

Castilla
y León

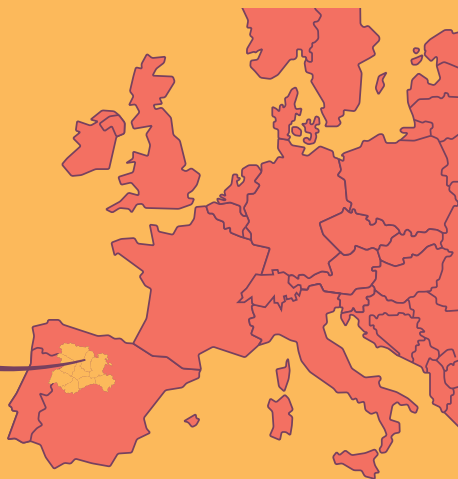


food and wine tourism



Junta de
Castilla y León

Castilla y León



CASTILLA Y LEÓN

www.turismocastillayleon.com

The information contained in this guide cannot encompass the entire wealth of food and wine tourism resources available in Castilla y León. Readers wishing to obtain further information are therefore advised to visit the website at www.turismocastillayleon.com.

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The gastronomy of Castilla y León boasts a cultural and ethnographic heritage of immense value. The region's nine provinces share countless dishes and recipes, yet also retain their own unique touches. Every province, area and municipality jealously guards its ancient recipes and uniquely creative culinary style that makes each product special. Many of them are still prepared using traditional methods.

contrasting
flavours



12,000

LISTED REGIONAL
RECIPES

Introduction

Gastronomy in Castilla y León is currently enjoying one of its finest moments due to the outstanding skill and know-how of its chefs, the superb quality and diversity of its products, as well as a rich gastronomic legacy.

The nine provinces that make up the Autonomous Community share tastes and flavours yet also boast their own unique gastronomic diversity.

This culinary and gastronomic wealth is in evidence every day thanks to the large network of food and beverage professionals that make up the teams working in over 5,000 restaurants. Some of these restaurants hold prestigious awards and are featured in the most important and best-known gastronomy guides, including the Michelin or Repsol guides.

A further contributing factor to the region's culinary offer is the packed calendar of gastronomic celebrations, shows and events. More than 400 dates including the Buscasetas Event, dedicated to mycology, the Roast Suckling Lamb Event, or those dedicated to the traditional pig-slaughter, as well as tapa days and competitions. Indeed, Castilla y León is famed for the quality and originality of its miniature culinary creations and each year, Valladolid hosts a national tapas competition.

The List of Popular Recipes of Castilla y León features a collection of almost 12,000 recipes



GASTRONOMY EVENTS

Castilla y León hosts more than four hundred culinary events a year, including shows, festivals and competitions.



List of Popular Recipes



Cochinillo de Segovia
(Segovia roast suckling pig)



THE FINEST INGREDIENTS

Castilla y León has more than 250 listed food and agriculture products. Over fifty of these have received some form of official recognition, such as a Designation of Origin or Quality Seal.

+50%

HAM WITHOUT BORDERS

The ham produced in Salamanca from Iberian breed pigs holding the PDO Guijuelo quality seal accounts for over 50% of all the cured Iberian ham sold in Spain.



Guijuelo cured ham

Our products



PORK

When it comes to meat, pork is one of the hallmarks of Castilla y León. It is bred and cooked in a host of different ways, which vary from area to area. From the herds of swine to be seen on the hills and plains to the domestic pigs reared in the family home and which formed part of the inhabitants' staple diet. Nor must we forget the roast suckling pigs that are eaten on special occasions and celebrations.

Today, Segovia is the undisputed home of roast suckling pig, the city's hallmark dish.

Yet this title is fiercely disputed by the roast suckling pig of Arévalo in Ávila,

known as "tostón", Zamora chorizo sausage and the chunks of bacon from Soria, known as "torrezno", all with their own Quality Seal.

No part of the pig is left to waste, which means that there is a wide and varied range of pork recipes. Nevertheless, this animal is probably best known for the products from the traditional pig slaughter. This deeply-rooted tradition is still going strong in various municipalities scattered throughout the Autonomous Community. An authentic social and culinary celebration.



POULTRY

Poultry has traditionally formed an essential part of the family economy and has given rise to a wealth of recipes, several of which are highly appreciated, such as "Gallo Turretilano" – chicken casserole in white wine, famous in Tordesillas, Valladolid, or "Gallina en Pepitoria" – chicken fricassee.

A unique feature of the region's poultry breeding tradition are the doves that can be seen in the area known as Tierra de Campos.



GOAT MEAT

This meat has traditionally been consumed in Castilla y León. Kid meat roasted in a wood-fired oven is considered a particular delicacy. Still used today is the ancient recipe for the half-cooked dried kid meat from Vegacervera, in León, which is sold under a quality seal.



BEEF

Castilla y León has more beef cattle than any other region in Spain and is home to a number of specifically identified breeds. Morucha, Avileña Negra Ibérica, Sayaguesa, la Alistana-Sanabresa or Monchina are some of the region's autochthonous breeds. Our lands also boast a tradition of ox breeding, producing juicy red meats that are much appreciated.



SHEEP

Castilla y León is Spain's second largest producer of lamb and the number one producer of sheep's milk. The region is home to several autochthonous breeds such as the Churra, Ojalada and Castellana, although there are also herds of Merino and Assaf sheep.

The meat from these animals features predominantly in the region's gastronomy, thanks to its famous roast suckling lamb.



GAME

The region is home to a wealth of game that over the centuries has fea-



A dish of wild boar

tured widely in popular and traditional recipes. During the hunting season, game is present on the menus in many of our restaurants, which organise a series of gastronomic events.



SEA AND FRESHWATER FISH

Despite lying a considerable distance from the coast, Castilla y León is also renowned for a wide range of fish dishes. Particularly worthy of mention



SUCKLING LAMB, A REGIONAL HALLMARK

The suckling lamb is roasted in a wood-fired oven or grilled over vine shoots and is considered a major delicacy and tourist attraction in several of the region's provinces.



DOVECOTES IN TIERRA DE CAMPOS

These unique buildings, designed for breeding doves and pigeons, have given rise to a series of delicious recipes featuring these birds. The mouth-watering dishes include stews and marinades.



Sheep's cheese



SALTED AND MARINATED DISHES

Thanks to the proximity of the Atlantic and Cantabrian coasts, a number of fish-salting factories sprang up around the region. Particularly famous is the cod that is salted in towns such as Ágreda (Soria), Valderas (León) or Canalejas de Peñafiel (Valladolid), to name but a few.



A PASSION FOR PULSES AND DISHES EATEN WITH A SPOON

The region boasts a number of gastronomic hallmarks such as Sanabria beans, Ibeas de Juarros red beans, Armuña lentils or the small lentils of Tierra de Campos.



CHEESES TO SUIT ALL TASTES

Castilla y León produces a wide range of cheeses. They include fresh Burgos cheese, Zamorano, Valdeón, Los Beyos cheese. Goat's cheese...

is the cod prepared in Ágreda (Soria) or Valderas (León) and the marinated sardines and horse mackerel.

The rivers that flow through the region are a rich source of freshwater fish. In particular, trout is the object of a major festival: León's International Trout Week, declared an event of Regional Tourist Interest. Crabs also have their own unique culinary festival, held in Herrera de Pisuergra in the province of Palencia.



CHEESE AND DAIRY PRODUCTS

The autonomous community of Castilla y León is one of Spain's largest milk producers, accounting for 57% of the country's sheep's milk production.

The region is also Spain's biggest sheep's cheese producer. These cheeses are included under the Queso Zamorano Protected Designation of Origin, the Queso de Valdeón blue cheese PGI (Protected Geographical Indication); the Queso Arribes de Salamanca Guarantee Seal, as well as the Queso Castellano Collective Seal and the Queso de los Beyos PGI.



PULSES, FRUIT AND VEGETABLES

Castilla y León is home to some of Spain's most highly appreciated pulses. These include the PGI listed Armuña lentils; the small lentils of Tierra de Campos and the Tierra de Campos de Zamora lentils; El Barco de Ávila beans and La Bañeza-León kidney beans; Fuentesauco chickpeas and the Pedrosillo chickpea Guarantee Seal.

The region's long-standing tradition in fruit farming still thrives to this day. Examples of this activity include the cherries and Reineta apples grown in Las Caderechas Valley, Conference pears in El Bierzo, oranges in Arribes del Duero, Cermeño pears in Toro as well as the chestnuts from Aliste, in the province of Zamora. As for dried fruit and nuts, particular delicacies include walnuts, almonds and the pine nuts obtained from silviculture in Pedrajas de San Esteban.

Several of these crops hold Castilla y León Ecological Agriculture Designations of Origin, whilst others have been awarded quality seals. Examples include Medina lettuces, Reineta apples from El Bierzo and Las Caderechas and roasted peppers from Fresno-Benavente or El Bierzo.



Stewed chickpeas



Recently picked porcini mushrooms



THE MYCOLOGICAL TRADITION

The region's mycological areas are currently regulated by 12 management units, which are essentially countryside bodies that share the same regulatory powers. They operate in almost 1000 municipalities, covering practically 50% of Castilla y León's total surface area.

