

# S P A I N GOURMETOUR

FOOD, WINE & TRAVEL QUARTERLY MAGAZINE



THE ANSWER'S A LEMON  
SPANISH WINE IN THE YEAR 2000  
CORDOBA, A MOSAIC OF PASSION



The world's  
most civilized  
aperitif.

*La Ina*  
DOMECQ



# S P A I N GOURMETOUR

**L**emons are good for you. In fact, lemons turn out to be a power-packed though largely untapped source of health-giving vitamins and minerals. Spain is one of the world's biggest exporters of lemons: they have been grown for centuries along the eastern coastal belt where they were introduced, like so much else, by the Arab invaders.

Southern Spain is still redolent of the many centuries of Arab rule centred on the splendid kingdom which they called Al-Andalus, today's Andalusia. The Al-Andalus Expresso is a train with a difference: taking its name from a period of past splendours, it provides passengers with the elegance of a bygone age combined with modern-day comforts as it takes them on an itinerary of the great cities of Andalusia. Cordoba is one of them.

Cordoba is one of the cities of the south where the Moorish influence has survived most strongly, not least in the excellent local food. Nearby Jerez, known the world over for its wines, is also a source of excellent sherry vinegar, a favourite with many good cooks for the rich aroma and flavour which make for salad dressings with a difference. Although during the health-conscious Eighties we learned that you can make a salad out of just about anything, the trusty lettuce is still a classic basic ingredient, albeit in rather more exciting varieties, such as the iceberg: in this issue we explore its potential.

At the dawn of the new decade, our wine section poses the question: What does the future hold for Spanish wine? Miguel A. Torres looks forward to the year 2000.

**REPRODUCTION: No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopy, recording, or any information, storage and retrieval system, without written permission.**

COVER  
*Still Life by Menchu Artime*  
*Photography by Antonio de Benito*  
*Design by ANC*

Director: Luis González Olivares. ● Editor: Cathy Boirac. ● Publication Coordinator: Sonia Ortega ● Publisher: ICEX, P.<sup>o</sup> de la Castellana, 14, 28046 Madrid. SPAIN. ● Translation: Hawys Pritchard.  
Art Direction: AN&C ● Design: Ignacio Plasencia and Juan Soler ● Subscription: ICEX, Departamento de Publicaciones, P.<sup>o</sup> de la Castellana, 14, 28046 Madrid. SPAIN. ● Circulation: TURESPAÑA & ICEX, Madrid ● Advertising: Public, S. A. Almirante, 21. 28004 Madrid.  
Depósito legal: M 11002-1976. ● ISSN: 0214-2937 ● Printed in Spain by RAYCAR, S. A. Impresores. Matilde Hernández, 27. 28019 Madrid. SPAIN.

## Contents 1st quarter 1990

### WINES

Best of the Bunch (I). Alejandro Fernández. Wines of Aragón.	14
A Privileged Country. Spanish Wine in the Year 2000.	26
Designer Wineries. Pyramids in the Napa Valley.	75
	79

### GASTRONOMY

The Cuisine of Al- Andalus.	56
El Caballo Rojo. Bringing to Life the Old Recipes.	59
Tapa-Tasting in Cordoba.	54

### PRODUCTS

Idiazábal. The Benefits of Smoking.	20
The Answer's a Lemon. Sherry Vinegar. The Scent of the South in your Kitchen.	40
Iceberg Lettuce and Broccoli from Spain. A Head Above the Rest.	62
	66

### TOURISM

A History of Spain for Travellers (I). A Land of Passage.	4
The Al-Andalus Expresso. More than a Train Ride. Cordoba.	34
A Mosaic of Passion. Cordoba's Parador. A Tourist's Oasis.	48
	52

### ART

Oranges and Lemons. Julio Romero de Torres.	90
--	----

### RECIPES

Recipes with Idiazábal Cheese.	25
Recipes with Lemon.	44
Recipes from El Caballo Rojo Restaurant.	60
Recipes with Sherry Vinegar.	64
Recipes with Iceberg Lettuce and Broccoli.	72

### MAIN EXPORTERS

D.O. Idiazábal Cheese.	83
D.O. Calatayud Wine.	83
D.O. Campo de Borja Wine.	83
D.O. Cariñena Wine.	83
D.O. Somontano Wine. Lemon.	85
Sherry Vinegar.	86
Iceberg Lettuce and Broccoli.	83

# A HISTORY OF SPAIN



# A LAND OF PASSAGE

Text: Jesús Torbado

«Everything under the sun» boasts the slogan selling Spanish tourism abroad, the implicit message being that there is a lot more to Spain than just sun and sand. «Everything» encompasses Spain's incomparably rich cultural heritage, a legacy bequeathed by a long and complex history which imbues the very foundations of present-day Spain — its way of life, food, customs, buildings, even its very landscape. Each stone, each tradition has its origins in the singular history of a consequently singular nation. One cannot begin to understand modern Spain without a knowledge of at least the broad outlines of its past.

Yet as they prepare for their visit with guidebooks and travelogues, frequent references to the Reconquest, the Celtiberians, the Bourbons may not sound too familiar to many foreigners. How many know when the Muslims invaded and how long they stayed? Or that what is known in Spain as the War of Independence is what the rest of us call the Peninsular War? It occurred to us at Spain Gourmetour to offer our readers a potted history of Spain. It will appear in ten chapters accompanied by a brief guide — «Mementoes» — to relevant relics which have survived and are worth visiting. We make no attempt to go into encyclopaedic detail — the history books are there for that. The series is intended, quite simply, to provide a History of Spain for Travellers.



**From top to bottom: the Bulls of Guisando (Avila), a treasure of Celtiberian art; the celtic Castro of Coaña (Asturias) and the Greek ruins of Ampurias, mixed with the legacy of Romans.**

Back in the mists of time, when the face of the earth was in the grip of an icy cold, the Iberian Peninsula was inhabited by hominids of whose origins, appearance and provenance nothing is known... We like to feel we know the beginning of our own story, and attempts have been made, some of them very ancient myths indeed, to give some definite identity to those early inhabitants on the strength of the few vague clues they left behind them some five hundred thousand years ago during what archaeologists know as the Early Paleolithic period.

They are believed to have arrived in the country which was not yet known as Spain in search of a benevolent climate and better living conditions. And they came from various sources. Most, it seems, came from the East, crossing a mist-shrouded Europe and the Pyrenees. They made their lairs in the many caves which still exist in the mountains of the north, near the Cantabrian coast. A minority came from the south, leaving Africa and making their way across the Straits of Gibraltar, doubtless much narrower then (if indeed the sea had encroached at all) and settling in

fertile Andalusia. For reasons of convention and convenience, these early Ligurian and Indo-European hunters are known by the generic name of Iberians. The name derives from *Ibero*, the ancient name for the great river which flowed laterally across the centre of the peninsula. The same river, now known as the Ebro and smaller and dirtier than in the times of the great thaws, still wends its way towards the Mediterranean through varied terrain. It was a vital artery on which historic cities, such as Zaragoza, would later be founded.

Some scholars maintain that the word Iberia also means 'land of go passage' since the peninsula — as if in anticipation of its later role — attracted many peoples to its shores in prehistoric times and the first centuries of its history. Many, though, did more than just pass through — they came to stay.

This seems to have been the case with the first *hominines sapientes*.

Being nomads, they had not turned their attention to architecture but were sporadic cave-dwellers. Some ten to thirty thousand years ago, they began the curious process of decorating the inner walls of their caves with varying degrees of artistry. Some historians believe the cave paintings of animals found in Spain and France to have been part of a magic ritual during which the hunters portrayed their prey, though we shall never know for certain what their purpose was. To this day, many caves in northern Spain still serve as galleries for the oldest paintings in the nation's impressively long artistic pedigree. The oldest of them all is probably the famous Bison of the Altamira caves near Santander, painted in ochres and reds, though there are many others in the mountains of both the north (Cantabria, Asturias) and south (Malaga) of the Peninsula.

In the Mesolithic period, between six and ten thousand years ago, paintings of a different kind were produced along the east coast, from Almería to Lérida and in the mountain ranges of the interior (Cuenca, Albacete). Hunting scenes, apparently portraying the adventures of the tribes which inhabited those regions, were painted now not in caves but in shallow recesses in the rocks. The vast majority must have been lost, yet a surprising hundred or so of these prehistoric works of art still survive.

## THE FIRST ARCHITECTS

The change in climate which occurred some five thousand years ago put an end to the great thaws, and men were able to abandon their mountain retreats and begin cultivating the land. They built shacks beside the lakes and rivers and began to worship spirits and revere the dead. To this end, they constructed the first 'buildings' known to mankind, fortunately using huge stones (hence the term 'megalithic monuments-') so that several of them still stand.

Menhirs (huge monoliths embedded in the ground) and dolmens (a horizontal slab supported by several vertical stones) are the best-known examples of this primitive form of architecture. The most spectacular megalithic burial monuments to have survived to the present day are in Menga, Romeral and Viera, in Antequera (near the Costa del Sol) and in Pastora, Seville.

In parallel, 2,000 years before Christ, the first example of an organised society emerged along the coast of Almería. Known as El Argar, it is generally considered to be the western world's first urban civilisation given its fortified townships with stone houses arranged in street patterns. Tools such as sickles have been found dating from this civilisation, suggesting that its inhabitants cultivated cereal crops, whilst its pottery is similar to a type made today in North Africa. Dating from a later period, finds have been made in the Peninsula's central plateau, or *meseta*, of bell-shaped pots very similar to others found in Central Europe. These pots, richly decorated with white plaster inlays, date from the period 1800-1500 BC. In some archaeological excavations they have been found alongside copper daggers and perforated stones (known as 'archer's bracelets-'). Archaeologists believe them to have been the products of a nomadic culture which traded in copper and amber. One of the best pieces was found near Madrid and is currently exhibited in the city's Archaeological Museum.



TURESPANA



TURESPANA



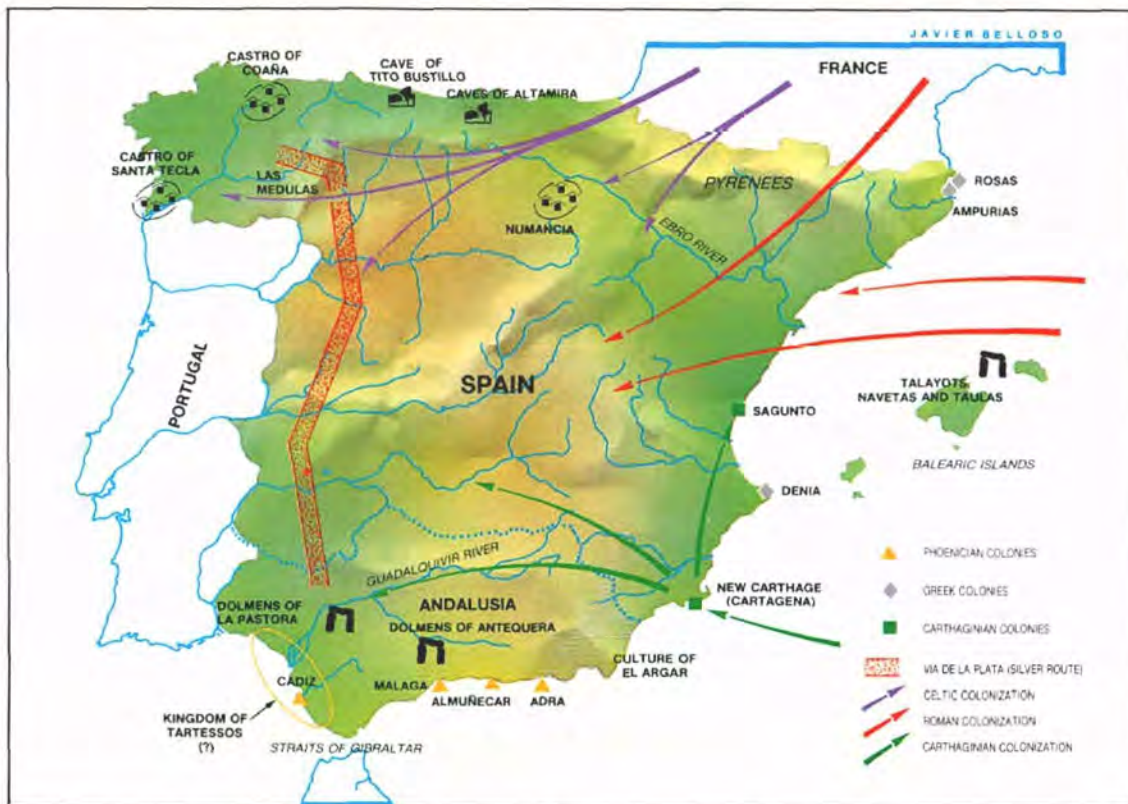
TURESPANA



*The Lady of Elche is considered the masterpiece of Iberian art and speaks volumes about the degree of sophistication achieved by this early culture.*

MUSEO ARQUEOLOGICO NACIONAL

*While our image of the prehistoric Iberia depends heavily on conjecture, once we enter the realms of history proper there are many more archaeological clues.*



Further fascinating evidence of the spread of these early civilisations is provided by the gigantic late Bronze Age structures found on the Balearic Islands. *Talayots* (defensive towers shaped like truncated cones), *navetas* (collective burial monuments) and *taulas* (table-like structures thought to have been used for exposing corpses to birds of prey) are common in many islands of the Mediterranean, one of the best examples being a miraculously well-preserved three thousand year-old *taula* near Mahón, in Menorca.

While our image of the prehistoric Iberia depends heavily on conjecture, once we enter the realms of history proper there are many more archaeological clues. In Madrid's Archaeological Museum alone there are over half a million works of art collected from all over Spain, many thousands of them dating from the dawn of history. Treasures from the Balearics (the Bull of Costitx), the east coast of the Peninsula (the Lady of Elche, considered the masterpiece of Iberian art) and Andalusia (the Lady of Baza) speak volumes about the degree of sophistication achieved by these early cultures.

### THE CELTIC INVASION

During the first centuries of its history, Spain experienced two major formative events. The first

of these was an invasion by Central European colonisers from across the Pyrenees. These were the Celts (our word derives from the name by which they were known to the Greeks). Farmers and livestock breeders, they settled first in the north and the northern plateaux. There are still remnants of their settlements, or *castros* (a word which still features in many Spanish place-names) in these areas, particularly Galicia, today. They gradually spread southwards as separate tribes, moving into the valleys of the Duero and the Ebro. Their capital- was in Numancia, near Soria, later to enter the realm of legend for its heroic defiance of the Romans. Some of these semi-nomadic tribes were to intermingle with the Iberians. The Celtiberians (as the Greeks called the Iberian Celts) and the original Iberians (possibly of African or Mediterranean origins) could be considered the ancestors of the Spanish. Certain enduring Spanish characteristics seem to have emerged early. Diodorus of Sicily, one of the earliest writers to mention Spain, observed: -All offer shelter to strangers to their country.-

Another literary visitor was also to make what could be seen as a clairvoyant comment, this time anticipating Spain's political future. Strabo speaks of the characteristic of local pride, which prevents their uniting in one common entity and under-

*In Minorca (Balearic Islands), the gigantic late Bronze Age structures still provide the evidence of the first civilisations: Taulas, navetas y talayots.*



*The Phoenicians and, subsequently, the Greeks established colonies along the coast. These trading posts gradually evolved into flourishing cities, almost all of them still in existence.*

mines their power to repel aggression from without. Strabo, a geographer, was also to provide an early description of the Spanish countryside, sadly different in one respect from the way it is today. There was so much dense woodland, he reports, that a squirrel could travel from south to north without ever touching the ground. Twenty centuries of intensive cultivation, begun by the Romans, and tree-felling on a massive scale for use in war (Christians versus Muslims, ships bound for the Americas, the Invincible Armada...), have decimated Spain's tree population, particularly in the central *mesetas*, or plateaux.

#### **TARTESSOS: A LEGENDARY KINGDOM**

The other key event, along with the arrival of the Celts, was the emergence of the Kingdom of Tartessos during the Iron Age. Of the Celts and Iberians, either separately or together, little is known since they left relatively little behind them. Still less is known about Tartessos, though it has been the inspiration for many a legend. But there is no doubt that it did exist: its location has been identified with a fair degree of certainty as near the mouth of the Guadalquivir in Andalusia. And it is known to have been fabulously rich.

There is actually a reference to its capital, Tarsis, in the Bible. It was to Tarsis that Jonah fled from Yahweh by boat, only to be cast overboard by sailors and to end up in the belly of the whale (some 750 years before the birth of Christ). It is also mentioned as a place with which Solomon traded. The Greek philosopher Plato asserts that the sons born of Poseidon and a mortal woman settled here.

And what sort of life did its people lead? Plato tells us: 'The kings would let bulls loose in the enclosure sacred to Poseidon and one lone man... unarmed but for cudgels and lassos would capture the bull.' - this is the first known written reference to one of the Spaniards' favourite sport and what goes on in the bullring.

One of the mythical kings of Tartessos, Gargoris, was the first to harvest honey while another, Argantonio, is known as 'the father of silver'. Tartessos was so rich in silver that Phoenician traders bringing cargo from the East would change their iron anchors for silver ones for the return voyage.

The Phoenicians are credited with overthrowing the kingdom of Tartessos, though another theory is that they founded it in the year 1200 BC. Which ever may be the case, it was the fate of Tartessos to end up buried for ever, its precise location an enduring mystery. Somewhere between Gibraltar and Cape St. Vincent, perhaps near the city of Huelva or in today's Doñana National Park is the best historians can do.

#### **MAGNETIC MINERALS**

Spain's wealth of minerals was the main magnet for the Phoenicians and subsequent invaders, attracted by the rich mines in the Sierra Morena

(still worked today), Almería and Cartagena. The Phoenicians and, subsequently, the Greeks (in about 650 BC) established colonies along the coast. These trading posts, to which people from the interior came to sell their produce, gradually evolved into flourishing cities, almost all of them still in existence. Cádiz, Málaga, Almuñécar and Adra were among the earliest colonies to be established by Phoenicians exploring the potential of the southern Mediterranean. Although no relics of these original founders survive, it could be said that they sowed the seeds of the region's future: all these cities are major tourist resorts today.

The Greeks opted for the northern Mediterranean and in Ampurias (Gerona), constructed a showpiece city of which, despite the depredations of the Frankish invaders in the late 3C, many original features still survive. Remains of the city walls, temples, stunningly beautiful mosaics, statues, murals painted in the Pompeiian style all provide valuable clues to what life was like in the Greeks' trading centres two thousand five hundred years ago.

Ampurias is by no means alone in being able to trace its pedigree back to the Greeks; other cities

*The Greeks explored the potential of the northern Mediterranean Spanish coast and in Ampurias (Gerona), constructed a showpiece city of which many original features still survive.*



# MEMENTOES

## PRE-ROMAN SPAIN

*Most relics of prehistoric Spain are accessible only to archaeologists. Of the numerous sites known to contain prehistoric remains, many are as yet unexcavated.*

**Architecture:** The most interesting examples of what could be categorised as prehistoric architecture are in Antequera (Málaga), the Balearic island of Menorca (the archaeological site of Trepuco) and La Pastora (Seville). There are remains of later (6C BC) Celtic architecture in the Duero, Ebro, Jalón and Júcar valleys and, particularly, in the *castros* of Coaña (Asturias) and Santa Tecla (Pontevedra).

**Painting:** Prehistoric paintings have survived in many caves and rocky crevasses. In the mountains of the north, the most noteworthy are in the caves of Altamira (there is a good cast reproduction of them in Madrid's National Archaeological Museum), El Castillo and La Pasiega, all in Cantabria, and Candamo, El Pindal and Tito Bustillo, in Asturias. The most significant in southern Spain are in La Pileta (Málaga). All date from the late Paleolithic period (between 10,000 and 30,000 years BC).

The Mesolithic paintings of Levante (eastern Spain) are best represented in Cogull (Lérida) and the caves of Alpera (Albacete) and La Arana in Bicorp (Valencia).

**Sculpture:** Some, though not many, examples of prehistoric ar-

tefacts have been found in Spain. They are small pieces dating from immediately after the flint axe period. The most significant are the Sceptre of El Pendo (Cantabria) and the carved and painted stone tablets found in El Parpalló (Valencia). These small mobile objects are generally on exhibition in local or national museums; the best collection is in Madrid's National Archaeological Museum.



MUSEO ARQUEOLÓGICO NACIONAL

Galicia has yielded significant finds of work in precious metal objects — the Treasures of Golada (Pontevedra) and Ribadeo (Lugo).

The most important relics of Celtiberian art are figures of boars and bulls carved in granite: there is an impressive group of them in a field in Guisando (Avila).

**Pottery:** Beautiful ancient pieces have been found in El Argar and Los Millares (Almería) and Carmona (Seville).

**Iberian art:** This is one of the richest founts of early Spanish art, engendered by contact with the colonists who advanced into Spain from the east. It flourished particularly in Andalusia, Levante

and the eastern end of the Ebro valley.

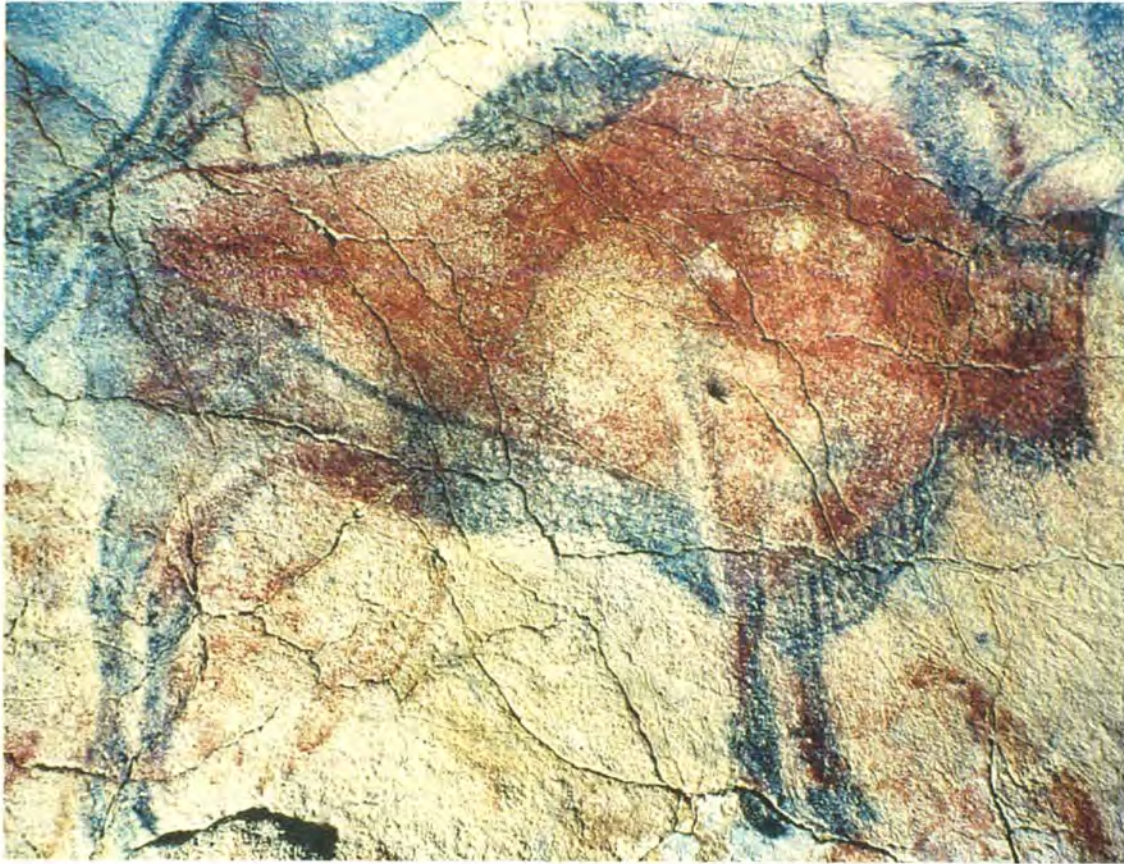
Architectural remains are of defensive or funerary structures, such as the city walls of Tarragona and the necropolises of Tutugi (Granada) and Tugia (Jaén).

But the most important finds of this period are sculptures, showing the influence of ancient Crete and Greece. Many pieces have been found, particularly in Collado de los Jardines, in Despeñaperros (Andalusia), and El Cerro de los Santos (Albacete). The crowning works of this genre are the pieces known as the Lady of Elche and the Lady of Baza, both in the National Archaeological Museum in Madrid.

### Phoenician-Carthaginian art:

Few traces remain of the first colonisers of the Iron Age, except for the cities which date back to that period and which doubtless still harbour undiscovered treasures. The most interesting Punic remains emerged from finds in a necropolis in Cádiz — including ritual burial objects, a man-shaped marble sarcophagus (now exhibited in Cádiz's Archaeological Museum) — and on the island of Ibiza. A major find of Phoenician precious metal pieces, known as the Treasure of La Aliseda, discovered near Cáceres, is displayed in the National Archaeological Museum in Madrid.

**Greek colonies:** Denia's Archaeological Museum has some pieces from what were originally Greek colonies, though they date from the period of Roman occupation. Nearly all the many remains in Ampurias are also strictly speaking Roman, albeit superimposed on Greek sites.



*Prehistoric paintings have survived in many caves and rocky crevasses. The oldest of them all is probably the famous Bison of the Altamira caves, near Santander.*

TURESPAÑA

*Certain enduring Spanish characteristics seem to have emerged early. Diodorus of Sicily, one of the earliest writers to mention Spain, observed: "All offer shelter to strangers to their country."*

along the Mediterranean coast, such as Rosas (Gerona) and Denia (Alicante), share its claim to fame. Inveterate traders, the Greeks also penetrated into the interior — to Linares, Jaén and Aragón, for example— in search of metals and glass. They were also responsible for taming that perennially wise and patient animal, the Iberian donkey, now gradually dying out, and for breeding the mule (a cross between the horse and the donkey) as a beast of burden to transport their merchandise.

As the news of Iberia's wealth of natural resources spread, more and more explorers arrived from overseas. The Carthaginians (from present-day Tunisia), who could be considered younger siblings of the Phoenicians, were not content to limit their activities to the coast and established a veritable empire which was to curb the nascent power of Rome. They entered Spain and established a heavily defended city — a New Carthage (today's Cartagena, still the base for the Spanish fleet) — in 218 BC. Carthaginian generals Hasdrubal and Hannibal were to conquer the southern half of the country and to build one of the oldest

roads in Spain, still known today as the *Vía de la Plata* — the Silver Route.

This road, later paved by the Romans, led from Seville and Mérida in the south to Salamanca, El Bierzo and Galicia in the north, and was intended for both military and commercial purposes, serving as the route for transporting the gold and silver mined in these regions. In El Bierzo one can still see the red-hued mounds (Las Médulas) produced over nearly three hundred years of mining by the Romans. According to Pliny, they extracted some six tons of gold a year — more than the Spanish brought back from their American colonies during a comparable period of domination. "No place on earth can offer such richness for so many centuries," comments Pliny.



MUSEO ARQUEOLOGICO NACIONAL

#### **BATTLE BEGINS**

Iberia rapidly became a battle-ground for the Carthaginians and the Romans, who had come to Spain to support the Greek colonists. Later, the battles were to be fought among rival factions of Romans. For nearly thirty years, until the final defeat of Hannibal



MUSEO ARQUEOLOGICO NACIONAL

*Figures of boars and bulls carved in granite are the most important relics of Celtiberian art.*



MUSEO ARQUEOLOGICO NACIONAL

*The Treasure of La Aliseda (Cáceres) is displayed in the National Archaeological Museum in Madrid.*



MUSEO ARQUEOLOGICO NACIONAL

*Bell-shaped pots very similar to others found in Central Europe, were found near Madrid.*

*In Madrid's Archaeological Museum alone there are over half a million works of art collected from all over Spain, many thousands of them dating from the dawn of history.*

in 202 BC in Zama (Africa), the -real- Spaniards (Celts and Iberians) sold their services as mercenaries to one side or another. The Peninsula's many tribes no longer simply fought among themselves as had been their wont, but could now do so under the orders of more powerful and better-organised leaders. Significantly, most surviving Iberian art is of an epic, war-like nature, while the ancient Celts of central and northern Spain, who barely came into contact with the Carthaginians, left little of any description.

Considerable numbers of the cavalry troops who made the legendary crossing of the Alps with Hannibal were Spanish, and he was also supported by the renowned slingsmen of the Balearics. The city of Sagunto, faithful to Rome, was besieged, sacked and burned by Hannibal and acquired legendary status when its inhabitants committed mass suicide rather than surrender to Carthage. -The leading citizens, bringing to the forum the gold and silver of the city's public and private coffers, cast it all onto a hastily lit bonfire, and most then cast themselves among its flames.-

This is Titus Livy's account of the dramatic climax to the siege of Sagunto. Mind you, it is worth bearing in mind that this account of Carthaginian atrocities was written from the Roman point of view... Sagunto today is a flourishing town not far from Valencia, still with interesting Roman features, though from a later date (2C). Seventy years after the Sagunto tragedy, a similar event was to occur in a Celtiberian — or genuinely Spanish — city: Numancia, this time with the Romans in the role of aggressors.

Carthage's dominion over Spain was limited in both duration and scope, and little remains of it but stories and legends preserved in the folk memory. Some maintain that the Spaniards' predilection for fish and chick-peas (a staple ingredient of *cocido*, a popular dish that appears in many guises throughout Spain) is inherited from the Carthaginians. The Romans were to stay longer — six hundred years — and their influence was consequently altogether more significant, affecting Spain's language, religion and customs. Yet the Carthaginian invaders from North Africa could be seen as a foretaste of things to come. Nine hundred years later, they were followed by the Arabs, who were to stay for many centuries and change the course of the nation's history.

Paternina



Greatness from Rioja.



