá” is commonly served as a “montadito” hot small sandwich.



1. 制作配料 INGREDIENTS: (6 人份. Servings-6)

½ 千克鹰嘴豆, 浸泡沥干, 150克南瓜, ¼ 培根, 150克胡萝卜, 绿豆100克, 2根香肠 (利比里亚), 2小根血肠, ¼ 千克猪里脊肉, 2个中等大小土豆, 洗净切片, 盐。可选配料: 蕨菜, 鸡胸肉, 红辣椒, 芹菜, 薊, 甜菜, 萝卜等。

½ k chickpeas (already soaked), 150 grs pumpkin, ¼ k “tocino” -cured ham fat, fresh or aged-. to taste, 150 grs carrots, 100 grs green beans, 2 small “chorizo” -spicy red sausage-, 2 small “morcilla serrana” -blood sausage-, serrano quality, ¼ k pork meat, loin or head, 2 medium potatoes, washed and into pieces, salt. Optional ingredients: chicken breast fillet, ground paprika, celery, turnip, etc.

烹饪方法 ELABORATION:

把所有配料, 除了猪肉, 香肠土豆之外洗净切好, 在锅里加水 and 盐盖上盖子, 约一小时后, 待菜变软之后, 最后加入切片的香肠和血肠以及土豆 (以及其他配菜)。

Place all ingredients, except the potatoes and sausages, already clean and sliced, in a covered pot with water and salt, over medium heat, for about an hour and go checking for doneness. When vegetables are tender add the sliced chorizo and morcilla sausages and the potatoes and continue cooking. Of course, eating the tasty “cocido” and mash the meat, sausages and tocino-fat in order to prepare each tapa of “pringá” by filling a small piece of bread. Serve hot.

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小记 NOTES:

依照传统，历史及地理位置，塞维利亚是名符其实的内陆港口，因此塞维利亚的海产品总是享有誉名。尤其是著名小吃烤鱿鱼，其名暗示着这种简单天然的烹饪方式来制作这美味的小鱿鱼，配上简单的沙拉，真是美味爽口。

By history and location, Seville is practically a seaport and locals are by tradition very fond of fish and seafood. So this greatly appreciated tapa is a very good example. "Chipirón" is a type of really tasty small squid and when done "a la plancha" means simply done on a griddle, with just a little olive oil, some chopped garlic and fresh parsley. Usually served with a small fresh salad.

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面包加肉

"SERRANITO"

小记 NOTES:

塞维利亚有千种小吃营养丰富，内容充实，比如这个好像“bocadillo”西班牙式三明治的快餐，牛排猪排，或者鸡肉，火腿切片，将新鲜的西红柿和烤青椒切片。因为其美味和成功而被称赞。

Sevilla features so many traditional alternatives to fast food such as this special tapa, for it's a "bocadillo", so a piece of bread (or slices of bread) with a really suggestive filling. Roasted chicken or pork fillet, one or two slices of Jamón serrano-cured ham, fresh tomato slices and roasted green pepper. Appetizing and nutritious.

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虾 (水煮或者大蒜香)

PRAWNS



小记 NOTES:

在塞维利亚，没人可以抗拒虾的味道，因为海鲜无论如何都是更为美味鲜香和流行的。以前作为一种奢侈品，而现在被广泛食用，其品质与口感都由产地决定（安达卢西亚海岸有许多珍奇的美味，比如韦耳瓦白虾，阿尔梅里亚，加鲁查等城市的红虾），可以用沸水和盐做水煮虾，或者用橄榄油，大蒜，辣椒来做大蒜香虾，用陶碗装盛着仍然沸腾的鲜香的虾肉品尝。配上冰镇的啤酒，堪称绝配。

In Seville is hard to resist this tasty crustacean, possibly the most popular seafood. Quality is determined by the origin -Andalusian coast treasure superb prawn varieties, such as the exquisite gamba blanca (white prawn) of Huelva or the gamba roja (red prawn) of Almería-, freshness and processing. Just cooked in salted water at exact point or well known "gambas al ajillo" (garlic prawns) made in olive oil with garlic and "guindilla" chilli pepper, served as still boiling in a small earthenware casserole. Gambas are always appetizing pairing with a nice dry or semi dry white wine, very cold, or an ice cold beer.

