



GSRANALYTIX

FOOD & CULINARY MAGAZINE

FOOD • BEVERAGE • GASTRONOMY

ISSUE 01 • AUGUST 2026

SPAIN

EDITION

01



SPAIN

FLAVOUR, CULTURE
& MEDITERRANEAN SOUL



SPAIN

SOUTHWESTERN
EUROPE

FROM MEDITERRANEAN ROOTS TO GLOBAL TABLES

Tradition • Innovation • Export Potential

INSIGHTS • DEBATES • OPPORTUNITIES

AUTHENTIC
SPANISH
FLAVOURS

INSIDE SPAIN

FLAVOUR, CULTURE AND MEDITERRANEAN HERITAGE

From Atlantic shores to Mediterranean orchards, Spain brings together regional identity, exceptional raw materials and a powerful culture of sharing. Olive oil, seafood, rice, cured meats, vegetables and wine shape a cuisine recognised around the world.

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MEDITERRANEAN COAST

Rice, seafood, citrus and olive oil.

THE NORTH

Atlantic fish, cider, dairy and pintxos.

THE INTERIOR

Cured meats, roasts, legumes and saffron.

WORLD FAMOUS

PAELLA SOCARRAT. SAFFRON. SUNSHINE.



SPAIN
EUROPE



SPAIN



SEVENTEEN REGIONS, COUNTLESS FOOD STORIES

Spanish cuisine is a mosaic of local products and techniques. Tapas culture celebrates sociability; regional kitchens protect distinctive recipes; modern chefs transform tradition without losing its roots.

INSIDE THE EDITION

- 01 CULINARY OVERVIEW
- 02 ICONIC FOODS
- 03 PAELLA FEATURE & RECIPE
- 04 INGREDIENT HERITAGE
- 05 TRADE & EXPORT OUTLOOK

THREE PILLARS, ONE FOOD CULTURE

PRODUCT

Quality begins at origin

Olive oil, seafood, rice, ham, cheese and produce.

SHARING

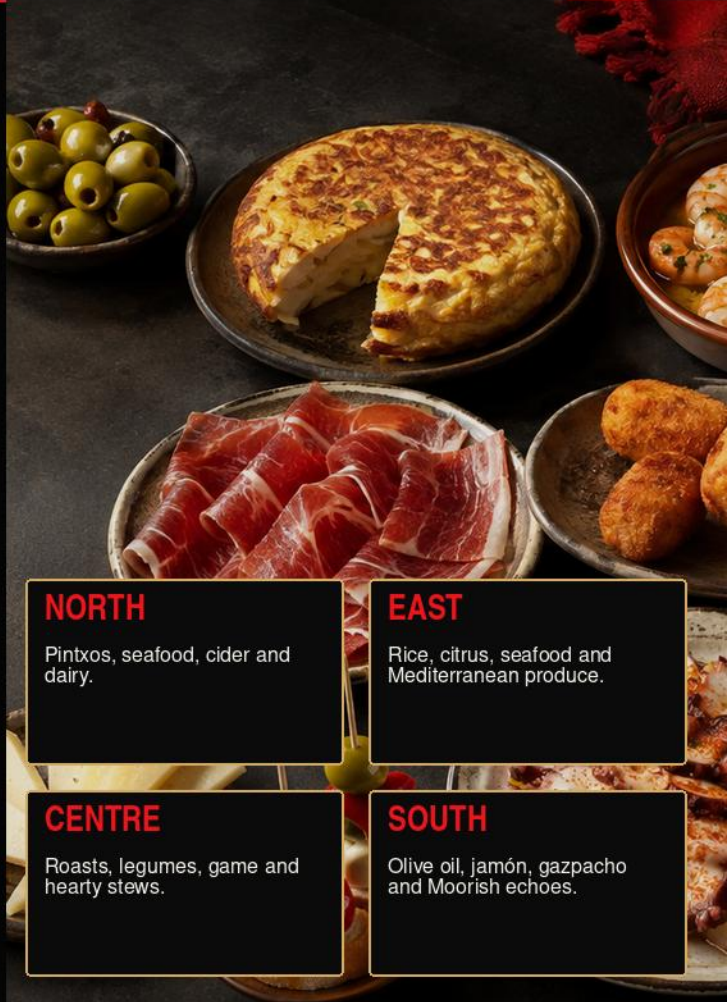
Tapas as a social language

Small plates make food communal and endlessly varied.

