

WINE TOURISM AND

CUISINE

IN CASTILLA Y LEÓN



Junta de
Castilla y León

Contents

WINE TOURISM AND CUISINE

	Pg
Product of Castilla y León 	4
From avant-garde cuisine to traditional recipes SELECTION OF RECIPES 	10 13
Wines and denominations of origin 	22
Wine tourism and wine routes 	28
Food and wine museums 	36
Gastronomic festivals, workshops and events 	40



CASTILLA Y LEÓN

The information in this brochure cannot cover the full extent of the wealth of nature, culture, and heritage to be found in Castilla y León. We therefore encourage readers who want more information than is included here to visit: www.turismocastillayleon.com

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The cuisine of Castilla y León holds immense heritage, ethnographic, and cultural significance. The nine provinces all share dishes and recipes that they have made their own. Every province, county, and town closely guards the traditional recipes and unique cooking styles that make every item unique. Many of them are still made in the traditional way today.

The value of outstanding ingredients

FROM
FARM
TO FORK

Castilla y León boasts a catalogue of over 250 agricultural products. Over fifty have been awarded some sort of quality stamp, such as a Designation of Origin or Quality Label.

The *Recetario de la Cocina Popular de Castilla y León (Recipe Book of Traditional Castilla y León Cooking)* documents almost 12,000 recipes using these ingredients.

QUANTITY AND VARIETY

Over four hundred food-based activities take place in Castilla y León, including festivals, workshops and traditional competitions.

CULINARY
RICHES

The vast culinary diversity of Castilla y León is served up every day by an extensive hotel and catering professionals that are part of the workforce in more than 5,000 restaurants. Some of them hold important distinctions and awards and feature in the leading culinary guides, such as the Michelin and Repsol Guides

There are a huge number of gastronomic celebrations, events, and fairs over the year in Castilla y León. The range of over 400 events includes Mushroom-Picking Days

(*Jornadas Buscasetas*), *Lechazo Asado* (Roast Suckling Lamb) Days, ritual slaughter events, or the *tapas* competitions and days.

It is worth noting the prevalence of miniature or *tapas* cooking in Castilla y León, which hosts a national and an international competition every year in Valladolid.

PORK



Pork is a mainstay of meat product in Castilla y León. It is bred and cooked in different ways depending on where it was produced.

From free-range and pasture pigs to the pigs every family reared at home over the year as a key part of their diet to the *cochinillo*, *tostón*, or *cría lechal* suckling pigs used in the most important celebrations and events, pork has always had a prominent place on the table.

Nowadays, *cochinillo* roast suckling pigs are the culinary

Traditional Segovia *cochinillo* roast suckling pig.

centrepiece in Segovia. They are joined by *tostón de Arévalo* roast suckling pigs of Arévalo in Ávila, Zamora chorizo sausage, *torrezno* bacon in Soria, which all boast a Quality Label.

Practically the whole pig is used, which makes for a large and varied selection of dishes. The one aspect, however, that truly makes this animal famous is the products from traditional slaughtering. This is a deep-rooted tradition that can still be witnessed in various towns in the Autonomous Community. Truly a celebration of culture and cuisine.



IBERIAN SUCCESS

Ham from the Guijuelo P.D.O., Salamanca, Iberian pigs accounts for more than 50% of the Iberian ham sold in Spain.

Products
of Castilla
y León

The cuisine of Castilla y León is enjoying a golden age in the high professional standing of its chefs, the excellence and diversity of its produce, and its rich culinary heritage.

The nine provinces that make up this Autonomous Community are united by tastes and recipes, whilst also having distinct culinary identities. We are going to explore Castilla y León through its cooking.



DOVECOTES IN TIERRA DE CAMPOS

This unique type of building, designed for rearing pigeons, led to recipes using squab. A delicious bird that is served as a stew or marinated dish.

PIG SLAUGHTER: STAYING FAITHFUL TO TRADITION

Castilla y León holds events all over the Autonomous Community to celebrate this tradition. An eagerly anticipated event where families and communities come together to prepare "mondongos" (tripe).

LECHAZO, A SYMBOL OF THE AUTONOMOUS COMMUNITY

The *lechazo* or suckling lamb is roasted in a wood-fired oven or grilled over vines and is a symbol and tourist attraction in several provinces of Castilla y León.

POULTRY



Poultry has played an important role in household finances and has been used to create a great deal of dishes, some of which are widely known, such as *gallo turesilano* in Tordesillas, Valladolid, and *gallina en pepitoria*.

Duck products are also important, both those that are tied to culinary tradition in our cooking, such as the roasted *parro* ducks in Segovia and other traditional dishes linked to hunting in this Autonomous Community, and in the farming and making of such products in the provinces of Palencia and Soria.

GOAT



This meat has long been eaten in Castilla y León. Kid roasted in a wood-fired oven is a widely loved dish.

The traditional recipe for *cecina de chivo entrecallada de Vegacervera* (stewed cured goat ham) lives in León.

BEEF



Castilla y León is the biggest cattle farming Autonomous Community in Spain and has a variety of identified cow breeds.

These indigenous breeds include the Morucha, the Avileña Negra Ibérica, the Sayaguesa, the Alistana-Sanabresa, or the Monchina. Our land is also a traditional place for the breeding of ox that yield highly-regarded, juicy red meat.

MUTTON



Castilla y León is the second largest producer of sheep meat and the largest producer of sheep's milk in Spain.

The region has several indigenous breeds such as the Churra, the Ojalada, and the Castellana. There are also large numbers of Merina and, particularly, Assaf sheep breed. Sheep have a special role in the local cuisine due to the famous *lechazos* suckling lambs.

GAME



Hunting birds and big and small game has always been widespread and that can be seen in the dishes of the Autonomous Community.

Game dishes are to be found in many of our restaurants, especially during food fairs.



Sheep's milk cheese

SALT AND FRESH-WATER FISH



Despite its location far from the coast, fish has a prominent place in the cuisine of Castilla y León.

The rivers that cross the territory have allowed for the fishing and eating of freshwater species. Trout, specifically, has its own hugely important event, the León International Trout Week, which is officially recognised as a Regional Tourist Attraction. Crabs, in turn, also have a food festival dedicated to them in the town of Herrera de Pisuergra in Palencia.

Crab stew



CHEESE AND DAIRY



Castilla y León is the community of Spain that produces the most sheep's milk, accounting for 66% of the total.

The Autonomous Community is the leading producer of sheep's milk cheese in the country. They are classed under the Queso Zamorano Protected Designation of Origin, the Queso de Valdeón blue cheese P.G.I (Protected Geographical Indication), the *Queso Arribes de Salamanca* Quality Label, the Queso Castellano Quality Label (in the process of becoming a P.G.I) and the Queso de los Beyos P.G.I.

Cheese for all palates

We have a long list of cheeses in Castilla y León. Queso de Burgos (soft-fresh), zamorano, Valdeón, los Beyos cheese, goat cheese...



Wild boar dish.



A LAND OF SOUPS AND STEWS

Castilla y León is home to some culinary icons such as Sanabria broad beans, red beans from Ibeas de Juarros, La Armuña lentils, and pardina lentils' from Tierra de Campos.



LEGUMES, FRUIT AND VEGETABLES



Castilla y León boasts some of the most famous legumes in all of Spain. Some of the finest, which have their own P.G.I, are lentils from La Armuña, the pardina lentil from Tierra de Campos, and the lentils from Tierra de Campos in Zamora, beans from El Barco de Ávila, and beans from La Bañeza, León, chickpeas from Fuentesauco, and the Quality Label for chickpeas from Pedrosillo and Judión beans from La Granja.

Growing fruit has been and continues to be an important industry. To give just a few examples, we can mention cherries and Reinette apples from

Caderechas valley and conference pears from El Bierzo, oranges from Arribes del Duero, pears from Toro, and chestnuts from El Bierzo and Aliste, Zamora. We can highlight nuts such as walnuts and almonds and Pedrajas de San Esteban pine nuts that are gathered from the forests.

Some of these products are included in the Castilla y León Organic Farming Denomination of Origin whilst others, such as Medina lettuce, Reinette apples from El Bierzo and Caderechas, and roast peppers from Fresno-Benavente and El Bierzo, have been awarded quality labels.

Irrigated farmland is also a significant source of crops, such as in Carracillo (Segovia), Tudela (Valladolid), and el Pimiento (Zamora, León, Ávila, Palencia).

Chickpea stew.



Freshly picked mushrooms

MUSHROOM CULTURE



Regulated mushroom growing areas, defined as groupings of hillsides featuring similar regulatory features, governed by 12 managing bodies have been set up in over 1,000 areas, covering almost 50% of the total area of Castilla y León.

The abundance of mushrooms in the territory and the launching of innovative schemes in recent years, such as growing black truffles in Soria and other locations in Castilla y León, has given rise to a mushroom tourism scene that is one of a kind in Spain. There are roughly 1,500 documented species, of which more than 50 are highly prized in cooking.

The Setas de Castilla y León Quality Label covers a part of these mushroom-related practices, which ensures that the mushrooms have been picked by experts and examined by health inspectors.

The Department of Culture and Tourism holds three major events: the Jornadas Gastronómicas Buscasetas (Culinary Mushroom-Hunter Fair), the Soria Gastronomy International Mycology Conference, and the International Cooking with Truffles Contest.

BAKING AND BREAD



The Food and Beverages Catalogue of Castilla y León contains over 90 entries for bread, doughnut, cakes, and confectionery, including: *bollo maimón* sponge cake, *brazo de San Lorenzo* roll cake, *Ciegas de Íscar* round buns, *costrada de Soria* pastries, *florones* flower shaped fried puff pastries, butter-based spongy *mantecada de Astorga* muffins, *mantecados de Portillo* shortbread covered with a layer of sugar, *perrunillas* biscuits, *petite rosquillas de Ledesma* doughnuts, *pan sobao*, round-shaped *candeal* bread, *socorrino de Cervera* puff pastries, *ponche segoviano* marzipan cake, and rich *yemas de Ávila* pastries.

