

Foodies meeting notes – Señora Juana Alveraz

Senora Alveraz talked about

Cooking with white beans.

Cooking with broad beans (green).

Cothido Madrillano stew (with the lumps of fat which can be spread on bread) which goes on and on and finally ends up in the croquettes.

Chick pea recipes.

Side dishes which help digestion regarding the giant stew.

'Old Clothes' made from the leftovers of the above.

Basically stretching a meal ad infinitum...

Cooking artichokes, several of us chipped in ideas here.

Cooking bread in the oven her Dad built in the Civil war and hiding it in the ceramic jars meant for water.

The latter leads on to the breadcrumb (Migas) recipes which take so long and so much attention.

Back to the green beans not good for gout but good for anaemia. Can be bought in jars and frozen too.

Pig killing A good year due to cold weather. Using everything except the 'oink', thus blood puddings etc. Also lamb up in Soria way in the north is good.

There's a festival in Javea in June/July the International and Juana's daughter dances and food from out of Javea is available to buy, the sausages etc. The cured ham is good for cholesterol in small doses.

As she comes from inland fish is less prominent but salt cod is used a great deal, ways of preparing etc.

Picaeta Bar nearby (her son's) on order will serve a traditional dish on Sundays on the lines of the Cocida Madrillano.

Conger eel, seen in the mix fish for fish soup/stock.

Stew of salt cod with chick peas.

Basque influence in the fish stews.

Beans in jars good and chick peas to cut time but lentils she reckons in jars are rather tasteless actually they cook pretty quickly without soaking).

Acelga (Swiss chard or spinach beet) with its white stems and dark green leaves. The stems are often used with potatoes or a filling is 'sandwiched' between them and the tops can be cooked like spinach, very popular in the Valencian region.

Galeneras, the decorative shrimp like but a tad caterpillar with glamour seafood which is expensive, has no 'meat' but is flavoursome and decorative.

Juana does not like Chinese food. The old idea of they eat cats, dogs etc. Indian is too spicy as she has a gippy tummy. (No political in correctness intended).

She likes German and English food.

We mentioned the Ama de Casa in Javea, great Tuesday evenings, they cook local dishes and hand out the recipes and want to promote Valenciano.

Someone asked about rice dishes.

Torreomar by the port specializes in them with many vegetarian dishes.

Saffron a pinch of this Spanish expensive crocus can go in the stew, paellas ETC.

Some of the substitute mixes are okay if they are paprika, turmeric and so on but beware of the 'colorants' as they are not good for you and may irritate your stomach.

Snails, picking them from unsprayed country areas, are rich in magnesium. How to clean them cook etc.

Parsley used so much in Spanish recipes and often handed out for free, ways to use.