

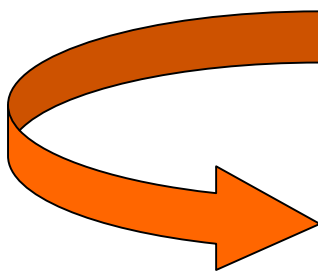


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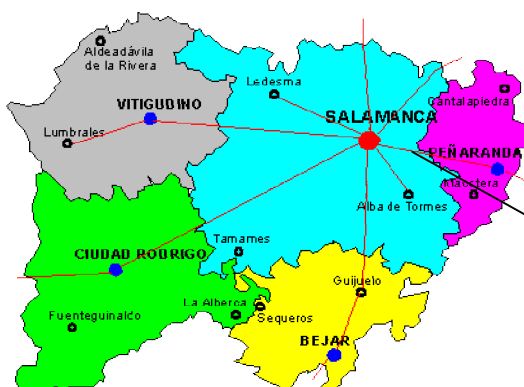
# TRADITIONS

Hello:

I am Ana, a girl of Spain. I am ten years old and I want to show the traditions of Spain and my land. And I want you remember again where we are, ok?



My province is Salamanca



Cantaracillo

**FOOD:**

**PAELLA /SPANISH  
OMELETTE**



**PAELLA** (serves 6)

- 1/3 cup of Olive Oil
- 1 Small Onion, minced
- 2-3 cloves of garlic, crushed
- 3-5 tbsps minced fresh parsley
- 1 generous pinch of saffron
- 2 tbsps of chicken bullion
- 3 skinless Chicken Breasts, cut in large chunks
- 2 green peppers, sliced
- 1 red pepper, sliced
- 1 tsp of yellow food coloring (optional -- saffron is very expensive, a pinch of it is all you need for taste but a richer color is desired)
- 8 oz tomatoes sauce
- 1 tsp sugar
- 4 cups of rice
- 7 cups of water
- salt
- 1/2 lb - 1 lb shrimp, leave shell on
- 1 lb scallops

**Phase I** - Make the chicken & broth. Put 3lb or so of chicken parts (or a whole fryer) in about 10 cups of water with salt and pepper. Add a couple of bay leaves and a few whole cloves. You can also add things like onion, garlic, celery, carrot, leeks, etc as you would when making chicken soup. Cook until the chicken is tender. Strain & save the broth, and discard (or eat) all the solid bits except the chicken meat and the bay leaves. Tear the chicken into manageable pieces and set aside. (I've had paella where the chicken was left on the bones, and I find it rather difficult to eat.)



**Phase II** - Things to be sautéed olive oil (for sauteeing) garlic, several cloves, sliced, crushed or minced onion, 1 med to large, chopped 1 large bell pepper, finely diced (you could add a small hot pepper also if you felt like it) 3-4 medium tomatoes, chopped, left sitting in some wine chorizo, cut into 1/4" slices (I've used kielbasa when i can't get chorizo - it doesn't matter as long as it's that kind of firm sausage) shrimp, shelled and deveined.

Heat some olive oil over high heat in a large pan (they actually sell paella pans, but you can use a large sauce pan or even a wok). Add the garlic and saute until light brown. Add the onions, cook until translucent. Add the pepper, cook a few minutes more. Add the sausage and shrimp. When the shrimp are done (they've just turned kind of orange-red-pink and are curled up -- don't overcook them), add the tomatoes and their wine. Turn the heat down a bit.

**Phase III** -- The Wet Part You will need: the chicken broth, chicken & bay leaves from Phase I, a small sack (a couple pounds, I guess) of live mussels and/or clams 3 cups rice oregano, thyme, ground pepper (black or white, a little cayenne if you like)saffron. Prepare the shellfish (remove their beards, wash the shells, make sure none of them are dead). Put roughly six cups of broth into the pan with the cooked veggies, sausage and shrimp. Add spices to taste (don't forget the bay leaves). The saffron should be maybe 2-3 thread, it's the big flavour here. Stir thoroughly, then add the shellfish. Cook for a few minutes, and the shellfish should start to open. Continue cooking until the rice is "right" ,tender, not too dry, not too wet. I've had this with peas in it, which was quite good. You can use any kind of shellfish, vary the veggies, change the spices, substitute bite sized pieces of boneless pork for the sausage, etc .Use your imagination and have fun!

