

THE  
INFLUENCE  
OF ARABS

IN SPAIN!



Spain is a land of great cultural wealth. Some of this diversity originates from the different peoples that have inhabited the Iberian Peninsula throughout history. One of them is the Muslim, who remained in what we now call Spain, for almost 800 years.

During those centuries, Arab culture has put its mark not only on the Spanish language but also on the customs, art, and culture of the whole Iberian Peninsula. Even today, these influences are visible in many places. One of the many Arabic traits that we can find in different aspects that persist in Spain today is gastronomy.



## - SPANISH GASTRONOMY -

When the Arabs arrived in Spain in 711, they found a country little advanced in food matters. They remained for 8 centuries, until 1492, the reason why their influence on Spanish gastronomy has been very profound. It manifests itself not only in a multitude of characteristic ingredients and dishes but also in the procedures, uses, and ways of cooking that we have inherited from them. At present in our country not only have many customs of this society been adopted, but in addition, the consumption of Arabic food at home has increased greatly since apparently, the Spanish are lovers of this type of gastronomy.

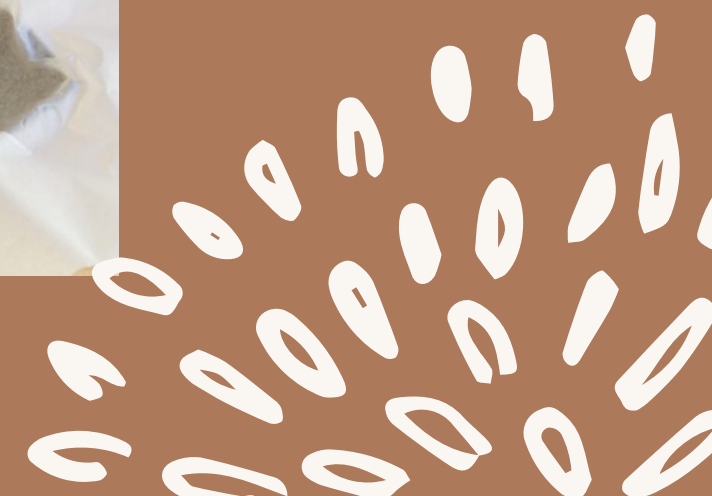




## - ARAB-DRIVEN FOOD CHANGES -

Until they arrived, Spanish food was based on the consumption of cereals and vines, in a territory where vegetable and fruit crops shone throughout their absence. His coming was a real agricultural revolution: they introduced sugar, rice, saffron, citrus, spices (like cinnamon, anise, nutmeg, sesame), nuts, asparagus, spinach, artichoke, dates, bananas, apricot, coconut, and much more.

The influence of Arabic food also changed, for example, the order of service of the dishes. Before they all served each other at once and each diner was taking whatever they wanted. Thanks to the Arabs the current order was established: first, second, and desserts. In fact, 70% of our desserts derive from Arabic uses. Fritters, buns, nougats, and marzipans, as well as the usual presence of fine sugar and almonds, are Arab reminiscences that have remained between us.



# FLAVORS, PROCEDURES AND A DESIRE FOR CLEANLINESS



Among the most striking Arabic contributions are orange juices in morning breakfasts, variations of flavors and ingredients that we added to salads (until then they only included lettuce), nuts, and nougat

The hygiene of the gastronomic procedures also increased after his arrival. Of all, it is known that the Muslim religion obliges to perform 5 ablutions daily before prayer, which has resulted in a very clear orientation to cleansing.

Washing hands often before and during the preparation of dishes became a much more settled custom in Spanish cuisine that, fortunately, endures in our days.



