50
January-August 2000

SPAINGOURMETOUR

Food, Wine & Travel Magazine

The Cuisines of Spain

The Cantabrian Coast

Spanish Cooking with Olive Oil

Recipes

Rice Short Grain

The Green Grape

A Pick of Peppers

50

US dollars 8
January-August 2000

SPAINGOURMETOUR

FRAGATA®

your total category source for
Specialty Food items

ANGEL CAMACHO, S.A.
Avenida del Pilar, 6
41530 Morón de la Frontera (Sevilla) España
Tf.:34/95 - 585 47 00. Fax: 34/95 - 585 01 45
E-Mail: info@acamacho.com

For any further information please contact:
Para más información póngase en contacto con:
or/ó:

Please visit our WEB Site
Visite nuestra página WEB
http://www.acamacho.com

A. CAMACHO INC.
2791 Circleport Drive
Erlanger, KY 41018 U.S.A.
Phone: 1/606-371 1166
Fax: 1/606-371 0937

2502 Walden Woods Drive
Plant City, FL 33566 U.S.A.
Phone: 1/813-305 4534
Fax: 1/813-305 4545

Knowing how to drink is an art, art is culture...

Viña Cantosán

This great white wine is produced using the very best Verdejo grapes and comes under the demarcated wine region called *Denominación de Origen Rueda Superior.*

Yllera

A red wine of unmistakable flavour and quality, Tinto Yllera has been made using the same painstaking process since the early nineteen-seventies.

BRACAMONTE

An excellent red wine featuring a myriad of aromas and subtleties. Made in keeping with the finest winemaking traditions of the *Ribera del Duero* demarcated region.

... the art of drinking wine

CUSTOMER SERVICE

Téléphone: 0034 983 86 80 97
Fax: 0034 983 86 81 77
SPAIN
e-mail: curros@nexus.es
http://www.loscurros.com

AN OIL SO GOOD SOME PEOPLE EVEN DRINK IT.

They're the Borges tasters. A group of experts who drink 15 millilitres of the finest olive oil every day, so you can eat it when its flavour and bouquet are just right. The scrutiny by finely-honed senses that is brought to bear on Borges Extra Virgin guarantees not only its quality, but that its flavour will always be the same: an intense but smooth, fresh flavour, with a fruity bouquet. A different flavour that makes it one of the finest oils in the world.

EXTRA VIRGIN OLIVE OIL

ORIGIN Outstanding land- the northeast region of Spain with its ideal microclimate and unique soil components- the finest olives ARBEQUINA, HOJIBLANCA and PICUAL varieties, make Borges Extra Virgin the oil it is.

PRODUCTION After a single pressing in the silent cellars which remain at the same temperature for 12 months of the year, virgin oil, with all the unique flavour of the first pressing is stored. More than virgin, Extra Virgin.

From the first pressing, the first oil.

ACEITES BORGES PONT, S.A. Avda. J. Trepat s/n. - 25300 Tárrega (SPAIN)
E-mail: abp.export@borges.es http://www.aceitesborges.es


CORDON NEGRO
BY
Freixenet
BRUT
CAVA
Freixenet
Método Tradicional
www.freixenet.es

Extra Virgin Olive Oil

Natural & Healthy

With no additives
nor mixtures

finca TORREVELLA

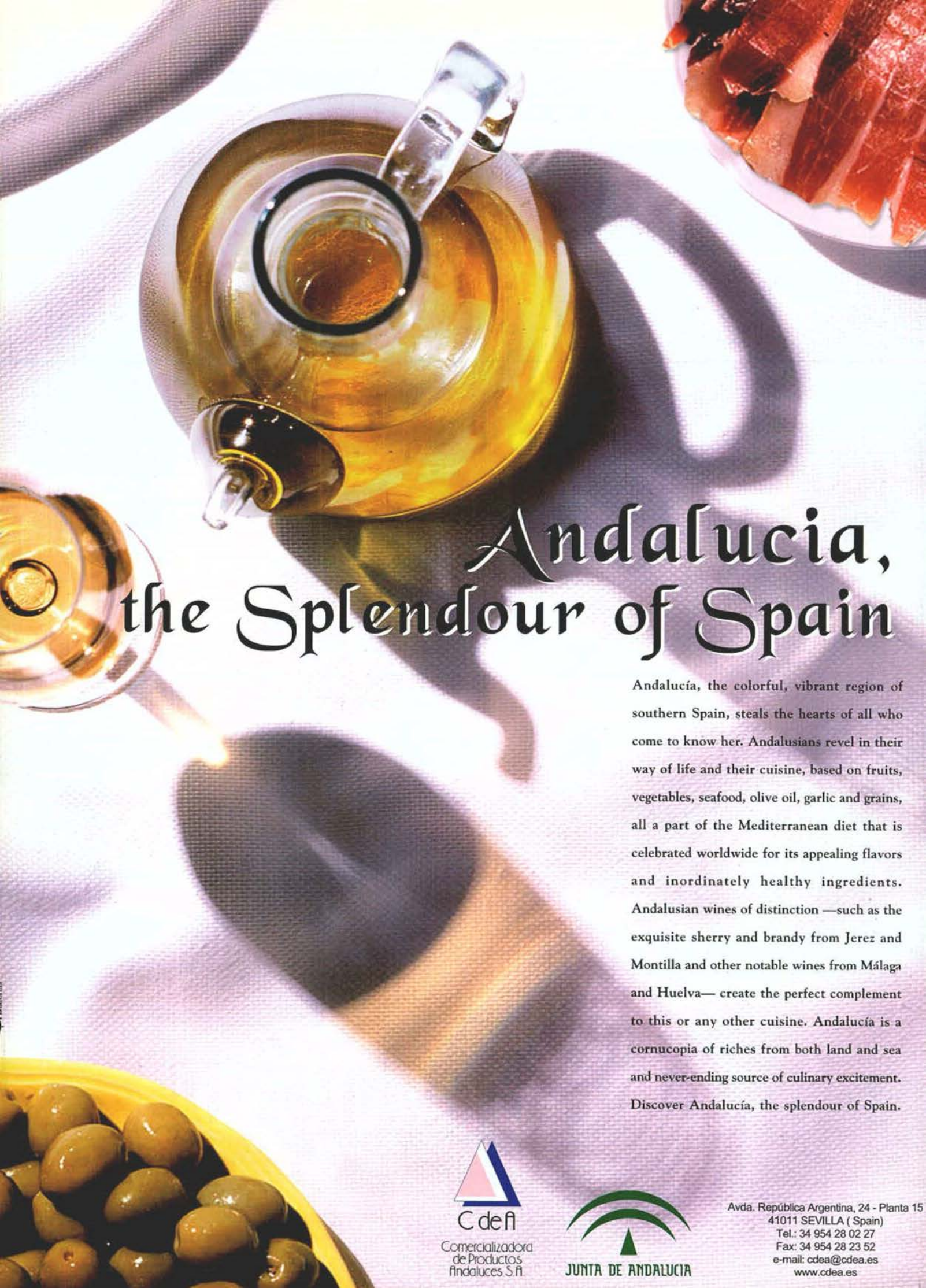
Torrevella Explotación Agrícola, S.L.
Partida Polop Alt nº 31 • Apdo. Correos 14
Tel.: (34) 96 652 57 97 • Fax: (34) 96 652 59 52
03800 ALCOY (Spain)

Email: info@torrevella.com
www.torrevella.com

Paternina

Greatness from Rioja.

FEDERICO PATERNINA S.A.
Avda. Santo Domingo, 11 26200 - HARO La Rioja (ESPAÑA) - Tfno: 34-41-31 05 50 Fax: 34-41-31 27 78 http://www.paternina.com



Andalucia, the Splendour of Spain

Andalucía, the colorful, vibrant region of southern Spain, steals the hearts of all who come to know her. Andalusians revel in their way of life and their cuisine, based on fruits, vegetables, seafood, olive oil, garlic and grains, all a part of the Mediterranean diet that is celebrated worldwide for its appealing flavors and inordinately healthy ingredients. Andalusian wines of distinction —such as the exquisite sherry and brandy from Jerez and Montilla and other notable wines from Málaga and Huelva— create the perfect complement to this or any other cuisine. Andalucía is a cornucopia of riches from both land and sea and never-ending source of culinary excitement. Discover Andalucía, the splendour of Spain.

Cdefi
Comercializadora de Productos Andaluces S.A.

JUNTA DE ANDALUCIA

Avda. República Argentina, 24 - Planta 15
41011 SEVILLA (Spain)
Tel.: 34 954 28 02 27
Fax: 34 954 28 23 52
e-mail: cdea@cdea.es
www.cdea.es


Spanish Masterpieces
PEPE TIO
TIO PEPE
GONZALEZ BY
JEREZ
JEREZ - XERES - SHERRY
FINO MUY SEC
FINO
SOLERA GRAN RESERVA
LEPANTO
Brandy de Jerez
Producto de
ESPAÑA
Jerez - Xérès - Sherry
GONZALEZ BYASS
SHERRY & BRANDY

Wine as art:

MURIEL
BODEGAS MURIEL

VALSERRANO
VIÑEDOS Y BODEGAS DE LA MARQUESA

Luis Cañas
BODEGAS LUIS CAÑAS

VIÑA DIEZMO
BODEGAS PRIMICIA

DON BALBINO
BODEGAS DON BALBINO

Heredad de Baroja
BODEGAS HEREDAD DE BAROJA

Solagüen
UNION DE COSECHEROS LABASTIDA

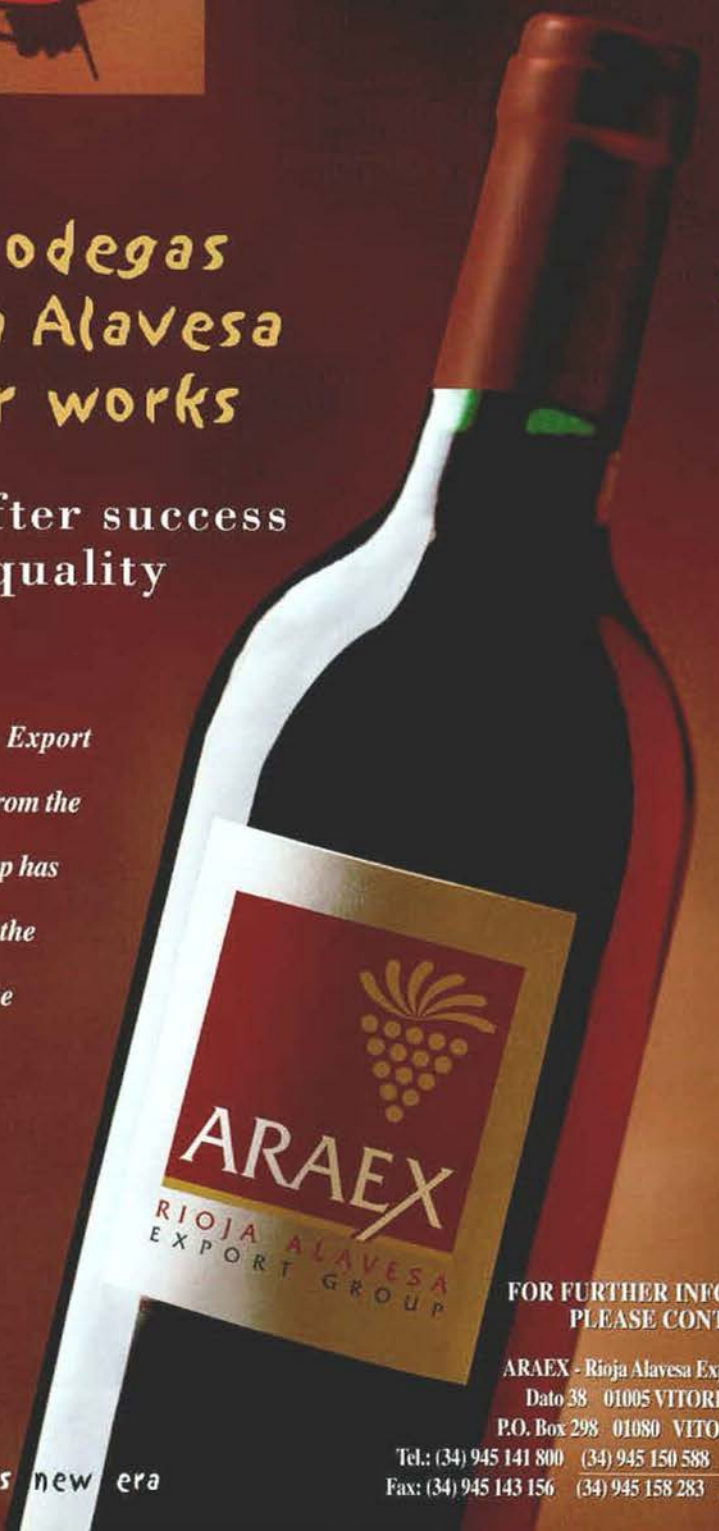
LARCHAGO
BODEGAS LARCHAGO

VIÑA LUR
VIÑA PATERNA

When nine bodegas from the Rioja Alavesa present their works

Reaping success after success & Savouring quality

Since it was set up as the Export Department of nine bodegas from the Rioja Alavesa, the Araex Group has made a name for itself due to the quality of its wines and the service it offers its customers.

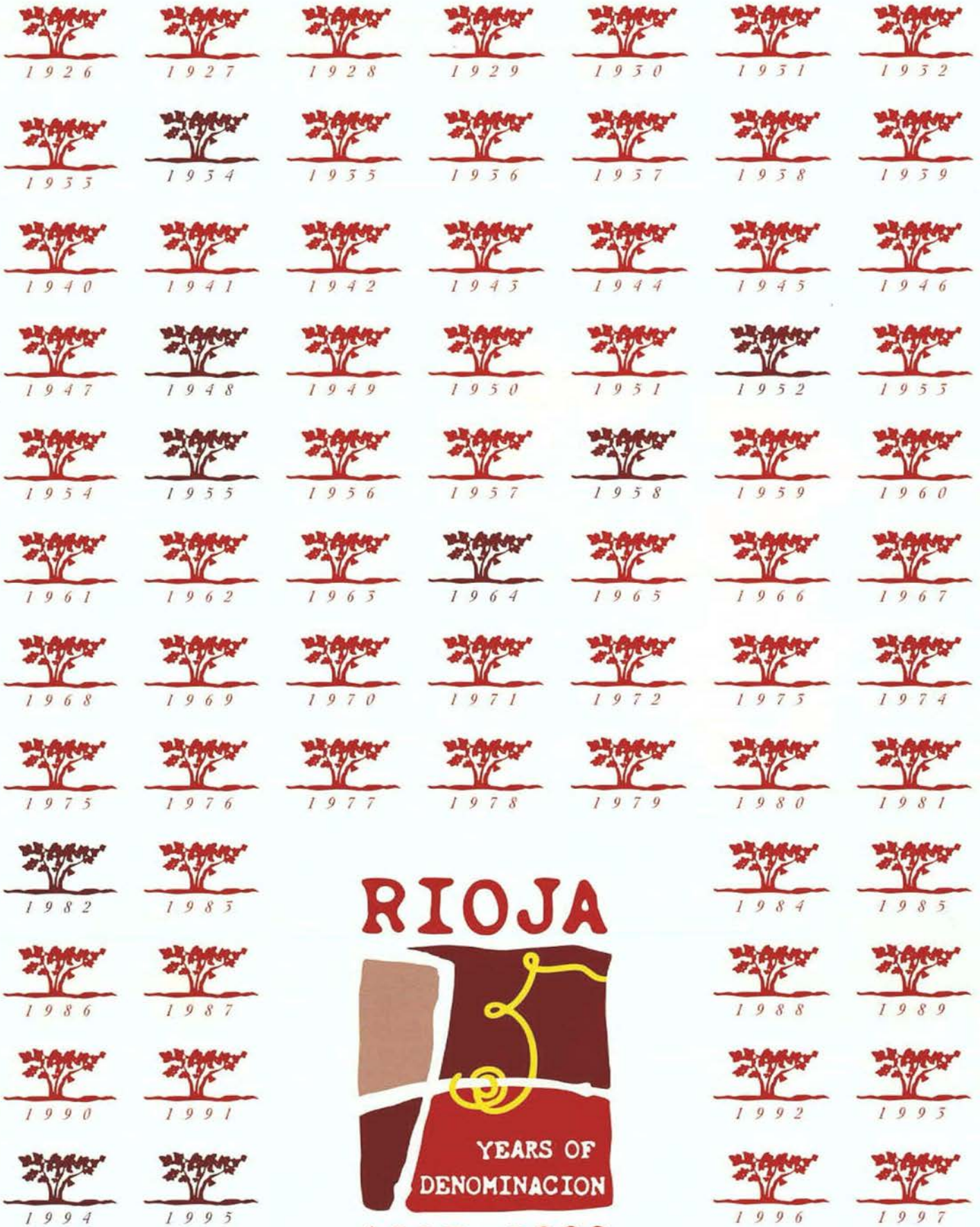


www.araex.com

FOR FURTHER INFORMATION PLEASE CONTACT:

ARAEX - Rioja Alavesa Export Group .
Dato 38 01005 VITORIA-SPAIN
P.O. Box 298 01080 VITORIA SPAIN
Tel.: (34) 945 141 800 (34) 945 150 588 (34) 945 150 589 / Direct
Fax: (34) 945 143 156 (34) 945 158 283 E-mail: araex@araex.com

Great wines, Great works of art for this new era



CONSEJO REGULADOR D.O. CALIFICADA RIOJA

C/ Estambrera, 52 • 26006 Logroño • Tel. 00 34 941 50 04 00 • Fax. 00 34 941 50 06 72 • www.riojawine.com

DENOMINACION DE ORIGEN CALIFICADA RIOJA

VALDEPEÑAS WINES

ES VALDEPEÑAS WIN

AS WINES VALDEPEÑ

PEÑAS WINES VALDE

NES 'AS WI

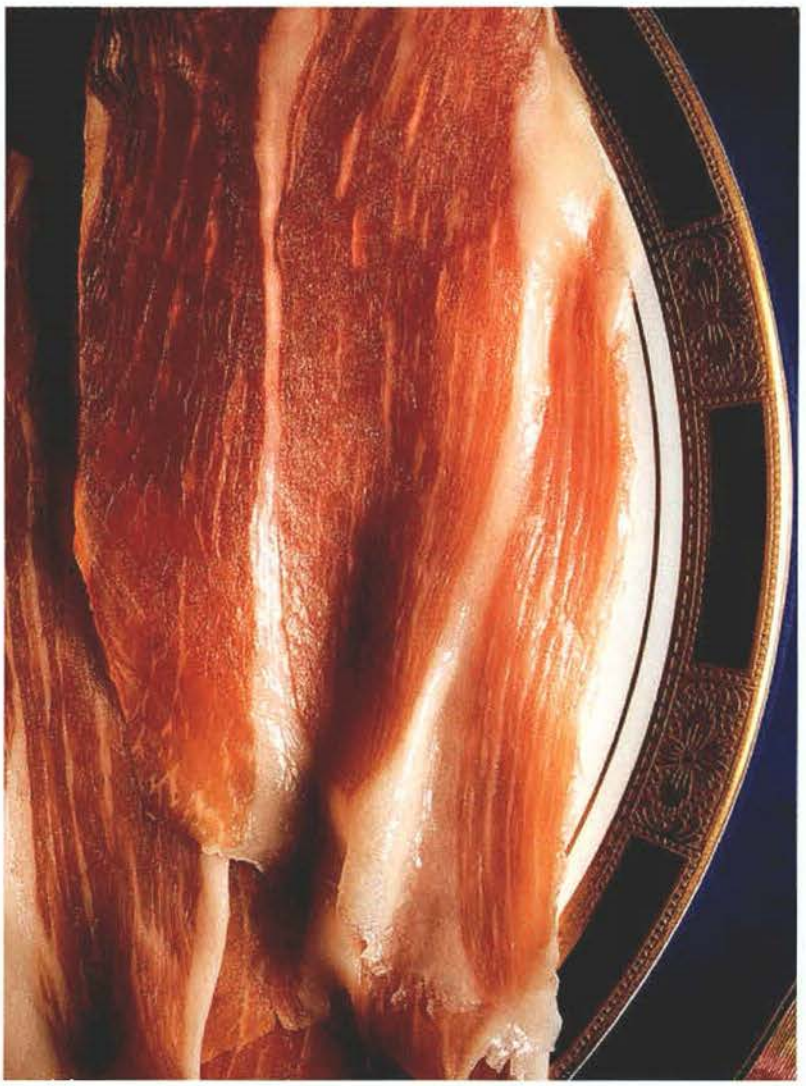
ÑAS DEPEÑ

ALDE ES VA

Full of Life

CONSEJO REGULADOR
VALDEPEÑAS

THE SPANISH JAMON SERRANO ... OF GUARANTEED QUALITY



Serrano

GREY&TRACE

Marqués de Riscal Vino Blanco D.O. Rueda

HEREDEROS DEL
MARQUES DE RISCAL

www.marquesderiscal.com
marquesderiscal@marquesderiscal.com

EDIT

Editor
Cathy Boirac

Publication Coordinators
Sonia Ortega and Bettina Krücken

Editorial Secretary
Angela Castilla

Design and Art Direction
Manuel Estrada, Diseño Gráfico

Layout
Francisco Sánchez, Manuel García, Pilar Valencia, Carmen Olivares, Nieves Barco.

Color Separations
Espacio y Punto

Printed in Spain
Raycar, S.A.

Advertising
CEDISA
Tel.: (34) 913 080 644
Fax: (34) 913 105 141
pcyc@mad.servicom.es

D.L: M.45.307-1990

ISSN: 0214-2937

NIPO: 108-00-042-7

Publisher
ICEX
State Secretary for Trade and Tourism
Ministry of Economy
P° de la Castellana, 14
28046 Madrid
Tel.: (34) 913 496 243
Fax: (34) 914 358 876
www.icex.es

Cover
Watercolor by Miquel Barceló. *Cranc i Gamba* (Fragment)

Information and Subscription:
Spain Gourmetour is a publication of the Spanish Institute for Foreign Trade (ICEX) of the State Secretariat for Trade and Tourism, Ministry of Economy to promote Spain's food and wines, as well as cuisine and culture. The magazine is issued three times a year in English, French and German, and is distributed free of charge to trade professionals. If you want to subscribe to Spain Gourmetour please contact the Economic and Commercial Offices at the Embassies of Spain (see list on page 150).

Dear Readers,

The Year 2000 is underway, and no sign of computer melt.down! Here at Spain Gourmetour, however, the whole editorial and production teams have spent several months reorganizing our set-up to match our turn-of-the century promise. And here it is at last- the new Spain Gourmetour!

The new thematic presentation and location of advertisements are designed to provide readier access to articles while still providing as much informative material as ever. Tere is a useful "Source Directory" at the end of the magazine, and we also include a selection of Internet addresses- there's no escaping the Web.

Manuel estrada has rooted this new design in Spanish culture, and his layout for each issue will provide the backdrop as we explore the subtler aspects of this still underestimated country and give the lie to its all-too-frequent "sun, sand and *sangría*" image. Our usual coverage continues of wine, fresh produce, canned and bottled products, olive oil, restaurants and so on, and our Recipe section is now more upfront: all recipes will have been tested before publication, and our ambition is for our food to be served at (not necessarily Spanish) tables in New York, Tokyo, Paris...

Spain's regions, towns, history and gastronomy will also be featured. And Plaza Mayor will report on events (fairs, seminars, conferences...) held in Spain and abroad and covered by our reporters.

My team and I look forward to receiving your comments and suggestions, and hope you find the new Spain Gourmetour to be a good read.

Cathy Boirac *Editor–in–chief*

CONTENTS

The following artists, archives, companies and institutions have participated in the illustration of this issue of Spain Gourmetour:

Tayo Acuña, María Alcobre, Menchu Artime, Asociación de Jóvenes Restauradores de España, Javier Azurmendi, Arnal Ballester, García Ballester, Miquel Barceló, Antonio de Benito, Fernando Briones, C.R.D.O. La Rioja, C.R.D.O. Pimentón de la Vera, Consorcio de Altamira, Pancho Cossío, Chocolates Valor, Pedro Delgado, Rafael Delgado, El País, J. I. Fagoaga, Finca La Grajera/Gobierno de La Rioja, Fototeca ICEX, Miller Freeman, FROM, Fundación Cultural Maphre Vida, Fundación Nicanor Piñole, Salvador Gascó, Antonio Girbes, Heinz Hebeisen, Veronica Janssen, Museo de América, Museo de Belas Artes Da Coruña, Museo Nacional Centro de Arte Reina Sofía, Nature&Travel, Carlos Navajas, Pablo Neustadt, Oronoz, Nicanor Piñole, Núñez de Prado, La Rioja Alta, Salvador Rivera, Angel Robledo, José Luis Rodríguez, Ángel Ruiz de Azua, Juan Manuel Sanz, Pedro Saura, Luis Seoane, Sobremesa, Amador Toril, Turespaña, Rafael Vargas, Ramón de Zubiaurre.

See page 166 for complete details and reproduction rights.

SPAIN GOURMETOUR JANUARY - AUGUST 2000 N.50

The Art of Aging Successfully. Part 1

ARNAL BALLESTER

CENTURIES

S P A N N I N G

There's a saying in Spanish: *"El diablo sabe más por viejo que por diablo"*–the Devil knows a lot because he's old, not because he's the Devil.

There's nothing like a few generations of experience for a company to excel in its chosen field. In this new series, at the dawn of a new millennium, we look at Spanish firms which have roots that go back many decades, but have one foot firmly in the 21st century.

These companies are diverse in their activities –winemaking, fresh produce, manufactured food products–but they all have one thing in common: they combine respect for tradition and vision of the future.

The secret, they all agree, is respect: the respect of the young for the vision and ideals of their predecessors, and the respect of the older generation for the fresh ideas and energy of the next generation.

Text
Mark Little

Chocolates Valor
The Chocolate Master

When the Chocolates Valor company decided to open a museum at their headquarters in Villajoyosa on the eastern coast of Spain, devoted to the history of chocolate making, their research revealed a surprising fact: they had miscalculated the age of their firm by more than a decade.

It turns out that the company's founder, Valeriano "Valor" López Lloret, started making chocolate in 1870. But rather than redesign all their brochures and promotional material they decided to quietly ignore the fact, and their motto continues to be "Master chocolate makers since 1881." After all, what's a decade more or less in a company whose board includes some of the founder's great-great-grandchildren?

Among the museum's exhibits is the founding stone of the company: the curved stone, or piedra, and stone roller which Valeriano used to make his first chocolate. A coal fire was lit beneath the stone to heat it, and Valeriano would crush the cocoa beans (previously roasted in the village's bread oven) with the roller to extract the liquor.

The heated liquor was then sweetened and poured into molds and squares marked off, each one amounting to one ounce. Every so often, Valeriano and the other chocolate makers in Villajoyosa would set out in mule-drawn carts, each heading for his designated distribution area, which in Valeriano's case was La Mancha in the center of Spain. They traveled by night, avoiding the midday sun which would melt the produce, and the journey took seven days there and seven days back.

The process Valeriano's descendants used for making chocolate has barely changed from the early days when the founder crushed the beans by hand, but the technology has. In Valor's modern, spotlessly clean factory, machinery whirs efficiently to produce one of Spain's best-known brands of chocolate, taking the process all the way from the toasting of the beans to packaging of the finished product. The plant produces some 5,000 tons of chocolate a year.

In Valeriano's day Villajoyosa had become the chocolate capital of Spain and there were more than 30 chocolate makers there, but most have since disappeared. The long history of Chocolates Valor is a tribute to the perseverance and the foresight of Valeriano and his successors. The first step to becoming one of Spain's top chocolate producers was the purchase of a truck to replace the old mule cart in 1950. The company started to look beyond the old system of local door-to-door distribution and

The process for making chocolate has barely changed from the early days when Valor's founder crushed the beans by hand, but the technology has.

to seek new markets in Spain. In the 1960s, they introduced industrial production methods and their sales throughout the country continued to rise. They have managed to secure a ten percent share of the local market for chocolate bars, and their hot chocolate is especially popular among Spaniards, representing some 20 percent of their domestic sales. A cup of thick, hot chocolate is a favorite treat in Spain, which inspired Valor to open its first *chocolatería*, a café serving hot chocolate, in Villajoyosa. Boasting a colorful, nostalgic decor, that venture has since blossomed into a franchise chain with 15 outlets in Spain and plans for further expansion.

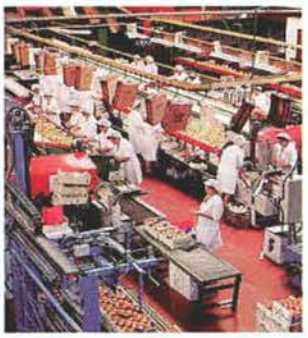
The company's current managing director, Pedro López, started in 1991, but he was already familiar with the business: as a kid he had the run of the factory, helping himself to all the chocolate he could handle.

With Valor now well established among Spanish consumers, Pedro's efforts have been geared towards opening new markets abroad. Although the international scene is dominated by the big chocolate multinationals, Pedro saw there was a niche for sophisticated, upmarket chocolates. Valor's strategy has been to carefully target its outlets, such as duty-free shops, and to provide high-end products, designer goodies meant for the adult chocoholic, such as rich chocolate bonbons and chocolate-covered almonds.

Today Valor exports to some 25 countries, the chief markets being Japan, the Americas, and the Arab countries. Exports amount to seven percent of the business, but Pedro aims to increase that share to 15 percent within the next three years.

It's ironic that many people associate chocolate with certain European countries, like Belgium or Switzerland, when the raw material comes from the tropics, and sweet chocolate itself was invented in Spain. The Aztecs used chocolate–the word itself comes from their *xocoatl*–mixed with pepper as an invigorating but bitter-tasting pick-me-up. It wasn't until Hernán Cortés showed up in the 16th century and took some samples home to Spain that it occurred to anyone to mix it with cane sugar, cinnamon, and vanilla, as a sweet drink. Later, the French would acquire a taste for chocolate and help its spread through Europe, while the invention of milk chocolate by the Swiss in 1876 would revolutionize the market. But for more than a century following Cortés' voyage, chocolate was a secret known only to the Spanish.

García Ballester
Citrus Power



García Ballester is the youngest in our trio of companies: it is "only" 94 years old. The firm was founded in 1906 by Francisco García Bort and today continues to be a family business, run by his grandchildren and great-grandchildren. Yet the purpose has remained the same through the decades: the export of one of Spain's most quintessential crops, citrus fruit.

Spain and oranges are practically synonymous. Traveling through the gentle countryside of the Valencia region on the eastern coast of Spain to García Ballester's headquarters in the village of Burriana, near Castellón, there is no doubt you're in orange country. Everywhere you look you see neat rows of citrus trees growing in the rich, brown soil of the region. In spring, the air is filled with the heady scent of orange blossoms. In the colder months the trees are laden down with golden globes.

You might think that oranges have been grown here forever, but you'd only be partially correct. It is true that oranges were introduced by the Moors more than a thousand years ago, but it was only in the 19th century that the farmers of the Valencia region started planting citrus fruit in a big way, in order to satisfy the increasing demand from northern European countries (see *Spain Gourmetour* Nos. 24 and 40). Today we take oranges for granted, but a century ago they were something of an exotic item for those living in colder climes. Luckily for Spain's growers, oranges were eminently exportable, with the long shelf life required to withstand the long journey from Spain to the consumers in the north.

García Ballester, like the other citrus wholesalers established at the time, was geared to export from the very start, providing a link between the local growers in Castellón and the buyers from Great Britain and Germany.

Once the oranges were picked, they were taken in cumbersome ox-drawn carriages to the beach at Burriana. There, the crates of fruit were loaded onto rowboats and ferried to the ships which awaited off shore to take the precious cargo to its destination in Liverpool or Hamburg.

A visit to García Ballester's modern 20,000-square meter (215,000-square foot), highly mechanized sorting plant and warehouse strategically located near the superhighway which connects the Spanish coast to the rest of Europe, shows how much things have changed since those days. Citrus fruit from growers located all along the Mediterranean coast of Spain arrives to be sorted by size, cleaned, packaged, and precooled before being loaded onto huge refrigerated container trucks which will whisk it to markets all over the continent.

For the founder's great-grandson Jorge García Ballester, who manages the day to day running of the Burriana warehouse, the secret of the company's success is the accumulated experience handed down from father to son, and the fact that they have specialized in a single commodity. The company is also keenly sensitive to the specific needs of their customers, most of which are big supermarket chains. Each one has its own preferences regarding packaging, labeling, or the grade of fruit their consumer prefers.

"For instance, the English are crazy about satsuma tangerines, even though this type of tangerine is being displaced by other varieties in other markets," says Jorge. "In America, on the other hand, the best-selling item is the clementine."

It is thanks to the expertise of companies such as García Ballester that Spain

Oranges were eminently exportable, with the long shelf life required to withstand the long journey by ship to the consumers to the north.

has maintained its position as a citrus superpower. Thirty years ago Spain was exporting one million tons of citric fruit. In the early 1990s the figure had risen to two million tons, and today it is around three million tons.
In the case of García Ballester, foreign sales account for 90 percent of the activity. Oranges make up 30 percent of exports, tangerines the remaining 70 percent. Their biggest customers are Great Britain, Holland, and Switzerland, although their activity extends to many other countries, with an especially strong presence in Poland and other Eastern European markets. They now export around 40,000 tons of citrus a year, with a turnover of US$40 million (€ 41.6 million) reported in the 1998-99 campaign.
Although the company has some farm acreage of its own, 90 percent of the fruit they sell is grown by independent farmers.
Spain's eastern seaboard is made up of small holdings, most farms averaging less than one hectare (two-and-a-half acres), so García Ballester has worked hard to establish long-standing relationships with its multitude of suppliers. A team of 16 buyers is in charge of dealing with the growers, and García Ballester also takes care of harvesting the fruit.
The busiest season is between the end of September and the end of January. Activity reaches fever pitch in the six weeks preceding Christmas, when two shifts of 250 workers each are required to prepare the fruit. On some days the warehouse dispatches 30 containers of fruit, each containing 20 tons.
It takes just a few days between the time the orange is picked from its tree and the time it reaches the final consumer, a bit of golden sunshine from Spain.

La Rioja Alta
Time in a Bottle

The Barrio de la Estación in the town of Haro, in Rioja, is a place where wine legends are made. This was the terminal station of the train line built in the 1880s to connect the wine growing region to the port of Bilbao, opening the way for export and sparking Rioja wine's rise to worldwide prestige.

In 1890, two major events took place here. Haro became the first town in Spain with electrical lighting, and the Sociedad Vinícola La Rioja Alta winery was founded.

La Rioja Alta was established by five local growers at a time when the phylloxera plague was devastating vineyards in France. A number of Bordeaux winemakers arrived in Rioja seeking new horizons, and they brought their know-how with them, including the technique of aging wine in oak barrels. French savoir faire and the aging qualities of the local grape, the unmatchable Tempranillo, were to determine the character of Rioja wines.

La Rioja Alta's first enologist was a Frenchman named Vigier who laid the ground rules which are still practiced today. Wandering through the dark, silent cellars, past row upon row of casks, you might think the winery has barely changed in a century.

You couldn't be more wrong, for this is a company very much in step with modern times. It was the first Rioja winery, for instance, to have an Internet presence. For the winery's managing director, Guillermo de Aranzábal Agudo, the main concern of a company as old as this is to resist the temptation of capitalizing on past glories, and to continually invest and improve.

In the 1970s, La Rioja Alta was faced with a major decision. The demand for Rioja wine both in Spain and abroad had reached undreamed-of heights. Should it go with the flow, increase production and reduce aging periods? Or should it continue to specialize in what it did best, long-aged classic Rioja?

In the end good judgement won out. Today La Rioja Alta continues to make only aged red reserve wines. The youngest sold outside Spain has spent at least six years in the cask and the bottle before leaving the cellars, while some of the *gran reservas* are aged for up to 16 years.

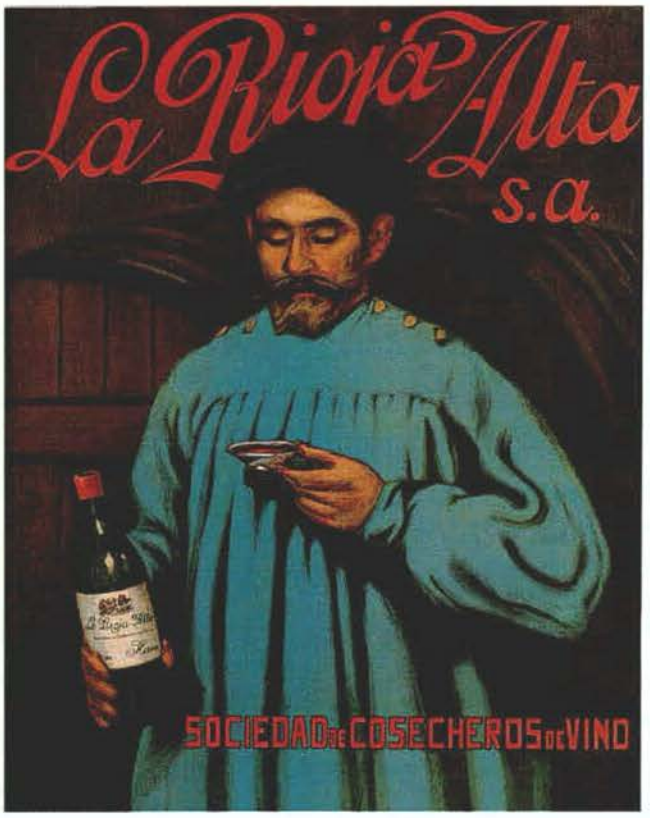
Although the La Rioja Alta winery accounts for about one percent of the region's production, its aging cellars hold a staggering eight percent of all the wine in storage in the Rioja region, the equivalent of eight year's sales. Aging periods are much longer than those required by the local wine council regulations for reservas and gran reservas.

The best illustration of how La Rioja Alta successfully combines a loyalty to its past with a commitment to the future is its new winemaking facility across the Ebro river at Labastida. The vinification area boasts all the latest technology, some of it developed in-house. Here, for three frantic weeks following the harvest, the grapes are carefully sorted, crushed, and fermented.

The winery has 300 hectares (740 acres) of vineyards which supply about half its requirements, the rest coming from growers with whom La Rioja Alta has long-standing relationships.

But head past the gleaming stainless steel to step through a door to one side of the winemaking area and you step back a century, for there is nothing to replace the old methods of careful cask aging. La Rioja Alta's cellars contain 51,000 casks, which are the key to the character of their legendary labels such as Viña Ardanza and Viña Arana. The winery has its own coopers to construct and reassemble some 7,000 casks a year. Casks of mature American oak are used; younger oak would not be suitable in view of the aging periods

La Rioja Alta's cellars contain 51,000 casks which are the key to the character of their legendary labels such as Viña Ardanza and Viña Arana.



involved, as the fresh wood would end up overwhelming the finished wine. La Rioja Alta's cellar masters rack the wine by candlelight, carefully studying the red liquid as it is transferred from barrel to barrel. Racking the wine twice a year is the preferred method for removing the solid sediments, but it is equally as important as a way to oxygenate the wine and especially to allow a continuous quality control. Finally, after its years in the cask, the wine will rest in the bottle working on itself to acquire the unmistakable bouquet resulting from reduction in the absence of oxygen. Here again the figures are astounding: La Rioja Alta's cellars hold around 6,400,000 bottles of red wine at any given time. Needless to say, only the finest wines can stand up to this kind of treatment. The resulting wine is polished, well rounded, impeccably balanced, smooth, reminiscent of old castles and long conversations by the log fire. It goes against the current fashion for forceful, tannic, more assertive wines meant for laying down, but it is a style that has countless enthusiasts, and bottles of this classic style Rioja are not easy to come by. "The new style of wine is being made in many parts of the world," Guillermo de Aranzábal points out. "The attraction of a classic Rioja is its inimitable uniqueness."

Not that La Rioja Alta is neglecting current trends, but rather than compromise the original winery's reputation for long-aged reservas, in 1995 they bought a second Rioja winery, Torre de Oña, specifically geared to producing new-style, tannic reds, aged for shorter periods in new oak casks. Seeking to branch out into superior white wines, in 1988 they acquired a winery in Galicia, Lagar de Fornelos, D.O. Rías Baixas and some years ago they purchased vineyard acreage in the Ribera del Duero D.O. zone, although we won't see the results of that venture until a few years from now. "As with everything we do, we're taking our time," says Guillermo. Time is something they happen to know a lot about at La Rioja Alta.

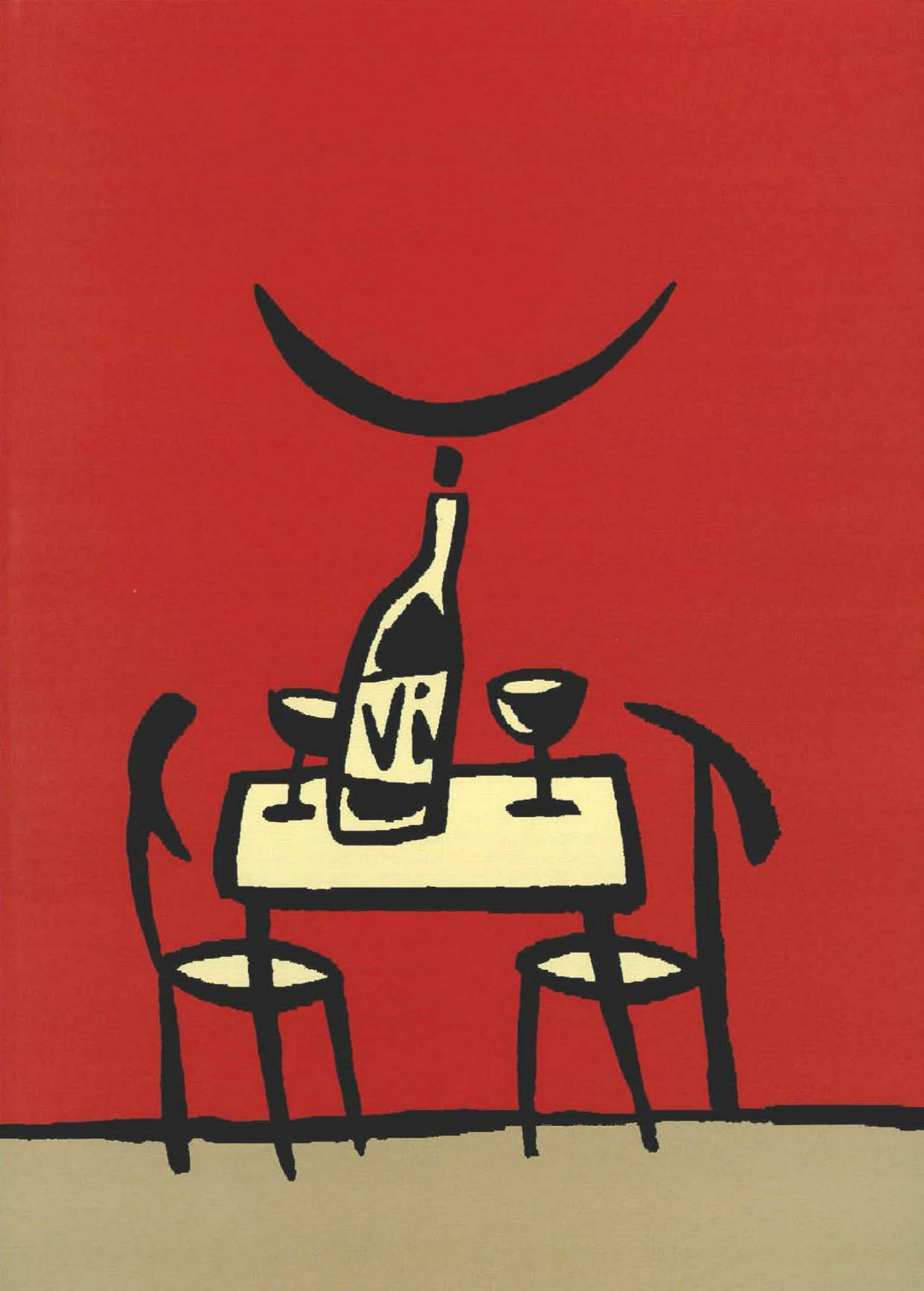
Mark Little *is an American-born journalist based in southern Spain. A former editor of* Lookout Magazine, *he now contributes to publications and travel guides of Spain.*

Matters of Import. *Part 1*

KNOWING THE SCORE

One good way of finding out how Spanish wines are received and perceived abroad is to talk to the people that import them. They keep a constant eye on consumer requirements and tastes, and make their selections from the wineries and brands most adept at meeting these demands. Their hands-on knowledge of the international wine scene also gives them the power to influence patterns of consumption and "make" the wines they opt for.

In this new three-part series, each article will focus on different markets with a view to identifying the image enjoyed by Spanish wine outside Spain itself, what its strengths and weaknesses are, and how its future prospects are looking. Wine importers are a fount of valuable information, of which our selection represents just a small sample.


VR

The State of Spanish Wines in the States

TEXT
SHARON KAPNICK

Spanish wines are happening. Revered wine critic Robert Parker writes in his *Wine Buyer's Guide*, "Spain is the hottest wine region in the world... Given the terrific climate, the multitude of fabulous *terroirs* and the requisite financial incentive to produce world-class wine, look for more and more unknown names to become overnight stars." Andrea Immer, Master Sommelier and director of beverages at Starwood Hotels & Resorts, reports, "Spain's got everything–value, coming from Rioja and Navarre; a growing selection of fun whites; wines with bottle age that are available and affordable; blockbusters from Priorato, Ribera del Duero, and Rioja that stand with the world's best."