# BEST OF THE BUNCH (I)

**A good wine is rather like  
a temperamental film-star, needing  
nurturing and cossetting  
if it is to fulfil its potential.**

**And a good wine  
is what gives a bodega a good name.  
But who really deserves  
the credit?**

**This article is the first in a series  
about the human face  
of the Spanish wine-world, featuring  
the expert men and women  
associated with particular bodegas  
and the way in which  
they have made their mark,  
though rarely occupying  
the limelight.**

Text: **Richard Lorant**  
Photos: **Piedad Sancho-Mata**

**B**ack in 1947, when Alejandro Fernández began making wine in the cellar of his father's stone house in Pesquera de Duero, sensible farmers in the town of 800 were uprooting old grapevines to plant sugar beets.

Families with fields on the banks of the Duero River had been making their own wine for as long as anyone in Pesquera could remember. But the rich, dark wine was as filled with impurities as it was tasty; it wouldn't keep long enough to make selling it worthwhile. Wine was for washing down a meal at the end of a day's work. Sugar beets put the food on the table. And in those days, with Spain still recovering from the disastrous civil war that had ended eight years earlier, putting food on the table was no easy matter.

Today, the 57-year-old Fernández maneuvers a 1989 Range Rover through the vineyards where he grows grapes for his highly acclaimed Pesquera red. As he talks about plans to produce a new Chateau-style wine from vineyards 20 kilometres upriver in Roa, it is easy to understand the proud tinge to his voice.

They pulled up the vines to put in beets. Now, maybe they'll have to do

the opposite-, he says, gesturing at the vineyards that stretch from the patches of pine trees on the horizon down to the poplar-lined river, silty and swelled with early winter rains. -When I started, they thought I was crazy.-

Across the river the beet fields seem to go on forever, down beyond tiny Pesquera de Duero and on south to Peñafiel, where the smoke from a distant sugar factory rises past the town's medieval castle, which appears small against the immense Castilian plain.

It was the beets, strangely enough, that made it possible for Fernández to found Bodegas Alejandro Fernández in 1972, 25 years after he started honing his technique in his father's cellar.

For most of that quarter century, Fernández designed and built beet-harvesting machines — and criss-crossed the country to convince farmers to buy them. He says he



**FORGING A DREAM  
ON THE  
CASTILE PLAINS**

**ALEJANDRO  
FERNANDEZ**



*Fernández was his own truest  
believer: -When I started,  
everybody thought I was  
crazy, but I always knew I'd  
make a good wine.-*

*"I've worked  
all the days  
of my life,  
including Saturdays  
and Sundays,"  
he says.*

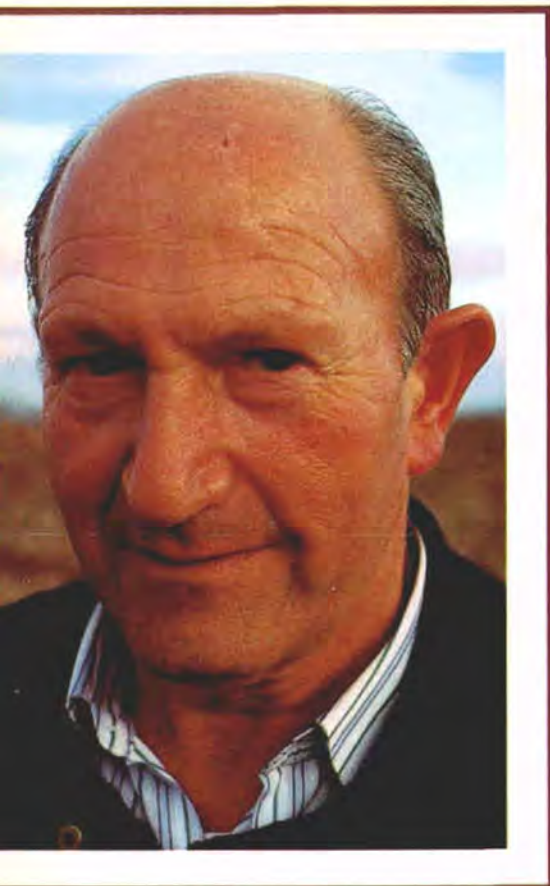
*"I can't remember  
the last time  
I took a holiday."*

logged a total of 5 million highway kilometres in his travels, which kept him away from home for months at a time while his wife, Esperanza Rivera, raised their four daughters.

The earnings from his farm machinery paid for the winery, with its modern equipment, and for the first vineyards, with their 12,000 vines bearing Tinto fino grapes, a local version of the classic Spanish Tempranillo. His other business also covered losses during the years before the first Pesquera, vintage 1975, reached the market.

#### **FUN AND DEDICATION**

"It was with the machinery that things were really tough", Fernández says.



"I haven't had rough experiences with the wine. That's been fun."

If the wine-making was fun, it also required a dedication bordering on obsession and long hours of work. You can see them reflected in the lines on Fernández' face and the sharp-edged twinkle in his eye.

"I've worked all the days of my life, including Saturdays and Sundays", he says. "I can't remember the last time I took a holiday."

Today, in fact, is Constitution Day. The winery's non-family employees have the day off, but not the group of assorted relatives who are inside the main building, labelling bottles and packing them into cases.

Of the 300,000-320,000 bottles of 1987 Crianza, 1986 Reserva and 1985 Reserva Especial about to leave the warehouse, about 40 per cent will end up abroad, Fernández says. A quarter of the exports will head for the United States, with the rest going mostly to European countries like Switzerland, Britain and West Germany.

If Fernández was his own truest believer during the 25 years it took him to save money for his winery, the speed of Pesquera's rise to international prominence has surprised even him. "I always knew I'd make a good wine. But I never imagined all this", he says.

The contacts he built up during his years selling farm machinery were Pesquera's first customers. Fernández said they were spreading word of its worth almost as soon as he began making it.

By 1981, he was exporting the wine through a hard-working couple who have been his distributors abroad ever

***The long hours  
of work are reflected in the  
lines on Fernández'  
face and the sharp-edged  
twinkle of his eye.***



since, an American, Stephen Metzler, and his Spanish wife, Almudena. Soon, Pesquera was attracting the attention of top international critics, including Robert M. Parker Jr., the guru of U.S. tasters and publisher of *The Wine Advocate* newsletter.

Its reputation has only grown since then. Last year, a prestigious U.S. bimonthly, *The Wine Spectator*, included Pesquera Janus Reserva 1982 as one of only three Spanish wines on its list of the top 100, ranking it 27th. Janus is a Gran Reserva, which must be aged five



years between American oak casks and bottles. Fernández only produces a Gran Reserva when there is an extraordinary vintage. You may have a hard time finding the 1982 Janus, but a Gran Reserva from the 1985 vintage will leave the winery next year.

The 1982 Janus Reserve retailed for around \$75 a bottle, but other Pesqueras can be had for considerably less. The 1986 Crianza (\$19.92) fared extremely well at a recent invitation-only tasting for wines priced under \$20 during the *New York Wine Experience*, an event sponsored by *The Wine Spectator*.



A stroll through the winery provides physical testimony of the success of Bodegas Alejandro Fernández. The main building, brimming with neat stacks of oak casks and bottle-filled crates, has tripled in size since it was built. Workmen are putting the finishing touches on a ceiling crane for a new, 1,600-square-metre (1,913 square yards) space that includes a cellar for ageing bottles.

-There will be no increase in production-, Fernández adds quickly. -The addition is to allow us to have more room and be more comfortable in the winery.-

***The main building, brimming with neat stacks of oak casks, has tripled in size since it was built. A physical testimony of the success of Bodegas Alejandro Fernández.***



### TECHNOLOGY AND MARKETING

Fernández has always been a firm believer in using technological know-how to get the most out of a wine. He designed several machines for the winery, including the ceiling crane and harness to move the casks, and a second contraption to rotate the casks as it cleans them with a high-pressure jet of water. He also employs a technical director, oenologist Teófilo Reyes, to perform chemical analyses on the wine. Fermentation takes place in temperature-controlled, stainless steel tanks

*Alejandro understands the role that marketing plays: -Quality is essential. But it doesn't guarantee success. You have to get out and sell things.-*



and the wine is painstakingly cleaned of impurities several times a year as it ages.

He also understands the role that marketing plays in a wine's continued success. Visitors to the winery are handed glossy, four colour cards reproducing Pesquera's label and reprinting some of the rave reviews the current vintage has received. Across the road from the winery and overlooking the Duero itself, Fernández is constructing a building that will house a dining/tasting room for people who make the trek to the bodega.

-Quality is essential. But it doesn't guarantee success. You have to get out and sell things-, he says.

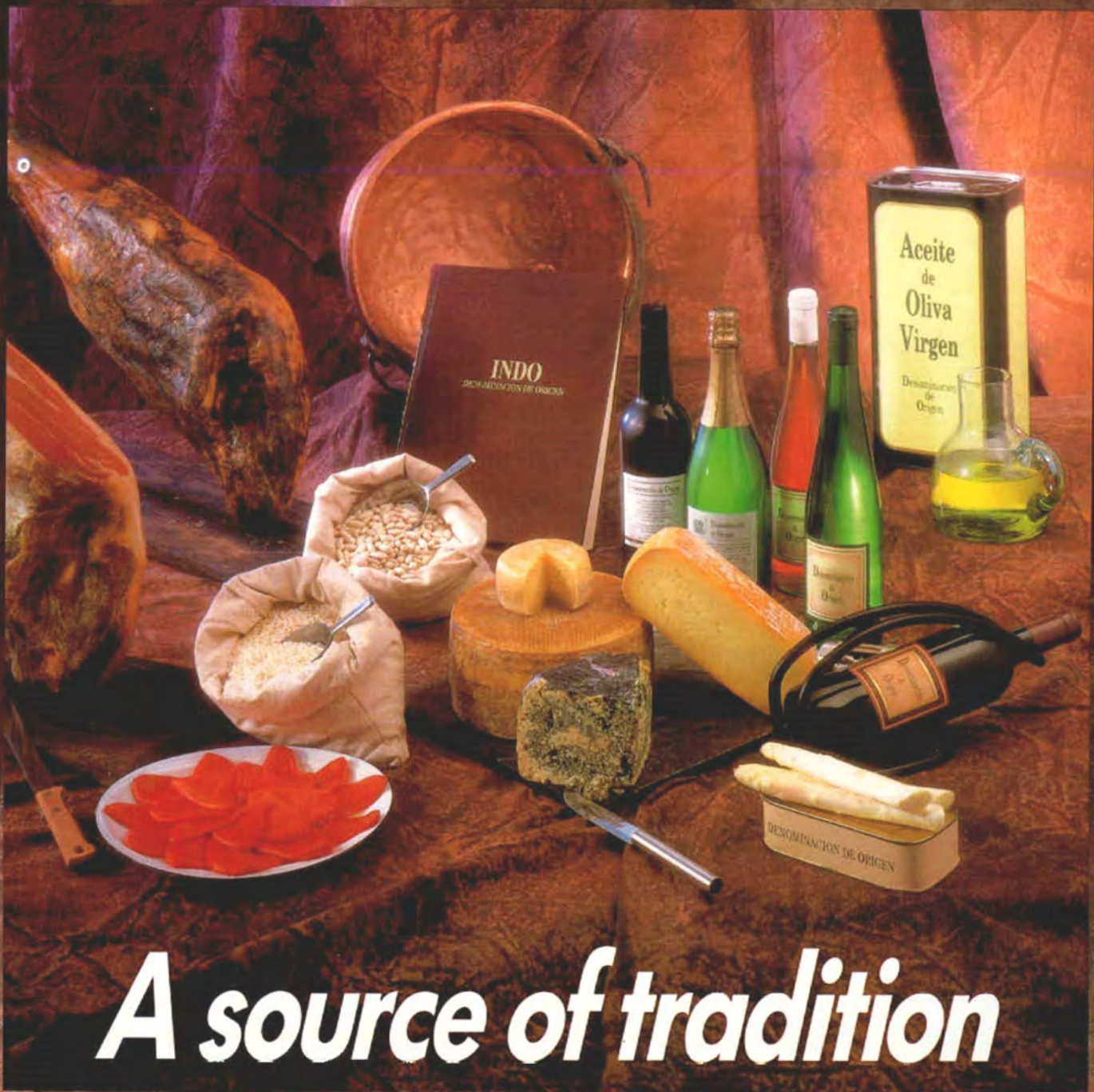
Fernández slips on a sweater for the drive out to the new vineyards in Roa. Before hopping into the Range Rover, he takes a few minutes to play with his first grandchild. He has begun delegating more authority to his daughters and sons-in-law lately, although his schedule remains as full as ever. One son-in-law is in charge of billing, while another manages the warehouse. His oldest daughter works in the office and he hopes the youngest will take over public relations. He says he wants to slow down soon and build a wine-making museum in town. -As you can see, I don't do anything anymore-, he jokes.

On the way out to Roa, where he has begun growing vines for the chateau-style wine, Fernández stops at Las Cuevas. There, 32,000 young vines are almost ready to enter into production. These grapes will go to make third-year Pesquera and Fernández says they will eliminate the need to buy a small percentage of his grapes from local growers each year.

In Roa, Fernández has spent years buying and trading with dozens of small land owners to piece together a 65-hectare (160 acres) estate on the northern bank of the river. Some 80,000 vines already trained along trellises and he plans to plant 220,000 more in the rocky, clay-brown soil by the time he's through. Between the top of the last slope and the river, the frame of the first large building gleams in the late afternoon sunshine. A natural spring bubbles into a concrete pool alongside it. Atop one of the hills overlooking the fields, he has cleared a site for a second dining room for visitors.

Fernández says he has not decided on the name of the wine, which he expects to leave the winery in Roa by 1996, three years after the first grapes are harvested. -It's my last great project-, he says. Reminded about the museum, he laughs. -Sure, the museum. But that's different. That's for when I retire.-

DENOMINACION DE ORIGEN



# A source of tradition

*This is how food articles with a name of origin are. All different and all **ours**, with Christian name and surnames, with **date** and **place** of birth, with own style: Name of origin, a source of tradition.*

*Alimentos de España*

**Always**



MINISTERIO DE AGRICULTURA PESCA Y ALIMENTACION  
DIRECCION GENERAL DE POLITICA ALIMENTARIA

# IDIAZABAL

## THE BENEFITS OF SMOKING

The green, rainy Basque Country in northern Spain is the home of many a sheep's milk cheese. Rich pastureland, excellent sheep and skilled cheese-making technique all combine to produce one particular classic, given a touch of distinction by its (originally accidental) smoky flavour.

Text: **Enric Canut**  
Still Life: **Menchu Artime**  
Photo Still Life: **Antonio de Benito**







FELIX LORRIO



ICEX / MINER



SOBREMESA



ENRIC CANUT

*While the sheep wander around freely, the shepherds rest and keep up the tradition of wood-carving, making, among other things, milking vessels, known as kaikus. The process of cutting and handling the curd can be done with traditional or modern methods.*

**I**diazábal is a little place right in the heart of the Basque province of Guipúzcoa. In the old days it was one of the most important market centres for cheese and livestock in the whole of Spain and its name came to be used generically for the various sorts of sheep's cheese - both smoked and unsmoked - that the region produces. Cabrales, Villalón and Burgos cheeses got their names in much the same way.

Idiazábal was the autumn livestock market, held at the time of year when the sheep were brought down after summering in highland summer pastures of the Aralar and Urbia mountains. The shepherds took the opportunity to exchange new, trade livestock and sell the sheep's milk cheeses they had made up in their mountain huts during June and July. Although sheep's cheese is made throughout the winter, spring and early summer in mountain homesteads and huts alike, the best of the lot is the type made in these early summer months in the high plateaux of the Basque Country's central mountain ranges. Exclusively a farm product and made on a very small scale, it has nevertheless become the

region's classic sheep's cheese. One can quite see why. In early summer the snow thaws, and the flocks of *latxa* sheep leave their coastal or low farmland pastures and head for the succulent grazing now available up in the mountains. Grass flourishes in the upland environment at this time of year - chalky, acidic rocky subsoil, mild temperatures, bright light and plenty of moisture - as do the many alpine plants whose multicoloured flowers dot its brilliant green.

The sheep wander round freely, eating well, snoozing as the mood takes them and generally engaging in typical summer holiday activities. The shepherds, too, enjoy a well-earned rest. They move into their mountain huts and apart from milking the ewes at dawn and dusk and making cheese there are few demands on their time. They sleep, chat, play cards and keep up the tradition of wood-carving, making cheese moulds, known as *zumitzes*, milking vessels, or *kaikus*, setting vats, or *abatx*, and collars for the sheep. They still incorporate immeasurably ancient motifs into their work such as leaf and sun shapes originally, and perhaps even still, charged with magic significance.

## HAPPY ACCIDENT

The mountain pastures of the Basque Country are common land for use by local shepherds, but some are also let to shepherds from other areas, the rent being paid directly to the villages to which the land belongs. Shepherds are entitled to make full use of everything the grazing territory offers but they never own the land. The same applies to their huts, though there is a tradition of handing them down from generation to generation of keepers of the same flock. Curiously, shepherds' non-owner status accounts for a crucial characteristic of Idiazábal cheese.

One of the traditional symbols of ownership of a house in the Basque Country is the presence of a chimney or a tiled roof. The shepherd's hut, as common rather than private property, therefore had no chimney and was originally roofed with turves. This meant that the smoke from a fire lit inside for warmth or to cook on had to find its way out through chinks in the roof, meanwhile impregnating everything inside, including the cheeses. Their smoked rind became the trade-mark of these highland

# Idiazabal Cheese

## BASQUE COUNTRY'S CHEESE

For centuries and generation after generation, IDIAZABAL CHEESE is made in the Basque Country with latxa sheep's pure milk, a special ovine breed that is raised on the country's mountains, following an entirely handmade process. Idiazabal cheese. Genuine flavour. Unique.

# IDIAZABAL

*Con la garantía de la Denominación de Origen*



CONSEJO REGULADOR DENOMINACION  
DE ORIGEN QUESO IDIAZABAL



**Idiazábal cheese needs to mature for at least two months, and is at its best at between three and five months. Once cured, it is sometimes smoked.**

cheeses, easily recognisable at Idiazábal's autumn market.

But the uplands are by no means the only source of sheep's cheese in the Basque Country. The entire area which could be described as historically Basque, now embracing the Autonomous Community of Vascongadas and north-western Navarre, is sheep-rearing territory. It is the place of origin of one of Spain's main milk-yielding breeds of sheep, the *latxa*. Highly productive, well-adapted to mountain conditions and cold, wet weather, these gregarious, good-natured sheep are ideal for the pattern of rearing based on seasonal moves from pasture to pasture. This age-old tradition of transhumance whose key protagonists, sheep and shepherd, are such typical ingredients of rural life in the Basque Country, has, however, undergone certain changes in modern times.

Although flocks are still moved from summer to winter pastures, sheep-rearing in the Basque Country is now concentrated around the *caseríos*, as the local

rural homesteads are known. Sheep-breeders have intensified production and specialised in milk production for cheese manufacture, either on the farm or to be sold in bulk to the cheese factories. Idiazábal cheese was awarded Denomination of Origin status in 1986. Annual production is currently around 1,000 tonnes, over 15% of this being made on the farm and sold at fairs, markets and competitive events or directly to the consumer or specialist shops. The rest is sold through the usual distribution network and medium-to-large shops, and is also exported, chiefly within the EEC and to the US.

Idiazábal is an old-established traditional Spanish cheese, and traditional methods are still respected so that its characteristic qualities are maintained. It is based exclusively on raw, full-fat ewe's milk, chiefly from *latxa* sheep, high in dry extract and with a fat content of over 8%. Both farm and factory-made Idiazábal cheeses use animal rennet obtained from suckling lambs. This natural enzyme extract gives Idiazábal its readily recognis-

able slightly piquant quality. Coagulation, obtained at a medium temperature between 30 and 35 degrees C (86 to 95 F), is highly enzymatic and produces a dense curd within about half an hour. The cutting and handling of the curd from this point on can vary considerably according to the area of manufacture.

In the north of the Basque Country, mainly along the coast and in the interior of Vizcaya and Guipúzcoa, it is customary to cut the curd quite fine to about the size of grains of maize and then to wash it, raising the temperature to slightly above 35 degrees C (95 F). In the south, in Alava and Navarre, it is cut even more finely to the size of grains of rice and the curd is then heated intensely to a temperature of about 40 degrees C (104 F) or more, so that it is semi-cooked.

The next stage is the same in all cases. The curd is now pressed hard for a period from 12 to 18 hours, a process which gets rid of the whey and compresses the cheese into its final smooth-sided cylindrical shape. The cheese is then salted, either by rubbing its rind with dry salt or by immersing it in strong brine for a day. The first of these methods is used only on the farms. After salting, the long process of curing begins. Idiazábal cheese needs to mature for at least two months, and is at its best at between three and five months. It needs an environment which is both cool (below 14 degrees C, or 57 F) and damp, and plenty of time for all its qualities to develop.

Once cured, it is sometimes smoked, depending on the market at which it is aimed; the fact that the best Idiazábals used to be smoked was originally, as we have seen, accidental. Taking this into account, the DO covers both smoked and unsmoked varieties. In the case of the smoked variety, the smoking process is the last step before the cheese is placed on the market. Various different woods are used, each conferring a particular colour and aroma. The best are the hawthorn (*elorie zurekin*) and cherry wood used by the shepherds, though the cheese industry generally uses beech or oak which give a stronger, darker colour.

Idiazábal is a great favourite in its native Basque Country and its fame is spreading well beyond its regional boundaries. Its intense flavour, more pronounced than strong, with that slight piquancy, its buttery palate and delicious slightly smoky aftertaste place it in the once tasted never forgotten category. Despite its humble origins, Idiazábal has become a connoisseur's cheese, and a prize-winning example at the local cheese fairs in Villafranca de Ordicia, Arantzazu, Huarte, Araquil and Guernika can fetch up to 1,000 dollars a kilo.

ENRICH CANUIT

ENRICH CANUIT

# Recipes with Idiazábal Cheese

The Regulatory Council of the D.O. for Idiazábal Cheese has published a booklet of recipes, all featuring Idiazábal, contributed by top chefs from the Basque Country's best-known restaurants. Here is a selection:

## RESTAURANTE LAZA Bergara

### Idiazábal cheese salad (Ensalada al queso Idiazábal)

Serves 4

4 endives  
100 g shelled walnuts  
150 g 2-month-old Idiazábal cheese  
2 slices fried bread  
garlic  
oil, vinegar & salt  
spinach  
mayonnaise  
1 bunch radish

Separate the endive leaves, dress with oil and vinegar and arrange around the sides of a salad bowl. Meanwhile, boil the spinach until tender, drain well and whizz in the blender with the mayonnaise to give a rich green sauce. Pour into the bottom of the salad bowl and sprinkle with the fried bread diced, the walnuts, and the cheese cut into julienne strips. Dot with radish to add a touch of colour, and serve.



Idiazábal cheese salad.



Asparagus au gratin  
Idiazábal.

## CASA NICOLASA San Sebastián

### Sardine escalopes (Escalopes de sardinas)

Serves 2

12 fresh sardines  
6 small slices Idiazábal cheese  
salt  
flour  
2 eggs  
breadcrumbs  
olive oil

Wash and gut the sardines and remove the spine, cutting it off at the tail. Spread six of them on a work surface, skin downwards, place a slice of cheese on each, then top with the other six sardines, skin up. Now coat each sandwich in seasoned flour and dip first in beaten egg and then breadcrumbs. Fry them in hot oil, drain on kitchen paper and serve.

### Chicken breasts with Idiazábal

(Pechugas de pollo con queso  
Idiazábal)

Serves 4

4 chicken breasts  
4 slices Idiazábal cheese  
4 slices ham  
1 chicken carcass, cut up  
2 veal bones  
2 onions, finely sliced  
1 carrot, cut into strips  
1 leek, cut into strips  
1 glass white wine  
2 tbsps flour  
salt and pepper

Split each chicken breast horizontally but without cutting right through, and open out flat. Season with salt and pepper, place a slice of cheese and ham on top, roll each one up and tie with fine string. Season again, place in an oven dish and pour a little oil over the rolls before placing in a hot oven for 10 minutes. Now transfer them to another heatproof dish and set aside. In the original oven dish, cook the carcass, bones and vegetables in the oven for 15 min-



Poached egg with potatoes  
and Idiazábal on creamed  
spinach



Idiazábal cheese soufflé.

utes. Remove the bony items, sprinkle the flour and mix in with a fork and then add the wine and bring to the boil. Return the bones to the dish, add water to cover and allow to boil for 15 minutes more. Strain the sauce over the chicken rolls and cook gently for 15 minutes. Check the seasoning and serve. Field mushrooms are a very good accompaniment to this dish.

## RESTAURANTE AKELARRE San Sebastián

### Salt-cod with Idiazábal (Bacalao al Idiazábal)

Serves 4

400 g crumbled salt cod  
2-3 spring onions  
2-3 cloves garlic  
150 gr Idiazábal cheese  
cornflour  
cider

Break up the salt cod and soak thoroughly under running water. Chop the spring onions very finely, including some of the green part. Cook them gently in a little olive oil until soft, then add the chopped garlic. Turn the heat up high and quickly sauté the cod. Do not add seasoning. Mix well, then turn everything out into a sieve with a saucepan underneath to catch the liquid. Allow to stand for a while. When the mixture is well drained, heat the liquid and thicken to the consistency of a light béchamel with a little cornflour mixed with cider, and the grated cheese. Add the ingredients from the sieve, mix well and serve.

## RESTAURANTE JOSETXO Pamplona

### Sirloin steaks with Idiazábal cheese (Solomillo al queso Idiazábal)

Serves 6

6 sirloin steaks  
1/4 l single cream  
1/4 l milk  
250 g Idiazábal cheese  
salt and pepper

Melt the cheese in a pan over a gentle heat, then add the milk and cream.

Allow to reduce for about 15 minutes, stirring well so that it forms a smooth sauce, then pass it through a sieve.

Season the steaks with salt and pepper and brown quickly on both sides in a frying pan, then place in an oven dish. Pour the sauce over and place in a hot oven for two to three minutes before serving.

## RESTAURANTE SARASATE Pamplona

### Poached egg with potatoes and Idiazábal on creamed spinach (Huevo escalfado con patatitas e Idiazábal sobre crema ligera de espinacas)

Serves 1

1 egg  
1 medium potato  
30 g Idiazábal cheese  
100 g spinach  
50 g double cream  
nutmeg  
vinegar  
olive oil  
salt  
chives and basil

Peel the potato, cut into slices and bake in the oven with a little oil or butter. Meanwhile, boil the spinach in plenty of salted water. Drain well, then whizz in the blender with the cream and a little grated nutmeg. Poach the egg in water with a dash of vinegar added, and slice the cheese finely. Cover the serving dish with the creamed spinach, arrange the potato slices on top, then the cheese and then the poached egg. Garnish with chopped chives and fresh basil leaves.

### Idiazábal and walnut cheesecake

(Tarta de nueces y crema  
de Idiazábal)

Serves 4

100 g ground walnuts  
100 g icing sugar  
75 g butter  
75 g grated Idiazábal cheese  
2 eggs  
sablé (sweet) pastry  
halved walnuts

Line a round tart dish with sablé pastry and bake blind for 10 minutes. Allow to cool. Work the butter until soft, then mix in the ground walnuts, the sugar and the grated cheese. Fill the pastry shell with the mixture and bake at 200 degrees C (400 F) for 20 minutes. Sprinkle with icing sugar and decorate with walnut halves.

## RESTAURANTE ARZAK San Sebastián

### Idiazábal cheese soufflé (Soufflé de queso Idiazábal)

Serves 2

40 g 3-month-old unsmoked  
Idiazábal cheese, grated  
40 g fromage blanc  
2 egg yolks  
3 egg whites  
lemon zest  
1 tbsp sugar

Butter two individual soufflé dishes. Beat the egg yolks together with the fromage blanc, the lemon zest and the grated Idiazábal until fairly thick. Separately, beat the egg whites until stiff, adding the sugar. Fold the egg yolk mixture into the meringue, then divide between the two soufflé dishes. Bake for 6 minutes in an oven preheated to 200 degrees C (400 F) and serve immediately.

## RESTAURANTE GURIA Bilbao

### Cod scallops with Idiazábal (Conchas de bacalao al queso Idiazábal)

Serves 4

8 empty scallop shells  
800 g salt-cod, soaked & boned  
1/4 l béchamel sauce  
1 small glass white chacoli or white Rioja wine  
150 g graded Idiazábal  
1 knob butter

Melt the butter in a frying pan and add the flaked or crumbled fish and the wine. When the liquid has reduced, add the béchamel and keep at boiling point for five minutes, stirring well. Add half the cheese and mix in carefully. Fill the shells with the mixture, top with the rest of the grated cheese and put them under the grill to brown.

WINES OF ARAGON

“A PRIVILEGED  
COUNTRY...”



ICEX / NELSON SOUTO

Text:  
John Radford

Aragón is a land of green and red: lush pastures and woodlands in the foothills of the Pyrenees; and vines, olive groves and almond trees in the terraced paddocks of rich, red clay soil. It's a land where primeval lava-flows simply stopped rolling and solidified into great scoops of grey, petrified cake-icing, where stone-age man left his broken tools and his cave-paintings, and where labyrinthine and cobwebby wine-cellars burrow down into the soft rock.





ICEVIN® LUISA ASENS

*Aragon is a privileged country for the growing of grapes. The soil is deep and fertile and the Pyrenees provide shelter from storms and other bad weather.*

Aragón is also the kingdom — independent since the ninth century — which ejected the Moors in 1118 and joined with Cataluña in 1137; which united with Castile in 1469, taking the first step towards a united Spain; and whose princess Catherine was the Queen of England from 1509 to 1533. In the history of Western Europe, there has scarcely been a more influential participant.

Modern Aragon comprises three provinces: Huesca in the north, bordering France at the summit of the Pyrenees, Teruel in the south, and Zaragoza between them, whose capital is Aragon's largest city. The winelands, however, are to be found at the extremes of the region: Somontano up in the north, Campo de Borja in the west, abutting Navarra, and Cariñena in the south. A fourth area called Calatayud, west of Cariñena, has filed its application to be raised to D.O. status but has yet to be promoted officially. The director of the *Estación Enológica* in Movera, however, is confident that the application will be successful, and that Aragon will eventually have four Denominations to call its own.