There is a long tradition of breadmaking with varieties such as *hogaza* loaves from León, round *lechuguino* candeal bread from Valladolid, and *cantero* "crusty" bread. Other types of bread include *torta de Aranda* bread, which carries a quality label and is associated with roast suckling lambs, some stuffed breads such as the *hornazo* from Salamanca (QL), and traditional flour from Zamora, a unique flour used in bread making and baking which also bears a Quality Label.

LAND OF MUSHROOMS

Castilla y León has one of the largest forest coverings in Europe and is leader in mushroom production. There are roughly 1,500 documented species, 50 of which are highly prized in cooking.



Cañas zamoranas are a typical dessert in Zamora province.

WINE TOURISM AND CUISINE

A land of contrasts

NITROGEN
AND STEW

Castilla y León can be proud of its high-quality cuisine. The nine provinces of the Autonomous Community are home to great chefs.

Using high-quality ingredients, pleasure is made to excite the senses. Even the most remote villages make an appearance in the Repsol Guide or Michelin Guide.

MUCH MORE THAN
DECONSTRUCTION

Avant-garde cooking is not solely a matter of deconstruction, it is also about fully exploring flavours. Chefs in Castilla y León make use of a deep knowledge of the produce in their work.

INNOVATION
AND COOKING

Spain boasts unrivalled food and Castilla y León in particular supports the production of a wide range of products that is used by leading chefs to create innovative dishes.

Magnificent legumes, fresh meat, and sumptuous wines are cooked over a low heat to form deconstructions bursting with flavour or in tandem with the effect of liquid nitrogen.

The nine provinces' kitchens are full of talent. That is why, eating has become more than simply ingesting ingredients

in recent years, it is also about enjoying a tasting, visiting the heart of a winery, and enjoying a meal which makes use of all the senses. This explains the great variety in restaurants, gastrobars, market shops, cocktail bars, and so on. They have all created a sensory experience based on food and drink. Visitors will find as many dishes as there are places in the territory, which is a mark of the professionalism of the culinary sector.

Chefs in Castilla y León have made their trade a byword of expertise. The work of a chef turns classic ingredients into unforgettable dishes. Creativity is part of their process in producing astounding

dishes for those who come to see this new art that is so admired in many other countries.

The great extent of flavours bloom into Michelin Stars. In 2019, more than a dozen were to be found in the provinces of Burgos, Zamora, León, Soria, Valladolid, Salamanca, and Segovia. Most of them were located in places beyond the capital, which goes to show that great things can be achieved in small places. They all make the very most of the cultural, natural, and historical riches of their local area to create internationally renowned dishes.

They continue to bring fresh ideas to the food world in the search for a modern vision of high-quality products and in the effort

to make pleasure permanently exciting for the senses.

From avant-garde
cuisine to
traditional
recipes

The movement for innovation and avant-garde practices in cooking can trace its roots back to the 80s when renowned chefs managed to steer cuisine towards the pleasure of a good meal and finely-crafted creations. Various groups of inquisitive chefs carry out workshops, field work, and visits to the places where high-quality ingredients are produced. They do so to gain knowledge of how they are used so as to work hand in hand with traditional cooking to open it up to new flavours and techniques.

AN EXTRA REASON

Alongside all the monuments and natural beauty, the cuisine is a fantastic reason to choose Castilla y León as a place to visit. The meeting of traditional cooking with the most avant-garde dishes grants the Community a wide range of options.

QUALITY-ASSURED PRODUCE

Many food products hold a Protected Geographic Indication. This and other quality labels, as well as the denominations of origin for vineyards, assures the quality of the ingredients used in unforgettable dishes.



Boletus Edulis

TRADITION ON THE PLATE



Preserving traditional flavours and using local Castilla y León products is a goal that the Autonomous Community is fully dedicated to. This is one of the qualities that best define typical dishes from Castilla y León: staying faithful to the recipes that have been passed down from one generation to the next on how to savour Iberian products, cook meat, or pair good wines.

Roast dishes are the most emblematic dish in the Community's cooking but certainly not the only one. There are also other dishes with legumes, vegetables, and pastries that give Castilla y León cooking its personality and conjure up images of grandmothers from small villages, who managed to produce flavoursome dishes even when they did not have much to use.

Visitors on the Pilgrims's Way to Santiago can get a true feeling of the roots of the Community when they choose to eat traditional dishes. They get a taste of slow-cooked history when they do. Families, groups of friends, and visitors can dive into traditional

cuisine in the food fairs that are held for lamb, pork, game, mushrooms, and even trout. The many types of stews make the very most of all the available ingredients, even using the most simple items. Literature has often portrayed the Community's cuisine, as in the *Cantar de mio Cid* epic, which demonstrates the virtues of Castilla y León's food.

A small selection of the most representative dishes from the various provinces of Castilla y León showcases the traditional techniques and products used.

Ávila



PATATAS REVOLCONAS

INGREDIENTS (SERVES 4)

- 700g potatoes
- 180g pork belly
- 3 tbsp olive oil
- 2 cloves chopped garlic
- 1 tbsp medium hot paprika
- 1/4 glass white wine Torrezno
- bacon cut to taste

METHOD

Boil the potatoes and peel. Heat the oil and fry the garlic over a medium heat until golden. Add the paprika and sauté quickly whilst adding the white wine and some of the water from the boiled potatoes. Add the potatoes and use a fork to mash into a thick pure. Add salt to taste and serve in four plates. Fry the *torrezno* bacon and place on top. Optional: A fried egg and very finely cut raw onion can be added on top.



TOSTÓN ASADO DE ARÉVALO

INGREDIENTS (SERVES 4)

- 1 approximately 3.8kg Arévalo suckling pig
- Water and salt.

METHOD

Place the suckling pig in a clay casserole dish with the skin downwards and season with salt only. Roast in a pre-heated oven at a medium heat for approximately an hour and a half in a casserole dish with a little water in the bottom (a piece of wood is normally placed between the dish and the suckling pig to prevent the skin from sticking). Turn over and finish roasting at a slightly higher temperature for forty minutes. Slice and serve with a little of the cooking juices. In Arévalo the suckling pig is traditionally roasted in a wood-fired oven.



YEMAS DE SANTA TERESA

INGREDIENTS (SERVES 4)

- 8 egg yolks
- 200g sugar
- Lemon juice
- Rind of half a lemon.

METHOD

First separate the yolks from the whites. In 10 tablespoons of water cook over a low heat the sugar and lemon rind to make a syrup. Make sure to stir throughout. Next, mix and beat the yolks with the syrupy sugar, then add the lemon juice and cook over a low heat. Do not allow to boil so that the yolks do not set. The dough should rest for 24 hours on a cold plate. Next, use the dough to make thick laces, dust with sugar, and cut into pieces to shape into a ball with your hands. To finish, place into white paper cups and the sugar can be caramelised using an element or hot iron.

Botillo de Bembibre cured meat



Burgos



OLLA PODRIDA

INGREDIENTS (SERVES 4)

OLLA PODRIDA

300g pinto beans.
1 pig's trotter.
50g bacon
1 chorizo sausage.
1 small *Morcilla de Burgos* blood sausage.
Water, paprika, and salt.

STUFFING

2 eggs
1/4 tbsp chopped parsley
1 clove, chopped garlic.
Breadcrumbs.
Olive oil and salt.

METHOD

OLLA PODRIDA

Leave the beans to soak in cold water overnight. Change the water and boil with the pig's trotter, bacon, and chorizo. Cook for 2 hours over a low heat (until they are soft). Once cooked, add the paprika. Slice the *morcilla* sausage, coat in flour, fry in a little oil, and add to the beans.

STUFFING

Beat the eggs and add the parsley, garlic, and breadcrumbs. Make a light dough and fry like an omelette. Cut into chunks. To finish, add the chunks of stuffing to the beans and cook it all over a low heat for 10 minutes.



BACALAO A LA BURGALESA

INGREDIENTS (SERVES 4)

800g unsalted cod
2 onions
2 red peppers
1 clove garlic
3 tbsp olive oil
Salt

METHOD

Cut the onions and peppers into thin slices. Heat the oil and add the previously sliced garlic. Fry. Next add the onion and pepper, lightly fry for fifteen minutes and season. Place half into a clay casserole dish. Place the four equally sliced pieces of cod on top and cover with the remaining peppers and onions. Put the casserole dish in a pre-heated oven and cook at a medium heat for roughly twenty minutes.



POSTRE DEL ABUELO

INGREDIENTS (SERVES 4)

400g Fresh Burgos cheese
8 tbsp honey
4 tbsp shelled walnuts.

METHOD

Slice the cheese into four portions, drizzle over honey, and place the nuts on top.



SOPAS DE TRUCHA DEL ÓRBIGO

INGREDIENTS (SERVES 4)

2 medium-sized trout.
Stale *hogaza* bread.
4-5 tbsp Virgin olive oil 1/2 onion, salt, garlic, paprika, and vinegar.

METHOD

Boil one litre of water in a pot, add diced onion and a little of the olive oil. When the water comes to the boil, add the trout cut into two or three chunks. Whilst the trout is cooking (it doesn't take long), crush a clove of garlic with salt and half a tablespoon of paprika in a mortar. Bring it all together with a splash of olive oil and a little bit of the broth from the trout. Add this mixture to the rest of the broth. In a clay casserole dish, place the thinly sliced bread (approx. 400g). When the trout is cooked and after tasting for salt, remove the chunks of the fish and place them on top of the bread before pouring over the broth. To bring out the flavour of the trout, you can also make a sauce in the mortar using oil, a little vinegar and paprika that you can spread on top of the pieces of trout. You can also add a little bit of hot paprika separately.



CECINA DE CHIVO ENTRECALLADA DE VEGACERVERA

INGREDIENTS (SERVES 4)

500g cecina smoked goat ham
100g smoked goat chorizo sausage. Lettuce, tomato, olive oil, vinegar, and salt.

METHOD

Soak the *cecina* ham and chorizo in water for 12 hours. Drain the water. Place into a pressure cooker and add enough water to just cover. Cook for an hour. Once cooked serve the chopped meat with the chorizo and a little of the broth. Serve with a lettuce and tomato salad, dressed to taste with olive oil, vinegar, and salt.



