

I've wanted to make a series in Spain for a long time. I love Spanish food, I've been going there since I was a young boy - but until quite recently I don't think people really took the food seriously. Thanks to a handful of really dedicated Spanish chefs and a growing enthusiasm for its rugged flavours, that has all begun to change. To me the underlying point of journeying to Spain would be to discover the *duende* in the cooking. By that I mean a sense of soul, of authenticity. The word is normally used in flamenco but I think it could be equally applied to the art of Spanish cooking because to my mind, in really good food, there is a communication between the cook and diner that amounts to art. Rick Stein In his beautifully designed and illustrated cookbook to accompany a major BBC2, 4-part series, Rick has selected over 140 recipes that capture the authentic taste of Spain today. Spain is a country that tantalises every sense with its colourful sights, evocative music, vibrant traditions and bold cookery. Spanish cooking has a rich history, with flavours reflecting a broad range of cultural influences. Rick samples his way through the specialties and hidden treats of each region, taking in the changing landscape from the mountainous northern regions through the Spanish plains to Mediterranean beaches. With over 100 Spanish recipes and location photographs, this is an essential cookbook for food-lovers as well as a stunning culinary guide to a diverse country.

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