The region's wealth of mycology resources and the introduction in recent years of a series of innovative initiatives such as black truffle growing in Soria, has led to the creation of a mycological tourism offer unlike any other in Spain. It boasts around 1,500 documented species, more than 50 of which are of outstanding culinary interest.

The Castilla y León Wild Mushroom quality seal, a further aspect of the region's mycological resources, guarantees that the wild mushrooms have been collected by experts under the supervision of health inspectors. This seal is therefore a guarantee of legality, quality and food safety.

The Regional Ministry of Culture and Tourism organises two major events

in this field: the Bascasetas Gastronomy Event and the International Mycology Congress, Soria Gastrónomica.



BREAD AND CONFECTIONERY

The Castilla y León Food and Agriculture List includes more than 90 products, including breads, biscuits, cakes and sweets, several of which are mentioned below: Bollo Maimón, Brazo de San Lorenzo, Ciegas de Íscar, Costrada de Soria, Florones, Mantecadas de Astorga, Mantecados de Portillo, Perunillas, Rosquillas de Ledesma, Pan Sobao, Socorritos de Cervera, Ponche Segoviano, Yemas de Ávila...

There is also an important breadmaking tradition, including Hogaza bread from León, Pan Lechuguino from Valladolid or Pan Cantero. Also much appreciated is the Torta de Aranda, normally served with roast suckling pig, as well as several types of filled pies and pastries, such as the Hornazo from Salamanca and the traditional flour produced in Zamora, a unique type used in traditional crusty country breads, which also has a quality seal.



PIG SLAUGHTER: KEEPING UP TRADITIONS

Events to commemorate this tradition are held throughout Castilla y León. Even today, it is an eagerly-awaited time of year when families and neighbours get together to prepare the "mondongos" - the delicacy made using the pig's innards.

A LAND OF WILD MUSHROOMS

Castilla y León boasts one of the largest areas of forest mass in Europe and is a leader in mycology production. The region has around 1,500 documented species, more than 50 of which are of outstanding culinary interest.



The avant-garde trend for innovation in culinary art first emerged in our region between 1980 and 1990, when leading chefs embarked on a gastronomic mission to revolutionise the pleasures of fine eating characterised by meticulous attention to detail. Various groups of ground-breaking chefs set up workshops and organised field trips to explore the places where top quality ingredients are produced, acquiring a commitment to promoting these products and preserving traditional recipes whilst adding a quirky and innovative twist.

From traditional
to contemporary
cuisine



Ávila



PATATAS REVOLCONAS (MASHED POTATO WITH PAPRIKA AND BACON)

Ingredientes (serves 4):

Potatoes: 700 g bacon: 180 g Olive oil: 3 tablespoons Chopped garlic: 2 cloves. Ocal paprika: 1 tablespoon. White wine: 1/4 glass. Chunks of fried bacon cut to taste.

Preparation: Boil and peel the potatoes. Heat the oil and fry the garlic on a medium heat until golden brown. Add the paprika and fry lightly, adding the white wine and a little of the water used to boil the potatoes. Place the potatoes in the frying pan and use a fork to mash them into a thick purée. Season to taste and divide the mash onto four plates. Fry the strips of bacon and place them on top. Optional: This dish may also be served topped with a fried egg and finely sliced raw onion.



TOSTÓN ASADO DE ARÉVALO (ARÉVALO ROAST SUCKLING PIG)

Ingredientes (serves 4):


Arévalo suckling pig: 1 suckling pig weighing approximately 3.8 kg. Water and salt.

Preparation: Place the suckling pig in an earthenware dish with the skin facing downwards and season with salt only. Place in a pre-heated oven and roast at a medium temperature for around an hour and a half in a dish with a small amount of water (a piece of wood is often placed between the dish and the pig to prevent the skin from sticking). Turn the pig over and finish roasting at a slighter higher heat for a further forty minutes. Cut into pieces and serve with a little of the roasting juices. In Arévalo, suckling pigs are normally roasted in wood-fired ovens.



YEMAS DE SANTA TERESA (SWEETS MADE WITH EGG YOLKS)

Ingredientes (serves 4):

Egg yolks: 8. Sugar: 200 g  Lemon juice. Lemon rind: 1/2 lemon

Preparation: The first step is to separate the egg yolks from the whites. Mix 10 tablespoons of water with the sugar and lemon rind on a low heat, stirring constantly to make the syrup. Next, mix and beat the egg yolk with the sugar to form a syrupy consistency, before adding the lemon juice. Place on a low heat, making sure it doesn't boil to prevent the egg yolks from curdling. Leave the mixture to rest for 24 hours on a cold plate. Next, roll out the mixture into sausages, sprinkle with sugar, cut into thick cigar-shaped strips and then divide each strip into smaller pieces and roll them into balls. Finally, place the balls in white paper cake cases. The sugar can be caramelised with a kitchen torch or hot iron.

Burgos



OLLA PODRIDA (PORK AND BEAN HOTPOT)

Ingredientes (serves 4): Pinto beans: 300 g pig's trotter: 1 Bacon: 50 g Chorizo sausage: 1 Burgos black pudding: 1 (small). Water, paprika and salt.

For the dumplings: (serves 4). Eggs: 2 Chopped parsley: ¼ tablespoon Chopped garlic: 1 clove. Breadcrumbs. Olive oil and salt.

Preparation: Soak the beans in cold water overnight. Change the water and bring to the boil with the pig's trotter, the bacon and chorizo sausage. Simmer on a low heat for 2 hours (until the beans are tender). Once cooked, add the paprika. Cut the black pudding into slices, coat in flour and fry in a little oil before adding them to the beans.


Dumplings preparation: Beat the eggs and add the parsley, garlic and breadcrumbs. Prepare a light dough and fry it as if it were an omelette. Cut it into pieces.

Final stage: Add the dumplings to the beans and simmer on a low heat for around 10 minutes.



BACALAO A LA BURGALESA (COD WITH ONION AND RED PEPPER)

Ingredientes (serves 4): Desalted cod: 800 g Onion: 2. Red peppers: 2 Garlic: 1 clove. Olive oil: 3 tablespoons Salt.

Preparation:  the onions and peppers into the fine slices. Heat the oil and add the previously chopped garlic. Fry. Next, add the onion and pepper, poach for around fifteen minutes and season. Place half of the mixture in an earthenware dish. Cut the cod into four equal portions and place on top, then cover it with the other half of the mixture. Place the dish in a pre-heated oven and cook at a medium heat for approximately twenty minutes.



POSTRE DEL ABUELO (FRESH CHEESE WITH HONEY AND WALNUTS)

Ingredientes (serves 4): Burgos fresh cheese: 400 g Honey: 8 tablespoons. Shelled walnuts: 4 tablespoons.

Preparation: Cut the cheese into four portions, cover with the honey and arrange the walnuts on top.

León



SOPAS DE TRUCHA DEL ÓRBIGO (TROUT SOPS)

Ingredientes (serves 4):

2 medium-sized trout. Cottage loaf from the day before. Virgin olive oil: 4-5 soup spoons. Half an onion, salt, garlic, paprika and vinegar.

Preparation: Place a litre of water in a pan, add the chopped onion and a little olive oil. Bring to the boil before adding the trout cut into two or three pieces. Whilst the trout are cooking (they don't take long) crush the garlic in a pestle and mortar with salt and half a tablespoon of paprika. Mix together well with a splash of olive oil and a little of the trout stock. Add this mix to the trout. Cut the bread into narrow slices and place in an earthenware dish (approximately 400 g). When the trout is cooked and seasoned to taste, remove the pieces and place them on top of the bread. Then pour the stock over them. In order to bring out the full flavour of the trout, use the pestle and mortar to prepare a sauce with oil, a little vinegar and paprika and drizzle it over the pieces of trout. You may also add a little hot paprika.



CECINA DE CHIVO ENTRECALLADA DE VEGACERVERA (HALF-COOKED SMOKED GOAT MEAT)

Ingredientes (serves 4):

Smoked dried goat meat: 500 g
Smoked dried goat meat sausage: 100 g
Lettuce, tomato, olive oil, vinegar and salt.

Preparation: Soak the meat and chorizo sausage in water for around 12 hours. Drain. Place them in a pressure cooker with just enough water to cover them. Cook for an hour. Once cooked, slice the meat and serve with the chorizo sausage and a little stock. Accompany with a lettuce and tomato salad and an olive oil, vinegar and salt dressing.



TARTA DE SAN MARCOS (SPONGE CAKE WITH CREAM AND EGG YOLK)

Ingredients for the sponge cake: (serves 4-6) Eggs: 3 units and their weight in sugar. The weight of 2 eggs in flour. Butter: 100 g and a little extra to grease the tin. Flour to sprinkle in the tin: 2 soup spoons. A pinch of salt. **Ingredients for the filling:** (serves 4-6) 3 eggs and their weight in sugar. **Cream.**

Sponge cake: Separate the yolks and the whites. Place the whites in a bowl with a pinch of salt and beat until stiff peaks form. Once beaten add the yolks and then the sugar. Stir constantly for around 10 minutes. Next, add the flour, one spoonful at a time, and finally the melted butter. Pour the mix into a tin that has been previously greased with butter and sprinkled with flour. Bake at a low heat for 45 minutes. It can then be filled to taste. **Filling:** Cut the sponge cake into two and spread with cream before sandwiching the two halves together. Cover with the rest of the cream and decorate the base. Heat the sugar in a pan with several table-spoons of water. Bring it to the boil before adding 1/2 a glass of water to form the syrup. When the syrup is lukewarm, gradually mix in the egg yolks, stirring until the mixture is smooth. Remove from the heat. Once it has cooled, use a flat brush to spread the mixture over the top of the cake. Decorate on top with piped cream in hazelnut-shaped balls.

