

SPAIN GOURMETOUR

Food, Wine & Travel Magazine



Berries: Tiny but
Flavor-packed

Playtime. Olive
Oil In The Global
Village

Tasting
Tapas in
Barcelona

Big Names in Wine.
Victoria Pariente and
Victoria Benavides

65

September-
December 2005
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Spanish olive oil has come a long way.

In this issue, top chefs from all over the world reveal their cooking secrets—all of which include a touch of extra virgin olive oil, of course.

Women occupy pride of place this time in our ongoing series. Two friends, both named Victoria, have certainly found their place in the wine world. Isabel, on the other hand, prefers the lower profile of her rural setting in the shadow of the Gredos mountains, where she does her best to keep going at a way of life on which many have turned their backs.

Our gourmet shopping expedition ends up in the Canary Islands, well known as a tourist destination, but whose gastronomy and wines have so far been sadly unexplored.

We invite you to join us on a surprise *tapas* outing around Barcelona. And it may also surprise you to learn that Spain's fruit exports include not only oranges and strawberries but also blackberries, raspberries and other richly-colored little fruits. Australian wine-writer Huon Hooke contributes an Antipodean note with his selection of favorite wines.

All that remains is for me to remind you to make a date with us in early 2006 for our special issue to mark *Spain Gourmetour's* 20th birthday. Doesn't time fly!

Cathy Boirac
Editor-in-Chief



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RECIPE BOOK
INSIDE

3 PACKETS
(12 SERVINGS)



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SPAIN IN YOUR
KITCHEN

ALL NATURAL

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WITH SAFFRON
SPANISH SEASONING

SPANISH SEASONING

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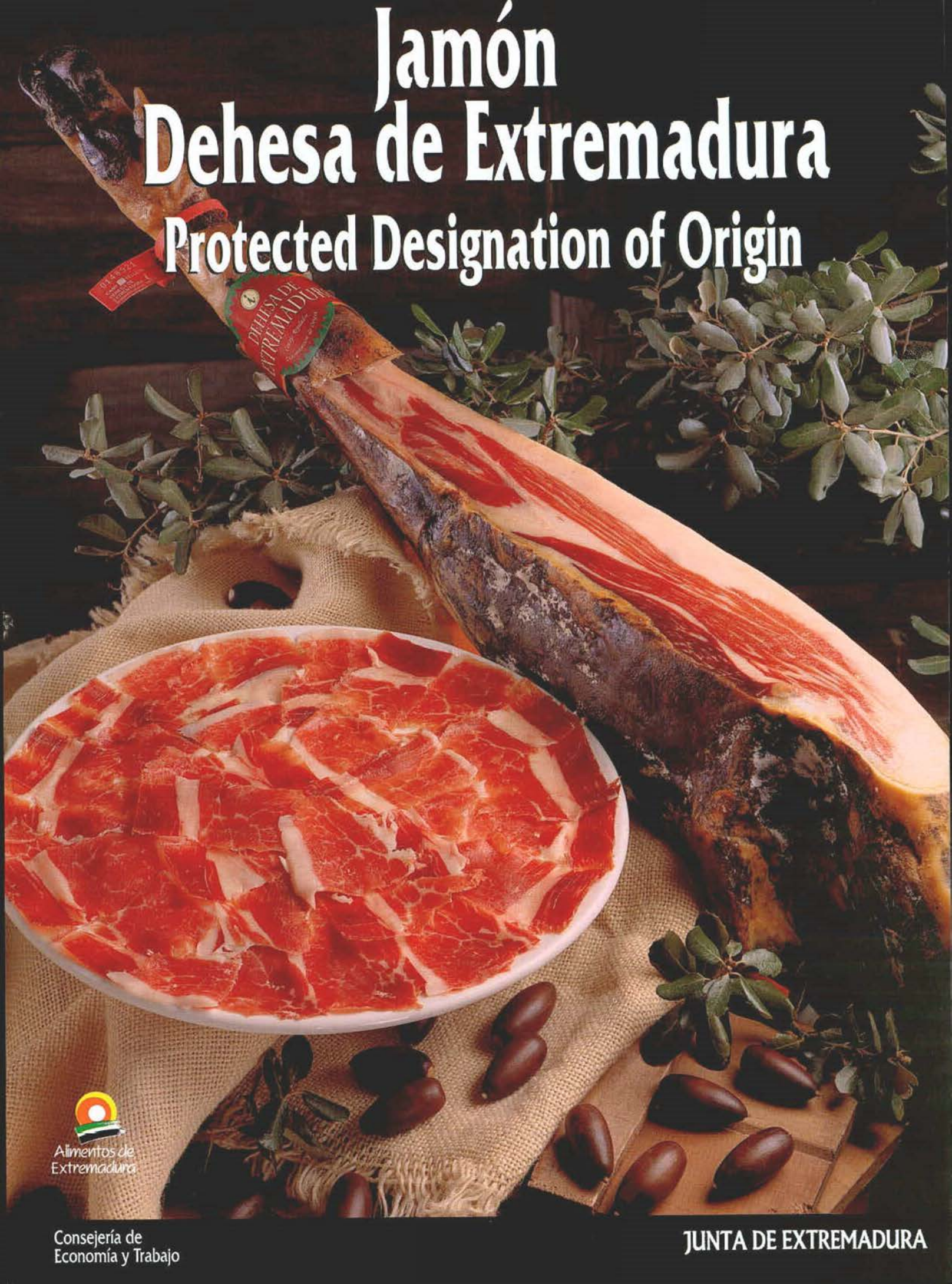
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Tasting
tapas in

BARCELONA

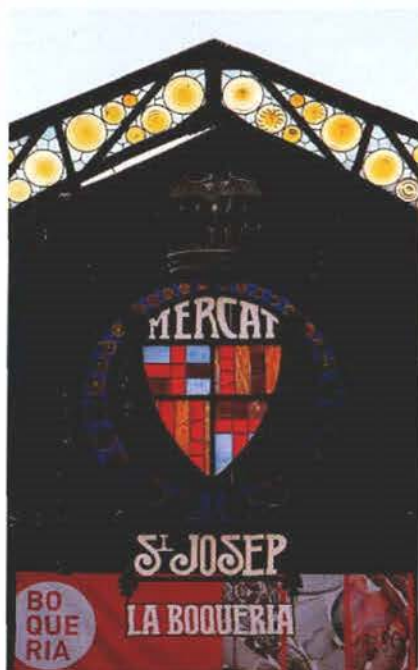


Better Late than Never

Text
George Semler

Photos
Fernando
Madariaga/ICEX

Barcelona, perennially on the outer edge—and usually in the vanguard—of matters Iberian, may have showed up late on the *tapas* scene, but over the last decade, with plenty of expert help from Basques, Galicians, and Andalusians, tapa culture has taken firm root in this creative and cosmopolitan Mediterranean crucible. With the chefs and cooking of Catalonia now at center stage in international gastronomy, the inventive potential of Barcelona's miniature cuisine has tapped into the same energy and originality that have made the Catalan capital synonymous with names such as those of Gaudí, Miró, Dalí... or even Adrià.



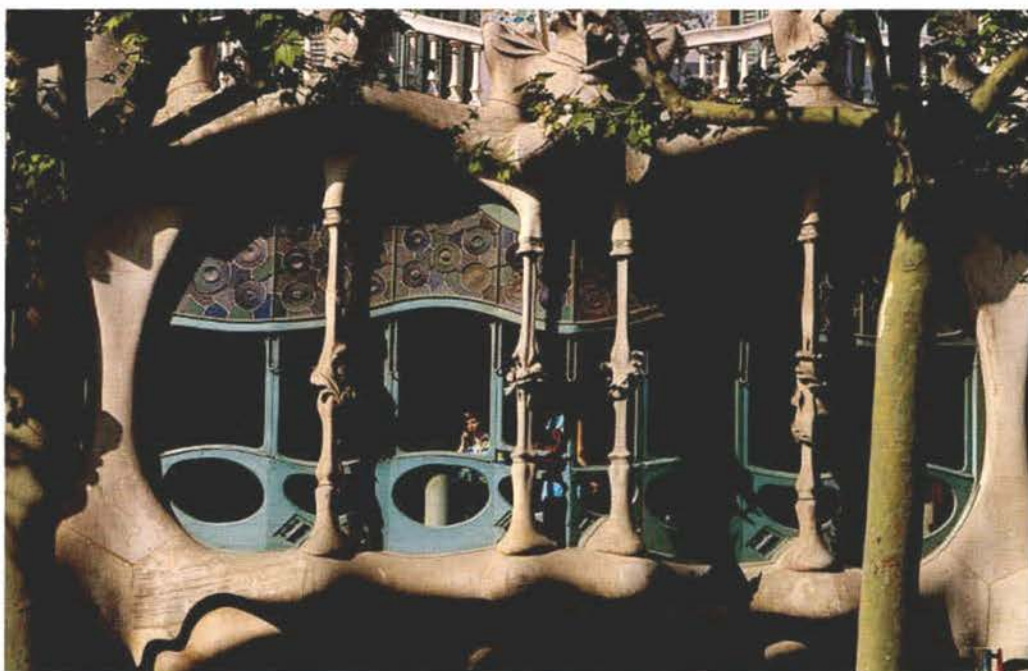
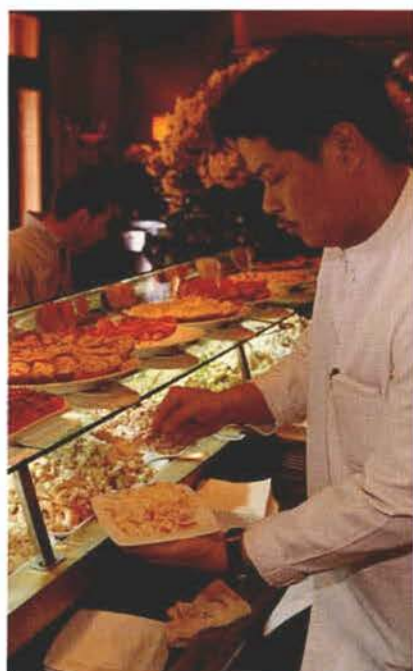
Since Catalonia's history, language, and social structure have traditionally been distinct from those of other communities in Spain, it follows that tapas, perhaps the most idiosyncratically Spanish of all culinary inventions, should also have been scarce in Barcelona until recently. As the southern edge and buffer zone of the 8th-century Frankish Carolingian empire until 988 when it declared itself an independent state, Catalonia was traditionally closer to Marseilles and Milan by sea than to Toledo or Madrid by overland horse-or-oxen-drawn stagecoach. The *tapeo*, classically defined as itinerant bar hopping for food and drink in varied and diminutive hits, was never part of life north of Catalonia's southern

limit along the Ebro River. Catalan author and culinary historian Jaume Fàbregas, author, most recently, of *Dalicias: A Taula amb Salvador Dalí* (Delights: At the Table with Salvador Dalí) (2004) notes that, whereas the northern European peasant owned a table and the food to put on it, the Andalusian farmer was more apt to cobble together what was available from scraps and leftovers and to consume them informally, sporadically, and on the move. Northern Europeans needed substantial fare that would stick to their ribs, whereas Andalusians were fighting, more often than not, excessive heat, and did better eating lightly and more often. In addition, mores north of the Ebro never encouraged the leisurely squandering

of precious time, or the giving away of much of anything; and even the *aperitiu* (appetizer) was traditionally a Sunday ritual rather than a daily event.

Culinary erudite Àngel Salvador Esplugas of the Boqueria market's Buffet&Ambigü gastronomic bookstore explains that "Tapas, as far as Barcelona was concerned, were nearly exclusively a product that existed for foreigners in search of things typical of Spain, such as bullfights and flamenco, and here they found, until recently, little more than a few tired-looking displays parked on counters—dishes you practically needed to be drunk to imagine trying".

Fermin Puig of the Hotel Majestic's superb Drolma restaurant cites the



significant influx of immigrants from other parts of Spain who brought with them their cultures and customs, including tapas, and the arrival of tourists avid for Spain's improvisational and nomadic approach to food and wine as prime movers in the recent proliferation of tapas in Barcelona. Whatever the reasons behind Barcelona's emergence as a tapas environment, present-day miniature cuisine in the Catalan capital is thriving as never before. When Ferran Adrià serves a dinner of three dozen small tastes of everything from foam to air to liquid-nitrogen-freeze-fried eggs, this miniature *cuisine d'auteur* is easily classifiable as tapas, except that you consume it all sitting down at a table.

Tapas for every taste

Barcelona's tapa offering covers a vast range of tastes and needs, some gastronomical, some social. A tapas bar, for example, may be the best place in town even if it doesn't serve the best tapas; factors such as cost and the number and varieties of people who frequent a given bar or tavern are nearly as important as the culinary quality. From sleek contemporary design sanctuaries to classics, there are bars and taverns for every taste. Barcelona's affinity for the *aperitivo* adds another kind of tapeo to the mix, while the city's love affair with classic cocktail bars such as Boadas or Dry Martini offers yet another variation on the theme.

Mass-produced tapas, many of them Basque, prepared in advance and either microwaved or otherwise cooked and served to, primarily, tourists, while by no means bad, are light years removed from both the original creations offered in Barcelona's gourmet tapas emporiums and the time-tested favorites served in the city's historic bars and saloons.

While no one in Barcelona is ever very far from a tapas opportunity of one kind or another, prime grazing zones include the Born-Ribera area around the basilica of Santa Maria del Mar, Barceloneta—traditionally known for its colorful waterfront and gypsy ambience, the Boqueria market with its ever more numerous bars and *chiringuitos* (stands), the

Gothic Quarter, and the left side of the post-1860 repository of Modernisme architecture known as the Eixample. Farther afield, Poble Sec, on the south side of Avinguda Parallel, and the former outlying villages of Gràcia and Sarrià each have several tapas specialists worth traveling for.

Perhaps most remarkable about Barcelona's culinary evolution in developing a tapas life is the enormity of the esthetic gap that has opened up between the simplest and

still beloved classics such as the *bomba* or the *patata brava* and the playful, post-Adrià, designer creations such as, for example, Cata 1.81's *Brochetas de pollo a la plancha con espuma de cebolla confitada* (grilled chicken brochettes with foam of crystallized onion) or Comerç 24's *Sushimi de calamar en su tinta y miso* (sashimi of squid in its own ink and miso). Meanwhile, Casa Lucio combines unlikely ingredients such as mango, Ibérico ham, and *foie* while Rosal 34 pays perfect homage

to Bar Tomás with a dessert cup, spoon-consumed reduction of *Patatas alioli y salsa picante* (potatoes alioli and hot sauce) whipped up with compressed air. But who would have expected less from the land of Dalí and Gaudí?

George Semler, based in Barcelona since 1975, has written about Spain, France, and the Mediterranean for Saveur, Forbes, Sky, and other publications.





MARKET HOPPING AROUND BARCELONA

Barcelona's 41 municipal markets, of which the Boqueria is the oldest and most famous, offer ample options for gastronomical adventure. Each market has bars and cafés that provide a combination of hustle, bustle, and intimacy that I have always found conducive to short but sharp bursts of appetite and concentration, whether as reader, writer, or merely dreamer. The colors, aromas, and sounds of the market around me seem to focus my mind, while the coffee tastes better and the *tortilla de patata* (potato omelet) seems made with eggs from free-range chickens, whether it was or not. The fact that these steel hangar structures are really covered open air markets triggers this gustatory phenomenon in the same way that picnics or dining at altitude can make a feast of the humblest ingredients.

The spectacular Boqueria can become overpopulated at peak hours, but fifteen minutes away, the food section of the Mercat de Sant Antoni, though smaller, has Moderniste stalls at the butcher shop at nos.17-18 and the mutton vendor at nos.14-15. Aviram Joana, a poultry seller at no.434, is another beauty, while the butcher at no.306 has the head of a fighting bull mounted over his stand. The restaurants, Blanca and La Esquina, are good, inexpensive, and uncrowded. Mercat de Santa Caterina, across Via Laietana from the cathedral, is filled with restaurants from around the world. The Mercat de la Concepció, just above Carrer d'Aragó in the Eixample, has a booming flower market seven days a week, along with fine products, bars, and cafés. Farther uptown

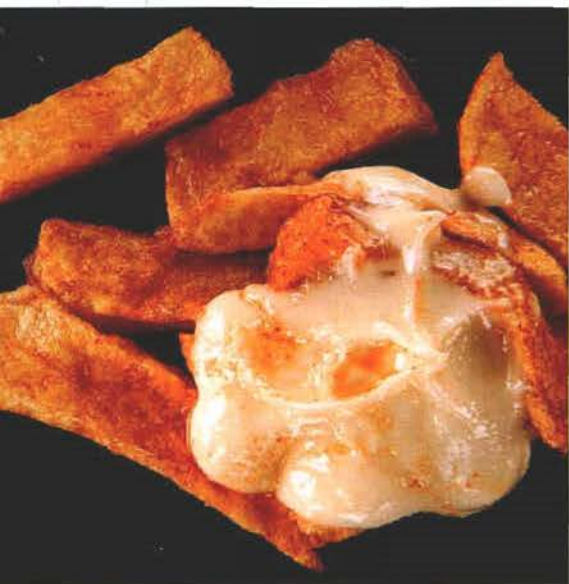
in Gràcia, the Mercat de la Llibertat and the Abaceria Central are busy cornucopias well equipped with counters and cafés. A few minutes west, the Mercat Tres Torres just behind Gaudí's Colegio de las Teresianas is the smallest in Barcelona, while the Mercat de Sarrià, farther uptown, has three cozy little bars just a ten-minute walk from the gorgeous 14th-century Pedralbes monastery. For the ultimate market dining experience, head out to Mercabarna in the Zona Franca, one of the most important produce markets in Europe, and sit down to a superb meal at Boviscum, Barcelona's best market restaurant.

Patatas bravas con alioli y salsa picante

(Potatoes with Alioli and Hot Sauce)

Top-quality potatoes (Pontiacs) fried fast and hot, served with alioli and a hot red pepper sauce, liberally salted.

Try it at: **Bar Tomás**



Tapas Routes in Barcelona

La Boqueria

Grazing in the Rambla's Boqueria market, or, for that matter, any of Barcelona's markets, is not only recommended but difficult to resist. Surrounded by produce pouring in from all over Spain, these two countertop options for quick and delicious fare rank among the city's best tapas offerings.

Pinotxo

Mercat de la Boqueria
Tel: (+34) 933 171 731
Pinotxo's eternal leading man, Juanito

Bayén, shares with Cal Pep's Pep Manubens the title of official ambassador-to-the-world of Barcelona gastronomy. A couple of mid-morning, palate-cleansing hits of Juanito's house cava has started many a gourmand's tasting tour at this legendary counter. *Specialties:* chipirones salteados con mongetes de Santa Pau (sautéed baby squid with pygmy beans from Santa Pau), cap i pota (stewed head and foot of veal), tortilla de bacalao (codfish omelet).

Quim de la Boqueria

Mercat de la Boqueria
Tel: (+34) 933 019 810
This central location amid the market maelstrom serves carefully prepared cazuelitas and tapas with style and



originality. *Specialties: huevos fritos con llanqueta* (fried eggs with a tiny whitefish endemic to the Costa Brava, not *chanquete* (transparent goby) and not whitebait, only available during the winter), *setas salteadas con foie* (wild mushrooms sautéed with foie), *huevos fritos con chipirones* (fried eggs with baby squid).

Barri Gòtic

The Gothic Quarter proper, that is, the area around Plaça Sant Jaume between the Rambla and Via Laietana, is a pleasure to wander, with occasional pauses for wining and dining in targets of opportunity as they arise.

Taller de Tapas

Plaça de Sant Josep Oriol, 9

Tel: (+34) 933 026 243

Facing the eastern side of Santa Maria del Pi, this fine tapas "workshop" offers much to admire: cheery young staff, traditional Catalan dishes in bite-size format, an open kitchen where you see all the action, terrace tables outside in Plaça Sant Josep Oriol, and service from midday to midnight. *Specialties: gambas de Palamós* (jumbo shrimp from the Costa Brava port of Palamós), *tortilla de patatas con sobrasada y alioli* (potato omelet with paprika pork paste and alioli sauce).

La Pineda

Carrer del Pi, 16

Tel: (+34) 933 024 393

This colorful little delicatessen has four tables and a little bar space where you can

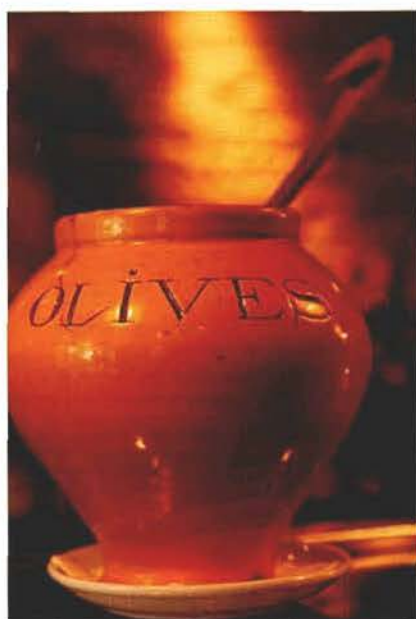


Mango, jabugo, y virutas de foie

(Mango, Ibérico Ham, and Duck Liver Shavings)

A thin layer of mango covered with another of Jabugo ham under shards of foie. Sliced through from top to get all three tastes at once.

Try it at: **Casa Lucio**



taste fine food products from all over Spain and beyond. Everything in the store can be taken home, from the sausages and cheeses to the anchovies from the Bay of Biscay. The Ibérico hams come from Extremadura, the bread is from Huesca, and the black sausage is from Andalusia. *Specialties: pimientos rellenos de atún* (red peppers stuffed with tuna).

Viníssim

Carrer de Sant Domènech del Call, 12
Tel: (+34) 933 01 457
In the medieval Jewish quarter just a step from what was the main synagogue, this cheery wine bar offers well chosen and surprising new wines from around Spain and original tapas. *Specialties: pimientos de piquillo gratinados con bacalao* (piquillo peppers au gratin with cod), *mojama en aceite de Arbequina* (salted tuna in Arbequina olive oil).

La Bombeta

Maquinista, 3
Tel: (+34) 933 199 445
This popular *bomba* specialist shares with La Cova Fumada the undisputed title of



best and first *bomba* in Barceloneta, and has been known to sell between 1,500 and 2,000 of these potato and meat spheroids per weekend. The tapas offerings are ample and varied. *Specialties: rabas* (grilled cuttlefish tentacles), *callos con judías* (tripe with whole beans), *sepia a la plancha* (grilled squid).

Bodega La Palma

Palma Sant Just, 7
Tel: (+34) 933 150 656
Behind the Plaça Sant Jaume and Plaça Sant Just, this cozy and ancient café and tavern with marble tables, wine barrels, and sausages hanging from the ceiling has been a haunt to artists and Bohemians for a century. *Specialties: tacos de jamon y queso* (cubes of cheese and ham), *pan amb tomaquet* (bread with tomato).

Bar de la Plata

Carrer de la Mercé, 42
Tel: (+34) 934 293 149
This corner enclave refuses to change. Serving perfectly fried (tight and dry as a bone) whitebait or whatever other small fish may have materialized at the daily fish

market, the standard *porrón* (wine jar with a long spout) of white wine or *clara* (beer and lemonade) is the drink of choice here. The miniature onion, tomato, and anchovy salad is the perfect palate cleanser. *Specialties: pescadito frito* (fried whitebait).

Born-Ribera

The area around Santa Maria del Mar, originally known as La Ribera because the beach began just a few meters past the church, and the streets around the Born market, once Barcelona's main food produce hub, are now Barcelona's prime tapas and tavern territory.

La Vinya del Senyor

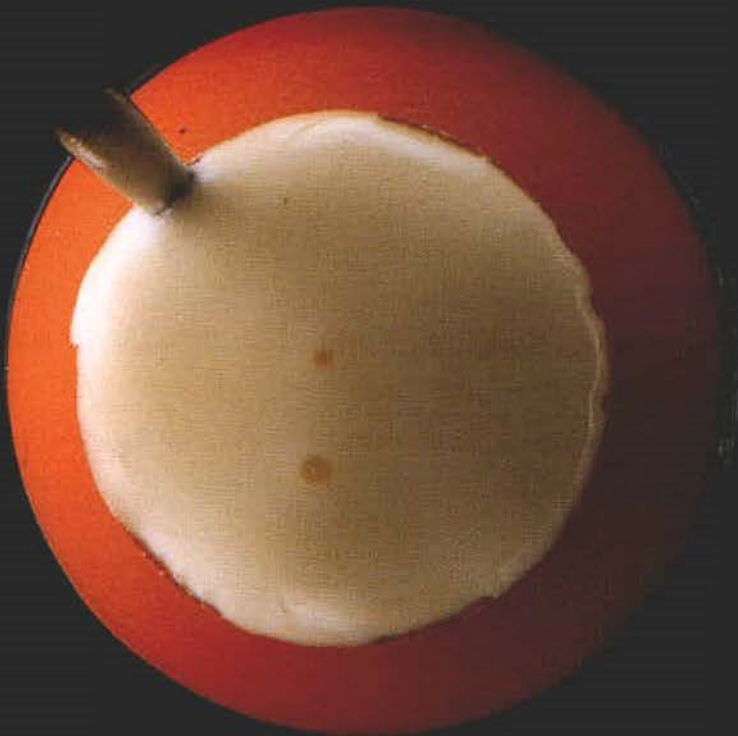
Plaça de Santa Maria, 5
Tel: (+34) 933 103 379
Playfully entitled "The Lord's Vineyard", this excellent wine bar directly across from the entrance to the basilica of Santa Maria del Mar changes its list of wines from around the world every fortnight. Tapas are light but good. *Specialties: pa amb oli* (bread with virgin olive oil), *platillo de quesos afinados* (a selection of three cheeses—goat, cow, and sheep—"tuned" to a perfect musical chord).

El huevo kinder

(Soft Boiled Egg Served in Shell With Black Truffle and Potato Foam)

Soft boiled egg served in its shell with surprises inside (like the popular Kinder candy egg favored by children). The surprises turn out to be black truffle and foam of potato.

Try it at: Comerç 24



Mar de la Ribera

Sombrerers, 7

Tel: (+34) 933 151 336

Tucked in along the western side of Santa Maria del Mar, this little glass-enclosed space serves a combination of Galician and Andalusian tapas, cazuelitas, and rice dishes. They are all prepared with great care and expertise. The oyster and Albariño offer is hard to resist, as is a plate of *jamón de bellota* (acorn-fed Ibérico ham). *Specialties*: *chipirones* (baby squid),

pimientos de padrón (small green peppers, some spicy, from Galicia), *revuelto de setas* (eggs scrambled with wild mushrooms).

Origens 99.9%

Vidriera, 6-8

Tel: (+34) 933 107 531

This pretty space set in a medieval glassblowing shop (the street was named for the medieval glassblowers guild) specializes in tapas and ingredients native to Catalonia. All products are organically farmed and

each dish on the menu is accompanied by an explanation of its history in various languages. *Specialties*: *trinxat* (chopped Pyrenean winter cabbage prepared with bacon), *albóndigas con sepia* (meatballs with cuttlefish).

Cal Pep

Plaça de les Olles, 8

Tel: (+34) 933 196 183

Barcelona's best and freshest selection of tapas are cooked crisp and dry and served

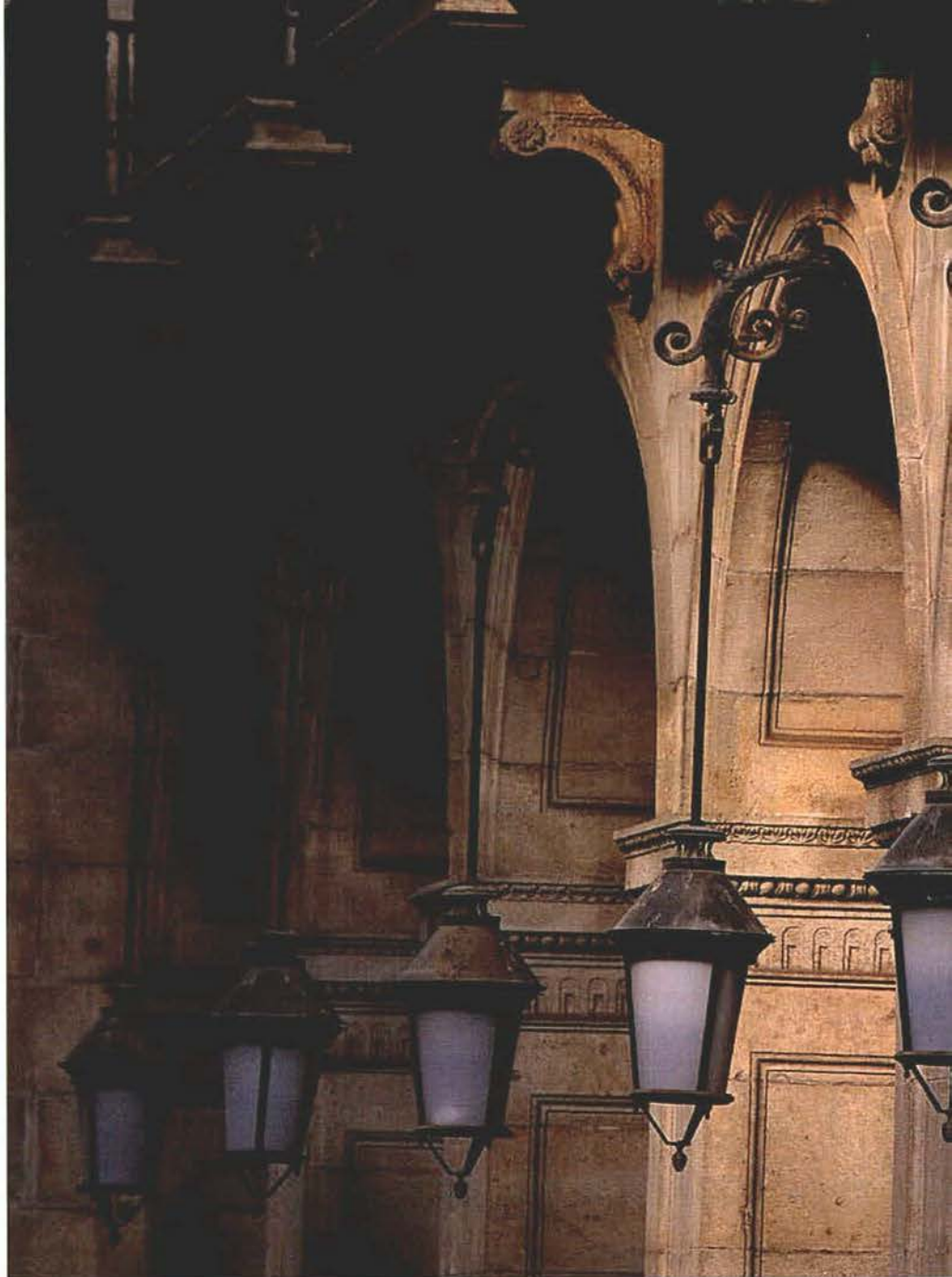


Montadito de Torta del Casar con castaña

(Canapé of Creamy Torta del Casar Cheese with Pickled Chestnut)

Canapé of creamy sheep cheese from Extremadura, on toast with a preserved chestnut on top.