To find out more about the current boom in Spanish wine sales in the United States, I spoke to five leading U.S. importers. "So much exciting change has happened so quickly that Spain has gotten the world's attention," explains Emanuel Berk, president of The Rare Wine Company based in Sonoma, California. "There are a number of producers and winemakers on the cutting edge internationally–Peter Sisseck in Ribera, Álvaro Palacios in Priorato, Juan Carlos López de la Calle in Rioja–who are making some of the best wines in the world. And wines from Ribera, Priorato, and increasingly Rioja, have a richness that's very attractive to people. They like the profound and delicious style."

Todd Helmus, American marketing representative for Europvin, based in Watertown, Massachusetts, agrees that the "mature, complex, distinctive" style of the wines is part of the attraction, as is the lack of homogenization and the adherence to local traditions. He also attributes the success of Spanish wines to reasonable pricing, their uniqueness (in the case of sherry, for example) and their unfamiliarity. "People are experimenting these days," he says. "They're eager to try something off the beaten track." Another advantage, Helmus says, is the fact that "the wines are perfectly suited to *tapas* and Nuevo Latino food, whose popularity has recently soared." Not least important "is their quality, which is consistently excellent."

No wonder Spain is the sexy "new" region winning widespread praise. Joseph Magliocco, president of Chatham Imports Inc., based in New York City, agrees that the excellent quality and richness of the reds, with their complexity, structure, and tremendous rich fruit, draw people to Spanish wines.

Bruce Hunter, executive vicepresident of marketing at Shaw Ross International Importers, based in Miami, Florida, points out that many Spanish wines have the ability to age but are

Todd Helmus
"People are eager to try something off the beaten track."

Bruce Hunter
"We have to educate the consumer."

also ready to drink as soon as they appear in stores. Yet another plus, says Stephen Metzler, president of Seattle, Washington's Classical Wines from Spain, is Spain's being "associated very strongly with red wines, which are getting most of the publicity for their health-enhancing qualities these days. Also, it's like the discovery of a new toy to play with, a new region that's one of the oldest regions. People have some learning to do."

The Grape Varieties

One of the things they need to learn about is the type of grapes used. Since Spanish wines aren't sold by varietal designation, many people aren't familiar with the indigenous grape varieties. Metzler thinks Tempranillo and Albariño, the king and queen of Spanish grapes, are most familiar. Helmus points out that Tempranillo is even being grown in California and adds that Americans are familiar with grapes like Garnacha. "But," says Magliocco, "the average wine drinker is aware only of the grapes in Riojas." Not to worry, however. The awareness of the grapes will come later, according to Berk. "And," he adds, "this unfamiliarity hasn't been a disadvantage, but rather an advantage, because the wines can stand on their own." Hunter agrees. "People are buying the name and the producer," he says. "They hang their hat on the style of a wine rather than the varietal, and that's a good thing." Metzler echoes: "We assume most people don't understand the varieties, but that's why they're interested in our Spanish wines."

U.S. consumers are, however, more knowledgeable about the D.O.s. The consensus is that everyone knows Rioja and everyone knows sherry. The next best-known D.O. is Ribera del Duero. "People who drink expensive California wines and Bordeaux know Ribera del Duero," says Magliocco, "and consider them to be among the best wines in the world. To a lesser extent, they also know Priorato, as a tiny high-end region with high-end wines." Helmus thinks that "connoisseurs, people who read the wine publications, know Navarre," while Berk adds that Toro is just starting to become known. "Toro," he says, "is where Priorato was six or seven years ago. And although Rías Baixas is still very unknown, I wouldn't be surprised if in ten years its wines became very desirable." Magliocco also thinks Spanish white-wine regions are less known, although he believes some know Rías Baixas and Rueda. Metzler would add Penedés and Cava to the list of familiar D.O.s. But, he says, "actually, people don't know much at all, which I see as a plus, because it allows for education. People have no preconceptions. The discovery of quality Spanish wines is ongoing." Hunter emphasizes the need for education: "We have to educate the consumer, because the more he knows, the better." Or, as Magliocco puts it, "There's a lot of wine education to be done."

Food and Wine

Wines from Spain, a government trade promotion organization, is aiding that education. Its promotional campaigns are helping familiarize the public with Spanish wines. "Wines from Spain has done an exemplary job," says Helmus. "They're dynamic, creative, energetic, and have used the linkage with food very well, as in The Great Match," an event at which Spanish wines are paired with restaurant food in cities around the U.S. "They're good at getting information to the trade." Magliocco, too, has high praise for this organization. "Wines from Spain has been very helpful," he says. "Their people are very well organized. They offer tastings for the press and the trade. I was amazed by how many people attended The Great Match in Chicago, where Spanish wines are not very important in the market." Although Spanish wines

Joseph Magliocco
"Excellent qualitiy and richness of the reds."

have not yet penetrated the market particularly well in the Midwest or the South, according to Magliocco–with the exception of southern Florida, which is perhaps the best market of all–the market for them is most developed in the Northeast and San Francisco. "In the U.S., the category is still in its infancy," he says. "That said, we are selling a wine like Protos, from Ribera del Duero D.O., in lots of fine restaurants. In fact, fine Spanish wines are now well accepted in restaurants of all different cuisines. Protos is available in New York City at Nobu (sushi), Restaurant Daniel (French), San Pietro (Italian), Oceana (fish), Patria (Nuevo Latino), and Chicama (Peruvian). And it's really hard to get wines into all these places." Astoundingly, the French Restaurant Daniel, perhaps Manhattan's best restaurant, has one of the finest, if not the finest, list of Prioratos in the U.S. On the other hand, a problem with many restaurant wine lists, Metzler observes, is that they rarely have Spanish sections, but he notes that the groundswell of interest in foods from the Mediterranean has helped this begin to change. However, he says, "in our distribution, Spanish wines are a standard item. They've become a staple, turned to not only when Bordeaux is too expensive." Berk, too, finds them to be quite well established. "My business," he says, "is selling hard-to-find, high-end, limited-production wines. They've done very well in the past five years." Helmus notes that Rioja is ubiquitous and sherry is everywhere. "Wineries like Torres, René Barbier, Montecillo, Marqués de Cáceres, Freixenet, and Codorníu," he says, "have got their wines into wide distribution, but the rest have some catching up to do."

For Every Taste and Budget

And catch up they will, because, as Magliocco says, "Spain offers something for

Emanuel Berk
"Spain has gotten the world's attention."

everyone; there's quality at many different levels, from a US$10 (€ 10.4) bottle of Vega Bravia to a US$300 (€ 311.8) bottle of Protos Gran Reserva Especial. As far as style goes, people have different tastes and different budgets, but Spanish wines can satisfy them all. For example, for the ABCs, Anything-but-Chardonnay enthusiasts, there are great Ruedas and Albariños." Helmus adds, "Ribera and Priorato are quite international in style, as are the new-wave Riojas. Producers are making wines directed at the international market." Hunter praises Spanish wines for being "easy to drink and consumer friendly." Berk says, "Fans of Spanish wines in the U.S. look for wines with a lot of rich fruit, oak overtones without oak domination, good body and density of fruit, and lushness on the palate." Metzler thinks consumers seek wines with "character, concentration, and full flavor that are also elegant and light on their feet."

There are a number of important factors in addition to style that come into play when shopping for wine. For one thing, consumers are greatly influenced by journalists. Hunter says, "We try to get a lot of articles written about our wines because they spark the consumers' interest." Berk mentions The Wine Spectator, Robert Parker's Wine Advocate, and Steve Tanzer's International Wine Cellar as being particularly influential. And "some of the winemakers have become superstars in their own right," Berk says. He also believes that regional identifications are crucial."There's a lot of interest in Ribera and Priorato right now," he says. "In Rioja, however, the names of the wineries are a more important factor than the region." Helmus agrees that the market is "media driven." He thinks guidance is also given at the point of sale. He says, "Consumers look to the retailer and to the shelf talker (small blurbs placed alongside wines with mini-reviews and ratings) for

Stephen Metzler
"A new region that's one of the oldest regions."

advice," he says. Hunter explains, "We try to make the retailer comfortable with and knowledgeable about our wines. Then he becomes our salesman." Metzler feels consumers tend to make choices based mostly on familiarity and price.

Quality/Price Factor

Indeed, all agree that the relation between quality and price is crucial. "If a wine has a great price without good quality, you won't have any return buyers," Hunter says. "If you have a great wine but it's overpriced, then you have a special-occasion wine. There's a fine balance between quality and value that encourages consumers to buy a wine frequently, and that's what we want to achieve." Berk notes, however, that "above a certain price, US$200 (€ 207.8), the quality/price factor becomes less important; then scarcity, prestige, and good reviews are more important." Magliocco agrees: "For the finest wines, just quality and uniqueness matter." In any case, Metzler says, "wine has to reflect quality on a consistent basis, and it can't be overpriced. What you want is a fair price for the quality." As Magliocco puts it, "There are so many wonderful wines from so many different countries, you won't do well without something good for the money."

As for the future, "I'm very optimistic," says Helmus. "There's been a lot of growth, excitement, and enthusiasm, and tastings are very well attended. It's become a badge of sophistication to know about the new Spanish areas. They're prestigious and esteemed. Although many are still leery when you say Spanish white, Albariño is a world-class white, and Rueda has the potential to produce a world-class white that's distinctively Spanish." Hunter, too, is optimistic–"People want more of a good thing," he says–as is Magliocco–"We wouldn't be concentrating on Spanish wines if we didn't see a bright future for them." Metzler touts the ability of Spain to produce old-world wines and new-world wines. And the climate of Spain, he says, "goes from full Mediterranean to Atlantic with continental in between. It's often said that the Iberian Peninsula is a continent unto itself," making variety a strong point. But in the end, it all comes down to quality. As Berk says, "Quality has been the key to the success of Spanish wines and will be the key to their ascendancy. I'm very excited about what's happening today and see limitless possibilities for the future."

***Sharon Kapnick** is a New York City-based food and wine writer who's also a certified sommelier. She writes for* Wines from Spain News, Foods from Spain News, Hemispheres, Food & Wine, *the New York Times Syndicate, and numerous other magazines.*

Good Value Matters in Japan

TEXT
YOSHIKO AKEHI

TRANSLATION
HAWYS PRITCHARD

Wine drinking has become widespread in Japan in the last few years. Wines of many different types from all over the world are sold there now, not just in specialist shops but in the supermarkets, too. Consumers have access to a wealth of wine-related information via the press and the Internet, and so tend to be quite rigorous in their choices and judgments. Spanish wines have earned a good reputation, but further efforts are needed to maintain and improve it.

"The fact that it offers good value for money gives Spanish wine an advantage," states Yutaka Hamada, president of Freixenet Japan, the company set up to promote the Freixenet Group's wines–Freixenet, Castellblanch, Segura Viudas, René Barbier, etc.–in Japan in collaboration with importers in other Asian countries. Founded in 1991, at a time when the Japanese market for wine was not as large as it is now, this company capitalized on the worldwide Beaujolais Nouveau boom and the subsequent revaluation of the yen, which increased the competitivity of imported wines in Japan, to successfully establish itself. Five years ago it began importing reasonably priced table wines for everyday drinking from three European countries famous for their wine production. Of the three, it now imports only from Spain, for reasons associated with quality.
The value for money issue was also a deciding factor when Odex Japan began importing Spanish wines in 1997. French wines were becoming too expensive and the Italians seemed to be going the same way, while Spain had started producing highly characterful signature wines at very good prices for their quality, which made them very attractive to an increasingly demanding Japanese market. Among the wines imported by Odex Japan are Remelluri, Viña Magaña, Valsotillo, Pingus, and Clos Martinet, yet its president, Toshihiko Mori, maintains that: "neither brand nor Denomination of Origin (D.O.) matters" as far as the Japanese are concerned. "Consumers, who know a lot about wine and are kept very well informed by the press and the Internet, choose by taste," he declares. Mr. Hamada agrees that as a general rule, no one really understands what the D.O.s are. "We promote just the Freixenet brand,

Toshihiko Mori
"Consumers choose by taste."

not cava as a whole. People might know about Torres as a brand, but not about the D.O. Penedés," he confirms. Since it was set up, Freixenet Japan has carried out a series of promotions in collaboration with various magazines, and organized events aimed mainly at women between 20 and 30 years old, because in Japanese society these are the decision makers in matters of wine buying, believing that it sets a more refined tone than other drinks. Odex Japan, meanwhile, organizes twice-monthly wine tastings at its own headquarters, to which around 100 wine professionals from the press, specialist shops, and restaurants are invited. Mr. Mori explains that just ten years ago the Japanese drank only half a bottle of wine per capita a year, as against four bottles a year at present. Red wine drinking has increased, particularly in the last two to three years, because of the health benefits of its polyphenol content which helps prevent cardio-vascular and cerebro-vascular disease. That said, however, there is a gradual but noticeable increase in white-wine drinking, attributed to its light fruity taste and the fact that it goes very well with Japanese food.
Although Tempranillo wines have become thoroughly accepted, Mr. Mori suggests that Rioja's current market share may well find itself challenged as more wine-producing areas become involved, especially in the light of the significant rises in quality standards being achieved in wines made from other varieties such as Monastrell, Garnacha, and Cariñena. As for the restaurant sector, the president of Odex Japan believes that wine bars and Japanese and Asian restaurants will prove very important to Spanish wine in the future since, just like consumers, they select their wines on quality rather than prestigious provenance. "It's a pity that there aren't as many Spanish restaurants as there are

Yutaka Hamada
"It's a pity that there aren't more Spanish restaurants in Japan."

Italian and French ones in Japan," laments Mr. Hamada, adding: "There will have to be some groundwork if Spain is to increase its share of the wine market. It is important to promote Spain as a whole, not just wine on its own: the popular perception of Spain is still flamenco and bullfighting. If there were more up-to-date information about the many attractions Spain has to offer, the consumer would become more interested in Spanish wine through its association with the culture and flavor of Spain."
There seems to be little doubt, for both interviewees were in emphatic agreement on this point, that Spanish wine's major selling point on the very price-aware Japanese market is that it represents good value for money. In a marketplace where wines from all over the world (Chile, Australia, California, the Far East...) are in competition, and where information about them all is readily available, when the price of a particular product goes up, but for a few highly prestigious exceptions, consumers will tend to respond by looking for an alternative and shifting their allegiance.

Yoshiko Akehi *is a sherry specialist and a freelance writer on the wine, gastronomy, and culture of Spain. She organizes wine seminars and tastings in Japan.*

THE CANTABRIAN COAST

For many people, Spanish cuisine is limited to *gazpacho*, *paella*, *tortilla de patatas*, and a handful of other traditional dishes. Flavorful food, admittedly, but there is much more to Spanish cooking, especially now that Spain is reaching new culinary heights.

Miquel Barceló

Contemporary Spanish artist. Food is a subject of many of his works as in this watercolor, on the right, *Cranc i gamba* (fragment).

The Cuisines of Spain. Part 1

TEXT
LOURDES PLANA

TRANSLATION
MARK LITTLE

Its cuisine can be counted among the best in the world on a par with France, or even higher, I would add, in terms of creativity.
Spain's chefs are internationally acclaimed for their professionalism and creative flair, and Spanish cooking, which is firmly rooted in the now universally-recognized Mediterranean diet, has reached a level which a decade ago was unimaginable.
This movement has not emerged overnight. It is the logical progression of a gastronomic culture which has been evolving over the centuries in Spain.
Spain is a country with a great diversity in its landscapes and climates, with regions that are very different in character but which have been linked by a common history for the last five hundred years. Over the centuries, Spain has absorbed and adopted the culture and customs of civilizations as diverse as the early Iberians, the Celts, Greeks, Romans, Visigoths, and Moors.
It is no wonder that the first time visitor, arriving with a preconceived idea of Spain, is invariably surprised by the many climates, landscapes, traditions and, of course, food styles he comes across in his travels.
These different cuisines are based on the rich and abundant raw materials available in each of Spain's regions, and on three great historical and gastronomic movements which have shaped the cooking of Spain: the Mediterranean Diet, the Age of Tolerance, and the *mestizaje*, the blend of Old and New World cultures as a result of the discovery of America.

Roman Spain. Amphitheater in Seville.

The Mediterranean Diet

Based on three gastronomic pillars–grains, the grape vine, and the olive tree–is a common heritage shared by the peoples and civilizations bordering the Mediterranean basin.
Phoenicians, Greeks, Carthaginians, Romans, Visigoths, Berbers, and Arabs came to Spain attracted by–among other things–the fame of the legendary Tartessos (in the west of Andalusia, Huelva), the prosperous and powerful city-state located on what was then the edge of the known world.
Aside from an abundance of precious metals–gold, silver, copper, iron–these arriving civilizations found other riches which were equally important, and even more substantial: Spain's fertile agriculture, rich pastures for grazing, and seas teeming with fish.
Thanks to the fertility of its fields, which often gave two crops of wheat and rye a year, especially in Baetica (Andalusia), the Iberian Peninsula came to be considered "the breadbasket of Rome."
With the grain flour and acorn flour they produced, the early dwellers of Iberia made unleavened flat bread and leavened breads to which they added brewer's yeast.
In the beginning, animal fat was used for cooking, especially pork fat, but following the introduction of the olive on Iberian soil–the first trees were probably brought here by the

Jewish Spain. Santa María la Blanca Synagogue in Toledo.

Phoenicians, or by the Greeks in the second century B.C.–olive oil became the staple cooking fat.
The Romans considered the olives and the oil from Spain to be the best in the Empire. They imported ships loaded with oil from Hispania in clay amphorae specially designed for the purpose. Just to give an idea of the quantities involved, the Testaccio hill in Rome is made up of the discarded shards of these amphorae.
Aside from hunting game and catching river fish, the inhabitants of the Peninsula, seasoned seamen that they were, ventured far into the ocean to catch an amazing quantity and variety of fish which were either consumed fresh or were preserved, by salting, for use throughout the year.
The most common fish preserve of the period was a sauce known as *garum*, which was regarded as a sort of liquid gold by the Romans, who used it to season fish, meat, vegetables, sauces, and even wine.
As regards drinks, the early Iberians fermented grains to make an ale called *celia* or *cerea*. And from the grapes which had been introduced by the Carthaginians in the 6th century B.C. they made wines which, although today they would be considered rather rough, were famous in their time. To these wines they added herbs, resin, spices, flower petals, fruit, water, or honey to lend them aroma or to convert them into flavored liqueurs.

A Spirit of Tolerance

prevailed on the Iberian Peninsula during nearly eight centuries, when three cultures, three religions, and three peoples–the Muslims, the Jews, and the Christians–shared the country between them, although they did have their occasional differences. This encounter of cultures resulted in one of the most splendid periods of Spanish history.
When the Berber tribes from northern Africa and the Arabs from the Middle East invaded the Iberian Peninsula, they encountered a rich and varied Hispanic-Roman-Visigoth cuisine which they adopted enthusiastically, modifying certain dishes to comply with Islamic law. For their part, they brought new foods, especially fruits and vegetables, different methods of cooking, and new fashions and ways of serving food. This culinary heritage merged with that which already existed in Spain, giving rise to a whole new gastronomic world which would become a model for the rest of the Mediterranean and Europe.
Spaniards inherited from the Moors a fondness for fried foods, marinades, increased use of olive oil in cooking, puff pastries, noodles, meatballs, sweet and sour sauces, and sweet pastries made with nuts and honey.

Pre-Columbian codex. *Árbol del cacao* (The Cocoa Tree, p.228). Museo de América, Madrid.

The Sephardic Jews gave Spain their *adafina*, made with vegetables, legumes, and meat slowly cooked over a low heat, which would metamorphose into the famous *olla podrida* and later still the *pucheros* and *cocidos* in their countless versions. Sephardic cooking also gave rise to Spain's great quantity of desserts made with almond milk, as they could not use dairy products for cooking.
Centuries later, following the political and religious unification of Spain by King Ferdinand and Queen Isabel in 1492, the prohibited foods of the Jews and Muslims would take on a new role as a proof of faith and in some cases a life saver for converted Jews and Muslims, and Christians whose religious devotion was questioned by the feared Inquisition. Thus, cooking and eating pork, which is banned by both Islam and Judaism, became an emblem of "pure lineage," the sign of a true Christian. This probably is the explanation for the almost obsessive addiction to ham which still prevails in Spain, and for the countless recipes for stews and dishes containing pork as well as the rich and varied styles of sausages produced in Spain.
Another of Spain's culinary obsessions, fish, also has a religious explanation. The Catholic prohibition of eating meat during Lent gave rise to an enormous body of recipes for fresh fish (see *Spain Gourmetour* Nos. 48 and 49) and, especially, salt fish.

Ballota beach, Asturias

The salt fish par excellence was, as it still is today throughout Spain, cod, the beloved *bacalao*.
Finally, there is the mestizaje, the blending of Spain's culinary culture with that of the New World. When Christopher Columbus and his daring seamen set forth to seek the Indies and its precious spices, reaching the New World instead, they found new civilizations, new ways and methods of preparing food, and especially, new ingredients.
The products which they brought back with them–tomatoes, beans, maize, peppers, potatoes, pine apples, cocoa–were gradually but steadily incorporated into western civilization, first in Spain and later the rest of Europe, sparking a gastronomic revolution which would change beyond recognition the established way people ate.
Try imagining Spanish cooking without tomatoes, potatoes, or peppers. These and other new foodstuffs were adopted by Spaniards to the point where they became indispensable players in the Spanish kitchen. Some of our best regional recipes, such as gazpacho, stews incorporating potatoes, and thick soups made with beans could not have existed without their presence.
It was a two-way traffic, for the foods the Spaniards took with them to survive in the New World with their customs and religious traditions in turn revolutionized the American culinary scene. These products in-

cluded wheat and grape vines, without which Catholics could not make the bread or wine required for the Sacrament of the Eucharist. Then there was sugar cane, bananas, lemons, cattle, pigs... and the necessary technology to ensure the development and spreading of these and other products throughout the continent.

Following this overview of how Spanish cuisine was shaped by these three historical movements, we look at how the different regions of Spain approach cooking and food. For this, we've divided Spain into three different zones, to be featured in three successive articles: the Cantabrian coast (Basque Country, Cantabria, Asturias, and Galicia), the Mediterranean (Catalonia, Valencia, Murcia, Balearic Islands, and Andalusia, along with the Atlantic islands of the Canaries), and inland Spain (Aragón, Navarre, Rioja, Castile-León, Castile-La Mancha, Madrid, and Extremadura).

The Cantabrian Coast

Under this heading we include four different autonomous regions which share a climate that is very different from that of the rest of Spain. The greater amount of rainfall here gives a damp environment and a landscape in which green is the dominant color, therefore the region is often called "Green Spain." It is a Spain which is unknown to many, for it is far removed from the classic image of sunshine and beaches. This climate encourages substantial, filling dishes and also different methods for conserving food. For example, here many sausages are smoked, unlike other parts of Spain where the curing of sausages relies on the dry environment and the intensely cold weather at certain times of the year.

Due to this climate, rich stews can be enjoyed throughout the year. Summers here are fair but not too hot to enjoy a good, rib-sticking *pote de berzas* (cabbage stew) from Asturias, for example, something which in hotter parts of Spain would be unthinkable.

The hearty eater who likes tasty food in large helpings will be happy here, for generous servings are the norm in northern Spain's restaurants, bars and, of course, homes. It is not surprising that, in a region which is so fond of good food, fast food emporia are thin on the ground. And it's no wonder that this is the first place any Spaniard will think of when his thoughts turn to good food.

The Basque Country, Cantabria, and Asturias were crossed by an alternative route, different from the so called French Way, to the shrine of Saint James in Santiago de Compostela, Galicia, traveled by countless pilgrims in the Middle Ages, and this gave rise to an enriching cultural exchange between the region's inhabitants and the endless flow of travelers who arrived from distant lands.

Sandwiched between the Atlantic Ocean and the mountains, these four regions have an enviable natural larder which is the basis for their cuisine. There are excellent materials to work with: legumes, vegetables, pork, and especially cattle, but if there is one single ingredient that would stand out from the rest, it is fish. The sea has always been one of the principal resources here and for generations many of these regions' peoples have devoted their lives to fishing, sometimes close to shore, but often ranging thousands of miles.

Yet in spite of these common traits and the fact that their lands are bathed by the same ocean, each of these four regions has its own distinctive cuisine.

Ramón de Zubiaurre Aguirrezábal
(1882-1969).

Basque painter and author of *El marino vasco Santhi Andía, el Temerario* (The Basque sailor Santhi Andía the Daring). Museo Nacional Centro de Arte Reina Sofía, Madrid.

The Basque Country, comprising the provinces of Guipúzcoa, Vizcaya, and Álava, is the region which most Spaniards consider to be the "paradise of good food" par excellence.

THE CANTABRIAN COAST

THE BASQUE COUNTRY

Images of the Basque Country: a tapas bar in San Sebastián, artist Agustín Ibarrola's Painted Wood in Oma-Urdaibai valley, and cheese from the Idiazábal D.O.

The quality of its raw ingredients, the excellent restaurants and the great variety of *tapas* and *pinchos*–small appetizers–featured in its bars and taverns make this the ideal destination for a memorable gastronomic tour. Of all the peoples of northern Spain, the Basques were, perhaps, the ones who ranged furthest in their quest for fresh fish, reaching the perilous waters of the northern seas to catch cod and other marine species, including whales. Fish is the basis of Basque cuisine. Basque seamen developed a rich body of recipes for fish stews, such as *marmitako*, made with bonito and potatoes and named after the *"marmita,"* the pot in which it is prepared; anchovies, either fried, sautéed or grilled; baby cuttlefish cooked in their own ink; salmon from the Bidasoa river; red bream *a la espalda*, the simplest way to make this flavorful fish, butterflied and grilled over embers and sprinkled with slivers of fried garlic, hot peppers, and vinegar; elvers, the small eel fries, sautéed with garlic; *txangurro*, spider crab which is served, once cooked, in its own shell; or the different preparations for cod which are the signal dishes of Basque cooking. The many variations on the cod theme include bacalao *a la vizcaína*–incorporating the flesh of a special pepper called *choricero*–and bacalao *al pil pil*, whose name, "pil pil," refers to the way the dish bubbles as the pieces of cod slowly cook in oil seasoned with garlic until the fish releases all the gelatin from its skin to make a thick sauce.

Special mention should be made of *kokotxas*, a prized delicacy. These are the fleshy protuberances on the lower jaw of hake and cod. These small, gelatinous morsels are usually cooked al pil pil or in *salsa verde*, "green sauce," one of the classic Basque sauces, based on onion, garlic, parsley and, sometimes, clams.

The first stop for any traveler should be the market, be it in San Sebastián, Fuenterrabia, Zarauz, Ordicia... to see the stalls of *"las caseras"*–the country women who sell produce grown on their own farms–the fruit stalls, the vegetable stands, and the fish mongers, who offer a variety of species that would be difficult to match anywhere else in Spain. It is a truly mouthwatering experience.

Dotted around the mountainous inland of the Basque Country are the *caseríos*, typical Basque farmsteads, surrounded by plots in which the caseros grow vegetables–peas, broad beans, leeks, potatoes–with which they prepare mixed vegetable dishes and stews such as the simple but tasty *purrusalda*, made with potatoes, leeks, and cod. Then there is a wide range of legumes, including the famous red beans of Tolosa and Guernica.

To complement the vegetables they grow in their own patches, the Basques are fond of foraging for all sorts of wild mushrooms: *kuleto* (*amanita caesarea*, or *oronjas* in Spanish), *tripaki* (*Hydnum repandum*, or *gamuzas*), *guibelurdiñas* (*Russula graciosa*) and *udabarri* (*Calocybe gambosa*, or *perrechicos*). The most popular are these last, which are gathered in April (see *Spain Gourmetour* No. 45).

The caseríos also have room for livestock, such as free ranging grain-fed chickens and capons (young roosters which are castrated and fattened), indispensable on the table at Christmas time. The most famous capons are raised in Villafranca de Ordicia. The milk-fed calves and the cattle which graze in the green pastures of the Basque Country have given rise to a cult dish in the region, the *chuletón* or beef chop which is the star offering in the region's many *asadores* and *bodegones*, casual restaurants specializing in grilled meats. These beef chops, expertly cooked on wood embers, can weigh up to two kilograms (four pounds). For its part, pork is used to make tasty *morcillas*, blood sausages, which come in different styles according to the area where they are made.

After all this food, there's still room for dessert. The most renowned in-

Peine de los Vientos (Comb of the Winds), by sculptor Eduardo Chillida, San Sebastián.

clude *mamia*, made with clotted ewes milk, and the famous *intxaursalsa*, made with cooked milk and crushed walnuts. Other well-known sweets are the *mantecadas* (lard cakes) from Orduña; the Basque cake made with almonds and *rellenos de Vergara*–glazed sponge cakes with an egg yolk filling.

In the Basque Country, the devotion to food and cooking has traditionally been a male activity. After work, Basque men gather in clubs known as *sociedades gastronómicas* to cook, eat, drink, swap recipes, and sing. Aside from a few days of the year, women are not allowed in these temples of fine food (see *Spain Gourmetour* No. 42).

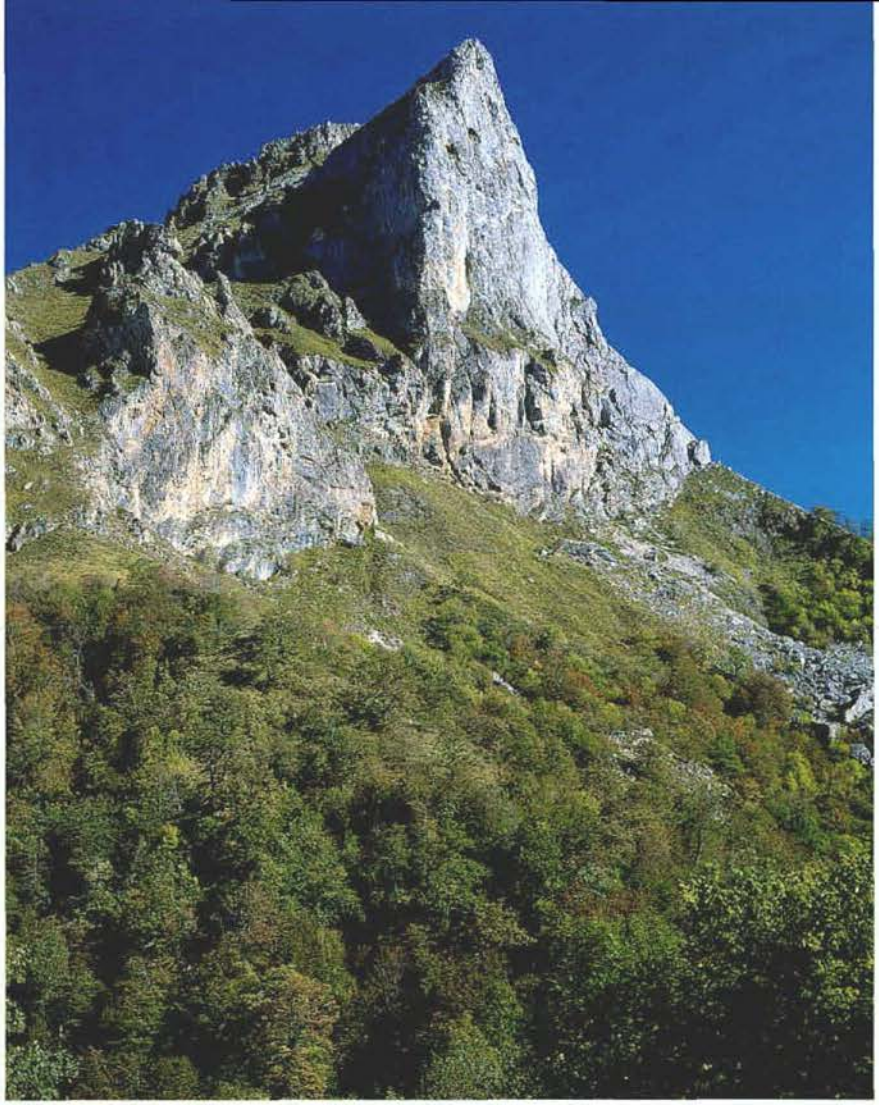
Pancho Cossío
(1889- 1970)

Born in Cuba, this painter settled in Cantabria. His favorite themes are seascapes and still lifes such as *Salmones* (Salmons), right.

Continuing west along the coast we come to **Cantabria**, a land which has been inhabited for at least 15,000 years, as can be seen in the famous cave paintings in Altamira, which houses some of the finest examples of prehistoric art from the Upper Paleolithic.

THE CANTABRIAN COAST

CANTABRIA



Valdecaro Peak, Picos de Europa, Cantabria.

Cave painting in Altamira.

The archeological remains found in the region show that these early dwellers were fishermen and hunters, but that they also cultivated the land and raised farm animals.
The geographic situation of the region, with the Cantabrian sea to the north and the Cantabrian mountain range to the south, makes it a land with a mild climate, except for the area surrounding the towering peaks of the Picos de Europa which form a dramatic limestone barrier between Cantabria and Castile. They were named "the peaks of Europe" because this was the first bit of the Continent fishermen would spy, rising above the sea mist, as they returned home.
On the coast, cooking is based on the magnificent fish and shellfish which are caught in its waters. These include *rabas* or squid, which are batter fried; *bocartes* or anchovies in garlic; sardines from Santurce or Laredo roasted over embers; red bream, scorpionfish... Bonito is used in *sorropotún*, a traditional and flavorful fishermen's stew. And with the salmon and trout caught in the rivers of Cantabria they make a tasty Santander-style rice dish.
As in the rest of Spain there is a cocido, a meal in a pot. Here it is called cocido montañés, the comforting stew of the inland areas which differs from other similar preparations in that dried white beans rather than chickpeas are used.
In the green valleys of Cantabria you'll see grazing calves and cattle of the ancient indigenous breed, Tudanca, which gives very flavorful beef and an abundance of rich dairy products. Pork is present in cocido and many other preparations, and above all in the famous sausages from Liébana.
Supplementing these farm animals is the meat from the varied big game species which dwell in the mountains, especially among the rocky crags of the Picos de Europa: chamois, wild boar, roe deer and, in times gone by, even bear, although today this last is a protected species.
Milk is the principal ingredient in the most typical desserts–such as *leche frita* (fried milk), *cuajada* (custard), and *quesadas* (a very thick sponge cake)–as is butter, with which the Cantabrians prepare the well known cakes known as *sobaos*.

A LARDER FULL OF GOODIES

The fine food of this part of Spain is no coincidence. Aside from the undeniable skill and imagination of the cooks of northern Spain, there's the generous offering of prime raw materials found along the Cantabrian coast, including both the riches of the sea and the abundance of its fertile lands. These products have given rise to major industries, including the fish canning sector which, today, has a significant presence in Spain's food trade.

As regards fresh produce, some outstanding examples include a number of dried legumes such as the red beans of Tolosa in the Basque Country, or the large white beans, *fabes*, of Asturias, the basis of the Asturian stew, *fabada*. Both these legumes are extraordinarily mild and delicate. The peppers from Guernica, in the Basque Country, and Padrón peppers from Galicia are green and small in size. The first are long and mild in flavor, while the second are smaller and sometimes can be very hot. Galician potatoes are famous throughout Spain for their fine texture and excellent flavor.

Processed foods include sausages and black puddings from Asturias, which lend a lovely smoky flavor to stews and other dishes. But canned fish and cheeses are the star products of this part of Spain. The wealth of the sea and a long seafaring tradition have given rise to a canning industry of the first order, with each region offering its own specialties. There are the bonito and tuna from the Basque Country in a variety of preparations (in oil or marinated), along with anchovies. Anchovies in oil or in brine are also a specialty of Cantabria. In Asturias they make a tasty preserve from the orange coral of sea urchins, a great delicacy. Finally, Galicia produces all sorts of fish preserves, especially shellfish: mussels in a multitude of ways, cockles, clams, squid, etc.

The rich pastures of northern Spain provide ideal grazing, and milk is used for making a wide range of cheeses. The typical sheep of the Basque Country are the Latxa breed, also found in Navarre. They give a milk with a distinctive flavor which is used to make the tasty cheeses of Idiazábal, which have their own D.O., and which come either plain or smoked. There are also a number of other homemade cheeses which can be bought, fresh, straight from the cheese makers in the markets of the region.

In Cantabria, the excellent milk from the region's dairy cows goes into a good number of cheeses, within three D.O.s: Cantabria, Quesucos de Liébana, and the slightly sharp blue cheese, Picón Bejes-Treviso.

Asturias is seventh heaven for cheese lovers. It produces a wide variety of crafted cheeses, included the famous blue cheese of Cabrales (with its own D.O.), and other varieties such as Gamonedo, Afuega' l Pitu, Casín, Los

Bellos, Peñamellera Alta y Baja, and La Peral among others.

In Galicia, the only cheese with a D.O. appellation is Tetilla, but a good number of other equally flavorful and well-known cheeses are made there including San Simón, Ulloa, Arzúa...

Nicanor Piñole
(1878-1978)

Was born in Asturias, and his homeland is reflected in his works. Right, *Bodegón con sardinas* (Still Life with Anchovies).

Asturias was a small but important kingdom in the history of Spain, for it was here that in 722, in Covadonga, the Christians started the Reconquest of the Peninsula from the Moors, an ongoing campaign which would not end until centuries later, in the year 1492, with the capture of Granada by King Ferdinand and Queen Isabel, who thus united Spain.

THE CANTABRIAN COAST

ASTURIAS

Saliencia-Cove Lake, Somiedo, Asturias.

The valley in which Covadonga is located is within a natural park of outstanding beauty. And, impressive landscapes are something the traveler will find throughout Asturias: secluded valleys hemmed in by towering peaks, thick forests, rushing rivers and a dramatic coastline interspersed with charming, secluded beaches. Together they add up to an attractive, almost magical country. The signal stew of the region is Asturian fabada, which is made with fabes–large white beans of an exceptionally fine flavor–and various pork products, cured by smoking as is the practice in the region, including sausage, blood pudding, a piece of ham, and streaky bacon. These same fabes are also cooked with hare, partridge or, in a lighter and more refined variation, with clams. *Pote asturiano* or pote de berzas, one of the most popular of the day-to-day dishes, is a tasty stew with beans, bacon, and cabbage.

There are numerous fish dishes, just as there are countless species of seafood caught off the Asturian coast: European lobsters and spiny lobsters, *andaricas* (crabs), *oricios* (sea urchins), gilt head bream, sea bass, hake caught by hook and line, and the famous *pixin*, monkfish, are some of the favorites. With these delicacies from the sea they make tasty *calderetas*–seafood stews–and other preparations such as pixin *rebozado* (batter fried monkfish), *merluza a la sidra* (hake in cider) or *rollo de bonito* (a roll made with chopped bonito bound with egg, which can be eaten either hot or sliced cold). Aside from these marine species there are the fish caught in the rushing rivers of Asturias, including trout, which are generally fried, elvers, and the incomparable although increasingly scarce wild salmon. When the salmon fishing season starts, the first salmon caught is known as the *campanu* ("the bell," because the church

bell is rung in the nearest village to signal its capture) and is auctioned off, fetching astronomical figures, up to US$ 11,400 (12,000 euros) for the one fish.
Asturias is also blessed with green pastures, and its cattle give flavorful, tender chops. One popular meat dish is *ternera a la asturiana* (veal Asturian style), made with a flat cut which is rolled up.
The most typical Asturian desserts are generally linked to some local festivity. These include *pan de choru* or *lloro*, which were distributed by newlyweds following a marriage; the *casadielles*, fried pastry rolls filled with a paste of walnuts which are typical following Carnival; *bollus*, sweet rolls with wine; and *marañuelas*, rolls in the shape of an eight, eaten at Easter. Throughout the year there's *arroz con leche* (rice pudding), *tocino de cielo* (a dense, firm custard) from Grado, and *frixuelos*, similar to crêpes.

WINE AND CIDER

Due to the climate, this part of Spain is not especially suitable for growing grapes, though there are exceptions. And, of course, there's also apple cider.
Since time immemorial cider was the beverage of choice in the Basque Country, as in Asturias and Cantabria. The Basque Country also produces wine, including the refreshing and aromatic Chacolí, a wine with a D.O. made with white and red grapes of the Hondarribi variety. This appellation, covering 50 hectares (125 acres), is the smallest on the Peninsula. In addition, part of the Rioja wine region, the zone called the Rioja Alavesa, falls within the Basque Country. Its ancient vineyards produce the most famous wines in the Basque Country and are located, like the rest of the Rioja region, in an area with a special climate, sheltered from the cold northerly winds by the Cantabrian mountains. These wines are also used to cook delicious dishes such as turtledove in red wine or beef wine stew.
Hardly any wine is produced in Cantabria, but the region is famous for its *aguardientes*–clear wine spirits–made in Liébana, either plain or flavored with aromatic herbs. They are perfect companions for the rich desserts of the area.
The abundance of apples in Asturias has made this the region which is most famous for its cider. Cider has been enjoyed here since the first century B.C., and is served in the *chigres*–the typical taverns of Asturias–where the liquid is poured from up high into special wide glasses. The process, known as *batir* the cider, serves to aerate it. An *espicha* (meaning to remove the stopper from the barrel) is a local fiesta held in the *lagar* (the cider brewery) when the first barrels are opened to test the year's harvest. Cider is also present in the kitchen, used for the tasty *chorizos a la sidra* (sausage in cider) and hake in cider sauce.
The wine scene in Galicia has seen a dramatic increase in terms of quality, quantity and the number of D.O. areas. The classic regions of Ribeiro, Valdeorras, and Rías Baixas have been joined in recent years by the new appellations of Ribeira Sacra and Monterrey.

Luis Seoane
(1910-1979)

Painter, poet and essayist–lived in Argentina and Galicia, where he produced much of his work. On the right, *Las marisqueras* (Women Gathering Shellfish).

In ancient times **Galicia,** comprising the provinces of La Coruña, Lugo, Ourense, and Pontevedra, was considered the *finis terrae*, the end of the known world.

THE CANTABRIAN COAST

GALICIA

The region's northern coast is rugged, with sheer cliffs plunging into the pounding surf. Galicia's many rivers meet the sea in estuaries called *rías*: the weather-battered northerly Rías Altas, and the gentler Rías Bajas to the west.

The history of this privileged region was to change forever in the 9th century when the tomb of the apostle Saint James was discovered here. From that moment, right up to our time, Galicia has been Europe's major place of pilgrimage. To reach the shrine of Santiago medieval pilgrims crossed the Pyrenees by five different routes, of which the most important was the Camino francés, the French Route. All along these routes monasteries, churches, and hospices were built to provide shelter and solace to the pilgrims, and the itinerary gave rise to an intense cultural exchange among the varied cultures of the Europeans who traveled it.

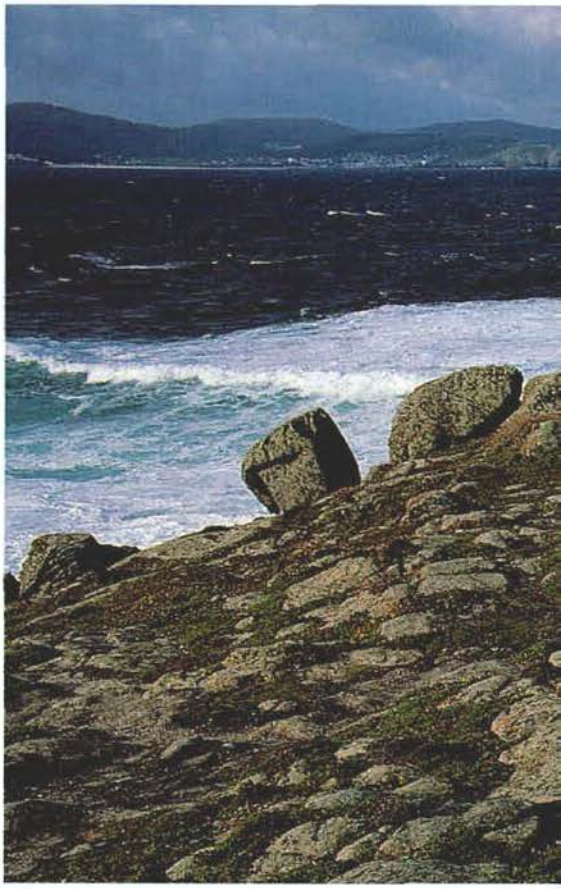
Galician cooking is based on the simplicity with which they prepare their materials. Among the favorite ingredients are potatoes or *cachelos*, onions, *grelos*–the green leaves of the turnip–cabbage, beans... With these they prepare delicious stews such as *caldo gallego*–which incorporates, aside from cabbage and legumes, a piece of cured or smoked lard–and the famous *lacón* con grelos, salt-cured pork with turnip greens.

Galicia is shellfish paradise. The variety of sea creatures is impressive, and its quality unmatchable: *percebes*–goose necked barnacles which are gathered on the perilous coastline known as the Coast of Death–crabs, oysters, cockles, clams–including the exquisite clams from Carril–mussels, spider crabs, shrimp, prawns, sea crayfish, lobsters, flat lobsters, razor shell clams, winkles, limpets... and of course scallops, whose shell is the symbol of the pilgrim, and which are masterfully prepared. These shellfish are eaten raw or simply grilled, or are incorporated into rich and flavorful stews.