TARTA DE SAN MARCOS

INGREDIENTS (SERVES 4 -6)

SPONGE

3 eggs and an equal weight of sugar. The weight of 2 eggs in flour. 100g butter and extra for spreading on the cake tin.
2 tbsp flour to dust the cake tin. Pinch of salt.

FILLING

3 eggs and an equal weight in sugar.
Cream.

METHOD

SPONGE

Separate the yolks from the whites and place in a bowl with a pinch of salt, beat to stiff peaks. After beating add the yolks and then the sugar. Stir continuously for ten minutes, then add the flour a spoonful at a time and then the melted butter at the end. Put in a round tin oiled with butter and dusted in flour. Bake at a low heat for 45 min. Fill to taste.

ASSEMBLY

Cut into two halves, spread over the cream, and bring back together. Spread lightly with the rest of the cream and decorate the base. In a pot, heat the sugar with some spoonfuls of water. When it starts to boil, add half a glass of water and make the syrup. When warm, mix in the yolks slowly until you have an even mixture. Remove from the heat and decorate with cream.

León

Palencia



MENESTRA PALENTINA

INGREDIENTS (SERVES 4)

1kg seasonal vegetables: artichokes, peas, asparagus, peppers, carrots, cauliflower, cabbage, and others according to season.

1 chopped onion
2 cloves chopped garlic.
3 tbsp flour.
1 egg.
1 glass white wine.
1/4 litre vegetable stock.
Ham cut into cubes 50g Olive Oil.
3 tbsp. chopped parsley. 1 tbsp salt.

METHOD

Boil the selected vegetables in plenty of salted water. Do so individually as each vegetable has a different cooking time. For the artichokes, boil in a separate pot with a little lemon, as the water cannot be used for the other vegetables. (This means we'll be cooking the other vegetables individually without changing the water). In a separate pot, heat the oil and fry the garlic until semi golden. Next, add the onion and sauté over a low heat for 15 minutes. Add the ham and sauté. Add the white wine, water from the vegetables, and bring to the boil. Add the vegetables. Make sure to coat some of them (such as the artichokes) in flour and egg prior to adding. Add the parsley and simmer for five minutes.



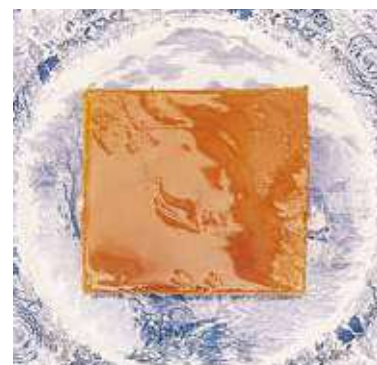
GUISO DE CANGREJOS

INGREDIENTS (SERVES 4)

800g freshwater crab.
1 red pepper.
1 onion.
2 cloves chopped garlic.
Pinch of *guindilla* chilli (optional).
1 glass of Rueda white wine.
1/2 glass cognac.
1/2 tbsp chopped parsley. 2 tbsp olive oil.
Salt.

METHOD

Heat the oil and add the sliced garlic, onion, and diced pepper, sauté over a low heat for ten minutes and season. Add the crab and stir fry for five minutes. Add the white wine and brandy and cook over a low heat for ten minutes. Add the chopped parsley.



TOCINILLO DE CIELO DE VILLOLDO

INGREDIENTS

10 egg yolks.
250g sugar
Water.

METHOD

In a pot, heat the sugar with a few spoonfuls of water (enough to melt the sugar and make a syrup). Bring to the boil over a medium heat. When it starts to boil, add half a glass of water and bring the syrup to thin thread. Remove from the heat and leave to cool. When the syrup is warm (not hot), slowly mix it with the egg yolks and stir to a smooth mixture. Cook in some moulds coated in the syrup in a bain-marie, or even better in the oven. Make sure that the *tocinillos* are always covered so steam does not penetrate. For small moulds cook for 25 to 30 minutes. Larger moulds will take longer. When ready, check they are cooked by piercing with a knitting needle which should be clean when removed. When they have cooled a little, remove from the moulds and place in small paper baking cups or on a tray. It is important that the syrup is only slightly warm when added to the yolks. Otherwise, the egg may set quickly due to the sudden change in temperature.



HORNAZO

INGREDIENTS

DOUGH

500g flour.
3 tbsp. lard
50ml white wine.
75ml: water.
Salt and pepper.

FILLING

4 fresh pork loin fillets. 2 eggs.
4 slices Serrano ham.
8 slices Ibérico chorizo sausage from Salamanca.
Enough olive oil to cover base of pan.
1 beaten egg. Salt and pepper.

METHOD

Heat the lard. Make a mound of flour with the salt and add the lard, water, and wine. Knead until the dough is shiny and does not stick to your hands. Leave to rest for 20 minutes. Fry the pork loin in the oil and add salt and pepper. Boil, peel, and slice the eggs. Pre-heat the oven to 180 °C. Split the dough into four parts and then divide those into two again. Roll out half of the dough parts and fill with the loin, a slice of ham, 2 slices of chorizo, and half a boiled egg. Place the remaining parts of dough on top to complete the *hornazos*, lay on a baking tray, and brush with the beaten egg. Bake for 30 to 40 minutes. Remove from the oven, leave to cool, and serve.



CABRITO CUCHIFRITO

INGREDIENTS

1kg kid.
4 cloves garlic.
2 bay leaves.
1 small glass white wine.
Sweet paprika.
Thyme.
1 boiled egg.
Potatoes.
Oil and salt.

METHOD

Cut the kid into small pieces and salt, add a dash of oil, thyme, a teaspoon of paprika, and a glass of white wine. Leave to marinade for 2 hours. In a pan with lots of oil, fry the pieces until golden with the chopped garlic, 2 bay leaves, a little paprika, and thyme. Add a glass of white wine, turn up the heat, and reduce for 10 minutes with a lid on the pan. Serve with slices of boiled or fried potatoes and a hard-boiled egg.



BOLLO MAIMÓN

INGREDIENTS (SERVES 4)

4 eggs.
150g starch flour.
100g sugar.
1 tbsp spirit. Grated rind of 1 lemon. 2 tbsp icing sugar.

METHOD

Whisk the eggs and sugar, spirit, and grated lemon rind. Beat until the mixture is bubbly and cloudy. Slowly add the flour until well mixed in. Pour the mixture into a cake ring with a hole in the centre. Make sure to coat the tin with butter beforehand. Put the tin in the oven at 180°C and bake for 25 minutes until the sponge is dark golden. Cover with icing sugar. Leave to cool and remove from the tin.

Segovia



JUDIONES ESTOFADOS

INGREDIENTS (SERVES 4)

300g La Granja beans.
1 pig's ear.
1/2 pig's trotter.
50g bacon.
1 small piece of ham hock.
50g pork ribs.
4 tbsp olive oil.
1/4 chopped green pepper.
1/4 chopped red pepper.
1/2 chopped onion
2 cloves chopped garlic.
1 bay leaf.
1 tsp sweet paprika.
Salt.

METHOD

Soak the beans in cold water overnight. The following day, drain and put into a casserole dish with water and all the unsliced meat. Add the bay and cook over a low heat for approximately 2 hours (until they are soft). Heat the oil in a pan and fry the garlic. When it is almost golden add the onion and peppers and sauté over a low heat until they are ready. Add the paprika, sauté and pour the mixture into the casserole dish with the already cooked beans. Boil for a few minutes. Serve in soup bowls.



COCHINILLO DE SEGOVIA

INGREDIENTS (SERVES 4)

4-4.5kg suckling pig (cleaned).
100g lard
Water and salt.

METHOD

Using a knife (a cleaver or a large knife), make a cut longways down the spine of the suckling pig (inside). Season. Place in a clay casserole dish with the skin downwards, lay some laurel branches below the suckling pig (to prevent it touching the dish), and add water to the depth of one finger. Pre-heat the oven to 180°C. Roast the suckling pig for an hour, after which remove it and turn it over (skin facing upwards), pierce to prevent air bubbles forming, and coat in lard using a brush. Put back in the oven for 45 minutes approximately, after which the suckling pig will have a nice even golden colour and crispy skin. Add salt to taste to the cooking juices. To make sure we can carve the suckling pig with the edge of a plate the skin must turn out crispy.



PONCHE SEGOVIANO

INGREDIENTS

SPONGE

75g flour (preferably biscuit flour).
3 eggs.
30g sugar.
A little water can be added to help with the mixture.

FILLING

1/2 litre of milk.
50g sugar.
50g flour (preferably corn flour).
3 egg yolks.

METHOD

SPONGE

Beat the eggs then add the sugar and flour. Put the dough on a flat baking tray and bake for 10 minutes at 160°C. Make sure to pre-heat the oven.

FILLING

Heat and stir constantly the milk and lemon peel until thickened. In a bowl, beat the egg yolks with the sugar and flour. Add the milk.

ASSEMBLY

Cut the sponge into rectangles. Place one layer of sponge, previously soaked in syrup (sugar and water) then a layer of custard dusted with a little cinnamon. Repeat the process.

Soria



MIGAS PASTORILES

INGREDIENTS (SERVES 4)

300g breadcrumbs.
2 cloves chopped garlic.
4 tbsp olive oil. 1/2 tsp sweet paprika. 1/2 tsp chopped parsley.
60g chorizo sausage cut into cubes.
50g pork belly.
1/2 glass water.
Salt.

METHOD

Heat the oil and fry the garlic with the pork belly and chorizo for five minutes. Add the paprika and sauté. Next add the breadcrumbs, parsley, and water. Stir thoroughly to mix and soak up all the flavours. Keep stirring until the water has evaporated. The breadcrumbs can also be soaked in water before adding them to the pan.



