



Salamanca's Gastronomy



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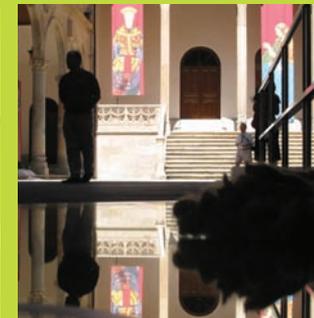
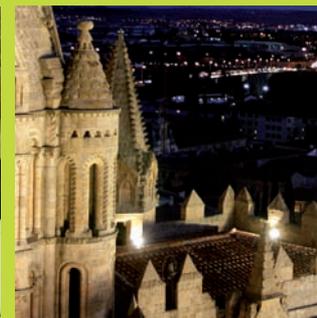
## 01 Eating is much more than just feeding yourself

It is quite a common mistake to sometimes confuse gastronomy with a catalogue of raw materials, recipes, restaurants or chefs with a lesser or greater media presence. At least in Salamanca, gastronomy is (and always has been) something quite different.

This has been particularly evident in recent times, when new voices have made themselves heard, new chefs demanding cuisine that is innovative, but far from the world of physics and chemistry. This is a type of cuisine that looks at eating in a different way, that has nothing to do with sybaritism and holds strong links with the earth and its rhythms, is related to

mankind and its requirements, and where scenery, people and company are all crucial.

And this is where Salamanca truly comes into its own. It has a **larder** that is the envy of many, with top quality, own-name raw materials, lentils, cherries, cereals, cheeses, wines, honey... as well as the Ibérico pork and Guijuelo names, renowned all over. And don't forget the **great spreads** the area lays on, with a traditional range that is increasingly measured and balanced, full of flavours and little delicacies and an innovative range based on our highly interesting and surprising raw materials.





THIS IS A TYPE OF CUISINE THAT LOOKS AT **EATING IN A DIFFERENT WAY** THAT HAS NOTHING TO DO WITH SYBARITISM

AND HOLDS STRONG LINKS WITH THE EARTH AND ITS RHYTHMS

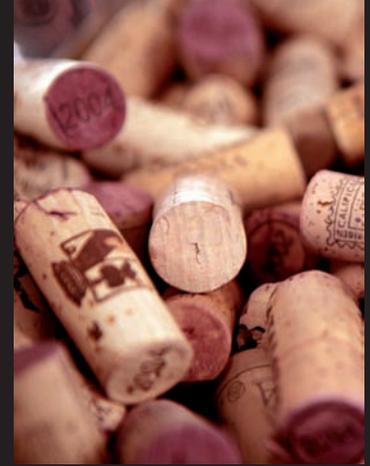


Salamanca's gastronomy also offers urban and natural landscapes that are packed full of beauty, peace and history, all forming part of the pleasure of eating. And let's not forget the people, with a special sense of celebration and representation, which also have their part to play in the area's gastronomy. In Salamanca, one thing is clear: eating is much more about just feeding yourself.



## 02 A stroll through Salamanca's gastronomy

When we speak of food from Salamanca, we refer to all those things that the earth gives to humans, allowing them to survive and develop their lives over time. Almost all food from Salamanca is a result of two human tasks: agriculture and livestock farming.



### **In Salamanca, wine is something else**

In Las Arribes, every bottle is a clamour of exciting countryside. Hills and depressions, farmland, vines, the power of the river, the Mediterranean right by the Atlantic, Romans and Phoenicians.

## Plants and Trees

If we look at the province's trees, we will find various highly significant food products. In both the Sierra and Las Arribes, unique **oils and wines** are produced, with renowned seals of quality, such as the recent designation of origin awarded to the Las Arribes wines.

Also of important is that other Mediterranean symbol, the fig tree, which gives its exquisite flavoursome fruits at the end of the summer and start of autumn.

The area's trees also offer other delicacies to be used in stews and desserts, such as **almonds, chestnuts, walnuts and cherries**.

The province's variety of vegetation is also behind another Salamanca activity, which has its own particular impact on gastronomy. This is beekeeping, which leads to the production of **honey, pollen and royal jelly**, used to make products such as the famous La Alberca *turrón* (nougat).



## Salamanca Wine

### Wines and Varieties

Wines from Las Arribes are Light, elegant reds, full of flavour and aroma and made from the Juan García and red Toro varieties. The whites are sweet and fine, made from the Malvasía variety.

