

NOVEMBER 2010
£3.60

Good Housekeeping

www.allaboutyou.com/goodhousekeeping

100

MOISTURISERS

Tried & tested

We find the
right one for you

**NATURAL CURES
EVEN DOCTORS
RECOMMEND**

20 easy updates
for every room
in the house

Good food fast

❁ JAMIE'S SUPPER
in under 30 mins

❁ STRESS-FREE
ENTERTAINING

❁ THE PUDDING,
THE CAKE, THE
FOODIE GIFTS
so you can get
ahead for Christmas

GH EXCLUSIVE

NIGELLA

ON TEENAGERS,
STRESS AND *NOT*
BEING PERFECT

264
fabulous
gifts from
under £5

WIN! £40,000, £15,000 OR £7,500

03799937

Love who you are

AGELESS MAKEOVERS

GLAM UP your Little Black Dress

MIRACLE UNDERWEAR - Look 5lb lighter



GREAT ESCAPES

Picture perfect:
the hilltop town
of Montefrío



A REAL TASTE OF Spain



Home to fiestas and flamenco, beaches and tapas, Andalusia is the perfect destination for sampling the flavours of Spain, says travel editor David Wickers



Make the most of Spanish produce

Andalucian Platter

Hands-on time **5min**. Serves **4**

Arrange **75g (3oz) each Serrano and Iberico ham**, **160g pack marinated fresh anchovies** and **100g (3½oz) roasted almonds** on a board. Serve with **crusty bread** and **honey** for drizzling.

PER SERVING 315cals, 23g fat (3g saturates), 2g carbs (1g total sugars)

Every year, tens of thousands of British visitors enjoy holidays in Andalusia without even knowing it. They stick to the Costa del Sol, spread their towels on the beach and soak up that alluring chemistry of sea, sun, sand – and sangria! Yet Spain's huge, big-as-Ireland region has both an Atlantic and a Mediterranean coast, and cries out to be explored.

Andalusia is the most Spanish part of

Spain – home to all those classic poster pictures of fiestas and flamenco, bullfights and strumming guitars. The Moors, who ruled 'Al Andalus' for 700 years, bequeathed a magnificent cultural legacy, topped by a holy trinity of historic cities: Seville, Cordoba and Granada. You could plan a golden triangle of a holiday, staying at each city in turn, but if that sounds like too much of a heritage binge, at least plan yourself an Andalusian cocktail that blends

CONTINUED OVER PAGE



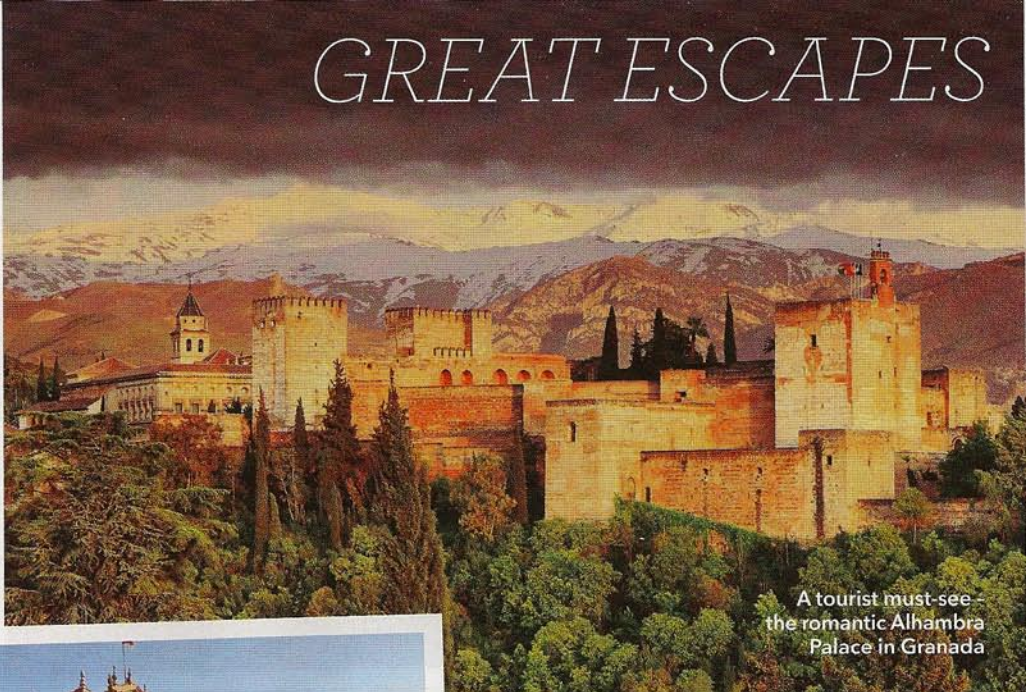
[CONTINUED FROM PREVIOUS PAGE] one part city experiences with other pleasures.