TECHNIQUE

Fire, time and restraint

Sofrito, curing, grilling and slow cooking build depth.



ICONIC FOODS OF SPAIN I

Dishes that carry place, memory and Spanish identity.

01

PAELLA VALENCIANA

Saffron rice, green beans, chicken and rabbit.

02

TORTILLA ESPAÑOLA

Potato and egg: simple, rich and iconic.

03

JAMÓN IBÉRICO

Acorn-fed heritage, cured with time.

04

GAZPACHO

Andalusian chilled tomato freshness.

05

PULPO A LA GALLEGA

Galician octopus, paprika and olive oil.

06

PATATAS BRAVAS

Crisp potatoes with bold brava sauce.

07

CROQUETAS

Silky béchamel in a crisp golden shell.

“In Spain, flavour begins with origin and becomes culture at the table.”



ICONIC FOODS OF SPAIN II

Dishes that carry place, memory and Spanish identity.

01

GAMBAS AL AJILLO

Prawns sizzling with garlic and olive oil.

02

PINTXOS

Basque creativity in one perfect bite.

03

FABADA ASTURIANA

White beans, sausage and slow comfort.

04

PAN CON TOMATE

Bread, ripe tomato and olive oil.

05

PISTO MANCHEGO

Slow-cooked summer vegetables.

06

BACALAO AL PIL-PIL

Cod with an emulsified garlic sauce.

07

CREMA CATALANA

Citrus custard beneath caramelised sugar.

“In Spain, flavour begins with origin and becomes culture at the table.”

FEATURED DISH: **PAELLA**

PAELLA VALENCIANA - RICE, FIRE AND PLACE



SAFFRON • SOCARRAT • TRADITION

Born around Valencia, authentic Paella Valenciana is built on short-grain rice, a deeply flavoured broth and careful control of the fire. Its prized base is socarrat: the toasted layer where aroma, texture and technique meet.

KEY INGREDIENTS

- Short-grain rice
- Chicken
- Rabbit
- Green beans
- Garrofó beans
- Tomato
- Saffron
- Rosemary

PERFECT PAIRINGS

Simple green salad • Valencian wine
Lemon only if your table wishes

WHY THE WORLD LOVES IT

VISUAL

A celebration in one pan

SOCIAL

Designed to be shared

REGIONAL

A powerful origin story

EXPORTABLE

Rice, saffron & cookware

Chef's tip: once the rice is added, resist stirring - the grain and fire must do the work.





PAELLA VALENCIANA **RECIPE**

A traditional home-style guide • Serves 4

INGREDIENTS

- 400 g short-grain rice
- 500 g chicken pieces
- 300 g rabbit pieces
- 150 g flat green beans
- 100 g garrofó beans
- 2 ripe tomatoes, grated
- 1 tsp sweet paprika
- Saffron threads
- Olive oil
- Fresh rosemary
- 1.2 L water or light stock
- Salt to taste



STEP-BY-STEP PREPARATION

01

BROWN THE MEAT

Season and brown chicken and rabbit in olive oil.

02

BUILD THE SOFRITO

Cook beans, grated tomato and paprika until concentrated.

03

ADD LIQUID

Add water, saffron and salt; simmer to create the broth.

04

ADD THE RICE

Distribute rice evenly across the pan. Do not stir again.

05

CONTROL THE FIRE

Cook briskly, then lower the heat as the liquid absorbs.

