



Time Travel Quest 2: Spanish Dinner Party!

Monthly Quest: Exploring Foodways in Colonial Florida

If you were throwing a dinner party, what foods would you bring to the table? Just like our virtual time travelers, people in the past had to eat as well. And everyone has particular foods they like. Food is at the heart of every community, and every culture has *food traditions*: the different practices and beliefs that people associate with making, sharing, and eating food. Your family probably has many food traditions, too!

When the Spanish first came across the Atlantic Ocean to Florida in the early 1500s, they brought many of their food traditions with them. Spain has many food traditions that meld Western European, Mediterranean, Middle Eastern, North African, and East Asian cultures together, and they brought many of these traditions to Florida. Spanish settlers' food culture became even more diverse when they settled Florida in the 1500s and 1600s!

If you like - or are used to eating – certain foods, you want to have them available. This was true of the Spanish, who brought many of their favorite foods with them to Florida. And in some cases, they had to learn to eat and like new foods they found in Florida.

Traveling Back to the 17th Century

Spain is made up of many different regions today. This was true hundreds of years ago, too! Each region grows and cooks its own style of food. For example, a typical meal from the region of Barcelona (Northeast Spain) will not look the same as a typical meal from the region of Madrid (Central Spain). A modern-day example is how foods from Cuba are popular in South Florida while food tastes in North Florida are more like those in neighboring states like Georgia and Alabama. One major reason for the regional food differences in Spain is that many cultures from around the world blended in a unique way in each of these sections of the country due to trade, travel, and colonization. All these different cultures brought unique foods to Spain, creating new food traditions.

For example, long ago, Muslim cultures had a major influence on Spain's food traditions. During that time, these people were often referred to as the Moors. They came mostly from Northern Africa (the Berbers) and the Middle East. The majority of the region that we now refer to as Spain was ruled by Muslims from around 711 AD until 1491 AD. This region was referred to as Al-Andalus. They brought lentils, cumin (a hot spice), chickpeas, and sugarcane from across Eurasia to Spain during this time, and these foods were mixed into the local food traditions. These foods were very popular at Spanish dinner parties! In 1491, the Catholic Spanish kingdoms of Castile and Aragon

took control of all of Spain (a long-term event called the *Reconquista*, or Reconquest in English). After the Catholic governments united the regions, Muslim power ended in Spain, and many were forced to convert to Catholicism or leave the region. Yet Andalusian food continued to be a huge part of Spanish culture. Otherwise, when the Spanish colonized Florida in the 1500s and 1600s, they would not have brought the food traditions of chickpeas and pickled meats to Mission San Luis!

Animals that were commonly used in Spanish meals were also brought to Florida. If you like beef, pork, and chicken, thank the early Spanish! Pigs, cows, and chickens were all domestic animals that were introduced to the Apalachee Indians by the Spanish. The Apalachee also ate many meats - such as deer and rabbit meat - as part of their foodways. However, they did not raise the animals as livestock the way that the Spanish did. Both the Apalachee and the Spanish found uses for most parts of an animal. For instance, cows and pigs had many uses. The meat would be eaten during meals, and the hide of a cow would be turned into tools and parts of clothes. Even tallow (or cow fat) could be used to make candles, and pig fat was used to make lard for cooking. Before the Spanish arrived in Florida, the Apalachee pressed oil out of plants like hickory nuts or collected fat from wild black bears. Use of pig lard in Apalachee cooking became more common after the Spanish arrived.



An Old Woman Cooking Eggs
by Diego Velázquez, 1618 (Spanish Painter)
Scottish National Gallery

The Spanish also brought with them crops that would eventually be grown and traded by the native Apalachee Indians as well. Peaches, pomegranates, potatoes, oranges, wheat, and watermelon are just some of the plants the Spanish brought from all over their empire to be grown on Apalachee lands. But not all fruits and vegetables used in Spanish cooking could grow well in Florida's unique climate, so some foods still needed to be imported. But those that did grow in the region became just as popular with the Apalachee as they were in Spain. The Apalachee began to trade these crops on their trade routes. In North-Central Georgia, peaches became the second most common plant grown in the mid-17th century, just behind corn! By the time the English arrived at Jamestown, Virginia in 1607, the natives there were already growing their own peaches.

For foods that could not be easily grown in Florida -- like grapes for wine and olives for olive oil -- Spaniards relied on a large trade network and annual rations brought over on ships from the Spanish empire. At Mission San Luis and other missions, wine was necessary for friars to perform mass and was also a popular drink.