Then there are a multitude of fish, including hake, sea bass, monkfish, grouper, conger eels, red bream, red mullet, skate–considered by some the premier fish of Galicia–and many others. Fish is generally prepared in the simplest way, usually garnished with the typical *ajada*, a sauce of garlic, olive oil, and paprika. Octopus is another of the emblematic dishes of these lands, the most typical recipe being *pulpo a la feira*, which is boiled and sliced, then sprinkled with olive oil, salt, and paprika. Galicians are also fond of sardines, *parrochas*, and *xouvas*, all members of the sardine family but of different sizes and flavor. They are prepared grilled, roasted over embers, or fried. At the height of the sardine fishing season, in summer, Betanzos (A Coruña province) hosts a river-born *romería* or pilgrimage called Los Caneiros, whose highlight is a feast of sardines with potatoes at the end of the festival.

Another signal Galician dish are *empanadas* (savory pies), which come in numerous versions–filled with cockles, tuna fish, scallops, sardines, cod and raisins, pork loin–with the filling enclosed in more or less light pastry dough, and in a variety of shapes and sizes.

The Galician cattle which grazes on the region's rich pastures are renowned throughout Spain for the quality of their meat and the richness of their milk. As for fowl, a big favorite are the capons of Villalaba,

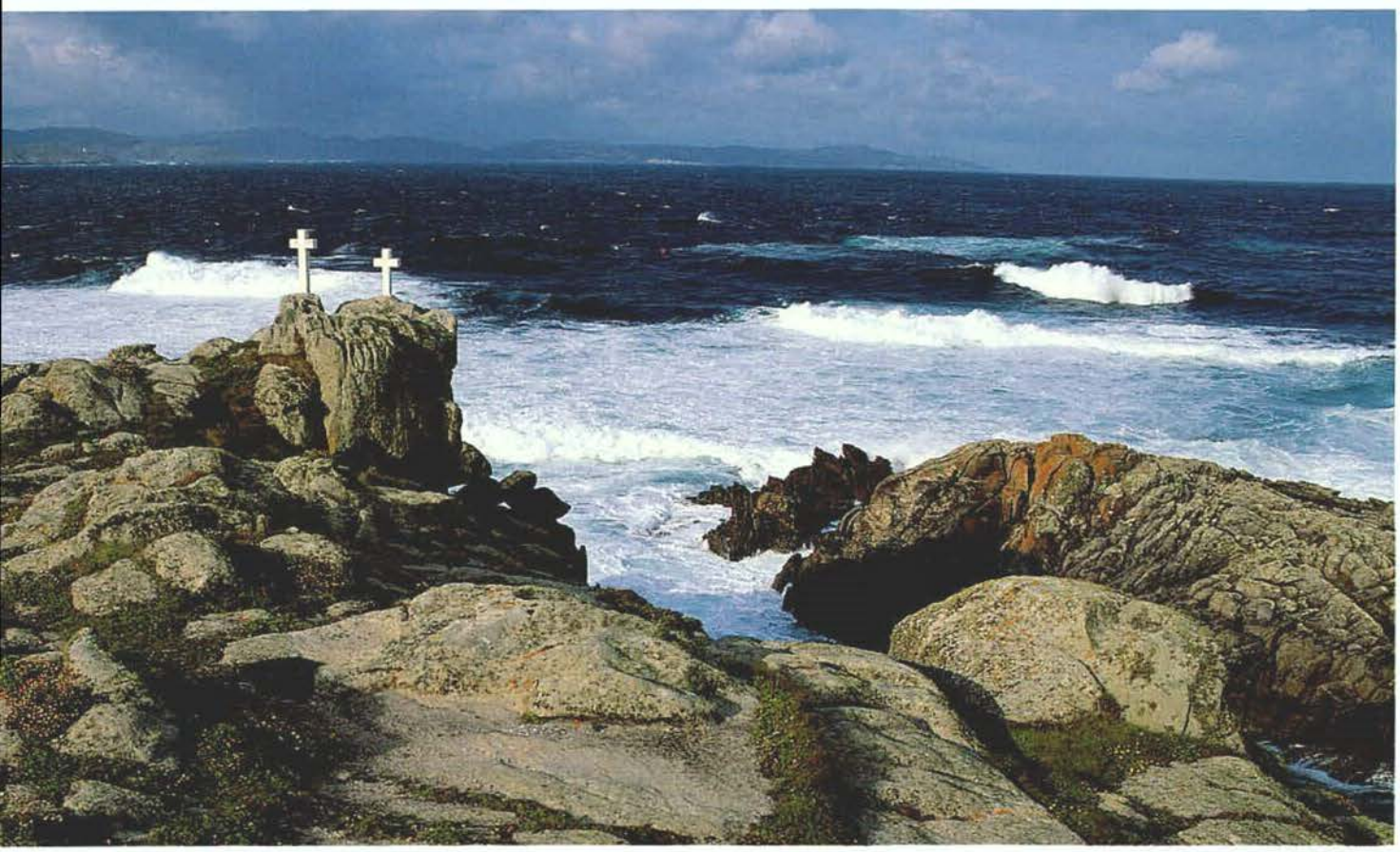


roosters which are castrated when they are three months old.

Almonds–despite the fact that almond trees don't grow in Galicia–are the main ingredient in many Galician desserts. The famous sweet cakes, *tartas de Santiago*, *tartas de carballo*, and *tartas de Mondoñedo* and the marzipan-based *melindres de Allariz* are among them. *Filloas*, pancakes or crêpes similar to the *frixuelos* of Asturias, leche frita, and chestnuts with milk are other typical desserts.

See Recipes on page 111.

Lourdes Plana *is a journalist specializing in gastronomy who contributes to a number of publications. She is also the editor of* Restauradores *magazine.*



Costa da Morte (The Coast of Death), A Coruña

Santiago de Compostela

Selected Restaurants

This is a selection of restaurants which are ideal for getting acquainted with the cuisine of each region. Needless to say, this list is limited due to space restrictions. There are a great many more fine establishments offering excellent regional cooking.

Asturias

Casa Conrado
Argüelles 1, 33003 Oviedo,
Tel: (34) 985 223 919.
The crab soup and fish with sea urchin sauce are among the best choices here.

Casa Gerardo
Crta. Nacional, km. 79-5, 33438 Prendes (Santander),
Tel: (34) 985 887 797.
They serve a splendid *fabada* and a tasty rice pudding.

Basque Country

Casa Nicolasa
Aldamar 4-1°, 20003 San Sebastián,
Tel: (34) 943 421 762.
Traditional favorites include *txangurro* (crab), lamb knuckles in a sauce of *choricero* peppers, and homemade desserts including apple puff pastry.

Rekondo
P° de Igueldo 57,
20008 San Sebastián,
Tel: (34) 943 212 907.
They serve excellent *kokotxas* in green sauce, squab, and dove.

Guria
Gran Vía 66, Bilbao,
Tel: (34) 944 415 780.
The big favorites are their traditional preparations of cod, including *bacalao al pil-pil* and *bacalao a la vizcaína*.

El Portalón
Correría 151, 01001 Álava,
Tel: (34) 945 142 755.
Located in an attractive 15th-century manor, they offer an excellent *menestra* (mixed vegetable dish) and horse mackerel in marinade sauce.

Cantabria

El Marinero
Zamanillo s/n,
39770 Laredo (Santander),
Tel: (34) 942 606 008.
This establishment is famous for its baby cuttlefish in ink or cooked with onions, and for its seafood in general.

Zacarías
Hernán Cortés 38
39003 Santander,
Tel: (34) 942 212 333.
Their cooking includes both products from the sea and from the land. The fish dishes are especially recommendable.

Galicia

La Penela
Pl. María Pita 12, 15001 A Coruña,
Tel: (34) 981 209 200.
Located in an historical building, specialties include shellfish, tripe Galician style, and their classic veal roast.

Casa Vilas
Rosalía de Castro 88, 15706 Santiago de Compostela (A Coruña),
Tel: (34) 981 591 000.
Famous for its traditional *empanadas* (savory pies) and Galician-style hake with turnip greens.

Loliña
Alameda 1, 36610 Carril (Pontevedra), Tel: (34) 986 501 281.
Located in the former customs building, its clams and fish dishes are well worth a visit.

San Miguel
San Miguel 12-14, 32005 Ourense,
Tel: (34) 988 221 245.
Perhaps the best range of shellfish, octopus, and empanadas in the province.

Asturias

Regional Society of Tourism
Language: Spanish
The Regional Society of Tourism is the organism responsible for the institutional tourism promotion of the Principality of Asturias.
www.asturdata.es/srt

Oviedo University
Language: Spanish
This Web page offers a complete map of the Principality of Asturias, indicating the major cities and providing links to further information about each city.
www3.uniovi.es/Vicest/Otros/Asturias/

Asturias Guide
Language: Spanish
This address contains extensive information on the Principality of Asturias, from monuments and museums to routes, beaches, outdoor tourism, hotels, etc.
www.turismo.asturnet.es

Asturian Pre-Romanic Art
Language: Spanish
If you are interested in Asturian pre-Romanic Art, this Web site provides an extensive introduction to the art and its technical characteristics, chronological periods, and principal monuments.
www.ctv.es/USERS/cabiedes

Green Spain (Asturias)
Language: English, Spanish
When you want to find a hotel in the Principality of Asturias' most important cities, this site is worth a visit. It contains a map of the region, which indicates the names of the cities. Each city links to information about the hotels located there.
www.galinor.es/asturias.html

Basque Country

Rural Tourism in the Basque Country
Language: English, Spanish
This site includes a guide to agro-tourism in the Basque Country. It includes a map that provides information on rural houses and hotels for each indicated city. Reservations can be made online.
www.encomix.es/nekazal

El Correo Vasco
Language: Spanish
Site of the online version of the Basque newspaper, *El Correo Vasco* with cultural information on upcoming events in the Basque Country.
www.diario-elcorreo.es/guiaocio

Traveler's Guide to San Sebastián
Language: English, French, and Spanish
When visiting the Basque Country, a trip to San Sebastián is a must. This site can give you information on how to get there, where to stay and eat, and what to do. It also includes maps of the city.
www.paisvasco.com/donostia

Travel Guide to the Basque Country
Language: English
Complete travel guide to the Basque Country including an introduction to the history and customs of the region. Information on cultural and leisure activities in Bilbao, San Sebastián, and Vitoria.
www.okspain.org/plan/vasco.htlm

Official Web of the Basque Country
Language: English, Spanish
Official Web page of the Autonomous Basque Government which includes a section dedicated to tourism.
www.euskadi.net

Food From the Basque Country
Language: Spanish
This site provides information on the gastronomy of the Autonomous Basque Community (Álava, Vizcaya, Guipúzcoa), Navarre, and the French Basque Country (Labourd, Basse Navarre, and Soule/Zuberoa).
www.euskalnet.net/ormazabal

Cantabria

Practical Guide to Tourism in Cantabria and the Picos de Europa
Language: Spanish
Contains information on nature, trails, monuments, outdoor tourism, beaches, hotels, campgrounds, rural houses, restaurants, handicrafts, photography exhibitions, and all the necessary services for your holidays.
www.periplo.com

Green Spain (Cantabria)
Language:
This Web site makes finding lodging in Cantabria easy.
www.galinor.es/cantabria/index.html

Cantabrian Tourism
Language: English, Spanish
This is the Cantabria Tourism Office's Web site, a must if you want to learn about the region and its tourist sites.
www.turismo.cantabria.org

Government of Cantabria
Language: Spanish
Official Web site of the Autonomous Government of Cantabria.
www.cantabria.org

Galicia

Turgalicia
Language: English, French, German, Italian, Portuguese, and Spanish
Turgalicia is the official body responsible for promoting tourism in Galicia. You can find information on lodging, where to eat, and what to see and do while in Galicia.
www.turgalicia.es

Green Spain (Galicia)
Language: Spanish
Web site including information about the organizers of many outdoor tourism activities from maritime excursions and nautical sports, to equestrian tourism.
www.galinor.es/tur-activo/index.html

Rural Tourism in Galicia
Language: English, Spanish
Classified by province, this is a guide to rural tourism in Galicia. It supplies information on lodging (with updated information on prices) and tourism activities.
www.turismo-rural.com

Galician Recipes
Language: English
A collection of traditional Galician recipes compiled by the Puentedeume Institute in Galicia, which has now been translated into English and distributed on the Web.
www.personal.redestb.es/joeserrano/MainNet/pontedeume_frames.html

Government of Galicia
Language: Spanish, English
Official Web site of the Autonomous Government of Galicia with links to the official organisms which comprise it.
www.xunta.es

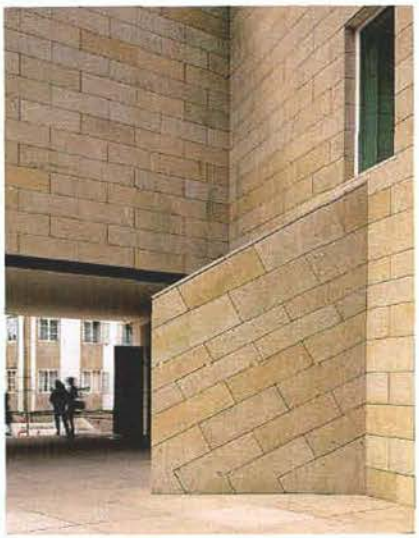
A Taste for Art. Part 3

GALICIA'S CONTEMPORARY ART CENTER

ETERNAL VALUES

Join us for another in our series of art and food trips, taking in some of the best museums in Spain–mainly museums of contemporary art–which stand out not only for their content but also as buildings in themselves. Some are understated, others spectacular, but all house examples of the most avant garde art produced in Spain and the rest of the world. And recognizing that man doesn't live by art alone, we also visit the best places to eat in each town on our itinerary. This time, we go to the Centro Galego de Arte Contemporánea in Santiago de Compostela.

JAVIER AZURMENDI / EL PAÍS



TEXT
SONIA ORTEGA

TRANSLATION
HAWYS PRITCHARD

Ramón María del Valle-Inclán (1866-1936), one of the writers who best reflected the life and soul of his native Galicia, described Santiago de Compostela as "the petrified city where the notion of time loses its meaning... It seems not ancient, but eternal."

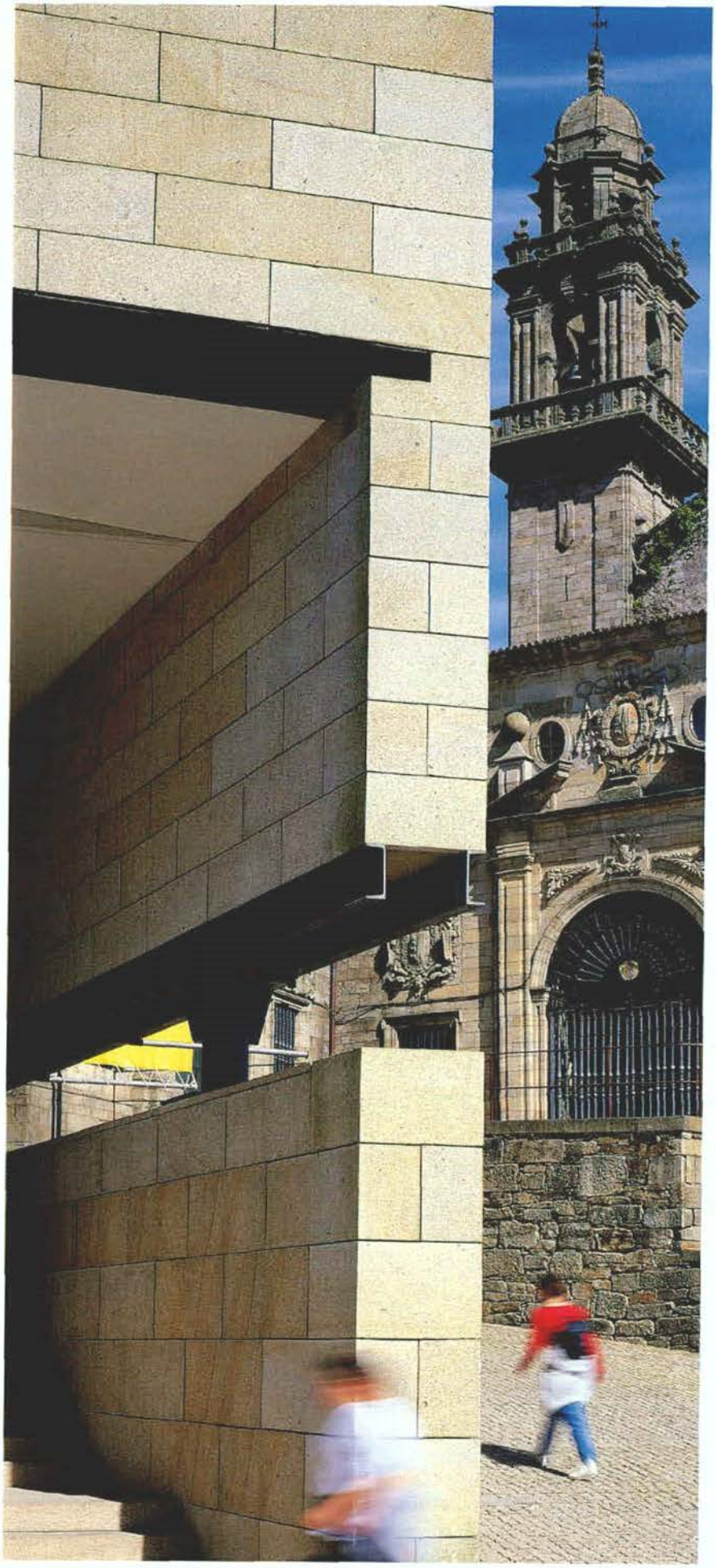
There is indeed a timeless quality about this granite-built city on Europe's western corner to which, for over a thousand years, pilgrims have been making their way from distant parts to visit the tomb of the Apostle St. James (see *Spain Gourmetour* Nos. 17 and 30). "The idea of Europe was born out of the pilgrimage to Compostela," declared Goethe, and whatever one might think of that view it is undeniable that the city of Santiago de Compostela is the product of eclecticism and cross-cultural interchange at virtually all levels throughout the history of the Old Continent. Its monuments and historical significance have earned it UNESCO World Heritage City status, among many other claims to fame.

Nineteen forty is an important date in Compostelan history, for that was the year when it became the first city in Spain to be protected in its entirety as an historic site by a government decree. This measure saved it from the destruction wreaked in the name of progress on other historic towns and cities less fortunate ... or perhaps whose patron saints were less influential. The possibly miraculous end result is that Santiago is arguably the best-preserved historic city in Spain, and one of the best in the world. Nineteen ninety-nine was a Compostelan Holy Year–a special celebration held whenever St. James' Day, 25 July, falls on a Sunday–and people flocked there in the thousands to take part. This year, 2000, it is a European Cultural Capital along with eight other cities. Both these events have injected a vibrancy into the city, and there is a general feeling of renewal about the place.

A timeless city... and livelier than ever. In 1995, Compostela, which is the political and cultural capital of the Autonomous Community of Galicia, embraced contemporary art with a purpose-built museum in granite, its most characteristic stone and one which responds splendidly to the rain that is equally characteristic of this area of northern Spain. This was the first museum to be designed by Portuguese architect Álvaro Siza Siza (winner of the Pritzker Prize in 1993) and he used granite as a linking element with local tradition and surrounding buildings and as a reflection of the city's historic tone. Planned and built between 1988 and 1993, the Centro Galego de Arte Contemporánea (CGAC) is located in one of the most evocative and symbolic parts of Santiago: on the edge of the historic center, and near the old gate leading into the city from the Camino Francés–the pilgrimage road from France, the most popular of all pilgrim approaches to Santiago.

Home and Away

The CGAC building is part of an ambitious program to revitalize the city, focused particularly on building new cultural facilities. It stands beside the Convento de San Domingos de Bonaval, an imposing former monastery, also built with granite, which now contains the Galician Folk Museum, the Museo do Pobo Galego. The external aspect of the CGAC, its great expanses of smooth granite cleverly juxtaposed with San Domingos' more elaborate Baroque portal, is one of the strengths of Siza's design: his combination of blind walls, light, and surprising perspectives creates an architecture which is at once austere and serene.



In layout, the building is organized into two large blocks: one compact block houses the exhibition galleries and storerooms, and the other, which stands parallel to the street, contains the auditorium, library, and administrative offices. The triangular central space between the two provides the focus for the building's circulation patterns. The museum's three floors–which include a basement–are topped by a terrace conceived as an exhibition space for sculptures, and which also provides a stunning view of churches and bell towers, suitably sculptural when viewed from this unexpected vantage point.

In the interior is a sequence of elegant, white, airy spaces whose large windows provide again exciting glimpses of the garden. In this beautiful, rather labyrinthine complex of white marble with cherry-wood floors, the hand of Siza is discernible in even the smallest details, almost everything–from the library table to the chairs in the cafeteria–having been designed by him. Harmony is guaranteed.

So much for the building. And the content? The exhibitive approach takes its tone very much from the way that Siza's building relates to its

Toñi Vicente Takes on Tradition

The superb quality of Galicia's produce is something of a mixed blessing for the region's cuisine: its marvelous vegetables, meat, and–especially–fish and seafood are of such superb quality that they usually need next to nothing done to them. Indeed, doing much to them has tended to be looked on as sacrilegious. This was the attitude that confronted Toñi Vicente when she arrived on the scene twelve years ago as a young chef keen to experiment and create something new based on the traditional Galician cuisine that she knew of first hand from her parents' restaurant. It was hard going at first: "sophisticated" versions of seafood and fish did not go down well with the *gallegos*. But she stuck with it, and her hard work and talent have shown dividends: today, Toñi Vicente is considered Galicia's best cook. Her ability to update Galicia's larder and the dishes made from it is her major asset. Her subtle, harmonious, and very nutrition-conscious recipes are unfussy and always have a modern, very feminine feel to them. Among her classics are a delicious, lemony, marinated salad of sea bass; a fresh scallop carpaccio; and a version of the Galician classic *pulpo a feira*–octopus pressed into thin slices and dressed with a drizzle of excellent olive oil and paprika. Other examples of her take on popular dishes are garlic-dressed monkfish seasoned with thyme, in which the flavors of the oil, garlic, and paprika are highlighted, and braised fillet of lamb. Her desserts are in the same vein: sponge cake with bay-flavored ice cream is as delicate as she is herself, and is redolent of green Galicia.

Restaurante Toñi Vicente
Rosalía de Castro 24
Santiago de Compostela
(A Coruña)
Tel: (34) 981 594 100

historic urban setting. The contemporary nature of the building itself suggested that the museum's program should be geared towards displaying and exploring the latest trends in art, with a view to providing a showcase in Galicia for contemporary art. (But for a few specific exceptions, the museum's collection and the various activities that take place at the CGAC refer to the period from the 1960s on). The debate about whether its role should be to provide a springboard to project Galician art farther afield, or a showcase in Galicia for the main artistic trends in the world today, has been resolved with a compromise: it aims to combine both purposes, while placing emphasis–perhaps with Goethe's observation in mind–on "Europeanness."

The CGAC has an important collection composed of its own artistic holdings and permanent loans from various institutions, notably the Arco Foundation. The collection includes works by most of the leading figures of contemporary Galician art, such as Jorge Castillo, Bixeiras, Labra, Lago Rivera, and Leopoldo Nóvoa. But it also has works by Spanish artists of the stature of Saura and Tápies, and by Boltanski, Christo, Anish Kapoor, Richard Long, and Sigmar Ploke. Part of the collection is on permanent display, except when space is needed for temporary exhibitions, whose often complex and spectacular placement tends to transform the museum. Temporary exhibitions are something of a forte at CGAC–especially retrospectives of the work of Galician artists such as Laxeiro, the painter–and its program combines these with multidisciplinary cultural activities like artists' workshops,

concerts, conferences, round table discussions, and cinema seasons, all of which contribute to making it one of the most dynamic centers of its kind in the whole of Spain. The fact that Compostela is very much student territory accounts for much of this dynamism: its prestigious university has been in existence for five hundred years and the large student population, both resident and shifting, lends the city a certain tone. Some CGAC events are aimed specifically at that sector of the population; one recent example was a two-month event during which the Center was taken over by dance music and bright disco motifs, entitled Lost in Sound, which featured concerts, videos, design via Internet, publications, furniture... The museum was invaded from library to cafeteria to boiler room with the aim of, as organizer Manuel Olveira expressed it "making us think about the nature of high and low culture." Behind the CGAC, between the museum and the Convento de San Domingos lies Bonaval Park. This recuperated green space (a project in which Siza was also involved) is now rather Romantic in tone–it incorporates an old graveyard and has marvelous views over Santiago–and has become a favorite meeting place for students. Different worlds come together in this ancient city of timeless stones.

Sonia Ortega *is a journalist and has been coordinator of* Spain Gourmetour *since its first issue.*

WEB SITES

Contemporary Art Center of Galicia

Language: English, Spanish
The Contemporary Art Center of Galicia publishes its calendar of events on this Web site.
www.cgac.org

Compostela 2000

Language: English, French, Portuguese, Spanish
Santiago de Compostela was named the European city of culture for the year 2000. This Web site includes information about upcoming cultural projects and facts about the city.
www.compostela2000.com

City Council of Santiago de Compostela

Language: English, Spanish
The city of Santiago de Compostela's official Web page.
www.santiagodecompostela.org

Guide to Santiago de Compostela

Language: Spanish with some English
Complete tourism guide to Santiago de Compostela, including information on the Road to Santiago.
www.galinor.es/santiago

THE GREEN GRAPE

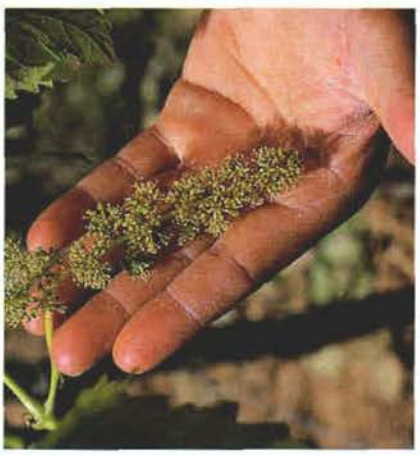
Alternative Agriculture. Part 3

In 1979 Spain's first certified organic vines were planted in a small patch of vineyard close to Catalonia's *cava* capital, Sant Sadurní d'Anoia. At the time Josep María Albet i Noya ran the vineyard alone with part-time seasonal help, selling the wine in bulk for bottling in other Penedés *bodegas*. Today, the bodega has three enologists and makes two dozen wines from sixteen varieties of organically grown grapes. Every year the wines, which range from a lightly oaked varietal white made from the native Xarel-lo grape to a Cabernet Sauvignon *crianza* and, of course, a cava, win a clutch of regional, national, and international prizes. "There is no reason why wines made from organic grapes cannot compete in quality with the very best of the other wines on the market," comments Josep María. In the twenty years it has taken for Albet i Noya to find its place as a premier bodega, organic winemaking has spread to sixteen other wine regions and over eighty wineries of all kinds–small family operations, cooperatives, and renowned bodegas. Each wine has a clear personality closely tied to its *terroir*. But all the winemakers share the belief that good organic growing is more than an environmental issue; it also gives the potential for superb wine.

RAFAEL VARGAS / ICEX

TEXT
VICKY HAYWARD

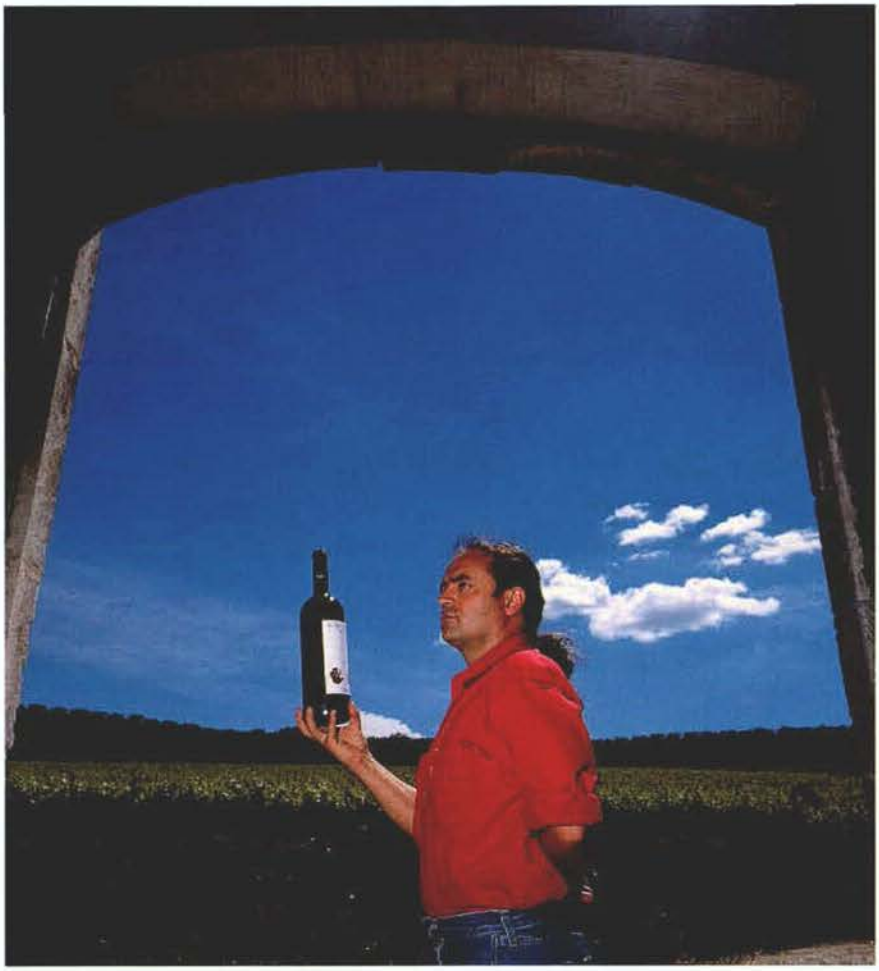
On a bitter January day, green spikes of rye, vetch, and rye grass are breaking through the cold earth between the rows of vines planted below Albet i Noya's farmhouse-bodega. The vines here are trained high on wire trellises to give maximum exposure to the sun and air. Later in the winter the manuring crops will be ploughed up so the vines can make the most of the light spring rains and, after mulching down with vine prunings, they will be dug into the soil with homemade compost. Much of the vineyard work here is done laboriously by hand: spring pruning, pinching out the vines' leaves as the fruit ripens, and harvesting, too, to prevent insects, animals, and dirty fruit slipping into the crushing hopper from which the grape musts are piped off to small stainless steel deposits for fermentation by variety and vineyard. The red wines and some of the whites are at least partially fermented on the grape skins. After racking, blending, and wood-aging, which varies for each wine and vintage, they are gently filtered through cellulose and bottled



with an inert gas below the cork. "It is essential to keep sulphur levels low," comments Josep María.
Research is an integral part of Albet i Noya's winemaking. A small area of the vineyard below the bodega is set aside for trials with pruning, trellising, and vine-training techniques. Elsewhere, fourteen grape varieties–some of them neglected native grapes, others imported–are being grown as part of a five year project, monitored by the Catalan Institute of Vines and Wine (INCAVI), to test their winemaking potential. Each grape is being vinified two ways and aged on five woods ranging from cherry to chestnut.
In parallel, the winemaking evolves. New varieties have been planted. "In Australia I fell in love with Syrah so I thought, why not try it?" says Josep María. "My view is that you only live once, you only have one chance to try things out. It keeps winemaking interesting." The bodega also now buys grapes from fifteen organic growers, some of whose vineyards were planted over 70 years ago. In this way production has not only grown; it has also diversified around the Penedés microclimates to make single-vintage Macabeo, Xarel-lo, Tempranillo, Cabernet Sauvignon, and Chardonnay varietals as well as blended wines.
Today the restless search for quality is paying off. In 1999 the bodega's sales, 80 percent of them abroad, reached US$ 2 million, part of which is paying for building work to double the bodega's capacity. But Josep María emphasizes that organic growing is not in itself a commercial end. "For me organic growing is inseparable from making wonderful wines. That, rather than organic growing, is the hard bit."

A Late Start

Spain's southern climate and altitude naturally lend themselves to organic growing. But with the exception of a few notable pioneers–such as Peréz Caramés in El Bierzo, Ca'n Majoral in Mallorca, Gómez Nevado in Córdoba, and Dominio de los Pinós in Valencia–most organic bodegas here did not begin producing until the late 1990s.
"Ten years ago Spain was exceptional among the world's major wine producers in its lack of organic production," comments Jem Gardner of specialist English wine merchants Vinceremos. "But in the last few years there has been a real explosion of interest in different regions."
One can speculate on the reasons for the late start: the association of organic growing with rough country wines; the conspicuous absence of a major national wine scandal; lack of research or information on organic growing; and, as a result, the fear of handling bug invasions without falling back on systemic chemicals. Another fear was economic viability. In this sense the example of pioneers like Albet i Noya has been decisive. They have showed that organic growing is both cheaper and less risky in Spain than in northern Europe thanks to the natural advantages of climate and, often, altitude. "I'd say that in Spain, organic costs 10-20 percent more than conventional growing," comments Josep María. Estimates by makers in the Rioja and Levante go up to 25 percent–but never as high as 40 percent, as in some areas of central Eu-



"I'd say that in Spain, organic costs 10-20 percent more than conventional growing," comments Josep Maria Albet i Noya. Estimates by makers in the Rioja and Levante go up to 25 percent–but never as high as 40 percent, as in some areas of central Europe. But, as Josep Maria adds, "What is expensive is producing quality, which can cost up to 500 percent more."

rope. But, as Josep Maria Albet i Noya adds, "What is expensive is producing quality, which can cost up to 500 percent more."
Nevertheless, at this level of the market too, organic wines have showed they can pay for themselves thanks to their value in international markets. "It is a very different world to the rest of the wine business," explains Madeleine Olaechea of Dominio Los Pinos, which began organic wine-

making in 1989. "Buyers are not so interested in the region or the label–they want to visit the vineyard, taste the wine, and keep in personal contact. But providing they like the wine, they keep coming back for more."

From Natural to Organic

In fact, alongside that, Spain has a tradition of wines that are virtually free of chemical residues. In areas with a dry continental climate's freezing winters and blazing summers–for example, Priorato, the Ribera del Duero, or Toro–mildew, botrytis, and pests like grape caterpillars remain at such low levels that growers have never used more than a minimum number of preventive treatments. The average sulphite levels of Ribera wines today–around 45 mg total per liter–fall well within organic maximum levels.
More generally, too, systemic chemical fertilizers and pesticides arrived late in Spain. "Until the 1950s everything here–wheat, barley, and vines–was grown the old way, with sulphur or copper if and when you needed it," explains Felipe Martínez, aged 70, from Muzarabal, in northern Navarre. "Weed killer began to arrive in the 1950s, but it was another thirty years before the farmers began to buy chemical fertilizers. And then, very quickly, everyone saw that although it helped produce more grapes, their quality was not the same as before."
While some of Spain's traditional wines were produced by small-scale growers for local consumption, others were made by renowned bodegas. Estate-bottled *vinos de pago* (do-

main wines) such as Remelluri and Marqués de Vargas in the Rioja, Terras Gauda and Fillaboa in southern Galicia, Pago de Carraovejas or Marqués de Velilla in the Ribera del Duero, come from vineyards that have long been close to organic. Such growing methods give precisely what fine winemakers seek: smaller harvests of high quality grapes expressing the full character of the vine's variety without the muddied aromas or taste of residual chemicals. This tradition of natural winemaking was never much commented on, least of all by the makers themselves. Many preferred to let the quality speak for itself or simply took traditional methods for granted. "It was part of our family's way of life," says Andreu Oliver, who makes Ca'n Majoral, a Mallorcan wine. "We always grew organically, but certifying wasn't possible here until 1985 and it didn't seem anything special."

Even today, many wines made from organically grown grapes don't declare their origins. Manuel Valenzuela, who produces Barranco Oscuro, a respected wine from an organic vineyard in the Alpujarras, last year commented to *Vinum* magazine, "I do not use chemical fertilizers because my vineyard will turn into a desert. But I don't want to go further than that and make a statement–it could produce sectarianism."

"As time has gone by, I've come to believe in wine as a natural product," explains Javier Ochoa, who was director of Navarre's prestigious wine research station, EVENA, for eleven years. "You don't need to add anything–the wine has its own balance of alcohol, acids, tannins–and that is the balance I want. Now I'm searching for the same balance in the vineyard, just as my grandparents did. I'm already growing and making wine organically but I don't certify it because it sells well with the bodega's name. But I will take that step if I think it is appropriate."

But the strength of this tradition meant that once interest was awakened, certified organic growing could implant itself very quickly. The knowledge was there, often for the asking from older farmers who still followed old ways, and there were virtually organic vineyards in many growing areas such as Montilla, Priorato, and Navarre, where organic winemaking has quickly settled into D.O. regions.

Growing Methods: The Mediterranean

Organic vineyard and winemaking methods follow certain clear principles. Soil care is of prime importance to prevent disease and keep the quality of fruit high; vineyard planting is designed to give maximum direct exposure to air and sunlight to give healthy fruit; pruning is

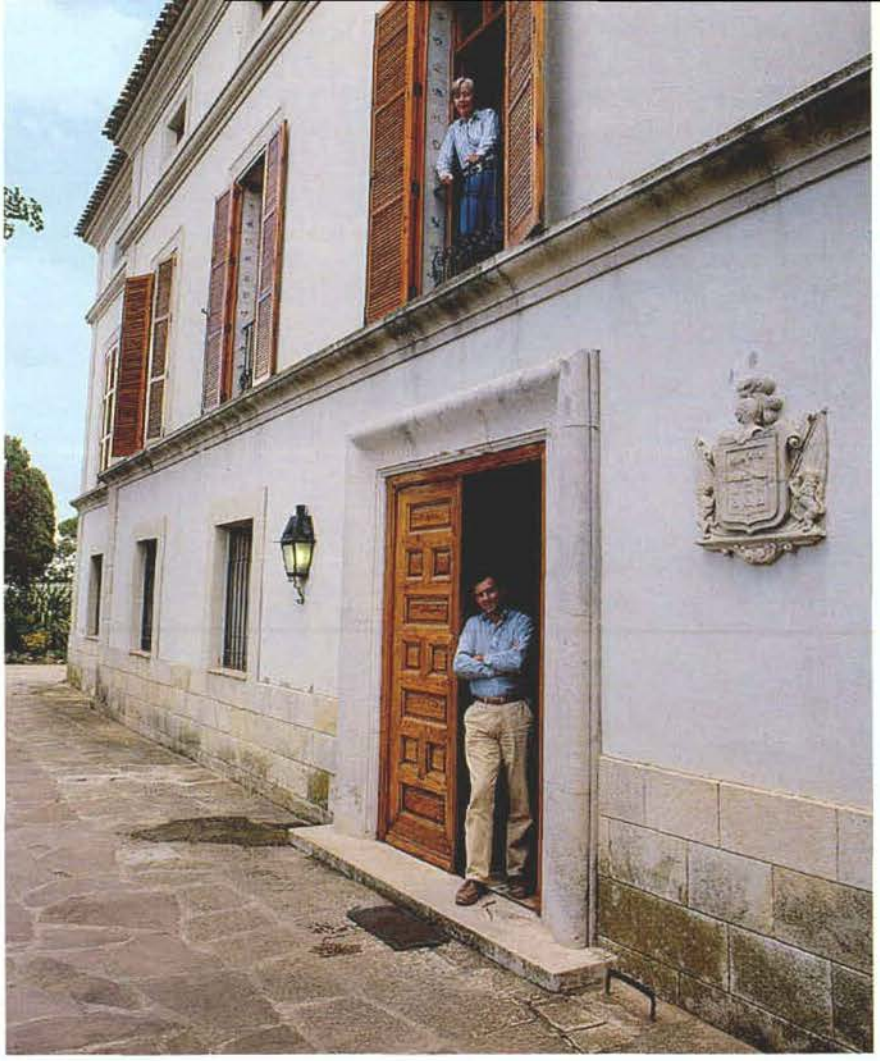
designed to sacrifice quantity for quality; new planting favors native varieties or imported ones from similar habitats. At the winemaking stage, careful selection of the grapes during harvesting and bodega hygiene are essential to keep the use of sulphite preservatives after fermentation at a minimum. Spanish guidelines for vinifying wines made from organic grapes have also made it general practice for the grapes' own yeasts only to be used in fermentation, and for stabilization and clarifying to be natural.

But Spain's geography is such that every grower needs to work out by trial and error how to put these guidelines into practice in their microclimate and terroir.

At one end of the spectrum are the dry southern vineyards. "When we found Fontanares, we knew it was perfect," says Madeleine Olaechea. She and her husband Manuel, who comes from a Peruvian winemaking family, searched Europe in 1989 for the right site for an organic vineyard. Their journey came to an end at Los Pinos one hundred kilometers inland from Valencia, within its D.O. growing region.

"The vineyard was isolated in a high valley at 600 meters, the soil was a good mix of loam and chalk, and we knew the very low rainfall of around 400 mm a year would give us a very low yield of healthy, high quality grapes."

In this kind of setting, bone dry for most of the year, organic fertilizers replace manuring cover crops. "They would suck up the little moisture there is and stress the vines," explains Madeleine. "Instead we use local sheep's manure and guano in small quantities."



Madeleine and Manuel Olaechea of Bodegas Los Pinos, near Valencia.

Winemaking is straightforward providing the fruit is scrupulously clean. Sulphur levels here are as low as they can go: 30 mg per liter for reds, and never more than 50 mg for whites. "They are trickier because of the risk of oxidization as the harvested grapes travel to the bodega." Before fermentation, the whites are cooled to 0°C to help clean the musts and maintain their aromas.

The art of making the big, ruby oak-aged reds lies in one-off blending of the vineyard's varieties: native Monastrell, Macabeo, and Malvasía de Valencia with imported Syrah, Merlot, Carignan, Cabernet Franc, and Cabernet Sauvignon.

Although the bodega will take another five years to reach its full potential, Dominio Los Pinos has already won prizes in Italy, the UK, and France, and was chosen by the magazine *Vinum* in 1998 as one of Europe's top ten organic wines.

"We have the right growing conditions and varieties to make very good wine. The possibilities will begin to show in two years and after that we can only improve."

The Green North

At the other end of the spectrum are the cooler, wetter vineyards of green northern Spain where growing conditions are closer to those of central Europe. Here, higher rainfall allows green manuring but also encourages more disease, for which organic growers need tougher methods than healthy preventive planting and pruning: for example, pheromones to confuse pests sexually and inhibit their reproduction, and *Bacillus Thuringienses*, a natural bacteria sprayed onto fruit-bearing vines to kill grape caterpillars.

Green Spain's first organic vineyards to win critical acclaim were those of Bodegas Peréz Caramés, in mountainous El Bierzo on the borderlands of Castile-León and Galicia. Its wines stood out for their personality and quality long before they were certified as organic in 1995, a decade after organic growing began.

THE INTEGRATED VINEYARD

The first Spanish regional law defining integrated vineyard management–a halfway house between organic and conventional growing–was published in the Comunidad Valenciana last year. As yet there is no production, but the law is likely to become a model for other regions where intensive growing makes organic methods tricky. It recommends a six year resting period before integrated production begins, makes soil and water analysis compulsory, encourages organic growing methods and minimum irrigation, and lays down low maximum sulphur residues, but, unlike organic growing, permits the limited use of synthetic chemical insecticides, weed killers, and fungicides when pests or disease rise above a certain level. They may be used again, preventively, the following year.

Jerez is the first D.O. to have drawn up its own code for integrated growing, also to be published as a regional law, later this year. Unusually, it not only defines growing methods under the supervision of specialist agronomists, but also aims to protect local wildlife and architecture–for example, whitewashed *cortijos* and *casas de viñas*–and to encourage clean energy sources. Already a third of the growers, with a total of 3,500 hectares (1,200 acres) of vineyards, are registered in the scheme. "The vineyard owners are a very traditional group of farmers, who look after their vineyards almost like a garden," comments Santiago Lledó Patiño of the Consejo Regulador. "It was a very natural development for them."

Elsewhere, in regions like El Bierzo, D.O.s are encouraging growers to start using organic fertilizers and to minimize chemical treatments as a first step towards integrated growing.

"We use copper and sulphur to deal with mildew and false mildew," says Pablo Garcá Barredo, the nephew of founder Francisco Peréz Caramés, who took over when his uncle died last year. "But sulphur levels are still only half the organic limits." They also use organic manuring and plough in the winter weeds in early spring, and pinch out leaves while the fruit is ripening.

Harvesting here is crucial. Every rotten grape must be left on the vine, setting production at about half that of other local vineyards. "We harvest into small crates so the grapes are not squashed, and the crates are washed each time they leave the bodega."

Winemaking styles here are a mix of new and traditional: red, white, and rosé Casar de Santa Inés wines, made from a coupage of imported grape varieties outside D.O. controls, and Cónsules de Roma, a D.O. wine made from native Mencía grapes by carbonic maceration (that is, intercellular fermentation of whole grapes in their skins, as in country winemaking in the Rioja). With the vineyard's reputation and growing methods now well established, the future lies in realizing the wines' full potential. In 1996 the bodega produced its first crianza; this year it hopes to release its first reserva, made from the 1998 vintage.

