



Andalucía

Professional Thematic Guide

Gastronomic Tourism



JUNTA DE ANDALUCÍA
CONSEJERÍA DE TURISMO Y DEPORTE

English
Inglés

ANDALUSIA GASTRONOMIC TOURISM GUIDE



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HOW TO USE THE GUIDE

Today, wine and gastronomy tourism is one of Andalusia's main tourist attractions, pulling in around 700,000 visitors to the region each year. They are brought here by the varied cuisine, the quality of the produce, a calendar packed with internationally renowned events and routes that take them around the region, offering unforgettable culinary experiences. This Guide sets out to help the reader find his or her way around this vast gastronomic world in an organised way, but with plenty of cross-referencing between the different topic sections.

BLOCK /01 FLAVOURS OF THE LAND

In six chapters, we will be giving an overview of the history of Andalusian cuisine –based on the Mediterranean Diet and the use of delightful ingredients that have been awarded numerous designations of quality– to prepare the dishes and ‘tapas’ that can be enjoyed at any of the countless events in the Andalusian gastronomic year. Readers will be directed to the page where they can find more detailed information on the Gastronomic Routes, Museums and businesses with activities that are linked to these first chapters of the Guide.

BLOCK /02 PROVINCE BY PROVINCE

Readers will be familiarised with the amazing wealth of cuisine across the eight provinces of Andalusia, describing their key products, their traditions, their most typical recipes and what they offer in terms of gastro-tourism –from visits to vineyards, oil mills, museums and information centres to the captivating tourism packages offered by farming estates, traditional cheese factories or about tropical crops.

BLOCK /03 GASTRONOMIC ROUTES

We invite you on a journey around the cuisine of Andalusia, through its most iconic products that have shaped the Gastronomic Routes that criss-cross the region from one end to the other. There are ten itineraries, themed around wine, oil, rice, ham and almadraba tuna, caught in the traditional traps known as almadrabas. Each route includes a map with explanations and a description of places to visit.

BLOCK /04 RECIPES

With the fruit and vegetables from the orchards and fields of Andalusia, the fresh fish from its coastline and the meats from its mountains, wonderful dishes are prepared that are often the stamp of identity of a particular province or town. The recipe section includes some of the most popular recipes in Andalusian cooking, including baked goods.

BLOCK /05 USEFUL INFORMATION

It includes a number of useful lists, such as the Regulatory Boards for Andalusia's Designations of Origin.



Flavours

/01

FLAVOURS OF THE LAND

Andalusia is a clear example of diversity and coexistence. This is where the Mediterranean and the Atlantic meet, where the gastronomy is born out of the fusion of cultures, seasoned with customs, traditions, landscapes, aromas and flavours. The cuisine has inherited all these qualities as it has passed through the salted products of Roman origin, the almond-based delicacies of the Arabs and, of course, the olive oil, wheat, pulses, vegetables, nuts and fruits, grapes and wine, fish and meat that make up the Mediterranean ingredient list.



01.1. A 'PINCH' OF HISTORY

Andalusia is a culinary continent at the heart of the world of Spanish gastronomy. There are few cuisines that are as varied and have such diverse personalities as those found in the eight Andalusian provinces. But if they do have something in common, it's that they have all been fostered by a history and deep-rooted culinary traditions and that they inherited from the different peoples that settled in this land.

The **Phoenicians**, who landed in Andalusia way back in the 7th century, were the first to introduce the **saltng techniques** that had been used since ancient times by the people of Mesopotamia and Egypt. The fish was cut into strips with slashes across them, which were filled with salt, and then it was dried in the sun and eventually stored in amphorae. They developed intense commercial trade and set up important **fishing industries** that focused on salted fish and fishing using an ancient method employing **almadraba traps**. They were the ones who turned **Barbate** (Cádiz) into a major export port, creating an important fishing industry that continues to the present day.

The **Greeks** brought flavour to the gastronomy of the southern Iberian Peninsula, bringing **olives and olive oil**, which they used to prepare the succulent meals described by Plato in his work *The Symposium*, such as the huge roasted goats and lambs accompanied by fruits such as **grapes, figs and cherries**. They were the first to trade in 'garo', the precursor of the Roman 'garum', which takes its name from the fish we know as mackerel today.

When the **Romans** came to Andalusia, they quickly saw how rich the land was and began to cultivate **olive groves, fields of grain and vineyards**, and to exploit the **products of the sea** along the coast, fishing the highly-valued tuna using almadraba traps. The ruins of **Baelo Claudia** sit on the beach in Bolonia. This was an important

Roman city founded in the 3rd century BC, whose economy relied on fishing. This fish was used to make salted products and **garum**, a tasty fish sauce that was highly valued at the time and used to enhance the flavour of meals.

Garum was a luxury product that was made in factories located in the major ports and exported to major cities. This condiment was made from oily fish (sardines, anchovies, salmon or herring), small fish (anchovies or red mullet) and the entrails from large fish that were put into brine and macerated in the sun over the summer. Sometimes it also had layers of aromatic herbs. This was stirred three times a day until it turned into a paste. Once macerated, it was put into a densely-woven basket and the liquid would filter out. This was called liquamen. The remainder was of poorer quality and was called **hallec**.

Roman meals usually featured **cheese, vegetables and fruit, bread and fish**, always washed down with copious amounts of **wine**. Baetica was a major wine region with rows of vines spread over its villas and beautiful fields, which produced the **rich grape must** that would become intoxicating wines both for local consumption and for export to other parts of the Empire. It was with the arrival of the Romans that viticulture became widespread and wine drinking took on a **social function**, associated with the ruling classes of cultures such as the Iberian civilization.

Rome lay the foundations for what is known as Mediterranean cuisine, and it also brought **eating customs**. The Romans introduced the idea of **three meals a day**: a light snack first thing in the morning



Flor de Garum

By analysing traces of the last batch of garum produced in a factory in Pompeii, buried in the year AD 79 by the eruption of Mount Vesuvius, as well as studying a 3rd-century recipe found in an old European abbey, an interdisciplinary team of researchers from the University of Cádiz and the University of Sevilla have managed to reproduce garum with the utmost accuracy and authenticity. It is a scientific and historical reconstruction of the sauce commonly consumed in Roman times, made using oily fish, Mediterranean spices and sea salt.

(a glass of water, some olives, a piece of cheese), known as the *jentaculum*; a light meal in the middle of the day out in a shop selling prepared foods or at home – the *prandium* – and the main meal at the end of the working day, the *vespertina* or *coena*, which could last for hours. In rural areas, they would also have a *merenda* in the late afternoon.

■ THE LEGACY OF AL-ANDALUS

It can be said without a shadow of a doubt that Andalusian gastronomy is the direct descendant of the cuisine of al-Andalus. The Muslims are responsible for the **love of fruit and vegetables**, the use of **nuts and dried fruits** in meat and vegetable stews, the fusion of **sweet and sour flavours** and a **very particular style of confectionery** that was enthusiastically adopted by the Christians. In the town of Medina Sidonia in Cádiz, the confectionery industry became so important that it was thought of as the sweets capital of the Arab world, with its most famous and iconic product being the *alfajor*.

The Moors were masters of **agricultural development**. The unique **terraced farming** found in areas such as La Alpujarra in Granada are also their legacy: this method of cultivating this rugged terrain allowed them to grow grains, olive trees, fruit trees and almond trees. They also introduced the farming of **sugar cane** in areas such as La Vega and the Costa Tropical of Granada, used here much earlier than in the rest of Europe. Together with honey, which had been used for centuries to sweeten dishes and desserts, sugar was one of the ingredients in recipes that were passed on to Christians by Mozarabs and Mudéjars.

When the Arabs settled in Andalusia, the local diet was based almost entirely on grains, meat and grapevines. By stewing **vegetables**, they turned them into a **dish in itself**, and not just



an accompaniment to other foods. During that time, **olives** were already being marinated in brine, spices were added to them and they were eaten as an appetiser. Pulses such as chickpeas, kidney beans, soybeans and lentils were known for their high nutritional value. The most commonly used **meats** were kid, lamb, rabbit and beef, as Islamic teachings discourage the consumption of pork and alcohol. In addition, from the East they brought other fruits such as watermelon from Persia and Yemen, melon from Horasan in Iran and pomegranates from Syria.



The **many spices** used in the recipes of Al-Andalus often came from China and made the cooking ever more flavoursome, enriching it beyond anything that had ever been known up to that point. They used very diverse condiments, with salt and pepper in almost everything. They also used **vinegar, coriander, aromatic herbs, ginger and cinnamon** in nearly all their meat stews, as well as garlic and onion as the base for sauces and stocks. Another key ingredient was **almorí**, a type of Hispano-Arabic *garum* made with flour, plenty of salt, honey, vinegar and various spices that was often added as a marinade to many fish and meat dishes. With its pungent aroma, for many cooks *almorí* is reminiscent of today's *salmorejo* soup (SEE RECIPES P. 270).

Ziryab, a renowned Arab cook from the Court of Baghdad, brought with him the **table manners and dining etiquette** that we know today, from the use of spoons and glasses to the **order in which dishes should be served**: first soups and broths, then hors d'oeuvres followed by fish and meat and finally desserts, with honey and almonds as the star ingredients. The meal was taken in the dining room (*almacería*) of the house, with men and women at different tables.

Almadraba

Almadraba is a complicated and ancient method of fishing tuna that is practised in two seasons: 'derecho', when the tuna is on its way to the Mediterranean, and 'revés', when it returns towards the Atlantic. Several fishing vessels make up two lines of nets that guide the tuna towards the bag, from where it is hauled on board in an impressive sight known as the 'levantá'.

Jewish cooking lived alongside Arabic cuisine and made important contributions to it. The foods were subject to religious rules and sometimes prepared and conserved so they could be eaten on the Sabbath, when it was forbidden to cook. **Grains** were the most important and common ingredient in Sephardic cooking. Christians and Jews had a greater tendency to eat **bread**, while the Muslims preferred thick gruels such as **porridge** or dishes such as the **ever popular migas (fried breadcrumbs)** and **gurullos** (dumplings made from wheat, water and saffron) that accompanied partridge and hare.

Vegetables were eaten regularly in the non-Christian communities, with **aubergines** being a favourite, along with cabbage, kale, spinach, artichokes, radishes, turnips and celery. Meat dishes often used **minced meat**, especially lamb, such as in the **meatballs** that were typical in Sephardic cooking. When it came to **fruit**, the recipe books mention bitter oranges, apples, melons, apricots, figs and plums, as well as grapes and bananas. They were either eaten fresh or as preserves such as **syrups, jellies, jams and marmalades**.

NEW FLAVOURS

The Christians are especially responsible for the **use of meat** and the preservation of the best culinary traditions of the communities that came before them. From the Mozarabs and the Mudéjars, they inherited a penchant for **confectionery** and the use of ingredients such as honey, sugar, almonds, dates and raisins. Paradoxically, it was the **convents** of Andalusia that became the main producers of these desserts, with their creations achieving great renown.

The Christians' expertise lay more in the dry cultivation of crops than in handling produce, so they continued to work the **grain** fields of Andalusia. Vegetables, herbs and spices continued to form part of many dishes, which became gradually richer until they turned into **elaborate stews**. This was also the time when one of the key elements of Andalusian cuisine was introduced: **pork**. The **traditional slaughter rituals** resulted in products that would later



Wine and seafarers

*Water was once a major source of bacteria. Because this was an even bigger problem on board a ship, wine came to form an important part of sailors' diets and the provisioning of fleets. It is said that **Ferdinand Magellan** took more litres of wine than weapons, as evidence by the purchase of 417 wineskins and 253 tonnes of sherry for his trip around the world.*



be eaten on their own – **lomos en orza** (fried pork loin preserved in earthenware jars), cured meats, marinated meats – or as the ingredients in stews, casseroles and hotpots.

Once a year, families and neighbours met to sacrifice one or several pigs, and it was a social occasion that everyone looked forward to. The **slaughter** was a vital part of life, as it produced meat, hams and sausages – calorific foods that restored and nourished families after the physical exertions of a long day working the fields. On the day, a slaughterer would be called, who would be in charge of killing the animal. It was custom to eat potatoes with offal, and then in the afternoon, **morcilla blood sausage** would be made. The **longaniza sausage and pork scratchings** would be prepared the next day. The 'adobo' would also be made for the **pork loin**, which would be marinated and conserved in earthenware jars with lard. In the winter months, the cold meats would be kept in larders (the coolest and highest part of the house), with the windows open, protected by metal screens to keep the insects out. This way, the meats were dried and aerated so that they wouldn't spoil.

In the Middle Ages, the fusion of cultures and sometimes contradictory customs was very apparent in the interplay between **cooking and religion**. During Lent, Christians were meant to avoid meat, and for Yom Kippur (the Jewish Day of Atonement), all fermentable products were prohibited, while the Sabbath and Passover were their most important feast days. Finally, as well as their permanent ban on alcohol and pork, the Muslims also had further food restrictions during Ramadan.



Following the **Discovery of America**, Andalusian cooking was further enriched with the addition of new flavours to its traditional recipes. **Christopher Columbus** returned from his expeditions with **products** that were still unknown in Medieval Europe, but that gradually spread from the Iberian Peninsula to the rest of the world. Numerous new plants were brought, such as **maize**, **potatoes** (initially scorned by the more well-to-do classes), peppers (which were used to make **paprika**, an essential condiment in many of regional dishes) and **tomatoes**. The crops grew easily and in abundance and, more importantly, they had a short crop cycle, from spring to autumn, which meant that they could meet many of the population's food needs. Other significant novelties were **haricot beans**, **prickly pears**, sweet potatoes, **cocoa**, tobacco, **vanilla**, peanuts and **exotic fruits** such as pineapples, cherimoyas, avocados, papayas and mangos.

Cooking and festivals

*Andalusian festivals usually place a lot of emphasis on the culinary element, so much so that particular foods are prepared for these occasions – foods that sometimes even lend their name to the festival itself. Typical delights in the run-up to **Christmas** include marzipan, biscuits such as mantecados, polvorones, hojaldrinas and roscos de vinos, which are sometimes accompanied by a glass of anise liqueur. Turrón nougat from Cádiz, Christmas treats from Estepa in Sevilla, Rute in Córdoba and Antequera in Málaga and the rosco biscuits and almond meringues from Huelma in Jaén also form part of the wide range of sweets that are typical at this time of year. **All Saints Day** is when the famous Saints' Bones' marzipan sweets are made, while **Midsummer's Eve** is when the traditional **sardine barbecues called espetones** take place along much of the Andalusian coastline. **Saint Mark's Day** is celebrated in the countryside with the traditional **hornazo**, which consists basically of bread and boiled egg, with a few local variations. At **Easter**, pestiños (SEE RECIPES, P. 288), torrijas and piñonates are the most typical sweets. During these Christian holy days, meat is off the menu and fish such as **cod** become particularly important.*

■ AT THE CUTTING EDGE

Little by little, the different gastronomies learned to live side by side, blending together and changing, shaping a traditional cuisine that nowadays features a whole range of **indigenous cookery**. In recent years, Andalusian cooking has become an **ambassador for our region all over the world**. Its products, renowned for their quality and excellence, can today be found at the most exclusive dining tables, thanks to a firm commitment to **innovation and modernization**, as well as the promotion of the **Mediterranean Diet**, which is key for varied, healthy eating.



Spanish food has cemented itself at the forefront world gastronomy in the 21st century. A key role has been played by the **Andalusian chefs** who form part of this **new signature cuisine** that aims to give real meaning to dishes by using **local products** and **meticulous technique**, alongside a great deal of **research and imagination**. Such stars of the Andalusian world who have been recognised with the prestigious **Michelin Guide** award include **Ángel León** (National Gastronomy Prize), from Cádiz, Dani García, Diego del Río, José Carlos García and **Alejandro Sánchez**, from Málaga, **Julio Fernández**, from Sevilla, and **Kisko García**, from Córdoba. In addition, there are many other Andalusian chefs who will guarantee the **future success of haute cuisine** in the region, such as José Álvarez, Willy Moya, Joaquín Liria, Mauro Barreiro, Celia Jiménez, Juan José Ruiz, Xanty Elías, Montserrat de la Torre, Manu Jara, Sergio Fernández, Curro Sánchez, Mario Ríos, Gonzalo Jurado and Juan Andrés Morilla.



01.2. THE MEDITERRANEAN DIET

Andalusian gastronomy has its roots in the Mediterranean and is characterised by the exceptional quality of its ingredients, whether they come from the field or the sea, and this is what makes it so healthy as well.

Pulses, fresh fruit and vegetables, meat and fish are the basic elements of an increasingly refined regional cuisine, which gives a starring role to **olive oil** as an essential ingredient. Characterised by the simplicity of its natural products, together with the variety and richness of its dishes, this cuisine is a perfect example of what is known as the **Mediterranean Diet**, which in 2010 was included in the list of **Intangible Cultural Heritage of Humanity** in a joint designation for Spain, Greece, Italy and Morocco. This award recognises the food-related customs and traditions of the Mediterranean basin and the way they are put into practice.

The **main features** of this diet are the high amounts of plant products (fruit, vegetables, pulses, nuts), bread and other grains (generally wheat-based), olive oil as the main fat, vinegar and regular consumption of fish, meat, dairy products and wine in moderate amounts. This diet has many benefits for the body, which is why so many reputable journals and science associations recognise its benefits in terms of **protecting** against many diseases.

Extra virgin olive oil, a treasure that has endured over the centuries, giving its unique flavour and aroma to our regional dishes, is a food rich in vitamin E, beta-carotenes and monounsaturated fatty acids that give it properties that protect the heart and reduce cholesterol levels in the blood. It is highly resistant to oxidation, so it keeps its dietary and nutritional qualities even when subjected to high cooking temperatures.

Fruit and vegetables are the main source of vitamins, minerals and fibre in this diet, which also provide a large amount of water at the

same time. Thanks to their high antioxidant and fibre content, they can contribute to prevent some diseases, including cardiovascular diseases and some types of cancer. It is important to take advantage of seasonal products, based on the nutrients they provide, as well as their aroma and flavour.

Daily intake of **pasta, rice and grains** is essential, because they are rich in carbohydrates and provide much of the energy needed for everyday activities. Another nutritious food group are **dairy products**, an excellent source of high biological value proteins, minerals and vitamins.

Meats contain protein, iron and animal fat in varying quantities. It is recommended to only eat small amounts of meats, and preferably lean varieties, as part of vegetable- and grain-based dishes. **Serrano ham**, which is salted and air-dried, is a **completely natural food** as it does not contain an added colourants or preservatives, and it is also an important **source of protein** for the body.

Fish, and oily fish in particular, have properties that are very similar to vegetable-based fats, which are known for having qualities that protect against cardiovascular diseases. **Eggs** contain very good quality proteins, fat and many vitamins and minerals, making them a very rich food and a good alternative to meat and fish.

Finally, **water** is an essential element of this diet, and wine is a traditional element of Mediterranean cuisine that has health benefits when consumed in moderation and as part of a balanced diet.

The European Institute of Mediterranean Food

Since it was created in 1999, this organisation has cemented its position as an institute under the Andalusian Ministry of Agriculture, Fishing and Rural Development, promoting Mediterranean food and Andalusian produce as providers of health, quality and food-related traditions.



PROTECTED GEOGRAPHICAL INDICATION (PGI)

This does not require that every phase of the production process takes place in the specific geographical area. In this case, the protection of the geographical name that designates the product is based on its reputation and other attributes linked to its origin

TRADITIONAL SPECIALITY GUARANTEED (TSG)

This status protects foods with special traits and traditional production processes or basic raw materials.

/01.3. WITH DESIGNATION OF ORIGIN

Andalusia has numerous quality designations that include typical local products such as Iberian ham, oil, vinegar and wine; these are the main ambassadors of our cuisine.

One of the characteristics of Andalusian cuisine is that it is a **product-based cuisine**, the result of the exceptional quality of the raw materials provided by the diverse geography and the climate of this region. Many of its products therefore hold **certifications and distinctions of quality** and are controlled by their respective Regulatory Boards, all of which act as a guarantee for consumers.

The European Union groups quality designations into three categories: wines, spirits and food and agricultural products. Currently, the various quality labels include designations that protect geographical indications (**Designation of Origin and Geographical Indication**), **Traditional Speciality Guaranteed**, as well as **Organic Production and Integrated Production**, which refer to the use of an environmentally friendly production system.

PROTECTED DESIGNATION OF ORIGIN (PDO)

This label protects products that demonstrate superior quality and whose entire manufacturing process – from the production of raw materials to the processing and then preparation – takes place in the specific geographical area stipulated in its regulations.

The wine sector warrants special mention, as in Spain the European quality designations (PDO and PGI) coexist with other Spanish and Andalusian certification systems, resulting in four different quality levels:

- **Quality Wine with Geographical Indication**
- **Designation of Origin (DO)**
- **Controlled Appellation of Origin**
- **Vino de Pago (VP) (Single-estate Wine)**

In Spain, the wine industry PGIs correspond to the designation **Regional Wine**. Spirit drinks have their own EU regulations and can be recognised with a separate category of **Geographical Indication**.

Additionally, since the creation in 2001 of the Regional Government of Andalusia's own food quality stamp, **Calidad Certificada** ('Certified Quality'), any food or drink that is protected by any of these quality labels can also use the Andalusian stamp, which recognises the specific nature of these products and that they meet additional or stricter quality standards than what is required by law.



THE OLIVE: OIL AND FRUIT

This is the element that gives Andalusian gastronomy **personality and character**, in addition to being an essential part of the **Mediterranean Diet**. There is nowhere in the world where more olives are grown, nor where so many and such excellent extra virgin olive oils are produced. The region currently produces over **80% Spanish virgin olive oil** and is responsible for around one third of its production worldwide.

The production process for this liquid gold is **totally natural**, without any chemical processing or additives. Truly Andalusian **olive varieties** are used in this process, such as Picual, Hojiblanca, Picuda, Lechín, Verdial de Cádiz, Verdial de Huévar, Lucio and Nevadillo de Granada, while there is another variety, Arbequina, which is not Andalusian, but has found an ideal environment in this region for producing a top quality oil. These protected olive oils are extra virgin, with a **colour** somewhere between greenish yellow and golden green, and a **fruity flavour** that is characteristic of each particular olive variety.

The wealth and variety of Andalusian oils is reflected in the recognition of **13 Protected Designations of Origin**, each with its own characteristics. The list, by province, is as follows: Cádiz ('Sierra de Cádiz'); Córdoba ('Baena', 'Montoro-Adamuz', 'Priego de Córdoba' and 'Aceite de Lucena'); Granada ('Poniente de Granada' and 'Montes de Granada'); Jaén ('Sierra de Cazorla', 'Sierra Mágina', 'Sierra de Segura'); in Málaga ('Antequera'); and in Sevilla ('Estepa').

The indisputable quality of the olives that are harvested in Andalusia, either to be used in extra virgin olive oil or eaten with a dressing, has made them a **highly valued product the world over**. It is also a product of great economic and social importance in this region, as this is the home of much of the processing and packaging industry, located in towns in Sevilla province such as **Dos Hermanas, Morón de la Frontera and El Arahál**, the world's biggest producers of varieties such as Manzanilla and Gordal.



The PDO '**Aloreña Olive of Málaga**', a variety of table olive native to the Guadalhorce Valley district, will soon be joined by '**Sevillana Olive**', whose **Protected Geographical Indication** has been requested by the industry and is pending. This would protect the Manzanilla and Gordal variety green table olives that are classed as 'extra' or 'prime' and produced and prepared throughout Sevilla province (in 105 different towns) and 11 locations in Huelva province (Hinojos, Chucena, Almonte, Bollullos Par del Condado, Escacena del Campo, La Palma del Condado, Manzanilla, Paterna del Campo, Rociana del Campo, Villalba del Alcor and Villarrasa).

THE PRODUCE OF ANDALUSIA

Fruits and vegetables have been key elements in Andalusian cooking since the time of Al-Andalus, as well as being one of the pillars of what is known as the **Mediterranean Diet**. They can be eaten in numerous ways: in salads dressed with Andalusian extra virgin olive oil and vinegar, as a side dish for meat or fish dishes, or prepared in a variety of ways, such as typical **gazpacho** or **salmorejo cordobés** ([SEE RECIPES, P. 270](#)).

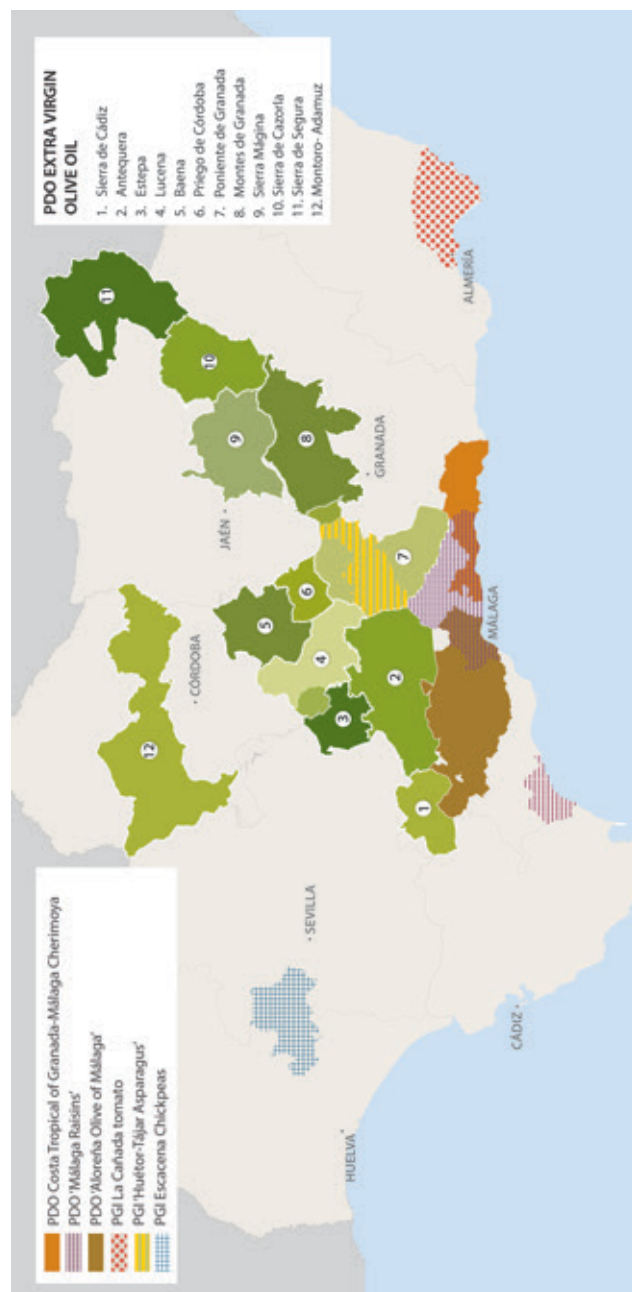


Andalusia reaps the fruits of an agricultural industry that has been able to adapt to new market demands, updating itself and becoming a source of wealth in many rural areas. In recent years, major efforts have been made to ensure quality production through various **certification systems** such as controlled production, **organic farming** and integrated production.

The farmers of **Almería** grow vegetables such as peppers, cucumbers, green beans, courgettes, aubergines and, of course, the famous **La Cañada tomato**, the first and only tomato to be granted **Protected Geographical Indication** in Spain. The particular climatic and orographical conditions of the fields in La Cañada make this area, next to the Cabo de Gata Níjar Natural Reserve, a production centre for this tomato with exceptional qualities, which is recognised by the most demanding markets. In **Cádiz**, artichokes ([SEE RECIPES, P 280](#)) and cabbage are stewed, while inland, wild produce from the countryside stands out, such as the famous **asparagus** from **Alcalá del Valle**, Spanish oyster thistle or mushrooms such as **chanterelles** that can be found at Los Alcornocales.

The meadows along the River Guadalquivir and its tributaries in **Córdoba** are rich in fruit trees, particularly Palma **oranges**, Puente Genil **quinces** and Almodóvar del Río peaches. **Huelva** offers us its delicious **strawberries** (this province is the world's second biggest producer after California), chestnuts and a wide variety of **mushrooms** in the **Sierra de Aracena**. The produce of **Jaén** does not just feature vegetables; it also includes a wide or fruits, some of which are very prestigious: **Grañena melons**, **Castillo de Locubín cherries**, Alcaudete peaches and Quesada figs, to name a few.

In **Granada**, particularly in the meadows, farmers grow artichokes, onions, lettuce, cherry tomatoes and the '**Huétor-Tájar Asparagus**' (PGI), a greenish-purple asparagus similar to the wild variety that comes from native species that for centuries have been picked on the western side of the province of Granada. It is not only planted in Huétor Tájar, but also in Loja, Salar, Villanueva de Mesía, Moraleda de Zafayona and Íllora. The coastline of Granada and Málaga is



Extra Virgin olive oils and fruit and vegetable products of Andalusia with PDOs and PGIs



famous for its subtropical crops, particularly the **PDO Costa Tropical of Granada-Málaga Cherimoya**, which includes the cherimoyas grown along nearly one hundred kilometres of coastline, where **mangos and avocados** can also be cultivated thanks to the sub-tropical climate. This quality certification includes towns in the province of Granada such as Motril, Vélez de Benaudalla, Los Guajáres, Molvízar, Ítrabo, Salobreña, Otívar, Lentejé, Jete, Almuñécar as well as others in the province of Málaga, including Nerja, Frigiliana, Torrox, Algarrobo and Vélez-Málaga. **Sevilla** is Andalusia's principal producer of citrus fruits, peaches and tomatoes (such as the outstanding **Los Palacios Tomato**) for industry, while the mushrooms from Sierra Norte are another highlight.



Málaga Raisins

*This **Designation of Origin** covers the raisins produced by sun-drying ripe grapes of the Málaga Muscatel or Muscat of Alejandria varieties, picked and dried in the district of Axarquía or in the Manilva area.*

■ MOUNTAINS AND PASTURES: IBERIAN HAM

Cured ham is a **traditional Andalusian product**, one of the iconic elements of Spanish cuisine and one of the **most widely recognised symbols of its identity**. In recent years, it has crossed borders and now consumers in many countries can enjoy the excellent characteristics of this product.

Getting this highly valued Iberian ham to our tables is a slow and meticulous process that takes several years. It begins with the breeding of **pigs in pastures** and culminates in the curing and maturing of the ham. The places where **Iberian pigs are bred and fattened** are limited to holm oak, cork oak and gall oak pastures in the provinces of Badajoz and Cáceres in Extremadura and in **Córdoba, Huelva, Sevilla, Cádiz and Málaga** in Andalusia. **Oak pastures** are an ecosystem unique to the south-west of Spain that occupy 10% of the land in Andalusia, providing the pigs with the diet they need, primarily **acorns**, grasses and stubble that are essential to produce the **fat content** of the ham and shoulder of pork.

The symbiotic relationship between the natural environment, their diet, their free-range life and the traditional preparation of Iberian hams and pork shoulders make this product so unique it has two Protected Designations of Origin, the **PDO 'Huelva Ham'**, certifying the origin and quality of hams and pork shoulders produced in the 31 villages of the Sierra de Aracena and Picos de Aroche, particularly **Aracena, Aroche, Corteconcepción, Cortegana, Cumbres Mayores, Jabugo** and Santa Olalla del Cala, where the curing cellars with this DO are located; and the **PDO 'Los Pedroches'**, which covers a geographical area of around 300,000 hectares of holm oak pasture spread across 32 municipal areas of Córdoba province.

This product has also been granted **two Protected Geographical Indications** that cover cured ham in certain areas of the provinces of Granada and Almería, **PGI 'Trevélez Ham'** (which covers the towns of Trevélez, Juviles, Busquístar, Pórtugos, La Tahá, Bubión,



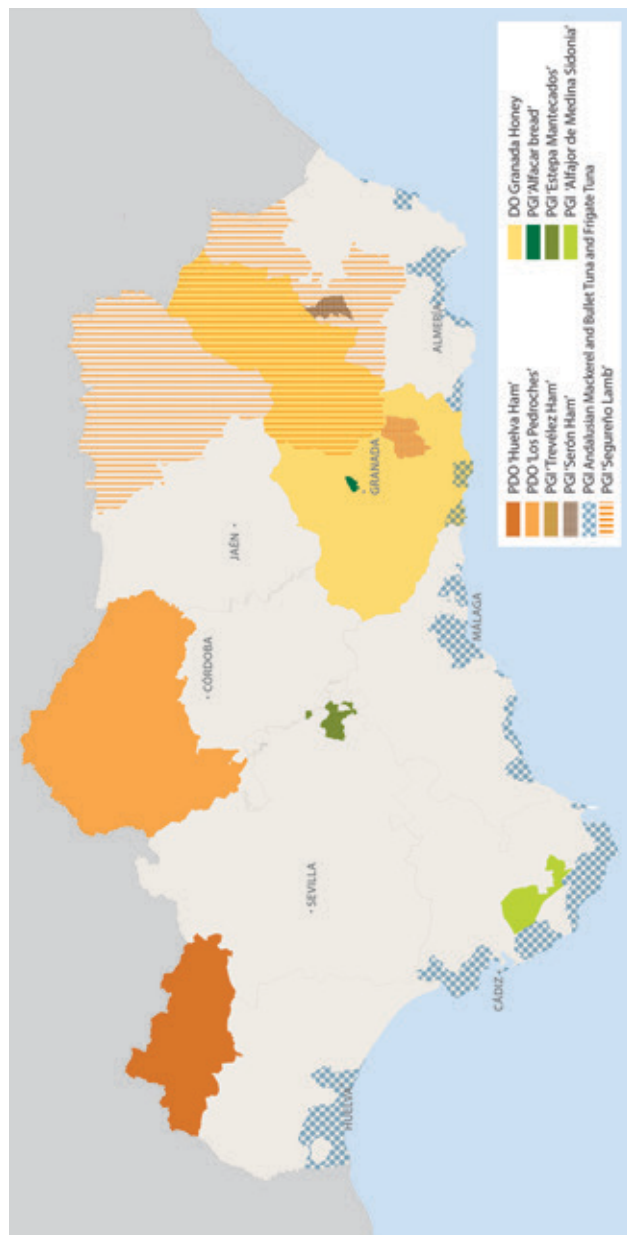


Capileira and Bérchules) and PGI ‘Serón Ham’, which relates to cured hams prepared exclusively in the town of Serón in Almería, as well as a Traditional Speciality Guaranteed, TSG ‘Serrano Ham’, which is produced according to traditional methods, from the salting necessary to preserve the product, to the maturing and drying, when the product’s characteristic flavour and aroma are developed.

PGI ‘Segureño Lamb’



This lamb is bred in five different provinces that come under the influence of the Segura and La Sagra mountains: Granada, Almería, Jaén, Albacete and Murcia. The pink, tender and juicy meat and, in particular, the lack of smell and the characteristic taste of its fat are what make this lamb unique. This is clearly influenced by the fat embedded in the muscle, caused by agro-environmental factors and the nature of the breed.



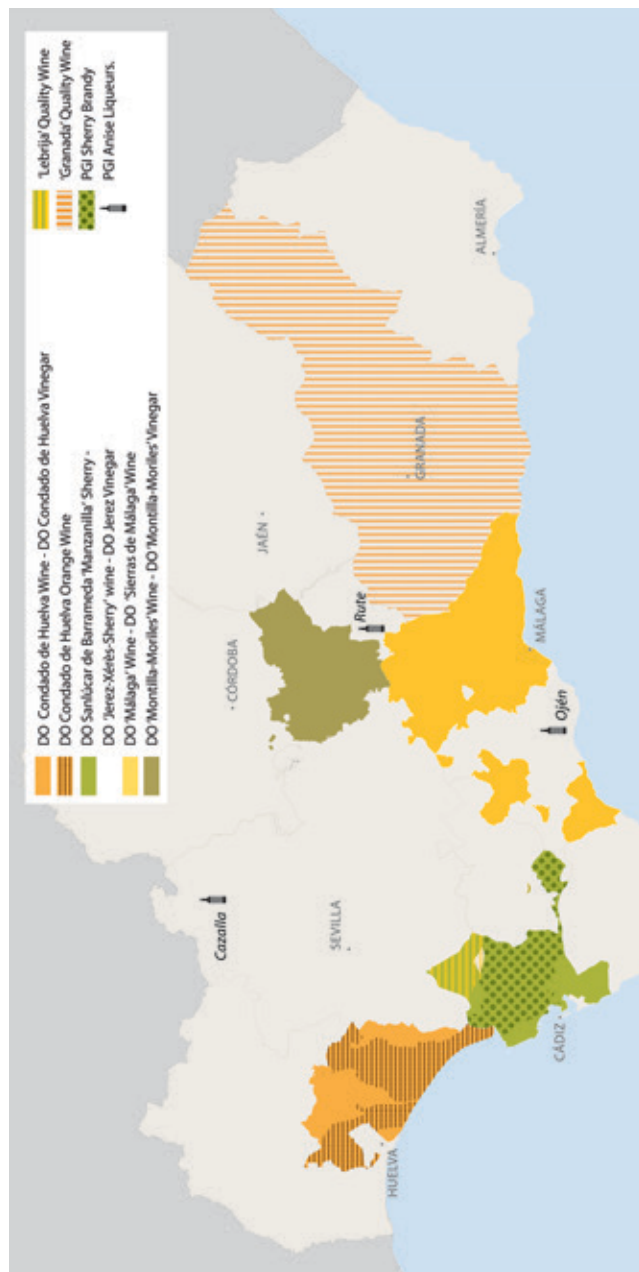
PDOs and PGIs of Andalusia

WINES AND VINEGARS

More than **100 million litres** of wine and must are produced in a **vine-growing area** of around **25,000 hectares**, to achieve exports of over 50 million litres valued at almost 120 million euros: these are the numbers that tell us how important wine is to Andalusia. This industry is an essential part of **the region's image** in Spain and around the world, with **major brands** of international renown that have recently been joined by **family run-companies and wineries** that offer a high quality product that is cementing its position in **new markets** such as the United States, China, Russia, Korea, the Nordic countries and Eastern Europe.

Andalusia has an **ancient tradition** of **vine-growing** and wine-making that goes back to the very first civilisations that settled in this land. Two thousand years ago, **Baetica** (which encompassed what is today Andalusia) was the top wine-producing province of the Roman Empire. A **typically Mediterranean climate**, with irregular rainfall, mild winters and very hot, dry summers, alongside other factors such as the **orography** and its strategic position between two seas (creating both an Atlantic and a Mediterranean influence on the way the grape ripens) are all ideal for producing wines with unique characteristics and excellent quality. This prestige means that its hallmark has been recognised through **seven Protected Designations of Origin**, **two Quality Wines with Geographical Indication** and **sixteen Wines with Protected Geographical Indication**, also labelled Regional Wines, spread across various provinces.

The most traditional method of viticulture used in Andalusia is the **criadera and solera** system, which is also used for vinegars. This method forms part of Andalusia's cultural heritage and is primarily used for producing fortified wines (sherries such as Fino, Manzanilla, Amontillado, Oloroso; Condado Viejo, etc.) in all of Andalusia's Designations of Origin. These **liqueur wines are unique** and are not produced anywhere else in the world.



PDO Wines and vinegars of Andalusia



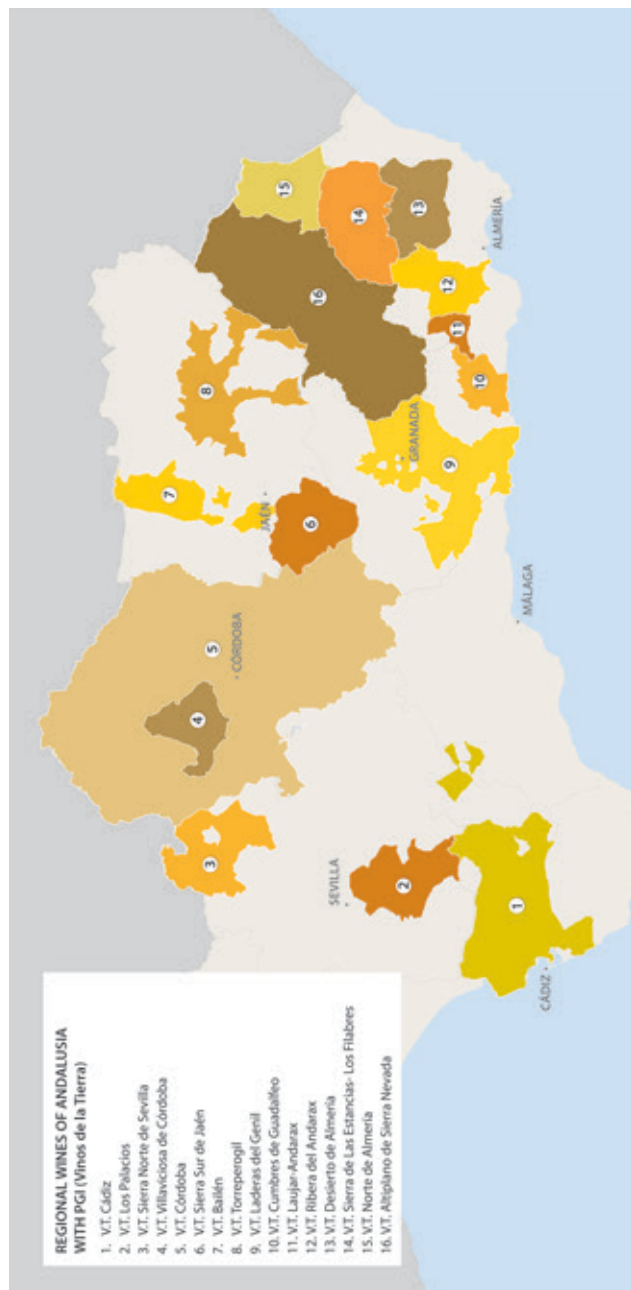
The Designations of Origin for Andalusian wine – which make up 70% of the region's wine production area – are, in Huelva province 'Condado de Huelva' and 'Condado de Huelva Orange Wine' (the first DO for an aromatised wine in Spain); 'Jerez-Xérès-Sherry', 'Manzanilla-Sanlúcar de Barrameda', both in Cádiz; 'Málaga', 'Sierras de Málaga'; and 'Montilla- Moriles' (Córdoba). As well as these, there are two Quality Wines with Geographical Indication: 'Granada' and 'Lebrija'.

In recent decades, Andalusia has shown great potential when it comes to producing **other types of wine** that were previously not as common here, for example **red wines**, many of which come under the **PGI Regional Wines**: 'Altiplano de Sierra Nevada', 'Bailén', 'Cádiz', 'Córdoba', 'Cumbres del Guadalfeo', 'Desierto de Almería',



Spirits

Andalusia has a long tradition of producing spirits of excellent quality. One example is brandy, which is obtained from wine spirits and has its own PGI 'Jerez Brandy'. The European Regulation on Spirit Drinks includes another three Geographical Indications in Andalusia: 'Cazalla', 'Ojén' and 'Rute' anise liqueurs.



REGIONAL WINES OF ANDALUSIA WITH PGI (Vinos de la Tierra)

1. VT. Cádiz
2. VT. Los Palacios
3. VT. Sierra Norte de Sevilla
4. VT. Villavieja de Córdoba
5. VT. Córdoba
6. VT. Sierra Sur de Jén
7. VT. Bailén
8. VT. Torreperegril
9. VT. Laderas del Genil
10. VT. Cumbres de Guadalfeo
11. VT. Laugar-Andarax
12. VT. Ribera del Andarax
13. VT. Desierto de Almería
14. VT. Sierra de Las Estancias- Los Filabres
15. VT. Norte de Almería
16. VT. Altiplano de Sierra Nevada

Regional Wines of Andalusia



'Laderas del Genil', 'Laújar-Alpujarra', 'Los Palacios', 'Norte de Almería', 'Ribera del Andarax', 'Sierra Norte de Sevilla', 'Sierra Sur de Jaén', 'Sierra de las Estancias y Los Filabres', 'Torreperogil' and 'Villaviciosa de Córdoba'.

The history of wine has always gone hand in hand with that of **Vinegar**, first as an accidental result of the wine-making process, and then as a product with its own personality that is highly valued all over the world and that can have numerous uses in cooking. Vinegar also has its Designations of Origin that are closely linked to the Designations of Origin of wine with the same place name. The protected geographical area provides the raw ingredients needed for both and the shared Regulatory Board: '**Jerez Vinegar**', '**Condado de Huelva Vinegar**' and '**Montilla-Moriles Vinegar**'.



BAKED GOODS AND CONFECTIONERY

It's no exaggeration to say that there's **fantastic bread in every corner** of Andalusia. It was a staple at every Roman table and today is a key element of the **Mediterranean Diet**, as it's made from basic ingredients and has no fat at all. This land has been rich in wheat since ancient times, and there is still a variety of traditional breads ranging from the popular **mollete from Antequera** (Málaga) to the bread of **Alcalá de Guadaíra** (Sevilla), commonly known as Alcalá de los Panaderos (Bakers' Alcalá), as well as the '**Alfacar bread**', that's baked in the towns of Alfacar and Víznar (Granada), which has its own **Protected Geographical Indication**.

Andalusia has a **wealth of baked goods and confectionery** with a long tradition, their recipes having been passed down through generations of extended families of bakers and pastry chefs. The exceptional quality of Andalusian artisan sweets and desserts and the ingredients used to make them, have led to them being recognised with Protected Geographical Indication. A fine example of this is the '**Alfajor de Medina Sidonia**', a small, cylindrical cake with **Arab origins** that has been made in this town since the 15th century. Today's production methods follow the traditional process, and the ingredients are the same as they always were: pure honey, almonds, hazelnuts, flour, breadcrumbs and spices.





In Estepa (Sevilla) they have been using the same recipe for over a century for their '**Estepa Mantecados**', a biscuit that enjoys great prestige as a Christmas delicacy, just like the **Estepa polvorones**, which have applied to the EU authorities for **Protected Geographical Indication** status. The Traditional Speciality Guaranteed '**Castilleja de la Cuesta tortas de aceite**' are a popular thin flaky biscuit typical of the **Aljarafe area of Sevilla province**, which was originally made and eaten at Easter and in 1914 was rescued from the family recipe book by a woman in Sevilla called Inés Rosales, who revived its popularity. As its name implies, extra virgin olive oil is a key ingredient (making up 28% of its content).

A product that is inextricably linked with Andalusian confectionery and baking since the times of Al-Andalus is **honey**, some of which has been recognised with the **DO Granada Honey**. This extends to every district in the province, especially **Lanjarón** and **Ugíjar**, which have the highest number of bee hives in the whole of Granada. Honey production goes back many centuries. Ibn Al-Jatib speaks of it in his *Description of the Kingdom of Granada* (1313-1375) and the *Book of trades of the city of Granada* (1752), included that of beekeeper. The main factor that gives Granada honey its **special characteristics** is the **flora found** in the province.

■ PRESERVED FISH

The Phoenicians and Tartessians were catching tuna and mackerel species using small nets, rudimentary traps and hooks three thousand years ago. These fish were processed in the numerous factories that prospered all along the Andalusian coastline, such as the one located in the Roman city of *Baelo Claudia* (Tarifa, Cádiz). The **fish preservation industry** in Andalusia, using locally caught species, therefore forms part of an **ancient tradition** that has been passed down to us today with its **traditional production processes intact**. The mackerel or bullet tuna and frigate tuna are skinned by hand without the use of chemical products, thus ensuring a product of

exceptional quality with a grey-white hue, which retains all its natural properties. The only preserving liquids that are used are salted water (with less than 1% salt), olive oil or sunflower oil.

The preserved bullet tuna and frigate tuna and mackerel produced along the Andalusian coastline have been awarded protection that guarantees their excellence. The Protected Geographical Indications '**Andalusian Mackerel**' and '**Andalusian Frigate Tuna**' – the only two PGLs of their kind registered in Spain with the European Union – are testament to the very high quality of these healthy oily fish preserves that are part of the diverse Andalusian gastronomic culture and the Mediterranean Diet. The two PGLs **cover the same geographical area**, across towns in five provinces of Andalusia: **Almería** (Adra, Carboneras, Garrucha and Roquetas de Mar), **Cádiz** (Algeciras, Barbate, Cádiz, Chiclana de la Frontera, Chipiona, Conil, La Línea, Puerto de Santa María, Rota, Sanlúcar de Barrameda and Tarifa), **Granada** (Almúñecar and Motril), **Huelva** (Ayamonte, Cartaya, Huelva, Isla Cristina, Lepe, Palos de la Frontera and Punta Umbría) and **Málaga** (Estepona, Fuengirola, Málaga, Marbella and Vélez-Málaga).

The **mojamas from Barbate** (Cádiz) and **Isla Cristina** (Huelva) have applied to the European Commission for Protected Geographical Indication status. Highly valued in Spain as a **gourmet product**, it is obtained from the finest cut of the tuna, the loin, which is then cured by seasoning and air-drying or drying in specially equipped tunnels. It can be found in shops specialising in typical gastronomy around Spain as well as restaurants.

Escacena Chickpeas



The area in which these PGI-protected pulses are grown comprises eleven different districts, six in Huelva (Escacena del Campo, Paterna del Campo, Manzanilla, Villalba del Alcor, La Palma del Condado and Villarrasa) and five in the province of Sevilla (Castilleja del Campo, Aznalcóllar, Sanlúcar la Mayor, Albaida del Aljarafe and Olivares). These locations are rich in the soil known locally as 'barros': deep soil with a high clay content, a high capacity to hold water, low nitrogen and phosphorous content and high potassium content. These characteristics of the soil, along with the influence of the sea resulting from the proximity to the coast and the Doñana nature reserve, are what give this chickpea its unique softness, creaminess and fine flavour.



/01.4. THE TAPEO

This is not just a way of experiencing food, with its own customs (in company, standing up, in old, traditional inns), it also provides an excellent opportunity to try out different local specialties at a truly affordable price. They are the result of the recipes that have been passed down and the natural output of the local land.

