

A TAFONA
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SILABARIO
TERRA
YAYO DAPORTA

MICHELIN STARS
GALICIA 2024



19

The consolidation of Galician haute cuisine is recognised once again this year by one of the most influential and demanding international specialist publications: the *Michelin Guide*.

There are seventeen restaurants that, spread throughout the Galician territory, have been awarded one or two Michelin stars in 2024.

The quality and variety of the much-acclaimed Galician food is lauded in kitchens where the emphasis is on enhancing flavour without artifice, while focusing carefully on the use of sustainable ingredients and sourcing from small local producers and distributors.

The commitment of the chefs and their teams to tradition, revisiting and adapting long-standing Galician recipes, conveys their bond with the local area, without neglecting the influences of distant cuisines.

These culinary projects contribute to the creation and dissemination of Galicia's cultural heritage, and are a perfect way of experiencing more closely its idiosyncrasies.

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A TAFONA



RÚA DA VIRXE DA CERCA 7, BAIXO / 15703 SANTIAGO DE COMPOSTELA
+ 34 981 56 23 14 RESTAURANTEATAFONA.COM

LUCÍA FREITAS





Running A Tafona since 2009, Lucía Freitas has designed a path in which she has defined her current gastronomic trajectory, closely intertwined with her Amas da Terra project, through which she gives visibility and a voice to the women with whom she collaborates.

Bakers, farmers, fisherwomen, shellfish gatherers, livestock farmers, craftswomen, and winegrowers support a large part of the economic and social fabric of rural Galicia. An project by and for them that is expected to connect with other similar proposals in places such as Japan, a country frequently visited by the chef.

The day-to-day life of the restaurant, located in the centre of Santiago de Compostela, begins with Freitas going to the local food market. As she navigates through the various stalls, she stocks up on goods and chats with the traders. Their work is so important to the cook that portraits of these vendors are hung in the dining room of the establishment, giving them a well-deserved recognition in front of the diners.





This link to tradition is also reflected in the analysis of the most popular recipes, such as the preparation of the so-called *caldo de gloria* or broth of glory, in homage to Rosalía de Castro and prepared with *milho corvo* (black corn), or by evoking her childhood in the dish *Mi felicidade* (My happiness) thanks to small dairy producers such as Airas Moniz.

Freitas actively engages in research and mediation between producers and the academic and scientific community. She collaborates with the university and other institutions through Amas da Terra and the Centro Tecnológico de la Carne (the Meat Technology Centre) in relation to the use of beef, while also working on the recovery of traditional sausages.

Freitas cooks in accordance with the territory, translating its values into her dishes, a collaborative network that is completed with the formation of a team in the restaurant made up entirely of women, who, even today, face challenges in assuming responsibilities in restaurants. Focusing on the professionalism and capacity of each one of them within A Tafona is also part of this project.



BEYOND THE MENU

The Santiago de Compostela food market is one of the city's hubs. Those who visit can not only discover the local vegetables, fish, meat, and cheeses, but can also sample different types of cuisine in the restaurant area.



ÁRBORE DA VEIRA



MONTE DE SAN PEDRO / ESTRADA OS FORTES, S/N / 15011 A CORUÑA
+ 34 981 078 914 ARBOREDAVEIRA.COM

**LUIS VEIRA
IRIA ESPINOSA**





Partners since 2006, Luis Veira and Iria Espinosa boast that they have the best views of all the restaurants in A Coruña. Situated on Monte de San Pedro, it looks out over the whole city and the vastness of the Atlantic Ocean. Their decision to move from the city centre to this scenic location has brought them nothing but joy and a steady stream of customers throughout the year.

The dining room, organised by maitre d' Santi Diéguez,, is lined by a long window and features minimalist, bare wooden tables bearing distinctive handcrafted pieces of crockery, many of which come from local potteries in Buño.

The omnipresent sea serves as inspiration and source of ingredients for these chefs, for whom Galician fish and seafood form the basis of their menu. Cockles, *minchas* or periwinkles, langoustines, bonito tuna, and chipirones are among the products listed by Veira, who praises their qualities, regardless of the price, without forgetting the tasty sardine, particularly in demand during the San Xoán celebrations in A Coruña, when the beaches are dotted with bonfires on a magical night.





While they currently do not have their own vegetable garden, they source their local ingredients from producers in the Mariñas Coruñesas Biosphere Reserve, including some wines from the PGI label Betanzos.

Both chefs believe that the secret to the evolution and consolidation of their project lies in their work ethic, in the fact that they show up each day to coordinate the efforts of a team currently made up of around thirty people.

After ten years in business, this restaurant is facing new challenges, such as the recent addition of Álvaro Gantes, who is in charge of the R&D department. This department monitors the latest international culinary trends in order to incorporate new ideas into the repertoire of recipes, while also offering training for professionals and the general public, as well as advising other restaurants.

In addition to the menus *Semente*, *Raíces* and *Árbore* (Seeds, Root and Trees), guests can choose between Celeiro hake, sirloin steak with rice, Galician beef steak tartar or cod cocochas. One dish that is never missing from the menu and has become a house classic is *La cereza que cayó del árbol* (The Cherry that Fell from the Tree), a trompe l'oeil where the heart of jellied fruit is covered by a foie mousse resting on basil sand.



BEYOND THE MENU

With the Tower of Hercules as its symbol, the city opens onto the Atlantic Ocean along the surrounding promenade and its urban beaches, which serve as a leisure area for locals and visitors. Renowned for its great street atmosphere, A Coruña combines local tradition and cosmopolitan contemporaneity.

AS GARZAS



O PORTO DE BARIZO / 15113 MALPICA DE BERGANTIÑOS, A CORUÑA
+ 34 981 721 765 ASGARZAS.COM

CACO AGRASAR





The narrow road leading to As Garzas leads us into the rugged landscape of the Costa da Morte. On one side of the track, we can see an ancient shellfish farm and in front of the restaurant the immensity of the relentless waves that break against the rocks of Pedra das Garzas and lap the shore in the cove of Barizo, where there is a small harbour of the same name, sheltered by the slope of Monte Nariga.

The history of As Garzas is linked to the harbour, as the parents of Fernando “Caco” Agrasar, Conchita and Fernando, used to buy seafood here, which they served in a restaurant they owned in Santiago de Compostela. This led to the opening of As Garzas in 1990, where he was taught how to cook by his mother, who ran the kitchen. Later, in 2000, together with María Sánchez as maitre d’, he took over the business.





The family tradition of hospitality is reflected in the names of the menus - *Single* and *Long Play* -, which pay homage to a night club they once owned. For Agrasar, it is fundamental to continue to honour the cuisine for which this restaurant became known, treating every product with respect and adding a touch of sophistication that defines his way of working, much appreciated by his well-established clientele.

Guests can enjoy unrivalled views from the large dining room window that simultaneously protects them and takes them closer to the sea—the true protagonist of Agrasar’s culinary creations.

The chef has a preference for sea bass, lobster, scallops and horse mackerel. However, he also makes space for vegetables as the essential accompaniment to his fish dishes. In particular, there is the distinctive taste of onions and garlic cultivated by small producers in Barizo, along with the quality of the famous potatoes from the Coristanco market garden.

The generational shift is already in progress, with Xurxo, Caco and María’s son, now a full part of the day-to-day running of the restaurant, in particular the wine selection, at a time when Galician wines are becoming increasingly popular. In the same building as the restaurant, there are four guest rooms available for those who wish to extend their stay and wake up the next day to the fresh sea breeze.



STEPHANE LUTIER



BEYOND THE MENU

Located in the heart of the Costa da Morte, the economy of Malpica de Bergantiños depended for centuries on the whaling industry, and is now focused on purse seine fishing and day fishing, as well as pottery production in the little town of Buño.

There is an important ornithological reserve of the Sisargas Islands, an attraction for birdwatchers and all nature lovers.

CASA MARCELO



RÚA DAS HORTAS 1 / 15705 SANTIAGO DE COMPOSTELA
+ 34 981 558 580 RESERVAS@CASAMARCELO.NET CASAMARCELO.NET

MARCELO TEJEDOR





JESUS MARRIÑÁN / SOLE FELLOZA

A reference among his fellow chefs, Marcelo Tejedor is considered a pioneer in Galician haute cuisine. He is head chef at Casa Marcelo, one of the most unusual restaurants in Santiago de Compostela, which opened in 1999 with the novel idea of not including an à la carte menu and offering a tasting menu for the first time.

The restaurant has lived through several phases, including a period as a gastrobar with a menu that combines Galician and Japanese influences, as Tejedor openly declares his love of informal Japanese street food. Celebrating its 25th anniversary, the culinary project once again gets creative, drawing inspiration from its history and focusing on Galician heritage, in the form of a tasting menu.

The menu is based on simple, traditional Galician food. For Marcelo, octopus *á feira*, best prepared using just three ingredients, perfectly reflects his objective. With four decades of experience, his approach to gastronomy involves stripping away all that is accessory to achieve the essential.