Navarre: An Organic Heartland

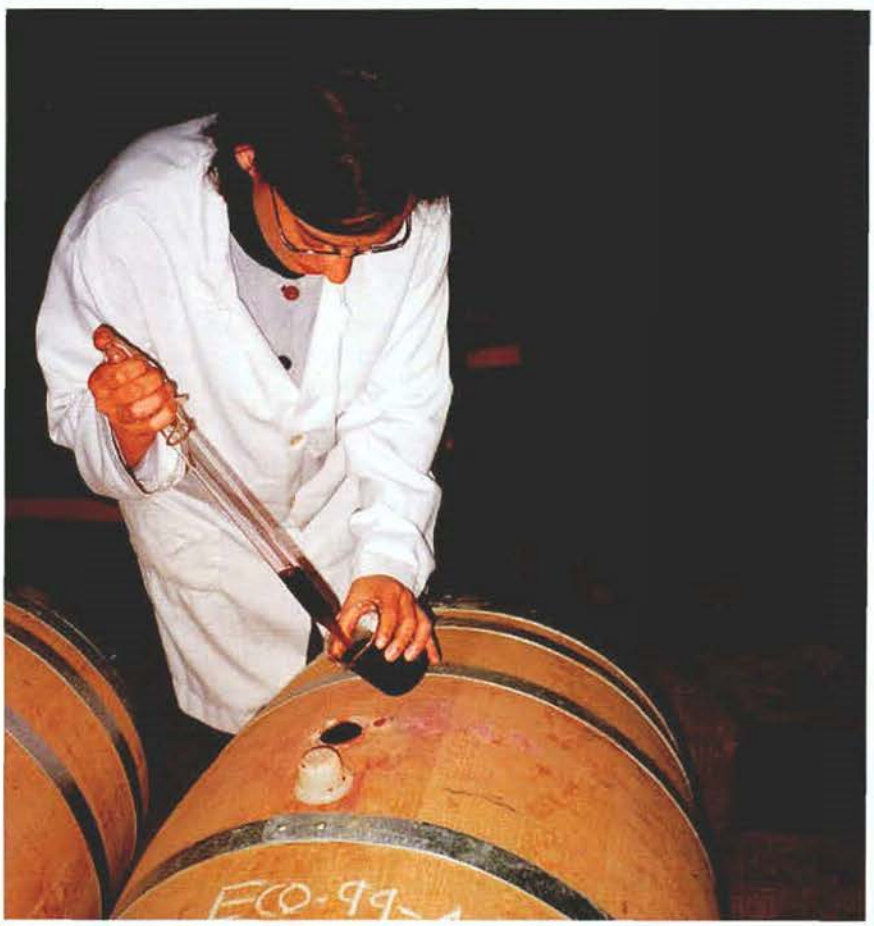
Navarre sits midway between the green north and the dry south. Here, organic farming seems to have settled naturally into the rolling landscape between the Pyrenees and the central *meseta's* tableland: vineyards are scattered between wheat and asparagus fields, almond and olive groves. Summers can be hot, but cold winter winds blow down from the Pyrenees and up along the Ebro valley, silently spinning the streamlined hilltop windmills which produce half the region's energy.

"We are helped by the mixed farming and climate," says Fernando García Carcar of Bodegas Bagordi, which specializes in fine organic wines. "The switch has been easier than I expected–my father taught me a lot. But you have to be out in the vineyards every day." He pauses. "Every single day."

Most of Navarre's fourteen organic wineries, the biggest regional cluster in Spain, are family operations run by young winemakers. Bodegas Bagordi, for example, was set up by the García Carcar brothers when they inherited 60 hectares (24 acres) of vineyards around Andosilla, a small town in southwestern Navarre. Their purpose-built bodega recyles all the water it uses for authorized irrigation; organic waste goes to the county compost heap.

Bagordi's newly planted vineyards are angled so that in winter the wind blows along the vines to kill off pests and in summer the sun ripens the grapes equally on both sides of the wire-trained vines. Prunings are dug back into the soil, which is fertilized biennially with locally made organic manure. Sulphur and copper treatments are used a couple of times a year.

Further north, in Valdizarbe, on the Santiago pilgrimage route, Bodegas Martínez Janáriz is typical of the region's smaller family operations. After training as an enologist, Miguel Ángel Martínez redesigned the family's sheltered valley vineyards around the organic wine he wanted to make. The result, Fidelium, is a delicious oak-aged red–macerated on the skins for eight days, racked by hand four times, and clarified with egg white–and, unusually, has a good local as well as export market. Around half the current annual production of 50,000 liters is bought direct from the cellar bodega, and in 1999, it won second prize in the sommeliers' annual awards for the best Navarre D.O. wines. "Here, when people know it's organic, they prefer it," comments Miguel Ángel's father, Felipe.



La Grajera Research Vineyard, Logroño, La Rioja.

Organic growing methods are adapted by each vineyard to the terroir and microclimate. Research in the Rioja suggests that organically grown grapes give the potential for gran reserva wines.

Like all the Navarrese bodegas, Bagordi is also aiming high. Already a quarter of the wines–fermented by variety and vineyard, with a small amount of the harvest pressed to add intensity to the musts–are held back each year with a view to making *crianzas* and *reservas*. Certainly the 1998 crianza, based on Tempranillo, softened by Merlot, and given body by Garnacha, suggests they have the potential to grow.

"The future will be in gran reservas," comments María Luz Martínez de Morentín, the enologist. "At least, that is what the young wines suggest."

Rioja: Researching the Future

Research in the neighboring Rioja suggests that the young Navarrese winemakers are right to be aiming high. There are still only half a dozen Riojan certified organic bodegas, but local government research since the early 1990s suggests there may be a huge future here for quality organic vineyards and winemaking.

In the trials, at La Grajera, a research vineyard close to Logroño, scientists are contrasting the effects of conventional and northern organic growing methods on parallel plots of mature 40-year old Tempranillo vines grown traditionally, *en vaso*, low and close to the ground. The wines made from them–naturally stabilized and fermented, with 25 mg of sulphite added–are also being compared.

"The young wine from organic grapes in the 1999 vintage has magnificent potential," explains Juan Batista Chavarrí, who runs the research station.

"It is very high in varietal aromas and its glycerine content and it shows more natural acidity than the wine from conventionally grown grapes due to tartaric acid levels which develop late in the day. Alongside that we have had very low disease levels which we can deal with by the right soil care and pruning."

A research-based approach is also being used in bodegas that have switched to winemaking from organic grapes. Viña Ijalba, who produced their first vintage in 1998, has found pheromones more effective, if also more expensive, than traditional pesticides and endorses American research suggesting that dug-in prunings have a mild herbicidal effect.

They are also working with native grape varieties. Juan Carlos Sancha González, who manages the bodega, has published a university study of 44 rarely planted native varieties of which one, Graciano, until recently only used for blending, is being used by Ijalbi to make a big, toasted red organic wine with dry finesse. González also points to Maturrana Tinta y Blanca and Tempranillo Blanco as grapes with a future for makers of fine organic wines.

Organic vineyards yield small harvests of grapes whose intense musts express the full character of each variety.

Sancha describes Ijalba's philosophy as "an integrated vision of long-term quality." You could also call it a blend of modern and traditional wisdom. The bodega has recently been adapted to ISO 14001 standards for environment-friendly management. Musts are gravity led into fermenting vats, and the wines are aged in cellars with minimum lighting before being filtered through cellulose and bottled in anti-ultraviolet glass. A part of the organically grown grape harvest is trodden by foot to give a young red, Solferino, made by traditional carbonic maceration in huge temperature-controlled fermentation tanks.

At the other end of the scale, the Rioja's organic bodegas include its largest cooperative, Viñedos de Aldeanueva. Here a study of the growing potential of its 600 members' vineyards in the mid-1990s identified some 96 plots, many small-scale vineyards, as suitable for organic growing; the owners were offered the backup of the cooperative's agronomist and a premium payment on the right quality grapes to encourage them.

"Generally the organically grown grapes are smaller, harder, and receive a better evaluation for alcohol content, color, sugar, and acidity," comments Mario Esquerro, who cares for the vineyards. "The most interesting and perhaps unexpected result is that in some cases the organic growers have had less disease problems."

Now the seven growers in the scheme whose organic harvests make some 80,000 liters of wine called Azabache, or Jet, are extending the area of organic vineyards. Currently the wine is sold young, with absolutely no sulphites added in the bodega, al-

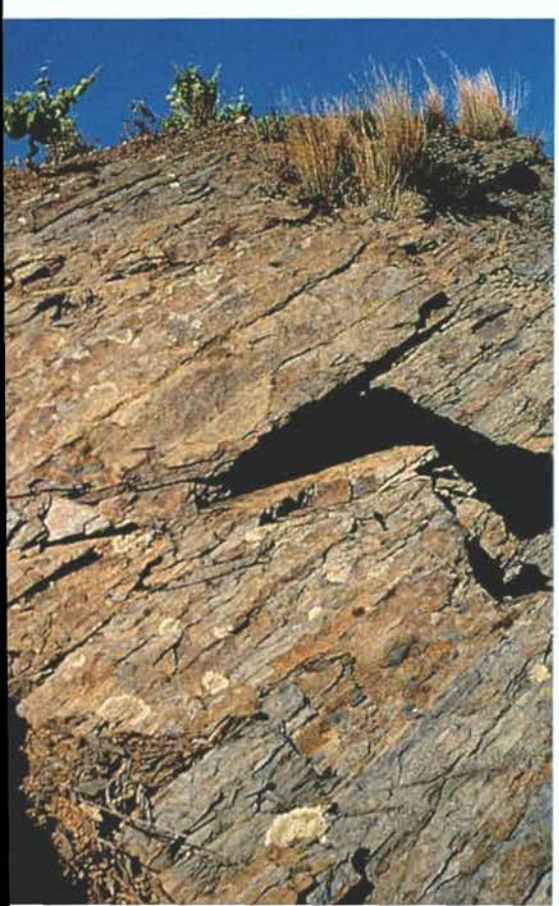
Vineyard in Priorato

though there are plans to make crianzas and reservas. On the label runs a quote from Victor Hugo: "It is extremely sad to think that, while nature is talking, humankind does not listen."

The South: Terroir Whites

Away from the best-known growing regions, organic growing is already showing another spinoff effect: winemakers are exploring the accentuated character of their grapes, both old and new, to make wines that float free of local tradition and find their own one-off personality.

In Montilla's rolling hills, to the south of Córdoba, Bodega Francisco Robles is using organically grown Pedro Ximénez grapes to make Piedra Luenga, one of the region's light, fresh new-generation white wines. After a trial vintage in 1998, last year's wine was sold out–mainly to Japan–before the harvest began. This year the bodega will be making wine from grapes bought in from seven registered growers to meet demand, and paying a 40 percent premium on local grape prices to make it worth their while.



"We have been able to graft organic certification onto family vineyards using natural growing methods as long as anyone can remember," says Francisco José Robles, the third generation of his family to work in the bodega.

But there is a third important element here: the collaboration of the nearby agricultural research station at Cabra to try and raise the quality of Piedra Luenga to the same standards as the bodega's prizewinning PX dessert wine. In 1998 they looked at the grape's potential for quality and yield. Last year they focused on natural yeasts, sulphites (around 30 mg per liter) different stabilization and fermentation methods. All this suggests these are still early days for the scheme, especially since the bodega has long-term plans to extend it to their full range of wines.

A thousand kilometers further south, in the balmy climate of southern Tenerife, fruity white Viña Peraza is made from grapes grown in the volcanic soils of Spain's highest vineyards, which climb to 1,700 meters (5,600 ft) on Mount Teide. Here a long, phylloxera-free past has allowed twenty-seven winemaking grape varieties to survive. Among these, the most widely planted are Listán Blanco and Negro–also known as Palomino elsewhere.

"But the queen is Malvasía," comments Manuel Manero of the Cumbres de Abona cooperative, which groups the vineyards of 700 growers here. Malvasía is the grape grown organically by 30 of the growers to make Viña Peraza, a fruity aromatic white that won third prize in the 1999 Biofach organic wine awards (one of the most important organic food and wine fairs, held in Germany).

So low are pest levels here, thanks to the year-round sea breezes and long hours of sunshine, that vines are left to grow low, no copper and only occasional sulphur needs to be used in the vineyards. Annual production, which depends on the scanty rainfall, is expected to be around 100,000 liters this year. But the quality of the wine compensates. Next on the agenda is an organic red, which should reach the market within the next five years, and after that the growers will be turning to their lesser known grapes. Given the number of grape varieties and growers, who share an experimental seven-hectare (21 acres) vineyard within a total of 300 hectares (750 acres), the sky is the limit here.

Old Vines, New Reds

Back in the Mediterranean, growers like Andreu Oliver in Mallorca or the Poboleda coooperative in Priorato are also getting spectacular results by applying careful organic growing and new-generation winemaking to old vines. Both examples spell out the future potential for red wines from very different terroirs.

Andreu Oliver, who runs Ca'n Majoral,

a family bodega near Algaida in Mallorca, trained as an industrial engineer but wanted to apply modern agricultural techniques, controlled vinification, and fully checked guarantees to the bodega's wine, which, until 1985, was sold by the barrel. "The grapes had always been organically grown by my father and grandfather, but uncertified," comments Andreu. "Now this is a bodega where everything is monitored–from the soil analysis after the harvest to the wine's fermentation."

Old vines and native grapes–Callet and Monte Negro for reds, Prensal and Macabeo for whites–still predominate in the 12-hectare (41acres) vineyard although smaller areas of another half-dozen varieties–Garnacha, Cabernet Sauvignon, Pinot Noir, Merlot, Syrah, Ull de Lebre (Tempranillo), and Riesling–are also planted in smaller quantities. In the damp sea climate, close to sea level, growing techniques are closer to those of the wet north than the dry south. The wines, a blend of first and pressed grape musts, go for varietal fermentation and oak-aging. Some are varietal. Others, like the cherry-colored Ull de Llebre, are new-generation blends: in this case of Tempranillo with Syrah, Garnacha, and Callet. Annual production–currently 30,000 bottles and due to double in the next five years–is sold to Germany within six months of reaching the market.

And finally, there is the story of Poboleda, a Catalan village in the heart of Priorato's abrupt slate and schist mountain country. By the mid 1990s, when the world was waking up to the full possibilities of modern winemaking in Priorato's unique terrain, the fortunes of Poboleda's oil and winemaking cooperative were flagging. As a remedy, the cooperative's younger members launched a joint venture designed to leave members' capital and land ownership untouched, but to allow them to start realizing the potential of their wines. And here we come full circle. One of the two consulting partners for the joint venture was Josep María Albet i Noya.

That was back in 1996. Today, just four years later, ten of the cooperative's largest growers, with 60 hectares (24 acres) of well-established vines between them, are making five different wines from Garnacha, the area's classic variety, blended with other varieties such as native Cariñena and imported Syrah and Merlot. The grapes, fermented with the stems removed but otherwise left virtually whole on the skins, give very intense musts that are lightly filtered through cellulose. The result is a series of wonderfully aromatic, lightly oaked reds and a white with an average of 14° alcohol and flavor notes running from almond and black fruit to chocolate.

"We were lucky to have old vines," comments Josep María Riera, the young enologist in the cooperative. "And conversion to organic growing is very straightforward here."

Josep Maria Albet i Noya also has high hopes for the wines. "Things have changed today. We can leap straight up to the quality that we want. We do not have to show the world that we know how to make good wines. They know organic can be among the best."

***Vicky Hayward** is a writer, journalist, book editor, and arts consultant whose articles about culture, the arts, society, and food are published internationally. She lives in Madrid.*

Unusually in Europe, Spain has regional codes of practice for the bodega processes used to vinify organic wines.

Sourcing Directory for Certified Spanish Organic and Integrated Foods & Wines

European laws defining organic agriculture and food processing are implemented in Spain by independent *consejos reguladores*–or public regulatory councils–in each region. They can supply regional directories of producers. Integrated crop management is certified by the Consejería de Agricultura (Agriculture Department) in each region; there are also a number of producers' self-regulatory codes that are endorsed by regulatory councils or independent quality control bodies.

Regional Certifying Bodies: Organic and Integrated.

ANDALUSIA

Organic

Comité Andaluz de Agricultura Ecológica, Cortijo del Cuarto, Bellavista 41014 Seville.
Tel: (34) 954 689 390
Fax: (34) 954 680 435
caae@arrakis.es
www.arrakis.es/~caae/

Integrated (almonds, rice, citrus fruit, olives...)

Consejería de Agricultura y Pesca de la Junta de Andalucía, García de Vinuesa, Juan de Lara Nieto s/n, 41013 Seville. Tel: (34) 954 938 786
Fax: (34) 954 938 526

ARAGON

Organic

Comité Aragonés de Agricultura Ecológica, Instituto de Formación Agroambiental de Movera, Chalet no. 1, 50194 Zaragoza. Tel: (34) 976 586 904, Fax: (34) 976 586 052
caae/aragon@cempresarial.com

Integrated

Laws being drafted.

PRINCIPALITY OF ASTURIAS

Organic

Consejo de la Producción Agraria Ecológica, Principado de Asturias, Coronel de Aranda 2–2 izq, 33005 Oviedo. Tel: (34) 985 105 626
Fax: (34) 985 105 517

Integrated

No laws yet drafted.

BALEARIC ISLANDS

Organic

Consejo Balear de la Producción Agraria Ecológica, Eusebi Estada 145, 07009 Palma de Mallorca.
Tel: (34) 971 177 108
Fax: (34) 971 177 108
caeba@redestb.es

Integrated

Laws being drafted.

CANARY ISLANDS

Organic

Consejo Regulador de Agricultura Ecológica de Canarias, Valentín Sanz 4, 3, 38003 Sta. Cruz de Tenerife.
Tel: (34) 922 246 280
Fax: (34) 922 241 068
insp-ca@apdo.com

Integrated

Laws being drafted.

CANTABRIA

Organic

Consejo Regulador de la Agricultura Ecológica de Cantabria, Héroes Dos de Mayo s/n, 39600 Muriedas, Cantabria. Tel: (34) 942 254 045, Fax: (34) 942 262 376
craecn@mundivia.es

Integrated

No laws yet drafted.

CASTILE-LA MANCHA

Organic

Dirección General de Alimentación y Cooperativas, Castilla La Mancha, Pintor Matias Moreno 4, 45071 Toledo. Tel: (34) 925 266 899, (34) 925 266 751, Fax: (34) 925 266 722
frijuas@nauta.es

Integrated

Laws being drafted.

CASTILE-LEÓN

Organic

Consejo Agricultura Ecológica de la Comunidad de Castilla y León, Pío del Río Hortega 1-5ª, 47014 Valladolid.
Tel: (34) 983 342 640, Fax: (34) 983 342 640, caecyl@nemo.es
www.sister.es/castilla-leon/ecologica/

Integrated

Laws being drafted.

CATALONIA

Organic

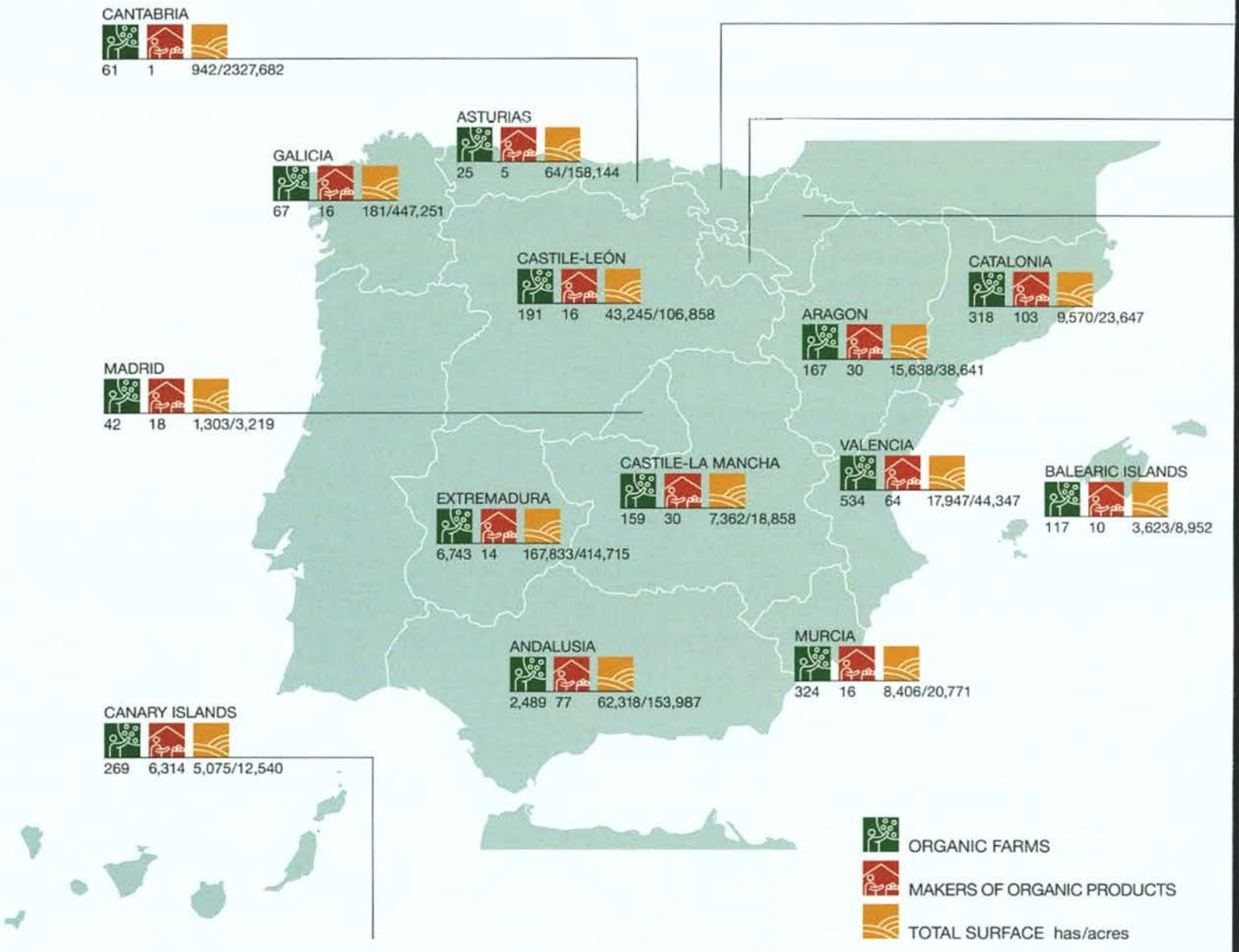
Consejo Catalán de la Producción Agraria Acólogica, Gran Vía de les Corts Catalanes, 08007 Barcelona.
Tel: (34) 933 046 700, Fax: (34) 933 046 713, aimarba@correu.gencat.es

Integrated (apples, pears, citrus fruit, tomatoes)

Dpto de Agricultura, Ganadería y Pesca de la Generalidad de Cataluña, Gran Vía de las Cortes

Organic Agriculture in Spain

Number of Registered Organic Producers and Organic Surface in 1999



Source: Ministry of Agriculture

Catalanes 612-14, 08007 Barcelona.
Tel: (34) 933 046 700,
Fax: (34) 933 046 713,
www.jental.es\darp

EXTREMADURA
Organic
Consejo Regulador Agroalimentario Ecólogica de Extremadura CEPAE (fresh produce)
Avda Portugal s/n,
06800 Mérida, Badajoz.
Tel: (34) 924 382 774,
Fax: (34) 924 382 626.
CRAEX (processed products)
Aptdo de Correos 217,
Ctra. de Caceres s/n,
06071 Badajoz.
Tel: (34) 924 288 000,
Fax: (34) 924 288 056.

Integrated
Laws being drafted.

GALICIA
Organic
Consejo Regulador de la Agricultura Ecológica de Galicia,
Rúa Pescaderías 1,
Apdo de Correos 55,
27400 Monforte de Lemos, Lugo.
Tel: (34) 982 405 300,
Fax: (34) 982 405 300,
craega@arrakis.es

Integrated
Laws being drafted.

MADRID
Organic
Comité de Agricultura Ecológica de la Comunidad de Madrid,
Ronda de Atocha 17, Planta Baja,
28012 Madrid.
Tel: (34) 915 801 661,
Fax: (34) 915 809 819,
esmaae@teleline.es

Integrated
Laws being drafted.

MURCIA
Organic
Dirección General de Agricultura e Industrias Agrarias,
Pza de Juan XXIII s/n,
30071 Murcia.
Tel: (34) 968 362 767,
Fax: (34) 968 366 700,
pedroj.perez3@cvrm.es

Integrated (apple, almonds, artichoke, broccoli, citrus fruit, lettuce, melons, pear, pimiento, table grapes, tomatoes)
Servicio de Protección y Sanidad Vegetal, Mayor s/n, Finca La Serificola,
30150 La Alberca, Murcia.
Tel: (34) 968 845 711,
Fax: (34) 968 366 700,
alucas@forodigital.es

NAVARRE
Organic
CPAEN-NNPEK,
Avda San Jorge, 81–entreplanta,
31012 Pamplona.
Tel: (34) 948 178 332,
Fax: (34) 948 178 332,
www.cfnavarra.es/agricultura/otrosor/ECOLOGIC.HTM
itgasanjorge@sarement.es

Integrated (cauliflower, broccoli lettuce, endive, canned asparagus)
Dpto. de Agricultura, Ganadería y Alimentación, Servicio de Agricultura y Financiación Agraria,
Tudela 20, 31002 Pamplona.
Tel: (34) 948 428 661,
Fax: (34) 948 242 870.

BASQUE COUNTRY
Organic
Dirección de Política e Industria Agroalimentaria, Duque de Wellington 2, 01010 Vitoria–Gasteiz.
Tel: (34) 945 018 268, Fax: (34) 945 019 701, a-sobron@ej-cv.es

Integrated
Laws currently being drafted.

LA RIOJA
Organic
Dirección General de Investigación y Desarrollo Rural, Finca Valdegón,
Apdo de Correos 433,
26080 Logroño.
Tel: (34) 941 291 150,
Fax: (34) 941 291 392,
cida@eniac.es
www.larioja.org/agri-ecolog/default.htm

Integrated
Laws being drafted for wine.

VALENCIAN COMMUNITY
Organic
Comité de Agricultura Ecológica de la Comunidad Valenciana,
Camí de la Marjal s/n,
46470 Albal, Valencia.
Tel: (34) 961 262 763,
Fax: (34) 961 263 956

Integrated (citrus fruit, draft laws for grapes)
Area de Protección de los Cultivos, Consejería de Agricultura, Pesca y Alimentación, Generalitat Valenciana, Ctra Alicante-Valencia km 276.5, Aptdo 125, 46460 Silla, Valencia. Tel: (34) 963 874 700,
Fax: (34) 961 210 538,
ramon.coscolla@agricultura.m400.gva.es

Denominations of Origin, Self-regulatory Codes of Practice and Other Independent Associations

AENOR
Asociación Española de Normalización y Certificación, División de Certificación de Producción,
Génova 6, 28004 Madrid.
Tel: (34) 914 326 000,
Fax: (34) 913 104 683,
producto@aenor.es
Independent certifying body which designs and validates growers' schemes.

ADAE
Assocación para el Desarrollo de la Agricultura Ecológica,
Escuela Agrícola,
Avda Blasco Ibáñez 21,
46010 Valencia

D.O. Jerez Wines

Consejo Regulador de las Denominaciones de Origen Jerez, Xérès, Sherry, Avda Alcalde Alvaro Domecq, Aptdo 524, 11405 Jerez de la Frontera, Cadiz. Tel: (34) 956 332 050, Fax: (34) 956 338 908, vinjerez@sherry.org
Integrated production.

D.O. Jerte Cherries

Consejo Regulador de la Denominación de Origen Cereza del Jerte, Poligono Industrial de Valdastillas, 10614 Caceres. Tel: (34) 927 471 101, Fax: (34) 927 471 067, docjerte@arrakis.es
Integrated production.

D.O. Vinalopó Grapes

Consejo Regulador de la Denominación de Origen Uva de Mesa Embolsada Vinalopó, Virgen del Remedio 33, 03660 Novelda. Tel. and Fax: (34) 965 604 859, www.uva-vinalopo.org
Integrated production with D.O. controls (code for regional integrated production now being drafted).

Intereco

(Asociación de Entidades Públicas Estatales de Control, Certificación, Promoción y Desarrollo de Agricultura Ecológica). Avda San Jorge 81–entreplanta, 31012 Pamplona. Tel: (34) 948 178 332, Fax: (34) 948 178 332, 948 251 321.
Twelve of the regional organic committees belong to this association for the promotion and development of organic agriculture.

Vacuno Extensivo de Calidad

Includes Morucho and Carne de Ávila beef (both IPGs) and Morucho beef (marca de calidad). Plaza de Sofraga 1, 05001 Ávila. Tel: (34) 920 211 349, Fax: (34) 920 255 256, avilena@lix.intercom.es

Vidasana

Non-profit making quality-control label for organic produce. From 1974-85 this was the organization that certified all Spanish organic products; some producers still work with the label to provide consumers with an additional independent guarantee. Asociación Vida Sana, Clot 39, 08018 Barcelona. Tel: (34) 932 450 661, Fax: (34) 932 652 445, asvidasana@bcn.servicom.es

Ministry of Agriculture

Publications and Information on Organic agriculture
Ministerio de Agricultura, Pesca y Alimentación, Secretaria General de Agricultura y Alimentación, Paseo Infanta Isabel, 28071 Madrid. Servicio de Publicaciones. Fax: (34) 913 475 722, www.mapya.es
A free pamphlet lists the regional committees and the type of produce and products available from each region. A 90-page directory of Spanish producers, classified by the type of product and entitled the "Directorio de Elaboradores de la Agricultura Ecológica" (current edition updated in Jan. 1999), is available for 1,500 pesetas plus postage and handling.

Integrated Agriculture
Ministerio de Agricultura, Pesca y Alimentación, Subdirección General de Sanidad y Vegetal, Avda Ciudad de Barcelona 6, 28007 Madrid. Tel: (34) 913 478 243, Fax: (34) 913 478 248, rvazquez@mapya.es

Food Fairs

Biocultura

(Barcelona–May; Madrid–Nov.) Asociación Vida Sana-Biocultura, Clot 39, 08018 Barcelona. Tel: (34) 935 800 818, Fax: (34) 935 801 120, asvidasana@dcn.cervico.es
Long-established fairs with both Spanish and imported organic and natural foods, cosmetics, fabrics, and relevant publications.

Feria de Agricultura y Ganadería Ecológica

(Oct.) Ayuntamiento de Loja, Centro de Recursos Medioambientales, Duque de Valencia 1, 18300 Loja, Granada. Tel: (34) 958 321 156, Fax: (34) 958 322 540.
Organic agriculture and husbandry.

Ecofira

(biennial, Apr.) Feria Muestrario Internacional de Valencia, Aptdo 476E, 46080 Valencia. Tel: (34) 963 861 100, Fax: (34) 963 636 111.
Water treatments and environmental issues.

Ferma

(last week of Aug.) Avda de la Estación s/n, Aptdo Correos 41, 22300 Barbastro, Huesca. Tel: (34) 974 310 371, Fax: (34) 974 306 060.
Agricultural fair that now includes regional and organic foods.

Alimenta

(annual, Nov.) Consejería de Economía, Comunidad de Madrid, Ventura Rodriguez 7, 28008 Madrid. Tel: (34) 914 206 129, Fax: (34) 914 205 726. Food products from the Comunidad.

Salical

(biennial, Feb.-Mar.) Residencia de la Rioja, Recinto Ferial Albelda de Iregua, Rioja. Tel: (34) 941 248 500, Fax: (34) 941 239 965.
International quality-label produce and products, including those from organic and integrated agriculture.

ORGANIC WINEMAKING: STEP-BY-STEP

Growing Methods: Spanish organic vineyards work to EU directive 2092/91, which defines organic growing methods for grapes. No synthetic pesticides, herbicides (insecticides and weed killers), fungicides, fertilizers, or nitrates may be used. Instead, organic growers make use of soil care, pruning, complementary planting, vine-training, leaf removal, natural predators such as *Bacillus thuringiensis*, pheromones to produce sexual confusion among pests, and copper salts and sulphur to combat downy and powdery (or false) mildew. In 2003, the EU will revise the use of copper and, it is thought, maximum levels will be reduced (silice is an alternative). Biodynamic growing does not yet exist in Spain.

Winemaking: Unusually in Europe, the Spanish regions have organic winemaking codes of practice based on a national one drawn up in the 1980s by the regulating body for organic agriculture (CRAE) before its powers were devolved in 1993. Most of the regions agreed by consensus to adopt this code, although some have opted to make it stricter. Maximum sulphur residues–accumulated from natural sulphurs, the use of sulphites in the vineyard and as a preservative in the *bodega*–are set at the following levels: 70 mg per liter for young reds; 100 mg for reds with upwards of one year's aging (*crianzas, reservas,* and *gran reservas*); 80 mg for dry whites; 100 mg for sweet wines; 80 mg for fortified wines and liqueurs; 50 mg for sparkling wines. Navarre has lowered the maximum for young reds to 60 mg. In fact, most Spanish organic red and white wines check in with a quarter to a half the maximum sulphur levels in their category. Bodegas combining traditional and organic winemaking must separate out vinification into different fermentation tanks, barrels, and areas of the bodega. No GM or nonnative yeasts are allowed; sulphites are encouraged in the form of gas, and chemical stabilizers are forbidden. Spanish bodegas are also beginning to register with ISO 14001 standards of environmental management.

D.O. Regulations: Denomination of Origin, or Quality Wine, regulations run in parallel to the regional organic laws for D.O. wines and lay down irrigation levels, planting density, permitted grape varieties, pruning, and winemaking practices, some of which are specific to the region.

Labeling: When sold in the EU, wine made from organic grapes may be labeled only as "wine made from organically grown grapes" because organic winemaking processes have not yet been defined by European laws. Outside the EU, wine made from organically grown grapes may be labeled as organic or sulphur-free wine providing vinification processes conform to local organics laws.

Pearls Full of Flavor

RICE

SHORT-GRAIN

The rice fields along the eastern strip of the Iberian Peninsula are a legacy from the Arab settlers whose skilled farmers harnessed the necessary water by developing a complex system of channels, wells, and waterwheels. Since the eighth century, several varieties of short-grain or japonica rice have been grown in the sunny wetlands of the Spanish Mediterranean coast. This rice is the basis for hundreds of appetizing recipes that include the *paella*, the universal symbol of Spanish gastronomy and an essential point of reference in travel guides to Spain. The secret lies in the grain which takes on the aroma and flavor of whatever food accompanies the rice in the cooking process.

SALVADOR RIVERA / ICEX

TEXT
MERCEDES SALAS

TRANSLATION
JENNY McDONALD

The custom of throwing rice over newlyweds–widespread in Spain and common in many other countries–has an ancestral significance in that rice is associated with fertility. This comes as no surprise when we first see this age-old crop flourishing in large, flooded expanses of emerald green.
Strangely, after research by the University of Washington and the multinational Monsanto, rice has recently become the first plant to have its genetic map unraveled by man. The results of this research will be crucial for biotechnology and for obtaining better varieties of this crop which is the world's second largest in growing area.

In Iberia Since the 8th Century

When the Arabs invaded the Iberian Peninsula in 711, they brought rice farming with them. They sowed Europe's first rice fields in the wetlands of Valencia along the eastern coast of Spain and around the estuary of the Guadalquivir river in Andalusia (see *Spain Gourmetour* No. 28).
Rice cultivation gradually spread to Murcia (in the Segura valley, in southeast Spain), the Guadalquivir marshes and, to a lesser extent, Majorca and Extremadura. After the Reconquest–when the Christians recovered the areas occupied by the Arabs–the Spaniards took control of the rice fields and when they in turn conquered areas of Italy (the Po valley and Venice), they imposed this crop on their new subjects.
After taking Valencia in 1238, the Christian king of Aragon, James I "the Conqueror," decreed that to prevent the spread of disease, rice cultivation should be restricted to the area around the *albufera*–an Arab word for a marshy lagoon close to the sea–which was to become the home of the emblematic paella.
Although during the medieval and Renaissance periods, rice was a part of the Christian diet during Lent, it only became a staple food in the 18th and 19th centuries.
The religious tradition of fasting and not eating meat in the weeks leading up to Easter is today the excuse for the preparation of simple but wholesome rice dishes such as rice with Swiss chard, with green beans (known as "pebbled rice") or with salt cod.
There are thousands of rice varieties in the world. They can be loosely classified according to grain length–short (up to five millimeters/0.19 inches), medium (up to six millimeters/0.23 inches) and long. The first two are called short-grain or japonica rice (in Spanish *redondo,* or round) and those measuring above six millimeters (0.23 inches) in length are called indica or long grain although these definitions vary because there is also another type called semi-long.
Spain has traditionally grown short-grain rice but, in 1986, farmers in the area of the Guadalquivir river mostly switched to long grain rice. The reason for the change was that the entry of Spain and Portugal into the European common market had led to saturation for short-grain rice so not only were they finding it difficult to sell their product but the countries of central and northern Europe mostly consume long grain




rice. Today, in the east of Spain they continue to cultivate short-grain rice but in Andalusia and now also in Extremadura long grain rice is favored–the thaibonet and, more recently, the puntal varieties.

Grains of White Gold

Short-grain rice varieties are referred to as "pearls" because the center of the grain has a white mark or heart containing extra starch. This pearl favors the absorption of stock and the flavors of the other ingredients. Long grain or "crystal" varieties have no pearl and therefore have a lower starch content. These grains remain loose and whole. They are therefore good for salads and as garnishes whereas short-grain rice is more suitable for classic Mediterranean cooking.

The rice department of the Valencian Institute for Agricultural Research (Instituto Valenciano de Investigaciones Agrarias–IVIA) is currently carrying out national and international research in varietal improvement. Rafael Ballesteros, one of the experts involved in this research, states that one of the essential characteristics of short-grain bomba rice is that it doubles or triples in length when cooked. It is also more difficult to overcook and does not stick together so culinary disasters are unlikely. With medium-grain varieties such as the *bahía* or senia, the rice is looser when cooked and less hard than the long-grain types.

Cultural Heritage

Spain has three denominations of origin for short-grain rice. The Regulating Councils for the Arroz de Valencia, Delta del Ebro, and Calasparra denominations of origin supervise grain quality from the time of sowing until packing and sale. According to Santos Ruíz, secretary of the council for the Arroz de Valencia denomination of origin, the objective of the quality labels is, "to promote rice cultivation reflecting good traditional cuisine."

The Valencia area includes rice grown and packed within the Community of Valencia (provinces of Alicante, Valencia, and Castellón) as well as the Albufera. To the north of Castellón and bordering on Catalonia lies what is called the Ebro Delta Protected Geographical Area (Indicación Geográfica Protegida) which covers rice grown within this part of Tarragona, famed for its Roman remains. Calasparra is the quality identification for the southernmost rice-growing area between Murcia–which borders in the north with the Valencian Community and in the south with eastern Andalusia–and Albacete in Castile-La Mancha. Its boundaries follow the banks of the Segura and Mundo rivers.

Once harvested and before it reaches the public, rice undergoes a number of processes. First it is dried so that it can be stored without fermenting. In the plant belonging to Dacsa Maicerías Españolas in Almacera (Valencia), one of Spain's main rice packing and trading companies, the head of the rice production department, Manuel Cuerda, shows how the grains are cleaned and those still in their husks are selected to be sent to the peeling machine.

The next process is polishing, then the pearly-white, shiny grains are sorted and packed. Different sizes and types of packing are used for the

SPAIN, AN IMPORTANT EUROPEAN PRODUCER

Spain is Europe's second rice producer after Italy. The growing surface of 112,100 hectares (277,000 acres) gave 845,000 tons in 1999, according to Ministry of Agriculture data. Rice cultivation brings in 259.2 million dollars (270.5 million euros) a year for farmers.

The japonica varieties–with a short or medium grain–account for 60 percent of national production, with indica long-grain rice accounting for the remaining 40 percent. Short-grain rice, which covers about 60,000 hectares (148,260 acres) is sown in the Valencian Community, Catalonia, Murcia, and Aragon.

In 1999, Spain exported rice to a value of 137.2 million dollars (143.22 million euros), of which 18.9 million dollars (19.81 million euros) were of short-grain varieties. Finland, France, Libya, Portugal, and Turkey are the main destinations of Spanish exports.

The Valencia Denomination of Origin covers 16,000 hectares (39,536 acres) and produces 128,000 tons. Ten percent of this growing surface is registered with the Regulating Council which in 1999 sold 13,000 tons bearing the special label and which supervises cultivation of the bomba, senia, and bahía varieties.

The Ebro Delta Protected Geographical Area (Indicación Geográfica Protegida) covers an area of 19,000 hectares (46,949 acres) and harvests 120,000 tons a year. During the last season it registered 86,188 tons of unpolished husk rice, of which 10,000 were sold under its label and 50,000 went to the distribution market. It protects the senia and bahía varieties.

In Calasparra, rice covers 1,900 hectares (4,694.9 acres) of which 1,200 hectares (2,965.2 acres) are registered with the Denomination. During the last crop year, only 700 hectares (1,729.7 acres) were sown with rice because of crop alternation. The varieties grown are the short-grain bomba and sollana. Production varies between 2,500 and 3,000 tons and 2,000 tons were marketed under the protective label.

Spanish Exports of Short-grain Rice

Year	€ (millions)	US$ (millions)
1999	5.64	5.21
1998	4.53	4.18
1997	8	7.39
1996	5.08	4.7

Source: ICEX

Main Destinations of Spanish Exports of Short-grain and Medium-grain Rice in 1999

Country	€ (millions)	US$ (millions)
Libya	6.60	6.10
Portugal	4.35	4.01
Finland	3.37	3.12
France	1.32	1.22
Turkey	0.67	0.62
Israel	0.63	0.58
Haiti	0.49	0.45
United Kingdom	0.47	0.43
Belgium and Lux.	0.34	0.32
Germany	0.33	0.31

Source: ICEX

different customers. Dacsa sends some of its products to such far-flung destinations as the Middle East, Syria, or Algeria.

Sweet or Savory, with Fish or Meat

Many of the recipes for rice dishes from the different regions of Spain–amongst them, the paella–are based on combinations of the round grains with the local seasonal produce (see *Spain Gourmetour* No. 29). Rice contains phosphorus which facilitates intellectual work, and potassium which calms the nerves and helps to relax the muscles. Since rice swells with cooking, it goes further so is considered an economic food. The regulating councils for the various denominations suggest a variety of dishes depending on the climate and the gastronomy of their regions. When asked for recommendations for a winter dish, Benet Arce, secretary general of the Regulatory Council for the Ebro Delta Denomination, recommends a "soupy" or wet rice with pig's ear and *butifarra*, a thick pork sausage. Ginés Hernández, president of the Calasparra Denomination in Murcia, also favors a wet rice but this time with chickpeas and beans.
Rice desserts are favorite dishes in the center and north of Spain, especially cinnamon-flavored creamed rice. It was the Empress Eugenia de Montijo who, in a display of patriotism, made this recipe fashionable in Paris. Another possibility is *menjar blanc* (in Catalan, white food) from Catalonia. This is a paste made of milk and rice flour that is eaten cold. But the famous paella is the masterwork of rice cookery. However, a dis-

WEB SITES

Alicante Gastronomy

Language: Spanish
Rice is the fundamental element in the gastronomy of Alicante. This Web site provides typical recipes from its distinct areas.
www.palen.es/alicante/recetas/re_mar.htm

Calasparra Rice

Language: Spanish
Calasparra rice is well known in Spain and worldwide. It has earned the Denomination of Origin qualification, a guarantee of fine quality.
www.w3.arrakis.es/calasparra/arroz2.htm

Rice from the Ebro River

Language: Spanish
This Web site belongs to the La Cava Chamber of Rice Growers and deals with the origin and qualities of rice bearing the Delta del Ebro Denomination of Origin.
www.personal.redestb.es/camaracava/index.htm

Rice Varieties

Language: Spanish
Calasparra rice and Delta del Ebro rice are just two of the many products carrying a denomination of origin or quality that are described on this Web site. It provides information on the varieties, characteristics, and cultivation zones.
www.62.81.255.27/donselecto/shop/denominacion.htm

ENVIRONMENTAL VALUES

Spanish short-grain rice is grown in areas of great environmental importance. For centuries, farmers have helped to maintain these areas, and the flooding of the fields even during times of drought guarantees the survival of the wetlands and of their fauna. The lagoons offer a stopoff for migrating birds on their flights between Northern Europe and Africa and a wintering place for flamingos. Both the Albufera and the Ebro Delta are internationally recognized as areas of ecological interest by the Ramsar Agreement signed by governments worldwide for the protection of wetlands.

The Albufera in Valencia is famed not only for its rice fields but also for its fishing, a longstanding local tradition. While the fields are flooded, hunting and fishing are permitted and attract much interest amongst lovers of these sports. The Ebro Delta Protected Geographical Area (Indicación Geográfica Protegida) certifies the rice produced within the Natural Park of the same name. Here, at the estuary of the Ebro river, the rice fields cover a piece of land that forms an island in the sea. The irrigation system includes the *assuds* or dams on either side of the Ebro with their two canals leading to other lower channels. The special characteristic of Calasparra in Murcia is that it is located at an altitude of between 340 and 350 meters (1,115 and 1,148 feet) above sea level. Farms are arranged on terraced slopes that receive water from a main irrigation ditch that brings constantly flowing cold water.

tinction needs to be made between paella as a dish in itself and *arroces en paella*, that is, rice cooked in the large flat pan–once used to offer sacrifices to the gods–that gave its name to the dish and that comes from the Latin word *patella*.

The ritual of the genuine Valencian paella takes place in the open air over a wood fire so that the wood aromas reach the food through the condensed steam and the heat reaches the whole of the dish evenly. But whether cooked in the great outdoors or at home, the cook who is successfully able to produce this prestigious dish will undoubtedly receive applause.

