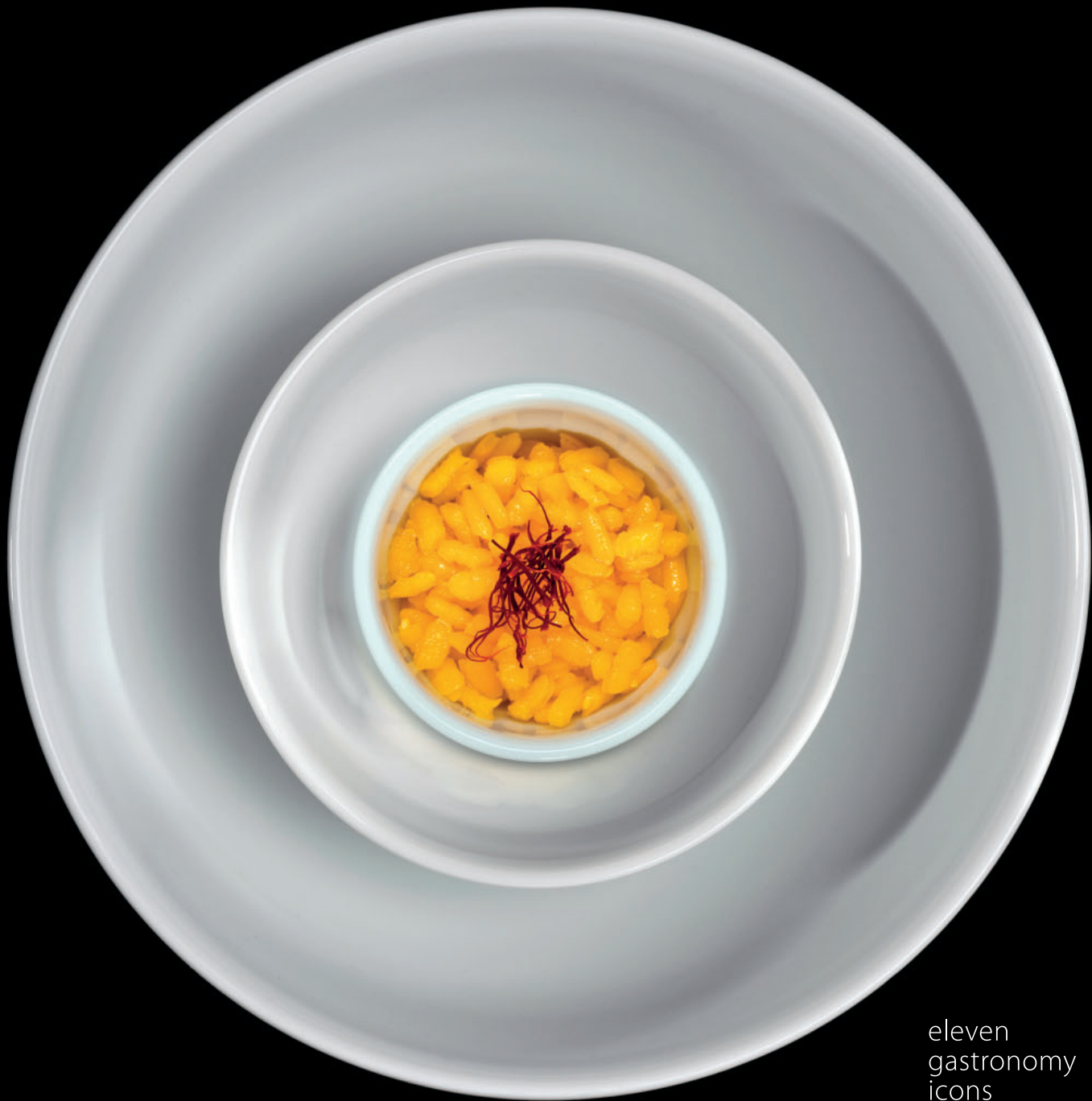


spain's eleven



eleven
gastronomy
icons
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everything
you
should
know about
spanish food



A broad range of gourmet products can be found across Spain. By gourmet products, we mean products that have been produced following a meticulous preparation or manufacturing process, using natural, top quality ingredients which boast an impeccable, beautifully presented image and/or which have certification guaranteeing specific methodology or quality. They encompass all kinds of goods, ranging from confectioner's products and chocolates to cheeses, meats, canned seafood products, sauces, dressings, vinegars, oils, drinks and condiments, among others.

