



ANDORRAN GASTRONOMY RECIPES



Govern d'Andorra

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Govern d'Andorra

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*...and thank you to everyone else who took part
of this recipe book creation. Their work and
collaboration have been essential so that we
can now pass on this practical know-how
about the cuisine and typical dishes of our
country.*

*In addition, you can also enjoy these dishes in
the varied and excellent restaurants that are
waiting you in Andorra. There, you'll not only
find these and other traditional concoctions
from our valleys, but many other innovative
and also international recipes.*

SUM MA RY



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ANDORRAN MINISTER
OF TOURISM AND
TELECOMMUNICATIONS**

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GREETINGS

FROM THE ANDORRAN
MINISTER OF TOURISM AND
TELECOMMUNICATIONS



The gastronomy says a lot about the territory where it is located, the culture and its inhabitants. Beyond the pleasure of savouring this gastronomy, through the culinary heritage of a country we can also discover its products, the way its people live and even the characteristics of its climate and landscape.

This is one of the aims of putting together these traditional recipes that you have in your hands, in addition to make you have fun in the kitchen and, especially, at the table. Here, you'll find 30 typical recipes from Andorra, dishes and flavours that are part of our history and our identity, and that often also unite us with the neighbouring villages, with whom we share them.

It is a double function recipe book. On the one hand, it makes it possible for those of you who visit us to take home a part of the experience of living in this country recreate it no matter where you are and even share it with your loved ones. On the other, it's a new way to preserve our culinary culture and encourage future generations to keep cooking the country's traditional recipes.

This is one of the priority actions we are carrying out so as to highlight the culinary heritage as well as the Principality's agricultural and artisan products. And that is that our country's culinary offering, whether on the part of the numerous and delicious restaurants, which have excellent chefs in the kitchens, as well as on the part of our local producers, have great appeal for tourists and for all of us who live here.

I hope you enjoy the gastronomy of Andorra and that this recipe book helps you to learn even more about our valleys and their customs.

Cheers and *bon profit!*

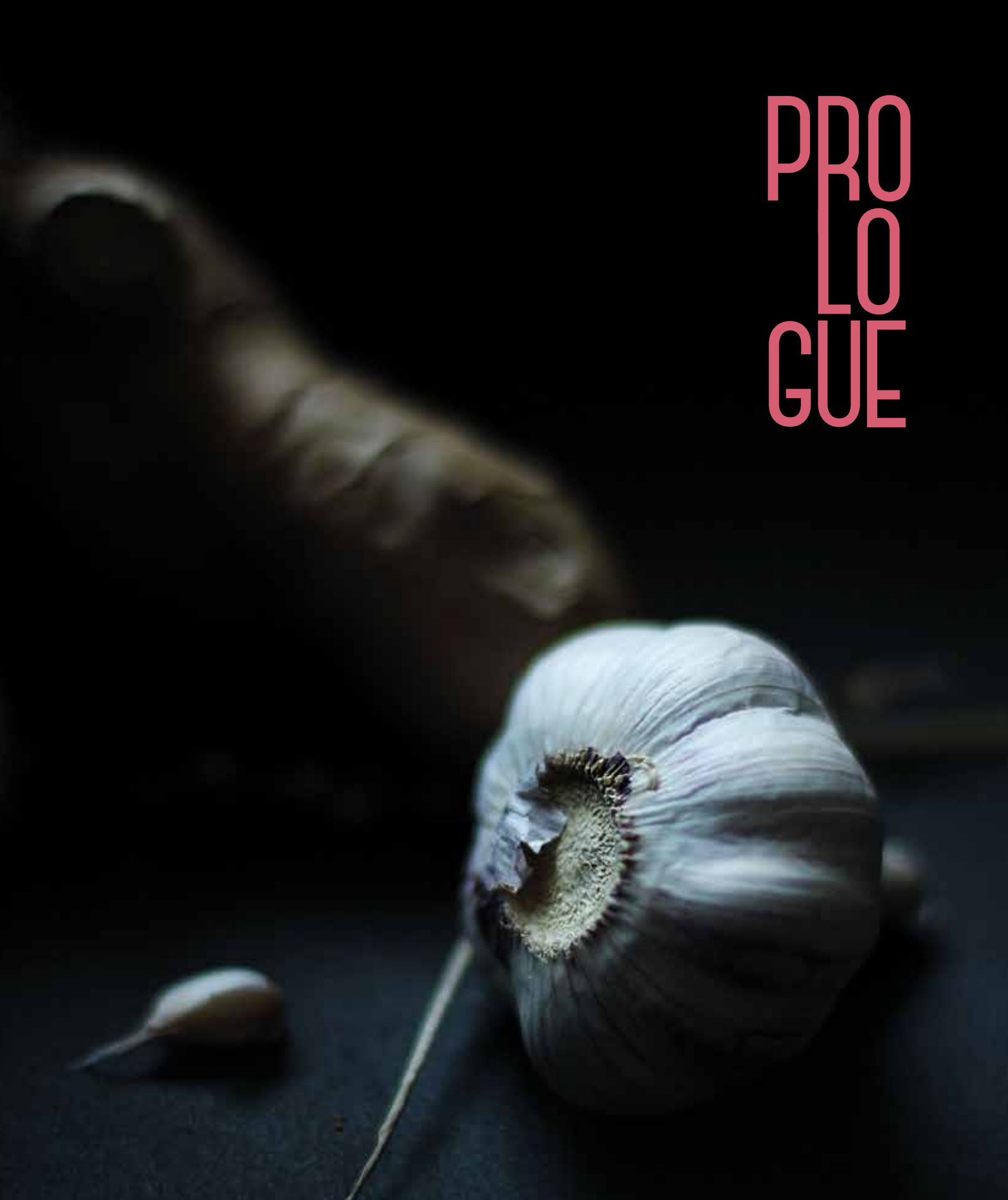
Jordi Torres Falcó

Andorran Minister for Tourism and Telecommunications





PRO LO GUE





I'm especially excited to have the chance to write the introduction to this book since over the years I've been very interested in everything related to the world of food and, specially in Andorra. The influence coming from north and south of our country has enabled us to enrich with an authentic gastronomic culture and create our own culinary culture that we must preserve. Being able to pass this wealth down to future generations, whether here or beyond our borders, through a book, brings me immense pleasure. My congratulations for this initiative, I hope we can all enjoy it by cooking these recipes that our ancestors bequeathed to us.

I thought it might be interesting, instead of doing a convoluted and boring presentation, to share some anecdotes and curiosities that I have faced that refer to Andorran cuisine. That said, let's try to get to the heart of the Andorran culinary world with some nice anecdotes from that time.