Seville would be my number-one choice. 'Qui non ha vista Sevilla, no ha vista maravilla,' as they say – those who have not seen Seville have missed a corker. The presence of the Moors is, curiously, best acknowledged in Seville's Gothic cathedral – the largest in the world. It stands on the site of an Arab mosque dominated by a minaret, the 12th-century Giralda. Another essential site is the Barrio de Santa Cruz, the old Jewish ghetto – a romantic huddle of tiny flower-decked houses and squares shaded by palm fronds and orange trees and cooled by dancing fountains.

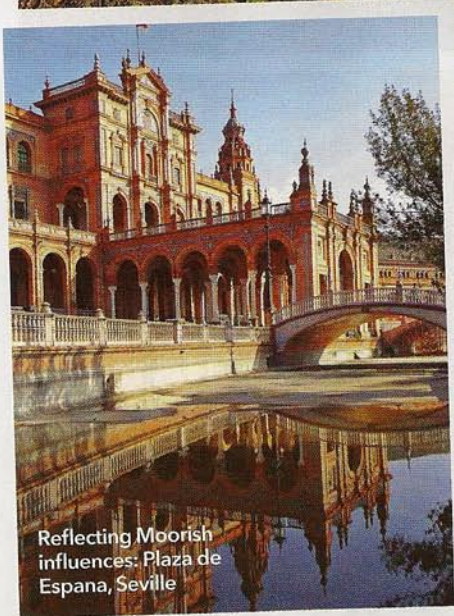
Cordoba, which like Seville also sits on the banks of the snaking Guadalquivir river, is where you'll find the Moors' grandest mosque, La Mezquita, as well the nearby Medina Azahara, the most important of Spain's Moorish ruins.

But it is Granada, last stronghold of the Moors before they were finally kicked into touch by the Catholic monarchs, that is the sublime shrine to their aesthetics. The romantic, exquisite Alhambra – beautifully proportioned, coolly tiled and constantly soothed by the sound of trickling water – together with its Generalife Gardens, created to replicate paradise on earth, is one of the seven great tourist wonders of the world. You can even stay inside it, in the Parador de San Francisco, a 15th-century former convent built within its grounds.

Andalucia's landscapes are immense, and snow-capped sierras contrast with



A tourist must-see – the romantic Alhambra Palace in Granada



Reflecting Moorish influences: Plaza de Espana, Seville

the 'spaghetti western' deserts of Almeria and the bird-rich wetlands of the Doñana. In between are hills cloaked in holm oak and valleys that are a patchwork of vineyards, almond groves, olives and orchards.

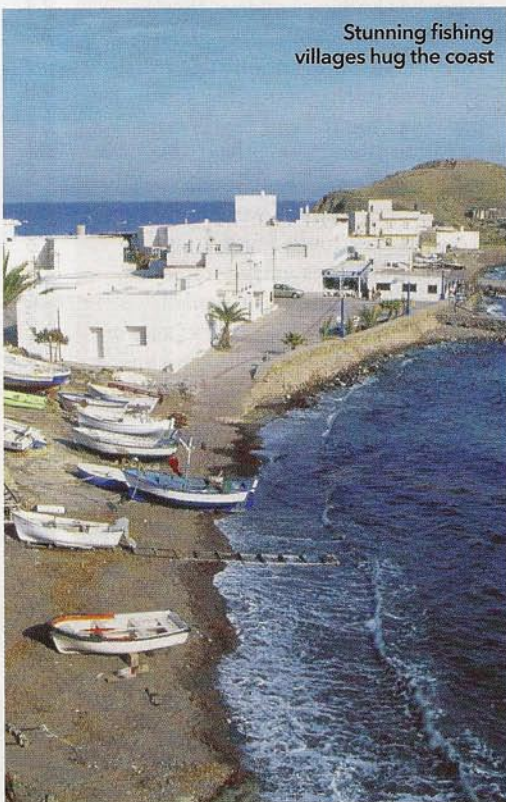
The only way to digest the scale and diversity of the scenery is to drive. I'd even recommend flying to Madrid and driving south across the barren plains of La Mancha, then rolling through the wine country of Valdepeñas before cutting through the tight and twisted Gorge de Despeñaperros, the official gateway to Andalucia. Even the light seems to double its intensity as you weave your way south across the pale pink soil of Jaen.

Another theme to an Andalusian

CONTINUED OVER PAGE



Stunning fishing villages hug the coast



Fried Squid and Chorizo

Hands-on time 5min.