The Oenological Station is probably a good place to start, in an appreciation of

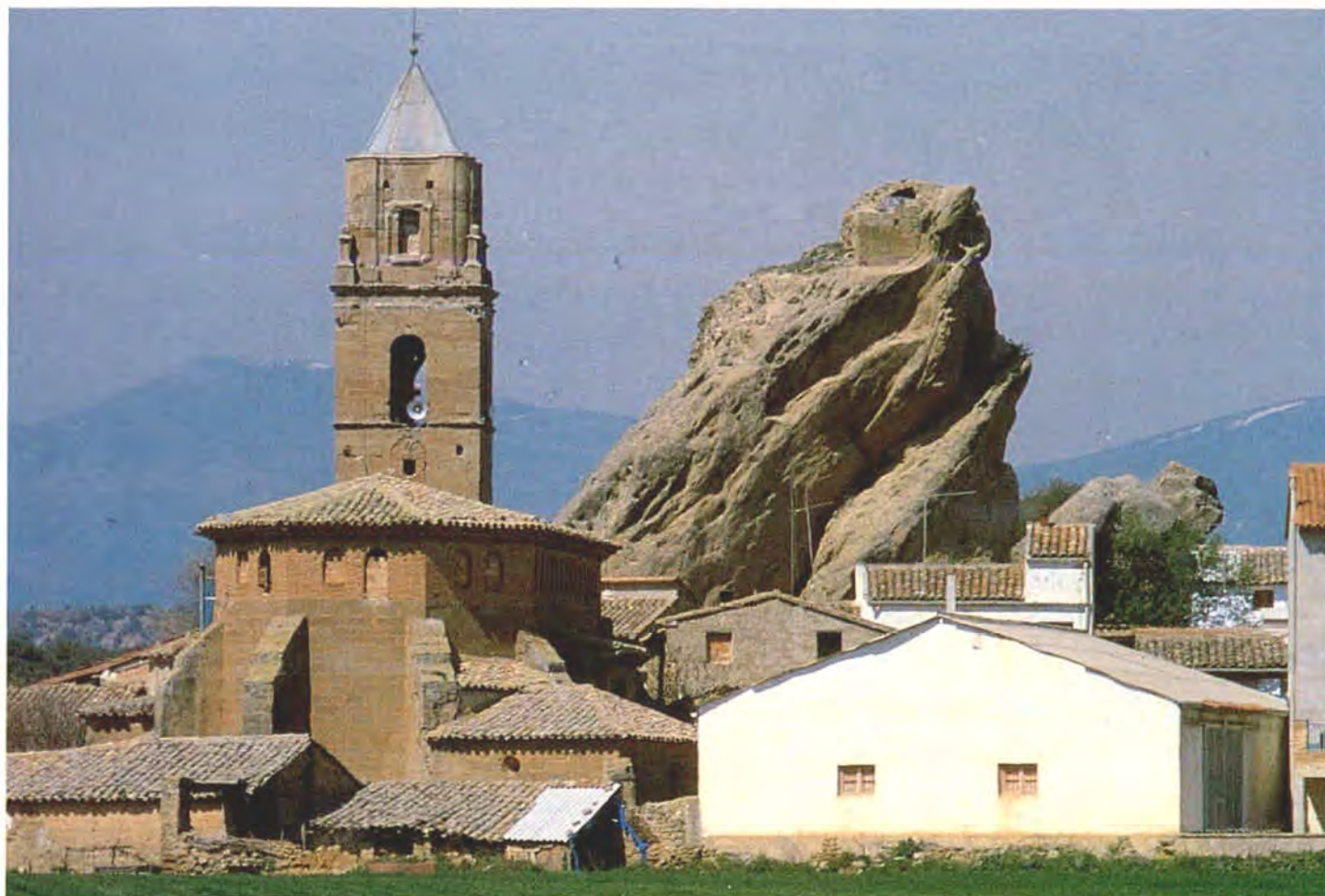
*The winelands are to be found at the extremes of the region: Somontano up in the north, Campo de Borja in the west, abutting Navarra and Cariñena and Calatayud in the south.*



ICEVIN® LUISA ASENS

Aragon wine. It's from here that help, experimentation and education for vine-growers and wine-makers is supervised by the regional government's Department of Agriculture. On the technical side, the *Estación* evaluates the various grape-varieties (traditional and north-European), as well as viticultural and vinicultural methods, in its experimental bodegas throughout region. On a practical level, it puts on classes and seminars for growers and wine-makers to give them details of the latest advances and developments.

Aragon is, says Director Juan Martínez, "a privileged country for the growing of grapes". The soil is deep and fertile, the climate is cooler than that of lowland Spain, and the Pyrenees provide shelter from storms and other bad weather. Modern winemaking methods are gradually replacing the old-fashioned ways, and the agricultural department's brief is to offer help and encouragement to the bodegas to improve their production, to ensure that, in the end, the consumer benefits from better-quality wine, and the producers prosper by selling more of it.



ICEV/NELSON SOUTO

*Somontano is mountainous, with tiny villages perched precariously on the edges of ravines, and those primeval lava-flows solidified into great scoops of grey, petrified cake-icing.*

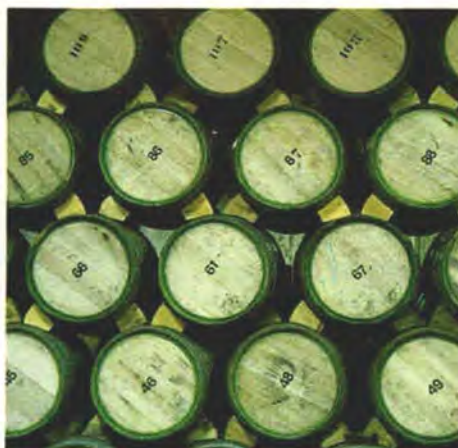
## CAMPO DE BORJA

Campo de Borja was awarded Denominación status in 1977, and centres — in more ways than one — on the twelfth-century Monasterio de Veruela. It is believed that the monks of Veruela planted the first serious vineyards of Campo de Borja, though the monastery — which is now undergoing restoration and is open to the public — grows no vines at all now.

Before 1977, most of the local production was used for blending, but the accent since then has been on quality, with an increasing interest in the needs of export markets. The wine is mainly red, with some white, some rosado and some sweet Moscatel, and the main grape is the Garnacha, with a certain amount of Cariñena, a little Tempranillo, Viura for the whites and, for sparkling wines, Macabeo and a little Parellada. There are also experimental plantings of Cabernet-Sauvignon, Merlot and Chardonnay. The eight bodegas which produce D.O. Campo de Borja are demonstrating that they are not afraid to experiment with new varieties, new techniques and, not least, new presentations for their wines.

Bodegas Ruberte Hermanos in Magallón, for example, makes a Cabernet-Sauvignon

*The Regional Department of Agriculture's brief is to offer help and encouragement to the bodegas to improve their production, to ensure that, in the end, the consumer benefits from better quality wine.*



ICEV/M. LUISA ASENS

with some Merlot and Tempranillo in the modern manner which has great power and style, alongside a splendidly traditional oaky 1978 Reserva. Bodegas Bordejé from Ainzón makes a wine from the Garnacha by the *maceración carbónica* method: whole grapes fermented in a sealed vessel. The result is a delicious purple-ruby wine with a heady nose and a rich, jammy fruit.

Borsao red is produced from traditionally-made Garnacha, with a little Tempranillo made by whole-grape fermentation, vinified separately and coupaged together as made wine. This is a new, experimental combination of traditional and modern methods: and an excellent result with delicate fruit and a stylish balance. The wine shows well whilst maintaining its Aragonese character, and is well-aimed at the British and American markets.

Modern marketing ideas also extend to presentation of the wines: from the dusted-bottles of Mosen Cleto (named after a one-time parish priest in Fuendejalón) with their string-and-lead seals to the frosted glass of Viña Tito to the decanter-like style of the dessert Moscatel Ainzón from Bodegas Santo Cristo, the message is that a distinctive bottle attracts the

# CARVEL

*naturalmente!*



GRUPO LA CENTRAL QUESERA, S. A.

Carretera Vicálvaro, 6 - 28022 MADRID (España) - Tels. (34/1) 741 92 00 - 320 21 50  
Fax. (34/1) 320 03 00 - Télex: 44493 CQSA E

consumer — and a distinctive wine deserves it.

## CARIÑENA

Cariñena lies to the south-west of Zaragoza, and is the longest established of Aragón's D.O. regions. For this reason its wines are better known abroad, and older vintages are in better supply. One of the largest producers is the Cooperativa San Valero in the town of Cariñena itself, which has a thousand members growing grapes over five thousand hectares, and had to build a new bodega in 1977 to accommodate them all. The grapes — almost two million kilos a day on average at vintage time — are delivered to the old bodegas for crushing, and fermentation is in a mixture of traditional concrete vats (for red wine) and new stainless steel tanks with temperature control (for white and rosado). San Valero's best-known wine is probably Don Mendo, but the Bodega produces half a dozen rangos: Villalta, Monte Ducay, and Marqués de Tosos are still wines ranging from *joven* to Gran Reserva, Perçebal is a marque devoted to slightly-sparkling white and pink wines, and Gran Ducay is the Bodega's Cava.

The whites and rosados are pleasant, fresh, bright wines, but inevitably, it is Cariñena's reds — made from the ubiquitous Gamacha with some Tempranillo — which take most of the honours. Marqués de Tosos Reserva has a warm, ripe nose and a smooth, silky fruit with overtones of cakiness. Monte Ducay Gran Reserva with two-and-a-half years each in oak and bottle has an excellent balance, full mature palate and some considerable character.

If Aragón's Cavas are, in general, a little more heavyweight than their counterparts in Penedés, then San Valero's Gran Ducay is one of the lightest of them. The Bodega is currently producing it entirely by hand as an exercise in prestige rather than profit. Deep under the ground, in converted former vats, one-and-a-half million bottles spend 30 months in the racks before being remuaged and disgorged entirely by hand. The grape is the Macabeo, with some Parelada, and these impart to the finished wine a good, crisp fruit and a light freshness on the palate.

## CALATAYUD

Calatayud is about to achieve the Denominación de Origen status. Situated to the west of the wine-growing area of the Cariñena D.O., this future D.O. embraces forty villages, all very close to Calatayud itself. A thriving town, originally founded by the Arabs, Calatayud is the local -capital-, surrounded by fertile land irrigated by the River Jalón.

The Regulations for Calatayud's future D.O. give preference to grape varieties Gar-



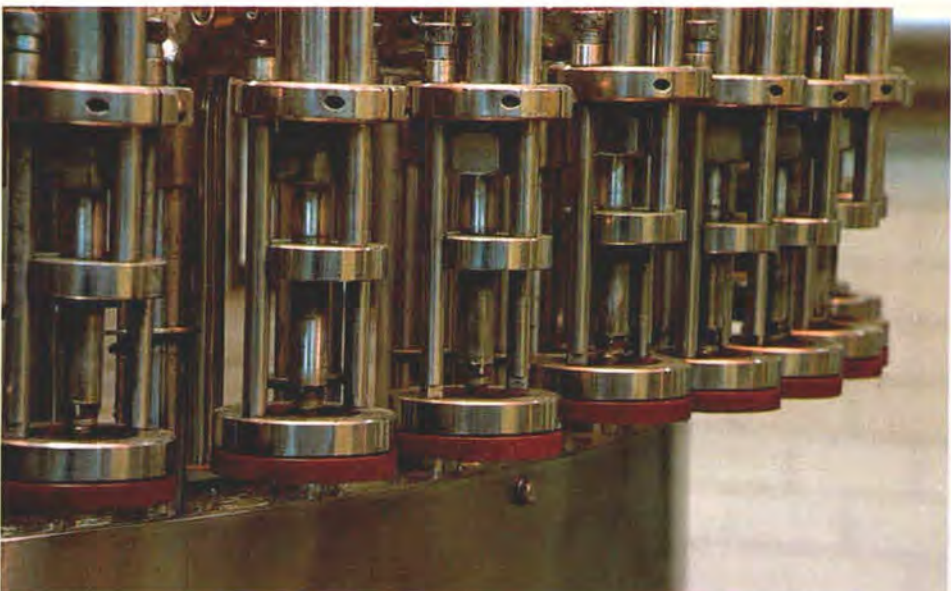
ICEX / M.ª LUISA ASENS



ICEX / M.ª LUISA ASENS



ICEX / M.ª LUISA ASENS



ICEX / M.ª LUISA ASENS

*Modern winemaking methods are gradually replacing the old-fashioned ways, as in the Cooperativa San Valero, in the town of Cariñena.*

*From the Oenological Station, in Movera, help, experimentation and education for vine-growers and wine-makers are supervised by the regional government's Department of Agriculture.*

nacha, Mazuelo and Tempranillo for reds and Macabeo and Malvasía for whites, though red Monastrel and white Moscatel and Garnada are also permitted varieties.

It produces whites, rosés and reds, with a minimum alcoholic strength 10.5, 11 and 12 degrees respectively.

## SOMONTANO

In the far north of Aragón, half way up the mountainside towards France, is an area which remained almost completely undiscovered — even by the rest of Spain — until it achieved D.O. status in 1987. The style of traditional wine here is rather different from the rest of Aragón — and the experimental plantings are producing some even more eye-opening results.

Somontano is mountainous, with deep gorges cutting sharply through the rich green landscape of almond-trees and terraced slopes of fertile, red soil, tiny villages perched precariously on the edges of ravines, and those rounded, rolling waves of soft volcanic rock. The biggest producer of wine in the area is the Bodega Cooperativa Somontano de Sobrarbe at Barbastro, whose capacity of five million litres represents most of the region's output. The co-operative has been making wine for 25 years, and, during the next twelve months, plans to invest Ptas. 180,000,000 (£1,000,000/US\$ 1,500,000) in new stainless steel tanks and autovinifiers to replace its ageing concrete vats. Meanwhile, the winemakers are striving to refine the traditional Somontano style of wine to make the most of its attractive regional characteristics and increase the quality: growers are now paid for their grapes on a sliding scale, with the highest prices for the healthiest grapes.

The Garnacha — mainstay of the vineyard elsewhere in Aragón — is losing popularity in Somontano in the face of the local Moristel, as well as Tempranillo and Cabernet Sauvignon. Three-quarters of the co-operative's production is red and rosado wines from these grapes, and the rest is white wine made from Macabeo and Alcañón — another local variety. The bodega produces two Macabeo whites, one with a year in oak, and a pure Alcañón which has a lightness and freshness that is uniquely Somontano. At this higher altitude the white wines tend to have more acidity than elsewhere in Aragón, and it shows to their advantage.

Amongst the reds two of the best are Montesierra, made from Moristel and Tempranillo in equal proportions and with a

bright, almost raspberry-like fruit; and Señorío de Lazán Reserva, which has a higher proportion of Tempranillo, and that silky smoothness that comes with a year in oak — but with a delicate balance and style taht is very engaging indeed. It is quite astonishing that wines of this quality have remained undiscovered for so long.

Just a few miles away in Salas Bajas, the new face of Somontano winemaking occupies the Finca San Marcos. A small experimental bodega was established here at the end of 1986 by the Compañía Vitivinícola del Somontano (CVS) — part of the DAYSA group of Zaragoza, whose shareholders

ever time is appropriate at a low temperature — 11-12° C. This extended skin-contact adds flavour to the juice, which is then fermented in a sealed container at controlled temperatures and the result is a wine with enhanced fruit and flavour. The process allows critical control of the amount of colour in red wines, but what is unique to CVS is that the winemaker allows a certain amount of skin-contact (typically one day) for white-wine grapes as well. This gives a much greater depth of aromatics and flavour.

This characteristic was ably demonstrated by an experimental Chardonnay wine from the 1989 vintage which had just completed its classification after fermentation. The nose was powerful and rich with 'pear-drops', and the palate had the kind of flavour and varietal character more normally associated with Australia or California.

'We are still playing about with it.'

The bodega's Viña del Vero white is made from Chenin blanc, harvested and pressed like the Chardonnay. Also like the Chardonnay, it showed tremendous fruit and flavour-extract, and early sales of a test-marketed batch have been very encouraging.

Very few of the company's wines are available on the market at present — a good deal of experimenting is still going on — but red and rosado jóvenes have been released, along with the white, under the 'Viñas del Vero' marque, and a

crianza Cabernet-Sauvignon from the 1988 vintage, crushed and fermented in a more traditional way (showing beautifully ripe and developing well) should be released soon.

This combination of traditional excellence from Sobrarbe and meticulous high-technology development from Salas Bajas gives Somontano a rare breadth of productive style and capacity, especially for so small a region: the best of both worlds, indeed.

Indeed... Standing by the ninth-century walls of the church at Alquézar... Looking out over the pantiled roofs, across the gorge of the river Vero to the green and fertile fields and woods beyond... One is forced to agree that this is indeed 'a privileged country...' And not just for growing grapes.



include the regional government and Aragón's two major banks. The company's brief is to extend the horizons of Somontano wine using the latest technology, and its small first bodega has been such a success that a larger one is to be built in 1990/91, with a target of producing half a million bottles in 1991 and 1.2 million in 1992.

One of the Bodega's primary experiments has been in testing French grape varieties in its existing 500 hectares of vineyard, alongside the more traditional vines. That's why you can see the Chenin blanc, Chardonnay, Pinot noir, Gewürztraminer and Riesling, as well as Cabernet Sauvignon, beside the Tempranillo and Moristel in the vineyards.

The Company uses an entirely new grape-crushing machine which macerates whole grapes in their own juice for what

**WINES OF ARAGON,**



**IN A CLASS BY THEMSELVES.**

**DIPUTACION  
GENERAL  
DE ARAGON**  
Departamento de Agricultura,  
Ganadería y Montes



**WINES FROM ARAGON  
GUARANTEED  
BY A DENOMINATION  
OF ORIGIN  
V.Q.R.D.**



BOARD OF CONTROL FOR THE DENOMINATION OF ORIGIN

**«CARIÑENA»**

C/ Mayor, 30 - Tel. (976) 62 06 94  
CARIÑENA (Zaragoza) (Spain)



BOARD OF CONTROL FOR THE DENOMINATION OF ORIGIN

**«CAMPO DE BORJA»**

B.º Curto - Tel. (976) 86 88 06 - Fax (976) 86 88 06  
AINZÓN (Zaragoza) (Spain)



BOARD OF CONTROL FOR THE DENOMINATION OF ORIGIN

**«SOMONTANO»**

Pasaje Las Claras, 2 - Tel. (974) 31 30 31  
BARBASTRO (Huesca) (Spain)



BOARD OF CONTROL FOR THE DENOMINATION OF ORIGIN

**«CALATAYUD»**

Pol. de La Charluca - Tel. (976) 88 59 12  
CALATAYUD (Zaragoza) (Spain)

# THE AL-ANDALUS EXPRESO



AL-ANDALUS

Text:  
**Charles Powell  
and  
Gloria Cole**

## More than a train ride

To describe it as a luxury hotel on wheels is to undersell the Al-Andalus Expreso. As you board the train, you step the atmosphere of a bygone era. The pressures of everyday life are left behind as you are transported through some of the loveliest scenery in Spain. This is travelling for sybarites. The finer points of good living are given the attention they deserve. As, indeed, are you.

**B**y 1992, the year of the Barcelona Olympics and Seville's Expo '92 World's Fair, there will be new high-speed trains that can whisk you from one Spanish city to another in half the time it takes now. However, there will still be trains in Spain geared for more leisurely travel. The most prominent, elegant, gracious and interesting one spends winters in Andalusia and summers in Galicia. It is called the Al Andalus Expreso and it is one of Europe's true luxury trains. It is also one Spanish train which, despite its name, will not go fast!

The 'Al Andalus Expreso', even the name evokes a Moorish heritage, a heritage that coincides perfectly with its southern itinerary between Seville, Jerez de la Frontera, Cordoba, Granada and Malaga. That Moorish influence is immediately evident when one approaches Seville's Cordoba Station, the western starting point of the trip. The station is one of the most beautiful arrangements of 19th century brick in Moorish style that one can imagine. Granted there is a trick in finding the station if you are in

your own car. Seville, like so many other ancient cities that grew in ever increasing concentric circles, is indeed a hard city in which to find one's way.

No problem though, if you are on the -Grand Tour- circuit and staying at the elegant, art-deco representation of a Moorish Castle called the Hotel Alfonso XIII. This is one of the most stunning atmospheric hotels in all of Europe. The station is down a street called the Paseo de Cristóbal Colón. His tomb —or at least that is supposed—, by the way is almost across the street in the Cathedral, the largest in Spain which, in turn, is across the street from the Moorish castle, the Alcázar. Even the Plaza de Toros is but a five minute walk from the Alfonso XIII.

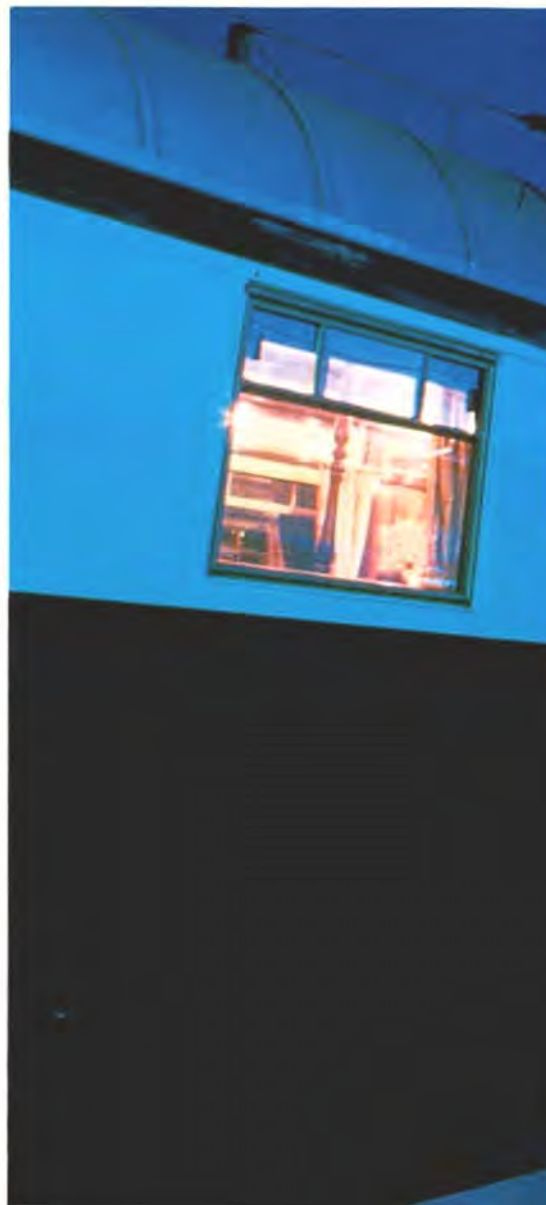
As for us, and for the overbooking in Seville, a tight city for hotels, we stayed at the Parador Nacional Alcázar del Rey Don Pedro, some (50 Kms.) (30 miles) to the East, in the beautiful town of Carmona. This Parador is one of a chain of government run hostels. Many are former castles, con-

vents and mansions, saved from decay by conversion to hotels. The Parador was completed in 1976 and is a masterful blending of crumbling castle and hotel with rooms looking out over the endless fertile plains.

If staying there, it is well worth planning a several days stay, for this is a splendid resort in a historically significant town that dates back to Augustinian times. Indeed the entire town has been declared a national monument. There are Roman, Moorish and early Christian relics to see, starting with a Roman Necropolis, a burial ground of graves cut into the hillsides. The Parador, however, does not lack for modern amenities; there is a beautiful pool surrounded by tent-like sitting areas and a snack bar nestled below the ramparts of the hotel, past hectares (acres) of flowering bushes, trees and plants.

### THE STARTING POINT

Gay, romantic, vivid Seville is the perfect starting point for the delightful adventure





AL-ANDALUS



AL-ANDALUS



TURISPAÑA

*As you board the train, you step into the atmosphere of a bygone era. The pressures of everyday life are left behind as you are transported through some of the loveliest scenery in Spain, as, for instance, Granada.*

## INFORMATION AND RESERVATIONS ABROAD

The Al-Andalus operates in Andalusia in spring (May and June) and autumn (September and October), calling at Seville, Cordoba, Granada and Málaga. It is also brought into service for special occasions such as New Year and Seville's famous Holy Week and April Fair celebrations. The train can also be chartered by companies or large groups, who can choose their own itinerary calling at Jerez de la Frontera, for example.

In summer (July and August), Al-Andalus heads north for the pilgrimage route known as the Camino de Santiago, passing through Barcelona, Pamplona, Burgos, León, Ponferrada and ending up in the historic Galician city of Santiago de Compostela.

### AMERICA AND JAPAN

#### CANADA:

##### GOLD CLUB

Mr. Charles Baptist-Smith  
40, Wyndford Drive, Don Mills  
TORONTO / ONTARIO  
Tel.: 1-416-447 91 81  
Telefax: 1-416-447 30 84  
Telex: 021-6966844

#### U.S.A.:

##### DONNA BRUNSTAD ASSOCIATES

25, Sylvan Road South, Suite Y  
WESTPORT CT 06880  
Tel.: 1-203-454-89 16  
Telefax: 1-203-454-19 62  
Telex: 023-09102509767

#### JAPAN:

##### TRAVEL PLAZA INTERNATIONAL

Akira Kato / Mr. Fujii  
8, Toyokaiji Bldg. 1-5-13  
Nishi-Shinbasi, Minato-Ku  
Tel.: 03-591 83 11  
Telefax: 03-591 89 19  
Telex: 072-02223613

### EUROPE

#### AUSTRIA:

##### B.T.R.

Ernest Braun  
Hilton Center Top  
1730-AM Stadtpark  
A-1030 VIENNA  
Tel.: 43-222-713 93 31  
Telefax: 43-222-713 40 36  
Telex: 047-115174 BTRVIE

#### BELGIUM:

##### AIRTOURS

Dominique Savilkoul  
OSTEND  
Tel.: 32-59-80 65 75

##### MUNDICOLOR BELGICA

Mr. Willy de Hert  
Spreet, 32  
2500 LIER  
Tel.: 32-3-482 24 15  
Telefax: 32-3-482 21 99  
Telex: 046-35031

#### DENMARK:

##### THE DANISH WINE SCHOOL

Magstraede, 7  
DK 1204 COPENHAGEN  
Tel.: 45-33-32 62 20  
Telefax: 45-33-13 50 13  
Telex: 055-16203 VSOD DK

#### FRANCE:

##### VPS

Jean Luc DuroVray  
10-16, Rue de la Justice  
75020 PARIS  
Tel.: 33-1-40 30 10 10  
Telefax: 33-1-40 30 12 34

#### GERMANY:

##### DER

Mr. Klaus Gengenbach  
Eshersheimer Landstrasse, 25-27  
6000 FRANKFURT/MAIN  
Tel.: 49-69-156 66 73  
Telefax: 49-69-156 65 73  
Telex: 041-4152920 DR D

##### IBERO HOTEL-RESERVIERUNG GmbH

Bruno Giordano  
Berliner Allee, 22  
4000 DÜSSELDORF 1  
Tel.: 0211-32 82 12  
Telefax: 0211-32 89 05  
Telex: 8582176

#### HOLLAND:

##### ROYAL HANSA TOURS

Mr. Dick Postma  
Westmarkt, 1  
1016 DH AMSTERDAM  
Tel.: 31-20-23 61 62  
Telefax: 31-20-23 55 87  
Telex: 044-15584 MONDO NL

#### ITALY:

##### PRESS TOURS

Mr. Fulvio Badetti  
Piazza Grandi, 9  
20129 MILAN  
Tel.: 39-2-749 13 38  
Telefax: 39-2-71 44 47  
Telex: 043-332820 PRESSIT I

#### SWITZERLAND:

##### STÖCKLI REISEN

Mr. H. M. Stöckli  
Strehlgasse, 33  
8001 ZÜRICH  
Tel.: 41-1-211 07 07  
Telefax: 41-1-211 44 63  
Telex: 045-813520 STOE CH

##### TOURISME POUR TOUS

Josette Demont  
15, Rue Haldimand  
CH 1002 LAUSANNE  
Tel.: 41-21 20 20 51  
Telefax: 41-21 23 23 84  
Telex: 045-454850 TPT CH

#### UNITED KINGDOM:

##### MARSANS LONDON

65, Wigmore Street  
LONDON W1H 9LG  
Tel.: 1-224 05 04  
Telefax: 1-224 61 24  
Telex: 25441 MRSN UK



TURSPANA

*Gay, romantic, vivid Seville, with its stunning Hotel Alfonso XIII, is the perfect starting point for the Al-Andalus Expreso.*

that is Al Andalus Expreso. In May, June, September and October the train takes its passengers on a one-day journey to Jerez de la Frontera which precedes the overnight trip from Seville to Málaga via Cordoba, and Granada, starting the next day. (See the Editor's Note at the end of the article.) Summers find the train doing excursions in the North; visiting Pamplona, Burgos, León and Santiago de Compostela.

When you are ready to board in Seville, walk some fifty metres down the station platform to a small office with the Al Andalus Expreso sign out front. There friendly, multi-lingual guides will take your bags and direct you to the train. Enter the first car with an open door and you will be in the bar, pub, dance and games room car, resplendent with bevelled glass, veneered wood, heavy leather seats and tufted chairs. The next lounge car contains another bar, a souvenir shop, a small library and dozens of couches, each facing a mirror-top table of inlaid, polished wood. On the tables are lovely brass tablelamps with skin-flattering pink lampshades. The next two cars are the dining cars. A captain's table at the entrance is set with fine Spanish still wines and cava, the superb sparkling wines of Catalonia. Later, at lunch, the table will be resplendent with cold appetizers like sliced roast beef, poached salmon, assorted cheeses and sweets. But this is eight a.m. and hot coffee is the most welcome offering, followed by a sumptuous breakfast that could have been the feature of some more northernly



*Bevelled glass, veneered wood, heavy leather seats...  
This is travelling for sybarites.*

*The finer points of good living are given the attention they deserve.*

hotel, say in Holland. There are hams, sausages, cheeses, toast and of course, the ubiquitous croissants. Don't pass on the orange juice, it is freshly squeezed and delicious. In this land of oranges, 'fresh squeezed' is not as prevalent as one would imagine or hope for, yet not all Andalusian oranges end up in marmalade, the sweet ones are delicious fresh-squeezed.