For Tejedor, cooking is an act of generosity towards guests and other chefs. Cooking fish at low temperature, such as his Celeiro hake, fried scorpion fish or fish collagen emulsions, or his lemon pil pil sauce, are the restaurant's hallmarks of identity, which have been adapted by many fellow chefs over the years.

He points out that currently Galicia boasts a generation of exceptionally skilled chefs who have garnered the confidence of customers through hard work and carefully designed menus.

The team at Casa Marcelo is made up of seventeen people, who work in an open kitchen alongside the dining room. Guests are welcomed to a single long table, inviting them to share opinions and engage in conversation while also sharing space. The quiet back garden is open for enjoying after-dinner conversation surrounded by lush greenery.

Tejedor was actively involved in choosing the unusual restaurant decor, full of figurative and geometric illustrations. This creativity is currently being channelled into the design and self-production of ceramic pieces to be incorporated into the tableware, as well as the research of inspiring recipe books, such as Chinese and Peruvian.

Tejedor advocates teamwork. As such, the kitchen team is led by Luis Alonso from Vigo and the dining room team is led by the duo Fernando García and Marcelo Rugiero — they are the true stars of the Casa Marcelo experience.



BEYOND THE MENU

Rúa das Hortas descends from the Praza de Obradoiro, lined with traditional houses with their own vegetable gardens to the rear. As far back as medieval times, this road crossed plots of land, of which the Campo das Hortas remains, still used by the locals as allotments today..



CASA SOLLA



+ 34 986 872 884 AV. SINEIRO 7 / 36005 POIO, PONTEVEDRA
RESERVAS@RESTAURANTESOLLA.COM RESTAURANTESOLLA.COM

PEPE SOLLA





Visitors enter Casa Solla through a garden full of trees with a granary, as was common for traditional Galician houses. This is the home of the restaurant opened by Pepe Solla's parents, which he has been running for the last twenty years.

Solla's cooking focuses on the product, identity and the terroir. A key part of his work is the sourcing and selection of raw ingredients. He believes that the very best dishes can only be created by using the very finest, certified ingredients.

He works with small horticultural producers, such as A Horta de Adelina, in O Grove, Artesáns da Pesca, in Ribeira, and the Airas Moniz cheese factory, in Chantada, which serves as a form of research and development, in which the daily exchanges lead to improvements by producers, fishermen, shellfish farmers and his own team. The follow-up from the moment a fish is caught, the avoidance of stress, the way it is bled or transported defines the final result in terms of both texture and taste.





The restaurant offers a strongly fish and plant-based menu, however the variety of seasonal dishes also showcase the potential of everything Galicia has to offer. A lot of work goes into every dish to make the final result seem simple. Guided by the motto that it's always easier to add ingredients than remove them, Solla advocates minimalism, where a carrot or a pea can achieve the same level of emotion as a lobster.

The kitchen connects seamlessly to the dining room through a spacious window, enabling perfectly-timed coordination between chefs and serving staff, who calculate the pace of each table with expert precision. Customer service is one of the restaurant's memorable strengths. The experience is complemented with a careful selection of handcrafted tableware by artisans such as Ana Tenorio and a selection of lesser-known wines for some surprising accompaniments.

The chef points out that, in recent years, he has observed that people have invested more time and money in food&wine culture. The fact that children are coming to his restaurant is, he believes, symptomatic of a new interest in learning about food. This evolution in customer demographic moves together with the expansion in range of dishes offered by gourmet restaurants, like his own, which he describes as an affordable luxury.



BEYOND THE MENU

The northern shore of the Pontevedra estuary offers visitors a rich cultural heritage, where the hórreos (granaries raised on stone pillars) in Combarro form a picturesque seafront and monuments such as the monastery of San Xoán de Poio showcase the skill and precision of the *canteiros* (stonemasons).



CEIBE



RÚA SAN MIGUEL 8 / 32005 OURENSE
+ 34 988 542 580 CEIBERESTAURANTE.COM

LYDIA DEL OLMO
XOSÉ MAGALHAES





At Ceibe everything revolves around the kitchen, in the style of traditional Galician houses. This is where people would gather and converse, a homely living space in the winter. The work area, in an open-plan room, invites the guests to observe what is going on in the kitchen.

Situated in the old town centre of Ourense, the restaurant is run by Lydia del Olmo and Xosé Magalhaes. The name *Ceibe* ("free" in Galician) reflects their choice to take their own path in life.

The dining room is an haven of stone and wood in the hustle and bustle of the city. Care is taken over every detail, which brings us closer to the traditional experiences. From the lamps made from potato harvesting baskets to the table resting on a Castilian threshing floor, the Portuguese linen napkins made by Xosé's mother and the ceramic crockery by Niñodaguaia, each element conveys the identity of this project.





At the table, guests are surprised with a gastronomic journey through Galicia, with a particular focus on less well-known dishes from inland areas. Guests can choose either the *Enxebre* or *Esmorga* menu, but the detailed list of dishes will only be revealed at the end. If you come in autumn and winter, you are likely to enjoy game, mushrooms or seasonal vegetables. In summer you will never be short of vegetables or seasonal fish and seafood from the coastal village of Muxía.

Sourcing from small local producers ensures control over the quality of the ingredients, to which are applied traditional Galician techniques, such as salting foods like horse mackerel, cod, or stewing meat, or pickling for mussels. The addition of pickles and home-made fermented foods to the dishes aids digestion and cleanses the palate between courses.

Lydia and Xosé say that since they opened in 2020, customers have continued to ask for the *Boliño de cocido*. This dish was conceived as a tribute to Ourense and the Galician hinterland, revisiting the stew (cocido) with a double-leavened sweet bread filled with meats and a cabbage wafer and served with broth flavoured with the traditional Galician fat, known as *unto*.

This dish, among many others, create a bridge between generations in the Ceibe dining experience, enjoyed equally by those who are reminded of the foods of their childhood and those who are seeking contemporary dishes that still remain firmly rooted in tradition.



BEYOND THE MENU

Ceibe is located in the heart of the historic centre of Ourense, very close to Praza do Ferro - where people once used to sell general household goods and farming tools - and to the streets that make up "Os Viños", a traditional tapas area of the town.