Palencia



MENESTRA PALENTINA (MIXED VEGETABLES)

Ingredientes (serves 4): 1 kg of seasonal vegetables (artichokes, peas, asparagus, peppers, carrots, cauliflower, Brussel sprouts and others, depending on the time of year). 1 chopped onion, 2 cloves of garlic (chopped). Flour: 3 tablespoons. 1 egg. 1 glass of white wine. Vegetable stock: ¼ litre Diced ham: 50 g Olive oil: 3 tablespoons. Chopped parsley: 1 tablespoon. Salt.

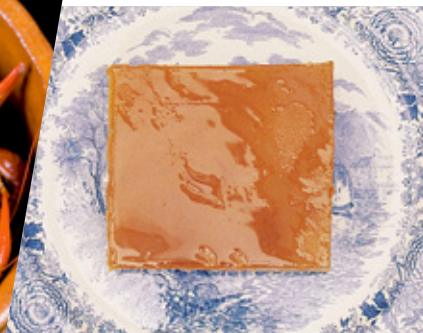
Preparation: Cook your choice of vegetables in salted water. Cook each vegetable separately, as each type has a different cooking time. Cook the artichokes in a separate pan with a little lemon as the water cannot be used for the other vegetables. (However, you should cook all the other vegetables in the same water). Heat the oil in a frying pan and fry the garlic until it is half brown. Next, add the onion and fry lightly for around fifteen minutes. Add the ham and continue to fry lightly. Pour in the white wine and the vegetable stock and bring to the boil. Add the vegetables. Some of the vegetables (such as the artichokes) should be previously coated in flour and egg. Add the parsley and simmer gently for five minutes.



GUISO DE CANGREJOS (CRAYFISH STEW)

Ingredientes (serves 4): Crayfish: 800 g 1 red pepper. 1 onion. Garlic: 2 cloves. Chilli pepper: a pinch (optional) 1 glass of Rueda white wine. Cognac: ½ glass Chopped parsley: ½ tablespoon Olive oil: 2 tablespoons. Salt.

Preparation: Heat the oil and add the sliced garlic, the diced onion and pepper, fry gently for around ten minutes and season. Add the crayfish and sauté for approximately five minutes. Pour the white wine and brandy over them and simmer for around ten minutes. Add the chopped parsley.



TOCINILLO DE CIELO DE VILLOLDO (CARAMELISED EGG YOLK PUDDING)

Ingredientes: Egg yolks: 10. Sugar: 250 g Water



Preparation: Place the sugar in a saucepan and add several tablespoons of water (enough to dissolve the sugar and form the syrup). Bring to the boil on a medium heat. When it starts to boil, add half a glass of water and the syrup will form in fine strands. Take off the heat and allow to cool a little. When the syrup is lukewarm (never hot), gradually mix in the egg yolks, stirring constantly to form a smooth consistency. Pour the syrup into tins and place in a bain marie, ideally in the oven, but always cover the tocinillos to stop the steam getting in. If the tins are small, they will be ready in 25 or 30 minutes. If they are larger, they will take longer. Check that the tocinillos are set by inserting a knitting needle in them. If the needle comes out clean, then they are ready. Once cool, remove from the tins and place in small paper cases or in a dish. It is important to make sure the syrup is lukewarm before adding the yolks; otherwise the egg may curdle due to the rapid change of temperature.


Salamanca



HORNAZO (MEAT PIE)

Ingredients:

Flour: 500 g lard: 3 tablespoons. White wine: 50 ml. Water: 75 ml. Salt and pepper. Ingredients for the filling: Pork fillets: 4 Fresh Eggs: 2. Cured ham: 4 slices. Salamanca Iberian cured chorizo sausage: 8 slices. Olive oil: 1 serving  beaten egg: 1 Salt and pepper 

Preparation: Heat the lard. Arrange the flour into a mound with the salt and add the lard, water and wine. Knead  until it acquires a shiny texture and does not stick to the hands. Leave to rest for about 20 minutes. Fry the pork fillet in the oil and season. Boil, shell and slice the eggs. Heat the oven to 180°C. Divide the mix into four and then halve each section. Roll out half the pastry sections and fill with the pork fillet, a slice of ham, 2 slices of chorizo sausage and half a hard-boiled egg. Cover the pies with the remaining pastry, place on a baking tray and use a pastry brush to paint the top with the beaten egg. Bake for 30-40 minutes. Remove from the oven, leave to cool and serve.



CABRITO CUCHIFRITO (BRAISED KID MEAT WITH POTATOES)

Ingredients:



Kid meat: 1 kg. Garlic: 4 cloves Laurel: 2 leaves. White wine: 1 small glass Paprika. Thyme. Hard-boiled egg: 1 Potatoes. Oil and salt.

Preparation: Cut the kid meat into small pieces and season, add a dash of oil, thyme, a teaspoon of paprika and a glass of white wine. Leave to marinate for 2 hours. Pour a generous amount of oil into a frying pan and fry the pieces of meat until golden brown with the chopped garlic, 2 laurel leaves and a little pepper and thyme. Add a glass of white wine, turn up the heat and cover the frying pan allowing the liquid to evaporate for 10 minutes. Serve with slices of boiled potatoes or French fries and hard-boiled egg.



BOLLO MAIMÓN (SPONGE CAKE)

Ingredientes (serves 4):

Eggs: 4
Corn flour: 150 g Sugar 100 g
Eau de vie: 1 tablespoon Grated lemon rind  lemon Icing sugar: 2 table-
spoons 

Preparation: Use a balloon whisk to mix the eggs and the sugar, add the eau de vie and grated lemon rind to form a light, foamy consistency. Gradually add the flour until all the ingredients are well mixed. Pour the mixture into a ring-shaped cake tin. Remember to grease the tin with butter beforehand. Place the tin in the oven which has been preheated to 180° C and bake for around 25 minutes until the sponge is golden. Dust with icing sugar. Allow to cool before removing from the tin.

Segovia



JUDIONES ESTOFADOS (STEWED LARGE BROAD BEANS)

Ingredientes (serves 4):

La Granja broad beans: 300 g pig's ear: 1. ½ pig's trotter. 50 g of bacon 1 small ham bone. Pork ribs: 50 g Olive oil: 4 tablespoons. ¼ chopped green pepper. ¼ chopped red pepper. ½ chopped onion. Chopped garlic: 2 cloves. 1 laurel leaf Paprika: 1 teaspoon. Salt.

Preparation: Soak the broad beans the day before. Drain the beans and place in a pan with water and all the various meats. Leave them whole. Add the laurel and simmer on a low heat for about 2 hours (until the beans are tender). Heat the oil in a frying pan and fry the garlic. Once the garlic has turned golden brown, add the onion and peppers and fry lightly on a low heat until they are cooked. Add the paprika, fry lightly and add the mixture to the pan with the cooked beans. Boil for a few minutes. Serve in soup bowls.



COCHINILLO DE SEGOVIA (SEGOVIA ROAST SUCKLING PIG)

Ingredients:

4-4.5 kg suckling pig (cleaned). 100 g pork lard. Water and salt.

Preparation: Score (on the inside) along the length of the suckling pig's backbone (using a chef's knife or alternatively a large slicing knife). Season. Place the suckling pig with the skin facing downwards in an earthenware dish and place several laurel branches under it (so that it is not in contact with the base of the dish) and add a small amount of water. Heat the oven to 180 °C. Roast the suckling pig for an hour, then remove from the oven and turn it over (with the skin facing upwards), and prick the skin to prevent air bubbles from forming and use a brush to baste it with lard. Put it back in the oven for around another 45 minutes. The suckling pig will now be a rich golden tone and the skin smooth and crisp. Season the roasting juices to taste. The skin must be so crisp that the suckling pig can be cut up with the edge of a plate.



PONCHE SEGOVIANO (SPONGE CAKE FILLED WITH CONFECTIONER'S CREAM AND TOPPED WITH MARZIPAN)

Ingredients for the sponge cake: Flour (ideally biscuit flour): 75 g 3 eggs. Sugar: 30 g A little water can be added to make mixing easier. **Ingredients for the cream:** ½ litre of milk. Sugar: 50 g and 50 g of flour (preferably corn flour) 3 egg yolks.

Sponge cake preparation: Beat the eggs and add the sugar and flour. Pour the mixture into a flat baking tray and bake for 10 minutes at 160°C. Remember to preheat the oven.

Filling preparation: Beat the egg yolks in a bowl with the sugar and flour; add the milk and the rind of a lemon that has been previously heated and stir constantly until the mixture thickens.

Montage: Cut the sponge cake into rectangles. Start with a layer of sponge cake, which has been previously soaked in the (sugar and water) syrup, spread a layer of the cream and dust lightly with cinnamon. Then repeat the process.

Soria



MIGAS PASTORILES (BREADCRUMBS FRIED WITH GARLIC, BACON AND CHORIZO SAUSAGE)

Ingredientes (serves 4): 300 g of breadcrumbs. Chopped garlic: 2 cloves.

