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*Asturian Gastronomy*



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**Asturias**  
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# Taste Asturias



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Texts: David Fernández-Prada

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Amar Hernández, Aurelio Rodríguez, Camilo Alonso, Casa Gerardo,

GDR Camín Real de la Mesa-Arnaud Späni, Joaquín Fanjul, José Pérez Ornia,

José Ramón Navarro, Juanjo Arrojo, Kike Llamas, Mercado Artesano y Ecológico,

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Asturian Fabada

Asturian cuisine makes its own mark, it's not just any cuisine. It is seemingly (and to some extent truly) based on filling dishes which have made sense for years because the main labour of many Asturians was mining and steelworks and they had to get their strength. However, Asturias is also gastronomically light, its fish and seafood have hardly any calories, and Asturian chefs really have a lot to choose from.

We have Michelin stars, 'Cuisanderas' (defenders of traditional recipes), marks of quality such as "Mesas de Asturias" or "Sidrerías de Asturias", shop-bars, *chigres* (traditional places where cider is sold, village bars, taverns, inns), gastropubs and a growing fusion cuisine and travelling cuisine. Because Asturian chefs champion the nearby, zero-kilometre product, they work with fresh products from the region but they are not afraid to incorporate seasonings or garnishes from far-off lands if they go well with the dish, above all among the younger generation.

On Asturian menus, the dishes that never fail to appear are *fabada* (bean stew), *pote* (stew), *pitu de caleyá* (chicken stew), *cachopo* (breaded fillets) and for a long time now, after overcoming the risk of extinction, 'gochu asturcelta' (indigenous pig), 'oveya xalda' (indigenous sheep) and 'pita pinta' (indigenous hen). But this diversity that we are talking about allows the centre of the region of Asturias to abound with stuffed onion and tripe, in the East, *emberzau* (black pudding) and *verdinas* (green beans) or in the West, *chosco* (cured smoked meat), forming a panorama that is as succulent as it is tasty. Therefore, it is recommended to travel across Asturias, enjoying each corner of it and their typical foods.

Cheese also prevails, already totaling the trifling sum of 50 different types, and sea products which change each season. The protagonists of winter, *oricios* (sea urchins) give way in Spring to the spider crab which in turn relinquishes the starring role to the long-finned tuna and the lobster in the summer, which are relieved by the elver when Autumn advances.

Everything we eat, we wash down with Asturian cider or Cangas wine. This is Asturian cuisine, rich and diverse, traditional and avant-garde, with its own personality and discourse... possibly one of the most fully-stocked and interesting larders in Spain.



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## Don't miss...

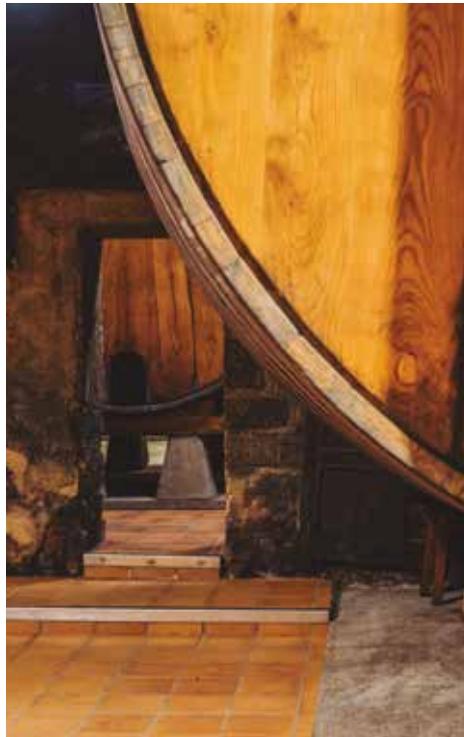
### *A good fabada*

It is the regional dish, the king of the Gastro throne, only threatened by the ascending *cachopo*. "Asturian beans are considered the best in the world", well, the best you can find. Why? Because of their thin skin and butteriness, complemented by an excellent smoky Asturian black pudding, a *choricín* and other pork products. As a final touch and although it seems silly, Asturian water also makes a difference.



### *A traditional cider mill*

Is there anyone who visits Asturias and does not drink a cider *culín*? We hope the answer is "of course not". Cider runs through our veins, our bodies are made to taste the juice of apples poured. It is a drink that has everything: it's fun, sociable, has a unique ritual, healthy, diuretic, provides vitamins and minerals, and above all, it's really good. Visit a cider mill, it will leave you dumbstruck.



