

# GALICIAN

## HAUTE CUISINE



Prefaces

**Alberto Núñez Feijóo**, President of the Xunta de Galicia  
**Rafael Ansón**, President of the Real Academia de Gastronomía

XUNTA DE GALICIA





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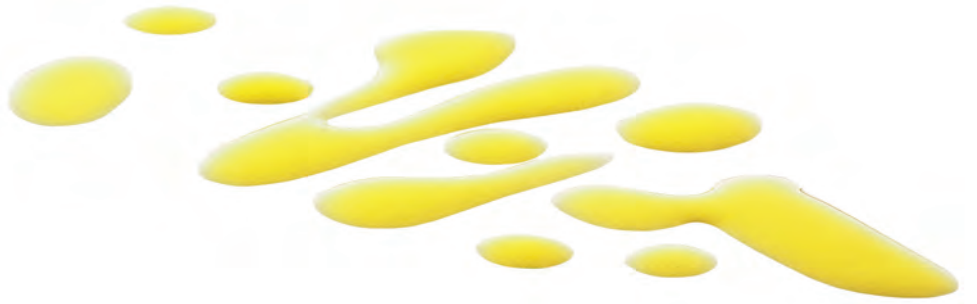
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# GALICIAN

HAUTE CUISINE





# Galician cuisine, part of our identity

Alberto Núñez Feijóo

President of the Xunta de Galicia

*This is the cooking of our grandmothers and mothers, without a doubt the culmination of Galician cuisine. Its formulas are perfectly balanced, seeking to retain the natural flavour of the products that make up the dishes, something also typical of culinary art, which is not an art of disguise.*

From the Preface to *Cociña Galega*  
(Álvaro Cunqueiro e Araceli Filgueira Iglesias. Ed. Everest. 1982)

The words that precede this preface are actually taken from another preface, that which appears in the book *Cocina Gallega*, written by Álvaro Cunqueiro and Araceli Filgueira. The wise and simple words of Mondoñedo's brilliant native son could easily be applied to the wisdom and simplicity that have traditionally been associated with the dishes served in Galician homes and restaurants.

Is there any greater example of simplicity and wisdom than adding just a pinch of salt, paprika and olive oil to a few pieces of cooked octopus? In fact, that last sentence, short as it is, contains the recipe for one of the most iconic dishes in Galician cuisine: pulpo á feira. And to a large extent, equally simple are the majority of the recipes for the truly classic Galician dishes.

As Cunqueiro indicated, these recipes are based primarily on respecting and taking full advantage of the quality of the products, not concealing their flavour, but rather reinforcing and enhancing it with the same fondness we show for anything to which we feel a close connection. For this closeness has characterized the relationship between Galicians and their raw materials throughout history. Residents of maritime Galicia have long both earned a living from and spent their lives looking after its fish and other seafood, just as people in agricultural and livestock farming areas have shared their lives with farm produce and animals to such an extent that they almost seem to be part of the family. When it comes to enjoying them as food, it would not be right to insult the result of such devotion by disguising it with extraneous flavours or methods which distort its essence.

The products which appear in this publication are many and extremely varied, but that essence can be found in each one. It is none other than a single common denominator: quality. What is more, in recent years, this quality has adapted to suit new demands from consumers, as well as the new modes of production and technological improvements the Galician fishing, agriculture, livestock farming and processing industries have successfully implemented. That same quality also serves as a distinguishing feature in a globalized world in which the number of possibilities and options for satisfying our culinary curiosity are ever increasing.

One very significant development in this area is the work being done by the control boards of the more than twenty products which have been awarded a European quality mark. Most noteworthy among them are the five designations of origin for wine – Monterrei, Rías Baixas, Ribeira Sacra, Ribeiro and Valdeorras – and the protected geographical indications for different cheeses, honeys, farm produce and meat products.

Without a doubt, it is this quality which is now allowing Galician cooking to likewise evolve and reinvent itself. Galician cuisine has sought to make its contribution to the process of culinary innovation taking place in recent years throughout the world and, to great extent and great success, in Spain.

In fact, this book features an excellent sampling of all that the new Galician chefs have been able to do with the produce of their land and sea. Operating in accord with the times in which we live, they also succeed in preserving their essence and allowing us to continue our enjoyment of Galicia with every bite.

We must therefore be grateful to the Royal Academy of Gastronomy for its work in studying and promoting our culinary and restaurant offerings. This magnificent volume is one result, a painstakingly crafted letter of introduction presenting some of our most notable culinary creations, providing a demonstration of the much our region has to offer.

# Galicia's haute cuisine.

## On the cutting edge of international cuisine

Rafael Ansón

It is my firm belief that Galicia's great asset is unquestionably its raw materials, its food and beverages, the produce of its sea and land, its wines, beers, spirits and mineral waters.

But what this book seeks to share is the story of how its cuisine and restaurants have evolved in recent years.

It has not been an easy road. Various attempts made several decades ago met with failure.

Galicians, and particularly those of us who travel to Galicia, from the rest of Spain or abroad, want to revel in its seafood, fish, meat, potatoes, cheeses and wines. And we want to do so by enjoying their classic flavours and aromas, with culinary techniques that enhance them. In the past ten years, Galicia's chefs and restaurants have determined that they must also aspire to creativity, modernity and innovation, while of course also respecting not only that extraordinary raw material, but also the way of cooking they learned and inherited from their mothers, grandmothers and great-grandmothers. That very light, almost imperceptible, hand in the kitchen, grounded in the exceptional raw material.

And they have indeed succeeded in preserving their origins and their roots, without losing sight of the fact that the 21st century is the century of innovation and so, if they want to make a name for themselves, especially in the media, nothing routine, no repetition, can be permitted. Galician chefs strive to remain true to their artisanal craft, while also seeking to become artists of the kind found in Spain's other autonomous communities and different countries.

Just a few years ago, it would have been impossible to write and publish this book. Galicia had only traditional cooking, home cooking, dishes that the mothers,

grandmothers and great-grandmothers of the Galician people had been making for centuries, with admirable results. But today, a cast of fresh talents, young and not so young – arguably headed by Pepe Solla, whose role in Galicia is similar to that played by Arzak in the Basque Country and Ferran Adrià in Catalonia – has emerged, and they are creating a place for Galicia at the forefront of international cuisine.

This book includes menus from eleven Galician chefs, each made up of five original recipes. We are very aware that there are many more possibilities, and so others will most likely be included in future editions.

In any event, these incredibly appetizing recipes can rightly take their place in the creative, innovative world of signature cuisine.

We also provide an appendix listing the Galician restaurants with Repsol suns, which are awarded to the best restaurants and chefs by the Association of Friends of the Spanish Royal Academy of Gastronomy and the Good Food Guild. Naturally, some of them also hold Michelin stars.

Additionally, we have included a number of the most important traditional Galician recipes, eleven, to be exact. However, given the wealth of traditional Galician cooking, more will be added in later editions.

Under the guidance of Dr Carmen Martínez Rodríguez, of the Research Council, who has researched and worked towards recovering the lost vines of Galicia and Asturias, the book devotes a very special section to how wine has evolved in this autonomous community, the emergence of signature wines and the recovery of forgotten native vines. It also discusses winemaking and exploitation of the fantastic raw material that is the vines and grapes of Galicia.

The introduction to this section, titled 'Galician vines and varieties', is written by Dr Carmen Martínez herself. But the chapter also includes contributions from nine Galician oenologists, true 'chefs of wine'. They talk about their favourite wines, which are, without a doubt, some of the best Galicia has to offer at present.

Following a description of the finest ingredients in Galicia's pantry – in which we find products from the sea, rivers, farms and woodlands, as well as game, meats, capons and more – we also offer an introduction to the best finished products from this region, including Cea bread, dairy products and cheeses, pork shoulder, charcuterie, tinned fish and shellfish, extra virgin olive oil, honey and sweets.

Lastly, there is an appendix providing information about wineries in Galicia and the firms that make up the Galician agri-food industry.

A total of 192 pages paint a picture of Galician gastronomy today, placing special emphasis on signature cuisine, innovation, creativity and excellence.

I cannot close without extending my praise to the secretary-general for tourism at the Xunta de Galicia, María Nava Castro Domínguez, and her associates, and without expressing my gratitude to the team at Lunweg, who have made publication of this book possible.

I would also like to give thanks to Pepe Solla and his ten colleagues for having embarked on the truly remarkable adventure of endowing Galicia with a modern, creative cuisine.

To Carmen Martínez Rodríguez, who has revitalized the viticulture and quality of Galician wines and worked towards their recovery.

To the Royal Academy of Gastronomy, which has supported this project from the outset and contributed to making it a reality.

To Repsol, for having the wisdom to discover and appreciate the true 'suns' of the Galician restaurant world. And to Michelin, which has displayed ample objectivity with respect to Galicia, even though it has not yet acknowledged that the region not only deserves several two-star restaurants, but that some are even worthy of three.

One final thought: Galician cooking, both past and present – its most accomplished recipes – is not prepared in the houses of the nobility, or of intellectuals and professionals, but principally in the humblest homes, those of farmers and sailors.

Their simplicity does not prevent the majority of these dishes from being both unique and modern. Modernity consists of compelling tradition to evolve, while also respecting the past. In the words of Eugenio D'Ors: 'All that is not tradition is plagiarism.'

Galicia has never and will never have any need to plagiarize anyone. It has its own cuisine, its own form of self-expression in the kitchen. On a daily basis, Galician restaurateurs present exceptional recipes created based on premium quality products from some of the finest lands and seas in Spain, all within the framework of renewal and modernity.

This book aspires to provide further stimulus for Galicia's extraordinary ongoing evolution in gastronomy and culinary tourism. It is a beginning that signals a destination, a bright, hopeful future.





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# RAW MATERIALS, GALICIA'S PANTRY











## THE RAW MATERIALS OF GALICIA

Galicia boasts a rich, varied and flavourful cuisine. Galician gastronomy is based on locally-sourced foodstuffs obtained from the land, sea, rivers and woods. This is truly 'kilometre 0' cuisine. Such abundance gives rise to great variety. The resulting foods are excellent, as demonstrated by the numerous products which have been granted a protected geographical indication, certifying their quality. And they are delicious, a statement which anyone who has ever tried them would never debate.

Space and time have long made their presence felt on the tables of Galicia: dishes prepared by fishermen at sea from their catch, stews to stave off the winter cold, refined recipes at country houses, simpler ones prepared in the *lareiras* (kitchen fireplaces) of village homes, the cooking of the Camino (the ancient pilgrimage route known as the Way of St. James), special dishes for celebrations, and more. There is a dish for every moment and every place, invariably accompanied by one of the famed wines from the autonomous community's five designations of origin.

Galician cuisine is known for its fish and shellfish. But there is much more to it. Maritime cooking finds its perfect match in country fare: game, meat dishes and traditional cakes and pastries. And Galicia celebrates these gifts of

nature and culinary creations with food and drink festivals where the stars are the products available at rural and urban markets, or purchased directly from farmers at their stalls on the squares of the smallest villages, or auctioned by fishermen at fish markets in towns along the coast. These raw materials are simply so good that Galician cuisine has traditionally been utterly devoid of artifice. In Galicia, cooking has always been a simple affair, with meals prepared in the *lareira*, around which the women would gather to tell tales of *meigas* (witches) as dinner bubbled in the stew pot.

Little by little, new methods, new cooking techniques, have been incorporated, and the cuisine has grown more sophisticated, although it still maintains its links to the tradition and know-how of our ancestors. Today, Galician cuisine is quite at home in the gastronomic spotlight, as signalled by the Michelin stars held by thirteen of its restaurants. Galicia has taken its place on the culinary stage and established a presence outside the autonomous community, demonstrating that tradition and modernity need not be conflicting concepts. Many chefs have opted to incorporate innovation and research into their cooking. One example of this is seaweed (such as sea lettuce), which is obtained from the ocean and combined with traditional raw materials.

Gathering shellfish in the ria.

Food writers and critics have had much and many good things to say about Galician cuisine. Álvaro Cunqueiro was a touchstone for writing on traditional Galician cooking, authoring *Coquinario gallego* and *La cocina cristiana de Occidente*, among many other books and articles. Before him, Manuel M.<sup>a</sup> Puga y Parga, known as Picadillo, set the standard for Galician cooking with *La cocina práctica* (1905); Emilia de Pardo Bazán compiled a selection of recipes in *La cocina española antigua* (1913); and Julio Camba, a writer in the 1930s, among many others, contributed to raising awareness of the merits and methods of a cuisine that is all its own, all Galician, a cuisine that does not clamour for attention, but is generous, varied and artisanal, one whose mainstay has always been excellent raw materials.

#### FROM THE SEA AND RIVERS. MARITIME CUISINE

Fish and shellfish occupy a major place in Galician cooking, for this is a region with 1,498 kilometres of coastline. Some of it is steep and lined with high cliffs, where the sea pushes inland, forming the rias, part of the autonomous community's natural heritage and the site of spectacular landscapes. The Rías Baixas and Rías Altas have been the port of entry for the products which Galicians harvest from the sea from time immemorial. The large amounts of shell remains found indicate that shellfish was already being consumed in great quantities in this area during the prehistoric period.

Fleets of deep-sea fishing boats set sail from the ports for the open sea in search of their catch. They return with hake, monkfish and sole for the fish markets. Coastal fishermen also ply their trade closer to the coast in smaller boats. Vigo is a major fishing port. It has two fish markets, one for coastal fish and another for deep-sea catches, which receive much of the fish that is later served on Galician tables. Its importance cannot be understated: it is the world's number one commercial port for fish for human consumption. The Museum of the Sea, located in the same city, offers an overview of the history of fishing.

In order to obtain the products provided by the sea and rivers of Galicia, the inhabitants have long employed their ingenuity. They ventured out to sea in wood and leather vessels to capture fish. They devised stone structures known as *pesqueiras*, which can still be seen on the Miño River, allowing them to catch fish like the lamprey. These huge stone blocks situated perpendicular to the river were put in place along both banks millennia ago. They form a

blind alley into which the animals swim, where they are then captured with a sort of basket. Galicians also used drying techniques to ensure year-round availability of fish such as conger eels and lamprey. The Festa da Dorna is held every 24 July in Ribeira (A Coruña). This festival honours the *dorna*, a small fishing boat used by fishermen from the large coastal fleet that sails out of this Rías Baixas town.

Traditionally, fish was prepared as a *caldeirada* (soup) or stew. Or it was grilled over the coals in the household's stone *lareira*. To make *caldeirada*, fish and potatoes were cooked, then topped with a hot *allada* (garlic, oil and paprika sauce) and served in an earthenware dish. Any fish prepared in this way is described as *a la gallega*. These were simple, inexpensive dishes. Other stews were reserved for celebrations, because they required more work and incorporated additional ingredients, including tomatoes, peppers and peas. More time and more money made them more suitable for the well-off than for fishermen.

Galicia has always had a devotion to the sea. Its inhabitants live off and for the sea, and from it they obtain the fish and shellfish for which the region is known around the world. Sailors auction them at the fish markets. Still smelling of the sea, they are taken to homes and restaurants, where they will be cooked and eaten, or they are preserved for distribution to different markets all over the planet. The produce of the sea and rias has so many fine qualities that Galicians celebrate it whenever they can, resulting in a succession of festivals held throughout the year, extolling the virtues of the local fish and shellfish.

#### SHELLFISH

Galicia has an abundance of shellfish, offering a wide variety, and perhaps most importantly, high quality. The ria ecosystem inhabited by some Galician shellfish lends it special characteristics: it has more flavour and better quality because it grows in a combination of fresh and salt water, as the sea penetrates inland and mixes with the river water flowing downstream.

Shellfish is very rich in nutrients. It has a wealth of proteins, vitamins and minerals, and hardly any lipids, giving it very low caloric content. This makes it an excellent choice for health and weight control. It provides numerous minerals – iron, sodium, zinc, potassium, iodine and phosphorus, among others – and its calcium content is even higher than that of fish. As a result, shellfish is an excellent bone protector.



Aquaculture in the Ria of Vigo.

However, it is important to remember that once it is caught, shellfish only stays fresh for a short time. It is crucial to ensure that it is in perfect condition before eating it, as the risk of food poisoning is higher than for other foods. If it is not frozen, it must be kept at very low temperatures. Whenever purchasing shellfish from a shop, always check that it is fresh: in general, the flesh should be firm when pressed and there should be no unpleasant odour. If it has a carapace, this should be shiny and the space where the head meets the legs should not be sunken. Prawns, spiny lobster and other elongated crustaceans should be pink. Check that the head does not separate easily from the body. The best proof that they are fresh is if the legs move, meaning that they have been caught recently. Molluscs should be closed. And if they are difficult to open, they should have water inside and firm flesh, further guarantees of a good product. If cephalopods look wrinkled, it is best to throw them away. The same is true if the tentacles are not firmly attached to the head.

If the product has been frozen and there is frost on it, it may not have been preserved correctly. After purchase,

once shellfish has been brought home, it should be kept in optimum conditions until eaten. This should preferably be the same day.

The most traditional and natural way to prepare shellfish – one which ensures that all of the nutrients are retained – is to boil it in seawater, with or without bay leaves, depending on personal preference. If seawater is not available, it can be cooked in salted water. If it is cooked live, the water should be cold; if it is not, use boiling water. Serve the shellfish with an *allada* or *ajada* (garlic, oil and paprika sauce).

In addition to boiling, shellfish can be prepared in a variety of ways: the methods and combinations are infinite, with the skill of the cook and proper cooking ensuring excellent results. Options include griddled, baked, au gratin, sautéed, flame-grilled or barbecued, in savoury pie, stuffed, stewed, in soup, and more. It can be combined in brochettes, in sautés, with vegetables and garden produce and even included as part of a fruit salad. In summer, it is prepared as *salpicón* (seafood salad) with





The spider crab is one of the most flavourful crustaceans.

vegetables, and served very cold. And of course, it can be accompanied by rice or even pasta.

Shellfish can be classified as crustaceans, molluscs or cephalopods.

### Crustaceans

Crustaceans are shellfish with a carapace, such as prawns, spiny lobster and lobster. They provide a lot of protein and have very little fat. What they do have is polyunsaturated, such as omega-3 fatty acids, which are necessary for the human organism. They are rich in vitamin B1, or thiamine, which is good for the nervous system, the formation of red blood cells, maintaining vitality and controlling stress; and in vitamin B2, or riboflavin, which is essential for healthy cells, as well as strong hair and nails. They also provide a significant amount of minerals. However, they do have high levels of cholesterol, meaning that although they have much to recommend them, people with high cholesterol should limit their consumption.

Of the many crustaceans found in Galicia's waters and on its tables, lobster is one of the most representative. The European lobster – *bogavante* or *lubrigante* in Galicia – looks similar to the spiny lobster, but has a darker carapace (blue-black, red when cooked) which is thinner, round, tough and smooth. It also has large claws. Lobsters live in the rocky depths and are captured with lobster pots, a traditional method made up of wooden traps, inside which are placed pieces of fish as bait to attract the shellfish. They can also be caught using various time-honoured techniques, such as trammel nets and other gillnets known locally as *miños* or *raeiras*.

They are usually kept alive until it is time to prepare them for eating. Because their pincers are so powerful – being used to break and crush their prey, other molluscs and fish on which they feed – these are tied closed while the lobsters are still alive. In the wild, lobsters mark their territory and hunt their prey at night.

Highly regarded for its abundance of dense and strongly flavourful meat, this crustacean can be cooked in a wide variety of ways: split and griddled, in seafood salad, boiled, and more. However, rice with lobster is among the classic dishes that make Galician cooking so noteworthy.

For its part, the brown crab or edible crab – *buey de mar*, known in the region as the *boi* or *noco* – also offers a generous amount of exquisitely flavoured meat. The brown crab is similar to other crabs, but larger. It is reddish brown and has ten legs, which are darker. The first pair are two large pincers which can exert enormous force, making them ideal for procuring food. This oval-shaped, flattened crustacean lives in the depths, on both sandy and rocky bottoms. It is caught using traps, trammel nets or seine nets. The best way to prepare brown crab is boiled – it should cook for about 20 minutes – baked or in a seafood salad.

Referred to locally as the *centolla*, *centola*, *moelo*, *pateiro*, *carrapetos* or *bruño* (small ones), the spider crab is among the most delicious of all crustaceans. Part of the same family as the lobster and brown crab – the decapods – the spider crab has a rough, rounded carapace, thick body, and five pairs of long, sharp legs, two of which have pincers. The back of the body is rounded, while the front is more triangular. The characteristic dark red colour of the Galician spider crab is what distinguishes it from those from foreign markets, which are lighter.

The European lobster has a blue-black carapace, which turns red when cooked.











It lives near the coast on rocky or sandy bottoms and is caught with pots, *miños* and trammel nets. Crabs measuring less than 12 centimetres are not allowed to be captured. The close season for the Galician spider crab is June to November, and during this period it is not available fresh.

Very rich in vitamins, especially magnesium, spider crab is boiled in seawater or salted water for around 20 minutes and served warm. Every part of the crustacean can be enjoyed, including the legs.

O Grove holds its Jornadas de Exaltación de la Centolla festival in December, because this crustacean is in close season during the town's seafood festival, which takes place in October, and so cannot be eaten at that time.

The spiny lobster is unlike the crustaceans described above because it has no pincers. However, it does have highly developed antennae, which are even longer than its body. The carapace is tough and the head has spines, the aforementioned antennae and bulging eyes. The fan-shaped tail is very muscular and allows it to swim. In gastronomic terms, it is the most highly-prized part of the animal. Spiny lobsters can be red, brown or brownish violet, with symmetrical yellow marks on the abdomen, legs and antennae. Younger specimens have a yellow band around the upper section.

This crustacean lives in the rocky depths and takes years to reach a considerable size. In the past, it was not valued as highly as it is today. As it was more plentiful in Galician waters, it was among the most affordable shellfish found in markets. However, spiny lobster stocks are now quite limited in Galicia due to overexploitation. It is usually caught using traditional methods, with special pots, lobster nets and fish bait on the rocks. It is kept alive in shellfish farms, which are directly connected to the sea, until it is eaten.

The spiny lobster has significant nutritional value, with very dense, fine white meat. To preserve its flavour, it is cooked without seasonings – griddled or boiled for about 25 minutes – and eaten alone or as a salad.

The Festa da Langosta e da Cociña Mariñeira, a festival highlighting both the spiny lobster and maritime cuisine, is held in A Guarda (Pontevedra) the first week in July.

Shrimp are easy to find at Galician fish markets.



Today, the spiny lobster is quite scarce in Galicia, making it very highly prized.

The slipper lobster – also known in Galicia as the *parapeto*, *escachanoses*, *urilo* and *tacatá* – owes its Spanish name (*santiaguíño*) to the cross shape on its shell, which somewhat resembles the cross of St. James (Santiago). This iconic crustacean is small, flat and a dark reddish brown colour. It is highly prized for its extremely tasty meat. It lives in the rocks and is currently protected as an endangered species: it can only be caught in July, using pot traps and trammel nets, and fishing is strictly controlled. The most common way to eat slipper lobster is boiled in salted water with a bay leaf, as a salad or griddled.

The *esquía* or *camarón de poza*, as the shrimp (*camarón*) is known here, is a small crustacean that is easy to find year-round in Galician fish markets. It has an elongated, pale body with dark bands, but when cooked, it turns a characteristic bright red. Shrimp generally live in shallow water and are captured with shrimp pots, shrimp seines (a type of purse seine) or butterfly nets. Shrimp caught using these last two methods are more highly prized, as they do not taste as much of fish as those caught using traps. They are boiled or griddled and are often eaten as an appetizer.

In Galicia, langoustines are called *langostinos* (*cigalas* in Spanish) and are in great demand. However, shoppers should check that they do not come from the Gran Sol, the North Atlantic fishing ground, but rather from Galician ports such as Marín, whose fish markets focus heavily on langoustines. This crustacean, which has an elongated body and two large claws – not as powerful as those of the lobster – is an orangey pinkish colour with red and white tones, although it is green at birth. It lives in sandy bottoms and is caught in the rias by a trawling fleet. Langoustines are generally boiled or griddled, and may also be added to rice dishes.

Galicia's velvet crab, or *nécora* – which also goes by the names *nacra*, *andariña*, *andarica* and *lavañeira* – has a hexagonal shell and is brown with downy hairs. This last characteristic distinguishes it from non-native crabs. The eyes are red and it has two pairs of antennae. Of its five pairs of legs, which have black bands, the first two are claws; the paddle-shaped back two are for swimming; and the middle ones end in a point. Velvet crabs are plentiful along the cliffs in the rias, living amidst the rocks or in sandy and muddy areas. They are captured at night, when they emerge in search of food, using pots, trammel nets or a *bou de vara*, a type of dredge net which is dragged behind a boat. Their close season is the first six months of the year.

When shopping for velvet crabs, it is important to squeeze them to check that the shell is hard and shake them to ensure that they are not full of water.

Velvet crabs have a delicious, delicate meat, and they are used to prepare a variety of recipes, including stuffed crab and cro-quettes. However, to fully appreciate the flavour, it is best to simply boil them, adding bay leaves if you wish, for 8 to 10 minutes. You can tell they are ready when they turn a reddish colour. Velvet crabs are high in uric acid, but low in fat.

Although they live fixed to rocks, leading one to think they might be molluscs, goose barnacles (*percebes*) are actually crustaceans. They may be small, peculiar and ugly – their appearance is not what one might call appealing – but they are highly prized for their delicious flavour, which tastes of the sea.

Also called *mixotes* in Galicia, goose barnacles can be found along the coastal cliffs most exposed to the waves, making them quite difficult to harvest. They live in groups in intertidal and subtidal zones, clinging to the

rocks, attached by a stalk, moving only their bodies to capture their food, which consists of phytoplankton and zooplankton. Those found in the most exposed areas, where the sea strikes with the greatest force, are the most highly prized: they are shorter, thicker and their meat is denser. In contrast, barnacles which attach to 'safer' places are longer and thinner, and inside they may contain more water than meat, thus making them lower quality.

The barnacle's body has a curious shape, with two clearly differentiated parts. The capitulum or shell is made up of six large plates and several small ones, connected in two sections that open and close laterally. This shell made up of plates is defensive and prevents the inside from drying out at low tide. The dark peduncle or stalk is the edible part. It is tough and has the appearance of a mesh covered with scales.

In areas that are not accessible by foot, goose barnacles can be harvested from a boat positioned right alongside the coast. But in general, *percebeiros* cling to the rocks at low tide, often at the mercy of the elements, as they remove the barnacles using a long-handled scraper, putting them in a sack or bag. The incentive for undertaking such a hazardous job is the high price these fishermen and women receive for their haul at the market.

In addition to all the nutrients generally provided by shellfish, goose barnacles are especially high in potassium. They are cooked in seawater or salted water with a few bay leaves, and are usually eaten warm, almost immediately.

Goose barnacles from the coast around Cape Roncudo are among the most delicious in the world. They take centre stage at the annual Festa do Percebe do Roncudo, held in Corme, municipality of Ponteceso (A Coruña). For over twenty years now, during the first half of July, this small town on the cape has paid tribute not only to the crustaceans, but also to the *percebeiros* that harvest them, celebrating the cultural value of this time-honoured trade. And of course, plates of flavourful goose barnacles are in no short supply.

Cedeira (A Coruña) also holds its own Festa do Percebe in late July.

Goose barnacles are the most difficult shellfish to harvest.









Clams are extremely delicious and very popular. They have antioxidant properties.

## Molluscs

Molluscs are shellfish with a shell. Those with two shells are known as bivalves. They provide vitamins and minerals, and are very low in fat. They are thought to have stimulating properties, especially the oyster, which is believed to be a powerful aphrodisiac, as well as energizing both physical and mental capacities. This is because they are very rich in zinc.

Galician clams (almejas in Spanish and ameixas in Galician) are extremely delicious and highly prized. They also have antioxidant properties. They live in sandy bottoms and are gathered in intertidal zones using rakes and hoes. This type of shellfish harvesting is done on foot. They can also be harvested by boat using a long-handled rake.

There are many different types of clams, but in Galicia the most common are: the Manila (*japónica*), which is distinguished by its darker colour; the pullet carpet shell (*babosa*), which is smaller and a light grey to cream colour with darker bands; and the banded carpet shell (*rubia* or *rosada*), whose shell is thicker and oval-shaped, ranging in colour from yellow to pinkish brown, with a white interior.



Oysters are commonly eaten raw, seasoned with lemon.

There is also the extremely delicious grooved carpet shell (*finá*), the most prized in commercial terms because it stays fresh longer once out of the water. It is oval-shaped and more elongated, with a lighter colour ranging from white to chestnut brown, and yellow and white marks. The grooved carpet shell is also known as the Carril clam, because its production is concentrated in this Rías Baixas town.

Clams are farmed using specimens obtained from breeding areas. The size of the animals generally ranges from three to five centimetres. Harvesting requirements stipulate that they must be a minimum of three centimetres, and some specimens can grow to as much as eight.

Although they can also be eaten raw, like oysters, *ameixas* are cooked in a variety of ways – steaming being the most common method – and are used as an ingredient in stews, sauces, soups, rice dishes and savoury pies. To clean them and remove any sand, they should be soaked in salted water with a little vinegar for an hour, repeating the process once and then discarding any that are open. These molluscs are the focal point of the Festa da Ameixa, a festival held in the second half of August in Poio and Carril, both located in Pontevedra.





Mussels have been eaten since prehistoric times, although it was the Romans that first cultivated them.

Oysters (*ostras*) are the quintessential delicacy for enjoying the taste of the sea. This highly sought-after bivalve mollusc was once found in abundance in Galician waters. Oysters are harvested from their natural beds by boat using a rake, but so few remain that today the majority are farmed. These are treated to induce the release of eggs, from which seed oysters are obtained. They can also be grown in racks located in the sea. The seed oysters are placed in baskets hanging on ropes from rafts, floating structures anchored in the coastal waters, and remain there until the oysters are large enough to be sold. They provide vitamins and minerals, especially iron and zinc, are very nutritious and promote cell regeneration.

Oysters are primarily eaten raw, seasoned with lemon to taste, although there are some who swear that this causes them to lose some of their flavour. They are usually served as an appetizer before other seafood. They should be closed and any which contain no water when opened should be discarded. Oysters can be coated in cornmeal, prepared au gratin, boiled, flambéed or smoked, and served with a wide variety of sauces. When eaten with Camembert, the flavour combination is spectacular. Pickled oysters were once a very popular food.

In Galicia, oysters are primarily found at the fish markets in Bueu and Noia. Many of the producers are concentrated in Arcade, on the O Morrazo Peninsula. In fact, Arcade's oyster farms are among the most important in Europe. This Rías Baixas town has hundreds, which are represented at the Festa da Ostra, a festival held in April.

Vigo's Rúa de la Pescadería is a traditional place to stop and eat twelve Arcade oysters. Along this street, the oysters brought in each morning by the *ostreiras* are displayed on stone tables atop a layer of crushed ice.

The common periwinkle or winkle (*caramuxo*) is a univalve mollusc, a small sea snail that goes by several different names in Galicia, including caramela, mincha and bígaro. It has a dark conical shell with a white opening. Winkles live among the coastal rocks, allowing them to be harvested by hand.

Before eating, they are first rinsed in water with a little vinegar, then boiled with a bay leaf. The meat is removed from the shell using toothpicks and they are a popular hors d'oeuvre. They can also be eaten raw.



Cockles are one of the most plentiful shellfish in Galicia.

Mussels – *mejillones* in Spanish, called *mexillóns* or *mexilóns*, *mixillóns* and *mixilóns* in Galicia – have been consumed since prehistoric times. However, records show that it was the Romans who first farmed them. Since then, mussel production and consumption have been very high. The autonomous community of Galicia is a major global producer of these bivalves, which are now under the protection of the Mexillón de Galicia Protected Designation of Origin, guaranteeing their quality and size.

Myticulture, as mussel farming is known, is now one of the most important activities in a number of towns along the Galician coast, where they are farmed at an industrial level. They are cultivated on rafts monitored by the mussel farmers, from which hang the ropes to which the molluscs are attached. After harvesting, they are rinsed in sterilized seawater before being sold.

In Galicia, mussels are primarily cultivated in the rias, especially the Ria of Arousa. These locations are highly suited to both this activity and mussel development, due to their shallow, nutrient-rich water with low salinity.

This bivalve has two identical smooth black shells with con-

centric growth lines. Inside, the orange meat is tender and succulent, with the meat of the females being darker.

In addition to the nutrients provided by all shellfish, this bivalve is noteworthy for its high iron content. Like the oyster, aphrodisiac properties have also been attributed to it.

Mussels are used as an ingredient in *caldeiradas*, rice dishes, seafood platters and salads. But they can also stand on their own and are prepared steamed, griddled or pickled.

Vilanova de Arousa (Pontevedra) holds a mussel festival during the first half of August, which also celebrates the cockle: the Festa do Mexillón e Berberecho.

Like its mussels, Galician cockles (*berberechos*) are very high quality. Local names for this bivalve mollusc include *croque*, *críca*, *birbirichu* and *chícaro*. Cockles are plentiful in Galicia, to such an extent that in the past they were considered poor people’s food, as large quantities could be found at the river mouths. They live and grow rapidly where fresh water mixes with the sea.

They are primarily found in sand flats and bays, where it is easy to harvest them either on foot, using rakes or hoes, or from a boat with handmade rakes. Cockles must be closed and any open ones should be discarded, as they are extremely perishable.

They are mainly eaten raw or steamed open. They are also added to potato, fish and rice stews, or used as filling in *empanada* (savoury pie). And of course, they are available tinned.

The bivalve mollusc known locally as the *navalla*, *anguillolo*, *carallete* or *longueirón novo* has a long shape, to which it owes its name: the razor clam (*navaja* in Spanish). It is characterized by the bright surface of its valves, which look almost as if they have been varnished. They range from white to light brown in colour, with darker bands. The *navaja* should not be confused with the grooved razor shell (*longueirón vello*), which is lower quality but has a very similar appearance, being straighter and not curved like the razor clam. The grooved razor shell has a stronger flavour, its meat is tougher and it is usually tinned.

The valves of razor clams have a characteristic shine that makes them look varnished.







Razor clams bury themselves in the sand, leaving an indentation in the form of an eight on the surface. They can be harvested by hand, diving or freediving and removing them manually while they are still underwater. In the intertidal zone, they are harvested on foot using a fishgig, a long-handled fishing implement with a prong at the end, on which the clam becomes trapped when it closes its valves. Another popular method uses salt: a little salt is scattered next to the holes left in the sand by the clams and they immediately come to the surface, where they can easily be captured.

These clams have more meat than other bivalves and are quite delicious, make them a popular mealtime choice. The most common way to cook them is on the griddle, with oil and lemon. They are added to rice dishes and are an ingredient in savoury pies, such as the popular variety of *empanada* from Ribadeo.

Razor clams are the focal point of festivals held in Fisterra (A Coruña), the Festa do Logueirón, and in Cangas (Pontevedra), the Festa do Percebe e a Navalla, both in August.

The scallop (*vieira*) is perhaps the most iconic shellfish of all those harvested and consumed in Galicia. It is the quintessential symbol of the Way of St. James: pilgrims returned to their homeland bearing a shell of this mollusc as irrefutable proof that they had succeeded in reaching Santiago de Compostela. Along the way, it would have been used as a cup for eating or drinking. However, before any of this, scallop shells were used by our ancient ancestors in rituals and also as a funerary offering. In antiquity, this mollusc was considered an aphrodisiac and was employed against the evil eye, as well as being a symbol of love.

*Pecten maximus*, or the great scallop – commonly known in Galicia as the *aviñeira peregrina*, *cuncha de pelegrín*, *xacobe* or *cascarrón* – is a bivalve mollusc that lives in the waters of the Atlantic, in clear salt water, both deep and shallow. Like the razor clam, it buries itself in sandy bottoms, when it is not resting on their surface after moving along with great ease thanks to its powerful musculature. It has two valves, each different: The upper is flat and has two symmetrical identical ‘ears’, unlike the variegated scallop, which has irregular ears. The lower valve is convex. Both have radial lines, the ribs. The upper valve is a reddish colour or yellowish brown and the lower one is lighter with patches of colour. The inside is white and orangish.

These shellfish are harvested near the coast using a scallop dredge, with the dredge and the net into which the scallops are scooped being dragged behind a boat. They are also farmed on rafts: a hole is made in the ear, from which they are hung on ropes. Before being made available for sale, scallops are subject to strict health controls. However, even so, they need to be cleaned by soaking them in salted water before cooking. Unlike other molluscs, scallops can be open, as they will still stay fresh in this case.

Rich in potassium, they are traditionally baked in their shells with a mixture of sautéed onions and breadcrumbs. They are also a common ingredient in *empanada* or rice and noodle stews.

Bueu (Pontevedra) holds its Fiesta de la Vieira festival the last Sunday in October.

The variegated scallop (*zamburiña*) is a very similar mollusc. It is also known by the local names *pateliña* and *samoriña*. The colour can range from dark violet to white, pink, yellow and brown, and it is dotted with marks. Variegated scallops have two valves with a ribbed surface and uneven ‘ears’, which distinguish them from the great scallop. They are harvested using a type of dredge known as a bou de vara. Today however, catches are very small, as the variegated scallop population, located primarily in the Ria of Arousa, has been severely depleted. They are normally prepared au gratin or on the griddle, breaded and fried, pickled and as an ingredient in savoury pies or rice dishes.

## Cephalopods

Soft molluscs such as octopus, squid and cuttlefish are member of the class Cephalopoda, a name which literally translates to ‘head-foot’. This is quite an accurate description of their appearance: a large head and a number of tentacles – in some cases eight (octopus), in others ten (squid) – with suckers, which they use to trap their prey. Cephalopods are especially rich in iodine, zinc, calcium, fluorine and magnesium. As a result, their consumption helps maintain healthy bones and teeth, proper thyroid function and a fit heart. They are nutrient-rich, yet low in calories.

The octopus – *pulpo*, *polbo* or *polbo da pedra* – is so common in Galician gastronomy that it has become one of the region’s most iconic dishes. This cephalopod can be found at any festival, fair or pilgrimage celebration held in



The squid is a cephalopod with ten tentacles. It is a very versatile food which can be cooked in a number of different ways.

the autonomous community, any time of year. And it will often be in the form of the most famous octopus recipe: *pulpo á feira*: boiled in a copper cauldron with a bay leaf and served hot on wooden plates, dressed with oil, cooking salt and paprika. Experts swear that in order to keep it from becoming tough, it is better to freeze the octopus before cooking, or absent this, simply hit it against a rock, as was customary in the past.

The octopus's most noteworthy characteristics are its eight arms, enormous head and highly developed eyes. It has suckers on its tentacles and a mantle with an ink sac. Like the squid, it uses the ink to defend itself. It lives near the coast, in deep water, and it can quickly change colour and texture to match the ocean bottom in order to disguise itself.

It is captured with traps designed specifically for this cephalopod, or from land with *rañas*, implements used to

fish the octopus from the rocky depths. The Galician *polbo* can be distinguished from other, sweeter, octopuses by its salty flavour.

In addition to *pulpo á feira*, it is prepared in a number of different ways: stewed, as in Mugardos, in the Isle of Ons style, or as an ingredient in savoury pie.

Before preparation, the octopus is thoroughly cleaned to remove any dirt from the suckers. Then it is placed in a pot with a generous amount of unsalted water and boiled. Tradition dictates that the octopus must be 'removed' three times before cooking. This is done as follows: once the water comes to a boil, the cook takes the octopus by the head, pulls it out and then puts it back in the water. This operation is repeated three times and it is then left in the water to cook for some 45 minutes. This prevents the suckers from coming loose.

Hundreds of plates of *pulpo á feira* make their way into the hands of festival-goers in O Carballiño (Ourense) on the second Sunday in August, when they celebrate the Festa do Pulpo. The popularity of the *polbo* has extremely deep roots in Arcos, a town in the municipality, and nearby Oseira Monastery: fishermen once paid their tithes to the monastery in octopus and the friars in turn paid their farmers with the same animals. Octopus was thus plentiful in the area in the past, and today, it is said that the municipality's *pulperías* make the very best *pulpo á feira*. Mugardos (A Coruña) holds its own Festa do Polbo in mid-July.

Also known in Galicia as *lura*, the *calamar* or squid is a cephalopod with ten tentacles. It is soft, reddish white, and has a large head and diamond-shaped fins. Inside, it has a characteristic gladius and a sac with the black liquid that, like the cuttlefish and the octopus, it uses to defend itself and flee. It feeds on crustaceans and small fish that it traps with its suckered tentacular arms.

Although giant squid can in fact be found in the ocean depths, they do not normally exceed 50 centimetres and 2 kilos in weight.

Squid live in shoals in deep water. Between April and December they travel to the rias to reproduce, where they are captured with jigs using traditional methods, and occasionally with traps, trammel nets and trawl nets.

*Chipirones* are young squid. They are a very versatile food. After being washed carefully, they can be prepared in a wide variety of ways: *a la romana* (batter-fried), fried, in sauce, sautéed, marinère-style, stuffed or *en su tinta* (in their own ink).

## FISH

Galicia's fish come from both the sea and rivers. The former provides up to eighty varieties, while rivers offer some twelve, including salmon, trout and the prized lamprey.

Deep-water fish, those that are captured in the open sea, include a variety of species: hake, tuna, pollock, grouper, turbot, sea bass, sole, monkfish, sea bream, cod and horse mackerel. White fish, so-called due to the colour of their flesh, which is light because it has very little fat (less than 3%), are highly recommended for precisely this reason, and for their significant nutrient content:

protein, essential amino acids, vitamin A, B vitamins and minerals such as iodine. They are easy to digest and their consumption helps prevent cardiovascular disease and lowers cholesterol. White fish are very flavourful and are primarily eaten steamed or boiled, griddled, baked or fried.

For their part, oily fish owe their name to the fact that they have oil distributed throughout their body, rather than being contained primarily in the liver, as is the case with white fish. They are very tasty and nutritious, with approximately 10% oil content. The eel, tuna, bonito, anchovy, mackerel, salmon and sardine are just a few examples of oily fish. Many of them are migratory species, which is the reason for their high fat content, as they need it to cover the long distances they are required to travel. This type of fish is very high in omega-3 fatty acids, which have many health benefits.

To be sure that fish is fresh, check that the flesh is firm. Also, the skin should be shiny and moist; the scales should be bright; the eyes should not be sunken, but protruding and bright; and it should not give off an unpleasant odour.

Fish can be cooked in a wide variety of ways: steamed, griddled, boiled, *a la gallega* (dressed with olive oil and paprika), with a garlic and paprika sauce, in a *caldeirada* (fish soup) and, increasingly, as an ingredient in sophisticated recipes.

## Ocean fish

One of Galicia's most coveted fish, which is traditionally eaten on Christmas Eve, is the blackspot or red sea bream (*besugo*). It is known locally as the *ollomol* and is very common off European coasts, living in schools at depths of up to 500 metres. This scaly fish has an oval shape, with a rounded upper head and a short nose. Both the eyes, which are large and bulging, and the back are a pinkish colour, while the belly and sides are silver. Adults have a black mark behind the head at the start of the lateral line, distinguishing them from other similar species, such as the gilthead sea bream. In Galicia, the close season for this fish is year-round, except for July and August. It is captured with longlines and trawl nets. Trammel nets are also sometimes used. The red sea bream is noted for the texture of its meat and high collagen content. It is usually cooked *a la espalda* (split in two and roasted skin side down). Among Galicians, stewed red sea bream with onions and peas is also very popular.





From left to right and top to bottom: blackspot sea bream, European sea bass, dusky grouper and four-spot megrim.

Sea bass and hake are two other delicious white fish. The European sea bass – known locally as *robaliza* or *róbalo* – has an elongated, narrow oval body. The back is a silvery grey and bluish colour, while the sides and belly are lighter. It has an elongated head and large mouth with a prominent jaw and lots of teeth. This fish hunts by swiftly attacking its prey and devouring them. These characteristics are believed to be the source of its Spanish name, *lubina*, from *lobo* (wolf). It lives in the depths in both sandy and rocky bottoms. It is fished with longlines and live bait; trammel nets, handlines or poles from land; or troll lines and bait. Sea bass *a la sal* (baked in salt) is one of the most classic ways to prepare this fish. It is also boiled, baked with potatoes or marinated and served raw.

In Galicia, the hake is known by a number of names – *merluza*, *pescada*, *peixota*, *pescadilla* and *carioca* (small ones, whose capture is prohibited) – depending on the size. It is an elongated fish covered in small scales, and the head is also elongated. It is a silvery grey colour, darker on the back and lighter on the sides, and has a white belly. How this fish is caught is very important, as it determines the quality. Hake caught with hooks or droplines and gillnets is the best, but the most common fishing methods are trawling and longlining. The fish is loved by cooks for its tender flesh, which makes it suitable for a range of recipes. It can be boiled, baked, fried, stewed, grilled and above all used to make *caldeirada*. Hake roe is also prepared boiled and in vinaigrette.





The angler has a flattened head with a large toothy mouth, giving it a fearsome appearance.

Because of the colour of its skin, in Galicia the dusky grouper (*mero* in Spanish) is known as the *mero oscuro* (literally, 'dark grouper'). This large fish closely resembles the wreckfish. It lives in isolation in rocky areas, which provide numerous caves and nooks where it hides when threatened. It is caught by longlining, with hooks and occasionally gillnets, and by underwater fishing. The dusky grouper is oval-shaped with flat sides. It has a large head and mouth, a wide snout, thick lips and a pronounced jaw. As the name suggests, this grouper is a dark colour, ranging from green to brown, with light spots.

The gallo or four-spot megrim is a white fish with a characteristic flat body, similar to the turbot. It is oval-shaped and elongated, with two dark spots at the end of its dorsal and anal fins. In Galicia, it is also called the *rapante de manchas*, *ollón*, *rapapelo* or *meiga*. This megrim is light brown with a white belly and jutting lower jaw. The eyes of the fish are very close together and situated on the same side, the left. Interestingly, when it is born, the eyes are located one on either side, but as the fish grows, the right eye moves toward the left and by the time it reaches

adulthood, both are on the left side. After this, the four-spot megrim rests on the sea bottom, lying on the side without eyes. For this reason, that part of the body has no pigment. Its habitat is the depths, living in muddy and sandy bottoms. In Galicia it is fished by trawling. It is normally eaten fried, chopped or filleted. Large megrims are also stewed or baked.

The most characteristic features of the angler (*rape* in Spanish) are its large flattened head and a gaping toothy mouth that gives it a fearsome appearance. Despite this, humankind should be thankful for this animal, whose pancreas yielded the first insulin that did not cause a rejection reaction, the first step towards production of the synthetic insulin used to treat type 1 and type 2 diabetes today.

The angler is a type of monkfish. In Galicia, it is also known as the *peixe sapo*, *rabada* or *peixe tamboril*. The angler caught locally is of higher quality than those from other parts of the Atlantic. Its body is conical in shape, with no scales. It is a greyish-brown colour with dark spots. The





The conger eel is part of the same family as the European eel, but is a marine fish.

angler lives at depths of up to 1,000 metres, on muddy bottoms where it conceals itself thanks to the colour of its skin and its irregular shape. It is caught with trawl nets, longlines and trammel nets.

This white fish is highly prized in gastronomy for its nutritional value and lean meat, which is very tasty and has no bones. Its liver is even used to make pâté. It is prepared in many different ways: baked, stewed, with sauces, with potatoes, etc. It is also the main ingredient in a number of dishes, such as the celebrated *caldeirada de rape*.

The turbot is a rhombus-shaped flatfish that lives on muddy bottoms. Like the angler, it changes colour to blend in with its surroundings. Turbot is known as *rodaballo* in Spanish, but in Galicia, the smallest turbot is called *rodo*. Because of its flat shape, it has small eyes located on the left side, meaning that it is always looking in that direction. It has a large mouth filled with pointed teeth and a pronounced lower jaw. The skin is free of scales, but there are protuberances in the dorsal region. This turbot is captured using trammel nets and bottom longlines.

The *rodaballo* is also farmed in Galicia. It is given feed and cultivated in coastal areas, both on-shore and in ocean cages. Farm-grown turbot are excellent quality and can be recognized by their darker colour and the characteristic layer of oil covering them. The meat is white and dense. In the words of Álvaro Cunqueiro: 'The turbot is the pheasant of the sea.' It is most often prepared sliced or in fillets, as well as griddled, fried or stewed.

Resembling a sea snake, the conger eel goes by the names *congro*, *anguiacho* and *correolo* (small ones) in Galicia, *congrío* in Spanish. This eel also bears some similarity to the European eel, as they belong to the same order, but the conger is a marine animal. It has a long, cylindrical body and a large mouth. It is generally a bluish colour, although it can also be said to take on the colour of the environment in which it lives, as it changes from dark greyish-brown to white or grey as needed in order to disguise itself. It is scaleless, with thick, smooth, shiny skin and measures up to 2.5 metres. Unlike the European eel, its dorsal fin begins much further up.

Although congers can reach as much as 3 metres and weigh up to 50 kilos, this is not common. Generally, they are much smaller. It is quite normal to find 1.5-metre specimens.

The conger lives on rocky bottoms and is caught by longline. It is considered a coastal fish.

The smallest specimens of this white fish have no culinary value, as they contain very little meat. Conger meat, which is taken only from the front part of the body, is firm and white, and much appreciated in gastronomy. It is prepared grilled, in soups, stewed, in savoury pies or in *caldeirada*. One classic maritime recipe is *congrío con fideos* (conger eel with vermicelli noodles).

In the past, there were conger eel drying plants all along the Costa da Morte. Today, the only remaining locations are found in Muxía. The fish are hung on wooden structures to dry, exposing them to the air and sun. They are then packed and sold.

The European pilchard, sometimes referred to as the sardine – *sardina* or *sardiña*; the littlest ones are called *xoubas* or *parrochas* in the Rías Altas region – is a healthy oily fish. It is very popular in Galicia, although in recent years it has not been as plentiful as previously. It is a small, elongated, oval-shaped fish with silvery skin and a white belly. The meat is very flavourful and provides a number of important nutrients for the organism, especially vitamins. The pilchard is migratory, swimming along the coast in spring and summer in large shoals or schools. It is caught by purse seine and gillnet.

Pilchards are plentiful and affordable. In cooking, they are very versatile: whether prepared grilled, fried, pickled, stewed, griddled or in savoury pie, they are always exquisite. Galicia has a number of festivals dedicated to the pilchard, including the Festa da Xouba in Rianxo (A Coruña) on 25 July, and the Festa da Sardiña on 18 August in Sada (A Coruña). The Entierro de la Sardina (burial of the sardine) procession is also a very popular Carnival tradition in many towns.

