



# Andalusia

Gastronomic Tourism

Specialist practical guide / Turismo Gastronómico



Andalusia is a clear example of diversity and is a region of coexistence. This is where the Mediterranean and Atlantic meet, where the gastronomy of its eight provinces is born out of a combination of cultures, seasoned with customs, landscapes, aromas and flavours. Tradition blends with modernity and innovation thanks to internationally renowned Andalusian chefs who have become the best ambassadors of Andalusian cuisine, using the exceptional regional products with designation of origin in their dishes.



## A 'pinch' of history

The Phoenicians, who landed in Andalusia way back in the 7th century, were the first to introduce salting techniques, creating important fishing industries. The Greeks added flavour to the gastronomy of this southern Spanish region, bringing with them olive trees and the use of olive oil. They were then followed by the Romans, who worked to exploit the fish products along the coast, fishing for prized tuna and using traps called 'almadrabas' to catch them. The ruins of Baelo Claudia, an important Roman city, sit on Bolonia beach in Tarifa. This was a place whose economy relied on fishing and the production of garum, a flavoursome fish sauce that was held in high esteem in those days. Roman dishes usually featured cheese, fruit and vegetables, bread and fish, all washed down with lashings of wine.

It can be said without a shadow of a doubt that Andalusian gastronomy is the direct descendant of Moorish cuisine. Al-Andalus is responsible for the taste for fruit and vegetables, the use of nuts in meat and vegetable stews, the combinations of sweet and sour flavours and very specific confectionery that was largely adopted by the Christians, who were most notably responsible for the use of meat, bringing pork to the table. Andalusian cuisine was enriched even further with the discovery of America, after which new flavours and products were added to its traditional repertory. These included: corn, potatoes, peppers, tomatoes, beans and exotic fruits such as pineapples, cherimoyas, avocados, papayas and mangoes.

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. Spanish food has cemented itself at the forefront of world gastronomy in the 21st century. A key role has been played by the Andalusian chefs who are part of this

new signature cuisine, which seeks to give real meaning to its dishes by utilising local products and making use of meticulous techniques 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 Seville, and Kisko García, from Córdoba.

## With Designation of Origin

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 councils, all of which act as a guarantee for consumers.

Olive oil is the component that gives Andalusian cuisine its personality and character, in addition to being an essential part of the Mediterranean diet, which was included in the 2010 list of Intangible Cultural Heritage of Humanity in a joint designation for Spain, Greece, Italy and Morocco. The region currently produces over 80% of Spanish virgin olive oil and is responsible for around one third of its production worldwide. The richness and variety of Andalusian oils is reflected in the recognition of twelve Protected Designations of Origin (PDOs): Cádiz ('Sierra de Cádiz'); Córdoba ('Baena', 'Montoro-Adamuz', 'Priego de Córdoba' and 'Lucena Oil'); Granada ('Poniente de Granada' y 'Montes de Granada');



Jaén ('Sierra de Cazorla', 'Sierra Mágina', 'Sierra de Segura'); Málaga ('Antequera'); and Seville ('Estepa'). There is also the PDO 'Málaga Aloreña Olive'.

Fruit and vegetables have been essential products in Andalusian recipes since the time of Al-Andalus. Almería is where the prized La Cañada Tomato is grown, the first and only one to be recognised with a Protected Geographical Indication (PGI) in Spain. Granada is where 'Huétor-Tájar Asparagus' (PGI) is harvested, while the coastlines of Granada and Málaga are famous for their subtropical fruits, especially the PDO Costa Tropical of Granada-Málaga Cherimoya. Málaga is also home to the PDO 'Málaga Raisins'.

Cured ham is a traditional Andalusian product, one of the stars of Spanish gastronomy and one of its hallmarks. In recent years it has transcended borders, and there are now many countries whose consumers enjoy the excellence of this product, which has been recognised with two Protected Designations of Origin, PDO 'Huelva Ham' and PDO 'Los Pedroches'. This product's distinctions also include two Protected Geographical Indications, PGI 'Trevélez Ham' and PGI 'Serón Ham', as well as Traditional Speciality Guaranteed 'Serrano Ham'. Another highlight of the meat category is 'Segureño Lamb' (PGI).