The Sierra offers wines and rosés with pureness of variety, including the age-old Rufete. Also of note is the Tiriñuelo, a wine that even sounds different.

Salamanca's wines pay tribute to those famous lines by Alexandre Dumas: ***"wine is the intellectual part of the meal, meats are merely the material part"***



***...under DISCOVERIES AND REVELATIONS.  
Look what I wrote about the wine: Every time  
you bottle it, you bottle a slice of 1928.***

*Ray Bradbury; "The Dandelion Wine"*



# Cherries

## **The Mystery of the Sierra Cherries**

They truly are the best. They are harvested with the utmost of care, hand-picked every day at dawn from May until August. They are round, with a perfect balance between sweetness and acidity, and crisp...unlike cherries anywhere else in the world.



## **The jewels of the Sierra**

In the Sierra there is a tradition of working with precious metals, with its own, recognisable aesthetics that are being consolidated by contemporary jewellers. Maybe that is why, when it is said that cherries are the “jewels of the Sierra”, people automatically think of cherry earrings. Who hasn't worn or given them as a gift at one time or another? They were, and continue to be, jewellery with a magical power, provoking smiles as soon as they are put on.

***Red pendants  
Childhood games  
When you put them on  
The day lights up.  
(Song)***





## Honey

### **The bees are used for almost everything.**

In the land of Ibérico meats, bees also have a wide range of uses: Lighting, growing, living strength, sensuality, beauty or even just sweetening up your life. For this, and so much more, they offer pollen, royal jelly, honey, wax...

### **Salamanca's Specialities**

Of all the ingenious products made by bees, and in addition to the quality of its honey, Salamanca is famous for its MIELANA and POLLEN. The first of these, which is unique, is a black honey that is not made from nectar, but with the products that the bees collect from the oaks and holm oaks. As for pollen, Salamanca produces almost half of all this product made in Spain.

***Let every night be like a wedding night, and every moon a honeymoon.***



## Livestock Farming

With regards to livestock farming, the province of Salamanca has various types of livestock, the raw material for a wide range of products and stews.

The entire Salamanca *dehesa* pastureland is home to the **Ibérico pig and cattle**.

As well as the well-known **sausage products**, the Ibérico pig is also used for **toastón** and **suckling pig**, Salamanca's famous roast dishes, as well as **farinato** sausage, typical of Ciudad Real.

**Beef** is a well-loved part of many stews and roast dishes, due to their natural, flavoursome characteristics. Of particular note are *morucha* beef and *charra* veal.

Many areas in the province are also renowned for their goat

dishes, such as the succulent roast or chargrilled **kid**.

And let's not forget the sheep farming, which gives us lamb, delicious lambs' blood black pudding with pine nuts, or *chanfaina* stew, based on the giblets of this sacred, gentle animal. Sheep are also used to make Arribes **cheese**, a product which has enjoyed a guarantee brand since 2003.



A MEDITERRANEAN RACE, ROOTED IN DEHESA PASTURELANDS AND ACORNS

ANIMALS IN TOTAL FREEDOM WHICH FLEE FROM HUMAN PRESENCE



## Ibérico meats

To talk of the Ibérico pig is to talk of a Mediterranean race, rooted in *dehesa* pasturelands and acorns, the *montanera* period and extensive livestock farming, and animals in total freedom which flee from human presence.

### Other Ibérico meats

Guijuelo is the big name, known the world over - it is to the world of meat what Rioja, Ribera del Duero and Toro are to the world of wine. The Ibérico pig also gives us many more delights in Salamanca. *Chorizos*, pork loins, *salchichones*, black puddings, *morcones*, *farinato* from Ciudad Rodrigo, *tostones* from Pañaranda, oven-cooked goods all over the province... All the products and foodstuffs made around the pig helped out with the finances at home, and "helped that family along".



### Guijuelo Ham, a Regulation Ham

This ham is so famous that, on the radio on Sunday evenings when the football is the light that shines across the universe, it seems that this sport is not played with a ball, but with a Guijuelo ham. It truly is a "regulation" ham.

### Even the Trotters

No part of the pig goes to waste. It's therefore not uncommon to hear that top Spanish chef Ferran Adrià himself is preparing an "**Ibérico pig trotter foam**". And if this is not true, it is only a matter of time.