GUISO DE CARACOLES

INGREDIENTS

1/2kg snails.
100g chorizo sausage.
100g ham with bacon.
40g flour or corn flour.
2 medium onions,
4 cloves garlic.
200g Tomato for frying.
1 tsp sweet paprika.
1/2 guindilla chilli (to taste).
Oregano.
Sprig of parsley.
3 tbsp Olive oil.
50ml white wine.
75ml vinegar.
Salt.

METHOD

Wash the snails thoroughly in salt and vinegar. Once clean, boil over a low heat to separate the meat from the shell. Next turn up the heat, throw away the water and drain well. Lightly fry the onion. Mash the garlic, parsley, paprika, oregano in a mortar with a little olive oil. Use a teaspoon to slowly add the mixture to the fried onions. Add the tomato and sauté everything together. In a casserole dish with a little oil place the finely chopped chorizo and ham, add the **guindilla** chilli if desired, sauté a little (remove the **guindilla**) and add the snails and sauce with a glass of white wine. Simmer gently to mix the flavours together and add a little bit of water to stop the sauce thickening too much.



TARTA COSTRADA

INGREDIENTS (SERVES 4)

500g puff pastry.
600g whipped cream.
50g icing sugar.

METHOD

Cut the puff pastry into a rectangle and lay on a baking tray coated in butter. Put in an oven pre-heated to a medium heat for approximately fifteen minutes (the dough has to rise and cook through). Remove from the oven and fill with whipped cream when cold. Dust with icing sugar.

Valladolid



TRADITIONAL SOPA CASTELLANA WITH VALLADOLID BREAD

INGREDIENTS

A good chicken stock.
Sliced garlic.
Cubes of ham.
1 tbsp olive oil Sliced Valladolid bread. Eggs.
Paprika.

METHOD

In a clay casserole dish, add the oil, garlic, and ham. When the garlic starts to turn golden, add the stock and slices of bread. When the bread is soaked through, add the eggs and stir or serve into individual clay casserole dishes and poach an egg on each one. You can also add beaten egg and finish in the oven, which would make for what is called a *sopa castellana costrada*. There are many different versions of this soup in the counties of Castilla y León. Some replace the ham with chorizo, or the chicken stock with *morcilla* blood sausage broth (known as *calducho*) or use tomato.



LEHAZO ASADO

INGREDIENTS

1/4 suckling lamb.
Lard.
Water and salt.

METHOD

Put the pre-seasoned suckling lamb coated in butter on a clay plate with the insides facing up. You can put something under, such as a dessert plate or chopping board, so it doesn't get too wet when you add the water and doesn't dry out. However, whatever you use cannot be too thick so that the suckling lamb can cook. Roast in a pre-heated oven for an hour at 180°C. After, turn the suckling lamb over and leave the skin facing up for another 45-50 minutes until it is cooked as desired and the skin looks golden and crispy. Make sure there is always water left in the bottom. The second stage may be a little longer depending on the size of the suckling lamb you use in this recipe. To specify, suckling lamb is said to be ideally cooked when the meat comes off the bone very easily but is still juicy. The perfect side is a simple lettuce and onion salad dressed with a good vinegar.



TORRIJA WITH VALLADOLID BREAD

INGREDIENTS (SERVES 4)

Valladolid bread (Quality Label).
4 servings (300g approximately).
1/2 litre of milk.
3 tbsp sugar.
1/2 vanilla pod.
Peel of 1/2 orange.
2 eggs.
1 glass vegetable oil. 6 tbsp honey.

METHOD

Bring the milk to a boil with the sugar, vanilla, and orange peel. Turn off the heat and set aside for thirty minutes. After boiling, remove the vanilla and orange peel and soak the slices of bread for a few minutes on each side. Heat the oil and coat the bread in egg. Press and fry on both sides until golden. Lay the *torrijas* on a tray and top with honey. Another option is to mix a little sugar and ground cinnamon to dust over the *torrijas*.

Zamora



ARROZ A LA ZAMORANA

INGREDIENTS

1 onion.
200g pork picadillo. 1 pig's ear and snout.
100g ham.
6 tbsp lard or oil.
500g rice.
Parsley
Oregano.
Thyme.
Villalpando sweet paprika.
3 cloves Zamora garlic.
Fin strips of bacon to top.

METHOD

Clean the ear and snout thoroughly and cut into small pieces. In a casserole dish, melt the lard and sauté the onion, garlic, parsley, oregano, and thyme. Next add the ear and snout picadillo, cover with lots of water, and leave to cook until soft. In a paella pan with a little oil, sauté the rice with the pig meat and the ham. Add a little paprika and then add it all to the boiling mix in the casserole dish. If you need more broth, add as much water as required. When it's just about ready, remove from the heat and cover with the strips of bacon or pork belly. Turn on the grill in advance and when it is ready, place the paella pan under it to crisp up the bacon. Remove and it is ready to serve.



RABO DE TERNERA DE ALISTE

INGREDIENTS (SERVES 4)

1.5kg Aliste veal tail.
1 litre beef stock.
2 cloves chopped garlic.
1 chopped onion.
1 carrot.
1/2 chopped red and 1/2 chopped green pepper.
1 bay leaf.
1 glass red wine.
3 tbsp olive oil. 1 glass brandy.
1/2 crushed *guindilla* chilli. Salt and pepper.

METHOD

Heat the oil, add the chopped tail, add salt and pepper and sauté over a low heat for 10 minutes whilst stirring constantly. Add all the chopped vegetables and continue to sauté for another fifteen minutes stirring occasionally. Add the *guindilla* chilli and the red wine and sauté for five minutes, add the beef stock (or water if not available), and simmer over a low heat for approximately an hour until the meat is soft when you poke it with a fork.



CAÑAS ZAMORANAS

INGREDIENTS

DOUGH

1 small glass of white wine,
1 glass of oil, and 1 glass of water.
Flour (whichever is most absorbent).
Mild oil for frying. Icing sugar.

FILLING

1 litre of milk.
Rind of 1 lemon.
3 egg yolks.
10 tbsp sugar. 4 tbsp corn flour. 30-40g approx. butter.

METHOD

DOUGH

Prepare the dough in a mixing bowl by mixing the oil, wine, and water and beating to a creamy, even texture. Slowly add the flour until the dough forms. Shape the dough into a ball and rest for 1 hour. Lay out on a floured surface, cut into big enough strips, roll up, and fry. Fill with cream after frying.

FILLING

In a pot, bring to the boil 750ml of milk with the lemon rind. In a separate bowl, mix the remaining milk with the egg yolks and corn flour. Stir until you have a smooth cream. Add to the milk and stir for 3 or 4 minutes making sure the milk does not boil. Remove from the heat, add the butter, stir to thin and get the final cream.

Hectares of tradition

SURROUNDED
BY WINES AND
VINEYARDS

For both wine lovers and those just discovering it and for tourists travelling between the towns of Castilla y León, wines and vineyards make an excellent excuse to discover the deep-rooted thousand year old culture in the Autonomous Community.

A MILLENNARY TRADITION

A love of winegrowing is not new in Castilla y León. There is evidence for it in pre-Roman times in what is now the lands of the Ribera del Duero D.O.


WINE-PRODUCING
POWERHOUSE 

Castilla y León has an area of 80,000 hectares under vine (6% of the total in Spain). It is the fourth largest Autonomous Community in land used for growing grapes and is home to over 600 wineries that are booming thanks to the determination of 18,500 producers to create unique wines.

The Autonomous Community is home to 17 denominations of origin, of which three are in the Vino de Pago category and a further one, the Vino de la Tierra de Castilla y León Protected Geographical Indication, is a quality label for wine from the whole area.

The land of Castilla y León is one big agricultural area dotted with vineyards, mostly around the river basin of the main river, the Duero, which are responsible for some of the world's most famous wines.

The oldest traces of viticulture and winemaking are linked to pre-Roman times, specifically the Celtic cultures in the Duero basin, as demonstrated by the grave goods found at the Vaccaei site of Pintia in the province of Valladolid.

DENOMINATION
OF ORIGIN
D.O. 

RIBERA DEL DUERO D.O.

Red wines from Ribera del Duero have fashioned their own style. This is no chance result.

The tempranillo grape variety, the soil, and the climate, as well as great winemaking expertise, have earned these reds linked to the river Duero a place amongst the most prized and sought after wines in the world.

RUEDA D.O.

The Rueda Denomination of Origin is held to be one of the foremost white wine counties in Spain and the world, although red

Vines of a variety of red grape in the province of Salamanca.

and rosé wine are also produced and promoted there. Rueda is associated with its own white wine grape variety, the verdejo.

CIGALES D.O.

A journey into the Cigales Denomination of Origin gives you the chance to enjoy its wine and culture. This area has more than 1,200 underground wine cellars, where wine is still aged and stored. Old vineyards shaped by the Cerrato county, the nearby Montes Torozos mountains, and the river Pisuerga make for a landscape perfectly suited to relaxing and taking in the beautiful scenery.

Cigales is a land of rosés and reds brimming with freshness, aromas, and structure using the tempranillo variety and others such as garnacha and verdejo.

AN EXTRA REASON

Alongside all the monuments and natural beauty, food and wine are fantastic reasons to choose Castilla y León as a place to visit. The meeting of traditional cooking with the most avant-garde dishes, washed down with unbeatable red, rosé, and white wines, makes for a wide range of options.

Wines and
denominations
of origin 

Castilla y León is a land of wine. Ribera del Duero is one of the most internationally renowned Spanish red wine areas. White wine from Rueda enjoys a similar reputation. Reds from Toro also have a global standing. Cigales dazzles with its rosés and Bierzo has an outstanding collection of red menciá wines. Arlanza, Arribes, León, Sierra de Salamanca, Tierra del Vino de Zamora, Valtiendas, Cebreros and Valles de Benavente are the other names in the cast of unique wines from the Autonomous Community.



WHITE WINES

The Rueda D.O. is one of the world's leading white wine areas with wine made from verdejo and sauvignon varieties.

BIERZO D.O.

Wine from Bierzo is typical of a great red variety, the mencia, which adds original, complex notes to the winemaking trade in Castilla y León in tremendously appealing products.

TORO D.O.

In recent years Toro has become another powerhouse of red wine in the Duero Medio area using its own variety, the tinta de Toro.