The wine sector is also key to the region's image in Spain and in the world, with big, internationally recognised brands that have recently been incorporating family businesses and wineries and are gaining ground in new markets by offering high quality products. This prestige has led to recognition in the form of seven Protected Designations of Origin: in the province of Huelva 'Condado de Huelva' and 'Condado de Huelva Orange Wine' (Spain's first aromatised wine); 'Jerez-Xérès-Sherry' and 'Manzanilla-Sanlúcar de Barrameda', both in Cádiz; 'Málaga' and 'Sierras de Málaga' in said province; and 'Montilla-Moriles' in Córdoba. There are also two Quality Wines with Geographical Indication: 'Granada' and 'Lebrija', and 16 wines with Protected Geographical Indication, called Regional Wines, spread throughout several provinces. In addition to wine there is also vinegar, with three PDOs 'Jerez Vinegar', 'Condado de Huelva Vinegar' and 'Montilla-Moriles Vinegar' and the spirit 'Jerez Brandy' (PGI).

Highlights among baked goods include 'Alfajor Bread' (PGI); the 'Medina Sidonia Alfajor' (PGI), 'Estepa Mantecados' (PGI), and 'Castilleja de la Cuesta Tortas de aceite' (Traditional Speciality Guaranteed). There are also outstanding tinned fish products such as 'Andalusian Mackerel' and 'Andalusian Frigate tuna', the only ones



Tapas Routes are organised throughout the year in nearly all Andalusian towns, whether based around a theme (Jaén Organic Tapas Route) or around a culinary speciality, such as the Tapatrucha Route in El Bosque (Cádiz); as part of competitions (Córdoba Gastronómica Tapas Competition and Granada Tapas Competition); and in festivals (Brotherhood Tapas Route in Utrera). So-called gourmet markets are also becoming trendy in many Andalusian towns, where tapas are being refined and gaining an international flavour, but also holding on to their identity. Of note in Seville is the Lonja del Barranco Gourmet Market, and in Granada, the San Agustín Gourmet Market.

## Province to province

Andalusia is a culinary continent in the middle of the Spanish gastronomic universe. There are few cuisines that are as varied and have such diverse personalities as those found in the eight Andalusian provinces.

The cuisine of Almería is imaginative, independent, varied and original. A certain traditional isolation has paved the way for cuisine with lots of personality that has a key reference in the cuisine of Moorish Spain. It is also a healthy cuisine, whose creations include garden produce such as peppers and its derivative paprika, (used in some of the most typical dishes such as paprika soup or 'ajo colorao', a garlicy fish stew), or the famous La Cañada Tomato, as well as products from the sea, especially the fish used to make the traditional 'moragas' (fish stews) and fresh seafood such as the prized Garrucha blue-and-red shrimp. These are characteristic components of the Mediterranean diet, together with the virgin olive oil produced in the Tabernas Desert, cheeses from Las Alpujarras, Serón Ham and Regional Wines.

The cuisine of Cádiz brings together sea, countryside and mountain. It is as rich and varied as its land, which provides top quality ingredients for creating dishes that boast the full flavour of its tradition. In Cádiz, artichokes and cabbage are stewed, as well as the famous Alcalá del Valle asparagus and Alcornocales mushrooms. Its fields produce gazpachos and 'piriñaca'. Along its coast, the cuisine centres on fish such as sea bream, sole and almadraba tuna (caught in traditional traps), as well as shellfish such as the Sanlúcar prawn. This local seafood is usually either grilled, served in a fisherman's stew with stewed onions ('encebollao'), or fried as part of

'pescaito frito'. From the mountainous Sierra area comes a fantastic virgin olive oil and artisan cheeses that are the perfect accompaniment to the wonderful Retinto beef and to cured sausages from the traditional slaughter. One of the most famous products from this province are its wines, which come under the Marco de Jerez designation and include various types of sherry, including Manzanilla from Sanlúcar.

The cuisine of Córdoba is wide-ranging and full of nuances thanks to the large variety and high quality of raw materials its comprehensive geography provides. The mountains are the source of the Iberian pig used to produce the superb Los Pedroches Ham, as well as honey, chestnuts, wild asparagus and large game. The Campiña area and fertile plains of the Guadalquivir river provide olive oil, DO Montilla-Moriles wine and vinegar, in addition to prized fruits such as Palma oranges, Puente Genil quince paste and Almodóvar peaches. There is also the anise liqueur and 'mantecado' biscuits from Rute, cheeses from Zuheros, chickpeas from Cañete de las Torres and garlic from Montalbán. The most popular dishes in this province include 'salmorejo', 'flamenquin cordobés', and artichokes cooked in Montilla-Moriles wine.

