

Aperitivo:

One of Spain's Most Cherished
Gastronomic Traditions

前餐：西班牙最为珍贵的美食传统之一

#SpainFoodNation



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- Among Spain's countless gastronomic traditions, el aperitivo—the custom of savoring aromatic drinks, sharing small bites and enjoying time with friends and family in a laid-back atmosphere in anticipation of a large meal—is doubtlessly one of the favorites. Aperitivo embodies both passion for Spanish gastronomy and the importance of social connections: placed before lunch or dinner, it can last for a couple of hours before the party moves on to the dishes prepared as a main meal. This ritual, however, is not only about enjoyment and brings in another, more practical benefit—arousing the appetite before the big “feast”—aiding digestion during lunch or dinner.

The roots of this uniting and delicious custom go back centuries, and the art of aperitivo itself is not as simple as it appears: it is based on knowledge and a long-standing practice that has been followed in the Mediterranean through epochs.

在西班牙的众多美食传统中，前餐作为一个通常在正餐开始前家人与朋友相聚，享用风味酒水、分享小食的轻松时刻，格外受西班牙人的喜爱。前餐传统涵盖了西班牙人对美食的热爱以及餐前社交的重要性：它大多数置于午餐或晚餐前，西班牙的前餐有时候也持续长达多小时，从派对餐食过渡到正餐料理。前餐仪式不仅在于分享多种美味精致的小食，它还有更实质性的优点——在正餐开始前唤醒食客的味觉以及帮助消化。

前餐的起源可追溯至几世纪前，前餐的艺术也远不止我们所见：它由地中海地区世世代代的饮食文化的发展及实践逐渐演变而来。

A Sip into History —抿酒中的历史



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Aperitivo dates to ancient times: it was the Greek doctor Hippocrates who found that bitter-tasting beverages consumed before a meal can stimulate the appetite. The discovery turned into a ritual that soon became a regular practice amongst the Southern Europeans and was followed ever since. Vermouth, herbs-infused wine that was invented in Turin in the 18th century, brought aperitivo to a whole new level of popularity: this fashionable (and later irreplaceable) element of aperitivo had a perfect balance of bitter and sweet notes.

In today's Spain, aperitivo is a food and drink sharing tradition that is enjoyed with friends and family members before a large meal...and it can be performed anywhere! At a bar, summer terrace, garden or dining room: while aperitivo can be a home-based experience, it doesn't have to be, as long as one knows the key to selecting the right foods and drinks! When preparing for aperitivo, the balance of salty, sour, and sweet flavors is the key to success: traditional vermouth, modern gin, cheese, ham, olives and other Spanish gastronomic stars can all be a part of this gourmet ritual.

前餐的历史可追溯至古时期，希腊医师希波克拉底发现了一种可以开胃的苦味酒饮。这个发现逐渐演变成一个日常的仪式，在南欧蔓延并延续至今。后来于18世纪意大利都灵，味美思——这种带有苦味、经香料浸泡的酒在此地研制，并把前餐带入了一个更高的层次，同时前餐也变得受欢迎：味美思也变成了前餐里一个潮流，而后也成为其不可或缺的元素，酒饮中略苦带甜的风味能使前餐的口味更加平衡。

现在的西班牙，前餐已经演变成了一个与亲友家人在正餐开始前分享酒水和食物的小食的传统，并且无场所限制，它可以在酒吧、露台、花园或餐厅。这个传统虽注重家庭感的氛围，但它也可以根据所需灵活变通，并且选择适当的酒水与食品！准备前餐的时候，完美口味的搭配始终离不开食物及饮品间咸味、酸味以及甜味的平衡：传统味美思、现代的金酒、奶酪、火腿、食用橄榄及其他来自于西班牙的标志产品都可以成为这个美味仪式的一份子。

Choosing Your Aperitivo Players 选择你的前餐“玩家”

Since the olden days, Spanish Vermouth (Vermut) is the traditional choice for aperitivo, with many styles of this beverage produced in Spain to choose from. Wine-producing Spanish regions of Galicia, Andalusia and Catalonia offer a variety of sweet and dry vermouth types that display a unique combination of flavors and aromas. The classic Spanish vermouths draw their character from the local botanicals, herbs and spices used for the production—from cardamom to cinnamon—while the modern, innovative ones can transcend the more unexpected notes: of coffee and even chocolate.

