



## CHRISTMAS CATALAN FOOD

Christmas day is on 25th of December. This day, all the family have lunch together, normally is the grandparents' house or the biggest house.

The first serving is “Sopa de galets” or “Escudella”, the second is “Rostit” and finally for dessert there are “Torrans, neules, polvorons...”.

Boxing Day is on 26th of December, in this day many families have lunch all together too. For lunch there are “Canalons”, to make them we use the meat used for the “escudella” of the previous day, for dessert there are the same things of Christmas day.

“The Three Wise Men Day” is on 6th of January. This day all the family have lunch together too. We don't have a typical food for this day, but for the dessert we eat special dessert that it's called “Tortell de Reis”. It is a kind of doughnut-shaped cake, stuffed with cream, custard or chocolate. Inside it there is a bean and opposite or next to the bean there is a wise man figurine. On the top there's fruit and sugar. It's delicious!

The tradition says that, if you get the piece with the bean , you have to pay for the “Tortell”, and if you get the Wise man figurine, you are the “King” and are crowned with a paper crown.

## ESCUDELLA

**Ingredients:**

1 Part of rib of beef  
1 Tip of a rib of lamb  
2 Black Catalan sausage  
2 White Catalan sausage  
2 Pieces of bacon  
1 cheek of pork  
1 spine bone  
1 bone of ham  
¼ chicken  
4 potatoes  
2 carrots  
1 celery  
1 turnip  
1 leek  
1 handful of chickpeas  
½ cabbage  
300g of “galets”  
salt  
water  
flour



**For the meatballs:**

300 gr of minced meat  
1 clove of garlic  
parsley  
salt



pepper

flour or bread

milk

**Instructions:**

1. We prepare all the meat except the minced meat, we wash it.
2. In a big deep poking pot we put a lot of water, now we turn on the stove. And slowly we put the meat.
3. We wash the vegetables and we prepare them.
4. And when we throw all the vegetables in the pot, we add water until covering them.
5. While the soup is cooking we prepare the cabbage, the black catalan sausage, the white sausage, the peeled potatoes and the chickpeas (that we put in water the last day).
6. The chickpeas are add in the pot when it has been cooked for one hour.
7. Then we prepare the minced meat to make the meatball. After we mix the two cloves of garlic and parsley.
8. In a bowl we add five bread crumbs, we add a bit of milk to make a dough, then we add an egg, pepper and salt.
9. Then we add the mince meat until we have a dough mixture. We make meat balls and we cover these with the flour.
10. After two and a half hours cooking we put three meatballs, a potato, the black catalan sausage, the white catalan sausage, the cabbage, the chickpeas cooked in the pot. We mix it and we cook for 30 minutes.
11. Then we strain the soup and we boil the soup and then we add the “galletes”. We cook them for 20 minutes.



## NOUGAT CANDY

### **Ingredients:**

250g of almond grou

210g of honey

95g of sugar



## **Instructions:**

1. Toast the almond in the oven.
2. When the almond is toasted, ground it.
3. Then we warm up the honey in a pot for 45 minutes.
4. After we add the sugar in the same pot and stir it with a spatula to made the dough of the nougat candy.
5. Then we add the almond ground in the dough and stir it.
6. When the dough thickens, add the dough in a mould with a parchment paper and let it chill.

## **CANNELLONI**

### **Ingredients:**

#### **1.For the stuffing:**

- 1 kg of pork meat
- 1 kg of lamb meat
- 300g fatty liver
- 1 onion (medium)
- 2 garlics
- olive oil
- salt



lard

one glass of wine

## **2.Pasta of cannelloni**

### **3.White sauce**

1l of milk

80g of flour

80g of butter

½ onion

nutmeg

### **Process:**

Put the lard in a pot with oil, because we have to roast the meat. Cut the meat in cubes and put into the pot and cook for 15 or 20 minutes. Then add onion, garlic and a glass wine. Add the fatty liver cut in small parts. After cook the liver in a pan for half a minute. Then put this in another pan with the other meat, and salt it. When we have the roasted meat, separate the grease of the roast. Then add a bit of white sauce. Mix the meat. When we finish the stuffing of the cannelloni, we put it in the fridge in a pastry bag. Cook the pasta in a pot with boiling water for 10 minutes. Put the pasta on a flat surface to let it cool. Put the meat on the pasta and roll it. Spread the tray with butter and put the cannelloni in the tray, add the white sauce and grated cheese on top. Finally, grate the cannelloni in the oven for 10 minutes.

“Escudella” <http://www.lacuinadesempre.cat/2012/12/escudella-i-carn-dolla-de-nadal.html>

“Canalons”

<http://blogs.ccma.cat/divendres.php?itemid=43583>

“Torrans”

<http://www.mytaste.cat/click/index/96399/?site=thepinkcakefactory.com>

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