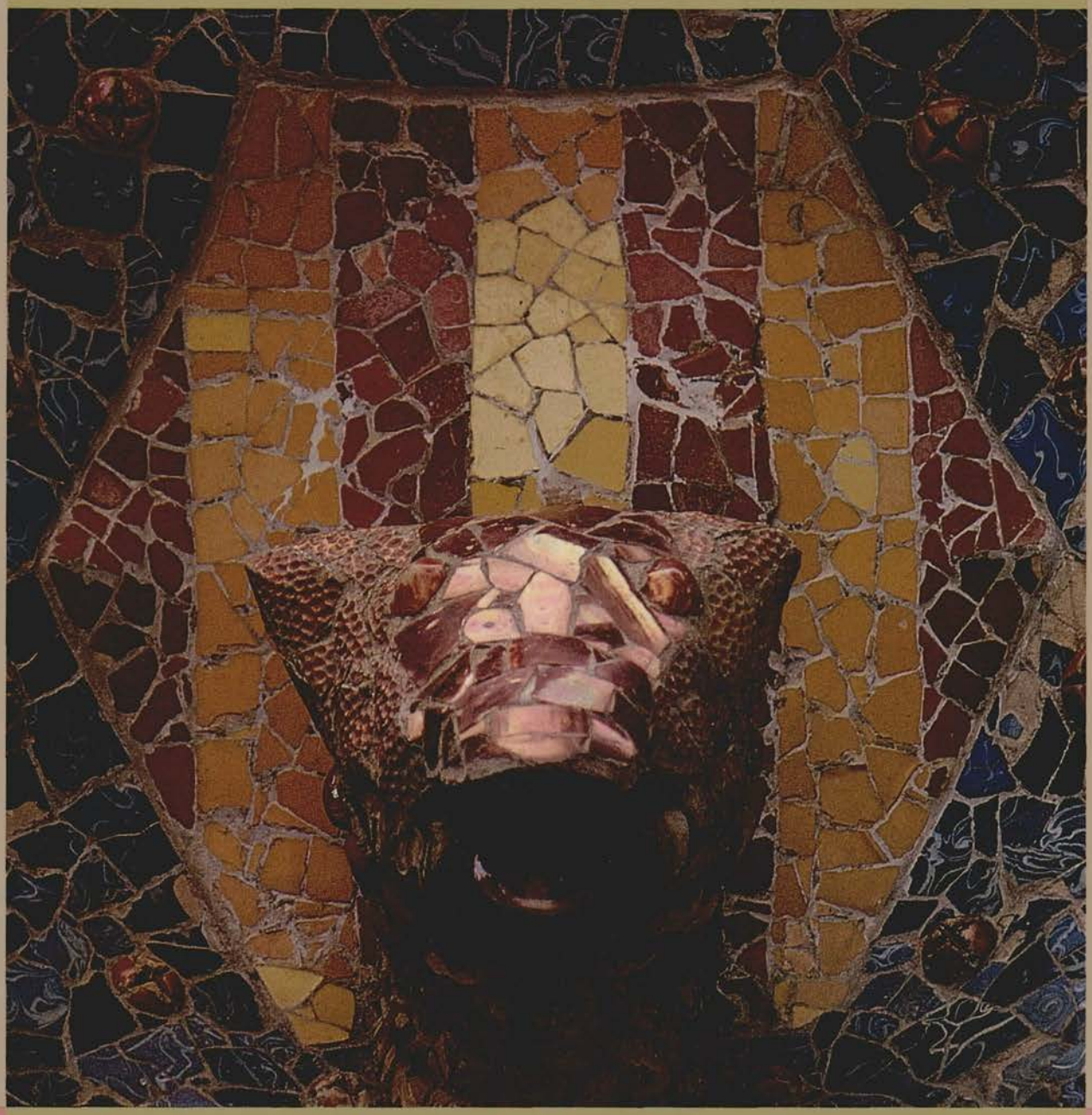
SPAIN GOURMETOUR

FOOD, WINE & TRAVEL QUARTERLY MAGAZINE



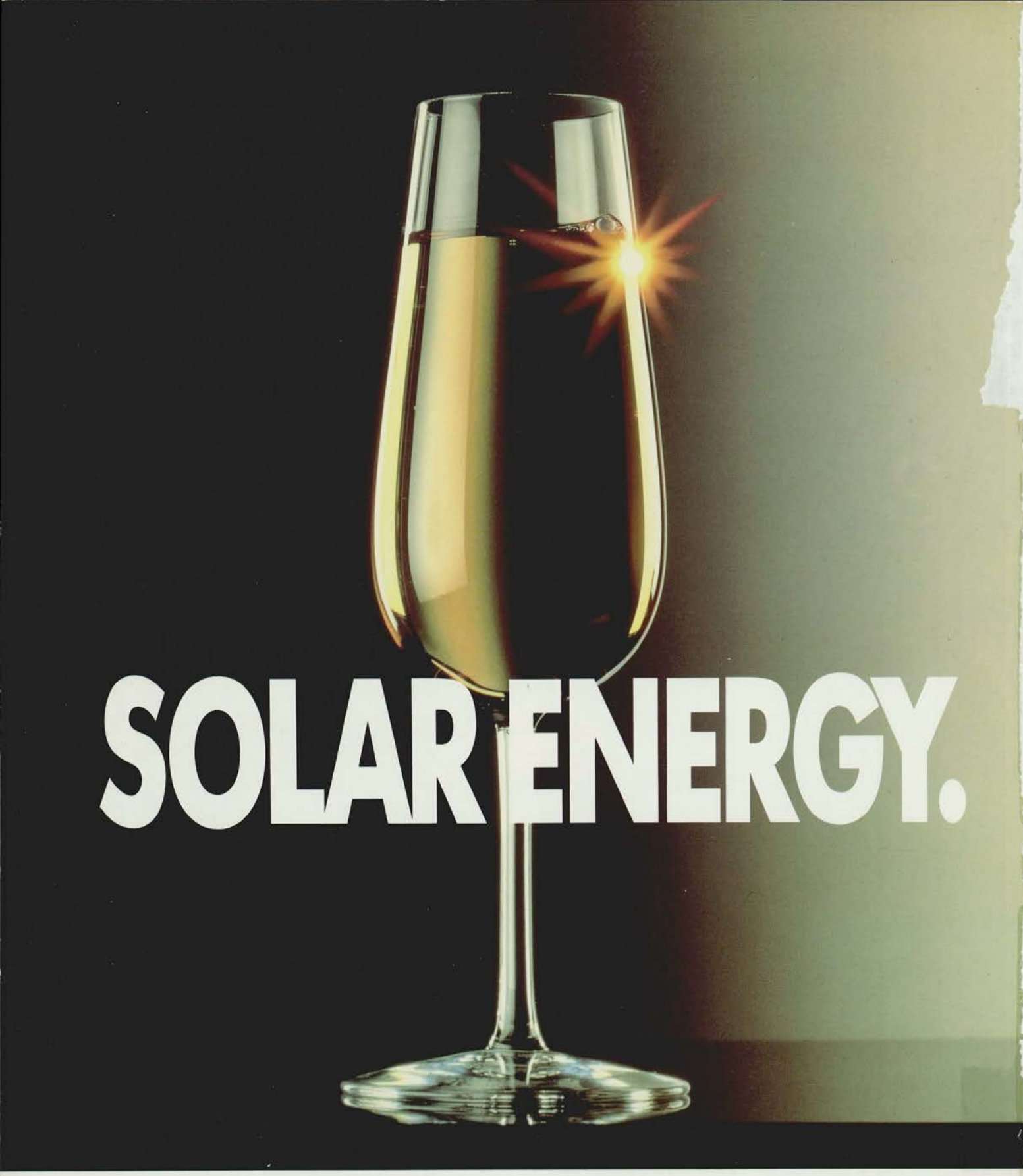
No. 25-4th quarter 1991 - US $ 2

BARCELONA'92

A DREAM COME TRUE

TAKE YOUR PULSE

THE CANARY ISLANDS: SEVEN WORLDS IN MINIATURE



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SPAIN GOURMETOUR

Few people with any interest in what is going on in the world can be unaware that 1992 is to be a big year for Spain. Already, *Spain Gourmetour* has featured Madrid, Cultural Capital of Europe in that year, and EXPO'92, to be held in Seville. In this issue, we focus on Barcelona, host city to the 25th Olympic Games.

A city with a long cosmopolitan tradition, Barcelona has spared no effort in preparing for the huge influx of Olympic competitors and visitors expected for the Games. But apart from the obvious pull of the Games themselves, Barcelona has plenty of attractions in its own right.

The idiosyncratic architecture of Gaudí is one of them. There are examples of his work all over the city, though Guell Park is probably one of the most outstanding. Good food is another of Barcelona's claims to fame: its main market, La Boquería (a feast for the eye in itself) is where the city's top restaurants do their shopping. In this issue, we look at some of the best places to eat in Barcelona, and continue our series on Spain's charcuterie with an article on the Mediterranean region.

Pulses are another of Spain's traditional basic foods, and they are grown nearly all over the country. Beans, lentils, chick-peas... there are thousands of classic Spanish recipes, particularly for winter dishes, packed with food value as the folk culture has known for centuries and as modern nutritionists now recognise unanimously.

In the Canary Islands, what most of us think of as winter is an unknown phenomenon: they enjoy a kind of eternal springtime. Small wonder that tourists from less privileged climates head there in their thousands.

COVER
Photograph by Félix Lorrio
Design by ANC

Contents
4th quarter 1991

Director: Enrique Alejo. • Editor: Cathy Boirac. • Publication Coordinator: Sonia Ortega • Publisher: ICEX, P.° de la Castellana, 14, 28046 Madrid. SPAIN. Tel.: (1) 431 12 40. Fax: (1) 431 61 28. • Translation: Hawys Pritchard and Stephanie Mancuso. • Art Direction: AN&C Design: Juan Soler (ANC) • Subscription: ICEX, Departamento de Publicaciones. P.° de la Castellana, 14, 28046 Madrid. SPAIN. Circulation: TURESPAÑA & ICEX, Madrid • Advertising: Public, S. A. Almirante, 21. 28004 Madrid. Tel.: (1) 308 06 44. Fax: (1) 410 51 41. Depósito legal: M-45.307-1990. • ISSN: 0214-2937 • Printed in Spain by RAYCAR, S. A. Impresores. Matilde Hernández, 27. 28019 Madrid. SPAIN.

ORONOZ

FREE SPIRITS ONLY

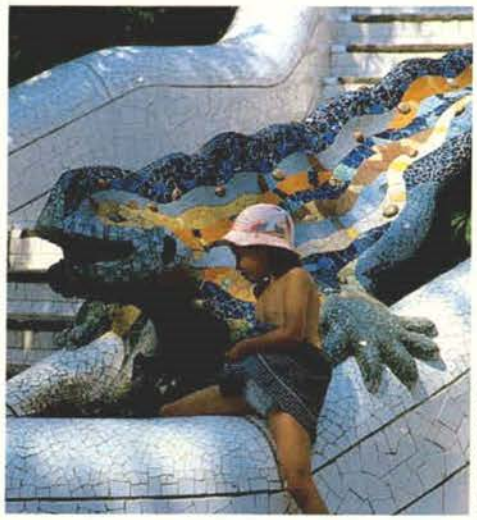
GUELL PARK

Text: **Diego Díaz/ICEX**

If the name Guell Park makes you think of parks and gardens, think again. Forget Versailles, topiary, lakes and swans; forget Nature forced into submission for the pleasure of the aristocratic eye. What we have in Guell Park is solid proof that the natural and the urban need not be mutually exclusive, that fantasy and reason can work hand in glove. Guell Park is about architecture and modern art at its most triumphant. Let's explore.

To be able to imagine this park and understand its qualities, one needs to know something about its creator —architect Antoni Gaudi, an artistic movement— Modernism, a city —Barcelona, and a region— Catalonia.

Spain is a country composed of different cultures, nations with their own particular historical experiences eventually united by the broader sweep of history.



NELSON SOUTO/ICEX

But although the united Spanish State was formed early, the languages, customs and attitudes of its once separate components still survive.

The standard image of Spain that most foreigners entertain has little to do with Catalonia. There is a saying —something of a cliche, but containing a nugget of truth as cliches always do— that Catalonia is not Spanish but European. It is essentially a comment on the market industrial, commercial and cosmopolitan leanings of a nation whose history was formed by a Mediterranean heritage acquired via the great port of Barcelona.

Catalonia had already acquired an extensive middle class by the turn of the century, coexisting alongside prosperous farmers and small landowners. It developed a modern, mercantile society quite divorced from the traditional Spanish pattern of vast areas of land in the hands of a wealthy few, and the predominance of the picaresque, the military and the monastic. The Spain of dramatic chiaroscuro, of traditions of honour, the cross and the sword evolved in Catalonia into the subtler light of evening over the sea, the acquisition of social position through prosperity and the notion of work well done as a virtue.

Limited space limits me to admittedly broad generalisations, perhaps unjust and over simplified, but they will serve as indicators of the ethos of Barcelona, particularly Barcelona at the turn of the century when the creation of Guell Park began.

It is interesting to note that while Madrid's Retiro and Seville's Maria Luisa parks were aristocratic in origin, both of Barcelona's great parks —Ciutadella and Guell— were civic.

THE PATRON

The man who commissioned Guell Park was Eusebi Guell (1846-1918), something of a prototype of the Catalan businessman of his period. His family's wealth came from the colonies and the textile industry, his father having emigrated to the West Indies, made his fortune, and returned to Catalonia where he set up a textile factory. His prosperity allowed him

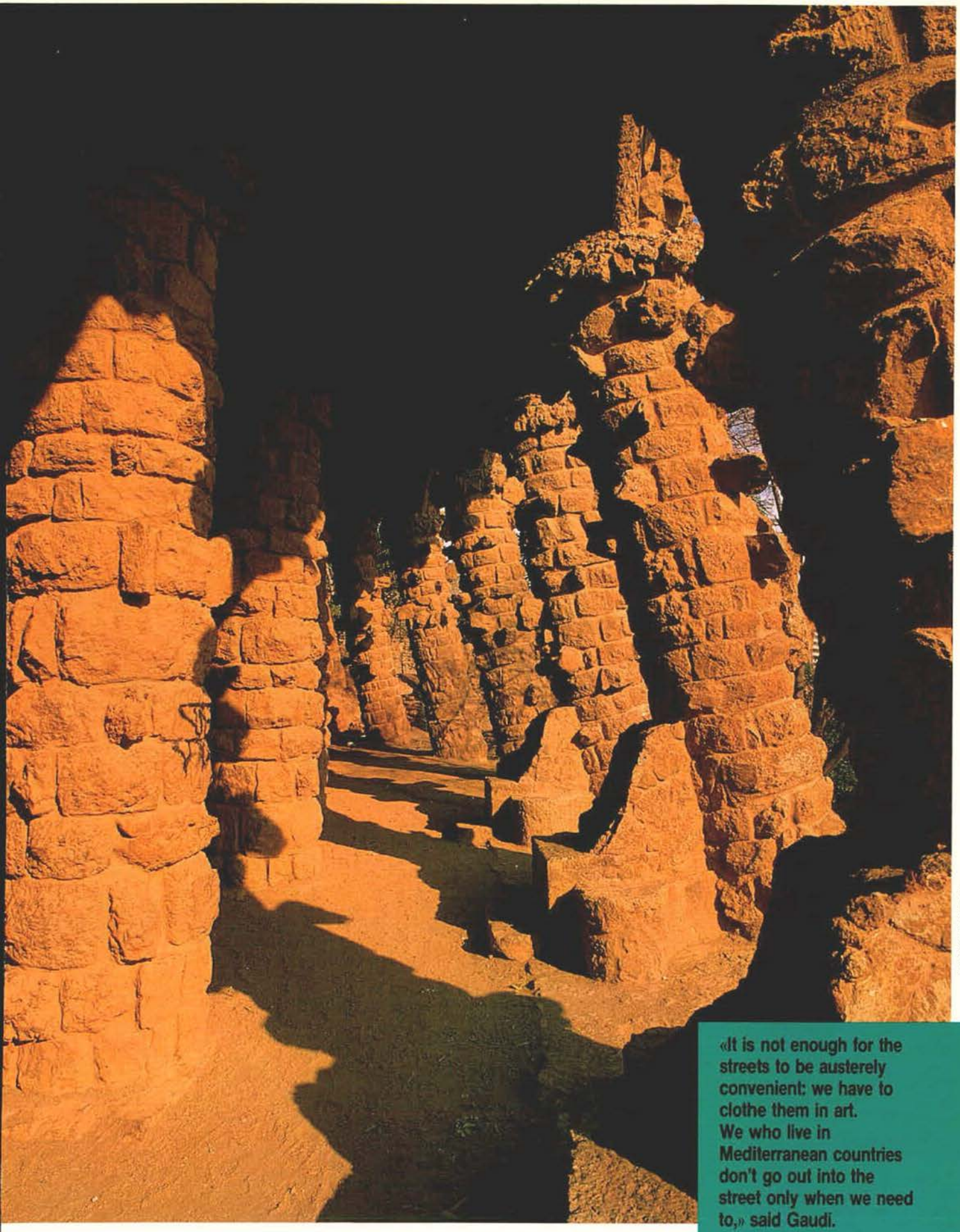
NELSON SOUTO/ICEX

NELSON SOUTO/ICEX

to educate his son in Barcelona, France and England.

Eusebi married the daughter of the Marquis of Comillas and carried on the family business, diversifying into other areas which included setting up a factory to produce a new building material, Portland cement. A brilliant businessman with interests in banking, agriculture, tobacco and the railways, he was to be equally successful in politics and the arts.

He was a senator of regionalist, strict Roman Catholic and conservative convictions, and a defender of the Catalan language, in which he achieved a certain academic status. He was also a great patron of the arts. The career of Antoni Gaudi might well have taken a very different course had it not been for Guell's patronage. He it was who commissioned and financed Gaudi's major works, though he was by no means the only beneficiary. Musicians, painters and novel-



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«It is not enough for the streets to be austerely convenient: we have to clothe them in art. We who live in Mediterranean countries don't go out into the street only when we need to,» said Gaudí.

ists also enjoyed his protection, and Guell himself wrote a scientific paper on microbiology and painted water colours and drew. In 1910, he was awarded the title Count of Guell.

Gaudi was a close friend of Guell's, as well as his protege. If their friendship were to be measured according to Gaudi's principle that the best way of getting to know someone is to spend his money, they must have been very close friends indeed. But while it was Guell's patronage that made creation of the park possible, it is doubtful that it would still be of interest to us today had it not been for the inspired involvement of its architect: Antoni Gaudi.

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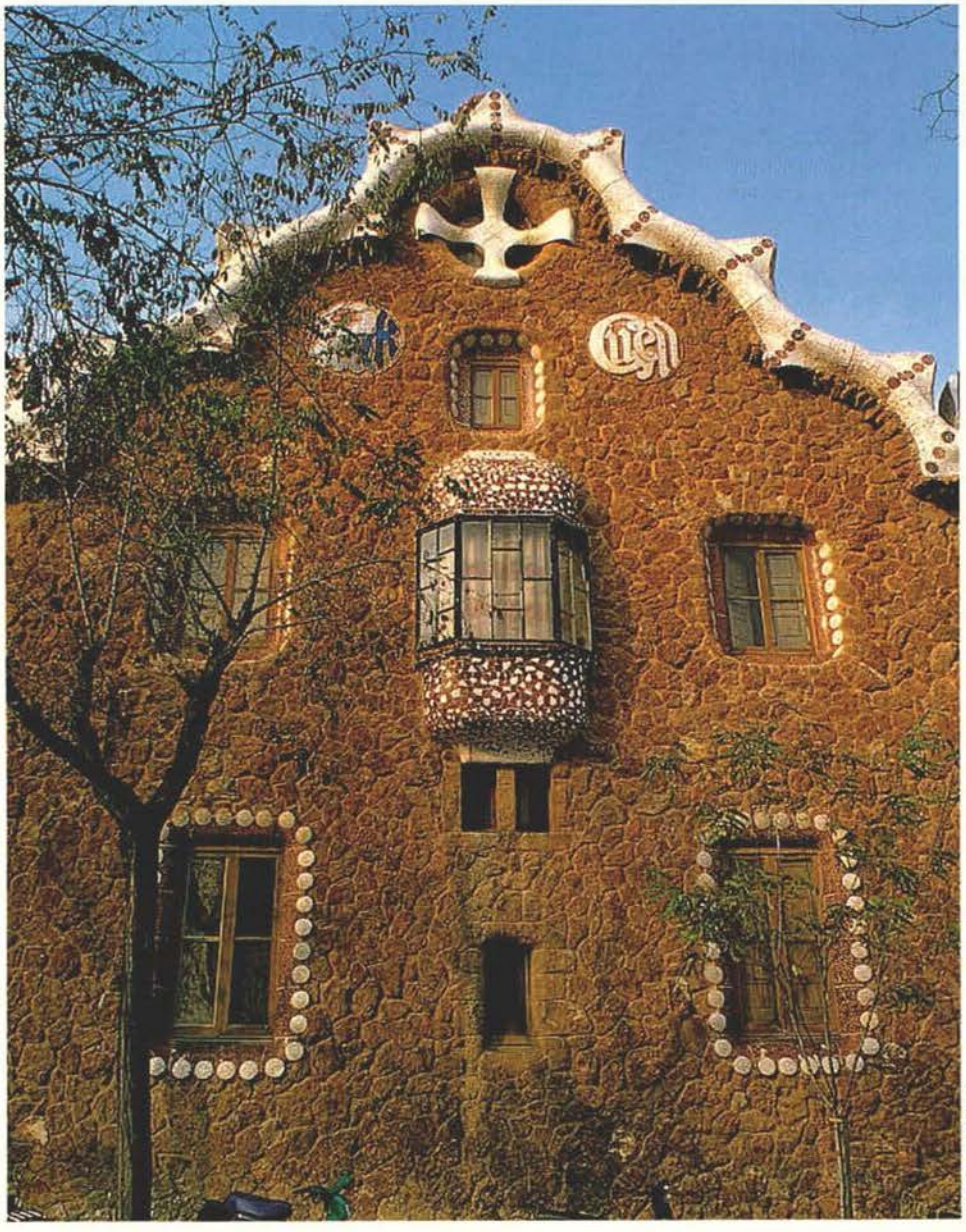
THE ARTIST

As is so often the case, the facts of the artist's life come as a surprise. Its only brilliant feature was his personality. Gaudi was born in 1852 and, in common with many other men and women of genius, his childhood was a hard one. From the age of six, he suffered from rheumatism, and death was no stranger to his family. Three of his four siblings died as children or young adults.

Gaudi came from a long line of coppersmiths, craftsmen on a modest scale. He claimed that his singular spatial perception was the result of having watched as a child how flat sheet metal was transformed into boilers and other three dimensional objects. Fanciful? Perhaps, but he unquestionably did inherit a love of manual work and craftsmanship, beauty put to practical use, and this gave his approach to architecture its own, very particular, slant.

At university he was not a good student, but rebellious, unreliable and controversial. He is known to have declared that «Only one class of person has the right to talk nonsense: fools.» He constantly challenged his teachers, one of whom was to observe: «I don't know if we've awarded qualifications to a madman or a genius.»



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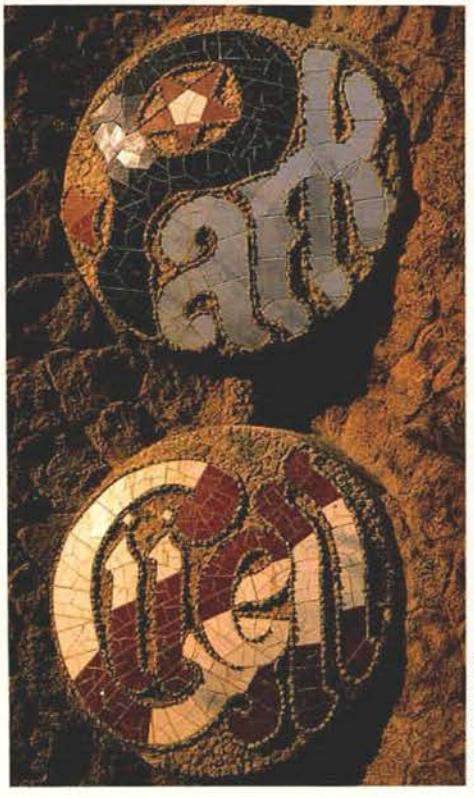

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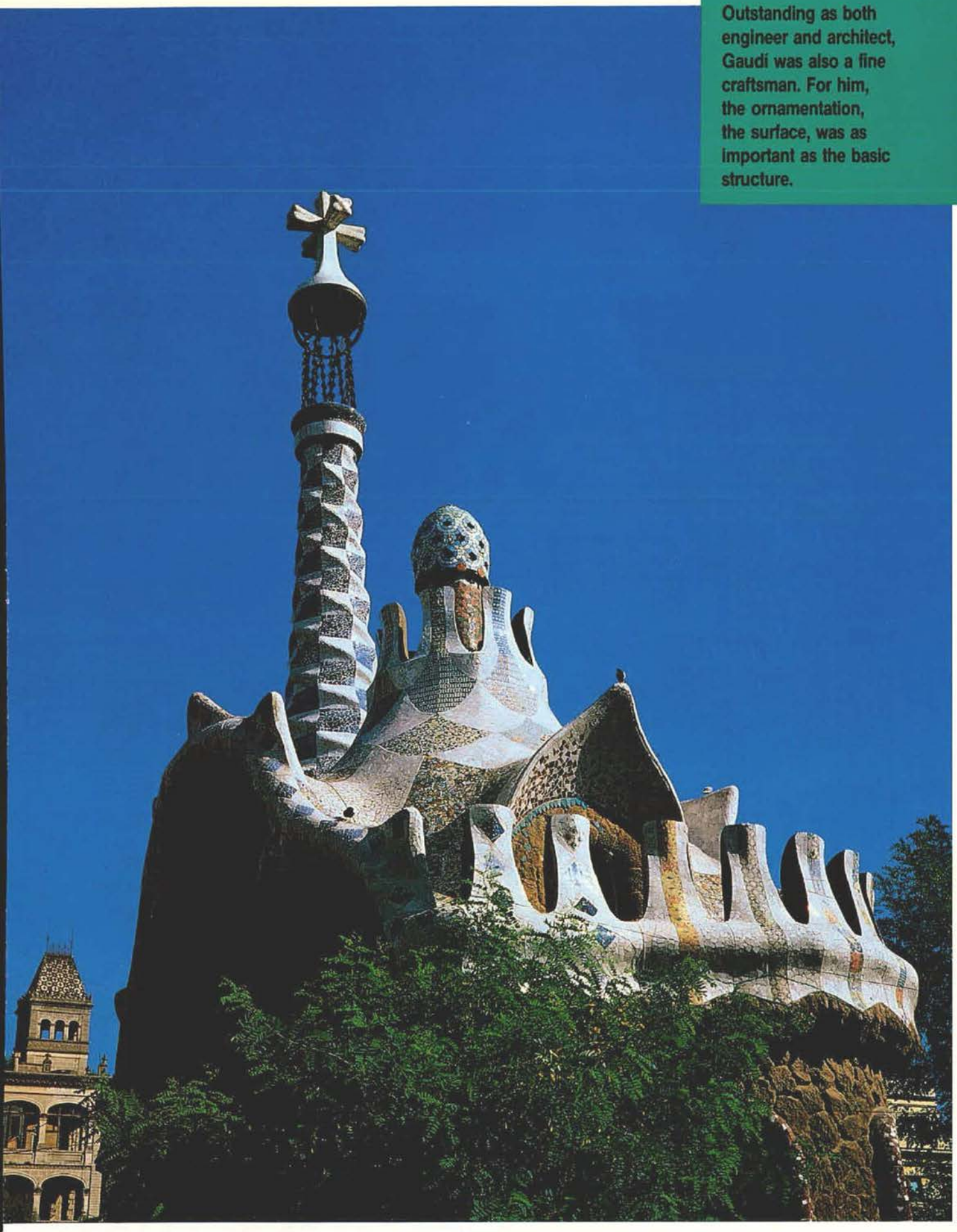
Obsessed by a desire for work and reputation and stifled by his family's lack of money, he worked for other architects whilst still a student and accepted his first job a fortnight before graduating. His clients and colleagues seem to have appreciated him more than his teachers. Not until his alliance with Eusebi Guell, however, was he to produce work of any consequence. Guell commissioned major



Outstanding as both engineer and architect, Gaudí was also a fine craftsman. For him, the ornamentation, the surface, was as important as the basic structure.

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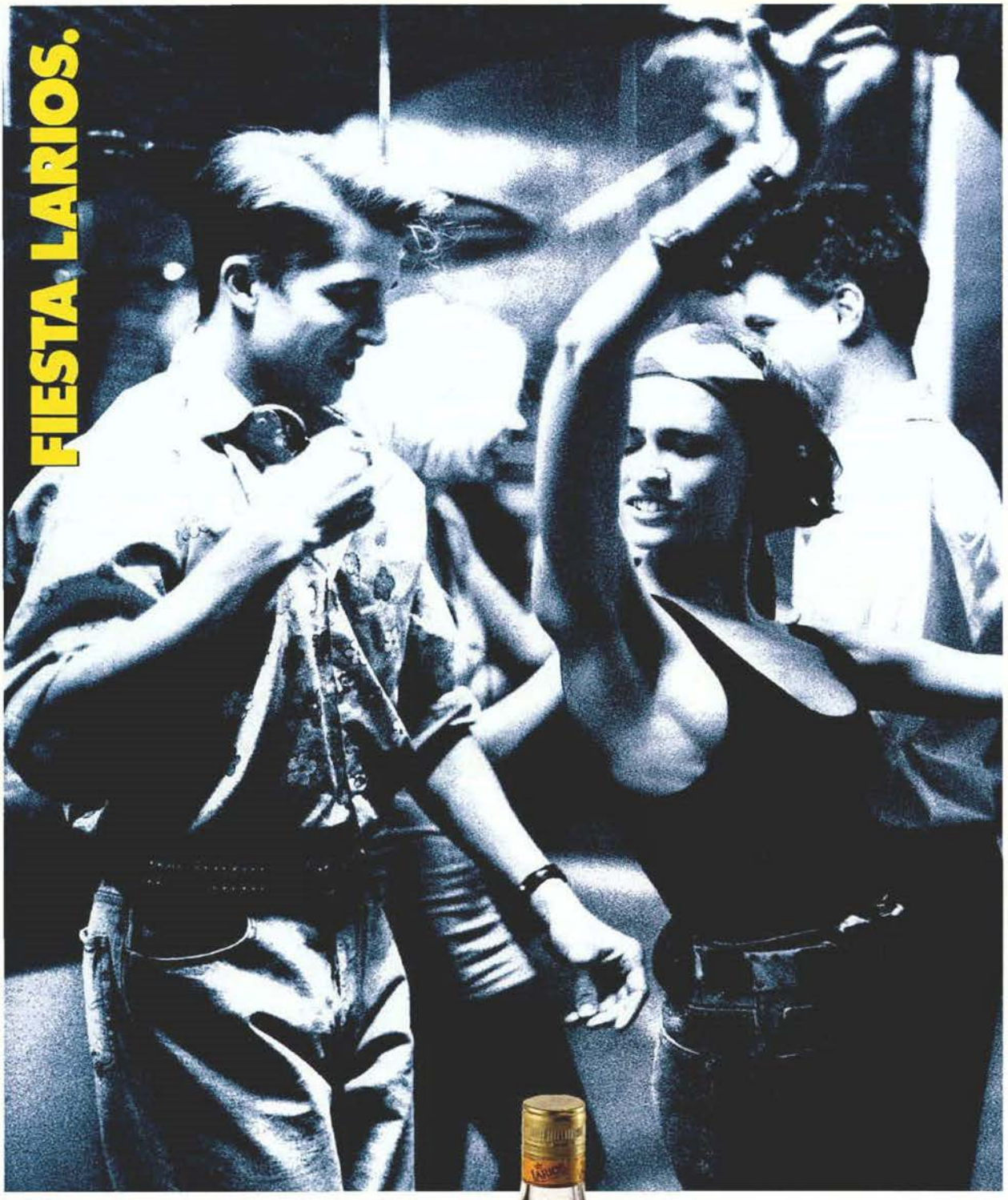


"SPAIN, THE BIGGEST GIN MARKET IN EUROPE. LARIOS, THE NUMBER ONE GIN IN SPAIN."

GIN LARIOS

NELSON SOUTO/ICEX

Josep María Pujol was responsible for the ornamentation of the whole Park. His elaborate collages of pottery, glass and porcelain are like stunningly beautiful multicoloured pictures.

projects, financed them, and allowed him complete freedom of creative expression. From then on, the furore with which his works were received brought him fame and he became a bon vivant, driving a car, wearing smart clothes, riding horses, attending concerts and eating well.

But this period of euphoria was brief, due largely to his complex character. A total misogynist, his relationships with women were actually hostile. He was also, surprisingly, consistently unwilling to travel even when an exhibition of his work was held in Paris. He made no contact with foreign architects and lived in isolation from world affairs, his horizons limited to Catalonia by his love for his native land and language.

He ended up a mystic and a misanthropist. He subjected himself to near suicidal fasts, took communion daily, and led a life of ascetic frugality and non-indulgence, making pronouncements such as: «We have to eat, but only to stay alive», and «Squalor crushes, annihilates; poverty engenders elegance and beauty.»

THE PARK

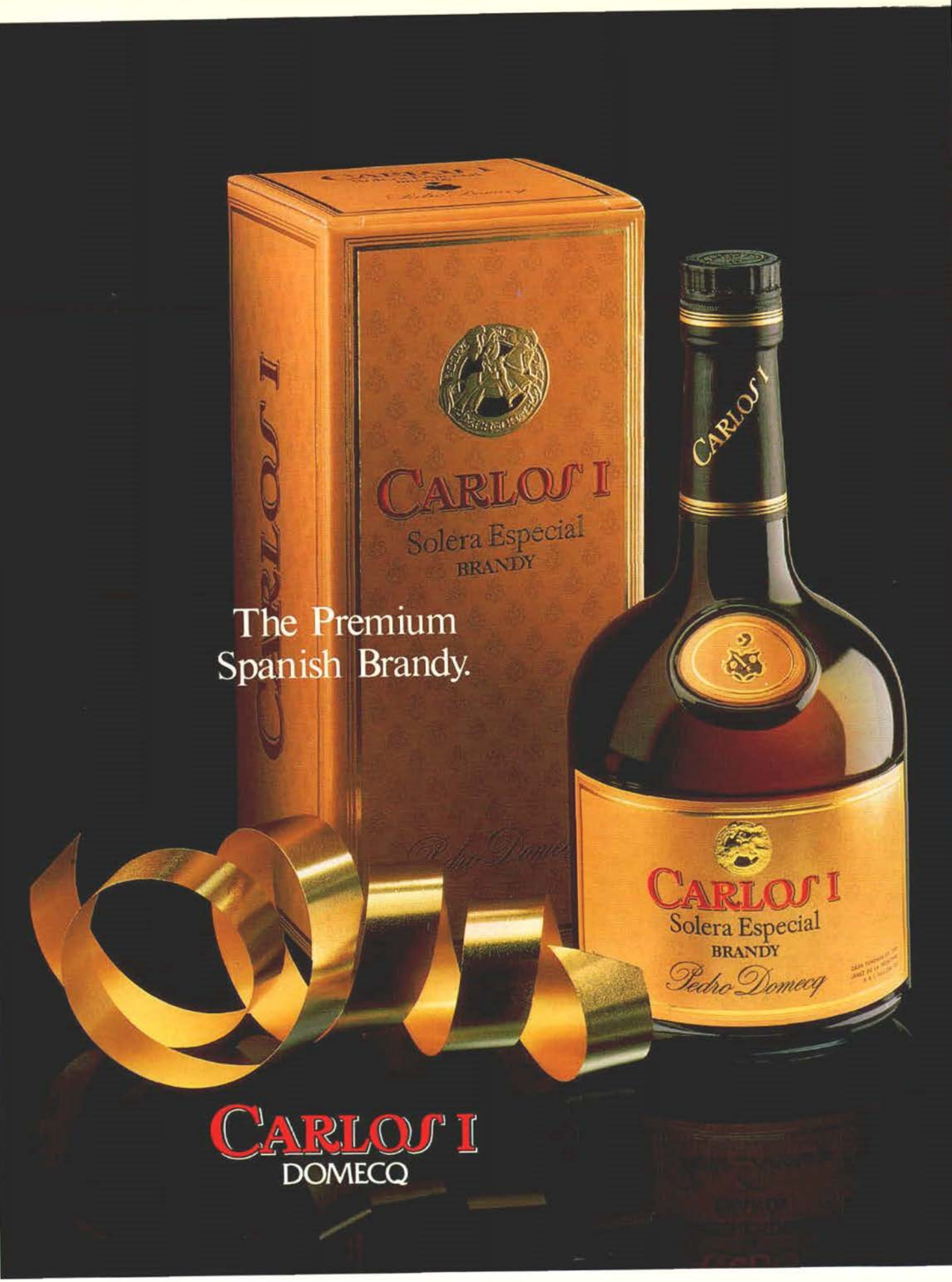
In the course of his creative life, Gaudi produced several works which place him firmly among the great architects of our time. Guell Park is one of these, and is the only example of his skills applied to urban planning.

Eusebi Guell must, in the course of his travels around England, have encountered the notions then current in Britain of the garden city and garden suburb. He bought fifteen hectares of land on the Montana Pelada, one of the hills which skirt Barcelona, and commissioned Gaudi to create a garden suburb.

Gaudi's ideas on town planning were revolutionary. The land was to be subdivided into sixty plots of each of which only 40% could be used for building with the rest reserved for an obligatory green area. The plots were to be organised in such a way that no building would block another's view of the sea. Pedestrians and traffic were provided with completely separate roadways, and although the hillside location inevitably involved slopes, clever use of viaducts and meanders means that no vehicle has to climb a slope steeper than 6%. The viaducts serve the additional purpose of providing shelter for pedestrian walkways beneath them.

In financial terms, Guell Park was a complete failure. Only two plots were sold, including the one bought by Gaudi. Artistically speaking, however, it was an unqualified success.

No description can hope to do justice to the Park — you have to see it. «Fantasy» is the word that springs to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Solera Especial
BRANDY
The Premium
Spanish Brandy.
CARLOS I
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Pedro Domecq
CARLOS I
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mind, though I personally prefer «imagination». Guell Park can look to some like Disneyland, an eccentric's flight of fancy. But one should not be deceived by its colours or the passion for the aesthetic that it encapsulates. As Gaudi himself said: «It is not enough for the streets to be austerely convenient: we have to clothe them in art. We who live in Mediterranean countries don't go out into the street only when we need to», and «I am not original, rooted in tradition».

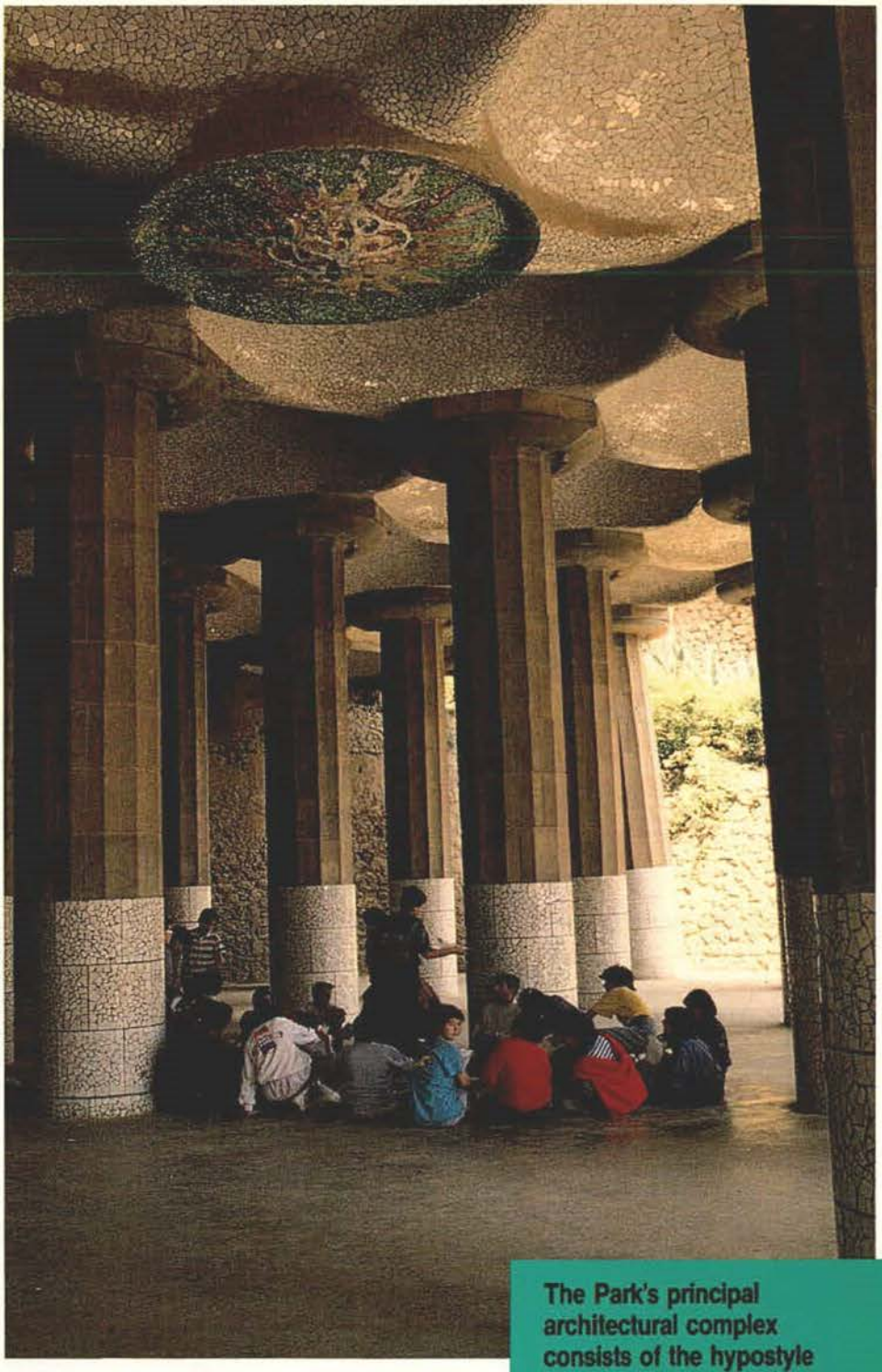
And indeed, the Park's principal architectural complex consists of the hypostyle hall of a Doric temple, a space intended for use as a market place. Supported by the temple's Grecian columns is a plaza, a meeting place with benches and a theatre. Gaudi solved the problem of rainwater drainage by making the columns hollow, with conduits leading from them to a tank containing the domestic water supply.

Outstanding as both engineer and architect, Gaudi was also a fine craftsman. During the creation of the Park, he visited the site daily since, for him, the ornamentation, the surface, was as important as the basic structure. Remember that Gaudi also designed extraordinarily beautiful pieces of furniture and wrought iron door and window fittings.

He was also very much aware of the human factor. It is said that when designing the benches he sat one of the workmen down in wet plaster and used his imprint as his point of departure.

But this eulogy to Gaudi should not be allowed to overshadow the vital contribution of another grear artist: Josep Maria Jujol was responsible for the ornamentation of the whole Park. His elaborate collages of pottery, glass and porcelain are like stunningly beautiful multicoloured pictures, tinged with a foretaste of Cubism. True, they were commissioned by Gaudi: «The Greek masterbuilders coloured their buildings, too», he explained.

The viaducts and containing walls are treated not decoratively but «landscaped in». Columns and domes are clad in stone and topped with plant containers. By using rock-like textures, Gaudi achieves a singular fusion of the garden, Nature, and outstanding architecture. Columns seem to grow from roots in the ground or to have formed like stalagmites. Artificial elements cling to the hillside echoing its natural contours. And from this life-enhancing, curiously primitive environment, one looks down over the great city of Barcelona and the sea beyond.

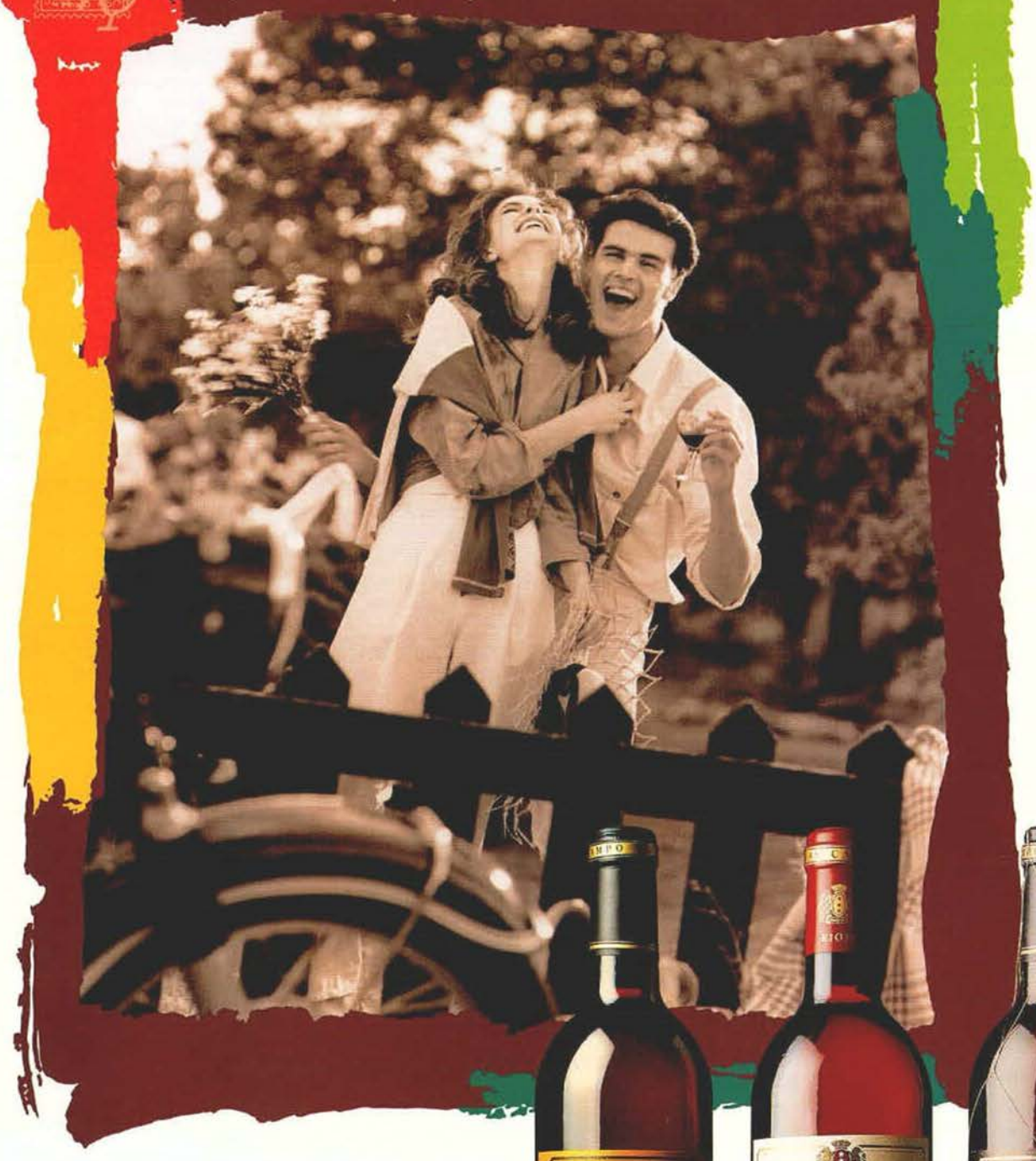


The Park's principal architectural complex consists of the hypostyle hall of a Doric temple, a space intended for use as a market place. Supported by the temple's Grecian columns is a plaza, a meeting place.

Fortunately for us, and less fortunately for the people who could have bought plots and lived there, Guell Park's financial failure resulted in the Guell family donating it to the city authorities in the Twenties. Today, it is a public park for all to enjoy.

And now for a secret, but keep it to yourselves. At the entrance steps there is a dragon. Sit close to it, stroke its back and put your ear to its mouth. If you are lucky, you will hear the inaudible music that inspired the rhythms of Gaudi's work. And don't forget to say goodbye to it as you leave.

Unmistakably Rioja



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GREAT WINES OF SPAIN

FELIX LORRIO/ICEX

BARCELONA '92

A DREAM COME TRUE

Text: **Sonia Ortega**

When the Olympic Torch reaches its destination in Montjuic Stadium on 25 July 1992, the people of Barcelona will be seeing a collective dream come true. The thrill of their city having been selected to host the 1992 Olympic Games has spurred them on in a concerted effort to meet the organisational challenge an event of this calibre entails. Preparations are nearing completion, and the lovely Mediterranean city of Barcelona has never been so impeccably groomed.

