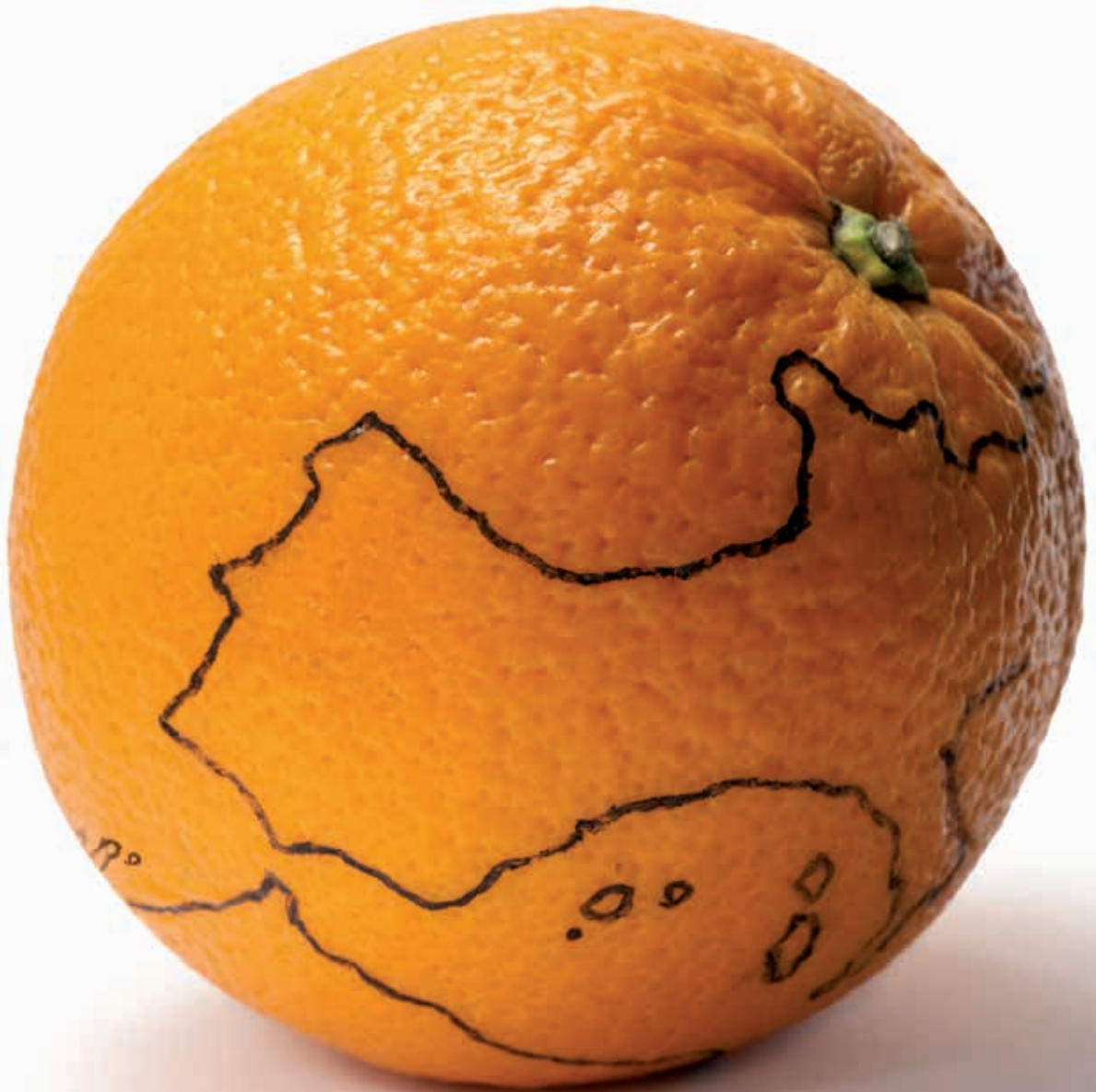


routespain

four ways to spanish flavor



foodsfromspain.com

everything
you
should
know about
spanish food

route spain

st  james' way

 via augusta

via  de la plata

don  quixote's

route

1

St. James' Way

Every year, a million people travel this historic route which covers over 800 Km. This has been happening for over a thousand years.

Page 4

2

Via Augusta

The Mediterranean and its fresh gastronomy accompany this route under a brilliant sun and reminiscent of the presence of the Romans in Spain.

Page 12

3

Via de la Plata

From north to south or from south to north, the Via de la Plata discovers the less-travelled corners of Spain and some of its most genuine products.