One food custom that is very strongly rooted in Andalusia because of the year-round mild climate, as well as the open nature of the Andalusian people, is the **tapa**. The tapeo, a sort of tapas bat crawl, is a good way to try out the dishes that make up the world of Andalusian cooking, in **small portions** usually washed down with a beer or a good local wine. They can be enjoyed not just in the countless **bars**, taverns or pubs of Andalusia, but also in the **restaurants** of the very best local chefs, who, keenly aware of the popularity of tapas, do not hesitate to include them on their menus, as well as in **gastrobars**, which bring fine dining to the general public in the shape of new and highly creative tapas.

All of these establishments offer a never-ending array of cold and hot tapas: simple and more complex, seasonal, linked to a particular festivity, etc. There are so many different types, from the standard table olives, crisps and nuts, to the most sophisticated recreations of fine dining in miniature. In some areas of Andalusia, they are served **free of charge** when you buy a drink. This is common in the provinces of **Almería**, **Granada** and **Jaén**. Usually, it's the waiter or owner themselves who select the tapa and the customer goes along with this choice, although sometimes it is possible to choose the tapa from a list.

Every province of Andalusia has its **own list of tapas**. And then there are the standard ones: Spanish omelette, Russian salad, ham, cheese, etc. One speciality in **Almería** is migas con tropezones (fried breadcrumbs with chopped meat and/or fish), fried fish and, of course, the ever popular chérigan, a thin fried toast with a

topping. **Jaén** serves up potatoes 'a lo pobre', fried broad beans and pipirrana salad ([SEE RECIPES, P. 268](#)). One of the highlights in Cádiz is **pescaíto frito**, as well as its excellent shellfish accompanied by its excellent local wine. **Salmorejo** ([SEE RECIPES, P. 270](#)) and flamenquín ([SEE RECIPES, P. 277](#)) mean that we're in **Córdoba**, while **ajoblanco** ([SEE RECIPES, P. 266](#)) takes us to **Málaga**, a land of wonderful fish, with its typical skewered grilled sardines. **Huelva** features unmissable shrimp, Norway lobsters, prawns and whelks, not to mention the classic **Jabugo ham**. A few of the best-known tapas of **Granada** are Granada-style broad beans ([SEE RECIPES, P. 267](#)), Sacromonte Spanish omelette and potatoes 'a lo pobre'. In **Sevilla**, you can sample the hearty eggs 'a la flamenca' ([SEE RECIPES, P. 268](#)), stewed oxtail, battered cod, spinach with chickpeas or a sandwich with pringá (slow-cooked roast beef or pork and sausages).

Snails are a very popular dish or tapa found on the menus of most bars in the springtime. In fact, it's generally the most widely available and the most often-requested appetizer. Originally, they were collected by men who worked the land and who lived off whatever they could find. Today, they are no longer collected from the wild, as **there is now a large number of snail farms**. Changes in the Spanish livestock sector, as a result of reforms imposed by the Common Agricultural Policy, are leading many businesses to seek viable alternatives to their activities, and raising snails is one of these, with an Andalusian **Association of Snail Farmers** already in existence.

Almost every town in Andalusia organises **Tapas Routes** throughout the year, either **themed** (Jaén's Organic Tapas Route); based on a particular **speciality** such as the Tapatrucha Route in El Bosque (Cádiz); part of a competition (Córdoba Gastronomic Tapas Competition and the Granada Tapas Contest); or for **festivals** (Brotherhood Tapas Route in Utrera, Sevilla). Another event that is becoming popular are what are known as **Erotic Tapas Routes**, held in towns such as Fuengirola (Málaga), El Puerto de Santa María (Cádiz) and Berja (Almería). All these tapas trails will put visitors on the right track for choosing places where they can sample local cuisine.





■ TABANCOS, TABERNAS AND GOURMET MARKETS

In Jerez de la Frontera (Cádiz), tapas are closely linked to a particular type of establishment that is very characteristic of this city, a unique place in which conversation, wine and simple cooking are the order of the day. These are the **tabancos**, bars that serve wine from barrels in small glasses, accompanied by sausage tapas and sometimes home-cooked stews. There is even a **Tabancos Route** that takes visitors on a journey through the city's history via these places that store their wine in rows of barrels piled one on top of the other, from which it is poured directly into the glass. One of the most charming things about a tabanco in Jerez is all the **activities held** there: literary get-togethers, live flamenco music and other cultural events.

In Córdoba, the equivalent of Jerez's tabancos is the **taberna**. In fact, in what is known as City of Three Cultures, tapas, tabernas and social life all go hand-in-hand and are a key part of its identity. They originate from the houses where wine was sold in Roman times, and the name remains unchanged. It's in the old neighbourhoods such as San Andrés, San Lorenzo and especially Santa Marina, where can find the highest concentration of these establishments where time stands still. They tend to be premises with **traditional décor**, a typical courtyard full of flowerpots, tiles, old photos and bullfight posters, where you are sure to find salmorejo ([SEE RECIPES, P 270](#)),



flamenquín ([SEE RECIPES, P 277](#)), cochifrito ([SEE RECIPES, P 276](#)), pescaito frito, broad beans with ham, oxtail, ratatouille with fried eggs or any other local speciality, naturally all washed down with a good Montilla-Moriles wine.

Much of this culinary tradition owes itself to the proliferation in recent years of **gourmet markets**, establishments that have generally been set up in historical buildings, where tapas have been refined and internationalised, without losing their identity. Some good examples are, **Encarnación Market** in Sevilla, which is part of the **Metropol Parasol** project and is more commonly known as **Las Setas de la Encarnación**, as well as the **Gourmet Market of La Lonja del Bar-ranco**, a glass and iron structure next to the Guadalquivir that many have attributed to Gustave Eiffel. It has around twenty stalls where visitors can try fish, seafood, cured pork, croquettes, rice dishes, cheeses, traditional stews, cocktails and home-baked cakes and pies. Right in the heart of Granada, next to the cathedral, sits **San Agustín Gourmet Market**, which offers innovative cuisine at market prices, with rice stalls, Italian stalls, fish and seafood, bakeries and even an oyster bar and a sushi bar.





Additionally, in many of Andalusia's **public markets**, the traditional stalls are being replaced by mini bars and restaurants that specialise in certain local delicacies, such as preserved and salted fish, sausages and Iberian pork products, seafood and baked goods. In Málaga, for example, there is **Atarazanas Market** and La Merced gourmet market. At **Cádiz Central Market**, a **Gastronomy Area** has been set up, offering everything from payoyo cheese from Sierra de Cádiz to Japanese sushi. Vejer de la Frontera also has its **San Francisco Gastronomy Market** inside the main market, where you can stop for tapas day and night.

The origins of tapas

There are **several versions** of the story of how tapas were born. One of the most well-known argues that they go back to the Middle Ages, specifically to the reign of **Alfonso X The Wise** in the 13th century. The king ordered that the inns of Castile should not serve wine alone, but that it should be accompanied by food to prevent customers from getting tipsy too quickly. The tapas were placed on the top of the wine glass or jug like a lid (or 'tapa'), which would prevent any insects or dust from getting into the drink. Others claim that **tapas originated in the province of Cádiz** during a visit of the Catholic Monarchs, who stopped en route from Isla de León (today San Fernando). The inn where they stopped was teeming with flies. So, **Ferdinand II of Aragón** asked the innkeeper for a slice of cured meat to use to cover his wine. The innkeeper covered the king's wine glass with a slice of salami, saying, 'Here is your tapa [cover], your Majesty'.



Chérigans

Hugely popular in the bars and cafés of Almería, the tapas known as **chérigans** or **chericans**, consist of a piece of toast sliced diagonally, spread with alioli (or sometimes tomato), to which a whole range of ingredients can be added: tuna, cheese, Spanish omelette, cooked ham, Serrano ham, mackerel, partridge eggs... Its name is taken from the English term 'sheriff's gun', because of the long shape of the tapa, which was invented by the chef in a restaurant (possibly the popular **Café Colón** in Almería) who was nicknamed the Sheriff, during the Almerian film industry boom of the 1950s and 1960s.



/01.5. GASTRONOMIC CALENDAR

January

🍷 PESTIÑAS, SEA URCHINS AND OYSTER FESTIVAL CÁDIZ

www.cadiz.es

🍷 RAFFLE DAY OR GRAPE MUST FESTIVAL CÓNCHAR (GRANADA)

www.conchar.com

🍷 STEW FESTIVAL HUÉVAR DEL ALJARAFE (SEVILLA)

www.huevardelaljarafe.es

🍷 'LOS PUCHERICOS' STEW DAY LA MALAHÁ (GRANADA)

www.lamalaha.es

🍷 'AQUÍ HAY MIGA' FESTIVAL LORA DEL RÍO (SEVILLA)

www.culturaloradelrio.es

🍷 BREAD FESTIVAL LUBRÍN (ALMERÍA)

www.lubrin.es



🍷 GIANT ROSCÓN DE REYES IN LUCENA LUCENA (CÓRDOBA)

www.turlucena.com

🍷 TURKEY AND NOODLES FESTIVAL SAN SEBASTIÁN DE BALLESTEROS (CÓRDOBA)

www.sansebastiandelosballesteros.es

🍷 FESTIVALS OF SAINT ANTHONY THE ABBOT (EL MARRANILLO DE SAN ANTÓN)

TORVIZCÓN (GRANADA)

www.torvizcon.es

🍷 RENAISSANCE FOOD FESTIVAL

ÚBEDA (JAÉN) | January-March

www.gastronomiarenacimiento.wordpress.com

www.turismodeubeda.com

February

🍷 WINE FESTIVAL

ALHAMA DE GRANADA (GRANADA)

www.turismodealhama.com | f

🍷 ALMOND GASTRONOMY FESTIVAL FILABRES-ALHAMILLA DISTRICT ALMERÍA PROVINCE February-March

www.turismoalmeria.com

www.almeriainformacion.com

🍷 TRADITIONAL CHEESE MARKET

ALMERÍA | February-March

www.aytoalmeria.es

🍷🍷 TRADITIONAL CHEESE MARKET

ÁLORA (MÁLAGA)

www.alora.es

🍷🍷 SERRANÍA DE RONDA FOOD FAIR

BENARRABÁ (MÁLAGA) | February-March

www.benarraba.es

🍷🍷 'PUCHERICO' STEW PILGRIMAGE

CHIMENEAS (GRANADA)

🍷🍷 STEW AND CASSEROLE FESTIVAL

CÓRDOBA

www.hostecor.com



🍷🍷 SIETE RAMALES SOUP FESTIVAL

EL BURGO (MÁLAGA)

www.elburgo.es

🍷🍷 GAÑOTÁ POPULAR

EL PUERTO DE SANTA MARÍA (CÁDIZ)

www.turismoelpuerto.com

🍷🍷 CARNIVAL CHORIZO FESTIVAL

ESPERA (CÁDIZ)

www.espera.es

🍷🍷 WINE FESTIVAL

FRAILES (JAÉN) | February-March

www.frailes.es

🍷🍷 PALM HEARTS DAY

GUÁJAR FARAGUIT (GRANADA)

www.losguajares.es

🍷🍷 ALMOND TREE DAY

GUARO (MÁLAGA)

www.turismo.guaro.es

🍷🍷 ROASTING DAY

GÜÉJAR SIERRA (GRANADA)

www.guejarsierra.es

🍷🍷 RICE DAY

ISLA MAYOR (SEVILLA)

www.islamayor.es

🍷🍷 OYSTER THISTLE FESTIVAL

LOS BARRIOS (CÁDIZ)

turismo.ayto-losbarrios.es

🍷🍷 LA BOTIFUERA

MARTOS | February-March

🍷🍷 'CIUDAD DE PLATERO' FOOD FESTIVAL

MOGUER (HUELVA) | February-March

ww.aytomoguer.es

🍷🍷 RIOGORDO MILLING DAY

RIOGORDO (MÁLAGA)

f

🍷🍷 SEVILLE ORANGE FOOD FESTIVAL

SEVILLA | February-March

www.visitasevilla.es



🍷 HAM, OMELETTE, SCRATCHINGS AND CHORIZO FESTIVAL

UBRIQUE (CÁDIZ) | February-March

www.ubriqueturismo.es

🍷 ALJARAFE MUST AND OLIVE FESTIVAL

UMBRETE (SEVILLA)

www.umbrete.es



🍷 SWEETS FESTIVAL

UTRERA (SEVILLA)

www.turismoutrera.org



🍷 LA MERENDICA FESTIVAL

VEGAS DEL GENIL (GRANADA)

www.vegasdelgenil.es

March

🍷 LA BOTIJUELA ADAMUCEÑA

ADAMUZ (CÓRDOBA)

www.adamuz.es

🍷 HORNAZO DAY

ALBUÑUELAS (GRANADA) | March-April

🍷 FENNEL FESTIVAL

ALGATOCÍN (MÁLAGA)

www.algatacin.es

🍷 HAM FAIR

ALMADÉN DE LA PLATA (SEVILLA)

www.almadendelaplata.es

🍷 LENT FOOD FESTIVAL

ARCHIDONA (MÁLAGA)

www.hotelescuelaturismoandaluz.com

🍷 ARCOS DE LA FRONTERA FOOD FAIR

ARCOS DE LA FRONTERA (CÁDIZ)

www.turismoarcos.es

🍷 SEAFOOD FAIR

BENALMÁDENA (MÁLAGA)

www.puertobenalmadena.es



🍷 COCÍAS SOUP COMPETITION

BENAMAHOMA (CÁDIZ)

www.elblogdebenamahoma.blogspot.com.es

www.morosycristianosbenamahoma.es

🍷 ANDALUSIAN COD CULINARY COMPETITION AT EASTER

CASTRO DEL RÍO (CÓRDOBA)

www.ayuntamientocastrodelrio.org

🍷🍷 HUERTA DE CONIL FOOD FESTIVAL

CONIL DE LA FRONTERA (CÁDIZ)

www.turismo.conil.org



🍷🍷 LAMB DAY

CONQUISTA (CÓRDOBA) | March-April

www.conquista.es

🍷🍷 HORNAZO FESTIVAL

DÚRCAL (GRANADA) | March-April

🍷🍷 ANDÉVALO FOOD FAIR

EL ALMENDRO (HUELVA)

🍷🍷 BREAD DAY

EL CUERVO (SEVILLA)

www.elcuervodesevilla.es

🍷🍷 PROVINCE OF CÁDIZ RED WINE FAIR

EL PUERTO DE SANTA MARÍA (CÁDIZ)

www.turismoelpuerto.com



🍷🍷 CITRUS FRUIT FESTIVAL AND ORANGE FESTIVAL

EL VALLE (GRANADA)

www.elvalle.es

🍷🍷 EL PIÑONATE RAFFLE

LINARES DE LA SIERRA (HUELVA) | March-April

www.linaresdelasierra.com

🍷🍷 ORGANIC FARMING FAIR

MONDA (MÁLAGA)

www.monda.es

🍷🍷 TINAJA FOOD AND WINE FAIR

MONTALBÁN (CÓRDOBA)

www.aytomontalban.com

🍷🍷 GURUMELO CROSS-BORDER FOOD FAIR

PAYMOGO (HUELVA)

www.paymogo.org

🍷🍷 MOLINO DEL REY GASTROCOLONY MARKET

SAN SEBASTIÁN DE LOS BALLESTEROS (CÓRDOBA)

www.sansebastiandelosballesteros.es

🍷🍷 ARTISAN MÁLAGA GOAT'S CHEESE AND LA AXARQUÍA WINE MARKET

TORRE DEL MAR-VÉLEZ MÁLAGA (MÁLAGA)

www.cabrama.com

🍷🍷 GAÑOTÁ POPULAR

UBRIQUE (CÁDIZ)



🍷🍷 VALLE DE LECRÍN FOOD FESTIVAL

COMARCA VALLE DE LECRÍN (GRANADA)

www.turismovalledelecrin.com

April

🍷🍷 ASPARAGUS FAIR

ALCALÁ DEL VALLE (CÁDIZ)

www.alcaladelvalle.es

🍷🍷 DEGUSTHO ALMERÍA FOOD FESTIVAL

HUÉRCAL OVERA (ALMERÍA)

www.degusthoalmeria.com

🏡 COUNTRYSIDE FESTIVAL

BENAMARGOSA (MÁLAGA)

www.benamargosa.es

🏡 MORCILLA SAUSAGE DAY

CANILLAS DE ACEITUNO (MÁLAGA)

www.canillasdeaceituno.es

🏡 MONTILLA-MORILES WINE TASTING

CÓRDOBA | April-May

www.turismodecordoba.org

🏡 SALMOREJO CORDOBÉS DAY

CÓRDOBA

www.turismodecordoba.org



🏡 BROAD BEAN FESTIVAL

CÓRDOBA

🏡 LOS PEDROCHES VALLEY IBERIAN HAM FESTIVAL

CÓRDOBA

www.hostecor.com

🏡 MONTILLA-MORILES FOOD FESTIVAL

CÓRDOBA

www.montillamoriles.es

www.cordobaturismo.es

🏡 CANE HONEY DAY

FRIGILIANA (MÁLAGA)

www.turismofrigiliana.es

🏡 ARTISAN SWEETS FAIR

FUENTE LA LANCHA (CÓRDOBA)

www.lospedroches.org



🏡 ORANGE FAIR AND DAY

ISTÁN (MÁLAGA)

www.istan.es

🏡 BROAD BEANS WITH PENNYROYAL FAIR

LA PALMA DEL CONDADO (HUELVA)

www.lapalmadelcondado.org

🏡 SAN MARCOS STEW

LUGROS (GRANADA)

www.lugros.es

🏡 MONDEÑA SOUP DAY

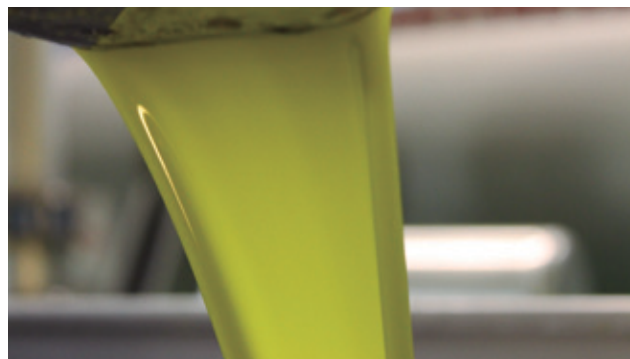
MONDA (MÁLAGA)

www.monda.es

🏡 VERDIAL OIL DAY

PERIANA (MÁLAGA)

www.periana.es



🍷🍷 LOS PEDROCHES VALLEY AGRICULTURAL FAIR

POZOBLANCO (CÓRDOBA)

www.lospedroches.org

🍷🍷 NATIONAL PRAWN, BABY CLAM AND ANCHOVY FAIR

PUNTA UMBRÍA (HUELVA)

www.puntaumbria.es

🍷🍷 ASPARAGUS FAIR

SIERRA DE YEGUAS (MÁLAGA)

www.sierradeyeguas.com

🍷🍷 'SIERRA DE CÁDIZ' ARTISAN CHEESE FAIR

VILLALUENGA DEL ROSARIO (CÁDIZ)

www.villaluengadelrosario.es

🍷🍷 BROAD BEAN DAY

VILLANUEVA DE LA CONCEPCIÓN (MÁLAGA)

www.villanuevadelaconcepcion.es

May

🍷🍷 ASPARAGUS FAIR

ALCALÁ DEL VALLE (CÁDIZ)

www.alcaladelvalle.es

🍷🍷 CACHORREÑA ORANGE FESTIVAL

ALHAURÍN EL GRANDE (MÁLAGA)

www.alhaurinelgrande.net

🍷🍷 ARACENA SABOR

ARACENA (HUELVA) | May-June

www.aracena.es

🍷🍷 BLOSSOM FESTIVAL

BAENA (CÓRDOBA)

www.cofradiaamigosdelolivodebaena.com

🍷🍷 TUNA GASTRONOMY WEEK

BARBATE (CÁDIZ)

www.larutadelatun.com

🍷🍷 ORANGE FESTIVAL

COÍN (MÁLAGA)

www.ayto-coin.es

🍷🍷 TUNA ROUTE AND FOOD FAIR

CONIL DE LA FRONTERA (CÁDIZ) | May-June

www.turismo.conil.org

🍷🍷 CÓRDOBA CITY SNAIL FEST

CÓRDOBA

www.cordobacaracolea.es



🍷🍷 STRIPED MULLET DAY

CORIA DEL RÍO (SEVILLA)

www.ayto-coriadelrio.es

🍷🍷 SPRING FAIR AND FINE WINE FESTIVAL

EL PUERTO DE SANTA MARÍA (CÁDIZ)

www.turismoelpuerto.com

🍷🍷 ASPARAGUS MUSIC FESTIVAL

HUÉTOR TÁJAR (GRANADA) | May-June

www.huetortajar.org

🍷🍷 VINOBLE WINE FAIR

JEREZ DE LA FRONTERA (CÁDIZ) | May

www.vinoble.org

🍷🍷 MÁLAGA GASTRONOMY FESTIVAL

MÁLAGA

www.malagastronomyfestival.com

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🍷🍷 SARDINE FEST AT LA CALA

MIJAS (MÁLAGA)



🏰 OLIVE TREE FAIR

MONTORO (CÓRDOBA)

www.feriadelolivo.es

🏰 MANZANILLA SHERRY FAIR

SANLÚCAR DE LA BARRAMEDA (CÁDIZ) | May-June

www.sanlucardebarrameda.es

🏰 MEDLAR FRUIT DAY

SAYALONGA (MÁLAGA)

www.sayalonga.es

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🏰 CHOTO STEW

SORVILÁN (GRANADA)

www.sorvilan.es

🏰 TUNA ROUTE

TARIFA (CÁDIZ) | May-June

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🏰 LA GRAN HUEVADA EGG FEST

VILLAFRANCA DE CÓRDOBA (CÓRDOBA)

www.villafrancadecordoba.es

🏰 MINER'S STEW DAY

VILLANUEVA DEL RÍO Y MINAS (SEVILLA)

www.villanuevadelrioyminas.es

🏰 TUNA ROUTE

ZAHARA DE LOS ATUNES (CÁDIZ)

www.rutadelatun.com



June

🏰 CHERRY DAY

ALFARNATE (MÁLAGA)

www.alfarnate.es

🏰 FOOD AND TASTING FAIR

CARRATRACA (MÁLAGA)

www.carratraca.es

🏰 CHERRY FESTIVAL

CASTILLO DE LOCUBÍN (JAÉN)

www.castillodelocubin.es

🏰 BEER AND FOOD FESTIVAL

CÓRDOBA

www.hostecor.com

🏰 GUADALQUIVIR VALLEY TOMATO DAY

FUENTE PALMERA (CÓRDOBA)

www.fuentepalmera.es

🏰 FRITADA DE SUFLÍ DAY

SUFLÍ (ALMERÍA)

www.sufli.es

🍷🍷 RICE AND CRAB FESTIVAL

ISLA MAYOR (SEVILLA)

www.islamayor.es

🍷🍷 WATER AND HAM FESTIVAL

LANJARÓN (GRANADA)

www.turismo.lanjanet.com

🍷🍷 MONTERO RUM FESTIVAL

MOTRIL (GRANADA)

www.ronmontero.com

🍷🍷 'PARÁ' SNAIL FESTIVAL

PARADAS (SEVILLA)

www.paradas.es

🍷🍷 SNAIL DAY

RIOGORDO (MÁLAGA)

www.riogordo.es

🍷🍷 FRIED FISH DAY

TORREMOLINOS (MÁLAGA)

www.torremolinos.es

July

🍷🍷 BEER FESTIVAL

BENALMÁDENA COSTA (MÁLAGA) | Julio-Agosto

www.puertobenalmadena.es

🍷🍷 CHERRY FESTIVAL

CHIRIVEL (ALMERÍA)

www.chirivel.es

🍷🍷 MÁLAGA GRILLED SARDINE FESTIVAL

MÁLAGA



🍷🍷 GARLIC AND MELON FAIR

MONTALBÁN (CÓRDOBA)

www.aytomontalban.com

🍷🍷 GRAIN FESTIVAL

RESTÁBAL-EL VALLE (GRANADA)

www.elvalle.es

🍷🍷 SERRANO HAM FAIR AND FESTIVAL

SERÓN (ALMERÍA)

www.turismoseron.es

August

🍷🍷 LOS TRES GOLPES GAZPACHO FESTIVAL

ALFARNATEJO (MÁLAGA)

www.alfarnatejo.es

🍷🍷 WINE PILGRIMAGE

ALHAMA DE GRANADA (GRANADA)

www.turismodealhama.com

🍷🍷 FESTUM ROMAN BANQUETS

ALMEDINILLA (CÓRDOBA)

www.almedinillaturismo.es

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🍷🍷 THE VEGETABLE SLAUGHTER

CALABAZARES-ALMONASTER LA REAL (HUELVA)

www.almonasterlareal.es

🍷🍷 FISHERMAN'S FESTIVAL

CARBONERAS (ALMERÍA)

www.ayuntamientocarboneras.es

🍷🍷 MUSCATEL FESTIVAL

CHIPIONA (CÁDIZ)

www.turismochipiona.es

🍷🍷 WINE NIGHT

CÓMPETA (MÁLAGA)

www.competa.es



OKTOBERFEST FUENGIROLA BEER FESTIVAL
FUENGIROLA (MÁLAGA) | August-September

CAPER FESTIVAL
FUENTE TÓJAR (CÓRDOBA)
www.fuente-tojar.es

MUSCATEL GRAPE FESTIVAL
IZNATE (MÁLAGA)
www.iznate.es

PEACH FESTIVAL
LA NAVA (HUELVA)
www.lanava.es

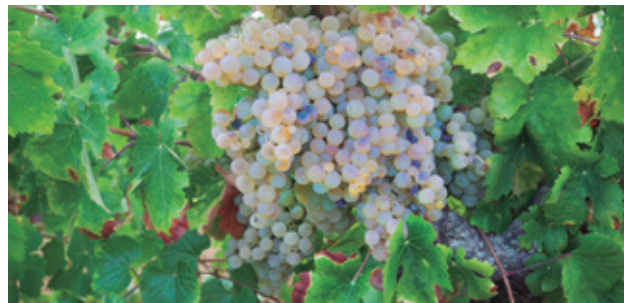
GRAIN FESTIVAL
LANJARÓN (GRANADA)

PEACH DAY
PERIANA (MÁLAGA)
www.periana.es

GRAIN FESTIVAL
PÓRTUGOS (GRANADA)
www.portugos.es

REDBANDED SEA BREAM FESTIVAL
ROTA (CÁDIZ)
www.turismorota.com

GRAPE CLUSTER COMPETITION
TREBUJENA (CÁDIZ)
www.trebujena.com



September

ABLA ECO-MARKET
ABLA (ALMERÍA)
asociacionretamaalmeria@gmail.com
f

LA ALPUJARRA ALMERIENSE VINE HARVEST DAY AND FARMER'S MARKET
ALBOLODUY (ALMERÍA)

AJOBLANCO FESTIVAL
ALMÁCHAR (MÁLAGA)
www.almachar.es



ALMOND DAY
ALMOGÍA (MÁLAGA)
www.almogia.es

OLIVE FAIR
ALOZAINA (MÁLAGA)
www.alozaina.es

VERDEO FESTIVAL
ARAHAL (SEVILLA)
www.arahal.es



HARVEST FAIRS AND FESTIVALS
BOLLULLOS PAR DEL CONDADO (HUELVA)
www.bollullospardelcondado.es

MÁLAGA GOAT FESTIVAL
CASABERMEJA (MÁLAGA)
www.casabermeja.es
www.cabrama.com

HUNTING AND GAME FESTIVAL
CÓRDOBA | September-October
www.hostecor.com

RAISIN DAY
EL BORGE (MÁLAGA)
www.elborge.es

RED CRAB DAY
ISLA MAYOR (SEVILLA)
www.islamayor.es

HARVEST FESTIVAL
JEREZ DE LA FRONTERA (CÁDIZ)
www.turismojerez.com



WINE HARVEST FAIR AND FESTIVAL
LA PALMA DEL CONDADO (HUELVA)
www.lapalmadelcondado.org

RAISIN FESTIVAL
LA VIÑUELA (MÁLAGA)
www.lavinuela.es

HARVEST FESTIVAL
MANILVA (MÁLAGA)
www.turismomanilva.com

VINEYARD WORKERS' FESTIVAL
MOCLINEJO (MÁLAGA)
www.moclinejo.es

HARVEST FAIR
MOLLINA (MÁLAGA)
www.mollina.es

🍷 MONTILLA-MORILES GRAPE HARVEST

MONTILLA (CÓRDOBA)

www.montillaturismo.es



🍷 VICTORIANO ANCHOVY FESTIVAL

EL RINCÓN DE LA VICTORIA (MÁLAGA)

www.rincondelavictoria.com

🍷 WINE HARVEST FAIR AND FESTIVAL

VILLANUEVA DEL ARISCAL (SEVILLA)

www.villanuevadelariscal.es

🍷 VILLA DE ZUHEROS CHEESE FESTIVAL

ZUHEROS (CÓRDOBA)

www.losbalanchares.com

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October

🍷 PEROTAS SOUPS DAY

ÁLORA (MÁLAGA)

www.alora.es

🍷 REGIONAL HAM AND IBERIAN PORK FAIR

ARACENA (HUELVA)

www.aracena.es

🍷 CONDADO DE HUELVA VITICULTURE AND ENOLOGY WEEK

BOLLULLOS PAR DEL CONDADO (HUELVA)

www.bollullosdelcondado.es

🍷 WINE FOUNTAIN FESTIVAL

CÁDIAR (GRANADA)

www.cadiar.es

🍷 IBERIAN SUCKLING PIG FAIR

CARDEÑA (CÓRDOBA)

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🍷 SPANISH WINE FAIR AND IBERIAN WINE FAIR

CÓRDOBA | October-November

www.premiosmezquita.com

🍷 FARMING FESTIVAL AND CHICKPEA FESTIVAL

FERNÁN NÚÑEZ (CÓRDOBA)

www.fernannunez.es

🍷 BREAD FESTIVAL AND CRAFT FAIR

LOS PÁNCHES-FUENTE OBEJUNA (CÓRDOBA)

www.fuenteovejuna.org

🍷 MÁLAGA HARVEST FESTIVAL

MÁLAGA

www.vinomalaga.com

🍷 MORILES WINE TASTING

MORILES (CÓRDOBA)

www.moriles.es

🏰 OIL FAIR AND EL HOYO FESTIVAL

PORCUNA (JAÉN)

www.porcuna.es

🏰 QUINCE PASTE FESTIVAL

PRIEGO DE CÓRDOBA (CÓRDOBA)

www.turismodepriego.com

🏰 QUINCE PASTE TASTING

PUENTE GENIL (CÓRDOBA)

www.turismopuentegenil.es

🏰 'VILLA DE TEBÁ' ARTISAN CHEESE FAIR

TEBA (MÁLAGA)

www.teba.es



🏰 LOS PEDROCHES ACORN-FED IBERIAN HAM FAIR

VILLANUEVA DE CÓRDOBA (CÓRDOBA)

www.feriadeljamon.es



🏰 WINE AND CHESTNUT FAIR

YUNQUERA (MÁLAGA)

www.yunquera.es



November

🏰 MUSHROOM AND FUNGI FESTIVAL

ABLA (ALMERÍA)

www.micoabla.com

🏰 ADAMUZ COMMUNAL HILLS MUSHROOM AND FUNGI FESTIVAL

ADAMUZ (CÓRDOBA)

www.adamuz.es

🏰 SEMAVIN

AGUILAR DE LA FRONTERA (CÓRDOBA)

www.aguilardelafrontera.es

🏰 CHESTNUT FESTIVAL

ALCAUCÍN (MÁLAGA)

www.alcaucin.es

🏰 EL ESTRECHO MUSHROOM AND FUNGI FESTIVAL

ALGECIRAS (CÁDIZ)

www.algeciras.es

🏰 CASTAÑADA ALPUJARREÑA CHESTNUT FESTIVAL

ALPUJARRA DE LA SIERRA (GRANADA)

www.alpujarradelasierra.es

🏰 MUSHROOM AND FUNGI FESTIVAL

ARACENA (HUELVA)

www.aracena.es



🏰 **MUST FESTIVAL**
ATAJATE (MÁLAGA)
www.atajate.es

🏰 **BAENA OIL OLIVE GROVE FESTIVAL**
BAENA (CÓRDOBA) | November-December



🏰 **LA BREÑA Y MARISMAS DEL BARBATE NATURAL PARK**
BARBATE (CÁDIZ)

🏰 **MUSHROOM AND FUNGI FESTIVAL**
BAYÁRCAL (ALMERÍA)
www.bayarcal.blogspot.com.es
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🏰 **BENARRABÁ MUSHROOM AND FUNGI FESTIVAL**
BENARRABÁ (MÁLAGA)
www.benarraba.es

🏰 **HAM FAIR**
CAMPILLOS (MÁLAGA)
www.feriajamoncampillos.es

🏰 **CHESTNUT FESTIVAL**
CAPILEIRA (GRANADA)
www.capileira.es

🏰 **CARDEÑA MUSHROOM AND FUNGI FESTIVAL**
CARDEÑA (CÓRDOBA)
www.cardena.es

🏰 **ALL SAINTS' AND CHESTNUT FESTIVAL**
CÁSTARAS (GRANADA)
www.castaras.es

🏰 **CASTELLAR DE LA FRONTERA MUSHROOM AND FUNGI FESTIVAL**
CASTELLAR DE LA FRONTERA (CÁDIZ)
www.castellargp.es

🏰 **ESTERO FISH MONTH**
CHICLANA DE LA FRONTERA (CÁDIZ)
www.salinasdechiclanas.com

🏰 **MUST FESTIVAL**
CONSTANTINA (SEVILLA)
www.constantina.org

🏰 **SIERRA NORTE OF SEVILLA NATURAL PARK MUSHROOM AND FUNGI FESTIVAL**
CONSTANTINA (SEVILLA)
www.constantina.org

🏰 **MUSHROOM AND FUNGUS GASTRONOMY FESTIVAL**
CÓRDOBA | November-December
www.hostecor.com

🏰 **SALMOREJO CORDOBÉS SYMPOSIUM**
CÓRDOBA
www.salmorejocordobes.com

🏰 **CHESTNUT ROASTING AND SPIRITS**
GENALGUACIL (MÁLAGA)
www.genalguacil.es

🏰 **JAÉN'S ANNUAL FIRST OIL FESTIVAL**
PROVINCIA DE JAÉN
www.jaenparaisointerior.com

🏰 **EUROPEAN WINE TOURISM DAY**
JEREZ DE LA FRONTERA (CÁDIZ)
www.turismojerez.com



🍷 **SHERRY WINE WEEK**
JEREZ DE LA FRONTERA (CÁDIZ)
<http://www.sherry.org>


🍄 **ALCORNOCAL PARK MUSHROOM AND FUNGI FESTIVAL**
JIMENA DE LA FRONTERA (CÁDIZ)
www.jimenadelafrontera.es



🍄 **GENAL VALLEY MUSHROOM AND FUNGI FESTIVAL**
JÚZCAR (MÁLAGA)
www.juzcarmicologica.blogspot.com.es

🍄 **CHESTNUT FESTIVAL**
LANJARÓN (GRANADA)
www.turismo.lanjanet.com

🍷 **OLIVE GROVE FAIR**
LUQUE (CÓRDOBA)
www.turismodeluque.es

🍄 **CHESTNUT FESTIVAL**
MECINA BOMBARÓN (GRANADA)
www.alpujarradelasierra.es

🍄 **MONTES DE MONDA MUSHROOM AND FUNGI FESTIVAL**
MONDA (MÁLAGA)
www.monda.es

🍄 **MONTEJAQUE MUSHROOM AND FUNGI FESTIVAL**
MONTEJAQUE (MÁLAGA)
www.montejaque.es

🍷 **OJÉN VILLAGE ROASTING FESTIVAL**
OJÉN (MÁLAGA)
www.ojen.es
 Festival of Provincial Tourism Uniqueness

🍄 **RABBIT FESTIVAL**
PARAUTA (MÁLAGA)
www.parauda.es

🍄 **CHESTNUT FESTIVAL**
PATERNA DEL RÍO (ALMERÍA)
www.paternadelrio.es

🍄 **PUEBLA DE LOS INFANTES MUSHROOM AND FUNGI FESTIVAL**
PUEBLA DE LOS INFANTES (CÓRDOBA)


🍄 **CHESTNUT FESTIVAL**
PUJERRA (MÁLAGA)
www.pujerra.es

🍄 **SAN ROQUE MUSHROOM AND FUNGI FESTIVAL**
SAN ROQUE (CÁDIZ)
www.laalcaidesa.es

🍷 **LA MERENDICA DAY**
SANTA FE (GRANADA)
www.santafe.es

🍷 **PROVINCIAL WINE, SPIRIT AND ANISE LIQUEUR FAIR**
SEVILLA
www.dipusevilla.es



🏰 **SIERRO MUSHROOM AND FUNGI FESTIVAL**
SIERRO (ALMERÍA)
www.sierro.es

🏰 **VILLA DE SILES MUSHROOM AND FUNGI FESTIVAL**
SILES (JAÉN)
www.silesinfo.com

🏰 **CHANFAINA FESTIVAL**
TOTALÁN (MÁLAGA)
www.totalan.es

🏰 **UBRIQUE MUSHROOM AND FUNGI FESTIVAL**
UBRIQUE (CÁDIZ) | November-December
www.ayuntamientoubrique.es

🏰 **MUSHROOM AND FUNGI FESTIVAL**
VÉLEZ-BLANCO (ALMERÍA)
www.ayuntamientodevelezblanco.org
www.micovelez.com

December

🏰 **ARTISAN CHEESE MARKET**
ARACENA (HUELVA)
www.aracena.es

🏰 **BENAOJÁN COLD CUT AND SAUSAGE MEAT FAIR**
BENAOJÁN (MÁLAGA)
feriadelachacina.benaojan.es



🏰 **CHESTNUT FESTIVAL**
CASTAÑO DEL ROBLEDO (HUELVA)
www.castanodelrobledo.es

🏰 **MUST AND COLD CUT AND SAUSAGE MEAT FESTIVAL**
COLMENAR (MÁLAGA)
www.colmenar.es

🏰 **PURPLE CARROT FESTIVAL**
CUEVAS BAJAS (MÁLAGA)
www.cuevasbajas.es

🏰 **'SABOREA CUMBRES MAYORES' FOOD AND CULTURE FAIR**
CUMBRES MAYORES (HUELVA)
www.cumbresmayores.es



🏰 **LA SIERRA NORTE TYPICAL PRODUCT AND CRAFT FAIR**
EL PEDROSO (SEVILLA)
www.elpedroso.es

🏰 **CHESTNUT FESTIVAL**
FUENTEHERIDOS (HUELVA)
www.fuenteheridos.org

🏰 **OIL, MUST AND ROASTING FESTIVAL**
OLIVE FESTIVAL
GIBRALEÓN (HUELVA)
www.gibraleon.com

🏰 **OLIVE FESTIVAL**
MARTOS (JAÉN)
www.martos.es

🏰 **SIERRA DE POSADAS MUSHROOM AND FUNGI FESTIVAL**
POSADAS (CÓRDOBA)
medioambiente@posadas.es

 **MORAGAS FESTIVAL**
ROQUETAS DE MAR (ALMERÍA)
www.aytoroquetas.org

 **CHESTNUT FESTIVAL**
SAN SEBASTIÁN DE LOS BALLESTEROS (CÓRDOBA)
www.turismoensansebastiandelosballesteros.blogspot.com.es

 **ANNUAL FAIR OF CLOISTERED CONVENT SWEETS**
SEVILLA
www.archisevilla.org



 **SEVILLA PROVINCE FOOD AND CRAFT FAIR**
SEVILLA
www.dipusevilla.es

 **LAS MIGAS FESTIVAL**
TORROX (MÁLAGA)
www.torrox.es



 **TREBUJENA COOKERY AND MUST COMPETITION:**
'GUISO DE LOS GARBANZOS COMO CONEJOS'
TREBUJENA (CÁDIZ)
www.trebujena.com





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PROVINCE BY PROVINCE

Andalusia's diverse climate and geography, its changing seasons, coastal and mountainous areas, fertile orchards, marshlands and pastures, all make up the basic ingredients of local dishes that have their own personality and vary greatly from one province to another. Each province puts its own stamp on the Mediterranean recipes used in Andalusian cooking, making them their own. The result is eight little culinary worlds with their own personality.

almería

ALMERÍA

The cuisine of Almeria is **imaginative, independent, varied and original**. Historically, the province has been somewhat isolated and this has given rise to a cuisine with a **unique personality** that retains the ancient essence of its long-lost origins and is still highly influenced by the **cuisine of Al-Andalus**. It's also a very **healthy** cuisine that uses produce from the fields and the sea, which, together with virgin olive oil and wine, are a key part of the **Mediterranean Diet**.

The coastal towns share a culinary tradition that revolves around **fish and fresh shellfish**, but always in a flavoursome combination with **fruit and vegetables, especially peppers and the paprika that comes from it**, one of the cornerstones of Almerian cooking, which can be found in dishes such as the refreshing pipirrana with cod, caldo de pimentón (a fish stew usually made with fresh anchovies or sardines and boiled potatoes, to which peppers are added) ([SEE RECIPES, P. 280](#)) or ajo colorao (a garlicky fish stew). All kinds of **stews** and casseroles are made using these quality raw ingredients, such as green bean stews, ajopollo potatoes ([SEE](#)

[RECIPES, P. 281](#)), ajoblanco ([SEE RECIPES, P. 266](#)), tabernero (a type of spicy ratatouille), fritada de Sufli and chard 'esparragadas' or 'esparragás'.

If visitors would like to sample the **time-honoured home-cooking of Almería**, in the inland villages they will find an endless array of 'spoon dishes' such as olla de trigo (a wheat, chickpea and meat stew flavoured with fennel), meatball stew, cabbage, migas ([SEE RECIPES, P. 272](#)) and gurullos, as well as famously high quality and **uniquecured meats (Serón Ham)**, such as **Perrico**, typical of the area around the Sierra de los Filabres and Almanzora Valley, with a very special flavour due to being seasoned with cinnamon, cloves, saffron, paprika and black pepper.

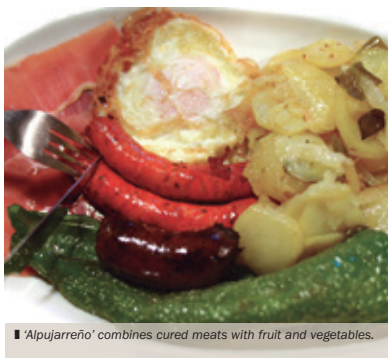
And to round off a good meal, there is nothing better than a dessert with **Moorish origins**, made with **honey** from mountains such as the Sierra María or Los Filabres. Some of the most typical desserts include **papaviejos** ([SEE RECIPES, P. 284](#)), almond-based biscuits such as 'Jesus fingers', leche frita ('fried milk'), millefeuille from the Alpujarras, pork scratching biscuits, date sponge, meringues, cream pastries, indalotes (biscuits) and lagrimica (meringue 'tears'), puff pastries and sponge with pumpkin-peel marmalade. One famous local speciality is the cake known as **Tarta borracha de los Padres Mínimos de Vera**.

The Tapeo

Tapas form part of culinary tradition in Almería and are served free of charge when you order a drink (beer, wine or grape must) in practically every bar in the province. There is a vast range sample, including: garfish, rice (paella), anchovies in vinegar ([SEE RECIPES, P. 271](#)), fried squid, fried marinated dogfish, snails, griddled ribs, cherican or chérigan (diagonally cut toast spread with alioli and dressed with all kinds of ingredients), tabernero (a variant of 'pisto' and 'fritailla'), griddled prawns, griddled cuttlefish, cuttlefish in sauce, migas, steamed mussels, salted tuna, gurullos, trigo, pork loin 'a la orza', griddled pork loin, patatas bravas and pipirrana salad with octopus, along with many others.



■ Fish and shellfish at Almería Central Market



■ 'Alpujarreño' combines cured meats with fruit and vegetables.



■ Honey from the mountains is a key element in Almerian baked goods.
Photo: curd cheese with Alpujarra honey.

■ 🌿 THE PRODUCE OF ALMERÍA

Almería has recently become the **garden of Europe**. It is a province that is rich in the cultivation and production of fruits and especially vegetables. It is here that the first and only tomato to be given **Protected Geographical Indication** status in Spain is grown: the **La Cañada Tomato**. With its exceptionally good climatic conditions and an ideal location next to the Cabo de Gata Níjar Nature Reserve, Almería's farmers have been carefully tending this unique tomato for decades. It has outstanding qualities that have been recognised by the most demanding markets. The area in which it is produced is formed by the natural district of Campo de Níjar and Bajo Andarax and part of the city of Almería (La Cañada), encompassing the municipalities of Almería, Huércal de Almería, Pechina, Viator and Níjar.

One of the key locations for fruit and vegetable production in Almería is **El Ejido**, whose economy revolves around **intensive greenhouse farming** of produce such as tomatoes, peppers, courgettes, green beans, avocados and other vegetables. More than half the agricultural produce grown in the province of Almería is exported abroad, the vast majority (94%) to the European Union, especially Germany, France and the Netherlands. In El Ejido, the company **Clisol Agro** (**SEE WHAT TO VISIT, P 88**) offers tourists an interesting **guided tour** of its intensive farming estate, illustrating the three different farming methods they use: the traditional 'arbour' format, the more modern 'multi-tunnel' system and a third, lesser-used method of seed beds. The tour ends with a tasting of vegetables grown on the estate with extra virgin olive oil, bread and honey.

The district of **Bajo Andarax**, situated to the north-east of the city of Almería, on either side of the low course of the river that gives it its name, has been one of the province's most successful locations when it comes to developing **organic citrus farming**, thus generating an entire **juice, preserves and syrup industry** around it.



■ Garrucha blue-and-red shrimp



■ Pandora with grapes

■ 🐟 COASTAL CUISINE

Fish is the main ingredient for numerous dishes in the province of Almería, especially in coastal areas and in the provincial capital. Almería's two hundred kilometres of Mediterranean coastline provide a **rich array of ingredients** for cooking: from grouper, bogue, horse mackerel and red mullet to clams, mussels, prawns, squid and cuttlefish. The three **main fishing harbours** in the province are **Almería, Garrucha and Adra**, and their main catches are sardines, horse mackerel, mackerel, anchovy and blue whiting, as well as snapper and pandora, which are generally cooked with grapes. Unlike as other parts of Andalusia, in Almería fish is prepared **griddled**, or in **seafood and rice dishes** such as arroz a banda, clearly influenced by the cuisine of neighbouring Murcia.

Some of the best shellfish include **Garrucha blue-and-red shrimp**, considered one of the most delicious sea foods in the whole of the Mediterranean. They are bred and fished in a very small area, only along the coast of Garrucha. This rarity means that these blue-and-red shrimp fetch **very high prices** at market (up to 200 euros). It differs from the deep-water rose shrimp due to its intense flavour, its colour and its slightly larger size than shrimp from other areas. Fresh from the griddle, it is a dish 'fit for a king'. Of equally exceptional flavour and price is another native of the Almerian coast, the **pearly razorfish**, which is found only here and in the Balearic Islands. It is cooked in only two ways, griddled or dusted with flour and fried.

Food and traditions come together at the festivals known as **Moragas**, which are especially typical of the western part of Almería and towns such as **Roquetas de Mar**. They are held on 29th December on the beach, where the fish is cooked with seaweed and dried reeds that give it a special flavour. Whole families and groups of friends always ensure they make this festival, which starts at noon and goes on late into the night. The tradition goes back to the mid-20th century, when the



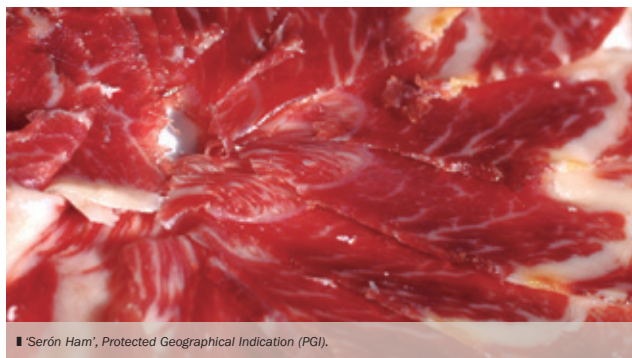
wives and children of the fishermen who were out at sea would go to the beach to await their return, lighting a little bonfire or ‘moraga’ on the beach, where they would eat some of the fish brought back by the men. This celebration marked the last fishing day of the year.

■ SERÓN HAM

If there is one name that everyone knows in relation to Almería's meat industry, it's **Serón**, a small town in the **Almanzora district**, with an **abundance of mushrooms and fungi**, that has succeeded in maintaining its artisan traditions of ham and sausage-making, achieving products of exceptional quality that have resulted in the **Protected Geographical Indication (PGI) ‘Serón Ham’**.

Domestic pig breeding, slaughtering and production of hams and sausages for household consumption has been a traditional occupation in the Serón area and all over the Almanzora Valley for centuries. However, its emergence as an industry in Serón goes back to the late 19th century and is due to the **local climate**, which creates ideal conditions for the **curing of ham**: a mild climate with cold, dry winters, moderately warm summers, low and constant humidity levels throughout the year and the absence of any strong winds.

For a pork product to be certified with the PGI Serón Ham, it must be **cured in the town of Serón** through a process that includes a natural drying and maturing procedure that takes **at least 12 months**. The result is a **red coloured ham** with a sheen to it when cut, a slightly sweet, **not very salty** flavour and an aroma that can vary from medium to intense. When summer comes, on the first weekend of July, Serón goes all out, with its traditional **Serrano Ham Fair**, a wonderful opportunity to try out



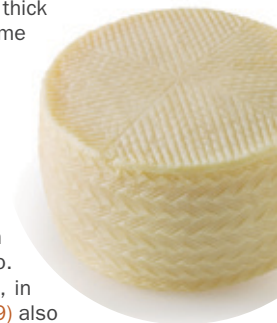
■ ‘Serón Ham’, Protected Geographical Indication (PGI).

the local products. It's also a good time to **visit** some of the **Ham Curing Facilities** located in and around the town.

