

FRUITS AND VEGETABLES

From our land, farmlands and orchards.

·In Galicia there are a lot of people that produce their own fruits and vegetables in their orchards but some people don't and purchase some of this fruits like oranges , grapes and apples ; and vegetables like peas , peppers and potatoes .The people of the orchards produce and eat this too.



Fresh & Organic Food Market

José Manuel and
Alexandre

GASTRONOMY
PROJECT

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# MEAT

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From our farms.

·In Galicia there are a lot of people that eats meat because is very healthy, the types of meat that people eat most are chicken , rabbit and spicy pork sausage .





3.LOCAL FISH AND SEA FOOD

- In Galicia there are some of the best estuaries in Spain, in terms of fish and seafood. Some of these are: mackerel, sea bream, "abadejos" mussels, spider crabs and clams.

OTHER PRODUCTS :



·In Galicia the canning industry is very important for the economy.

Juan Goday Gual was the first to build a modern canning factory in Galicia, he did it in 1879 on land near his salting factory, becoming one of the pioneers in the canning sector of Galicia. The Galician canning industry continued to grow rapidly, mainly due to the disappearance of the sardine from the French coasts, this attracted French businessmen to the Galician coasts to obtain the raw material to elaborate their preserves that later were transported and commercialized in France with French brand.



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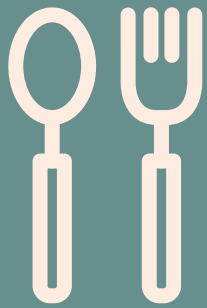
A RECIPE OF A TUNA PASTY

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·INGREDIENTS :

- Onion..... 250g
- Garlic cloves..... 2
- Natural chopped tomato... 200g
- Preserved tuna..... 300g
- Boiled eggs..... 3
- Wheat flour..... 450g
- Teaspoons sweet..... 2
paprika
- Teaspoons of chemical.... 1
yeast

- Olive oil..... 100ml
- White wine..... 75ml
- Water..... 75ml
- Shaked eggs to paint..... 1
- Salt



·RECIPE :

-We start by chopping the onion, the garlic and the pepper and sauté them over medium heat, until they are transparent. Add the tomato, salt and sugar, and poach over medium heat, about 10 minutes, until it thickens to mix. Pour into a bowl with the tuna crumbled and the eggs chopped. We remove and reserve while we make the dough.

-Mix the dry ingredients: flour, paprika, yeast and salt. Add the liquids: oil, wine and water, and mix until the dough is amalgamated. Let it rest for a while covered with a cloth, while the filling is finished cooling. The dough will not grow. We preheat the oven to 200°C.



-Divide the dough into two parts and stretch them thinly. We line a baking tray with one of them, spread the filling over and cover with the other half of dough. Seal the edges, puncture with a fork, make a small "chimney" and finally, paint with beaten egg. We bake about 45 minutes.