CULLER DE PAU



REBOREDO 73 / 36980 O GROVE, PONTEVEDRA
+ 34 986 732 275 RESERVAS@CULLERDEPAU.COM CULLERDEPAU.COM

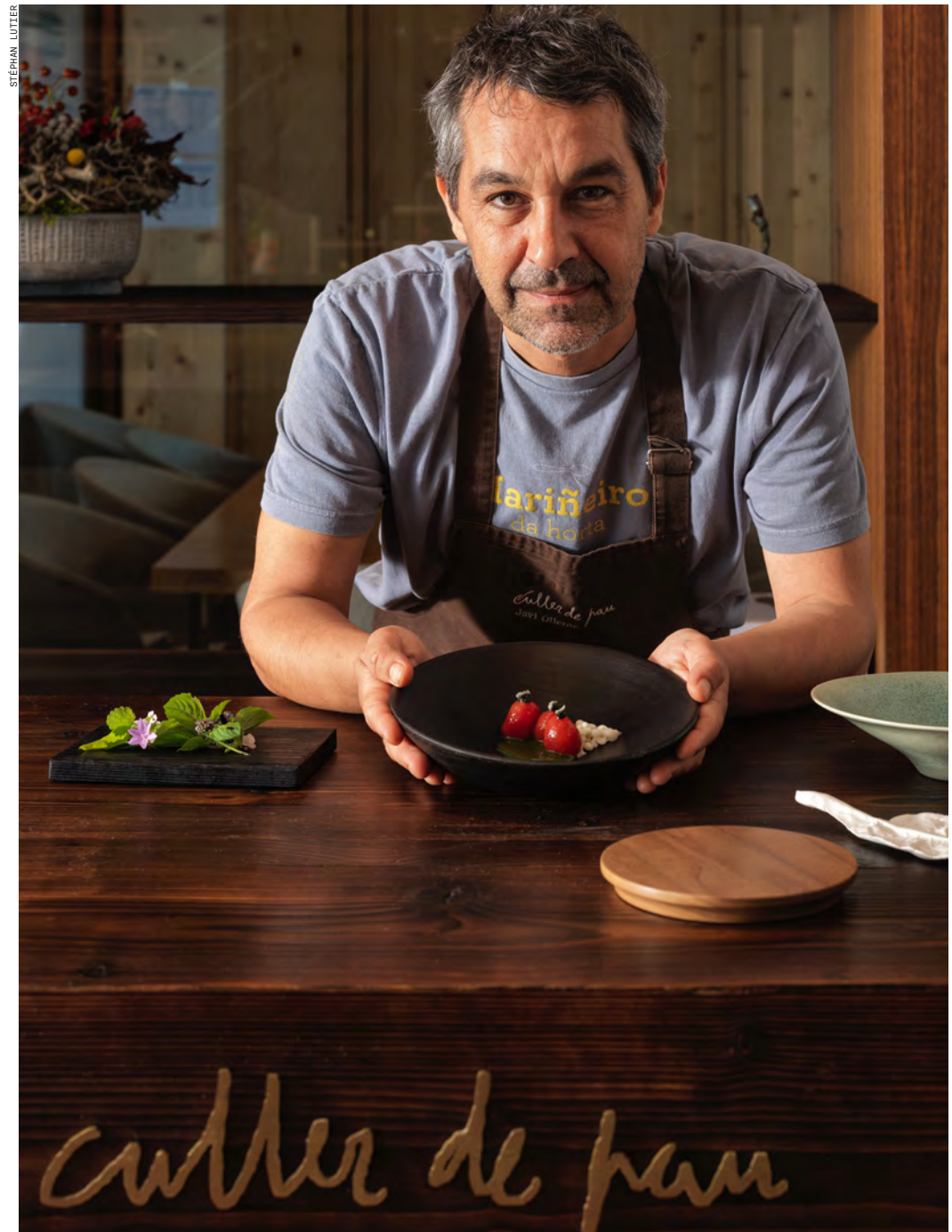
JAVIER OLLEROS





As an advocate for gastronomy as a cultural transmitter, Javier Olleros, together with Amaranta Rodríguez, spearheads his project materialised at Culler de Pau. This restaurant is located in the rural setting of O Grove, just a short distance from the sea. Its vegetable garden has become a central hub, pulsating with inspiration, knowledge and learning - feeding a team continuously exploring its culinary roots.

The daily activity starts early in the morning with the collection of herbs for infusions and vegetables for cooking from among more than three hundred species. A multitude of smells flutter among the birdsong, particularly concentrated in the greenhouse, whose wooden and glass structure houses a long worktable that has become the perfect complement for advancing the restaurant's research and development (R&D). Meanwhile, the chef visits the market, maintaining close contact with sellers, sailors, as well as shellfish and agricultural farmers.



STÉPHAN LUTIER



The commitment to sustainability extends to the creation of compost from the generated waste and involves collaboration and mediation between farmers and the Misión Biolóxica de Galicia, a research centre that works on the conservation and improvement of native crop varieties, such as the *millet corvo* (black corn) or the *guisante lágrima* (teardrop pea). In this context, Culler de Pau regards education as a pivotal key to engage society in both individual and collective awareness.

The restaurant's architecture embodies a minimalist style, showcasing the craftsmanship of Galician designers, like Arturo Álvarez in lighting and Verónica Moar in the choice of tableware.

The dining room is a viewpoint overlooking the Arousa estuary, a pantry with an almost infinite biodiversity. Offering three menus—*Descuberta*, *Marexada*, and *Ronsel*—where vegetables, worked under the direction of head chef Takahide Tamakama as a creative challenge, are given the same importance as resources of greater economic value, such as seafood, fish or meat, which complete the offer.

The dishes offered on the menu are crafted as an alternative means to explore O Grove from a gastronomic point of view, as well as from a heritage, natural or ethnographic point of view. The flavour experiences are adapted to the season, aligning with the organic produce from the garden and the offerings of local suppliers. The menus, balanced and healthy, are designed to bring enjoyment to diners, complemented by an enjoyable learning experience.

Passionate about his profession and his homeland, Olleros anchored his proposal in this area some fifteen years ago. Commitment to his profession and homeland defines his positioning, and it is customary for him and his team to wear T-shirts featuring phrases like *Mariñeiro da horta* (Sailor of the garden) or *Intérprete do territorio* (Interpreter of the territory), a philosophy that marks the path of Culler de Pau.



BEYOND THE MENU

Culler de Pau is located on the peninsula of O Grove, in the Arousa estuary, where the beaches and marshes, as well as its thermal and gastronomic offer, are an attraction for those looking to disconnect for a few days.



MARUJA LIMÓN



+ 34 986 473 406 MONTERO RÍOS 4 / 36210 VIGO CONTACTO@MARUJALIMON.ES MARUJALIMON.ES

RAFA CENTENO





The entrance hall of Maruja Limón is dominated by an abstract artwork crafted from the wood of old barrels, creating a cosy atmosphere that pervades the entire space. It transmits a contemporary feel through the use of wooden and metal furniture, enhanced by a warm light, which illuminates each table in the living room.

This gastronomic project is an endeavour of Rafa Centeno, who has been running it for more than twenty years. Being self-taught, this chef characterises his proposal as a cuisine of memories tailored for local customers. Despite relocating four times to different parts of the city, his customers have remained loyal. The offerings on the menu, as well as the two set menus, *Esencia Maruja* and *Maruja en estado puro*, draw inspiration from the products, both seasonal and local, sourced from the Vigo estuary and the Galician countryside.





Centeno's self-teaching has enabled him to navigate his career with flexibility and evolve with the city and his customers, in whom he also observes an acquisition of gastronomic culture. The culinary tradition of homemade recipes forms one of the foundations upon which this action is built. Revitalising a dish like *caldeirada*, a traditional fish stew, while preserving its essence is a method of invoking memories for those who dine at Maruja Limón.

It is worth noting the increase in recent years in the number of diners keen on experiencing gastronomy from different perspectives. This relates to the transformation of the restaurant industry towards a more holistic approach, where importance is not only placed on the kitchen but also on the dining room and various other aspects. Recognising the contributions of each team member is given priority in this transformation.

Although local products are preferred in cooking, they also occasionally incorporate resources from other cuisines that they adapt to their own identity. This is emphasised through collaborations with craftsmen from Vigo and Galicia as a whole, such as the *cesteiros*, when designing pieces of crockery or utensils used in the presentation of the shows.

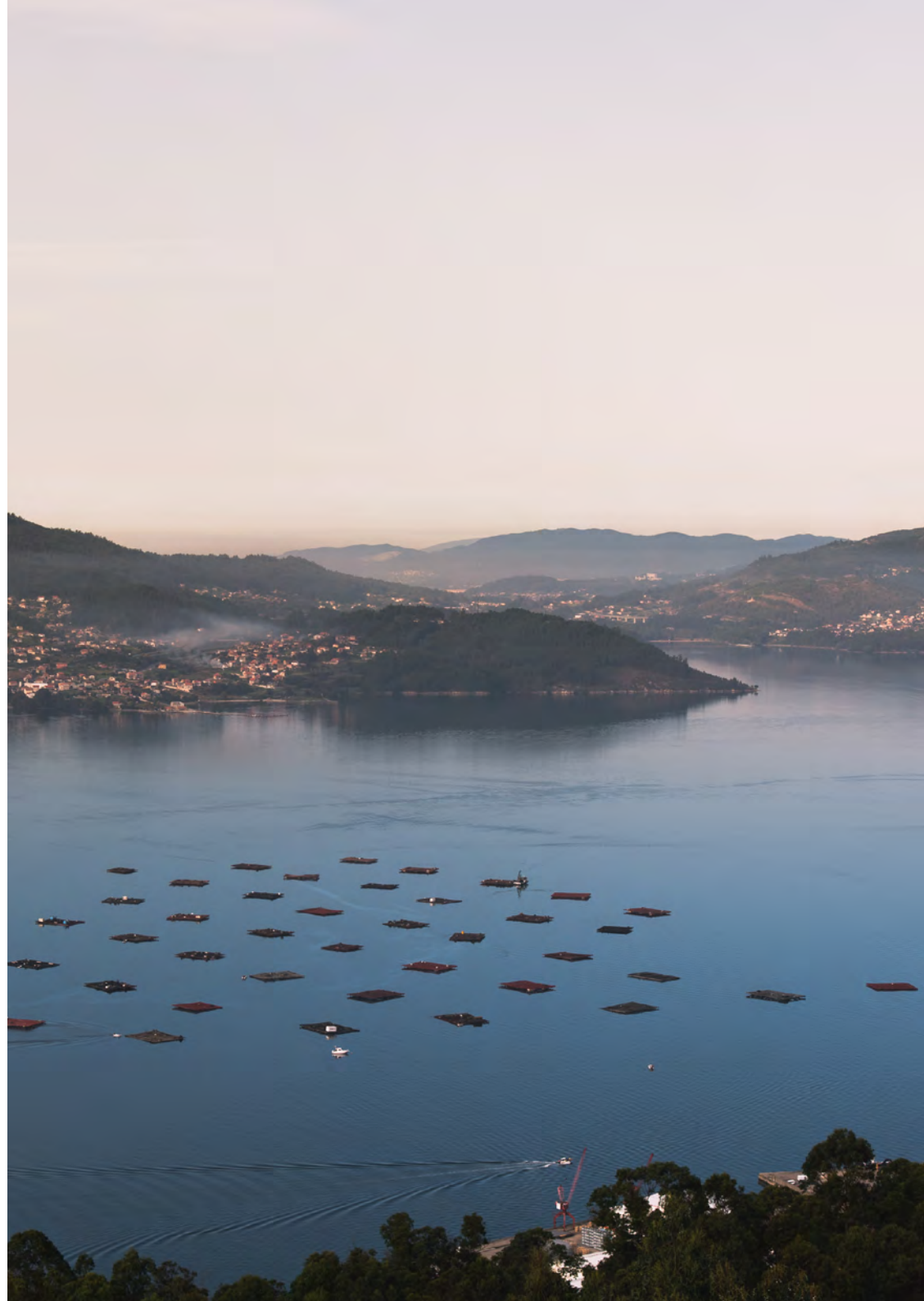
The restaurant is committed to offering wholesome cuisine, which is the primary objective on which they base their menu. This is why they steer clear of trends and analyse the benefits of each food, such as the use of seaweed in dishes.