The white sea bream or sargo (as it is also called in Spanish) is a lesser-known oily fish, but very delicious. During the day, it hides among the rocks and caves on the rocky bottoms it inhabits, coming out at night in search of food, or when the sea strikes the shore with great force. It is usually caught with hooks or trammel nets, very close to the shore, and is the target of rod-and-line fishermen.

The white sea bream has an oval body and small mouth. It is a silvery colour with transverse stripes, darker sides, a white belly and a characteristic black spot at the end of the tail.

It can be cooked in a variety of ways: grilled, fried or stewed. However, it is especially exquisite when roasted or baked in salt.

Another oily ocean fish is the horse mackerel – *jurel* in Spanish, referred to locally as the *xurel*, *chicharro*, *chincho*, *xixí* (young ones), *xurel de bola* or *xurela*. It has an elongated body, with an arched lateral line made up of scutes. It is a bluish silvery colour, darker on the head and upper part of the body, and almost white on the belly, with a dark spot at the edge of the ear. This fish has a nice flavour, which is lost in just a few hours, as it is difficult to keep fresh.

The horse mackerel lives in the open sea on sandy bottoms, where it remains during the day, coming up at night to search for food. It forms large shoals, swimming along the coast in summer and disappearing into the depths of the continental shelf in winter. Large specimens are caught by trawling, small ones by seine. Gillnets are also sometimes used.

Horse mackerel is eaten fried, baked, griddled or grilled. And *chinchos* with Padrón peppers are a typical summer dish in Galicia.

### River fish

Elvers (*angulas*) are young eels. In Galicia, they are known as *meixones*. They are the only young fish for which capture is permitted under fishing laws. They are sold commercially when between the ages of two and three and measure 5–8 centimetres in length.

Elvers begin with an almost transparent body, growing darker as they swim upstream and turning silvery when they reach adulthood. In Galicia, they are caught at night with *reteles* – nets in the form of a pot attached to a hoop to which they are drawn by lights – especially at the mouth of the Miño River. They are then taken to fish farms before being sold. Elvers are generally sold cooked, and they have a greyish opaque colour. Those with silvery backs are more

The white sea bream is a lesser-known oily fish, but very delicious.

Elvers are the only young fish which can be captured under fishing laws.







highly prized because they have spent more time in the river.

If they are purchased live, tobacco is dissolved in the water to kill them. They must then be washed to remove the slime before being cooked in salted water until ready, when they take on a characteristic white colour. Elvers are expensive, due to limited stocks in rivers. This has resulted in the marketing of imitation surimi elvers, which are made from Alaska pollock.

*A la cazuela* or *al ajillo* (fried with garlic and chilli) is the most popular way to eat elvers, but they are also used as an ingredient in salads or as an accompaniment to fish or shellfish dishes. Elvers are celebrated at the *Festa da Angula*, held in Tui (Pontevedra) on Easter Sunday.

The European eel, *anguila* or *anguía*, is a migratory fish that undertakes a long journey over the course of its life. It has a cylindrical elongated body and the back part is flattened side-to-side. In appearance it looks quite unfriendly due to a prominent upper jaw. This eel is scaleless and has smooth, shiny skin covered with slime. It has a dark silvery back and light silver belly.

The European eel spends the day buried in the river bottom, but at night it comes out to search for food. It is an extremely strong fish with thick skin, and it lasts quite a long time once out of the water, as long as the skin is kept moist.

In Galicia, it is generally caught on the Miño and Ulla rivers and in the Ria of Vigo, where the Verdugo River flows into the sea. It is fished at night from a boat, using a fishgig, a type of pronged spear. It is also captured on foot. Other local methods of catching the European eel include the *retel*, a net attached to a hoop, and the *butrón*, a funnel-shaped net that resembles a fish trap. In some places, they use stone barriers known as *pesqueiras*. However, the construction of dams on rivers has depleted stocks of this fish, as it is prevented from swimming upstream. This has resulted in high prices when it is available for sale. Its high fat content makes this a very flavourful oily fish, suitable for stewing, frying and braiding, accompanied by peppers. Galicia is famous for its *empanadas de anguila* (eel pies), which are absolutely delicious.

This migratory fish takes centre stage in Valga (Pontevedra) at the *Festa da Anguía e Mostra da Caña do País*, held in late August, where they prepare an eel paella. It is also celebrated in Ponte Sampaio, at the mouth of the Verdugo and Oitavén rivers (Pontevedra).



#### The journey of the eel

Eels undertake a long journey, which begins in the rivers of Europe, where they live, and ends in the Sargasso Sea, in the Caribbean, where they reproduce, dying after they spawn. The larvae – leptocephali – then begin the return journey, drifting along the ocean currents for as long as three years, during which they feed on plankton. When they reach the coast and enter the rivers, they metamorphose into small elvers. Those that survive swim upstream. By the time they reach the river's source, they have become adults. The young fish are caught when they reach the rias or at the river mouths.

Both European and American eels make this migration to spawn in the Sargasso Sea, which is located between Bermuda and Puerto Rico.

The lamprey – *lamprea* or *chupona* (sucker), as it is also known locally, a reference to its status as a parasite – is a long, snake-like fish that closely resembles the eel. The fish spends the first six years of its life in the river. Then it lives for two years at sea, finally returning to the river to reproduce. This is when it is captured, using nets known as *butrones*, spears or fishgigs, taking special care not to pierce the fish and lose the blood, as this substance is part of what makes it so special. On the Miño, the Galician river with the most lampreys, fishermen have used structures called *pesqueiras* or *pescos* to capture them for centuries.

The lamprey has smooth, scaleless skin. It is brown with dark spots on the back and grey on the bottom. It is very difficult to distinguish the head from the body, except for the small eyes and sucker-shaped mouth with several rows of teeth. It has seven breathing holes behind the head, a feature which distinguishes it from the eel. Ano-



The lamprey is known locally as the *chupona* (sucker), in reference to its status as a parasite.

Another characteristic of the lamprey is that it is a parasite which feeds on marine mammals.

Famous for its exquisite meat, lamprey is a very popular filling for *empanada gallega* (savory pie). Other ways of preparing it include stewed in its own blood (Bordelaise style), stuffed or as a cold meat. It can also be preserved by smoking or drying.

Festivals celebrating the lamprey are held in Teo, Pontevedra and Arbo, in the Bajo Miño district, where it is fished with nets using traditional methods to avoid losing the blood. This Pontevedra town is also home to the Wine and Lamprey Interpretive Centre. Catoira, located near Vilagarcía de Arousa, is also famous for its lampreys.

The trout (*trucha* or *troita*) is an oily freshwater fish generally produced by aquaculture, where it grows quickly. Galicia has been a major trout producer since at least the

12th century, as evidenced by documents from the period, which explain that there were facilities dedicated to fish production on Galician rivers.

Selling wild migratory trout is prohibited. However, it can be caught for private consumption by pole fishing. Wild trout swim downstream in spring and back upstream in autumn to spawn in winter.

The rainbow trout, the most common type, owes its name to the different-coloured stripes that run along both sides of the fish. It also has dark spots on the head and body. The trout is spindle-shaped, elongated and compact, with a stout head and large mouth full of teeth. The tail is rounded and has small, smooth scales. It disguises itself easily to escape notice and its colour changes in different circumstances.

The *troita* has white or pink meat. In the kitchen, it is prepared in a number of ways. Small trout are fried, while





The rainbow trout, named for its different-coloured stripes, is the most common trout.

large specimens are poached or baked and served with sauces. In Galicia, the fish is often fried with a slice of ham inside.

The various trout festivals around the autonomous community are tourist attractions: the Festa da Troita de Pontecaldelas (Pontevedra), in late May; Festa da Troita da Pontenova (Lugo), early May; and Festa da Troita da Orosó (A Coruña), also in early May.

The salmon is another migratory fish. It is born and spends part of its life in the river, before swimming down to the sea, where it grows and develops. Finally, it returns to the river, where it dies. In Galicia, the main salmon fishing rivers are the Ulla, Tambre and Mandeo. Today salmon is also produced on fish farms. The salmon is an oily fish with orangey flesh. It provides A, B and D vitamins, plus niacin. It is available fresh or smoked and its roe is also eaten as red caviar. A Estrada (Pontevedra) celebrates this fish at its Festa do Salmón.

#### FROM THE GARDEN. COUNTRY COOKING

The climate and land determine the produce of Galicia's countryside, which is used to create excellent quality farm-based cuisine. The list of favourites is headed by *lacón con grelos* (pork shoulder with turnip greens), perhaps the most iconic dish produced by Galician farms. In winter, country cooking helps fend off the cold, with soups and stews to strengthen both body and soul. Some of the products grown on Galician farms today originally came from the Americas, including peppers, beans, maize and potatoes. But the lands over the sea sent back more than produce. Many of the emigrants who returned from the Americas also brought recipes with them, including rice dishes, which were not very common in Galicia at the time.

At the Museo da Terra in Melide (A Coruña), visitors can take an ethnographic journey through Galician agriculture in the past and get a closer look at the history and evolution of production methods.





Beans have very high nutritional value.

The many small farms so typical of Galicia grow potatoes, peppers, beans, turnip greens, collard greens, lettuce, watercress, tomatoes, onions and a great deal of maize. Any list of garden produce would be endless, so below we will discuss only the most representative crops, some of which have been awarded a protected geographical indication, guaranteeing the quality and origin of the product.

In Galicia, beans (*alubias*) go by a variety of names: *feixón*, *feixó*, *faba*, *chichos* or *xudía* (with pods) and *habichuela*, but these all refer to different parts of the bean plant. Green beans are called *vainas verdes* and they are eaten as a vegetable. Mature seeds removed from the pods and dried are *alubias* or *fabas*, and they are consumed as pulses, after being rehydrated and cooked. They are soaked to soften them and so that the cotyledon will absorb the water and swell up. This way, they will require a shorter cooking time. In addition, soaking the beans initiates the activity of enzymes that reduce the concentrations of toxic factors, as well as protein and starch hydrolysis.

Several different species of this leguminous plant grown as an annual crop originally came from Latin America: the common bean, which is kidney-shaped and can be white, black or red, is the most widespread; the Alavese pinto bean, which is red and the same shape; the local pinto bean, which is large, dry, flat and white; the black bean; and the fava or broad bean, which is larger, longer and flat, with an off-white colour and a kidney shape. They are classified according to different commercial categories, depending on their size and appearance.

Beans are highly nutritious. They provide fibre, minerals such as iron and potassium, folic acid (indicated for anaemia), carbohydrates and vegetable proteins. When combined with cereals, they make complete proteins like those of animal origin. They should be consumed within one year of being harvested. Older beans lose their quality, becoming harder and rougher, and taking longer to cook. Although they are not a very perishable product, it is important to store them in a cool, dry place. And to prevent an infestation of weevils, parasites that



burrow into beans and hollow them out, there is nothing like garlic: if placed in the container where the beans are stored, it will keep weevils away.

Beans are an integral part of Galician stews and are therefore found in a number of recipes. Today they are often combined with both fish and shellfish. If they are not fresh, they will need to be soaked for a few hours before cooking.

One variety of bean produced in Galicia is the Faba de Lourenzá, which has been awarded a protected geographical indication. It is grown in the Mariña Lucense region and belongs to the local variety *Faba Galaica*. The characteristics of the soil and the local climate – lots of rain and mild temperatures – as well as the traditional methods used to grow them, make these legumes excellent for cooking.

Fabas de Lourenzá are large, long, shiny white dried beans shaped like a kidney. They are very flavourful, with a smooth texture, and highly prized in gastronomy. The skin is thin and they are tender inside, with a very characteristic taste.

Vilanova de Lourenzá (Lugo) holds its Fiesta de la Faba every October. Ponteceso (A Coruña) also sets aside a special day in October dedicated to this legume: the Festa de la Faba.

Collard greens will always be found in any Galician garden. And, as is usual in Galicia, they go by a variety of names. While they are generally called *berzas*, locally they are known as *verzas*, *coellas*, *coias* or *coles*. But there is more: they are *covellas* when young; *guichos* are the baby greens; the *troxo* is the stalk, which is also called the *coeiro*, *cola* or *cobelleiro*; and *bertóns* are the hearts, which are usually stuffed with meat. So many names for a single vegetable, but one which is important, for it has long been part of the traditional Galician diet.

It is grown in vegetable plots for self-consumption and can also be found at markets. The baby greens are used in stews and soups, or eaten raw. The more mature ones are used as fodder for animals.

Like other cruciferous vegetables, collard greens have a high nutritional content, especially because they contain potassium and calcium in abundance, as well as sinigrin and glucoiberin, which are powerful anticarcinogens. If the juice is extracted from the leaves, it can be used to fight colds. It also promotes healing. As with cabbage, cauliflower and broccoli, all of these characteristics make collard greens



Grelos are the edible part of the turnip leaf and stalk.

one of the best foods. And so they have been considered throughout history, with their virtues already being praised in the time of the Greeks.

They are among the ingredients in one of Galicia's most iconic dishes: *cocido*. In addition to being very popular, Galician turnip greens have been awarded a protected geographical indication. This guarantees their quality and ensures that they are grown according to specific methods: seeds scattered by hand, appropriate fertilizer, minimal environmental impact, watering on demand and hand harvesting, taking special care with the handling of the leaves.

Galician *grelos* – also called *nabizas* or *cimos* – are the edible part of the turnip leaf and stalk. They are green, with a chewy texture, and have a characteristic slightly bitter and acidic taste.

Grelos de Galicia, as the protected geographical indication is called, are produced throughout the autonomous community. They are also sold as Grelos de Santiago and Globo Blanco de Lugo. Turnip greens can be purchased in fresh bunches, bottled or tinned (in their cooking water and salt, with no additives), or frozen (after being washed, chopped and scalded).

They are eaten cooked and are famous as an accompaniment to *lacón* in one of the most iconic traditional Galician dishes, *lacón con grelos*. The popularity of this dish owes much to the judicious combination of disparate, yet complementary, flavours.

Collard greens have long been an ingredient in traditional Galician cooking.









They can also be served with other foods, such as fish, or prepared in a Spanish omelette, savoury pies, sautés and with scrambled eggs, like asparagus. Turnip green salad is another popular recipe featuring this vegetable.

Patata or Pataca de Galicia is the protected geographical indication (PGI) for one of the potato varieties grown locally. It is a tuber of the *Solanum tuberosum* L. species, specifically, the Kennebec variety. The PGI includes four sub-zones: Bergantiños, in A Coruña; Terra Chá-A Mariña and Lemos, in Lugo; and A Limia, in Ourense. Galician potatoes are known for their quality. This is due primarily to the climate, properties of the soil and cultivation methods, which follow traditional techniques: one-year-on, one-year-off rotation, alternating between plots to produce a crop every year, and controlled watering. They are grown with the aim of yielding a high quality crop, never with a view to overproduction. Harvesting is done using the appropriate tools to avoid damaging the skin of the product. All of these careful methods produce potatoes of recognized and certified quality, which can be found at markets between September and June.

These nutritious tubers provide starch, vitamins and minerals. They are a light yellow colour with white flesh. The skin is thin and smooth and they have a rounded shape. What makes them so special reveals itself once they are cooked, when one tastes their creamy delicious flavour.

The name *cachelos* refers not to a separate variety, but rather to a way of cooking the potatoes: boiled in their skins with bay leaves. This is how they were traditionally prepared, after which they were wrapped in grape leaves. *Cachelos* have long been a faithful accompaniment to many products, especially octopus and pilchard. They can also be found in stews, casseroles and a variety of other dishes. Coristanco (A Coruña) celebrates the potato at the Festa da Pataca, held the third Sunday in September.

Galicians eat a lot of peppers. The autonomous community has at least eight types of native *pementos*: Herbón, Couto, Arnoia, Oimbra, Blanco Rosal, Punxín, Piñeira and Mougán. The Pemento de Arnoia, de Couto and de Oimbra have all been listed as protected geographical indications. Even so, in Galicia they eat more than they produce, for Galicians really do love their *pementos*.

Galician potatoes of the Kennebec variety are known for their quality.

Herbón peppers are more commonly known as Padrón peppers.

Among the most famous are Pementos de Padrón, or de Herbón, of which it is commonly said: '*uns pican e outros non*' (some are hot and some are not). These small peppers are often fried and seasoned with cooking salt, then eaten as a *tapa* with wine, as the occasional spicy bite is an enticement to keep drinking. They are generally known as *pimientos de Padrón*, but they in fact come from Herbón, a parish within the municipality of Pa-drón. They were brought back from America in the 17th century by a Franciscan monk. He brought the seeds, which adapted well to the Galician environment. And although the fruit turned out to be a little smaller, they were definitely very tasty. Padrón, or Herbón, peppers are small, green and elongated, coming to a point at the end. Those picked late in the season, which runs from May to October, have a greater likelihood of being hot. They are sold dried and ground, as well as fresh. The sweet peppers are eaten as a vegetable, both raw and cooked; while the hot ones are used for seasoning.

Rich in vitamins, peppers also promote digestion. They are an excellent accompaniment to a wide variety of dishes, especially fried fish.

### Organic farming

Galicia has obtained the local Agricultura Ecológica designation, whose control board is the Consejo Regulador de Agricultura Ecológica de Galicia. Organic farming is an alternative method of food production. It is based on respect for the environment and the wellbeing of animals, such that the products obtained are of the highest quality. It is regulated from the beginning of the production cycle to the point of sale.

Organic practices make it possible to achieve balanced ecosystems, as they avoid artificial fertilizers and any other kind of chemical products as much as possible, using green fertilizers in their place. They use crop rotation techniques and biological methods to control infestations. And they increase biodiversity. This is an entirely sustainable method of production.

In Galicia, a growing number of producers are following these practices, meaning that the amount of land dedicated to organic agriculture is increasing. This now allows consumers to find more and more products with the organic farming label, which guarantees that they have been grown using a sustainable production process.



## GAME

While in the past it was a subsistence activity, today game hunting is valued more for its possibilities as a pastime and it is considered a sport. The meat must be hung for a period of time and cooked in a specific way to ensure that it is tender when eaten and does not lose that very characteristic wild flavour.

### Game birds

The woodcock (*becada*) began to be appreciated only recently. Previously, the *arcea*, as they call it in Galicia, was not held in very high regard. If it was caught, it was eaten, but hunters did not seek it out or pursue it. Today, however, this small game bird is in great demand. Its red meat has an exquisite flavour. Furthermore, as we always want what we cannot have, and it has not been possible to raise the woodcock in captivity, it is difficult to find and the price is high. This winter bird is rich in nutrients and can be prepared in a variety of ways. It is generally roasted, stewed or braised, accompanied by mushrooms or chestnut purée, or flavoured with cognac.

One smaller and better known bird is the quail (*codorniz* in Spanish), a galliform which in Galicia goes by the name *paspollás*. This is a migratory bird which flies to Spain to spend the summer, from April to September, and sometimes remains. Although they are also raised on farms, wild quail are much more highly prized. The meat is dark, delicate, smooth and flavourful. It can be roasted, stewed, pickled or braised. Quail is also used in rice dishes or the birds are stuffed. The flavour is enhanced when accompanied by something sweet, so it is not uncommon to find quail served with chocolate or fruit jam.

The pheasant, or *faisán*, is the most exotic of Galicia's game birds (it comes from China), with its haughty walk and colourful feathers. Historical chronicles mention it as a delicacy eaten at the great feasts of antiquity, and it has always had a place on the tables of monarchs and nobles. It is appreciated for more than just its appearance: the meat is delicious, tender and lean. It also contains a lot of protein, potassium, calcium and iron. Like other galliforms, the pheasant can be bred in captivity. However, birds hunted in the wild are felt to be more desirable. Pheasant is usually prepared roasted and accompanied by a sauce, or stewed. Stuffed pheasant is also very popular.

Like other game birds, duck (*pato*) can be wild-caught or farm-raised. The former has tougher meat and a stronger

flavour, although this will vary depending on the habitat where the animal has lived. The meat of the male is also tougher, so the female is preferred. To make it more tender, duck is generally prepared stuffed, stewed or roasted, accompanied by a sauce. *Pato a la gallega* is a popular dish. This baked casserole is made with carrots, spring onions, aromatic herbs and a generous amount of white wine, and served with boiled chestnuts.

Although it is also bred in captivity, not without some difficulty, the best partridge (*perdiz*) is wild-caught. Hunting season runs from October to January. Galicia is home to the red-legged partridge (*Alectoris rufa*). Like the other game birds, it is highly nutritious, providing a lot of protein, minerals and vitamins. Unlike with duck, in the case of the partridge, it is the meat of the male which is preferred. It is very flavourful, although it must be cooked longer. Partridge is braised, roasted, stewed, pickled, grilled, stuffed and served with rice or in a *pepitoria* (egg and almond) sauce. It is also available bottled or tinned.

#### Hanging game, a culinary technique

All game birds, except for duck, are hung for a period of time before they are cooked. This hanging time makes the meat more tender and more flavourful, while also giving it a stronger aroma. The bird is hung head up by the beak, without removing the feathers or viscera, and left in a cool, well-ventilated place for two or three days. This allows time for a chemical reaction which occurs between the death of the animal and when it begins to decompose. The resulting meat is softer, more tender and more aromatic. It is also easier to digest. When the feathers can be removed with ease, the meat is ready for cooking. This culinary method is referred to as ageing or hanging time. The French term for the practice is *faisandegée*, from the word 'pheasant'.

### Rabbit and hare

In Galicia, rabbit hunting is a leisure activity passed down from generation to generation. Rabbits (*conejos*) are very plentiful and like game birds, they can be wild-caught or farm-raised. The first, which run wild in the Galician scrubland, have more flavourful meat. It is redder and leaner, and provides a lot of nutrients. Farmed rabbits are available year-round, while wild ones can only be found during hunting season, in autumn and winter. Rabbit meat is prepared stewed, roasted, braised or grilled.



The wild boar population has increased considerably in recent years.

Farm-raised rabbit meat is more tender and flavourful if marinated with aromatic herbs.

Today, hare (*liebre*) is very scarce in Galicia. But when it can be captured, it is possible to enjoy its dark, delicate meat, which preserves the flavour of the plants and herbs consumed by the animal. Younger hares provide more tender meat, although it should still be aged for a couple of days before eating. It can be cooked in the same way as rabbit and is delicious when accompanied by fruit, sauce or jam.

### Wild boar

The wild boar (*jabalí*) population has increased considerably in recent years, so much so that it has become a problem for farmers. Hunts are organized occasionally to cull the animals. Even so, in some places they are raised in semi-captivity, in a controlled manner. The *porco bravo* – as the boar is known locally – roams the scrubland and woodland, and has a deep red flavourful meat. It is highly prized and has less fat than that of its relation, the pig. Young boar meat is tastier and the animal can be cooked whole. The parts of adult boars that are consumed include the shoulders, back (cut into chops and fillets), legs and even the head and tail. The viscera are used to make pâté.

Boar can be roasted, braised, stewed or prepared in the same way as pork. In Galicia, it is often served with chestnuts. However it is prepared, it is important to cook the meat well to destroy any pathogens. All boar meat is subject to rigorous sanitary control, as there is a risk of



The special flavour of the Vilalba capon is the result of its completely natural diet.

being a carrier of the trichinella parasite. The wild boar has its own festival, held in Cerdedo (Pontevedra) the last week in April.

### Vilalba capon

The special flavour of this chicken is the result of its diet, which is entirely natural, and the ample spaces where it spends its first months. The production process is always supervised to guarantee that it is authentic Vilalba capon. First, the best males are selected. They are fed and surgically castrated, turning them into capons. After a few days' rest, they are released into the fields and the fattening up period begins. They eat grain, grass and anything else they find as they run around the countryside. Allowing them to move freely promotes muscle development, which makes the meat more flavourful. Later, on St. Martin's Day, in mid-November, they are shut in a *capoeira*, a cage with bars which was traditionally









Left and above: The breed of cow native to this community is the Rubia Gallega, although the Ternera Gallega PGI includes this breed, Morenas Do Noroeste and their crosses.

kept next to the house's kitchen, and fed a paste made of cornmeal, potatoes, egg and boiled chestnuts. They are slaughtered when they reach eight months.

Authentic Vilalba capons, which have been fattened using traditional methods, must have a red tag tied to one leg. The other bears a card certifying all the information about the animal, including its origin and what food it has received.

The capons are cleaned, plucked and gutted before being presented at the fair held on 21 December in Vilalba (Lugo). The Feira do Capon de Vilalba has taken place each year for over two centuries. The birds weigh between 3.5 (the minimum weight) and 4.5 kilos. Capon is a traditional Christmas dish. It is prepared roasted and sometimes stuffed.

## MEAT

### Veal and young beef

The breed of cow native to this autonomous community is the Rubia Gallega, which owes its name to its cinnamon-

coloured coat. Rubia Gallega young beef is a light pink colour, with white fat distributed uniformly throughout the muscle. The meat is finely grained with a firm consistency.

The Ternera Gallega Protected Geographical Indication includes young beef from the Rubia Gallega and Morenas Do Noroeste breeds, their crosses, and first-generation crosses between males of these breeds and Holstein Friesian or Alpine Braunvieh females. Three types of meat are protected by and included in this geographical indication: *ternera gallega suprema*, *ternera gallega* and *añojo*.

*Ternera gallega suprema* comes from calves that have fed on their mother's milk, although their diet is sometimes augmented with fodder, grains, turnips and high quality potatoes. They are slaughtered at around eight months. The *ternera gallega* category identifies calves slaughtered at around ten months. In addition to mother's milk until weaning, they are fed fodder and vegetables. *Añojo* is the meat of calves slaughtered at between ten and eighteen months.

The certification guarantees that their diet has not included any other products, and that transfer of the animals, the abattoir, cutting and subsequent storage meet all the





The pig breed native to Galicia is the Celta, which is endangered.

requirements stipulated for the PGI. This is necessary in order to obtain the quality label. The label is pink for *ternera gallega suprema*, with the word 'suprema' clearly visible; yellow for *ternera gallega*, with the word 'ternera'; and blue for *añojo*, with the word 'añojo'.

Galician young beef is very succulent. It can be roasted, stewed *ao caldeiro*, braised, fried, griddled or grilled, and used as an ingredient in *empanada* (savory pie) or *cocido* (chickpea stew).

## Pork

The pig breed native to Galicia is the Celta, known as the *cerdo celta* or *porco celta*. Because it is endangered, it is subject to special protection. Recovery of this species is being undertaken primarily in the district of A Fonsagrada, Lugo, and along the Costa da Morte, in A Coruña. In addition to Galicia, the Celta pig is found in Asturias and León. It is a cross between *Sus scrofa ferus* and the subgenus *Striatosus*. The animal has an elongated body and large head, with drooping ears long enough to cover the eyes and long legs. The light pink Celta pig is pasture-raised,

meaning that there is no fat accumulation, as what fat it does have is evenly distributed throughout the entire body.

There are three varieties: Santiaguesa, Barcina and Carballina. The first has pink skin with no pigmentation; the Barcina has grey pigmentation; and the Carballina has black pigmentation.

The animal's diet is what later lends the flavour of the meat its characteristic taste. The porco celta eats what it finds in the wild, as well as a variety of garden produce. When slaughtering time approaches, the pigs are taken to the *soutos*, chestnut woods, and *carballeiras*, oak woods, where they feed on fodder, chestnuts and acorns.

Slaughtering time is an important event, because a single pig provides food for a long period. A home slaughter brings together family and friends. They gather and begin by eating the most perishable parts of the pig at a celebration in which they process each part of the animal, to be consumed in the upcoming weeks.

The meat of the Celta pig has a smooth, intense flavour,



The chestnut is a versatile nut that can be used in both sweet and savoury dishes.

similar to that of the Ibérico pig. Every part of the animal is used. Some is sold as fresh meat and some as charcuterie, *lacón* (cured shoulder) and ham. The ribs, head (*cachola*) and loin are cooked. Cooked intestines are usually eaten as a *tapa* (see 'Finished products').

### Fruits of the woodlands

*Soutos*, or chestnut woods, are an important element of the Galician landscape. Records indicate that this ancient tree could already be found in Galician forests thousands of years ago and that its fruit provided food for the earliest inhabitants. However, the chestnut was not cultivated until the arrival of the Romans, and later, the Benedictine monks, who plants vines and chestnut groves. For a long time, the chestnut was the all-purpose ingredient in traditional Galician dishes, until the potato arrived from the Americas and replaced it.

Highly nutritious, as they contain carbohydrates, vitamins, fibre and few calories, chestnuts are a versatile food. They can be used in both savoury and sweet dishes, accompanying pulses and fruits, for example. Their

flavour is sweet and the texture is firm and not mealy. Recipes include cream of chestnuts, chestnut purée, chestnut soup, chestnut cake, chestnuts in syrup, caramelized chestnuts and *marrón glasé*. People also used to make chestnut broth. But the most traditional way to eat chestnuts is roasted. A cut is made in the skin to prevent them from bursting and they are roasted over coals. If they are eaten raw, they must be ripe, otherwise they can cause digestive problems. They can be boiled in either water or milk, with a little aniseed or cinnamon.

*Castaña de Galicia* is a protected geographical indication. It is defined as the fruit of the sweet chestnut tree intended for human consumption. It is sold fresh, frozen and tinned or canned. The PGI includes fresh, dried (*pilonga*) and frozen chestnuts, as well as chestnut flour. When the fruit falls from the trees, it is gathered by hand and placed in well-ventilated containers. The nuts are selected, cleaned and sized to guarantee their quality.

Autumn is chestnut season and November is its month, with *magostos* being held all over Galicia to celebrate the nut. These ancient festivals of Celtic origin are a way









The mirabelle plum is a local traditional Galician fruit.

of giving thanks for the harvest. They are held between 1 November, All Saints' Day, and 11 November, Saint Martin's Day. The name *magosto* refers to the bonfire on which the chestnuts are roasted, and by extension, the festival itself, which symbolizes the start of a new agricultural season. Galicians gather around the fire at home, in village squares and in the countryside. They roast and eat chestnuts and drink the wine of the new vintage.

In Ourense, the Festa do Magosto is held on 11 November, the feast day of St. Martin of Tours, San Martiño, the city's patron saint. Other festivals dedicated to the chestnut are the Festa da Castaña e dos Cogomelos, which takes place in Riós (Ourense) the first weekend in November; and the Festa da Castaña, held in Vila de Cruces (Pontevedra) on 4 November. Verín (Ourense) is home to the Chestnut Interpretive Centre.

The mirabelle plum is a small, round, yellow variety with flecks of red on the skin when it is ripe. It is cultivated in the O Rosal Valley (Rías Baixas). This local traditional Galician

fruit was brought to the edge of the Iberian Peninsula from the Black Forest. It is a highly perishable product and must be eaten shortly after being purchased. Mirabelles are picked in early July and are only available for about fifteen days. The surplus fruit is packed in syrup or used to make preserves, jams and even aguardiente or liqueur.

These plums are very nutritious, providing vitamins A and C, sugars and carbohydrates, as well as potassium, calcium and magnesium. The skin contains carotenoids and bioflavonoids, which are antioxidants. They have a mild, pleasant flavour and a soft texture. Mirabelle plums can also be used to make a variety of desserts, including cakes.

They are grown organically and sold with the guarantee of the Galicia Organic Agriculture Control Board (CRAEGA).

Roasting chestnuts on the street, a common sight during the month of November.







# FINISHED PRODUCTS









## PAN DE CEA

The fame of San Cristovo de Cea – a small town located in the O Carballiño district, in the northwest part of the province of Ourense – has spread far and wide, and justifiably so. For this town with a long baking tradition produces one of the best breads in all of Spain. The fact that its traditional method of breadmaking has endured over the centuries until today, its secrets being passed down from generation to generation, has allowed Cea bread to become one of only two of our country's breads – the other is made in Cruz (Ciudad Real) – to be awarded a European protected geographical indication (PGI).

The first record of this bread dates from the 13th century and there is evidence of breadmaking activity in the town in subsequent centuries. In fact, from a census ordered by the Marquis of Ensenada in 1752, we know that many the residents of San Cristovo de Cea at that time were bakers, and that the town then had twelve ovens. Today there are some eight more. Not much later, in the 19th century, Cea bread was already famous throughout Galicia.

It is made with wheat flour (75% of which must be harvested in Galicia and stone ground by traditional methods), water, salt and starter dough, for fermentation, plus an optional small amount of pressed yeast. The kneading process

consists of several stages broken up by mandatory rest periods, strictly determined by the ancestral techniques of this labour-intensive local artisanal process, which Cea's bakers still follow faithfully today. Finally, the dough is baked in round granite stone ovens (a design typically found in the district) which have been pre-heated with firewood or other plant-based materials, so that the flavour of the bread is not affected.

Whether sold as a loaf, or poia, weighing 1–1.2 kilos, or as a half-loaf, or molete, 0.5–0.6 kilos, this exceptional quality bread has become a highly valued element of Galician cuisine, not to mention an attraction for tourists. The elongated loaves have rounded ends and a distinctive indentation running across the centre. This is known as the fenda and divides the bread into two equal parts. Another characteristic feature is the golden to dark chestnut brown crispy crust some 0.5–1 centimetre thick – although this may vary even within the same loaf – providing the perfect 'holder' for a crumb which is both soft and firm. It has an intense wheat flavour that delights bread lovers. Because this is genuine bread, it holds up well against moisture, meaning that it does not turn hard as a rock by the next day, or get soft, as do the majority of crusty breads today.

The Fiesta de Exaltación del Pan de Cea, a festival celebrating Cea bread held each year, is an excellent excuse to visit San Cristovo de Cea and sample its bread,

Cea bread baking in a round granite stone oven.



a wonderful accompaniment to any food. However, if this is not possible or you would like to enjoy the flavour of this bread throughout the year, it can also be purchased online. But beware of frauds and fakes: authentic Cea bread will always come in a labelled and numbered bag.

## CHEESES

Galicia boasts a number of excellent dairy products that have been awarded a protected designation of origin (PDO), under the aegis of European Community (EC) Regulation 510/2006, of 20 March 2006. This regulation defines a PDO as: 'The name of a region, a specific place or, in exceptional cases, a country, used to describe an agricultural product or a foodstuff originating in that region, specific place or country, the quality or characteristics of which are essentially or exclusively due to a particular geographical environment with its inherent natural and human factors, and the production, processing and preparation of which take place in the defined geographical area.'

All Galician cheeses with a PDO have a label indicating their status as a protected designation of origin and another label on the back bearing a control number issued by the control board.

### Tetilla

Tetilla cheese, or *queixo tetilla*, is one of the Galician dairy products protected by a PDO. Today it is produced throughout the autonomous community, but it was originally made in the municipalities of southern A Coruña province and northern Pontevedra, primarily Curtis, Sobrado, Arzúa and Melide.

The raw material is the milk of three breeds of cow –Rubia Gallega, Holstein Friesian and Alpine Braunvieh– containing no colostrum or medicinal products. The ageing and fermentation process begins immediately after milking, and continues with the coagulation and chemical transformations that define the product, the result of the symbiosis between cow and environment.

This cheese has a characteristic conical shape ending in a small nipple, which resembles a breast – the origin of its name (tetilla means 'nipple'). The yellowish rind is thin and supple, less than 3 millimetres thick and has no mould.

The body is soft, creamy and uniform, with a few regularly distributed eyes. The aroma is mild and a little acidic, with hints of the raw material from which it is made. The same is true of the lactic, buttery flavour with a slightly salty note. Whole cheeses weigh between 0.5 and 1.5 kilos.

### San Simón da Costa

This is one of the oldest types of cheese produced in Galicia. According to certain legends, it was Celts living in the Carba and Xistral mountains who first made this unusual cheese, which would later be highly regarded by the Romans. Production of both the milk and cheese takes place in the A Terra Chá district of the province of Lugo, which includes Abadín, A Pastoriza, Begonte, Castro de Rei, Cospeito, Guitiriz, Muras, Vilalba and Xermade. Cheesemakers follow ancient techniques, mixing the milk from two milkings, one from that morning and the other from the previous night. They use only milk from the Rubia Gallega, Alpine Braunvieh and Holstein Friesian breeds, or their crosses. This milk is whole and clean, containing no colostrum or preservatives, and has a balanced fat and protein composition. The final product must have a fat content of at least 45% but no more than 60%.

The hallmarks of San Simón da Costa PDO cheese are the shape of the whole cheese, which has a pointed tip and resembles a gun shell or a top, and of course, its smoky flavour, which varies in intensity. Following the ageing process – forty-five days for large cheeses (0.8–1.5 kilos) and thirty days for small ones (0.4–0.8 kilos) – San Simón is smoked with birch wood. This gives the rind its characteristic yellow-ochre colour. It is somewhat oily and hard, ranging in thickness from 1 to 3 millimetres. The yellowish-white body has a delicate, oily, semi-hard texture that is somewhat supple and solid. It has a few rounded or irregular eyes, smaller than the size of a pea.

### Arzúa-Ulloa

The Arzúa-Ulloa PDO is made only from whole, natural cow's milk, raw or pasteurized, from Rubia Gallega, Holstein Friesian or Alpine Braunvieh cows, or their crosses. It contains no colostrum, preservatives or

Arzúa-Ulloa cheese.





medicinal products which could affect the ageing and preservation of the cheese. Production of this milk and designation of origin cheese is located primarily in the districts of Arzúa, Melide, A Ulloa and Chantada, as well as bordering towns. Arzúa-Ulloa comes in three varieties:

*Arzúa-Ulloa*: This type is made with raw or pasteurized milk and must be aged for a minimum of six days. It is produced in wheels – with a diameter of between 120 and 260 millimetres and a height of 50–120 millimetres – with rounded edges. The yellow rind is thin and supple, clear and smooth. Inside, the body is creamy, compact, supple and soft, with scattered eyes. The colour ranges from ivory white to pale yellow. This flavourful cheese has an aroma of fresh milk, with hints of butter or yoghurt, and vanilla, cream and walnut notes. It is ideal as a dessert with honey or quince paste.

*Arzúa-Ulloa de granja*: This variety of Arzúa-Ulloa is a farmhouse cheese, meaning that the raw or pasteurized milk from which it is made comes entirely from the cows of a single farm, where the cheese is also produced. Its characteristics are the same as those of regular Arzúa-Ulloa.

*Arzúa-Ulloa curado*: Raw or pasteurized cow's milk is the raw material for this aged variety, which is also described as *de la nabiza* (turnip green), *del tiempo de los nabos* (turnip-time) or *de año* (one-year), because it is usually put away from one year to the next. It must be aged for a minimum of six months, lending it a more intense flavour than its two 'sister cheeses'. It is also shaped like a wheel or cylinder – with a diameter of between 120 and 200 millimetres and a height of 30–100 millimetres. However, the upper side may be slightly concave.

The aged variety of Arzúa-Ulloa has a bright, intense yellow rind with an oily appearance. It is characteristically firm, causing it to splinter when cut, especially along the edges. The body, also a bright yellow, is very compact, with a strong lactic aroma and a sharp smell. In flavour, it is somewhat saltier than the other two types, with hints of butter, complemented by slight vanilla and nut nuances.

## Do Cebreiro

Production of O Cebreiro milk and cheese takes place in the province of Lugo, in the area where the French Route of the Way of St. James enters Galicia. In fact, it is be-

lieved that the first people to make this excellent cheese were the early monks that settled at O Cebreiro to run the hospital built there to care for pilgrims travelling along the pilgrimage route to Santiago. The texture is a little drier than the other Galician cheeses, but it is excellent as a dessert cheese, eaten alone or with a little honey or quince paste. However, it is also used in meat and fish dishes or in salads, to which its lactic, somewhat acidic flavour is highly suited.

Do Cebreiro PDO cheese is produced in Baleira, Baralla, Becerreá, Castroverde, Cervantes, Folgoso do Courel, A Fonsagrada, Láncara, Navia de Suarna, As Nogais, Pedrafita do Cebreiro, Samos and Triacastela. It is made from the whole, clean pasteurized milk of Rubia Gallega, Alpine Braunvieh or Holstein Friesian cows, or their crosses, containing no colostrum, preservatives or medicinal products. It is required to have a balanced fat and protein composition, producing a final product with a minimum fat content of 45%.

The shape of this cheese takes the form of a chef's hat – its hallmark – with a round base. It comes in a range of diameters, with a height of no more than 12 centimetres, and is sold both fresh and aged, after having matured for a minimum of forty-five days. Each cheese weighs between 0.5 and 2 kilos. The rind is thin or virtually non-existent. It is firm, with no mould and ranges in colour from white to yellow, depending on how long it has aged.

The body is white, grainy, soft, buttery and melts in the mouth, with a slightly acidic lactic flavour with hints of the milk from which it is produced.

## LACÓN

The Galician pork shoulder protected by the Lacón Gallego PGI (protected geographical indication) comes from the *brazuelos*, or forelegs, of Celta, Large White, Landrace and Duroc pigs and their crosses, or crosses of these breeds and the Belgian Landrace or Piétrain, provided that the latter two do not represent more than 25%.

The animals are required to be at least six months old and weigh 90 kilos before slaughter and the traditional regulation round cut must be strictly followed. Lacón production is divided into several stages – salting, washing, resting and drying or curing – taking a total of thirty days. Under no circumstances may the pieces be smoked, not even to aid in the drying process. In addition,



*Chorizo gallego* is used in a number of traditional Galician dishes.

in order for a lacón to be protected by this PGI, it must always have a rounded shape and retain the skin and hoof, without nails.

The exterior must be clean, with a solid muscle mass and texture that is firm to the touch. The fat has an irregular oily consistency and may be white or slightly yellow, depending on the feed given to the animal. The meat, which ranges in colour from pink to purplish red, has a pleasant, mild aroma. The flavour is not too salty, with a touch of sweetness.

This product is deeply rooted in Galician culinary tradition. Historical records indicate that it was already being eaten in the 17th and 18th centuries, although at that time only the privileged classes (nobility and clergy) were able to enjoy it. Today, *lacón* can be found on Galician tables at every special occasion or celebration, especially Christmas Eve and Carnival Sunday. It can be eaten uncooked or baked, and is also an ingredient in *caldo gallego* (bean soup) and *cocido gallego* (chickpea stew).

However, the quintessential recipe featuring this meat is undoubtedly *lacón con grelos*, one of Galicia's most exquisite and delicious dishes, made with four basic ingredients: *lacón*, turnip greens, potatoes and *chorizo*.

## CHARCUTERIE

### Chorizo gallego

*Chorizo gallego* is a sausage made using the highest quality raw materials: pork meat (lean pork and salt pork), normally from the ribs and shoulder of the animal, garlic, salt and spicy paprika. The last is what gives it a characteristic red colour. The meat is minced and mixed with the spices, then stuffed into casings. Natural casings are used in homes where they still slaughter their own animals, but collagen casings have been the norm in factories since 1953, when the first casing factory opened in Spain. The *chorizos* are then tied in strings and the curing process begins. This may be done by smoking the sausages or allowing them to dry. Lastly, they are preserved in fat or oil.

Chorizo can be eaten raw, boiled, in wine, fried, roasted or as an essential ingredient in a number of Galician dishes, including *cocido* (chickpea stew) and *lacón con grelos* (pork shoulder with turnip greens).

Among the different varieties, *chorizo ceboleiro* is notable. It contains onion and the meat is typically minced more coarsely. This variety is delicious when cooked simply with potatoes, as it gives off an exquisite aroma of onion. In the Celanova district (Ourense) this *chorizo* is made with pumpkin instead of onion, giving it a sweet flavour that is excellent in chickpea and bean stews.

## TINNED SEAFOOD

The canning industry began operating in Galicia around the mid-19th century. Galicians already had the custom of preserving sardines by salting or smoking them. But in 1840, when a French ship was wrecked on the coast of Galicia, they learned of a new method of keeping foods fresh, devised by French investigator Nicolas Appert: canning. This discovery and a crisis in the fishing industry during that period encouraged contemporary entrepreneurs to open factories in Galicia. Catalan businessmen were the first to settle in coastal areas



and open canneries which over time have become some of the most important on the planet. In fact, Spain ranks second in the world in production of tinned seafood, after Thailand, and is number one in Europe. Galicia is home to 80% of Spanish canning firms, the majority of which are in Vigo, O Morrazo, O Salnés, Pontevedra, O Barbanza Peninsula, Costa da Morte, northern A Coruña and Lugo.

This is due to the fact that Galician canneries work with excellent quality raw material and the best industrial resources. Additionally, the product is always packed at peak maturity and nutritional quality, when the fish and shellfish have reached their optimum flavour and texture.

Tuna is the most important tinned fish produced in Galicia, followed by sardines, mussels and mackerel. Production volume has increased for all of these in recent years, while demand for octopus, squid, cockles, razor clams and clams is on the decline.

The manufacturing process used in tinning fish guarantees healthy products for consumption. This is owing to a number of reasons: it destroys the bacteria that cause food to spoil, it eliminates virtually any trace of the pesticides that are often found in fresh foods and it does not require additives to keep them in perfect condition.

At Galician canneries, this process begins as soon as the fish reach the facility. After discarding the innards and unsuitable specimens, the raw material is immediately washed, the heads are removed, it is cooked (the fish are placed on racks to cook them at 100°C in brine or steam), then chopped or filleted (removing any remaining bones, skin, etc.) before being packed in tins or glass containers. These are then filled with olive oil, another vegetable oil, tomato or pickling liquid, depending on the recipe, and hermetically sealed.

The final step is sterilization: the tins are run through an autoclave at high temperatures, which vary depending on the type of product. After cooling, they are cleaned, marked with a lot number, labelled and packaged. The process ends with storage of the product, awaiting shipment.

## OIL

Galicia was an olive-producing region during the Roman period and continued to make oil throughout the Middle



Tuna is the most important tinned fish produced in Galicia.

Ages. However, this activity declined as a result of several laws enacted by the Catholic Monarchs and the Count-Duke of Olivares, who wanted to boost production in other parts of Spain. In consequence, by the arrival of the 18th century, it was no more than a token industry in Galicia, producing only the 1.5% acidity oil required by the province. According to the *Historia general del Reino de Galicia* [General History of the Kingdom of Galicia] by Álvarez Sotelo (c. 1700), this activity was concentrated in the 'valleys of Quiroga, Valdeorras and Monterrei'. And so, in the 19th century, all that remained in Galicia were a few properties in Quiroga and O Bolo that supplied the canning industry. As a result, ships began to arrive on the Galician coasts, bringing imported oil from other areas to meet all the demand from this industrial activity.

However, in the early 21st century, because the banks of the Sil and Miño rivers offer excellent conditions for the production of premium quality oils and Galician olives have a very balanced acidity, the industry which virtually disappeared in the preceding centuries is now on the rise.



Galician olives have very balanced acidity.

Still, it must be said that the volume of production is not significant in comparison with other Spanish regions, Andalusia, for example.

Brands such as Aceiroga and Olei, which have emerged in recent years, have become wonderful ambassadors for the excellent properties of Galicia's oil. Aceiroga uses organic, artisanal production methods, with olives from trees in the Quiroga Valley over one hundred years old. Olei is located in San Cibrao das Viñas (Ourense), producing oil using olives from centuries-old native Galician trees that grow in the districts of Quiroga, Valdeorras and Monterrei.

## HONEY

The region of Galicia has had a beekeeping tradition since the time of antiquity. This is demonstrated by the Catastro de Ensenada, a census conducted in 1752–1753, which reports that at the time, the area had 366,339 hives – called

*trobos* or *cortizos* – some of which can still be found in many places. Thanks to the rain which falls virtually year-round, the excellent climate, the granite soil and the sea winds and air, these western lands boast an abundance of varied flora. This makes it possible to produce high quality monofloral honey and different multifloral varieties, which have earned the Miel de Galicia Protected Geographical Indication (PGI).

There are several Galician desserts for which honey is a key ingredient, and others which use it as an accompaniment, such as when it is served with Arzúa-Ulloa, tetilla and whey cheeses, among others.

Depending on its botanical origin, Galician honey can be found in several varieties:

*Multifloral honey:* This is the most common type of honey in Galicia. Its colour ranges from watery white to dark brown. The flavour also varies, as the intensity, persistence, aroma, etc. depend on the type of flowers growing around the hives. As a result, some honeys have more dominant fruity flavours, while others have floral nuances, and so on.

*Monofloral chestnut honey:* This honey has a dark amber colour with reddish tones, an intense flavour and a powerful floral scent. It is produced in the inland districts of Galicia, where the chestnut is the predominant tree species. It is a liquid honey with very slow crystallization, noted for its high vitamin C content and minerals such as iron.

*Monofloral eucalyptus honey:* The scent of this tree perfumes the territories bordering the Galician coast, due to intense replanting efforts carried out during the post-war period. It is the key note of the honeys made in this area. The colour is amber, and there is a characteristic fresh, mentholated aroma with hints of the wild vegetation of the hills. The flavour is slightly acidic with little persistence.

*Monofloral blackberry honey:* Galicia has an abundance of Rosaceae thickets, most noteworthy blackberries, making it possible to produce this amber-coloured honey which can range from light to dark. It has a delicious sweet and fruity flavour and blackberry scent.

*Monofloral heather honey:* This honey with a caramel hue or dark colour with reddish nuances has an intense floral scent and long-lasting autumnal flavour, with a touch of bitterness. It is produced in mountain areas, where heather – known locally as *queiroga*, *carrasca* or *brecina* – is a common scrubland plant, with violet flowers and diminutive perennial leaves.





*Rosquillas* are one of Galicia's typical sweets.

## SWEETS

Galician cooking includes any number of delicious traditional desserts. But perhaps the most universally known is *tarta de Santiago*, originally from Santiago de Compostela, a cake made with almonds, sugar and eggs. Records indicate that a predecessor had already made an appearance as far back as the 16th century. Known as *torta real* (royal cake), its main ingredient was also almonds. Today, *tarta de Santiago* can be found at almost any Galician cake shop and pilgrims can sample it on their journey along the Way of St. James.

At Carnival, Galician cuisine takes a turn for the sweet, with *filloas* or *freixós* (crêpes), *orejas* or *orellas* (fried dough) and *rosquillas* (doughnuts), among other options. During this festival, they are never absent from tables in every home and restaurant. *Filloas* are made with flour, milk, eggs, salt and sometimes cinnamon. They can be sweet or savoury, although they are most often filled with cream, jam or honey. They resemble French crêpes and in some areas, as in France, spirits are added to give them more flavour. A number of Galician towns, including Muimenta, Lestedo and Valongo, hold culinary festivals showcasing *filloas*. *Orejas* (the name literally means 'ears') get their name from their unusual shape. They are thin, very crispy, sweet fried dough made with eggs, flour, milk, sugar,

grated lemon rind, butter and anisette. The ingredients in *rosquillas* are eggs, sugar, butter, flour, grated lemon peel and anisette, which are kneaded together until they form a thick dough. This is shaped into balls, using the finger to make a hole in the middle. After being fried in a generous amount of hot oil, they are rolled in sugar and ready to eat. *Melindres* are a smaller version of *rosquillas*. They are made with eggs, sugar, anisette and flour, then glazed with syrup after being fried.