Olive oil: 4 tablespoons. Paprika: ½ teaspoon Chopped parsley: ½ teaspoon. Diced chorizo sausage: 60 g Diced bacon: 50 g Water: ½ glass. Salt.

Preparation: Heat the oil and fry the garlic with the bacon and chorizo sausage for about five minutes. Add the paprika and fry lightly. Next, add the breadcrumbs, parsley and water, stirring well to blend in all the flavours whilst the water evaporates.

Note: the breadcrumbs can also be soaked in water before adding to the frying pan.



GUISO DE CARACOLES (SNAIL STEW)

Ingredientes: Snails: 1/2 kg. Chorizo sausage: 100 g Ham with fat: 100 g Flour or corn flour: 40 g 2 medium-sized onions. Garlic: 4 cloves. Tomato for frying: 200 g Paprika: 1 teaspoon. 1/2 chilli pepper (to taste). Oregano. Sprig of parsley. Olive oil: 3 soup spoons. White wine: 50 ml Vinegar: 75 ml. Salt.

Preparation: Wash the snails well in salt and vinegar. Once the snails are clean, simmer on a low heat to remove the meat from the shell, then turn up the heat. Pour the water away and drain well. Lightly fry the chopped onion. Use a pestle and mortar to crush the garlic, parsley, paprika, flour and oregano with a little olive oil and gradually spoon the mixture into the fried onion. Add the tomato, mixing all the ingredients well. Pour a little oil into a pan and add the chopped chorizo sausage and ham with the chilli pepper if required. Fry lightly (after removing the chilli pepper) and add the snails and sauce you have put to one side, together with a small glass of white wine. Allow to simmer on a very low heat to mix all the flavours together. If necessary, add a little water to prevent the sauce from thickening too much.



TARTA COSTRADA (puff pastry tart with a whipped cream filling)

Ingredientes (serves 4):
Puff pastry: 500 g Whipped cream:
600 g Icing sugar: 50 g

Preparation: Cut the puff pastry into rectangles and arrange on a baking tray greased with butter. Place in the oven which has been preheated to a medium temperature and bake for approximately fifteen minutes (the pastry must rise and be fully cooked). Remove the oven and leave to cool before filling with the whipped cream. Dust with icing sugar.



Valladolid



SOPA CASTELLANA TRADICIONAL CON PAN DE VALLADOLID (CLASSIC GARLIC SOUP WITH HAM AND EGG, SERVED WITH VALLADOLID BREAD)

Ingredients: Good quality chicken stock. Sliced garlic. Diced ham. 1 tablespoon of olive oil. Slices of Valladolid bread. Eggs. Paprika.



Preparation: Place the oil, garlic and ham in an earthenware dish. Fry lightly and when the garlic turns golden brown, add the stock and the slices of bread. When the bread has soaked up the liquid, add the egg and stir, or alternatively divide the mixture up into individual bowls and poach an egg on top of each one. Another option is to pour the beaten egg over the ingredients and bake in the oven to form a crust. Many variations of this soup can be found throughout Castilla y León. In some cases chorizo sausage is used instead of ham or black pudding stock (known as "calducho") replaces the traditional poultry stock, whilst some recipes also include tomato.



LEHAZO ASADO (ROAST SUCKLING LAMB)

Ingredients: ¼ of a suckling lamb. Lard. Water and salt



Preparation: Place the quarter of suckling lamb, previously seasoned and spread with lard in an earthenware dish with the innards facing upwards. A desert bowl or board can be placed under the lamb to prevent it from becoming too wet when the water is added to stop the meat from drying out and allow it to cook properly. Roast in a (pre-heated) oven for an hour at 180°C. Then, turn the suckling lamb over so that the skin is facing upwards and roast in the oven for a further 45-50 minutes until it is cooked to taste. The skin should be crisp and golden. Make sure that there is water in the bottom of the dish at all times. This second roasting period may be longer, although this will depend on the size of the suckling lamb used. Note that the suckling lamb can be considered to be cooked to perfection when the meat comes away from the bone very easily but it still tender and juicy. This dish is best served with a simple lettuce and onion salad with a top quality vinegar dressing.



TORRIJA CON PAN DE VALLADOLID (FRENCH TOAST MADE WITH TRADITIONAL VALLADOLID BREAD)

Ingredientes (serves 4): Traditional Valladolid bread (quality seal): 4 portions (approximately 300 g) ½ litre of milk. Sugar: 3 tablespoons. Vanilla: ½ pod. Rind of 1/2 an orange. 2 eggs. Vegetable oil: 1 glass Honey: 6 tablespoons.


Preparation: Boil the milk with the sugar, vanilla and orange rind. Take off the heat and leave to rest for thirty minutes. Remove the vanilla and orange rind and dip the slices of bread into the boiled milk on both sides for several minutes. Heat the oil and coat the slices of bread in the egg. Drain and fry on both sides until they are a rich golden brown. Arrange the French toasts on a tray and drizzle with honey.

Optional: Mix a little sugar and cinnamon and sprinkle over the French toasts.

Zamora



ARROZ A LA ZAMORANA (RICE WITH PORK, HAM AND BACON)

Ingredients: 1 onion. Shredded or finely chopped pork: 200 g pork: 1 ear and 1 snout. Ham: 100 g Lard or oil: 6 tablespoons Rice: 500 g Parsley. Oregano. Thyme. Villalpando paprika. Zamora garlic: 3 cloves.  slices of bacon to cover the dish.

Preparation: Clean the ear and snout carefully and cut into small pieces. Melt the lard in a pan and add the onion, garlic, parsley, oregano and thyme and fry lightly. Next, add the chopped ear and snout and cover with abundant water and simmer until tender. Pour a little oil into a paella pan and mix the rice with the shredded pork and ham. Add a little paprika before adding the contents of the saucepan. If more stock is needed, add a little extra water. When everything is cooked, take off the heat and cover with the bacon slices. Heat the grill and place the paella pan under it to cook the bacon. Remove the pan from the heat and the dish is ready for serving.



RABO DE TERNERA DE ALISTE (ALISTE VEAL TAIL)

Ingredientes (serves 4): Aliste veal tail: 1.5 kg 1 l of meat stock. Chopped garlic: 2 cloves. 1 chopped onion. 1 carrot. ½ chopped red pepper and ½ chopped green pepper. 1 laurel leaf. Red wine: 1 glass. Olive oil: 3 tablespoons. Brandy. 1 glass 1/4/2 crumbled chilli pepper. Salt and pepper.

Preparation: Heat the oil, add the pieces of veal tail, season and fry on a high heat for around ten minutes, stirring constantly. Add all the chopped vegetables and allow to cook for a further fifteen minutes, stirring occasionally. Add the chilli pepper, the brandy and red wine and cook lightly for five minutes. Then add the meat stock (or water) and simmer on a low heat for around an hour until the meat feels tender when pricked with a fork.



CAÑAS ZAMORANAS (PUFF PASTRY CREAM HORNS)

Ingredients for the pastry: 1 small glass of white wine, 1 small glass of oil and 1 glass of water. (Absorbent) flour. Mild oil for frying. Icing sugar. **Ingredients for the cream:** 1 l of milk. The rind of a lemon and 3 egg yolks. Sugar: 10 soup spoons Corn flour: 4 soup spoons Butter: (Approximately) 30-40 g

Preparation of the puff pastry horns: Prepare the pastry by mixing the oil, wine and water in a bowl, beating them together into a smooth creamy mixture. Gradually add the flour to make the dough. Roll the dough into a ball and leave to rest for an hour. Roll it out onto a floured surface, cut into sufficiently large strips, roll them up and chill. Once chilled, fill the horns with the cream.

Filling preparation: In a pan, bring 750 ml of milk to the boil with the lemon rind. Mix the remaining milk with the egg yolks, sugar and corn flour, stirring to create a smooth paste. Add this paste to the milk and stir for 3 or 4 minutes, making sure that the milk doesn't boil. Take off the heat, add the butter and stir to make sure it melts and forms the finished cream.



A unique cultural expression

Castilla y León is a land of wines. In addition to the world-famous wineries of the Ribera del Duero, it is home to the Rueda white wines, the Toro reds and a further seven designations of origin, situated mainly on the banks of the region's principal river, the Douro.

Whether you are a wine expert, a newcomer to the art or simply a tourist visiting the towns and villages that pepper the landscape throughout Castilla y León, wine is the perfect excuse to explore this land's deeply-rooted sense of tradition and its rich ancient culture.

Wine

Castilla y León has 75,000 hectares dedicated to wine production (6% of the national total). It ranks fourth in terms of grape production in Spain and is home to more than 500 wineries that are flourishing thanks to the dedication and enthusiasm of 18,500 producers of fine wines.

The autonomous community boasts no fewer than 14 Designations of Origin, including 4 quality wine areas (Protected Designations of Origin). There is also a specific quality seal for the entire territory: the *Vino de la Tierra de Castilla y León* Protected Geographical Indication (PGI).