Since the Spanish colonists could not always rely on the flour rations coming from Spain, starting in 1652, the villagers established their own wheat farms and flour mills in the Apalachee Province. The small amount of wheat they grew was planted by natives in October and harvested in June to make sure there was always a supply of flour to make bread.

Extra food that one colony did not need - called *surplus* - was traded with other colonies. This helped connect Florida's Spanish colonies together and gave them access to goods that could not be made locally. St. Augustine was widely known for having poor land for growing crops and raising cattle. The only reliable food that they could find locally was seafood, but many of the Spanish wanted foods that reminded them of home. They craved beef, pork, wheat bread, and the spices that had become such a large part of their Spanish food traditions. A major reason that Mission San Luis was established in the 1650s was because of the rich farmland that the Apalachee Province had to offer. As the village grew, it produced enough food to send surplus to the villagers of St. Augustine.

Time Portal: Villagers through Video

We are going to use virtual time travel to talk with one of the villagers of Mission San Luis! Today, we're going to learn about a special Spanish meal that brings together many different cultures into one dish! Let's learn about some of the common Spanish table foods from the Mestiza woman cooking for a Spanish family at Mission San Luis! Ask your parent or guardian to help you travel back in time using the link below:

Quest 2 Video Link: youtube.com/watch?v=FVslG2o9uww

Make a Meaningful Meal: Chicken in Almond Sauce Recipe

We hope you liked Juana's cooking lesson during the Time Portal Video. The meal sounds delicious! Chicken in Almond Sauce (*Gallina en pepitoria*) is a very old recipe from Spain, and is still cooked today. Do you want to try cooking this dish with your family? For dinner one night, take the recipe below and give it a try!

RECIPE: Spanish Chicken in Almond Sauce (*Gallina en pepitoria*) (From *The Heritage of Spanish Cooking* by Alica Rios)

This is an ancient dish originating in the region of Castile and was described in the Hispanic-Arab culinary documents of Al-Andalus back in the thirteenth century and later by Diego Granado (1599), Martinez Montiño (1611), and Juan de Altamiras (1745). It is not known which version is the most authentic, but all are similar. The dish was once served with chopped chicken livers and quartered hard boiled eggs, and was surrounded by triangular croutons. In *Arte de Cocina, Pastelaria, Vizcocheria y Conserveria* (1611), Martinez Montiño suggests that you should serve the dish like this. However, his recipe also reflects the medieval taste for vinegar and spices. He believes the proper spices to use should be pepper, cloves, almonds, ginger, and saffron. Here is a recipe based on Montiño's recipe:

Ingredients:

(Please note that this recipe includes nuts -- for those with allergy concerns.)

- 1/3 cup (3 fl oz/90 ml) of good Spanish olive oil
- 1 thick slice of bread (1 oz/30 g)
- 10 almonds
- 2 cloves of garlic, peeled
- 1 whole free range or pasture raised chicken, approximately 3 pounds (1.5 kg), cut into breasts, leg quarters, and wings with the skin left on (this is important!)
- 1 medium onion, finely chopped
- 2 ¾ cups (22 fl oz/600 ml) of water, or chicken stock, bone broth, or vegetable stock
- 1 teaspoon of lemon juice (can also use white wine vinegar or apple cider vinegar)
- A pinch of ground sea salt
- A pinch of ground black pepper
- 1 pinch of ground cinnamon
- 1 pinch of ground cloves
- 1 pinch (3-5 threads) of saffron
- 1 pinch of whole cumin seeds
- 2 egg yolks from hard boiled eggs

Heat the olive oil in the skillet, or other cookware (traditionally this was done in terracotta), and fry the bread until it is crispy on both sides. Then fry the almonds and garlic for a few minutes. Remove all and set aside. Sauté the chicken breasts, leg quarters, and wings in the olive oil, just to make the skin crispy. Remove and set aside. Fry the chopped onion in the oil until soft, then return the chicken, cover with water (or stock/broth), and add the lemon juice (or vinegar), sea salt, pepper, cinnamon and cloves. Cover and cook over low heat for 45-60 minutes, until the chicken is **fully cooked and tender**.

While the chicken is cooking, take the mortar and pestle (or if you're cooking in the 21st century, you can use a food processor), and crush first the whole cumin seeds, then the almonds, saffron, fried bread, and garlic. Add the hard-boiled egg yolks and add just a spoonful of cooking water from the pot. Grind this all until it becomes a nice paste.