Page 18

4

Don Quixote's Route

La Mancha preserves many of the recipes savored by Don Quixote himself. A route overflowing with genuine gastronomy and unexpected landscapes.

Page 24



spanish flavor routes



A popular Spanish saying is *“Con pan y vino se anda el camino”* (“With bread and wine one’s road can be travelled”). But that was before... Now, travelers aren’t satisfied with so little. What’s more, the reward of a good meal, enjoyment of the best local products and the tastiest recipes, whether new or traditional, are often the excuse and reason for the trip itself. Here are four different itineraries where the food could well be that excuse for going... but there’s more. These four itineraries, which cover almost every region of peninsular Spain, also include scenery, art, history, traditions... and there is so much variety that one could almost, almost call it a mini continent. Enjoy it, and savor the trip.



Over its long route, the Way offers some of the best wines and flavors of our gastronomy.

Below, the majestic cathedral of Santiago, where travelers happily celebrate their completion of the Way.



On the right, Chillida's "Comb of the Wind" is one of the most emblematic images of San Sebastian.

There, you also will enjoy haute cuisine in miniature together with more traditional tapas.





1 st james' way



In the Middle Ages, the Way of St. James, the itinerary that runs from different points to Santiago de Compostela, in the extreme northwest of Spain, was one of the most important pilgrimage routes in Europe. Its origins date back to the 9th century no less, and a cultural phenomenon was created

around it which would pave the way for the interchange of ideas, for the development of cities and for the building of beautiful monuments.

Twelve centuries later, every year, thousands of people discover the cultural diversity of Spain through this route for which there are many different itineraries. On foot or on horseback, by bicycle or by car, whichever method of transport you choose, the Way of St. James, declared a World Heritage Site by the UNESCO in 1993, is an unforgettable experience.

And not only from a cultural point of view: Over its long route, the Way offers some of the best flavors in our gastronomy. Here are just a few guidelines to what the traveller will find along the almost 800 km of two of the busiest itineraries: the French Way and the Northern Way.





The French Way

This is the most popular route. It begins in the Pyrenees and, depending on the chosen starting point (Roncesvalles in Navarre or Somport in Aragón), it consists of two different paths that meet in the Navarre town of Puente la Reina to then cross the territories of La Rioja and Castile-León in the direction of Galicia.



Now on the route that runs from the valleys and peaks of the Pyrenees to the fertile vegetable gardens of Navarre, travellers and pilgrims will encounter Romanesque architecture, ranging from simple, humble chapels in the middle of the countryside to impressive cathedrals, such as that of Jaca, at the foot of the Pyrenees. This architectural style will be an ongoing travelling companion along with the omnipresent yellow arrow which, painted on walls, stones or fences, marks the route for pilgrims and travellers alike.

After Navarre, and now in La Rioja, with vineyards as a backdrop, the Way almost touches San Millán de la Cogolla, where the cradle of the Castilian language can be found: the Monasteries of Yuso and Suso, declared World Heritage Sites.

Crossing Castile-León, with its extensive corn fields, is a succession of historic sites and beautiful buildings such as Burgos cathedral and its nearby Cistercian monastery of Santa María Real de las Huelgas.

We are then met, in Palencia, by the extremely beautiful Romanesque style of Frómista, in stone, and of Sahagún, with its special brick temples. Another impressive cathedral can be found in León; and in Astorga, in the mysterious region of La Maragatería, the Episcopal Palace designed by Gaudí, will surprise you with its unmistakable style, which is so far removed from modernist Barcelona. And then we reach El Bierzo, a region overflowing



Left, chorizos from Leon, blood sausage from Burgos... charcuterie is present along the Way.



Below, the yellow arrow, painted on walls, stones and fences, marks the route for pilgrims.





Left, vineyards surround the City of Wine created by Frank Gehry in Elciego, La Rioja.

Octopus *a feira* (left) is a must in Galicia, as is roast lamb in Castile (right).

Right, a good deal of the Northern Way runs along the coast of the Cantabrian sea, offering dramatic views.





with beautiful spots of great rural wealth and which is a watershed between the plain of Castile and rolling green Galicia.

There, the Way passes by the remarkable Monastery of Samos and by the intimate Romanesque style of the temple of Vilar de Donas. And, a little later, finally, we reach Santiago, with its majestic cathedral crowning the impressive Plaza del Obradoiro where pilgrims and travellers happily celebrate their completion of the Way.

The Northern Way

This itinerary was first used by pilgrims in the Middle Ages to avoid passing through territory that was occupied at the time by Muslims in the peninsula. It crosses northern Spain and, in this case, rather than monuments, the landscape is its main attraction. A good deal of the route runs along the coast of the Cantabrian sea, between mountains and small fishing towns, and is strewn with beautiful beaches.