Mercedes Salas *is a journalist who specializes in information on agricultural and food subjects. She writes for the EFEAGRO news agency.*

See Exporters on page 111.

THE SECRET OF PAELLA

An authentic *paella* requires the use of any of the 50 or so products of the Valencia region although today it figures on menus all over the world. Salvador Gascó, chef and owner of Casa Salvador, a restaurant situated at the heart of the Albufera which specializes in rice dishes, states, "With different combinations, you could make up to 500 different recipes." Many of these are covered in his book that is soon to appear on the market. This restaurant, with its colorful ceramic tiles and its views over the lagoon, offers over 90 different recipes including dry rice, moist rice (in a liquid that is very thick but is not quite soup), soupy or wet rice, and baked rice.

According to Salvador, a genuine paella should contain chicken, duck, and vegetables, all of which are available locally, and he insists that it does not have to include a large number of ingredients. He says, "There are certain patterns to follow, although in the Valencian Community each local town has its own rules." Other possible rice dishes include *arroz a banda* with eels and monk fish, *arroz a la marinera* with shellfish such as Dublin Bay prawns or lobster, or rice with mushrooms. Although it is often done, Salvador does not recommend mixing meat and fish in rice dishes, "because they end up tasting of neither."

This culinary expert considers that the secret of cooking a good paella is for the layer of rice to be thin. He insists on the use of olive oil in just the right quantity to ensure that the rice is neither too dry nor too oily. He recommends lightly frying the meat, fish, or vegetables before adding the rice and, whenever possible, using freshly-picked vegetables to give "one of the healthiest dishes you can make."

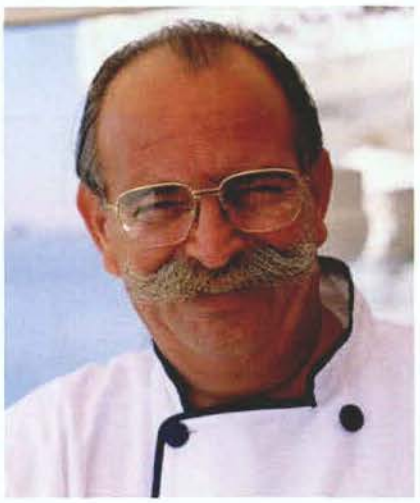
Soupy Rice with Lobster

Preparation time: 30 min.
Cooking time: 20 min.
Serves 4:

- 6 tbsp olive oil
- 1 kg (2 lb) lobster
- 1 small onion
- 5 cloves garlic
- 200 g (7 oz, 1 cup) cuttlefish
- 400 g (14 oz, 2 cups) artichokes
- 250 g (9 oz, 1 1/2 cups) *garrafó* beans
- Salt
- 2 ripe tomatoes
- 1 liter (1 1/2 pints, 4 1/5 cups) water
- 400 g (14 oz, 2 cups) short-grain rice
- A few threads of saffron
- 1 tsp *pimentón* (Spanish paprika)
- 2 *ñora* peppers (one chopped and one whole)
- 1 bay leaf

Note: Garrafó beans are large, flattish lima beans that are grown in the Valencian region and are much used in local cooking. Ñora is a local dry red pepper. If not available, they can be omitted.

Heat 6 tablespoons of oil in a thick-bottomed frying pan. When hot, add the lobster cut in half. Fry and set aside. In the same pan, fry the finely-chopped onion and garlic, the cuttlefish cut in pieces, the quartered artichokes, and the garrafó beans. Add a pinch of salt. Fry gently for about ten minutes then add the grated tomato. Stir and add the water. Return the lobster to the pan, boil for five minutes then add the rice. Cook for about 15 minutes and, when nearly ready, add salt to taste, a few threads of saffron, the pimentón and the chopped ñora pepper. Serve the wet rice in the pan in which it was cooked with the whole ñora pepper and the bay leaf as garnishes for the lobster.



Top Quality Spanish Peppers to Enjoy All Year Round

A PICK OF PEPPERS

Surprising though it might seem, all of today's pepper varieties, even the sweetest and fleshiest, come from the tiny, hot fruits that are natives of Bolivia and Peru. Remains of peppers found in these countries have been dated between 8600 and 8000 B.C. They were introduced into the Old World by Christopher Columbus who brought the first fruits to Spain in 1493 on return from his voyage of discovery to the Americas. After establishing them as a crop in the Iberian Peninsula, the Spaniards took them to the rest of Europe, starting with the Low Countries which formed part of the Spanish Empire under Charles V.

JUAN MANUEL SANZ / ICEX

TEXT
JULIA LÓPEZ DE SAGREDO

TRANSLATION
JENNY McDONALD

Spain is still one of the world's top growers of peppers. It stands alongside the United States in fifth place in world production, with a five percent share. It is the leading grower in the European Union, contributing 57 percent of the total crop and occupying 55 percent of the total growing area. Spain is also the world leader in exports of homegrown peppers. The EU is its natural market, with only 7-8 percent of exports going outside the Community.
Within Spain, the main province for both cultivation and exports is Almería in Andalusia. It grows over 53 percent of production and 36 percent of the Spanish growing area is located there. Of all the peppers exported from Spain, over 69 percent originate in Almería. Murcia in the southeast is also important with about 15 percent of production and seven percent of the growing area, followed at a distance by Alicante, Cádiz, Málaga, and Granada along the coast, and Toledo, Ciudad Real, and Zaragoza inland. The growing surface in Spain has remained fairly stable since 1970 standing at 22,600 hectares (55,800 acres) in 1998, while actual yield over the same period has more than doubled (883,000 tons in 1998). This upturn, especially marked since the 1980s, is the result of irrigation, the promotion of protected cultivation, the use of higher-yield varieties, and improved cultural and crop management techniques.
Trends in Spanish exports have also turned upwards, reaching 405,270 tons in 1998. Almería is the main growing area for autumn and winter harvesting, with 94 percent of its exports taking place from October to April. Spring and summer are covered by other producer areas, especially Murcia. Amongst the most important importers are Germany (which receives 36 percent of Spanish exports), France (21 percent), Holland (12 percent)–although in the latter sales have been falling because Dutch reexports of Spanish peppers are being replaced by goods sent direct from Spain to the final customers–and the United Kingdom and Italy (which both receive about nine percent). Pepper exports to the United States, the second largest importer in the world after Germany, have only been allowed since December 1998 and, as with cucumbers and tomatoes, they are only open to peppers grown under protected conditions in Almería. The quality of the fruits and their healthy condition, free from infestation by the Mediterranean fly, were determining factors in the permission to sell to the U.S. According to Juan Colomina, the manager of the Association of Growers and Exporters of Fruit and Vegetable Products of Almería (COEXPHAL) and vice president of the Andalusian Federation of Agricultural Companies (FAECA), "The American market is fairly strict and restrictive concerning suppliers of fruit and vegetable products. Whilst initial orders have not been big, U.S. approval for Almería peppers gives support and recognition for the production methods used in this area and the high quality of the produce."

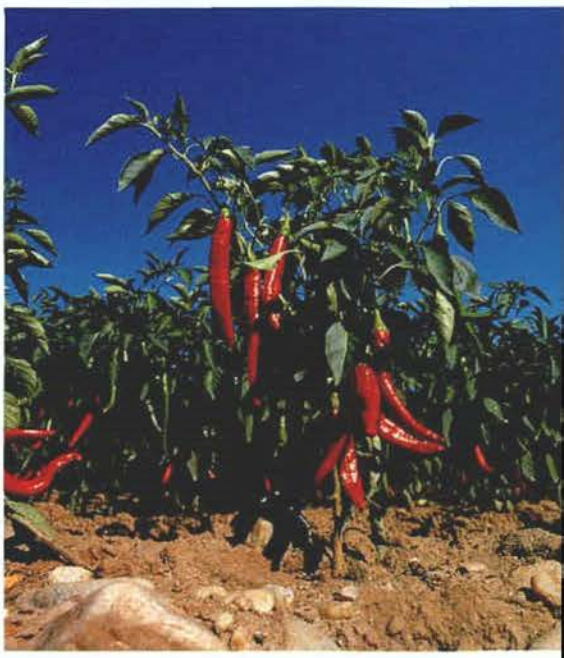
Varieties to Satisfy Every Market

The pepper belongs to the Solanaceae family (like the tomato and potato), genus *Capsicum*. Although there are five different species, practically all the varieties available to European consumers belong to the *Capsicum annuum*. The genetic variability of the pepper has led to a very wide range of shapes, making classification very difficult. For practical purposes, they can be distinguished by their flavor between sweet and hot, and by the shape of the fruits into square, rectangular, triangular (each of these with four different subtypes), squat (like tomatoes), sub-spherical (like the *bola* or *ñora* peppers) or cordiform (like the *morrón* pepper used for canning).
A wide variety of peppers has

traditionally been grown in Spain, mostly in the open. However, the expansion of protected cultivation and the development of net exporter growing areas such as Almería and Murcia have led to the entry into these areas of foreign hybrids in preference to the Spanish traditional varieties because, amongst other reasons, they adapt better to the extra early or very late growing cycles, give higher yields, are better suited to cultivation under plastic, or have better commercial qualities. In the words of José Manuel Fernández, manager of Vicasol in Almería, "These are the species the Europeans want to buy so obviously they're the ones we want to grow."
The most widely-grown species in Almería, for example, are the sweet red, green, and yellow California type (60 percent of production), Lamuyo (30 percent), and Italian (10 percent). Other colors (orange or

UNUSUAL PEPPERS

Some of the Spanish peppers, whether fresh, preserved or crushed in the form of *pimentón*, have such special characteristics that they have been singled out with a denomination of origin or quality. Some examples are the Denomination of Origin of the *Lodosa piquillo* pepper, grown in Navarre and sold as preserves (see *Spain Gourmetour* No. 23), or the Denomination of Quality of the Guernica pepper from the Basque Country. The latter is a small green fruit of a narrow, triangular shape, between 6 and 9 cm long (2-2 1/2 in) and much-prized for frying. The same can be said of the peppers from Padrón in La Coruña, Galicia, which descend from those brought by Franciscan monks to the Herbón Valley where they still have a monastery. These, too, are small peppers, 5-7 cm in length (2-2.7 in), with a conical shape and also consumed while green. Selection has focused on the sweet fruits although the traditional saying still stands, "Peppers from Padrón, some are hot and some are not" (see *Spain Gourmetour* No. 42). Spain was the first Old World country to crush peppers to form a culinary condiment and certain types of paprika are still called "Spanish pepper." Of special quality is the pimentón produced in the small district of La Vera in Cáceres, Extremadura (see *Spain Gourmetour* No. 40). This is made from peppers of the subspecies *Cerasiforme* (bulbous) and *Longum* varieties that descend from those brought in the 16th century by the Hieronymite monks from Guadalupe to their monastery in Yuste. This pepper, which has a very stable red color, is smoked to give it its characteristic flavor and aroma. It is produced in three qualities–sweet, bittersweet, and hot.



white) are grown to a lesser extent, as well as hot peppers. The California type tends to be more popular than the Lamuyo because of its uniform color, top conditions for standardization, better market prices, and thicker walls which make it last and travel better.

The seed business, too, especially in Almería, is so big that there is fierce competition amongst producers to offer the most suitable plant material for the special local conditions and timing requirements, with over 20 new commercial varieties being tested and offered on the market each crop year. In Murcia, with its important canning industry, together with protected cultivation of California type varieties for fresh exports, open-air varieties are also grown such as the round-fruited bola used for obtaining *pimentón* (ground dried pepper similar to paprika, see box), the morrón for canning and the *tomatero* with its thick flesh, bright deep red color, marked aroma, and smooth flavor, also for the canning industry.

A Fresh Source of Vitamins

Peppers require plenty of light and higher temperatures and relative humidity than tomatoes. The long hours of sunshine and mild winter temperatures of areas such as Almería enable Spain to grow peppers all year round which in other countries such as Holland would be excessively costly. Once ripe, either green or when they have turned their final color, harvesting is done manually every 7-12 days. This is a crop that has to be treated with care so the main cost involved is labor (56.3 percent) followed by the purchase of the seeds and seedbeds (9.6 percent). Commercial presentations depend on customer requirements–3-color net bags, individual plastic wrapping ("double skin"), flow packs, bulk packing, etc.

Peppers are health foods, amongst other reasons for their high vitamin C content. Although this depends on the variety and the degree of ripeness of the fruit, it is at least two or three times that of citrus fruits, sometimes as much as ten times more. Also important is the provitamin A content. Consumption of 100 grams of red peppers covers 85 percent of vitamin A needs for an adult woman and 68 percent of those of a man. Other vitamins present in significant quantities are vitamins E and B2. The main mineral is calcium.

Caring for the Environment

Spanish fruit and vegetable producers and exporters are continually adopting new measures to satisfy consumers' growing awareness of environmental factors and their concern for buying safe, quality foods. The need for controlling quality at source has led to the creation or enlargement of laboratories, such as the prestigious COEXPHAL-FAECA laboratory in Almería. This has been analyzing waste since 1988 and now has a department for crop improvement and another for food hygiene. Companies are also being created, such as Ecohortícola, S.L. in Almería, for the integral management of organic and inorganic greenhouse waste. New methods of certification are also being devised that go beyond official regulations. Associations such as COEXPHAL, FAECA, and FEPEX, the Spanish Federation of Associations of Fruit and Vegetable Producers and Exporters, promote the enforcement of standards UNE 155001 for controlled production of protected crops and UNE 155002 for open-air crops, both of which were drawn up in 1997 by the committee of the Spanish Association for Standards and Certification (AENOR) (see *Spain Gourmetour* No. 48).

In the case of peppers, four companies have been certified so far, three of them in Almería–Vicasol, S.C.A., Cabasc, S.C.A., and Las Hortichuelas, S.A.T.–and one in Las Palmas de Gran Canaria, Copaisan. Vicasol, a cooperative set up in 1979 in Vicar, which has over 200 partners and annual production of 75 million kilos of which it exports 95 percent, has held the AENOR certificate since 1998 for tomato, pepper, eggplant (aubergine), and melon and since 1999 for cucumber. One of the objectives of AENOR certification is the inclusion of integrated pest control and integrated crop management in agricultural production structures, with the emphasis on the control of fertilizers and plant waste and the application of biological pest control. Product traceability is a prime concern as are environmental control measures in protected cultivation. AENOR carries out inspections, at least once a year, to ensure that companies' activities and movements are properly documented. In addition to the exhaustive analyses of waste that companies have to carry out internally–in 1999 Vicasol alone performed 300 such analyses on about 100 active substances–AENOR periodically carries out surprise inspections and analyses in the field and the warehouse. With a view to promoting biological pest control, Vicasol subsidizes the introduction of such measures by its cooperative partners, testing them in its experimental greenhouses before they are applied on a large scale to combat infestation by specific pests. According to José Manuel Fernández, the company's manager, their main customers are the United Kingdom, Switzerland, Norway, and Sweden, which he describes as "growing markets, which appreciate and are prepared to pay for produce that has grown under supervision in a more environmentally-sensitive way."

Julia López de Sagredo *is an agronomist. She worked for seven years in the Spanish Economic and Commercial Office in Düsseldorf, Germany where she was responsible for the promotion of Spanish processed agricultural and food products. She currently lives in Málaga and, amongst other activities, collaborates with the specialist press on agricultural and food topics and foreign trade.*

See Recipes on page 111 and Exporters on page 144.

WEB SITES

Piquillo de Lodosa Pepper
Language: Spanish
Web site of the Regulatory Council of the Denomination of Origin Piquillo de Lodosa.
www.cfnavarra.es/agricultura/otrosor/piquillo.htm

FEPEX
Language: Spanish, English
Site of the Spanish Federation of Manufacturers and Exporters of Fruits, Vegetables, Flowers, and Live Plants.
www.fepex.es/inicio.htm

LASTING FLAVORS

TUNA

Canned from Spain

The Spanish continental shelf, that narrow and relatively shallow strip of seabed along the fringes the Iberian Peninsula, is extraordinarily rich in fatty fish, collectively and colloquially known in Spain as "blue" fish. These are migratory fish species of delicious flavor which are also rich in beneficial properties, especially effective in preventing heart conditions due to their high content in polyunsaturated fatty acids (Omega 3), which reduces "bad" cholesterol and glycerides in the blood. These fish have always been a key element in the traditional Spanish diet. They have a high protein content, and at any given stage in their development they have more than five milligrams of fat for each gram of flesh. On top of that they have numerous nutrients and energy enhancing compounds –lipid soluble vitamins, especially A and B–and abundant mineral salts–calcium, phosphorus, iodine, sodium, fluor–plus a highly valuable albumin content.

Text
José Carlos Capel
Translation
Mark Little

The extended family of tuna fish, as well as anchovies, mackerel, frigate mackerel, and sardines, among others, are used in canned and salt-cured fish products whose origins can be traced back to the very beginnings of history. This can be seen in the ancient records of the early Greek and Roman settlements on the Iberian Peninsula, as well in some of the great Spanish literary works. For instance, in his *Libro del Buen Amor* (Book of Good Love) the Arcipreste de Hita, a Castilian cleric and gourmand of the Lower Middle Ages, mentions various "blue" fish. The same fish are cited in the literature of Spain's *Siglo de Oro* (that splendid cultural period straddling the 16th and 17th centuries) and they have inspired countless popular songs and gastronomic fiestas.

Salted (see *Spain Gourmetour* No. 45) or marinated (see article on page 102 of this issue), some of these fish–particularly sardines, tuna fish, and anchovies–were the object of intense trade, especially from the 15th century on, and were the foundation of Spain's modern canning industry, one of the largest in the world.

Spain was always well supplied with the necessary raw ingredients for these preparations thanks to the use of different methods of fishing, starting with the legendary *almadraba*, an intricate labyrinth of nets (see box) in use more than three thousand years ago by the Phoenicians in the Gulf of Cádiz. Later came the *jabegas* of the 18th century (a Provenzal technique in which the fish are encircled and netted from boats not far from shore), which was introduced to Galicia by Catalan fishermen to increase the catch of sardines.

Different procedures were used to preserve the fish and prevent it from spoiling once it was caught. First came salting, a technique used by the Phoenicians. One mustn't forget that salt played a crucial role in antiquity, and was comparable to today's refrigeration chambers. Preserving the fish in salt allowed its transport to inland regions far from the coast. On top of that, the salt firmed up the flesh of the fish and gave rise to oxidative transformations which improved the flavor. This is why today, long after the original need to preserve the fish with salt has passed, these preparations are still considered a gourmet delicacy.

Later would come the technique of marinating the fish to keep it–a recipe of Arabic origin, mentioned in the Thousand and One Nights, and one of Spain's great contributions to world cooking.

From the mid-1800s, following the discoveries by the Frenchmen Appert and Colin and encouraged by the emerging industrial revolution, the foundations of the modern canning industry were laid in Spain, combining the latest technology with the age-old tradition of fishing close to the coast.

Tireless Swimmers

Many of the fatty fish species share similar anatomic, biological, and functional characteristics. These are true racing fish, swift and strong, perfectly equipped to swim at high speeds, with their slender shape, smooth shiny skin and the forked tail fin typical of fast swimmers. The

Salted Fish

One of the most prized styles of salt fish is *mojama*, which is made with cuts from the back of the tuna which are salted and then hung to dry in the wind and sun. The word mojama is a rendition of the Arabic *mussama*, from the verb *samma*, "to dry" (see *Spain Gourmetour* No. 45). The tuna cuts are soaked in brine for 12 hours, then rinsed with frequent changes of water, and finally hung to dry on racks placed near the shore.

The drying period varies from six to eight days, depending on the force of the sea breeze. The damp winds of the east delay the drying, while the fish cures much faster with the drier west wind. The great demand for this delicacy, added to the painstaking craftsmanship required to produce it, explains its high price, around US$ 6-8 (€ 6-8) a pound.

Another salted treat, tuna fish roe–the most prized of which comes from the blue fin tuna–is a sort of dense caviar cake, made with the salted, dried, and pressed roe, of a dark, toasted color and a slightly acrid and metallic, but very aromatic, flavor.

pyramid-shaped head ends in a pointed snout and a mouth equipped with small, sharp teeth, while the coloring is typical of deep sea fish, with a dark blue back and a silver belly with light reflections, providing camouflage both from above and below.

These are gregarious species which swim together, and are very sensitive to variations in water temperature. They move in large schools, driven by some mysterious genetic urge. Traveling on a never ending voyage, they cross the waters of the open seas until, with the arrival of spring and summer, they come close to shore to spawn. Due to their considerable appetite, as they swim along they gulp up an enormous quantity of other marine species, which enables them to build up a progressively thick layer of fat under their skins to protect them on their ocean voyages. Their nutritional requirements are such that experts calculate that a 440 pound tuna will eat 132 pounds of fish a day, that is, a third of its weight, mostly sardines and anchovies.

For various reasons the warm Spanish waters are irresistible to these fish during their seasonal migration. The migratory route of the dark-fleshed blue fin tuna *(thunnus thynnus)*, which takes it from the Atlantic ocean into the Mediterranean to spawn, was already well known to man in ancient times.

Roughly following the earth's parallels they round the coast of western Andalusia (Huelva and Cádiz) to cross the Strait of Gibraltar in April and May.

When they arrive, heading for their spawning waters in the Strait of Messina, they are plump and fatty. At this stage of their journey they are known to Spanish fishermen as *"atunes de ida," "de paso,"* or *"de derecho."* From the month of June they start on the return journey to the Atlantic. By then, exhausted from frantic spawning activity, they are much leaner. These are called *"atunes de regreso," "de vuelta,"* or *"de revés."* For obvious reasons, the canning industry based in southwestern Spain times its activities according to the seasonal movements of this species, and only the fish "de ida," the plump tuna which head for the Mediterranean in spring, are used to make some of the famous specialties of the region.

Choice Cuts

The most prized canned fish products are made with the back, the belly, and neighboring cuts of the tuna fish, as well as with the *morrillo* (the cut from the neck), which has very mild and delicate flesh. These cuts are processed when they are in absolutely fresh condition. The fish is boiled in salted water, drained, then packed in cans with olive oil, and finally sterilized. It is an almost craftsman-like activity restricted exclusively to small factories in Isla Cristina and Barbate, in the provinces of Huelva and Cádiz.

The tuna and other oily species, such as *melva de almadraba* (frigate mackerel caught with the almadraba method) and the renowned mackerel of Andalusia are also used for other delicious canned products. Some are seasoned with sauces and original dressings, such as tuna in pork lard and tuna in onion sauce. But most of the cuts, such as the delicate morrillo and the flesh of the frigate mackerel, are simply canned with olive oil. One gastronomic specialty is *melva canutera*, a frigate mackerel of smaller size but particularly fine flesh.

These deluxe gourmet treats are complemented by the fish netted by Spain's large oceangoing tuna fleet, ships which ply the seas thousands of miles from Spain as they follow the nomadic schools of tuna.

This fleet supplies the enormous Galician and Basque canning industry. The ships arrive at port with tons of yellow fin tuna which are used to prepare tasty canned fish in olive oil. Tuna fish, which has dark colored,

The Modern Fish Exchange

The scene in the *lonjas*, the fish exchanges located in Spanish ports, has changed quite a bit in recent years. Gone is the cacophony and mayhem of the old fish auctions, where transactions involved shouted bids and frantic gesturing as prices were fixed in a matter of seconds.

These days the catch is sold in a much more technologically advanced manner, and the lonjas are now silent places as participants concentrate on the figures flashing on electronic screens. The crates of fish are displayed on conveyor belts in front of the comfortably seated buyers, while the screens indicate the weight of each box and the boat which caught it. Barely a whisper is heard as each lot is purchased by a buyer who places his bid using a remote control.

From the start of the auction the bids never cease to go up or down accordingly. At the end, each auctioned lot will be shipped from the lonja, its buyer duly noted–be it a wholesale dealer or the canning industry.

The Almadraba, an Ancient Skill

The seasonal migrations of the tuna are portrayed on numerous Phoenician coins unearthed along the coast of Andalusia, showing two facing profiles of this fish. The first *almadrabas*–an ingenious system of fixed nets which are set up to ambush the schools of tuna–were developed around the same time and the technique is so effective that it is still in use today, three thousand years later.

The almadraba is a giant underwater system of enclosures formed by miles of nets and cables, anchored to the seabed. They form a veritable submerged maze with its corridors and consecutive compartments, each with is own name–*"cámara," "buche," "bordonal"*–through which the tuna are herded until they reach a final enclosure, the *copo*, from which they cannot escape.

The harvesting of this marine crop, called the *levantada*, is a dramatic spectacle. When the boats close in and raise the copo, the catch net, the tuna thrash around and the fishermen plunge into the fray for the final hand-to-fin combat. One by one the enormous fish are hooked and hoisted onto the small boats, amid the continuous and often dangerous thrashing of strong tails.

Centuries ago dozens of these almadrabas were installed along the Atlantic coast of Andalusia and at strategic points of the Mediterranean coast. In those days the Gulf of Cádiz was a veritable tuna fishing emporium. The tuna trade was centered around the towns of Sanlúcar de Barrameda and Zahara de los Atunes. The activity attracted many *jabegueros* (fishermen who were skilled in fishing from small boats close to shore) from all over, and the towns took on the atmosphere of gold rush communities. The migrant fishermen lived in makeshift sheds which, according to reports, were the scene of much after-hours rambunctiousness and lasciviousness. Cervantes depicted the prevailing spirit in his story, *La Ilustre Fregona*, in which the author described Zahara as the "ultimate picaresque scene."

The first license to install almadrabas was issued by the Spanish king to the Castilian knight, Alonso Pérez de Guzmán (famous as Guzmán el Bueno) in 1294, and the right passed on to his heirs, the Dukes of Medina Sidonia.

In spite of the decline of this traditional system, even today thousands of tuna are caught every year in the almadrabas off the coast of Cádiz, near the fishing town of Barbate.

fatty flesh, has certain similarities with beef. Perhaps this is why in Spain it earned the nickname of "the Carthusian monk's meat," probably because it featured prominently on the Lenten menus of the monasteries. Another noteworthy member of the family is the albacore (*thunnus alalunga*), which has a mild, aromatic flavor. It is native to the Bay of Biscay, and the fishermen of the northern coast catch it the old-fashioned way, by pole and hook, an environmentally friendly procedure which does not impinge on the fish stocks. In their work the fishermen are unwittingly assisted by dolphins, which signal the presence of the fish with their leaps. The albacore is popularly known as "el bonito del norte" (northern bonito), used in the Basque *marmitako* (a fish stew). Spaniards also prize roasted albacore belly and thick albacore steaks cooked with peppers and tomatoes. The albacore is also caught close to shore in summer. Traditionally, the local fleet starts hooking them around the Feast of Saint Anthony in June, when northern Spanish food fanciers eagerly rush to sample the first fish caught. It is a fish of great prestige among gastronomists, with its light, flavorful flesh, and it is also used to make delicious canned products and in marinades.

To these classic recipes the canning industry is adding new, original preparations, such as fillet of albacore in beer sauce, in curry, pepper sauce, scallop sauce, or with virgin olive oil, which demonstrate both the fish's excellent flavor and its wonderful versatility. The presentation of the finished product has also evolved, apace with the latest styles of preparing the fish. These preserved fish now come in glass jars of every shape and size, attractively wrapped in stylish paper,or packaged in elegant boxes with decorative bands. After all, a handsome presentation is befitting of such a deluxe treat, one that can be enjoyed in two simple movements: open it, and eat it. Fine food never came easier.

The prestige of the Spanish canned fish lies in its use of super fresh ingredients, caught in their prime, just when they are at their fattest and juiciest. Added to that, Spain's canneries stick to rigorous rules to control the quality throughout the different stages of the process, ensuring that the finished product reaches the consumer with all the marvelous qualities of the fish intact.

José Carlos Capel *is a writer on gastronomic subjects and a member of the Spanish Academy of Gastronomy. Food critic for the daily* El País, *he also contributes to a number of Spanish publications devoted to food.*

See Recipes on page 111 and Exporters on page 144.

WEB SITES

ANFACO
Language: Spanish
Web site of the National Association of Producers of Fish and Shellfish Preserves. It includes a list of members and a selection of recipes.
www.anfaco.com

FACORE
Language: English, Spanish
Web site of the Association of United Preserve Manufacturers.
www.facore.com

FROM
Language: Spanish
Web site dedicated to gastronomy of fish dishes which includes an extensive collection of northern tunny fish recipes.
www.from.mapya.es/from/pags/gastronomia

Tuna and Mackerel Species
of special commercial significance

Albacore

Spanish name: atún blanco, bonito del norte, albacora
Scientific name: *Germo alalunga* or *thunnus alalunga,* family Scombridae, genus *Thunnus*
Teleost fish with an elongated, streamlined body, a conical head, dorsal fins which are close together, and long pectoral fins. Dark blue back and silvery gray belly.
All the flesh of this fish is prized, and is light in color, fine in texture, and fragrant. It is usually prepared cooked and canned in olive oil, although more innovative, sophisticated recipes are being introduced, such as albacore in beer sauce, seasoned with curry, in green sauce, in scallop sauce, and in virgin olive oil.

Bluefin Tuna

Spanish name: atún rojo, atún de almadraba
Scientific name: *Thunnus thynnus,* family Scombridae, genus *Thunnus*
A large teleost fish with an elongated, streamlined body and cone-shaped head. Its two dorsal fins are practically contiguous, and are followed by a row of eight blue finlets and a tail fin of the same color. The back is a metallic blue color, with gray flanks and a silvery belly.
The flesh of the bluefin is red and fatty, with a rich flavor reminiscent of beef. Every part of the fish is used: the roe is pressed and salted, as is the belly meat, and the back is salted and dried to make *mojama.* The flesh is also canned in olive oil or marinade. *Sorra* is made with the belly meat of this fish, salted and later cured in barrels with brine for six months, and finally drained, dried, and desalted. In more innovative preparations, bluefin in cans or glass jars is accompanied with red peppers and peas, steeped in a partridge marinade, or packed in pork lard.

Yellowfin Tuna

Spanish name: atún claro, rabil
Scientific name: *Germo albacora,* family Scombridae, genus *Thunnus*
This is one of the most prized members of the tuna family. It is a large perciform which lives in the Atlantic and is of great importance in commercial fishing, due to the high demand from the canning industry.
The back and belly are canned in olive oil or marinade. Other parts of the fish are flaked for use in cooking of many dishes calling for tuna, such as savory pastries and *pisto.*

Bonito

Spanish name: bonito, bonito del sur
Scientific name: *Sarda sarda,* family Scombridae, genus *Sarda*
Perciform fish with a long, streamlined body and cone-shaped head, with contiguous dorsal fins and a dark blue back with ten lengthwise stripes, and silvery flanks.
This fish, which gives small cuts of flavorful red flesh, is not as fine textured as the albacore and is of less interest for the canning industry as it is not netted in quantity. It is generally prepared fresh.

Frigate Mackerel

Spanish name: melva
Scientific name: *Auxis thazard,* Scombridae family
Perciform fish with a torpedo shaped body covered by large scales, and sail-shaped dorsal fins. It has a metallic blue back, grayish flanks, and silvery belly. Its flesh is flavorful, firm and light in color, making it perfect for canning in olive oil, especially the boned, skinned cuts from the back.
The frigate mackerel caught in southern Spain is unique, both for the method used to catch it–the *almadraba* system of fixed nets–and the fact that it is captured at its peak of plumpness and flavor.
The smaller specimens, with lighter, finer flesh, are known in Spain as melva canutera. Due to the delicate quality of this fish it is not used in the more elaborate preparations.

Mackerel

Spanish name: caballa
Scientific name: *Scomber scombrus,* Scombridae family.
Teleost, perciform fish with streamlined, torpedo-shaped body. It is very thin from side to side. Cone shaped head ending in a pointed snout, with a prominent lower jaw. It has a dark metallic blue back crossed by parallel zigzag stripes, and a silvery belly. Its flesh is light-colored and fine textured, with a distinctive iodine flavor. The mackerel caught off the coast of southern Spain is especially prized for its higher fat content. The usual preparation is quite simple: skinned and boned, the mackerel is canned in olive oil, marinade, or tomato sauce.

OLIVE OIL

SPANISH COOKING WITH

Art, Craft, and Science

If paradise is a land flowing with milk and honey, then Spain surely flows with green, golden, and amber olive oil. Estrabón, the Roman geographer, reckoned that Spanish oil was "unsurpassable, not only in quantity, but also in quality," and ever since, Iberian cooks have been exploring its flavors, aromas, silky texture, and powers as a cooking medium. Isidoro of Seville, 7th century saint and writer, recommended "sweet" oil pressed from perfectly ripe olives as a condiment and new-season green or late-season common olive oil for other uses. In Al Andalus, Muslim Andalusia, stalls selling deep-fried pastries in the markets were so popular that jurists drew up laws to regulate them. By the 17th century Castilian cookbooks were explaining how to dress hot vegetables, preserve fish, and fry eggs and *tortillas* in olive oil. Aptly, one of Velázquez's masterly portraits of everyday life in Seville, painted in 1618, shows an old lady, wooden spoon in hand, frying two eggs in olive oil. An apparently simple looking dish, it is regarded as a test of skill for chefs in three-star Spanish kitchens. And likewise a golden-brown potato tortilla or plateful of deep-fried fish, a thick tomato *sofregit* or creamy salt-cod *al pil-pil*, all deceptively simple to the outsider's eye, rest on the understanding of different techniques. Here we explain these techniques that go well beyond making a salad dressing with olive oil to cooking as an art, craft, and science.

AMADOR TORIL/ICEX

TEXT
VICKY HAYWARD

Appropriately, Spaniards have the Muslims to thank for the name they give to olive oil: *aceite,* from *zayt al-zaytun,* the juice of the olive. The first Iberian olive groves date much further back, probably to pre-Phoenician times in the valley of the River Guadalquivir where it runs southwest across the Andalusian plains from Córdoba to Seville. This was to remain the heartland of Spanish agriculture through the Roman and Muslim centuries and became one of Europe's richest agricultural regions in the 16th century, when boats came from all over Europe to ship home the prized liquid gold.
But it was the Muslims' faith in olive oil's medicinal and gastronomic values, as well as their agricultural skills, which took Spanish cultivation to a new scale. Today, after further planting, especially in the 18th century and between 1880 and 1930, a total of nearly 170 million trees are divided between central and southern Spain and the eastern Ebro valley. This abundance, producing 600,000 metric tons of oil a year, explains why Spain is the world's largest olive oil exporter yet still has, enough left over for Spaniards themselves to consume a healthy 15 liters of oil a year.

Southern Frying Culture

As in other Mediterranean countries, Spaniards use an estimated half of their olive oil in cooked dishes.
Many of the most distinctive techniques originated in the Muslim centuries. Indicatively, according to a recent study by Arabist historian Expiración García Sánchez, around 90 percent of the dishes or recipes in Andalusian cooking treatises called for olive oil as an ingredient or the cooking medium.
Frying, today's Spanish olive oil technique par excellence, was widely used: *escabeches (iskabays)* of game or fish preserved in spiced olive oil and vinegar; *tafayas* of skinned fish, like many dishes, were braised in oil and spices in an earthenware casserole.
Olive oil was also a defining ingredient in simpler, popular foods like today's *ajo blanco,* the cooling white almond soup believed to have Moorish origins, and *ka'k,* olive-oil ring biscuits now called *rosquillas.*
Alongside this, deep-fried specialties from the *zocos* or markets sold well to rich and poor alike: honey-soaked pastries called *mu^yabbanōt* (today's *almojábanas*) and *isfan^y* (olive-oil *choux* puffs) and crispy fried fish along the coast. These frying stalls became so popular that local laws had to limit their locations and define pastry-making methods to avoid fraud.
Eight centuries later, Andalusia has kept its street-foods deep fried in olive oil. *Churros* or *tejeringos,* crisply fried spirals of batter broken into tubular fritters, are served for breakfast and at *fiestas* for dunking in coffee or chocolate. Fried potato crisps impregnated with the flavor and aroma of olive oil are sold heaped on street stalls–and the cake shops still sell almojibanas and other deep-fried pastries.
But the meccas of Andalusian frying are the *freidurías,* or fried-fish shops, in Cádiz, Málaga, and other ports. Small raw fish, baby squid, or bite-sized chunks of larger fish are lowered into sizzling baths of olive oil and drawn out again a few minutes

later as *pescado frito,* juicy on the inside and crisp on the outside. Once served in newspaper cones, it is now the house-specialty of fine restaurants.

Science and Popular Wisdom

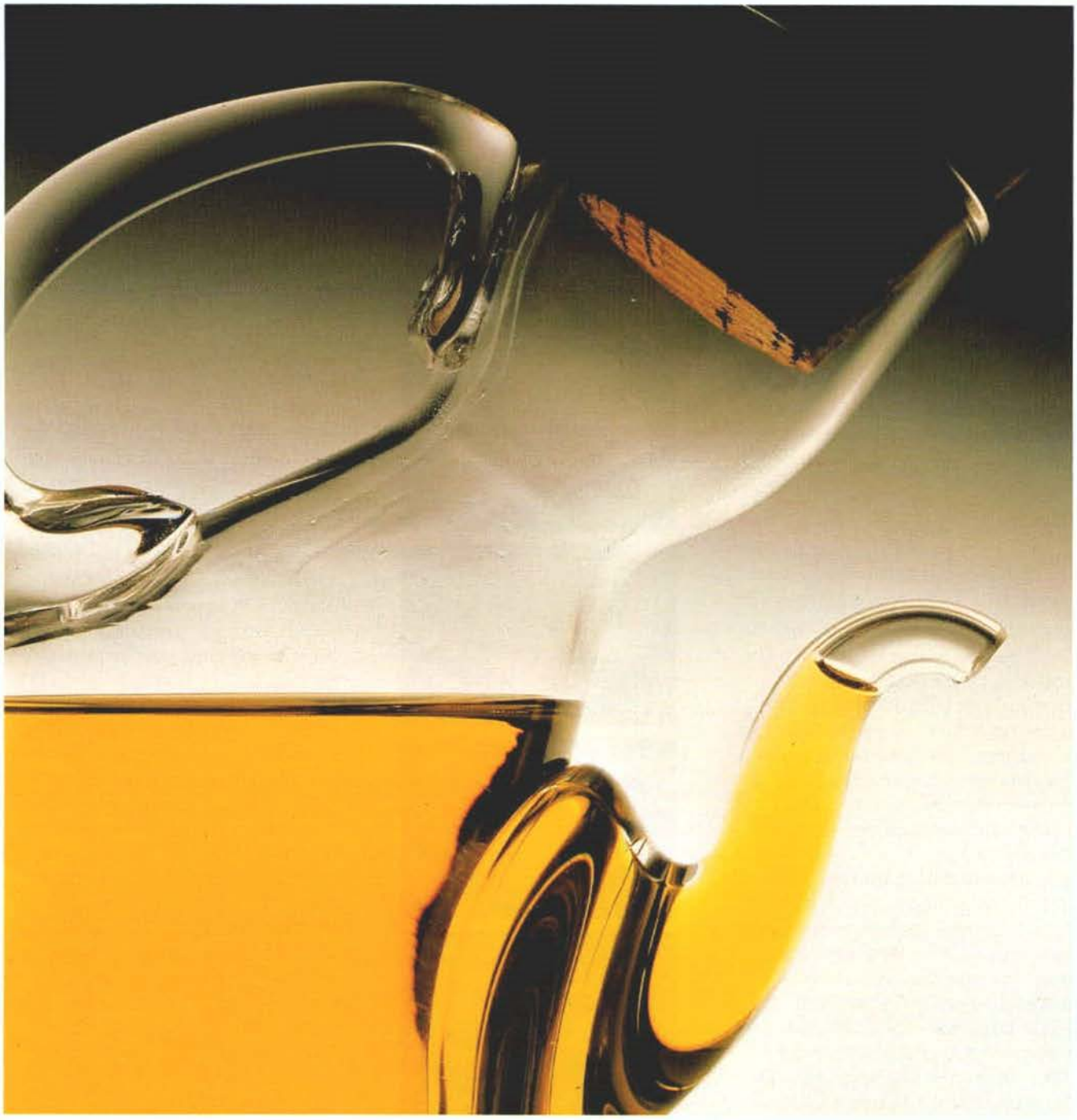
The freidurías are a good example of the craft of cooking with olive oil. Small batches of damp fish are finely coated in coarse flour, the surplus is rigorously sieved away, and the fish then goes straight into a spacious vat of pungent, very hot olive oil kept at the same temperature throughout each serving session and reheated perhaps half-a-dozen times over a few days.

In a series of different research projects investigating the health benefits of olive oil over the last twenty years Spanish and other Mediterranean scientists have discovered why this technique gives very crisp, well cooked digestible food.* Physicists measuring osmosis in deep frying in 1983 discovered that virgin olive oil penetrated food 12 percent less than

sunflower oil and 47 percent less than refined soya oil.

Instead, olive oil stays on the surface of the fried food, forming a fine, impermeable crust locking in the food's moisture and flavors. So, in the case of pescado frito, the fish cooks in its own juices inside a crisp dry crust, leaving behind clean oil that has absorbed little fish oil and lost little volume. Or, as a Spanish proverb puts it, summing up centuries of popular wisdom, olive oil grows in the pan.

During the 1970-80s chemists also researched why foods deep fried in olive oil reused various times are especially palatable and digestible. Oleic acid, rich in antioxidants and monosaturated fatty acids, protects olive oil's chemical structure even at the temperatures close to smoking point which provoke harmful changes in seed oils. Nor does the level of oleic acid drop with reheating. Laboratory tests showed that potatoes fried in oil reused twenty times kept the same characteristics. Finally, in the 1990s, scientists have discovered why certain varietal oils–those made from Picual and, to a



lesser extent, Cornicabra and Hojiblanca–resist high temperatures especially well. They have a higher oleic fatty acid content than other olives. In particular Picual, which makes up 50 percent of Spanish groves and is the most popular frying oil, contains 75-80 percent oleic acid compared to an average of 60-70 percent in other olives.
Alongside this, of course, are all the other better known health benefits of olive oil from its vitamin E content to its role in helping to prevent heart disease, diabetes and, it has now been suggested, Alzheimer's disease.

The Raw and the Cooked

Frying remains the Spanish olive oil cooking technique par excellence, but its use, both raw and cooked, spans farther than that. It is a defining ingredient in dishes Mediterranean: *allioli*, garlic-based mayonnaise, and Andalusian *gazpacho* soups; it is a preserving medium for vegetables, cheese, tuna, and sardines; and it is the fat used for a range of pastries, sponges, and biscuits, many descended from the recipes of Al Andalus.
Guidelines for using olive oil uncooked in sauces, marinades, gazpachos, and preserves, or as a sauce are the simplest. Unless you are looking for a special effect–like the ingenious new chefs'iced oils–they should be served very lightly chilled, or at room temperature, or slightly warmed to bring out the oil's full flavor, aroma and satiny texture. It is a good indicator that olive oil tasting is done at 38°C to experience an oil's full sensorial properties.
Olive oil also needs to be at room temperature to blend in as smoothly as possible into emulsion sauces or purées bound with olive oil–not just mayonnaise and allioli, where the oil is added from a drip-pourer, or *aceitera*, but also nut-based *romesco*, peppery or herby Canarian *mojos*. Oil can be whisked into reduced pan-juices to give sheen and body.
Olive oil needs time to fully synthesize flavors. Gazpachos, shellfish or roasted red pepper salads, and purées with olive oil will develop their flavors to the full if left to sit for twelve hours. Spanish gourmets consider sardines preserved in olive oil at their best after five or six years. Homemade flavored oils or preserves, such as artichokes, red peppers, or cheese in olive oil should be left for at least a month, covered with oil to exclude any air, for a good exchange of flavors.
Still used as an ingredient rather than a cooking medium, olive oil is often brushed over meat, fish, and vegetables–for example, tomatoes and potatoes–before roasting, grilling, griddling, or barbecueing. Here its main role is to seal in moisture and prevent food from drying out; if you want the flavor of the oil to come through, then pour over a little warmed oil at the end of cooking just as you can over vegetables or, in Galicia, octopus with rock salt and paprika, to make a sauce echoing the dish's main flavors.
In pastry doughs–like those for *empanadas*, Galicia's flat pies, and the pizza-like *cocas* of the Mediterranean coast, and in sweet biscuits and pastries like *pestiños, cañas* and rosquillas, all made with oil–the quality of a virgin or extra virgin oil shows through surprisingly clearly in crisper, lighter textures as well as the flavor of the pastry itself.
"Olive oil transforms dough textures," explains Luis Santamaría Liera, prize-winning pastry chef, confectioner, and cakemaker of La Duquesita in Madrid, "Rosquillas (baked ring-biscuits), for example, don't puff up in the oven in the same way made with other oils, and neither do fried pastries."
Always beat the oil for dough very well with the egg and other liquids, or knead it into the dough until it is shiny and elastic.

Back to the Frying Pan

Spaniards have half a dozen names for different types of frying. To *sofreir* is to sweat food without browning it, sometimes adding liquid; it is most frequently used for onion, garlic, and tomato–separately or combined–to start off braised fish, meat and beans, rices (especially in Alicante), and vegetable dishes. It also defines the classic tomato *sofrito* or sofregit. As Catalan chef Josep Laldanosa i Giró wrote of it, "jam is perhaps the right word for the end product."
The straightforward Spanish word for frying, *freir*, embraces two different techniques, one in earthenware and the other in a heavy-based metal pan. Sizzling in a *cazuela*, or flameproof earthenware dish, gives an even temperature and the dish retains heat for a long time after cooking. Be generous with the oil. This

works perfectly, for example, in *gambas al ajillo,* prawns sautéed with sliced garlic and served as they cook in the oil in the dish: the garlic remains golden, the oil soaks up its flavor and the prawns remain tender and juicy.