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油炸丸子

CROQUETTES



小记 NOTES:

正如塞维利亚小吃在世界上的与众不同之处，炸丸子必然是细致烹饪的代表之作。传统而美味，好像“pringá”一般的炖肉，精致的可口的菠菜，葡萄干与松子，酥烂的牛肉，用家常配料制作的这道创新家常小吃，定然是塞维利亚美食一个特殊的看点。

Among the specialties of the sevillian cuisine of tapas often croquettes mean a certain culinary level. Traditional and always tasty as well as imaginative and really gourmet, such as the bull's tail croquettes or the croquettes with a filling of raisin, spinach, and pine nuts.

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蔬菜冷汤

"GAZPACHO"
COLD VEGETABLE SOUP



小记 NOTES:

别出心裁的创意，简单，营养丰富，清凉的口感很受欢迎，历史悠久的冷汤，用碗或杯子饮用，是无可争议的安达卢西亚佳品。主要是因为其口味爽口，便于准备，由番茄，大蒜，面包屑浸泡，橄榄油和醋，盐以及水烹饪即可。这种质地的美味自得消费者喜爱。水份含量高，维他命丰富，是天然的饮品。无论添加任何自己喜欢的配料都可以，冷食。

Creative simplicity, highly nutritious and refreshing, so are the powers of this historic cold vegetable soup. One of the best known references of Sevillian gastronomy. Basically good red tomatoes, garlic, soaked bread crumbs, olive oil, wine vinegar, salt and water. All it raw, crushed or in a blender and then strained, almost a creamy emulsion or more liquid. To taste. Gazpacho is isotonic and provides plenty of vitamins and minerals plus a delicious natural and exquisite flavor.

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鹌鹑

QUAIL

小记 NOTES:

鹌鹑，虽然个头小，但却是一道美食的存在。这种鸟类肉质精致，质感细腻，钠含量低以及高品质的蛋白质。适宜任何不同风格的烹饪，腌制油炸，配上鲜香的自然和雪莉酒，传统的腌制方式，炖或者配上不同口味的调味汁，炸丸子或者肉饼，一些香草，这样的鹌鹑美味从不会令人失望。

Quail thighs or breast is always a gastronomic presence of a certain relevance. The meat is fine, delicate and flavourful, perfectly suited to many different styles of tapa. Fried marinated, pickled, braised...

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DULCES SWEETS

修道院甜品

CONVENT SWEETS



小记 NOTES:

修道院的甜品，毫无疑问，是塞维利亚传统甜品。这些地道的“天空的糖果”，正是塞维利亚清晰，细腻没有工业设备的味道。这熟悉而又梦幻的口味正像那塞维利亚宗教的感觉。制作这些甜点的修道院对于塞维利亚这样一个宗教城市来说意义非凡。“Ora et labora”，祈祷和工作，为座右铭，因为卖甜品所收的经济来源，都用来修道院的自给和生计。圣诞节前找一块地方，在修道院或皇宫展示塞维利亚的甜品，蛋黄杏仁，苹果酒甜饺，蛋黄甜食等众多美味。这些修道院甜品不仅在修道院可以买到，在一些甜品店也有售。

Seville convent sweets is one of the most beloved traditional treasures. These delicious “bites of heaven” absolutely hand-made meant the continued existence of exquisite flavors. This very special tradition also has a meaning as it is linked, in some way, to the particular sense of religiosity in this city in which there is a significant amount of splendid convents where the nuns make these sweets. “Ora et labora”, pray and work, is the motto, so the economic benefits of selling ‘dulces’ go to the care of the own convent and the subsistence of the communities. Just before Christmas takes place a splendid ‘muestra’ - show with the ‘dulces’ of the Convents of Seville and the province. Almond yolks, cider dumplings, ‘tocino de cielo’ custard dessert... And many other delicious specialties. The ‘dulces de convento’ can also be purchased in the convents themselves and in many patisseries.

