

Flavors from Spain



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Spanish Cooking through the Ages



3rd C. BC - 5th C. AD

Garum and Olive Oil

Hispania, Rome's food pantry

The Mediterranean diet has won fame for its health-giving properties, and Spanish cooking, a paradigm of this regime, cannot be understood without the influence of this sea. Many civilizations crossed the Mediterranean to reach Spain, including Greeks, Phoenicians, Carthaginians and especially the Romans. With the presence of the Romans from the 3rd century BC onwards, food from the Iberian Peninsula started to become known internationally. Hispania's fertile land and seas made it Rome's food pantry. The province supplied salted fish, salt, wheat, rye, wine, and especially olive oil and *garum*. This was a sauce made using fish entrails, marinated and fermented in a salt solution; it was highly regarded by the Romans as a condiment, as recorded by Marcus Gavius Apicius in his 1st century AD work *De re coquinaria* ("on the subject of cooking"). The scale and importance of the *garum* and olive oil trade are evident from archaeological findings of amphorae in which these products were shipped.

8th C. - 15th C.

Three Religions

Medieval fusion

After the arrival of the Muslims from North Africa in the 8th century AD, three religions lived side by side for seven centuries: Christians, Jews and Muslims. This period left its mark on Spanish cooking, which synthesized the culinary tastes of these three cultures.

The greatest influence was exerted by the Muslims, who introduced numerous farming improvements in Al-Ándalus (Muslim territory on the Iberian Peninsula up to 1492 and from which the name Andalusia comes). They made improvements to soil irrigation and grew new produce such as rice, sugar cane, artichokes and eggplants. They also increased the cultivation of other crops such as fruit, cereals and legumes. In the kitchen, the legacy of Al-Ándalus can be seen in marinades, fried dishes, the fusion of sweet and sour flavors, and a huge range of desserts featuring honey and almonds.

Traces left behind by Jewish culture include a preference for slow-cooked stews with legumes, vegetables and meat, found in recipe books all over Spain in the form of dishes such as *cocido*, *olla* and *puchero*.

15th C.

The Discovery of America

The first great culinary revolution

Rodrigo de Triana, a sailor on Christopher Columbus's first expedition in 1492, could never have imagined that his cry of "Land ahead!" would change the course of human history. The discovery of America led to Spain becoming the catalyst for a real food revolution across Europe.

Foods we simply cannot do without today were shipped to Spanish ports, including tomatoes, peppers, maize, beans, chocolate, coconut, pineapple, pumpkin, etc. The ability of Spanish cooking to try out unfamiliar ingredients made tomatoes, peppers and potatoes into staple items in its culinary repertoire. Without peppers and tomatoes, gazpacho (a cold soup), one of the most traditional specialties in Spanish cooking, would not exist today. Potatoes and beans have also become essential ingredients in traditional stews and casseroles.

Food and gourmet products have always featured prominently in the history of the regions that make up modern Spain. The Hispania lands were already famous for their cooking at the time of the Roman Empire. Its strategic geographical position, set between Africa and Europe, between the Atlantic and the Mediterranean, made the Iberian Peninsula a crossing place for a number of cultures, giving rise to Spain's rich culture and gastronomic diversity.



16th C.

Jerez Wines

The first quality export

Although food from the Roman province of Hispania was already a familiar sight across the rest of the Roman Empire, the export of quality products achieved international fame in the 15th century with Sherry wine, which was sent to France, Britain and the Netherlands.

This product was known outside Spanish borders as Sherry, an English version of the Arab name for the Andalusian town where it is produced, Sherish. It was the British who made this quality wine fashionable and who proved their interest in it by later setting up wineries such as Osborne, Sandeman and Garvey in the area. The British also helped to publicize the quality of another Spanish wine during the 16th century, Malvasía, produced in the Canary Islands. This wine was praised in several of Shakespeare's plays, including *Henry IV* and *The Merry Wives of Windsor*, and in Walter Scott's *Ivanhoe*. These two wines marked the start of the worldwide export of quality Spanish wines.



19th C.

The Phylloxera Plague in France

Spanish wines take off on the international market

Another fundamental moment in the history of the international reputation of Spanish wines was the phylloxera plague that devastated European vineyards in the mid-19th century.

Phylloxera is a small vine parasite that arrived from the eastern United States and started to spread across Britain and France in 1863. As the infection passed to French vines, wine growers there travelled to vineyards in the north of Spain (Rioja, Navarre, Somontano) to buy good quality wine; while they were there, they publicized their new production techniques. So, although the phylloxera plague eventually took hold in Spain in the early 20th century, its spread across Europe during the second half of the 19th century enabled one of Spain's star gourmet products to take off on an international scale.



20th C. - 21st C.

Spain's Culinary Avant-Garde

Basque New Cuisine and the Adrià effect

In the late 70s, clearly influenced by *nouvelle cuisine*, a group of innovative cooks from the Basque Country put their own local spin on this trend, creating what became known as Basque New Cuisine.