Shallow frying in metal pans at different temperatures and with varying amounts of oil gives different effects: fried almonds should start in plenty of cold oil to cook through to the center; tortilla pans are given a lick of oil, either fresh or subtly flavored from frying the potoatoes; fried eggs need to float in oil that can be spooned over the yolks as they cook. Southern *patatas a lo pobre* need a good inch of hot oil to leave them satisfyingly oily, but browned and crunchy at the edges. Basque salt cod al pil-pil relies on precise simmering at around 45°C to draw out the fish gelatine, which then emulsifies the oil into a creamy sauce.

Hot oil, but little of it, is needed to *saltear,* for dishes like *migas,* or breadcrumbs, tossed as they are fried so they do not absorb too much oil. At a lower sautéeing temperature, *rehogar* is to heat through cooked vegetables like baby broad beans, chard, or spinach in plenty of oil with garlic and cured ham. And finally there is the *refrito:* oil heated with flavorings like garlic, crumbled dried peppers, or *pimentón,* and sometimes a splash of vinegar, before pouring over finished dishes as varied as stewed beans and oven-baked fish.

In both frying and deep frying, *rebozar* is to coat food with flour, as for fish or wafer-thin fried sliced eggplant, or a flour and egg batter, as in the case of *leche frita,* fried milk custard. The basic rules for deep frying are to use plenty of very hot oil in a deep-sided pan, to add the food in small batches so the temperature does not waver and to stir with a wooden spoon to keep temperatures even. Although olive oil's burning point is 450°F (232°C) it is best not to allow the oil to rise above 180°C (350°F). Filter oil straight away through cloth or paper, keeping fish and meat oil apart for appropriate reuse.

"Olive oil can be reused until its color and texture begin to change," comments Jerónimo Díaz, a chemist who specializes in olive oil and is technical advisor to ASOLIVA (Spanish Association for the Olive Oil Industry and Export Trade). "When its viscosity reduces and its coloring pigments begin to alter, then it needs to be poured away. The speed with which this happens varies according to what you are frying and at what temperature."

The final key principle in all kinds of cooking is balance of flavor. And this, in the end, is the real art. Clearly, a pungent oil would clash in an Andalusian orange and honey fruit salad or can make a mayonnaise overpoweringly strong. But it is a question of personal taste whether you like buttery golden or fruity green oil drizzled over warm vegetables, and whether you add a peppery punch in a gazpacho or ajo blanco. Sometimes a bold experiment lends a new character to a familiar dish. For this reason, you will find two or three olive oils in a Spanish kitchen–and up to half a dozen in professional ones.

WEB SITES

ASOLIVA (Spanish Association of the Olive Oil Industry and its Export)
Language: Spanish
This site offers information about the history of olive oil, its elaboration, classification, taste, and quality.
www.asoliva.com

APROLIVA
Language: Spanish
APROLIVA is an olive oil manufacturer's association that covers the Andalusian provinces of Granada and Almeria.
www.aproliva.com

Library of Medical Information on Olive Oil in Europe
Language: Official languages of the European Community
The aim of this Web site is to disseminate scientific and medical information on the role of diet in general and the importance of olive oil in particular.
www.europa.eu.int/comm/dg06/prom/olive/medinfo/es

Olive Trees in Castile-La Mancha
Language: Spanish
Information on the cultivation of olive trees in Castile-La Mancha, as well as characteristics of the olive oil obtained in this region of Spain.
www.madridejos.net/aceites.htm

Thematic Index of Olive Oil and Olive Plantations
Language: Spanish
Web site listing the most important upcoming events related to olive oil, with links to other sites that provide further information.
www.inchi.com/oliva

Mediterranean Diet
Language: English, Spanish
This Web site provides information on olive oil as an integral part of the Mediterranean diet.
www.dietamediterranea.com

Vicky Hayward *is a writer, journalist and book editor whose articles about the arts, travel, social issues, and food are published internationally. She is senior editor of Booth-Clibborn Editions, London. She lives in Madrid.*

** For full details of the research by Doctors G. Varela et al., P. Viola, Fedeli, L. Frias Ruiz, M.T. Ruano Ayunos, and J. Diaz Rivas, please see the IOOC's* World Olive Encyclopedia, *1996.*

See Recipes on page 111 and Exporters on page 144.

Six Chefs' Ideas for olive oil

We asked six Spanish chefs from different regions to choose a favorite use for olive oil in their kitchen, and comment on its use or effect in the dish.

Ferran Adrià, El Bullí (Catalonia)

Iced Olive Oil

"With this new technique, we convert olive oil into an unctuous paste with a creamy iced texture that is unusual in vegetable fats. The iced oil melts rapidly on the palate. One of the combinations of flavors that we serve is lemon with vanilla and fresh basil."

Martín Berasategui, Restaurante Berasategui (Basque Country)

Olive Oil Ice Cream

"My latest discovery, added to the menu at the end of last year, is ice cream made with olive oil. I use a very fruity extra virgin olive oil to replace the animal fats and no other flavoring. I want the ice cream to be based entirely on the olive oil's personality. It gives a wonderful creamy texture and the range of flavors as it goes through temperature changes in the mouth is extraordinary, the effect is as you would imagine the oil of an olive off the tree."

Sergio López, Tragabuches (Andalusia)

Potato Purée and Cold Soups

"Olive oil is a dynamic in all our cooking because of the way it adds sensual textures and an element of sensory pleasure. We use only one cold-pressed oil, very green and fruity, pressed in a small local mill. We put a bottle on every table for drizzling over bread and food, and to add to most dishes: for example, a golden, almost liquid potato purée and all of our cold soups, such as almond-based white *ajo blanco* and a traditional red *gazpacho*, from which we also make a sorbet."

Manuel de la Osa, Las Rejas (Castile-La Mancha)

Garlic-infused Virgin Olive Oil

"Every day I heat two liters of locally made virgin olive oil very gently and slowly with a kilo of garlic cloves, as in a comfit. I use this as a base ingredient for binding sauces made from reduced pan juices, for preserving meat and game, to macerate meat, fish, and vegetables, and prepare oils flavored with aromatic wild herbs and truffles. Olive oil is fundamental for me because it is part of a set of flavors and textures I've known since childhood."

Toño Pérez, Atrio (Extremadura)

"I use raw and cooked olive oil–from Extremadura, green and as fruity as a juice–in all kinds of dishes. The key is to understand how to use it in each case, especially when you're using an oil with a lot of character. *Escabeches* and comfits need very slow, long cooking and when we use olive oil in sweet dishes like, *pestiños* and *coquillos*, both fried oil-dough pastries, we heat the oil first with a strip of lemon or orange rind or a vanilla pod to take out any bitterness."

Santi Santamaría, Racó Cán Fabes (Catalonia)

Hot Escabeches and Pâté Bathed in Olive Oil

"I really like hot escabeches, for example made with fish. I griddle or sauté it until it is almost cooked, then poach it in reduced *fino* sherry–which replaces the usual vinegar–and very green, almost raw, fruity Lérida oil, which enhances the combined flavors. I also like an idea from Baeza: a pâté bathed for a short time in Andalusian oil. I make the pâte with duck and mix the oil with sherry vinegar, chopped onion, and scallions. In this dish the oil also transforms the pâté's textures."

16 RECIPES

Food Editor María Jesús Gil de Antuñano
Photos Angel Robledo/ICEX

Cod in a Pil-Pil Sauce

This is a classic but surprising dish–juicy loin steaks of salt cod served in a very flavorsome, gelatinous white sauce that is the result of slowly emulsifying the oil with the albumin in the cod skin.

Preparation: 15 min. plus soaking time
Cooking time: 25-30 min.
Serves 4:

- 750 g (1 lb 9 oz) salt cod
- 2 dl (11 tbsp/8 fl. oz) oil
- 3 cloves garlic
- 4 rings chili pepper
- 1 bunch parsley (optional)
- Salt, if necessary

Cut the cod into even-sized pieces and leave to soak for 36 hours, changing the water every eight hours. Drain and remove the bones.
Fry two whole garlic cloves and place in a mortar. In the same oil, fry the other garlic clove thinly sliced and the chili pepper rings (after first soaking so that when cut they do not break). Leave the oil to cool down then add the pieces of cod with the skin upwards.
Place the dish over a low flame and shake gently with semicircular movements. When the sauce is almost white, add the fried garlic cloves crushed together with the parsley and two or three tablespoons of water. Continue to shake the dish gently until the sauce thickens. If the cod is of good quality, the oil should start to turn white after a few minutes of shaking and the sauce should bind after 15-20 minutes.
A good trick for making sure your *pil-pil* sauce amalgamates is to remove some of the oil when it is turning white and whizz it a little in the blender. Or try trickling 25 ml milk down the side of the dish while shaking it.

Recommended wine:
A red D.O. Cigales de Tinta or a crianza from the D.O. Rioja made of Tempranillo grapes.

Purrusalda (Leek and Potato Hotpot)

Soak the cod in cold water for 24 hours, changing the water every eight hours. Drain and place in a pan. Cover with cold water and bring to a boil. Remove the pan from the heat and cover. When no longer hot, lift out the cod (keeping the cooking water), remove any bones and cut into cubes. Remove the green leaves from the leeks, wash well and cut into even-sized pieces.
Fry the peeled garlic cloves until golden. Add the leeks and fry lightly, then add the peeled and washed potatoes in medium-sized pieces. Add the cod and cover everything with the water used to cook the cod. Simmer for 35 minutes. Add salt if necessary and pepper and serve very hot, sprinkled with chopped parsley.
Tradition has it that the potatoes should be broken into pieces rather than cut. This is done by inserting a knife far enough for you to be able to pull the pieces apart with your hands. The reason for this is perhaps that this way the potatoes release their starch more easily which makes the sauce thicker.

Recommended wine:
A young red Tempranillo from the D.O. Méntrida, or a red made of Cencibel grapes (the name given to the Tempranillo variety in La Mancha) from the D.O. Valdepeñas.

This stew is a meal in itself because it contains proteins, carbohydrates, and fats in the right proportions. If served with not much stock it is a good midday dish or, a little soupier, it makes a good starter for dinner. Best made well in advance.

Preparation: 30 min. plus soaking time
Cooking time: 75 min.
Serves 4:
- 150 g (5 oz) salt cod
- 750 g (1 lb 9 oz) leeks
- 1 dl (6 tbsp/4 fl. oz) oil
- 2 cloves garlic
- 1 kg (2 lb 3 1/2 oz) potatoes
- Salt
- Pepper
- Parsley

Santander Stew

Every Spanish region, if not every town, has its own stew which used to be an everyday dish. The special feature of the Santander stew is that it is made with dried white beans instead of the usual chickpeas.

Preparation: 30 min.
Cooking time: 2 1/2 or 3 hours
Serves 4:

- 350 g (11 1/2 oz) dried white beans
- 1 fresh knuckle of pork
- 50 g (1 3/4 oz) pork fat
- 1 offcut of ham, or pig's ear, or spararib
- 100 g (3 1/2 oz) shank of beef
- 1 onion
- 2 cloves garlic
- 1 small cabbage
- 25 g (1 oz) sugar
- 1 chorizo
- 1 onion-flavored blood sausage
- 1 potato
- 1 rice-flavored blood sausage
- 50 ml (3 tbsp/2 fl oz) oil
- 5 g (1/4 oz) sweet paprika
- Salt

Soak the beans in warm water with a pinch of salt for 12 hours. Drain then place in a large pan and cover with cold water. Add the knuckle of pork, the pork fat, the offcut of ham, the ear or the sparerib (all washed), the shank of beef, onion, and one garlic clove. Bring to a boil, skim and lower the heat.
Wash the cabbage, slice finely and cook in boiling salted water with the sugar. Drain and add to the beans. When the beans have been cooking for 2 hours, season and add the *chorizo*, the onion-flavored blood sausage and the peeled potato in pieces. Fry the other garlic clove in the oil. Remove from the heat, add the paprika and pour over the stew. Continue to simmer. Just before the end, add the rice-flavored blood sausage and check the seasoning.
Unlike chickpeas, with dried white beans if water has to be added, it should be cold.

Recommended wine:
A rosé from the D.O. Almansa, made of Monastrel and Cencibel grapes, or a young Mencía red from the D.O. Bierzo.

Braised Chicken

This chicken dish is served with rice cooked with green peppers and paprika.

Preparation: 30 min.
Cooking time: 1 hour
Serves 4:

- 1 chicken weighing 1 kg (2 lb 3 oz) in pieces
- Salt
- Pepper
- 150 g (5 oz) streaky bacon
- 50 ml (3 tbsp/2 fl. oz) oil
- 1/2 onion
- 12 g (1/2 oz) flour
- 250 ml (1 cup 1 tbsp/ 8 1/2 fl oz) white wine
- Water or stock

Rice:

- 50 ml (3 tbsp/2 fl oz) oil
- 1/2 onion
- 2 green peppers
- 5 g (1/2 tsp/1/4 oz) paprika
- 200 g (7 oz) rice
- 1/2 l (1 pt 2 tbsp/17 fl oz) stock or water
- Salt
- Pepper

Season the chicken with salt and pepper. Brown in oil in an earthenware dish together with the diced bacon. Add the chopped onion and, before it browns, sprinkle with flour and brown lightly. Pour over the wine and cook over a gentle heat until reduced to half. Pour hot stock or water over the chicken until it is almost covered, cover the pan and leave to simmer for 45 minutes.

Rice: Heat the oil in a pan and gently fry the chopped onion and peppers for about 15 minutes until soft. Add the paprika, making sure it does not burn, then add the rice and stir.

Pour the water or stock over the rice and vegetables and cook for 10 minutes over a high heat, then turn the heat down and cook for a further 7 minutes. Check the seasoning and leave to stand uncovered for a few minutes. Serve the chicken in its sauce alongside the rice.

The best peppers for this dish are the long, narrow ones because they are softer and have very thin skin.

Recommended wine:
A young red Rioja or a red D.O. Cariñena with some aging to round off its flavor.

Onions Stuffed with Tuna Fish

This is a typical dish in Asturias where it is usually made with fresh tuna in summer and early autumn or, out of season, with canned tuna or bonito in oil.

Preparation: 45 min.
Cooking time: 45 min.
Serves 4:

- 8 medium-sized onions
- 1 clove garlic
- 50 ml (3 tbsp/2 fl oz) oil
- 350 g (11 1/2 oz) fresh tuna or a 250 g (8 1/2 oz) can of tuna
- 25 ml (1 1/2 tbsp/f1 oz) tomato sauce
- Salt

Sauce:

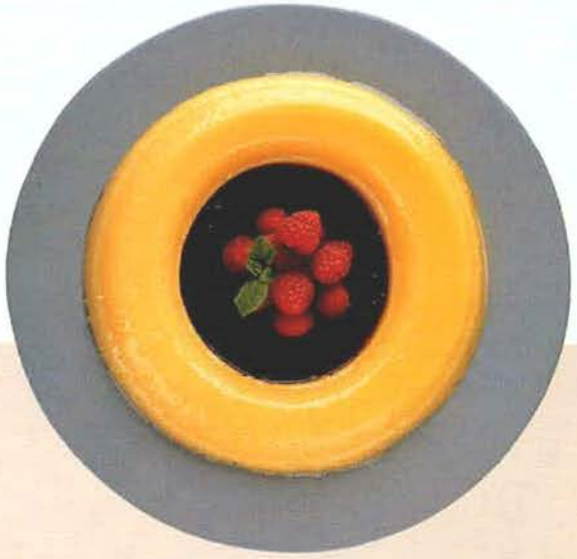
- 50 ml (3 tbsp/2 fl oz) oil
- 1 clove garlic
- 1/2 onion
- 25 g (1 oz) flour
- 50 ml (3 tbsp/2 fl oz) white wine
- 2 dl (11 tbsp/8 fl oz) stock
- 1 cinnamon stick
- Pepper
- Salt
- Parsley

Peel the onions and cook for 30 minutes in boiling salted water. Drain and remove the center using a curved knife. Chop the parts you have removed and fry in the oil with the chopped garlic clove until beginning to brown. Add the tuna in small pieces (if using canned tuna, crumble it), fry lightly and add the tomato sauce.
Stuff the onions with this preparation and arrange upwards in an oven-proof dish.

Sauce:
Fry the chopped onion and garlic. Add the flour and fry until just turning color, pour in the wine and stock and stir. Add the pepper and cinnamon stick. Cook for 5 minutes. Check the seasoning and pour the sauce over the onions. Cook for 10 minutes over the flame or in the oven, occasionally spooning sauce over the onions. Serve sprinkled with chopped parsley.
The same stuffing and method can be used to stuff potatoes, peppers, or zucchini.

Recommended wine:
A young Tinta de Toro red from the D.O. Toro if using canned tuna, and a white Malvasía from the same denomination if using fresh bonito as this is smoother and lighter than the canned fish.

Tocinillo de Cielo (Sweet Egg Dessert)



This is a specialty from the Asturian town of Grado although other regions of Spain also claim to have invented it. One such is Jerez de la Frontera where whites of egg are used to clarify sherries so this was originally a useful way of using up the yolks.

Preparation: 45 min.
Cooking time: 20 min.
Serves 8:

- 2 dl (11 tbsp/8 fl oz) water
- 1/2 kg (1 lb) sugar
- 12 egg yolks
- 2 egg whites

Dissolve the sugar in the water and boil for 5 minutes. Leave to cool so the syrup becomes thicker then pour some over the base and walls of the mold to coat.
Break up the egg yolks and whites in a bowl but without beating them to prevent the formation of bubbles. Pour in the remaining syrup in a thin stream, stirring all the time. Fill the mold with this mixture, cover with aluminum foil and steam for 20 minutes. When cold, turn out.

Serve on its own or with a raspberry sauce made by blending fresh raspberries with a splash of lemon juice and sugar.
This dessert is often made in very small, bite-sized molds which only need to be cooked in the double boiler for 2 minutes.

Recommended wine:
A white Moscatel Romano from the D.O. Alicante or a white muscatel wine made from small Moscatel grapes from the D.O. Navarra.

Hake Galician Style

A specialty in Galicia is the sauce called *ajada*. This is basically oil flavored by frying garlic in it, with paprika and a few drops of vinegar.

Preparation: 10 min.
Cooking time: 30 min.
Serves 4:

- 4 potatoes
- 1/2 onion in segments
- A sprig of parsley
- 1 splash of olive oil
- 4 slices of hake weighing 250 g (8 1/2 oz) each
- Salt

Sauce:

- 1 dl (6 tbsp/4 fl oz) olive oil
- 2 cloves garlic
- 15 g (1/2 oz) paprika, half sweet and half piquant
- 25 ml (1 1/2 tbsp/1 fl oz) vinegar
- Salt

Peel, wash, and slice the potatoes but not too thinly. Cook in a large pan covered with salted water together with the onion, parsley, and oil for ten minutes.
Wash and drain the slices of hake. Season and add carefully to the pot of potatoes just before they are completely cooked. When the mixture comes to a boil again, cover the pan, remove from the heat and leave to stand for ten minutes.
Sauce: Heat the oil in a frying pan, fry the sliced garlic cloves and remove when brown. Add the paprika to the oil taking care not to burn it then remove the pan from the heat and add the vinegar and a little salt. Leave to stand then pour off the red oil leaving behind any paprika dregs. Remove the slices of hake from the stock and serve. Place potatoes alongside the fish and pour the sauce over both. Half a ladle of the fish stock may be added to the stock if wished. Serve immediately.

This sauce can be used for cauliflower, cabbage, or any cooked fish. The secret for this dish is that the hake should be cut in thick slices and not overcooked so that it is still moist.

Recommended wine:
A white Albariño from the D.O. Ribeira Sacra or a white Treixadura or Torrontés from the D.O. Ribeiro.

Pork Pie

These pies or *empanadas* were originally emptied-out loaves of bread with a variety of cooked fillings always based on a sauce called *zaragallada* made of onion, pepper, saffron, and a little tomato. They were a practical way for pilgrims to carry food on their way to the cathedral in Santiago de Compostela.

Preparation: 45 min.
Cooking time: 1 hour

Serves 4:
Pastry:
- 350 gr (11 1/2 oz) flour
- A pinch of sweet paprika
- Salt
- 1 dl (6 tbsp/4 fl oz) oil
- 1 dl water or half water and half white wine

Filling:
- 75 ml (4 1/2 tbsp/3 fl oz) oil
- 2 onions
- 2 fine green peppers
- 30 ml (2 tbsp/1 fl oz) fried tomato sauce
- 300 g (10 oz) cubed loin of pork
- 150 g (5 oz) serrano ham and chorizo (half of each)
- 50 ml (3 tbsp/2 fl oz) white wine
- A few threads of saffron
- Salt

Place the flour, paprika and salt in a bowl. Heat the oil until it is beginning to smoke then add all at once to the flour. Stir with a spoon and add the water. Sprinkle a work surface with flour and knead the dough until smooth. Form into a ball and leave to cool covered with a damp cloth.
Fry the seasoned pork, diced ham, and sliced *chorizo*. Remove from the pan and in the same oil fry the thinly-sliced onion and finely-chopped peppers until soft. Add the fried tomato and saffron then add the meats. Pour in the wine and cook the mixture until the meat is tender.
Cut the pastry into two. Place one half on the floured work surface and roll out until half a centimeter (1/4 in) thick. Line a greased and floured pie tin 24 centimeters (9 1/2 in) in diameter–the pastry should overlap the edges–then fill with the meat and vegetable mixture. Roll out the other half and cover the pie. Moisten the edges then press together and crimp. Decorate the pie with strips of pastry made from what is left over and brush with beaten egg. Prick the surface to allow any steam to escape and bake in the oven at 180°C (350°F) for 40 minutes. Often the filling for these pies–which can also be made with raw sardines with the bones and heads removed, de-salted cod with raisins, or chicken–is made with plenty of oil. Any extra oil is then drained off and used in the pastry.

Recommended wine:
A red D.O. Ribeiro made from the Mencía variety or from Caiño, Ferrón, and Sousón grapes.

Stewed Peppers

Wash the peppers and blanch or char over a flame so that they can be easily peeled. Remove the seeds and cut into strips. Place in a pan with the sugar, salt, thyme, and oil. Cover the pan and place over a low heat. Cook for about two hours. Remove from the heat and leave to cool.
This garnish goes especially well with fish or fatty meats such as pork or duck.

Recommended wine:
Since this is just a garnish, the wine needs to be chosen to partner the main dish. With meat, try a red *crianza* wine from the D.O. Campo de Borja, and with fish a white Gerwüztraminer from the D.O. Bierzo.

A colorful, tasty garnish with a touch of sweetness.

Preparation: 30 min.
Cooking time: 2 hours
Serves 4:
- 1 red pepper
- 1 green pepper
- 1 yellow pepper
- 100 g (3 1/2 oz) sugar
- 1 pinch of salt
- 1 dl (6 tbsp/4 fl oz) oil
- 1 sprig of thyme

Green Pepper and Shrimp Omelet

Peel the shrimps and season with a little salt and pepper. Finely chop the onion, peel and chop the garlic cloves and wash and cut the peppers into thin strips.
Heat the oil in a frying pan, fry the shrimps for one minute then remove. In the same oil, fry the garlic cloves. Before they brown, add the onion and the pepper and fry over a low heat for 15-20 minutes (or covered for five minutes in the microwave). When soft, add the shrimps and cook together for a few minutes.
Beat the eggs in a bowl, season and mix with the peppers and shrimps. Grease a non-stick pan of the right size, heat it and pour in the egg mixture. Set the omelet over a low heat for 4-5 minutes on each side. It should be golden on both sides but not burnt.
This omelet can be served either hot or cold. Instead of shrimps, you can use king prawns or common prawns.

In this omelet the eggs should be set in the Spanish style to make a large round omelet rather than folded as for a French omelet.

Preparation: 45 min.
Cooking time: 25 min. if five minutes the microwave oven is used.
Serves 4:
- 1/4 kg (9 oz) shrimps
- Salt
- Pepper
- 1/2 onion
- 2 cloves garlic
- 3 fine green peppers
- 1 dl (6 tbsp/4 fl oz) oil
- 4 eggs
- Oil to grease the frying pan

Recommended wine:
A young red D.O. Toro or, if you prefer something lighter, a white Macabeo from the D.O. Somontano.

Piquillo Peppers Stuffed with White Fish

A modern recipe in which the peppers are not coated or fried before placing in the sauce as in other preparations.

Preparation: 45 min.
Cooking time: 20 min.

Serves 4:
Stuffing:
- 1/4 kg (8 1/2 oz) cheek of angler fish (or hake, whiting, or fresh cod)
- Salt
- Pepper
- Flour for coating
- 50 ml (3 tbsp/2 fl oz) oil
- 1 scallion
- 4 mushrooms
- 50 ml (3 tbsp/2 fl oz) white wine
- 2 dl (12 tbsp/ 8 fl oz) single cream
- Salt
- White pepper
- 1 can *piquillo* peppers (12-16 peppers)

Sauce:
- 1 dl (6 tbsp/4 fl oz) oil
- 2 cloves garlic
- Juice from the can
- 25 ml (1 1/2 tbsp/1 fl oz) vinegar
- Salt
- Pepper
- 1 tomato and chopped chives (optional)

Filling: Clean the fish, season, dust with flour, and lightly fry in the oil. Set aside. Cook the peeled and chopped scallion and the clean and chopped mushrooms in the wine for five minutes. Blend, add the cream and season with salt and pepper. Cook this cream for a few minutes then add the broken up fish. Leave to cool. Drain the peppers keeping the juice from the can. Fill them with the cold cream.
Sauce: Thinly slice the garlic cloves and brown in the oil. Add the juice from the can and the vinegar. Stir and season. Pour the sauce over the peppers and shake the pan until the sauce whitens and amalgamates.

Angler fish is very good in this dish but any other firm white fish can be used. Give it an extra tang by adding a diced tomato with a chopped chive at the end of cooking.

Recommended wine:
A rosé from the D.O. Navarra or from the D.O. Cigales.

Roast Peppers

A traditional recipe from La Mancha although it exists with slight alterations in different parts of Spain.

Preparation: 15 min.
Cooking time: 45 min.

Serves 4:
- 3 large red peppers
- 1 onion
- 2 cloves garlic
- 1/2 kg (1 lb 2 oz) tomatoes
- 75 ml (4 1/2 tbsp/3 oz) oil
- A splash of good wine vinegar
- Salt
- Pepper
- 25 g (1 oz) sugar

Wash the peppers, splash them with water, and bake in the oven at 180°C (350°F) for 40 minutes together with the onion cut in half, one garlic clove, and the washed tomatoes. Turn occasionally so that they brown all over but take care they do not burn. When soft, remove from the oven and cover the oven dish with paper so they sweat. This makes them easier to peel.
When cold, peel and cut the peppers into strips, reserving any juice they release. Cut the onion into strips. Peel the tomatoes and the garlic clove and crush them together.

Thinly slice the other garlic clove and fry until golden.

Remove from the heat and add the strips of pepper and onion, the crushed tomato and garlic and the vinegar and pepper juices. Season with salt and pepper. Add the sugar to counter the acidity of the tomato and the vinegar. Bring to a boil and remove.
This makes an excellent salad on its own or the ideal garnish, either hot or cold, for fried eggs, fish, or meat. In some towns in La Mancha, a teaspoon of cumin is added.

Recommended wine:
A red crianza D.O. La Mancha or a red Cencibel from the D.O. Mondéjar.

Tuna Toast

A modern recipe that combines the slight sweetness of braised onion with flavorsome ham and the strong personality of belly tuna. A fragrant touch of good vinegar is the finishing touch.

Preparation: 45 min.
Cooking time: 2 hours (or 45 min. if you use a microwave)
Serves 4:

- 1/2 kg (1 l 2 oz) onion
- 1 dl (6 tbsp/4 fl oz) oil
- 25 g (1 oz) sugar
- 1 dl (6 tbsp/4 fl oz) dry white wine
- 4-8 slices crusty bread
- 1 can belly tuna fish in olive oil
- 4-8 very thin slices of serrano ham
- A few grains of sea salt
- A few drops of sherry vinegar

Finely slice the onion and cook over a very low heat in a covered pan for one hour (or in the microwave for 15 minutes) with the oil and sugar. Then add the wine and cook uncovered for almost an hour over a low heat until it begins to caramelize. (If you can do this the day before, the flavors will blend better.) Toast the slices of bread and spread with a layer of the hot glazed onion. Cover with a slice of ham. Add 2 strips of belly tuna then sprinkle with a few grains of sea salt and 2-3 drops of sherry vinegar. Serve. The toast and the glazed onion should be very hot so that the ham fat melts a little.

Recommended wine:
A white Garnacha and Chenin from the D.O. Priorato or a white from the D.O. Rueda.

Baskets of Scrambled Eggs with Frigate Mackerel and Chives

Original tarts that are easy to make if you use ready-made pastry or frozen flaky or shortcrust pastry rolled out thinly.

Preparation: 20 min.
Cooking time: 30 min.
Serves 4:

- 8 circles of pastry
- Plenty of olive oil for frying

Egg mixture:

- 1 onion
- 3-4 chives
- 75 ml (4 1/2 tbsp/3 fl oz) olive oil (you may use the strained oil from the can)
- 50 ml. (3 tbsp/2 fl oz) tomato sauce
- 1 can frigate mackerel in olive oil
- 4 eggs
- 50 ml (3 tbsp/2 fl oz) single cream
- Salt
- Pepper
- Chopped chives

Line 8 fluted brioche molds with the pastry fitting it in well. Heat the oil in a deep frying pan and fry the pastry cases until golden. Remove from the molds (this is easy once fried) and drain on paper towels.

Egg mixture: Peel and chop the onion and fry. Add the tomato sauce and chopped chives. Drain the frigate mackerel and break into small pieces. Add and fry lightly.

Beat the eggs, add the cream and mix into the above mixture. Scramble in a non-stick pan for a few minutes stirring all the time over a medium heat. Fill the molds, sprinkle with chopped chives, and serve hot.

You can also use tuna fish or bonito in oil. To make your own pastry, mix 50 ml (3 tbsp/2 fl oz) each of oil, white wine, and milk with flour and a pinch of salt until you get a soft dough. Leave to stand and roll out very thinly. Cut into circles measuring 15 cm (6 in) in diameter.

Recommended wine:
A dry white wine from the D.O. Alella or a red from the D.O. Madrid.

Marinated Salmon

Marinades are a traditional method of conserving foods, especially game and fish.

Preparation: 20 min.
Cooking time: 10 min.
Serves 4:

- 4 slices of salmon
- 1 carrot
- 1 leek
- 1 small piece celery
- 1 clove garlic
- 1 bay leaf
- Peppercorns
- 2 cloves
- 4 dl (24 tbsp/16 fl oz)
- olive oil
- 1 dl (6 tbsp/4 fl oz) white wine vinegar
- 1 dl (6 tbsp/4 fl oz) fish stock
- Salt
- Pepper
- Chives

Wash the salmon and remove the scales. Season with salt and pepper and leave to drain.
Wash the carrot, leek, and celery and cut into julienne strips or rings. Place in a large earthenware dish with the bay leaf, the unpeeled garlic, the peppercorns, and the cloves. Cover with the oil, vinegar, and stock and bring to a boil. When it has boiled for five minutes, carefully insert the salmon slices. Bring back to a boil, lower the heat and simmer for 5 minutes.
Remove from the heat, cover and leave to cool. This dish can be kept for several days at room temperature or 2 months in the refrigerator provided the fish is completely covered with the marinade. If you have extra marinade, use it for other strong-flavored fish such as sardines or mackerel. This recipe can also be used for game or poultry but these should be cooked until tender.

Recommended wine:
The vinegar in the marinade would spoil any wine but an aged white from the D.O. Rioja or a dry white from the D.O. Alicante made from Moscatel Romana should be acceptable partners for this dish.

Shrimps with Garlic

This is one of the most famous of the Spanish *tapas*. Serve in individual earthenware dishes with the oil sizzling hot.

Preparation: 15 min.
Cooking time: 5 min.
Serves 4:

- 1 chili pepper
- 1 dl (6 tbsp/4 oz) oil
- 250 g (9 oz) peeled shrimps
- 3 cloves garlic
- Rings of chili pepper
- Salt
- Pepper

Soak the chili pepper in water to prevent it from breaking then cut into rings. Heat the oil in a large frying pan and fry the sliced garlic and chili pepper. Add the shrimps, season with salt and pepper, and fry for one minute.
As soon as the shrimps start to become opaque, cover the dishes to prevent the oil from splashing or getting cold and serve. These can either be served as a starter or with pasta cooked al dente, fried chickpeas, or white rice. The other ingredient should always be stirred into the hot oil used for cooking the shrimps.

Recommended wine:
A red rosé made of Monastrel grapes from the D.O. Yecla or a red Cencibel from the D.O. La Mancha.


FRUTAS DEL PAIS
L. RICOTE
FRUTAS DE AMERICA
GRUFESA

Eating in Spain. *Part 1*

THE BIG QUESTIONS WHAT & WHERE

In the first of three articles on a subject that has long interested me, I take a personal look at what Spaniards eat and where they eat it.

In subsequent essays on culinary customs in Spain I will discuss when, how, and why Spaniards either sit down to feast or just keep standing for their food as they prop up a bar laden with delectable *tapas*.

Text
Tom Burns

If you just knew Spain by its classics–I'm thinking of students who toil away studying Spanish literature–it is the last place in the world you would visit in order to eat well and abundantly. Devotees of *Don Quixote* and readers of the subsequent genre of picaresque novels gain a lot of literary pleasures but such readings will hardly serve to loosen up their gastric juices. What you find in these classic books is one long whine about rotten food if, that is, there was any to be had. To judge by its writers, Spain in the seventeenth century was on the verge of starvation. The Golden Age authors were not, in fact, far wrong. When Sancho Panza, Don Quixote's rustic and down-to-earth valet, decreed that hunger was the best sauce, he struck a contemporary chord. A

stewing pot with something inside it was rare indeed and it was heaven, whatever the *puchero* contained. I've often wondered whether that image of eating, or rather not eating, in Spain entered the collective consciousness down the centuries and whether this explains why people tend to be amazed today when they discover for themselves the delights of Spain's culinary customs. One of my satisfactions over the years as a foreign correspondent in Spain has been to introduce Spanish food and eating habits to colleagues arriving in the country for the first time.

Simply Cooked

Fastidious and faddish newcomers tend to wax lyrically about what has come to be known as the "Mediterranean Diet" which seems to me to be a sort of politically correct quality seal that has been placed on the sort of food–pulses, fresh salads and vegetables, olive oil and, of course, simple, unprocessed, meat and fish dishes–that has been eaten in Spain since as far back as I can remember. Their excitement is, however, undeniable and it is very pleasing to contemplate and to share. It even extends to vegetarians. I've always felt sorry for vegetarians because they will never know the taste and texture of a sliver of top quality *jamón ibérico*, Spain's unsurpassable cured ham, but I'm comforted by their enthusiasm for *gazpacho*, the cold tomato-based soup, a liquid salad really, and for *tortilla española*, the egg and potato omelet which, in the version I prefer, has onion as well and should be eaten as soon as it comes off the frying pan, still oozing its well-beaten eggs.

As prosperity reached Spain–by the 1960s the country's economy was on a growth curve that with a few passing hiccups, has continued to climb–so Spanish food attained the quality, range, and quantity that past national hardships had denied its population. But it never lost an essential and defining feature that was born out of an earlier and more austere age: it remained simple.
Fussy food is unloved by national taste buds and stomachs; it has no place in the Spanish kitchen. *Paella* is the best known of Spain's national dishes and it looks to be the most complex and contrived of platters. This is an illusion. Paella is simple, single skillet fare. Stage one is to fry gently most of the ingredients–such as vegetables, diced rabbit, pork, chicken, part of the seafood, or what ever else looks good and lies at hand–in olive oil with a bit of garlic, some onion, some skinned and deseeded tomatoes and some peppers, a *sofrito* in other words, this being the age-old basis for so much Mediterranean cooking, and, after a bit of stirring, to add the rice. In stage two, when things in the skillet (the one also called paella, is, of course, the pan to use) are gaining some color, you, once more gently, pour in a good stock, which will, slowly, slowly, be consumed by the rice, and seafood and some fragrant saffron strands which will give the rice its characteristic yellow hue.
A somewhat hackneyed theory has three geographic eating areas, each of them with its own specific manner of preparing food: the south fries, the center roasts, and the north stews. This is a very broad generalization because the demarcation lines are not nearly so obvious. How do you explain, for example that southern classic, *rabo de toro estofado*, oxtail stew, that is one of the glories of Córdoba, in the heart of Andalusia's frying country or, for that matter, Madrid's beloved *cocido*, a chick-pea-based *pot-au-feu* that defies central Spain's supposed exclusive interest in roasting. The theory in any case ignores the constant use throughout the country of the griddle, *la parrilla*, which is the eternal standby of simple cooking. In Spain whatever is placed on the griddle–meat or fish–will be brushed with olive oil, sprinkled with salt, and will normally be flavored by a thin slice or two of garlic, a squeeze of lemon, perhaps, by the odd ringlet of chili pepper, and with a bit of chopped parsley which is added when the dish is nearly ready.
Let us however accept the south-center-north geographic boundaries in order to make things easier. Life, if lived properly, is made up of perfect moments and this applies to eating as it does to everything else. I have enjoyed many perfect moments in the Spain that fries, in the Spain that roasts, and in the Spain that stews and three of them, picked at random, will serve to make the point that the nations culinary customs are a source of endless pleasure.

Perfect Moments

In Andalusia, Spaniards arguably know more about fried fish than any other people in the world. I like eating it best at an unpretentious restaurant in an Atlantic coast village, near the town of Huelva, where, for years, I have spent part of my summer. What surprises my fellow Englishmen is that the *fritura de*

pescado, plate of fried fish, that is served up is grease free. The secret is–aside from the variety of the fish–the quality of the olive oil, the special flour that is used for frying in Southern Spain, and the high heat in which the fish is fried and which serves to seal in all freshness of what you are eating. To achieve perfection you accompany the fish with the local young white wine and a salad of Andalusia's astonishingly flavored tomatoes.

In the high plateau land of Castile, north of Madrid, in the provinces of Ávila, Burgos, and Segovia, every small town worth its name boasts one or more *asadores* where young lambs and suckling pigs are roasted in adobe ovens (see *Spain Gourmetour* No. 44). In a rough and ready asador, which lies off the main square in a castle town near Burgos and does not deign to advertise itself, you sit down at a long wooden table, taking your place along with whoever else is eating, and you say nothing at all. A glass and a bottle of the local red is plunked down in front of you with a dish of olives and then, as the next lamb comes out of the oven, your portion of lamb arrives with a green salad. That is another perfect moment occasion, like arriving home at a place you had only dreamt about and which turns out to know you very well.

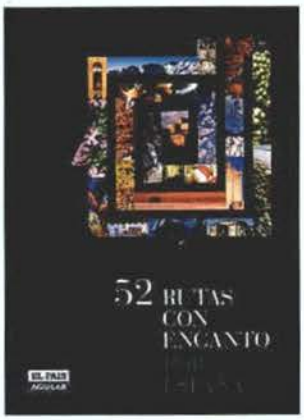
Bilbao, the capital of the Basque Country's industrial heartland, has become a landmark in the last few years because of its Guggenheim museum (see *Spain Gourmetour* No. 47) but I have always been attracted by its purposeful pursuit of entrepreneurial endeavors and epicurean excellence. Mixing business and pleasure, reporting and conviviality, in Bilbao I inevitably end up with local journalists who take me to their neighborhood *tascas* where the *menú del dia* is a feast fit for a king but tailored to a pauper's pocket. I've often struck lucky, which is what a perfect moment is all about, because the daily fare has included the incredible deep red bean stew that the hearty Basques are rightly so proud of. It is so thick that you can stand a wooden spoon in it and yet it is not all stodgy. After so many years I have still not gotten used to treating it as just a starter. My Bilbao friends move on from the *judías de Tolosa* stew to attack huge steaks.

As Cervantes tells the tale, poor old Sancho Panza had the odd good meal every once in a very long while but, most of the time, he had to make do with a crust of bread and went hungry. Sancho, an authentic Spaniard imbued with Spain's popular wisdom, knew perfectly well the essence of the nation's culinary culture: good ingredients cooked simply the way they always have been. He and his picaresque peers had fried fish in the south, stews in the north, and roasts in between, when, that is, they had the wherewithal to eat at all. Fortunately for all, times have completely changed.

Tom Burns, *Madrid journalist for the* Financial Times, *was born in London and has been a foreign correspondent in Spain for more than 20 years. He is the author of a trilogy on Spain's transition to democracy and his latest book,* Hispanomanía, *is a critical account of the romantic view of Spain conjured up by American and British authors.*

LASTING IMPRESSIONS

Text
Nick Lyne



Recent months have seen the appearance of a slew of books delving deeper into the wide variety of Spanish cuisine, of which **Vademecum de cocina de la Marina Baixa** *(Compendium of Cuisine from the Lower Coast)* stands out. Part of a definitive series on the Valencian culinary tradition, this attractive volume takes a fascinating and detailed look at a specific area of Alicante. Lovingly prepared, it blends the experience of more than 250 cooks, historians, wine experts, and restaurateurs.

Among the more practical titles are Spanish radio journalist Garbiñe Badiola's **365 recetas de una abuela vasca** *(365 Recipes of a Basque Grandmother)* which offers a range of easy to prepare dishes from classic Basque to standards found throughout Spain. The book is backed up by a handy nutritional guide, and information on seasonally produced foodstuffs.

Cocina Balear *(Balearic Cooking)* is part of a series on regional food published by Everest. Written by renowned expert on Balearic cooking, Caty Juan de Corral, the book comes with full color illustrations and explanations on the origin of the dish.

Following the surprise success of Sister María Isabel's **Los dulces de las monjas** *(The Nun's Sweets)*, which offers recipes for cakes, biscuits, and other mouth-watering sweets dating back centuries, the Dominican nun has brought out **El puchero de las monjas** *(The Nun's Pot)*. Easily explained, the volume reveals the mysteries of some of Spain's best-loved home cooking.

La dulcería española, Recetarios histórico y popular *(Spanish Sweets, a Historical Recipe Book)*, brings together a lifetime's experience from Spanish culinary historian Manuel Martínez Llopis. With the added bonus of recipes, this is sure to become a key reference work on the history of Spanish sweets.

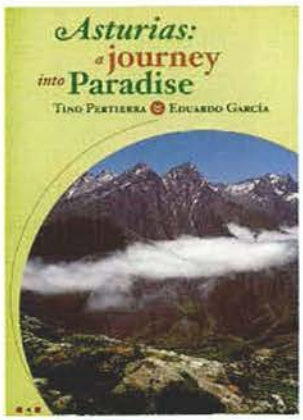
España, el país de los 100 quesos *(Spain, the Country of 100 Cheeses)* is a useful pocket-sized guide to discovering many of the country's underrated cheeses. Written by Enric Canut, the book is based on the highly successful stand of the same name organized at the Alimentaria 2000 food fair in Barcelona (see article on page 137). **Quesos de Asturias** *(Cheeses from Asturias)* reveals more than 60 cheeses from Spain's most important cheese-producing region, and would be the perfect excuse for a gastronomic tour.

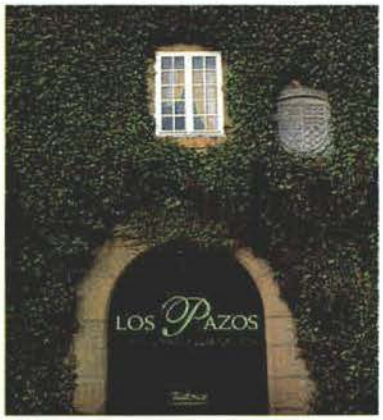
Spain is one of the world's biggest producers of saffron, and has been cultivating it since the times of the Moorish invasion. **Historia del azafrán** *(The History of saffron)* is a superbly researched piece of work which puts this legendary flower in a socio-cultural context, as well as providing recipes involving its use.

Among the wine reference guides to have been updated over the first half of the year is the **Guía Peñín de los vinos de España 2000** *(Peñín Guide to the Wines of Spain 2000)* making its ninth annual appearance. Vino y Gastronomía has published **La guía de los 300 mejores vinos de España** *(Guide to the 300 Best Wines of Spain)*. Running to its fifteenth annual edition is the **Guía de vinos gourmets 2000** *(Gourmet Guide to Wines 2000)*. **La guía de oro de los vinos de España 2000** *(The Golden Guide to Spanish Wine, 2000)* introduces the first of a series in magazine format–in English and Spanish–entitled **100 bodegas de oro para el Siglo XXI** *(100 Golden Wineries for the 21st Century)*.

Las mejores compras de vino del 2000 *(The Best Wine Buys 2000)* are all under US$ 30 (€ 30), with a special section on the many bargains to be had for under US$ 15 (€ 15). For those with deep pockets, the guide also lists 20 exceptional wines with prices up to US$ 130 (€ 130). **Cómo leer la etiqueta de un vino** *(How to Read a Wine Label)* provides a run down of all of Spain's denomination of origin wines, with an introduction explaining the production criteria for winning the sought-after title.