■ ALPUJARRAS CHEESES

Another product that can be found in the larder of any home in Almería is **Alpujarras cheese**. This is a goat's cheese (from the Andalusian white goat) that comes from the Andalusian Sierra de La Contraviesa and **Sierra Nevada** mountains. The cheese can either be **fresh or aged** and comes in a **cylindrical shape**. The ends are often imprinted with floral designs and the sides bear the imprint of the esparto matting used in the cheese's production. This cheese is produced throughout the year, although the best and most productive season falls between **winter and spring**, which is the ideal time to buy some. At home, it can be eaten with local wines that enhance its flavour or with other Andalusian dishes such as salmorejo (**SEE RECIPES, P 270**) or thick vegetable soups, or as an **appetizer** with some nuts.

On the northern slopes of the Sierra Nevada, in the town of **Abrucena, El Cañao** (**SEE WHAT TO VISIT, P 89**), is a cheese manufacturer that uses natural and artisan methods and invites visitors to tour its facilities and see the production process, as well as buy a cheese or two. A visit to the **cheese factory Meda Láujar**, in Láujar de Andarax (**SEE WHAT TO VISIT, P 89**) also shows you how their cheeses are made, from the milking all the way through to packaging and distribution, including the transformation of the milk from liquid to solid form, the cutting of the curd and the salting of cheeses. You can also take some home with you.



■ Organic goat's cheese



Winery in Alboloduy, Almería.

REGIONAL WINES

Historically, grapes have been one of the province's most important crops, and towns such as **Ohanes, Láujar, Padules and Terque** have created an entire industry around it. The **Barco Grape Provincial Museum** (in Terque) takes you on a detailed journey around the grape culture of Almería, with a recreation of the social and economic history of the city and province of Almería, which for two centuries lived off mining and the cultivation and sale of the table grape called Barco grapes.

The province of Almería is currently gaining strength as an area with some of the **best wineries in the country**. This journey has led to the province having **five Protected Geographical Indications (PGIs)** for its **Regional Wines**: 'Láujar-Alpujarra', 'Desierto de Almería', 'Sierras de Las Estancias y Los Filabres', 'Ribera del Andarax' and 'Norte de Almería', which is located in the area of Los Vélez. The province's geographical conditions, particularly the **extremes of the desert climate**, with hot days and cold nights, mean that some exceptional grape varieties are grown that produce a unique wine. The wines grown in the mountains are also of a high quality. As well as the Almerian wines, an entire range of **brandy and liqueurs** has been developed, including honey rum, marc and liqueurs made from flowers, fruit and even prickly pear.

One of the province's main attractions –besides the exquisite wines and the beautiful vineyards that produce them– are the **Harvest Festivals** that are held in vine-growing areas such as Alboloduy or Láujar. Alongside these traditional festivities, there is also a **growing interest in wine tourism** across the province. Various wine estates in Láujar de Andarax, Alboloduy, Purchena, Uleila del Campo and

others offer tastings, workshops and guided tours of the facilities and estates, giving visitors an inside look at the work that takes place in a vineyard. **Bodega de Alboloduy** ([SEE WHAT TO VISIT, P 88](#)) organises a trip called 'The unknown Alpujarra' that takes visitors around this unique landscape and the things for which it was known in the past: its nature, cuisine and grapes, while merging this with new values, such as the quality and prestige of a new generation of natural wines. It includes a visit to the Alboloduy vineyards, the winery and tastings and various other activities.

✿ OIL FROM THE DESERT

As with wine, the name of this province inevitably comes up when talking about **olive oil**. Because of its **geographical location and climatic conditions**, it is an ideal place for producing an oil with **low acidity and a special flavour**, that is exported all over the world. Olive oil production is not focused in any particular area, as the various **olive oil mills** are located in areas that are **geographically very different**, such as the **mountains**, the **desert** and the **mild eastern zone**. In fact, the **Tabernas Desert** is one of the **most successful olive growing areas**. These businesses make major efforts to **develop tourism** by designing fascinating gastro-tourism activities.

Tabernas is the birthplace of **Oro del Desierto** ('Desert Gold'), a product made using an **organic oil** from the last harvest, which has received more than **40 distinctions** and prizes **internationally**, in countries such as the USA, Italy and France. This town is also home to **Castillo de Tabernas** ([SEE WHAT TO VISIT, P 88](#)), an olive oil mill that offers a **guided visit** of its facilities, lasting approximately an hour, where visitors can see the different stages in the oil production process and how the olives are prepared when they arrive at the mill (if visiting during the pressing season, in November and December, the entire process can be seen in action). At the end of the visit, there are free tastings of the desert oils. **Almazara de Canjáyar** ([SEE WHAT TO VISIT, P 88](#)), situated in the Almerian Alpujarra, and **Finca las Olivicas** in Lúcar (where the olives are pressed on esparto mats, as was done in the past) ([SEE WHAT TO VISIT, P 88](#)) are also on Almería's gastro-tourism routes.



Almazara de Canjáyar.



Finca las Olivicas oil, Lúcar.

TYPICAL DISHES

The fields, the sea and the mountains all supply the kitchens and the cooks of Almería with what they need to make a range of simple dishes rich in **home-cooked flavour as well as other, more elaborate ones**. While every area in the province has its own culinary specialities, there are many recipes that are shared by the whole province, many of them using **garlic, spices and peppers**.

Pimentón or caldo pimentón is a dish that expresses the personality of Almerian cooking: a modest dish that has its origins in poorer times and is typical of fishermen's neighbourhoods. However, it has developed into a delicacy thanks to the exceptional quality of the local produce and the way it is so meticulously prepared. It is a **fish dish** (skate, anchovy or sardines) with **boiled potatoes** to which peppers are added. It can also be eaten as a **soup**. This is a dish that is light, aromatic, healthy and easy to prepare: a perfect example of the Mediterranean Diet.

A very famous dish is the **fritada de Sufilí**, a kind of **vegetable salad** made mostly with **boiled tomatoes and roasted peppers**, to which a range of other ingredients may be added to taste: capers, olives, tuna and often rabbit or chicken (as well as oil and salt). The exact recipe has been kept a secret for over a century in the town of Sufilí, and there are several family businesses that produce and sell this delicious dish. In recent years, coinciding with the festivities of Saint Aloysius Gonzaga on 21st June, the town holds a free public tasting, known as the **Día de la Fritada de Sufilí**. The typical dish of **Fiñana** is **zaramandoña**, which is made from very ripe pumpkin, dried peppers, ripe tomatoes, olives, onion, cod and a good glug of olive oil.

Other local delicacies include **flour-based dishes**, such as **andrajos** (a stew made from thin flour cakes with sautéed tomatoes, onion, garlic, red pepper, and sometimes cod and rabbit), **gachas**, **migas**

Craft Beer

*In recent years, Almería has seen a growth in the number of entrepreneurs in this business, and now has six of its own craft beers. These breweries are still producing small quantities, but aim to compete with the big manufacturers: **Cervezas origen 1905** (set up by Grupo Indalo) was the first company to make craft beer in Almería at its brewery in Huércal; **Far West** is a craft brewery in the town of Níjar. Other local craft beers sold in the province are **Cervezas Filabres** (Velesique), **Bayyana**, **El Cabo** and **Cerveza La Cala** (Láujar de Andarax).*



■ The typical dish of 'Migas'.



■ Pickled partridge



■ Guiso de pelotas (meatball stew)



■ Arroz marinero (fisherman's rice)

and **talvinas** (made with wheat flour, water, salt and oil over sautéed tomatoes, pepper, paprika, chorizo and bacon, with croutons added on top). But the most common are **gurullos**, a dish inherited from the Moors based on a dough made from wheat flour, salt and water, which is allowed to dry and then added to a stew known as caldo colorao (**SEE RECIPES, P. 280**) made with dried red pepper and which, depending on the area and the season, is cooked with **rabbit, partridge, snails** and even shellfish, such as **lobster**. They are traditionally made by hand and used in various stews, sometimes as a **substitute for rice**, and they also go very well with any type of meat.

The inland area of the province and mountains are where the **calorie-rich stews, hotpots and casseroles** abound, all made with local and seasonal produce, to help locals face the cold winters. There are also dishes such as the comforting **potaje de trigo** (a stew made with seed-shaped wheat, products from the pig slaughter, pulses and fennel), **pork, lamb** or **kid stews** and **guiso de pelotas**, a stew that uses meatballs made from products from the pig slaughter, which are cooked in a broth.



OLIVE OIL MILLS

■ ALMAZARA DE CANJÁYAR

Paraje La Cruz Blanca, s/n - Canjáyar
Tel. 950 608 303
www.laalalmazara.com

■ CASTILLO DE TABERNAS

Carretera Nacional 340, s/n - Cruce Uleila del Campo -
Tabernas
Tel. 950 525 048 - 950 272 888
info@aceitecastillodetabernas.es
www.aceitecastillodetabernas.es

■ FINCA LAS OLIVICAS

Carretera Cela - Lúcar, s/n - Pago de Las Olivicas - Lúcar
Tel. 950426969 – 666 683 094
fincalasolivicas@hotmail.com
www.fincalasolivicas.es



WINERIES

■ BODEGA DE ALBOLODUY

C/ Rastro, nº8 – Alboloduy
950 644 922 - 659 332 869
labodega@labodegadealboloduy.com
www.labodegadealboloduy.com



FRUIT AND VEGETABLE PRODUCERS

■ CLISOL AGRO

Paraje La Cumbre, s/n - El Ejido
Tel. 620 843 385
clisol@clisol.com
www.clisol.com



MUSEUMS

■ MUSEO DE LA ALMENDRA Y EL CEREAL

Paraje El Cerrico – María
Tel. 950 417 200
www.maria.es
Located in El Cerrico and spread over two floors. The ground floor centres on almond farming and shows the tools of the almond trade, such as a peeling machine, baskets, sticks and a model of the town of María showing the mountains and the almond groves. The top floor focuses on grains.

■ MUSEO DEL ACEITE ORO DEL DESIERTO

Carretera Nacional 340, km 474 - Tabernas
Tel. 950 611 707
orodeldesierto@orodeldesierto.com
www.orodeldesierto.com

The Oro del Desierto company, located in an early 20th century oil mill in Tabernas, also has an Oil Museum, which has three life-sized old press mills and various models that show the oil production process has evolved over time.

■ MUSEO PROVINCIAL DE LA UVA DEL BARCO

C/ Poeta Villaespasa, s/n – Terque
Tel. 950 643 300 – 660 805 896
www.museodeterque.com

Situated inside the Manuel Galiana Municipal Theatre, an extensive display with information panels tells us all about the economic and social impact that the cultivation and commercialisation of table grapes had on the province. Two centuries of Almería's recent history is covered by this educational content on local grape-growing culture: the work in the fields, the harvesting, the commercialisation and exportation. There is also a documentary film 'Los Últimos Parraleros' that features testimonies from locals who witnessed and were part of this history.



CHEESE DAIRIES

■ QUESOS EL CAÑAO

Camino Real, s/n - Abrucena
Tel. 950 521 031
elcanao@hotmail.com
quesosdeabrucena.blogspot.com

■ QUESERÍA MEDAL LÁUJAR

Calle Bonayar, 36 - Láujar de Andarax
Tel. 620 477 199 - 606 824 781
medal@medallaujar.com
www.medallaujar.com





CÁDIZ

The cuisine of Cádiz brings together sea, countryside and mountain. It is as rich and diverse as its land, which supplies **high quality ingredients** to make dishes with the full flavour of **tradition**: fish and shellfish from the coast, wines, pulses, vegetables and fruit from the countryside and fresh and cured meats, cheeses and oils from the mountains. But Cádiz also has **innovative and experimental cuisine**, produced by the local chefs who have been awarded the prestigious Michelin star and have positioned the province in the upper echelons of gastronomy.

In **Cádiz** artichokes and cabbage are stewed, while inland **wild produce** from the countryside stands out, such as Spanish oyster thistle, the famous **asparagus** of Alcalá del Valle and the mushrooms around Los Alcornocales Natural Park. From its **vegetable gardens** come gazpachos, salads and piriñacas, as well as delicious dishes such as tomato soup, potatoes 'aliñás' and artichokes with peas ([SEE RECIPES, P 278](#)). Along the coast, **fish** such as redbanded sea bream, sole or almadraba tuna and **shellfish** such as **Sanlúcar prawns** become the culinary stars, whether they are grilled, stewed in seafood casseroles, 'encebollao' (with stewed onions) or fried as part 'pescaito frito' – and you would be hard-pressed to find somewhere that does it better. From the mountainous Sierra area comes a fantastic **virgin olive oil** and **artisan cheeses** that are the perfect accompaniment to the wonderful **Retinto** beef or Iberian pork and to **cured sausages** from the traditional slaughter. For those with a sweet tooth, there are the **baked goods** that bear the stamp of **Arab traditions** as well as the fine work of the **convents**.

One of the most famous products from this province are its wines, which come under the **Marco de Jerez** designation, which enjoy great prestige both in Spain and abroad, not only as an accompaniment to meals but also giving a dash of special flavour as in ingredient. Two outstanding examples are sherry itself and Manzanilla sherry from

Sanlúcar, both, together with Jerez Vinegar, the proud bearers of the **Designation of Origin 'Jerez-Xérès-Sherry'**. The wineries of Cádiz have become the focus of major gastro-tourism and wine tourism, attracting thousands of visitors to the province each year.

THE TASTE OF THE SEA

The **fish markets** found in many fishing towns in Cádiz province, where the day's catch is auctioned off every morning, are the best showcase for the cuisine on offer along the coast and the Bay of Cádiz, along with the popular **Plazas de Abastos** or public markets. Here, you can find all the fresh ingredients used in dishes such as meagre with peas, cuttlefish with potatoes ([SEE RECIPES, P 272](#)), stuffed squid, clams 'a la marinera', dogfish with tomato and chickpeas with prawns. Scarlet shrimp, razor clams, prawns, clams (cooked masterfully in **Puerto Real**) and donax clams can be found in **seafood rices and stews**, soups or fried dishes such as **prawn fritters**, which, along with **whelks**, are so typical of **San Fernando**.

In **Tarifa**, you can eat two fish that are very common along the coast of the Strait of Gibraltar: a type of sea bream known as **voraz orbesugo de la Pinta**, which is prepared coated with salt and then cooked over embers or in its juices, as well as **forkbeard**, a fish similar to hake. **Conil de la Frontera**, meanwhile, is home to an extensive array of **rock fish**, with local specialities such as rubberlip



■ Cuttlefish with fried bread, from Sanlúcar de Barrameda



■ "Pescaito frito"



■ Seabream a la Roteña



■ Potaje marineru (fisherman's stew)

grunt, red porgy, octopus and the unique **grey triggerfish**, which is wonderful served cold. **Rota** is synonymous with redbanded sea bream, which is the star of a festival of Andalusian Tourist Interest, in honour of the typical dish **Urta a la Roteña** ([SEE RECIPES, P 274](#)), which is cooked in a sauce made with local vegetables made using tomatoes, green and red peppers and onions. In Rota and in Chipiona you can visit the **Fishing Weirs** that are presumably Roman and Arab in origin and form enclosures along the coastline. When the tide is low, crustaceans and molluscs get trapped in the enclosures, and they are then caught by fishermen. They are listed as Natural Monuments.

One of the most famous dishes in the cuisine of Cádiz is fish fried in olive oil, or '**pescaito frito**'. It is a real institution, as are the **freidurías** or **freidores** (fried fish shops or stalls) found in Cádiz city and in towns along the bay such as San Fernando, where freshly fried fish is served up in paper cones, either 'to go' or to eat in the nearby bars. You can eat everything from squid, wedge sole and anchovies to puntillitas (tiny squid) and hake, as well as fish in adobo pickle (such as dogfish) and a particular speciality that is known as **bienmesabe**, which differs from adobo in that it is seasoned with cumin instead of oregano.

The **prawns from Sanlúcar de Barrameda** are the most famous in Spain for their flavour and quality, since the coastal waters of Cádiz, with all their biodiversity, are where develops its culinary characteristics. It has a **very delicate flavour** and characteristic **tiger stripes**. Other very popular local **specialities** are **oysters**, **sea urchins** and **sea anemone**, all of which are highly valued for their **intense marine flavour**. In **Trebujena**, it is still possible to catch some **elvers** at the mouth of the Guadalquivir. A few years ago, they were so abundant that they were used as pig feed, but their price has rocketed in recent years with the arrival of Chinese buyers.

Despesque is a method used to catch fish that are naturally bred in estuaries, and is practised from late October to late December. That

Fine dining in the Bay of Cádiz

There is a generation of chefs from Cádiz – whose great mentor is Fernando Córdoba of El Faro de El Puerto – that has succeeded in positioning the products and cuisine of Cádiz in the upper echelons of gastronomy. Chef Ángel León, who has two Michelin stars and won the Spanish Gastronomy Award in 2013, has succeeded in bringing the lowliest of fishes to the most discerning of diners: fish such as Estero flatfish, pijota hake, plaice, sardines and cuttlefish, even incorporating plankton into his creations and using olive stones as coal for cooking. Mauro Barreiro left the Michelin star he earned in Málaga to return to his birthplace, Puerto Real in the Bay of Cádiz, where he has opened a new restaurant.

is when it is possible to find sole, mullets, gilt-head sea bream and European sea bass at the markets in towns such as San Fernando and Chiclana de la Frontera. The salt industry in Cádiz used to be one of the most important and iconic economic activities in the Bay of Cádiz, but today very few salt pans focus on producing salt. It is still possible, however, to visit the **Santa María de Jesús Salt Pans** in Chiclana, where there is a **Salt Industry Museum** ([SEE WHAT TO VISIT, P 110](#)) and the **La Tapa Salt Pans** in El Puerto de Santa María ([SEE WHAT TO VISIT, P 110](#)).

■ ALMADRABA BLUEFIN TUNA

Tuna has been part of the history of Cádiz province ever since it was depicted on the coins minted here, right up to the present day, when it shapes the landscape and has become a valued element of the most exclusive **fine dining** and of **gastro-tourism routes** such as the **Ancient Tuna Route** ([SEE GASTRONOMIC ROUTES, P 231](#)), which highlights the heritage, natural, culinary and sporting richness of the towns of Barbate, Zahara de los Atunes, Conil and Tarifa, all influenced by their proximity to the sea and by the fishing of tuna: a key element in their marine resources.

Just as over three thousand years ago, the fishermen of Cádiz **fish for wild tuna** once spring has come and the bluefin tuna crosses the



■ Almadra bluefin tuna.

Strait of Gibraltar on its way to the Mediterranean to spawn. It is at this point that the flesh is at its tastiest and most highly valued, because they have been over-feeding in preparation for their long journey. They are caught in the labyrinth of **almadraba trap nets**, a **traditional and spectacular method of fishing** that goes back to the Phoenicians, where several fishing boats create two lines of nets that guide the tuna towards the bag, from where they are brought on board the tuna vessels in a display known as the 'levantá'. Most of the almadraba bluefin tuna that is caught goes straight to the **Japanese market**, which has a particular penchant for tuna belly.

The coasts of **Barbate** and **Zahara de los Atunes**, **Conil** and **Tarifa** are the only places on the whole Andalusian coastline where almadrabas are used. In May and June, **real gastronomy festivals** are held around this product that can now be eaten all year long, thanks to preservation in cold stores at minus sixty degrees. Every town in the area holds **show cooking sessions**, **gastronomy weeks** and **tapas routes** during the months of May and June.

The **preserved fish** that is produced in the province is of exceptional quality, and the towns covered by the **Protected Geographical Indications Andalusian Bullet Tuna and Frigate Tuna and Andalusian Mackerel** – the only PGI of its kind in Spain – are Algeciras, Barbate, Cádiz, Chiclana de la Frontera, Chipiona, Conil, La Línea, El Puerto de Santa María, Rota, Sanlúcar de Barrameda and Tarifa. **Barbate** produces several top-notch preserves such as **mojama** (sun-dried tuna loin). The town also has several very interesting museums and themed centres relating to tuna and preserved fish, such as the **Barbate and Fishing Museum and Shop** run by Conservas de Cádiz (SEE WHAT TO VISIT, P. 108), the **La Chanca Tuna Museum** (SEE WHAT TO VISIT, P. 108) and the **Herpac Salted Fish Factory** (SEE WHAT TO VISIT, P. 110), with tours of their facilities that allow visitors to see the entire production process, from the ronqueo (traditional gutting and cutting by hand) to the preserving.



COMPULSORY PRODUCTION REQUIREMENTS

- *Artisan and traditional production methods.*
- *Manual fish peeling. The use of chemicals, additives and preservatives is forbidden in order to protect the natural characteristics of the fish and produce a first-class product.*
- *Exclusive use of olive oil and sunflower oil as a covering liquid in the tin.*
- *Packaging must be tin cans that comply with European Standard EN-200901 or 200 and 300 cc glass jars that have been sterilised using thermal treatments that destroy any microorganisms.*



■ Arranque rotoño (tomato dip).

FROM FIELD TO PLATE

The **fields and market gardens** of Cádiz supply the stoves of the entire province with the vegetables used in fish stews, game dishes, soups and broths. The wild products of the countryside include **small and large snails** (prepared in a sauce), **oyster plant** (cooked “esparagás” or with scrambled egg) and **asparagus**, with those from **Alcalá del Valle** being famous all over Europe. It is with this ingredient, the asparagus, that one makes **abajao de Arcos**, **guisote gastoreño** and the delicious **Sopa Cortijera** of **Setenil de las Bodegas**.

The **Nature Reserves of Los Alcornocales** and **Sierra de Cádiz** have an **abundance of mushrooms** that are enjoyed by towns such as **Jimena de la Frontera** and **Castellar**, where they are prepared in assorted ways in many bars and restaurants. Here one can find boletus and amanita caesarea (commonly known in English as Caesar's mushroom), but the undisputed star is the chanterelle, exquisite when cooked simply on a griddle or lightly fried. Jimena gets its **oranges** from San Martín del Tesorillo and San Pedro de Buceite, two of its outlying areas, as well as **prickly pears** from Tarifa.

Conil de la Frontera and its market gardens produce wonderful gifts every season, such as **artichokes for Lent** or **tomatoes in summer**. **Rota** serves up its **arranque**, a thicker version of Andalusian gazpacho. And the whole province loves the refreshing **piriñaca**, a salad of tomatoes, onion and peppers dressed with oil and Sherry vinegar. **Succulent stews and thick soups** are made both on the coast and the interior, with local specialties including oxtail, kidneys in sherry, collard greens, chickpeas and potatoes with cod. **Game** (partridge, roebuck, venison, rabbit, pheasant, and boar) is used in mouthwatering **rice dishes and casseroles**. Mention must also be made of the **native Retinta breed of cattle**, raised organically at La Janda. The beef is tender, succulent, flavoursome and of a deep pink colour, making it ideal for barbecuing or stewing. It is a common ingredient in Vejer de la Frontera cuisine, and in September there is a **Retinto Route** at **Zahara de los Atunes**.

In December, **Trebujena** holds a popular festival dedicated to the local dish, a stew known as **chickpeas as rabbit**, which pays homage to the cuisine of the poor as the chickpeas are stewed as though they are to be part of a rabbit stew, but in fact there is no rabbit meat at all. Typical ingredients are chickpeas, rice, oil, bay leaf, parsley, saffron, salt and Trebujenero wine. The festival of “dressed up” chickpeas has been held since 1979 and continues to grow in popularity.

LA SIERRA DE CÁDIZ

In cooking terms, the Sierra de Cádiz is known for its **olive oils**, its **fresh and cured meats** and its **cheeses**; products upon which much of the local economy is based as well as providing a key attraction for gastronomic tourism. The quality of its oil has been acknowledged by means of the **Designation of Origin** awarded to ‘**Sierra de Cádiz oil**’, which is produced in an area comprising the towns of Alcalá del Valle, Algodonales, Olvera, El Gastor, Setenil de la Bodegas, Torrealháquime, Puerto Serrano and Zahara de la Sierra. To find out how it is produced using traditional techniques, make a stop at **Molino El Vínculo** (SEE WHAT TO VISIT, P. 106), an old oil press at Zahara de la Sierra.

The use of traditional pig slaughter methods produces **outstanding sausages**, pork scratchings and pork loin in lard, which is one of the specialties of Vejer de la Frontera. When Carnival comes to Bornos, there is a celebration called the “**morcillá**” during which the **morcilla** sausages so masterfully made here are eaten. One cannot leave **Setenil de las Bodegas** without eating **masitas**, the local version of a hamburger and the town’s number one tapa, made with chorizo or salchichón and griddled. The locals of **Paterna de Rivera** produce the special pork scratchings, **Chicharrones Especiales**, that captivated **Jean Michel Thirion**, the co-editor of *Apicius France* – a prestigious, French haute cuisine magazine – close associate of Ferran Adrià and one of Europe’s most influential pioneers of gourmet products.

In Los Alcornocales and on the Sierra de Cádiz, **venison** is very common and can be hunted legally owing to a lack of natural predators. This meat is difficult to stew; the trick lies in the judicious use of spices, like in venison in adobo (SEE RECIPES, P. 277). On the Sierra de Grazalema it’s **wild boar** that’s more commonplace. **Roast lamb** is a speciality throughout the entire sierra region and many restaurants serve the native breed, the Grazalema merino.

Fish is also found in and around the Sierra de Cádiz. Who has not heard tell of the wonderful **trout** with ham of **El Bosque**, the town with the southernmost trout river in Europe. Years ago, one could fish quite easily in the Majaceite river, but these days the **rainbow**



■ Roast boar



■ Venison loin.

salmon trout served in local restaurants is raised in El Bosque’s fish farm. While we’re in El Bosque, we should take the opportunity to visit the **El Molino de Abajo** (SEE WHAT TO VISIT, P. 111), an old watermill that has been restored and turned into a museum. In **Grazalema** a family business produces **artisan liqueurs and jams** using only hand-picked wild fruit from the sierra.

PAYOYO CHEESE

Artisan cheeses are one of the great culinary treasures of Cádiz province. The most famous is **payoyo cheese**, the name commonly given to cheeses made in the Sierra de Cádiz using milk from the papaya goats that are native to this region. It has become a major award winner. At the 2014 **World Cheese Awards**, one of the most important competitions in the industry, it won “world’s best cheese”. Payoyo cheese is a registered trademark of the **Quesería de Villaluenga** and not a designation of origin, as some believe. The milk of this native goat is also used to produce cheeses in other areas such as Grazalema, Algodonales, El Bosque and Alcalá de los Gazules.

Payoyo is a very natural cheese, which is flavoured with **paprika, rosemary and wheat bran** and aged in Ibérico pork lard until it has been cured. It is very difficult to find in the shops as production only stretches to 700 tonnes a year. It has a **pleasant, strong flavour**, an intense aroma and is unique to this part of Andalusia. The prestige and popularity of these cheeses are two key factors in the spectacular **cheese industry boom** seen in the province in recent years, which includes the opening of **new artisan cheese dairies** (even in



■ Payoyo cheese.



■ Payoyo cheese.

new places like the Bay of Cádiz or Campo de Gibraltar) that are joining the well-established dairies of the Sierra de Cádiz. The **Artisan Cheese Fair** of Villaluenga del Rosario is held in April and attended by around 20,000 people, another testament to the public's interest in these products.

The number of **tourist activities** focusing on this product have multiplied at the same rate as the cheese dairies and now form an essential part of the culinary tourism routes around the province of Cádiz. In Grazalema, there is the **Finca de las Hazuelas** an estate run by the cheese dairy Quesería de Villaluenga (**SEE WHAT TO VISIT, P. 111**), where, as well as buying cheeses, one can attend cheese-making workshops or tastings. In El Bosque, Quesería el Bosqueño has opened a **Cheese Interpretation Centre** (**SEE WHAT TO VISIT, P. 108**). The Quesería Madriguera (**SEE WHAT TO VISIT, P. 111**) in Algodonales is a farm with its own payoya goat pen and, at the weekends, holds cheese-making workshops. The **cheese dairy El Cabrero de Bolonia**, in Tarifa, (**SEE WHAT TO VISIT, P. 111**) makes cheeses and organic products and offers visitors various activities that provide an insight into the entire cheese production cycle, from milking the goats to packaging the cheeses, visiting the pastures where the goats graze and even feeding the herd. The visit ends with a cheese tasting. At **Agroalimentaria El Bucarito** (**SEE WHAT TO VISIT, P. 111**), in Rota, we can also see the entire cheese production process, as well as tasting the end product.

SWEET CÁDIZ

Cádiz is a “very sweet” province, as can be seen in its rich confectionery tradition, a **legacy from the Moors**. It is characterised by the use of ingredients such as honey, dates and nuts, and complements the desserts that are still made in numerous **convents**, such as the popular **Almond Tart** of the Convent of Augustinian Recollects at Chiclana de la Frontera. A typical sweetmeat from the province of Cádiz, and from Andalusia as a whole, is **pestiño**, which is often linked to festivities such as Christmas and Easter.

In **Medina Sidonia**, which came to known as the confectionery capital of the Arab world, they still make the **Alfajor** of Medina Sidonia, which has its own **Protected Geographical Indication**. Of Arabic origin, it is a sweetmeat made in the town using traditional methods and **ingredients** such as honey, almonds, hazelnuts, flour, breadcrumbs and spices. In **La Línea de la Concepción**, among the most popular sweets are the **japonesas**; Jerez de la Frontera is famous for its **tocinos de cielo** (candied egg yolk); and, in Puerto de Santa María, the **carmelas** are the bestsellers. The **piñonate** made in **Jimena** is a dough similar to **alfajores**, while the **gañotes** of Ubrique (**SEE RECIPES, P. 283**) are typical at Lent and are cylindrical



■ Grazalema artisan confectionery; perrunillas with chocolate chips.



■ Alfajores.

in shape, with a dough similar to that of pestiños. In **Grazalema** they produce cubiletes, while in neighbouring Olvera one can try the traditional **Cuasimodo** cake and **Bollos de Arcos** are typical at Easter, although market demand has meant that they are now produced throughout the year.

Sweet-toothed and other interested visitors cannot afford to miss a particular attraction in Jerez de la Frontera. It's the **Rancho Cortesano Honey Museum** (**SEE WHAT TO VISIT, P. 109**), a museum, suitable for all ages, where you can learn how honey bees work, dress up as a beekeeper or buy and taste a wide range of products that are sold in gourmet delicatessens around Spain and in Germany.

THE WINES OF THE MARCO DE JEREZ

The province of Cádiz is well known for the variety and quality of its wines. And while we're on the subject of wines, we must mention that most international of local wines, **Sherry**, and within that variety, **manzanilla**, which has Sanlúcar as its main producer. Both of these wines have their own Designations of Origin (**PDO 'Jerez-Xérès-Sherry'** and **PDO 'Manzanilla-Sanlúcar de Barrameda'**) and, along with the **PDO 'Sherry Vinegar'**, they share an area of production that covers the districts of Jerez de la Frontera, El Puerto

Pestiñas, sea urchins and oyster festival

The free tastings held in the main squares of the old city centre of Cádiz form the run-up to the Cádiz Carnival. The Pestiñada is held on a Saturday on the Plaza de San Francisco and it is the opening event of the Carnival season. The next day (Sunday) it is followed by the Oyster festival on Plaza de San Antonio and the Sea Urchin festival on Plaza de la Reina at the heart of the Barrio de la Viña.



■ Sample of Jerez wines.



■ Bodega Emilio Hidalgo, Jerez.

de Santa María, Sanlúcar de Barrameda, Trebujena, Chipiona, Rota, Puerto Real and Chiclana de la Frontera. As well as being a drink to accompany food, these wines also add a special, delicious flavour as an ingredient in many local dishes.

In 2014, Jerez de la Frontera was chosen to be **European City of Wine**, reflecting the importance that the wine industry has on this city's economy and history. Its wines have been in great demand since Roman times and, today, sherry is the most exported Spanish wine and is available in over a hundred countries. Part of its success is down to the exceptional quality perfected over the centuries through the **solera y criaderas system**, exclusive to the Marco de Jerez, by means of which the younger wines add vitality to those that have been aged, a process that allows for an exceptionally long ageing process.

Variety is another of its strong points. Sherry is not just one type of wine. It includes **fino**, the classic aperitif that goes perfectly with fish and seafood. There is also **amontillado**, probably the **least well known** but ideal as an accompaniment to rice dishes, cheese and patés; **oloroso** which pairs well with all kinds of meat; and, of course, **Pedro Ximenez**, a dessert wine that goes with blue cheeses and ice-creams. **Palo cortado**, **Dry**, **Pale Cream**, **Medium**, **Cream**, **Moscatel** and **Dulce** complete the wide range of wines with this PDO. An essential part of the world of Jerez wines are the **Tabancos**, the bars that serve wine from the barrel, and the **ventas**, or inns, around the city that, in November, put up the red flags used to indicate when the wine known as **mosto** is available. It is usually drunk with a dish called **ajo caliente**.

The specific **microclimate** of **Sanlúcar de Barrameda** is essential for the production of manzanilla, its most iconic wine. Its proximity to the sea means that a layer of yeast, known as a **cap**, forms a layer over the fermenting wine to insulate it from the air. In this way, through the ageing process, the wine develops its own distinctive taste with a hint of the sea. A **vino seco** is perfect with an appetizer. It has a lovely golden colour and is aged in white oak barrels in **wine cellars right in the city centre**, mainly in Barrio Alto, that have become an integral part of Sanlúcar's architecture.



■ Bodegas Barbadillo, Sanlúcar de Barrameda, Cádiz.



■ Bodega Gabriela, Sanlúcar de Barrameda, Cádiz.

Within the Marco del Jerez area there are more than 40 cellars, veritable wine museums, laden with history and legend, which have evolved to find a balance between functionality and beauty. They are also a **cornerstone of the food and wine tourism** for this province and for Andalusia as a whole. The Bodegas **Tío Pepe** of González Byass (**Jerez**) are some of the most visited wine cellars in the world, with illustrious guests including the writer, Leopoldo Alas "Clarín"; Harold Lloyd; Jean Cocteau; Winston Churchill; Ayrton Senna; Roger Moore; Steven Spielberg; and many others. Other cellars have wine museums, like the **Barbadillo Manzanilla Museum** and the **Winemaking Centre** at Bodegas Delgado Zuleta, both in Sanlúcar de Barrameda, and in Jerez, there is the **Wine Label Museum** at Bodegas Garvey and Bodegas Tradición. These wine cellars (**SEE WHAT TO VISIT, P. 106**), along with many others in towns across the Marco de Jerez area, like El Puerto de Santa María, Sanlúcar de Barrameda, Rota and Chiclana de la Frontera, form part of the the Marco de Jerez Wine and Brandy Routes (**SEE GASTRONOMIC ROUTES, P. 240**).



VINOS DE LA TIERRA, BRANDY AND ARTISAN BEERS

As well as the above-mentioned Designations of Origin, we cannot neglect other wines produced in the province, such as the **slightly fruity whites, rosés and reds that are making their way onto Spanish dining tables**. These are very drinkable wines and most of them come from **Sanlúcar and Arcos de la Frontera**. These wines come



■ Taberna in Olvera, Cádiz.

under the **Protected Geographical Indication Regional Wines of 'Cádiz'**. Equally famous are the **Chipiona raisin moscatel**, the **Tintilla de Rota** and the **Mosto de Trebujena**, which even has its own fiesta in the month of November.

Jerez Brandy has its own **Protected Geographical Indication** and is one of Spain's biggest selling and most widely exported spirits, available all over the world. It is aged in PGI-certified cellars in the Marco de Jerez. Brandy ages in American oak casks that have contained Jerez wines for at least three years, and the same system of soleras y criaderas (young and old) wines is used. This is what gives it its **unique flavour**. This drink is a sure-fire winner, whether drunk on its own or as the main ingredient of a famous cocktail or mixed drink.

Lastly, it is getting easier and easier to enjoy a craft beer in the province of Cádiz. Cerveza **Kettal** (Los Barrios) was the first microbrewery in the province of Cádiz, but it has now been joined by other brands such as **La Piñonera** in Puerto Real, the organic **Besaro** (Vejer de la Frontera), **Xela** and **La Jerezana** (both in Jerez de la Frontera) and **Cerveza Maier**, which is brewed right in the heart of the city of Cádiz, on Calle Cuna Vieja.





OLIVE OIL MILLS

■ MOLINO EL VÍNCULO

Ctra. Zahara - Grazalema, s/n – Zahara de la Sierra
Tel. 956 123 002 - 696 404 368
molinoelvinculo@telefonica.net
www.molinoelvinculo.com



WINE CELLARS

(AFFILIATED TO THE MARCO DE JEREZ WINE AND BRANDY ROUTES)

■ CHICLANA DE LA FRONTERA

■ MANUEL ARAGÓN

Carretera Cádiz-Málaga, km 12,200
Tel. 956 400 756
administracion@bodegamanuelaragon.com
www.bodegamanuelaragon.com

■ EL PUERTO DE SANTA MARÍA

■ GUTIERREZ COLOSÍA

Avda. Bajamar, 40
Tel. 956 852 852
info@gutierrezcolosia.com
www.gutierrezcolosia.com f t

■ JUAN C. GRANT

Calle Bolos, 1-3
Tel. 956 870 406
info@bodegasgrant.com
www.bodegasgrant.com

■ OSBORNE

C/ Los Moros nº 7
Tel. 956 86 91 00
visitas.bodegas@osborne.es
www.osborne.es f t

■ JEREZ DE LA FRONTERA

■ ÁLVARO DOMEQ

C/ Madre de Dios, s/n. 11401
Tel. 956 339 634
alvarodomeqsl@alvarodomecq.com
www.alvarodomecq.com f t

■ BODEGAS TRADICIÓN

C/ Cordobeses, 3. 11408
Tel. 956 16 86 28
visitas@bodegastradicion.com
www.bodegastradicion.com f t

■ CENTRO DE VISITANTES SANDEMAN

C/ Pizarro, 10
Tel. 675 647 177
www.sandeman.eu
rocio.verano@zoioloruizmateos.com
f t

■ CORTIJO DE JARA

Carretera de Torremelgarejo,
Gibalbín, km 5
Tel. 956 338 163
puertanueva.sl@cortijodejara.es
www.cortijodejara.es f

■ DÍEZ MÉRITO

C/ Diego Fernández de Herrera, 4
Tel. 956 332 973 - 660 233 438
visitas@diezmerito.com
www.diezmerito.com f

■ FUNDADOR PEDRO DOMEQ, TERRY Y HARVEYS

C/ San Ildefonso, 3
Tel. 956 151 500
visitas@bodegasfundadorpedrodomecq.com
www.bodegasfundadorpedrodomecq.com

■ GARVEY

Complejo Bodeguero Bellavista.
Carretera de Circunvalación s/n.
Tel. 956 319 650
atencionalcliente@grupogarvey.com
www.grupogarvey.com f

■ GONZÁLEZ BYASS - TÍO PEPE

C/ Manuel M^a González, 12
Tel. 956 357 000
reservas@gonzalezbyass.es
www.bodegastiopepe.com f t

■ LUIS PÉREZ

Ctra del Calvario km 0, Higuera de Rompeserones
Tel. 956 03 11 93
visitas@bodegasluisperez.com
www.bodegasluisperez.com f t

■ LUSTAU

C/Arcos, 53
Tel. 956 341 597
visitas@lustau.es
www.lustau.es f t

■ REAL TESORO & VALDESPINO

Carretera Nacional IV, km 640
Tel. 956 321 004
visitas@grupoestevez.com
www.grupoestevez.es

■ REY FERNANDO DE CASTILLA

C/ Jardinillo, 7-11
Tel. 956 182 454
bodegas@fernandodecastilla.com
www.fernandodecastilla.com f t

■ VIÑA SANTA PETRONILA

Carretera del Calvario, km 3,5
Tel. 669 750 888
info@santapetronila.com
www.santapetronila.com f

■ WILLIAMS & HUMBERT SAU

Carretera Nacional IV, km 641,74
Tel. 677 452 256
visitas@williams-humbert.com
www.williams-humbert.com f t

■ ROTA

■ EL GATO

Avda. San Fernando, 40
Tel. 956 810 203
elgatolaura@gmail.com
www.bodegaselgato.com f t



THE TAPEO

■ RINCÓN GASTRONÓMICO DEL MERCADO CENTRAL DE ABASTOS PLAZA DE LA LIBERTAD – CÁDIZ

Tel. 956 214 191
These are stalls selling food to take away or to eat there and then and made with the fresh produce sold in the square. There is everything from cheeses of the Sierra de Cádiz to stalls specialising in omelettes, Arabic food or Japanese cooking, including sushi. Open Monday to Saturday, mornings and evenings. Closed on Sundays.

■ SANLÚCAR DE BARRAMEDA

■ BARBADILLO

C/ Sevilla, 1
Tel. 956 385 521
visitas@barbadillo.com
www.barbadillo.com f t

■ DELGADO ZULETA

Avda. Rocío Jurado s/n
Tel. 956 360 133
visitas@delgadozuleta.com
www.delgadozuleta.com f t

■ HEREDEROS DE ARGÜESO

C/ Mar, 8
Tel. 956 385 116
www.argueso.es
argueso@argueso.es f t

■ HIDALGO-LA GITANA

C/ de la Banda de la Playa, 42
Tel. 956 385 604
bodegashidalgo@lagitana.es
www.lagitana.es f t

■ LA CIGARRERA

Plaza Madre de Dios, s/n
Tel. 956 381 285
lacigarrera@bodegaslacigarrera.com
www.bodegaslacigarrera.com f

■ LOS ÁNGELES

Carretera Sanlúcar-Chipiona, 93
Tel. 956 385 201
info@bodegasyuste.com
www.celebracioneslosangeles.com/bodega.html

■ MERCADO GASTRONÓMICO DE SAN FRANCISCO

PLAZA DE SAN FRANCISCO- VEJER DE LA FRONTERA

Open every day. In the mornings (except Sundays) it functions as a traditional market and at lunchtimes and in the evening one can go for tapas. It has a fried fish stall, a beer and wine shop, a seafood stall, designer tapas and sushi.





MUSEUMS AND INTERPRETATION CENTERS

■ CENTRO DE INTERPRETACIÓN DEL ATÚN DE ALMADRABA

Puerto Deportivo de Barbate
Tel. 956 459 780
p.i.brenaymarismasdelbarbate@gmail.com
www.ecoturismobarbatepuntoinfo.jimdo.com

This is a permanent exhibition offering the key information needed to understand the cultural and environmental value of the bluefin tuna and the fishing methods that have been used for thousands of years to catch it.

■ MUSEO DEL ATÚN

Pol. El Olivar, parcela 12, Nave La Chanca- Barbate
Tel. 956435813 / 956435805
info@museodelatun.com

<http://www.museodelatun.com> | f

Conservas La Chanca has set up this space to inform visitors about the artisan traditions found along the coast of Cádiz that relate to tuna, tuna fishing and how tuna is then used. Replicas of sunken fishing boats and net traps lead us to a recreation of a chanca (an old fish preparation room) where the fishermen of Barbate prepared their catch in the 1950s. We can then see a large model of a factory, which shows the actual production methods used. After that, we are led into a room where there is a live demonstration of how the tuna is cut, known locally as ronqueo. The visit ends at the display room and shop and with an opportunity to taste the brand's products.

■ TIENDA-MUSEO BARBATE Y LA PESCA

Avenida Generalísimo, 142 - Barbate
Tel. 956 434 323 / 956 433 913
info@conservasdecadiz.com
www.conservasdecadiz.com | f

The museum room revolves around three basic themes: the history of fish preservation on the Cádiz coastline; the Battle of Trafalgar (which took place off the shores of Barbate); and traditional and responsible fishing of bluefin tuna, with net traps and other methods used since ancient times. The museum also has tasting menus, dinners on board the

Santísima Trinidad and a Tuna and Trap-Net Route.

■ MUSEO DE VINOS Y TOROS DE CÁDIZ

Calle Feduchy, 17 - Cádiz
Tel. 956 289 716
info@vinosytoros.com
www.vinosytoros.com

This exhibition has a collection of over a thousand bottles of wines from different cellars and eras, agricultural tools, objects from old cellars, advertising mirrors, laboratory instruments, a prize awarded to Bodegas Valdespino at the Chicago World Fair in 1893 for its magnificent collection of Jerez wines, and many other curiosities.

■ MUSEO DEL MOSCATEL DE CHIPIONA

Avda. de Regla, 8 y 10 - Chipiona
Tel. 956 371 804
info@museodelmoscatel.com
www.museodelmoscatel.com | f

It takes visitors on a journey through the history and culture of wine by means of a permanent exhibition that, via seven themed sections, provides interesting information about all the processes followed to produce wine and, by extension, Moscatel, throughout history, from the Phoenicians, through to the founding of the city by the Romans, the Muslim era, the Reconquista, the industrial revolution and up to the present day. Throughout the year it organises a broad range of activities, like guided wine tastings and sensory workshops, among others.

■ CENTRO DE INTERPRETACIÓN DEL QUESO

Quesería El Bosqueño - Rotonda de entrada a El Bosque
Tel. 956 716 156

A small display showing the cheese manufacturing process in the Sierra de Cádiz. Cheese-making workshops are available by appointment.

■ MUSEO DE ETIQUETAS DE VINO ANTIGUAS

Carretera Circunvalación, s/n - Complejo Bellavista - Bodegas Grupo Garvey
Tel. 956 319 650 - Jerez de la Frontera
atencionalcliente@grupogarvey.com
www.grupogarvey.com | f

The Wine Label Museum has more than 15,000 labels printed between 1854 and 1954, of which only 8,000 are on display from bodegas from Jerez de la Frontera, El Puerto de Santa María and Sanlúcar de Barrameda, some of which are now long-gone.

■ MUSEO DE LA MIEL Y LAS ABEJAS DE RANCHO CORTESANO

Carretera de Cortes (A-2003) - Desviación el Torno, km 2 (CA-3111) - Jerez de la Frontera
Tel. 635 514 786
miel@ranchocortesano.net
www.ranchocortesano.net
| f

It gives a comprehensive overview of the entire production process for honey-based products, its various therapeutic applications and health benefits, as well as revealing the perfect and harmonious organisation of bees and the secrets of one of the most ancient of occupations: beekeeping. Every weekend, different nature-related activities are held.

■ MUSEO DE LA VIÑA AL VINO DE JEREZ

Viña Santa Petronila
Carretera del Calvario, km 3,5 - Jerez de la Frontera
Tel. 669 750 888
info@santapetronila.com
www.santapetronila.com | f

The museum occupies the old wine press room and the "people's house" of the wine lodge. At Santa Petronila you can find out how the vines were grown, picked and crushed to obtain the grape-juice and produce the Jerez wines during the 18th and 19th centuries, as well as how these processes relate to those used in the 21st century.

■ MUSEO DEL JEREZ DE LAS BODEGAS WILLIAMS & HUMBERT

Carretera Nacional IV, km 641,74 - Jerez de la Frontera
Tel. 956 353 400 - 677 452 256
visitas@williams-humbert.com
www.williams-humbert.com | f

The "Gran Duque de Alba" Hall of this cellar is home to the Sherry Museum, which displays the implements used for treading the grapes, laboratory instruments, presses, pumps, pourers, corking machines, etc.; unique and original pieces that have been very well preserved and kept together since the 18th century.

■ MUSEO EL MISTERIO DE JEREZ

Calle Cervantes, 3 - Museo La Atalaya- Jerez de la Frontera
Tel. 956 182 100 - 620 930 044
info@elmisteriodejerez.org

www.museosdelaatalaya.com | f
Sited in the La Atalaya Themed Centre, in an old wine cellar, the Misterio de Jerez is a multimedia educational museum that tells the history of Jerez wine, how it has evolved and its social, cultural and economic impact.

■ CENTRO DE INTERPRETACIÓN DE LA MAYETERÍA

Camino de Santa Teresa s/n - Rota
Tel. 956 846 345
info@turismorota.com
www.turismorota.com

This centre serves as a Nature Centre where you can visit and learn about the types of huts in which the "Mayetos Roteños" lived, the land that they cultivated by hand, the farm animals they reared and the native plants of the area.

■ CENTRO DE INTERPRETACIÓN DEL VINO EN BODEGAS DELGADO ZULETA

Avda. Rocío Jurado s/n - Sanlúcar de Barrameda
Tel. 956 360 133
visitas@delgadozuleta.com
www.delgadozuleta.com | f

Situated in the Bodega Tío Paco of the Delgado Zuleta wine cellars, its





information panels and fun activities captivate visitors, enabling them to feel, smell and touch the traditions and artistry that go into making our wines.

■ MUSEO BARBADILLO DE LA MANZANILLA

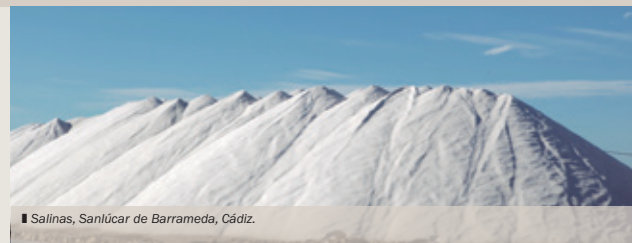
Calle Sevilla, 1-25 - Sanlúcar de Barrameda (Cádiz)
Tel. 956 385 500 / 956 385 521

reservas@barbadillo.com

www.barbadillo.com |

Located in an early 19th century building on the main Bodegas de

Barbadillo complex. It covers every aspect relating to the wines of the Marco de Jerez area, from the vineyards, the ageing techniques and the bottling and marketing processes. It also shows how the Barbadillo family and its great cultural heritage has evolved, through the history of manzanilla.