The Basque Region, Cantabria, Asturias and, finally, Galicia make up the route. San Sebastián, with its spectacular bay and La Concha beach, is a classy city filled with attractions and is, undoubtedly, a good start. Zarautz and Guetaria, beautiful coastal towns, are linked together and lead us to Bilbao, where its old district contrasts with

the modernity of the Guggenheim Museum. Cantabria and Asturias add as a backdrop the mountainous profile of the Peaks of Europe, which are covered in snow most of the year. Santander is a holiday city with magnificent beaches and is a stone's throw away from the mediaeval town of Santillana del Mar.

Almost unspoiled beaches and inaccessible coastlines, together with towns as picturesque as Cudillero and Luarca, make up the Way through Asturias, now very close to Galicia, where the cathedral of Mondoñedo, with its spectacular façade, is almost on a par with Santiago cathedral itself.





what does st james way taste of?

There are so many flavors along the Way that here we have no choice but to review them briefly, almost like the headings of a menu in a restaurant. Let us begin with the Northern Way when it crosses the Basque Region. From the tempting counters of the bars in the old district of San Sebastián, filled with tapas and pickled foods on cocktail sticks, to the highly-acclaimed tables of its Michelin-star restaurants (Arzak, Akelarre, Martín Berasategui, Mugaritz...), including the traditional cider bars and grill houses and the gastronomic societies, the Basque Region is a true gastronomic mecca. *Marmitako* (stew with tuna and potatoes), *porrusalda* (a kind of leek stew), beans, cod *pil-pil* style, squid in its ink, hake in parsley sauce. . . the list of recipes gets longer and longer and there is no shortage of places overlooking the sea or in the beautiful inland valleys where you can taste them.

As does Asturias (See *Via de la Plata* on page 18), Cantabria has the best of larders from both the sea and the mountains, which in its case are represented by magnificent squids and anchovies and a nourishing stew, *Montañés* stew.

If we choose to travel along the

French route, the first thing we will try will be *longaniza* a local spicy pork sausage and the traditional roast lambs of Aragón which are on offer in the grill houses of so many towns in the Pyrenees, served with the excellent wines of Somontano. The vegetable gardens of Navarre "are a ball": asparagus, *Piquillo* peppers, artichokes, cardoons. . . It is not surprising that their vegetable stew is second to none. In Logroño, now in La Rioja, Laurel Street, which is famous for its number of *tapas* bars, will be a delicious temptation for the traveller. And just next to the traditional bars of Simpatía, Lorenzo and Soriano, with their almost legendary grilled mushrooms, Francis Paniego offers a more up-to-date version of *tapa* tasting in Tondeluna. You must not leave La Rioja without visiting some of its wine cellars and tasting there, or in the nearest town, potatoes *a la riojana*, potatoes with *chorizo* sausage, followed by lamb cutlets grilled on the embers of vine shoots. When you eat these cutlets, in the open air, surrounded by vineyards, with the aroma of the embers and a glass of Rioja wine, you feel at one with the world.

We enter Castile. Awaiting us are the wines of Ribera del Duero, the

same grape but a different land, a distinct flavor. They are the best accompaniment for the excellent roast lamb that will accompany us across the whole of Castile, the land *par excellence* of roasts. Apart from the lamb, we suggest having a *Maragato* stew, a filling dish (chick peas, vegetables, cold cuts, meat and soup), with the difference that the soup is served at the end. In El Bierzo, still in Castile, cold cuts, pie and *botillo* (a spiced, cured meat seved with potatoes) are the main offer, together with tasty, fleshy peppers.

In Galicia, there is no town that does not have octopus *a feira*, especially in Santiago, of course, where the bar offer is doubled, above all in the famous Rúa do Franco. Here, seafood from the nearby coast peeps out from bar counters and restaurant windows, together with *Padrón* peppers and crispy pies with a wide variety of fillings (muscles, cockles,...). Innovative airs have also reached traditional Galician gastronomy and, together with places with so much character, the *tapas* offer has been revamped in places such as Abastos 2.0 making Santiago the gastronomic mecca it is.



Left, two musts:
"Gilda", a very
popular tapa in
San Sebastian and
Galician crispy
empanada.



Right, grapes for the
wines of Navarre,
Rioja, Bierzo, Ribera
del Duero...and
apples for Asturian
and Basque cider.

webs

www.foodsfromspain.com
www.winesfromspain.com
www.spain.info/en
www.caminosantiago.org





A glass of sherry is a perfect accompaniment for some Mediterranean food.

The Via Augusta forms part of the European initiative known as "Roman Roads in the Mediterranean".