The Regulating Council of the Sherry and Manzanilla Denomination of Origin has produced perhaps the definitive guide to sherry: **El Jerez, hacedor de cultura** *(Sherry, Maker of Culture)* the first volume of which traces the role of sherry in the province of Cádiz from the times of the ancient Greeks until 1492. Illustrated with documents and paintings, the book is as much of interest to historians as wine experts.





Anybody planning a holiday traveling through Spain would do well to have a look at the assorted guides which have been updated this year: **Michelin España & Portugal 2000** *(Michelin Spain and Portugal 2000)*; **Campsa España 2000; Guía de hoteles y restaurantes de España** *(Guide to Hotels and Restaurants of Spain)*; **Gourmetour, guía gastronómica y turística de España 2000** *(Gourmetour 2000 Gastronomic and Touristic Guide of Spain)* marks its 22nd edition. This year sees the guide available on the Internet as part of a deal with Ya.com (www.ya.com/gourmetour). **Lo mejor de la gastronomía 2000** *(The Best of Gastronomy 2000)* continues in its tradition of discovering new talent, and the chefs who will be defining Spanish cuisine in years to come.

Guía de alojamiento en casas rurales de España *(Guide to Lodging in Rural Houses in Spain)* has become bulkier over the course of its yearly updates since appearing in 1994–matching the growth in popularity of this kind of rural tourism. With more than 3,800 places to stay, the guide is far and away the most complete of its kind, and gives all essential information, including a description of the house and its location. The inclusion by publishers Susaeta of small photos in their **Anuario de Turismo Rural** *(Yearbook of Rural Tourism)* means slightly less entries, but gives a better idea of what to expect from that dream cottage...

Skiing has grown in popularity in Spain over the last decade, and El País hopes to satisfy the market with the first appearance of its **Guía de la nieve, estaciones de esquí** *(Snow Guide, Ski Resorts.)* The book not only covers the home country, but gives the best places to ski in the U.S., Canada, France, Italy, Norway, Switzerland, and Andorra.

As interest in enjoying Spain's substantial areas of still unspoiled countryside grows, so does the number of books available. The two-volume set: **Los caminos del Ecomuseo Saja Nansa** *(The Routes of the Saja Nansa Ecomuseum)* is a detailed guide to this corner of Cantabria, offering walks and information on the flora and fauna, as well as local traditions and history.

España camino verde *(Spain, Green Routes)* takes Spain as a whole, and looks at the opportunities for rural tourism. The guide includes routes for four-wheel drive vehicles, mountain bikes, walks, hotels and lodging, as well as gastronomy.

César Justel has established himself as the expert on rural Spain. His **Pueblos con encanto** *(Villages with Charm)*, published, is a handy guide to 135 little-known villages throughout Spain, with essential information on where to stay, eat, and what to see. In case the reader was in need of further charm, the El País-Aguilar series "...with Charm" also offers **52 Rutas con encanto por España** *(52 Routes with Charm in Spain)*. Beautifully laid out, the book takes a brief look at some of the lesser known routes to be followed throughout Spain, combining information on fiestas, activities, food, and wine. Both books make the reader feel like a privileged insider, opening up places which many Spaniards are still unaware of.

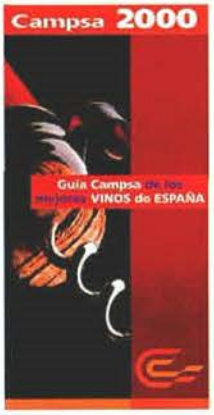
Michelin's **Piérdete por España y Portugal** *(Lose Yourself in Spain and Portugal)* comes with a detailed road map and offers 52 suggestions on places to visit during a motoring holiday throughout the Peninsula. Again, the information is limited, but at least points the traveler in the right direction.

Anaya has brought out two new titles in its Touring Club series. **¡Qué arte!** *(What Art!)* is a handy guide to getting to know Spain's art galleries and museums, and again, would be a sensible inclusion in your backpack or suitcase when setting off to discover the country. Well known institutions like the Guggenheim in Bilbao are covered, as are lesser known places like the Museo de los Caminos in the little-known northwestern town of Astorga. **Pueblos con sabor** *(Villages with Flavor)* in the same series, lists hotels and restaurants, as well as a brief description of what to do in a selection of lesser-known Spanish towns and villages.

Spain's regions are opening up, helped by the appearance of a growing number of guides. Dorling Kindersley's *Eyewitness Madrid* guide has been translated into Spanish as **Guías visuales Peugeot Madrid.** Lavishly illustrated, the guide aims to bring the city alive through myriad diagrams and cutaway drawings which offer a short but concise explanation. With extensive lists of restaurants, hotels, cafes, and shops, the book also includes trips to Segovia, Toledo, and other sites of interest within a couple of hours of the capital.

Asturias: A Journey into Paradise is a translation from the Spanish, and the ideal companion for anybody planning a trip to the region. Although Asturias boasts some of Spain's most dramatic and unspoiled countryside, as the book points out, this is also an industrial region. A compendium of history, customs, and gastronomy. The book tells the story of the northern region from prehistoric times up to the present day, and is illustrated throughout in color.

Rutas arqueológicas en Andalucía *(Archeological Routes in Andalusia)* is a fascinating guide to getting the most out the southern region. Most people seem content to enjoy the beaches, with maybe a trip to Granada, but as the book shows, Andalusia is rich in history, from the Phoenicians through to the Moors. **La ruta de los Conquistadores** *(The Route of the Conquistadors)* takes the visitor through Extremadura and the towns and villages associated with men like Hernán



Cortés or Francisco Pizarro, who left their homeland in search of wealth and fame in America. It also reveals secrets about the palaces of the men who came back with their Aztec and Inca brides. A trip around the province of Cádiz could be based on **Cádiz, venta a venta** *(Cádiz, From Inn to Inn)*. Venta is the name given to the traditional inns which used to dot the southern landscape in the last century, and through much of the present. They have adapted to the disappearance of the stage coach, and although many have disappeared, others remain, albeit off the beaten track. The book traces the history of the *ventas* using 19th century travelers' tales, and also provides a rich account of their role in developing *flamenco*. Backed up by recipes and a practical guide on where to find the most authentic ventas, this is an indispensable book for anybody traveling to Cádiz.

Lovers of coffee table books will enjoy **Los pazos y la cocina popular Gallega** *(The Country Houses and Popular Cuisine of Galicia)*. Beautifully illustrated with specially commissioned photographs, the format is simple: a visit to the country houses, or *pazos* of this overwhelmingly rural northwestern region, complemented with mouth-watering recipes. A few of the buildings have been converted into hotels, although sadly, the majority of the houses are in private hands, and cannot be visited.

Spanish Food

Vademecum de la cocina de la Marina Baixa, Agencia Valenciana del Turismo; www.comunidad-valenciana.com
365 recetas de una abuela vasca and **Cocina Balear,** Editorial Everest;
Fax: (34) 987 844 202
Los dulces de las monjas and **El puchero de las monjas,** Editorial Martínez Roca; sgomez@ediciones-martinez roca.es
La dulcería española, recetarios histórico y popular, Alianza Editorial; www.alianzaeditorial.es
España, el país de los 100 quesos, Salvat Editores, S.A.; Fax: (34) 934 955 779
Quesos de Asturias, Cajastur; rrubioma@cajastur.es
Historia del azafrán, Editorial Zendrera Zariquey; sirpus@writeme.com; www.sirpus.com

Wines

Guía Peñín de los vinos de España 2000, Pi & Erre; www.elvino.com/penin
Guía de los 300 mejores vinos de España 2000, Ediciones Magaña; vyg@vino-y-gastronomia.com
Guía de vinos gourmets 2000 and **Las mejores compras de vino,** Gourmets & Oceano; jram@gourmets.net
La guía de oro de los vinos de España 2000 and **100 bodegas de oro para el siglo XXI,** N&A;
Fax: (34) 913 860 265
Cómo leer la etiqueta de un vino, Alianza Editorial; www.alianzaeditorial.es

El Jeréz, Hacedor de cultura, Caja San Fernando & Consejo Regulador D.O. Jerez-Xérès-Sherry y Manzanilla; vinjerez@sherry.org; www.sherry.org

Travel Guides

Michelin España & Portugal 2000. Piérdete por España & Portugal. 52 rutas de fin de semana, Michelin; www.michelin-travel.com
Campsa España 2000, Repsol Comercial de Productos Petrolíferos, S.A.; www.repsol.com
Guía de hoteles y restaurantes de España and **Guía de alojamiento en casas rurales de España** and **Guía de la nieve estaciones de esquí** and **Pueblos con encanto** and **52 rutas con encanto por España,** Madrid, El País-Aguilar; www.elpais-aguilar.es
Lo mejor de la gastronomía 2000, Ediciones Destino; edicionesdestino@stl.logicontrol.es; www.edestino.es
Fax: (34) 932 922 305
Anuario de turismo rural 1999 España y Portugal, Susaeta;
Fax: (34) 913 009 110
Asturias: a Journey into Paradise, Ediciones Trea, S.A.; trea@asturnet.es; www1.asturnet.es/trea
Guía del viajero España Portugal 2000, Plaza & Janés Editores, S.A.;
Fax: (34) 932 002 219
¡Qué arte! and **Pueblos con sabor,** Grupo Anaya, S.A.;
Fax: (34) 913 207 022
Gourmetour guía gastronómica y turística de España 2000, Gourmets & Oceano; jram@gourmets.net

Ecotourism

Los caminos del ecomuseo vol I & II. Ecomuseo Saja-Nansa, Grupo de Acción Local Saja-Nansa; saja-nansa@cdrtcampos.es
España camino verde, Grupo Editorial Ceac, S.A.; www.ceacedit.com

Regional Tourism

La ruta de los Conquistadores, Rutas arqueológicas en Andalusia, Ediciones Jaguar; Jaguar@edicionesjaguar.com
Cádiz venta a venta, Diputacion de Cádiz; archivo@cadiz.org
Los pazos y la cocina popular gallega, Telefónica & Lunwerg Editores;
Fax: (34) 932 011 587

FOREIGN AFFAIRS

Compiled by **Hawys Pritchard**

This issue's digest of events promoting Spanish food and drink backed by the Economic and Commercial Offices at the Embassies of Spain around the world covers the period January to April inclusive.

Canada

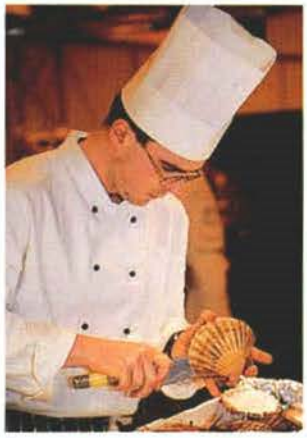
F&B 2000: The Spanish Pavilion at Canada's International Food and Beverage Show 2000, held in Toronto from 20-22 February, was inaugurated by His Excellency the Spanish Ambassador, Mr. José Cuenca. Along with the ICEX stand, twenty-seven Spanish companies exhibited in the 2,800 m2-pavilion (30,000 sq ft), the attendance of nine of them having been coordinated by the regional government of Extremadura. Invitations had been sent out to importers, distributors, supermarket chains, hoteliers and restaurateurs, and the press, and attendance figures were up from last year. Exhibitors report that major Canadian companies showed keen interest, and that useful links were forged.

buzon.oficial@otawa.ofcomes.mcx.es

France

Join the Club (de Gourmets): Representatives of restaurant chains in France visited Spain from 5-9 April for a gastronomic tour, eating traditional food in some of Madrid's top restaurants and visiting the Club de Gourmets Fair in Madrid on 7 April–the ideal opportunity to make contact with Spanish suppliers. They spent the following day exploring Barcelona and sampling local specialties.

buzon.oficial@paris.ofcomes.mcx.es



From top to bottom: Vinitaly 2000 in Verona; Jérôme Barbaçon, winner of Rioja Sous Chef Bursary 2000 held in London and, representatives of French restaurant chains visit the Club de Gourmets Fair, in Madrid.

Italy

Vinitaly 2000: Vinitaly 2000, Italy's premier international wine and spirits fair, held in Verona from 30 March to 3 April, featured an official Spanish Pavilion for the third year running. This prestigious event, second only to Bordeaux's Vinexpo, attracts exhibitors from all over the world and is aimed at wine professionals rather than at the general public.
www.wine: The Spanish Commercial Office in Milan is designing a Spanish wine web site (in Italian) giving information about Spain's main wine-producing areas, their D.O. wines, principal wineries, Italian importers and their range of Spanish wines, and links with the Web sites of Spanish wineries and of Italian importers and distributors. It comes online in the autumn.
New Look for the Millennium: Italia Alimentación, the Milan Commercial Office's newsletter about the Italian food and wine sectors is sent quarterly to Spanish companies who have contacted the office with enquiries about exporting to Italy. Response has been so positive that it has been given a new look for the year 2000.

buzon.oficial@milan.ofcomes.mcx.es

Japan

Hamming It Up in Tokyo: Sixty-two Spanish food companies were represented at

Tokyo's Foodex Food Fair from 7 to 10 March, with particular emphasis placed this year on Spanish cured ham–the two consorcios had a stand each. On the eve of the fair, they also staged a presentation of cured ham at a reception and drinks party at the residency of the Spanish Ambassador, to which 40 members of the press were invited. There was an equivalent for some 100 importers, wholesalers, manufacturers, and restaurateurs in the form of a seminar on 8 March at the hotel next to the Foodex site.

buzon.oficial@tokio.ofcomes.mcx.es

United Kingdom

Winter Sunshine for London: The Oldways Preservation and Exchange Trust's annual convention of American and British food writers, academics, nutritionists, and restaurateurs, was held in London in early January. The theme this year having been the Mediterranean Diet, the final dinner at the Four Seasons Hotel was hosted by Foods from Spain: an innovative approach to classic Spanish ingredients, and excellent wines proved how appealing the theory is when put into practice.

Wine Honors: Three hundred and forty prominent wine-trade figures witnessed the investiture of Félix Benito, director of C&D Wines, and Cristina Forner, managing director of Unión Vitivinícola, as new members of the Gran Orden de los Caballeros del Vino at its now traditional annual dinner, held on 25 January. The interesting "surf and turf" menu, created by the Four Seasons Hotel's chef, Eric Deblonde, was accompanied by wines from several Denominations of Origin. The Gran Orden de los Caballeros del Vino was founded in 1984 to honor outstanding service in support of Spanish wines in the UK, and includes among

From top to bottom: International Food and Beverage Show 2000, in Toronto; Spanish Wine Fair for Importers, in Amsterdam and Wines from Spain Trade Fair, in Manchester.

Spanish Pavillion, Toronto.

its members such prestigious figures as Hugh Johnson, Alan Cheeseman, and Angela Muir.

Competitive Cooks: Hotelympia 2000, Britain's major hotel and catering exhibition was held at London's Olympia from 7 to 11 February. Wines from Spain, on behalf of the Rioja Wine Exporters, staged their nationwide Rioja Sous Chef Bursary 2000 at the exhibition, the challenge being to devise a three course menu using Rioja as an ingredient in one course and to match each course to Rioja wines. The prize–a trip to the vineyards of Rioja and a week's work experience at one of Spain's top restaurants was won by Jérôme Barbançon of the Charlton House Hotel in Shepton Mallet. Meanwhile, the Salon Culinaire Competition at the same event was backed by Foods from Spain: chefs were asked to create a dish using three of the following: serrano ham, olive oil, citrus fruits, and saffron. Judges Eric Deblonde and Martin Lamb gave the gold award to Adam Fellows' fillet of seabass with serrano ham, red pepper comfit with black olive and caper salsa served on saffron scented rice with shellfish. Amazingly, Adam is a chef at the Charlton House Hotel in Shepton Mallet.

Spain at the Savoy: The UK Fruit Importers' Association's annual dinner, held at London's Savoy Hotel on 19 February, was sponsored this year by Foods from Spain and attended by some 300 representatives of the fresh produce sector. The menu and wines were, of course, Spanish.

Fair Play: Wines from Spain held its 11th annual Trade Fair at the Royal Horticultural Halls in London's Victoria on 21 and 22 March. Open to all genuine members of the trade and specialist press, it featured 85 stands and 1,300 wines sourced from all the major D.O.s, along with many other wines, brandies, premium beers, and liqueurs. A varietal tasting provided a chance to encounter some of Spain's lesser-known grape varieties. Repeating last year's successful formula, a smaller version of the fair (34 importers showing 500 wines), moved on to Manchester on 24 March. Regional rights at last!

buzon.oficial@londres.ofcomes.mcx.es

Netherlands

Spain in the Spotlight... at Angel Studios, the TV and film studios on the outskirts of Amsterdam, the 2000 venue for the biennial Spanish Wine Fair for Importers on 18 April, from midday to 7 p.m. This year, 31 Dutch importers presented a range of over 500 Spanish wines sourced from many different D.O.s to the trade, including wholesalers and retailers, restaurateurs, catering colleges, and the press.

buzon.oficial@lahaya.ofcomes.mcx.es

The Joy of Eating Mediterranean

Text
Eva R. Naranjo

Translation
David Cemlyn-Jones

An old idea widely circulated by doctors and nutrition experts today is that food has beneficial and harmful effects. Until now, however, the pleasure produced by eating, that delight of the senses found in good cooking, in dishes whose appearance and aroma suggest a certain taste and awaken the appetite, had been relegated to a second level plane.
This lapse is the result of a frequent rejection of the word diet. Diets are usually associated with illness, with insipid meals, with the banning of certain products and even with fasting and, obviously, the sacrifice involved in following them. All this has nothing to do with the Mediterranean diet.
At the Third International Congress of the Mediterranean Diet held in Barcelona during the Alimentaria Food Fair 2000 (from 6 to 10 March), participants heard some speakers blame themselves for having neglected the very important issue of the joy of eating. They also expressed regret for having advised against certain products and cooking practices that later proved to be healthy, such as blue fish, wine, or frying in olive oil that is so common in Spain (see page 102).
The latter was defended by Gregorio Varela of the Spanish Nutrition Society who this year became the first Spaniard to receive the Grande Covián Prize, awarded by the Development of the Mediterranean Diet Foundation, in recognition of those who have promoted the diet and spread the good news. The award winner considered that the pleasure of eating has been reevaluated, thanks to this varied and complete diet, and that questions such as those which declared that frying in a bath of oil at high temperatures led to a loss in the nutritious value of food, have been rejected. Varela pointed out that frying in olive oil preserved vitamins better and added other greases to meat that were healthier than the saturated fat it contained.
The Mediterranean diet was defined at this conference as being more a cultural and historic concept than a geographic one. It had been developed thanks to the contributions from civilizations that had settled on the shores of the Mediterranean throughout history. Greeks and Romans created the bases: oil, wheat, and wine, although the cooking habits of the "barbarians" in which game and vegetables predominated were introduced vigorously at the end of the Empire. Likewise, Christianity and Islam had a decisive influence on eating habits wherever they settled as did the later discovery of America that added ingredients to the Mediterranean diet that are now typical, such as tomatoes, peppers, and potatoes. For all these reasons, Massimo Montanari, a professor at Italy's Uni-

versity of Bologna, concluded that this diet is the result of a tradition and a way of life that has advanced with the passage of time. Although the diet's rediscovery was made in the United States and following scientific studies demonstrated its power to prevent disease and extend life expectation, to transfer this diet just as it is from one place to another is a difficult matter. Furthermore, even to maintain it in countries like Spain, where it is the traditional way of eating is posing difficulties right now because of major changes in life styles and food supply. There has been a move away from scarcity to abundance, which has led to the daily consumption of meat and fish dishes that were previously only eaten on special occasions. The now classical food pyramid in which it is graphically illustrated in what proportion and with what frequency different types of food should be consumed is not fully observed now. According to a study conducted by the Spain's Agriculture Ministry, Spaniards eat more meat and fats than they need and less carbohydrates (bread, pastas, and potatoes) than is recommendable. But there is a clear determination to follow a balanced diet, the first step towards achieving one. Effort may be required to conserve the Mediterranean diet, but the health benefits have been well demonstrated.

The Cheese Tradition: A Love of Mixtures

No matter how complete the description it is no substitute for the real thing and this is especially true when it comes to food. Organizers of Interlact, the Alimentaria 2000 salon devoted to milk and dairy products, fully realize that the best way to gain appreciation for the richness of traditional Spanish cheeses is to present them, one by one, to the sight, smell, and taste of visitors. For this reason, the tasting exhibition Spain: The Country of the 100 Cheeses, has been staged once more, following the enormous success of the 1996 and 1998 events (Alimentaria is held every two years).

"Introducing the traditional Spanish product is a slow process," asserts Mariano Sanz, president of the Traditional Cheeses of Spain Consortium and one of the organizers of Spain: The Country of the 100 Cheeses. "Not that we didn't make efforts in '96 and '98."

Distributors, importers, professionals of the restaurant business, specialist journalists, and the public

in general were able to enjoy an unlimited amount of up to 100 varieties of traditional Spanish cheeses, accompanied by the bread and wines that best go with them. Added to this instructive activity, Alimentaria has provided a book with the same title as the exhibition (see Lasting Impressions on page 130) that is a collection of descriptive cards on the 100 generic cheeses displayed (brand names excluded).
Enric Canut is the promoter of this event that is better described as part of a broader and older project seeking to revive and promote the richness of Spanish cheese. He has shared this task from the beginning with Mariano Sanz. Both are well known to our readers, as they have written papers regularly on cheese for *Spain Gourmetour.*
"Until ten or 15 years ago Spanish cheese was hardly known, even within the sector itself," explains Canut. "As there was little competition, we were used to seeing very simple cheeses produced to cover nutritional needs, while sensory, gastronomic, and pleasurable aspects were neglected."
However, Canut adds, there was a great diversity of cheeses, but output was so limited and distribution so locally confined that many were difficult to find, a situation that has experienced a big change, especially in the past decade when "the cheese industry seriously decided to produce traditional cheeses of Spanish origin in larger quantities for the greater market."
Evidence of this resurgence came in 1981, the year in which the first Denomination of Origin certificate was awarded to the Roncal variety; since then, 15 more cheeses have received this qualification and all become increasingly easier to find in foreign markets.
In Spain there are cheeses to suit practically every taste because the climate, the terrain, and the culture of the region where they are produced condition flavors. According to Mariano Sanz there is a good deal of livestock cheese, that is cheese produced from a mixture of sheep, cow, and goat milk in varying quantities, depending on the animals that form the herd. There is also a very well structured territorial map (see *Spain Gourmetour* Nos. 32, 33, and 34). The range of traditional cheeses is a modest gastronomic treasure that is gradually being rediscovered to the delight of a growing number of consumers.

The Great Spanish Grape for the World

Tempranillo

Text
Carlos Tejero

Translation
David Cemlyn-Jones

The best red wines in Spain are made with the Tempranillo grape, a variety that is little known, however, internationally. To highlight the special qualities of this Spanish grape the First International Symposium on Tempranillo, organized by the Rioja Denomination of Origin Regulatory Council that marked its 75th anniversary this year, was held last April.

The Tempranillo (see *Spain Gourmetour* Nos. 20 and 46), with its different names, depending on the region–Tinto Fino, Cencibel, Ull de Llebre–is found in 28 of Spain's 54 denomination of origin areas and, in some, such as Ribera del Duero and Rioja, is the main variety. Seventy-five percent of vines in Spain are Tempranillo.

The Tempranillo comes from a common vine stalk of northern hues in which Cabernet Sauvignon, Merlot, Pinot Noir, and so forth are included and is characterized by small berries and a peel that is very rich in polyphenols, making it ideal for *crianza* wines, asserts Luis Hidalgo, an agronomist engineer and former deputy director of the International Vine and Wine Office (OIV) and one of the speakers at the Symposium (see *Spain Gourmetour* No. 48).

But from a genetic point of view the Tempranillo is characterized by its great diversity. "In La Rioja alone, we have detected five types of different plant matter belonging to the Tempranillo variety," says Fernando Martínez de Toda, professor of viticulture at the University of La Rioja. "This reveals a great diversity that it is necessary and urgent to preserve to halt the genetic erosion that has emerged in the past few years, by replacing–because of market demands–old and genetically heterogeneous vines for new and genetically homogenous ones."

And if from a genetic point of view the Tempranillo grape is distinguished by its variety, from an enological point of view, however, it has a very well defined character "as long as it is cultivated in clayish soil and the vines are more than 12 years old with a yield per hectare (2.5 acres) of between five and seven metric tons," advises Manuel Ruiz, a technician at Haro's Enological Station and one of the greatest experts in this type of vine. "Under these conditions, the Tempranillo is free of oxidase, the peel has very low acidity, and during fermentation it produces a great quantity of lactic acid that produces wines that are very pleasant in bouquet and taste."

Lately the Tempranillo grape has crossed frontiers. Thus statistics indicate the importance that this vine is acquiring in Europe. In France, Italy, and Spain it is estimated that Tempranillo will be the most planted variety with 37 million vines in the 1999-2000 season, which is 23 percent of the total and places this vine ahead of Merlot and Cabernet Sauvignon.

In Portugal, where it is called Tinta Roriz, "it only accounts for 3.5 percent of the area occupied by red varieties," says Luis Carneiro, head of that country's National Agronomic Station. "But the number of plants has multiplied by three in only two years, from 174,000 in 1997 to 563,000 in 1999."

Its presence in the United States and Australia is negligible but experts believe that this will change "because producers in these countries are tremendously energetic and they feel that if they can succeed with Tempranillo in international markets they will make this strain fashionable as they did with Cabernet Sauvignon, Pinot, and Syrah," forecasts Giuliana Gay-Eynard from Italy's Study Center for the Genetic Improvement and the Biology of the Vine.

Promising Future

This leads to another exciting question: from a commercial point of view, what would happen if Tempranillo became fashionable and the market was filled with wines of the Tempranillo strain that were elaborated in the countries of the so-called New World?

For Richard Smart, a wine expert and respected Australian consultant, "Tempranillo is one of the best red varieties in the world provided it is made in the right climate and at the right temperatures. According to my studies, if we take the Haro zone as a model, we can find similar climates in places close to Sydney, Australia, and

Oregon in the United States. So it is assumed that Tempranillo wines similar to the Spanish in quality could be produced."

Frederic Brochet, of the Bordeaux Enology Institute, believes that "Spanish wine producers should not become obsessed with using the term Tempranillo on their labels. Tempranillo wines made in Spain are so different, depending on the region where they were produced, that they even confuse expert tasters. Could it be the winemaking process that gives the Tempranillo variety its character and not the grape itself?"

French experts are not the only supporters of the *terroir* concept as opposed to the variety concept. Gerry Dawes, a U.S. journalist specialized in wines and gastronomy, believes that "it would be an error for Spanish producers to adopt the strategy of giving preference to variety over denomination of origin, because there will always be someone capable of making a cheaper Tempranillo at a standard acceptable to the market, as has occurred with Cabernet, while, for example, Rioja wine is only produced in La Rioja and if someone wants to buy it they will have to pay the going price." But Fernando Bianchi, the OIV president, considers that "producers face the challenge of combining both concepts. This task is complicated in a world market dominated by the consumption of single grape wines, because promotion of just the origin could be dangerous. New consumers, especially in Asia, do not know anything about historic producing regions, but are aware of grape varieties."

Opinions and points of view for every taste were presented about what is undoubtedly the star of Spanish vineyards.

***Carlos Tejero** is a journalist.*

New Generations of Great Chefs

Text
Eva R. Naranjo

Translation
David Cemlyn-Jones

The VII Chefs of Spain Contest, held at the Madrid XIV International Gourmets Club Salon on 8 and 9 April, was a hard-fought dispute in the art of cooking in which new, eager, young cooks and their even younger assistants competed to serve up the best lamb and sea bass dishes as well as the best garnishing that the jury could taste. Their final goal was to represent Spain at the international Bocuse d'Or cooking contest in Lyon, France, next year. After two days of nerves, bustle, and hard labor in the kitchens set up by the organizers, the members of the jury had to select the winner by awarding points to each dish for its flavor, presentation, and the originality of the recipe. Javier Rodriguez Ponte from Galicia finally emerged as the winner thanks to a succulent sea bass baked in a sauce of mollusks and a blend of garlic and oregano, and his exquisite saddle of lamb with quince, foie, cream of thyme, and its sweet roast rib. Javier Rodríguez has already worked in the restaurants of El Bulli in Girona, Zuberoa in Guipúzcoa, and Casa Pardo in A Coruña, and in London's Savoy Hotel. He is currently studying Business Management and Administration, a course that will take him to the United States next summer where he expects to dazzle his fellow undergraduates with his talent in the kitchen.

Both he and the jury praised the high level of all participants in the contest who each came from a

different autonomous region of Spain: Asturias, Baleares, Castile-La Mancha, Castile-León, Extremadura, La Rioja, Madrid, and the Basque Country. As a novelty, this year's competition, organized by the Association of Young Restaurateurs of Spain, allowed represented autonomous regions to nominate prestigious chefs from their respective territories as members of the jury.

Rodríguez Ponte, who on two previous occasions was prevented from entering the national competition as a representative from Galicia because he had not reached the age of 23 required by the regulations, will have to go all out to prepare himself for the next Bocuse d'Or event that will gather 22 chefs from all over the world. In his preparation he will work on the same recipes that earned him his prize until they acquire "a more international flavor that can be appreciated in Lyon, because essentially they are dishes that are very typical in Galicia that may need to be modified," he explains.

With this in mind, he plans to travel to other countries, especially France, visiting restaurants, observing how dishes are prepared, and talking to chefs in order to improve his training. In Spain he will seek the advice of such masters of the kitchen as Juan Mari Arzak, who presided the jury at the Spanish contest and who he is sure can help him with his preparation. To date no Spaniard has won the Bocuse d'Or, but this hasn't discouraged Javier.

"I am longing to compete. It will be difficult, I know, but it's a challenge. I'll do my best."

Eva R. Naranjo *is a journalist specializing in foreign trade and a contributor to* Spain Gourmetour.

EXPORTERS

The following list includes a selection of exporters. It is not intended as a comprehensive guide and, for space reasons, we cannot list all the companies devoted to export of the featured products. The information included is supplied by the individual sources.

Canned Tuna

An additional list of Spanish manufacturers can be consulted on Internet: www.icex.es/repertorios/menuprin.asp For more information see page 150.

Alfonso García López, S.A.
Tel: (34) 986 770 012/31
Fax: (34) 986 771 359

Antonio Alonso, S.A.
Tel: (34) 986 202 054
(34) 986 207 005
Fax: (34) 986 207 168
caasa@fiab.es
www.fiab.es

Bernardo Alfageme, S.A.
Tel: (34) 986 213 217
Fax: (34) 986 203 152
basa@alfageme.com
www.alfageme.com

Conservas Cerqueira, S.A.
Tel: (34) 986 233 500/08/09
Fax: (34) 986 209 805

Conservas del Noroeste, S.A.
Tel: (34) 986 708 233/58
Fax: (34) 986 709 030

Conservas Garavilla, S.A.
Tel: (34) 946 186 677
Fax: (34) 946 885 394
comercial@isabel.net
www.isabel.net

Consorcio Español Conservero, S.A.
Tel: (34) 942 660 894
Fax: (34) 942 660 098
consorcio@camerdata.es
www.camerdata.es/consorcio.es

Escuris, S.A.
Tel: (34) 981 843 200
Fax: (34) 981 832 155
(34) 981 833 248

Frigoríficos del Noroeste, S.A.
Tel: (34) 981 835 005
Fax: (34) 981 835 004

Industrias Cerdeimar, S.L.
Tel: (34) 981 736 125
Fax: (34) 981 736 325
cerdeimar@bbunet.com

Jesús Alonso, S.A.
Tel: (34) 845 100/01
Fax: (34) 981 844 551
(34) 981 847 077

Justo López Valcárcel, S.A.
Tel: (34) 986 231 700/07
Fax: (34) 986 298 488
www.valcarcel-sa.es

Luis Calvo Sanz, S.A.
Tel: (34) 981 704 040
Fax: (34) 981 704 001

Orbe, S.A.
Tel: (34) 986 233 100
(34) 986 231 072
Fax: (34) 986 230 353
t.barahona@orbesa.com
www.orbesa.com

Peña, S.A.
Tel: (34) 986 506 911
Fax: (34) 986 501 614

Pita Hermanos, S.A.
Tel: (34) 986 565 033
Fax: (34) 986 565 974

Salica, Industria Alimentaria, S.A.
Tel: (34) 946 880 500
Fax: (34) 946 880 376
salica@cimv.es
www.cimv.es.salica

Thenaisie-Provote, S.A.
Tel: (34) 986 404 000
Fax: (34) 986 404 243
informacion@th-p.com

Source: *ICEX and ANFACO (Asociación Nacional de Fabricantes de Conservas de Pescados y Mariscos/National Association of Canned Fish and Seefood Producers)*
Tel: (34) 986 469 301
Fax: (34) 986 469 269
www.anfaco.es

Exclusively Gourmet Producers

La Barbateña
Tel: (34) 956 43 20 80
Fax: (34) 956 43 12 54
gerente@labarbatena.com
www.labarbatena.com

Conservas Busto, S.A.
Tel: (34) 943 199 207
Fax: (34) 943 199 399

Conservas La Gaviota, S.A.
Tel: (34) 946 186 667
Fax: (34) 946 186 344
gaviota@cimv.es

Conservas Pedro Alegria
Tel: (34) 946 134 101
Fax: (34) 946 833 344
batel@consalegria.com
www.consalegria.com

Conservas Rey de Oros
Tel: (34) 956 430 001
Fax: (34) 956 430 005

Conservas Ubago, S.L.
Tel: (34) 952 251 610
Fax: (34) 952 245 895
webmaster@vensy.es
www.vensy.es

Elkano
Tel: (34) 943 131 740
Fax: (34) 943 133 136

Hijos de Carlos Albo, S.A.
Tel: (34) 986 213 333
Fax: (34) 986 214 799

Hijos de Jose Serrats, S.A.
Tel: (34) 946 881 091
Fax: (34) 946 881 151
serrats@cimv.es
www.cimv.es/serrats

Leonardo Oliveri
Tel: (34) 943 861 150
Fax: (34) 943 861 598

Ormaza Conservas de Pescado, S.A.
Tel: (34) 946 186 159
Fax: (34) 946 186 160

Ortiz, S.A.
Tel: (34) 946 134 313
Fax: (34) 946 134 440

Source: *ICEX*

Olive Oil

An additional list of Spanish manufacturers can be consulted on Internet: www.icex.es/repertorios/menuprin.asp For more information see page 150.

Aceites Agro Sevilla, S.A.
Tel: (34) 954 251 400
Fax: (34) 954 251 072
agrosevilla@zeroray.net

Aceites Borges Pont, S.A.
Tel: (34) 973 501 212
Fax: (34) 973 500 060
abp.export@borges.es

Aceites Coosur, S.A.
Tel: (34) 913 605 520
Fax: (34) 915 230 578
export@coosur.com

Aceites del Sur, S.A.
Tel: (34) 954 690 900
Fax: (34) 954 690 450
export@acesur.com

Aceites La Masía, S.A.
Tel: (34) 962 873 040
Fax: (34) 962 870 230
lola.gomez@unilever.com

Aceites La Pedriza, S.A.
Tel: (34) 957 524 585/69
Fax: (34) 957 520 610

Aceites Toledo, S.A.
Tel: (34) 915 416 737
Fax: (34) 915 599 808
a.toledo@mad.servicom.es

Aceites Ybarra, S.A.
Tel: (34) 955 675 060
(34) 954 727 161
Fax: (34) 955 660 777
(34) 955 662 280
exportación@ybarra.es

Carbonell de Córdoba, S.A.C
Tel: (34) 957 320 200
Fax: (34) 957 320 444

Compañia Colomé de Aceites, S.A.
Tel: (34) 973 237 400
Fax: (34) 973 239 541

Establecimientos Félix Gasull, S.A.
Tel: (34) 977 315 414
Fax: (34) 977 318 794
fgasull@arrakis.es

Euroaliment, S.L.
Tel: (34) 973 730 525
Fax: (34) 973 730 515
euro@euroaliment.com

Goya en España, S.A.
Tel: (34) 955 611 854
Fax: (34) 954 100 656
goya@arrakis.es

Hispanoliva, S.A.
Tel: (34) 957 767 100
Fax: (34) 957 282 061
hispanoliva@eurociber.es

Ideal, S.A.
Tel: (34) 977 500 200/50/19
Fax: (34) 977 502 022
ideal.sa-faiges@cambrescat.es

Juan Ballester Rosés, Sucs., S.A.
Tel: (34) 977 500 000
Fax: (34) 977 500 347
exports@ballesteroliveoil.com

Kobayter, S.A.
Tel: (34) 952 621 450
Fax: (34) 952 435 326
kobayter@arrakis.es

Miguel Gallego, S.A. "MIGASA"
Tel: (34) 954 720 550
Fax: (34) 954 729 552

Mueloliva, S.L.
Tel: (34) 957 540 147
Fax: (34) 957 700 260
mueloliva@arrakis.es

Núñez de Prado, C.B.
Tel: (34) 957 670 141
Fax: (34) 957 670 019

Oleoestepa, S.C.A.
Tel: (34) 955 913 154
Fax: (34) 955 913 537
oleo@oleoestepa.com

Rafael Salgado, S.A.
Tel: (34) 916 667 875
Fax: (34) 916 666 218
export@rafaelsalgado.com

Salgado, S.A.
Tel: (34) 915 327 711
Fax: (34) 915 224 416

Torres y Ribelles, S.A.
Tel: (34) 955 679 010
Fax: (34) 955 679 047
TorresRibelles@betis.es

Unión Agraria Cooperativa, S. COOP. C. LTDA.
Tel: (34) 977 330 055
Fax: (34) 977 330 070
unio@mx2.redestb.es

Source: *ASOLIVA (Asociación española de exportadores de aceite de oliva/Association of Spanish Olive Oil Exporters)*
Tel: (34) 914 468 812
Fax: (34) 915 931 918
asoliva@ctv.es

Peppers

Acrena, S.A.T.
Tel: (34) 950 568 561
Fax: (34) 950 568 865

Agromurgi, S.A.T.
Tel: (34) 950 484 664
Fax: (34) 950 484 308
(34) 950 485 700
agromurgi@larural.es

Anecoop, SDAD. COOP.
Tel: (34) 963 938 501/556
Fax: (34) 963 938 510
dir@anecoop.com
www.anecoop.com

Baman S.A
Tel: (34) 950 489 699
Fax: (34) 950 489 723
baman@arrakis.es

Cabasc, S.C.A
Tel: (34) 950 406 100
Fax: (34) 950 406 525
cabasc@larural.es
www.cabasc.com

Canalex, S.A.T.
Tel: (34) 950 489 072
Fax: (34) 950 480 354
canalex@larural.es

Casi, S.C.A.
Tel: (34) 950 626 007/008
Fax: (34) 950 290 863
casi@larural.es

Casur, S.C.A.
Tel: (34) 950 306 000
Fax: (34) 950 306 017
casur@larural.es

Copaisan
Tel: (34) 928 891 094
Fax: (34) 928 891 126

Diveal, S.L.
Tel: (34) 950 565 009
Fax: (34) 950 565 011
diveal@larural.es

Dunamar, S.A.T.
Tel: (34) 950 407 180
Fax: 950 407 536
suadz@larural.es

Ejidomar, S.C.A.
Tel: (34) 950 481 450
Fax: (34) 950 484 078
ejidomar@larural.es

Ejido Verde, S.A.T.
Tel: (34) 950 607 720
Fax: (34) 950 607 850
ejidoverde@larural.es

Frutas Caparrós S.L.
Tel: (34) 950 297 433
Fax: (34) 950 297 268
frutacaparros@larural.es

Frutas Escobi, S.L.
Tel: (34) 950 587 101
Fax: (34) 950 587 419

Frutera Internacional, S.A.
Tel: (34) 950 310 015
Fax: (34) 950 311 153
fruterainter@larural.es

Hortamira, SDAD. COOP.
Tel: (34) 968 174 210
Fax: (34) 968 174 083

Indasol, S.A.T.
Tel: (34) 950 488 250
Fax: (34) 950 488 260
indasol@larural.es

Inver, S.A.T.
Tel: (34) 950 342 462
Fax: (34) 950 343 714
satinver@larural.es

Jose y Paco, S.L.
Tel: (34) 950 489 117
Fax: (34) 950 489 119
josepaco@larural.es

Las Hortichuelas, S.A.T.
Tel: (34) 950 309 016
Fax: (34) 950 342 358
sathorti@larural.es

Mayba, S.A.T.
Tel: (34) 950 483 614
Fax: (34) 950 483 761
mayba@larural.es

San Isidro Labrador, S.C.A.
Tel: (34) 950 581 904
Fax: (34) 950 581 904
sanisidro@larural.es

S.A.T. San Cayetano
Tel: (34) 968 580 111
Fax: (34) 968 580 237

Surinver
Tel: (34) 966 766 068
Fax: (34) 966 766 250

Vicasol, S.C.A.
Tel: (34) 950 553 200
(34) 950 553 204/205
Fax: (34) 950 553 134
vicasol@larural.es

Source: *ICEX, COEXPHAL (Asociación de Cosecheros Exportadores de Productos Hortofrutícolas de Almería/ Association of Vegetables Exporters and Producers from Almería)*
Tel: (34) 950 621 162
Fax: (34) 950 238 356

coexphal@larural.es
personales.larural.es/coexphal
and FECOAM (Federación de Cooperativas Agrarias de Murcia/Federation of Agricultural Cooperatives from Murcia)
Tel: (34) 968 351 282
Fax: (34) 968 350 095
FECOAM@ccae.es

Rice

D.O. Calasparra

Cooperativa del Campo Virgen de la Esperanza
Tel: (34) 968 723 107
Fax: (34) 968 723 018

Regulatory Council: Consejo Regulador D.O. Arroz de Calasparra
Tel/Fax: (34) 968 720 614

Source: *ICEX*

D.O. Valencia

Arrocerías Herba, S.A.
Tel: (34) 961 203 050
Fax: (34) 961 203 709

Arroces y Cereales, S.A.
Tel: (34) 962 858 601
Fax: (34) 962 858 730
arcesa@arcesa.com

Maicerías Españolas, S.A.
Tel: (34) 961 850 051
Fax: (34) 961 851 017
dacsa@vlc.servicom.es

Regulatory Council: Consejo Regulador D.O. Arroz de Valencia
Tel/Fax: (34) 961 706 156
doarros@teleline.es

Source: *Regulatory Council of D.O. Arroz de Valencia*

D.E. del Delta del Ebro

Arrossaires del Delta de l'Ebre, S.C.C.L.
Tel: (34) 977 700 219
Fax: (34) 977 704 968
info@arrossaires-delta-ebre-sccl.es
www.arrossaires-delta-ebre-sccl.es

Cámara Arrocera de Amposta, S.C.A.C./S.C.LDA
Tel: (34) 977 701 020
Fax: (34) 977 700 190
coop@camara-amposta.es
www.camara-amposta.es

Regulatory Council: Consejo Regulador D.E. Arroz del Delta del Ebro
Tel: (34) 977 700 219
Fax: (34) 977 704 968
info@arrossaires-delta-ebre-sccl.es
www.arrossaires-delta-ebre-sccl.es

Source: *Regulatory Council of D.O. Arroz del Delta del Ebro*

Without D.O.