Try it at: **Quimet-Quimet**



piping hot in this boisterous space. Just walk in and drink wine while you wait for a place at the counter, which, even if it takes 45 minutes, is well worth the patience. *Specialties: pan coca* (bread with tomato squeezings and oil), *butifarra con mongetas en reducció de oporto* (sausage with white beans in a port wine sauce), *tortilla de patata y cebolla con alioli* (potato and onion omelet with alioli).

El Xampanyet

Montcada, 22

Tel: (+34) 933 197 003

Just down the street from the Picasso Museum, this is one of Barcelona's liveliest and prettiest taverns, a jumble of marble-topped tables surrounded by bright wall tiling. Originally known as Ca L'Esteve (Chez Steven), the Xampanyet sign only appeared in the 60's. The sweet,

carbonated house wine is best avoided in favor of freezing-cold draft beer or fine wine choices all the way up to a Petrus 1988. *Specialties: pa amb tomaquet* (toast with tomato and olive oil), anchovies, cockles, sausages, cheeses.

Santa María

Comerç, 17

Tel: (+34) 933 151 227

Combining minimalist, contemporary design with medieval stone walls and Paco Guzman's innovative tapa creations, Santa María is an original. Leading chefs from around town are likely to turn up here after hours for anything from frogs' legs to Coca-Cola sorbet with pop rocks.

Specialties: espardenyes (sea cucumber), *escamarlans amb salicornia* (prawns with saltwort, or sea asparagus).

Comerç 24

Comerç, 24

Tel: (+34) 933 192 102

A specialist in miniature cuisine and *tapas de autor* (original creations), this former codfish salting shop is now a design shop, tapas bar, and gourmet restaurant all in one. Carles Abellán was trained at El Bulli but his imagination is very much his own, as reflected in everything from the décor to the menu. *Specialties: corazones de alcachofa, trufa, y huevos de codorniz* (artichoke hearts, black truffle, and quail eggs), *atún con guacamole y aceite de ajo* (tuna with guacamole and garlic oil).

Taller de Tapas

Argentería, 51

Tel: (+34) 932 688 559

This sister ship to the Plaça Sant Josep Oriol address offers the same fare in the



Garbanzos con espinacas y morcilla

(Garbanzo Beans with Spinach and Black Sausage)

Chickpeas and spinach sautéed in a pan while you watch, with or without (according to order) bits of black sausage, sprinkled with sea salt.

Try it at: **Cal Pep**

same tasteful décor combining ancient stone and contemporary glass.

Specialties: croquetas de jamon ibérico (Ibérico ham croquets), *foie a la plancha* (grilled foie), *gambas al ajillo* (garlic shrimp).

Barceloneta

Once open water, later the marshland where Don Quixote endured defeat at the hands of the Caballero de la Luna Blanca, Barceloneta was built on landfill in the middle of the 18th century. The city's traditional waterfront and fisherman's quarter, Barceloneta, rife with seafood restaurants and rice specialists, has a healthy fleet of tapas bars.

El Vaso de Oro

Balboa, 6
Tel: (+34) 933 193 098

At the very beginning of Barceloneta, this slender slot is always packed with savvy young food enthusiasts doing their favorite thing. Classical offerings are the rule here, along with freezing beer. *Specialties: patatas aliñadas* (potatoes with parsely, oil, and onion), *la granjera* (a sandwich of boiled ham, cheese, lettuce, mayonnaise, and fried egg), *solomillo con foie* (filet mignon with foie).

La Cova Fumada

Baluart, 9
Tel: (+34) 932 214 061

One of the most original bars in Barcelona (using Gaudi's definition of originality as "a return to origins"), the Cova Fumada has a devout following of admirers of early Barceloneta. *Specialties: la bomba* (a breaded ball of potato purée, veal, and lard served with hot sauce or alioli or both), *garbanzos con morcilla* (chickpeas with





black sausage), *sardinas a la plancha* (grilled sardines).

Can Ramonet

Carrer Maquinista, 17
Tel: (+34) 933 193 064

The oldest tavern in the port, founded in 1763 soon after Barceloneta was constructed, this flower-festooned house next to the Barceloneta market (presently being rebuilt) has a cozy bar, barrel-tops for itinerant feasting and regular tables for meals, as well as a leafy terrace from April to November. *Specialities:* *esqueixada* (raw salt-cod with black olives, tomato, escarole), *caracoles Ramonet* (snails in sauce), the house speciality.

Bar Jai-Ca

Carrer Ginebra, 13
Tel: (+34) 933 195 002

This lively hub of excitement, with no

pretense to the city's finest gourmet ingredients or recipes, is one of the most uproarious tapas environments in Barcelona, as well as Peña Barcelonista (FC Barcelona fan club) of the Barceloneta, choral clubhouse for Coro Ven y Ven (a comic choral society) and general hangout for young and old alike. *Specialities:* *buñuelos de bacalao* (cod fritters), *alcachofas rebozadas* (artichokes sautéed in light batter).

Cal Papi

Carrer Judici, 7
Tel: (+34) 932 218 564

This tiny slot deep in Barceloneta is an *aperitivo* specialist known for excellent anchovies and homemade vermouth. *Specialities:* *esqueixada* (raw strips of cod with peppers and onion), *la bombeta* (a smaller version the spheroid purée of meat and potato).

WEBSITES

Tapas

www.atapear.com

This web site covers *tapas* throughout Spain, with history, bars and taverns offering tapas city by city, and recipes as well. The listings for Barcelona, while incomplete, are generally well-informed and accurate. (Spanish)

www.guiadelociobcn.com

This comprehensive dining, drinking, and general nightlife guide includes tapas listings as well as specialized collections of establishments open after midnight, on Sunday, or according to different ethnic cuisines. Many top choices are omitted. (Spanish)

Tourism

www.bcn.es

Barcelona's municipal web site is the most complete Internet resource on the city. Maps, listings of all kinds, and information categorized by theme or topic guides you to accommodations, dining, entertainment and current events. (Catalan, English, Spanish)

www.barcelonaturisme.com

The Barcelona tourist office operates this multi-faceted service covering every conceivable aspect of the city from shopping to restaurants to congresses, conventions, festivals, sports events, transportation, and lodging. (Catalan, English, Spanish)

www.catalunyaturisme.com

This web site organized by the Autonomous Government of Catalonia, the Generalitat de Catalunya, includes the Club de Gastronomia de Catalunya Turisme, which has listings of restaurants and wine and produce fairs all around Catalonia. (Catalan, English, French, German, Spanish)



Chipirones salteados con mongetes de Santa Pau

(Baby Squid Sautéed with Pygmy Beans from Santa Pau)

Baby cuttlefish and pygmy beans from Santa Pau (in Catalonia's volcanic Garrotxa region) sautéed with parsely, a reduction of Modena vinegar splashed in with gray fleur de sel salt. Try it at: **Pinotxo**

Eixample

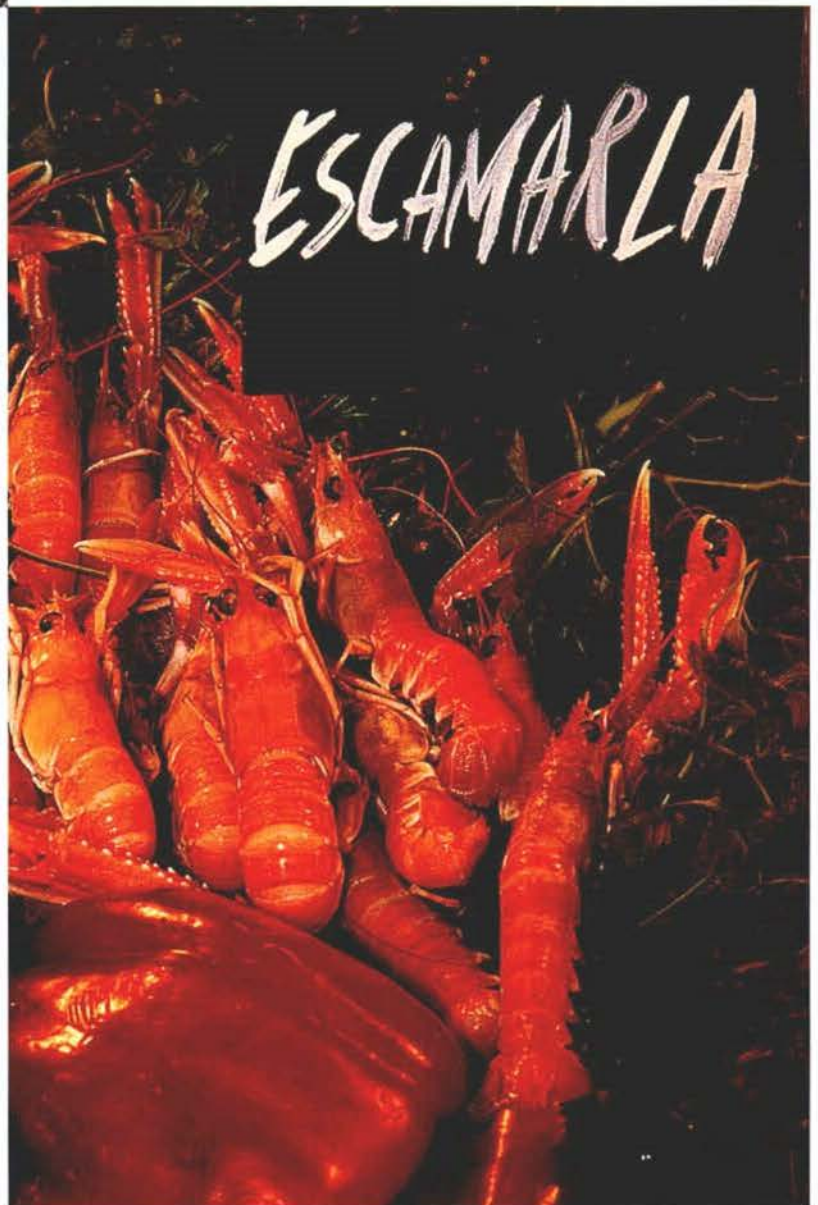
The Eixample is the urban "widening" built after the city's medieval walls were razed in 1860. Of the listings below, only Mantequería Can Ravell is in the *dreta*, the right side of the Eixample north of Rambla de Catalunya. Armed with a good map, there is some seriously good tapa-hopping to be done in the *esquerra* (the left side).

Jamonísimo

Provença, 85

Tel: (+34) 934 390 847

Unique worldwide as the ultimate Ibérico ham education and appreciation headquarters, this little delicatessen and tasting center with space for 12 diners serves hams from Salamanca, Extremadura, and Andalusia on slate tablets designed to teach this Ibérico treasure's different tastes and textures: *jamon ibérico* and meat from Iberian pork in every imaginable cut and quality. Specialities: *presa ibérica rustida con puré de manzana y ciruelas* (roast Ibérico cut of



La Bomba

(A Hefty Meat and Potato Croquette)

A hefty veal, potato, and pork lard croquette, typical of Barceloneta.

Try it at: **La Cova Fumada, La Bombeta, Can Ramonet, Bar Jai-Ca**

meat with apple and plum sauce), *callos con picadillo de ibérico* (tripe with finely chopped Ibérico ham).

Taktika Berri

Valencia, 169

Tel: (+34) 934 534 759

This Basque master class serves tapas over the bar that are of such high quality it is improbable you can do better *à table*.

The charming family that has orchestrated this homage to San Sebastián takes good care of all comers. *Specialties: croquetas de jamón* (ham croquettes), *morcilla* (blood sausage), *tortilla de bacalao* (cod omelet).

Cata 1.81

Valencia, 181

Tel: (+34) 933 236 818

Wine tasting here comes with plenty of good advice about enology and some of the world's most exciting new vintages. Small delicacies such as truffle omelets and foie gras make this a taste treat as well, with a surprising menu filled with everything from beef to tuna. *Specialties: espaguetis negros, salsa marinera y sensación eléctrica* (black spaghetti, seafood sauce, and electric sensation—pop rocks alert!), *tataki de tonyina, sandía caramelizada, guacamole y daikon* (raw tuna, caramelized watermelon, guacamole, and daikon).

La Vinya del Senyor

Avda. Sarrià, 15

Tel: (+34) 934 102 511

The uptown version of La Vinya del Senyor offers more elaborate cuisine than the one across the square from Santa María del Mar. Bi-weekly changing wine selections and an extensive wine list. *Specialties: albondiga de ceps y salsa de foie-gras* (meatball of wild mushroom and a sauce of foie) and *pa amb oli i cristalls de sal* (bread with virgin olive oil and salt crystals).

Paco Meralgo

Muntaner, 171

Tel: (+34) 934 309 027

"Pa' comer algo" is colloquial Spanish for

"to eat something", and this place, as the word-play suggests, is a chuckle. Waiters with attitude dish out acorn-fed Ibérico ham, Norway lobster or shrimp from Palamós. A youthful, chic crowd excited by the décor and the buzz make this one of Barcelona's hottest new successes. *Specialties: navajas de Finisterre* (razor clams from the Atlantic), *gambas de Palamós a la plancha* (grilled jumbo shrimp from Palamós), *espardenyes a la andaluza* (grilled sea cucumber).

Ciudad Condal

Rambla de Catalunya, 18

Tel: (+34) 933 181 997

A bar heaped with shrimp, cuttlefish, octopus, green peppers, potatoes, anchovies, and the full gamut of classical tapas fare with a throng of clued-in looking diners, mostly *barcelonins*, tells you that something is going well here. *Specialties: broqueta de langostinos* (brochette of jumbo shrimp), *montadito de solomillo* (mini-filet mignon canapé).

Orígens 99.9%

Enric Granados, 9

Tel: (+34) 934 531 120

Medieval Catalan recipes served in half-rations, homegrown products down to the last one-tenth of a point, polyglot menus explaining the history of ingredients and dishes: Orígens 99.9% and its sister establishment near Santa María del Mar are unique examples of Catalan cuisine served in small quantities. *Specialties: tostada de "al madroc"* (toast anointed with garlic and tomato and a sauté of black olive paste and grated and melted cheese), a medieval recipe from the 14th-century *Libre de Sent Sovi* (recipe no.142).

Dry Martini Speakeasy

Aribau, 162-166

Tel: (+34) 932 175 080

Heretical as it may seem to drink a dry martini with tapas, just think of them as hors d'oeuvres and choose from



homemade creations ranging from *foie a la plancha* (grilled foie) to black truffle shavings on brie. Wine and beer are served here as well, while the speakeasy-style restaurant out back through the kitchen has a wine list starting at 7.132 Euro (...and 36 cents) 18-liter Nebuchadnezzar L'Ermita 1995. *Specialties: La Lola*, first created for legendary Andalusian singer Lola Flores, *tostada con dáttil confitado y anchoa* (toasted slipper bread with candied date and anchovy).

Casa Lucio

Viladomat, 59

Tel: (+34) 934 244 401

With top canned and fresh ingredients and original dishes flowing from the kitchen, this handsome little gem just two blocks south of the Mercat de Sant Antoni is well worth tracking down. Lucio himself promises that *no hueveros estrellados* (the very famous shattered fried eggs served at Madrid's restaurant of the same name, but not related to its eponymous counterpart in Barcelona) will emerge from wife Maribel's kitchen. *Specialties: Tastum albarole* (cured sheep cheese from Umbria), *pochas*



Trinxat

(Pyrenean Winter Cabbage and Bacon)

Trinxat, in Catalan, means chopped or shredded. This once-frozen winter cabbage from the sunny Cerdanya valley is mixed with potato and bacon. Try it at: **Orígens 99.9%**



negras con morcilla (black beans with black sausage), *alcachofa envuelta en carpaccio de jamón bellota en reducción de vinos* (artichoke wrapped in thinly sliced bellota ham in a wine reduction sauce).

Mantequerí Can Ravell

Aragó, 313

Tel: (+34) 934 575 114

For lovers of exquisite wines, hams, cheeses, oils, whiskies, cigars, caviars, baby eels, and any other delicacy on the planet, this is your spot. Open from mid-morning to 9 pm, it's first come, first serve at the backroom table where strangers

fiendishly revel in tall food tales and marvelous tastes. *Specialties: huevos fritos con foie* (fried eggs with foie covered in Port and Banyuls wine sauce and pickled onions), *angulas de Aguinaga* (baby eels from Aguinaga).

La Flauta

Aribau, 23

Tel: (+34) 933 237 038

A nearly perfect balance of volume and virtue, with space for a hundred diners, top quality and service, fresh produce, and original preparations. The wine list offers regularly changing selections.

Specialties: espárragos trigueros (green and wild—or at least thin—asparagus grilled and sprinkled with Maldon sea salt), *truitetes* ("small" potato omelets—enough for two—of various kinds), *flautas* (flutes of thin bread filled with Ibérico ham or queso Idiazábal (Basque sheep cheese, sometimes smoked)).

Gràcia

A prime haven for the young, Gràcia offers many opportunities for light, quick fare, with Middle Eastern and North African restaurants everywhere. True tapas bars are harder to find, but the following

Salteado de chipirones con trompetas de la muerte y huevo pochado

(Sautéed Baby Squid with Wild Mushrooms and Poached Egg)

Sautéed cuttlefish on a bed of black wild mushrooms topped with a poached egg.

Try it at: **Rosal 34**



addresses will provide a variety of tastes with some walking and wandering in between.

Botafumeiro

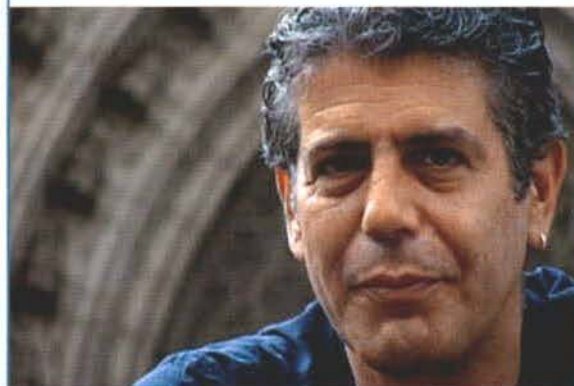
Gran de Gràcia, 81
Tel: (+34) 932 184 230

The bar is the place to be for some of the finest *pa amb tomaquet* and *pulpo a feira* in Barcelona. The polished and excellent service at the bar will keep glasses filled and a continuous stream of everything from chipirones to *calamares* to *pimientos de padrón* flowing across your plate and palate. *Specialties: pulpo a la gallega* or

A L L A B O U T T H E F O O D

No question about it: Barcelona is one of the best food cities in the world. It's certainly one of my favorites. It's where all my chef friends seem to be going these days—for inspiration, for fun—and simply to have a really good time. While a lot of traveling chefs first head to Spain to experience Ferran Adrià's inspired and influential El Bulli, they usually pass through Barcelona to get there—and they come away changed by the experience. Sublime ham at Jamonísimo, baby cuttlefish in Pinotxo in the Boqueria, incredible tinned tuna and shellfish—and of course, tapas, tapas, tapas. And it's not just the food. The way that food is enjoyed in Barcelona leaves a powerful impression. That it's everywhere—that it's celebrated so enthusiastically and eaten at any hour of the day or night, the whole casual atmosphere of the restaurants and tapas bars, where one can eat extraordinarily well in a decidedly fun and un-stuffy environment...Chefs who've specialized in multi-starred French-style haute cuisine return to their own restaurants in America questioning the necessity of formal table service. A whole trend towards top-flight food served across counters—or in tapas-like small plates (tiny bites) has begun to sweep the country. Chefs, impressed by

diners in Barcelona who bounce from place to place eating "a little bit often", or going out to dinner near midnight, have begun making their own restaurants more fun, freeing their clientele of the rigors of dressing up and enduring cosseted, condescending servers. They're staying open later, emulating Spanish style—and stripping away the unnecessary to leave only what's important. Which is to say they're making it "all about the food". Many are outright emulating the dishes they found in Barcelona. In New York, chefs who've been bowled over by the incredible *bacalao* (salt-cod), mackerel, cuttlefish, octopus and Ibérico ham are introducing those elements onto their menus. I understand completely. How can one not be changed by one's first taste of Salamanca *jamón*? Or the pleasures of a long night spent tasting tiny bites of veal cheek, olives, white anchovies, white asparagus, fried *cepes*, thumbnail-sized clams or whelks? (Accompanied by no small amount of Spanish wine)... Our eyes light up when we think about Barcelona—and talk about it. Comparing notes: "Did you try this?" "Did you try that?" All of us who've been to Barcelona can't wait to return.



Anthony Bourdain is chef of Brasserie Les Halles in New York and author of titles such as *Kitchen Confidential*, *A Cook's Tour* or *Les Halles Cookbook*.

pulpo a feira (octopus sliced on potatoes with *pimentón*, a type of paprika from Spain), *jamón ibérico de Guijuelo* (Ibérico ham from Guijuelo).

Sureny

Plaça de la Revolució de Setembre de 1868, 17

Tel: (+34) 932 137 556

One of Gràcia's finest tapas selections, a pot pourri of Catalan, Spanish, and international creations are all concocted with an original touch at this corner tavern a block from Gràcia's Mercat de la Revolució. *Specialties: calçots en tempura con romesco* (calçots in tempura with romesco sauce), *filet de ciervo con salsa de mandarina y chips de violeta* (venison with tangerine sauce and violet chips).

D.O.

Verdì, 36

Tel: (+34) 932 189 673

This diminutive design bar-cum-wine-tasting tavern serves creative tapas along with DO wines from all over Spain. The waitresses are well versed on their vintages and culinary offerings and inform amply as your order shapes up. *Specialties: croqueta de jamón ibérico* (Ibérico ham croquette), *tataki de buey* (beef tataki).

Sarrià and Sant Gervasi

Sarrià offers only a few tapeo possibilities, but one of them is the absolutely not-to-be-missed potato and alioli specialist Bar Tomás, a legend throughout Barcelona for the last half century. A walk through this onetime outlying village—traditionally dismissed as "Sarrià: vents, torrents, i convents" (Sarrià: winds, brooks, and convents)—including a close look at the Foix pastry stores and a visit to the Pedralbes Monastery is a delight.

Bar Tomás

Major de Sarrià, 49

Tel: (+34) 932 031 077

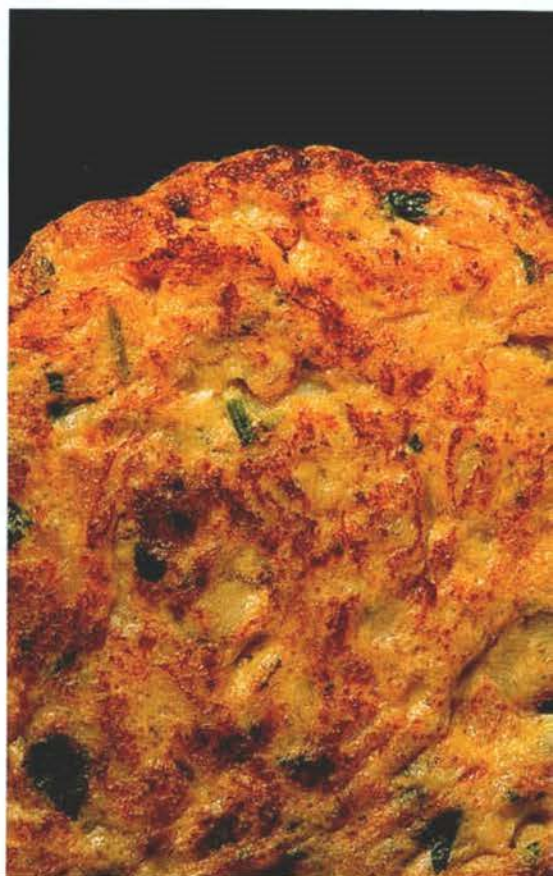
Famous for potatoes and ice-cold beer, this Sarrià classic is a place to travel for. On Wednesdays, when Bar Tomás is closed, its patrons crowd Iborra (just behind it on Carrer d'Ivorra), which serves the same legendary fare. *Specialties: patatas bravas con alioli y salsa picante* (potatoes with hot sauce and alioli).

El Pescadito de Mandri

Mandri, 54

Tel: (+34) 934 188 215

A 20-minute walk east from Sarrià, this uptown favorite offers a well-selected array of tapas and wines served outside on the

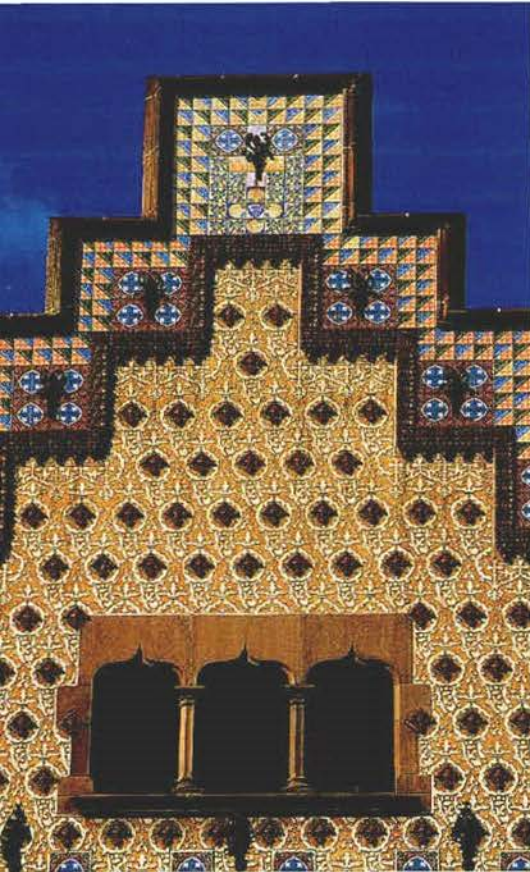


Tortilla de bacalao

(Codfish Omelet)

A classic served still barely juicy, prepared with modest portions of onion and leek, fresh from the kitchen.

Try it at: Taktikaberri, Pinotxo



terrace in summer, at the cozy bar inside, or at the tables in back. *Specialties:* *pochas con almejas* (beans with clams), the *combinado plancha* (seafood mixed grill), a memorable anthology of shellfish, finfish, crustaceans, and bivalves.

Poble Sec

The main culinary reason to walk through the Raval to the far side of the Avinguda Paral·lel are these two tapas sanctuaries: one a master *montadito* or canapé builder who has won the respect of all admirers of Barcelona's fine foods and wines, and the other an historic bodega with a new contemporary design flair in both tapas and décor.

Quimet-Quimet

Poeta Cabanyés, 25
Tel: (+34) 934 423 142
Chef-owner Joaquim Perez Sanz, great-grandson of the founding Joaquim who started this universally revered gem in 1914, improvises canapés using ingenious combinations of preserved goods: cheeses, smoked fish, clams, cockles, mussels, pickles, onions, olives, roe, quail eggs, sun-dried tomatoes and many other ingredients, all excellent. Provide a clue as to what you might have a craving for, and

Quimet does the rest, and always has a crafty wine recommendation to go with it. *Specialties:* *montadito de Torta del Casar con castaña en almibar* (canapé of creamy Torta del Casar sheep cheese with stewed chestnut), *salmón con yogur y miel trufada* (salmon with yoghurt and truffled honey).

Rosal 34

Carrer Roser, 34
Tel: (+34) 933 249 046
This sleek, contemporary *tapa d'autor* (original tapas recipes) specialist opened in early 2005 serves an ever-changing array of surprising creations. Chef Josep Nicolau is the grandson of the founder of the original bodega opened in 1948. *Specialties:* *salteado de chipirones con trompetas de la muerte y huevo pochado* (sauté of baby octopi with wild mushrooms and poached egg), *patatas alioli y salsa picante* (potatoes with alioli and hot sauce using compressed air to lighten the purée).

