

MIGAS

By Señora Dick



Migas History & Origin

In Spanish, migas means “crumbs” and the dish has been known as “shepherd’s breadcrumbs” or “migas de pastor”. This dish is simple and can be made from 4 main ingredients: bread/tortillas, garlic, eggs, and olive oil. Lately however, this dish has been dressed up to contain many other easy to find ingredients. In fact, in Europe, the recipe for migas changes constantly so it has become a very regional dish. Sometimes migas is savory, and other times it’s sweet.

The dish was originally created so that leftover bread or tortillas would be put to use rather than wasted in both Spain and Portugal. The roots of migas goes back to the Iberian Peninsula.. It was a meal for thrifty poor people.

What are migas?

There are two main types of migas. The first type is made from day old bread, or tortillas, that are torn into small pieces and fried to make breadcrumbs. You fry the bread in a mix of olive oil and garlic. Usually dried peppers and meats are added for flavor.



The second way to make migas is to start with raw materials such as flour, salt, olive oil, and water. You cook these ingredients in a deep pan. Once you cook down the moisture in this mixture it makes an oily dough. You stir the dough until crumbs are made and then you add meat, vegetables, and other ingredients to the recipe.



Migas Recipes

Tex-Mex Style Migas

- <https://www.gimmesomeoven.com/migas-tex-mex-style/>

Migas with Black Beans

- <https://cookieandkate.com/migas-recipe/>

Mexican Migas (Migas Norteñas)

- <https://mexicanfoodjournal.com/migas-nortenas/>
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Websites Used for Research

- <https://www.britannica.com/topic/migas>
- <https://www.gourmettraveller.com.au/news/food-news/what-is-migas-2747>
- <http://theartichokeadventures.thespanishthymetraveller.com/migas-a-spanish-dish-with-humble-origins/>