

## **DINING WITH DON QUIXOTE**

A Program for Culinary Historians of New York

Presented by Janet Mendel

Inspired by the adventures of Don Quixote, we explore foods of Spain that have endured for centuries and their modern interpretations. In the first paragraph of the novel, Cervantes tells us what Don Quixote ate every day of the week – a stew with more beef than lamb; leftovers for supper; lentils on Friday. We learn that Don Quixote's lady-love, Dulcinea, is a dab hand at salting down hams and sausages. At the wedding feast of Camacho, Don Quixote and Sancho Panza encounter cooks at work preparing the meal. A young steer stuffed with a dozen suckling pigs is roasting on a huge spit. Lamb, hare and chickens are stewing in enormous earthenware ollas. Loaves of bread are piled into a mountain and whole cheeses, stacked like bricks, form a wall. Cooks are frying pastries in cauldrons of olive oil, then dipping them into boiling honey.

**Janet Mendel** is an American-born journalist who has lived in Andalusia for more than thirty years. She is the author of **Cooking in Spain** and **Traditional Spanish Cooking**, winner of England's prestigious Andre Simon Award. Her new book, **Cooking From the Heart of Spain**, will be published on the heels of the 2005 celebration of the IV Centenary of Don Quixote, and the inauguration of the Don Quixote Route, Europe's longest eco-tourism trail. ([www.donquijotedelamancha2005.com](http://www.donquijotedelamancha2005.com))

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