I ASK FOR MORE, I HAVE A SECOND HELPING, OR PERHAPS A THIRD, OR EVEN A FOURTH...

To be quite frank, *tapas* have always posed a problem for me. And before *tapas*, there was my grandfather's madeira cake, my wife's chocolate cake, my aunt's apple tart, my mother's roast chicken with chips, Madame Yoyo's spaghetti with meatballs... Perhaps I'd better explain. When I like something, I love it! I stuff myself, I ask for more, I have a second helping, or perhaps a third, or even a fourth... until there's only one slice or helping left: the last. You see, I was properly brought up. I offer you the last piece! No, really, I couldn't. No, I insist, go ahead, do it as a favor to me, I've already had a dozen second helpings. So are you beginning to understand why *tapas* pose a problem for me? My problem with *tapas* is that I haven't even had a chance to grab one when I am

ambushed by my good manners commanding me to hold the plate out to you, saying, "Do go ahead, help yourself". After which I have to be satisfied, albeit unwillingly, with the crumbs. It's even worse if there are three of us at the table or the bar counter. So I hear you saying: "Well, why don't you just order several of the same *tapas* so you can have as many as you like?" And my answer is: "What a brilliant idea! Don't hold back, will you? In fact, why don't you just write the article for me? Since you seem to have such fantastic ideas..." Now, where was I? Please stop interrupting me or I'll never get there. Oh yes, I remember now, we were talking about the *tapas* crumbs... I was just going to

relativize that. Because, to be quite frank, it's only the *tapas* in Barcelona that are a problem for me. In fact, in Paris, apart from the Fogon Saint Julien, Alberto Herraiz, or Bellota-Bellota, you can keep the *tapas*. And I'm not saying that just to be polite!

Alexandre Cammas, *gastronomy journalist, co-founder of Fooding (www.le-fooding.com) and author of Fooding, le Dico (Albin Michel).*

Translation: Synonyme.Net

The Pleasures of Eternal Spring

Text
María Unceta

Translation
Synonyme

Photos
Roberto de Armas/ICEX



Culinary Shopping in Spain

CANARIAN Islands

To close our series on culinary shopping we have traveled to the Canary Islands. Their insular nature, their location far out to sea at the 28th parallel in the Atlantic Ocean, are not merely geographical facts. Much has been said about the “Fortunate Islands” as the crossroads that linked three continents, Europe, Africa and America. The history of the islands is patently evident in their gastronomy and in particular, in their native products. Thus *papas* (a special type of potato grown at high altitudes) and rum reflect the journey to and from the American continent; *gofio* and *bienmesabe* cast back to African roots; and the cultivation of vineyards and winemaking originated with the introduction of the European vines that have joined the native varieties. There are, of course, products that are unique and inseparably part of the gastronomy of the Canary Islands themselves. Amongst these are their excellent cheeses, made from the milk of goats specially adapted to survive in the arid climates of some of the islands; the great variety of simple, utterly convincing sweets and the proverbial wealth of spices embodied by *mojo*, a sauce that is an essential part of the gastronomy of the Canary Islands. However, the professionals from the sector and merchants we visited defined the promotion and marketing of Canarian food products as being in the development phase, hampered by the still largely unawakened local gastronomic culture and the difficulties in making their products known outside the islands, particularly in peninsular Spain.



HOY MATE
DEGUSTACION
VINOS
CONDEZA
NUESTROS VINOS!!

COGONOS



Left and opposite: La Manduca,
Las Palmas de Gran Canaria

Las Palmas de Gran Canaria

We commence our route through the Canarian gastronomy shops in Las Palmas, the capital of the province of Gran Canaria, the easternmost island in the archipelago. Our first stop is La Manduca, located in the lovely Vegueta district of the historic city center, where the Colonial-style buildings are graced with ornate wooden balconies, and in full view of the buttresses and towers of the Cathedral. A traditional tea-pine wood roof, walls that reveal the solid construction of days gone by and stone floors set the scene in this shop, nestled in a late 16th-century building. Beyond the massive door, the wooden shelves are replete with wines and native products, and even a small selection of gastronomic products from the peninsula. Pepa Alhambra reigns within. The small wine cellar stocks wines from nearly all the regions of Spain and a tempting offer of Canarian wines. "The trick is to select very good, economical wines. That is the magic of this business; the expensive, well-known wines always provide pleasure, but hold no great surprises," Pepa tells us. She confesses her fondness for Canarian wines made by small, young wineries. "There is an extensive

variety of fresh, fruity wines that reflect the flavor of the land. We are not yet making aged wines here in Gran Canaria; our wines are all young. I would be particularly aware of the emerging areas, such as the new DO Monte Lentiscal (Glossary page 131) with wines such as Vandama, Mondalón, and San Mateo, in the DO Gran Canaria, with its Frontón de Oro, a red wine made from Tintilla grapes...., wines that are sold at between five and eight euros a bottle." From amongst the traditionally made rums, she shows us one called L'Enrosadira and comments on the wide variety of liqueurs that appear each year. "There are some very original things in the making, such as cactus liqueur, or rather, made from cactus fruit, the *tuno*, as we call prickly pears, guava liqueur, a *mejunje* (Spanish for concoction) made from herbs and lemon grass, which is the best of them all..." We ask Pepa Alhambra about other gastronomic specialities on the islands, and she mentions the *almogrotes gomeros*, "a paste made of cured goat's milk cheese, grated and mixed with mojo, eaten on canapés, wonderful with wine"; the *guasacacas* (avocado and mojo); preserves made from mango, papaya, and prickly pears; *bienmesabe*, a cream made from almonds and honey; honey and *pâté* from La Gomera, made with



mackerel roe. To finish up, Pepa explains that after five years of experience in the shop, she is now considering revamping to combine sales with the opportunity to sample and taste the products on the premises. "The idea is to offer customers a place to meet, choose a wine, accompany it with a *tapa*, discuss flavors, aromas and qualities," she says. "We also plan to offer tasting sessions and propose a wine of the day, a *tapa* of the day. It is a way to extend the culture of gastronomy beyond mere shopping." In one of the pedestrian lanes in the traditional, engaging district of Triana, we meet up with Alfredo Martín, a man who plays a significant role in Canarian gastronomy. Fifteen years ago he opened the Gabinete Gastronómico, "a name which," he explains, "alludes to the Gabinete Literario, the most representative building in

the area that symbolizes the tradition of the 19th-century *tertulias* and literary debates. When we opened the wine and gastronomy shop, we tried to incorporate that philosophy, applying it to leisure and fine food. Years later, in 1999, we opened La Casa del Habano, an establishment that sells only Cuban tobacco products—Montecristo, Cohiba, Partagás, Romeo y Julieta, Monterrey, etc.—the finest the world over in aroma and body. We felt that good tobacco was a necessary complement to good spirits and good wines." Alfredo Martín is a gastronomic encyclopaedia: knowledgeable about wines, an expert on rum—he is currently working on a book on this subject—and knows all there is to know about Canarian products. We begin by asking him about the island wines, their history, production, qualities. "All of the islands except Fuerteventura produce wines," he tells us. "From the province of Gran Canaria we have wines from the DO Lanzarote, including classics like El Grifo, and others from the new generation, such as the Bermejo made by Bodegas Los Bermejos. The first wine in Gran Canaria arose from one of our initiatives—in 1994 we connected an enologist with the owner of a vineyard. The majority of our wines are made by family wineries, and are young and limited in production. The reds predominate

Left and right: El Gabinete Gastronómico, Las Palmas de Gran Canaria



over the whites, and there is a small amount of sweet wine. In the province of Tenerife there are DO's on nearly all the islands: El Hierro; La Palma, with its wonderful Malvasías, the wines from the sub-regions of Norte de La Palma, Hoyo de Mazo, and the *vinos de tea*, a type of native wine aged in tea-pine wood casks that lend them a resinous, balsamic flavor; in La Gomera there are some excellent white and red wines and Tenerife has five DO's. We work very well with the reds from the DO Tacoronte-Acentejo and the whites from the DO Abona, which, in my opinion, are the finest the island has to offer."

We can't resist the temptation to draw Alfredo out about rum, a topic on which he is expert, and the Canary Islands, a traditional producer. "Rum," he tells us, "is one of the marks of Canarian identity. People believe that Cuba is the birthplace of rum, but that is untrue; sugar cane was brought to the Caribbean from the Canary Islands. And rum-making processes and techniques are more European than Caribbean. What is true is that the character of Caribbean rum reflects the colonizing country. The rums made in Cuba, Santo Domingo and Venezuela, formerly Spanish colonies, are sweeter, quite different

from those made in Martinique or Barbados, which were colonized by the French and the English. The rum made in the Canary Islands is different from them all, our rum is drier. La Palma, Gran Canaria, and to a lesser degree, Tenerife have always been the rum-producers in the archipelago. There is a traditional distillery on La Palma, in Los Sauces, San Andrés, which I recommend visiting; it makes an exquisite sugar cane rum, La Aldea." Ham is not a typical Canarian product, but even the islanders cannot escape its universal presence. In fact, as explained by Miguel Herrera Quintana, owner of La

Left and right: La Glorieta del Jamón, Las Palmas de Gran Canaria



Glorieta del Jamón, “Canary Islanders learned to eat ham just fifteen to twenty years ago, but today we are the fifth province in Spain in consumption of high-quality ham.” La Glorieta del Jamón, located in spacious premises on a busy corner of the city of Las Palmas, is devoted to the sale and on-site consumption of Ibérico ham, primarily from Huelva and Guijuelo, hams from white pigs of Teruel and Badajoz, and Canarian wines and cheeses. Our chat focuses on cheese and wine, those two products that, together with bread, are sure to please almost any palate. Miguel Herrera tells us that he has his own

cheese ripener to select his cheeses. “He is an expert, Manuel Hernández Bolaño, who buys the soft cheeses from the stockbreeders and ripens them himself. Some are cured in normal conditions and others in caves; each has its own, unique bouquet. Our ripener makes an initial selection and we buy from his storehouse or at his caves. Cheese is the cornerstone of our native trade.” Miguel Herrera proffers his own preferences: “The cheeses from the area of Pajonales, in central Gran Canaria and those made in Guía, a village in the north of the island, the majority of which are made from pure sheep’s milk producing creamy,

superb quality cheeses; cheeses from La Cumbre; and also from Tirajana and Vecindario in the south. There is a myriad of flavors depending on the way the cheese is made and the multiple blends of cow’s, sheep’s and goat’s milk, as well as an enormous variety in degrees of curing: semi-cured, cured and old. They are all handcrafted products and no two are the same.” Miguel tells us that when he visits the peninsula to select his hams, he always takes his suppliers a gift of Flor de Guía cheese. “They are enthralled. Flor de Guía is the most elegant of our cheeses, a legendary cheese made from the milk from the Canaria breed of native goats bred in



Productos de Canarias,
Las Palmas de Gran
Canaria

Guía and Galdar. The cheeses have a slightly bitter taste from the thistle used to make them, very delicate. If they over ripen, they fall flat; they must be watched with enormous care to keep them from falling. But when the rind bursts and the cheese appears like tiny stalactites... what a delicacy."

At the Mercado Central, Miguel González García's stall displays a wide variety of the finest Canarian cheeses. His clients are willing to line up for half the morning to ask, select and buy. Among others on display, we see Majorero—made solely from goat's milk, in its three varieties: semi-cured, cured and very sharp—which, as Miguel explains to us, is wrapped in gofio (a dough made of toasted, milled grains) for ripening; Herreño, made from goat's, cow's and sheep's milk; cheese from La Cumbre, made exclusively of sheep's milk; Flor de Guía cheese... While Miguel chats with his customers, we take a look at the other products he

sells, such as the bienmesabe which, a sweet upon sweets, is a dream mixed with ice cream; mojo, the typical Canarian sauce used to season grilled meats and fish and, above all, to be eaten with *papas arrugadas* (wrinkled potatoes), the island dish par excellence. There are two types of mojo (*Spain Gourmetour* N° 64): *mojo picón*, made from peppers, oil, vinegar, salt, *pimentón* (a type of paprika from Spain), cumin and pepper; and green mojo, which incorporates parsley and coriander. Before leaving Las Palmas, we pass through the Gran Canaria airport to visit the Productos Canarios shop located in the departure area. The selection is extensive: honey from different types of flowers and a variety of preserves, numerous Canarian brands of tobacco, liqueurs in a wide ranges of flavors, sugar-cane rums and an enormous assortment of tempting cakes and biscuits. A good place to pick up those last-minute gastronomic gifts.

Santa Cruz de Tenerife

The capital of the province of Tenerife boasts a busy seaport and long seafront boulevard. Located on one of the main streets that runs up from the port is Bodega San Sebastián, founded in 1953 as a bulk wine establishment and renovated some ten years ago to encompass a variety of functions. Manager Celestino Guadarrama tells us the story. "We are a specialty shop, a wine shop, a tavern, a restaurant, and the complex even includes a classroom where we teach introductory wine-tasting and hold wine-tasting sessions and events." A full circle focused on gastronomy. Theory meets practice at the Bodega San Sebastián, where attendees at courses and tasting sessions begin by listening to the talks, and end up sitting around a table tasting the products selected by the establishment's experts. "An issue



Top and bottom:
Bodega San Sebastián,
Santa Cruz de Tenerife



still to be tacked in the Canary Islands," Celestino Guadarrama tells us, "is the export of our honeys, our tobacco, our wines, our cheeses and many other products that are very competitive in quality, but virtually unknown, even in peninsular Spain." Bodega San Sebastián's clientele is comprised to a large degree of residents in Santa Cruz or La Laguna, the two largest cities on Tenerife. They are, according to Celestino Guadarrama, "very well-informed and exacting, people who know their wines, spirits, cheeses... and are looking for aromas, textures and nuances. So, we must always be up-to-date to meet their expectations. That is why those who believe that "renew or die" is a cliché are not ready to face the challenge of today's world," concludes the head of Bodega San Sebastián.

La Laguna

The center of this historical city, with its splendid 17th- and 18th-century colonial architecture, has been declared a World Heritage site. Next to the church of La Concepción, in the center of the old city, is the venerable building where we find Campos de Fresas, a family shop managed by Pilar, her son and her son-in-law since 1998. Canary wines, mojos, bienmesabe, honeys and preserves stand in orderly stacks on brick shelves and in the inviting

wine cellar of this tasteful establishment. Pilar, who is well-versed in Canary wines, tells us that the Malvasía clásico made by the Viñático winery (DO Ycoden-Deute-Isora in Tenerife), and another wine from the DO El Hierro, a full-bodied red made from the native Baboso Negro grape, were the revelations of the year. Our hostess also believes that DO Tacoronte-Acentejo wines made by the Marba winery, near Tegueste, are also rapidly coming into their own. "The difficulties in cultivating the vines, many of which

are grown on small plots in mountain areas where machinery cannot be used, push the final price of our wines up significantly," says Pilar. Campos de Fresas offers tasting sessions, frequently in collaboration with the various Tenerife DOs. "We try to add our little grain of sand to the promotion of Canary products. Experience has shown us that if they are not tasted and publicized, it is very hard to win people over to wines like ours which, although excellent, are very new on the market," she concludes.

Campos de Fresas, San Cristóbal de La Laguna





Zebina Exquisiteces, San Cristóbal de La Laguna

Just a few blocks up, still within the old city, we find Zebina Exquisiteces, an establishment that has been open for fifty years, albeit with many changes. For the past twenty-three it has been managed by Zebina Hernández, a woman who knows all there is to know about Canarian gastronomic products. "I became interested in them when I was young, and I have always believed in their possibilities," she tells us. "But up to very recently, they have only been offered for internal consumption and as such, they are

virtually unknown outside the islands." Zebina feels that the current wine boom, particularly in the Tenerife wines, may serve to break down barriers for other products. Zebina Hernández tells us about *papas antiguas*, a native potato variety brought to the islands by the conquistadors in the 16th century from the high plains of the Andes, where they originated. "They have a very long history and are an exquisite product intimately linked to the island economy. Here they are grown in the high lands of La Guancha and La Orotava and on the

Anaga massif, where there is a variety called Borrallas, white and very flavorful. But they also grow well at medium altitudes, on the hillsides, where they are planted between the grape vines and are typical of the landscape." They are sold in season, in January and February, and from May until the end of July, in little one-kilo bags with recipes attached that show buyers how to cook them. But man cannot live by potatoes alone, and Zebina Exquisiteces offers many other products, such as cheeses, wines, honeys and native spirits.

Productos de la Tierra, El Puerto de la Cruz;
opposite page: Casa del Vino La Baranda, El Sauzal



El Puerto de la Cruz

The importance of this tourist capital in northern Tenerife dates back precisely to the boom at the end of the 19th century in the export of the most famous Canarian product the world over, the banana. Close to the jetties of the city's port is one of the loveliest corners in El Puerto de la Cruz. The small premises of Productos de la Tierra, located in the old city, offer a broad selection of the finest traditional Canarian products. The light-colored wood inside adds cheeriness and luminosity to this establishment that is jam-packed with products from ceiling to floor, just like the traditional grocer's shops. Antonio Marrero, owner and lover of travel and gastronomy, tells us what his shop has to offer. "We offer only Canarian products, from all the islands, including a wide variety of wines, particularly those from Tenerife. We try to stock the finest wines, those that the experts have pronounced as outstanding.

For example, of the Malvasías, the Canarian wine famous even in Shakespeare's day, we have the Viñático Malvasía clásico, winner of silver medals in 2002, 2003, 2004 and 2005 at the wine fair Vinalies Internationales in Paris. But we also offer other typical products such as mead, *escarchados*—spirits with 32° alcohol bottled with *matalauva* (sweet grass) stems—, palm honey (made from the sap of palm trees), homemade liqueurs typical on the island of La Palma, many aloe vera products and, of course, rum and goat's milk cheese." He explains the mead is a blend of water and fermented honey and that mulberry wine, an old traditional Canarian recipe, is recommended for joint pains. The shelves also reveal an extensive range of sweets that Antonio names for us, one by one. He points out the sweet grass and lemon rings "that are dangerous, because once you start to eat them, you just can't stop", sweets from La Gomera, fig biscuits, dark chocolate,

homemade prickly pear, papaya and mango preserves... all under the brand Productos de la Tierra. Antonio knows nearly all his suppliers personally: "I try to visit them, and although they never reveal their secrets, I can see how they work; they like visitors. It is also a way for me to learn more and be able to select the finest products." And he adds: "I try to sell my customers the product and the story behind it, who made it and where it comes from".

El Sauzal

La Casa del Vino La Baranda is the perfect jewel to crown this route through the products of the Canary Islands. Perched on a hillside over the open sea, la Casa del Vino occupies a lovely old 17th-century farming estate. Manager José Alfonso González Lorente tells us about the functions and content of this institution that is a shop, tasting room, wine museum and restaurant



**CASA DEL VINO
LA BARANDA**
WINE TASTING
TUESDAY - SUNDAY 12:00 - 1:00 PM
TUESDAY - SUNDAY 1:00 - 2:00 PM
TUESDAY - SUNDAY 2:00 - 3:00 PM

all in one. "La Casa del Vino opened in 1995 as a showcase to promote quality Tenerife wines, as well as our gastronomy and traditions. A variety of promotional events take place within its walls. For example, every two weeks we present twelve different wines from the five Tenerife DOs in our tasting room. We also opened the Casa de la Miel in 2004 to promote the island's honeys. Over time, the shop has also grown both

in size and in products offered. Currently, we stock over 300 Tenerife wines and a long list of products related to the island gastronomy, such as honeys, that we analyze, select and bottle ourselves, mojos, all types of cheeses, *papas antiguas*, confectionery—*bienmesabe* and handmade *turrón* (sweet based on almonds and honey) from Tacoronte, primarily—, dried fruits and nuts that are now making a comeback,

homemade liqueurs and spirits, and other traditionally made items related to the island gastronomy and traditions." La Casa del Vino, a company organized under the aegis of the Cabildo de Tenerife (the governmental, administrative and representative body on the island), is visited by school children, tourists, experts and critics: "We are a reference point in island gastronomy," says the Manager of la

THE SHOPS

Las Palmas de Gran Canaria

La Manduca

Herrería, 6. Tel: (+34) 928 333 060
Wines from the Canary Islands and an extensive selection of wines from all regions of Spain. Honeys, preserves, and a wide variety of native liqueurs

El Gabinete Gastronómico

Torres, 18. Tel: (+34) 928 380 443
Tasting and sale of wines and liqueurs. Wide variety of rums
www.alambicclub.com

La Glorieta del Jamón

Angel Guerra, 1. Tel: (+34) 928 391 054 and 928 674 486

Bar and shop specializing in Ibérico hams, Canarian cheeses and wines

Miguel González García

Mercado Central, stall 18-19
Tel: (+34) 928 241 351
Selection of Canarian cheeses, *mojo* and *bienmesabe*

Productos de Canarias

Gran Canaria Airport
Tel: (+34) 928 579 669
Broad range of gastronomic products from all the islands

Santa Cruz de Tenerife

Bodega San Sebastián

Avda. San Sebastián, 55
Tel: (+34) 922 216 591 and 922 227 608
Establishment comprising a bar, winery, tasting and sampling room and restaurant. Excellent stock of Canary Island wines, particularly those from Tenerife

La Laguna

Campos de Fresas

Plaza de la Concepción, 24
Tel: (+34) 922 634 155
Long-established shop selling Tenerife wines and other Canarian gastronomic products

Zebina Exquisiteces

Herradores, 66. Tel: (+34) 922 259 442
Wines from Tenerife, liqueurs and spirits, mojos, sweets and *papas antiguas* in season

Puerto de la Cruz

Productos de la Tierra

Santo Domingo, 7. Tel: (+34) 922 385 571
Small speciality shop selling exclusively Canarian products: selected wines, honeys, preserves, *mojo* and handmade sweets

El Sauzal

La Casa del Vino La Baranda

Autopista del Norte, km 21
Tel: (+34) 922 572 535 and 922 572 542
A lovely former farming estate now converted into a wine museum and shop selling gastronomic products and wines, a tasting room and restaurant.

The Casa de la Miel is devoted to the processing of honey



Casa del Vino. In his opinion, after their spectacular boom, the Tenerife wines are now consolidating their quality and, in the process, "some will be left by the wayside, while others will move on to higher spheres." This upward, but also complex, path has encompassed increased production, diversification in the types of wine and recovery of some traditional wines, such as the Malvasia and other sweet wines that made the Canary Islands famous in the past. A stroll through la Casa del Vino La Baranda's museum offers visitors information on the origin, preparation and economic importance of the wines of Tenerife; but one can also buy products, taste selected wines and cheeses, dine at the restaurant or attend any of the activities—courses, tasting sessions, gastronomic seminars and even painting exhibitions and open air concerts—organized at its facilities. "The next phase includes enlarging the restaurant, the kitchen, the product analysis laboratory and the creation of a specialized library on Canarian gastronomy," José Alfonso González Lorente tells us. And, an undoubtedly interesting project, a viticulture park where visitors will be able to see plantations of the different types of grapes and view the winemaking process.

Maria Unceta is a travel journalist, a regular collaborator with magazines such as Viajes National Geographic, Mujer de Hoy and El Correo newspaper, as well as author of various travel guides.





Happy
and Glorious

VICTORIAS

Text
Luis Cepeda

Translation
Hawys Pritchard

Photos
Pablo Neustadt/ICEX



Victoria
Pariente
and
Victoria
Benavides

Two women with the same name set up a winery together and called it Dos Victorias. It has just won the Newcomer of the Year prize for 2005 awarded by German wine magazine *Wein-Gourmet*. Victoria ('Marivi') Pariente and Victoria ('Vicky') Benavides are typically female in their intuitive approach to wine, sharing responsibilities and making joint decisions. They took it in turns to answer our questions.



Mariví and Vicky

They travel in tandem around the ancient vineyards of Castile's *meseta*, rediscovering the background to wine in Rueda and Toro—two *comarcas* adjacent to the River Duero.

They share a scientific training and, while working together for the regional administration, developed a passionate interest in becoming winemakers themselves and a commitment to using each area's characteristic variety.

Their entrepreneurial leanings are backed by firmly held views on wine-growing and an unswerving tenacity. Vicky is progressive, cheery and extrovert; Mariví is enquiring, restrained and cerebral. They have worked hard for their success and risen above obstacles in their path. Their Dos Victorias winery has already earned itself a place on the wine-world map: German magazine *Wein-Gourmet* awarded them the prestigious Newcomers of the Year prize in 2005 for their Elías Mora red and their José Pariente white. This is the first time that this distinction has gone to a Spanish bodega: Álvaro Palacios (*Spain Gourmetour* N° 62) and Peter Sisseck have got as far as the finals in previous years.

Your meeting was rather providential.

It was more professional than anything, at first. Strangely enough, we were both competing for the same job. Mariví had done a chemistry degree, but her father, José Pariente, who owned vineyards in the Rueda area, had got her involved in viticulture. I had trained as an agricultural specialist and had particular leanings towards gardening. That was until I did a short wine-tasting course which proved to be a complete revelation: I got hooked, did my final project on vineyards, and then went off to Bordeaux to study enology. It was when I got back that I met Mariví for the first time: we were both in the running for two regional government jobs at the Castile-Leon Oenological Station that were being advertised by the Regional Administration of Castile-Leon. That was in 1988. As it turned out, they chose both of us, and we started work as winemaking auxiliaries, initially doing things like washing out crates and all sorts of other sociable jobs...

So you started at the bottom...

Yes, but it was indispensable experience, and very satisfying at first though it did become a bit routine later on. We used to enjoy it a lot, especially visiting wineries to carry out checks. We used to get carried away imagining a project of our own, theorizing about the possibility of creating a jollier wine than was the style at that time. In fact, though, we never really considered the possibility of leaving the Administration. Then one day Vicky was promoted to the quality control department and we were thrilled. It was very entertaining, and we felt a shared enthusiasm for her new responsibility. However, it wasn't long before she started to feel

trapped by bureaucracy and all the paperwork that went with it. She started to feel that the job was taking her away from wine both physically and spiritually and she called me for a more serious talk about a winemaking scheme.

And the idea of your becoming winemakers took hold.

It was rather less ambitious than that, in fact. We certainly felt that we wanted to work more closely with wine, to be part of a different scenario which would involve us more with the vineyards and the sort of approach to winemaking that we were becoming interested in, but at that stage it was nowhere near being a clear business venture. It was a case of investing savings of a million pesetas at that time (6,000 euros) to generate a million and a half (9,000 euros). Mariví had her father's vineyards in Rueda and she made them available for the 'new approach' experiment that we had been hatching.

Improving the wines of Rueda?

Rueda has been full of wineries since ancient times. It has always been traditional in that comarca (district) for people to make their own white wine from Verdejo grapes, and it used also to be sold in bulk in unlabeled demijohns. There was a real local talent for small-scale winemaking and each family took pride in giving it its own slightly sherry-like tang. It was almost as if they were aiming at imitating the *amontillado* style wines made in Jerez. Owners of small wineries, my father included, were genuinely proud of producing that sort of white, whose properties we would nowadays associate with the unwelcome aspects of oxidization, but which people traveling through Rueda apparently thought highly of.



What we had spotted was the fruit-specific potential of this native grape, its ability to extract more immediate, subtle qualities from the terrain to which it is so well suited.

So you were pioneers.

I wouldn't go that far. We are talking about 1989, when reds from this area, Ribera del Duero and Toro, were already beginning to spread the word about a 'new wave': local winemakers were already showing a firm commitment to prioritizing fruit quality and low production. We had done a lot of tasting and we knew that quantity and quality just don't go together. We realized that the future for wine was taking a different turn, and that allowing the grape to show its qualities was what constituted the differentiating factor. In addition to that, we already had a point of reference in Rueda in the form of white wines from Marqués de Riscal who, years before, had chosen Rueda as the location for their Sauvignon Blanc plantations. That had been done on the advice of the great Emile Peynaud, who brought his legendary expertise into play in this area to generate a wine in tune with the 'new' winemaking of the time. It was very fruity and more floral than what was being obtained from Verdejo, though they did also work with that variety. We all learned something from Riscal. They really were the pioneers of new wine-growing in Rueda. What we did was to align ourselves in a more artisan way with the idea of elevating the Verdejo grape, achieving maximum freshness to show off its properties to the full.

How were your wines received?

Up until that time, the tendency had been to make pleasant white wines, what used to be called "feminine wines"—very perfumed and sweet. We were more concerned with communicating the grape's immediate personality and the mineral essences of the privileged *terroir* where it is grown. We were on a quest for sincerity on the palate, and we gradually succeeded in achieving that as tastes broadened and became more open.

And you gave it a man's name: José Pariente...

We did that to reflect two things: our gratitude to Marivi's father, who provided us with our first vineyards, and recognition of the wine's family origins, which deserved to be reflected in the name. We're not keen on pretentious, impersonal business names. We prefer to recognize the intimate interaction that occurs between a wine and those who bring it into being, however modest and unknown they may be. We did the same thing in the Toro project.

Let's talk about that.

The comarca of Toro is also adjacent to the River Duero but its climatic conditions are more intense and its terrain wilder than those of Ribera: this is part of Castile where conditions verge on the disastrous for farming, with temperatures soaring to 40°C (104°F) in summer and dropping to -10°C (14) in winter. The experience we gleaned at

the Oenological Station had left us intrigued by this area and by Salvador Fariña of Bodegas Fariña, a key figure in the renewal process, to whom someone ought to erect a monument. He was a shining example of what needed to be done there for those traditional wines to achieve the status they deserved. Until then they had been very aggressive and alcoholic, poorly structured and therefore unsuited to long ageing. Rueda and Toro were rather alike: comarcas where we professionals knew that there were fine raw materials that needed only the technological push and proper commitment to get the wines right.