Chefs such as Luis Irizar, Juan Mari Arzak, and Pedro Subijana started a revolution when they applied their avant-garde vision to the rich repertoire of traditional Basque recipes. In the late 20th century, along with other Catalan figures such as Joan Roca, Santi Santamaría and Carme Ruscalleda, they breathed new life into Spanish cooking and raised its international profile.

The innovative Catalan chef Ferran Adrià has had the greatest influence on contemporary cuisine, both inside and outside Spain. In the late 90s the avant-garde cooking techniques he practiced in elBulli were already widely known. Adrià's hugely influential style has enabled many young cooks to follow his lead (Andoni Luis Aduriz, Quique Dacosta, Dani García, etc.).

Another Spanish gourmet concept that has earned itself worldwide coverage is the tapa. More and more good quality tapas bars are being opened outside Spain.

Olive Oil



Cheese



Ibérico & Serrano Ham

Fish/Vegetable Preserves



Sausages



Olives

Fresh Fruit & Vegetables



Pimentón and Saffron

Organic Products



Sweets



Wines



Emblematic Products

Spain's rich gastronomy would not be the same if it could not draw on the well-stocked food pantry supplied by the country's varied range of climates and soils. Sea, mountain, vegetable plots, pastures, rivers, forests, etc., are all a generous source of Spanish cuisine. Here are just a few of the most emblematic products.

"Entrada". Esteban Vicente.





Olive Oil

Spain is the world's leading producer and exporter of olive oil, an essential ingredient in the Mediterranean diet and perhaps the most famous in the Spanish food pantry.

Antoni Tàpies
Roig i negre. Punto 79.
Litografía en varias tintas
75,5 x 56 cm.

There are different kinds of oil according to the variety of olive used and how it is processed. Extra virgin olive oil is the most sought-after from the gourmet point of view, as it is the direct result of pressing the olives. Although Andalusia, particularly the province of Jaén, has the largest number of olive groves, olive trees are grown across Spain, with major production areas in Aragón, Catalonia, Castile-La Mancha, Extremadura, the Balearic Islands, La Rioja, Madrid and Navarre. In fact, there are over 32 Protected Designations of Origin (PDO) that safeguard and guarantee production of top quality olive oil. This means it is hard to think of any Spanish recipe that does not use olive oil as the basic ingredient base.



Extra virgin olive oil gum drop.



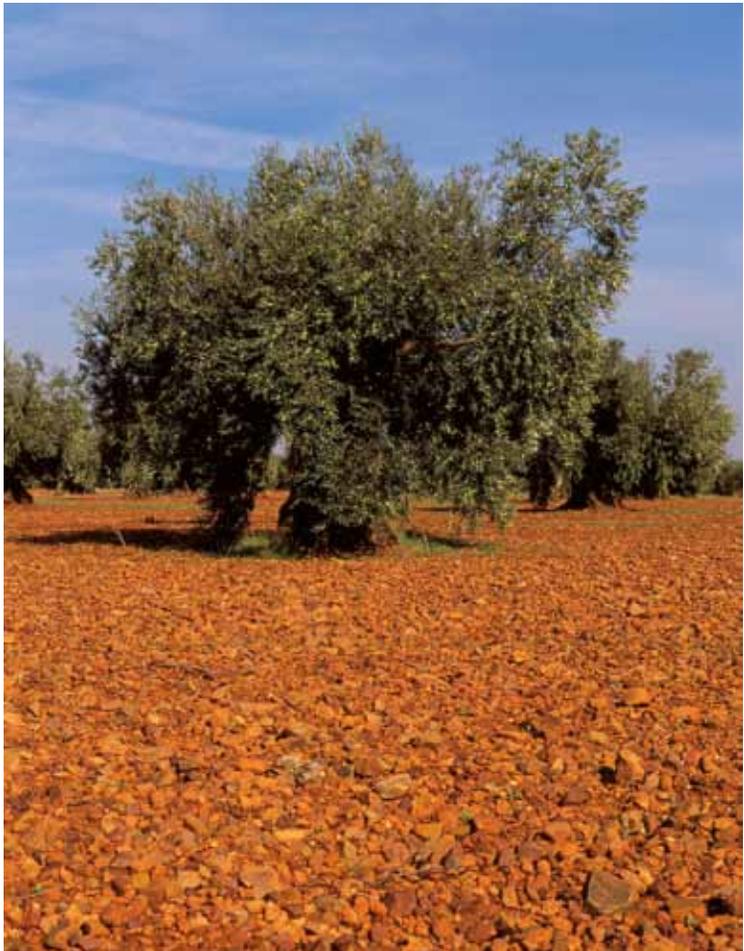
Spanish chefs have subjected olive oil to new interpretations. One of them is

the vine-wood aromatized olive oil.

Andalusia has the largest number of olive trees across Spain.



Liquid Gold



Ibérico and Serrano Ham



"Fuego, 2003"
Rafael Canogar.