Centeno describes the present state of the Galician restaurant industry as magical, offering numerous opportunities in terms of products, food and wine for those pursuing a professional career in this sector, with an increasingly receptive clientèle. This circumstance, complemented by the rich natural and cultural heritage, makes Galicia an increasingly attractive destination for visitors.



BEYOND THE MENU

In addition to sunken galleons, golden sandy beaches, islands with a long history, such as San Simón, and fishing villages such as Cangas and Baiona, the Vigo estuary is a rich source of fish, seafood, and seaweed. Troughs, where molluscs such as mussels and oysters are cultivated, blanket the sea surface and form a unique landscape.



MIGUEL GONZÁLEZ



A MORTEIRA 80 / 32710 O PEREIRO DE AGUIAR, OURENSE
+ 34 988 782 936 RESTAURANTEMIGUELGONZALEZ.COM

MIGUEL GONZÁLEZ





Surrounded by small gardens, Restaurante Miguel González is located in a rural area near the city of Ourense, in the municipality of O Pereiro de Aguiar. A narrow road between native trees leads to the traditional building that houses the restaurant. Tranquility pervades the atmosphere of this property, complemented with a charming hotel, a small orchard and a gazebo overlooking the hillsides surrounding the village known as A Morteira.

A fireplace crackles in the rustic interior on cold days, and only a glass partition separates the work area from the dining room where customers enjoy themselves. There are three menus to choose from: *Rústico*, *Cloe* and *Laia*, with a common link: adaptation. Each day, the unpredictable assortment of products requires Miguel to improvise and make the best use of every resource, whether it's a vegetable or meat.





Navigating through this apparent chaos becomes manageable with the expertise of González, trained by masters such as Pedro Subijana or Jacques Maximin. His experience allows him to craft a dish with a new product every day based on three questions that are the pillars of his cuisine: Where do they live? What do they eat? Where are we?

Knowing where the octopus lives (his favourite are those caught near Illas Ons) and what it eats, enables the creation of a dish that harmonises a symphony of flavours and textures that come together to accentuate the main component. A tempura made with squid ink and a garlic sauce prepared with the cooking water and seaweed, all ingredients related to the cephalopod, are the perfect accompaniment to round off the dish.

Childhood flavours and the stories they evoke serve as the inspiration, fuelling the culinary style that the chef crafts amongst the ovens. Mornings spent simmering over the Bilbao kitchen or harvesting the crops are a source of inspiration.

For him, it is essential to have local horticultural products, along with Galician veal, duck from Vilardevós, fish from the estuaries and wines from small wineries in Ribeira Sacra and O Ribeiro. It is his way of helping perpetuate tradition.

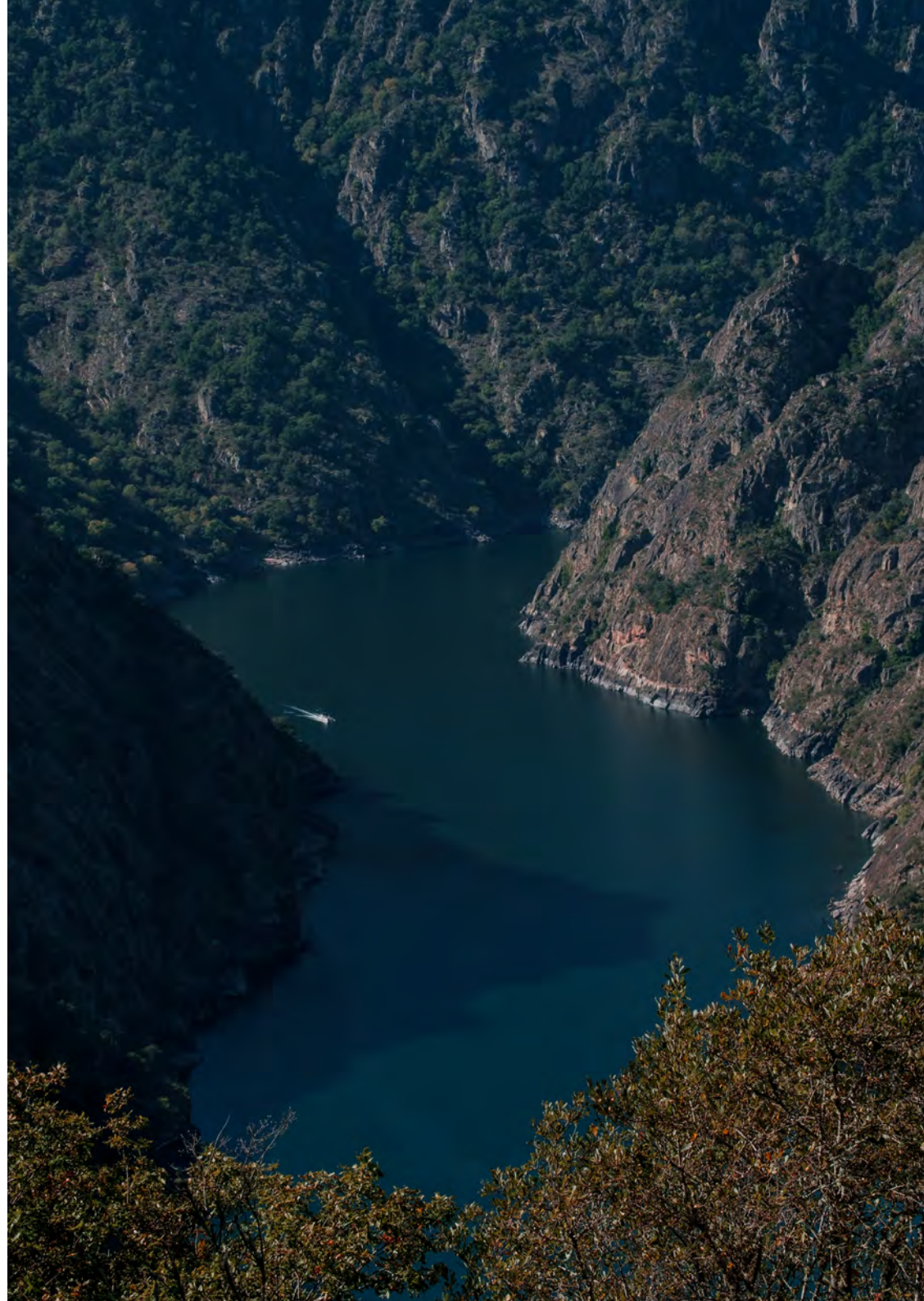
The future of this gastronomic project is located in O Pilo, in the municipality of Vilamarín. Restoring a former sawmill will allow for the continuation of the existing restaurant. Within this large area, there will be a vegetable garden, a greenhouse, an event space, a kitchen, a *fumeiro* (a space for making smoked products that used to be found in traditional houses in Ourense), and a dining room, where customers will be offered a direct encounter with a culinary approach that harmonises tradition and innovation while interpreting the land.



CARLOS URBAN

BEYOND THE MENU

Among the valleys and mountains, rivers and streams draw a landscape dotted with mills, fortresses, bridges, and churches that make up the mountain range where the Miguel González restaurant is located, at the gates of the spectacular Ribeira Sacra.



NOVA



VALLE INCLÁN 5 / 32004 OURENSE
+ 34 988 217 933 NOVARESTAURANTE.COM

DANIEL GUZMÁN
JULIO SOTOMAYOR





ROBEN VILANOVA

Cousins Daniel Guzmán and Julio Sotomayor reminisce about their constant exchange of notes during their separate years of training and learning. It was from this common ground that the idea of opening Nova in 2012 originated.

The restaurant is located in the centre of Ourense, a city that in the last decade has changed, as has Galicia, at a gastronomic level. According to these chefs, there has been a shift towards a varied menu featuring innovative proposals rooted in the exceptional quality of a unique product that has been, and is, the main potential of the community.