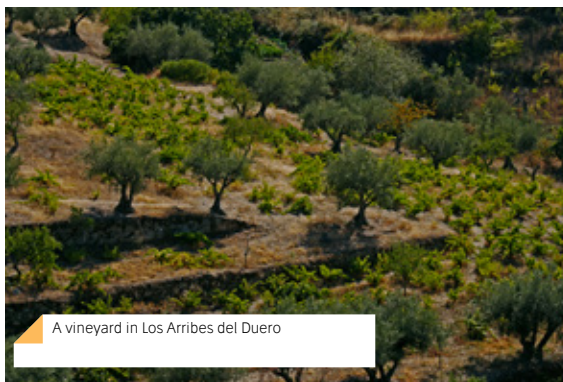
Our region comprises a vast agricultural space dotted with vineyards, large clusters of which are grouped around the principal river, the Douro, where some of the world's best-known wines are produced.

The earliest traces of vine growing and winemaking date back to the days before the Romans; the tradition began with the Celtic tribes that settled in the Douro basin as proved by discoveries such as the funerary objects found in the Vaccaei archaeological site in Pintia (province of Valladolid).



AN ANCIENT TRADITION

The passion for winemaking is nothing new in this region. Indeed, evidence of this activity in the lands that today form the DO Ribera del Duero dates back to the days before the Romans.



A vineyard in Los Arribes del Duero



WHITE WINES

The DO Rueda with its white wines made from the Verdejo or Sauvignon varieties ranks amongst the finest white wine producing regions in the world.



Inside a traditional winery



LEADING THE WAY

Castilla y León is positioned at the forefront of Spain's winemaking sector. The region boasts no fewer than ten Designations of Origin of a standard that is renowned throughout the world



The red wines produced in the Ribera del Duero have forged their own unique personality. Yet this is something that did not come about by chance. The Tempranillo grape variety, the soil and the climate, combined with skilled winemaking know-how, have positioned these wines produced on the banks of the River Douro amongst the finest and most appreciated in the world.

In addition, the Rueda Designation of Origin is considered one of the best white wine making areas in Spain and the world, although it also produces red and rosé wines. Rueda is associated with its own unique white grape variety, Verdejo.

Following the Cigales Wine Trail is a unique opportunity to enjoy its wine and culture to the full. The trail takes visitors through nine municipalities that are home to more than one thousand two hundred underground wineries where fine wines are still produced even to this day. Ancient vineyards that bear the character of the Cerrato region, the proximity of the Torozos Hills or the River Pisuerga, nestling amid breathtaking land-

scapes that are ideal for relaxing and taking in the stunning scenery.

Cigales is a land of rosé and red wines overflowing with youthful freshness, aromas and structures, produced using the Tempranillo variety.

The wines of El Bierzo are characteristic of the magnificent Mencía grape variety, which adds notes of originality and complexity to Castilla y León's wine scene with some truly irresistible wines.

In recent years Toro has become another major driving force for the mid-Douro reds, produced from its own unique variety: Tinta de Toro.

Arribes boasts a unique landscape, nestling in the vast Douro ravine and is home to a number of distinctive wines noted for the character of some of the principal red grape varieties such as Juan García and Rufete.

The DO Tierra del Vino de Zamora, with its local (Tempranillo) red wine, is noted for its long-standing winemaking tradition in an area that extends across parts of the provinces of Zamora and Salamanca.

The DO León also covers several provinces; although it is located mainly in León, it also touches a small section of the province of Valladolid. The principal and best-known variety of red grape is the autochthonous Prieto Picudo, which produces excellent reds, but in particular truly stunning aromatic rosé wines.

Arlanza covers areas of the provinces of Palencia and Burgos. It produces mainly red wines using the Tempranillo variety.

Yet there are also a further four areas regulated as Protected Designation of Origin (PDO) quality wines: Valles de Benavente in Zamora, Valtiendas in

Segovia, Sierra in Salamanca and Cebreiros in Ávila, which currently holds temporary national protected status.

Such is the wealth and diversity of the region's winemaking sector that mention must also be made of other outstanding areas that are producing intriguing wines. Examples include Sardón-Tudela de Duero area in the province of Valladolid, as well as scattered areas of land that traditionally produced the dry white "Chacoli" wine situated in the north of the province of Burgos. Nor must we forget the area known as Ternerero, in the province of Burgos, which is included in the Rioja Designation of Origin.



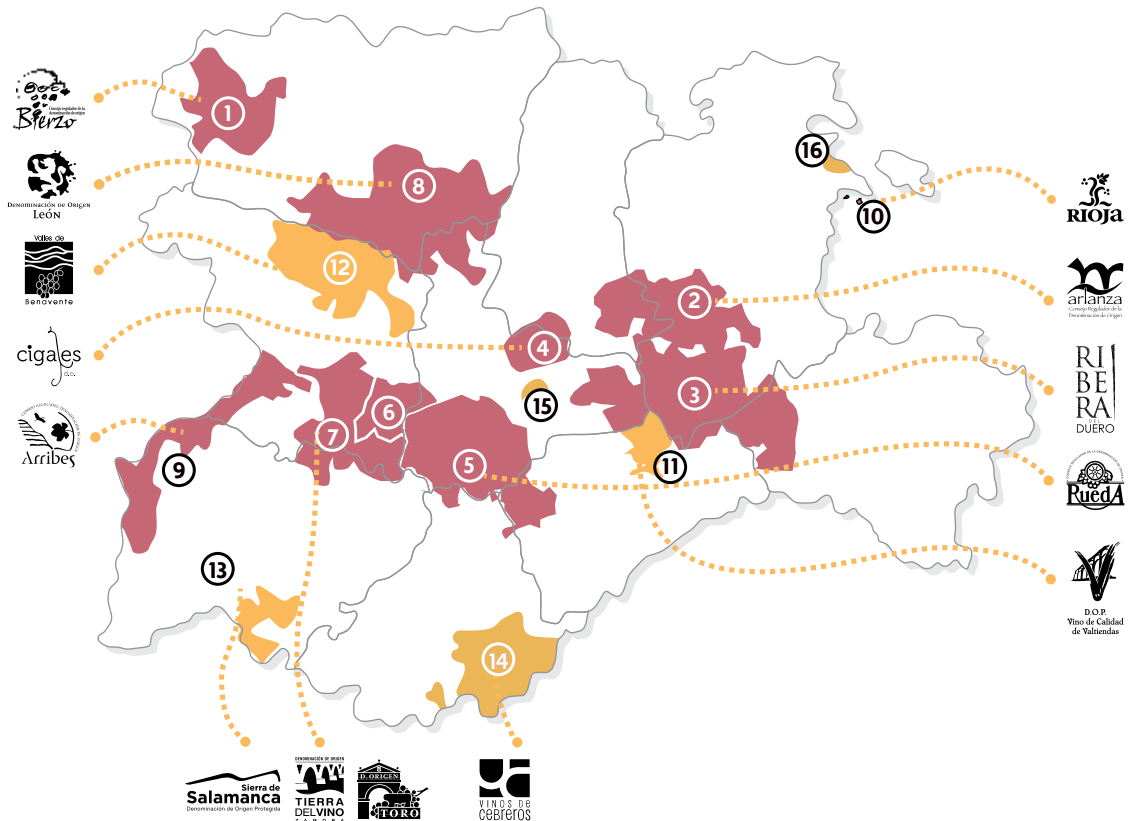
Vineyards in El Bierzo. León

In addition, the Vino de la Tierra de Castilla y León quality seal can include all the vineyards located in the Autonomous Community, extending to both those that already hold some type of official quality seal and those that do not.



White grape variety in the DO Rueda

Castilla y León Wine Map



A UNIQUE WINEMAKING REGION

Castilla y León has 15 quality seals, including 14 Designations of Origin, making this a unique region in Spain and Europe.

DO Websites:

DO Arlanza:
www.arlanza.org
DO Arribes:
doarribes.es
DO Bierzo:
www.crdobierzo.es
DO Cigales:
www.do-cigales.es
DO Ribera del Duero:
www.riberadelduero.es
DO Rueda:
www.dorueda.com

DO León:
www.dotierradeleon.es
DO Toro:
www.dotoro.com
DO Tierra del Vino de Zamora:
www.tierradelvino.net
DO Rioja:
www.riojawine.com

PDO WEBSITES:

PDO Valles de Benavente:
www.vallesdebenavente.org
PDO Sierras de Salamanca:
www.dosierradesalamanca.es

CASTILLA Y LEÓN'S DESIGNATIONS OF ORIGIN

1

EL BIERZO

Varieties: Mencía, Doña Blanca, Godello (main varieties); Garnacha Tintorera, Malvasía and Palomino.

2

ARLANZA

Varieties: Tinta del País "Tempranillo" (main variety); Mencía, Garnacha, Cabernet Sauvignon, Albillo and Viura.

3.

RIBERA DEL DUERO

Varieties: Tinta del País "Tempranillo" (main variety); Cabernet Sauvignon, Garnacha Tinta, Malbec, Merlot and Albillo.

4

CIGALES

Varieties: Tempranillo, Verdejo (main varieties), Cabernet Sauvignon, Syrah, Merlot, Garnacha Tinta and Gris, Sauvignon Blanc Viura and Albillo Mayor.

5

RUEDA

Varieties: Verdejo, Sauvignon Blanc, Tempranillo (main varieties), Viura, Palomino, Cabernet Sauvignon, Merlot and Garnacha.

6

TORO

Varieties: Tinta de Toro, Malvasía (main varieties); Garnacha Tinta and Verdejo.

7

TIERRA DEL VINO DE ZAMORA

Varieties: Tempranillo, Malvasía, Moscatel and Verdejo (main varieties); Garnacha, Cabernet Sauvignon, Albillo, Palomino and Godello.

