

by *Sosa*



# A CULINARY JOURNEY THROUGHOUT GASTRONOMY'S GEOGRAPHY AND HISTORY





# CULINARY JOURNEY®

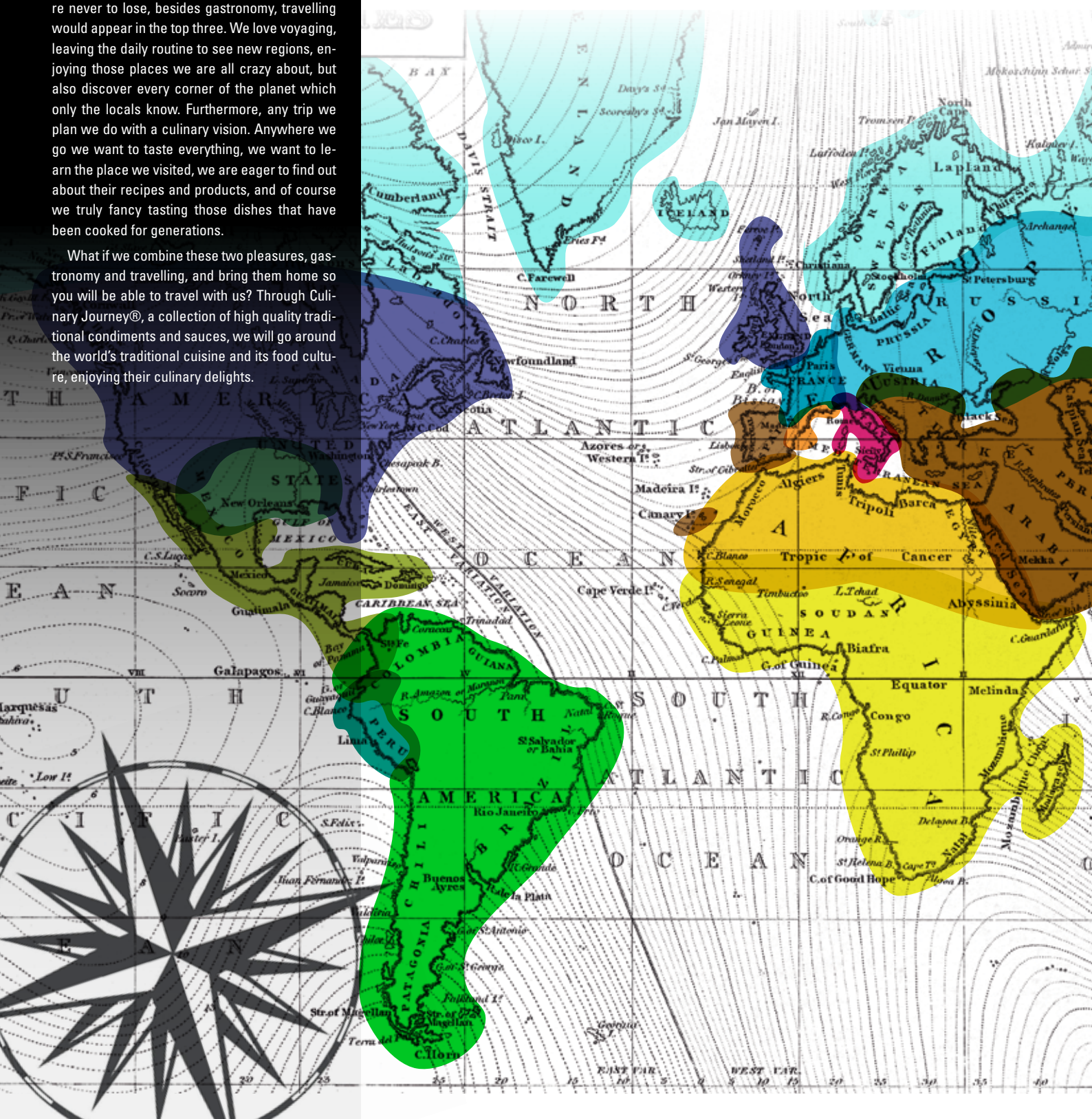
Gastronomy is one of our most cultivated pleasures, we love trying, tasting, cooking... but most of all, we do love sharing it. We enjoy discovering and learning what is behind that peculiar ingredient, that delicious product, that characteristic recipe or that region that attracts our attention. Thus we learn more from one place; we discover its culture and its people through cuisine, with its techniques and ingredients.

If we made a list of pleasures that we desire never to lose, besides gastronomy, travelling would appear in the top three. We love voyaging, leaving the daily routine to see new regions, enjoying those places we are all crazy about, but also discover every corner of the planet which only the locals know. Furthermore, any trip we plan we do with a culinary vision. Anywhere we go we want to taste everything, we want to learn the place we visited, we are eager to find out about their recipes and products, and of course we truly fancy tasting those dishes that have been cooked for generations.

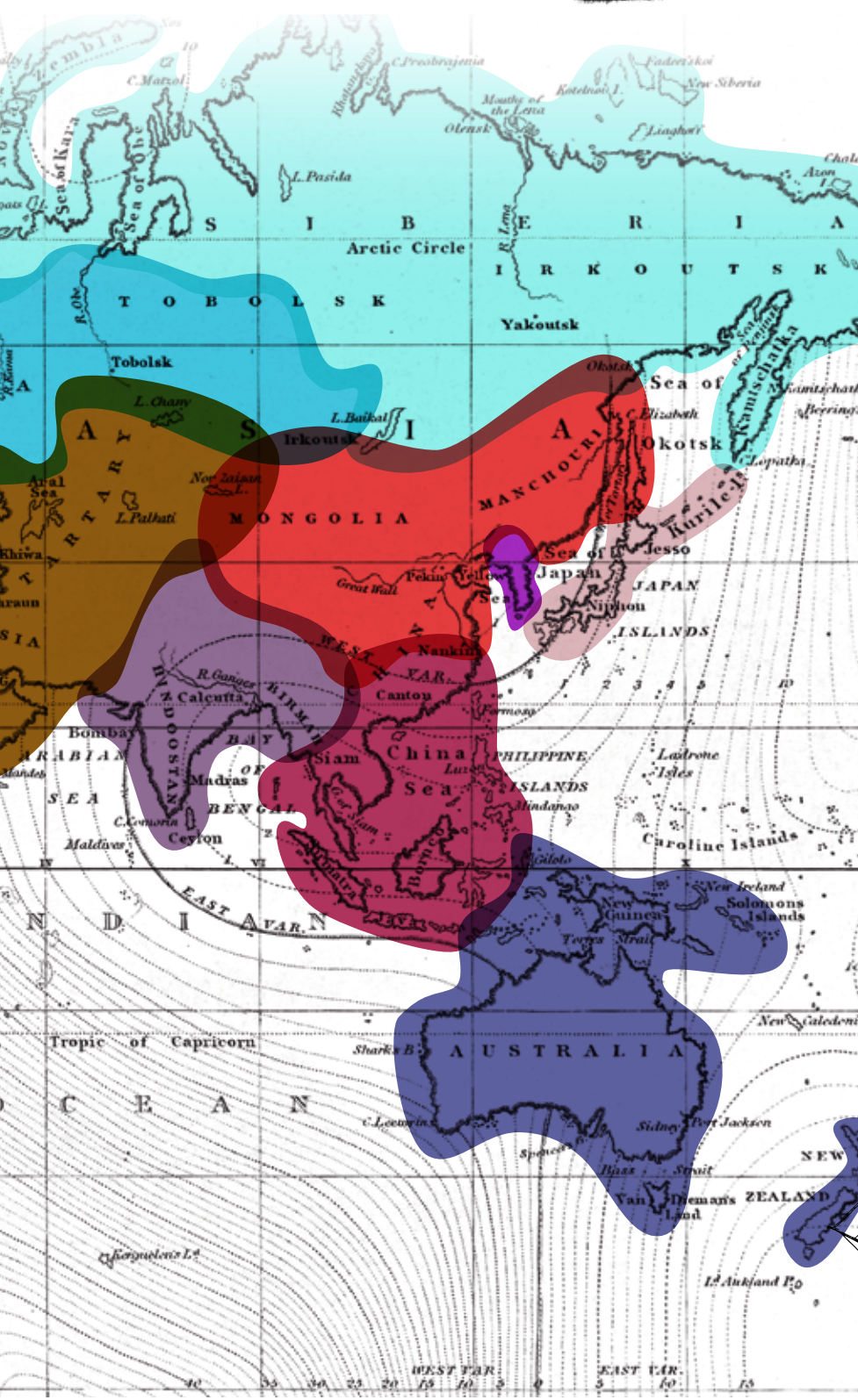
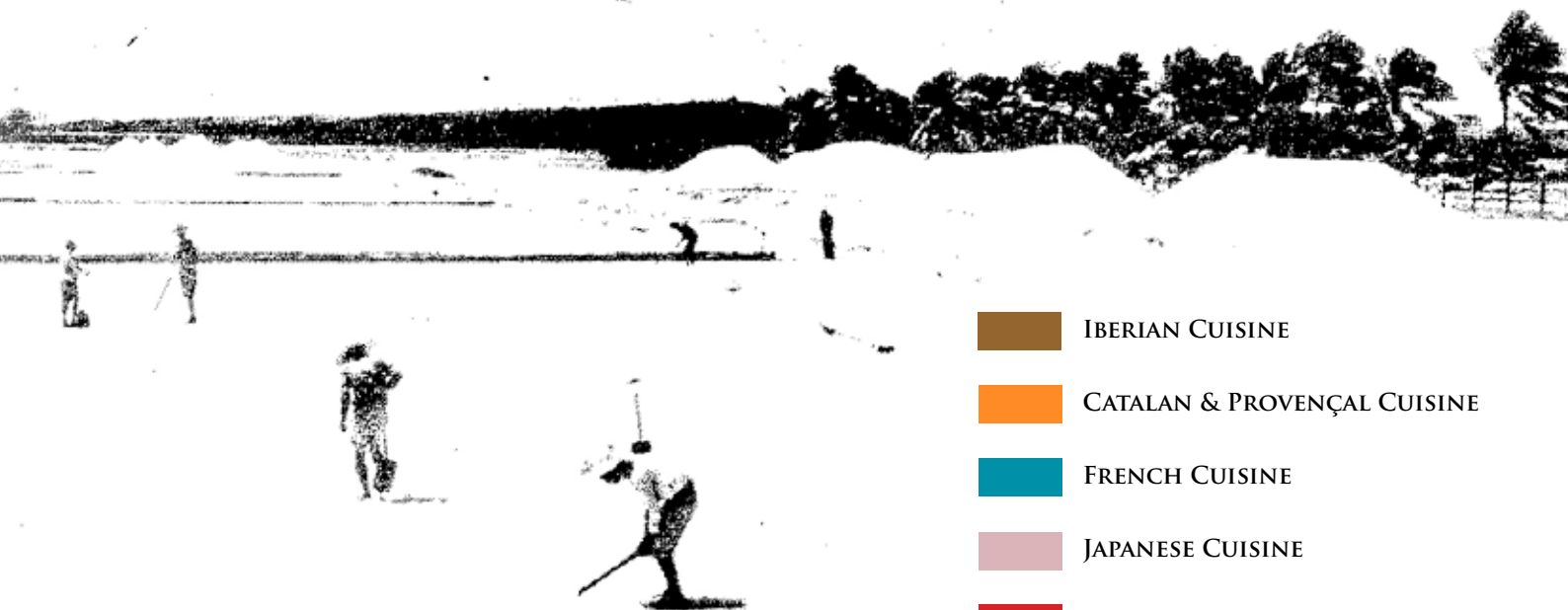
What if we combine these two pleasures, gastronomy and travelling, and bring them home so you will be able to travel with us? Through Culinary Journey®, a collection of high quality traditional condiments and sauces, we will go around the world's traditional cuisine and its food culture, enjoying their culinary delights.

