

S P A I N GOURMETOUR

FOOD, WINE & TRAVELS QUARTERLY MAGAZINE



N.º 54^m. quarter 1986 - £ 1.40 - US \$ 2 - SC 2.70 - Ptas. 300

OLIVE OIL: 6000 YEARS OF HISTORY
WINTER GOLF
THE BEST WINES OF 85

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S P A I N GOURMETOUR



Once more winter is upon us. For some this is the best season for travelling, while for others it presents the perfect opportunity to indulge in their favourite sport, skiing or even golf-and why not. The Spanish climate with its snow as well as sun, opens up an unlimited range of possibilities you may never have thought of. In this issue you'll find all the information you need.

But winter is also the ideal season to savour those dishes in which olive oil is an essential part. It is true to say that there was a time when animal fats held pride of place in the kitchen but now, little by little, olive oil is assuming its rightful position once more. Doctors, gourmets and experts on nutrition have all come to praise its qualities. Spain has been one of the major oil producing countries for centuries, and the very history of the nation is inextricably linked to that of oil. That is why it is given such a privileged position in this issue.

And finally, what better way to see out the old year but by toasting its departure with the best wines of '85: whites, *rosés* and reds, all carefully tasted by experts. Choose whichever you like best and —Cheers, your health!

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COVER
Fotography by Fernando Briones

Contents 4th quarter 1986

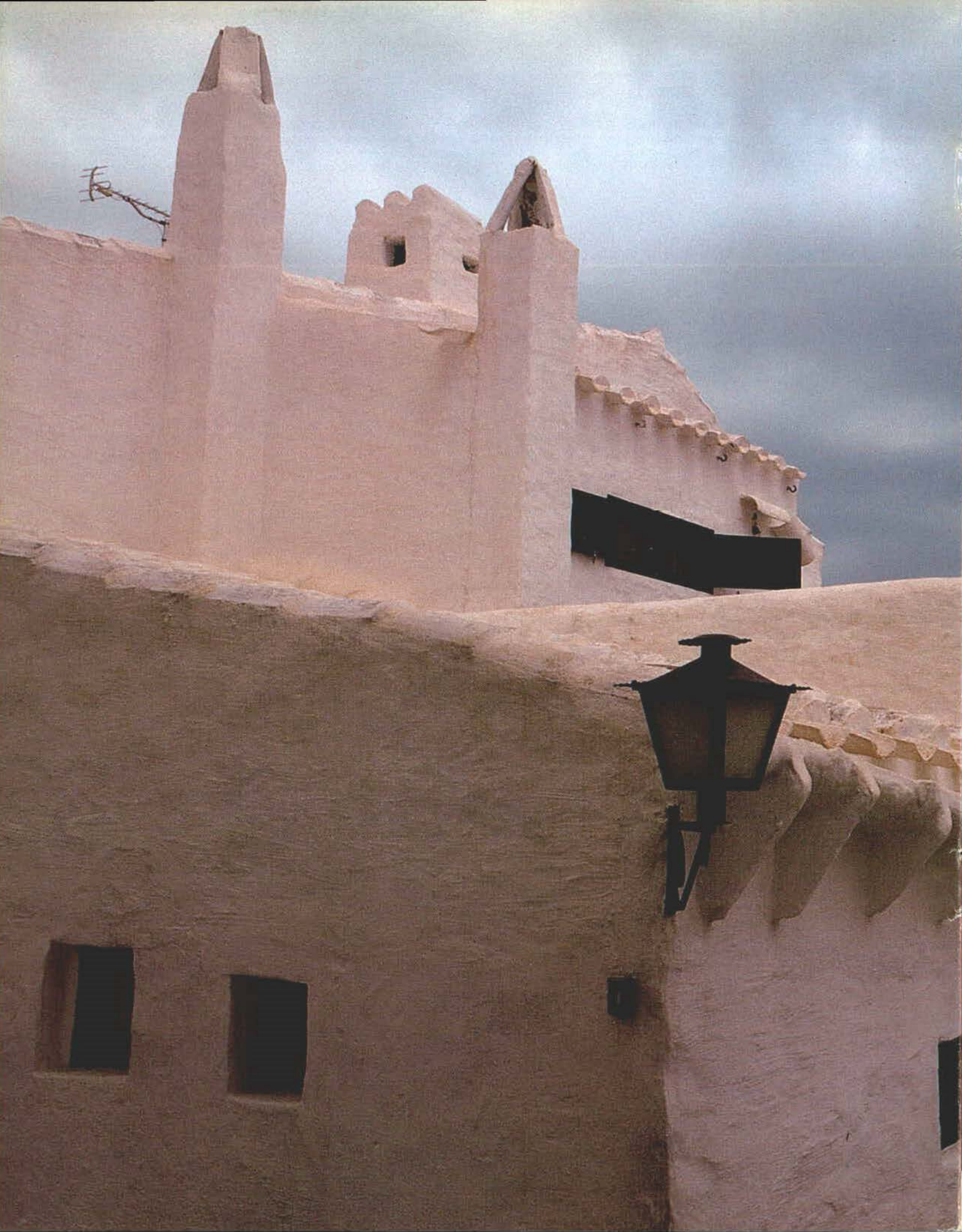
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Matilde Hernández, 27, 28019 Madrid, SPAIN.



MINORCA THE UNSPOILT ISLE



Text: Luis T. Melgar. Photos: Félix Lorrio

It's still possible. You can still find a Mediterranean island surrounded by crystal-clear water; an island with over a thousand prehistoric monuments; an island where life goes on at a leisurely pace, in a peaceful, intimate atmosphere. You can still find an unspoilt island in the Mediterranean.



The Minorcans claim to have spring twice a year: the «summer» spring and the «winter» spring which are fundamental for their agriculture.

Two hundred kilometres of coastline, indented by over a hundred and twenty beaches and coves with clean sand and crystalline water, form the outline of this island, whose total surface area is just over seven hundred square kilometres, and which measures some forty-five kilometres East-West and fifteen kilometres North-South. It's the easternmost of the Balearics, where the sun rises earliest in Spain, an island lovingly tended by its just over 60,000 inhabitants—the Minorcans.

A BIT OF HISTORY

Visiting Minorca is like walking through a museum where history has

turned into stone, revealing itself to the visitor around every bend in the path. And Minorca's eventful history did not begin yesterday.

It appears that the first settlers arrived on Minorca, as with nearby Majorca, in the Aeneolithic age. Plenty of examples

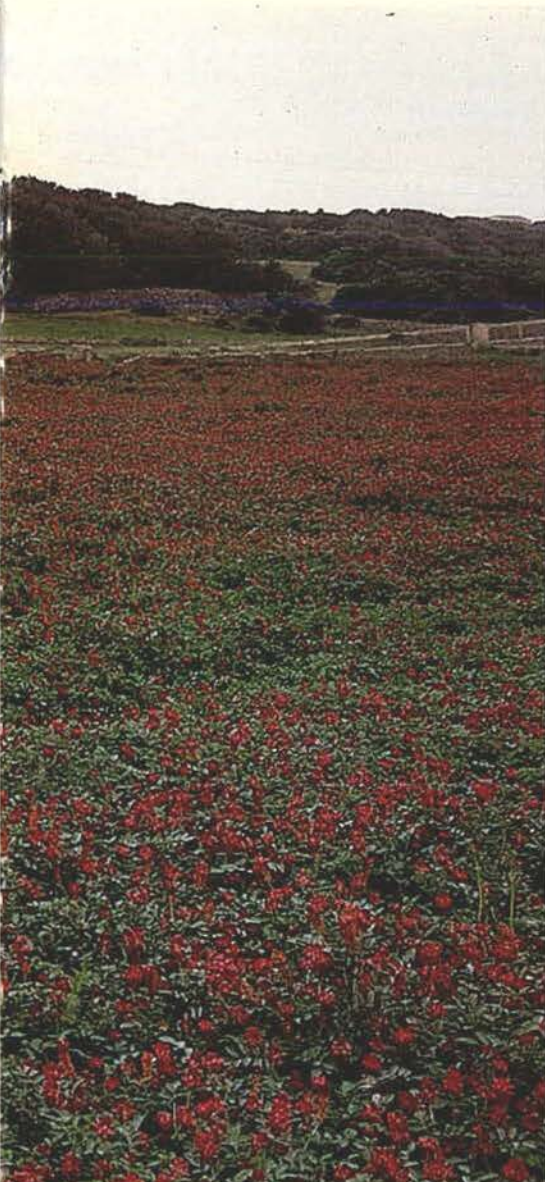
The island preserves all its local colour and its traditional lifestyle

of decorated pottery remain from this early Minorcan culture, which lasted well into the Bronze Age. There are also vestiges of early civilizations in the natural and manmade caves that were used as dwelling places, and tools and orna-

ments found in the caves and burial pits, of which there are still abundant examples.

Well into the Bronze Age, the island reached the height of the so-called Talayotic civilization, which left such exceptional examples of gigantic monuments as *Talayots* (stone dwellings), *Taulas* (stone tablets), *Navetas* (prehistoric tombs), settlements and burying grounds.

When this second civilization began to decline, Minorca, at the crossroads of all Mediterranean routes, started to undergo the long series of conquests and occupations which form part of its history. Phoenicians, Greeks, Carthaginians —was Hannibal born in Minorca?— Romans, Vandals, Arabs, Nor-



At the crossroads of all Mediterranean routes, Minorca has undergone a long serie of conquests and occupations which form part of its history.

mans, Catalans, Turks, English and French—all arrived, settled and ruled the territory for a time, together forging the intricate ethnic and cultural background that today characterizes this singular Mediterranean island.

Is it at all surprising that the Minorcans, despite their peaceful nature, soon learned to defend themselves against these invaders? According to Estrabón, their weapons included fire-hardened javelins, iron-tipped spears, goatskin shields and slings made from rushes, pig-bristle or sinews. They apparently had slings of three different sizes, to be used according to the distance of the target, and were such good marksmen that Cecilio Metelo, the «Balear», had to use skins to protect his ships from the slings-

hots during the conquest of the island by Rome.

GIANT STONES

In 1818, Joan Ramis i Ramis, a Minorcan, published Spain's first book on ar-

Footwear, costume jewellery are, together with tourism, the basis of its economy.

chaeology, a study of Celtic remains found on Minorca. It is impressive to see so many admirably-preserved, four-thousand-year-old monuments, to be able to study the difference between pre-talayotic and talayotic settlements on-

site, to be able to appreciate the conflicting expert opinions on the uses of *talayots*, *navetas* and *taulas*. In short, to be able to tour an open-air museum where the main places of interest are Trepucó, Torrelló, Talatí de Dalt, Rafal Rubí, Cala Morell, Torralba d'en Salord, Calles Coves, Torre d'en Gaumés, Son Mercer de Baix, Torre Trencada, Naveta d'es Tudons, and Son Catlar... and there are a good half-dozen others.

WHITE HOUSES

Apart from this stone history, the image you take with you from Minorca, when the day to leave unfortunately arrives, is that of the horizon, with the whiteness of the houses etched against a

deep-blue sky. Fortunately, this impression has been enhanced by the builders of the island's few tourist complexes, in that they have prided themselves on respecting the traditional architectural style.

Monuments, churches, walls, palaces, unique buildings and peasants' houses make up the architectural heritage of an island which has painstakingly preserved its own style of Mediterranean architecture for centuries. For example, visitors should see the walls, the ruins of San Felip Castle, the Carmen, Santa María and Sant Francesc churches in Mahon, and, in Ciutadella, the walls, the Torre d'en Quart, the cathedral, various churches, the Town Hall, the Squella and Saura houses —and even after all this, Mercadal, Alaior and Fornells are also worth visiting.

TWO SPRINGS

The Minorcans claim, and rightly so, to have spring twice a year: the «summer» spring and the «winter» spring. The concept of two springs is fundamental to appreciating the island's agricultural wealth. Perhaps because of this phenomenon, and despite the summer heat, the mean annual temperature is 17° C. (63° F.), almost a degree lower than the mean annual water temperature around the island. The temperature rarely exceeds 34° C. (93° F.), and hardly ever drops below freezing.

The cattle-raising tradition is an important factor in the economy of the island. The cows, both the Dutch breed and the «reds», are used above all for producing milk from which the hand-made or industrial *appellation d'origine* cheese (also known as Mahon cheese) is made, as well as butter and meat for local consumption. Another regional speciality, which is symbiotic with the fruit

orchards, is bee-keeping, and Minorcan honey is famed throughout the Mediterranean. The Minorcan bee is known for its small size and its aggressiveness.

The waters around Minorca are rough, and this makes commercial fishing very difficult. There are at least 244 species of fish, as well as succulent lobsters and prawns. Fornells is the town with the

Lobsters, honey, Mahon cheese and a unique gin, all natural and genuine from the island.

greatest sea-faring tradition; almost the whole population earn their living directly or indirectly from fishing, and sailors from Fornells are considered the most daring on the island.

INDUSTRIES AND SERVICES

Apart from agriculture, the Minorcan economy is based on the footwear, costume jewellery, tourist and construction

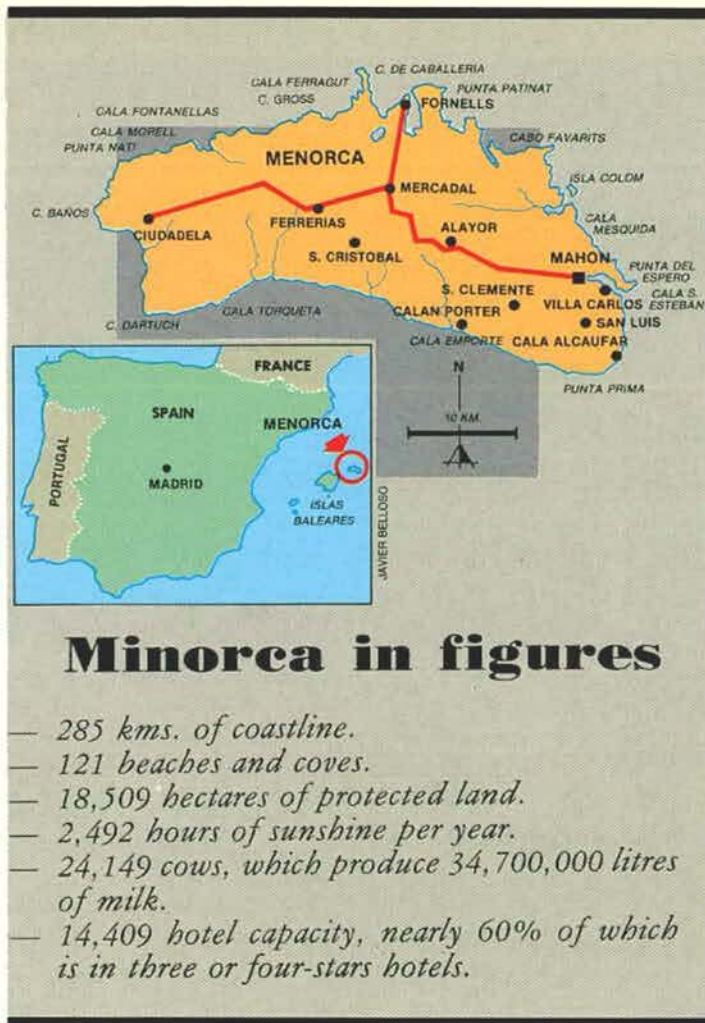
industries. In the past, the wool trade, stone quarrying and woodworking were also important.

Whereas Ciutadella is the centre of the footwear industry, Mahon is where the craftsmen and manufacturers of the costume jewellery and silverware trades are concentrated. In Mahon, they still distill a unique gin from juniper which grows in the Catalan Pyrenees.

As for the tourist industry, Minorca has succeeded in accommodating its visitors without falling into the trap of excessive or uncontrolled urban development, nor mass tourism, which is so at odds with the Minorcans' peaceful, friendly way of life. Thanks to this, the island preserves all its local colour, and its traditional lifestyle. It is perhaps because of this, or because Minorca was a former colony, that the tourist clientele is made up principally of English visitors, followed by the Germans, the Swiss and the Dutch. These visitors come in search of tranquillity, water sports, and the cultural charm of the island's archaeological wealth.

Undoubtedly, the best times to visit this unique island are during its «double spring», in other words, in spring and autumn... which is not to say it is not pleasant in summer, or during the famous San Juan festivities in Ciutadella.

How to describe Minorca in a nutshell? Minorca is... a place where people still stop to talk...; a place which does not live in slavery to the clock, since it has mastered time...; a place where one eats natural food, one can drink excellent gin and good wine and have a refreshing siesta...; a place where one dreams of buying one of those little Mediterranean-style houses, of retiring there to enjoy one's time, to watch time go by, and to feel oneself the very master of time.





*El regalo que recuerda
el sabor de una costumbre.*



El Almendro







**MONERRIS
PLANELLES**

S P A







It's time to pick up your skis and set off for a Spanish resort, take the ski-lift and let yourself go. Here is a guide which will bring you up to date on everything about resorts and what they offer.









WIN

| NAME OF RESORT | ADDRESS | MAXIMUM ALTITUDE MINIMUM ALTITUDE | SLOPES | | | | LIFTS | OTHER SPORTS | AMENITIES | ACCESS | FACILITIES | ACCOMODATION |
|----------------|---------|--------------------------------------|--|---|---|--|-------|--------------|-----------|--------|------------|--------------|
| | | |  easy |  average diffic. |  difficult |  very diffic. | | | | | | |

ASTURIAS

| | | | | | | | | | |
|-----------|------------------------------------|----------------------|--|--------------------------------|--|---|--|---------------------------------------|--|
| VALGRANDE | Alto de Pajares. Tel. 985/49 61 23 | 2,100 m. 1,366 m. | 6  9  1  2  | 13 ski-tows. 7,000 pers/hr. | | Hiring and repairs. Clinic and First aid. | N-630 León-Oviedo. Train to Burdongo (Madrid-Gijón 5 km). Asturias Airport 100 km. León 60 km. Oviedo 58 km. Palencia 187 km. Madrid 400 km. | Cafeterías. Bars. Restaurants. Shops. | State hotel (Parador). One Guest House with 50 bedrooms. |
|-----------|------------------------------------|----------------------|--|--------------------------------|--|---|--|---------------------------------------|--|

GERONA

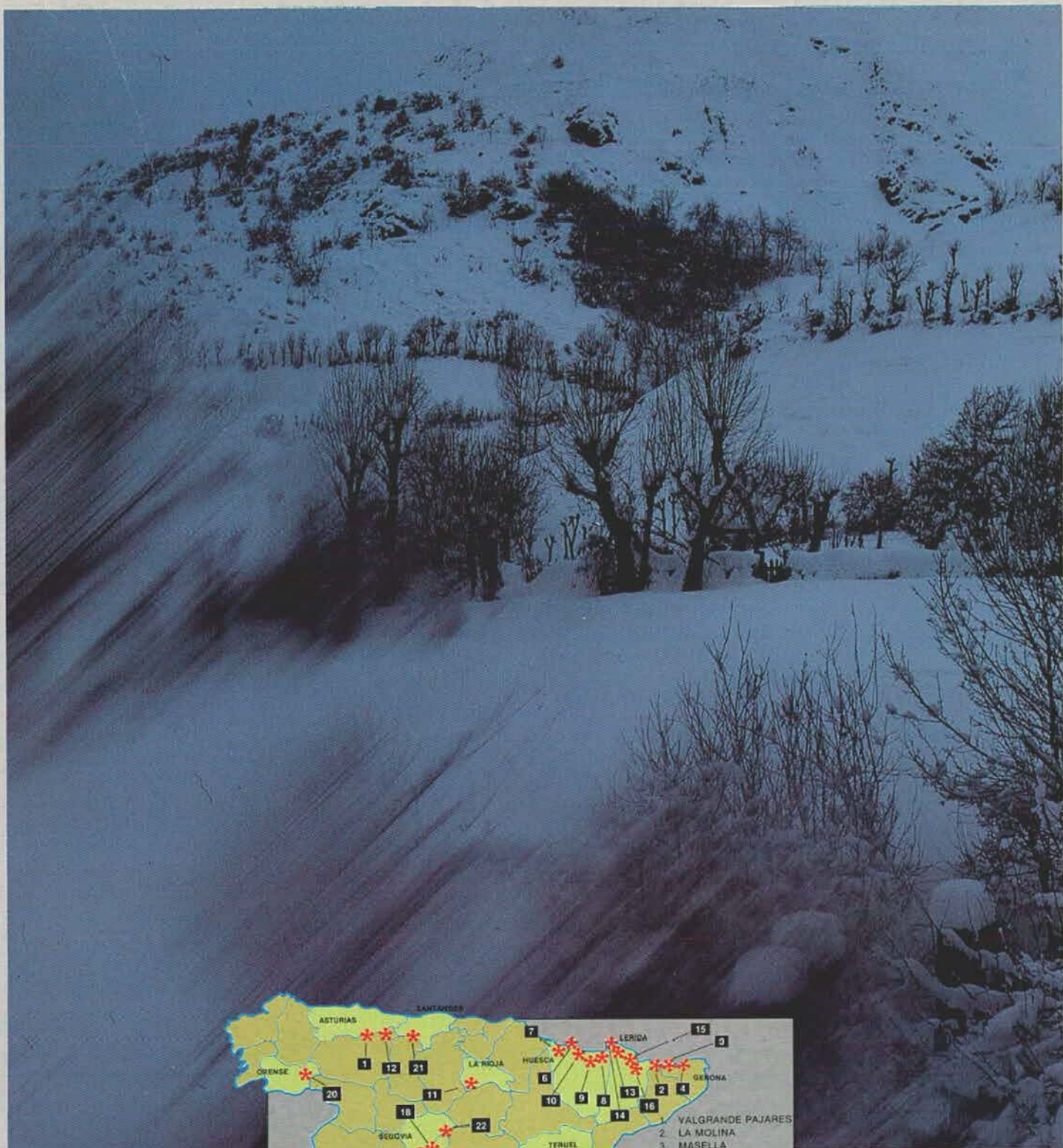
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|--------------|---|----------------------|--|---|---|---|--|--|---|
| LA MOLINA | Supermolina. La Molina. Tel. 972/89 21 71 | 2,537 m. 1,436 m. | 8  15  4   | 7 chair lifts. 11 ski lifts. 1 child ski lift. 12,000 pers/hr. | Swimming pool. Tennis. Minigolf. Mountain motorcycling. | First aid. Radiotelephone. Clinic at resort. Nursery. Ambulance 8 repair shops. | Train to La Molina. Barcelona-Puigcerdá line. Barcelona 150 km. Gerona 140 km. Zaragoza 329 km. Madrid 650 km. | 8 restaurants. 5 bars. 2 cafes 3 night clubs. 1 creperie. 8 repair and hire shops. | 14 H**** 11 H*** 4 H** 2 H* 2 Apartment Blocks. |
| MASELLA | P. Gracia, 30 3.º, 2.º, Barcelona, 7. Gerona. Tel. 93/318 26 46 | 2,535 m. 1,600 m. | 44 basic slopes with 42 variants. All levels. Cross country. | 3 chair lifts. 6 ski lifts. 1 child ski lift. 6,000 pers/hr. | Swimming pools. Tennis (7 km). Golf (15 km). Flying (9 km). | Sick bay. Clinic 5 km. Hospital 12 km. Hiring and repairs. Guides. | Train to Alpu- Urtg. CN-152. | Valle Cerdanya 12 km. 25 hotels and guest houses. Cafes. Cinemas. Night clubs. Nursery. Self-service. Restaurants. | |
| VALLTER 2000 | Freixanet, 34. Campodrón. Tel. 972/74 00 41 | 2,560 m. 1,950 m. | 2  6  5  4  | 6 ski tows. 1 chair lift. 1 child ski lift. 4,000 pers/hr. | | Medical service. | Barcelona 150 km. Gerona 120 km. Train to S. Juan de las Abadesas 36 km. | Campodrón 22 km. (Caf., Rest., Discot., Hotels). | Mountain refuge 44 places. 550 places in the surrounding areas. |