■ Salinas, Sanlúcar de Barrameda, Cádiz.

It's one of the few remaining salt pans in the province of Cádiz that still focuses on salt production. During the course of the visit, you can see the different areas that make up this salt pan and how it works, along with some interesting references to its history. Stops are made at particular points where the guides lead various activities: measuring the salt heaps or the crystallizers, identifying the salt-tolerant plants, catching the brine shrimp to observe them, using hydrometers to calculate the saltiness of the water, and so on.



SALTED AND PRESERVED FISH

■ HERPAC

Polígono Industrial El Olivar, s/n - Barbate
Tel. 956 431 376- 956 431 908

herpac@herpac.com

www.herpac.com



SALT PANS AND ESTUARIES

■ SALINAS DE CHICLANA.

CENTRO DE RECURSOS AMBIENTALES SALINAS DE CHICLANA
Salina Santa María de Jesús (Camino de los Esteros, junto a Pol. Urbisur) - Chiclana de la Frontera

Tel. 956 538 126 - 667 664 844-670 465 909

coordinacion.cra@salinasdechiclan.com

www.salinasdechiclan.com

The "Salinas de Chiclana" Environmental Resource Centre was set up to reclaim and conserve the natural and cultural resources of the Bay of Cádiz Nature Reserve, where it is located. It gives visitors access to a traditional salt pan that has been completely restored. It includes a real salt house, a salt production museum and two stunning estuaries dedicated to the breeding and study of fish. Numerous activities are organised, such as salt tastings, seaweed tastings, gastronomy tastings, estuary fishing, estuary fish tastings and cooking workshops. It also has a salt panning school.

■ SALINAS DE LA TAPA

C.R.A. «Coto de la Isleta» Camino Tiro Pichón, s/n - El Puerto de Santa María
Tel. 956 560 123

cotoisleta@cotoisleta.com

www.cotoisleta.com |



OTHER PLACES TO VISIT

■ MOLINO DE ABAJO

Tel. 956 716 219 El Bosque-Cádiz

info@elmolinodeabajo.com

www.elmolinodeabajo.com

At El Bosque, just on the way into town, is the Molino de Abajo, an old watermill that has been restored and turned into a museum. Workshops are given showing visitors how to make bread that they then bake. The museum can only be visited by telephoning in advance.



CHEESE DAIRIES

■ QUESERÍA MADRIGUERAS

Ctra. de Madrigueras (CA 4405),
km 3 - Algodonales

Tel. 645 866 179

rvalle@granjamadriguerras.com

www.granjamadriguerras.com |

■ FINCA DE LAS HAZUELAS

Ctra. Grazalema-Ronda, 50 - Grazalema

Tel. 956 234 018

info@pringon.com

www.pringon.com

■ AGROPECUARIA EL BUCARITO

Carretera. A-491 km 12,5 - Rota
Tel. 956 101 264

quesos@elbucarito.es

www.elbucarito.es |

■ QUESERÍA EL CABRERO DE BOLONIA

C/ Realillo, 20. Bolonia (Tarifa)
Tel. 650 421 774

elcabrerodebolonia.blogspot.com.es

|







CÓRDOBA

The Córdoba cuisine of today is the result of a long tradition, strongly influenced by the **different cultures** that have passed through this land. The use of olive oil dates back to **Roman times** and locals are still devoted to this staple ingredient of the Mediterranean diet. Córdoba's love of adding greens and vegetables to its dishes comes from the **Moors**, as do the use of nuts and sweet and sour flavours; meats such as pork were introduced by the **Christians** after the Reconquista. And not forgetting the sweets and cakes that bear the hallmark of the **Jewish culture**.

Córdoba cuisine is **wide-ranging and full of nuances**, owing to the sheer variety and high quality of its ingredients, produced by the veritable larder that is this geographical area. The **sierra** provides the Ibérico pork from which we get the wonderful **Pedroches Ham** (with Designation of Origin), **honey**, chestnuts, wild asparagus and **big game**. From the **countryside** and the **meadows** of the Guadalquivir come the **olive oil**, **wine** and vinegar of **Montilla-Moriles** and **fruits** such as Palma **oranges**, **quince** from Puente Genil and peaches from Almodóvar. Not forgetting the anises and mantecados of **Rute**, the **cheeses** of Zuheros, the **chickpeas** of Cañete de las Torres and the **garlic** of Montalbán.

Its national and international prestige is partly down to admiration for the work of the **young chefs of Córdoba**, such as **Kisko García**, with his own Michelin star, who has injected **imagination** into the ancient recipes of his homeland. In recent times, a network of **restaurants and gastropubs** has been set up, providing something different and opening the way to more **modern, creative cooking**. All this in a province whose capital, Córdoba, was named **Ibero-American Capital of Gastronomic Culture 2014** and is one of the few cities to have a **Chair of Gastronomy**, the only one in Andalusia and one of only four in Spain.

■ OLIVE OILS OF CÓRDOBA

Closely linked by its **history and tradition** to Córdoba, the olive oil produced in Córdoba is **world renowned**. It has a floral aroma, a dash of spiciness and bitterness and an exceptional balance of flavours. This liquid gold is omnipresent in the local cuisine. It is used to dress **salads and gazpachos**, such as the popular salmorejo (**SEE RECIPES, P. 270**); cook **vegetable soups**; make stews and fried dishes; and is used in the **rich Andalusian confectionery**.

There are four **Designations of Origin** that cover the province's best olive oils. The **PDO Baena** is a very aromatic, fruity oil produced in Baena, Cabra, Castro del Río, Doña Mencía, Luque, Nueva Carteya and Zuheros. There is even an **Association of Friends of the Baena Olive**, which promotes friendly relations between people working in this sector. Famous names from the worlds of politics, the arts, gastronomy and science are honorary members of this association.

The **PDO Priego de Córdoba** relates to an oil that also has a fruity aroma, but is also sweet, slightly spicy, with a touch of bitterness and a yellowish-green hue. It is produced in the Sierras Subbéticas Nature Reserve, in the districts of Almedinilla, Carcabuey, Fuente Tójar and Priego de Córdoba. The **PDO Montoro-Adamuz** is produced



■ Guided tour through the Ancient Olive Grove Route in Priego de Córdoba, Córdoba.

in Adamuz, Córdoba, Espiel, Montoro, Obejo, Villaharta, Villanueva del Rey and Villaviciosa. It has a more intense bitterness and is thicker on the palate. And, last but not least, the PDO **Lucena**, with a fruity, mellow flavoured oil with a touch of almond and that achieves a delicate yet smooth balance between bitter and spicy. This region is located in the southern part of the province of Córdoba and it comprises 10 districts: Aguilar de la Frontera, Benamejé, Encinas Reales, Iznájar, Lucena, Montilla, Monturque, Moriles, Puente Genil and Rute.

As well as the numerous **oil pressing facilities** that can be visited throughout the entire province, there are plenty of **museums** and themed centres that focus on olive oil. For example, there is the **Baena Olive and Oil Museum** (SEE WHAT TO VISIT, P 128), The Juan Colín Oil Press and Museum (Montilla) (SEE WHAT TO VISIT, P 129), the **Sierra de Adamuz Olive Centre** (SEE WHAT TO VISIT, P 127) and the **Hecoliva Olive Oil Museum** (Cabra), to name but a few (SEE WHAT TO VISIT, P 128).



■ PDO Priego de Córdoba virgin olive oil.



■ PDO Priego de Córdoba oil tasting.



■ Tasting at Aceitías Vizzántar, PDO Priego de Córdoba, Córdoba.



■ Salmorejo cordobés.



■ Flamenquín cordobés.

■ SALMOREJO CORDOBÉS

The fruits and vegetables of Córdoba's fields and meadows are an indispensable part of the local cuisine. They are used in everything from a **picadillo cordobés** (made with cucumber, onion, pepper and tomatoes, finely chopped and dressed with olive oil, vinegar and salt) to **artichokes a la montillana** (SEE RECIPES, P 266), **beans in a clay pot**, **aubergines** in honey and recipes that use oranges, such as **crushed orange with cod** or the typical **remoión** (SEE RECIPES, P 269). The **oranges** grown in the groves of **Palma del Río** stand out for their excellent quality and taste.

But if there is one dish that everyone identifies with Córdoba, it's **salmorejo** (SEE RECIPES, P 270). It even has its own public holiday (held on April 24th) and its own Association, which aims to protect it, as well as establish links and promote it worldwide: the **Cofradía Gastronómica del Salmorejo Cordobés**. The recipe is made by mashing **breadcrumbs** and then adding **garlic**, **extra virgin olive oil**, **vinegar** (optional), **salt** and **tomatoes**. It is eaten either with a spoon or by dipping bread in it, and it is usually served with a **garnish** of other ingredients scattered on top, such as **ham shavings**, **croutons** or crumbled **boiled egg**. This light, nutritious and refreshing cold soup is not just eaten as a starter, **but also used as a sauce for other dishes** like rabbit, partridge in salmorejo and fried dishes.

Almost as typical as salmorejo is **flamenquín cordobés** (SEE RECIPES, P 277), made from very finely cut ribbons of pork loin and strips of lightly cured serrano ham that are rolled up and dipped in egg, breaded and fried in olive oil. In 2015 the city of Córdoba entered the Guinness Book of Records by making a flamenquín cordobés **110.75 metres** in length during the 'Flamen-King Gastronomy Week'.

TRADITIONAL FLAVOURS

In line with the Mediterranean diet, the **traditional cuisine** of Córdoba takes its tastes and aromas from the **produce of the countryside**, which enable popular dishes to be made using **mushrooms**, asparagus, artichokes, peppers and **pulses** cooked on an open fire, a la plancha, stewed, sautéed, steamed, roasted, in a Spanish tortilla, stir-fried or with a simple dressing. Because this province is such a rich hunting ground, **game** is cooked in delicious **stews and rice dishes**, especially venison, boar, partridge and hare. And then there are the casseroles and stews, like “**amonás**” **bean stew** or **olla cordobesa**, a typical dish for farmworkers, similar to the “**cocido**” made in other parts of Andalusia and Castile.

In all these dishes there is one essential ingredient: **garlic**. The town of **Montalbán de Córdoba** is widely known for its garlic farms and is the **biggest garlic producer in Andalusia** and one of the biggest in Europe. There is a long tradition of garlic growing in this area and it has won considerable prestige, just like the local **melon**. An annual **International Garlic Fair** has been running for **many years now**. The garlic crops are mainly produced by **family businesses** that have successfully adapted to the modern age by creating high quality, innovative products. One example is **La Abuela Carmen** in Montalbán, the first company in Andalusia to produce **black garlic**. Guided visits can be made by appointment (**SEE WHAT TO VISIT, P. 127**).

Many of the home-cooked dishes of Córdoba would not exist were it not for the **chickpea**, especially when one considers the quality of those grown in the town of **Cañete de las Torres**. There are two varieties of chickpea, known “**perezoso**” and “**rabanera**”, names taken from farms in the areas in which they have traditionally been grown. They are delicious in a **stew** and even in simple yet tasty **tortillitas de garbanzos**, or chickpea fritters.



■ Battered fried aubergines.



■ Córdoba has a varied assortment of recipes for meats prepared in delicious ways.



■ Pigs' trotters.



■ Venison loin.

MONTILLA-MORILES WINES

Wine provides the clearest example of the perfect match between the **tradition and the quality** of Córdoba's cuisine. Since ancient times, vines have been grown and wines produced in the southern part of Córdoba. Production has become highly professional, leading to excellent local wines **with a wide range of flavours and aromas** that have earned international fame and that are a key element in the gastronomy of Córdoba. The “**fino**” wines made with **Designation of Origin Montilla-Moriles** are excellent, but so are the reds made under the Protected Geographical Indication **Regional Wine of 'Córdoba'**, and the whites of the Protected Geographical Indication **Regional Wine of 'Villaviciosa de Córdoba'**.

The **fortified wines** of the **PDO Montilla-Moriles**, especially the organic ones, occupy a different sector within the world of wines. Fino, amontillado, oloroso and Pedro Ximénez are simply incomparable, the exclusive product of a wine region that cannot be transferred to any other area of Spain. Their uniqueness is due to the combination of the **soil** (chalky white soil that has the perfect quality for growing vines), the **climate** and the **grape** used to produce it, the **Pedro Ximénez** variety. Eight of the towns covered by the PDO (Aguilar de la Frontera, Fernán Núñez, La Rambla, Lucena, Montemayor, Montilla, Moriles and Puente Genil) as well as the city of Córdoba itself, make up the **Montilla-Moriles Wine Route** (**SEE GASTRONOMIC ROUTES, P. 246**), an area full of cultural and fun activities, with wine and oil cellars to be visited, restaurants, places to stay, wine festivals, a rich cuisine and numerous **themed information centres and museums** (**SEE WHAT TO VISIT, P. 127**), such as the Toro Albalá Wine and Grape Museum (Aguilar de la Frontera), the Pedro Ximénez Wine Museum (Montemayor) and the Moriles Wine Centre, among others.



■ Sample of wines from the PDO Montilla-Moriles.

As well as accompanying meals, Montilla-Moriles wines have become a staple ingredient in the new wave of **creative cooking**, giving chefs an opportunity to find **innovative flavours**. Thus, a reduction of **Pedro Ximénez** is used to decorate desserts, such as ice creams, as well as appetizers or main courses, and it has shown itself to be a fantastic ingredient. This sweet wine provides contrasts that satisfy every palate: it provides a contrast for savoury dishes and it enhances sweet dishes.

Another product with a Designation of Origin is **Montilla-Moriles vinegar**, obtained solely from wines certified with the PDO 'Montilla-Moriles'. They include **Pedro Ximénez sweet vinegar**: a real gastronomic discovery. With its very dark colour, it is richly nuanced and exceptionally aromatic. It is an essential condiment for all kinds of meats, especially game, as well as for sauces. It's also ideal for salads and to accompany desserts such as strawberries and vanilla ice cream.

Tabernas

*The 'taberna' has special significance in the city of Córdoba as a popular meeting place. They originate from the houses where wine was sold in Roman times, and the name remains unchanged today. Old neighbourhoods such as **San Andrés**, **San Lorenzo** and, especially, **Santa Marina**, boast the largest number of these timeless establishments, where conversation flows amongst the wine and exquisite local gastronomy. These taverns play host to two interesting cultural events that take place throughout the year: the **Flamenco Series through the Tabernas Route** (January-April) and the **Taberna and Wine Literary Route**.*



■ Designation of Origin 'Pedroches Ham'.

LOS PEDROCHES IBÉRICO HAM

It would be impossible to talk about Córdoba's cuisine without mentioning **pork**. It is the basic ingredient in stews, casseroles and adobos and is truly excellent when it comes to **artisan sausages and cured meats** and, of course, as **ham**, which has its own **Designation of Origin 'Los Pedroches Ham'**. Of all the local sausages, it's worth highlighting the **onion morcilla of Almedinilla** or the **meat and white sausages of Fuente Tójar**. To get to know these traditions better, visit the **Butchery Museum** in Alcaracejos ([SEE WHAT TO VISIT, P. 128](#)) and the **Grazing and Meadows Information Centre** in Villanueva de Córdoba ([SEE WHAT TO VISIT, P. 131](#)).

Ibérico pork is both the heart and economic force of the northern part of Córdoba province. It's mainly in the districts of **Los Pedroches and Valle del Guadiato** where one finds the biggest and best preserved holm, cork and gall oak groves in Europe (**Dehesas de Sierra Morena**, listed as a UNESCO Biosphere Reserve) and where this amazing animal is bred. The unique geographical and climatic conditions, along with the use of **traditional pig-rearing methods**, such as the fact that they are exclusively fed on grass and acorns, have led to Ibérico pork products becoming **world famous**.

The Ibérico pigs covered by this PDO live **free-range** in large oak groves and in **permanent motion**, which gives rise to the high quality of the meat. The production of hams and shoulders of pork is a **traditional process** based on the natural climatic conditions of the northern part of Córdoba province. The result is a **succulent, sweet product** (because of the high natural sugar content of acorns), with a pleasant characteristic aroma.

Some of the **companies certified with PDO** offer interesting **guided tours** (SEE WHAT TO VISIT, P 126) of their facilities, such as **Ibérico de Cardena**, which invites visitors around its ham drying cellar and explains the entire process involved in producing Ibérico acorn-fed ham. The **Belloterra Delicatessen de Añora** organises a tour of its factory where you can see the different stages of production: entry, classification, salting, post-salting, drying and “resting” in the cellar. There is also a demonstration of ham butchery and a tasting of acorn-fed Ibérico products (ham, loin, salchichón, chorizo, etc.).

Los Pedroches is also linked to another species of livestock: **lamb**. It is used in famous recipes such as **honeyed lamb** and **la caldereta**, an old shepherd's dish that is now the speciality of many restaurants thanks to the quality of the pastures on which these merino sheep graze.

MUSHROOMS AND CHEESES

Villaviciosa, the home of hunting par excellence, is one of Andalusia's **most mushroom-abundant towns**. Regional government data show that **up to 40,000 kilos of milk caps may be picked** every year, as well as another species that is found in abundance here, the **faisán del pino**, which is not as highly valued by cooks. In the **Sierra de Montoro-Cardena** it is easy to find faisán de jara, one of the area's most sought-after mushrooms. It is a **true delicacy** that is traditionally eaten but not widely marketed. The recipe could not be simpler: faisán de jara sautéed with garlic and a hint of chilli pepper.

Las Subbéticas Nature Reserve is made up of Mediterranean holm and gall oak groves, where many species of mushrooms and fungi abound. It is the only place in the province where one can find the rare **black truffle**, known as the “diamond of the kitchen”, as well as álamo and colmenillas mushrooms. In Las Subbéticas we find **Priego de Córdoba**, which has one of the greatest attractions for mushroom-



■ The wide variety of mushrooms and fungi in Córdoba allows diners to enjoy diverse and varied recipes featuring this natural ingredient.

lovers: the **La Trufa Mycological Garden and Andalusian Centre of Mycology** (SEE WHAT TO VISIT, P 130), a must-see for children and adults that includes the Santa Rita botanical/mycological trail.

In the **sierras of Córdoba** there are wonderful **cheeses** made from 60% cow's milk and 40% goat's milk. Two areas stand out for their **unique local cheeses**. One of them is the **Valle de los Pedroches** where a truly unique sheep's milk cheese is made and cured. Its flavour contains all the aromas of the local grasses and it is one of the few cheeses in Andalusia that has a scored rind. In the district of **Sierras Subbéticas** a wide range of goat's cheeses is made, particularly in the town of **Zuheros**.

SWEETS AND ANISE LIQUEUR

Confectionery is another of the strong points in Córdoba's cuisine, with the influence of the Moors clearly evident. Typical sweets like **alfajores**, **pestiños** (SEE RECIPES, P 285) or **pastel cordobés** (SEE RECIPES, P 284) are deeply rooted in the recipes of Andalusia. The latter is the most iconic dessert of the city of Córdoba and consists of a flaky pastry filled with candied citron known as “cabello de ángel”, covered with toasted almond flakes and dusted with sugar and cinnamon.

The town of **Rute** makes two products that have earned it international fame: its **anise liqueur** and its **mantecados**, both of which have their own **museums** (SEE WHAT TO VISIT, P 130), full of surprises and curiosities relating to the history of these liqueurs and sweets. The **anise liqueur of Rute** has a **Protected Geographical Indication** and is still made in the distilleries of Córdoba following the traditional methods that have been used since the 17th century to produce this deservedly famous drink.

The **mantecado of Rute** owes its prestige principally to the high quality of its ingredients and to its artisan production techniques, which date back to the early 20th century. It is a kind of dough ball made from wheat flour, pork lard and sugar, which is often eaten as dessert at Christmas. They are also made in the town of **Montoro** and have different names depending on their ingredients and shape. Some of the most common include the **almond mantecado** (the most well-known); the **artisan mantecado**, made with cinnamon essence and topped with sesame seeds; **chocolate mantecado**; **lemon mantecado** and puff pastry mantecado.

Honey is an essential ingredient in the home-made sweets of Córdoba, and can be found in torrijas, flores de miel, roscos, bizcochos and hojuelas. It is primarily produced in the Natural Reserves of **Sierra de Hornachuelos** and **Cardena-Montoro**, where the bee-keepers still use centuries-old methods that give this honey its outstanding quality. And from honey to **quince**, an exceptional



■ Pestiños (honey-coated fritters).

and highly nutritious fruit that is a distinguishing feature of **Puente Genil**, a town that produces more than 4 million tonnes of this fruit, which is also grown in **Zagrilla (Priego de Córdoba)**, **Carcabuey** and **Fuente Palmera**. As well as dulce de membrillo, or quince cheese, Puente Genil factories produce delicious marmalades, jams and fruit fillings. These processes can be observed during a **guided tour** of the facilities of **Membrillo El Quijote (SEE WHAT TO VISIT, P 127)**, one of the leading quince cheese companies in Spain that exports its products all over the world.

Organic Córdoba

Table olives are produced in Cabra, organic eggs in Pozoblanco, preserves in Villarrubia and Priego de Córdoba, bread in Montilla, cakes in Rute, nuts in Villaviciosa and Priego de Córdoba and organic meat in Fuente Obejuna. Fruit and vegetables come from Montalbán, pulses from Montemayor and precooked dishes are prepared in La Carlota using organic ingredients. Córdoba also produces organic oil, wines and vinegar.



www.epea.es





WINERIES

(PART OF THE MONTILLA-MORILES WINE ROUTE)

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MONTILLA



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bodegascabrillana@ya.com
www.cabrillana.es

BODEGAS CRUZ CONDE

Ronda del Canillo, 4
Tel. 957 651 250 - 957 651 254
info@bodegascruzconde.es
www.bodegascruzconde.es  

BODEGAS LAGAR BLANCO

Ctra. de Cuesta Blanca, km 4
Tel. 957 651 145 - 618 591 963
lagarblanco@hotmail.com
www.lagarblanco.es  

BODEGAS LOS OLIVARES

Avda. Europa, 20
Tel. 957 650 830
anora@anora.es
www.vinosdeanora.es

BODEGAS NAVARRO

Avda. Antonio y Miguel Navarro, 1
Tel. 957 650 644
bodegasnavarro@bodegasnavarro.com
www.bodegasnavarro.com


BODEGAS PÉREZ BARQUERO

Avda. de Andalucía, 27
Tel. 957 650 500 - 957 650 508 -
687 980 423
visitas@perezbarquero.com
www.perezbarquero.com 

COOPERATIVA AGRICOLA LA UNIÓN

Avda. de Italia, 1
Tel. 957 651 855 - 661 765 736
info@cooperativaunion.com
www.cooperativaunion.com

COOPERATIVA LA AURORA

Avda. de Europa, 7
Tel. 957 650 362 - 639 375 656
calidad@bodegaslaaurora.com
www.bodegaslaaurora.com 

LAGAR CAÑADA NAVARRO

Vereda del Cerro Macho s/n, Sierra de Montilla
Tel. 677 483 512 - 677 494 366
info@canadanavarro.es
www.canadanavarro.es

LAGAR LA PRIMILLA

Carretera Montilla-Llano del Espinar, km 5,100
Tel. 957 335 024 - 679 397 714
-680 464 097
www.laprimilla.es

NAVISA-COBOS

Ctra. de Montalbán, s/n
Tel. 957 650 450
navisa@navisa.es
www.navisa.es

MORILES

BODEGAS A. DOBLAS MARTOS

C/ 28 de Febrero, 25
Tel. 957 537 942 - 717 - 652 898 135
bodegas@adoblasmartos.com
www.adoblasmartos.com

BODEGAS LAGAR EL MONTE

Ctra. Moriles-Aguilar, km 1
Tel. 957 537 103 - 755 -653 286 117
info@bodegaselmonte.com
www.bodegaselmonte.com



GARLIC COMPANIES

LA ABUELA CARMEN

Compañía Norteáfricana de Comercio, S.L. - Pol. Ind. el Horcajo, s/n - Montalbán
Tel. 957 310 452
info@laabuelacarmen.com
www.laabuelacarmen.com  




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BELLOTERRA DELICATESSEN, S.L.

Polígono Industrial Palomares, 1 - Añora
Tel. 957 13 19 07
visitas@belloterra.es
www.belloterra.es  

IBÉRICO DE CARDEÑA, S.L.

Camino del Cerezo, s/n - Cardeña
Tel. 957 174 350
www.ibericocodecardeña.es 



MUSEUMS AND INTERPRETATION CENTERS

CENTRO DE INTERPRETACIÓN DEL OLIVAR DE SIERRA DE ADAMUZ

Pol. Ind. Camino de las Huertas s/n- Adamuz. Tel. 857 896 016
centrodelolivo@adamuz.es
www.centrodelolivardesierradeadamuz.blogspot.com.es
Features a garden where the four most important olive tree varieties in Adamuz are represented. Inside, visitors can discover the world of olives and olive oil as they walk through the six exhibition rooms, with both old machinery and the newest technology in panels, videos and interactive screens.

CENTRO DE INTERPRETACIÓN DEL PAISAJE Y LA HISTORIA (CIPAHF)

Cerro del Castillo s/n- Aguilar de la Frontera. Tel. 957 688 203
ciphaf@aguiarlafrontera.es
www.ciphaf.com / www.castillodeaguiarlafrontera.blogspot.com
A visit to the CIPAHF (Aguilar de la Frontera History and Landscape Interpretation Centre) provides a multidisciplinary tour combining archaeology and landscape. The





diverse and vibrant landscape can be seen from this hilltop, thanks to the location of Aguilar in the heart of the Campiña Alta area. It is part of the Vinárea Network, a network of spaces that promote Montilla-Moriles Route tourism.

■ MUSEO CULTURAL DEL VINO Y LA VID DE TORO ALBALÁ

Avda. Antonio Sánchez, 1- Aguilar de la Frontera. Tel. 957 660 046

rsanchez@toroalbala.com

www.toroalbala.com  

Located in the Toro-Albalá Wineries, you can take a stroll through the history of wine, with a collection of oenological objects that show the intense relationship that has existed between wine and man throughout the centuries. It has a room dedicated to popular arts and archaeology (fossils, minerals and other objects, including a gold Bacchus), while another room displays tools, machines, watches, literature and antique objects relating to the art of wine.

■ MUSEO DE LA MATANZA

C/ Capitán Ferrer Morales, s/n - Alcaracejos. Tel. 957 156 311

www.alcaracejos.net

This is an ethnographic institution, with content specifically focused on the rearing, slaughtering and use of pigs and what this tradition has meant for the subsistence economy of Los Pedroches and more specifically of Alcaracejos. A whole selection of tools needed for this culinary tradition is on display (huge containers for seasoning the meats, large pots for placing over the fire...).

■ MUSEO DEL OLIVAR Y EL ACEITE

Calle Cañada, 7 - Baena. Tel. 957 691 641

info@museoaceite.com

www.museoaceite.com

Enclavado en el antiguo Molino de Don José Alcalá, cuenta con una zona de recepción, la almazara, restaurada y en funcionamiento, la bodega y una sala de usos múltiples donde se pueden ver diferentes audiovisuales. La mayor parte de la maquinaria de la almazara data de mediados del siglo XIX.

■ CENTRO DE INTERPRETACIÓN TREN DEL ACEITE

Avenida de Santa Teresa de Jornet, s/n -Cabra. Tel. 957 522 777

trendelaceite@wanadoo.es


www.trendelaceite.com

Set in the old Mill of Don José Alcalá, it has a reception area, a restored and functioning oil press, a cellar and a multi-purpose room with a variety of audiovisual material. Most of the oil press machinery dates from the mid-19th century.

■ MUSEO DEL ACEITE DE OLIVA HECOLIVA

Vado del Moro, 2 – Cabra. Tel. 957 521 771

hecoliva@hecoliva.com

www.hecoliva.com 

Located in the old Cabra railway station, this themed space uses the latest museum techniques to introduce visitors both to the world of the railway and to the culture of olive oil, all revolving around the Oil Green Way, an old railway line that has been transformed into a track for all kinds of active tourism.

■ MUSEO DE LA CAMPIÑA

Parque Llano de Las Fuentes s/n – Fernán Núñez. Tel. 957 380 062

tenenciadealcaldia@fernannunez.es

The centre is organised as an open-air museum based on the theming of one of the city's parks. It is part of the Vinárea Network, a network of spaces that promote Montilla-Moriles Route tourism.

■ OLIVINO: CENTRO ENOGASTRONÓMICO DE LA RUTA DEL VINO

Antigua estación de ferrocarril rehabilitada de Las Navas del Sempillar (Lucena)

Tel. 957 513 282 - 957 537 718

turismo@aytolucena.es

The building has various rooms equipped with audiovisual and interactive material about the landscape and gastronomy of the area as well as about its links to traditional crops. The warehouses of the old railway station have been restored and are now an audiovisual room, while outside an exhibition room about olive grove has been set up, covered by a pergola. The design is rounded off with a taberna, used for product tastings, as well as offices, a reception room and a spacious viewpoint at the foot of the olive grove, as well as a parking area. It is part of the Vinárea Network, a network of spaces that promote Montilla-Moriles Route tourism.

■ MUSEO DEL VINO MEMORIA DEL PEDRO XIMÉNEZ

Ctra. Córdoba-Málaga, km. 435 - Montemayor

Tel. 957 384 582 – 663 705 871

museodelvino@montemayor.es

memoriasdelpedroximenez.wordpress.com 

The conversion of the San Acacio cooperative winery – the heart of Pedro Ximénez in Montemayor – into a leisure and museum space has created a centre that provides information on as well as pays tribute to the generations who have produced one of the best wines in the world for decades. It is part of the Vinárea Network, a network of spaces that promote Montilla-Moriles Route tourism.

■ ALMAZARA Y MUSEO DEL ACEITE JUAN COLÍN

Carretera Montilla-Nueva Carteya, km. 4,5 - Montilla

Tel. 957 650 888 - 620 796 647

aceitesbellido@hotmail.com

www.museodelaceitedeolivavirgenjuanocolin.blogspot.com.es

Right in the heart of Andalusia is the Juan Colín Mill, a farm dedicated to cultivating olive groves and to producing Extra Virgin Olive Oil. The museum preserves and teaches about the rich and varied olive oil legacy, even preserving the old milling systems.

■ CENTRO DE ARTE CONTEMPORÁNEO Y VINO ENVIDARTE

Avda. José Padillo Delgado, junto a las Naves Municipales-Montilla

Tel. 957 655 141

turismo@montilla.es

Built on a now renovated former industrial space, Envidarte aims to be a benchmark for new artists, combining permanent collections (relating to wine culture) with temporary exhibitions on different themes in one space. It is part of the Vinárea Network, a network of spaces that promote Montilla-Moriles Route tourism.

■ MUSEO DEL MOSTO CASTILLO DE MORILES

C/ 28 de Febrero, s/n -Moriles

Tel. 957 537 783 - 615 626 949

info@castillodemoriles.com

www.castillodemoriles.com  

In its museum space, visitors are treated to an exhibition on the way grape must be used to be extracted and processed. Old traditional recipes based on must have also been recovered, such as arropé (a type of grape concentrate) or gachas de mosto (a syrupy dessert made from grapes) – exquisite and popular flavours you can sample here.

■ CENTRO DE INTERPRETACIÓN LAGAR DE VIDA

Ctra. Moriles- Aguilar, km 1 - Moriles. Tel. 957 537 000

info@moriles.es

In Lagar de Vida, alongside showcasing the relationship between wine and Moriles, there is also the permanent installation 'Planet Wine'. Through computer links are





used to show in real time what happens in eight Designations of Origin from around the world. It is part of the Vinárea Network, a network of spaces that promote Montilla-Moriles Route tourism.

■ JARDÍN MICOLÓGICO Y CENTRO ANDALUZ DE MICOLOGÍA " LA TRUFA"

Ctra. CO-8211 (De A-339 A Fuente Alhama por Zagrilla Baja y el Esparragal) , km 7.25. Aldea de Zagrilla (Priego de Córdoba)
Tel. 671 599 562

jmicologico.latrufa.cma@juntadeandalucia.es

The Mycological Garden – the only one dedicated to mushrooms and truffles in the Community of Andalusia, and currently the only Mycological Garden in Europe – is a constantly evolving garden that will produce a wide variety of fungi in a completely natural way, and therefore it is structured into the eight major ecosystems of Andalusia. There is also an interesting exhibition of giant mushroom and fungi sculptures. The Andalusian Mycology Centre, inside this extensive garden, has an exhibition room with panels and novel interactive elements that provide information on Andalusia's most important fungus species..

■ MUSEO DE LA ALMENDRA FRANCISCO MORALES

Ctra. Camponubes, s/n - Zamoranos (Priego de Córdoba). Tel. 957 556 006
museo@almendrasfmorales.com

www.museodelaalmondra.com  

Since 1910, the Morales family has been selling some of the more than 100 almond varieties found in Spain. This museum is a tribute to an entire family dynasty and is a space for teaching and raising awareness about almonds, their history, how they are cultivated and their extraordinary properties. The museum features a main room that exhibits a fabulous collection of old machinery, still in perfect working order, relating to the processing of almonds.

■ CASA MUSEO DEL JAMÓN

Jamones Rute

C/Virgen de la Cabeza, 5- Rute. Tel. 957 539 227

www.jamonesrute.com 

Traditional slaughter tools are on display, along with a collection of old spice tins, showcasing the history of the artisan production of ham and sausages.

■ EXPOSICIÓN DE CHOCOLATE DE GALLEROS ARTESANOS

Ctra. Lucena/Rute km 19 - Rute. Tel. 957 538 072

www.gallerosartesanos.com

Galleros Artesanos in Rute has the largest chocolate depiction of Bethlehem in Spain. It recreates streets, temples, characters and scenes from daily life. Every year, the master chocolatiers create a new chocolate Bethlehem with the most representative monuments of the main locations in Andalusia. While visiting Galleros Artesanos, visitors can also see the 'Character Room', with chocolate figurines representing, for example, members of the Spanish Royal Family. You can also admire Hansel and Gretel's Chocolate Cottage, the Halloween Castle, the Town of El Rocío, Cabezo Hill with the Virgin of La Cabeza sanctuary and, most recently, even Spongebob Squarepants.

■ MUSEO DEL ANÍS

Destilerías Duende

Paseo Fresno, 2- Rute . Tel. 957 538 143

info@destileriasduende.com / www.destileriasduende.com

The copper stills where anise liqueur is still produced are displayed in the maceration room, along with a selection of glazed earthenware jars containing different fruits, herbs and seeds. The so-called Women's Room features female icons (famous popular singers, bullfighters, etc.) in the marketing of various products.

■ MUSEO DEL MANTECADO

C/Málaga, 32 – Rute. Tel. 957 532 845

www.laflorederrute.es  

Step into the past with the recreation of an old mantecado biscuit factory while walking among tools, old machinery and curiosities such as autographs from famous fans such as Rafael Alberti or Camilo José Cela. There is also a permanent exhibition called 'Andalusia in Sugar and Chocolate' that includes monuments and famous Andalusians made completely out of sugar and chocolate, from the Disney Castle and St Peter's Basilica to life-sized figures of the Duchess of Alba or painters such as Picasso or Dalí, as well as paintings such as Guernica. It is the biggest exhibition of sugar monuments in Andalusia.

■ CENTRO DE INTERPRETACIÓN DE LA DEHESA

C/ Pozoblanco 3 -Villanueva de Córdoba

Tel. 957 120 603

turismo@villanuevadecordoba.com

www.villanuevadecordoba.com

Located in a typical 19th-century house, this centre offers an overview of the history, ecosystem and uses of pastureland through explanatory panels and the use of new technologies.



COOPERS

(PART OF THE MONTILLA-MORILES WINE ROUTE)

■ TONELERÍA DEL SUR

Avda. Marqués de la Vega de Armijo, 110 -Montilla

Tel. 957 655 796 - 957 651 087

info@toneleriadelsur.com

www.toneleriadelsur.com

■ TONELERÍA MANUEL CABELLO M.

Avda. Marqués de la Vega de Armijo, 112 -Montilla

Tel. 957 656 080 - 957 652 743

info@toneleriamanuelcabello.com

www.toneleriamanuelcabello.com





granada

GRANADA

The diverse gastronomy of Granada is the result of its far-reaching cultural legacy, as well as its **unique landscape and climate**. While the **Vega area** supplies **vegetables** such as famous **Huétor Tájara asparagus**, for making salads and cold soups, inland, the **low temperatures** mean thick **stews, soups and hotpots**, featuring meaty ingredients such as **magnificent 'Segureño' lamb**. La Alpujarra is rich in **pork products** (where the star is **Trevélez Ham**), in contrast with the cuisine of the **Costa Tropical**, with its **fresh fish** and tropical fruits, especially the **cherimoya**, which has its own Designation of Origin. A unique touch to the local cuisine is provided by prestigious **Riofrío organic caviar**, the only **certified organic Spanish caviar**.

The **excellent oils** from the province, with two Designations of Origin ('**Montes de Granada**' and '**Poniente de Granada**') are used to dress **typical dishes** such as broad beans with ham ([SEE RECIPES, P 267](#)), potatoes 'a lo pobre', remojón granadino ([SEE RECIPES, P 269](#)), garlic kid and '**plato alpujarreño**', which tends to consist of pork loin ([SEE RECIPES, P 277](#)), longaniza sausage, potatoes 'a lo pobre' with fried eggs, black pudding and Serrano ham. These recipes can be accompanied by any of the **Quality Wines or Regional Wines** produced in Granada. When it comes to sweets, one highlight is the **baked goods produced in convents**, as well as **Moorish treats**, many of which feature '**Granada Honey**' (PDO) as a key ingredient.

The **tapeo** is one of the hallmarks of Granada's gastronomy. Tapas are offered **free of charge** when you order a drink, a beer or a glass of wine, and they are a true reflection of the culinary specialities of this area, from **potatoes 'a lo pobre'**, to fried aubergines with honey, fried fish, Sacromonte Spanish omelette, a few spoonfuls of special **stews** and, of course, its famous ham. It is usually the tavern owners themselves that choose the tapas to be offered, and the customer respectfully accepts their choice, although in some bars **there is a menu showing the various options**. **San Agustín Gourmet Market**, in Granada city centre, offers tapas for all tastes.

SAUSAGES AND CHEESES

Some of the district's best pigs are reared in the **Zalabí Valley**, in the **Guadix and El Marquesado area**, used to produce the **sausage meat** that will become ingredients in mixed meat dishes such as **tortas de pringue** or **olla matancers**: sausages such as **chorizo**, **morcilla**, **salchichón**, **morcón**; pork loin 'en orza' or 'embuchado' (dry-cured tenderloin)... In the **Altiplano area**, there is a custom of **marinating some parts of the pig** (almost always loins and ribs) so that they can be used throughout the rest of the year. These portions are kept in earthenware jars called '**orzas**', which has given its name to various dishes such as **lomo en orza** ([SEE RECIPES, P 277](#)), which is often served with chips or a salad.

But without a doubt, the star pork product in Granada is **Trevélez Ham**, recognised with Protected Geographical Indication, which the famous Granada native **Eugenia de Montijo** included in the imperial menus of the French court. It is cured in the **highest town in Spain**, 1,467m above sea level at the foot of Mulhacén, the highest peak in the Iberian Peninsula. The winds from the mountains create the special **microclimate** that is perfect for drying and curing. This, combined with minimal seasoning, makes it a **sweet ham**, with a





■ Broad beans with ham

very pleasant taste, an essential ingredient in dishes such as **broad beans with ham** (SEE RECIPES, P 267), the 'plato alpujarreño' or **Láujar trout** (grilled with Serrano ham) (SEE RECIPES, P 273).

To be part of the Protected Geographical Indication, the ham must only come from Landrace, Large-White and Duroc-Jersey breeds or crosses of these breeds; it must be cured in a natural area with certain factors of altitude (over 1,200 metres), temperature and humidity. The **towns** that are covered by this designation are Trévélz, Juviles, Busquístar, Pórtugos, La Tahá, Bubión, Capileira and Bérchules. In the Alpujarra area, there are various businesses and curing facilities that organise activities and tours, such as **Jamones Vallejo** and **González Ortiz**, both located in Trévélz (SEE WHAT TO VISIT, P 151).

Another prominent local meat is '**Segureño**' lamb (SEE RECIPES, P 275), which is indigenous to the Sierras de Segura and la Sagra. The meat is tender, pink and juicy, of excellent quality and well known for its lack of the common grassy taste. With **Protected Geographical Indication**, the most common ways to cook it are to grill it or roast it, as well as being used in recipes such as lamb with cabañil garlic sauce, typical of the highlands of Granada. For more information, you can visit the **Segureño Lamb Interpretation and Dissemination Centre** in Huéscar (SEE WHAT TO VISIT, P 148).

The province of Granada boasts a **variety of excellent artisan cheeses**, made with sheep's milk (such as those made in La Calahorra), with raw goat's milk and also with a mixture of goat's and cow's milk. Traditionally, cheese has always been produced in **La Alpujarra**, as everyone who had a flock or herd produced it for their own consumption. In **Válor, Cástaras** and **Murtas**, the cheese dairies have always observed the hallmark that has brought fame

Lanjarón water

*Lanjarón, one of the world's most long-lived towns, is home to one of Spain's major bottling companies, which offers high mountain water of great purity and weak mineralisation that is particularly good for drinking and preparing baby food. The town is also home to the **Water Museum** (SEE WHAT TO VISIT, P 149).*



■ Segureño lamb

to the cheeses from this part of Granada, made with goat's and sheep's milk: artisan, 100% natural and with a very particular taste.

In the west of Granada, they use milk from the **indigenous Murcia-Granada breed of goat** reared by breeders in the area, leading to cheeses that have been widely recognised with the numerous national prizes. This is the case for the products made by **Quesería Cortijo El Aserradero** in Alhama de Granada, (SEE WHAT TO VISIT, P 151), which offers **tours** of both the cheese dairy as well as the Murcia-Granada goat farm, explaining to tourists how cheeses are made and then offering a tasting of their various products.

■ RIOFRÍO STURGEON CAVIAR

In recent years, Riofrío, a small borough of Loja, has become a benchmark in the gastronomy of Granada and its restaurants a meeting point for the best gourmands. The 'culprit' is none other than the first **certified organic caviar** in the world, which has been produced since 2001 at the **Riofrío Fish Farm**, a benchmark for organic production through fish farming as the only company to fully develop this selective process in all their products. The products vary from **fresh, frozen or hot-smoked trout and sturgeon**, to **creams and patés** or the amazing **caviar bites**, a different and exclusive way to try authentic caviar, as a cocktail, a shot or simply on a cocktail stick.

This fish farm – founded in 1958 by **two businessmen** from the north of the country who had opened one of the first fish farms in Spain in their home region of Navarra – has successfully bred the world's **largest population of sturgeon in captivity**, with around 400,000 specimens of *Acipenser Nacarii*, a species in danger of extinction,



■ Riofrío caviar is the world's first certified organic caviar



■ Caviar bites

whose females need about 16 years of rearing – double the time for most regular caviar on the market. Amongst the **agritourism activities** offered by the company ([SEE WHAT TO VISIT, P 151](#)), there are guided tours of the trout and sturgeon ponds, **caviar tasting** and **special experiences**, from entering the pond and manually selecting a female, to making your own caviar with the female that you've chosen.

FISH AND TROPICAL FRUIT

The abundant fish and shellfish provided by the sea are cooked to perfection in a traditional way on the **Costa Tropical of Granada**. However, they also know how to make the most of the subtropical exotic fruits that are grown in towns such as Salobreña, Motril and Almuñécar, with more innovative creations. With such high quality raw material, in the coastal area you can find **typical dishes that are very different to the rest of the country**: prawn salad with mango, custard apple cake, roast chicken with avocado leaves, cazuela mohína (an almond-based cake), fish soup, potatoes with dogfish and many more that go alongside the characteristic fried fish and grilled seafood.

Noway lobsters prepared as part of **fisherman's rice**, deep-water rose shrimp and **Motril shrimp**, are all of exceptional quality, with the latter being local to the coast of Granada and highly prized and sought after in the local restaurants because of its delicate flesh and rarity. Some of the most prominent **fish** are **red porgy**, **white sea bream**, **gilt-head sea bream** and **sea bass**, as well as other less common species such as **forkbeards**, **red scorpionfish**, **moray eels** and **skates**, the last of which is used in recipes such as stewed skate in Motril or lemon skate in Salobreña. Sardine **moraga** stew and **sardine espetos** (where they are cooked on skewers over embers) are two other coastal specialities from Granada.

The real tropical microclimate of the coast of Granada makes it possible to grow tropical fruits such as the **cherimoya**, which has a **Designation of Origin** it shares with the coast of Málaga: Costa Tropical of Granada-Málaga Cherimoya. **Mangos**, **medlars**, **guavas** and **avocados** are also grown and are used in dishes such as mango

salad with prawns, wonderful and different cherimoya ice cream with blueberry coulis, cherimoya cake or even a refreshing sorbet.

The creation of the **Almuñécar Town Council's Subtropical Crop Municipal Board** has encouraged research and development regarding new varieties of fruit. This led to the creation of '**El Zahorí**' ([SEE WHAT TO VISIT, P 146](#)), an experimental farm that grows different varieties of mango, avocado, cherimoya and lychee. It has become another of the town's agritourism attractions, inviting tourists to visit the estate in a 4x4 or on foot, seeing and tasting its tropical fruits. Requiring advance booking, **Finca el Pinero** in Almuñécar ([SEE WHAT TO VISIT, P 146](#)), offers a day in the countryside tasting wine, tapas and, of course, fruit, while in **La Herradura** (Almuñécar), is **Finca San Ramón** ([SEE WHAT TO VISIT, P 146](#)), which provides guided tours of the plantations and tastings of the recently harvested fruit.

THE PRODUCE OF GRANADA

As well as the tropical fruits of the coast, the fields and meadows of Granada also produce excellent fruit and vegetables that are more typical of this part of the world. Particular highlights include **Huétor Tájar asparagus**, with its own **Protected Geographical Indication**, a green-purple asparagus originating in the undergrowth of the Genil river where it grew in the wild. As well as being grown in Huétor Tájar, it is also grown in Loja, Salar, Villanueva de Mesía, Moraleda de Zafayona and Íllora, where it is sold fresh and as a preserve. It is ideal for grilling, cooking and adding to scrambled eggs. In the Guadix and El Marquesado area, the star fruits are **Torre Cardela cherries** and **Fonelas and Purullena peaches**, with the latter town even having a whole festival dedicated to this fruit, which is used make fine desserts with such as poached peaches with lemon. Meanwhile, in Valle de Lecrín, oranges and lemons are the stars.

Fresh broad beans are a very important product in Granada, as are **aubergines** and **artichokes**. They are very versatile as well as delicious and easy to prepare, whether in typical dishes such as **broad beans with ham** (a typical tapas dish throughout the province) ([SEE RECIPES, P 267](#)) and Granada-style green bean casserole



■ Arroz marineru (fisherman's rice).



■ Tropical fruit from Granada.



■ Huétor Tájar asparagus



■ Olla de San Antón, one of the typical stews of Granada province.



■ Fennel stew.

(made with onion, tomato, garlic and artichokes), to the **Spanish omelette** made in Atarfe or the **dry beans** eaten in Churriana de la Vega. **Potatoes ‘a lo pobre’**, with fried egg and peppers, is another popular dish in Granada, and is a wonderful side dish at any time of year. In the **west of Granada**, delicious stews made with local produce are very common, such as ajoblanco (cold garlic and almond soup) with black pudding and pisto de verano (a summer stew), both from Moraleda de Zafayona, or **mushrooms** from Alhama de Granada.

The **grains** grown in the extensive fields of the province feature heavily in many dishes in Granada. Some of the most popular recipes include **migas**, hormigos (a dish containing tomato, green pepper, onion, garlic, water, salt flour, broad beans and chorizo or cod), **andrajos** (which differs from the other two in its content of hare and rabbit meat and colouring) ([SEE RECIPES, P 278](#)), **noodles**, **gurullos** (dough made from flour and water in the shape of grains of rice), **tarbinas** (gachas with aniseed and cubes of fried bread) or simply **gachas**. These can be accompanied by a wide variety of products such as garlic hare or rabbit, grapes, honey, tomatoes and peppers, potatoes, paprika...

All of these specialities from Granada contain an essential ingredient: **olive oil**, a product that has many different nuances in its flavour. Granada has a huge area of olive groves with different characteristics, which are almost all found within the province's two **Designations of Origin** for oils. The PDO ‘**Poniente de Granada**’ produces extra virgin olive oil with a fresh, ripe fruit aromas and flavour, made with olive varieties with a long tradition in the district. Meanwhile, PDO **Montes de Granada** covers the largest area of olive groves in the province, with towns in the districts of Montes Orientales, Guadix, Vega de Granada and Altiplano. Oil-related **tourist activities** that are being developed in the province include visits to **oil mills** ([SEE WHAT TO VISIT, P 146](#)) and **museums** ([SEE WHAT TO VISIT, P. 148](#)) such as the Vélez de Benaudalla Olive Oil Museum and the Iznaloliva Active Oil Tourism Centre (Iznalloz) or the Almazara de Paulenca Oil Museum in Guadix.

WINES AND SPIRITS

In recent years, the wine scene in Granada has become geared towards producing **quality wines** that are warmly received on the market, while some of the best Andalusian wines are being commercialised at wine-producing businesses in areas such as **La Alpujarra**. Adapting to new wine-making techniques has been key to this success, along with recovering traditional varieties, such as Vigiriega. There has also been an impact from the favourable and particular **geographical characteristics of the province**, with vineyards at high altitudes, subject to great climatic contrasts. The result is **wines with lots of personality** that have been recognised with four quality designations: PDO ‘Granada’ Quality Wines and the PGI ‘Altiplano de Sierra Nevada’, ‘Cumbres del Guadalfeo’ and ‘Laderas del Genil’ Regional Wines. The rise in **wine tourism** ([SEE WHAT TO VISIT, P. 147](#)) has meant that the numerous wineries in Granada are working to create appealing settings and to design activities that are interesting for visitors who are fascinated by the world of wine: **tastings, guided tours, musical shows, etc.** There are also interesting themed museums such as the **Alpujárride Wine Centre** in Torvizcón ([SEE WHAT TO VISIT, P. 150](#)) and the **Huétor Vega Oenological Interpretation Centre** ([SEE WHAT TO VISIT, P. 148](#)).