Another typical Galician dessert is *bica* or *bica mantecada*, which is very common in the province of Ourense. It is a light sponge cake made with eggs, butter or beef fat, bread dough, oil, yeast and sugar. It is perfect for breakfast or as an afternoon snack with a nice cup of coffee. *Bica* is also served with spirits or warm wine, or even with a fatty cheese. The variety made in the Ribeiro area is not sweet. It uses cornmeal and has a flavour very similar to Galician *empanada* (savoury pie).

*Tarta de Santiago* is the best-known traditional Galician dessert.



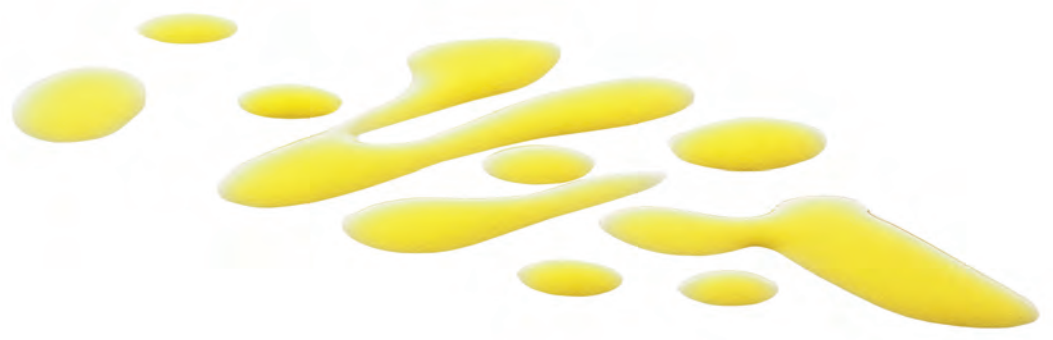








# GALICIAN HAUTE CUISINE





# PEPE SOLLA



When Pepe Solla and his siblings were small, their parents would sit them on the stone steps from the kitchen and give them the top to a traditional Galician round loaf. There the children would wait while they worked. They watched them go back and forth from the dining room; steam drifted up from the pots and pans; the pace was quick, occasionally hurried. They entertained themselves, eating the bread and usually falling asleep. At the end of the night, when their parents were done, the drowsy kids would be carried up to bed. Other nights, when they had eaten the entire loaf and then another, and the time had not yet come to head upstairs, in the end, as they always did, their eyelids would droop and they would finish out the night in their parent's arms. This story was repeated throughout the year. In winter, they covered the freezing cold stairs with a blanket to avoid catching a chill, while the coal stove heated the entire kitchen.

Such recollections are no different from those recounted by anyone born into a family restaurant. Half of those who experienced this childhood would leave, never to return, but the other half would stay. Pepe Solla belongs to this second group: the restaurant is part of his very being. He has become another element of its history, and it his. And as they moved forward together, they merged, leaving behind the mundane, stripping away all that was not necessary or indispensable, holding on only to the essential. In both the kitchen and the dining room, Pepe Solla sought clarity. This is no slavish adherence to the trendy minimalism so much in vogue, but rather a devotion to simplicity, the essence.

## Casa Solla

Avda. Sineiro, 7 - 36005 San Salvador de Poio - Pontevedra  
Tel.: 986 872 884  
correo@restaurantesolla.com  
www.pepesolla.es  
www.restaurantesolla.com

That Pepe Solla has made such a solid name for himself as a chef in such a short time can only be explained by two things: one, it is in his blood; and two, with each passing year, he has sought perfection in his professional maturity. And because it so happened that, in addition to an interest in the evolution of Galician cuisine (the legacy of his parent's classic cooking), the son who started out as a sommelier had

a hand (and a head) for well paired and well prepared food, a talent reserved solely for the chosen. It turns out that his commitment to the cause goes beyond what would be an understandable cupidity, offering diners masterful dishes, as well as ample spaces: an elegant, minimalist dining room and a lounge, a comfortable spot for an aperitif or after-dinner drink. Generous maturity.

One might say that the two words which best describe Casa Solla's cuisine are 'identity' and 'origin'. For by dint of their ongoing efforts, they have established the solid reputation that only comes with experience, moving into the future on the strength of the innovation to which they always aspire. The origin can be found in each dish; identity in each flavour.

# Pork filloa-raxo

## Filloas (crêpes)

100 g flour  
1 egg  
250 g milk  
1 pinch salt  
15 g butter

*Blend all the ingredients except the butter in the food processor. Melt the butter and add it at the end. Strain.*

*Cook the filloas in a hot frying pan, spreading them as thinly as possible. Set aside.*

## Marinade

20 g paprika  
6 cloves garlic  
5 g parsley  
230 g olive oil  
3 sprigs fresh thyme  
6 g salt

## Raxo (pork loin)

Joselito Ibérico pork pluma (top loin)  
Marinade

*Remove any excess fat from the outside of the pork. Vacuum-seal in a bag with the marinade and cook for 2 hours at 52 °C. Set aside.*

## Paprika emulsion

1 clove garlic  
Spicy paprika  
50 g chicken broth  
Salt  
Sunflower oil

*Blend the garlic and paprika with the broth. Add salt to taste.*

*Whisk with the oil until you have an emulsion.*

## Potato

1 potato  
Truffle  
Salt

*Cook the potato. Purée with a little of the cooking water and the truffle. Add salt to taste. Strain and set aside.*

## Guacamole

1 avocado  
1 medium tomato  
¼ spring onion  
1 pickled jalapeño pepper  
Juice of 2 limes  
3 bunches coriander

*Peel the vegetables. Blend all the ingredients together. Strain and set aside.*

## Seaweed pilpil sauce

100 g codium  
1 clove garlic  
Sunflower oil  
Salt

*Bring the codium to a boil. Strain and blend to obtain a broth. Add the garlic and blend.*

*Whisk with the oil until you have an emulsified pilpil sauce. Add salt to taste and set aside.*

## Jalapeño chilli

1 tin jalapeños in vinegar  
1 egg yolk  
Salt  
Olive oil

*Purée the jalapeños with a little of the liquid.*

*Add the egg yolk and salt to taste.*

*Whisk with the olive oil until you have a mayonnaise. Strain and set aside.*

## Spring onions

Grelot onions

*Blanch and peel the onions. Roast them in a medium oven until golden brown, covering them when half done.*

*Strip off the leaves and dry.*

## Plus...

Mustard greens  
Wood chips

## Finish and presentation

*Sear the pork raxo on the griddle, browning the outside well and leaving the inside juicy.*

*Heat the wood chips and burn them in the grill, then put them out so they begin to smoke. Put the meat on the grill and cover, allowing it to absorb the scent of the smoke.*

*Place the filloa on the plate. Top with the emulsions, onions and greens, and finish with the smoked pork raxo.*

*This dish is intended to be eaten with the hands.*





# Cauliflower, fried greens and nuts

## Greens

Winter cabbage leaves  
Baby spinach  
Olive oil

*Heat the oil and fry the greens in small batches.  
Dry them in a dryer for 12 hours.*

## Chestnut purée

500 g chestnuts  
Salt and sugar  
Fennel  
Salt and pepper

Peel and blanch the chestnuts. Remove the skins and cook them in water with a little salt, sugar and the fennel.

When they are soft, purée them with a little water. Add salt and pepper to taste. Strain and set aside.

## Cauliflower purée

1 cauliflower  
Butter  
Salt and pepper

*Cook the cauliflower in a generous amount of water until very soft. Drain.*

*Purée the cauliflower with the equivalent of 20% of its weight in butter. Season with salt and pepper and set aside.*

## Plus...

Hazelnuts  
Hazelnut oil



## Finish and presentation

*Heat the cauliflower purée and spoon it onto the centre of the plate.*

*Top with a few drops of chestnut purée, then the fried greens, a little more purée and a few hazelnut pieces.*

*Finish with a touch of hazelnut oil.*



# Sea bream, Lourenz fava bean pure and broth

## Fava bean pure

1 carrot  
1 spring onion  
1 clove garlic  
1 tomato  
20 g fresh Lourenz fava beans  
Salt  
Oil  
Butter  
Salt and pepper

*Wash the vegetables and chop them in half. Put them in cold water with the fava beans. Add a pinch of salt and a splash of oil. Cook for around 40 minutes, checking regularly. Drain and set aside, saving some of the water. Blend the beans with a little cooking water and 15% of their weight in butter. Add salt and pepper to taste and set aside.*

## Sea bream

1 large fresh sea bream

*Precook the sea bream in a steam oven at 61 °C until the internal temperature reaches 42 °C*

## Pepper juice

3 red peppers  
Salt  
Dried guajillo chilli

*Blacken the peppers over an open flame. Place them in a baking dish and roast in a hot oven. Cover them when half done and cook until very soft.*

*Peel the peppers and pure them with the juice left in the baking dish. Strain with cheesecloth. Add salt and chilli to taste and set aside.*

## Plus...

Cut raw fresh vegetables: carrot, spring onions, chives  
Mixed greens



## Finish and presentation

*Sear the sea bream on the griddle on the skin side only. Spoon a little pure on the plate. Garnish with the spicy pepper juice, vegetables and greens. Put the sea bream on the plate, pour some of the broth from cooking over it and serve.*



# Scallop tartare, beef hoof and creamed leeks

## Scallops

4 large scallops

*Carefully clean the scallops. Remove the coral and set it aside for another dish.*

## Hoof

1 beef hoof  
1 onion  
1 leek  
1 sprig parsley  
1 clove garlic  
Peppercorns  
Salt

*Thoroughly wash the hoof. Put it in a generous amount of water with the other ingredients .*

*Cook for a long time until very soft. Remove and bone. Chill. Chop into small pieces and set aside.*

## Creamed leeks

4 leeks (white part)  
½ carrot  
2 cloves garlic  
Olive oil  
Chicken broth  
Cream  
Salt and pepper

*Cut up the vegetables and fry them lightly in olive oil. Cover with the broth and cook until very tender.*

*Reduce and purée, adding 15% of the total weight in cream and salt and pepper to taste.*

*Put through a fine sieve and load into a siphon. Set aside.*

## Creamed vegetables

2 cloves garlic  
½ leek (white part)  
1 onion  
Olive oil  
Soya sauce  
Salt

*Cube the vegetables and lightly fry them in olive oil over very high heat until they take on a deeper colour. Add a splash of soya sauce and cook off the liquid. Cover with water and cook until very soft.*

*Purée and put through a fine sieve. Add salt to taste.*

## Plus...

Claytonia perfoliata sprouts



## A Finish and presentation

*Heat the beef hoof. Chop the scallops into medium-sized cubes. Mix the hoof and scallops. Add salt and pepper to taste. Spoon the vegetable cream onto the centre of the plate and arrange the mixture on top. Finish with the creamed leeks and Claytonia perfoliata sprouts.*



# Tea with citrus fruits and honey

## Tea

1 l water  
12 g tea  
10 g sugar  
1.5 sheets gelatine  
18 g kappa

Heat the water. Add the tea and sugar. Cover and allow to steep for 8 minutes. Strain the liquid. Combine with the gelatine and kappa to make a gel. Spread into a thin sheet and cut into 8-centimetre circles. Set aside.

## Passion fruit flan

250 g passion fruit purée  
6 eggs  
130 g sugar

Combine the ingredients in the Thermomix and cook at 85° for 8 minutes on speed 5. Blend at maximum speed for an additional 2 minutes. Strain and chill.

## Fruit

1 blood orange  
1 grapefruit  
1 orange

Peel and separate into segments. Set aside.

## Lemon sorbet

1 kg lemon purée  
425 g water  
260 g sugar  
200 g glucose  
30 g glycerine  
2 sheets gelatine

Combine the lemon, water and sugar in the Thermomix and cook at 85° for 7 minutes on speed 5. Add the remaining ingredients and blend at maximum speed. Strain and freeze. Blend in the Pacojet before serving.

## Orange gelatine

1 orange  
Gelatine

Squeeze the orange. Make a gel with the juice, using 5 sheets gelatine per litre. Cut into cubes.

## Lemon meringue

80 g egg whites  
50 g sugar  
1 grated lime rind

Beat the egg whites. Fold in the sugar and then the lime rind. Spread on a tray and dry in the dehydrator. Set aside.

## Grapefruit

250 g grapefruit  
60 g sugar  
30 g Proespuma

Blend all the ingredients together. Strain and allow to rest. Load into a siphon and set aside.

## Plus...

Flowers  
Mandarin sprouts



## Finish and presentation

Place the tea gelatine in the centre of the plate and arrange the other elements on top. Finish with the sorbet



# XOSÉ CANNAS



Evolving, committed and daring: these are the adjectives that characterize the cooking of Xosé Torres Cannas, who heads up the kitchen at Pepe Vieira. Camiño da Serpe. The restaurant has received its first star from the prestigious Michelin Guide. Xosé and his brother Xoán Torres Cannas – sommelier and 2004 Nariz de Oro award winner, who creates pairings for the dishes – have built a spectacular avant-garde location on the family property in the town of Raxó (Pontevedra), where some very serious cooking is done.

## Pepe Vieira. Camiño da Serpe

Camiño da Serpe, s/n  
Raxó, Poio (Pontevedra)  
Tel.: 986 741 378  
info@pepevieira.com  
www.pepevieira.com

Pepe Vieira. Camiño da Serpe is both modern and current. It occupies a building seamlessly integrated into its environment, whose defragmented white structures interact with their natural surroundings, offering gorgeous sea views and 13,000 metres of gardens. Inside, the décor is simple – wood, glass, concrete – creating a space in which the play of light is the key element.



# Cassava paper, baked ribs, basil and mint

## Ingredients

1 cassava root  
2 kg pork ribs  
Thyme  
Rosemary  
Apple cider vinegar  
Sweet paprika  
Black pepper  
Olive oil  
Summer truffle  
Tomato centres

## Fresh herbs:

Basil  
Mint  
Chives  
Curly-leaf parsley

## Method

### Cassava paper

Peel and cut up the cassava root. Boil for 40 minutes until completely soft. Drain and purée to make a paste. Spread on a baking sheet and dry for 12 hours. Cut into irregular pieces and fry.

### Ribs

Vacuum-seal the ribs in a bag with the thyme, rosemary, apple cider vinegar, sweet paprika, black pepper and olive oil.

Cook for 14 hours at 76 °C. Remove the bones and chill.

Cut up the meat and caramelize the surface. Add the meat juices and pan glaze.

Arrange the chunks of glazed meat on the cassava paper and garnish with the truffle and tomato centres, basil, mint, chives and parsley.





# Fried lobster, chlorophyll and lime

## Ingredients

500 g lobster (1 piece)  
Salt  
Sunflower oil

## For the tempura batter

200 g strong flour  
100 g cold mineral water  
80 g lager beer  
Salt

## For the lime mayonnaise

3 egg yolks  
125 g olive oil  
25 g lime juice  
Salt

## For the wood sorrel chlorophyll

1 tablespoon wood sorrel

## Method

*Cook the lobster in salted boiling water for 4 minutes. Cool and peel. Remove the lobster meat and salt to taste.*

*Stir together all the tempura batter ingredients. Place a generous amount of sunflower oil in a pan and heat to a high temperature. Dip the lobster in the tempura batter and immediately put it in the oil. Fry for a few seconds until the tempura is completely crispy.*

*Combine the ingredients to make the lime mayonnaise. Brush the mayonnaise on the fried lobster. Grate a little lime peel over the lobster to add aroma.*

*Liquefy the wood sorrel and thicken to make the wood sorrel chlorophyll.*

*Garnish the dish with a few fresh wood sorrel leaves.*





# Smoked sea bass and spicy pickled citrus fruits

## Ingredients

60 g sea bass per person

## For the pickled onion

Spring onion

600 g water

80 g apple cider vinegar

## For the pickled turnip

600 g water

80 g apple cider vinegar

1 sea lettuce

Turnip

## For the citrus powders

Grapefruit

Lime

Orange

Arbol chilli peppers

## Method

Clean the sea bass and divide it into portions.

Place on a perforated Gastronorm sheet and

smoke with vine shoot wood for 10 minutes.

## Pickled onion

Cut the onion into chunks. Vacuum-seal in a bag with the liquids for 15 minutes.

## Pickled turnip

Combine the water, vinegar and sea lettuce in the Thermomix and make a thin juice.

Cut the turnip into thin slices. Vacuum-seal in a bag with the liquid for 10 minutes.

## Citrus powders

Peel the citrus fruits, removing any pith from the peel.

Blanch the peels three times in boiling water.

Dry in a 60 °C oven for 12 hours.

Grind up the peel with a pinch of arbol chilli.





# Raw beef seasoned with egg yolk and mustard

## Ingredients

500 g Rubia Gallega sirloin steak

## For the seasoning

Sable salt  
Egg yolk  
Mustard  
Black pepper  
Valentina sauce  
Chives

## For the pesto

Basil  
½ clove garlic, blanched  
Raw chestnut, double peeled  
Parmesan  
Arbequina olive oil

## Method

*Thoroughly clean the sirloin steak and cut it into small cubes.*

*Mix with the salt, egg yolk, mustard, black pepper, Valentina sauce and chives to create a strong, delicate flavour.*

## Pesto

*Blanch the basil.*

*Purée with the garlic, chestnut and cheese.*

*Gradually blend in olive oil to create a smooth sauce.*

*Garnish the dish with basil leaves to add aroma.*





# Tarta de Santiago 2016

## Ingredients (25 portions)

200 g sugar  
200 g egg yolk  
500 g egg  
500 g almond praline  
500 g butter  
200 g strong flour  
10 g salt  
Butter or oil spray

## For the sour cream

50 g cream per portion  
Lime juice

## For the almond crumble

100 g butter  
100 g brown sugar  
100 g wheat flour  
100 g almond flour

## For the cocoa crumble

100 g butter  
100 g brown sugar  
70 g wheat flour  
30 g cocoa powder

## Method

Blend the sugar and egg yolk.  
Melt the praline and butter together. Add to the sugar and egg mixture.  
Sift in the flour and mix.  
Grease flan moulds with butter, fill with the batter and bake at 180 °C for 10 minutes.  
Fill a pot with water to make a bain-marie and place it over medium heat. Do not boil.  
Put the praline and butter in a deep bowl and place it in the water to warm the mixture.  
In another bowl, combine the egg yolk, sugar and whole egg.  
Add this mixture to the praline and butter. Blend together in the mixer. Try to avoid adding any air. While blending, sprinkle in the flour until you get a smooth batter. It is best to add the flour quite quickly.

Coat flan moulds with oil spray, fill and freeze.  
Separate the cream with a little lime juice.

## Almond crumble

Cream the butter and sugar. Mix all the ingredients together until they form a smooth mixture.  
Spread on a baking sheet and bake at 175 °C for 10 minutes.

## Cocoa crumble

Cream the butter and sugar. Mix all the ingredients together until they form a smooth mixture.  
Spread on a baking sheet and bake at 175 °C for 10 minutes.

Preheat the oven to 200 °C and cook the frozen batter for 10 minutes. Serve the cake with the sour cream and the almond and cocoa crumbles





# JAVIER OLLEROS



Javier Olleros began cooking at the age of 14, while he was still at school. He worked in the family hotel, where he began to get a taste for the trade. Cooking alongside his father, he learned that in order to do things well, you have to be persevering, disciplined and exercise care and humility in anything you do.

When he finished school, he stayed on at the hotel. It was only open eight months of the year, so he worked at other restaurants during the remaining four months to continue his training. These included the Gran Hotel de La Toja (5 stars), El Corte Inglés (Vigo), Zallo Barri (Gernika), Bica do Sapato (Lisbon), Martín Berasategui (Donostia), La Broche (Madrid), Balzac (Madrid), Pepe Solla (Poio) and Toñi Vicente (Santiago).

He had been mulling over the idea of Culler de Pau for several years, because he needed a place other than the hotel to cook year-round. He was looking for something specific, not too big, where the surroundings were important.

And O Grove is where the cooking of Javier Olleros truly makes sense. This is where he grew up and has his roots. O Grove is an enticing off-season destination, not only for the cuisine, but also for the scenery. Being in his home town allows Olleros to have almost a family relationship with many of his suppliers and a familiar knowledge of the type of customers who visit the restaurant.

## Culler de Pau

Reboredo, 73  
369800 Grove (Pontevedra)  
Tel.: 986 732 275  
reservas@cullerdepau.com  
<http://cullerdepau.com>

At Culler de Pau, great attention is always paid to the ingredients. And this means searching them out at any time and in any place. The restaurant is loyal to its farm and maritime pantry, to locally-sourced products (familiarity, avoiding middlemen, greater product control, freshness, seasonal items, boosting the local economy and sustainability). And because the region boasts a wealth of raw materials, it

can offer good value for money. At its core, Culler de Pau is a team of a people with a solid foundation. Javier Olleros is a determined and highly disciplined person. He gets up at eight each day, full of enthusiasm, in order to visit the market and then go over every nook and cranny of the restaurant, ensuring that everything is impeccable. Later, through the window from the kitchen, he discreetly observes the diners and is thrilled when he sees that they are enjoying the meal. His wife, Amaranta Rodríguez, is in charge of the dining room and management. The restaurant opened its doors in April 2009. In January 2010, Olleros was nominated for the best new chef award at the Madrid Fusión culinary conference. In 2011, Culler de Pau received its first Repsol sun. In November 2012, it was awarded a Michelin star and a second Repsol sun.

# Green broth and dressed lamb's lettuce

## Vegetable broth

500 g leek  
300 g onion  
300 g carrot  
1 clove garlic  
100 g celery  
200 g turnip  
Parsley stalks  
White wine  
2 l water

*Clean the vegetables well. Put them in a pot with the remaining ingredients.*

*Cook over low heat for 30 minutes. Set aside for 10 minutes. Strain.*

## Brown crab broth

5 kg brown crab  
100 g onion  
50 g tomato  
50 g leek  
50 g carrot  
5 l water

*Cut up the crab and clean well using seawater. Lightly fry the vegetables until they lose almost*

*all their moisture.*

*Brown the crab in a frying pan and add the vegetables. Lightly fry for a few minutes.*

*Add the water and cook over low heat for about 40 minutes. Allow to rest, strain and filter.*

## Kombu broth

100 g dried kombu  
1 l water

*Soak the seaweed in water for 30 minutes.*

*Cook over low heat for 30 minutes.*

## Baby turnip green purée

1 kg baby turnip greens  
Water

*Cook the turnip greens in boiling water until tender.*

*Cool rapidly and prepare a dark green purée.*

## Lamb's lettuce

300 g walnuts  
300 g salt  
4 lamb's lettuces  
Virgin oil  
Pickled baby spring onions

*Toast the walnuts. Cool and chop with the salt.*

*Dress each lettuce with a few drops of oil, slices of spring onion and the nut salt*

## Green broth

200 g vegetable broth  
200 g crab broth  
100 g kombu broth  
50 g baby turnip green purée  
Spicy herb oil  
Salt

## Spicy herb oil

400 g Eidos de Iria virgin olive oil  
25 g cress  
25 g watercress  
25 g garden nasturtium  
25 g mustard  
10 g radish greens

*Vacuum-seal the oil in a bag with the different herbs and cook sous-vide at 100 °C for 60 minutes. Strain with cheesecloth, squeezing tightly to release all the oil absorbed by the herbs.*

*Combine the broths and heat, making sure to never exceed 70 °C. Add the turnip green purée. Finish with a few drops of the spicy herb oil.*

*Serve in a bowl accompanied by the lamb's lettuce, which is to be eaten with the hands. This is the first appetizer, a statement of principles.*





# Herbs from Adelina's garden with smoked cream

## Herbs

*We use the herbs and plants provided by Adelina's garden each season (garden cress, navelwort, sorrel, watercress, garden nasturtium, shrubby everlasting, begonias, mustard, moss, etc.).*

## Smoked cream

1 l cream  
2 tins anchovies  
100 g smoked fish skins  
8 egg yolks  
1 sheet gelatine

*Heat the cream, anchovies and fish skins to 90 °C. Allow to rest and strain.  
Cook the egg yolks with the infused cream like a double cream.  
Blend, strain and add the gelatine.  
Load the mixture into a siphon.*

## Rice crust

500 g rice  
Water  
Squid ink  
1 clove garlic  
Mild oil

*Cook the rice in water for 40 minutes.  
Blend in the Thermomix with the squid ink until you have a paste.  
Spread thinly on parchment paper and dehydrate at 70 °C for 3 hours*

## Plus...

Dried tomato, chopped  
Pickled onion, sliced  
Dried black olives  
Smoked sardine, cubed

## Finish and presentation

*Fry the rice, which will be used as a base. Add the whipped cream and garnish with a few dots of dried tomato, onion slices, a sprinkling of olives and sardine cubes. Top with the herbs.*





# Pickled beetroot and Mos poularde

## Pickled beetroot

50 ml rice vinegar  
75 ml water  
25 g carrot  
10 g pink pepper  
2 g parsley  
½ cinnamon stick  
½ bay leaf  
20 g onion juice  
4 beetroots

Mix the ingredients well and vacuum-seal in a bag with the beetroot. Cook at 90 °C for 30 minutes. Cool and refrigerate for 3 weeks.

## Mos poularde broth

2 kg poularde carcasses and wings  
Salt  
400 g olive oil  
100 g onion  
50 g garlic, with skin  
1 bay leaf  
2 sprigs thyme  
2 sprigs rosemary  
75 g 25-year sherry vinegar  
800 g water

Salt the chicken parts and brown in the oil. Add the onion and garlic and cook until these are golden brown. Add the dry herbs and cook for 1 minute. Add the vinegar, reduce for 1 minute and cover with the water. Cook for 25 minutes.

Refrigerate for 24 hours.

Separate the fat and strain the drippings. The juices will have a strong flavour of classic chicken stew, which is even more delicious the next day.

## Poularde liver

100 g onion  
500 g livers  
Salt  
Black pepper  
35 g Armagnac  
1 egg white

Sweat the onion until it loses all of its moisture. Season the livers with salt and pepper. Add them to the onion and sauté over high heat. Add the alcohol and reduce.

Place the livers in a Pacojet container and freeze them in the blast chiller. When they are thoroughly frozen, put them through the Pacojet three times. Thaw. The result will be a light liver cream. Half-whip the egg white and add it to the cream.

## Chicken skins

Remove any fat and meat from the skins. Spread them on parchment paper with crushed garlic oil. Place weight on top and cook at 160 °C for 2 hours. Cut the skins into rectangles and fill with the cream. Roll.

## Apple gelatine

500 g puréed green apple  
0.8 g gellan gum  
Juice of ½ lemon

## Yoghurt foam

600 g yoghurt  
170 g cream  
10 g Worcestershire sauce  
5 g mustard  
1 sheet gelatine

Combine the ingredients and add the warm gelatine.

## Finish and presentation

Cut the beetroot into thin slices and brush with the cooking juice. Set aside on paper. Heat the broth and put it in the base of the dish. Pile the beetroot on top, creating a structure. Place apple gelatine cubes and a few dots of yoghurt foam on the plate. Add the liver cream filled skins





# Spider crab with flavours and texture of the Ria of Arousa

## Spider crab

1.5–2 kg O Grove spider crab

*Cook the spider crab to 95 °C over low heat. Remove and cool*

## Sea bottom gelatine

20 g seaweed

Water

1.5 g dried bonito

Vegetables (onion, leek and garlic)

1 kg mussels

2 brown crabs

Gelatine (1 sheet per 300 g)

Agar-agar (2 grams per litre)

200 g *codium*

*Make a broth with the seaweed, water and dried bonito. Cook over low heat for 1 hour. Remove from the heat and allow to rest.*

*Lightly fry the vegetables. Use them to make another broth with the mussels, brown crabs*

*and their weight in water. Cook over low heat for 3 hours. Allow to rest and strain.*

*Mix the two broths at a ratio of 20% seaweed and 80% mussel. Add the gelling agents to give it texture and set aside.*

*Dehydrate the *codium* to make a salt. Make bunches to be added to the plate raw (before serving).*

## Sea anemones

4 sea anemones

Garlic oil

Sunflower oil

Vinegar

*Sauté the anemones with a little garlic oil over high heat. Freeze in Pacojet containers. Blend to produce a light anemone cream. Emulsify with sunflower oil, water and three drops of vinegar.*

## Sea urchins

4 sea urchins

*Open the sea urchins, remove the gonads and clean them in their own water. Set aside.*

## Finish and presentation

*Put the gelatine in the centre of the plate, top with the spider crab and arrange the other elements around it at random.*



# Cured pilchard with Padrón pepper seeds

## Ingredients

8 pilchards  
300 ml seawater (1 l water and 36 g salt)  
700 ml vinegar  
Olive oil, virgin and 0.4%  
250 g Padrón peppers  
150 g ham  
300 ml water  
Instant cornflour  
Salt

## Method

*Remove the spine and bones from the pilchards. Cure in seawater and vinegar for 6 hours. Dry the fish well. Place them in a container and cover with virgin olive oil and 0.4% oil. Fry the Padrón peppers in oil for 1 minute. Remove and separate the seeds from the flesh. Place the ham and 50 g of the pepper flesh in the water. Cook for 1 hour without boiling to make a broth. Remove from the heat and strain. Thicken the broth with a little instant cornflour.*

## Finish and presentation

*Stir the seeds into the broth and spoon onto the bottom of the plate. Arrange the pilchards on top with a little salt. This dish can be served with toasted bread.*





# ALBERTO GONZÁLEZ



Much time has passed since Silabario opened its doors in 2008. And these six years have brought many experiences, some of them good and others less so: joys, laughter, goals achieved, disappointments and above all, lots of work.

After so long, a phrase that marked the earliest days of Silabario, and which Alberto González has made his own, remains more relevant than ever: Begin at the beginning.

González has never been one for shortcuts. He has never jumped on the bandwagon of fleeting culinary trends. He remains true to the cuisine of the Baixo Miño district, thoroughly Galician in its roots, steering away from the gastronomic globalization that muddies the essence of local gastronomy.

## Silabario

Colón, 11, 36700 Tui (Pontevedra)  
Tel.: 986 607 000  
info@restaurantesilabario.com  
www.restaurantesilabario.com

A silabario is a type of workbook once used to teach writing. Like a child at school, the crew at Silabario starts with the basics of traditional cooking – slow-cooked stews, oak wood grills, artisanal cakes and pastries – and adapts the dishes to the present day, utilizing the new techniques of modern cooking and immersing themselves in everything the outside world has to offer, gaining substance, growing. The cuisine they produce is eminently Galician, influenced by all that surrounds and enriches them. There can be no doubt that its location in a border region lends character to the Silabario menu. For living 'on the line' leads the restaurant to give the occasional nod to its neighbouring country.





# Grilled vegetable broth with Lourenzá fava beans, smoked lamprey, pork cracklings and charcoal

## Ingredients

### For the pork crackling

1 salted cacheira (pig's head)  
Pepper  
Ground cumin

### For the lamprey

1 lamprey fillet, dried and smoked  
50 g duck fat  
Salt and pepper  
1 bay leaf  
100 ml beef broth

### For the fava beans

1 red pepper  
1 carrot  
1 fennel bulb  
1 celery stalk  
1 onion  
1 leek  
2 tomatoes  
1 clove garlic  
1 l chicken broth  
100 g acorn-fed Ibérico ham  
200 g fresh Lourenzá fava beans

### For the charcoal

Leek leaves  
Celery  
Spring onion leaves  
Pepper mix  
Black salt

## Method

### Pork crackling

Desalt the cacheira for 3 days, changing the water frequently.  
Boil until soft and remove the bones.  
Place the cacheira meat in a large frying pan on the lowest heat. Cook for a long time, skimming off the fat, until almost all of the fat is gone.  
Add the spices and press.

### Lamprey

Soak the lamprey in lukewarm water for 12 hours.  
Then use a knife to remove any remaining dried blood and cartilage.  
Seal the fish in a vacuum bag with the duck fat, salt, pepper and bay leaf. Cook for 1 hour at 90 °C.  
Cool, divide into portions and set aside.

### Fava beans

Roast the vegetables over a wood fire grill until they take on a dark colour.  
Put them in the chicken broth with the ham and cook slowly for 3 hours. Strain with a chinois, cool and set aside.  
Once the broth has cooled, skim off the fat. Reduce to obtain the desired texture and flavour.  
Seal the fava beans in a vacuum bag with the vegetable broth. Cook at 95 °C for 2 hours, cool and set aside.

### Charcoal

Roast the vegetables on a wood fire grill until they are almost burnt. Remove and blend until fine with the pepper mix and black salt.



## Finish and presentation

Heat the fava beans and plate with a little of the broth from cooking. Glaze the lamprey in the salamander grill with the beef broth and arrange on top of the fava beans. Add the pork crackling and season with the charcoal.



# Grilled Burela bonito, ajoblanco and tomato syrup

## Ingredients

700 g Burela bonito, cleaned and boned  
Padrón peppers, fried  
Chive oil  
Guérande grey salt  
Sprouts and flowers

## For the marinade

600 g albariño white wine, reduced by half  
½ bay leaf  
250 g extra virgin olive oil  
10 g parsley  
10 g brown sugar  
20 g salt  
40 g kombu, hydrated

## For the molasses

1 l port  
500 g muscovado sugar  
0.5 l aged rum  
Salt

## For the tomato syrup

600 g very ripe vine tomatoes, peeled and seeded  
Molasses

## For the ajoblanco blanco

1 clove garlic  
80 g raw Marcona almonds  
100 g water  
75 g breadcrumbs  
400 g olive oil  
Salt

## Method

*Prepare the marinade: Reduce the white wine with the bay leaf. Combine with the rest of the ingredients and blend.*  
*Seal each portion of bonito in a vacuum bag with this mixture and marinate for 48 hours.*  
*Tomato syrup: Start by preparing the molasses. Reduce all the ingredients until the mixture has a caramel texture. Set aside. Gradually add the tomato to the molasses and cook until they form a jam.*

*Ajoblanco: Finely grind the garlic and almonds with the water and bread. Emulsify with the olive oil. Set aside.*

*Bonito: Cook the vacuum-sealed bonito in the Roner at 55 °C for 8–10 minutes, depending on the thickness of the piece.*

*Remove the bonito from the bag and lightly sear each side on the oak wood grill, brushing the fish with the marinade from the vacuum bag. Cover and allow to rest for 5 minutes.*

## Finish and presentation

*Spoon a little of the ajoblanco into the centre of the plate. Place the bonito on top. Add the tomato syrup and fried Padrón peppers. Dress with a little chive oil and Guérande grey salt. Decorate with seasonal flowers and sprouts*



# Grilled veal sweetbreads, onions and Valdeorras wine zabaione

## Ingredients

500 g veal sweetbreads  
0.5 l milk  
100 g duck fat  
1 clove garlic  
Salt  
Pepper  
1 bay leaf  
4 small spring onions  
15 g butter  
250 ml beef broth  
Thyme  
Rosemary  
25 g aged mustard  
Edible flowers

## For the Valdeorras wine and mustard zabaione

300 g Valdeorras godello wine  
6 chives  
30 g baby spring onion  
100 g liquid egg yolk  
200 g clarified butter  
Saffron threads  
10 g mustard

## Method

*Lightly blanch the sweetbreads in boiling water and refresh in ice water.*

*Soak in the milk for 12 hours.*

*Heat the duck fat and add the garlic, salt, pepper and bay leaf. Caramelize the sweetbreads at 70 °C for 25 minutes.*

*In the meantime, peel and wash the spring onions. Seal them in a vacuum bag with the butter, beef broth, thyme and rosemary. Cook for 45 minutes at 85 °C.*

*For the zabaione: Reduce the wine with the chives and spring onions. Combine with the other ingredients in the Thermomix and cook for 5 minutes at 65 °C on speed 7. Strain with a chinois and load into a siphon.*

*Brown the sweetbreads over a wood fire grill. Finish in the salamander grill, glazing regularly with the broth from the spring onions. Also glaze the onions until shiny.*



## Finish and presentation

*Spoon a bit of aged mustard onto the plate and place a sweetbread on top. Add a little zabaione and arrange the onions on either side of the sweetbread. Decorate with edible flowers.*



# Cod loin confit, creamed chickpeas and stewed cod tripe

## Ingredients

### For the cod

600 g high quality salted cod loin  
150 ml olive oil  
1 sprig thyme  
1 bay leaf  
4 cloves garlic  
100 g scotch bonnet mushrooms

### For the creamed chickpeas

500 g chickpeas  
50 g onion  
50 g carrot  
50 g leek  
50 g onion  
50 g red pepper  
1 celery stalk  
25 g tomato  
100 g Ibérico ham  
Allspice  
Sichuan pepper  
Cardamom  
1 bay leaf  
1 fresh coriander

### For the stewed cod tripe

25 g spring onions  
25 g red pepper  
25 g leek  
1 clove garlic  
25 g carrot  
150 g cod natatory bladder  
Sweet La Vera paprika  
Tripe spices  
Salt and pepper

## Method

### Cod

*Desalgamos o bacallau por un espazo de 36 ho* Desalt the cod for 36 hours, changing the water several times. Keep the water cold. Divide the cod into portions and seal in a vacuum bag with the olive oil, thyme, bay leaf and garlic cloves.

### Spiced creamed chickpeas

*Soak the chickpeas in warm water overnight. Lightly fry half the vegetables and the tomato. Add water and cook the chickpeas for 20 minutes. Add the rest of the vegetables in large chunks, the ham and spices. Cook until the chickpeas are soft. Drain the chickpeas well, pressing them to remove any excess water. Purée in the food processor with the fresh coriander until you get a creamy mixture. Set aside.*

### Stewed cod tripe

*Lightly fry the vegetables. Finely chop the cod bladder and add it to the vegetables with a little water. Stew until the bladders start to become soft and gelatinous. When they are almost done, add the paprika, tripe spices, salt and pepper.*



## Finish and presentation

*Caramelize the cod at 55 °C for 10 minutes. Sauté the scotch bonnet mushrooms. Spoon some creamed chickpeas onto the centre of the plate. Place the cod on top. Arrange the stewed tripe and mushrooms in a circle around them.*

# Raw sheep's milk cheese lava sponge cake with strawberries

## Ingredients

### For the sponge cakes

For the sponge cakes  
4 egg whites  
50 g sugar  
5 egg yolks  
200 g artisan whey cheese  
300 g Rexo sheep cheese  
45 g wheat flour  
150 gr icing sugar  
100 g toasted almonds  
Fresh mint  
Icing sugar

### For the roasted strawberry soup

1 kg strawberries  
100 ml mineral water  
50 ml Modena vinegar  
50 g Demerara sugar

### For the poached strawberries

150 ml strawberry soup  
50 ml vintage port  
20 g sugar  
100 g small strawberries

## Method

### Sheep's milk cheese sponge cakes

Beat the egg whites with the sugar in the mixer. Avoid making them too stiff. Set aside. Blend the rest of the ingredients in the food processor until smooth. Pour into a bowl. Using a spatula, fold the egg whites and sugar into the other mixture, taking care not to lose the air. Pour into stainless steel baking tins lined with parchment paper and freeze.

### Strawberry soup

Preheat the oven to 200 °C. Roast the strawberries for 5 minutes. Cool. Seal in a vacuum bag with the water, vinegar and Demerara sugar. Cook at 85 °C for 2 hours. Strain the mixture with a chinois to produce the soup. Set aside the pulp for another dish.

### Poached strawberries

Combine the strawberry soup, vintage port and sugar. Reduce by half. Bring the liquid to a boil, pour over the strawberries and set aside.



### Finish and presentation

Bake the sponge cakes in a 200 °C oven for 9 minutes. Remove from the mould and place on a plate with the poached strawberries and a few leaves of fresh mint. Sprinkle icing sugar over the sponge. At the table, serve with the strawberry soup to taste



# LUCÍA FREITAS NACHO TIERNO



A native of Santiago de Compostela, at the age of eighteen, Lucía Freitas moved to the Basque Country, where she studied cooking. Then, under the guidance of master pastry chef Jordi Brutón, she entered the world of restaurant pastry-making at Espai Sucre, in Barcelona.

Over the course of her professional career, she has worked in a number of prestigious kitchens, including El Celler de Can Roca (Girona), Mugaritz (Donostia), El Bohio (Illescas) and Restaurante Tapies (Lleida).

At twenty-seven, she returned to the city of her birth to open her own restaurant, A Tafona.

Lucía Freitas took second place in the 2014 Chef of the Year Competition. At the A Coruña Gastronomy Forum in January 2015, she joined Grupo Nove, a Galician chefs' association, becoming the second woman among the twenty-two chefs. She was a finalist in the 2015 Chef of the Year Competition, coming in second at the final held in April 2016. She has participated in a number of cooking shows, talks and culinary workshops, as well as several television programmes.

For his part, Nacho Tierno decided that his true vocation was cooking after completing his studies in hotel administration and management. He travelled around Spain for a while, then began working in Asturias under the supervision of his mentor, Pedro Martino (Restaurante L'Alezna).

Chance brought the two chefs together in the kitchen at Bens d'Avall restaurant in Majorca. They decided to return to their native land and make their dream a reality. And so they opened their own restaurant: A Tafona. Casa de Xantar. Four hands, the same passion and a shared philosophy: to offer well-crafted cuisine with its own unique identity using the finest products in their arsenal.

## A Tafona. Casa de Xantar

Rúa da Virxe da Cerca, 7. 15703 Santiago de Compostela (A Coruña)  
Tel.: 981 562 314  
info@restauranteatafona.com  
<http://roifreitas.wix.com/copy-of-tafona>

In six years, Lucía Freitas and Nacho Tierno have succeeded in establishing A Tafona as one of the most noted restaurants in Santiago de Compostela. They put their own stamp on cooking based on the fresh, seasonal Galician products that arrive daily at the market located just 50 metres away.

With a passion for seafood products directly from the fish market and vegetables pulled from their own garden, they create a cuisine with no constraints and no fixed menu, preparing different dishes each day to surprise their diners.

A Tafona has won the Santiago (e) Tapas competition on six occasions. Eleven of its cociña miúda (tapas) offerings have also been finalists in the same competition.

# Scallop *lañada*, coriander sorbet and coastal plants

## Scallop *lañada*

1 scallop  
150 ml Auga Mareira

*Soak the scallop in the seawater for 12 hours. Dry and slice.*

## Tiger milk

30 g key lime juice  
30 g lime juice  
80 g hake bones, clean  
30 g purple onion  
10 g jalapeño  
5 g aji  
Grated kaffir lime peel  
3 g fresh coriander  
1 pinch salt

*Combine all the ingredients in a bowl and marinate for 12 hours. Strain the tiger milk and set aside.*

## Coriander sorbet

125 g fresh coriander  
1 l mineral water  
100 g sugar  
55 g Gelcrem Cold

*Blanch the coriander for a few seconds and put in ice water. Drain. Purée with the water, sugar and Gelcrem Cold.*

*Strain and pour into a Pacojet container. When the mixture is frozen, blend for a few moments before plating.*

## Plus...

Chalotita de costa seaweed  
Ice plant  
Purple onion, sliced  
Jalapeño

## Finish and presentation

*Arrange the sliced scallop in the centre of the plate. Dress with the tiger's milk and garnish with the coastal plants (chalotita de costa seaweed and ice plant), purple onion slices, jalapeño and rocket flower. Finish with a small quenelle of coriander sorbet.*





# Rias hake, garden peas and *codium*

## Hake

1 hake loin (90 g)  
Salt  
Pepper  
Olive oil

*Remove the spine from the hake and divide into portions.*

*Season with salt and pepper and cook in the steam oven at 60 °C for 7 minutes.*

## Peas

*Select the sweetest and most tender garden peas, choosing only the youngest pods with the thinnest skin.*

*Shell the peas and cook in the steam oven for 3 minutes.*

## Codium and chlorophyll sauce

200 g fresh codium  
600 g mineral water  
30 g chlorophyll (obtained by blanching 400 g garden spinach)  
3 g xanthan gum  
50 g sunflower oil

*Purée the codium with the water in the Thermomix on speed 7 at 65 °C. Add the chlorophyll and strain. Return to the mixing container and add the xanthan gum. Emulsify by stirring in a thin stream of neutral sunflower oil.*

## Cod tripe

Cod tripe  
Peppercorns  
Bay leaf  
Leek greens

*Desalt the cod tripe for 16 hours, changing the water three times. Strain and slice.*

*Cook in water with a few peppercorns, bay leaf and leek greens. Set aside.*

## Plus...

Pea flowers  
Snow peas

## Finish and presentation

*Make a base of peas, tripe and codium sauce. Top with the steamed hake. Decorate with pea flowers and mangetout*



# Celta cockerel, roasted chestnuts, mini apples and seasonal mushrooms

## Cockerel

1 Celta cockerel (Mos breed)  
1 bulb garlic  
Thyme, rosemary, sage and bay leaf  
Whole allspice  
80 g butter  
30 g carrot  
20 g fennel  
10 g celery  
40 g onion  
150 g white wine  
30 g oloroso sherry  
Chicken broth  
Cornflour  
Butter

Clean out the inside of the cockerel, setting aside the liver. Fill with the aromatics. Truss the bird with hemp twine. Brown the cockerel in a Dutch oven with butter to give it uniform golden colour. Remove and brown the

vegetables in the same pot. Deglaze the pot with the wines and reduce. Put the cockerel back in the Dutch oven and cover halfway with chicken broth. Cover and bake for 2 hours and 20 minutes. Baste the chicken occasionally, making sure that there is always broth in the pot. When the interior temperature reaches 65 °C, remove and allow to rest. Strain the remaining liquid and reduce by three quarters. Thicken with instant cornflour and brush on the cockerel. Put the bird back in the hot oven and baste repeatedly with the gravy until the skin takes on a dark brown glaze.

## Roasted chestnuts

500 g chestnuts, with skin  
300 g chicken broth  
Celery, thyme and fennel

*Cut open the chestnuts and roast over an open fire. Peel.*

*Add them to the chicken broth with a little celery, thyme and fennel. Cook for 30 minutes, without allowing the broth to boil, so that the chestnuts do not break. Strain and set aside.*

## Seasonal mushrooms

Boletus  
Milk caps  
Chanterelles  
Sweet tooth mushrooms  
Butter  
Cauliflower mushrooms

*Clean the mushrooms with a damp cloth. Sauté them over high heat with a dollop of butter, except for the cauliflower mushrooms, which will be used raw.*

## Mini apples

Mini apples  
Simple syrup

*Select and wash the mini apples. Seal them in a vacuum bag with a little simple syrup (equal parts sugar and water). Steam at 85 °C for 18 minutes*



## Finish and presentation

*Layer the chestnuts, mushrooms and apples in the bottom of the Dutch oven. Place the glazed cockerel on top and cover with the rest of the thickened cooking juices. Add the liver and three dollops of butter. Finish by baking at 180 °C for 15 minutes to allow all the flavours to meld. Serve the dish in the Dutch oven and carve the cockerel at the table.*



# Brown crab ravioli, fennel and green apple

## Ingredientes

### Wrinkled swimming crab sauce

300 g wrinkled swimming crab  
20 g celery  
20 g leek green and parsley  
50 g tomato purée  
50 ml white vermouth  
1 l fish broth  
2 shallots  
¼ fennel bulb  
Cornflour

*Cut the crabs into quarters and brown them. Add the vegetables and tomato purée and blacken. Cover with the vermouth and fish broth. Add the aromatics. Cook for 30 minutes. Strain and reduce by three quarters. Thicken slightly with cornflour*

### Fennel and kaffir lime sauce

2 fennel bulbs  
1 spring onion  
½ clove garlic  
2 kaffir lime leaves  
50 ml pastis  
500 ml fish broth  
Oil  
Xanthan gum

*Fry the vegetables lightly without adding any colour. Add the lime leaves and cover with the pastis and fish broth. Cook for 25 minutes. Purée and strain with a fine chinois. Emulsify with neutral oil and thicken with a bit of xanthan gum.*

### Ravioli

150 g brown crab meat  
50 g wrinkled swimming crab sauce  
1 tablespoon minced chives and chervil  
4 rice paper wrappers

*Steam the crab for 25 minutes at 80 °C. Remove the meat and coral from the shell and mix together.*

*To prepare the forcemeat, mix the brown crab with the thickened sauce and aromatics. Hydrate the rice paper wrapper and fill with 50 grams forcemeat.*

### Plus...

Granny Smith apples  
Trout roe  
Garden sprouts

### Finish and presentation

*Cover the ravioli with the fennel sauce and finish with a bouquet of Granny Smith apples, trout roe and garden sprouts.*



# Our chocolate. Dark-roast coffee notes, toasted almond, caramel and tonka bean

## 70% chocolate cream

500 g milk  
500 g cream  
200 g egg yolks  
100 g sugar  
450 g 70% baking chocolate

*Make a crème anglaise: Heat the milk and cream. Pour them over the egg yolks and sugar. Blend in the food processor. Place cling film directly on top and refrigerate for 12 hours.*

## White chocolate and coffee ganache

800 g white baking chocolate  
500 g cream  
35 g sugar  
100 g salted butter  
10 g freshly ground coffee

*Melt the baking chocolate with the cream and sugar and bring to a boil. Add the butter and emulsify in the food processor. Stir in the freshly ground coffee. Place cling film directly on top and refrigerate for 12 hours.*

## Gianduja cream

210 g gianduja  
50 g inulin  
45 g sugar  
250 g water

*Melt the gianduja and heat to 40 °C. Blend the inulin, sugar and water and heat to 40 °C. Strain the mixture with a cheesecloth to eliminate any residue and combine with the gianduja. Allow to rest in the refrigerator for at least 1 hour.*

## Salted caramel compact

200 g sugar  
800 g cream  
9 sheets gelatine  
5 g salt  
1 tablespoon tonka bean

*Heat the cream. Make a dry caramel with the sugar. When it starts to bubble, add the hot cream and bring to a boil. Hydrate the gelatine sheets and add them to the mixture. Put in the refrigerator to set. Cut the set caramel into cubes.*

## Coffee and cocoa streusel

230 g soft flour  
280 g hazelnut flour  
250 g brown sugar  
50 g cocoa powder  
250 g butter  
5 g freshly ground coffee  
5 g salt

*Mix together the flours, sugar and cocoa. Cube and add the butter. Mix until you get the texture*

*of sand. Chill in the refrigerator. Crumble and bake at 160 °C for 20 minutes.*

## Steamed cocoa sponge cake

5 eggs  
5 egg yolks  
150 g sugar  
65 g cornflour  
65 g cocoa powder

*Follow the Genoise method: Beat the eggs and yolks, gradually adding the sugar. Sift the dry ingredients. Add them when the eggs have tripled in volume. Cook in the steam oven at 90 °C for 20 minutes.*

## Hazelnut ice cream

244 g whole milk  
300 g water  
59 g powdered skimmed milk  
60 g sugar  
211 g inverted sugar syrup  
6 g neutral cream stabilizer  
20 egg yolks  
100 g toasted hazelnut paste

*Mix the milk and water. Heat and add the powdered milk, sugar and syrup. When the mixture reaches 40 °C, add the neutral cream stabilizer and sugar.*

*Scald the egg yolks and heat to 85 °C. Stir in the hazelnut paste. Refrigerate for 6 to 12 hours*

## Chocolate caramel

200 g cooking chocolate  
100 g glucose  
100 g isomalt  
50 g cocoa mass, chopped  
1 tablespoon tonka bean

*Heat the sugars to 160 °C. Allow the temperature to reduce to 140 °C and add the cocoa mass and tonka bean. Pour the mixture onto a Silpat mat and cut it into pieces before it solidifies. Return it to the oven. Spread the caramel on parchment paper and shape it with your hands.*

## Chocolate sheets

White baking chocolate  
Edible food paints

*Temper the white baking chocolate. Paint the inside of the leaves with it. Once it has set, remove from the moulds and paint by hand using edible food paints.*

## Plus...

Cacao nibs  
Flake salt  
Chopped hazelnuts  
Crispy caramel  
Toasted almonds





# MANUEL COSTIÑA



Manuel García García, known as Manuel Costiña, was born in Santa Comba (A Coruña). He trained at Escuela de Lamas de Abade in Santiago de Compostela and holds an advanced diploma in hospitality and tourism, with a specialization in cooking. He is part of the third generation of the García family, which founded Retiro da Costiña in 1939. It has had one Michelin star since 2008, as well as two Repsol suns.