Three good stimulating factors...

Yes indeed. The problem was that, while in Rueda we had Marivi's vineyards and a rented winery in Nava del Rey, in Toro we either had to get ourselves the equivalent or buy in grapes. But although prices seemed to be reasonable, we were trying to move into the area at just the same time as established winery-owners from Ribera del Duero and La Rioja. Local growers gave them priority, and no-one wanted to sell anything to a couple of visionaries talking about a scheme as undeveloped and modest as ours.

So what did you do?

Well, we didn't give up, obviously. Instead, we found a rather odd solution: we went to the Old Age Pensioners' Club in San Román de Hornija, a tiny village close to

Pedrosa del Rey where there was a tradition of family-scale winemaking and small, privately owned vineyards. We were given a friendly welcome and they understood what we were after. It was there that we met Elías Mora, a charming old man who was a retired winemaker, with whom we have had a lovely relationship every since. He sold us ten tons of marvelous Tinta de Toro grapes and we reached an agreement with a cooperative which allowed us to make wine with them. That was how our first red came about, and we christened it with the name of our first supplier.

And you settled once and for all in San Román...

It wasn't all smooth sailing at first. We had brought out a highly competent wine and some big name or other must have felt threatened, and helped to get us expelled from the cooperative. This only made us all the more determined to build this bodega in 2000. It is on an intentionally limited scale, designed to handle a maximum of 600,000 bottles—no more than that. And that is because we want to be able to intervene at all stages of the process so that the wine we produce is always personal and honest.

And how would you define an honest wine?

We manage no more than 25 hectares (62 acres) of different and highly individual vineyards. We respect their individual agronomic peculiarities on the grounds that these have not come about gratuitously but are the result of folk wisdom accumulated over many years. They suit our current production, which is 125,000 bottles of white and 10,000 of red. We restrict ourselves to what we know best: white Verdejo and red Tinta de

Toro. We keep a close eye on them as they grow, make the wine in the natural, traditional way combined with technical finesse, giving the grape the respect it deserves. We expect a lot from our *barricas*, and use casks made by different coopers so that no one type prevails and we get the complexity and structure we want for each of the reds we make: the medium-*crianza*, the *crianza* (see Glossary page 131), and the Gran Elías Mora. In the white department, we just make a current year wine in two versions: one straightforwardly vinified and the other briefly macerated with the skins, but never cask aged. And we bottle it late, after January, because—even when no cask is involved—wine needs to rest if it is to acquire the structural balance that makes it long-lived. And this lasts over three years—a feature that has made history and generated demand. That's what we understand by making an honest wine: knowing your grape, extracting the best from it, and applying the most rigorous techniques so that it reaches its full potential as wine.

How do two experts with the same degree of authority reach decisions?

I think it makes for greater harmony, because we speak the same language and have shared similar experiences. What needs doing is quite clear, and our aims are, too. Of course—rather as in marriage—there are occasional disagreements, but these are soon sorted out because we have a common purpose. In any case, different areas of responsibility are divided up between us. Mariví works more closely with the land, envisages wine from the vine up and enjoys spending her working day in the vineyard, though she actually lives in Valladolid (the provincial capital).

Both of us are involved in day-to-day progress in the winery, but I am more commercially orientated. I deal with customers, preferably not big wheels. I like coming into contact with people who show sensitivity to our wines: that's partly where my job satisfaction in relation to the market comes from, just as, in Mariví's case, it is her relationship with the growers. All in all, we each have our own responsibilities allocated according to what we like and do best, though on fundamental matters we act jointly. Working with wine makes for a very pleasant lifestyle. You are part of the gastronomic scene, you make lots of friends, and escort a product in which you believe into an international ambit. Things can get tough, there are worries associated with the land and the unpredictability of the elements, harvest-time is very hard work, but when you start to receive respect for what you do, it all seems worthwhile.

And is wine for tasting, or for drinking with food?

Wine is for drinking with food. The pleasure of becoming involved in the wine world and learning more about what we enjoy is a different matter—the more we know about things, the better equipped we are to enjoy them and evaluate them. But wine is a foodstuff which comes into its own and reveals all its qualities when drunk with solid food.

Luis Cepeda is a journalist and writer who specializes in gastronomy. He is currently restaurant and wine critic for Madrid's weekly listings magazine, Guía del Ocio, and is also director of Cocineros magazine.

Exporters page 116

Text
Huon Hooke



Selected
and Tasted
by
International
Experts

Australia

Spanish

WINES

Sip by Sip

Huon Hooke is a leading independent wine writer, based in Sydney, who makes his living entirely out of writing, judging and educating about wine. A journalist first and wine professional second, he has tertiary qualifications in both fields and has been writing on wine since 1983. He currently writes for the *Sydney Morning Herald* 'Good Living' section, *Good Weekend* magazine, *Uncorked* magazine, *Australian Gourmet Traveller Wine*, *Decanter* magazine, Tom Stevenson's annual *Wine Report*, and co-authors the annual *Penguin Good Australian Wine Guide*. He's been a show judge for 18 years and judges about ten competitions a year in Australia and overseas.





Winery: Julián Chivite
Wine: Gran Feudo Rosado 2004
DO: Navarra
Type: Rosé wine
Elaboration: 100% Garnacha

Garnacha is the ideal grape for making rosé because of its light, fruity taste combined with lower color and tannin levels. This is made by the *sangrado* method (using only the first free-flowing must) from grapes grown in the DO Navarra. Its color is bright, medium-full pink with strong purple reflections, and it has an abundance of sweet raspberry-like aromas which are clean, fresh and vibrant. The palate is dry yet soft, with plenty of raspberry, the typical Garnacha fruit flavor. The finish is clean, thanks to well-balanced acidity and a lack of obvious sweetness. I tasted this wine as a new release in March 2005: it's important to drink rosé young as it can become stale after more than a year in the bottle.

Matching recommendation:

It should be served chilled, at around 10-12°C (50-53°F), with *tapas*, antipasto, fish, crustaceans and most entrée dishes, but it's also an excellent aperitif served without food.

Winery: Julián Chivite
 Tel: (+34) 948 811 000
 Fax: (+34) 948 811 407
 info@bodegaschivite.com
 www.bodegaschivite.com



Winery: Juvé y Camps
Wine: Reserva de la Familia Brut Nature 2001
DO: Penedés
Type: Cava; white sparkling wine
Elaboration: 40% Macabeo, 40% Parellada, 20% Xarello

This maker focuses on the top end of cava production, drawing only on its own 500 ha (1,235 acres) of vineyards and making only *reserva* and *gran reserva* wines. As it has aged 36 months on lees, this one qualifies as a gran reserva. Juvé y Camps has a name for making a modern style, with more delicacy than traditional cava. Even so, I find it still has an echo of the rubbery, smoky bouquet of old-fashioned cava and this is an acquired taste. The proof of the pudding is, however, in this case the drinking, and the wine comes into its own on the palate. It is subtle and delicate, with bright acidity and good finesse, even if it lacks the complexity of a good champagne. The bubbles are fine and persistent on the tongue, and it concludes with a clean, dry, well-balanced finale.

Matching recommendation:

It should be served at 10-12°C (50-53°F), possibly with oysters, other shellfish, or crustaceans.

Winery: Juvé & Camps
 Tel: (+34) 938 911 000
 Fax: (+34) 938 912 100
 juveycamps@juveycamps.com
 www.juveycamps.com



Winery: Delgado Zuleta
Wine: La Goya
DO: Manzanilla de Sanlúcar de Barrameda
Type: Manzanilla
Elaboration: 100% Palomino

This is a very special kind of Manzanilla, having been matured under the *flor* yeast for the full eight years allowed by the designation of origin, instead of the usual five. This extra age shows in the slightly fuller mid-yellow color, and the mellow, complex bouquet which nevertheless retains freshness. Aromas of chalk, powdered lime and Camembert rind are suggested in the bouquet, while the palate is fuller and richer than most Manzanillas with a flavor that lingers long and really satisfies. It has the expected dryness and salty/seaside tang that typify good Manzanilla. The overall impression is of excellent balance and drinkability. Ideally, it should be drunk within a year of shipping, fresh from the refrigerator.

Matching recommendation:

It's best served as an aperitif, with or without food, but it is a great partner for salty grilled almonds, anchovy-stuffed green olives, feta cheese, salt-and-pepper calamari, and just about any grilled or pan-fried white-fleshed fish.

Winery: Delgado Zuleta
 Tel: (+34) 956 360 133
 Fax: (+34) 956 360 780
 bodegas@delgadozuleta.com



Winery: Bodegas Valdemar
Wine: Conde de Valdemar Crianza 2001
DOCa: Rioja
Type: Red wine
Elaboration: 85% Tempranillo, 15% Mazuelo

As a *crianza*, this wine is perhaps less marked by the American oak aromas than Riojas with more time in barrel can possess. It has a medium-dark red-purple color and fruit-driven aromas of dark berries, with raspberry and cassis uppermost, garnished with leathery and earthy developed secondary characters. In the mouth, it is typically Rioja for its savory flavors, concluding with drying tannins which add a definite grip to the finish. The mid-palate has fleshiness, softness and a degree of richness, the tannins are ripe and supple and the finish is satisfying and balanced. It is drinking well now and should hold that level for at least five more years.

Matching recommendation:

It is an excellent food wine, and would go well with spit-roasted kid, casseroled rabbit, roast saddle of hare, virtually any red meats served with mushrooms, and hard cheeses such as Cheddar, Manchego or Parmesan.

Winery: Bodegas Valdemar
 Tel: (+34) 945 622 188
 Fax: (+34) 945 622 111
 bujanda@bujanda.com
 www.martinezbujanda.com

Winery: Marqués de Olivara
Wine: Valdeví, Madurado en Roble, 2000
DO: Toro
Type: Red wine
Elaboration: 100% Tinta de Toro

Tinta de Toro is the local name for the ubiquitous Tempranillo. This inexpensive wine is a good example of how Spanish reds can be great value for money. It's an affordable, medium-bodied red for everyday drinking but offers more than everyday character and satisfaction. The color is medium-full red-purple; the bouquet shows some maturity and is attractively vinous, without rawness. Short-term maturation in oak has given the wine some earthy developed character without oak flavor or aroma. In the mouth, it shows blood-plum, dried-herb flavors with a savory style; the medium-length palate has grainy tannins that dry the finish and the length is moderate. It is a fault-free wine of character and surpassing drinkability, which is at its best now and will be good for another few years.

Matching recommendation:

Serve it at about 18 to 20°C (64-68°F) with medium-weight meat dishes such as osso bucco or braised lamb shanks, game risotto or risotto with mushrooms.

Winery: Marqués de Olivara
 Tel: (+34) 980 693 425
 Fax: (+34) 980 693 409
 bmarquesolivares@hotmail.com

Winery: Bodegas Emilio Moro
Wine: Malleolus 2000
DO: Ribera del Duero
Type: Red wine
Elaboration: Tinto fino 100%

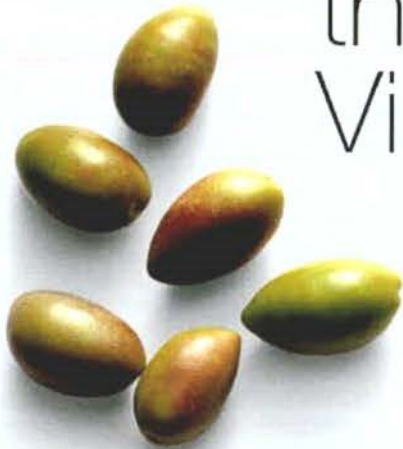
This is an expensive wine, the flagship of the Emilio Moro winery, which has been matured for 18 months in new French oak barrels, resulting in a statuesque red with a lot of tannin. It was made from 25- to 75-year-old Tinto fino vines—the local name for Tempranillo. The bouquet is oaky, funky, meaty and shows touches of animal hides and port. It's a slightly eccentric, savory (i.e. non-fruity) wine with lots of complexities; the palate texture fleshy, smooth and even, with good length. It drinks well now but should continue to provide enjoyment for at least 10 years, and the ideal serving temperature is between 15 and 20°C (59-68°F).

Matching recommendation:

Because of the high tannin content, it needs protein-rich foods. It suits braised meats, and cheeses ranging from soft white-mold cheeses such as Camembert, to cooked cheeses like Tilsit and Gruyère.

Winery: Emilio Moro
 Tel: (+34) 983 878 400
 Fax: (+34) 983 870 195
 bodega@emiliomoro.com
 www.emiliomoro.com

PLAYTIME!



Olive Oil in
the Global
Village





Whatever label you stick on crossover cooking—be it hybrid, merged, eclectic, compendium or just plain fusion—there is little doubt that it guides the cuisine of the global village. After bubbling up in melting-pot cities some thirty years ago it is now rippling worldwide—and, as it travels, it is becoming more subtle, more refined, more sharply focused. Today's Brazilian and Peruvian haute cuisine, New York Pan-Asian and Moroccan-Spanish blends all have identities as clear as the early ground-breaking mix of Japanese and Mediterranean. Each has its own distinct flavors, aromas and techniques. But look closely and extra-virgin olive oil holds a special place in all of them. Not only that. As cooks from different cuisines bring fresh ideas to extra-virgin olive oil, these bounce back to home ground. Here twenty chefs from around the five continents tell us what they are cooking.

TEXT
VICKY HAYWARD



Tetsuya Wakuda sips on a morning coffee and talks with deft quickfire, as a sushi chef might slice his fish. "Lobster mousse. No cream or butter. Just fresh lobster meat and stock. Blended with salt, pepper and tarragon. Liquidized with a stream of olive oil, added slowly. Served with wasabi, soy and bonito-stock jelly, and seaweed."

A sip of coffee, another dish. "Confit of ocean trout poached in olive oil." It has been on the menu for years, he adds. "The trout's Tasmanian, farmed in the world's purest waters." Tetsuya is famed for his perfectionist sourcing. Another sip of coffee, a third olive-oil dish. As it turns out, it makes the end of a menu. "Orange and black pepper sorbet with honey. Olive oil poured over the top. It rounds out the flavors."

Tetsuya, Tokyo-born, took early east-west fusion cooking—as in the heady days of oriental pizzas and teriyaki salads—into a different league. He opened his Sydney restaurant in 1986. Restlessly perfectionist, he never looked back. "His somewhat French technique applied to somewhat Japanese-Australian ingredients (but limited to

none) defies classification," wrote Jonathon Reynold in *The New York Times Magazine*. It's an apt description, but there is a missing ingredient—extra-virgin olive oil, the medium that draws those elements together.

Tokyo exchange

"I ship thousands of liters of oil at a time," chuckles Tetsuya, amused by the idea. "I used to source oils all over the place, but in the mid-1990s I just chose one. I wanted consistency. It is important but difficult. Very difficult. Now I buy one extra-virgin oil, an Arbequina from a Catalan cooperative." It plays various roles in Tetsuya's cooking. One is to replace butter and cream. "Oil gives flavor and emulsion without richness," he comments. He whisks it into reduced cooking juices to make lightly glazed sauces and adds it to gelatin-free mousses to bind them—as in the quickfire lobster recipe. He uses it to emulsify cooking juices containing natural gelatin, using the Basque *pil-pil* technique, which he learned on a visit to San Sebastian.

And he's also sold on the same olive oil as a home ingredient. "Great for throwing together simple things—like noodle dough dropped into broth!" Finally, flavor-wise, it is a base for lassic hybrids, like his soy sauce and balsamic vinegar vinaigrette, now a branded product sold in Australia, Singapore, Hong Kong and Japan.

Crossover tilts both ways, of course, although much depends on ingredients' availability. Olive oil took off in Japan well after it made its mark in Australia, its earliest far-flung market. But Japanese imports of Spanish extra-virgin have multiplied forty-five times since 1991 to reach an annual total of 6,373 tons. And that has triggered another series of crossover ideas.

"One young chef here makes a great sole sashimi served with fruity olive oil and walnuts," says Oskar Lanziego. He and Yumi Oyama, a Basque-Japanese couple based in Tokyo, are collecting some of these new ideas for a book. They include *wakame* salad dressed with olive oil, chilled soy milk soup flavored with olive oil, herbs and consomme, and olive-oil fried *koromo*—crispy





droplets of *tempura* batter for adding to noodle soups. "Since Japanese dishes are so subtle," adds Oskar, "you need a light hand". The bounce between Iberia and Japan isn't new. According to Richard Hosking, author of the Dictionary of Japanese Food, tempura frying technique was born back in the 17th century, very probably in Portuguese missionaries' hands. Now it has bounced back to Spanish menus. Catalan chef Carmen Ruscalleda of Sant Pau uses a formula learned in Tokyo, where she opened a restaurant last year. "I use a very simple batter, just flour and water, and keep the flour in the fridge. But everything is fried in local extra-virgin olive oil." Last winter she was frying whole baby broad bean pods in tempura, and this spring she is adding zucchini tempura batons to a tomato and onion salad. Alberto Chicote, aged 35, chef at Nodo, Madrid's first east-west fusion restaurant, grafts olive oil onto other Japanese dishes. "Just three drops on sushi can help the texture—and it

gives less fatty fish a stronger follow-through." He also mixes olive oil with *wasabi*: "It heightens the aroma but mutes the heat". Chicote, a firm defender of the term fusion—"it's just a new name for the assimilation that has gone on throughout history"—cooks full crossover food too. Nodo's most emblematic dish is tuna *tataki* or seared tuna macerated in soy sauce and rice vinegar. It is served here with a cream of *ajo blanco*—chilled white almond soup—plus a dribble of olive oil and black olive powder. "It's a song to olive oil," says Chicote, "with Japanese and Spanish lyrics".

Latin remix

Much newer is Latin America's brave new haute cuisine emerging in melting-pot cities like Sao Paolo and Lima. "Our food is marked by big tastes and aromas—lots of acids and primitive, rustic fermented earthy flavors," comments Alex Atala, aged

36, based in Sao Paolo. "There is cassava"—also known as yucca—"in all its different forms, salt-fish, tropical wild herbs and strongly-flavored dengue or palm oil. Olive oil is very distant from everyday Brazilian cooking." Atala, like a handful of other young Brazilian and Peruvian chefs, trained in Europe—in his case, Belgium, France and Italy. "That's how olive oil became an everyday ingredient for me." Back in Sao Paolo, he founded his restaurant DOM (as in Dominus Optimus Maximus) in 1999, focusing on the Amazon as a *terroir*. He sources game, fish, herbs and vegetables there, working with hunters and gatherers, then spins them with other local produce to come up with decisively modern Brazilian dishes. Once again, olive oil has its place in them. But is not the Amazon even more distant from the Mediterranean than Sao Paolo? "Yes, but no. Olive oil's elegance is so acceptable to our taste memories that it helps us accept new flavors."



"Say I want to use Amazonian wild coriander—which has a very powerful, slightly electric flavor, like Szechuan pepper. I can work it in via olive oil. If I want a big flavor, I'll use it dried. If I want more aroma, I use it fresh. I tear the herbs by hand for a soft effect, or I use a Thermomix for a more aggressive one."

He points to another use. "In Brazil we have a lot of disconnected flavors and extra-virgin is a great communicator." Examples? He plays with Picual's bitter edge in an olive oil and milk sorbet accompanying sweet first-course prawns, and he serves fillet of tuna aromatized by bittersweet kitchen-garden herbs with three textures of tapioca—crunchy, gelatinous and gummy. The olive oil, added right at the end, draws everything together.

Rogério David, 41, also born in Sao Paulo, mixes Latin influences at Armadillo, his award-winning East London restaurant. He also likes the match of fruity Spanish oil with earthy Latin roots: he serves yucca

boiled, for example, with an oregano and garlic *mojo* made from a Catalan Arbequina oil. He also uses it to preserve *malagueta* peppers that friends bring from Brazil. "They're so hard to get here—by putting them in oil I extend them. I use both the peppers and the oil." On another recent menu he served a deep-fried Brazilian *pastel* with a palm heart, feta cheese, tomato and olive filling, alongside a tomato salsa vinaigrette with garlic and Pedro Ximénez vinegar.

Earthy yucca and aromatic extra-virgin olive oil seem to be natural partners. "I was researching tubers thoroughly," says Joseán Martínez, aged 26, chef at the Guggenheim Bilbao, to explain how he put them together. He uses peppery yam, bitter yucca and sweet potato for a trio of purées, each whipped up to a smooth creaminess with olive oil, to serve alongside roast fish. "I love the flavors and textures—they have traveled so far from their origins, but without losing their character."

Peruvian connections

"Some people call it *neoandino*," says Gastón Acurio, of Lima restaurant Gastón and Astrid. He's talking about the culinary culture that has taken off in the Andean capitals that lie along Latin America's Pacific coast—Lima, Santiago de Chile, Quito and Bogotá.

Gastón, who is Peruvian, and Astrid, his German wife, met while cooking in Paris. Like the Brazilian chefs, they use Spanish oils—although they also stress the current limits—"the really good artisanal ones haven't reached us yet". Nonetheless, both Peruvian and Brazilian imports, while still small-scale, have doubled in the last five years. Gastón uses olive oil in updated Peruvian classics such as bean stews. Spicy-hot large red peppers, *recotos*, come filled with a light emulsion of red beans and olive oil aromatized by *chorizo* sausage. Then there is the Peruvian feel for almost-raw shellfish and ocean fish.



It traveled to Los Angeles, New York, Miami and London in the hands of Japanese-born chef Nobuyika Matsuhisa—better known as Nobu—and Douglas Rodríguez, the Miami-born Cuban cook who coined the phrase 'Nuevo Latino' for his mid-1990s menus at New York's Patria and Chicama.

"Peruvian cooking has a huge repertoire of classics but I'm most passionate about the *ceviche*," comments Rodríguez. Ceviche, found up and down the Pacific coast, cooks

seafood in lime juice. "The influence of the Chinese and Japanese community there has brought a very Zen mentality to the treatment of the fish, from the sea to the plate." He adds a touch of Andalusian Arbequina to ceviche to give it texture and richness, sometimes playing with the flavors, as in a sea-bass ceviche with lemon oil.

Less well known are Peru's *tiraditos*, the thin-cut version of sashimi learned from the long-established Japanese-Peruvian community, and *escabeches*,

or marinated cooked game and fish, that were inherited from Spanish cooks. Gastón and Astrid finish off their *tiradito* with traditional lime juice, *aji* (chili) and a few drops of olive oil. They also make a wonderful crossover tuna *escabeche*. "It is seared but left almost-raw in the center, then marinated overnight in vinegar with herbs and oil, and served with an olive oil, honey and *aji* emulsion plus a sweet potato purée. It's a bit like a Basque *marmitako* with a mix of all the influences—Spain and Japan, the



sea and the land," comments Gastón. The almost-raw feel and flavors of Peru have begun to filter through Spanish cookery. Last year Pepe Rodríguez Rey, of El Bohío, in landlocked Illescas (Toledo), served hot raw clams and cockles in a stock with citric zest, vanilla and fresh herb oil—using finely chopped chives and fennel in Hojiblanca or local Arbequina oil. He says, like Joseán Martínez, that the idea sprang up from kitchen research. "It's Toledo-born, but of course we think

about references elsewhere." Isaac Salaberria of Fagollaga, just outside San Sebastian, remembers ceviche's fresh, almost raw textures from a visit years ago to Latin America's Pacific Coast. He shies away from its outspoken acids but not from the firm fish textures—he is currently serving red mullet, briefly salt-cured then doused in Navarrese Arbequina olive oil at 55°C/131°F. "The dish is home-grown, but today's ideas often cross boundaries and provoke memories."

W E B S I T E S

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www.tetsuyas.com
- Carmen Ruscaldeda**
www.ruscaldeda.com
- Alberto Chicote**
www.restaurantenodo.es
- Alex Atala**
www.domrestaurante.com.br
- Rogério David, London**
www.armadillorestaurant.co.uk
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www.chefdouglasrodriguez.com
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Big-Apple Pan-Asian

Childhood taste memories can shape a life's work. "The first time I remember having olive oil was in Singapore," says Pichet Ong, crack pâtissier and rising New York star. "If you spend your pre-teen years in a cultural melting pot of east and west, you always tend to think of the world like that."

Pichet is one of New York's chefs making waves with Pan-Asian cuisine. He started out on the West Coast, first with Project Open Hand, then with Berkeley's Chez Panisse—"olive oil was the order of the day there"—and later at San Francisco's La Folie. But it was back on the East Coast that he began working exotic twists into haute cuisine desserts tailor-made for Jean Paul Vongerichten's Spice Market, in New York and for Rama, soon to open in London.

Pichet conjures up another name, Floyd Cardoz, who cooks at Tabla, as the "best true fusion chef in the city". Floyd grew up in Goa, once a

Portuguese outpost on the southern Indian coast, and one of Asia's great melting pot cultures. "I knew the taste of olive oil as a child. My great-grandmother used to make a salt-cod stew with garlic, potatoes, ginger and olive oil." He trained in Bombay and Switzerland before settling in New York.

Cardoz and Ong bring to their cooking a natural flair for working Asian flavors into French technique, and, like Tetsuya Wakuda, they use olive oil as a medium. "My stocks and braising are classic French, but I use no butter," says Floyd, who has been cooking with the same Picudo-based Cordoban oil for twelve years.

He explains. "One specific use is to release spice flavors in warm oil, but then I'll often add a bit more oil right at the end." An example is his summer watermelon curry salad made with a spiced olive oil—ginger, toasted cumin, coriander seed and cayenne—and dressed with reduced watermelon juice, turmeric, lime—and a dash more oil.

Like Alex Atala, he also uses olive oil as an instrument to draw out new

harmonies. "In Indian food we use a lot of sweet over bitter, with fruity or sour thrown in too." Recently, he served sweet Nantucket scallops in a sour lentil soup flecked by lime and olive oil.

Pichet, meanwhile, is working Hispanic as well as Asian twists into the complexities of desserts and cakes. "I think I naturally look for subtle or exotic flavors because they are more interesting." One recent recipe is an olive-oil loaf cake glazed with Seville orange rind marmalade and its fruit segments. Lightly peppered, the cake is sliced and brushed with more olive oil, finished with a pinch of Maldon salt plus caramelized yogurt.

Pichet is just beginning to explore the single-variety Spanish oils reaching New York. He uses mild Arbequina for toasting nuts. "Nut oils go rancid quickly. That does not happen with olive oil." But his search for interesting flavors leads him back to Picual for baking. "Its spicy, bitter notes are great in a sponge batter poured into a well-oiled pan—it gives a crispy surface, but also a savory undertone."



Moroccan merges

On the European side of the pond, chefs are looking south, reflecting on the whole map of Mediterranean cooking. Fatema Hal, born in Oujda, near Morocco's north-eastern border with Algeria, studied Arabic literature, married and then worked in women's rights before opening her landmark restaurant Mansouria in Paris in 1984.

"Moroccan cooking has always been a fusion cuisine. We sit on very old trade routes so travelers have been passing through for over a millennium, bringing new ideas." In the last few decades Moroccan cuisine has been reaching out to meet new influences elsewhere. Fatema's cuisine coasted into Paris a decade or so after the city's Moroccan cafés helped to make couscous one of France's most popular dishes. More recently she has taken on board the flavor of Spanish olive oils after working trips there. "I fell in love with the very green, fruity oils—they are wonderful in Moroccan dishes." Her menu, she says, is largely

OLIVE OIL IN CHINATOWN

"I came away from China convinced that its culinary influence will be huge," comments Ferran Adrià of the fortnight spent eating in Shanghai, Beijing and Hong Kong. "It is one of the great traditional culinary cultures, but I think it will give us very new ideas."

Chinese cuisine with olive oil began taking root in Singapore, Malaysia and Hong Kong a few decades ago. New York chef Pichet Ong, who was brought up in Singapore, remembers his mother's cooking. "She learned how to cook entirely in Asia, but she wokked and deep-fried with pure olive oil and she used extra-virgin for sautéing aromatics, frying Cantonese rice, pouring over steamed fish and making dipping sauces."

In Hong Kong, olive oil has also made its way into Canton restaurant cuisine. Here, for westerners at least, there are new tastes and aromas. Li Man Fai, chef at Home Wanchai restaurant, explains three dishes in which he likes to use olive oil. One is a hot-pot of fried milk with shredded crab meat—"the oil projects the particular flavor of the creamy milk mixed with the crab." A second is prawns fried in olive oil with dried mandarin skin. "The olive oil enhances the taste of the preserved mandarin skin—the result is exquisite and very Chinese." A third is a cucumber dipping sauce made with dark, fragrant Chengkiang vinegar and sesame—"the olive oil brings out the sesame's fragrance." However, the real surprises will come over the next twenty years, as olive oil begins to filter through mainland China. Since 2001, imports of Spanish olive oil have doubled every year, with virgin oil streaking ahead, its imports quadrupling between 2002 and 2004.

Some Chinese gourmets argue that sesame oil's richness and the nuttiness of foods fried in peanut oil is irreplaceable. But there are good reasons for thinking

that olive oil imports will continue to rise. The main one is the special Chinese interest in foods with medicinal qualities.

"In Asia the healthiness of olive oil is as important as its gourmet qualities," says Pichet Ong. In this sense olive oil is in a category of its own, quite separate from the sesame oil, peanut oil, the cheaper blended 'salad oil' and soyabean oil.