After the chicken is completely cooked, add the spice mixture from the mortar (or food processor) into the cooking pot and stir in with the chicken. Do not boil vigorously, as this can cause the sauce to separate. It should be quite thick.

Serve with toasted bread, sliced hard-boiled eggs, and fried chicken livers if you're feeling traditional. Now enjoy!

Quest Questions

Questions can help you focus your journey into the past!

Here are some questions to think about that will help guide you in your exploration:

- Why is food important to every culture?
- Where did the food cooked by the Spanish in Florida come from? Spain? Florida? Other countries?
- What is one culture that Spain got many food traditions from?
- What are three foods the Spanish brought to Florida?
- What are three ways that the Spanish obtained the foods they cooked in Florida?
- Why did the Spanish bring new foods to Florida? How did Spanish food traditions influence their choices?

Adventure Activity:

Think about the food your family eats. You probably have some food traditions! Is there a dish your family has cooked for generations? Where does that dish come from (i.e., a particular country)? Does your family eat certain foods at a particular time of year?

List some of the meals your family makes, and why they are important to you!

Food 1: _____

Why is this dish special to your family?

Food 2: _____

Why is this dish special to your family?

Food 3: _____

Why is this dish special to your family?

Now plan a special meal menu with traditional foods for your family to make in the future!

QUEST 2 CRAFT: WHAT'S IN YOUR GARDEN?!

Instructions and Word Scramble Sheet

It's your turn to create your own Spanish garden! Let's get growing!

In this quest, we learned about some of the foods/plants that the Spanish brought to and began to grow in Florida. They grew some of these new plants in crop fields with long, straight rows, like they did in Spain. But the Spanish did not grow all of their food in straight rows in a field. Some plants – like fruit trees that provide lots of food – were probably grown in small clusters near a crop field or near a Spanish home. However, for your garden, we are going to plant different foods that the Spanish brought to Florida together in the same field. Let's get started!

Supplies in the Packet- To make your garden, you will need the following supplies that are provided in this packet:

- “What’s in your garden?” Instructions and Word Scramble Sheet (*this page -- page 5*)
- “What’s in your garden?” Spanish Foods: Food Cutout Sheet (*page 6*)
- “What’s in your garden?” Crop Field Sheet (*page 7*)

Please note: If you need an alternative method for obtaining the worksheets, please contact rebecca.woofter@dos.myflorida.com

Supplies from Home - You will also need several supplies from home:

- Crayons, colored pencils, and/or markers
- A pair of scissors
- Glue (either liquid or stick glue)

Once you have all of these supplies, you are ready to grow your own Spanish Garden!

Word Scramble:

Below is a clue to discovering out each of the Spanish foods you will be “planting” in your garden! You will also notice that there are *scrambled letters* next to each of the clues. Those letters – when put in the right order – will make the word of the plant you will be growing!

- **The first step** is to read each clue, think about what the plant could be, and then *unscramble* the letters below to make the right word! (*Ask a parent or guardian if you need help*)
- **The second step** is to match the word you have discovered below with the correct picture on the Food Cut-Out Sheet on page 6.

Food 1: The Spanish grew this red fruit that is full of tightly packed seeds you can eat.

NGPOAMETREA / Unscrambled answer: _____

Food 2: This fruit has a hard, green skin and a red center; before the Spanish brought it to Florida, it was originally from Africa.

ERAWMLNTEO / Unscrambled answer: _____

Food 3: This bean is originally from the Middle East, although it became a common food in Spain; its name is Spanish for “chickpea.”

RGANAZBO ABESN / Unscrambled answer: _____

Food 4: This fruit – originally from Asia – was one of the first foods planted in St. Augustine, Florida; founder Pedro Menéndez even planted some himself. **GIFS** / Unscrambled answer: _____

Food 5: This sweet, fuzzy fruit has a hard pit in the center; the Spanish probably originally got this fruit from China

CEPAH / Unscrambled answer: _____

Food 6: This sweet fruit that was first brought to Florida by the Spanish is now the official state fruit.

GOARNE / Unscrambled answer: _____

Food 7: The Spanish used this crop to make bread, like the Florida Natives Americans used corn.