Nomen Productos Alimenticios, S.A.
Tel: (34) 977 501 733
Fax: (34) 977 504 082
azagra@nomen.es

Sos Arana Alimentación, S.A.
Tel: (34) 962 482 100
Fax: (34) 962 484 008
www.sos.es

Source: *ICEX*

ADINDEX

Aceites Borges Pont, S.A.
Avda. J. Trepat, s/n
P.O. Box 20
25300 Tárrega (Lleida)
Tel: (34) 973 501 212
Fax: (34) 973 500 060
abp.export@borges.es
www.aceitesborges.es
Page: 2

Aceites Coosur, S.A.
Los Madrazo, 38 5º
28014 Madrid
Tel: (34) 913 605 520
Fax: (34) 915 230 578
Page: 165

Aceites del Sur, S.A.
Ctra. Madrid-Cádiz,
Km. 550,6
41700 Dos Hermanas
(Sevilla)
Tel: (34) 954 690 900
Fax: (34) 954 690 450
www.acesur.com
Page: 161

Aceites La Laguna
Camino de la Laguna, s/n
23529 Puente del Obispo-
Baena (Jaén)
Tel: (34) 953 765 100
Fax (34) 953 765 106
aceiteslaguna@cempresarial.
com
www.cempresarial.com/
aceiteslaguna
Page: 145

Agrolés, S.C.L. (Románico-Esencia)
Verge de Montserrat, 29
25400 Les Borges Blanques
(Lleida)
Tel: (34) 973 142 150
Fax: (34) 973 140 051
agroles@agroles.com
Page: 143

Agrupación de Cooperativas Valle del Jerte
Ctra. N-110, Km.381
10614 Valdastillas (Cáceres)
Tel: (34) 927 476 370
Fax: (34) 927 475 055
vallejerte@bme.es
Page: 159

Alcalá Oliva Distribución
Pol.Ind. Fuente Granada,
Parcela 58 C/ Salado, 8
23680 Alcalá La Real (Jaén)
Tel: (34) 953 583 838
(34) 953 585 136
Fax: (34) 953 584 953
alcalaoliva@cempresarial.com
Page: 138

Ángel Camacho, S.A. (Fragata)
Avda. del Pinar, 6
41530 Morón de la Frontera
(Sevilla)
Tel: (34) 954 851 200
Fax: (34) 955 850 145
info@acamacho.com
www.acamacho.com
Pages: Inside cover and 152

Araex-Rioja Alavesa Export Group
Dato, 38
01005 Vitoria (Álava)
Tel: (34) 945 141 800
Fax: (34) 945 143 156
araex@araex.com
www.araex.com
Page: 8

Bajamar
Madre Vedruna, 12
P.O. Box 141
50008 Zaragoza
Tel: (34) 976 468 469
Fax: (34) 976 234 798
bajamar@bajamar.es
Page: 153

Bodegas F. Schatz
Finca Sanguijuela
P.O. Box 131
29400 Ronda (Málaga)
Tel: (34) 952 871 313
Fax: (34) 952 871 313
Page: 135

Bodegas Franco Españolas
Cabo Noval, 2
26006 Logroño (La Rioja)
Tel: (34) 941 251 300
Fax: (34) 941 262 948
www.francoespanolas.com
Page: 160

Bodegas Lan, S.A.
Paraje de Buicio, s/n
26360 Fuenmayor (La Rioja)
Tel: (34) 941 450 950
Fax: (34) 941 450 567
bodegaslan@fer.es
www.bodegaslan.com
Page: 163

Bodegas Los Robles
Ctra. Córdoba-Málaga,
Km. 447
14550 Montilla (Córdoba)
Tel: (34) 957 650 063
Fax: (34) 957 653 140
brobles@ctv.es
www.ctv.es/USER/brobles
Page: 153

Bodegas Palacio de la Vega
Condesa de la Vega, s/n
31263 Dicastillo (Navarra)
Tel: (34) 948 527 009
Fax: (34) 948 527 333
prlariosinter@eurociber.es
Page: 158

Bodegas Pirineos, S.A.
Ctra. de Barbastro a Naval,
Km. 3,5
22300 Barbastro (Huesca)
Tel: (34) 974 311 289
Fax: (34) 974 306 688
Page: 157

Bodegas S.A.T. Los Curros
Ctra. Madrid-Coruña,
Km. 173,5
47490 Rueda (Valladolid)
Tel: (34) 983 868 097
Fax: (34) 983 868 177
curros@nexus.es
Page: 1

Bodegas Vega De La Reina
Gran Vía, 33
28013 Madrid
Tel: (34) 915 322 575
Fax: (34) 915 325 985
central@vegadelareina.com
www.vegadelareina.com
Page: 132

Cavas Josep Masachs
08737 Torrelles de Foix
(Barcelona)
Tel: (34) 938 990 017
Fax: (34) 938 91 561
www.cavasmasachs.com
Page: 152

C de A (Comercializadora de Productos Andaluces)
Avda. República Argentina,
24 15ª Plta.
41011 Sevilla
Tel: (34) 954 280 227
Fax: (34) 954 282 352
cdea@cda.es
www.cdea.es
Page: 6

C.R.D.O. Calificada Rioja
Estambrera, 52
26006 Logroño (La Rioja)
Tel: (34) 941 500 400
Fax: (34) 941 500 672
info@riojawine.com
www.riojawine.com
Page: 9

C.R.D.O. Valdepeñas
Constitución, 19
13300 Valdepeñas
(Ciudad Real)
Tel: (34) 926 322 788
Fax: (34) 926 321 054
Page: 10

Cevenasa (Dantza)
Ctra. de Peralta, s/n
31340 Marcilla (Navarra)
Tel: (34) 948 713 970
Fax: (34) 948 713 971
cevenasa@meganet.es
www.fiab.es/cevenasa
Page: 154

Conservas Artesanas Rosara, S.A.
Pol. Ind. Sector 1 - nº 3
31261 Andosilla (Navarra)
Tel: (34) 902 304 010
Fax: (34) 948 690 301
www.rosara.com
Page: 156

Conservas Ramón Peña
Pol. Ind. del Salnés
36636 Ribadumia
(Pontevedra)
Tel: (34) 986 716 011
Fax: (34) 986 716 363
www.cempresarial.com/
ramonpena.
Page: 141

Consorcio del Jamón Serrano Español
Moralzarzal, 80
28034 Madrid
Tel: (34) 917 356 085
Fax: (34) 917 350 503
consorcio@consorcioserrano.
com
www.consorcioserrano.com
Page: 11

CPAEN
Avda. de San Jorge, 81
31012 Pamplona (Navarra)
Tel: (34) 948 178 332
Fax: (34) 948 251 321
itga.sanjorge@sarenet.es
Page: 136

Crismona, S.A.
Baena, 25
14860 Doña Mencía
(Córdoba)
Tel: (34) 957 695 514
Fax: (34) 957 676 342
exportacion@crismona.com
www.crismona.com
Page: 133

Daranda y Gallarza
Avda. de Babiera, 2
28028 Madrid
Tel: (34) 913 564 855
Fax: (34) 913 554 330
edgg@arrakis.es
www.darandaygallarza.es
Page: 146

Federico Paternina, S.A.
Avda. Santo Domingo, 11
26200 Haro (La Rioja)
Tel: (34) 941 310 550
Fax: (34) 941 312 778
paternina@paternina.es
www.paternina.com
Page: 5

Feria de Valencia (Euroagro-Iberflora)
Avda. de las Ferias, s/n
46035 Valencia
Tel: (34) 963 861 100
Fax: (34) 963 636 111
feriavalencia@feriavalencia.
com
www.feriavalencia.com
Page: 147

Francisco José Sánchez Fernández, S.A.
San Andrés, 4
04270 Sorbas (Almería)
Tel: (34) 950 364 038
Fax: (34) 950 364 422
Page: Inside back cover

Freixenet, S.A.
Joan Sala, 2
08770 Sant Sadurní D'Anoia
(Barcelona)
Tel: (34) 938 917 000
Fax: (34) 938 183 611
http//www.freixenet.com
Page: 3

González Byass
Manuel María González, 12
11403 Jerez de la Frontera
(Cádiz)
Tel: (34) 956 357 000
Fax: (34) 956 357 040
ilopez@gonzalezbyass.es
www.gonzalezbyass.es
Page: 7

Grupo Gourmets
Claudio Coello, 52 - 1ª
28001 Madrid
Tel: (34) 915 770 418
Fax: (34) 914 311 359
jram@gourmets.net
www.gourmets.net
Page: 164

Grupo Zamora, S.A. (Licor 43)
Avda. de Colón, 146
30205 Cartagena (Murcia)
Tel: (34) 968 510 200
Fax: (34) 968 510 654
licor43@licor43.com
www.licor43.com
Page: 142

A Guide to Business in Spain
Spanish Institute for
Foreign Trade
Pº de la Castellana, 14
28046 Madrid
Tel: (34) 913 496 100
Fax: (34) 914 316 128
icex@icex.es
www.icex.es
Pages: 151 and 168

Junta de Extremadura-Dirección General de Comercio
Ctra. de Cáceres, 3
06001 Badajoz
Tel: (34) 924 271 700
Fax: (34) 924 271 311
Page: Back cover

La Barbateña
Avda. Ruiz de Alda, 55
11160 Barbate (Cádiz)
Tel: (34) 956 434 323
Fax: (34) 956 431 254
administracion@labarbatena.
com
www.labarbatena.com
Page: 151

Núñez de Prado
Cervantes, 15
14850 Baena (Córdoba)
Tel: (34) 957 670 141
Fax: (34) 957 670 019
Page: 152

Pérez Caramés, S.A.
Peña, Picón, s/n
24500 Villafranca del Bierzo
(León)
Tel: (34) 987 540 197
Fax: (34) 987 540 314
1810fp@teleline.es
Page: 139

Proaliment-Jesús Navarro, S.A. (Carmencita)
Isaac Peral, 46
03660 Novelda (Alicante)
Tel: (34) 965 600 150
Fax: (34) 965 604 796
export@carmencita.com
www.proaliment.com
Page: 162

Rafael Salgado, S.A.
Fundición, 6
Pol. Ind. Santa Ana
28529 Rivas (Madrid)
Tel: (34) 916 667 875
Fax: (34) 916 666 218
export@rafaelsalgado.com
www.rafaelsalgado.com
Page: 167

Real Sitio de Ventosilla, S.A.
Ctra. Aranda-Palencia,
Km. 10
09440 Gumiel de Mercado
(Burgos)
Tel: (34) 947 546 900
Fax: (34) 947 546 999
bodega@pradorey.com
Page: 154

Sánchez Romate, S.A.
Lealas, 26-30
11404 Jerez de la Frontera
(Cádiz)
Tel: (34) 956 182 212
Fax: (34) 956 185 276
cmendoza@mx4.redestb.es
www.romate.com
Page: 152

Sandeman Coprimar, S.A.
Pizarro, 10
11403 Jerez de la Frontera
(Cádiz)
Tel: (34) 956 301 100
Fax: (34) 956 300 007
www.sandeman.com
Page: 155

Torrevella Explotación Agrícola, S.L.
Partida Polop alt, 31
P.O. Box 14
03801 Alcoy (Alicante)
Tel: (34) 966 525 797
Fax: (34) 966 525 797
Page: 4

Vinos de los Herederos del Marqués de Riscal, S.A.
Juan Ramón Jiménez, 8
28036 Madrid
Tel: (34) 913 452 867
Fax: (34) 913 454 582
marquesderiscal@
marquesderiscal.com
www.marquesderiscal.com
Page: 12

SPAIN OVERSEAS

If you would like to know more about any subject dealt with in this magazine, except for tourist information, please write to the Economic and Commercial Offices at the Embassies of Spain, marking the envelope Ref: Spain Gourmetour.

AUSTRALIA
Edgecliff Centre
Suite 408
203 New South Head Road
Edgecliff NSW 2027
Sydney
Tel: (2) 93 62 42 12/3/4
Fax: (2) 93 62 40 57
buzon.oficial@sidney.
ofcomes.mcx.es

CANADA,
55, Bloor St. West
Suite 1204
Toronto-Ontario, M4W 1A5
Tel: (416) 967 04 88
Fax: (416) 968 95 47
buzon.oficial@toronto.
ofcomes.mcx.es

CHINA
14, Liang Ma He NanLu,
2-2-2.
100600 Beijing
Tel: (10) 65 32 20 72/31 03
Fax: (10) 65 32 11 28
buzon.oficial@pekin.
ofcomes.mcx.es

25 Flor,Westgate Mall
1038 Nanjing Xi Road
200041 Shanghai
Tel: (21) 62 17 26 20
Fax: (21) 62 67 77 50
buzon.oficial@shanghai.
ofcomes.mcx.es

DENMARK
Vesterbrogade 10, 3º
1620 Copenhagen V
Tel: (33) 21 94 98/33 88
Fax: (33) 21 33 90
buzon.oficial@copenhague.
ofcomes.mcx.es

HONG KONG
2004 Tower One Lippo
Centre
89 Queensway Admiralty
Hong Kong
Tel: (852) 25 21 74 33
Fax: (852) 28 45 34 48
buzon.oficial@hongkong.
ofcomes.mcx.es

IRELAND
35, Molesworth Street
Dublin 2
Tel: (1) 661 63 13
Fax: (1) 661 01 11
buzon.oficial@dublin.
ofcomes.mcx.es

ITALY
Via del Vecchio Politecnico
3-16
20121 Milan
Tel: (2) 78 14 00
Fax: (2) 78 14 14
buzon.oficial@milan.
ofcomes.mcx.es

JAPAN
Sanbancho KS Bldg.
3Fl. 2 Sanbancho
Chiyoda-Ku
Tokyo 102
Tel: (3) 32 22 35 55
Fax: (3) 32 22 35 50
buzon.oficial@tokio.
ofcomes.mcx.es

MALAYSIA
20th Floor. Menara Boustead
69, Jalan Raja Chulan
50200 Kuala Lumpur
P.O. Box 11856
50760 Kuala Lumpur
Tel: (3) 248 73 00/05
Fax: (3) 241 50 06
buzon.oficial@kualalumpur.
ofcomes.mcx.es

NETHERLANDS
Burg. Patijnlaan, 67
2585 The Hague
Tel: (70) 364 31 66/345 13 13
Fax: (70) 360 82 74
buzon.oficial@lahaya.
ofcomes.mcx.es

NORWAY
Karl Johansgate, 23b
0159 Oslo
Tel: (22) 41 41 28
Fax: (22) 42 96 79
buzon.oficial@oslo.ofcomes.
mcx.es

SINGAPORE
15, Scotts Road 05-08/09
Thong Teck Bldg.
228218 Singapore
Tel: (65) 732 97 88/89
Fax: (65) 732 97 80
buzon.oficial@singapur.
ofcomes.mcx.es

SWEDEN
Sergels Torg, 12
111-57 Stockholm
Tel: (8) 24 66 10
Fax: (8) 20 88 92
buzon.oficial@estocolmo.
ofcomes.mcx es

UNITED KINGDOM
66 Chiltern Street
Floors 2-3
W1M 2LS London
Tel: (20) 7486 01 01
Fax: (20) 7487 55 86-
224 64 09
buzon.oficial@londres.
ofcomes.mcx.es

UNITED STATES
405 Lexington Av. Floor 44
10174-0331 New York, NY
Tel: (212) 661 49 59/60
Fax: (212) 972 24 94
buzon.oficial@nuevayork.
ofcomes.mcx.es

For tourist information, contact your nearest Tourist Office of Spain

CANADA
2 Bloor Street West
Suite 3402
Toronto, Ontario M4W 3E2
Tel: (416) 961 31 31/40 79
Fax: (416) 961 19 92
toronto@tourspain.es
www.tourspain.toronto.on.ca

DENMARK
NY Ostergade 34,1
1101 Copenhagen K
Tel: (45) 33 15 11 65
Fax: (45) 33 15 83 65
copenhague@tourspain.es
www.spanien-turist.dk

ITALY
Via Broletto, 3
20121 Milan
Tel: (2) 72 00 46 17
Fax: (2) 72 00 43 18
milan@tourspain.es

Via del Mortaro, 19
Interno 5
00187 Rome
Tel: (6) 678 31 06
Fax: (6) 679 82 72
roma@tourspain.es

JAPAN
Daini Toranomon Denki
Bldg, 4F-3-1-10 Toranomon
Minato-Ku, Tokyo 105
Tel: (3) 34 32 61 41/42

Fax: (3) 34 32 61 44
tokio@tourspain.es
www.spaintour.com

NETHERLANDS
Laan van Meerdervoot, 8 A
2517 The Hague
Tel: (70) 346 59 00
Fax: (70) 364 98 59
lahaya@tourspain.es
www.spaansverkeersbureau.nl

NORWAY
Kronprinsensgate, 3
0251 Oslo 2
Tel: (47) 22 83 40 92
Fax: (47) 22 83 19 22
oslo@tourspain.es
www.tourspain-no.org

SINGAPORE
541 Orchard Road # 09-04
Liat Tower
238881 Singapore
Tel: (65) 737 30 08
Fax: (65) 737 31 73
singapore@tourspain.es

SWEDEN
Stureplan, 6
114 35 Stockholm
Tel: (8) 611 19 92
Fax: (8) 611 44 07
estocolmo@tourspain.es

UNITED KINGDOM
Manchester Square, 22-23
London W1M 5AP
Tel: (20) 7486 80 77
Fax: (20) 7486 80 34
londres@tourspain.es
www.uk.tourspain.es

UNITED STATES
Water Tower Place
Suite 915 East
845 North Michigan Avenue
Chicago, IL 60611
Tel: (312) 642 19 92
Fax: (312) 642 98 17
chicago@tourspain.es

8383 Wilshire Blvd. Suite 960
Beverly Hills, CA 90211
Tel: (323) 658 71 95
Fax: (323) 658 10 61
losangeles@tourspain.es

221 Brickell Avenue
Miami, FL 33131
Tel: (305) 358 19 92
Fax: (305) 358 82 23
miami@tourspain.es

666 Fifth Avenue, 35th floor
New York, NY 10103
Tel: (212) 265 88 22
Fax: (212) 265 88 64
nuevayork@tourspain.es
www.okspain.org

PARADORS CENTRAL BOOKING OFFICE
Requena, 3
28013 MADRID
Tel: (34) 915 166 666
Fax: (34) 915 166 657/58
www.parador.es

ORGANIC WINE RAISIN WINE WINE OF TROPICAL FRUITS

SPAIN COMMERCIAL OFFICE Tel: (34) 957 650 063 Fax: (34) 957 653 140 FCO. JOSE ROBLES E-Mail:brobles@ctv.es

Bajamar

The specialist
of the delicious
and famous
"PIQUILLO"
RED PEPPERS

FIRE ROASTED

OFICINA COMERCIAL:
Madre Vedruna, 12 Apdo.141
Teléfono (976) 22 24 67*
Télex 58735 BAJA E - Fax 23 47 98
50080 ZARAGOZA - España

FABRICA:
Ctra. Sangüesa, s/n.
Teléfonos (948) 72 50 00 / 72 55 34
Fax 72 52 57
CARCASTILLO (Navarra) - España

RED SWEET PEPPERS "DEL PIQUILLO"

"DEL PIQUILLO peppers are sweet, slightly piquant red peppers. Short and shaped like a rounded triangle with a pronounced point, they are fine-textured and not over-fleshy"

The traditional serving way:

RED SWEET PEPPERS DEL PIQUILLO WITH GARLIC

INGREDIENTS FOR 4 PERSONS

*1 can Piquillo Peppers *1 whole garlic * 200ml. olive oil * salt

Heat the oil in an earthenware dish. Cut the garlic cloves in two and fry gently in the oil. Before they begin to change colour, add the peppers with the liquid from the can. Season. Gently shake the dish until the sauce binds. Serve hot.

Dantza®

Packed by:
CEVENASA DANZA, S.A.
Ctra. Peralta s/n.
31340 Marcilla (Navarra) SPAIN
Tel.: (34) 948 71 39 70
Fax: (34) 948 71 39 71

Produce of SPAIN Jerez · Xérès · Sherry

Spanish Soul

Very Old and Rare Sherries
A tribute to time
and craftsmanship
by
The House of Sandeman

Those who appreciate quality enjoy it responsibly

www.sandeman.com

SANDEMAN. The Traditional Spanish Sherry

Conservas Artesanas

ROSARA

Conservas Artesanas ROSARA

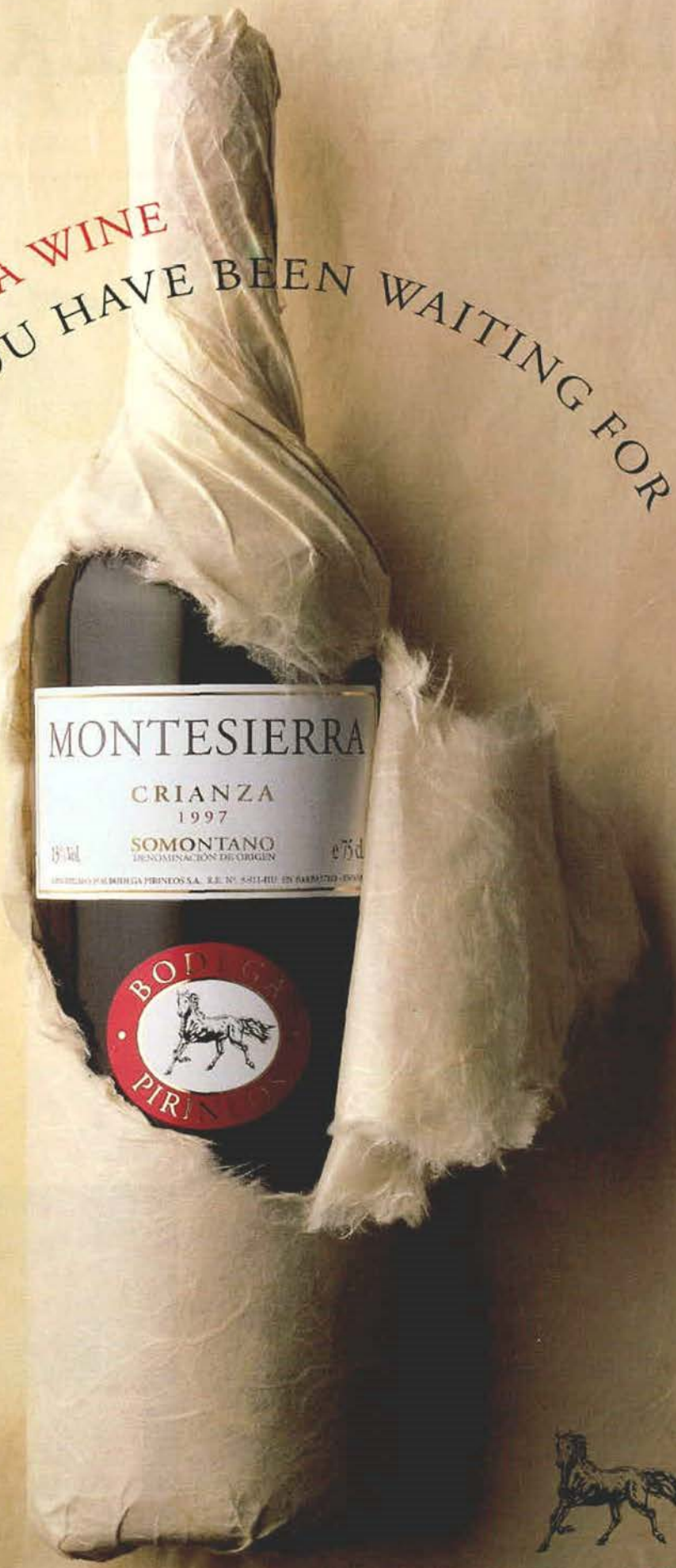
COOKED VEGETABLES

ALL OUR COOKED VEGETABLES COME FROM NAVARRA VEGETABLE GARDENS. THEY HAVE BEEN HARVESTED, SELECTED AND PACKED IMMEDIATELY, THUS CONSERVING THEIR VITAMINS PROPERTIES.

- ***"Menestra" (Selection of Vegetables cooked with Ham)***
- ***Seaman´s style artichokes (sailor fashion)***
- ***Artichokes Stuffed with Seafood***
- ***Artichokes with Ham***
- ***Cardoon with Almond Sauce***
- ***Sautéed Peas with Garlic Prawns***
- ***Sautéed Broad Beans***

Conservas Artesanas Rosara, s.l.
Polígono industrial
Teléfono:(948) 69 04 30
Fax: (948) 69 03 01
31261 ANDOSILLA (Navarra)
http://www.rosara.com

THE CRIANZA WINE YOU HAVE BEEN WAITING FOR



You wanted the perfect wine. A Crianza with enough oak to make the difference, yet fruity at the same time. Round, mouth-filling with a lingering finish... Your wish has been granted: the NEW MONTESIERRA CRIANZA (with Tempranillo, Cabernet Sauvignon and Moristel) is the wine you were looking for. Here it is, it is yours. An ideal wine whose style and character reflect both the Somontano region and the creative intuition that has made this Crianza possible. Truly perfect.

BODEGA PIRINEOS

D.O. SOMONTANO

Web: www.bodega-pirineos.com • E-mail: info@bodega-pirineos.com

PALACIO DE LA VEGA

Cabernet Sauvignon *Merlot* *Tempranillo*

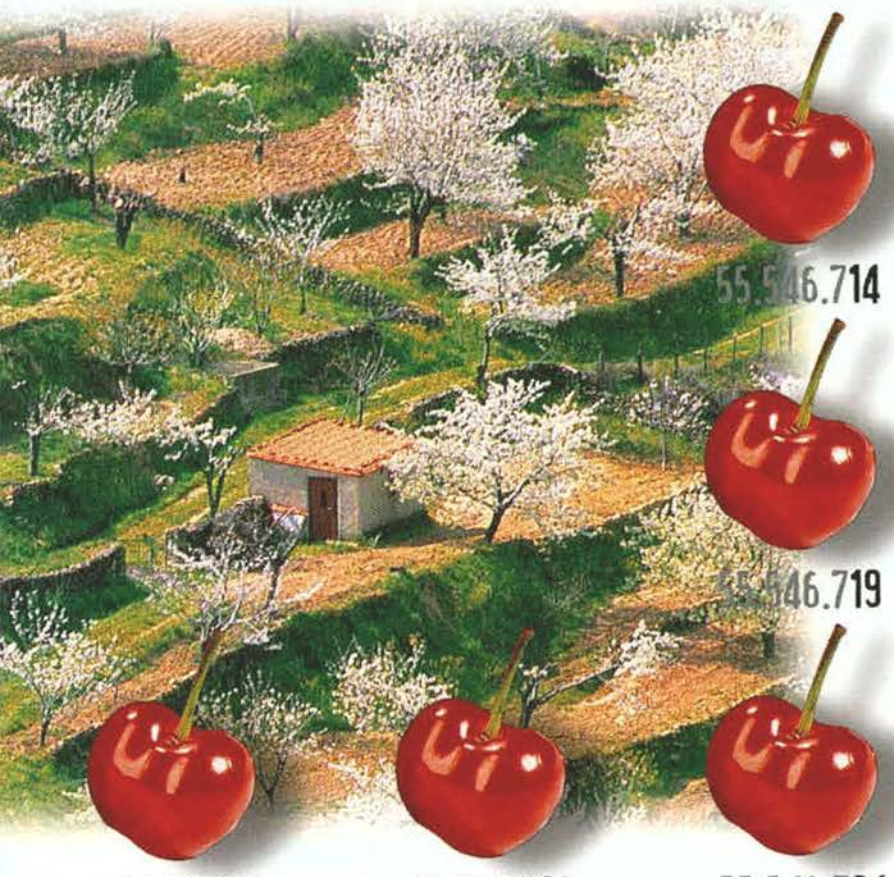
The Estate of the art

Bodegas Palacio de la Vega was set up in 1991 to produce top quality wines. Since then, we have controlled 300 hectares of vineyards, producing the following grape varieties: Tempranillo, Cabernet-Sauvignon, Merlot and Chardonnay , to provide our consumers with great wines of character and finesse.

CONDESA DE LA VEGA S/N
31263 DICASTILLO - NAVARRA
TEL. 34-948 527 009
FAX. 34-948 527 333

55.546.731

cherries per day, selected by hand one by one



55.546.714 55.546.715 55.546.716

55.546.719 55.546.720 55.546.721

55.546.722 55.546.723 55.546.724 55.546.725 55.546.726

55.546.727 55.546.728 55.546.729 55.546.730 55.546.731

From April to August El Valle del Jerte produces up to one million kilogrammes per day. This valley, with such special microclimatic conditions, makes the slopes of the mountains an ideal place for cultivating hight-quality cherries. Picking and classifying cherries is done by hand using traditional artisan methods. From the century 14th the cherries from the valley, for its magnificent appearance and intense flavor, are know as the Queen of cherries, specially the "Picota" variety. From 1996 our trademarks are recognized by a name which guarantees its quality origin: "Cereza del Jerte".

AGRUPACIÓN DE COOPERATIVAS

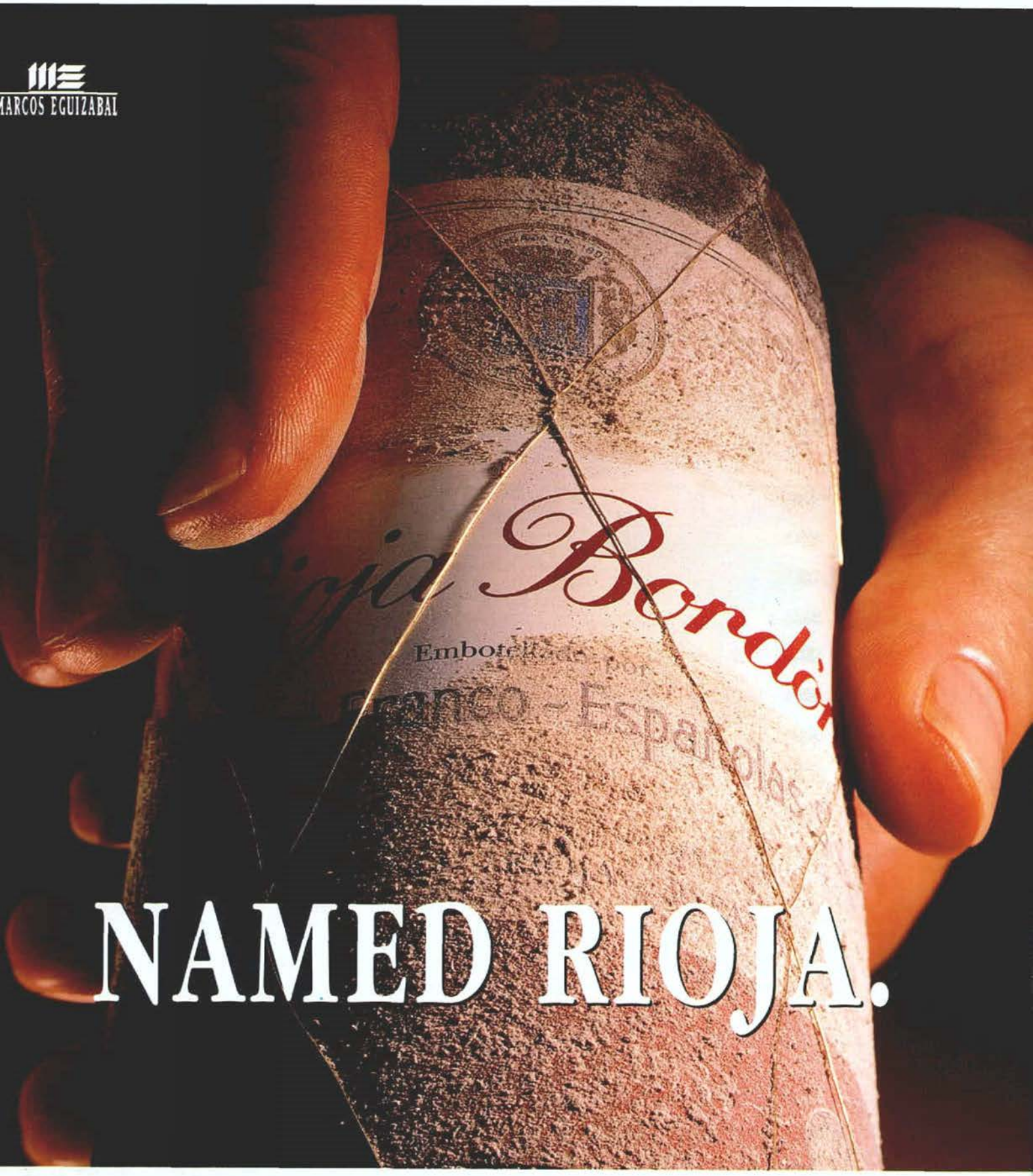
Valle del Jerte

TEL.: 34 927 47 10 70

Consejo Regulador de la Denominación de Origen

Cereza del Jerte

Bodegas Franco-Españolas, S.A.



Avda. Cabo Noval, 2 26006-LOGROÑO (ESPAÑA) - Tfno: 34-41-25 13 00 Fax: 34-41-26 29 48
http://www.francoespanolas.com

guillén

Spain's History is written by way of great epic achievements made by men, beautiful monuments and majestic paintings. The success of their work and great acceptance by people, generally make out of them the great Spanish Classicist. Olive oil is an inherent part of Spanish History and its acceptance amongst all men throughout the world turn it into a coveted Spanish Classic.

...Aceites del Sur, a company having a tradition of well over 150 years, are marketing their products all over domestic market and do export such valuable assets to more than 60 countries the world over, thanks to our consumers' confidence and loyalty. They have their own offices and distribution points in New York, Buenos Aires and Moscow.

Since 1840

La Española®

OLIVE OIL

Spanish Classics

ACEITES DEL SUR, S.A.

Ctra. Madrid - Cádiz, Km. 550,6
41700 Dos Hermanas
SEVILLA - ESPAÑA (SPAIN)
Tel. 95 569 09 00 Fax 95 569 01 50
www.acesur.com

ACEITE DE OLIVA DE ESPAÑA

Flavours from Spain

With the new Spanish Paella from Carmencita, you need only rice and twenty minutes to prepare a delicious Spanish Paella of fish and seafood.

The new product is made of selected seasonings and saffron with a fish concentrate to give you the perfect taste and the flavour of the Mediterranean cuisine.

Carmencita also presents the new Set Paella with Spanish Paella, rice, olive oil and the paella pan.
It´s all you need to prepare a delicious paella easily.

¡OLE!

PROALIMENT
JESÚS NAVARRO, S.A.
Isaac Peral, 46
03660 NOVELDA (Alicante) SPAIN
Tel. 34+965 600 150
Fax 34+965 604 796 - 965 603 012
www.proaliment.com
export@carmencita.com

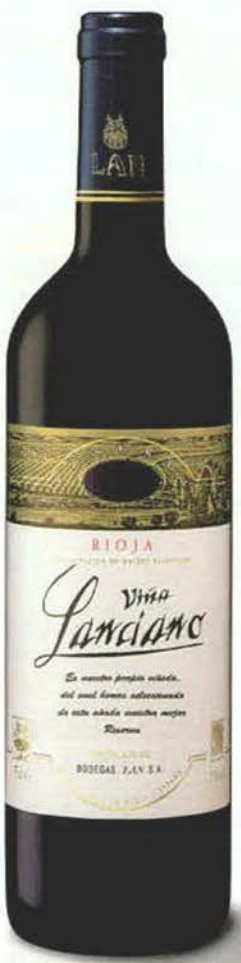
CARMENCITA

DILEMMA:

YOU TASTE A RIOJA

AND YOU THINK YOU HAVE TASTED THEM ALL?

"THE OTHER STYLE OF RIOJA"



OUR OWN STYLE

BODEGAS LAN

Rioja
RIOJA WINES

SALÓN INTERNACIONAL DEL CLUB DE GOURMETS • TALLER DE LOS SENTIDOS GOURMETS • MERCAGOURMETS • CLUB DE GOURMETS • GOURMETABACO • CLUB DE VINOS GOURMETS • GUÍA DE VINOS GOURMETS • GUÍA Ya.com GOURMETOUR LA ALACENA DEL CLUB DE VINOS GOURMETS • GOURMETSUBASTA • LAS MEJORES COMPRAS DE VINO DEL 2000

IF YOU WANT MORE INFORMATION, PLEASE SEND THIS VOUCHER BY FAX.

COMPANY _____ ADDRESS _____

CITY _____ ZIPCODE _____ COUNTRY _____

CONTACT _____

TEL _____ FAX _____ E-mail _____

Fax:+34 914 311 359/ E-mail: reyes@gourmets.net, http://www.gourmets.net

Coosur is one of the leading companies in the olive oil sector in Spain. Our growth and development dates back more than 50 years, from which we have extracted the best: our ancestors' experience in the olive oil industry tradition, the produce of the world's richest region in olive groves - Andalusia - and the development of the most advanced techniques to achieve a final product of the very best quality.

COOSUR

Export Department/Head Office: Los Madrazo, 38 - 5º dcha. 28014 Madrid. Spain. Tel. 34-91-360 55 20/21 Fax 34-91-523 05 78
Factory: Ctra. de la Carolina, s/n 23220 Vilches (Jaén) - Spain
http://www.coosur.com e-mail: export@coosur.com

CREDITS

Cover

Watercolor by Miquel Barceló, *Cranc i gamba* (fragment). ©Miquel Barceló, Vegap Madrid 2000.

Contents

P. **14** Watercolor by Miquel Barceló, *Cranc i gamba* (fragment). ©Miquel Barceló, Vegap Madrid 2000.

The Art of Aging Successfully

P. **16** Illustration: Arnal Ballester
P. **18** Chocolates Valor/ICEX
P. **19** Chocolates Valor/ICEX
P. **20** García Ballester/ICEX
P. **21** García Ballester/ICEX
P. **22** La Rioja Alta/ICEX
P. **23** La Rioja Alta/ICEX

Matters of Import

P. **25** Illustration: María Alcobre
P. **26-31** Private

The Cuisines of Spain

P. **32** José Luis Rodríguez/ Nature&Travel
P. **33** Watercolor by Miquel Barceló, *Cranc i gamba* (fragment). Vegap Madrid 2000.
P. **34** Turespaña/ICEX
P. **35** Above: Turespaña/ICEX. Below: Oronoz/Museo de América
P. **36** Carlos Navajas/ICEX
P. **37** Map: Studio M. Estrada/ ICEX
P. **38** Painting by Ramón de Zubiaurre, *El marino inquieto vasco Santhi Andia*. Museo Nacional Centro de Arte Reina Sofía
P. **39** Oronoz
P. **40** From above to below: Heinz Hebeisen/ICEX; Rafael Delgado/Nature&Travel; Antonio de Benito/ICEX
P. **41** Above: Heinz Hebeisen/ICEX Below: Oronoz
P. **42** Rafael Delgado/ Nature&Travel
P. **43** Painting by Pancho Cossío, *Salmones*. Fundación Cultural Maphre Vida.
P. **44** Above: Pedro Delgado/Nature&Travel. Below: Pedro Saura/Consorcio de Altamira
P. **45** Oronoz
P. **46** José Luis Rodríguez/ Nature&Travel
P. **47** Painting by Nicanor Piñole, *Bodegón con sardinas*. Fundación Nicanor Piñole, Gijón.
P. **48** Left: Rafael Delgado/ Nature&Travel. Right: Oronoz
P. **49** Above: Oronoz. Below: Carlos Navajas/ICEX
P. **50** Antonio de Benito/ICEX. Still life: Menchu Artime
P. **51** Painting by Luis Seoane, *Las marisqueras*. Museo de Belas Artes Da Coruña. Vegap Madrid 2000.
P. **53** Above: Rafael Delgado/ Nature&Travel. Below: Fernando Briones/ICEX
P. **54** Watercolor by Miquel Barceló, *Sípia*. Vegap Madrid 2000

Taste for Art

P. **56-61** Javier Azurmendi/El País, except p. 60 Antonio de Benito/Sobremesa.

The Green Grape

P. **62-78** Rafael Vargas /ICEX, except p. 71, Finca La Grajera/ Gobierno de La Rioja, Consejería de Agricultura, Ganadería y Desarrolo Rural, Laboratorio Regional de la Comunidad Autónoma.
P. **122** *Map:* Studio M. Estrada/ ICEX

Rice

P. **80** Salvador Rivera/ICEX
P. **81** Veronica Janssen/ICEX
P. **82** Salvador Rivera/ICEX
P. **83** Veronica Janssen/ICEX
P. **84** Veronica Janssen/ICEX
P. **85** Veronica Janssen/ICEX
P. **86** Veronica Janssen/ICEX
P. **87** Salvador Gascó/ICEX

Peppers

P. **88** J.I.Fagoaga/Sobremesa
P. **89** Juan Manuel Sanz/ICEX
P. **90** Above: J.I.Fagoaga/ Sobremesa. Below: A. de Benito/Sobremesa
P. **91** Left: J.I.Fagoaga/Sobremesa. Right: C.R.D.O. Pimentón de la Vera/ICEX
P. **92** Above and below: J.I.Fagoaga/Sobremesa. Middle: C.R.D.O. Pimentón de la Vera/ICEX
P. **93** Above: J.I.Fagoaga/ Sobremesa. Below: A.de Benito/Sobremesa

Tuna Fish

P. **94** Tayo Acuña/ICEX
P. **96** Left: Pablo Neustadt/ Sobremesa. Right: Antonio Girbes/Sobremesa
P. **97** Incolor Fotostock International.
P. **98** Antonio Girbes/Sobremesa
P. **100** FROM/ICEX
P. **101** FROM/ICEX

Olive Oil

P. **102** Amador Toril/ICEX
P. **103** ICEX
P. **104** ICEX
P. **105** Antonio de Benito/ Sobremesa
P. **106** ICEX
P. **108** Núñez de Prado/ICEX
P. **109** ICEX

Recipes

P. **111-125** Angel Robledo/ICEX, Dishware: Cerámicas de Bidasoa

Colophon

P. **126** Ángel Ruiz de Azúa

Foreign Affairs

P. **134-136** ICEX

Plaza Mayor

P. **137** Miller Freeman
P. **138** Miller Freeman
P. **141** C.R.D.O. La Rioja
P. **142** Asociación de Jóvenes Restauradores de España

A GUIDE TO BUSINESS IN SPAIN

A KEY TO DOING BUSINESS IN EUROPE

The perfect setting for investment

Here we are

Here you are

C O N T E N T S

If you wish to receive a copy of **A Guide to Business in Spain** (English and Spanish editions), please address your request to:

Instituto Español de Comercio Exterior (ICEX)
(Spanish Institute for Foreign Trade)
Dpto. Edición y Comunicación
P°. de la Castellana, 14 - 28046 MADRID - Tel.: 34-91 349 6100 - Fax: 34-91 431 6128 - E-mail: icex@icex.es
You may also consult the publication at our web site: http://www.icex.es

ICEX
Instituto Español
de Comercio Exterior

RAFAEL SALGADO
DESDE 1875

RAFAEL SALGADO, S.A.
C/ Fundición, 6 - Políg. Ind. Santa Ana
28529 Rivas - (Madrid)
Tel.: 34 91 666 78 75 - Fax: 34 91 666 62 18
E-mail: export@rafaelsalgado.com
http://www.rafaelsalgado.com

OLIVE OIL FROM
SPAIN

The Taste Of The Mediterranean

The products of La Pedriza are fruits of a unique nature, that of the south of Spain. Selected one by one and enriched in the purest tradition of the Mediterranean. Specially made for those who wish to enjoy the best of a thousand years of a cuisine which is conquering consumers all over the world.

LA PEDRIZA

Produced by:

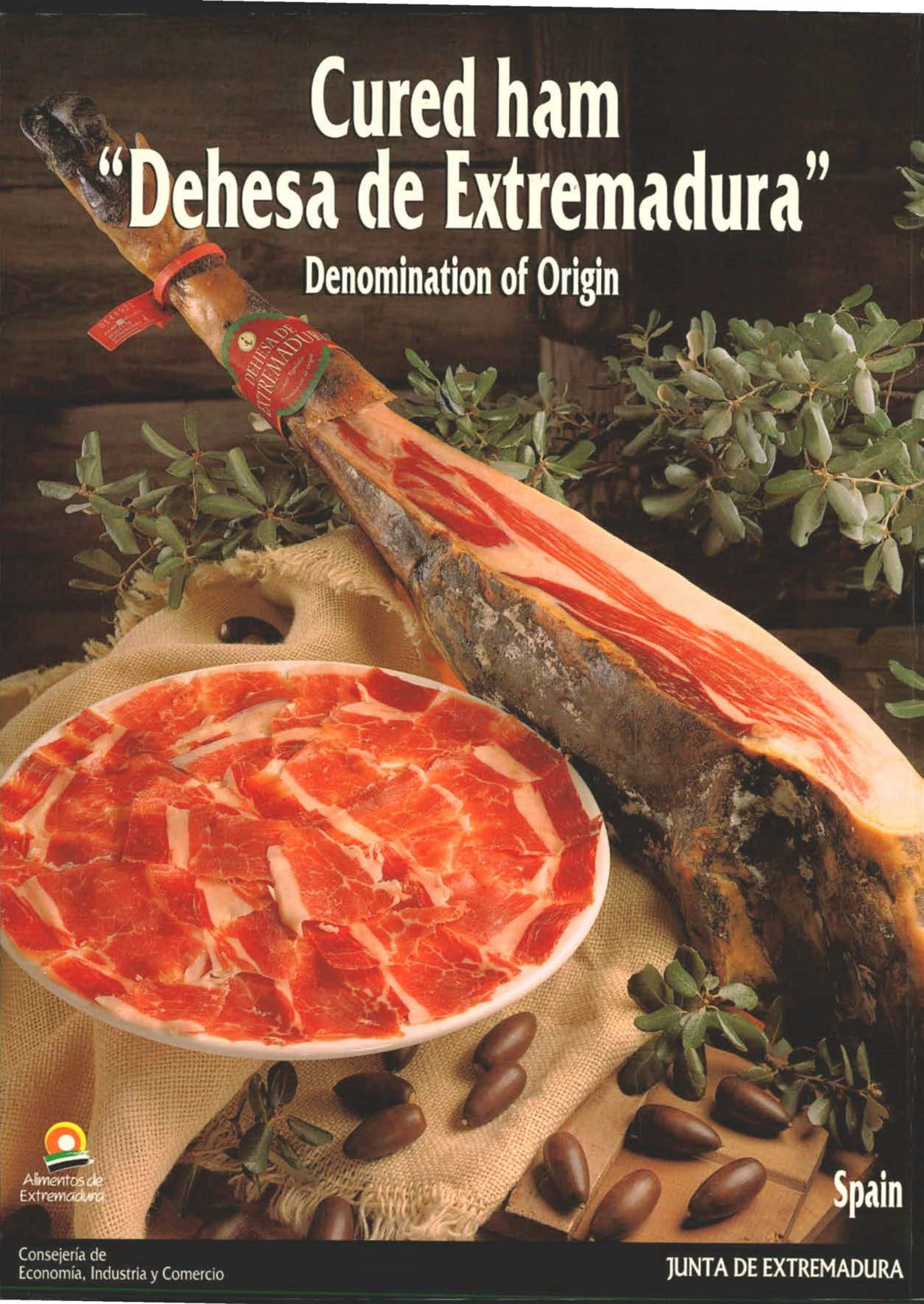
F. J. SANCHEZ SUCESORES, S.A.

C/ Campanario - Apartado Postal nº 4 - 04270 Sorbas (Almería) Spain.
Tel: 34.950.364038 - 34.950.364060 - Fax: 34.950.364422 - Telex: 75337 fjsf e
E-mail: fjsanchezsa@larural.es

Specialists in Capers, Olive Oil and Olives

Cured ham "Dehesa de Extremadura"

Denomination of Origin



Alimentos de Extremadura

Spain

Consejería de
Economía, Industria y Comercio

JUNTA DE EXTREMADURA