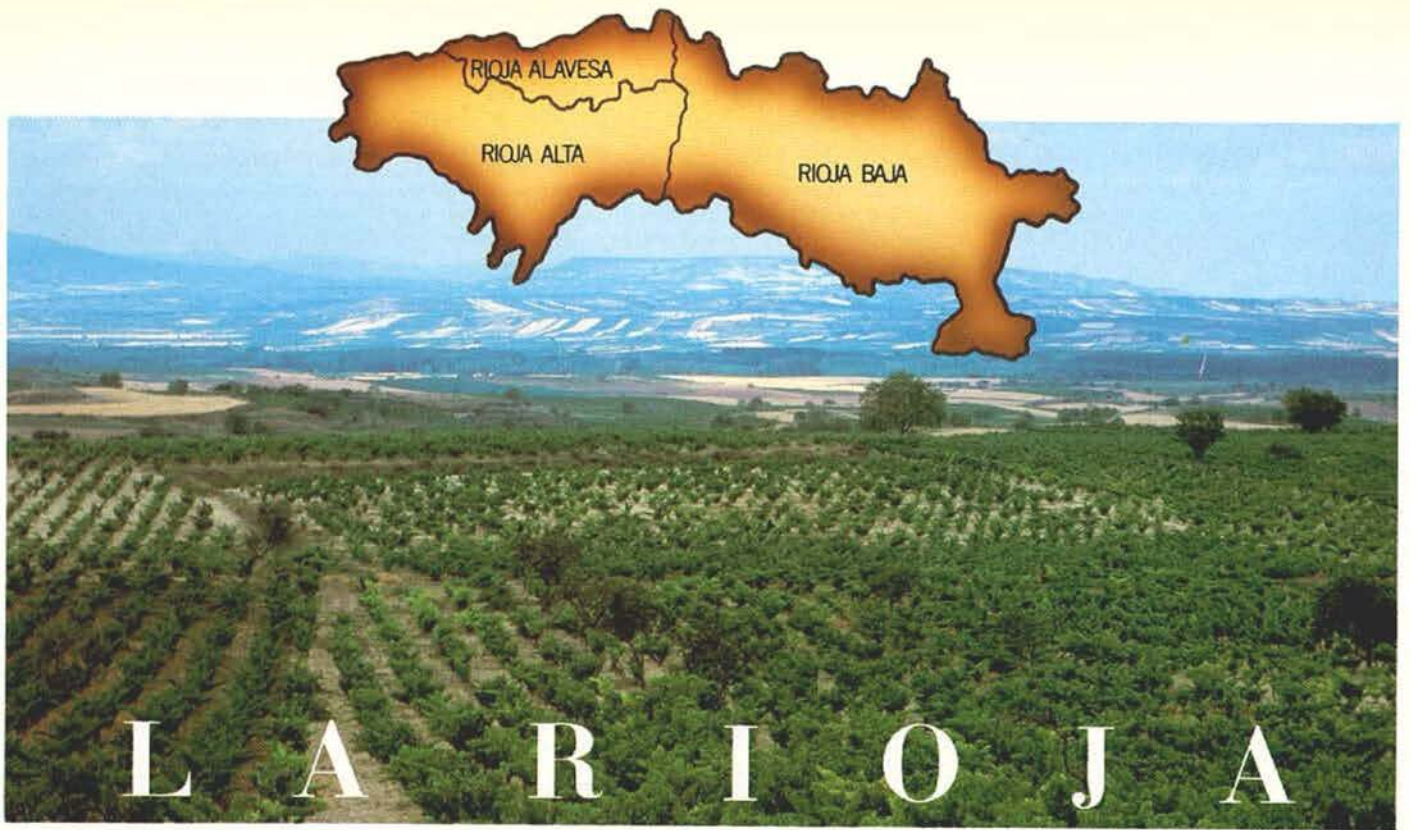
ONSKIS

S P A I N

| NAME OF RESORT | ADDRESS | MAXIMUM ALTITUDE MINIMUM ALTITUDE | SLOPES <div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; gap: 5px;"> easy average diff. </div> <div style="display: flex; gap: 5px;"> difficult very diffie. </div> </div> | LIFTS | OTHER SPORTS | AMENITIES | ACCESS | FACILITIES | ACCOMODATION |
|-----------------|---|--------------------------------------|---|--|---|---|---|--|---|
| GRANADA | | | | | | | | | |
| SOL Y NIEVE | Sierra Nevada. Tel. 958/48 10 00 | 3,470 m. 2,100 m. | 5 9 9 2 Cross country. | 16 ski tows. 2 cable cars. 6 chair lifts. 10 ski lifts. 12,594 pers/hr. | Swimming pool Tennis. Trapshooting. | First aid. Clinic. Nursery. Hiring and repairs. | 34 km. from Granada. | 16 restaurants. Bingo. Golf. Bar. Pub. Cinema. Bank. Disco. Shops. | State hotel. 5 hotels. 1 guest house. 2 refuges. 7,100 beds. 7,190 places in the surrounding areas. |
| HUESCA | | | | | | | | | |
| ASTUN | Jaca. Tel. 974/ 36 06 28 | 2,324 m. 1,650 m. | 20 slopes. Slalom stadium. Jump. | 3 chair lifts. 6 ski lifts. 1 child ski lift. 5,530 pers/hr. | | Clinic. Nursery. Hire and repairs. Ambulance. | 9 km. in train to Canfranc. Zaragoza 180 km. | 3 restaurants. | 3,206 beds in the area. |
| CANDANCHU | Candanchú. Tel. 974/37 31 94 | 2,400 m. 1,450 m. | 11 8 12 6 | 3 chair lifts. 17 ski lifts. 1 ski rope lift. 12,168 pers/hr. | Swimming pool. Skating (Jaca) at 28 km. | First aid. Clinic. Hire and Repairs nursery. | 7 km. from Canfranc in train. | 9 restaurants. Bars. Cafes. Pub. Discos. Bank. Shops. | 2,605 beds. 3,206 beds in the area. |
| CERLER | Benasque. Tel. 974/55 10 12 | 2,858 m. 1,500 m. | 21 slopes of varying difficulties. | 4 chair lifts. 5 ski lifts. 2 child ski lifts. 5,400 pers/hr. | Swimming pool. Tennis. | First aid on slope. Clinic. Nursery. Hire and repairs. | Benasque 5 km. 95 km. in train Barbastro. Huesca 154 km. Zaragoza 223 km. Barcelona 209 km. Madrid 547 km. | 3 restaurants. Bars. Cafes. Discos. | Cerler 1,148 beds. 1,900 beds in the surrounding areas. |
| FORMIGAL | Sallent de Gallego. Tel. 974/48 81 25 | 2,350 m. 1,500 m. | 3 3 14 3 | 1 cable car. 4 chair lifts. 9 ski lifts. 2 child ski lifts 12,080 pers/hr. | Swimming pool. Tennis. Trapshooting. | First aid. Clinic. Hire and repairs. Pharmacy. | 38 km. from Sabiñánigo. (Train). Huesca 89 km. Buses at Sabiñánigo. | 2 restaurants on slopes. 3 rests. Cafes. Pubs. Cinema. Bars. Bank. | 5,197 beds. 6,297 more in surrounding area. |
| PANTICOSA | Panticosa. Tel. 974/48 81 26 | 2,100 m. 1,165 m. | 3 4 4 | 2 chair lifts. 3 ski lifts. 2 child ski lifts. Cross country. 3,200 pers/hr. | | First aid. Clinic. Hire and repairs. Pharmacy. | Jaca 46 km. Zaragoza 150 km. | 5 restaurants. Bars. Discos. Cafes. Bank. Amusement Arcade. | 488 beds. 5 hotels. 1 guest house. 1 residential guest house. 1 boarding house. 1,067 beds in the surrounding areas. |
| LA RIOJA | | | | | | | | | |
| VALDEZCARAY | Ezcaray Tel. 941/34 52 75 | 2,262 m. 1,500 m. | 14 slopes of varying difficulties. | 4 chair lifts. 6 ski lifts. 1 child ski lift. 5,800 pers/hr. | | Sick bay. Nursery. Restaurant. Hire and repairs. | N-120 from Burgos-Logroño. Train to Haro then bus. Logroño 70 km. Vitoria 80 km. Burgos 85 km. | Cafe. Cinema. Restaurant. Disco. | Accommodation Ezcaray. 100 bedrooms. |

O N S K I S





Bodegas Campo Viejo. C/. Gustavo Adolfo Bécquer, 3. Logroño (Rioja) España.
Tel.: (941) 23 81 00. Telex 37113 SAVIN-E.

Bodegas

Campo Viejo
 LA RIOJA

S P A I N

| NAME OF RESORT | ADDRESS | MAXIMUM ALTITUDE MINIMUM ALTITUDE | SLOPES | | | | LIFTS | OTHER SPORTS | AMENITIES | ACCESS | FACILITIES | ACCOMODATION |
|----------------|--|--------------------------------------|---|--|---|---|---|--|---|--------|------------|--------------|
| | | |  easy |  average diffc. |  difficult |  very diffc. | | | | | | |
| LEON | | | | | | | | | | | | |
| SAN ISIDRO | Pueblo de Lillo. Tel. 987/23 35 00 | 1,955 m. 1,500 m. | 12 slopes. Cross country. | 4 chair lifts. 7 ski lifts. 1 child ski lift. | Tennis. | Clinic. Nursery. Hire and repairs. | Santander road from León. From Oviedo through Figaredo to Pto. San Isidro. | 3 restaurants. Bars. Shops. Cafes. | 1,171 beds. 1,183 more in surrounding area. | | | |
| LERIDA | | | | | | | | | | | | |
| BAQUEIRA-BERET | Valle de Arán. Tel. 973/64 50 25 | 2,500 m. 1,500 m. | 4  33  1  3  | 10 chair lifts. 8 ski lifts. 1 child ski lift. 4,000 pers/hr. | Swimming Tennis. Sauna. Horse riding. | Medical service. Pharmacy. Nursery. Hire and repairs. | C-142 Valle de Arán 4. | Self-service. rest. 2,000 m. from slopes. Disco-pub. 2 bars. Cinema. | 3,000 beds at foot of slope. 9,000 more in surrounding area. | | | |
| LA TUCA | Viella Betren. Tel. 973/64 07 77 | 2,250 m. 1,010 m. | 4  7  5  | 7 chair lifts. 7 ski lifts. Competition stadium. | Tennis. | First aid on slopes. Nursery. Clinic. Hire and repair. | 140 km. in train to Pobla de Segur. | Restaurants. Cafes. | 1,934 beds. 3,700 more in surrounding areas. | | | |
| LLESSUI | Llesui (Lérida). P. de Gracia, 83 Barcelona. Tel. 93/215 81 80 | 2,500 m. 1,450 m. | 22 slopes encompassing all levels. | 1 chair lift. 4 ski lifts. 1 child ski lift. 3,379 pers/hr. | Tennis. Swimming pool. | Medical service. Hospital in Tremp. Nursery. Hire and repairs. | Train to Pobla de Segur (40 km). | Restaurants. Etc. | Hotel** Pension**. 1 apartment block. In the area: 2 hotels, 3 guest houses, apts. | | | |
| PORT DEL COMTE | Apartado 60 Lérida. Tel. 93/811 04 81 | 2,360 m. 1,620 m. | 5  20  5  4  | 3 chair lifts. 11 ski lifts. 1 child ski lift. 860 pers/hr. | Swimming pools and tennis at 10, 18 and 29 km. | Medical service. Nursery. Hire and repairs. | Barcelona 135 km. Lérida 140 Km. | Restaurant. Cafe (10 km). Cinema (18 km). Night club (29 km). | Guest house Port del Comte***. La Coma 10 km. San Lorenzo 18 km. Solsona 29 km. | | | |
| MADRID | | | | | | | | | | | | |
| NAVACERRADA | Cercedilla. Tel. 91/239 07 74 | 2,196 m. 1,700 m. | 1  7  1  1  | 6 ski lifts. 1 child ski lift. 5 chair lifts. 1 child ski lift. 7,150 per/hr. | Swimming pool. | First aid. Clinic. Hire and repairs. | Turn off from N-VI at Pto. Navacerrada. Train at Cercedilla. | 5 restaurants. Bars. Shops. Supermarket. | 107 beds. 3,598 beds in the surrounding areas. | | | |
| VALCOTOS | Rascafría. Tel. 91/239 07 74 | 2,275 m. 1,860 m. | 6  1  2  2  | 2 chair lifts. 5 ski lifts. 1 child ski lift. 5,540 pers/hr. | | Clinic. Nursery. Hire and repairs. | C-604 from Pto. Navacerrada to Pto. de Cotos. | Restaurants. Bars. Cafes. | 638 beds in the surrounding areas. | | | |
| VALDESQUI | Rascafría. Tel. 91/239 07 74 | 2,280 m. 1,860 m. | 6 slopes. | 2 chair lifts. 7 ski lifts. 2 child ski lifts. 6,000 pers/hr. | | First aid. Clinic. Hire and repairs. | 3 km. from Valcorosa. Segovia 37 km. Valladolid 148 km. Burgos 225 km. | Bars. Cafes. | 638 beds in the surrounding areas. | | | |

O N S K I S



Unique Formula makes Marqués de Cáceres Rioja wines a success with the experts.

— the facts in Red and White.

Take the expertise of Europe's best vineyards, add a love of Spain, plus the dedication to produce a Spanish wine comparable with the greatest in the world -the result- the superlative wines of Marqués de Cáceres. It all began in 1970 when Henri Forner decided to return to Spain for the soil and cooler climate of the Rioja Alta, there to develop his wines from the finest grapes of the region.

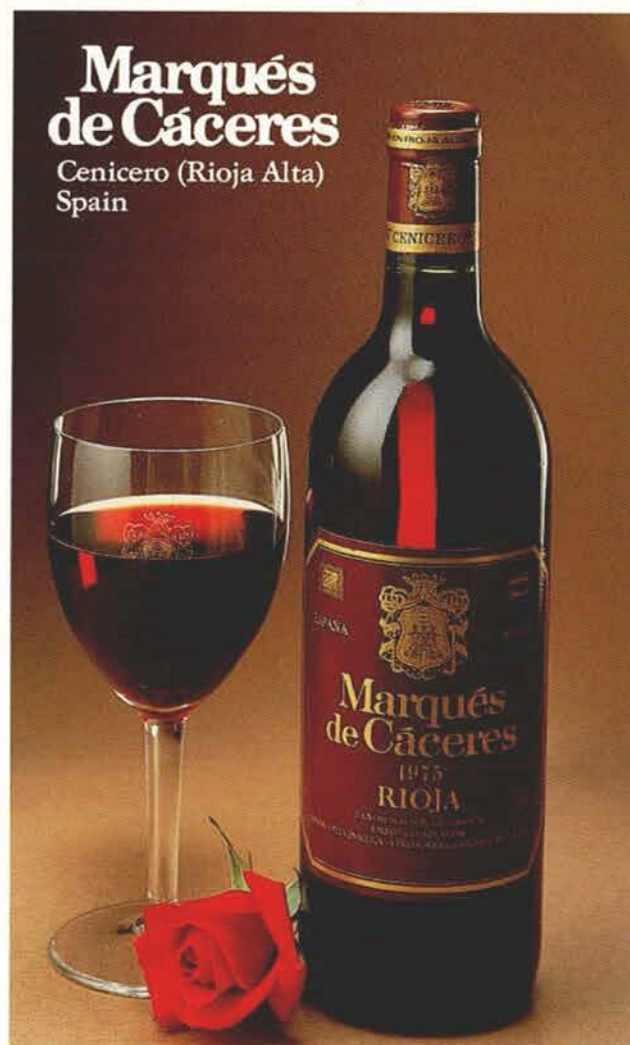
Together with the most forward-looking of the local vineyard owners and a group of lovers of fine wine, he built a new bodega, installing the latest in temperature-controlled fermentation equipment, and finally aged the wine in barrels of French oak. The resulting fine wines are receiving critical acclaim from experts who know and love good wine.

Marqués de Cáceres Red gets top marks for its velvety softness, spicy varietal character and lingering finish.

Marqués de Cáceres White is bottled young to preserve its crisp, clean dryness.

Try these unique, remarkable wines, already appreciated all over the world, and see if you agree with the experts.

For further information please write to: **Marqués de Cáceres, Ctra. de Logroño, s/n., Cenicero (LA RIOJA) SPAIN.**



S P A I N

| NAME OF RESORT | ADDRESS | MAXIMUM ALTITUDE MINIMUM ALTITUDE | SLOPES ■ easy ■ average diffic. ■ difficult ■ very diffic. | LIFTS | OTHER SPORTS | AMENITIES | ACCESS | FACILITIES | ACCOMODATION |
|----------------|---------|--------------------------------------|---|-------|--------------|-----------|--------|------------|--------------|
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ORENSE

| | | | | | | | | | |
|-----------|--|----------------------|---|--|--|--|--|--|--|
| MANZANEDA | Puebla de Trives. Tel. 938/21 46 04 | 1,760 m. 1,450 m. | 10 slopes. Cross country. Slalom stadium. | 1 chair lift. 3 ski lifts. 1 child ski lift. 2,320 pers/hr. | Swimming pool. Tennis. Horse riding. | Hire and repair. Clinic. First aid. Medical service. Rescue. Emergencies. | From the N-120 at Orense to Ponferrada. Orense 90 km. Coruña 210 km. Madrid 470 km. | 3 restaurants. Bars. Cafes. Discos. Shops. | 1,543 beds. Apart/hotel. Apartments. Bungalows in the area. |
|-----------|--|----------------------|---|--|--|--|--|--|--|



SANTANDER

| | | | | | | | | | |
|-------------|-------------------------------|----------------------|--|---|--|--|--|---|--|
| ALTO CAMPOO | Reinosa. Tel. 942/21 63 32 | 2,175 m. 1,475 m. | 2 ■ 3 ■ 5 ■ Slalom stadium. Cross country. Jump. | 4 chair lifts. 5 ski lifts. 1 child ski lift. | | First aid. Clinic. Hire and repairs. | Train from Fontibre to Reinosa Santander airport 99 km. Santander 93 km. Bilbao 156 km. Burgos 141 km. Madrid 343 km. | Restaurant. Bars. Cafes. Disco. This resort is in the Noal de Soja reserve. | 102 beds. 452 more in the surrounding areas. |
|-------------|-------------------------------|----------------------|--|---|--|--|--|---|--|

SEGOVIA

| | | | | | | | | | |
|------------|--|----------------------|---|--|--|---|---|---|---|
| LA PINILLA | Cerezo de Arriba. Tel. 91/270 71 47 | 2,273 m. 1,500 m. | 4 ■ 6 ■ 2 ■ Slalom stadium. | 13 ski tows. 2 cable cars. 1 chair lift. 7 ski lifts. 2 child ski lifts. 7,650 pers/hr. | Skating. Swimming pool. Tennis. Trapshooting. | First aid. Clinic. Nursery. Hire and repairs. | Turn off at km. 104 of N-1 and take local road 110. | Restaurants. Cinema. Pub. Bar. Cafes. Disco. Pizzeria. Shops. | 1,780 beds. 1,946 in surrounding areas. |
|------------|--|----------------------|---|--|--|---|---|---|---|

TERUEL

| | | | | | | | | | |
|-----------------|---|----------------------|---------------------------------------|---|--|--|--|--------------|--|
| SIERRA DE GUDAR | Valdecinares Tel. 974/80 10 08 96/340 58 79 | 2,024 m. 1,600 m. | 2 very easy slopes. Cross country. | 2 ski lifts. 1 child ski lift. 900 pers/hr. | | Clinic. Nursery. Hire and repairs. | Turn off from National Motorway at Mora de Rubielos (km 102) | Restaurants. | |
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O N S K I S

MONTSEC UTOPIAN CHEESE

Text: Enric Canut
Photos: Antonio Girbes

It started off as a source of livelihood for some young Catalans, disenchanted with modern life. It has come to be highly regarded by gourmets.

One December morning in 1979, Jordi Conejero connected the wires of an old battery to the remains of the radiocassette from his first Seat 600. A wooden box serving as a speaker produced barely intelligible sounds. Having found the station, he set about preparing lunch with his mate, Boti, and their mutual friend, Eusebi. It was hard to hear anything on this typically windy day in the Montsec massif, straddling the plain of Lérida and the Pyrenees, a natural barrier between two different ways of life.

When the music stopped, the presenter introduced a young man who had just published a monograph on Catalan cheeses, and whose aim was to revive what he described rather vaguely as «artesan cheeses». They turned up the volume, cursing the interference, and managed to jot down the telephone number at which listeners could call up the young man with their questions.

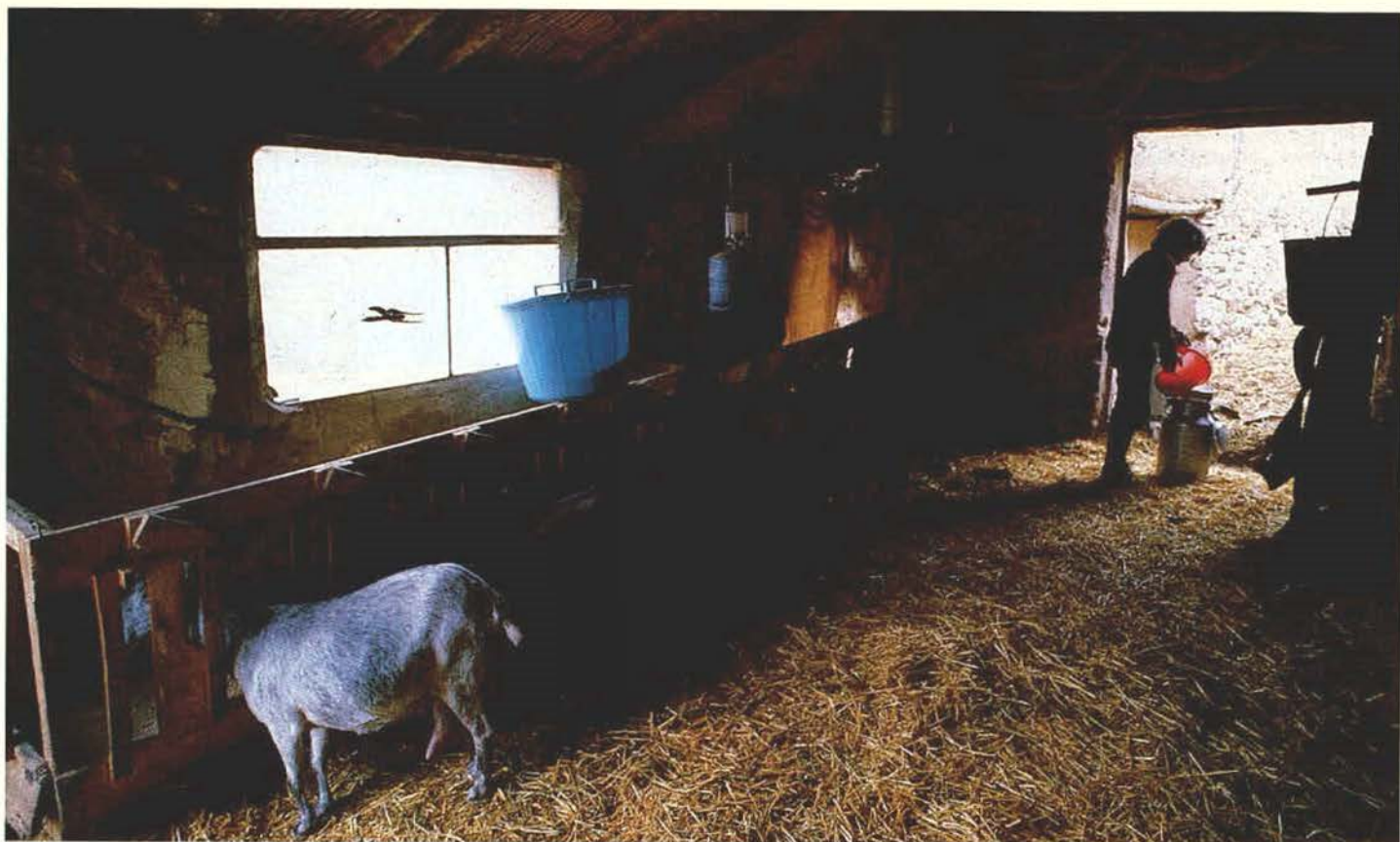
Hardly stopping to eat, they hopped into the old car, their means of communication with the civilised world, and in three quarters of an hour were ringing the hastily scribbled number from a public telephone. At the other end of the line, the young man they had been listening to with such difficulty a short while ago was making an appointment with them for the following day at an address in Barcelona.

On arriving at the address, they tried to check that they were in the right place by inspecting the mailboxes. The porter advanced threateningly thinking, from the look of their hair and clothes, that they were up to no good. Their story of the radio, the telephone number, the appointment, got them nowhere, until





AROUND THE 12TH. CENTURY, the caves and grottoes of the Montsec massif, away from lines of communication, were the refuge for Christians to escape from Moors.



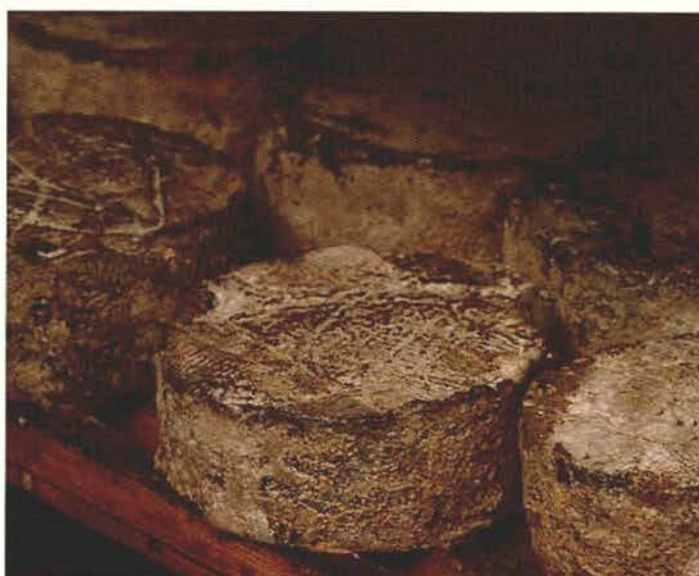
at last they remembered the name of the person in question and mentioned that the reason for their visit was cheese. The porter dropped his guard and politely directed them to the right floor and door. And that is the extraordinary story of how the lads from Clúa, the Montsec cheese boys, and I, met.

BACK TO NATURE

Jordi had studied electrical engineering; Boti had left home as soon as he was old enough; of Eusebi's background I really know very little—he's a man of few words.

They had been living in Clúa for a year—an abandoned village in the Montsec mountains, between Baldo-mar and Vilanova de Meiá which, even in its heyday had no more than 150 inhabitants. That was around the 12th century, when Arab raids towards the Pyrenees forced Christians to take refuge in the most inaccessible places, tucked away from lines of communication, and to make their homes in the caves and grottoes of the Collegats and Terra-

After rubbing the outside with dry salt, the cheeses are coated with wood ash, which gives them their very distinctive appearance.



dets gorges, the Peracals mountains and the Montsec massif.

In one of the most successful of these hideouts, difficult to get to, protected from the north by the foothills of the mountains, facing the sun all day and within reach of Artesa de Segre's centre of communications, the little village of Clúa had a life of its own until thirty

years ago. Eusebi's mother was born there, and this was the lads' reason for choosing it.

The first to arrive was Eusebi who spent over two months quite alone, doing up his old house, looking after the first goats, and living off his savings.

Then Jordi decided to join him. They knew each other from Barcelona, from the era of dissident magazines, budding anarchist movements, the aftermath of the French demonstrations, left-overs from the hippie movement and alternative culture. This was the end of Franquismo, the early days of reform. The political scene was in crisis, with individual parties struggling to find their place in the arena.

For these young men, Woodstock and Wight were recent events. They were avid for news from England and the States. Who, in those days, hadn't spent some time bumming around Amsterdam's Vondel Park or London's Hyde Park? This was the era of vegetarians, macrobiotic diets, cohabitation, free love, esotericism, astrology, the hor-

Agenda

ELABORATION METHOD

Artesan-made with whole raw milk from Murcian-Granadine goats and matured for at least two months in natural cellars.

A cheese made by acidic coagulation, smooth and lightly pressed. Its rind has mould on a layer of wood-ash. Double fat with more than 60% fat content/dry extract and pH less than 5.

A flat cylinder measuring about 12-16 cm. in diameter and 5-8 cm. high, varying from 1.5 to 3 kg. to weight.

The outside has a sticky viscous coating (*pegot*), basically black in colour, with orange, grey and bluish patches. The inside appearance

is close, clean and intensely white, a characteristic of pure goat's cheese, not elastic or unctuous.

TASTE

Very pleasant flavour, acidic-lactic, slightly salted, very fat and creamy, filling the palate and with a goat's milk taste.

The aroma is intense and direct, coinciding with and

enhancing the primary flavour, giving a long-lasting aftertaste reminiscent of *Ca-brales*.

WHERE TO GET IT

At source, in the village of Clúa in the Montsec massif, 15 km. from Artesa de Segre in the district of Noguera (Lleida).

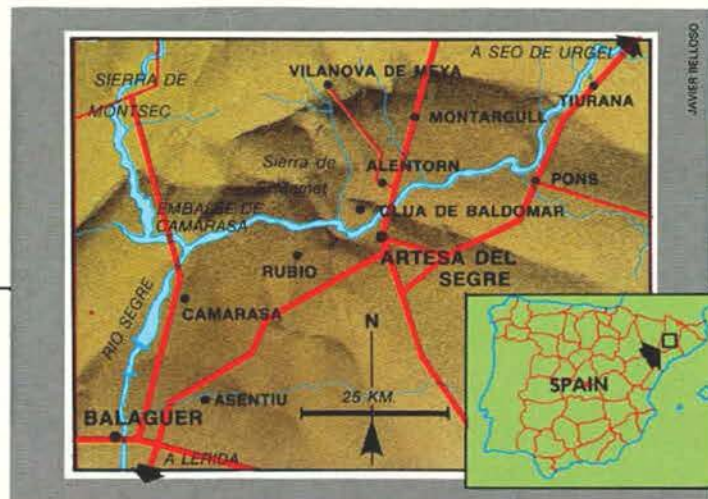
In *Cal Petit*, a food shop in Artesa de Segre where you

will also find other unexpected delights like good *charcuterie* and *panadons*, a sort of large pie or pasty made with fine bread dough filled with spinach with raisins and pine-kernels.

The first Friday of every month in the craft market in Barcelona's Plaça del Pí.

In the craft fairs of various towns in Cataluña in which the *Collectiu d'Artesans de la Alimentació* participates.

In any food shop which belongs to the *Federación de los Maestros Queseros Artesanos de España* (the Spanish Federation of Artesan Master Cheesemakers) in Madrid, Cataluña, the Basque Country and other regional capitals and Spanish towns.



oscope and soon.

Past, present and future, a heady amalgam of memories and fresh experiences, the intensity of the moment, all had to come to terms with in a very short time.

There was no guiding light. Jimi Hendrix, Keith Moon and Janis Joplin were already dead. Groups like Cream, Grateful Dead, Ten Years After, C.S.N. & Y., Jefferson Airplane and Traffic were no more, not to speak of the Beatles. Jethro Tull, The Who and the Rolling Stones were on the way out. It was the apogee of symphonic rock with Yes and Genesis. Chicago had turned to disco music, Robert Fripp and Peter Green had retired from the scene years ago, and in Spain the Italians of the *Premiata Forneria Marconi* were meeting with tremendous success.

Some sort of decision had to be taken, or at least some gesture had to be made. Perhaps going back to nature was the only sensible move.

It is curious how the members of the original group made contact with each other and then, subsequently, with the people who now make up the Clúa cooperative. Jordi and Eusebi already knew each other. Boti got to know Jordi one weekend at the Anserall Commune near La Seu d'Urgell; some thirty people liv-

ed there, working in shops in Andorra, making handicrafts and selling them in markets, or doing this and that, including looking after their only cow, named Utopia.