When it comes to spirits, Granada has a wide variety to choose from. **Espino Negro sloe brandy** is made in Monachil using sloes from the Sierra Nevada, producing an organic and delicious drink. In the high plateaus you can find artisan spirits such as mistela sweet wine or ‘**chumichurri**’. With the molasses from sugar cane – a crop introduced to the province in the 10th century associated with



■ Pamapaneira in the Granadan Alpujarra

Craft Beer

*Granada has had its own beer, **Alhambra**, since 1925, which is still the inseparable companion to tapas in bars around the province. Less well known, but also excellent and completely artisan, is **Mammooth** ([SEE WHAT TO VISIT, P. 148](#)), which is made in the municipality of **Padul**, where the factory offers guided tours with tastings.*

the Muslim presence, **Ron Montero** (Motril) has spent over half a century making superior quality spirits, produced in an artisan and family-run way. Another excellent spirit brand, **Ron Mondero**, can be found in Salobreña.

Sugar cane has shaped the landscape, history and industry of the Costa Tropical of Granada for over a thousand years. Few people know that sugar cane does not originate from the Caribbean – a common misconception – but that in fact it arrived there on ships from Columbus' second voyage. He brought it from Spain, in particular from the Costa Tropical of Granada, where the microclimate created by the Sierra Nevada formed the ideal climate to grow it. Today, sugar cane is the new gourmet attraction of the Costa Tropical, taking centre stage on **tourist routes** with visits to the **Ron Montero Distillery** ([SEE WHAT TO VISIT, P 147](#)), the **Preindustrial Sugar Museum** ([SEE WHAT TO VISIT, P 149](#)) and the **Sugar Can Interpretation Centre** ([SEE WHAT TO VISIT, P 149](#)), all in Motril, as well as **Finca la Zafra** in Salobreña ([SEE WHAT TO VISIT, P 146](#)).

Halfway between the Costa Tropical and the Sierra Nevada, in the Valle de Lecrín, in the town of Padul, **Embrujo de Granada pure malt whisky** is distilled at **Destilerías Liber** ([SEE WHAT TO VISIT, P 147](#)), a very high quality whisky that uses water from the Sierra Nevada in its ingredients. Unlike Scottish whisky, this is made with yeasts that are exposed to high temperatures and aged in American oak barrels that have held sherry for more than twenty years, which gives it a particular taste.



■ When it comes to spirits, Granada has a wide variety to choose from.

SWEETS AND HONEY

Honey, sugar, almonds and spices are the main ingredients in baked goods in Granada, which have a clear **Arab influence**. However, it is the sweets made by **nun in cloistered convents** that have gained the most fame, especially in the city of Granada. There are as many specialities as orders and convents: fruits in syrup from the Comendadoras de Santiago, nazarí cake from the Convento de la Encarnación, huesos de santo marzipan rolls from Santa Catalina, hojarasca biscuits from Isabel la Real, etc.

Each area of the province has its own typical baked goods, above all the famous **Piononos** ([SEE RECIPES, P 285](#)), small pastries that seemingly got their name from Pope Pio IX (Pio Nono); it is worth a visit to **Santa Fe** for these alone. In the Granadan Alpujarra, the cuajados from Murtas, the fig bread from Turón and the sweet pumpkin from Cádiar, Ugíjar and Válór all stand out. The **Altiplano** area has traditional goods including puff pastries, torta de aceite biscuits, pumpkin-peel marmalade turnovers and rosco de vino biscuits. **Guadix** and **El Marquesado** are where you can try the popular Guadix tocinillo and leche frita and borrachuelo biscuits from Compotéjar. In the **west of Granada**, the Muslim influence can be seen in the ring-shaped rolls and huesos de santo from Loja or in any of the sweets made by the **Hermanas Clarisas** in Alhama de Granada. Highlights on the **Costa Tropical** include the Torta Real from Motril or pestiños from Vélez de Benaudalla ([SEE RECIPES, P 285](#)), while in the Sierra Nevada, you have to try papaviejos ([SEE RECIPES, P 284](#)) from Cenes de la Vega and huesos de santo from Monachil.



■ Traditional baked goods in Loja.



■ Santa Fe 'Piononos'.

Granada province is a **major honey-producing area**, with one of the two unique honeys with **Protected Designations of Origin** in Spain. The main factor that gives 'Granada Honey' its particular characteristics is the **wealth of flowers** in the province, as 70% of the apiaries are in natural parks with many endemic botanical species. It offers an excellent quality and wide variety of **colours, flavours and aromas**, from single flower honeys from chestnut, rosemary, thyme, orange, avocado (exclusive from the area) and lavender flowers, to multi-flower honeys such as the mountain honey and thousand flower honey. A visit to the **Lanjarón Honey Museum** (SEE WHAT TO VISIT, P. 149) can provide lots of interesting insight.



Alfacar Bread

*Following the same old methods, wood-fired ovens are still used in Alfacar, where the dough is placed on fire bricks, giving the bread its particular and slight smoky aroma. This delectable artisan wood-baked bread has a Protected Geographical Indication (which includes the production area of the towns of **Alfacar and Viznar**) and supplies a large part of the Metropolitan Area of Granada. The Alfacar Bakers' Guild organises visits to **local ovens** and **specific courses** (SEE WHAT TO VISIT, P. 146).*





AGRITOURISM ACTIVITIES

■ HORNOS DE PAN DE ALFACAR

Gremio de Panaderos de Alfacar
Tel. 958 540 824 - 600 214 092

Bespoke organisation of visits to ovens and of specific courses for schoolchildren, visitors, groups, professionals, etc.

■ FINCA EL PINERO

Almuñécar - Tel. 677 062 318

info@fincaelpinero.com

www.fincaelpinero.com

Guided tours of the estate where tropical fruits are grown, with wine tasting and food.

■ FINCA EXPERIMENTAL EL ZAHORÍ

Almuñécar

Tel. 607 912 784

The guided tour allows you to see, find out about and try the tropical fruits that are grown on the estate, from avocados, cherimoyas and mangos to lychees and guava. There is also an explanation of how the weather station on the estate works.

■ FINCA SAN RAMÓN

La Herradura - Almuñécar

infofincasanramon@gmail.com

www.fincasanramon.net

Guided tours around the various plantations and tasting of recently harvested tropical and exotic fruit in the farmhouse.

■ FINCA LA ZAFRA

Camino de las aguas, s/n - Salobreña

Tel. 605 351 215

fincalamelaza@gmail.com

This sugar cane estate offers guided tours that explain its history and origins, tools as well as tasting of both the sugar cane and its juice.



OIL MILLS AND OIL COMPANIES

■ COOPERATIVA DE ACEITE SAN SEBASTIÁN

Puente del Ventorro, s/n - Benalúa de las Villas

Tel. 958 390 402

www.sansebastiansca.org

■ ALMAZARA QUARYAT DILLAR

Finca las Ánimas - Dílar

Tel. 958 512 673

info@quaryatdillar.com

www.quaryatdillar.com

■ HEREDEROS DE FCO. ROLDÁN S.L.

Ctra. Puerto Lope, s/n - Íllora

Tel. 958 463 046

info@roldanoliva.com

www.roldanoliva.com

■ ALMAZARA CAMPOPINEDA

Avda. de Almería, s/n - Piñar

Tel. 958 106 262

comunicacion@aceitescampopineda.com

www.aceitescampopineda.com



WINERES

(THAN CAN BE VISITED AND OFFER WINE TOURISM ACTIVITIES)

■ BODEGAS JABALCÓN

Ctra. de Granada, km 3 - Baza

Tel. 958 063 887

info@bodegasjabalcon.com

<http://www.bodegasjabalcon.com>

■ BODEGA PAGO DE ALMARAES

Ctra. Fonelas, km 1. Camino de

Almaraes - Benalúa de Guadix

Tel. 958 348 752 - 695 904 104

info@bodegaspagodealmaraes.es

www.bodegaspagodealmaraes.es

■ BODEGA ALQUERÍA DE MORAYMA

Carretera A - 348, km 50 - Cádiar

Tel. 958 343 221 - 958 343 303

info@alqueriamorayma.com

www.alqueriamorayma.com

■ BODEGA ROMERO GARCÍA

Cortijo el Anchurón - Darro

Tel. 958 277 764 - 608 457 732

info@anchuron.es

www.anchuron.es

■ BODEGA MÉNDEZ MOYA

Carretera el Pocico, km 95 - Dólar

Tel. 958 698 018 - 629 123 399

www.mendezmoya.com

■ BODEGAS H. CALVENTE

C/ Viñilla 6 - Jete

Tel. 34 958 644 179

info@bodegashcalvente.com

www.bodegashcalvente.com

■ BODEGA CORTIJO FUENTEZUELAS

Cortijo Fuentezuelas - Laroles (Nevada)

Tel. 626 422 076

bodegasfuentezuelas@yahoo.es

www.bodegasfuentezuelas.es

■ BODEGA CUATRO VIENTOS

Finca Cuatro Vientos S.L. - Ctra.

Murtas, km 7 - Murtas

Tel. 958 956 958 - 650 616 206

bodegacuatrovientos@gmail.com

www.bodegacuatrovientos.es

■ BODEGA DOMINIO BUENAVISTA

Cortijo Buenavista - Ugíjar

Tel. 958 767 254 - 696 59 2548

info@dominiobuenavista.com

www.dominiobuenavista.com

■ BODEGA SEÑORÍO DE NEVADA

Ctra. de Cónchar, s/n - Villamena

Tel. 958 777 092 - 958 777 062

reservas@senoriodenevada.es

www.senoriodenevada.es



DISTILLERIES

■ DESTILERÍAS LÍBER

Polígono Industrial La Paloma. Calle Mulhacén - El Padul

Tel. 958 796 061

info@destileriasliber.com

www.destileriasliber.com

Discover in situ how a malt is made in the south of the Sierra Nevada and admire the two stills built by a craftsman from Albaicín. Spirit tastings at the bar or alongside the stills.

■ RON MONTERO

Carretera de la Celulosa, s/n - Motril

Tel. 958 600 183

info@ronmontero.com

www.ronmontero.com

The guided tour introduces visitors to the production process, including the alcohol distilled by the family themselves, and also includes the barrel room. Tastings and cocktail workshops are also on offer and there are two rum-related tours: one based around culture and the other gastronomy, with a mobile phone app available on its website. The Ron Montero Distillery is the only one in Europe that is open to the public.





THE TAPEO

■ MERCADO SAN AGUSTÍN GOURMET

Plaza de San Agustín, s/n – Granada

Tel. 958 105 001

info@sanagustingourmet.com

www.sanagustingourmet.com  

Located in San Agustín Market, next to the cathedral, you can choose between more than 600 freshly made products that can be enjoyed in the indoor dining area or on the spacious air-conditioned terrace. Gourmet food at market prices. They organise exclusive wine tastings and free tastings.



BEER COMPANIES

■ CERVEZAS MAMMOTH

Polígono Industrial «La Paloma». C/ El caballo, s/n – El Padul

Tel. 686 502 808

info@cervezasmammoth.es

www.cervezasmammoth.es 



MUSEUMS AND INTERPRETATION CENTERS

■ CENTRO DE INTERPRETACIÓN MICOLÓGICO

San Sebastián, 1 - Caniles

Tel. 958 710 903

■ CENTRO DE INTERPRETACIÓN Y DIFUSIÓN DEL CORDERO SEGREÑO

Antigua Iglesia y Convento de San Francisco - Huéscar

www.cicoshuescar.wordpress.com

■ CENTRO DE INTERPRETACIÓN ENOLÓGICO

Granada, 45. Edificio Huerta Cercada - Huétor Vega

Tel. 958 300 511

www.huetorvega.es

You can enjoy a guided tour and a tasting session of Huétor Vega must wine, of high regard in Granada. It explains the history of the wine, how it is made, the visualisation of aromas, the tasting phase and includes interactive tasting tables.

■ CENTRO DE OLEOTURISMO ACTIVO. IZNAOLIVA

Explanada de la Estación - Iznalloz

Tel. 958 384 179

distribucion@iznaoliva.com

www.iznaoliva.com  

The oil cooperative Ntra. Sra. De los Remedios de Iznalloz, one of the biggest in the province, aims to teach visitors about olives, promoting tourist interest in olive heritage, through the Olive Oil Tourism Centre, located in an old oil mill.

■ MUSEO MICOLÓGICO

Paraje del Enebral - Iznalloz

Tel. 958 346 226

An old forest house in the parish of El Sotillo houses this small centre for studying different types of mushrooms. In its four rooms, there are over 150 varieties of different fungi and truffles on display, with photographs and models.

■ MUSEO DEL AGUA

Señor de la Expiración, 95 – Lanjarón

Tel. 958 770 977

www.lanjaron.es

The exhibition takes place across different rooms with audiovisual content on different topics: the water's course, water resources, water memories and a fourth room situated in the exterior patio built entirely from wood, which prepares the visitor for this unprecedented journey through the sensations and history of Lanjarón water.

■ MUSEO DE LA MIEL

Finca Berta Wilhelmi. Camino Barrancos, s/n - Lanjarón

Tel. 958 771 196

mieldegranada@mieldegranada.com

www.mieldegranada.com 

The Apiculture for the Conservation of Biodiversity Interpretation is located in a wonderful natural spot known as Finca Berta Wilhelmi (in memory of the apiculture entrepreneur who was based in Lanjarón since 1870), on the edge of the Sierra Nevada National Park. Here, visitors can enjoy four educational areas: the impressive wax press, the only one of its kind that exists in Andalusia, the educational bee-keeping route with static panels dotted around the gardens, the collection of beehives from different periods and finally the Honey Museum, with dynamic and interactive activities designed to teach about the wide world of the bee in an entertaining and participative way.

■ CENTRO DE INTERPRETACIÓN DE LA CAÑA DE AZÚCAR

Bajos de Turismo, Parque de los Pueblos de América - Motril

Tel. 958 838 450

cultura@motril.es

www.motril.es

Here you can find out about the complex and long-standing sugar manufacturing tradition that made Motril the European capital of this product. It essentially focuses on the botanical and scientific aspects of sugar, using the primary source, the cane, as the common theme.

■ MUSEO PREINDUSTRIAL DE LA CAÑA DE AZÚCAR

Avda. Marquesa de Esquilache, 4 - Motril

Tel. 958 822 206

museodelazucar@motril.es

www.motril.es

Situated over the ruins of an old 16th-century sugar mill, the La Palma sugar mill is a space where you can learn about the sugar production and commercialisation process from the 13th to the 18th centuries. It houses to-scale reproductions of the mills and presses, as well as the rooms for cooking and purifying the sugar loaves. It is home to Europe's oldest sugar mill and its collection of tools is truly impressive.





■ CENTRO TEMÁTICO DEL VINO

Bodega Cuatro Vientos
Finca Cuatro Vientos S.L. - Ctra. Murtas, km 7 - Murtas
Tel. 958 956 958 - 650 616 206
bodegacuatrovientos@gmail.com
www.bodegacuatrovientos.es  

The Bodega Cuatro Vientos Wine Centre has become an icon for wine tourism in the area, allowing tourists to enter the wonderful world of La Contraviesa wine. The visit is made up of the following aspects: tasting room (with an audiovisual welcome), Contraviesa Wine Museum, old winery, audiovisual show 'The soul of the winery', maceration room, vine garden and Threshing Museum. It ends with a wine tasting.



■ MUSEO DE LA ALMAZARA DE LAS LAERILLAS

Canalón - Nigüelas
Tel. 958 777 636
This museum is divided into five areas, starting with the olive carrying patio and ending at the office, with its large earthenware jars where oil was stored, passing through the old animal-powered mill, two huge presses, the tank and the water-powered mill.

■ MUSEO DEL ACEITE ALMAZARA DE PAULENCA

Nuestra Señora de la Paz, 40 - Paulenca (Guadix)
Tel. 958 665 464 - 629 642 445
info@almazaradepaulenca.com
www.almazaradepaulenca.com
The Almazara de Paulenca is an old oil mill from the 18th century that was in operation until 1975. It was restored and made into an interactive oil museum with functioning machinery for visitors.

■ CENTRO TEMÁTICO DEL VINO ALPUJÁRRIDE

Finca Juan de Reyes s/n. Carretera de Haza del Lino a Murtas, km 4,1 - Torvizcón
Tel. 622 959 500
www.alpujarride.com  
This centre offers the chance to journey through the wine culture in the province of Granada and Alpujarra in particular, with tastings, the opportunity to participate in harvesting and crushing grapes, gastronomy workshops to learn about and find out how to make the best dishes and recipes, etc.

■ MUSEO DEL ACEITE ANDALUZ

Carretera Bailén-Motril, km 186,5 - Vélez de Benaudalla
Tel. 958 658 089-626 754 752
museoaceiteandaluz@gmail.com
www.museodelaceiteandaluz.com  





FISH FARMS

■ PISCIFACTORÍA LAS FUENTES

Camino de las Fuentes, s/n - Huéscar (Granada)
Tel. 958 344 447
info@piscifactorialasfuentes.es
www.piscifactorialasfuentes.es


■ PISCIFACTORIA DE RIOFRÍO

Camino de la Piscifactoría nº 2 - Riofrío
Tel. 958 322 621
comercial@caviarderiofrío.com
www.caviarderiofrío.com  
Guided tours of the trout and sturgeon ponds. Special experiences such as entering the sturgeon pond to select a female that the visitor can later use to make their own caviar, which they can then purchase and try. Themed meals.



CHEESE DAIRIES

■ QUESERÍA CORTIJO EL ASERRADERO

Carretera Alhama Salar, km 5 - Alhama de Granada
Tel. 649 498 647 - 680 195 539
lopezjimenez78@gmail.com
www.queseriacortijoelaserradero.com 



HAM CURING

■ SECADERO DE JAMONES EL MIRADOR

Carretera de Sierra Nevada km 22,7 - Sierra Nevada
Tel. 958 340 212
jmanuelcompany@hotmail.com

■ LLANOS DE PAJARES, S.L.

C/Puente, s/n - Trevélez
Tel. 958 858 758
info@lasoleratrevelez.com
www.lasoleratrevelez.com

■ SECADERO DE JAMONES GONZÁLEZ ORTIZ

Jamones la Ruta de Trevélez
Pista del Barrio Medio - Trevélez
Tel. 958 858 632
info@jamoneslarutadetrevelez.com
www.jamoneslarutadetrevelez.com

■ SECADERO DE JAMONES VALLEJO

Haza de la iglesia, s/n - Trevélez
Tel. 958 858 535
luisjorge@jamonesvallejo.com
www.jamonesvallejo.com

huelva

HUELVA

The cuisine of Huelva stands out for its **diversity**, with the province lying between the **sea and mountains** and taking notes from the culinary traditions of neighbours such as Extremadura and Portugal. The close **proximity of neighbouring Portugal** – a country with which there is obvious cultural exchange when it comes linguistic, social and gastronomic habits – has also significantly influenced how food is made, in particular the presence of ingredients and spices in typically Portuguese dishes such as **Portuguese-style cod**, **rice with chestnuts** (a dish that became popular in the 1940s thanks to the arrival of chestnuts on the black market from the neighbouring country), **cream cakes** and an endless number of desserts whose main ingredient is **almond**.

From the **mountains**, there is the famous Iberian pig industry, best known for its ham, which has been recognised with the **Designation of Origin Huelva Ham**. Besides this delicacy, there are also all kinds of **cured meats** than can be sampled alongside delicious fresh meats: sirloin, tenderloin, shoulder, fillet, etc., as well as **game**, **goat's cheeses** and delicious Sierra de Aracena **mushrooms**. All accompanied by magnificent **wines** that have the **Designation of Origin Condado de Huelva**, which also cover the local **vinegar**. For dessert, there is nothing better than some tasty local **strawberries** and a glass of sour cherry **liqueur** or a **Palma del Condado** brandy.

The centre of the province has a simple, natural and delicious **seasonal cuisine**, full of nuances and ancient flavours, offering the best products from both farm and wild harvests, as well as a **variety of large and small game**. The game is used to make delectable **traditional stews** such as rabbit and partridge in gravy **broad beans 'enzapatás'** and lamb stew ([SEE RECIPES, P 275](#)).

The sea is another great provider for this province. It offers tasty and famous seafood such as the **Huelva deep-water rose shrimp**

or the ever-popular **cuttlefish**, which always found on local tables. Here fish is usually eaten fried, grilled, roasted or in stews, with the most common fish being tuna, monkfish, meagre and sardines. Approximately 200 tonnes of shrimp are unloaded at the Isla Cristina fish market, equal to 75% of the sales of this species in the Gulf of Cádiz. Also important are the **preserve industries** of **Ayamonte** and **Isla Cristina**, towns that come under the Protected Geographical Indications **Andalusian Mackerel and Bullet Tuna and Frigate Tuna**.



THE CUISINE OF THE SEA

If the hams of the mountain are renowned for their quality, so too are the **fish and shellfish** that arrive daily at the ports of Isla Cristina, Huelva, El Rompido (Cartaya), Ayamonte, El Terron (Lepe) and Punta Umbría, which will become the main stairs of Huelva's gastronomy. It is a must to try the fresh **fish** that comes from the ports in these places, particularly the **tuna**, **sardines**, sole, wedge sole, monkfish, red porgy and meagre, which are fried, minced, grilled or used in seafood stews. Dishes that cannot be missed include **sardines in 'pimientilla'**, **skate in paprika**, **meagre 'encebollado'** and tuna with tomatoes, all of which perfectly combine the flavour of the fish with the **aromas of the expertly used spices** and the qualities provided by the **local produce**.



■ Noodles stewed with donax clams, prawns, clams and scarlet shrimp.



■ Cuttlefish with broad beans.



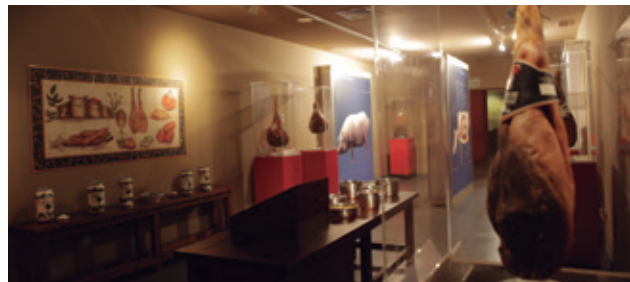
■ Huelva deep-water rose shrimp.

The coast of Huelva offers wonderful and famous **shellfish and molluscs** such as prawns, razor clams, striped venus, lobsters, spiny lobsters, Norway lobsters, donax clams and the well-known **Huelva deep-water rose shrimp**, recognisable by the **pinkish colour of its flesh** when cooked and the bright white of its legs. It is known for its **soft texture**, its aroma and **taste**, as well as for its **versatility** as an ingredient for preparing a variety of dishes for all tastes, from **shrimp cocktail** and **Russian salad** to **grilled shrimp**, or, the most famous dish: **boiled deep-water rose shrimp**, which highlights all its culinary properties by simply but precisely boiling the shrimp in salted water.

Cuttlefish is another hallmark of Huelva's gastronomy. This cephalopod, which gives its name to the city of Huelva's inhabitants, known as '**choqueros**' (from '**choco**', the **Spanish for cuttlefish**), is prepared in a **soupy rice dish** along with the donax clams and shellfish mentioned above, closely related to a similar **Portuguese dish**. Cuttlefish was traditionally linked with the most humble cuisine, cooked with **fresh broad beans** when in season. It is now a typical and unparalleled dish on menus in Huelva, along with **fried cuttlefish and cuttlefish balls**.

Huelva cuttlefish

*Its importance in the region's cuisine is reflected in the menus of the province's bars and restaurants, where it's always on offer in one form or another. For example there is the traditional **cuttlefish stew with beans**, where the sauce of onions, garlic, pepper and tomato is mixed with the unmistakable flavour of cuttlefish, beans and rice. Even in the **Huelva Market** there are several fish stalls that only sell cuttlefish, and a stall selling cuttlefish balls, made on request to your liking. They can roll them into balls for you, or you can take the mixture home to roll them yourself later.*



■ Ham Museum in Aracena.

The thriving **preserves industry** on the coast of Huelva, especially in municipalities such as **Isla Cristina** and **Ayamonte**, means that excellent tinned **tuna**, mackerel or bullet tuna and frigate tuna, dried roe or salted sardines, are a common feature in local lunch dishes. Isla Cristina y Barbate (Cádiz) are the largest producer of **tuna mojama** in Andalusia.

■ HUELVA HAM

Inland in Huelva province, in **Sierra de Aracena** is the home of one of the **most international** products in Spanish gastronomy, **acorn-fed Iberian ham**, which, due to its excellent quality, boasts the **Designation of Origin Huelva Ham**. The vast pastureland is the ideal for rearing the Iberian pig, around which a meat industry has grown up that has become a **hallmark and economic pillar** of the mountain villages. Particularly notable are the towns of **Aracena**, which has a **Ham Museum** ([SEE WHAT TO VISIT, P 165](#)), and **Jabugo**, considered the capital of ham and Iberian pork meat and sausages, due to being the home of numerous slaughterhouses, curing facilities and sausage factories. In Cumbres Mayores during the December bank holiday, it is possible to sample **the biggest portion of Iberian ham in the world** (made up of 22 *patas negras*) during the **Saborea Cumbres Mayores Food Festival**.

The many culinary possibilities offered by the Iberian pig cannot be missed. Delicious tapas, hors d'oeuvres and main courses are created from **products derived** from Iberian pork such as loin, tenderloin, shoulder, fillet, dewlaps, offal, ribs, acorn-fed ham, cured loin and sausage, which are associated with other products typical of the local gastronomy: **Migas** in autumn and winter, – especially on rainy days, **scrambled eggs with wild asparagus**, **pisto Serrano** and **winter gazpacho**. These are essential recipes for understanding simple, unpretentious cooking where flavour and fresh produce come before sophistication.



■ Iberian ham is present in a good part of the province's gastronomy.



■ Mushrooms are an exceedingly important part of Huelva's gastronomy.



■ The combination of vegetables, meats, mushrooms and pulses creates delicious traditional stews. Photo: 'Mostrenca' lamb stew

Spanish chefs such as Ferrán Adriá, Juan Mari Arzak, Joan Roca, Carmen Ruscateda, Martín Berasategui, amongst others, paved the way for avant-garde and signature cuisine decades ago and were already using Huelva ham in their dishes back then, offering a much more modern vision of how it can be eaten. It is currently the **Regulatory Board** of the Designation of Origin Huelva Ham that is in charge of **promoting** this star product. It organises **activities** that will immerse visitors into the culture and information about ham. It offers options such as training sessions about the world of ham, the slicing ritual, sensory or organoleptic tasting; an experience that can be enriched by adding a **visit to a pasture or winery**, or complemented with a meal in a restaurant, with accommodation in charming rural surrounding and a visit to the museum. For more information, contact the Regulatory Board (**SEE PRACTICAL INFORMATION, P. 296**). It is also recommended to try the **Jabugo Route** (**SEE GASTRONOMIC ROUTES, P. 234**) a **gastro-tourism initiative** that allows visitors to get a close-up view of the world of the Iberian pig, from its natural habitat (pastureland), to tastings at the table, as well as seeing how the hams and sausages are cured in cellars and drying rooms.

■ MUSHROOMS AND MOUNTAINS

Along with Iberian ham, the jewel in the crown of **mountain cuisine**, there are also **soups and stews** made with the best ingredients and lots of patience, with recipes that contain all the flavour and essence of life of the people who make them. The combination of vegetables, game, lamb, mushrooms and pulses creates great dishes, **traditional stews** such as 'peso' soups, 'matanza' stew, piñonates, migas, 'descorchadores' soup, potato cakes, Serrano stew, 'gañán' garlic and the popular **Escacena del Campo chickpea stew**. This chickpea, with a **Protected Geographical Indication**, is grown in a type of soil known locally as 'barros', which, along with the marine influence thanks to its proximity to the coast and the Doñana nature reserve, give it a delicate, creamy softness that makes it unique.

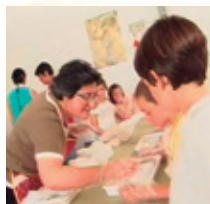
Mushrooms are an **exceedingly important** part of Huelva's **gastronomy**. The **Sierra de Aracena and Picos de Aroche** is one of the richest districts in the world in terms of variety and quantities of mushrooms that grow all over the natural park. The first autumn rain, along with the temperate climate, clay soil and an ideal habitat formed by Mediterranean forests consisting of holm, cork and gall oaks, results in the presence of more than **500 different species** that carpet this natural space. **Gathering** them has become a **tourist attraction**.

In the Sierra you can find mushrooms at **any time of the year**, although the most highly valued ones grow in autumn, when the rain moistens the ground. **Tanas, chanterelles, tentullos and gallipernos** emerge after the autumn rain and are found in the **local cuisine**, whether they are roasted, in stews, with scrambled eggs, grilled, fried in batter, in **croquettes** or even in **liqueurs**. The most famous mushroom in **Andévalo**, a region of Huelva located between the mountains and the coast, is the **white truffle**, also known as 'turma' or 'patata de tierra'. It is a very rare species that cannot be cultivated and can only be kept fresh for a few days. Huelva's **El Almendro** region pays homage to the turma every year in the **El Andévalo Food Festival**, which includes tastings.



Serrano cheeses

*The recent boom in the artisan **goat's cheese** industry (in all the different forms of the cheese: fresh, cured, in oil, etc.), has restored this traditional product to its prestigious status, with a growing presence in local gastronomy. Visitors can head to **Quesería Monte Robledo** in Aracena and take part in their **cheese workshop**, where they will be taught how to make goat's cheese using a totally artisan method (**SEE WHAT TO VISIT, P. 168**).*



The **Gurumelo** can only be found in the mountains of Huelva, Sevilla and in the south of Extremadura, and is a very expensive mushroom due to its scarcity and its status as a 'gourmet' mushroom. They are cooked in a variety of ways: grilled, with scrambled eggs, chopped in 'picadillos', in stews, Spanish omelettes, **croquettes** and even in pasties. Every third weekend in March, it is tradition in the town of **Paymogo** to celebrate the **Gurumelo Cross-Border Food Fair**.

■ CONDADO DE HUELVA WINES

The **Condado de Huelva** wine region in the south-east of the province, whose historic name was Condado de Niebla, produces **fruity and young wines** in addition to the more traditional range dominated by wines with more body, finos, **olorosos** and **soleras**, as well as **vinegars** and unique products such as **orange wine**. They have all been recognised with their own **Designation of Origin**: 'Condado de Huelva', 'Condado de Huelva Orange Wine' and 'Condado de Huelva Vinegar'.

The brown colour of its **undulating, sandy soil** – which does not contain too much limestone – along with the Mediterranean **climate** influenced by the Atlantic, with mild winters and long summers as well as numerous hours of sunlight every year, make this area perfect for achieving **quality vines** used to make **wines** that, at the very least, are noteworthy for their **quality and diversity** that are difficult to find at other latitudes. As well as the young white wines, the stars of the show, there are also **liqueur wines** that are aged for at least three years, with the pale and older wines being the most notable

representatives. There are also sweet and fortified wines, as well as **reds**, which are the least well known. **Condado de Huelva Orange Wine** stands out for its singularity, being the first Protected Designation of Origin aromatised wine in Spain.

Bollullos Par del Condado is home to the **Condado de Huelva Wine Interpretation Centre** and the **Wine House** (SEE WHAT TO VISIT, P

165), an institution run by the Regulatory Board of the Designations of Origin Condado de Huelva, Condado de Huelva Vinegar and Condado de Huelva Orange Wine, which offers **guided tours and tastings**. These are only two of the attractions of the **Condado de Huelva Wine Route** (SEE GASTRONOMIC ROUTES, P 251), a tour through Huelva that covers the Designation of Origin Condado de Huelva, providing an insight into its historical and monumental



**DENOMINACIONES DE ORIGEN
CONDADO DE HUELVA
VINAGRE DEL CONDADO DE HUELVA
Y VINO NARANJA DEL CONDADO DE HUELVA**



■ The characteristics of the soil, along with the Mediterranean climate and the influence of the Atlantic, make this area perfect for achieving quality vines used to make wines that, at the very least, are noteworthy for their quality and diversity.

'Wines of the Discovery of America'

Condado de Huelva Wines were known as 'Wines of the Discovery of America', as they went with Columbus on his journey to the New World. It is recorded that the first batch of wine to be exported to America, in 1502, came from the town of Villalba del Alcor. The river ports of Palos and Moguer were very important at that time, and it was from these ports that the most popular wines were exported to England and the Netherlands.

heritage, its festivals, beaches, natural parks such as Doñana, the world of horses and the large Condado wineries.

■ HUELVA STRAWBERRIES

Along with ham and prawns, **strawberries** complete Huelva's magic product triangle. **94% of Spain's strawberries** are produced in Huelva, and it is also **Europe's biggest producer**. In recent years, businesses in the sector have diversified their production and branched out to other berries, the **raspberry** in particular, which is already established in the province, as well as other berries such as **blackberries** and **blueberries**, which are gradually growing and gaining undeniable importance in the area.

The production zone where the sector's main businesses are located is an area influenced by the proximity of the Atlantic Ocean, which gives Huelva province some **exceptional climatic characteristics** (with 248 hours of sunlight per month in spring and minimal temperature fluctuations between day and night), meaning that, year after year, they are the **first European strawberries** to appear on the market in countries that are still in winter.



The province's roads open up around the crops, **from Almonte to Ayamonte**, at the border with Portugal, and driving around them is a constant invitation to stop and buy a box of famous Huelva strawberries. For a time they were known as 'fresones'. The only purpose of this name was to differentiate the Huelva strawberries from the Valencian ones ('fresas'), which are more similar to a berry because of their small size. In one way or another, under one name or another, this fruit – a natural source of vitamin C and antioxidants – is a great way of getting fruit into the highly recommended **Mediterranean diet**, whether they are freshly picked or in **jams, pies, with sugar, in ice cream, yoghurt or condensed milk**.

The municipality of Moguer (Huelva), a pioneer in growing the 'fresón', has acquired a trademark, '**Fresón de Moguer**', to help break into the national and international market. And in Palos de la Frontera, there is the largest producer of strawberries in the world: **Fresón de Palos**. This is a company that represents the merging of **over 150 partners** and the work, season after season, of over five thousand people. **Fresón de Palos** strawberries are known for being **very large**, having a natural **red colour** as well as for their **smoothness and consistency**. Their beautiful appearance matches their **intense flavour** and a delightful aroma that conjures up memories of spring.

SPIRITS AND DESSERTS

When it comes to **dessert**, fried and honeyed sweets are, without doubt, a great delicacy. You can find them almost everywhere in Huelva province, especially in areas rich in **honey** such as El

Andévalo and the Sierra, where the variety of flora helps to develop many **types of honey**, such as **rosemary and lavender**. An endless number of traditional recipes use honey, such as **gañotes** ([SEE RECIPES, P. 283](#)), **hojuelas**, **gordillos** and **pestiños** ([SEE RECIPES, P. 285](#)) as well as **rosas** and **cascaranes**.

Let's not forget about desserts made with **almonds**, which were widely grown here years ago. From the **coca isleña**, with clear Mallorcan origins, made with almonds, eggs and pumpkin-peel marmalade, often eaten around Holy Week, to **Torta Real** from Cartaya or **Bollullos** or **alfajores** made with honey, toasted breadcrumbs, flour, ground almonds, cinnamon and lemon. **Strawberries** grown all over Huelva's coastline can be eaten on their own or in jams, just like **Moguer quince paste**, which can be an excellent end to a meal.

In the **Condado de Huelva** area, you can find the famous and **internationally renowned La Palma brandies**, one of the oldest in Spain and with the longest tradition, which you can often find on the covering letters of many wineries in the area. The spirits known as **aguardiente** here are also prominent – strong anise liqueurs taken as a digestif after a good meal. There are also **sour cherry liqueurs**, which are not as strong and have an excellent flavour. These liquors are made in Sierra de Aracena and Picos de Aroche, Cuenca Minera and in El Condado.



■ Poleá is a traditional dessert that is very popular in Sevilla, Cádiz and Huelva. This cheap, invigorating dessert was born out of hard times and is a take on the well-known sweet 'gachas'.



■ Quince paste.



WINERIES THAT CAN BE VISITED (PART OF THE CONDADO DE HUELVA WINE ROUTE)

■ ALMONTE

■ BODEGAS VIRGEN DEL ROCÍO, S.C.A.
Avda. de Cabezudos, s/n
Tel. 959 406 146
administracion@raigal.com
prensa@raigal.com
www.raigal.com

■ BOLLULLOS PAR DEL CONDADO

■ BODEGAS ANDRADE S.L.
Avda. de la Coronación, 35
Tel. 959 410 106
enoturismo@bodegasandrade.es -
informacion@bodegasandrade.es
www.bodegasandrade.es

■ BODEGAS JUNCALES
C/ Andalucia, 14
Tel. 959 410 302
bodegasjuncas.condadoandaluz@gmail.com

■ BODEGAS SAUCI
C/ Doctor Fleming, 1
Tel. 959 410 524
sauci@bodegassauci.es
turismo@bodegassauci.es
www.bodegassauci.es

■ BODEGAS VINÍCOLA DEL CONDADO
C/ San José, 2
Tel. 959 410 261
info@vinicoladelcondado.com
www.vinicoladelcondado.com

■ VINOS CONVENTO DE MORAÑINA S.L.
Avda. 28 de Febrero, 206.
Tel. 959 412 250- 959 408 573 -
609 200 883
bodega@bodegasconvento.com
www.bodegasconvento.com

■ LA PALMA DEL CONDADO

■ BODEGAS INFANTE
C/ Hinojos, 41
Tel. 959 402 567
dinfante@dinfante.com
www.dinfante.com

■ BODEGAS RUBIO
C/ Palos de la Frontera, 14
Tel. 959 400 743
info@brandyluisfelipe.com
www.brandyluisfelipe.com

■ MOGUER

■ BODEGAS COSME SÁENZ JIMÉNEZ
"DIEZMO NUEVO"
C/ Aceña, 56
Tel. 959 370 004
info@bodegadiezmonuevo.com
www.bodegadiezmonuevo.com

■ ROCIANA DEL CONDADO

■ BODEGAS CONTRERAS RUIZ
C/ Almonte, 5
Tel. 959 416 426
contreras@bodegascontreras.com

■ BODEGAS NUESTRA SEÑORA DEL SOCORRO, S.C.A.
C/ Carril de los Moriscos, 72.
Tel. 959 416 108
jl63@nuestrasenoradelsocorro.com
www.bodegasdelsocorro.com

■ VILLALBA DEL ALCOR

■ BODEGAS MARQUÉS DE VILLALÚA, S.L.
Ctra. A 472 km 25,2.
Tel. 959 420 905
santiago@marquesdevillalua.com
www.marquesdevillalua.com

■ BODEGAS SANTA ÁGUEDA, S.C.A.
C/ Camino de Bollullos, s/n.
Tel. 959 421 181
santaagueda.sca@hotmail.com



PASTURES (PART OF THE JABUGO TOUR)

■ FINCA MONTEFRÍO

Ctra. El Repilado-Lacorte km 3 - Cortegana,
Tel. 666 756 875 - 670 791 579
fincamontefrio@hotmail.com
www.fincamontefrio.com

This is an organic family farm when you can take part in eco agritourism activities relating to daily farming and stockbreeding tasks, such as walking around the pastureland – where the pure-breed Iberian pigs are reared – and finding out about the artisan process of making Organic Pure Acorn-Fed Iberian ham.



MUSEUMS AND INTERPRETATION CENTERS

■ MUSEO DEL JAMÓN DE ARACENA

C/Gran Vía, s/n. - Aracena. Tel. 663 937 870
museodeljamon@ayto-aracena.es
www.aracena.es

Through its seven rooms, visitors will gradually find out more about the pig. They will learn about how they are reared, about their lives in the pastures, what they eat, traditional and industrial slaughter, the curing and production process, as well as the maturing process in cellars. This fun and informative experience takes place with the help of audiovisual media: screens and projectors, along with commentary from a guide, will help to answer any questions visitors may have. It is home to the Hams of the World exhibition. It also has a Mycological Information Point (MIP) where visitors can find out more about the interesting world of fungi.

■ CASA DEL VINO DEL CONDADO DE HUELVA

Avda. 28 de Febrero, s/n - Bollullos Par del Condado. Tel. 959 410 800
This is an institution attached to the Regulatory Board for the Designations of Origin Condado de Huelva and Condado de Huelva Vinegar. It's a must for information on the wineries and to find out how they work and what the characteristics of Huelva's wines are. Guided tours of the facilities themselves are organised by the House of Wine staff, where, along with learning about how the Condado wines and vinegars are made, you can also taste them and find out more information about wine culture and its links with the area.

■ CENTRO DE INTERPRETACIÓN DEL VINO

Calle San José, 2 - Bollullos Par del Condado. Tel. 959 413 875
This is a wonderful space that explains about wine in its own environment, detailing each of the resources related to Huelva's wines. A sensory, interactive space equipped with dynamic, enveloping sound and projections.



CHEESE DAIRIES

■ QUESERÍA MONTE ROBLEDO

Calle de la Condordia, 18 - Aracena

Tel. 959 128 994 - 658 528 800

monte_robledo@hotmail.com 

www.monterobledo.com



SALT PANS

■ FLOR DE SAL SALINAS BIOMARIS

Ctra. A-5150, km 4. Pozo del Camino-Isia Cristina

Tel. 959 343 544 - 618 332 512

info@flordesalbiomaris.com

www.flordesalbiomaris.com

Guided tours and salt tastings at Andalusia's only artisan salt pan, which produces the authentic Fleur de Sel. Learn about the history and production methods of this organic operation, where economic activity is combined with conserving natural resources. It has been possible to produce liquid salt, in addition to a product that is also made using artisan methods, salt that is good for the heart or has aromas of pepper or onion, which is already being exported to various European markets, such as Germany and Italy.



HAM CURING FACILITIES THAN CAN BE VISITED


(PART OF THE JABUGO ROUTE)

■ SELECCIÓN DE JABUGO, S.L.

Ctra. Los Marines - Aracena, km 56 - Aracena

Tel. 959 501 200

seleccionjabugo1@hotmail.com


www.selecciondejabugo.com 

■ JAMONES ÉIRIZ JABUGO

Calle Pablo Bejarano, 43 - Cortezconcepción

Tel. 959 120 019 - 678 733 443

visit@jamoneseiriz.com

www.jamoneseiriz.com 

■ SECADERO MONTESIERRA

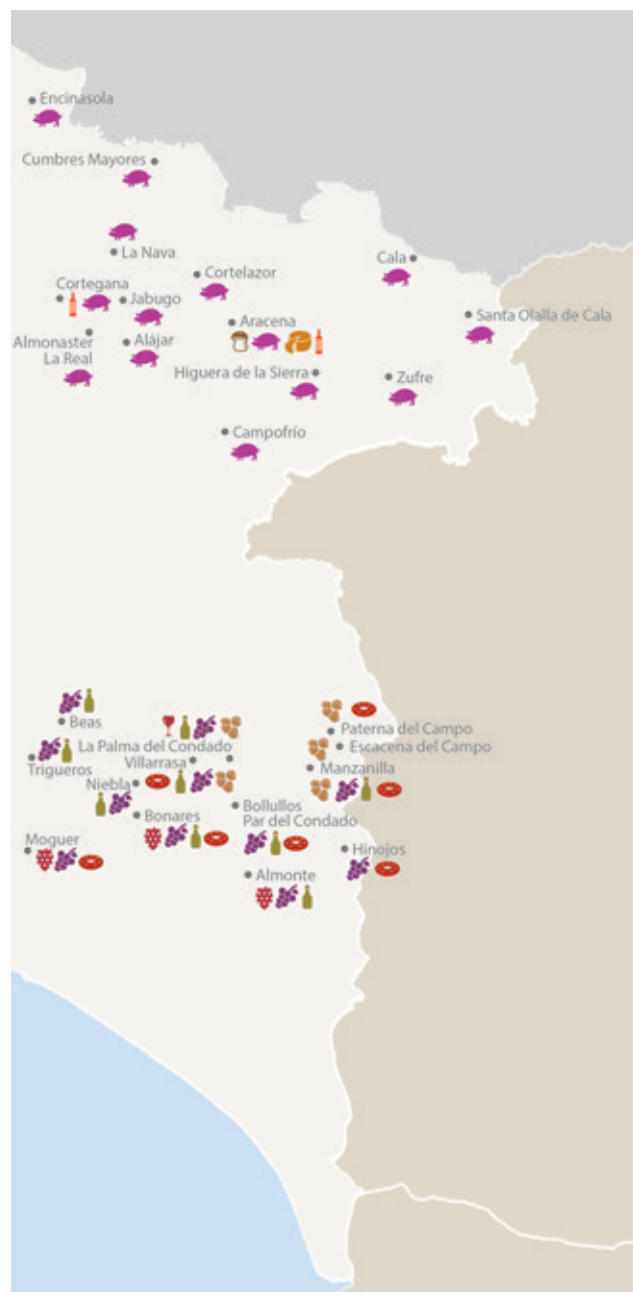
Calle Barco, 3 - Jabugo

Tel. 959 121 206

loretomv@montesierra.com

www.montesierra.com 







JAÉN

The gastronomy of Jaén comes from combining the legacy of the Romans (grapevines, grains and olive trees) and the Moors (evident in the baked goods) together with the influences of neighbouring cuisine, such as that of **La Mancha** or **Granada**, blending **agricultural produce**, like the famous Andújar aubergine, with **meats** from the mountains, including poultry, venison, wild boar and pork. This fusion is complemented with **aromatic herbs** and the province's essential extra virgin **olive oil**, which is recognised with three **Designations of Origin**: 'Sierra de Segura', 'Sierra de Cazorla' and 'Sierra Mágina'.

These quality products are all used in kitchens across the province to create **salads** and **gazpachos** such as alboronía, ajilimogili, and pipirrana ([SEE RECIPES, P. 268](#)), **tinned produce in oil**, (**pork loin and cured meats** such as **Jaén black pudding**) and popular **pulse and flour stews** such as 'mareaos' chickpeas, chard and spinach stew, andrajos ([SEE RECIPES, P. 278](#)), gachamiga and ajoharina. As Jaén is an inland province, as ingredients in its cuisine is usually **pickled and salted**, with salt cod being a key element used in recipes such as Baeza-style cod (made with pine nuts, peas and sweet peppers) and rin-ran. **Trout and crab** are found in the province's rivers and reservoirs.

One way of enjoying Jaén's cuisine is through a **typical tapeo**, a tapas bar crawl. You can try the rightfully acclaimed tapas, offered for free (as anywhere in the province) in the taverns of **Linares**. These tapas can be washed down with a good **Regional Wine** (PGI Bailén, Sierra Sur de Jaén and Torreperogil) or a craft beer. To finish the meal, there is nothing better than a **traditional sweet from a convent** or one of the exceptional **fruits** grown in the province, from Grañena melons and Castillo de Locubín cherries to Alcaudete peaches.

JAÉN'S LIQUID GOLD

Jaén produces around **one-third** of the **world's olive oil production**. The crop, seen across the whole of Jaén – which boasts over **60 million olive trees** – defines the landscape, giving it a unique beauty, dotted with renovated or converted **farmhouses** that now serve as rural accommodation and **oil mills** ([SEE WHAT TO VISIT, P. 178](#)) – buildings with specific architecture where the process of turning olives into oil takes place. Today we can **visit** these places, where the entire production process is illustrated, with some mills even allowing visitors to make their own oil.

Renowned oils with **Designation of Origin** include those produced in the mountain olive groves of '**Sierra de Segura**', '**Sierra de Cazorla**' and '**Sierra Mágina**', made primarily from the **picual variety** (95%). It has a fruity, fresh aroma while having an intense taste of olives, with light touches of spice and bitterness that make it unique. To demonstrate and foster the quality of these oils, Jaén's provincial



■ Oil tasting. Regulatory Board of the Designation of Origin Sierra Mágina. Bedmar, Jaén.



Oil House, Baeza.



Oil mill, Sabote.



Grilled vegetables.



Jaén spinach.

council hosts an annual tasting competition for the first oils from each harvest, which give the best olive juices in the province and will then be promoted under the brand '**Jaén Selection**', a quality distinction.

The extra virgin olive oil that is produced in the natural parks of Jaén is the key ingredient in cuisine that is **typical, tasty and natural**, which comes through in many of the dishes made with local vegetables, game (called 'monte' here) and with fish from the mountain rivers. **Bread and local virgin oil** is a sensible combination eaten for breakfast, lunches out in the country, snacks and dinner, and always served with, depending on the occasion, radishes, olives, fresh broad beans, strips of cod, tomato, cucumber, sugar, chocolate or honey. In Jaén province, **hoyo** is the star product of this fusion: a piece of bread that is hollowed out, then the crumb is soaked in oil and then put back inside the loaf, served with anything from tomato to cocoa.

If you visit Úbeda, you must try **ochíos** – olive oil rolls that also contain paprika, which gives them a special flavour. You can find them in all the bakeries, about the same size as a small pie, shaped like round rolls or sticks and crunchy 'piquitos', and they can be sweet or savoury as well. They stand out for their reddish colour makes and **they are eaten at any time of day**, whether at breakfast, moistened with a good glug of olive oil, lunch, dinner in place of normal bread, or as an appetizer or snack, filled with sausage or other ingredients, turning it into an invigorating sandwich. In Úbeda, during the Pilgrimage of the Virgin of Guadalupe they are served with green beans.