Without a doubt, the most emblematic Spanish delicatessen products are Ibérico and Serrano hams, the result of salting legs of pork and leaving them to cure in the air for several months.

The Miracle of Curing



Ibérico ham is special because of the breed of animal it comes from, which is typically Spanish and reared in pastures where it is free to feed and roam. This category includes Ibérico ham from acorn-fed pigs, acorns (*bellotas*) that they find in the countryside. The main areas where these hams are produced are in the Andalusian provinces of Huelva, Seville and Córdoba, in Extremadura and in Salamanca (Castile-León). Serrano ham, obtained from white pigs, is produced in many parts of Spain, although the most famous are Teruel (Aragón) and Trevélez (Granada, Andalusia).



Foods for Any Time of the Year

Fish /Vegetable Preserves



The Spanish preserves industry is one of the best in the world and its tradition dates back to the coastal factories that made *garum* in Roman times. The Spanish preserves industry focuses on three types of food: fish, vegetables and fruit. Fish preserves are produced along more than 7,500 kilometers / 4,660 miles of the country's coastline, using vegetable oils to preserve the food. In Andalusia, the main type of preserve is of tuna and *melva* (frigate mackerel), the Cantabria and Basque Country region concentrates on albacore tuna and in Galicia there is a thriving preserves industry for mussels, sardines and tuna. There is also a long tradition of preserving fish by salting along the east coast of Spain.

As far as fruit and vegetables are concerned, the main industries are clustered around the Ribera del Ebro region (Navarre and La Rioja), with products such as asparagus and artichokes, as well as in the south-east of the Peninsula, in the Valencian Community and Murcia.



Spain is one of the most outstanding producers of top-quality

canned fish, among others clams, mussels and cockles.



Sausages

The Ever Popular Pig



A popular Spanish saying sums up the national preference for sausages and other pork products: "I love everything about pigs, even the way they walk". All parts of the pig can be used to make cured and fresh sausages such as *chorizo*, *salchichón*, *longaniza*, *sobrasada*, *chistorra* (a thin spicy chorizo), *morcilla* (black sausage), *morcón* (similar to chorizo), *chicharrones* (made with pork fat) and, of course, hams. Every region has its specialty and its own particular way of seasoning the pork that is later used to make sausages, either with natural or synthetic skins. Ingredients and seasonings include *pimentón* (a type of Spanish paprika), cayenne pepper, potatoes, pumpkin, rice, onion, black pepper, herbs, etc.



Spain produces an extensive catalogue of traditional sausages from white pork.



Cheese



Land of a Hundred Cheeses

The cheese map of Spain is drawn by the orography together with climate conditions that result in either the abundance or scarcity of pastures. Goat's cheese is produced mainly in the mountain ranges running across the centre of the country and in the south, as well as on the islands (cheeses such as Ibores, Majorero, Murcia, etc.). Cheeses made using sheep's milk are predominant on the vast plateaus of Castile-La Mancha (Manchego) and Castile-León (Zamorano), as well as in a large part of Navarre and the Basque Country (Roncal and Idiazabal). Cow's milk cheese is mainly found in Spain's rainy northern regions, from where over half the country's cheese varieties come from. Varieties using only cow's milk, such as Tetilla, Cantabria, La Peral and Afuega'l Pitu, are produced in this area, although cheese obtained from a mix of different kinds of milk is equally popular (such as Cabrales and Liébana).



Olives

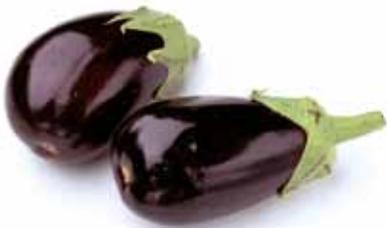
The Local Appetizer



Anyone visiting a Spanish bar will come across a small dish of olives on the counter to accompany their glass of wine or beer. The fruit of the olive tree is one of the most popular and frequently served appetizers. Of the huge variety of olives grown in Spain, four are most commonly found as table olives: Gordal, Manzanilla, Hojiblanca and Cacerena. To make them suitable for eating, olives undergo a maceration process to eliminate the bitter taste produced by the oleuropein they contain. Depending on the region, these olives are seasoned with a range of different ingredients. In Seville they are simply soaked in a salt solution. In other places *pimentón* (a type of Spanish paprika), oregano, bay leaves, garlic, among other ingredients, are added to the marinade. Another popular trend is to remove the stone from the olive and stuff it with anchovies or peppers, for example.



Fresh Fruit and Vegetables



A Never-Ending Supply

Widespread irrigation has enabled Spain to grow almost all known varieties of fruit and vegetables. However, tradition still plays a part in what is grown in each region. The citrus fruits grown in the Levante (eastern) region of Spain (oranges, mandarins and lemons) are among the country's most exported fruits, although a larger area of land is taken up by orchards growing non-citrus fruits (such as almonds, pears, apples, peaches, apricots and table grapes). Some fruits are intimately linked with their production regions, such as strawberries in Huelva (Andalusia), cherries in Jerte (Cáceres, Extremadura), bananas in the Canary Islands and peaches in Calanda (Teruel, Aragón). The main vegetable growing regions are in Murcia and Almería, and on the banks of the Ebro as it flows through La Rioja, Navarre, Aragón and Catalonia. This is a major production area for peppers, tomatoes, lettuce, asparagus, onions, artichokes, beetroot, garlic and a host of others.