## CHART OF GASTRONOMY ZONES

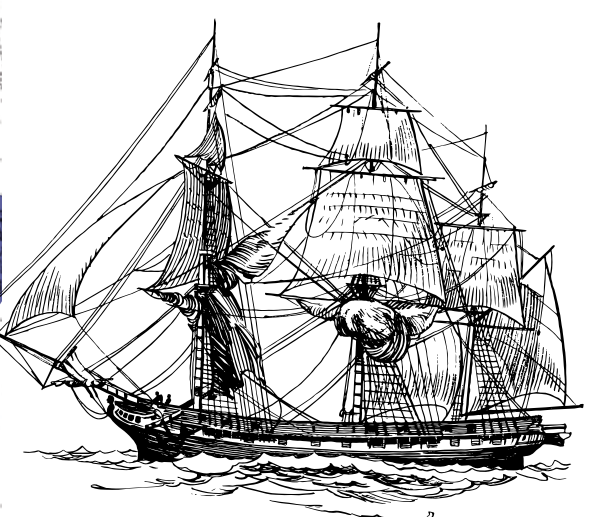
A CULINARY JOURNEY THROUGHOUT GASTRONOMY'S GEOGRAPHY AND HISTORY







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## BIG NORTH CUISINE



*Sosa*



## IBERIAN CUISINE



Iberian cuisine has a great culinary heritage and follows seasons and geography. We found all kinds of cuisines: country cooking, mountain cuisine and an important seafood cuisine too. Some areas have strong culinary differences, with history and personality of their own, like Portuguese, Galician and Basque, but still there is a common denominator in the way of doing and cooking throughout the peninsula. Sauces are used either for seasoning or for cooking and frying, the use of lard is remarkable and garlic often accompanies meals. Peppers are the quintessential spice, followed by saffron. Cumin and cinnamon are mainly used for desserts and, as aromatic herbs, we may highlight bay leaf, rosemary and thyme. Fried onions and tomatoes, often accompanied by peppers, are present in most stews, with variations throughout the country. Also pork sausages, vegetable stews and tapas are worth outstanding along the area.

It should be noted from Iberian cuisine that it is a tradition of collective character. Every meal becomes a social event, made in a group with family or friends. To invite someone home means inviting them to eat.



### ONION SOFRITO

14th c.

1,3 kg 19020206 4 u

• Iberian cuisine uses fried onions as a base for cooking meat, poultry and fish dishes. Also it is used for dishes made with ratatouille as *chilindrón* and it is the first step for rice plates. It is ideal too for pasta sauces, meats and seafood and it is added to soups and stews too to make them more palatable.

**Ingredients:** onion, virgin olive oil and salt.



### AJOBLANCO

16th c.

1 kg 19020218 6 u

• One of the most genuine cold soups of Andalusia and Extremadura's cuisine. It is traditionally eaten cold and accompanied by grapes or melon.

**Main ingredients:** raw almonds, olive oil, vinegar and garlic.



### PINCHO MORUNO MARINADE

20th c.

1,4 kg 19020230 4 u



• 'Pinchos Morunos' are spicy meat skewers inspired by those made in the north of Africa. The typical ones of southern Spain may be made with pork, although the originals are made with lamb.

**Ingredients:** olive oil, spices, aromatic herbs and salt.

## ANDALUSIAN

7th c.

14th c.

## CANARY ISLANDS



### GREEN MOJO

7th c.

1,1 kg 19020222 6 u

• Cold sauce from the Canary Islands, with an ancient tradition, originated from the first inhabitants the Guanches. It accompanies fish dishes, being good both for cooking them in the sauce or to accompany them grilled or fried.

**Main ingredients:** garlic, coriander, cumin and parsley.



### MOJO PICON

17th c.

1,1 kg 19020220 6 u

• The most famous sauce from the Canary Islands. It is eaten cold and accompanies the typical dish of this area, the 'Papas Arrugás' which are eaten by dipping them into red mojo.

**Main ingredients:** garlic, paprika, cumin and spices.





## BASQUE



### PIPERRADA

19th c.

1,3 kg  
19020228 4 u

• Typical of Basque cuisine it accompanies meats and fish. It is made with green and red peppers, onion and tomato sauce. It can also be used on fried eggs or omelettes.

**Main ingredients:** red pepper, green pepper, onion and tomato.



### GREEN BASQUE SAUCE

18th c.

1,3 kg  
19020226 4 u

• One of the most iconic Basque cuisine sauces, usually used for cooking fish.

**Main ingredients:** parsley, garlic, fish fond and white wine.



### DONOSTIARRA SAUCE

20th c.

1,3 kg  
19020232 4 u

• Simple and tasty it is one of the most famous from Basque cuisine. Use it hot over fish such as monkfish, hake or sea bass.

**Main ingredients:** virgin olive oil, garlic, vinegar, fish fond and chilli.



• The most typical Spanish tapa, Patatas Bravas (cube cut fried potatoes with sauce), is accompanied with the spiced Brava Sauce: Brava with Tomato, soft and delicious; Smoked Brava, with intense taste or Hot Brava, the original. These sauces also pair well with meats and vegetables, both grilled or barbecued.



**Main ingredients:** tomatoes, olive oil, spices and *nyora* pepper.

### BRAVA SAUCE WITH TOMATO

20th c.

1 kg  
19020211 6 u

**Madrid traditional recipe:** cocido stew broth and paprika.



### SMOKED BRAVA SAUCE

20th c.

1 kg  
19020216 6 u



**Madrid traditional recipe:** cocido stew broth and paprika.

### HOT BRAVA SAUCE

20th c.

1,1 kg  
19020214 6 u

16th c.

17th c.

18th c.

19th c.

20th c.



### CHORICERO PEPPER PULP

18th c.

1,3 kg  
19020238 4 u

• Coming from the Americas, the *choricero* peppers are elongated and maroon. Putting a spoon of it into soups, sauces, sofritos and dishes will add flavour to them.