Barcelona has been nothing if not determined in its efforts to achieve Olympic status. It has made three previous attempts: in 1925, 1936 and 1972, when the selection committee finally decided in favour of Paris, Berlin, and Munich, respectively. But perseverance finally paid off and, in October 1986, Barcelona was selected to host the 25th Olympic Games in 1992. Such was the general jubilation that the whole city took to the streets to celebrate.

In-depth preparations began immediately. In March, 1987, the Comité Organizador Olímpico Barcelona'92 (COOP'92 for short) was definitively constituted in accordance with the Olympic Charter as the body responsible for organising the Games. COOB'92 took over where the Council for Barcelona's candidature had left off: it is a consortium involving the Barcelona City Council, the Catalan Regional Government, or Generalitat, Spain's central government, and the Spanish Olympic Committee.

OLYMPIC VENUES

«Until I saw Barcelona, I thought I knew what a sporting city was...» wrote Baron Pierre de Coubertin, founding father of the modern Olympics, on 7 November 1926 after a visit to Catalonia. Barcelona is traditionally a city of sports enthusiasts and as such is exceptionally well equipped with sporting facilities.

These have recently been given new impetus by the building of splendid new stadia and other venues and the upgrading of existing ones to cater for the 15,378 competitors who are to take part in the 1992 Olympic Games.

The events representing the 25 Olympic programme sports and three display sports to be featured at the Barcelona'92 Games will take place in four clearly differentiated zones within the metropolitan area and in various locations outside the city itself, chosen because of their traditional association with particular sports.

This arrangement of venues in four Olympic zones, efficiently linked by an outer city ring road, succeeds both in organisational terms and in generating a suitable impression of the magnitude of the event while avoiding the complications and limitations imposed by concentrating facilities in one single nucleus.

The Montjuic, Diagonal, Vall d'Hebron and Parc de Mar areas of the city all fall within a 10 km (6 miles) diameter circle, none of them more than 20 minutes away from the others.

MONTJUIC

Montjuic is the area where most attention will be concentrated during the Games, not least because it is the location of the Olympic Circle of which the Stadium, setting for that most classic of Olympic events —athletics— forms a part. The fortified hill of Montjuic is generally regarded locally as a focus of cultural, leisure and sporting activity, and is consequently well euipped with the relevant facilities.

The Stadium —inaugurated in 1929 for Barcelona's Universal Exposition— is to be the setting for the Games' opening and closing ceremonies, all athletics events and the show-jumping finals.

In all, eleven different sports will be based in this area, and the complete sequence of competitive heats for six of them will be held here. Montjuic has eight sports venues and three circuits altogether.

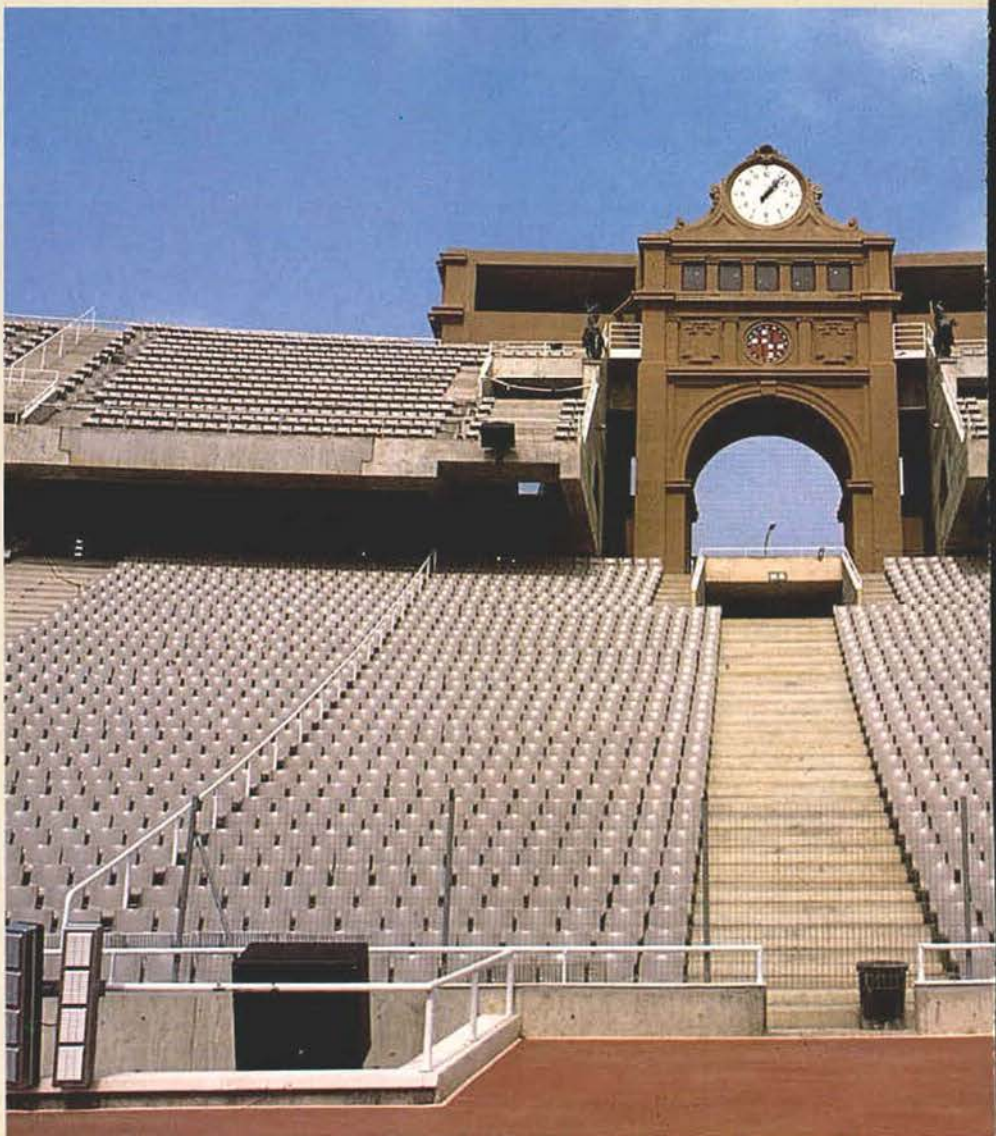
The Stadium —inaugurated in 1929 for Barcelona's Universal Exposition— is to be the setting for the Games' opening and closing ceremonies, all athletics events and the show-jumping final. Recently remodelled by Italian architect Vittorio Gregotti in collaboration with the Spanish team of Correa, Mila, Margarit and Buxade, the Stadium now has a spectator capacity of 70,000.

The Sant Jordi Sports Centre, the Palacio de Deportes, is another of the Games's key venues. Designed by Japanese architect Arata Isozaki, this building marks a whole new departure in architecture using revolutionary techniques and materials. It will be the setting for men's and women's gymnastics and some of the hand-ball and volley-ball heats.

Among the Palacio's noteworthy features are its 17,000 spectator capacity, its spectacular 45 metre high roof, and the fact that it can be adapted for all indoor sports and other public events.

The Bernat Picornell Swimming Pool complex is also in Montjuic; swimming, synchronised swimming and water-polo events will be held here before audiences of up to 10,000.

The INEFC (Instituto Nacional de Educación Física de Cataluña) Pavilion, designed by Spanish architect Ricardo Bofil,



Food Sponsors and Sports

Throughout the history of the Olympic Games, organising committees have looked to business sponsorship to help bear the costs of putting on such a big event. Companies become official sponsors of the games by contributing large sums of money or equipment to a general olympic fund. In addition to the publicity they get in return, official sponsors boost their image in the public eye by supporting such a celebrated event.

The Barcelona 1992 Olympics has followed this same «standard» formula of financing but has also come up with an innovative arrangement whereby a company has the option of sponsoring a sport of its choice. The *Asociación de Deportes Olímpicos*, under the auspices of the Spanish Olympic Committee and Spain's *Consejo Superior de Deportes*, was given the job of puting this new idea into practice over a period of five years (1988 to 1992). A number of major national food producers were attracted to this new type of sponsorship and their contributions now go to scholarships and support programmes for athletes in a specific sport. The

NELSON SOUTO/ICEX

names of these companies, along with a brief company profile, are included below.

Alimentos de España

Contribution: 60 million pesetas for each of the years 1991 and 1992. *Alimentos de España* isn't exactly a company but it is included here since it is an organization set up by the Ministry of Agriculture, Food and Fishing whose aim is to promote Spanish food products. It has only recently joined in the olympic sponsorship program and has chosen to make a general contribution to the olympic teams as a whole.

Bimbo

Sport: tennis.

Contribution: 125 million pesetas a year.

Bimbo is one of Spain's major bread and pastry producers. It has plants throughout Spain and its entire production goes to national consumption. In addition to having previously sponsored several tennis tournaments, the company has chosen to sponsor Spain's olympic tennis team. With this in mind, Bimbo signed on tennis champion Emilio Sánchez Vicario to help advertise its products and has come up with some original ways to promote this sport like, for example, including a free tennis ball in a package of Bimbo bread. The company has even gone so far as to create its own line of tennis wear. In 1990 sales came to 25.083 million pesetas.

Cuétara

Sport: hockey on rollerskates.

Contribution: 125 million pesetas a year.

Cuétara is one of Spain's major cookie producers, with several plants located in different parts of the country. Its products range from your basic plain cookie to the more elaborate sandwich cookies, rolled wafers, chocolate-covered cookies, and so on. Cuétara has chosen to sponsor Spain's olympic hockey team, several times world champion. Adopting the publicity slogan «the best of the batch», the company promotes the team on their products, in the media, and on billboards. Company sales in 1990 rose to 15,050 million pesetas, with 367 million of this amount coming from exports to France, Germany, Italy, U.K., Ireland, Portugal and Sweden.

Leche Pascual

Sport: swimming and water polo.

Contribution: 150 million pesetas a year.

Although Leche Pascual is one of Spain's leading milk producers (as its name «Pascual Milk» suggests), it also commands a good share of the market in juices corn flakes and mineral water. Leche Pascual has chosen to sponsor Spain's olympic water polo and swimming teams; the latter counts among its swimmers world champion López Zubero. The company has launched a full-scale publicity campaign promoting the teams in the press, on television, and on billboards. Company sales for 1990 came to 46,071 million pesetas. Leche Pascual exports to France, Benelux, Italy, U.K., Norway and Andorra amounted to 1,473 million pesetas in 1990.

Nutrexpa

Contribution. 100 million pesetas a year.

The Nutrexpa Group is one of the largest in the Spanish food industry. Although its principal product is cocoa and its derivatives, the group also includes companies which produce meat, dried fruits, honey, spices, etc. Altogether, it has seven foreign production plants in Nigeria, Puerto Rico, Portugal, Chile, two in Ecuador, and its latest, inaugurated in June 1990, in China. Nutrexpa has opted to contribute to the olympic teams as a whole rather than sponsor a given sport in particular. Sales for 1990 were 32,768 million pesetas, with 2,351 million coming from exports to France, Holland, Belgium, Luxemburg, Germany, Italy, United Kingdom and Ireland.

In addition to these companies, the Spanish subsidiaries of the multi-nationals Coca-Cola and Nestlé are also doing their part in sponsoring the games. Coca-Cola has chosen to sponsor track and field events by contributing 250 million pesetas a year to the olympic teams in this category. Nestlé, on the other hand, contributes 125 million pesetas a year to the teams as a whole. Recognising the need for public awareness, it has also published and distributed a free pamphlet explaining the importance of good nutrition when it comes to practising any sport.

COOB/ICEX

Barcelona's seaside Olympic Village facing the Olympic Port occupies a 65 hectare site and the Village's temporary residents will have all sorts of services on the spot.

which is to be the venue for wrestling heats during the Games, is subsequently to become a University of Sport.

These are the four main components of the Olympic Circle: they are all linked by the grand avenue, the Avenida del Estadio, and the huge Plaza de Europa, and surrounded by 54 hectares of woodland known as the Parc del Middia.

Apart from the Olympic Circle venues, Montjuic has five other centres for different sports, and a Media Centre, a 10,791 square metre complex which will serve as the nerve centre for the activities of the thousands of journalists, photographers and cameramen covering the Barcelona'92 Games.

THE OTHER ZONES

Known for its privately run sporting facilities and for the extensive sporting infrastructure of its university campus, the Diagonal area of Barcelona is to host the football, horse-riding, judo, and taekwondo events and the ice-hockey finals.

Vall d'Hebron acquired a splendid cycling track when the World Track Cycle Racing Championships were held there in 1984, and so becomes the obvious location for the cycling events on the programme. Other local venues are to host the archery and tennis events, and some volley-ball and pelota heats.

Parc de Mar's importance in the Olympic scenario is as the site of the Olympic Village, the first ever right by the sea. Creating this residential complex has effectively reclaimed a significant area of Barcelona — Problenou, the place where the industrialisation of Catalonia, and indeed of the whole of Spain, began in the latter part of the 19th century. The warehouses and factories which formerly occupied this prime location meant that for many decades Barcelona lived with its back to the sea. When the Games are over, the Olympic Village will be turned into a residential area with the added bonus of an impressive range of sports facilities.

Opposite the Olympic Village, an Olympic Port is to be built where the craft taking part in sailing events will be moored. Parc de Mar will also host the table-tennis and badminton events.

When the Games are over, the Olympic Village will be turned into a residential area with the added bonus of an impressive range of sports facilities

BEYOND BARCELONA

Certain competition will be held, either wholly or in part, outside Barcelona. Some parts of Catalonia have long-established connections with particular sports, and it would have been unthinkable to site their specialities elsewhere for the Olympic.

The town of Badalona, for example, is the basket-ball capital of Catalonia, and is to host all the Olympic basket-ball events. A 12,500 spectator municipal sports centre, the Palacio de Deportes de Badalona, is being built for the occasion, also to be used for the Olympic boxing tournament.

Other places with traditional associations are Reus, San Sadurni de Noya, and Vic, which will share the various ice-hockey heats; Tarrassa (hockey); Sabadell, and outside Catalonia, Saragossa and Valencia (football); Banolas, in Gerona, whose competition sailing lake will be the setting for the Olympic rowing events; Hospitalet and Viladecans, which are to share the baseball heats; Granollers where, along with L'Hospitalet, the men's and women's handball events (except for the finals) will be held. In La Seo de Urgel in Lerida, an

artificial slalom canal is being built for white water events; calm water canoeing will take place on the artificial canal in Castelldefels. Mollet de Valles hosts the Olympic shooting events and the shooting competitions of the modern pentathlon; and El Montanya the endurance test (including steeple-chasing and cross-country) phase of the complete horse-riding event.

The sports programme for the 1992 Barcelona Olympics embraces a total of 28 sports, 25 of them Olympic programme sports and three of them demonstration sports. This places Barcelona'92 two Olympic programme sports up on the 1988 Seoul Olympics and four up on Los Angeles'84.

ACCOMMODATION

A total of 15,378 competitors are to take part in the 1992 Olympic Games. Add to this figure the «Olympic Family» (members of the International Olympic Committee, national Olympic Committees and international federations), judges, referees, security staff and media representatives, and you get some idea of the considerable floating population for which the IOC is responsible.

The competitors and advisors involved in the Olympics will be accommodated at three Olympic Villages: Parc de Mar in Barcelona itself and two others in La Seo de Urgel and Banolas. For the first time ever, competitors are to be the guests of the Organising Committee in the sense that they will be accommodated free of charge during the competitions in which they are taking part and for three days before and after.

Barcelona's seaside Olympic Village facing the Olympic Port occupies a 65 hectare site entirely surrounded by a security fence. Accommodation is in fully equipped apartments designed for two, four, six, seven, and eight people and the Village's temporary residents will have all sorts of services on the spot, including canteens, laundromats, shops and leisure facilities.

«The best and most attractive Village in the history of the Games... enough to make me want to start competing all over again, if only for the pleasure of staying in such a marvellous place by the sea.» This was the reaction to the Olympic Village of Olympic sportswoman Anita Defrantz, a member of the International Olympic Committee's Athletes' Commission.

The Press —10,500 authorised representatives are expected – are also to be provided with three Villages, two in Barcelona and another in Banolas.

Barcelona's hotel capacity includes some 15,000 places in the medium-to-high standard category and new hotels are being built in anticipation of 1992. Even so, supply will not meet demand. Capitalising on Barcelona's maritime location, several luxury Transatlantic liners are to be moored in the port for a few weeks in the summer of 1992, transformed into floating hotels and supplementing the available accommodation to the tune of 7,000 places. A certain amount of accommodation for visitors and members of the Press will be provided in selected private houses.

WILLING TORCH BEARERS

For the first time in Olympic history, 70,000 people from all over Spain had signed up as Olympic volunteers while Barcelona was still only a candidate for hosting the Games.

The number of aspiring volunteers has now reached over 110,000, 75% of them between the ages of 13 and 22. They have their own magazine and enthusiasm runs high, with volunteers attending training and selection courses and many of them are acquiring practical experience by taking part in sporting, cultural and civic events. They have an important part to play in seeing that the Olympic Torch makes its way to Barcelona.

Tickets Please

Eighty per cent of tickets to the Barcelona Olympics will be sold in Spain, with the remaining 20% distributed among travel agencies abroad designated by the relevant National Olympic Committee of each country as listed below.

Seat prices vary according to event and seat location, though there are never more than three different price categories per venue.

Sixty eight per cent of the tickets for Barcelona'92 will cost under 2,000 ptas ($17 US), 84% under 3,000 ptas ($26 US), with only 10% of the total costing over 4,000 ptas ($34 US), the most expensive costing 9,000 ptas ($78 US).

Price distribution varies considerably according to heats: preliminary, intermediate and final. Season tickets are also available, and come in two types — single sport and multi-sport.

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NELSON SOUTO/ICEX

The Sant Jordi Sports Centre, designed by Japanese architect Arata Isozaki, marks a whole new departure in architecture, using revolutionary techniques and materials.

Its long journey begins in Olympia, in Greece, and the Torch will enter Spain via Ampurias, the very port through which the Greeks introduced their civilisation into Spain many centuries ago. From there, it will travel through the 17 autonomous regions of Spain before arriving in Barcelona for the inauguration of the Games.

The Olympic fire will be carried all over Spain for 32 days by runners, covering a total distance of 4,700 km (2,821 miles). The only parts of the itinerary not to be travelled on foot are, unavoidably, the return trips to and from the Canary and Balearic Islands, which will be made by plane and boat, respectively.

While most of the torch-bearers will be Olympic volunteers and personalities from the world of sport, some will be physically handicapped people, senior citizens, and representatives of the Media.

BARCELONA, PUT ON A PRETTY FACE!

By the time the Torch reaches its destination, the urban landscape of Barcelona will have undergone many changes.

This lovely Mediterranean city of 1,700,000 inhabitants will have a renovated airport, new ring roads, improved façades and streets, new buildings...

In 1986, the city council of Barcelona embarked on an Urban Beautification Campaign whose motto would be «Barcelona, posa't guapa» («Barcelona, put on a pretty face!»). The plan called for participation of both the public and private sectors in carrying out a balanced programme of urban beautification that would take into consideration the city's long-term interests and not merely the immediate goal of the 1992 Olympics. Since that time, more than 4,000 projects have been successfully completed. Aging building façades have been given needed face-lifts, restroom facilities in bars and public places have been upgraded, city sidewalks have been repaired... the list goes on. In addition, various private companies have pitched in to help restore some of Barcelona's more symbolic monuments which were in need of a do over. For example, a lubricant company took on the job of restoring the city's fountains, a *cava* producer refurbished the veteran El Molino theatre, and a department store chain backed the project to restore Barcelona's Arch of Triumph to its former glory.

Eighty per cent of tickets to the Barcelona Olympics will be sold in Spain, with the remaining 20% distributed among travel agencies abroad designated by the relevant NOC of each country.

Barcelona has always been a leader in the field of design in general, and graphic design in particular, so it is hardly surprising that Catalan designers have made their contribution to the preparations for the Olympics. The Olympic logo and pictograms —each sport has its own symbol— are by Barcelona designer Josep Maria Trias and the engaging Olympic mascot, COBI the dog, by Javier Mariscal. Both have taken an innovative approach, breaking new stylistic ground rather than echoing examples from the past.

The Catalans are known throughout Spain as hard workers and efficient organisers, and they have exercised these qualities to the full in preparing their capital for the events of 1992. The big day is 25 July: with the countdown already underway, Barcelona is all set to occupy the limelight.

Barcelona, posa't guapa.

CAMPAIGN FOR THE PROTECTION AND IMPROVEMENT OF THE URBAN LANDSCAPE

Ajuntament de Barcelona

Barcelona'92 Olympic Calendar

Sports	JULY 25 Sat	26 Sun	27 Mon	28 Tues	29 Wed	30 Thurs	31 Fri	AUGUST 1 Sat	2 Sun	3 Mon	4 Tues	5 Wed	6 Thurs	7 Fri	8 Sat	9 Sun	Total days
Athletics																	9
Badminton																	8
Basketball																	13
Handball																	11
Baseball																	9
Boxing																	13
Cycling																	7
Fencing																	9
Football																	11
Gymnastics																	11
Weight lifting																	10
Horse riding																	10
Hockey																	13
Judo																	7
Wrestling																	10
Swimming																	6
Diving																	8
Synchronised																	5
Water polo																	7
Modern pentathlon																	4
Canoeing																	8
Rowing																	7
Tennis																	11
Table tennis																	9 •
Olympic shooting																	8
Archery																	5
Sailing																	9
Volleyball																	13 •
Ceremony																	
No. of sports	1	15	20	19	22	20	18	22	25	19	17	14	13	13	9	4	
Ice hockey																	11
Pelota																	12
Taekwondo																	3

• *Calendar subject to possible changes.* *Source: COOB'92.*


RESERVA DE LA FAMILIA
Cosecha 1985
Propietat d'Espiells
CAVA
Sant Sadurní

A BARCELONA QUINTET OF CULINARY ADVENTURES

Text: **Charles Powell and Gloria Cole**

Europe's restaurant industry has not evolved as it has across the Atlantic, where processors create portion-controlled foods that are ready to be re-heated and served. Here the chefs determine what is the best of the basics before they plan the daily specials. Early each morning, before Barcelona housewives crowd into the vast, cavernous **La Boquería** market on the Ramblas in the city's Gothic Quarter, the passageways are filled with the city's restaurateurs, inspecting and buying everything from the ingredients for their soup to nuts.

Spain has been rightly called «Europe's Garden», but not all of that wonderful array of foods winds up on distant dinner tables. Enough of it stays at home to fill the larders and grace the tables of Barcelona restaurants and Barcelona is very much a restaurant city. In Catalonia the prime retail market for this food bounty is the Boqueria market and it is here that our culinary tour begins.

The market is bulging to overflowing with foods of every conceivable kind, from every corner of Spain. The existence of this superb market makes for some very fierce competition between restaurants, for each and every one of them has access to the best. Thus it becomes a matter of what is done to those basic foods and how they are prepared and served that makes the difference.

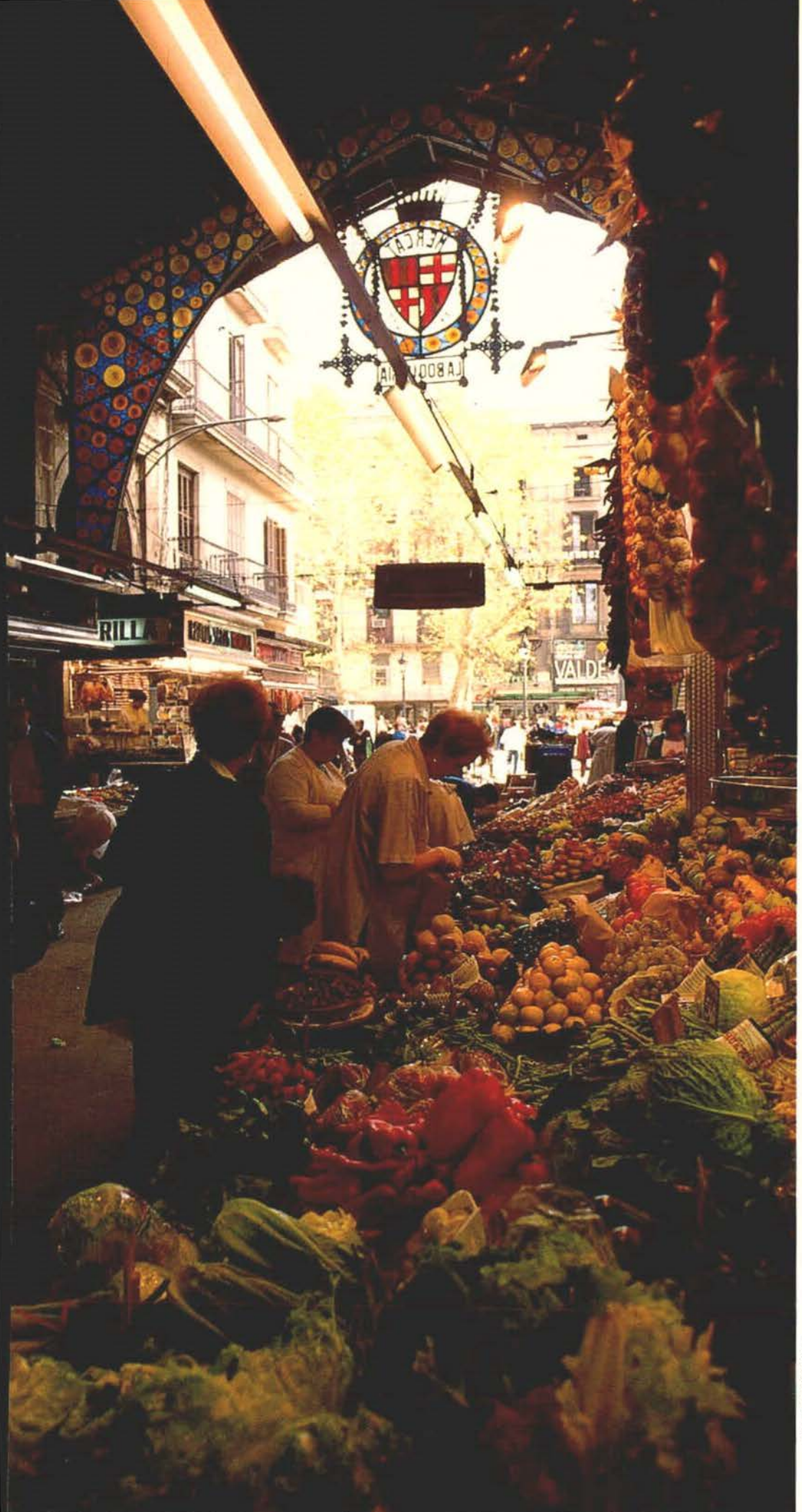
Let us now tell you something of each restaurant in turn, alphabetically so that the order is left to fate rather than an unplanned factor of preference. For indeed, there are no preferences here, each of these five great restaurants stands on its own. each is different. Each is superior and a sampling of the menu offerings at any one of them will never be repeated exactly at another, either in composition, preparation or service. This is proof, if any were needed, that these five great restaurants and the great restaurateurs that guide them have each chosen their own particular path to the top. Such a variety in dining experience demands that one try them all, as the mood and inclination strike. You will not be disappointed nor will you ever suffer from déjà vu, at least not in Barcelona.

LA BALSA

La Balsa is the first stop on this dining tour, high in the hills above Barcelona at 4 Calle Infanta Isabel. The building was once a water cistern and when proprietor Mercedes López acquired it, the ground floor walls were so thick that windows were virtually impossible. Thus her restaurant was sited, like a raft, atop the building. The appearance is very open, with glass walls, tent-like awnings and a profusion of plants. Sra. López claims to be self-taught and commented that, «most of my friends thought that I would tire of the idea of running a restaurant soon and put it up for sale in a year for lack of customers.»

That was eleven years ago and since then it has always been fully booked, sometimes months in advance, serving by reservation only and shunning advertising and publicity of any kind. Originally she planned to do all the cooking herself, but it soon became apparent that her attractive, warm and commanding presence was best utilized greeting and tend-

Early each morning, the passageways of the vast La Boquería market are filled with the city's restaurateurs, inspecting and buying everything from the ingredients for their soup to nuts.



PEPE FRANCO/COVER

In one of the oldest cookbooks of the western world, the* Libre del Coch, *first printed in Barcelona in 1477, author Robert de Nola cautioned that whenever the tasks of cook, steward and carver or Maitre are handled separately, there is opportunity for conflict and less than perfect fare. Five great restaurants in Barcelona have taken this warning to heart;* La Balsa, Botafumeiro, Eldorado Petit, Reno *and* Siete Portes. *Each of the entrepreneurs who have created or continue these family restaurants are as «home on the range», creating and preparing foods as they are shopping for the best in supplies in the markets or seeing to the needs of their customers in the front of the house. To maintain their exalted positions, they buy and serve only the freshest and best. They are, after all, in a city that does not suffer mediocrity in foods or restaurants gladly.

La Balsa —meaning a water cistern, what the building was once—was opened eleven years ago and since then it has always been fully booked, sometimes months in advance, serving by reservation only and shunning advertising and publicity of any kind.

ing her guests, so Chef Lluis Miralpeix came on board **La Balsa.** Chef Miralpeix is a most active member of the Barcelona Chef's Club where there is a great sharing of recipes, new food sources and ideas as well as discussions on solving restaurant and kitchen problems. The chef's hobbies focus on food compositions and food decoration, however he still finds time for tennis and swimming with his two young children.

The kitchen on the ground floor is compact though somewhat cramped, thus the kitchen brigade is limited to eight. This means that all must do double duty. The many requests for a chance to apprentice at **La Balsa** must be regretfully turned down. The waiters hardly have it any easier, for they must climb a set of stairs for every order. Thus they are almost all young and in fine health.

Food marketing fills much of the spare time of both the proprietor and the chef. There are visits to the Boquería as well as trips to Sant Feliu de Guixols on the Costa Brava for shrimp, anchovies and other fresh seafood. Monkfish *(rape)* and hake *(merluza)* are shipped by plane weekly from Galicia.

We begin our meal with an appetizer of stewed veal with wild mushrooms fresh from the market that day. Mixed salads are available from a bountiful cart of choices. A warm lentil salad with anchovies is a delight, not salty and light and hearty at the same time. Main courses include Pickled Fresh Salmon with Chives cured in-house, Broiled Rape with Herbs and an elegant composition of sauteed Magret of Duck served rare with fresh Foie Gras, ever so lightly poached. Another speciality which will have to await another visit was Baked Hake with Squid Ink sauce, the same ingredient that flavors the Black Paella of 7 Portes.

La Balsa, although strongly influenced by the woman who runs it, is not in any sense a feminine restaurant. It is a superb establishment that caters for an elite crowd of particular diners who know what is good in restaurant fare.

BOTAFUMEIRO

«The *Botafumeiro* is a huge incense burner in the Cathedral of Santiago de Compostela», reports Executive Chef Monche Neiras, the guiding culinary force behind **Botafumeiro,** undoubtedly the most popular and greatest seafood restaurant in Barcelona. «We Spaniards know that usually priests are good eaters and that they invariably eat well, so that is our name,» he said.

The visitor to **Botafumeiro,** at 81 Mayor de Gracia does not have to take a priestly vow of chastity though it is certainly necessary to bend the vow of poverty a bit to dine there. The price for an appetizer of *percebes* or barnacles is 6,500 pesetas, Galician Crab called *centollo* is 7,000 and the beautiful *cigalas,* giant prawns, go for 10,000 pesetas, though these prices are by the Kilo and a portion is invariably smaller. Menu costs for Maine lobster, on another continent across the seas, seem like peasant-fare pricing in comparison.

This is not to say that Botafumeiro is any more «pricey» than the other great restaurants of Barcelona, only to point out that the very best and the very rare that arrive daily from the Atlantic seas off Galicia and the Mediterranean waters of the Costa Brava are expensive luxuries even close to home. Chef Neiras knows this and treats such elegant seafood basics with respect,

NELSON SOUTO/ICEX

La Balsa is high in the hills above Barcelona, and sited, like a raft, atop a building. The appearance is very open, with glass walls, tent-like awnings and a profusion of plants.

NELSON SOUTO/ICEX

as indeed do all of his staff. On an extensive menu with well over 100 different seafoods and ways of preparing them, there are but five meat dishes; steak three ways, including cooked in Rioja wine, veal and the intriguing *lacón con grelos*, pork with turnip tops, simple ingredients actually, but they too are cooked to order and with care.

Botafumeiro is a Galician restaurant and a haunt for many of the Galicians who live in, work in or visit Barcelona. The honey-colored oak walls are adorned with a series of paintings by the well-known Galician artist, Alfonso Carta. **Botafumeiro** is also a «must visit» lunching spot for executives of corporations from all over Spain as well as the rest of Europe, North America and Asia, especially Japan. Chef Neiras noted that the Japanese always seem to order their seafood *à la vapeur* and are invariably ecstatic over the taste. The restaurant provides several private dining rooms for this trade, which allows for a business meeting before or after the meal in privacy. No doubt the success of many joint business ventures originating in Barcelona can be attributed to the existence of such a convivial place to conclude a deal.

The entrance to the restaurant is very seafood oriented and quite masculine. One arrives past swimming tanks for fresh and salt water fish. A net is at the ready for snaring the ones which will be cooked within minutes that

LA BALSA

Lentil and anchovy salad
(Ensalada de lentejas con anchoas de l'Escala)

Serves 4:

400 g soaked lentils
8 tinned anchovy fillets
10 leaves fresh mint
1/2 bunch spring onions
1 bunch chervil
2 hard boiled eggs
1 dl wine vinegar
3 dl olive oil
1 bay leaf
1 ham bone
mustard, salt, pepper

Cook the lentils in fresh water with the ham bone and the bay leaf until tender. Drain and toss in a little hot oil in the frying pan. Set aside to cool.

Prepare a vinaigrette with the herbs, vinegar, mustard, remaining oil, salt and freshly ground black pepper. Remove any bones from the anchovies and chop the eggs. Mix the vinaigrette into the lentils, turn out onto a serving dish and garnish with the anchovies and egg.

day. Boxes of oysters and clams are there along with a beautiful display of various crabs, shrimp and *cigalas* (prawns), strategically placed for inspection as well as to whet appetites. Beyond a long, 18-seat bar, stands the kitchen, open to customer view. It is spotless, gleaming with copper pots and stainless steel.

Arrive a bit early, as we did in order to interview the chef and the kitchen appears empty, hardly a pot on the stoves and all the staff downstairs for their own lunch. This is a sure sign that all is cooked to order. But within the hour, the «joint is jumping» as dozens of sous-chefs and helpers, each at their station, are contributing their expertise to the involved preparation of the dishes that leave the kitchen from a shoulder-high pass through to the dining rooms beyond. Those rooms are a beautiful counterpoint to the efficiency of the kitchen. White napery, glistening glasses and silverware are everywhere and service carts with delicious desserts compete for attention with Jabugo hams ready for carving and glistening smoked salmon.

Our menu samplings of this splendid seafare included tapas like tasting of *berberechos*, tiny ribbed clams that had been steamed and dressed in Extra Virgin olive oil and lemon juice. An appetizer portion of fresh tuna, baked with bay leaves, onions and tomatoes was delicious too. Opting for a sampling of three appetizers instead of an entree, we also tasted *chipirones*, small

BOTAFUMEIRO

Beans with clams

(Judías con almejas)

Serves 6:

2 onions
6 cloves garlic
2 dl olive oil
1/4 kg white kidney beans, soaked
1 litre water
salt

Boil the beans in the water with the rest of the ingredients until just tender, and set aside.

1/2 kg onion
1 kg tomatoes
1/4 kg red pepper
4 cloves garlic
1/4 l dry white wine
1/4 l olive oil
1 kg clams
salt, black pepper, 1 tsp sugar

Whizz all these ingredients together in the blender, then heat for 5 minutes in a large frying pan. Add the cleaned clams and continue cooking until they open. Add the beans, check the seasoning and bring back to the boil before serving.

NELSON SOUTO/ICEX

Chef Moncho Neiras treats seafood with respect, as indeed do all of his staff. The kitchen, open to customer view, is spotless, gleaming with copper pots and stainless steel.

squid that were deep-fried and served with a squid ink sauce. The last appetizer we enjoyed was filling enough for a main course and was a simple dish really, clams and white beans, which goes by the name *judías con almejas*. The combination was foreign to someone from across the sea and it proved to be superb. Chef Neiras described the method of preparation. Dry beans, *judías blancas*, were soaked overnight, then simmered slowly with tomatoes, onions, garlic and some green peppers until fully cooked and somewhat dry. Separately, baby clams were steamed with a bit of olive oil and white wine and then the two dishes were combined. The flavour of the clam broth in the bean mixture was a delight. The combination proves once again that basically simple fare, created with flair, can be a true taste revelation.

Chef Neiras is a great culinarian with great interest in any new foods and food ideas. He reports that he has already tried Thai lemon grass and other Asian condiments that complement seafoods. In sum, he is a most active man, in the kitchen, at the markets and on the tennis courts as well. Though he tries to play every day, he admits that when he misses a practice, the staff knows it, for he is something of a «bear» when he doesn't have his tennis game under his belt. On days when he plays though, he says the kitchen is «*pura tranquilidad*». We can only add that it is also very, very good.

Botafumeiro is a Galician restaurant, and a haunt for many of the Galicians who live and work in or visit Barcelona. Besides, undoubtedly, is the most popular and greatest seafood restaurant in the city: on the menu there are over 100 different seafoods and ways of preparing them.

ELDORADO PETIT

Sr. Lluis Cruanyas of the **Eldorado Petit** Restaurant, at 51 Dolors Monserda in the hills above Barcelona, seems to embody everything anyone could hope for in a restaurant proprietor. Friendly and engaging, he is a charming, multi-lingual host who puts everyone at their ease. It is also obvious that he is totally in command of everything that goes on in his establishment; including everything that goes into the foods and how they are served to an appreciative clientele of some 200 diners each day.

Restaurateurs in Barcelona, like most of Spain and elsewhere in Europe do not have the luxury of some establishments on the other side of the Atlantic, where a restaurant can «turn» a table and serve more than one luch or dinner from the same seat each day. Spain is a country where people are much more likely to all eat at the same time. In addition, extended enjoyment of lunch or dinner is the rule rather than the exception. When one books a table it is theirs for the meal, sometimes a lunch that lasts well after 4 PM or a dinner that ends on the far side of midnight.

Joan Figueras, the Executive Chef at **Eldorado Petit** could well be what everyone feels a top chef should be. He is young looking. He is intense. He is totally oriented to food and aware of what is best in the daily market. Every afternoon he calls his fishermen contacts in the Costa Brava village of Palamos to tell them what he wants for the next day. If it is caught, he has first refusal and the choice of whatever else came up in their nets.

Chef Figueras is particularly interested in new recipes, such as his creation of John Dory fish baked on top of potatoes flavoured with fresh rosemary, an herb usually reserved for lamb and sometimes chicken. This dish travels well and Sr. Cruanyas has included it in the menus of his beautiful **Eldorado Petit** in New York City. Here, son Marc Cruanyas is the General Manager. That infectious enthusiasm for the restaurant business has obviously been passed onto son Marc, just as it was when the senior Cruanyas began his culinary career working for his father in the first **Eldorado Petit** in Sant Feliu de Guixols, the fishing village of the Costa Brava. That restaurant is still run by the family and both have been awarded Michelin stars.

Favourite appetizers of restaurant patrons include Angel Hair Pasta sauteed, cooked in fish stock and served with allioli sauce and fresh, live shrimp from Palamos dipped briefly in boiling sea water, also served with allioli.

NELSON SOUTO/ICEX

By the time Ponce de León was discovering the virtues of youth,

In 1513, Ponce de León searched high and low for the Fountain of Youth. He discovered Florida instead. Back home in Spain, another great discovery was 600 years old—distilled wine spirits. These historical spirits were the ancestors of today's noble brandy.

Spanish brandy has been greatly improved since the early days. And now the finest of those "original" brandies are here: Brandies de Jerez Solera Gran Reserva. Quite simply produced like no other brandy in the world.

Because, of course, the Spaniards didn't stop with the discovery of brandy. They found that if oak aging casks were linked together, creating a pyramid of progressively older spirits, they could draw a little from each one, blending young, sunny spirits with older, mellower ones. While Solera Gran Reservas are aged a minimum of 3 years, most average about 10–15

we had known the virtues of age for 600 years.

Gran Garvey · Gran Capitán · Gran Duque de Alba · Carlos I · Terry Primero · Cardenal Mendoza · Lepanto · Conde de Osborne

years old, with some labels boasting 100-year-old spirits. So although each brandy has its own distinct flavor, ranging from rich to smooth, every one exudes a warm taste with a consistency of flavor only the world's "original" brandies can have.

Enjoy the oldest and most majestic brandies of Spain. Brandy de Jerez Solera Gran Reserva. Eight distinctive tasting brandies with 1,000 years of history behind them. They'll make you feel young at heart. For more information on Brandy de Jerez and a list of retailers near you, call 1-800-BE-THERE.

Brandy de Jerez Solera Gran Reserva

Great Brandies from Spain, the country that invented brandy.

A «signature» entrée of the restaurant is another seafood dish, *canelones de cigalas a la crema de russinyols*. Here giant prawns are separated from their shells, sauteed with fresh mushrooms in a cream sauce and then recomposed with the head and tail peeping out of a pasta blanket, looking for all the world like someone too big for the bed. Under those pasta blankets are delicious combinations of shrimp-like lobster (or is it lobster-like shrimp) and mushrooms.

When the patron and the chef were asked what they liked to do in their spare time, they both smiled. For dedicated restaurateurs, this is almost a foolish question for there is seldom much spare time. Sr. Cruanyas allowed that in earlier days he enjoyed golf, but now, with three restaurants to think about, that's it for spare time! As for Chef Figueras, he finally admitted that it was his dream to take his wife and two young children to Disneyworld in Florida.

Before we left, we looked in on the kitchen we remembered from another visit and saw that it was as tiny as ever. This was after all once a private townhouse, never designed for a kitchen that could serve a hundred dinners each meal. We saw some of the several patterns of chinaware, mostly Rosenthal, but there were specially colored Miró-inspired plates for special dishes and deep black ones that are used in presenting a salad of strips of Bacalao cod on lamb, lettuce with a mound of white beans and carrots. «The colors of the salad are light and a striking dish is needed to enhance the dish», said Chef Figueres. That is but one example of the devotion to details that has made **Eldorado Petit** one of the most sought out restaurants in Spain.

ELDORADO PETIT

Cannelloni of Dublin Bay prawns
(Canelones de cigalas)

Serves 4:

12 fresh Dublin Bay prawns
8 square cannelloni pasta, preferably home made
200 g wild mushrooms
1/4 l single cream
4 eggs yolks
100 g butter
1/2 lemon
1/4 l whipped cream
2 carrots
1 stick celery
1 leek
1 bunch spring onions
salt, pepper, a little brandy

Cut the leek, carrot and celery into fine julienne strips and boil in salted water. Meanwhile, cook the pasta and set aside to cool. Wash and cut up the mushrooms and cook gently in a little oil. Flambé with brandy, then stir in the cream, allowing to cook until the sauce has thickened.

Cook the prawns in the oven in fish fumet, then peel the bodies but leave the heads on.

Prepare a sauce with the butter, egg yolks, a little cream and the cooking juices from the prawns.

On each pasta square, place a prawn, vegetable strips and a little of the mushroom sauce, then roll up. Place them in threes on individual plates, pour over the sauce, and put under the grill until the top begins to brown. Sprinkle with chopped spring onion just before serving.

And now America, at least New York, has the chance to see what Barcelona can do. They have made a most auspicious start.

RENO

A short walk from Botafumeiro and you will reach restaurant **Reno,** at 27 Tuset, where it intersects with the Travessera de Gracia. This intersection is one of the hundreds of beautiful octagonal squares that occur in Barcelona. They add visual beauty and are invariably packed with the businesses that form the infrastructure of this great city.

Reno, pronounced «ray-no» like the French Renault car, has the appearance of an elegant French Bistro somehow moved

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lock, stock and barrel from Paris. There are sidewalk to ceiling window panes hung with lace curtains so there's no peeking in. The variety listed on a posted menu is enough to lure one in. The fair number of French items tells you that there is indeed a leaning towards French fare. But Reno is not totally French by any means. A Catalan Salad is offered as an appetizer, featuring *judías blancas*, those wonderful white beans. There is a cold bisque of river crabs, an exotic seafood specialty of Catalonia. Entrées include Hake and Clams in Civet Sauce, a most Catalan offering and a mixed grill of shellfish «From Our Coast». On the dessert menu *crema catalana* will be found along with the intriguing Crepes of Red Fruit with Pine Nut Ice Cream. It is obvious that French style or no, the wealth of fine ingredients from Catalonia has determined the thrust of offerings from **Reno.** We are made more aware of this with a visit to the kitchens, where the chefs are preparing a dozen different varieties of wild mushrooms for presentation and service. There are Chanterelles, Morels, giant fresh Robellon or Boletus, Cepes, Trompettes de Mort, truffles... Proprietor Sr. Josep Juliá is justifiably proud of his hoard and tells us that the firm of Petras, located at the far end of La Boquería, has found them for him. Mushrooms are very much a seasonal thing, plentiful in Spring and Fall but hard to find at other times. Thus the **Reno** kitchens buy heavily when these delectable morsels are in season and promote them on their menus. Though the seasons are short, some mushrooms take well to

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Above, left, Luis Cruanyas of the Eldorado Petit Restaurant, seems to embody everything anyone could hope for in a restaurant proprietor. Joan Figueras, the Executive Chef, is totally oriented to food and aware of what is best in the daily market.

preserving, particularly the Morels, which are dried in the kitchen. Sr. Juliá's many truffle-sauced dishes requires that these «Black Diamonds» also be preserved. Rather than rely on commercial processors, he orders as much as 100 Kilos of these culinary jewels in season, mostly from the areas of Vich and Seo de Urgel, North of Barcelona and preserves them in aged Port. The truffle industry in Catalonia is a growing business. Petras is now exporting quality truffles to Switzerland and France.

Sr. Juliá is the fifth generation of his family to follow a gastronomic calling. Reno, which means reindeer, was founded by his father in 1954. Josep Juliá was studying commerce and management when he decided to follow in his father's footsteps. In his culinary training he seemed to be in all the right places, the Plaza Athenee, Lasserre and Maxim's in Paris, the Dorchester in London, the Schweizerhof in Bern and back to Prunier in Paris where their attention to seafood stood him in good stead in these latter Barcelona days. «The tastes of our clientele have changed, away from things like rich rognons and ris de veau and strongly toward fish and seafood», Sr. Juliá reports. «However, if we combine ris de veau with river crabs and add an interesting sauce, we have the lighter sort of entrée that fits with today's culinary interests.» Sr. Juliá and his staff are always on the lookout for new culinary ideas to meet these changing tastes. He recently returned from a trip to Beijing with recipes for sweet-sour sauces. However, he created his version with mountain honey of the Pyrenees and Sherry vinegar and serves it with steak. The kitchen also uses Cava vinegar from the Penedes, but Sr. Juliá feels that they are a bit mild for salads, though they have a delicacy suitable for many sauces.

Working with Sr. Cruanyas of **Eldorado Petit** among many other important Barcelona restaurateurs, Sr. Juliá is most active in the Barcelona Restaurant Association and their restaurant school, called Escola de Restauracio i Hostalatge Barcelona. He is the current President of the school, where the 300 students, under the supervision of their chef professors, have the opportunity for «hands-on» practice in preparing and serving food. There is a great demand for graduates and the school is recognized by the Culinary School in Toulouse. Sr. Juliá pointed out, «by 1992, culinary certifications in any EC country will be recognized throughout Europe and there will be a universal coding system for defining a chef or cook's abilities.»

RENO

Sweet and sour beef sirloin with sweetbreads
(Solomillo y mollejas de ternera al agridulce de cebolla)

Serves 4:

700 g sirloin, cut into 4 steaks
200 g beef sweetbreads, blanched
300 g onion
100 g onion
100 g butter
1 dl sherry vinegar
4 tbsp honey
2 dl beef gravy
salt and freshly ground white pepper

Cut the onion into strips and cook gently in butter until transparent. Just before it is ready, add a dash of the sherry vinegar so that the flavour is absorbed. Set aside. Cut the sweetbreads into thick slices, season and dredge in flour. Toss in butter until golden. Sauté the steaks and set aside to keep warm. Remove any fat from the pan but reserve the juice.