Pimentón and Saffron



Spices with Spanish Style

Prime examples of Spanish cooking's creative flair can be seen in its use of *pimentón* (a type of paprika) and saffron, two essential spices featured in many of the country's dishes. Saffron arrived on the Iberian Peninsula with the Muslims around the 9th C. and was grown mainly in the central regions. Its use as a condiment appears in numerous recipes, becoming an essential ingredient in typically Spanish dishes such as chicken in *pepitoria* sauce and paella. Pimentón is one of Spain's own contributions to international cuisine. It is a powder obtained from drying and grinding red peppers, a product originally from America and brought into Europe by the Spanish in the 15th century. It is even more widely used in Spanish cooking than saffron and features in dishes such as Galician octopus, *migas* (fried breadcrumbs) and Rioja-style potatoes. It is also a basic ingredient for making sausage products such as chorizo and *sobrasada*. The most important Designation of Origin production areas for pimentón are in the region of La Vera (Cáceres, Extremadura) and in Murcia.



Full of Natural Goodness

Organic Products



The increasing demand for chemical-free foods is encouraging the development of organic farming and livestock rearing in Spain, in many cases using traditional methods that would otherwise have died out. Today, Spain has the largest area of organic farming land in Europe. The climate and the persistence of extensive farming for many crops mean that Spain occupies a leading position in the organic food market. A good example of this trend can be seen in the country's honey production, which is based on maintaining bee-keeping tradition alive and on the abundance and variety of suitable flowers. Another good example of Spain's ability to adapt to the new demand for organic food is its livestock, which still preserves the genetic line of local breeds especially suited to their environment, enabling them to be reared in large numbers.



Sugared egg yolks, turrón (Spanish nougat) and

ensaimada are typical Spanish sweets.



Life and Soul of the Fiestas

Sweets



The Muslims occupied practically the whole of Spain for centuries and left behind their fondness for sweets made with honey and nuts, which were gradually joined by others containing pork fat.

A number of outside influences can also be seen in cakes, pastries and desserts. Arab culture is evident in specialty products from eastern

Spain, such as *turrón* (a kind of Spanish nougat), containing honey and almonds or hazelnuts. Christian variations of these cakes and pastries are *mantecados* and other cookies, which include pork fat and can be found all over Spain. There is also a plethora of sweets linked with Catholic festivals, such as *torrijas* (fried bread dipped in sugar) in

Easter, various sweets typically eaten on All Saints' Day, and Christmas *polvorones* (floury cookies). Each region is also justly proud of its local desserts: rice pudding (Asturias), *filloas* - crêpes (Galicia), *quesada* - cheese cake (Cantabria), San Isidro *rosquillas* - fried pastries (Madrid) or *panellets* - almond or sweet potato marzipan cakes (Catalonia and Aragón).





Wines

Spoilt for Choice



"La botella de vino"
Juan Gris.

The history of wine growing in Spain runs parallel with the history of the first settlers on the Iberian Peninsula; the earliest records of commercial wine production date back to the chronicles of the Roman Empire, which tell of shipments leaving what is now Tarragona (Catalonia) and Andalusia.