06

REST & SERVE

Create a light socarrat, add rosemary, rest briefly and share.

THE GOLDEN RULE Thin rice layer • Even heat • No stirring • Short rest



SPANISH INGREDIENTS

ORIGIN, DIVERSITY AND MEDITERRANEAN HERITAGE

THE BUILDING BLOCKS OF A GLOBAL CUISINE



OLIVE OIL

Foundation of flavour

SAFFRON

Aromatic gold

JAMÓN

Time and terroir

MANCHEGO

La Mancha identity

TOMATO

Freshness and sofrito

SEAFOOD

Atlantic & Mediterranean

RICE

The heart of paella

PAPRIKA

Sweet, smoky depth

PROTECTED FOOD HERITAGE

PDO • PGI • Regional breeds • Traditional methods • Origin-led value

TRADITIONAL BEVERAGES

Rioja • Cava • Sherry • Sidra • Vermut • Horchata





KEY STATISTICS & NUMBERS

A European food powerhouse with worldwide reach

49.8 M

Population, July 2026

€78.04 BN

Agri-food exports, 2025

€18.32 BN

Trade surplus, 2025

20.2%

Share of all Spanish exports

193

Export markets

45%

Approx. share of world olive oil output

GLOBAL LEADERSHIP

OLIVE OIL

#1

World leader in production and trade

FOOD EXPORTS

#4 EU

Seventh among global powers

WINE

GLOBAL ICON

Origin, diversity and value

TABLE OLIVES

#1

A benchmark export category

PRIORITY MARKETS

EUROPEAN UNION



UNITED KINGDOM



UNITED STATES



CHINA & ASIA



MIDDLE EAST



Sources: MAPA, ICEX and INE; latest official releases available August 2026.



FOOD SECTOR AT A GLANCE

Quality, origin and international momentum



€78.04 BN

AGRI-FOOD EXPORTS

2025

+2.9%

ANNUAL EXPORT GROWTH

2025

66.3%

EXPORTS TO THE EU

2024

HIGH-POTENTIAL CATEGORIES

OLIVE OIL & OLIVES



FRESH PRODUCE



SEAFOOD & PRESERVES



WINE & BEVERAGES



PORK & CURED MEATS



PREMIUM PREPARED FOODS



WHY SPAIN MATTERS

- ◆ Mediterranean quality and strong origin branding
- ◆ World-famous gastronomy and hospitality ecosystem
- ◆ Advanced food processing and logistics
- ◆ Deep EU market integration

◆ Global demand for premium, healthy products



THE FLAVOURS OF SPAIN

TRADITION THAT CONNECTS WORLDS

A CULTURE OF SHARING

Spanish food turns quality ingredients into a social experience - local in origin, modern in expression and global in appeal.



A MOSAIC

Atlantic, Mediterranean, mountain and island traditions.

THE POWER OF ORIGIN

PDOs, producers and regional identity create value.

GLOBAL MOMENTUM

Restaurants, tourism and retail amplify demand.

OPPORTUNITY AREAS

Premium olive oil

Regional preserves

Gourmet hospitality

Seafood value chains

Tapas and ready meals

Wine tourism

Sustainable packaging

Origin-led storytelling

SPAIN TURNS ORIGIN INTO EXPERIENCE - AND EXPERIENCE INTO VALUE.





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GSR ANALYTIX: CONNECTING WORLDS

FROM SPAIN TO THE WORLD



OUR MISSION

We connect businesses, markets and cultures through clear intelligence, practical insight and global visibility.

WHAT WE OFFER

- Country & sector intelligence
- Market entry and export insight
- Business networking & visibility
- Culinary and hospitality promotion

OUR GLOBAL NETWORK

120+

COUNTRIES

50,000+

PROFESSIONAL REACH

25+

SECTOR REPORTS

1,000+

BUSINESS CONNECTIONS

BE PART OF OUR GLOBAL JOURNEY

TOGETHER, WE FEED THE WORLD.

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