A second good reason is the importance of frying in Chinese cuisine. Li Bin, aged 31, chef at Beijing Taishan Hotel restaurant (Beijing) and one of the Chinese Gastronomy Association's top hundred young cooks, explains the basic big four. There is *zha*, deep-frying in a lot of hot oil, *chao*, stir-frying in little very hot oil, *jian*, brief pan-frying in hot oil and *hua you*, slow-cooking in a deep pan of oil. So perhaps it is no surprise that while chefs outside the Mediterranean start using olive oil in salads, Chinese chefs are jumping straight into frying with it. At an experimental olive-oil banquet served at a seminar held in Beijing last year, Li Bin cooked duck and tofu rolls, prawn rissoles in soy sauce and a stir-fried green vegetable, *jielan*, an asparagus-like chard. What is lost in nuttiness, he says, is gained in the impact on the produce's own flavors and aromas.

What, then, was new on Li Bin's menu? Technique-wise, the whole duck marinated in lemon juice, then dipped in cornflour *hua you* style—somewhat like a confit, slow-fried in olive oil and served with a lemon and olive oil sauce—catches the eye.

So, too, did the topping for each of the duck and tofu rolls: a deep-fried scorpion. "Crunchy on the outside and tender inside," was how one unidentified gourmet guest described the delicacy to a Spanish journalist.



traditional, drawing on childhood lessons from her mother, aunts and neighbors. In one dish, a spiced roast chicken sits on a bed of tomato and rose-petal 'marmelade', a compôte-like jam made with olive oil. She also fills giant couscous grains with a ground almond and fresh mint stuffing bound with olive oil. But her favorite dish comes from childhood. "My mother would make us a Berber semolina bread made with wild herbs and olive oil—we'd break it open and eat it for tea with olive oil poured on top."

A different slant on Moroccan flavors has come out of London, again thanks to modern travel habits. "We'd taken time off," explains Sam Clark of Moro restaurant. "When we reached Andalusia on our way down to Morocco the Moorish architecture and the wail of flamenco felt familiar. They woke up memories of Lahore, where I'd been years before. We wanted to explore and capture the flavors that belonged to that hybrid culture."

Sam is the male half of Moro's husband-and-wife team. They share names—they are generally known by the shorthand Sam and Sam Clark—and time at London's River Café, where they met in the 1990s. Underlying their apparently easygoing mix of flavors is a precise approach. "We try to taste things without prejudice," says male Sam. "We don't want to leave behind the real dish, just to tweak it if we feel we can fine-tune it or add to it." They source their Lechín and Hojiblanca olive oil from a small cooperative near Granada. It runs

freely through all their dishes, from bean and pulse purées—"it gives them a fruity velvetiness"—to roast lamb served with a fresh mint sauce and a chickpea purée. "I think of the search for the perfectly finished roast lamb juices, emulsified with just the right amount of olive oil, as the Holy Grail of Andalusian cooking." They also use the Spanish olive oil to soften Moroccan argan nut oil, making it a fifty-fifty mix—"it's a great balance"—and they splash it into soups and salads. "We notice that the Moroccan fondness for sweet salads and fruity *tagines* helps to read the Spanish oil in quite a new way."

The Spanish-Moroccan merge is also slowly working its way south. Noredine Lameghaizi cooked in Madrid before moving to Valencia, where he and partner Juan Pérez Palmer opened Dukala—named after Noredine's home region on the Atlantic Moroccan coast. His cooking—"it is the kind of food my mother taught me to make"—is paired with a short list of fine Spanish wines and a golden extra-virgin olive oil bought directly from a Murcian mill. "I use it in practically everything, which my mother could not afford to do." Its flavor picks up *harida* breakfast soup, moistens steamed couscous grains, deep-fries chicken croquettes spiced with *rahs-al-hanout*, and gilds the top of cinnamon-spiced almond and poultry *bastela* pie.

Edging still closer to home, José Carlos García Ortiz cooks on the Andalusian coast, just a short sea-journey away from Moroccan shores.

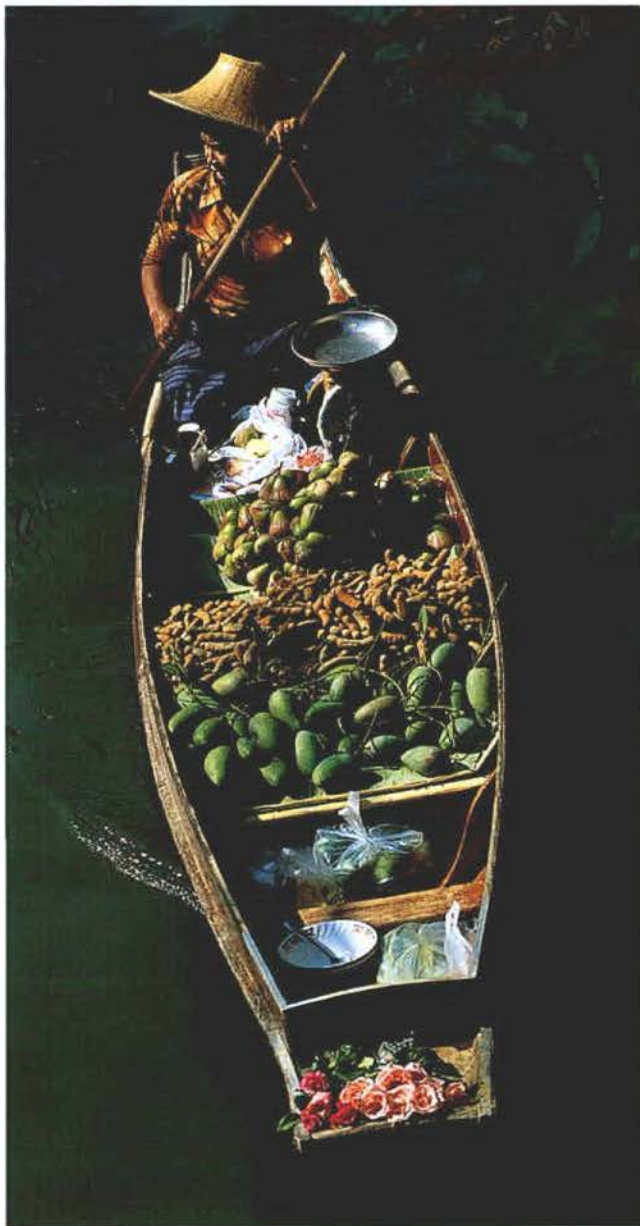
Sometimes here, on a clear day, you can see over to the North African coast. "Morocco's so close—in our culture and history, among family, friends and in food shops." At the Café de Paris in Málaga he makes *bastela*—here called *pastilla* or *pastela*—with playful Spanish fillings: mint-flavored lamb, or cinnamon-spiced chicken and Málaga raisins, or pigeon, pistachio and couscous. Last Christmas for the first time he edged yet closer, making pumpkin and olive-oil sweetmeats inspired by Moroccan friends' home baking.

José Carlos would like to get still closer. "What I really want to do is take my motorbike and travel around Morocco, eating, exploring the desert and the mountains. It's a question of finding the time and the right way to do it."

Crossover chefs, like true travelers, never quite seem to know where they will be going next—it is the journey and the diversity along the way, rather than the destination, which seems to count. So luckily for us, none of us knows where the journeying will take them next. You can just be sure that there is a lot more to come around the next bend.

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.

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Tiny but
flavor-packed



Conical, fleshy, delicate, tartly sweet and richly red, the raspberry has become something of a queen among berries. Spain's raspberry production, along with that of blackberries and blueberries, is exported to the countries of central and northern Europe, where its qualities (including being a good source of fiber and vitamin C) are best appreciated. Cultivation of these tiny but flavor-packed fruits, both in the open air and in greenhouses, is concentrated in Extremadura and Andalusia. We went along to take a look.

BERRIES



TEXT
HENRIQUE MARIÑO

TRANSLATION
HAWYS PRITCHARD

PHOTOS
CARLOS ROCA/ICEX

Day has dawned in the Jerte Valley where the cherry trees are in blossom, draping its hillsides in white. Later in the season, when the trees are laden with fruit, the décor turns red. We are belting our way through Extremadura, the lovely meadowland region of Spain that borders on the frontier with Portugal. The old banger of a car in which we are traveling trundles its way valiantly through the Jerte's high peaks, heading for La Vera. Though the ubiquitous cherry is this area's prime product, it is not the object of today's quest: this trip is concerned with other little fruits, for which this battered Seat Panda serves as a kind of fruit ambulance. At the wheel is Ana Esther Luengo, a horticultural expert whose job it is to cosset the plantations of raspberries and blackberries established in recesses in the mountains. "I'm like a family doctor, but since my patients can't come to me, I visit them." It is quite an apt analogy: her job is to provide advice to farmers who belong to the

Agrupación de Cooperativas del Valle del Jerte (Jerte Valley Cooperatives Group) on everything to do with berries, including blueberries and red-currants. (We use the term "berry" here in its common usage sense of a small, roundish, juicy fruit without a pit.) Every morning Ana Esther drives along these winding roads barely wide enough for a car, traversing the highest mountain pass in Extremadura (1,200 m / 3,936 ft above sea level) to get to La Vera. Into this dramatically hilly terrain, human ingenuity has contrived to fit greenhouses, using terracing to overcome the obstacle of steeply sloping land: artificially created banks of soil, contained and supported by granite walls, have made it possible for fruit trees and bushes to be grown here. Javier García's greenhouses, staggered to capitalize on every inch of land, heave into view layer by layer as we approach. This farmer has installed eight plastic enclosures on an area



that adds up to 1,700 m (18,298 sq. ft.)—a holding the same size as his father's. He works it alone, helped by his wife during the harvest. "The Jerte Valley is split up into very small holdings because the land is family owned and parents divide up their properties so that their children can each inherit a share," explains Ana Esther Luengo. The purpose of her call here today is to act as consultant to Javier in preparation for spring. That is when the raspberry canes begin to put out the lateral branches which will bear fruit later in the spring, when the first harvest occurs. Later, in early summer, the plant is cut back: by that time, suckers (offshoots of the parent plant) will have appeared alongside. By late summer they in turn will be fully grown and will themselves sprout lateral branches ready to give a second fruiting in autumn. The whole sequence then starts again: the plant is cut back, then hibernates until the following spring.

Street raspberries

But greenhouses are not essential to generating crops. In fact, growing under plastic is a recent phenomenon here: until less than a decade ago, the entire production was grown *en la calle*, as they term it locally ('in the street', meaning out-of-doors). "The fruit is sensitive and may suffer from frosts, but that doesn't kill the plant, which is very robust. The open-air crop is ready for picking in high summer when everyone has fruit, and that's precisely why we suggested producing raspberries in spring and autumn. It rains a lot here, so some sort of protection had to be provided for the crop—hence the greenhouses. They are more labor-intensive and the plantation becomes more delicate and demanding, and of course the grower is also placing greater demands on the plant. They all enjoy the benefits of an irrigation system, fertigation (the application

of nutrients through irrigation systems), phyto-sanitary and traditional crop treatments, and so on," explains Luengo. She started working with the co-op members six years ago, when greenhouses accounted for just 1.5 ha (3 acres), as opposed to today's 38 ha (93 acres).

Using this method of cultivation, fruit is harvested from late April until the last week in December. When the raspberries reach their ideal point of ripeness, they are delicately picked off the plants by local women. They start picking first thing in the morning, selecting the fruit as they go and placing it in different containers hanging from their belts according to quality. The ripest fruit would never survive long-distance travel and therefore goes to the freezing and processing market.

By 1:00 pm, the raspberries have reached the San Lorenzo Cooperative in Garganta de la Olla, already packed in 125 g (4.4 oz)



punnets (with a cushioned base for protection), themselves packed into plastic boxes. A classifier certifies the quality of the fruit which is then held in cool-rooms until trucks arrive to take it to the Jerte Valley Cooperative Group's premises in Valdeastillas where production is centralized. There, a processing line of workers simply weighs the punnets, puts lids on them and packs them into cardboard boxes. The fruit—untouched and barely chilled—is then loaded onto trucks bound for foreign parts.

José Luis Álvarez started work at the Cooperative Group 20 years ago, and his current role is a commercial one. He has played an active part in the whole process that has turned the Jerte Valley and La Vera (whose production accounts for 90% of the total) into raspberry-growing areas with their epicenter in Garganta de la Olla. "Raspberries were introduced 40 years ago, though growing only started to go professional 23 years ago. At first, we grew the Zeva variety (very aromatic and flavorful and with a big cavity) for the frozen food market. In those days it was planted in the open-air because the farm workers were excellent fruit and vegetable growers and were great at irrigation and soil management. But ten years ago we introduced new varieties such as Heritage and, later, Ruby and Glen-Lyon, which are grown in greenhouses and destined for the fresh produce market."

Today, of the 60 ha (148 acres) of raspberry plantations, 38 ha (93 acres) are in greenhouses. They produce a total of 600 tons of fresh raspberries and 250 tons of frozen, figures which translate into earnings



of 3.6 million euros and 400,000 euros, respectively. Ninety percent of fresh raspberries and 60% of frozen go for export (mainly to France, Germany and the UK), with Spain's jam industry taking up the rest. "Autumn is a good time of year for trade because other areas have no raspberries then," explains Álvarez. "When we adopted the greenhouse system, we looked to Huelva as our model."

Greenhouse growing

Huelva is strawberry territory. In the lee of its enormous output, farmers have diversified their range and introduced other berries, growing them all in greenhouses. Situated in south western Spain, bounded by the border with Portugal and the Atlantic Ocean, Huelva's villages of whitewashed houses and cobbled narrow streets make their living primarily from strawberries, though now also from raspberries, blueberries and blackberries as well. "These emerging crops are very important in both economic and social terms," explains Manuel Verdier, manager of Freshuelva. "Not only are they highly viable economically, but they also fit in well with strawberry growing in that they require the same business set-up and

are able to capitalize on existing production infrastructures, protection systems and distribution channels." The areas given over to berry growing are, compared with those in the Jerte Valley, enormous. Strawberry plantations in this Andalusian province account for 810 ha (2,001 acres), blueberries for 267 ha (659 acres) and blackberries for 23 ha (56 acres), according to the Andalusian Regional Government's Horticultural Health Department figures. On the La Lila estate in Moguer, which is owned by the Alconeras company, plantations of raspberries (30 ha / 74 acres) are interspersed with blueberries (50 ha / 123 acres) and blackberries. This latter accounts for about 1.5–2 ha (3–4 acres), producing over 20 tons of fruit. This is a tiny quantity compared with raspberries (300

tons) and even blueberries. Blueberry plants initially increase their output year by year: in the second year of planting, each hectare (2.47 acres) produces about 2 tons, and that figure goes up gradually to stabilize at 8.5 tons per hectare from the fifth year on.

On the basis of this varied range and high-quality product, Alconeras now has a contract with Driscoll's, one of the biggest berry producers in the world, to supply fruit to Berry Alliance, which sells its products in Europe. This means that boxes of these little fruits travel to the UK, Belgium, the Netherlands and Italy and, via subsidiary companies, even as far as Scandinavia and Russia. "We are concerned with achieving quality rather than quantity—it's what our customers abroad demand most," explains estate manager

LIFE · EXTENDING · PACKAGING

Berries are delicate and extremely perishable and this makes them susceptible to spoiling and complicates the business of exporting them to distant countries. They are picked from the plant and sent off by truck to destinations mainly in northern and central Europe within a few hours. To extend their life, researchers at IATA (the Agrochemistry and Food Technology Institute) have developed a container that keeps strawberries in good condition for longer.

"Strawberries breathe very quickly, and this makes microbial growth occur more readily. To combat this we have created an active container with micro-perforations which incorporates a natural, strawberry-derived anti-fungal component. This method could equally well be applied to raspberries, for

example," explains Ramón Catalán, head of IATA's packaging laboratory.

The new packaging keeps strawberries in top condition for about seven days, two more than usual, keeping its biggest enemy and cause of decomposition, the *Botrytis cinerea* fungus (which also affects raspberries) at bay. "Carbonic gas accumulates inside conventional punnets: the microperforations allow it to escape, so this packaging could be said to play an active part in conserving its contents." The biggest disadvantage of the punnet, which has not yet been developed on an industrial scale, is an economic one: "The product's price will go up, but raspberries can accommodate the increase".







David Garrido, surveying a plantation of blackberries. "It's a strong, pest-resistant plant, but when we do have to apply a treatment we use the least aggressive phytosanitary product possible, and just enough to provide the necessary protection for the crop." The white-flowered plants reach a height of 1.5 m (4 ft) and, like raspberries, are drip-irrigated and grown under grayish plastic.

Green blueberries

The Huelva landscape consists of great expanses of land with few significant geographical features, covered by a sea of plastic greenhouses. From here to Almonte, plantations of strawberries and other fruits stretch into the distance, attracting thousands of seasonal workers, both men (who work shoulder to shoulder) and women (who work hand to hand). Many of them are taken on by Bionest for fruit picking and allied jobs. This company, based not far from the Doñana National Park, is a model enterprise known particularly for its 100% ecological product range which encompasses blueberries, strawberries, blackberries and raspberries. "We have a presence in the most demanding markets, and our fruit is sold in shops in the UK (Marks and Spencer), Germany (Rewe), Switzerland (Migro), France (Carrefour), Italy (Conad) and Denmark (Coop). And it's not just for our ecological credentials—our brand





also has a reputation for high quality,” explains Juan Soltero, Bionest’s manager.

Another of the company’s strengths is that it supplies fruits out of season. “We’ll be supplying blueberries to Central Europe from March on, up until July which is when they start to produce their own. It is an important product with a promising future—demand for it is growing. That’s why we have chosen to invest in it, establishing 25 ha (61 acres) of plantation surrounded by woodland so that it is isolated and better protected.”

They grow their crops without the aid of any chemical fertilizers or pesticides. They practice rotational cropping with other fruits, use natural predators and products to prevent disease and take a preventative approach to pest control. This sustainable development scheme is to involve the creation of a huge ecological farm devoted not only to producing cereals, fruit and vegetables but also to tourism. There are plans to build a ‘farmstead’ on the Andalusian *cortijo* model with around thirty wooden cabins around it: visitors to

El Rincón de Doñana will be able to go horseback riding and pick a handful of blueberries as they go. Plant-to-mouth rather than gate-to-plate, with not even a cool-room in between.

Henrique Mariño is a journalist who has worked on the staff of the Madrid daily *El Mundo* and as Rome and London correspondent for the Galician daily *La Voz de Galicia*. He is a trainee journalist with Spain Gourmetour magazine.

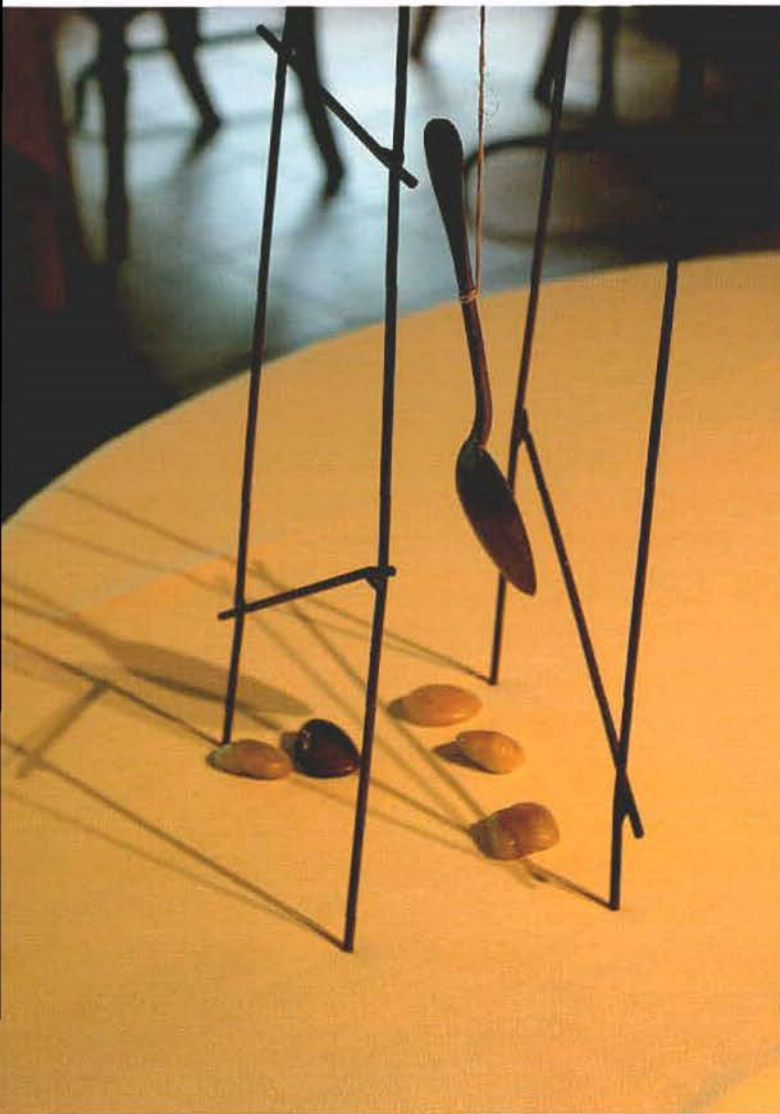
Recipes on page 78 and Exporters on page 116.



Restaurante Mugaritz

10 RECIPES

Aldura Aldea, 20 Caserio Oztazulueta (13 km / 8 miles from San Sebastian, 20100 Rentería (Guipúzcoa) Tel: (+34) 943518343 www.mugaritz.com



Aged just over 30, Andoni Aduriz has become one of the stars of new Spanish cuisine. He discovered his vocation after a not very brilliant school career and now devotes his life to cooking and, above all, to experimenting in the quest for maximum flavor. Herbs are his passion (his latest publication is entitled *Clorofilia*), although he has also written about *foie gras* and salt-cod, and perfectionism is his creed, as much in his writing as in the dishes served at Mugaritz.

The wines are recommended by Amaya Iraola and José Ramón Calvo.

Recipes
Andoni Aduriz

Translation
Jenny McDonald

Photos recipes
Toya Legido/ICEX

Photos introduction
Tomás Zarza/ICEX

Salad of herbs from a beech wood

(Ensalada de hierbas de bosque de hayas)

Serves 4

For the potato: 180 g / 6 oz ratte potatoes; 500 ml / 2 1/6 cups / 17 fl oz water; 7 g / 1 tsp salt; 15 ml / 1 tbsp virgin olive oil; 1.3 g / a pinch of fresh yeast. **For the spring mushrooms:** 200 g / 7 oz spring mushrooms. For the mushroom sauce: 450 g / 1 lb mushrooms; 4.8 g / 1/6 oz yeast; 2 g / a pinch table salt; 500 ml / 2 1/6 cups / 17 fl oz pulse stock. **For the pulse stock:** 1 l / 4 1/4 cups / 1 3/4 pt water; 20 g / 1 oz carrots; 2 cloves garlic; 20 g / 1 oz leek; 30 g / 1 oz onion; 30 g / 1 oz chickpeas; 1 beef bone; 100 g / 3 1/2 oz collagen-rich meat. **For the wild leaves:** 12 leaves ground ivy; 12 leaves oxalis; 5 ml / 1 tsp virgin olive oil. **For the truffle:** 20 g / 1 oz tuber aestivum truffle

Potato

Bring lightly salted water to the boil. Peel the potatoes and split into medium-sized pieces. Boil until almost cooked and still a little hard. Drain and add the yeast. Mash with a fork. Add salt and olive oil, mix and set aside, not in the refrigerator, covered with aluminum foil to prevent discoloration.

Spring mushrooms

Choose the freshest possible mushrooms. Use a soft brush to remove any soil or, if necessary, a small knife, but try not to wash in water. Cover with a damp cloth and place in the refrigerator.

Mushroom sauce

Wash the mushrooms in plenty of water. Cut each mushroom into four and place in a tall pot. Add the pulse stock and heat over a low flame but do not boil. When the stock is hot, leave to cook gently, without boiling, for an hour. Strain through a damp cloth and refrigerate. When cold, add the yeast and table salt. Mix and return to the refrigerator.

Pulse stock

Place all the ingredients in a pan. Bring to the boil, then lower the heat and cook for two hours. Strain and set aside. Wild leaves: Wash the leaves in iced water containing a few drops of bleach. Place on a cloth then set each type aside, separately.

Truffle

Chill the truffle in the refrigerator.

To serve

Heat the potato in the bain-marie until very hot. Remove the mushrooms from the refrigerator and use a very sharp knife to slice very finely. Also slice the truffle very finely then cut into thin strips. Mix the two. Heat the mushroom sauce very slowly. Place the hot potato in a soup dish and top with the truffle and mushroom mixture. Arrange three leaves of each type on each dish then sprinkle with 5 drops of virgin olive oil. Heat the mushroom sauce to 80°C / 176°F and pour into the dishes to just cover the base.

Preparation time

4 1/2 hours

Recommended wine

Red, Viña Vitarán crianza 2002 DOCa Rioja



"There are many ways of approaching a dish—focusing on the product, the technique or a specific concept. In this case, we have tried to evoke a familiar landscape through very special aromas, textures and flavors."



"A classic yet ultra-modern dish. This traditional recipe has everything it needs to make it a contemporary dish: simplicity, technical purity, clearly-defined ingredients and flavors."

Salt cod in a pil-pil sauce

(Bacalao al pil-pil)

Serves 6 or 8:

2 kg / 4 1/2 lb de-salted salt-cod, cut into pieces weighing approx. 250 g / 9 oz, carefully de-scaled and dry; 400 ml / 1 3/4 cups / 14 fl oz olive oil (1° acidity); 4 cloves garlic; 1 chili pepper

In a large pan, gently heat the oil and add the filleted garlic cloves and the chili pepper. Cook gently until the garlic floats to the surface showing that the temperature of the oil has risen. Remove with a slotted spoon and set aside. Bring the oil to a temperature of about 60°C / 140°F and add the pieces of cod, skin-side up, and allow to cook gently for 6-7 minutes. Remove the pan from the heat. Drain the cod carefully, skin-side up, then place in a similar pan with just three tablespoons of the oil used for cooking. Over a tiny flame, gently swirl the pan until the gelatin in the fish gradually forms an emulsion with the oil, making a yellowish sauce. Then gradually add more spoonfuls of the hot oil, as if making a mayonnaise, and blend into the *pil-pil* sauce, swirling it gently all the time. The sauce must not boil. The aim is just to pass on sufficient heat for the fish and the sauce to remain hot, while the sauce blends but does not become thick.

To serve

Plate the cod. Strain the sauce through a fine strainer and add to the fish. Top with a few flakes of the fried garlic and chili pepper.

Preparation time

Cod de-salting 36 hours; cooking time 45 mn

Recommended wine

Red Castillo de Mendoza Reserva 1999, DOCa Rioja

Cassava with a truffle emulsion

(Yuca cocinada con jugo de trufa)

Serves 4

For the cassava: half a cassava tuber; 1 1/4 1/4 cups / 1 3/4 pt pulse stock. **For the pulse stock:** 3.5 l / 15 cups / 6 pt water; 50 g / 2 oz carrot; 50 g / 2 oz leek; 4 cloves garlic; 100 g / 3 1/2 oz onion; 500 g / 1 lb 2 oz chickpeas, soaked overnight; 1 beef bone; 200 g / 7 oz collagen-rich meat. **For the alocasia flakes:** 1 kg / 2 1/4 lb alocasia macrorrhiza root; 1 1/4 1/4 cups / 1 3/4 pt pulse stock. **For the truffle emulsion:** 150 ml / 2/3 cup / 5 fl oz truffle juice; 150 ml / 2/3 cup / 5 fl oz virgin olive oil; 1 g / a pinch table salt. **For the pistou (emulsion with herbs or condiments):** 250 ml / 1 1/8 cups / 9 fl oz olive oil; 150 g / 5 1/2 oz parsley leaves; 10 g / 1/3 oz garlic. **For the herbs:** fennel, New Zealand spinach, anise hyssop, salvia, pineapple, Thai mint

Cassava

Peel the cassava and cut into four. Remove the brown fibrous part from the center. Place the cassava pieces in the stock in a pan and bring to the boil. Boil for a minimum of 30 minutes to open up the cassava fibers. Remove from the stock and place on a dish for an hour so that all the stock drains out. Then place each piece in a vacuum pack together with the truffle emulsion. Close the pack but without too much pressure. Do all this one day before the dish is to be served.

Pulse stock

Carefully wash all the vegetables, cut into pieces and place in a pan with the other ingredients. Bring to the boil, then simmer over a very low heat for 5 hours.

Alocasia flakes

Peel the alocasia, place on the slicer and cut into flakes measuring 10 cm / 4" wide and 20 cm / 8" long. Place 1 liter / 4 1/4 cups / 1 3/4 pt pulse stock in a pan and bring to the boil. Dip the alocasia flakes into it for approximately 15 seconds to precipitate the starch. This makes them sticky to the touch. Place the flakes between two sheets of transparent paper.

Truffle emulsion

Place all three ingredients together in a squeezer bottle. Shake vigorously and refrigerate.

Pistou

Carefully wash the parsley leaves, and place in the blender with the oil, garlic and salt. Blend at maximum power for about 10 minutes. Pour the mixture into a strainer placed over a bowl and leave to strain for one hour. Refrigerate.

Herbs

Pick the herbs and wash in plenty of cold water. Dry well and place between two damp cloths. Refrigerate.