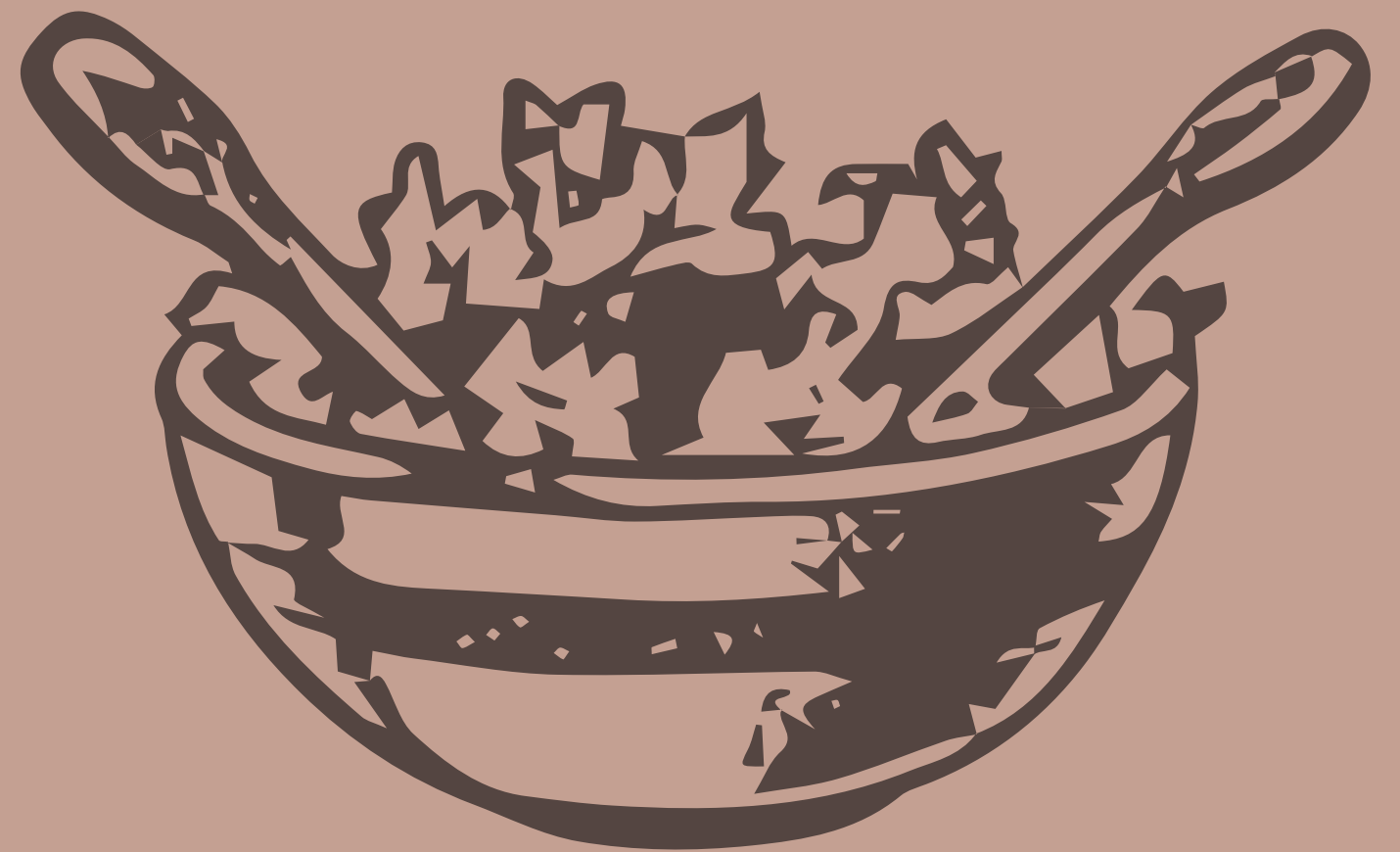
It is very common for most Spaniards to like homemade meatballs, especially those cooked by their grandmothers because this recipe would not exist if it were not for Arabs.

It is one of the recipes of Arabic food that has come to Spain. Also pickled, fried fish, mojama, black olives, lemon dressing, onion chopped in sofrito, and rice with milk were consolidated after the Arab invasion.