Manuel Costiña has spent time working in every service area at Retiro da Costiña, allowing him to gain the experience necessary to lead an enterprise that seeks to maintain the family legacy. In his dual role as chef and restaurant manager, he has made several major changes in structure and décor with an eye to ongoing evolution and improvement, while remaining true to its origins. He has devoted his knowledge, mastery of cooking techniques and timing, along with his professionalism, to offering the finest product, polished personal touches, innovative high quality cuisine and impeccable service.

Manuel Costiña is currently a member of the board for the celebrated Galician chefs' association Grupo Nove.

## Retiro da Costiña

Avenida de Santiago, 12  
15840 Santa Comba, A Coruña  
Tel.: 981 880 244  
info@retirodacostina.com  
<http://retirodacostina.com>

Over seventy-five years ago, the García grandparents opened an eating house that would later become the restaurant. Building on these beginnings, Retiro da Costiña remains a family restaurant where each member of the crew makes every effort to ensure that diners feel at home, happy and relaxed.

The restaurant offers several different spaces, providing a complete culinary experience and inviting guests to escape and enjoy themselves completely through all of their senses in a relaxed atmosphere of contemporary elegance.

Once past the foyer, the journey takes guests through three spaces, each with its own ambiance. We begin with hors d'oeuvres in the Cava-

Bodega, where Manuel Costiña shares the best-kept secrets of an extraordinary collection of more than two thousand wines from 55 Spanish designations of origin and 11 wine-producing regions abroad.

After the hors d'oeuvre, accompanied by a selection of wines which Costiña personalizes based on each diner's tastes and preferences, the culinary experience moves on to the bright dining room. Here, the colours, textures, décor, furniture, lighting, tableware – each and every element surrounding the diners – provide a perfect balance between elegance and modernity, for the leisurely enjoyment of the dishes and desserts.

The experience continues in the Salón de Sobremesa, savouring a coffee or one of the 800 different spirits, including a number of collector's items. Here time comes to a halt. The comfort and warmth, complete with a fireplace and cosy leather sofas, are an invitation to pleasant conversation in a room that allows diners to feel utterly at home, prolonging the enjoyment and making this gastronomic and sensory journey an unforgettable episode.

# Roasted leeks with Galician Parmesan veil and highland cream

## Leeks

Leeks  
Butter  
Brown sugar  
Apple cider vinegar

*Cut the bottom part of the leeks into 5-centimetre pieces. Combine them with the other ingredients.  
Place the leeks on a baking sheet and bake for 5 hours in a 90 °C steam oven.*

## Galician Parmesan veil

Parmesan

*Grate the Parmesan onto greaseproof paper and bake at 200 °C for 4 minutes.  
Cut the cheese into squares measuring approximately 5x5 centimetres.*

## Highland leek cream

Leeks  
Oil  
Garlic  
Fresh basil  
Salt  
Pepper  
Poultry broth  
Cream

*Blend all the ingredients together to make a cream.*

## Finish and presentation

*Put a spoonful of the leek cream in the bottom of the plate. Top with roasted leek, positioned vertically. Arrange the Parmesan veil to one side*





# Cured and braised scallops with hake in pilpil sauce, crunchy radish and piparra pepper

## Scallops

Cambados scallops  
Seawater (Auga Mareira)

*Clean the scallops, removing the coral, outer skin and muscle that attaches them to the shell. Immerse them in seawater and soak for 24 hours, changing the water four times and keeping it cold. Set aside*

## Pilpil sauce

1 hake head  
1 litre 0.4% olive oil  
1 clove garlic  
1 vacuum bag

*LClean the hake head, removing the eyes, gills and cheeks. We will use the last to prepare another dish.  
Seal the head in the vacuum bag with the oil and garlic clove. Cook at 70 °C for 60 minutes.  
Remove from the bag and strain into a container.*

*Separate the oil from the natural hake gelatine. Whisk the gelatine with the oil and pour it into a squeeze bottle. Set aside.*

## Pickled vegetables

Radishes  
Piparra peppers

*Cut the radishes into 1-millimetre slices and set aside in ice water.  
Cut the peppers into 2-millimetre slices and set aside in olive oil.*



## Finish and presentation

*Sear the scallops in a frying pan. Place them on a baking sheet and warm in the salamander grill. Put a drop of the pilpil sauce in the bottom of the plate and set the scallop in it. Season with salt and pepper and top with a slice of radish and two slices of piparra pepper.*



# Clams with boletus mushrooms

## Clams

Large grooved carpet shell clams  
Seawater (Auga Mareira)  
1 clove garlic  
Olive oil, 0.4%  
Salt

Soak the clams in seawater for 1 hour to remove any sand and hydrate them. Set aside.  
Lightly brown the garlic in oil in a saucepan. Add the clams and salt. Cover for 5 seconds to open the clams.

## Boletus cream

Boletus mushrooms  
Onion  
Garlic  
Oil  
Butter  
Poultry broth  
Cream  
Potato  
Salt  
Pepper

Thoroughly clean the boletus mushrooms.  
Cook the onion and garlic in the oil and butter in a saucepan to make a base.  
Cut up the mushrooms and add them to the pan.  
Fry lightly.  
Add a little poultry broth, the cream and the potatoes, broken into small pieces. Cook until done.  
Blend and add salt and pepper to taste. Strain.  
Pour the mixture into a squeeze bottle and set aside.

## Caramelized boletus

Boletus mushrooms  
Oil  
Salt  
Pepper

Clean the boletus and cut them up based on the shape of the mushroom (cubes, slices, etc.).  
Place them in a saucepan, cover with oil and cook over very low heat, about 65 °C, for 1 hour.  
Season with salt and pepper. Set aside.

## Plus...

Chives



## Finish and presentation

Put a spoonful of the mushroom cream in the bottom of the plate. Arrange the clams and pieces of boletus on top and finish with a bit of fresh cut chives.



# Baked and marinated horse mackerel with crispy leeks

## Horse mackerel

Horse mackerel  
Seawater (Auga Mareira)

*Descale the horse mackerel. Separate the two halves and remove the skin and bones.*

*Soak in seawater for a few minutes.*

*Place the bones and heads in ice water to retain the blood and set aside.*

*Roast the horse mackerel in the salamander grill, basting it in its own juices.*

## Horse mackerel sauce

Horse mackerel bones and heads  
Onion  
Leek  
Fennel  
Celery  
Water

*Roast the bones and heads.*

*Add the vegetables and fry lightly.*

*Add a little water and cook for about 20 minutes.*

*Strain, cool and thicken.*

## Marinade

Oil  
Garlic  
Onion  
Bay leaf  
Rosemary  
Thyme  
Sweet paprika  
Vinegar

*Put the oil, garlic, onion and aromatic herbs in a saucepan and heat. When the mixture comes to a boil, remove from the heat. Add the paprika and the vinegar.*

*Cool and allow the solids to fall to the bottom. Strain and set aside.*

## Plus...

Flake salt  
Pepper



## Finish and presentation

*Season the horse mackerel with the marinade, flake salt and black pepper. Arrange on a plate.*

*Put a few drops of the emulsified sauce to one side.*

# Foie gras bonbon coated in white chocolate with apple compote, apple chip and smoked almonds

## Bonbons

1 foie gras liver  
Brandy  
Salt  
Sugar

*Devein the liver on a baking sheet. Add the brandy, salt and sugar and mix*

*lightly. Allow to rest for 20 minutes.  
Cook at 60 °C for 20 minutes.  
Put the mixture in half-circle moulds and freeze.*

## White chocolate coating

White chocolate  
Mycryo (powdered cocoa butter)

*Melt the chocolate in a bain-marie and add the Mycryo.*

## Apple chips

1 Granny Smith apple  
Icing sugar

*Cut the apple into 2-millimetre slices.  
Sprinkle with icing sugar and put in the dehydrator for 24 hours at 60°. Set aside.*

## Smoked almonds

Almonds  
Wood chips

## Apple compote

Apples  
Sugar  
1 cube butter

*ABake the apples with the other ingredients in a 180 °C oven for 10 minutes.  
Purée, strain and pour into a squeeze bottle. Set aside.*



## Finish and presentation

*Put a drop of the baked apple compote in the centre of the plate and place the bonbon on top.  
Garnish with the apple chip and smoked almond.*



# BEATRIZ SOTELO XOÁN CRUJEIRAS



**Xoán Manuel Crujeiras**, holds a technical degree in hospitality and tourism (1989, Santiago de Compostela). He is the founder, co-owner and chef of A Estación restaurant, located in Cambre (A Coruña), which has one Michelin star and one Repsol sun. Beginning in 1986, he worked as a cook and chef at several restaurants in Galicia. Crujeiras is also a cooking and baking technical instructor, has taken part in culinary events in collaboration with other restaurants, and is a speaker at gastronomy conferences. His cooking is very personal, closely tied to his Galician roots and surroundings. It is distinctively maritime and seasonal, a straightforward cuisine devoid of artifice. In his own words, cooking is a feeling. It must emerge from inside and become something special for those who wish to share it with you. A Estación co-owner and chef **Beatriz Sotelo** has an advanced diploma in restaurant management (2002, Pontevedra) and has worked at such renowned restaurants as Toñi Vicente and Casa Marcelo. She is a culinary advisor at several restaurants and has been a speaker at conferences and master lectures, as well as teaching courses for both children and adults. Sotelo was the winner of the 2006–2008 Chef of the Year Competition. After a long journey, with stops at a number of important locales, Beatriz reached Cambre, where she decided to end her travels and make A Estación her home base. The two chefs are bound by friendship, a deep vocation for cooking, tradition, the landscape, respect, independence, the desire to grow and of course, the different elements each contributes (sea and mountain, feminine and masculine, etc.). This has allowed them to tread a middle ground between gastronomic fancy and rationality in their cooking. They seek to both surprise those looking for something new and satisfy those who prefer no surprises. They believe in the magic and emotion with which each dish can be infused

## A Estación

Estrada da Estación, 51  
15660 Cambre (A Coruña)  
Tel.: 981 676 911  
estaciondecambre@gmail.com

A Estación is located in the buffet and storehouse of the old Cambre railway station. This is a peaceful, cosy, romantic spot to enjoy no-nonsense, state-of-the-art, individualistic cooking. The succulent dishes are prepared using local seafood and meats, with the occasional exotic touch, like something that arrived on a long-ago

caravan, taking diners on a journey through a delicious and varied landscape filled with tasty, aromatic and visual experiences.

The food at A Estación puts us in touch with the land, with the raw materials selected and prepared for those who experience gastronomy and culinary culture with true feeling. This is a harmonious blend of culinary experience, knowledge and memory. Offerings include a seasonal menu with dishes to sample and share, starters, fish and meat. There is also a tasting menu, with or without wine pairings, which changes monthly. The ingredients are always seasonal, locally-sourced, traditional and organic, from cooperatives and small producers.



# Salad of langoustine, turnip, pickled vegetables and white and portobello mushrooms

## Langoustine

Peel the langoustine and use a rolling pin to flatten it between two Silpat mats. Cut it into rectangles.

## Turnip

Slice the turnip thinly and set aside.

## Mushrooms

Clean and slice the mushrooms with a mandolin slicer just before use.

## Lemon cream

Blend garlic, lemon and mild oil until you get a smooth and homogeneous emulsion. Season and set aside.

## Pickled vegetables

Immerse mini cucumbers and piparra peppers in a vinegar and sugar mixture. Seal them in a vacuum bag to brine.

## Finish and presentation

Brush a stripe of lemon emulsion on a black plate. Assemble a salad of turnip and langoustine in the centre and season. Finish with the mushroom slices, chilli oil and sliced pickled vegetables. Sprinkle with langoustine powder.





# Pilchard, A Capela *requeixo* burrata, tomato and San Simón da Costa cheese pesto

## **Pilchard**

Clean the pilchard well, removing the spine and all of the bones from each fillet.

Cook for 30 seconds at 200 °C with oil and salt.

## **Requeixo spheres**

Cream the *requeixo* (whey cheese) and put it into a squeeze bottle.

Make an algin bath using 7.5 grams of algin per litre of water.

Form the spheres with the help of a spoon. Rinse them with water.

## **San Simón cheese pesto**

100 g blanched basil

100 g San Simón cheese

50 g walnuts

Salt

Olive oil (for the emulsion)

Purée all the ingredients together in the Thermomix.

Gradually emulsify with mild olive oil until creamy.

Refrigerate in a pastry bag.

## **Tomato water**

Cut tomatoes into quarters and season with salt and pepper. Half-freeze the tomatoes.

Blend them in the food processor and strain in a sieve for 12 hours. The resulting liquid will be clear, with all the flavour of the tomato.

Refrigerate the tomato water.



## **Finish and presentation**

Place a tear-shaped drop of pesto on a clear plate. Top with three *requeixo* balls and the freshly cooked sardine fillet. Serve with crispy bread and a pitcher of tomato water.

# Piñeira chicken cannelloni, seasonal mushrooms, jus and truffle sauce

## **Cannelloni**

Make a roasted vegetable stock using Piñeira chicken meat.

Reserve the carcasses to make a brown stock for the jus.

## **Cannelloni filling**

Shred the remaining meat and put it through the mincer. Add bread soaked in milk to thicken and mix. Add truffle oil, foie gras and season with salt.

Put the mixture in a pastry bag. Pipe out a thin line onto a cooked wonton wrapper and roll.

Finish in the salamander grill with chicken jus and topped with designation of origin cheese.

## **Jus**

Make a jus with the carcasses following the traditional method: brown the carcasses well, add wine, etc.

When the stock is done, season with salt and add truffle.

## **Mushrooms**

Select seasonal mushrooms. Sauté them and cook with some of the jus.

## **Finish and presentation**

Arrange the cannelloni au gratin on a plate, dress with the mushrooms and jus. Add slices of truffle and garnish with fresh sprouts.





# Sea bass, stewed fresh verdina beans, cuttlefish and milk cap mushrooms

## **Stewed fresh verdina beans**

*Cook the verdina beans in the traditional manner with garlic, bay leaf, milk cap mushrooms and codium seaweed. Make a green sauce with fresh codium and thicken. Combine the sauce with the cooked beans.*

## **Cuttlefish**

*Wash the cuttlefish thoroughly, removing all the skin. Cut into equal-sized cubes and set aside.*

## **Ink spheres**

*Make a cream with the cuttlefish ink, adding 20 g calcium gluconate per kilo of mixture. Form into spheres using the reverse spherification technique: immerse in an alginate bath and rinse with fresh water. Refrigerate.*

## **Sea bass**

*Fillet the fish and divide it into portions. Sear on the griddle and plate.*

## **Finish and presentation**

*Arrange the verdina beans, mushrooms, cuttlefish cubes and sea bass in a soap plate. Finish with the ink spheres, garnish and serve.*





# Chestnut cake, *fiúncho* ice cream and white chocolate and toffee soup

## **Chestnut cake**

1 kg chestnuts  
4 eggs, separated  
200 g sugar  
200 g butter, melted

*Cook the chestnuts. Purée them with a little cooking water while still hot.*

*Whisk the egg whites and sugar into a meringue. Set aside.*

*Combine the chestnut purée with the egg yolks and melted butter.*

*Gradually fold in the meringue, taking care not to deflate it.*

*Cook at 180 °C for 18 minutes.*

## ***Fiúncho* ice cream**

*Make a milk-based *fiúncho* (fennel) ice cream. Freeze and emulsify before serving.*

## **Chocolate soup**

*Carefully blend one part toffee and two parts white chocolate to make a homogeneous soup. Cool and refrigerate.*

## **Finish and presentation**

*Cut the cake into 6x6 centimetre squares. Put on a plate and top with icing sugar and a quenelle of ice cream. Serve with a jug of the white chocolate and toffee soup.*





# LUIS VEIRA



The talent of Luis Veira (A Coruña) may have developed in the kitchens of Michelin-star restaurants, but his passion for cooking was formed amidst the meals prepared by his great-aunt and godmother and the *caldeiradas* of his grandfather. He was born knowing that he wanted to be a chef, and so at the age of thirteen, he was already learning his trade at the hotel and catering school in Santiago de Compostela.

Veira got his first professional experience over the course of the five summers of his training, during work placements at various restaurants. He worked at hotels, seafood restaurants and traditional restaurants in Galicia and continued his education in kitchens in both Spain and France. He then returned to A Coruña to lead a kitchen for the first time, at Don Bosco, where he was already doing tasting menus. But his curiosity led him to set off for new climes.

With Pepe Rodríguez Rey at El Bohío restaurant, he learned to transform basic ingredients. He also worked in the kitchens of Martín Berasategui, Joan Roca and Pepe Solla, among others. Then in 2005, he decided to return to A Coruña to embark on achieving a new milestone. Over seven years, Luis Veira laid the foundations of his cooking and his recipes, earning a Michelin star in 2010. His passion for innovation and experimentation now takes the form in his most recent project, *Árbore da Veira*, which opened in October 2012, receiving its first Michelin star in just one year.

## Árbore da Veira

San Andrés, 109, baixo  
15003, A Coruña  
Tel: 981 078 914  
[www.arboredaveira.com](http://www.arboredaveira.com)

Luis Veira's restaurant offers diners a culinary experience. A meal at *Árbore da Veira* is accompanied by a multiplicity of enjoyable sensations produced by the combination of technique applied to the best products and innovative dishes resulting from experience in the kitchen. *Árbore da Veira* is not your everyday cuisine; it is not born of the union of tradition and modernity. It is a commitment to creating a meal that is a progression, a journey that engages all of the senses.

The inviting atmosphere is a hallmark of *Árbore da Veira*, which

offers a comfortable lounge where guests can retire after their meal to prolong the experience. Nature is the order of the day in the dining room: the oak tables, free of tablecloths, dominate the space and almond branches decorate the surrounding area. Every detail is carefully designed to make the restaurant a place where guests feel at ease. Luis prepares two set menus designed to give diners an understanding of his culinary philosophy, while also paying close attention to the relationship between quantity and a balanced diet. The spectacular tableware at *Árbore da Veira* and the well-crafted presentation make the meal a visual experience as well.

The restaurant offers two options: *Raíz* (Root) and *Árbore* (Tree). Both are prepared with the products available at the market that day and always feature seasonal fish and shellfish.

# Our version of anchovies on toast

## Ingredientes

Espaguetes de pementos queimados  
Anchoas  
Crema de queixo  
Dados de pan  
Tomiño  
Caviar de aceite  
Pementa  
Brotos  
Xeado de cebola

## Blackened pepper spaghetti

50 g red pepper juice  
0.6 g agar-agar

*For the pepper juice: Blacken the peppers over an open flame. Put them in a pot, cover with water and cook for 30 minutes.*

*Strain, retaining the water. Liquidize the pepper and mix the resulting liquid with the cooking water.*

*Boil the mixture for 15 minutes. Strain and add salt and sugar to taste.*

*Mix the blackened pepper juice with agar-agar and bring to a boil.*

*Pour the resulting liquid into a squeeze bottle and hook it up to a Spaghetti Kit. When the tube is full, cool it in ice water.*

*Once it has solidified, remove the spaghetti from*

*the tube using the compressed air from a siphon. Refrigerate.*

## Onion ice cream

1 kg onion  
Mild oil  
1 tablespoon sugar  
1 tablespoon salt

*Peel and chop the onions. Poach them in a generous amount of mild oil. When they take on a little colour, drain.*

*Finish by caramelizing them with sugar to taste and a little salt.*

*Purée and strain. Allow to cool before freezing.*

## Creamed San Simón cheese with smoked oil

40 g San Simón cheese  
30 g milk  
10 g cream  
10 g smoked oil  
Salt

*Put all the ingredients in the Thermomix and cook at up to 60 °C.*

*Blend and strain.*

*Refrigerate.*

## Bread cubes

1 loaf sliced bread  
Oil

*Cut the loaf of bread into approximately 5-millimetre cubes.*

*Heat the oil and fry the bread. Put on absorbent paper to drain.*

*Set aside at room temperature.*

## Plus...

Anchovies cut in thirds  
Stripped thyme leaves  
Oil caviar  
Flowers  
Pepper





# Scallop in a citrus marinade, white caviar, trout roe and basil lime sorbet

## Ingredientes

90 g Galician scallops, without coral  
10 g Padrón pepper  
15 g yellow pepper  
35 g roasted red pepper  
10 g shallot  
6 g snail caviar  
10 g trout roe  
1 tablespoon coriander lime marinade  
1 tablespoon basil lime sorbet

## Basil lime sorbet

300 g water  
75 g sugar  
20 g stabilizer  
60 g lime juice  
1 tablespoon fresh basil  
20 g atomized glucose

*Mix together the water, sugar and stabilizer.  
Bring to a boil.  
Allow to cool and add the lime juice. Chill.  
Add the basil and blend.  
Refrigerate for 24 hours. Freeze.*

## Coriander lime marinade

4 g parsley  
50 g celery  
15 g coriander  
5 g shallot  
50 g dashi  
2 drops Tabasco  
2 g salt  
20 g lime juice  
2 g puréed ginger  
Syrup

*Blanch the parsley, refresh and dry.  
Purée all of the ingredients.  
Season with salt and syrup.*



## Finish and presentation

*Marinate the scallop in part of the marinade for 4 minutes.  
Cut the peppers and shallot into very thin slices.  
Plate the scallop, accompanied by the peppers, shallot and a drizzle of marinade. Finish with the basil lime sorbet.*



# Mussels with mussel butter and fresh yeast

## **Mussel butter**

100 g mussels  
1 egg yolk  
400 g clarified butter

*Blend the mussels with the egg yolk. Gradually add the clarified butter, pouring it in a thin stream, like any other kind of mayonnaise, to emulsify the mixture. Refrigerate.*

## **Yeast air**

50 g milk  
10 g yeast

*Infuse and reduce the mixture by half. Aerate with a mixer and collect the air bubbles.*

*Sear the mussels on the griddle. Serve with the butter and fresh yeast air.*





# Blue cheese macaron with acidic apple distillate



## Macaron batter

### Step 1:

100 g icing sugar  
100 g almond flour  
35 g egg whites

Blend the sugar and almond flour in the food processor until they form a very fine powder. Add the unbeaten egg whites and mix well. Set aside.

### Step 2:

100 g sugar  
50 g water  
38 g egg whites

Mix together the sugar and water. Heat to 118 °C to form a syrup. Whip the egg whites in the food processor, adding the syrup in a thin stream while whipping

until the mixture forms a dense meringue.

Use a spatula to gently fold the mixture from step 1 into step 2, taking care not to deflate the meringue.

Pipe the batter onto a baking sheet lined with parchment paper. Allow to rest for 10 minutes. Then bake at 180 °C for 11 minutes. Set aside

## Blue cheese filling

25 g cream  
100 g blue cheese  
½ sheet gelatine

Blend the cream and blue cheese in the food processor until creamy. Soak the gelatine sheet in very cold water. Add it to the cheese mixture. Strain and set aside.

## Apple distillate

(using a Rotoval)  
180 g acidic apple  
200 ml water

Purée the ingredients and allow the mixture to infuse for 12 hours.

Distil for 2 hours at 30 rpm, using a bath temperature of 55 °C and distillation temperature of 45 °C.

Set aside the distillate.

Serve the distillate in a very cold glass with the blue cheese macaron.

# Cod cheeks in pilpil with ko sauce, yuzu and cardamom

## Yuzu gel

15 g yuzu juice  
15 g water  
20 g icing sugar  
0.8 g agar-agar  
½ sheet gelatine  
10 g cream

Combine the yuzu, water and icing sugar and bring to a boil with the agar-agar. Allow to cool to 40–50 °C. Thoroughly hydrate the gelatine and add. Stir in the cream and beat until completely blended. Cool and set aside.

## Cardamom macaron

20 g water  
5 g cardamom  
15 g egg whites  
1.5 g albumin  
1.5 g icing sugar  
0.75 g xanthan gum

Infuse the water with the cardamom. Whisk all the other ingredients together. Gradually add the cardamom infusion until a meringue forms. Pipe small dots onto parchment paper. Allow to dry at room temperature for 12 hours.

## Cod cheeks in pilpil

Cod cheeks  
Mild oil  
Garlic  
Ko sauce  
Raspberry powder

Make a pilpil sauce for the cod cheeks using a mild oil infused with garlic. Once the pilpil has emulsified, add a generous splash of ko sauce

Plate the cod cheeks with the yuzu gel, macarons and freeze-dried raspberry powder.





# IVÁN DOMÍNGUEZ



Iván Domínguez began his career by cooking for the army for five years, during which he even prepared a meal for the 600 crew members of an oil tanker. He would later undertake his formal education at the Fragas do Eume hotel and catering school (A Coruña). Just a few months after starting work at Casa Marcelo (1 Michelin star) in Santiago de Compostela, he was promoted to chef de cuisine, a position he held for seven years as part of Marcelo Tejedor's team.

The need to embark on new challenges led Domínguez to take part in the adventure at O Loxe Mareiro, an Abastos 2.0 project in Carril (Pontevedra), marked by a romantic way of conceiving cooking and a penchant for exploring ingredients that he has never abandoned. His personal and professional inquisitiveness again led him to change course, returning to a Michelin-star restaurant, O Retiro da Costiña, in Santa Comba (A Coruña).

Since the spring of 2014, Iván Domínguez has been part of Grupo Alborada, for which he has maintained the Michelin star at Restaurante Alborada in A Coruña, earning two Repsol suns. He also implemented the menu upgrade at Alabaster in Madrid, which has established itself as one of the top restaurants in the capital since its opening in 2014.

His passion for the product, elegant creations with Asian touches and a Nordic influence, and balanced and flavourful dishes are the hallmarks of this young chef.

## Alborada

Paseo Marítimo Alcalde Francisco Vázquez, 25  
15002 A Coruña  
Tel.: 981 929 201  
info@restaurantesalborada.com  
www.restaurante-alborada.com

After an initial period during which the restaurant established itself and earned its first Michelin star, in 2014 Alborada embarked on a new path of expansion and renewal, hiring Iván Domínguez to take on these new challenges.

Domínguez describes his cooking as Atlantic, closely akin to Nordic cuisine: simplicity of preparation, the evolution of presentation and cooking methods, collaboration with producers, etc. This is contemporary cuisine, attuned to new techniques, but they are put into play in support of the ingredients offered by the land and sea

of Galicia. It is a cuisine of sustainable and seasonal products. It is elegant and balanced, achieving surprising flavour, colour, aroma and texture. It is a cuisine that respects its roots and focuses on creativity as a partner in winning over an increasingly discriminating and savvy clientele.

The architectural design of the space is based on wood, stone and steel. The aim is to create a modern, welcoming atmosphere that showcases the quality of the cooking, making the experience a gastronomic pilgrimage for the senses.

The modern glass and steel façade gives way to two dining rooms, an open kitchen and one private dining room. The décor of the attached wine lounge, Espíritu de Galicia, is in the same style. This space devoted to wine is dominated by the hundreds of bottles arranged in wooden racks, which can be sampled in the professional tasting area created for this purpose.

# Goose barnacles baked in velvet horn seaweed salt

## Ingredientes

1 kg cooking salt  
100 g flour  
4 egg whites  
300 ml velvet horn seaweed, puréed  
50 g sea lettuce  
1 kg goose barnacles  
50 g pepper dulce seaweed  
2 bay leaves

## Salt crust

In a bowl, mix the salt with the flour, egg whites and puréed velvet horn seaweed. Work the mixture until it forms a paste that can be rolled out on parchment paper with a rolling pin.

Divide the dough into two parts and roll it out to a thickness of 1.5 centimetres.

Chill the mixture in the refrigerator so that it shrinks a little and does not fall apart when laid over the goose barnacles.

## Assembly

Place a layer of the salt dough in the bottom of a cast iron Dutch oven, spreading it to a thickness of 1 centimetre.

Next add a leaf of sea lettuce and then the goose barnacles, closely packed with the shells up.

Insert the pepper dulce seaweed and the bay leaves between the goose barnacles.

Cover with a leaf of sea lettuce to prevent the salt

from falling between the goose barnacles.

Complete the process by covering everything with the second layer of salt dough. Seal well, creating as watertight a seal as possible.

## Cooking

Bake at 300 °C for 12 minutes.

A hard exterior layer should form, indicating that there is a lack of moisture inside and that the goose barnacles are cooked perfectly.

Finish by breaking the salt and removing the top layer.





# Razor clam, *porco landrán* ear, turnip and chickpea broth

## Ingredients

Razor clams  
Olive oil

## For the chickpea broth

300 g chickpeas  
3 l chicken broth  
1 ham bone  
2 onions  
1 bulb garlic  
1 leek  
Cumin  
Orange

## For the jalapeño pearls

3 l sunflower oil  
200 g jalapeño  
35 g parsley  
250 ml fish fumet  
Table salt  
4 g agar-agar

## For the turnip purée

400 g turnips  
50 g sunflower oil  
Table salt

## For the ear terrine

600 g *porco landrán* ear  
Black pepper  
Bay leaf  
Onion  
Garlic  
Table salt

## Method

Soak the razor clams in water for 30 minutes to remove any sand.  
Remove them from the water and refrigerate.

## Chickpea broth

Soak the chickpeas overnight.  
Put them in a pressure cooker with all the ingredients listed. When the pot is pressurized, cook for 35 minutes.  
Take out the chickpeas, removing any that have split. Reduce the broth slightly until it has the desired texture and taste. Then infuse with orange rind.

## Jalapeño pearls

Refrigerate the sunflower oil for 6 hours before preparing this element.  
Blend the jalapeño in the food processor with the parsley and fish stock. Add salt to taste. Filter well.  
Boil the mixture in a saucepan with the agar-agar. Pour it into a squeeze bottle and allow to cool a little.  
Squeeze drops of the pepper mixture onto the cold oil. They will fall to the bottom, forming little round balls.  
Allow them to set and rinse well to remove any excess oil

## Turnip purée

Peel the turnips and seal them in a vacuum bag with the sunflower oil. Cook for 20 minutes at 100 °C. Blend in the food processor until you get a very fine purée with all the original flavour and aroma of the turnip. Add salt to taste.

## Ear terrine

Blacken the pigs ears and wash well. Cook them until they are tender and drain.  
Form a terrine 3 centimetres thick, press well and allow to cool.  
Use a meat slicer to cut half-centimetre slices.

## Cooking

Sear the ear terrine in a frying pan to form a seal.  
Grill the razor clams until they open and remove the meat from the shell.  
Plate as shown in the photo.





# Baked lobster and clarified lobster consommé

## Ingredients

2 lobsters (500 g)  
Olive oil

## For the consommé

Lobster heads  
50 g fennel  
20 g celery  
30 g leek green  
Table salt  
Xanthan gum

## For the vinegar caviar

3 l sunflower oil  
125 ml white wine vinegar  
75 ml water  
2 g salt  
3 g agar-agar

## Method

Use a blowtorch to completely blacken the shell of the lobster tail. Separate the tail from the head and skewer the tail.

Cook in a 43 °C steam oven until the meat reaches this temperature.

Remove the meat from the tail shell.

Detach the claws from the head and separate the shell from the innards, which are softer.

## Clarified lobster consommé

Blend the softest parts of the head in the Thermomix with the vegetables and a pinch of salt.

Put the purée in a vacuum bag and seal. Cook this mixture in a 100 °C steam oven until it gels

and releases the water from the lobster. Strain this water with cheesecloth and thicken with xanthan gum

## White vinegar caviar

Put the sunflower oil in a tall plastic storage container and chill well.

Combine the rest of the ingredients in a saucepan and bring to a boil. Pour into a squeeze bottle with a small nozzle and allow to cool slightly.

Squeeze drops of the mixture into the cold oil. Drain off the oil, rinse well and set aside.

## Finish and presentation

Warm the lobster.

Heat the consommé, without bringing it to a boil. Serve with the vinegar caviar to add a touch of acidity. Finish with a generous splash of olive oil.





# Ballan wrasse fin in shellfish and seaweed green sauce

## Ingredients

4 ballan wrasse fins  
Seawater (Auga Mareira)  
100 g goose barnacles  
100 g shrimp  
80 g sea snails  
150 g cockles  
Sea lettuce  
Seaweed  
Chalotiñas de costa seaweed  
Vegetables (celery, fennel, leek green, spring onion and parsley)

## For the green sauce

2 spring onions  
3 cloves garlic  
1 medium leek  
1 chilli pepper  
150 ml Ribeiro DO wine  
1 l fumet  
Parsley  
Table salt  
Olive oil  
40 g salted sea lettuce  
30 g potato starch  
Chive oil

## Method

Scald the fins by pouring boiling Auga Mareira over them. Quickly put them in cold Auga Mareira and leave for 6 hours. Remove the fins from the water and dry well. Refrigerate.

## Shellfish

Clean and cook each type of shellfish separately in the most traditional manner:

Scald the goose barnacles and shrimp with Auga Mareira and then peel.

Put the sea snails in cold Auga Mareira and bring to a boil. Drain. Remove the meat from the shell with a pin.

Open the cockles in equal parts Auga Mareira and white wine. When the shells begin to open, remove and put in a cold bain-marie.

Add the shellfish to the green sauce just before serving.

## Seaweed

This dish is served with gelatinous varieties of seaweed which require extensive cooking, such as false Irish moss, gigartina, etc.

They should be cooked in different pots of seawater, then removed and chilled.

Use only the most gelatinous parts of the seaweed.

## Green sauce

Make a basic green sauce, adding the salted sea lettuce and potato starch during cooking.

When the desired concentration is reached, filter the sauce.

Add the chive oil before serving.



## Finish and presentation

Make a court bouillon with Auga Mareira and vegetables (celery, fennel, leek green, spring onion and parsley). Cook the fins in the bouillon over medium heat. Once cooked, remove the fins from the bouillon.

Quickly warm the other ingredients over high heat and serve with the fins.



# Housemade meringue and red fruit mille-feuille

## Ingredients

### For the puff pastry

Dough A  
750 g butter  
300 g pastry flour  
Dough B  
700 g pastry flour  
300 ml water  
200 g butter  
30 g table salt  
6 g apple cider vinegar

### For the meringue

200 g egg whites  
300 g sugar  
Juice of 1 lemon

### For the passion fruit cream

150 g egg  
65 g sugar  
2 g gelatine  
100 g passion fruit purée  
65 g sugar  
100 g butter

### Plus...

Blueberries  
Raspberries  
Redcurrants  
Blackberries  
Icing sugar

### Method

#### Puff pastry

*AKnead the two doughs separately.  
Use each to make a puff pastry with two double  
turns and one single turn, leaving enough time  
between each one.*

*Cut each paton into six pieces and roll it thin,  
about 4 millimetres. Freeze for a couple days  
before using.  
Line baking sheets with parchment paper and  
bake the two sheets of pastry in a ventilated  
oven for 30 minutes at 200 °C and 10–15 minutes  
at 180 °C.  
Allow to cool and divide into portions.*

### Meringue

*Combine the egg whites and sugar and heat to  
85 °C.  
Whip the mixture in the mixer until it cools. Add  
the lemon juice.*

### Passion fruit cream

*Heat the egg and 65 g of sugar to 80 °C. Add the  
gelatine, passion fruit purée and the other 65 g  
of sugar. Cool to 40 °C.  
Add the butter and emulsify. Allow to cool.*



### Finish and presentation

*Lightly chop the red fruits. Gently combine the meringue, passion  
fruit cream and red fruits in a bowl. Use this mixture to assemble  
a basic two-layer mille-feuille.  
Finish by sprinkling with icing sugar-*



# HÉCTOR LÓPEZ



Héctor López is a young Lugo chef whose career has been unstoppable. His nature is reflected in his cooking: honest and a faithful reflection of the Galician character. It is based on a ceaseless quest for the essential, with seasonal dishes and sharp flavours that have earned the approval of diners and critics alike.

López began his professional career under the tutelage of Tomás Urrialde, chef at the famed Mesón de Cándido in Segovia. Following this, he studied cooking at the Hotel Management School of Galicia (CSHG). After a number of years spent learning at great eating establishments around the country, he took up the reins of the family restaurant in Lugo, hand in hand with his brother Paco. Together, they strive daily to rejuvenate Galician cuisine, without losing sight of the essence of what defines it. The restaurant offers high quality locally-sourced cuisine with creative touches, never renouncing the identity for which it has been and continues to be known as the leading restaurant in the provincial capital. But López is not only a prophet in his own land. He has also established a presence beyond its borders with cooking shows and participation in a number of culinary initiatives, both as part of Grupo Nove and on his own. His youth, professionalism and ever-present affability have made Héctor López one of the best known Galician chefs.

## España

Do Teatro, 10  
27001 Lugo  
Tel.: 982 242 717  
hrestespana@gmail.com

Without a doubt, España is a gastronomic icon, not only for the city of Lugo, but for all Galicia. Its 108-year history makes it the oldest restaurant in the walled city. However, this does not mean it only offers the classics. Instead, it serves seasonal, product-based cooking with touches of modernity and a prudent and well-realized creative reinterpretation. The López brother benefitted from the first-hand experience of their father. Today, they form an unerring team, Héctor heading up the kitchen and Francisco at front of house.

Héctor López's cooking is a reflection of his personality: young, curious and seeking to surprise. It is based on the best of the Galician pantry and produced with utter dedication and care. Ingredients and

creativity join forces, sharing the stage with painstaking work utilizing products such as game, mushrooms and home-grown Galician beef, elements that have made this restaurant Galicia's gastronomic mecca for the most discerning gourmets.

Evidence of this ceaseless effort and innovation can be found in the many accolades the restaurant has received. They include the Q for Quality Tourism mark awarded in 2014, which has been renewed each subsequent year; Héctor López's membership in Grupo Nove; the 2007 Best Restaurant in Galicia award, presented by HG&T magazine; the Spanish Hospitality Federation National Hospitality Award for its commitment to people with disabilities; the sun awarded by the Repsol Guide; and regular participation in gastronomy events such as Fórum Gastronómico, Bio Córdoba, World Fishing in Vigo, Alimentaria Barcelona, Biofac in Germany, and others.

In short, this substantial career has translated into innovative, high quality cooking with a huge personality and deep Galician roots.

# Boletus textures with Celta salt pork

## Ingredients

### For the boletus cream

1 onion  
200 g boletus mushrooms  
2 dl milk  
50 g foie gras, cubed  
Salt and pepper

### For the roast boletus

250 g boletus mushrooms  
½ onion  
2 cloves garlic  
50 g Celta salt pork  
1 dl white wine

### For the boletus powder

Dried boletus mushrooms

### Plus...

8 thin slices of Celta salt pork

### Method

#### Boletus cream

Sweat the onion. Chopped the boletus mushrooms.  
Add them to the onion and sweat.  
Add the milk and foie gras.  
Cook for a few minutes and purée.  
Season with salt and pepper to taste.

### Roast boletus

Cut up the boletus mushrooms. Place them  
on a baking tray with the onion, garlic  
and Celta salt pork.  
Roast for 5 minutes at 160 °C.  
Add the white wine and roast for  
another 5 minutes at 160 °C.

### Boletus powder

Dry the boletus mushrooms. Grind them in a  
coffee mill.



### Finish and presentation

Put a spoonful of the boletus cream in the bottom of the plate.  
Top with the roast boletus mushrooms. Cover with the slices of salt pork. Flame  
with the blowtorch to melt and crisp the fat.  
Finish by seasoning with the boletus powder.



# Tub gurnard *caldeirada*

## Ingredientes

1 tub gurnard (2 kg)  
Onion  
Garlic  
Tomato  
Potato  
Leek  
Sweet paprika  
White wine  
Fish broth  
Cabbage  
Leek  
Potato  
Oil

## Method

*Remove the spine from the fish and reserve.  
Set aside the fillets.  
Sweat the vegetables.  
Add the fish bones, paprika and white wine.  
Reduce and cover with fish broth. Cook for  
30–35 minutes. Strain the broth.  
Boil the cabbage. Grill the leeks and potatoes.  
Grill the gurnard fillets with the skin side down  
to crisp it.*

## Finish and presentation

*Put the cabbage, leek and potato in the bottom  
of a soup plate.  
Place the gurnard fillet on top and add a splash  
of oil.  
Serve with a jug of soup broth.*





# Rubia Gallega young beef tataki

## Ingredients

### For the tataki

400 g Rubia Gallega young beef croca  
1 kg cooking salt  
1 kg brown sugar  
Olive oil  
Thyme  
Rosemary  
Garlic  
Peppercorns

### For the herbed bread

Wheat bread roll  
Oil  
Garlic  
Peppercorns  
Thyme  
Rosemary  
Basil  
Oregano

### For the dried tomato oil

2 dehydrated tomatoes  
Arbequina virgin olive oil  
20 g pine nuts

## Method

### Tataki

Cut the beef into rectangles and cover with the salt and brown sugar for approximately 3 hours. Clean off the meat and sear in a frying pan over high heat for 30 seconds on each side. Soak in the oil with the herbs, garlic and pepper for 24 hours.

### Herbed bread

Cut the bread roll into quarters and dry them in the oven.  
Blend in the Thermomix to make breadcrumbs. Heat a little oil in a frying pan and sauté the bread with the aromatics.

### Dried tomato oil

Cut the tomatoes into small squares. Soak them in the oil to hydrate.  
Chop up the pine nuts by hand and add.



### Finish and presentation

Slice the tataki into thin medallions.  
Dress with the dried tomato oil.  
Add the crispy breadcrumbs just before serving.



# Scallops, potato emulsion, courgette noodles and soya pearls

## Ingredients

4 scallops  
200 g potatoes  
Butter  
1 dl milk  
Extra virgin olive oil  
1 courgette  
Soya sauce  
1 orange peel  
Agar-agar  
Sunflower oil

## Method

### Scallops

*Sear both sides the scallops in a frying pan over high heat, leaving the inside rare.*

### Potato emulsion

*Cook the potatoes in salted water with butter. Drain, retaining some of the water. Purée with the milk and a little cooking water. Add the oil to the purée and gradually emulsify. Load into a siphon.*

### Courgette noodles

*CoCut the courgette into very thin noodle-shaped pieces.*

*Sauté in a little soya sauce with the orange peel.*

### Soya pearls

*Heat the soya sauce and add the agar-agar.*

*Pour the mixture into a squeeze bottle.*

*Drop the warm liquid into a cold bain-marie of sunflower oil. The change in temperature will cause it to gel in the form of the pearl.*



## Finish and presentation

*Put a spoonful of potato foam in the centre of the plate. Top with the courgette noodles, then the scallops. Finish with the soya pearls.*



# San Simón cheese ice cream, toffee, banana and nut streusel



## Finish and presentation

*Spoon the toffee into the bottom of a glass. Top with very thin slices of banana, the San Simón cheese ice cream and lastly, the crunchy streusel*

## Ingredients

### For the ice cream

150 g water  
500 g milk  
70 g cream  
50 g powdered skimmed milk  
50 g sucrose  
180 g San Simón cheese, peeled and chopped

### For the toffee

250 g brown sugar  
75 g butter  
200 ml milk

### For the streusel

100 g butter  
100 g flour  
100 g sugar  
50 g ground almonds  
50 g ground hazelnuts

### Plus...

1 banana

## Method

### Ice cream

*Combine the cold liquids. Add the powdered milk and heat to 50 °C. Add the sucrose and the cheese. Heat the mixture to 90 °C. Cool to 4 °C in a cold bain-marie or blast chiller. Put in Pacojet containers and freeze to -25 °C. Blend.*

### Toffee

*Make a butter-and-sugar caramel. Gradually add the milk and bring to a boil.*

### Streusel

*Combine the ingredients. Roll in plastic wrap and freeze. Grate the mixture using a coarse grater. Bake for 8 minutes at 200 °C.*



# JULIO SOTOMAYOR DANIEL GUZMÁN



Discussing the careers of these two Ourense chefs separately would be very difficult, as they are both cousins and childhood friends. The two men grew up in an environment closely linked to cooking, with great chefs such as Tito Guzmán in the family. They undertook their studies at virtually the same time and began their journey at different restaurants, but for both, this experience awakened a passion for the profession and shaped their idea of cooking.

Daniel moved to the Catalan coast at a very young age, while Julio joined the team at Galileo, a restaurant near Ourense. They then both spent time at San Miguel, in Ourense, where they were able to work with premium quality Galician ingredients. Again they went their separate ways. Julio took charge of the restaurant at Monasterio de San Clodio, while Dani spent three years at A Rexidora in Ourense. Shortly afterwards, Julio went to Prague to serve as chef de cuisine for the opening of the Thalia Hotel.

Fate brought them back together at Barandal, in León, where they immersed themselves in the traditional cuisine of that region. Then followed a six-year period during which Julio went to Catalonia, where he shared a kitchen with such renowned chefs as Santi Santamaria and Iván Solà at Can Fabes in Sant Celoni. He also headed up two kitchens for Grupo Paradís, finishing up his time in this region at Castell d'Empordà. In the meantime, Dani was working with Marcelo Tejedor and Iván Domínguez in the Galician capital, while also teaching and filming a television programme.

During this period, from their separate locations, they began discussing the possibility of opening a restaurant together in their native city, where they could give expression to their knowledge and love of cooking, and finally lay down roots.

## Nova

Valle Inclán, 5, 32004 Ourense  
Tel.: 988 217 933  
info@novarestaurante.com  
www.novarestaurante.com

Nova is the dream of two Ourense cousins and cooks, Julio Sotomayor and Daniel Guzmán, to create a space for the enjoyment of one key element: the product

These two cousins propose an enticing journey between worlds in perfect harmony. Nova is a balance of tradition and the avant-garde,

of sea and land, of technique and product. They offer what they like to call roots cooking, in which each creation seeks to give expression to a culinary foundation inherited from their elders, to which each ingredient contributes and with one overriding common thread: freshness.

Thus emerged Nova, the Ourense restaurant headed by the two chefs since August 2012, where they pay homage to all those who, in one form or another, contributed to making them cooks, and particularly, to engendering that taste for quality cooking and a job well done.

# Caldelana beef tartare, peas and pumpkin ravioli

## Tartare

200 g young Caldelana beef entrecôte  
10 g mustard seeds  
20 g spring onions  
5 g chives  
5 g salt  
Pepper  
10 g EVOO

*Slice the meat very thinly with a knife. Prepare a light dressing with the remaining ingredients. Combine and set aside.*

## Para o pastel de chícharos

200 g fresh peas  
4 free-range eggs  
120 ml cream  
Salt and pepper

*Blanch, cool and peel the peas.*

*Combine the peas, eggs and cream in the food processor. Season with salt and pepper and blend. Pour into moulds and steam for 10 minutes..*

## Ravioli

200 g butternut squash  
20 g brown sugar  
2 cardamom seeds  
25 g butter  
Thin-necked marrow

*Cut the squash into segments, leaving the skin on. Place on a baking tray and top with the sugar and cardamom. Bake at 180 °C.*

*Remove the flesh with a spoon and purée with a dollop of butter.*

*Cut another thin-necked marrow into thin discs and blanch.*

*Fill the marrow slices with the purée to make ravioli.*





# Cod tripe, consommé and pork dewlap

## **Tripe**

200 g cod tripe

*Desalt the tripe, changing the water three times.*

*Keep the last water bath.*

*Put on the heat, removing it before it comes to a boil.*

*Chill the tripe and water separately.*

## **Consommé**

1 kg young beef brisket

1 kg kneecap

3 poultry carcasses

1 beef hoof

100 g leek

100 g tomato

50 g carrot

300 ml red wine

*Put the bones in the oven to roast.*

*Brown the vegetables in a braiser.*

*Reduce the wine on the heat.*

*Combine all the ingredients and cook over very low heat for 6 hours. Strain and skim off the fat.*

## **Dewlap**

200 g secreto de papada (pork dewlap)

100 g salt

50 g sugar

25 g paprika

*Soak the dewlap for 4 hours.*

*Make a marinade with the salt, sugar and paprika.*

*Wash the meat, seal in a vacuum bag with the marinade and cook in a steam oven for 8 hours at 86 °C.*





# Scorpionfish stuffed with mushrooms, semolina and *ceboleiro*

## Scorpionfish

2 scorpionfish (500 g each)

*Descale the fish. Cut open the back to remove the spine and entrails. Salt and set aside.*

## Filling

20 g black chanterelle  
50 g milk-cap  
60 g dotted stem bolete  
25 g celeriac  
80 g black quinoa  
1 chorizo *ceboleiro*  
Cea bread crumbs

*Clean and cut up the mushrooms. Sauté over high heat and drain.*

*Finely dice the celeriac and cook with the quinoa.*

*Wrap the chorizo in aluminium foil and cook for 20 minutes.*

*Combine all the filling ingredients. Stuff the scorpionfish with the filling. Top with the Cea breadcrumbs and bake.*

## Scorpionfish stock

Scorpionfish bones  
100 g each onion, garlic and pepper, for the base  
25 g chorizo pepper paste  
120 ml white wine  
White fish broth

*Brown the bones with the vegetables. Add the paste and wine and white fish broth. Infuse for 1 hour. Strain and set aside.*





# Boneless *Gallega* mutton, native olives and roasted shallots

## Mutton

600 g mutton râble  
Salt and pepper  
60 g olives a galega (dressed with olive oil,  
paprika and salt)  
80 g sheep liver  
Hemp twine

*Remove all the bones from the mutton. Season  
with salt and pepper.*

*Mash the olives and liver together with salt and  
pepper. Cover the mutton with this mixture.  
Truss the meat and seal in a vacuum bag.  
Cook in a steam over for 3 hours at 70 °C.  
Remove the meat from the bag and dry it.  
Sear in a frying pan.*

## Shallots

125 g shallots  
125 ml red wine

*Peel, blanch and cook the shallots. Glaze them  
with the wine until completely caramelized.*





# Ourense macaron with chestnut and pomace brandy ice cream



## Macaron

115 g egg whites  
125 g icing sugar  
100 g almond flour  
80 g chestnut flour

*Whisk the egg whites and icing sugar until the mixture forms stiff peaks.*

*Sift the almond flour and chestnut flour together using a fine sieve.*

*Gradually fold the flours into the meringue using a spatula until you have a homogenous mixture.*

*Pipe onto a silicone sheet and allow to dry.*

*Once an outer crust has formed on the macarons, bake in a 140 °C oven for approximately 9 minutes.*

## Filling

100 g chestnuts  
125 ml milk  
90 g sugar  
25 g fennel

*Cook the chestnuts in the milk with the sugar and fennel.*

*Remove the chestnuts and purée with enough of the milk to make a filling. Reduce the rest.*

## Pomace brandy ice cream

250 ml cream  
250 ml milk  
50 g sugar  
6 egg yolks  
70 g white chocolate  
3 sheets isinglass, hydrated  
40 ml pomace brandy cream

*Put the cream, milk and sugar on the heat.*

*When the mixture comes to a boil, add the egg yolks as if making a crème anglaise. Stir in the chocolate, hydrated gelatine and pomace brandy cream. Allow to cool.*

*Pour into a freezer container. Freeze at -15 °C for 24 hours. Blend.*

*Shape the mixture into quenelles.*





# GALICIA'S TRADITIONAL COOKING







# Cocido galego (chickpea stew)

SERVES 4-6

## Ingredients

½ *cachucha* (cured pig's head)  
150 g chickpeas  
100 g cured ham or streaky bacon  
200 g *lacón* or ½ cured *lacón* (pork shoulder)  
1 pig's tail  
1 pig's trotter  
250 g pork ribs  
½ hen  
150 g young beef skirt steak or shank  
20 g lard (optional)  
Flour  
4 or 5 chorizo sausages  
1 bunch turnip greens  
4 potatoes, peeled  
Salt



## Method

Two days in advance, put the *lacón* in cold water to desalt it, changing the water every 12 hours.

