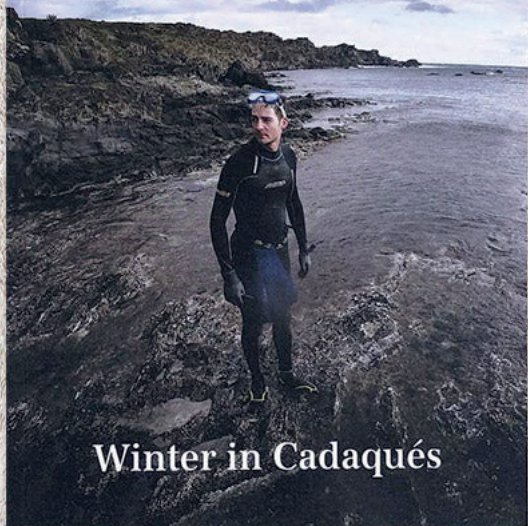


# TRIP

Travel, cook & eat  
with Ralph Schelling

No.1



Winter in Cadaqués

NEW

# Trip Magazine – Winter in Cadaqués

**Trip joins top young Swiss chef Ralph Schelling on the road to extraordinary places and culinary obsessives.**

It's a culinary diary, a travel guide and beautifully designed cookery magazine complete with astounding recipes, all in one. Playful, uncomplicated, unpretentious and cosmopolitan – just like Ralph. In each issue, Trip focuses on an exceptional place, goes in search of culinary gems and meets restaurateurs, producers and passionate amateur chefs.

Trip disrupts the standard magazine format in terms of its scope, too. The stories have plenty of room to breathe, designed across 150 pages, printed in Switzerland on premium quality paper. Trip takes its time and aims to offer the reader a tactile experience.

A travel-friendly size has been selected to ensure that the magazine can also be used as a travel guide. Trip appears annually.

## **In this issue:**

Sea urchins fresh from the icy Mediterranean, three kings cake with sticky sweet candied fruit, calçots straight from the fire, the smoke burning in your nostrils, face smeared with soot and red sauce, patatas bravas, fideua, pan con chocolate, the wind whistling around your ears – and the importance of sucking out the heads of Roses prawns! Always taking the road less traveled, sticking to his motto of being in the right place at the wrong time, Ralph Schelling goes in search of culinary treasures in the Catalan winter.

# New Year in Cadaqués



The days around New Year are the only time in winter when a few tourists manage to find their way to Cadaqués. Reason enough for most of its restaurants and a few of its hotels to come out of hibernation for a little while. We get right into the thick of the New Year buzz!

December 31, 2012  
5 pm, Maritim Bar

Since 1935, Maritim Bar has remained virtually untouched by time in its idyllic location right on the beach. Past regulars have included Gabriel García Márquez, Salvador Dalí and Marcel Duchamp.  
↳ Passag Maritim, [www.maritimbar.com](http://www.maritimbar.com)



It is not really winter in Catalonia without sea urchins. Kitted out with neoprene and a sharp knife, Ralph tackles the hunt for these little creatures in the waters off Cadaqués.

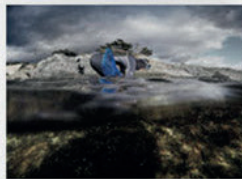


Ralph takes the plunge.

# Bobbing for sea urchins

On the rocks off the Cap de Creus coast, they gather in their thousands: *eriçós de mar* – the sea urchins. They are collected only in the winter months.

This makes the search for this delicacy a painful experience. Not just because of these little creatures' spines, but because their hunting ground is extremely inhospitable: the water is ice-cold in winter.



It was said to be his absolute favorite dish: Cadaqués' most famous son, Salvador Dalí, recommended eating three dozen sea urchins for lunch as inspiration (but they had to be collected in the days before a full moon, when they were at their best, with their "sedative and narcotic virtues"). Then, he said, you should take a quick nap, so that when dusk falls, you can sit in front of a blank canvas until it disappears in the dwindling light. He didn't just eat the little sea creatures raw. He's said to have often had them with a dark chocolate sauce, which ap-

parently gave him "interesting dreams". In any case, the soft insides of the sea urchin, protected by its sharp, spiky shell, reminded him of the "original, paradisaical state" of being in the womb. It's not just Salvador Dalí who fell in love with sea urchins – the whole of Cadaqués is crazy about them, too.