For the sauce:

Pour the rest of the sherry vinegar and the honey into the steak pan and heat until slightly reduced. Add the gravy and reduce again until the sauce reaches the consistency you like. Check the sweet/sour balance and adjust if necessary.

To serve, spread a little fried onion in the centre of each plate. Place a steak on top and a few slices of sweetbread on top of that. Stir a little fresh butter into the hot sauce, and pour over each serving. Accompany with a mixture of 2/3 white and 1/3 wild rice, or dauphine potatoes (balls of a 1/2 potato purée and 1/2 batter mixture)

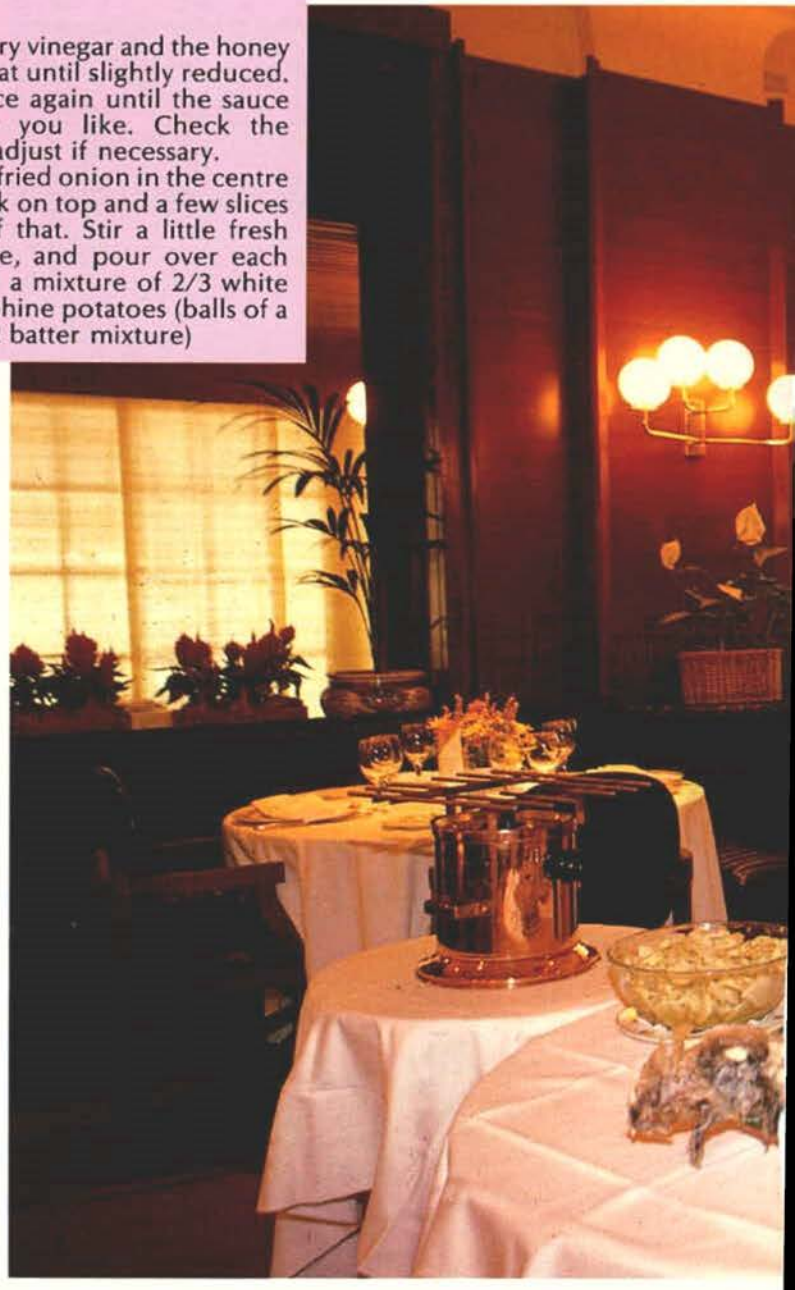
A word or two more is in order about the interior of **Reno** and their culinary offerings before we depart. Upon entering, one is regaled by a beautifully set service table of the fresh offerings of the day, including live crustaceans, home-smoked salmon, assorted mushrooms and the elegant presentations of the pastry chef. A rolling cart holds several vintages of Armagnac that have been bottled especially for **Reno.**

Reno is truly elegant dining, on a scale equalled by only the very best of the great dining establishments of the world. For those serious about dining out, a visit to Barcelona without a stop a **Reno** would be unthinkable!

SIETE PORTES

Still dining alphabetically, we come to the last of our five top Barcelona restaurants, **Siete Portes.** This establishment is the biggest, the busiest and definitely the oldest restaurant of the five. It is found by heading down the Ramblas to the Cristóbal Colón statue and turning left, to the Passeig d'Isabel II. It is at 14, the last seven arches in a building built in the previous century to house the riches of Catalan trade in the Caribbean.

There are no longer seven doors to the restaurant, but the seven arches are still there, six of which have been converted to windows. Looking in at noon, one gets the impression that all of the Barcelona business community is lunching there. Looking in at dinner, and the feeling is that much of Barcelona society is there, along with tourists from as far away as Asia and a



sprinkling of business groups on the town after a hard day's work. Tables are full, the noise level is fairly high and waiters are scurrying about with huge platters of Paella, which is the most frequently served dish and offered ten different ways. The most popular Paella is Black Rice from the Ampurdan Region, made with squid ink. Paella is also made with rabbit every Saturday, with Sardines each Friday and other ways on other days. Our dinner includes Squid Ink Paella, of course, but we also enjoy perhaps their most heavy simple and delicious dish, the incredibly sweet Oven Baked Langostines, flavoured with a little olive oil, parsley and salt.

If you have been to '21 in New York, Locke Ober in Boston or other masculine restaurants of the New World or London, you will have the feeling that you are very much at home here at 7 Portes. There is also a feeling that the kitchen here is capable of creating a vast array of generously portioned dishes to suit every whim. Headwaiters and Captains are very much multi-lingual and help steer you through the menu offerings. Perhaps that encouragement on selections is why the Director, Sr. Julián Alvarez commented that his Chef, Sr. Enrique Cerqueda «can tell, within an order or two, just how many of each menu item will be served every day». Among the special appetizers, 7 Portes offers *pa amb tomaquet* (bread with tomato), with Escala Anchovies that the restaurant has specially cured for them with thyme, pepper and vinegar. One of their staff, a woman with deft fingers, comes in every day to fillet them, leaving the plump mahogany fish boneless except where they are still connected at the tail.

Reno has the appearance of an elegant French Bistro somehow moved lock, stock and barrel from Paris. But Reno is not totally French by any means; the wealth of fine ingredients from Catalonia has determined the thrust of offerings from Reno.

Siete Portes is different from the other restaurants described in that the basic menu stays the same year round. However, all the ingredients in the standards are available year round. In season, wild mushrooms, game and special seafoods are offered on a menu of the specialities of the day, the *platos del dia*. There has been a change however in the method of preparation of the traditional dishes since chef Cerqueda took over two years ago. As Proprietor Sr. Alvarez puts it, «Our Chef is very dedicated to quality; for example he will not hold the *salsa verde*, mayonnaise or Allioli sauce overnight, rather he starts fresh every day». Sr. Alvarez continued, «Our Chef was collaborating with us for six years while he was a Culinary Professor at the Catalan School of Cooking. Last year he came to us full time and immediately eliminated almost all of the pork lard and much of the other animal fats from our recipes, substituting Olive Oil from Ampurda, hard to find but worth it, because it doesn't stay in the throat like other oils.»

Sr. Alvarez defined his role in 7 Portes as «a former engineer who now makes a science of Paella». He is a bit modest for it is obvious that his charm adds to the ambiance of the establishment and his knowledge of the foods, traditions and history of Catalan fare in general and the foods and history of 7 Portes in particular are virtually encyclopedic.

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Reno is truly elegant dining, on a scale equalled by only the very best of the great dining establishments of the world. For those serious about dining out, a visit to Barcelona without a stop at Reno would be unthinkable!

OLYMPICS '92

Before we leave, we ask Sr. Alvarez what plans, if any, he has for the Olympic times in the Summer of 1992, when Barcelona will be full to overflowing. He says that they plan to set aside the upstairs dining rooms for Olympic related dining events. It is obvious that the restaurant's proximity to the new Olympic

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SIETE PORTES

Baked Dublin Bay prawns
(Cigalas al horno)

Serves 4:

4 medium Dublin Bay prawns per person
1/2 dl olive oil
1 glass dry white wine
salt & freshly ground blanck pepper

Open the prawns lengthways, season with salt and pepper, and place, shell side down, in an oven dish. Sprinkle with oil and pour over the wine. Place in a hot oven.

When cooked, remove from the dish. Reduce cooking liquid slightly and pour over the prawns when serving.

Village will mean even more crowds and the restaurant is likely to become a mecca for a large proportion of the 10,500 journalists who will be covering the events for virtually every country in the world.

Botafumeiro will be creating an entirely new restaurant for the Olympic times, next door to their seafood operation. It will be more bohemian in character, a place for discussion as well as a meal. Reno worries about accommodating their regular patrons and has decided to allocate several tables to Olympic related dining and hold others for their year-round clientele.

The coming Olympics are only one of the factors in the ever-increasing growth of tourist Barcelona. This is in addition to the constantly growing level of business entertaining. Putting it all together, Barcelona's food service industry is in for some pretty busy times from here on in. With the support of a strong Restaurant Association, a splendid culinary school and fine restaurants like the five reviewed here, the city seems ready for the tasks ahead and anxious to get to it. But there is strong argument for those planning a visit that says, «why wait for the Olympics?». Get to Barcelona to check it out before the great rush of summer 1992. There are five great restaurants waiting to serve you; first class, world class establishments, that can only become better and better known as time goes on. Be the first one on your block to bring home your own culinary report from Barcelona, the city with a riveting past and a great future.

One final note. When you plan your Barcelona trip, we can think of no better way to get there than by taking Iberia's «Barcelona Express» that leaves from New York directly for Barcelona. If you are serious about food and want to get a start on fine dining, opt for First or Business Class. Sr. Gustavo Correo, Director of Catering for Iberia, tells us that the menus always include such elegant items as Foie Gras, Malossol Caviar, Beef Wellington, Salmon, Lobster or Veal and a fine selection of Cava Sparkling wines and vintage Spanish red and whites. To begin, they offer fine Sherries, one's first taste of Spanish sunshine. That is just the ticket to start or end your visit to Spain's great city of the North, Barcelona.

Siete Portes is different from the other restaurants described in that the basic menu stays the same year round. In season, wild mushrooms, game and special seafoods are offered on a menu of the specialities of the day.

Charles Powell is an American Chef, restaurateur and food writer. He is a member of The American Culinary Federation, America's professional chefs society. Gloria Cole is a feature travel writer and theatre critic for The United Press.

THE QUINTESSENTIAL FINO.

COUNTRY COUSINS
II

MEDITERRANEAN CHARCUTERIE: TRADITION IN THE MAKING

Text: **Enric Canut**
Still Life: **Menchu Artime**
Photo: **A. de Benito/ICEX**

We began this series with a general overview of Spanish charcuterie. From this issue on, we shall be concentrating on regional specialities, starting here with Mediterranean Spain: Catalonia, the Region of Valencia and the Balearic Islands. The most characteristic feature of the charcuterie of this part of the country is the use of flavour-enhancing spices. This is not an area for cured pork loin or top quality hams: the climate is simply not suitable for curing. Instead, good lean meat is chopped and used, for example, to make *salchichón*, a sausage for which the town of Vic is particularly famous. The kind of charcuterie to look for here is top quality "cooked" sausages (they are also sometimes cured) such as black and white *botifarra* and *camaiot*. In general, though their names may differ, the products of all three areas are very similar: Mediterranean cousins in a nation-wide family.

Puigcerdà is a little town in the heart of the Catalan Pyrenees. It is the "capital" of Cerdanya, a highland area straddling France and Spain which was once inhabited by the pre-Roman Ceretans.

These three ancient names — Puigcerdà, Cerdanya, Ceretans — all share a common etymological feature: the *cerd/ceret* element, cognate with modern Spanish *cerdo* (pig or pork). For this has been a pig-rearing area for many centuries: Roman agricultural chronicler Columella mentions the Roman roads which led from Ampurias, on the Costa Brava, to the mountainous interior. One of them led to Cerdanya, and was used to transport salt from the coast to the interior and hams and salt pork back to the imperial table.

Pig-rearing in Spain and the use of pork as a durable foodstuff was of considerable historical significance, not only for particular geographical areas but also for Western Christian culture as a whole.

The pig, a veritable larder on legs of which no fragment is wasted, has been both deified and denigrated, worshipped and mocked. Its meat still represents a dietary barrier between religions and was used as a test of faith on false converts during the Inquisition. Even the Catholic Church forbids meat-eating during Lent, though only after celebrating its importance with the Carnival and feasts, which vary from country to country — Mardi Gras, Jueves Lardero — whose original intention was to eat up all the fat in the house before the Lent fast began.

The pig was the first animal to be domesticated by man, and it efficiently colonised the dense woodlands which once covered the plains and mountains of Europe as far as the Mediterranean: the time when, as folk historians are so fond of claiming, "a squirrel could cross Spain without ever touching the ground". Pigs are omnivorous, placid, gregarious yet independent creatures, perfectly suited by nature to serve as trail-blazers through the chestnut, oak, beech, ilex, and cork woods of Spain, feeding on grass, wild bulbs, acorns and chestnuts as they went.

The best-known local sausages from this area are the white botifarra *from Catalonia and the* blanc *from Valencia. Close cousins, they contain a mixture of lean meat and fat. The difference comes in the seasoning.*

FROM NORTH TO SOUTH

Eight centuries of Arab domination restricted pig-rearing and pork eating to the mountainous north of the Iberian Peninsula. There, pork was a dietary staple, a vital source of protein in a self-sufficient society. The pig was killed in winter, the cold, dry period being the perfect time to cure sausages and salt meat which were then gradually eaten throughout the following year.

In the area of present-day Catalonia where traditions have survived best, the pig was historically a cherished animal and provided the basis for the self-sufficient approach to farming which prevailed during the Frankish period. After the definitive reconquest by the Christians of territories still in Muslim hands in the 14C and 15C, this farming pattern spread throughout the rest of the Mediterranean, from the Balearic Islands to the River Vinalopó (Alicante Province), as similarities in nomenclature and preparation of pork products show. Pig breeding was restricted in the main to intensive rearing on country smallholdings, the animals feeding freely in the farm's area of woodland, their diet supplemented with by-products of vegetable and other crops. In some parts of the Valle de Arán (Lérida Province) and the island of Majorca, pigs still roam free during their fattening-up period.

The culminating point of the fattening process has always, inevitably, been the *matanza,* or slaughter. So significant an occasion was this in times past that it became, and still is, an occasion for celebration. It also created one of the first skilled jobs in the food industry: that of the *mondonguera* or *mocadora.*

The *mondonguera* was a woman with the empirically acquired skills of a surgeon-cum-cook. She it was who dissected the carcass and skilfully mixed and seasoned the various parts and different cuts of meat from which a vast range of products would be made: spicy *botifarras bulls* (blood sausages), *salchichones;* hams and confits (fried meat preserved in its own fat).

Nothing was wasted. Local climate and traditional eating habits played their part in creating a wide spectrum of regional specialities, some areas specialising in cured products, others in fresh, some using particular spices... In the Pyrenees, the membranous cover from the lungs was used to wrap patés, and in Valencia's Ribera Alta, to make *figatells.* Conditions up in the mountains are ideal for curing hams while in the hot, moist conditions of the island of Menorca, the outer skin of the fresh ham was used as the casing for *camot* or *camayot* sausage.

Later, the introduction into Spain of a new spice — *pimentón*, or paprika — from the New World opened up new possibilities for seasoning charcuterie, and was to become a vital ingredient in a product characteristic of Majorca and Menorca: *sobrasada*, a russet coloured savoury paste.

Traditional as charcuterie may be, it continues to evolve. Changes and influences have been absorbed since earliest times in a quest for the best method of preserving meat while making it as flavourful and attractive as possible.

The *mondonguera* is still alive and well in parts of rural Spain where the matanza is still an annual "amateur" event. Even so, her function was taken over in the latter half of the last century by the *chacinero* or *tocinero*. While meat and meat products had hitherto been sold generically, butchery became more specialised from then on and craftsmen in specific ancient skills began to emerge. Today, every village in Catalonia, the Balearics and Levante has its highly respected master *chacinero, tocinero* or *cansalader*.

With specialisation came the foundation of powerful professional guilds, the basis of the modern charcuterie industry. This could be said to date back to the 1950s and to be focused in places where charcuterie production was a long-established tradition. La Plana de Vic (Catalonia), La Ribera (Valencia) and Felanitx (Majorca). The industry is dominated by family companies which produce a vast range of charcuterie with tradition still very much a byword.

Recipes

Sobrasada with honey
(Sobrasada con miel)

This is a typical Menorcan country breakfast.

Pour honey into a frying pan and heat, then add chunks of sobrasada removed from its skin. Stir thoroughly until it forms a smooth, rich paste and serve hot with small pieces of bread which are mixed in before eating.

Catalan-style broad beans
(Habas a la catalana)

Fry diced fat bacon and onions in an earthenware casserole. When the onion is soft, add the broad beans and cover the dish. Cook over a slow heat for a few minutes, and when the beans have begun to release juice, add slices of black botifarra sausage and a sprig of mint. Cover, and allow to continue cooking until the beans are just ready, adding a little water if necessary and seasoning with salt and pepper. Serve immediately. The fresher and more tender the beans, the more delicious this dish is.

(Recipe from the book «*Els Embotits a Catalunya*»).

Botifarra sausage with white beans
(Botifarra amb mongetes)

Though the sausage is the predominant ingredient in this dish, it is vital to get the beans just right. Soak and boil dried white beans until just tender. Do not drain completely, and remove any damaged ones. Fry the sausages in lard and set aside. Reheat the remaining fat and fry the beans over a high heat. Do not stir, but toss them about in the pan. They will absorb the fat: they are at just the right point when slightly crisp, crunchy and rich. Do not let them get dry, mushy or oily. Part of the secret is to get the heat right so that they all cook at once, and not to put too many in the pan (no more than about 2 cm in depth). Two to three minutes before removing them from the heat, add a sprinkling of parsley and garlic chopped together. Serve the sausages and beans on the same dish.

(Recipe from the book «*Els Embotits a Catalunya*»).

Sausages with cabbage
(Salchichas con col)

Cut up a white cabbage into coarse slices, boil until just cooked, and drain. Meanwhile, fry the sausages in an earthenware casserole. When they are done, set aside, add a little lard to the casserole and gently fry the cabbage in it. Mix everything together and serve hot, sprinkled with croutons fried in very hot oil.

(Recipe from Pedro Ballester book «*De Re Cibaria*»).

SAUSAGES: UNCOOKED AND COOKED

This vast range can be divided up into groups:

The first is made up of uncooked sausages. These are made to be eaten fresh, after frying or grilling, for example.

This group includes *botifarras, salchichas, longanizas* or *llonganisses*, made from lean pork meat, seasoned and stuffed into long narrow tubes obtained from the small intestine. These are a key ingredient in classic Catalan dishes such as *mongetes amb botifarra* (a white bean stew flavoured with spiced sausage).

Cooked sausages make up another major group. These are sausages which, once stuffed into their skins, are boiled for varying periods. They are intended to be eaten within a short time, though they do keep for a matter of months with the aid or refrigeration and vacuum packing.

This is the most eclectic group of sausages, and the one which best exemplifies the effects of context on local foodstufs. They come in two basic types: thin *(botifarras* and *morcillas)* and fat *(bulls, bisbes, paltruchs, bufas, poltronas*, and others)... Note the many local names for very similar products.

Cooked sausages include all the meat and offcuts which do not qualify as the finer cuts of pork. Blood, varying quantities of meat and belly-pork mixed with rice, flour and onion are used to make delicious black *botifarras, botifarrons* and *morcillas*, and are a fundamental ingredient of local *cocido* stews and the delicious country rice dishes typical of the fertile area around Valencia.

The range of non-blood sausages is almost too vast to be catalogued. There are *botifarras* made specifically of tongue, kidney, heart, meat from the extremities (*perro* from Valencia, *cap de sendai* from Catalonia, and so on)...

The best-known local sausages from these areas are, however, the white *botifarra* from Catalonia and the *blanc* from Valencia. Close cousins, they contain a mixture of lean meat and fat with intestines, and sometimes also contain egg. The difference comes in the seasoning: in Catalonia they use mainly salt and white or black pepper, whilst in Valencia, nutmeg, cloves and cinnamon are also used.

There are cooked and cured variations within this relatively small branch of the family, all excellent in flavour and quality. One of the best is the Catalan *botifarra*, widely recognised as a quality product, and probably a relatively recent invention. Its recipe includes lean meat seasoned with salt, pepper, nutmeg and, optionally, truffle, and the mixture is left to mature for a few days before being stuffed into skins and scalded.

Another less common delight is the *camot, camaiot* or *cuixot* — three names used in the Balearic Islands for three very similar sausages, made (much like Catalan *botifarra negra)* of blood and intestines, richly flavoured with fennel, caraway and cloves, among other spices. Once chop-

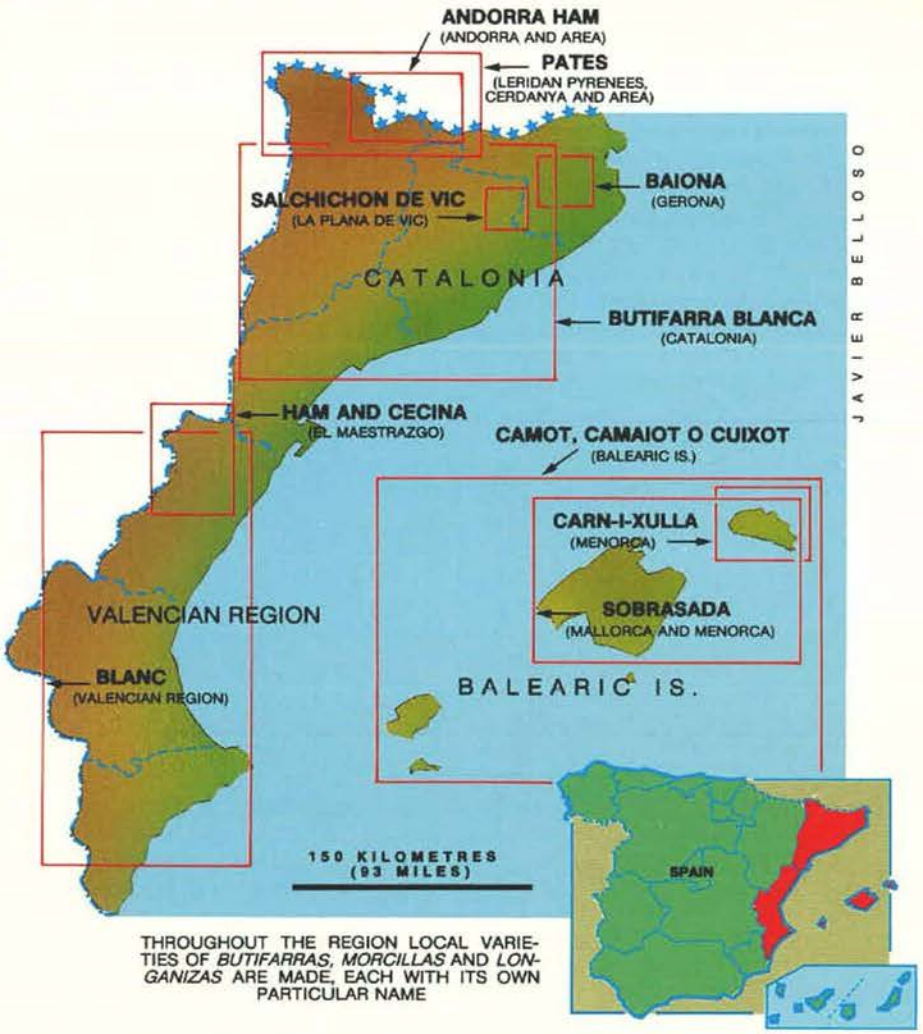
Sobrasada *is the Balearic Islands' star product, a highly original and delicious invention. After a 2-month curing period, what emerges is a fragrant, delicious orange-red paste, spreadable yet not sticky.*

ped, mixed, seasoned and kneaded, the ingredients are stuffed into sewn bags made from the ham or lower leg skin before being boiled and left to cure for some weeks.

CURED SAUSAGES

Cured sausages make up the other major group. Having been stuffed with raw meat, these sausages are hung for drying in a cool airy place for varying periods of time, during which they take on flavour. They are always made with good quality lean meat and, in general, the meat is chopped, seasoned and allowed to mature before being stuffed into narrow or medium-bore skins thick and tough enough to withstand the drying process. In certain areas, they are allowed to form mould on the outside; in some, they include salt or pepper (Catalonia), or cloves and aniseed (Valencia). The classics here are *fuets, llonganisses de Pasqua, secallones,* and *espetecs,* which are eaten for breakfast or for late afternoon snacks with bread rubbed with tomato or sprinkled with oil and washed down with a glass of wine.

This group has two particular gems which stand out from the rest on grounds of quality and originality. One of these is *carn-i-xulla* (meat and belly-pork) from Menorca. These sausages are made with coarsely chopped meat stuffed into the large intestine of the pig, and they need at least two months of air-drying before eating. Along with *sobrasada,* they have always been considered the prize of the *matanza* in the country farms, or *llocs,* of Menorca. The other gem is similar, though very different in flavour. This is the famous *salchichón* from Vic (Barcelona), made with the best lean pork, simply seasoned and stuffed into good quality natural intestines. The yeasts and bacteria of the meat and the blue-grey mould which forms during the several months during which these sausages are left to cure are the secret to what is generally considered a "de luxe" sausage.



THROUGHOUT THE REGION LOCAL VARIETIES OF *BUTIFARRAS, MORCILLAS* AND *LONGANIZAS* ARE MADE, EACH WITH ITS OWN PARTICULAR NAME

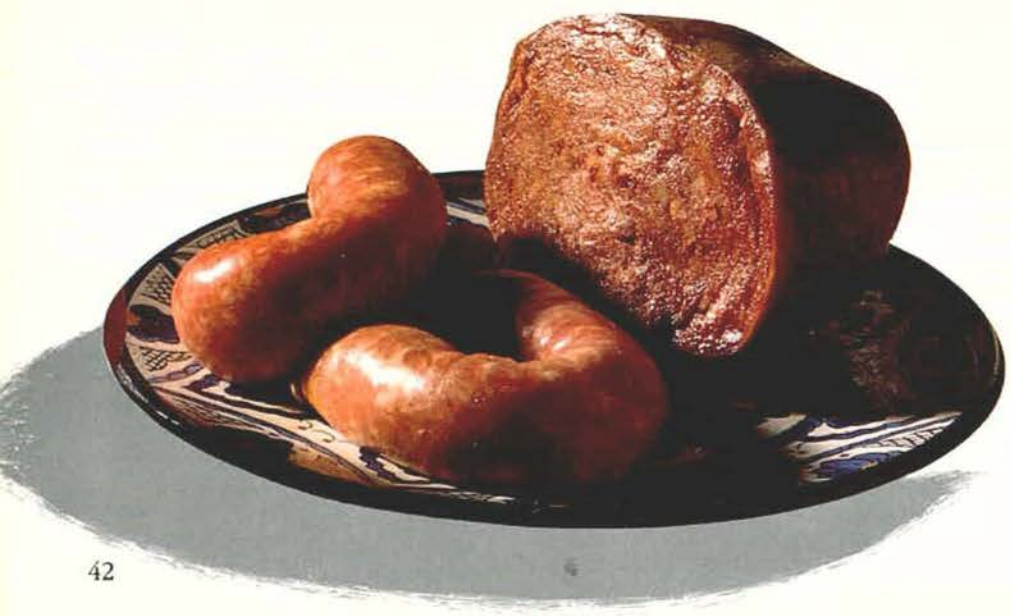
The remaining group is made up of hams. Though neither Catalonia nor Valencia, and still less the Balearics, specialise in this field, they produce perfectly respectable hams, such as *jamón andorrano,* from Andorra, *baiona* ham from Gerona, and hams and salt meat from Maestrazgo.

SOBRASADA

All that said, few charcuterie enthusiasts would deny that the favourite from this whole area is *sobrasada,* a highly original and delicious invention, the product of the very Mediterranean climate which eliminates it from the top ham producing league. It comes from the Balearic Islands, especially Majorca.

Sobrasada is the islands' star product. The best meat cuts, top quality sweet, piquant red paprika, the best white pepper, the best parts of the large and small intestines, and even the bladder and stomach are used in the recipe. After a two-month curing period, what emerges is a fragrant, delicious orange-red paste, spreadable yet not sticky, containing little chunks of meat. The whole sausage is a globular shape and weighs several kilos and can easily last a year, mellowing and improving as it does so. The Balearics may not be ham producers, but they have certainly come up with a consolation prize in a category of its own.

And this is just a small sample of Spain's range of charcuterie, all derived from the humble pig and local skills handed down from generation to generation. Far from being in danger of dying out, these traditional products are still evolving and the traditional skills needed to make them are still being deployed to the full.



BESIDES FISH PASTES, WE HAVE OTHER PRODUCTS TOO.

PATES CARNICOS
Paté de Foie (Pur Porc), Sobrasada, Ave, Chorizo, Oporto, Casero, Pollo, Jamón

PATES DE PESCADO
Salmón, Atún en aceite, Atún en escabeche, Anchoa, Marisco, Gamba, Cangrejo, Sardina

SALCHICHAS TIPO FRANKFURT

MORTADELAS Y FIAMBRES

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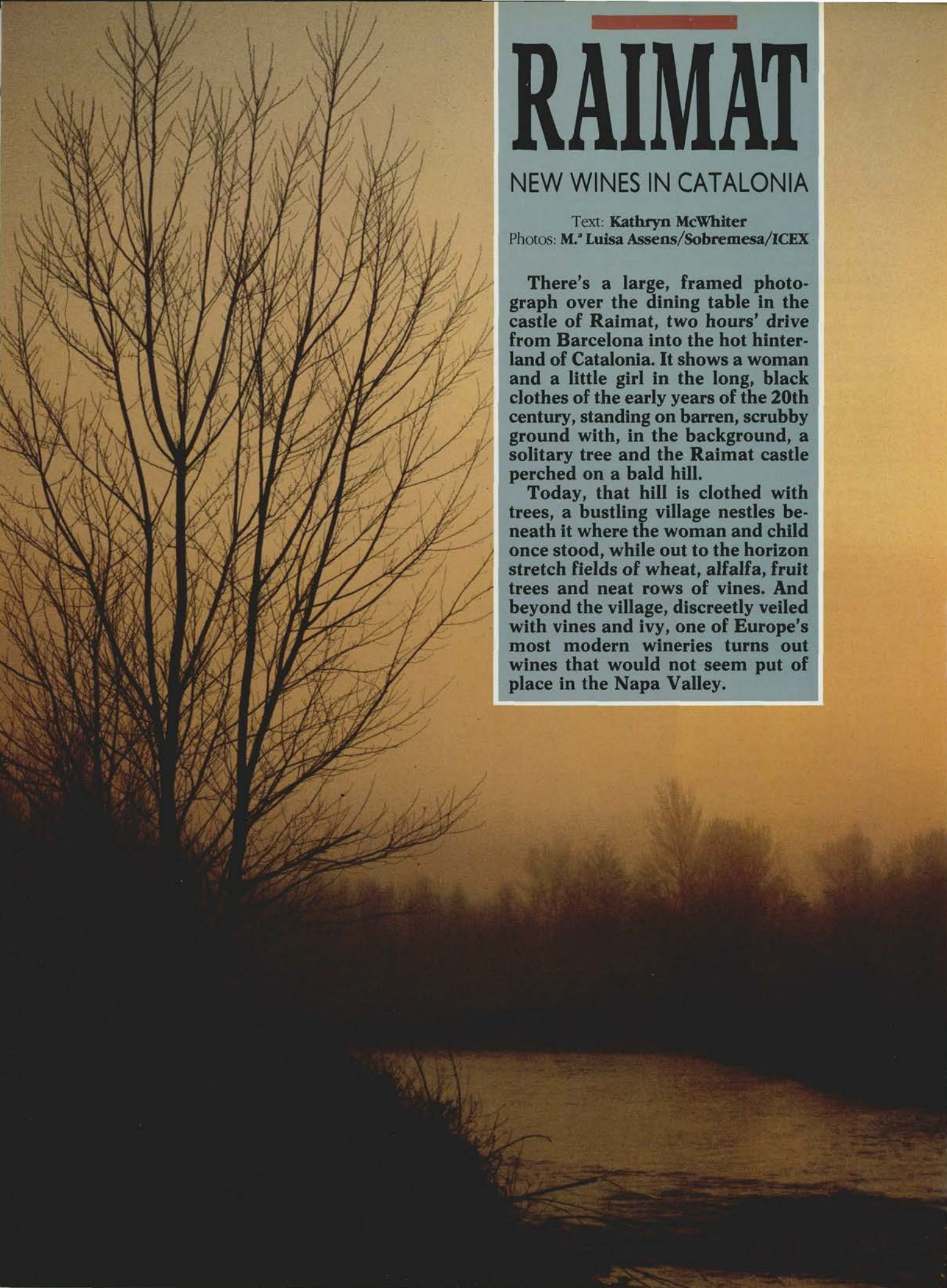


RAIMAT

NEW WINES IN CATALONIA

Text: **Kathryn McWhiter**
Photos: **M.ª Luisa Assens/Sobremesa/ICEX**

There's a large, framed photograph over the dining table in the castle of Raimat, two hours' drive from Barcelona into the hot hinterland of Catalonia. It shows a woman and a little girl in the long, black clothes of the early years of the 20th century, standing on barren, scrubby ground with, in the background, a solitary tree and the Raimat castle perched on a bald hill.

Today, that hill is clothed with trees, a bustling village nestles beneath it where the woman and child once stood, while out to the horizon stretch fields of wheat, alfalfa, fruit trees and neat rows of vines. And beyond the village, discreetly veiled with vines and ivy, one of Europe's most modern wineries turns out wines that would not seem put of place in the Napa Valley.

When the 3,200 hectare Raimat estate was bought in 1914 by the Raventós family (owners of Codorníu cava), the land was heavily contaminated with salt and the climate was too arid to contemplate agriculture. It was not the poor investment it seemed, however, because within a few years, the new Catalonia and Aragon canal was constructed right through the estate, providing a constant source of Pyrenean water to siphon off along miles of subsidiary canals and into numerous reservoirs. The land was flooded and drained, then alfalfa grass was planted in a first effort at desalination. By the thirties, when for a year Franco used the square, spartan castle as his headquarters, the estate was covered with a million trees. When these had done their salt-extracting work, the land proved virus-ridden, and early plantations of vines died. It was not until the mid-seventies, with the introduction of Californian, virus-resistant rootstocks for the vines, that the problems were overcome.

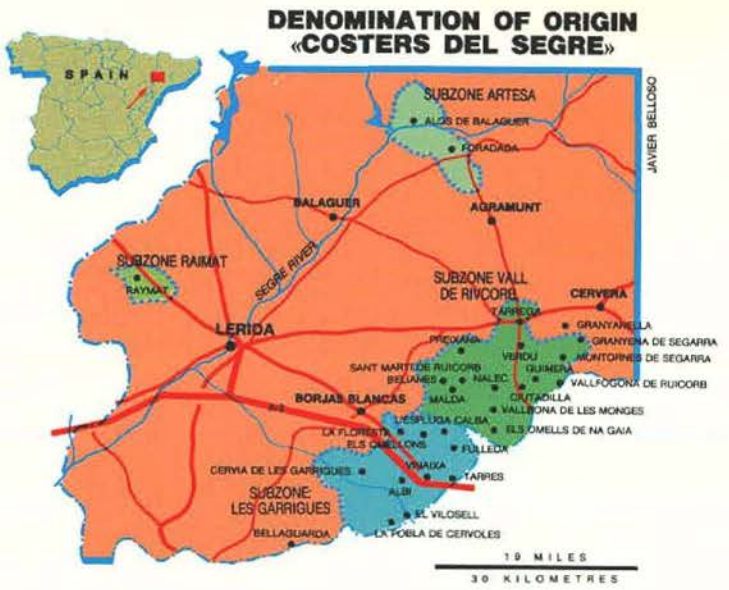
Still today, the canal water, drawn from 17 canals all over the estate, is the lifeblood of Raimat. On the night last April when France's vineyards were ravaged by frost, the temperature at Raimat dropped to —4° C. The water sprinklers saved Raimat's fruit trees, while elsewhere newly budding crops were wiped out.

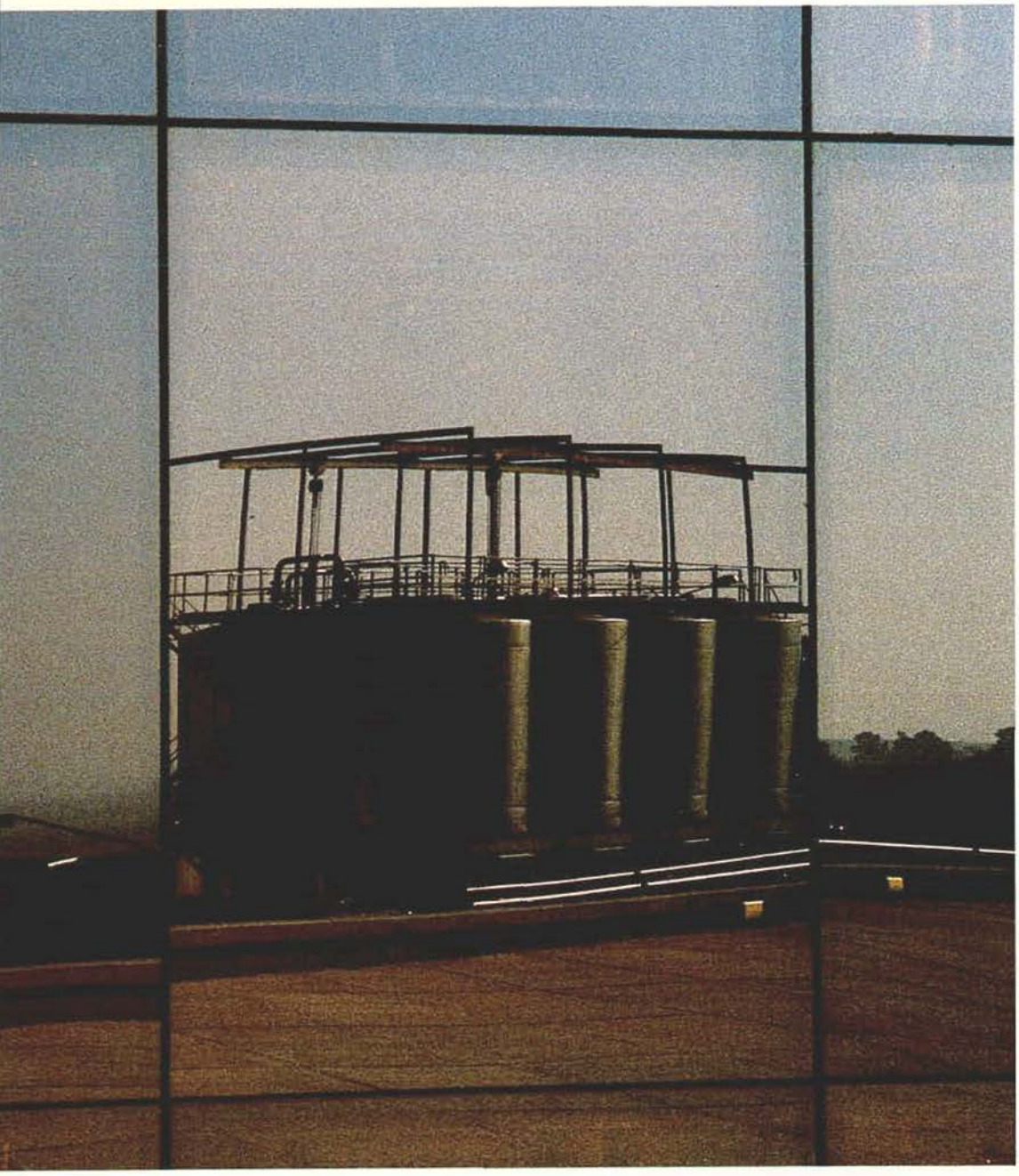
Cold nights in the summer are an important quality factor at Raimat. When I visited last July in roasting day-time temperatures (42° C in the shade is quite common), the nights dropped to a chilly 9° C. Cool nights make for aromatic grapes with good, fresh acidity. When vines start to respire on hot nights, the grapes very rapidly lose aromas and acids. Many of the grapes are also picked in the cool of night by machines that shake the vine trunks and deliver the grape bunches largely intact. It takes just 20 to 30 minutes to get the picked grapes from vine to crusher —another vital quality point in a very hot climate, where picked grapes can quickly deteriorate. The more delicate half of the Raimat grapes, including the thin-skinned Pinot Noir, are still picked by hand, however.

A YOUNG EXPERT

Much of the technology at Raimat's vineyards has come from the Californian universities of Davis and Fresno with which the Raventós family had particularly close associations. Now technology is flowing back to California which is visited regularly by Raimat's 30-year-old estate manager and vineyard expert Xavier Farré (himself a viticulture graduate of the University of California, Fresno). He also travels regularly to Australia, New Zealand, Chile and South Africa to keep up with the latest developments and to exhange information: «The places to learn are those that have weather like ours», he says.

Farré has revolutionised the Raimat vineyards since he arrived three years ago. In their long, neat, wire-strung rows, the vines here have always looked very different from the busky, goblet-pruned vineyards that have predominated in Spain. But Farré has brought in even more advanced techniques. By the end of this coming winter, all the Cabernet Sauvignon and Chardonay vines will be trained «vertically» in order to get the maximum amount of light through the foliage and on to the ripening grapes. Two wires that, until the onset of ripening, trail along the ground close to each side of the rows of vine trunks are hoiked up in the summer so that they hold all the straggly vineshoots up in a tall, narrow block, with the bunches of grapes exposed on either side. Farre also pulls off some of the leaves by machine. You can really taste the extra ripeness and flavour in the wines these vines produce, he says. He may soon start to train his Tempranillo and Merlot vines in the same way, but he is still evaluating a variety of «leaf canopy management» methods from





The Costers del Segre D.O. regulations embrace all the Raimat grapes, and also make provisions for any grape variety that in future might prove itself "capable of producing prestigious, quality wines".

places as far flung as New Zealand and Oregon.

Farré has also drastically reduced the use of chemicals in the vineyards. Not so long ago, they used to spray ten times a year to prevent fungal diseases. Now they spray four times at the most. Pulling off some of the leaves at the height of summer allows air to circulate in the vineyards as well as letting more light in to the grapes. And weather stations strategically placed around the estate warn technicians when humidity is high enough for moulds to flourish. There are even four «trap stations» on the estate to assess the numbers of destructive insects and grape worms in the vineyards, so that the vines are sprayed only when a population explosion is imminent.

Just over a third of the estate, 1,200 hectares, is now covered with vines. Further expansion is limited by the European Community, though the estate has been granted permission for a certain amount of additional planting in recent years. Cabernet Sauvignon is the most important, with 400 hectares, followed by Chardonnay with 300 and Pinot Noir (a Californian clone) with 128. There are 75 hectares of Riojan Tempranillo, 55 of Merlot, and still nearly 250 hectares of the traditional Catalan white grapes, Parellada, Macabeo and (ever less) Xarel-lo, which are used, as is much of the Pinot Noir and Chardonnay, for the Codorníu sparkling wines. As much as 60 per cent of the estate's wines go to make cava that is not sold under the Raimat name. The indigenous vine varieties will eventually be phased out. They have recently been replaced by more Chardonnay and Pinot Noir. Meanwhile, other varieties are under investigation. A special plot in the vineyards is set aside to evaluate 60 different clones. They may soon try a five-hectare plantation of the characterfully aromatic Galician grape Albariño, and Sauvignon Blanc is also a promising future candidate. There is even one barrel of Syrah in the winery.

Until recently, the wines were made from any of the estate grapes that reached the required quality. In the last couple of years, however, winemaker Miguel Gurpide has been making experimental batches of wine from every single vineyard. «It is a crime to blend some of these wines», says Farré, and Codorniu's European Vice-president, Paulino Vinuesa, agrees that such individual, really top-notch wines «will be a very important tool in the future at Raimat».

THE WINES

Raimat Chardonnay 1990 Fresh, slightly tropical fruity, appley wine with soft, buttery depth.

Raimat (Clos) Abadía 1988 Very Attractive, soft, fruity red with savoury oak and green pepper, vegetal flavours. This vintage is a blend of 60 per cent Cabernet Sauvignon, 30 per cent Tempranillo and 10 per cent Merlot. It was aged for six months in large oak vats, then eight to nine months in new American oak barrels.

Raimat Cabernet Sauvignon 1987 Rounded, spicy-oaky red with uncooked blackcurrant and slightly vegetal, green pepper flavours. It is 85 per cent Cabernet, with a little Tempranillo and the rest Merlot, with 18 months in oak including one year in oak barrels that have been used once before for Abadia.

Raimat Tempranillo 1988 Lovely wine with piercing strawberry fruit blending beautifully with savoury American oak. This is 100 per cent Tempranillo.

Raimat Merlot 1988 Sweetly raisiny, attractive red very much dominated by a vanilla-oaky flavour.

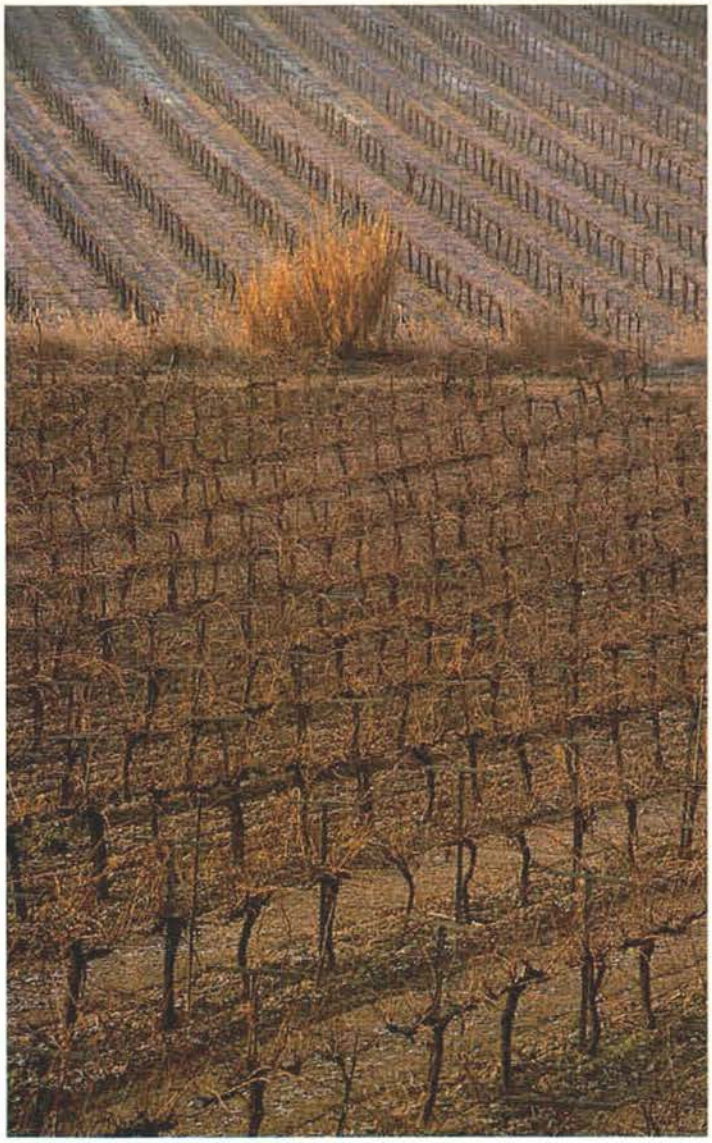
Raimat Chardonnay Cava Good Chardonnay fizz, back on form after a disappointing period, with good honeyed, lemon pineapple flavours.

THE OLD AND THE NEW BODEGAS

The wines are still fermented in the original *bodega,* designed in 1918 by a pupil of Gaudí, architect Rubio Bellver. Shafts of sunlight from beige-stained windows along the roof illuminate temperature-controlled stainless steel and fibreglass tanks, super-modern presses and juice filters amidst the soaring brick arches.