The diverse gastronomy of Granada is the result of both its far-reaching cultural legacy and its unique landscape and climate. While the Vega area supplies vegetables such as famous Huétor Tájar asparagus, inland, the lower temperatures mean thick stews featuring meaty ingredients such as the magnificent Segureño lamb. The La Alpujarra region is rich in pork products (where the star is Trevélez ham), contrasting with the cuisine of the Costa Tropical and its fresh fish and tropical fruits, which include the cherimoya. The province's excellent oils are used to dress typical dishes such as beans with ham, potatoes 'a lo pobre', and the hearty 'plato alpujarreño'. A unique touch to the local cuisine is provided by Riofrío organic caviar, while sweet products include baked goods produced at convents, many of which are made using the fantastic Granada honey.

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 mountains are responsible for the famous Iberian pig industry, the star product of which is Huelva Ham. Besides this delicacy, there are also all kinds of cured sausages that can be sampled alongside delicious fresh meats, as well as game, goats cheeses and tasty mushrooms from Sierra de Aracena. All of this can be washed down with excellent Condado de Huelva wines. The sea is another great provider for this province, offering such renowned seafood such as the Huelva deep-water rose shrimp or the ever-popular cuttlefish, which is always found on local tables. For dessert, there is nothing better than the juicy local strawberries.

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. These high quality products are used to prepare gazpachos and salads such as 'pipirrana', tinned food preserved in oil, as well as popular pulse stews thickened with flour, such as andrajos. As Jaén is an inland province, the fish used as ingredients in its cuisine is usually pickled and salted, with salt cod being a key element. For something sweet to finish a meal, the province boasts exceptional local fruits, ranging from Castillo de Locubín cherries to Alcaudete peaches.

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. 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 take on gazpacho, made with almonds and moscatel grapes), fried fish, the famous 'espetos' (sardines threaded onto reeds that are stuck into the sand and roasted over live coals or fire), seafood and noodle soup or 'porra antequerana' are some of the dishes that make the cuisine of this province famous. In addition, there are also the renowned Málaga and Sierras de Málaga wines.

The richness and gastronomic variety of the Seville province has its origins in the perfect combination of traditional Andalusian cooking and modern Mediterranean cuisine. The Mediterranean base is clear from the use of top notch olive oils, musts and wine such as those produced in Aljarafe and Lebrija, a wide variety of fresh fruit and vegetables such as the Los Palacios tomato, rice dishes from the wetlands, pulses, large and small game and ham and cured sausages from Sierra Norte. There is an extensive range of dishes from Seville, which are imaginative and include such fine examples as 'a la flamenca' eggs, 'soldaditos de pavía', 'menudo' (tripe stew), stewed oxtail and rice with duck. This province is home to a variety of delicious baked goods such as 'mantecado' and 'polvorón' biscuits from Estepa and the thin, crispy 'torta de aceite' biscuits from Castilleja de la Cuesta, which can be accompanied by anise liqueur from Cazalla.





# Gastronomic Routes



## Paisajes con Sabor

...a qué sabe Andalucía?

The gastro-tourism routes that run the length and breadth of the region create a true outline of Andalusian cuisine through its most representative products. These routes are centred on products such as wine, oil, rice, ham and almadraba tuna, and allow travellers to immerse themselves in the culture, history, natural heritage and traditions of the towns they visit. Below are details of those on offer that have a full tourist infrastructure associated with them. Many of these are part of 'Landscapes with flavour', a project based on quality criteria set up by Andalusia's Ministry of Tourism and Sport in collaboration with private businesses and provincial and local entities, in order to emphasise the value of the region's scenic and culinary wealth.



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### /01. Seville province oil and table olive route

This is a tour through 43 towns in the Seville province that stand out for the variety and richness in their production and exportation of olive oil and table olives, the common denominator throughout the route.

SIERRA NORTE: Guadalcanal, Cazalla de la Sierra, Almadén de la Plata, El Pedroso, Constantina and Puebla de los Infantes.