A French writer named Sutter-Laumann explains that around 1888 he visited Andorra and had the chance to take part in a session of the *Consell General* [Andorran parliament], which, back then, lasted between 2 and 3 days. At that time in Andorra, there were only two inns, Hostal Cisco de Sans, owned by my grandparents, and Hostal Calones. The mistresses of these two hostels were the cooks responsible for preparing all the meals for the *Consell*. In his book, the writer refers to the three meals that were served, each separated by two hours of work in the *Consell*. The first meal consisted of lamb tripe and liver with fricassee, seasoned with red pepper and saffron, all cooked in a huge 60-litre cauldron. The next feast: boiled potatoes salad and salted conger eel fried in oil. It is worth mentioning that today, when lunch is prepared for the *Consòrcia dels Casats d'Andorra la Vella* association, one of the main dishes is eel soup. In the evening, they ate lamb roast leg (*gigot*, as it is known today) and, to finish, at night, the *consellers* enjoyed a kind of pasta *escudella*, a stew soup cooked with different poultry, chicken, lamb meat, potatoes and cabbages, and trout. The dessert was *postre de música*, as they call it today, dried fruit such as figs, walnuts and almonds.



Another interesting fact I found out is detailed in the book *Andorra, The Hidden Republic*, by the American writer Lewis Gaston Leavy, in which he explains that in 1912 he arrived at Hostal de Cal Not in Hospitalet and that Not, who was a very good friend of my grandfather (Cisco de Sans), took him to Andorra. He stayed at Hotel Pla in Escaldes, since Doctor Pla spoke English, and he had dinner at Cal Cisco de Sans together with Spanish mule drivers who taught him to drink wine from the traditional *porró* (pitcher) (I can just picture it!). The food served on that occasion consisted of wild boar head pâté, tomatoes, onions, garlic, chicken and egg purée, potato, pea and cabbage stew, preserved ox and sausages, sausage-stuffed chicken fricassée, soft-boiled eggs, roast chicken, egg flan, apricot compote, peeled walnuts, confectionery, Bordeaux wine, and Champagne (I think it was probably Cava). That night, Gaston, returning to the hotel after the dinner, said to the lady of the house: 'It is possible to eat well in Andorra for 50 cents.'

Looking at different documents, I've also found a first edition of a manuscript from Girona, *Llibre de l'art de quynar* ('The art of cooking book'), written in 1787 by Friar Sever de Olot, which can be found in Peralada Castle. In it, there are two recipes, 'salt pork ham' and 'salt pork chops', one attributed to the Valley of Andorra and the other to the Valley of Endorra (yes, 'Endorra', I haven't misspelt it).

I wouldn't want to say goodbye to you all without first thanking you: those who have asked me to write these lines, those who will read and study these recipes, those who will have fun cooking these recipes in their homes and those who will enjoy them any day of the year. I wish you happy reading, happy cooking and happy eating!

Casimir Arajol Farràs

SMALL
PRODUCERS,
GREAT
PRO
DUC
TS



Despite their small size, the valleys of Andorra are home to a wide variety of native products of excellent quality.

The fame of the local meat, for example, goes beyond our borders, to the point that it even has its own protected geographical indication (PGI) endorsed by the European Union: *Carn d'Andorra*. This PGI not only certifies the quality and acknowledges the geographical origin of the food, but also its unique characteristics. In the same line, we have our own control and guarantee seal, 'Quality-controlled Andorran meat' (*Carn de Qualitat Controlada d'Andorra*), for 25 years, as well as 'Quality-controlled Andorran wine' (*Vi de Qualitat Controlada d'Andorra*) since 2016.

Here in the Principality, we have never lost our tradition of agricultural products, food and craft products of all kinds, and, in fact, we also have two official additional logos that make it possible to identify and differentiate our local agricultural products, as well as other products made in our country based on traditional recipes.

The production of local agricultural, food and artisan products is actually rising, and in recent years there has been a gradual and noticeable increase in the number of local producers involved in activities aimed at diversifying their activity, which also contributes to expanding the offer of these kinds of products. This led to the creation in 2014 of the 'Andorran Agricultural and Artisan Products' (*Productes Agrícoles i Artesans d'Andorra*) brand, promoted by the Government's Ministry of Agriculture. Local producers can use this collective brand as a way to set their products apart on the market and make it easy for consumers to identify them, thus responding to the increase in demand from our citizens and the tourists who visit us.

The producers who use this brand for their products are characterised by their particular way of working and must use traditional farming practices associated with maintaining our territory, as well as artisan working methods. This has resulted in a range of locally-produced foods with high quality standards that share values such as tradition, sustainability and authenticity.

Andorran Agricultural and Artisan Products not only offer extraordinary flavours and sensations, they also tell us the story of these valleys and allow us to enjoy what is produced in them in a unique way. Many of these products can act as the ingredient that gives the distinctive touch to the recipes you will find below, while others provide the perfect pairing for these dishes.

Meat, wine, honey, vegetables and berries, eggs, cheese and other dairy products, jams, beer, liqueurs and syrups, cured meats, chocolate, coffee; artisan cosmetics and soaps; and even cushions, face masks and shepherd's purses... There is a huge variety of mountain products made in the Principality, and it really is a treat for all five senses.





Recently, in Andorra we have made inventory of recipes that comprise the culinary heritage of our country: the corpus of the Andorran gastronomy, consisting of more than 400 recipes.

After completing this historical and scientific research work, where it was also found that one hundred and twenty of the recipes form part of Andorra's living culinary heritage, we now want to bring these results to the rest of the world. By doing so, we are able to share one of our country's most important hallmarks and keep it alive.

We've thus created this recipe book, in collaboration with the Principality's restaurants and its talented chefs, which gives us a sample of the country's traditional flavours.

Inside, you'll find 30 dishes and desserts recipes that are typical here, doing it our way.

Bon profit!

STARTERS



Dandelion salad

Mixed meat and poultry
escudella (stew soup)

Conger or Lenten *escudella*

Bread soups

Pumpkin purée

Nettle soup

Trinxat amb rosta (mashed potato
and cabbage with bacon rasher)

Andorran style snails

Mountain spinach omelette



DANDELION SALAD



30 MINUTES



SPRING



LOW DIFFICULTY



4 PEOPLE

What you need

400 g dandelion
150 g streaky bacon
3 green garlic
Olive oil
Black pepper to taste
Salt to taste
Vinegar to taste

How to make it: **1** Start by cleaning the dandelions and then leaving them under running water, the longer the better. **2** Once clean, drain them well and season them with a fair amount of oil, a splash of vinegar, salt and pepper. **3** Chop up the green garlic and add them to the salad. **4** To finish, fry the streaky bacon in a little oil and, when it's done, chop it into pieces and sprinkle on top of the dandelions. *It's as easy as that.*



Dandelions appear in the high mountain meadows when the snow melts. So, if you're in Andorra or in other areas of the Pyrenees in springtime, you can go and pick some, if you know them well, and breathe in the pure mountain air before cooking this delicious recipe. It's important to dress the dandelions a while before eating them to be good.