Gin and its popular mixed drink variation, gin and tonic, is one of the favorite beverages among Spaniards and is also a frequent aperitivo “guest”. Spain produces an impressive variety of aromatic and complex gins—herbal, floral and scented—from both the mainland and island regions, making Spanish gin offer immense. Ginebra de Mahón PGI from the island of Menorca is a great gin to start the exploration of these distinguished Spanish spirits.

从古时起，西班牙味美思就是前餐最传统的选择且种类繁多。西班牙产酒大省如加利西亚、安达卢西亚以及加泰罗尼亚盛产甜及干型味美思，它们被赋予独特的芳香及口味。经典西班牙味美思的特点则与产地选用制酒的植物、香料相关——从小豆蔻到肉桂，特色味美思在现代创新的基础上，甚至添加了更多意想不到的风味，如咖啡及巧克力风味。

金酒及繁多的以金酒为基酒的酒饮，如金汤力，是西班牙人最喜欢的，前餐里出现频率最高的“客人”之一。西班牙各地从陆地至岛屿均盛产多种香气浓郁及口感繁复的金酒——如香料、花香及香味金酒，都备受好评。原产地名称保护马宏金酒就是一个探索西班牙众多烈酒的起点。



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The Delicious Bites 一口美味



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To make the aperitivo a true gastronomic indulgence, Ibérico ham must be included in the menu: it is a true star of Spanish gastronomy. The grades of Spanish Ibérico ham are determined by the production and diet of the pigs: the highest graded ham is produced from pure-bred acorn-fed Ibérico pigs that are native to Spain's dehesa in central and Southwestern Spain. With the abundance of acorns and legumes to feast on and a natural environment to roam in, the pigs produce meat of exceptional quality: moist, with a firm texture and emblematic nutty aromas and flavors. Among the Ibérico ham products, the most iconic hams come from the four Protected Designations of Origin (PDO): PDO Jabugo, PDO Guijuelo, PDO Dehesa de Extremadura and PDO Los Pedroches.

Alongside the signature ham, other iconic Spanish meat products—chorizo or salchichón—are always welcome to star in aperitivo. Chorizo de Cantimpalos PGI, made from fresh fatty pork and seasoned with salt and pimentón, has a rich, slightly acidic taste and goes perfectly with vermouth. Catalanian Salchichón de Vic PGI, made from white pork, following the traditional production process, displays a mild peppery flavor and aroma: it can be another great addition to the aperitivo menu.

Another gem of Spanish gastronomy that can elevate the experience is Spanish cheese. Variety is the key: with countless kinds produced in Spain, the more cheeses participants can choose from, the better. Among the great Spanish cheeses, Queso Manchego PDO, produced in Castilla-La Mancha, is an ideal option for a hard cheese: it will bring a slightly sharp and intense flavor to the aperitivo pallet. Cabrales PDO—a blue-veined soft cheese made from cow's milk, or the mix of cows', ewes' and goats' milk—has a balanced flavor and a medium piquancy, displaying nuttiness, reminiscent of hazelnuts and almonds.

Unique Spanish cheeses—macerated in red wine Queso de Murcia al Vino PDO or tender Torta del Casar PDO—are the products that will not only add flavor to the table but also bring the aperitivo experience to a whole new level.

Spain has a long history of seafood production—as well as the tradition of preserving it. Spanish preserved seafood is a premium product that allows to enjoy Spanish anchovies, tuna, mussels and other seafood products anywhere—for aperitivo and other gastronomic occasions!



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Mejillón de Galicia PDO, mussels that are harvested in Galicia, are preserved in tins right after they arrive at the local harbor, sealing their unique flavor. The mussels have a unique bluish-black shell with an emblematic orangey-cream mantle, characteristic of their production region. Spanish anchovies harvested in l'Escalá and Santoña regions are another celebrated preserved seafood product: they have a distinct mild yet rich taste that makes them a perfect companion for aperitivo beverages.