Paella is perhaps one of the most famous dishes of Spain. It goes very well with cava.

The mosque in Cordoba (right) has been declared a World Heritage site by the UNESCO.





2

via augusta

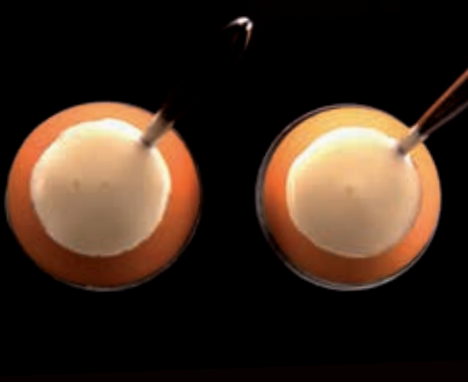


From the Pyrenees in the north as far as Cádiz in the south, the Via Augusta, or the Augustus Road, was the longest Roman road in ancient Hispania. The name stems from the repairs that were made during the reign of Emperor Augustus between the years 8 and 2 B.C. when it became an important route for communications and trade between the cities and provinces and the Mediterranean ports. At the present time, many sections of several roads follow the original itinerary of the 1,500 km of the Via Augusta which, moreover, forms part of the European initiative known as “Roman Roads in the Mediterranean”, whose aim is to recover these routes so that they can be traveled on foot, on horseback or by bicycle. Whether one method of transport or

another is used, almost one hundred Roman monuments await the traveler, in addition to beautiful landscapes and cities in Catalonia, Valencia and Andalusia.

And when it comes to sitting down to eat, there are paellas and a thousand and one rice and fish dishes, garlic mayonnaise, Romesco sauce... the rich flavor of Mediterranean cuisine.





Cádiz prides itself on being one of the oldest cities in Europe, but it can also boast about its charming, light-bathed, old district and its coastal location. Its narrow streets are overflowing with history and flavor and the innate piquancy of its inhabitants who have a special penchant for carnival. “Cádiz is a more vivacious Havana”, a folk song says, and the truth is that Cádiz, in spite of being on this side of the Atlantic, has the same colonial air.

The Via Augusta carves a path through the countryside of Andalusia and, after crossing monument-filled Seville (See “Via de La Plata” page 18), it takes us as far as Cordoba, declared a World Heritage Site by the UNESCO, with its wonderful 8th-century mosque, beautiful Roman ruins and local flower-laden patios which reach all their splendour in the month of May, when they open their doors to everyone. Now, heading for Valencia, the Via Augusta crosses the olive groves of the provinces of Córdoba and Jaén. It is a fascinating landscape



which is unique across the globe; a true sea of olive trees that stretches as far as the eye can see. In the autonomous region of Valencia, we come face to face with the Mediterranean once again; long fine-sand beaches and a mild climate and Valencia, its capital, a bustling city which has committed to modernity through the architecture of its City of Arts and Sciences but which conserves valuable pieces from the past, namely its cathedral and Silk Market, and longstanding fiestas such as *Las Fallas*. Nearby, in Sagunto, important Roman remains are conserved, as they are in Tarragona, now in the lands of Catalonia. The Arch of Bará is one of the most beautiful.

Barcelona safeguards, and sometimes conceals, its Roman remains, as in the case of the pillars of the Temple of Augustus, which today are located inside a building and are known by very few. However, what currently attracts millions of tourists every year to Barcelona – which oddly enough conserves its Via Augusta, now in the form of a street, – is the blend of tradition and modernity that can be breathed in its streets, from the Gothic district or the bustling Ramblas to El Ensanche, rife with beautiful modernist buildings built by Gaudí and his followers.

From Barcelona to Girona, with its houses hanging over the River Oñar and its well conserved Jewish district, the Via Augusta takes us almost to the French border, after 1,500 history-filled kilometres.



Sherry vinegar is one of the treasures of the wine cellars of Jerez, which are well worth a visit.

Mediterranean cuisine tastes of sauces such as, alioli, xat6 or this romesco (left).





Bread, oil and tomatoes are a healthy, popular Spanish breakfast.



Below, La Boquería Market is one of the most well-cared-for markets in Barcelona.





what does the via augusta taste of?