### SPANISH TORTILLA



If you like the taste of french fries, you'll love the Spanish tortilla. When made correctly, the Spanish tortilla is a delicious half-inch thick "cake" of fried potatoes mixed with fried eggs and onions. After cooking, the tortilla can be cut into pizza-like triangles to serve 4-6 people, or cut into squares to give a whole group a bite-sized toothpick sample.

- 1 cup olive oil
- four large potatoes (peel and cut into small pieces about 2mm thick)
- salt to taste
- one large onion, thinly sliced
- four large eggs.

Some people add thin slices of red pepper together with the onion.

Heat the oil in a 9-inch skillet, add potato pieces, one slice at a time so that they don't stick. Alternate layers of potato and onion. COOK slowly, medium flame. DO NOT FRY!! Turn occasionally until potatoes are tender, but NOT brown. They must be loose, not "in a cake". Beat eggs in a large bowl with a fork. Salt to taste. Drain potatoes. Add potatoes to beaten eggs, pressing them so that eggs cover them completely. Let sit for 15 minutes. Heat 2 tbsps of the oil in large skillet. Add potato-egg mixture, spreading quickly. Lower the heat to medium-high. Shake pan to prevent sticking (crucial step!!) When potatoes start to brown, put a plate on top skillet and flip to cook other side, adding another tbsp of oil. Brown on the other side. Can flip three or four times for better cooking.

### TYPICAL OF CASTILLA and LEÓN

**“Hornazo”:** It is a kind of stuffed pie of sausages. In the whole province of Salamanca there is a tradition that is goes out to the field the Monday of Waters (Monday after the Easter Monday) to eat the hornazo.



**Ham and sausages:** meats of pork treated in guts. There is the richest the sausage, the sausage, the salami and the loin. A lot of these products are hand- made:



**“Tostón”:** It is a pork roasted in oven of fuelwood. It is delicious!



**“Huesillos”:** Fried sweet that takes for San Jose and in The Easter Week. Every grandmother has her recipe. I help my mummy when she does them.



**“Flores”:** A very delicate and creaking dessert.



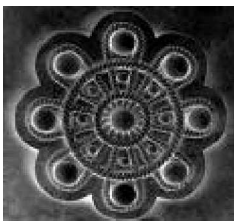
## FOLKLORE AND CLOTHES

The women of my village celebrate on February 5 the party of "Santa Águeda", it is very entertaining. They sing, dance, disguise themselves and invite the whole village to an appetizer.



### **BUTTON CHARRO**

It is a jewel that concerns to the traditional and popular folklore of the province of Salamanca, in Spain. “Button Charro” has metallic materials, reaching in its format of more value in gold, though it is more common the silver. Its forms are round smoothed always with the same engraving in the frontal part. It is used as button in the traditional clothes and in the caps of the men, it is possible to find as tourist product: keys-ring, bottle-opener.



# TRADITIONAL GAMES

Game that consists of introducing from certain distance a top of currency for the mouth opened of a metal frog put on a small table.

It is a game of throwing of multiple precision, where someone has to introduce ten little discus in the holes that exist in the table of the frog. Some of them have obstacles that impede the precision of the throwing.

This game is celebrated to ten throws, the frog gives fifty points, the mill twenty five, the bridge ten and the rest five points.

The winner is the player who obtains the highest score.



## CHAPAS

To draw with a chalk a way full of curves, straight lines or tightenings. Also it is possible to do a road or circuit using the hands or a wood. The exit and the goal are marked by a line. Each player places his(her) sheet in the line of exit

For shift, each participant stimulates with a finger his(her) sheet, trying to advance the maximum crossed without leaving of the circuit.

If after throwing, the sheet stays inside the marked circuit, it (he,she) is left where it (he,she) is. If it (he,she) goes out of the circuit, it (he,she) moves back to the place from where I throw and waits for a new shift. The circuit can be complicated by small obstacles that impede the race, as stones ... the first player who manages to come to the goal will be the winner of the race.



## ***JACKSTONES***

To do different actions.