One day in advance, put the chickpeas in water to soak. Wash and desalt the rest of the pork parts. This can also be done by rinsing them under running water just before starting the broth, especially the *cachucha*.

Put the *cachucha* in a pot with a generous amount of water and bring to a boil.

Immediately add the chickpeas and all the meat: cured ham, *lacón*, pig's

tail, pig's trotter, pork ribs, hen and skirt steak. Cook for approximately 1 hour over low heat. Use a skimmer to periodically remove the fat that rises to the top.

After the first hour, shape the lard into a ball, coat it with flour and add it to the broth.

When the meat is almost done, add the *chorizo*, turnip greens and potatoes. Boil slowly for another 30 minutes or so. Add salt if needed.

Remove each type of meat as soon as it is done, first the pig parts, followed by the beef, then the pig's head and finally the *lacón*. Leave the broth with the vegetables on a slow boil until the potatoes are done.

Chop up the meat and slice the *cachucha*. Serve the *cocido* in the traditional manner: one platter for the chopped meat and *cachucha*; another for the turnip greens; and a third for the potatoes, chickpeas and *chorizo*.

Finish with a cup of the cooking broth.

The quantities in this recipe are intended only as a guide. You can reduce or increase the amounts of the different ingredients, or add others, such as pork spine, pig's ear and pork jowls. Beans can also be used in place of the chickpeas, or cabbage instead of the turnip greens. Your choices will depend on individual preferences or what is available at the market. Some

boil the meat in one pot and the vegetables in another. Some boil everything together, taking only the different cooking times for each ingredient into account. However it is made, there is no question that this is a hearty and substantial dish.

Cocido gallego is a celebration of pig slaughtering time, a tradition which remains alive in many parts of Galicia. At A Feira do Cocido, a festival held in Lalín the Sunday before Entroido (Galicia's Carnival celebration), the town showcases not only to this dish, but also to the products used to make it, which are extremely popular throughout the entire district of Deza, Pontevedra.



# Caldo galego (bean soup)

SERVES 4-6



## Ingredients

200 g beans  
3 l water  
100 g lard  
1 tablespoon flour  
1 piece young beef (shank or skirt steak)  
1 piece *lacón* (pork shoulder)  
1 pork spine bone  
4 potatoes  
1 bunch turnip greens  
Salt  
Olive oil

## Method

The night before, put the beans in water to soak and desalt the pig parts that require it, especially the *lacón* and spine bone.

Wash the beans and put them in a pot with plenty of water. Shape the lard into a ball and coat it with flour. Add the ball to the pot when the water comes to a boil.

Add the beef, desalted *lacón* and pork bone. Cook for approximately 40 minutes. Use a skimmer to periodically remove the fat from the top. Halfway through the cooking time, you can remove the lard so that it does not leave a rancid taste.

Cut the potatoes into chunks. Add them to the pot and cook for another 20 minutes or so. Add hot water if necessary, taking care not to break the boil.

Remove the meat and set aside. Wash and chop the turnip greens and add them to the pot. Boil for an additional 20 minutes or so.

Season with salt, bearing in mind that the *lacón* is salty.

Chop the meat into small pieces. Add it to the soup when the potatoes are cooked.

Serve hot with all the ingredients together in the same dish. Some

olive oil can be drizzled on top. *Caldo galego* is usually served in an earthenware dish, which keeps it warm.

The recipe for *caldo galego* may vary, as traditionally, cooks would put whatever they had to hand in the pot. Some add a chorizo sausage, or use cabbage or baby turnip greens instead of turnip greens, or chestnuts rather than beans. It can also be made without the beef.

The turnip greens can be boiled separately to remove some of their bitterness.

# Empanada de berberechos (cockle pie)

SEFVES 4-6



## Ingredients

### For the dough

1 egg  
100 ml water (or half water / half white wine)  
100 g butter or lard  
300 g flour (150 g cornmeal and 150 g wheat)  
1 envelope yeast  
1 pinch salt

### For the filling

2 onions  
1 small pepper  
Olive oil  
Paprika  
2 kg cockles

## Method

Mix together the egg, water and butter.

Set aside a little flour to sprinkle on the work surface and to add to the dough if necessary. Shape the rest of the flour into a mound on the work surface and make a well. Pour the egg, butter and water mixture into this indentation. Add the yeast and a pinch of salt.

Mix well until you have a light homogeneous dough.

Allow the dough to rest for 1 hour before working with it.

While the dough is resting, make the filling. Fry the onions and pepper in olive oil over low heat in a frying pan. When the onion begins to soften, add the paprika.

Bring the cockles to the boil. When they open, take them out of the water and remove the meat from the shells.

Set aside part of the dough to decorate the pie. Using a rolling pin, roll out the rest of the dough to a

uniform thickness, approximately ½ centimetre.

Cut the dough into two halves. Place one half on a baking sheet. Top with a layer of the fried vegetables and the cockles. Cover with the other half of the dough.

Moisten your fingers with water and press the edges of the top and bottom sheets of dough together, forming a seal to prevent the filling from leaking out.

Cut the dough set aside earlier into strips and use them to decorate the pie.

Pierce the top of the pie with a fork to allow the steam that forms inside during cooking to escape. This will prevent the dough from cracking. Brush the surface with beaten egg.

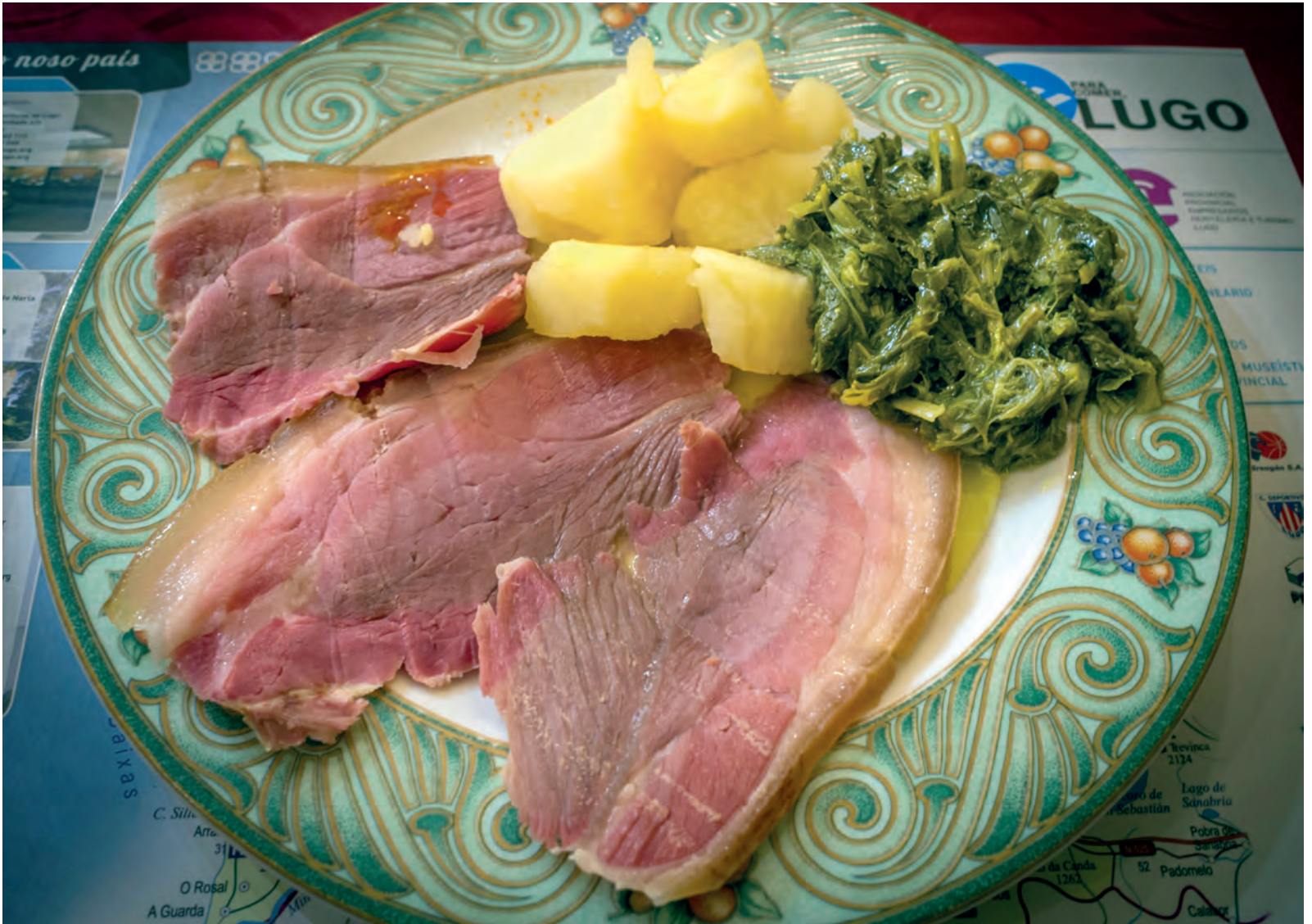
Bake at 180 °C for approximately 1 hour.

*Empanada* was a quintessential medieval dish. Tradition has it that the method was used by pilgrims to preserve their food. During that period, the dish was not held in very high regard. It was simply a way to use up leftover food, which was chopped and put into the dough. Over time, *empanada* has been perfected and has gained more and more followers. Now it is among the most iconic dishes in Galician cooking. The pies can be square, round or rectangular and filled with about anything one might like: beef, fish, shellfish, pork products, etc.



# Lacón con grelos (pork shoulder with turnip greens)

SERVES 4-6



## Ingredients

1 lacón  
2 bunches turnip greens  
4-6 large potatoes  
4-6 chorizo sausages  
Salt  
Oil

## Method

Begin desalting the *lacón* two days in advance. Put it in water to soak, changing the water every 12 hours.

Cook the *lacón* over medium heat for 2 hours in a pot with a generous amount of water. When it is tender, take out the meat, put it in another container and cover with broth.

Wash and chop the turnip greens. Add them to the broth from the

*lacón*, together with the potatoes and *chorizo*. Cook slowly until the potatoes are done. Season with salt.

Cut up the meat and potatoes. Drain the turnip greens and put them on a platter. Top with the *lacón* and arrange the *chorizo* and potatoes on either side. Serve them with a little of the cooking broth and a drizzle of oil on top. This dish can also be served on two platters.

The key here is the combination of flavours. The touch of bitterness in the turnip greens contrasts with the *lacón*. In turn, the turnip greens balance out the fat in the *lacón* and *chorizos*.

If it is too salty, the *lacón* can be briefly boiled before preparing the dish. The turnip greens can also be quickly boiled before adding them to the pot to remove a little of the bitterness.



# Mexillóns en escabeche (pickled mussels)

SERVES 8



## Ingredients

3 kg mussels  
300 ml white wine  
600 ml oil  
1 bulb garlic  
3 bay leaves  
Thyme  
Oregano  
Cloves  
Black pepper  
Sweet paprika  
Salt  
300 ml vinegar

## Method

Clean the mussels thoroughly, discarding any that are broken or open. Put them in a pot with the white wine, cover and cook for a few minutes until they open.

Remove the meat from the shell and put it in a saucepan.

Strain the broth from the mussels and set aside.

Pour the oil into a deep frying pan and brown the garlic. Remove.

Allow the oil to cool a little, add the spices and stir. Then add the vinegar and the same amount of the reserved broth. Cook for a few minutes, then pour the mixture into the saucepan with mussels. Cook for an additional 10 minutes.

Once they are cooked, transfer them to another container with enough room for the broth to completely cover the mussels. Allow to rest for a few days.

Do not allow the mussels to boil for very long, or they will shrink and lose some of their colour and flavour.

*Mejillones en escabeche* will keep for several days. The most important thing is for the mussels to always be covered by the broth to prevent them from drying out. If they are stored in a hermetically sealed container, they will keep for months.



# Polbo á feira (octopus with olive oil and paprika)

SERVES 4-6



## Ingredients

1 octopus  
1 onion  
Cooking salt  
1 tablespoon sweet paprika  
1 tablespoon spicy paprika  
Olive oil

## Method

Clean the octopus thoroughly to remove any slime and dirt from the suckers. Cut out the eyes and mouth with a knife.

Put the octopus in a copper saucepan or cauldron with plenty of unsalted water and bring to a boil.

When the water comes to a boil, add the onion. Take the octopus by the head and remove it from the water. Put it back in the pot when the water returns to a boil. Repeat

this operation three times. Then leave the octopus in the water and cook for 45 minutes or so. This will prevent the suckers from coming loose.

Pierce the octopus with a fork to check if it is soft. When it is done, take it out of the water.

Use scissors to cut the octopus into medium-sized slices and put them on a wooden dish. Season with salt, sprinkle the paprika on top and drizzle with olive oil, in that order. This dish should be served hot.

Tradition dictates that if the octopus is fresh, it should be pounded several times to prevent it from getting too tough. If it is frozen, this is not necessary. In that case, it would also not need to be cleaned.

It can be boiled with a bay leaf, if desired, and/or served with *cachelos* (Galician-style potatoes).

# Vieiras á galega (Galician-style scallops)

SERVES 4-5



## Ingredients

10–12 scallops  
4 onions  
Olive oil  
5 slices serrano ham  
1 glass white wine  
1 tablespoon tomato purée  
Parsley (optional)  
Paprika (optional)  
Salt  
Breadcrumbs

## Method

Clean the scallops thoroughly to get rid of any remaining sand. To do this, soak them in salted water for 2 hours, changing the water frequently. Then dry the scallops and remove the meat from the shell with a knife. Set aside.

Mince the onion and put in a frying pan with olive oil over low heat. Sweat the onion. Chop and add the ham.

Cook for a little bit then add the wine and tomato. Reduce for 10 minutes over medium heat. Chop and add the parsley and the paprika. Season with salt.

Remove the frying pan from the heat and stir in the scallops.

Spoon the scallop mixture into the shells. Cover with breadcrumbs.

Put on a baking sheet and bake at 170 °C for 10–12 minutes.

Serve hot.

Two or three scallops can fit in each shell, depending on the size.

The scallops can be purchased washed and without shells. In this case, you can use individual earthenware dishes in place of the shells.

One way to attach the shells to the baking sheet and prevent them from moving around is to make small mounds of cooking salt and place the shells on them.



# Lamprea á cazola (stewed lamprey)

SERVES 4



## Ingredients

1 lamprey  
2 cloves garlic  
Parsley  
Salt  
2 onions  
Olive oil  
Pepper  
1 bay leaf  
Flour  
100 ml vinegar  
200 ml red wine  
1 slice fried bread

## Method

Clean the lamprey in very hot water. Scrape it with a knife, taking care not to break the skin. Make a cut below the mouth and remove the bile sac. Drain the blood by hanging the fish by its tail and squeezing firmly. Collect the blood in a container.

Take out the liver and set aside. Remove the intestines and head.

Cut the lamprey into equal-sized pieces.

Mince the garlic and parsley. Add a pinch of salt.

Chop the onions and sweat in a saucepan with a little oil. Add the pepper, bay leaf and minced garlic and parsley.

Coat the pieces of fish in flour and fry them separately until they take on a little colour. Add the fish to the saucepan and pour the blood, vinegar and wine over it. Cook over

low heat for about 30 minutes, or until the liquid has reduced and the lamprey is tender.

Cook the liver and use it to make a sauce with a little fried bread and some of the cooking sauce from the fish. Beat until completely blended.

Serve the lamprey on a plate, topped with the sauce.

This dish can be accompanied by white wine or flambéed with aguardiente just before serving.

# Filloas (crêpes)

SERVES 4-6



## Ingredients

½ l broth  
½ l milk  
300 g flour  
4 eggs  
1 pinch salt  
1 tablespoon lard  
Icing sugar

## Method

Combine the broth, milk and flour and stir well with a spatula. Beat the eggs with a pinch of salt and

add them to the previous mixture. Whisk well to remove any lumps.

The batter should be semi-liquid. Allow it to rest in a cool place.

Heat a frying pan – or *filloeira* (crêpe pan). When it is very hot, grease the pan well with a little lard to prevent the batter from sticking.

Pour a ladleful of batter into the pan. Spread it over the entire surface with a circular movement of the pan or a spatula. Cook for a few moments until dry and slightly golden brown. Flip the crêpe

over and cook on the other side. Remove the crêpe from the pan.

Repeat the above with the rest of the batter.

Arrange the *filloas* on a serving dish and sprinkle with icing sugar. They can be served with honey and cinnamon, or filled with cream, jam, chocolate or crème pâtissière.

*Filloas* are similar to French crêpes, but are cooked in lard rather than butter. It is not known whether they originated in France or were brought there from

Galicia. What is certain is that they travelled over the Pyrenees via the Way of St. James. The origins of *filloas* date back a very long time. Experts believe that they derived from *empanadas*, classic medieval savoury pies.

*Filloas* can be made into any shape. They can also be prepared without broth. In this case, the same amount of milk should be used in its place. In fact, typical *filloas* are made with pig's blood and traditionally eaten at Entroido, Galicia's Carnival festivities.



# Torta de Santiago (almond cake)

SERVES 4-6



## Ingredients

6 eggs  
500 g sugar  
350 g flour  
250 ml milk  
250 g butter  
1 cup water  
500 g ground almonds  
1 grated lemon rind  
Butter (to grease the tin)  
4 tablespoons icing sugar

## Method

Beat the eggs with the sugar. Add the flour, milk, butter and water and mix well.

Add the ground almonds and grated lemon rind and stir.

Grease a round baking tin with butter. Pour the mixture into the mould.

Bake at 200 °C for 20 minutes.

Take the cake out of the oven and remove it from the mould.

Place a template of the cross of St. James on top of the cake and sprinkle icing sugar over it. Remove the template and the cake is ready to serve.

The origin of this dessert is not known for certain. The use of almonds would seem to indicate a Mozarab influence.

# Queimada (hot punch)

SERVES 4-6



## Ingredientes

22 l aguardiente  
300 g sugar  
Lemons  
Oranges (optional)  
Apples (optional)  
2 tablespoons sugar (for the fire)  
Aguardiente (for the fire)  
1 handful coffee beans

## Method

Combine the aguardiente and sugar in a bowl or other container (traditionally, earthenware is used) in a ratio of 150 grams sugar for every litre of aguardiente.

Peel and chop the fruit. Add it to the bowl.

Combine two tablespoons sugar and a little aguardiente in a ladle. Set the mixture on fire. Touch it to the punch so that the aguardiente starts to burn. Stir the *queimada*, trying to avoid touching the bottom,

where the sugar is.

Add the coffee beans. Keep stirring, now stirring up the sugar to mix it in. Continue stirring until the flame goes out.

For a strong *queimada*, cover the bowl to extinguish the flame before all the alcohol is consumed. If a lighter punch is preferred, it is better to allow the flame to go out on its own. This will mean that all the alcohol has been burnt off.

Serve the punch hot.

A proper *queimada* must be made outdoors at night.

The *queimada* ritual has Celtic origins and certain magical powers are ascribed to it. It is also a required part of any celebration of the feast of St. John. It is drunk while reciting an incantation to protect against *meigas* (witches), invoking the four elements – fire, earth, water and air – fundamental deities in the culture of the druids and Celtic rituals.







# GALICIAN WINE







**M<sup>a</sup> del Carmen Martínez Rodríguez**

*CSIC Research Scientist*



## GALICIAN VINES AND VARIETIES

Along with wheat, grapes are one of the oldest crops grown by humans. The fruits of the grapevine, like those of the olive and fig trees, are mentioned in the earliest known writings. And from time immemorial, they have been linked to the Mediterranean culture.

In botanical terms, grapevines belong to the Vitaceae or Ampelideae family, which in turn includes numerous genera, sections, series and species. Among the last of these is *Vitis vinifera* L., whose fruits possess the proper characteristics for winemaking or for consumption while fresh, as table grapes. This species also includes the subspecies *Vitis vinifera sylvestris* and *Vitis vinifera sativa*. The first is believed to be the ancestor of the second. *Vitis vinifera sylvestris* has only survived as lianas found in moist forests in various isolated areas of Europe. Lianas are dioecious, meaning that the female flowers (pistil only) and male flowers (stamens only) are located on separate plants. *Vitis vinifera sativa* is the cultivated vine. Unlike the *sylvestris* subspecies, it has hermaphrodite flowers, in other words, they have both a female organ (pistil) and a male organ (stamens). This subspecies is made up of thousands of varieties. They are the result of the natural evolution and crosses that have occurred spontaneously over the centuries, as well as human selection, as people

Vineyards in Galicia.

have chosen and spread the varieties which most suited their tastes, or the soil and climatic conditions in the areas where they were to be cultivated. The most significant result of this human selection was the differentiation between two main groups: table grape varieties and wine grape varieties. The first of these includes all those varieties that produce large, fleshy, sweet grapes with low acidity. They are consumed while fresh, as table grapes. The varieties in the second group produce small grapes that are much less fleshy, very juicy and have somewhat higher acidity. These are the varieties used to make the different wines.

Although grape varieties have a high degree of plasticity, adaptability to the environment in which they are cultivated, for each one there are specific climatic and soil conditions under which they are able to produce the best quality fruit, and therefore, the best wine. For example, in Galicia, the Albariño variety attains its optimum quality in the soil of the province of Pontevedra, in the mild temperatures of the coastal areas, while the Godello grows best in the soil of Ourense province, under the more extreme climatic conditions found in inland Galicia. Another example of this is the Palomino Fino variety, whose fruit attains its highest quality in the *albariza* or *bujeo* soils of Andalusia, whereas in Galicia (where the variety was introduced some one hundred years ago), it produces very low quality



fruit. Hence the importance of not only choosing the right variety, but also knowing how well it will adapt to the soil in which it is to be cultivated in order produce a good wine.

Just how important grape vines and wine have been to humans throughout history is reflected in the fact that, not content to simply select the grapes they found most pleasing or which were best suited to their habitat, people have utilized their intelligence to develop pruning and training techniques for the vines (from the most rudimentary in antiquity to the most sophisticated methods used today). This has made it possible to adapt varieties to areas with more adverse climatic conditions, obtain higher yields and improve quality. Although a variety that has a low affinity with the soil and climate of a specific area will never produce high quality grapes and wines, by using different cultivation techniques, it is quite possible to achieve this with vines that have a medium-to-high affinity. This type of management has come to be known as 'precision viticulture'. It is based on an in-depth scientific knowledge of the physiology and characteristics of the variety, and of the soil and climatic conditions of a given place. By applying certain techniques, it is possible to produce the very highest quality fruit, or to enhance certain aspects or nuances in the wines which the winery considers desirable.

As regards the age and origin of the different grape varieties, it must first be made clear that the origin of a variety is one thing, while spreading and promoting its cultivation is something else entirely. Geographically, the origin of *Vitis vinifera* can be traced to an area which includes Europe, Western Asia and North Africa. It has been explained based on two hypotheses. The first theory can be described as 'eastern diffusion', according to which the grapevines were brought from Asia by one of the Mediterranean peoples, probably the Phoenicians, and subsequently spread by other later civilizations, such as the Greeks and Romans. Until not long ago, this was the hypothesis used to explain the origin of *Vitis vinifera* in Spain. However, in the fourteenth book of *The Natural History*, Pliny the Elder (23–79 BC) recorded the existence of numerous varieties of grapevine on the Iberian Peninsula, predating the arrival of the Romans. The second hypothesis is the 'indigenous theory', according to which *Vitis vinifera* appeared independently in various geographic locations. Domestication of these grapevines therefore developed based on the plants found in each area of origin, and may have been spread to other areas by the different civilizations. The latter hypothesis is the most accepted today. Various scientific studies on the genetics

of grapevines, remains of seeds found at numerous archaeological sites and living specimens of *Vitis sylvestris* located in different woodlands around Europe, including some in Spain (Andalusia, Rioja and Asturias), corroborate the theory. This hypothesis disproves the idea, favoured by many authors, that one variety or another was brought over by the Phoenicians, Greeks or Romans, or later on, by certain monastic orders. Such is the case with many of the varieties traditionally cultivated in Galicia and other grape-producing regions of Spain, around which stories have long circulated concerning some local monastery or religious order that is said to have brought the variety to the area. It is difficult to understand this urge to assert, without any basis whatsoever for demonstrating the veracity of such a statement, that our best varieties come from distant lands. Furthermore, no trace remains of said grapes in those original regions. As a colleague of mine once stated with some degree of humour, when talking about the Albariño grape and the theory that monks from Cluny had brought this variety from the Rhine region: 'Good heavens, what incredible monks! Not only did they bring the variety from the Rhine, but they also did their utmost to pull up every last root in its supposed place of origin and erase any written reference, so that there remains no trace of it there.' The habit we Spaniards have of attaching more value to something when it comes from abroad is odd and quite difficult to understand beyond our borders. So firmly entrenched is this obsession that some will even look at you with a certain element of distrust if you make too vehement a claim on behalf of the genuinely Spanish origin of some of these varieties, even though, as in this case, all scientific evidence supports it.

There can be no doubt that in the Middle Ages the monastic orders made an enormous contribution to the development and expansion of viticulture, as they did with other crops. However, in many cases, they did so simply by teaching others to take advantage of and obtain the best yields from the resources already found in the places where they settled.

In the centuries following the medieval period, viticulture continued to develop and those varieties most typical of and best suited to each region remained in cultivation in Europe, Western Asia and North Africa. There were no varieties of *Vitis vinifera* in the Americas; these were brought from Europe when the continents were colonized. And it would be centuries before the first large plantations would be established there. They reached Australia, New Zealand and South Africa even later, in relatively recent times. The varieties most commonly introduced in these

continents were French, including Cabernet Sauvignon, Syrah and Merlot, although some of them were Spanish, such as Tempranillo.

Towards the end of the 19th century, there occurred a series of events which brought about a radical change in global viticulture. The first was the arrival from the Americas of powdery mildew, which was followed by phylloxera, downy mildew and, almost simultaneously, black rot. Except for phylloxera, which is an insect, the pathogens that cause the other three diseases are fungi. All of them already existed in the Americas, in whose woodlands grew other species in the Vitaceae family that were themselves resistant to these diseases. However, the species did not include *Vitis vinifera* (as explained earlier), which is highly sensitive to the source pathogens that produce them.

The spread of these diseases to European vineyards caused a major disaster and resulted in a radical change in both management of the crop and the grape varieties that would be used going forward. Firstly, some of the ancient varieties, which were especially sensitive to these diseases, disappeared completely or were brought to the brink of extinction. Secondly, there was a great deal of back and forth movement of varieties among the different grape-producing areas of Europe, causing considerable confusion regarding the origins and names of many of them. During that period, when foreign varieties were introduced, it was very common to give them local names which were different from those they had had in their place of origin, or even assign them synonymous names with the ancient varieties in each region. At the same time, many nursery owners, hoping to obtain plants that were more resistant to the diseases, produced different crosses of the ancient grapevines in each grape-producing area. A great many of these crosses were kept secret by their creators in order to make them more profitable. This also contributed to increasing the level of confusion regarding varieties, their names, their origin, etc. In addition, with the same goal of finding more resistant grapevine plants to repopulate the European vineyards that had been devastated, crosses were made of varieties from the *Vitis vinifera* L. species and varieties from other American species (which, as mentioned earlier, were resistant). The results of these crosses are known as direct-producer hybrids (DPHs), which became more commonly known by the generic name 'American'. Despite the large number of DPHs obtained, particularly by the French, and although many of them had a high degree of resistance to the diseases that had invaded the vineyards, none of them



Picking grapes at harvest time.

were capable of yielding fruit with suitable characteristics to produce high quality wines, let alone replace such fine European varieties as Cabernet Sauvignon, Chardonnay, Syrah, Tempranillo, Garnacha and so many others.

After numerous studies – conducted under no small degree of pressure, for the scientists of the time knew that thousands of grape growers were anxiously awaiting their advances, brought to desperation by the sight of their devastated vineyards and not knowing how to solve the problem – it was discovered that downy mildew could be combated by applying copper sulphate and powdery mildew with sulphur. In the case of phylloxera, given that the lethal damage to the vines occurred at the roots, the only solution was to graft European scions to American rootstock, as the roots of American vines were resistant to the disease. To explain this in a way that may be easier to understand, we can say that the solution consisted of providing the old varieties with 'new shoes' so that they would be able to withstand the presence of the invader, which attacked and killed the plant via its roots. Although this solution was very effective, it was not easy to implement, as it required digging up all the old



vineyards in Europe and replanting the varieties, grafted to the American rootstock. The only plants that escaped this process were found in certain old vineyards planted in sandy soil, where phylloxera could not propagate. These included vineyards on the Morrazo Peninsula (in the area of Aldán, Donón, etc.) in Galicia, and along some sections of the Mediterranean coast of France (*vin des sables*). Some of the islands – such as the Canary Islands, Cyprus and Crete – remained free of phylloxera, and still do, as did Chile, on the South American continent. Other survivors which did not require grafting were some scattered centuries-old vine stock of the original grapevines that, for some unknown reason, turned out to be resistant to phylloxera and not very sensitive to downy mildew, powdery mildew and black rot. It should be remembered that although the arrival of phylloxera caused as much damage in Galicia as in other parts of Europe, no less serious was the effect of these last three diseases. The mild temperatures and high relative humidity typically found in this region created especially ideal conditions for the development and spread of the fungi that cause them. Despite this, Galicia is noteworthy in comparison with other grape-producing regions of the world, in that it has been able to preserve a large number of centuries-old specimens (estimated to be over three hundred years old). The majority of these ancient varieties are not found in any other location.

While the arrival of the diseases was a major tragedy for grape growers, it also marked the beginning of the modernization of grapevine cultivation, which can now be considered one of the most sophisticated and complex areas of agriculture. And so, following those difficult years, many of the great European vineyards we know today again achieved significant glory in the first half of the 20th century. In some areas of Spain, wineries which now count among the world's finest began their history during that period.

In the 1960s and 1970s, there was another crisis in the wine-producing sector of northern and northwest Spain. This time the cause was industrialization, which was linked to emigration from rural areas to Spanish cities (Madrid, Barcelona, Bilbao, Vigo, Coruña) and other European countries (France, Germany, Switzerland, England). As a result of this trend, farming was abandoned by a large portion of the rural population, especially in those areas and of those crops that required a significant amount of effort but yielded little profit, as was the case of viticulture in certain regions. To this was added the replacement of ancient grapevine varieties – which were highly suited to each area of cultivation, but very sensitive to the diseases

discussed earlier, and thus required the ongoing use of phytosanitary treatments – by others that were less sensitive to disease and produced higher yields, but were little suited to the region (Palomino Fino, Alicante, etc.). Together with these non-native grapevines, direct-producer hybrids (DPHs) were also introduced into Galician vineyards. Noteworthy among these was Jacquez (internationally known) and others which growers in the region gave the local names Folla Redonda, Catalán Blanco, Catalán Rojo and Catalán Negro, possibly due to the fact that they came to Galicia by way of a Catalan nursery. Although the DPHs produced low quality wines, they had the great advantage of yielding many more kilos of grapes, some of which lent the wine a great deal of colour, as they were teinturier varieties (Jacquez and Folla Redonda). But most importantly, they did not require the ongoing application of treatments. This type of vine stock also created a place for 'weekend' viticulture. It became possible for people who, although they had moved out of rural areas, lived in cities that were not too far away, to maintain ties with the country by cultivating a small vegetable plot or a vineyard which they looked after at weekends. As a result of all this, in the 1970s and 1980s, the quality of Galician wines declined to previously unheard of levels.

Although Galicia had already had two designations of origin since the mid-20th century (Ribeiro and Valdeorras), the creation of the Rías Baixas Designation of Origin in the late 1980s and its successful commitment to the recovery of the native Albariño variety marked the beginning of a new golden age in Galician viticulture. The example set by this variety's recovery was followed by others, such as Godello, Treixadura, Torrontés, Loureira, etc., and approval for two new designations of origin: Monterrei and Ribeira Sacra. Today, viticulture has become the pillar of the Galician agrarian economy. This can be demonstrated by a simple glance at the growth figures for the area under cultivation for wine production and the number of wineries. To give an example, the Rías Baixas Designation of Origin had just 14 wineries and 237 hectares of wine grape-producing land in 1987. But by 2013 it had 178 wineries and 4,064 hectares of vineyards ([www.doriasbaixas.com](http://www.doriasbaixas.com)).

This success in the development and international positioning of Galician viticulture over the past twenty years has been possible thanks to the efforts of enterprising grape growers and winery owners. They have also received significant support from the autonomous community government, and from the outset sought to collaborate with the scientific community and apply new

technologies in order to be able to offer different, better quality products.

A few of the five Galician designations of origin particularly stand out among the sixty-nine designations of origin currently found in Spain for the considerable number of scientific papers published about their varieties and wines over the last fifteen to twenty years. For example, in 1986 (shortly after the creation of the Rías Baixas Designation of Origin), the Galicia Institute for Agrobiological Research and later the Biological Mission of Galicia, both members of the Spanish National Research Council (CSIC), undertook pioneering studies in Spain on the recovery of ancient grapevine varieties and their reintroduction into the market. After more than twenty-five years of laborious and arduous direct exploration work in all of Galicia's wine grape-producing areas – reviewing numerous ancient documents and present-day scientific literature – and detailed in-depth ampelographic, genetic and agronomic study of the varieties, it has been possible to determine that Galicia represents a sort of 'refuge zone'. It has significant wine grape biodiversity and has succeeded in keeping alive numerous varieties of grapevines that are unlike those currently preserved in other parts of the world. The reasons for which it has been possible to preserve such wealth here are several. Firstly, the centuries-old tradition of smallholdings common in this region has led to each farmer planting his small vineyard with those varieties which he considered best for making wine for his own consumption, or simply those which had been handed down from preceding generations. Even today, in this type of vineyards it is common to find a mix of different grapevine varieties, which in autumn can be distinguished from a distance by the range of varied red, green and yellow tones the leaves of each variety take on before they fall. Another way these ancient, and often unknown, varieties have been preserved is in the form of large pergolas built next to houses, which for centuries have provided the shade beneath which various generations of the family have spent their summers chatting or simply taking a break at the end of their workday. When the month of September or October arrived, depending on the maturation period, these pergolas were harvested and a small amount of single varietal wine was made from that specific grapevine, or it was added to the grapes produced in other vineyards on the property.

The challenging terrain and isolation of some of Galicia's wine grape-producing areas, such as the Ribeira Sacra region, for example, is another factor which has helped preserve the different grapevine varieties. The gradient,

altitude, orientation and soil type in some of these areas limit grapevine cultivation and determine the use of one variety or another. The same occurs in locations close to coastal areas, where high levels of humidity, associated with frequent fog, saline winds, etc. present different kinds of limitations. And over the centuries, they have created favourable conditions for the cultivation and preservation of certain varieties over others.

The research work carried out by the CSIC has made it possible to preserve a vineyard with living plants of all the varieties located, collected and analysed (close to one hundred different specimens) at the Biological Mission of Galicia (CSIC). Numerous studies – botanical, agronomic, genetic, disease resistance, etc. – have been conducted on these grapevines. The findings have been published in more than one hundred scientific articles. They have also been made available to grape growers and the general public through informative publications and online (<http://www.vitis.mbg.csic.es/vitis/>). At the same time, for the varieties which the data have determined could produce different high quality wines, plants have been provided to nursery owners so that they can be marketed to interested grape growers, with every guarantee in terms of the identity of the variety and its phytosanitary condition. In this way, the first certified Albariño clones have been made available in the marketplace and the same will soon be done with more than a dozen ancient Galician varieties, some of which have yet to be discovered, even by grape growers.

Among the most important white grape and red grape varieties in Galicia, I would highlight the following twenty, ten in each of the two groups:



1.



2.



6.



7.

**10 Galician white grape varieties:**

1. Albariño
2. Branco lexítimo
3. Caíño branco
4. Cumbrao
5. Dona branca
6. Godello
7. Loureira branca
8. Ratiño
9. Torrontés
10. Treixadura



3.



4.



5.



8.



9.



10.



1.



2.



6.



7.

**10 Galician red grape varieties:**

1. Brancellao tinto ou albarello
2. Caíño tinto ou tinta femia
3. Cascón
4. Tinta castañal
5. Espadeiro
6. Mencía
7. Merenzao
8. Mouratón
9. Pedral
10. Sousón



3.



4.



5.



8.



9.



10.





## Emilio Rodríguez

at each stage of production. As a result, from his very first foray into the industry down to today, Emilio Rodríguez has taken charge of technical management for several winemakers, combining this work with a very useful postgraduate course in small business administration and management.

The many wineries he has been directly involved with or provided advisory services for have enabled him to build up an in-depth knowledge of Galician viticulture and oenology, which he currently brings to bear on technical management at Terras Gauda.

Emilio Rodríguez has taught tasting at both hotel and catering schools and oenology schools, as well as Spanish and foreign educational institutions. Highlights include classes at the Culinary Institute of America in New York.

He has had a number of important papers and scientific/technical documents published in trade journals, and acts as a peer reviewer of scientific articles for several of them.

He has completed and is currently undertaking a number of research projects in collaboration with universities and the Spanish National Research Council (CSIC). These have dealt with such subjects as vine selection, oenological microbiology and the possible health benefits of wine and its by-products. This research earned him the 2009 Galician Royal Academy of Sciences Award as principal researcher at Bodegas Terras Gauda, shared with the CSIC, for the 'Study to improve the quality of Albariño wine'.

As a result of these projects, Rodríguez is also listed as the inventor on two joint patents with the CSIC and licensor for a third one

After studying in Vigo, where he was born, Emilio Rodríguez transferred to the Faculty of Pharmacy at the Santiago de Compostela campus to begin his university education. Half-way through the degree programme, Dionysus became a powerful presence in Rodríguez's student mind, so much so that he would guide his vocation for and, most definitely, his devotion to wine. In those days, the wine served by the glass was, with very few exceptions, utterly vile: something had to be done for the sake of Galician wines. With this aim in mind, he finished his pharmacy degree and immediately transferred to the Higher Technical School of Agronomy in Madrid to complete a master's in oenology and viticulture.

From the beginning, the focus of his work has not been limited to oenology. He also concentrated on comprehensive consulting services relating to production, encompassing vineyard management and winemaking. This interrelationship has enabled him to gain an understanding of the reason behind the processes and actions

## LA MAR

Caíño Blanco is a variety for which there was very little remaining stock of vines by the 1980s, located only in the O Rosal Valley. The cause? Despite its excellent reputation, this variety is very challenging to cultivate. Reasons include:

- It reaches maturity the latest, being harvested in early October.
- It produces a lot of vegetation, meaning that the leaves must be stripped by hand.
- It is quite sensitive to attacks by fungi (downy mildew, botrytis), which are common in our climate.
- It is the lowest yielding white variety in the Rías Baixas region, with small berries and bunches.

Some fifteen years ago, I had the pleasure of discovering this gem, the Caíño, 'O rey do viño' (the king of wine). Shortly after that, in 2004, I was designing twelve hectares to be planted in a challenging area with a steep gradient and poor soil, where it would be difficult for the vines to put down roots. I originally planned to plant six hectares of Caíño and six of Albariño, but in the end I decided to plant all twelve hectares with my beloved Caíño Blanco. Despite the difficulties this entailed, looking back on it today, I know that it was a wise decision. This challenging plot gives us a Caíño that extracts the minerals from the schist soil, and these are reflected in the final wine.

The decision to increase the area planted with Caíño finally enabled us to produce a single varietal wine without detracting from the essence of Terras Gauda. And so, in early 2011, after four long

years of testing, we launched the first La Mar, the 2009 La Mar.

Despite its challenges, Caíño's many virtues make it an oenological treasure:

- Cultivated in the same soil, it is the variety which best takes in the characteristics of the terroir.
- It develops aromas of tropical fruit when it is young, with a marked mineral presence. As the wine evolves in the bottle, those aromas become subtle notes of pine resin and stone fruit compote, highlighting the minerality even more.
- Its main virtue can be noted on the palate. La Mar has a very long, dense, unctuous, glycerine mouthfeel. It is aged on lees, making it even creamier and more unctuous, if that is possible.
- Of all the varieties, it is the most acidic, allowing it to age extremely well.

Any time we taste a new variety, we normally rummage around in our olfactory and taste memory, searching for similarities with other wines. In the case of La Mar, I recommend an exercise in abstraction. It is not as aromatic as a loureiro or a good sauvignon, but its particular aromatic features are unmistakable. The flavour may recall a powerful and energetic chardonnay, but it is more subtle. A godello? Perhaps, but its vigorous acidity lends it greater freshness and an aptitude for refined ageing. Let us forget about all the wines we have tried so far, this is no more and no less than a wonderful caíño. It is La Mar.

# LA MAR

**Name:** La Mar.

**Vintage:** 2012.

**Type of wine:** White.

**Designation of origin:** Rías Baixas, O Rosal.

**Grape variety:** 85% Caíño Blanco, 8% Albariño, 7% Loureiro.

**Vineyards:** Terras Gauda. Planted between 1989 and 1990, they are around 25 years old. 117 hectares of Albariño, 33 of Caíño Blanco, and 10 of Loureiro. The vineyards lie atop a layer of slate.

**Harvested:** 6–8 October 2012. Each variety is harvested separately, following the procedures required by each based on its characteristics. Spring rains and mild temperatures in the summer of 2012 resulted in a very long cycle for these vines, with a slow, prolonged and excellent maturation. Good conditions in early autumn made it possible to delay the harvest until the grapes had reached their optimum maturity.

**Vinification:** The Caíño grape used to make the wine is cold macerated for a longer time in order to get the most out of its high ratio of skin. This aids extraction of the aromas. After fermentation, the wine is aged on lees in a stainless steel tank for 2 months with periodic bâtonnage. It then rests at low temperatures for 6 months before bottling, where it refines for a minimum of an additional 8 months.

**Bottled:** 16 September 2013.

**Alcohol content:** 12.7% vol.

**Sugar content at harvest:** 216 g/l.

**Production run:** 18,000 bottles.

**Ideal consumption time:** 3 years; evolves in the bottle, gaining complexity and maturity.

**Drinking recommendations:**

- Serving temperature: 10–12 °C. The wine should be opened shortly before drinking.
- Pairings: Fish and shellfish; stews and roasted meats; spicy or slightly hot dishes.

## Tasting notes

The initial aromatic impression is its marked tropical character, with traces of ripe mango and pineapple, as well as its ability to take in the characteristics of the terroir. This gives the wine a great deal of minerality, with a very pleasant earthy nose and retronasal nuances. These aromas are accompanied by subtle traces of aromatic herbs and a base of mouth-filling creamy fine lees.

Thanks to its high glycerol content, on the palate, this wine is flavourful, juicy and very unctuous. It has a very good body and structure, making it ample and slightly sweet with a lingering finish. Its high acidity lends the wine freshness and contributes to its excellent ageing.







## Cristina Mantilla

Cristina Mantilla began working in the world of wine in 1990, at a small winery in the Rías Baixas region, Bodegas Condasat (later absorbed by the Adegas Galegas group), under the guidance of Pepe Hidalgo and Ana Martín.

Gradually, she began broadening her horizons to other wineries in the same designation of origin, including Lagar de Pedregales, Aldea de Abaixo, Pazo San Mauro (GVM Vargas), Bodegas del Palacio de Fefiñanes and Adegas Valmiñor, among others.

During this period, Adegas Galegas was expanding into other wine-producing areas – Valdeorras, Bierzo, Castilla y León and Montsant – and she took over technical management of all Adegas Galegas wineries, with the oenological support of Joan Milà.

In 2003, she left Grupo Galiciano and continued providing oenological consulting services for several wineries, including Maior de Mendoza, Bodegas Aforado and Davide, in Rías Baixas; Valdesil, in Valdeorras; Adegas Edmundo do Val, in Vinho Verde (Portugal) and the new Adegas Valmiñor in Ribera de Duero, Ebano Viñedos y Bodegas.

Currently, her work as an oenologist includes Bodegas CastroBrey, Ronsel do Sil and Viña Adral, as well as technical management for La Maleta Fine Wines.

Cristina Mantilla is a member of the tasting committees for all of Galicia's wine designations of origin – Ribeiro, Rías Baixas, Ribeira Sacra, Monterrei and Valdeorras. She teaches oenology classes as part of training courses for winery staff, as well as tasting courses for both professionals and amateurs.

Her academic curriculum vitae includes a degree in organic chemistry from the University of Santiago de Compostela and a master's in viticulture and oenology from the Higher Technical School of Agronomy at the Technical University of Madrid. She has done postgraduate studies in food science and technology and is currently studying fine arts.

Mantilla is certified by the Xunta de Galicia to practise as an oenologist. In 2013 she was nominated for Best Oenologist of the Year by Wine Enthusiast Magazine.

At the age of 50 + 1 with two children, her car is her office and her mobile and the Internet keep her in connection with the wines she creates, always in collaboration with the oenologists at the wineries where she works.

Her more immediate future will be focused on shifting her oenology work to her website ([www.mantivinos.com](http://www.mantivinos.com)), teaching, com-municating and enthusing about wines. Specifically, she is preparing to join the challenging world of the Masters of Wine.

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## SANAMARO / PEZAS DA PORTELA / CASTAÑAL 100

The choice of these three wines is based on the varieties from which they are made. Three whites: Albariño, Loureiro and Godello; and one red: Castañal. All Galician, native and well-established in our region. Firmly rooted in the Atlantic grape-producing tradition.

**Sanamaro**, Albariño (90%) and Loureiro, Rías Baixas Designation of Origin. These magnificent highly aromatic varieties blend very well, with the full range of citrus fruits, white flowers and fruits from the Albariño and the balsamic notes of the oceanic forest from the Loureiro. It is made as a young wine, although the Albariño part is aged on lees to expand the flavour of this robust and mineral white wine.

**Pezas da Portela**, Valdeorras Designation of Origin. This wine is 100% Godello, another variety with spectacular organoleptic

qualities, and mineral and balsamic notes. It is very well suited to production as a single varietal, very full in the mouth and unctuous, giving it much of the impact of some red wines. Aged on lees in large French oak barrels, it keeps perfectly in the bottle for years.

**Castañal 100**, Rías Baixas Designation of Origin. As the name indicates, this is 100% Castañal. This forgotten variety hidden away in the Rosal sub-zone, and as a result, unknown to almost everyone, has been a great discovery. It is a challenge to produce, but it reveals itself to have highly expressive fruits and flowers. It is very fresh and cheeky. It is still only being used for young wine. It withstands the mild, moist climate of southern Galicia, with a slow and sometimes complicated maturation. But it points to ways in which to reflect that typicality of Galician reds with a tradition of terroir.

# SANAMARO

**Name:** Sanamaro.

**Vintage:** 2013.

**Type of wine:** White.

**Designation of origin:** Rías Baixas.

**Grape variety:** 90% Albariño and 10% Loureiro.

**Vineyard:** Pazo de San Mauro, Condado de Tea (Pontevedra). The average age of the vines is 42 years.

**Harvest method:** By hand.

**Harvested:** 16–30 September.

**Harvest description:** The 2013 harvest was classified as very good. Maturation of the grapes was delayed significantly by cold and constant rain throughout the spring until flowering. The grapes matured perfectly after that thanks to a hot, dry summer. It was possible to harvest before the early October rains.

**Winemaking:** Grape selection on the vine. Low-temperature maceration for several hours. Alcoholic fermentation in stainless steel tanks at 18 °C.

**Alcohol content:** 13% vol.

**Total acidity:** 5.8 g/l tartaric.

**pH:** 3.3.

**Residual sugar:** 1.59 g/l.

**Production run:** 6,565 bottles.

**Bottled:** July 2015.

**Drinking recommendations:**

- Serving temperature: 10–12 °C.
- Pairings: Excellent with smoked salmon, pasta salad, foie gras, lobster risotto or seafood paella.