Of the Mediterranean, without a shadow of a doubt. From La Boquería Market to any of the well-cared-for markets of Barcelona, or from the spectacular Central Market of Valencia, emerge the aromas of this sea on whose shores a rich gastronomic culture has been forged. It tastes of sauces such as romesco, garlic mayonnaise, *xató* cod salad, tomato bread and sofrito, the stir-fry which serves as the base for a good deal of its recipes, including, among others, the diverse array of rice dishes from this area, above and beyond its famous, tasty paella: black rice, *arroz a banda* or fisherman's rice, rice with vegetables, with cod and cauliflower. The variety is almost endless and covers the entire coastline from Catalonia to the region of Murcia, where you can try its *arroz en caldero*, a rice dish whose fish flavor is a reminder of its sea fishermen origins; the same taste that is attributed to dishes such as *suquet de peix*, a casserole made from seafood, an ingredient that is also omnipresent in the Levante region. These rice and fish dishes are accompanied perfectly by cool cava or by some of the

wines of the many Designations of Origin of this region: Priorato, Penedés, Montsant, Valencia, to name but a few.

It is strange that in Catalonia, which boasts such a wide variety of fresh fish, salt cod is so prominent and is used in so many increasingly delicious recipes: with garlic mayonnaise (*alioli*), *a la llauna* (roasted), in *sanfaina* (ratatouille). You can try traditional recipes in restaurants and in old-fashioned bars and in the new *tapas* bars that are constantly popping up, especially in Barcelona. But for anyone who wants to try avant-garde Spanish cuisine, restaurants as venerated as Celler de Can Roca or Sant Pau in Catalonia and Quique Dacosta in the region of Valencia will be an eye-opener. And we must not forget that it was in El Bulli in Rosas, a stone's throw away from the Via Augusta by the way, where Ferrà Adrià revolutionised the foundations of present-day cuisine. But let us continue along the Road southward. Fresh nuances keep cropping up, some of Arab origin, such as honey and almond-based *turrón*, which can be found on Spanish tables at Christmas

time, but, above all, oil becomes increasingly prominent in dishes ranging from the plain oil and salt covered toast of a traditional Andalusian breakfast to the delicious Cordoba *salmorejo* and the cold soups of Andalusia, such as *gazpacho* or white garlic, which are always finished off with a drizzle of oil and, sometimes, even with the subtle touch afforded by Sherry vinegar.

And it pops up once again in fried fish dishes that entice us to try the *tapas* of Córdoba (*flamenquines*, aubergines with honey...), of Seville (See "Via de la Plata" page 18) and of Cádiz. It is here where the Mediterranean joins the Atlantic and where we find the contribution of Sanlúcar prawns and *almadraba* tuna from the area of Barbate, which is seasoned and served at bar counters side by side with original fried sea anemones, and is always accompanied by a good glass of sherry, the aroma of this land.

webs

www.foodsfromspain.com
www.winesfromspain.com
www.spain.info/en



The Via de la Plata crosses almost the entire west of the country, from Asturias to Andalusia.



The origin of Iberico ham lies in the dehesa or pasturelands (below) where the Iberico pig lives and feeds on acorns.





3

via de la plata

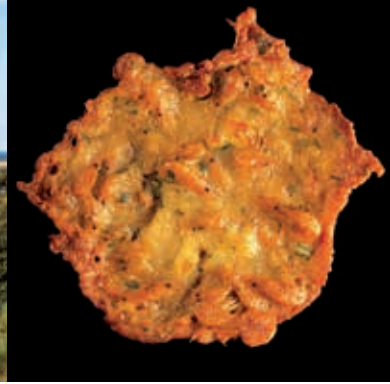


The Via de la Plata or The Silver Route, which, in spite of its name was never a trade route for this metal, was initially a Roman road that joined Mérida (Emérita Augusta) to Astorga (Asturica Augusta). This route, which was later extended northward as far as Gijón, in Asturias, and southward as far

as Seville, in Andalusia, thus crossing almost the entire west of the country, was used both by Romans as well as by Arabs and Christians. This long history, dating from the 1st to the 19th centuries, has enabled the towns it crosses to conserve the outstanding wealth of monuments that you can discover today along this road, which has now become a tourist-cultural route.

This monument heritage is coupled with a no less impressive wealth of emblematic products and dishes of our gastronomy such as Ibérico ham, Seville tapas and *Fabada asturiana* or Asturian bean stew.





We begin our route in Seville, a city that is always a fiesta on account of its beauty and its charming people. You just have to get lost in the narrow streets of the Santa Cruz district or visit some of the monuments declared World Heritage Sites by the UNESCO, such as the General Archive of the Indies, the cathedral and the Reales Alcázares. Nearby, Itálica and Carmona offer their beautiful Roman ruins, with Itálica's amphitheatre being especially noteworthy. Heading northwards, we are met by Extremadura, with its meadows and Mediterranean holm oak and cork tree forests, the *dehesa*, which are almost exclusive to this part of the world where the Ibérico pig is the true king. Aside from its woodland, Mérida boasts impressive Roman archaeological remains, a World Heritage Site, in addition to the National Museum of Roman Art. Every year, an important classical theatre festival is held on warm summer evenings in the ruins of the Roman theatre. The old district of Cáceres – which also forms part of the UNESCO list –, Trujillo, with its outstanding square, the aristocratic Plasencia and Hervás with its Jewish quarter are important milestones along the way in this region, which is still so unspoiled and unknown to many.