Jaén, the world's largest producer of olive oil, is the best place to come for **oil tourism**, through a variety of olive and oil-related activities on offer (www.oleoturjaen.es): oil mills, rural accommodation, farmhouses, festivals, oil tastings, specialist restaurants, spas and baths with olive therapy treatments, etc. There are also museums (**SEE WHAT TO VISIT, P. 180**) such as the **Baeza Museum of Olive Culture** or **Terra Oleum**. The **Active Museum of Olive Oil and Sustainability** (Mengíbar) and **interpretation centres** (**SEE WHAT TO VISIT, P. 180**) such as the Génave Organic Olive Grove or Úbeda Olive Grove and Oil centres, as well as nine centres in the Regional

Network of Oil Tourism Mills in Sierra Sur de Jaén. At these sites, visitors can find out about the oil production process, from growing the olive trees and harvesting the olives in the field, to extracting the oil and bottling it at the oil mill.

Interestingly, in Jaén there is a so-called **Illustrious and Noble Order of the Gentlemen of Cuchara de Palo**, dating back to the 18th century, which every year honours the people and institutions that have stood out for supporting harmony between towns and for proclaiming the values of Mediterranean olive culture.

THE PRODUCE OF JAÉN

Vegetables are used in almost every dish across the province. Sometimes they are the main ingredient and sometimes they are served as a side dish or accompaniment FOR other products. In summer, they are basic ingredients for **salads and gazpachos**, such as **ajilimójili**, **rin-ran**, green asparagus 'gazpachuelo', **ajoblanco** (served with raisins) and **pipirrana** (**SEE RECIPES, P. 268**). They are also found year-round in delicious recipes such as **Jaén-style spinach** (**SEE RECIPES, P. 267**) and aubergine **alboronía** (similar to **pisto manchego**).

Rin-ran is one of many recipes from the mountains based on local produce, enriched with the traditional fish from inland regions: **salt cod**. This is a fish with deep roots in the province, and even more so in the mountainous areas as, due to their isolation, they could only stock up on salted fish. **Cod 'encebollado'**, with the aroma of thyme, is a classic dish in Jaén's cuisine, much like **ajoharina**, cod 'a la yema' or the very well-known Baeza-style cod, a dish made by coating the cod with flour and sautéed onions and tomatoes, and then adding pine nuts, sweet pepper and peas.

The **aubergine** is one of the most important ingredients in **Andújar**. This vegetable grows abundantly in the fertile fields bathed by the River Guadalquivir as it flows through the city, and is a key ingredient in typical dishes such as aubergines in vinegar, fried aubergine (in rounds or strips) and served with honey or **salmorejo**, as well as roasted aubergine, creamy aubergine soups and more



sophisticated creations from nouvelle cuisine. Tradition and modernity come together to form this local gastronomic culture, which, every September or October hosts the **Aubergine Food Festival**. **Asparagus, piquillo peppers, artichokes and fresh broad beans** are not only used in traditional Jaén cuisine, they are also used in the preserves bottled in Bedmar, which has an impressive volume of production, on par with that of Navarra.

This area is particularly rich in **fruit**, with some very famous products. Examples include **Grañena melons**, Jimena pomegranates, **Úbeda plums**, Quesada figs, Jandulilla pears and **Castillo de Locubín and Torres cherries**. Some fruit dishes reflect the influence of La Mancha in the local cuisine, such as the peculiar dish of breadcrumbs with Espelúy melon. **Alcaudete** is famous for its peaches and **orejones**, dried, pitted peaches cut into strips and sun-dried, which are used for traditional preserves and fig and orejón and plum stews or to flavour wine punches. All the fruit ends up a bit soured when making **cuerva**, a drink made with wine and lemon, similar to sangria.

MOUNTAIN CUISINE

Mountain cuisine is **rich and hearty**, including meat, fish, stews and pork products from the traditional slaughter, served with vegetables, flour-based products and dishes made using these.

The ancient olive trees of Martos

*The Ancient Olive Trees – which, according to folklore, are more than 500 years old – can be found in Llano de Motril in **Martos**, the first municipality in the world to produce olive oil. This spot is located about one kilometre from the town centre, along the road from Martos to Santiago de Calatrava. It spans more than 84 hectares, with more than five thousand trees, some of which are true living sculptures. It is also a fully functioning olive grove that can be visited by contacting the local council.*

‘Segureño’ lamb, one of the culinary treasures of Andalusia, is prepared with the excellent local virgin **olive oil** and various local **aromatic plants** (SEE RECIPES, P 275). Around forty municipalities of Jaén are part of the **Protected Geographical Indication**, which recognises the quality of this meat product, mainly prepared in the oven.

In these mountains the word **‘ajo’** does not always refer to garlic, its usual meaning; here, it can also refer to crushed and ground food. Thus, it shows up in the names of many traditional local dishes, such as **ajoharina**, **ajoatao**, **ajohachero**, **ajomulero**, **ajo de bacalao**, as well as the very popular **ajopringue**, made during the slaughter process by making good use of the two fats present in our diet: fat from pork liver and from olive oil.

Pork loin ‘en orza’ (SEE RECIPES, P 277) represents the traditional mountain cuisine and way of life, when meat was only on the menu thanks to hunting and pig slaughter, with products made into cured meats or cooked and packaged in ‘orzas’ (very large glazed earthenware jars) after having submerged them in oil. The ‘orzas’ and cured meats were stored in meat safes – small pantries that occupied the most shaded corner of the farmhouse or cottage – until they were ready to be eaten. Some of the most notable **cured meats** are the **Jaén black pudding**, white pudding, **relleno de Carnaval** and **picadillo**. Poultry dishes often use **partridge or quail** as their main ingredient, such as the Baeza-style partridge salad, pickled partridge and renowned partridge **patés**.

If there is a cheese that represents the province of Jaén, it would have to be **goat’s cheese**. Its artisan production process can be seen on guided tours of the facilities at **Quesos Sierra Sur** in Alcalá



de Real (SEE WHAT TO VISIT, P 181). Other prominent cheese dairies can be found in the towns of Pozo Alcón, Frailes and Valdepeñas de Jaén.

In these mountains, **trout** from the local rivers tends to be eaten on the day that it is caught, but when the fish is abundant, **pickling** is used as a method the fish for a short period of time (just a few days). Bars and restaurants often serve farmed trout – rainbow trout – which is similar to the river trout, the native breed.

The **mycological importance** of the Sierra de Cazorla, Segura y las Villas Natural Park is demonstrated by the **Mycological Information Point at the El Sequero Interpretation Centre in Siles**. This town also hosts a mushroom and fungi festival every autumn, attended by enthusiasts from all over Spain. In addition to in Siles, you can also find species of mushrooms such as **chanterelles, poplar mushrooms and oyster mushrooms** in other municipalities of Jaén, such as **Santiago Pontones and Segura de la Sierra**, in El Condado, **Santisteban del Puerto** and in **Sierra Mágina**.



STEWs

The stars of the traditional cuisine are **stews and soups** made both with pulses as well as **wheat or corn flour**, eaten in all districts of the province without exception. The roots of Jaén's **grain cuisine** lies in the basic dishes prepared in the countryside, which use few ingredients but are designed to act as replenishment during long work days. Simple but imaginative dishes used any ingredients that could be found in the cupboard, changing depending on the time of the year. Such dishes that have been passed on down to today include gachamiga, guñapos and andrajos (SEE RECIPES, P 278).

Andrajos are considered the province's most typical and widespread flour-based dish. Every town in Jaén cooks this dish, although its name tends to vary from place to place and can be called 'andrajos', 'tallarines' or 'tortas-gachas'. They are made with hare or cod, fresh vegetables and homemade dough.

The baked goods of Jaén

Baked goods in Jaén bear the clear stamp of the Muslim tradition, including popular desserts such as gachas dulces, papajotes (a fried dough dusted with sugar and cinnamon), Guarromán puff pastry and 'virolos de Baeza' (SEE RECIPES, P 286). Sweet treats are also made in local religious convents. Yemas from Santa Úrsula in the city of Jaén and costrada' from the Madres Trinitarias de Martos are particularly famous.



■ Andrajos with hare.



■ Andrajos with cod.

Pulses are also used in **stews**, with famous dishes such as **chickpea, chard and spinach stew**, bean stew, beans with partridge, dried bean stew with aubergine, Carmelitano stew and the conventional Úbeda stew, amongst many others. A typical dish is '**mareaos**' or '**morrococo**' chickpeas, made with leftover cooked or stewed chickpeas – a clear example of how leftovers are used to make other meals in rural areas.



Wines and spirits

Jaén produces Regional Wines with Protected Geographical Indication ('Bailén', 'Sierra Sur de Jaén' y 'Torreperogil'). These wines may be red, rosé and white, and have earned an excellent reputation in the municipalities of Bailén, Frailes, Alcalá and Torreperogil. Resoli is a local spirit that is a traditional home-made liqueur with an intense coffee flavour and a hint of spice that is ideal with any dessert, especially during Holy Week and Christmas, although it can be drunk at any time of year. The tradition is to make resoli and share it with your family or friends.



OIL MILLS AND OIL COMPANIES

■ ALCAUDETE

■ ALMAZARA SOLER-ROMERO



Ctra. Alcaudete a Alcalá la Real,
km 367 - Alcaudete
Tel. 953 560 066
info@soler-romero.com
cortijo@soler-romero.com
www.soler-romero.com  

■ SCA VIRGEN DEL PERPETUO SCORRO

Ctra. N-432, km 362
Tel. 953 560 201
info@carraqueno.es
info@carraqueno.es
www.scaperpetuoscorro.es


■ ARJONA

■ CORTIJO LA TORRE

Cortijo de la Torre, s/n
Tel. 953 122 224
info@aceitessanantonio.com
www.aceitessanantonio.com  



■ BEGÍJAR

■ OLEÍCOLA SAN FRANCISCO

Pedro Pérez, s/n
Tel. 953 763 415 - 666 534 958
info@oleicolasanfrancisco.com
www.oleicolasanfrancisco.com 

■ CANENA

■ CASTILLO DE CANENA

Remedios, 4
Tel. 953 770 101
info@castillodecanena.com
www.castillodecanena.com  

■ CASTELLAR

■ ACEITES CASTELLAR

Avda. Andalucía, 13 / Ctra. Sabiote, s/n
Tel. 953 751 269 - 953 460 718
info@noblezadelsur.com
www.noblezadelsur.com  

■ CAZORLA

■ ALMAZARA LA ALMEDINA

Ctra. Peal de Becerro-Cazorla, km 7,2
Tel. 953 720 331 - 600 079 829


■ ESCAÑUELA

■ AZAHAROLIVA

Casería San Jerónimo
Tel. 953 345 216 - 953 345 224
azaharoliva@hotmail.com
www.azaharoliva.com



■ GÉNAVE

■ SOCIEDAD COOPERATIVA ANDALUZA SIERRA DE GÉNAVE

Avda. de la Estación, s/n
Tel. 953 493 153
cooperativa@sierradegenave.com
www.sierradegenave.com 

■ JIMENA

■ ORO DE CÁNAVA

Ctra. Mancha Real-Cazorla, km 16.800
Tel. 953 357 437
info@orodecanava.com
www.orodecanava.com  

■ LA PUERTA DE SEGURA

■ OLEOFER S.L.

Ctra. El Puente - La Puerta, km 0,300
(Frente Hospital Sierra de Segura)
Tel. 953 487 173
contacto@oleofer.com
www.tierrasdetavara.com  

■ MANCHA REAL

■ MONVA

Cortijo Virgen de los Milagros. Ctra.
Jaén - Baeza, km 30
Tel. 902 488 884
miguel@comonva.es
www.monva.es

■ MARTOS

■ ALMAZARA CORTIJO EL MADROÑO

Ctra. Santiago de Calatrava, km 9-
Martos
Tel. 953 129 879 - 667 762 546
gutierrezrojasignacio@gmail.com
www.cortijoelmadrono.es

■ COOPERATIVA SAN AMADOR

C/ Príncipe Felipe, 20
Tel. 953 554 645 - 953 550 057
amadorsca@amadorsca.com
www.amadorsca.es

■ ORCERA

■ POTOSÍ 10

Ctra. de Hornos, s/n
Tel. 953 482 041
josevico@potosi10.com
www.potosi10.com



■ PEGALAJAR

■ MELGAREJO

Aceites Campoliva. Camino Real,
s/n
Tel. 953 361 081 - 953 360 070
info@aceites-melgarejo.com
www.aceites-melgarejo.com  
AceiteMelgarejo

■ ÚBEDA

■ CORTIJO ESPÍRITU SANTO

Cortijo Espíritu Santo
Tel. 953 776 256 - 663 930 499 -
619 011 032
info@cortiojespiritusanto.com
www.cortiojespiritusanto.com  



OLIVE ESTATES

(THAT CAN BE VISITED AND OFFER AGRITOURISM ACTIVITIES)

■ CORTIJO EL TOBAZO

Ctra. Alcaudete a Alcalá la Real, km
367 - Alcaudete
Tel. 953 560 066
info@soler-romero.com /
cortijo@soler-romero.com
www.soler-romero.com  

■ CORTIJO DE BORNOS

Ctra. A-324 km 11, Cortijo de
Bornos - Cambil
www.cortijodebornos.es

■ UNIOLIVA

Avda. 28 de Febrero, s/n
Tel. 953 756 840
almazara@unioliva.es
www.unioliva.com

■ VILLACARRILLO

■ COOPERATIVA NUESTRA SEÑORA DEL PILAR

Ctra. de Mogón, km 1,2
Tel. 953 440 058
info@cooperativadelpilar.com
www.cooperativadelpilar.com

■ VILLANUEVA DE LA REINA

■ ORO BAILÉN

Ctra. Plomeros (Casa del Agua)
Tel. 953 548 038
info@orobailen.com
www.orobailen.com 

■ CORTIJO VIRGEN DE LOS MILAGROS

Cortijo Virgen de los Milagros. Ctra.
Jaén - Baeza, km 30 - Mancha Real
Tel. 902 488 884
miguel@comova.es
www.monva.es



■ CORTIJO EL MADROÑO

Ctra. Santiago de Calatrava, km 9-
Martos
Tel. 953 129 879 - 667 762 546
gutierrezrojasignacio@gmail.com
www.cortijoelmadrono.es



BEER COMPANIES

■ FÁBRICA DE CERVEZA ARTESANA TIERRA DE FRONTERA

Pol. Ind. Llano Mazuelos. Manz I-1. Parc. 18-21 - Santa Ana. Alcalá la Real
Tel. 953 040 000 - 616 873 745
info@tierradefrontera.es
www.tierradefrontera.es  



MUSEUMS AND INTERPRETATION CENTERS

■ MUSEO DE LA CULTURA DEL OLIVO

Complejo Hacienda La Laguna, s/n. Puente del Obispo - Baeza

Tel. 953 765 142 – 678 507 913

info@museodelaculturadelolivo.com

www.museodelaculturadelolivo.com

Covering an area of over 4,000 square metres, this is the biggest oil museum in Spain. There, you can learn about the history of olive groves since ancient times, marvel at olive trees from all over the Mediterranean Basin in the Variety Garden and see how the old olive oil production systems work. - You will learn how harvesting using to be done, about the traditional olive harvest festivals (butifueras), how esparto is used in olive groves, cooking with olive oil, the qualities of the oil and its uses in an endless number of cosmetic products, etc. The noteworthy cellar is known as the 'Oil Cathedral' and was built in 1848. Oil tastings are run for groups along with traditional olive harvesting workshops.

■ MUSEO ALMAZARA HISTÓRICA LA ALMEDINA DE CAZORLA

Ctra. Peal de Becerro-Cazorla, km 7,2 - Cazorla

Tel. 953 720 331 - 600 079 829

Housed in an old stately home, owned by the Marquis de la Foronda, which was used as a residence by King Alfonso XIII when he visited the Sierra de Cazorla to enjoy the deer rutting period. The stately home has an attached oil mill, measuring 1,400 square metres, that is open to visitors, as well as an intriguing cellar with iron tanks and a wood-burning heating system. It is surrounded by an estate with 800 semi-organic irrigated olive trees. There are three different extraction systems to see: the traditional method with hydraulic presses and the two-phase and three-phase organic method. Finally, the architectural ensemble features a 400-square metre exhibition room with an interesting wine cellar and an old beam press dating from 1760.

■ CENTRO DE INTERPRETACIÓN DEL OLIVAR ECOLÓGICO

Avda. de la Estación, s/n - Génave

Tel. 953 493 153 - 649 834 835

cooperativa@sierradegenave.com

www.sierradegenave.com

This centre is located in the Sierra de Génave Cooperative, a pioneer in the production of organic extra virgin olive oil. The visit covers various aspects of the olive grove, from the importance of having sustainable agricultural systems to their different uses. There is also an Art and Olive Tree Exhibition Room, with reproductions of works relating to olive groves, where videos related to this product are shown.

■ TERRA OLEUM. MUSEO ACTIVO DEL ACEITE DE OLIVA Y LA SOSTENIBILIDAD

Fundación para la Promoción y el Desarrollo del Olivar y del Aceite de Oliva

Edificio Terra Oleum. Parque Geolit - C/ Sierra Morena, 13a - Mengibar

Tel. 953 274 976

info@terraoleum.es

www.terraoleum.es

This is home to a modern exhibition space composed of unique architectural spaces, most notably the Caja Áurea and a natural environment formed by the Ancient

Olive Tree Forest. Dedicated to teaching about the cultivation of olive trees, olive oil production technology and Mediterranean gastronomy, its content covers the practically the entire world of the olive grove and virgin olive oil. This space has a permanent exhibition space equipped with modern interactive and audiovisual modules, machinery as well as other scenography concerning olive groves, olive oil and sustainability.

■ CENTRO DE INTERPRETACIÓN Y ACOGIDA DE VISITANTES EL SEQUERO

Carretera de Hellín, nº 21 – Siles

Tel. 953 491 143

The Sile Mycological Information Point is found in this centre, with an exhibition about mushrooms, their ecological function, the most common ones found in the national park, as well as multimedia apps so that visitors can find out more about this group of organisms.

■ CENTRO DE INTERPRETACIÓN OLIVAR Y ACEITE COMARCA DE LA LOMA

Casa de La Tercia. Corredera San Fernando, 32 –Úbeda

Tel. 953 755 889

info@centrodeolivaryaceitelaloma.com

www.centrodeolivaryaceitelaloma.com



A multifunctional space that provides a fun and educational way of finding out more about the culture of Extra Virgin Olive Oil. Visitors can deepen their knowledge of this age-old culture through interactive screens, exhibitions, a time tunnel (which explains the whole oil production process, using models of everything from olive trees to cellars, as they used to look and as they are now) and a children's zone with 'Olivia' the mascot. There are also various educational activities for visitors, such as oil tasting workshops, oil tasting sessions, training courses, gastronomy workshops and children's activities. There is a specialist on-site shop selling oil products.

■ RED COMARCAL DE ALMAZARAS OLEO-TURÍSTICAS

www.redalmazarassierasurjaen.es

The Network is made up of nine Oil Mill Interpretation Centres in Sierra Sur de Jaén that are dedicated to promoting olive growing, located in the towns of Alcalá la Real, Alcaudete, Castillo de Locubín, Frailes, Fuensanta, Los Villares, Martos, Jaén and Torredelcampo. Each centre covers a different theme relating to diverse aspects related to olive growing. These include olive oil production systems and how these have evolved over time (Alcalá la Real), the qualities of olive oil and its uses, olive grove cultivation systems, analysis of the oil sector and the olive oil commercialisation system, the biology of the olive tree, varieties of olives, olive grove by-product and their uses, oil-related heritage, traditions, types of olive oils and their quality and the history of the olive tree and olive oil.



CHEESE DAIRIES

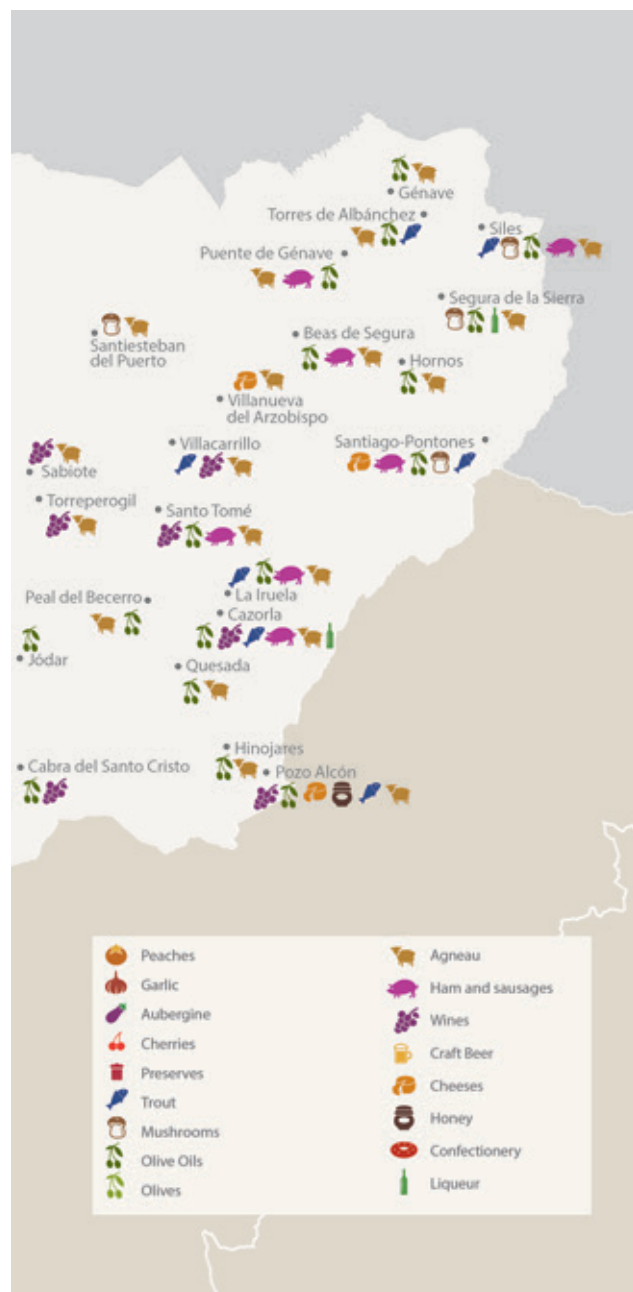
■ QUESOS SIERRA SUR

C/ Ventorrillo, 55. Aldea Ermita Nueva - Alcalá la Real

Tel. 953 597 584

info@quesosierasur.com

www.quesosierasur.com



málaga

MÁLAGA

The cuisine of Málaga is characterised by the **simplicity of the ingredients it uses, the variety and richness of its dishes and their special flavour**. All of these characteristics are the result of using the best natural products in its long list of recipes as well as top quality ingredients that have been recognised with several **Designations of Origin: Antequera Olive Oil, Aloreña Olive, Costa Tropical Granada-Málaga Cherimoya, Málaga Raisins and Málaga and Sierras de Málaga Wines**. Its cuisine undoubtedly adheres to the **Mediterranean Diet**.

Tradition and modernity come together in a gastronomy that has successfully combined products from **the mountains and the sea** in dishes featuring **vegetables, meats, fish, pulses and fruit** as the main components. **Gazpacho, salads, ajoblanco** (Málaga's version of gazpacho with almonds and muscatel grapes) ([SEE RECIPES, P. 266](#)), **fried fish**, the famous **'espetos'** (sardines threaded onto reeds that are stuck into the sand and roasted over live coals or fire), Málaga-style noodles or **porra antequerana SOUP** ([SEE RECIPES, P. 269](#)), are some of the dishes that give Málaga's cuisine its excellent reputation. They can be enjoyed in both gourmet restaurants as well as in more affordable popular eateries. The **Costa del Sol** has the **highest concentration of hotel establishments** in the whole of Andalusia.

Thanks to Málaga's high quality, prestigious institutions like **La Cónsula hospitality school**, it has been the source of Michelin-starred chefs such as **José Carlos García and Dani García** (they are the only Andalusians with Michelin stars, along with Ángel León from Cádiz), whose cooking is an ode to the local gastronomy, from **'espeto'** to **'gazpachuelo'**, which he has even managed to export all the way to New York. This new generation of restaurateurs has put Málaga on the map when it comes to **gourmet gastronomy**.

FRIED FISH AND ESPETOS

The Costa del Sol's **'pescaíto frito'** is almost as famous as its beaches and climate. A firm favourite in chiringuitos (beach bars), bars and pavement cafés, its popularity soars in the summer. For the **perfect fried fish**, the fish needs to have **certain characteristics**, which are met by the popular **victoriano anchovy**, which is fried alongside horse mackerel, red mullet, squid, baby squid and hake. Coated in flour and attached by the tail to five other fish to form a whimsical fan shape, the anchovies are fried in oil and then served as fried anchovies in 'panojas'. Together with fried fish, another master work in Málaga's gastronomy is the **'espeto'**, the traditional way of eating sardines in Málaga. On the beaches of **Benalmádena, Fuengirola and Estepona**, and generally along the whole coast, it's easy to find **small boats on the sand where the fish threaded onto canes** is roasted over a fire, giving them a special and unique flavour.

The **old fishing neighbourhood of Pedregalejo** in the city of Málaga is one of the best places to eat the typical 'pescaíto'. The restaurants along the seafront serve this true local dish along with other dishes like **'malagueña' salad, pepper salad** or fried aubergines with cane honey. **La Carihuela, in Torremolinos**, is another magnificent spot in Málaga where you can savour the tastes of the ocean and



■ Sardine espetos.



■ Ajoblanco.



■ Málaga-style noodle casserole.



■ Migas.

masterfully prepared fried fish in the local restaurants. From Rincón de la Victoria to Nerja, there are numerous restaurants serving **traditional seafood dishes**, such as monkfish soup, sweet pepper with clams, **cuttlefish stew**, ‘**papas**’ with skate, seafood rice, Málaga-style stuffed tuna, or **Málaga-style noodle casserole** ([SEE RECIPES, P 280](#)), which is not just a dish for at home, the beach and in the countryside, but also for eateries and inns across the province.

The so-called ‘**chiringuitos**’ are part of the gastronomy of the province and thanks to Málaga’s climate, they stay open almost all year round. These seafront restaurants, **right on the beach**, are the perfect place to enjoy a portion of the local fried fish with a nice cold glass of beer or sangria. In addition to the traditional chiringuitos, other, **more modern and sophisticated ones** have started to spring up in Costa del Sol, featuring Balinese beds, exotic dishes and delicious cocktails. You can find these along **Fuengirola’s promenade**, on Álamos beach in Torremolinos or the always distinguished town of Marbella.

■ TRADITIONAL CUISINE

The inland and mountain areas of Málaga bring the more **traditional** aspect of cooking to the cuisine, creating succulent, well-seasoned stews and dishes that have been passed down from generation to generation, giving visitors the chance to try excellent quality products such as **cheeses**, **honey**, **cured meats** and **game**. A good example are **migas**, a dish that is a whole meal in itself. Be sure to try chivo (baby goat) with almonds, **fennel stew**, **gachas**, **cabbage stew**, **tripe**, garlic rabbit, rice with **partridge** and ‘**el plato de los montes**’, made with eggs and fried potatoes, pork loin in lard, black pudding, chorizo and fried peppers.

Ajoblanco – a comforting cold soup characteristic of the **Axarquía** area – is one of the local dishes that Málaga is most identified with. Its main ingredient is **almonds** and it is served with **muscatel grapes**, uniquely combining the sweetness of the grapes with the bitterness of the almond. It is so popular that towns such as **Almáchar** have festivals with tastings of this dish. ‘**Malagueña**’ **salad** (boiled potatoes, cod, oranges, boiled egg, olives, onion and

olive oil), **gazpachuelo** and **porra antequerana** (a type of gazpacho that is usually served very cold, accompanied by tuna, chunks of Serrano ham and boiled egg) ([SEE RECIPES, P 269](#)) are great ways to start a meal.

Since ancient times, **produce** has played a key role in the Guadalhorce Valley, its fertile land providing the fresh products that form the foundations its gastronomy, with deep rural roots. **Cabbage**, **porra** and the peculiar **soups** from this district of Málaga are some of the dishes that stem from this tradition of field produce. In Álor, **Perotas Soups Day** is celebrated in October, dedicated to a traditional rural dish made with bread, tomato, onion, pepper, garlic, mint, saffron and ground pepper. Across large parts of Málaga, when **the orange trees** come into bloom, the air is filled with the scent of orange blossom, particularly in **Coín**, where there is even an **orange festival**. **Citrus** fruits are also used as the base for dishes such as **mojete** from **Alhaurín el Grande** or cachorreña soups from Cártama, which are cooked with cod, vegetables and olive oil.

Pork products also play a big role in mountain cuisine. **Chorizo**, black pudding and pork scratchings, served with farmhouse bread, are a real treat in towns such as Villanueva de Tapia, Cuevas de San Marcos and Villanueva del Rosario. In Sierra de la Nieves, fruit, vegetables and pulses are perfectly combined with **meats seasoned with aromatic herbs** from the mountains, creating recipes like **garlic rabbit** and **goat ‘a la pastoril’**. In the towns with a Moorish flavour in the **Serranía de Ronda**, the gastronomy changes with the **seasons**. Soups with wild herbs and gazpacho are typical during the warmer seasons, while stews and hotpots are kept for the colder months.

■ MÁLAGA WINES AND RAISINS

Málaga’s wine culture has been recognised with three Designations of Origin: ‘**Málaga**’ for liqueur and naturally sweet wines, ‘**Sierras de Málaga**’ and ‘**Málaga Raisins**’. The fame of Málaga Wine even reached the Russian court, as in 1791 the Spanish ambassador



■ Porra de Antequera.



■ Chorizo in wine.



■ Málaga wine is characterised by its wide range of colours, aromas and flavours.



■ Mijas Wine Museum.



■ PDO 'Sierras de Málaga' Wines.

in Moscow presented the Empress Catherine the Great with some boxes of wine. She liked it so much that she exempted from tax all Málaga wine that arrived in Russia.

Málaga wine is characterised by its **wide range of colours, aromas and flavours**. Colours vary from yellow to black; young wines boast floral and fruity aromas while aged wines have more complex ones, while flavours range from those of the varieties themselves to those of wines that have been aged for many years, and from dry to sweet, meaning there is a Málaga wine for every taste and occasion. It is also used in the kitchen as well as in **cocktails and ice cream**.

The PDO 'Sierras de Málaga', which includes a subzone traditionally called **Serranía de Ronda**, covers **white, red and rosé wines** that supplement Málaga's wine offering with natural wines that have a **wide variety of aromas**. The reds have lots of body and structure, where the mineral flavours and aromas of the terroir predominate. They go well with Iberian pork, venison, quail and mature cheeses. The whites are yellow in colour and pale with a varietal aroma, elegant and crisp with a fresh, fruity flavour and acidic tones. They go perfectly with fish and vegetables.

The traditional 'Málaga Raisins' are made by drying the **Muscat of Alexandria** grape variety in the sun; this variety can also be called Moscatel Gordo or Moscatel de Málaga. The two areas where they are mainly produced are **Axarquía**, in the areas of Moclinejo, Almáchar, El Borge, Cútar, Comares and Totalán, and at the opposite western end of Málaga's coast, an area of vineyards where **Manilva** is the centre of wine-producing activity.

Numerous wine tourism and gastronomy **activities** have been developed around the wine culture in Málaga province. These range from **visits to numerous wineries** dotted across the region, to themed **museums** such as the Málaga Wine Museum, the Sangre de Ronda Wine/Winery Interpretation Centre, the Integral 'Serranía de Ronda' Wine Centre and the Almáchar Raisin Museum (SEE WHAT TO VISIT,

P. 195). Some of these activities are part of the **Serranía de Ronda Wine and Winery Route** (SEE GASTRONOMY ROUTES, P. 254), which covers the municipalities of **Ronda and Arriate**, both of which have long-standing wine traditions.

■ OILS AND OLIVES

Antequera has a healthy, flavoursome and natural gastronomy, whose secret lies in the locally-produced **olive oil** with the **Designation of Origin 'Antequera'**. This green gold is used to cook the **vegetables and grains** grown in the fields of Antequera, creating popular dishes like '**porra antequerana**' (SEE RECIPES, P. 269), migas and the famous **sweets** made by hand in the cloistered convents. It is also used to fry partridge, stew rabbit and as a salad dressing. Breakfast in Antequera is also never without a **soft mollete bread roll with oil**.

The main olive variety in **PDO Antequera** is the native '**Hojiblanca**', which represents over 90% of oil production, producing **balanced oils** that are not too bitter or too sweet, making it a very popular choice with consumers. A good way to find out about the olive culture in the area is by visiting the **Hojiblanca-DCOOP Museum in Antequera** (SEE WHAT TO VISIT, P. 195), which explains the different stages of

history through instruments that have all been used to extract oil.



After oil comes the olives, but not just any olives – the only Andalusian olive with a Designation of Origin: '**Málaga Aloreña Olive**'. Its production zone is perfectly marked off by a mountain range, which has led to some unique climatic and



■ The 'Málaga Aloreña Olive' has its own PDO and is an essential part of Málaga's 'nibbles' gastronomy.

edaphological conditions, conducive to its growth. In the **Puerto de Málaga Archives**, there are documents from the early 20th century that illustrate the enormous quantity of olives that were commercialised from the port to places like Havana, New York, Puerto Rico, Santo Domingo and Colombia. Their current main markets are local markets, the Spanish Levant, central northern Spain, central Europe and the USA and Argentina. They are an essential part of Málaga's 'nibbles' gastronomy.

■ 🍌 FRUIT AND CHESTNUTS

The introduction years ago of several **subtropical crops** (such as avocados, cherimoyas, mangos, papaya, etc.) and winter crops throughout the district of Axarquía has **enriched the traditional gastronomy** so much so that these products are now synonymous with the area's typical cuisine. Some of the most popular **fruits** in the province are the **Costa Tropical de Granada-Málaga Cherimoya**, with a Designation of Origin and production zone limited to the municipalities of Algarrobo, Frigiliana, Nerja, Torrox and Vélez-Málaga; the **Sayalonga medlar** (which is used to make liqueurs, medlars in syrup, jams and even medlar honey) and the **sweet potato** (also known as the Málaga potato), which is simply roasted over coals and is a good substitute for bread. Drenched in liquid syrup or covered with dried syrup it has become one of Málaga's confectionery delicacies.

Pujerra is the chestnut capital of Andalusia. The town's economy relies on the chestnut harvest, and it has its own processing plant and even a **festival** dedicated to this fruit. The chestnuts grow on the rugged slopes and in the acidic soils of the **Serranía de Ronda**. To get high quality chestnuts it is very important to harvest and chill the chestnuts on the same day. The facilities at the **Pujerra Cooperative 'Castañas Valle del Genal'** are a hive of activity after a whole day harvesting chestnuts, when the locals patiently queue in their cars, 4x4s, tractors and trailers full to the brim with the

day's harvest. Unsurprisingly a festival is held after the harvest: The **Chestnut Festival** or '**Tostón**' takes place in Pujerra between the 1st and 3rd of November. Chestnuts abound, whether roasted or sprinkled with anise liqueur or aguardiente spirits, along with numerous culinary delights that use chestnuts as their main ingredient. All accompanied by music and dancing until the early hours of the morning.

■ 🍯 SWEET MÁLAGA

The traditional sweet dishes take their influence **from the Moors**, and also enjoy great fame in this region. Much of the confectionery is made using **almonds and chestnuts** ([SEE RECIPES, P 283](#)), **walnuts** and the excellent **honey** made in the Montes de Málaga area. **Colmenar** is home to the **Honey Museum** ([SEE WHAT TO VISIT, P 195](#)), part of the so-called **Honey Route**, where you can visit the facilities and taste the main honeys that are produced in the province of Málaga. **Axarquía** also has the **only traditional cane honey factory in Europe** (Frigiliana), annually producing between 300 and 400 tonnes, which are sold in Spain, Europe and even Israel, with the label appearing in Hebrew. This product goes with fried aubergine and cod omelette and is also used to make **arropía**.



■ Costa Tropical of Granada-Málaga Cherimoya.

Purple carrots

A decade ago, purple carrots were very much unknown to the majority of the population, except for the locals of Cuevas Bajas, who have been growing them for 13 centuries. It was then, 10 years ago, when it began to be promoted by holding the Purple Carrot Festival in this town in the north-east of the province. According to local tradition, this intensely coloured violet carrot (which has an initial purple layer, an orange layer with streaks and a red centre) was introduced by the Arabs. It has now become a highly prized rare vegetable with anti-carcinogenic, diuretic, astringent and, apparently, aphrodisiac properties.



■ Mantecados artesanales.



■ Roscos de vino.



■ Aguardiente from Ojén.

Some of the **specialities of Málaga's confectionery** include the expressive bienmesabe from Antequera, the famous tortas from Ardales, piononos ([SEE RECIPES, P. 285](#)) from Cañete la Real, suspiros from Cuevas del Becerro, mostachones from Vélez-Málaga and, in Ronda, yemas del Tajo and piñonate. These sweet treats can be accompanied by **spirits and anise liqueurs** such as mistela from Arriate and aguardiente from Jubrique.

The **aguardiente from Ojén** deserves a special mention. Pedro Morales' prosperous business took off in 1853 – and was continued by his son Andrés – although it began to slow down in the 1950s. It was so famous that **Picasso** even painted it in one of his paintings ('Bodegón español'). Writers like **Camilo José Cela** and **Rosalía de Castro** have also mentioned it in some of their literary works. And even the **Maharani of Kapurtala**, Málaga-born Anita Delgado, had it taken to India, as she liked to lavish her guests with a glass of this excellent aguardiente from Ojén. More than 60 years after this drink's glory days, an initiative set up by a **Belgian businesswoman**

has in a way taken up the baton of these mythical spirits, again produced in Ojén in a traditional way, as in years gone by. At **Finca Giralda de Ojén**, a prickly pear aguardiente is being produced using artisan methods and packaged in a **solid glass bottle**, with its shape and labelling reminiscent of how they were when first bottled in Ojén.

De tapeo

*Thanks to its pleasant climate, the province of Málaga is the ideal destination for tapas. If you like trying different dishes or if you would like to learn about Málaga's diverse and high quality cuisine, be sure to try the **typical tapas** found in bars and restaurants across in every one of the province's towns. Varied, traditional or creative, simple or elaborate, you can wash down some of Málaga's tapas with a **beer, soft drink or Málaga wine** at any time of day. They can be simple, such as '**pipirrana**' ([SEE RECIPES, P. 268](#)), **anchovies in vinegar** ([SEE RECIPES, P. 271](#)), cheese or **Serrano ham**; slightly more elaborate such as **Russian salad**, meatballs with tomato sauce, paella or typical **fried fish**; or even real samples of **stews** such as tripe or small tastes of the **creative cuisine** that also occupies an important position in the gastronomy here.*



"Camperos"

'Camperos' or 'pepitos' are typical sandwiches found in sandwich shops, snack bars, tapas bars and other restaurants across the province. They are made with a round, flat bread roll, bigger than a mollete roll, and contain ham, cheese, mayonnaise and vegetables, accompanied by a wide variety of ingredients, especially chicken breast or tuna. They tend to be toasted and flattened on a sandwich press.



WINERIES THAT CAN BE VISITED

(PART OF THE SERRANÍA DE RONDA WINE AND WINERY ROUTE)


■ ARRIATE

■ BODEGA VETAS

Camino Nador. Finca El Baco
Tel. 647 177 620
info@bodegavetas.com
www.bodegavetas.com  


■ GAUCÍN

■ BODEGA CEZAR

Finca Buenavista
Tel. 650 240 800 - 952 117 169
jmcozar@hotmail.com
www.vinosdegauцин.com 

■ RONDA

■ BODEGA CONRAD

Ctra. Ronda - El Burgo, km 4
Tel. 652 853 196
conrad@vinosconrad.com
www.vinosconrad.com 



■ BODEGA CUESTA DE LA VIÑA

Carretera Montecorto - Ronda, km 21,6
Tel. 629 589 336
bodegacuestalavina@gmail.com

■ BODEGA DESCALZOS VIEJOS

Finca Descalzos Viejos - Partido de los Molinos
Tel. 952 874 696
info@descalzosviejos.com
www.descalzosviejos.com  



■ BODEGA DOÑA FELISA

Cordel del Puerto Quejigal, s/n
Tel. 951 166 033
g.alonso@chinchillawine.com
www.chinchillawine.com  


■ BODEGA EXCELENCIA

Cordel del Puerto del Quejigal.
Tel. 952 870 960
administracion@bodegasexcelencia.com
www.bodegasexcelencia.com  

■ BODEGA F. SCHATZ

Finca Sanguijuela, s/n.
Tel. 952 871 133
bodega@f-schatz.com
www.f-schatz.com  


■ BODEGA GARCÍA HIDALGO

Partido Rural "Los Molares", s/n.
Llano de la Cruz.
Tel. 660 487 284
info@bodegasgarciahidalgo.es
www.bodegasgarciahidalgo.es 



■ BODEGA KIENINGER

Huerta El Corchero, Los Frontones, 67
Tel. 952 879 554
martinckieninger@gmail.com
www.bodegakieninger.com 

■ BODEGA LOS AGUILARES

Paraje Cortijo el Calero, s/n
Tel. 952 874 457
bodega@cortijosaguilares.com
www.cortijosaguilares.com 

■ BODEGA LUNARES-LOS BUJEOS

Carretera Ronda-El Burgo, km 1,2
Tel. 649 690 847
vinos@bodegaslunares.com
www.bodegaslunares.com  


■ BODEGA JOAQUÍN FERNÁNDEZ

Finca Los Frutales. Paraje Los Frontones
Tel. 951 166 043
info@bodegajf.com
www.bodegajf.com  

■ BODEGA LA MELONERA

Paraje de los Frontones. Camino Ronda-Setenil, s/n
Tel. 660 487 284
info@lamelonera.com
www.lamelonera.com 

■ BODEGA MOROSANTO

La Címada. Ctra. Arriate-Setenil, 1'6
Tel. 692 187 616 - 662 671 111
enoturismo@bodegasmorosanto.com
www.bodegasmorosanto.com 

■ BODEGA VILORIA

Cordel del Pto. Arriate-Setenil, 1'6
Tel. 692 187 616 - 662 671 111
Tel. 647 648 134 - 667 957 680
bodegasviloria@hotmail.es
www.bodegasviloria.com



MUSEUMS AND INTERPRETATION CENTERS

■ MUSEO DEL PAN

C/ Cruz, 9 y 17 - Alhaurín el Grande
Tel. 952 490 832 - 952 595 349
info@elcolmenero.com
www.elcolmenero.com

This is the only one of its kind in Spain, giving visitors the opportunity to go on a journey through the world of bread, grain cultivation, milling, the machinery used in bakeries, as well as visiting a recreation of a bakery from the early 20th century. The museum also has a classroom for 30 people, a café, a shop and four bakeries.

■ MUSEO DE LA PASA

Plaza del Santo Cristo, 5 - Almáchar
Tel. 952 512 002
ayuntamiento@almachar.es

The Raisin Museum shows all the work that goes into making raisins. It is set in a house from the early 20th century, recreating the atmosphere of that era. Amongst the tools on show are some early 20th century pruning shears, a hoe, an axe, a carburettor for lighting up the fields at night and a pair of farmworker's shoes from the 1920s. Inside you can see a collection of lithographs that show different packaging from the history of raisin marketing.

■ MUSEO HOJIBLANCA-DCOOP

Ctra. de Córdoba, s/n - Antequera
Tel. 952 841 451
museo@dc coop.es
www.dcoop.es

The Dcoop Museum (Hojiblanca) aims to revive and display to the public the Dcoop district's olive oil heritage. Three mills, from the 1st, 17th and 19th centuries, have been restored so far. The first of them, which is the oldest (and gave us the press room, the olive-oil press and the stone counterweight, the wooden press being reconstructed as well), demonstrates the importance of olive growing in the region during the Roman era. Outside there is a Roman stone counterweight, a cast-iron press from Córdoba and a park with 75 varieties of olive trees, some of which are foreign.

■ MUSEO DE LA MIEL

C/ Pósito 1 - Colmenar
Tel. 952 718 030
museo@museodelamiel.com
www.museodelamiel.com

The Museum brings visitors closer to the world of bees and apiculture. It has explanatory information boards, six large screens, a large-scale reproduction of some honeycomb and a bee that is more than two metres in size. Thanks to the contributions and grants from the members of Málaga's Association of Beekeepers, who created and designed the project and are in charge of its management, the museum has a significant collection of pieces linked to apiculture activity. These include books on apiculture from the 18th century, beehives and tools that were used for handling beehives and extracting honey in the last century. You can attend a free-of-charge beeswax candle-making workshop, upon request.





■ ECOMUSEO LAGAR DE TORRIJOS

Carretera Colmenar, C-345 (Parque Natural Montes de Málaga) - Málaga
Tel. 951 042 100

The building, dating from 1843, represents the typical wine estate house in the Montes de Málaga area. Inside, visitors can learn in full detail about the artisan production process of the exquisite wines that made the region famous. You can also visit the rooms where there are bread ovens, an oil mill and even the lodgings.

■ MUSEO DEL VINO

Plaza de los Viñeros, 1 - Málaga
Tel. 952 228 493

info@museovinomalaga.com

www.museovinomalaga.com  

Located in the 18th-century Biedmas Palace, this interactive wine-making culture education centre is more than 800 square metres in size and houses an exhibition and interpretation area showing over 400 antique pieces of quality chromolithography. These are displayed by theme: bottle labels, posters and advertising material for wine and raisins, barrel lids, sketches and profiles, decorative packaging and lithographic stones that takes visitors back in time to the oldest traditions in Málaga's wineries during the 19th and early 20th centuries.

■ MUSEO DEL AGUARDIENTE

C/ Charcas - Ojén

One of the rooms in Ojén's Mill Museum is dedicated to Ojén's aguardiente, to pay tribute to one of the town's most symbolic products, which has been an ambassador for it throughout its history. The Aguardiente Museum has a series of information panels that explain the history of the spirit and its legend, with photographs of labels from all over the world, posters, old bottles, etc.

■ CENTRO INTEGRAL DEL VINO "SERRANÍA DE RONDA"

C/ Dolores Ibárruri, 8 - Ronda
Tel. 952 878 982

centrovinoronda@gmail.com

This Centre is located in the city's old 19th-century underground water tanks. Its 2,550 square metres are home to an exhibition and training area, an experimental winery and a space dedicated to wine tourism.

■ CENTRO DE INTERPRETACIÓN DE VINOS - BODEGAS SANGRE DE RONDA

C/ José María González Campos, 2- Ronda
Tel. 952 879 735 – 607 661 900

repcion@bodegaslasangrederonda.es

www.museodelvinoderonda.com 

In its permanent collection, there are different themed spaces that show everything from cooperage and a sample of wine containers to an aroma room (with containers offering more than 40 fragrances for visitors to discover), a fermentation room, racking room and ageing room. As well as the exhibition, there is the Tasting Room, Wine Shop and Andalusian Tavern. It also offers a wide range of experiences: a visit with a tasting, a visit with a guided tasting, a visit with a technical tasting, introductory courses to wine tasting, wine tourism experiences and 'tapeos' and lunches at the winery. In addition, just a few minutes from the Centre lie the La Sangre de Ronda vineyards, framed by an iconic landscape.

■ CENTRO DE INTERPRETACIÓN DEL AZÚCAR

Antiguo Ingenio Ntra. Sra. del Carmen - Torre del Mar (Vélez-Málaga)
Tel. 952 559 100 – 952 500 100

This establishment, located in the old Nuestra Señora del Carmen sugar factory in Torre del Mar, houses a museum and centre dedicated to the history of sugar cane cultivation and the processing of this product, not only in Vélez-Málaga but across the whole district of Axarquía, an activity that once fuelled the area's economic development.



GASTRONOMIC TOURISM

■ SPANISH FOODIE TOURS S.L.

Ctra de Coín, 76 - Málaga

Tel. 650 223 338

info@malagafoodietours.com

www.malagafoodietours.com 

A company dedicated to gastro-tourism that offers gastronomic and cultural tours in Málaga from a different perspective, as well as workshops and pairing dinners.





sevilla

SEVILLA

The richness and gastronomic variety of Seville province has its origins in the **perfect combination of traditional Andalusian cooking and modern Mediterranean cuisine**. This Mediterranean base is reflected in the use of high quality **olive oils**, such as those covered by the **PDO Estepa Oil**; grape musts and wines such as those produced in the area of Aljarafe and Lebrija or those that are recognised with the distinction **Regional Wines**; a wide variety of fresh **fruits and vegetables**, **rice dishes** from the marshlands, pulses, large and small game and **ham and cured meats** from the Sierra Norte area.

Amongst the **vegetables** used in Sevilla's cuisine, the tomato is king: and when it comes to **tomatoes** in Sevilla, mention must be made of the exceptionally good quality, flavoursome tomatoes produced in **Los Palacios y Villafranca**. It is the basis of any good '**refrito**', which serves as an essential ingredient in many of the local stews. Tomatoes are also the main ingredient in dishes like **gazpacho**, **salmorejo** ([SEE RECIPES, P. 270](#)), '**aliñao**' tomatoes, tomato frito sauce, **picadillo** and **tomato soup**. Another essential item is bread, with a long-standing tradition of artisan **bread**, along with a variety of baked goods, featuring delicacies such as mantecado and polvorón biscuits from Estepa, mostachones from Utrera and tortas de aceite from Castilleja de la Cuesta, which can be accompanied by anise **liqueur** from Cazalla.

Sevilla's list of recipes is long and imaginative, and there is no better way to try them than by sampling small servings in the form of **tapas** – a typical culinary tradition that is common across the province and synonymous with good food. So, in any good restaurant around the province, along with a **beer made ice cold using brine tank method**, you can enjoy **tasty dishes** such as Sevilla-style veal, eggs 'a la flamenca' ([SEE RECIPES, P. 268](#)), fried aubergines with honey, soldaditos de pavía ([SEE RECIPES, P. 273](#)), menudo, stewed oxtail and rice with duck ([SEE RECIPES, P. 279](#)), to name just a few.