ARRIBES D.O.

The unique landscape of the Arribes, in the great Duero canyon, produces wine that is shaped by the character of some of its main varieties of red grapes: the Juan García and the rufete.

TIERRA DEL VINO DE ZAMORA D.O.

The Tierra del Vino de Zamora D.O. and its tinta del país (tempranillo) variety are known for making wine in a time-honoured way, in a territory that spreads across parts of the provinces of Zamora and Salamanca.

LEÓN D.O.

León D.O. is, like the others, a

multi-province denomination of origin that is mostly located in León and a little area in Valladolid. The main and most prominent variety is the native prieto picudo variety, which is used in fantastic red wines and especially in spectacular aromatic rosés.

ARLANZA D.O.

Arlanza spans areas of Palencia and Burgos, where red wines are made using mostly tempranillo.



Vineyards in Arribes del Duero.



Vineyards in El Bierzo. León.

DENOMINATION OF ORIGIN P.D.O.



Castilla y León is home to four other areas classed as **Vino de Calidad P.D.O: Valles de Benavente in Zamora, Valtiendas in Segovia, Sierra de Salamanca, and Cebreros in Ávila.**

Protected Denomination of Origin (P.D.O.) is the European Union quality label that brings together all the member countries under a single label. Nevertheless, each EU country has its own quality categories that are included under the P.D.O.

VINO DE PAGO



The Vino de Pago qualification is a type of Spanish Protected Denomination of Origin for wine, which ensures that all the grapes come from a single vineyard, estate, or rural location, with specific soil properties and a specific microclimate.

There are three Vinos de Pago in Castilla y León: Abadía de Retuerta, Heredad de Uruña, and Dehesa de Peñalba.

OTHER QUALITY LABELS



Castilla y León has such a wealth and diversity of winegrowing that we simply must mention other unique areas that are offering up their own interesting wines.

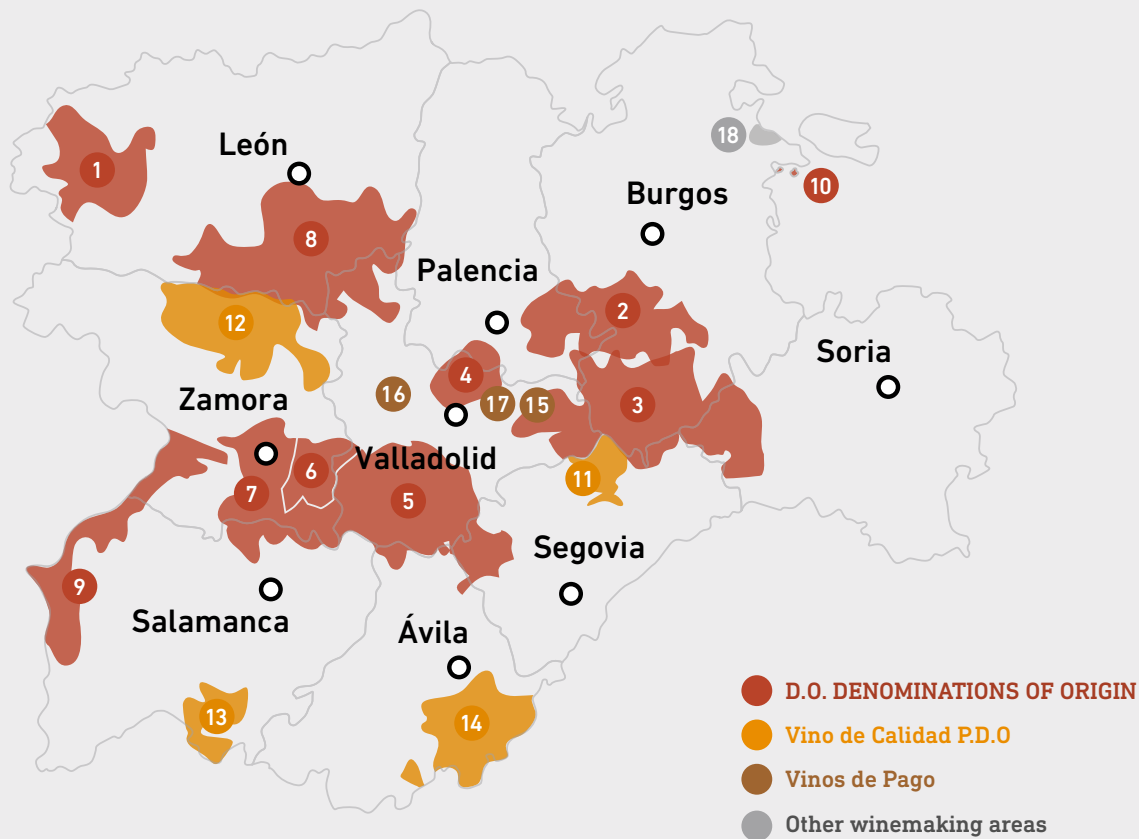
The areas that used to produce chacolí wine in the north of the province of Burgos are notable. The village of Ternerero is also in the province of Burgos and is included under the Rioja Denomination of Origin. The Autonomous Community also holds another quality label in the Vino de la Tierra de Castilla y León, which can be extended to all the vineyards in the region including all those who already have some other seal and those who do not.

LEADERS

Castilla y León holds a wonderful position on the Spanish winemaking map. The region boasts 17 denominations of origin that are globally recognised for their quality.

THE SECRET LIES IN THE SOIL

Protecting, tending, and highlighting the vines are essential tasks in ensuring that visitors can appreciate the importance of soil in producing wine and the beauty of the landscape. Vineyards change over the seasons to offer picturesque and striking sights.



- D.O. DENOMINATIONS OF ORIGIN
- Vino de Calidad P.D.O.
- Vinos de Pago
- Other winemaking areas

A UNIQUE WINEMAKING REGION

Castilla y León boasts 17 wine denominations of origin, which makes it a unique territory in Spain and Europe.

VINO DE LA TIERRA DE Castilla y León P.G.I (PROTECTED GEOGRAPHIC INDICATION)

Every province in Castilla y León. White, rosé, and red wines. Varieties: all the authorised and recommended varieties in the Autonomous Community.



11



12



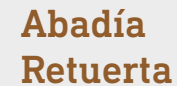
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17



18



DENOMINATIONS OF ORIGIN IN CASTILLA AND LEÓN



1. BIERZO D.O.

Varieties: mencia, doña blanca, godello (main), garnacha tintorera, malvasía, and palomino.
www.crdobierzo.es

2. ARLANZA D.O.

Varieties: tinta del país "tempranillo" (main), mencia, garnacha, cabernet sauvignon, albillo, and macabeo.
www.arlanza.org

3. RIBERA DEL DUERO D.O.

Varieties: tinta del país "tempranillo" (main), cabernet sauvignon, garnacha tinta, malbec, merlot, and albillo.
www.riberadelduero.es

4. CIGALES D.O.

Varieties: tempranillo, verdejo (main), cabernet sauvignon, shiraz, merlot, garnacha tinta and gris, sauvignon blanc, macabeo, and albillo mayor.
www.do-cigales.es

5. RUEDA D.O.

Varieties: verdejo, sauvignon blanc, tempranillo (main), macabeo, palomino, cabernet sauvignon, merlot, and garnacha.
www.doruada.com

6. TORO D.O.

Varieties: tinta de toro, malvasía (main), garnacha tinta, and verdejo.
www.dotoro.com

7. TIERRA DEL VINO DE ZAMORA D.O.

Varieties: tempranillo, malvasía, muscat and verdejo (main), garnacha, cabernet sauvignon, albillo, palomino y godello.
www.tierradelvino.net

8. LEÓN D.O.

Varieties: prieto picudo, mencia, verdejo, albarín blanco, and godello (main), tempranillo, garnacha tinta, malvasía, and palomino.
www.dotierradeleon.es

9. ARRIBES D.O.

Varieties: juan garcía, rufete, tempranillo, and malvasía (main), garnacha, bruñal, verdejo, and albillo.
www.doarribes.es

10. D.O. RIOJA

In Castilla y León, the province of Burgos, the municipality of Miranda de Ebro, the villages of Sajuela and Ternerero.
www.riojawine.com

WINES WITH PROTECTED DENOMINATION OF ORIGIN



11. VALTIENDAS (SEGOVIA)

Rosé and red wines. Varieties: tinta del país "tempranillo" (main), garnacha tinta, cabernet sauvignon, shiraz, merlot and, in white wine grapes, albillo.

12. VALLES DE BENAVENTE (ZAMORA)

Varieties: tempranillo, prieto picudo, mencia, malvasía, and verdejo (main), garnacha and cabernet sauvignon.
www.vallesdebenavente.org

13. SIERRA DE SALAMANCA

White, rosé, and red wines. Varieties: rufete (main), tempranillo, garnacha, muscat blanc à petits grains, and macabeo.
www.dosrierradesalamanca.es

14. CEBREROS (ÁVILA)

White, rosé, and red wines. Varieties: garnacha tinta and albillo real.
www.dopcebreros.com

VINOS DE PAGO



15. ABADÍA RETUERTA (VALLADOLID)

Located in the district of Sardón de Duero, this was the first vino de pago in Castilla y León. The varieties they use are tempranillo, cabernet sauvignon, shiraz, merlot, garnacha, graciano, malbec, cabernet franc, pinot noir, and petit verdot, gewürztraminer, riesling, godello, and verdejo.

16. HEREDAD DE URUEÑA (VALLADOLID)

This winery is located in the shadow of the walls of the Medieval town of Uruña. They grow tinta de Toro and tempranillo as well as Shiraz, Cabernet, and Merlot there.

17. DEHESA DE PEÑALBA (VALLADOLID)

The land of the P.D.O Dehesa Peñalba lies in the area of Villabañez (Valladolid). The authorised varieties there are Cabernet Sauvignon, Merlot Tempranillo, and Shiraz.

OTHER HISTORIC WINEMAKING AREAS



18. WINES HISTORICALLY MENTIONED

As chacolí in the northern part of Burgos.