But this cathedral-like edifice has recently been outclassed by a new winery, built to house a reception centre for visitors, oak-ageing cellars (only a third full at current production levels), bottling lines. There is also a sparkling wine production area where cava bottles can be effectively riddled in less than ten minutes compared with the traditional month thanks to a slippery strain of yeast and ingenious bottle crates that can be turned by fork-lift truck. The building is set right into the hillside on the other side of the village facing the castle, its decapitated pyramid shape almost hidden by the vines and ivy that clamber over the top and sides. But the front with its lake, white marble steps and columns and reflecting glass prepares visitors for the cool was instrumental in the creation of its, marble-laden magnificence within.

The Raimat estate was instrumental in the creation of its Denominación de Origen in 1988. The Costers del Segre DO (Banks of the Segre) in fact includes three other quite separate zones mostly in the arid, undulating land of the province of Lerida. But the wines of Raimat outclass anything else being made so far in the surrounding country. And the rules of this new DO have clearly been written with the enterprising spirit of Raimat in mind. While some other Spanish Denominaciones de Origen are suspicious of imported vine varieties the Costers del Segre regulations instantly embrace all the varieties at Raimat, and also make provisions for any grape variety that in future might prove itself «capable of producing prestigious, quality wines». Within the Spanish wine industry, acceptance of such a revolutionary stance is a new phenomenon. But then, Raimat has proved that both its red and white wines are consistently among the finest in Spain. It's good to see that achievement recognised.



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Costers del Segre

Province of Lerida in Catalonia

D.O. published in Official

State Gazette on 17th May 1988

Area under vine: 3,476 Has.

Average production: 110,000 Hls.

Exports campaign 90-91: 4,620 Hls.

Vine varieties: Macabeo (Viura)
Parellada
Xarel-lo
Chardonnay
Cabernet Sauvignon
Merlot
Pinot Noir
Monastrell

Red and white wines and Cava.

All sparkling wines not exceeding 13° alcohol by volume.

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Cheese bearing the La Mancha certification of origin, 100% pure sheep's milk.

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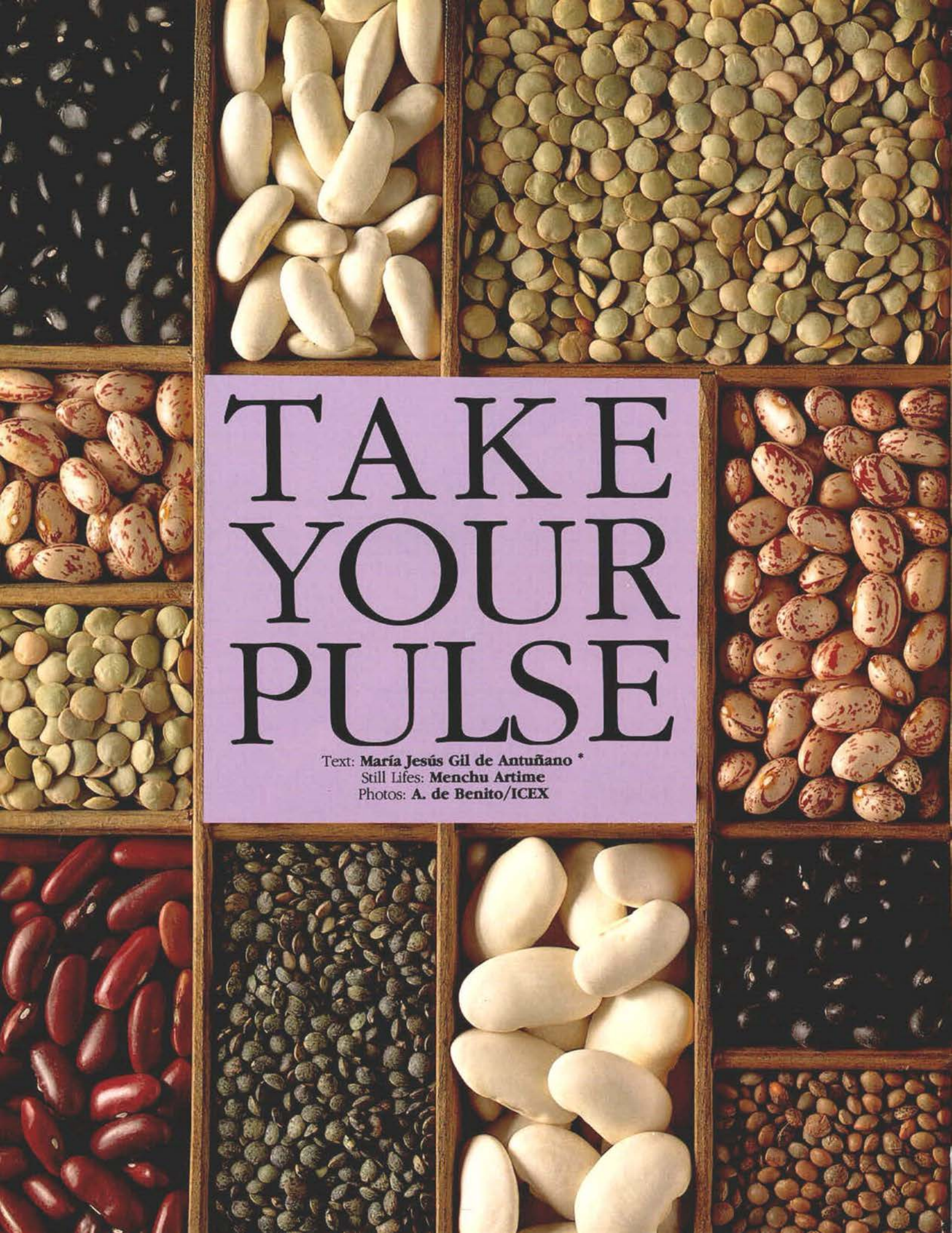
FORLASA



TAKE YOUR PULSE

Text: **María Jesús Gil de Antuñano** *
Still Lifes: **Menchu Artime**
Photos: **A. de Benito/ICEX**

It is a characteristic common to all leguminous plants that their flowers have one single pistil which becomes a seed-bearing pod, or legume. Saint Isidore of Seville, 7C author of a vast encyclopedic work entitled *Etymologies,* traces the word *legume* back to the Latin *legere,* to choose or pick, either in the sense of selecting the best of the plant or picking it by hand.

There are more than eighteen thousand species, classified according to their practical application as food and crops. In Spanish, the word *legumbre* means dried legume seeds used primarily for human consumption: basically these are kidney beans, chick peas and lentils in their many varieties.

There was a time when peas and broad beans were eaten both fresh and dried, but nowadays they are generally eaten fresh only. Kidney beans, however, are grown in various varieties and are eaten either green in their pods, as shelled beans, or as full-sized mature beans before they reach the dry, hard stage.

RICH AND FAMOUS

Vetch, a major source of porridge flour for many centuries, is now banned from sale by Spanish Food Laws on the grounds that it causes palpitations.

The lupin, or wolf bean, is another legume that has fallen from favour. Even so, despite a period of being sold in barely significant quantities, it has now taken on a new lease of life, particularly in the United States where it is believed that, taken daily in very small quantities, it combats cholesterol.

Other countries cultivate a wide variety of legumes for their seeds: recent research by Duke considers over 150 different species which play an important role in the world economy.

Legume crops also play another vital role, contributing importantly to a balanced ecosystem. Up until the middle of the last century, it was recognised that land where legumes had been grown became much more fertile, though the reasons for this were unknown. We now know that leguminous plants filter nitrogen from the atmosphere into the soil: in other words, they act as natural fertilisers.

STAPLES

Legume seeds have played a vital role in the human diet since time immemorial. Together with cereals, they have provided the dietary basics for almost all civilisations, largely because of the convenience of their drying naturally and storing well. Both these characteristics are due to their impermeable outer covering which protects them from external conditions. Early civilisations discovered empirically that they are highly nutritional and energy-giving as well as being versatile as food, and this is another reason for their having been eaten in most parts of the world for so many centuries.

The development of biochemistry in the latter half of the 19C opened the way to research which now enables us to understand how proteins and amino-acids provide the body with nitrogen. Analysis of the various nutritional constituents of legumes, particularly proteins and amino-acids, has revealed them to be a powerful source of protein. Containing between 20 and 30 g of protein for every 100 g in weight, they are a cheap yet power complement to the protein provided by meat, milk, eggs and fish.

Beans, chick peas and lentils — staples of the human diet for at least 7,000 years — have shot to stardom. They are suddenly fashionable food. Scientists have discovered that pulses are an important source of protein and fibre, and today's food-lovers have discovered their gastronomic potential, restoring them to the status they once enjoyed in sybaritic Ancient Greece. New, light-weight dishes are being created on the basis of traditional ones. What you cook pulses with is important in more ways than one: matched with the right ingredients, their nutritional value is enhanced.

KEEPING THE BALANCE

Even so, a satisfactory diet calls for protein to be balanced by suitable proportions of carbohydrates and fats and complemented by mineral salts and vitamins. Pulses contain all these ingredients in the proportions the body needs. Carbohydrates both provide energy (they are muscle fuel) and propitiate the absorption of proteins; fibre, which pulses contain in considerable amounts, stimulates intestinal activity and is also believed to be helpful in some circulatory ailments.

Pulses have always been associated with hearty food, and certainly the ingredients with which they are prepared in traditional regional Spanish dishes make for a high calorie combination. For many centuries all over Spain, the annual slaughter of the family pig provided the larder with a stock of durable food which was capitalised on whenever possible. Add to this the fact that in earlier times country people had to cope with heavy physical work and icy winter temperatures, and you realise that they actually needed as many calories as they could get. Today, when farmers work the land by tractor, travel about the countryside by car and are protected from the cold in even the chilliest conditions, this is no longer the case.

The energy value of the carbohydrates in pulses helps the metabolism save proteins: eaten in quantities appropriate to a particular lifestyle, pulses can provide the body's total energy needs.

WELL MATCHED

Folk wisdom, apparently accumulated through intuition, knew which ingredients to combine with pulses to maximise their nutritional value long before receiving the stamp of approval of modern science. FAO-WHO criteria for measuring the effectiveness and quality of proteins reveal that by combining pulses with certain other foodstuffs, their amino-acids complement each other and highly nutritional proteins are produced. This is exactly what occurs in traditional combinations such as chick pea stew with cod and egg, kidney beans with *chorizo* sausage, lentils with pig's head, and many others.

It has been shown that lentils, which are rich in sulphur-containing amino acids, increase their food value considerably when combined with the same quantity of, for example, rice, which is also rich in sulphur. In combination, they produce a dish which is far more nutritious than the sum of the two eaten separately.

BACK TO THE DAWN OF TIME

The history of pulses certainly stretches back longer than the 5,000 to 10,000 years of which we have archaeological evidence. Human beings were certainly eating pulses much earlier than their depiction in the graphic records found in pyramdis, inscriptions, relief carvings and tombs.

Ingesting nourishment is the most primitive of human acts, and the urge to choose certain foods must be similarly engendered in both man and animals, namely by the body's natural laws. Remains found in excavated tombs, the sort of food still eaten by some primitive tribes, and even the habits of more civilised peoples in times of famine seem to support this theory: in all cases there is a return to an ancestral diet. The hamster stores cereal and legume seeds in its burrow in quantities which far exceed its possible needs even in the longest of winters. Evidence found in the Neolithic lake dwellings of Central Europe shows that their human occupants behaved in much the same way.

Originally, man must simply have collected wild species for a subsistence diet and then, observing how well they survived storage, invented the larder-cum-cold-store in caves and granaries. He would later try cultivating the seeds, fruits, bulbs and tubers which made the best eating of those available. With each step forward in the development of agriculture, new foodstuffs and new advances in ways of preparing food appear. When agriculture was in its infancy, and man worked the land with a hoe, grassy and leguminous crops were grown and picked when and as needed. They would have produced broths and very liquid food. With the invention of the plough, farinaceous cereals were grown which were to lead to the discovery of fermented dough and bread-making — a stage which could be said to mark the end of Prehistory.

PRINCES AND PAUPERS

Legume crops, particularly lentils, were of major importance in Ancient Egyptian agriculture, and they were planted over vast areas. They were adopted as crops in neighbouring territories, too: the Romans considered lentils typically Egyptian. They were grown, close to irrigation channels, on fertile land organised into strips or squares. Seeds have been found in tombs from the Twelfth Dynasty (some 2,200 years before the Christian era), and a sort of lentil cake features among burial offerings found. A fresco in the tomb of Rameses III (1200 BC) in Thebes depicts a servant cooking lentils, with two vessels full of lentils beside him. It is not known what use the Egyptians of the Pharaonic period made of other pulses. We know that chick-peas, which they called *arsha,* formed part of their diet from very early on: seeds have been found in the necropolis of Hawara which dates from the first Century.

One of the favourite dishes of the Ancient Greek civilisation at its sophisticated apogee, when food was sometimes served thinly coated with gold, was made of lentils, and chefs of the period made their reputation with pulse dishes: one example was Euthymius, famed for his lentil stew.

But pulses were far from being only upper class food. In his play *Plutus,* Aristophanes provides us with evidence that pulses were poor people's fare. The comment is made on someone who has gone up in the world: *"He doesn't like lentils any more."*

The Greek heritage was adopted by Rome and spread throughout its vast empire. It was during this Roman period that pulses took on a particular importance in the diet. Lentils, chick peas and lupins were very common indeed, and the most popular pulse dish of all was a bean soup known as *"puls".*

Small, dark lentils were considered the finest of the pulses. They were thought of as Egyptian, and in his treatise on cooking. *"De re coquinaria",* the gourmet Apicius includes two recipes which would not seem out of place on the menu of an up-to-date restaurant today: *"Lenticula ex sfondilis"* (lentils with cardoon hearts) and *"Lenticulam de castaneis"* (lentils with chestnuts).

POWER AND GLORY

Chick peas were everyday food for the lower classes, and were sold toasted at public spectacles, a custom which still survives in some Spanish villages, or at least did so until recently. Horatius informs us that they were often eaten fried. They were thought to impart strength, and their Latin name, *cicer,* derives from the Greek *kiker,* meaning strength.

Galen maintains that chick peas produce less flatulence and are more nutritious than kidney beans, and also claims aphrodisiac and energy-giving effects for them (to drink the water in which they had been cooked was enough), and the power to dissolve gall-stones.

Kidney beans as we know them do not appear to have been known in Antiquity. Only one type, known as *caritas,* were

NUTRITIONAL VALUE OF KEY FOODS
Grammes per 100 edible g.

	Water	Proteins	Carbo-hydrates	Fats	Coarse fibre	Ash
Kidney beans	11.4	20.8	58.3	1.4	4.2	3.9
Chick peas	8.1	22.1	57.8	5.0	4.0	3.0
Lentils	11.0	25.0	56.4	0.8	4.4	2.5
Rice	11.7	6.7	79.9	0.9	0.2	0.6
Wheat	11.2	10.9	75.0	1.1	3.4	0.5
Beef	67.0	18.7	0	13.0	0	1.3
White fish	82.0	16.4	0	0.5	0	1.1
Eggs	74.0	12.4	0.9	11.7	0	1.0
Milk	88.0	3.5	5.0	3.2	0	0.2

Source: Spanish Ministry of Agriculture.

MINERAL SALT & VITAMIN CONTENT
Per 100 edible g.

	MINERAL SALTS			VITAMINS				
	Calcium mg.	Magnesium mg.	Iron mg.	Thiamine mg.	Riboflabin mg.	Equi. Niacin mg.	Equi. Retino micro g. Vitamin A	Folic acid micro grams
Kidney beans	35	90	6.60	0.50	0.15	5.90	traces elements	—
Chick peas	41	60	4.80	040	0.15	4.30	32	180
Lentils	25	76	5.50	0.50	0.20	5.60	10	35
Rice	10	13	0.50	0.05	0.03	3.10	0	traces elements
Beef	8	18	2.10	0.06	0.22	8.10	traces elements	8
Fish	28	23	0.80	0.08	0.08	6.00	traces elements	13
Eggs	51	12	2.20	0.33	0.33	3.40	160	25
Milk	121	12	0.10	0.18	0.18	0.80	48	5

Source: Spanish Ministry of Agriculture and Consejo Superior de Investigaciones Cientificas.

eaten, toasted with wheat by the Greeks and in fresh, raw form by the Romans.

It was the discovery of America that really launched the kidney bean in Europe. Known as "Turkish beans", they spread through Spain and France at the beginning of the 16C, and thence throughout the western world. Emperor Charles V made a gift of various types of kidney bean to Pope Clement VII, which the Pope passed on to Pietro Valeriano of Bologna who grew them for three years and then sang their praises in a famous poem.

PULSES IN SPAIN

The Carthaginians can be thanked for introducing the chick pea into Spain as a widely cultivated and consumed food crop. Titus Livy reports that to keep his soldiers busy whilst the military fortress of Cartago Nova (present-day Cartagena) was being built, General Hasdrubal had them sow chick-peas to provide the basis of the local diet. Possibly in consequence, the territories conquered by the Carthaginians are still chick-pea growing areas: the Mediterranean islands, continental and southern regions of the Iberian Peninsula, and the countries of North Africa. Another possible explanation is simply that chick-peas thrive in dry, hot conditions: they are grown far less in other European countries, yet are a major crop in Mexico.

Spain's traditional recipes, created over generations by anonymous culinary artists who intuitively combined pulses with their perfect complements, now appear alongside new versions adapted to suit modern lifestyles.

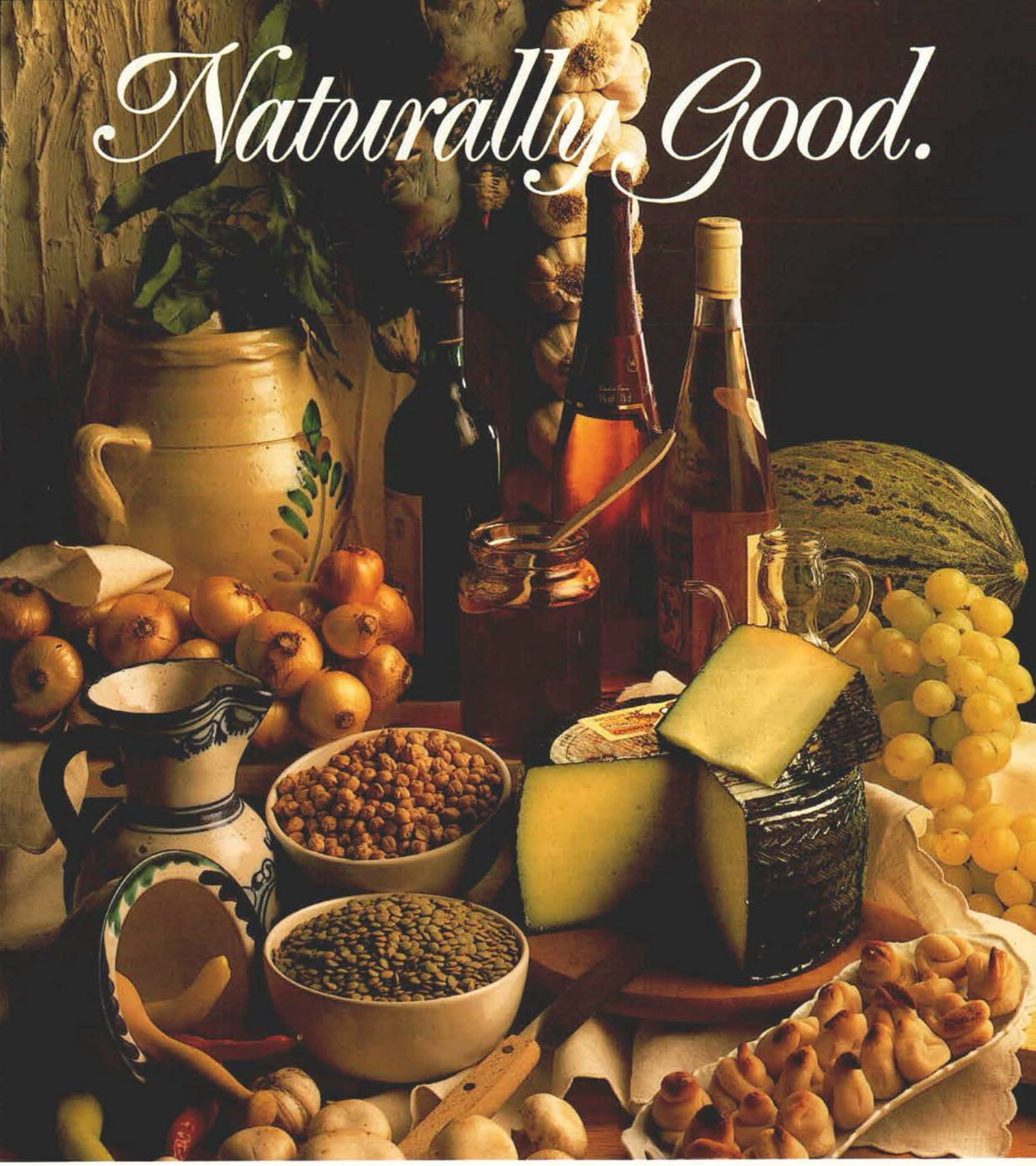
The Roman legions added their particular pulse crops to those already traditionally eaten in Spain, and also introduced new ways of cooking them. In the second book of his *"De Agricultura"*, Roman soldier and farmer Columella begins Chapter VII: «Of the many types of pulses, it seems that the ones that people prefer and eat most are the broad bean, the lentil, the pea, the chick pea and the lupin.»

The Goths, a composite of many peoples, were great pulse eaters and in the course of their three centuries of dominion in Spain, the Visigoths introduced customs typical of Central Europe and even of Byzantium. Superinposed onto the Roman influence already assimilated, this produced an effect on which Bishop Apollinaris was to comment during a visit to Theodoric: «In their eating habits I found the elegance of Greece, the abundance of Gaul, the fine flavour of Rome, and the pomp of a public ceremony combined with the simplicity of a private table and the order which should prevail in the residence of a king.»

Abu Zacaria of Seville, author in the 12C of a work entitled *"De Agricultura"*, is a major source of information about Hispano-Arab farmers' growing of leguminous crops.

STORING AND COOKING

Stored pulses are particularly susceptible to weevil infestation. The Romans seem to have been familiar with the problem, too. Cato quotes a formula for rubbing the seeds with a mixture of vinegar and laserpicium before drying them in the sun and storing, while Columella recommends a similar approach with vinegar and silphium. Nowadays, though commercial pulses are treated so as to keep the weevil at bay, untreated



Consejería de Agricultura
Junta de Comunidades de
Castilla-La Mancha

Foods From Castilla-La Mancha
Naturally Good.

Two in One

La Piara, which has been in business for almost seventy years, is one of Spain's best known companies within the meat industry. Originally called Productos Selectos del Cerdo, S. A., the company was founded in 1923 in Manlleu in the province of Barcelona. It started out with only one product: «*Vic*» *salchichón,* a top quality charcuterie by then already popular in all of Spain. Later on, the company expanded its offer to include a pork liver pâté marketed under the name La Piara. This new product turned out to be such a success that, in 1985, the company decided to change its name to La Piara, which by then had practically become a household word. From there the company went on to introduce other varieties of pork pâtés and a new line of fish pâtés both for national consumption and export.

The latest from La Piara are its «Spoon and Fork Dinners» where the accent is on traditional Spanish dishes of beans and pork meats. They come ready prepared, only needing to be heated up. Four different choices make up the present selection: Asturian *fabada,* Madrid-style *cocido,* Catalan-style *cocido,* and Spanish-style *cocido.* The novelty of this new product is that you get a two-course meal in one can. For example, in the case of Asturian *fabada,* you get the noodle soup and then the beans while in the case of *cocido,* you get the garbanzos and then the sausage meats. A specially designed can keeps the two separate until you are ready to eat them. As a matter of fact, this stacked, two-compartment can won first prize in technology at the third edition of Containers and Packaging IBERPACK'90. And of course, it requires no special treatment: just open and heat it up over a direct flame, in a pot of boiling water, or pour the contents into two plates and pop it in the microwave oven. Thanks to this innovative packaging, it's possible to enjoy the original full flavor of a traditional Spanish dish of beans and meats just as if it had been made at home.

ones can be kept wholesome by putting a whole bulb of garlic in the container in which they are to be stored.

Good cooking is the art of combining the aromas, colours, and flavours of food and keeping a balance between healthy and enjoyable eating, and good cooks have been applying their arts to pulses ever since Esau sold his birthright for the famous "mess of pottage" or, as the Spanish say, "dish of lentils".

Spain's traditional recipes, created over generations by anonymous culinary artistes who intuitively combined pulses with their perfect complements, now appear alongside new versions adapted to suit modern lifestyles and nutritional needs. They are making their appearance as first courses, one-dish meals, salads, and side-dishes.

Try to ensure that you are buying current year pulses, and sort them thoroughly by hand to make sure that you get rid of any foreign bodies. Wash them under running water, then place them to soak in a bowl, making sure it is large enough: they swell considerably. Put a pinch of salt in the water and, if the water is hard or you have any doubts about the quality of the pulse, another pinch of bicarbonate of soda. Soak for twelve hours, drain, then place in a deep pot and cover with cold water. Beans turn out more tender if you bring them to the boil, drain, and start again with cold water, or simply add a splash of cold water after the first lot comes to the boil. Never do this with chick peas, though — if they stop cooking, they toughen. If they need more water during cooking, add it hot. Never let pulses boil vigorously: keep them simmering gently so that they do not lose their skins. For the same reason, they should never be stirred during cooking, but moved by giving the pot a good shake.

PULSES ARE GOOD FOR YOU:

They are rich in fibre (roughage)
They regulate intestinal activity
They help to eliminate cholesterol
They combine bile acids
They reduce the risk of cancer of the colon
They help keep you slim by reducing sugar absorption

Pulses are at their best eaten the year they are grown. They take on more flavour and, some doctors claim, are more easily digestible when seasoned with chopped, carminative (or anti-flatulence) plants, such as tarragon, sage, savory, chervil, cumin, thyme and coriander. The dish is lightened by adding green vegetables, such as spinach, runner beans or cabbage — a common mixture in popular cooking.

A pressure cooker cuts the cooking time considerably but you have to be careful to lower the heat to a minimum as soon as the valve begins to turn. Experienced cooks recommend adding a little olive oil and half a raw onion to the cooking water and not salting until the last half hour of cooking. Pulses emerge at their tender best given this treatment.

* With the collaboration of the Publications Department of the Spanish Ministry of Agriculture, Fisheries and Food.

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RECIPES

White beans with courgette and capers
(Judías blancas con calabacín y alcaparras)

Serves 6
1/2 kg dried kidney beans
1 courgette
2 tbsp butter
50 g capers
100 g canned tuna
2 crisp lettuce leaves
2 shallot, finely chopped
chopped parsley
virgin olive oil
1 onion
1 clove garlic
1/2 bay leaf, black pepper corns and salt

Soak the beans in cold water overnight. Drain and wash, then cook in fresh water with the bay leaf, onion, garlic and pepper corns over a very low heat for about an hour and a half or until tender. Drain and set aside.

Wash the courgette and dice finely, and soak in salt water for a few minutes. Drain well and cook gently in the butter until translucent, reserving the juice. Wash and chop the lettuce, flake the tuna and mix both in with the beans along with 1/2 dl olive oil, salt and the courgette juice. Mix carefully but thoroughly, check the seasoning, and place in a serving bowl. Sprinkle with chopped parsley and serve. This is equally delicious hot, warm or cold.

Tripe with chick peas
(Callos con garbanzos)

Serves 8
200 g chick peas, soaked
1/2 kg beef tripe
1 calf's foot
100 g tomato
1/4 kg onion
2 cloves garlic
4 dried red chili peppers
1 chorizo sausage
1 morcilla blood sausage
1 glass white wine
1 dl oil
1 tsp sweet paprika
sprig parsley
salt, black pepper corns, cloves

Wash the tripe thoroughly, or buy ready-washed, soak for several hours, then rinse out in water with a dash of vinegar. Clean the calf's foot, cut in half and singe carefully. Cut each half into three chunks and the tripe into small squares. Place in a pan, cover with cold water and boil for about 5 minutes. Drain, then add fresh cold water and the parsley, half the onion, salt, pepper and a couple of cloves. Simmer gently for 4 - 5 hours or until tender (it takes about 45 minutes in a pressure cooker).

Cook the chick peas with onion, pepper corns, a few cloves and the chorizo. Soak the peppers in water for a few hours and when they have softened sufficiently, scrape away the skin with a knife. Heat the oil in a frying pan and fry the chopped onion and garlic until golden. Add the tomato (peeled and chopped), the peppers (chopped) and the paprika. Pour on the wine and a ladleful of tripe-stock, check the seasoning and bring to the boil. Drain the tripe and place in a casserole dish, adding the contents of the frying pan and the chorizo. Allow to cook very slowly, giving the dish a shake from time to time and adding a little more stock every now and again so that the tripe is always covered. After half an hour, add the morcilla and the chick peas. Check the seasoning and the texture of the sauce, which should be thick and gelatinous so that your tongue sticks to the roof of your mouth when you taste it. Keep cooking until it reaches this point. Some cooks like to add a few rings of fresh green chili pepper before serving.

Cocido Madrileño

Serves 6 to 8
1/2 kg dry garbanzo beans (chick peas)
1/2 kg beef stew meat
1 breast of hen or chicken
100 g streaky salt pork
100 g ham
1 *chorizo* (red sausage)
1 onion-flavored *morcilla* (black pudding)
marrow bones, washed
1 medium white cabbage
2 carrots, washed and peeled
1 small onion stuck with 3 cloves
6 medium potatoes, washed and peeled
leeks
turnips, washed and peeled

Meat Roll:
1/4 kg minced pork and veal
1 egg, beaten
1/2 clove garlic, chopped
1 generous sprig of parsley, chopped
a large, heaping spoonful of bread crumbs

Soup:
broth from *cocido*
thin noodles, a handful for each person
a sprig of mint (optional)

Tomato Sauce

Soak the garbanzos in cold water overnight (you can add a little baking soda to help tenderness). Early the next morning pour 3 litres of water into a large earthenware pot. Add beef, bones, salt pork and ham, and bring to a boil. As it boils,

White Beans with Courgette and Capers.

Cocido Madrileño.

skim off froth and then add garbanzos sealed in a net bag, breast of hen, carrots, onion, leeks, and turnips. Cover and cook over a low flame for about an hour and a half. Then add salt, potatoes, *chorizo* and *morcilla* and continue to cook. (Some cooks prefer to wrap the *morcilla* in cabbage leaves and cook it separately so as not to overpower the other flavours in the *cocido.)* Meanwhile, prepare the meat roll by kneading the minced meat together with garlic, parsley, egg, and bread crumbs until thoroughly mixed. Shape into a roll and then roll in bread crumbs. Drop it into the *cocido* broth to cook for 30 minutes. The cabbage should be cooked separately in salted boiling water with a teaspoon of sugar added to take away any sharpness. When done drain and cut up. In a frying pan, sauté chopped garlic. Remove from flame and add a spoonful of paprika. Then pour cabbage into pan and lightly sauté. To make the soup, strain the broth from the *cocido.* Bring to a boil and drop in the noodles. Serve the soup garnished with a little chopped mint (optional) as the first course. Make a tomato sauce, seasoned with crushed cumin and a pinch of sugar, to be served separately alongside the garbanzos, vegetables, and meats.

Rice with black beans
(Moros y cristianos)

Serves 8
1/2 kg black beans, soaked
100 g slab bacon
1 chorizo sausage
1/2 dl olive oil
1 onion
1 clove garlic
sprig parsley
1 tomato
4 coffee cups rice

Drain the beans and place in a saucepan with cold water to cover. Bring to the boil and add a dash of cold water, repeating the process twice more. Add the bacon and a tablespoon of oil then, when the beans are beginning to soften, the chorizo and salt. Chop the onion and the garlic and soften them gently in oil with the parsley. Add to the beans and allow to bubble gently, moving the pot so that the sauce thickens. Do all this carefully so as not to break the beans' skins.

Cook the rice in plently of boiling salted water for 15 minutes. Drain, and when you are ready to serve, mix in with the beans or serve separately. Cut up the bacon and chorizo before serving.

Lentil Soup
(Lentejas guisadas)

Serves 8
1 kg lentils
1 *morcilla* (black pudding)
1 *chorizo* (red sausage)
1 onion
2 cloves garlic
1 bay leaf
1 sprig of parsley
2 whole cloves
1 tbsp tomato sauce
1 tsp paprika

Soak the lentils for about 12 hours. Drain and put in a pot with bay leaf, 1 clove of garlic, parsley, *morcilla, chorizo* and one half of the onion stuck with the cloves. Add enough cold water to cover. Cover the pot and simmer for two hours. In a frying pan, sauté remaining clove of garlic cut up into thin slices. Remove from pan and then sauté the remaining half onion finely chopped. Before the onion changes colour, stir in paprika and tomato sauce. Add a bit of the liquid from the lentils and then pour everything into the pot one hour into the cooking. Before serving remove onion stuck with cloves, bay leaf, and parsley. Salt to taste. Remove *morcilla* and *chorizo* and cut into slices to be served on top of lentils.

Asturian Fabada
(Fabada asturiana)

Serves 8
1 kg *fabes* (large, dry white beans)
4 oak-smoked Asturian *chorizo* (red sausage)
4 smoked Asturian *morcilla* (black pudding)
500 g smoked shoulder of pork
100 g dry-cured ham
4 tbsp olive oil
a few sprigs of saffron

Soak beans in cold water for about 8 hours. Soak ham and pork shoulder in warm water for the same amount of time. (Before putting the pork to soak, singe the skin to burn off any bristles.)

Soak the *chorizo* and *morcilla* in warm water to eliminate excess smokiness, and then wash and pat dry. Put the beans and *chorizo* in a low pot and add enough fresh water to cover them to a depth of two fingers. Bring to a boil and skim off froth. Add *morcilla,* shoulder of pork, and ham. Reduce heat and simmer for 2 to 3 hours. Add cold water when necessary to keep beans covered. Do not use a utensil to stir (this could break the beans) but rather shake the pot from time to time. In a frying pan, toast the saffron, and then crush it in a mortar. Add it and the heated olive oil to the beans one hour into the cooking. Beans are done when they easily melt in your mouth, i.e. they should have a buttery consistency. Remove from heat and let set for a few minutes. If too much liquid remains, mash a few beans with a fork, return to pot and bring to a quick boil. Keep in mind that the liquid will thicken as it sets. Remove the meats and cut them up into chunks or 4 cm slices. Serve meats on the side in a separate dish.

(Recipe by Eduardo Méndez Riestra.)

ON BOARD THE TRAIN, THE 'GIRALDA' BAR CAR IS THE PLACE FOR A PRE-LUNCH FINO -THE PALE AND ELEGANT SHERRY WHICH IS THE PERFECT APERITIF BEFORE THE CLASSIC SPANISH CUISINE SERVED ON BOARD.

Spring in Seville... the scent of orange blossom perfumes the air, the streets are bright with the flounced dresses of young and not-so-young - Spanish ladies; the sound of flamenco music pours out of every bar, and the old city comes alive at dusk. It is the time of the 'Feria', the spring festival which sweeps the Sevillanos and visitors to their city along on a wave of energy, goodwill, fine sherries, tasty tapas and throbbing guitar music.

It is also the time when Al Andalus comes to town; Spain's luxury train cruises into the city to start its Southern Journeys.

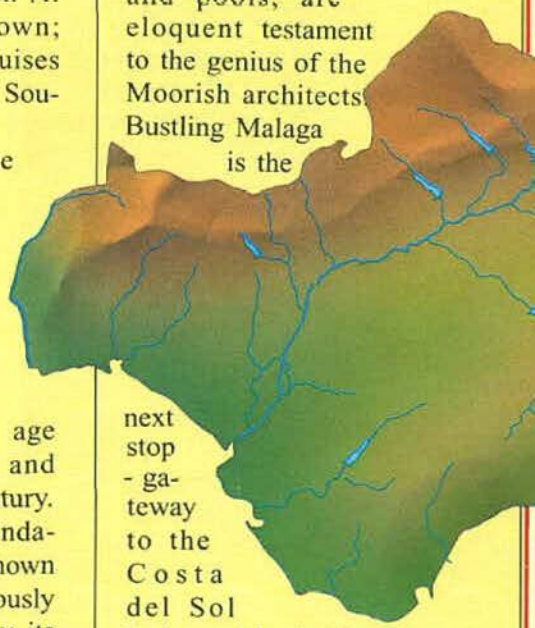
For those fortunate enough to board Al andalus at Seville's elegant new railway station, they are about to embark on a magical journey in the style and elegance of an earlier age but with the comforts and amenities of the 20th century.

Al Andalus - or The Andalusian Express, as it's known in English - is a meticulously re-created gem of a train; its carriages began their lives bearing the royalty and nobility of Europe on their journeys around the continent in the leisurely days of the 1920s. Now, perfectly restored and modernised, Al Andalus offers today's travellers to Spain a completely new way of exploring this fascinating country.

On its Southern journeys, during the spring and summer, Al Andalus departs Seville for Cordoba, an enchanting city of flower filled courtyards, cobbled streets, and its unique Mosque one of the true wonders of the world.

Al Andalus is a meticulously recreated gem of a train which bore the royalty and nobility of Europe in the days of the 1920's.

A walk around Cordoba gives a tantalising taste of old Moorish Spain that is echoed in the train's next stop Granada. The Alhambra Palace and the glorious gardens of the Generalife, with their cooling fountains and pools, are eloquent testament to the genius of the Moorish architects.



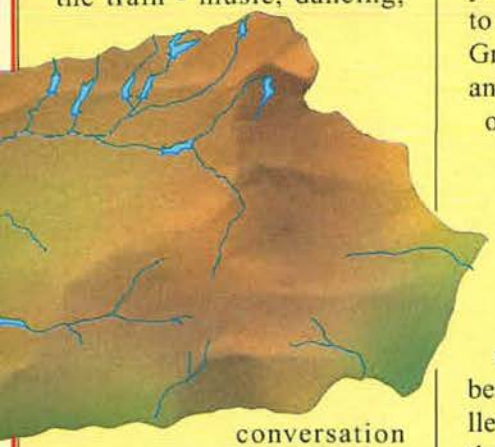
Bustling Malaga is the next stop - gateway to the Costa del Sol before Al Andalus cruises back to Seville, giving its passengers the chance to enjoy the superb scenery in relaxed, air conditioned comfort.

By night, the bar car is transformed into the lively heart of the train -music, dancing, conversation and singing may entertain passengers into the small hours.

On board the train, the 'Giralda' bar car is the place for a pre-lunch fino - the pale and elegant sherry which is the perfect aperitif before the classic

Spanish cuisine served on board. Two restaucars - the 'Alhambra' and the 'Gibralfaro' - are luxuriously furnished in art deco style, with comfortable sofas, crisp linen and attentive service from the highly experienced staff. A wine list offering the best of Spain's vintages is offered to complement the meals. By night, the bar car is transformed into the lively heart of the train - music, dancing, conversation and singing may entertain passengers into the small hours. But for those who want a quieter environment, by day or night, the Club Car 'Medina Azahara' will be a favourite spot: leather chairs and card tables create more peaceful areas for reading, talking or simply watching the scenery roll by. Al Andalus comes to a halt at night: room stewards turn the elegant cabins and suites into comfortable bedrooms, and the two large shower cars provide twenty spacious shower /dressing rooms presided over by an attendant.

Al Andalus comes to a halt at night: room stewards turn the elegant cabins and suites into comfortable bedrooms.



As the summer days lengthen and the south of Spain becomes hotter, Al Andalus heads for the north to 'Green Spain', and the hills and valleys of Galicia, Asturias and Castile.The Northern itinerary follows (albeit in reverse) the old route of medieval pilgrims, 'The Way of St James' - or 'Santiago', as he is known in his country. From Santiago de Compostela to Barcelona, Al Andalus cruises through spectacular scenery - mountainous peaks, fertile vineyards and green fields. Visits to the most famous towns of Green Spain, including Leon and Burgos, and the wineries of the Rioja district, will be highlights of the journey, which ends in Barcelona site of the 1992 Olympics and one of Spain's most exciting cities."The Way of St James" may even bring other benefits to 20th century travellers on board Al Andalus: in the middle ages, pilgrims who completed the pilgrimage were allegedly promised a shorter stay in purgatory but even if this no longer holds true, a journey on Al Andalus will provide a lasting memory to those fortunate enough to enjoy the luxurious splendour of this beautiful train.

As the summer days lengthen and the south of Spain becomes hotter, Al Andalus heads for the north... to 'Green Spain', and the hills and valleys of Galicia, Asturias and Castile.

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ON ITS SOUTHERN JOURNEYS, DURING THE SPRING AND SUMMER, AL ANDALUS DEPARTS SEVILLE FOR CORDOBA, AN ENCHANTING CITY OF FLOWER FILLED COURTYARDS, COBBLED STREETS, AND ITS UNIQUE MOSQUE -ONE OF THE TRUE WONDERS OF THE WORLD.

AL ANDALUS EXPRESO

THE CANARY ISLANDS

SEVEN WORLDS IN MINIATURE

Text: **Sonia Ortega**
Photos: **P. Sancho-Mata/ICEX**

Their geographical location has endowed the Canary Islands with a climate of eternal springtime and a landscape so extraordinarily varied that it embraces areas of lush vegetation, stretches of volcanic lava, snow-capped peaks and sandy dunes.

Five hundred years ago, the seven islands leapt forward in one bound from the Prehistoric Age into the Renaissance. Since that time, their history has been shaped by the way in which they have served as a vital link between the Old and New Worlds and, inevitably, by all that being islands implies.

Five hundred years on, and again almost in one bound —within the space of thirty years— the Canary Islands have become a haven for over 5 million tourists a year, heading south in search of sunshine. But there's a lot more to the Canaries than tourist beaches. Each of the seven islands is a little world in miniature, with characteristics all its own.

The seven main islands and several islets that make up the Canary Archipelago lie in the Atlantic Ocean just 115 km (71 miles) off the coast of North West Africa on the same latitude as Florida.

Their history stretches way back beyond written records, and is inextricably interwoven with myth and legend: in their time, they have been identified as the Garden of the Hesperides, Elysium, the lost island of Atlantis and many other myths of Antiquity.

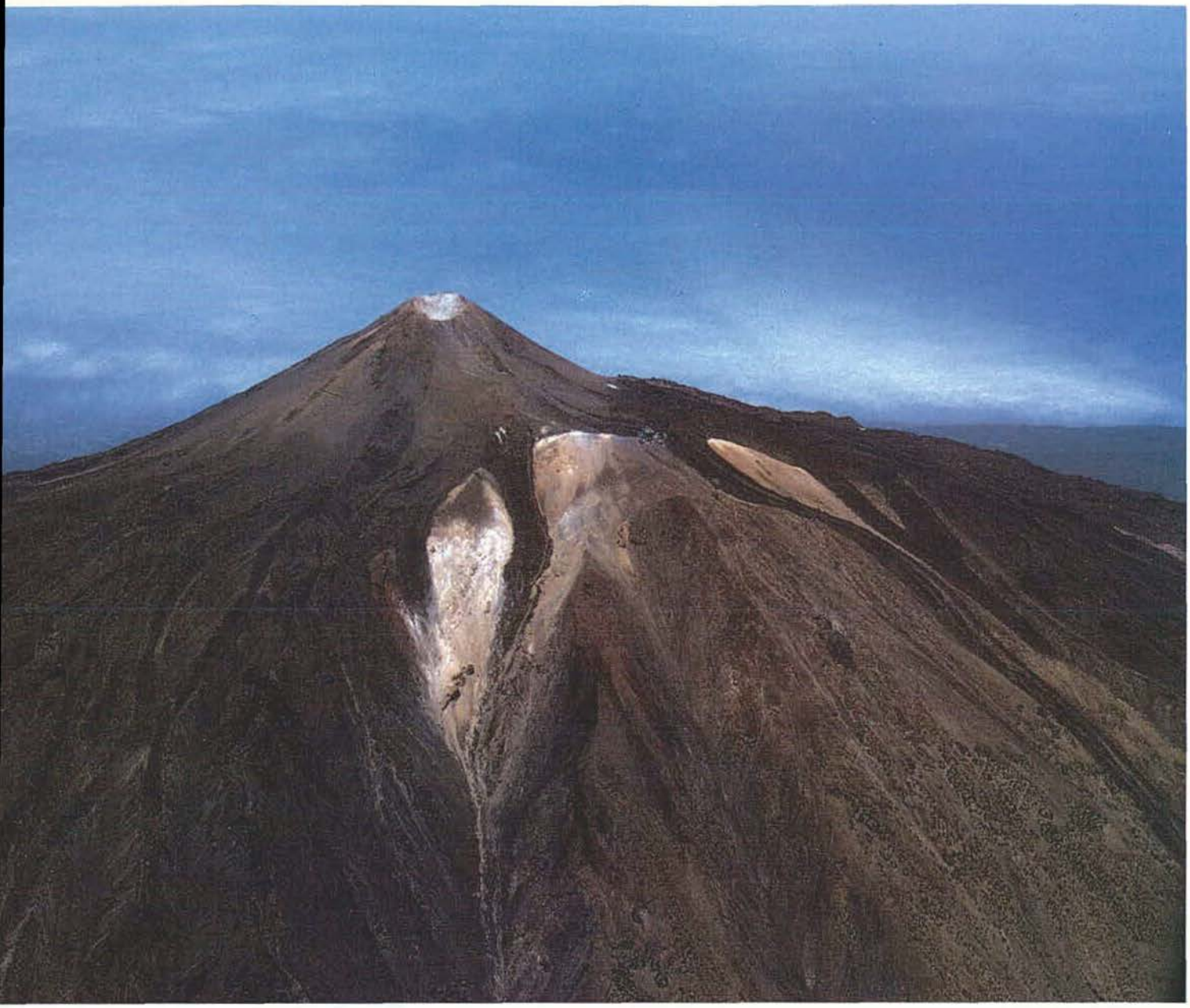
The known facts are that the islands emerged from the Atlantic Ocean some 140 million years ago, thrown up by volcanic activity, and that they were inhabited from very early times by various peoples from the Mediterranean and Africa who eventually became known collectively as *Guanches*. Their culture never evolved beyond the Neolithic, sustained by livestock rearing and rudimentary farming, and their lives were focused inland rather than seawards, so there was only minimal contact among the inhabitants of the different islands. Each island was ruled by a king known as the *mencey* or *guanarteme*, who presided over meetings on community matters held in the public square, or *tagoro*.

Roman historian Pliny the Elder (AD 1C) is probably the earliest trustworthy source of information about the islands. He recounts that the Romans learned of the archipelago nicknamed by them *The Fortunate Islands* from an account written by King Juba II of Mauritania of an exploratory expedition despatched by him. The expedition discovered five of the islands, one of which (probably Tenerife) they named *Nivaria* because of its permanently snow-capped peaks. The explorers took back with them two large dogs (dog is *canis* in Latin) to which Pliny attributes the islands' name of *Canaria*.

During the 13C and 14C, ships from the Republic of Genoa, Spain, France and Portugal approached the islands. The Genoese government for one was aiming to extend its trade routes in this area of the globe. The first attempt to do so was made by the Vivaldi brothers, who disappeared in that then little-known area of ocean. Lancilotto Malocello was sent out in search of them. Though unsuccessful in finding the brothers, in 1312 he moored off the beach of an island on which he opted to stay for the next twenty years. He gave his name to the island we now know as Lanzarote.

The definitive conquest of the islands was not to occur until the beginning of the 15C, when French adventurers Jean de Béthencourt and Gadifer de la Salle set sail from La Rochelle, reaching Lanzarote in 1402. They took Lanzarote by force, but by 1404, Béthencourt was promising vassalage to Henry III of Castile in return for his help in subjugating Fuerteventura.

By the time Béthencourt returned to France in 1406, the islands had been declared a feudal domain of Castile. They were left in the charge of Béthencourt's nephew, Maciot de Béthencourt. In 1448, he sold the possession



Teide mountain is the most representative image of the Canary Islands. At the base is the Cañadas del Teide National Park, a vast volcanic crater. There is a stark beauty about this volcanic landscape.

of Lanzarote to Prince Enrique of Portugal, a transaction that began an ongoing struggle between the two royal houses for ownership of the islands.

The Treaty of Alcáçovas signed in 1479 recognised Spain's sovereignty over the islands, though it was only a year earlier that the Catholic Monarchs had despatched forces to conquer the three islands —Gran Canaria, Tenerife and La Palma— still in Guanche hands. Though attempts at conquest by the Spanish monarchy began in 1478, Gran Canaria was not actually taken until 1483, La Palma in 1492, and Tenerife in 1496.

Conquest meant the almost total destruction of the islands' original culture. Battles against the invaders, kidnappings by slave-traders, and new diseases introduced from Europe decimated the native population. The Museo Canario in Las Palmas and the Archaeological Museum in Tenerife display all that remains of the Guanche culture. Fascinatingly, it was a culture that practised mummification, and mummified bodies are among the museum's relics.