The Sierras of Béjar and Francia separate Extremadura from Castile-León. The landscape gradually changes and travelers will now be accompanied by extensive crop



The Torta del Casar and La Serena cheese are some of the most unique and tasty cheeses in Spain.



Below, the Giralda, the tower of the cathedral, and one of the most representative monuments of Seville.





areas. Salamanca is a lively university city with streets filled with both students and beautiful, historic buildings and squares. Zamora with its city walls and its spectacular cathedral and Astorga, with both its cathedral and Episcopal Palace, which was designed by Gaudí, take us as far as León. In addition to the Gothic cathedral with its renowned stained glass windows, another of the most beautiful buildings in this city is the ancient Convent of Saint Marcos, which today has been converted into a *Parador* or state-run hotel. Staying in these historic buildings always enhances the experience of any route.

Little by little, we gradually enter mountainous terrain, first the Montes de León and then, on the other side, Asturias. There, across its green valleys and meadows, we reach Oviedo, where we can admire the Pre-Romanesque architecture of Asturias, a style that is unique across the globe. The churches of Santa María del Naranco and San Miguel de Lillo form part of the group of buildings in this style declared a World Heritage Site by the UNESCO. And, finally, we reach Gijón, with its beautiful beaches, lively old district, and Chillida's spectacular sculpture, "Praise to the Horizon", with the Cantabrian Sea as its backdrop. The perfect finishing touch to this route.





Left, the Via de la Plata crosses the river Duero and, further south, the beautiful city of Cáceres, with its mediaeval district.

Cider is the typical drink of Asturias and goes very well with its cheeses such as Cabrales.

Smoking with oak or holm oak wood produces the characteristic flavor of *pimentón* from La Vera (below right).



what does the via de la plata route taste of?

If we begin with Asturias, it tastes of its emblematic *Fabada*: beans that are as tender as they are smooth, cooked with spicy chorizo sausage and black pudding. It also tastes of Chigre, a local establishment where you can drink a *culín* or drop of its typical cider, accompanied by strong Cabrales cheese or some of the many other kinds from this land with its nourishing gastronomy and classical recipes. In some restaurants, such as Casa Marcial and Casa Gerardo, those classical recipes, are combined with a more avant-garde version but which is always based on the richness of its fish and seafood (its *pixin* or monkfish is famous) and meat from animals raised in its mountains – you mustn't miss its roast beef which is made to perfection in any restaurant, however simple it may be -. The "official" desert is rice pudding with its unique smoothness and consistency. The pulses of León and Zamora are of excellent quality. If you want to try them, there is nothing better than a *Maragato* stew in Astorga, with its chick peas, vegetables and all kinds of meat and cold cuts. But here it is served the other way around: they begin with the

meat and end with the soup. The perfect accompaniment is a Toro Designation of Origin wine. This wine also matches the fleshy roast peppers served in salad and the many cold cuts from the region of León, especially spicy chorizo sausage. With its strong flavor, it is very different from the Guijuelo sausage of Salamanca, which can be found a little further south and is made from Ibérico pig. Extremadura definitely tastes of *pimentón* (a type of paprika produced in Spain). And not only because it is used in its spicy sausage and its original pumpkin and potato black puddings, but on account of its *migas* (breadcrumbs), mashed potatoes and lamb stew, for instance. And it is not surprising that La Vera, where the most famous *pimentón* in Spain is produced, is only a stone's throw away. Although up until just a short while ago, the Ibérico pig was only acclaimed for the excellent cold cuts and hams that it gives us, you just have to try its unique, tasty meat cuts: *presa* (pork shoulder), *secreto* (pork fillet) and *pluma* (pork belly). Try it when it is prepared very simply over the grill, for instance in a bar in the lively square of Plasencia, or let

Toño Pérez get the best out of it in his restaurant called Atrio. This two-star establishment, in the middle of the old district of Cáceres also boasts a spectacular wine cellar. For desert, have one of the most unique and tasty cheeses of Spain: *La Torta del Casar* and *La Serena*. And, finally, Seville, the capital of the tapa, where the legacy of Al Andalus can also be felt in the kitchen: spinach with chick peas, asparagus with *majao* (*pimentón*, garlic and vinegar). These are combined at the counters of the lively bars and inns of Seville with simple, tasty seasoned potatoes, *gazpacho* in the summer and all kinds of cured pork and fish and seafood that come from the neighbouring sea of Cádiz and Huelva. It is here that the difficult art of fish frying is mastered resulting in dishes of crispy, piping hot, tasty fish: anchovies, *bienmesabe* (marinated dogfish) and cuttle fish. Accompanied by a glass of sherry, this will be the high point of your trip.

webs

www.foodsfromspain.com
www.winesfromspain.com
www.spain.info/en



Marzipan from Toledo is still made according to a traditional recipe; just sugar and almonds.