WINE TOURISM AND CUISINE

Discover the land and the people

PAIRING CULTURE AND FLA- VOUR

Wine tourism, also known as enotourism, is a form of tourism that is constantly growing in Castilla y León due to the fact that the autonomous community boasts a diverse and increasing range of quality services.

STROLL THROUGH VINEYARDS

Castilla y León is home to over 600 registered wineries, of which more than 150 are open to the public. An opportunity to learn about the art of making good wine.

HIGH-QUALITY DESTINATIONS



Castilla y León is the Spanish Community with the greatest number of high-quality wine destinations. It boasts nine wine routes certified by ACEVIN (Spanish Association of Wine Cities) and backed by the Secretary of State for Tourism

There is also an international wine route between Arribes del Duero and the adjoining winemaking areas in Portugal, called Vindouero.

More information:
www.rutainternacionaldelvino.com.

WINE ROUTES



The rich winemaking landscape in Castilla y León offers different tours to delve into the areas where some of Spain's finest wines are made.

ARLANZA WINE ROUTE

This tour travels from the south of the city of Burgos to the east of Palencia, where the river it takes its name from flows through vineyards, forests of holm oak, oak, and Spanish juniper, wheat fields, and riverside habitats.

Vineyards nestled in the valleys of Arlanza, the Demanda mountains, and the plains of Cerrato, three rural counties that give the land of the Arlanza D.O. its unique landscape and natural features.

The winery districts are a symbol of the traditional wine-related architecture, the memory of a tradition that dates back to the 12th century. Wine cellars, dug into the ground where wine was made and stored to be drunk by the families who produced it, are nowadays places where families and friends come together. These traditional buildings have been joined by more modern, state-of-the-art wineries.



Wine tourism and wine routes

Wine as a culturally significant item. Wine tourism is well established in Castilla y León and there are many good reasons for it. The denominations of origin, historic wineries that have stayed true to their roots over the years, and the hard work of towns and their inhabitants in honouring the deep-rooted tradition of vineyards that have made them what they are today.

Santa María de la Vid Monastery.
La Vid y Barrios. Burgos.

AN EXTRA REASON

Excellent transport links, the close distance between wine routes, and the hospitality of the locals make Castilla y León a first class wine tourism destination.

San Pedro de Arlanza Monastery. Hortigüela. Burgos.





A MUST-SEE

The warm welcome from small-scale craftspeople and wine producers in their workshops and wineries makes for a memorable visit.

ARRIBES WINE ROUTE

Located between the provinces of Salamanca and Zamora, on the border with Portugal, it boasts 150km of river canyons from which it takes its name "Arribes", from the Latin "adripa-ae" which means "on the banks", on the banks of the Duero and its tributaries.

This is a stunningly beautiful tour, situated in the spectacular Arribes del Duero natural area, which is a Natural Park, in the UNESCO Meseta Ibérica Biosphere Reserve. The fantastic scenery and landscapes, steep canyons and defiles plunging up to 400 metres can be taken in from a number of viewpoints on a visit to the vineyards or on a cruise on the Duero.

EL BIERZO WINE ROUTE

Wine has been made in El Bierzo for more than 2,000 years. An unshakeable belief in the land and roots brought reward to the many years of hard work in 2012, when it was officially certified as the El Bierzo Wine Route.

El Bierzo was Castilla y León's second certified wine route. It now has seventy members including wineries, hotels and accommodation, restaurants, tourist offices, active tourism activities, and wine bars, which make up a one of a kind base over thirteen municipalities that are all connected by the Camino de Santiago.

In addition to the rural tourism focusing on the beautiful natural landscapes, such as Los Ancares, and those created by humanity, such as Las Médulas, a World Heritage Site, and the Camino de Santiago, El Bierzo is home to some of the most important museums of Mozarabic art, such as the Church of Santiago de Peñalba and the church of Santo Tomás de las Ollas.

CIGALES WINE ROUTE

This tour is located in the heart of Castilla y León and is tied to the Canal de Castilla Route and the river Pisuerga. Cigales is very close to Valladolid and Palencia. The excellent transport links and nearby AVE train station and airport make this route easy accessible and a highly advisable visit.

This area is a land of castles, fortresses, and monasteries, where wine was made and drunk in the past. It has also been the residence of nobles and monarchs who have made famous and shaped the towns of the region. Wine culture is at the heart of an extensive programme of cultural activities today held in historic venues. The cuisine served up the restaurants in the area, based on local produce, is another draw.

Plaza Mayor de Peñafiel, Valladolid, in the heart of the Ribera del Duero, with the castle in the background, site of the Provincial Wine Museum.



Vineyards in El Bierzo. León.

RIBERA DEL DUERO WINE ROUTE

The Ribera del Duero route journeys through the heart of the Iberian Peninsula and Castilla y León. It spans four provinces –Burgos, Segovia, Soria, and Valladolid– on the river Duero, in an itinerary that takes in over one hundred towns.

Travelers on this route can find the Hoces del Río Riaza Natural Park, which has a sanctuary for birds of prey, and over 100km of trails for hikers and cyclists.

This route makes for a memorable authentic experience: descending into underground wine cellars, enjoying the endless expanse of vineyards, wandering through the streets of the towns, visiting castles, monasteries, watchtowers, and Romanesque churches... your mouth watering at suckling lamb roast in a holm oak fired oven, Ribera *morcilla* blood sausage, or *torta de aceite* olive oil bread, which is unique to our Autonomous Community.

RUEDA WINE ROUTE

In the very heart of Castilla y León, where the Duero stretches through fields of wheat and green vineyards, the Rueda Wine Route takes us on a journey full of authentic experiences and flavours.

The route reveals the secrets of its crisp, fresh wines. Remote areas that welcome visitors onto an unexpected journey of emotions in one of the world's foremost winemaking areas.

Centuries-old wine cellars full

of mazes of tunnels stand in contrast to modern, futuristic wineries, Mozarabic churches, castles, and Renaissance palaces where you can soak up a land full of culture and flavours.

SIERRA DE FRANCIA WINE ROUTE

Located in the very heart of the Sierra de Francia mountains, 18 municipalities in the south of Salamanca province are included in this route.

Over the centuries, winemakers in the mountains have reclaimed land from the mountains to grow grapes in terraced vineyards, which has fashioned the spectacular scenery that you can visit today.

The longstanding effective conservation work on the landscape earned recognition as a UNESCO Biosphere Reserve.

The mountain cuisine has been influenced by various cultures over the centuries who have left unique dishes such as the *limón serrano* salad and the *tostón cuchifrito* roasted suckling pig. These dishes go wonderfully well with the wine from the Sierra de Salamanca P.D.O.

TORO WINE ROUTE

Located to the north and south of the course of the Duero, the land of the Toro Denomination of Origin and Certified Wine Route comprises more than twenty towns in the provinces of Zamora and Valladolid, where vineyards are the very

essence of the landscape.

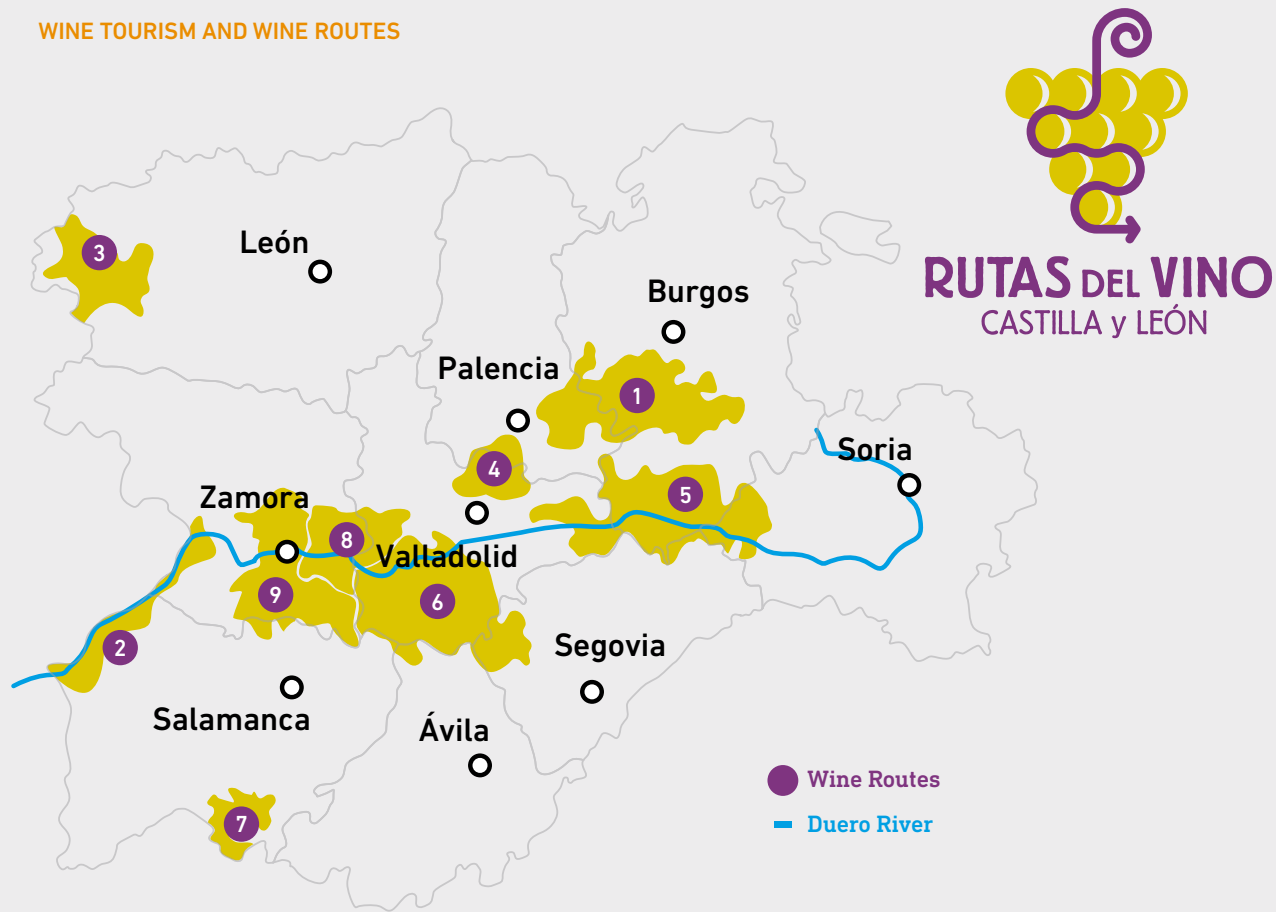
This historic area steeped in wine culture is one of the most important winemaking and wine tourism areas in Spain, which sets the standard with its excellent red wines, wealth of heritage, and the initiatives promoting wine tourism.