8

LEÓN

Varieties: Prieto Picudo, Mencía, Verdejo, Albarín Blanco and Godello (main varieties); Tempranillo, Garnacha Tinta, Malvasía and Palomino.

9

ARRIBES

Varieties: Juan García, Rufete, Tempranillo and Malvasía (main varieties), Garnacha, Bruñal, Verdejo and Albillo.

10

RIOJA

In Castilla y León in the province of Burgos, municipality of Miranda de Ebro, in Sajuela and Ternerero.

PGI (Protected Geographical Indication) VINO DE LA TIERRA DE CASTILLA Y LEÓN

All the provinces in Castilla y León. White, rosé and red wines. Varieties: all those authorised and recommended in the Autonomous Community

PDO QUALITY WINE Protected Designation of Origin

11

VALTIENDAS (Segovia)

Rosé and red wines Varieties: Tinta del País "Tempranillo" (main variety), Garnacha Tinta, Cabernet Sauvignon, Syrah, Merlot and Albillo (white wines).

12

VALLES DE BENAVENTE (Zamora)

Varieties: Tempranillo, Prieto Picudo, Mencía, Malvasía and Verdejo (main varieties); Garnacha and Cabernet Sauvignon.

13

SIERRA DE SALAMANCA

White, rosé and red wines. Varieties: Rufete (main variety), Tempranillo, Garnacha, Petite Muscat, and Viura.

14

CEBREROS (Ávila)

White, rosé and red wines. Varieties: Garnacha tinta and Albillo Real

OTHER HISTORIC WINEMAKING AREAS

These include areas that have played a major role in the history of the region's winemaking tradition, but which have not yet undertaken the

regulatory processes currently in force and others, such as Cebreiros, that are currently immersed in this procedure.

15

SARDÓN AND TUDELA DE DUERO

Varieties: Tinta del País "Tempranillo", Garnacha Tinta, Cabernet Sauvignon, Merlot, Chardonnay, Malbec, Verdejo, and others.

16

HISTORIC LISTED WINES

Examples include the Chacoli wine produced in the north of the province of Burgos.



Explore the
landscapes and get
to know the people.

Wine as an asset of cultural interest. Wine tourism is already firmly established in Castilla y León and this success is due to a number of weighty reasons: its designations of origin, the historic wineries that have skilfully maintained their and essence over the years, coupled with the determination of the towns and their residents to preserve the deeply-rooted tradition of caring for the vineyards that have made them what they are today.

The Monastery of Santa María de la Vid. La Vid y Barrios. Burgos.

Wine Tourism

Wine tourism is enjoying exponential growth in Castilla y León, based on winemaking gastronomy and cultural activities and services related directly to wine and its culture.

Castilla y León has more quality wine tourism destinations than any other region in Spain. It currently has five wine trails certified by ACEVIN (the

Association of Spanish Wine-Producing Cities), backed by the Secretary of State for Tourism.

There is also an international wine route between Arribes del Duero and its neighbouring winemaking regions in Portugal known as Vinduro-Vindour (www.rutainternacionaldelvino.com).



LOSE YOURSELF AMONG THE VINEYARDS



Castilla y León has more than 600 registered wineries, including 150 that are open to visitors. A magnificent opportunity to discover more about the art of fine wine.

Wine Trails



The Monastery of San Pedro de Arlanza.
Hortigüela. Burgos

ARLANZA WINE TRAIL

This trail runs between the south of the city of Burgos and the east of Palencia, where the river of the same name flows through lands of vineyards, holm oak and oak woods and juniper groves dotted between vast cereal fields and riverbanks.

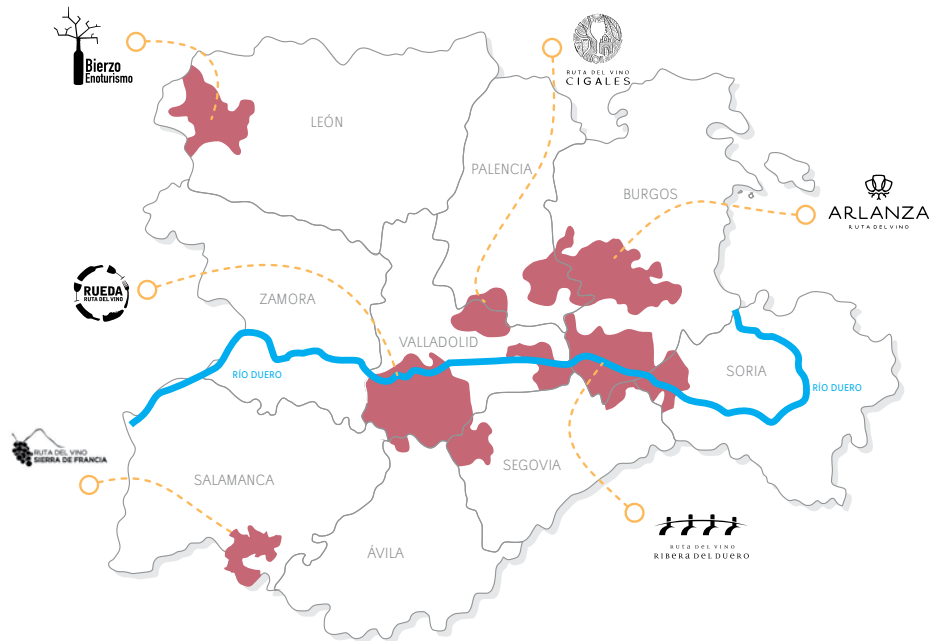
The vineyards nestle between the valleys of the Arlanza, La Demanda mountain range and El Cerrato moorlands, three countryside settings that confer a series of unique characteris-

tics and natural resources on the DO Arlanza area.

The winery quarters are a hallmark of traditional architecture recalling a winemaking tradition that dates back to the 7th century. Wine cellars dug out of the land where families would make and store their wine have today become meeting places where friends and family gather. In addition to these traditional constructions, visitors can also admire modern wineries boasting state-of-the-art facilities.



Wine Trail Map



EL BIERZO WINE TRAIL

El Bierzo boasts a winemaking tradition dating back more than 2,000 years. An unshakable belief in the land and its roots led to the consolidation of several years' hard work and commitment when in 2012 El Bierzo Wine Trail was officially certified,

making it the second wine trail in Castilla y León to receive this distinction. It currently has seventy members, including wineries, accommodation options, tourist information offices, active tourism companies and wine bars, which together form a unique

network covering thirteen municipalities in El Bierzo, with the Pilgrims' Route to Santiago providing a unifying element.

In addition to the chance to enjoy rural tourism and admire the breathtaking scenery in areas such as the Ancares mountain range, settings shaped by man such as Las Médulas, a UNESCO World Heritage Site, or the Pilgrims' Route to Santiago, El Bierzo is also home to some of the finest examples of Mozarabic art such as the churches of Santiago de Peñalba and Santo Tomás de las Ollas.

WINE TRAIL WEBSITES:

Arlanza Wine Trail:
www.rutadelvinoarlanza.com

El Bierzo Wine Trail:
www.bierzoenoturismo.com

Cigales Wine Trail:
www.rutadelvinocigales.com

Ribera del Duero Wine Trail:
www.rutadelvinoriberadelduero.es

Rueda Wine Trail:
www.rutadelvinoderueda.com

Sierra de Francia Wine Trail:
www.rutadelvinosierradefrancia.com



Vineyards in El Bierzo León



The main square in Peñafiel, Valladolid, in the heart of the Ribera del Duero, with the castle in the background, which houses the Provincial Wine Museum



The Church of San Miguel, Olmedo. A section of the Rueda Wine Trail.

CIGALES WINE TRAIL

This trail is located in the central area of Castilla y León and is closely linked to the Castilla Canal and the River Pisuerga. The municipality of Cigales is located just a short distance from Valladolid and Palencia. Excellent communications and its proximity to the AVE high speed train station and the airport make this a highly recommendable route that is easy to access.

This is a land of castles, fortresses and monasteries boasting a long-standing tradition in the production and consumption of wine. It has also been the home of nobles and monarchs that have left a lasting mark on its towns and villages. Today, wine and its culture features strongly in a wide range of cultural activities held in historic locations. Gastronomy, rooted in local produce, is another of the attractions to be enjoyed in the area's restaurants.

RIBERA DEL DUERO WINE TRAIL

The Ribera del Duero trail runs through the heart of Castilla y León and the Iberian Peninsula. It takes in four provinces – Burgos, Segovia, Soria and Valladolid – following the course of the River Douro on a trail that links more than a hundred towns and villages.

On their way, visitors will come to the Hoces del Río Riaza Nature Park, site of a sanctuary for birds of prey. In addition, this trail includes more than 100 km that are suitable for walking and cycling lovers.

Exploring this Trail is an authentic and truly memorable experience: an opportunity to venture into underground

cellars, admire endless expanses of vineyards, stroll around the streets of the many towns and villages, explore castles, monasteries, watch towers and Romanesque churches... as well as enjoying unforgettable culinary experiences such as suckling lamb roasted in wood-fired ovens, 'morcilla' black pudding from La Ribera or "torta" flatbread made with oil, one of the region's unique products.

The trail also offers opportunities for recreation and relaxation, as well as the chance to learn more about the Spanish language.