To serve

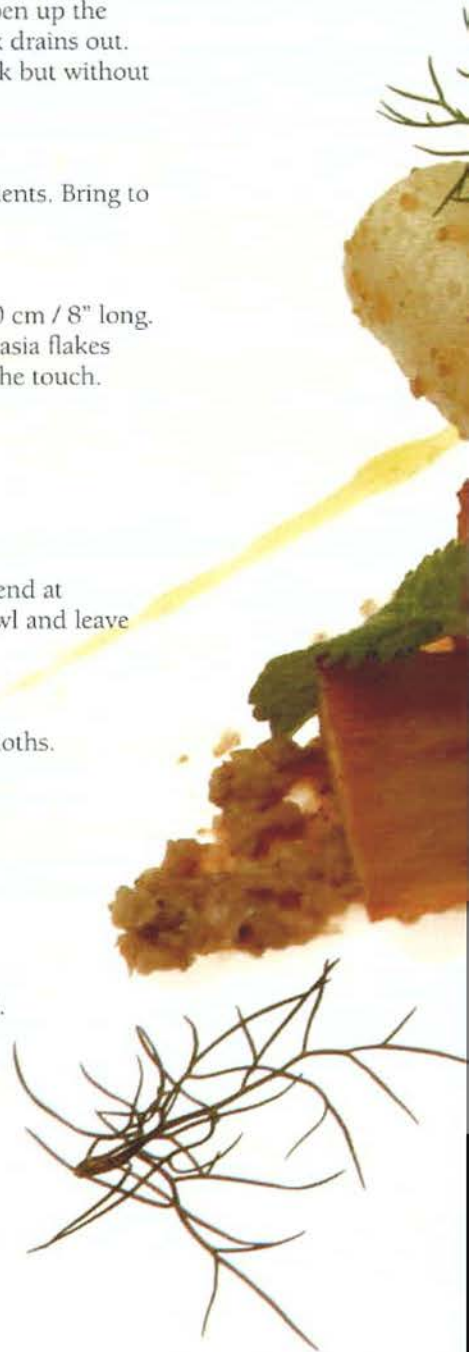
Place two alocasia flakes on a dish and soak them with the truffle emulsion and olive oil. Remove the piece of cooked cassava from the vacuum pack and dry on absorbent paper. Place an alocasia flake on a plate, crinkling it to make an uneven base and top with the piece of cassava. Top this, concealing it only partially, with another crinkled alocasia flake. Finish with the aniseed-flavored leaves, then the pistou and the herbs. Sprinkle with the truffle emulsion.

Preparation time

Cassava preparation 24 hours; broth 5 hours; cooking time 1 hour

Recommended wine

White, José Pariente 2004, DO Rueda





"One of our obsessions has been to include more vegetables on our menus and to avoid the focus on proteins which have always been at the heart of haute cuisine. One experiment has been to work on starches which, on the palate, may be reminiscent of protein foods. If we add a fatty touch, the sensation comes even closer to the foods we are trying to substitute."



"The slight sweetness of the scallop complements the bitter piquancy of the chlorophyll and the olive oil."

Sautéed scallop, with Arbequina olives and chestnut flakes

(Vieira salteada, con aceitunas Arbequina
y láminas de castaña)



Serves 4

For the scallops: 12 scallops (about 350 g / 12 oz each); 100 ml / 1/2 cup / 4 fl oz Arbequina virgin oil; 0.4 g / a pinch of table salt. **For the chlorophyllin:** 20 ml / 1 heaping tbsp chlorophyllin; 0.5 g / a pinch table salt; 0.5 g / a pinch thyme. **For the olives:** 32 Arbequina olives. **For the chestnuts:** 100 g / 3 1/2 oz fresh chestnuts

Scallops

Carefully remove the flesh from the shells and separate the roe from the white flesh. Any juices should be collected. Wash the mantle in plenty of water and remove the stomach. Chill.

Chlorophyllin

Chop the fresh thyme and mix the ingredients in a bowl. Refrigerate. Olives: Drain the olives and mix with the chlorophyllin. Refrigerate. Chestnuts: Peel the chestnuts with a sharp, pointed knife. Cut into wafer-thin slices using a truffle slicer. Make four equal piles. Do not chill.

To serve

Heat the virgin olive oil in a skillet. When hot, sauté the scallop flesh on the flat side. Keep warm in the grill at 60°C / 140°F. Warm up the chlorophyllin with the olives. Serve with the chestnuts as shown in the photo.

Preparation time

2 hours

Recommended wine

White, Castillo De Monjardín 2000. Oak-fermented reserva, DO Navarra

Casseroled cod cheeks and tripe

(Cocido de carrilleras y tripas de bacalao)

Serves 4

For the cod tripe: 500 g / 1 lb 2 oz cod tripe; 500 ml / 2 1/6 cups / 17 fl oz water. **For the cod cheeks:** 8 cod cheeks; 500 ml / 2 1/6 cups / 17 fl oz water. **For the belly pork:** 200 g / 7 oz salted Ibérico belly pork; 500ml / 2 1/6 cups / 17 fl oz water. **For the cherry tomatoes:** 8 cherry tomatoes; salt; sugar; black pepper; 3 tbsp olive oil. **For the hot pistou:** 1 small bunch parsley; 350 ml / 1 1/2 cups / 12 fl oz olive oil; 1/2 clove garlic, peeled; 3 hot chili peppers. **For the bread:** 400 ml / 1 3/4 cups / 14 fl oz fish stock; 150 ml / 2/3 cup / 5 fl oz cod stock; 4 slices white bread. **For the cod stock:** 1 kg / 2 1/4 lb cod skins; 1.5 l / 6 1/2 cups / 2 1/2 pt water; 50 g / 2 oz belly pork; 15 g / 1/2 oz Ibérico ham. **For the fish stock:** 1 hake backbone; half a carrot; half an onion; 4 sprigs parsley; 3 l / 13 cups / 5 pt 5 fl oz water; 20 ml / 1 tbsp white wine; 30 ml / 2 heaping tbsp / 1 fl oz olive oil. **For the salad leaves:** 16 sorrel leaves; 16 rocket leaves; 16 mizuna leaves; 16 chive flowers

Cod tripe

Soak the tripe in water for 24 hours. Drain and remove the skin. Cut into pieces measuring approx. 2x2 cm (0.8x0.8") and place in a vacuum pack. Heat the steam oven to 92°C / 198°F and cook in 100% steam for 2 hours. Remove from the oven, cool in ice water and refrigerate.

Cod cheek

Soak the cheek in water in the refrigerator for 24 hours. Drain, remove any bones then place in a vacuum pack. Heat the steam oven to 92°C / 198°F and cook in 100% steam for 1 hour. Remove from the oven, cool and refrigerate.

Belly pork

Using the electric slicer, cut the belly pork into slices 1 cm / 0.4" thick then soak in water for 1 hour to remove the salt. Drain and cut off any yellowish, rancid parts. Cut the rest into dice measuring 2x2 cm (0.8x0.8"). Place in a vacuum pack and steam in the oven at 100°C / 198°F at 100% steam for 12 hours. Cool well and refrigerate.

Cherry tomatoes

Place water in a pan and bring to the boil. Make a small cut at the top of the tomatoes. As soon as the water boils, blanch the tomatoes for 30 seconds. Transfer to a bowl of iced water. Peel and dress the tomatoes in a bowl with a pinch of salt, a pinch of sugar, a little pepper and the olive oil. Place on an oven pan and bake in an oven at 80°C / 176°F for 2 to 3 hours. Set aside, but do not chill.

Hot pistou

Wash the parsley in cold water. Dry and chop coarsely. Cover with olive oil and leave to macerate overnight. Next day, place in the blender with the salt, garlic and hot chili peppers. Blend everything together until a fine texture is obtained, then strain through a fine strainer. Taste the resulting oil and correct the seasoning. Chill.

Bread

Mix the fish stock with the cod stock in a skillet, and cut the bread into slices 1 cm / 0.4" thick. Place the bread slices in the stock and cook over a very low flame for 20 minutes. Drain and cut into 2x2 cm (0.8x0.8") pieces. Return to the stock and set aside.

Cod stock

Wash the de-salted cod skins and cook in the water. As soon as it begins to boil, reduce the heat to the minimum and simmer until the liquid has reduced to one quarter. Add the belly pork and the ham. Cook for 30 minutes then strain. Set aside, but do not chill.

Fish stock

Carefully wash all the vegetables and cut into large pieces. Place the water and the hake backbone in a pan, bring to the boil, then simmer for 15 minutes and skim. Add the olive oil and the wine. Leave to stand for 30 minutes. Skim again and strain through a damp cloth. Set aside, but do not chill.

Salad leaves

Pick the leaves and flowers from the kitchen garden and place in a container between sheets of absorbent paper.

To serve

Share out the cod tripe and cheek, the Ibérico belly pork and the cherry tomatoes amongst four oven pans. Add a little cod stock and cover with film. Heat in a mixed oven for 5 minutes at 30% moisture. Place the cod stock in a pan and remove the pistou from the refrigerator. Season the salad leaves with table salt. Serve as shown in the photograph.

Preparation time

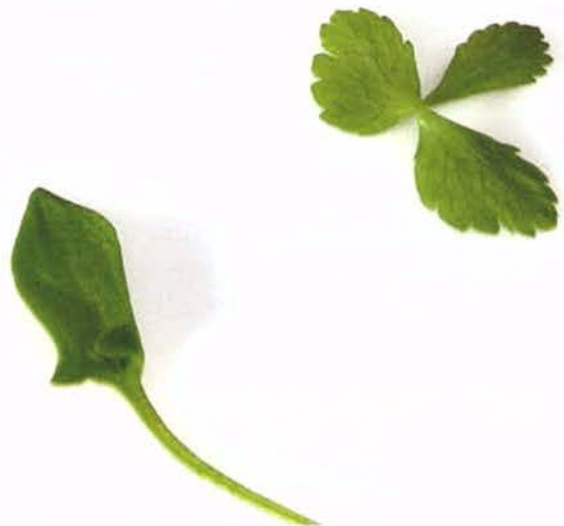
Soaking of tripe and cheek 24 hours; preparation of belly pork 12 hours; tomatoes 2-3 hours; cooking time 3 hours

Recommended wine

Red Evento 2001, DOCa Rioja



"Possibly one of the roundest dishes we have ever produced. It combines tradition with the avant-garde, ingredients with concepts, homeliness with brand new ideas."



Red berries straight from the bush

(Las frutas rojas del día)

Serves 4

For the berries: 16 red raspberries; 16 yellow raspberries; 8 strawberries; 8 wild strawberries; 16 blackberries; 12 cranberries; 12 redcurrants; 12 blackcurrants; 4 gooseberries. **For the liliaceous stock:** 1 kg / 2 1/4 lb onions; 100 g / 3 1/2 oz egg whites; 10 g / 1/3 oz apple pectine. **For the white pepper ice cream:** 500ml / 2 1/6 cups / 17 fl oz milk; 150 g / 5 1/2 oz cream; 3 g / a pinch white pepper; 100 g / 3 1/2 oz sugar; 30 g / 1 oz atomized glucose; 20 g / 1 oz inverted sugar; 25 g / 1 oz powdered milk; 25 g / 1 oz anti-crystallizing agent. **For the black pepper:** 5 g / 1/6 oz freshly ground black pepper

Berries

Pick the fruits from the bush, or obtain from a specialist grower. The red berries should be ripe. Do not refrigerate. Cut the strawberries, blackberries and gooseberries in two. Set aside separately and do not chill.

Liliaceous stock

Cut the onions in half but do not peel. Prepare the hot coals and when red hot, grill the onions, cut side down. When golden, turn over and toast until they begin to sweat. After about 10 minutes, lift the segments and, when transparent, place in a bowl. Cover with film and place in the oven at 50°C / 122°F for 2 hours. Remove from the oven and peel, removing any burnt skin. Blend the onion flesh in the blender, then transfer to a strainer and leave to strain and to cool. Beat the egg whites stiffly, add to the onion stock and heat over a very low flame. When the mixture begins to boil, remove from the heat. Strain through a damp cloth. Add the pectin to the onion stock and heat to 50°C / 122°F. Transfer to a jug then place this in a bowl of ice water and refrigerate.

White pepper ice cream

Bring the milk to the boil together with the cream. Remove from the heat, add the white pepper, cover and leave to infuse for 15 minutes. Strain. Add the remaining ingredients and heat, stirring all the time, to 84°C / 183°F. Strain into a container placed over a bowl of ice water. When cold, beat in the ice-cream maker.

Black pepper

Place the pepper in the pepper mill.

To serve

Share out the fruits amongst four serving bowls. Add the liliaceous stock to just cover the red berries. Top with a teaspoonful of ice cream, and grind a little black pepper over the top.

Preparation time

3 1/2 hours

Recommended wine

Dessert wine, Oloroso Matusalém 30 años, DO Jerez-Xérès-Sherry-Manzanilla de Sanlúcar



"We like the names of our dishes to reflect not only what we serve on the plate but also what we would like to be able to serve. This is something of a statement of intent. In this case, our reflection is on the nature of luxury. Real luxury is priceless. For us to pick the fruits for our customers just a few minutes before serving them is the maximum expression of our gastronomic commitment as well as a gesture of affection."



"A very refreshing dish that we used to make in the early days. Now one of our gold standards."

Cranberries sautéed with red wine

(Arándanos salteados con vino tinto)

Serves 4

140 g fresh cranberries. **For the cream of mascarpone:** 120 g / 4 1/2 oz eggs; 120 g / 4 1/2 oz sugar; 200 g / 7 oz mascarpone cheese; 150 g / 5 1/2 oz cream; 1 sheet gelatin. **For the strawberry jelly:** 750 ml / 3 1/2 cups / 1 1/4 pt red wine; 1 kg / 2 1/2 lb strawberries; 250 g / 9 oz sugar. **For the rosemary ice cream:** 500 g / 1 lb 2 oz sugar; 1 1/4 1/4 cups / 1 3/4 pt cream; 500 ml / 2 1/6 cups / 17 fl oz milk; 8 egg yolks; 8 limes; 70 g / 3 oz glucose; 60 g / 2 oz rosemary leaves (removed from the stems). **For the granita:** 1 1/4 1/4 cups / 1 3/4 pt water; 160 g / 5 1/2 oz sugar; 2 vanilla pods; 20 g / 1 oz basil; 500 ml / 2 1/6 cups / 17 fl oz white wine; 2 limes; 1 1/2 sheets gelatin

Cream of mascarpone

Mix the sugar, egg and mascarpone. Beat until stiff. Separately, beat 130 g / 4 1/2 oz cream. Heat up the rest of the cream and add to it the sheet of gelatin after first soaking it in cold water to soften it. Add the gelatin and cream mixture to the cheese mixture, beating all the time so that the gelatin does not form lumps. Finally, beat in the beaten cream until just mixed.

Strawberry jelly

Place the clean strawberries in a bowl with the sugar and cover with film. Place over a bain-marie and heat for 3-4 hours until all the juice is released. Strain the strawberries through a cloth filter to obtain the juice. Reduce the wine until it is practically dried up, then add the strawberry juice and reduce until a liquid syrup. Cool.

Rosemary ice cream

Boil the milk and cream together. While still hot, add half the sugar (250 g / 9 oz), the glucose and the rosemary leaves. Leave to infuse for half an hour, then blend and strain. Beat the egg yolks with the remaining sugar until pale then mix with the milk, cream and rosemary mixture to make a custard. Cool quickly so that it does not separate. Add the zest and juice of the 8 limes. Make into ice cream.

Granita

Boil the water with the open vanilla pods, the basil and the sugar. Immediately add the lime zest and the gelatin (after first soaking it in cold water to soften it). When the mixture is cold, add the wine and the lime juice. Strain and transfer to shallow pans to freeze.

To serve

Place a pinch of sugar in a pan and heat until caramelized. Add a cube of butter. When melted, add the loose cranberries and sauté for 5 seconds, then remove from the pan. When cold, place at the center of the plate and pour over a little jelly. Add the cream of mascarpone and top with a scoop of rosemary ice cream. Finish with granita crystals, lifted on the prongs of a fork.

Preparation time

Jelly 3-4 hours; granita 3-4 hours; cooking time 1 1/2 hours

Recommended wine

Olivares 2000 Monastrell DO Jumilla

Cold nut soufflé. Dust of polypody with a trace of cranberries

(Soufflé frío de frutos secos,
arenas de polipodio y trazo de arándanos)

Serves 4

For the soufflé mixture: 4 g / 1/6 oz gelatin; 10 ml / 2 tsp hazelnut oil; 70 ml / 1/3 cup / 3 fl oz syrup; 40 ml / 3 tbsp full cream milk; 200 ml / 3/4 cup / 7 fl oz sunflower oil; 50 ml / 4 tbsp hazelnut oil; 120 g / 4 1/2 oz full cream milk; 25 g / 1 oz powdered almond milk. **For the syrup:** 200 ml / 3/4 cup / 7 fl oz water; 100 g / 3 1/2 oz sugar. **For the dust:** 40 g / 1 1/2 oz icing sugar; 50 g / 2 oz ground almonds; 30 g / 1 oz flour; 10 g / 1/3 oz polypody root; 40 g / 1 1/2 oz butter; 2 g / a pinch table salt. **For the trace of cranberries:** 100 ml / 1/2 cup / 4 fl oz water; 200 g / 7 oz muscovado sugar; 200 g / 7 oz cranberries. **For the flowers:** 1 sprig elderflower. **For the nitrogen:** 1 l / 4 1/4 cups / 1 3/4 pt liquid nitrogen

Soufflé mixture

Place the gelatin in a bowl, add the small amount of hazelnut oil and mix very carefully using a rubber spatula to prevent lumps from forming. Gradually add the cold syrup in a thin stream and mix in very carefully with the rubber spatula. Then add the first amount of full cream milk in the same way. Mix well with care and make sure no lumps form. Place in the refrigerator for 1 hour. Then transfer the mixture to the blender and blend at maximum power until a firm mixture forms, like beaten cream. Gradually pour in a thin stream of sunflower oil and the other amount of hazelnut oil. Do not add all the oil if the mixture does not accept it. Dissolve the powdered almond milk with the full cream milk and the table salt. Add this to the other mixture. Leave to stand outside the refrigerator.

Syrup

Place the water and the sugar in a pan and bring almost to the boil. Leave to cool, then place in the refrigerator.

Dust

Beat the butter until soft. Sift all the other ingredients together into a bowl. Gradually add the soft butter to the other ingredients and beat until a smooth dough forms. Wrap the dough in film and chill to make it firmer and more compact. Roll out to a thickness of 1 cm / 0.4". Bake at 140°C / 285°F for 20 minutes. Leave the baked pastry to cool, then grate and transfer to an airtight container.

Trace of cranberries

Place the ingredients in a pan and heat to 108°C / 226°F, then remove from the heat. Leave to cool completely, then refrigerate.

Flowers

Pick the elderflowers and cut the flowers from the stem. Place in a container on slightly moist, absorbent paper.

Nitrogen

Keep the liquid nitrogen in the freezer until use. Make sure the container has a reinforced base.

To serve

Place the liquid nitrogen close to the serving area. First draw a line of cranberry jelly on the plate, above it place some of the polypody dust and below it some elderflowers. Place four balls of soufflé mixture in the liquid nitrogen and submerge for 12 seconds. Drain, place the pieces on top of the polypody dust and top the soufflé with a few more flowers. Serve.

Preparation time

4 1/2 hours

Recommended wine

Sweet wine, Malvasía Viñatigo 2002, DO Ycoden Daute Isora



"We obtain an unusually soft texture from the cellulose. The combined woodland flavors of the polypody and cranberries are very evocative ."

Old-style caramelized bread fritter, crushed raspberries and ice cream

(Torrija caramelizada "a la antigua", frambuesas rotas y crema helada de leche)

Serves 4:

For the crème pâtisserie: 125 ml / 4 fl oz milk; 12 g / 1/3 oz cornstarch; 30 g / 1 oz sugar; 30 g / 1 oz egg yolk; 12 g / 1/3 oz butter. **For the almond cream:** 1 egg and 1 egg yolk; 150 g / 5 1/2 oz crème pâtisserie; 125 g / 4 1/2 oz ground almonds; 125 g / 4 1/2 oz butter; 1 thimbleful rum. **For the brioche:** 250 g / 9 oz flour; 4 eggs; 10 g / 1/3 oz yeast; 190 g / 7 oz butter; 25 g / 1 oz sugar; 5 g / 1/6 oz salt. **For soaking the fritters:** 500 ml / 2 1/6 cups / 17 fl oz milk; 500 ml / 2 1/6 cups / 17 fl oz cream; 4 eggs; 100 g / 3 1/2 oz sugar. **For the ice cream:** 1 l / 4 1/4 cups / 1 3/4 pt full cream milk; 500 ml / 2 1/6 cups / 17 fl oz concentrated milk; 150 ml / 2/3 cups / 5 fl oz cream; 150 g / 5 1/2 oz glucose; 150 g / 5 1/2 oz sugar; 150 g / 5 1/2 oz powdered milk; 40 g / 1 1/2 oz dextrose. **Also:** 200 g / 7 oz ripe raspberries

Crème pâtisserie:

Bring 100 ml / 1/2 cup / 4 fl oz milk to the boil. Mix the cornstarch, sugar and remaining milk in a bowl and add to the hot milk. Cook together for 15 minutes. Beat the egg yolks in a bowl and add a little of the cooked mixture to the egg yolks. Mix quickly and pour into the hot milk. Stir well then remove from the heat. Leave to cool to 60°C / 140°F then add the diced butter. Pour into a pan. Place film over the surface to prevent a skin forming.

Almond cream

Soften the butter by leaving it at room temperature or beating it. Mix with the other ingredients.

Brioche

Make a dough with all the ingredients except the butter. Knead for 10 minutes until it comes away from the walls of the mixing bowl. Add the butter little by little, as the dough accepts it. Knead until it is possible to form with your hands a thin sheet measuring about 20 cm / 2/3" square (with a few fine 'veins' in it). 'Mother dough' can be added to this. Place in a bowl and cover with film. Leave in a warm place for half an hour then refrigerate for 3-4 hours. Knead again, shape and leave to ferment for 3 hours in a warm place at a temperature between 25° and 30°C / 77 and 86°F. When the dough has risen, bake at 180°C / 350°F for 15-20 minutes or, if a small tin is used, at 220-230°C / 428-446°F for 6-7 minutes.

Bread fritters

Mix the eggs with the sugar and add the cream and the milk. The brioches weigh approximately 400 g / 14 oz, so cut into pieces weighing 60 g / 2 oz. Soak in the egg and milk mixture for 2 hours. Drain, then brown on both sides in a skillet in a little melted butter with some sugar.

Ice cream

Heat a little full cream milk in a pan with the glucose until the latter is soft and has dissolved. Add the other ingredients. Mix well and strain. Chill. Beat in the ice-cream maker, following the maker's instructions.

To serve

Heat up the fritters in the oven for a few minutes. Spread one side with the almond cream and caramelize with a little sugar using a hot iron. Lightly crush the raspberries in a bowl using a fork, add a little sugar and a few drops of lemon juice. Plate as shown in the photo.

Preparation time

Fermentation of the brioche 3-4 hours; soaking and preparation 4 1/2 hours

Recommended wine

Sweet wine, Molino Real 2002 DO Málaga



"This is one of the musts on our menu. Probably one of our most frequent performances over the last seven years."

Fruit, flower and spice punch with a eucalyptus infusion

(Ponche de frutas, flores y especias
con una infusión de eucalipto)

Serves 4

For the infusion: 500 ml / 2 1/6 cups / 17 fl oz water; 1 vanilla pod; 6 black peppercorns; 12 fresh eucalyptus leaves; 50 g / 2 oz sugar; 5 g / 1/6 oz pectin; 45 ml / 4 tbsp pineapple juice; 40 ml / 3 tbsp passion fruit juice. **For the fruit:** 4 cherries; 1 red plum; 1 yellow peach; 2 apricots; 4 strawberries; 8 wild strawberries; 4 blackberries; 1 slice canteloupe melon; 2 figs; 16 fresh almonds; 8 tiger nuts, soaked; 1 passion fruit. **For the vegetables and leaves:** 4 small rocket leaves; 4 tarragon leaves; 4 small basil leaves; 4 bergamot leaves; 4 sprigs lemon balm; 3-4 yellow nasturtiums; 3-4 orange nasturtiums; 3-4 red nasturtiums; 3-4 blue pansies; 4 sprigs lemon thyme. **For the confit of lemon:** 2 lemons; 50 g / 2 oz sugar; 50 ml / 4 tbsp water; 250 ml / 1 1/8 cups / 9 fl oz water. **For the confit of carrot:** 100 g / 3 1/2 oz washed carrot; 100 g / 3 1/2 oz sugar; 1 quarter orange; 1 quarter lemon; 35 ml / 3 tbsp water

Infusion

Bring the water to the boil with the vanilla and ground pepper. Remove from the heat, add 8 eucalyptus leaves and leave to infuse for 15 minutes. Remove the eucalyptus leaves, cover and leave to cool down. When the temperature reaches 40°C / 104°F, add the sugar and the pectin, then return to the heat and bring to 70°C / 158°F. Remove from the heat, add the remaining eucalyptus leaves and place over a bowl of ice water to cool it down. Cover so that it gains in body. Keep covered and chilled.

Fruit

Peel all the fruits except the cherries, strawberries, wild strawberries, blackberries and tiger nuts. Cut the fruit into bite-sized pieces. In the case of the almonds, break the shells and remove the thin inner skins. The tiger nuts should have been soaked in water for at least 12 hours to soften them.

Vegetables

Prepare the vegetables at the last minute. Wash the flowers, carefully removing the petals from those that are not to be served whole. Use just the top of the lemon thyme sprigs and the leaves of the other herbs.

Lemon

Peel the lemons from top down to give whole peelings about 15x3cm / 6x1.2" approximately. Remove all the pith with a sharp knife. Cut into long, thin strips. Blanch these 3 times. Make a syrup from the 50 g / 2 oz of sugar and the 50 ml / 4 tbsp water. Bring to the boil, then add the strips of lemon. Chill.

Carrot

Coarsely grate 100 g carrot. Grate the lemon and orange and squeeze to obtain the juice. In a bowl, make layers of sugar, carrot, grated rind and juice (do this three times) so that the mixture is well distributed. Stir well, cover and macerate in the refrigerator for 12 hours. Transfer the mixture to a small pan, add the water and heat very gently, stirring frequently for about 3 hours until the carrot is soft and a slightly thick jam forms. Chill.

To serve

Arrange the fruits all over the dish, alternating spaces and colors. Add 3-4 passion fruit seeds. Sprinkle the fruits with the very cold infusion, covering the whole of the base of the dish. Top with strips of lemon and carrot, vegetables and flower petals.

Note: Any fruits, vegetables or herbs that are in season and that would blend well can be added. This is a seasonal dish.

Preparation time

Soaking of tiger nuts 12 hours; cooking time 3 1/2 hours

Recommended wine

Gramona III Lustrós Gran reserva 1999, DO Cava



"This dish pays homage to one of the most important creators in culinary history: Michel Bras. We are delighted to be his contemporaries and his friends. This dish sings the praises of spring and of nature."



On the move

Mexico opens up its frontiers to Ibérico ham

Ibérico pork shoulder and ham can now be enjoyed in Mexico. This year the Mexican authorities have granted an export permit to the Consorcio de Jabugo, S.A., a group of eight companies which produce and sell Iberian pork products. The first consignments, for which there was such an urgent demand that they had to be sent by air, were valued at 100,000 euros and included whole pieces, as well as boned and sliced ham. As a result of Consorcio's participation in the Alimentaria Mexico 2005 food fair in June, more operations can be expected for this year.

The permit which led to this operation was obtained after a visit made by the Mexican inspectors to Spain, where they certified the suitability of four establishments of which only Consorcio de Jabugo specializes in Ibérico ham. For the time being, the only products allowed in are those that require the longest curing—hams and shoulders—for which the minimum curing periods are 365 and 240 days, respectively. The companies belonging to the Consorcio de Jabugo, which has now also entered the dairy product sector with its purchase of the Quesos Canal cheese business, recorded sales valued at 25 million euros in 2004, of which 15% correspond to exports to Japan, France, Mexico, Italy, Germany and others.

Date of foundation: 1986
Activity: Production and commercialization of Iberian pork products
Workforce: 98
Export quota: 15%
Turnover in 2004: 25 million euros
Web site: www.consorciodejabugo.com

CVNE gains a firmer foothold in the US

CVNE (Compañía Vinícola del Norte de España), which produces and sells wines bearing the DOCa Rioja label, has strengthened its position in the United States through an agreement with Pasternak Wine Imports. CVNE, which already sells its wines in 40 countries in Europe, America, Asia and Australasia, will now be able to offer US consumers its products from Bodegas Cvne (in Haro in the Upper Rioja), Viña Real (in Laguardia, Rioja Alavesa) and Viñedos del Contino (in Laserna, also in Rioja Alavesa). "Pasternak is a well-established company in the US with an extensive retail network. And the name is

synonymous with quality and prestige so it will provide strong backing for us on the US market," says Maria Urrutia, from the Rioja company's marketing department, to explain why they chose Pasternak, which also distributes Australian, Chilean, Argentinian, French and Portuguese labels. CVNE, which exports 20% of its production, closed 2004 with total sales of 40 million euros, showing growth of 3.6% over the previous year. Its main markets, apart from the US, are the United Kingdom, Germany and Mexico.