**Ingredients:** choricero pepper.



### ALLADA GALEGA

19th c.

1,2 kg  
19020224 4 u

**Main ingredients:** olive oil, garlic, spices and vinegar.

• This Galician sauce is served hot over steamed vegetables and most of all accompanying grilled or broiled fish. It can also be putted on the side so each one serves as much as it is desired.

## GALICIAN

• A sauce made from one of the most characteristic sweet wines of the peninsula. Blends well with foie-gras, chicken and pork. It also works in desserts, on top of a crepe, a banana or an ice cream.

**Main ingredients:** Pedro Ximénez wine and beef fond.



### PEDRO XIMÉNEZ SAUCE

20th c.

1,2 kg  
19020234 6 u



### OPORTO SAUCE

20th c.

1,1 kg  
19020236 6 u

• This sauce includes as base one of the most iconic sweet wines of Portugal: Port wine. It belongs to the range of restoration great sauces, ideal with poultry and to fully cover grilled steaks.

**Main ingredients:** Port wine, onion and beef fond.



## PORTUGUESE





One of the Europe's oldest culinary manuscripts is of Catalan cuisine: *El Libre de Sent Sovi* from the fourteenth century and anonymous author, containing over two hundred recipes. Another is *El Libre de Coch* by Robert Nola, dated in the fifteenth century, which was a reference book for over a hundred years. Although more than a century separates them, both describe a refined and sophisticated cuisine, very similar in ingredients, ways of spicing and elaborations. This shows that it was a deeply rooted cuisine that existed long before it was written down and that lasted for a long time.

This medieval legacy is still reflected today in the Catalan and Provençal cuisine, which extends throughout the Valencian lands, the Balearic Islands, Catalonia and Provence. It is characterized by its variety of ingredients thanks to the diversity of climates: high mountains, seacoast, dry and irrigated lands... Clearly Mediterranean, it has been enriched over the years by the contact with other cultures.



### ALMADROC

14th c.

1,3 kg  
19020104 4 u

• It is one of the greatest cheese sauces from medieval times, when it accompanied roasts. It is an emulsion of garlic and goat cheese, with a recipe of the fourteenth century, which is now used for spreading, seasoning or accompanying meats and fish, both grilled or barbecued.

**Main ingredients:** goat cheese and garlic.



• A preparation of wine and spices, sweetened with honey following a recipe of the fourteenth century. With a base of Macabeu wine, honey, rose water, cinnamon, ginger and cloves, it is drunken diluted in white wine.

**Main ingredients:** Macabeu wine, honey, rose water and spices.

### VI PIMENT

14th c.

220 g  
19010100 12 u

### MEDIEVAL ARUGULA SAUCE

14th c.

1,4 kg  
19020137 4 u

• Sweet and sour medieval Catalan sauce from the fourteenth century, when it accompanied roasted suckling pig. It combines well with cold meats, boiled eggs, fish and pasta and also for dressing vegetables salads.

**Main ingredients:** arugula, dates, hazelnuts, honey, saffron and spices.

### PAGO SAUCE

14th c.

140 g  
19010104 6 u

• This sauce is a spice seasoning concentrate. With a recipe of 1520, it is made of cinnamon, ginger, clove, saffron and grains of paradise. It accompanies meat and fish either grilled or roasted.

**Main ingredients:** spices.

13th c.

14th c.

15th c.



### BLANCMANGE

13th c.

1,25 kg  
19020107 4 u

• In medieval times it was a thick delicacy, sweet and salty at the same time, which eventually became a dessert made with almonds.

**Main ingredients:** raw almond, oil, chicken fond and spices.



### JURVERT

14th c.

1,3 kg  
19020139 4 u

• A medieval Catalan sauce from the fourteenth century which already appears in *El Libre de Sent Sovi*, the first Catalan cookbook from 1324. It traditionally accompanies roasted lamb and goat. It combines well with cold meats, boiled eggs and fish. It is also good to season tomatoes, lettuce, and boiled or grilled potatoes.



**Main ingredients:** parsley, aromatic herbs, hazelnuts, honey, vinegar and spices.



### CATALAN PICADA

14th c.

1,3 kg  
19020141 4 u

• The '*picadas*' are one of the secrets of Catalan cuisine. They are added at the end of the preparation of many dishes. It can also be added to sauces and soups, obtaining excellent flavour nuances.

**Main ingredients:** olive oil, almonds, hazelnuts, spices, carquinyolis, garlic and parsley.



## BARROQUE TOMATO SAUCE

18th c.

1.05kg kg  
19020102 6 u

• Tomatoes are an ingredient from the Americas and Europe took more than a century and a half to introduce it in its cuisine field: we find the first Mediterranean recipes with tomato in the eighteenth century.

**Main ingredients:** tomato, chicken broth and spices.



## PAELLA MARINERA BASE

19th c.

1,3 kg  
19020131 4 u

• *Paella* is the top dish of Valencian cuisine and one of its secrets is this base. Heat it and add the ingredients: fish, mussels, clams or meat. Once cooked add rice and water. An ideal base for *fideuàs* too.

**Main ingredients:** red pepper, green pepper, tomato, extra virgin olive oil, seafood and fish fonds and *nyora* paste.



## PEPPER AND ONION SOFRITO

19th c.

1,3 kg  
19020133 4 u

• The base of many Catalan recipes, it is used for cooking all sorts of dishes: rice, pasta, vegetables... It goes well with meats and fish or for adding to soups and stews as well as being the first layer of the traditional *coques*.



**Main ingredients:** onion, tomato, green pepper and red pepper.

## APERITIU SAUCE

20th c.

1 kg  
19020111 6 u

• Raw sauce used to season clams, mussels or cockles, either steamed or canned. It can also be used on top of potato chips, enhancing their taste.

**Main ingredients:** vinegar and spices.



17th c.

18th c.

19th c.

20th c.

21st c.

## ESCABETX

18th c.

1,18 kg  
19020127 4 u

• This pickling brine is very antique. Originally it had no paprika, one ingredient that now identifies it and enhances its taste. The most popular is sardines one, but it also works well with other fish such as mackerel, salmon and monkfish.

**Main ingredients:** virgin olive oil, onion, vinegar, garlic, paprika and aromatic herbs.



## NYORA PULP

19th c.

1,5 kg  
19020122 4 u

• A '*nyora*' is a type of pepper that comes from the Americas, which is maroon, round and wrinkle shaped. It is used when dry and it is not hot. It will enrich soups, tomato sauces, *sofritos* and will improve the taste of any dish adding a spoon to them.

**Ingredients:** *nyora* pepper.



## ROMESCO

20th c.

1,25 kg  
19020135 4 u

• An emulsified sauce, slightly spicy and sour. It is used to flavour and dip mainly the traditional *calçots* (a kind of spring onions), but also for barbecued beans, snails, fish dishes, meats and other vegetables.



**Main ingredients:** roasted almonds, tomato, roasted garlic, *nyora* pulp, vinegar, olive oil and spices.

## MARINERA SAUCE

20th c.

1,3 kg  
19020129 4 u

• A good base to cook fish and seafood plates. In Catalan cuisine it especially accompanies prawn dishes, squid, mussels and clams.

**Main ingredients:** onion, garlic, tomato, white wine and spices.



**Ingredients principales:** garlic, oil and saffron.

## ROUILLE SAUCE

19th c.

1,3 kg  
19020143 4 u

• This is the most iconic sauce of Provençal cuisine. It accompanies fish soups, especially Bullabessa. It goes well with fish, octopus, cuttlefish, squid and crustaceans.



## PROVENÇAL





France is a country with an ancient culinary tradition and very influential in the world. Since the French Revolution, it has been at the forefront of many historical events and one of them is gastronomy. The emergence of cuisine as a cultural fact, restaurants as we know them nowadays, and gourmet journalism are born here.

In France we find two large culinary trends. The first one is a traditional, very complex and varied cuisine, with notable differences across geography and different backgrounds. The other has a medieval and aristocratic origin. It is the court of Versailles cuisine in the sixteenth century, which set the tone for other royal cuisines and had great influence on the Western culinary world: banquets, snacks or light meals and buffets, the space decorations, setting the table, the placing of the plates, music and other distractions, were as important as the dishes themselves. But inequalities between the people and the court triggered the French Revolution and this court cuisine disappeared. Those who used to be royal Chefs had then three options: exile, cooking for the bourgeois or opening a local. Thus first restaurants were born in Paris. This new-born haute cuisine classified culinary fonds and sauces: over 300 were stipulated and classified. Such is the influence of French cuisine in the world that many dishes have become part of European cookbooks, both in catering and at home.



### CHICKEN FOND

18th c.

1,5 kg  
03000002 4 u

- Chicken broth, very rich and made specifically to use as a base for sauces, soups, rice dishes and paellas or to add to chicken dishes to make them more palatable.