The rocky outposts of the Pyrenees, standing sheer above the ocean off Cadaqués, offers the beasts a perfect place to thrive. For as long as anyone can remember, people have met in the winter months for a picnic by the ocean and gone hunting for sea urchins, to



# Match of the day, catch of the day

Why you simply must suck out the head of a Roses prawn: a visit to Ferran Adrià's favorite restaurant, Rafa's in Roses.

● **Estadio Bernabéu, Madrid,** quarter final of the Copa del Rey, first leg: Real Madrid - Celta de Vigo

"I really only ever watch football when Barcelona are playing. They're the only team I care about. Or if Real Madrid are losing. I like that too. Almost better, in fact."

● **First minute, kick-off**

"I was born in Roses. My entire family lives here. My father was a fisherman and so was my uncle. In fact, everyone in my family works on the sea. But I trained as a chef. I cooked in Barcelona for a long time. Then I came back to Roses and opened this place here."



the Argoteñ olive from Cadaqués - with some garlic to flavor it, and you're ready. A hot plancha and off we go. Anything else is too much. I really want to taste the fish. For the prawns, I put a little bit of salt on the hot plate first. The salt absorbs the moisture that comes out of them right away. This stops the prawns from cooking in their own juices and locks in the flavor. But you don't need anything else. Fish and heat. A little oil. A little lime. The prawns from Roses and Palamós are the best. In the whole world. And you simply must suck out the head! These little creatures are so fresh, so it tastes better than a seafood stock that's been boiling down all day."

● **64th minute, 0:1 logo Aspas**

"I've been doing this for 30 years now. My wife Rosa has been working with me for over 20 years, too. No, I don't get bored. The fish are always different. And the guests are, too. Ferran Adrià said somewhere that this was his favorite restaurant. Did it change anything? No, maybe a few more guests. Of course, it's a wonderful compliment; naturally, I'm delighted. Ferran is one of the greats. And a great friend. But apart from that, he's just like everyone else. To me, all my guests are equal."

If Barcelona win a game, it's a great night for Rafa...



You can find the full report in the first issue...

# No smoke without fire

And there's no *patatas bravas* without *pimentón de la Vera*. *Dominik Flammer* discovers the smoked paprika from Extremadura, which has become a key ingredient in Catalan cooking.

It's said that there are cooks in the villages of the Spanish region of la Vera who really use at least one small pinch of paprika powder in every single dish. Even for the beloved 'arroz con leche', the popular rice pudding that is one of Extremadura's most popular desserts. This is because this little red powder has become the pride of an entire region, here in the south-east of Spain, at the foot of the Sierra de Gredos mountains. Three million kilos of this spice are produced from the 'Bola' variety of chili peppers, which grows on an area of about 1,100 hectares, covering the entire landscape in summer like a red and green carpet.

'Pimentón de la Vera' is the name of this spice, which might well be the best-known spice from the Iberian peninsula, alongside Spanish saffron. As an ingredient in the famous Spanish chorizo, the traditional paprika sausage, it dominates the flavor in milder and hotter varieties alike. And long ago, the innovative producers in this region also began to add the local chili powder to their traditional sheep's milk cheese, and use it to flavor their olive oils or spice up the lamb from the Iberico pigs also native to the

region. In the fall, once they are harvested and before they are ground, the chili peppers are smoked with the wood from holm and cork oak trees. The same process is used everywhere. Only the technique used to grind the peppers may change. Some producers grind dried, smoked chili peppers up to five times to create the very finest powder imaginable. Pimentón de la Vera is mostly packed in little tin cans, which are often decorated with religious images. This harks back to the roots of the spice itself. Chili plants arrived from South America as far back as Columbus, but were used as ornamental and medicinal plants up until the 18th century, before being grown most notably for use as a preservative and a spice in the gardens of the region's monasteries. The first recipes to use chili powder appeared in Spain towards the end of the 17th century. This suggests that the new spice started spicing up traditional cuisine much earlier than in other parts of Europe. Classic pepper, which comes from the Asian spice region and was for a long time exclusively used in European cuisine, was simply too expensive for the rural population,