### *The biggest cheese board in the world*

50 cheeses that make up the largest regional cheese board in the worldwide cheese universe. The list begins like this: Cabrales, Gamonéu, Afuegal pitu, Beyos, Casín... and they are spread across the whole of Asturias. They are made with cow, goat and sheep's milk. Cabrales is the most international of our cheeses and its aroma is unmistakable. Its evolution in the last few years has been unstoppable, it is becoming smoother, with more elegant spices and with better consistency. Gamonéu is also experiencing times of glory with the possibility of finding memorable pieces at the market. Ultimately, the secret to many of our cheeses is the pastures of Picos de Europa, unadulterated nature.

### *A gift for your palate*

Don't forget to take home a gastro souvenir from your trip. They say 'Mens sana in corpore sano'. If there's a natural product that's fantastic for good health, that helps us to prevent illnesses and sweetens our life, it would be Asturian honey, one of the "Alimentos del Paraíso" guarantee mark. In the forests, bees pollinate and keep the ecosystem alive, including the apple trees. Other gastro souvenirs that we can take home from our trip are preserves, *bonito* (long-finned tuna) and *cabracho* (red scorpionfish spread) are compulsory, an electric cider pourer to bring continuity to our cider parties or one of the craft beers that are produced in the region.

## Oysters

Their history dates back to only 25 years ago, but their prestige already puts them in the 'Top Ten' of the moment. If you are a foodie, you have to try The Eo Oysters because it will take you on a taste journey through the sea in one single mouthful. Asturian catering establishments have already added them to their gourmet sampling menus and for some of them it has already become their prize dish. If you have the chance and you're going to the West, take the opportunity to taste them in the estuary itself, unbeatable. Combine it with Asturian natural sparkling cider and you will levitate.



## The art of heroic viticulture

Look at it now! If it has been a while since you tried a Cangas wine, what are you waiting for? The sharp acidity of the past has given way to balanced, Atlantic wines, very much in line with the current trend of looking for fresh wines that combine well with the dishes of modern cuisine. They have everything needed to triumph, indigenous varieties, steep hillsides, ideal sunlight hours... It is 21<sup>st</sup> century heroic viticulture.



## Frixuelos, only for llambiones

We have chosen this *crêpe* as the confectionary emblem of the moment because together with rice pudding, they are perhaps the two most common desserts in Asturian restaurants. It is served dusted with sugar or filled with chocolate, marmalade and very often with rice pudding. But the *llambiona* (sweet-toothed) list would have to be completed with *picatostes* (French toast), *Gijonesa* cake, *charlota* (nougat cake), *carbayones* (pastries), *marañuelas* (biscuits) and an endless number of sweet treats.



## Cachopo conquers the country

It is an unstoppable phenomenon, and Asturias is its epicentre. It's true that its main ingredient is two meat fillets and that in other places, they already eat similar dishes, but we are very sorry for *San Jacobo* and *Cordon Bleu*, cachopo is different. It has its nuances and its roots in the Principality that make it unique. The other similar dishes are not made with Asturian beef or Asturian cheese, or with the same parts of the cow as in Asturias and above all, they are not as deliciously good.



## From market to market

If you want to enjoy the best products any day of the week, don't forget to visit markets like El Fontán in Oviedo, the Mercado del Sur in Gijón/Xixón, the Plaza de Mieres del Camín/ Mieres or the markets of Avilés, La Felguera or La Pola Siero/Pola de Siero. There are many, varied markets, some are well consolidated like the one that pitches up in Cangues d'Onís/Cangas de Onís every Sunday, and others are held on specific dates, like the Primera Flor in Grau/Grado, which takes place on the Sunday after Easter.



## Festivals and gastro workshops

Asturias has over 250 gastronomic workshops and events in the year, from cookery exhibitions, homages to typical products and dishes, celebrations of national and regional tourist interest... The fact is that we spend the day looking for where to enjoy the best dishes and products in our region. To keep up to date, there is nothing better than consulting the website [agendadeasturias.es](http://agendadeasturias.es) and choosing from a varied array of options.

Visiting Asturias and not eating a *fabada* is like going to Covadonga and not seeing the Santina. *Les fabes* (beans) are a religion in the Principality. They grow in the meadows near the rivers and they are protected by a Protected Geographical Indication. Why?

Because beans of a good size but with tougher skin keep arriving from the other side of the Atlantic, and there, no self-respecting Asturian goes. So, if you want to have the guarantee of taking home 'the best beans' as a souvenir, be sure to look for the stamp that guarantees that they are from the *tierrina*.