TWEAH / Unscrambled answer: _____

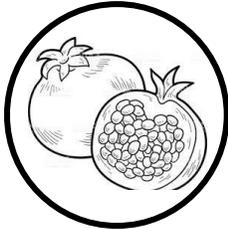
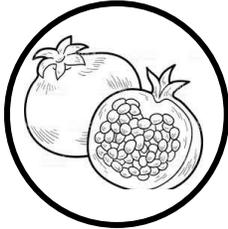
Great! When you are finished, go to the next page (6) to match each word with the food pictures.

WHAT'S IN YOUR GARDEN?!

Spanish Foods: Food Cut-Out Sheet

Before cutting out, coloring, and gluing each of the foods below onto your Crop Field Sheet on the next page (7), write the name of each food next to the correct number below (from your answers to the Word Scramble on page 5).

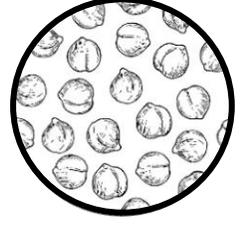
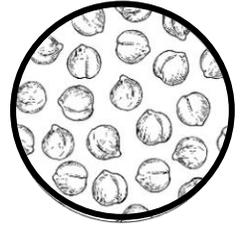
Food 1: _____



Food 2: _____



Food 3: _____



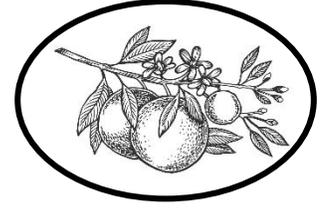
Food 4: _____



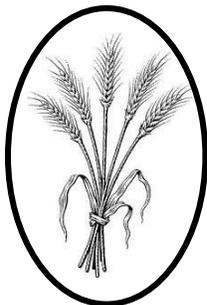
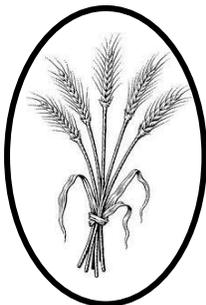
Food 5: _____



Food 6: _____



Food 7: _____



Word Scramble Answers:

1. Pomegranate
2. Watermelon
3. Garbanzo Beans
4. Figs
5. Peach
6. Orange
7. Wheat

WHAT'S IN YOUR GARDEN?!

Crop Field Sheet

Let's grow some plants in our field!

Glue the foods from page 6 in the rows below.



Additional Exploration Resources

Your time travel adventure doesn't stop here! If you want to learn more about this subject, here are some suggested resources:

- *Mission San Luis de Apalachee: A Teacher's Guide* - https://www.missionsanluis.org/media/1099/01-teachers_guide.pdf
- *America's Real First Thanksgiving: St. Augustine, Florida – September 8, 1565* (Robyn Gioia) - <https://www.amazon.com/Americas-Real-First-Thanksgiving-Augustine/dp/1561643890>
- The Heritage of Spanish Cooking (Alica Rios) - https://www.google.com/books/edition/The_Food_of_Spain/mrWzCUFxchcC?hl=en&gbpv=1&dq=kid%27s+book+spanish+food&printsec=frontcover
- Cooking and Cuisine in Florida (Florida Division of Library Sciences) <https://dos.myflorida.com/library-archives/research/explore-our-resources/florida-history-culture-and-heritage/cooking/>
- *St. Augustine: America's Ancient City* (Florida Museum of Natural History) - <https://www.floridamuseum.ufl.edu/staugustine/>
Also includes an educator's guide and lessons - <https://www.floridamuseum.ufl.edu/wp-content/uploads/sites/16/2017/03/First-Colony-exhibit-Educator-Guide.pdf>

Virtual Time Traveler Checklist

Prizes await your journey's end! For all virtual time travelers who complete **four** of the weekly summer camp *Time Travel Quests*, your family will receive free admission passes to Mission San Luis Living History Museum for a future visit! Steps to getting your prize are:

- Complete at least four of the twelve *Time Travel Quests* that will be provided between June 15 and August 31, 2020
- Fill out the *Virtual Time Traveler Checklist* (blank checklists can be found at: http://www.missionsanluis.org/media/1742/virtual-time-traveler-checklist-2020_2ue.pdf)
- Email it to Rebecca.Woofter@dos.myflorida.com or print and mail it to:

Mission San Luis (c/o Rebecca Woofter)
2100 West Tennessee Street
Tallahassee, FL 32304

The deadline for completing and sending in your 2020 *Virtual Time Traveler Checklist* for the prize is **September 14, 2020**.