## Farinato

**The poor man's chorizo, a true delicatessen**  
***Farinato for the cat, black pudding for the hen, chorizo for the person who made, and I'll eat the pork loin.*** (popular saying)

Called the "poor man's chorizo" due to its simple, economical ingredients –breadcrumbs (45%), pork fat (23%), onion, salt, paprika, cumin, garlic, whole aniseed, liquor and a little olive oil (23% – this is a food with high-calorie and energy content. Designed for a working culture, to be eaten mid-morning, today (largely thanks to the guarantee brand) it has become one of those little delicacies that can be enjoyed by even the most delicate of palates.

### **A Dish, a Still Life**

Fried eggs with *farinato* and a few drops of lemon juice is not only a great dish, but also an aesthetic delicacy. The combination of white, yellow and orange/ochre, as well as a great variety of soft textures, make this a delight to see, touch and taste. Maybe this was also the reason that *Farinato* was also the name of a renowned 19<sup>th</sup> Century Italian painter, from the Verona school of painting.





### **Salamanca Morucha and High Honour**

It is said that when the world was created and names were given to all living things, in order to convince our cow to be called "morucha", God had to promise it that it would always live in the Salamanca dehesa pasture, close to the main square, the cathedral, the university... basically, a guarantee that it would always like in paradise.

## Morucha

### **Contryside**

*Morucha is a breed that could be called radically ecological. Strong, resistant and able to adapt to extreme conditions, both the winter cold and the heat of the summer. They have always been part of the dehesa, one of the richest, most interesting and most sustainable ecosystems in Europe, and now not only form part of the landscape, but are a landscape in their own right.*

### **Morucha and Charra Veal**

*These meats have an intense red colour, an aromatic flavour, high protein content, fine fibres and well-distributed fat, which is so difficult to achieve and helps the flavour of the meat so much.*



## Arribes Cheese

This is a cheese with a coloured rind, with a pleasant and unmistakable smell and taste - slightly spicy - and with a pleasant, smooth and slightly greasy texture.

**The Old Testament tells how cheese was invented when a young boy was bringing milk to his father in an animal skin and, due to the heat, the liquid solidified.**

**Las Arribes cheese, on the other hand, is said to have been born when a shepherd saw a huge full moon with orange tones reflected in the River Duero.**



## Agriculture

Salamanca's agricultural is extensive and varied, as are the products which are created as a result. This variety can be seen in a cuisine with the same characteristics.

**Potatoes** can be found in the various different parts of the province, and La Armuña offers its famous **lentils**, with their own designation of origin, an ingredient in one of the healthiest stews in Mediterranean cuisine.

Just as tasty are the region's **chickpeas** and **beans**. Cereals are also grown in a large part of the province, and wheat is used to make **flour** that is the base of the symbolic Castilian **bread**, as well as a wide range of pastry products.



## La Armuña Lentils

### **From the Saucepan to Fusion**

It is true that the cooking pot or saucepan have always been its natural habitat, heated up with onion, ham or *chorizo*. However, its great versatility allows many culinary marriage and innovation possibilities. Therefore salads, carpaccios and new recipes have come to the fore, all with lentils as their star ingredient.

### **An R&D History**

The history of a product is always linked to discoveries made by anonymous individuals, those with the gift of asking, looking, solving problems. These are real popular Leonardo da Vincis.

*This is the case of Jeremías Valdunciel, a carpenter who, in 1914, to help a farmer friend, spent sleepless nights inventing the lentil selector. This was a fantastic, beautiful device that is still used today, and improves work involved, as well as the quality of the lentils... an R+D project that is poetry in motion.*



## Names with taste

These are names with true resonance, with a goodness you can taste by simply saying their names. *Maimón* rolls, *repelaos*, *petronillas*, *amarguillos*, sugared almonds, hazelnut *polvorones*, *bocaditos de ángel*, La Alberca almond nougat, Ledesma pastries, *obispos de Yeltes*, *huesillos de Béjar*, *chochos*, fried bread *torrijas*, fried milk pudding, donuts, wafers...

### **Salamanca Hornazo**

Ibérico meats -ham, loin, chorizo- and hard-boiled egg within a sweet pasty made of flour, milk, liquor, egg, lard, sugar and salt. Inside and outside, the visible and the invisible, north and south, sweet and savoury at the same time, the traditional and the avant-garde. This is gastronomy acting as a metaphor for a land, for a culture.