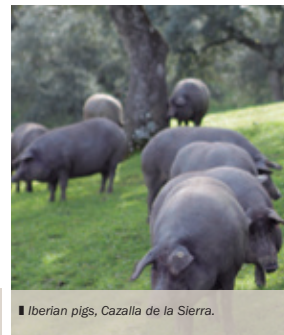
PRODUCE FROM THE MOUNTAINS

Iberian pork, mushrooms and game are the three pillars of the traditional gastronomy in Sierra Norte de Sevilla, creating dishes full of flavour. **Wild boar and venison** ([SEE RECIPES, P. 276](#)) are used in strong stews such as **calderetas**, **adobos** or to make **cured meats** (especially chorizo), while **smaller game** like hare, rabbit, pigeons, pheasants, partridges, quails and ducks are used in stews, **rice dishes or grilled**, to be eaten in a variety of ways: roast rabbit, pickled, **partridge** or pheasant patés, soupy rice with duck.

In Sierra Norte, where **chestnuts** are also grown, the conditions are ideal for rearing **Iberian pigs**, which are the star of their very own **Iberian Pig Route** ([SEE GASTRONOMY ROUTES, P. 236](#)). From the acorn-based diet from the holm oaks to the basic mountain air, these factors all mean that the **sausages, hams and shoulders** are dried as they should be. Their influence in provincial recipes is paramount, forming part of the classic **Sevilla stew**, **croquettes and pringás**, the famous loin '**mantecas**' and the very typical dish, eggs '**a la flamenca**', which are never missing a few good strips of Serrano ham and some slices of chorizo. On the grill, be sure to



■ Carrillada ibérica (pork cheeks).



■ Iberian pigs, Cazalla de la Sierra.



■ Roast 'retinto' in Utrera.



■ Eggs 'a la flamenca'.

try different special cuts such as 'presa', 'pluma' and 'secreto'. Sirloin is best stewed, while ham goes well with **scrambled eggs and salmorejos** (SEE RECIPES, P. 270) or as the main ingredient in chacina dishes, accompanied by the acclaimed 'caña de lomo or morcón sausages or serrana black pudding.

When it comes to **mushrooms**, after the autumn rains, it is not difficult to find king oyster mushrooms, button mushrooms, boletus, alcornoque and jara faisanes, álamo mushrooms and tanas. Simply **grilling** them conserves their flavour, and they are delicious either as a main dish or as a side. In **Vía de la Plata**, there are three towns that are noted for their mycological richness: **El Ronquillo**, with its gurumelos that can be used in rices (SEE RECIPES, P. 279) or in a fry-up; **Villamanrique de la Condesa** (where you can find criadillas de tierra, a 'lesser' sister species of the white truffle) and **Aznalcóllar**, with its chanterelles (stewed with potatoes), tanas and tontullos.

In these mountainous regions and in towns like **Castilblanco de los Arroyos**, Guillena and Castilleja del Campo, is where the province's main **cheese production** can be found. Sevilla's traditional cheese is basically made with **goat's milk**, although there are producers who combine it with fresh cow's and sheep's milk. **Soft cheese** is ideal as an appetizer accompanied by a dash of honey or seasoning, or even in a salad. **Semi-hard cheese** is used to make vegetables au gratin (such as aubergine au gratin), and for sauces to go with meat. And finally, **hard cheese** is great for slicing thinly and serving with a good regional wine. In Castilblanco, the **Quesería Huerto del Cura** (SEE WHAT TO VISIT, P. 215) and **Postres y Lácteos Mare Nostrum** (SEE WHAT TO VISIT, P. 215) offer guided tours, workshops and tastings, while in El Real de la Jara, there is **Quesos El Real** (SEE WHAT TO VISIT, P. 215).

■ VINOS Y LICORES

Wine has become one of the most important **tourist resources** in the province of Sevilla. It has been an important wine region since ancient times, with the arrival of the **Romans**, when vineyards were first cultivated and wine production became widespread, first of all, and then second when the consumption of wine took on a social function. With the **Discovery of America**, wine from Andalusia, and particularly from Sevilla, rose in popularity, being consumed by the people and by nobility. After a few centuries of set-backs due to plagues like the phylloxera in the 18th century and competition from other wines like those from Jerez, Sevilla's wine industry is now regaining its splendour.

When talking about wine, spirits and anise liqueurs, Sevilla has three large and main regions to mention: El Aljarafe, Bajo Guadalquivir and Sierra Norte. These towns are included in the **Sevilla Province Wine and Spirit Route** (SEE GASTRONOMY ROUTES, P. 257), which provides an opportunity to see the vineyards, wineries and distilleries first-hand, bringing together business associated with the wine, liquor and gastronomy industry.

In **El Aljarafe**, the triangle between **Espartinas**, **Umbrete** and **Villanueva del Ariscal** are where you can find the largest production of the local star: the **famous must**, a young, cloudy white wine that is low in alcohol (10-12%) and very smooth and light. It is served in the majority of **taverns, pubs, bars and inns in the Andalusian capital and its surroundings**, and is drunk from November onwards.



Snail season

In Sevilla, and in practically all of Andalusia, snails become the most popular tapas and appetiser during the spring. While they were originally gathered by country folk who lived on what they found, this tradition has been lost, with almost all of them nowadays being exported from Morocco. However, it's worth mentioning the snails from Lebrija, 'los blanquillos', which are bigger and tastier than those from North Africa.



■ Umbrete, wine harvest.



■ Spirit distillery, Cazalla de la Sierra.

Another district with a tradition of wine is **Bajo Guadalquivir**, particularly in the **Los Palacios y Villafranca** area, which has the Protected Geographical Indication '**Los Palacios**' Regional Wines, and especially in **Lebrija** and **El Cuervo**, which has its own **Designation of Origin 'Lebrija'** Quality Wine. Although they make young white wines, the main production is **fortified wines**, in the style of the fino and manzanilla sherries of Jerez and Sanlúcar, as well as oloroso and sweet wines, some of which are highly recognised and have even won awards. Oloroso is particularly used in cooking, especially in meat stews.

With **Sierra Norte's** soil and climate that are very well suited to vine growing, this area is producing quality **red and white wines, both young and aged**, which are given the sweetness and mellowness of oak. The wines are made using **organic agriculture**, with new wine-making technology and modern practices, resulting in wines where the terroir is expressed with authenticity, full of **real aromas and flavours**.

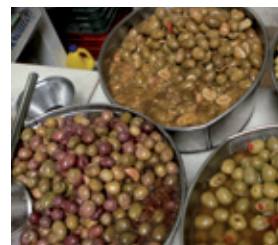
The towns of **Cazalla de la Sierra** and **Constantina** are great examples of the province's tradition of making anise liqueurs and spirits, with family businesses that cornered this market at national level, mainly in the 19th and 20th centuries. In fact, the province ended up with around 200 distilleries. Currently, about ten have picked up where they left off, keeping the tradition of their forebears alive, but adapting to modern times, using a wide range of **products and flavours**, ranging from the traditional **anise liqueurs, sour cherry liqueur, marc and herb liqueur**, to new influences such as caramel vodka, rum, sour cherry cream, chocolate liqueur and gin. In Carmona, Pruna and Fuentes de Andalucía there are also distilleries that have been producing unbeatable spirits for decades.



■ Sevilla's geography is notable for its variety and richness in the production and exportation of olive oil and table olives.



■ The quality of Sevilla's oil has been recognised with the Designation of Origin 'Estepa'.



■ As an appetiser, ingredient and dressing, olives are an institution.

■ OIL AND TABLE OLIVES

Olive trees, oil and olives are inherently linked to the history and culture of the province of Sevilla. The quality of their liquid gold has been recognised with the **Designation of Origin 'Estepa'**, while the **Protected Geographical Indication 'Aceituna Sevillana'**, requested by the sector, is in process. The **Oil and Table Olive Tour (SEE GASTRONOMIC ROUTES, PG. 222)**, covers **143 municipalities** of Sevilla that stand out for their variety and richness in the production and exportation of olive oil and table olives, the common denominator of the whole tour, and dotted with olive groves, oil presses, cooperatives and great estates.

The main **olive varieties** produced in the fertile soil are the 'manzanilla', 'hojiblanca', 'verdial', 'gordal', 'zorzaleña', 'morona' and 'pico limón'. As an **appetiser, ingredient and dressing**, olive oil is an institution and it works particularly well in salads, 'pistos', with game and even with fish.

The province of Seville is the third biggest producer of olive oil in Spain. As well as the oils bottled by **PDO Estepa**, there are other quality oils like those of Sierra Sur, the high-quality oils of **Pruna y Coripe**, linked to the Designated Origin of Sierra de Cádiz. Not forgetting the excellent production coming from **Sierra Norte** (some intense oils with fruity and herby aromas from the mountains, with a mellow and harmonious flavour); **Gerena** oils, on the Vía de la Plata; **Dos Hermanas** and its significant production in the Guadalquivir-Doñana region; and, of course, the oil from **Osuna**, where the **Cooperativa Santa Teresa IS LOCATED (SEE WHAT TO VISIT, PG. 215)**, which is the first olive growing company to be certified by the Ministry of Agriculture and the Integrated Board of Olive Oil Production for their star product: Extra Virgin Olive Oil 1,881 "Alta Selección".

MARISMEÑO RICE

It's in the south of the peninsula where we find the largest production of rice, with up to **60% of the nation's total**. **Marismas del Guadalquivir**, in the province of Seville, is the largest rice production zone in the country, producing 40% of the total. Particularly notable are the municipalities of Isla Mayor, Los Palacios y Villafranca, Puebla del Río, Utrera, Lebrija, Aznalcázar and Villamanrique de la Condesa. These and a few other areas are part of the **Rice Tour** through the province of Sevilla (**SEE GASTRONOMIC ROUTES, P 228**), a tour through the **nature, heritage, fiestas and gastronomy** of the **12 towns** in the Guadalquivir-Doñana area. What these areas have in common is **growing rice** and the presence of the **Guadalquivir river**, which flows through on its way to the mouth at Sanlúcar de Barrameda.

Although it was the Arabs who introduced this grain to the peninsula and to the province, it wasn't until the 20th century that rice cultivation was consolidated in Sevilla, mainly after the Civil War in order to cover the food deficit caused by the conflict. At the same time, **numerous Valencian families** arrived and settled in the marshland area to work the rice paddies, carrying out an authentic transformation process and influencing the **local gastronomy** decisively.

The **Guadalquivir river** irrigates the paddy fields and provides **abundant resources** used to make typical dishes that have lasted through the ages: salted **albures**, rice with duck (**SEE RECIPES, P 279**), stuffed anchovies, **shrimp**, **river crab** with tomato, garlic crab tail in sauce, eels, paellas, Valencian stew, goose soup and shrimp tortilla, among others. **Rice** has achieved a high status in the local gastronomy, offering visitors **unique, and varied recipes** such as that



■ Arroz marismero.

cooked in Aznalcázar with gurumelo mushrooms (**SEE RECIPES, P 279**); fisherman's rice of San Juan de Aznalfarache; rice with chicken from Las Cabezas de San Juan; rice and chickpea stew from Dos Hermanas; rice with shrimp from Coria; **rice with snails** from Lebrija or, out towards La Isla, the dish invented by the Doñana guards, **rice with duck** (**SEE RECIPES, P 279**); or the bringing together of two "enemies" in **rice with crab tails**.

Among the tourist activities linked to this culinary product, are visits to rice companies (**SEE WHAT TO VISIT, P 212**), such as **Arrocerías Herba** in San Juan de Aznalfarache (the largest rice packaging company in Andalusia) and **Arrozúa Sociedad Cooperativa Andaluza** in Isla Mayor, as well as the ecotourism tour offered by **Finca Veta la Palma** (**SEE WHAT TO VISIT, P 210**), an agricultural, livestock and aquaculture farm located in the Doñana Natural Reserve.

SEVILLA'S CONFECTIONERY

The **Arabic traditions of Sevilla's confectionery** endures in the **honey** produced in the province's beehives for desserts and sweets, such as 'pestiños' (**SEE RECIPES, P 285**), 'torrijas' (**SEE RECIPES, P 286**), 'rosas', 'piñonates' and 'garrapiñadas'. Honey is predominantly produced in the **Vía de la Plata** area as well as in the **Sierra Norte**, in municipalities like Aznalcóllar, El Castillo de las Guardas, Castilblanco de los Arroyos, Gerena, El Garrobo, El Madroño and El Ronquillo. The region offers activities that enable visitors to get closer to the world of honey, from its origins in the beehives, moving through the factories and ending with the packaged product that can be enjoyed in tasting sessions. On a visit to the **Sierras Andaluzas Cooperative** (**SEE WHAT TO VISIT, P 215**) in Castilblanco, the entire honey extraction and marketing process is explained.

The 'pestiños', 'empanadillas' and, above all, everything about the making of their famous '**tortas de aceite**', recognised as **Traditional Speciality Guaranteed**, all make the confectionery of **Castilleja de**



■ Holy Week Stew.

Holy Week Cuisine

During Holy Week, the cuisine in Sevilla is very different. Cod becomes a staple food and is used in buñuelos, pavia, croquettes or fritters; made into fish balls; or used in 'vigilia' stew, along with chickpeas and spinach. Vegetables, and more specifically spinach or chard, are also eaten more during these dates, cooked with a delicious mashed and fried bread, garlic, cumin, paprika and vinegar. There are also home-made family desserts, 'torrijas' and 'pestiños'.



■ Mostachones.



■ Torta de polvorón.

la Cuesta of the highest quality and one of the most important industries in the town. The 'tortas de aceite' made by **Inés Rosales** and **Andrés Gaviño** (SEE WHAT TO VISIT, P 212), are very well known. Both companies organise guided tours of their premises along with the **Upita de los Reyes** bakery (SEE WHAT TO VISIT, P 212) and the 'astigitana' confectionery company **San Martín de Porres** (SEE WHAT TO VISIT, P 212). Also very popular are the **mostachones de Utrera**, a flat bizcocho baked on brown paper and cooked in a wood-burning oven and, in **Carmona**, the **torta inglesa**, that owes its name to the famous English archaeologist, **Jorge Bonsor**, who settled in Sevilla and who was apparently partial to this Moorish traditional sweet made by a very popular confectioner in Carmona.

Festive treats are another identifying feature of Sevilla's famous confectionery, with its products filling the homes of the nation at **Christmas** time. The mantecado de Estepa that has a **Protected Geographical Indication**, is perhaps the most well-known, but we cannot forget the **roscos de vino**, **alfajores** and the **polvorones**. During the Christmas season, **Estepa** lives for and because of its popular mantecados. It is unusual to find a family who doesn't get involved



■ Torta inglesa.

with some of the traditional activities in the **numerous family-led factories**, which currently carry out most of the production. Many of these companies, aware of the tourist interest their activities attract, organise **guided tours** of their premises (SEE WHAT TO VISIT, P 212), with a tasting session included: **La Estepaña** with its **Mantecado Museum**, **La Flor de Estepa**, **La Fortaleza**, **Mantecados el Santo**, **Mantecados San Antonio** and **Mantecados La Colchona**. The confectionery made by the **nuns** across the province are no less famous than those made in Estepa. Every year during the celebrations for the day of the Immaculate Conception, the Archbishop of Sevilla organises the **exhibition and sale** of this sweets made by nuns from the various convents belonging to the Archdiocese of Sevilla. It's a celebration enjoyed by all.

Sevilla's bakehouses

*Bread is one of the key products on a Seville table, notably artisan creations from the local areas, such as **Alcalá de Guadaira** known locally as "Alcalá of Bakers", an area with good wheat and a milling tradition that stretches from the Roman ages; **El Cuervo** (famous for its traditional wood-burning ovens); **Burguillos** bread; 'molletes' from **La Luisiana**; 'kilo' bread; 'teleras' from **Las Cabezas de San Juan**; and not forgetting 'prieto' bread from **La Algaba**. You can't understand Sevilla's popular cuisine without mentioning bread, as it's a fundamental ingredient in **gazpachos**, 'porras', 'ardorias', 'sopeaos', 'sopillas' and 'panochas', as well as being an important ingredient in desserts like the 'torrijas' of Holy Week (VER RECETARIO, PÁG. 286), 'gachas' and 'poleás'.*



ECOTOURISM ACTIVITIES

FINCA VETA LA PALMA
Isla Mayor
Tel. 954 589 237
ecoturismo@vetalapalma.es
www.vetalapalma.es



WINERIES AND DISTILLERIES (PART OF THE WINE AND SPIRITS ROUTE)

CARMONA

DESTILERÍA ANÍS LOS HERMANOS
Finca de Brenes, Ctra. Carmona el Viso s/n - km 0
Tel. 954 191 366
anisloshermanos@gmail.com
www.licorescarmona.com

CAZALLA DE LA SIERRA

ANISADOS EL CLAVEL
C/ San Benito, 8
Tel. 954 884 019
destileria@delclavel.com
www.delclavel.com

BODEGAS COLONIAS DE GALEÓN
Plazuela, 39
Tel. 955 710 092 - 607 530 495
info@coloniasdegaleon.com  

DESTILERÍAS DE CAZALLA
ANÍS MIURA
C/ Virgen del Monte, 54
Tel. 954 884 013
cazalla@caballero.es
www.caballero.es  

HACIENDA EL DUENDE
Ctra. Cazalla - Guadalcanal, km 3,5
Te. 954 884 350 - 608 544 525
duendejgs@hotmail.com

CONSTANTINA

ANÍS LA VIOLETERA
C/ Mentidero, 2
Tel. 955 881 662
anislavioletera@anislavioletera.com
www.anislavioletera.com

BODEGAS DE FUENTE REINA
Hacienda la Purísima Concepción - Ctra. de Cazalla, km 11
Tel. 955 954 026
info@tintoandaluz.com
www.tintoandaluz.com

BODEGA LA MARGARITA
Ctra. Constantina - San Nicolás del Puerto, s/n
Tel. 955 954 187 - 676 848 570
bodegalamargarita-tintozancuo@hotmail.com

ESPARTINAS


BODEGAS PATACABRA
C/ J. Emilio Fernández. Mora, 3
Tel. 954 113 820 - 606 403 918
www.aytoespartinas.com

BODEGAS VINOS BLANCOS DE AUTOR
C/ Mártires de la Iglesia, s/n
Tel. 954 097 354
fragata@vinosfragata.es
www.vinosfragata.es

ESTEPA

ANÍS BRAVÍO
P.L. Sierra Sur - C/ Ajonjolí, nº7
Tel. 955 913 159
anaf7_stepa@hotmail.com

FUENTES DE ANDALUCÍA

DESTILERÍAS ANÍS RIGO
C/ Lantejuela, 5
Tel. 954 837 109
anisrigo@hotmail.com
www.destileriasrigo.es 

LEBRIJA

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C/ Consolación 60
Tel. 955 972 785 - 955 972 517
bodegas@gonzalezpalacios.com
www.gonzalezpalacios.com  

LOS PALACIOS Y VILLAFRANCA

COOPERATIVA AGRÍCOLA NUESTRA SEÑORA DE LAS NIEVES CONSTANTINA
Avda. Utrera, s/n
Tel. 955 810 360
gerente@e-lasnieves.com

PRUNA

REGUERA
C/ Nueva, 13
Tel. 954 858 014
destileriasreguera@gmail.com
www.destileriasreguera.es

UMBRETE

BODEGAS F. SALADO
C/ Camino de Mérida, 14
Tel. 955 715 601 - 650 498 449 - 616 666 109
bodegassalado@hotmail.com
www.bodegassalado.com  

UTRERA

DESTILERÍA LA FLOR DE UTRERA
Polígono Industrial La Aurora, C/ Industria, nº 20
Tel. 954 860 159
info@flordeutrera.es
www.flordeutrera.es

VILLANUEVA DEL ARISCAL



BODEGAS GÓNGORA
C/ Santísimo Cristo de la Veracruz, 59
Tel. 954 113 700
gongora@bodegasgongora.com
www.bodegasgongora.com  

BODEGAS LORETO
C/ Cristo de la Vera-Cruz, 28
Tel. 954 113 883



THE TAPEO

MERCADO GOURMET LONJA DEL BARRANCO

Calle Arjona, s/n
Tel. 954 220 495
www.mercadolonjadelbarranco.com  

Next to the Puente de Triana, in a building made of iron and glass that was designed by Gustave Eiffel, is the largest gourmet selection that Sevilla has to offer. With capacity for 2,000 people, there are some 20 stalls with a wide culinary offering, including fried fish, seafood, stews, charcuterie, roast chicken, empanadas, cheeses, sushi, pizza, meats, ice creams, delicatessen, flowers and books, oils, fruit, rice, cakes, wine and cocktails. It's open from 10 am to 12 pm daily, and until 2 am on weekends. You can also take the food away.



RICE COMPANIES (PART OF THE RICE ROUTE)

■ ARROZÚA SOCIEDAD COOPERATIVA ANDALUZA

Lugar Finca Veta La Mora, s/n - Isla Mayor
Tel. 954 777 564
arrozua@arrozua.com
www.arrozua.com

■ ARROCEÍAS HERBA

C/ Real, 43 - San Juan de Aznalfarache
Tel. 954 589 200
www.ebrofoods.es



CONFECTIONERIES

■ CASTILLEJA DE LA CUESTA

■ UPITA DE LOS REYES

C/ Federico García Lorca, 2 - Castilleja de la Cuesta
Tel. 954 160 313
info@upitadelosreyes.com
www.upitadelosreyes.com  


■ ÉCÍJA

■ SAN MARTÍN DE PORRES, S.L.

Pl. La Campiña, C/ Navarra, 5. Parcela 67 - Écija
Tel. 954 830 596
www.smporres.com  

■ ESPARTINAS

■ TORTAS ANDRÉS GAVIÑO

C/ Doctor Andrés Gaviño, 2 - Espartinas
Tel. 955 950 284 - 605 919 421
comercial@tortasaceite.es
www.tortasaceite.com 

■ ESTEPA



■ LA ESTEPEÑA

Pol. Ind. Sierra Sur. C/ Almendra, s/n
Tel. 955 912 648 - 955 912 692
info@laestepena.com
www.laestepena.com

■ LA FLOR DE ESTEPA

Avda. de Andalucía, 170
Tel. 902 230 231- 955 913 218
www.laflordeestepa.com


■ LA FORTALEZA

Pol. Ind. Sierra Sur. Avda. de la Canela, 38
Tel. 955 915 737
info@lafortaleza.net
www.lafortaleza.net  

■ MANTECADOS EL SANTO

Pol. Industrial Sierra Sur. Av. de la Canela, 35
Tel. 955 912 763
info@el-santo.com
www.el-santo.com

■ MANTECADOS LA COLCHONA

C/ Santa Ana, 28
Tel. 954 820 228
info@lacolchona.es
www.lacolchona.es 

■ MANTECADOS SAN ANTONIO

Pol. Ind. Sierra Sur. Avda. Badía Polesine, 26
Tel. 955 912 866 - 955 912 884
comercial@mantecados-sanantonio.com
www.mantecados-sanantonio.com

■ HUÉVAR DEL ALJARAFE

■ INÉS ROSALES


Parque Empresarial Vereda de la Herrería, s/n - Huévar del Aljarafe
Tel. 954 756 427 - 670 409 089
info@inesrosales.com
www.inesrosales.com  



SAUSAGE FACTORY AND IBERIAN HAM COMPANIES (PART OF THE IBERIAN PIG ROUTE)

■ ALMADÉN DE LA PLATA

■ CABALLERO, S.L.

Olmo, 25
Tel. 954 735 039
www.jamonescaballero.es 

■ ELISA ALONSO

José Mate, 8 y Granadina, s/n
Tel. 954 735 081
www.elisalonsolatradicciondeliberico.blogspot.com  

■ PIÑERO E HIJOS, S.L.

Cervantes, 3
Tel. 954 735 038

■ EL REAL DE LA JARA

■ REINA DE LOS ÁNGELES

Pza. Andalucía, 12
Tel. 954 733 261
www.jamondelreal.com



MUSEUMS AND INTERPRETATION CENTERS

■ FÁBRICA-MUSEO ARTESANAL ANÍS LA VIOLETERA

C/ Mentidero, 2 - Constantina. Tel. 955 881 662
anislavioletera@gmail.com
www.anislavioletera.com
It preserves the 16th century traditional distillation process of using oak-fired copper cauldrons. Free entry.

■ MUSEO DEL ANÍS

Avda. del Mantecado (Pol. Industrial Sierra Sur) - Estepa. Tel. 955 913 159
anisbravio@yahoo.es
The premises reproduce the atmosphere of an old wine bar. You can visit the distillery, where there is a beautiful 18th century still, and get a glimpse of the production process up-close.

■ MUSEO DEL CHOCOLATE 'CHOCOMUNDO'

C/ Del Alfajor, 10-12 (Junto a La Despensa de Palacio) - Estepa. Tel. 955 914 525
info@chocomundo.com
www.chocomundo.com
Born out of a project lovingly planned by its owners for more than 30 years and two years of construction, La Despensa de Palacio has established itself as one of the most important chocolate museums in Spain, with a large collection of artefacts.

■ MUSEO DEL MANTECADO LA ESTEPEÑA

Polígono Sierra Sur, C/ Almendra, s/n - Estepa
Tel. 955 912 648 - 955 912 692
info@laestepena.com
www.laestepena.com
The museum is a faithful reproduction of an old confectioner's. It shows the artisan production process from the end of the 19th century, paying homage to the men and women who were pioneers in the production of mantecados.





■ MUSEO DEL ACEITE

Hacienda de la Fuenlonguilla - Avda. de la Fuenlonguilla, s/n - La Puebla de Cazalla. Tel. 954 499 423

turismo@pueblacazalla.com



Tucked away in the Hacienda de la Fuenlonguilla, which dates from 1858, the museum offers visitors the chance to journey through the ancient process of extracting 'liquid gold' by means of the old mill, its oil press, the channels where the oil vats were deposited, the vats themselves and 32 information boards. You can also visit the living quarters in the farmhouse, once home to its former owners.

■ MUSEO DE OLIVOS DE LA HACIENDA GUZMÁN

Carretera de Mairena s/n - La Rinconada

Tel. 955 511 777

info@haciendaguzman.com

www.haciendaguzman.com  

One of the biggest attractions of Hacienda Guzmán is its olive tree museum. It's a unique location, with more than 140 different varieties of olive tree from across the world. In the 'olivoteca', you can find a diverse range of olives. It also provides the perfect place to conduct research, owing to the distinct characteristics and flavours of the varieties. This research is done in the oil press, where you can enjoy the process of producing olive oil.



OLEOTOURISM - GUIDED TOURS



(PART OF THE OIL AND TABLE OLIVE ROUTE)

■ ACEITES EL MACACO PRODUCTOS AGRÍCOLAS Y TRANSFORMADOS, S.L.

Finca Cameros (Ctra. Arahal-Utrera
km 5,5) - Arahal

Tel. 954 840 733- 954 840 297

info@elmacaco.com

www.elmacaco.com  

■ OLEICOLA CORIPEÑA, S.C.A.

Avda. Pablo Picasso, 36 - Coripe

Tel. 955 858 575

info@oleocoripe.com


www.oleocoripe.com

■ YBARRA

Ctra. Isla Menor, km 1,8 - Dos
Hermanas

Tel. 902 014 555

consumidor@grupoybarra.es



www.ybarra.es  

■ CENTRO CULTURAL DEL OLIVO BASILIPPO

Hacienda Merrha. Ctra. Viso - Tocina
(SE-3201), km 2- El Viso del Alcor

Tel. 955 740 695 - 678 881 506

visitas@basilippo.com


www.basilippo.com  

■ OLEOESTEPA

Polígono Industrial Sierra Sur - Calle El
Olivo, s/n - Estepa (Sevilla)

Tel. 902 232 400 - 955 913 154

oleo@oleoestepa.com

www.oleoestepa.com  

■ FRAMOLIVA

Ctra. Huevar-Sanlúcar la Mayor. SE-639,
Vereda de los Esparragales s/n - Huévar
del Aljarafe

Tel. 954 757 080

framoliva@framoliva.com

www.framoliva.com  

■ ACEITES SOBERBIO

COOPERATIVA N° S° DE LAS VIRTUDES
Autovía A-92 Sevilla-Málaga, km 66, Vía
de Servicio - La Puebla de Cazalla

Tel. 954 847 031

pedidos@soberbio.com

www.soberbio.com

■ PUEBLAOLIVA

COOPERATIVA AGRÍCOLA SAN JOSÉ SCA
Ctra. Sevilla-Málaga, km 68 - La Puebla
de Cazalla

Tel. 954 847 089 - 954 847 233

aceiteextra@pueblaoliva.com

www.pueblaoliva.com

■ COOPERATIVA VIRGEN DE LAS HUERTAS

Ctra. de Constantina, s/n - La Puebla
de los Infantes

Tel. 954 808 056

sca_vh@terra.es

www.scavirgendelashuertas.es

■ ACEITES CASIL

COOPERATIVA SAN ISIDRO LABRADOR

C/ Vicente Bermúdez Coronel, 7 -
Marchena

Tel. 954 843 825

www.casil.es 

■ MOLINO LOS PÉREZ, S.C.

C/Enrique Camacho Carrasco, 10 -
Marchena

Tel: 955 846 392 - 685 345 998

molinolosperez@yahoo.es

www.aceitemolinolosperez.com

■ ACEITES 1881

SANTA TERESA SAT

Carretera Lantejuela, km 1 - Osuna
Tel. 954 810 950

1881@1881.es

www.1881.es  



HONEY PRODUCERS

■ SIERRAS ANDALUZAS

P Industrial Cruz Alta. C/ A, s/n - Castilblanco de los Arroyos

Tel. 955 734 448 - 650 910 910

sierrasandaluzas@hotmail.com

www.sierrasandaluzas.es



CHEESE DAIRIES

■ POSTRES Y LÁCTEOS MARE NOSTRUM

Ctra. 5405, km 17 - Castilblanco de los Arroyos

www.lacteos-mare-nostrum.com  

■ QUESERIA HUERTO DEL CURA

Carretera Sevilla-Castilblanco, km 29 Frente Urb. la Colina - Castilblanco de los
Arroyos

Tel. 615 177 506

info@quesoshuertodelcura.com

www.quesoshuertodelcura.com

■ QUESOS EL REAL

Avda. La Encina, 10. Polígono Industrial La Encina - El Real de la Jara

Tel. 954 733 120 - 954 733 028

info@quesosjarareal.com

www.quesosjarareal.com



- Rice
- Chestnut
- Tomatoes
- Mushrooms
- Chickpeas
- Wines
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- Ham and sausages
- Trout
- Bread
- Cheeses
- Honey
- Anise liqueurs
- Confectionery



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GASTRONOMIC ROUTES

The gastronomy tours that run from one extreme of Andalusia to the other paint a faithful picture of Andalusia's cuisine through its most iconic products. Some tours are focused on wine, others on oil, rice, ham or tuna, all allowing visitors to immerse themselves in the culture, history, natural heritage and traditions of the towns they pass through.

3.1.

Landscapes with Flavour



Landscapes with Flavour

Andalusia tastes of its coasts and its oceans, of its crops and of its traditional fruits and harvests. A melting pot of flavours that place great value on the concept of gastronomic tourism that distinguishes its flavourful routes.

Andalusia tastes of: the sea and coast, of valleys and pastures, of mountains and hills, of vineyards and olive trees, of meadows and marshlands, of steppes and deserts, of the countryside... The **Ministry of Tourism and Sport** of the Council of Andalusia has established, in conjunction with the private sector and provincial and local entities, '**Landscapes with Flavour**' which aims to promote the richness of the region's landscapes and cuisines, boosting Andalusia's high-quality gastronomy using quality criteria. The project already has a total of **seven tours** across the region, and new routes will continue to be added to offer visitors a unique, authentic and quality experience. It offers gastronomy as a relaxing and healthy way of finding out more about the history of Andalusia and of getting to know its people and traditions.

Among the established tours are the **Cádiz Almadraba Bluefin Tuna Route** 🍷, which shows how, every May for the last 2000 years, traditional fishing of this superb fish returns to the Cádiz coast and to towns like **Barbate, Conil de la Frontera and Tarifa**. In May and June these towns have authentic food festivals devoted to the bluefin tuna, but you can still enjoy it year round in these towns.

The **Marco de Jerez Wine and Brandy Route** 🍷 looks at Spain's most celebrated and international wines and brandies and takes you through a very privileged location; the geographic triangle formed by the towns of **Sanlúcar de Barrameda, El Puerto de Santa María and Jerez de la Frontera**, to which we can add **Chiclana de la Frontera, Chipiona, Puerto Real, Rota and Trebujena**. The **Catedrales del Vino**, the wineries that produce these wines, hold a special place in the ancient wine culture that is immensely significant to the area's cultural heritage.



In the province of Huelva there are two interesting routes. The **Jabugo Ham Route** 🍷 places great value on a product that is a characteristic feature of Huelva's and a symbol that makes the province recognisable across the world. It covers the whole range of ham products and the producing tradition of the **Designation of Origin** regions, which extends to the **Sierra de Aracena, Picos de Aroche and Cuenca Minera**.

The **Condado de Huelva Wine Route** 🍷 covers the whole Designation of Origin region of these wines, which totals 18 of Huelva's municipalities. The area, which includes some of the **oldest vineyards in Europe** and an ancient landscape, produces full-bodied red and white wines, as well as **vinegars** and unique products, such as orange wine.

The wine industry, long-established in this region, gives shape to the excellent **Serranía de Ronda Wine and Winery Route** 🍷 which, located between the municipalities of Ronda and Arriate, is surrounded by exceptional natural spaces like the Sierra de Grazalema and the Sierra de las Nieves (Biosphere Reserve). You can enjoy strolling through the vineyards with wine experts, taking part in advanced or beginner's wine tasting courses, tasting sessions with local gastronomy, relaxing wine-therapy treatments...

The **Sevilla Province Rice Route** 🍷 mainly takes place in the Guadalquivir marshlands, which form a vast coastal inlet. The province is Spain's leading rice producer, constituting 40% of Spanish rice production. The route revolves around the **coastal municipalities in the lower basin of the Guadalquivir**, and is of particular interest for its natural enclaves, which are an essential habitat for a spectacular array of bird life.

Also in Sevilla is the **Sevilla Province Wine and Spirits Route** 🍷, which involves a series of experiences that are linked with the area and also with the wine and spirits have been produced since times gone by in the various regions, which include **Sierra Norte, La Campiña, and Bajo Guadalquivir**.



Oil and Table Olive Route in the province of Sevilla.

Olive trees, oil and olives are inherently linked with the history and culture of the province of Sevilla, forming part of the material and symbolic heritage, handed down by different cultures since ancient times.

The Oil and Table Olive Route covers the **43 municipalities** of Seville that are notable for the variety and richness in the production and exportation of olive oil and table olives, the theme running through the itinerary of the whole tour. With these products from Seville's gastronomy as a starting point, the Route invites visitors to enjoy the **history, culture and natural values** and **culinary artistry** of **six possible routes** which are shared between Sierra Norte, Guadalquivir-Doñana, Aljarafe, Vía de la Plata, La Campiña and Sierra Sur.

Two types of olive tree have been grown in Seville's soil: one for growing olives to be pressed for the production of **olive oil**, and the other for producing **table olives**. In other words, the olive-growing areas are dedicated almost exclusively to one of the two types of olive production. At the same time, a highly skilled **agribusiness sector** has developed to grind, extract, refine, package and market olives from the province. Many of these **companies, cooperatives, oil presses and old mills** are part of this Route, offering some **interesting guided tours** of their premises.

1. SIERRA NORTE.

The first of the routes takes us to Sierra Norte, with Guadalcanal and its Sierra del Guadalcanal Extra Virgin Olive Oil, as well as its traditional 'Oil Route' Race that takes place in March. We continue with Cazalla de la Sierra, Almadén de la Plata, with its significant production of organic oil, that's tucked away in the middle of the Sierra Norte de Sevilla Natural Park; El Pedroso, and its intense oils with fruity, herby aromas of the mountains; Constantina and Puebla de los Infantes, famous for their fertile fields. Some of the unmis-

sable cultural visits on this route are the Carthusian Monastery of Santa María de las Cuevas de Cazalla, the Almona Mudéjar of Guadalcanal, Constantina Castle, the Ham and Olive Festival of Sierra Norte (Almadén de la Plata) and the Festival of typical products from El Pedroso.

2. VÍA DE LA PLATA & GUADALQUIVIR-DOÑANA.

In *Vía de la Plata*, the journey starts and ends in **Gerena**, which has an invaluable early-Christian basilica. Around *Guadalquivir-Doñana* there are towns like **Villanueva del Río and Minas**, with a mining past that goes back to the time of the Romans (Archaeological Ensemble of Munigua); Alcolea del Río and Dos Hermanas, where the olive is the symbol par excellence. That's why the municipality is dotted with more than **20 olive farms**, which constitute its main architectural heritage. In **Pilas**, as well as the old oil mills from the 17th century, there are a large number of factories and cooperatives producing dressings and canned olives.

3. ALJARAFE & LA CAMPIÑA.

In *Aljarafe* the route covers three municipalities: **Albaida del Aljarafe**; **Huévar del Aljarafe**, where we find Hacienda la Motilla, with its magnificent Mudéjar entrance and an oil mill beam from the 18th century in perfect condition; and **Bollullos de la Mitación**, also famous for its **musts**. We then arrive in *La Campiña* to reach El Viso del Alcor, known for the quality of its bread and olives and home to the **Basilippo Cultural Centre of Olive Groves**. It's the perfect place for oil-related tourism. We continue through **Mairena del Alcor** and **Alcalá de Guadaíra** (with its perfectly preserved castles that are worth a visit); **Utrera**, **Los Molares**, **Arahal** (the world's biggest producer of Manzanilla and Gordal table olives); **Paradas** (with its popular 'prietas' olives, made with dried black olives, thyme and red pepper and eaten at breakfast or lunch); and the big ones, **Marchena y Écija**, **La Campaña**, **La Puebla de Cazalla**, **El Rubio**, **Marinaleda** and **Osuna**, with their pride and glory: **Extra Virgin Olive Oil 1,881** from the Santa Teresa Cooperative.



Two types of olive tree have been grown in Seville's soil: one for growing olives to be pressed for the production of olive oil, and the other for producing table olives.

4. SIERRA SUR.

The last route takes us to *Sierra Sur*, a region that covers most of the municipalities that belong to the **Designation of Origin 'Estepa'**, which is a guarantee of quality. We start off in Morón de la Frontera, which boasts a locally produced olive, the 'morona' olive. We continue through **El Coronil**, **Montellano**, **Coripe** (with a recognised

quality oil); **Pruna** (whose oils are also part of the Sierra de Cádiz DO); **Aguadulce**, **La Pedrera**, **La Roda de Andalucía**, **Gilena**, **Lora de Estepa**, **Corcoya**, **Badolatosa**, **Casariche** and **Herrera**. In **Estepa**, which concludes this route, they make Spain's most prize-winning oils, as endorsed by national and international bodies.





La Sierra Sur covers most of the municipalities that belong to the 'Designation of Origin 'Estepa'.



infoturismo@prodetur.es

www.turismosevilla.org



Of interest



OIL TOURISM – GUIDED TOURS

ACEITES EL MACACO

PRODUCTOS AGRÍCOLAS Y TRANSFORMADOS, S.L.

Finca Cameros (Ctra. Arahál-Utrera km 5,5) – Arahál

Tel. 954 840 733- 954 840 297

info@elmacaco.com

www.elmacaco.com f

OLEÍCOLA CORIPEÑA, S.C.A.

Avda. Pablo Picasso, 36 – Coripe

Tel. 955 858 575

info@oleocoripe.com

www.oleocoripe.com

YBARRA

Ctra. Isla Menor, km 1,8 - Dos Hermanas

Tel. 902 014 555

consumidor@grupoybarra.es

www.ybarra.es f

CENTRO CULTURAL DEL OLIVO BASILIPPO

Hacienda Merrha. Ctra. Viso-Tocina (SE-3201), km 2- El Viso del Alcor

Tel. 955 740 695 - 678 881 506

visitas@basilippo.com

www.basilippo.com f

OLEOESTEPA

Polígono Industrial Sierra Sur - Calle El Olivo, s/n - Estepa (Sevilla)

Tel. 902 232 400 – 955 913 154

oleo@oleoestepa.com

www.oleoestepa.com f

FRAMOLIVA

Ctra. Huevar-Sanlúcar la Mayor. SE-639, Vereda de los Esparragales, s/n- Huévar del Aljarafe

Tel. 954 757 080

framoliva@framoliva.com

www.framoliva.com f

ACEITES SOBERBIO

COOPERATIVA N° S° DE LAS VIRTUDES

Autovía A-92 Sevilla-Málaga, km 66, Vía de Servicio - La Puebla de Cazalla

Tel. 954 847 031

pedidos@soberbio.com

www.soberbio.com

PUEBLAOLIVA

COOPERATIVA AGRÍCOLA SAN JOSÉ S.C.A.

Ctra. Sevilla-Málaga, km 68 - La Puebla de Cazalla

Tel. 954 847 089 - 954 847 233

aceiteextra@pueblaoliva.com

www.pueblaoliva.com

COOPERATIVA VIRGEN DE LAS HUERTAS

Ctra. de Constantina, s/n - La Puebla de los Infantes

Tel. 954 808 056

sca_vh@terra.es

www.scavirgendelashuertas.es

ACEITES CASIL

COOPERATIVA SAN ISIDRO LABRADOR

C/ Vicente Bermúdez Coronel, 7 - Marchena

Tel. 954 843 825

www.casil.es f

MOLINO LOS PÉREZ, S.C.

C/Enrique Camacho Carrasco, 10 – Marchena

Tel: 955 846 392 - 685 345 998

molinolosperez@yahoo.es

www.aceitemolinolosperez.com

ACEITES 1881

SANTA TERESA SAT

Carretera Lantejuela, km 1 – Osuna

Tel. 954 810 950

1881@1881.es

www.1881.es f



3.3. rice.



Sevilla Province Rice Route.

This route invites all its visitors to try the different rice specialties that each municipality has to offer on this gastronomic route.

The **Rice Route through the Sevilla** province is a tour through the nature, heritage, festivals and gastronomy of the nine towns it comprises (Aznalcázar, Coria del Río, La Puebla del Río, Isla Mayor, Lebrija, Las Cabezas de San Juan, Los Palacios y Villafranca, Utrera and Dos Hermanas). What they all have in common is **rice growing** and the presence of the **Guadalquivir river** that flows through on its way to the mouth in Sanlúcar de Barrameda.

The municipalities belong to the region of **Guadalquivir-Doñana**, where the vast cultivated **marshlands** and canals live alongside natural gems like the **Cañada de los Pájaros**, the **Dehesa de Abajo**, the **Protected Countryside of the Guadiamar Green Belt**, the **Endorheic Nature Reserve of Lebrija-Las Cabezas and Doñana**, a mosaic of ecosystems that have been declared World Heritage sites. All of these natural spaces are ideal for **bird watching**. Of particular note is the **Veta la Palma Ranch** (SEE WHAT TO VISIT, P. 210), an agricultural, livestock and aquacultural farm covering more than 11,000 hectares of the Doñana Natural Area. On the **eco-tourism tour** of the farm, which spans its 40 kilometres, you can spot a large number of birds and, in the Welcome Centre, there is a scale model showing the movements of the water in the hydraulic network, an aquarium of the main aquaculture species and audiovisual information about other activities carried out on the farm, like growing rice.

Along with the rice landscapes, the **industrial architecture** linked to them is also very appealing, such as the **Gañanías** and the **Little English Houses**, which are examples of the housing that the original settlers used to live in, as well as rice **storehouses**, **mills** and

numerous tools. In Isla Mayor we find the **old town of Isla Mínima**, an old Andalusian farm house with a chapel that has been converted into a hotel. It's known in the film industry for being one of the locations, along with the landscapes of Puebla del Río, used in the acclaimed film **Isla Mínima**, directed by Sevilla's Alberto Rodríguez.

From this ingredient, **each municipality and its restaurants** have created their **own specialties** that on their own are worth the visit. Among many other dishes, you can try a tasty and sweet **rice with 'gurumelos'** (SEE RECIPES, P. 279) of Aznalcázar; fisherman's rice from San Juan de Aznalfarache; **rice with shrimp** from Coria del Río; **rice with snails** from Lebrija; rice with chicken from Las Cabezas de San Juan; rice and chickpea stew from Dos Hermanas or, out towards La Isla, a dish invented by the Doñana guards, **rice with duck** (SEE RECIPES, P. 279) ; or the bringing together of two "enemies" in **rice with crab tails**. On the last Sunday of June in Isla Mayor they host the **Rice and Crab Festivals**.




infoturismo@prodetur.es
www.federaciondearroceros.es
www.turismosevilla.org
f t

Of interest



ECOTOURISM ACTIVITIES

■ FINCA VETA LA PALMA

Isla Mayor
Tel. 954 589 237
ecoturismo@vetalapalma.es
www.vetalapalma.es 



RICE COMPANIES (THAT CAN BE VISITED)

■ ARROZÚA SOCIEDAD COOPERATIVA ANDALUZA

Lugar Finca Veta La Mora, s/n - Isla Mayor
arrozua@arrozua.com
Tel. 954 777 564
www.arrozua.com

■ ARROCEÍAS HERBA

C/ Real, 43 - San Juan de Aznalfarache
Tel. 954 589 200
www.ebrofoods.es



■ Arroz caldoso con carabineros.



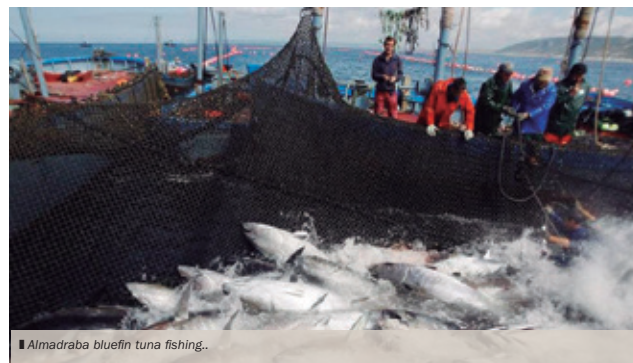
Cádiz Almadraba Bluefin Tuna Route

In spring, the coasts of Barbate, Conil de la Frontera and Tarifa are the only places on the Andalusian coastline where almadrabas, or net traps, are used. In a titanic battle, they catch the prized bluefin tuna that searches the Mediterranean for a place to spawn.

The **Cádiz Almadraba Bluefin Tuna Route** showcases the rich heritage (Roots), nature (Life), gastronomy (Flavours) and sport (Emotions) of the areas of **Conil de la Frontera, Barbate and Tarifa**, which are influenced by their proximity to the sea and the use of tuna as a central element to their seafaring existence. During the months of May and June, five gems of the Costa de Cádiz host authentic **food festivals** based on this product, coinciding with the “raising” of the net traps.

The **monumental and cultural legacy** of the towns on this tour is closely linked to the sea. In this sense, it's worth mentioning the Roman city of **Baelo Claudia**, whose economy was based on fish and the tuna catch, which is used in the famous *garum* sauce; and the **old Chanca de Conil de la Frontera**, a building that was home to carpenters, caulkers, netters, gutters, salters, skivvies and the whole workforce responsible for moving their tuna catch, and where gutting and salting tuna has taken place since the 16th century. Recently refurbished, it will house the future Net Trap Museum.

The **Net-caught Tuna Centre** (**SEE WHAT TO VISIT, P. 108**), located in Barbate marina, complements the permanent exhibition with extra activities, such as visiting a canning factory to watch the live gutting of a tuna. The Breña Dovecote, the San Ambrosio Chapel (Barbate) and the Santa Catalina Castle in Tarifa complete the heritage of the area.



■ Almadra bluefin tuna fishing..

The places on the Route boast a **cuisine** that, despite being linked to the sea and to **tuna** (which forms a big part of the **gastronomic routes** in Barbate, Conil and Zahara de los Atunes), is also influenced by the rich produce from the fields, as well as red meats and other fresh fish. The result is a broad, varied gastronomy that is brimming with different flavours. To find out more about tuna as an ingredient in recipes and dishes, the route offers different activities ranging from **gourmet experiences** (master classes, show cooking, taster sessions, wine pairings etc.) to **visiting** the nets at Barbate and Zahara de los Atunes and **canning companies** such as **La Chanca and its Tuna Museum (Barbate)** (**SEE WHAT TO VISIT, P. 108**) where you can see, for example, a live gutting.

The area's **natural spaces** (the natural parks of Breña, Marisma de Barbate, Los Alcornocales, El Estrecho, Acantilados de Conil, the Dehesa de Roche and the Dunes of Bolonia), as well as its **fantastic beaches**, which are considered the best in the world because of their beauty and white, fine sand, are a real paradise for fans of **bird and whale watching**. It also offers the chance to enjoy **active tourism** activities that are completely in touch with nature (hiking, horse riding, climbing and so on) and the sea (angling, snorkelling, windsurfing, sailing, etc.). Tarifa has become one of Europe's top windsurfing locations.

The Cádiz Almadra Bluefin Tuna Route runs in participation with **hotels and restaurants** that adapt to every taste and need, as well as numerous **active tourism companies** that offer personalised activity packages.



GRUPO DE DESARROLLO PESQUERO CÁDIZ- ESTRECHO

Vivero de Empresa, s/n (A-393, km 9.5) -Barbate

Tel. 956 922 396

info@larutamilenariadelatun.com

www.larutamilenariadelatun.com



Of interest



MUSEUMS AND INTERPRETATION CENTERS

■ CENTRO DE INTERPRETACIÓN DEL ATÚN DE ALMADRABA

Puerto Deportivo de Barbate

Tel. 956 459 780

p.i.brenaymarismasdelbarbate@gmail.com

www.ecoturismobarbatepuntoinfo.jimdo.com

■ MUSEO DEL ATÚN LA CHANCA

Pol. Ind. El Olivar. Parcela 3.1 - Barbate

Tel. 956 435 813- 956 435 805

www.museodelatun.com  

3.5. Ham.



Jabugo Route

The Jabugo Route in the mountains of Huelva is a gastronomy-based tourist initiative that allows visitors to get closer to the world of Iberian pigs, from their natural habitat (the pastures) to enjoying them at the table, showing us how the hams and meats are cured in the cellars and curers .