RUEDA WINE TRAIL

In the heart of Castilla y León, where the Douro flows through cereal fields and lush green vineyards, the Rueda Wine Trail takes us on a journey filled with authenticity and lasting sensations.

This trail is an invitation to discover the secrets of its fresh, lively wines. Fascinating sites that extend a warm welcome to visitors, offering an experience that will thrill and delight in one of the world's leading winemaking regions.

Ancient wineries crisscrossed with maze-like tunnels contrast sharply with contemporary avant-garde buildings, Mozarabic churches, castles and Renaissance palaces that will transport you to a world filled with fascinating culture and tantalising flavours.



SIERRA DE FRANCIA WINE TRAIL

Nestling in the heart of the Sierra de Francia mountain range, this trail extends through 18 municipalities in the south of the province of Salamanca.

For centuries, the local winemakers have worked on the mountainous slopes, growing their vines on the steep terraces and gradually shaping the spectacular scenery that can be admired today.

The excellent conservation of the landscapes, carefully maintained and protected over time, has earned it the status of a UNESCO Biosphere Reserve.

The mountain gastronomy reflects the influence of various cultures that have inhabited the region over the centuries, leaving such memorable dishes as "Limón Serrano" – boiled eggs with lemon – and "Tostón Cuchifrito" – roasted suckling pig. Dishes that pair to perfection with the wines included in the PDO Sierra de Salamanca.

Gastronomy in the Designations of Origin

GASTRONOMY IN THE DO TORO

Pulses, cured meats, magnificent cheeses and produce from Toro's kitchen gardens all form part of the rich gastronomy to be found in the DO Toro area. Garlic soups, cod prepared "a la tranca" with roasted peppers, ox tail braised in red wine are all absolute musts, naturally paired with the area's excellent wines.

GASTRONOMY IN THE DO LEÓN

This area is home to a wide range of delicious dishes based on locally-grown ingredients, but also featuring a host of subtle touches due to its long-standing tradition as an area of transit and trade. Local dishes that are well worth tasting include the trout sops, braised pigeons, and leeks boiled or stuffed with cheese and ham. For the more daring, traditional fare in this area also includes frog's legs and hare with potatoes.

GASTRONOMY IN THE DO TIERRA DEL VINO DE ZAMORA

This area is renowned for its chickpeas, which have historically formed part of the region's culinary legacy and are even mentioned in its literature. Indeed, they are an essential

ingredient in the local stew, which also includes the region's superb veal and pork meats. Cheese, asparagus and salted products are also included in many of the traditional recipes and are included on the menus of many of the restaurants to be found throughout this Designation of Origin.

GASTRONOMY IN THE DO ARIBES DEL DUERO

The Arribes del Duero food and wine route takes us through the provinces of Zamora and Salamanca, tracing the border with Portugal. These lands are renowned for their eye-catching terraced vineyards and a gastronomy comprising a fusion of styles, characteristic of their border location.

The area enjoys a Mediterranean-style microclimate that allows for the production of top quality oil and orange tree orchards.

Local menus feature a mix of river and pond fish (red mullet, tench, eel and Atlantic mackerel). Other culinary delights include octopus, crayfish and the famous cod dishes, oil and the herb liqueurs.

Starters include the typical "meneás" – mashed potato with paprika and bacon – and beans with rice. Also not to be missed is the Fornillos cheese, whilst meat lovers will enjoy cured Iberian or white pork cuts; veal from



The River Douro as it flows under the Romanesque bridge in Toro



VALLADOLID AND BURGOS

These two provinces are home to a number of the region's historic wineries. Their proximity to the River Douro has allowed a tradition that began in the Middle Ages to flourish over time.



the Sayaguesa and Morucha breeds, goat's meat, roasted suckling pork and roast kid or lamb, which can also be stewed with almonds.

GASTRONOMY IN THE PDO VALTIENDAS

Wood oven roasted suckling lamb is the most highly appreciated dish, together with other magnificent delicacies such as the sheep's cheese, crayfish stew or tench which is either fried or marinated. Visitors should also try the roast duck and fresh fruit and vegetables. As for the pastries, Florones – flower shaped fritters – Soplillo biscuits and Fried Milk are just some of the many treats on offer.

GASTRONOMY IN THE PDO VALLES DE BENAVENTE

Water is an essential resource in these valleys, and also exerts a strong influence on its gastronomy, as reflected in the large number of recipes featuring freshwater fish.

As for the meat dishes, suckling lamb roasted in wood-fired ovens, Tierra de Campos pigeons and marinated game are also popular.

These lands also produce a wealth of delicious vegetables that are bursting with flavour. In addition to the deliciously tender meat, the region also produces pulses, Designation of Origin cheeses and quality wines.


GASTRONOMY IN THE PDO SIERRA DE SALAMANCA

These lands boast a wealth of unique autochthonous recipes that are only rarely found outside the towns and villages included in this Designation of Origin. Examples include highly original and attractive dishes such as "Limón

Serrano", made with eggs, normally boiled, and lemon, although it can also include oranges and chorizo sausage, drizzled with a dressing made of sugar, olive oil and a little red wine.

The cured meats and pork products are of outstanding quality, whilst when it comes to freshwater fish, marinated red mullet is undoubtedly a culinary highlight. Mention must also be made of the excellent quality of the olive oil produced in this area, and for a sweet treat, the delicious fruit, especially cherries.

GASTRONOMY IN THE PDO CEBREROS

Traditional Gredos fare in the Upper Alberche and Tiétar Valley regions is famed for a series of superb products that create classic dishes that are the hallmark of this area. Examples include the patatas revolconas – potato mashed with paprika and bacon – asparagus from Lanzahita or the morcilla black puddings made with rice or pumpkin. The Avileña Negra Ibérica breed of cattle produces magnificent veal. Kid meat, braised, stewed or roasted in a wood-fired oven. Mention must also be made of the chilled salmorejo soup that is a popular dish during the pig slaughter season. The area is also renowned for its pulses (especially Carilla beans), migas – bread crumbs fried with garlic, bacon and chorizo sausage – and olive oil.  Other

delicacies include wild mushrooms and goat, cow and sheep's cheeses. The traditional pumpkin, fig and grape syrup is a great way to round off a fine meal, followed by a delicious liqueur or dessert wine served with typical pastries such as cortadillos, bollos de aceite or perrunillas.



CLASSIC SUCKLING LAMB

Roast suckling lamb is a classic dish that features on the menu of all the autonomous community's grill restaurants. Lamb cutlets roasted over vine shoots is another mouth-watering option.



Food and wine sight seeing

Close up of a room in the Oil Museum. San Felices de los Gallegos, Salamanca.

Gastronomy museums

ÁVILA

The Cereal Museum

Tel. (+34) 920 301 380.
Pza. del Real 20. 05200 Arévalo

The Bean Museum

Tel. (+34) 920 340 013. 05600 El Barco de Ávila

The Bee Museum

Tel. (+34) 920 390 213.
Del Coladillo s/n. 05492 Poyales del Hoyo

BURGOS

Las Salinas Visitor Centre

Tel. (+34) 947 302 024. El depósito s/n
09246 Poza de la Sal

LEÓN

The Chocolate Museum

Tel. (+34) 987 616 220.
Avenida de la Estación, 16. 24700 Astorga

The Broad Bean Museum

Tel. (+34) 987 641 686.
Avda. de Portugal s/n. 24750 La Bañeza

The Castilla y León Flour Mill Museum

Tel. (+34) 987 757 192 / (+34) 657 645 231.
Ctra. LE- 542 Mayorga-Valderas, km.6
24294 Gondoncillo

The Dairy


Tel. (+34) 678 509 061. Barrio del Medio.
24139 Sosas de Laciana

PALENCIA

The Crayfish Visitor Centre

Tel. (+34) 676 210 231. Luis Salvador s/n
34400 Herrera de Pisuegra

The Dovecote Centre

Tel. (+34) 979 810 702. Mayor 8 (34490) Santoyo
The Dovecote Visitor Centre
Tel. (+34) 653 916 600
Ctra. Villoldo-Santillana, Km. 10
34449 Villalcázar de Sirga. 

The Trout Visitor Centre

Tel. (+34) 979 861 520. Las Cortes 1
34886 Velilla del Río Carrión

The Valoria Vegetable Garden Eco-Museum

Tel. (+34) 666 389 765 / (+34) 979 768 083.
Carretera de Montealegre s/n
34191 Valoria del Alcor

SALAMANCA

The Flour Factory Museum

Tel. (+34) 923 281 628.
Antigua Fábrica de Harinas El Sur Pesca 5.
37008 Salamanca

The Fernández Apiculture Museum

Tel. (+34) 923 288 890.
Ctra. Nac. 630 km. 347,6. 37796 Arapiles

The Porkmeat House Museum

Tel. (+34) 695 563 491. Perales s/n
37710 Candelario


The Porkmeat Industry Museum

Tel. (+34) 923 591 901. Nueva s/n
(37770) Guijuelo



The Cereal Museum. Arévalo. Ávila.



Façade of the Chocolate Museum. Castrocontrigo. León. 



A room in Las Salinas Visitor Centre. Poza de la Sal. Burgos.