MIXED MEAT AND POULTRY ESCUDELLA (STEW SOUP)

🕒
3 HOURS

❄️
WINTER

⬇️
LOW DIFFICULTY

👤👤👤👤
4 PEOPLE

What you need

¼ chicken
150 g unsmoked bacon
200 g veal shank
1 ox bone
3 veal bones
3 tender pork spine bones
1 pig ear
1 veal tail
½ cabbage
1 celery
1 onion
2 carrots
1 leek
3 potatoes
100 g white beans
100 g chickpeas
100 g thick noodles or rice
50 g animal fat
150 g pumpkin
100 g white sausage
100 g black sausage with onion
Salt



How to make it: **1** Chop all the meat except the sausages. **2** Put 6 litres of water to boil and add the onion and celery, roughly diced; the carrots, sliced; and the beans and chickpeas (soaked overnight the night before), the bones, the fat and all the chopped meat. **3** After 2 hours boiling we add the salt, the white cabbage, chopped into small pieces, and the sausages, cut into thick slices. **4** After 20 minutes, add the potatoes and pumpkin, cut into dice, and the noodles or rice, and cook it 20 minutes more. **5** Before serving, remove the celery and the biggest bones, removing the meat from them and cutting it into cubes before adding it back into the pot. **6** Let the *escudella* rest for 5 minutes and then serve. **A complete and succulent dish.**





CONGER OR LENTEN ESCUDELLA



4 HOURS



WINTER



LOW DIFFICULTY



4 PEOPLE

What you need

- 1 piece of dried conger eel
- 1 kg potatoes
- 500 g dried white beans
- 250 g rice
- 150 g onion
- 1 garlic head
- 1 parsley bunch
- 50 g toasted almonds
- 50 g toasted hazelnuts
- 2 slices of bread
- Powdered saffron
- Virgin olive oil
- Salt to taste
- Black pepper to taste

For the vinaigrette:

- 250 ml virgin olive oil
- 2 tbsp red wine vinegar
- 3 garlic cloves
- 2 red peppers
- Salt
- Black pepper

How to make it: **1** The day before cooking the soup, fill a pot with 10 litres of water and leave the conger eel in it to soak together with 1 chopped raw onion and 5 tablespoons of virgin olive oil. **2** After 24 hours, bring the pot to the boil and let it cook for 2 hours; then remove the conger eel and set aside. **3** Add 4 garlic cloves and half an onion, chopped and fried, the potatoes, cut into dice, and the rice to the pot, and leave cooking for 10 minutes. **4** Add the cooked beans and the chopped hazelnuts, almonds, fried bread, parsley, 2 garlic cloves and the saffron. **5** Season with salt and pepper and leave to boil for 15 minutes. **6** Roast the red peppers and then peel them. **7** Prepare the vinaigrette mixing the vinegar, salt and black pepper in a deep bowl, then add the raw chopped garlic and peeled roasted peppers cut into dice. **8** To finish, take the pieces of conger eel, remove the largest bones and place the eel on a plate and season with the freshly made vinaigrette. **Serve and enjoy!**



This kind of soup can have very different ingredients and is a dish that, historically, has been eaten by people of all classes in Andorra, from the richest to the most humble, from the most epicurean to those with more simple palates.

The word *escudella* not only refers to broth with pasta or rice, vegetables and other ingredients like the one we just described, but it's also the name of the deep dish in which this soup is traditionally eaten.

Carrotes? Trumfes? These are not exclusive products from Andorra but yes the words we use to name it. *Carrota* is carrot and *trumfa* potato.

If you want to eat *escudella* in Andorra you have to go to the traditional festivals held in honour of St Anthony and St Sebastian. Nowadays, groups of locals prepare large pots of *escudella* and anyone who wishes can come to taste and enjoy it.

This recipe has its origins in peasant families who boiled the leftovers from the harvest together with other pantry foods.



BREAD SOUPS



25 MINUTES



WINTER



LOW DIFFICULTY



4 PEOPLE

What you need

1.5 l of water or vegetable stock
500 g dry rye bread
A splash of oil
Thyme, rosemary, mint, oregano... (optional)

How to make it: **1** Take a small part of the bread, place it on a table and roll a bottle over it to crumble it. **2** Place the crumbled bread in a pot with herbs and spices to taste, cooking an infusion. **3** Blanch the bread and cover it for a few minutes. **4** Finally, cut the rest of the bread into chunks, fry in oil and add to the soups. ***A humble and versatile dish.***



The dry bread thickens the soups, while the spices give it flavour. The only little secret to this recipe is ensuring that the fried bread doesn't fall apart too much; it should stay **crispy**. Until the mid-twentieth century, most Andorran families made their own bread at home, and those who didn't have an oven made it in a neighbour's home or in a communal oven.





PUMPKIN PURÉE



45 MINUTES



AUTUMN



LOW DIFFICULTY



4 PEOPLE

What you need

750 g pumpkin
1 or 2 potatoes
2 onions
250 ml milk
A splash of olive oil
A few slices of bread
Salt to taste
Ground black pepper (optional)



How to make it: **1** Roughly dice all the ingredients and place them all, except for the milk, in a pot and fry lightly for a short time. **2** Then cover with 1.5 litres of hot water and boil for 30 minutes. **3** Once the vegetables are cooked add the milk, and using a food processor, we cook the purée. Add a bit of water if you'd like it to be lighter. **4** Taste it, season with salt and if you want, a pinch of ground black pepper. **5** Finally, to spread in the purée, cut some slices of bread into cubes and fry in a pan with oil. **Everything is now ready for serving; leave the fried bread cubes on a separate plate so that everyone can eat whatever they want.**



Potato growing was introduced in Andorra around 1830. In those days, potatoes were basically used to feed pigs, and it wasn't until some years later that they began to be grown for human consumption. Why, in these valleys, do we call potatoes *trumfa* and not *patata*? Because, to nineteenth century Andorrans, potatoes looked similar to large truffles, or *trufe*, so that's what they were called, with the word evolving over time into the modern-day *trumfa*.





NETTLE SOUP



45 MINUTES



AUTUMN



MEDIUM DIFFICULTY



4 PEOPLE

What you need

500 g potatoes
250 g flowering tops of young nettles
2 egg yolks
250 ml milk
200 g cream cheese
20 g butter
1 onion
Salt to taste
Pepper to taste

How to make it: **1** First, clean the flowering tops of the nettles. **2** Peel and chop the potatoes and dice the onion. **3** Next, place a pot over heat and add the butter, onion, nettles, potatoes, salt and pepper and fry for 5-8 minutes. **4** Add about 1 litre of water to the pot and leave to boil for at least 30 minutes. **5** Once the vegetables are cooked add the egg yolks, milk and cream cheese. **6** Blend everything in a food processor until smooth and, if you'd like a creamier texture, add a bit of water. **A perfect traditional recipe.**



To pick the nettles without them stinging you, use sufficiently thick or resistant gloves, or even pieces of newspaper. When cleaning the nettles, you must also be careful not to touch them directly with your hands.