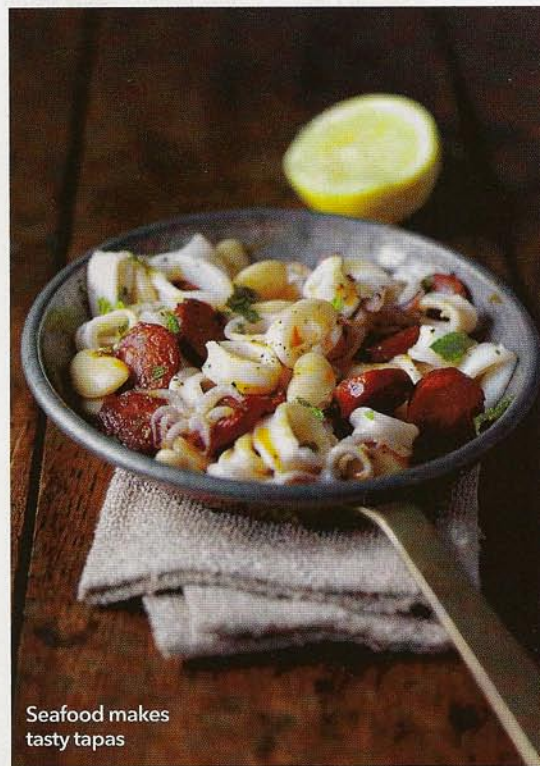
Cooking time about 5min. Serves 4 as tapas

- ◆ ½tbsp olive oil
- ◆ 250g (9oz) baby squid, sliced
- ◆ 1 garlic clove, crushed
- ◆ 75g (3oz) chorizo, skinned and sliced
- ◆ ½ x 420g tin butter beans, drained and rinsed
- ◆ Squeeze of lemon juice
- ◆ Small handful chopped mint

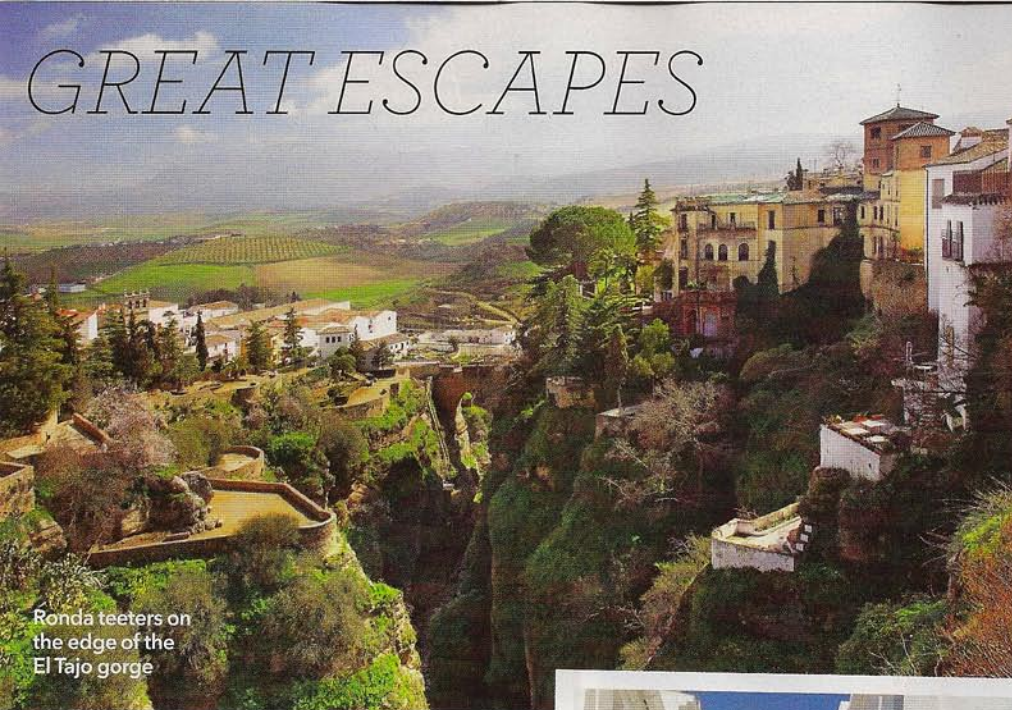
1 Heat the oil in a frying pan and cook squid and garlic for 30sec or until squid is cooked. Empty into a warmed serving dish.

2 Return pan to heat and cook chorizo for 2min until golden. Toss through the butter beans and add to the squid. Quickly stir in lemon juice, seasoning and mint. Serve.