Ham has long since been an ambassador for Huelva. The salted hams of **Sierra de Aracena and Picos de Aroche** were among the most popular foods during the Roman Empire and they even played an important role in Columbus's discovery of America. The **influence of Iberian pork** on this area has been deeply rooted for centuries on **the towns, customs, people**, and even on the **landscapes** due to the predominance of grazing pastures. The **Jabugo Route** places great emphasis on this product, the hallmark of Huelva's gastronomy and a symbol that makes the province recognisable across the world. It covers the whole range of ham products and the ham tradition of the **Designation of Origin** regions, which includes **Sierra de Aracena, Picos de Aroche and Cuenca Minera**.

The Jabugo Route **isn't a set tour** with a start and an end; rather, each person can create their **own itinerary** according to their interests: nature and adventure activities, cultural visits, culinary experiences... There are **numerous companies** linked to the route, such as

hotels, cellars and curers, travel agencies, active tourism companies and specialist restaurants. For lovers of **cultural tourism**, visiting the mountain towns and finding out about their heritage is not to be missed. In Aracena you can visit the **Gruta de las Maravillas** and the **Ham Museum** (See What to visit, p. XX), attached to the "Jamón de Huelva" PDO headquarters, which provides an in-depth journey through everything concerning Iberian pork in the region par excellence: la Sierra de Aracena y Picos de Aroche.

Focusing on **gastronomic tourism**, we can start finding out about the process of making the famous Jabugo Ham through a variety of visits. The first of them is the **Dehesa**, the natural Mediterranean forest where the Iberian pig is reared. To see the pigs up close, visit the ranch **Finca Montefrío** (**SEE WHAT TO VISIT, P. 165**), where you can see how the organic Iberian pigs are reared on a family grazing pasture. Why not also head to the **Encina de la Dehesa San Francisco**, in the south east of the Sierra de Aracena y Picos de Aroche Natural Park and to the municipality of Santa Olalla del Cala, where we can see the age-old natural oak monument that is emblematic of the pasture. The holm oak can be seen at a farm belonging to the **Fundación Monte Mediterráneo**. To visit it, call +34 959 507 048.

As well as a specific breed (Iberian pork) and a specific natural environment to rear them in (pastures), Iberian ham needs a final factor: good production processes. The Jabugo Route gives you the chance to visit various **curers** (**Secadero Montesierra** in Jabugo; **Jamones Eiriz Jabugo** in Corteconcepción; and **Selección de Jabugo, S.L.** in Aracena), where you can see the **production process** up-close and personal and **try the highest quality Iberian produce**. Once the ham is cured, all that's left for us to do is try it in some of the '**cocina serrana**' restaurants that can be found in Alájar, Aracena, Linares de la Sierra, El Repilado (Jabugo), Jabugo and Castaño del Robledo.





info@rutadeljabugo.travel
www.rutadeljabugo.travel



Of interest



PASTURES

■ FINCA MONTEFRÍO

Ctra. El Repilado-Lacorte km 3 -
Cortegana,
Tel. 666 756 875 - 670 791 579
fincamontefrio@hotmail.com **f**
www.fincamontefrio.com



MUSEUMS

MUSEO DEL JAMÓN DE ARACENA

C/Gran Vía, s/n - Aracena
Tel. 663 937 870
museodeljamon@ayto-aracena.es
www.aracena.es



CURERS

(PART OF THE ROUTE)

■ SELECCIÓN DE JABUGO, S.L.

Ctra. Los Marínes-Aracena km 56
- Aracena
Tel. 959 501 200
seleccionjabugo1@hotmail.com
www.selecciondejabugo.com **f**

■ SECADERO MONTESIERRA

Calle Barco, 3 - Jabugo
Tel. 959 121 206
loretomv@montesierra.com
www.montesierra.com **f**

■ JAMONES ÉIRIZ JABUGO

Calle Pablo Bejarano, 43 -
Corteconcepción
Tel. 959 120 019 - 678 733 443
visit@jamoneseiriz.com
www.jamoneseiriz.com **f**



■ Jabugo Ham.



Sierra Norte Iberian Pig Route

The climatic and orographic characteristics of this region of Sevilla make it the perfect place to rear Iberian pigs, as well as for curing hams and other high-quality pork products.

Sierra Norte is the name given to the part of Sierra Morena that runs into Sevilla, an area where the landscape radically changes, and has its own culture and gastronomy where Iberian pork takes centre stage. It is in this context that the **Sierra Norte Iberian Pig Route** takes place, covering the ten municipalities in the region of Sevilla and including **collaboration with certain companies** (cured meat and ham factories as well as curers), from which you can buy or taste these products, as well as **restaurants and hotels**. It tells you the best **places to visit** in these municipalities and **where to stay**.





■ Cured meats from la Sierra Norte.

The region, home to the **Natural Par** that shares its name, is notable for its topography and for the widespread pastures. It is an absolute paradise for visitors who are not just interested in **nature and active tourism**, but who are also fascinated by the **traditional gastronomy** where the star of the show is Iberian pork products.

The towns that form part of the Route are **Alanís, Almadén de la Plata, Cazalla de la Sierra, Constantina, El Pedroso, El Real de la Jara, Guadalcanal, La Puebla de los Infantes, Las Navas de la Concepción and San Nicolás del Puerto**. Amongst the possible cultural excursions available are the **castles** of Alanís, Constantina, El Real de la Jara y la Puebla de los Infantes; the **Almona Mudéjar** in Guadalcanal; the **cave drawings** found in the Cueva de los Covachos in Almadén de la Plata; and the **Carthusian Monastery of Cazalla de la Sierra**.

The **natural heritage** of these locations is also striking, offering tourists exceptionally beautiful and important environmental spaces, such as the **Huénzar Waterfalls and the Iron Hill**, both in **San Nicolás del Puerto**, as well as unique experiences such as the deer rutting in autumn.



infoturismo@prodetur.es

www.turismosevilla.org



Of interest



CURED MEAT AND HAM CURING FACTORIES OPEN TO VISITORS

■ ALMADÉN DE LA PLATA

■ CABALLERO, S.L.

Olmo, 25

Tel. 954 735 039

www.jamonescaballero.es  

■ ELISA ALONSO

José Mate, 8 y Granadina, s/n

Tel. 954 735 081

www.elisalonsolatradiciondeliberico.blogspot.com.es  

■ PIÑERO E HIJOS, S.L.

Cervantes, 3

Tel. 954 735 038

■ EL REAL DE LA JARA

■ REINA DE LOS ÁNGELES

Pza. Andalucía, 12

Tel. 954 733 261

www.jamondelreal.com



■ Ham curers.



3.6. Wines and spirits



Marco de Jerez Wine and Brandy Routes

Visiting the famous wineries, staying in a farmhouse surrounded by vineyards, learning how to taste wine... El Marco de Jerez offers this and much more to wine tourists: an extensive natural and historical heritage, a privileged climate and some traditions and festivals that you're sure to enjoy.

The Marco de Jerez Wine and Brandy Routes are formed from **eight municipalities** that make up the **Marco de Jerez**, which comprises the wine and vinegar producing area with the Designation of Origins **Jerez-Xérès-Sherry**, **Manzanilla de Sanlúcar de Barrameda** and **Sherry vinegar** and the Protected Geographical Indication **Sherry brandy**. It includes Chiclana de la Frontera, Chipiona, El Puerto de Santa María, Jerez, Puerto Real, Rota, Sanlúcar de Barrameda and Trebujena. These areas offer infinite ways of enjoying the **rich wine culture** of the region, whether through getting to know the wine production process, **visiting the wineries** on the route, exploring the **vineyards**, staying in modern, **themed hotels** or enjoying the magnificent **gastronomy** that pairs beautifully with the local wines.

The landscape of Marco de Jerez is dotted with the unique design of the **Bodegas** that form part of the route, which are located in Jerez de la Frontera, Sanlúcar de Barrameda, Rota, Puerto de Santa

María and Chiclana de la Frontera, and constitute one of the biggest attractions on this Route and are some of the most visited in Europe. As well as guided tours they offer **tasting sessions and even shows with horses**. Many of them have interesting museums (**SEE WHAT TO VISIT, P 108**) like the **Old Wine Label Museum** at Bodegas Garvey (Jerez de la Frontera); the **Sherry Museum** of Bodegas Williams & Humbert; the **Barbadillo Manzanilla Museum** (Sanlúcar de Barrameda); and the **Winemaking Centre** in Bodegas Delgado Zuleta (Sanlúcar de Barrameda). Other wine and gastronomy museums on the tour are the **El Misterio de Jerez Museum** (Jerez de la Frontera); the **Jerez Wine and Winemaking Museum** at the Santa Petronila Vineyard (Jerez de la Frontera); and the **Honey-Ranch Cortesano Museum** (Jerez).

The **cultural and artistic heritage** aspects of the tour takes in worthwhile monuments, such as the Alcázar and Cathedral of Jerez de la Frontera, Moon Castle in Rota, the royal palaces and houses of Sanlúcar de Barrameda and Puerto de Santa María, the Island-Castle of Sancti Petri or the Lighthouse of Chipiona, which is the highest in Spain at 69 metres tall. Visitors can also enjoy motorbike racing at the **Jerez Circuit** and horse racing on the beaches of Sanlúcar. There are also **flamenco shows** in 'tablaos' and bars, bullfighting shows in El Puerto de Santa María and popular, internationally recognised festivals, like the **Jerez Horse Festival**.

And all of this takes place in an area of **remarkable natural beauty**, with award-winning **beaches** (the Blue Flag of Coastal Cleanliness) and spaces like **Doñana**, considered to be the largest ecological reserve in Europe and declared a UNESCO World Heritage Site, the natural parks of the **Bay de Cádiz** and **Los Alcornocales**, as well as





■ The Grape Harvesting Festival of Jerez de la Frontera.

others like the Medina Lagoon, the **Bonanza Marshlands** in Sanlúcar de Barrameda, the Pinewoods of Chiclana de la Frontera and the Dunes and Pinewoods of San Antón (El Puerto de Santa María). They are the perfect settings for **outdoor pursuits and activities** like hiking, bird watching and watersports.



ASOCIACIÓN RUTA DEL VINO

Y DEL BRANDY DEL MARCO DE JEREZ

Avda. Alcalde Álvaro Domecq, nº 2 (Jerez de la Frontera)

Tel. 956 332 050

info@rutadeljerezybrandy.es

www.rutadeljerezybrandy.es



Of interest



WINE CELLARS

(AFFILIATED TO THE ROUTE)

■ CHICLANA DE LA FRONTERA

■ MANUEL ARAGÓN

Carretera Cádiz-Málaga, km 12,200

Tel. 956 400 756

administracion@bodegamanuelaragon.com

www.bodegamanuelaragon.com

■ EL PUERTO DE SANTA MARÍA

■ GUTIERREZ COLOSÍA

Avda. Bajamar, 40

Tel. 956 852 852

info@gutierrezcolosia.com

www.gutierrezcolosia.com f



■ JUAN C. GRANT

Calle Bolos, 1-3

Tel. 956 870 406

info@bodegasgrant.com

www.bodegasgrant.com

■ OSBORNE

C/ Los Moros, nº 7

Tel. 956 86 91 00

visitas.bodegas@osborne.es

www.osborne.es f

■ JEREZ DE LA FRONTERA

■ ÁLVARO DOMEQ

C/ Madre de Dios, s/n.

Tel. 956 339 634

alvarodomecqsl@alvarodomecq.com

www.alvarodomecq.com f

■ CENTRO DE VISITANTES

SANDEMAN

C/ Pizarro, 10

Tel. 675 647 177

www.sandeman.eu

rocio.verano@zoiloruizmateos.com



■ CORTIJO DE JARA

Carretera de Torremelgarejo,

Gibalbín, km 5

Tel. 956 338 163

puertanueva.sl@cortijodejara.es

www.cortijodejara.es f

■ DÍEZ MÉRITO

C/ Diego Fernández de Herrera, 4

Tel. 956 332 973 - 660 233 438

visitas@diezmerito.com

www.diezmerito.com f

■ FUNDADOR PEDRO DOMEQ,

TERRY Y HARVEYS

C/ San Ildefonso, 3

Tel. 956 151 500

visitas@

bodegasfundadorpedrodomecq.com

www.bodegasfundadorpedrodomecq.com

com

■ GARVEY

Complejo Bodeguero Bellavista.

Carretera de Circunvalación, s/n.

Tel. 956 319 650

atencionalcliente@grupogarvey.com

www.grupogarvey.com f

■ GONZÁLEZ BYASS - TÍO PEPE

C/ Manuel Mª González, 12

Tel. 956 357 000

reservas@gonzalezbyass.es

www.bodegastiopope.com f

■ LUIS PÉREZ

Ctra del Calvario km 0, Hijuela de

Rompeserones

Tel. 956 03 11 93

visitas@bodegasluisperez.com

www.bodegasluisperez.com f

■ LUSTAU

C/Arcos, 53

Tel. 956 341 597

visitas@lustau.es

www.lustau.es f

■ REAL TESORO & VALDESPINO

Carretera Nacional IV, km 640

Tel. 956 321 004

visitas@grupoestevez.com

www.grupoestevez.es

■ REY FERNANDO DE CASTILLA

C/ Jardínillo, 7-11

Tel. 956 182 454

bodegas@fernandodecastilla.com

www.fernandodecastilla.com f

■ VIÑA SANTA PETRONILA

Carretera del Calvario, km 3,5

Tel. 669 750 888

info@santapetronila.com

www.santapetronila.com f

■ WILLIAMS & HUMBERT SAU

Carretera Nacional IV, km 641,74



Tel. 677 452 256

visitas@williams-humbert.com

www.williams-humbert.com f



■ ROTA

■ EL GATO


Avda. San Fernando, 40
Tel. 956 810 203
elgatolaura@gmail.com
www.bodegaselgato.com  

■ SANLÚCAR DE BARRAMEDA

■ BARBADILLO

C/ Sevilla, 1
Tel. 956 385 521
visitas@barbadillo.com
www.barbadillo.com  

■ DELGADO ZULETA

Avda. Rocío Jurado, s/n
Tel. 956 360 133
visitas@delgadozuleta.com
www.delgadozuleta.com  

■ HEREDEROS DE ARGÜESO

C/ Mar, 8
Tel. 956 385 116
www.argueso.es
argueso@argueso.es  



MUSEUMS AND INTERPRETATION CENTERS

■ CHIPIONA

■ MUSEO DEL MOSCATEL DE CHIPIONA

Avda. de Regla, 8 y 10 - Chipiona
Tel. 956 371 804
info@museodelmoscatel.com
www.museodelmoscatel.com 

■ JEREZ DE LA FRONTERA


■ MUSEO DE ETIQUETAS DE VINO ANTIGUAS

Carretera Circunvalación, s/n - Complejo Bellavista - Bodegas Grupo Garvey
Tel. 956 319 650
atencionalcliente@grupogarvey.com
www.grupogarvey.com 

■ HIDALGO-LA GITANA

C/ de la Banda de la Playa, 42
Tel. 956 385 604
bodegashidalgo@lagitana.es
www.lagitana.es 

■ LA CIGARRERA

Plaza Madre de Dios, s/n
Tel. 956 381 285
lacigarrera@bodegaslacigarrera.com
www.bodegaslacigarrera.com 

■ LOS ÁNGELES

Carretera Sanlúcar-Chipiona, 93
Tel. 956 385 201
info@bodegasjuste.com
www.celebracioneslosangeles.com/
bodegas.html

■ MUSEO DE LA VIÑA AL VINO DE JEREZ

Viña Santa Petronila
Carretera del Calvario, km 3,5
Tel. 669 750 888
info@santapetronila.com
www.santapetronila.com 

■ MUSEO DEL JEREZ DE LAS BODEGAS WILLIAMS & HUMBERT
Carretera Nacional IV, km 641,74
Tel. 956 353 400 - 677 452 256
visitas@williams-humbert.com
www.williams-humbert.com  

■ MUSEO EL MISTERIO DE JEREZ
Calle Cervantes, 3 - Museo La Atalaya
Tel. 956 182 100 - 620 930 044
info@elmisteriodejerez.org
www.museosdelaatalaya.com 





■ Crowds at the Grape Harvesting Festival of Jerez de la Frontera.



■ Guided tour of a vineyard in Jerez de la Frontera.

■ SANLÚCAR DE BARRAMEDA

■ CENTRO DE INTERPRETACIÓN DEL VINO EN BODEGAS DELGADO ZULETA

Avda. Rocío Jurado, s/n - Sanlúcar de Barrameda
Tel. 956 360 133
visitas@delgadozuleta.com
www.delgadozuleta.com  

■ MUSEO BARBADILLO DE LA MANZANILLA

Calle Sevilla, 1-25 - Sanlúcar de Barrameda (Cádiz)
Tel. 956 385 500 / 956 385 521
reservas@barbadillo.com
www.barbadillo.com  



Montilla-Moriles Wine Route

The Montilla-Moriles Wine Route is about much more than discovering exceptional wine. It's a journey to the heart of Andalusia, the birthplace of this precious wine, through nine municipalities that reveal to visitors their rich cultural, natural, artistic and gastronomic heritage, as well as a range of leisure activities.

Montemayor, Montilla, Moriles, Aguilar de la Frontera, Lucena, La Rambla, Fernán Núñez and Puente Genil. Apart from the capital, they all form part of the **Campaña Sur** zone of Córdoba, an eminently agricultural region that is part of the Designation of Origin Montilla-Moriles. It's an area with an extensive monumental, archaeological and cultural offering, with information centres and **museums** (SEE **WHAT TO VISIT**, P. 127), some of which are linked to the world of wine, such as the **Grape Must Workshop and Museum of Moriles Castle** and the **Toro Albalá Wine and Grape Museum** in Aguilar de la Frontera, as well as the **Juan Colín Oil Press and Museum** (Montilla).

Throughout the tour, which takes place in a **privileged natural setting** with two natural parks (Sierras Subbéticas y Sierra de Hornachuelos), you can take advantage of tasting venues, **wineries that are open to the public**, traditional **cooperages** where the knowledge of the old maestros and the art of making barrels is combined with the use of new technology and **accommodation** in hotels and charming rural houses. And for fun, there is nothing better than making the most of your visit by joining in with one of the numerous **wine festivals** that take place in the area: **The Grapevine Festival** in Montilla, **Montilla-Moriles Wine Tasting** in Córdoba and **Wine Tasting** in Moriles.

The areas where the Route takes place have a **rich gastronomy** based on **local products** (olives, grapes, grains and garlic), and linked to the culinary heritage left by the Moors, Jews and Christians. The result is a cuisine with its own identity that is full of exquisite and varied recipes in which Montilla-Moriles wine is always a key component. Not only does it enhance the flavour of the dishes it accompanies,

but it is also used in many recipes. You can enjoy these dishes in the **restaurants** along the route.

The so-called **Vinarea Network** (Territorial Network of the Montilla Moriles Wine Route), complements this Route. It's a network of **museums and information centres** associated with the local areas on the Route, with themes linked to **gastronomy and wine**: Aguilar de la Frontera and the Landscape Centre, the Fernán Núñez Countryside Museum, the Ceramic Museum of La Rambla, Olivino: the Wine and Gastronomy Museum of the Wine Route (Lucena), the Wine History Centre (Montemayor), the Envidarte Contemporary Art and Wine Centre (Montilla), Lagar de Vida in Moriles and the Roman Town of Fuente Álamo (Puente Genil).



CONSORCIO RUTA DEL VINO MONTILLA-MORILES

C/ Capitán Alonso de Vargas, 3 - Montilla

Tel. 957 652 354 - 957 022 940

consorcio@rutadelvinomontillamoriles.com

www.rutadelvinomontillamoriles.com





Of interest



WINERIES

(AFFILIATED TO THE ROUTE)


■ AGUILAR DE LA FRONTERA

■ BODEGAS TORO ALBALÁ

Avda. Antonio Sánchez, 1
Tel. 957 660 046 - 637 000 561
info@toroalbala.com
www.toroalbala.com  

■ LUCENA

■ BODEGAS MORILES 47 (ARAGÓN Y CÍA)



Camino de la Estación, s/n
Tel. 957 500 046 - 502 935 - 609 173 577
info@moriles47.com
www.moriles47.com  

■ BODEGAS HEREDEROS TORRES BURGOS

Ronda San Francisco, 1
Tel. 957 501 062 - 649 851 047
tb@torresburgos.com
www.torresburgos.com

■ MONTILLA



■ BODEGAS ALVEAR

Avda. Boucau, 6 Acc.
Tel. 957 652 939 - 670 627 195
visitas@alvear.es
www.alvear.es  

■ BODEGAS CABRIÑANA

Vereda del Cerro Macho, s/n
Tel. 957 335 386 - 639 187 056
bodegascabrilana@ya.com
www.cabrinana.es

■ BODEGAS CRUZ CONDE

Ronda del Canillo, 4
Tel. 957 651 250 - 957 651 254
info@bodegascruzconde.es
www.bodegascruzconde.es  

■ BODEGAS LAGAR BLANCO

Ctra. de Cuesta Blanca, km 4
Tel. 957 651 145 - 618 591 963
lagarblanco@hotmail.com
www.lagarblanco.es  


■ BODEGAS LOS OLIVARES

Avda. Europa, 20
Tel. 957 650 830
anora@anora.es
www.vinosdeanora.es

■ BODEGAS NAVARRO

Avda. Antonio y Miguel Navarro, 1
Tel. 957 650 644
bodegasnavarro@bodegasnavarro.com
www.bodegasnavarro.com 


■ BODEGAS PÉREZ BARQUERO

Avda. de Andalucía, 27
Tel. 957 650 500 - 508 - 687 980 423
visitas@perezbarquero.com
www.perezbarquero.com 

■ COOPERATIVA AGRÍCOLA LA UNIÓN

Avda. de Italia, 1
Tel. 957 651 855 - 661 765 736
info@cooperativaunion.com
www.cooperativaunion.com

■ COOPERATIVA LA AURORA

Avda. de Europa, 7
Tel. 957 650 362 - 639 375 656
calidad@bodegaslaaurora.com
www.bodegaslaaurora.com 

■ LAGAR CAÑADA NAVARRO

Vereda del Cerro Macho s/n, Sierra de Montilla
Tel. 677 483 512 - 677 494 366
info@canadanavarro.es
www.canadanavarro.es

■ LAGAR LA PRIMILLA

Carretera Montilla-Llano del Espinar, km 5,100
Tel. 957 335 024 - 679 397 714 - 680 464 097
www.laprimilla.es

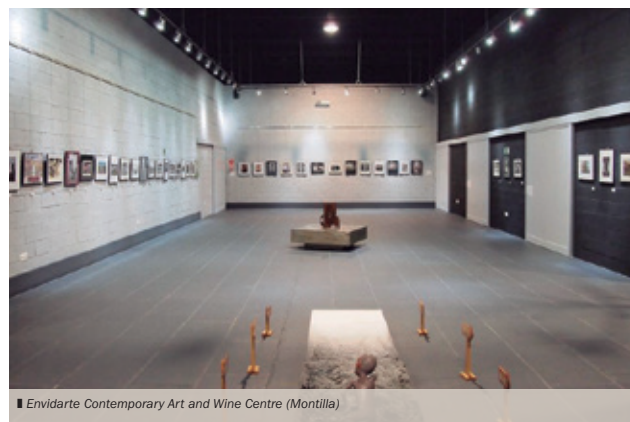
■ NAVISA-COBOS

Ctra. de Montalbán, s/n
Tel. 957 650 450
navisa@navisa.es
www.navisa.es

■ MORILES

■ BODEGAS A. DOBLAS MARTOS

C/ 28 de Febrero, 25
Tel. 957 537 942 - 652 898 135
bodegas@adoblasmartos.com
www.adoblasmartos.com





■ Envidarte Contemporary Art and Wine Centre (Montilla)

■ BODEGAS LAGAR EL MONTE

Ctra. Moriles-Aguilar, km 1
Tel. 957 537 103 - 755 - 653 286 117
info@bodegaselmonte.com
www.bodegaselmonte.com

■ PUENTE GENIL

■ BODEGAS DELGADO

C/ Cosano, 2
Tel. 957 600 085 - 601 537 - 630 946 633
fino@bodegasdelgado.com
www.bodegasdelgado.com  





MUSEUMS AND INTERPRETATION CENTERS

■ AGUILAR DE LA FRONTERA

■ CENTRO DE INTERPRETACIÓN DEL PAISAJE Y LA HISTORIA (CIPAHF)

Cerro del Castillo, s/n
Tel. 957 688 203
ciphaf@aguilardelafrontera.es
www.ciphaf.com
www.castillodeaguilardelafrontera.blogspot.com

■ MUSEO CULTURAL DEL VINO Y LA VID DE TORO ALBALÁ

Avda. Antonio Sánchez, 1
Tel. 957 660 046
rsanchez@toroalbala.com
www.toroalbala.com  

■ FERNÁN NÚÑEZ

■ MUSEO DE LA CAMPIÑA

Parque Llano de Las Fuentes, s/n
Tel. 957 380 062
tenenciadealcaldia@fernannunez.es


■ LUCENA

■ OLIVINO: CENTRO ENOGASTRÓNOMICO DEL VINO DEL VINO

Antigua estación de ferrocarril rehabilitada de Las Navas del Sempillar
Tel. 957 513 282 - 957 537 718
turismo@aytolucena.es

■ MONTEMAYOR

■ MUSEO DEL VINO MEMORIA DEL PEDRO XIMÉNEZ

Ctra. Córdoba-Málaga, km 435
Tel. 957 384 582 - 663 705 871
museodelvino@montemayor.es
memoriasdelpedroximenez.wordpress.com 

■ MONTILLA

■ ALMAZARA Y MUSEO DEL ACEITE JUAN COLÍN

Carretera Montilla-Nueva Carteya, km 4,5

Tel. 957 650 888 - 620 796 647

aceitesbellido@hotmail.com

museoaceitedeolivavirgenjuancolin.blogspot.com.es

■ CENTRO DE ARTE CONTEMPORÁNEO Y VINO. ENVIDARTE

Avda. José Padillo Delgado, junto a las Naves Municipales

Tel. 957 655 141

turismo@montilla.es

■ MORILES

■ MUSEO DEL MOSTO CASTILLO DE MORILES

C/ 28 de Febrero, s/n - Moriles

Tel. 957 537 783 - 615 626 949

info@castillodemoriles.com

www.castillodemoriles.com f t

■ CENTRO DE INTERPRETACIÓN LAGAR DE VIDA

Ctra. Moriles- Aguilar, km 1 - Moriles

Tel. 957 537 000

info@moriles.es



COOPERAGES

(PART OF THE MONTILLA-MORILES WINE ROUTE)

■ MONTILLA

■ TONELERÍA MANUEL CABELLO M.

Avda. Marqués de la Vega de Armijo, 112

Tel. 957 656 080 - 957 652 743

info@toneleriamanuelcabello.com

www.toneleriamanuelcabello.com

■ TONELERÍA DEL SUR

Avda. Marqués de la Vega de Armijo, 110

Tel. 957 655 796 - 957 651 087

info@toneleriadelosur.com

www.toneleriadelosur.com



Paisajes con Sabor

Condado de Huelva Wine Route

The tour has ten attractive tourist packages that include aspects of nature, monuments, history and traditions from Condado de Huelva, as well as a careful selection of wineries and establishments that will immerse visitors in an informative and fun experience all about wine culture.

The **Condado de Huelva Wine Route** is supported by the Condado de Huelva Development Association and covers the region of Huelva, which includes the **Designation of Origin Condado de Huelva**. The area of Condado de Huelva is formed by the municipalities of Almonte, Bollullos Par el Condado, Bonares, Chucena, Escacena del Campo, Hinojos, La Palma del Condado, Lucena del Puerto, Manzanilla, Moguer, Niebla, Paterna del Campo, Rociana del Condado, Villalba del Alcor and Villarrasa.

Thanks to the **Condado de Huelva Wine Route**, you can enjoy unique experiences and discover the exciting world of Condado wines, a region that has **one of the oldest vineyards in Europe**, with an ancient landscape. It produces full-bodied red and white wines, as well as vinegars and a unique product known as orange wine. The **gastronomy** of el Condado is rich and varied: meats, fish, vegetables, legumes and fruits, washed down with a good selection of wines produced in the **wineries that form part of the route**, with guided tours and tastings. All of this can be enjoyed in **restaurants** where you'll feel just like you're at home.

A whole **range of wine-related tourist activities** are on offer that leading into other aspects of **Condado de Huelva's** identity, and of the province of Huelva in general. **Bulls, horses, the gastronomy, sites relating to Columbus, monuments, museums and information centres, railways, health and nature** all go hand-in-hand with wine on the four proposed routes: "Aromas and Secrets of el Condado", "Doñana, Rocío and Wine", "Wine and the Discovery of el Condado's Large Wineries" and "Wine, History and Poetry".

The Route also offers **suggestions** for lovers of: the sun and the beach; nature and Doñana (with the Doñana Natural Park, the Rinto river, the Mediterranean pine forests...); the world of horses (with beautiful marshland animals that roam freely through the endless wetlands); and literature, getting to know el Condado through its two most famous writers: Juan Ramón Jiménez in Moguer and Odón Betanzos in Rociana.



RUTA DEL VINO CONDADO DE HUELVA

Mancomunidad de Desarrollo Condado de Huelva

Pol. Industrial El Corchito, parc. 41.- Bonares (Huelva)

Tel. 959 364 810 Fax: 959 364 813

turismo@mancomunidadcondado.com

rutadelvino@mancomunidadcondado.com

www.rutadelvinocondadodehuelva.es



Of interest



WINERIES

(AFFILIATED TO THE ROUTE)

■ ALMONTE

■ BODEGAS VIRGEN DEL ROCÍO, S.C.A.

Avda. de Cabezudos, s/n
Tel. 959 406 146
administracion@raigal.com
prensas@raigal.com
www.raigal.com

■ BOLLULLOS PAR DEL CONDADO

■ BODEGAS ANDRADE SL

Avda. de la Coronación, 35
Tel. 959 410 106
enoturismo@bodegasandrade.es
informacion@bodegasandrade.es
www.bodegasandrade.es

■ BODEGAS JUNCALES

C/ Andalucía, 14
Tel. 959 410 302
bodegasjuncas.condadoandaluz@gmail.com

■ BODEGAS SAUCI

C/ Doctor Fleming, 1
Tel. 959 410 524
sauci@bodegassauci.es
turismo@bodegassauci.es
www.bodegassauci.es

■ BODEGAS VINÍCOLA DEL CONDADO

C/ San José, 2
Tel. 959 410 261
info@vinicoladelcondado.com
www.vinicoladelcondado.com

■ VINOS CONVENTO DE MORAÑINA S.L.

Avda. 28 de Febrero, 206.
Tel. 959 412 250 - 609 200 883
bodega@bodegasconvento.com
www.bodegasconvento.com

■ LA PALMA DEL CONDADO

■ BODEGAS INFANTE

C/ Hinojos, 41
Tel. 959 402 567
dinfante@dinfante.com
www.dinfante.com

■ BODEGAS RUBIO

C/ Palos de la Frontera, 14
Tel. 959 400 743
info@brandyluisfelipe.com
www.brandyluisfelipe.com

■ MOGUER

■ BODEGAS COSME SÁENZ JIMÉNEZ "DIEZMO NUEVO"

C/ Aceña, 56
Tel. 959 370 004
info@bodegadiezmonuevo.com
www.bodegadiezmonuevo.com

■ ROCIANA DEL CONDADO

■ BODEGAS CONTRERAS RUIZ

C/ Almonte, 5
Tel. 959 416 426
contreras@bodegascontreras.com

■ BODEGAS NUESTRA SEÑORA DEL SOCORRO, S.C.A.

C/ Carril de los Moriscos, 72.
Tel. 959 416 108
jl63@nuestrasenoradelsocorro.com

■ VILLALBA DEL ALCOR

■ BODEGAS MARQUÉS DE VILLALÚA, S.L.

Ctra. A 472 km 25,2.
Tel. 959 420 905
santiago@marquesdevillalua.com
www.marquesdevillalua.com

■ BODEGAS SANTA ÁGUEDA, S.C.A.

C/ Camino de Bollullos, s/n.
Tel. 959 421 181
santaagueda.sca@hotmail.com



■ Condado de Huelva Wine Centre, Bollullos Par del Condado.



Serranía de Ronda Wine and Winery Route

You can enjoy a stroll through vineyards with wine experts, enjoy advanced or beginner's wine tasting courses, tasting sessions with local gastronomy, relaxing wine-therapy treatments...

The wine industry, long-established in this region, gives shape to the excellent **Serranía de Ronda Wine and Winery Route**, which is located between the municipalities of **Ronda** and **Arriate**. The wine region of Serranía de Ronda is part of the **Designations of Origin 'Málaga' and 'Sierras de Málaga'**, in the most north-easterly part of the province of Málaga and surrounded by the **natural parks** of Grazalema, Sierra de las Nieves and Los Alcornocales. A natural environment that offers a multitude of **activities**: caving, cycling, canoeing, rafting, hiking, bird watching, discovering the natural habitat of the bull...

The epicentre of the route is in the ancient city of **Ronda**, which was declared an Asset of Cultural Interest in 1966. It has a rich and diverse **historical heritage**, with monuments such as its Arabic Baths, the Puente Nuevo bridge over the Tagus, the Bullring and the Mondragón Palace, among others, which make for an extraordinary combination against the landscape of vineyards. There are archaeological remains and documentation that attest to Serranía de Ronda's long tradition of vineyards and wine, such as the fact that it is the closest archaeological site to the Ibero-Romano city of **Acinipo**. In Ronda you can also visit the **Serranía de Ronda Comprehensive Wine Centre** and the **Bodegas Sangre de Ronda Wine Centre** (**SEE WHAT TO VISIT, P. 196**).

The Serranía de Ronda Wine and Winery Route includes a total of **16 wineries** that offer a complete range of **wine-related tourism activities**. Choose from guided tours of vineyards where guides explain the production processes of the wines they produce, as well as wine tasting and tasting sessions of the local gastronomy.

There are also some very charming **restaurants, wine bars and types of accommodation** that also offer guests relaxing **wine therapy treatments**. Throughout the year, Serranía de Ronda has a cultural schedule full of art exhibitions, musical weeks, theatre performances and festivals, such as the **Fair and Festivals of Pedro Romero**, or **Holy Week** in Ronda and Arriate.



Tel. 952 187 119
rutavinosronda@gmail.com
www.ruta-vinos-ronda.com



Of interest



MUSEUMS AND INTERPRETATION CENTERS

**CENTRO INTEGRAL DEL VINO
"SERRANÍA DE RONDA"**
C/ Dolores Ibárruri, 8- Ronda
Tel. 952 878 982
centrovinoronda@gmail.com

**CENTRO DE INTERPRETACIÓN DE VINOS
- BODEGAS SANGRE DE RONDA**
C/ José María González Campos, 2 -
Ronda
Tel. 952 879 735 – 607 661 900
recepcion@bodegaslasangrederonda.es
www.museodelvinoderonda.com **f**



WINERIES (AFFILIATED TO THE ROUTE)

■ ARRIATE

■ **BODEGA VETAS**
Camino Nador. Finca El Baco
Tel. 647 177 620
info@bodegavetas.com
www.bodegavetas.com **f** **t**

■ RONDA

■ **BODEGA CONRAD**
Ctra. Ronda-El Burgo, km 4
Tel. 652 853 196
conrad@vinosconrad.com
www.vinosconrad.com **f**

■ GAUCÍN

■ **BODEGA CEZAR**
Finca Buenavista
Tel. 650 240 800 – 952 117 169
jmcozar@hotmail.com
www.vinosdegauzin.com **f**

■ **BODEGA CUESTA DE LA VIÑA**
Carretera Montecorto-Ronda, km 21,6
Tel. 629 589 336
bodegacuestalavina@gmail.com

■ **BODEGA DESCALZOS VIEJOS**
Finca Descalzos Viejos - Partido de los
Molinos
Tel. 952 874 696
info@descalzosviejos.com
www.descalzosviejos.com **f** **t**

■ **BODEGA DOÑA FELISA**
Cordel del Puerto Quejigal, s/n
Tel. 951 166 033
g.alonso@chinchillawine.com
www.chinchillawine.com f

■ **BODEGA EXCELENCIA**
Cordel del Puerto del Quejigal.
Tel. 952 870 960
administracion@bodegasexcelencia.com
www.bodegasexcelencia.com f

■ **BODEGA F. SCHATZ**
Finca Sanguijuela, s/n
Tel. 952 871 313
bodega@f-schatz.com
www.f-schatz.com f

■ **BODEGA GARCÍA HIDALGO**
Partido Rural "Los Molares", s/n.
Llano de la Cruz.
Tel. 660 487 284
info@bodegasgarciahidalgo.es
www.bodegasgarciahidalgo.es f

■ **BODEGA KIENINGER**
Huerta El Corchero, Los Frontones, 67
Tel. 952 879 554
martinckieninger@gmail.com
www.bodegakieninger.com f

■ **BODEGA LOS AGUILARES**
Paraje Cortijo el Calero s/n
Tel. 952 874 457
bodega@cortijosaguilares.com
www.cortijosaguilares.com f

■ **BODEGA LUNARES-LOS BUJEOS**
Carretera Ronda-El Burgo, km 1,2
Tel. 649 690 847
vinos@bodegaslunares.com
www.bodegaslunares.com f

■ **BODEGA JOAQUÍN FERNÁNDEZ**
Finca Los Frutales. Paraje Los Frontones
Tel. 951 166 043
info@bodegajf.com
www.bodegajf.com f

■ **BODEGA LA MELONERA**
Paraje de los Frontones. Camino Ronda-Setenil, s/n
Tel. 660 487 284
info@lamelonera.com
www.lamelonera.com f

■ **BODEGA MOROSANTO**
La Cimada. Ctra. Arriate-Setenil, 1'6
Tel. 692 187 616 - 662 671 111
enoturismo@bodegasmorosanto.com
www.bodegasmorosanto.com f

■ **BODEGA VILORIA**
Cordel del Pto. del Monte al Puerto del Quejigal, s/n. Ronda La Vieja.
Tel. 647 648 134 - 667 957 680
bodegasvilorias@hotmail.es
www.bodegasvilorias.com



Sevilla Province Wine and Spirits Route

The new initiative allows you to see the vineyards, wineries and distilleries of the province of Sevilla at first-hand, including companies linked with the wine, spirits and food industries.

The **Sevilla Province Wine and Spirits Route** covers the three traditional wine regions of the province (**Sierra Norte**, **El Aljarafe** and **Bajo Guadalquivir**), as well as a region with a long-standing tradition of spirits, **La Campiña**. But the vineyards, the winery or distillery, their products, juices, spirits, wines and processes, are only part of the trip; the town, its surroundings, its people, its history, customs and architectural and natural monuments come together to create a unique experience for the visitor to enjoy through all five senses.

The **Aljarafe** vineyards are mainly found in the areas of **Espartinas**, **Umbrete**, **Villanueva del Ariscal**, **Huérvar** and **Benacazón**. The Moors called this western region of Sevilla, which is made up of 24 municipalities, "the High Lands". The area is rich in traditions, culture, history and art, with **precious monuments**, such as the los Dolmens of Valencina de la Concepción, the old Roman City of Itálica in Santiponce, the **Hernán Cortés Palace** in Castilleja de la Cuesta, the residence of the Count Duke of Olivares in Olivares, and numerous farms that were once used for growing olive trees and grape vines, and that reached their peak in the 19th century. The soil is excellent for growing grape vines and the region is known for its production of **grape must**.

The **Sierra Norte de Sevilla** boasts rich surroundings in the form of the **Sierra Norte Natural Park**. Its cultural heritage is made up of Moorish castles, churches, chapels and prehistoric remains. The **gastronomy** is another of its tourist attractions, particularly the oils of Guadalcanal or Alanís, the cured meats of El Real de la Jara and Almadén de la Plata and game meats. This region has a long-standing wine tradition, with the 15th, 16th and 17th centuries





■ Umbrete Vineyards.

being its golden era. After a brief pause in activity, the Sierra Norte wines are once again returning to their former glory, notably with the production of young organic red and white wines, which join the wines and anise liqueurs of **Cazalla de la Sierra**, **Constantina**, **Alanís** and **Guadalcanal**, which are artisan products of international renown.

The region of **Bajo Guadalquivir** relies on the river with which it shares its name. The river irrigates its fertile fields, leaving behind **beautiful countryside** with extensive crops, marshlands and vineyards, from the river and the sea. It has great tourist potential, offering visitors a heritage rich in culture, traditions and flavourful festivals, as well as a rich cuisine and a natural environment, such as **Doñana** (a World Heritage Site), that offers numerous opportunities to enjoy **eco-tourism**. The municipalities with the longest winemaking traditions are **Los Palacios y Villafranca**, **Lebrija** and **Utrera**, making full-bodied wines in the style of the fine and manzanilla wines of Jerez and Sanlúcar, and prestigious oloroso and sweet wines.

In the region of **La Campiña** there are some interesting cultural tours (Roman Andalusia Route, the Washington Irving Route by Legado Andalusí and the Castles Route), as well as nature-based tours, adventure tourism and bird watching. The birthplace of the first leading figures of flamenco, this part of Sevilla province is home to a **large number of distilleries** that have ancient stills, located in towns such as **Carmona**, **Fuentes de Andalucía** and **Pruna**.



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Of interest



WINERIES

(AFFILIATED TO THE ROUTE)

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■ CAZALLA DE LA SIERRA

■ **ANISADOS EL CLAVEL**
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■ **BODEGAS COLONIAS DE GALEÓN**
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info@coloniasdegaleon.com
www.coloniasdegaleon.com

■ **DESTILERÍAS DE CAZALLA ANÍS MIURA**
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■ BODEGAS DE FUENTE REINA

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info@tintoandaluz.com
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■ BODEGAS PATACABRA

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■ BODEGAS VINOS BLANCOS DE AUTOR

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fragata@vinosfragata.es
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■ ESTEPA

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■ UMBRETE

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tra di tion

/04

RECIPES

Here we offer a detailed glossary of some of the most popular dishes in Andalusian cuisine. The full recipes, along with other tasty and interesting ideas, are available on our website:

http://www.andalucia.org/en/recipes/?set_language=en



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Salads and Vegetables

AJOBLANCO



Ajoblanco is a very popular cold soup made with almonds. It is served in summer, often with grapes or slices of melon.

ARTICHOKES 'A LA MONTILLANA'



A typical dish from Córdoba and made in clay pot. Its exceptional taste comes from the key ingredient: Montilla wine.

JAÉN SPINACH



This spinach dish is made from healthy products from the fields of Andalusia. Boiled and marinated in a sofrito, the dish is served with a poached egg and a dash of vinegar to taste.

BEANS WITH HAM



This is one of the most traditional ways of preparing fresh beans. They are stewed and served with slices of ham and, oftentimes, with fried or scrambled egg.

EGGS 'A LA FLAMENCA'



Made with eggs and vegetables and cooked in the oven in the same clay pot that it's served in, this is a very popular dish in Sevilla and other cities in Andalusia.

PIPIRRANA



Pipirrana is a fresh, summer salad that uses seasonal vegetables. Sometimes boiled egg, fish or salted products are added.

PORRA ANTEQUERANA



A typical soup from Antequera that has many variations. It gets its name from the tool used to cultivate the ingredients: 'la porra del mortero'. It's served cold with cubes of serrano ham and boiled egg.

REMOJÓN



A salad of Moorish origin that has many variations. It's made from oranges, spring onion and cod, and can be served with boiled egg and olives.



SALMOREJO



Made chiefly from tomatoes, garlic and bread, this popular cold soup is served with diced boiled egg and slices of ham.



Fish

TUNA WITH ONION



A typical seafood dish from Cádiz, this is easy to make and is flavoured with bay leaves and sherry wine.

ANCHOVIES IN VINEGAR



A typical and refreshing appetiser, especially during the hottest months.

CUTTLEFISH WITH POTATOES



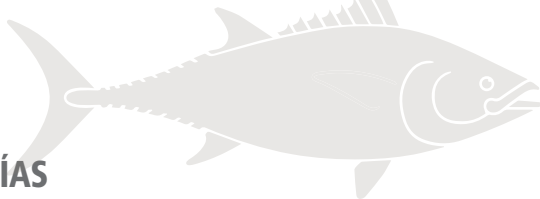
A simple fisherman's stew, originating from Cádiz and Huelva, that is made with a tasty sofrito, cuttlefish and potatoes.

MIGAS WITH SARDINES



The migas are made with wheat or semolina and are served with sardines, fried peppers, olives, etc., to make a hearty dish.

COD PAVÍAS

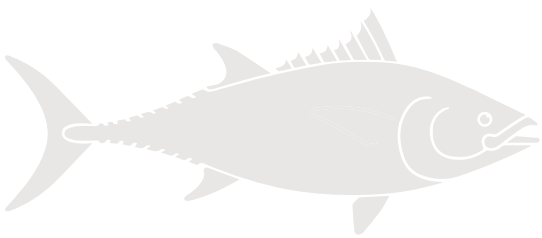


Also known as 'Soldaditos de Pavía', this is a recipe that combines juicy cod with a crunchy coating.

TROUT 'A LA MANERA DE RIOFRÍO'



Trout is a slightly oily fish that is high in good proteins. It's made with serrano ham and served with vegetables.



Meats

SEA BREAM 'A LA ROTEÑA'



A typical delicacy from Rota (Cádiz). Its main ingredients are sea bream, vegetables, and, above all, tomatoes.

ROASTED SEGREÑO LAMB

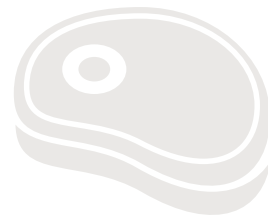


Oven-cooked segreño lamb doesn't require much seasoning for it to be a phenomenal dish. The quality of the meat has earned it its own PGI (Protected Geographical Indication).

CALDERETA DEL CONDADO



This is a typical peasant dish that is high in energy, using ingredients such as lamb, ham and bacon, among others.



MARINATED VENISON



The venison, once minced, can be used to make a stew or brochettes. As well as having an exquisite flavour, it's also very healthy and natural.

FLAMENQUÍN CORDOBÉS



It's made with chunks of serrano ham rolled in pork loin, then coated in breadcrumbs and fried. It got its name from its blonde colour, like the flamencos that arrived in Spain with emperor Charles V.

COCHIFRITO



Pork is cooked first and then fried, giving you pieces of pork that are crunchy on the outside but juicy on the inside. Drain and then serve on lettuce leaves or with chips.

LOMO DE ORZA



This meat is traditionally prepared with the loin meat from "the slaughter". By covering it in lard or extra virgin olive oil, it keeps well and lasts all season.

Soups, stews and casseroles

ARTICHOKES WITH PEAS



Usually made at Lent, this healthy dish is made with 'chicharos' or peas and a type of artichoke called "alcaucil".

ANDRAJOS WITH COD



A vegetable sofrito is cooked in a broth, along with the cod and pieces of flour shaped into strips, as though they were 'andrajos', or rags, which is where its peculiar name comes from.

RICE WITH GURUMELOS



'Gurumelo' is a juicy, edible mushroom with white flesh and an earthy quality that is highly-valued in culinary circles.

RICE WITH DUCK



This is a delicious stew, typical in the rice regions, where thousands of wild ducks gather every year.



PEPPER SOUP OR COLORAO SOUP



This fish soup comes from the poorer times in Spain's history, when it was typical in fishing villages. Nowadays, it's a light, nutritious dish that's easy to make.

NOODLE CASSEROLE 'A LA MALAGUEÑA'



The most famous of Málaga's stews brings together all the flavours of the ocean in a traditional stew with noodles, cockles and prawns.

POTATOES IN 'AJOPOLLO'



Ajopollo, which is used to flavour this stew, is a sauce that's made by mashing olive oil, garlic, fried bread dipped in vinegar and fried almonds together with a pestle and mortar.

SERRANO SOUP



A typical hearty dish from the inland rural areas which uses the best local ingredients like pork sirloin, ham and dried nuts and fruits (pine nuts, almonds, nuts, etc.).



Desserts

CREAMED CHESTNUTS



This particularly sweet autumnal soup has a smooth creamy texture that's ideal for spreading, meaning that it can be used as a filling in numerous recipes.

GAÑOTES



A type of aromatic doughnut shaped into a spiral and made at Lent and Holy Week, especially around Cádiz.

PAPAVIEJOS



They're fried buns, similar to doughnuts but spongier and juicier. Usually eaten hot or warm.

PASTEL CORDOBÉS



It tends to be a cake made with puff pastry that's usually filled with cabello de ángel or cider.

PESTIÑOS



A treat for Christmas or Holy Week, this recipe is one of the oldest and most commonly used in traditional Andalusian cuisine.

PIONONOS DE SANTA FE



A small cake traditionally made in Santa Fe (Granada). It was named in honour of Pope Pius IX (Pio nono according to the Italian pronunciation of the name).



This sweet dish comes from humble origins, with basic ingredients like bread, milk, honey and cinnamon. Normally eaten at Lent or Holy Week.

VIROLOS



It's a pastry filled with cabello de ángel and is notable for its light and smooth texture. Typical in the region of Baeza (Jaén).





/05

USEFUL INFORMATION

Next follows a series of lists containing useful information, such as the Regulatory Councils of the Andalusian Designations of Origin.

Designations of Quality in Andalusia



**Virgin
olive oils**

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Wines

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