TRINXAT AMB ROSTA (MASHED POTATO AND CAGGABE WITH BACON RASHER)

🕒
45 MINUTES

❄️
WINTER

↓
LOW DIFFICULTY

👤👤👤👤
4 PEOPLE

What you need

- 1 large winter cabbage
- 1.3 kg potatoes
- 4 rashers of streaky bacon
- 2 pickled herrings, desalted
- 4 garlic cloves
- A splash of water
- Salt to taste



How to make it: **1** Place the cabbage with water and salt in a pot over heat and, once simmering, add the potatoes chopped into chunks and let it cook well. **2** Once the potatoes have started to come apart, drain the vegetables and carve it inside the pot using a skimmer. **3** Next, slice the garlic and brown in oil in a pan and then set aside. **4** Fry the bacon rashers in the same oil and pan used for the garlic, and set aside once golden. **5** Coat the vegetables with the remaining oil and continue carving until they are in small pieces. **6** To shape the trinxat and intensify its flavour, place it in a shallow pan with a bit of oil and form it into a pancake, allowing it to cook until golden. **Once ready, serve it with the bacon rashers and some pieces of pickled herring.**

Trinxat is even nicer if you let it rest and cool. So, if you can cook it a few hours or even a day before serving it, that's **even better**. Although nowadays it's served all year round, traditionally, *trinxat* was a winter dish. Here we say that the tastiest cabbage is the one touched by ice while still planted; it's the best kind for making *trinxat*.





ANDORRAN STYLE SNAILS



2 HOURS



SPRING



MEDIUM DIFFICULTY



4 PEOPLE

What you need

1.5-2 kg flat snails
2 slices of streaky dry-cured ham
300 g raw sausage
1 onion
3 garlic cloves
1 *guindilla* chilli pepper
1 tomato
1 thyme bunch
4 tbsp cognac
2 ladlefuls of meat or vegetable stock
Flour
Bay leaves
Mint leaves
Salt to taste
Pepper to taste



How to make them: **1** Prepare the snails, which must be clean. To start, 'trick' them. This means putting them in cold water, over very low heat and, when they start to come out of their shells, turn up the heat and boil for 5 minutes. Then remove them from the water and rinse.

2 Next, chop the onion and fry lightly. **3** Once the onion is golden, add the ham, cut into pieces, the sausage, cut into slices, and the thyme bunch. **4** When everything is lightly fried, add the chopped tomato, the cognac and the stock. **5** Immediately after, pour in some flour to thicken the sauce, and then add the snails, the mint, bay leaves, salt and pepper, and leave to cook slowly for around 45 minutes. **6** Dice the garlic, the chilli pepper and parsley and add it to the pot once the snails begin to be ready.

As soon as they're cooked, you can bring the snails to the table.



How can you be sure to get the perfect sauce? If it's too light, this can be fixed by adding a little flour, while if it's too thick, you can add some more stock.





MOUNTAIN SPINACH OMELETTE

🕒
25 MINUTES

🌸
SPRING

↓
LOW DIFFICULTY

👤👤👤👤
4 PEOPLE

What you need

1 kg spinach or black salsify
8 eggs
3 garlic cloves
250 g white beans
Salt to taste
Olive oil

How to make it: **1** First, boil the beans (left to soak overnight the night before) over low heat, for 2 to 2.5 hours. **2** In another pot, blanch the spinach or black salsify. **3** Once everything is cooked, remove from the heat and drain well. **4** Next, lightly fry the garlic and add the spinach first and then the beans, stirring all the time. **5** To finish, beat the eggs and add them along with a bit of salt and make an omelette. ***It's as easy as that.***



You can find many kinds of aromatic herbs and flowers in our mountains, full of properties and flavour. Some examples are poor man's asparagus, thyme, elderflower, fennel, *Saxifraga aquatica* Lapeyr, pine blossom and chamomile. However, it's important not to pick anything you aren't familiar with to avoid poisoning. When young, poor man's asparagus can be eaten in salads. On the other hand, when more mature it becomes rougher and more pungent, so it's better to eat cooked.









MAIN COUR SES

Rice with pork confit
Andorran style cannelloni
Andorran style cod
Andorran style river trout
Bittersweet ham
Wild boar stew
Roast leg of lamb
Stewed chicken with mushrooms
Rabbit with fairy ring mushrooms
Fricassee with mushrooms



RICE WITH PORK CONFIT



1 HOUR



ALL YEAR ROUND



HIGH DIFFICULTY



4 PEOPLE

What you need

300 g confit pork ribs
200 g confit sausage
600 g rice
100 g unsalted lard/fat
1 onion
3 tomatoes
3 garlic
3 rashers of streaky bacon
1.5 l water
1 parsley small bunch
Olive oil
Salt to taste

How to make it: **1** First, fry the bacon rashers in a pan with a bit of oil and then set aside. **2** In the same pan, fry the onion cut into brunoise in the unsalted lard and, once golden, add the finely chopped garlic with the parsley. **3** Next, add the chopped tomatoes and pieces of confit meat. **4** When you see the juices start to become concentrated add the rice and stir. At the same time add boiling water with a pinch of salt. **5** Immediately place the bacon on top of the rice and leave to cook for around 20 minutes (or the time required according to the type of rice). **Enjoy!**



Pork was often the main course in Andorran homes. Preserving it as confit after the slaughter was one way to be able to eat it during the entire year. Looking at the archaeological remains from the Middle Ages, you might think that pork wasn't really eaten in these valleys, since almost no bones from this animal have been found. This is due to the fact that the bones were used to create tools of all kinds.





ANDORRAN STYLE CANNELLONI



2 AND A HALF
HOURS



ALL YEAR ROUND



HIGH DIFFICULTY



4 PEOPLE

What you need

For the cannelloni

200 g lean pork meat
300 g chicken breast
1 chicken or pork liver
1 lamb's brain
2 onions
1 carrot
1 cabbage or 12 cannelloni pasta sheets
100 g grated cheese
A bit of flour
A splash of wine
A splash of stock
Lard

For the béchamel

1 l milk
80 g flour
80 g butter
Salt to taste
Nutmeg to taste
A bit of chopped onion (optional)

How to make the stewed meat: **1** Lightly fry the pork meat, chicken breast and chopped liver with the lard. **2** Add the onion and carrot, lightly fry and thicken everything with a bit of flour. **3** To finish, add the wine and the broth and leave to cook over low heat for 2 hours.

How to make the béchamel: **1** Melt the butter in a pan, add the flour (and onion, if using) and stir until a roux is formed. **2** Cook for 3 minutes and add the boiling milk, little by little, while stirring. **3** Cook the béchamel for 5 minutes, add nutmeg to taste and strain.

How to make the cannelloni: **1** If using cabbage, start by bringing water to boil with a bit of salt and, once boiling, blanch the leaves, having already removed their central stalks. Once blanched, leave them to rest in a cloth to cool and dry. **2** Next, fry a chopped onion and the minced stewed meat in oil over low heat. **3** Once lightly fried well, add the brain (already blanched) with a bit of nutmeg and stir 3 or 4 times, while adding a bit of milk. **4** Remove the pan from the heat and add a bit of flour so it absorbs the excess of oil from the meat and thickens well with the pasta. **5** Next, place the meat on the cabbage leaves (or lasagna sheets) and roll to form cannelloni. **6** Place all the cannelloni on a tray and cover with the béchamel sauce and grated cheese. **7** Finally, place the tray in the oven to cook au gratin. **Now the cannelloni are ready.**

The stewed meat should be made the day before and put through a mincer to get a fine mince for the filling.





