Food markets where cooks mingle are a feast for the senses and a cornucopia of diversity. Cookbook author and world traveler, Paulette Mitchell shares her colorful films from Spain where food is not only sustenance but also a way of life.

Review

Directions: After watching World Food Markets: Spain, answer the following questions.

1. What is Spain’s “holy trinity” of food?

2. About how many neighborhood markets are found in Barcelona?

3. Exotic tropical produce like cherimoya and dragon fruit is shipped from what island owned by Spain?

4. What is the difference between a Spanish tortilla and a Mexican tortilla?
5. What are some characteristics of Spanish ham?

6. What is chorizo? What is pimenton?

7. How did sangria originate?

8. Which meal is the most important in Spain?

9. What are tapas? How did they originate?

10. Why do shops and markets in Spain close at 2:00 pm?
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Review

Directions: After watching World Food Markets: Spain, answer the following questions.

1. What is Spain’s “holy trinity” of food?
   - Oil, bread, and wine

2. About how many neighborhood markets are found in Barcelona?
   - 40

3. Exotic tropical produce like cherimoya and dragon fruit is shipped from what island owned by Spain?
   - Canary Islands

4. What is the difference between a Spanish tortilla and a Mexican tortilla?
   - A Spanish tortilla is a dish made from onions, potatoes, and eggs. A Mexican tortilla is a type of flatbread.
5. What are some characteristics of Spanish ham?

*Similar to Italian prosciutto, but redder in color, with white marbling, and has a richer flavor*

6. What is chorizo? What is pimenton?

*Spanish sausage made from ground pork, garlic, salt, pepper, and pimenton. Pimenton is deep red, smoked Spanish paprika.*

7. How did sangria originate?

*Sangria came about as a way to serve lower quality wine. It is combined with spices, citrus fruits, and juices.*

8. Which meal is the most important in Spain?

*Lunch*

9. What are tapas? How did they originate?

*The word “tapa” means lid or top. Tapas originated when tavern keepers placed a slice of bread and ham on the mouth of a bottle of sherry to keep out dust and flies. Tapas have evolved into tasty snacks that have become an important part of Spanish cuisine. Spaniards always go out for tapas.*

10. Why do shops and markets in Spain close at 2:00 pm?

*For the midday meal and a siesta.*