VIA DE LA PLATA: Gerena.

GUADALQUIVIR-DOÑANA: Villanueva del Río and Minas, Alcolea del Río, Dos Hermanas and Pilas.

ALJARAFE: Albaida del Aljarafe, Huévar del Aljarafe and Bollullos de la Mitación.

LA CAMPAÑA: El Viso del Alcor, Mairena del Alcor, Alcalá de Guadaíra, Utrera, Los Molares, Arhal, Paradesa, Marchena, Ecija, La Campana, La Puebla de Cazalla, El Rubio, Marinaleda and Osuna.

SIERRA SUR: Morón de la Frontera, El Coronil, Montellano, Coripe, Pruna, Aguadulce, La Pedrera, La Roda de Andalucía, Gilena, Lora de Estepa, Corcoya, Badolatosa, Casariche, Herrera and Estepa.

### /02. Seville province rice route

This is a tour through the nature, heritage, festivals and gastronomy of nine towns in the Seville province, where the common denominator is rice farming and the presence of the Guadalquivir river, along its course down to its mouth at Sanlúcar de Barrameda.

Aznalcázar, Coria del Río, La Puebla del Río, Isla Mayor, Lebrija, Las Cabezas de San Juan, Los Palacios y Villafranca, Utrera and Dos Hermanas.

www.federaciondearroceros.es

### /03. Cádiz Almadraba Bluefin tuna route

Highlights the richness of the heritage, nature, gastronomy and sport in several towns of Cádiz, influenced by the proximity of the sea and exploitation of tuna as a central element of its marine wealth.

Conil de la Frontera, Barbate and Tarifa.

### /04. Jabugo route

This is a gastro-tourism initiative that takes visitors to the mountains of Huelva to get a close-up look at the world of the Iberian pig, from its natural habitat (meadows) to tasting the products made from it, and to observe the curing of the ham and sausages in cellars and drying rooms.

Aljájar, Almonaster la Real, Aracena, Aroche, Arroyomolinos de León, Cala, Cañaveral de León, Castañedo del Robledo, Cortecóncepion, Cortegana, Cortelazor, Cumbres de Enmedio, Cumbres de San Bartolomé, Cumbres Mayores, Encinasola, Puenteheridos, Galarzo, Higuera de la Sierra, Hinojales, Jabugo, La Nava, Linares de la Sierra, Los Marines, Puerto Moral, Rosal de la Frontera, Santa Ana la Real, Santa Olalla de Cala, Valdearco and Zufre.

www.rutadeljabugo.travel

### /05. Sierra Norte Iberian pig route

The ten towns in this district of the Seville province are ideal both for raising Iberian pigs and for producing and curing hams. This route offers visits to drying rooms and cured sausage factories, as well as accommodation, restaurants and other tours of interest.

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.

Chiclana de la Frontera, Chipiona, El Puerto de Santa María, Jerez, Puerto Real, Rota, Sanlúcar de Barrameda and Trebujena.

www.rutadeljerezbrandy.es

### /06. Marco de Jerez wine and brandy routes

Visit the famous 'cathedral' wine cellars, stay in a country house set within a vineyard, get an introduction to the subtle art of wine tasting... Marco de Jerez offers wine tourists this and much more: extensive historical and natural heritage, a privileged climate and traditions and festivals that you are sure to want to get involved in.

Chiclana de la Frontera, Chipiona, El Puerto de Santa María, Jerez, Puerto Real, Rota, Sanlúcar de Barrameda and Trebujena.

www.rutadelvinomontillamoriles.com

### /07. Montilla-Moriles wine route

This is a journey to the heart of Andalusia, where this wine treasure is born, through nine towns of the Córdoba province whose rich cultural, natural, artistic and gastronomic heritage and array of associated leisure options unfold before visitors' eyes.

Córdoba, Montemayor, Montilla, Moriles, Aguilera de la Frontera, Lucena, La Rambla, Fernán Núñez and Puente Genil.

www.rutadelvinomontillamoriles.com

### /08. Condado de Huelva wine route

This route includes several appealing tourist packages highlighting the natural, monumental, historical and traditional values of Condado de Huelva, in addition to a careful selection of wineries and establishments ready to immerse visitors in learning about and enjoying wine culture.

