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Barcelona

A LIVE, VIRTUAL TOUR TO  
BARCELONA, SPAIN

# Famous Foods

## PAELLA

This iconic rice and seafood dish actually originates in Valencia and was originally made with beans and meat instead of fish and shellfish. Today paella is served for all important celebrations and family occasions.

## La BOMBA (the bomb)

One of Barcelona's most iconic tapas dishes. It's a tennis ball-sized potato croquette with two different sauces: white garlic aioli - representing the string fuse that the anarchists would light before launching their grenades, and a rich and spicy red sauce that represents the bombs' explosive qualities

## PA AMB TOMÀQUET

The calçot is a type of green onion native to the region of Catalonia. They are harvested at the end of winter and locals celebrate their arrival with wild street barbecues. These sweet onions (and all sorts of meats) are grilled to enjoy with homemade romesco sauce, a Catalan salsa of hazelnuts, almonds, and red peppers.

# Mix Your Own

## CAVA SANGRIA (FOR PARTIES)

### INGREDIENTS:

- 1 bottle of brut cava
- 1 $\frac{2}{3}$  cups freshly squeezed orange juice
- $\frac{1}{2}$  cup freshly squeezed lemon juice
- Orange liqueur to taste
- Fruit garnish-strawberries, oranges, apples
- Ice
- 2 tablespoons sugar (optional)

### DIRECTIONS:

1. Put all ingredients in the refrigerator
2. In a glass pitcher, mix juices and liqueur.
3. Add sugar if you prefer a sweeter drink.
4. Peel and chop fruit, add it to the pitcher.
5. Slowly pour cava over mixture in pitcher.
6. Serve over ice.

# Famous Drinks

## CAVA

Cava is arguably Barcelona's most popular drink. The vast majority of the sparkling wine is produced in the Penedès region of Catalonia, which means prices are very reasonable and it can be ordered by the glass.

## CERVEZA (BEER)

Beer is an extremely popular choice among locals and they take pleasure in sitting on a terrace and enjoying a cold glass of beer with lunch or as an after work drink. The most popular beers include Estrella Damm, Estrella Galicia, Cruzcampo and of course Moritz, arguably Barcelona's most famous beer.

## ORXATA

Orxata is a refreshing soft drink that originates from Valencia and is enjoyed throughout Spain. It is made from a mixture of tiger nuts, water, and sugar and served over ice. It is light and thirst-quenching. The drink is inexpensive and you will find it most cafés around the city.

# Barcelona

## THE CITY

Barcelona is a city on the north east coast of Spain. It is the capital and largest city in the autonomous community of Catalonia. From the Romans to the modern era, passing on to the Catholic kings, the city of Barcelona has been a place where social and artistic vanguardism have left their mark and has made this city one of the most visited worldwide. Many stories are concentrated in one of its most important points: the Gothic Quarter.

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# Make Your Own

## Bacalao a la Llauna (salt cod)

### Ingredients:

- 1 pound of thick salt cod fillets, soaked 24 hrs
- 4-5 cloves of garlic, 2 sliced thin, 3 chopped
- White wine
- Sweet Spanish paprika
- Flour
- Extra virgin olive oil; Parsley

### Directions:

1. After soaking -dry filets - pat with towel.
2. Coat filets in flour, brown in 1/2 inch of oil over medium heat.
3. Remove cod from pan, place in glass baking dish
4. Brown sliced garlic in oil from cod. When it starts to brown, add paprika, then add a generous pour of white wine.
5. Allow garlic, paprika, and wine to boil for a few minutes as the alcohol evaporates.
6. Pour the mixture over the bacalao.
7. Chop parsley and remaining garlic cloves and sprinkle over the bacalao.
8. Bake at 350° F for about 15 minutes.

## THE TOUR

Our tour will begin just outside the Gothic Quarter. Along the way we will visit the most important square of Catalunya; we will know what Romans, Muslims, writers, politicians and even dragons have to do with the current Catalan culture. Guarded with gargoyles, we will pass through Sant Felip Neri, a hidden gem built on a Gothic cemetery and whose history you can never forget. Our guide will help you avoid a curse - at the stunning neo-Gothic bridge known locally as the 'Pont del Bisbe' or 'Bishop's Bridge'. The architect secretly incorporated a hidden skull with a dagger inside. Legend says anyone who crosses the bridge and sees the skull will fall prey to an evil spell. Not to worry, our guide knows what to do! Discover this and other emblematic points of the Gothic Quarter.