## 03 Atmospheres

### Shall we go for tapas? Salamanca's products are snack-tastic!

Salamanca is a traditional destination for enjoying tapas (small, bite-sized traditional Spanish snacks). The best of the area's products in miniature, a true and deep-rooted social activity. Whether traditional or avant-garde, tapas really "tap into" the best of Salamanca's gastronomy.

### Utensils also matter - from the wooden spoon to the little casserole dish

There is nothing that says more about us than utensils. The wooden spoon, for example, was a part of each individual, and the reflection of a well-structured society, where at the table the first to eat was the local lord, and the last the farm hand. The little casserole dishes are made of clay, and represent "today": trying and tasting in good company, but only the amount marked by the "line".

### Eating is much more than just feeding yourself

If there's no laughter, no interaction, if the backdrop is just not right, if there's no "go on, try it, you'll see how good it is", if you can't feel how the food melts in the mouth....well, that's not eating, it's merely feeding.

### Inventing tradition

Salamanca's gastronomy is so post-modern that it is capable of inventing its own traditions. So, "patatas meneás or revolconas" (shaken or tumbled potatoes – such evocative names), that seem like age-old recipes, are actually creations that did not exist a few years ago, but do today.

"GO ON, TRY IT, YOU'LL SEE HOW GOOD IT IS"

IF YOU CAN'T FEEL HOW THE FOOD MELTS IN THE MOUTH...

WELL, THAT'S NOT EATING, IT'S MERELY FEEDING



## Calderillo de Béjar

**Ingredients (Serves 6) :** Second class veal (1'2 kg). Olive Oil (2 dl). Onion (0'2 kg). Green Pepper (0'2 kg). Fresh Tomato (0'2 kg). Sweet paprika (c/s). Red Pepper (0'2 kg). Garlic (6 un). Parsley (c/s). Bay leaf (1 hoja). Potatoes (2 kg). Salt (c/s). Brown base (c/s). Peas (0'3 kg)

1. Clean the meat and vegetables. Cut the meat in small cubes.
2. Heat the meat with the onion and the pepper, cut in *mirepoix* fashion. Once heated, add the diced tomato.
3. Add the paprika and crushed garlic and parsley.
4. Mix with the base until covered. Season with salt and the bay leaf.
5. When the meat is half done, add the sliced potatoes and continue to cook.
6. Once everything has been cooked, add the peas and the julienne red pepper.



## Chanfaina

**Ingredients (Serves 6) :** Lamb tripe (½ kg). Cooked blood (0'2 kg). Lamb's feet (12 uni). Offal (0'4 kg). Onion (0'1 kg). Garlic (4 uni). Bay leaf (1 hoja). Cumin (c/s). Green Pepper (0'2 kg). Sweet Pepper (c/s). Chilli. Salt (c/s). Olive Oil (c/s). Rice (0'3 kg). Hard-boiled eggs (3 un). Parsley(c/s).

1. Clean the tripe and feet well, and put them on to cook with salt, garlic and a bay leaf. Once cooked, cut the meat into fine dice, keeping the cooking broth to one side.
2. Then, in a clay casserole, heat the diced pepper and onion with the olive oil.
3. Once heated, add the previously cooked ingredients and heat through for a few minutes.
4. Add the paprika and the cooking broth.
5. Crush the garlic, parsley and cumin (which has been toasted), and add it to the casserole.
6. Then add the bay leaf, the chilli and the blood (broken up with a fork), leave to cook for a while and season with salt to taste.
7. Add the rice, remembering the rule of one part rice to three parts liquid. Once the rice has cooked, decorate with sliced hard-boiled egg.



## Picadillo de Tejares

**Ingredientes (Serves 6) :** Minced veal (1 kg). Olive Oil (1/2 dl). Onion (0'6 kg). Green Pepper (0'6 kg). Salt and Pepper (C/S). Pine nuts (30 gr). Bread crusts (C/S). Hard-boiled eggs (2 un). Crushed walnuts (C/S). White wine (1/2 dl). Sweet paprika (10 gr).