At 8:30 or thereabouts, the train slowly glides out of the station; the smooth silence reflecting the fact that the renovations of these cars have been done from the wheels up. The first sight passed is a giant bridge that sits at an odd angle beside the Guadalquivir River. We learn that it has been built totally on one side on the river bank and will be floated across and anchored in place to connect the city with the now 215 hectares (540 acres) city island of La Cartuja being transformed into the grounds of the Seville Expo '92 World's Fair.

Soon we are in open country, but the land is not like any of the railroad right of ways one expects to see. There are fields and fields of vegetables and fruit growing, almost right up to the tracks, all neat, symmetrical and looking so very well tended. This is proof that Spain is indeed 'Europe's Vegetable Garden'. Perhaps only in California is one likely to see such similarly intense cultivation and indeed the micro-climates are very similar.

#### **FIRST STOP**

The run to Jerez takes an hour and a half and we pull into another Moorish pa-

lace that is doing double duty as the railroad station. It is being restored at the moment so the best view is of the façade, from the front, where blue tiles mingle with brick and marble in beautifully intricate designs.

Private transport takes the passengers to the Royal Spanish Riding School, a private enterprise, run by the elegant Don Alvaro Domecq, who still rides in the ring with his talented riders and their even more talented mounts (see Spain Gourmetour No. 9). His exhibition hall seats some 1,600 persons. There are two tall posts in the middle of the raked sand riding ring, resplendent with flags. A well-engineered sound system is playing Rodrigo's 'Concierto de Aranjuez' as the riders enter from the rear, walking slowly, sitting erect, barely moving as their mounts seem to float across the ring. The pace quickens, the horses trot and the eight riders begin to post in unison. There is great precision here, each horse is in step as the riders peel off, crossing and criss-crossing each other; first at a trot, then at a gallop. This precision of multiples is what is so fascinating. Don Alvaro has choreographed this exhibition magnificently.

When the show is over, the audience moves on to the stables where there are hundreds of horses. But this is like no stable you have ever seen or smelled. In fact there is no smell, for cleanliness is a passion with Don Alvaro, who both breeds and trains horses and raises bulls for Spain's bullrings.

The sunny Jerez afternoon finds us at the Bodegas of González Byass, one of the pre-eminent Sherry merchants in the world. Their warehouses, storage rooms and buildings remind one of a series of Churches. They are huge rooms, dimly lit and filled with rows and rows of casks, stacked some 9 metres (30 feet) high. All casks are marked by year and type and all are part of *solera* systems.

As part of the entertainment, the vintners set out a glass of Sherry and then place a tiny ladder next to it. From under a cask a tiny mouse darts out, looks about warily and then heads determinedly for the ladder. He climbs nimbly, sips the sherry and scampers back down, wobbling just a little.

Finishing our tour with a Sherry tasting, we walk off with a souvenir bottle under our arm and return to our train, just in time for lunch. And the elegance continues. The first course, *Ensalada de salmón fresco* is too simple a phrase for the platters of fresh poached salmon, surrounded by endives vinaigrette, cooked carrots, several olive varieties, all banded by split baby pigeons. The next course, is roast leg of lamb served with roast potatoes and onions and sauced with the rich juices. The taste is delicious and the juices add just the right amount of moisture. Desserts are rich and varied, followed by cheese, fruit and the house 'Cava', a fine Al Andalus glass of bubbly.

Typical of the late luncheon hours in Spain, the time is now almost 4:30 and we

**D**RINK  
GOOD BUSINESS

Rioja  
**BODEGAS MARTINEZ BUJANDA**  
Tarragona. Terra Alta  
**BODEGAS PEDRO ROVIRA**  
Penedès  
**CAVAS ROGER GOULART**



**A GREAT SELECTION** to make good business. Naturally and traditionally good. Genuine wines, their quality honors their origin. Outstanding elegance, and pleasant character, delicious wines.

Fill up your cup and toast with one of these names: **BODEGAS MARTINEZ BUJANDA** (D.O. Rioja), **BODEGAS PEDRO ROVIRA** (D.O. Terra Alta) & (D.O. Tarragona), **CAVAS ROGER GOULART** (D.O. Cava)

Stablishing worldwide distribution Please contact us:

**COMERCIO  
INTERNACIONAL  
DEL VINO**



Aribau, 198, 3ª planta  
08036 Barcelona  
Tel. (3) 201 71 33  
Tx.: 97156 gds - e  
Fax: (3) 201 60 55

*The cars have been restored or constructed for use on the Al-Andalus Expreso in the Belle Epoque style, preserving their original decor.*

repair to the music and bar car where the shades have been drawn. The handsome resident musician begins to sing some Spanish and then American songs, in Spanish and they are beautiful. The day ends back in Seville at about 5:30, with a wonderful evening ahead. This is, after all, Seville, the city of Carmen and Don Juan; what could be more romantic?

#### **NEXT STOP: CORDOBA AND GRANADA**

Those who have booked for Friday's overnight trip are up early to board the train at 7 a.m. After settling the luggage into comfortable cabins it is on to the dining car for another splendid breakfast as the train pulls out of Seville on the way to Cordoba. Fellow passengers are friendly and talk is easy, as it often is among people sharing an adventure.

By the time the train pulls into Cordoba, a few hours later, there is that familiar, comfortable feeling of 'group'. The carefully planned tour, done in several languages to suit the audience, heads over the ancient Roman bridge, built in 1 B.C., to the Moorish palace with its incredible gardens, pools and fountains. Walking through old sections of the city reveals interior patios and walls ablaze with red geraniums.

Most fascinating of all is the 1200 year old Great Mosque, the only one in Europe and the largest after the mosque in Mecca. (See article on Cordoba page 48.)

Back on the train, headed for Granada, we are treated to a luncheon that includes a superb cold salad of assorted hams and sausages, cheeses, several kinds of lettuce and of course, an assortment of olives. Wine service is additional and features a splendid assortment of aperitif and sweet sherries, sweet Malaga wine, the fine Riojas and superb Catalan wines from Spanish grapes and French transplants like the Cabernets from Torres Vineyards in Vilafranca del Penedés.

The afternoon runs, past marvellous landscapes of olive trees, orange groves, vineyards and wheat fields, all in straight rows and forming a foreground tableau for the Sierra Nevada mountain range in the distance. Only occasional intense conversations with our fellows distract us from the sights.

We arrive in Granada in time for dinner and are taken to a wonderful restaurant in the hills with a spectacular view of the



*By the end of the trip, the passengers are a cohesive group, sipping their sherries, sharing experiences and unanimously agreeing that it just wasn't enough...*

## **Aboard the Al-Andalus**

The train is made up of twelve carriages, the locomotive and two generator vans. The coaches are distributed as follows:

- 1 coach for leisure activities: the Medina Azahara
- 1 bar coach: the Giralda
- 2 restaurant cars: the Alhambra and the Gibralfaro
- 5 sleeping cars (with 6 double compartments and 2 suites each)
- 2 coaches with shower facilities (10 showers each)
- 1 coach with bunks.

The sleeping cars, of which there are various models, were built in France in 1929 and brought to Spain between 1966 and 1968. They have been restored for use on the Al-Andalus Expreso in the Belle Epoque style, preserving their original decor.

Some of the coaches were originally used by the British Royal Family when travelling from Calais to the Côté d'Azur.

city. La Ruta del Veleta is a handsome place, with heavy dark beams, tile fireplaces and hundreds of colourful ceramic pitchers hung from the ceilings. Dinner starts with sherry and tapas: ham, cheese, pickled onions, pâté and capers the size of olives, followed by a beautiful Gazpacho, served in traditional style with a 'lazy Susan' of minced fresh vegetables to add to the rich, healthful cold soup. The entree is a hot poached salmon with a tomato sauce infused with fennel. Dessert flan has an intensely flavoured raspberry sauce. Wines were Spanish, varied and included.

After a wonderful night's sleep and an invigorating shower in the shower-room car, we are off to see one of the world's great wonders, The Alhambra (see Spain Gourmetour No. 9). The splendours are breathtaking and virtually undescribable: mosaics, inlaid woods, tapestries and gardens that seem to go on forever; beauty that satiates all the senses.

By the time we are back on the train, heading for our final destination of Málaga, we are a most cohesive group, sipping our sherries, sharing experiences, exchanging addresses and unanimously agreeing that it just wasn't enough. 'One more day' everybody said, but then that wouldn't have been enough either, such was the glory of the trip.

**Editor's Note:** This article was written in 1989. The itineraries have now been changed and no longer include Jerez de la Frontera (see Information and Reservations Abroad).



# THE ANSWER'S A LEMON

Text: **Hortensia Agudo**  
Still Life: **Menchu Artime**  
Photos Still Life: **Antonio de Benito**

*As so often happens, yet another old wives' tale has been proven scientifically sound. That traditional aid to health and beauty, the lemon, turns out to be a powerhouse of vitamin C and is now recommended as a preventive measure not only against the common cold but also against major afflictions, such as cancer, heart disease and rheumatism. And it's natural, safe and cheap. Like all citrus fruit, lemons need sunshine: they have been grown along Spain's east coast for centuries.*





TURISPAÑA

One of the most important results of the fitness boom of the last couple of decades must surely be the realisation that -you are what you eat-. The developed nations of the world, where for the majority food is more than just a means of satisfying hunger, now recognise the vital link between nutrition and health. Scientists have established a correlation between eating-habits and certain diseases, and food rich in natural vitamins is the basis of today's -healthy-diet. Eating -badly- and swallowing vitamin pills in the hope of making amends will no longer do, since the biochemical behaviour of most vitamins is not really understood yet.

Natural foodstuffs have come back into their own, and while the choice available to us is constantly increasing, we are gradually recognising that many perfectly ordinary foods deserve a lot more attention than we have given them up to now. The lemon is a case in point. Its juice is so sharp to the taste that we have relegated the lemon to a supporting role, using it in dressings, flavourings, and as a decorative ingredient in certain dishes and drinks. Yet the lemon has impressive therapeutic properties.

#### PACKED WITH VITAMIN C

The lemon is the fruit of a tree of the aromatic evergreen rue family, with highly

*Though a typically tropical fruit which needs a very hot climate to ripen fully, the lemon has acclimatised extraordinarily well to the east coast of Spain.*



ICEX

perfumed mauvish-white flowers. The fruit itself has dense, pale yellow flesh occupying the central part, or endocarp. This is contained in a spongy white covering, the pith or mesocarp, whose bright yellow waxy outer coating, the epicarp, or peel, contains essential oils of lemon in its cells.

The key ingredients of the lemon's chemical composition are vitamins C (ascorbic acid), A, P, B1, B2 and nicotinamide, citric acid and mineral salts such as potassium, calcium, phosphorus, magnesium, iron, sulphur, sodium chloride, copper, zinc, manganese and iodine. The pith also contains cellulose, lignine and pectin, while the peel contains, among other substances, carotene (which the human body converts into vitamin A by hydrolysis), and essential oils of lemon. All these substances help in the body's fight against toxins.

But the main component is vitamin C (60 mg per 100 ml of juice), bearer of hydrogen and an antioxidant vital to the overall metabolism. It also acts as an -energy releaser-. This property had clearly been recognised in 1956: North American athletes at the Melbourne Olympic Games drank an energising mixture containing lemon juice some hours before competing.

Ascorbic acid also activates several biological functions and increases the body's natural defences against infection. It is par-

ticularly effective in the prevention and treatment of respiratory ailments such as colds, bronchitis, flu and feverish conditions. It neutralises toxins and their effects and stimulates the body's capacity to absorb iron. It also contributes to the formation of collagen, the essential component of bones and connecting tissues.

Vitamin C deficiency causes scurvy, the disease — now eliminated in the developed world — which used to affect sailors on long voyages who were unable to replenish their stocks of fresh fruit and vegetables.

Dr. Linus Pauling — winner of the Nobel Prize for Chemistry in 1956 and the Peace Prize in 1962 — having established that a diet rich in vitamin C reduced the number of colds he got, attributed the paucity of research into the vitamin C content of lemons to the laboratories' lack of interest in a substance which is cheap to obtain and cannot be patented.

Ascorbic acid in combination with vitamin P protects the blood capillaries and increases their permeability; carotene contributes to regulating and strengthening the tissues; vitamin B1 and nicotinamide combat beri-beri and pellagra, respectively.

The citric acid content of the lemon acts on the human body as a stimulant and regulator of the gastric juices. Contrary to what you might expect, it neutralises excessive acid in the blood and humours by triggering off an alkalisating reaction. Its vitamin A and C and pectin content also give it coagulant properties, and its complex alkalis and citric acid also stimulate the liver. Its calcium and potassium salts and simple sugars make it a heart stimulant and a diuretic.

#### FIGHTING CANCER AND CHOLESTEROL

All cultures evolve their own lifestyle, and all generate their own ailments. One of the most feared illnesses of our times is cancer. The latest research seems to suggest that vitamin C can help prevent it.

During an international conference on antioxidant vitamins held in London in October 1989, sponsored by the British Nutrition Foundation, Imperial Cancer Research Foundation and Hoffman-La Roche Laboratory, it was revealed that vitamins C and E and betacarotene, or provitamin A, have an important role to play in the fight against cancer. Although it has not yet been established whether the lack of these vitamins is a cause or a consequence of the disease, it is known that their presence decreases in the course of a cancerous condition. Similar conclusions — namely, that the antioxidant properties of vitamin C help control the spread of malign tumours — were reached by an international conference on vitamins held in Madrid in 1982.

Meanwhile, a US scientific report asserts that smokers need 50% more vitamins — particularly vitamin C — than non-smokers.

While it is true that certain fruits and vegetables contain more vitamin C than lemons, it has to be borne in mind that they either cannot be eaten raw, and lose some of their

## Spain's Lemon Exports

Originally of Asian provenance, the lemon tree spread throughout the Mediterranean countries. Opinion differs as to the exact date, but it is believed to have been introduced into Europe around the 12C, possibly brought back from one of that period's frequent crusades, though others suggest that it arrived earlier with the Arab invaders.

Though a typically tropical fruit which needs a very hot climate to ripen fully, the lemon has acclimatised extraordinarily well to the east coast of Spain. The crop quality achieved there is excellent, and Spanish lemons are in demand all over the world.

Spain's lemon groves cover some 50,000 hectares (123,550 acres), mainly distributed among the Autonomous Regions of Murcia (46%), Valencia (36%) and Andalusia (14%). Murcia, Alicante and Malaga are the leading lemon-growing provinces.

The main varieties grown are Verna, accounting for 71% of the lemon-growing area, and Fino or Mesero (also known as Blanco and Primofiori), accounting for 24%. Verna gives a bright yellow fruit of variable size, with thick peel and juicy flesh (42-

50% of total weight) and an acid content of 55 g (2 oz) of citric acid per litre of juice. It is available on the market from February to July.

Fino or Mesero gives a paler yellow, medium-sized fruit, with thin, shiny peel and very juicy flesh (about 50% of total weight) and an acid content of some 72 g (2.5 oz per litre). It is on the market from October to February.

Spanish lemons are available all year round, these two leading

varieties being complemented by other, new ones — an area into which there is constant research.

All that being said, it will not surprise you to learn that Spain is a major exporter of

lemons, with an average annual harvest of over 600,000 tonnes. Of this amount, some 400,000 tonnes of fresh lemons are exported per year — nearly 60% of total production. This makes Spain the third most important exporter of lemons in the world.

They are sold mainly to the EEC countries, particularly France, West Germany and the UK, as well as to East Germany, Poland and the USSR (a growing market), while the last few years have seen increases in lemon exports to the United States and Japan.



### Development of Spain's production and exports of lemons

HARVEST	PRODUCTION (Tonnes)	EXPORTS (Tonnes)
1985-86 .....	481,900	292,659
1986-87 .....	645,000	362,997
1987-88 .....	760,000	416,250
1988-89 .....	733,000	409,918

Source: Spanish Ministry of Agriculture, Fisheries and Food: Citrus Management Committee.

# BODEGAS *Sardà*



**WINE CELLARS IN CASTELLVI DE LA MARCA (ALT PENEDES)**

OFFICES: C/ MAYOR, 78-80 - TELEX: 94805. FAX: 772 14 95. TEL.: (93) 772 09 00  
08755 CASTELLBISBAL (BARCELONA)

## Lemon Treatments

For all its beneficial properties, it has to be bitter and acidic fruit. In small quantities as a dressing, lemon juice provides a welcome zing but drinking it is another matter unless it is diluted and sweetened.

The following recipe has the double advantage of getting all the goodness out of the lemon (peel and all) and tasting good:

Wash several lemons in hot water to get rid of the wax and any other substances that might have collected on the peel. Slice them finely and place in the blender, adding one glass of water. Blend for about five minutes, pour through a strainer and sweeten with honey to taste.

The following treatment is recommended as a natural tonic and cleanser

for the system, and is said to be particularly good for rheumatic and kidney conditions, intestinal inflammation and liver and bilious complaints. It is also useful in cases of obesity, colds, tonsillitis, asthma, hypertension, sciatica and haemorrhaging.

On the first day, drink the juice of one lemon by one a day until you reach seven, then reverse the process, reducing the number by one a day.



The best time to drink lemon juice is first thing in the morning or half an hour before meals. You should always drink it freshly squeezed, otherwise its therapeutic properties are diminished.

### BEAUTY

Health and beauty go hand in hand, and lemons contribute both from within and without. While drinking lemon juice improves the condition of the skin and is often recommended against acne, a face-wash including lemon juice also helps heal acne scars.

It is also an aid to healthy hair, combating itchy scalp and dandruff and, some claim, helping prevent hair loss. The essential oils from the peel are still used in soaps and scents as they have been for centuries.

*The medicinal properties of lemons have been recognised since Antiquity, when they were used as a remedy for a multitude of ailments. Current research shows that the list of applications is much longer now.*

vitamin content in the cooking process, or are only available seasonally. Lemons win on both counts, and as vitamin C cannot be stored by the body but has to be consumed daily, year-round availability is an important consideration.

Lemon juice is known to be effective in softening and restoring elasticity to arteries hardened and clogged up by the ageing process and arteriosclerosis. Pectin absorbs excess cholesterol and prevents its building up in the circulatory and digestive systems. It is equally effective in treating rheumatism, by dissolving crystals of uric acid.

In addition to these specific applications, the citric acid and salts contained in lemon juice top up the body's vital mineral levels and help the bones retain calcium. It protects and preserves the circulatory system and it also helps the healing process. Lemon juice is also a powerful antioxidant and disinfectant, so much so that a small, highly acidic, type of lemons universally known as Castile lemons eliminates the bacteria sometimes present in shell-fish within minutes. Could this be why we traditionally eat oysters with a

squeeze of lemon? It is said to be equally effective in making water safe to drink.

The medicinal properties of lemons have been recognised since Antiquity, when they were used as an antidote to poisons, an appetite stimulant, a remedy for respiratory ailments, bad breath, biliousness and vomiting... Current research shows that this is just the beginning of a much longer list of applications.

### LEMONS IN THE KITCHEN

Lemons aren't just good for you, they actually taste, look and smell good, too. As one might expect in a traditionally citrus-growing country, they are used a great deal in Spanish cookery, not only for their flavour but also because they aid digestion.

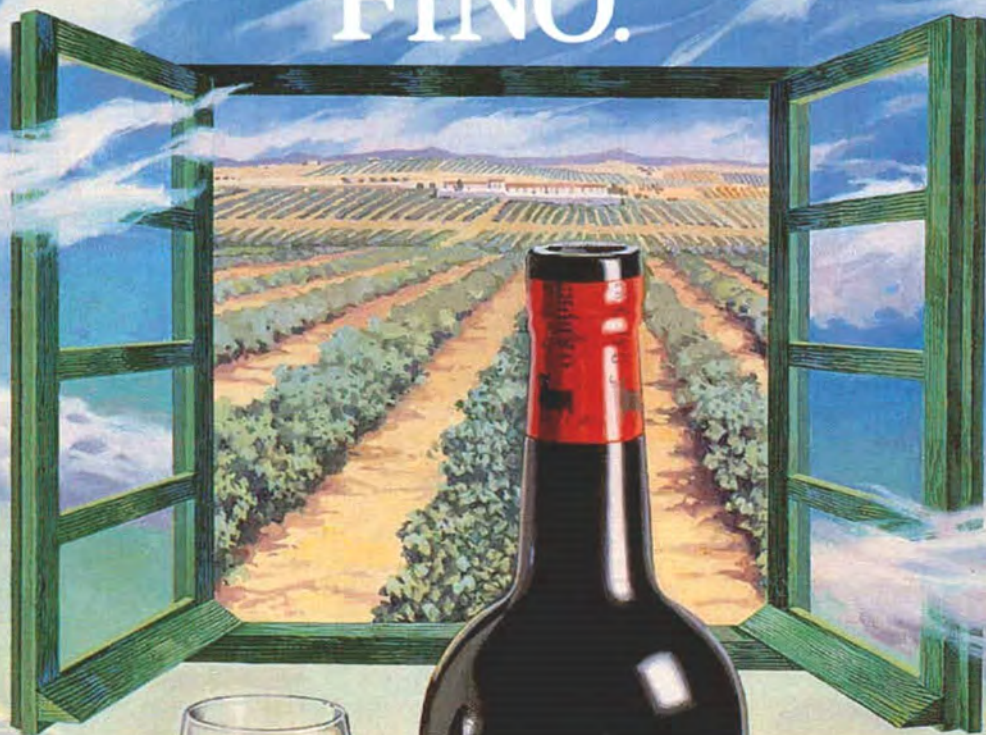
Meat and fish are often sprinkled with lemon juice and other seasonings before roasting and baking; it is the usual, unbeatably simple, dressing for seafood; it is added to soups and even vegetable purées, and is sometimes

used instead of vinegar in salad dressings. It also features prominently in cakes and pastries, and lemon peel adds a special zing to jams made of other fruit. Lemon marmalade, using both peel and flesh, sweetened with honey is one of the most delicious there is, and it also combines very successfully with its close relative, the orange, which not only balances the acidity of lemon but also contributes still more vitamin C.

The dry, clean, taste of lemon makes it a perfect thirst quencher and palate cleanser, hence the popularity of lemon tea, lemonade, lemon sorbet and the ubiquitous slice or squeeze of lemon in so many cocktails. Here in Spain, where lemons are plentiful, it is not just special occasion dishes that come decorated with lemon: lamb chops and chips will often be served with lemon quarters. And even the peel is useful: the essential oils contained in it are released by pressing and used in certain liqueurs.

But be warned. There are times when adding lemon is not a good idea: in combination with tomatoes or starchy food it actually slows down the digestive process.

# THE QUINTESSENTIAL FINO.



Bodega Osborne



## Recipes

### Lemon mousse (Mousse de limón)

Serves 4  
4 lemons  
8 tbsp sugar  
1 tin evaporated milk

Squeeze the lemons and beat the juice with the sugar and evaporated milk in the blender until the mixture increases in volume. Spoon out into individual serving dishes and chill for about four hours before serving.

### Lemon pie (Tarta de limón)

Serves 6  
For the pastry:  
100 g butter  
200 g flour  
30 g sugar  
2-3 tbsp water  
pinch of salt

For the filling:  
100 g butter  
200 g sugar  
3 eggs  
3 oranges  
3 lemons

Place the flour, salt, sugar and softened butter in a bowl and work with the fingers until crumbly. Add enough water to form a compact dough, then press it gently into a ball. Allow

to stand in the fridge for about an hour, then roll out to a thickness of about 4 mm. Grease a pie dish with butter and line it with pastry. To prepare the filling, beat the softened butter with the sugar and, still beating, add the eggs one by one, the finely grated peel of one lemon and the juice of three lemons and one orange. Pour the mixture into the pastry case and bake in the oven, preheated to 160 degrees C (325 F) for half an hour. Allow to stand for a few minutes before turning it out, then sprinkle with icing sugar and top with the other two oranges, finely sliced. Serve warm or cold. You can vary the topping for this pie with lemon or grapefruit slices or segments of mandarin orange.

### Fritters (Buñuelos de viento)

Serves 6  
400 g flour  
4 eggs  
2 tbsp refined olive oil  
2 tbsp sugar  
1/2 l milk  
Peel of 2 lemons  
salt  
powdered cinnamon

Place the milk, oil, salt and lemon peel in a saucepan with a glassful of water and bring to

a brisk boil. Take off the heat and stir vigorously until the mixture forms a thin paste. Return to the heat and keep stirring until the paste thickens and comes away from the pan, then set aside to cool. Meanwhile, beat the eggs and add to the mixture gradually, stirring continuously. Allow the batter to stand for a couple of hours, then fry, a spoonful at a time, in plenty of hot oil. Serve hot, sprinkled with cinnamon or filled with confectioner's custard or jam.

### Lemon custard with toasted almond meringue (Natillas de limón con merengue y almendras gratinadas)

Serves 4  
1 l milk  
150 g sugar  
6 eggs  
pinch of baking powder  
grated lemon rind

Separate the eggs and beat the yolks with the sugar, adding the milk and lemon rind. Heat slowly, stirring constantly until the custard thickens, then pour into a heat-proof dish. Beat the egg-whites until stiff then spread over the top of the custard and sprinkle with

flaked almonds. Brown under the grill before serving.

### Rioja sangria (Sangria riojana)

Serves 4  
1 bottle red Rioja  
15 cl rum  
2-3 tbsp sugar  
1 lemon  
1 apple  
1 orange  
10 cloves  
1/2 bottle soda water

Peel the fruit then slice it, coring the apple first. Pour the wine and the rum into a suitable container, then add the fruit and the cloves and macerate for eight hours, the last two of these in the fridge. Before serving, pour through a sieve to separate off the fruit, then add the sugar and the chilled soda. Some fresh chunks of apple and spirals of lemon and orange peel can be added at the last minute.

### Lemon-Ice (Granizado de limón)

Serves 4

Make 1 litre of lemonade, adding sugar and water to taste. Put it in metal pans and freeze. Before serving whirl the ice in blender or processor until it is slush. Serve in tall glasses with straws.





# CORDOBA

## A MOSAIC OF PASSION

Text: Gerry Shikatani

The first time I came to Cordoba, I stayed only two days. I remember sitting in a cafe on the Ronda de los Tejares, and telling my travelling companion that if we did not leave immediately, we soon would find it difficult to. The days would pass — in Cordoba — and the itinerary of our European tour would be hopelessly ruined so we left.



*The Roman bridge over the Guadalquivir river.*



*The ceiling of the 16th C cathedral is a marvel of fine detail.*



*The Bullfighting Museum is a small wonder which is worth the visit.*



*Cordoba is plenty of Arab art, but also of Christian treasures.*

Cordoba was I sensed, at first taste, no ordinary city. In two brief days of a scorching hot late spring, we'd felt its seduction, a force which I now realize took hold of me by its dark haunches, tightly as a bull's resolute stare.

Back home in Canada, the poet in me dreamed and speculated about that hypnotic place. I read about Cordoba.

The travel writer Myra Waldo has written of Cordoba's seductive mystery:

*... walk on your own about the city in the late afternoon or early evening and see if you, too, do not feel an inexplicable something in the air.*

My sentiments exactly. And a few years later, I returned to explore this Andalusian city.

It was the middle of February, a season with fewer tourists, a time when I could explore with greater ease the *callejas* and plazas. Some days were balmy and sunny like Canadian summers, and I could sit in the park on the Avenida General Primo

de Rivera, refreshed in the way the climatic changes of new seasons make us feel. Other days it moved fiercely turning the rooms of my favorite hostel, the Residencia Séneca frightfully damp and cold. I wore a jacket and scarf while reading on the balcony overlooking the lush patio. The city held a deep palpable melancholy and I loved it.

That season was the contrast of Cordoba in midsummer when the heat, a fierce furor emblazons the soul with harsh brittle sunlight and the cool of dusty gypsy nights is a spell of flamenco and tapas spilling out of the bars.

Three glorious old cities reign in Andalusia: elegant and lively Seville; Granada, home of the spectacular Alhambra; and Cordoba, the most modest of the trio. Yet, Cordoba is a remarkable city — a place whose surprising and staggering wealth of history, suggests it is a singular place of spiritual and intellectual energy unique in the world. It has been a great and highly influential city in the development of the Western World.

Since ancient times it was a centre of commerce, culture, and intellectual — above all, spiritual thought. Its fruits were those of refined achievement and style — whether in architecture, poetry or gastronomy.

Two hundred years before Christ, after the Roman conquest in 206 B.C., the city became the *Colonia Patricia*, the capital of Southern Spain. Greek schools were established, implanting the philosophical seeds for a rich, substantial culture, a crossroads of Eastern and Western ideas.

In the 3rd century, under the rule of Constantine, the Nicene Creed, the fundamental statement of Catholic belief, was written by Osio, bishop of the city.

### THREE CENTURIES OF GLORY

But it was from the 8th to 11th Century A.D., when Cordoba was the capital of Islamic Spain and the Caliphate Court of the West, that the city's glory was supreme. Under Abd-er-Rahman I, Abd-er-Rahman II, Al Hakim II and Vizier Almanzor, the



*Shadows and lights, outside the Mezquita.*

SOBREMESA/F. BRIONES



*In Cordoba, the air is weighty with the fragrance of orange trees on the sidewalks.*

SOBREMESA/F. BRIONES



*The Juderia, a quarter of pretty narrow streets, is a fascinating maze of white squat buildings.*

TURESPANA



*The museum of Julio Romero de Torres. His paintings epitomizes the gypsy of Cordoba.*

TURESPANA

Moslem power stretched through much of Europe from Cordoba. It became the most prosperous city in Europe.

Here was the jewel of the Western World, on a par with Athens in the East: there were one million citizens, 260,000 buildings, 80,000 shops, 4,300 markets, 500 mosques, 700 bathing establishments and countless public and private libraries. It was the chief city of commerce, yet, a place of learning — home to artisans, theologians, writers. Abd-er-Rhaman II brought in scholars and poets from India, Persia and Asia Minor, embellishing further Cordoba's prestige.