The basis of the cuisine in this county and the surrounding area is the quality of the produce and the heritage of traditional cooking, which makes delicious use of the ingredients from the bountiful local agriculture and cattle farming. As the area has always been crossed by well-travelled routes, it has always had access to products from other areas, such as fish, which can be seen in the local dishes.

ZAMORA WINE ROUTE

Nestled in the River Duero basin and close to the Via de la Plata route, the county of Tierra de Vino covers an area of almost 1,800 km² over forty-six municipalities in the province of Zamora and ten municipalities in the province of Salamanca.

Discover the unique lands of hundred-year old vineyards and traditional wineries which are still used for their original purpose, surrounded by a rich heritage of culture, tradition, nature, and wonderful small-scale craftspeople.



MAP OF WINE ROUTES IN CASTILLA Y LEÓN



1. ARLANZA WINE ROUTE

C/ Audiencia, 6. Town Hall.
09340 Lerma. Burgos.
Tel.: 947 177 016

info@rutadelvinoarlanza.com
www.rutadelvinoarlanza.com

2. ARRIBES WINE ROUTE

Plaza Mayor, 1.
37160 Villarino de los Aires. Salamanca.
Tel.: 685 501 561

hola@rutadelvinoarribes.com
www.rutadelvinoarribes.com

3. EL BIERZO WINE ROUTE

C/ Godello s/n.
24540 Cacabelos. León.
Tel.: 987 049 480

info@enoturismoenel Bierzo.com
www.bierzoenoturismo.com

4. CIGALES WINE ROUTE

Plaza Santo Cristo s/n.
47280 Corcos. Valladolid.
Tel.: 652 484 022

www.rutadelvinocigales.com
www.rutadelvinocigales.com

5. RIBERA DEL DUERO WINE ROUTE

Plaza del Trigo, 10 - 3rd floor.
09400 Aranda de Duero. Burgos.
Tel.: 947 107 254 - 637 852 987

info@riberate.com
www.rutadelvinoriberadelduero.es

6. RUEDA WINE ROUTE

Isabel La Católica Cultural Centre
Juan de Álamos 5-7.
47490 Medina del Campo. Valladolid.
Tel.: (+34) 635 84 49 47

info@rutadelvinoderueda.com
www.rutadelvinoderueda.com

7. SIERRA DE FRANCIA WINE ROUTE

Calle Barrio Nuevo, 39.
37658 Villanueva del Conde. Salamanca.
Tel.: 603 475 141

info@rutadelvinosierradefrancia.com
www.rutadelvinosierradefrancia.com

8. TORO WINE ROUTE

C/ Concepción, 3.
Toro 49800 Zamora.
Tel.: 626 120 598

info@rutavinotoro.com
www.rutavinotoro.com

9. ZAMORA WINE ROUTE

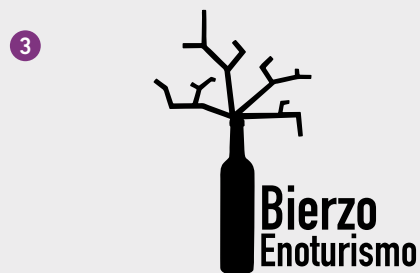
Plaza Mayor 1,
49708 Villanueva de Campeán (Zamora)
Tel.: 627 926 688

info@rutavinozamora.com
www.rutavinozamora.com



ROUTES FULL OF AROMAS AND FLAVOURS

The nine ACEVIN-certified wine routes make Castilla y León the region of Spain with the most high-quality wine tourism destinations.





VALLADOLID AND BURGOS

These two provinces are home to a selection of the region's historic wineries. Their location close to the river Duero has seen them keep alive a tradition that dates back to the Middle Ages.

Peñaranda de Duero. Burgos.

CUISINE IN THE D.O.s

CUISINE IN THE LEÓN D.O.

The cuisine of this area is rich, varied, and typified by local produce. It has been shaped by its location on the trade routes of the past.

Make sure to try local dishes such as trout soup, stewed pigeons, and leeks stewed or stuffed with cheese and ham. If you are feeling a little more adventurous, why not try the traditional dishes of frog legs or hare served with potatoes.

CUISINE IN THE TIERRA DEL VINO DE ZAMORA D.O.

Chickpeas from this area are famous in both history and literature. One prominent dish is the chickpea stew featuring fantastic beef and produce from traditional slaughtering.

Cheese, asparagus, and salted goods feature heavily in local

dishes and you can usually find them in restaurants all over the Denomination of Origin.

CUISINE IN THE VALTIENDAS P.D.O.

Suckling lamb roasted in a wood-fired oven is the star of the local cuisine, alongside sheep's milk cheese, crab stews, and fried and marinated tench.

Roast duck and vegetables also feature prominently. Particularly delicious in the area's range of sweets are the *florones* fried dough, *soplillos* pastries, and *leche frita* pudding.

CUISINE IN THE VALLES DE BENAVENTE P.D.O.

Water is a critical resource in these valleys and in its cooking, which is why freshwater fish feature so heavily.

In terms of meat, we can find suckling lamb roasted in a wood-fired oven, pigeons from Tierra de Campos, and marinated game.

We cannot overlook the produce from the fertile land: vegetables, alongside the excellent meat, legumes, denomination of origin cheeses, and tierra de vino wines.

CUISINE IN THE CEBREROS P.D.O.

The cuisine in Gredos in the Alto Alberche and Valle del Tiétar areas is typified by a series of iconic ingredients that make for amazing dishes.

Patatas revolconas (a variation of mashed potatoes and pork), asparagus from Lanzahíta, rice and pumpkin *morcilla* blood sausages. Magnificent veal from avileña negra ibérica cows, kid roasted, stewed, or cooked in a wood-fired oven. There is also the one of a kind *salmorejo* soup typical of the pig slaughtering celebrations.

We simply cannot forget legumes (especially black-eyed peas), bread, and olive oil. Likewise, we must also mention mushrooms and cheeses from goat, sheep's, and cow milk.

In desserts we have the typical pumpkin, fig, and grape syrup, and to finish off, a liqueur or dessert wine to wash down pastries such as *cortadillo*, *bollos de aceite*, and *perrunilla* biscuits.



Roast suckling lamb.

IRREPLACEABLE SUCKLING LAMB

Roast suckling lamb is the star of the show all over the region. Lamb chops roasted over vines are another delicacy.



IN SEARCH OF BALANCE

Pairing is a critical part of the experience for those who love their food and wine. It is the way to enhance the flavours of a dish or glass of wine in the search for perfect balance.

Inside a traditional wine cellar.



Food visits

STORIES OF FOOD AND DRINK



Cuisine also appears in museums. There are interpretation centres and museums designed as places to tell the story of food and many different dishes.

Food and wine museums.



Castilla y León has numerous interpretation centres and museums on food and wine. Created to spread knowledge of traditions, produce from the land, and the traditional forms of production, they make a comprehensive network of museums on food and wine.

Exhibition room at the Olive Oil Museum. San Felices de los Gallegos. Salamanca.



Exhibition Room at the Salt Mine Interpretation Centre. Poza de la Sal. Burgos.

Exterior of the Chocolate Museum. Astorga. León.



LEÓN

Chocolate Museum

Tel.: (+34) 987 616 220.
Avenida de la Estación, 16. 24700 Astorga.

Chocolate Museum

Tel.: (+34) 987 660 081.
Antonio Justel s/n, 24735 Castrocontrigo.

Bean Museum

Tel.: 987 641 686 / 987 656 737
Avda. de Portugal s/n. 24750 La Bañeza.

Flour Museum of Castilla y León

Tel.: 987 757 192 / 617 201 576.
Ctra. LE- 542 Mayorga-Valderas, km.6
24294 Gordoncillo.

"La Popular" Dairy

Tel.: (+34) 659 497 754.
Barrio del Medio. 24139 Sosas de Laciana.

PALENCIA

Crab Interpretation Centre

Tel.: (+34) 676 210 231.
Luis Salvador s/n. 34400
Herrera de Pisuerga.

Dovecote Heritage Centre

Tel.: 616 475 307.
Mayor 8. 34490 Santoyo.

Palomar del Camino Dovecote Interpretation Centre

Tel.: (+34) 653 916 600.
Ctra. Villoldo-Santillana, Km. 10,
34449 Villalcázar de Sirga.

Trout Interpretation Centre

Tel.: (+34) 979 861 520.
Las Cortes 1. 34886 Velilla del Río Carrión.

Valoria Farm Ecomuseum

Tel.: 666 389 765 / 979 768 083.
Carretera de Montealegre s/n.
34191 Valoria del Alcor.

FOOD MUSEUMS

ÁVILA

Grain Museum.

Tel.: (+34) 920 301 380.
Pza. del Real 20. 05200 Arévalo.

Bean Museum

Tel.: (+34) 920 340 013.
05600 El Barco de Ávila.

Bee Museum

Tel.: (+34) 678 562 904.
Del Colladillo s/n. 05492 Poyales del Hoyo.

BURGOS

Salt Mine Interpretation Centre

Tel.: (+34) 947 302 024.
El depósito s/n. 09246 Poza de la Sal.



Grain Museum. Arévalo. Ávila.



Tasting room at the Cheese Museum. Villalón de Campos. Valladolid.

SALAMANCA

Flour Mill Museum

Tel.: (+34) 923 281 628.
Old Harinas El Sur Mill. Pesca,
5. 37008 Salamanca.