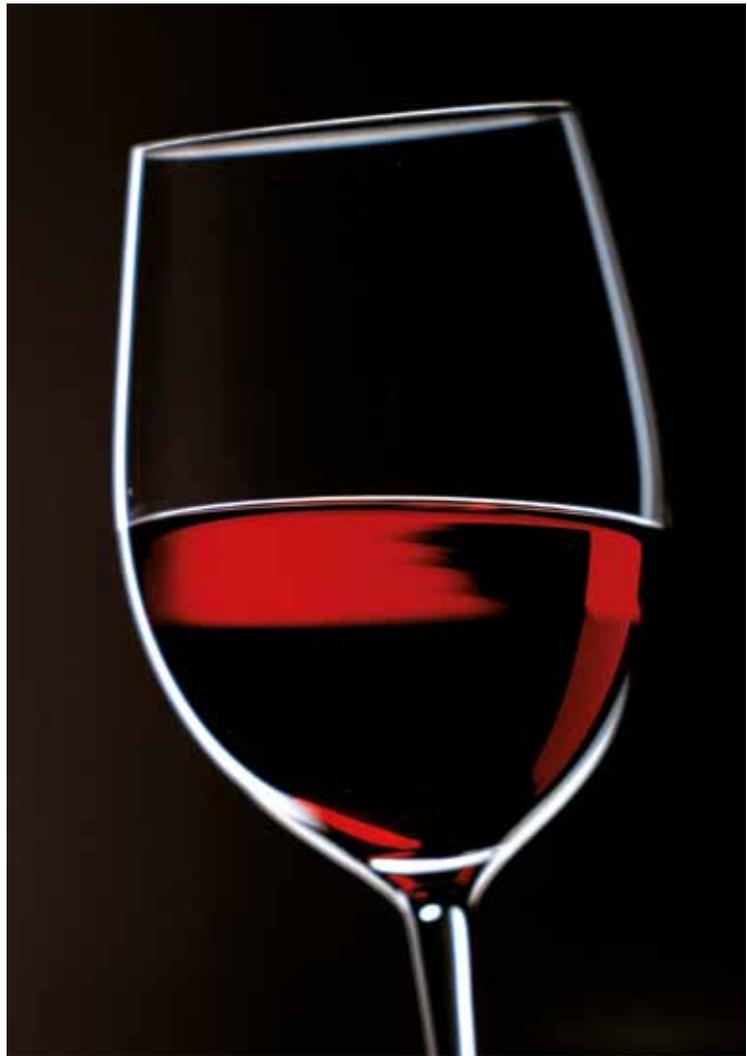




Wine growing is deeply rooted in Spanish culture and wine production is spread throughout the whole country. Spain has the greatest area of vineyards in the world (1.16 million hectares / 2.87 million acres) and is the world's second largest wine producer. The country's huge range of climates and soils have given rise to some 600 local grape varieties, such as Tempranillo, Garnacha, Monastrell, Verdejo and Pedro Ximénez.



This diversity also enables Spanish wineries to handle different types of wine (red, white, rosé, sparkling and fortified), with over 60 Designations of Origin (DO) protecting top quality wines. These DOs have contributed to the progress of the Spanish wine industry from mass production to great quality vintage wines. The success of this endeavor is reflected in the international fame achieved by production areas such as Rioja, Ribera del Duero, La Mancha, Jerez and Rías Baixas, among others.



