

# SPAIN



## 西班牙美食



Photos by ICEX

... is a land where food binds and defines its culture where olive oil and jamón Ibérico are the jewels of Spanish gastronomy. A country that also brings you products such as citrics, olives, cold meats and more than 100 different types of cheese, as well as a rich variety of canned fish, fruits and vegetables.

美食凝聚并绘成了西班牙的文化，而橄榄油和西班牙火腿更是当地佳肴美饌中的宝石。这美食国度亦孕育了各类产品如柑橘、橄榄、冻肉以及过百款的奶酪，并生产多款罐头鱼类、水果和蔬菜产品。

## 橄榄油

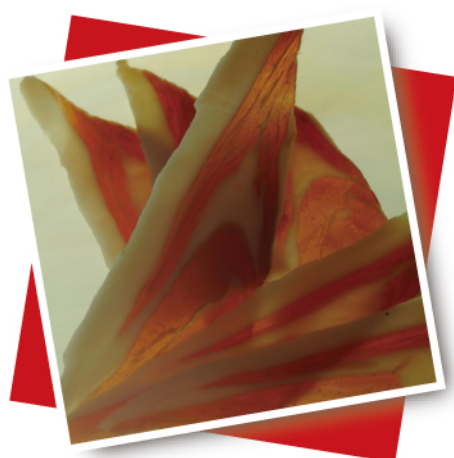
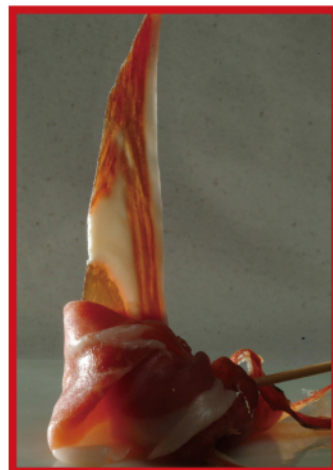


西班牙是世界上橄榄油生产和出口的第一大国，而橄榄油又是地中海地区食谱的主要成份。对它的加工，始于橄榄油即橄榄果实，由于使用的橄榄油品种和后续加工工艺的不同，生产出的橄榄油也不尽相同。烹饪中最受青睐的特级初榨橄榄油，是通过作用于果实上的压力而得到的橄榄油的纯果浆。它可以呈现出多种色调，从金黄色到碧绿色，这是它的一个自然特点，和它的味道并无关联。

## OLIVE OIL

Spain is the largest olive oil producer and exporter in the world, an essential ingredient in the Mediterranean diet. Made from olives, fruit of the olive tree, there are different oils based on the olive variety used for it, as well as the following processing. The extra virgin olive oil, considered the best in the culinary world, is pure olive juice from the pressed fruit. It can have different tones, from golden to green, but this feature does not affect the flavour.

## 火腿



西班牙餐饮中最令人垂涎的食品，伊比利亚火腿，原料来源于喂养天然食物并生活在半自由状态下的本土独有的猪种。另外，塞拉诺火腿（白猪）在西班牙全国各地都有生产并广受欢迎，这就产生一长串各种各样的具有悠久传统且品质优良的品种名单。目前，西班牙是世界上生产火腿的第一大国。

## HAM

Jamón ibérico, the jewel of Spanish gastronomy, is the result of the local exclusive pig race's free-rearing and natural feeding. On the other hand, jamón serrano (from white pigs) is produced and consumed in all Spanish regions, which has prompted a long list of regional varieties of great tradition and quality. Currently, Spain is the largest ham producer in the world.

## 餐桌上的橄榄果



与其他水果不同，橄榄不能在自然状态下被食用，而是应经过发酵和调味的过程。它的颜色，绿色或黑色是由采摘时果实的成熟度决定的。在具有西班牙特色的众多制做橄榄菜肴的方式中以填充的橄榄闻名。它结合了橄榄甜美丰硕的果肉与其他配料，诸如辣椒粉、腌制的欧洲鲑、洋葱或杏仁。

## OLIVES

Unlike other fruits, olives cannot be consumed without prior fermentation and seasoning. The colour, green or black, is determined by the ripeness at the time of being picked. Typically Spanish ways of preparing and presenting olives include filled olives, combining the texture and sweetness of the olive with ingredients such as pepper, anchovy, onion or almond.

## 柑橘类水果



西班牙生产的主要柑橘类水果是柳丁，其次是橘子和柠檬。静谧安详的地中海和西班牙东南部地区的肥沃土壤赐给了这些水果特殊的口感特质，很长时间以来，一直在国际市场上倍受欢迎。除了在自然状态和以果汁的方式食用，这些柑橘类水果也可用于肉类和鱼类菜肴的调味汁以及沙拉、饭后水果和甜点的配料。

## CITRUS

Oranges are the main citric produced in Spain, followed by tangerine and lemon. The Mediterranean climate and rich soil of Levante and the south give these fruits special features that have been highly appreciated in international markets for a long time. On top of natural consumption and juices, citrus are also used for sauces for meat and fish dishes, as well as in the form of ingredients for salads, desserts and sweets.