在销售糖果在塞维利亚修道院的旅游办公地点和时间信息。旅游局。
(Oficina de Turismo, Plaza del Triunfo, 1. tel.: 954 210 005)

DULCES SWEETS

TORRIJAS 和 PESTIÑOS

“TORRIJAS” AND “PESTIÑOS”



小记 NOTES:

由塞维利亚修道院的糕点和甜点师傅所制，这是2种非常传统而又古老的“煎果盘”，安达卢西亚时期作为犹太和阿拉伯甜品在塞维利亚流行。伴随着丰富的西班牙甜品出现，这两种甜品经过基督教时期，到今天成为了塞维利亚四旬期和圣周最具代表性的甜点。TORRIJAS基本上由一片面包浸泡在牛奶和葡萄酒或烈性酒，蜂蜜和肉桂香料，鸡蛋拌打和油炸制成。它是以能量价值称为“产妇的面包片”的赛法迪美食，PESTIÑOS也是圣诞节时期的特色，面饼折叠，配上蜂蜜芝麻，油炸制成。

Both ‘torrijas’ - special type of french toast and ‘pestiños’ - honey coated fritter are very traditional sweets of a great popularity in Seville as a part of the culinary heritage since the middle age. In fact, both specialties come directly from traditional sephardic cookbook of Jewish Easter, and are considered as most popular sweets for Christian Lent and Easter-Holy Week. Basically, ‘torrijas’ is a slice of bread soaked in milk and little wine or liquor, with honey and spices as cinnamon, eggs battered and then slightly fried in olive oil. ‘Pestiño’ -also very popular in Christmas period- is a thin sheet of dough with honey and sesame and deep fried in olive oil.

塞维利亚早餐

SEVILLE BREAKFAST



小记 NOTES:

营养丰富品种多样的早餐是塞维利亚美食不可或缺的部分。除此之外，高质量的产品，有助于建立一个健康正确的饮食习惯。牛奶咖啡和“土司”（或者油条配咖啡巧克力），一些橄榄油在面包上涂抹大蒜，烤面包火腿，天然番茄汁，鲜榨橙汁，待面包烤焦黄，配猪排，肉酱，香辣肠，随每个人的喜好。糕点和糖果也是经常食用的。需要说的是这些健康的塞维利亚手工食品，总是在酒吧要满足顾客快速而个性化的要求。

Versatile, nutritious and varied, Sevillian breakfast is part of genuine local gastronomy, combining a relative lightness with the consistency and high quality products needed for proper nutrition. From classic coffee with milk, fresh orange juice, and “tostá” (tostada, toast of variety of breads) with superb olive oil and, at will, garlic rubbed onto the bread, Jamón Serrano, sliced or rubbed tomato... to toast with “manteca colorá” red colored fat, cold cuts, paté, “sobrassada” red paste of raw cured sausage, etc. Not to mention the popular “churros” with coffee or chocolate. Pastries and sweets are also common, specially the Sevillian “Tortas de Aceite” anise olive oil flatbreads. Breakfast can be usually served until late in the morning, always properly served by diligent service.

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获奖者在竞争中的第2版”Tapas”

Sevilla como cuna de la tapa, celebra anualmente un concurso gastronómico en la capital y provincia organizado por la Asociación de Empresarios de Hostelería de Sevilla, con el objetivo de poner en valor esta tradición gastronómica y fomentar el reconocimiento de la vinculación de la tapa con nuestros hábitos culinarios y nuestro tiempo de ocio y disfrute.

The city of Seville, being the birthplace and cradle of the Tapa held every year a Gastronomy Competition organized by the ‘Seville Restaurant Business Association’ in order to give value to this gastronomy tradition, encouraging recognition of the link between the Tapa and our culinary customs and our leisure time. These are the winners of the second edition.

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近乎被遗忘的TAPA小吃

ALMOST FORGOTTEN SPECIALTIES

“弗拉门戈”鸡蛋

EGGS “A LA FLAMENCA”



小记:

时间与新口味，习俗与产品，有些小菜几乎被人遗忘，而这美味的弗拉门戈蛋，仍然是一个美味开胃的菜，简单明快，色彩诱人，满足不同人的口味。

NOTES:

This very Sevillian specialty is one of the most cherished references of our culinary memory for it is cheerful tapa, colorful and full of traditional flavor. Although currently such succulent specialties are not very requested and often almost forgotten.

