

A typical dish from Gandia and some Spanish and Valencian proverbs, words of wisdom and sayings



IES Maria Enríquez

C/ Literat Azorín, 1 46702 - GANDIA

Tfno. 962829430 - Fax. 962829431

Codi: 46004221 – CIF: Q965627-I

46004221@gva.es

<http://iesmariaenriquez.com>



A TYPICAL DISH FROM GANDIA

OUR FAVOURITE MEAL

A DISH FROM GANDIA

BY ZESO C 1- IES MARIA ENRÍQUEZ



INTRODUCTION

We have chosen to explain how to prepare a typical dish from our hometown, Gandia, this is, a Fideuà. The reason to do so is because, on the one hand, we are proud of the great gastronomy that we have in this area of Spain; because it helps us lead a healthy lifestyle, but also, because it is one of the most delicious dishes we have ever tried!

Enjoying a Fideuà in Gandia is a must! Follow this recipe and you will be able to become an expert Fideuà cook.

INFORMATION

PREPARATION TIME: less than 30 minutes

COOKING TIME: 30 mins to an hour

SERVES: 6



INGREDIENTS FOR THE STOCK:

- 150 g of vegetables
- monkfish, or any other white fish,
- head and bones
- 1.5 litres of boiling water
- 1 lemon juice
- salt



INGREDIENTS FOR THE FIDEUÀ:

- 4 tbsp of olive oil
- 6 prawns and 3 lobsters
- monkfish chopped into pieces/ chunks
- 2 chopped squid
- 1 onion
- 2 or 3 tomatoes (finely chopped)
- 2 garlic cloves
- 500g of short noodles (fideos in Spanish)
- salt
- saffron
- paprika



METHOD: step by step



Step 1: prepare the stock by putting all the ingredients (for this part) to boil for 45 to 50 minutes.

Step 2: fry the prawns and lobsters, and take them out when browned.

Step 3: do the same with the monkfish and squid.

Step 4: fry the onion, garlic and chopped tomatoes.

Step 5: add the noodles and stir with the other ingredients for a few minutes.

Step 6: add the stock to the ingredients in the pan and let it simmer for 10 minutes, adding the squid and monkfish after 5 or 6 minutes. It is important to control the quantity of water; it can burn your Fideuà!

Step 7: after 5 or 10 minutes... you can enjoy your fideuà!

HOW TO PREPARE YOUR OWN FIDEUÀ:

Here you have a video where a winner of a Fideuà contest explains, step by step, how to prepare your very own Fideuà. Enjoy!



FIDEUÀ AND GANDIA: must- try, must see

If enjoying a delish Fideuà in Gandia is a Must, enjoying it by the Port and going for a swim or a walk along the beach is another! Our hometown has all the ingredients to make your experience unforgettable. Here is the town hall's website for more ideas: [check it out!](#)

Must-see...



Our sayings, words of wisdom and proverbs

Now we are going to explain some Spanish and Valencian proverbs, sayings and words of wisdom about food and drinks:

- **Disfruta, come y bebe que la vida es breve:** it means that you have to enjoy, eat and drink so much as you can because life is very short.
- **Cuando seas padre comerás huevos (when you are father you eat eggs):** it means that there are a lot of things that you can't do when you are a child but you can do when you grow up.
- **Lo que no mata engorda** (what doesn't kill you, makes you fatter): it means that some meals that doesn't look very tasty for you won't be so bad and it will be good for your health.
- **Comer sin apetito hace daño y es delito (eating without appetite is harmful and is a crime):** it means that when you eat and you are not hungry, it is bad for you and you are depriving somebody who is really hungry from eating.
- **Caracoles de abril para mi, los de mayo para mi hermano y los de junio para ninguno (april snails for me, may snails for my brother and june snails for nobody):** it means that the best snails for eating are the snails that we catch in april and because of that we want them for us, the snails from may are good as well and we want them for somebody who we love and the snails of june are not good for nobody.

Our sayings, words of wisdom and proverbs

- **A la taula i al llit al primer crit (to table and to bed you have to go at the first shout. It is in valencian):** it means that when somebody tells you that you have to go to eat or to sleep, to have to obey the first time.
- **Lentejas, si quieres las comes y si no las dejas (lentils, if you want you eat them and if not you let them):** it means that if you don't like the food that you have on the table, you won't eat another thing so you have to conform. We use lentils because it is a saying that we use for children and they don't like lentils very much.
- **Com més sucre més dolç (the more sugar the more sweet. valencian):** it means that the better you try to do something the better the result is.
- **Ser un troç de pa (being a slice of bread. Valencian):** it means being very good person.

Our sayings, words of wisdom and proverbs

- **Tallar el bacallà (cut the cod. Valencian):** it means being the person who has the power in certain situation.
- **Qui té fam somia truites (who is hungry dreams with omelettes. Valencian):** it means that there are people who dream with things that are impossible but finally they wake up and realize that they have nothing.



Our sayings, words of wisdom and proverbs

- **Con una despensa llena se guisa pronto una cena (with a full pantry you cook a dinner very fast):** it means that if you have a good quantity of ingredients, it is easy cooking a good dinner.
- **A falta de pan, buenas son tortas (if you lack bread you conform with cakes):** it means that we have to conform with what we have.
- **Una manzana cada día el médico te ahorraría (eating an apple everyday would avoid you to go to the doctor):** if you eat healthy you won't have to go to the doctor.



A PROJECT BY:

2ESO C1

IES MARÍA ENRÍQUEZ

GANDIA