La Mancha is a hunter's paradise, especially in the area of Montes de Toledo.



The best quality saffron in the world is called La Mancha and is grown... in La Mancha.

La Mancha is regarded as the largest vineyard in the world and boasts several wine designations of origin.





4

don quixote's route



The Don Quixote route is a fascinating itinerary spanning almost 2,500 kilometres across the lands of Castile-La Mancha which tours the places where over 400 years ago, and from Miguel de Cervantes' pen, Don Quixote had his adventures, accompanied by his inseparable Sancho. Since its publication, the controversy over which towns were visited by the distinguished gentleman in his three expeditions has been latent. Nevertheless, whichever route the author imagined for Don Quixote, most of his adventures seem to have taken place across what today is the territory of Castilla-La Mancha. On the occasion of the 4th centenary of the publication of the first part of the novel in 1605, this itinerary, which has been recognised as a European Cultural Route, was consolidated.





Cervantes, who knew La Mancha well, echoed in his novel the recipes of this area.

The most popular dish in this area is undoubtedly Pisto Manchego, the ratatouille of La Mancha (far right).



On this route, with the unsurpassable guidance of Don Quixote's elongated figure, travellers encounter history, culture, nature, people and, obviously, gastronomy.

La Mancha is a high plain which stretches as far as the eye can see and is not only covered in corn fields and vineyards but is also strewn with beautiful mountain ranges, such as the Montes de Toledo, which are rich in game and olive groves, and the luxuriant Sierra de Alcaraz. This is the land

that has been so excellently portrayed by Almodóvar in some of his films, with its towns of low-lying, whitewashed houses which are sometimes framed in bright indigo blue. And it is also the land of unexpected wetlands, such as the Tablas de Daimiel and the Lagunas de Ruidera, of waterfalls and crystal-clear streams in the midst of ochre, the work of Merlin the magician, as was depicted by Cervantes in his novel.

Cities, towns, villages, churches, chapels, castles, country inns, vineyards, plains, sierras, valleys, rivers, lakes, steppes, forests, ravines... the Don Quixote route is a fascinating eco-tourism corridor. The rural world in this area of Spain still conserves a good deal of flavor and unusual images such as that of the windmills fought by Don Quixote.

And in towns and cities alike, art and history abound: Toledo, a World Heritage Site, where three cultures (Christian, Jewish and Arab) appear just around every corner; Almagro, with its beautiful square and its *Corral de Comedias*, the oldest and most popular theatre location in Spain, where every summer its Theatre Festival relives the classics; Belmonte, Alcaraz, Villanueva de los Infantes, Sigüenza, Atienza... small cities where the mediaeval, the Renaissance and the Baroque are embodied in golden stones.





what does la mancha taste of?

Cervantes, who knew La Mancha well, echoed in his novel the recipes of this area and the odd thing is that many of the dishes he mentions are still eaten to this very day. And although the origins of the gastronomy of Castile-La Mancha are lowly in nature, as it is a cuisine shepherds survived on, its dishes are as tasty as they are humble. You have to try the traditional *Migas de pastor* (Shepherd's Breadcrumbs), lamb stew and *Duelos y quebrantos* (scrambled eggs with spicy sausage and fat), Don Quixote's Saturday menu, which are served in countless bars and country inns in the area. And the stewed partridges that have made Adolfo famous in his restaurant in Toledo are a must. The abundance of different species that can be hunted in the Montes de Toledo has also contributed to a select canning industry, which is highly appreciated by gourmets and is based on stewed and pickled game.

The tasty *Galianos* or *Gazpachos manchegos* are also made from game and are nothing like the other kind of *gazpacho*, which is a

cold vegetable soup. The former is a filling stew made from small game and sometimes mushrooms which is served on unleavened bread, as the shepherds used to do. The variety you can find in Nuestro Bar in Albacete is famous and is made throughout the year. Above and beyond Don Quixote's recipe book, the most popular dish is undoubtedly *Pisto manchego*, the ratatouille of La Mancha, which is made from green peppers, tomatoes, onions and courgettes.