From the Interior



Green

Spain



The Mediterranean



Andalusia

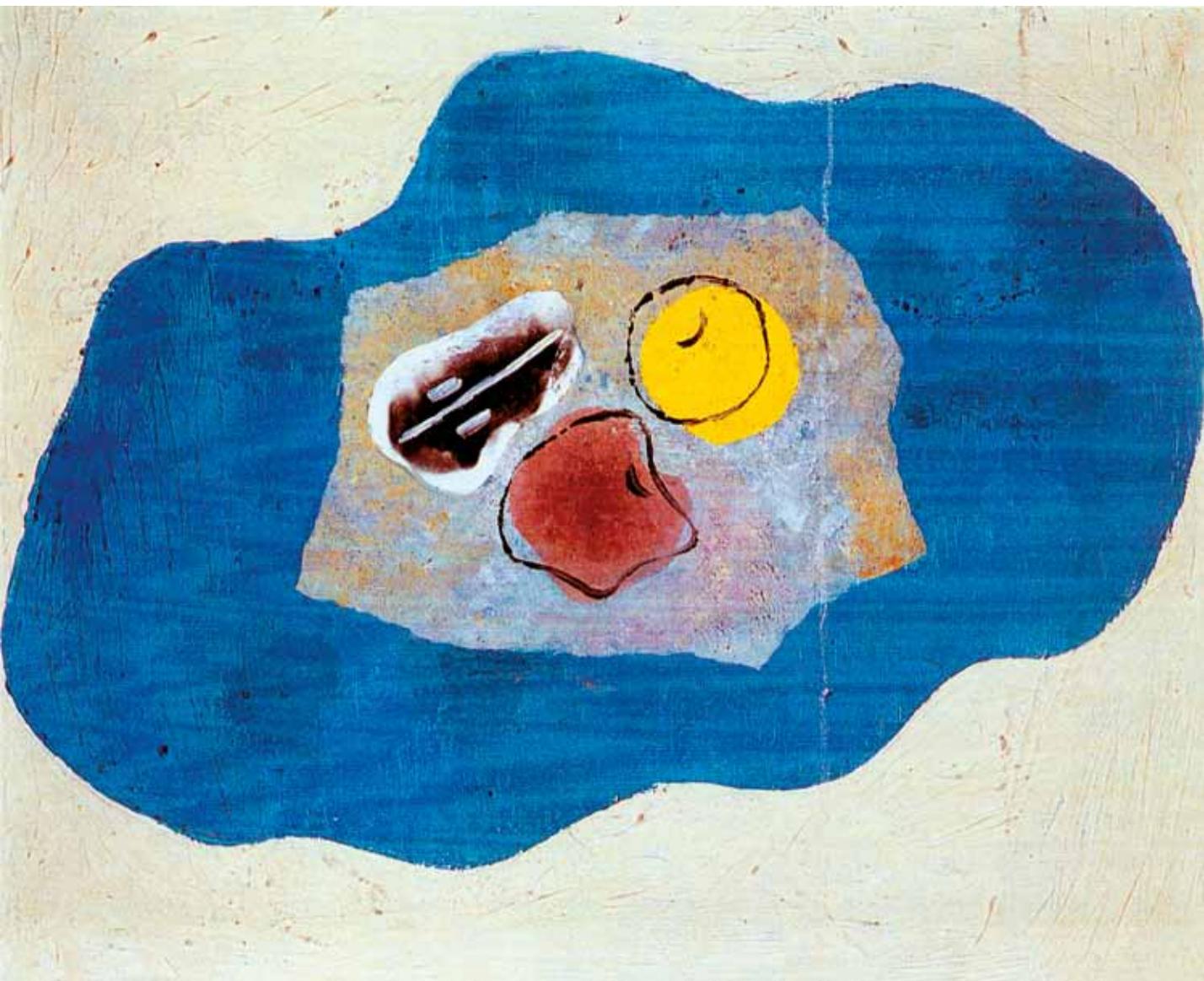


The Islands

Spain's varied climate and landscapes have produced not one but several cuisines, all sharing ingredients, techniques and recipes but each with their own distinctive character based on regional geography and history.

A Cooking Tour of Spain

"Naturaleza muerta", Benjamín Palencia.

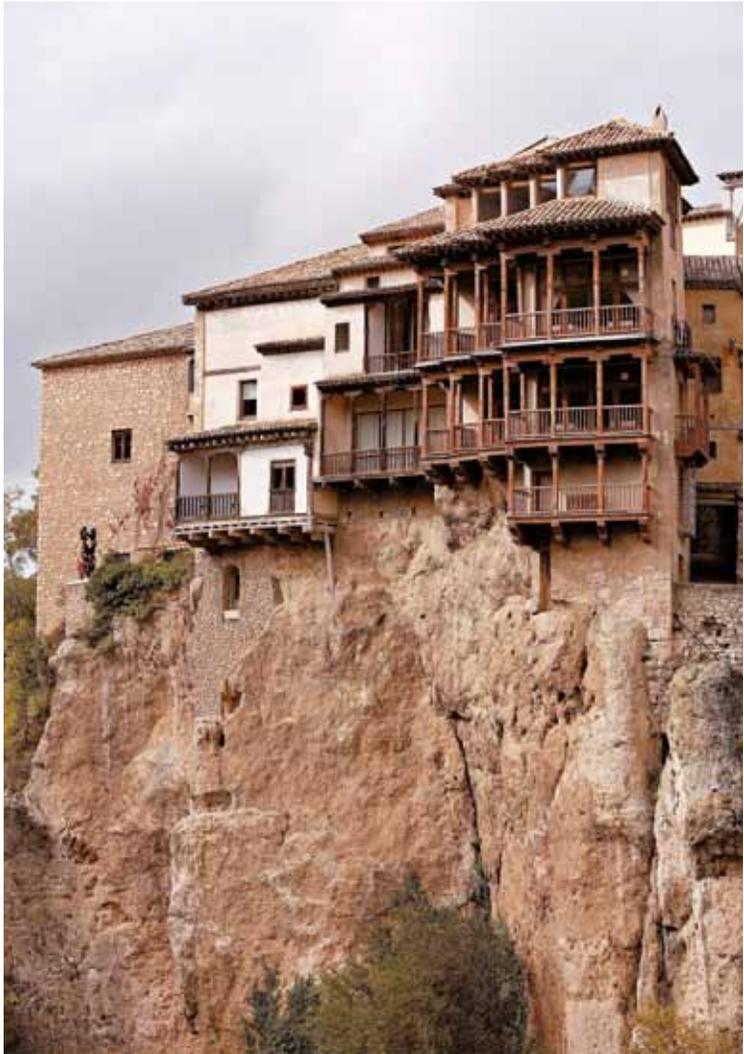


From the Interior



This area consists of the seven Spanish regions (Aragón, Castile-León, Castile-La Mancha, Extremadura, La Rioja, Navarre and Madrid) that are far from the coastline. These areas have a wide range of continental climate conditions and hugely varied landscapes (plateaus, river valleys, mountain ranges and even deserts).

Despite the diversity of their local foods and cooking practices, they share a number of common features. One of them is stew, cooked slowly in large pots with legumes (chickpeas, haricot beans, lentils), vegetables (carrots, cabbage, potato, etc.) and meat (beef, chorizo, black sausage, ham, bacon, etc.). The most famous of these stews include *cocidos* from Madrid, *maragato* from León, and the stew made using *judiones* (large haricot beans) from La Granja in Segovia. Other shared dishes are roast lamb and suckling pig cooked gently in wood burning ovens. Another characteristic is the wide range





The most popular Spanish cheese is Manchego, made from native sheeps' milk.



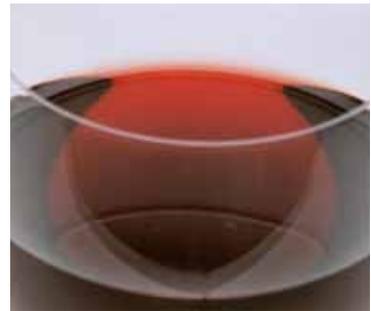
Stews, Roasts and Sausages



High quality meat and vegetables are top ingredients in this type of cuisine.



