

# Seafood's Starring Role in Spanish Gastronomy

## 海产珍馐 西班牙美食中的明星

### #SpainFoodNation



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Marvelous breezy Spanish coasts have always attracted visitors from across Spain and global tourists alike: beautiful views, seaside restaurants offering delicious foods and drinks, summer fun and warm nights... anyone who has ever been to Spanish coastal regions will always dream of coming back. But the Spanish seaside—precisely its flavor—is at hand's reach, with the Spanish canned seafood products easily accessible worldwide.

Canned seafood is considered a gourmet food in Spain: with the flavor of the product "sealed" in a tin, the preservation methods enable year-round and global accessibility of these delicious foods. Over the centuries, traditions of preserving seafood have been combined with modern technologies and perfected into a state-of-the-art process, allowing the gourmets to enjoy the Spanish coastal treasures at their best. Producers in Spain preserve the seafood, on average, a day after it was caught and, with minimum manipulations and additives, allow consumers and chefs around the globe to discover the whole potential of this one-of-a-kind product.

微风习习的西班牙海岸一直吸引着来自西班牙各地以及全球的游客，有着迷人景致的海滨餐厅提供着佳肴美酒，温暖的夜晚，充满夏日乐趣，任何曾去过的人都梦想着再次造访。西班牙海滨的风味却是触手可及的，罐装西班牙海鲜产品让全球各地的人们都能很容易地尝到这里的风味。

在西班牙，罐装海鲜被认为是一种美食，风味被“封存”在罐头中，罐装工艺使这些美味在全球全年都能买到。几个世纪以来，西班牙保存海鲜的传统与现代技术相结合并完善成为先进的工艺，让美食家们能够尽情享受最佳季节时西班牙沿海珍馐。西班牙的生产商一般是在捕获海鲜后一天进行生产，并以最少的加工和添加剂让全球的消费者和厨师发现这种独一无二的产品的全部潜力。

### The Coastal Gift of Spanish Anchovies

#### 凤尾鱼，西班牙海岸的馈赠

Created from the fresh anchovy, salted and canned version of this fish has become a true delicacy in recent years: with companies putting high quality and unparalleled preservation techniques at the core of production, the Spanish canned anchovies enjoy recognition among consumers and chefs alike.

The two primary Spanish anchovy products come from the two main regions: Santoña and l'Escala. The anchovies from Santoña are produced on the Cantabrian Coast of Northern Spain and are a perfect product to enjoy as both an appetizer or as a star ingredient in other dishes: the fish are semi-preserved in oil which allows them to maintain firm flesh and display mild flavor. Anchovies from l'Escala come from Northern-eastern Spain and are another famous type of canned anchovy: they are preserved in olive oil and have a tender texture and smooth flavor.

The Spanish anchovies are an integral part of Spanish gastronomy and go perfectly with Spanish vermouth—aromatized fortified wine, with added botanical and herb aromas—making the combination perfect for a traditional Spanish Vermouth Hour.

近年来，这种以新鲜凤尾鱼盐渍并罐装的产品已成为真正的美食，生产商将高品质和无与伦比的保鲜技术作为生产的核心，西班牙罐装凤尾鱼在消费者和厨师中享有盛誉。

西班牙的凤尾鱼产品来自桑托尼亚和莱斯卡拉两地。桑托尼亚的凤尾鱼产自西班牙北部的坎塔布连海岸，是既可以作为前餐也可以作为菜肴中明星食材的完美的海鲜。罐装凤尾鱼算是半腌制产品，浸在油中可以保持肉质紧实并展现温和的味道。另一种著名的罐装凤尾鱼，莱斯卡拉凤尾鱼来自西班牙东北部，在橄榄油中保存，质地细嫩，味道顺滑。

西班牙凤尾鱼是西班牙美食不可或缺的一部分，与西班牙味美思酒完美搭配。味美思酒是添加了植物和香草气息的芳香的加强型葡萄酒；这两者形成了西班牙传统的“味美思时刻”的完美组合。



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## Luxurious Spanish Mussels 贻贝，奢侈美食



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The delicious mussels are another gift of Spanish seafood production to the gourmets around the world: they truly taste like holidays by the sea. The canned mussels are prepared, beautifully packaged and offered at the best restaurants in different countries as exclusive appetizers: served directly from the can and paired with Spanish wines and spirits. The Spanish region of Galicia is home to the most iconic canned mussel products, with most products having a Protected Designation of Origin (PDO) status. The climate of the region and Galician warm waters is a perfect environment for mussel cultivation. Mejillón de Galicia PDO—one of the most famous canned mussels produced in the region—displays unmistakable bright orange color and complex tasting notes. The Galician mussels produced by artisanal makers are a "hand-made" product: each mussel is placed in a package by hand, one by one. To perfect the products and to make sure the consumer can enjoy the original taste of the mussels, some producers preserve them in seawater that, in fact, helps to reduce their salt content.

Preserved mussels—just like the Spanish anchovies—are an irreplaceable tapas ingredient as they go perfectly with other Spanish

gastronomy "stars": olives, cheeses, canned vegetables and even hams. Combining anchovy or mussels with some Queso Manchego PDO, green Gordal olives and a drizzle of Spanish EVOO—Aceite Campo de Montiel PDO for example—creates an ultimate Spanish appetizer.