Happy times, easy relationships casually conducted. Money was valueless and property unimportant since they owned nothing. Jordi and Boti left the commune with the idea of doing things differently. Those «fluid» relationships masked the traumas, pettiness, selfishness and problems which flourish in any limited situation.

TRIAL AND ERROR

The first year in Clúa (namely, 1979), they lived on 2,000 pesetas a month—about £10—for the three of them and, only half joking, still maintain that they saved some. They had clear ideas from the start about wanting to make their living from goats: they are intelligent, independent, affectionate and ap-

preciative animals. The goats produced milk and, being 15 km. of mountain track away from the nearest centre of population, they could either drink it, feed it to the pigs, or make it into cheese. They sensibly opted for the last al-

ternative.

Their first attempts, guided by trial and error and the odd hint passed on by local shepherds and peasants, were not too successful, but, having little choice in the matter, they kept trying.

When we met, they brought with them several of their cheeses. We tasted them together, commenting on their elaboration process and possible variations.

They consulted books and took note of basic guidelines. For the best part of a year, they came back periodically with more samples which we evaluated together and they made variants which seemed to us to be aiming towards an initially vague but ever more definite concept, which finally produced the current Montsec.

Whilst this was going on, more people were arriving at Clúa, enthusiastic about making their living from goats and cheese. The first to arrive were Aurora and Ferrán, with their little son Genís. They bought the ruins of one of the

neighbouring houses, and renovated it painstakingly. The first day they had to evict a resident colony of birds from the wrecked rooftiles and rafters, and to atone for having to do so gave their new house the Catalan name of *Cal Pajaritus*—the House of Birds.

They already knew Jordi from the days in Barcelona when he had been a market researcher and sold books from door to door: not especially creative or fulfilling occupations, the province of students and «marginals», people who have not yet found their way.

Gradually, more people arrived with very varied aims and interests, and added their observations, ideas and problems to the communal melting-pot which, though it might have got rather overheated at times, is still intact. At present, Clúa has seventeen inhabitants, four of them children, and the life of the entire village revolves around Montsec cheese.

Things were very tough at the start and went on being so. Indeed, the present is far from easy. They have had to contend with all sorts of problems. Former owners raised objections to selling their land and houses through fear of not being paid the agreed amount and finding their property useless afterwards: they were stopped from using neighbouring land as grazing: they were unable to get loans to buy things they urgently needed; the police had their eye on them; they seemed to be always under suspicion.

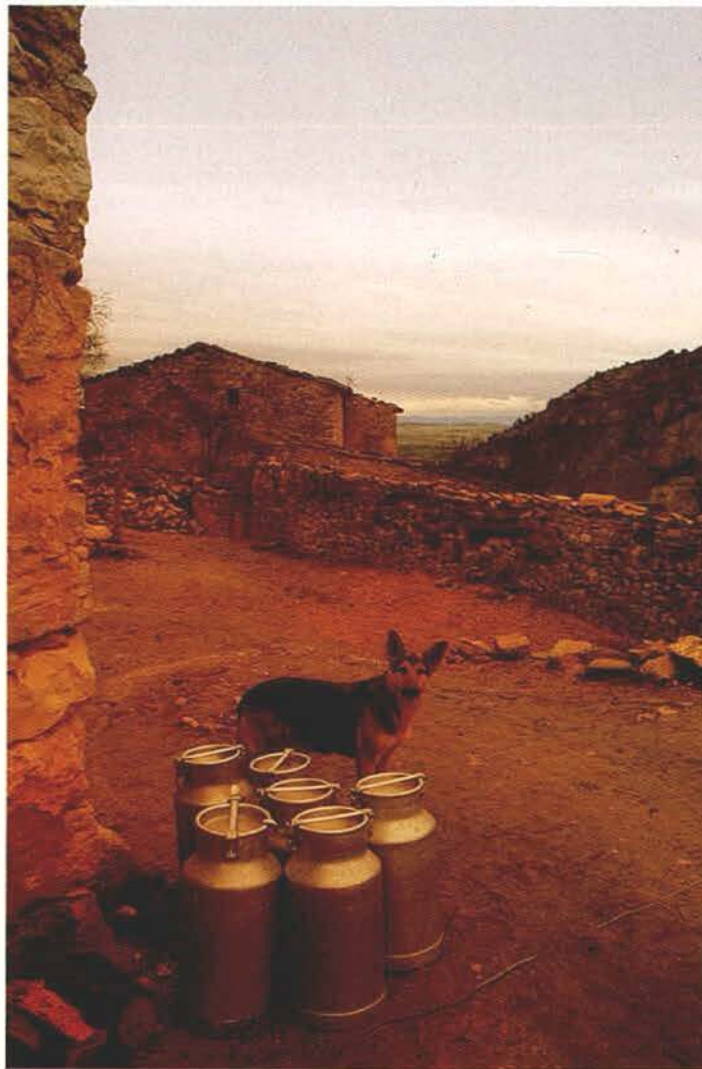
The first time I went to Clúa and saw the tumble-down houses, the debris in the streets, the hosepipe-borne water supply, the candles at night. I wouldn't have given twopence for the survival of the experiment.

They had to serve as a refuge for the young, a rehabilitation centre for drug addicts, a school for new converts to rural life, an embryo of collectives and associations, despite all odds. Despite the ignorance of the authorities, the lack of official aid, the antagonism of others... yet they radiate good faith. The only support they had was from a group of

food shops which bought their cheese, to sell it in the region.

MUSIC AND CHEESE

Yet by today they are a little township with an established cooperative and a product. They have high hopes, as they



Things were very tough at the start, but now the Clúa's lads have achieved most of their targets.

always did have, of a new dairy which they are building stone by stone, entirely unaided and backed only by their own labour and the identity of Montsec's very own cheese, *Cendrat*.

But what is it that makes this cheese so special? Various factors have combined to give it unbeatable originality and quality. Firstly, excellent raw material: goats' milk from a completely healthy and well cared-for herd. They have always been aware that these animals have provided them with their *modus vivendi*, a focus for their labour, and vice ver-

sa. They play rock and classical music for them during milking to help the flow. They have a close relationship with the goats—they are part of the community.

Their choice of the Murcian-Granadine breed and balanced feeding produce milk with a high level of dry extract and fat content, preserving all the taste of the raw milk. Impeccable hygiene guarantees the microbiological quality of the cheese made from it.

This high standard of hygiene is the result of a fight to the death with the parasite *colis*, which caused them tremendous problems. These microscopic individuals, the scourge of cheesemakers, are voracious consumers of the lactose (sugar) in milk and find their way into the cheese-making process when least expected. Contamination by these parasites causes an alteration in the fermentation of the cheese, giving it a crumbly, sandy texture with countless pinhead holes and robbing it of flavour and aroma. These are the risks of using raw milk. Although there were times when *colis* won, the lads' accrued cheese-making experience and discipline succeeded in controlling and eradicating them. Having defeated greater adversaries, how could they let these tiny ones get the better of them?

Secondly, they have combined basic French acid-coagulation elaboration methods of making cheeses, like *Crottin* or *Saint Maure*, with classic Spanish methods like cutting the curd, moulding and pressing. They have managed to come up with a symbiosis

of methods, which only lay people with open minds would have dared to try out in the first place.

At the end of the last century, French livestock experts aiming to breed animals with the highest milk output selected and improved those which showed the most promise. Native breeds with mixed aptitude for meat and milk yield, or meat alone, all but disappeared. Per capita milk yield increased, but its chemical quality deteriorated appreciably.

Currently, the great French breeds of goat produce milk whose dry extract and

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MAZAPANES

fat content are below those of selected cattle and their cheesemakers have had to evolve a method of elaboration which gives the best results from such poor quality milk.

This is how acid coagulation came about. It consists basically of coagulating the milk at low temperatures (18-25° C.) with very low doses of rennet (up to ten times less than would be used for a *Manchego*) and allowing a long coagulation period (18-36 hours). This produces very soft, striated and acid curds (in 48 hours they reach the acidity of a yoghurt) with a light, delicate, gelatinous structure which sudden or vigorous manipulation would reduce to an unmanageable mush. This is quite the opposite of Spain's Mediterranean cheeses, and is the result of using «devalued» milk.

ELABORATION METHODS

The Clúa boys took a middle way. They followed the same steps for coagulation, but with the difference of using a higher temperature of 25-28°C. The resulting curd maintains all the characteristics described above, except that the texture is much more compact and gelatinous, thanks to the high level of dry extract and fat content which make it more tractable. They gently cut the curd to facilitate draining off the whey, then usually give it a preliminary draining in porous bags. When the curd is partially drained, they place it in large, perforated moulds for its final draining which will last a further twelve hours.

Once the right texture and moisture level have been obtained, the drained curds are placed in compact moulds where they will undergo gentle but sustained pressure for 12-18 hours. This gives cylindrical cheeses, large in size for ones made by acidic coagulation, weighing 2-3 kg. and with an intense flavour, acid-lactic aroma, but high fat content (double fat —16% fat content/dry extract), because of the quality of milk used and the elaboration method which retains the fat content within the cheese.

The large size (for this type of cheese) comes about because of the legal obligation to allow a minimum maturation

period (or quarantine) of sixty days for cheeses made from raw milk. They therefore make large cheeses which mature slowly and do not dry out excessively.

Next, after rubbing the outside with dry salt, comes another variant. After about a week, they coat the cheeses with

wood ash, which gives them their very distinctive appearance. They also have to be kept in ideal conditions during the long maturation period: low temperature and high humidity. The wood ash and the atmospheric conditions provide determining factors for the maturing of Montsec cheese and have a decisive effect on its final organoleptic characteristics.

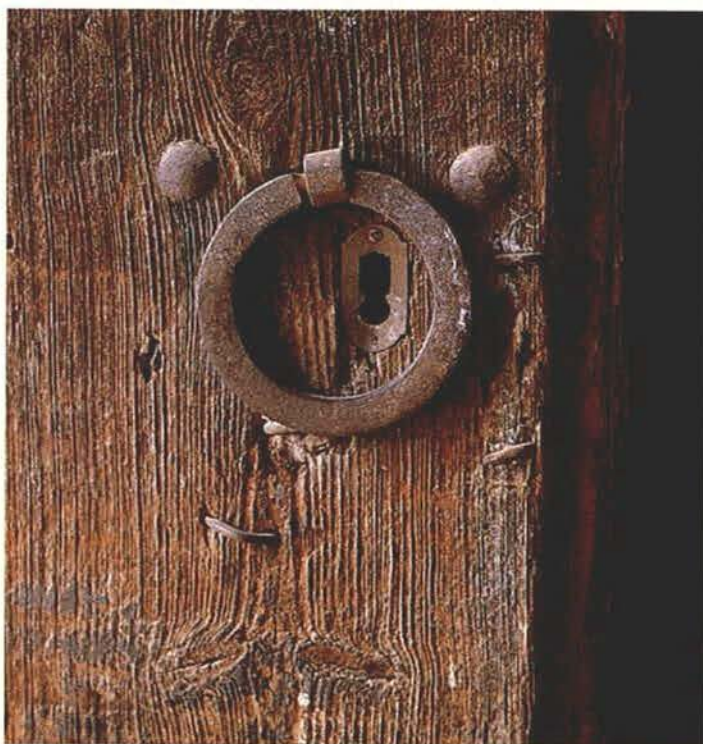
The charcoal absorbs the acid whey which the cheese exudes during maturation. This layer quickly grows a family of moulds (starting off white, then turning greenish-blue and finally grey) of the *Penicillium* type, which colonise the whole rind, consuming and neutralising the lactic acid absorbed by the ash. After about three to four weeks, if the maturation is going well and atmospheric conditions are correct and the moulds have fulfilled their function, the external pH will have been raised and orange *Geotrychum* yeasts appear and parasitise the rind, giving Montsec cheese its final characteristics of a sticky outside, black colour with orange and grey patches and the flavour and aroma peculiar to cheeses fermented in cellars.

This, then, is the Montsec story, and one which deserves to be told. This cheese has created a following among Catalan goat-keepers and opened up for Spain boundless possibilities for making highly individual goat's cheeses by the mixed coagulation (acid enzyme) or acid methods.

Nothing has been able to impede the progress of Montsec and it is now sold in the best food shops. Many food writers have sung its praises. It takes pride of place on the best tables, including the President's at Moncloa, has been savoured by Ministers and has represented Spain at international exhibitions.

It won first prize at the first International Cheese Tasting held in Barcelona in March of this year, scoring 18 out of a possible 20 points. The second prize, with 16 points, went to another goat's cheese, Cademunt-Mieres (Gerona), a disciple of Montsec.

This is the paradox of Montsec: made in an officially abandoned village by a nameless collective of human beings, it is consumed by the well-to-do, alongside the best cured ham and 1970 Rioja.



The village's houses were renovated painstakingly, from rooftiles to doors.



They had clear ideas about wanting to make their living from goats: they are intelligent, independent and appreciative animals.

MARQUES DE MONISTROL

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From the earthly paradise to the Phoenician and the 20th century traders, olive oil has always been present in the Mediterranean civilisation and its diet. This article traces out its history and current Spanish production areas. It offers as well more recipes, in addition to those published in the former issue.

OLIVE OIL
**6.000 YEARS
OF HISTORY**

Text: Nines Arenillas Photos: Antonio de Benito and Antonio Girbes

The arrival of the olive is linked with the appearance of man on earth, or more particularly in the Mediterranean basin, fount of our culture—Asia Minor, Greece, Sicily, Spain, Palestine, Tunisia, Egypt, Morocco, southern France—long before the Christian era. The changes wrought by history, and especially by war, spread the cultivation of the olive around the world, at first in the hands of the Phoenicians, Greeks and Romans up until the 16th century when Spanish caravels transported olive plants to Peru, Chile, Argentina, the West Indies, Mexico and California.

MYTHOLOGICAL BALM

Mythology speaks of the olive branch as the symbol chosen by Zeus since it represented so many qualities vital to life. The juice of its fruit—olive oil—is a valuable foodstuff, it cures wounds, and provides the flame which gives light at night. Not surprising, then, that olive oil, in very different civilisations and religions has been a basic and sacred element in anointing, ritual and ceremony.

This *oleum*, so widely used in ancient times, also had its daily uses: athletes used it for massages to give their muscles greater elasticity; it was used to protect childrens' skin from the rigours of the weather; elegant Roman matrons used it to keep their hair and skin well-nourished and youthful. According to Pliny, there were various special oils for curing diseased gums.

Olive oil has gone on being used in this way down the centuries in the Mediterranean countries, but its main function has always been nutritional, for six thousand uninterrupted years, since the first wild olive trees appeared in Syria.

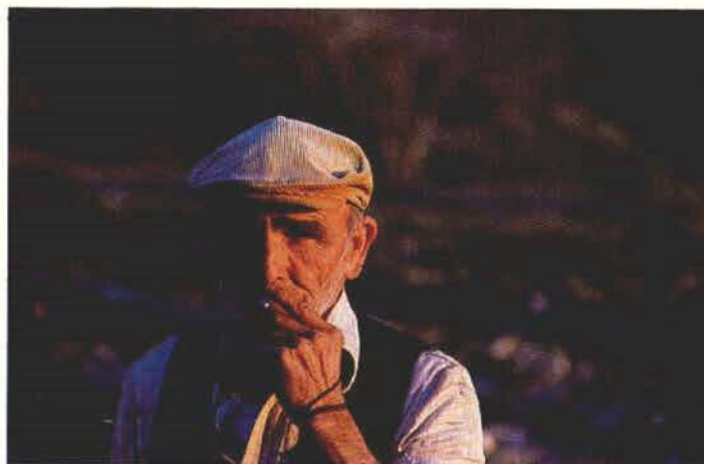


Since Roman times, Spanish olive oil has been exported all over Europe. The stamps on the oil amphoras are the best evidence of it.

The Greek word *elaia* and the Hebrew *zait*, both meaning olive, later transformed into the Latin *olea* and Arabic *zaitum*, have also given their names to pieces of land: Olea, situated to the north of Mount Olympus and Said in Egypt, on the Nile delta. The Spanish word *aceite* derives from the Arabic *az-zait*, olive juice.

Legend has it that when Adam, at the age of nine hundred and thirty, felt that he was dying, he called upon the Lord and claimed his promised redemption in the form of the «Oil of Mercy». He sent his son, Seth, escorted by an angel, to the earthly paradise where, in answer to Seth's pleas the angel gave him some seeds of the Tree of Good and Evil, telling him to put them into the mouth of his dead father. He did so, before burying him near Mount Tabor. The seeds germinated, bringing forth an olive tree, a cypress and a cedar.

The oldest known document which refers to olive oil is made up of inscrib-



Poets and writers have praised the olive oil qualities throughout the history.

ed earthenware tablets dating back to 2500 BC, and they offer interesting information on the economy of Crete at the time of King Minos. These simple documents show, as well as court accounts, information about different types of olive oil, its transport and the uses made of it and of olives. Similarly, the Hebrew nation lent great importance to olive oil: it is mentioned in the Bible over 200 times.

A SYMBOL OF PEACE

The fact that Greece is usually credited as the source of olive oil has its basis in the myth of the creation of Athens. The gods went about the earth protecting humans and making sure that they paid suitable homage. In the little recently-founded town in Attica the inhabitants, who were very poor people, were undecided about what to call it. Poseidon and Pallas Athenae argued over which of them should have the honour of giving the town its name.

An assembly of citizens agreed that it should be named after whichever of them gave the most important gift. Poseidon struck the ground with his trident, and up sprang a sturdy and beautiful horse. Pallas Athenae made an olive-tree spring from the earth symbol of peace, and of many essential uses: food, light, balm. All the women voted for the olive tree and won. Pallas Athenae, goddess of Wisdom, with the approval of Zeus, taught the Athenians to culti-

Olive oil and nutrition

Although countries with a Mediterranean tradition and culture have known since time immemorial about the health-giving properties of olive oil (good for the digestive system, the gallbladder, the skin, etc.), it was only after the medical congresses of Lucca (1969), Torremolinos (1975), La Canea (1980) and Paris (1982) that this folk knowledge came not only to be endorsed scientifically but also to be expanded upon, the ultimate accolade being the 1985 Nobel Prize and the meeting in New York of the Academy of Medicine in November, 1985.

Virgin olive oil is a natural product, obtained not with chemical or thermal processes but simply by pressure, which means that it is pure fruit (olive) juice, extracted and made available to us with all its virtues intact. Its composition is:

- Vitamin E (3-30 mg.)
- Provitamin A (carotene)
- Unsaturated fatty acids: 76 to 90.5%
- Saturated fatty acids: 8 to 23.5%
- Monounsaturated (oleic) fatty acids: 56 to 83%
- Polyunsaturated (linoleic) fatty acids: 3.5 to 20%
- Polyunsaturated (linoleic acid) polyunsaturated fatty acids: 0 to 1.5%
- 99% lipids (900 calories per 100 grs.)

It has been a long hard struggle to obtain this information, with few facilities available initially—remember that at the end of the Second World War, the Mediterranean basin was too impoverished to invest much in research—and with strong opposition from publicity

campaigns for other types of fat.

The American Heart Foundation began investigations because of the vast increase in cardiovascular disease after the war, both in the U.S. and in the Northern European countries. It was soon found that the cause lay in the important differences between the «Mediterranean» and «Nordic» diets. After the medical conferences mentioned above, all promoted by the International Oil Council, the awarding of the Nobel Prize, in October 1985, put things into perspective once and for all. Professors J. L. Goldenstein and M. S. Brown received this coveted award for a study of the incidence of cholesterol in cardiovascular disease. Their complex and surprising study—whose scope this magazine does not attempt



The Mediterranean diet is recovering its protagonism.

to cover—identified the two most important lipoproteins of the human organism which, furthermore, carry cholesterol about within it.

They are LDL-cholesterol (low density) and HDL-cholesterol (high density). But each carries cholesterol for a very different purpose. Whilst LDL carries it and deposits it in the tissues and arteries, HDL carries it from these tissues and arteries, including via the blood, in a «cleansing» process so that they are eliminated from the body.

Some vegetable and animal fats are very rich in polyunsaturated fats, whilst others, like olive oil, are rich in unsaturated fats. Both work in very different ways. Monounsaturated fats are the ones which clear the human organism of cholesterol.

This fact won a Nobel Prize for its discoverers and an honourable reputation for olive oil.

vate the olive and became their protectress. That first olive tree was a sacred tree which stood in the Acropolis, surrounded by a wall and guarded by a special class of warriors and by laws which protected it and all its species.

There are interesting references to olive oil in *The Iliad* and *The Odyssey*. It is mentioned as being good for use in the manufacture and preserving of cloth, making it more flexible and longer-lasting.

The Phoenicians, those great traders, taught the Greeks to use oil as a source of light, and to make lamps out of earthenware and metal.

In the 8th century B.C., the olive was introduced into Italy, spreading still further, thanks to the extension of the Roman Empire, in the early 3rd century.

Some beautiful artefacts survive from those ancient times, like an illustrated amphora, kept in the British Museum, which represents three peasants harvesting olives. One is up the tree, another is shaking the tree with a pole, and the third is holding a small basket. Exactly the same method that is used today, centuries later, in many parts of Spain.

AGE-OLD EXPORTS

Spanish olive oil has been exported since Roman times. Proof of this was found during excavations carried out by Professor Dressell in 1878 on Mount Testaccio, a 30-metre high hill on the banks of the Tiber, in Rome's river port. The hill is composed of strata of pieces of some forty million amphorae, 50 litres in capacity, which once contained oil. Their stamps and inscriptions reveal that the vast majority of that oil came from Spain. This evidence of the Spanish oil trade is helping to make it possible to piece together the rather vague history of the first three centuries of our era. Further evidence of this important trade is provided by the markings on amphorae from Bética (Andalusia) found all over Europe. They were transported along an almost entirely fluvial route: the Rhône, the Saône, the Rhine, the Upper Danube... reaching Augsburg and, via Vechten, the British Isles... In the second century, all the oil consumed in Brittany was Spanish, though it must be remembered that the trade was entirely under the control of the Romans.

The stamp on an oil amphora is much the same as present-day labelling

The extraction of olive oil

Once the olives have been harvested, they are transported to the oil-mill for pressing. There are still numerous small family businesses where the whole process is done by hand. But large modernised operations run by cooperatives or large companies have adopted modern technology, though the last stages of harvesting are still done by hand, returning several times to the same tree to collect the last olives.

The period the olives spend in storage has to be short, otherwise their quality deteriorates. Olives for oils with Denomination of Origin may not be stored for longer than 24-72 hours. Damaged fruit and impurities are removed and the remaining olives are washed. The grinding is carried out with grindstones or continuous discs, without the olives having been stoned. This operation is very important and delicate. The skin of the fruit is torn open so that its inner cells release the oil they contain.

The duration of the grinding process depends on the quality of the olive, how resistant the flesh is, the size of the stones, the degree of ripeness, and so on. It usually takes half an hour.

The next operation is beating. The ground paste is put into cylindrical containers and beaten by revolving blades until the mixture is homogenised, which is necessary for the subsequent pressing to be balanced and consistent. In some modern processes the olives are stoned first.

There are new methods of pressing, like powerful spinners which separate the oil from the paste, or mills which achieve the same effect by changes of tension. Despite these innovations, the simple application of heavy pressure

—a classic technique—is still used.

The paste made up of ground olives is an elastic and resistant mass which is very difficult to press unless divided up. The traditional method is to place it on discs of plaited material called *capachos* formerly made of dried grass, but nowadays of coconut

rence lies in the force they exert. The first press extracts most of the juice the paste contains, and the second finishes the operation after a second grinding (if necessary) and beating, always carried out in cold conditions. All the oil obtained by this method is «first pressing virgin olive oil». Modern presses

paration is done quickly by spinning and, if necessary, filtering.

The best quality oils are known as «virgin olive oil» and the lower quality ones as «*lampante* virgin olive oil». *Lampante* virgin olive oils need to be refined as they are excessively acid and have very strong smell, taste and colour. The process consists of three stages: decolouring, deodorising and neutralising. This can either be done physically (separate distillation of the fatty acids) or chemically, using meticulously measured quantities of soda in solution. After shaking and heating, the mixture is allowed to settle and cool. The soapy solution (the acid precipitate) is easily separated from the now neutralised oil, which is then washed. The decolouring is done by passing the oil through a filter of colour-absorbing earth or activated carbons. Deodorising is achieved by the action of steam from water heated in a vacuum to a temperature of 190°C to 200°C. The vacuum is maintained during the cooling period, an essential precaution, since otherwise the oil takes on an unpleasant taste when it comes into contact with the air. This treated oil, mixed with virgin oil, is what is known commercially as «pure olive oil».

From the left-over paste, a solid residue called *torta*, or «cake», *orujo* oils may be obtained, again by means of pressing.

As for the «Virgin olive oil, extra» nowadays sold on the international market, it is not that it is any more «virgin» than the others, but rather that it has a more delicate flavour and is never over 1° of acidity. It is the favourite oil for consumers and gourmets throughout the world.



Modern technology has been adopted, but some stages are still done by hand.

matting or synthetic fibres, in lots of 5 to 6 kg. The *capachos* are carefully piled up one on top of the other, up to between 25 and 50 layers, every fifth one of them being a «guide» to keep the pile balanced and to distribute the pressure.

The *capachos* act as filters and drains, letting the oil pass from one to the other. In some modern factories, they have been replaced by a filter made of olive-stones. There are two types of press: the preliminary and the final. They work on exactly the same principle—the diffe-

combine both these operations into one.

The liquid extracted by this pressing is reddish in colour and made up of oil, vegetable juice (called *alpechín*) and paste which still contains oil. The two liquids—oil and *alpechín*— are of different densities, and the next step is to separate them. The traditional method is to decant them into large tanks where the oil slowly rises to the surface. If this process is allowed to go on too long, the *alpechín* ferments and gives the oil a very pronounced taste and smell. Nowadays, the se-



of food products. Not only does it give the name of the factory, with its owner's three initials, but it also shows what olive-grove it came from, the name of the trader and, in symbols, the taxes paid on that oil, as well as other information.

Columela, in his book *De Re Rustica* (42 A.D.), after a detailed description of how Spanish olive oil was obtained, describes it thus: «It has a pleasant smell and taste, it is not greasy, is greenish in colour and is reminiscent of the fragrance of a fresh olive.» The poet Martial sings the praises of Andalusian oil in the following words: «Divine Betis, your hair girt about with a crown of olive trees» —a reference to the vast olive groves that grew in that part of Hispania. Appian also mentions the olive groves above the river Tagus and Aviano. In his *Ora Marítima* he calls the river Ebro *Oleum Flumen*.

Later, after the conquest by the Visigoths, laws were passed relating to tree-felling. Thanks to these laws, it is known that the highest price —five gold coins— was paid for olive trees, whilst other fruit trees were worth only three.

In the 6th century, an olive tree cost five golden coins, two more than any other fruit tree.

The *Régula Isidori* (615) tells of the diet followed in religious communities and monasteries at the time. It was composed of vegetables, pulses, bread and olive oil —what we know today as the Mediterranean diet.

In the mountainous regions in the north of Spain (except for the Pyrenees), olive oil was not known of until centuries later. It arrived for the first time in Cantabria, sent from Cádiz after the conquest of that city and Seville by Cantabrian sailors under the orders of Admiral Bonifaz.

King Alfonso X, «The Wise», in a document drawn up in Seville on 17th July, 1253, exempted the Council of Santander from tolls on deliveries made by sea from Andalusia (the only ones authorised by the Regulations of Jerez), in gratitude for their help in achieving the conquest.

In the first tariffs of customs duties

known in Santander, dating from the 13th century, *olio* is mentioned along with other commodities. Interestingly, in a 15th century document signed by Don Diego Hurtado de Mendoza, head of the Royal Household, and by all the top men of the small towns and valleys of the Santander region, which classifies and prices all foodstuffs, the wholesale price of Seville olive oil is given as 5 maravedis. Sold retail, it was worth six and a half maravedis, whilst Castillian oil —on the same terms— was priced at six and seven and a half respectively. Clearly, the coarse palates of the time preferred Castillian oil.