To sum up, they are products targeted at a public who have delicate taste and an exquisite palate, who are experts on extremely refined dishes and who are able to appreciate the level of flavor, excellence and quality of specific foods and wines.

spain eleven

one cheese



Tremendous variety of Spanish cheeses that stems from Spain's geographical and climatic diversity.

Pag. 4

two fish



Specially important amongst the species farmed in Spain are mollusks being the most important and traditional the mussel.

Pag. 6

three fruits, vegetables and legumes



Due to the climate and geographical diversity, in Spain all traditional Mediterranean species can be grown.

Pag. 8

four ham



If any one product could be singled out to represent the essence of Spanish gastronomy, it might well be cured ham.

Pag. 12

five meats of Spain



In Spain, all types of cattle and poultry are reared, reflecting the country's great geographic and climatic diversity.

Pag. 14

nine table olives



Fruit of the olive tree, table olives can be made from green or black olives or any of the intermediate colors of the fruits as they ripen.

Pag. 24

six olive oil



The natural juice obtained from the fresh fruits of the olive is widely revered as one of the great ingredients of Spanish gastronomy.

Pag. 16

ten vinegars



Spanish vinegars, much praised for their intense aroma, the wide spectrum of flavors and the many varieties available.

Pag. 26

seven spices and salt



It would be difficult to imagine some of Spain's emblematic dishes without them.

Pag. 18

eleven wines



Spain, country with an important winegrowing tradition and a cutting-edge wine industry.

Pag. 28

eight sweets



The Moors were known for their sweet tooth and it undoubtedly left an indelible mark on Spanish traditional patisserie and confections. Their recipes are behind Spanish turrón, marzipan and many other sweets and candies.

Pag. 22



cheese



The tremendous variety of Spanish cheeses stems

from Spain's geographical and climatic diversity. They are made from cows', ewes', and goats' milk as well as different blends of these, and in most cases the milk is obtained from native breeds. Coagulation may be by enzymes, lactic acid or mixed, and cheeses may be round or square, of different sizes, and with rinds of different colors – often engraved and sometimes smoked, rubbed with oil or flavored with spices. Alongside



large-scale industrial production, there are also small dairies producing artisan cheeses that retain their authentic characteristics and traditional flavor. Some of the most

important Spanish cheeses are Manchego (also the most popular), Torta del Casar, Idiazábal, Cabrales, all covered by Protected Designations of Origin (PDO).



one



fish



Mussel, the most important and traditional mollusk farmed in Spain, was first

started in the Galician Rias. Galician Mussels have a place of honor in local gastronomy and are covered by the Designation of Origin Mejillón de Galicia.

Mojama, fillet of tuna salted and then dried for several days, is one of the most typical and popular delicacies of the province of Cádiz and other parts of Andalusia.

Amongst the many preserves produced are many from the tuna family, such as fillets and belly of Albacore tuna from the Cantabrian and fillets of bullet tuna and mackerel that are caught by the trap-net method and today are protected by the Protected Geographical



Indication (PGI) Melva and Caballa de Andalucía. The trap-net method (called *almadraba* in Spanish) used, above all, for catching tuna is a complex set of nets and cables to catch the migratory species of tuna as they passed through the Strait of Gibraltar.

In a leafy valley west of Granada some 70,000 Spain's native species of sturgeon are thriving in the pools of Riofrío. Gourmets around the world are enjoying the first fruits: caviar, being produced in strictly ecological conditions and winning accolades from international experts. Another prestigious semi-preserve (must be kept refrigerated) are the anchovies that come especially from the Cantabrian coast (northern Spain) and from L'Escala on the Mediterranean coast in Catalonia.



two



fruits, vegetables & legumes



Artichoke, with its exquisite quality, is the favourite vegetable variety, being the most important the Blanca de Tudela, grown in Navarre (northern Spain) and covered by the Protected Geographical Indication (PGI) Alcachofa de Tudela. The main growing region in Spain is on the east coast, being those from Benicarló (Castellón) recognized by a Designation of Origin.