AFTER THE CONQUEST

The voyages of conquest to the Canaries and the first explorations in the Americas occurred simultaneously. The islands were chosen as the final point of departure for Columbus' historic voyage: they were the last known piece of land in the Atlantic Ocean, conventiently situated at the point where winds and currents turn to-

wards its opposite shores. Furthermore, as the Catholic Monarchs' southernmost possession, they could serve as a last port of call for taking on provisions before setting off across the Atlantic. Columbus sailed from La Gomera.

This was just a foretaste of the role that the islands were to play as a key point along the Atlantic routes. Free trade with the Americas and the cultivation of sugar cane contributed to a rapid growth in prosperity, though the islands' location also made them susceptible to sea-borne hazards.

During the period when Spain still commanded a vast overseas empire and was still a power to

be reckoned with in Europe, constant warfare in the Old World meant that its vessels returning from America laden with gold and silver were constantly under attack. The seas were aswarm with pirates, privateers and the naval fleets of nations hostile to the Spanish monarchy. The waters around the islands were the scene of countless battles, and inhabitants of the islands' coastal areas suffered many attacks by the French, Dutch and British. In 1599, a Dutch force led by Van der Does destroyed Las Palmas de Gran Canaria. Two centuries later, in 1797, British Admiral Horatio Nelson launched the last naval attack on the Canaries against Santa Cruz de Tenerife. Nelson was defeated, and lost an arm during the battle.

Meanwhile, the sugar industry had declined in the face of competition from the Americas and had gradually been replaced by winegrowing, with production being exported primarily to Great Britain. In the late 17C-early 18C, a succession of natural disasters (epidemics, drought, volcanic eruptions), restraints on trade with the Americas, and the loss of the British wine market combined to undermine totally the archipelago's once prosperous economy and it went into a decline which lasted until the latter half of the 18C.

The islands were given a new lease of life by the cochineal industry —the production of red dye from the cactus-dwelling insect known in Spanish as *cochinilla*— which thrived until the discovery of synthetic aniline dyes. The islands' agriculturally-based economy sought new areas of activity, starting with tobacco-growing with initially unpromising results and moving on to specialised main crops —bananas and tomatoes. The economy was provided with a further shot in the arm by the concession of free port status for the islands in 1852. Today, it is based on highly professional farming, fishing, trade and, principally, the tourist industry.

THE CANARIES TODAY

Administratively, the Canary Islands are divided into two provinces: to the east, Las Palmas —which embraces the islands of Gran Canaria, Lanzarote and Fuerteventura, to the west, Tenerife— which encompasses the other four islands of Tenerife, Hierro, Gomera and La Palma.

La Palma is inevitably described as* la isla bonita *—the lovely island— and for once, the phrase is exactly right. The most impressive of the island's many delights is La Caldera de Taburiente National Park.

MIGUEL A. PEREZ/CEX

Though all the islands share the same delightful winterless climate, there are differences between one island and another, and even noticeable local differences within each particular island, depending on terrain and location. Lanzarote and Fuerteventura, for example —the most easterly islands, and therefore the nearest to Africa— are much drier and hotter than the rest: the fact that neither has significantly high peaks means that they do not engage the attention of passing trade winds and clouds.

The greenest and most fertile islands are the western ones, being mountainous and more exposed to Atlantic influences. In general, mountains divide each of these islands into two clearly distinct zones, their differences the result of whether they lie on northern or southern slopes.

The overall effect is one of amazingly varied landscapes which, in combination with the famous «eternal springtime» climate, seem almost a readymade recipe for a tourist mecca.

Though tourism on a massive scale dates back no earlier than the 1960s, the islands —particularly Tenerife— were already attracting some tourists back in the 19C. These first leisure seeking visitors were mostly British. The islands's charms had been known in Britain from the time of the wine trade, and many British traders had settled there with their families, many to remain permanently. The first tourists concentrated on the area around Puerto de la Cruz (Tenerife), and hotels and splendid mansions set in tropical gardens were built there as a result. Puerto de la Cruz, the most important natural port in Tenerife after the destruction of Garachico by a volcanic eruption in 1605, was the export outlet for agricultural produce from the fertile Orotava Valley.

Those were times when tourists could remain for long periods, escapees from the cold winters of their own countries. Though today's many millions of tourists are in general less leisured, their motives for choosing the Canary Islands are essentially the same.

Puerto de la Cruz is still Tenerife's main tourist resort, along with the Playa de las Américas and Los Cristianos areas of the island. The south of Gran Canaria (Maspalomas, Playa del Inglés, and so on) and Lanzarote are the archipelago's other big attractions.

Tourism has brought considerable wealth to these islands which, though they have known spells of prosperity before, have at times been reduced to such poverty that islanders were forced to emigrate. Given the islands' close links with the New World from its very discovery, Cuba, Mexico, and above all Venezuela have long been traditional destinations for emigrés when times were hard in the Canaries.

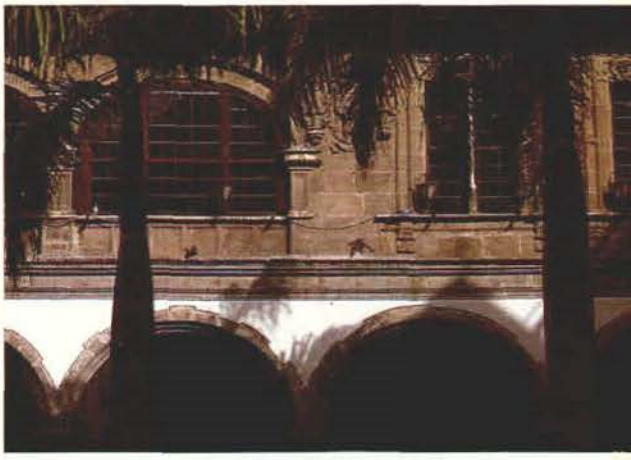
This constant interchange with Latin America and the fact that many of the first conquistadors of the islands were Andalusians have made their mark on local speech. It is very similar to the Spanish spoken in Central America, gentler and more sing-song that peninsular Spanish. Certain examples of Central American vocabulary (*guagua* for bus) exist side by side with a few survivals from Guanche (*gofio* —a local bread substitute: see inset; *bafio* for baby goat).

The islanders' melodious speech seems to accentuate still further their friendly, casual approach to life. Indeed, mainland Spaniards have been known to criticise them for being too relaxed, accusing them of lack of drive in their attitude to work.

The islanders, in their turn, call the sort of mainlanders who assume superior attitudes *godos* (literally «Goths»). One of the *godos* criticisms of the islanders is that in their apathy they have allowed much of the islands' commerce to be controlled by Indian traders. The truth behind this is that many decades ago, Indians dominated this type of trade in Tangiers and had an intimate knowledge of its intricacies and its distribution network. When the Canaries became a free port many Indians from Tangiers moved in, bringing with them all their commercial know-how, and their community there still flourishes.

It must be admitted that the undemanding climate does generate a certain lassitude which could be taken for apathy. Nevertheless, one has only to look at island agriculture to realise how much effort has gone into it —the quest for water, the elaborate terracing so as to make full use of every inch of land for crops— and how unjustified the cliché criticisms are. Having said that, life in the Canaries is led at a gentle pace. Particularly in the smaller islands, urgency is an unknown phenomenon; in some parts, time seems —enviably— to stand still.

There was a time when political dissidents were sent into exile in the Canary Islands. When travel and communications in general were slower and less efficient, the Canaries were disconnected in more ways than one from events in mainland Spain. This gave rise to a feeling of being a forgotten outpost. Madrid was far away. Something of this attitude survives to this day, albeit to a lesser degree. The islands are still —second only to Madrid— the region of Spain that attracts most immigrants, not counting the millions of tourists who spend voluntary periods of exile there.



Santa Cruz de La Palma (not to be confused with Santa Cruz de Tenerife) is a tranquil, elegant town founded in 1493, with houses with lovely façades and other architectural attractions.

This vast influx of visitors has had a profound effect on the local social structure. By 1990 farming and fishing, which only twenty years before had employed almost one in four people, employed only 7.7% of the working population. Today, the Canary Islands' economy is essentially a service economy: seven in ten people work in the services sector, and over 7 out of 10 pesetas are generated by tourism and trade. Almost without realising it, the Canaries have shifted from the primary sector to the tertiary.

It is a shift that has taken its toll, however, not least in terms of the destruction of certain areas of natural beauty by speculative builders eager for a quick profit. Agriculture has also been sacrificed in some places where the owners of water sources have preferred to sell at a high price to hotel and apartment-complex developers than to less well-off farmers. Sad to say, some parts of the Canary Islands today are excessivaly built-up and have become tourist resorts for the

masses. Even so, they still seem to exert considerable pulling power.

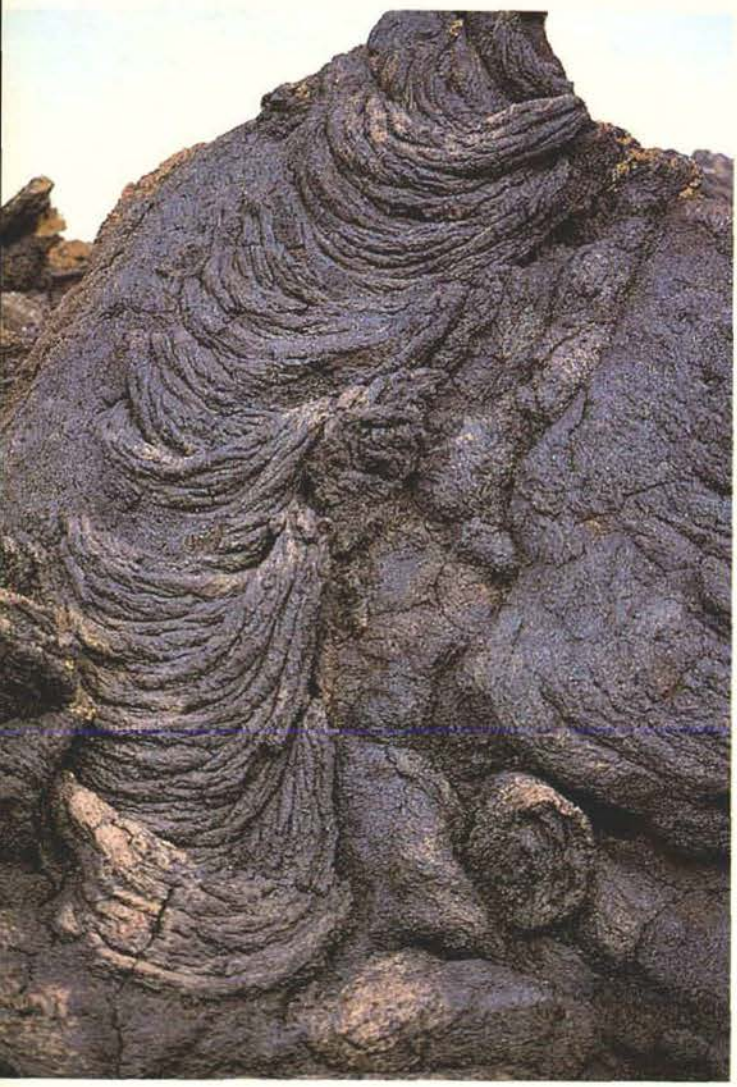
Fortunately, there is another side to the story. Compensatory factors include extraordinary landscapes of dramatic contrasts —still unspoiled— which vary from African sand dunes in Maspalomas (Gran Canaria) to sub-tropical flora in the Orotava Valley (Tenerife), vast areas of fine, golden sand on the beaches of Fuerteventura, volcanoes in Lanzarote, plants which date back to the tertiary period (forests of *laurisilvia* in La Gomera), pines and crystalline coves in El Hierro, and a thousand or so varieties of plants on the lush island of La Palma.

The singularity of the islands' geography and natural beauty is reflected in the fact that of Spain's total of nine National Parks, four are in the tiny area encompassed by the Canary Archipelago: Las Cañadas del Teide (Tenerife), Garajonay (Gomera), Taburiente (La Palma) and Timanfaya (Lanzarote). In addition to National Parks, the islands have over a hundred Natural Parks and Areas of Natural Beauty officially designated by the regional government. Among them, they represent all the islands' varieties of flora, fauna and landscape.

It is little exaggeration to say that the Canaries are a paradise for lovers of Nature in its many contrasting guises: there are places where one can explore in complete solitude, like a pioneer discovering them for the first time.

Meanwhile, the cities are hubs of activity. Santa Cruz de Tenerife and Las Palmas, capitals of the two island provinces, have become cosmopolitan and busy. Until 1927, the Canaries constituted just one province with its capital in Las Palmas, but the persistence of a traditional rivalry between Las Palmas and Santa Cruz finally made it necessary to award them equal status, each as capital of its own province.

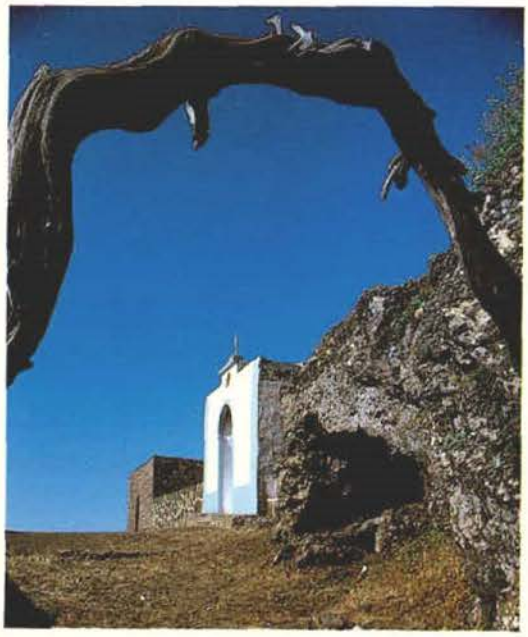
Hierro is the smallest of the Canary Islands and it retains something of the enigmatic quality that it must have acquired during the many centuries when it was the end of the known world.



ISLAND HOPPING

The Canary Islands are ideal for two types of tourism —sun and sand, and exploring the interior— and they are by no means mutually exclusive. In the space of a fortnight's holiday you can sample a little of everything, though no one could hope to get to know the islands well in that time.

Each of the islands has its own airport except for Gomera, which has one currently under construction. They also have plenty of cars for hire with the exception, perhaps, of El Hierro where it is advisable to reserve a car in advance. There are speedy transport links between all the islands, both by plane and by ferry and jetfoil and the like. The flatter islands are very quick to explore, but others, small as they may be (La Palma, for example) take longer because their more accidented terrain complicates their road networks.



Hierro has a huge forest of Canary pine, many of them ancient trees, and another of* sabinas, *an ancient species of conifer with twisted trunks, which have become the island's symbol.

What should visitors to the islands expect? Here we consider them one by one, starting with the province of Las Palmas.

GRAN CANARIA

At 1,532 square kilometres (591 square miles), Gran Canaria is the third largest island in the Canary archipelago and, with 705,000 inhabitants, the most densely populated. Its most characteristic features are ravines which lead down from the island's central peaks, over 2,000 metres (6,550 feet) high, as far as the sea.

Sheer cliffs at Puerto de las Nieves and La Aldea and deep ravines in Tirajana, Moya and Azuaje are interspersed with valleys green with thousands of banana palms which, as in Arucas for example, slope gently seawards.

The cosmopolitan city of Las Palmas is the capital of this province and, with 375,000 inhabitants, the biggest centre of population in the entire archipelago.

CANARY ISLAND PARADORS

With the exception of Lanzarote, each Canary Island has its own hotel belonging to the National Parador Group. Beautifully located — right on the volcanic coastline in the case of El Hierro, and above cloud level in Tenerife — even the lesser-known islands where tourism has not yet made its mark have Paradors.

ISLAND OF TENERIFE

Tenerife's parador is perched 2,200 m (7,216 feet) up in a vast volcanic crater known as Las Cañadas del Teide. The surrounding landscape is extraordinary, with rocky outcrops twisted by volcanic heat and dominated by the Teide volcano, at 3,718 m (12,195 feet) the highest peak in the entire Spanish territory. The Parador is well situated as the starting point for many routes to explore the amazing countryside with the added attraction of unique flora.

The parador can accommodate 31 guests and has a library, garden, swimming-pool and tennis court. Winter visitors should go prepared for snowy conditions.

ISLAND OF GOMERA

The landscape of this little circular island is entirely composed of mountains and ravines. The Parador Conde de Gomera, on the outskirts of its "capital", San Sebastián, is a former stately home standing on a hillside known as the Lomo de la Horca, with views of the sea and the neighbouring island of Tenerife.

The main entrance to the Parador is an exact replica of the Hermitage of San Sebastián, built five hundred years ago by Count Hernán Peraza, ruler of Gomera and Hierro. The original still stands. The building is in the classic local aristocratic style and it has been furnished in keeping with this general tone.

The Parador and its pool are set in lovely gardens planted with over a hundred date palms, fruit trees and ornamental plants typical of the Canary Islands. It has accommodation for up to 80 guests.

A.T.E./ICEX

A.T.E./ICEX

Hierros' Parador isolated setting makes it the perfect retreat for people who want to get away from it all.

ISLAND OF HIERRO

Hierro is the smallest and least populated of the Canary Islands, but even so it has a Parador. Its isolated setting right on the sea shore some 10 km (6 miles) from its main town, Valverde, makes it the perfect retreat for people who want to get away from it all. It looks out onto the Roque de la Bonanza.

Since this stretch of coast is uninhabited, the road to the Parador was built especially for that purpose, and goes no further. The atmosphere of magic and mystery that pervades the whole island is particularly evident here.

The Parador has accommodation for 94 guests and a pretty swimming pool, though there are also steps leading right down to the sea for people who prefer salt water bathing.

ISLAND OF LA PALMA

La Palma's parador looks out over sea from the Avenida Marítima in the island's capital, Santa Cruz de La Palma, a city full of historic buildings and with a charm all its own. As the Parador is right in the city, it has no garden or swimming pool. It has accommodation for 62 guests, and though its facilities are rather antiquated, this contributes to a pleasantly passé atmosphere.

ISLAND OF GRAN CANARIA

Gran Canaria's is not a fully fledged Parador in the sense of having accommodation, restaurant and other facilities. The Parador chain also includes *hosterías* which are restaurants only, and this is one of them. Parador policy of promoting local cuisine is applied here, and service is excellent.

The Hostería Cruz de Tejada stands in a marvellous mountain setting in the interior of the island. This is arguably the loveliest part of Gran Canaria, with ravines, rocks and high hills, south of the island's capital, Las Palmas de Gran Canaria.

A.T.E./ICEX

A.T.E./ICEX

The Parador Conde de Gomera is a former stately home standing on a hillside.

ISLAND OF FUERTEVENTURA

Fuerteventura was described by Spanish philosopher, educator and writer Miguel de Unamuno (1864-1936), who spent a period of exile there, as "a skeleton of an island", presumably in reference to its arid landscape. Today, Fuerteventura has its parador, just 2 km (1.2 miles) outside Puerto del Rosario on the coast, right by the sea and with the island's excellent beaches within easy reach.

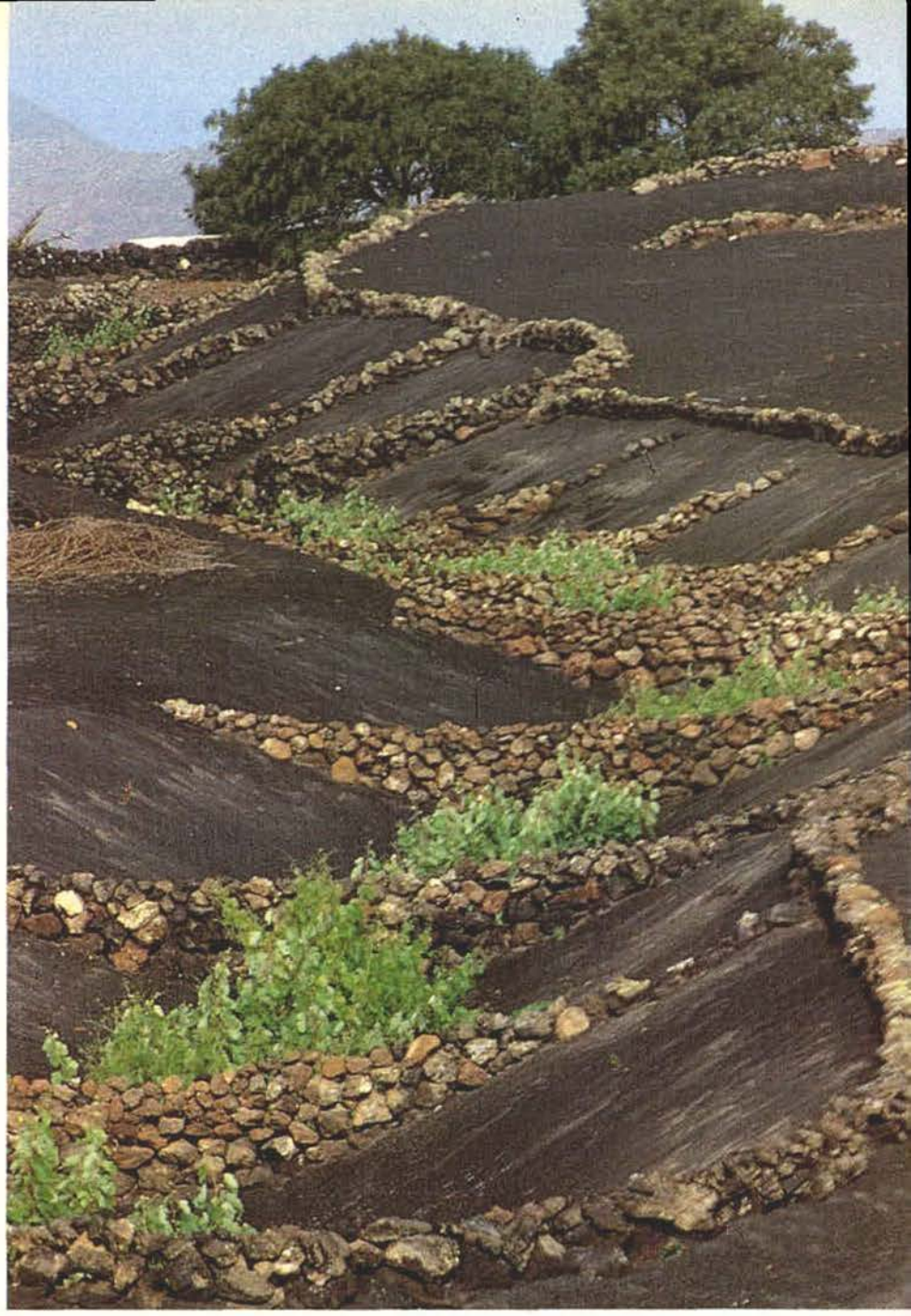
The Parador is built in the typical Canary Island style and is surrounded by palms trees and plants. It has a swimming pool, tennis court and accommodation for 98 guests.

Its port is the busiest in Spain in terms of volume of traffic and one of the most important in Europe: Russian, Korean and Japanese fishing fleets moor there. This fact, plus the proximity of Africa and the year-round presence of foreign tourists means that a considerable proportion of Las Palmas' population is racially and culturally eclectic, to say the least.

But this modern, bustling city still has its old quarter intact. Vegueta is an area of old mansions in the classic island style, with peaceful patios, and balconies elaborately carved in Canary pine. This is the part of Las Palmas where you will find its principal historic and cultural buildings: the cathedral, which combines the Gothic and Neoclassical styles; the Casa de Colón, the house where Christopher Columbus stayed whilst on the island, now a museum with an interesting collection of objects and documents from the 15C.

Though the fertile central area of Lanzarote was buried under the lava spewed out by the volcano, its inhabitants learned to dig hollows and trenches into the* malpais *so as to carry on planting their vines.

The Museo Canario has the largest collection of Guanche relics. The Casa-Museo de Pérez Galdós, once the home of the prolific 19C novelist, is now a museum of his personal possessions, his library and portraits. The Museo Néstor exhibits important pieces from the work of Canary Island painter Néstor de la Torre (1888-1938). This part of town has clearly been designated its cultural focus, for the Centro Atlántico de Arte Moderno also occupies one of Vegueta's former stately homes. It ranks with Valencia's IVAM and Madrid's Reina Sofía Centre as Spain's leading centres of contemporary art, and seminars, conferences and courses are often held there. Local artistic awareness is by no means limited to the plastic arts: Las Palmas has its own major opera season.



The streets of Las Palmas are always busy, and the entire city is a tourist haunt. Even so, natural beauty still insists on making its presence felt. On clear-skied evenings, the city's famous Las Canteras beach, 3 kilometres (1.8 miles) of golden sand, is a perfect vantage point from which to watch the stunning spectacle of the sun setting behind the Teide volcano on the neighbouring island of Tenerife.

A motorway leads southwards out of Las Palmas along the east coast of the island along which

lie major tourist resorts with their beaches and harbours: San Agustín, Maspalomas (with its African sand-dune landscape), El Inglés, Puerto Rico... With sunshine guaranteed almost 365 days of the year, this area is a paradise for water-sports enthusiasts. In 1982, Bahía Feliz hosted the world windsurfing championship.

Inland, there are still vestiges of the Guanche period. The Montaña de las Cuatro Puertas, near the town of Ingenio, was a sacred site where the island's original inhabitants held embalming and burial ceremonies.

The island's northern route passes through Arucas, set in a vast banana plantation. This is a typical farming town, with sugar cane as its other major crop. Arucas has its own rum factory, famous throughout the archipelago. Nearby is Los Tilos, a lovely woodland area with laurisilvia trees which was once part of the Doramas forest, named after a Guanche overlord.

The villages of Santa María de Guía (source of local cheese and knives with carved bone handles), Puerto Sardina and Agaete are all worth visiting. The whitewashed fishing village of Agaete is a good place to break your journey and appreciate the dramatic cliffs at Puerto de las Nieves, the Tamadaba looming in the distance, and the curious skyward-pointing volcanic rock known locally as the *Dedo de Dios,* or Finger of God.

North of Agaete are the Cenobio de Valerón caves, one of the most important archaeological sites in Gran Canaria. This warren composed of hundreds of caves was the ceremonial meeting place of *harimaguadas,* virgins about to enter into marriage, in pre-Hispanic times. Here, too, is the circle of stones from the same period, marking out a *Tagoro,* or site of public governmental meeting.

The route leading inland provides the best examples of the contrasts for which these islands are renowned. Deep, bright green ravines dotted with little houses against a backdrop of high mountains are the scene through which one drives en route for the town of Teror. The Basilica of Nuestra Señora del Pino, the island's patron saint (there is an annual fiesta in her honour on 8 September), is in Teror, a quiet little town where traditional local architecture is still very much in evidence.

The most impressive feature of Lanzarote is unquestionably Timanfaya Natural Park, also known as Montañas de Fuego (Mountains of Fire). A small part of the itinerary can be explored on camel-back.

From Teror, narrow roads lead upwards through imposing landscapes to la Cruz de Tejeda (1,450 metres/4,756 feet), right in the centre of the island. From this height, one gets good views of the two huge sculpturesque outcrops of volcanic rock known as Roque Nublo and Roque Bentayga, and the island's highest peak, Pozo de las Nieves. The first of these provided the inspiration for composer Néstor Alamo's song «*Sombra del Nublo*» (The Shadow of the Nublo), which features in the repertoire of tenor Alfredo Kraus, another native of the Canary Islands. The extraordinary formation of Roque Nublo, the world's tallest outcrop of igneous rock, was neatly described by Spain's turn of the century philosopher and essayist Unamuno as «a petrified storm».

From Tejada, make for Artenara, at 1,129 metres (4,000 feet) Gran Canaria's highest village and, 30 km (18.5 miles) away, the vast pine forest of Tamadaba.

Before leaving the island, it is well worth visiting the Viera y Clavijo Canary Gardens, created by Swedish botanist Sventenius, just a few kilometres south of Las Palmas. They feature areas of laurisilvia as well as countless varieties of plants, some of them indigenous to the Canaries but others brought in from the other archipelagos with similar botanical characteristics such as the Azores, Madeira, and Cape Verde. In botanical terms, the islands in this part of the Atlantic known in Antiquity as «The Fortunate Islands» are described as «macaronesian». The Canary Gardens have always sought to present plants growing in their natural environment and have succeeded in creating an area where visitors can get to know the vast flora of the Canary Islands almost in the wild.

FUERTEVENTURA

Fuerteventura is the Canary Island nearest to the African Continent, and it is the most similar to it in terms of climate and its bare landscapes of arid land, blazing sun and vast, white, sandy beaches. There is excellent underwater fishing off its rocky coast and deep water fishing further out to sea. There has been little building development so far —hopefully there never will be— and today the island has a promising future despite having been, until just a few years ago, the most «underprivileged» of the archipelago. Of its 40,000 inhabitants, 15,500 live in its capital Puerto del Rosario, and it is the island with the most extensive coastline.

It was conquered by Jean de Béthencourt in the early 15C, a fact which explains its various historic buildings. The most interesting part of the island for architecture is Betancuria, a town founded by the conquistador, and former capital of the island.

The Casa de los Coroneles (House of the Colonels) in La Oliva, in the north of Fuerteventura, is a lovely 18C mansion which for over a century was the island's military headquarters. One curious feature of its design is that it has a total of 365 doors and windows —one for each day of the year.

At the northern extreme of the island is the little fishing village of Corralejos, with nearby dunes and excellent beaches similar to those in Maspalomas. There are day trips from Corralejos to the

delightful Isla de los Lobos, an islet of barely 5.4 kilometres (2 square miles). The only sign of civilisation there is Casa Antonio, a restaurant serving excellent seafood paella.

At the opposite, southern, extreme, is the Jandia Peninsula with mile after mile of isolated beaches of fine golden sand. Many of them are accessible only by dirt tracks and have none of the restaurants and beach kiosks that the more populous resorts have: this is picnicking territory. The nearest centre of population, apart from the tourist resort of Jandia (occupied almost entirely by Germans), is the little fishing village of Morro Jable where life is lived at quite a different pace.

LANZAROTE

Of this island's 862 square kilometres (332 square miles), 250 (96) are stretches of volcanic lava, known locally as *malpaises*,

or «badlands». For six long years, from 1730 to 1736, unremitting volcanic eruptions shook the southern part of Lanzarote, the most easterly island of the archipelago, and streams of lava engulfed entire villages. In 1824, a new eruption destroyed the few that had survived. These natural disasters have left an eternal mark on the island's landscape.

Today, Lanzarote is a peaceful island with something of magic and mystery about it. Its landscape is unmarred by advertising hoardings and cactii grow along its roadsides. Its little white houses have their door and window surrounds painted green and are topped by curious onion-shaped chimneys.

Tourism is concentrated in particular areas, such as Playa Blanca in the south, and Puerto del Carmen and Costa Teguise on the east coast.

The island's capital is Arrecife, where 36,000 of the island's total population of 74,000 live. But Teguise, the former capital, is a more attractive town with, nearby, the Castle of Guanapay perched on top of an extinct volcano. Close by is Guatiza, famous for its windmills and the fact that it still lives by producing cochineal from extensive plantations of *chumbera* cactus. The local Cactus Garden

The northern half of Tenerife include the beautiful Orotava Valley and the town of Icod de los Vinos, best known for its huge and ancient* drago *or dragon tree, a species unique to these islands.

You have just arrived in the Canary Islands and are ready for an exotic meal, something you can't find back home. A quick look at the menus of places most frequented by tourists might make you think you are out of luck. The only choices seem to be international cuisine and specialities from the Spanish mainland. Could it be that the Canary Islands really do not offer much in the way of traditional cuisine? Not at all. What you have to do is leave behind the beaten track and go exploring. You are sure to find restaurants that will introduce you to the delights of Canarian cuisine, a cuisine which carries the mark of three cultures. From the indigenous Guanches come the curious *gofio* and the accent on seafood. From the Spanish peninsula, Andalusia in particular, come the *cocidos*, stews, and the tradition of sweets. From the New World come the tropical fruits and vegetables and the wide use of aromatic herbs and hot spices, probably in an effort to ward off the sluggishness a hot climate can bring on.

A DIFFERENT KIND OF BREAD

The first speciality you are likely to come across is *gofio*. It is either wheat, corn, barley, chickpea or other grain that has been toasted and ground up into meal (flour). It is then mixed with water, milk, or sour grape juice and kneaded until it forms a hard doughy ball to be eaten as a sort of bread. It is also used as a thickening agent when making stews or *cocidos*. For centuries, *gofio* was the basic food for the Guanche people and later became the same for the Spanish settlers. Many a folksong reveals the customs surrounding this all important staple, which country peasants used to carry in a leather pouch together with the day's ration of onion and dry-salted fish. One in particular goes: «*El zurrón del gofio / yo lo traigo aquí, / el que quiera gofio / me lo pide a mí*» (My gofio pouch / I carry here with me / anyone who wants gofio / comes and asks me).

You will not have to look at too many menus before you realize that potatoes are very special here. Many varieties are grown and they are prepared in all kinds of ways. In the Canaries, though, potatoes go by a different name than they do in the rest of Spain. «Papas» is the word. Learn it well for you will see it time and time again: *papas garrapiñadas* (cooked with grated cheese), *papas aperejiladas* (sautéd with parsley, garlic, and pimientos), *papas con manta* (batter-dipped and fried), *papas alegres* (prepared with lard, onion, and flour), and many more. The most versatile potato variety is the *papa bonita*, which means «pretty potato» and if pretty is synonomous with delicious then pretty it is

CANARY ISLANDS CUISINE

Papas, Mojos... and lots more

What's cooking on the Canary Islands?... plenty! Although Canarian cuisine isn't as well known as other Spanish cuisines, it has got a personality all its own and definitely deserves to be better known. So, we'll do our part and introduce you to the delights and curiosities of this cuisine, which is a unique blend of three cultures — the native Guanche, the Spanish peninsula and the New World.

Wrinkled Potatoes, Red and Green Sauces and Rabbit in Salmorejo.

indeed. When it comes down to the bottom line, though, it must be said that of all the potato recipes, *papas arrugadas* is the most symbolic of Canarian cuisine. This is a simple recipe in which the potatoes are boiled in their skins with a few handfuls of salt until the water evaporates and the potatoes dry out a little and wrinkle up. When eating time comes round, they are usually served with a cold spicy sauce, and this brings us to our next Canary Islands speciality.

Cold sauces of all different kinds are called *mojos* and are served with potatoes, fish or meat. The basic ingredients that go into making a *mojo* are oil, vinegar, garlic, salt, cumin, pepper and water. From there, each one adds a little something extra to give it its distinctive personality. For example, red *mojo* calls for hot paprika; green mojo gets its special taste from chopped parsley or coriander; and yellow *mojo* carries the accent of saffron. The repertoire goes on to include *mojos* which go particularly well with a specific food like, for example, *mojo de salmorejo,* which is the perfect complement for rabbit, or local *mojos* like mojo palmero from the island of La Palma made with lots of pepper and *mojo de queso* from the island of El Hierro.

THE FOOD ON THE TABLE

Gofio, papas, and *mojos* — three new words added to your culinary vocabulary — but you shouldn't stop here. Canarian cuisine has a lot more in store for you. You will find stews and *cocidos* to please everyone: watercress stew, corn stew (comes with cob and all), *bubango* stew (a type of zuchini) and more. A good dish for a chilly day is *escaldón,* a porridge made from *gofio,* salt pork, lard, garlic, pepper, and water. The *cocidos* on the islands have everything mainland *cocidos* have — meats, vegetables, broth, and beans — and a little more. Here, it is common to add to the pot local produce like yams, corn, pumpkin, chayote, or *bubango.*

You will not find much in the way of traditional meat recipes with the exception of pork and rabbit. The popular baked ham deserves special mention (the humid climate makes dry-curing impossible) as do sausage meats like the red sausage from Teror in Las Palmas and *morcilla dulce* (black pudding with sweet potato added) from Tenerife. The most traditional way of preparing rabbit is «*al salmorejo*» — first marinated in a *mojo,* then fried and served with a sauce.

If fish is a favorite of yours, then you are in the right place. Canarian cuisine includes lots of recipes for both fresh and dry-salted fish. Many of the names might sound unfamiliar since they tend to be fish varieties peculiar to the zone but for the most part they are members of the bass family. For example, common fresh fish include *vieja* and *sama* while dry-salted fish include *sama, corvina,* and *cherne,* which are either desalted and cooked or eaten just as they come. Probably the most popular fish recipe is *sancocho,* which calls for *sama,* dry-salted *cherne,* or fresh sea bass. The fish is boiled (*sancochar* means to parboil) with potatoes and later served with a *mojo* sauce. Fresh or dried figs can be added to the cooking for a touch of the gourmet.

Boiled Fish with Sauce, Wrinkled Potatoes and Banana Fritters.

HOW SWEET IT IS

When it comes to desserts, Canary Islands cuisine goes all out. Like other peoples living in tropical areas, the people here have a well-developed sweet tooth. We are not talking about anything extravagant, just simple, down-to-earth sweets and lots of them. Recently, though, with the large growth in tourism, it seems that these delightful sweetmeats have been partly overshadowed by foreign specialities. Nevertheless, with a little exploring, you are sure to find them so here is an idea of what to expect. *Ñames,* a dessert commonly eaten in the fall or at Christmas time, is a cooked yam served with sugar or honey. *Truchas navideñas* (Christmas «trout») are little turnovers filled with a paste of almonds, sweet potato, and *cabello de ángel* (made from cidra cayote, a type of squash). Carnival cakes are made with bread, eggs, anisette, milk, and lemon. *Bienmesabes* is sponge cake layered with a filling of syrup, almonds, and egg yolks. The list goes on — pumpkin and sweet potato fritters, honey and sugar *rapaduras, marquesotes palmeros, frangollo* (a sweet pudding), cheesecake from Hierro — but by now you have gotten the idea. Where there is a sweet tooth, there is a lot of imagination in coming up with a whole array of desserts.

Nature has also done its part in nurturing the islanders' fondness for sweets by providing a wide range of tropical fruits. Without a doubt, the king of these fruits is the banana, which thrives on the islands of Grand Canary, Tenerife, and La Palma. The variety grown here is not as sweet as the American banana and is more flavourful. Although bananas are usually just eaten fresh, they also go into the making of some delicious desserts like fried bananas drizzled with honey, banana fritters, and banana pancakes. Other fruits you can enjoy here are papaya, pineapple, mango, guava, and prickly pears.

So, we'll close on this sweet note and refer you to the sections on Canarian wines and cheeses to put the finishing touch to your meal.

Recipes

Wrinkled Potatoes
(Papas Arrugadas)

Serves 6

2 kg small, uniform-size potatoes
4 or 5 handfuls of salt

Scrub the potatoes to remove all dirt. Put them in a pan and add water to the level of the potatoes without covering them. Add salt and stir. Cook over a low flame until water completely evaporates. Cook for a few more minutes to let the potatoes dry out a little and wrinkle up. Serve in their skins and sprinkle with a little salt if desired.

Green Sauce
(Mojo Verde)

1 head of garlic, peeled
1 green pepper
1/2 tsp cumin
1 cup olive oil
2 tbsp vinegar
10 sprigs of parley
salt

Chop up the parsley and green pepper (remove seeds first). In a mortar, crush the cumin. Add garlic, green pepper, parsley, and salt and continue to mash until thoroughly mixed. Add oil, vinegar and a bit of water mixing until blended. Serve.

Carnival Cakes and Watercress Stew.

Red Sauce
(Mojo Colorado)

1 head of garlic, peeled
1/2 chili pepper
1/2 tsp cumin
1 tbsp hot paprika
1 cup olive oil
2 tbsp vinegar
salt

Soak the chili pepper and cumin in hot water for 1/2 hour. Then, using a mortar and pestle, crush together the chili pepper, cumin, garlic, and salt. Next add first the paprika and then the oil, mixing thoroughly after each addition. Add vinegar and a little bit of water and blend in. Serve.

Watercress Stew
(Potaje de berros)

Serves 6

500 g watercress
1 kg potatoes
250 g white beans
100 g salt pork, cut in half
8 tbsp oil
3 cloves garlic
salt

Soak the beans overnight in cold water. Drain, put in a pot, and add water to cover. Salt and bring to a boil. Reduce heat and cook over a low flame. Wash the watercress in abundant cold water. Drain and chop up finely. Peel the potatoes and cut up into small chunks. Add watercress, potatoes, and salt pork to the pot 1/2 hour before the beans are done. When beans are done, remove salt pork and sauté in the oil together with garlic until golden, pressing down with a fork. Remove garlic and pour oil and salt pork into pot. Continue to cook until the potatoes are soft. The stew should be soupy.

Boiled Fish with Sauce
(Sancocho)

Serves 6

1 kg dry-salted *cherne* (a type of bass)
1 kg potatoes

Mojo:
7 cloves garlic
1 chili pepper
1 tsp paprika
1/2 tsp cumin
2 dl olive oil
4 tbsp vinegar

Gofio:
500 g *gofio* meal
1/4 litre water
a spoonful of previously fried oil
salt

Rinse the *cherne* under running water to remove salt. Soak in cold water for 12 hours, changing the water several times. Cook in water until tender. Cut the potatoes in half. Cover with salted water and cook until done. Drain off water and set pan over flame for a few minutes to dry out the potatoes a bit. To make the *mojo,* first soak the cumin and the chili pepper in hot water. Then crush them in a mortar together with garlic and salt. Add paprika. Gradually pour in oil mixing to form a smooth, thick paste. Then gradually stir in the vinegar. Add enough water to dilute so that the sauce is tangy but not too strong. To make the *gofio,* mix *gofio* meal, water, a little salt, and oil. Knead dough until it forms a hard ball that can be cut with a knife. It is necessary to knead for some time in order to be done just right and take on its characteristic flavour.

Rabbit in Salmorejo
(Conejo en salmorejo)

Serves 4

1 rabbit
1 red pepper, chopped
1 head of garlic, crushed
1/4 litre olive oil
1 tsp paprika
1 tbsp vinegar
1/2 tsp cumin
100 g liver, cut up
1 bay leaf
1 sprig of thyme
salt

Clean the rabbit and cut into pieces. Marinate for two hours in a marinade of

oil, crushed garlic, salt, bayleaf and thyme. Remove from marinade. In a frying pan, heat the oil from the marinade and fry the rabbit pieces being careful not to burn. Remove and place in a pan. Sauté the liver in the same oil. To make the *mojo,* crush together in a mortar the red pepper, garlic, cumin, liver, paprika, and salt. Thin with a little oil, vinegar, and water. Pour over the rabbit and cook for five minutes. Serve hot with wrinkled potatoes and a *mojo.*

Carnival Cakes
(Tortillas de Carnaval)

Serves 6-8
500 g white bread, crust removed
3 tbsp flour
10 eggs
1 liqueur glass of anisette
1 tsp aniseed
2 lemons
1/2 litre oil
2 tbsp sugar
milk

Put the bread in a bowl. Sift in flour. Gradually add milk to form a spongelike mass. Add the eggs one at a time, beating after each addition. Batter should have the consistency of a slightly thick custard. Add the anisette, aniseed, cinnamon and the grated peel of one lemon. Mix well and let stand 1/2 hour. Heat the oil and fry the peel of the remaining lemon until it begins to turn golden. Remove from oil. Spoon the batter into the hot oil forming little cakes and fry until they are evenly browned.

Banana Fritters
(Buñuelos de plátanos)

Serves 6
160 g flour
10 g baking powder
2 eggs, separated
2 dl milk
2 tbsp olive oil
2 bananas
80 g sugar
2 tbsp powdered sugar
1/2 litre oil for frying
a pinch of salt
brandy

In a bowl, sift together the flour and baking powder. Make a well in the centre and add the egg yolks, sugar, milk, salt and the two tablespoons oil. Mix well. Cover the bowl and let stand for 2 hours. Meanwhile, cut up bananas into thick slices and soak them in the cognac. Beat egg whites until they form stiff peaks and fold into the batter until completely blended. Strain the bananas and pat dry. Dip them in the batter one by one. Fry in hot oil until golden. Drain on a paper towel and sprinkle with powdered sugar. Serve.

Note: These recipes and photos have been previously published in the book «*El buen gusto de España*», edited by the Spanish Ministry of Agriculture. We thanks Lourdes Plana and Ana Letamendía for the recipes and the Ministry for the photos.

So accidented is the terrain of La Gomera that its inhabitants have their own ancient "whistling language", a code by which they communicate from hilltop to hilltop without having to make the ardous journey in between.

contains hundreds of different varieties of cactus which thrive in the climate of Lanzarote.

The Garden is the creation of Canary Islander César Manrique, the multi-talented artist (architect, painter, sculptor, designer), whose name is inseparable from that of Lanzarote. He is a prominent campaigner for the protection of his native islands from the depradations that, all too often, tourism brings in its wake. His work is characterised by the desire to fuse architecture with the singular natural features of the Canaries. His imaginative use of lava formations achieves often spectacular results: his own house is one example, and in consequence is treated almost like a museum. Unfortunately, we were unable to visit it during our stay on the island as Manrique was away.

Though there are works by César Manrique all over the archipelago, the greatest concentration is in Lanzarote. In addition to the Cactus Garden, there is the Jameos del Agua, an impressively beautiful volcanic grotto whose lake is home to a species of tiny blind albino crabs, the only known examples of their species in the world. César Manrique has adapted the natural grotto formation to create an auditorium with an audience capacity of 1,000 people and with excellent acoutstics and lighting effects.

He displays a similar approach in the Cueva de los Verdes, a volcanic cave some 6 kilometres (3.7 miles) long which leads directly into the sea. The Mirador del Río, in the north of the island, is another of his creations. From this balcony excavated out of the rock there are panoramic views taking in the islet of La Graciosa, separated from Lanzarote by a stretch of water known as El Río.

But the most impressive feature of this whole island is unquestionably Timanfaya Natural Park, also known as Montañas de Fuego (Mountains of Fire). The approach to the park is marked with wooden signposts bearing the silhouette of a devil complete with pitchfork. A small part of the itinerary can be explored on camel-back, but the main route is done by bus. Private cars are not allowed in the Natural Parks without a special permit.

The surroundings are amazing: craters everywhere, black and reddish lava, the solitude and silence of the natural environment broken only by the ghostly background music to the running commentary broadcast on the bus. From time to time one does glimpse signs of life —a cluster of flowers, a row of reeds growing on a slope... It's almost as if the process of Creation were not yet complete, and the earth is still hot. Just 2 metres deep, the temperature is as high as 250° C (482° F), and the Park's restaurant needs no fire for grilling —the ground is hot enough to cook on.

Though the fertile central area of the island was buried under the lava spewed out by the volcano, its inhabitants learned to dig hollows and trenches into the *malpais* so as to carry on planting their vines. They observed that the plants grew better

FARMHOUSE CHEESES FROM THE CANARY ISLANDS

Though generally little known beyond the islands themselves, the Canaries produce excellent cheeses, some of them highly original.

The islands' milk-producing livestock includes cows, sheep and goats, which provide the raw material for a wide range of cheeses. The archipelago enjoys the particular benefit of isolation from disease, so that its sheep and goats are brucellosis-free. Canary sheep are smooth haired and prolific milk producers: whereas the average yield for a milk-sheep is 0.5-0.7 litres per day, the Canary sheep gives 1.2 litres. The islands' goats are numerous and give fine quality milk; herds can often be seen grazing along ravines and cliffs.

Each island has its own cheese specialities. They are, island by island:

GRAN CANARIA

Queso fresco: This is made mainly in the south of the island. It is pure goat's milk cheese, cylindrical in shape and each weighing between 1.5 and 3 kg (3.3 and 6.6 pounds). It is eaten both fresh and cured in oil.

Queso de flor de Santa María de Guía: This comes from the highland areas around Guia and Galdor in the north of the island. A mixture of raw sheep's and cow's milk (25% and 75% respectively) is used to make this cured cheese, yellowish in colour, the shape of a thick pancake, each weighing 2 to 3 kg (4.4 to 6.6 pounds).

To make this smooth, buttery cheese, freshly obtained milk is set, without heating, by using cardoon flowers before the curd is salted and pressed.

FUERTEVENTURA

Queso majorero: This is made throughout the island, using goat's milk. White and creamy inside, with many evenly distributed holes, this is a piquant cheese with a strong aroma. It is usually preserved by spreading with oil and sweet paprika.

LANZAROTE

Queso conejero: This cheese is made with raw goat's milk, mainly in the areas of Teguise and Tinajo. It is pressed in palm leaf moulds and eaten fresh.

TENERIFE

Queso fresco: Made all over the island, but particularly in the south, using raw goat's milk. This is a white, smooth, pleasantly flavoured cheese, almost rindless, cylindrical in shape and each weighing between 2.5 and 5 kg (5,5 and 11 pounds).