On the wall at the entrance to the premises the following phrase can be read *Cociña de raíces*, emphasising the search of traditional flavour as a primary goal of this culinary project. The project presents three menus — *Raíces*, *Nova*, and *Cima* — adapted to the changing seasons and ephemeral availability of products like sugar snap peas or varieties of tomatoes which are available for only a few days a year.





The name Nova refers to the adaptation or the weekly renewal of the menus. It is the incessant exploration that particularly appeals to a clientèle primarily from Galicia and northern Portugal, although increasingly international, coming from Europe, the United States and South America.

Overhead, down spotlights illuminate each individual wooden table in the room. Daniel and Julio prefer bare tables, as they want the customer to focus on the dish. Therefore, the selection of products from local suppliers is essential to obtain the highest quality, allowing for the extraction of unique flavours and textures. The choice of tableware contributes to this, where materials such as olive wood, marble, granite or ceramic pieces by craftsmen, such as Verónica Moar, Celso Ferreiro or Armaior, decorate the different presentations.

The inspiration for Nova's cuisine is organic. It is found in travel, but also in the memory of the land. This leads them to produce their own smoked delicacies, including duck ham, chorizo, *ceboleiro* chorizo, or cachucha pork. They employ traditional techniques that were applied in the *lareiras* (fireplaces in traditional Galician homes) where sausages or fish were air-dried, suspended from the *fumeiro* (a structure designed for hanging food to be smoked).

Mushrooms and chestnuts, both typical of this inland region, are a safe bet, as is the excellent work and products of the bakers of the village of Cea. The wine cellar, made up of Galician selections, complements the commitment to sourcing locally. Roots and innovation make up a project that delves into a haute cuisine that, in the opinion of Guzmán and Sotomayor, should maintain its mystery in order not to die of success.



RUBÉN VILANOVA

BEYOND THE MENU

Nova originated and developed in Ourense. Crossed by the river Miño and located close to the Ribeira Sacra, the city has long been renowned for its rich cultural and literary activity, artistic heritage and thermal baths.



O EIRADO



PRAZA DA LEÑA 3 / 36002 PONTEVEDRA
+ 34 986 860 225 OEIRADO.COM

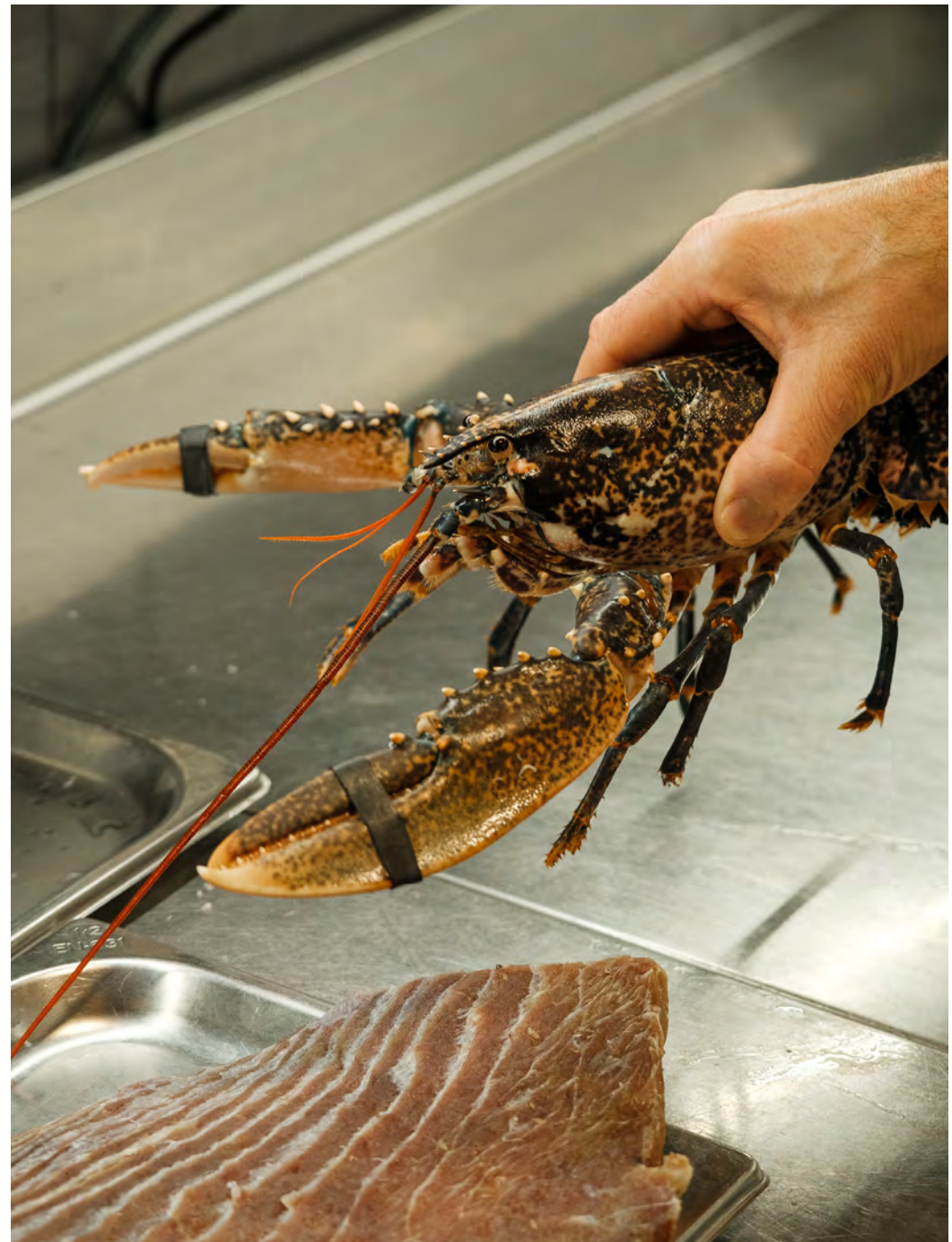
IÑAKI BRETAL





Situated in the picturesque Praza da Leña, historically a hub for distributing wood for cookers and fireplaces, O Eirado has, over its twenty years of existence, independently earned distinction as an outstanding model in the culinary scene of the city of Pontevedra and the broader region of Galicia.

At mid-morning, when opening the door of this traditional stone house, the smell of freshly baked bread, the first culinary task undertaken in the kitchen each day, wafts through the air. The dough, which uses different Galician flours, ferments for 48 hours, and is worked by the chef Iñaki Bretal himself.





The chef leads a team in which he places his utmost trust and which he recognises as the heart that drives this project, with Raquel Fernández as sommelier. With no culinary tradition in the family, he recalls that even as a child he admired what a good and imaginative cook his mother was and how hard the day-to-day life of those who go out to sea was, as his father was a sailor. Raised between the Basque Country and Galicia, it is the Galician maritime resources that inspire him and from which he draws around 80 percent of his gastronomic proposal.

During the week, Bretal goes several times to the fish market of Santa Uxía de Ribeira, located in the main Spanish inshore port, to choose the fish and seafood he will work with. The direct contact is fundamental for him in order to obtain a product that can be highlighted in his recipes, avoiding accompaniments that mask it, which can be tasted in the *Curricán* and *Longline* menus.

An advocate of the incomparable richness that the Galician territory offers to chefs and diners alike, this chef misses not being able to have a vegetable garden next to the restaurant. However, he compensates for this absence by relying on the nearby market and some of his father's crops.

Conversely, its central location favours the arrival of a very diverse clientèle, enriched in recent years by pilgrims travelling along the Portuguese Way. They take advantage of their stopover in Pontevedra to taste, thanks to O Eirado, the high Galician gastronomy that, as Bretal points out, is currently experiencing a well-deserved recognition.



BEYOND THE MENU

Pontevedra, capital of the Rías Baixas, has an old quarter with outstanding examples of civil and religious architecture, such as the palace of the Mendoza family and the basilica of Santa María La Mayor. The squares reflect the history of the city and are the ideal place to enjoy a lively atmosphere.

O PAZO



N-550 KM 23 / 15917 PADRÓN, A CORUÑA
+ 34 981 811 507 INFO@ASADOROPAZO.ES ASADOROPAZO.ES

ÓSCAR VIDAL





Fire stains, fire cleanses. This is how Óscar Vidal sums up the function of his work tool - embers - which he stokes with a paipai brought from Japan, a country whose gastronomy he admires and which he relates to Galicia. Vidal is meticulous in his selection of wood, using holm oak and fruit tree to cook vegetables and seafood, while the oak is reserved for meat.

He uses two grills to prepare the *Rescaldo*, creating a harmonious melody of textures and flavours with cuttlefish, home-grown eggs, lobster, razor shell and peppers. Even part of the desserts *Peido de lobo* or *Tarta de Padrón* are made on the grill.





His skilled use of fire produces velvety and succulent mouthfuls that reflect the traditional flavours of Galicia. Local fish and seafood, sourced from Rianxo and Ribeira, are the stars of Vidal's cuisine, although many of his customers come in search of his superb *Bandeira Rubia Gallega* beef chop, which simply melts in the mouth.