ANDORRAN STYLE COD



1 HOUR AND
A QUARTER



ALL YEAR
ROUND



MEDIUM DIFFICULTY



4 PEOPLE

What you need

1 kg cod, desalted
1 onion
3 garlic cloves
3 ripe tomatoes
1 almonds handful
2 Marie biscuits
100 g raisins or cascabelillo plums
30 g pine nuts
4 eggs (1 per person)
200 ml white wine
A pinch of sugar
Parsley to taste
Bay leaves to taste
A bit of flour

How to make it: **1** Cut the cod into pieces and dredge in flour. **2** Fry until golden and then set aside in a pot. **3** In the meantime, boil the eggs until boiled. **4** In the same pan where you fried the cod, lightly fry the plums or raisins and, once done, place them on top of the fish. **5** Then lightly fry a chopped onion until golden, and next add the peeled and chopped tomatoes. **6** Once lightly fried, pour the onion and tomato mixture over the cod. Add the white wine, bay leaves and pine nuts and leave to cook over low heat for around 20 minutes. **7** Meanwhile, finely chop the biscuits, almonds and garlic. Mix it with the cod and cook for another 15 minutes. **8** Season with salt and add a bit of sugar to take away the acidity from the tomato. **9** To finish, serve the cod with the hard-boiled eggs, cut into quarters, and spread a bit of chopped parsley on top. **Scrumptious.**



Formerly, in Andorra, the only fish that could be eaten was that preserved in salt as it was the only way it could be transported.





ANDORRAN STYLE RIVER TROUT

🕒
20 MINUTES

☀️
SUMMER

↓
LOW DIFFICULTY

👤👤👤👤
4 PEOPLE

What you need

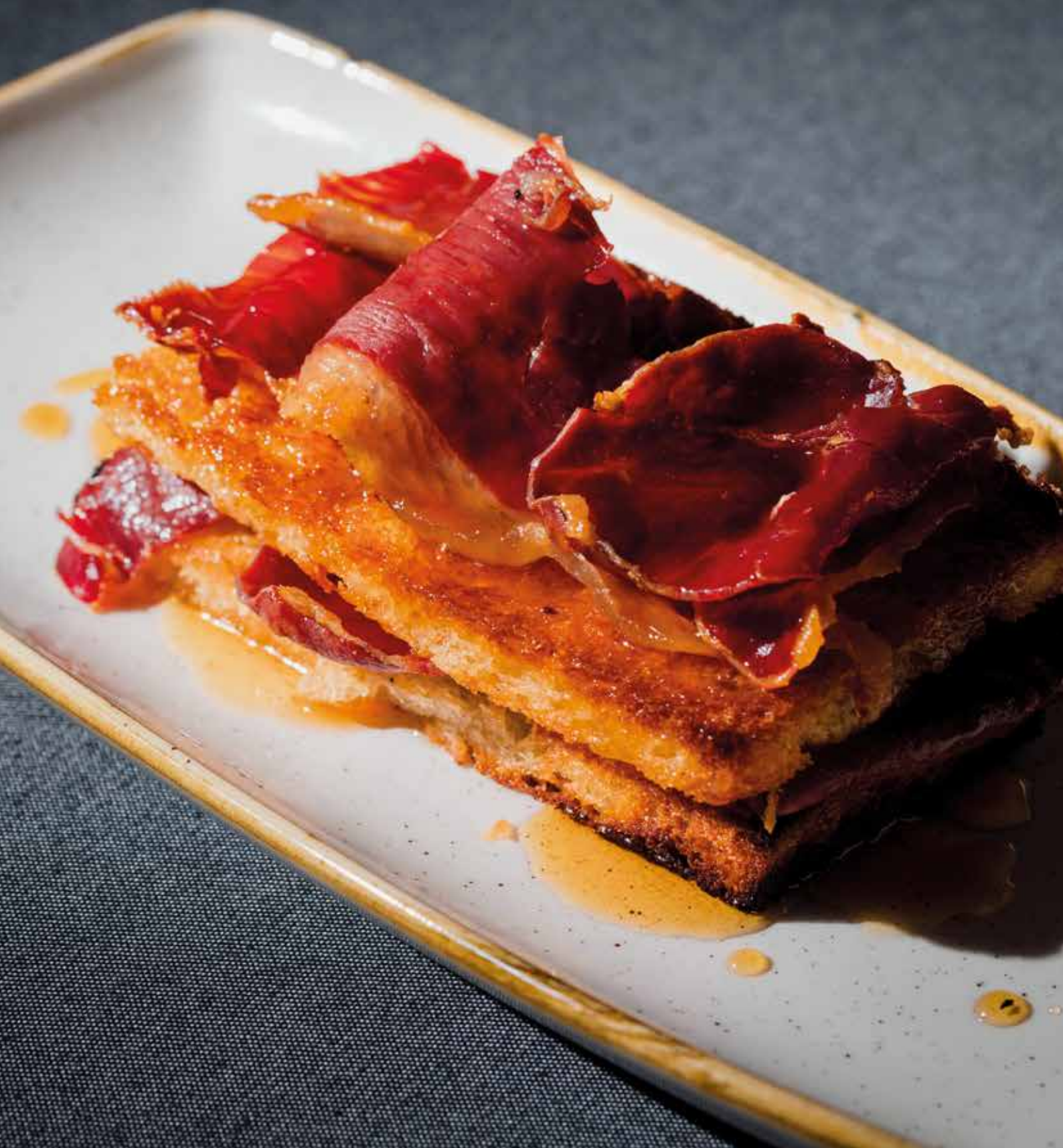
4 river trout
8 slices of streaky dry-cured ham
A bit of unsalted lard or oil
A bit of flour
Salt to taste
Pepper to taste

How to make it: **1** Start by seasoning the trout with salt and pepper and dredging in flour. **2** Fry in a bit of lard or oil and then set aside on a plate. **3** In the same pan, fry the ham and, when it's ready, place it on top of the fish. **4** Pour a splash of oil or lard from the pan over the trout and serve. *Delicious.*



Today, fishing in rivers and lakes continues to be very usual in the country. The three species that can be caught are brown trout, rainbow trout and brook trout. Another typical way to prepare river trout, as well as some meats, is on a hot stone, using a slab. If you'd like to try cooking this way, remember to rub the stone well with garlic before putting it over heat so that it doesn't break.





BITTERSWEET HAM



25 MINUTES



ALL YEAR ROUND



LOW DIFFICULTY



4 PEOPLE

What you need

- 4 thick slices of bread
- 4 thick slices of ham
- 4 tbsp red wine vinegar
- 4 tbsp honey



How to make it: **1** Lightly fry the ham in its own fat (it doesn't have to be too cooked) and set it aside on a plate. **2** Next, add a splash of vinegar to the pan and one spoonful of honey for each slice of ham, and stir to combine. **3** Pour this sauce over the ham. **4** Fry the slices of bread, **and everything is ready to be served.**



We also call this bittersweet ham dish 'ham with honey'. Pork is an ingredient that appears in many recipes, in addition to being used for many of our sausage products, such as *botifarra*, *fuet*, *bull*, *donja* and *bringuera* (originally from Andorra).