Since those times, with the discovery of America by the Spanish and the resultant interchange of goods, among them the olive, vast areas of Spain have been given over to olive-growing and oil-producing. Spain has so many varieties of olive and such varied soils and climates that it would be fair to claim that no other Mediterranean country can provide such a wide range of virgin olive oils. All of excellent quality, or with the potential to achieve it, once modern techniques of extracting olive juice become established.



Virgin oil without denomination of origin

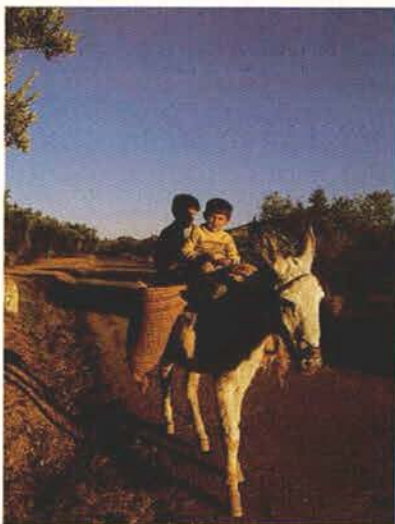
Olive-trees grow almost all over Spain. The numerous variety of soils and climates produces also a wide range of virgin olive oils, each one with its own peculiarities.

Alicante: With a total of 21,000 Ha., the olive groves are spread among five clearly differentiated areas, of which the most important is *Montaña*. Here, the varieties grown are *Blanqueta* (60%), *Manzanilla* (20%) and, to a lesser extent, *Cuquillo* and *Gordal*. The oil produced is of low acidity, mild aroma, fruity taste and ranges in colour from pale yellow to golden. In the rest of this region, *Changlot Real* and *Cornicabra* are also grown.

Badajoz: The olive groves are very extensive here —187,000 Ha.— this area being one of Spain's main suppliers of olive oil and table olives. The most widely grown varieties are *Verdial de Badajoz*, *Morisca* and *Cornezuelo*, along with *Manzanilla*, *Corniche Carrasqueña*, *Manzanilla Serrana*, *Gordal*, *Picolimón*, *Ocal*, *Picogorrión*... Generally, the olive

trees are over a hundred years old (some are as old as three hundred), though grafting has been carried out onto the root stocks, so that the branches are younger than the roots. There are also some young plantations. In general, this region's oils are of high quality, intense yellow in colour with a fruity aroma and sweet taste, unless the olives have been in storage for too long, in which case they taste slightly bitter.

Cáceres: There are some 79,000 Ha. of olive groves here, the varieties grown being *Cacereña*, *Verdial*, *Corniche*, *Cordobí* and *Carrasqueña*. This is an area of tremendous quality potential. Its oils are very fine, despite their acidity —sometimes over one degree— fruity, pale golden yellow in colour and mild in flavour. Lately, the variety *Arbequina* has been introduced and is being processed in Pla-



sencia, on the banks of the Jerte, producing very good results.

Castellón: For the most part, the olive groves are found here on the plains, valleys and slopes of the mountain ranges of the interior, growing on stone-walled terraces which have been built by the growers since time immemorial. They cover some 38,000 Ha. The predominant variety is *Farga*, followed by *Requès* or *Morrut Roig* and *Serrana-Espadán*. In some plantations, olives alternate with almond and carob trees. There are two clearly defined areas: *Maestrazgo* (which is very mountainous) and *Espadán*, in the basin of the river Palancia. In the first of these areas, the oil is very full-bodied, with fruity aroma and taste; it is brilliant, transparent, and a golden yellow colour. In the *Espadán* area, the quality is exceptionally good because it

is very painstakingly elaborated. It is of low acidity, tastes of olives, is a transparent yellow and is clear and full-bodied. **Ciudad Real:** Here, the predominant variety is *Cornicabra*, except in the Campo de Montiel area where *Picual* is

In some olive groves the trees are over a hundred years old.

grown. On a small scale, *Verdiell*, *Manzanilla*, *Corniche* and *Nevadillo Blanco* are also cultivated. The most outstanding oil from this area comes from Montes de Toledo (28,000 Ha. planted with *Cornicabra*) made from late fruit, but of excellent quality. The oil is clear and golden, low in acidity and very fruity.

Córdoba: The olive groves planted on the mountains, valleys and undulating plains make up an area of 295,421 Ha. Some parts are difficult to cultivate mechanically because of being on steep slopes, but others are more easily accessible. Córdoba's oils, with good varietal ones, are quality oils. The varieties grown are *Hojiblanca* (high quality), *Picudo*, *Lechín*, *Marteña*, *Lopereña*, *Gatuno*, *Carrasqueño*, *Nevadillo Blanco* and *Nevadillo Negro*. The best quality oils (apart from those covered by the D.O. Baena) are those from Puente Genil and Castro del Río and Priego.

They can range in colour from very pale to yellow and have a fruity aroma and flavour. A third of the production goes for export (3,000,000 kilos of oil).

Granada: The olive groves of Granada cover 110,000 Ha. The biggest yields

Production areas and denominations of origin

CATALONIA

The Denomination of Origin (D.O.) **Borjas Blancas** covers the areas of La Garriga and Baja Segura in the province of Lérida. The influence of the Mediterranean climate results in moderate low temperatures (with the minimum around 6-8° below zero). The terrain —valleys, terraced hillsides, etc.— with an average altitude of between 400 - 550 metres is unsuitable for tractors. The predominant variety of olives is *Arbequina* (90%), followed by *Verdiell*. Olive groves cover 38,000 Ha. The oil produced is of the highest quality and is of two types: one made with early olives, greenish in colour, full-bodied and with a flavour of almonds, and the other made with mature olives which is yellow, fluid and sweet. Their acidity level is between 0.2° and 0.4°. A great deal is exported to Italy.

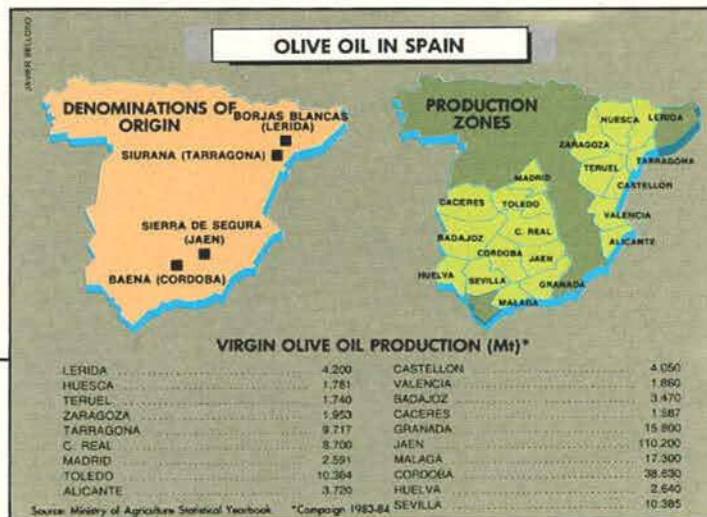
Also in Catalonia is the D.O. **Siurana**, which covers the areas of Campo de Tarragona, Priorato and Ribera del Ebro (in the province of Tarragona). The olive groves are at an altitude of between 200 and 400 metres. Minimum temperatures in this area reach 4° and 5° below zero. The trees are of the *Arbequina* variety, old and fine-looking, though they give a low yield. Olive groves with D.O. cover 7,000 Ha. and those without, 4,000. The oils are fluid, fine quality and particularly fruity with an acidity level below 0.5°. The va-

rieties of olive used are *Arbequina* (90%) and *Rojal Morrut*.

ANDALUSIA

The Denominations of Origin **Sierra de Segura** is in the province of Jaén and is made up of the areas of Sierra de Segura and Chiclana de Segura (in the Sierra Morena). The terrain is rugged, with steep slopes which make mechanised cultivation difficult. The average temperature is 17°, the absolute minimum being 8° below zero.

The predominant variety is *Picual*, also known as *Nevadilla*, *Marteña* and *Lopereña*. It is highly resistant to cold and disease. The oil it gives is low in acidity, very fruity and with good colour and flavour. The Denomination of Origin **Baena** is in the south east of the province of Córdoba in terrain which varies from the gentle undulations of the central area to the steep slopes of the Penibética mountain range. Its semi-damp climate is extremely sub-continental, with dry, hot summers. Among the varieties grown here, *Picuda* or *Carresqueña de Córdoba* predominate, along with *Hojiblanco*, *Picual*, *Jardúo* or *Chorrúo*, *Lechín* and *Pajare-ro*. The flavours of the oil obtained from such varied terrain range from intensely fruity to very mild, and the colours from golden yellow to greenish yellow. Almost the entire output is consumed by the domestic market.



come from the varieties *Lechín* and *Picudo*. There are five areas, very clearly differentiated by ecology, varieties grown (*Lucio*, *Picual*, *Hojiblanca*, *Marteña*, *Loaine*, *Gordal* and *Manzanilla*) and altitude. The mountain oils are very aromatic, fruity, and yellow in colour, whilst the valley ones are mild, fragrant and of high quality.

Huelva: The area given over to olive groves is 30,000 Ha. The varieties grown are *Verdial de Huévar* and *Manzanilla de Dos Hermanas*. The plantations are rather old, but new ones have been established in the best land, in the El Condado area, which give two distinct types of oil. One of them is greenish in colour, fruity in flavour with quite a lot of acidity, suitable for «fortifying», whilst the other has a thin aroma, is yellowish in colour and mildly fruity.

Huesca: This is traditionally highly thought of as an oil-producing area. Recently the area given over to olive-growing has been reduced considerably and the oil-mills and pressing systems have been thoroughly modernised. The terrain is very varied, from the plains of the Monegros to the slopes of the Pyrenees. The most common varieties are *Verdeña*, *Empeltre*, *Negral* and *Arbequina*. In this area the oils vary from being intense golden yellow, fruity-flavoured, sweet and aromatic to pale and less fruity. They are sold only within the area and in Lérida.

Jaén: The olive groves here total no less than 434,999 Ha., which makes this area Spain's great oil reserve. The predominant variety is *Picual*, along with *Picudo*, *Carrasqueño*, *Hojiblanca*, *Manzanilla de Jaén*, *Changlot Real*, *Verdilla*,

Manzanilla Dos Hermanas... This region is mainly mountainous (Sierra Morena, Sierra de Segura, Cazorla), punctuated by the valleys along which run the Guadalquivir and Guadalimar rivers. Many oils are processed in modern oil-mills, but oils from various areas are mixed, so that their individual characteristics are lost. In general terms, the oils are of good (even top) quality, pale golden yellow in colour, with fruity aroma and flavour, clean, smooth and stable.

Madrid: Here, there is a long tradition of cultivating *Cornicabra* and *Manzanilla*, followed by *Picual*, *Carrasqueña* and *Gordal*. The introduction of modern technology is bringing about a marked improvement in the quality of oils produced. They are fruity in flavour, brilliant yellow in colour and low in acidity (except when pressing is delayed).



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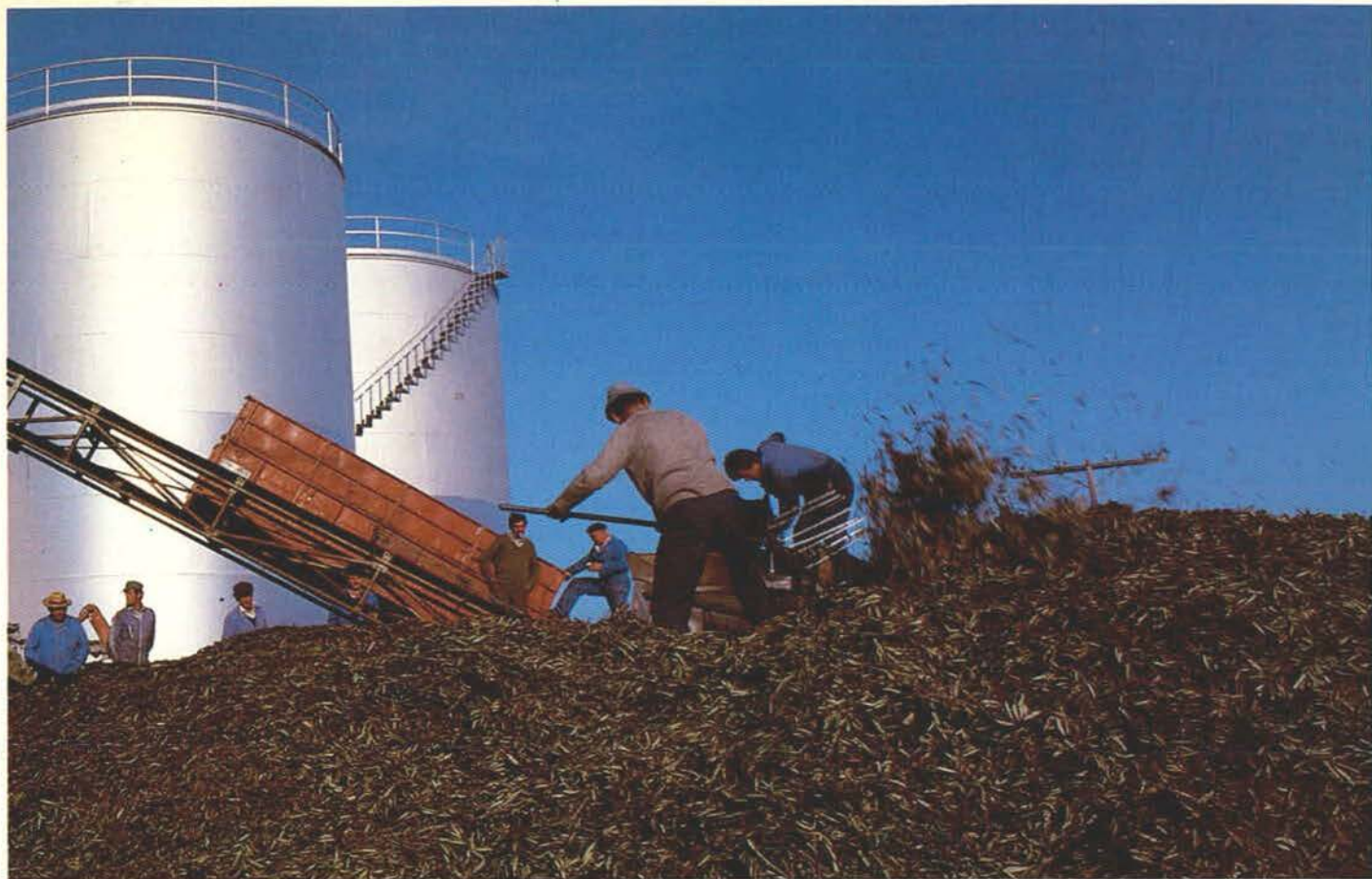
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SPAIN



Types of olive oil as defined by the Spanish technical and sanitary regulations

Málaga: In Málaga, olive groves cover 111,000 Ha., of which 50% are *Hojiblanca*, 15% *Verdial* or *Vélez Málaga*, 13% *Aloreña* and the rest *Nevadillo Blanco*, *Picudo* and *Lechín*. There are four large olive-growing areas, of which the best is in the north (Antequera and Archidona). Its oil is a vivid golden colour, good quality, fragrant and subtle, and with a mild flavour very suitable for current consumer tastes. The rest, with good plant hygiene and careful processing could be extraordinary good.

Seville: Most of Seville's olives are preserved, given their excellent quality and high demand. Except in the Marisma, olives are grown throughout the region, the varieties being *Manzanilla*, *Gordal*, *Verdial*, *Rapasayo*, *Zorzaleño*, *Sevillana*, *Lechín*, *Serrana*, *Morona* and *Hojiblanca*. The oils produced —by traditional met-

Olive oil must derive exclusively from the *Olea Europea L* tree without mixing with other oils and without the use of reesterification methods, solvents, and so on.

Virgin olive oil is all oil obtained solely by mechanical or physical processes which do not alter it in any way: it is simply washed, spun, decanted and filtered.

Virgin olive oils are subdivided according to quality: *Extra*, with a maximum acidity of 1.°; *Fino*, whose acidity is between 1° and 1.5°; *Corriente* or *Semifino*, whose acidity is between 1.5° and 3°. Oils with a higher degree of acidity are known as *lampantes*.

Lampante virgin olive oil is the one which, although natural, has too much smell, flavour and colour. Once treated, this oil becomes:

Refined olive oil: For this, the oil is deodorised and its colour and smell are toned down by chemical and thermal processes during which many of its properties (vitamins) are lost.

Pure olive oil: This is obtained by mixing virgin and refined olive oils.

hods— are golden yellow in colour, with very fruity aroma and flavour, and levels of acidity varying from 0.2° to 0.1° according to area. The best are bottled and exported.

Tarragona: The olive groves here are di-

vided into two large areas. Arbequina occupies a strip stretching from the west to the east of the province, along the foothills of the Sierra de Montsant and the fields of Tarragona. The second area lies within the area of the Bajo Ebro. Here, the varieties of olive are *Farga*, *Morruda* and *Servilleña*. In days gone by, the oil made from them had an intense flavour, strong colour (between golden and green) and high acidity. Today, thanks to modern technology, the oils have a pleasant fruity taste, low acidity and are yellow in colour.

Teruel: The oil here comes from olive groves which extend along the Ebro valley, divided into three clearly demarcated sub-zones. Fine (*fino*) oils come from Alcañiz and Valderrobles; normal (*corriente*) oils from Hijar and Castellote and *marginal* oils from Mon-

talbán. The leading variety is *Empeltre* (90%), followed by *Vera Fina*, *Manzanilla*, *Farga*, *Royal* and *Negral*. The climate is continental with sub-zero temperatures in January and February. In colour, the oil is between golden yellow and old gold. Its flavour at the beginning of the season is fruity (reminiscent of olives), later turning sweeter, light and mild. It used to be exported from Alcañiz to Genoa and Marseilles; nowadays it is consumed within Spain and some is exported to Italy.

Toledo: Here, olive groves cover an area of 110,000 Ha., mostly planted with *Cornicabra*, along with some *Manzanilla* and *Negrilla*. Some of the groves on the foothills of the Montes de Toledo and others along the river Tagus. The trees are still shaken manually with poles, and oil is made by the classic method. This area's oils have a fresh aroma and are fragrant and fruity. They are golden yellow in colour, very transparent and low in acidity. Only a small amount is consumed the region itself, the rest being sold to Catalonia.

Valencia: Olive groves cover an area of 30,000 Ha., and many varieties are grown, though *Villalonga* and *Cornicabra* predominate, followed by *Serrana*, *Manzanilla*, *Cuquillo*, *Asperilla*, *Piñón*, *Blanqueta*, *Alfafañena*, *Moruda*, *Del Terreno*, *Rochal* and *Grosal*. The two virgin oils of Casinos and Canal de Navarra are outstanding. The first is a greenish yellow colour, pale and transparent, and pleasant to the palate though quite high in acidity. The second (made with 80% *Manzanilla*) is, despite being a deeper colour, lower in acidity. It is greenish, slightly fruity and pleasant to the palate.

Zaragoza: The majority of the olives grown in the province of Zaragoza are of the varieties *Arbequina*, *Empeltre* and *Negral*. Its different natural regions produce different oils. Some are very mild, fruity, transparent and golden in colour, with less than 1° of acidity, whilst others are more intense in colour and higher in acidity, though always fruity. The first are sent to exporting companies in Tortosa, Reus and Barcelona, whilst the second are sold within the region as well as in Soria and La Rioja. Currently, some of the olive groves are being given over to almonds.

Recipes

Ensalada Madrileña *Madrid Salad*

1 or 2 lettuce hearts, according to size;
1 onion cut in half;
3 medium sized ripe tomatoes;
1 small tin stoned Seville olives;
1 small tin natural tuna;
1 teaspoon sherry vinegar;
5 dessertspoons virgin olive oil (extra);
salt and pepper.

Cut up the lettuce into pieces and the onion and tomatoes into rings. Mix with the other solid ingredients. Keep refrigerated and add the oil and vinegar 10 minutes before serving.

SUMMER SOUPS *Gazpacho Andaluz* *Andalusian Gazpacho*

6 very large red tomatoes;
2 cloves garlic;
1 medium green pepper;
1 slice bread (100 gr.);
4 soupspoons virgin olive oil;
sherry vinegar and salt to taste.

Remove the pith and seeds from the green pepper. Peel the tomatoes and cut them up. Put all the ingredients plus a large glass of water into the blender and whizz. More water can be added if you prefer a more liquid soup. Place it, in a covered glass or plastic container, in the fridge for a few hours. Serve cold, but not frozen, accompanied by little dishes of chopped onion, tomato, green pepper, bread cubes, etc.

Ajo Blanco de Málaga *White Garlic Soup from Málaga*

1 cup peeled almonds soaked overnight;
3 large cloves garlic;
250 gr. breadcrumbs;
6 dessertspoons olive oil;
salt and wine vinegar to taste.

Soften the breadcrumbs in a little milk. Whizz all the ingredients together in the blender with a glass of water to obtain a smooth, fine paste. Add more water for a more liquid soup. Serve cold, with peeled grapes (muscatel or something similar).

Salmorejo de Córdoba *Salmorejo from Córdoba*

4 large red tomatoes;
1 slice bread (150 gr.);

2 cloves garlic;
the yolk of a hard-boiled egg;
5 dessertspoons olive oil;
vinegar and salt to taste.

Mix all the ingredients together with a glass of water in the blender. Check the consistency. Place it in the fridge and serve cold, accompanied by little dishes of finely chopped ham, roast turkey and hard-boiled egg.

WINTER SOUP *Sopa de Ajo Castellano* *Castilian Garlic Soup*

Toast some thin slices of French bread (about 200 gr.) and set aside. In four tablespoons of olive oil fry 2 cloves of garlic and a teaspoon of paprika. Crush and dissolve in boiling water, adding salt to taste. Add the bread. Put the mixture in a round earthenware dish and brown under the grill or in the oven. You could also add an egg or two on top.

SAUCES *Picada de Cataluña* *Catalan Picada*

This can be served with fish or meat, or with any cooked dish to add flavour.

Grind, either with a pestle and mortar or in a blender, a few fronds of natural saffron, 2 cloves garlic, 50 gr. toasted almonds and hazelnuts, a little powdered cinnamon and some parsley. Add a few drops of water and 5 dessertspoons olive oil. Then add as much hot water as you need sauce—it should be very thin. It can also be served with rice and pasta, though you should leave out the almonds if you are serving it with rice.

MAIN DISHES *Besugo a la Madrileña* *Sea-bream Madrid style*

1 cleaned sea-bream weighing 1 1/2 kg.;
4 dessertspoons olive oil;
300 gr. potatoes, peeled and thinly sliced;
2 lemons;
a branch of parsley;
1 glass white wine;
1 onion;
salt.

Cover the bottom of a fish-pan with the potatoes and sliced onion and sprinkle over half the oil. Put it in a medium oven (250°C) for 10 minutes. Meanwhile, cut the lemons into wedges. Place the bream on top of the potatoes and slash it diagonally across its back, putting a lemon wedge in each slash.



White garlic
soup



Andalusian
Gazpacho

Sprinkle with the wine, the rest of the olive oil, the salt and the chopped parsley. Put it back in the oven for a further 15 minutes, or longer if the fish is thick. Serve hot.

*Cordero en Caldereta
a la Andaluza*
Andalusian Lamb Stew (Serves 6)

In a frying pan containing olive oil, fry 1 1/2 kg. of lamb cut into pieces. When it has browned, add two dessertspoons of vinegar, salt and a large glass of young white wine, a pinch of oregano and a sprig of thyme. Add the *aliño* or dressing (instructions given below) and bring to the boil. Add water if necessary.

Dressing: 2 dessertspoons toasted almonds; 3 well-fried cloves garlic; 1/4 of a lamb's liver, fried. Mix these ingredients thoroughly in the blender.

This dish can be made the day before; it gains flavour by the following day. Serve hot.

DESSERTS

Roscas Dulces de Coin (Málaga)
Sweet Rings from Coin (Málaga)

6 eggs;
11 1/2 kg. flour;
300 cl. olive oil;
750 gr. sugar;
1 teaspoon baking powder or bicarbonate of soda;
1/2 cup natural honey;
grated rind of 1/2 lemon;
cinnamon to taste.

Beat the eggs thoroughly with the sugar, oil, honey, baking powder and lemon rind. Mix in the flour a little at a time. Knead the dough thoroughly on a flat surface. Shape it into rings about 6 cm. in diameter. Place on a baking sheet and bake at 200°C for 7 or 8 minutes. Serve sprinkled with cinnamon.

Bizcocho Casero
Home-made Sponge Cake

125 gr. sugar;
125 gr. flour;
4 eggs;
1 glass extra olive oil;
1/2 teaspoon baking powder;
grated lemon rind.

Beat the whole eggs thoroughly with the sugar. Add the oil, flour, and lemon rind. Mix well. Place in a buttered baking tin and bake at 200°C for 25 minutes.

How olives are harvested



The traditional olive harvesting methods still survive, together with new technology.

Shaking: Long, flexible poles are wielded manually to shake the branches of the olive trees so that the ripe olives fall off. It requires skill and delicacy not to spoil the fruit.

Mechanically: Electric «vibrators» are attached to a small tractor to perform the same operation.

Collecting: This is usually done by hand, the olives being collected into small wicker baskets during cold weather (January and February).

Mechanically: This is only done on an experimental level in Spain. A small tractor is equipped with a mechanical shovel which collects the olives and deposits them into a container. This method spoils a lot of fruit.

For the harvesting to be successful, transporting and washing the olives has to be done very quickly, avoiding long periods in storage, so that the oil is extracted immediately.

For the most part, olive harvesting methods are still the traditional ones that can be seen illustrated in the ancient frieze exhibited in London's British Museum, although gradually, mechanical methods of shaking the trees and collecting the fruit are coming to be used. In many parts of Spain, adopting these new methods can be problematic since the olive groves are on steep mountainsides which make access by tractor difficult, if not impossible. Oddly enough, the olive trees planted at an altitude of 800 metres and over enjoy the ideal conditions for producing the best fruit and the finest quality oil. The amount of sunshine, moisture, and the dramatic shift of temperature between day and night—a common phenomenon in Spain's interior and in mountainous areas—are just right for producing high quality olives and oil.

An Interview with Dr. Grande Covián

Profesor Grande Covián is from Colunga in Asturias, just four kilometers from the sea. It is said that the Emperor Charles I stayed at his imposing house on 19th September, 1517 after landing in Spain for the first time. A prestigious doctor, he is one of the leading nutritionists in the world today. He taught for twenty-one years at University of Minnesota in the United States and has also carried out research into nutrition in Sweden, Denmark and Germany. He occupies the Chair of Biochemistry at the University of Zaragoza.

Text: Gonzalo Sol
Photos: Pablo Neustadt

OUR DIET IN THE YEAR 2000

ject that no-one knows anything about, because they have never been taught. Previous generations at least inherited from their mothers and grandmothers a certain dietetic knowledge gleaned from practical experience of cooking.

—You are the coordinator of the International Oil Council's Round Table conferences. Is olive oil really the «nutritional gem» that it is claimed to be at the moment?

—Indeed, olive oil is first of all a vegetable fat and is therefore free of cholesterol, which gives it an advantage over animal fats. Secondly, it is very rich in oleic acids—60 to 70% of its total fatty acids— which helps reduce cholesterol.

What is quite clear is that olive oil does not increase cholesterol levels in man. Furthermore, and this is the third point I want to make, it is our culture's natural fat. The entire Mediterranean area, and the island of Crete in particular, is outstandingly low in cardiovascular disease.

—And what about the recent reports about oily fish?

Would it be a good thing for nutrition to be taught more widely?

—Of course. On a medical level, because this would help to solve the problems—some of them very serious— created by the effect of certain medicaments on the way our bodies make use of certain nutritional elements. It could be said that in hospitals it would not only improve the health of the patients, but would also mean a considerable saving. It has been calculated in the USA that it could result in a 10% saving on the cost of hospitalisation. On a domestic and popular level, it is a sub-



—Yes, indeed. This is a very interesting question. Its fats are so polyunsaturated that a diet rich in oily fish could genuinely bring down cholesterol levels.