## Tasting notes

Complex aromas of apple compote and stone fruit (apricot and peach) typical of the maturation of the Albariño grape, which combines with the citrus and aromatic herb notes of the Loureiro. On the palate, mineral sensations highlight its expressiveness with freshness and warmth; full-bodied and fleshy. A vocabulary of flavours that communicate depth and longevity. A crisp, elegant, highly complex wine that reveals a long, alluring finish.





# PEZAS DA PORTELA

**Name:** Pezas da Portela.

**Vintage:** 2012.

**Type of wine:** White.

**Designation of origin:** Valdeorras.

**Grape variety:** 100% Godello, Pedrouzos clone.

**Vineyard:** Pezas da Portela is produced exclusively from the 11 historic pezas (plots) that were planted by the children of José Ramón Gayoso over the course of the 20th century on the slaty slopes of the village of Portela, using the original Pedrouzos clone. The average age of the vineyards is 50 to 70 years.

**Soil:** Colluvial, resulting from the weathering of ferruginous slate and schist.

**Ageing:** 6 months on lees in French oak barrels and 12 months in a stainless steel tank.

**Fermentation:** Alcoholic by wild yeast in French oak barrels (Allier, Vosgues).

**Alcohol content:** 14% vol.

**Acidity:** 5.89 g/l.

**pH:** 3.18.

**Residual sugar:** 3.3 g/l.

## Tasting notes

The 2012 vintage reflects the perfect maturation conditions that allowed the grapes to develop significant aromatic complexity. The wine has a very elegant, complex nose, with traces of citrus fruit, yellow fruit such as quince and stone fruit, enveloped in the lees and toasted notes added by the oak. Full-bodied, it has a creamy texture, elegantly balanced by a powerful minerality that enhances the refreshing natural acidity, giving the wine a firm structure.



# CASTAÑAL 100

**Name:** Castañal 100.

**Vintage:** 2013.

**Type of wine:** Red.

**Designation of origin:** Rías Baixas. O  
Rosal sub-zone.

**Grape variety:** 100% Castañal.

**Vineyard of origin:** Adegas Valmiñor.

**Harvest method:** Harvested by hand into  
15-kilo crates. Sorted at the winery;  
crushing and stemming prior to being  
placed in a stainless steel tank.

**Maceration and alcoholic fermentation:**  
Under controlled temperatures (25–27  
°C) for approximately 10 days.

**Devatting and malolactic fermentation:**  
In stainless steel.

**Ageing:** Between 4 and 6 months, based  
on tasting, in French oak barrels from  
Bordeaux.

**Bottling and resting in bottle:** A  
minimum of 3 months prior to  
distribution.

**Drinking recommendations:**  
– Serving temperature: 17–18 °C.

## Tasting notes

This one-of-a-kind wine in the Rías Baixas region has a clean, bright cherry red colour. The wine has a notable fresh, expressive nose; aromas of ripe cherry and blackberry stand out, very pleasant traces of menthol and herbs. Fresh, delicate attack, with a lingering modern, maritime personality.







## José Hidalgo Togores

José Hidalgo Togores holds a doctorate in agricultural engineering and an advanced diploma in viticulture and oenology from the Technical University of Madrid. He has also completed an international diploma course in viticulture and oenology at the INIA (National Food and Agriculture Research and Technology Institute - Ministry of Agriculture, Fisheries and Food and Ministry of Foreign Affairs).

He has taught oenotechnics at the Madrid School and Museum of Vine and Wine (Ministry of Education); oenology on the Viticulture and Oenology Specialization Course at the Madrid School of Agricultural Engineering; on the International Viticulture and Oenology Course at the INIA; and on several master's courses.

José Hidalgo has also held the position of managing director at Viñedos do Rosal, SA and Adegas das Eiras-Terras Gauda, SA (Pontevedra); technical manager and oenologist at Bodegas

Bilbaínas, in the Rioja Controlled Designation of Origin; and production manager for the Legaris winery (Codorníu) in the Ribera del Duero Designation of Origin (Grupo Codorníu). He has applied his knowledge as an adviser and technical consultant for wineries in several designations of origin throughout the country.

Hidalgo has also authored several research papers on wine production; and has written some fifteen technical books, as well as close to two hundred articles on viticulture and oenology published in trade, technical and culinary journals. He has also given more than one hundred lectures.

Over the course of his career, he has received numerous awards and the wines he has entered in international competitions have obtained many prizes, medals and mentions, including two Civart trophies at the Challenge International du Vin Vinexpo (Bordeaux); a Great Diploma of Honour with Gold Medal in Ljubljana; three Gran Bacchus de Oro in Madrid; the 2014 Guía Gourmets Best Young Red Wine; and a Golden Award of Excellence at the 2014 Interwine International Wine & Challenge in Guangzhou, China.

## PAZO BAIÓN

Historical records indicate that Pazo Baión has probably been engaged in wine production since at least 1650, and definitely since 1731. The current 22-hectare vineyard was planted with the native Albariño variety in 1970. Now over forty years old, the vines have reached the ideal age to produce the highest quality wines.

The concept behind the viticulture project at Pazo Baión is to use only grapes produced on the property itself, the model followed by the best and most unique wines in the world, estate wines. However, in this case it could be described as an authentic pazo wine, from the Galician word for a country estate. The wine is imbued with all the uniqueness and characteristics of its growing environment, giving expression to the conditions found in the microclimate where its vineyards are located, within the mild Atlantic maritime climate, and especially the unique characteristics of its soil. This is what the French refer to as *terroir*, a term which has been adopted in English and translated into Spanish as 'terruño'.

Pazo Baión is in the inland part of the Rías Baixas region, some 10 kilometres from the coast in the town of Vilanova de Arousa. It is protected from the prevailing west winds by Mount Paradela de Arriba. This, coupled with the unusual topography of the south-facing vineyards, produces a particular microclimate which is highly favourable for the cultivation of aromatic white varieties such as Albariño.

The soil is granite. It rests directly on the granite parent rock and has a dark colour due to its high organic matter content. The texture is loose, with a predominance of coarse elements derived from the rock. The granite rock undergoes an intense alteration process, producing a material with a similar appearance to the original, but finer. This is known locally as granite *xabre* or *zarzo*. It can easily be penetrated by plant roots, which transmit its minerality to the wines.

The uniqueness of the environment, soil and microclimate is combined with cultivation of a vineyard at the peak of its quantitative and qualitative potential. The Albariño variety is fully established and attains a high degree of expressiveness. The estate uses environmentally friendly cultivation methods to deal with the challenging climatic conditions sometimes found in the Rías Baixas Designation of Origin, where high moisture levels cause fungus-based vineyard diseases to develop. Sustainability is the principle governing vineyard cultivation at Pazo Baión.

Pazo Baión is a wine with a very different style from the other albariños in the Rías Baixas Designation of Origin. This is due not only to the great quality and expressiveness of the grapes, but also the winemaking process. Ageing on lees followed by a period in the bottle ensures that the wine will evolve magnificently in the bottle. It is never released until eight months after harvest and is put on the market in June or July of the following year.

# PAZO BAIÓN

**Name:** Pazo Baión.

**Vintage:** 2014.

**Type of wine:** White.

**Designation of origin:** Rías Baixas. Salnés sub-zone.

**Grape variety:** 100% Albariño.

**Vineyard:** Made exclusively with grapes from the Pazo Baión vineyard, which occupies 22 hectares. The vines, trained using the tendone system, have an average age of 40 years.

The different characteristics of each of the subplots lend the grapes great complexity and typicality.

**Harvested:** Between 22 September and 4 October.

**Harvest method:** Harvested by hand during the coolest hours of the day to preserve all the aromatic potential. Each subplot is harvested separately.

**Maceration:** After the bunches are stemmed, the grapes are refrigerated at a temperature of 6 °C, macerating for 8 hours to extract all their aromatic potential and preserve all their quality. Only the drained must is used, without pressing the pulp. This produces a greater concentration of the important organoleptic compounds. The must then goes through a 36-hour debourbage (cold settling) stage.

**Alcoholic fermentation:** 14–16 °C. The average duration of this natural process is 15 days. Alcoholic fermentation of the must is by native yeast prepared as pied de cuve.

**Ageing:** The wine is left on fine lees in a stainless steel tank for six months, from the end of fermentation to stabilization before bottling. During this period, the lees are stirred weekly for four months. After that, the wine is aged without stirring for the remaining time.

**Bottled:** June 2015.

**Alcohol content:** 13.0%.

**Total acidity:** 6.8 g/l tartaric.

**Sugars:** 2.7 g/l.

**Allergens:** Contains sulphites.

**Production run:** 40,000 bottles (0.75 l).

**Bottle:** The bottle design reflects the modern and original spirit the Pazo Baión project seeks to convey. Metamorfosis is the name given to the logo/symbol that is the image of Pazo Baión winery and wine.

**Ideal consumption time:** Within three years of the wine's release.

**Drinking recommendations:**

- Serving temperature: 10–12 °C.
- Pairings: Appetizers, fish and seafood, fresh or medium-aged cheeses, rice dishes, Asian dishes and pasta.

## Tasting notes

2014 Pazo Baión Albariño is a straw yellow wine with greenish highlights. The varietal's strong perfume stands out, with aromas of white flowers (orange blossom and jasmine) and fruity notes, predominantly citrus (grapefruit and mandarin) over white fruit (apple and pear) bottom notes.

Fresh and balanced mouthfeel, well-structured, mouth-filling, mineral with a long evolution on the palate and a very aromatic persistent finish.







## Rafael Palacios

Rafael Palacios has had a connection to wine from birth. He is the youngest child in the large family of José Palacios Remondo, who founded the winery of the same name in 1948 in Alfaro, La Rioja. Rafael grew up around the family winery.

Between 1990 and 1993, he spent time in France, where he worked for Dulong, a major wine merchant in Bordeaux. He also combined oenology studies in Montagne-St. Emilion with work experience at Ch. Pétrus and Ch. Moulin du Cadet, owned by the Moueix family.

It was there that he met John Cassegrain, a prestigious Australian oenologist. In 1994, he travelled to that country to work with Cassegrain at his winery in the Hastings River area. In Australia, he discovered his passion for making white wines. Rafael Palacios has always had an affinity for the technical side of winemaking and there he began to feel especially attracted to that new trend in oenology. He continued his work experience in Coonawarra, South Australia, where he worked for several wineries in the Southcorp group.

In 1994, he returned to La Rioja and began his professional career at the family winery. He father made him technical manager two years later, marking a generational change in the winemaking process.

In 1997, motivated by competition from emerging areas such as Rueda and Rías Baixas, Rafael began producing higher quality white wines at the winery. That same year was the first for the white made from the Viura Plácet variety.

Accolades quickly followed. But after several harvests, Palacios felt that the technical side of winemaking had run its

course. He began exploring viticulture to make the wines even more expressive.

His father died in 2000, and for the next three years he worked with his brother Álvaro, who has run the winery since 2000.

By 2004, the moment had come for Rafael to fly solo. It was time for an adventure. He had the energy of youth and the temperance of experience. The allure of Galicia was nothing new. In 1996, he had already been drawn to the Godello variety. It was a Valdeorras wine at a classic gastronomy trade show in Madrid. He was impressed by the continental character of the variety (a characteristic aspect of other Galician varieties), and especially by the volume and long mouthfeel of these wines. Galicia is home to Spain's most maritime climate, as well as very acidic soil. Those were the deciding factors that led him to settle there.

Rafael Palacios embarked on his own enterprise in 2004, buying old vineyards of the Godello native variety from aging viticulturists in the Bibe Valley sub-zone (Valdeorras Designation of Origin). He chose this area for its history, for its altitude (the highest in Galicia), and also for the texture of the sandy soil, which is exclusively granite. The extreme relief and low yields due to the soil had led to the almost complete abandonment of this small, yet historic, district, which is farmed on terraces. Rafael has returned these vineyards to their historical viticulture tradition, completely eliminating the great enemy of Galician grape growing: the use of herbicides and chemical treatments. This transformation is having a notable effect on the quality of his wines, which are becoming much more defined with each passing year, expressing the sandy soil, with a marked mineral and saline character.

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## LOURO DO BOLO

Louro do Bolo is a white wine made with grapes from our vineyards in the municipality of O Bolo.

They are medium age Godello vineyards (14 to 38 years). And since the 2009 vintage, we have been incorporating a small percentage of the Treixadura variety.

After fermentation in French oak foudres, the wine remains on fine lees for five months until bottling.

Louro is a crisp wine that expresses its aromatic intensity through acidity (grapefruit, Golden Reinette apple and moist box), with prominent appealing granite mineral notes.

Visually, it is clean and elegant, a bright straw yellow with a greenish rim.

There is a lot of white fruit in the nose, with citrus notes and the aroma of fresh grass with balsamic tones.

On the palate, it displays the sweet and sour character of Godello. The crisp, spicy attack melts into a round oily finish and ends with a marked minerality and salinity, giving it length and personality.

I selected this wine for its balance and great culinary versatility. In addition, it is among the Spanish whites with the best value for money.

# LOURO DO BOLO

**Name:** Louro do Bolo.

**Vintage:** 2014.

**Type of wine:** Medium-aged dry white.

**Designation of origin:** Valdeorras, Bibei Valley sub-zone.

**Grape variety:** 100% Godello.

**Vineyard:** Vineyards over 28 years old owned by the vineyard in the municipality of O Bolo (Ourense), above 660 metres on granite soil.

**Ageing:** 4 months on lees in a French oak foudres.

**Pruning method:** Cordon royat.

**Cultivation method:** Farming machinery adapted to the terrain.

**Irrigation:** No.

**Harvested:** Mid-September to late October.

**Harvest method:** Selective, by plot and orientation.

**Yield per hectare:** 36 hl/ha.

**Alcoholic fermentation:** In 3,500-litre French oak foudres.

**Alcohol content:** 13.5% vol.

**Drinking recommendations:**

- Serving temperature: 8–10 °C.
- Pairings: Boiled and grilled shellfish, rockfish, sushi and white meats.

## Tasting notes

Visually, it is clean and elegant, with a bright straw yellow colour and greenish rim.

This crisp wine conveys its aromatic intensity in the form of plants such as fennel and gorse. Delicate traces of chestnut flower, citrus notes and an enticing touch of wet stone.

On the palate it has a big attack, crisp yet voluptuous at the same time, oily, melting into a complex and fruity (white stone fruit) mid-palate.

The finish is marked by the saline minerality of its soil, giving it the personality and character of a great wine.







## Ana Quintela

Ana Isabel Quintela Suárez (Ourense) holds a degree in biology with a concentration in molecular biology from the University of Santiago de Compostela. She has a specialist advanced diploma in oenology from the Technical University of Madrid. She has also completed a number of courses, including the Advanced Specialization Course in Viticulture and Oenology in Warm Climates at the Rancho de la Merced Experimental Station in Jerez de la Frontera (University of Cádiz), recognized by the International Organization of Vine and Wine (OIV); and the Specialization Course in Food Quality and Safety (Department of Social Welfare. Directorate-General for Training and Placement. Association of Food Warehouse and Wholesalers of the province of Pontevedra). She also holds an advanced diploma in occupational health and safety, with a specialization in industrial

hygiene, from the course organized by the Agri-food Federation and European Social Fund.

Her professional career has primary centred on her work at Pazo de Señorans winery (Meis, Pontevedra), where she is the technical manager and has been an oenologist since 1990. She was also an inspector for the Rías Baixas Control Board in 1991.

Ana Quintela has been a member of the Spanish Federation of Oenology Associations since January 1992; a member of the Rías Baixas Control Board Official Tasting Committee since 1994; and a member of the Orujo de Galicia Control Board Official Tasting Committee since 1998.

Her studies and professional qualifications have been recognized by the Xunta de Galicia, which has authorized her to work as an oenologist.

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### PAZO SEÑORANS. SELECCIÓN DE AÑADA

I chose this wine for its personality.

The first Pazo Señorans. Selección de Añada was created in 1995. After more than twenty years, it grows more extraordinary each day.

Its uniqueness is due to its place of origin. It is 100% Albariño and is made on a plot known as Los Bancales, located on the estate, a 16th-century manor house in the Salnés Valley (Pontevedra). It became part of the world of viticulture in 1989, when it was converted into a winery, although grapes had previously been grown there.

At Los Bancales, where the Selección is produced, the tendone-trained vines have low yields per hectare. The plot lies atop granite, with a great deal of xabre (sandy granite soil) resulting from the breakdown of the rock. It also has good drainage capacity. The grapes from this property are very small. At the winery, the production process is unique: it uses very

marked and spicy varieties, with a lot of balance. We believe that all of these characteristics make it ideal for long ageing on lees in small stainless steel tanks.

When I take a Selección to different locations for tastings, the same sort of language is used to describe the wine. It receives a positive response from tasters and amateurs. Pazo Señorans. Selección de Añada leaves no-one unimpressed.

With the passing of time, it is enhanced by the evolution in bottle, displaying a greater wealth of nuances. As an albariño, it is a good wine for laying down and can be consumed over a very long period.

Our philosophy and commitment is to make wines that reflect the characteristics of our sub-zone of the Rías Baixas Designation of Origin, and to highlight the particular features and virtues of the Albariño variety, wines that live up to the promise of their nose on the palate and express the utmost quality of each vintage.

# PAZO SEÑORANS. SELECCIÓN DE AÑADA

**Name:** Pazo Señorans. Selección de Añada.

**Vintage:** 2007.

**Type of wine:** White.

**Designation of origin:** Rías Baixas.

**Grape variety:** 100% Albariño.

**Vineyard:** Los Bancales, with an average age of 45 years.

**Ageing:** On lees.

**Training method:** Tendone.

**Winemaking:** In stainless steel.

**Tank ageing time:** More than 30 months.

**Bottle ageing time:** At least 12 months.

**Harvest method:** By hand in plastic crates.

**Harvested:** Second half of September.

**Yield per hectare:** 5,000 kg/ha.

**Maceration:** Pellicular (in press).

**Alcoholic fermentation:** Controlled at 16 °C.

**Malolactic fermentation:** No.

**Alcohol content:** 13% vol.

**Total acidity:** 6.7 g/l.

**pH:** 3.2.

**Residual sugar:** 2 g/l.

**Ideal consumption time:** 5 years.

**Drinking recommendations:**

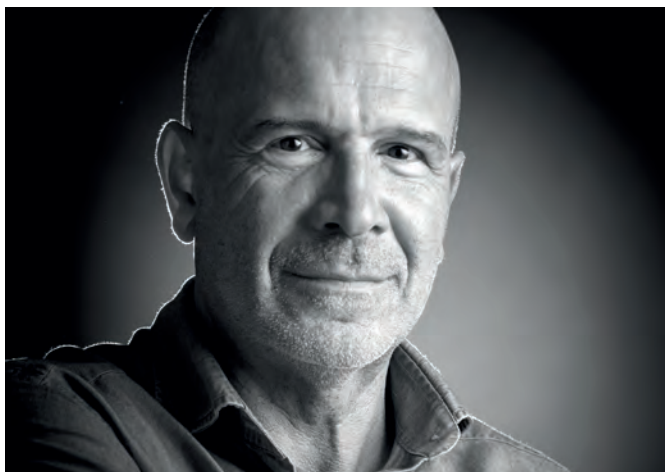
- Serving temperature: 10 °C.
- Pairings: Raw and grilled fish, oily fish, white fish baked or in sauce, cod, foie gras mi-cuit, oysters and poultry.

## Tasting notes

Straw yellow, vivid, bright. High intensity, very noteworthy. Profusion of tertiary aromas from ageing and traces of minerals. Big volume and body. Mouth-filling. Leaves a long impression from start to finish.







## Álvaro Bueno Elexpuru

Álvaro Bueno Elexpuru studied oenology and viticulture at Requena. He gained the notice of José Vicente Guillén Ruiz, a major authority in the world of oenology, especially along Spain's central Mediterranean coast, who encouraged him to continue his studies. He also completed a master's in viticulture and oenology, and marketing.

He is founding member of the Galician Association of Oenologists and won the 2007 Best Galician Oenologist Award from Gallaecia, the Galician Sommeliers' Association. Álvaro Bueno has worked as an oenologist in Galicia for the past thirty years, advising wineries in four of the five Galician designations of origin, of which he is also a member of the tasting committees: Ribeira Sacra, Valdeorras, Ribeiro and Monterrei.

In 1995, he founded the winemaking and viticulture consulting

firm Catavinos, which he currently shares with Tomás Meiriño, José Manuel Martínez and Pablo Ibáñez, oenologists, friends and colleagues. This company advises wineries, as well as numerous viticulturists who make their own wine for consumption and sale.

Today he is responsible for winemaking at Bodegas Joaquín Rebolledo (Valdeorras); Mauro Estévez, Lagar do Merens, Sameiras, Eduardo Peña and Pazo Tizón (Ribeiro); Ladairo, Castro de Lobarzan, Crego e Monaguillo, Via Arxentia and Pazo Mariñan (Monterrei); and Bodegas Seminare for Coles Vinos de la Tierra, in Ourense.

Many of his wines have won major national and international awards. Some have been selected by the Xunta de Galicia as the best in Galicia on several occasions.

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## EDUARDO PEÑA

Choosing just one wine from among the many I make is difficult. Each and every one of them is the fruit of many people's labour, friends and colleagues whom I admire and respect. All of them are of course created with care, passion and dedication, regardless of the circumstances which surround their individual existence.

I have chosen Eduardo Peña, a white ribeiro, because I believe it is among those that best represent the typicality and quality of the wines I currently make. I really like its organoleptic qualities. I really like the philosophy of the owners, Eduardo and Luz, and what they are trying to achieve. This is an enterprise I have been fortunate enough to undertake alongside them from the beginning, helping them lay the foundations. This gives me a good idea of how and where we want to proceed, enjoying the present and moving unhurriedly towards future goals.

The winery is located in Castrelo de Miño. The building is underground and surrounded by vineyards, resulting in no impact on the landscape. It is naturally climate-controlled

through vertical chimneys that renew and regulate the interior environment on command, taking advantage of the slight slope of a hillside down towards the Miño River. Six hectares of sandy, rocky soil and garden-like ground cover, where Treixadura, Albariño, Loureira, Godello and Lado vines receive the sun and water that will bring the grapes to their peak maturity.

This wine is made using traditional methods, macerating the skins to extract from each of the varieties its aroma and texture, its identity. And that is why I say that this wine exudes Galicia. Its smells and tastes of the varieties used in its making. Its quality and typicality are closely related.

Roses, white flowers, citrus fruits, white and fuzzy fruit begin to make an appearance as the wine oxygenates in the glass. Well-structured, a light oily texture and the freshness of a nice acidity round off a flavour with a touch of sweetness and bitterness that invite one to keep drinking.

# EDUARDO PEÑA

**Name:** Eduardo Peña.  
**Vintage:** Yearly.  
**Designation of origin:** Ribeiro.  
**Type of wine:** White.

**Grape variety:** Treixadura, Albariño, Loureira, Godello and Lado.

**Vineyard:** Lugar de Barral-Castrolo de Miño (Ourense). Seven-hectare estate vineyard with trellis-trained vines in bilateral cordon, located 250 metres above sea level, on a slight west-facing slope, with the Miño River and its tributaries passing nearby.

**Soil:** Sandy, slate and rocky.

**Yield per hectare:** 6,000–8,000 kg/ha.

**Winemaking:** Cold maceration, work on the lees and some coupage with fermentation in lightly toasted 300-litre European oak barrels with a medium grain.

**Malolactic fermentation:** No.

**Alcohol content:** 13–13.5% vol.

**Total acidity:** 6–6.3 g/l tartaric.

**Reducing solution:** 3–3.5 g/l.

**Aromatic profile:** Terpenic and thiolic.

**Packaging:** 750 ml Burgundy bottle.

## Tasting notes

Pale yellow with golden highlights.

Complexity, intensity and quality of the primary aromas; subtle, elegant and very intense at the same time; lemon citrus, bay leaf and orange blossom; tropical pineapple and mango; peach and apricot fuzzy fruit; fused with slight balsamic notes and traces of smoke, vanilla and other minerals.

Oily mouthfeel, full, unctuous and glycerine, well-structured, flavourful and slightly bitter; well-balanced, nice acidity and very long.







## Luciano Amoedo Rodiño

In 1979, Luciano Amoedo Rodiño earned a technical engineering degree in agriculture and livestock farming from the Lugo School of Agricultural Engineering. In 1984, he received a diploma in viticulture and oenology from the School and Museum of Vine and Wine in Madrid.

Representing Bodegas Martín Códax, he was involved in the creation of the Rías Baixas Designation of Origin, from its beginnings in 1986 as a 'Vino de la Tierra' to the granting of protected status in 1988.

Since 1986, he has been a member of the Rías Baixas Designation of Origin tasting committee.

Luciano Amoedo was part of the project to select native yeast for the fermentation of Albariño must at Bodegas Martín Códax, in collaboration with the Faculty of Biology at the University of Vigo (1994–1997).

He has also been a speaker on several courses and seminars at the University of Santiago de Compostela and the Santiago Hotel and Catering School, and a winery work placement tutor on the oenology degree programme at the University of La Rioja.

Amoedo represents the ninth generation of a family utterly devoted to viticulture. He is an oenologist at Bodegas Martín Códax.

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## GALLAECIA

In choosing Gallaecia, my main consideration was the very limited presence of this type of wine in Spain. This is because it requires very specific weather conditions at the end of and just prior to ripening (maritime climate, vineyards situated where the Umia River flows into the Ria of Arousa).

We must go back to 1996, when Bodega Martín Códax, SAU (as it is known today), registered in Cambados and then in existence for eleven years, was working only with Albariño grapes. At that time, it produced just three different types of wine: one completely dry, another with a little higher sugar content but still within the dry category, and a third produced in wood. After several years of watching how the grapes developed at the end of the harvest in certain years, it was possible to determine that on some plots with optimum maturity, coinciding with mild summer temperatures and limited rain, the grape harvest began around 21 September and could last some fifteen days.

After that, the grapes enter a phase known as passerillage or raisining, and can develop 'noble rot'. This is a particular form of passerillage, which occurs when a microscopic fungus called *Botrytis cinerea* infects the berries. Among other things, this causes the sugar concentration to increase, while the acidity decreases. It also adds aromatic elements unlike those provided by healthy grapes. When conditions are favourable for the

propagation of the fungus – wet periods alternating with sunny intervals – the skin takes on a brown colour, becoming delicate and fragile. If the fungus continues to develop, the berries or grapes shrivel up. They may also be partially covered with greyish fuzz if the weather is too wet. In our case, the vineyards selected for making this wine are about thirty years old, with adequate organic fertilization and medium porosity to prevent other types of rot.

The percentage of grapes infected with noble rot varies each year, along with their yield, averaging approximately 50%. In order to harvest grapes in this state, at least 60% of the bunch must be infected. Of course, appropriate conditions for making wine from these grapes do not occur every year. If the autumn is very rainy, the sugar concentration decreases rapidly. This produces a grey or acidic botrytis, making the grapes unsuitable for winemaking.

Grapes are harvested into twenty-kilo crates, placed in cold storage at 10 °C, stemmed and macerated for twelve hours, pressed in a pneumatic press and fermented in stainless steel.

In the thirty years Bodegas Martín Códax, SAU has been in existence, only seven vintages have been sold, specifically the years 1996, 1999, 2002, 2004, 2007, 2009 and 2011. However, we do try to make it every year. And that is why I have chosen this special wine.

# GALLAECIA

**Name:** Gallaecia.

**Vintage:** 2011.

**Type of wine:** White.

**Designation of origin:** Rías Baixas, Val do Salnés sub-zone.

**Grape variety:** 100% Albariño.

**Vineyards:** Martín Códax vineyards in O Salnés Valley, with an average age of 30 years, located on small plots, characterized by the use of the traditional tendone system.

**Ageing:** None.

**Winemaking:** Grapes are harvested into 20-kilo crates, placed in cold storage at 10 °C, stemmed and macerated for 12 hours. Pressed in a pneumatic press and fermented in stainless steel.

**Harvested:** Generally beginning in mid-September. By hand, placing the bunches in 20-kilo crates to prevent them from being crushed, which would diminish their quality.

**Maceration:** 12 hours.

**Alcoholic fermentation:** In stainless steel tanks.

**Malolactic fermentation:** In stainless steel tanks.

**Alcohol content:** 13% vol.

**Allergens:** Contains sulphites.

**Drinking recommendations:**

- Serving temperature: 10–12 °C.
- Pairings: Pâté, blue cheeses or Cabrales and charcuterie, even red meat, fish in sauce and spicy dishes.

## Tasting notes

Visual properties: Golden yellow, bright.

Olfactory properties: High intensity, very sweet standout aromas mixed with traces of raisined fruit like sultanas and dried figs; overripe fruit such as peach and quince; honey, native mandarin orange marmalade, floral-aniseed and essences with botrytis bottom notes.

Gustatory properties: Smooth attack, pleasant, dense, unctuous, mouth-filling, glycerine, with balanced sugar/acidity and a clean retronasal with traces of fungus.







## M.ª Luisa Freire

M.ª Luisa Freire Plana received her degree in biology from the University of Santiago de Compostela in 1981. She also holds a dissertation degree from the University of Santiago de Compostela, with her paper 'Study of "in vitro" interaction between carbaryl and hepatic cytochrome P450', submitted in 1982. She has completed several specialization courses and in 1996 did a master's in viticulture and oenology at the Technical University of Madrid (Higher Technical School of Agronomy).

She is authorized to practise as an oenologist by the Xunta de Galicia's Department of Rural Affairs (2007).

Since May 1999, she has been an oenologist at Santiago Ruiz, SAU, in San Miguel de Tabagón (O Rosal, Pontevedra). Since 2009 she has been responsible for making Rueda Designation of Origin wines at Bodegas Lan. She has been an oenologist at Pazo de

Villarei (1998 and 1999) and Granxa Fillaboa, S.A. (1995 and 1998) wineries; oenological advisor for the wineries under the Rías Baixas Control Board from the 1994 harvest to 2011; and head of quality control for Embotelladora Celta, SA (EMCELSA), between 1985 and 1991.

M.ª Luisa Freire has been involved in various R&D projects; authored several scientific publications related to oenology; taken part in scientific conferences and viticulture and oenology seminars; taught courses on oenology, viticulture and tasting; and attended specialization courses and technical seminars.

She is a member of several classification and quality committees, including the Tasting Panel for the Rías Baixas Designation of Origin Control Board (since 1995), the Galician Oenology Association and the Spanish Federation of Oenology Associations.

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## SANTIAGO RUIZ

I chose Santiago Ruiz because it is much more than a wine. Its founder, known as the 'father' of albariño, was a leader within the Rías Baixas Designation of Origin.

Without a doubt, Santiago Ruiz was a man ahead of his time and a true visionary, a loyal defender of the quality of native grapes. He was convinced that in combination with the other varieties in the O Rosal area, including Loureiro and Treixadura, among others, Albariño could produce one of the best whites in the world.

Today, Rosa Ruiz represents the image of the winery, carrying on Santiago Ruiz's philosophy. I have had the good fortune to share and honour this philosophy for many years now, at each grape harvest and in making of our carefully crafted Santiago Ruiz. As he so rightly stated, our wines are young, but not newborns. And I have been lucky enough to have access to excellent resources for R&D&I, always seeking to make improvements and use what the land provides to further our research on a daily basis.

The winery is situated in an exceptional location, in the municipality of San Miguel de Tabagón, in the O Rosal district, the southernmost of the five sub-zones that make up the Rías Baixas Designation of Origin. It thus enjoys more hours of sunlight and less rain than the others, creating a true microclimate thanks to the influence of the Atlantic and the Miño River. Occupying a 17th-century building, the winery is in a quiet, idyllic spot near the mouth of the Miño. It is surrounded by a hectare of old vines trained using the most traditional tendone system, forming a perfect harmony with an unmistakably Galician environment.

In 2007, a new winery equipped with the most advanced technology was built next to the Santiago Ruiz vineyard, with the aim of reinforcing the quality of the wine even more. The old winery has been converted into a museum and visitor reception centre.

Located in Tomiño, just 12 kilometres from the old winery, the Santiago Ruiz property occupies an area covering 38 hectares of mineral-rich soil, in which only native varieties are cultivated: Albariño, Loureiro, Treixadura, Caíño Blanco and Godello. The vine training system chosen, trellises, enables us to give the fruit maximum aeration and exposure to sunlight. With mild temperatures throughout the year, this creates the conditions for excellent grape maturation, allowing us to obtain wines with significant aromatic richness.

Strictly honouring the philosophy of the founder, the new vintage of Santiago Ruiz is not made available until spring, making it possible to get the utmost enjoyment out of its organoleptic qualities.

It is made using a selection of Albariño, Loureiro, Treixadura, Caíño Blanco and Godello. And it is precisely this variety of types of grape that makes it possible to produce such excellent aromatic richness and intensity. This wine evolves very well in the months following bottling.

The unusual label is a reproduction of a map drawn by Isabel, the eldest daughter of Santiago Ruiz, on the occasion of her wedding, which was held at the family home next to the winery. It was intended to assist guests in finding the location.

# SANTIAGO RUIZ 2014

**Name:** Santiago Ruiz.

**Vintage:** 2014.

**Type of wine:** White.

**Designation of origin:** Rías Baixas.

**Grape variety:** Albariño (76%), Loureiro (10%), Godello (6%), Caíño Blanco (4%), Treixadura (4%).

**Vineyard:** Estate vineyards located in O Rosal.

**Winemaking:** Maceration upon arrival at the winery, pressed under controlled pressure in a pneumatic press. After fermentation, it is aged on lees.

**Alcohol content:** 13% vol.

**Bottle design:** The label is a map drawn by the daughter of Santiago Ruiz, Isabel, to show people how to reach the location for her wedding celebration.

**Format:** 750 ml Bordeaux bottle.

**Ideal consumption time:** Until 2016.

**Drinking recommendations:**

- Serving temperature: 10-12°C.
- Pairings: fish and shellfish in general, as well as rice dishes and light meats. Ideal as an aperitif.

## Tasting notes

Clean, bright appearance; straw yellow colour with greenish highlights. Very complex, clean nose, with a combination of the apple and pear fruit notes that are so characteristic of Albariño and Treixadura; citrus fruit, bay leaf and balsamic aromas typical of Loureiro; the white flower notes of Godello; and the mint and aniseed aromas with light mineral notes that characterize Caíño. On the palate, it is oily, powerful and lively, with all the complexity of the nose; mineral, balsamic and fruity. Long and very well-balanced, with a very nice finish. It will evolve well in the bottle in the months following bottling.







## Isabel Salgado de Andrea

After finishing her agricultural engineering studies at the Higher Technical School of Agronomy, Technical University of Madrid, Isabel Salgado de Andrea completed a master's in viticulture and oenology at the same engineering school. She then moved to Turin to complete her training in oenology.

In 1994, she began making albariño wine at Bodegas Gran Bazán, part of the Rías Baixas Designation of Origin. Between 1996 and 1999 she worked as an oenologist at Bodegas Zárata, also making albariño whites. At the same time, she began making wine at Bodegas Fillaboa, one of the most iconic wineries in the Rías Baixas

Designation of Origin.

She is still the oenologist at Bodegas Fillaboa, where for the past seventeen years she has made primarily white wines, as well as orujo aguardiente.

Isabel Salgado has more than eighteen years' experience in winemaking. From 2004 to 2009, she was the president of the Aguardientes y Licores Tradicionales de Galicia Control Board, and for the past fifteen years she has been a taster for the Rías Baixas Designation of Origin Control Board and has participated in numerous wine competitions as a taster, including Los Zarcillos.

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## SELECCIÓN FINCA MONTE ALTO 2013

My choice is the 2013 Selección Finca Monte Alto albariño, for a number of reasons. Most importantly, for its history: Some twenty-five years ago, the albariños being made were wines with quite long ageing times, in most cases in chestnut wood barrels. At some wineries with greater access to technology, they began to test out French oak wood; while at many others, also using technology, vinification was done with the aim of releasing wines the same year, with early bottling and of course, using stainless steel. The oenologists and experts in this world soon realized that the Albariño variety performed magnificently when aged in stainless steel tanks, and more importantly, when on fine lees.

What is the crux of the matter? What happened to allow steel to gain ground on wood for a variety with so much structure that is so incredibly aromatic?

Of course, chestnut wood was eliminated at wineries that wanted to make high quality wines. Due to a lack of knowledge and the abundance of chestnut trees in Galicia, this material so poorly suited to fermentation in general had become the wood of choice, leading Galicians to construct large chestnut barrels for their albariños.

In my opinion, oak wood, ideal for the vinification of red and white wine grapes, is not able to express the authenticity of the Albariño variety. In the majority of wines, it takes over and, shall we say, conceals its most excellent virtues. By this I do not mean that

there are no magnificent wines fermented in oak barrels, and I am a great fan of them. Only that we have chosen a different path, having also made wines in wood.

At Fillaboa, we began testing ageing on lees in the year 2000. And we were not content just to keep a wine on lees for over a year, we also decided to make an estate wine, specifically one from the Monte Alto plot, one of the most iconic plots at Fillaboa. The result was a success, as the albariño wine evolved well during this ageing period. The primary aromas gradually disappear, or better said, other very interesting secondary aromas begin to emerge, giving it unparalleled complexity, without losing the identity of the variety. The structure of the Albariño, together with these complex aromas, produces a truly different and extremely interesting wine.

The yeast, those minute microorganisms which die after the alcoholic fermentation is complete, remain suspended in the wine. And to their great virtue, they protect it from the oxygen in the air, translating into a lower sulphite content. They also add volume, releasing substances called mannoproteins, which round out the wine and refine it over time.

The 2013 vintage, and especially the 2013 Selección Finca Monte Alto, is at its peak right now. Bottled in December 2014, it has evolved very well and its time in the bottle has rounded out the wine.

I think this is an albariño that expresses everything the variety can express. Those who try it are never unimpressed.

# SELECCIÓN FINCA MONTE ALTO

**Name:** Selección Finca Monte Alto.

**Vintage:** 2013.

**Type of wine:** White.

**Designation of origin:** Rías Baixas.

**Grape variety:** 100% estate Albariño.

**Vineyard:** The Monte Alto plot is the highest and sunniest Fillaboa vineyard. It provides the conditions to produce an Albariño variety with an exceptional character: its orientation is perfect, the soil is sandy loam with a predominance of pebbles, there are slopes with a 20% plus gradient and a unique microclimate.

**2013 vintage:** Spring came early in 2013, and with it, the start of the vine's growth cycle. The grapes matured gradually thanks to a mild summer. Balanced production and extraordinary weather conditions during the month of September, marked by heat and the absence of rain, allowed the grape to attain the perfect maturity, with a good sugar concentration, nice acidity and excellent health.

**Winemaking:** Fermentation at controlled temperatures in stainless steel tanks. Racking after fermentation and maturation in a stainless steel tank for 12 months, with periodic bâtonnage of the fine lees.

**Alcohol content:** 12.5% vol.

**Production run:** Limited edition of 10,000 bottles.

**Format:** 750 ml.

**Ideal consumption time:** Can be kept for up to 5 years

**Drinking recommendations:**

- Serving temperature: 8–10 °C.
- Pairings: Shellfish, baked fish, pasta dishes, some types of sashimi and stir fried vegetables.

## Tasting notes

**Appearance:** Straw yellow colour with greenish tones. Clean and bright.

**Aromas:** Complex and deep. White fruit, tropical and citrus fruit aromas, such as apple flesh, ripe pineapple, pink grapefruit. Traces of bread and nuts. In the bottle, mineral notes from the soil where the grapes are grown emerge over time.

**Mouthfeel:** Pleasant, structured, unctuous, with well-integrated acidity. The minerality makes itself felt on the palate. This increases the longer it remains in the bottle. This is an elegant, complex wine which leaves none unimpressed.







## Jorge Hervella

Jorge Manuel Domínguez Hervella completed his studies in oenology at the Madrid School and Museum of Vine and Wine in 1990. That same harvest, he began his professional career at the Cooperativa del Ribeiro (Ribadavia), where he stayed until the end of the 1991 harvest. At that time, he was invited to join Bodegas Terras Gauda (Rías Baixas), where he remained for three harvests, until 1994.

During the 1994 harvest, he worked as a technician for the Ribeiro Designation of Origin Control Board, making wines at the experimental winery.

For the 1995 harvest, he joined the Cambados Condes de Albarei cooperative (Rías Baixas), staying there for five years, until 2000. Since then, he has provided external consulting services to wineries in four of Galicia's designations of origin (Rías Baixas, Ribeiro, Monterrei and Ribeira Sacra).

He heads up his own viticulture consulting firm in Cambados (Pontevedra): Jorge Hervella, SL. He is also vice-president of the Galician Oenology Association.

Over the course of his professional career, Jorge Hervella has won numerous local, regional, national and international awards

and prizes with all the wineries he advises. Highlights among these include: several 1st, 2nd and 3rd prizes at the Albariño Wine Tasting Contest in Cambados; the Gran Baco de Oro, top prize from the Spanish Tasters Union; the Grand Gold Medal at the Concours Mondial de Bruxelles; gold, silver and bronze medals at various international competitions, including Bordeaux, Brussels, London and Milan; Best Galician White Wine at the 2011, 2013 and 2015 editions of the Galician Wine Tasting; and voted best Spanish white wine on various occasions by trade journals (Mi vino, Vino y gastronomía, Vivir el vino, etc.).

He currently advises the following wineries: Bodegas Eidosela, Bodegas As Laxas, Bodegas Marqués de Vizhoja, Bodegas Señorío de Rubiós, Bodegas Pablo Padín, Adega Valdés, Bodegas Terra de Asorei, Lagar da Cachada, Abalo Méndez, Adega Sotelo, Bodegas Adonis and Bodegas Núñez (Rías Baixas); Bodegas Costas (table wine); Bodegas Castro Rei (Ribeiro); Bodegas Gargalo and Bodegas Franco Basalo (Monterrei); and Casa Moreiras and A Man de Prado (Ribeira Sacra).

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## GARGALO ALBARIÑO & TREIXADURA

I have chosen Gargalo Albariño & Treixadura by Bodegas Gargalo because of the originality of the coupage within the Monterrei Designation of Origin and its subsequent success in terms of quality and marketing, especially considering that the Godello, Treixadura and, to a lesser extent, Dona Branca varieties dominate the selection of varieties in this region.

We decided that Godello has enough character to be a single varietal wine and that if we tried combining Treixadura and Albariño,

we might produce something new and exciting. The Treixadura provides volume, complexity and structure, while the Albariño adds freshness, a pleasant acidity and aromatic power.

The percentage of the two varieties was adjusted over the years, until the 2014 harvest, when the combination of 60% Treixadura and 40% Albariño produced a wine that was selected as the best Galician white wine at the 27th edition of the Galician Wine Tasting.

# GARGALO ALBARIÑO & TREIXADURA

**Name:** Gargalo. Albariño & Treixadura.

**Vintage:** 2015.

**Type of wine:** White.

**Designation of origin:** Monterrei.

**Grape varieties:** Treixadura and Albariño.

**Vineyard:** Estate and a special selection of old vineyards in the Monterrei Valley, with granite and slate soil. The climate is maritime, with continental influences.

**Harvested:** By hand, then sorted at the winery.

**Alcoholic fermentation:** Temperature controlled at 18 °C.

**Fermentation time:** 10 days.

**Time in tank:** 3 months.

**Clarification:** Cold stabilization (-4 °C).

**Filtration:** Earth, plates and amicrobic cartridge.

**Alcohol content:** 13.5% vol.

**Annual production:** 13,300 bottles

**Drinking recommendations:**

- Pairings: Grilled fish, shellfish, white meats and rice dishes.

## Tasting notes

Greenish-yellow colour, clean and transparent.

The nose reveals the aromatic intensity of white and citrus fruits.

It reflects the character of the coupage of Treixadura with the local Albariño.

Notes of peach and hay. Fresh on the palate due to its balanced acidity, with nuances of green apple, pear and grapefruit.

Slightly sweet and intense, unctuous with a lingering finish.







## José Enrique Pérez Fernández

Born in Francos, in the municipality of Sober (Lugo), José Enrique Pérez Fernández holds a degree in chemical science, with a concentration in organic chemistry, from the University of Santiago de Compostela. He later completed the Advanced Specialization Course in Viticulture and Oenology at the Higher Technical School of Engineering, Technical University of Madrid.

He then earned a civil service position at the Galicia Viticulture and Oenology Station (EVEGA), in Leiro, Ourense, in the viticulture and oenology section. In collaboration with the Spanish National Research Council (CSIC), a seed bank was created for the

main varieties of vine cultivated in Galicia. This was followed by microvinification using these varieties. In 2000, José Enrique Pérez was transferred to the Department of the Environment in Lugo.

He currently works in this department of the autonomous community government in a field other than wine production. However, he combines the job with providing advisory services to various wineries in the Ribeira Sacra Designation of Origin. He has been a member of the control board tasting panel for the designation of origin since it was established.

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## VIÑA CAZOGA

Viña Cazoga is part of the Ribeira Sacra Designation of Origin, Amandi sub-zone, considered a quintessential wine grape-producing area within the parish of the same name. This location is also within the Cañones del Sil Special Protection Areas for Natural Assets, established by the Xunta de Galicia Department of the Environment and part of the Natura 2000 Network.

Viña Cazoga is grown on southwest-facing terraces (known locally as *socalcos*), with one row of vines and gradients of up to 70%, what is now referred to as 'heroic viticulture'. It has held the specific CERVIM international seal that defines this type of viticulture since 2011.

According to manuscripts in the possession of the current owner, Jorge E. Carnero Fiuza, it was his great-grandfather, Raimundo Vidal, who began planting the vineyards in 1880. This means that approximately 70% of the vines are over one hundred years old.

It was this that led me to choose Viña Cazoga as one of the most representative wines of the Ribeira Sacra designation. It is an exclusive wine with a big personality, one which reminds me of the classic wines made by the old Amandi viticulturists.

Covering approximately four hectares, Viña Cazoga is the only plot owned by the winery in the parish of Amandi. It is at the lowest altitude bordering the Sil River, which acts as a thermoregulator.

There is scant soil, which lies atop granite and slate rocks with some quartz. This has the drawback of experiencing drought in years with low rainfall. But it is ideal for producing excellent quality aromatic wines that fully express the character of the variety.

The vines are short-pruned; the oldest are goblet-trained with three cordons and a spur on each cordon; the younger ones are trellis-trained with a bilateral cordon de royat. This results in relatively low production, some 4,000–5,000 kg/ha, but produces better grape quality and maturation.

The treatments used during the growing season are limited to three or four, essentially sulphur powder to combat powdery mildew and copper sulphate to fight downy mildew.

Viña Cazoga winery makes three types of wine: Viña Cazoga white, 100% Godello; Viña Cazoga red, 90% Mencía and 10% Merenzao and Garnacha; and Don Diego, aged for six months in American and French oak barrels

# VIÑA CAZOGA

**Name:** Viña Cazoga.

**Vintage:** 2015.

**Type of wine:** Young red.

**Designation of origin:** Ribeira Sacra.

**Grape varieties:** 90% Mencía, 10% Merenzao and Garnacha.

**Vintage:** Very good, due to excellent weather during the growth cycle, which created suitable conditions for maturation and grapes in excellent phytosanitary condition.

**Winemaking:** One week before the general harvest, a pied de cuve is made. This ensures that the vineyard's own yeasts are responsible for fermentation of the wine, thus preserving its varietal and aromatic purity.

**Fermentation:** In temperature controlled stainless steel tanks. Pumped over twice a day and devatted at the end of fermentation.

**Clarification:** With egg white.

**Filtration:** Filtering and bottling.

**Alcohol content:** 14.0% vol.

**Production run:** 6,000 litres.

**Format:** 750 ml.

**Ideal consumption time:** 3 years.

**Drinking recommendations:**

- Serving temperature: 14-15 °C.
- Pairings: Red meats, game, mature cheeses.

## Tasting notes

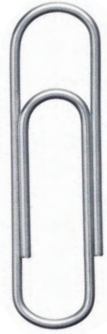
Cherry red, bright with intense pigmentation. Fruity aroma of raspberries, redcurrants and forest fruits, combined with a slight touch of pepper and a slate mineral bottom note.

Deep, harmonious and full mouthfeel, well-integrated tannins, with a balanced acidity and persistence on the palate.









# APPENDICES



Gastronomy is among Galicia's greatest strengths for the 21st century, thanks to the variety and quality of the products found in its pantry, a competitive advantage and aspect which distinguishes it from other destinations. This is not to mention the quality of its chefs: the kitchens of Galician restaurants are now home to a new generation of professionals who are updating their menu offerings, without ever losing sight of their solid regional foundations and the abundance of raw materials.

In any one of the four provinces in the northwest corner of Spain, eating utterly transcends the clichés represented by seafood, *lacón* and *caldeirada*. Slowly but surely, Galician restaurateurs have been revealing the secrets of the truly exquisite raw material that issues from this region, serving it to audiences in increasingly more challenging creations suited to current tastes and aesthetic trends.

Galician chefs celebrate the recognition of their talent in the form of Repsol suns (the Spanish and Portuguese equivalent of Michelin stars), which are found throughout all four provinces (most notably, A Coruña and Pontevedra), a demonstration of the extraordinary strength now being exhibited by contemporary Galician cuisine.

## **SOLLA, PRIMUS INTER PARES**

The most recent edition of the Repsol Guide provides conclusive evidence of this reality, a great era in Galician cooking. It lists one restaurant with three Repsol suns, Solla in San Salvador de Poio; ten with two suns and fourteen with one sun, distributed throughout the four provinces.

Pepe Solla, a symbol of the new Galician cuisine, is considered a master by many other chefs. An icon of the revitalization of this regional gastronomy, such is the degree of excellence he has achieved that he is now the sole holder of three Repsol suns (one Michelin star).

## **TEN ESTABLISHMENTS WITH TWO SUNS**

In the province of Pontevedra alone, there are five restaurants with two Repsol suns: Javier Olleros, with his meticulous product-based and locally-sourced cuisine at Culler de Pau (one Michelin star), located in O Grove; Marisol Domínguez, a master of selecting and preparing the best seafood, who has met with great success at D'Berto, also in O Grove; Xosé Torres Cannas, another refined master at the head of Pepe Vieira. Camiño da Serpe, in Poio (one Michelin star); Yayo Daporta (one Michelin star), prestigious and creative chef at the restaurant which bears his name in Cambados; and Rafael Centeno, the inquisitive and always steadfast chef who heads up Maruja Limón in Vigo (one Michelin star).

Three of the two-sun restaurants are located in the province of A Coruña. Two are in the city itself, Alborada (one Michelin star), featuring the excellent regional cuisine of Iván Domínguez, and Árbore da Veira (one Michelin star), offering the delicate and personal market cuisine of Luis Veira; while the other is in Santa Comba, near Santiago, Retiro da Costiña (one Michelin star), helmed by Manuel García, focuses on the fusion of high quality Galician products.