A tireless researcher who advocates a trial and error approach, Vidal experiments with the fermentation of vegetables, especially cabbage, but also the maturation of pompano and bonito. From the vegetable garden, the *guisante lágrima* (tear pea) is his favourite and is the only product that he grows himself.

In the dining room at Santiaguíño do Monte - named after a popular local outdoor festival of grilled food - head waiter Manuel Vidal sets the pace. The wood and metal decor alludes to the grills and the spotlights overhead are suggestive of the flickering embers. There is a large table, carved from an old magnolia tree, in the centre. Some pieces of the tableware are made by the local potter Unzueta in Brión, using the ash from the restaurant kitchen.

Oscar prefers to describe himself as a self-taught cook and griller, rather than a chef. Experience has taught him that it is only by using the finest quality products that he can create amazing dishes, and for this he only needs a handful of ingredients.



BEYOND THE MENU

Padrón is home to two outstanding institutions: the House Museum of Rosalía de Castro and the Camilo José Cela Foundation. Exploring the work of these two figures of world literature is a great way of learning more about Galician culture.



PEPE VIEIRA



CAMIÑO SERPE S/N / 36992 RAXÓ, PONTEVEDRA
+ 34 986 741 378 RESERVAS@PEPEVIEIRA.COM PEPEVIEIRA.COM

XOSÉ CANNAS





Nestled within the greenery of the Camiño da Serpe region, the Pepe Vieira restaurant emerges as an island dedicated to research and creativity, with gastronomy at its core. Leading the project for 22 years is Xosé T. Cannas, known as Pepe Vieira, with Óscar Abal as executive chef.

For five years, Vieira has been collaborating with the anthropologist Rafael Quintía in the construction of his own culinary universe, called *"A última cociña do mundo"*. Rooted in the land, it comprises recipes, narratives, and characters that converge in a distinctive narrative, forming a unique culinary proposal.

This process has led the R&D department and the kitchen team to develop conceptual proposals, dedicating several months of work to each dish. This allows them to offer customers a more holistic experience, conducted through a welcoming ritual which enhances the overall experience.





Vieira argues that to create beauty you have to be surrounded by it. Everything in the restaurant is conceived under this idea, from the presentation of the dishes to the contemporary architecture of the building, including the design of the typography that gives it its visual identity. This scenography helps to emphasise the purity that the restaurant wishes to transmit through its gastronomic proposal.

This enclave rises above the land, providing privileged views of the Pontevedra estuary, its main pantry where fish and seafood take precedence in the menus. They like to play with garden produce, taking advantage of their various stages of growth. This is the case with turnip greens, where they work with the seed, the germ, the sprout, or the leaf to obtain different flavour nuances and textures.

This project serves to make the rural environment more visible and constitutes an economic hub where the constant flow of suppliers and customers also contributes to boosting other businesses in the area.

A hotel, integrated into nature and comprised of fourteen individual buildings, known as *galpones*, is located next to the restaurant. It offers its guests the possibility to enjoy this environment for longer periods of time and to take part in activities designed exclusively for them, such as excursions along the estuary or routes through the mountains to discover the region's ethnographic heritage.



BEYOND THE MENU

Located on the peninsula of O Salnés, the municipality of Poio opens out onto the Pontevedra estuary, dotted with magnificent golden sandy beaches and hiking trails among the mills.

RETIRO DA COSTIÑA



AV. DE SANTIAGO 12 / 15840 SANTA COMBA, A CORUÑA
+ 34 981 880 244 INFO@RETIRODACOSTINA.COM RETIRODACOSTINA.COM

MANUEL COSTIÑA





OVIDIO ALDEGONDE

The origin of Retiro da Costiña dates back to 1939, when the grandparents of Manuel Costiña, the current chef, opened the restaurant. After them, the baton was handed down to his mother. From her, he acquired traditional cooking techniques marked by slow cooking times, while educating his palate by immersing himself in those flavours.

Costiña is in charge of a team of thirteen people who, from early in the morning, work in a kitchen where the produce is received; vegetables, meat, and fish are cleaned and prepared; the ingredients are cooked; and the local wheat and rye bread is baked.

An advocate for local produce, the fish and seafood he works with are sourced from Lira, Muros, Carnota, or Fisterra. Additionally, vegetables are supplied by small producers located no more than ten kilometres away. In an inland region such as Santa Comba, characterised by expansive pasture lands, the presence of top-quality beef and dairy products is essential.





The *Garatuxa* menu is adapted to each season, and its tasting allows guests to get to know different areas of the house, such as the back room or the dining room. Designed to be enjoyed at leisure, it features anchovies from Santoña and warm olive oil and, for those who request it, poached eggs, as both dishes have been part of the recipe book for years. The perfect complement to the delicate presentations are the pieces made exclusively for restaurant by Sargadelos, the famous Galician ceramics company.

Wine and spirits are of great importance here. The wine cellar, located on the bottom floor, is a contemporary space where priority is given to the preservation of the numerous selection of international wines. In the smoking club, located on the first floor, diners can choose from more than a thousand different spirits and distillates, as well as a fine selection of cigars. The fireplace provides warmth during the colder months.

The restaurant's offer is completed by the construction of seven villas, each named after a local fortified settlement, located at a short distance from it. They are found in the midst of a natural setting, surrounded by a plantation of black corn, known locally as *millo corvo*. They reflect the number of tables in the dining room and are carefully furnished and decorated using locally sourced materials to ensure that the stay perfectly complements the gastronomic experience.



BEYOND THE MENU

Located in the Xallas region, the municipality of Santa Comba boasts a rich natural heritage. Its rivers have created a landscape full of waterfalls and clusters of mills, which can be explored thanks to a variety of hiking routes.



SILABARIO



RÚA DO PRÍNCIPE 44 / 36202 VIGO
+ 34 986 077 363 INFO@RESTAURANTESILABARIO.COM RESTAURANTESILABARIO.COM

ALBERTO G. PRELCIC

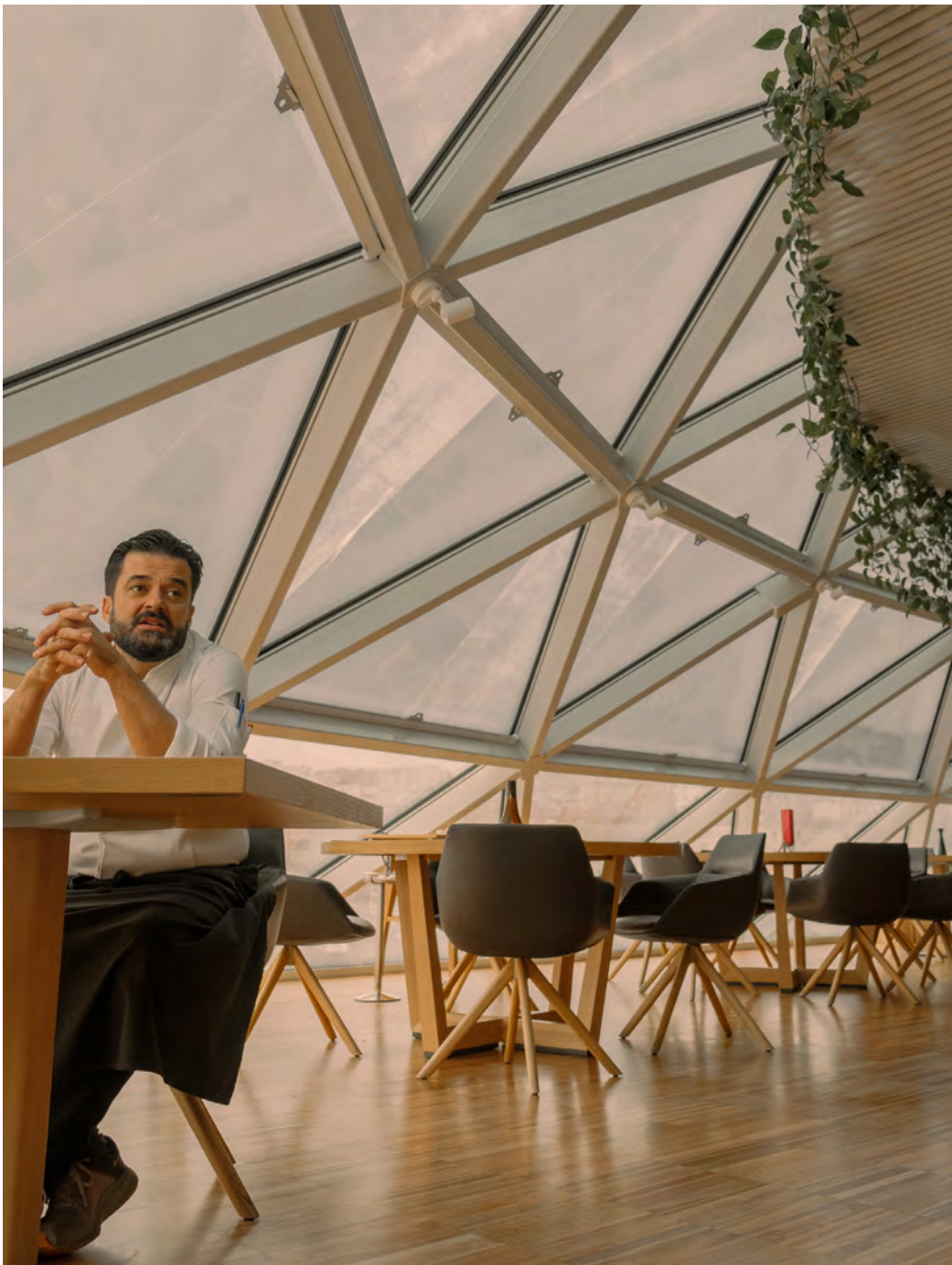




Located on Rúa do Príncipe, one of the busiest streets in the city, Silabario occupies the top floor of the R. C. Celta de Vigo headquarters building. The dining room is characterised by a sloping glass roof adorned with a distinctive grid structure.