WILD BOAR STEW

2 HOURS AUTUMN-WINTER HIGH DIFFICULTY 4 PEOPLE

What you need

2 kg wild boar game meat
1.5 l red wine
2 splashes of brandy
A splash of vinegar
500 g vegetables for the marinade (carrot,
leek, onion, celery, turnip and garlic)
150 g flour
2 thyme sprigs
3 bay leaves
Cloves to taste
Black peppercorns to taste
Cinnamon to taste
A bit of sunflower oil
Black pepper to taste
Unrefined artisan chocolate (*xocolata
a la pedra*) to taste
Salt



How to make it: **1** Cut the meat into pieces and leave it to marinate with the vinegar, wine, a splash of brandy, the vegetables and spices. Leave it in the fridge for at least 24 hours. **2** Once marinated, separate the meat from the vegetables and the marinade liquid. **3** Dredge the meat in flour, lightly fry it in a pan and then set it aside in a pot together with the oil it was fried in. **4** Next, lightly fry the vegetables, remove the fat excess and flambé with another splash of brandy. **5** Add the wine from the marinade and, once boiling, strain this sauce and pour it into the pot. **6** Continue to add wine or vegetable stock as needed while the stew cooks and let it boil. **7** Cover the pot and leave the stew to cook for 1.5 to 3 hours, depending on the meat you're using. Use a knife to check how the meat is cooked. **8** Once it's halfway done, add the grated chocolate slowly and, finally, season with salt and pepper. **When you try it, you'll see that all that cooking time was worth it!**

This dish was also used to be made with hare and other animals now protected. The most common ways to cook meat in Andorra are grilled, roasted, stewed or on a hot stone.



ROAST LEG OF LAMB



1 HOUR



ALL YEAR ROUND



LOW DIFFICULTY



4 PEOPLE

What you need

2 legs of lamb
1 garlic head
3 bay leaves
4 tbsp cognac
200 ml white wine
250 g bacon or unsalted lard
4 potatoes
A bit of lard or butter
Rosemary

How to make it: **1** Score the legs and stuff the incisions with the garlic, bay leaves and pieces of chopped bacon. **2** Peel the potatoes and cut them into slices a finger's width thick, and place it on a tray greased with lard or butter. **3** Next, season the legs with salt and pepper and place them on top of the potatoes, with a bit of rosemary. **4** Roast the legs at 180 °C for 1 hour and 15 minutes in the oven. **5** Once roasted, add the cognac and white wine and mix with the juices from the legs. **6** Leave to rest for 15 minutes in the oven, switched off, and then serve. *Wonderful.*



Leg of lamb was traditionally eaten on Sundays or on special occasions. In the Pyrenees, wool from lambs and sheep was used to make coats and also cushions and mattresses.





STEWED CHICKEN WITH MUSHROOMS



1 HOUR AND
A QUARTER



ALL YEAR ROUND



HIGH DIFFICULTY



4 PEOPLE

What you need

1 chicken
500 g mixed mushrooms
2 tbsp olive oil or unsalted lard
1 onion
2 garlic cloves
500 ml chicken stock
200 ml white wine
4 tbsp cognac
Salt to taste
Pepper to taste

How to make it: **1** First, cut the chicken into pieces, season with salt and pepper and fry in a pan with the lard or oil. **2** Flambé with the cognac. **3** Next, in the same pot and without removing the chicken, lightly fry the onion and garlic, add the mushrooms and stir. **4** Add the wine and cover the pot. **5** Once boiling, add the stock and leave to boil for half an hour. **You can turn off the heat and get your fork and knife ready.**



In Andorra, it was a tradition to eat poultry at Christmas, and we have several sayings that reflect this. Two translated examples:

*Christmas is almost here,
the weather is getting fresh,
we'll kill the rooster
and brown the crest.*

*The good artisan,
rabbit for St John
and chicken for Christmas.*





RABBIT WITH FAIRY RING MUSHROOMS



40 MINUTES



ALL YEAR ROUND



HIGH DIFFICULTY



4 PEOPLE

What you need

1 rabbit (approx. 800 g)
1 onion
3 garlic cloves
4 tbsp cognac
200 ml white wine
50 g almonds
250 g fairy ring mushrooms
1 parsley bunch
A few bay leaves
Salt to taste
Pepper to taste
A bit of oil

How to make it: **1** Start by cutting the rabbit into fairly thick chunks, and place the meat in a pot with oil and salt. **2** Add the pepper, chopped onion, garlic and bay leaves, and fry lightly. **3** As soon as everything is sautéed, add the fairy ring mushrooms and stir. **4** Add the cognac and white wine, cover the pot and leave to cook for 45 minutes, until the mushrooms and rabbit create a gravy. **5** In the meantime, finely chop the garlic, parsley and almonds, and once the rabbit and mushrooms are nearly ready, add it to the pot. **6** Stir, cover and leave on the heat for 10 more minutes, boiling slowly. ***It's now ready to be served.***



It is calculated that between 20 and 30 species of edible mushrooms can be found in the Andorran forests, including fairy rings, bloody milk caps, grey knights, penny buns, chanterelles and St George's mushrooms.

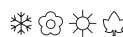




FRICASSEE WITH MUSHROOMS



1 HOUR
AND A HALF



ALL YEAR ROUND



HIGH DIFFICULTY



4 PEOPLE

What you need

1.5 kg flat veal flank steak
800 g blanched fairy ring mushrooms
2 onions
5 or 6 shallots
4 or 5 garlic cloves
1 celery stalk
2 carrots
2 ripe tomatoes
1 bay leaf
1 clove
1 cinnamon stick
Flour
Parsley to taste
Pepper to taste
Salt to taste
A bit of oil
A bit of unsalted lard
Blend of diced garlic, almonds and biscuit

How to make it: **1** Finely chop the onions together with the shallots, garlic, celery, carrots, parsley and tomatoes. **2** Place them in a clay pot to cook with 750 ml of water, one bay leaf, the clove, the cinnamon stick, salt and pepper. **3** Next, cut the meat into very thin fillets, season with salt and pepper and dredge in flour. **4** Then fry the meat in a pan with a bit of oil and unsalted lard and, once golden, place it in another pot. **5** Now strain the liquid from the vegetables, pour it over the meat and leave the pot covered as it cooks. **6** After 25 or 30 minutes, when the cooking is halfway done, add the mushrooms, already cleaned and lightly fried. **7** Add the chopped prepared at the beginning. **8** Wait another 25 or 30 minutes for everything to be done and then the fricassee is ready. Use a knife to check how the meat is cooked. **A delight. And if you wait until the next day, it's even more delightful.**

In the seventies, the government's board of agriculture went to buy bulls from peasant farmers in Switzerland. They chose six or seven as studs, young bulls and bulls with pedigree, and they changed them every three years to prevent inbreeding. It's no longer necessary to go to Switzerland; the bulls are auctioned in Andorra. The herds that graze in our meadows are sons and grandsons of the Swiss Brown breed, a breed that's very resistant to the mountains. Today, we have the official control and guarantee seal 'Quality-controlled Andorran meat'.