Lugo has another of the two-star locations, Nito de Viveiro, which Julio Parga has turned into the flagship of maritime cuisine in the area. And in Ourense, Italian-Galician Flavio Morganti fuses different cuisines with a wide selection of products at Galileo in Santa Baia.

## **FOURTEEN RESTAURANTS WITH ONE SUN**

No fewer than eight restaurants in the province of A Coruña boast one sun. Two are in the capital: Pablo Gallego, headed by the self-taught and self-demanding chef of the same name; and Pulpeira de Melide, well-established as a standard bearer for seasonal cuisine and exceptionally fresh products, under Gorka Rodríguez.

Another two are in Santiago de Compostela: Casa Marcelo (one Michelin star), a gastro pub in which the now legendary Marcelo Tejedor has laid claim to great success; and Dos Reis, where José Gómez takes full advantage of an incomparable location in the Hostal de los Reyes Católicos hotel to focus on well-presented Galician cuisine.

In Malpica de Bergantiños, graced by the Atlantic, we find As Garzas (one Michelin star), headquarters of meticulous and brilliant chef Fernando Agrasar, whose Galician roots run deep. In Oleiros, El Refugio, headed by Fermín Fuentes, offers the best seafood imaginable in this part of the Rías Altas region; and in Cambre, A Estación (one Michelin star), under the shared leadership of Beatriz Sotelo and Juan Manuel Crujeiras, is an established location featuring highly personal Galician cuisine. And lastly, in Ferrol, Miguel Ángel Campos holds true to his commitment to measured creativity at A Gabeira.

The province of Pontevedra is home to three restaurants with one sun: La Taberna de Rotilio in Sanxenxo, a classic still helmed by the legendary and brilliant Manicha Bermúdez, 'grand dame of Galician cuisine, with her novel formats; the great maritime cuisine of Eugenia Bóveda at Carril's Casa Bóveda; and the enticing and highly revitalized cooking of Alberto González at Silabario in Tui (one Michelin star).

The capital of Ourense offers two restaurants with one sun each: A Taberna, where Francisco Javier Outomuro has undertaken a judicious foray into new cooking techniques; and Julio Sotomayor at Nova (one Michelin star), who showcases the raw material of the region through several well-crafted menus.

Our tour of Repsol suns concludes at one Lugo restaurant, España, where Héctor López maintains his successful commitment to creative cuisine.

DESIGNATION	ADDRESS	PROVINCE	TELEPHONE	EMAIL	WEBSITE
<b>D.O. Valdeorras</b>	Estrada N-120, P.K. 463. 32340, Vilamartín de Valdeorras	Ourense	988 300 295	consello@dovaldeorras.com	www.dovaldeorras.com
<b>D.O. Ribeiro</b>	Rúa Salgado Moscoso, 9. 32400, Ribadavia	Ourense	988 477 200	info@ribeiro.es	www.do-ribeiro.com
<b>D.O. Rías Baixas</b>	Pazo de Mugartegui, s/n. 36002, Pontevedra	Pontevedra	986 854 850	consejo@doriasbaixas.com	www.doriasbaixas.com
<b>D.O. Monterrei</b>	Lonxa Hortofrutícola, R/ Mercado Comarcal, 1. 32600 Verín	Ourense	988 59 00 07	info@domonterrei.com	www.domonterrei.com
<b>D.O. Ribeira Sacra</b>	Rúa do vomercio 6-8. 24700 Monforte de Lemos	Lugo	982 41 09 68	info@ribeirasacra.org	www.ribeirasacra.org
<b>Indicacións Xeográficas das Augardentes e Licores Tradicionais de Galicia</b>	Pazo de Quián, s/n-Sergude. 15881 Boqueixón	A Coruña	981 51 15 66	orujo@orujodegalicia.org	www.orujodegalicia.org
<b>I.X.P. Ternera Gallega</b>	Mercado Nacional de Gando-Amio, apartado de correos 2014, 15891 Santiago de Compostela	A Coruña	981 57 57 86	consejo@terneragallega.com	www.terneragallega.com
<b>I.X.P. Pataca de Galicia</b>	Finca a Devesa, s/n. 32630 Xinzo de Limia	Ourense	988 46 26 50	pataca@patacadegalicia.org	www.patacadegalicia.es
<b>I.X.P. Mel de Galicia</b>	Pazo de Quián, s/n-Sergude. 15881 Boqueixón	A Coruña	981 51 19 13	info@mieldeg Galicia.org	www.mieldeg Galicia.org
<b>I.X.P. Lacón Gallego</b>	C/Palomar, s/n-Recinto Ferial. 27004 Lugo	Lugo	881 99 72 76	info@crlacongallego.com	www.crlacongallego.com
<b>I.X.P. Pan de Cea</b>	Praza Maior, 1. 32130 San Cristovo de Cea	Ourense	618 265 307	info@pandeccea.org	
<b>D.O.P. Queixo Tetilla</b>	Pazo de Quián, s/n-Sergude. 15881 Boqueixón Apartado de Correos nº 123, 15800 Melide	A Coruña	981 51 17 51	info@queixotetilla.org	www.queixotetilla.org
<b>D.O.P. Arzúa-Ulloa</b>	Cantón de San Roque, 17, 1º	A Coruña	981 50 76 53	queixo@arzuu-ulloa.org	www.arzuu-ulloa.org
<b>D.O.P. Queixo do Cebreiro</b>	Avda. de Castilla, 18 Baixo 27670 Pedrafita do Cebreiro	Lugo	982 36 70 12	info@cebreiro.es	www.cebreiro.es
<b>I.X.P. Pemento de Arnoia</b>	Outeiro Cruz, nº 14. 32417 A Arnoia	Ourense	881 99 72 76		
<b>I.X.P. Pemento de Oímbra</b>	Avda. do Carregal, 3. 32613 Oímbra	Ourense	881 99 72 79		
<b>Agricultura Ecolóxica</b>	Edificio Multiusos-R/ Circunvalación, s/n Apartado de correos, 55. 27400 Monforte de Lemos	Lugo	982 40 53 00	craega@craega.es	www.craega.es
<b>I.X.P. Faba de Lourenzá de Galicia</b>	Apartado de correos nº 14. 27760 Lourenzá	Lugo	881 99 72 76	info@ixpfabadelourenza.es	www.ixpfabadelourenza.es
<b>I.X.P. Castaña de Galicia</b>	Rúa Progreso, 63. 32003 Ourense	Ourense	981 55 45 37	info@castanadegalicia.org	www.castanadegalicia.org
<b>D.O.P. Pemento de Herbón</b>	Rúa Dolores, s/n. 15900 Padrón	A Coruña	881 99 72 76	info@pementodeherbon.com	www.pementodeherbon.com
<b>I.X.P. Pemento do Couto</b>	Vilacornelle - O Val, s/n. 15541 Narón	A Coruña	881 99 72 76	info@pementodocouto.com	www.pementodocouto.com
<b>I.X.P. Grelos de Galicia</b>	Pazo de Quián, s/n-Sergude. 15881 Boqueixón	A Coruña	881 99 72 76	info@grelosdeg Galicia.org	www.grelosdeg Galicia.org
<b>D.O.P. San Simón da Costa</b>	Praza da Constitución, 13-1º. 27800 Vilalba	Lugo	982 51 22 50	info@sansimondacosta.com	www.sansimondacosta.com
<b>I.X.P. Tarta de Santiago</b>	Pazo de Quián, s/n-Sergude. 15881 Boqueixón	A Coruña	881 99 72 76	info@tartadesantiago.org	www.tartadesantiago.org
<b>INGACAL-Instituto Galego da Calidade Alimentaria</b>	Pazo de Quián, s/n-Sergude. 15881 Boqueixón	A Coruña	881 99 72 76	ingacal.certificacion@xunta.es	www.ingacal.com



# Agri-food industries

DESIGNATION/INDUSTRY	ADDRESS	PROVINCE	TELEPHONE	EMAIL	WEBSITE
<b>I.X.P. FABA DE LOURENZÁ DE GALICIA</b>					
<b>Asociación Horta Labrega</b>	Lourenzá	Lugo	982 121 376	hortalabrega@mundo-r.com	
<b>María Carmen Seijo Otero</b>	Lourenzá	Lugo	982 146 171	fabascarmen@hotmail.com	
<b>Roberto Díaz Expósito</b>	Lourenzá	Lugo	982 146 177	fabasfrancisca@hotmail.es	
<b>Gema Iglesias Recalde</b>	Lourenzá	Lugo	982 146 297	info@fabasopontigo.es	
<b>María Dolores Rocha Loureiro</b>	Lourenzá	Lugo	982 146 236	maruxa@fabasmaruxa.es	
<b>Casa Valego, S.C.</b>	Ribadeo	Lugo	982 137 486	hortavalego@hotmail.com	
<b>I.X.P. GRELOS DE GALICIA</b>					
<b>Melisanto, S.C.G.</b>	Melide	A Coruña	981 506 026	huerta@melisanto.com	
<b>Pilar Bouza Luaces</b>	Narón	A Coruña	981 390 328	pilarbouza@hlabouza.com	
<b>Viuda de Gerardo Parada y J. Alvela, S.L.</b>	Vedra	A Coruña	981 503 021	info@viparal.es	
<b>Legufrut Agro, S.L.</b>	San Cibrao das Viñas	Ourense	988 384 500	info@legufrut.com	
<b>Cultivos Ribeiro, S.L.</b>	A Arnoia	Ourense	988 470 578	info@cultivosribeiro.com	
<b>Posada Marrón Glacé, S.L.</b>	San Cibrao das Viñas	Ourense	988 230 545	hello@posadamg.com	
<b>Conservas A Rosaleira, S.L.</b>	O Rosal	Pontevedra	986 625 015	info@arosaleira.com	
<b>I.X.P. PATACA DE GALICIA</b>					
<b>Droguería Agrícola, S.A.</b>	Xinzo de Limia	Ourense	988 462 470	d.agricola@terra.es	
<b>Gallega de Patatas, S.L.</b>	Xinzo de Limia	Ourense	988 462 451	gallegapatata@terra.es	www.gallegapatatas.com
<b>Patatas Conde, S.L.</b>	Xinzo de Limia	Ourense	988 462 477	info@patatasconde.com	www.patatasconde.com
<b>Patatas y Cebollas Gandara, S.C.</b>	Vilar de Santos	Ourense	988 467 818	patacasgandara@wanadoo.es	
<b>Comunidad Agrícola Melis, C.B.</b>	Xunqueira de Ambia	Ourense	988 458 019		
<b>M. Prado Mazaira, S.L.</b>	Coristanco	A Coruña	981 733 125	informacion@patatasprado.com	www.patatasprado.com
<b>Erica García Pose</b>	Coristanco	A Coruña	981 733 159		
<b>Fertipram, S.L.</b>	Cospeito	Lugo	982 520 108		
<b>Frutas Morriña, S.L.</b>	Foz	Lugo	982 132 420	frutasmorriña@terra.es	
<b>D.O.P. PEMENTO DE HERBÓN</b>					
<b>Camilo Lorenzo Ferro</b>	Padrón	A Coruña	676 666 157	estivadavella@estivadavella.es	
<b>Antonio Freire Dios</b>	Padrón	A Coruña	981 812 507	antonio@afreire.es	
<b>J.J. Conde-Hijos, S.C.</b>	Padrón	A Coruña	981 810 113	jjconde@hotmail.com	
<b>S.A.T. A Pementeira nº 1345 - Xuga</b>	Padrón	A Coruña	651 650 551	info@apementeira.com	www.apementeira.com
<b>Mª Pilar Gómez Méndez</b>	Padrón	A Coruña	981 810 127	herbonmilo@hotmail.com	
<b>Alejandro Ferro Suárez</b>	Padrón	A Coruña	981 811 696	ferrolago13@hotmail.com	
<b>Rosalía Becerra Barreiro</b>	Padrón	A Coruña	679 377 767	agrasarpaco@yahoo.es	
<b>Pilar Magariños Diéguez</b>	Padrón	A Coruña	981 812 268	arribadafonte169@gmail.com	
<b>I.X.P. PEMENTO DO COUTO</b>					
<b>Cooperativa do Campo Galego O Val-Narón, S.C.G.</b>	Narón	A Coruña	981 453 966	horta@cooperativaoval.com	
<b>Pilar Bouza Luaces</b>	Narón	A Coruña	981 390 328	pilarbouza@hlabouza.com	
<b>I.X.P. TERNERA GALLEGA</b>					
<b>Alimentos Breogán, S.L.</b>	A Coruña	A Coruña	981 177 002	albresa@albresa.com	
<b>Artesanos gallegos de la carne, S.L.</b>	Castro Riberas de Lea	Lugo	982 311 070	info@artesanosgalegos.es	
<b>Carnes Río Miño, S.L.U</b>	Tomiño	Pontevedra	986 620 163	carnesriomino@gmail.com	
<b>Carnes Viana, S.L.</b>	Ourense	Ourense	988 211 929	carnes.viana@gmail.com	
<b>Cárnicas Galbán, S.L.</b>	Becerreá	Lugo	982 360 767	carnicasmilicho@gmail.com	
<b>Cárnicas Milucho e Hijos, S.L.</b>	Ourense	Ourense	988 269 547	milucho@carnicasmilucho.es	
<b>Jesús Fole Fole</b>	Castroverde	Lugo		fole649852404@gmail.com	
<b>Nova Frigsa, S.A.</b>	Coeses	Lugo	982 208 994	novafrigsa@coren.es	
<b>Suministros Medina, S.L.</b>	Montellos	A Coruña	981 770 903	montellos.calidad@gmail.com	
<b>Vego Supermercados, S.A.U.</b>	A Coruña	A Coruña	981 179 351		
<b>Alfredo Galván, S.L.</b>	Becerreá	Lugo	981 264 706	roberto@alfredofalvan.com	
<b>Benigno Fernández, S.L.</b>	Ourense	Ourense			
<b>Cardisgal Noroeste, S.L.</b>	Vedra	A Coruña			
<b>Carnes de Lalín, S.C.G.</b>	Lalín	Pontevedra	986 781 742	carnesdelalín@gmail.com	
<b>Cárnicas Hnos. Nieves, S.L.</b>	Escairón	Lugo			
<b>Cárnicas J-R Requeno, S.L.</b>	Ourense	Ourense	988 511 429	requeno@telefonica.net	
<b>Cárnicas Maside, S.L.</b>	Maside	Ourense	988 288 628	carnicasmasidesl@gmail.com	
<b>Carnicerías M. Boo, S.L.</b>	Pontón	Ourense	988 360 084	info@carnicasboo.com	
<b>Dist. Cárnicas San Esteban</b>	Ferrol	A Coruña		info@sanesteban.es	
<b>Frigoríficos del Lea, S.L. (Frilea, S.L.)</b>	Castro de Rei	Lugo	982 310 617	frilea@frilea.com	
<b>Fripor, S.L.</b>	Iñás	A Coruña	981 631 470	fripor@fripor.com	
<b>Juan Carlos Pereiros Pereiros</b>	Villamil	Ourense			
<b>Manuel García Vázquez</b>	Melide	A Coruña	981 815 306	oscargarcia@grupogarcia.org	
<b>Mª Begoña Cobas Sobrino-Carnicería Begasol</b>	Amoreiro	Ourense	988 279 790		
<b>Cárnicas Lucho, S.L.</b>	A Laracha	A Coruña	981 600 187		

DESIGNATION/INDUSTRY	ADDRESS	PROVINCE	TELEPHONE	EMAIL	WEBSITE
<b>I.X.P. CASTAÑA DE GALICIA</b>					
<b>Processing:</b>					
<b>Posada Marrón Glacé, S.L.</b>	San Cibrao das Viñas	Ourense	988 230 545	info@marronglace.net	www.marronglace.net
<b>Alibós Galicia, S.L.</b>	Monterroso	Lugo	982 377 092	comercial@alibos.com	www.alibos.com
<b>Cuevas y cía., S.L.</b>	San Cibrao das Viñas	Ourense	988 383 822	info@marronglace.com	www.marronglace.com
<b>Miguel Areán e Hijos, S.L.</b>	Chantada	Lugo	982 440 902	info@arean-hijos.com	www.arean-hijos.com
<b>Rudecas, S.L.</b>	Larouco	Ourense	988 335 701	info@rudecas.com	www.rudecas.com
<b>Operators and dealers:</b>					
<b>Patatas Puga Verín, S.A.</b>	Verín	Ourense	988 410 038	patataspuga@yahoo.es	
<b>Lemos y Balboa, S.L.</b>	Samos	Lugo	982 546 050	cfbsamos@gmail.com	
<b>Miguel Areán e Hijos, S.L.</b>	Chantada	Lugo	982 440 902	info@arean-hijos.com	www.arean-hijos.com
<b>Castañas Barredo, S.L.</b>	O Barco de Valdeorras	Ourense	988 325 641	castanas@galiciaencasa.com	
<b>Castañas Rafael, S.L.</b>	O Barco de Valdeorras	Ourense	988 320 331	castarafael@yahoo.es	
<b>Julio Vázquez Vigo</b>	Guntín	Lugo	982 208 229		
<b>Agroalimentarias Antonio Martín, S.L.</b>	Castrelo do Val	Ourense	988 419 134	martinagro@terra.es	
<b>María del Pilar Silva Queija - Castañas "Os do Adolfo"</b>	San Cristovo Ríos	Ourense	988 416 421	pilysikul@hotmail.com	
<b>Legufrut Agro, S.L.</b>	San Cibrao das Viñas	Ourense	988 384 500	info@legufrut.com	www.legufrut.com
<b>Rudecas, S.L.</b>	Larouco	Ourense	988 335 701	info@rudecas.com	www.rudecas.com
<b>Transmanso Vences, S.L.</b>	Monterrei	Ourense	988 426 042	josemariamanso@yahoo.es	
<b>I.X.P. PAN DE CEA</b>					
<b>Forno do Carlos</b>	San Cristovo de Cea	Ourense	988 282 279		
<b>Forno da Rosa</b>	San Cristovo de Cea	Ourense	988 282 166		
<b>Forno do Eliseo</b>	San Cristovo de Cea	Ourense	988 282 237		
<b>Forno do Lodairo, S.L.</b>	San Cristovo de Cea	Ourense	988 301 320		
<b>Forno Chao Real</b>	San Cristovo de Cea	Ourense	988 282 081		
<b>Forno da Ánxeles</b>	San Cristovo de Cea	Ourense	988 282 022		
<b>Forno do Calviño</b>	San Cristovo de Cea	Ourense	988 282 236		
<b>Forno da María José</b>	San Cristovo de Cea	Ourense	988 282 139		
<b>Forno da Maruja</b>	San Cristovo de Cea	Ourense	988 282 244		
<b>Cea Pan, S.L.L.</b>	San Cristovo de Cea	Ourense	988 282 532		
<b>Forno da Pepita</b>	San Cristovo de Cea	Ourense	988 282 634		
<b>Forno da Digna</b>	San Cristovo de Cea	Ourense	988 282 079		
<b>Forno da Isabel, S.C.</b>	San Cristovo de Cea	Ourense	676 746 150		
<b>Forno As Lamelas</b>	San Cristovo de Cea	Ourense	639 178 861		
<b>Forno do Quinto</b>	San Cristovo de Cea	Ourense	988 282 699		
<b>Forno da Belarmina</b>	San Cristovo de Cea	Ourense	988 282 249		
<b>Forno da Milucha</b>	San Cristovo de Cea	Ourense	988 282 170		
<b>Forno da Agustina</b>	San Cristovo de Cea	Ourense	988 282 388		
<b>D.O.P. QUEIXO TETILLA</b>					
<b>Queserías Daniel Torres, S.L.</b>	Callobre	Pontevedra	986 570 705	info@queseriasdanieltorres.com	
<b>Central Lechera Gallega, S.A.</b>	Cuntis	Pontevedra	986 548 002	clg@clg.es	
<b>Lácteos Xabelo, S.L.</b>	Bóveda	Lugo	982 426 013	lacteosxabelo@gmail.com	
<b>Hoxe, S.C.G.</b>	Lalín	Pontevedra	986 580 100	info@hoxe.es	
<b>Lácteos de Moeche, S.L.</b>	Moeche	A Coruña	981 404 003	quesosdemoeche@gmail.com	
<b>Corporación Alimentaria Peñasanta, S.A.</b>	Vilagarcía de Arousa	Pontevedra	986 500 643	pablo.pascual@capsa.es	
<b>Lácteos Lorán, S.L.</b>	Abadín	Lugo	982 508 009	loran@ctv.es	
<b>Lácteos Anzuxao, S.L.</b>	Lalín	Pontevedra	986 794 135	info@lacteosanzuxao.com	
<b>POK Quesera, S.L.</b>	Palas de Rei	Lugo	607 505 046	aliz@garciabaquero.com	
<b>Lácteos Terra de Melide, S.L.</b>	Melide	A Coruña	981 808 009	terrademelide@deza.com	
<b>S.A.T. Queinaga nº 871- Xuga</b>	Curtis	A Coruña	981 787 036	queinaga@queinaga.es	
<b>Queizuar, S.L.</b>	Touro	A Coruña	981 504 111	qbama@qbama.es	
<b>Lácteos Pérez Olveira, S.A.</b>	Santa Comba	A Coruña	981 896 700	administracion@lacteosperez.es	
<b>Lácteos Farelo, S.L.</b>	Agolada	Pontevedra	986 788 157	lacteosfarelo@yahoo.es	
<b>Queixería Varela</b>	Santiso	A Coruña	619 867 425	queixerivarela@gmail.com	
<b>Queixería Barral, S.L.</b>	Arzúa	A Coruña	981 500 928	juanbarral@queixosbarral.com	
<b>Cooperativa Santa Mariña Loureiro</b>	O Irixeo	Ourense	988 287 449	info@cooperativaloreiro.es	
<b>Leitigal, S.L.</b>	Castro de Rei	Lugo	982 310 505	info@leitigal.com	
<b>S.A.T. "O Brexeo"</b>	Grixalba-Sobrado	A Coruña	981 195 242	divina@queseriabrexeo.es	
<b>Crisanto S.A.T. 1306-Xuga</b>	Vilalba	Lugo	982 525 637	crisantosat@hotmail.com	
<b>Mª Olga Riveira Requeijo</b>	Vilalba	Lugo	982 158 569	queixeriacatadoiro@hotmail.com	
<b>Queixería Daniberto</b>	Vilalba	Lugo	982 525 842	danibertosat@hotmail.com	
<b>Queserías Sarrianas, S.L.</b>	Sarria	Lugo	982 532 009	quesarria@hotmail.com	
<b>Lácteos Casa Macán, S.L.</b>	Taboada	Lugo	982 198 797	produccion@casamacan.com	
<b>Natalia Bretón Roca</b>	Irixeo	A Coruña	981 793 164	lacteosbreton@yahoo.es	
<b>José Castro Tejo</b>	Boqueixón	A Coruña	981 515 751	boqueixoboqueixo@gmail.com	
<b>Alimentos Ruta Xacobeia, S.L.</b>	O Pino	A Coruña	981 502 805	gestion@rutaraxacobeia.es	
<b>Queserías Prado, S.L.</b>	Monforte de Lemos	Lugo	982 416 060	administracion@queseriasprado.com	
<b>Coop. Ptes. do Campo da Capela</b>	A Capela	A Coruña	981 459 028	ana@coopcapela.com	
<b>Antonio Ferreiro Ferreiro</b>	Antas de Ulla	Lugo	982 153 392	artelac-ullar@hotmail.com	
<b>Casa Anxel</b>	A Pastoriza	Lugo	982 180 774	info@casaanxel.com	
<b>Cobidez, S.C.G.</b>	Silleda	Pontevedra	986 580 473	queixeria@cobideza.es	
<b>Queixería Prestes, S.L.</b>	Vilalba	Lugo	982 525 757	info@sansimonprestes.com	



DESIGNATION/INDUSTRY	ADDRESS	PROVINCE	TELEPHONE	EMAIL	WEBSITE
<b>Ángel Cagiao Purriños</b>	Paderne	A Coruña	655 842 538	queixoscagiao@yahoo.es	
<b>Quesos Feijoo, S.L.</b>	Celanova	Ourense	988 431 045	quesos_feijoo@hotmail.com	
<b>Distribuciones O Casal, S.C.</b>	San Sadurniño	A Coruña	981 490 329	distribucionesocasal@hotmail.com	
<b>Quesos de la Montaña de Entrimo, S.L.</b>	Entrimo	Ourense	988 434 615	queixosentrimo@gmail.com	
<b>D.O.P. SAN SIMÓN DA COSTA</b>					
<b>Crisanto S.A.T.</b>	Vilalba	Lugo	982 525 637	crisantosat@hotmail.com	www.queixeriacrissantosat.com
<b>Daniberto S.A.T.</b>	Vilalba	Lugo	982 525 842	danibertosat@hotmail.com	www.daniberto.com
<b>Ganadería Casa Anxel, S.C.</b>	A Pastoriza	Lugo	982 180 774	info@casaanxel.com	www.casaanxel.com
<b>Lácteos Lorán, S.L.</b>	Abadín	Lugo	982 508 009	loran@ctv.es	www.lacteosloran.com
<b>Leitigal, S.L.</b>	Castro de Rei	Lugo	982 310 505	info@leitigal.com	www.leitigal.com
<b>Quesería As Fontelas</b>	Vilalba	Lugo	982 525 788	info@fontelas.es	www.fontelas.es
<b>Quesería Cas Leiras, S.L.</b>	Vilalba	Lugo	982 527 222	queixeriacasleiras@gmail.com	www.casleiras.com/
<b>Quesería Catadoiro</b>	Vilalba	Lugo	982 158 569	queixeriacatadoiro@hotmail.com	www.queixeriacatadoiro.com
<b>Quesería Don Gabino</b>	Vilalba	Lugo	982 525 922	correo@dongabino.es	www.dongabino.es
<b>Quesería Prestes, S.L.</b>	Vilalba	Lugo	982 525 757	info@sansimonprestes.com	www.sansimonprestes.com
<b>Quesería Valado</b>	Vilalba	Lugo	982 525 758	queixeriavalado@hotmail.com	
<b>D.O.P. ARZÚA-ULLOA</b>					
<b>Agro Despensa, S.L. (Arquesán)</b>	Touro	A Coruña	981 518 633	qbama@qbama.es	
<b>Alimentos Ruta Xacobeá, S.L.</b>	O Pino	A Coruña	981 502 805	gestion@arutaxacobeá.es	
<b>Antonio Ferreiro Ferreiro (Artelac)</b>	Antas de Ulla	Lugo	982 153 392	artelac-ullar@hotmail.es	
<b>Casa Meilán, S.C.</b>	Monterroso	Lugo	622 530 204	antiameilan@gmail.com	
<b>Cobideza, S.C.G.</b>	Silleda	Pontevedra	986 580 476	queixeria@cobideza.es	
<b>Cooperativa E C.P.A. Hoxe</b>	Lalín	Pontevedra	986 580 100	info@hoxe.es	
<b>Ilda Gómez González (Diqueixa)</b>	Monterroso	Lugo	982 153 223	diqueixa@gmail.com	
<b>José Castro Tejo (Bo-Queixo)</b>	Boqueixón	A Coruña	981 515 751	boqueixoboqueixo@gmail.com	
<b>Lácteos Anzuxao, S.L.</b>	Lalín	Pontevedra	986 794 135	info@lacteosanzuxao.com	
<b>Lácteos Casa Macán, S.L.</b>	Taboada	Lugo	982 198 797	direccion@casamacan.com	
<b>Lácteos Farelo, S.L.</b>	A Golada	Pontevedra	986 788 291	lacteosfarelo@yahoo.es	
<b>Lácteos Terra de Melide, S.L.</b>	Melide	A Coruña	981 808 009	terrademelide@deza.com	
<b>Manuel Froilán Varela Rodríguez (Queixería Insua)</b>	Taboada	Lugo	982 465 136	queixeriainsua@queixeriainsua.com	
<b>Marcial Gay Blanco (Queixería Pousada)</b>	Portomarín	Lugo	982 157 881	chacarandaina@yahoo.es	
<b>Minia Varela Antas (Queixería Varela)</b>	Santiso	A Coruña	981 510 702	queixeria Varela@gmail.com	
<b>Queixería Barral, S.L.U.</b>	Arzúa	A Coruña	981 500 928	crisina@queixosbarral.com	
<b>Queizúar, S.L. (Bama)</b>	Touro	A Coruña	981 504 111	qbama@qbama.es	
<b>Pok Quesera, S.L.</b>	Palas de Rei	Lugo	982 380 104	aliz@garciaabaquero.com	
<b>Queserías Daniel Torres, S.L.</b>	A Estrada	Pontevedra	986 570 705	info@queseriasdanieltorres.com	
<b>S.A.T. O Brexeo Nº 826 - Xuga</b>	Sobrado	A Coruña	981 19 5242	divina@queseriabrexeo.es	
<b>S.A.T. Queinaga Nº 871 - Xuga</b>	Curtis	A Coruña	981 787 036	queinaga@queinaga.es	
<b>Xosé Luís Carrera Valín (Arqueixal)</b>	Palas de Rei	Lugo	982 380 251	contacto@arqueixal.com	
<b>D.O.P. QUEIXO DO CEBREIRO</b>					
<b>Queixerías Castelo de Brañas, S.L.</b>	Pedrafita do Cebreiro	Lugo	982 367 163		
<b>Carlos Reija Fernández (Queso del Cebreiro Sto. André)</b>	Barredo-Castroverde	Lugo	686 546 235		
<b>Enrique Fernández Paradela (Queso del Cebreiro Marqués de Cernadas)</b>	Cernadas-Penarrubia Baralla	Lugo	660 549 763		
<b>I.X.P. LACÓN GALLEGO</b>					
<b>Atilano Anllo, S.L.</b>	Vilalba	Lugo	982 511 848	atilanoanllo@yahoo.es	
<b>Cárnicos Río, S.L.</b>	Riotorto	Lugo	982 346 501	carnicosrio@carnicosrio.com	
<b>Industrias frigoríficas del Louro, S.A.</b>	Porriño	Pontevedra	986 330 100	javazquez@coren.es	
<b>Jamones González, S.L.</b>	Laxosa-Corgo	Lugo	982 300 900	carmen@jamones-gonzalez.es	
<b>Lualco, S.L.</b>	Lugo	Lugo	982 209 300	lualco@lualco.es	
<b>Pacio y Fráiz, S.L.</b>	Mondoñedo	Lugo	982 522 035	paciofraiz@yahoo.com	
<b>I.X.P. MEL DE GALICIA</b>					
<b>Abelleiros Fidosá, S.L.</b>	Porto do Son	A Coruña	679 157 016		
<b>Josefa María Duran Casal</b>	Monfero	A Coruña	981 196 446		
<b>Erica Mel, S.C.G.</b>	Arzúa	A Coruña	981 508 142	cooperativa@ericamel.es	
<b>Tánia Fernández Suárez</b>	A Baña	A Coruña	686 410 072	info@tesourodebarcala.com	
<b>Mieles Anta, S.L.</b>	A Coruña	A Coruña	981 289 266	administracion@mielesanta.com	
<b>O Enredo do Abelleiro, S.L.</b>	Arzúa	A Coruña	981 508 072	info@abelleiro.com	
<b>Eva María Rey Timiraos</b>	Mañón	A Coruña	680 277 031	rodrigreygranadas@yahoo.es	
<b>Juán José Rodríguez Brión</b>	Porto do Son	A Coruña	981 768 415	apigal@hotmail.com	
<b>S. Coop. A Queiroga</b>	Fene	A Coruña	981 492 816	mel.amontana@yahoo.es	
<b>sat Nº561Xuga Mel do Tambre</b>	Frades	A Coruña	981 681 521		
<b>Miguel Ángel Armesto Rodríguez</b>	A Pobra de Brollón	Lugo	619 212 443	maarmestor@mundo-r.com/	
<b>Cauru S.C. Galega</b>	Quiroga	Lugo	982 428 927	angelrr2011@live.com	
<b>Susana Goyanes Cereijo</b>	Chantada	Lugo	982 218 233	susanagoyanes@gmail.com	
<b>Josefa Paz Vizoso</b>	Burela	Lugo	982 581 182	alvaroburela@hotmail.es	
<b>Pazo de Lusio, S.L.</b>	Bóveda	Lugo	981 289 266	administracion@pazodelusio.com	
<b>Armando Rodríguez Losada</b>	Quiroga	Lugo	988 311 447	luarrosa30@hotmail.com	

DESIGNATION/INDUSTRY	ADDRESS	PROVINCE	TELEPHONE	EMAIL	WEBSITE
<b>Maria Fé Sixto Pernas</b>	O Valadouro	Lugo	982 574 638	otrobo@hotmail.com	
<b>Coop. Agraria Serra do Xures, S.C.L.</b>	Lobios	Ourense	666 854 945	serradoxures@gmail.com	
<b>Celia Díaz Valencia</b>	Baltar	Ourense	988 466 545		
<b>Miguel García Carballo</b>	A Rúa	Ourense	988 310 861		
<b>Carlos González Iglesias</b>	Ourense	Ourense	988 235 010	melogarabulleiro@hotmail.es	
<b>Avelina Calvo Munin</b>	Lalín	Pontevedra	986 784 499	melocortizo@yahoo.es	
<b>Iria Dobarro Caamaño</b>	Lalín	Pontevedra	988 274 917	melocarrasco@zobra.es	
<b>Antonio Gómez Tapia</b>	Lalín	Pontevedra	986 780 161	meldosaldoiro@gmail.com	
<b>María Munín Taboada</b>	Lalín	Pontevedra	988 273 149	melotesteiro@gmail.com	
<b>Soc. Coop. Agraria Condado-Paradanta</b>	As Neves	Pontevedra	986 664 602	administracion@requesonymiel.com	
<b>Souto Vivo C.B.</b>	Vigo	Pontevedra	986 375 985	melesjs@yahoo.es	
<b>I.X.P. TARTA DE SANTIAGO</b>					
<b>Tartas Lestedo, S.C.</b>	Boqueixón	A Coruña	981 502 027	info@tartaslestedo.com	
<b>Tartas la Abuela, S.L.</b>	O Pino	A Coruña	981 814 304	comercial@tartaslaabuela.com	
<b>Delicatessen Compostela, S.L.</b>	Santiago de Compostela	A Coruña	981 938 862	idm@mercedesmora.com	
<b>Hornos de Lamastelle, S.A.</b>	Santiago de Compostela	A Coruña	981 631 226	administracion@lamastelle.com	
<b>Sancosa, S.L.</b>	Santiago de Compostela	A Coruña	981 581 200	info@pedrasdesantiago.com	
<b>Pastelería Suevia, S.L.</b>	Teo	A Coruña	981 819 400	suevia@c-ero.com	
<b>Delicias Coruña, S.L.</b>	Ourense	Ourense	981 455 100	obradoiro@deliciascoruna.com	
<b>Nantes, S.L.</b>	Sanxenxo	Pontevedra	986 723 711	nantessl@confiterialorena.com	
<b>D.O. ORUJO DE GALICIA</b>					
<b>Adegas Castrobrey, S.L.</b>	Vila de Cruces	Pontevedra	986 411 612		www.castrobrey.com
<b>Adegas Moure, S.A.</b>	O Saviñao	Lugo	982 452 031		www.abadiadacova.com
<b>Adegas Vinsa, S.L.</b>	Betanzos	A Coruña	981 771 290		www.adegasvinsa.com
<b>Aguardientes de Galicia, S.A.</b>	Vedra	A Coruña	981 502 100		www.aguardientesdeg Galicia.es
<b>Augardentes Galegos do Miño, S.L.U.</b>	Lugo	Lugo	607 349 601		
<b>Benito Eladio Rodríguez Fernández</b>	Beade	Ourense	988 376 676		www.bodegaeladio.com
<b>Bodega Gil Armada, S.L.</b>	Cambados	Pontevedra	986 524 877		bodegagilarmada.wordpress.com
<b>Bodegas Campante, S.A.</b>	Toén	Ourense	988 261 212		www.campante.com
<b>Bodegas Fillaboia, S.A.</b>	Salvaterra de Miño	Pontevedra	986 658 132		www.bodegasfillaboia.com
<b>Bodegas Martín Códax, S.A.U.</b>	Cambados	Pontevedra	986 526 040		www.martincodax.com
<b>Bodegas O Ventosela, S.L.</b>	Ribadavia	Ourense	981 635 829		www.ventosela.es
<b>Bodegas Pazo de Aguiar, S.A.</b>	Pereiro de Aguiar	Ourense	988 250 708		www.londinel.com
<b>Bodegas Terras Gauda, S.A.</b>	O Rosal	Pontevedra	986 621 001		www.terrasgauda.com
<b>Casa Torreiro, S.L.</b>	Abegondo	A Coruña	981 673 026		www.casatorreiro.com
<b>Compañía Orensana de Licores, S.L.</b>	Pereiro de Aguiar	Ourense	988 212 244		
<b>Customdrinks, S.L.U.</b>	Chantada	Lugo	982 441 392		www.sidrerriagalega.com
<b>Destilerías Candamio, S.L.</b>	Betanzos	A Coruña	981 771 763		destileriascandamio.com
<b>Destilerías Compostela, S.A.</b>	Rois	A Coruña	981 816 050		www.dcompostela.org
<b>Destilerías de Galicia, S.A.</b>	O Barco de Valdeorras	Ourense	988 322 481		www.orujosdeg Galicia.com
<b>Destilerías del Condado, S.L.</b>	Ponteareas	Pontevedra	986 661 527		
<b>Destilerías del Salnés, S.L.</b>	Ribadumia	Pontevedra	986 710 727		
<b>Destilerías Xestal, S.L.</b>	Ribadavia	Ourense	988 470 828		www.desxestal.com
<b>Eulogio Pomares Zárate e Hijos, S.L.</b>	Meaño	Pontevedra	986 718 503		www.albariño-zarate.com
<b>Hermanos Paniagua, S.L.</b>	Carballiño	Ourense	988 270 444		/www.hpniagua.com
<b>Isabel Fente Montenegro</b>	Portomarín	Lugo	982 545 276		
<b>José Antonio Pousa Payo</b>	Lalín	Pontevedra	607 294 207		
<b>José M. Moure Moure</b>	Pantón	Lugo	982 456 545		www.adegassanjose.com
<b>Juana Meiriño Gómez</b>	Carballada de Avia	Ourense	662 238 269		
<b>Lagar de Fornelos, S.A.</b>	O Rosal	Pontevedra	986 625 875		www.riojalta.com
<b>Licores de Partovia, S.L.</b>	Ribadavia	Ourense	988 470 828		
<b>Licores Rivas, S.L.</b>	Ferrol	A Coruña	981 381 159		licoresrivas.com
<b>Nor Ibérica de Bebidas, S.L.</b>	San Cibrao das Viñas	Ourense	988 362 044		www.noribericadebebidas.com
<b>Novalicor Auria, S.L.</b>	Allariz	Ourense	988 440 653		novalicor.com
<b>Orujos y Licores Augavella, S.L.</b>	Chantada	Lugo	982 441 900		www.augavella.com
<b>Pazo de Señoráns, S.L.</b>	Meis	Pontevedra	986 715 373		www.pazodeseñorans.com
<b>Pazo de Valdomiño, S.A.</b>	Tomiño	Pontevedra	986 609 707		www.pazovaldomiño.es
<b>Quinta Couselo, S.L.</b>	O Rosal	Pontevedra	986 625 051		www.quintacouselo.com
<b>Robaliño, S.L.</b>	Arbo	Pontevedra	986 665 082		www.bodegasrobaliño.com
<b>S.A.T. Godeval</b>	O Barco de Valdeorras	Ourense	988 108 282		www.godeval.com
<b>Tiempo y Paciencia, S.L.</b>	Becerreá	Lugo	982 361 004		www.gotagota.es
<b>Viña Blanca del Salnés, S.A.</b>	Cambados	Pontevedra	986 542 910		www.vinablanca.com
<b>Viña Mein, S.L.</b>	Leiro	Ourense	988 488 400		www.vinamein.com
<b>Vitivinícola del Ribeiro, S.C.G.</b>	Ribadavia	Ourense	988 477 210		www.pazoribeiro.com



# Wineries

DESIGNATION/WINERY	CITY/TOWN	PROVINCE	TELEPHONE	EMAIL	WEBSITE
<b>D.O. MONTERREI</b>					
<b>Bodegas Ladairo, S.L.</b>	Rosal-Oímbra	Ourense	988 422 757		
<b>Bodega Pazos del Rey, S.L.</b>	Albarellos-Monterrei	Ourense	988 425 959		
<b>Adegas Pazo das Tapias, S.L.</b>	Castrelo	Ourense	988 261 256		
<b>Gargalo, S.L.</b>	Pazos-Verín	Ourense	988 590 203		
<b>Bodegas Madrevela, S.L.</b>	Tamagos-Verín	Ourense	678 755 070		
<b>Castro de Lobarzán, S.C.</b>	Vilaza-Monterrei	Ourense	988 418 163		
<b>José Luis Gómez Ibáñez</b>	Albarellos-Monterrei	Ourense	988 411 199		
<b>José Antonio da Silva Pereira</b>	Cabreiroá-Verín	Ourense	988 413 831		
<b>José Luis Mateo García</b>	Verín	Ourense	988 413 137		
<b>Crego e Monaguillo, S.L.</b>	Salgueira-Monterrei	Ourense	988 418 164		
<b>O Cabildo, S.L.</b>	Oímbra	Ourense	670 601 625		
<b>Quinta do Buble, S.L.</b>	Oímbra	Ourense	988 422 960		
<b>Terras do Cigarrón, S.C.G.</b>	Albarellos-Monterrei	Ourense	988 418 703		
<b>Triay Adegas de Oímbra, S.L.</b>	O Rosal-Oímbra	Ourense	988 422 776		
<b>Rubén Delgado López</b>	O Rosal-Oímbra	Ourense	607 712 783		
<b>Pazo Blanco Núñez, S.L.</b>	Pazos-Verín	Ourense	988 411 693		
<b>Boo- Rivero, S.A.T.</b>	Vilaza-Monterrei	Ourense	988 425 950		
<b>Francisco Pérez Diéguez</b>	Mandín-Verín	Ourense	636 762 200		
<b>Manuel Guerra Justo</b>	Vilaza-Monterrei	Ourense	687 409 618		
<b>Concepción Paradela Martínez</b>	Verín	Ourense	988 414 075		
<b>Pazo de Valdeconde, S.L.</b>	Verín	Ourense	988 414 075		
<b>Bodega Tabú, S.L.N.E.</b>	O Rosal-Oímbra	Ourense	665 644 500		
<b>Franco Basalo, S.L.U.</b>	Verín	Ourense	619 098 010		
<b>D.O. RÍAS BAIXAS</b>					
<b>A. Pazos de Lusco, S.L.</b>	Salvaterra de Miño	Pontevedra	987 514 550	pgmittel@dominiodetares.com	www.lusco.es
<b>Adega Castrocelta, S.L.</b>	Ribadumia	Pontevedra	986 745 050	angel@castrocelta.com	www.castrocelta.com
<b>Adega Condes de Albarei, S.A.U.</b>	Cambados	Pontevedra	986 543 535	inf@condesdealbarei.com	www.condesdealbarei.com
<b>Adega Condes de Albarei, S.A.U. (Pazo de Baión)</b>	Vilanova de Arousa	Pontevedra	986 543 535	inf@condesdealbarei	www.condesdealbarei.com
<b>Adega do Vimbio, S.L.</b>	O Rosal	Pontevedra	617 604 635	contacto@vinovimbio.com	www.vinovimbio.com
<b>Adega dos Eidos, S.L.</b>	Sanxenxo	Pontevedra	986 690 009	info@adegaideos.com	www.adegaideos.com
<b>Adega Durán, S.L.</b>	Cambados	Pontevedra	986 710 736	durand@ventomareiro.com	www.ventomareiro.com
<b>Adega Hnos. Silva Sueiro, S.L.</b>	Meaño	Pontevedra	986 747 447		www.adega-illo.com
<b>Adega Laureatus, S.L.</b>	Meis	Pontevedra	986 520 571	mariscoslaureano@gmail.com	www.mariscoslaureano.com
<b>Adega Pombal-A Lanzada, S.L.</b>	Sanxenxo	Pontevedra	986 743 078	adegapombal@gmail.com	
<b>Adega San Salvador de Soutomaior, S.L.</b>	Soutomaior	Pontevedra	653 172 159	info.adegasansalvador@gmail.com	www.noeliasimon.com
<b>Adega Valdés, S.L.</b>	Vedra	A Coruña	981 819 083	comercial@gundian.com	www.adegavaldes.com
<b>Adega Vieites, S.L.</b>	Cambados	Pontevedra	986 542 481		
<b>Adegas Arousa de Bebidas, S.L.</b>	Vilanova de Arousa	Pontevedra	986 715 454	adegasarousacvs@gmail.com	www.adegasarousa.com
<b>Adegas Castrobrey, S.L.</b>	Vila de Cruces	Pontevedra	986 583 643	bodegas@castrobrey.com	www.castrobrey.com
<b>Adegas Gran Vinum, S.L.</b>	Vilanova de Arousa	Pontevedra	986 555 742	info@adegasgranvinum.com	www.adegasgranvinum.com
<b>Adegas Morgadio, S.L.</b>	Crecente	Pontevedra	988 261 212	info@morgadio.com	www.morgadio.com
<b>Adegas Terra Santa, S.L.</b>	Cambados	Pontevedra	986 542 947	terrasanta@adegasterrasanta.com	www.adegasterrasanta.com
<b>Adegas Tollodouro, S.A.</b>	O Rosal	Pontevedra	986 609 810	bodega@tollodouro.com	www.tollodouro.com
<b>Adegas Valmiñor, S.L.</b>	O Rosal	Pontevedra	986 609 060	valmiñor@adegasvalmiñor.com	www.adegasvalmiñor.com
<b>Agro de Bazán, S.A.</b>	Vilanova de Arousa	Pontevedra	986 555 562	agrodebazan@agrodebazansa.es	www.agrodebazansa.es
<b>Agrupación de Cosecheros Albariño de Salnés, S.A.T.</b>	Ribadumia	Pontevedra	986 710 052	dombardeo@terra.es	www.dombardo.com
<b>Alberto Nanclares Ocio</b>	Cambados	Pontevedra	986 520 763	bodega@bodegasnanclares.com	www.bodegasnanclares.es
<b>Alejandro Caride Álvarez</b>	A Cañiza	Pontevedra	986 654 131		
<b>Almacén-Adegas Valmiñor, S.L.</b>	O Rosal	Pontevedra	986 609 060	valminor@valminorebano.com	www.adegasvalminor.com
<b>Almacén-Santiago Ruiz, S.A.</b>	San Miguel Tabagón	Pontevedra	986 614 083	info@bodegasantiago.ruiz.com	www.bodegasantiago.ruiz.com
<b>Ángel Rodríguez Estévez</b>	A Cañiza	Pontevedra	986 655 024		
<b>Antonio Abalo Méndez</b>	Portas	Pontevedra	981 580 045	mteresaabalo@yahoo.es	www.abalomendez.com
<b>Attis Bodegas y Viñedos, S.L.</b>	Meaño	Pontevedra	986 744 164	info@attisbyv.com	www.attisbyv.com
<b>Avelina Rial Cores</b>	Ribadumia	Pontevedra	986 710 030	aveotero@hotmail.com	www.marquesdeabraldes.com
				jpasende@hotmail.com	
<b>Balbina, S.L.</b>	Sanxenxo	Pontevedra	986 720 836		
<b>Barreiro Amado, S.L.</b>	Sanxenxo	Pontevedra	986 723 751	daoca13@hotmail.com	www.bodegasbarreiroamado.com
<b>Begoña Troncoso Fernández</b>	Arbo	Pontevedra	986 417 949		
<b>Beira Aral, S.L.</b>	Arbo	Pontevedra	986 262 838	copiart@terra.es	
				pepearal@hotmail.com	
<b>Benjamín Míguez Noval</b>	Salvaterra de Miño	Pontevedra	986 122 705	enoturismo@mariabargiela.com	www.mariabargiela.com
<b>Bodegas Adonis, S.L.</b>	Ribadumia	Pontevedra	986 710 068		
<b>Bodegas Aguiuncho, S.L.</b>	Sanxenxo	Pontevedra	986 720 980	info@aguiuncho.com	www.aguiuncho.com
<b>Bodegas Albamar, S.L.N.E.</b>	Cambados	Pontevedra	986 543 830	info@bodegasalbamar.com	