**Main ingredients:** chicken.



### BEEF FOND

18th c.

1,5 kg  
03000000 4 u

- Beef meat and bone broth, very rich and made specifically to use as a base for sauces or soups and to add to beef dishes, such as stews, to make them more palatable.

**Main ingredients:** beef.



### PORK FOND

18th c.

1,5 kg  
03000004 4 u

- Pork meat and bone broth, very rich and made specifically to use as a base for sauces, soups and add to pork dishes to make them more palatable.

**Main ingredients:** pork.



17th c.

### WHOLE TRUFFLE PRESERVED

17th c.

40 g  
19011604 6 u

- Whole truffle to cook just like that, grate or laminate it over fried eggs, foie-gras, duck breast or pasta and rice dishes.

**Main ingredients:** melanosporum truffle.



### 1ST BOILING TRUFFLE JUICE

17th c.

130 g  
19011602 6 u

- Ideal to add to any stew, pasta, rice dish, vegetables, cakes, puddings, omelettes, soups or sauces to enhance their taste.

**Main ingredients:** melanosporum truffle, water, salt and aroma.



**Truffle** is one of the most valued ingredients and adds much flavour and perfume to dishes. Already in Roman times they were truly appreciated. Romans believed the gods made them grow by sending lightning to the ground and, wherever they hit, truffles grew.



## SEAFOOD FOND

18th c.

1,5 kg  
03000016 4 u

- Seafood and vegetables broth, very rich and made specifically to use as a base for sauces, soups, rice dishes and paellas and to add to fish dishes to make them more palatable.

**Main ingredients:** natural flavour, tomato, salt and onion.

## FISH FOND

18th c.

1,5 kg  
03000006 4 u

- This fond is a fish, spices and aromatic herbs broth, very rich and made specifically to use it as a base for sauces, soups, rice dishes and paellas or to add to fish dishes to make them more palatable.

**Main ingredients:** fish, spices, and aromatic herbs.

## ONION FOND

18th c.

1,5 kg  
03000010 4 u

- Yummy onion broth, made specifically to use as a base for sauces or onion au gratin soups, as well as to add to fish dishes, meats or vegetables to make them more palatable.

**Main ingredients:** onion.

## DUCK FOND

18th c.

1,5 kg  
03000014 4 u

- Duck, vegetables, spices and aromatic herbs broth, very rich and made specifically to use as a base for sauces and to add to duck dishes to make them more palatable.

**Main ingredients:** duck meat, spices and aromatic herbs.

## VEGETABLES FOND

18th c.

1,5 kg  
03000008 4 u

- Vegetables broth, very rich, made specially to use as a base for sauces, soups, rice dishes and paellas or to add to any plate to make it more palatable.

**Main ingredients:** celery, onion, carrot and leek.

**Culinary fonds** are a concentrate base for cooking other dishes, a must to improve and enrich other recipes as well as being part of the ultimate success.

19th c.

## MELANOSPORUM TRUFFLE FLAVOURED OIL

20th c.

250 ml  
19011610 6 u

- Perfect for salads, frying eggs, flavouring pasta sauces or adding to soups once served.

**Main ingredients:** olive oil and aroma.

20th c.

## TRUFFLE CREAM

21st c.

50 g  
19011600 8 u

- Ideal to spread on bread, add to any stew, pasta, rice, vegetables, cakes, puddings, omelettes, soups or sauces to enhance the taste.

**Main ingredients:** melanosporum truffle and virgin olive oil.

21st c.

## TRUFFLE SHAVINGS

21st c.

60 g  
19011606 6 u

- Grated truffle, perfect to add to any stew, pasta, rice dish, vegetables, cakes, puddings, omelettes, soups or sauces to enhance their taste.

**Main ingredients:** melanosporum truffle.

## TRUFFLE PULP

20th c.

150 g  
19011608 6 u

- Perfect for adding to any stew, pasta, rice dish, vegetables, cakes, puddings, omelettes, soups or sauces to enhance their taste.

**Main ingredients:** melanosporum truffle.





Refined, precise and frugal, Japanese cuisine is based on the intrinsic flavour of the ingredients, subtly combined and seasonally selected. The presentation (colours, spacing, distribution...) is extremely valued, as much as the flavours. In one only meal, they delight themselves with the alternation of textures and shapes, mixing cooking techniques and having a huge range of tastes.

Seasoning habits in Japan are very different from the rest of Asia. Most sauces come from the mix and match of a few basic ingredients: soy (or *shoyu*), arrived from China along with Buddhism and chopsticks; dashi broth made with water, *kombu* seaweed and dried tuna flakes; *miso* paste, extracted from fermented soy beans; *mirin*, a rice vinegar; sake, less common; sugar and salt.

In addition to the importance and tasty richness of the sauces, seaweed, *umami*, *gomasio* and *shichimi togarasi* are very common tastes. Also, rice is a staple in Japanese culture: boiled or in the form of flours, noodles, vinegars and fermented into wine... Eventually, we must note the influence of the Portuguese Jesuits, arrived in the sixteenth century, which introduced the use of meat and tempura.



**SOY SAUCE**

8th c.

1,15 kg  
19020613 6 u



• This sauce, made in Japan with soy and wheat, has a Chinese origin. It is used to add to dishes or serve on the table in small bowls in order to wet ingredients as for example pieces of sushi.

**Ingredients:** water, soy, wheat, salt and alcohol.



**TENTSUYU SAUCE**

7th c.

1,15 kg  
19020609 6 u



• A sauce to accompany vegetables and shrimp tempura, a breaded technique introduced by the Portuguese Jesuits arrived in Japan in the seventeenth century.

**Main ingredients:** soy sauce, sugar, mirin and hon dashi.



**PONZU SAUCE**

8th c.

1,15 kg  
19020607 6 u

**Main ingredients:** mirin, rice vinegar, soy sauce, yuzu and hon dashi.

• Tasty, light and refreshing, this sauce is used to pair turnip greens and dressing or accompanying vegetables, fish and meat dishes. It also combines well with tofu.



**SUMISO SAUCE**

11th c.

1,5 kg  
19020611 4 u

• Used as vinaigrette, it is used for dressing either cool or warm vegetables salads. It is also used for pairing vegetables, fish dishes, seafood and shellfish.

**Main ingredients:** shiro miso, sugar, sake, mirin, rice vinegar and yuzu.



**TERIYAKI SAUCE**

17th c.

1,2 kg  
19020603 6 u

**Main ingredients:** soy sauce, mirin, water and sake.



**TONKATSU SAUCE**

19th c.

1,2 kg  
19020605 6 u

• Two sauces used to marinate meats, chicken or fish. After grilled, they turn out really tasteful, satined and glossy.

• With a fruity and sweet flavour and a somewhat thick texture, this sauce is highly valued in Japan. Originally accompanies *panko*-breaded pork, cut into strips and cabbage on the side.

**Main ingredients:** tomatoes, spices, soy sauce, rice vinegar, mirin, mustard and garlic.

**YAKITORI SAUCE**

17th c.

1,2 kg  
19020615 6 u

**Main ingredients:** soy sauce, mirin, water, sake and spices.



# CHINESE CUISINE

# CULINARY JOURNEY®



## SWEET AND SOUR SAUCE

18th c.

1,2 kg  
19020501

6 u

- Highly valued, it is used to accompany fried foods such as spring rolls or steamed foods as jiaozi or dim sum.

**Main ingredients:** sugar, rice vinegar, pineapple, bamboo, soy sauce and ginger.



## HOISIN SAUCE

14th c.

1,4 kg  
19020503

4 u

- It is one of the best known Chinese sauces, very distinctive sweet and spicy taste. Used for both cooking with meats, especially roast duck.

**Main ingredients:** soy paste, sugar, sesame oil, rice vinegar and spices.



14th c.

16th c.

18th c.

Traditional and ancient, Chinese cuisine is characterized by the richness of culinary techniques, the food diversity, the use of spices and the dish variety. Internal harmony has a lot to do with what is eaten, how it is taken and cooked, selected and treated according to the Yin and Yang balance. The way of cutting the ingredients (shapes and sizes) is very important, obtaining different textures even being cooked all at once. They also have more than 50 cooking methods, the most common are steamed in bamboo baskets or a quick wok sauté.

Regional cuisines are many; they are traditional cuisines, passed over mothers to daughters for over two thousand years. As for the sauces and ingredients, the most common is the soy sauce, base for many others, which are used both for cooking and serving at table. And of course, the rice culture which dates back to about 8000 years: according to the legend, it was the Emperor Shennong who introduced it and taught to cultivate it.