**The Flour Mill
Ethnography Museum**

Tel. (+34) 923 417 306.
Camino de Entrada a la Dehesa s/n
37712 Horcajo de Montemayor

El Lagar del Mudo Oil Museum

Tel. (+34) 656 446 364.
Los Pozos 23
37270 San Felices de los Gallegos

SORIA

The Pig Museum

Tel. (+34) 975 341 311. Universidad 17
42300 El Burgo de Osma

The Pig Slaughter Museum
and Learning Centre
Tel. (+34) 975 353 022.
42320 Langa de Duero

The Mycology Centre

Tel. (+34) 975 374 129. San Roque 10
42149 Navaleno

VALLADOLID

The Bread Museum

Tel. (+34) 983 751 625. Ctra. de Sahagún 47
47680 Mayorga

The San Antonio Flour Factory Museum

Tel. (+34) 983 701 923.
Dársena del Canal de Castilla
47800 Medina de Rioseco

**The Flour and Honey Museum and
Learning Centre**

Tel. (+34) 653 847 711 / (+34) 605 676 949.
Camino de los Huertos s/n
47318 Olmos de Peñafiel

**The Pig Slaughter
Visitor Centre**

Tel. (+34) 983 700 025 / (+34) 616 698 599.
(47812) Palazuelo de Vedija

The Hunting Visitor Centre

Tel. (+34) 630 680 076 / (+34) 649 298 251.
Saelices de Mayorga

The Cheese Museum

Tel. (+34) 983 761 185 / (+34) 983 740 011.
Avda. del Parque 9
47600 Villalón de Campos

ZAMORA

The Oil House

Tel. 980 681 085. 49516 Latedo

Ungilde School of Mycology

Tel. (+34) 980 620 961.
La Iglesia, s/n 49393 Ungilde



The tasting room at the Cheese Museum.
Villalón de Campos. Valladolid



A room in the Bread Museum. Mayorga de
Campos. Valladolid

Wine museums



Pagos del Rey Wine Museum Hall. Morales de Toro. Zamora.

BURGOS

Wine Architecture Visitor Centre, CIAVIN*

Tel. (+34) 947 514 265 Pza. Mayor s/n
09400 Aranda de Duero

Ribera del Duero Wine Museum*

Tel. (+34) 947 506 162 / (+34) 693 617 707.
Cascajar 4 09400 Aranda de Duero

LEÓN

La Bañeza Vineyard and Wine Visitor Centre

Bodega Ribera del Ornia.
Tel. (+34) 987 108 207. Camino de Monte Viejo s/n. 24750 La Bañeza

CIVI Vineyard and Wine Visitor Centre

La Cuesta Natural Area
Tel. (+34) 987 450 004. (24410) Camponaraya

Wine Visitor Centre

Tel. (+34) 609 584 286
Ctra. León s/n. 24230 Valdevimbre

SALAMANCA

Wine Visitor and Learning Centre

Tel. (+34) 627 977 689 Pza. Mayor 2
37419 Parada de Rubiales

VALLADOLID

The Winery Visitor and Learning Centre*

Tel. (+34) 983 587 623 Bodega Vecinal 5-7
47194 Mucientes

Cigaleña Traditional Winery

Tel. (+34) 983 090 262 / (+34) 697 726 198.
Zona de bodegas Los gatos s/n
47270 Cigales

Provincial Wine Museum*

Tel. (+34) 983 881 199 Castle
47300 Peñafiel

The Emina Winemaking Visitor Centre*

Tel. 902 430 189 (calls from Spain only)
Ctra. San Bernardo s/n
47359 Valbuena de Duero

ZAMORA

Pagos del Rey, Wine Museum *

Tel. (+34) 980 696 763
Avda. de los Comuneros 90
49810 Morales de Toro

(*) Member of the Spanish Wine Museums Association



La Bañeza Vineyard and Wine Visitor Centre
León



Food and wine events

Taking part in the many festivals, events and other activities held in the region's towns and villages, as well as its wineries and restaurants, is a magnificent opportunity to venture into the magical world of wine and rural tourism. Castilla y León hosts countless celebrations centred on gastronomy and its wealth of traditions.

Below are details of just a few of the many events listed as being of Tourist Interest.

GRAPE HARVEST FESTIVAL CIGALES (Valladolid)


Festivals



JANUARY

PIG SLAUGHTER SEASON EVENTS EL BURGO DE OSMÁ (Soria)

Castilla y León Regional Tourist Interest

Tasting of pork-based products and demonstration of the traditional methods used to sacrifice this animal. Organised by the Virrey Palafox Restaurant 

TRADITIONAL PIG SLAUGHTER GUIJUELO (Salamanca)


Castilla y León Regional Tourist Interest

Following the slaughter of the animal, a tasting session is held featuring typical pork products, sweets and pastries, etc., to the accompaniment of traditional music.

FEBRUARY

PIG SLAUGHTER SEASON EVENTS EL BURGO DE OSMÁ (Soria)

Castilla y León Regional Tourist Interest

Tasting of pork-based products and demonstration of the traditional methods used to sacrifice this animal. Organised by the Virrey Palafox Restaurant 

TRADITIONAL PIG SLAUGHTER GUIJUELO (Salamanca)

Castilla y León Regional Tourist Interest

Following the slaughter of the animal, a tasting session is held featuring typical pork products, sweets and pastries, etc., to the accompaniment of traditional music.

BOTILLO FESTIVAL BEMBIBRE (León)


Castilla y León National Tourist Interest

Exhibition and tasting of traditional products from El Bierzo; in addition to the botillo, visitors can savour cured meats, chestnuts, honey and cheese, accompanied by local wines and liqueurs. This event rounds off a week of cultural activities.

MARCH

PIG SLAUGHTER SEASON EVENTS EL BURGO DE OSMÁ (Soria)

Castilla y León Regional Tourist Interest

Tasting of pork-based products and demonstration of the traditional methods used to sacrifice this animal. Organised by the Virrey Palafox Restaurant 

APRIL

PIG SLAUGHTER SEASON EVENTS

EL BURGO DE OSMA (Soria)

Castilla y León Regional Tourist Interest

Tasting of pork-based products and demonstration of the traditional methods used to sacrifice this animal. Organised by the Virrey Palafox Restaurant.

SANTO TORIBIO PROCESSION

PALENCIA

Castilla y León Regional Tourist Interest

Procession and "Bread and Cheese Fight" from the Cristo del Otero sculpture. Fireworks are set off from the same site the day before.

JUNE

INTERNATIONAL TROUT WEEK AND GASTRONOMY COMPETITION

LEÓN

Castilla y León Regional Tourist Interest

The origins of this cookery competition date back to the first edition of the international fishing week and international trout week.

FIESTAS DE SAN JUAN O DE LA MADRE DE DIOS SORIA

Castilla y León Regional Tourist Interest

Domingo de Calderas - literally "hot-pot Sunday" - marks the height of the festivities in honour of Saint John. A huge pot of stewed bull beef and roast chicken, chorizo sausages and hard-boiled eggs is carried to the tree-lined Alameda de Cervantes, where it is then served to all those present.

JULY

FUENTES CARRIONAS AND MON- TAÑA PALENTINA DAY

VELILLA DEL RÍO CARRIÓN (Palencia)

Castilla y León Regional Tourist Interest

Visitors to this gastronomic festival can taste the delicious meat stew, served with the popular "torreznos" - chunks of fried bacon -, accompanied by wine and followed by sweet ring-shaped pastries.

AUGUST

GRAND OLLEROS PAELLA

OLLEROS DE PISUERGA (Palencia)

Castilla y León Regional Tourist Interest

A gastronomic celebration held in the field next to the Church of San Justo y Pastor where more than 2,000 people gather to enjoy their portion of rice.



Grand Olleros paella. Olleros de Pisuerga.
Palencia



FIESTAS DE SAN JUAN

Soria

CRAYFISH FESTIVAL **HERRERA DE PISUERGA (Palencia)**

Castilla y León Regional Tourist Interest

The highlight of this event is the crayfish paella, which everyone visiting Herrera de Pisuerga is invited to taste. The burning of a large model of a crayfish marks the end of the celebrations until the following year.

SEPTEMBER **GRAPE HARVEST FESTIVAL** **CIGALES (Valladolid)**

Castilla y León Regional Tourist Interest

Held in late September or early October. Grape treading and the tasting of the first must are the most popular events. This is a popular tasting event accompanied by folk music and dance.



OCTOBER **GRAPE HARVEST FESTIVAL** **RUEDA (Valladolid)**

Castilla y León Regional Tourist Interest

Held on the second weekend in October. The origins of this festival lie in the celebrations held when the grape harvest was particularly good, due to the positive economic impact of an abundant grape crop.

GRAPE HARVEST FESTIVAL **TORO (Zamora)**

Castilla y León Regional Tourist Interest

A parade of traditional floats and carts with local residents dressed in traditional grape harvesting costumes and carrying baskets filled with typical products such as chorizo sausages, ham, cheese, peppers, bread, fried bacon and of course, wine.

NOVEMBER **THE MAGOSTO AUTUMN FESTIVAL** **SANTA MARINA DEL SIL (León)**

Castilla y León Regional Tourist Interest

A ceremony to celebrate and conserve traditional values and customs. Chestnut gathering, bonfires, evening storytelling sessions, dances, songs and folklore, etc., are just a few of the many activities.



GRAPE HARVEST FESTIVALS

Rueda. Valladolid



Magosto Autumn Festival. Santa Marina del Sil. León.



CASTILLA Y LEÓN

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