Fernández Beekeeping Museum

Tel.: (+34) 923 288 890.
Ctra. Nac. 630 km. 347.6. 37796 Arapiles.

Meat Curing Museum

Tel.: (+34) 695 563 491.
Perales s/n. 37710 Candelario.

Meat Curing Industry Museum

Tel.: (+34) 923 591 901.
Nueva 1. 37770 Guijuelo.

Olive Oil Museum. Lagar del Mudo

Tel.: 619 557 184 / 656 446 364.

Los Pozos, 31. 37270 San Felices de los Gallegos

Flour Mill Ethnographic Museum

Tel.: (+34) 923 417 306.
Pasture access road s/n,
37712 Horcajo de Montemayor.

Ahigal Olive Oil Makers Oil Press

Tel.: (+34) 630 686 508. Camino
de San Felices, s/n.
37248 Ahigal de los Aceiteros.

SORIA

Pork Museum

Tel.: (+34) 975 341 311. Universidad 17.
42300 El Burgo de Osma.

Traditional Pig Slaughter Museum

Tel.: (+34) 616 480 114.
42320 Langa de Duero.

Butter Interpretation Centre

Tel.: (+34) 686 122 193.
42165 Molinos de Razón

Mycology Centre

Tel.: (+34) 975 374 129.
San Roque, 10. 42149 Navaleno.

Exhibition Room, Bread Museum, Mayorga de Campos. Valladolid.

VALLADOLID

Bread Museum

Tel.: (+34) 983 751 625.
Ctra. de Sahagún, 47. 47680 Mayorga.

San Antonio Flour Mill Museum

Tel. 983 701 923.
Canal of Castille Dock
47800 Medina de Rioseco.

Flour and Honey Museum

Tel.: 653 847 711 / 605 676 949.
Camino de los Huertos s/n.
47318 Olmos de Peñafiel.

Traditional Pig Slaughter Interpretation Centre

Tel.: (+34) 983 700 025.
47812 Palazuelo de Vedija.

Hunting Interpretation Centre

Tel.: (+34) 983 785 143.
Saelices de Mayorga.

Cheese Museum

Tel.: 983 740 011 / 663 679 893.
Avda. del Parque 9. 47600
Villalón de Campos.

ZAMORA

Olive Oil Press

Tel.: (+34) 980 681 085.
49516 Latedo.

Mushroom Species Interpretation Centre

Tel.: 980 681 882 / 669 322 834.
Rabanales Town Hall
Ctra. Alcañices s/n. 49519 Rabanales

Honey Interpretation Centre

Tel.: 649 506 778 / 980 625 648.
Manzanal de Arriba Town Hall.
Ctra. 10 B. 49594 Sagallos

Cheese Museum

Tel.: 980 690 950 / 655 555 253.
Ctra. Tordesillas km. 11 Pol. Ind.
Parcela 1. 49800 Toro

Ungilde Mycology School

Tel.: (+34) 980 620 961.
La Iglesia s/n. 49393 Ungilde.



Pagos del Rey Wine Museum Exhibition Room. Morales de Toro. Zamora.

WINE MUSEUMS



BURGOS

Wine Architecture Interpretation Centre - CIAVIN*

Tel.: 947 510 476 / 947 514 265.
Pza. Mayor s/n. 09400 Aranda de Duero.

Ribera del Duero Wine Museum*

Tel.: 947 506 162/ 693 617 707.
Cascajar 4. 09400 Aranda de Duero.

LEÓN

Vine and Wine Interpretation Centre - CIVI

La Cuesta Natural Area
Tel.: 987 450 004 / 987 450 273.
24410 Camponaraya.

Wine Interpretation Centre

Tel.: (+34) 987 304 111.
Ctra. León s/n. 24230 Valdevimbre.

SALAMANCA

Wine Interpretation Workshop

Tel.: 627 977 689 / 923 360 001.
Pza. Mayor 2. 37419 Parada de Rubiales.

Wine and spirits museum

Tel.: 923 573 082 / 690 709 775.
Bodega de Amable. España, 54.
37160 Villarino de los Aires.

(* Members of the Spanish Wine Museums Association.

VALLADOLID

Winery. Interpretation Workshop*

Tel.: (+34) 983 587 623.
Bodega Vecinal 5-7. 47194 Mucientes.

Traditional Cigales Winery

Tel.: 983 090 262 - 697 726 198
Winery area. Los gatos s/n.
47270 Cigales.

Provincial Wine Museum*

Tel.: (+34) 983 881 199.
Castillo. 47300 Peñafiel.

Emina Winegrowing Interpretation Centre*

Tel.: 983 683 315 / 673 310 521.
Ctra. San Bernardo s/n.
47359 Valbuena de Duero.

ZAMORA

Pagos del Rey, Wine Museum*

Tel.: (+34) 980 696 763.
Avda. de los Comuneros, 90.
49810 Morales de Toro.

Vine and Wine Interpretation Centre in La Bañeza. León.



WINE TOURISM AND CUISINE

When cooking takes to the streets

VERY TRADITIONAL FLAVOURS



You can actively take in culture, cuisine, and heritage in Castilla y León at the cultural events, food fairs, and commemorations that are held throughout the year.

Food celebrations, fairs, and events.



Taking part in the celebrations, events, and other activities that towns, wineries and restaurants put on lets you into the magical world linked to wine and rural tourism. Castilla y León holds a great number of celebrations of food and the traditions that go with it.

FOOD FAIR PROGRAMME



WEEKENDS IN JANUARY, FEBRUARY MARCH AND APRIL

TRADITIONAL PIG SLAUGHTER

EL BURGO DE OSMA - SORIA

Regional Tourist Attraction of Castilla y León

Sample products made from pork and attend the traditional ritual slaughter of the animal. Organised by the Virrey Palafox restaurant.



JANUARY AND FEBRUARY

TYPICAL PIG SLAUGHTER

GUIJUELO - SALAMANCA

Regional Tourist Attraction of Castilla y León

Alongside traditional music, a tasting of typical products from the slaughter and pastries will be held after the animal is butchered.



FEBRUARY

BEMBIBRE BOTILLO FESTIVAL

BEMBIBRE - LEÓN

National Tourist Attraction of Castilla y León

A display and sample of products from El Bierzo: the *botillo* meat-stuffed dish is served up alongside a range of cured meats, chestnuts, honeys, cheeses, grape liqueurs, and wines from the area. The event follows a cultural week.



APRIL

SANTO TORIBIO ROMERÍA PROCESSION

PALENCIA

Regional Tourist Attraction of Castilla y León

Procession and throwing of Bread and Cheese from the Cristo del Otero statue. Fireworks are set off from the same site the previous day.



Great Olleros Paella Party. Olleros de Pisuerga. Palencia.

Grape Harvest Celebrations Rueda. Valladolid.



JUNE

INTERNATIONAL TROUT WEEK AND COOKING CONTEST

LEÓN

Regional Tourist Attraction of Castilla y León

The cooking contest dates back to the first contest at the international fishing week and international trout week.

CELEBRATIONS OF SAN JUAN OR THE HOLY MOTHER OF GOD

SORIA

Regional Tourist Attraction of Castilla y León

Domingo de Calderas (Cauldron Sunday) is the main day in the celebrations for San Juan. The cauldron full of bull beef stewed with roast chicken, chorizo sausage, and hard-boiled eggs is taken to the Alameda de Cervantes street where the "banquete franco" (free banquet) is held.

THE DAY OF FUENTES CARRIONAS AND MONTAÑA PALENTINA NATURE PARK

VELILLA DEL RÍO CARRIÓN - PALENCIA

Regional Tourist Attraction of Castilla y León

This food fair-celebration serves up the traditional shepherd's stew alongside the traditional *torrezno* bacon, *rosquilla* doughnuts, and wine.

GREAT OLLEROS PAELLA PARTY

OLLEROS DE PISUERGA - PALENCIA

Regional Tourist Attraction of Castilla y León

Food fair in the open ground next to the church of San Justo y Pastor, where more than 2,000 people come together to feast on paella.



JULY



AUGUST



Magosto Chestnut Festival Santa Marina del Sil. León.



Grape Harvest Celebration Cigales. Valladolid.



AUGUST

FRESHWATER CRAB FESTIVAL

HERRERA DE PISUERGA - PALENCIA

Regional Tourist Attraction of Castilla y León

Crab paella, which can be tried by everyone who goes along to Herrera de Pisuerga, is the most eagerly anticipated dish. The festival is brought to a close by the burning of an effigy of a crab.



SEPTEMBER

GRAPE HARVEST CELEBRATION

CIGALES - VALLADOLID

Regional Tourist Attraction of Castilla y León

Held at the end of September or start of October. Grape treading and sampling the first must is the most iconic day of the celebrations. This is a traditional sampling where folk groups play and traditional dances are performed.



OCTOBER

GRAPE HARVEST CELEBRATION

RUEDA - VALLADOLID

Regional Tourist Attraction of Castilla y León

The celebration takes place on the second weekend in October. The roots of this event can be traced back to celebrating a successful (when that was the case) grape harvest due to the significant economic effects it brought with it.

GRAPE HARVEST CELEBRATION

TORO - ZAMORA

Regional Tourist Attraction of Castilla y León

A parade of carts with locals dressed in traditional grape-harvesting clothes carrying baskets full of traditional food: chorizo sausage, ham, cheese, peppers, bread, *torrezno* bacon, and, of course, wine.



NOVEMBER

MAGOSTO CHESTNUT FESTIVAL

SANTA MARINA DEL SIL - LEÓN

Regional Tourist Attraction of Castilla y León

A ceremony that keeps alive and passes down values and customs. Gathering chestnuts, fire, *filandon* storytelling sessions, dancing, *copla* traditional songs, and folklore are just some of the activities involved.



CASTILLA Y LEÓN



MADRID



LEÓN

PALENCIA

BURGOS

ZAMORA

VALLADOLID

SORIA

SALAMANCA

SEGOVIA

ÁVILA



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**Junta de
Castilla y León**