1. Fry the crusts in a clay casserole with the oil, remove and add the finely diced onion and pepper, and heat.
2. Add the minced meat, and fry until well-cooked. Then add the sweet paprika.
3. In a mortar crush the fried bread, pine nuts and the yolks of the hard-boiled eggs. Add the white wine and stir well, adding the mixture to the meat.
4. Season with salt, pepper and crushed walnuts. Julienne the egg whites and use to decorate. Leave to stand for a few moments.

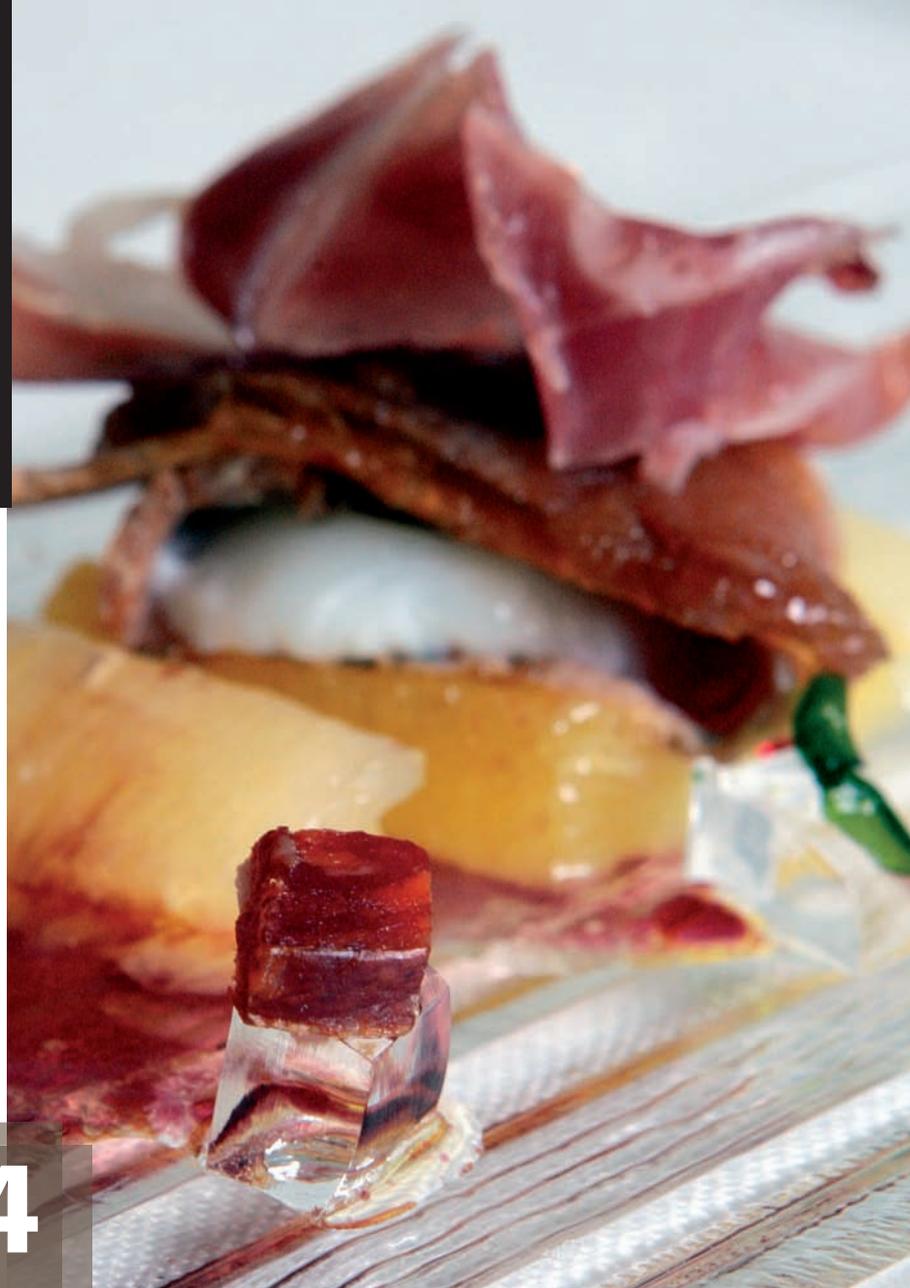


## Limón Serrano/Serrano Lemon

Recipe from Víctor Gutiérrez Restaurant

**Ingredientes (Serves 6):** Oranges (4 un). Lemon juice (125 gr). Sheets of gelatine (2 hojas). Ibérico chorizo (200 gr). Chorizo round (200 gr). Quail eggs (4 un). Red wine (½ l). Cloves of garlic (2 dientes). A spoonful of sugar. A fistful of fine grain salt.