It was a culture in which gastronomy and poetry went hand-in-hand at marvelous feasts. It was during this era that the Arabs brought oranges, almonds and saffron to Spain's cuisine.

In the 13th Century the Arabs were conquered by King Ferdinand III, but Cordoba continued to flourish for centuries.

But, time became unkind to the city, exacting a toll of destruction, sackings and burnings. Eventually, it was eclipsed by both Seville and Granada.

The population of modern Cordoba today is just over 280,000. But in the long view of human history why should Cordoba, whose brightness shone over centuries, envy those great centres of the contemporary world — New York, London, Paris, or Berlin?

The streets of today's city are attractive wide avenues with names like Paseo del Gran Capitán and Paseo de la Victoria, car-filled arteries like those of any city — but the air is weighty with the fragrance of lush palms and orange trees upon the sidewalks. Often such roads lead into plazas, such as the Plaza de las Tendillas, the hub of the city, with its several cafes. A five-minute stroll from here are the old quarters where narrow alley-sized streets trace between the whitewashed houses near the banks of the Guadalquivir.

Those unaware of Cordoba's legacy, might wonder why this lovely, though rather simple place intoxicates with such beguiling charm. The *callejas* wind hither and thither, pinching and exploding, the perfume of balconies resplendent with

geraniums, jasmine and bouganvillea. There are little plazas where children play, neighbours gather to chat, munching ceaselessly on nuts or pumpkin seeds.

Even the alley names are provocative — Flores, Los Siete Infantes de Lara, La Luna (Flowers, the Moon...). And in the thick atmosphere of some small unpretentious bar, the mystery begins to unravel: the eternal spirit of Cordoba dressed densely by the plumage of history is the prime seductress - Cordoba, at once an exotic stranger and final resting place for the mind and body.

### **JEW, MOSLEM AND CHRISTIANS**

I mean that Cordoba can speak to all citizens of whatever creed or faith. The renowned English historian Arnold Toynbee called it one of the great ecumenical cities of world history. Jews, Moslems and Christians lived peacefully together for hundreds of years in Cordoba. Perhaps the world's religious and political

CORDOBA'S PARADOR

# A TOURIST'S OASIS

Text: **Sonia Ortega**



*Set in the foothills of Cordoba's mountain range, the Parador is a veritable oasis for tourist.*

-Arruzafa- is an Arabic word meaning -palm grove-. The palm was first introduced into Europe by Muslim monarch Abderraman I, who planted them in the grounds of the palace he built near the caliphate city of Cordoba. Today, nothing remains of the palace or its gardens, though they are remembered in the name, -La Arruzafa-, given to the National Parador which now occupies the site.

Set in the foothills of Cordoba's mountain range, just three kilometres from the city centre, the Parador serves as a veritable oasis, albeit shaded by pines rather than palms, for tourists to this ancient city, once a glittering capital of Muslim Spain.

Though Spain's National Paradors are generally converted historic buildings, Cordoba's is one of the few exceptions. It is a modern, purpose-built, luxury hotel with extensive gardens complete with swimming pool. Cordoba is a city which attracts visitors all the year round, and the Parador was built to provide quality accommodation for this type of clientele as well as a port of call for people just passing through Cordoba whilst exploring southern Spain.

La Arruzafa has 95 rooms and is busy throughout the year, particularly

during Holy Week — when picturesque processions of penitents and floats bearing centuries-old religious statuary parade through the streets of the city — and in summer, despite the intense heat in this part of the country. Autumn and spring (particularly the month of May, when the Festival de los Patios is held — see Spain Gourmetour No. 11) are the times when this splendid city is at its best. And not just the city itself. Only ten kilometres from the Parador are the ruins of the ancient royal retreat of Medina Azahara, a kind of Moorish equivalent of Versailles, built in 936 and destroyed by the Berbers in 1010.

La Arruzafa's glorious past lives on in more than just its name. The food is excellent and, true to the Paradors' policy throughout the country, pays particular attention to local cuisine and wine. As one might expect, the city's Arab heritage is still very much in evidence in many of Cordoba's more characteristic dishes: salmorejo (the local variant of gazpacho — a chilled vegetable soup), stewed ox-tail, *pastel cordobés* (cake) and the full-flavoured local Pedroches cheese. To drink, try the local wines and look for the names Moriles and Montilla on the Parador's wine-list.

leaders should visit here — enjoy tapas together beneath the grippingly laconic bell chiming from the Mezquita, the Mosque.

The Mezquita is doubtless the unforgettable symbol of the city.

The time of my first encounter with the Mosque, during those brief two days in Cordoba, ten years ago, we'd entered during the Sunday Mass. We passed from the morning sun into the dark stone interiors. The enormous structure filled with the marvellous tenor voice of a choir soloist; and his melodious breath was itself like nothing one hears anywhere else — the darkness of the cantoor, the Jewish cantor of the Talmud, the spirited wail of the Ramadan, the ethereal hymn of Christendom — all those into a single mosaic of passion.

We wandered in this astounding structure, a cool shady forest of endless arches and pillars, 850 of them made of marble and jasper arched by stripes of red and white stones. Within these, a setting of fabulous mosaics, masterful Spanish paintings, countless naves and the Mihrab where the Koran was kept. Everywhere, little columns of light penetrated windows, all the fine hues of precious design changing through grays, browns, blues and greens.

We finally came to the source of the music. In the centre was a total incongruity, a 16th Century cathedral, itself another marvel of fine detail with splendid carved choir stalls. A tragedy, the architectural purists complain. But this tells Cordoba's story.

Centuries before, Moslems and Christians had actually worshipped on this site side by side in the cathedral of St. Vincent. The Arabs had then built the magnificent Mosque in its place. The Middle Ages brought the return of Christendom. To complain about architectural incongruities is a rejection of Cordoba's special nature, which bestows a mysterious energy.

The great churches of mankind reveal the stories of their religions through art and architecture: the Mezquita is a magnificent instrument to transmit and translate the ritual dance of the light of spiritual transcendence. And as we left this fine jewel, we returned to the sudden stunning blaze of Cordoba's unshielded light, in the sun-filled Patio de los Naranjos, lush with ripe orange trees.

## CITY OF THINKERS

Elsewhere, small monuments and statuary further remind of Cordoba's significance. Native Cordobans, though they were sometimes maligned, were radical and inspirational thinkers.

Seneca (4 B.C.) first in a line of great Cordoban philosophers, developed ideas on natural stoicism. His influen-

ce on Descartes, Erasmus and Pascal, helped shape the moral perspectives of modern Christianity.

Maimonides, a great Jewish theologian and physician who explored the harmony between Old Testament and Aristotelian thought, influenced St. Thomas. Banished from Cordoba for his radicalism, a statue now honours Maimonides in the Barrio de la Judería.

This quarter of pretty narrow streets is a fascinating maze of white squat buildings, called the most uniformly intact quarter of characteristic Moorish residences in Andalusia. Their patios, some simple, others elaborate are perpetually fascinating, and each year there is a festival of the patios (See Spain Gourmetour No. 11).

This was once the heart of a thriving Jewish community which settled in Southern Spain when the Jews spread through the Mediterranean. The Jews, who were early pioneers in intellectual disciplines of algebra, astronomy and metaphysics, could feel comfortable in a city which, despite Caliphate rule, not only had intellectual roots, but an intense desire for advanced knowledge. The last remaining Synagogue in Andalusia, built in 1350, and a National Monument, is located here.

The fate of Averroes, pretty well a contemporary of Maimonides was no better in his native home. A leading Islamic thinker who also probed Aristotelian and other Greek philosophy in the light of religious faith, he too influenced Aquinas. He was exiled by jealous contemporaries.

You can almost sense the intellectual and spiritual climate of old Cordoba in the Alcázar de los Reyes Cristianos, the old palace built in the 14th Century during the reign of Alfonso XI. This was the home of King Ferdinand and Queen Isabella during Castilian rule in the Middle Ages. The Roman tiles, Moorish baths and quiet patios with pools and basins inspire deep reverence. Even more gripping are the fabulous gardens with their lovely pools and fountains serene with lilies, the neatly cut paths past statues, cypress trees and hedges, which border groves of orange and lemon, trees splendidly stringent and fragrant in spring.

Almost five hundred years ago, Christopher Columbus came here and obtained his first audience with the Catholic Monarchs with a view to requesting financial backing for his visionary voyage which resulted in the discovery of the Americas. In fact, and few people know this, for some years, Cordoba was his home. Is it any wonder Columbus wandered these dusty streets prior to his visionary quest?

#### LOCAL CUISINE

The compacted intensity of this historical Cordoba is not abstract, but part of daily life. It is something which comes as

*Elsewhere, small monuments and statuary further remind of Cordoba's significance. Native Cordobans were radical and inspirational thinkers.*

SOBREMESA/F. BRIONES



H. HEBEISEN

*The sun-filled Patio de los Naranjos, outside the Mezquita, lush with palms and ripe orange trees.*



H. HEBEISEN

# TAPA-TASTING IN CORDOBA

Text: Gerry Shikatani

Back in the 19th century, it's conceded, tapas originated in Andalusia — a small piece of *jamón* or sausage placed over the mouth of a glass of sherry. Since, the tradition has become universal across Spain, and Seville is the recognized tapas capital of Andalusia (see Spain Gourmetour, No. 13).

Yet, in Cordoba, where I first learned about tapas, there's a distinctive style, a feeling in its bars. They are sometimes shiny, modern and chic; and other times like wonderful dark secrets nudging onto the *calles* of the Judería, and hint at how Cordobans have long taken their local wine — the powerfully aromatic Montilla-Moriles which is made principally from the Pedro Ximénez grapes cultivated over the chalky white *albero* soil.

At the popular Bodega Rafael on Calle Buen Pastor, a simple but tasty paella is a favourite, as are the *calamares fritos* (fried squids), tender, sweet and light. The *ensaladilla rusa* (Russian salad) here, with its harmony of smooth mayonnaise, peas and carrots, is delicious.

Just down the street, is a pocket-sized bar where you sit on rough squat wooden stools at low tables and sip sangría. I'm especially fond of their marinated salads, such as *salpicón de pulpo* — octopus with pimentoes and oranges, evoking not only the region, but the citrus salads of North Africa.

Nearby is an even smaller place where the main attraction is *jamón serrano* from nearby Jabugo in the Sierra Morena. Outside Spain, people are familiar with Parma ham from Italy, but few know the stronger, nuttier, earthy salt-sweet taste of *jamón*, which at first discouraging to the novice, can become an object of devotion.

Towards the Alcázar, the old Casa Rubio, Puerta de Almódozar, 5, is very inexpensive. Spartan but spacious with tables in the rear, the quality of tapas is first rate — superb tiny *calamares fritos*, tasty kidneys in sherry sauce, sauteed local mushrooms, for example.

The Mesón Juan Pena on the Paseo de la Victoria, decorated rustically with farm implements on the walls is justifiably popular with many sophisticated regulars. It offers grilled quail or pork tenderloin marinated in spices which suggest Arab influences. It's an example of Cordoba's syncretic culture for pork, eaten in the region since Roman



H. HEBEISEN



SOBREMESA/F. BRIONES

times clearly distinguished Christians from the Moslems and Jews who abstained. Equally superb is *pez espada* — swordfish — tender and drizzled with oil, and *flamenquin*, that marvelous deep-fried battered meat roll filled with *jamón* and bechamel sauce. The proprietor enthuses about his wines, and indeed they are very fine.

## TAPAS IN THE MODERN CITY

Outside the Judería, in the modern city, tapas means rubbing shoulders with Cordobans in either elegantly modern or unpretentious neighbourhood style. On the Ronda de los Tejares, shoppers and office workers in this business and banking quarter crowd sleek little bars for mussels with vinegar, oil, minced pimentoes and onions; and *pinchitos* — little kebabs of

meat which are traditional staples of North African cuisine. Meat in sauce, banal in description, often delivers Cordoban history and geography at first bite: lamb sauced with wine and spices like an Indian curry is proof that food is the story of wars, exploration, trade and conquests.

In plain neighbourhood bars in the residential quarters to the east along Calle Montero and by the churches San Rafael and San Lorenzo, I've found the best batter-fried shrimp I've ever sampled, the simple delicacy savoured as it is in my country, with tartar sauce, and at a quarter of the price. Just as delicious are *boquerones*, the fish crisply fried, or marinated with wine vinegar, garlic and parsley.

One afternoon two summers ago, I was wandering the streets near the old Church of Magdalena and came upon a makeshift stand where they were boiling fresh snails in huge metal pots. Tantalized by this, I returned in the evening to find a crowd gathered about the counter, illuminated by a string of overhead lights. For about 50 pesetas I revelled in a cupful of these snails, slightly peppered, a bottle of cold beer, and then downed the flavorful broth. It was the simple cuisine of the town — pure and natural.

The formal restaurants of Cordoba evoke the terrain and cultura but in more eloquently refined terms. *Salmorejo*, with its blend of tomatoes bread, egg yolks, and richly garnished, is the thick Cordoban version of the classic gazpacho Andaluz which has made it to the kitchens of the world.

sure as tasting Cordoban cuisine. I first experienced it years ago when I dined one balmy evening at the now gone El Mesón Conde, 10 Medina y Corella Street — in the building where Averroes supposedly had lived. A lovely wide staircase decorated with brilliant tiles and carvings ascended to balcony tables overlooking a courtyard of fountain and palms. There was gazpacho, Córdoba's legendary *rabo de toro* — a fortifyingly winey and garlicky stew of bull's tail, and Cordoban pie with its unusual yet canny coupling of apple and ham, encased in sugary pastry. I was smitten.

Cordoban cuisine, seldom reputed gastronomically is often called simple. True, in a way, but to my palate, I've learned over the years that it is complex, teases with surprising flavour combinations, substantial with the nuances of how Cordobans ate throughout the centuries.

In Córdoba, as in all Andalusia, food is never divorced from friendship and cheer — and the generous spirit of sharing. 'Hola' a welcome even for total strangers.

Sweets are an equally pleasurable excuse for such encounters. After the siesta, Cordobans flock to the city's pastry cafes. Doubtless the Caliphate in Cor-

coffee superb. This is Córdoba, set for the 1990s.

It's a pity that Cordoban cuisine has been unheralded, because the salivary's counter with the city is no less essential than the eyes' sight of the Mezquita.

Its bars and dining tables become more seductive and comprehensible as you visit the superb Provincial Archaeological Museum with its collection ranging from the paleolithic to the Moorish. Or to me, more soulfully gripping — the museum of Ro-

## THE MAGIC OF DUENDE

The narrow *callejas* seem to concentrate the smells of *calamares fritos*, *salmorejo*, *rabo de toro* and one senses in this old city, slightly dusty and tarnished, the *duende*, the goblin which perhaps instilled Christopher Columbus with his vision to speculate and travel. -Córdoba to die in- García Lorca, wrote.

In Andalusia, *duende* is, as Lorca explained, the primal earth-force, the un-

explained magic of the flamenco artist's leap beyond mere technique. On streets like Coronel Casajo, the everyday drama of brilliant daylight ceding to dark night seems to evoke its presence, lingering over doorways, the black Cordoban dance through intense palpable light.

In Córdoba, *duende* nips at the heels and speaks to the heart of all spiritual paths. The inspired leap common to all faiths — Christian, Islamic, and Jewish, and the pure essence of philosophical Greek — share in the gypsy wildness. And all have linked arms in a dance of the spirit which inhabits Córdoba.

Córdoba has the power to satisfy a range of hungers.

In the Judería, just north of the Alcázar, are the loud strains of flamenco, youths clapping spontaneous and well-structured rhythms. Córdoba, with the force of the Mezquita, tolling its signal bell, still inspires, through the forest of pillars, the dance of light.

Modern day testimony? Manuel Rodríguez 'Manolete' and El Cordobés, two famous *toreros* of Spain, were magic sons from this city. Small wonder there is a Bullfighting Museum here. There is Vicente Aleixandre, winner of the 1977 Nobel Prize for literature.

So too the magnificent Paco de Lucía whose flamenco guitar has taught all generations of music lovers around the world, the music and above all, spirit of this city of influence. The music of de Lucía, is in large degree, I'd offer, the voice which sings a *cante jondo* in his bowels, a music called Córdoba.



1. SAN NICOLAS
2. EL SALVADOR
3. CASA DE LAS HOCES
4. SANTA VICTORIA
5. ARCHAEOLOGICAL MUSEUM
6. CASA DE INDIANO
7. PUERTA DE ALMODOVAR
8. SAN BARTOLOME
9. CALLE DE LAS FLORES
10. SYNAGOGUE
11. MOSQUE-CATHEDRAL
12. BULLFIGHTING MUSEUM
13. SAN JACINTO
14. EPISCOPAL PALACE
15. PUERTA DEL PUENTE
16. FORTRESS
17. ROMAN BRIDGE



**The population of modern Córdoba today is just over 280,000. But in the times of the city's glory, there were one million citizens.**



doba influenced the widespread use of almonds in traditional Spanish sweets from marzipan to pastry. Pastel Judío, Jewish cake is likely the most famous Cordoban sweet — a stunning confection with candied pumpkin, sugar, cinnamon and orange blossom water.

But I admit to a love for the contemporary and less Oriental delights found at Pastelerías y Cafeterías Serrano on Concepción, 5 sleekly white and chrome — and deservedly popular. The fruit tarts — with kiwi and berries, the whipped cream buns, eclairs, candies and ice cream are of exceptional gastronomic quality, and the

mero de Torres, a local artist from earlier this century, little known outside Spain. The paintings, melancholic, sexual and transcendental by turns, epitomizes the gypsy of Córdoba — its flamenco and *corrida* (bull fighting) soul, unavoidable as the air of the dusk streets outside the museum by the Plaza del Potro, mentioned by Cervantes.

From here, I might head into Bodega Campos, cavernous, damp, acidic and musty, where you can sip, then buy bottles of a fino for home.

# THE CUISINE OF AL-ANDALUS

*One takes a fat young sheep, skinned and cleaned. It is opened between the two muscles and all that is in its stomach is carefully removed. In its interior one puts a stuffed goose and in the goose's belly a stuffed hen, and in the hen's belly a stuffed young pigeon, and in the pigeon's belly a stuffed thrush and in the thrush's belly another stuffed or fried bird, all of this stuffed and sprinkled with the sauce described for stuffed dishes. The opening is sewn together, the sheep is put in the hot clay oven, or tannur, and it is left until done and crisp on the outside. It is sprinkled with more sauce, and then put in the cavity of a calf which has already been prepared and cleaned. The calf is then stitched together and put in the hot tannur, and left till it is done and crisp on the outside. Then it is taken out and presented.*

Text: **Tor Eigeland/Aramco World**



TOR EIGELAND/ARAMCO WORLD



TOR EIGELAND/ARAMCO WORLD

That is the recipe for a royal dish published in an early 13th-century book on Spanish-North African cuisine by an anonymous Spanish Muslim author from Valencia. The book is clearly intended to be a practical manual, written without any literary pretensions, yet it contains more than 500 recipes that give us an intriguing glimpse into a cuisine so original, creative and complicated that it reminds us of the vast world of Chinese cooking. It is the cuisine of Al-Andalus — Muslim Spain.

Such brilliance required an appropriate setting, and indeed, from today's perspective, Al-Andalus at the time of its greatest flowering — 200 years before the date of the cookbook — seems to have been a blessed world, an admirable civilization of both delicacy and vigour in architecture, poetry, and other arts; a world where some of the most advanced philosophers, scholars, scientists and artists in Europe thrived. It was a world of tolerance where Muslims, Jews and Christians coexisted peacefully.

In the 10th century, when only about 40,000 people lived in Paris, the great Andalusian city of Cordoba had a population of half a million. It had lighted streets, libraries with hundreds of thousands of volumes, some 700 mosques and 900 public baths. The homes of the wealthy had fountains, plumbing and running water.

Splashing, moving water was music to the ears of the Muslims of Al-Andalus, whose heritage lay in the deserts of North Africa. So was the grinding sound of the large and small *norias*, or water wheels (Arabic *na'ura*) by the arroyos and rivers. A few of the wheels exist to this day: They were built to last.



They also inspired many poems, such as this one by Mahbub the Grammarian in the 11th century:

*She sobs and weeps her streams of sparkling water,  
She weeps, and the garden smiles with many a petal  
Of deepest red, of white and brilliant yellow;  
You'd say the smith made scoops of pearl,  
and not of metal.*

Masters of irrigation, hard-working Arab cultivators transformed the dry Spanish countryside of which their people's conquest had made them masters. Water was channelled to fields and vegetable gardens, and the earth

responded by bringing forth a cornucopia of riches, many of them never before grown on the Iberian Peninsula.

#### INTRODUCING NEW PRODUCTS

Wheat fields thrived and were expanded. The already famous olive groves grew immensely to cover vast tracts of rolling land, much as they do today. The cultivation of lemon trees, started by the Romans, was improved; so was that of the bitter orange. Originally from China, the sweet orange was introduced and acclimated to Al-Andalus by the Muslims, as were banana plants and date palms. The date-palm groves at Elche, still



TOR EIGELAND/ARAMCO WORLD



TOR EIGELAND/ARAMCO WORLD



productive today, were already famous in the days of the caliphs.

During January and February, then as now, valleys and fields seemed covered with snow. At closer range, the snow resolved itself into perfumed forests of almond trees in white and pink bloom. Originally from Central Asia, almonds, in one form or another, were a feature of almost every Andalusian dish, and are part of innumerable Spanish dishes now.

Just as important, sugar cane brought from the Nile Valley swayed in the gentle, warm winds of semi-tropical regions like the lower Guadalquivir Valley and from Vélez Málaga to Motril along the Mediterranean — where it still grows. Sugar had been unknown in Europe until the arrival of the Arabs in Spain.

In the famous vegetable gardens of Al-Andalus grew beans of several kinds, endives, spinach, chard, radishes, leeks, carrots, celery, onions, eggplant and artichokes. Their quality, and their importance, apparently touched the poetic strings of the Andalusian soul. One Ben Sara from Santaren (Portugal) wrote this curious poem dedicated to the eggplant in 1123:

*It is a fruit of spherical form, of agreeable taste,  
Fed by abundant water in all the gardens.  
Trapped by the cover of its leafstalks,  
It looks like a red lamb's heart held in the  
talons of a vulture.*

Vineyards produced the seedless *corinto* grapes, which were used to make *rubb*, a syrup used in the same way as honey. Diluted with water, it was also a refreshing drink — one still found today in Spain under the name *arrope*. Grapes were also eaten



as fresh fruit and used to make wine and vinegar. Mostly, though, they were dried for use in cooking. Nearly all the traditional dishes included a mixture of sweet and savory ingredients, though the sweet was sometimes only represented by the honey and raisins in the condiment called *almori*.

*Almori* seems to have been used in every other dish that appears in the Valencia royal cookbook. It consisted of salt, honey, raisins, pine nuts, almonds, hazel nuts, and possibly some flour, all pounded into a paste which was then allowed to harden in the sun. As needed, pieces were broken off, soaked, and added to the ingredients of a dish. Sometimes the mixture was baked and served as a sort of pie.

Cherries, apples and pears were cultivated in the Ebro and Jálón river valleys and the much-appreciated figs nearly everywhere. The ones from the Seville area were the favourites.

*Al-Andalus at the time of its greatest flowering seems to have been an admirable civilization of both delicacy and vigour in architecture, poetry and other arts.*

#### SAFFRON AND OTHER SPICES

A colorful sight and a mighty experience for the nose were the market places of Al-Andalus. As one would expect from the tremendously varied cuisine of the region, the markets were piled full of all kinds of vegetables and fresh and dried fruit, meat such as lamb and veal, and a variety of game and fish, particularly tuna, shad, and sardines. And — most spectacularly — they included thousands of aromatic herbs and spices. Saffron, cumin, aniseed, mint, cinnamon, pepper, nutmeg, coriander, parsley and mustard were spices considered indispensable in the kitchen. Many were not known or cultivated in Spain before the Muslim invasion.

Golden, pungent, delicate saffron was used as a spice, not just for coloring. Some quite ordinary recipes called for a *dirham* — nearly three grams, or a tenth of an ounce — of saffron, a quantity worth about four dollars at today's prices even in Spain, where it is still grown and used in many dishes. Saffron is the most expensive spice in the world, each tiny thread of it plucked by hand from the blossom of an autumn-flowering crocus (See Spain Gourmetour No. 6); in the markets of Al-Andalus there were mounds of it.

Drink vendors were everywhere. There was always tea, steaming hot, very sweet and perfumed with fresh mint; and *arrope*-like drinks were popular. Water was also served, often with the refinement of a dash of rose water or orange-blossom water in the cup.

Meatballs, a spicy sausage called *mirgas*, fried fish, and a kind of cheese cake today called *almojabana* were noisily hawked at food stalls. Another survivor in Spanish markets today in the *churro*, a kind of fritter which is now sprinkled with powdered sugar rather than, as in the old days, being dipped in boiling honey.

‘Cuisine has the great advantage of having no political loyalties’, said philosopher Feliciano Delgado León of the University of Córdoba. He was discussing the survival of Arab influences in Spanish cuisine. ‘People and invaders and ideologies come and go, but invaders adapt to local foods and vice versa. One of many, many things we got from the Arabs was the use of vegetables. The vegetables were not something that accompanied a meal: they were a meal in themselves. And they were cooked. You see it in all the Arab recipes from here. And we in Andalusia still cook our vegetables like that.’

‘The cuisine of Al-Andalus — ahh! The eyes of Don José García, owner of Córdoba's fine El Caballo Rojo restaurant (see box), lit up. ‘It is like a book whose first chapter gives no indication of where you are going to end up. By studying this cuisine, you obtain new dishes, new techniques, every day. And now with the blessing of refrigeration, we have many more possibilities still.’

TURISPAÑA

FELIX LORRIO/ICEX

# EL CABALLO ROJO

*Bringing to life the old recipes*

Text: **Leopoldo González**

Photos: **Manuel Santos**

Contrary to popular opinion, Andalusia has an excellent style of cooking all its own. Although sophisticated cuisine is a relatively recent phenomenon and good restaurants have been hard to find, local taverns were always available. In one of these, the San Cayetano, of Cordoba, the García family began attracting crowds with their exquisite culinary tidbits. Among the most loyal patrons were the judges of the local courts who began to refer to the tavern as the 'Third Court'. With time, Pepe García's management of the San Cayetano, turned it into more of a restaurant than a tavern, and the success of María Ortiz, Pepe's wife, in the kitchen, started to bring people there more for a meal than just to have a drink and a *tapa*. Local dishes such as sword fish, bull's tail stew, chicken giblets and *gazpacho*, brought fame and renown to the tavern and its owners. It was at this point that Pepe and María began to evolve their own style that would revolutionize informal Andalusian cooking.

Establishing themselves among a less-than-affluent clientele was not easy, and their location did not help either. Nevertheless, Pepe and María were very successful with their style of cooking at the tavern and decided to open a restaurant, El Caballo Rojo, on the corner of Eanes and Romero streets. Housed in an old building, space allows for only ten or twelve tables. María cooks, and Pepe directs the staff. But in his spare moments he also finds time to investigate the traditional Andalusian cooking, and to bring back to life eight hundred years of glorious



*Spain's rich Arab heritage is still very much alive, even in so ephemeral an area as food. Cordoba's El Caballo Rojo restaurant makes a point of ensuring that things stay that way.*

Arabic culinary art that was neglected — but not completely forgotten — through lack of cultural awareness. Pepe García's aim was to revive the Andalusian style of cooking that had been so influenced by the *Arabs* and their spices: sugar, nutmeg, saffron, mint, sesame, paprika, pepper and the many other agricultural products which they introduced to Spain and which have continued to flourish here.

The sixties brought economic success to Spain and to El Caballo Rojo, under the management of Pepe and María. The restaurant became not

only a learning experience, but also a formidable challenge. A traditional public had to be enticed into the new experience of the -rediscovered- dishes: clams with noodles, bull's tail stew, different types of fish *a la andaluza*. But the work paid off and word spread of the restaurant in the old Jewish quarter (*judería*), and its fame grew.

The location of the restaurant, at the end of the maze of little white streets once inhabited by Moors and Jews of Cordoba, was without a doubt a plus in favor of Pepe García's objective. Just as it is

for the second Caballo Rojo opened in 1971, located at the intersection of Cardenal Herrero and Judería Streets. The building radiates charm. The interior design was accomplished respecting the original structure, and all materials used in the remodeling were ordered exclusively from Andalusia: wood, tiles, lime; and, the original wood or iron grill work was preserved for separating rooms.

## INNOVATIONS

The seventies brought a tide of great gastronomical innovations to Spain and Pepe García joined in wholeheartedly, reading, studying, and recreating dishes. To the stews he added raisins, almonds and pine kernels; hake with small broad beans, clams and shrimp; and rabbit with snails, historically proven to be originally from Andalusia and not from Catalonia as it was thought. Lamb stew, with a touch of honey, Pepe converted into a succulent dish, of recognized Syrian origin. He recreated the Arabic style stuffings: duck stuffed with chicken, which had been stuffed with partridges, which in its turn had been stuffed with quail. Also following the most traditional Arabic style of cooking were the concoctions of milk and cream. The unique pastries: sweet pumpkin strands, sesame, honeys-were all reinstated in the purest of Arabic style confectionery in María and Pepe's kitchen.

Traditional Andalusian cooking survived in households despite poverty throughout the land and a general decrease in ►►



▶▶▶ the nutritional level of the population. Inherited from Arabic culinary customs, it is based on use of high quality homegrown products: sweet oils, wine vinegar, early season fruits, etc. Thanks to the innovations of the new cuisine these products are once again used and appreciated. Pepe García accepted the happy coincidence of old traditions and available products when evolving his style of cooking.

As a student of the art of cooking, Pepe would like to find the time and a place to organize a small -sanctuary- where he could experiment with different regional dishes. Perhaps in a warm comfortable little room he could bring to life the old customs of preparing cod, stews, stewed poultry, etc. For the moment this is only a project; under the shadow of the old Cordoban mosque's minaret across the street from the restaurant, Pepe puts all his effort into developing his own Arabic/Andalusian style of cooking.