Fabada dish

## *Fabada*, the most authentic dish

### 'IGP Faba Asturiana' Quality Guarantee

The 'IGP Faba Asturiana' was created in 1990 to preserve this vegetable, which is being eclipsed by beans imported from South America. The technical experts from the Regulating Council control the plantations and certify not only the origin but also the size and quality. Not all the beans labelled as being 'de la Granja' are Asturian. If it doesn't have the IGP Faba Asturiana stamp, they could be pulling the wool over your eyes. However, at the moment they only consider and allow production of the dry bean, the fresh bean is not included in the quality mark.

Almost all the restaurants offer this delicacy which as well as the Asturian bean, contains other important ingredients, such as *chorizo*, black pudding (the key secret to a good *fabada*), pork shoulder and other meats derived from pork to the taste of each chef. Recommending a cooking time is a risk-taking sport, because it depends on the area that they come from, the hardness of the water (outside Asturias it's better to use mineral water) and

on how the harvest has been. Usually, it is around two hours but don't take our word for it.

The traditional *fabada* has given way to the use of less fat and the use of chicken stock and butter which give oiliness and shine to beans. If we add to this that many catering establishments currently cook the *chorizo* and black pudding only half the time in the same pot and then take them off the heat, then we obtain a 'lighter' *fabada*.

## The best *fabada* in the world

Eight years ago, during their Cultural and Gastronomic Week of beans, Villaviciosa launched a competition that assessed the establishments with the best *fabada*. The fact is, it has rapidly gained prestige and winning this competition is synonymous with full diaries and dozens of reports in the media throughout the whole country. If you like *fabada*, here are the seven winners, seven *fabada* temples: Casa Chema (Oviedo, 2011 and 2017), El Moreno (Villaviciosa, 2012), El Llar de Viri (Candamo, 2013), Sidrería Bedriñana (Villaviciosa, 2014), Los Pomares (Gijón, 2015) and Vista Alegre (Colunga, 2016).



Beans

*Some people use fresh beans, also called green beans (not to be confused with verdinas which are a different bean).*

As soon as it is harvested, it is frozen within hours, keeping its own natural water and therefore not needing to be soaked. The dry bean absorbs the stock more and has more taste, whilst the fresh bean achieves a very interesting thin skin. Try them and judge for yourself. When you ask if it is fresh or dry, the waiter will be surprised.

As well as all this, including Iberian bacon has also become a trend, something that is increasingly common in restaurants.

*If you want to seem like an expert in beans, you might observe that the stock is thickened, the beans are creamy and melt in the mouth, and the black pudding falls off the skin and doesn't contain large pieces of loin.*

First savour the bean on its own against your palate, then play with every mouthful, combining beans and another of the ingredients of the meat ensemble on the same spoon. The excessive use of saffron, a chicken stock that is too present or too much spice in the ensemble will be criticised.



Traditional market



Traditional kitchen (llar)

# Cider, the regional liquid

Do you want to know the origin of the Spanish word for 'cider' (*sidra*)? Well it comes from the Greek, 'Sikera', which in Latin became 'sizra' and from there, the transformation to the current word was not very difficult. Estrabón wrote about cider in the 1<sup>st</sup> century A.D. and revealed that Asturians were already consuming it then.

*Pouring cider*

## DO Sidra de Asturias Quality Guarantee

Little by little, it has consolidated itself and the consumer is becoming more aware of the added value that it contains. It has just reached 15 years old, and it is predicted to make more than 4 million bottles this harvest. It guarantees that the apple is Asturian and carries out quality inspections with the aim of offering the best cider on the market. Currently, twenty-seven cider mills make cider with Designation of Origin.



The fact is that the drink has made it to our time with an iron constitution since Asturias continues to be the main producer of cider, making up 80% of national production. More than seventy cider presses produce 40 million bottles of cider, split almost equally between natural cider and sparkling cider, which is exported to over fifty countries.

How many varieties of apple do you think exist in Asturias? To many people's surprise, we have half of all the varieties that exist in the world. Call us hoarders. Not all of them are suitable for making cider, but a good number of them are. The Designation of Origin accepts 76 varieties but the amount of those present in the region is close to five hundred



Natural cider

*Cider is served in bottles, it is shared and drunk in 'culines' or 'culetes' (small amounts of cider). And the most important thing is to drink it up in only a gulp.*

If your first experience with the over one hundred millilitres of cider that is usually poured into the glass is traumatic or you feel incapable of ingesting such a quantity in one single gulp, you can ask the waiter to make the next one more *piquiñin* (smaller).

In Asturias, the price of a bottle of cider is around three euros, a little more if it has the Designation of Origin. As you can see, it is a more than reasonable price considering it contains seventy centilitres of a delicate drink which takes nearly six months to be produced and has multiple health properties.