1. Roast the Ibérico round for 30 minutes with garlic and salt, leave to cool and slice.
2. Cook the quail eggs for a short time, so that they are still runny on the inside.
3. Make a lemon jelly and cut into cubes, covering each with a crisp piece of chorizo.
4. To make the sauce, make a reduction of wine, emulsifying it with virgin olive oil and sugar.
5. Peel the oranges, slice them finely and spread them on the dish. The slice of Ibérico round should be placed round the quail egg. Place on top of the oranges and drizzle with the wine sauce.





## Shoulder of Morucha stewed with wine and port, on a bed of creamed spinach with pine nuts and crispy ham

Recipe from Hacienda Zorita Restaurant

**Ingredientes (Serves 6) :** *A piece of Shoulder. Two Onions. Two leeks. A stick of cinnamon. A bunch of Thyme. Salt. Pepper. A bottle of red wine. ½ bottle of Port. Espinach (½ kg). A knob of butter. Cream (250 cl). Pine nuts (20 gr).*

1. Season and flour the meat, and fry on a high heat until golden on all sides.
2. Remove from the heat. In the same casserole fry off the two onions and the leeks, adding the thyme and rosemary, before covering the casserole. When the mixture is well-cooked, add the meat and cover for 15-20 minutes.
3. Add the wine, port and the cinnamon, and leave to stew. To prepare the creamed spinach, melt the butter in a saucepan and heat the spinach, then add the cream and let cook, before blending and seasoning. Remove to one side.
4. Once the meat is cooked reduce the sauce (if necessary) until it has reached the desired consistency, and pass through a sieve.
5. Spread a spoonful of creamed spinach on the plate, and place a few slices of meat on top, along with toasted pine nuts and the crispy ham.

## La Armuña lentils with fowl salchichón filled with ibérico

Recipe from Chez Víctor Restaurant

**Ingredients (Serves 6) : La Armuña lentils.** 600 gr. of La Armuña lentils. Tomato (1/2). 6 cloves of garlic. 1 red and green Pepper. 1 medium Onion. Whole-grain mustard. Extra-virgin olive oil. Salt and Pepper.

**Fowl and ibérico salchichón.** 6 chicken breasts. 500 grs. of ibérico pork lean (either the pluma or secreto cut). 1 Orange. 1 spoonful of black or green peppercorns. 2 Cloves. 1 egg. 1 glass of liquor. Salt and Pepper.

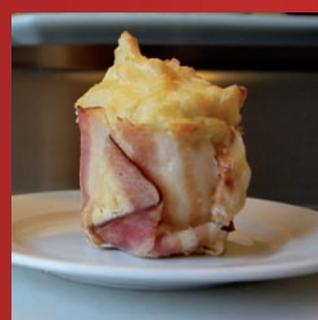
### La Armuña Lentils:

1. Soak the lentils the night before.
2. Put them on to cook with a splash of olive oil, half a red pepper, half a green pepper, the garlic, salt and water. Bring to the boil.
3. Dice the remaining vegetables and soften in olive oil, adding the diced tomato last. Add two soup spoons of whole-grain mustard, a good dash of vinegar and 2 dashes of olive oil, as if you were making a vinaigrette. Keep warm.
4. Once the lentils have been cooked, remove the vegetables and half of the broth. Keep warm.

### Fowl and ibérico salchichón:

1. Take one chicken breast per person, open it as if it were an escalope, and flatten it slightly. Leave to rest.
2. Mince the lean with a sharp knife. To the minced meat add the juice of half an orange, along with its grated rind, the glass of liquor, the whole peppercorns, the cloves (crushed to a powder) and the whole egg.
3. Mix well and place the desired amount of the mixture on each chicken escalope. Roll the chicken breast over itself, into a cigar-shape. Wrap each of these rolls in tin foil, closing the ends well.
4. Steam the rolls on a rack in a casserole dish for 20 minutes, remove them and let them cool slightly.
5. Place a ring of lentils on a plate, with a chicken roll in the middle, cut on the slant. Dress with the already-prepared warm vinaigrette. Serve.





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SALA  
man  
ca PATRONATO  
PROVINCIAL  
DE TURISMO