美味的贻贝是西班牙送给全球各地美食家的另一份海鲜礼物，尝起来就像真的在海边度假时的享受。罐装贻贝经过精心加工，包装精美，并在各国最好的餐厅里作为开胃菜提供，从罐中取出，搭配西班牙葡萄酒和烈酒直接享用。西班牙的加利西亚地区盛产最具标志性的罐装贻贝产品，产品大多受原产地名称保护。加利西亚地区的气候和温暖海水为贻贝养殖提供了完美环境。原产地名称保护加利西亚贻贝是该地区生产的最著名的罐装贻贝之一，呈现出鲜亮的橙色和复杂风味。加利西亚贻贝是一种“手工”产品，贻贝一只接一只都是由手工方式摆放入包装中。为了让产品更完美并确保消费者能够享受到贻贝的原始味道，一些生产商将它们浸在海水中，这实际上有助于降低贻贝的含盐量。

同西班牙凤尾鱼一样，罐装贻贝是西班牙塔帕斯中不可替代的食材，因为它们可与其他西班牙美食“明星”完美搭配，如橄榄、奶酪、罐装蔬菜，甚至是火腿。将凤尾鱼或贻贝与原产地名称保护蒙特哥奶酪、戈代尔绿橄榄，再撒上些西班牙特级初榨橄榄油，比如原产地名称保护蒙蒂尔地区橄榄油，就创造出了终极版西班牙前餐。



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## Tuna with a Spanish Flavor 金枪鱼，西班牙之味



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Spain's cookbook would never be complete without tuna—versatile fish that can be used in practically any recipe, from tapas to salads to mains. Spanish tuna, embodying beneficial properties that generally apply to this type of fish, displays outstanding flavor, making

it the most welcome guest in any culinary creation. One of the most celebrated canned Spanish tuna products is Almadraba tuna: its special name comes from the traditional nets, almadrabas, that are used for tuna fishing in Andalusian waters. The Almadraba tuna has a darker and much juicier flesh compared to other tuna species and is canned in olive oil to preserve its unique taste. The most tender tuna meat you can find is Spanish preserved tuna belly—another premium product to explore. To make sure consumers around the world discover the full potential of this delicacy, the tuna belly fillets are cooked, cleaned and preserved in Spanish olive oil. The preserved tuna belly transmits a distinct fatty flavor, mild yet rich.

Canned tuna is perfect in almost any dish, but the easiest way to enjoy it is in salads with authentic Spanish flavor: combining the iconic Spanish tuna with the products like Pimientos del Piquillo de Lodosa PDO, Spanish EVOO and Vinagre de Jerez. PDO is always a delicious idea.

没有金枪鱼的西班牙食谱是不完整的，这种用途广泛的海鲜几乎可以用于从塔帕斯到沙拉再到主菜的任何菜肴。西班牙金枪鱼具有此种鱼的营养特性及出色风味，使其成为烹饪创作中最受欢迎的食材。最著名的西班牙罐装金枪鱼产品之一是网捕金枪鱼，这个特别的名字来自传统的渔网，用于在安达卢西亚水域捕捞金枪鱼。与其他金枪鱼种类相比，网捕金枪鱼肉色更深、更多汁，采用橄榄油罐装以保持其独特的风味。市场上最细嫩的金枪鱼是鱼腹肉，是另一种值得探究的优质美食。为了确保全球各地消费者都能发掘出这种美味的全部潜力，金枪鱼肉块经熟制、清洁并保存在西班牙橄榄油中。罐装金枪鱼腹肉散发出独特的脂肪风味，温和而浓郁。

罐装金枪鱼几乎可以搭配任何菜肴，最简单的享用方式是用于正宗西班牙风味的沙拉，将西班牙金枪鱼与原产地名称保护皮奎洛 - 德洛多萨甜红椒、西班牙特级初榨橄榄油和雪利醋等搭配而成。原产地名称保护产品总是获得美味的好主意。

## Horse Mackerel from Spanish Seas 竹荚鱼，产自西班牙海域



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The variety of Spanish seafood products is immense, with each and every one of them delivering not only outstanding quality characteristics and flavor, but also bringing the flair and feeling of Spanish seas, coasts and shores to our tables, wherever they are.

西班牙海鲜产品种类繁多，每种都具有卓越品质特性和风味，而且无论身处何处，罐装西班牙海鲜都能将西班牙海洋、海岸风情和特产带到餐桌上。

Aside from producing exclusive Spanish anchovies, the Cantabrian Sea region of the country is famous for its delicious marinated horse mackerel. Excellent flavor reminiscent of Spain's coasts is a combination of the fish's natural characteristics and escabeche: a mix of vinegar, pimentón, olive oil and aromatic herbs. Spanish horse mackerel is very nutritious and contains high amounts of vitamins and minerals. The products' flavor characteristics are outstanding: delicate

texture and pleasant flavor, with just a note of acidity, make it a perfect pair for the Spanish white wines.

除了出产独特的西班牙凤尾鱼外，坎塔布连海地区还以其美味的罐装竹荚鱼而闻名。极佳的风味让人回味起西班牙海岸，是醋渍油炸调味鱼以海鲜自然特征混合醋、红椒粉、橄榄油和香草的风味。西班牙竹荚鱼营养丰富，富含维生素和矿物质；风味特征突出，质地细腻，风味宜人，酸度恰到好处，与西班牙白葡萄酒完美搭配。

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