—Will there be attempts to find new sources of protein for the year 2000?

—Our diet in the year 2000 will be very rich in cereals and pulses and «poorer» in meat than at present. Firstly, because it is healthier: it would give us a more balanced diet. Secondly, because it is cheaper: in a world as problematic as ours, it seems ridiculous to feed cattle on 7,000 calories of grain to produce only 1,000 in meat.

—Is this balanced diet you mention quantifiable? What is the ideal diet?

A reasonable diet would contain 50% of its calories as carbohydrate, 35% as fat and 11 or 12% in the form of protein. It is easily recognisable that these proportions are different in the developed countries, which eat more protein and, especially, animal fats —not at all a good thing.

—What is your opinion of strict vegetarianism?

—It can be quite acceptable for adults, but only if their diet includes a mixture of cereals and pulses, since their amino-acids are complementary, and provide nearly all eight that our bodies cannot synthesise. Nevertheless, a vegetarian diet is not a good idea for children, because of the high protein input and the high proportion of essential amino-acids that their growth requires. But I return to my point: the best diet is a varied one, following as closely as possible the proportions I have just indicated. Our bodies need 45 to 50 chemical substances —no more— but they are very irregularly distributed so that variety in what we eat is essential.

—You say that the diet in the developed countries is not a good one; this could perhaps explain why there are so many overweight people. What do you think about slimming diets?

—First, we have to define what we mean by «overweight». The guidelines were drawn up many years ago by insurance companies, without knowing much about it and without investigating the problem objectively. To imagine that one should weigh the same throughout one's adult life, or less than one did at 25 is absurd. On the other hand, we don't know for certain at what stage obe-



«The entire Mediterranean area is outstandingly low in cardiovascular disease, because olive oil, our culture's natural fat, does not increase cholesterol levels in man.»

sity becomes dangerous. Until recent times, and throughout the long course of the history of mankind, fatness was considered to be a good thing, a sign of wealth, power and capacity to survive; it meant that the person had reserves to fall back on during leaner times. A fat man would survive, a thin man wouldn't. But this is something we still know very little about. During the last population census in the U.S., data of height and weight were obtained with a view to getting a nationwide picture, so that one could work from a better basis than mere supposition.

There are various diets which have enjoyed a vogue: Dr. Atkins' - the carbohydrate diet, the absolute diet... The only one which hasn't enjoyed a vogue is the only logical and healthy one: decreasing the number of calories but not the variety of food nor the proportions of its nutrients, and burning more energy. So-called carbohydrate diets like the one Dr. Atkins puts forward in his famous book are appalling.

—Is there a causal relationship between food and longevity?

—Probably. A healthy man who eats a healthy diet can have a long life. But hereditary factors also come into play. Common factors have not been detec-

ted. There are three peoples in the world who are outstandingly long-lived: some Caucasians, the Hunza of Northern India and the inhabitants of Vilcabamba in Ecuador. These last two are not even well-nourished.

—It is sometimes attributed to well-water, to certain plants, to fasting...

—Scientifically speaking, this seems unlikely.

—What about wine, Professor Co-vián?

—The danger of saying anything good about wine is that one is then accused of encouraging alcoholism.

—But is it bad for us, good for us, or neutral?

—Paracelsus answered that one nearly 500 years ago: it's a question of quantity. But in fact, a study was done on the animal-fat consuming countries —nearly the whole of western Europe— which showed that the presence of wine in the diet of France seemed to be related to its lower rate of cardiovascular disease compared with other countries whose habitual drink was beer or spirits rather than wine.

—How do you see the problem of feeding the planet?

—It's a distribution problem. At present, the earth produces enough calories to feed its inhabitants, but they are badly shared out, even within the developed countries. Having said that, the developed countries today can choose any food from anywhere in the world, and eat as much of it as they like, which is something completely new in the history of mankind. Meanwhile, the World Health Organization puts at no fewer than 500 million the number of human beings categorically suffering from malnutrition. 10% of those are in dire danger of dying from starvation. It's a problem of distribution and solidarity.

—Shall we ever see the day when we feed ourselves with capsules and pills?

—I don't believe so. Apart from being very expensive, it would do away with the pleasure of eating. Anyway, the solution is being sought elsewhere —obtaining protein from micro-organisms, for example. But we are still a long way away from such extremes. I maintain what I have said: there is enough natural food. What we have to do is improve it and, above all, distribute it better.

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SHERRY & BRANDY

Whites

This is still the largest group. Along with *rosés*, these are the least suitable wines for ageing, and it should also be borne in mind that about 64% of Spanish wine production is of whites. *Penedés* led the field in whites this year. Two wines from Galicia, one from *Rueda* one from *Rioja* and one made in *Lérida* by a subsidiary of a *Penedés* bodega join them in the lead. A new fashion—for varietal wines—has emerged from this group. The traditional grape varieties of *Penedés*, *Albariño* and other Galician ones, *Verdejo* from *Rueda* and imported varieties, elaborated alone, have given rise to a highly individual range of whites.

MAS RABASSA XAREL-LO, 85

Bodega: Celler Josep María Torres i Blanco, Olerdola (Barcelona).

Area: D.O. *Penedés*.

Pale straw yellow; brilliant. Excellent presentation. Powerful in the nose, fine and delicate; intensely fruity and very clean aromas. In the mouth, although acid predominates, the other flavours are perfectly balanced and it is very persistent. Excellent primary aromas of *Xarel-lo* in the finish, which improve on the already superb nose.

WALTRAUD, 85

Bodega: Miguel Torres, Villafranca del *Penedés* (Barcelona).

Area: D.O. *Penedés*.

Pale straw yellow; brilliant. Excellent presentation. Delicate nose with intense and very elegant aromas; hints of muscatel. Excellent flavour structure, residual sugars balancing well with acidity. Persistent. Fruity, broad, elegant finish.

MAS RABASSA MACABEU, 85

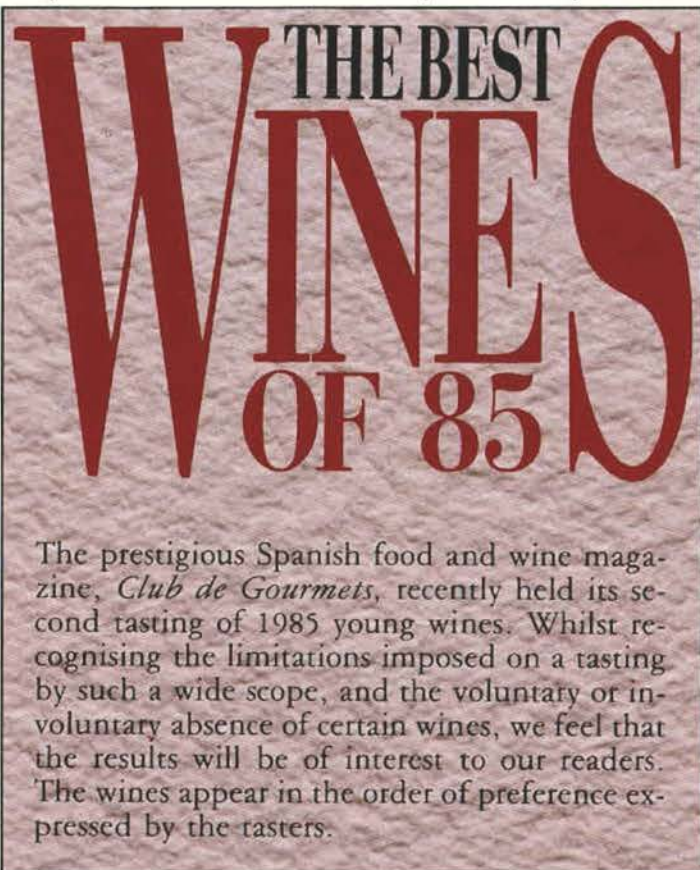
Bodega: Cellers Josep María Torres i Blanco, Olerdola (Barcelona).

Area: D.O. *Penedés*.

Pale straw yellow with steely glints; brilliant. Very attractive. Intense, clean, fruity aromas with distinct varietal references. Very fresh and light in the mouth with a good flavor structure and long finish. A slight carbonic zing adds freshness.

VIÑA SOL, 85

Bodega: Miguel Torres, Villafranca del *Penedés* (Barcelona).



The prestigious Spanish food and wine magazine, *Club de Gourmets*, recently held its second tasting of 1985 young wines. Whilst recognising the limitations imposed on a tasting by such a wide scope, and the voluntary or involuntary absence of certain wines, we feel that the results will be of interest to our readers. The wines appear in the order of preference expressed by the tasters.

Area: D.O. *Penedés*.

Pale straw yellow; brilliant. Well presented. Clean, fruity and elegant nose, though one would have hoped for more intensity of aroma. Fresh and light in the mouth at the same time as being flavourful. Good finish.

VIÑA TOÑA XAREL-LO, 85

Bodega: Celler Hisenda Mirret, San Martín Sarroca (Barcelona).

Area: D.O. *Penedés*

Straw yellow with steely glints; brilliant. Excellent

presentation. Very delicate, clean and elegant aroma. Very good flavour structure, fresh, with carbonic residue providing a pleasant zing. Good finish. Powerful aftertaste.

BLANC DE VALSEC, 85

Bodega: Cavas Domecq, San Sadurní de Noya (Barcelona).

Area: D.O. *Penedés*.

Very pale straw yellow with a steely sheen. Very attractive.

highlights; brilliant. Intense, fruity aromas, especially of the distinctive *Albariño* grape; hints of yeast. Very fresh and light in the mouth; delicate, yet with personality. Excellent finish, elegant and long. Very intense aftertaste. A fine, quality wine.

VIÑA ESMERALDA, 85

Bodega: Miguel Torres, Villafranca del *Penedés* (Barcelona).

Area: D.O. *Penedés*.

Straw yellow; brilliant, with carbonic bubbles. Clean in the nose with distinct and intense aromas of muscatel. In the mouth, characterised by a good acidity-carbon dioxide-residual sugars balance which gives the wine a nice equilibrium. Persistent, and with a powerful aftertaste which accentuates the impressions of muscatel.

VIÑA TOÑA PARELLADA, 85

Bodega: Celler Hisenda Mirret, San Martín Sarroca (Barcelona).

Area: D.O. *Penedés*.

Pale straw yellow with steely glints; brilliant. Perfect presentation. Very fine, delicate and clean in the nose; distinct varietal aromas. Very fresh, flavourful and delicate in the mouth, if a little short. Lovely aftertaste. A wine with lots of personality.

CLOS CASAL, 85

Bodega: Coniusa, Raimat (*Lérida*).

Area: Provisional D.O. Costers del Segre.

Pale straw yellow; brilliant. Very attractive. Intense and delicate fruity aromas, though with a slight hint of sulphur. Fresh in the mouth with a certain amount of residual sugars which are balanced by acidity. Very long finish. Elegant, powerful aftertaste.

DUC DE FOIX, 85

Bodega: Covides, Villafranca del *Penedés* (Barcelona).

Area: D.O. Penedés.
Pale straw yellow; clear. Clean, fruity nose; characteristic aromas of modern elaboration at controlled temperatures. Fresh and full in the mouth, lightened by the presence of residual sugars. A well balanced wine.

FERRET, 85

Bodega: Cavas Ferret, S.A., Guardiola de Font-Rubí (Barcelona).

Area: D.O. Penedés.
Pale straw yellow; brilliant. Fruity aromas typical of the *Parellada* grape. Well-structured in the mouth; elegant, fresh and dry. Long finish in which all the qualities of *Parellada* are much in evidence.

MARQUES DE GRIÑON, 85

Bodega: Bodegas de Crianza Castilla la Vieja, Rueda (Valladolid).

Area: D.O. Rueda.
Pale straw yellow; brilliant. Very attractive. Fruity aroma, fine and elegant with the typical overtones of the *Verdejo* grape. Very good flavour structure with the perfect level of acidity. Broad, fruity aftertaste.

VIN NATURE BLANC DE BLANCS

Bodega: Marqués de Monistrol, San Sadurní de Noya (Barcelona).

Area: D.O. Penedés.
Pale straw yellow with steely glints; brilliant. Very attractive. Delicate, fruity aroma. Fresh, light and dry in the mouth, and reasonably persistent. Clean, fruity aftertaste. An elegant and successful wine which shows traditional characteristics of a Penedés.

VIÑA BERCEO, 85

Bodega: Luis Gurpegui Muga, Haro (La Rioja).

Area: D.O. Rioja.
Straw yellow with steely glints; brilliant. Well presented. Very clean, fruity and delicate nose; typical *Viura* aromas. Fresh, light and per-

sistent with a delicate aftertaste. A young, very well elaborated wine in the traditional line of Rioja whites.

VIÑA COSTEIRA, 85

Bodega: Cooperativa del Ribeiro, Ribadavia (Orense).

Area: D.O. Ribeiro.
Pale straw yellow; brilliant. Intense fruity aromas with slight hints of muscatel. Good flavour structure achieved by good acidity - residual



sugars balance. A slight carbonic zing adds freshness.

VIÑA HEREDAD, 85

Bodega: Segura Viudas, San Sadurní de Noya (Barcelona).

Area: D.O. Penedés.
Pale straw yellow; brilliant. Clean and intense fruity aromas. Fresh and very light in the mouth. Just a little residual sugar balances the acidity and ties together the flavours. Broad, fruity and very pleasant aftertaste. A good quality wine which preserves the classic personality of Penedés whites.

BLANCO SECO

Bodega: Marqués de Monistrol, San Sadurní de Noya (Barcelona).

Area: D.O. Penedés.
Straw yellow; brilliant. Aromas of fruit mixed with those of slight ageing in wood. Well structured in the mouth; dry, light and clean with a very individual and elegant finish. Aromas of ageing predominate in the aftertaste.

CUATRO RAYAS

Bodega: Agrícola Castellana, La Seca (Valladolid).

Area: D.O. Rueda.
Very pale straw yellow with steely glints; brilliant. Very well presented. Fruity, not very intense aroma with slightly vinous overtones. Good flavour structure, clean and persistent, with the slight bitterness typical of the *Verdejo* grape. Does not show the year on the label.

DON JACOBO, 85

Bodega: Bodegas Corral, Navarrete (La Rioja).

Area: D.O. Rioja.
Straw yellow; brilliant. Attractive. Fruity aromas with distinct overtones of *Viura*; clean and delicate. Some residual yeasts which do not detract from quality. Fresh, balanced, delicate and persistent in the mouth. Broad, «quality» aftertaste, even improving on the nose. Well elaborated; modern technology has not been allowed to take away the typical personality of the area.

KRALINER

Bodega: René Barbier, San Sadurní de Noya (Barcelona).

Area: D.O. Penedés.
Pale straw yellow with steely glints; brilliant. Very well presented. Aromas a mixture of fruity and balmy. Fresh, light and dry in the mouth, with good persistence. Great personality in the aftertaste, the balmy tones taking over. Does not show year on the label.

REY DON JAIME, 85

Bodega: Bodegas Tierra Hernández, Valencia.

Area: D.O. Valencia.
Straw yellow; brilliant. Clean fruity aromas, though without varietal identity. Light and fresh in the mouth, with good flavour structures and reasonable length.

CASTILLO DE ALHAMBRA, 85

Bodega: Vinícola de Castilla, Manzanares (Ciudad Real).

Area: D.O. La Mancha.
Straw yellow with brownish hues; brilliant. Intense flowery aromas. Very light in the mouth, lacking in body and perhaps in acidity; residual sugars discernible. Powerful, elegant, aftertaste. Shows evidence of very painstaking elaboration and has aromatic properties which are extraordinary for this area.

**SEÑORIO
DE GUADIANEJA, 85**

Bodega: Vinícola de Castilla, Manzanares (Ciudad Real).
Area: D.O. La Mancha.
Slightly brownish straw yellow; brilliant. Fruity, flowery aroma typical of wines elaborated with selected yeasts. Good flavour structure provided by a nice acidity-residual sugars balance.

VIÑA TOÑA MACABEO, 85

Bodega: Celler Hisenda Mirret, San Martín Sarroca (Barcelona).
Area: D.O. Penedés.
Pale straw yellow with green glints; brilliant. Very attractive. Strong varietal aroma with a slight undertone of sulphur which spoils the quality somewhat. Light in the mouth, yet flavourful and persistent. Sulphuric smell in the nose and aftertaste affect the quality adversely.

ANYAL, 85

Bodega: Covides, Villafranca del Penedés (Barcelona).
Area: D.O. Penedés.
Pale straw yellow; brilliant. Fruity but low-intensity aromas. Very fresh and light in the mouth; long-lasting. A hint of vine-shoot in the aftertaste.

BLANC DE BLANCS, 85

Bodega: Franja Roja, S.A., Binisalem (Mallorca).
Area: Binisalem.
Straw yellow; brilliant. Complex aroma; fruitiness with an edge of alcohol. Clean and individual. Light and fresh in the mouth, smooth and long-lasting. Aftertaste not so good because of aromas of high-temperature fermentation, but it is a pleasant and interesting wine.

BLANC JOLIU, 85

Bodega: Celler Hisenda Mirret, San Martín Sarroca (Barcelona).

Area: D.O. Penedés.
Straw yellow; brilliant. Fruity aromas against a rather cellary background which detracts from its elegance. Fresh, very light and flavourful in the mouth with a fine, elegant finish. The aftertaste has the same defect as the nose.

BRADOMIN, 85

Bodega: Cooperativa del Ribeiro, Ribadavia (Orense).
Area: D.O. Ribeiro.
Pale straw yellow; lacking in brilliance. Intense fruity aromas, typical of the new elaboration methods. Good flavour structure, light and fresh. Acidity balanced by the persistence of residual sugars.

CASERIO VIGON, 85

Bodega: E. Vigón, Ciudad Real.
Area: D.O. La Mancha.
Straw yellow; brilliant but with floating particles. The nose suggests vine-shoot, per-

haps because of a too-early harvest. Well-balanced in the mouth, with a nice sugar-acidity relationship and long finish.

CASTILLA LA VIEJA, 85

Bodega: Bodegas de Crianza Castilla la Vieja, Rueda (Valladolid).
Area: D.O. Rueda.
Pale straw yellow; brilliant. Well presented. Fruity aroma typical of *Verderjo*, though not very intense. Broad flavour structure, rich and persistent. The aftertaste offers ample evidence of well elaborated *Verdejo* grape.

CASTILLO DE LIRIA, 85

Bodega: Vicente Gandía Pla, Valencia.
Area: D.O. Valencia.
Brownish straw yellow. Fruity yet slightly herbaceous aromas. Light and fresh in the mouth, though slightly earthy. A pleasant wine without major defects, though



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with no great positive qualities either.

COLMENAR, 85

Bodega: Jesús Díaz e Hijos, S.A., Colmenar de Oreja (Madrid).

Area: Specific Denomination Vinos de Madrid.

Medium intensity straw yellow; brilliant. Fruity, not very intense aroma. Fresh, if a little heavy, in the mouth, high in extract, smooth and persistent. Lacks the lightness of previous vintages. Not typical of the bodega, either in the nose or mouth.

DON FADRIQUE, 85

Bodega: Julián Santos y Cía., S.A., La Villa de Don Fadrique (Toledo).

Area: D.O. La Mancha.

Pale straw yellow tinged with lemon; brilliant. Well-presented. Low-intensity fruity aromas. Good flavour structure provided by suitable acidity balance. A well-made and successful wine, which has managed to preserve the personality of the *Airén* grape.

GRAN FEUDO, 85

Bodega: Bodegas Julián Chivite, Cintruénigo (Navarra).

Area: D.O. Navarra.

Slightly brownish straw yellow; brilliant, with carbonic bubbles. Fruity aromas typical of new elaboration methods, but with a background of dregs which spoils the quality. Flavourful in the mouth, with residual sugars detracting somewhat from its freshness. Good length.

MARQUES DE LA SIERRA, 85

Bodega: Alvear, Montilla (Córdoba).

Area: D.O. Montilla-Moriles.

Very pale straw yellow with steely glints; clear, though a little washed-out in colour. Fruity aromas with floral and herbaceous undertones. Very

light in the mouth, lacking structure. It seems to have been made only from free-run must.

RAIMAT CHARDONNAY, 85

Bodega: Coniusa, Raimat (Lérida).

Area: Provisional D.O. Costeras de Segre.

Pale straw yellow; brilliant. Very attractive. Varietal, fruity aromas, but a little lack-

VALDEMAR, 85

Bodega: Bodegas Martínez Bujanda, Oyón (Alava).

Area: D.O. Rioja.

Straw yellow; clean, with lots of carbonic bubbles. Fruity aromas typical of new elaboration methods. Very fresh in the mouth; slightly acidic, accentuated by the *pétillance*. Dregs in the bottom of the bottle.



THE BEST WHITES

Two varietal wines share the top score for 1985 whites. Miguel Torres' Waltraud, made with Riesling grapes, leads for the second year running, though this time not alone. Cellers Josep Maria Torres i Blanco's Mas Rabassa Xarel-lo joins it in first place. This wine is made exclusively from Xarel-lo grapes, native to Penedés. A feature common to both these wines is evidence of painstaking elaboration.

ing in *finesse*. Fresh and flavourful in the mouth, smooth with a touch of acidity. This wine has personality.

TXOMIN ECHANIZ

Bodega: Txomin Echániz, Guetaria (Guipúzcoa).

Area: Guetaria.

Brownish yellow; brilliant. Intense fruity aromas; clean. Loses acidity in the mouth because of noticeable residual sugars. Clean, powerful aftertaste. Does not indicate year on the label.

VELITERRA, 85

Bodega: Agrícola Castellana, La Seca (Valladolid).

Area: D.O. Rueda.

Straw yellow with steely glints; brilliant. Very nice presentation. Slight hint of dregs spoils the *finesse* of the aromas. Improves in the mouth; good flavour structure. Aftertaste cleaner and more aromatic than the nose. Good length.

VIÑA CUMBRERO, 85

Bodega: Bodegas Montecillo, Fuenmayor (La Rioja).

Area: D.O. Rioja.

Golden straw yellow; brilliant. Nose has lost fruitiness: hints of oxidation along with the fruity aromas. Fresh and light in the mouth with the acidity just right and good length. A pity that the quality in the mouth should be spoiled by the oxidation, obvious in the nose and aftertaste.

VIÑA JOVEN, 85

Bodega: Vicente Gandía Pla, Valencia.

Area: D.O. Valencia.

Straw yellow; brilliant. Very intense aromas of Muscatel rather too much. Fresh and light in the mouth, with a certain amount of residual sugar in evidence. Very intense aftertaste. A good wine along the lines of the young whites made according to the new production methods.

VIÑA Q

Bodega: Bodegas Ayuso, Villarrobledo (Albacete).

Area: D.O. La Mancha.

Pale straw yellow; brilliant. Carbonic bubbles. Medium-intensity fruity aromas. Well structured in the mouth with the acidity just right, and exaggerated by the *pétillance*. Residual sugars contribute to its persistence.

ZAGARRON, 85

Bodega: Cooperativa Nuestra Señora de Manjavacas, Mota del Cuervo (Cuenca).

Area: D.O. La Mancha.

Pale straw yellow tinged with lemon; brilliant. Fruity, flowery aromas, typical of the range arising from elaboration with selected yeasts. Light in the mouth with a degree of acidity adding freshness. Powerful aftertaste. Has regained the standard attained in the 83 vintage which it lost in 84.

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Rosés

Penedés is also the area which produced the most classified rosés. Four of the fourteen wines commented on are from this area, followed by two from Navarra and two from Rioja. The denominations of Toro, Vinos de Madrid, Ribera del Duero and La Mancha and the provisional denomination of Costers del Segre all have one each. Completing the line-up is a wine without denomination of origin made by a bodega in the area of Rueda.

FERRET, 85

Bodega: Cavas Ferret, Guardiola de Font-Rubí (Barcelona).

Area: D.O. Penedés. Light density raspberry pink; brilliant. Very attractive. Intense fruity and flowery aromas; delicate and elegant nose. Very fresh, light and flavourful with an interesting little *pétillance*. Long, delicate finish.

GRAN FEUDO, 85

Bodega: Julián Chivite, Cintruénigo (Navarra).

Area: D.O. Navarra. Redcurrant coloured; brilliant. Very nice presentation. Medium intensity clean, fruity aromas. Very good flavour structure in the mouth. Balanced and flavourful with a broad spectrum; long-lasting. Aftertaste even better than the nose, being richer in subtleties and more intense.

RENE BARBIER, 85

Bodega: René Barbier, San Sadurní de Noya (Barcelona).

Area: D.O. Penedés. Redcurrant coloured; brilliant. Well presented. Fruity aromas reminiscent of strawberries. Good sugar-acidity balance gives it wide-ranging flavours. Excellent finish for a rosé.

ROSADO VALSEC

Bodega: Cavas Domecq, San Sadurní de Noya (Barcelona).

Area: D.O. Penedés.

Medium density raspberry pink. Very attractive. Clean, fruity aromas. Well harmonised and balanced in the mouth. Acidity just right, and long-lasting. Aftertaste reminiscent of strawberries. Does not show year on the label.

VALDEVI, 85

Bodega: Luis Mateos Toro (Zamora).



THE BEST ROSES

Rather a surprise, this. Ferret is a little-known brand, though the bodega has one of Penedés' best-respected experts at the helm.

Though the stars of the bodega are its cava and a splendid Parellada white, this beautifully coloured rosé with its intense aromas and great freshness in the mouth, is a top quality wine. It is made from equal proportions of Tempranillo («Ull de Liebre» in Penedés) and Carinena.

Area: D.O. Toro.

Raspberry pink with violet tones; brilliant. Very attractive. Intense, individual and fruity aroma, though a slight hint of vine-shoot detracts from its *finesse*. Good flavour structure in the mouth, with residual sugars present. Fresh, smooth and very long-lasting.

VIÑA HUERTA DEL REY, 85

Bodega: Bodegas de Crianza Castilla la Vieja, Rueda (Valladolid).

Area: Rueda (without D.O.). Low density redcurrant colour; brilliant. Very attract-

ive. Fruity aromas; very clean nose. Good flavour structure in the mouth, fresh and tasty; smooth and long-lasting. Full, clean aftertaste.

CAMPOLASIERPE

Bodega: Bodega Cooperativa Carbonera, Cintruénigo (Navarra).

Area: D.O. Navarra. Raspberry pink with violet glints; brilliant. Fruity aro-

pink; brilliant. Clean and intense fruity aromas. Very light, though with a good flavour structure. Good acidity level gives it freshness. Does not give year on the label.

COLMENAR, 85

Bodega: Jesús Díaz e Hijos, Colmenar de Oreja (Madrid).

Area: Specific Denomination Vinos de Madrid. Medium density redcurrant colour. Not very intense fruity aromas with hints of vine-shoot. Light-bodied but flavourful, with some residual sugars balancing the acidity. Very pleasant finish.

RAIMAT, 85

Bodega: Coniusa, Raimat (Lérida).

Area: Provisional D.O. Costers del Segre.

Brick coloured with orange glints; brilliant. Primary aromas. Light yet rich at the same time; fresh and long. The fruitiness is accentuated in the aftertaste. Well-balanced; good quality.

VALDEMAR, 85

Bodega: Bodegas Martínez Bujanda, Oyón (Alava).

Area: D.O. Rioja. Medium density raspberry pink; brilliant. Nose made up of fruity aromas with a hint of yeast and dregs, and a distinct impression of strawberry. Well-balanced in the mouth, with acidity and residual sugars in evidence. Aftertaste a little odd because of the aromatic complications.

VIÑA BERCEO

Bodega: Luis Gurpegui Muga, Haro (La Rioja).

Area: D.O. Rioja. Low density redcurrant colour. Fruity, not very intense aroma slightly lacking in *finesse*. Good flavour structure. Evidence of residual sugars which balance a bitter fi-

nish. Broad aftertaste, with distinct aromas of *Garnacha*.

VIÑA PEDROSA, 85

Bodega: Hermanos Pérez Pascuas, Pedrosa de Duero (Burgos).

Area: D.O. Ribera del Duero.