烹饪配料 (2 人份):

4个新鲜鸡蛋，一人两个或者备至一整盘，一百克豌豆，煮半熟，1棵红椒，1瓣蒜，1个切碎的洋葱或非菜，1个中等大小的土豆，2片好火腿，5.6片香肠，200克番茄酱，橄榄油，盐/黑白胡椒可选，随喜好：四季豆，芦笋，春蒜...

2 fresh eggs, about 100 grs peas, lightly cooked, 1 sweet red pepper, strips of, 1 clove of garlic, chopped, 1 small onion or chives, chopped, 1 medium potato, 2 nice slices of serrano cured ham-“Jamón”, 5 or six slices of “chorizo” red sausage, 200 grs tomato sauce, home-made or canned, olive oil, salt, black and white ground pepper, optional, to taste: string beans, green asparagus, spring garlic...

烹饪方法 ELABORATION:

将土豆去皮切片，在盛有橄榄油的铁锅里炸软，备用。在陶皿中炒洋葱和大蒜，加入豌豆，撒盐和胡椒。超香后加入番茄。在这里可以添加任何喜欢的配料，慢火爆香两分钟之后，将切好的小土豆片，香肠和火腿片，裂纹蛋放在上面，撒上少许橄榄油，放入烤箱，200度烤制4.5分钟，分割热食。

Peel and slice the potato, lightly fry in a pan with olive oil. Set aside. Poach the onion and the garlic in an earthenware casserole, add the peas, salt and pepper and lightly fry, pour the tomato sauce. Now you can add some of the optional ingredients. Saute for about 3 minutes, low heat. Place small slices of potato, the slices of “chorizo” and the slices of “Jamón Serrano”, breaking the eggs on and sprinkle with a dash of olive oil. Put the earthenware casserole in the oven, 4 or 5 minutes, about 180/200° C. Do the portions on two small clay casseroles. Serve hot.

近乎被遗忘的TAPA小吃

ALMOST FORGOTTEN SPECIALTIES

甜粥

POLEÁS” PORRIDGE



制作配料 (4 人份):

100克面粉，3杯牛奶，4勺糖，1勺大料，½小杯茴香酒，柠檬切片，橄榄油，桂皮，肉桂，立方炸面包

100 grs wheat flour, 3 glasses of milk, 4 tbsp sugar, 1 tbsp aniseed, half a little glass of anisette liquor (optional), some lemon zest, olive oil, 1 cinnamon stick, ground cinnamon, few dices of fried bread.

烹饪方法 ELABORATION:

100克面粉，3杯牛奶，4勺糖，1勺大料，½小杯茴香酒，柠檬切片，橄榄油，桂皮，肉桂，立方炸面包

Frying the cinnamon stick, soft and briefly, in a large pan with some olive oil, chopped. Then strain to avoid bits of the stick. Add the sugar, aniseed, lemon zest and pour the anisette. Stir well with a wooden spoon and gradually add the flour and the milk, stirring constantly until perfectly blended and curdled. Pour into individual bowls and let it cool for a while until tepid. Sprinkle each serving with ground cinnamon and place the fried bread croutons.

小记:

源自农家祖辈。流行多样的甜“粥”，用勺品尝，牛奶和香料的香醇之味回味无穷。而“poleás”和“espoleás”以其细腻的味道，如今其口味多样，已经被大家遗忘了它最本真的口味，难以满足多样的口味的今天，它仍然是美味的甜品。

NOTES:

Poleás is a kind of porridge of wheat flour. Peasant and ancestral origin, closely related with roman times porridge. The multiple versions of the poleás have always a high nutritional value based on simple ingredients with traditional flavors such as milk, wheat, cinnamon, lemon zest... This special kind of porridge is no longer a very popular tapa but can be a delicious dessert.

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BODEGUITA VIRGEN DE LOS REYES

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