LA GOMERA

Queso curado: Made with goat's and a little sheep's raw milk, this cheese has a hard, greyish yellow rind and a greasy appearance. It is smoked over a fire of green wood from the aromatic shrub *jara* (a variety of Cistus), heather and tabaiba cactus, and is matured for 6 months before eating. It has a strong, piquant flavour.

EL HIERRO

Queso herreño: Made with raw goat's, sheep's and cow's milk, this is the only Canary cheese (and one of the few in Spain as a whole) that mixes the three types of milk. It has a slightly acidic flavour, pleasant and smooth, and a strong smoky aroma from being smoked over a fire of *jara*, pine and Indian fig. It can be eaten fresh or after a 2 to 3 month maturing period.

On El Hierro, they also make an unsalted fresh cheese (of cow's milk only) for same-day eating. It is used for making *quesadillas*, a local dessert rather like cheese-cake.

LA PALMA

Queso palmero: Made with raw goat's milk (though some locals add a little sheep's milk), this is a buttery cheese which is smoked over a fire of dried cactus and almond shells.

Recipes

Savoury spread from La Gomera
(Almogrote de La Gomera)

4 large dried red peppers (not too piquant)
1 kg dry La Gomera cheese, grated
5-6 cloves garlic
a knob of butter, one of lard, and a little olive oil (quantities depend on the fat content of the cheese).

Soak the peppers in warm water until they plump up, then crush them, along with the peeled garlic cloves, with a pestle and mortar. Mix thoroughly with the grated cheese.

The classic way of eating this paste is as a topping for potatoes baked over the fire (they can also be done in the oven, wrapped in foil). Nowadays, it is often eaten spread on toast as a canapé.

El Hierro cheese-cakes
(Quesadillas de El Hierro)

1 kg 2-day old unsalted fresh cheese
150 g flour
150 g sugar
a tsp anis liqueur
3 eggs
grated rind of 2 lemons

Pass the cheese through a mouli-légumes. Add the sugar and mix with a wooden spoon until the mixture takes on a fine texture. Add the eggs and then beat in the flour, little by little. Add the lemon rind and the anis, and beat the mixture thoroughly. Pour into individual moulds, top with a flour-and-water puff pastry, and bake until golden. Curiously, the deeper the *quesadilla*, the better it tastes.

in soil covered with volcanic ash, which both helped retain moisture and provided protection from the sun. Little semi-circles or squares of low stone wall built around the plants protected against the wind. And so a unique crop-farming method came into being: the area around La Geria is typical. The sight of green vines growing on the volcano's slopes is not one you will see elsewhere.

Palm and fig trees also thrive in this scorched land where the local peasants, known as *campurrinos*, wear broad-brimmed straw hats as protection against the sun as they tend their watermelons, melons, tomatoes and onions.

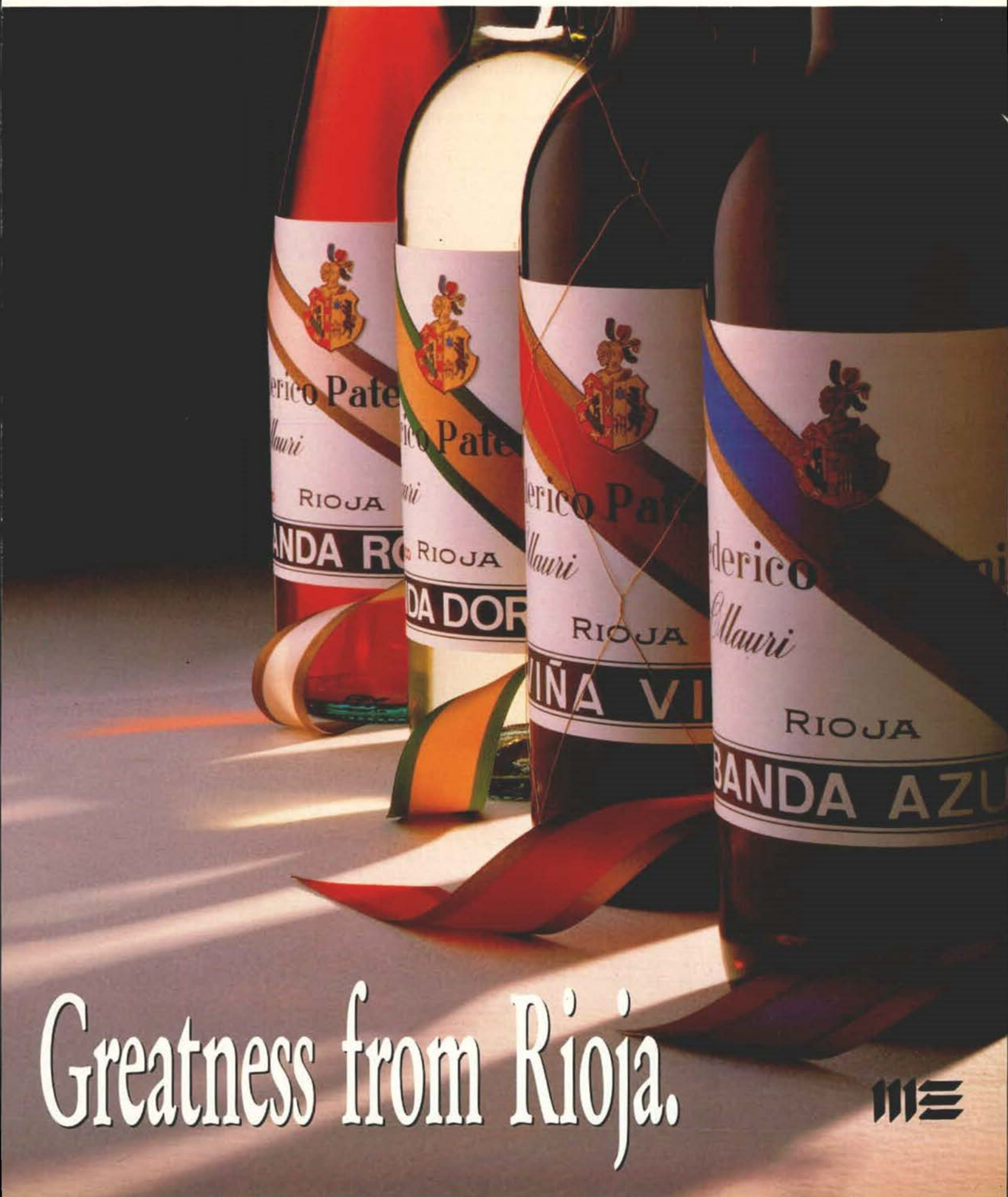
There are good beaches in Lanzarote. The best one is Papagayo in the south of the island. Reached by a dirt road, it has white sand, very few people and crystal clear water. It is an area that in the late Sixties and early Seventies attracted hippies from all over Europe in search of solitude and peace.

TENERIFE

Tenerife, covering an area of 2,053 square kilometres (792 square miles) and with 663,000 inhabitants, is the biggest of the Canary Islands. Its readily recognisable triangular shape is divided from north to south by a mountain range on either side of which lie broad, fertile valleys. In the centre, dominating the whole landscape like a mighty guardian, is the magnificent Teide, a 3,718 metre (12,195 feet) high volcano.

The island's capital, Santa Cruz de Tenerife, is a major port. Unlike Las Palmas, however, the atmosphere here is somehow more provincial since Santa Cruz is not a tourist resort. The whole city

Paternina



Greatness from Rioja.

slopes down towards the sea, and its two plazas —the Plaza de España and the Plaza de la Candelaria— are focuses of local life.

Among the church of La Concepción's collection of historic relics are the symbolic Cross planted by the islands' conquerors, and the flags captured from Admiral Nelson during his failed invasion attempt in 1797. The local Archaeological Museum displays relics of the island's pre-Hispanic inhabitants, and the Provincial Fine Arts Museum exhibits works on loan from Madrid's Prado. The Palacio de la Carta, an intriguing example of 17C Canary Island architectural and decorative styles, has been officially designated a National Monument.

Santa Cruz's modernised Teatro Guimerá holds an annual opera season, and the theatre in general receives a lot of local support.

One of Santa Cruz's most charming features is García Sanabria Park. It is a modern park, designed and laid out in the 1920s and full of lush vegetation. In 1973, it was the setting for the First International Open Air Sculpture Exhibition, which featured works by artists of the category of Guinovart, Vissieux, Martín Chirino and Pablo Serrano. Some of the exhibition's pieces have remained there permanently, and are among the city's artistic highlights.

Though Santa Cruz de Tenerife has managed to retain a gentle provincial pace of life, the rhythm changes dramatically at Carnival time. The whole city goes into fiesta mode, work simply stops, and literally everyone adopts fancy dress. Carnival time is a major fiesta throughout the Canaries, but Santa Cruz is where it reaches its peak. So elaborate are the celebrations that it takes a whole year's build-up to prepare for the Carnival, which lasts for several days. The imagination and work expended on costumes alone is considerable: participants have a different outfit for each day of the fiesta.

Very close to Santa Cruz, heading inland, is the former capital of the island. La Laguna. At 450 metres (1,476 feet) above sea level, this little town with its straight streets and old mansions and churches still retains a colonial air. The archipelago's leading university is in La Laguna, and during term-time it has a very lively student atmosphere.

Slightly further south lies the Orotava Valley, green with banana palms and other vegetation, which leads down to the sea. Though it is still beautiful, new buildings have robbed the valley of some of the charm I remember from a previous visit fifteen years ago. The town of Orotava is lovely, with historic buildings, among them old mansions with the engaging traditional feature of balconies made of Canary pine, a sturdy, reddish local wood which lends itself ideally to elaborate carving. One of these mansions is now a shop selling regional crafts and is a pleasure to visit since it has retained its classic galleried inner patio full of plants and its *destiladera*, a local device for filtering and cooling drinking water.

At the valley's end lies Puerto de la Cruz, the island's main tourist resort which the boom has turned into a modern, lively town. Part of the Playa de Martiánez, a clean dark-sanded beach, has been transformed into a brilliantly imaginative complex of a lake and open-air swimming pools by César Manrique.

The Orotava Botanic Garden was founded in 1778 during the

Pottery and needlework are just a sample of the varied handicrafts you can find in the Canary Islands.

The history of the Canary Islands was shaped by the coming and going of seafarers from different lands. One thing these «conquistadors» had in common was a tradition of wine drinking. Any one of them might have been the first to plant a grapevine on these volcanic shores but the earliest written record gives the credit to a certain Fernando de Castro who in the late 15th century planted a vineyard in Los Realejos on the north side of Tenerife. The grape variety he planted was Malvasía, which had been brought from Madeira where it had been cultivated since the Portugese colonisation in 1419 (it is originally from the east Mediterranean). Perhaps Fernando de Castro was the first wine-grower to set up shop but he was soon followed by many others who brought in the best vines from abroad thus giving rise to a wide range of grape varieties.

Right from the start, the vines took to the volcanic soil and the climate wherever they were planted, and cultivation soon spread to all of the islands except Fuerteventura and Lanzarote (here only after about 1740). Around the middle of the 16th century, even more vineyards were planted when the islands' sugar cane industry dropped off due to the stiff competition from sugar cane producers in the New World, especially in Brazil. Of all the grape varieties grown on the islands, Malvasía was, without a doubt, the one which gave Canary wine its distinctive character and well-deserved fame. Canarian historian Viera y Clavijo (1731-1799) wrote of the different Malvasía wines: «... green Malvasía, which competes with the best wines from Madeira or Jerez, and purple Malvasía, which is sweet and distinctively aromatic...». The difference between these two styles of Malvasía was achieved by picking the grape at different times. The grapes that went into making green Malvasía were harvested at the normal time while those used in making purple Malvasía were picked after they had started to shrivel up on the vine and become mouldy.

Malvasía wine was destined to go beyond the shores of these islands, which served as a stopping off point for ships on their way to Africa, Europe and the New World. It was not long before this wine had earned a name for itself and was in high demand abroad. Three large markets opened up: the colonies in the New World (British, Spanish, and Portuguese), the Portuguese settlements along the Atlantic coast of Africa, and Europe with England at the head followed by Holland and France. Given such a large export market, winegrowing soon became the main source of income for the islands. And so, wine commerce in the Canaries continued to flourish for a long time. Canary wine had

CANARY ISLANDS WINE:

Vineyards under the Volcano

The story of Canary wine began around the end of the 15th Century when Fernando de Castro planted the Malvasía grape in the islands' first vineyard. From these beginnings, Malvasía wine went on to earn a name for itself both at home and abroad. A prized commodity of its day, it became the heart of the islands' economy until adverse political events and epidemics reduced it to only a shadow of its former splendour. Today there is a growing interest in picking up where history left off and putting back together the prosperous Canarian wine industry, once famous the world over for its quality wine.

The sight of green vines growing on the Lanzarote volcano's slopes is not one you you will see elsewhere.

become famous and could always be found on the best tables of the day. Shakespeare praised it saying «it enlivens the senses and perfumes the blood». Casanova looked to it for consolation while locked away in his Venetian prison. It was sweet and intoxicating, slightly bitter and acid, taking on its golden lustre after a long ageing in the cask.

THE BEGINNING OF THE END

Political events in the second half of the 17th Century cut short what had seemed to be the bright future of Canary wine. After Portugal had gained its independence from Spain, Charles II of England married Catherine of Braganza of the Portuguese royal family in 1661. Shortly afterwards, he proclaimed the Navigation Act whereby only ships flying the British flag were allowed to trade with the British colonies. This marked the beginning of the decline of Canary wine in favour of Portuguese wine.

Another setback came in 1665 when seventy London merchants set up the Canary Company. What they were basically trying to do was control market prices, keeping wine prices down and textile prices up. In response, Tenerife winegrowers refused to sell Malvasía to the English and then one thing led to another. The end result was that the Spanish government ordered the English merchants who had set up business in the island to leave and the British government retaliated by prohibiting imports of Malvasía wine from Tenerife.

In time, the storm blew over and trade started up again but it was too late. As the century came to a close, attention had already turned to the excellent wines coming out of the cities of Oporto, Jerez, and Malaga. Having a limited outlet for their product, Canarian winegrowers pulled up vines and switched over to more profitable crops. We can see evidence of this today in the Orotava Valley, which at one time was covered with vineyards and now is principally a banana plantation. Although wine exports never came to a complete halt, they had ceased to be the heart of Canarian commerce. In the 19th Century, it looked for a moment as if the industry could be turned around again when the phylloxera epidemic attacked European vineyards while sparing those on the Canary Islands. Prospects looked good but were soon snuffed out when the Canary vineyards were hit with oidium disease and then with mildew. This was the final blow.

CANARY WINE TODAY

The Canary Islands get the credit for having introduced the grapevine to the New World. Both American and Canarian vines were saved from the phylloxera epidemic and for this reason the vines in the Canary Islands live for about 60 years whereas those in continental Europe live for only about thirty years. The absence of phylloxera also means that the vines can be planted directly in the ground without having to resort to grafts on American root stocks. Today, you find major vineyards in all of the islands except Fuerteventura and a large portion of Grand Canary. Vines grow in every imaginable place —on terraced banks, up steep mountain slopes, in ash-covered depressions carved out of the lava. In general, they occupy the drier lands where it would be difficult to grow other crops.

OLD WAYS, NEW WAYS

Until about a decade ago, winemaking in the Canary Islands was mostly a family affair. In rural areas, the statement «one house, one bodega» was certainly true. In the forties, an attempt was made to set up the first large-scale, industrial bodega but it never caught on. Winemaking was thus limited to very traditional methods: a mixture of red and white grapes was pressed and then the must was left to ferment in open chestnut casks. White wines were made from grapes which had been left to overripen on the vine.

Things began to change, though, in 1980 with the newly created bodega El Grifo located on the island of Lanzarote. In search of fresh, aromatic wines, they started to harvest the grape earlier (at the end of July) and use modern methods of cold treatment and filtering. What they have come up with are young, fresh wines —the majority are one year vintages— which

are very popular with Canary Islanders and tourists alike. This in turn has opened up the door to exporting these wines to Germany and, more recently, to Great Britain. Following the example of this bodega, other principal winegrowers on the islands began to update their facilities and convert to stainless steel. The trend on the islands is now towards incorporating modern methods of vinification to bring Canary wine up to its best.

SPECIFIC DENOMINATION TACORONTE-ACENTEJO

The region of Tacoronte-Acentejo, located on the north side of the island of Tenerife, is the only area in all of the Canaries to have a Specific Denomination, backed by a Regulatory Council which oversees the quality of the wines. Extending over an area of 2,267 hectares at an altitude of 200 to 800 m (656 to 2,624 feet) above sea level, this is the largest and densest vineyard in all of the islands and accounts for 15.62% of the total area devoted to grapegrowing.

The traditional method of cultivating calls for the vine to be left to trail out over the ground from the time cultivation begins in October or November until May or June when it is raised up on a horizontal trellis about 60 cm (24 inches) off the ground. It is then left this way until harvest time. More recently, espalier cultivation has been introduced thereby increasing the density of a given hectare to about 2,500 or 3,000 vines. This system has the added advantage of facilitating the work involved in cultivating the vines.

The grape varieties grown in the región and their relative importance are: Listán negro (80%), Negramoll (12%), and Listán blanco (5%) with Tintilla, Gual, and Malvasía making up the remaining 3%. Recently the «foreign» variety Rubi Cabernet has been introduced and although it is still in the experimental stage, some experts are already claiming that it is giving the best red wine in the Canary Islands. Reds, rosés, and whites —all young, one-year wines— are coming out of the bodegas, which are investing time and energy in improving the vine selection and methods of vinification in an effort to come up with increasingly better wines.

At present, the Specific Denomination Tacoronte-Acentejo takes in nine bodegas whose total production comes to 250,000 bottles a year. A large, new wine cooperative is in the works and is due to start operating in January 1992. Once it gets going, production is expected to double to 500,000 bottles a year. So, what's behind the push and enthusiasm of these winegrowers, who for the most part have regular jobs in other professions? There's certainly the economic incentive but more that that there's probably the desire to set history straight, to bring back the splendour of Canary wines in an altogether new way.

The headquarters of the Regulatory Council of the Specific Denomination Tacoronte-Acentejo, in Tenerife island.

AGENDA

Production zones

Tenerife Island. Vineyards cover a total area of 8,177 hectares. Three principal areas in the northern part of the island account for more than half of the area dedicated to vineyards. They are Tacoronte-Acentejo with 2,267 hectares, the Orotava valley with 1,000 hectares, and Icod de los Vinos with 1,000 hectares. Tacoronte-Acentejo is the largest in all of the Canaries and the only one with a Specific Denomination. Other production zones are Taganaga and South Tenerife.

La Palma Island. Vineyards cover a total area of 1,659 hectares. The two principal areas are Hoyo de Mazo in the eastern part of the island and Fuencaliente in the south. This latter area is the home of the authentic Malvasía grape that gave fame to Canary wines of the past. Other winegrowing areas lie in the west in Las Manchas and in the north where the so-called «Tea Wine» is made. This wine has a peculiar taste of tea, achieved by ageing the wine in barrels made out of Canary pine.

Gomera Island. Vineyards cover a total area of 346 hectares. The terrain here is very rugged and vines are grown on terraced beds cut into the steep slopes. The two principal production areas are Hermigua Valley and Vallehermoso.

Hierro Island. Vineyards cover a total area of 508 hectares. The most important production areas are El Golfo and El Pinar in the west and Echedo in the east. There has been a big push here towards updating facilities and modernising methods.

Lanzarote Island. Vineyards cover a total area of 3,350 hectares. The winegrowing zone is an interior corridor running north to south from Mozaga to Yaiza. The predominant grape variety is Malvasía, chosen not for historical reasons but rather because it is the variety that best withstands the heat without a significant drop in acidity. In the area of La Geria, the vineyards offer a spectacular sight: vines growing at the foot of volcanoes or creeping up their slopes, bright green leaves set against the deep black of the lava.

Grand Canary Island. Vineyards cover a total area of 487 hectares in El Monte in the northeastern part of the island.

Climate

Winters are moderate and summers along the northern coasts are tempered by trade winds. Although subject to wide variation, average rainfall is low, about 350 mm a year. Nevertheless, humidity is usually quite high. The most significant climatic difference among the islands is that the islands to the east are arid while those to the west are humid. Within a given island, there is also a considerable difference in climate between the northeastern and southwestern sections.

Soil

The soil is of volcanic origin and rich in minerals. It is light and airy with high permeability. Poor in lime but generally rich in nitrogen, potassium, and phosphorous, it has a slightly acid pH due to its volcanic origin.

Grape Varieties

Many grape varieties are cultivated. The most common green varieties are Listán blanco, Malvasía, Vijariego, Pedro Jiménez, Moscatel, Gual, Verdello, and Diego. Common red varieties include Listán negra, Negramoll, Negro común, Malvasía rosada, and Tintilla.

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LA MANCHA

Tierra de vinos

reign of Charles III for acclimatising plants brought back to Europe from America and Asia which, given the harsher climate, would not have survived in the Botanic Garden in Madrid, also Charles' creation. Today, the Orotava Garden contains over 3,000 species of exotic plants from all over the world.

Other places to visit in this northern half of the island include the town of Icod de los Vinos (best known for its huge and ancient *drago*, or dragon tree —a species unique to these islands), Garachico, the little village of Masca right at the end of the island (the road leads through marvellous landscape), and the imposing black rock formation known as the Acantilado de los Gigantes.

In the south of the island, the landscape becomes far drier and less fertile, and this is where the other tourist haunts are concentrated, among them Los Cristianos and Las Américas.

Tenerife is one of the few places in the world where, on the same day, you can be swimming in the sea in the morning and walking on snow in the afternoon. The Cañadas del Teide National Park is a vast, 2,300 hectare (5,683 acre) volcanic crater, at the base of the Teide volcano's peak. Tough climate and sterile soil combine to create an exciting contrast with the lush north and the otherwise gentle climate of Tenerife as a whole.

There is a stark beauty about this volcanic landscape, where each stream of solidified lava is a slightly different colour. Despite the apparently forbidding terrain, the Teide shelters a wealth of plant life, perfectly adapted to the altitude, low temperatures and persistent drought. Elaborately twisted Canary cedars grow on sheer rocks. But the most common plant is Teide *retama*, a variety of broom, which flowers in spring. Colonies of red *tajinaste* sometimes reach heights of up to two metres.

One can ride to the top of the Teide by cable-car. On a clear day, the view from the summit takes in almost the whole Canary Archipelago.

LA GOMERA

La Gomera is the only Canary Island unscarred by recent volcanic activity. There are no

CARNIVALS AND CRAFTS

In the Canary Islands, as indeed in the rest of Spain, fiestas punctuate the calendar frequently throughout the year.

The Canaries are particularly famous for their spectacular carnivals, but the pilgrimages (not as solemn as the word suggests) still observed in many of the island's centres of population, particularly in summer, are perhaps where the long folk tradition survives best. The local culture is rich in traditional music and dance: the *isa* and the *folía* are two traditional song forms, sung to the guitar, lute and *timple* (a local small guitar).

Here, in brief, are some of the islands' most important fiestas.

The carnivals, or «winter fiestas» as they became known during the Franco régime when carnivals where prohibited, are a major event for Canary islanders. Though the celebrations themselves only last a few days, preparations last the whole year round. Bands and groups of singers have their programmes to plan and rehearse; there are costumes and floats to be designed and made... Though all the islands hold carnivals, Las Palmas de Gran Canaria and, particularly, Santa Cruz de Tenerife produce the star turns.

Among the islands' lesser-known festivals is the intriguing *Bajada de la Virgen* (The Descent of the Virgin) ceremony held in Santa Cruz de la Palma, dating back to 1680. On a Sunday in late July, the figure of the paradoxically dark-complexioned *Virgen de las Nieves*, or Virgin of the Snows, is borne down to the town from her shrine, to which she is returned on 5 August. The ritual is carried out once every five years — most recently in 1990 — and the local houses are painted white for the occasion. Though the focal point today is a religious effigy, the tone of other features of the fiesta suggests secular origins. Dancers dressed in Baroque costumes dance the minuet, a traditional «Allegorical and Triumphal» float parades the streets and a curious «Dance of the Dwarfs» is performed.

A similar fiesta, at least from the religious point of view, is held in the island of El Hierro every four years. The *Bajada de la Virgen de los Reyes* (The Descent of the Virgin of the Kings) is a 40-kilometre pilgrimage from the shrine of La Dehesa to the little town of Valverde, over rough island terrain. The effigy is escorted by local residents and by emigrés who come back to their island especially for the occasion. Men dressed in traditional outfits with curious hats and skirts honour the figure of the Virgin with special songs and dances.

In Agaete (Gran Canaria), early August sees the celebration of the *Bajada de la Rama*, The Descent of the Branch, a ceremony which attracts masses of people and which evidence suggests is a descendant of an ancient Guanche rain ritual. Pilgrims climb a hill to cut branches of pine and wend their way down to the sea brandishing the branches above their heads.

On 10 September, San Nicolás de Tolentino (Gran Canaria) holds its *Fiesta del Charco*, or Festival of the Pool. This involves catching fish by hand in a large pool left by the sea near one of the town's squares: it is forbidden to fish there during the rest of the year. During the fiesta, fishing has to be done from behind a line drawn on the ground: anyone overstepping the mark is penalised by being ducked in the pool. Fiestas being what they are, people tend to end up in there anyway.

Around San Andrés' day, in late September, Icod de los Vinos (Tenerife) holds its *Cacharros y Tablas* (Junk and Planks) festival, during which locals slide down the village's steep streets on makeshift sledges made of planks of wood.

Another of the religious festivals celebrated in the Canaries is Corpus Christi. In one of the islands' most famous and picturesque rituals, the streets of La Orotava (Tenerife) are decorated with dense carpets of flowers laid out in elaborate designs. Mazo (La Palma) has a similar tradition.

The Canary Islands' best known craft products are delicate silk-work from La Palma, and hand-made cigars. Elaborately stitched open-work is typical of all the islands, though Fuerteventura is probably the place where this craft — surely one of the greatest tests of patience ever invented — survives in its most genuine form.

Another island crafts is basket-weaving. Palm leaves and date-palm bark are used to make hats, matting, baskets, magazine racks and the like.

There is not much pottery in the Canaries, though the Ramón y Vina workshop in Mazo (La Palma) produces interesting pieces in a style derived from pottery finds from the Guanche period.

«badlands» among its 373 square kilometres (144 square miles), though erosion is an ongoing problem. Its terrain is very uneven, so there is little usable land for its scattered population.

Today, 18,000 people live in La Gomera. Traditionally, its inhabitants have suffered dramatic shifts of fortune. Round about 1950, when the population was at its highest and the need for cultivable land far exceeded supply, elaborate terracing was constructed along the island's hillsides. This simultaneously made new land available and created beautifully textured landscapes, though the terraces are almost impossible to farm using modern mechanical methods.

Water supplies in La Gomera have always been an integral part of land-holdings, so the buying and selling of water sources that goes on in the rest of the archipelago is not a characteristic here. However, weak links in the water distribution network make it less efficient than it could be.

So accidented is the terrain of La Gomera that its inhabitants have their own ancient «whistling language», a code by which they communicate from hilltop to hilltop having to make the arduous journey in between. Another curious local feature is a pole-vaulting method of jumping from one side of the island's gulleys to the other.

So far, La Gomera is the only island without its own airport though there is one currently under construction. Meanwhile, links with the other islands and the outside world are by boat. In consequence, the Gomeran community is an isolated one. The island's coastline has few natural harbours: there is only one port, San Sebastián, from which a ferry sails daily to Los Cristianos in Tenerife. For the time being, the islanders depend on the ferry for all transport of people and supplies.

Though the island has its undeniable drawbacks, these are balanced by its extraordinary natural beauty, seen at its best in Garajonay Natural Park, right in the centre of the island and reached by any of its roads. Within the park is the island's highest mountain peak, the legendary Garajonay. In local mythology, Gara was a native island princess and Jonay a young Guanche who arrived by cloud from the neighbouring island of Tenerife. They fell in love and, when their respective tribes forbade the match, climbed to the highest point of the island and committed joint suicide, piercing their hearts with the same cedar-wood stake.

Garajonay Park extends over 3,984 hectares (9,844 acres) and has been designated part of the Heritage of Mankind by UNESCO. Its territory is a mixture of crags, hillocks, slopes and gulleys. Over half its area is woodland, and the basic reason for creating the park was to protect the Canary laurisilva, a botanical relic of the past.

Laurisilva dates from the Tertiary Period: millions of years ago, these subtropical tree heaths clad the valleys of the Mediterranean area. Today, they survive almost exclusively on the Canary Islands, made up of Canary laurel, heather and *faya*, a beech-like shrub.

The coccus cacti, a cactus-dwelling insect, which produces a red dye, was a source of wealth for many centuries.

It is amazing that the islands' economy should have depended for centuries on agricultural crops: the available terrain is essentially a few dozen kilometres of Sahara desert and volcanic detritus and rainfall is scant. Granted, the climate is mild and the trade winds blowing in from the Atlantic are laden with moisture which nourishes the islands' crops and vegetation in general. Yet even in the most fertile areas where peaks penetrate above cloud level and generate rain, water is still a scarce resource. Though volcanic soil is rich in minerals, these can only be absorbed by plants if there is also plenty of water.

The secret of success in Canary Island agriculture seems to be a delicate balance of several elements: climate, soil, trade winds and — probably the most important — the tenacity of local farmers in seeking out sources of water.

UNDERGROUND NETWORK

Making use of all available water has always been a priority for Canary Islanders. It is rare to find underground water at depths of less than 100 m (328 feet), and some of the island wells (there are some 1,500 on Gran Canaria alone) are as deep as 350 m (1,150 foot). Horizontal galleries are excavated to connect the underground pockets of rain water which are a characteristic geological feature of the Canary Islands.

In Tenerife, over a thousand of these galleries carry water to man-made lakes on the surface from which they are distributed through a network of canals and pipes for agricultural use. The network is multiply owned, and sections of it are bought, sold and rented.

Excavating the galleries is a costly business. Associations are set up to get together enough money to launch excavation work. When the money runs out, works are suspended, and years can go by before enough

MAKING THE DESERT ISLANDS BLOOM

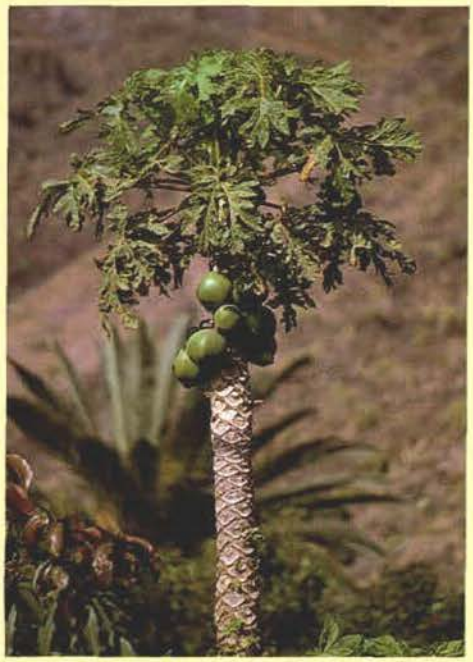
The history of the Canaries is inseparably linked with the progress of a unique economy. Unique in the sense that it has always been based on a succession of predominant cash crops. The first of these, sugar cane, was replaced by vines; vines by cactus as a source of cochineal; cactus by banana palms... Now, banana plantations are giving way to housing developments, for the islands' latest cash crop is the tourist trade.

funds have accumulated to carry on. Shares in these associations are passed down from father to son and are considered a prestigious legacy. In the Canaries, being a water-owner is almost more important than being a land-owner.

But how can an economy evolve in a situation where there are few natural resources and where almost everything has to be imported? Until 1852, the economy of the Canary Islands had been based entirely on exports of agricultural produce. In that year, the acquisition of free port status introduced a major new element into the economy. Later, the tourist boom was to shift the balance still further.

Even before the seven islands that make up the archipelago had been completely conquered, large areas of sugar cane were planted there. Gran Canaria was apparently the most verdant of the islands until large tracts of woodland were cut down to make room for sugar producers' plantations.

When sugar from Brazil and the West Indies began to dominate the market. Canary Island sugar waned in importance and plantations began to be replaced by vineyards. Vines, and the Canaries' famous malvasia wine, were to be the next protagonists of the islands' economy.



The local climate provide ideal conditions for tropical species such as papayas.

COLOURFUL HISTORY

Vines, in their turn, were replaced as the Canary Island crop by cochineal. The pulverised bodies of the *coccus cacti ("cochinilla"* in Spanish), a cactus-dwelling insect, produce the red dye which was a source of wealth for the Canary Islands, particularly Lanzarote, for many centuries. Though the industry went into decline after the discovery of synthetic aniline dyes in the latter half of the 19C, it still provides employment for many islanders.

Strange thought it may seem today, cochineal and other natural dyestuffs were possibly the prize which impelled Norman-French explorer Jean de Béthencourt to conquer the Canary Islands in the early years of the 15C. Among his aristocratic estates was Grainville-la-Teinturière whose source of income was, as its name suggests, fabric dyeing. The Canary Islands' reputation as a source of dye-stuffs reached that far.

When the cochineal industry declined, bananas and tomatoes took over. Banana exports began as recently as 1890. Alfred L. Jones, the Englishman who established the flourishing export trade of bananas to Britain, has a street named after him in Las Palmas de Gran Canaria. Though banana palms need lots of water, when large-scale cultivation began they spread readily all over Tenerife and Gran Canaria. Plantations were later extended to La Palma, Hierro and La Gomera.

The variety known as "little dwarf" was the most successful of those planted, and gives excellent fruit. Banana trees still occupy vast areas of land in the Canaries. They are sometimes grown in valleys and on slopes so steep that they are almost impossible to get at, a fact which makes tending and harvesting extremely difficult. In certain parts of the island of La Palma, for example, banana palms grow on terraces so narrow that there is not even access for donkeys to be loaded with the harvested fruit, and men have to carry the heavy banana bunches on their backs.

Though most bananas are grown in the open air, some are also grown under cover, which partly reduces the need for water. Canary Island growers know all there is to know about bananas, and now, albeit on a very smallscale, they are starting to grow bananas using only natural fertilisers. While conventional cultivation methods give bunches weighing about 30 kg (66 pounds), "ecologically" grown bunches weigh nearer 46 kg (100 pounds).

Though bananas were initially grown as a crop principally intended for export abroad, particularly to Britain, today almost 100% of the islands' banana crop (400,000 tonnes in 1990) goes to mainland Spain. The Spanish market is a captive one for Canary bananas and will continue to be so until 1996 when EC regulations oblige Spain to participate in the free market. This is causing concern in the Canary farming sector which will then have to compete with lower-priced bananas from Central America where labour is cheaper.

Tomatoes (which, fortunately, do not need as much water as bananas) are the Canaries' other main crop. Their cultivation on a large scale began at around the same time as bananas, and they also found their chief market in Britain. The UK is still their main customer, though they are also exported elsewhere.

Island agriculture has recently responded to market demand by planting several new crops. The local climate and moisture-laden trade winds provide ideal conditions for tropical species such as pineapples, avocadoes, papayas and mangoes, as well as extra-early vegetables, cherry tomatoes and flowers, all of which are exported to Europe.

PORTS-OF-CALL

Though agriculture was the mainstay of the Canary economy for many centuries, it was by no means the only source of wealth.

Islands have their disadvantages, such as having to depend on shipping for imports and exports. However, the location of the Canary Islands has meant that they have benefited hugely, and on many levels, from their role as port-of-call between three continents: America, Europe and Africa.

In the era of sail, big European ships bound for Central and South America would break their journey at the islands from which winds and current would carry them across the Atlantic. The sea-routes to Africa and the East also took in the Canaries. In consequence trade has always been, and still is, an important feature of island life.

With the advent of steam, the ports of Santa Cruz de Tenerife and Las Palmas became two of the most important coaling ports in the world, masterminded by English and Scottish traders who imported coal from Britain or Spain for sale to ships which stopped at the islands in the course of long voyages.

The names Miller and Hamilton (among others), are famous from this period in the history of the Canary ports. They supplied not only coal, but also drinking water and fresh food. During their period as coaling stations, the rivalry that had always existed between the port of La Luz in Palmas de Gran Canaria and Santa Cruz de Tenerife became keener still. But it was from 1852 on that the Canary ports reallly began to flourish.

Banana exports began as recently as 1890. Now, island agriculture has responded to market demand by planting several new crops.

This was the year when the islands were declared free ports, and trade boomed as a result.

The average tourist in the Canary Islands today is as avid for bargains as for sunshine. Electrical gadgets, cameras, watches, silk, and other enticing goods are all cheaper here. Though the price gap has now narrowed somewhat, up until a few years ago, the Islands were dangerous territory for compulsive shoppers.

Another traditional feature of the local economy is fishing. The continental shelf which surrounds the archipelago is very rich in fish and is trawled not only by the Canary and Peninsular Spanish fleets but also by Russian, Japanese and Korean vessels which moor in the island ports.

THE LAST BIG CASH CROP

Local lore has it that one January in the late 1950s, a Swedish visitor swam in the sea off Las Canteras and did not feel cold. His recounting this miraculous experience on his return home is credited with triggering off the wave of tourism which, from the Sixties on, revolutionised the Canary Islands' economy.

Today the islands receive over five million tourists a year, and their once minimal accommodation and catering facilities have now grown to 300,000 places and 14,000 bars and restaurants. By the late 1980s, tourism accounted for over 30% of the gross regional product. The tourist phenomenon, based on guaranteed sunshine, beaches, local hospitality, landscape and shopping, was to change the local economy, travel links, labour market and even the island people's way of life.

Another typical feature of Garajonay Park are large areas of moorland often shrouded in mist and with the trunks and branches of their trees covered in moss and lichen. One of the true pleasures of visiting this park is that you can recapture childhood wandering among its dense trees and ferns.

LA PALMA

La Palma's location in relation to the trade-winds and the fact that some points of the island are as high as 2,000 metres (6,560 feet)explain why, of all the Canary Islands, it has the highest annual rainfall.

La Palma is inevitably described in tourist brochures as *la isla bonita* —the lovely island— and for once, the phrase is exactly right. In relation to its perimeter it is the highest island in the world. The greenest of all the Canaries and sometimes cloaked in mist, it embraces a vast variety of different landscapes, almost a continent in miniature.

Culturally, La Palma is fascinating and it has a long liberal tradition. It is famous for its ancient festivals, such as the Fiesta de la Virgen de las Nieves, which every five years are still celebrated, and for customs such as the *Baile de los Enanos* (Dance of the Dwarfs), and the dancing of minuets. In 1773, during the reign of Charles III, Spain's first democratic local council was established in La Palma.

This very mountainous island has little cultivable land and until the 1950s its agriculture was geared towards supplying local demand only. Then the banana was introduced as a crop, so successfully and prolifically that plantations now extend over 4,000 hectares (9,884 acres), concentrated mainly in the Aridane. Valley. Almost a third of the total area given over to banana-growing in the whole archipelago is in La Palma.

There has always been plenty of water in La Palma: this is where the Canary Islands' main rivers are, with their source in the Caldera de Taburiente (see below). Even so, underwater sources have also had to be tapped to provide for the banana plantations, and there is now hardly any unirrigated land.

Over 80,000 people live in La Palma, whose main centres of population are Santa Cruz, Los Llanos de Aridane and Los Sauces. The capital is Santa Cruz de La Palma (not to be confused with Santa Cruz de Tenerife), a tranquil, elegant town founded in 1493. Houses with lovely façades, typically with Canary-style balconies, and a charming plaza on which stands the 16C church of El Salvador (note its elaborate coffered ceilings) are among its architectural attractions.

The northern half of the island is green and densely vegetated, but the south suffered the Canary Islands' two most recent volcanic eruptions, in San Juan in 1949 and in Teneguia in 1971. The lava emitted during the last eruption actually extended the configuration of the island.

La Palma lives, and very well, off agriculture: there is no large-scale tourism here. Indeed, the local people are determined to keep things very much as they are in this respect, and when the first charter flight landed here four years ago they staged a protest at the airport. This is not to say that tourists are not treated well in La Palma: the islanders are friendly and welcoming. They are simply not prepared to allow

WORKING POPULATION BY SECTOR-1990

AGRICULTURE/FISHING	CONSTRUCTION	INDUSTRY	SERVICES
7.7 %	10.5 %	11.2 %	70.5 %

GROSS DOMESTIC PRODUCT BY SECTOR-1990

AGRICULTURE/FISHING	CONSTRUCTION	INDUSTRY	SERVICES
4.1 %	12.1 %	11.5 %	72.2 %

Source: Consejería de Economía y Comercio. Gobierno de Canarias.

tourism to take on such an impetus as to change their lifestyle.

The most impressive of the island's many delights is La Caldera de Taburiente National Park. A *caldera* is a crater, though opinions differ as to whether the geological formation from which the park takes its name is actually a volcanic crater or a hollow eroded by water. The *caldera* in question is 3 kilometres (1.8 miles) in diameter, 800 metres (2,624 feet) above sea-level at its deepest point and with walls reaching up to 2,426 metres (7,977 feet).

One of the highest points is known as the Roque de los Muchachos, and is the site of the International Astronomical Observatory inaugurated in 1985. It is one of the leading observatories in the world, its location chosen because of the incomparably clear skies over La Palma.

The Caldera is the fount of many underground springs, and the Park's 4,690 hectares (11,588) are populated by Canary pines.

HIERRO

Hierro is a little island where there are no traffic lights, no lifts, and everyone knows everyone. It has barely 8,000 inhabitants, and they have a tendency when driving along to recognise the person in the approaching car and stop in the middle of the road for a chat through the window. They can do so safe in the knowledge that no one else is going to come along in a hurry and hoot impatiently at them. Life on this island is lived at a gentle pace.

Hierro is the smallest of the Canary Islands and it retains something of the engimatic quality that it must have acquired during the many centuries when it was the end of the known world.

In Columbus' time, the sea west of Hierro was known as the *Mar Tenebroso* —the Dark Sea— and Orchilla Lighthouse stands today on what used to be the prime meridian until it was redrawn through Greenwich in 1884.

Hierro's most spectacular geographical feature is El Golfo, an open semi-crater in the north of the island. El Golfo is 25 kilometres (15.5 miles) long, and 15 kilometres (9.3 miles) of it are over 1,200 metres (3,936 feet) high. Moisture-laden clouds borne in by the trade-winds rarely ride high enough not to collide with land at these altitudes and in consequence, the island is divided into two clearly differentiated zones. The Golfo crater is fertile, green and densely populated, while the southern part of the island is dry and almost deserted.

The highland zone has many lookout points from which one

CANARY ISLAND TOMATOES

Tomatoes are one of the Canary Islands' main crops. The climate of the archipelago produces extra-early fruit which is exported to Europe, primarily the UK and the Netherlands.

According to estimates provided by FEPEX (the Spanish Federation of Fruit and Vegetable Producers and Exporters' Associations), in 1990-1991, 5,200 hectares (12,900 acres) were planted with tomatoes, giving a total yield of 265,000 tonnes.

The following table shows the pattern of tomato exports over the last three years.

CANARY TOMATO EXPORTS (in tonnes)

YEAR	LAS PALMAS	TENERIFE	TOTAL
88/89	117,807	59,189	176,996
89/90	121,229	58,142	179,371
90/91	130,795	62,795	192,845

can survey Frontera, the part of Hierro where most of its farming is concentrated. Some years ago, an attempt was made to introduce bananas to Hierro, though this was only partially successful since the winds were too strong. The current crop is pineapple, which responds better to local conditions.

Lack of water has held back development in Hierro. Though rainfall is reasonable, the local soil is so porous that it is insufficient. One result of this has been consistent emigration: in the course of the Sixties, El Hierro lost 40% of its population. The repercussions of building La Estaca quay in 1960 and the airport in 1972 have provided a significant shot in the arm.

The inhabitants of El Hierro have always lived by farming, livestock raising, and fishing. Their way of life today is fundamentally unchanged, and they want to keep it that way. Nowadays, though, local co-operatives have been organised with a view to selling their produce more efficiently: essentially this entails conforming to locally agreed on standards and upgrading presentation while maintaining traditional quality.

Figs, honey, peaches, wine, meat, cheese, fish, and *higos chumbos* (Indian fig) are the classic local products. The range has more recently been extended with bananas, and some tropical fruits such as mangoes and pineapples which are grown using very little fertiliser.

An imaginative younger generation has revitalised the island's agriculture, and the whole venture seems to prove that people can live in harmony with their environment and thrive. The days of emigration are over.

Hierro's capital, Valverde, is the only one in the archipelago that is not on the coast. It is a small, whitewashed town of 3,500 inhabitants, situated inland at 570 metres (1,870 feet) above sea-level and often shrouded in mist. Mist is also a characteristic of the Nisdafe plain which inevitably reminds one of Ireland. Fields separated by walls built from chunks of lava are another characteristic of the Hierro landscape.

Hierro has a huge forest of Canary pine, many of them ancient trees, and another of *sabinas*, an ancient species of conifer with twisted trunks, which have become the island's symbol.

La Dehesa, a vast deserted area of typically igneous hues, is used for communal grazing. Nearby is El Julián where there are mysterious rock-hewn inscriptions that no one has yet succeeded in deciphering.

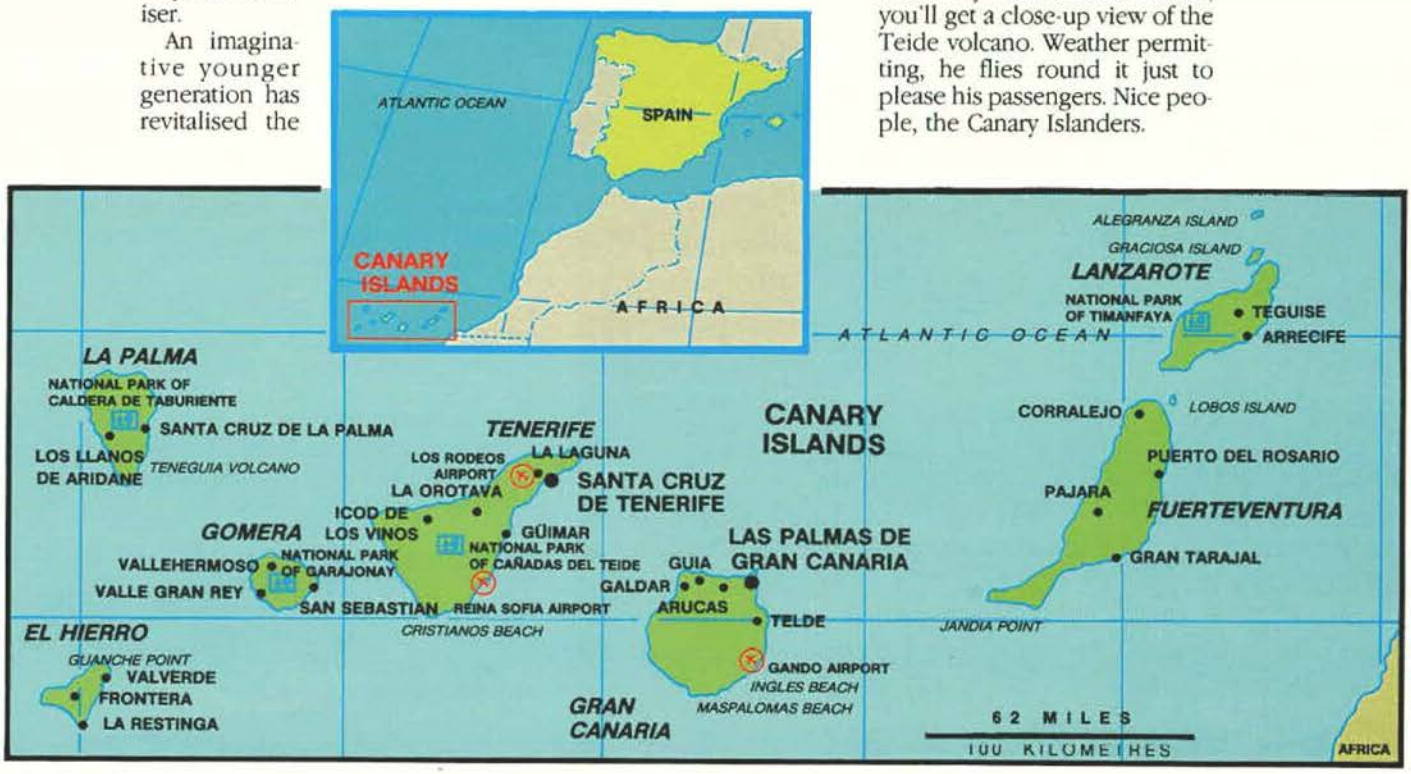
The islanders are great respecters of their traditions and fiestas, and there are many local legends which must surely have been inspired by the strange landscape. Modern times seem to have made little impression here, and life is lived at a slow pace which no one wants accelerated. This is why nothing has been done to attract mass tourism. Having said that, the island has only tiny areas of beach (though it does have natural swimming pools), and therefore attracts the sort of visitors who appreciate unspoiled natural conditions.