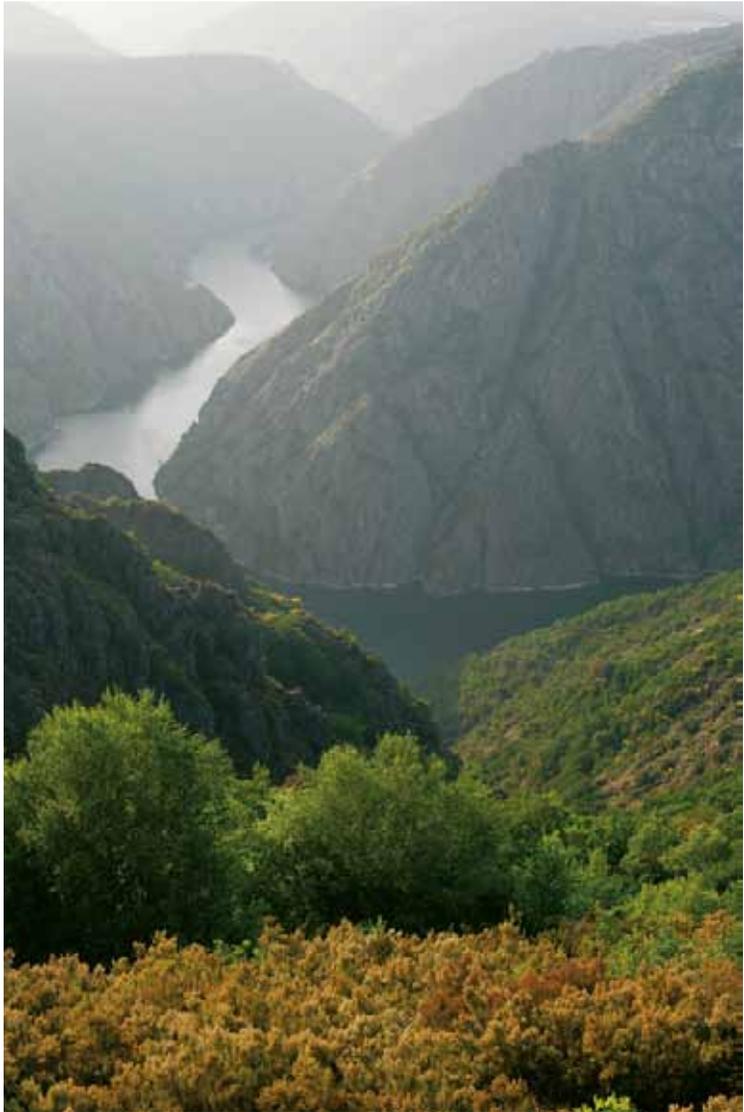
of charcuterie products, cured to perfection by the dry climate (chorizo, black sausage, dried and cured meats, Serrano ham, Ibérico ham). The most famous of all, however, are the Ibérico pork products made from local pigs reared in the dehesas or wooded scrublands of Castile-León, Extremadura and Andalusia. Their top quality meat is used to produce one of the quintessentially Spanish gourmet foods, Ibérico ham.



Green Spain



A far cry from the usual image of sun and sand, green Spain lies on the northern strip of coastline formed by the regions of Galicia, Asturias, Cantabria and the Basque Country.





Pedreña beach near Santander.



Faba beans from Asturias.



San Simon da Costa is a traditional smoked cheese from Galicia.

Hidden Wealth

"Bodegón con Sardinas", Nicanor Piñole.

This area is famous for its green landscapes that flourish because of the high rainfall along the Cantabrian and Atlantic coastal regions, where lush meadows alternate with valleys formed by the steep Cantabrian mountain range running alongside the coast. Local cuisine is characterized by a predominance of fish and seafood, and the fertile soil. Here, you can enjoy hearty traditional stews all year round, including Galician *pote*, *fabada* (bean stew) from Asturias, mountain stew from Cantabria and Basque *marmitako* (albacore tuna stew).

The rich pastures enable first class cattle to be reared, producing unsurpassable beef and delicious milk that is used to make desserts such as rice pudding, *leche frita* (fried custard with sugar and cinnamon) and *cuajada* (rennet pudding).

In addition to its many fish dishes (cod in pil pil sauce, hake in cider, Galician-style octopus), green Spain is also famous for its fantastic shellfish (spider crabs, clams, cockles, goose barnacles, etc.).



The Mediterranean



"Vendimiando",
Joaquín Sorolla.