bringing about the chili plant's meteoric rise, particularly in the favorable climate of Spain's south-eastern regions. In other regions of Europe – with the exception of Hungary, which was also an early adopter of the chili – pepper was usually replaced either by the cheaper alternative of ginger or, most commonly, local mustard seeds. Chili began to be cultivated on a larger scale all over Europe at the beginning of the 19th century, when the continental blockade declared in the war between Napoleon and Great Britain led to a shortage of pepper imports. This was when the real chili-growing revolution began in Spain. Previously, most plants had been grown in private gardens. With the agricultural revolution of the 18th century, pimentón de la Vera itself became a popular spice, particularly in Spain. It began to find an audience outside the country following

the death of the Spanish dictator Francisco Franco in the mid 1970s. Until then, paprika from Hungary dominated across Europe, while in gourmet kitchens, heavily influenced by the French, piment d'espelette, named after the southern French village, was the flavor of the day. As Spain has opened up in recent years, a certain competitive spirit has led some, mostly culinary patriots, to claim that chili peppers were being grown in Spain way back in the Middle Ages, and that the Spanish pimentón tradition is much older than its Hungarian or French counterparts. Although that can be dismissed as a national myth, pimentón de la Vera has become a national spice today, with a lasting influence on the cuisine of all Spanish regions, despite their continued culinary independence.



## Escabeche

### RED MULLET ESCABECHE SALMONETTE EN ESCABECHE

Starter serving 4  
Preparation approx. 35 minutes

For the escabeche marinade, chop the fennel, shallots, chili and carrot into thin slices. Crush the garlic cloves.

Sauté with the bay leaf, saffron and pink pepper in ½ of the olive oil. Pour in the stock and vinegar, season and leave to simmer for about 8 minutes. Let the marinade cool until lukewarm.

Season the fish and dust with flour on the skin side. Fry skin side only on a medium heat in the rest of the olive oil. Place the fish in the escabeche marinade and leave to steep for a little while. Season with fennel leaves.

1 fennel  
1 shallot  
1 red chili pepper  
1 carrot  
2 cloves of garlic  
1 bay leaf  
1 pinch saffron  
1 tsp. coarsely ground pink pepper  
100 ml olive oil  
300 ml vegetable stock  
3 tbsp. sherry vinegar  
Salt, pepper  
16 small red mullet fillets, skin on  
Salt, pepper  
1 tbsp. flour



**Ralph's tip:** Carefully dust the flour over the fish using a tea strainer. The mixture of oil and vinegar gives this method a preserving effect, and allows the fish to be kept in the refrigerator for several days. It tastes even better the longer you marinate it. The excess oil-based marinade is also great to use as a salad dressing with the addition of a little more vinegar or lemon juice. Also suitable for scallops, shrimp, rabbit, etc. – enjoy cold or heated in the marinade.





## Crema Catalana

APPLE CREMA CATALANA FOAM  
ESPUMA CREMA CATALANA DE MANZANA

1) Mix the egg yolk, custard cream, starch and apple juice and add to the mixture. Heat in a pan until it thickens, stirring constantly.

2) Pour into the dispenser which still warm and add 1 spoonful of rum, divide with a metal spoon. Chill & 10' times and serve to cool.

3) For the mixture in a small bowl or a few transparent glasses, sprinkle with a little orange sugar and custard cream.

Dispositif servit: 4  
Preparacion total: 45 minutes

3 egg yolk  
30 g custard cream  
20 g corn starch  
400 ml apple juice  
Custard sugar to sprinkle  
Rum  
1 dispenser  
Metal burner

• **Ralph's tip:**  
The dispenser will keep in the refrigerator for 3-4 days. However, the juice with orange leaves and rum, if possible, then serve the mixture. For customizing the dispenser, for customizing, simply switch the apple juice for orange juice.

*The only thing you had to do is to eat it.*



• **Note:**  
This light and airy version of crema catalana has a refreshing ring of apple. It's great for a light dessert after a long meal or a light traditional crema catalana when a bit too heavy. Crema a wonderful light mousse or gelatin.  
The rum remove aside when cream or gelatin.  
Always read the recipe carefully since there is no cream.

# olé