The best asparagus, can be found in Ribera de Navarra. The white, purple and green Navarre asparagus is



covered by the PGI Espárragos de Navarra. In Andalusia, the PGI Huétor-Tájar (Granada), covers native breeds of green asparagus having a flavor similar to that of wild asparagus.

The fleshy, sweet red peppers from La Rioja and the green ones from Galicia are particularly popular. The latter include the Herbón variety – known as pimientos

de Padrón – which are small and sometimes hot. In the province of León in the region of Castile-León in northern Spain, the Pimientos Asados del Bierzo (roasted peppers) are covered by a Protected Geographical Indication.

Chickpeas from Fuentesauco (Zamora), covered by a Protected Geographical Indication (PGI), are



three



buttery in texture and have a very fine skin. The best-known Spanish lentils are those from La Armuña (Salamanca), protected by a PGI. Amongst beans are the famous Barco de Avila beans, from Avila and Salamanca which bear a Protected Geographical Indication (PGI). The first Designation of Origin for rice in Europe was granted to Calasparra rice grown in the region of Murcia. Also protected by a DO is the rice grown in the Júcar river basin and in the Albufera. Here the varieties are Senia, Bahía and Bomba.



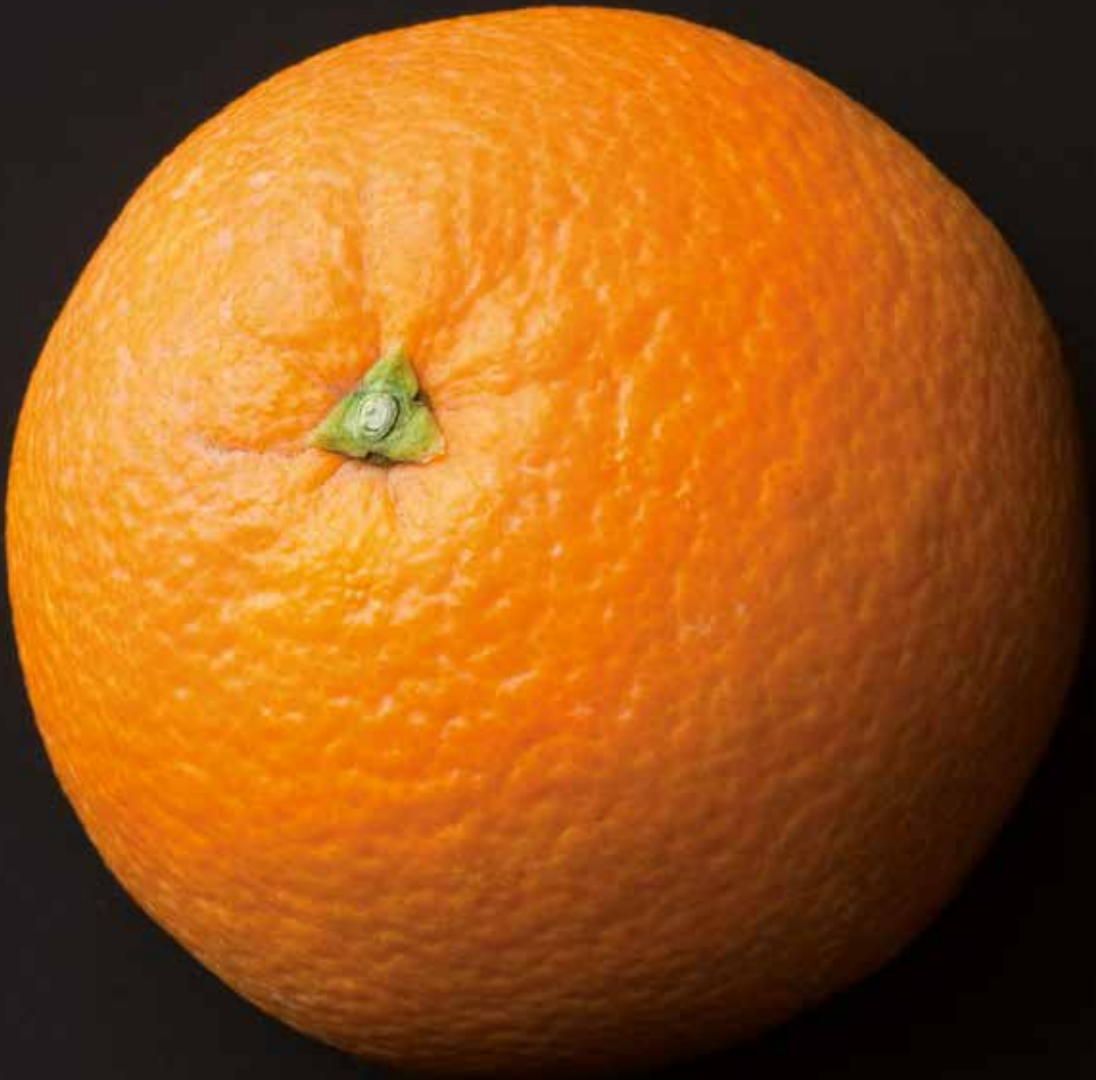
In Spain, almost all sorts of fruits can be grown. The native late yellow peaches grown in Aragón have received the Protected Designation of Origin Melocotón de Calanda. About cherries, the most celebrated are the red ones from the Jerte Valley (Extremadura), covered by a Protected Designation of Origin.

