

Spanish Migas



NATIONAL DISH OF SPAIN

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Innovative Education towards
Sustainable Food Systems



Erasmus+

History



- The tradition comes from when the shepherds went to pasture their goats and their sheep and stayed in the mountains several days.



Types of migas



- **Migas de Aragón**

- **Migas andaluzas**

- **Migas murcianas**

- **Migas de Almería**

- **Migas extremeñas**

- **Migas de Pastor**

Ingredients



- 1 Bread loaf
- 1 Head of garlic
- 1 Tablespoon paprika
- 200 g of bacon
- 1 Cup of olive oil
- Salt
- Vegetables



Recipe

- 1.- Dice bread up small.
- 2.- Add the chorizo, ham and bacon.
- 3.- Cook until almost done.
- 4.- Add the cubed bread with its seasoning.



We want the bread to be crispy on the outside and soft and tender on the inside