**西班牙駐中國經濟商務處**  
**ECONOMIC & COMMERCIAL OFFICES OF SPAIN IN CHINA**

**北京 BEIJING:**  
中國北京市朝陽區工體南路甲一號B座  
西班牙大廈五層和六層(100020)  
Spain Bldg., 5th-6th Floor, A1-B, Gongtitanlu, Chaoyang District  
Beijing 100020 P.R. China  
Tel: +86-10-58799733 Fax: 86-10-58799734  
beijing@comercio.mityc.es

**上海 SHANGHAI:**  
中國上海市南京西路1038號B座梅龍鎮廣場25樓(20041)  
25F., Westgate Mall, 1038, Nanjing Xi Road,  
Shanghai, 200041, P.R. China  
Tel: +86-21-62172620 Fax: 86-21-62677750  
shanghai@comercio.mityc.es

**廣州 GUANGZHOU:**  
中國廣州市天河區珠江新城華夏路10號  
富力中心5樓(510623)  
Floor 5th, R&F Center, No.10 Huaxia Road,  
Zhujiang New Town, Tianhe District, 510623, Guangzhou, P.R. China  
Tel: +86-20-38927687 Fax: 86-20-38927685  
canton@comercio.mityc.es

**香港 HONG KONG:**  
香港金鐘道89號力寶中心一座二十樓2004室  
Room 2004, Tower One, Lippo Center 89 Queensway, Hong Kong  
Tel: +852-2521 7433 Fax: +852-2845 3448  
hongkong@comercio.mityc.es

**西班牙商務辦事處**  
**SPANISH CHAMBER OF COMMERCE IN TAIWAN**

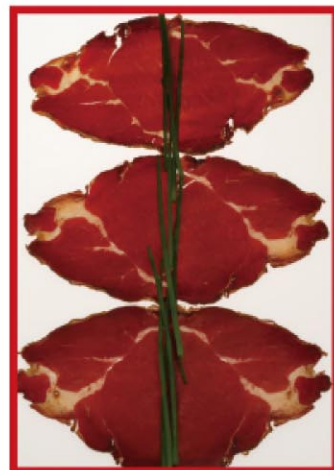
104臺北市民生東路3段49號10樓B1  
10F-B1, NO. 49, Minsheng East RD. Sec. 3, TAIPEI - Taiwan  
Tel: +88-62-25184905 Fax: +88-62-25184891  
taipei@comercio.mityc.es

[www.spainbusiness.com.cn](http://www.spainbusiness.com.cn)



西班牙美食

## 肉肠



西班牙肉肠通常采用猪肉制作(尽管也存在如用干咸肉和牛肉生产的特例),猪肉有时是腌制的,有时是熟的,有时是加入特殊香料的,诸如辣椒粉,随之诞生的是珍馐美味,例如腊肠、血肠、灌肠、大腊肠或辣味大香肠。切片和真空包装的新技术方便了出口,这使全世界都可以品尝到这些美味而不丢失它的丝毫特点。

## COLD MEATS

Spanish cold meats are generally made from pork (although there are delicious exceptions such as cecina, made from beef) that, either cured, boiled or sometimes spiced with ingredients such as paprika, creates culinary gems like chorizo, morcilla, butifarra, salchichón or sobrasada. The new slicing and vacuum packing techniques make exports easier, since they allow these products to be enjoyed throughout the world maintaining their characteristics intact.

## 蔬菜和水果罐装食品

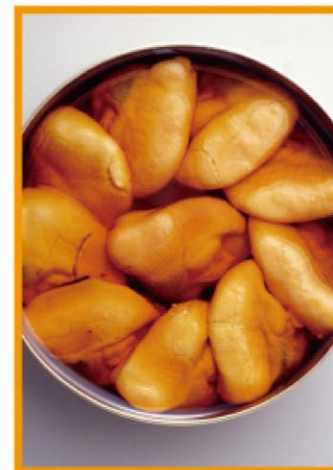


西班牙蔬菜水果的品质和种类也表现于其具有悠久历史传统的罐装食品出口工业。大致半数的蔬菜罐头销往国外市场,例如蜜橘、桃、梨、果酱、洋蓐、豆类和美味的熟食,如皮基约(Piquillo)的辣椒粉或那瓦勒(Navarra)的芦笋。

## CANNED VEGETABLES AND FRUITS

The quality and variety of the Spanish fruits and vegetables reflect on the canned industry, with a great exports tradition. Approximately half of the canned products are sent to foreign markets, where, among others, tangerines, peaches and pears in syrup, jams, artichokes, legumes and gourmet products such as Piquillo peppers or asparagus from Navarra are sold.

## 鱼类罐装食品



西班牙富饶温和的海岸水域和博大精深的饮食文化与最先进的技术和最严格的品质控制相结合,从而提供美味的罐装食品,并保留烹制新鲜的海鱼的营养价值。在这些罐头里面是汁多鲜美的海味,如卤汁贻贝或醋拌葱头末贻贝,伴有调味汁的蛤蜊和鸟蛤,带墨鱿鱼或橄榄油烹制的章鱼。

## CANNED FISH

The rich and warm waters of the Spanish coasts and the country's rich gastronomy come together with the most advanced technology and quality control in order to offer delicious canned goods that maintain the nutritional value of the fresh cooked fish. Among others, the offer includes mussels in pickling brine or in vinaigrette, clams and cockles in their sauce, calamari in its own ink or squid in olive oil.

## 奶酪



西班牙的畜牧传统以及多样的自然风景与气候在其土地上孕育了100多种不同的奶酪。这个资料包括了式样颜色和大小不同的所有奶酪:鲜乳酪、陈乳酪、软乳酪、烟熏乳酪、油乳酪、味道厚重的乳酪以及由绵羊奶、牛奶、山羊奶或任何混合奶制成的乳酪。Manchego(曼切戈)、Cabralas(卡勃拉莱斯)和Tetilla(特蒂亚)是国际上最知名的三种西班牙乳酪。

## CHEESE

The stockbreeding tradition and the country's varied landscape and weather explain the existence of more than 100 different types of cheese throughout Spain. That number includes all kinds of cheese, format, colour and size: curd-style, mature, soft, smoked, oiled, spiced and made from sheep, cow, goat or mixed milk. Manchego, Cabralas and Tetilla are three of the best known internationally.