The tradition and quality of citrus fruits from the region of Valencia have been recognized and protected by the PGI Cítricos Valencianos. This is also the case for the Clementinas de las Tierras del Ebro in Tarragona.

An Asian fruit, kaki or persimmon, Rojo Brillante variety, is grown in the Valencian Community, protected by the Designation of Origin Kaki Ribera del Xúquer. As well, an American native, the cherimoya, grows along the border between the Málaga and Granada coasts. Their special characteristics led to the granting of the Protection Designation of Origin Chirimoya de la Costa Tropical de Granada-Málaga. Regarding nuts, almonds are the most widely consumed. The most important Spanish native varieties include Planeta, Largueta and, above all, Marcona, with its smooth taste, juiciness and strong flavor.



three



ham

If any one product could be singled out to represent the essence of Spanish gastronomy, it might well be cured ham, the noblest of pork products. Anyone coming to Spain for the first time will immediately be impressed by the omnipresence of ham, not only in practically all food stores and catering establishments but also in the subconscious of Spaniards, where it takes on an almost mythical nature. In the opinion of many, Spain tastes of ham. There are different levels of quality for cured ham depending on the origin of the fresh meat, the breed and diet of the pig, how it is tended and slaughtered, the skill and care of the producers and the duration of the whole process. In Spain, in keeping with the original breed of pig, there are two types of very distinct cured hams: white pig and Ibérico pig. Each of these includes diverse Designations of Origin, such as Guijuelo, Jamón de Huelva, Dehesa de Extremadura in Ibérico hams and Jamón de Teruel and Jamón de Trévelez in white hams.



four



meats of spain

All types of cattle and poultry are reared in Spain. The European systems for quality protection, especially the Protected Geographical Indications (PGI), allow consumers to enjoy genuine flavors with clear identification and official protection.



This is the case of various beef cattle breeds from the damp, mountainous regions in the north such as the Rubia Gallega (PGI Ternera Gallega), Asturiana de los Valles (PGI Ternera Asturiana), Tudanca (PGI Carne de Cantabria),

Pirenaica (PGI Carne de Vacuno del País Vasco and PGI Ternera de Navarra). Also the Morucha (PGI Carne de Morucha de Salamanca), Retinta (PGI Carne de Extremadura), Avileña Negra Ibérica (PGI Carne de Avila) and PGI Carne de la Sierra de Guadarrama, from the drier parts of central and southern Spain where the climate is more extreme. Amongst the sheep breeds, in Aragón, various are farmed - Rasa Aragonesa, Ojinegra de Teruel and Roya Bilbilitana, which serve as the basis for production under the PGI Ternasco de Aragón. In this region, lamb is generally known by the local term *ternasco*, rather than the usual *cordero*. The breed usually found on the plains of Castile-La Mancha is the robust Manchego (PGI Cordero Manchego). In Castile-León, the Churro, Castellano and Ojalado sheep are the *raison d'être* for the PGI Lechazo de Castile-León, *lechazo* being a local term for milk-fed lamb. And in Navarra we can taste its delicious lamb meat from PGI Cordero de Navarra.



