



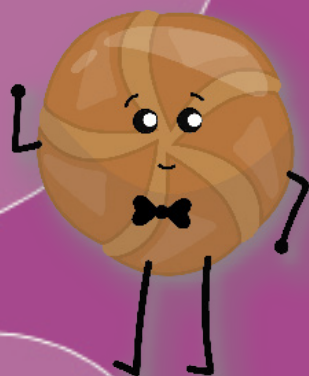
fai clic ao teu bocata

AS CONSERVAS
DO MAR SON A
MELLOR COMPAÑÍA
PARA O TEU
BOCATA!

clic

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1. A STORY THAT PRECEDES US

The canning industry, as we know it today, started at the beginning of the 19th century.

Nicolas Appert, a poor French researcher, discovered in 1810 after years of investigation that food could be preserved by heat in hermetically sealed containers.

This discovery made him win a prize of 12,000 francs that, years ago, Napoleon had offered to anyone who presented “a method of preserving food for a long time and in good condition”.

Canned arrived in Spain by chance in 1840 when a French ship was wrecked off Fisterra.

By that time in Galicia other preservation methods such as salting or smoking sardines were used. This accident served as a spark for the creation, in Galician lands, of the first fish factory.

Since then, the Galician and Spanish canning industry has become the leading European producer of canned fish and shellfish.

2. "CLICK" ON YOUR SANDWICH



"Click your sandwich" is a program created by Consellería del Mar with the double objective of facilitating the knowledge and consumption of canned products from the Galician sea among the girls and boys of our Community, and influencing and balancing their diets.

Schoolchildren of Early Childhood Education, Primary Education, Secondary Education and their teachers are their recipients.

Canned food is a healthy and fashionable way to enjoy seafood; We can savor them whenever we like, anytime and anywhere, in a sandwich at recess, in a salad at lunch, in an omelette to take on an excursion Lots of options thanks to the variety of presentations, preparations and types of canned seafood that we can find in shops.

In this project we will pay attention to some fundamental foods in diets, seafood, to promote their consumption as canned products. Seafood products are rich in protein, fat, vitamins and mineral salts and constitute one of the most important nutritional resources. Canned seafood adds many nutritional values to these benefits, which make it advisable to introduce these products as common foods in the diets of children.

We have two very special protagonists, PAN and LATA, who together with the rest of the Family of "Click your sandwich", will teach and guide the smallest and the not-so-small in the workshops. and benefits of our preserves and their inclusion in the usual diet.

3. BENEFITS OF CANNED FOOD

Canned fish and shellfish are a very useful solution both for our day to day and for other occasions such as aperitifs or meetings with family and friends.

Some of their many advantages are that they are already cooked, so we will not waste a second in their preparation, their great durability and, of course, they are delicious.

We can also add the nutritional advantages that the products they contain bring us. Today we will talk about the most popular canned fish and seafood and everything that can nutritionally bring us close.



NATURAL

Preserves do not contain preservatives. They also do not need cold to store them. The containers are 100% recyclable so they do not cause any inconvenience to the environment.

NUTRITIVE AND TASTY

In addition to flavor and variety, canned fish and shellfish bring together all the nutritional qualities of seafood.

COMFORTABLE

Canned food is practical, convenient and fast. They can be enjoyed anywhere as you do not need kitchen utensils or previous preparation times. Open and eat.



WHY CANNED?

We have already overcome the cultural barrier that told us that talking about preserves was talking about simple appetizers, or a “culinary wild card” to run in case of emergency, going on to give them the consideration they really deserve.

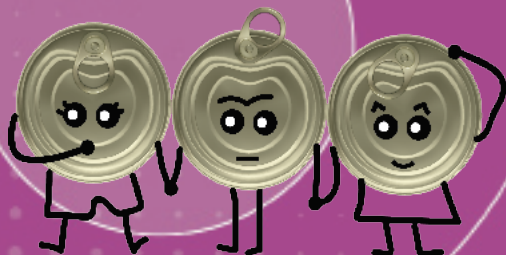
But there is another barrier to overcome, are canned fish and shellfish less nutritious than fresh food?

Canned fish and seafood are fresh products submitted to a special treatment in order to remain in good condition for much longer than usual, thus achieving not only storing the food, but also enjoying products regardless of the season in which they are given.

To make them, the preserves go through a process that unites traditional know-how with modern process and control technologies to ensure the use of the different products, as well as the guarantee of their quality. The technological processes applied to the elaboration of conservants ensure the maintenance of their nutritional properties.

A careful selection of fish and shellfish, handled by expert hands and an exhaustive quality control throughout the process, guarantee that consumers can enjoy the product with the maximum safety guarantees.

Likewise, Galician fish and shellfish canning industry is committed to optimizing its processes in terms of production efficiency, food safety, sustainability and the development of products adapted to consumer needs.



4. THE SANDWICH BOOK

Ingredients:

Galician bread ciabatta.
50 g of needles fish.
20 g of hummus (cooked chickpeas, garlic, lemon juice, tahini and ground cumin).
30 g of piquillo peppers.

Nutritional value:

Energy: 342.2 Kcal. (19% of the CDR).
Proteins: 18.71 g. (38.98% of the CDR).
Carbohydrates: 41.29 g. (31.76% of the CDR). Fats:
10.33 g. (34.43% of the CDR).

Preparation:

We spread the bread with the hummus.
We put the needle fishes up.
Lastly, add the piquillo pepper in strips.



MR. NEEDLE

Ingredients:

Galician bread ciabatta.
80 g. Mackerel fillets in olive oil.
10 g. of Canons.
30 g. Galician Tomato.
20 g. of white asparagus.
40 g. of San Simón de la Costa cheese.