PER SERVING 205cals, 8g fat
(2g saturates), 15g carbs (2g total sugars)



Seafood makes tasty tapas



Ronda teeters on the edge of the El Tajo gorge

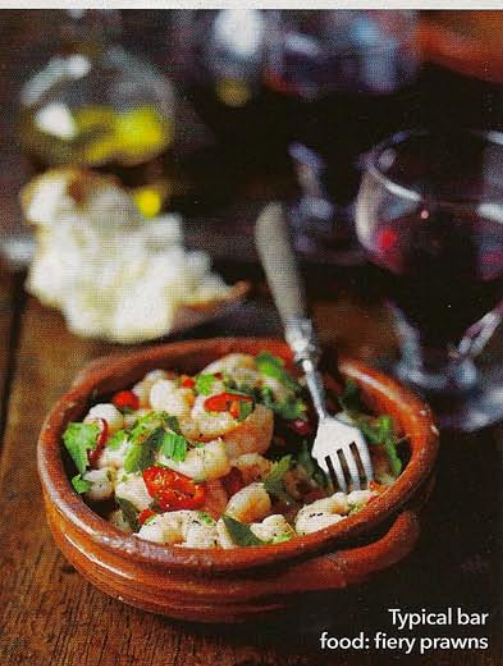
[CONTINUED FROM PREVIOUS PAGE] itinerary could be Ronda, dramatically sited on the lip of a gorge, and the so-called 'Pueblos Blancos' (White Towns), such as Gaucin and Arcos de la Frontera.

Cuisine plays a key part in the Andalusian experience, drawing upon seafood from the coast – fresh anchovies, sardines, grouper, hake and a wide variety of shellfish – fruit (including grapes for the wine) and vegetables from the countryside, and game (rabbit, quail, boar) from the mountains.

If there is one dish that typifies Andalusia, it's tapas. Literally meaning 'lids', after the tiny saucers of nibbles traditionally left by a barman on top of a glass of beer or wine, tapas are the world's most exotic snacks. Some are still based on traditional Arab recipes, and they're absolutely essential in a country where dinner doesn't really begin until 10-ish at night! ◻



One of the pretty streets in the fabled 'Pueblos Blancos'



Typical bar food: fiery prawns

Baked Chilli Prawns

Hands-on time 5min.

Cooking time about 5min. Serves 4 as tapas

- ◆ 300g (11oz) raw prawns, shelled
- ◆ 1 red chilli, deseeded and finely sliced
- ◆ 2 small garlic cloves, thinly sliced
- ◆ 1½tbsp extra virgin olive oil
- ◆ 2tbsp dry sherry or white wine
- ◆ Small handful fresh parsley, roughly chopped

1 Preheat the oven to 200°C (180°C fan) mark 6. Put the first five ingredients into a small ovenproof dish with plenty of seasoning and stir. Bake for 5min or until prawns are bright pink. Garnish with parsley and serve.

PER SERVING 120cals, 6g fat (1g saturates), 1g carbs (0.5g total sugars)

MY FAVOURITE ACTIVITIES

Andalusia is a place for doing as well as looking. Among a broad menu of activities, David recommends:

TRADITIONAL COOKING Expat Annie B's Spanish Kitchen, in the historic white town of Vejer de la Frontera, offers cookery courses year-round, combining the secrets of perfect gazpacho, paella and lemon-roasted pork with visits to the fish market in Cadiz, picnics on the beach and a guided tapas crawl. Four nights cost from €720, including accommodation, all meals with wine, instruction and visits; flights and transfers extra (0034 956 455 166; www.anniebsspanishkitchen.com).

BIRD WATCHING Hard to imagine, but there is a 20-mile stretch of sandy beach in Andalusia without a single hotel, cocktail bar or sunbed in sight. The Doñana National Park, a varied saltmarsh, lagoon, dune and wetland habitat, is just for the birds. A five-day trip with Naturetrek (01962 733051; www.naturetrek.co.uk), starting 11 April 2011, costs from £895, including meals and transfers from Seville; flights extra.

PAINTING HOLIDAYS Authentic Adventures (0844 846 4850; www.authenticadventures.co.uk) features painting holidays in the Alpujarras, Subbética and Grazalema. Run alongside walking holidays, they're ideal for couples with different interests. From £1,179 full board with wine at dinner, all tuition or guiding and transfers from Malaga; flights extra.

TRAIL RIDING Finca el Moro (0034 959 501 079; www.fincaelmoro.com) is a hill farm with self-catering cottages close to the Portuguese border. It arranges guided trail rides for competent riders using small hotels along the route. From €1,250 for six nights' full board, with riding and transfers from Seville; flights extra.



Explore the Andalusian countryside on horseback

PHOTOGRAPHS: ALAMY; 4CORNERS IMAGES; ROBERT HARDING, THE TRAVEL LIBRARY. RECIPES AND STYLING: GOOD HOUSEKEEPING COOKERY TEAM. PHOTOGRAPHS: STEVE BAXTER, STYLING: JENNY IGGLEDEN