five



olive oil

The natural juice obtained from the fresh, healthy fruits of the olive, extra virgin olive oil, is widely revered as one of the great ingredients of Spanish gastronomy. Its varied aromas and flavors, culinary versatility and health-giving attributes have been acknowledged and extolled by chefs, gourmets and nutritionists the world over. The great diversity of native olives expresses the geographical diversity of Spain. In Andalusia, the star is the Picual variety. The second most widely-produced variety is Cornicabra, mostly



grown in Castile-La Mancha and other parts of central Spain. Another of the great Spanish varieties is Arbequina, originally from Catalonia. Altogether, the Spanish map of native olives includes about 260 varieties. Olive oil also features a broad range of Protected Designations of Origin, which embrace a large part of Spanish territory, ranging from PDO Montes de Toledo from Toledo and Ciudad Real to PDO Priego de Córdoba (Córdoba), including PDO Les Garrigues from Lérida and PDO Aceite de La Rioja, Aceite de Mallorca, Aceite de Navarra, etc.



SIX



spices & salt



Spanish saffron is considered the best because of its bright red color and great coloring power, its penetrating, toasty aroma and dry hay. The Designation of Origin Azafrán de la Mancha was set up to guarantee the quality of genuine Spanish saffron. This high quality has attracted the attention of the Slow Food movement, being classified as a “flagship” product.



Pimentón is the fine, bright red powder obtained from drying and crushing certain varieties of red pepper. This is a magnificent seasoning that gives a characteristic flavor and color to



traditional dishes and cured meat products

and some cheeses. La Vera, in Cáceres (Extremadura) and the region of Murcia are today the main production

areas. The quality of the best peppers from the two regions is guaranteed by their respective Designations of

seven





Origin, Pimentón de Murcia and Pimentón de La Vera.

With regard to the main types of salt, sea salt is extracted from salt flats by evaporation. Flake salt, the purest type of salt, highly valued because of its aroma, comprises the fine crystals that float on the water surface when the

salt is beginning to concentrate on salt ponds. Smoked salt has been smoked for several hours at a low temperature, or has additives that give it a smoky flavor. High-quality salt crystals are becoming so popular that new added-value products are being launched on the gourmet market, from different locations - Ibiza salt from the Salinas de Ibiza Nature Reserve, Atlantic salt flakes from Sanlúcar de Barrameda (Cádiz) and salt flakes from Trenc de Mallorca (Balearic Islands).



seven



sweets



Turrón is an example of the Spanish gastronomic

inheritance from Arab cuisine, being Jijona (Alicante) the birthplace of turrón. Jijona and Alicante turrón are made from honey, sugar, roast almonds and egg whites. The almonds used are generally of the native Marcona variety. The Protected Geographical Indication (PGI) Jijona and Turrón de Alicante guarantee the product quality and the use of nothing but the best ingredients. A highly prized variety in Catalonia is the traditional



turrón from Agramunt covered by the PGI Turrón de Agramunt.

Chocolate is produced in Spain both industrially and on a small, artisan scale.

The variety is enormous characterized

by great creativity and imaginative presentations. Spanish chocolatiers often use locally-produced fruits and nuts as added ingredients. In Spain there are multi-flower and single-flower honeys.

In Granada (Andalusia), there is chestnut, rosemary, thyme, avocado and orange blossom honey. In the center of Spain, the honey produced in the Alcarria district from rosemary and lavender has been famous since the 17th century. These two traditional products are each guaranteed by a Protected Designation: PDO Miel de Granada and PDO Miel de La Alcarria.



eight



table olive

The fruit of the olive tree is a drupe but, unlike

other stone fruits such as plums and peaches, the sugar content is very low and the flavor very bitter. Table olives can be made from green or black olives or any of the intermediate colors of the fruits as they ripen. The table varieties generally need to be of fair size, preferably spherical, with a high pulp-to-stone ratio.