## SPRING ROLL WITH SWEET AND SOUR SAUCE

### Ingredients:

- Onion 20 g
- Cabbage 20 g
- Carrot 10 g
- Enokis 10 g
- Spring roll wafers 1
- Salt
- Sunflower oil
- Egg white
- Culinary Journey Sweet and Sour Sauce



### Preparation:

- Cut the onion, the cabbage and the carrot in fine julienne.
- Sauté the vegetables in a pan with some oil and salt for 3 minutes.
- Add the enokis and cook 1 more minute.
- Remove from heat and strain to remove water excess. Let it cool.
- Once cooled, roll the wafers with the vegetables inside and seal the edge with a bit of egg white.
- Fry the resulting rolls in 180 °C oil until they become golden brown.
- Serve with sweet and sour sauce on the side for dipping.







Cuisines in this area have in common the rice culture: festivals and rituals are linked to this cereal. Usually, it is the main course, and comes accompanied by a salad, a soup and a cooked dish. They have a huge pantry with a large variety of foods from exuberant nature: herbs, edible plants, fruits... It is a cuisine with the taste of aromatic herbs, kaffir lime and curry leaf, coriander and basil, which are more fragrant than the Mediterranean ones, and acidified lemon grass. Land of spices, valuable and trade object since antiquity, nutmeg, mace and cloves come from the Maluku Islands; chillies, from America, are a must in their dishes; ginger and galangal root, coriander, garlic, shallots and spring onions are also important condiments.

As for sauces and pasta, they use a thicker and sweeter soy sauce, fish sauce is used as a flavour enhancer and also shrimp and tamarind pastes are very common. Coconut tree is fully profitable and they make a good use of it all. Coconuts and coconut milk are both truly important ingredients. The most common method of cooking is quick wok sauté, but they also have a technique of their own: cooking food on the grill wrapped in banana, pandanus, coconut or lettuce leaves. Satay or saté, are the area's brochette, marinated with spices and served with rice, popularized by Arab merchants many centuries ago when the monsoons brought them searching for spices. Stuffed rice rolls and crepes are also very characteristic, as well as curry dishes, very different from those in India.



### CHILLI & PINEAPPLE SAUCE

17th c.

1,3 kg  
19020303 6 u

- A pineapple and chilli based sauce, a base that gives to it the Thai cuisine characteristic sweetness and spiciness. It can be used as dip for fish or coated meats, as well as to accompany pork dishes and seafood.

**Main ingredients:** sugar, pineapple, vinegar, red jalapeno, spices and chilli.



### HOT CHILLI SAUCE (SWEET)

17th c.

1 kg  
19020305 6 u

- This sauce, sweet and hot, is excellent for adding to other sauces in order to enhance them. It is also perfect for salads, all kinds of dishes and meats, sausages or grilled burgers.

**Main ingredients:** sugar, vinegar, red jalapeno and garlic.

16th c.

17th c.



### SATAY SAUCE

17th c.

1 kg  
19020315 6 u

- Peanut, coconut and chilli based, it has a very slightly spicy touch that will transport you to Southeast Asia. It is used to marinate meats that will be grilled or barbecued later.

**Main ingredients:** coconut, peanuts, soy sauce, lemon juice, chilli and garlic.

## INDONESIAN

### SATAY CHICKEN BROCHETTE

#### Ingredients:

- Boneless skinless chicken thighs
- Culinary Journey Satay Sauce
- Salt and pepper
- Oil
- Roasted sesame

#### Preparation:

1. Cut the chicken thigh on regular pieces.
2. Thread the pieces on a wooden skewer and season.
3. Slightly fry the skewer in the pan with a little oil.
4. Once cooked, add the Satay sauce to the pan. Soak the skewer well and sprinkle roasted sesame seeds on top.
5. Serve hot.





**Thai curries** have a great personality, tangy and fresh, and they come from the Indian cuisine influence. **Pastes**, with great concentrated flavour, are the original format and can be used directly or diluted coconut milk. **Sauces**, moreover, are already prepared and ready to use. These curries are perfect for pasta, rice dishes, vegetables, meats or seafood. Chopped basil or cilantro can be added above when serving.



### THAI GREEN CURRY PASTE

19th c.

1,3 kg  
19020309 4 u



**Main ingredients:** onions, chilli, spices, lemongrass, galangal and kaffir lime.



### THAI RED CURRY PASTE

19th c.

1,3 kg  
19020307 4 u



**Main ingredients:** onion, chilli, garlic, spices, galangal, lemongrass and kaffir lime.



### RED CURRY AND COCONUT STIRFRY CHICKEN

#### Ingredients:

|   |      |
|---|------|
| • Red pepper                            | 20 g |
| • Chicken breast                        | 1    |
| • Green beans                           | 20 g |
| • Carrot                                | 15 g |
| • Culinary Journey Thai Red Curry Paste | 20 g |
| • Coconut milk                          | 30 g |
| • Roasted sesame                        | 5 g  |

#### Preparation:

1. Cut all the vegetables and the chicken breast into strips.
2. In a pan with little oil, warm over a low heat the curry paste for 1 minute.
3. Add the vegetables and sauté for 2 minutes.
4. Add the chicken strips seasoned with a bit of salt and sauté for 2 minutes.
5. At this point, add the coconut milk and reduce until getting a sauce texture.
6. Serve in a bowl with the soy sprouts on top and sprinkle roasted sesame seeds.

18th c.

19th c.

20th c.



### COCONUT CREAM

20th c.

1 kg  
19020317 6 u

• Creamy and flavoured, it works well in both savoury and sweet dishes. It is a good base for sauces and combines with vegetables, meats, poultry, fish or shellfish. It is also excellent for desserts, adding to fruit salads or making creams or custards.



**Main ingredients:** coconut.



### THAI GREEN CURRY SAUCE

20th c.

1 kg  
19020311 6 u

**Main ingredients:** coconut and Thai green curry.



### THAI RED CURRY SAUCE

20th c.

1 kg  
19020313 6 u

**Main ingredients:** coconut and Thai red curry.





## INDIAN CUISINE



Besides being one of the oldest in the world, Indian cuisine is an amalgam of history and a confluence of cultures. To a large extent it is linked to religion, with many rules about food, its preparation and how to serve it. This influence can be seen in any doctrine; from Hinduism where the cow is sacred, to Islam, in which the pork and alcohol are prohibited; including among others, Christianity, Jainism and Buddhism.

The territory is large and, as such, there are plenty of ingredients and ways of cooking. Speaking of sauces, it is in the south where they are most abundant, while in the north there is less habit of doing them. India is the aroma and taste of spices, first mixed and then cooked; each dish bursting with flavour, mixture, diversity and combinations; but we could not conceive an Indian meal without the basics: flat breads and rice, always present on the table.



### MADRAS CURRY SAUCE

16th c.

- A mix of spices from South India, inspired by the Hindu *kari*. During the colonial period, the British tried it and liked the taste, which reproduced and packed back home.

**Main ingredients:** coconut cream and spices.

1 kg 19020701 6 u



### RAITA SAUCE

1st c.

- In India, sauces served separately accompany spicy dishes. '*Raitas*' are *dahi*-based sauces (Indian yoghurt), sour and thick, to which are added grated vegetables and aromatic herbs.

**Main ingredients:** yogurt, spices, lemon juice and mustard.

1,1 kg 19020713 6 u



### TIKKA MARINADE

16th c.

- Chicken *Tikka* is one of the best known and much appreciated Indian dishes in western countries. The meat is marinated with the tikka mix of spices and cooked either on a casserole or grilled or barbecued on skewers.

**Main ingredients:** yogurt, spices and lemon juice.

1,25 kg 19020711 4 u



### GARAM MASSALA PASTE

17th c.

- Mix of spices from northern India. Heat the paste first to reveal all the aromas and then add the vegetables and meat, stir and add broth or water to finish cooking.

**Main ingredients:** jalapeno, garlic and spices.

1,3 kg 19020709 4 u



### MUGHLAI CURRY PASTE

17th c.

- This spice mixture follows the ancient Mughali cuisine tradition. Heat the paste first to make all the flavours come out, then add the vegetables and meat, stir, add broth or water and let it finish cooking.

**Main ingredients:** raisins, spices, roasted almonds, roasted sesame and butter.

1,3 kg 19020707 4 u





**Main ingredients:**  
red pepper, white vinegar, mango, onion, spices, raisins and cumin essential oil.



## RED PEPPER CHUTNEY

19th c.

1,5 kg 44200610 4 u

**Main ingredients:**  
mango, white vinegar, onions and spices.



## MANGO CHUTNEY

18th c.

1,5 kg 44200600 4 u

**Chutneys** are spicy, sweet and sour sauces, with a compote consistency and made from vegetables and fruits cooked with spices. They are used to accompany curries, rice dishes, vegetables and skewered spiced meats.

**Main ingredients:**  
white vinegar, carrot, red pepper, celery, onion, turnip, mustard and spices.



## VEGETABLES CHUTNEY

19th c.

