

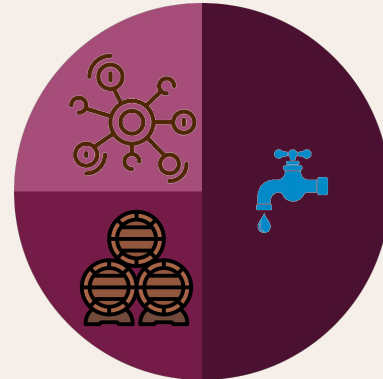
Spain and Wine *Erasmus +*

Work done by the Spanish group!



Introduction

Wine is a necessary food because it provides essential nutrients for the correct functioning of the organism. If consumed in moderation, it does not harm the body but nourishes it. Wine is a totally natural product, which means that it is obtained naturally, not artificially.



Whoa!



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01

Features

Characteristics of the wine that
only a few know about.

Spanish Wine



Why is wine a food?

It has different purposes:



Nutritional

It provides matter and energy!



Social

It favours communication, as well as, social connections.



Psychological

It improves emotional health and provides satisfaction.



Features

Low Protein Content!



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- Proteins are usually scarce in wine, only between one and two grams per liter.
 - This protein poverty of the wine is due to the clarification to which it is subjected in its elaboration.
 - Wine is not an exceptional source of this substance.



The Wine has...





More features about wine...



No added sugar:

Most of the sugars in grape juice are transformed into alcohol.



Alcohol:

The wine contains mostly ethyl alcohol but we can find more types!



Zero percent fat:

Wine does not contain lipids, because if it did, it would taste terrible.



Mineral salts:

They give the characteristic salty taste of the wine.

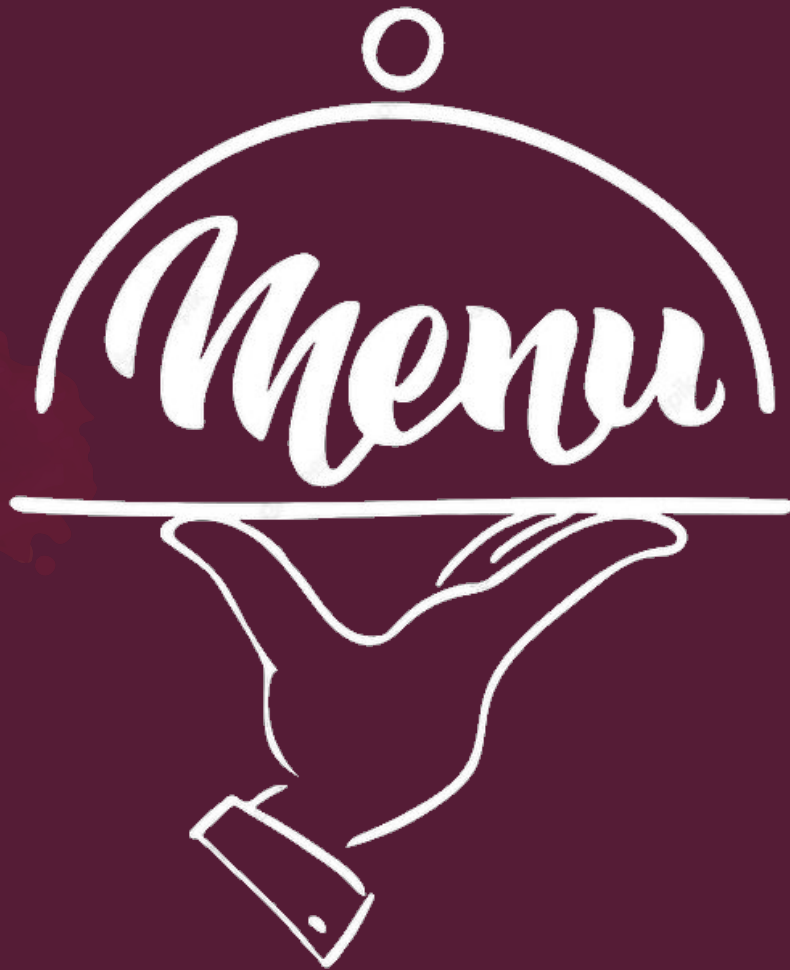
Important characteristics!

Essential Polyphenols!

Polyphenols are in principle concentrated in the grape skin and seeds. The wine facilitates the digestion of food proteins, hence the fact that wine accompanies meals is not casual and has also its reason from the chemical-nutritional point of view.

The Wine has...





02

Starters

The Starters of our menu!

Spanish Wine



Pedro Ximénez Sauce

- 300 ML of Pedro Ximenez Wine.
- Onion.
- Muscatel raisins.
- Olive Oil.
- Salt.



Ingredients

Pedro Ximénez Sauce



PREPARATION:

1. Clean the onions and cut them into slices.
2. Put a frying pan on the fire with a jet of oil and when it is hot add the onions. Let it brown for a few minutes until it is well poached.
3. Add the Pedro Ximénez wine and muscatel raisins to enhance the sweetness and textures of the sauce.
4. Let it reduce for a few minutes and it will be ready to combine it with the dish you have chosen.