They must be easy to stone and must have a thin, elastic skin. Finally, high



sugar content is beneficial as it facilitates fermentation, while low oil content improves keeping qualities and gives firm fruits. The best varieties for table olives are Manzanilla de Sevilla, which is a fleshy olive with a fine texture, spherical shape and medium size, and the famous Gordal olives, which have a very



low oil content and are larger than most. The Hojiblanca variety, characteristic of Andalusia, is a dual-purpose olive, that is, it can be used either for making oil or for table olives. The Manzanilla

Cacereña variety is grown in the provinces of Cáceres (Extremadura) and to a lesser extent in Salamanca (Castile-León). It is used to make delicious, seasoned black olives. Another dual-purpose variety that mostly reaches consumers as black olives is the Empeltre, from Aragón. There is also a Protected Designation of Origin for Table Olives: PDO Aloreña de Málaga.



nine



vinegars

Spain is famed for its wines, and wines are the essential raw material in Spain for vinegar. The Spanish wine vinegars that result from careful fermentation of white or red wines or cava, whether sweet or dry, are much praised for their intense aroma, the wide spectrum of flavors and the many varieties available. Spanish gastronomy is very generous in its use of vinegar, which is added to salads, gazpachos, sauces, pickles, and marinades. Wine vinegars are made in many wine-producing parts of Spain such as Galicia, Castile-La Mancha, La Rioja and Catalonia. Special mention should be made of those made in Andalusia with the wines from Jerez (that is, Sherry vinegars) and Condado de Huelva because they are aged in oak barrels using the traditional solera and criaderas system which makes their wines so characteristic. These exquisite mahogany-colored vinegars are covered by their respective Designations of Origin. Aromatized vinegar is also a popular traditional product. The aromas used include



garlic, lavender, rosemary, tarragon, and thyme, and there are also saffron, raspberry and other fruit vinegars. Smooth, fine vinegar is also made from cider, a typical drink in the Principality of Asturias and the province of Guipúzcoa (Basque Country).



ten



• wines



Thanks to an established winemaking history and

rich natural resources, Spain is the country with the largest area of vineyards, more than one million hectares, and the third largest wine producer in the world. The first vineyards were cultivated on the south-west coast of Andalusia by the Phoenicians, which may also have been the entry point for the first vines that reached the peninsula 3,000 years ago.

Given its geographical features, climatic variations and the myriad of soil types, Spain is ideally situated for the production of very different grape varieties.

We are privileged to have a broad range of high-quality native grape varieties, such as Tempranillo, Bobal, Monastrell, Garnacha, Mencía, Albariño, Verdejo... etc. In addition to a diverse range of still wines, Spain is also fortunate to produce traditional yet delicious products such as Sherry (our world-beating fortified wine, made



with Palomino Fino, Moscatel and Pedro Ximénez varieties) and Cava (our sparkling wine made in the "traditional method" with Xarel.lo, Parellada and Macabeo varieties).

Spain has a vast number of different quality wine-making regions, from Denominations of Origin

eleven





to Single Estate Wines. While some (such as Rioja, Rías Baixas and Ribera del Duero) are well known, there are many others producing a vast range of wines that are yet to be discovered by many outside Spain. A quick tour will reveal fresh, fruity whites in the north-west; full bodied reds in the southeast; and an interior with great blends, as well as the best wines in the world

produced from the tempranillo grape. The south produces our magical sherry wines, with exciting sweet wines and elegant Cava being produced in a various areas across Spain.

In recent years, the world has witnessed the rise of a new generation of Spanish master winemakers, who have learnt to blend tradition and quality with innovation, giving rise to unique



wines of exceptional quality that enjoy unprecedented success worldwide. There is a Spanish wine for every moment, a different wine for every food.



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5, 6, 7, 8, 10, 11, 12, 13, 14, 16, 18,
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Landscapes:

pag. 4 Picos de Europa
(Luis Carré)

pag.12 Pastures (Matías Costa)

pag.14 Lamb from Extremadura
(Matías Costa)

pag. 16 Olive trees in the
Toledo Mountains
(Fernando Briones),
Oil producing company -
Campiña Anfora Santoella,
Córdoba -Andalusia-
(Ignacio Muñoz-Seca)

pag. 20 Salt lakes, Majorca
(Oscar Pipkin)

pag. 24 Olive farming on
the Oil Green Route, Jaen
-Andalusia-
(Juan Manuel Sanz)

pag. 28 Grape harvest at
the vineyards of the Quinta
Quietud Winery
(Patricia R. Soto)

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