DES
SER
TS
AND SWEETS



Andorran style cream
Coca de canal (pastry)
Orelletes (pastry)
Pears in wine
Quince
Sweet fritters
Santa Teresa toasts
(fried bread with milk)
Sponge cake
Rice pudding
Flan
Baked apples



ANDORRAN STYLE CREAM



30 MINUTES



ALL YEAR ROUND



LOW DIFFICULTY



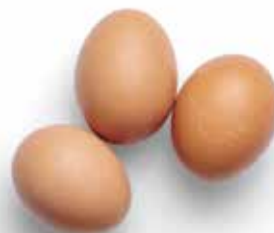
4 PEOPLE

What you need

750 ml milk
1 lemon peel
1 cinnamon stick
6 eggs
200 g sugar
20 g vegetable starch
10 g potato starch



How to make it: **1** Grate the lemon peel (avoiding the white part) and infuse it with the cinnamon stick in the milk for 5 minutes. **2** Separate the egg whites and yolks and, in a separate bowl, beat the yolks and add the sugar. **3** In a cup, dissolve the vegetable starch and potato starch with a bit of cold milk. **4** Add the eggs and sugar. **5** Next, remove the lemon peel and cinnamon stick from the milk, straining it, and pour it into the bowl with the other ingredients, stirring continuously. **6** Cook everything in a bain-marie for 10 minutes, still stirring continuously and without letting it come to the boil. **7** Finally, pour the cream onto a tray or into bowls, top with some sugar and caramelize this sugar using a hot iron rod. **A delicious dessert.**



A custom is to beat the egg whites with some sugar, put them into a pastry bag and use it to make designs around the cream. *Eggs and milk make you young again* (translation of the popular saying 'Els ous i la llet fan tornar jovenet').





COCA DE CANAL (PASTRY)

🕒
2 HOURS

❄️🌞🌱
ALL YEAR ROUND

⬆️
HIGH DIFFICULTY

👤👤👤👤
4 PEOPLE

What you need

1 kg wheat flour
100 g sugar
20 g yeast
6 eggs
4 tbsp eau-de-vie
8 tbsp warm water
A splash of olive oil

How to make it: **1** In a bowl, mix the flour with the sugar, yeast, eggs, eau-de-vie and warm water until you get an homogeneous dough. **2** Leave this dough to rest at room temperature for 2 hours. **3** Next, shape the dough into small loaves, roll them out with a rolling pin and place on a floured tray. **4** Pour a splash of oil over them and a bit of sugar on top. **5** Then flour a tray with half-inch round tube moulds and place the dough inside them so they will turn out all the same. **6** Bake them at a moderate temperature (around 180 °C) for 25 minutes and then take them out carefully. **Ready and delicious.**



If you have the chance to cook *coques de canal* in a wood-fired oven, you won't only be doing it in the traditional way, you'll also get an authentic and tasty flavour. This kind of coca should be crispy.



ORELLETES (PASTRY)



2 HOURS



ALL YEAR ROUND



HIGH DIFFICULTY



4 PEOPLE

What you need

400 g flour
125 ml milk
1 egg
1 dessertspoon yeast
100 ml water
A pinch of salt
Sugar to taste



How to make it: **1** Pour the flour onto the kitchen worktop and make a hole in the middle. **2** Add in the hole, little by little, while working the dough, a pinch of salt, the egg, sugar, yeast, water and milk. **3** Knead the dough for a while and then cover with a warm, wet cloth and leave to rest for 1 hour. **4** After this time, place a bit of flour on the worktop, under the dough, and shape the orelletes using your fingers. **5** Finally, fry them in a pan with very hot oil, drain them and sprinkle a bit of sugar. ***An easy dessert that's also perfect as an afternoon snack.***



In the past, people stretched the dough to make these *orelleta* pastries over their knees, with their hands coated in oil to keep it from sticking. In the 1960s, the Principality's restaurants, inns and hotels began to offer much more varied menus to attract tourists. It was then when, besides of rediscovering many traditional recipes, this also signalled the start of innovation in our kitchens.





PEARS IN WINE



1 HOUR AND A HALF



AUTUMN



LOW DIFFICULTY



4 PEOPLE

What you need

800 g sugar
400 ml wine
800 ml water
1 kg conference pears
1 clove
A few cinnamon sticks

How to make them: **1** Start by peeling the pears, without removing their cores. **2** Next, put the sugar in a saucepan with the wine and the water, clove and cinnamon sticks. **3** Add the pears to the saucepan, making sure that they're covered by the liquid, and boil for 1 hour over a low heat. **4** After this time, let them cool and rest until the next day.

A sweet tradition...



To preserve it, the day after, put the pears and their juice in glass jars and heat in a bain-marie for 20 minutes. Then allow to cool, and you can keep them in your pantry. The pantry or cellar was one of the most important rooms in the country's *bordes* (traditional cottages). It was usually found in the deepest and coolest place on the ground floor of the house and, in order to keep the air running and to keep the food preserved as best as possible, a small north-facing window was made there, which was protected with a mosquito net and an *estripagecs* (spiked bars to prevent animals and thieves from coming in).





QUINCE



3 HOURS



AUTUMN



LOW DIFFICULTY



4 PEOPLE

What you need

2 kg quinces

2 kg sugar



How to make it: **1** Peel the quinces and place in a pot, cover with water and boil for 20 minutes over a medium heat. **2** Once they're cooked (pierce with a knife to check whether they're done), pass through a food mill. **3** Then add the sugar and let everything cook slowly, stirring continuously with a wooden spoon. **4** When the dough has reached a thick consistency, so as to be able to stick the spoon into it and more or less hold it upright, pour it into tin moulds and let it cool. ***A real treat made using just two ingredients.***



Today, like in many places, in Andorra you can find fruits of all kinds from all over the world. But in the past, people used to eat traditional fruit from the country: quinces, apples, strawberries, plums, figs, grapes, pears, raspberries, blueberries, etc. as well as lots of dried fruits: nuts, hazelnuts, pine nuts, almonds and dried figs.





SWEET FRITTERS



35 MINUTES



LENT OR ALL YEAR ROUND



LOW DIFFICULTY



4 PEOPLE

What you need

250 ml water
A pinch of salt
1 flat tbsp of sugar
100 g butter
100 g flour
4 eggs



How to make them: **1** Place the water, salt, sugar and butter in a saucepan and stir. **2** Put the saucepan over heat and warm until the butter melts. **3** Once the butter has melted, remove the pan from the heat and pour the flour into it. **4** Stir continuously until you get a compact dough. **5** Put this dough back over the heat and, once it comes away from the pan and no longer sticks, remove from the heat and add the eggs one by one, before the dough cools. **6** Now shape the dough into small balls. **7** Next, warm some oil in a pan and fry the balls. **Sweet fritters are ready.**



Sweet fritters can be served plain or you can cover them with sugar or fill them with chocolate, cream, custard or jam. However you prefer. It was difficult to obtain sugar in Andorra until after the Spanish Civil War. What was common in many Andorran homes was jelly, jam or syrup.





