

## A traditional dish

### A recipe

Andalusia has many typical dishes. One of the most well-known ones is called *migas*, which means **breadcrumbs**. In the past, this dish was often eaten by workers in the countryside as a way of using **leftover** bread in times when people had little money. It could be prepared easily outside and was **filling** and warming. Today, people still enjoy this dish and there are many ways of preparing it. It can be made with bread or with **flour**. Every year, in the town of Torrox in Málaga on the Sunday before Christmas, the town celebrates the *Fiesta de las Migas*. On this day, all the inhabitants and visitors to the town are offered a plate of *migas* while they listen to music and dance.



### Migas

#### Ingredients:

500 g semolina flour  
bacon and chorizo  
garlic  
water  
olive oil  
salt

#### Method:

- Chop the bacon and chorizo into small pieces.
- In a pan, fry the garlic with the chorizo and bacon.
- When the garlic is golden in colour, add the flour, water and salt. Stir well for five minutes until the flour begins to look like breadcrumbs. Separate any **lumps** with a fork.
- When the breadcrumbs have a golden colour they are ready to eat.
- Serve with pieces of tomato, orange and onion, and dress the *migas* with olive oil, vinegar and salt.

### KEY WORDS

**breadcrumbs** (n) migas de pan  
**leftover** (adj) sobrante  
**filling** (adj) saciante  
**flour** (n) harina  
**lumps** (n) grumos

**1 YOUR WORLD** What's your favourite Andalusian dish? When do you eat it?

**2** Read the text and answer the questions.

- 1 Why is the dish called *migas*?
- 2 Who often ate *migas* in the past? Why?
- 3 Why is *migas* a good dish to eat when it's cold outside?
- 4 What two ingredients can *migas* be made with?
- 5 Where and when is the *Fiesta de las migas*?

**3** Find the English for these cooking verbs in the recipe.

- 1 cortar/picar (v)
- 2 freír (v)
- 3 añadir (v)
- 4 remover (v)
- 5 aliñar (v)

**4 GO ONLINE** Find out this information about a traditional dish from your region. Then write a recipe. Include a picture.

- history/origin
- ingredients
- how to prepare it
- serving suggestions

Present your recipe to the class. Tell the class about the history of your dish.