Date of foundation: 1879
Activity: Production and commercialization of wine
Workforce: 114
Export quota: 20%
Turnover in 2004: 40 million euros
Web site: www.cvne.es

Carmencita places its bets on the British and US markets

All the flavor of Spain in a sachet. This is the gastronomic philosophy adopted by Proalimento/Jesús Navarro S.A. for marketing their Carmencita brand outside Spain, especially in the United Kingdom and the United States, where they will soon be presenting their 'Spanish Seasoning'. "This is a designer product, which combines the fresh flavors of Mediterranean herbs with the yellow color of saffron. It has been especially



TEXT

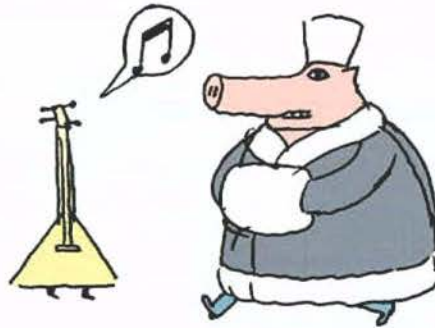
HENRIQUE MARIÑO

TRANSLATION

JENNY MCDONALD

ILLUSTRATIONS

JAVIER VÁZQUEZ



created for the export market and the idea is that it can be used to flavor any dish, not just *paella* or rice but also pasta and vegetables," explains Xavi Alongina, the company's export manager.

Carmencita, which last year recorded sales of 3.5 million euros, of which 10-12% came from exports, is trying to find a niche on the export market with specially created new products, such as Spanish Seasoning, known in Spain as Paellero. "After this product's great success on the domestic market, we have designed a specific, more natural version for export that we trust will please herb and spice lovers."

The company's latest new product, Salsana (sodium-free, low-calorie salt), "will only be launched for export when it has been widely accepted within Spain," states Alongina. Carmencita is already present in the United States, Central America, almost all of South America, Philippines, and Europe as well as in countries such as Saudi Arabia, Kuwait and Morocco.



Date of foundation: 1920

Activity: Production, packaging and distribution of saffron, spices and condiments

Workforce: 150

Export quota: 8%

Turnover in 2004: 37 million euros

Web site: www.proaliment.com

Jamones Segovia strengthens its position in Hungary

Jamones Segovia S.A. now owns practically 100% of Hungarian company Olmo Es Coth, KFT, after increasing its stake from 30 to 95% and gaining control. The Hungarian company, which owns farms in Hungary for 500 sows of the Mangalica breed (with about 5,000 pigs per abattoir), has invested 1.4 million euros in purchasing farms and modernizing its facilities. Olmo Es Coth, KFT, was set up in 1992 by Jamones Segovia and local entrepreneur Tóth Péter with the aim of recovering the Mangalica breed, known for its high fat content. "We discovered this breed 13 years ago during a visit to Hungary and were especially interested in it because the meat is fatter than that of conventional pigs and offers higher quality," states Miguel Olmos, manager of Jamones Segovia.

"We now plan to expand our facilities, taking on an extra 5,000 square meters, for an investment of 4 million euros," he says. His company recorded a turnover

of about 28 million euros in 2004 from the sale of over 500,000 hams and shoulders. A full 20% of its production is for export, so the products of the Carbonero el Mayor company in Segovia are now reaching markets in Europe and South America and, in very small quantities, in Asia.

Date of foundation: 1986

Activity: Production of hams and other pork products

Workforce: 100

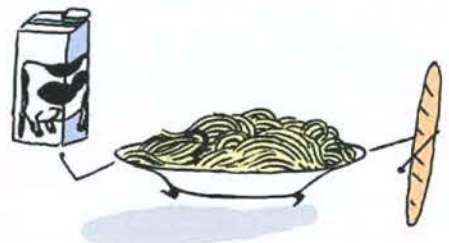
Export quota: 20%

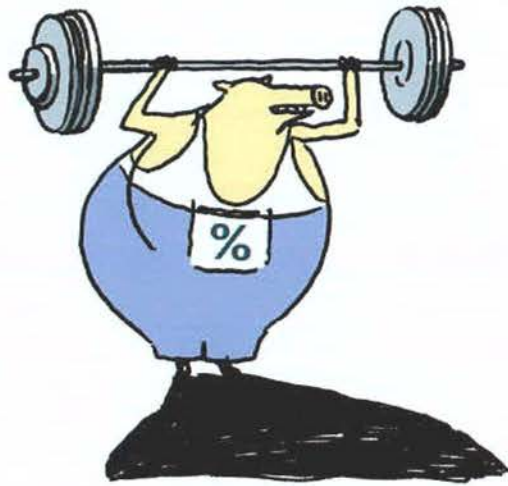
Turnover in 2004: 28 million euros

Web site: www.montenevado.com

Ebro Puleva buys French company Panzani for 639 million euros

Spain's leading agrifood company is now in sixth position in the European ranking for this sector. With the purchase of the French Panzani for a total of 639 million euros, the Ebro Puleva group proceeds with its strategy of international acquisitions. Panzani is the market leader for pasta, rice, sauces, couscous and semolina, and the new acquisition has





enabled the Spanish group to strengthen its position in France. The price paid by Ebro Puleva included 302 million euros to cover the debts of the Panzani group. The Panzani group, which had sales last year of 431 million euros, was created in 2002 after the purchase of Lustucru by Panzani. The Lyon company works mostly in France but also in Cameroon, Belgium and the Czech Republic. Ebro Puleva (the world leader in the rice sector and the leading food group in Spain in sales, profits, market capitalization and international presence) increased its sales by 6% in 2004, reaching a total of 2.121 billion euros. The purchase of Panzani not only helps to diversify sales for the Spanish group but also allows the Ebro Puleva products, already present in 20 countries, to find a place on the French market. "After this operation, more than half our sales will come from international markets," says a company spokesperson. "The group now has a more international profile, with production facilities in England, Belgium, Greece and France.

Although the official National Securities Exchange Commission figures show exports of 38%, a large proportion of them are produced in other countries."

Date of foundation: 2000
Activity: Pasta, rice, sugar, dairy produce, agrifoods
Workforce: 6,686
Export quota: 38%
Turnover in 2004: 2.121 billion euros
Web site: www.ebropuleva.com

Campofrío consolidates its presence on the Russian and French markets

Campofrío is focusing on its businesses in southern Europe and Russia and has recently bought up the whole of its subsidiary in Russia, Campomos. It has also bought an additional 5% of the French company, Campofrío Montagne Noire, S.A. in which it already held 80% after a purchase made in 1999. This Spanish meat company, which last year had net (attributed) profits of 30.26 million euros, has increased its presence

in Campomos from 91% to 100% by purchasing 6% from the minority shareholders and 3% from the Moscow City Council. The reorganization carried out in Campomos involved a 20% reduction in the workforce. Campomos, which is in third position in the Moscow area for meat products and has an 8.1% share of the Russian market, has two production centers and achieved sales of 22.2 million euros in 2004. The French Campofrío Montagne Noire, S.A., second on the French market with a 15% market share, has six production plants.

Date of foundation: 1944
Activity: Production and distribution of meat products
Workforce: 5,626
Export quota: 183.9 million euros in the EU (18.7%) and 137.7 million euros in other countries (14%)
Turnover in 2004: 983.4 million euros
Web site: www.campofrio.es

More news
www.spaingourmetour.com

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Photos
COATO/ICEX

Natural Practices COATO

Pace-setter for quality standards in the agrifood sector; Spanish company with the biggest area under sustainable agriculture; winner of the European Business Award for the Environment in 2001/2002: these are the credentials of the Sociedad Cooperativa de Comercialización Agraria de Totana agricultural cooperative, known as COATO for short. Based in Totana in the Guadalentín Valley (Murcia Province, southeastern Spain), COATO has opted firmly for the pursuit of excellence and respect for the natural environment, an approach that has earned it international admiration and recognition.



We all want to improve our quality of life and to be as healthy as possible. And few of us can have failed to absorb the information that residues of chemical fertilizers and pesticides sometimes found in fresh produce can pose a serious risk to human health. Totana's Agricultural Cooperative, COATO, was one of the first Spanish agroalimentary companies to realize the implications of this new awareness some ten years

ago. As the co-op's president, José Luis Hernández, explains: "Consumers are increasingly concerned about health issues. They want healthy products with a certificate issued by an official body that guarantees that what they are eating isn't harmful". The cooperative's management responded to the situation by reframing its strategy, orientating it towards what has come to be known

as 'sustainable agriculture', a term that encompasses three phases. The first of these, termed 'integrated control', refers exclusively to pest management; the intermediate phase—'integrated production'—uses low toxicity products, and in small quantities; in the final phase—'ecological agriculture'—the use of any kind of synthetic chemical product (fertilizers or pesticides) is forbidden, thereby assuring that



what is produced is innocuous. However, phytosanitary problems are not the only evil that industrialized agricultural practices generate. Murcia enjoys the dubious distinction of being the region of Europe most affected by erosion. This has come about through the combined effects of climatic conditions, the region's topography, vegetation loss through fires, but above all as a result of poor farming practice and the fact that aquifers have become exhausted. As part of its effort to preserve the native ecosystem, COATO has therefore joined up to the European program to combat erosion, participating with an area of 6,000 ha (14,826 acres). Another example of its eco-friendly attitude is the fact that it has been using cardboard packaging and office stationery made of 100% recycled materials since 1998.

Sustainable arguments

The cooperative started to move towards ecological production in 1995, growing table grapes under integrated control. "And what our customers in central and northern Europe were telling us helped us pick up on how genuinely important ecological agriculture was becoming, so we started thinking about converting our crops," José Luis recounts. That was no easy matter: "COATO isn't a company in the usual sense of the term, but a cooperative in which the partners themselves are the owners, and this means that they are the final decision makers." The management suggested a training scheme aimed at making the co-op members aware of why the

'sustainable agriculture' route was the way to go.

The formula seems to have worked: "Today, the cooperative is made up of 3,800 small agricultural producers from Murcia and the adjacent provinces of Almería, Granada, Jaén, Albacete and Alicante. Among them, they represent a total area of 23,200 ha (57,327 acres); 3,300 ha (8,154 acres) of which are given over to ecological crops, mainly almonds, but also olives and peppers for *pimentón* (a type of paprika from Spain). Also, the entire area given over to fresh fruit and vegetable production—around 10,200 ha (25,204 acres)—is compulsorily under integrated production practices." On the basis of these figures, which are increasing steadily, COATO can now claim to be the Spanish company with the biggest area (over 14,000 ha / 34,594 acres) dedicated to sustainable agriculture.

Four colors

Many of the small-holdings that make up this overall figure can be seen from the train or car as Totana comes into view on the horizon. Unsurprisingly in this region popularly known as the market garden of Spain, COATO's most important products are fresh fruit and vegetables (nearly 40,000 tons a year), followed by almonds (around 10,000 tons), *pimentón* (1,000 tons), extra virgin olive oil (400,000 liters) and, to a lesser degree, honey, which is meticulously and naturally produced from rosemary and orange-blossom nectars. Nearly half this production goes for export: in value terms, this represented 22 million euros in 2004. The products most in demand by foreign customers are, without

question, the ecological and integrated production ones, whereas "in Spain, there still isn't enough buyer-awareness of this sort of product". A visit to the COATO premises is something not to be missed—a sensory treat whose succession of colors and smells reflects the cooperative's primary products: red, green, white and gold accompanied by fresh, intensely fruity smells. The depot for the co-op's biggest ecological product—almonds—is the first port of call. This is the specialty of Miguel Ángel Cánovas, not just an agricultural specialist but also a born guide: "About 20% of them are ecologically grown. The most popular varieties are Largueta—the name comes from its slim, elongated shape—and Marcona, considered a top-quality variety for its high fat content." Almonds are a basic ingredient in desserts and sweets in culinary repertoires all over the world: COATO's production goes partly to the domestic market and partly for export, principally to the US (Marcona) and Germany (Largueta), but also to Morocco and other parts of North Africa. The strong, pungent smell as we approach provides quite a clue as to what awaits us at our next stop, the *pimentón* warehouse. This vivid red spice is something of a fundamental element for COATO, which came into being 25 years ago as an association of 65 *pimentón* producers. *Pimentón* is made by grinding Murcian peppers known as *pimientos de bola* which are native to the region and have a characteristic sweet flavor. The cooperative is the main producer of *pimentón* bearing the 'DO *Pimentón de Murcia*' designation of origin: this is in great



demand internationally, for use both as a spice in cooking and as a condiment in pickling sauce for meat. Green is the predominant color at our next stop: the star product out of all the fresh fruit and vegetables is broccoli. "We export 99% of the nearly 12,000 tons that our members produce each year," explains Miguel Ángel. It is handled with outstanding care and attention: "As soon as it is harvested, it is transported immediately to COATO's premises in Totana where it is cleaned and pre-chilled in a cold-room for about 24 hours to a temperature of 4°C (39°F)". Then, dozens of women, all of them perfectly turned out in pimentón-red uniforms, delicately pack by hand stalks of surprisingly bright green broccoli that will be eaten by families in the UK, Germany and the Netherlands.

Our tour ends with one of the noblest ingredients of the Mediterranean diet—olive oil. My guide tells me that production here is almost token but it is nonetheless impressive to see so many bottles of extra virgin olive oil representing so many different varieties: Arbequina, Picual, Blanqueta, Cornicabra... a total of around 400,000 liters of 'Made in Murcia' liquid gold. Most of this is either consumed by cooperative members themselves or goes to local retailers, though almost the entire production of ecologically produced olive oil (some 50,000 liters) goes to Germany.

Quality guarantees

In COATO, respect for the environment is very closely allied to quality—a crucial concept for success in business. "We believe that quality

and environment overlap conceptually: how can processes be described as excellent if their end product contains pesticide residues or if the environment has been polluted? That is why we have been talking about sustainable quality for years now argues José Luis Hernández. Many might decry this assertion as mere word-play to make a marketing point, but in COATO it is an article of faith. The Murcian company's respect for the environment and nature has certainly been amply demonstrated. But what about the excellence aspect? "We decided in 1995 that it wasn't good enough just to have internal quality control, so we decided to adopt the ISO (International Organization for Standardization) 9002 quality assurance system. A year later, we became the first Spanish company in our sector to obtain it." Over the years, they have been pioneers in obtaining an ISO 14001 certificate (which relates to environmental management) and an E-MAS (Eco-Management and Audit Scheme) certificate (certifying good environmental practice), as well as adopting the EFQM (European Foundation for Quality Management) Excellence Model. "Our intention in obtaining all these certificates was to establish an overall quality model, and to this end we created an integral management system known as Quality and Integral Control (QIC), through which we control every step of the process, from growing the product to delivering it to the customer. This enables us to ensure product traceability—something we have been practicing for almost a decade and which has now become absolutely compulsory."

As a general rule, when things are done well there is some sort of reward. In COATO's case, this took the form of a European Business Award for the Environment (in the Management Award for Sustainable Development category) granted by the European Commission in 2001/2002. The fact of having won this still makes them feel doubly proud today, and rightly so. Not only was COATO the first—and so far only—Spanish company to have received it since 1987, the year when the scheme was launched, but it was also "...the first time that the award had gone to a European company from the agroalimentary sector, which has always had the reputation of an enemy of the environment". But companies like COATO know only too well that resting on one's laurels is not a good idea: they have to keep questing for that extra something that makes them stand out from their competitors. That is why a couple of years ago the cooperative decided to sign up to the strict EUREPGAP protocol. This agreement, whose benchmarking procedure is approved by Europe's main distribution chains (Safeway, Tesco, Ahold, Metro, Coop, and Marks and Spencer), is aimed at promoting good agricultural practices. "Any company aiming to become a supplier to these establishments must comply with this protocol and pass the frequent inspections and audits. Today, 1,300 ha (3,212 acres) of our land is certified, and our challenge for the future is for that area to keep expanding."

Roberto Arnaz, a regular contributor to on-line publications, is a trainee journalist with Spain Gourmetour magazine.

Doing what
Comes

NATURALLY



Unsung Heroes

Text
Carlos Tejero

Translation
Hawys Pritchard

Photos
Matias Costa/ICEX

Isabel Dégano

Her hair is short and black, with just the occasional streak of grey. She wears glasses with thin metal frames that give her a rather brainy look. But her broad, strong hands declare categorically that Isabel is not a desk worker. Isabel is a farmer. Always has been, and always will be. Isabel is the least likely person to go in for a lifestyle overhaul. She is happy living in her village with her mother and friends—of whom there are many—cultivating her small-holding and harvesting chestnuts, figs, olives....





Isabel, who is 38 years old, lives in Mombeltrán (Ávila Province), a village of about a thousand inhabitants, whose outline is presided over by the well-preserved 15th-century castle of the Dukes of Alburquerque. Isabel, who is very fond of children, is a trained nursery assistant though she has never actually worked as one. Like all farmers' children in the 1970s, she and her brother Luis used to give their father a hand about the farm. Luis went on to train as a teacher, find a job in Talavera de la Reina (Toledo Province) and leave home. There were no openings for Isabel's specialty in the village and so she decided to give working on the farm a try, particularly as her father had developed heart problems and needed her help. She was 18 at the time. And she is still at it today. She has no regrets, despite all the hard work and the total commitment

required. There are no holidays on a farm; it is a 365-day-a-year job: "If you don't do it today, it's still waiting to be done tomorrow". The work may be tough, but she has her independence. Isabel could not bear to work in an office with a boss putting the pressure on. She is her own boss, and manages any pressure for herself. She has never had a holiday, but doesn't mind that: "People need holidays because they are under stress, but I don't get stressed: I do things at my own pace". Which is to say at the pace of the countryside, taking things as they come. Since the death of her father, Genaro, two years ago, Isabel has worked alone. And how does she manage? "I manage." She looks after six holdings owned by her family, dotted about the environs of the village. That makes her sound like a big land-owner. Nothing could be

further from the truth. The holdings in question measure between half a hectare and two hectares (1.2-5 acres) each, too big to be worked by one person alone, but too small, scattered and accidented to yield very much. Isabel makes a living from them. A decent living, but with no frills. For example, the house that she occupies with her mother, Laura, has no central heating. She is going to have it installed soon, though, on the strength of a bit of extra money raised by the partial sale of one of the holdings.

The economic progress of 'developed' societies is based on consumerism and this, paradoxically, is what dehumanizes them. Too much importance is given to having, and not enough to being; work becomes enshrined as an end in itself, rather than a means. So it is becoming increasingly rare to meet people like Isabel, who are perfectly satisfied with not very much. And that, perhaps, is precisely why they are content, because—as Tolstoy would say—they appreciate what they do have and don't yearn for what they don't have.

The slopes of Gredos

Isabel's village, Mombeltrán, which the locals call *la villa* ('town'), is situated on the south face of the Sierra de Gredos mountain range, in a lovely valley known as Barranco de las Cinco Villas, huddling down from the northern cold behind the mountain passes of El Pico and Serranillos. This sheltered location accounts for its warm climate and the vegetation that grows there: this is typically Mediterranean, dominated by pine, olive, fig and even orange trees, and

vines. As for wild life, we see eagles and vultures wheeling overhead, and this area is also known as a redoubt of the mountain goat and another, less retiring, creature—the wild boar. Wild boar have just ruined Isabel's grape harvest: "Other years I've harvested over a hundred crates—they hold about 25 kilos (55 lbs) each—but I only got a measly twenty-seven-and-a-half crates this time". Isabel has one special favorite among all the holdings she works: El Saucedo, the Willow Grove. This is the one she spends most time and effort on and where, every 15th May, she holds an outdoor lunch party for all her friends to celebrate the feast day of San Isidro, patron saint of farm workers. The wine drunk on that occasion is homemade *vino de pitarra*, fruit of her own Garnacha vines. This half hectare (1.2 acre) plot of land lies in a ravine through which flows a stream fed by thawed ice and snow from the mountains above. The stream is bordered in places by the willows that give the holding its name, though these are in fact outnumbered by chestnuts. El Saucedo lies at three different levels on one side of the stream, and slopes very steeply on the other. At one time, these were two separate holdings, one belonging to Isabel's father's family and the other to her mother's. "That must have been how they got to know each other," Isabel conjectures, "Seeing each other when they went there to work". From the lowest level, at the entrance to the holding where the path begins, the view is marvelous: on your left, the crystal-clear stream tumbles into a pool; high up on your right is a little stone house with a red-tiled roof; and straight ahead of you, a frieze of frilly pine tops is etched against the sky.



On the next level up, Isabel has a vegetable plot and a pond. One part is planted with broad beans: she puts them in in December and will pick them in May: "Last year I grew tomatoes, and next year I'll plant peppers or onions—you have to rotate your crops each year". There are peas, leeks and lettuces, too; the lettuces are curly-leaved and glossy and look delicious. What sort are they? "Our sort; they're lovely". The furrows have been spread with wood shavings, whose yellowish color jars slightly in this bucolic setting, even though they are an ecologically sound way of keeping the weeds down: "And what's more, the shavings retain moisture and keep the soil nice and damp". All in all, this means that she uses less water, a resource of which there is too much in spring but not enough in summer, when the stream all but dries up. Isabel practices organic farming,

albeit in her own style. If being organic means eschewing herbicides, fertilizing with sheep manure, and keeping aphids at bay with a mixture of homemade (caustic soda and oil) soap, methylated spirits and water, then Isabel is an organic farmer. That said, however, ground-clearing is done by machine. Doesn't that create noise pollution? Well, what can you do? It's one thing to be ecological in theory and another to set to with a scythe: bulls look different from the other side of the fence.

A little bridge spans the stream close to a small pool (her own personal jacuzzi), leading to the wildest part of the holding, a very steep slope covered in wild chestnut trees—there must be over a hundred of them—individually grafted by Isabel to produce better quality chestnuts. A stake has been driven in next to each tree trunk so that any bird that comes along will perch on that rather



than on the graft buds. These trees will not start fruiting for another five years: in the country, time just has to be accepted as a dimension one cannot do much about.

From the top of the slope one looks down on a wonderful aerial view of the ravine, the predominant variegated green of whose grass has been intensified by recent rain.

Apparently, at this time of year—March—we are not seeing it at its best: the trees are bare except for two peach trees, their flowers standing out as pink splashes in the landscape. However, by San Isidro's Day on May 15th, Nature will have pulled out all the stops to provide a luxuriant setting and plenty of shade for Isabel's annual get-together.

The third level is occupied by a shed for storing manure and tools, and a little stone house which Isabel is going to do up one of these days so that she can spend the occasional night there. The house measures about seven or eight metres square (75–86 square feet) and has a little window looking southwards. It will be cold in winter, but then that is why it has a fireplace. And it will be nice and cool in summer. A drip from a leak in the roof runs down the tree trunk that serves as its central beam. Hanging from a nail are two little hollow gourds with stoppers

and a string: Isabel's grandfather used to carry water or wine in these when he went to work on the land.

Two hollies and a peach tree stand in front of the house. Isabel loves plants. She has planted narcissi by the door and is gradually putting in trees and bushes all over the holding. Some of these are species native to the area, such as alder, oak and heather, but others, such as beech, less so. There are also a few arbutuses, junipers, figs and olives, but the 'productive' trees grown on this holding are the chestnuts.

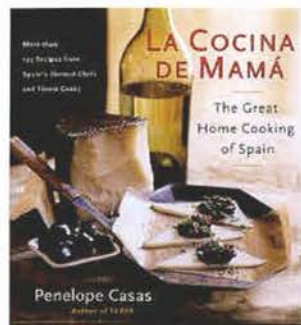
Isabel sells her chestnuts at the cooperative in Poyales, in the Tiétar valley not far away. She sells her olives to the Mombeltrán olive oil mill and her grapes to local people who like to make their own *vino de pitarra*. After last year's wild boar debacle, she could not sell the grapes and had to make wine with them instead. "It's not worth my while—it's so much work and you have to be so careful. It makes more sense for me to sell the grapes." Isabel keeps no animals; she used to have hens, cows and, until last year, twenty sheep, but agriculture and livestock farming are incompatible when just one person has to do all the work. Isabel also makes *licores* (marc) in various flavors: coffee, lemon, orange, chocolate, lemon verbena,

liquorice, cinnamon... She takes her grape-skins over to a neighbor who has his own still, and he makes the marc. They share it fifty-fifty. Barter of this sort goes on all the time in villages: you help me with the grape harvest, I pay you in wine. Money is often irrelevant in this sort of rural, almost subsistence, economy. As yet, Isabel has made no plans for the future. She used to help her father. Now she works on her own, and intends to carry on doing so while she is still young and strong enough. But who will help her later on? She has no nephews or nieces or other young family members who might be interested in carrying on the work. This is a problem in many villages: the people still working the land are elderly, and set in their ways; most people now in middle age opted earlier in life to head for the city and become wage-earners; and the few young people remaining are not keen on further education but are not attracted by farming either. But when all is said and done, do we really want to know what the future has in store for us? Shouldn't we all just live for the moment? Surrounded by her own willows and chestnuts, that's certainly Isabel's approach.

Carlos Tejero is a journalist and editorial coordinator for Spain Gourmetour.

Text
Gabriela Llamas

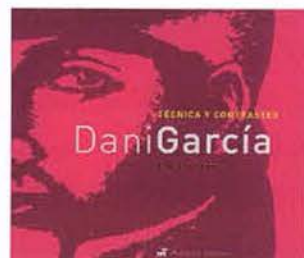
Translation
Synonyme.net



Seen from the outside

La cocina de Mamá. The Great Home Cooking of Spain This is the latest from Penelope Casas, well-known American writer and journalist (*The New York Times*, *Gourmet*, *Food & Wine*, etc. and author of *Tapas*, *Paella*, *Discovering Spain...*, amongst others), Spain National Gastronomy Prize winner, awarded the Medal of Tourist Merit for her work in popularizing Spanish cuisine in the United States.

This book is an homage to the culinary traditions of our typical, family-style, home cooking, those resourceful meals our mothers prepared, so tasty and full of the secrets they guarded jealously for generations. The selection is both original and personal, and each chapter is preceded by the author's comments, historical notes, ideas of particular interest, and explanations of age-old traditions, such as the *neverías* (wells of snow, Arabic in origin). Each recipe and related comments bear both a name and surname, and therein lies the great charm of this book. Relatives, friends and acquaintances from all corners of Spain appear in its pages, each adding a choice nugget to the text. Bartolomé Rodrigo Lucena, Executive Chef at the Parador in Malaga, adds prawns to the *andrajos* from Úbeda made by his grandmother (and explains that *andrajos* are bits of pasta or dough, similar to the hot *gazpachos*, or *galianos*, that soak up the sauces from

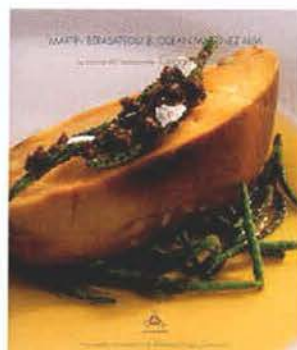


game stews). And who wouldn't like to see the rice with clams made by Francisca Arratibel, Juan Mari Arzak's mother? Or Josefa Acosta's rabbit *paella*, with a photo of Ferran Adrià as a little boy with his parents? (*Broadway Books*; www.broadwaybooks.com)

Chefs' Cooking

Técnica y contrastes. Dani García. Tragabuches (Technique and Contrasts. Dani García. Tragabuches) This Malaga-born chef trained at La Cónsula Hotel and Restaurant School (Malaga) and later under Martín Berasategui. He opened Tragabuches in 1998 in the Andalusian city of Ronda and, just two years later, was awarded his first Michelin star.

In this book, Dani García offers dishes full of contrasts, rooted in the traditions of Andalusia, and imaginative recipes, such as *galianos* with octopus and truffles. *Galianos* (or Manchegan *gazpachos*), are a typical shepherd's dish, made with a special unleavened bread that is added to stews to soak up the excess broth. In certain areas of the Levante they are also popular in fish dishes. The technical, scientific section of the book is introduced by Francisco O'Valle, Raimundo and Fernando García del Moral, Professors at the University of Granada, who work with Dani on the applications of technology in the kitchen. Gellan gum to caramelize ice creams, grilled jellies, and



cold cookery with liquid nitrogen (that is, cooking with extreme cold), all add new dimensions to the cuisine typical of a warm climate like Malaga's, well known for its abundance of cold soups such as *gazpacho* and *ajo blanco*. Dani is a worthy successor of his mentors Hervé This (the father of molecular cooking) and Michel Bras, both pioneers of this new technique.

Worthy of particular note are the olive oil popcorn (presented in a practical demonstration at the last Madrid Fusión Gastronomical Summit) and grilled noodles made from the tail of Ibérico pig. In addition to writing this book, Dani García has just opened a new restaurant at the Hotel Gran Meliá Don Pepe in Marbella, part of the Sol Meliá chain. (*Montagud Editores, s.a.*; www.montagud.com)

La Cocina del Restaurante Guggenheim (The Cuisine of the Guggenheim Restaurant) A much-awaited book, given the burgeoning fame of the museum restaurant's cuisine, a unique phenomenon in this type of establishment. The honors go to Joseán Martínez Alija, a disciple of Martín Berasategui, also co-author of the book.