Catalan cooking is a fusion of sea and mountains, using a range of sauces as a base for preparing many meat and fish dishes. *Picada* is made by mixing hazelnuts, almonds, garlic, olive oil and toasted bread, and *samfaina* is prepared by frying together ingredients such as egg plant, zucchini, tomato and pepper. Another sauce, *all i oli* (garlic and oil) links Catalan cooking with that of its

neighbor, Valencia, where it is served alongside some of its ubiquitous rice dishes. Rice has been grown in this area for centuries and is cooked in a special pan, the *paella*, using a *sofrito* (lightly fried tomatoes, garlic and olive oil) as a base and adding various combinations of meat, fish and shellfish. Rice also provides the connection with the third Spanish Mediterranean



The regions of Catalonia, Murcia and the Valencian Community are part of the Spanish Mediterranean coastline and they share a cuisine that combines seafood with produce from inland farms and olive oil.



Sea, Market Gardens and Olive Groves



cuisine - Murcia, where the traditional rice dish, *caldero*, is cooked using a fish broth. However, cooking in this region is better known for the quality of the vegetables grown here in the famous market gardens, producing dishes such as *zarangollo*, which consists of scrambled eggs with onion and zucchini.

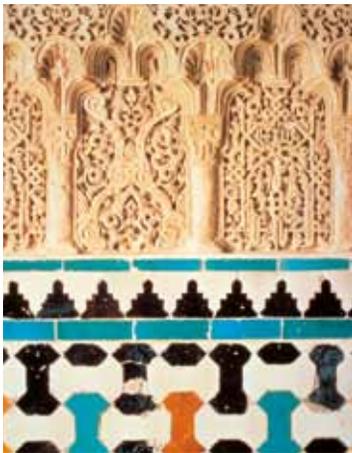




Andalusia

The Giralda Tower is one of the most magnificent buildings in Seville.

Set in the south of Spain, Andalusia is the border between Europe and Africa, between the Mediterranean and the Atlantic. The many peoples and cultures that passed through this land (Phoenicians, Romans, Arabs, Jews, Christians) left a legacy that over centuries has shaped a multifaceted cuisine, with olive oil as its common thread.



The Arabs developed citrus cultivation in Al-Ándalus.



The Legacy of Cross-Border Fusion

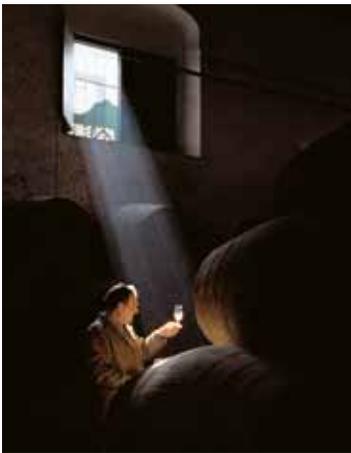


"Tomatigues, 1994"
Miquel Barceló.

The Andalusian recipe repertoire combines olive oil with spices (saffron, pimentón, cumin), legumes (chickpeas, beans) and vegetables (artichokes, tomatoes, peppers, eggplant).

This fusion resulted in dishes such as cold soups (gazpacho and *ajoblanco*), various stews, or *potajes*, and *pipirrana* (a salad with onion, tomato, green pepper and cucumber).

Its coastal location means this area is particularly famous for its seafood, with fried fish being the most popular of all. Inland, Andalusia is a major Ibérico pig rearing area, producing quality sausages and pork, as well as the emblematic Ibérico ham.



The Islands

"Cangrejo
y Gamba";
Miquel Barceló.



Spain's two archipelagos, the Balearic Islands and the Canary Islands, are world famous tourist destinations, each with their own amazing culinary traditions. The former bases its cooking on typically Mediterranean fare, while the latter is a prime example of the fusion between European and American foods.

On the Balearic Islands, vegetables, olive oil and fish are a trio that appear time and time again in emblematic dishes such as *cocas* (bread dough covered with vegetables and fish) and *bullit de peix* (fish stew). These islands also have a taste for charcuterie, with their own special *sobrasada* (a soft mix of lean pork and bacon with pimentón). And of course, the Balearic Islands - and more specifically the city of Mahón - are the birthplace of that most universal of sauces, mayonnaise, prepared with eggs, olive oil, salt and lemon juice.





Sea bass is a star ingredient in Canary Islands cuisine.



Majorca island is a large producer of almonds.



Mahón-Menorca Cheese, made from cow's milk.

Delicious Harbors

Traditional cuisine on the Canary Islands is intimately linked to the Atlantic and the discovery of America, the source of many basic ingredients for its dishes. A good example of this is the pepper, which plays an important role in the typical sauces or *mojos* served with many foods, including *papas arrugadas* (wrinkly potatoes), made using the original potato varieties brought back by the first expeditions to the New World. The Canary Islands benefit from a tropical climate that enables them to grow very different varieties of fruit than in the rest of Spain, such as bananas, papayas, pineapples and mangoes.





ICEX Spain
Trade and Investment
Paseo de la Castellana, 278
28046 Madrid - SPAIN
Tel (+34) 900 349 000
www.icex.es
www.foodswinesfromspain.com

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Blanca Berlín
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