This is exactly the tourist segment that the island aims to attract, and old paths which criss-cross the island are currently being made into a tourist route for exploring the island on foot. People who prefer to drive should bear in mind that few of the roads are surfaced. One of the few that is leads to Las Puntas, whose claim to fame (accredited by the Guiness Book of Records) is that it has the smallest hotel in the world: its four rooms are perched right over the sea.

Another of Hierro's curiosities are Salmor lizards. A pair of islets known as the Roques de Salmor are inhabited (and have been since prehistoric times) by a species of giant lizard, unknown elsewhere in the world. In the 1950s they were believed to have become extinct, but were unexpectedly rediscovered in a rocky area of the main island, where they are now a protected species.

La Restinga, in the south of Hierro, is excellent for underwater fishing and consequently has good sea-food: try grilled *lapas* (limpets) with garlic and parsley and the delicious local *sopa de pescado* (fish soup).

If you are lucky enough to be flown back to Tenerife from El Hierro by Comandante Ramos, you'll get a close-up view of the Teide volcano. Weather permitting, he flies round it just to please his passengers. Nice people, the Canary Islanders.



JAVIER BELLOSO

VIth EXHIBITION OF THE GOURMET CLUB

Madrid 3, 4, 5 and 6 april 1992
THIRD CHEF CHAMPIONSHIP OF SPAIN
BOCUSE D'OR

What is the Gourmet Club Exhibition?

The meeting place fot qualty food products, industrial and handcrafted, and for professionals and owners of restaurants, hotels, bars, delicatessen stores, large areas with gourmet sectiones as well as good food connoisseurs (members of wine clubs, readers of specilicez magazines and consumers of gastronomy guides).
Acces to the exhibition is done by invitation.
Admission is prohibited to persons under 16 year of age.

Third Chef Championship of Spain / Bocuse d'Or

Additionally, the final tests will be carried out to select the Champion who will represent Spain in Lyon, Bocuse d'Or Trophy, in january of 1993.

Activities and Conferences

At the same time, there will be several communicationes on the topic of gastronomy addressed by outstanding experts, both national and foreign.

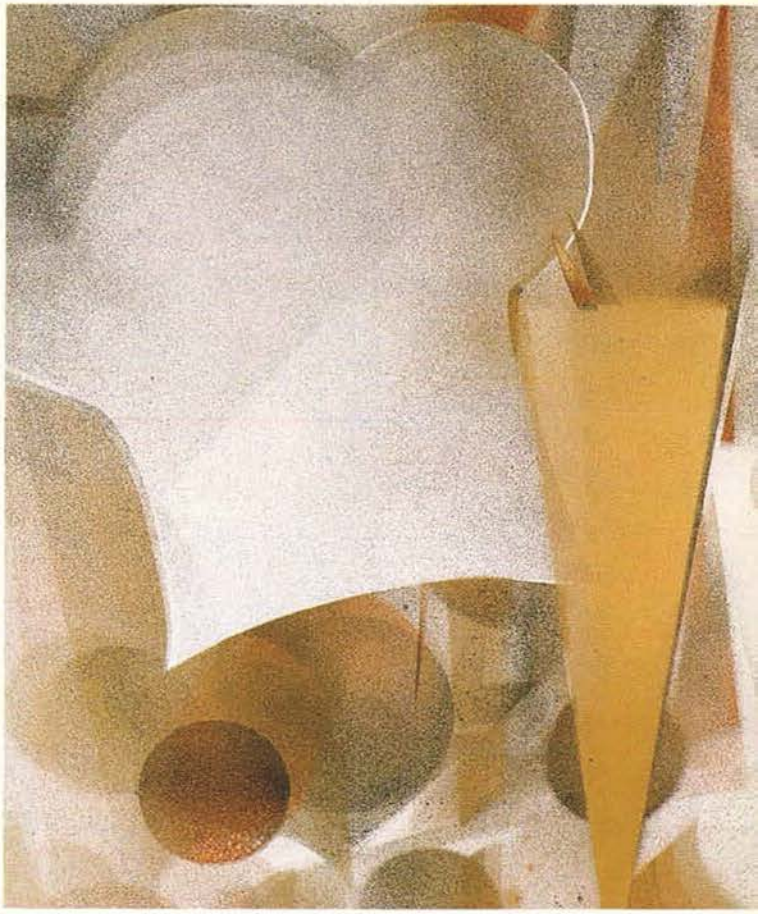
Results of the Vth Exhibition

Exhibitors: 236, grouped in 182 companies, 12 of these foreign.
40% beverages and liquors, the remaining 60%: food.
Visitors: 18.790 during the 4 days of the Exhibition.

Expositors: 308 nationals and foreign.
Visitors: 21.600.
Products which will be exhibited.

Products to be exhibited:

- Wines, spirits and liquors.
- Sweets, chocolates, biscuits, etc.
- Condiments, spices, oil 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, glasswate, tablecloths, trolleys, and accesories).
- Various (kitchen utensils, gastronomic publications, computers, etc.)



For further information about the Gourmets Club VI Exhibition, send this coupon to Progourmet, S.A. Calle Arturo Soria, 329, 2º C. 28033 Madrid. (Spain). Tel.: (91) 767 24 99/767 23 55. Fax: (91) 767 27 10.

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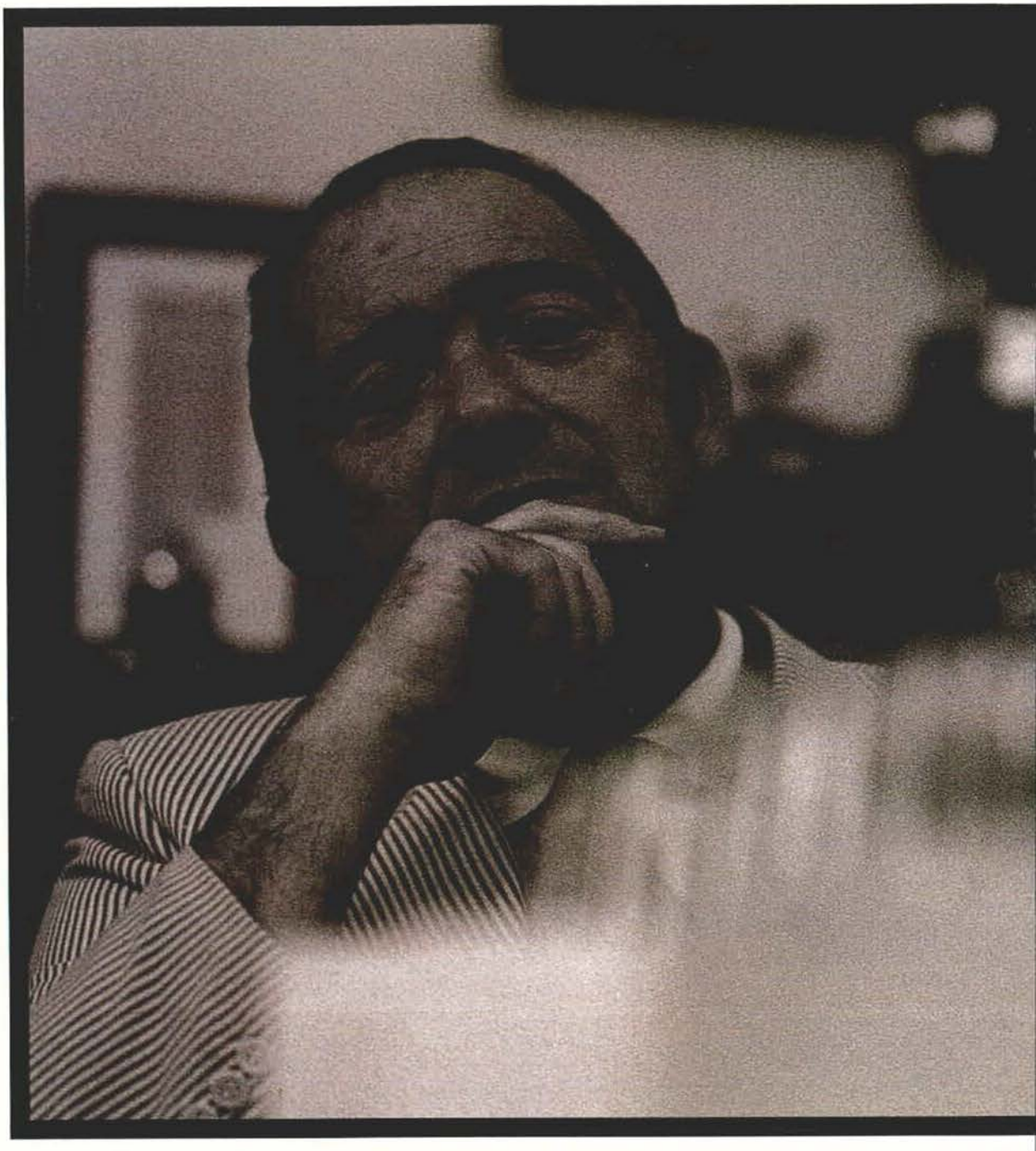
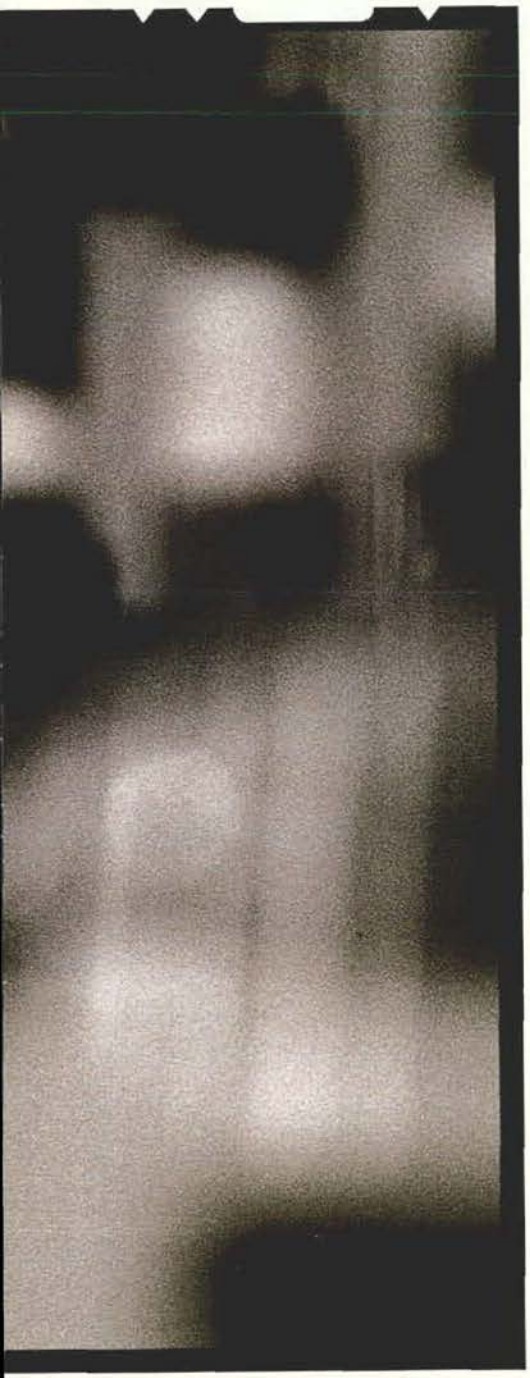
His enthusiasm for the family profession is matched by another —bird-watching— to which he devotes the little spare time he has.





LUIS CABALLERO

Text: **Tom Burns**
Photos: **Pablo Neustadt/ICEX**

A colleague who started life as a junior reporter on an English provincial newspaper once witnessed a magnificent incident at the local magistrates court. A bedraggled and hungover, unemployed labourer, who had been arrested the previous night for being drunk and disorderly, was in the dock and the elderly magistrate was waving a reproving finger at the wretched man.

«I'm going to put you on probation for six months, young fellah», the magistrate was saying as he peered down the gold-rimmed glasses that were balanced on the tip of his nose. «On probation means no drink, you know.» The magistrate drove this point home by crooking his wagging finger, joining it to his thumb as if to hold the stem of an imaginary goblet and then raising finger and thumb to his lips.

A hush descended on the court room as the magistrate drew in breath and finally explained the seriousness of the sentence: «And when I say "no drink" I mean not even a *copita* of dry sherry before lunch.»

I recalled the story as I was ushered into the ground floor office of Luis Caballero, chairman of the *bodega* of the same name, late on a humid July morning in Puerto de Santa María. Large and well-appointed, cooled by thick walls and looking out onto a mature and immaculate garden, it was more of a drawing room than an office. There were family portraits on the walls and on a long, old oak table there was a dozen bottles of *fino,* each neatly positioned behind two *copitas* that were two thirds full of the straw-pale liquid.

Noticing that my eyes were glued to this unusual parade of genuine dry sherry Caballero swept his hand along the length of the table saying, «I personally taste every shipment.»

«This lot is about to go», he added and I noticed that underneath one of each pair of goblets that had been placed in front of the bottles there was a printed form of paper. Later I was to learn that the forms were a sort of export certificate that gave each wine a «clean bill of health».

Caballero now pointed out that each bottle was labelled with the name of British retail outlet. I was peering at the labels and scribbling «Safeways» and «Waitrose» and the titles of other High Street stores in my notebook, when he began to explain his checking system.

One of each pair of *copitas* had been filled with the contents of the bottle that was about to be sent off to the British retailer and the other contained a sample of *fino* that had been acquired by the same outlet in previous shipments.

KEEPING UP STANDARDS

«I have to be certain that everything we send to our clients is right up to standard. We have to maintain the same top quality», said Caballero. «Nothing, absolutely nothing, is shipped until I have personally checked that the new wine is as good as the one we sent before.»

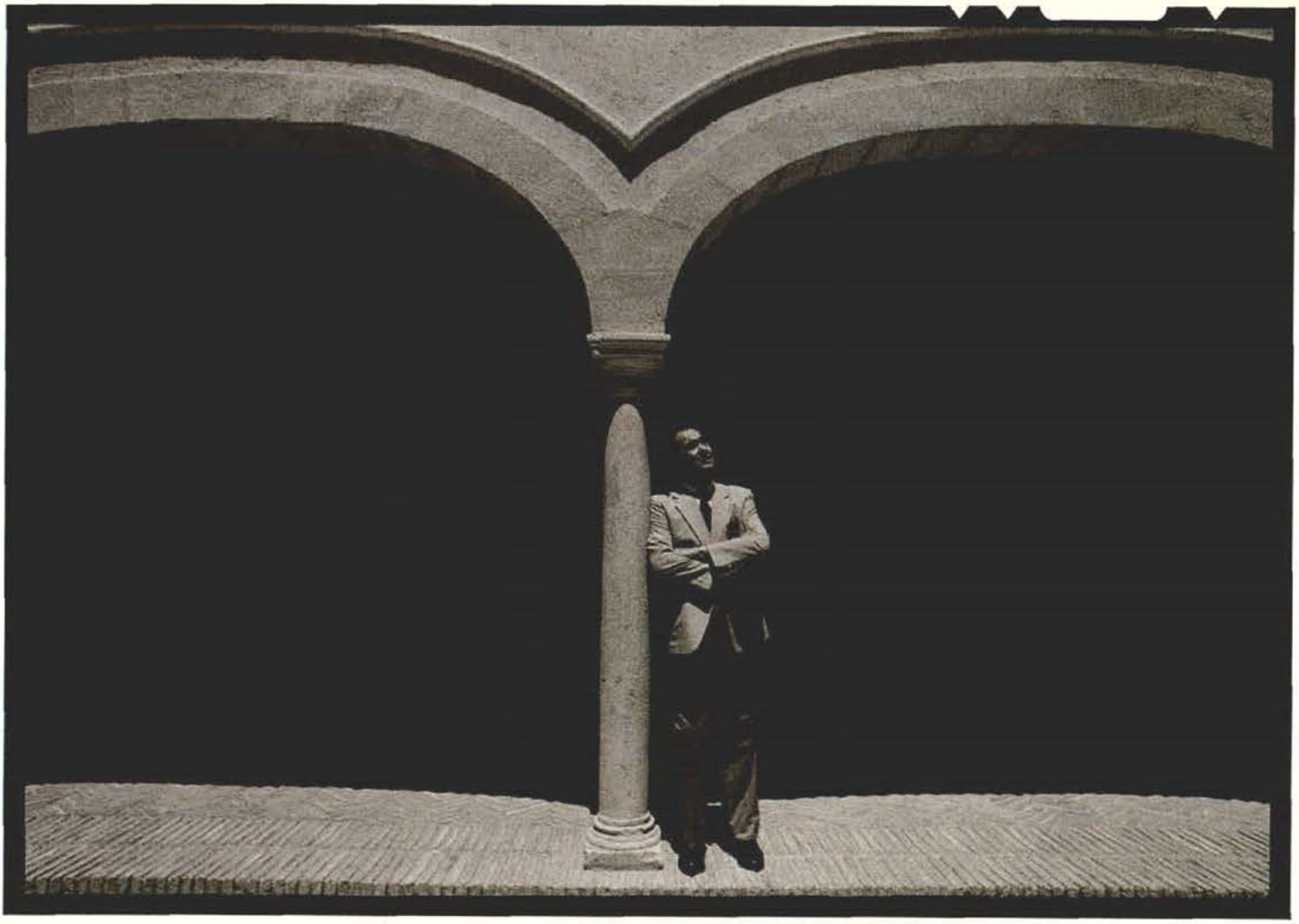
I asked him if I could watch his tasting routine. He obliged and, no longer an attentive host, suddenly became a professional engrossed in the job at hand.

He held a goblet, by the stem, against a window, squinting through the sherry at the oleanders in the garden. Then he swirled the liquid around the glass and plunged his nose into it, pressing its rim against his face. Then there was a bit more swirling against the light and, at last, he took a minute sip of *fino.*

The whole process was repeated with the second *copita* that stood alongside the first and after a few seconds of concentration, Caballero made a note on the printed form.

«This particular shipment is fine», he said. And he moved on to the next bottle and the next pair of goblets.

It turned out that morning that all the differently labelled bottles passed the



Luis Caballero is a countryman. When he is not checking on the quality of his cellars, he is most likely hidden away in the hills and sierras, intent on his all-consuming passion of birdwatching.

chairman's test with flying colours. The cases of sherry could be safely dispatched to the shelves of Safeways, Waitrose and the other stores because they were well up to the mark of previous consignments.

Luis Caballero, the fifth generation Caballero to be running the family *bodega* pronounced himself satisfied with the morning's work. It is apparently not always that way. Not all the bottles that are placed on the oak table for the chairman's perusal gain the all-important OK on their export certificate. «On average I reject perhaps five per cent of the samples because there is something in the blend that I am not happy about.»

Caballero's judgement may be implacable but then the stakes are high. His firm sends six million bottles of *fino* to the United Kingdom, a volume that represents about 12 per cent of the total real sherry market in the UK. Around 70 per cent of what he exports to Britain leaves his *bodega* under the brand label of a retail outlet and the rest is marketed under the Caballero *bodega's* own sherry export brand J(ohn) W(illiam) Burdon.

With that sort of output, distribution and quality control, I thought to myself, there is a very good chance that the magistrate who forbade the drunken labourer to drink «not even a *copita* of dry sherry before lunch» was himself a constant tippler of Luis Caballero/J W Burdon *fino*. If he himself didn't buy the Caballero produce from his wine merchants, I surmised, then his wife was sure to do so in the local supermarket.

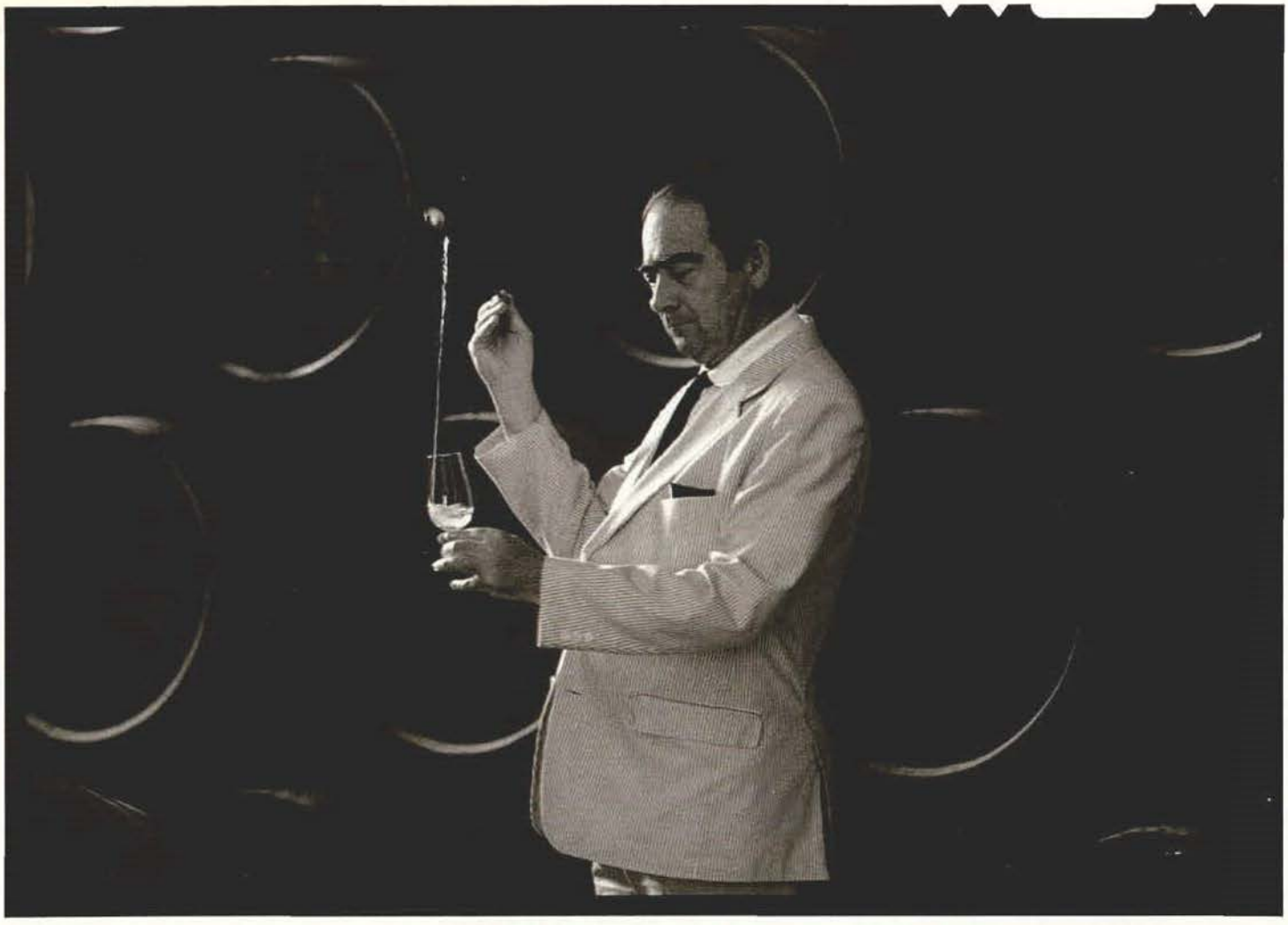
As Caballero invited me to taste some chilled *fino* for myself it became increasingly evident how severe had been the magistrate's sentence. To be banned from sherry was an awesome fate.

As I held up my glass by the stem to the light, I noticed a particularly fine 19th Century oil painting of a man dressed up to the nines in the Jerezano country gear and riding a high stepping Jerezano chestnut horse.

Was he a Caballero ancestor? Guessing my thoughts my host said that the superbly liveried horseman who looked like every Romantic writer's dream Andalusian bandit was in fact an Englishman. He was the legendary John William Burdon who had first set up the *bodega* at the beginning of last century and who had subsequently sold it to the Caballeros, a family that was involved in cooperage and that originally hailed from Galicia.

You sense that the present patriarch of the Caballero dynasty, a fit and strongly-built man of 56, is just as much at home riding thoroughbred horses, as the *bodega's* founder was, as driving sports cars. Luis Caballero is a mix of caring countryman and fast-paced entrepreneur.

It turned out that he takes the country very seriously indeed, every bit as much as he does his business. When he is not checking on the quality of his cellars and signing deals with distributors, he is most likely hidden away in the hills and sierras that lie back from Cape Trafalgar, intent on his all-consuming passion of birdwatching.



There are 20,000 butts in the four different *bodegas* maintained by Caballero, where you find the rows called *escalas*, that blend and age the wine in the *solera* system.

Such is Caballero's fascination with ornithology that he has a 25 per cent stake in a 12,000 hectare private nature reserve near the village of Vejer de la Frontera. The reserve embraces a very large lake called La Laguna de la Janda and it is a vital rest and recreation zone for the migratory birds that pass from Africa to Europe across the Straits of Gibraltar.

«There are often very strong winds in the Straits», said Caballero, «and the birds need a large area close by where they can wait for the right moment to start their trip.»

He is especially proud of the reserve's resident population of Eagle Owls and Griffon Vultures (he reckons there are some 300 of the latter) and also of the small nucleus of Great Bustards, once common in the area, which he has successfully reintroduced.

And as we talked about the abundance of wild life that can exist in a well protected Mediterranean forest (the area around Vejer de la Frontera has a particularly wet microclimate) more *copitas* were served and the converstaion inevitably turned back to sherry.

All the clichés about «freshness», «body», «aroma», «rounded» and the rest came to mind. But most of all a familiar kaleidoscope of sensations struck me yet again, as it does everytime I drink a good *fino*. Everybody goes on about «Proustian» experiences when a sudden encounter with a particular taste or smell triggers off memories that lie hidden in the darker recesses of one's personal grey cells. *Fino* has that sort of effect on me.

I was tasting, and of course smelling, the sun, the tang of the sea, the wine covered hills, the geranium pots standing against whitewashed walls and everything else I associate with this part of Andalusia.

THE NAME OF THE *FLOR*

The wine became even better as Caballero, who is a fluent conversationalist in several languages (his English is the sort that foreigners learn in childhood from a governess) expanded on the mysteries of sherry in general and, in particular, on the *fino* that he produces in Puerto de Santa María.

He talked about how there are *finos* and *finos* and about the nuances that distinguish «lightness» from «fineness» and from «dryness» and about the difference between «growing» and «ageing».

The key to it all is what Caballero called *la flor del vino,* He translated this as the «flower veil» and he said that it was a layer of yeast that covered the wine as it rests and ages in the butt.

As words go, *flor* was engagingly poetic. Even more lyrical was the effect that the flower veil had on the wine. Caballero firmly termed it «a tendency towards tenderness». It created, he said, the effect of dew, hanging in pearls from dark green leaves, early on a glorious summer's morning.

The language Caballero was using was suggestive in the extreme. I thought, as I sipped the *fino,* whether it would be

possible to dissect a wine that was as complex as Scott Fitzgerald's novel «*Tender is the Night*». And I mused about glinting red daybreaks as in Shakespeare's «But see the Sun in russet mantle clad / Walks o'er the dew of yon high Eastern hill.»

The sun rises like a fiery cannonball over the gentle slopes that surround Jerez and Puerto de Santa María and the night's layer of dew on the vines is quickly gone.

Caballero cut through Proustian memories and literary associations as he worked himself into high gear about what sherry really was and where it came from.

In order to maintain the same top quality, nothing, absolutely nothing, is shipped until Luis Caballero personally checks that the new wine is as good as the one he sent before.

There are *finos* and *finos*, he began to explain, because there are three distinct centres that produce it under the umbrella of the Sherry-Jerez *denominación de origen*. Jerez, which gives its name to the trademark of the wine and is what. Spaniards ask for when they want a sherry is one centre, Puerto de Santa María and Sanlúcar de Barrameda are the other two.

The three form a triangle South from Seville and they are not more than a quarter of an hour's drive from each other. And though all three are bunched together and are devoted to the same sherry producing business each of them could be on a separate planet from the other.

My cab driver, a Jerezano who had picked me up at Jerez airport, professed not to know where the Luis Caballero *bodega* was in Puerto de Santa María and he dropped me by a taxi rank in what he called the «rival town» to his own «fair capital». It was on odd display of ignorance for the *bodega* Caballero is very big indeed and has stood for more than 150 years close by two no lesser landmarks in el Puerto, the town's bullring and its rather threatening-looking Jesuit college.

«That's not surprising», my host said when I told him about it. The odds are that a Puerto taxi driver will tell you he does not know where the Domecq *bodega* is in Jerez. Few bars in Puerto de Santa María will serve wines produced up the road in Jerez and the opposite is true in Jerez. In Sanlúcar de Barrameda people only drink their one local *fino* which they call Manzanilla.

Caballero drew a very clear line between the Jerez city *fino* and that of the other two centres. The reason is that the latter are both more humid, sea shore towns and consequently have active *flor* in their wine butts all year round.

Puerto de Santa María looks out on the Atlantic and is flanked by the river Guadalete. Sanlúcar de Barrameda stands on the estuary of the mighty Guadalquivir river. Such locations ensure the 80 degree level of humidity that is required to maintain the *flor* thriving all the time.

Inland Jerez which has neither a decent river nor a glimpse of the Atlantic lacks the required level of constant humidty to produce a sustained flower veil. The layer of yeast in the Jerez *bodega* butts has an active life cycle of only six months, and it becomes active twice a year.

Within the cavernous *bodegas* of the Caballero winery where the American 516 litre oak butts, are piled high on each other and where wild-eyed cats scamper about in search of mice, the temperature stays even at around 15°C. The outside humidity is wettened further by the inner dampness of the cellars. There is water two metres below the ground in «el Puerto» and the earthern *bodega* floors, which are hosed down twice a week, all but let it seep through.

«To have genuine, lasting *flor* you need the humidity, the even temperature, the porous floor, the butts and a wine that has no more than 15,5 degrees of alcohol», said Caballero. «El Puerto and Sanlúcar have both got all that.»

PERMANENT YOUTH

And at this point there was a passing reference to «tenderness» and immediately we got stuck into «lightness», «fineness» and «dryness».

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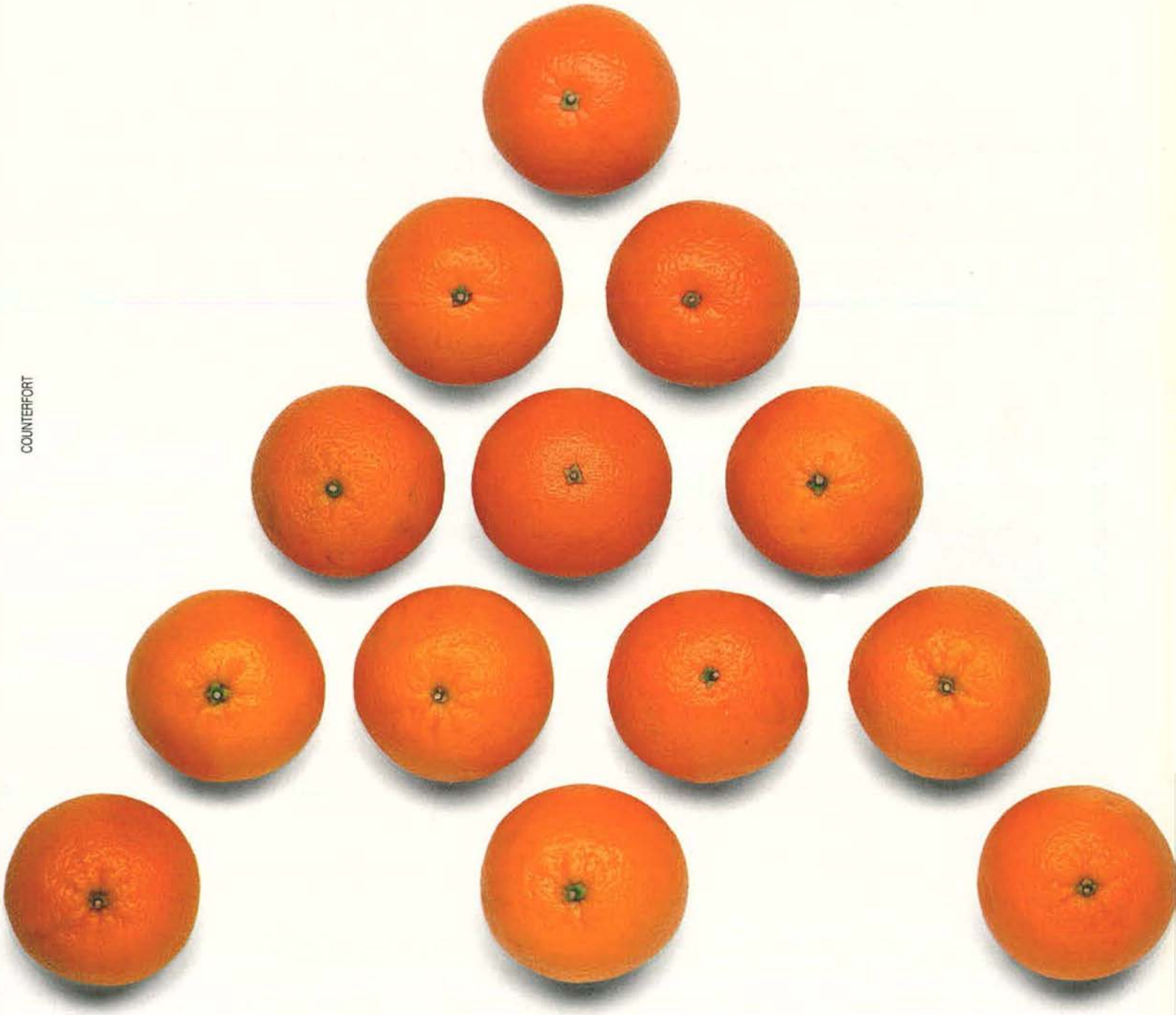
COUNTERFORT



BOUQUET
nadal
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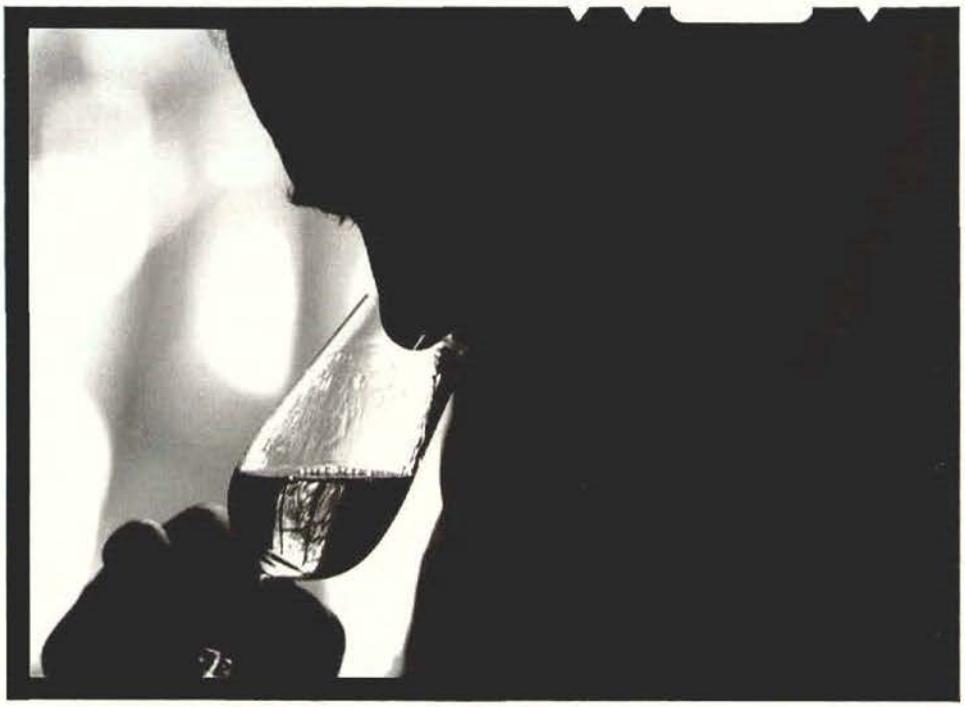
«I really don't like the word "light" anymore», said Caballero. «It has been overworked and can mean anything nowadays, mostly something to do with diets. That's why I use "tender".»

The way he explained it, the existence of the tenderising flower veil in the butts creates in Sanlúcar de Barrameda's Manzanilla and in Puerto de Santa María's *fino* an elusive «fineness» that distinguishes these wines from the more characteristic «dryness» of those that are produced in Jerez.

I was begining to feel slightly out of my depth at this stage and became more so when Caballero went on to complain how people confused «growth» with «ageing». I was back with the old magistrate who had been obsessing me ever since I had walked into Caballero's inner sanctum. Was the magistrate's dry sherry really «dry» I wondered or did it lean towards «fineness»? And did he know the difference?



A man like Caballero who has grown up with the *solera* system has nothing but contempt for the so-called sherry that is produced outside the Jerez-Puerto de Santa María-Sanlúcar triangle.

The essence of the concept, Caballero emphasised, is that «a wine can be old but have no growth». I betted myself that the *copita* loving magistrate couldn't work that one out either. And suddenly the flower veil was back in the conversation: «growth is only given by the *flor*«.

Things became clearer when Caballero explained that *amontillados* and *olorosos* are old but do not have the growth of *finos*. So beloved by Britons, the *amontillados* and *olorosos* generally have 17 and 18 degrees of alcohol respectively and such alcoholic levels prevent the appearance of the flower veil. As a result oxidization takes place in the butts and with it a process of darkening and ageing.

The *finos*, in contrast, have a permanent youth that prevents them growing old. They do however age thanks to the presence of the *flor* but, as Caballero put it, «it is an internal growth, like a child's» — *crianza*, the ageing process, is the essence of a *fino*.

The Caballero company produces brandy, a liqueur called Ponche Caballero that is a bestseller in Spain and a variety of spirits as well as sherry. You sensed nevertheless that *fino* was Luis Caballero's first love in the world of drink and that it remains the primary object of his affections.

He is justly proud of his very sizeable and highly automated business. The chilling plant can produce 200,000 litres a day and the bottling centre turns out 12,000 cases in eight hours. Both lie across the vast, stunningly landscaped-gardened courtyard where the showstopper is a Drago tree, a relative of the Yucca, that is at least 300 years old.

THE GENUINE ARTICLE

There are all of 20,000 butts in the four different *bodegas* maintained by Caballero. It is in these cathedral-sized cellars that you find the rows called *escalas* or scales, of piled up barrels or butts, that blend and age the wine in what is called the *solera* system. The last row or *escala*, on ground level, contains the oldest and the finest sherry and it is called the *solera*, from the Spanish *suelo* or ground. The rows that are stacked up above are called *criaderas*, literally nurseries.

The process of making sherry consists in adding new wine, called *añada*, every year, to the top row of *criaderas* and letting the liquid pass down through the layers of *escalas* until it reaches the bottom *solera* row which is where the wine is extracted to be bottled. The purpose of this unique and laborious system is to create a specific type of wine — there are no vintage sherries — which is the result of the gradual blending of the new wine with the wines of previous years.

At most a third of the contents of the *solera* is withdrawn periodically to be bottled and as these butts slowly empty they are replenished with wine from the *criadera* row immediately above. What is happening to the wine is that it is being painstakingly blended as it passes down the *escalas* of *criadera* butts down to the *solera* level. At each row the American oak, the humidity, the alcoholic level and the all-important *flor* are working their magic.

Once, the solera was exported in bulk to the UK and botled there, reaching the consumer at least two months later. Businesses such as Caballero's are changing this with their own bottling processes and with extremely speedy, high quality deliveries. Freshness is vital to *fino* and to ensure such freshness a *bodega* only bottles as it receives orders.

A man like Caballero who has grown up with the *solera* system, whose ancestors have, since the middle of last century, been tending their vines and adding *añadas*, new wines, to their *criaderas*, has nothing but contempt for the so-called sherry that is produced outside the Jerez — Puerto de Santa María — Sanlúcar de Barrameda triangle.

«What they call British Sherry is utterly pseudo sherry», he snorts. «It has nothing to to do with *fino*. They just bang the stuff about in a food mixer.»

Caballero, and his peers among the sherry producers, do things differently. «Our businesss has to do with constant care and research. What we are doing is playing with the elements that we have grown up with.»

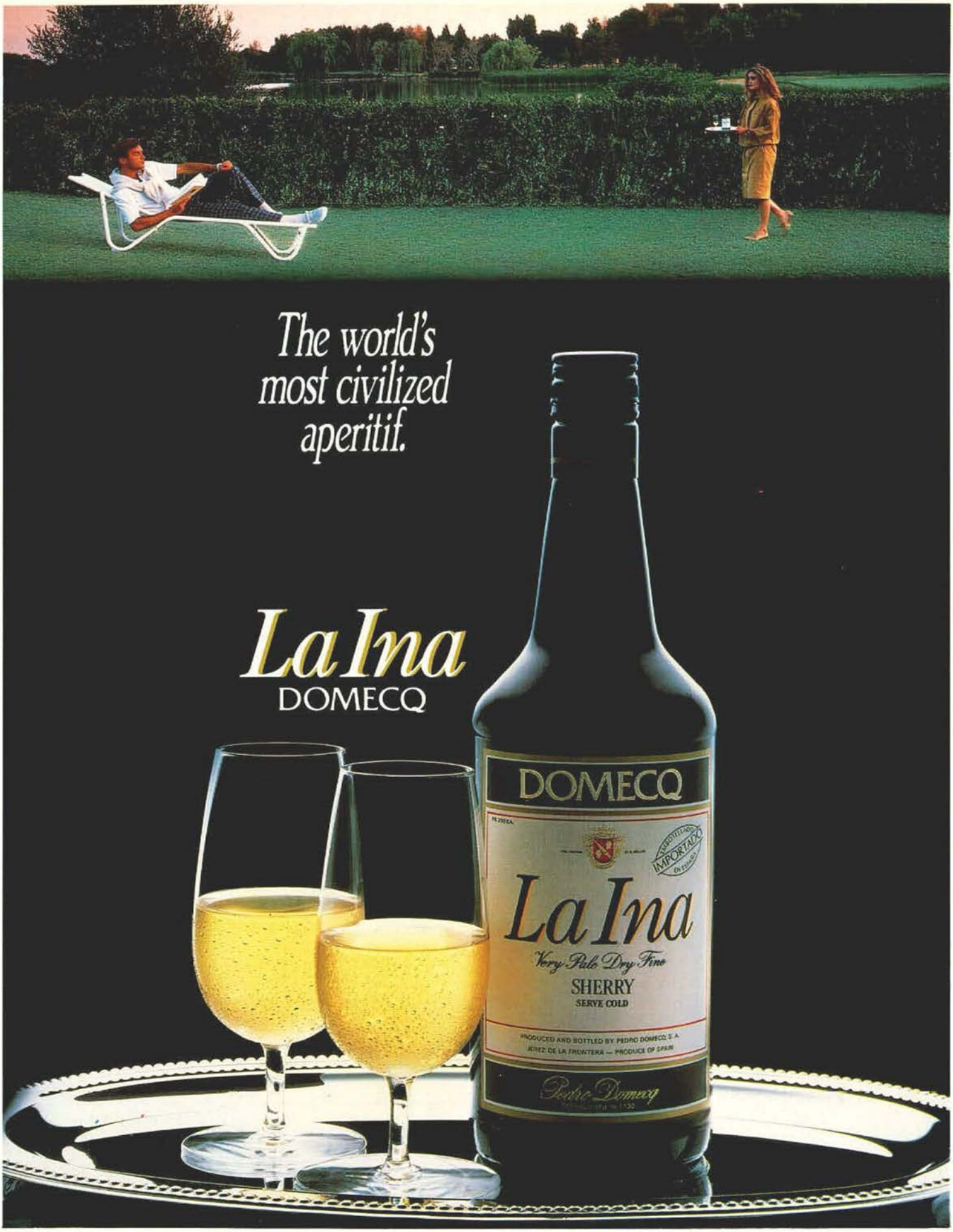
The magistrate, I felt sure, understood all that. He wouldn't touch any sherry that was not the genuine article. He surely owed his refined love for a *copita* of *fino* to the existence of men such as Caballero who, as they say in the industry, «have a nose».

Temptation

Temptation proceeds from Castile and León. Seductions cultivated without haste and favoured by the climate: kidney beans from El Barco de Avila. Dishes fit for the gods that are a provocation. Iberian lomo, red sausage from Cantimpalos, cured ham from Guijuelo... the pleasures of the flesh. And what cheeses. Fresh, cured. From Valdeón, from Villalón, from the Tiétar goat... A little bite of very cured sheep's cheese: impossible to say no! And for original sins, the wines of Castile and León. From Rueda, from Cigales, from Toro, from El Bierzo and from the Ribera de Duero. For all tastes. Temptations with certificates of origin. To taste them is to surrender to their charms. The fact is that there are temptations... that are natural.

RUEDA · BIERZO · RIBERA DEL DUERO · TORO · CIGALES · Guijuelo · CANTIMPALOS

ALIMENTOS DE CASTILLA Y LEON TRADICIONALES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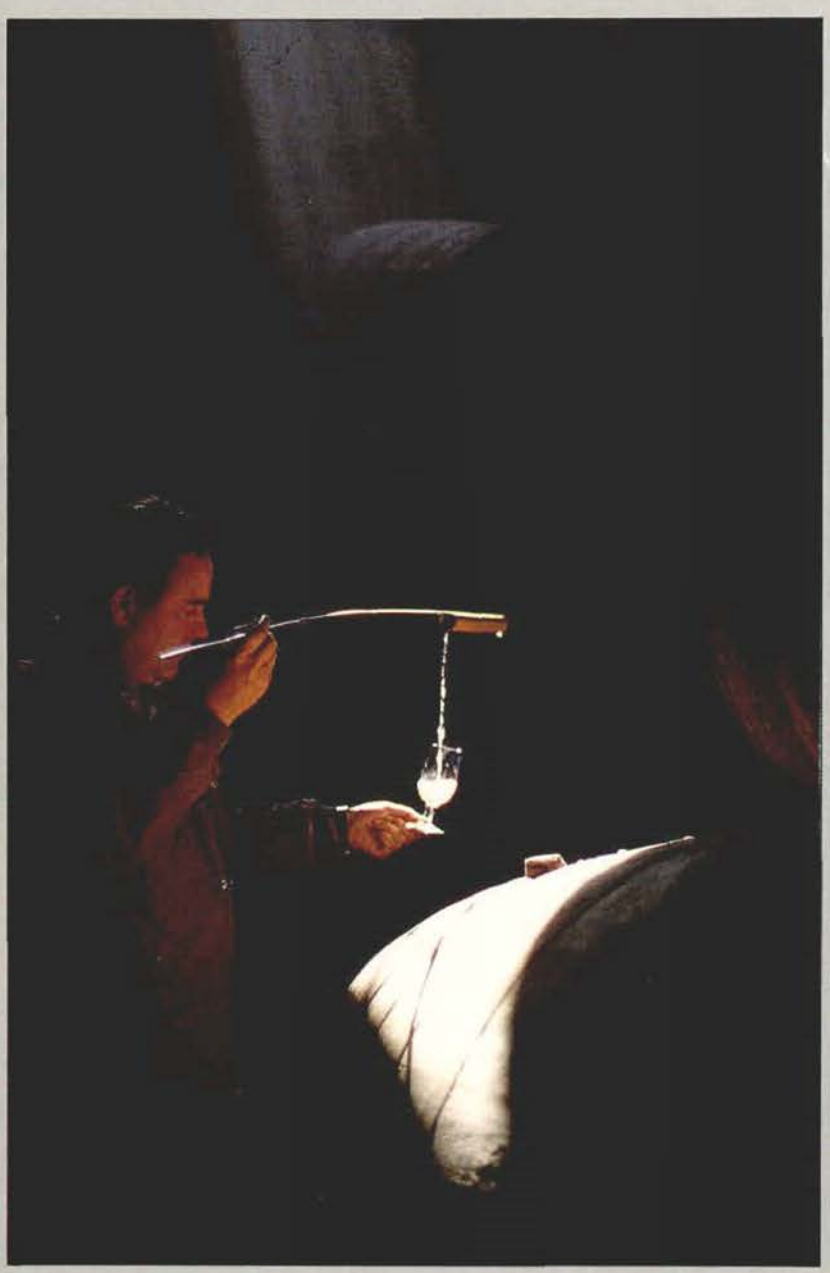


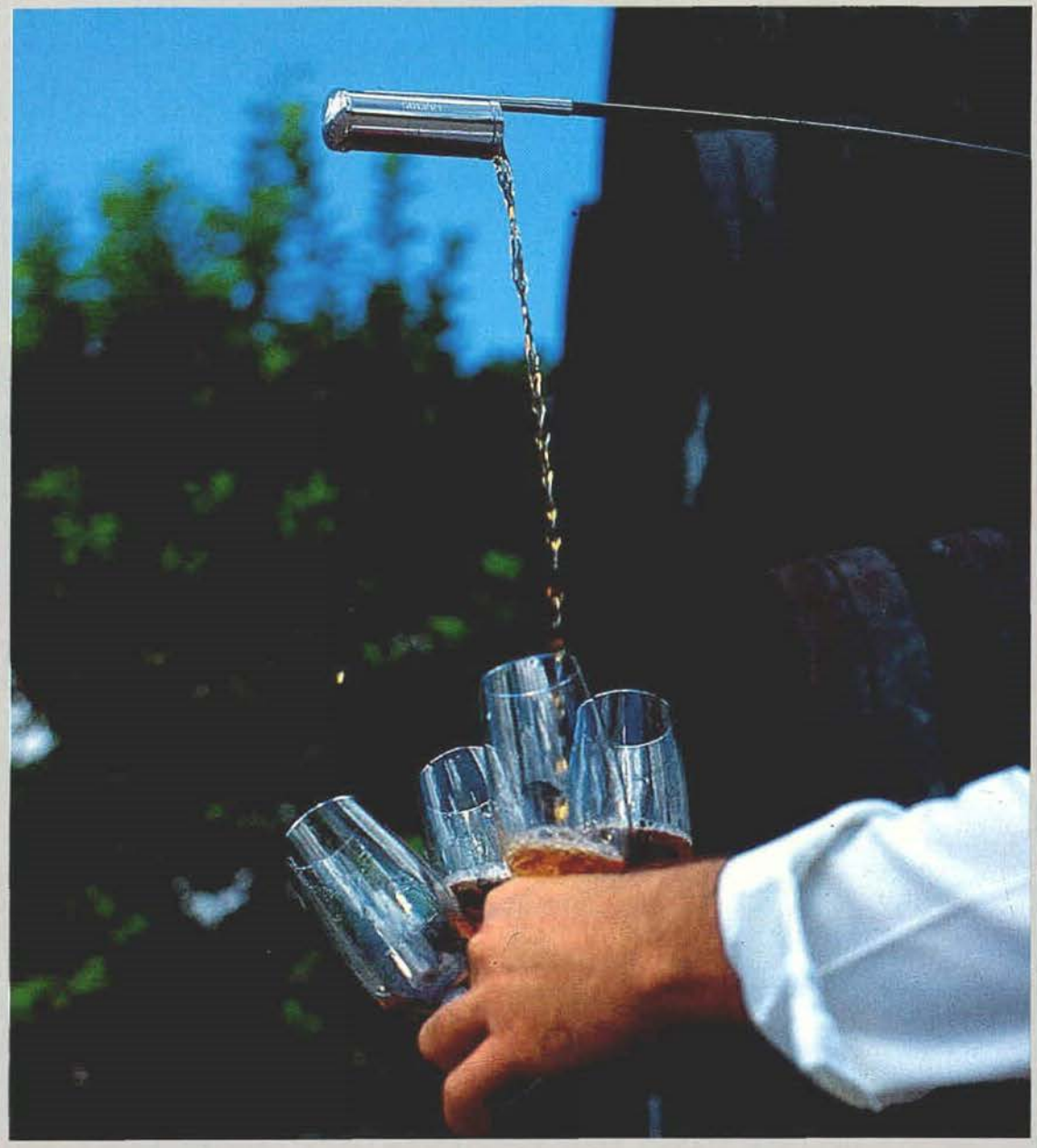
THE VENENCIA

Text: **John Reeder**
Photos: **P. Sancho-Mata/ICEX**

It is early Spring and in one of the sherry bodegas in Southern Spain the head cellarman — the *capataz* — is moving quietly and deliberately from cask to cask, sampling the wines. Armed with a wineglass and chalk he plunges a long black whalebone rod with a silver cup at its end into the oak cask and swiftly but carefully withdraws it so as not to disturb the newly-formed *flor*, the veil of natural yeasts which lies protectively on the surface of the wine.