### Salmorejo

Serves 6

- 1.2 Kg. day-old bread
- 3/4 Kg. ripe tomatoes
- 2 dl. refined olive oil
- 2 cloves garlic
- wine vinegar
- salt
- 2 hard-boiled eggs
- 50 g. cured (Serrano) ham

Put the bread in water and allow to soak until completely tender. Remove the bread and

**Pepe García's aim was to revive the Andalusian style of cooking that had been so influenced by the Arabs and their spices.**

squeeze out all the excess water. Put the bread and all the remaining ingredients in a blender and mix for 3 to 4 minutes to obtain a uniform texture. Finally, add salt to taste, and iced water until the desired consistency.

Serve cold with diced hard-boiled egg and cured ham to sprinkle on top.

### Anglerfish Mozarab Style (Rape mozarabe)

Serves 6

3 Kg. anglerfish



Salmorejo.



Anglerfish mozarab style.

- 1 medium onion
- 100 g. carrots
- 25 g. currants
- brandy
- olive oil (refined to at least 0.4")
- salt
- previously prepared fish stock

Sauté the onion and carrots in an earthenware dish.

Meanwhile, dredge the fish with flour, and put it into a pre-heated pan with very little oil so



that the fish browns quickly and turn it over once. When the second side is turning golden brown, transfer the fish to the earthenware dish and add the currants and the brandy. Add enough fish stock to cover the fish.

Cook for 15 minutes.



Lamb with eucalyptus honey.



Cordoban cake.

### Lamb with Eucalyptus Honey (Cordero a la miel de eucaliptus)

Serves 6

- 2.5 Kg. lamb
- 2 medium onions finely diced
- 150 g. finely diced green pepper
- 20 g. salt
- saffron
- 10 g. paprika
- 1/4 l. wine
- 2 dl. vinegar
- 100 g. Eucalyptus honey
- olive oil
- brandy

Sauté the onion and green pepper in an earthenware dish with olive oil, and then add the lamb previously cut into bite size pieces. When the meat turns golden brown, add the brandy, the wine, the saffron, the paprika, and enough water to cover the ingredients. Allow this to cook for ten minutes.

When the stew is almost ready, add the vinegar and the honey. Let it continue to simmer a little longer.

### Cordoban Cake (Pastel cordobés)

Serves 6

- 1/2 Kg. pastry flour
- 100 g. lard
- 300 g. margarine
- 1/2 l. water
- a dash of vinegar
- 10 g. salt
- 2 beaten eggs
- (1 lb. 1.5 oz.) gourd or pumpkin preserve
- sugar
- cinnamon

Mix the flour with the water, the vinegar, the lard and the salt.

Roll out the dough to make a thin layer and spread the margarine over it. Fold the dough over six times and cut it into two pieces.

Shape one of the pieces into a round form and cover it with the preserves as a filling. Place the other piece of dough on top as a covering, brush the edges with beaten egg and close in the form of a braid.

Cook in an oven at 250°C (480°F), until done. Remove and brush the top with beaten egg, and sprinkle on sugar and cinnamon. Return it to the oven to dry.

# Al Andalus Expreso

Spain's Princess Cristina added an extra royal touch to the already regal Al-Andalus Expreso, Spain's answer to the Orient Express, when she inaugurated the first of five new sleeping cars at Madrid's Chamartín station last November.

The Al-Andalus Expreso has been charming travellers since it first started trundling across the soft Andalusian countryside in 1986. All the carriages were built in Spain and France in the 1920s and renovated in 1985, but if there was a weak point, it was in the sleeping cars. They were not period designed, but regular Wagon Lits sleepers used by Spain's state railway company, Renfe.

All that has now changed with the visit of Princess Cristina, the second of the three children of King Juan Carlos and Queen Sofia. The LX cars, so called because of the consonants of LUXE, were built in France in 1929. They had 10 large individual compartments when they were built for their international routes —British royalty were among the



passengers on the early Calais-Riviera runs—, but during the restoration these were converted into six double compartments, plus two suites in the centre complete with lavatory and shower.

A smiling Princess Cristina was clearly impressed. Accompanied by the chairman of Renfe, Julian Garcia Valverde, the Secretary of State for Tourism, Ignacio Fuego, and the director of Al-Andalus, Pedro Fernández, the smiling princess exclaimed: "But this is marvellous!" She was particularly pleased with the spacious suites, whose carefully restored lacquerwork, marquetry, bevelled glass and delightful bronze ornaments combine the grace of bygone rail travel with modern comfort.

The new sleepers, together with the two shower and two restaurant cars, a bar and discotheque wagon and games room, confirm the Al-Andalus Expreso as the height of luxury-on-wheels, *belle époque* style.

The new sleepers, together with the two shower and two restaurant cars, a bar and discotheque wagon and games room, confirm the Al-Andalus Expreso as the height of luxury-on-wheels, *belle époque* style.



*Just for the fun of it*

Type or write in block capitals.  
Send us the coupon and you will receive information just as exclusive as our train.

First Name and Surname .....

Address .....

Postal Code .....

City .....

Tel. N.º .....

For further information consult your local Travel Agent or RENFE-AL ANDALUS,  
c/ Darro, 32. 28002 MADRID, Telex 49091.



TRAINS YOU INTO A BETTER LIFE STYLE.

SHERRY VINEGAR

# The Scent of the South in your Kitchen

Recipes: Lalo Grosso  
Text: Sonia Ortega  
Still Life: Menchu Artime  
Photo Still Life: Antonio de Benito



The Dictionary of the Royal Academy of the Spanish Language defines vinegar as "a bitter and astringent liquid produced by acid fermentation of wine and containing mainly acetic acid and water", a definition that does not suggest anything particularly attractive to the palate. Vinegar, however, occupies a place of honour among flavourings in the kitchens of the western world and because of its preservative qualities, played an important role in the days before the refrigerator became a part of our everyday life.

Wine undergoes a continuous biological process throughout its lifetime, and vinegar is just one of the possible results of this evolution. In this respect, the vinegar from Jerez presents a series of peculiar characteristics. It is derived from the highly individualistic wines of the town; the world famous sherry, activated by the natural presence of acetic bacteria, and aged in oak barrels previously used for ageing sherry the wood impregnating the liquid it now holds with all the aroma of its previous occupant.

Due to the action of the bacterium, the wine's alcohol content is converted into acetic acid, the graduation of the resulting vinegar depending on its age. The older the vinegar, the higher its acetic acid content; initially it may have 7 degrees of acetic acid, and vary from 8 to 10 after five years of ageing.

The maturing of sherry vinegar is accomplished by the same system of *criaderas* and *soleras* as is used to age the wines themselves. This system provides a uniform quality and an intensity of aroma that would be difficult to find in other vinegars.

The aroma is precisely one of the key factors in modern cooking, although

vinegar has always been a constant in traditional Spanish cuisine, especially in Andalusia.

Perhaps partly as a result of the undeniable influence that Jerez has had throughout the region of Andalusia, vinegar is to be found time and again in the recipes of this part of Spain: gazpacho, ajo blanco, bienmesabe (marinated fish), soused dishes, salads, pickled dishes, game..., both straight from the bottle and cooked sherry vinegar lends itself to myriad applications.

Lalo Grosso knows quite a bit about all this. Born in Cádiz of Bostonian stock, Lalo dedicated herself from the start to the fascinating world of wine and gastronomy. Initially she cooked simply for pleasure and later professionally, preparing the banquets that the great sherry houses offered their guests on special occasions. Logically,

the wines and vinegars of Jerez were practically obligatory as ingredients, either in traditional dishes or in Lalo's own creations.

Lalo's culinary knowledge led to publication, in 1982, of a book that a year later was to be translated into English. *Cooking with Sherry* (published by Espasa-Calpe) contains more than 300 recipes in which sherry wines and vinegars are the main protagonists.

What we offer here is a selection of these recipes, covering from first course to dessert, some simple, others more elaborate, as sherry vinegar provides endless possibilities.

One word of warning: sherry vinegar has a more intense aroma than habitually used vinegars. If you are using it for the first time, you should do so sparingly until you discover just the taste you are looking for.

### Andalusian Cold Soup (Gazpacho andaluz)

Serves 8

2 kg. ripe tomatoes  
1 breakfast cup moistened bread without crust  
Medium-sized cucumber  
1 green pepper  
2 or 3 cloves of garlic  
8 tablespoons olive oil  
5 tablespoons sherry vinegar  
Salt  
1 litre water (aproximate)

Cut the tomatoes in half and put them in a large bowl with the pieces of moistened bread. Add the chopped cucumber and green pepper and the crushed garlic. Sprinkle in the olive oil and sherry vinegar and dust with salt.

Add approximately 1/2 litre of water and leave for an hour or two to take up the dressing.

Pass through a blender until smooth, adding water as necessary to achieve the desired thickness.

Leave in the refrigerator and serve very cold. If well covered with a tight lid, the gazpacho will keep for two or three days.

A garnish is served on the side and consists of separate saucers of diced bread, fresh or fried, diced cucumber, finely chopped onion, chopped green pepper and tomato, and grated hard-boiled egg.



H. HEBELSEN

### Gazpacho.

### White Gazpacho with Grapes (Gazpacho blanco a las uvas)

Serves 6

400 g. fresh bread  
2 cloves of garlic  
1/4 kg. peeled Moscatel grapes  
12 blanched almonds  
1 glass olive oil  
1/2 small glass sherry vinegar  
Salt  
1 1/2 litres water

Soak the bread without the crust in water. Peel the garlic and grapes.

Put the almonds, garlic, oil, vinegar, eggs and salt into a blender or food processor. Add the moistened bread in pieces and blend until smooth, finally adding water little by little to

**Because quality is the basic thing  
We only sign what's genuine.**

**GENUINUM**  
  
**FRIGSA**

  
**FRIGSA** SA

  
Grupo ConAgra

LAMABLANCA COESES • P.O. box 95 27080 • LUGO (SPAIN)  
Tel. 982 230299 • Tlx. 86511 FRILU E • Fax 982 229691

obtain a soup of the desired thickness.

Add the whole peeled grapes and leave in the refrigerator for three or four hours.

With a tight lid, this will keep for two or three days.

Other cut-up fruit may be added, preferably apple, pear or melon.

### Roast Peppers Cádiz Style (Pimientos asados a la gaditana)

Serves 6

1 kg. red peppers  
1 large onion  
Salt  
2 small glasses olive oil  
1 small glass sherry vinegar

Choose peppers suitable for roasting, medium or large in size, and wipe them with a cloth.

The peppers may be roasted equally well on a hot-plate or in the oven. Keep turning them so that the whole surface is roasted and meanwhile have ready a saucepan with a lid. Transfer them to this as they are done, covering them with the lid while they cool and exude juice, which is reserved.

Put the peppers on a wooden table, remove the pips and stalk, and skin them with the point of a knife. This can easily be done and is an indication that the peppers are properly roasted.

Cut the skinned peppers into long, thin strips.

Transfer the strips in batches to a salad bowl, cover them with a little finely chopped onion and powder them lightly with salt.

Continue in this way until all the peppers have been used, taking care not to add too much salt.

Add the reserved juice, together with the oil and sherry vinegar.

Turn the strips well with a couple of forks or wooden spoons so as to distribute the dressing, and check the seasoning.

Leave for two hours in the refrigerator, covering the bowl.

Serve cold.

### Marinated Dog Fish (Bienmesabe)

Serves 6

1 kg. dog fish  
8 cloves of garlic  
1 glass sherry vinegar  
Paprika powder  
Cumin  
Salt  
1 glass of *fino* sherry  
Flour  
Olive oil

Clean the fish, cut it into large cubes and put a layer into a glass dish with a well fitting lid. Cover with chopped garlic, vinegar, paprika powder and cumin (or powdered organum, if preferred), add a little sherry and repeat until the ingredients are used up. Cover with a lid

and leave for 4 to 12 hours so that it takes up the flavour of the marinade. Now drain the fish, dredge it in flour and fry it in olive oil.

This dish may be made with most other firm fish, such as sword fish, angler fish, rock bass, or red snapper.

### Marinated Fresh Anchovies (Boquerones en vinagre)

Serves 4

1/2 kg. fresh anchovies (*boquerones*)  
250 ml. sherry vinegar  
1 teaspoon salt  
50 ml. oil  
4 cloves garlic  
2 tablespoons chopped parsley  
Lemon

Remove heads of the fish. Grasp top of the backbone, give it a sharp jerk down across the back and the bone will come free. Cut it off, leaving the two fillets attached at the tails. Wash them and place in a single layer in a shallow dish. Add enough vinegar to cover and the salt. Marinate from 6 to 24 hours, or until the fillets are white and solid — they are "cooked" by the vinegar. Drain them, rinse in cold water and arrange on a bed of shredded lettuce on a serving plate. Sprinkle with the oil, minced garlic and parsley. Chopped onion and lemon juice can be added.

### Corzo al estilo del poeta

*Translator's Note:* *Corzo* is a small roe deer from the mountainous Sierra de Cádiz, a region which, as Lalo Grosso feels, embodies so much of the poetry of Andalusia. For this reason, she has dedicated the recipe to that fine Andalusian poet, José María Pemán.

The nearest English equivalent is venison; but as this is from a much larger form of deer and the meat is a



Strawberries with  
sherry vinegar.



Marinated partridge.

great deal less tender, the cooking time for venison should be increased to 55 minutes per kg.

Serves 10

2 haunches of *corzo*  
1 kg. onions  
1/2 kg. carrots  
1 stick of celery  
1 head of garlic  
Rosemary, thyme, fennel and dill  
Salt, peppercorns, and ground white pepper  
4 bay leaves  
1 bottle of dry *oloroso* sherry  
1 large glass sherry vinegar

Put the meat to marinate for 4 days with the above listed ingredients in a vessel with a lid and large enough to take the two haunches.

Julienne the vegetables and put them under and on top of the meat and sprinkle it with the herbs and spices — but do not use too much or they will mask the flavour of the meat. Add the sherry vinegar and half a bottle of the *oloroso*, turning the haunches 4 or 5 times to distribute the marinade. When the time is up, remove the meat, drain, dry in a cloth and reserve it.

Heat the olive oil in a saucepan large enough to take the meat, brown it on both sides, remove and reserve.

Fry the drained vegetables from the marinade in the same oil for 15 minutes, then return the meat and cook slowly either in the oven or on the fire. Meanwhile add the liquid from the marinade, little by little, and hot water or the rest of the sherry, if it dries out too much.

Check the sherry, salt and spices, taking care that the flavour is not too strong.

The flesh of the *corzo* is tender and should not be overcooked; about 15 minutes per kg. is usually sufficient, and when the meat is tender it should be removed.

Pass the sauce through a sieve; it should be dark and thick.

Serve with a garnish of new potatoes, boiled and sautéed; cut up carrots, fried in butter with garlic; boiled

cauliflower, fried in olive oil with chopped garlic, almonds and seedless raisins; peas sautéed in butter; and mushrooms fried in butter and *oloroso* sherry.

### Marinated Partridge Andalusian Style (Escabeche de perdices a la andaluza)

Serves 6

1 onion  
2 partridge  
2 bay leaves  
1/2 glass of sherry vinegar  
3 cloves of garlic  
1 glass of *fino* sherry  
1/2 glass of olive oil  
6 cloves  
Peppercorns  
Salt and ground white pepper

Clean, wash and dry the partridge. Julienne the onion, putting part of it inside each partridge with a bay leaf.

Wet the partridges with vinegar, reserving the rest of it, then put the partridge into a *cazuela* (earthenware dish) and cover with all the ingredients. Cover and cook slowly for about 2 hours.

Serve either hot or cold, covering them with the sauce.


### Strawberries with Sherry Vinegar (Fresas al vinagre de Jerez)

Serves 6

1/2 kg. strawberries  
Sugar  
A few drops of sherry vinegar

Wash and drain the strawberries then place them in a serving dish with sugar to taste and a few drops of sherry vinegar. Allow to stand for two to three hours. The vinegar draws out some of the strawberry juice which mixes with the sugar into a delicious syrup.





# ICEBERG LETTUCE AND BROCCOLI FROM SPAIN

## A HEAD ABOVE THE REST

Text: **Deborah Luhrman**  
Still Life: **Menchu Arttime**  
Photos Still Life:  
**Antonio de Benito**

Two of nature's most nutritious vegetables are lettuce, enjoyed for thousands of years, and broccoli, a relative newcomer. Both are perfectly suited to the mild Mediterranean winters of southern Spain and both are growing into a healthy business for Spanish farmers.



ICEX

*In Spain, iceberg lettuce is predominantly grown in the southeastern provinces of Murcia, Almería and Alicante. Eighty per cent of the crop is destined for the other countries of the European Community.*

One of Spain's most memorable sights is not on any tourist map. In fact, you will probably visit it by accident. Early some morning on the way to somewhere else, the bright glint of fresh fruits and vegetables stacked in colourful arrangements will catch your eye. You'll stop at the public market for a few minutes to marvel at Spain's bountiful harvest. Plump mandarin oranges, mountains of shiny red and green apples, row upon row of asparagus, leeks and cucumbers, jumbled bins of carrots and fresh peppers — green, red, yellow and purple — chances are you'll be tempted to buy more than you can carry.

Spaniards eat more fresh fruit than any other Europeans and salads are an important part of almost every meal, partly because of the tempting array of produce at the market.

There are those who say Spain is poised to become the California of Europe, growing rich by providing most of the continent's fresh produce. It makes sense, the climate is similar to California, with plenty

*Spanish iceberg lettuce is among the best grown in Europe and commands the highest prices.*



ICEX

of sunshine, mild winters and the need for irrigation.

But this is the 1990s and modern high-technology agriculture is now less dependent on those basic factors that put California on top. Spanish vegetables have to compete with produce, for example, grown in Holland all winter long in greenhouses. So increasingly Spanish growers are concentrating their efforts on vegetables they know they can grow better than anybody else; two of them are iceberg lettuce and broccoli.

#### **LEGENDARY LETTUCE**

Lettuce is one of the world's most prosaic vegetables. It was cultivated by the ancient Egyptian, Persian and Greek civilizations. Lettuce was considered sacred by the Hebrews, who served it with the pascal lamb for Passover and still do today!

In Roman times lettuce salads were served following a meal to cleanse the

palate and ensure pleasant dreams. But the great Roman poet Horace was opposed to this custom and wrote letters to his friends in the 1st century B.C., arguing that lettuce eaten after drinking wine caused indigestion. Since poets were quite influential in those days, it was not long before Romans began serving their salads at the start of a meal.

To the witches or medicine women of the early Anglo-Saxon tribes, dreams about lettuce were a bad omen, foretelling the onset of an illness.

In modern times, lettuce still has much to do with health. It is 94.3 per cent water and rich in fibre. Nutritionists tell us lettuce acts as cleansing agent on the inside of the body. The refreshing vegetable is also a good source of vitamins, especially A and C, with only 14 calories per 100 grams (3 1/2 ozs.).

### GROWING EXPORT

In Spain, iceberg lettuce is predominantly grown in the southeastern provinces of Murcia, Almeria and Alicante. Eighty per cent of the crop is destined for the other countries of the European Community (EC).

Since Spanish summers are too hot and dry for a watery vegetable like lettuce and northern Europe provides most of its own summer needs, the first seeds are sown in October. By December the first crop is ready for picking.

On the mechanized farms in Spain's southeastern salad bowl, a huge packing shed on wheels moves into position on the field. Farmhands harvest the lettuce manually and bring it to the mobile



FEPEX

## Iceberg Tips

### WASHING

— Do not slice before washing — the goodness seeps out into the water.

— To wash a whole lettuce, hold it by the stalk and dunk in and out of a bowl of cold water several times so that any dirt falls to the bottom.

— Iceberg lettuces need not be soaked.

### CUTTING

— For using in salads, it is best to break up the lettuce by hand so that the cut surfaces don't turn dark.

— Instead of making a conventional salad, try cutting an iceberg into rings and serve dressed with vinaigrette and decorated with anchovies, olives and cherry tomatoes.

— Given its firm texture, the iceberg can also be cut into chunks and wedges.

### KEEPING

— Kept in its wrapping in the salad drawer of the fridge, an iceberg will last from two to three weeks.

### COOKING

— Blanch for 10 minutes in boiling salted water before incorporating into your recipe.

— Separate leaves should be boiled for 2-3 minutes then drained well on a cloth or kitchen paper.

— Blanched leaves dressed whilst still warm make a delicious and unusual salad.

— Lettuce needs to be cooked longer than many leaf vegetables.

### DRESSING

— The simplest dressing is made with one part of vinegar to three parts virgin olive oil, seasoned with salt and pepper.

— Add a teaspoon of mustard and another of sugar to the above ingredients for a classic French dressing.

— The best salad herbs are parsley, coriander, rosemary, oregano, mint and basil.

— Always add the dressing just before serving.

### STUFFING

— Blanch the lettuce, then cut a lid-off the top, hollow out the centre and fill with stuffing.

Another method is to open up the blanched lettuce leaf by leaf, being careful not to pull them off, take out the very centre and then fill with stuffing.

### SPANISH ICEBERG LETTUCE AND BROCCOLI EXPORTS (In metric tonnes)

	1983/84	1984/85	1985/86	1986/87	1987/88	1988/89
Iceberg lettuce.	17.475	37.337	48.143	73.386	85.621	108.260
Broccoli .....	N/A	469	1.011	2.269	N/A	13.379

Source: FEPEX (Federación Española de Asociaciones de Productores Exportadores de Frutas y Hortalizas).

packing shed where it is cello-wrapped and boxed, almost ready for shipment. A quick half hour stop in a vacuum cooling unit brings the temperature down to 2° C (35°F) and then the lettuce is on its way by refrigerated truck to Madrid, Barcelona and the markets of the EC. Britain, Holland, France and Denmark are the biggest importers.

A few hours later the crop begins showing up in the bustling Spanish produce markets. By early the next morning a British housewife will be able to buy a head of lettuce from the same harvest.

Spanish iceberg lettuce is among the best grown in Europe and commands the highest prices. When buying lettuce look for round, compact, tightly-closed heads, because these will last the longest in your refrigerator.

*Broccoli is another crop grown in Spain's southeastern fields during the mild Mediterranean winter.*

*The first seedlings go in the ground when the weather cools off in October.*

*Like lettuce, most of the harvest is destined for export.*

If purchased fresh from the field, iceberg should remain edible for up to two weeks.

#### SECRETS OF A PERFECT SALAD

For most people lettuce is synonymous with salads, but Spanish gourmets sometimes serve it cooked as well. Cooked lettuce can be pureed into a creamy soup, stuffed with sauces or used like cabbage to wrap around meat or fish fillings (See recipes).

Unlike other types of lettuce, iceberg doesn't need to be cleaned leaf-by-leaf. Simply remove the old outer leaves and dip the whole head in water to get rid of any loose surface dirt. No pesticides or fertilizers are used in the final 15 days of the lettuce growing cycle, so there are

no residual chemicals that must be washed off.

To make a salad, lettuce responds best to gentle treatment. Use your hands to tear it apart rather than cutting it with a knife to avoid the loss of vitamins and keep the edges from turning brown quickly. Wait until just before serving to add the dressing, which can be as simple as salt, pepper and one part vinegar to three parts olive oil.

An old Spanish proverb says six specialists are needed to turn ordinary lettuce into a proper salad:

*A patient saint* to wash it,  
*A philosopher* to season it,  
*A miser* to sprinkle the vinegar,  
*A spendthrift* to pour on the oil,  
*A madman* to mix it up,  
And *a gourmet* to enjoy it.

#### SPAIN'S TRENDIEST VEGETABLE

To Spaniards broccoli is just about as exotic as lettuce is ordinary. Good cooks in Catalonia, Valencia, and the Balearic Islands have appreciated this delicious Mediterranean vegetable for a long time, but it was virtually unknown in the rest of Spain until the last five years.

Upscale, innovative restaurants in Madrid, trying to introduce their customers to something new, have turned to broccoli, making it one of the city's trendiest vegetables.

Broccoli has also found a place in the hearts and stomachs of people who are increasingly careful about their health. Scientists say the cruciferous plant may be one of nature's most nutritious foods. Brimming with vitamins A and C, broccoli is also a fine source of iron. It is fat-free and contains about 15% fibre, which experts say can help guard against some types of cancer.

Broccoli is another crop grown in Spain's southeastern fields during the mild Mediterranean winter. The first seedlings go in the ground when the weather cools off in October. Like lettuce, most of the harvest is destined for export.

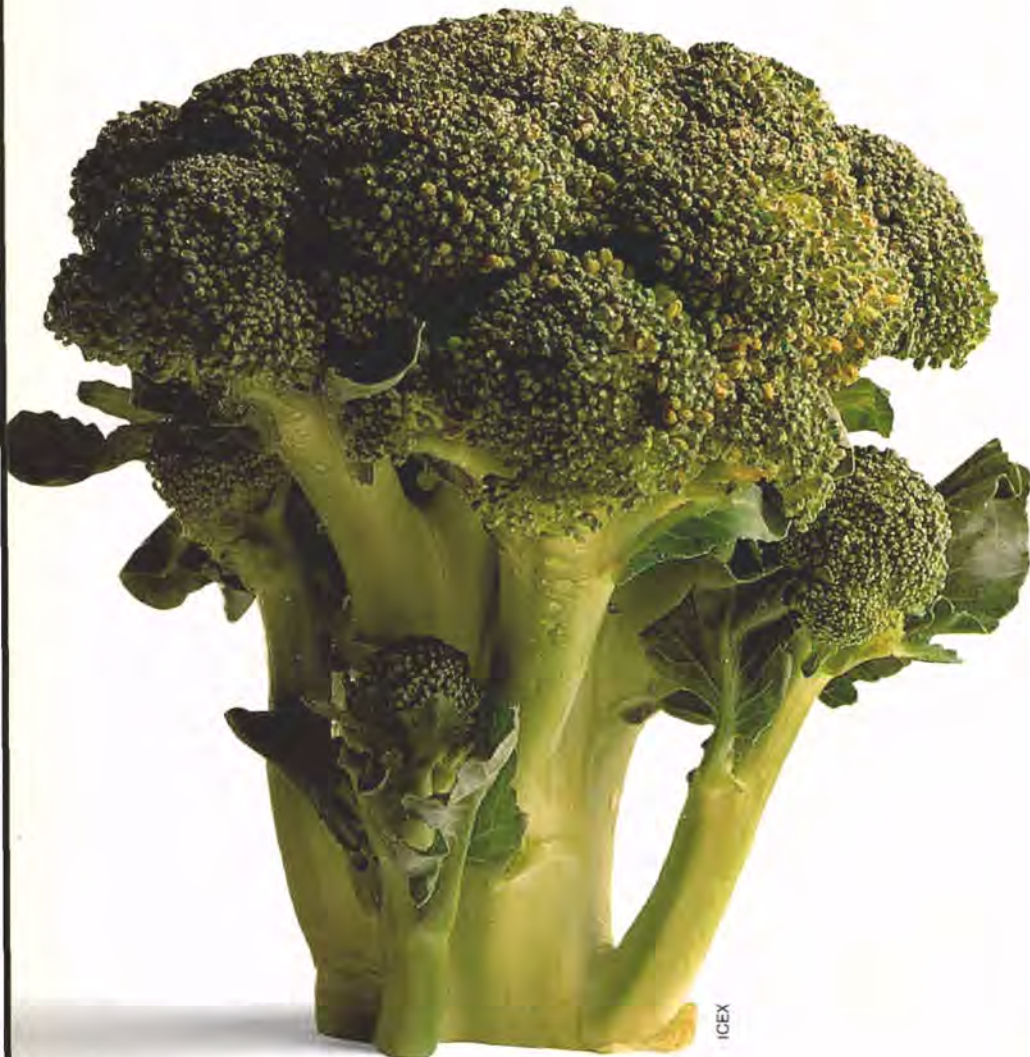
Foreign markets pay premium prices for Spanish broccoli because of its high quality. They look for large stalks shaped like an umbrella and tightly closed flower heads with a deep green or green-purple colour.

Spain didn't begin seriously exporting broccoli until 1985, starting with just 469 tonnes. Over the past five seasons, however, sales have increased to 28 times that amount. This winter a portion of the Spanish harvest is going to French packers for freezing and producers are hoping broccoli will continue to grow in popularity with Spanish housewives.

It is important to cook broccoli carefully to avoid the loss of vitamins and to keep it firm and bright green. The best method is to steam over boiling water in a covered vegetable steamer. Turn the stove off when the broccoli is slightly underdone, as it will continue cooking on its own. Make sure you let the steam escape or the colour will darken.

If you are boiling broccoli, add 1 teaspoon of lemon juice or vinegar to each cup of cooking water so the stalks and flowers stay bright green.

Cooked broccoli is good served with cheese, garlic or even teriaki sauce. It can be dipped in a batter and fried as a *tapa* or appetizer. Cold cooked broccoli is also delicious added to a mixed salad.





# INTERNATIONAL WINE-TASTING INTERVIN 90

BARCELONA, 28th of February, 1st & 2nd of March 1990. SPAIN

INTERVIN ascertains in Spain how the world's wines are developing and progressing by comparing them with the best, since being present implies being amongst them, and the important thing is not to win, but to have this development and progress known to the world's greatest wine tasters forming the tasting panels.



*Agrobanesto* 



# Recipes



**Smoky salad.**

## **Lettuce rolls** (*Rollitos de lechuga*)

Serves 6

- 1 iceberg lettuce
- 1/4 kg hake
- 1/2 l milk
- 50 g butter
- 3 tbsp flour
- salt and pepper
- 2 eggs
- oil
- 1/4 l stock

Separate and wash the lettuce leaves, then boil for 10 minutes in salted water. Drain, then dry each leaf on a cloth or kitchen paper. Melt the butter in a saucepan, add the raw, flaked hake and cook gently. When the butter begins to change colour, sprinkle on the flour and mix to form a roux. Gradually add the heated milk and stir well until the béchamel thickens. Season with salt and pepper and allow to cool. Place two tablespoons of the mixture on each lettuce leaf, fold in the edges and roll up. Dip each roll in flour and beaten egg and fry, then place them in a flame-proof dish. Pour the stock over, then simmer for 10 minutes. Serve with the pan juice.

