

Sacramento Book Review



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The Complete Idiot's Guide to Tapas

By Jeanette Hurt

Alpha Books, \$14.95, 208 pages

For those who aren't aware of tapas, they are a centuries-old type of Spanish small dish served at restaurants. Popular myth says they were first created to place on the top of wine glasses to keep the flies out. However they started, serving small starter dishes for sharing has garnered the name "tapas,"

even at non-Spanish restaurants. Hurt has collected more than 100 easy to follow, tasty, and healthy recipes; and while not always authentically Spanish,

they'll pass the popularity test with tasters. As is usual with many of the *Idiot's Guides*, there is a color insert of some of the dishes. There is a good introduction to Spanish foods, and chapter sections include Hot and Cold Tapas (Meat and Seafood, Potato and Egg Dishes, Vegetable Tapas), Salads, International Tapas, and Desserts. Sure, it isn't a fancy cookbook, but tapas aren't meant to be fancy. They are meant to be enjoyed with a nice glass of wine or sangria (recipes also included) and not fussed over. *The Complete Idiot's Guide to Tapas* fulfills that perfectly.