Consequently, and since Mediterranean cuisine has evolved greatly from Spanish cuisine, we can say that, at least in terms of health, variety, and gastronomic flavors, the arrival of the Arabs in Europe meant a decisive impulse for their food development. the Christmas almond nougat, the varied salads with croutons, tuna, and apple, for example, or homemade meatballs? I'm so happy that the Arabs came to Spain! At least from a culinary point of view.



# SPANISH GASTRONOMY

Spanish gastronomy is one of the best in the world because of the quality and variety of the products used. Traditional cuisine consists of many regional cuisines. The climate, history, and customs of life influenced each of them. However, you can distinguish characteristics common to all Spanish cuisine. First of all the Spanish cuisine itself is actually quite simple: its base is onion, garlic and peppers.



Spain is divided into a large number of historical areas. Each of them has its own gastronomic tradition, its typical meals, and drinks. However, Spain can be divided into several large gastronomic zones:

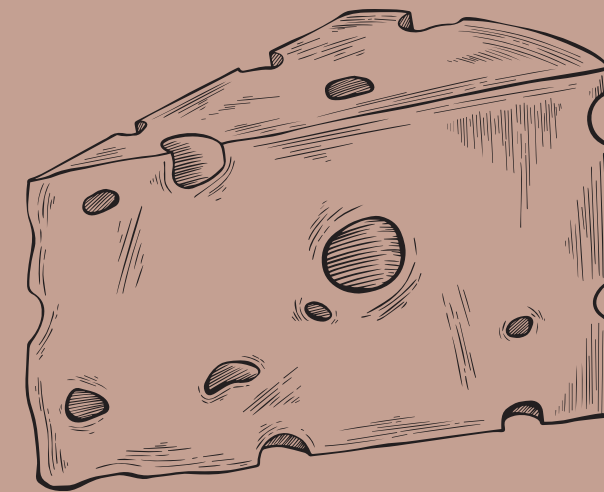
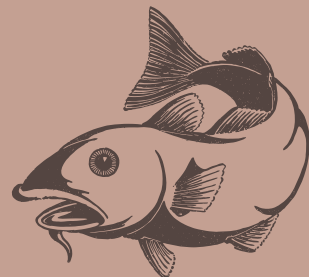
- NORTHERN CUISINE

In the north, it dominates the preparation of fish dishes, such as cod with garlic or octopus.



## - MEDITERRANEAN CUISINE

Mediterranean cuisine, based on the famous Mediterranean diet that has proven its health benefits, is based on the trinity of wheat, olive trees, and vines. Such important components are added as rice, vegetables, garlic, herbs, and other vegetable crops, as well as cheese, yogurt, fish, meat, eggs, and fruit