1,5 kg 44200614 4 u



## JASMINE RICE WITH ALMONDS AND VEGETABLES CHUTNEY

### Ingredients:

|                                       |          |
|---------------------------------------|----------|
| • Basmati rice                        | 100 g    |
| • Water                               | 200 ml   |
| • Star anise                          | 1        |
| • Powdered clove                      | 0,1 g    |
| • Jasmine aroma                       | 2 drops  |
| • Bay leaf                            | 1 leaves |
| • Laminated almond                    | 10 g     |
| • Salt                                |          |
| • Culinary Journey Vegetables Chutney |          |

### Preparation:

1. Put the rice in a saucepan along with the anise, the bay leaf, the clove powder and the water. Cover and simmer for 15 minutes.
2. Season with salt and the jasmine aroma.
3. Serve in a banana leaf bowl shaped with a generous tablespoon of vegetables chutney over and the roasted flaked almonds on top.

**Main ingredients:**  
carrots, white vinegar, onion, spices and mango.



## CARROT CHUTNEY

20th c.

1,5 kg 44200606 4 u



17th c.

18th c.

19th c.

20th c.



## VINDALOO SAUCE

17th c.

1 kg 19020705 6 u

• Coming from Goa, on the west coast, this sauce was introduced by the Portuguese in the sixteenth century. Usually accompanies lamb or chicken served with potatoes.

**Main ingredients:** spices, tamarind and mustard.



## KORMA PASTE

17th c.

1,3 kg 19020703 4 u

• A 'korma' is a meat and vegetable stew from Central Asia with many spices. In this paste the cooking of the spices is already done and only the meat needs to be added.

**Main ingredients:** onion, garlic, butter, spices, roasted almonds and roasted sesame.



## TANDOORI GARAM MASSALA SAUCE

17th c.

1 kg 19020715 6 u

• This popular sauce, with a blend of spices, is the essence of many Indian dishes made in the tandoor, a conical oven from northern India. Both the sauce and the cooking method give the foods a very distinctive flavour and texture.

**Main ingredients:** coconut cream, garam masala paste and spices.





## ITALIAN CUISINE



With an important historical legacy from Etruscan and Ancient Rome, Italian cuisine is Mediterranean. It has a large regional richness, heavily influenced by the products and the way to use them: from the butter cuisine of Piedmont to the Emilia Romagna's cold meat, through the hot and spicy found in Sicily. In Sardinia, land of the Sardinian people, the cuisine is more indigenous and peculiar, differing quite a bit from the rest of Italian kitchens.

Especially alluring for its tastes and aromas, Italian gastronomy has an extensive repertoire of vegetables, reflected in the variety of salads, always present in the table, which are part of the antipasti, appetizers with which they start their meals. Aromatic herbs are also used, often fresh. Likewise, pasta has a special place, as evidenced by the large number of sauces created to go with it, and divides Italy into two main areas, the North, where they use fresh pasta and butter, and the South, where they like dried pasta. Pizza, risotto and ice cream are also a symbol of Italian cuisine.



### ROMAN GARUM (FISH SAUCE)

1st c.



1,1 kg  
19021711



6 u

• The Garum is a liquid that seasons many Roman dishes. It used to be obtained from pressing fish and shellfish, marinated in salt and left to macerate in the sun. The resulting liquid was collected and stored in amphoras.

**Main ingredients:** aromatic herbs and fish aromas.

### MUSSELS WITH LEEK AND HAM

#### Ingredients:

- Mussels 250 g
- Leek 1
- Diced cured ham
- White wine
- Cumin
- Culinary Journey Roman Garum

#### Preparation:

1. Sauté the dices of ham and the julienned leek with little oil.
2. Add the wine, the Garum and the cumin. Give a couple of laps and add the mussels.
3. Cover and cook for 3 minutes.
4. Serve hot.



ROMAN EMPIRE

1st c.



### BLACK ROMAN OLIVADA

1st c.



1,25 kg  
19021713



4 u

**Main ingredients:** black olives, virgin olive oil and spices.



### GREEN ROMAN OLIVADA

1st c.



1,25 kg  
19021715



4 u

**Main ingredients:** green olives, virgin olive oil and spices.

'Olivadas' are olive-based pastes which have been present on Mediterranean cuisine since immemorial times. Its recipe can already be found in the *Agricola* of Cato's book: 'Mix the black olive paste with herbs; chopped basil, parsley and mint; add pepper and vinegar and bind it with olive oil.'







## GENOVESE PESTO

14th c.

1,25 kg  
19021703 4 u

• The main ingredient of this pesto is basil, the most prized herb in Italy. It is used to accompany gnocchi, Minestrone soup, salads and all kinds of pasta.

**Main ingredients:** basil, Grana Padano Parmesan, pine nuts, garlic and virgin olive oil.



## ARUGULA PESTO

14th c.

1,25 kg  
19021707 4 u

• Arugula is the main ingredient of this fresh and aromatic pesto. It usually accompanies pasta or gnocchi but also boiled or grilled fish.

**Main ingredients:** arugula, Grana Padano Parmesan, pine nuts, garlic and virgin olive oil.



## PESTO WITH ANCHOVIES

14th c.

1,25 kg  
19021705 4 u

• The mixture of basil and anchovies is very tasty. This pesto goes well with dishes like gnocchi, soups and many kind of pasta.

**Main ingredients:** anchovies, basil, Grana Padano Parmesan, pine nuts, garlic and virgin olive oil.



## SICILIAN PESTO

19th c.

1,25 kg  
19021709 4 u

• Unlike other pestos and even though containing basil, Sicilian pesto has more garlic, and tomato was added when it was incorporated as an ingredient in Italian cuisine back in the eighteenth century.

**Main ingredients:** tomato, basil, Grana Padano Parmesan, pine nuts, garlic and olive oil.



14th c.

18th c.

19th c.



## RED ONION SWEET AND SOUR

14th c.

1,5 kg  
44201402 4 u



• Onion is part of many Mediterranean dishes since the earliest civilizations, and is one of the predominant tastes. This sweet and sour can be used to make a first layer of a pizza, to start a sauce, as a garnish for fish or meat or as a soup base.

**Main ingredients:** red onion, vinegar, sugar and spices.



## TOMATO CONCENTRATE

18th c.

1,5 kg  
19021701 4 u

• This concentrate of raw tomato is used for cooking and adding to any stew. Coming from the Americas, tomatoes were used as an ornamental plant the beginnings and had a somewhat aphrodisiac reputation. It took a few centuries to incorporate it as an ingredient in the kitchen.

**Main ingredients:** ripe tomato.

## TOMATO AND MOZZARELLA BRUSCHETTA

### Ingredients:

- Fresh buffalo mozzarella
- Slice of bread
- Culinary Journey Tomato Concentrate
- Chive
- Salt crystals
- Extra virgin olive oil

### Preparation:

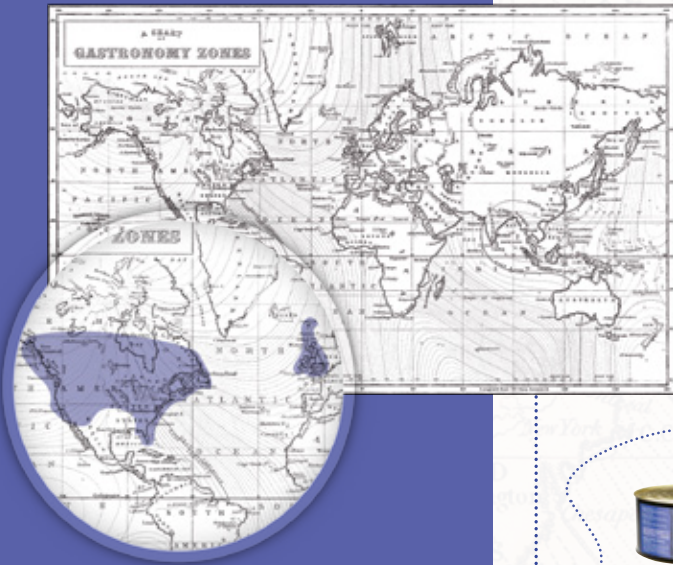
1. Toast the bread in a pan with a drop of oil.
2. Cut the mozzarella into slices about 5mm thick.
3. Spread the bread toast with the tomato paste, put the slice of mozzarella on top and finish with a little extra virgin olive oil and salt crystals.
4. It can be served hot or cold.





# CULINARY JOURNEY®

## ANGLO-SAXON CUISINE



The English-speaking world, with countries and areas highly distinct, shares culinary customs that unites them, introduced by early colonists and immigrants. It is the case of the arrival of new settlers to the area of Oceania and especially to New Zealand, which influenced the cuisine of the Maori people, native inhabitants of the island; or the Irish in the United States, who emigrated from Ireland in the nineteenth century.

Throughout the area, great meat dishes are made with their variants and also fish cuisine, which differs greatly from one continent to another depending on the local species. Sauces and condiments are an important culinary section. Hotter in the American zone, where normally are not used to cook, instead, they use them in combination with other ingredients to accompany the dishes, a good example of this are BBQ sauce and ketchup. As for Europe, sauces are more sour and acidulous, made from herbs like mint sauce or based on cream, berries or citrus the sweet ones.