Alberto González Prelcic started this gastronomic project in Tui, later moving to Vigo in 2018. The choice of the name Silabario (syllabary) emphasises the importance of the learning process in the kitchen. For this reason, a very important part of his work is researching the flavours and techniques of traditional Galician cuisine, with special focus on what makes it different.





Although he recognises that he is open to culinary methods or ideas from various origins, his work remains focused on local produce, handled with the utmost respect to preserve its quality. The menus are crafted with the assurance provided by the resources from the Vigo estuary and local gardens. Prelcic also stresses the importance of trusting suppliers and distributors, who have first-hand knowledge of the myriad of products Galicia has to offer and possess the criteria to choose the very best from them. One of the restaurant's main objectives is for this initial stage to run smoothly.

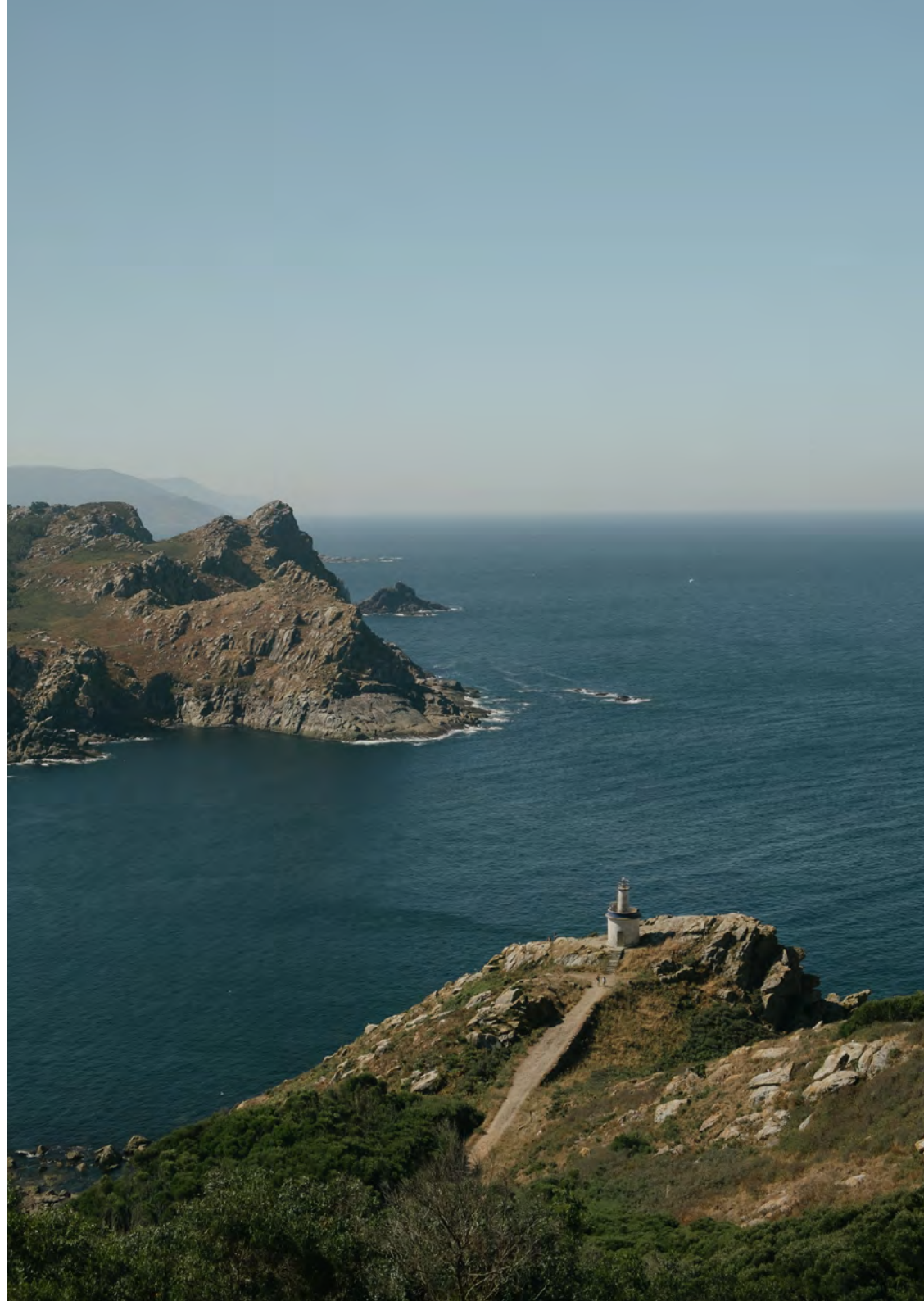
Silabario's clientèle is mostly local, hence the variety of the menus, *Berbés*, *Tempo*, *Raíces*, *Solaina* and even the possibility of choosing à la carte. In this way, diners may enjoy a flexible offer, depending on the time and budget they have at their disposal, as well as allowing for more frequent visits. Depending on the season, you will be able to taste lamprey and elvers, two of the restaurant's recurring signature dishes.

The wine cellar seamlessly integrates into the room, thanks to a glass wall. It contains approximately four hundred wines, around forty percent of them are Galician. The rest are selected from among the main Spanish and international menus.



BEYOND THE MENU

The Islas Cíes, showcasing nature in its purest form, are integral to the National Park of the Atlantic Islands. Exploring them from Vigo is a highly recommended excursion. During the trip, it is also possible to see dolphins, as well as a wide variety of birds and small fishing boats.



TERRA



PASEO DA RIBEIRA 65 / 15155 FISTERRA, A CORUÑA
+34 981 418 375 TERRAFISTERRA@GMAIL.COM TERRAFISTERRA.COM

BRAIS PICHEL





In 2021, Brais Pichel launched his culinary venture, situated opposite A Ribeira beach in his hometown of Fisterra. With only two years of experience, Terra's culinary proposal has earned acclaim from specialised critics and stands as the latest addition to the array of Galician restaurants honoured with a Michelin star.

The name Terra has a triple meaning: it pays tribute to local place names, refers to the origin of resources, and highlights the importance of remaining down-to-earth.

With Gabriel Díaz as his right-hand man, this chef seeks inspiration from the seasonal products. The fish and seafood, sourced from the fish market located just a few meters from the restaurant, are essential in his proposal, as well as the vegetables and greens, which play a fundamental role in the design of each dish. The importance given to vegetables is set to increase with the introduction of a greenhouse, dedicated to cultivating more uncommon crops not typically found in the market.





Guests at Terra will savour a menu comprising around fourteen courses tailored to product availability, as the chef aims to attain the highest level of flavour by exploring nuances.

With this in mind, the kitchen delves into creating ferments, vinegars, and macerations, such as squid ink garum, black chickpea miso, and incorporating fig, pine, or beer leaves. These meticulous preparations not only promote the efficient use of resources but also provide a wealth of flexibility in refining dressings and sauces.