## - THE CUISINE OF THE CENTER OF SPAIN

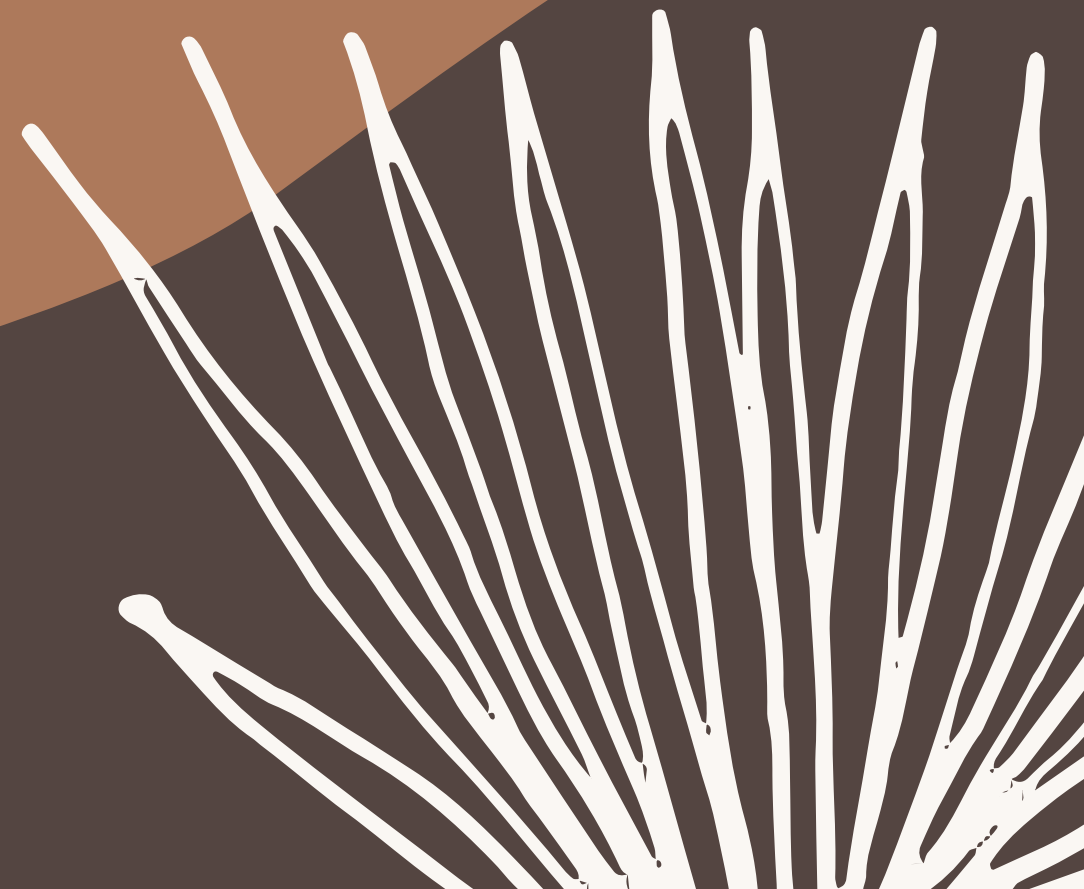


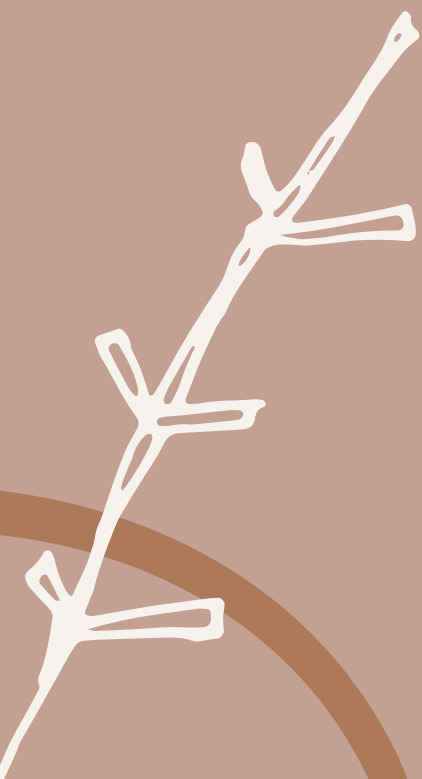
The character of the gastronomy of the central part of the country was formed under the influence of the harshness of the climate, the mountainous terrain, and heavy work. The basis of this diet are beans, lentils, and various meats. One of the basic and typical dishes of the area are many variations on the theme of cooked (nutritious soup), as well as hunting dishes and various sausages.



## - ANDALUCIAN CUISINE

Southern Spanish cuisine is a fusion of cuisines, where it stands out, the famous "gazpacho" that is the cold soup that was born in Andalusia. All Andalusian sweet dishes and desserts are inherited from the ancient Moors.





In short, Spanish cuisine is very varied and it is impossible to have anyone who doesn't like anything. In addition, many dishes have derived from Muslim cuisine and thanks to it, we have been able to discover new flavors.

THANK YOU FOR WATCHING!!