Strawberry pink with brick tinges. There is an unpleasant smell when it is served, which disappears as the wine airs and gives way to fruity aromas. Good flavour structure: fresh and tasty; smooth and long.

ZAGARRON, 85

Bodega: Cooperativa Nuestra Señora de Manjavacas, Mota del Cuervo (Cuenca).

Area: D.O. La Mancha.

Raspberry pink with violet tinges; brilliant. Well presented. Intense fruity aroma reminiscent of strawberries. Good flavour structure. Light, with the acidity correctly balanced so that it gives freshness.

Reds

The leaders in the red group turn out to be the winemakers of Rioja Alavesa. Nearly a third of the wines reported on are from this area. The variety which features most largely in the make-up of its wines, Tempranillo, is also known as Tinto País in Ribera del Duero, Tinto Fino in Madrid, and Cencibel in La Mancha, and is responsible for five other wines doing rather well, too.

Alongside these stand the good quality young reds from the D.O.

Ampurdán-Costa Brava, a new range of wines with a great future, a splendid and highly individual Valdeorras made from Mencía grapes, and a red from Mallorca.

BASTARRICA, 85

Bodega: Covial, Laguardia (Alava).

Area: D.O. Rioja.

Medium-density cherry red; brilliant. Intense fruity aromas, typical of carbonic maceration. Flavourful, light and persistent. Slightly tannic, which enhances the flavour structure. Very powerful and penetrating aftertaste. A typical carbonic maceration wine. Drawn off at just the right time, giving a young, rounded wine.

VALDEMAR, 85

Bodega: Bodegas Martínez Bujanda, Oyón (Alava).

Area: D.O. Rioja.

Medium-to-high density violet-toned cherry red; brilliant. Intense fruity aroma (blackberries). Very complex and elegant hints of youth. Flavourful, though higher acidity would round it out. Smooth, with a powerful aftertaste. A well-made wine.

VIÑA PEDROSA, 85

Bodega: Hermanos Pérez Pascuas, Pedrosa de Duero (Burgos).

Area: D.O. Ribera del Duero.

Medium density violet-toned cherry red; brilliant. Fruity, intense, clean nose, with exquisitely delicate hints of *Tinto País*. In the mouth, shows evidence of having been drawn off at just the right time; being young, it is not tannic, and has a very good flavour structure. Long, delicate finish; full, elegant and intense aftertaste. A very good quality young wine which gives an idea of the tremendous future which lies ahead of Ribera del Duero's young reds.

MENCIÑO

Bodega: Cooperativa O Barco, El Barco de Valdeorras (Orense).

CODORNIU



**EVERY SECOND OF EVERY DAY, SOMEWHERE IN THE WORLD,
TWELVE PERSONS ENJOY A GLASS OF CODORNIU.**

Area: D.O. Valdeorras. Medium-to-high density violet-toned cherry red; brilliant. An intense fruity aroma, dominated by the personality of *Mencia* grapes. Broad flavour structure. Well balanced in the mouth, with acidity-tannin-alcohol successfully combined. Very persistent. Very broad and delicate aftertaste. A well made wine, with lots of personality. Does not give the year on the label.

ARTADI, 85

Bodega: Cosecheros Alaveses, Sociedad Cooperativa, Laguardia (Alava).

Area: D.O. Rioja.

Violet-toned cherry red; brilliant. Fruity aroma, clean and delicate. Light and flavourful in the mouth with the right degree of acidity and enough tannin to make it lively. A little more extract would improve it.

MESONEROS DE CASTILLA, 85

Bodega: Ismael Arroya, Sotillo de la Ribera (Burgos).

Area: D.O. Ribera del Duero.

Violet-toned cherry red; brilliant. Intense fruity aromas, typical of *Tinto País*; suggestive of fruit such as blackberries. Well structured in the mouth, with a nice tannic edge. Good length. Full, intense aftertaste.

VI DE L'ANY, 85

Bodega: Convinosa, Mollet de Perelada (Gerona).

Area: D.O. Ampurdán-Costa Brava.

Medium density violet-toned cherry red; brilliant. Fruity aroma, very clean and delicate. Well structured in the mouth. The early drawing-off contributes to this, as well as smoothing out the tactile sensations. Light and fresh.

DON FADRIQUE, 85

Bodega: Bodegas Julián Santos y Cía., La Villa de Don Fadrique (Toledo).

Area: D.O. La Mancha. Medium density cherry red with slight tones of violet; brilliant. Fruity aromas typical of the *Cencibel* grape. Good flavour structure, though a little light-bodied; smooth and persistent. Clean and powerful aftertaste. Good quality.

FRUTOS, 85

Bodega: Bodegas Frutos Villar, Toro (Zamora).



THE BEST REDS

In last year's tasting, there were four wines which shared the top score. This year there are three, and none of last year's winners repeats its success. The leading reds of the 1985 vintage are two newly-marketed ones from the Rioja Alavesa with the broad spectrum of intense aromas typical of carbonic maceration, and a third from Ribera del Duero, from a bodega whose quality products have made a name for it in the last few years.

Area: Specific Denomination Toro.

High density cherry red with violet tones. Intense, fruity aroma. Good flavour structure, though the alcohol stands out rather. Slightly astringent. Clean, fruity aftertaste.

VIÑA FAUSTINO, 85

Bodega: Bodegas Faustino Martínez, Oyón (Alava).

Area: D.O. Rioja.

Violet red; brilliant. Very attractive. Distinct aromas of carbonic maceration. In the mouth, intensity of flavours

takes priority over quality. Some astringency. Long-lasting. Powerful aftertaste.

BORSAO

Bodega: Sociedad Cooperativa Agrícola de Borja, Borja (Zaragoza).

Area: D.O. Campo de Borja. High density violet-toned cherry red; brilliant. Strong primary aromas of *Garnacha*. Clean, with alcohol rather noticeable. Good flavour

TORREMILANOS, 85

Bodega: Bodegas Peñalba López, Aranda de Duero (Burgos).

Area: D.O. Ribera del Duero.

Medium density violet red; brilliant. Fruity aromas, though with hints of the vat, which detract from its *finesse*. Reveals in the mouth its early drawing-off, which has deprived it of flavour and body, though it has smoothed out the astringency typical of a young wine. Good aftertaste, with clear references to *Tinto País*.

VI NOVELL, 85

Bodega: Oliveda, Capmany (Gerona).

Area: D.O. Ampurdán-Costa Brava.

Ruby-cherry red; brilliant. Very attractive. Good intensity and quality of aromas, with those of the *Garnacha* grape predominating. Light bodied, but flavourful, polished and with good length. A well-structured and successful wine.

VI NOVELL NEGRE, 85

Bodega: Trevin, Palma de Mallorca.

Area: Mallorca.

Violet-toned cherry red; brilliant. Intense varietal aromas, though with hints of stalk. Good intensity of flavours. Some astringency typical of its youth. Good length with a clean and fruity aftertaste.

VIÑA MAIN, 85

Bodega: Juan B. Orusco, Valdilecha (Madrid).

Area: Specific Denomination Vinos de Madrid.

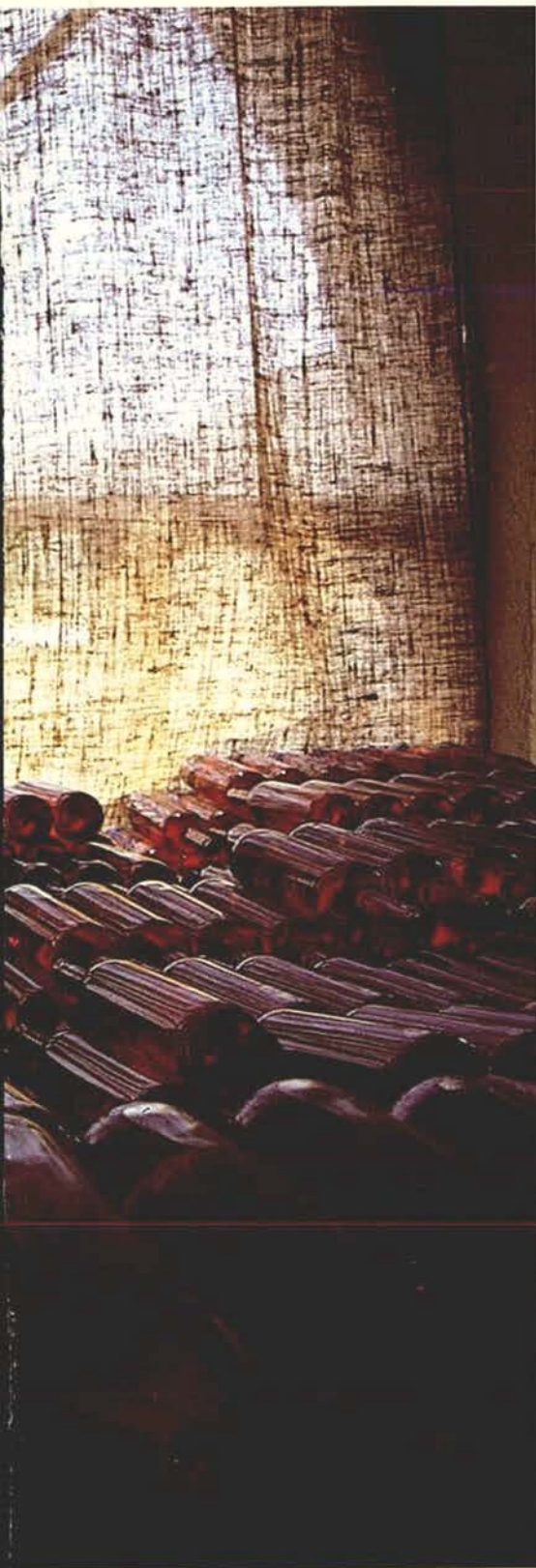
Violet-toned red; brilliant. Delicate yet intense fruity aromas, but the presence of carbon dioxide detracts from its *finesse*. Good structure and balance of flavours, with a pleasant tannic zing. Good length. Full, fruity aftertaste. A well-made wine, drawn-off at just the right time.



THE CARTHUSIANS OF THE REGION used to send
Priorato wines to their sovereigns to brighten their
days and cure their chilblains.

PAST AND PRESENT

Text: Víctor Rodríguez
Photos: Pablo Neustadt



A narrow road, its borders scented with orange blossom and mandarin, heads northwards from the Ebro delta. Our backs to the Mediterranean, we enter a wild, rural landscape, a sprinkling of little villages nestling on its hilltops, hazel-brown turning to copper as evening falls. The road swoops and swerves impossibly towards the majestic and rocky protective bulk of Montsant.

THE MONASTERY

We have to leave the paved road behind us to get to our initial destination.

Rounding a bend, we suddenly catch sight of Conrería, a tiny cluster of houses representing civilisation. We are just a few hundred metres away from the famous Carthusian monastery of Scala Dei, now tumbledown, where the wine-making monks of Tarragona lived and ruled for several centuries.

Asunción Peyra is Priorato's most famous winegrower and, furthermore, is the mayoress of the village of Scala Dei. Her brother, Manuel, tall and greying, is the president of the bodegas' administrative council. They are nine brothers and sisters in all, with a few cousins in Conrería, and the family has been making Priorato wine for five generations.

Asunción waxes enthusiastic when we start talking about Scala Dei wine, and claims to be, after Torres, the most adventurous winemaker in Catalonia. One of the most obvious results is this bode-

ga's *rosé*, a brilliant, strawberry-coloured wine, rather vinous in aroma but impeccably clean and fresh on the palate. This Priorato *rosé*, made with *Black Garnacha*, is almost the diametric opposite of Navarra's popular *rosés*, despite theoretically being made from the same raw materials.

Another innovation in its time was Scala Dei's *vi novell*—new wine—a clever way of reconciling such a traditional product with current consumer tastes. This young red, lacking the meatiness of other Prioratos, is a good ruby colour, has achieved an admirable balance between the area's typical tannin content and acidity, and at 13.5° is around the authorised minimum. It is a well-harmonised wine given its youth, and supports what connoisseurs of Priorato maintain: that its wines are born mature.

Scala Dei is perhaps a little controversial as far as its *reservas* are concerned. The '74, the first vintage bottled by the current owners, spent almost two years in Canadian oak butts (of 300-litre capacity) before being filtered, bottled and put in the cellar. They have done the same with the '75, the '78 and the '82. They will spend eight or nine years untouched before reaching the customer's lips, though it is generally thought that Prioratos should not be aged for longer than three or four years to reach their prime.

Asunción conducts us through the oldest parts of the Scala Dei bodega complex, heaving open a creaking medieval door which leads to the centuries' old bodega proper. She points out a hole in the ceiling and explains that it used to contain pipes leading from the wine presses above to the ageing containers below. The monks knew what they were about. When work was started on renovating Scala Dei, some water pipes were found, on dismantling the old wine-presses, which at first could not be explained. It was gradually realised that this was none other than a rudimentary system for controlling fermentation,

Tasting notes

Masía Barril (Virgin) 85 (not clarified - without undergoing any physical or chemical process). Good colour, violeted with purplish hues. Fresh and varietal to the nose, tannic and very astringent in the mouth, full of flavour, balanced by alcohol.

Jovenivol 85. Purple-hued; good colour though a bit lacking in sheen and transparency. Medicinal and slightly damp aromas, green and astringent, very tannic with a slightly unbalanced finish.

Masía Barril 84. (Virgin) (not clarified - without undergoing any physical or chemical process). Lacks density for a Priorato. Honest, primary aromas, slightly oxidised. Nice acid-alcohol balance for this area, warm in the mouth.

Tendral 84. A lovely cherry red colour, this is a bit lacking in sheen. Slight muscatel bouquet, clean nose, slightly oxidised, as it is in the mouth. Pleasant, very dry and smooth, well-structured.

Scala Dei Novell. This is the fruitiest of the wines tasted, with very strong primary aromas. Very brilliant cherry red, with young ruby tones. Perfect acidity, tannin just right, well-structured and with a certain astringency.

Masía Barril 82. Ruby-toned cherry red with brick red hues. Developed aromas, spicy with a volatile tang. Wide-ranging complex flavours, lacking polish in the mouth and low on acidity.

Scala Dei 78. Rather low on colour, it shows its age. Too much new wood in both nose and mouth unbalances this wine. Smooth and silky for its alcoholic strength.

Mas Ferrand 83. Its youth shows in its purplish tones, feeble primary aromas, driness in the nose and in its finish.

Muller 3^{er} año. Good colour, ruby and brick-toned. Limited aromas with a hint of muscatel, very spicy, slightly oxidised, clean in the mouth, well-balanced.

Priorato Centum 77. Ruby-toned, rather lacking in subtle hues for its age. Aromatic, ethereal, very dry, tannic, too much alcohol. Developed, appropriate aromas, slightly oxidised, wide-ranging flavours.

such a fashionable feature of winemaking today.

The Carthusians also had a way of dealing with rainy years when the wine did not reach the desired alcoholic strength. They condensed it by boiling the must in copper vessels, an almost Aristotelian method of obtaining alcohol.

OTHER BODEGAS

We take to the unpaved road again, heading for Torroja. The road leads down steeply towards the river Ciurana. The terraces of vines clinging to the slope seem a token of civilisation in such wild terrain. We arrive at the Rotllán bodega, a rambling stone building which was already used as a storage bodega by

the Carthusians. The name of Torroja, a little village perched at a dizzy angle, derives from an ancient Moorish watchtower. Rotllán is a bodega-owner from Barcelona, committed to saving the area, and he combines production of 3,000 bottles of wine with keeping bees. He makes a very traditional red, tannic and astringent, a purplish-violet in colour, which makes up in youth for what it lacks in nobler attributes.

A winding road leads from Torroja to Bellmunt. More villages huddled around a watchtower: three and four-storey houses with large windows which reach almost up to the eaves. The locals built in these windows for ventilating and drying nuts—white almonds and walnuts—which they spread out on hurdles.

Finally, we arrive at the farm of Rafael Barril, who has his own ideas about Priorato wine, and restricts himself as far as possible to the historical elaboration method. His '82 red, perhaps the best for drinking just now, is still ruby-toned, but has already developed an oxidised tang almost like a fortified wine. Barril highlights the fruitiness of Priorato wines, and believes that they should be stored for no more than three or four years. He has bottled early, and also brings forward

the harvest to get more acidity and a drier wine. He tells us that it takes no more than an hour for the grape to reach the bodega after picking. At a later stage, Barril uses an artesian method of controlling fermentation, putting musts which have begun to ferment with new grapes, thus preventing over-vigorous fermentation.

The wine is chilled and filtered. It develops so well in the bottle between June and December that it could be taken for two different reds, though it does not reach its peak until the following year. Rafael Barril doesn't trust chemistry, however gently applied.

What he would really like is for Priorato wines to come under the protection of the Universal Oenological Trust, to



In a peaceful and traditional setting, villages and vine groves are devoted to wine.

save it from the effects of mere economic forces.

Barril's concept is based on the idea of an integral farm, not just for wine-growing. He has started planting aromatic and medicinal herbs and collecting those he already had on the farm: thyme, marjoram, rosemary, oregano, dandelion, wormwood, bay, linden, elder. He has also started vinegar-making, producing maderised vinegars adding the water which has been used for washing down the wine-presses. In this way, nothing is wasted and the yeasts transform the sugars into alcohol of the same strength, and the alcohol into acetic acid, without leaving any residue.

Asunción Peyra maintains that the beauty of a Priorato lies in its originality. At a time when wines tend to resem-

Connoisseurs of Priorato wines maintain that, in spite of their youth, they are born mature and well harmonised.

ble each other more and more, the last thing she wants is for a *Scala Dei* to be compared with a *Châteauneuf du Pape*, or that the French tourists who visit the bodega in coach-loads should flatter her by saying that her wine is worthy of a *château*. *Scala Dei* is trying out varieties like *Cabernet* and *Chenin Blanc*, but is unconvinced. It remains faithful to *Gar-*

nacha, cleverly combined with the other local variety, *Cariñena*.

SOIL

The individual qualities of *Priorato* wines set one thinking about what ingredients combine to produce it. Undoubtedly, the soil has a lot to do with it. It is decomposed slate, or *licorella*, of paleozoic origin which emerged when the sea retreated. The slaty slope inclines from north to south, the lower part being in the direction of *Montsant*, which facilitates cultivation. The roots of the vines have adapted to spreading out and clinging on in search of water among the stones, hence the popular saying that the people of *Priorato* can get wine out of a stone.

Agenda

PRODUCTION AREA

Situated in a mountainous strip in the interior of Tarragona, traversed from north to south by the river Ciurana, a tributary of the Ebro, very near the border of the denomination. The area is demarcated in the north-east by the imposing wall of Montsant. There are some 3,700 hectares under vine, giving an extremely low yield of between 500 and 800 grammes of grapes per vine. The Denomination of Origin covers a series of small villages - Bellmunt, Porrera, Lloá, Gratallops, Vilella Alta, Vilella Baja, Poboleda and Scala Dei, including the northern strip of the districts of Falset and Molá.

The soil is made up of slaty or decomposed slate layers known as *licorellas*.

VINES

Cariñena predominates over *Garnacha*. *Cariñena* is more productive and more tannic than *Garnacha*, with better aromas and body. The ideal proportion for a red wine is 60-70% *Garnacha* and 40-30% *Cariñena*. Small quantities of *White Garnacha*, *Macabeo* and *Pedro Ximénez* are also grown. The optimum average life of the vines is 30 years.

WINES

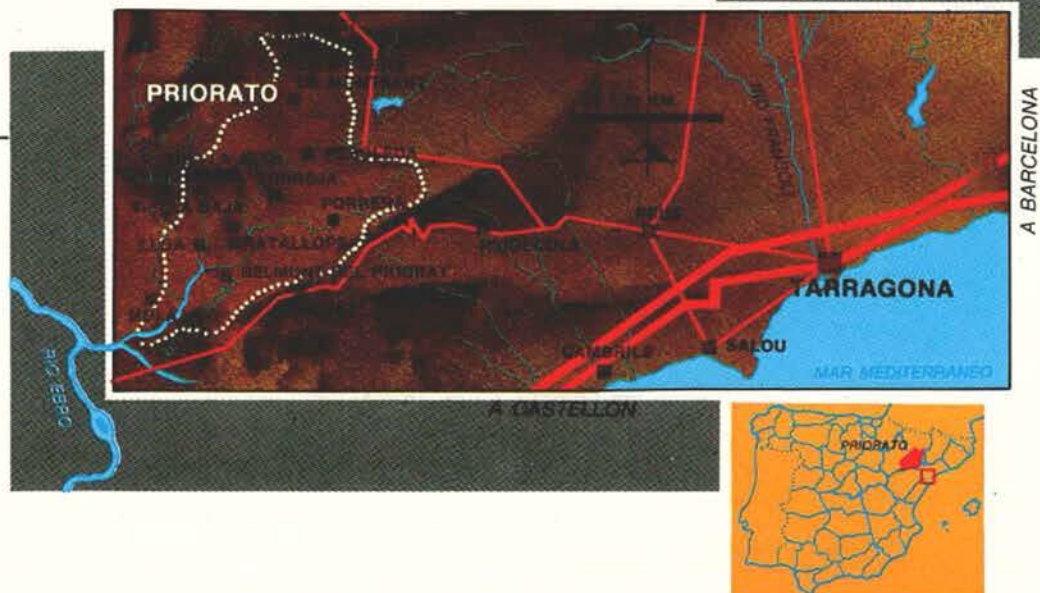
Basically young *Garnacha* and *Cariñena* based reds, bottled early and not oak-aged. However, ageing is carried out in stainless steel tanks and casks, complemented by long periods in the cellar in certain bodegas. These are very dense reds, ranging from cherry to violet in colour, through vermilion and garnet, meaty, robust, very dry and slightly oxidised during ageing.

On a small scale, there are also a few whites and *rosés*.

and also the classic full-bodied maderised wines which have spent a minimum of four years in oak. Serving temperature should be between 12 and 17° C.

CLIMATE

Dry and warm, with long summers only moderated by the influence of the Mediterranean. Montsant protects the area from cold winds from the north and west. The average annual rainfall has been around 500 mm. in the last few years.



The spongy nature of the soil means that the vines can withstand drought. They are vines which last a long time because their yield is low; they are not prone to disease and only in some hollows is the occasional handful of sulphate necessary. Were one to search the area, it is not too unlikely that one might find the odd unfossilised pre-phyllloxera vine.

Compared with other areas, the harvest is late: in the case of Scala Dei it is early October before the grapes reach the press. It seems that the monks were involved in this matter, too. Apparently, the canny growers had got into the habit of paying their tithes with the greenest part of the harvest. The Carthusian prior took umbrage and issued a proclamation that harvesting should only be-

gin after 6th October, the day of Saint Bruno, patron saint of the Carthusians. And so it was.

MADERISED WINES IN DECLINE

Many people think of *Priorato* as a dessert wine. The fame of its full-bodied maderised and sweet wines has spread wider than the wines themselves. Locals lovingly preserve a cask of ancient maderised wine in their homes.

These «noble», oxidised *Prioratos*, now in decline, date back a long way. The Carthusians of the Grande Chartreuse used to send them to their sovereigns to brighten their days and cure their chilblains. Today, Rafael Barril prepares maderised wine taking all the

time that this calls for, filling the barrels up to the top so that it does not become pricked, just the opposite of the *solera* method of making sherry. The result is an aromatic, silky wine without any artificially added alcohol. This is a wine which, after twenty or thirty years, turns as pale as cellophane, mysteriously fortified without being so.

But what is the future of *Priorato's* little-known classic, the young, dense and substantial *Garnacha* and *Cariñena* red? We have one fine example at hand right now: Tendral '84, a fine cherry-coloured red, slightly oxidised, very dry and well-structured. This is *Priorato* made, as always, from *Garnacha* and *Cariñena* grapes, aged nowadays in stainless steel tanks, and tasting of its origins.



Bodega Berce, S.A. - Haro

Cosechero: **LUIS GURPEGUI MUGA**
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- RIOJA -

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The new Guría is the latest stage in a story which began in 1947 when Genaro Pildain's family set up in business in a restaurant-bar in Bilbao's Barrencalle-Barrena. Genaro was then seventeen and worked in the family business until, in 1956, he decided to emigrate to Venezuela. In South America he did, according to him, «a bit of everything». He worked as among other things, gardener, butler and *chauffeur*. There was a time when it seemed that he would never return to the restaurant business, though he would sometimes cook for his friends or take part in Basque cookery competitions. No-one would have believed then that the would end up as one of Spain's great *restaurateurs*.

When he returned to Bilbao, he was twenty-six and found that he was needed to help out his mother in the restaurant. Thus began, almost unintentionally, the second stage of Genaro's cooking career, a stage which has lasted almost thirty years. In those early days, the young cook learned the basics of his art from his mother. Guría had made a name for itself in Bilbao for its excellent cod, its pigs' feet, its squid, and its traditionally Basque menu in general.

«I am a cook because, in a way, that's the card life has dealt out to me.» —He says modestly— «What it dealt out to me before was being a

GURIA

A Bilbao classic



Guría's dishes always show the art of someone who does his best in each recipe.

chauffeur, and I did that, too. I'm no salesman. I love my work and it satisfies me fully. The secret is never to cheat anybody and to give oneself over wholeheartedly to what one is doing. I'm interested in the subtleties of things. I try to discover the

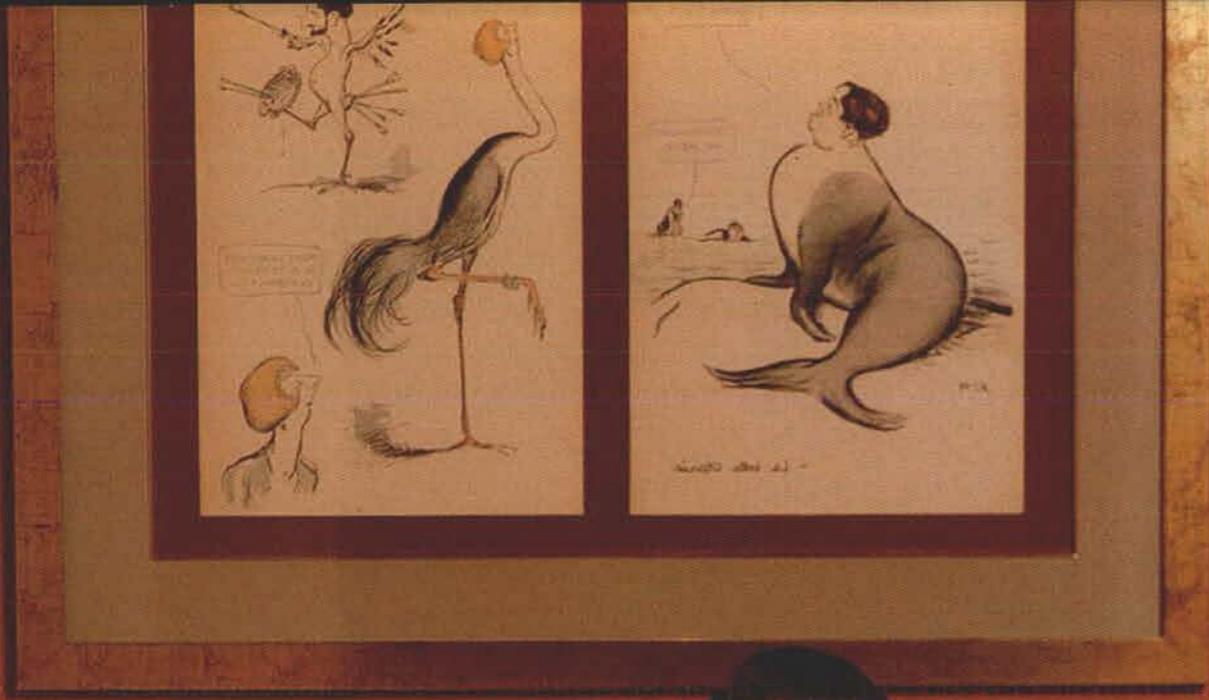
secret of what makes something exquisite, rather than just very good. One has to take care over the smallest detail. The setting, the atmosphere, Customers have to be looked after from the moment they walk through the door.»