Garlic also features in some traditional dishes such as simple garlic soup which, in the hands of Manuel de la Ossa at his restaurant known as Las Rejas over in Las Pedroñeras – the self-proclaimed world garlic capital -, is turned into something sublime. And La Mancha can also be proud of its saffron, as it is here that the best quality in the world is grown: La Mancha quality, which is actually its name. Pepe Rodríguez uses it to make his innovative interpretations of La Mancha cuisine at El Bohío in Illescas, something he also does with Manchego cheese, which is made

from Manchego sheep's milk. Toledo marzipan or the beautiful pan-fried, honey-covered flowers add a sweet touch to tables in La Mancha, where wine is a must. Several *Dominios de Pago* (one the highest category) and Designations of Origin such as Valdepeñas, La Mancha and Métrida guarantee the quality of a wine which thankfully, in this case, is much better than that drunk by the Knight of the Sad Figure.

webs

www.foodsfromspain.com
www.winesfromspain.com
www.visitclm.com
www.guiarepsol.com/es_en/home

ICEX Spain

Trade and Investment

Paseo de la Castellana, 14-16
28046 Madrid
Tel (+34) 913 496 244
Fax (+34) 914 358 976
www.icex.es
www.foodsfromspain.com
www.winesfromspain.com

Text

Sonia Ortega Sanz

Design and Art Direction

Estrada Design

Translator

Servicios Lingüísticos
Integrales

Photo credits (clockwise)

Cover

Toya Legido and Tomás Zarza

Page 1

Juan Manuel Sanz
Juan Manuel Sanz
Juan Manuel Sanz
Juan Manuel Sanz

Page 3

Juan Manuel Sanz
Juan Manuel Sanz
ICEX

St James' Way

Pages 4 - 5

Juan Manuel Sanz
Fernando Madariaga
Juan Manuel Sanz
Ignacio Muñoz-Seca
Heinz Hebeisen
Toya Legido
Blanca Berlín
Blanca Berlín
Juan Manuel Sanz

Pages 6 - 7

ICEX
ICEX
Fernando Madariaga
Juan Manuel Sanz
Juan Manuel Sanz
Juan Manuel Sanz
Juan Manuel Sanz
Juan Manuel Sanz
Blanca Berlín

Pages 8 - 9

Luis Carré
Shutterstock
ICEX
Toya Legido
Blanca Berlín
Fernando Briones

Pages 10 - 11

Xurxo Lobato
Fernando Briones
Toya Legido
Ángel Robledo
Juan Manuel Sanz
Juan Manuel Sanz
Juan Manuel Sanz
Juan Manuel Sanz
Fernando Briones

The Via Augusta

Pages 12 - 13

ICEX
Juan Manuel Sanz
Toya Legido
Juan Ramón Yuste
Fernando Madariaga
Amador Toril
Toya Legido
Fernando Madariaga

Pages 14 - 15

Fernando Madariaga
Félix Lorrio
Piedad Sancho-Mata
ICEX
Amador Toril
Juan Manuel Sanz
ICEX
Nelson Souto

Pages 16 - 17

ICEX
Juan Manuel Sanz
ICEX
Toya Legido
Tomás Zarza
Toya Legido
Blanca Berlín
Amador Toril

The Via de la Plata

Pages 18 - 19

Fernando Madariaga
Juan Manuel Sanz
Amador Toril
Luis Carré
Patricia R. Soto
Toya Legido
Anke Van Wijck
ICEX
Juan Manuel Sanz

Pages 20 - 21

Fernando Madariaga
Juan Manuel Sanz
Fernando Madariaga
Amador Toril
Matías Costa
Juan Manuel Sanz
ICEX
Fernando Madariaga

Pages 22 - 23

Juan Manuel Sanz
Fernando Madariaga
Shutterstock
Luis Carré
Fernando Madariaga
Toya Legido
Javier Echenagusia
Juan Manuel Sanz

Don Quixote's route

Pages 24 - 25

ICEX
Juan Manuel Sanz
Juan Manuel Sanz
Piedad Sancho-Mata
ICEX
Shutterstock
Juan Manuel Sanz
ICEX

Pages 26 - 27

ICEX
Juan Manuel Sanz
Amador Toril
Félix Lorrio
Toya Legido
Félix Lorrio
Fernando Madariaga
Juan Manuel Sanz

NIPO: 060-18-006-2
Depósito Legal: M-34402 -2018

winesfromspain.com

everything
you
should
know about
spanish wines



FWS Foods and Wines
from Spain



EUROPEAN UNION



iCEX