Nutritional value:

Energy: 362.26 Kcal. (20.12% of the CDR).
Proteins: 17.42 g. (36.29% of the CDR).
Carbohydrates: 37.12 g. (28.5% of the CDR).
Fat: 15.56 g. (51.86% of the CDR).

Preparation:

Place the lamb's lettuce and tomato on the bread.
Next we put the cheese cut into pieces. We add the mackerel.
Finally we decorate with asparagus.



CABALOM



Ingredients:

Galician bread ciabatta.
100 g. Light tuna in olive oil.
30 g. Galician Tomato.
1 mL. of organic extra virgin olive oil. 3 g. Garlic., 1 g. of
Salt, 30 g. of arugula.
10 g. of pitted green olives.

Nutritional value:

Energy: 436.52 Kcal. (24.25% of the CDR).
Proteins: 33.23 g. (69.22% of the CDR).
Carbohydrates: 37.64 g. (28.95% of the CDR).
Fats: 16.22 g. (54.06% of the CDR).



Preparation:

Peel the tomato and garlic and crush it together with
the olive oil and a little salt. Spread the bread with this
mixture and place some rocket leaves on top.

Next we add the tuna.

Finally, we decorate with the olives
cut into pieces.



TOMATÚN



Ingredients:

Galician bread ciabatta.
80 g. pickled mussels
(Galician mussel *Mytilus galloprovincialis*,
with D.O.P.).
30 g. of Onion of the country.
50 g. of A Arnoia pepper, 1 boiled egg size L.

Nutritional value:

Energy: 383.25 Kcal. (21.29% of the CDR).
Proteins: 24.31 g. (50.64% of the CDR).
Carbohydrates: 41.71 g. (32.08% of the CDR).
Fat: 12.29 g. (40.97% of the CDR).

Preparation:

Place the onion and pepper cut into pieces on top
of the bread.

We put the boiled egg, cut into wheels.
To finish, we put the musselson top.

AROUSO



Ingredients:

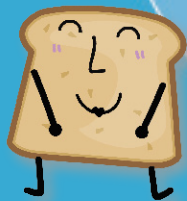
Galician bread ciabatta.
75 g. of Anchovies in vinegar.
50 g. of San Simón de la Costa cheese.
20 g. of curly lettuce.
25 g. of canned rolled mushrooms.
1 mL of organic extra virgin olive oil.

Nutritional value:

Energy: 610.91 Kcal. (33.94% of the CDR).
Proteins: 33.85 g. (70.53% of the CDR).
Carbohydrates: 36.74 g. (28.26% of the CDR).
Fats: 26.48 g. (88.25% of the CDR).

Preparation:

We rub the bread with a drizzle of extra virgin olive oil. We place the lettuce cut into strips on the bread.
We add the cheese cut into pieces.
We put the anchovies.
Finally, we add the mushrooms.



BOQUEREITOR



Ingredients:

Galician bread ciabatta.
80 g. Galician Octopus.
50 g. Of avocado.
40 g. of white asparagus.
40 g. of Onion of the country.



Nutritional value:

Energy: 416.2 Kcal. (23.12% of the CDR).
Proteins: 25.16 g. (52.42% of the CDR).
Carbohydrates: 42.7 g. (32.85% of the CDR).
Fat: 15.9 g. (53% of the CDR).

Preparation:

We place the avocado and the onion cut into thin slices on the bread. We add the octopus, which we can cook in a frying pan with the sauce of your choice. We place the asparagus cut into strips on top.

POLBOSAURUS



Ingredients:

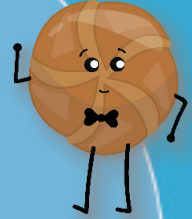
Galician bread ciabatta.

65 g. of Sardines in tomato sauce.

50 g. of tetilla cheese.

20 g. of curly lettuce.

5 g. Basil in spice.



Nutritional value:

Energy: 491.95 Kcal. (27.33% of the CDR).

Proteins: 28.98 g. (60.38% of the CDR).

Carbohydrates: 38.36 g. (29.51% of the CDR).

Fats: 23.45 g. (78.15% of the CDR).

Preparation:

We place the lettuce cut into strips on the bread. We add the cheese, also cut into strips. On top, we place the sardines in tomato sauce. Finally, we season with a little basil to taste.



SARDIÑEIRO

Ingredients:

Galician bread ciabatta.

80 g. Squid in its ink.

30 g. of Arzúa Cheese., 40 g. of Onion of the country.

50 g. Carrot., 25 g. canned mushrooms.

5 mL of organic extra virgin olive oil.

5 g. of salt.

Nutritional value:

Energy: 544.55 Kcal. (30.25% of the CDR).

Proteins: 23.60 g. (49.16% of the CDR).

Carbohydrates: 43.44 g. (33.42% of the CDR).

Fats: 29.25 g. (97.48% of the CDR).



Preparation:

Sauté the onion with the grated carrot and the mushrooms drained with the salt in the pan. We add the squid just to heat them and put everything on top of the bread. And on this the cheese, what can we put then in the oven to gratin.

CAPTAIN SQUID



Ingredients:

Galician bread ciabatta.

30 g. of anchovy fillets in olive oil.

30 g. Galician Tomato.

20 g. of curly lettuce.

1 boiled egg size L.

10 g. of pitted green olives.

Nutritional value:

Energy: 353.2 Kcal. (19.62% of the CDR).

Proteins: 22.36 g. (46.57% of the CDR).

Carbohydrates: 37.42 g. (28.78% of the CDR).

Fat: 12.2 g. (40.66% of the CDR).

Preparation:

We place the lettuce cut into strips on the bread. Add the tomato and the boiled egg cut into wheels. We place the anchovies.

Decorate with olives cut into pieces.



ANCHÓN





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bocata teu

XUNTA DE GALICIA