It isn't enough for Genaro that the customers should tell him that everything is fine. He needs to see satisfaction on their faces. Before coming out to greet someone, he will observe the dining room and the customers' reactions.

The team is still family-based. His wife acts as *maitre*, his brother also works there and his three daughters help out. The team's motivation is a constant urge to make things better.

«One of the key things in any restaurant is that the team should work perfectly. Perfectionism. I taste everything that is cooked, to get it just right. I expect as much of everybody else as I do of myself. And I think everyone is glad of it.»

Genaro Pildain would like to have more time free from the restaurant, to dedicate to looking after the garden next to his house where he grows strawberries, kiwis, watercress, chervil, raspberries... «and all those things it's hard to buy in top condition». He recollects with some satisfaction an anecdote which happened many years ago in the old restaurant. «One day, a very sober-looking man came to ask who was responsible for the pig's feet he had just eaten. I had cooked them, but didn't dare say so, so I introduced him to my mother. The man, who turned out to be an attorney of the High Court in Paris, stepped forward and embraced her. That day, I realised how important good cooking is.»





Fruit salad.

Brochettes of prawns

For 4 people:
 20 prawns weighing 100 gr. each, par-boiled and peeled
 6 thin slices moked salmon
 60 gr. caviar
 1 chopped shallot
 50 gr. butter
 A little *hollandaise* sauce
 Juice of 1/4 lemon

Put the butter and shallot in a frying pan and fry gently. Add the prawns with the lemon juice and cook a little longer until they are juicy and done. Put some of the *hollandaise* sauce on each plate, then lay slice of smoked salmon on top. On top of that place the prawns and then a little caviar. Pour over the sauce from the frying pan, previously strained.

Bacalao (Salt Cod) Pil-Pil

Put salt cod to soak for about 24 hours, changing the water every eight hours, that is, three times. At the end of this time test that it is sufficiently desalted and, if so, remove the cod from the water and leave to drain. Descale it thoroughly and remove bones. Put a casserole—preferably earthenware—on the heat with lots of olive oil and garlic cloves. Remove the garlic cloves when they are golden and set aside. Place the cod in the

casserole, skin side up, and allow to cook. For good quality cod, 5 minutes should be enough. When it is done, pour off the oil and set aside, then beat the cod, moving the casserole round and round and back and forth and adding the reserved oil a little at a time until you obtain the texture of a thick sauce. Garnish with the reserved garlic cloves and rings of hot green pepper.

Partridge Parcels

For 4 people:
 4 partridge, plucked, cleaned and trussed
 1 sliced onion
 12 small turnips, peeled
 12 small pickling onions, peeled and boiled

4 cabbage leaves, boiled whole
 2 carrots, cut up
 1 spring parsley
 1 glass brandy
 2 dl. red wine
 1 l. meat stock
 1/2 l. meat juices
 olive oil, salt.



Brochettes of prawns.

Place on the heat a casserole with the olive and the four partridge. When they have browned, remove them. In the same oil, put the sliced onion, carrot and parsley and leave them to cook thoroughly. Add the brandy and the red wine and allow to reduce, then add the meat stock and juices. Next, put in the partridge and the turnips and add salt. Allow to simmer until the partridge are cooked. Once they are done, remove them and half the turnips. Liquidise the sauce or pass through a sieve, and leave it in the casserole. Bone the partridge and wrap each one in a cabbage leaf, decorating with the turnips and little onions and pouring the sauce over the top.

Fruit salad

For 4 people:
 4 pears, peeled and cut up fan-wise
 1 banana, cut in rings
 15 strawberries, sliced
 16 melon balls
 8 slices kiwi, soaked in orange liqueur
 2 oranges, cut into segments
 A little custard
 A little strawberry juice

Cover half the base of the dish with custard and the other half with strawberry juice. Arrange the fruit on top, taking care to make in look decorative.



Assortment of salt-cod.

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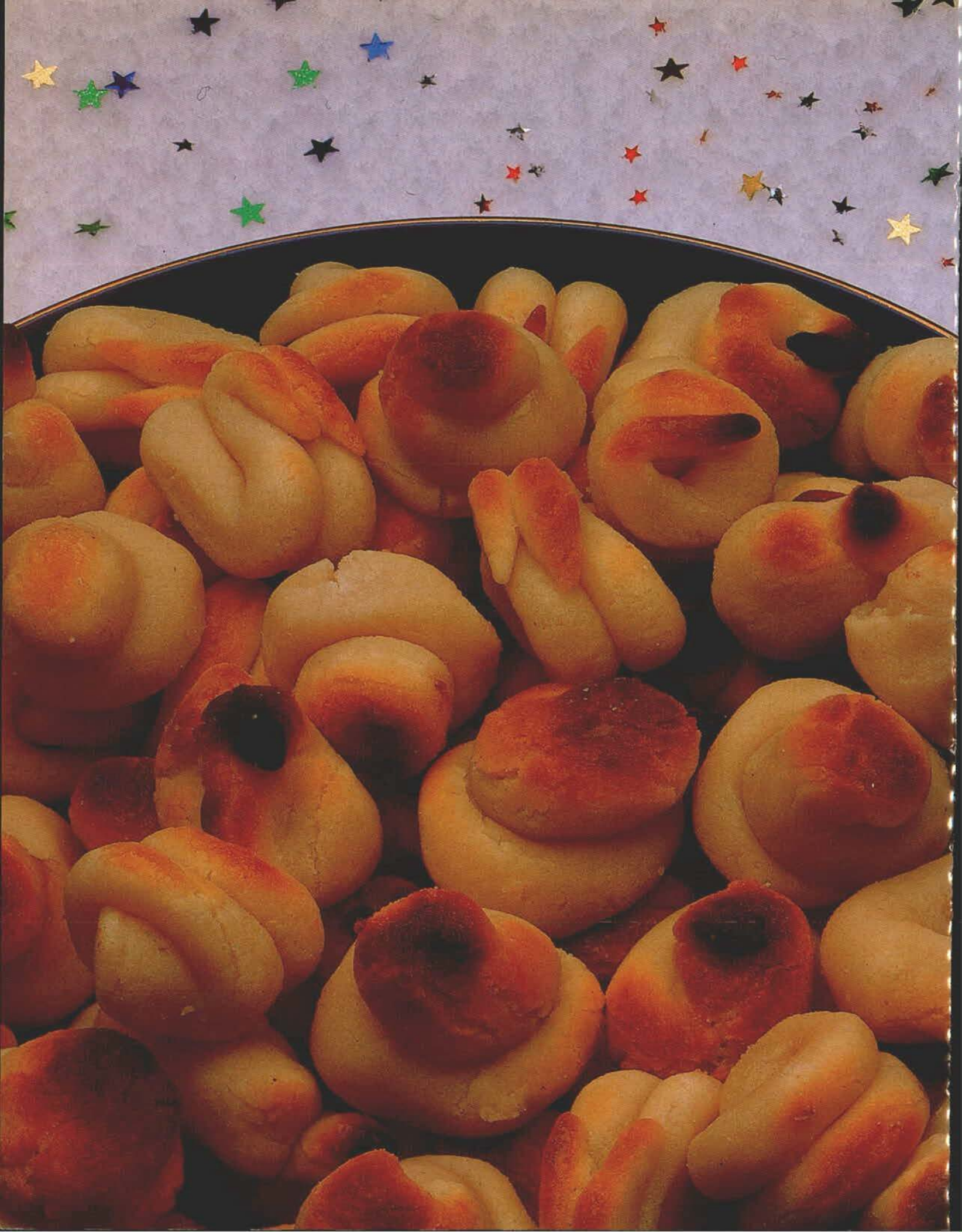
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14 TH. CENTURY DELIGHT

MARZIPAN

Text: José Carlos Capel. Still-life: Antonio de Benito

Marzipan is thought to have religious associations. Opulent Venice, austere Toledo and the Orient all lay claim to its invention. Some even identify marzipan as the «supreme sweet» mentioned in the «Thousand and One Nights».

The origins of marzipan are uncertain and controversial. Even today, a veil of obscure hypotheses, unprovable legends and semantic theories shrouds the provenance and evolution of this traditional sweetmeat. But whatever the arguments, one fact emerges indisputably: marzipan is not an exclusively Spanish confection. Throughout the Mediterranean basin, North Africa, the South of France, large areas of Italy, Austria and even Germany, similar sweets with phonetically similar names have been made for centuries.

GREEK ORIGINS

How did marzipan get to Europe? Where was it invented? How far back does it date?

According to the writings of Archestrates of Gela (4th century B.C.) in his *Hedypatheia*, the Greeks were very fond of a certain almond and honey cake. This was such a tempting delicacy in Ancient Greece that Plato, known for his austerity, considered it an unsuitable food for the Hellenic people. Made with honey rather than sugar, the Greek confectioners' product was not yet a genuine marzipan.

Amid assorted conjectures and unsupported theories, tentative versions of its appearance in Europe crop up all over.

Two cities with a glorious historical, political and mercantile past - Venice and Toledo - determinedly claim its invention.

According to the Italian legend, marzipan came into being in Venice at some indeterminate period, between the be-

ginnings of the Renaissance and the 16th century. It was, perhaps, during a time of war or poverty and scarcity that an attempt was made to produce bread by some different means to combat the people's hunger. Grinding up the stocks of almonds and sugar found in some palace of the city, *marzipane*, or St. Mark's bread, was made, inspired by the miraculous intervention of the city's patron saint.

But this legend does not explain the Italian name satisfactorily, and certain etymological alternatives challenge it.

In Roman antiquity, almond cake was one of the sweetmeats offered up to the gods during the pagan Spring rites. Assimilated into the Christian liturgy, it came to be incorporated into the Easter celebration under the name of *panis martius*, March bread, or *marzapane*. Another theory attributes its invention to the Italian Guild of Bakers, known in the Middle Ages as the Brothers of Mark, who are supposed to have dedicated it to their patron.

In comparison with these, Toledo's claims would seem to carry equal weight. Chroniclers of the «Imperial City» maintain that it was during the battle waged against the Moors by Alfonso VIII of Castile in Las Navas de Tolosa in 1212 that the nuns of the convent of San Clemente, on the banks of the Tagus, had the idea of making bread with the sugar and almonds they had stored in their barns. Pounding the nuts with infinite patience, they produced a dense paste which they then mixed with an equal proportion of sugar. This bread (Spanish *pan*), made by beating with a mallet (Spanish *maza*) was given the name of *mazapan*.

Be that as it may, it is not impossible that marzipan originated in some part of Europe during the 14th or 15th centuries in the hands of alchemists and apothecaries, who used the sweet paste to disguise the foul smell of their potions. Indeed, the almond paste trail first crops up in Europe in the early 14th century, indissolubly linked with presumed medicinal properties. In the year 1505, the famous astrologer, doctor and alchemist, Nostradamus stated: «Hermolad Barbarus calls this cake Marzapane, and it serves as a medicine, being good to eat at all times (...) Some may perhaps mock me for concerning myself with describing such an insignificant thing as a medicine. But let it be said that I do so for the benefit of the simple man and the housewife who want to know new things».

SWEET MEDICINE

In France in the early 16th century it was chemists—the only professionals with access to sugar—who made marzipan. Within its medicinal function, marzipan was much in demand in Spain.

In the original Constitution of the Hospital de los Caballeros, founded in Toledo by Isabel, the Catholic Queen, to care for the wounded of the Granada war (1482-1492), mention is made of almond and sugar confections for the patients, though the word «marzipan» does not yet feature.

Then in two of the oldest surviving

fraud and sharp practice, its production came to be regulated to a fine degree.

Setting aside conjecture and chauvinism, the oriental theory of the origin of marzipan seems more and more convincing. There are two logically possible routes by which it could have entered Europe: either through the Iberian Peninsula or from Cyprus, Sicily and Venice. In the light of impartial analysis, it seems difficult to deny its semitic—Arab or Jewish—provenance. It should not be forgotten that almonds do not grow in the area around Venice, nor has this Mediterranean tree ever flourished within hundreds of kilometers of Toledo. Unquestionably, this sweet has travel-



Italians, Greeks, Arabs, Spaniards, all compete for marzipan's origin. In any case, the final result is delicious.

Spanish recipe books—*Libro de los Guisados* (1525) by Maese Ruperto de Nola, and *Arte de Cocina, Pastelería, Bizcochería y Conservería* (1611) by Francisco Martínez Montañón—its therapeutic and restorative properties are quite clearly stated. The recipe in the first of these is headed eloquently «Marzipans for those suffering from loss of appetite; delicious and substantial». In the second, under the heading «Dry marzipans», the text specifies «may be eaten with breast of fowl by the sick».

By the early 17th century, true marzipan was a luxury sweetmeat, reserved for the tables of the well-to-do. The high cost of its ingredients, especially sugar, caused the appearance of substitute and artificial marzipans, plumped out with flour and breadcrumbs. To prevent

led, and has been adopted into European eating habits from the oriental tradition.

MOORISH DELIGHT

The elaborate metaphors of the «Thousand and One Nights» refer to a sublime food called «the desire of the sun», a bright white paste which many identify as early marzipan. This hypothesis is supported by the presumed etymological root of the word, supposedly derived from the Arabic *mautabân*, meaning a resident king who does not undertake military expeditions.

It is possible that the word came to be applied to almond paste because of the similarity between the images stamped in relief on the sweets in their early

form, and Arab coins engraved with the figure of the resident sheikh. In the 12th century, the Cordoban doctor Abencuzman used the word *mahsāban* in a verse meaning «How delightful is the delicate marzipan». This term, derived from *bā-sab* —wood; to cover in wood— leads us directly to the moulds used for cooking the marzipan; in the Romance languages the word *marzapane* is also used in the early Middle Ages to designate wooden boxes and cases.

In Toledo's monastery of San Clemente there survive to this day ancient moulds and boards used for cooking the marzipan, which feature carved geometric figures and religious images.

fied with the image of Christ; and the famous Toledan eels, with their sweet filling of yam or egg-yolk and decorations of syrup and crystallised fruit —a prime example of the scaleless «impure» fish, whose consumption is forbidden to Jews and Mohammedans by the Talmud and the Koran.

Was the symbolism meant to Christianise a sweetmeat of Semitic origin? Does this support the Toledan chroniclers' firmly-held theory of its monastic roots?

In legal terms, «marzipan is the paste obtained by the amalgamation, with or without cooking, of a mixture of raw almonds, peeled and ground, with sugars of various sorts and their derivatives».

various phases of the process have a distinct effect on its flavour. Almonds and sugar are crushed up to three times between stone rollers of varying diameters to give a compact and fine paste.

The degree of viscosity is extremely important. If the ingredients are roughly crushed, the resulting marzipan is coarse, whereas if they are over-crushed, there is a danger of separating off the almond oil.

The paste is then moulded by hand into a variety of shapes, and the figures are arranged on trays ready for cooking. In large factories, this is done in gas or electric ovens, but craftsmen still use the old wood-burning ovens that one used to see in bakeries. The figures are baked at temperatures of not less than 320/300° C. for six or seven minutes, during which their surface turns a nice caramel colour. Once out of the oven, they are varnished with syrup and allowed to dry.

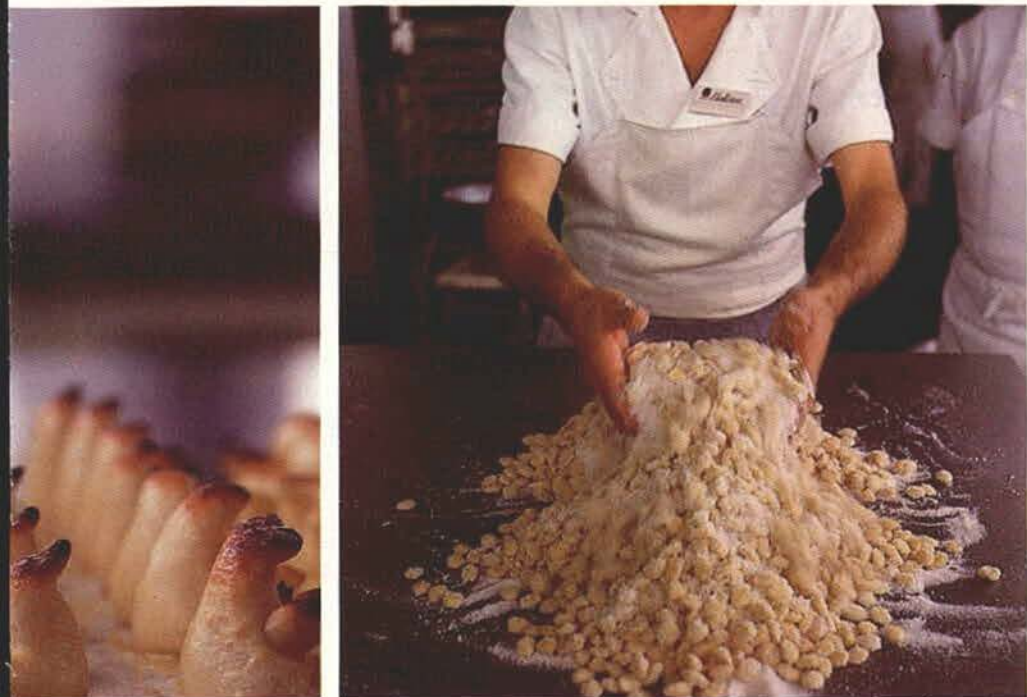
The final phase, drying, takes 24 hours at mean temperature, but the big factories speed up production by using ventilators.

For three to fifteen days after it has settled, the marzipan is at its best. From then on, it begins to deteriorate slowly.

Classic marzipan has derivatives which are very typical of the Toledo area: *delicias* —little half-moon shapes, double-varnished with egg-yolk and syrup before and after baking; *glorias*— tiny truncated pyramids filled with «angel's hair» (sweet pumpkin paste) and egg-yolk which are wrapped in heavy silver paper; *pasta imperial* and *masa piñón*, both half-moon shaped and covered with almonds and pine-kernels respectively; and the *anguilas* or eels, mentioned earlier, shaped like fish curled in on themselves and decorated with candied fruit and presented in elaborate cardboard boxes.

Almond and sugar paste also feature in the area of that typically Spanish Christmas sweet, *turrón*. Strictly speaking, there are only three genuine types of *turrón*: Imperial, or «hard», from Alicante, «soft» from Jijona and *Guirlache* made with toasted almonds and caramel. Other types made with egg-yolk, fruit, and so on, are really more or less sophisticated versions of marzipan, which is the case of Cadiz's famous *turrón*.

The high cost of the raw materials used in this sweet and the expert workmanship needed to make it, put this Christmas treat in the luxury bracket of traditional Spanish confectionery.



Natural ingredients and a careful process of elaboration are the unique secret for the best marzipan.

Where did the figures originate? What strange symbolism lies behind their many images?

Marzipan was always associated with religion. To this day, Sephardic Jews make it to commemorate their circumcision ceremonies.

Many of the modern-day figures, survivors of other, older ones, evoke symbols of archaic tradition: the dove, a primitive Syrian totem associated with the goddess Atargatis, which Christianity assimilated as the symbol for the Holy Ghost; the fish, symbolic food of the Hebrews, by assimilation identified with Christ by the first Christians, who used its outline as their secret sign in the catacombs; the lamb, purificatory food of the Hebrew Easter feast, also identi-

CHRISTMAS TREAT

Commercially speaking, it comes in three clearly defined categories, according to the ingredients which make up the paste. In the *Supreme* class, sugar and almonds make up 50 per cent. Next comes the *Extra* class, and, finally, *Standard* which is permitted to contain up to 15 per cent rice flour or potato starch in substitution for almonds.

But of course it is only by mixing top quality ingredients —selected almonds of the *Mallorca*, *Jordana* or *Marcona* type, with refined white sugar that the truly smooth and mellow marzipan is obtained.

Its quality always reflects the way in which it is made. The artisan nature of

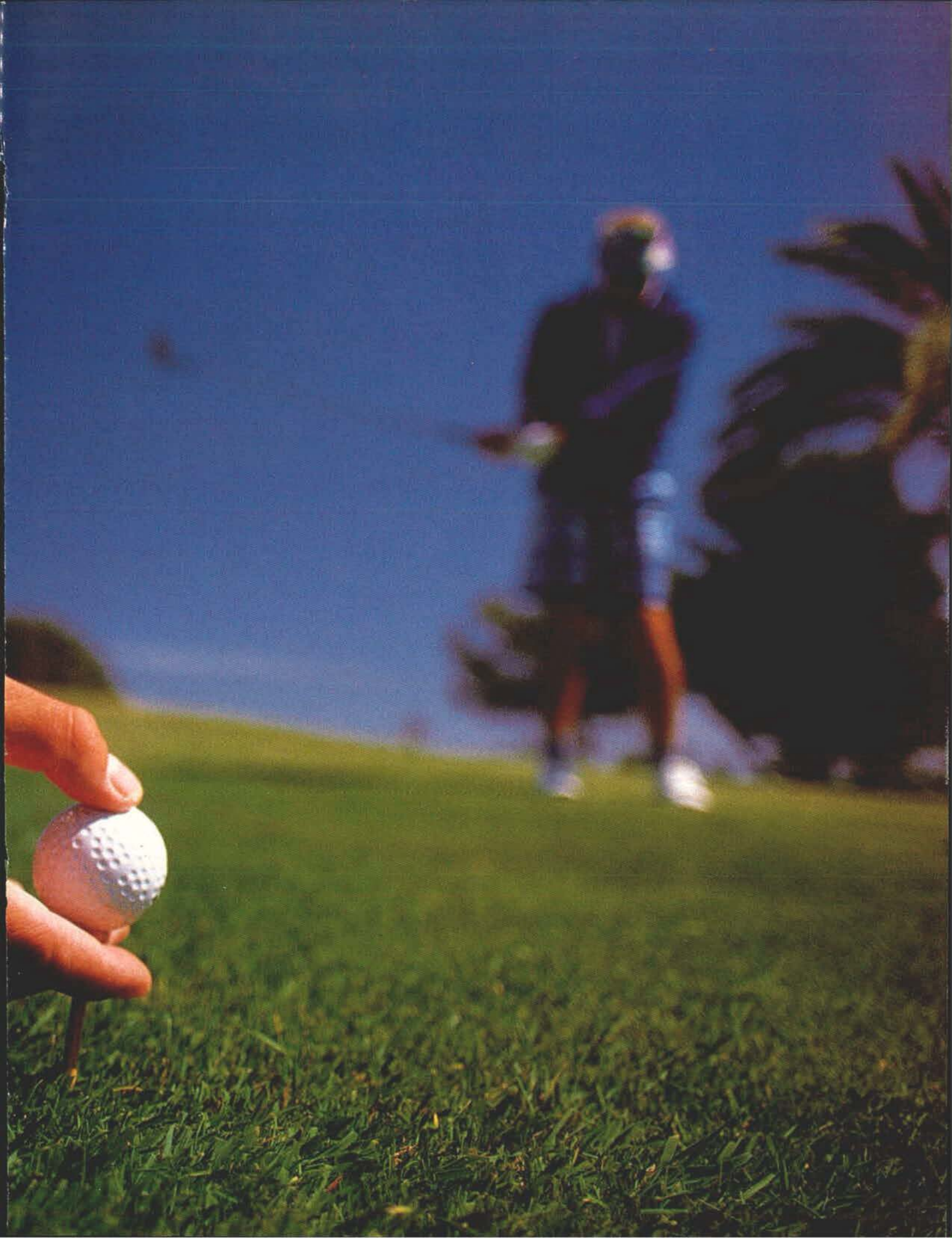
WINTER GOLF

Andalusia, Murcia, the Canary Islands, the Spanish Mediterranean coast, up to Castellón. Here, winter wears a benign face, far removed from the rigours and chills of the Continental land mass. It seems like magic when, in the depths of winter, the sun pours its warmth on to each corner of these regions, giving them a warm, temperate climate, unknown in much of Europe. And it is indeed a magic time for golfers. Still, balmy days, when the fairways shine brightly, and the greens glisten with recently grown, newly mown grass, like a luxurious carpet.

These are days when rest becomes a sport. When the other courses in Europe are suffering from the onslaught of cold, swimming under several inches of water, there are forty-two inviting courses open to golfers in Spain.

The Mediterranean coast always offers more opportunities than does the arid Continental block. The Spanish Levantine (*Levante*) is the focus of attraction in a winter tour of fairways, greens and sandy bunkers. Here, the games are always long and drawn out. During the morning and afternoon each shot is teed up with enormous precision, but as the evening comes nearer, «birdie fever» begins to wane in a race to get some small nearby restaurant.





ALMERIA

Hotels

- GRAN HOTEL ALMERIA (****). Avda. Reina Regente, 4. Tel.: 23.80.11.
- LA PARRA (****). Bahía El Palmar (6 km. from the capital, along the Almería-Málaga road). Tel.: 34.05.00.

El Ejido (Almería)

- GOLF HOTEL ALMERIMAR (****). Urbanización Almerimar. Tel.: 48.09.50. Télex: 79933.

CADIZ

Restaurants

- EL FARO. 6,5/10. San Félix, 15. Tels.: 21.25.01 - 21.10.68.
- EL ANTEOJO. 6/10. Alameda Apodaca, 22. Tels.: 21.36.39 - 22.57.03.
- MESON DEL DUQUE. 6/10. P.º Marítimo, 12. Tel.: 28.10.87.

Algeciras (Cádiz)

Restaurants

- LOS REMOS. 8/10. Playa de Guadarranque. Tels.: 76.08.12 76.05.28. Closed Sunday evenings Sept.-June.
- MAREA BAJA. 6/10. Trafalgar, 1. Tel.: 66.36.54. Closed Sundays.

Hotels

- OCTAVIO (****). San Bernardo, 1. Tels.: 65.26.50 64.24.61.
- REINA CRISTINA (****). Paseo de las Conferencias, s/n. Tels.: 65.00.61- 01-01. Télex: 78057.

Guadiaro-Sotogrande (Cádiz)

Hotels

- SOTOGRANDE (****). Sotogrande. Tel.: 79.21.00. Télex: 78171.

Los Barrios (Cádiz)

Restaurants

- MESON EL COPO. 6/10. Málaga (end). Palmones. Tels.: 66.67.37 - 65.27.10. Closed Sundays.

Puerto de Santa María (Cádiz)

Restaurants

- CASA FLORES. 6/10. Ribera del Río, 27. Tel.: 86.35.12.

Hotels

- MELIA EL CABALLO BLANCO (****). Avda. de Madrid, 1. Valdelagrana. Tel.: 86.37.45. Télex: 76070.

GRANADA

Hotels

- ALHAMBRA PALACE (****). Peña Partida, 2. Tel.: 22.14.68. Télex: 78400.
- CARMEN (****). Avda. José Antonio, 62. Tel.: 25.83.00. Télex: 78546.
- LUZ GRANADA (****). Avda. Calvo Sotelo, 18. Tel.: 20.40.61. Télex: 78424.
- MELIA GRANADA (****). Angel Ganivet, 7. Tel.: 22.74.00.
- P.N. SAN FRANCISCO (****). Recinto de la Alhambra. Tel.: 22.14.93.

MALAGA

Hotels

- MALAGA PALACIO (****). Cortina del muelle, 1. Tel.: 21.51.85. Télex: 77021.
- GUADALMAR (****). Ctra. Cádiz, km. 238 (10 km. from Málaga on the Cádiz road). Tel.: 31.90.00. Télex: 77099.

Benalmádena (Málaga)

Hotels

- TRITON (****). Avda. Antonio Machado, 29. Tel.: 44.32.40. Télex: 77061.
- ALAY (****). Avda. Alay. Tel.: 44.14.40. Télex: 77034.
- COSTA AZUL (****). Ctra. Cádiz, km. 223. Torremuelle. Tel.: 44.28.40. Open April-October.
- RIVIERA (****). Avda. Antonio Machado. Tel.: 44.12.40. Télex: 77041.

Estepona (Málaga)

Hotels

- GOLF EL PARAISO (****). Ctra. Cádiz, km. 173. Urbanización El Paraíso. Tel.: 78.30.00.
- ATALAYA PARK (****). Ctra. de Cádiz, km. 175. Tel.: 78.13.00. Télex: 77210.