Each chapter is preceded by an article by Rafael García Santos (who has been publishing his guide, *Lo mejor de la Gastronomía* (The Best of Gastronomy) for ten years now—see *Spain Gourmetour* N° 64), well known for his liberal, independent viewpoint and his capacity to make us reflect on crucial issues: the humorous 'False Etiquette', 'The sins of haute cuisine', just

Viticultors and winemakers since 1647



BODEGAS JULIAN CHIVITE
DE PADRES A HIJOS DESDE 1647

to name a few... The chapters are comprised of complete, four-dish menus, in which one clearly perceives a cuisine intimately linked to the region, rife with ingredients such as squid, cod, anchovies and prawns, lamb, pigeon and duck. The influence of his teacher is evidenced in his exquisite handling of these products. His experiments with dairy products: cheeses, milk, rennet, whey, casein... and yeasts are also remarkable. Light, nearly ethereal sauces and juices, strictly controlled cooking temperatures, now the rule in modern cookery. We have, for example, Confit of baby squid with extract of ginger and fragrance of wild lime. There are dashes of flavors from other worlds; kumquat, ginger, lemongrass, shiso, mizuna... find their way into these delicate, light recipes, full of balance and sensitivity, even in their use of color (like the superb mauve pink of the beaten fresh milk casein with iced strawberry juices and violet almond brittle). His singular combination of *perrechicos* (St. George's mushrooms, typical of the Basque Country) with lemongrass and his unique Richard Serra dessert made with a Montecristo tobacco leaf are genuinely astonishing. (Imagen MAB, s.l.;

www.martinberasategui.com) Water and its therapeutic properties has once again come into vogue, and not only with regards to health. Haute cuisine is taking note of the flavor of different waters, as reflected in the water list offered by a number of restaurants and present in publications in recent years, including the following two latest examples:

Malavella el agua original. Más de 70 recetas de los mejores cocineros (Malavella, the Original Water. Over 70 Recipes from the Finest Chefs) Natalia Pernas and Marta de Planell, both historians, offer us the geography and history of both this Catalonian spa and the company. The book also includes an extensive and captivating section on the healthful and medicinal qualities of this water, as well

as its culinary virtues, as explained by various medical specialists. But the most interesting part of the book is comprised of recipes from some of the finest chefs in Spain: Toño Pérez from Atrio (Cáceres), Raul Aleixandre from Ca'Sento (Valencia), Juan Mari Arzak (San Sebastián), Carlos Gamonal from El Drago (Tenerife), Ferran Adrià.....With photos by José Luis Galiana and the collaboration of Juan José Lapitz, National Gastronomy Journalism Prize 1985.

(Viena Ediciones;
www.vienaeditorial.com)

Nueva cocina catalana: de la tradición a la innovación

(New Catalan Cookery: From Tradition to Innovation) A book comprised of the recipes created by the finalists and winners of the 1st Edition of the Dr. Modest Furest i Roca Awards, organized by the Vichy Catalán Group, one of the oldest and most popular mineral waters in Spain. A show of tradition, creativity and fine technique in these proposals, based on a common denominator of Font d'Or and Vichy Catalán natural mineral waters, the two classics at this spa. Attractive photographs by Becky Lawton and recipes translated into English.

(Buffet & Ambigü, s.l.;

www.catalogobuffet.com)
Legumbres, las semillas mágicas (Legumes, the Magic Seeds) Carlos Cidón, Executive Chef at Vivaldi in the Castilian city of Leon, a land of fine legumes, offers modern recipes that revitalize the honor of these products that have been present on our tables from time immemorial. Lentils, chickpeas, kidney beans, peas all acquire new dimensions in the expert hands of this inventive chef. (Editorial Everest, s.a.;

www.everest.es)

Regional Cooking

Cincuenta recetas fundamentales de la cocina canaria (Fifty Essential Recipes from Canary Island Cookery) The cuisine of the Canary Islands, perhaps one of the

least well known in Spain, seduces the palate through its originality and use of spices and herbs, particularly coriander. The Canary Islands were an obligatory stop on the route between the Old and New Worlds for centuries, and thus were the birthplace of a true blend of cuisines. The islands' climate favors the cultivation of an enormous variety of tropical fruits, vegetables and tubers of the finest gastronomic quality. And we cannot forget the cheeses, fish and wines, famous since Shakespeare's days. A small and carefully selected presentation of traditional recipes from all of the Canary Islands, with highlights such as the *puchero canario*, in the "Appetizers and First Courses" section, possibly the best pulse stew in Europe and all Latin America; in the "Fish" section, the combination of *jareas de viejas* (*jarear* is to sun-dry and the *vieja* a fish typical of the area) and salt-fish with chestnuts and coriander, the *mojos* (a type of sauce, *Spain Gourmetour* N° 64) with *papas arrugadas* (wrinkled potatoes), the *escaldón de gofio* (corn, wheat or barley flours, toasted, ground and mixed with broth). Also of particular interest is the section on traditional Canarian sweets. (*Cabildo Insular de Tenerife; www.cabife.es/puntoinfo*)

Cocina de Canarias: la evolución (Cookery of the Canary Islands: Evolution) Rogelio Quintero, savory cook, Pedro Rodríguez, pastry chef and Roger Méndez, photographer, join forces to present the great traditional Canarian cuisine in this daring, ultra-modern, entertaining book. Recipes that feature the use of cheeses, *gofio* (a kind of flour made from toasted and milled cereals), bananas, tubers, sun-dried and salted fish... created with balance and imagination, seeking new textures and presentations. Winner of the Gourmand World Cookbook Award for the best regional cookery book. Upcoming publication of bilingual Spanish-English edition. Full-page photographs that highlight both the importance

of presentation and the ingredients that comprise each dish.

(Roger Méndez *Fotógrafo, s.l.; www.rogermendez.com*)

La cocina de la Barcelona marinera (Barcelona Seafood Cuisine) In this delicious volume, Quim Marqués, from El Suquet de l'Almirall restaurant, presents a captivating selection of seafood dishes drawn from popular tradition, with contemporary touches. Nine sections: the foundations of seafood cuisine, typical stews, shallow water fish, *pescaditos* (tiny fish), rices and noodles, shrimp and Dublin Bay prawns, squid, octopus and cuttlefish... including the most charming spots and a selection of restaurants and shops in the Barceloneta, once the seaport district of the city.

(Viena Ediciones; www.vienaeditorial.com)

La cocina de Menorca (Menorcan Cooking) With forty years of experience heading up the kitchen at the Rocamar restaurant in the port of Mahon, Josep Borrás offers a collection of recipes from one of the most original cuisines in the Mediterranean. In addition to the aromatic gin from Mahon, some of the most noteworthy dishes are *cocas* (a flat dough baked with either sweet or savory ingredients) and lobster stew.

(Viena Ediciones; www.vienaeditorial.com)

Cocina creativa en Andalucía (Creative Cookery in Andalusia) Presents a selection of recipes created in Andalusian kitchens with fresh, new touches. The recipes offered by each Executive Chef are preceded by a brief outline of the professional career of each. Prologue by prestigious Catalanian chef Joan Roca (*Editorial Arguval; www.arguval.com*)

Other new arrivals

La cocina de Cuaresma (The Cuisine of Lent) We know Lent as the 46 days before Easter in the Catholic

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Church. In Spain, this period has given rise to a myriad of dishes with marked influence of local products and the customs of the various regions, all presented in this book.

(Alianza Editorial, s.a.; www.alianzaeditorial.es)

El Mercado de la Boquería (The Boquería Market) The history of the most emblematic market in Barcelona, from its earliest origins to the most intriguing anecdotes of the present, all accompanied by striking photographs.

(Grup Editorial 62, s.l.u.; www.grup62.com)

Conversaciones con un gastrónomo (Conversations with a Gastronomer) Antonio Gázquez Ortiz offers a series of literary recollections sprinkled with those recipes of long ago that never revealed precise quantities, in which the exact formula was defined by the chefs' "touch".

(Alianza Editorial; www.alianzaeditorial.es)

Delirios gastronómicos (Gastronomic Visions) José Manuel Vilabellá's essays, stories and personal reflections focusing on gastronomy.

(Alianza Editorial; www.alianzaeditorial.es)

La dieta de Martín Berasategui (Martín Berasategui's Diet), a great Chef's well-balanced suggestions applied to health.

(Editorial Planeta, s.a.; www.editorial.planeta.es)

Wine

Guía Peñín To the Wines of Spain 2005 José Peñín, the doyen of Spanish wine critics, has been publishing his guide for over 15 years. This year for it appears in English the first time, although the German version has been available for some time. Over 1,000 pages encompassing nearly all the Spanish wines: 10,500 wines reviewed and over 6,100 tasted and scored (from 500 to 100 points). The guide is organized by Designations of Origin and, within each DO, by wineries, describing all

their wines and the grape varieties used to make them. The first part of the guide includes information of interest about the characteristics of Spanish wines. In the world of Spanish wines and their growing complexity in both quality and quantity, this guide provides excellent assistance.

(Grupo Peñín Comunicación; www.grupopenin.com)

Wineries, Architecture & Design / Bodegas, arquitectura y diseño New architectural designs to provide the optimal conditions for ageing wine, but also a more functional, ergonomic and striking scenario. Thirty-one wineries from all over the world, including six Spanish firms, such as Señorío de Otazu, Señorío de Arinzano and Raventós y Blanc combine buildings from the 12th-19th centuries with spectacular contemporary designs. Bilingual Spanish-English edition.

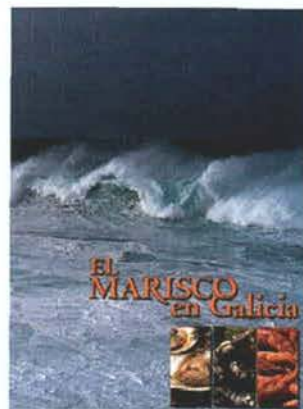
(H. Kliczkowski-Onlybook, s.l.; www.onlybook.com)

La guía TodoVino. Tu sumiller particular (The TodoVino Guide. Your Personal Sommelier) Fourth edition of the now famous—at least in Spain—red guide. Elegant and meticulous edition backed by the professionalism, rigor and independence of its tasting team headed up by Custodio López Zamarra, President of the Madrid Association of Sommeliers and winner of the National Gastronomy Prize. (Spain Gourmetour N° 63)

(Todovino The Spain Wine Shop, s.l.; www.todovino.com)

Nuestros 1000 mejores vinos. La guía de oro de los vinos de España, 2005 (Our 1,000 Best Wines. The Gold Guide to Spanish Wines, 2005) 124 wines found worthy of the highest category, surpassing the 33 in the previous edition of this young guide. Of particular note is the spectacular leap in quality witnessed in the DO's Navarra and Toro, and the classification of Méntrida. (Naturaleza y Ambiente, s.l.; vinos@mundonatura.es)

Galician Seafood as Seen by Galicians



From time immemorial, the "fruits of the sea" have been invested with an aura of mystery and symbolism. The zodiac crab coincides with the summer solstice, the scallop is the symbol of fertility and the emblem of St. Jacques' Way pilgrims. As far back as memory reaches, they have represented physical and spiritual sustenance, and therein lies their enormous prestige. Galicia, located in NE Spain and famous for its outstanding products, is recognized the world over for the quality of its seafood (Spain Gourmetour N° 64). The combined effect of currents, winds and its continental profile all contribute to the life flourishing in its deep, cold waters, rich in marine nutrients.

El marisco en Galicia (Shellfish in Galicia) immerses us in the mysteries of the magical world of Galician shellfish. With English translation and excellent food photographs by chef Sacha Hormaechea, its content is as spectacular as its presentation and includes contributions from numerous Galician writers, such as journalist Cristino Álvarez, coordinator of the volume, Dr. Gregorio Varela Moreiras, (Professor of Nutrition and Food Science), who tells us about 'The nutritional value of seafood', and Ramón Núñez Centella, Director of the Finisterrae Aquarium in A Coruña, 'Goose barnacles and other marvels'.

In 'Shellfish in the classics', Cristino Álvarez takes the reader on an entertaining and educational journey through famous books from Antiquity to the present. The 'Descriptions' section portrays the shellfish most common to Galician waters (mollusks and crustaceans, including sea urchins). Characteristics, habitat, behavior, reproduction, fishing techniques, similar species and their differentiation, season for consumption, close season, and all the information one could possibly need. The chapter entitled 'Wines for seafood' offers intriguing recommendations for pairing: clams in their own juice with Albariño blended with other Galician varieties, grilled razor clams with Godello de Valedorras wines, and notes that the wines of the Rías Baixas are "the wines of the sea". In 'Simplicity and complexity in seafood cookery', Isabel Corbacho, native Galician and expert in Galician cuisine as well as fervent cook, adds interesting tips, such as reminding us that shellfish should be eaten warm and freshly cooked and goose barnacles either hot or warm, but never cold, just out of the fridge!

A highlight of the recipes, which comprise one of the best parts in the book, is the 'The Grand Dames of Galician Cuisine', Toñi Vicente (Spain Gourmetour N° 64), Ana Gago and Manicha Bermúdez, the innovations of the young Galician chefs and finally, those of the great masters, from Subijana, to Adrià, Arzak, etc. (Lunwerg Editores; prensa@lunwerg.es)

Gastronomy Guides

La guía Michelin España & Portugal, 2005 (The Michelin Guide for Spain & Portugal, 2005) This new edition surprises us with the number of restaurants awarded their first star: La Posada de la Casa del Abad in Ampudia, A Rexidora in Benrances (Orense), El Rincón de Antonio in Zamora, Altair in Mérida, Les Cols in Olot, Victor Gutierrez in Salamanca, Real Balneario, Salinas; El Cingle in Vacarisses, Alejandro in Valencia, La Seu de Miguel Ruiz in Denia, Estany Clar in Ceres, Hoffman and Alkimia in Barcelona, Hispania in Areyns de Mar, Miramón Arbelaitz in San Sebastian and Echaurren in Ezcaray, La Rioja.

(www.ViaMichelin.es; laquiamichelesport@es.michelin.com)

Guía gastronómica y cultural del País Vasco y su entorno 2005 (Guide to Gastronomy and Culture in the Basque Country and its Surroundings 2005) A must, high quality and easily manageable for travelers in the Basque Country. Endorsed by the Basque Academy of Gastronomy. Very complete. (Edita Academia Vasca de Gastronomía;

margari@gastronomias.net)

La Rioja. Mesas de calidad y sus recetas (La Rioja. Quality Dining and Recipes) The photographs and recipes from each establishment make this volume a very practical guide. Winner Gourmand World Cookbook Awards.

(Edita CRE&COM para Ricamesa Rioja; gastromapa@eushalnet.net)

The guides described below are outstanding for their excellent information, compiled and updated by journalists and gastronomes in each region:

Dónde comer bien en Cantabria, los mejores Restaurantes para todos los bolsillos (Where to Eat Well in Cantabria, the Best Restaurants for All Budgets)

Dónde comer bien en Galicia (Where to Eat Well in Galicia) **De tapa en tapa por Madrid** (From Tapa to Tapa in Madrid) (All from Editorial Everest, s.a.; www.everest.es)

Tourist Guides

New editions of the now classic "with charm" collection from El País-Aguilar publishers. Well-written and reliable guides, with genuine recommendations illustrated with photographs:

Paradores con encanto (Paradors with Charm) The finest establishment in the national Paradores de Turismo network, monuments of incalculable historical value, castles, palaces, hospitals, such as those in Monforte de Lemos, Lerma, Plasencia, the latest additions to the chain.

Guía de los alojamientos rurales de España 2005 (Guide to Rural Accommodations in Spain 2005) A complete, updated guide with nearly 8,000 accommodations. Includes CD with photos of nearly all the entries and CD with the Royal Inns of Castile-Leon.

Hoteles con encanto, 2005 (Hotels with Charm, 2005)

Casas rurales con encanto (Rural Inns with Charm)

Playas con encanto (Beaches with Charm) (El País-Aguilar; www.elpaisaguilar.es)

Guía y mapa de carreteras, España y Portugal 2005 (Guide and Road Map, Spain and Portugal 2005) An alternative guide for those who travel on limited budgets. Extensive and well-documented information on accommodations and restaurants at affordable prices. Particularly noteworthy is the section on "menu of the day" establishments, an excellent formula in Spanish restaurants, for locals and tourists.

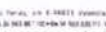
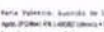
(Grupo Anaya, s.a.; www.anayatouring.com)

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www.coato.com

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www.aceitestoledo.com

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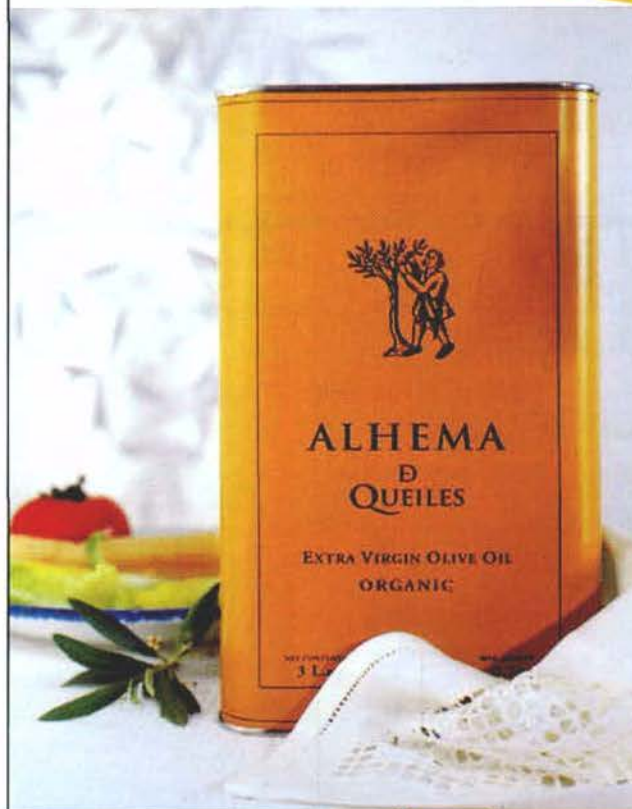
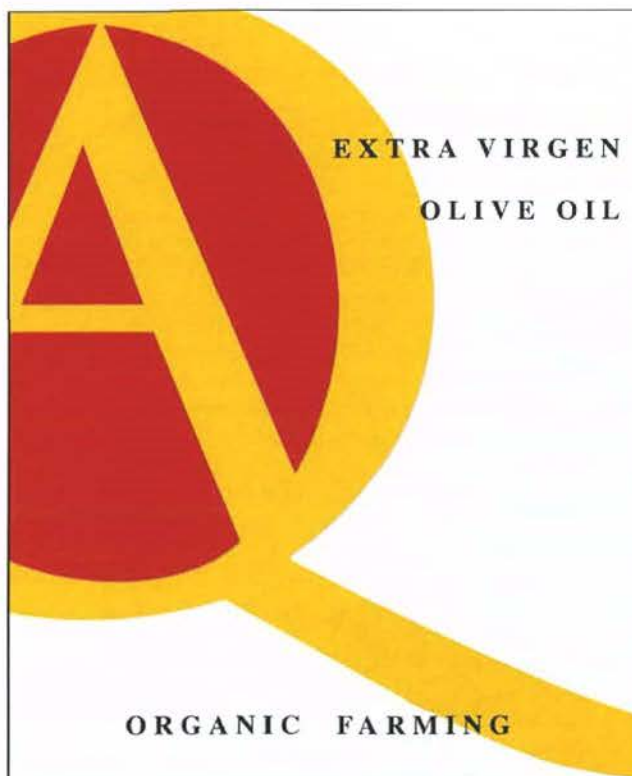
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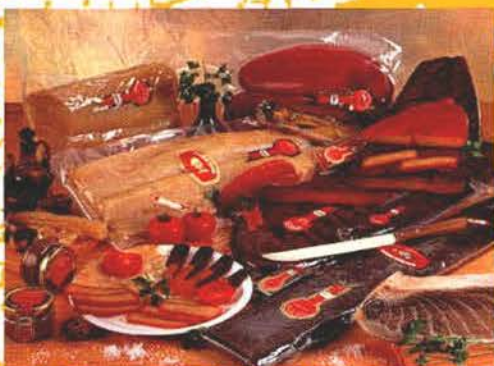
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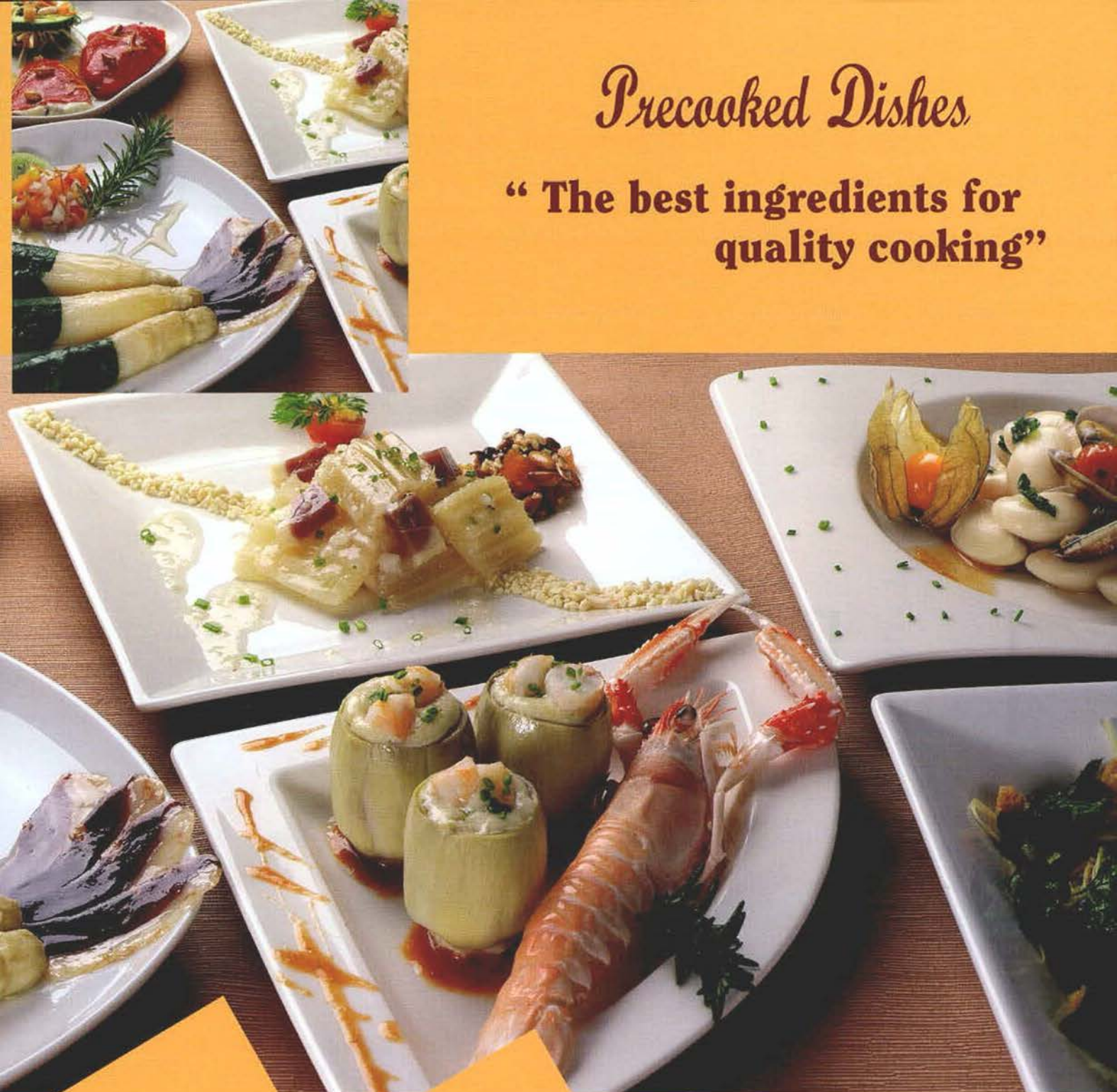
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Cava

This is the Designation of Origin for sparkling wines produced by the traditional method, that is to say, that the secondary fermentation takes place in the same bottle in which it is sold. The cava demarcated region is in several zones, the most important of which is Catalonia. The others are Aragon, Navarre, La Rioja, Castile-León, Extremadura and Valencia. The Cava Designation should not be confused with other DOs that might be associated with the provinces in which cava is produced. The minimum aging period for cava wines is nine months in the bottle, though many spend between 18 months and three years, and a few up to five years.

Sherry

The aging system for sherry is the *solera* system, which is made up of a number of stages through which the younger wines pass, acquiring the characteristics of the older wines, thus ensuring the continuity of style. The butts (oak casks of 500 liters each) in the earlier stages are known as *criaderas*, and the last and oldest butts in the system are the *solera* stage from which the wine is taken for bottling. The *solera* stage is topped up from the next oldest stage (the first and oldest *criadera*) and that in turn is topped up from the next oldest. There is no stipulated number of stages, but four to six would be the average. No more than 30% of the wine may be removed from the *solera* in any one year.

Wine Aging Terms

Crianza. This term is reserved for wines aged in the wood and bottle for at least two years, six months of which must be in oak casks. (Note: In several regions the minimum time in cask is 12 months.)

Reserva. There are two types of standard for the use of this designation. Red wines must age for a minimum of 36 months in the wood and bottle, at least 12 of them in oak casks.

For rosé and white wines, the minimum period is 24 months, six of them in oak casks.

Gran Reserva. This term is used exclusively for red and claret wines that have aged for at least 24 months in oak casks followed by at least 36 months in the bottle. For white and rosé wines, the minimum period is 48 months of which a minimum of six months must be in the wood.

Notes:

1. Many DOs insist that the oak casks must be no more than 225 liters, however, national legislation allows oak casks up to 1,000 liters.
2. Wines are often kept in vats for a few months prior to aging in casks, so the arithmetic varies for each one.
3. Many bodegas age their wines for more than the stipulated minimum periods.

Designation of Origin (DO) and Protected Designation of Origin (PDO)

Designation of Origin is the official Spanish denomination covering products whose raw materials are produced and manufactured within a specific

geographical area, and which have distinctive qualities and characteristics due, mainly, to the natural environment, manufacturing and aging methods. In recent years the term Designation of Origin (DO) has been replaced by Protected Designation of Origin (PDO) in order to adapt to EU terminology, but only when referring to food products. For wine the term Designation of Origin (DO) is still in use, because the terminology in this sector is not unified in the EU.

Qualified Designation of Origin (DOCa)

A DOCa is a Designation of Origin that fulfills the strictest requirements, among which should be highlighted the following:

The price of the grapes used in winemaking must be greater than 200% of the national average price.

Only wines bottled exclusively at the original wineries will be sold.

At least 90% of the vineyard dedicated to winemaking must be inscribed in the registry of DOCa vines; and in the registry of wineries, it must be stipulated that these carry out at least 90% of the wine production within the geographical unit.

Quality control of the vines must be carried out by the regulatory council, batch by batch and with a volume less than or equal to 1,000 hectoliters per batch.

At present, there are two DOCa for wine in Spain: the Rioja DOCa and the Priorato DOCa.

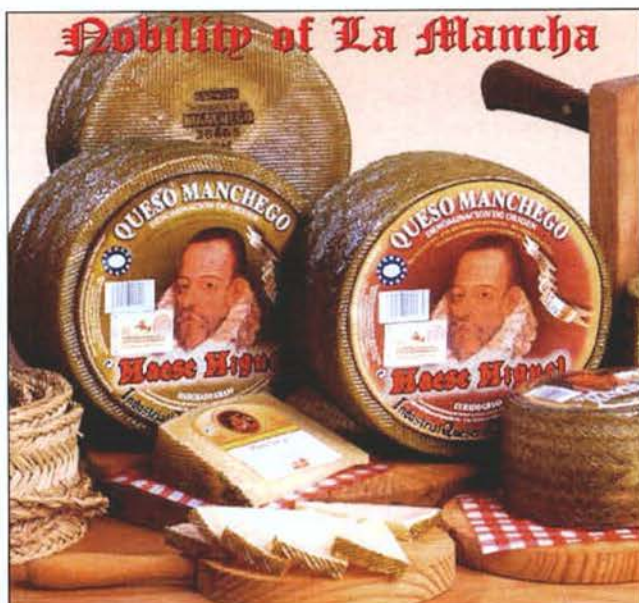
Protected Geographic Identification (PGI)

The PGI covers products characterized by a relation to their geographical setting, with the use of certain raw materials, a determined method of production and/or manufacturing, but differs from a PDO in that these three factors do not necessarily have to coincide.

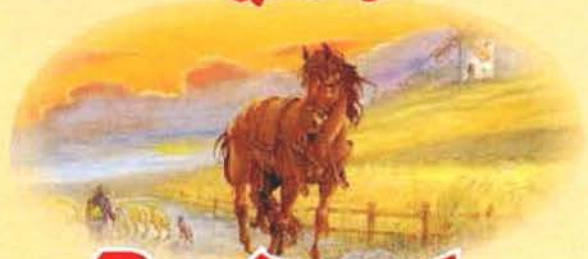
Each DO, DOCa, PDO or PGI is managed by a *Consejo Regulador* (CR) or Regulatory Council, which sees to the enforcement of the regulations.

Traditional Specialty Guaranteed (TSG)

This does not refer to the origin, but highlights traditional character, either in the composition or means of production.



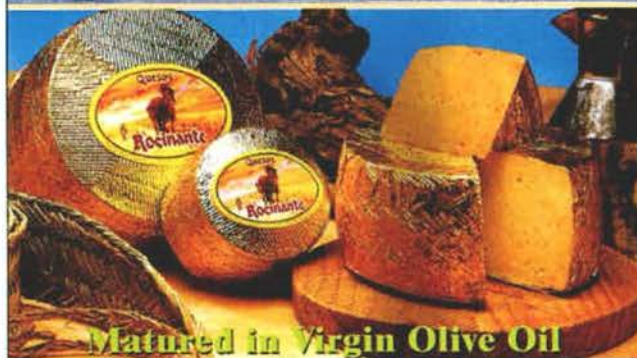
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Fernando Madariaga/ICEX

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