## **Warm soused partridge or chicken salad** (*Ensalada templada de perdiz o pollo en escabeche*)

Serves 6

- 1 soused chicken or 2 soused partridge
- 1 iceberg lettuce
- 1 endive
- lamb's lettuce
- 4 carrots
- 3 shallots
- 6 tbsp olive oil
- 6 tbsp souse liquid
- 2 tbsp vinegar
- salt, pepper and marjoran

Remove the meat from the bones of the chicken or partridge. Wash the veget-

ables. Cut the shallots into rings, the carrot into julienne strips and the iceberg lettuce into thick slices. On each individual plate, place a leaf of endive and a sprig of lamb's lettuce with a little heap of carrot in between. Top with slices of iceberg and place pieces of meat on top. Heat up the souse liquid, add the oil and vinegar and pour a little over each dish. Sprinkle with a little salt and marjoran before serving. (For home-made soused poultry, see the recipe for Andalusian-style soused partridge on page 65).

## **Lettuce au gratin** (*Gratinados de lechuga a la flamenca*)

Serves 4

- 2 large iceberg lettuce
- 2 onions
- 150 gr boiled ham, out in strips
- 150 gr Manchego cheese, cut in strips
- 2 dl single cream
- butter
- grated Manchego cheese
- salt and pepper

Wash the lettuce and shred coarsely and slice the onions finely. Drop both into boiling salted water and boil for 10 minutes, then drain well. Butter an oven dish, then place the vegetables, ham and cheese in it, seasoning to taste and mixing well. Pour over the cream, sprinkle with the grated cheese, cover with tin-foil and cook in a medium oven. Remove the foil after 15 minutes and allow to brown.

## **Smoky salad** (*Ensalada sabrosa*)

Serves 6

- 1 iceberg lettuce
- 100 g smoked bacon in one piece
- 3 slices French bread
- 2 cloves garlic
- 1 dl olive oil
- 2 tbsp vinegar
- salt, pepper and basil

## **Lettuce cream soup.**



## **Lettuce cream soup** (*Crema de lechuga*)

Serves 6

- 2 iceberg lettuce
- 1 green pepper
- 2 leeks
- 1 onion
- 1 small cup rice
- 80 g butter
- salt and pepper



**Warm soused partridge or chicken salad.**

Wash the lettuce leaves, tear into bite-sized pieces and place in a salad bowl. Slice the garlic finely, fry and set aside. Dice the bacon, fry and set aside. Dice the bread and fry. Add all these ingredients to the salad bowl and mix well, dressing with oil, vinegar and basil and seasoning to taste.

## **Iceberg lettuce in clam sauce** (*Lechugas iceberg en salsa de almejas*)

Serves 6

- 6 small iceberg lettuce
- 3/4 kg clams
- 2 cloves garlic
- 1 onion
- 1 bunch parsley
- 1 dl olive oil
- 1 glass white wine
- salt and pepper

Wash the lettuce and drop into boiling salted water. Boil for 10 minutes then drain and set aside. Leave the clams in salted water for half an hour then drain. Place the wine in a saucepan, add the clams and heat with the lid on until the clams open. Drain, reserving the liquid. Chop the onion and garlic and fry in oil, with the finely chopped parsley, for about 5 minutes, stirring well. Add the clams and cook for 5 minutes more. Serve the lettuce with the clams arranged around and pour the sauce over.

3 egg yolks  
250 g single cream  
2 l stock

Wash the vegetables and cut into thick strips. Fry them gently in the butter for about 5 minutes without letting them brown. Add the rice and the stock. Cover the pan and simmer gently for an hour (20 minutes in a pressure cooker), then whizz in the blender or pass through a coarse sieve. Mix the egg yolks in an empty soup tureen with a little of the cream. Add the rest of the cream to the soup, checking for seasoning, and heat well. Now pour it over the yolks in the tureen, stirring well. Serve immediately. (It will curdle if you reheat it.)

**Braised Broccoli with Sherry**  
(Brócoli bresado al Jerez)

Serves 6

1 kg broccoli  
2 cloves of garlic  
1 small glass of olive oil  
1 glass of fino sherry  
2 tablespoons almonds  
1 glass single cream  
salt and ground black pepper

Clean, wash and dry the broccoli, separating it into florets.  
Peel the garlic and chop it fine.



**Lettuce rolls.**

Heat the olive oil in a saucepan or fire-proof dish, add the broccoli and fry slowly. Add the garlic, sprinkle with the glass of sherry and cook slowly with the lid on for about 15 minutes.

Now add the almonds and cream, check the seasoning and add a little freshly ground black pepper.

Leave for a few minutes more on a low fire.  
Serve very hot in an earthenware dish, pouring the sauce from the cooking on top.

**Note:** The lettuce recipes and their photos have been kindly provided by the enterprise Castillejos.



**CUEVA DEL GRANERO SA**  
**BODEGAS**

**OWN VINEYARDS**

C/. Valencia, 69 - Apto. 1  
45800 Quintanar de la Orden  
Toledo (SPAIN)  
Teléf. (25) 18 08 79  
Fax. (25) 18 00 08  
Telex. 48038 DULC

# THE SPAIN JUST WAITING TO BE TASTED.



## RIOJA WINES

THESE FINE, DISTINCTIVE OAK AGED WINES FROM THE NORTH HAVE ESTABLISHED SPAIN ON THE WINE LISTS OF THE WORLD'S BEST RESTAURANTS.



## CAVA WINES

THE LIGHT AND FRAGRANT SPARKLING WINES OF SPAIN BRING A LIVELINESS TO ANY OCCASION.



## PENEDES WINES

THOUGH FAMOUS FOR ITS ELEGANT, FRUITY, DRY WHITE WINES, A WEALTH OF GREAT REDS ARE NOW VERY EVIDENT.



## NAVARRA WINES

THIS HISTORIC KINGDOM PRODUCES PLEASING RED WINES WHICH, WHEN AGED IN OAK, SHOW A DELIGHTFUL AND SUBTLE ELEGANCE.



## VALDEPEÑAS WINES

FROM THE 'VALLEY OF STONES' COME SPLENDIDLY LIGHT AND MORE SOPHISTICATED OAK AGED RED WINES, AT GREAT VALUE FOR MONEY.



## LA MANCHA WINES

THIS VAST CENTRAL PLATEAU, WITH ITS SEA OF VINES, PRODUCES LOVELY FRESH, FRUITY WHITE WINES.



## VALENCIA WINES

AN ATTRACTIVE RANGE OF RED, WHITE AND ROSE WINES ENJOYED AS MUCH BY THE ROMANS AS IN BRITAIN TODAY. (OVER 12 MILLION BOTTLES IN 1987)

THESE ARE JUST A FEW OF THE CONSISTENTLY GOOD QUALITY WINES FROM SPAIN THAT YOU CAN TASTE TODAY.



WINES FROM SPAIN, 66 CHILTERN STREET, LONDON W1M 1PR.



ICEX / MIGUEL A. PEREZ

# SPANISH WINE IN THE YEAR 2000

Spanish wine has come a long way in the last couple of decades. Its international reputation is getting better and better and Spain's still wines, cavas and brandies are in ever-greater demand. The cheap Spanish -plong- image has at last been banished for ever.

The reasons are there for any interested visitor to wine-producing Spain to see, particularly in the bodegas, and not just in regions of the calibre of Penedés, Rioja and Jerez. Temperature controlled stainless-steel vats, sterile filtering equipment, vacuum filters for must, the use of selected yeasts and bacteria, and so on, are just some examples of the way in which new technology is being adopted in wineries throughout Spain.

Changes on this scale are clearly not wrought overnight, and deserve recognition as the fruits of the enlightened and rigorously applied modernisation policy that, by and large, Spain's wine-producers have adopted. Aid from the Ministry of Agriculture in the interests of quality improvement has also played a vital role by encouraging investment in the sector. The resultant improvement in quality is obvious, as foreign observers have been quick to notice in the specialised press.

Just twenty years ago, Spanish oenologists still looked to France, Germany and Italy for the lead in questions of new technology. Nowadays, one could almost say that the situation has been reversed, and many Spanish wineries are vi-

sited by oenologists from the other wine-producing countries of Europe. This phenomenon is largely due to the fact that the last few decades have seen wine-production in Spain undergo a process of concentration, while elsewhere, the tendency has been rather towards diversification. In Spain, the production structure has consolidated in such a way that, both at co-operative and big-firm levels, its bodegas are now equipped with technological and other resources to compete with the major wineries in the world, chiefly in California and Australia.

On the growing front, however, progress has not been so impressive. While modernisation has been the keynote in the bodegas, Spain's vineyards are still pretty much as they



Text: **Miguel A. Torres**  
Photos: **ICEX**

**Miguel A. Torres is one of Spain's top wine-makers and knows the wine business inside out. In this article he predicts the future of Spanish wines — a future one can see taking shape already.**

always were: the vast majority of vines are grown unsupported, planting is widely-spaced and the varieties grown are often incompatible with quality wine production. This is a question which deserves closer analysis.

#### VINES AND PLANTING DENSITY

Although Spain's vineyards are being planted today with good quality American rootstocks from certified nurseries, grafts are still being obtained from old existing vines. The criterion for graft selection tends to be based on productivity, healthy growth, good appearance and high fruit yield. In other words, growers in some regions have opted for quantity rather than quality. Add to this the fact that modern technology has virus infection under control, and what you get are highly productive vines. In my opinion, it is vital that over the next few years we should refocus our priorities on quality. Clones should be selected on the basis of their aromatic



ICEX / ANA ECHEGARAY

*Another of the changes in Spanish wine-growing in the last few decades has been the introduction of improved varieties from other parts of Europe and, meanwhile, clones of the classic varieties are being improved.*

potential and resistance to blights such as botrytis rather than with a view to bumper crops.

Anyone visiting a Spanish vineyard for the first time always comments on the large amount of empty space. A wide margin is left around the vineyard, and the broad avenues between the rows of vines give an impression of underplanting and of soil left over-exposed to the sun.

Yet, ironically, it was here in Spain in the 1960s that Hidalgo and Candela discovered the importance in a Mediterranean climate — where water is a limiting factor in both quantity and quality — of denser planting. Their conclusions, subsequently confirmed by the work of the Belgian expert, Maertens, were that the soil in these conditions should function essentially as a sponge, storing water amassed during the winter and spring and making it available to the vines' roots throughout the long, hot summer. Given that the roots can only absorb the water if it is less than 30 cm (12 inches) away, then it is logical to conclude that

# TINTO PESQUERA

## RIBERA DEL DUERO

### WINES

**Bodegas Alejandro Fernández**  
Los Lagares, s/n.  
47315 PESQUERA DE DUERO  
(Valladolid)

Tel. (983) 88 10 27  
88 10 23  
Telex: 26603 CIMD-E

increasing planting density maximises the use the plants can make of water stored beneath the soil's surface.

There is another key factor in favour of higher-density planting. In summer, the soil is exposed to the sun and dries out drastically. Denser planting produces more shade and water evaporation is reduced considerably. Furthermore, the foliage produced with higher-density planting is much more uniform and therefore absorbs more sunlight.

So it seems that the old theory that by spreading out the vines more thinly, each had better access to the little available water was far from accurate. It is now accepted that denser planting not only makes better use of available water but also slows down evaporation, and growers are acting on this principle more and more.

The density of planting appropriate for most of Spain's vineyards is around 4-5,000 vines per hectare (2.5 acres), and this calls for support-grown vines.

Providing supports on this scale means heavy expenditure, but the many benefits make it worthwhile: better harvest, protection against parasites and atmospheric conditions and the fact of being able to mechanise the harvesting process are the most important.

### THE WORLD'S BIGGEST VINEYARD

Spain today is still the country with the largest area under vine in the world: some 1,580,000 hectares (almost 4 million acres) according to the Office International du Vin. However, this fact is not reflected in its production figures, which are only around 23 hectolitres per hectare, as opposed to France's 60 Hls/Ha, Italy's 70 Hls/Ha and Germany's 90-100 Hls/Ha. This comparatively low productivity is attributable to arid soils, low rainfall and certain misguided traditional approaches.

New growing techniques can almost certainly improve both productivity and quality to some degree. That being said, however, certain traditional over-producers (sources of everyday wine) among Spain's wine-growing areas are, helped by EEC grants, uprooting their vineyards and turning their attention to other crops. It seems likely, then, that in the next few years we shall see a decrease in Spain's overall area under vine and efforts being concentrated in the better producing areas.

Another of the changes in Spanish wine-growing in the last few decades has been the introduction of improved varieties from other parts of Europe. While areas such as Rioja, Jerez and Galicia have remained true to their old traditional varieties, Penedés and Navarra, for example, have been very receptive to new strains. Currently in Penedés, Cabernet Sauvignon and Chardonnay are among the varieties authorised by the Regulatory Council.

Meanwhile, clones of the classic varieties are being improved. In Penedés, we are even trying to reinstate the local viticultural pedigree of pre-phylloxera days.

These are all important contributions towards Spain's increasing protagonism in the international quality wine market, currently the lodestone of the nation's wine industry as a whole.

Spanish philosopher Ortega y Gasset described wine as 'a cosmic phenomenon, and, indeed, every glass of wine could be seen as the quintessence of a whole culture extracted by means of the wine-maker's alchemy. Spain has been recognised for centuries as a fount of incomparable artistic wealth. Now that we have stepped into the European limelight, the rest of the world is beginning to see beyond the traditional image and to appreciate the finer points of our culture. Our best wines are among them.

*Just twenty years ago, Spanish oenologists still looked abroad for the lead in questions of new technology. Nowadays the situation has changed.*



ICEX/MIGUEL A. PEREZ



ICEX/ANA ECHEGARAY



ICEX/MIGUEL A. PEREZ

*Anyone visiting a Spanish vineyard for the first time always comments on the large amount of empty space. Now, it is accepted that denser planting is better and growers are acting on this principle more and more.*



*Thank you*

*Merci*

*Danke*

*Grazie*

شكراً

ありがとうございます。

©-Publis

To all the countries which have made it possible for Bodegas Campo Viejo to attain the leading position in the export of Rioja wines.

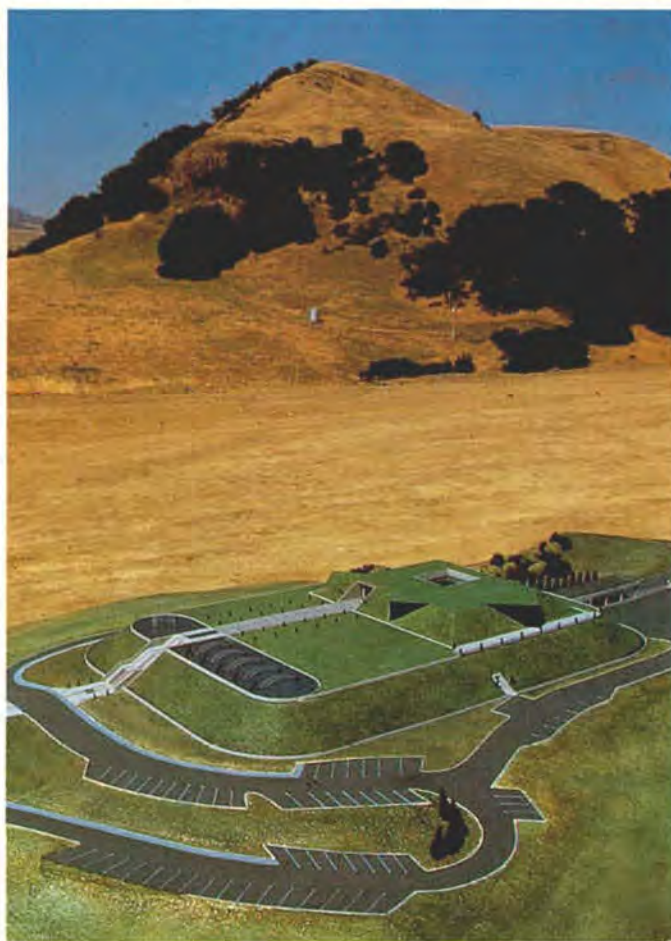
To them we would like to dedicate the success of our wines all over the world.

Campo Viejo, the soul of La Rioja.



**Bodegas  
Campo Viejo**

# PYRAMIDS IN THE NAPA VALLEY



*Model of the projected winery against its real setting.*

Spanish missionary monks were the first to introduce the grape into California, carrying vine-shoots with them as they travelled either overland from Mexico or by ship from Mexico's Pacific coast.

It seems probable that California's first grape-harvest took place in San Juan de Capistrano in 1872.

Two hundred years later, the Spanish are back with new ideas and new varieties. Freixenet (cavas) and Torres (still wines) have already followed the example of the pioneering friars and established themselves in California. The latest to do so is Codorniu, Spain's other big cava company, along with Freixenet. Its new winery currently under construction is a triumph of good design.

Having made the decision to expand to the US, Codorniu opted for the Carneros area of California's Napa Valley where the climate and soil conditions are ideal for growing their particular grape varieties. They spent 22 million dollars on 141 hectares (350 acres) of well-drained land with a sufficient water-supply for irrigation.

Text: **Sonia Ortega**  
Photos: **Codorniu**

**In mid-1989 the management of Spain's Codorniu company laid the foundation stone of what is to be its first North American cava winery, in California's Napa Valley.**

**This is to be a bodega with a difference — a designer winery — and would be arrestingly eye-catching were it not for the fact that it has been planned to blend almost imperceptibly into the landscape.**

The next step was to set about creating the winery. The original plans were drawn up by Spanish architect Domingo Triay who had recently worked for Codorniu on their Raimat winery in Spain, similar in conception to the Napa Valley project.

## ENVIRONMENT FRIENDLY

In both cases, although for different reasons, Triay found that the best approach, given the location of the building, was to use artificial banks, clad in earth and vegetation. This approach has two major advantages: firstly, it disguises the actual size of the winery by incorporating it into the landscape, and secondly it contributes to the thermal insulation necessary to ensure a constant indoor temperature — a vital factor in any bodega.

The basic idea is to create an artificial hillock, rather like a truncated pyramid, on top of which another truncated pyramid is constructed, covered in vegetation except for glazed prisms in its sides.

Water is another key factor in the design: fountains, artificial pools and canals will contribute their soothing sound and cooling effects to the overall environment of the building which is to cover, in all, some 12,000 square metres (127,000 square feet) distributed over four floors. These are: a 1,400 square metre (15,000 square feet) basement/cellar for the fermentation tanks; a 7,700 square metre (83,000 square feet) ground floor to be used for storage, bottling, disgorging and ageing; a first floor for use as a reception area, and a 2,000 square metre (21,000 square feet) second floor housing offices, a tasting area, a museum and an open-air patio with a floodlit pond.

Although the original idea and the basic scheme for the winery were developed in Spain, the actual building work is being supervised by American architect Earl Bouligny who specialises in wineries, most of his projects having been built in the Napa Valley.

Codorníu's winery will be completed this year, and we can expect to sample the first fruits of its Californian vineyard (planted with Chardonnay and Pinot Noir) in 1991.

*Codorníu's first Napa Valley vines.  
We can expect to sample the first  
fruits of this Californian vineyard  
in 1991.*



## • THE TASTE OF MEAT •

ALDEA is one of the top firms in the meat products line. The careful, traditional making of our products has made our brand a first - range one. The equipment of our plants, officially approved by the E.E.C., ensures the highest quality control for our range of meat products.



 **FRIGSA** SA

 **Con Agra**  
Grupo ConAgra

LAMABLANCA COESES • P.O. box 95  
27080 • LUGO (SPAIN) Tel. 982 230299 •  
Tlx. 86511 FRILU E • Fax 982 229691



# Gourmets Club IV Show

Madrid 25th, 26th, 27th, and 28th of May, 1990  
II Spanish Chefs Championship

**A**s in other years, the IV Show will be the meeting point for the best gastronomic products from Spain and abroad, high-quality goods produced by both craft and industrial techniques. The Gourmets Club IV Show has found it necessary to double the area needed to house the exhibition. It will be held simultaneously in the Convention Hall and in "La Masía" of the Corporation of Madrid, both of which are to be found in the enclosure of the Casa de Campo. At the same time, the final of the II Spanish Chefs Championship will be held, the winner of which will represent Spain at the World Chefs Championship, the Bocuse D'Or trophy (January 1991, Lyon).

## 95 % OF PROFESSIONAL VISITORS

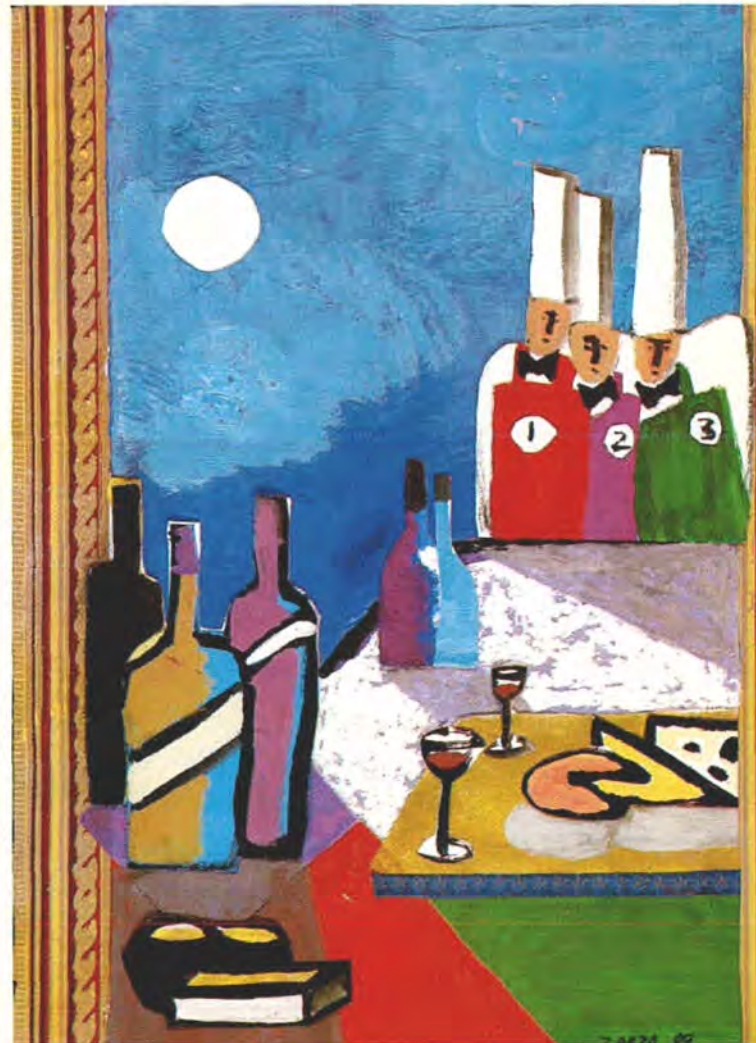
In 1989, 130 exhibitors participated and 10,452 people visited the Show, 95 % of which were professionals (owners and managers of the best restaurants, hotels, bars and gastronomic shops in Spain, as well as purchasing managers from the big supermarkets and chains of select food stores.)

## SELECTION OF PRODUCTS TO BE EXHIBITED

As in former editions, the Organizing Committee will maintain a rigorous quality control of the products to be exhibited.

### Products to be exhibited:

- Wines, spirits and liquors.
- Sweets, chocolates, biscuits, etc.
- Condiments, spices, oils and vinegars.
- Aperitives and beers.
- Cheeses and perishable products.
- Preserves, vegetables, fish and meat.
- Smoked products, caviar, etc.
- Pork products.
- Patés, foie-gras and duck and goose products.
- Tableware (dinner services, glassware, tablecloths, trolleys, and accessories).
- Various (kitchen utensils, gastronomic publications, computers, etc.)



For further information about the Gourmets Club IV Show, send this coupon to Progourmet, S. A. Calle Velayos, 4 (bajo). 28035 Madrid, Spain. Tel.: (1) 373 60 42. Fax: (1) 373 60 77.

Firm

Address

Telephone

Fax

Person to be contacted and post held in the firm.



# S P A I N GOURMETOUR

.....

SPAIN GOURMETOUR BRINGS YOU THE MOST COMPLETE SELECTION OF ARTICLES ON SPANISH WINES, GASTRONOMY AND TRAVEL, AND LETS YOU KNOW WHERE TO BUY GOURMET FOODS AND HANDICRAFTS IN SPAIN. TO APPLY FOR A FREE SUBSCRIPTION, FILL IN THE FORM BELOW.

PLEASE PRINT OR TYPE.

.....

Send to:

S P A I N  
GOURMETOUR

ICEX - P.º de la Castellana, 14  
28046 Madrid - SPAIN

.....

Forename \_\_\_\_\_

Surname \_\_\_\_\_

Address \_\_\_\_\_

Date \_\_\_\_\_

Signature: \_\_\_\_\_

.....

# MAIN EXPORTERS



## Main D.O. Idiazábal Cheese Exporters

**MERCO (MERCADOS DE ORIGEN, S. A.)**  
 Infanta Mercedes, 49-51  
 28020 Madrid  
 Tels.: (1) 279 73 06 -  
 270 59 73  
 Telefax: (1) 571 03 83  
 Telex: 23141-4822

## Main Wines of Aragón Exporters

### D.O. Campo de Borja

**BODEGAS BORDEJE S.A.T.**  
 Ctra. Borja-Rueda, Km. 3  
 50570 Ainzón (Zaragoza)  
 Tel.: (76) 86 80 80  
 Telefax: (76) 86 88 44

**BODEGAS RUBERTE HERMANOS**  
 Tenor Fleta, 7  
 50007 Magallón (Zaragoza)  
 Tel.: (76) 85 80 65  
 Telefax: (76) 85 84 75

**COOPERATIVA SAN JUAN BAUTISTA**  
 Ctra. Tabuena, 9  
 50529 Fuendejalón (Zaragoza)  
 Tel.: (76) 86 24 41  
 Telefax: (76) 86 23 63

**COOPERATIVA SANTO CRISTO**  
 Afueras, s/n.  
 50570 Ainzón (Zaragoza)  
 Tel.: (76) 86 80 96  
 Telefax: (76) 86 80 96

**COOPERATIVA SANTO CRISTO**  
 Avda. de la Paz  
 50520 Magallón (Zaragoza)  
 Tel.: (76) 85 81 33

**SOCIEDAD COOPERATIVA AGRICOLA DE BORJA**  
 Capuchinos, 10

50540 Borja (Zaragoza)  
 Tel.: (76) 86 71 16  
 Telefax: (76) 86 77 52

### D.O. Cariñena

**BODEGAS MARTINEZ GUTIERREZ, S. A.**  
 San José, 8  
 50108 Almonacid de la Sierra (Zaragoza)  
 Tel.: (76) 62 72 25  
 Telefax: (76) 21 41 54

**CARIÑENA VITICOLA, S.A.T. N.º 75**  
 Ctra. Zaragoza-Valencia, s/n.  
 50400 Cariñena (Zaragoza)  
 Tel.: (76) 62 02 37  
 Telefax: (76) 62 02 37

**COOPERATIVA NTRA. SRA. DEL AGUILA**  
 Ctra. Valencia, Km. 53  
 50480 Paniza (Zaragoza)  
 Tel.: (76) 62 05 20

**COOPERATIVA SAN VALERO**  
 Ctra. Zaragoza-Valencia, Km. 46,200  
 50400 Cariñena (Zaragoza)  
 Tels.: (76) 62 04 00/25  
 Telefax: (76) 62 03 98  
 Telex: 58394

**COOPERATIVA VINICOLA SAN JOSE**  
 Ctra. Calatayud, s/n.  
 50408 Aguarón (Zaragoza)  
 Tels.: (76) 62 04 60/95  
 Telefax: (76) 62 04 60  
 Telex: 58072

**VINCAR, S. A.**  
 Ctra. Zaragoza-Valencia, Km. 47  
 50400 Cariñena (Zaragoza)  
 Tel.: (76) 62 01 50  
 Telefax: (76) 62 11 08

**VIUDA DE LUIS GASCA GIMENO**  
 Ctra. Zaragoza-Valencia, Km. 37,200  
 50460 Longares (Zaragoza)  
 Tels.: (76) 14 24 99  
 37 72 42

### D.O. Calatayud

**BODEGAS LANGA, S. L.**  
 Ctra. N-II, Km. 241,7  
 50300 Calatayud (Zaragoza)  
 Tel.: (76) 88 18 88

### D.O. Somontano

**BODEGA COOPERATIVA COMARCAL SOMONTANO DEL SOBRARBE**  
 Ctra. de Slas, Km. 3,500  
 22300 Barbastro (Huesca)  
 Tel.: (74) 31 12 89

**BODEGAS MONCLUS**  
 Radiquero  
 22145 Alquézar (Huesca)  
 Tel.: (76) 31 81 20

**COOPERATIVA VITIVINICOLA DEL SOMONTANO, S. A.**  
 Finca de San Marcos  
 Ctra. de Barbastro a Naval, Km. 3,700  
 22300 Barbastro (Huesca)  
 Tel.: (74) 30 22 16  
 Telefax: (74) 30 20 98

## Main Iceberg Lettuce and Broccoli Exporters

**AGRICOLA COMERCIAL ROS**  
 Muñoz Calero, 6  
 30880 Aguilas (Murcia)  
 Tel.: (68) 41 17 39  
 Telefax: (68) 41 31 13  
 Telex: 67530

**AGRICOLA LOS ABETOS, S. A.**  
 Valencia, 6  
 30880 Aguilas (Murcia)  
 Tel.: (68) 41 05 72  
 Telefax: (68) 41 19 87

**AGRICULTURAL MARKETING SERVICE**  
 Ctra. Alicante, Km. 25  
 30005 Murcia  
 Tel.: (68) 57 27 90  
 Telefax: (68) 57 27 90

**ANTONIO MUÑOZ Y CIA.**  
 Apdo. 90  
 30005 Murcia  
 Tel.: (68) 83 15 00  
 Telefax: (68) 83 17 96  
 Telex: 67096

**CASTILLEJOS**  
 Ronda de San Javier  
 30730 San Javier (Murcia)  
 Tel.: (68) 57 41 36  
 Telefax: (68) 57 56 64  
 Telex: 42266