Fuengirola (Málaga)

Hotels

- LAS PALMERAS (****). Paseo Marítimo, s/n. Tel.: 47.27.00. Télex: 77202.
- LAS PIRAMIDES (****). Paseo Marítimo, s/n. Tel.: 47.06.00. Télex: 77315.

Marbella (Málaga)

Restaurants

- LA HACIENDA. 8,5/10. Ctra. de Cádiz, km. 200. Urb. Las Chapas. Tels.: 83.11.16

83.12.67. Closed Mondays and Tuesdays. In August: closed Mondays and is open evenings only.

- LA FONDA. 8/10. Pza. San-to Cristo, 9. Tels.: 77.25.12-16.
- LA MERIDIANA. 7/10. Camino de la Cruz, s/n (next to the Mosque). Tel.: 77.61.90. Closed Thursdays at lunchtime. July 1 September 15, open evenings only.
- EL CORZO. 6,5/10. Hotel Los Morteros. Ctra. de Cádiz, km. 194. Tel.: 77.17.00.
- EL RESTAURANTE DE ROGER VERGE. 6,5/10. Ctra. Cádiz, km. 180. Urb. Nueva Andalucía. Tel.: 78.59.00.
- LOS PIRULOS. 6,5/10. Puerto de Cabo Pino. Las Chapas. Ctra. Cádiz, km. 202,5. Tel.: 83.28.32.
- MARBELLA CLUB. 6,5/10. Ctra. de Cádiz, km. 185. Tel.: 77.13.00.

Hotels

- DON CARLOS (****). Ctra. Cádiz, km. 198,5. Tel.: 83.11.40. Télex: 77015 y 77481.
- GOLF HOTEL NUEVA ANDALUCIA (****). Urbanización Nueva Andalucía. Tel.: 78.03.00. Télex: 77783.
- LOS MONTEROS (****). G. L. Ctra. Cádiz, km. 186. Finca Las Merinas. Tel.: 77.03.00. Télex: 77055 y 79555.
- MELIA DON PEPE (****). G. L. Ctra. Cádiz, km. 186. Finca Las Merinas. Tel.: 77.03.00. Télex: 77055 y 79555.
- PUENTE ROMANO (****). G. L. Ctra. Cádiz, km. 184. Tel.: 77.01.00. Télex: 77399.
- ANDALUCIA PLAZA (****). Ctra. Cádiz. Urb. Nueva Andalucía. Tel.: 78.20.00. Télex: 77086.

Sport and gastronomy can be combined along all Spanish coastline. There is such a variety of golf courses and restaurants that to choose one may be a problem.

Marbella. This magic name is oft repeated on the lips of those who consider themselves experts on the pleasures of this world. It is a privileged place that stretches along tens of kilometres of the Mediterranean coast. Marbella, Fuengirola, Estepona, Torremolinos, Málaga, along with some smaller centres, form the nucleus of the area, which lives for and from tourism. Their facilities are amongst the best in Europe.

Just before putting at the sixteenth hole, it is not unusual to find oneself suddenly overcome with indecision as to which one of the half dozen possibilities for lunch one will choose. And from

then on, each shot made will represent further consideration of the pros and cons of each restaurant, according to the varied snippets of advice received the previous night.

If the golfer is playing on the courses of Nueva Andalucía or Aloha, both of which are very close to the Golf Nueva Andalucía Hotel and the Andalucía Palace Hotel, the alternatives will bear na-

mes. Starting with that of a foreigner, Roger Vergé, who has added this restaurant to the one he already had on the Côte d'Azur—with three stars in the Michelin guide—and continuing with *El Amparo*, a twin to Carmen Guasp and Ramón Ramírez's Madrid restaurant. *El Amparo* is located inside the Casino (Andalucía Palace Hotel), and although it only opens at night, it stays open until well into the early hours.

Those who have already tried out these courses may wish to go to Puerto Banus, near to which there is another golf course with its own attractions, in the Los

- EL FUERTE (****). Castillo San Luis, s/n. Tel.: 77.15.00. Télex: 77523.
- GOLF HOTEL GUADALMINA (****). Urb. Guadalmina. San Pedro de Alcántara. Tel.: 78.14.10.
- MARBELLA DINAMAR (****). Ctra. Cádiz, km. 181.5. Tel.: 78.05.00. Télex: 77656.
- SKOL (****). La Fontanilla. Télex: 78631.

Nerja (Málaga)

- P.N. de Nerja (****). El Tablazo, s/n. Tel.: 52.00.50.

Torremolinos (Málaga)

Hotels

- MELIA TORREMOLINOS (****). Avda. Carlota Alessandri, 109. Tel.: 38.05.00. Télex: 77060. Open April 1-October 31.
- PEZ ESPADA (****). Vía Imperia, s/n. (Montemar). Tel.: 38.03.00. Télex: 77655. Open April 1-October 31.
- AL-ANDALUS (****). Avda. Motnemar, s/n. Tel.: 38.12.00. Télex: 77100.
- CASTILLO DE SANTA CLARA (****). Sucía, 1. Tel.: 38.31.55. Télex: 77262.
- CERVANTES (****). Las Mercedes, s/n. Tel.: 38.12.00. Télex: 77100.
- DON PABLO (****). Paseo Marítimo. Tel.: 38.38.88. Télex: 77252.
- MELIA COSTA DEL SOL (****). Paseo Marítimo (playa de El Bajoncillo). Tel.: 38.66.77. Télex: 77326.
- P.N. DEL GOLF (****). Ctra. Málaga (at the junction for Churrriana, 3 km. along Málaga road). Tel.: 38.12.55.
- TROPICANA (****). Trópico, 6. Tel.: 38.66.00.

Monteros Hotel, called *Río Real*.

Also in Puerto Banus is the renowned *Taberna del Alabardero*, the work of the most prolific restaurateering priest in the world, Luis Lezama, and the restaurant *El Corzo*, in the Hotel Los Monteros; or *Beni*, the popular fish and seafood place. Very near to Puerto Banus one can find Paolo Ghirelli's *La Meridiana*, a restaurant where good food is eaten in beautiful surroundings; and *La Fonda*; or, further over in the Málaga direction, Paul Schiff's *La Hacienda*, one of the very best restaur-

CANARIAS

Las Palmas (Canarias)

Restaurants

- PARRILLA. Reina Isabel, 6,5/10. Alfredo L. Jones, 40. Tel.: 26.01.00.
- TENDERETE. 6,5/10. León y Castillo, 91. Tel.: 24.69.57.

Hotels

- CRISTINA (****). Gomera, 6 (Playa de las Canteras). Tel.: 26.76.00. Télex: 95161.
- SANTA CATALINA (****). León y Castillo (Parque Doramas). Tel.: 24.30.40. Télex: 96014.
- REINA ISABEL (****). Alfredo L. Jones, 40. Tel.: 26.01.00.
- IBERIA LAS PALMAS (****). Avda. Marítima del Norte, s/n. Tel.: 36.11.33. Télex: 95413.

San Agustín (Canarias)

Restaurants

- SAN AGUSTIN BEACH CLUB. 6,5/10. Pza. de los Cocoteros, s/n. Tel.: 76.04.00.



ants in Andalusia.

The Guadalmina Golf Course is little more than 11 kilometres from Marbella, and going further along the coast one gets into the province of Cádiz, where, if one is not suitably warned beforehand, one may fall into the bunkers of two splendid courses. From there to Marbella is not too far. It is the same dis-

Hotels

- ROYAL MASPALOMAS OASIS (****). Pza. de las Palmeras. Tel.: 76.01.70. Télex: 96104.
- TAMARINDOS (****). Retama, 3. Tel.: 76.26.00. Télex: 95463.
- BAHIA FELIZ (****). Ctra. Sur, km. 44. Tels: 76.46.00 - 12. Télex: 96526.
- MASPALOMAS PALM BEACH (****). Avda. Oasis, s/n. Tel.: 76.29.20. Télex: 96365.

LANZAROTE

Hotels

- LAS SALINAS SHERATON (****). Costa Teguisse. Tel.: 81.30.40. Télex: 96320.
- ARRECIFE GRAN HOTEL (****). Avda. Mancomunidad, s/n. Tel.: 81.12.54. Télex: 95249.
- LOS FARIONES (****). Puerto del Carmen-Tías. Tel.: 82.51.75. Télex: 96351.

- SAN ANTONIO (****). Playa de los Pocillos. Puerto del Carmen-Tías. Tel.: 82.50.50. Télex: 95334.

TENERIFE

Santa Cruz (Tenerife)

Hotels

- MENCEY (****). José Naveiras, 38. Tel.: 27.67.00. Télex: 92034.

Adeje (Tenerife)

Hotels

- BOUNGAVILLE PLAYA (****). Urbanización San Eugenio (Playa de las Américas). Tel.: 79.02.00. Télex: 92742.
- EUROPE (****). Avda. Litoral, s/n (Playa de las Américas). Tel.: 79.13.08. Télex: 92410.
- GRAN TENERIFE (****). Playa de las Américas. Tel.: 79.12.00. Télex: 92199.

Puerto de la Cruz (Tenerife)

Hotels

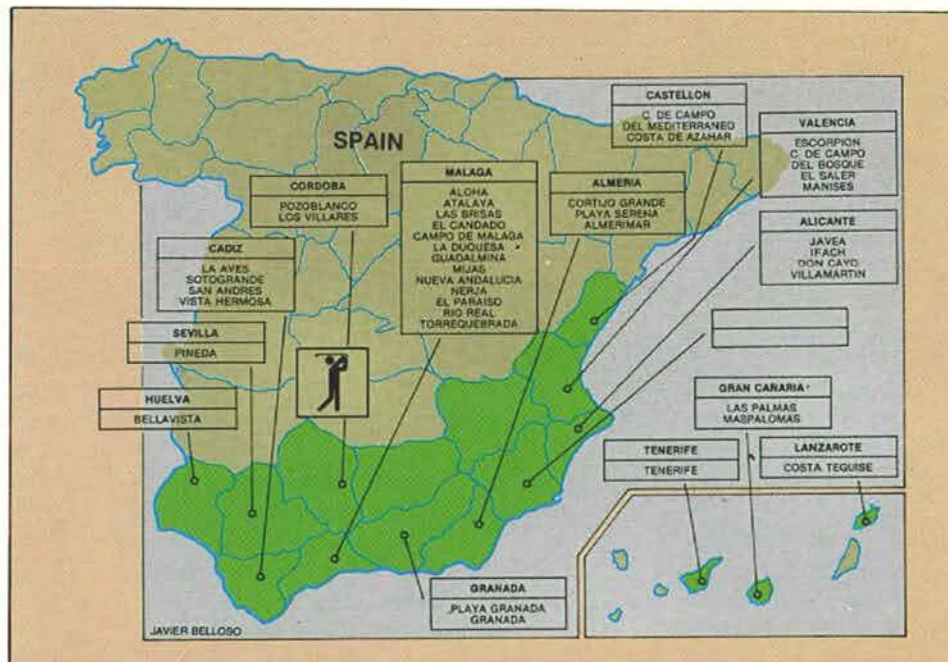
- BOTANICO SOL (****). Richard Yeoward, s/n. Tel.: 38.15.00. Télex: 92395.
- SAN FELIPE SOL (****). Avda. Colón, 13. Tel.: 38.33.11. Télex: 92146.
- SEMIRAMIS (****). Urbanización la Paz. Tel.: 38.55.51. Télex: 92160.
- ATLANTIS (****). Avda. Venezuela, s/n. Tel.: 38.53.51. Télex: 92150.
- CONCORDIA PLAYA (****). Avda. Generalísimo, 3. Tel.: 38.55.00. Télex: 92187.
- LOS DOGOS SOL (****). Urbanización El Durazno. Tel.: 38.51.51. Télex: 92198.
- MELIA PUERTO DE LA CRUZ (****). Avda. Marqués de Villanueva del Prado, s/n. Tel.: 38.40.11. Télex: 92386.

tance as to San Roque, where one can discuss lost balls and the correct swing with the irons or woods in one of the temples of Andalusian gastronomy: *Los Remos* on the Guadarranque Beach, a restaurant in which the serving bar alone is as long as the run to the eighteenth hole, but covered in fish.

Chiclana, very near to Cádiz, is a like a magnet to golfers on the Atlantic coast, a short stretch from Puerto de Santa María, in the region of excellent wines and manzanillas, and Huelva where soles from the estuary and *langostinos*

Main Golf Courses

| REGION Province | NAME OF GOLF COURSE | NEAREST TOWN | HOLES AND LENGTH OF COURSE (metres) | FURTHER INFORMATION |
|--------------------------------|------------------------------|----------------------------|-------------------------------------|--------------------------------|
| ANDALUSIA Almería | Cortijo Grande | Turre | 18-6.024 | 99 Turre |
| | Playa Serena | Roquetas de Mar | 18-6.171 | |
| Cádiz | Almerimar | El Ejido | 18-6.111 | (51) 32 20 55 (51) 48 09 50 |
| | Las Aves | Sotogrande | 18-6.263 | (56) 79 27 75 |
| | Sotogrande | Sotogrande | 18/9-6.298 | (56) 79 20 50 |
| | San Andrés | Chiclana | 9-5.674 | (56) 85 56 67 |
| | Vista Hermosa | Puerto de Santa María | 9-5.674 | (56) 84 00 11 |
| Córdoba | Pozoblanco | Pozoblanco | 9 | (57) 10 08 05 |
| | Los Villares | Córdoba | 18-5.694 | (57) 47 41 02 |
| Granada | Playa Granada | Motril | 9-5.702 | (58) 60 04 12 |
| | Granada | Granada | 18 | (58) 22 95 78 |
| Huelva | Bellavista | Ctra. a Aljaraque km. 6 | 9-6.252 | (55) 31 80 83 |
| Málaga | Aloha | Marbella | 18-6.261 | (52) 78 23 88 |
| | Atalaya | Estepona | 18-6.272 | (52) 78 18 94 |
| | Las Brisas | Marbella | 18-6.198 | (52) 78 00 03 |
| | El Candado | El Palo | 9-4.552 | (52) 29 46 66 |
| | Campo de Málaga | Málaga | 18-6.042 | (52) 38 11 20 |
| | La Duquesa | Manilva | 18 | (52) 89 03 99 |
| | Guadalmina | San Pedro de Alcántara | 36-6.200 | (52) 78 13 77 |
| | Mijas | Fuengirola | 18-6.500 | (52) 47 29 12 |
| | Nueva Andalucía | Marbella | 18-6.484 | (52) 78 72 00 |
| | Nerja | Nerja | 9-2.966 | (52) 52 02 08 |
| | El Paraíso | Estepona | 18-6.138 | (52) 78 32 00 |
| | Río Real | Marbella | 18-6.130 | (52) 77 37 76 |
| | Torrequebrada | Benalmádena | 18-5.860 | (52) 44 27 42 |
| Sevilla | Pineda | Sevilla | 9-2.976 | (54) 61 14 00 |
| CANARY ISLANDS Gran Canaria | Las Palmas | Las Palmas de Gran Canaria | 18-5.573 | (28) 35 10 50 |
| | Maspalomas | Las Palmas de Gran Canaria | 18-6.216 | (28) 24 62 46 |
| Lanzarote Tenerife | Costa Teguisse | Arrecife de Lanzarote | 9-5.598 | (28) 81 35 12 |
| | Tenerife | La Laguna | 18-5.207 | (22) 25 10 58 |
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| | Manises | Valencia | 9-6.274 | (96) 379 08 50 |



(scampi) provide a welcome reward (perhaps in *La Muralla*) for having got round all eighteen holes, whatever one's performance.

Also overlooking the Atlantic, but over the sea from the mainland, are the courses of the Canary Islands, where one can enjoy the excellent hotel facilities, such as those which accompany the Teguisse Golf Course: nothing less than Las Salinas Sheraton, one of the best hotel complexes in the world.

The players at the Maspalomas course can go out on to the course in the certainty that they will have a table at the *San Agustín Beach Club*, or at least in the hope of getting genuine Canarian cuisine in *Tenderete II*. However, games do tend to speed up as the players begin to look forward with growing anticipation to the fish dishes at *La Toja*.

Golf is all the rage in Spain. The successes of Spanish golfers in international competitions has made this sport increasingly popular. However, even before this «golf boom», Spain already had very good facilities for golfing enthusiasts. The climate in the islands and along the Mediterranean coast — mainly in the south — made Spain especially attractive to golfers during the winters, when the rest of Europe is shivering amidst snows and fogs.

The combination of golfing with holidaying is ideal for those who wish to take a break and get a bit of relaxed exercise that enables them to keep their mind occupied. For one must not forget that golf is a game — skill may be needed — but is a game nonetheless.

Many enthusiasts have discovered the joys of taking winter holidays to play their favourite game in Spain. They can keep in practice, whilst they get to know the place and enjoy the magnificent scenery in which the golf courses are situated, near to the main tourist centres.

The region with the highest number of courses is along the Mediterranean coast, especially in the province of Málaga, which has thirteen courses; Barcelona, which has five, and Valencia, with four. The second highest concentration of courses is inland, around Madrid, the capital city which has eleven courses in its vicinity.

All in all, at present there are more than 80 courses in Spain, set in incredibly beautiful landscape. The facilities offered could not be better — with everything from the well-kept courses to the hotels.

Not for nothing is Spain famous the whole world over for its golfing holidays.

Saber vivir.

CARLOS I
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CARLOS I

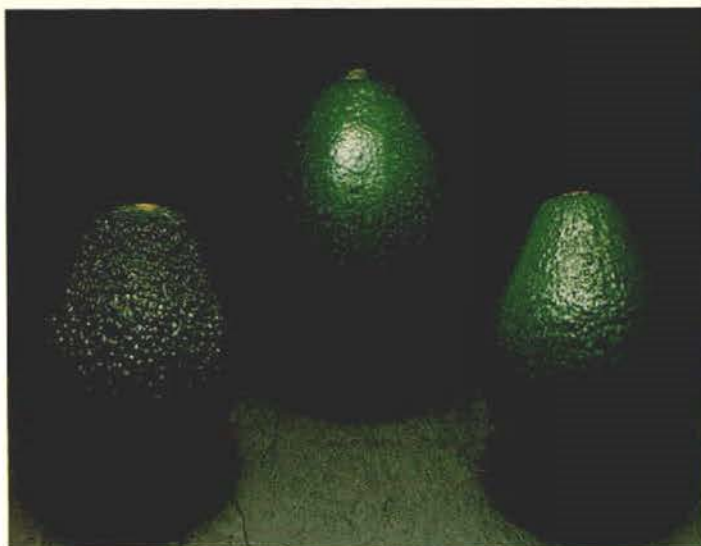


DOMECQ Cosecha de la Tierra

Clarin

Among the many valleys which wend their way down the gigantic mountains of the Sierra Nevada to the sea, amid the ravines and deep clefts which punctuate the splendid hills of the Cázulas range, one finds pyramids of terraced plantations whose patches of incipient green, made up of stillyoung trees, represent the start of an exciting new sub-tropical adventure. Many areas are gradually being covered, as if by magic, in a carpet of new, lush vegetation. The irrigated regions of Jete, Otivar, Almuñécar and various other towns as far as Motril, have become picturesque fertile; around the little villages and along the course of the area's paradoxical waterless rivers with wide fertile banks, exotic gardens flourish, little paradises producing strange fruits. The masses of fruit trees are protected by that beautiful tree the plantain, itself to tropical origin. Here it fulfils various valuable functions: it serves as the ideal windbreak for plantations of any sort; it is immensely decorative, featuring as it does in the world's most famous tropical gardens, and it produces bananas, of a type known in Andalusia as *basto*, which, though small and stubby, have sweet and delicious flesh.

All along the Granada coast, not far from the steep cliffs which, Colossus-like, overlook the Mediterranean from Nerja to Salobreña, one of the world's most exquisite fruits has grown for years. This is the custard-apple, which Haenke, the botanist, defined as «nature's masterpiece». Brought back to Spain by Andalusian emigrants, possibly from the Caribbean or perhaps from the high plateaux of the Andes, it grows beautifully here, and makes a lot of



A SUB-TROPICAL PARADISE

Custard-apples, bananas, avocados, mangoes, lychees, pineapples, yucca, passion-fruit... the Tropics come to the coast of Granada and Almería, to the most fertile of all the fruit-growing areas of southern Spain.

A veritable sea of green fronds bears the most amazing variety of fruits.

Photos: Mikel Alonso

money for Granada's farmers since it is impossible to grow in Africa or elsewhere in Europe.

Unlike other sub-tropical fruits which prosper in the Mediterranean basin or in the African continent, the custard-apple tree will only grow in the prime conditions offered by that triangle of Europe made up by the stretch of Granada's coast from Almuñécar to Motril back to the foothills of the snow-topped giants, the Mulhacén and the Veleto.

In the hilly territory behind Málaga, just a few kilometers from the sea, from Vélez to La Caleta and Algarrobo, it is curious to see how plantations which were formerly given over to low-growing crops and early vegetables are now vast patches of green made up of the laurellike bushes of what the Aztecs called *ahuacatl*, renamed *palta* by the South Americans and whose strange fruit we have

come to know as the avocado.

Furthermore, the coastal area, as far as Fuengirola and Marbella, is starting to be populated, intermittently, by another spectacular fruit-tree, of which we should be hearing a lot in the next few years—the mango. Until recently, it was thought to be impossible to grow on Spain's south coast; there seemed to be no variety suited to Andalusia's microclimates. But the southern farmers' sound judgement, their gift for investigation and their known enthusiasm for tackling the impossible have achieved the miracle. In Almuñécar, the first fibreless fruits have been harvested, comparable in taste with those grown in the Tropics. They have also managed to produce their first papayas.

Next on the list are lychees; this delicious fruit of Chinese provenance has already been planted and is thriving, not far from Benamargosa.

The avocado

A precious fruit

Avocados are fashionable. This historic fruit of mythical properties is catching on fast. It has been successfully acclimatised to mainland Spain, thanks to the mild temperatures of the coast of Granada.

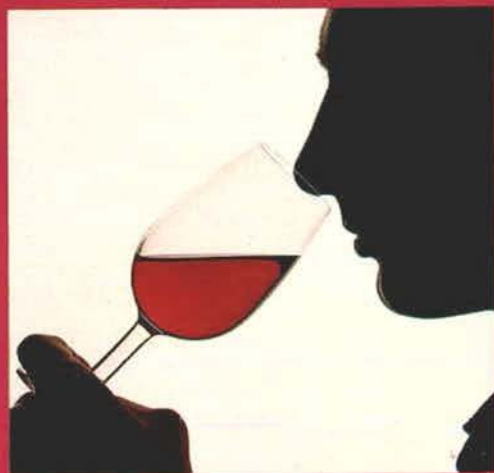
Much of the avocado's reputation rests on recurrent reports concerning its aphrodisiac properties, and though it is delicious enough in its own right without this additional attraction, modern analysis has revealed it to be the most nutritious of all known fruits.

Its tender flesh contains seventeen minerals, especially potassium, which occurs only rarely, iron, calcium, as well as eleven vitamins, including vitamin E, held to be an important influence on fertility. Philip II's doctor, having tasted the avocado, declared «The fruit is warm and pleasant to the taste (...), excites the sexual appetite and augments the semen». This did not create the sensation one might have expected at the time, given that the plant then only grew in Central America where it was the staple basic of the indigenous diet at times when other food was in short supply. Take a ripe avocado, cut it in half lengthways and prepare according to taste. You will not be disappointed. It blends well with a wide variety of flavours. Its own flavour is buttery with overtones of walnut, almond, pine-nut and aniseed. It is rich in fat content—it has been called vegetable butter—and has cholesterol-combatting properties. It makes a good complement to very salty foods without drowning their flavour. Like anchovies, for example. Spread a slice of bread with mashed avocado with a squeeze of lemon and top with some anchovies.

It comes in various types; the best of those generally available on the market is *Hass* which has rough skin and is deep green, tending towards purple; the *Fuerte* type is more elongated, paler green and smooth-skinned; *Redd* is oval, with a rather rough skin. When buying them, it is best to choose them on the hard side and let them ripen at home at room temperature (12 - 18 °C). When the fruit yields slightly to gentle pressure, it is ready to be eaten.

A practical guide for wine professionals and all lovers of the

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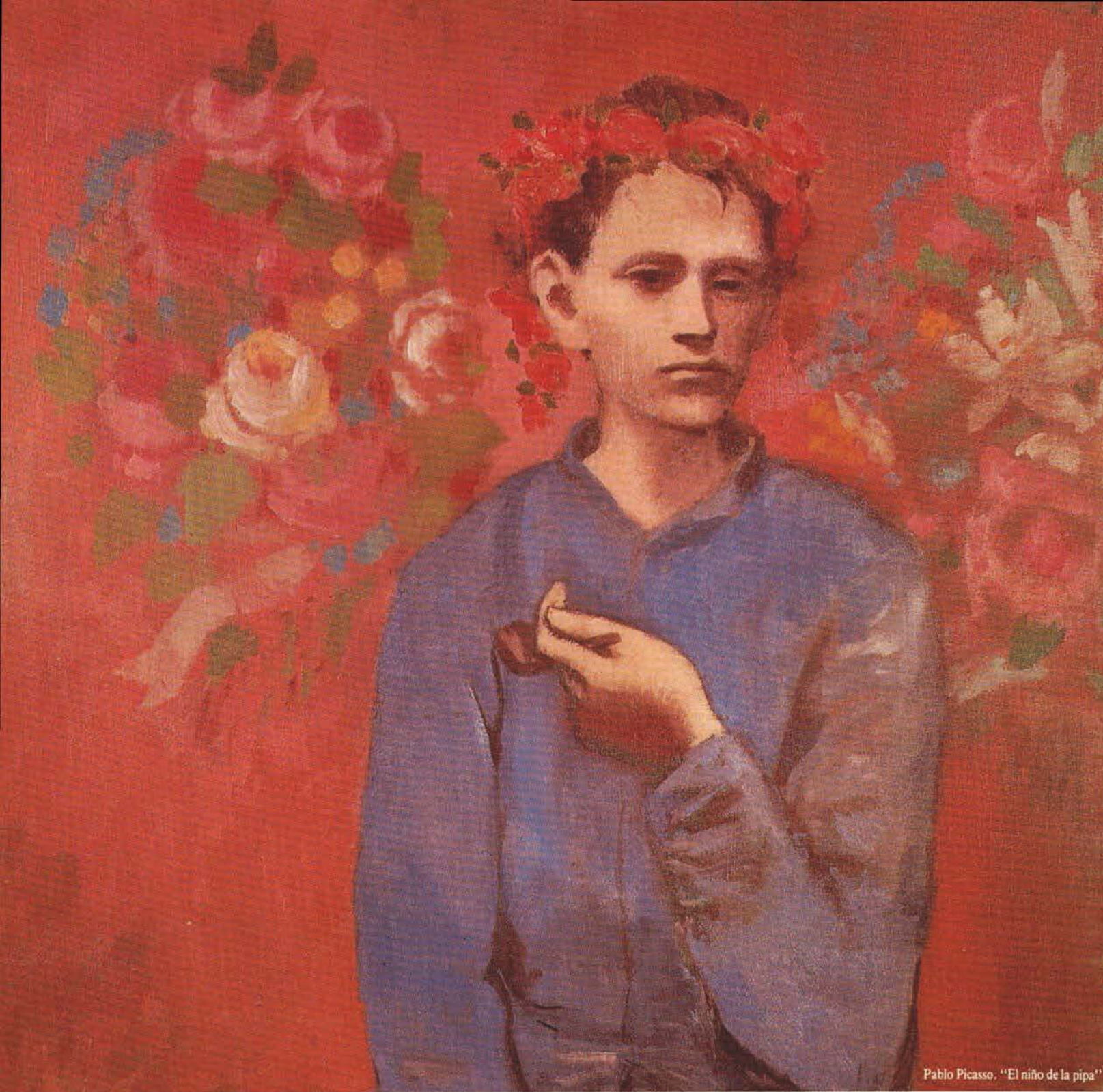
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