### LEMON CURD

19th c.

1,25 kg 19021803 4 u

• English origin sauce, used to fill cakes and spread on toasts or pastry pieces, it is known since the nineteenth century.

**Main ingredients:** lemon, egg, sugar and butter.

## ENGLISH

### MINT SAUCE

14th c.

1,3 kg 19021801 4 u

• It is one of the most famous English sauces, inspired by the medieval green mint sauce. It accompanies roasted lamb and pork, to which gives freshness in addition to achieving a great flavours combination.

**Main ingredients:** mint and vinegar.

### AMERICAN BRAVA

21st c.

1 kg 19021507 6 u

• Made with spiced tomato, slightly smoked with a delicate sweet touch.

**Main ingredients:** tomato and spices.

## AMERICAN

14th c.

17th c.

18th c.

19th c.

20th c.

21st c.

### PEANUT BUTTER

17th c.

1,3 kg 19021501 4 u

• The origin of peanut butter dates back to the Incas, who already ate it 5000 years ago. It was on the North American continent, a few centuries later, where it evolved into the version we know today.

**Ingredients principales:** peanut.

### BBQ BARBACUE SAUCE

18th c.

1,2 kg 19021505 6 u

• Devised by the first American settlers in the seventeenth century, in the United States it is a sauce inseparable from barbecued meats and ideal for marinating meats before cooking.

**Main ingredients:** tomato, vinegar, brown sugar, honey and spices.

### KETCHUP

19th c.

1,2 kg 19021503 6 u

• Being one of the most famous and universal sauces, its origin is controversial, but it seems to come from Indonesia. This particular recipe is found written in an American recipe from 1801, named as Tomato Ketchup.

**Main ingredients:** tomato, vinegar, brown sugar, honey, olive oil and spices.

## AMERICAN



# MEXICAN AND TEX-MEX CUISINES

## CULINARY JOURNEY®



- Pre-Columbian sauce made with spicy herbs, but very fresh and a sweet touch at the same time, used very often in Mexico. Present in all Mexican tables, they add it to many dishes to make them more palatable.

**Main ingredients:** tomato, green chilli, onion and spices.

### GREEN MEXICAN SAUCE

pre-Columbian

1 kg  
19021203 6 u



### MOLE POBLANO

16th c.

1,3 kg  
19021207 4 u



**Main ingredients:** dried chilli, onion, garlic, tomato, almond, peanut, raisin, spices and chocolate.

- This mole is a culinary specialty of the city of Puebla, Mexico. It is a sauce with many ingredients, where *guajalote* (turkey) is cooked. With its origin in pre-Columbian times with the noble Aztec cuisine, legend has it that nuns added chocolate to the recipe in the seventeenth century to soften the spiciness.

15th c.

16th c.

20th c.

**Main ingredients:** guajillo chilli, cascabel chilli, arbol chilli, tomato, spices and chicken fond.



### 3 CHILES TAQUERA SAUCE

pre-Columbian

1 kg  
19021211 6 u

- Delicious and very spicy, made with three varieties of chilli, this sauce is used to accompany barbecued or grilled meats, and of course, also on tacos.



### DIABLA SAUCE

pre-Columbian

1 kg  
19021209 6 u

- This sauce, very spicy and tasty, traditionally accompanies barbecued chicken. It also goes well with breaded meat or chicken scallops and the more adventurous can even use it for dipping raw vegetables or chips.

**Main ingredients:** chilli, vinegar and garlic.



### MEXICAN SAUCE

20th c.

1,3 kg  
19021205 4 u

**Main ingredients:** tomato, onion, red pepper, green pepper, vinegar, pepper and spices.



## TEX-MEX

- Tex-Mex sauces are adapted variations of the Mexican chilli ones. They are well known and have crossed borders. This one in particular can be added to all kinds of dishes beyond those of Mexican origin: pasta, rice dishes, salads or combined with meat and potatoes.

One of the most privileged in the world, Mexican cuisine is perhaps the most influential to other cuisines. An example is the disclosure of the use of ingredients such as corn, beans, cacao, chillies, tomatoes, avocado, turkey and vanilla among others. It is an area rich in both history and territory: we find there two great civilizations, the Maya and Aztec cultures from which even nowadays still remain even kitchen utensils such as molcajete or comal.

The arrival of the first settlers marked a before and after in Mexican cuisine. When the Spaniards arrived in Mexico led by Hernán Cortés, they found a very refined cuisine, with ingredients unknown to them and lots of dishes, making it one of the most splendid of the world. On the other hand, settlers introduced rice, olives, grapevines and Indian spices.

The sauces are very important and the vast majority has no fixed recipe, ingredients and amounts vary according to territory or family. Same with the development of traditional Mexican dishes as varied and numerous that would take an encyclopaedia to describe its richness. Marinades (mixtures of spices and oil used to flavour meats) and tortillas are also of great importance.







This area, which stretches from Pakistan to part of modern Greece (east to west), and from the Russian border to Iraq from north to south, has a culinary tradition inherited from many others. The most remotes, the early civilization cuisines of ancient Sumer, Babylon and Mesopotamia (4000 BC). The fame of their kitchen lasted for many centuries. Also, originated in 900 BC, refined and less spicy than other Arab cuisines we find Persian cuisine. Heir to the kitchen of ancient Greece (1500 BC) and the travels and routes of Alexander the Great (300 BC), which opened the way to India and its ingredients and established trade relations with the peoples of Central Asia. And, how fail to mention, heir to the Byzantium cuisine, when the Roman Empire was divided into two in the third century and lasted until Constantinople fell into Ottoman hands and was controlled by the Mongol Empire.

The cuisine of this region is one of the oldest and richest. Slightly spicy, also uses many herbs, mainly mint and cilantro; acidulated by the use of lemons, pomegranate juices and yogurts. With flat breads and filled vegetables, common specialities throughout the area, we also find marked differences due to religion. The contrast of rituals and rules between Islam and the orthodox (mainstream religions) influence a lot of culinary traditions: days of fasting, ingredients and celebrations.



### GREEK



ANTIQUE GREECE

7th c. BC

6th c. BC

5th c. BC

### TAHINI (RAW SESAME)

7th c. BC

1,25 kg  
19022201 4 u

• This recipe, already known by the ancient Greeks, it is used to add to salads and hummus, the most emblematic dish of Greece and the Old East, made with boiled mashed chickpeas.

Ingredients: sesame.



**Main ingredients:**  
yogurt, virgin olive oil, lemon juice, mint and spices.



### TZATZIKI

5th c. BC

1,25 kg  
19022203 4 u

• Greek yogurt has a very high quality, thick and sour. In this case fresh and tangy mint and lemon have been added. The result is a typical sauce accompanying cucumber and black olives in the salad of the same name.

### HUMMUS

#### Ingredients:

- Cooked chickpeas 400 g
- Culinary Journey Tahini 3 tbsp
- Cloves of garlic 2
- Oil 1 tbsp
- Paprika 1 tsp
- Sprigs of parsley 3
- One lemon juiced
- Salt
- Fine tortillas

#### Preparation:

1. Wash and drain the chickpeas well.
2. Blend them with the Tahini, the garlic cloves, the lemon juice and a bit of salt.
3. Keep blending until it becomes a creamy and consistent mash. In case the result were too thick you can rinse with a little water.
4. Season.
5. Refresh with olive oil, and sprinkle with the chopped parsley and the paprika.
6. Serve with thin tortillas.





# ARAB WORLD CUISINE

## CULINARY JOURNEY®

### LEBANESE



**ZA'ATAR**  
3500 BC

1,2 kg  
19020907 4 u

• One of the oldest known mixtures, already done at the time of the ancient Sumerians, this sauce has traditionally three main uses: spread it on pita bread and bake it, serve it in a bowl and dip the meats or use it for seasoning.

**Main ingredients:** thyme, sumac, sesame, salt and virgin olive oil.



**TAHINI  
(ROASTED SESAME)**  
2500 BC

1,3 kg  
19020903 4 u

• This cream of sesame is the key to many dishes like hummus, Babaganush, mashed eggplant and grilled skewered meat marinades, as well as an ingredient in many sauces.

**Ingredients:** sesame.



Like any other religion, Islam has greatly influenced food and cuisine of the Arab world: eating pork or drinking alcohol is not allowed, animals must be slaughtered in a specific way, fasting practice during Ramadan... The food is considered a good of God and must be eaten with moderation and shared with the needed ones.

The Arabs were great introducers of goods from Asia into the Mediterranean countries through the different Silk Roads: new spices and new flavours; also sugar, that had even been known to the ancient Greeks, was not added to the recipe books until that time. They led to the improvement of agricultural techniques and began to grow eggplant, spinach and rice, as well as fruit and citrus. They introduced olive oil with the invasion of the lands that would become Al-Andalus; from the Ottoman Empire desserts and pastries and from the contact with the Europeans tea and products come from the new continent. It is a cuisine based on vegetables and cereals. Also meat, vegetables and spices have a very important role. All of this accompanied with fruits and dairy products.