**ESPADA, PATATAS Y FRUTAS, S. L.**  
 Calderón de la Barca, 9  
 11300 La Linea (Cádiz)  
 Tels.: (56) 76 35 51 - 76 02 16  
 Telefax: (56) 76 99 28  
 Telex: 78162

**FRUCA, S. A.**  
 Ctra. Torre Pacheco, Km. 2,5  
 30710 Los Alcázares (Murcia)  
 Tel.: (68) 57 53 31  
 Telefax: (68) 57 43 62  
 Telex: 68056

**FRUTOS COSTASOL**  
 Las Ventanillas, s/n.  
 18600 Motril (Granada)  
 Tel.: (58) 60 21 29  
 Telefax: (58) 82 29 77  
 Telex: 78495 REHA

# MAIN EXPORTERS

**FRUTOS EL CRUCE**

Bda. San José  
Artesano, 34  
30550 Abarán (Murcia)  
Tel.: (68) 77 11 02  
Telefax: (68) 77 11 02  
Telex: 67394

**GARCIA SANCHEZ, MIGUEL**

Ramón y Cajal, 23  
30880 Las Aguilas (Murcia)  
Tel.: (68) 41 12 16  
Telefax: (68) 41 07 02  
Telex: 67503

**GONZALEZ NAVARRO, J.**

04647 Guazamara  
(Almería) Tel.: (51) 45 61 50  
Telefax: (51) 45 61 50

**G'S ESPAÑA, S. A.**

Avda. Juan Carlos I, 8-6." D  
30005 Murcia  
Tel.: (68) 24 55 50  
Telefax: (68) 24 69 70  
Telex: 67437

**J. CANOVASPARDO, S. L.**

Apdo. 5  
30570 Beniaján  
(Murcia)  
Tel.: (68) 82 01 37  
Telefax: (68) 82 01 37  
Telex: 67195

**MERCODISTRIBUCION**

Poz Estrecho-Barranduel  
30700 Torre Pacheco  
(Murcia)  
Tel.: (68) 57 80 11  
Telefax: (68) 46 31 83

**MORENO****PEREZ-CHUECOS, A.**

Diputación Marchena  
30800 Lorca (Murcia)  
Tel.: (68) 46 31 80  
Telefax: (68) 46 31 83

**MUDAPELO, S. A.**

Imagen, 1  
41003 Seville  
Tel.: (5) 422 12 28

Telefax: (5) 421 65 71 -  
413 90 34  
Telex: 72730

**PASCUAL HERMANOS**

Apdo. 19  
30880 Aguilas (Murcia)  
Tel.: (68) 41 03 00  
Telefax: 41 14 39  
Telex: 67299

**PRIMAFLOR, S. A.**

Estación, s/n.  
04640 Pulpi (Almería)  
Tel.: (51) 48 00 11  
Telefax: (51) 48 01 18  
Telex: 67554

**QUASH, S. A.**

Paraje La Cumbre  
04700 El Ejido  
(Almería)  
Tel.: (51) 48 26 11  
Telefax: (51) 48 27 04  
Telex: 78994

**SOCIEDAD AGRARIA DE TRANSFORMACION 2803**

El Trapiche  
29700 Vélez  
(Málaga)  
Tel.: (52) 50 04 62  
Telefax: (52) 54 04 62

**SOCIEDAD AGRARIA DE TRANSFORMACION 5776 ABEMAR**

Diputación Cazalla, s/n.  
30800 Lorca  
(Murcia)  
Tel.: (68) 46 36 08  
Telefax: (68) 46 36 62

**SOCIEDAD AGRARIA DE TRANSFORMACION 1179 AGRICOLA AGUILEÑA**

Murcia, 17  
30880 Aguilas  
(Murcia)  
Tel.: (68) 41 35 06  
Telefax: (68) 41 07 02  
Telex: 67465

# TRADITIONAL FOOD FROM C



# MAIN EXPORTERS



**SOCIEDAD AGRARIA 2083  
C. CARTAGO**

Apdo. 65  
30700 Torre Pacheco  
(Murcia)  
Tel.: (68) 55 61 11  
Telefax: (68) 55 62 09

**SOCIEDAD AGRARIA DE  
TRANSFORMACION EL  
SALAR**

Jerónimo Santa Fe, 43  
30800 Lorca (Murcia)  
Tel.: (68) 46 67 99  
Telefax: (68) 46 42 27

**SOCIEDAD AGRARIA DE  
TRANSFORMACION  
HORTISUR**

San Francisco El Saltador  
04600 Huércal Overa  
(Almería)

Tel.: (51) 44 01 87  
Telefax: (51) 44 01 87

**Main Lemon  
Exporters**

**AGRUMEXPORT, S. A.**

Camino de D. Luis, 116  
30110 Cabezo de Torres  
(Murcia)  
Tel.: (68) 83 27 02

Telefax: (68) 83 40 52  
Telex: 67263 AGMX E

**ANECOOP SOCIEDAD  
COOP.**

Monforte, 1-entlo.  
46010 Valencia  
Tel.: (96) 362 16 12  
Telefax: (96) 361 66 19 -  
362 19 00  
Telex: 64199

**ANTONIO MUÑOZ  
Y CIA. S. A.**

Ctra. Madrid-Cartagena,  
Km. 383  
30100 Espinardo  
(Murcia)  
Tel.: (68) 83 15 00  
Telefax: (68) 83 17 96  
Telex: 67071 MUÑOZ E

# CASTILLA Y LEON



## TRADITIONAL TASTE THE USUAL TASTE

Sausages,  
Ham from Guijuelo,  
White wines from Rueda,  
Rosé wines from Cigales  
or Cebreros,  
Red wines from Ribera  
del Duero, or Toro,  
or Bierzo.

Sheep cheese  
Haricot beans from  
Barco de Avila or from  
León-La Bañeza  
and our biscuit...

WOULD YOU LIKE SOME?



**JUNTA DE CASTILLA Y LEON**

Consejería de Agricultura, Ganadería y Montes.

# MAIN EXPORTERS



**CITROEXPORT, S. A.**  
Puerta Nueva, 22-entlo.  
30008 Murcia  
Tel.: (68) 24 38 50  
Telefax: (68) 23 48 05  
Telex: 67173

**COOPERATIVA MALAGA**  
Ctra. Alora, Estación Cartama  
29570 Málaga  
Tel.: (52) 42 06 50  
Telefax: (52) 42 07 26  
Telex: 77522

**EXPORTUNION, S. L.**  
Villaleal, 2-5  
30011 Murcia  
Tel.: (68) 21 21 71  
Telex: 67056 POREX E

**FRUCA, S. A.**  
Ctra. San Javier, s/n.  
30570 Beniaján (Murcia)  
Tel.: (68) 82 01 70  
Telefax: (68) 82 41 04  
Telex: 67186 JLMYC E

**FRUSEMUR, S. A.**  
Plza. Santa Isabel, 7-1." D  
30004 Murcia  
Tel.: (68) 85 07 58  
Telex: 67715 FSMU E

**FRUTAS BERI, S. A.**  
Nicolás de las Peñas, 12  
30130 Beniel (Murcia)  
Tel.: (68) 60 02 11  
Telefax: (68) 60 11 12  
Telex: 67929 FBERI E

**FRUTAS NATURALES, S. A.**  
Mayor, s/n.  
30570 Beniaján (Murcia)  
Tel.: (68) 82 29 11  
Telefax: (68) 82 11 12  
Telex: 67570

**FRUTAS ROMU, S. A.**  
Avda. de las Palmeras, s/n.  
30589 Los Ramos (Murcia)  
Tel.: (68) 82 03 51  
Telefax: (68) 82 03 96  
Telex: 67151 ROMU E

**GALINDO Y SANCHEZ, S. L.**  
Estación de Alquerías  
30580 Alquerías (Murcia)  
Tel.: (68) 82 25 11  
Telefax: (68) 82 43 57  
Telex: 67031 SOMAR E

**GARCIA ARANDA, S. L.**  
Ctra. Monteagudo, 93  
30007 Murcia

Tel.: (68) 23 15 02  
Telefax: (68) 23 15 35  
Telex: 67061 GALA E

**HIJOS DE A. RABADAN ARANDA, S. A.**  
Camino Monteagudo, s/n.  
20110 Cabezo de Torres (Murcia)  
Tel.: (68) 83 16 27  
Telefax: (68) 83 52 14

**INCOMEX, S. L.**  
Ronda Levante, 4, edif. Gaudi  
30008 Murcia  
Tel.: (68) 83 16 00  
Telefax: (68) 83 17 96  
Telex: 67261

**MAPIL, S. A.**  
Pintor Velázquez, 2  
30579 Torreaguera (Murcia)  
Tel.: (68) 82 27 62  
Telefax: (68) 82 46 19

**MARGOZ, S. L.**  
Camino de los Cipreses  
30162 Santa Cruz (Murcia)  
Tel.: (68) 81 04 54  
Telefax: (68) 81 15 50

**MARIANO SAEZ, S. A.**  
Vereda, s/n.  
30579 Torreaguera (Murcia)  
Tel.: (68) 28 07 71  
Telefax: (68) 82 07 16  
Telex: 67277

**MENEU EXPORT, S. A.**  
Jaime Roig, 25  
46010 Valencia  
Tel.: (6) 369 56 00  
Telefax: (6) 361 45 53  
Telex: 64580 EXPO E

**MIGUEL PARRA E HIJOS, S. A.**  
Estación, 9  
30130 Beniel (Murcia)  
Tel.: (68) 60 01 25

Telefax: (68) 60 03 01  
Telex: 67083 PARRA E

**OLTRA Y RODRIGUEZ, S. L.**  
Ctra. Arneva, Km. 1  
03300 Orihuela (Alicante)  
Tel.: (65) 30 08 49  
Telefax: 63371 OLTRA E

**PASCUAL HERMANOS, S. A.**  
Cronista Carreres, 11  
46003 Valencia  
Tel.: (6) 351 38 62  
Telefax: (6) 352 86 60  
Telex: 62646 PSCAL E

**PERALES Y FERRER, S. L.**  
Apatel, s/n.  
03380 Bigastro (Alicante)  
Tel.: (65) 35 01 00  
Telex: 63385 PEFE E

**ROSETO GARCIA Y CIA., S. A.**  
Avda. de Calvo Sotelo, 75  
30130 Beniel (Murcia)  
Tel.: (68) 60 01 42  
Telefax: (68) 60 05 50  
Telex: 67803 RGAR E

**ROSETO Y CIA., S. A.**  
Reiguero, El Mojón  
30588 Zeneta (Murcia)  
Tel.: (68) 81 08 11  
Telex: 67804 ROCI E

## Main Sherry Vinegar Exporters

**A. R. VALDESPINO, S. A.**  
Pozo Olivar, 16  
14403 Jerez de la Frontera (Cádiz)  
Tel.: (56) 33 14 50  
Telex: 75029 VALD E  
Fax: (56) 34 02 16

**ANTONIO BARBADILLO, S. A.**  
Luis de Eguilaz, 11  
11540 Sanlúcar de Barrameda (Cádiz)  
Tel.: (56) 36 08 94  
Telex: 75073 ABA E

**B. M. LAGOS, S. A.**  
Banda Playa, 46  
11540 Sanlúcar de Barrameda (Cádiz)  
Tel.: (56) 36 12 03  
Telex: 75078 MEDIN E

**BARCENA BLANCO, ANTONIO**  
Avda. de Sanlúcar, s/n.  
(Alcubilla)  
Jerez de la Frontera (Cádiz)  
Tel.: (56) 36 49 90

**BODEGAS DE LOS INFANTES, S. A.**  
Luis de Eguilaz, 11  
11540 Sanlúcar de Barrameda (Cádiz)  
Tel.: (56) 36 08 94  
Telex: 75073 ABA E

**BODEGAS INTERNACIONALES, S. A.**  
Ctra. Madrid-Cádiz, Km. 641,750  
11407 Jerez de la Frontera (Cádiz)  
Tels.: (56) 33 60 62/54  
Telefax: (56) 34 26 84  
Telex: 75069

**BODEGAS REY FERNANDO DE CASTILLA**  
Jardinillo, 7, 9 y 11  
11404 Jerez de la Frontera (Cádiz)  
Tel.: (56) 17 17 26

**C. A. Y. D. S. A.**  
Avda. Puerto, 21  
11540 Sanlúcar de Barrameda (Cádiz)  
Tel.: (56) 36 14 48  
Telex: 75071 CAYD E

**CROFT JEREZ, S. A.**  
Ctra. Madrid-Cádiz  
11407 Jerez de la Frontera (Cádiz)  
Tel.: (56) 30 66 00  
Telefax: (56) 30 37 07  
Telex: 75041 CROFT E

**DIEZ MERITO, S. A.**  
Ctra. Madrid-Cádiz, Km. 641,750  
11407 Jerez de la Frontera (Cádiz)  
Tels.: (56) 33 60 62/54  
Telefax: (56) 34 26 84

# MAIN EXPORTERS



**EMILIO LUSTAU, S. A.**  
Plza. del Cubo, 4  
11403 Jerez de la Frontera  
(Cádiz)  
Tel.: (56) 34 15 97  
Telex: 75026 ELSA E

**EMILIO M. HIDALGO, S. A.**  
Clavel, 29  
11402 Jerez de la Frontera  
(Cádiz)  
Tel.: (56) 34 10 78  
Telefax: (56) 32 09 22  
Telex: 75025 ROTA E

**FERNANDO A. DE TERRY, S. A.**  
Stma. Trinidad, 2  
11500 Puerto de Santa María  
(Cádiz)  
Tel.: (56) 85 77 00  
Telefax: (56) 85 84 74  
Telex: 76010 TERY E

**GARVEY, S. A.**  
Guadalete, 14  
11403 Jerez de la Frontera  
(Cádiz)  
Tel.: (56) 33 05 00  
Telex: 75024 GVEY

**GONZALEZ BYASS, S. A.**  
M. M. González, 13  
11403 Jerez de la Frontera  
(Cádiz)  
Tel.: (56) 34 00 00  
Telefax: (56) 33 20 89  
Telex: 75003 BYAS E

**H. A. BLAZQUEZ, S. A.**  
Ctra. Cartuja, s/n.  
11406 Jerez de la Frontera  
(Cádiz)  
Tel.: (56) 34 67 95  
Telex: 75034 BLQZ E

**H. A. PEREZ MEGIA, S. A.**  
Fariñas, 60  
11540 Sanlúcar de Barrameda  
(Cádiz)  
Tel.: (56) 36 12 00  
Telex: 75078 MEDIN E

**H. M. REAL TESORO, S. A.**  
Pajarete, 3  
11402 Jerez de la Frontera  
(Cádiz)  
Tel.: (56) 34 11 05  
Telex: 74119 TESSO E

**J. HARVEY & SONS, LTD.**  
Alvaz Núñez, 53  
11401 Jerez de la Frontera  
(Cádiz)

Tel.: (56) 34 60 00  
Telefax: (56) 34 38 47  
Telex: 75042 CREM E

**J. H. E. S. A.**  
Alvar Núñez, 53  
11401 Jerez de la Frontera  
(Cádiz)  
Tel.: (56) 34 60 00  
Telefax: (56) 34 38 47  
Telex: 75042 CREM E

**J. L. GONZALEZ OBREGON**  
Santa Fe, 22  
11500 Puerto de Sta. María  
(Cádiz)  
Tel.: (56) 87 35 75

**JOSE BUSTAMANTE, S. A.**  
Lealas, 28  
11404 Jerez de la Frontera  
(Cádiz)  
Tel.: (56) 33 22 04  
Telex: 75127 MDZA E

**JOSE ESTEVEZ, S. A.**  
Cristal, 4  
11404 Jerez de la Frontera  
(Cádiz)  
Tel.: (56) 34 93 44  
Telex: 75131 IBIS E

**JOSE MEDINA, S. A.**  
Banda Playa, 46  
11540 Sanlúcar de Barrameda  
(Cádiz)  
Tel.: (56) 36 09 07  
Telex: 75078 MEDIN E

**JUAN VICENTE VERGARA, S. A.**  
Ctra. Cartuja, Km. 2  
11406 Jerez de la Frontera  
(Cádiz)  
Tel.: (56) 34 96 08  
Telex: 75098 JVVJ E

**LA RIVA, S. A.**  
San Ildefonso, 3  
11404 J. de la Frontera (Cádiz)

Tel.: (56) 33 18 00  
Telefax: (56) 34 26 01  
Telex: 75040 DOMEQ E

**LUIS CABALLERO, S. A.**  
San Francisco, 24  
11500 Puerto de Sta. María  
(Cádiz)  
Tel.: (56) 85 18 10  
Telex: 76119 CHEV E

**LUIS PAEZ, S. S.**  
Banda Playa, 46  
11540 Sanlúcar de Barrameda  
(Cádiz)  
Tel.: (56) 36 18 35  
Telex: 75078 MEDIN E

**M. GARCIA MONGE, S. S.**  
Regina, 4  
11540 Sanlúcar de Barrameda  
(Cádiz)  
Tel.: (56) 36 01 25

**MANUEL DE ARGÜESO, S. A.**  
Pozo Olivar, 16  
11403 J. de la Frontera (Cádiz)  
Tel.: (56) 33 14 50  
Telex: 75029 VALD E

**MANUEL FERNANDEZ, S. A.**  
Ctra. Madrid-Cádiz  
11407 J. de la Frontera (Cádiz)  
Tel.: (56) 34 86 00  
Telefax: (56) 32 08 56  
Telex: 75045 FEBO E

**MIGUEL SANCHEZ AYALA, S. A.**  
San Juan, 34  
11540 J. de la Frontera (Cádiz)  
Tel.: (56) 35 18 80

**OSBORNE Y CIA., S. A.**  
Fernán Caballero, 3  
11500 Puerto de Santa María  
(Cádiz)  
Tel.: (56) 85 52 11  
Telefax: (56) 85 30 63  
Telex: 76053 DUFFE E

**PAEZ MORILLA, ANTONIO**  
Duero, 2  
11405 J. de la Frontera (Cádiz)  
Tel.: (56) 34 39 32  
Telefax: (56) 34 12 65  
Telex: 75114

**PALOMINO & VERGARA, S. A.**  
Colón, 3  
11401 J. de la Frontera (Cádiz)  
Tel.: (56) 33 09 50  
Telex: 75008 SHERY

**PEDRO DOMEQ, S. A.**  
San Ildefonso, 3  
11404 J. de la Frontera (Cádiz)  
Tel.: (56) 33 18 00  
Telefax: (56) 34 26 01  
Telex: 75040 DOMEQ E

**PEDRO ROMERO, S. A.**  
Luis de Eguilaz, 11  
11540 J. de la Frontera (Cádiz)  
Tel.: (56) 36 08 94  
Telex: 75073 ABA E

**PORTALTO, S. A.**  
Postigo, 14  
11500 J. de la Frontera (Cádiz)  
Tel.: (56) 87 14 49

**SANCHEZ ROMATE HNOS., S. A.**  
Lealas, 26-28  
11404 J. de la Frontera (Cádiz)  
Tels.: (56) 33 22 04/08/12  
Telefax: (56) 34 12 76  
Telex: 75127 MDZA E

**SANDEMAN COPRIMAR, S. A.**  
Pizarro, 10  
11402 J. de la Frontera (Cádiz)  
Tel.: (56) 30 11 00  
Telefax: (56) 30 00 07  
Telex: 75009 ELDON E

**TOMAS ABAD, S. A.**  
Plaza del Cubo, 4  
11403 J. de la Frontera (Cádiz)  
Tel.: (56) 34 37 84  
Telex: 75026 ELSA E

**WILLIAMS & HUMBERT, LTD.**  
Nuño de Cañas, 2  
11402 J. de la Frontera (Cádiz)  
Tel.: (56) 33 13 00  
Telefax: (56) 32 65 36  
Telex: 75015 WJFE E

**WISDOM & WARTER, LTD.**  
Pizarro, 7  
11402 J. de la Frontera (Cádiz)  
Tel.: (56) 34 63 06  
Telex: 75058 VIPE E

# QUICK CONVERSION

In our recipes, quantities are given in metric measurements. The charts on this page show approximate equivalents between Imperial or American measures, and metric measures.

## FLUID MEASURES

METRIC/BRITISH STANDARD

10 MILLILITRES = 1/3 OUNCE	1 TEASPOON = 5 MILLILITRES
50 MILLILITRES = 1 3/4 OUNCES	1 TABLESPOON = 18 MILLILITRES
100 MILLILITRES = 3 1/2 OUNCES	1 OUNCE = 28 MILLILITRES
250 MILLILITRES = 8 1/2 OUNCES	1 PINT = 570 MILLILITRES
500 MILLILITRES = 17 1/2 OUNCES	1 QUART = 1.14 LITRES
1 LITRE = 1 3/4 PINTS	1 GALLON = 4 1/4 LITRES

## FLUID MEASURES

METRIC/U.S. STANDARD

10 MILLILITRES = 2 TEASPOONS	1 TEASPOON = 5 MILLILITRES
50 MILLILITRES = 3 TABLESPOONS	1 TABLESPOON = 15 MILLILITRES
100 MILLILITRES = 3 1/2 OUNCES	1 OUNCE = 30 MILLILITRES
250 MILLILITRES = 1 CUP + 1 TABLESPOON	1 CUP = 235 MILLILITRES
500 MILLILITRES = 1 PINT + 2 TABLESPOONS	1 PINT = 475 MILLILITRES
1 LITRE = 1 QUART + 3 TABLESPOONS	1 QUART = 950 MILLILITRES
	1 GALLON = 3 3/4 LITRES

## OVEN TEMPERATURE

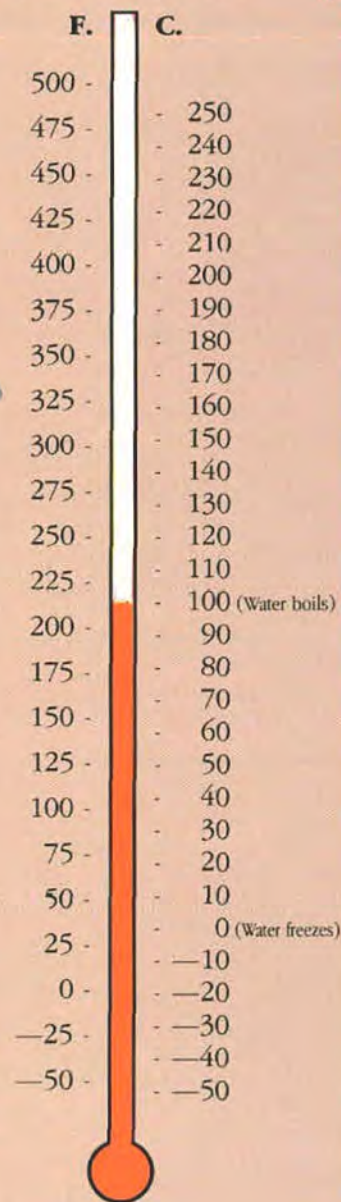
TEMPERATURE	DIAL NUMBER
VERY SLOW = 250F/120C.	= 1/4
SLOW = 300F/150C.	= 1
MODERATE = 350F/180C.	= 4
HOT = 400F/200C.	= 6
VERY HOT = 450F/230C.	= 8

## WEIGHT

METRIC/OUNCES & POUNDS

10 GRAMS = 1/3 OUNCE	1/2 OUNCE = 14 GRAMS
50 GRAMS = 1 3/4 OUNCES	1 OUNCE = 28 GRAMS
100 GRAMS = 3 1/2 OUNCES	1/4 POUND = 110 GRAMS
250 GRAMS = 8 3/4 OUNCES	1/2 POUND = 230 GRAMS
500 GRAMS = 1 POUND + 1 1/2 OUNCES	1 POUND = 450 GRAMS
1 KILO = 2 POUNDS + 3 1/4 OUNCES	

## TEMPERATURE



S P A I N  
GOURMETOUR

*...your vintage wine.*



*Bodega Cooperativa San Valero*

Ctra. Zaragoza-Valencia, Km. 46.200 • CARINENA (Zaragoza)  
Telefs. (976) 62 04 00 - 62 04 25 • Telex 58394 • Telefax (976) 62 03 98

Feria ALIMENTARIA 1990 BARCELONA  
Pabellón 12 INTERVIN - Stand N° 377

# Oranges and Lemons

JULIO ROMERO DE TORRES

## THE ARTIST...

Julio Romero de Torres painted the dark woman of Spain, her eyes full of mystery, her soul full of pain. Thus, roughly translated, goes an old-fashioned Spanish popular song, neatly capturing the essence of the work of this Andalusian painter.

Julio Romero de Torres, son of another painter, Rafael Romero, was born in Cordoba in 1880. Starting out in his father's footsteps, he soon emerged as a great realist painter, his classical style and smoothly blended brush-strokes setting him apart from his contemporaries.

He was an individualist not only in his style but also in his choice of subject, and the avant-garde movements of his time seem to have had little effect on his development as an artist. His native Andalusia with its colourful characters and customs exerted a stronger pull and are what give his work its individual stamp. He was particularly captivated by the dark, gypsy beauty of Andalusian women and it is for his portrayals of these that Julio Romero is best known.

He painted them time and time again, always in intimate, evocative settings, posed with an elegant sensuality, their enigmatic gazes suggestive of underlying passion...



Photo: © Julio Romero de Torres Museum (Cordoba).

His entire oeuvre could be seen as a homage to the beauty and character of Spanish women in general, and Andalusia's in particular.

There is something in Romero's work that is reminiscent of the Andalusian Baroque School: perhaps the delicacy and sensitivity of his style and his naturalist approach and choice of familiar themes. He captures the curious mixture of religious devoutness and passionate

sensuality so typical of the Andalusian culture, his portrayals tinged with nineteenth century Romanticism and Modernist symbolism.

He died in 1930 at the early age of fifty. His best works include *El retablo del amor* (The Altarpiece of Love), *Las dos sendas* (The Two Paths), *La consagración de la copla* (The Dedication of the Poem), *La chiquita piconera* (The Little Charcoal Seller), *Nuestra Señora de Andalucía* (Our

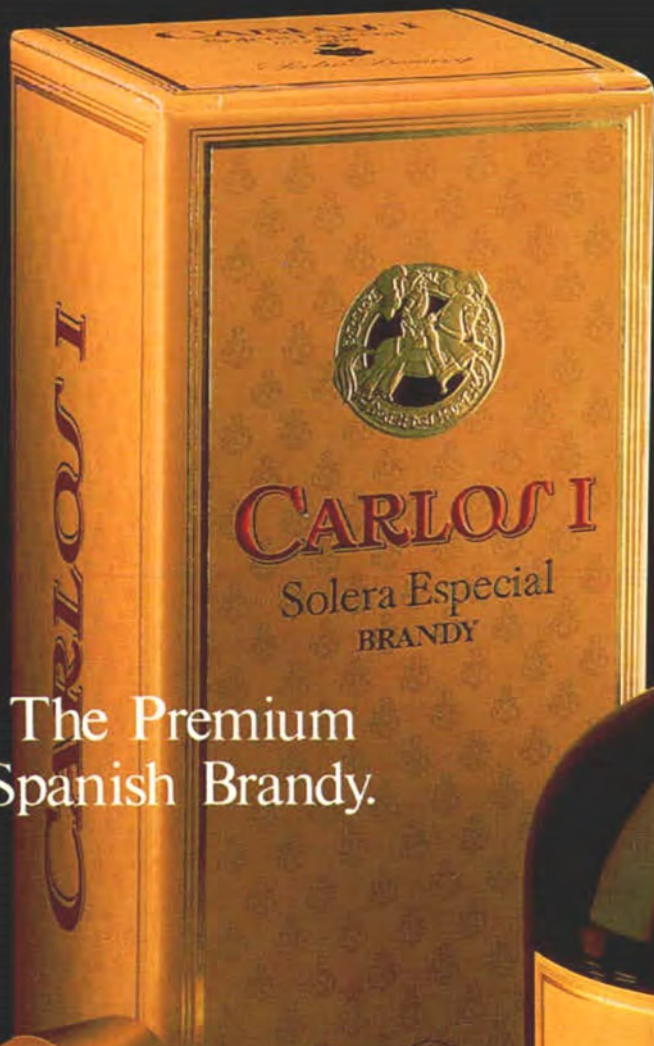
Lady of Andalusia) and *Naranjas y limones* (Oranges and Lemons). Much of his work is in the possession of the Julio Romero de Torres Museum in Cordoba. Though he was to inspire many imitators, none of them was particularly noteworthy.

## ... AND THE PAINTING

Oranges and Lemons is one of Julio Romero's best-known works largely, one suspects, for its symbolic and poetic content. In the picture, a dusky beauty of the type he so loved is posed against what appears to be a typically Andalusian patio. The composition is classical and the brushwork precise, the gently-lit figure of the girl standing out against a background at once intimate and mysterious. She is holding oranges in her arms against her lemon-like breasts — hence the title of the painting.

Like so much of Romero's work, Oranges and Lemons seems to take us into the limited yet passionate world of the Andalusian woman. The shining black eyes, the sleek dark hair coiled into a bun, the slim, sensual, powerful body and the olive skin are the elements which provided enduring inspiration for this painter who, in portraying them, also portrays their underlying enigma.

José M.\* Ortega



The Premium  
Spanish Brandy.



**CARLOS I**  
DOMECQ



**Y**ou're delighted to have found this small restaurant beside the sea.

You know you'll never forget this meal.

Nor will you ever forget this country.

## How to lose weight in Spain.

One of the greatest pleasures of Spain's varied gastronomic delights is the excellent seafood.

Once you've arrived in Spain, you'll be able to take a trip around our coastline without leaving your restaurant table.

It doesn't matter where you start, north, south, east or west.

From the four points of the compass we bring you seafood which is as rich in flavour as it is low in calories. Prawns, king prawns, lobsters, "percebes"...

Your taste buds won't know what's hit them. To come back down to earth, you'll have to resort to that excellent white wine your waiter recommended.

This voyage through our seas does not necessarily begin on the coast. You can find a great variety of the freshest and tastiest seafood anywhere in Spain.

The experience will be so enjoyable you'll be tempted back for more.

The problem will only be to decide whether to have the same dishes you liked so much, or to try new ones.

**Spain.** Everything under the sun.