Almonte, Bollullos Par del Condado, Bonares, Chucena, Escacena del Campo, Hinojales, La Palma del Condado, Lucena del Puerto, Manzanilla, Moguer, Niebla, Paterna del Campo, Rociana del Condado, Villalba del Alcor and Villarrasa.

www.rutadelvinocondadodehuelva.es

### /09. Serranía de Ronda wine and winery route

You can enjoy the experience of walking through vineyards around this well-established wine-growing region of Málaga in the company of fellow wine enthusiasts, and benefit from advanced or beginners' tasting courses, tastings paired with local gastronomy, relaxing wine therapy treatments and more.

Ronda and Arriate.

www.ruta-vinos-ronda.com

### /10. Seville province wine and spirits route

This route allows visitors to gain first-hand experience of vineyards and winery and distillery facilities in the Seville province, including businesses associated with the wine, spirits and gastronomy industry.

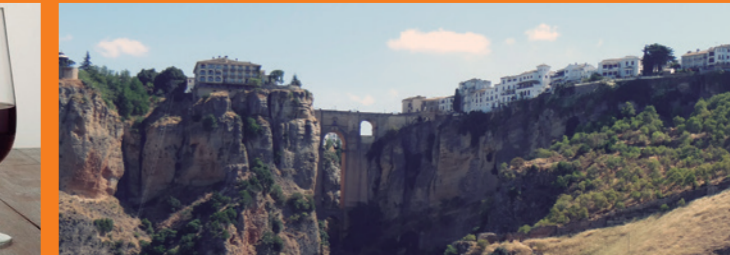
EL ALJARAFE: Espartinas, Umbrete, Villanueva del Ariscal, Huévar and Guadalcanal.

SIERRA NORTE: Cazalla de la Sierra, Constantina, Alanís and Guadalcanal.

EL BAJO GUADALQUIVIR: Los Palacios y Villafranca, Lebrija and Utrera.

LA CAMPAÑA: Carmona, Fuentes de Andalucía and Pruna.