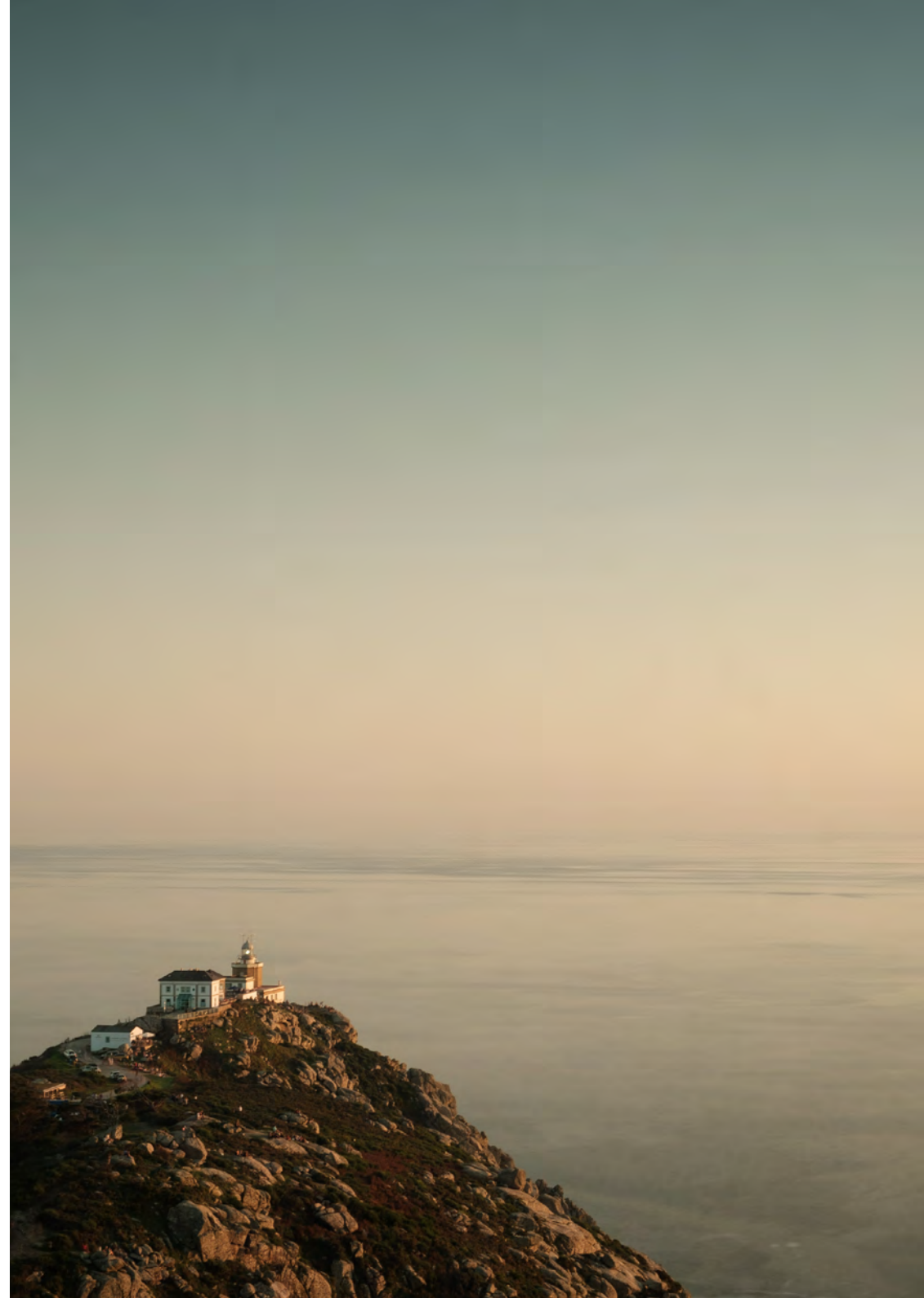
Pichel places great importance on establishing direct connections with small-scale suppliers and producers, from whom he sources the highest quality bread, lamb, and vegetables. Applying the same discerning criteria, he curates the wine list, featuring references from Galicia, the Canary Islands, and France, and handpicks artisanal pottery crafted in Buño, a significant ceramics hub on the Costa da Morte.

Fascinated by the gastronomic movement in Central Europe, characterised by simplicity and a direct affinity with nature, this chef chooses to collaborate with a small team. He upholds punctuality, embraces the unique traits of each location, and supports decentralisation as a platform that, from his perspective, opens up numerous possibilities for cultivating initiatives similar to the ones he champions.



BEYOND THE MENU

In this Costa da Morte haven, the wild beauty of landscapes, including the beaches of Mar de Fóra and O Rostro, is artistically etched by the untamed Atlantic Ocean. A visit to the cliffs of Cape Fisterra is essential, marking the final point of the Camino de Santiago for numerous pilgrims and providing a setting for savouring unforgettable sunsets.



YAYO DAPORTA



RÚA HOSPITAL 7 / 36630 CAMBADOS, PONTEVEDRA
+ 34 986 526 062 RESTAURANTE@YAYODAPORTA.COM YAYODAPORTA.COM

YAYO DAPORTA





The restaurant, which has been offering its services since 2005, is located in the pazo de Moltó, a stately building that throughout its history was also used as a hospital. The kitchen team is managed by Yayo Daporta, while Esther Daporta is in charge of the dining room and the wine cellar. The two form the perfect pair to give continuity to this project, which has won several awards in recent years.

The restaurant's chef is committed to creating a recipe book in which Galician culinary tradition plays a fundamental role, interpreted from a contemporary perspective, but in which touches of other gastronomic regions, such as Peruvian or Asian, can be appreciated. Seasonal seafood and fish, as well as zero-kilometre garden produce, prevail in a kitchen that is influenced by a seafaring environment and a family dedicated to shellfish farming in the Arousa estuary.





Oysters, mussels, scallops, and seaweed are just a few of the products for which the chef, trained in the kitchens of renowned Spanish restaurants, has a special fondness. When the resources offer the best quality, Daporta resorts to logic, common sense, and the use of techniques such as reductions. These enhance the produce's intensity and natural flavour, which comes from having grown in the waters of the Atlantic.

Daporta personally selects the pieces with which the inshore fishing supplies the market on a daily basis. One of his objectives is for diners to taste a cuisine that is fully identified with Cambados. This is achieved perfectly, from the source of the ingredients to the final result of the process, presented on tables laid out in a classic-looking room, where the exposed stone walls evoke the history of the town.

The glassed-in wine cellar opens onto this dining area and is looked after by Esther, who crafts the most suitable pairings for each dish, as well as invite diners to come in and choose the wine they wish to taste.

The role of wine is fundamental in this gastronomic proposal, as is fitting for a town in the O Salnés region, where Albariño wine, part of the Rías Baixas Designation of Origin, is cultivated. Its significance is emphasised by one of their desserts, which is made entirely from this drink, incorporating every stage of the grape's processing.



BEYOND THE MENU

The fishing village of Cambados is recognised as the capital of Albariño wine, the festival of which is held every August. A stroll through its cobbled streets reveals a rich historical and artistic heritage in the form of the majestic manor house of Fefiñáns, the church of San Bieito and the tower of San Sadurniño.

GREEN STAR RESTAURANTS

The activity of these establishments is marked by a commitment to the land and the management of resources and waste.

The allocation of human and material resources to the topic of sustainability sets each of these restaurants apart in terms of their respect for nature and the environment, adding unique value to their gastronomic project.

- 01— **CULLER DE PAU** O GROVE (PONTEVEDRA)
- 02— **O BALADO** BOQUEIXÓN (A CORUÑA)
- 03— **PEPE VIEIRA** POIO (PONTEVEDRA)



BIB GOURMAND RESTAURANTS

Diverse in their concepts, these restaurants offer high-quality gastronomic suggestions at affordable prices, contributing to their popularity among the public. These kitchens are characterised by a simple and accessible style that distinguishes them.

- 01— **A HORTA D'OBRAIDOIRO** SANTIAGO DE COMPOSTELA
- 02— **A MACETA** SANTIAGO DE COMPOSTELA
- 03— **A TABERNA DO TRASNO** CAMBADOS (PONTEVEDRA)
- 04— **A VIAXE** SANTIAGO DE COMPOSTELA
- 05— **A XANELA GASTRONÓMICA** PONTEAREAS (PONTEVEDRA)
- 06— **ABASTOS 2.0** SANTIAGO DE COMPOSTELA
- 07— **ANACO** SANTIAGO DE COMPOSTELA
- 08— **ARTABRIA** A CORUÑA
- 09— **ASADOR GONZABA** SANTIAGO DE COMPOSTELA
- 10— **CAFÉ ALTAMIRA** SANTIAGO DE COMPOSTELA
- 11— **CASA BARQUEIRO** NEGREIRA (A CORUÑA)
- 12— **CASA MARCO** VIGO
- 13— **EL DE ALBERTO** A CORUÑA
- 14— **FRANK** FERROL
- 15— **MAR DE ESTEIRO** SANTIAGO DE COMPOSTELA
- 16— **MORROFINO** VIGO
- 17— **MUIÑO** MUROS (A CORUÑA)
- 18— **O BALADO** BOQUEIXÓN (A CORUÑA)
- 19— **PACÍFICO** OURENSE
- 20— **PAMPÍN BAR** SANTIAGO DE COMPOSTELA
- 21— **PEMENTA ROSA** CARBALLO (A CORUÑA)
- 22— **TERREO COCINA CASUAL** A CORUÑA
- 23— **VILLA DE ORO** CAMARIÑAS (A CORUÑA)
- 24— **VILLA VERDE** VEDRA (A CORUÑA)