Pipirrana Salad

- 1 Spring onion.
- Peppers (green, yellow or red).
- 1 Tomato.
- 1 pinch of Salt.
- 1 dash of Olive Oil.



Ingredients

Pipirrana Salad



PREPARATION:

1. Gather all the ingredients to prepare the pipirrana.
2. Peel the cucumber and cut it into small pieces. In the same way, wash and cut the spring onion, peppers, tomatoes and carrots, as shown in the pictures.
3. Mix all the vegetables and dress the pipirrana with a little salt, white wine vinegar and extra virgin olive oil.
4. Enjoy your meal! Obviously, with a glass of wine!

03

Main dishes

The Main Dishes of our menu!

Spanish Wine



Muscat Sirloin with Raisins

- 1 Pork Tenderloin.
- 1 Clove Garlic and 1/2 Small Onion.
- Pine nuts and prunes.
- 2 Glasses of Wine.
- Olive Oil and Salt.



Ingredients

Muscat Sirloin with Raisins

Preparation



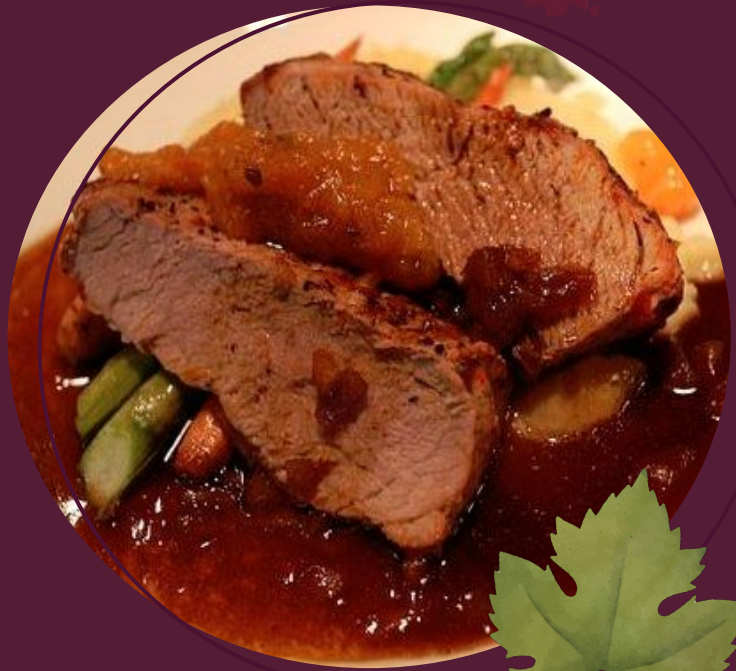
PREPARATION:

1. Cut the sirloin into thick slices. Mark the sirloin slices on a pan, remove and reserve.
2. Peel and chop the onion into strips. Add it to the pan in which we have marked the sirloin and leave it until they are very tender and transparent.
3. Add a glass of muscatel wine to the pan and let the alcohol evaporate. Add the raisins and pine nuts. You can add the sirloin to the pan while the sauce thickens or serve the sirloin rare with the sauce.



Veal Escalope in Wine Sauce

- 1/2 K Veal Escalopes.
- Salt and Pepper.
- Some Flour and 1 Onion.
- Extra Virgin Olive Oil.
- 1 dL of Rioja Red Wine.



Ingredients

Veal Escalope in Wine Sauce

Preparation



PREPARATION:

1. Season the meat and pass it through flour. Fry the scallops in the deep fryer and leave them on kitchen paper to allow the oil to drain.
2. Peel, finely chop and fry the onion in a pan with oil. When it is golden, cover with the broth, the wine and wait for the sauce to reduce.
3. Add the scallops and let them cook for three minutes in the sauce. Remove from the heat and serve. **TRICK:** When you have leftover breaded fillets you can recycle them to prepare them in wine sauce.



04

Main dessert

The Main Dessert of our menu!

Spanish Wine



Apple Fritters

- Wheat Flour and Olive Oil.
- Yeast and a pinch of Salt.
- Sugar glass and Apples.
- Whole Milk and Two Eggs.
- Two tablespoons of sweet wine.



Ingredients

Apple Fritters



Preparation



PREPARATION:

1. Mix the egg yolks with the sugar in a bowl and beat well until foamy.
2. Add the sweet wine, flour, yeast, pinch of salt and milk. Mix well until all the ingredients have been integrated.
3. Peel and core the apple and cut it into small squares. Add the apple to the bowl and mix well.

Apple Fritters



Preparation



PREPARATION:

4. We assemble the egg whites until stiff. We incorporate them into the rest of the ingredients.
5. With a spatula we mix well and with smooth movements so that the mixture does not fall. Let the mixture rest for 20 minutes so that the flour “opens”.
6. Finally, we try them with olive oil!

Thank you all!

Do you have any questions?

We hope that you have learned more
things about Spanish Wines!