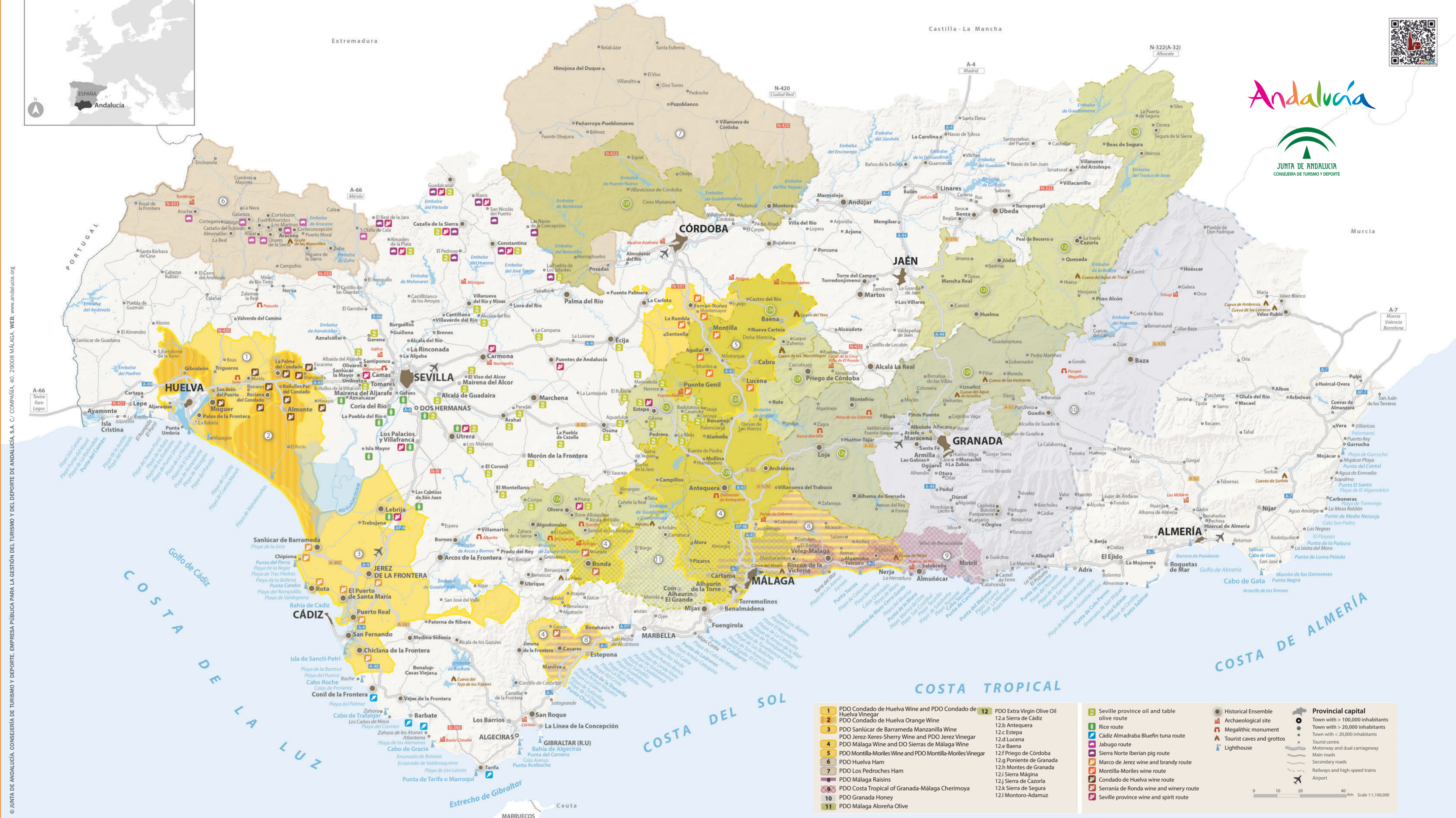
www.rutasdelvinodesevilla.com



\* Routes included in the project 'Andalusia, Landscapes with Flavour'.



Andalucía



<ul style="list-style-type: none"> <li>1 PDO Condado de Huelva Wine and PDO Condado de Huelva Vinegar</li> <li>2 PDO Condado de Huelva Orange Wine</li> <li>3 PDO Sanlúcar de Barrameda Manzanilla Wine</li> <li>4 PDO Jerez-Xeres-Sherry Wine and PDO Jerez Vinegar</li> <li>5 PDO Málaga Wine and DO Sierras de Málaga Wine</li> <li>6 PDO Montilla-Moriles Wine and PDO Montilla-Moriles Vinegar</li> <li>7 PDO Huelva Ham</li> <li>8 PDO Los Pedroches Ham</li> <li>9 PDO Málaga Raisins</li> <li>10 PDO Costa Tropical of Granada-Málaga Cherimoya</li> <li>11 PDO Málaga Aloreña Olive</li> </ul>	<ul style="list-style-type: none"> <li>12 PDO Extra Virgin Olive Oil</li> <li>13 Sierra de Cádiz</li> <li>14 Antequera</li> <li>15 Estepa</li> <li>16 Lucena</li> <li>17 Baena</li> <li>18 Priego de Córdoba</li> <li>19 Fuente de Granada</li> <li>20 Montes de Granada</li> <li>21 Sierra Mágina</li> <li>22 Sierra de Cazorla</li> <li>23 Sierra de Segura</li> <li>24 Montoro-Adamuz</li> </ul>	<ul style="list-style-type: none"> <li>25 Seville province oil and table olive route</li> <li>26 Rice route</li> <li>27 Cádiz Almadraba Bluefin tuna route</li> <li>28 Jabugo route</li> <li>29 Sierra Norte Iberian pig route</li> <li>30 Marco de Jerez wine and brandy route</li> <li>31 Montilla-Moriles wine route</li> <li>32 Condado de Huelva wine route</li> <li>33 Serranía de Ronda wine and winery route</li> <li>34 Seville province wine and spirit route</li> </ul>	<ul style="list-style-type: none"> <li>Historical Ensemble</li> <li>Archaeological site</li> <li>Megalithic monument</li> <li>Tourist caves and grottos</li> <li>Lighthouse</li> <li>Provincial capital</li> <li>Town with &gt; 100,000 inhabitants</li> <li>Town with &gt; 20,000 inhabitants</li> <li>Town with &lt; 20,000 inhabitants</li> <li>Tourist centre</li> <li>Motorway and dual carriageway</li> <li>Main roads</li> <li>Secondary roads</li> <li>Railways and high-speed trains</li> <li>Airport</li> </ul>
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