The cuisine of the Arab world is an oral tradition and has been passed from mothers to daughters over time, in the case of parties and banquets even among girlfriends and female neighbours who participate in the preparations. It is a way to keep the tradition alive from one generation to the next.



3500 BC

2500 BC

13th c.

14th c.

18th c.



**CITRON AU SEL**  
13th c.

1,2 kg  
19020909 4 u

• This is a very subtle preservation that harmoniously perfumes dishes, even more than when using natural lemon. It is added to Maghrebi traditional dishes and combines well with grilled fish or eggplant.

**Main ingredients:** lemon and salt.



**RAS AL HANOUT  
SAUCE**  
14th c.

1,1 kg  
19020905 6 u

• Literally, Ras al Hanout means 'the best there is in the store'. Synthesis of the aromas of Maghreb, it can contain over 35 different spices and it is added to dishes to spice them.

**Main ingredients:** onions, spices and olive oil.



**HARISSA**  
18th c.

1,3 kg  
19020901 4 u

• The harissa is a red chilli spicy paste, from northern Africa, used in already cooked dishes. Traditionally a teaspoon tip is served in any kind of couscous dish: vegetable, chicken or lamb.

**Main ingredients:** chilli, pepper and spices.



### MAGHREBI

### MOROCCAN





Central Europe and Slavic cuisine is located in an extensive territory where many peoples and civilizations have passed by. It has been inhabited since prehistoric times and has a medieval heritage that has given us many recipe cookbooks. The amount of natural resources and climate diversity (Nordic to Mediterranean) is reflected in the richness of their cuisine.

Ingredients shared by the Slavs are many: tangy sauces, dairy products such as yogurt, sour cream or fresh cheese, the use of butter and lard as a cooking fat, black pepper and paprika, vegetables such as beetroot and cabbage... As for the dishes, stews, roasts and game, cold meat and sausages predominate. Also fish, preserved in a thousand ways: salted, dried and smoked with juniper and aromatic woods... They are also joined together by a cuisine based on cereals, especially in the form of bread, often flavoured or spiced, as well as cakes and pastries. The sweetness of honey, sugar and molasses are part of their taste heritage too.



### SWISS



#### CAFÉ DE PARIS SAUCE

20th c.

1 kg  
19021905

6 u

The Swiss chef Freddy Dumont made this sauce fashionable. The original recipe has always been zealously guarded, but its fame made it a place in the classic French cuisine. With a butter base, it is served over grilled or barbecued meats.

**Main ingredients:** cream, spices and aromatic herbs.

### RUSIAN



#### JIRIN XPEH

19th c.

1,25 kg  
19021903

4 u

The beetroot and horseradish sauce, typical of the Ukrainian and Russian cuisines, is eaten as salad and also to accompany meats like sliced beef tongue with the sauce on the side.



**Main ingredients:** beetroot, horseradish, vinegar and virgin olive oil.

19th c.

20th c.

### GERMAN



#### HORSE RADISH MEERRETTICH

19th c.

1,3 kg  
19021901

4 u

**Main ingredients:** cream, horseradish, white vinegar, lemon juice, milk, mustard and spices.

#### SALMON EN PAPILOTTE

##### Ingredients:

- Slice salmon 180 g
- Zucchini ½
- Leek 1
- Chive 1
- White wine 25 ml
- Extra virgin olive oil
- Salt and pepper
- Parsley (optional)
- Culinary Journey Horseradish - Meerrettich

##### Preparation:

1. Cut the vegetables into thin strips, place them on aluminium foil and the slice of salmon on top. Season.
2. Drizzle with oil and the white wine.
3. Close all sides of the wrap tightly and cook in the oven at 190°C for 15 minutes (preheat the oven before), until inflated.
4. Serve a wrap of salmon en papillote per guest, opening them carefully.
5. Serve with Horseradish Sauce and garnish with parsley.



Horseradish is one of the flavours of the Central Europe cuisines. This sauce, pungent and hot, flavours salads, soups, and fish such as salmon or herring and can even be spread on bread.



# PERUVIAN CUISINE

## CULINARY JOURNEY®



- With the fish juice, citrus and chillies, resulting from the ceviche, in Peru they devised a beverage: the Leche de Tigre. Other ingredients are added, such as corn and chopped cilantro and it is very popular. In this case it is the reverse: add to the fish the Leche de Tigre and let it marinate in order to get an authentic ceviche.

### LECHE DE TIGRE (READY TO USE CEVICHE SAUCE) pre-Columbian

1,1 kg  
19021301 6 u

**Main ingredients:** lemon juice, lime juice, onion, spices, fish fond and limo chilli.



s. XV



### SEA BASS CEVICHE

#### Ingredients:

- Sea bass per person 1
- Red onion 1
- Fresh chilli 1
- Juice of ½ lime
- Salt and pepper
- Culinary Journey Leche de Tigre

#### Preparation:

1. Clean the fish and cut it into dices.
2. Cut the onion into strips.
3. Chop the chilli.
4. Mix all ingredients with the lime juice, salt and pepper.
5. Marinate for 1 hour.
6. Plate in a ring with the Leche de Tigre around and grated lime around.



Land of the ancient Incas, who brought to light the art of growing and culture of potatoes, Peru's main crops are also corn, a sacred plant, sweet potato and quinoa, grown and eaten in the region for centuries. The taste of Peruvian cuisine is very rich in flavours: lots of vegetables and fruits, tangy ceviche and the spicy taste of Peruvian chillies.

With countless culinary traditions, largely marked by the confluence of cultures, in Peru we find along the coast a Criolla cuisine product of the miscegenation with the Spaniards, with many seafood dishes and lots of dishes with chicken or beef as the main ingredient, always served with rice. Also Andean cuisine, from where potato comes, land of soups and beef, pig, alpaca, and guinea pig. There is the Amazon cuisine too, less known, with a wide variety of vegetables such as cassava and banana, as well as many river fish. In addition, we find a traditional Afro-Peruvian cuisine with dishes from the old slave plantations. Chifa is another one, miscegenation cuisine with the Chinese, enforced throughout the nineteenth century when a wave of immigration of Chinese labourers arrived to collect guano. And finally the Nikkei cuisine, mixed with the Japanese: there are many historians that detect similarities between ceviche and Japanese marinated.



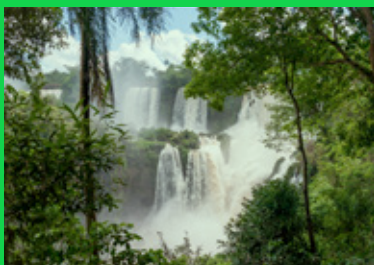




Multiple and all with a good kitchen, the diverse culinary traditions of South America are the result of the contact between native cooking and colonizers. We find a Criolla cuisine from the miscegenation with the Spaniards, who introduced many ingredients. Also, in Brazil they have been influenced by the Portuguese and the slaves brought from Africa to work on sugar cane plantations and coffee left plenty of traditions: cooking with palm oil or coconut are only some of their contributions.

It is a continent with ancient and great civilizations: the Incas in Peru all over the Andes; the Mayas in the Yucatan; the Aztecs in Mexico... Corn, a sacred plant of them all, has been grown for thousands of years and it is a staple in their diet. It is eaten tender or shelled, but it is with its flour where they have mastered: arepas in Colombia, Panama and Venezuela; *tortillas* in the Mexican diet; *chiquisapeñas* in Bolivia; with *casava* flour in the Guaraní cuisine and *risoles* in Brazil, are just some examples. Other key ingredients are beans and rice, brought by the Europeans.

Chillies and peppers mark the tastes of the South American cuisines. The sauces made with them too, as many and diverse in taste as types of peppers they have. Dried or fresh, tender or preserved... variability and richness of the spicy taste has thousands of shades and degrees.



### ARGENTINIAN



#### CHIMICHURRI

19th c.

1,3 kg  
19021102 4 u

##### Main ingredients:

virgin olive oil,  
spices and black  
wine vinegar.

• This sauce is hot and spicy, inseparable from Argentinian grilled meats, to which transmits smoothness and combines nicely. Originally made with herbs, chillies and salt, all mixed with oil, vinegar was added when colonizers introduced the wine culture.



17th c.

18th c.

19th c.

20th c.

#### CHURRASCO STRIP ROAST WITH CHIMICHURRI

##### Ingredients:

- Strips of *churrasco* steak 200 g
- Sal 20 g
- Chimichurri Culinary Journey

##### Preparation:

1. Preheat the oven at 200 ° C.
2. Place the steak strips on a baking tray and roast until the beef is slightly golden brown (about 40 minutes one side and 30 the other).
3. When removing from the oven, paint it with *chimichurri* and present.





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# CULINARY<sup>®</sup> JOURNEY

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