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Newsletter of Sant Miquel de Tudela

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Editorial

Table of contents

<i>Editorial</i>	1
<i>The Almond Tree</i>	1
<i>The recipe of the month</i>	2
<i>At the discovery</i>	2
<i>Coming soon</i>	2

Dear Friends,

After a busy month of August: between customers, family visits and small jobs for the property: we are ready to start this September and the school year with lots of beautiful projects on the horizon.

I hope you have all enjoyed your holidays and you are on the attack for the start of the school year.

September represents for us the month of jams and preserves! So for those who

already want to place a few orders, our blackberry and white figs jams are in preparation. Contact us now.

September is also the month of the almond harvest. That is why we will tell you in this gazette about the benefits of this fruit, which we will illustrate with a good recipe for almond cake, the cake of Santiago. Then we will discover the village of Llor.

For our American friends, the contest is still ongoing! So, participate by following us on

Instagram or Facebook, the deadline is extended to September 15th.

Happy reading!

Virginie Buu-Hoi Stewart

The Almond Tree

From its Latin name: *Prunus amygdalus*, it includes many varieties that produce sweet almonds or bitter almonds. Almond trees are among the first trees to bloom at the beginning of the year.

The almond tree is said to have originated in the Near and Middle East where the fruits were already consumed for 750,000 years. The Chinese cultivated it 3000 years ago and the Greeks 2500 years ago. The almond as well as its fruit has always been associated with fertility. It was the Romans who would have instituted the custom of throwing almonds to the newlyweds, to favour an abundant offspring.



The properties of its fruit are complete and unique: The almond is an excellent source of essential micronutrients: Magnesium, manganese, copper, Vitamin B1, B2, B3, E, phosphorus, iron, copper, etc.... Due to its richness in lipids and proteins, it provides a lot of energy.

Rich in fibre, it helps intestinal transit and has a satiating effect. It helps to naturally reduce

cholesterol levels. Rich in vitamin E8, a powerful antioxidant, it would have protective effects against cardiovascular disease, diabetes, hypertension and cognitive decline.

We use the nut itself without the outer (hard) shell.

Principal benefits

- Laxative
- Antioxidant
- Soothing

INGREDIENTS

For 8 people

Ingredients:

- 250 g of raw ground almonds or 250 g of skinless almond (if you are going to make your own powder)
- 5 large eggs
- 250 g of white sugar
- Lemon zest
- 1/2 small spoon of ground cinnamon (about 5 g - optional)
- 1 stick of butter to grease the mould
- 25 ml of herbal brandy or the liqueur you prefer
- 50 g of icing sugar

The recipe of the month : Santiago Cake

This traditional Galician dessert is made from almond powder and takes its name from Santiago de Compostela. It is an easy and quick cake to make. You can use the variety of almonds Marcona or Largeta and make your own almond powder if you wish.

1. Preheat the oven to 180° C
2. Mix the sugar and eggs in a bowl. Beat everything well until they whiten a little.
3. Wash the lemon, dry it and grate half of its zest. Add the zest, 25 ml your favourite liqueur and half a spoon of ground cinnamon to the egg mixture and blend in.
4. Add the ground almond to the flavoured egg cream. Mix well with a spatula.
5. Butter the removable mould and pour the mixture into it. Place the cake in the oven at 180° C in the middle tray for 35 minutes until the surface is golden brown.

6. When the cake is well cooked, take it out and let it



cool. About ten minutes later, unmount it.

7. Put on the cake a stencil of a scallop (or a scallop) and sprinkle with icing sugar.

Enjoy!

At the discovery of El Llor...

Among the many villages that surround us, is the village of El Llor whose name is a variant of Llorer, which means Laurel, and which is part of the tradition of the names of plants or shrubs given to the villages of the region.

The village is located at an altitude of 522 m. At the top of the hill you will find the ruins of its castle dating from the eleventh century. The first references of the castle date from 1024.

There are about 50 people living in the village.

It consists of narrow alleys and in ancient times, it was a fortified village that could only be entered through a gate.

You will be able to notice the contrast between houses in ruins and those that have been

restored as secondary houses.

Its church of Sant Julia del Llor is dedicated to Saint Julia and retains Romanesque features at the level of its apse while the more classical style façade bears the date of 1783, with heraldic emblems (medieval insignia) of the city and the Lords of Copons.

If you are interested to know more, book your stays and come to discover our beautiful region.

Coming soon

- * We will be present at the Francophone Day at the French Institute of Barcelona on September 16th from 2:30 pm to 7 pm!
- * Remember to book your stays and experiences for the fall!
- * Order your delicious jams now!
- * We also organize tours of the property where you can discover the work we do there