The *capataz* then decants the wine with consummate and instinctive skill from the silver cup of the *venencia* into a glass held in his hand, tastes slowly and thoughtfully the wine and chalks a classification mark on the front of the cask before moving on to the next.

This long whale-bone and silver sampler is known in Spanish as a *venencia*. Originally used by ancient Greek winemerchants to dip into the narrow-necked amphoras in which they transported their wine, the *venencia* has a dual purpose: firstly as a sampler to be used by the *capataz* to gauge the quality and stage of development of the sherry as it lies



Despite the apparent ease with which this performance is carried out, years of practice lie behind it.

maturing in the butts in the wine cellar, and secondly to commercially sample different butts of the finished product with a view to sale. Thus, the word *venencia* is derived from the Spanish noun *avenencia,* meaning a bargain. Through sampling the wine in various butts of sherry, buyer and seller eventually reach agreement over their choice of wine and the price of sale.

Today's *venencia* is a far more sophisticated instrument than the samplers of old, at least in appearance. In the manzanilla bodegas of Sanlúcar, the cellarmen still prefer to use the older, simpler *venencia* known as a *caña,* a long piece of cane cut so that a complete cylindrical section of the cane is left at the end to serve as a cup. The Sanlúcar winemen claim that the narrow cane cup causes less disturbance to the *flor* when sampling.

Be that as it may, you are much more likely to see the more luxurious modern whalebone and silver version of the *venencia* in action, perhaps at a display at a wine fair or on a visit to the sherry bodegas in Jerez, in Puerto de Santa María, or in Sanlúcar. A smart *capataz* decked out in a short red Andalusian riding jacket and black silk cummerbund will seemingly effortlessly pour sherry from his *venencia* held high above his head into five or six sherry glasses held at waist level in the other hand. The mesmerised visitor should not, however, be deceived by the apparent ease with which this performance has been carried out, and most certainly should not be lured into attempting to imitate the *venenciador.* Years of practice lie behind this dexterity and almost invariably the novice will inelegantly splatter the wine all over the floor or, even worse, over himself.

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

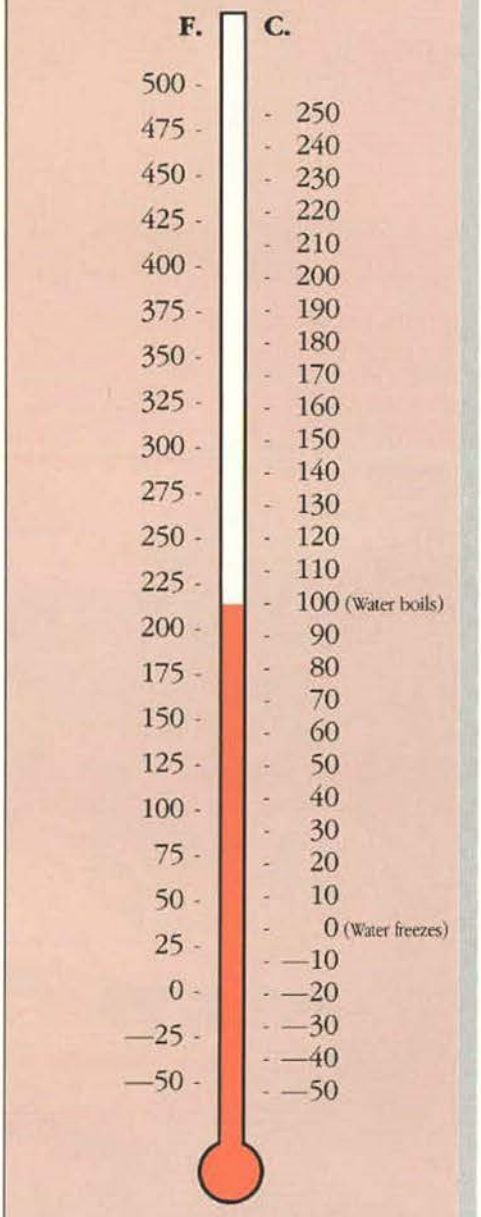
TEMPERATURE	DIAL NUMBER
VERY SLOW = 250F/120C.	= 1/4
SLOW = 300F/150C.	= 1
MODERATE = 350F/180C.	= 4
HOT = 400F/200C.	= 6
VERY HOT = 450F/230C.	= 8

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



SPAIN GOURMETOUR

A HISTORY OF SPAIN

THE AGE OF ENLIGHTENMENT

The last days of the Habsburg monarchy in Spain were spent in bitter civil war. But the arrival of the French Bourbons was to transform the country. The 18C in Spain is characterised by major public works, economic and scientific progress, and a change of mentality for the whole nation, which from then on would identify with the rest of Europe.

It was as if all the gold the conquistadors had brought back from the Americas had been spent on building convents and the silver used for decorating altar-pieces and filling sacristies. Though the sun never set on Spain's vast empire, it seemed that it could do nothing to dispel a dark despond deep within. The Habsburg monarchy ended in a state of collapse, dragging Spain down with it. Two hundred years of constant decline separate the supreme power of Charles I (Charles V of the Holy Roman Empire) and the utter stupidity of Charles II, known to history as Charles the Mad. This latter died without issue, his particular bequest to the House of Habsburg being a nation embroiled in a civil war whose echoes are still dimly discernible today.

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By chronological coincidence, the entire span of the 18C in Spain, an ongoing battle between the powers of light and darkness, forms a complete, and particularly dramatic, historical period in itself. It is generally recognised as a formative one for contemporary Spain. As was so often the case in Europe at that time, it both began and ended in warfare.

This new civil war was a pretext for two major European powers to make a show of force. The powers in question were France, thriving under Louis XIV, and its enemies, headed by Britain with the Netherlands not far behind. Both also saw their chance to achieve a target

Text: **Jesús Torbado**

they had had in their sights for many years: Spain's colonial wealth from the New World.

The first Bourbon monarch to occupy the Spanish throne was Philip V. French grandson of Louis XIV. The dynasty's latest representative is the present King of Spain, Juan Carlos I. Shortly after Philip was crowned king in 1701, Archduke Charles of Austria laid claim as pretender to the Spanish throne, backed by France's enemies. The War of Spanish Succession that followed, and its international repercussions, were to last thirteen years and to cost Spain Gibraltar, the island of Menorca (later recovered) and many of its European possessions: the Netherlands, the Duchy of Milan, Tuscany, Naples, Sardinia and Sicily. Meanwhile, England gained many advantages in trade with America, among them the right to take black slaves. And this was despite the fact that the Hispano-French faction had won... In the course of ongoing reprisals between one faction and another, Philip V of Bourbon took the city of Barcelona by storm —it had for the most part supported Charles— and annulled rights to self-government which had hitherto survived in the Catalan region.

Philip remained in power for the best part of fifty years, in the course of which time both he and the Spanish nation underwent profound changes. He was popularly known at the beginning of his reign as *El Animoso*, or the Purposeful, because of his energetic approach to government and to modernising the country socially and economically on the French model. Later, however, he became *El Melancólico*, the Melancholy, suffering appalling depressions which verged on madness and taking permanently to his bed, refusing to take any part in government or public affairs.

Until the arrival of the Bourbon monarchy, some of Spain's old Medieval kingdoms, particularly Aragon in conjunction with Catalonia, had retained certain local laws. On his victory, Philip V decreed uniformity of rights and obligations for all Spaniards, thus centralising and generalising the legal system —a move independent of motives of revenge on his opponents. Though this caused deep resentment (particularly in Catalonia, where vestiges still remain), it cannot be denied that the decree made a decisive contribution to national progress.

The Bourbon monarchs built many palaces in and around Madrid. The artists Juvara, Sachetti y Sabatini worked on Madrid's Royal Palace during the second part of 18C.

ORONOZ

A CENTURY OF PROGRESS

The 18C is known in Spanish as the *Siglo de la Ilustración* (the Century of Enlightenment), Spain's own equivalent of the Age of Reason. It was a period of astounding progress in the demographic, economic and intellectual fields. At the beginning of the century, Spain had six million inhabitants, no industry and the public treasury was bankrupt. There was no such thing as a middle class: the nation's money was in the hands of a few aristocrats and the Church. The rest of the population was made up for the most part of a peasantry whose subsistence depended on the vagaries of the weather, epidemics and landowners. In a country still considered in Europe as a major power, the army consisted of twenty thousand men and the navy, in constant combat with the Dutch and English in defence of the American colonies, had only twenty ships.

A hundred years later, before the Napoleonic invasion, the population had doubled; trade, agriculture and industry were flourishing; roads and canals had been built; the navy had three hundred ships and the army a hundred thousand soldiers. Europe no longer looked on Spain as a declining, introspective empire, but rather as one of the big continental powers. What had brought this about was a major shift of attitude among the Spanish people. Many were now prepared to protest at the Church's influence in politics, and even to express opposition to the Inquisition, whose influence was on the wane. In short, the populace had begun to lose its respect for —or rather its fear of— the Church, while still remaining faithful to it.

This shift was unquestionably brought about by the attitude of Spain's French-influenced monarchs, particularly the fourth representative of the dynasty, Charles III (1759-1788) and, even more so, by some of their ministers (Floridablanca, Aranda). These were «enlightened» —namely cultured, modern— men. Today, they would be called technocrats. The five representatives of the Bourbon dynasty who ruled in Spain during the 18C (one of them, Louis I, lasted only six months) were not conspicuous for their intelligence, but their reigns constituted a period of «enlightened despotism». They selected their ministers —often of relatively humble social origins— on grounds of competence rather than entrusting affairs of state to ill-informed, power-abusing aristocrats.

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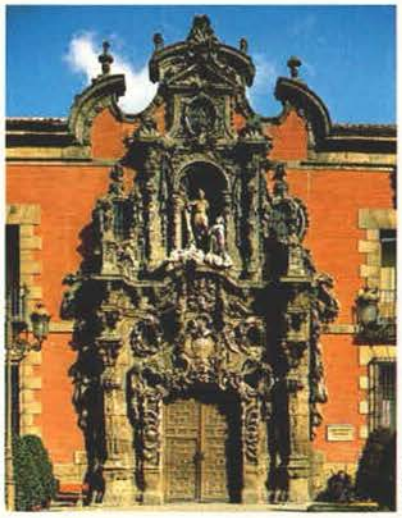
The Plaza Mayor in Salamanca, work of Alberto Churriguera and built between 1729 and 1755, is considered for its harmony and beauty to be Spain's finest Plaza Mayor.

The lifestyle of the Bourbon monarchs, and particularly their wives, was far from austere. The frivolous parties held at the Madrid court would have scandalised the still poverty-ridden populace had it not been for the fact that the monarch was still regarded as the Lord's Anointed and therefore endowed with absolute rights. Charles III, for example, the most outstanding monarch of this period, spent his mornings and afternoons hunting in the company of a retinue of fellow pleasure seekers. Balls and parties were constant, as were pleasure trips along the River Tagus, processions of exotically decorated floats... Though the Royal Household was less extravagant than its predecessors, its general expenditure for 1791, for example, amounted to the present-day equivalent of 7,000 million pesetas.

However, Madrid, as seat of the Court, benefited enormously from all these activities. Until this period, it had been little more than a large village heavily endowed with churches and convents. Particularly from the middle of the century on, it began to take on the characteristics of a true capital. Even so, the distribution of wealth was still inequitable: some four hundred people were recipients of almost half the city's income. Thousands of artisans scraped a living working for the upper classes, while a large new class of civil servants emerged.

Various governments succeeded in distributing the burden of taxation more fairly, and the resultant possibility of earning money that the Church and aristocracy could not get their hands on provided an incentive to set up workshops and industries, particularly in textiles and, in the Basque Country, the first steel mills of what was to become a long-term local industry.

Meanwhile, particularly in the capital the *tertulia* became all the rage. *Tertulias* are meetings of friends and acquaintances in cafés at which cognoscenti in their particular fields spend hours talking of this and that. It is interesting that the phenomenon —which still exists today— should have emerged at a time of dramatic social change: these informal round-tables serve to observe the ethos of their time. Intellectuals began to comment on the new thinking and changes in the nation's way of life, revelling in a new-found freedom from inquisitorial control.



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The radical changes were not always received by the Spanish populace with open arms. The Esquilache Mutiny was the response to the "European" style of dress introduced by Charles III.

CHARLES III

After fifteen years of non-intervention by Spain in European wars, thanks to the refusal of Ferdinand VI to bail his French relatives out of trouble (as the Habsburgs had helped the House of Austria in their time), Charles III took the throne in 1759. Charles had been king of Sicily and Naples for twenty-five years, in the course of which he had acquired considerable experience and a coterie of clever advisors. He has been dubbed «the builder king» and «the best mayor Madrid ever had». He seems to have been a born civil engineer and architect, and much of Spain still has reason to be grateful to him.

He established a regular postal service with the Americas, constructing in the process a system of roads radiating from Madrid to all corners of the peninsula. Peasants were authorised to fence their land and restrictions were imposed on livestock-owners, who had hitherto enjoyed ancestral rights to allow their herds the freedom of the countryside, regardless of crops, as they travelled their long routes between summer and winter pastures. The introduction of new plant species from America, particularly maize, towards the middle of the century, provided a boost to agriculture in the most impoverished regions such as Asturias, Galicia and the Basque Country. Charles III also instituted reservoirs for irrigation purposes and major canals. He created a new Spanish flag, which no longer featured the French *fleur-de-lis*, and vitalised the Royal Language Academy founded by Philip V in 1714. He also revealed somewhat Utopian tendencies in establishing a colony of six thousand immigrant Flemish and German land-workers and craftsmen, providing them with land, houses and domestic animals in the rugged Sierra Morena. Those were the days when poor Germans emigrated to a wealthy Spain... The colonial villages are still in existence, with names such as «La Carolina» in honour of King Charles, and still with many blond, blue-eyed inhabitants.

Madrid was developing into a great capital. Many of its most famous buildings and monuments were created or completed during the reign of Charles III: the Royal Palace (begun in 1738), the Prado Museum building, Alcala and Toledo Gates, the Ministry of Finance... He installed public fountains (such as Cibeles, today at the very centre of the city), a sewage system, street lighting... He founded the national Bank, an instrument which began to separate the nation's economy from that of the royal family... National progress was given a further boost by the abolition of the monopoly on trade with America. Authorised expeditions set off from thirteen Spanish ports bound for twenty American destinations: all commercial traffic had hitherto been carried out through Seville, and later Cadiz when the former's river port on the Guadalquivir became no longer serviceable.

The 18C. was not a particularly fruitful period for sculpture in Spain. Its leading figure was Francisco Salzillo, most of whose works are in his native city of Murcia.

ORONOZ

A LA FRANÇAISE

Enlightened they may have been, but these radical changes were not received by the Spanish populace with unanimously open arms. Many poets of the period ridiculed what they saw as exces-

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MEMENTOES

FOREIGN INFLUENCES

The 18C in Spain coincided with the end of the Baroque period in art. The French Bourbon occupants of the Spanish throne introduced French and Italian influence into architecture and the arts in general. They were great builders, and most mementoes of their period are architectural.

Late Baroque architecture: The Baroque style enjoyed its most conspicuous final celebration in the work of the four Churriguera brothers. Theirs is an Italianate, exuberantly decorative style known in Spain as *churrigueresco,* and a close relation of the Rococo. The cities of Madrid and Salamanca are where the best examples of the style are to be found. Examples include the Academia de San Fernando and the nearby Palace of Nuevo Baztan in Madrid; the altar-piece in San Esteban church, the dome of the cathedral, the Colegio de Calatrava, San Sebastian church and the splendid Plaza Mayor in Salamanca. This last, the work of Alberto Churriguera and built between 1729 and 1755, is justly considered for its harmony and beauty to be Spain's finest Plaza Mayor.

The same spirit is in evidence in Madrid in the work of Pedro de Ribera, architect of many major civic buildings: the Hospice, Toledo Bridge, the Palacio de Perales; in Toledo, in works by Narciso Tomé, such as the cathedral's *Transparente* altarpiece. But the pinnacle of the late Baroque in Spain is generally recognised to be the *Obradoiro* façade of Santiago de Compostela's Romanesque cathedral.

Examples of full-blown Rococo include the Palacio de Dos Aguas in Valencia, Belén Church in Barcelona, and the altarpiece of Toledo cathedral.

Neo-classicism: By the 1750s, the Baroque was being supplanted by a return to the Classical style, promoted by Italian born or trained architects. The key figure of the transition between these two styles was Ventura de la Vega, designer of the façade of Pamplona cathedral. Neo-classicism proper is represented in Madrid by, for example, the Prado and the Astronomical Observatory (by Italian-trained Villanueva), Alcala Gate (Sabatini) and the Palacio de Liria. The many examples of the style all over Spain include the Palacio Rajoy in Santiago de Compostela, the façdes of the Barcelona Customs House and Lugo Cathedral, and the Plaza Nueva in Vitoria.

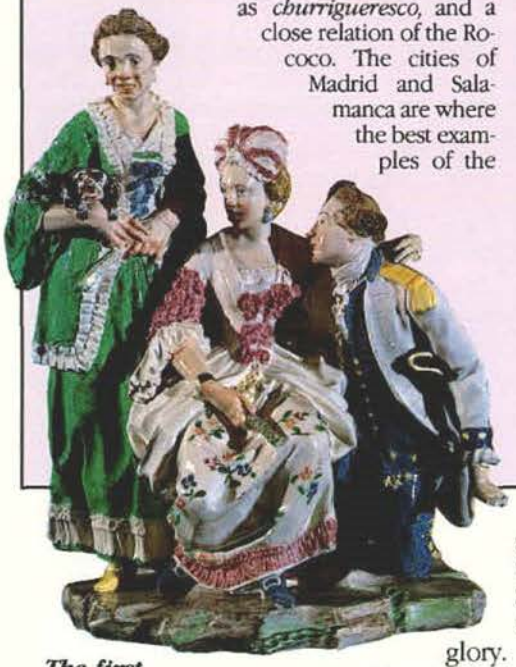
Palaces: The Bourbon monarchs built many palaces in and around Madrid: Madrid's Royal Palace, the splendid summer palace of La Granja near Segovia, with magnificent gardens and fountains in imitation of Versailles, and the palaces of Aranjuez and surrounding buildings in El Escorial.

Foreign painters worked in Spain during this period. Ribera was one of the few outstanding native painters.

Sculpture: The 18C was not a particularly fruitful period for sculpture in Spain. Its leading figure was Francisco Salzillo, most of whose works are in his native city of Murcia.

Painting: Foreign painters such as Mengs and Tiepolo worked in Spain during this period, though there were few outstanding native painters until the appearance of Goya, whose work anticipates the spirit of the following century.

Other art forms: The first Bourbon monarchs left many other legacies in the field of the arts: porcelain factories such as the Buen Retiro Factory of Madrid; the Royal Tapestry Factory (for which Goya would later work) whose products were in demand throughout Europe; the Botanic Gardens, constructed and stocked by Ferdinand VI.



The first Bourbon monarchs left other legacies in the field of the arts like porcelain factories such as the Buen Retiro Factory of Madrid.

sive imitation of all things French. Many Spaniards still clung to the memory of past glory. King Frederick of Prussia, though a great admirer of Spain and its monarchs, bemoaned this retrograde attitude: «The treasures of the New World are being captured by foreigners who, under Spanish names, have taken over this trade. Superstition places this spiritual people among the weaker nations.»

The radical changes in their lifestyle wrought by a long line of great politicians, among them Cardinal Alberoni, the Marquis de la Ensenada, Campillo, Carvajal, Campomanes and Esquilache, proved unacceptable to the Spanish people at large. Charles had brought with him from Italy his advisor the Marquis of Squilace, known in Spain as Esquilache. The people of Madrid focused their resentment on him, rising in rebellion in 1766. Priests, bull-fighters and the common people alike all refused to assimilate what they saw as foreign ways. Their response could be seen as the final throes of deep-rooted traditionalism. The specific cause of the rebellion was Esquilache's ban on the wearing of long cloaks and round wide-brimmed sombreros, garments which made it possible to walk the streets with one's face concealed and with weapons concealed about one's person. During the Esquilache Mutiny, several died and the minister was deposed, but the «European» style of dress was eventually adopted and Charles III, the enlightened despot, got his way. Commenting in his «*Memoirs*» on a visit to Madrid two years later, Italian adventurer Casanova found it to be much like any other European city. Though chocolate was still widely drunk by the populace, and indeed by the king himself, it was already becoming fashionable to drink coffee, like the French. From the turn of the century on, uncomfortable neck ruffs had given way to vivid ties. Men wore bright dress coats, silk stockings, buckled shoes, powdered wigs and tricorn hats. Swords had been replaced by walking sticks.

Another event seen at the time as a triumph against reactionary forces was the expulsion of the Jesuits. This was not because the Bourbons were anti-Catholic. Charles III himself had introduced into Spain the Neapolitan custom of Christmas nativity scenes, still a strongly upheld tradition in Spain today (see *Spain Gourmetour,* n.° 13), and banned both the writings of Voltaire and the Masonic movement (though there were no reprisals against practising Freemasons) which had been formed in England in 1726. The Jesuits had already been banished from Portugal and France in 1764. Their expulsion from Spain could be seen as yet another French fashion, comparable with the adoption throughout Europe of certain styles of dress and music.

Charles III used the income derived from his many possessions to build public schools in the major towns. If public works were almost an obsession with him, his determination to educate the populace was not far behind. Until his time, access to culture had been a privilege of the clergy and a few members of the aristocracy. The 18C in Spain became for science what the 16C had been for literature, and it produced quantities of engineers, architects, researchers and scientists in many fields of knowledge.

SCIENCE AND INDEPENDENCE

But there was more to Spain at that period than the Iberian Peninsula. Its empire embraced vast territories in America and Asia, and the repercussions of events on one side of the ocean were stongly felt on the other. German naturalist and explorer Baron von Humboldt was to comment some years later: «Everywhere one notices great intellectual activity and a younger generation gifted with a rare facility for understanding the sciences. No other European government has spent as much as the Spanish on encouraging the study of plants.» Cultural interchange was bearing fruit, and in America the combination of economic prosperity with a spirit of freedom, culture and a certain degree of self-government was engendering tentative leanings towards independence.

Colonisation had continued apace, with big cities being created in the interior punctuating the major trade routes —Jalpa, Bogota, Asuncion, Cordoba— and explorers penetrating up to the western United States. In 1775, Spanish explorer Cuadra was confronted in Alaska by a Russian expedition also attempting to open new routes. Russians and Spaniards, who now shared frontiers, signed an agreement under whose terms their possessions were limited by the 48th parallel, slightly south of the present Canadian border.

Charles III supported the independence movement in America, as did France, but the results were eventually to prove unfavourable to him. Insurrection broke out in Peru under the leadership of Tupac Amaru. This Jesuit-educated son of an important Spanish colonial official and an Indian mother had adopted the name of Tupac Amaru in preference to his Spanish one in honour of the last Inca ruler, from whom he was descended. The 1780 uprising was short-lived but extremely bloody. It was a foretaste of things to come in the Spanish colonies.

ORONOZ

Neo-classicism proper is represented in Madrid by, for example, a work of Villanueva, in the Prado Museum.

ORONOZ

This period was a good one for the flourishing of Botanic Gardens in Spain, such as Madrid's.

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The splendid Palacio Rajoy in Santiago de Compostela is a good example of the neo-classical style.

BODEGAS MARTINEZ BUJANDA, S. A.

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SPAIN
GOURMETOUR

Lunwerg Publishers have come out with another beautifully illustrated book on Spanish cities. This time the spotlight is on Barcelona. *Rediscovering Barcelona*, a collective work by several authors, tells us all about the Barcelona of yesterday and today.

The first two chapters, by Maria Aurélia Capmany (a famous Catalan writer who died recently) and Jaume Sobrequés, reconstruct the history of the city and its urban development. Before the middle of the 19th Century, Barcelona had been a city imprisoned within its own walls. Three different walls had enclosed the city: first the Roman and later two medieval walls. Within the confines of its rock boundaries, the city went on growing as best it could. Finally in 1854 the city was given a chance to breathe when the Ensanche Plan, drawn up by the architect Cerdá, was put into effect. The plan called for a grid layout of wide intersecting streets. The buildings at each intersection were to be bevelled thus creating a greater sensation of open space. The centre of each block was set aside as a garden area and other entire blocks were set aside as parks. Although in practice the plan was not always scrupulously carried out, Barcelona at last had room to grow. And so, the Barcelona that we find today has two very different faces. The wide avenues of the Ensanche and the narrow streets and alleyways of the old quarter are two different worlds that make up a city two thousand years old.

In the next chapter, the reader moves on to get a visual look into Barcelona's past and present as Lluis Permanyer comments on the 186 photographs that illustrate the book. The perfect blend of old and recent photographs (credit goes to photographer Tony Catany) invites the reader to rediscover what makes Barcelona such a special city. ■

Rediscovering Barcelona.
Several authors
Spanish/English bilingual edition
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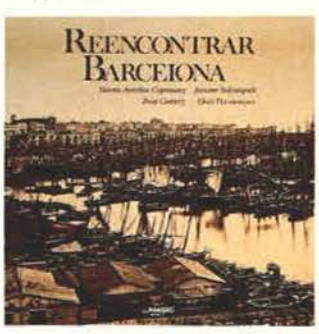


In recent years Spanish cuisine has caught the eye of food lovers around the world. Books, magazine articles, and other mass media echo this newfound enthusiasm for Spain's rich and varied cuisine and especially for those lovely little *tapas*. So, it is not surprising that from far off Japan comes the book *World Cooking: Spanish Cooking*. Whether this is the first of its kind to be published in Japan we really can't say. Neither can we talk about the book in depth since we unfortunately don't know Japanese, but we can say that our overall impression is quite good.

The book is divided into three sections. The first section is devoted to *tapas* and nicely displays photographs of 80 different tapas, including all of the classics. They represent the specialities of more than 10 different *tapa* bars, mostly located in Madrid. The photographs by Eichi Takahashi are without a doubt a great help in recognising the *tapas*. The second section introduces common ingredients used in Spanish cooking: saffron, paprika, olive oil, dry-cured ham, and so on. An excellent series of pictures illustrates how each of these products is made. The final section is devoted to regional dishes served at restaurants representing the different Spanish regions. Recipes for these dishes in addition to those for the *tapas* are included at the end of this section. ■

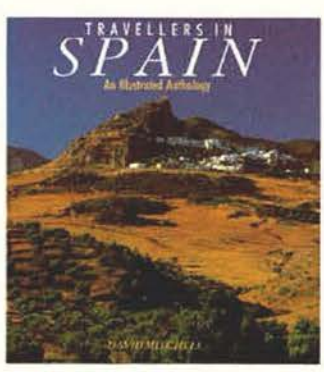
World Cooking: Spanish Cooking.
Chikako Hirata
Shibata Publishing Co. Ltd., 1991
33-5-3 Chome, Hongo
Bunkyo-Ku, Tokyo
Tel.: 3 (5684) 5046
Fax: 3 (5684) 5036

Starting in the sixties, the tourist slogan «Spain is different» attracted millions of visitors to Spain. This was not the first time, though, that Spain's «differentness» had allured foreign visitors. Centuries earlier, travellers of another day visited Spain and wrote about their experiences and impressions, which, incidentally, were often times none too flattering. For some the «difference» was too much to bear when it came to creature comforts, food, facilities, etc. Things back home —in France, Italy, or mostly England— were much further along.

David Mitchell, English journalist and writer, set out to study what these travellers had to say and has pieced it all together for us in his book *Travellers in Spain: An Illustrated Anthology*. In total, he cites some 101 travellers who visited Spain from the end of the 16th Century up until today. Many of their names ring famous —Casanova, George Sand, Richard Ford, George Borrow, Gerald Brenan, Hemingway— while others less so. The author's patient and meticulous work in compiling all of these testimonies has turned out to be something of a sociological study of the changes that Spain has undergone over the centuries. In short, the final product is much more than a travel book. A nice complement to the text are the old engravings and present-day photographs that illustrate the book.

Although mass tourism has definitely benefited Spain economically, it has also had its drawbacks. We have only to think of the environmental impact it has had on coastal areas. Also, for better or for worse, customs in Spain have grown more like those of her northern neighbours. You now hear the claim that Spain is no longer so different nor so romantic. Can we be sure? There is no need to be so categorical about it. Mitchell leaves the door open by emphasising «variety» over «cliché». He states, «For in a land of superabundant variety, there is, really, no such thing as "a true Spain". There is the tyranny, sometimes, of the touristic *tipico*. But beyond that is a myriad of typicalities composing a mosaic that each patient traveller must assemble for himself». ■

Travellers in Spain: An Illustrated Anthology.
David Mitchell
Look Out Publications, S. A., 1990
Puebla Lucía. 29640 Fuengirola (Málaga)
Tel.: (52) 46 09 50
Fax: (52 46 10 22

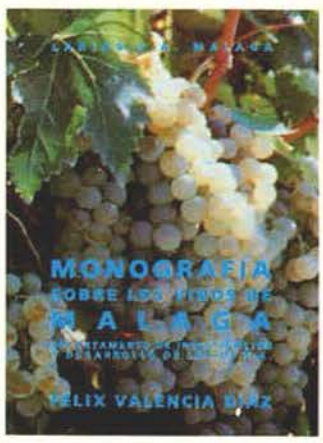


In the 19th Century, Malaga wine was considered one of the finest in all of Europe. Years later, it had lost its well-earned reputation, in part because of unscrupulous pirate labelling by some. Félix Valencia, Technical Director at Larios, S. A. (an important Malaga-based wine-maker and distillery), seeks to set the record straight in his book *Monografía de los vinos de Málaga (Monograph on Malaga Wines)*. Six years of patient work on the part of Félix Valencia and his team of workers at the Department of Research and Development at Larios went into this comprehensive, technical study. The author recognises that «Malaga wine is well known in the world of winemaking, but it is not exactly clear what it refers to». In this book, he sets out to dispel any confusion about the name Malaga and describes each one of its wines individually.

The book is divided into four chapters. The first discusses the history of Malaga wine. In the second chapter, the author describes the procedures used over a period of several harvests in the elaboration and analysis of the so-called «wine base» (that used as a base for making other wines) and «commercial wines» (those labels sold commercially). The third chapter sets forth the standards of compositional analysis as determined by the process of elaboration and the geographical origin of the grape. In this chapter, the author also discusses the conclusions of the study. Lastly, the fourth chapter deals with putting into practice what the author has said is an effort to better recognise and improve Malaga wines. Throughout the book, the author makes use of charts and graphs to support what is being explained. ■

Note: This book has been awarded the 1991 Prize for *Monographies and Specialized Studies by the Office International de la Vigne et du Vin*.

Monografía de los vinos de Málaga
Félix Valencia Díaz
Dpto. de Investigación y Desarrollo
de Larios, S. A., 1991
Larios, S. A.
Polígono Industrial Guadalhorce
César Vallejo, 24. 29004 Málaga
Tel.: (52) 24 11 00
Fax: (52) 24 03 82



SONIA ORTEGA

Rafael Zabaleta

PEASANT EATING

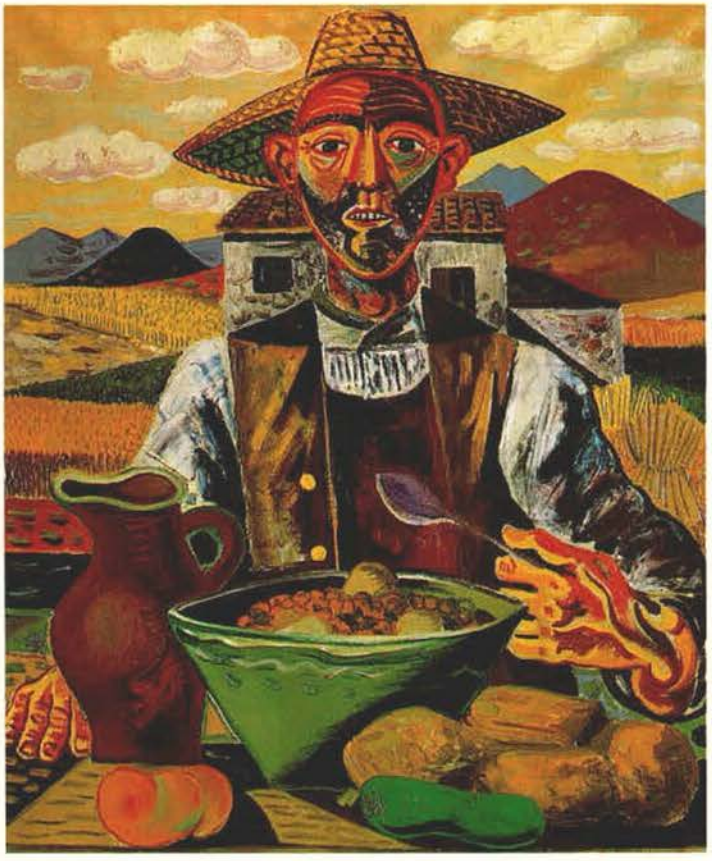
THE PAINTER...

The Civil War (1936-1939) left Spain's artistic scene sadly bereft. Many artists had died and many others had emigrated. By the 1940s, however, major painters were beginning to emerge, and these were to regenerate Spanish painting. They shared a common tendency to synthesise influences inherited from the avant-garde, while remaining faithful to figurative realism and experimenting with light and colour in a way reminiscent of the French Fauves of the turn of the century. As their predominant subject matter, they took the people and landscapes of Spain. Rafael Zabaleta belongs to this group. His contemporary, influential Catalan writer and art critic Eugenio D'Ors, described him as the finest Spanish painter of his period.

Zabaleta was born in 1907 to a well-off family in Quesada, in the Andalusian province of Jaen. He studied first in Jaen and then in Madrid, at the San Fernando School of Fine Arts. He went to Paris in 1935 but returned to Spain shortly afterwards to settle permanently in his native Quesada.

Zabaleta's talent was recognised in his lifetime, and he achieved a considerable reputation. He exhibited in Madrid and Barcelona and took the Condado de San Jorge award at the Hispano-American Art Biennale held in Madrid in 1951.

By around 1950, Zabaleta, in whose earlier work there is clear evidence of experimentation, seems to have found his true style. It combines various influences, albeit absorbed through the filter of his own originality and personality: ingenuousness, evocative of the Naifs; forceful, expressionistic draughtsmanship; pure, brilliant colours suggestive of the Fauves; a fascination with light; and a hint of post-Cubism in his stylised, geometric approach. All these are discernible in his depictions of a simple world in which the rural people and landscapes of his home territory around the Cazorla mountains provide the main source of inspiration.



©RONOZ

Photo: © **Private collection, Madrid.**

Among his most outstanding paintings, all characterised by «slice of life» picturesqueness, are *Women in the Fields, Quesada Village, Peasant Smoking*, and *The Slaughterman*. His drawings, however, show a tendency towards surrealism, as in *Dreams of Quesada*.

His influence on Spanish painting was considerable, both among his contemporaries and later generations: his stylistic stamp is evident in the so-called Madrid School, for example.

He died in Quesada in 1960, at his peak as a painter and enjoying deserved fame. He bequeathed a museum and much of his work to his birth-place.

...AND THE PAINTING

This painting, dated 1950, is an example of Zabaleta at work in his mature style.

A typical Andalusian peasant, weatherbeaten of face and wearing a straw hat sits, spoon in hand, at a table laid with tomatoes, potatoes, a pepper, a jug of wine and an earthenware bowl of chick-pea stew.

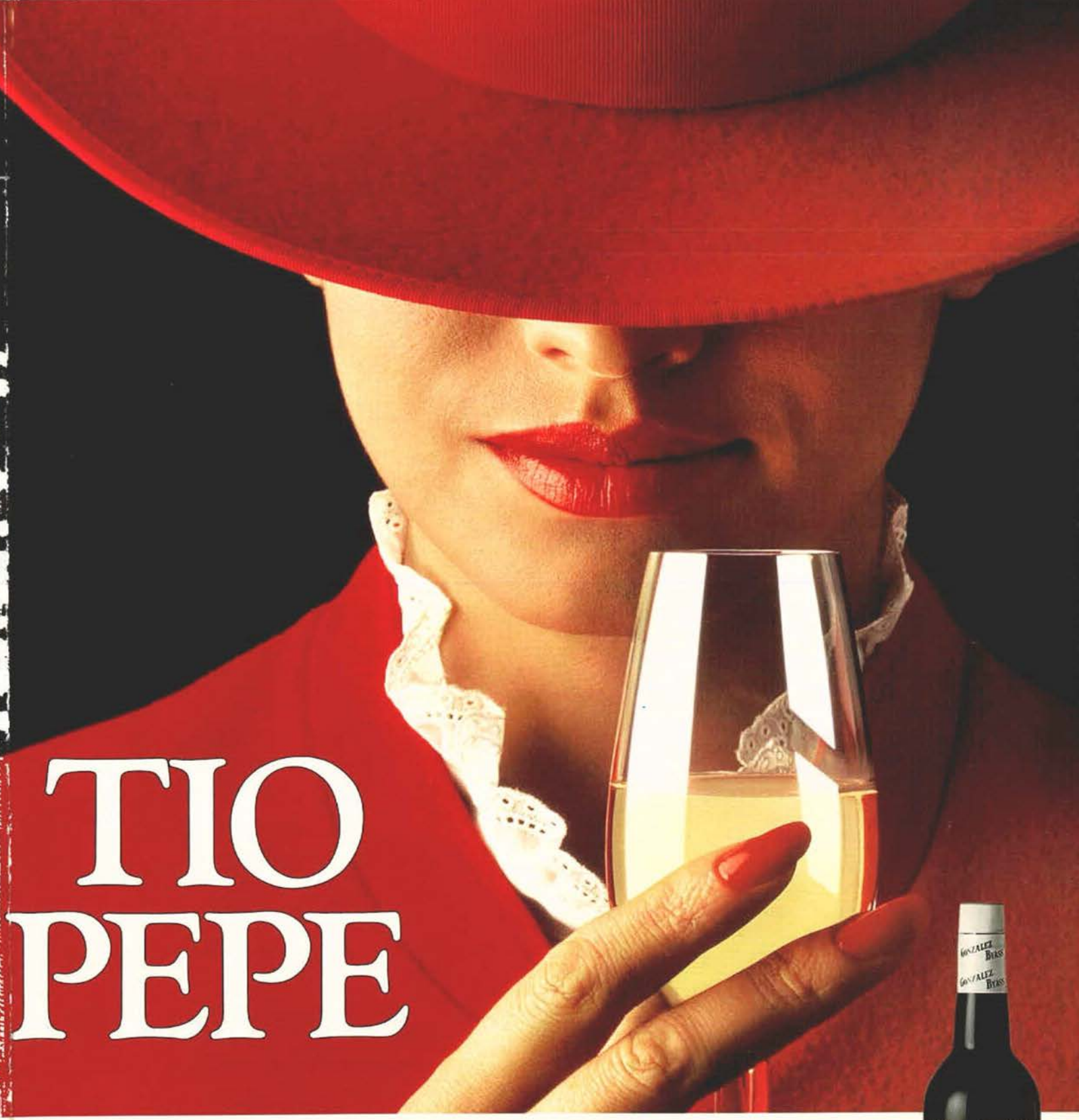
Behind him are a little white house and a multicoloured patchwork of fields, some harvested and others with the crops still standing. The background of mountains —certainly the Cazorla range— is painted in tones of brown and mauve beneath a yellow twilight sky dotted with clusters of white and pinkish clouds.

This work unites all the characteristics so typical of Zabaleta's painting: expressionist strength of line in the peasant's gnarled hands and expressive face; the stylised presentation of the fields and the figure's angular planes; a delight in light and colour and the use of pure, warm tones; and the charming, almost child-like, composition of the picture which, far from being a demerit, is where its particular beauty and character lie.

Typically, too, Zabaleta depicts the landscape of his homeland and the look and ways of its people, in this case a simple peasant about to tuck into his chick-peas with a selection of country fare arranged before him.

Zabaleta's portrayals of Jaen and its people are done in a spirit neither of criticism nor reportage, but rather of deep affection and respect. He used them as his central inspirational core which, in combination with his consummate pictoric skills and individuality of approach, are the essence of Zabaleta's originality as a painter.

José María Ortega Sanz



THE NATURAL APERITIF

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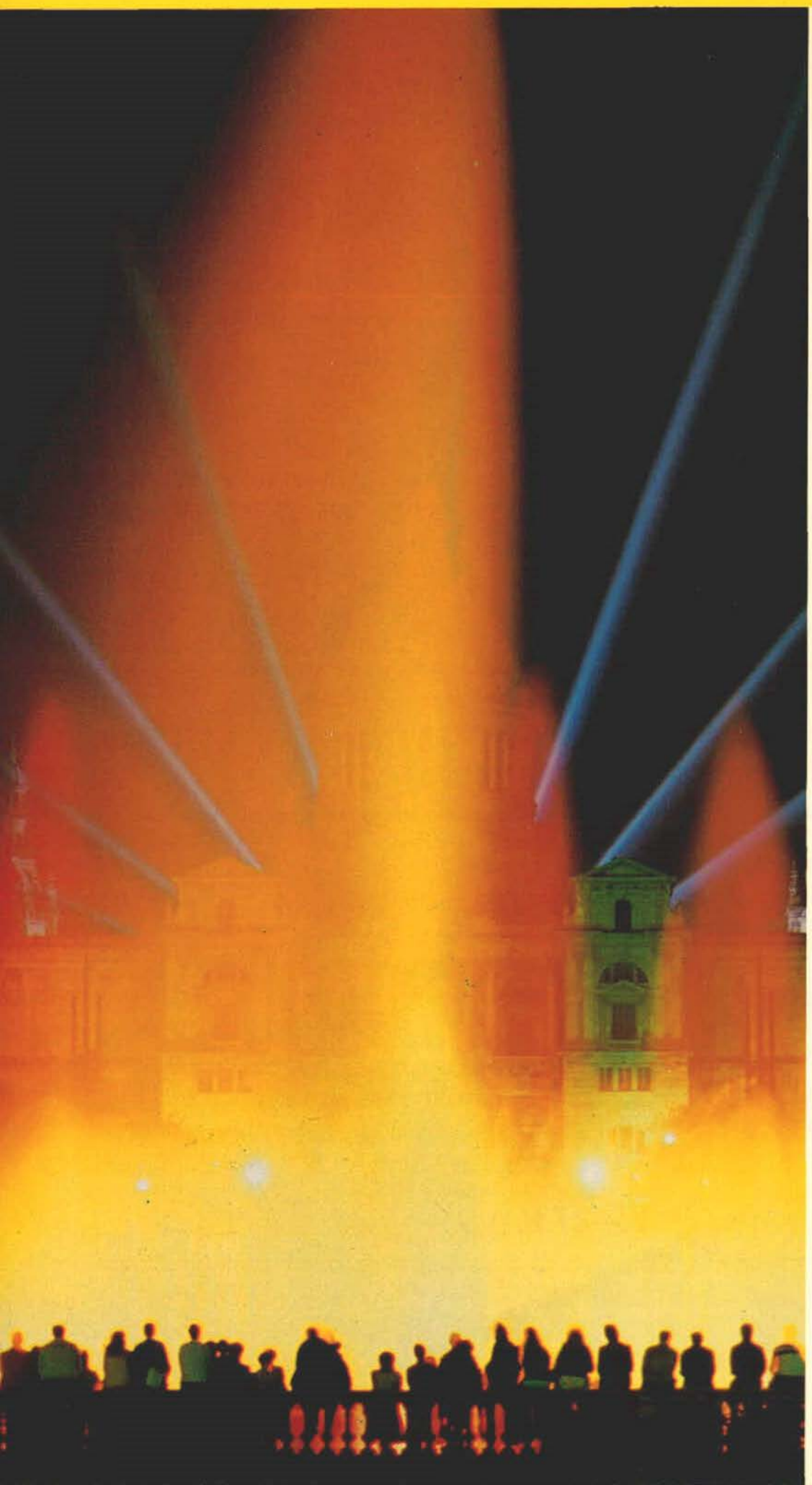

Olympic colours of Barcelona.

The illuminated fountains of Montjuic create a myriad of colours as they dance to the sound of music. Colours echoed by the thousands of mosaics which create magical shapes in an enchanted park. Green spaces abound in the midst of Ciudadela Park. And the gold of the sand meets the blue of the sea along seven kilometres of beautiful beaches.

Soon even these brilliant spectacles of Barcelona will be transformed into the myriad of colours of the Olympic Games. The colours worn by 10.000 sportsmen and women, competing for their countries. The colours of 166 national flags which will be waved in the Olympic Stadium. The colours which will be captured by 11.000 journalists with words and pictures. The colours which will be seen by millions on their television screens, the world over.

This lively Spanish city is full of colourful characters too. All different, but with one thing in common: an appreciation for the finer things. This is why they believe that friends are friends for life. This is why they all share the same proud dream: the Barcelona Olympic Games.

In 1992 that dream will come true.

Barcelona '92

Friends for life

ESPAÑA

Spain. Everything under the sun.