When it comes to small bites, Spanish olives—one of the "must have" products on tables across Spain—are perfect for sharing: their piquant and complex flavor pairs well with other foods typical for aperitivo: ham, cheese and seafood. Pitted, whole or stuffed with anchovy, chili, pimiento or almonds—the olives are extremely versatile and can be offered as natural snacks, used as an ingredient in Spanish tapas and serve as a delicious add-on for the aperitivo drinks (especially vermouth!).

Aperitivo, encompassing the tangible concept of savoring delicious Spanish foods and beverages with the intangible element of enjoying the company of friends, is a Spanish tradition that unites and brings together the art of Spanish gastronomy and the joy of "togetherness".

如要真正地享用前餐的美味，伊比利亚火腿当然是菜单上必不可少的：它是众多西班牙美食中的明星。西班牙伊比利亚火腿根据生产工序及猪的饲养方式划分为多个等级，最高级的火腿出自于橡果饲养的纯种伊比利亚猪。它们生活在西班牙中部及西南部的天然林地，以丰裕的橡果及豆科植物为食，因而产自该地区的火腿有着卓越的品质：肉质丰润、口感紧实且有坚果风味。在众多伊比利亚火腿产品中，最代表性的是四个原产地名称保护产品：原产地名称保护哈布戈、原产地名称保护基胡埃罗、原产地名称保护埃斯特雷马杜拉以及原产地名称保护洛斯佩德罗什。

除了有标志性的火腿外，其他的西班牙特色肉制品——西班牙辣香肠及萨尔齐琼肠也是普遍受欢迎的前餐食物。地理标志保护坎廷帕洛斯辣香肠用新鲜的多脂猪肉，加入盐及熏红辣椒粉制成。它具有浓郁及微酸的口感，是味美思酒的绝佳搭配。地理标志保护加泰罗尼亚-比克-萨尔齐琼肠由白猪品种的猪肉经传统工艺制成，它有温和的胡椒味，也是前餐很好的选择。

另一个可以使前餐增色的美食亮点是西班牙奶酪。西班牙奶酪突出产品种类多样，而前餐中奶酪种类越多则越丰富。在众多奶酪中，产自卡斯

蒂利亚—拉曼恰地区的原产地名称保护蒙切哥奶酪，是一个理想硬质奶酪之选：它有着略浓烈的风味。原产地名称保护卡伯瑞勒斯奶酪，是一种蓝纹软质奶酪，由牛奶，或牛奶、山羊及绵羊奶制成。它有比较平衡的口味以及些许辛辣感，有些让人联想到榛果及坚果的风味。

还有一些西班牙特色奶酪—原产地名称保护红穆西亚红酒奶酪及柔软的原产地名称保护凯撒蛋糕奶酪，它们可以为餐桌添加更多的风味，也可以把前餐提升到一个更高的层次。

西班牙有着悠久的海产及罐装食品传统。西班牙罐装海鲜是优质产品，它可以让在世界各地的人随时享用西班牙原产的凤尾鱼、金枪鱼、贻贝等优质海产。其用途不局限于前餐，也适用于更多的美食场合！

原产地名称保护加利西亚贻贝在当地打捞并在码头罐装，具有独特风味。与其他产区贻贝不同，加利西亚贻贝有着独特的蓝黑色的贝壳以及标志性的橘色奶油质地的肉质。西班牙的凤尾鱼主要产于莱斯卡拉以及桑托尼亚地区，它们的口感不同，但入口都很温和且风味十足，是前餐酒水完美的拍档。

说到小食，西班牙橄榄是一样“必备”的适于分享的桌上美味。它们开胃又风味复杂，可以很好的与其他食物搭配：如火腿、奶酪以及海鲜。食用橄榄种类颇多：去核、带核及凤尾鱼、辣椒、西班牙甜红椒或杏仁填馅橄榄。丰富多变的橄榄既是一种天然零食，可以单独装盘或用于制作塔帕斯，也是一个可佐酒的“附加美味”（特别是味美思酒！）。

前餐传达了一个与同伴亲友分享美味西班牙美食、美酒时刻的概念，这一美食传统，让人们既可以享受美食艺术，又可以享受“团聚”之乐。



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