DESIGNATION/WINERY	CITY/TOWN	PROVINCE	TELEPHONE	EMAIL	WEBSITE
<b>Bodegas Aldea de Abaixo, S.A.T.</b>	O Rosal	Pontevedra	986 626 121	senoriodatorre@grannovas.com	www.grannovas.com
<b>Bodegas Aquitania, S.L.</b>	Cambados	Pontevedra	986 520 895	info@bodegasaquitania.com	www.bodegasaquitania.com
<b>Bodegas Aragunde, S.L.</b>	Ribadumia	Pontevedra	986 710 135	bodegas-aragunde@gmail.com	
<b>Bodegas As Laxas, S.A.</b>	Arbo	Pontevedra	986 665 444	info@bodegasaslaxas.com	www.bodegasaslaxas.com
<b>Bodegas Bouza Bella, S.L.</b>	Meaño	Pontevedra	986 744 013	BELIPITA@hotmail.com	
<b>Bodegas Castro-Martín, S.L.</b>	Ribadumia	Pontevedra	986 710 202	info@castromartin.com	www.castromartin.com
<b>Bodegas Chaves, S.L.</b>	Ribadumia	Pontevedra	986 710 015	bodegaschaves@bodegaschaves.com	
<b>Bodegas Condomiño, S.L.</b>	Salvaterra de Miño	Pontevedra	986 659 081	pavinoroeste@yahoo.es	
<b>Bodegas del alacio de Fefiñanes, S.L.</b>	Cambados	Pontevedra	986 542 204	fefinanes@fefinanes.com	www.fefinanes.com
<b>Bodegas Eidosela, S.C.G.</b>	Arbo	Pontevedra	986 665 550	administracion@bodegaseidosela.es	www.bodegaseidosela.es
<b>Bodegas Escudeiro, S.L.</b>	Ribadumia	Pontevedra	986 710 777	comercial@vina-roel.com	www.vinaroel.com
<b>Bodegas Feira Nova, S.L.</b>	Vilagarcía	Pontevedra	986 506 803		
<b>Bodegas Fillaboa, S.A.</b>	Salvaterra de Miño	Pontevedra	986 658 132	info@bodegasfillaboa.com	www.bodegasfillaboa.com
<b>Bodegas Forjas del Salnes, S.L.</b>	Cambados	Pontevedra	699 446 113	goliar dovino@gmail.com//blancosdemar@gmail.com	
<b>Bodegas Fulcro, S.L.</b>	Sanxenxo	Pontevedra	986 743 384	bodegasfulcro@gmail.com	
<b>Bodegas Gerardo Méndez, S.L.</b>	Meaño	Pontevedra	986 747 046	info@bodegasgerardomendez.com	www.bodegasgerardomendez.com
<b>Bodegas La Cana, S.L.</b>	Vilagarcía	Pontevedra	952 504 706	info@jorgeordonez.es	www.lacana.es
<b>Bodegas La Val, S.L.</b>	Salvaterra de Miño	Pontevedra	986 610 728	laval@bodegaslaval.com	www.bodegaslaval.com
<b>Bodegas Lagar de Pintos, S.L.</b>	Ribadumia	Pontevedra	986 710 001	lagar@lagardepintos.com	www.lagardepintos.com
<b>Bodegas Marqués de Vizhoja, S.A.</b>	Arbo	Pontevedra	986 665 825	marquesdevizhoja@marquesdevizhoja.com - www.marquesdevizhoja.com	
<b>Bodegas Martín Códax, S.A.U.</b>	Cambados	Pontevedra	986 526 040	comercial@martincodax.com	www.martincodax.com
<b>Bodegas Martínez Serantes, S.L.</b>	Ribadumia	Pontevedra	986 718 074	pablo@martinezserantes.com	www.martinezserantes.com
<b>Bodegas Núñez, S.L.</b>	Vilanova de Arousa	Pontevedra	986 524 374	bodegas@bodegasandion.com	www.bodegasandion.com
<b>Bodegas Pablo Padín, S.L.</b>	Meaño	Pontevedra	986 743 231	info@pablopadin.com	www.pablopadin.com
<b>Bodegas Pazo Cilleiro, S.L.</b>	Meis	Pontevedra	986 710 827	david.castro@murielwines.com	
<b>Bodegas Pazo de Arreten, S.L.</b>	Padrón	A Coruña	981 811 312		
<b>Bodegas Santiago Roma, S.L.</b>	Ribadumia	Pontevedra	986 718 477	bodega@santiagoroma.com	www.santiagoroma.com
<b>Bodegas Santiago Ruíz, S.A.</b>	Tomíño	Pontevedra	986 614 083	info@bodegasantiagoruiz.com	www.bodegasantiagoruiz.com
<b>Bodegas Seixido, S.L.</b>	Cambados	Pontevedra	986 542 899	parisnagd@gmail.com	
<b>Bodegas Señorío de Valei, S.L.</b>	Arbo	Pontevedra	986 665 390	info@bodegasenoriodevalei.com	www.bodegasenoriodevalei.com
<b>Bodegas Terras Gauda, S.A.</b>	O Rosal	Pontevedra	986 621 001	terrasgauda@terrasgauda.com	www.terrasgauda.com
<b>Bodegas Viña Nora, S.L.</b>	As Neves	Pontevedra	986 667 210	info@vinanora.com	
<b>Bodegas Vionta, S.L.</b>	Meaño	Pontevedra	986 747 566	pepa.formoso@vionta.com	www.freixenet.net
<b>Bodegas y Viñedos Don Olegario, S.L.</b>	Cambados	Pontevedra	986 520 886	info@donolegario.com	www.donolegario.com
<b>Bodegas y Viñedos Rodrigo Méndez, S.L.</b>	Meaño	Pontevedra		bodegasrodrigomendez@icloud.com	
<b>Bodegas y Viñedos Veiga da Princesa, S.L.</b>	Arbo	Pontevedra	988 261 256	info@pazodomar.com	www.pazodomar.com
<b>Bouza de Carril, S.L.</b>	Ribadumia	Pontevedra	986 710 471	bouzacarril@terra.es	
<b>Bouza do Rei, S.A.T.</b>	Ribadumia	Pontevedra	986 710 257	bouzadorei@bouzadorei.com	
<b>C.B. Pintos</b>	Cambados	Pontevedra	986 542 188		
<b>Cabaleiro do Val, S.L.</b>	Meaño	Pontevedra	986 744 145		
<b>Cabana das Bolboretas, S.L.</b>	Barro	Pontevedra	686 561 110	info@cabanadasbolboretas.com	www.cabanadasbolboretas.com
<b>Carballal de Sande, S.L.</b>	Arbo	Pontevedra	986 483 312	nikkal@terra.es	
<b>Carballal Vázquez Abal, S.L.</b>	Ribadumia	Pontevedra	986 710 981	carballal@carballal.net	www.carballal.net
<b>Carlos Castro Serantes</b>	Ribadumia	Pontevedra	986 710 550	tomadadecastro@terra.es	
<b>Carlos Padín Domínguez</b>	Meaño	Pontevedra	986 747 017	gestesa@gestores.net	
<b>Carlos Rey Lustres</b>	Meaño	Pontevedra		carlos@reylustres.com	
<b>Carmen Álvarez Oubiña</b>	Meaño	Pontevedra	986 747 267	altosdecrisimil@gmail.com	www.altosdecrisimil.com
<b>Carmen Carril Martínez</b>	Meaño	Pontevedra	986 745 836		
<b>Carmen Méndez Varela</b>	Meaño	Pontevedra	986 747 681		
<b>Casal Fuentes, S.A.T.</b>	O Grove	Pontevedra	986 733 274	jcl@cmj.net	
<b>Castro Baroña, S.L.</b>	Meis	Pontevedra	986 680 868	castrobarona@castrobarona.com	www.castrobarona.com
<b>Coanga, S.L.</b>	Ribadumia	Pontevedra	986 710 308	casamontepio@granxafamiliar.com	
<b>Compañía de Vinos Tricó, S.L.</b>	Salvaterra de Miño	Pontevedra	986 205 206		
<b>Concepción Boullosa Gastañaduy</b>	Ribadumia	Pontevedra	986 718 494	pazopedreira@hotmail.com	
<b>Constante Morrazo Martínez</b>	Ribadumia	Pontevedra	986 710 562		
<b>Constantina Sotelo Ares</b>	Cambados	Pontevedra	986 524 704	adegasotelo@yahoo.es	
<b>Cooperativa Vitivinícola Arousana, S.C.G.</b>	Meaño	Pontevedra	986 747 779	administracion@rosaliadecastro.eu	www.rosaliadecastro.eu
<b>Corisca, S.L.</b>	Tui	Pontevedra	986 493 028	info@bodegascorisca.com	www.bodegascorisca.com
<b>Corto Plazo Inversores, S.L.</b>	Meaño	Pontevedra	986 744 765	yolanda.ycg@gmail.com	
<b>Cosecheros Reunidos de Soutomaior, S.A.T.</b>	Soutomaior	Pontevedra	986 705 292	bodega@cosecherosdesoutomaior.com	www.cosecherosdesoutomaior.com
<b>Cova Serodia, S.L.</b>	Portas	Pontevedra	986 536 099	info@covaserodia.com	
<b>Datri Mar, S.L.</b>	Cambados	Pontevedra	986 543 000	depuradora@josemariadaporta.e.telefonica.net	
<b>David Martínez Sobral</b>	Tomíño	Pontevedra	986 620 127	ospedregales@hotmail.com	
<b>Delicias de Lágrimas, S.C.</b>	Meis	Pontevedra	637 479 332	bodegasdeliciasdelagrimas@gmail.com	www.bodegasdeliciasdelagrimas.com
<b>Dolores Fontan Limeres</b>	Cambados	Pontevedra	986 543 526	contacto@lagardecosta.com	www.lagardecosta.com
<b>Enoturismo Acha, S.L.</b>	Vilanova de Arosa	Pontevedra	902 427 428	info@davide.es	www.davide.es
<b>Eulogio Gondar Galiñanes</b>	Meaño	Pontevedra	986 747 241	albarino@lagardecandes.com	www.lagardecandes.com
<b>Eulogio Pomares Zárate e Hijos, S.L.</b>	Ribadumia	Pontevedra	986 718 503	info@zarate.es	www.zarate.es
<b>Feliciano Dopazo Padín</b>	Sanxenxo	Pontevedra	986 720 518		
<b>Fernando Meis Otero</b>	Meaño	Pontevedra	986 744 893	fmeisotero@yahoo.es	
<b>Fillos de Antonio Parames, C.B.</b>	A Cañiza	Pontevedra	986 651 230	marcosgalleperez@gmail.com	
<b>Francisco Alfonso Reboreda</b>	Caldas de Reis	Pontevedra	986 535 201	info@pedralonga.es	www.pedralonga.es
<b>Francisco Lameiro Ferreira</b>	Tui	Pontevedra	986 629 137	f.lameiro@hotmail.com	
<b>Frore de Carme, S.L.</b>	Vilagarcía	Pontevedra	986 501 218	eladiopineiro@froredecarme.es	www.eladiopineiro.es



DESIGNATION/WINERY	CITY/TOWN	PROVINCE	TELEPHONE	EMAIL	WEBSITE
<b>Gaviñeira, S.L.</b>	Salvaterra de Miño	Pontevedra	986 349 461	clemente@angelsequeiros.com	www.angelsequeiros.com
<b>Gómez &amp; Rial, S.L.</b>	Teo	A Coruña	981 806 260	aagorial@yahoo.es	www.gomezrial.com
<b>Grupo Vinícola Marqués de Vargas, S.L.</b>	Salvaterra de Miño	Pontevedra	986 658 285	info@pazosanmauro.com	www.marquesdevargas.com
<b>Instalaciones Toño, S.L.</b>	Meaño	Pontevedra	986 747 581	bodegaboroxo@gmail.com	
<b>Isabel Amil Núñez</b>	Cambados	Pontevedra	986 542 570	casadabarca@terra.es	
<b>Isabel Seijas Martínez</b>	Sanxenxo	Pontevedra	986 723 882	misematerra@gmail.com	www.ventureira.com
<b>Javier Parrado Arcos</b>	Barro	Pontevedra	986 712 333		
<b>Jesús Seijas Gómez</b>	Meaño	Pontevedra	986 747 238		
<b>José Ángel Boado Chaves</b>	Ribadumia	Pontevedra	986 712 183	info@boadochaves.es	www.boadochaves.es
<b>José Araujo Peña</b>	Salvaterra de Miño	Pontevedra	986 658 429	info@adegaaroujo.com	www.adegaaroujo.com
<b>José Augusto Gómez Álvarez</b>	A Cañiza	Pontevedra	670 375 500	info@cavadasdoval.com	www.transportes-augusto.com
<b>José Carlos Quintas Pérez</b>	Crecente	Pontevedra	986 666 581	info@josecarlosquintasperez.es	www.oreidecampoverde.es
<b>José Manuel Gandara Araujo</b>	Salvaterra de Miño	Pontevedra	986 639 110	adegasgandar@yahoo.es	www.adegasgandara.es
<b>José Pintos Pintos</b>	Meaño	Pontevedra	986 747 327	albarinolagardebroullon@hotmail.com	
<b>José Ramón Montenegro Mariño</b>	Salvaterra de Miño	Pontevedra	986 640 968	pepe.montenegro@illascies.com	
<b>Lagar da Condesa, S.L.</b>	Caldas de Reis	Pontevedra	986 541 422	lagardacondesa@terra.es	www.lagardacondesa.com
<b>Lagar da Xesteira, S.L.</b>	Cambados	Pontevedra	986 743 151		
<b>Lagar de Besada, S.L.</b>	Meaño	Pontevedra	986 747 473	info@lagardebesada.com	www.lagardebesada.com
<b>Lagar de Fornelos, S.A.</b>	O Rosal	Pontevedra	986 625 875	lagar@riojalta.com	www.riojalta.com
<b>Leoncio Padín Outon</b>	Sanxenxo	Pontevedra	657 407 708	darvelos@hotmail.com	
<b>Mª Luz Domínguez Estévez</b>	As Neves	Pontevedra	615 251 192	adegasluz@gmail.com	www.adegasluz.es
<b>Maior de Mendoza, S.L.</b>	Vilagarcía	Pontevedra	986 508 896	maiordemendoza@terra.es	www.maiordemendoza.com
<b>Manuel González Domínguez</b>	Meaño	Pontevedra	986 742 069		
<b>Mar de Frades, S.L.</b>	Meis	Pontevedra	986 680 911	mardefrades@mardefrades.es	www.mardefrades.es
<b>Mar Sacro, S.L.</b>	Ribadumia	Pontevedra	986 718 402	bodega@bodegamontesacro.com	www.bodegamontesacro.com
<b>María del Carmen Baulo Oubiña</b>	Cambados	Pontevedra	986 543 700		
<b>María del Carmen Lago Castro</b>	Meaño	Pontevedra	986 747 520	vellobodegueiro@terra.es	
<b>María del Carmen Varela Torres</b>	Meis	Pontevedra	986 710 591	sanero@sanero.com	www.sanero.com
<b>María Isabel Álvarez Rodríguez</b>	Salvaterra de Miño	Pontevedra	986 425 274	fjalvarez@coag.es	
<b>María Luisa Vieitez Fernández</b>	Arbo	Pontevedra	986 664 909	casagrandelaalmuina@casagrandelaalmuina.com - www.casagrandelaalmuina.com	
<b>María Victoria Dovalo Méndez</b>	Meaño	Pontevedra	986 745 036		
<b>Miguel Alonso Estévez</b>	Arbo	Pontevedra	986 665 489		
<b>O Aforado, S.L.</b>	O Rosal	Pontevedra	986 620 292	labodega@aforado.com	www.aforado.com
<b>Pablo García Cebeiro</b>	Vedra	A Coruña	981 512 217	bodega@pazodegalegos.com	www.pazodegalegos.com
<b>Pablo López Franco</b>	O Grove	Pontevedra	986 730 180	agrovello@hotmail.com	
<b>Paloma Rey Fernández La Torre</b>	Vilagarcía de Arousa	Pontevedra	606 999 995	guillermo@pazoderubianes.com	www.pazoderubianes.com
<b>Pastora Besada Pérez</b>	Meaño	Pontevedra	986 747 810		
<b>Pazo As Barreiras, S.L.</b>	Salvaterra de Miño	Pontevedra	986 252 411	villanuevavigo@terra.es	www.pazoasbarreiras.es
<b>Pazo de Barrantes, S.A.</b>	Ribadumia	Pontevedra	986 718 211	administracion@pazodebarrantes.com	www.marquesdemurrieta.com
<b>Pazo de Señoráns, S.L.</b>	Meis	Pontevedra	986 715 373	info@pazodesenorans.com	www.pazodesenorans.com
<b>Pazo Pondal, S.L.</b>	Arbo	Pontevedra	986 665 551	info@pazopondal.com	www.pazopondal.com
<b>Pazo Quinteiro da Cruz, S.L.</b>	Ribadumia	Pontevedra	986 565 502	info@pazoquinteirodacruz.es	www.pazoquinteirodacruz.es
<b>Producciones Vinícolas Garabelos, S.L.</b>	Crecente	Pontevedra	986 666 123	jmfanguiano@gmail.com	
<b>Quinta das Eiras, S.L.</b>	Soutomaior	Pontevedra	695 483 338	info@quintadaseiras.es	
<b>Quinta de Couselo, S.L.</b>	O Rosal	Pontevedra	986 625 051	quintacouselo@quintacouselo.com	www.quintacouselo.com
<b>Ramiro Padín Cores</b>	Ribadumia	Pontevedra	986 710 705	info@operello.com	www.operello.com
<b>Rectoral do Umia, S.A.U.</b>	Ribadumia	Pontevedra	986 716 360	bodega@rectoraldoumia.com	
<b>Ricardo Abal Padín</b>	Cambados	Pontevedra	670 452 929	lagardacachada@gmail.com	
<b>Ricardo Núñez Serantes</b>	Ribadumia	Pontevedra	986 710 142		
<b>Robaliño, S.L.</b>	Arbo	Pontevedra	986 665 082	info@bodegasrobalino.com	www.bodegasrobalino.com
<b>Rosa Torres Varela</b>	Sanxenxo	Pontevedra	986 723 021	acapela@telefonica.net	
<b>Rubén Taboas Araujo</b>	Ponteareas	Pontevedra	986 641 736	adegaruben@villadelcorpus.es	
<b>Señoría de Rubios, S.L.</b>	As Neves	Pontevedra	986 667 212	Info@bodegas-cotoredondo.com	www.bodegas-cotoredondo.com
<b>Señoría del Sobral, S.L.</b>	Salvaterra de Miño	Pontevedra	986 415 144	comercial@ssobral.net	www.ssobral.com
<b>Solagra, S.A.</b>	Vedra	A Coruña	981 511 531	jaimedcasadosol.es	
<b>Somato, S.A.</b>	Vilanova de Arousa	Pontevedra	630 873 836	adegasomato@gmail.com	
<b>Sucesores de Benito Santos, S.L.</b>	Vilanova de Arousa	Pontevedra	986 554 435	bodega@benitosantos.com	www.benitosantos.com
<b>Tierra, Trabajo y Tradición 3T, S.A.T.</b>	Vilanova de Arousa	Pontevedra	986 554 600	sat3t@hotmail.com	
<b>Val Remesal, S.L.</b>	Tui	Pontevedra	661 421 058	reservas@remesal.info	www.remesal.es
<b>Valdamor, S.A.</b>	Meaño	Pontevedra	986 747 111	clientes@valdamor.es	www.valdamor.es
<b>Veiga Serantes, S.L.</b>	Ribadumia	Pontevedra	986 710 092	veigaserantes@veigaserantes.com	www.veigaserantes.com
<b>Vicente Domínguez Sansilvestre</b>	Sanxenxo	Pontevedra	676 650 502	adegadosan@yahoo.es	www.adegadosan.com
<b>Vilarvin, S.L.</b>	Crecente	Pontevedra	986 666 344	vilarvin@vilarvin.com	www.vilarvin.com
<b>Vinícola de Miño, S.L.</b>	Salvaterra de Miño	Pontevedra	986 291 712	vnieves@tader.es	www.bodegasvazqueznieves.com
<b>Viña Almirante, S.C.G.</b>	Portas	Pontevedra	620 294 293	info@vinaalmirante.com	www.vinaalmirante.com
<b>Viña Blanca do Salnés, S.A.</b>	Cambados	Pontevedra	986 542 910	info@vinablanca.es	www.vinablanca.es
<b>Viña Cartín, S.L.</b>	Portas	Pontevedra	687 782 512	bodegas@montino.es	www.terrasdelantano.com
<b>Viña Moraima, S.C.G.</b>	Barro	Pontevedra	986 711 206	contacto@adegamoraima.com	www.adegamoraima.com
<b>Viña Pedreira, S.L.</b>	Sanxenxo	Pontevedra	986 691 250		
<b>Viña Sobreira, C.B.</b>	Cambados	Pontevedra	986 542 002	vinasobreira@vinasobreira.com	
<b>Viñas e Adegas Galegas, S.L.U.</b>	Salvaterra de Miño	Pontevedra	986 657 143	tecnico@adegasgalegas.es	www.adegasgalegas.es

DESIGNATION/WINERY	CITY/TOWN	PROVINCE	TELEPHONE	EMAIL	WEBSITE
<b>D.O. RIBEIRA SACRA</b>					
<b>A Man de Prado, S.L.</b>	Sober	Lugo	617 776 392	info@amandeporado.com	
<b>Adega Algueira, S.L.</b>	Sober	Lugo	982 410 299	info@adegaalgueira.com	http://www.algueira.com
<b>Adega Cachín, S.C.</b>	A Teixeira	Ourense	619 859 281	adegacachin@adegacachin.es	
<b>Adega do Mollón, S.L.</b>	Nogueira de Ramuín	Ourense	988 222 272	pombares@mun-do-r.com	http://www.pombares.com
<b>Adega Don Ramón, S.L.</b>	Monforte de Lemos	Lugo	982 404 237	donramonsl@gmail.com	
<b>Adega dos Taboada, S.L.U.</b>	Castro Caldelas	Ourense	666 568 159	adega@fedellos.com	www.fedellos.com
<b>Adega Ponte da Boga, S.L.</b>	Castro Caldelas	Ourense	988 203 306	ruben@pontedaboga.es	http://www.pontedaboga.com
<b>Adegas e Viñedos Lareu, S.L.</b>	Chantada	Lugo	616 561 820	adegaslareu@gmail.com	http://www.adegaslareu.com
<b>Adegas e Viñedos Vía Romana, S.L.</b>	Chantada	Lugo	982 462 069	viaromana@viaromana.es	http://www.viaromana.es
<b>Adegas Moure, S.A.</b>	O Saviñao	Lugo	982 452 031	abadiadacova@adegasmoure.com	http://www.adegasmoure.com
<b>Adegas Valcar, S.L.</b>	Parada do Sil	Ourense	988 208 245	adegasvalcar@adegasvalcar.com	http://www.adegasvalcar.com
<b>Adegas Viña Garoña, S.L.</b>	Chantada	Lugo	982 171 636	adegasvinagarona@gmail.com	
<b>Albarduxe, S.C.</b>	Chantada	Lugo	666 472 839	albarduxe@gmail.com	
<b>María Gloria Alvarín Losada</b>	Monforte de Lemos	Lugo	609 275 107	josecadornigamao@yahoo.es	
<b>Juan Alberto Alvarez Rodríguez</b>	A Teixeira	Ourense	639 787 637	adegasollio@yahoo.es	
<b>Amedo, S.L.</b>	Chantada	Lugo	982 184 488	adegasamedo@gmail.com	http://www.adegasamedo.com
<b>Tomás Arias Fernández</b>	Sober	Lugo	982 460 055		
<b>Mª Otilia Arias García</b>	Sober	Lugo	982 460 546	proencia1@gmail.com	
<b>As Oubenzas, C.B.</b>	Chantada	Lugo	982 440 842	quintadealvarado@yahoo.es	http://www.quintadealbarado.com
<b>Atrium Vitis, S.L.</b>	Quiroga	Lugo	610 440 692	atriumvitis@gmail.com	http://atriumvitis.blogspot.com.es
<b>Bodega Alaxiña, S.L.</b>	A Peroxa	Ourense	988 205 096	quintela_tato@hotmail.com	
<b>Bodega Losada Fernández, S.L.</b>	Pantón	Lugo	982 456 213	reservas@casaruraldavila.com	
<b>Bodega Petró, S.L.</b>	Sober	Lugo	982 198 774	bodegaspetron@ceramicacampo.com	
<b>Bodega Soutelo, S.L.</b>	Sober	Lugo	600 700 136	info@bodegasoutelo.com	http://www.bodegasoutelo.es
<b>Bodegas Costoya, S.L.</b>	A Teixeira	Ourense	600 417 273	carlos_costoya@temera.com	http://www.temera.com
<b>Bodegas de Rectoral de Amandi, S.A.U.</b>	Sober	Lugo	988 384 200	miriam@bodegasgallegas.com	http://www.bodegasgallegas.com
<b>Bodegas de Santa María de Nogueira, S.L.</b>	Chantada	Lugo	982 182 041	info@santamariadenogueira.com	
<b>Cabo do Mundo, S.L.</b>	Chantada	Lugo	982 441 259	cabo.d.mundo@gmail.com	
<b>Manuel Calvo Méndez</b>	Chantada	Lugo	982 441 579	manuel.calvo.mendez@gmail.com	
<b>Jorge Enrique Carnero Fiuza</b>	Sober	Lugo	986 028 733	cazoga@hotmail.com	
<b>Casa Moreiras, S.L.</b>	Pantón	Lugo	986 122 774	bodega@casamoreiras.com	http://www.casamoreiras.com
<b>José María Castro Sesse</b>	Sober	Lugo	982 460 071		
<b>Chao do Couso, S.L.</b>	A Pobra de Trives	Ourense	988 330 162	chaodocouso@hotmail.com	
<b>Jesús Conde Rodríguez</b>	Sober	Lugo	982 152 948		
<b>D´ Fran, S.C.</b>	Sober	Lugo	608 571 754	estreladfran@gmail.com	
<b>María Purificación Díaz Ferreiro</b>	Pobra do Brollón	Lugo	633 408 668	puri-fi@hotmail.com	
<b>Edelmiro Domínguez González</b>	Carballedo	Lugo	988 200 000	jrdomrod@yahoo.es	
<b>Domínio do Bibeí, S.L.</b>	Manzaneda	Ourense	610 400 484	info@dominiodobibeí.com	http://www.dominiodobibeí.com
<b>Don Bernardino, S.L.</b>	Sober	Lugo	982 403 600	info@donbernardino.com	http://www.donbernardino.com
<b>ED V 2015 SLU</b>	Quiroga	Lugo	982 185 619		
<b>Envínate, S.L.</b>	A Teixeira	Ourense	682 207 160	asesoria@envinate.es	www.envinate.es
<b>Jorge Feijoo González</b>	A Teixeira	Ourense	606 807 897	adegavella@terra.com	http://www.adegavella.com
<b>Javier Fernández González</b>	Pantón	Lugo	982 456 228	javierfdz@hotmail.com	
<b>Manuel Fernández Rodríguez</b>	Sober	Lugo	982 401 872	dominiodesanxiao@mun-do-r.com	
<b>Finca Míllara Bodegas y Viñedos, S.R.L.</b>	Pantón	Lugo	606 945 792	ininfer@terra.es	
<b>José Antonio Fortes López</b>	O Saviñao	Lugo	660 769 999	nairax@hotmail.com	http://www.adegadofortes.blogspot.com
<b>Miguel Ángel Garrido Raña</b>	O Saviñao	Lugo	608 088 208	disorbal@disorbal.com	
<b>Grupo Peago, S.L.</b>	Chantada	Lugo	982 446 238	condadodesequeiras@grupopeago.com	http://www.condadodesequeiras.com
<b>Karma do Sil, S.L.</b>	Pantón	Lugo	982 402 385	antonio@geslega.com	
<b>Domingo López Fernández</b>	Sober	Lugo	982 152 458		
<b>Maximino López Vázquez</b>	Pantón	Lugo	982 456 595		
<b>Lar de Ricobao, S.L.</b>	Quiroga	Lugo	690 951 032	lardericobao@gmail.com	
<b>Leirabella, S.L.</b>	Parada do Sil	Ourense	630 882 558	martin.lagaron@hotmail.es	
<b>Marcelino Tierra y Vinos, S.L.</b>	Sober	Lugo	647 164 040	contacto@dominiomarcelino.com	www.dominiomarcelino.com
<b>Ramón Marcos Fernández</b>	Sober	Lugo	982 152 285	adegacruceiro@hotmail.com	http://www.adegacruceiro.es/web2/
<b>Eladio Martínez Fernández</b>	Sober	Lugo	988 252 343		
<b>Javier Méndez Arias</b>	Sober	Lugo	982 460 252		
<b>Manuel Mondelo Rodríguez</b>	Quiroga	Lugo	629 492 973	adegamondelo@gmail.com	
<b>Mª Isolina Moreiras Méndez</b>	Chantada	Lugo	686 278 115	adegasoutariz@hotmail.com	
<b>Rubén Moure Fernández</b>	Pantón	Lugo	638 380 222	info@priordepanton.com	
<b>Nova Toural, S.L.</b>	O Saviñao	Lugo	620 825 362	info@novatoural.es	http://www.novatoural.es
<b>Ana Pérez López</b>	O Saviñao	Lugo	670 508 730	bodegasfionn@gmail.com	
<b>José Luis Pérez Pérez</b>	O Saviñao	Lugo	982 450 328		
<b>Óscar Pérez Rodríguez</b>	Sober	Lugo	982 460 110	formarigo@yahoo.es	
<b>Pena das Donas, S.L.</b>	Pantón	Lugo	988 200 045	adega@penadasdonas.com	http://www.penadasdonas.com
<b>Pereimos 2007, S.L.</b>	A Pobra de Trives	Ourense	607 504 115	acorga@qbama.es	
<b>Pilares de Belesar, S.L.U.</b>	O Saviñao	Lugo	982 000 000	finacabaleiroportela@hotmail.es	
<b>Pincelo, S.L.</b>	Chantada	Lugo	982 441 660	bpincelo@wanadoo.es	http://www.bodegapincelo.com
<b>Mª Carmen Nieves Prado Ferreiro</b>	Sober	Lugo	982 152 575		
<b>Rosa Mª Pumar Rodríguez</b>	Monforte de Lemos	Lugo	689 175 981	info@sanmamed.es	http://www.sanmamed.es
<b>Régoa, C.B.</b>	Sober	Lugo	649 101 555	info@regoa.es	http://www.regoa.es
<b>Rabelas, S.L.</b>	Chantada	Lugo	982 440 809	rabelassl@rabelas.es	
<b>Roberto Regal López</b>	O Saviñao	Lugo	982 462 092		



DESIGNATION/WINERY	CITY/TOWN	PROVINCE	TELEPHONE	EMAIL	WEBSITE
<b>Regina Viarum, S.L.</b>	Sober	Lugo	986 288 212	info@reginaviarum.es	http://www.reginaviarum.es
<b>José Manuel Rodríguez González</b>	Sober	Lugo	982 460 613		http://www.adegadecima.com
<b>Víctor Manuel Rodríguez López</b>	Sober	Lugo	982 460 504	info@valdalenda.com	www.valdalenda.com
<b>Ernesto Rodríguez Pérez</b>	Sober	Lugo	982 152 410	ernestoribadent@yahoo.es	
<b>José Ignacio Rodríguez Pérez</b>	Sober	Lugo	982 152 570	bodegasregueiral@gmail.com	
<b>Pedro Manuel Rodríguez Pérez</b>	Sober	Lugo	982 152 508	adegasguimaro@gmail.com	
<b>Odilo Rodríguez Portela</b>	Sober	Lugo	620 857 653		
<b>M<sup>a</sup> Carmen Rodríguez Rodríguez</b>	Sober	Lugo	982 152 249		
<b>Ronsel do Sil, S.L.</b>	Parada do Sil	Ourense	988 984 923	info@ronseldosil.com	http://www.ronseldosil.com
<b>S.A.T. Virxen dos Remedios 837 XUGA</b>	O Saviñao	Lugo	982 171 720	info@virxendosremedios.es	http://www.virxendosremedios.es
<b>Teixeiro Lemos, S.L.</b>	Chantada	Lugo	982 171 666		http://bodegadiegodelemos.blogspot.com
<b>Terras de Lincora, S.C.</b>	Chantada	Lugo	982 441 591		
<b>Cristina Vázquez González</b>	Sober	Lugo	982 152 222		
<b>Jesús Manuel Vázquez Pereira</b>	Pantón	Lugo	608 889 637	adega.amieira@gmail.com	
<b>Araceli Vázquez Rodríguez</b>	Sober	Lugo	699 073 420	indusuaz@hotmail.com	
<b>José Vázquez Rodríguez</b>	A Teixeira	Ourense	629 818 701	xurseculo@terra.es	
<b>Val de Quiroga, S.L.</b>	Quiroga	Lugo	982 428 580	valdequiroga@telefonica.net	
<b>Manuela Valdés Pérez</b>	Sober	Lugo	982 460 545	adegatear@adegatear.com	
<b>José Ramón Veroa Pérez</b>	Sober	Lugo	982 152 981		http://www.cividades.com
<b>José Manuel Vidal López</b>	Sober	Lugo	679 328 546	jmvl@yaho.es	
<b>D.O. RIBEIRO</b>					
<b>A Portela, S.A.T.</b>	Beade	Ourense	988 480 050	beade@beadeprimacia.com	http://www.beadeprimacia.com/
<b>Alanís, S.L.U.</b>	Cenlle	Ourense	988 38 4200	vinos@bodegasgallegas.com	
<b>Bodegas y Viñedos Pazo de Casanova, S.L.</b>	Ourense	Ourense	988 384 196	casanova@pazocasanova.com	http://www.pazocasanova.com/gal.html
<b>Campante, S.A.</b>	Toén	Ourense	988 261 212	anamendez@grupoboredamorgadio.com	http://actualidad.campante.com/
<b>Casal de Arman, S.L.</b>	Ribadavia	Ourense	699 060 464	bodega@casaldearman.net	http://www.bodegascasaldearman.com/
<b>Castro Rei, S.L.</b>	Ribadavia	Ourense	988 472 069	bodegacastrorei@bodegacastrorei.com	http://bodegacastrorei.com/
<b>César Manuel García Álvarez</b>	Ribadavia	Ourense	988 470 248	cesares.imperium@gmail.com	
<b>Cunqueiro, S.L.</b>	Castrelo de Miño	Ourense	988 489 023	info@bodegascunqueiro.es	http://bodegascunqueiro.com/
<b>Docampo, S.A.</b>	Ribadavia	Ourense	988 470 258	admin@bodegasdocampo.com	http://www.bodegasdocampo.com/
<b>Francisco Fernández Sousa</b>	Castrelo de Miño	Ourense	988 489 077	info@terraminei.com	http://www.terraminei.com/
<b>Loeda, S.L.</b>	Ribadavia	Ourense	988 471 043	contacto@bodegasloeda.com	http://www.bodegasloeda.com/
<b>María Álvarez Serrano</b>	Leiro	Ourense	607 203 277	gomariz@cotodegomariz.com	http://www.cotodegomariz.com/
<b>Merlot Ibérica</b>	Ribadavia	Ourense	988 471 508	veigadeouro@gmail.com	
<b>Miguel Ángel Garrido Raña</b>	Castrelo de Miño	Ourense			
<b>Montero &amp; Rey, S.A.T.</b>	Beade	Ourense	988 480 166	antoniocastyl@yahoo.es	
<b>Nairoa, S.L.</b>	Arnoia	Ourense	988 492 867	info@bodegasnairoa.com	http://www.bodegasnairoa.com/index.php
<b>O'Ventosela, S.L.</b>	Leiro	Ourense	988 471 947	bodegasydestilerias@oventosela.com	http://oventosela.com/es/
<b>Pazo de Vieite, S.L.</b>	Leiro	Ourense	988 488 229	info@pazodevieite.es	www.pazodevieite.es
<b>Pazo do Mar, S.L.</b>	Toén	Ourense	988 261 256	info@pazodomar.com	http://www.pazodomar.com/
<b>Pericocho, S.L.</b>	Ribadavia	Ourense	988 470 968		
<b>Ramón do Casar, S.L.</b>	Castrelo de Miño	Ourense	638 433 611		http://www.ramondocasar.es/
<b>Rey Lafuente, S.L.</b>	Castrelo de Miño	Ourense	988 489 025	marcialreyrey@yahoo.es	
<b>Rodríguez Méndez, S.L.</b>	Castrelo de Miño	Ourense	988 493 006	bodegasrodriguezmenendez@hotmail.com	
<b>San Roque, S.C.G.</b>	Beade	Ourense	988 471 522	adegas@terradocastelo.com	http://www.terradocastelo.com/
<b>Uceira, S.C.</b>	Castrelo de Miño	Ourense	988 489 080	distribucionesmanso@gmail.com	
<b>Valdepuga, S.L.</b>	Toén	Ourense	988 222 772	valdepuga@grupopuga.com	http://www.valdepuga.com/vinos.php
<b>Vázquez Nieves, S.L.</b>	Castrelo de Miño	Ourense	988 489 229	vnieves@bodegasvazqueznieves.com	http://www.bodegasvazqueznieves.com/
<b>Villanueva Senra, S.L.</b>	Castrelo de Miño	Ourense	988 493 024	info@bodegasvillanueva.com	http://bodegasvillanueva.com/
<b>Viña Mein, S.L.</b>	Leiro	Ourense	988 488 400	info.bodega@vinamein.com	http://www.vinamein.com/
<b>Vitivinícola do Ribeiro, S.C.G.</b>	Ribadavia	Ourense	988 477 210	info@pazoribeiro.com	http://www.costeira.es/
<b>D.O. VALDEORRAS</b>					
<b>Adega Alán, S.A.T.</b>	A Rúa	Ourense	988 311 457	alandeval@hotmail.com	www.alandeval.com
<b>Adega Avelina, S.A.T.</b>	Vilamartín	Ourense	988 324 533	adegavelinasat@yahoo.com	
<b>Adega Cepado, S.L.</b>	Rubiá	Ourense	988 295 161	info@cepado.com	http://cepado.com
<b>Adega Chan de Ouro, S.L.</b>	O Bolo	Ourense	988 307 874		
<b>Adega da Pinguela, S.L.</b>	A Rúa	Ourense	654 704 753	adega@adegadapinguela.com	www.adegadapinguela.com
<b>Adega Docampo-Gacio, C.B.</b>	Rubiá	Ourense	988 325 352	manueldocampo@valdeorras.com	
<b>Adega O Casal, S.A.T.</b>	Rubiá	Ourense	988 342 067	casalnovo@casalnovo.es	http://casalnovo.es
<b>Adega O Ribouzo, S.A.T.</b>	Vilamartín	Ourense	988 300 053	ribouzo@yahoo.es	
<b>Adega Quinta da Peza, S.L.</b>	A Rúa	Ourense	988 311 537	info@quintadapeza.com	www.quintadapeza.es
<b>Adegas A Coroa, S.A.T.</b>	A Rúa	Ourense	988 310 648	acoroa@acoroa.com	www.acoroa.com
<b>Adegas Dia-Noite, S.L.</b>	Petín	Ourense	988 311 462	galiciano@galiciano.com	www.galiciano.com
<b>Adegas Don Mario, S.L.</b>	Larouco	Ourense	988 328 425	informacion@adegasdonmario.com	www.adegasdonmario.com
<b>Adegas Melillas, S.L.</b>	A Rúa	Ourense	988 312 084	lagardocigur@adegamelillas.com	www.adegamelillas.com
<b>Boas Marcas de España, S.L.</b>	Vilamartín	Ourense	988 324 526		
<b>Bodega A Tapada</b>	Rubiá	Ourense	988 324 195		
<b>Bodega Ángela Quirós Medano</b>	Vilamartín	Ourense	636 478 101		
<b>Bodega Carballal, S.L.</b>	Petín	Ourense	988 311 281		
<b>Bodega Cooperativa Jesús Nazareno</b>	O Barco	Ourense	988 320 262	coopbarco@infonegocio.com	
<b>Bodega Cooperativa Santa María dos Remedios</b>	Larouco	Ourense	988 348 043	bodegaslarouco@terra.com	www.bodegas-larouco.com

DESIGNATION/WINERY	CITY/TOWN	PROVINCE	TELEPHONE	EMAIL	WEBSITE
<b>Bodega Cooperativa Virxe das Viñas</b>	A Rúa	Ourense	988 310 607	market@cooperativarua.com	
<b>Bodega Eladio Santalla Paradelo</b>	O Barco	Ourense	630 762 607		
<b>Bodega Francisco Fernández Álvarez</b>	A Rúa	Ourense	609 521 758		
<b>Bodega Germán Rodríguez Prada</b>	A Rúa	Ourense	619 350 638	galgueira@hotmail.com	
<b>Bodega Germán Rodríguez Salgado</b>	A Rúa	Ourense	981 151 968		
<b>Bodega Godeval, S.A.T.</b>	O Barco	Ourense	988 325 309	godeval@cesatel.es	www.godeval.com
<b>Bodega Jesús Rafael Núñez Rodríguez</b>	Rubiá	Ourense	988 307 789		
<b>Bodega Joaquín Rebolledo, S.A.</b>	A Rúa	Ourense	988 336 023	info@joaquinrebolledo.com	www.joaquinrebolledo.com
<b>Bodega José González González</b>	A Rúa	Ourense	988 310 847		
<b>Bodega José Rodríguez González</b>	Larouco	Ourense	659 577 142		
<b>Bodega Juan Ares Vicente</b>	Vilamartín	Ourense	988 300 018		
<b>Bodega Ladera Sagrada, S.L.</b>	Petín	Ourense	988 347 062		
<b>Bodega M<sup>a</sup> Teresa Nuñez Vega</b>	Petín	Ourense	988 311 251	biocaaarroyo@yahoo.es	www.bioca.es
<b>Bodega Manuel Corzo Macías</b>	O Bolo	Ourense	629 893 649		
<b>Bodega Rafael Palacios, S.L.</b>	A Rúa	Ourense	988 310 162	export@rafaelpalacios.com	www.rafaelpalacios.com
<b>Bodega Ruchel, S.L.</b>	Vilamartín	Ourense	986 253 345	info@vinosruchel.com	www.vinosruchel.com
<b>Bodega Sampayolo, S.L.</b>	A Rúa	Ourense	679 157 977	info@sampayolo.com	www.sampayolo.com
<b>Bodega Santa Marta, S.A.T.</b>	Vilamartín	Ourense	988 324 559	santa.marta@teleline.es	www.vinaredo.com
<b>Bodega Señorío de Roblido, S.L.</b>	A Rúa	Ourense	988 312 343	BDGA.SR.ROBLIDO@terra.es	www.bodegasgruporoblido.com
<b>Bodega Testeiro</b>	A Rúa	Ourense	988 311 659		
<b>Bodega Val de Iurres, S.L.</b>	A Rúa	Ourense	988 226 216		
<b>Bodega Valdesil, S.L.</b>	Vilamartín	Ourense	988 337 900	valdesil@valdesil.com	www.valdesil.com
<b>Bodega Virgen de Galir, S.A.T</b>	O Barco	Ourense	988 335 600	virxendegalir@virxendegalir.es	www.virxendegalir.es
<b>Bodegas Beneitez, S.L.</b>	O Bolo	Ourense	988 323 033		
<b>Condegodos (Servicios) S.L.U.</b>	Vilamartín	Ourense	988 300 075	info@valdegodos.com	
<b>Viña Somoza Bodegas y Viñedos</b>	A Rúa	Ourense	988 310 918	bodega@vinosomoza.com	www.vinosomoza.com
<b>Bodega Guitián y Blanco, S.C.</b>	Vilamartín	Ourense	988 324 557	info@bodegasdberna.com	www.bodegasdberna.com
<b>Bodega José Luís Aristegui Anido</b>	A Rúa	Ourense	626 647 356	aristanido@terra.com	
<b>Bodega Roandi, S.L.</b>	O Barco	Ourense	988 335 198	bodega@roandi.es	www.bodegaroandi.com



# Glossary

**Agar-agar.** Plant-based gelling agent obtained from certain types of algae. It has various uses in pharmaceuticals, bacteriology and other industries. In cooking, the commercial product agar-agar is used to make gelatins and as a stabilizer in some foods. Unlike other gelatins, it can be used for hot gelling.

**Ají.** Spanish word for chilli.

**Algin.** Natural product obtained from brown algae. It is used for the spherification technique in molecular gastronomy (see spherification). Sold as refined powder.

**Auga Mareira.** Packaged seawater from the Ria of Arousa.

**Burrata.** Italian stretched-curd cheese made from cow's milk. It is very similar to mozzarella, which is made from buffalo milk.

**Cacao nibs.** Product obtained during the chocolate production process, from the roasting and grinding of pure cocoa beans. Nibs offer a pure bitter cocoa bean flavour and crunchy texture.

**Cacheira.** Galician terms for a cured pig's head, also called cachucha in Galicia.

**Cachucha.** See cacheira.

**Calcium lactate gluconate.** A mixture of two calcium salts (calcium gluconate and calcium lactate) used in the reverse spherification technique (see spherification). It does not add any flavour to the food being worked with, but the result is a product high in calcium. It is sold as a powder and is cold soluble.

**Caldelana.** Breed of cattle whose natural habitat is wet, mountainous areas. They are black or brown.

**Ceboleiro.** Onion chorizo sausage typical of Ourense.

**Croca.** Galician term for beef topside.

**Crumble.** This British dish consists of fruit topped with flour, butter and sugar. The topping is crumbled over the fruit and baked until brown. It is also used to accompany ice cream, compotes and custards. The dish is usually served warm.

**Dashi.** Japanese broth or stock used as a base for many recipes, such as vermicelli dishes and miso soup, among others. It is made from dried kombu (kelp) and contains a great deal of glutamic acid, the base of monosodium glutamate, which enhances the umami taste (see umami), an essential element of Japanese cuisine. Dashi only needs a few minutes' cooking time and lends dishes a more intense flavour.

**Demerara sugar.** Golden brown unrefined sugar with large crystals and a crunchy texture. Its name comes from the Demerara region of Guyana, where production of this type of sugar began.

**EVOO.** Acronym for extra virgin olive oil.

**Fiúncho.** Galician word for fennel.

**Ganache.** Mixture of chocolate and cream used as a filling and glaze for cakes and chocolates.

**Gellan gum.** Plant-based food additive commonly used in avant-garde cuisine as a stabilizer, thickener and gelling agent. It is sold as a very fine powder.

**Genoise method.** A baking method. The eggs and sugar are blended, then the fat is added, followed by the dry ingredients.

**Gianduja.** Chocolate and hazelnut paste originally from Piedmont, Italy. Today the term is usually used to refer to a combination of nuts, chocolate and sugar.

**Hemp twine.** Very thin string made from hemp. In cooking, it is used to truss meats or other foods.

**Isomalt.** Sucrose sugar substitute with very similar physical properties but fewer calories. It is used in confectionery.

**Kaffir lime (*Citrus hystrix*).** Plant from Southeast Asia which bears a fruit similar to a lime. It is small, green and has a highly aromatic and acidic taste. Because it enhances the flavour of dishes, it is a key ingredient in Southeast Asian cuisine. Also known as combava.

**Kappa.** Fast-acting gelling agent which makes it possible to coat foods in any flavour gelatin. It is extracted from a type of red algae and sold as a refined powder. Although it has long been used in cooking, this product is very common in modern creative cuisine.

**Kombu (*Saccharina japonica*).** Edible seaweed with significant nutritional and medicinal properties. Used heavily in cooking. Despite its properties, it is wise to avoid over-consumption; one spoonful a day is enough. In China and Japan, it is traditionally used as a soup base. Although this seaweed grows wild, in areas such as Japan, China, France and Galicia, it is farmed using similar methods to mussel farming.

**Lañar.** Galician term which describes the action of opening up a fish to remove the guts, clean it and salt it.

**Macaron.** Traditional French confection made with egg white, almonds and sugar, and filled with cream. Macarons come in different colours, depending on their flavour: yellow for lemon, green for pistachio, brown for chocolate or coffee, red for strawberry, etc.

**Muscovado sugar.** Dark brown unrefined cane sugar, originally from Mauritius.

**Pacojet.** Device used in modern creative cuisine to process frozen foods. It is now utilized in a wide variety of culinary creations, both savoury and sweet. The Pacojet converts the frozen product into extremely thin layers, giving them a very smooth texture and creamy consistency.

**Paton.** Name given to the dough package used to make puff pastry.

**Porco landrán.** Galician term for suckling pig.

**Proespuma.** Food stabilizer sold as a powder. It is added to liquids in order to create foams using a siphon, producing an airy, stable mixture. Proespuma is available in hot and cold, depending on the type of dish being prepared. It was first used in molecular gastronomy. However, it is now in widespread use, as it is an easy tool and produces very eye-catching results.

**Quenelle.** Term used in avant-garde cuisine to refer to food items made into an oval shape. It comes from the French speciality known as a quenelle, a type of sweet or savoury croquette.

**Râble.** French term used in gastronomy to refer to the loin. Risolar. Spanish term meaning to brown a previously cooked food in a fat over high heat. For meat, this action is known as reverse searing and it involves browning the meat on all sides.

**Roner.** Type of equipment commonly used in avant-garde cuisine for low-temperature cooking, between 65 and 85°C, over long periods of time. This makes it possible to achieve surprising textures and results due to the chemical processes triggered while cooking under these conditions. It was designed by Joan Roca, of Celler de Can Roca, and Narcís Caner, of La Fonda Caner.

**Salamander grill.** Type of kitchen equipment used to heat foods or for au gratin dishes. It has a heating element in the top which radiates heat. It is possible to regulate the power and the distance between the element and the food.

**Silpat.** Non-stick mat used extensively in baking. It makes it possible to bake at high temperatures without coating the surface with flour or grease. It is sold in different sizes.

**Spaghetti Kit.** Used to make spaghetti out of gelatin.

**Spherification.** Revolutionary culinary technique created at Ferran Adrià's elBulli restaurant. It involves gelling a liquid to form spheres by submerging it in a bath. In basic spherification, a liquid is mixed with alginate and submerged in a calcium bath (calcium salt). In reverse spherification, a liquid mixed with calcium lactate gluconate is immersed in an alginate bath. This technique can be used to produce extremely flexible spheres in a range of sizes. Solid elements can also be put inside the spheres, making it possible to obtain different flavours.

**Streusel.** German word meaning 'something sprinkled or scattered'. In pastrymaking, it refers to a topping made of butter, flour and sugar, used on sponge cake and breads. It is a crumbly and crispy baked mixture.

**Strudel.** Layered pastry with filling typical of Central Europe. It can be filled with apple, nuts, cheese and in Argentina, meat.

**Tartare.** Dish of finely chopped raw meat or fish seasoned and accompanied by a sauce. It is usually served on toast.

**Tataki.** Technique for preparing fish or meat used in Japanese cooking. The meat or fish is cut into large pieces, then briefly seared or griddled, and finally marinated in soya sauce.

**Tonka bean.** Seed of the cumaru (*Dipteryx odorata*), an American tropical tree. Its flavour has hints of vanilla and cinnamon. It is used in confectionery.

**Umami.** Known as the fifth taste, umami joins sweetness, sourness, bitterness, and saltiness, the other tastes that can be recognized by humans. The term is Japanese and means 'savouriness'.

**Valentina sauce.** Brand of Mexican hot sauce with chilli as the main ingredient. In cooking, it is used as a seasoning.

**Velvet horn (*Codium tomentosum*).** Seaweed commonly found off the Galician coast. It has a strong ocean flavour that is reminiscent of goose barnacles. The colour is dark green and it has succulent, gelatinous flesh. It is used in rice dishes, sauces, creams and garnishes.

**Wonton wrapper.** Dough used in Chinese cuisine. It is very thin and can be steamed, fried or boiled, making it very versatile. It is found in numerous recipes.

**Xanthan gum.** Additive used in cooking as a food thickener and stabilizer. In avant-garde cuisine, it is also utilized in the reverse spherification technique. It is produced by the fermentation of corn starch.

**Yuzu.** Citrus fruit found in Asian cuisine. It belongs to the Rutaceae family. Similar in appearance to a grapefruit, the fruit is green, turning yellow as it ripens. The intense aroma of the rind is the part most appreciated by chefs. It is sold fresh, as well as in powder or paste form.

**Zabaione.** Frothy cream of Italian origin. It can be used as a filling in cakes and pastries, for au gratin dishes, to coat other foods or it can be eaten alone. It is made with egg yolks, sugar, wine and cream, and can easily be varied.