SANTA TERESA TOASTS (FRIED BREAD WITH MILK)



20 MINUTES



ALL YEAR ROUND



LOW DIFFICULTY



4 PEOPLE

What you need

4 slices of dry bread

500 ml milk

2 eggs

Butter

Sugar

Lemon peel

Powdered cinnamon (optional)

How to make it: **1** Start by infusing the lemon peel in the milk. **2** Then place the dry bread slices in the milk to soften them. **3** Once softened, drain the bread so that it will fry well. **4** Beat the egg and dredge the bread slices in it to coat them. **5** Fry the slices in the butter (or in lard or oil) and, when they're golden, leave them to drain on some kitchen roll. **6** Sprinkle with sugar and, a bit of cinnamon (optional). *An amazing dessert.*



Another sweet way to use up hard bread is to cut it into squares and leave it in milk overnight with a few teaspoons of sugar on top. The next day, add 4 eggs, mix well and add some raisins. Place in a mould, bake for 30 minutes and enjoy.

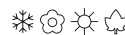




SPONGE CAKE



45 MINUTES



ALL YEAR ROUND



LOW DIFFICULTY



4 PEOPLE

What you need

125 g sugar

125 g flour

4 eggs

A pinch of salt

1 dessertspoon yeast

How to make it: **1** Separate the egg whites from the yolks and beat the whites until stiff. **2** Mix the sugar with the two parts of the eggs and sift the flour in together with the yeast and a pinch of salt. **3** Then add the oil to the mixture followed by the milk. **4** Stir everything vigorously and, when the dough is creamy, pour it into a buttered, floured mould. **5** Bake at 180 °C for 45 minutes and the sponge cake is ready. *Softy and very tasty.*



If the sponge cake turns out a bit dry, you can make a small hole in the centre and pour in a few drops of liqueur, syrup, juice or fruit syrup into it. *Postre de música* has always been a very popular dessert in the Principality as well. It consists of various dried fruits (nuts, walnuts, toasted almonds, dried figs, raisins...) and is usually accompanied by a small glass of Muscat or *vi ranci* wine.

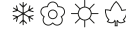




RICE PUDDING



25 MINUTES



ALL YEAR ROUND



MEDIUM DIFFICULTY



4 PEOPLE

What you need

150 g rice
1 l milk
200 g sugar
A pinch of salt
Lemon peel
Vanilla powder to taste

How to make it: **1** First, boil the milk seasoned with a pinch of salt and stir. **2** When it begins to boil, add the lemon peel, rice and sugar. **3** Let it boil very slowly until the rice is cooked and thick (20 or 25 minutes). **4** Remove the lemon peel, serve the rice in one or several bowls and sprinkle the vanilla on top. **A homemade delicacy.**



Rice has never been grown in Andorra. What we have cultivate, historically, are different types of grains, such as wheat (especially rye), spelt, barley and oats. *The good cooker, if he knows how to do it, he tries it first* (translation of the popular saying 'El bon cuiner, si ho sap fer, ho tasta primer')





FLAN



50 MINUTES



ALL YEAR ROUND



LOW DIFFICULTY



4 PEOPLE

What you need

500 ml milk

6 eggs

100 g sugar

Lemon peel

Vanilla or cinnamon to taste

Sugar to make the caramel



How to make it: **1** First, make the caramel by dissolving the sugar in a pan with a few drops of water, without letting it burn. **2** Divide it among all the moulds and let it cool. **3** Next, warm the milk with the lemon and vanilla or cinnamon. **4** Put 2 egg yolks aside and beat the rest of the eggs in a bowl. **5** Beat the two yolks with the sugar and add this to the milk while whisking. **6** When the mixture is warm, fill the moulds, but not all the way to the top. **7** Finally, put the moulds on a tray in the oven, in a bain-marie, for 45 minutes at 85°C. **Leave to cool and we have the perfect sweet touch to finish a nice meal.**

To know if the flan is done, prick it with a needle. If it comes out clean, you can take them out of the oven. The flan must be poured into the moulds while it is still warm. That way, it won't curdle or get lumpy.





BAKED APPLES



20 MINUTES



AUTUMN



LOW DIFFICULTY



4 PEOPLE

What you need

4 Pyrenean apples

Sugar to taste

Muscat wine to taste



How to make them: **1** First, wash the apples, make a hole in the core and pour the Muscat in. **2** Next, bake them in the oven at 180 °C for 25 minutes. **3** Two minutes before taking them out of the oven, sprinkle sugar on top, switch off the oven and leave the apples in, for two more minutes. *All set. A light and delicious dessert.*



You can also try to add the Muscat and sugar at the same time, before baking the apples. We make this recipe both ways, depending on our taste. Other desserts that were traditionally served are dried fruit, fresh fruit, cottage cheese with honey and other sweets, pear compote, cakes for special occasions, *hojuelas* (flour-based batter fried in oil and dusted with sugar).



GLO SSA RY



Backbone: spine.

Bain-marie: cooking method where the item you wish to cook or heat up is placed inside a container, which is in turn placed in another container full of boiling water.

Blanch: boil to soften it.

Blanch (brain): step to clean the brain. It consists on putting it in a pot of cold water, bringing it to the boil and, once boiling, remove the brain from the pot and washing it with water.

Borda: traditional peasant house in Andorra and other Pyrenean areas.

Brunoise: chop into very small dice measuring about 2 x 2 mm.

Bunch: small bouquet.

Cascavellic: type of small plum.

Candied: food preserved in salt or vinegar or dissolving the natural juice of the food in sugar.

Desalted/desalinated: a food item that's been placed in water so that it loses most of the salt used to preserve it.

Estripagecs: iron bars with spikes on the sides that were placed in the windows of *bordes* to keep thieves from entering.

Fairy ring mushroom: type of mushroom also known as *Marasmius oreades*.

Summitat: highest point of a thing.

Knuckle: cut of beef that comes from the back of the knee or elbow.

Infuse: extract the active ingredients from a plant by putting it in boiling water.

Lard: type of pork fat.

Lean meat: meat without fat.

Pickled: seasoned with ingredients that helps to conserve as well as of giving taste.

Potato starch: starch from this tuber.

Ribbon stage: beating egg yolks with sugar until they become pale in colour and form a thick batter.

Rolling pin: cylindrical tool that's rolled to flatten dough and for other uses.

Roux: mixture of flour and butter used to thicken soups, sauces, etc.

Shallot: vegetable from the same family as onions.

Starch: carbohydrate that many vegetables contain and that's used in cooking.

Streaky bacon: bacon from the pig's belly that has fat and muscle.

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