It combines marvellously with most of the dishes of the region. It works in perfect harmony with fish, *fabada* and rice dishes and it works as a balm with cheese, cleaning our mouth and preparing our palate for the next mouthful.



Cider press

## Visit a cider mill

Taking a look at a cider mill can be one of the most fun experiences that you have ever had. Its impressive chestnut barrels with capacities of up to 30,000 litres, the familiarity of the cider mills and the craftsmanship of the production process will surprise you. If you have the good fortune to coincide with the harvest season, between October and November, then all the better. Many cider presses combine the visit with sampling of cheese and typical products and some offer 'espichas', an informal meal at which *tortillas* (spanish omelette) and *chorizo* cooked in cider will not be missing. Its origin dates back to the moment when new cider was tasted directly from the barrel, in Spring, a celebration that was shared with family and friends. 'Espicha' was the small, pointed, wooden contraption which covered the hole where the cider came out.

At the market, we can find different types of cider. On the one hand there is natural cider, which is consumed in cider bars and it is poured. On the other hand, natural sparkling cider, also included in the Designation of Origin, which is produced in the same way but with the difference that during the process, a second fermentation is carried out, either in the bottle or in stainless steel tanks. They are often 'brut nature' or 'brut' which means that they have no or only a little added sugar. The third option with a quality stamp is natural filtered cider, also called 'new expression cider' that although made in the same way as the traditional way, not having *madre* (sediment) and being in a similar bottle to a wine bottle, it can be used in any type of restaurant.

Then there is *sidra de hielo* (ice cider), increasingly thriving, which is produced with the apple well chilled or subjected to the same process as grape juice, which is concentrated due to having a different freezing point than the water that it contains. It is a dessert drink that maintains the acidity of cider but has a fair number of grams of sugar which balances it out.

# Asturias, the region with 50 cheeses

Cows are the biggest protagonists of the Asturian field.

In fact, of the 50 cheeses that are currently made, over 65% exclusively use cow milk, 20% mix it with small percentages of goat and sheep milk and only 15% of the existing cheeses opt for goat or sheep milk as the heart of the cheese.



Variety of Asturian cheeses



Cabrales cheese maturing cave

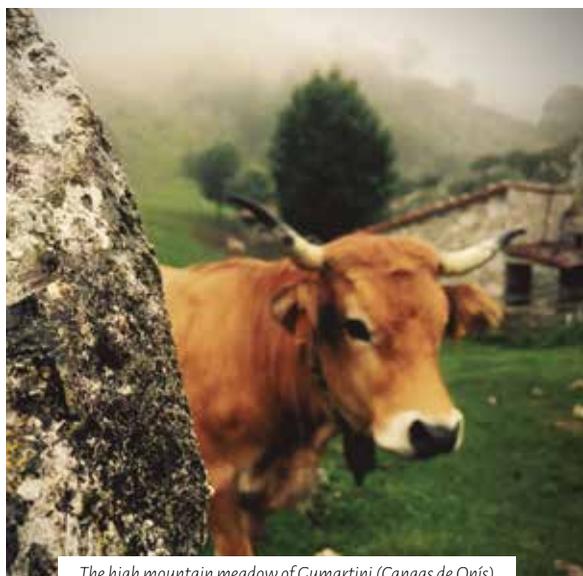
## Visit a cheese factory

There is nothing like living experiences first hand. Visiting an Asturian cheese factory guarantees a dream-like visit, learning how types of cheese, in many cases ancestral, are made. It could be a good opportunity to assess the importance of a maturing cave in the case of Cabrales or Gamonéu, or to learn what the kneading machine is, so crucial for the production of Casín.

The East is the area where the most types of cheese are found. Picos de Europa and the Sueve and Cuera mountains form a natural site where the pastures are abundant and the animals move and feed freely. Who could enjoy those hillsides! Cabrales matures in the caves. It is the blue cheese of the region. It can be made with any of the three milks, but always with the predominance of cow milk. Something similar happens with Gamonéu, one of the most special cheeses that we can find, with its smoky characteristic and a slight development of *penicilium* at times. Both are essential items on any self-respecting cheese board.



Afuega'l pitu



The high mountain meadow of Gumartini (Cangas de Onís)

In a radius of 50 kilometres, we can count over 20 types of cheese, spread across towns like Arangas, Buelles and Panes in Peñamellera, Posada (Bedón), Porrúa, Pría and Vidiago, among others. The councils of Amieva and Ponga deserve special mention, where Los Beyos is made. In the central area, Afuega'l pitu dominates, with over ten active cheese factories that in most cases as well as white cheese, make 'roxu' cheese, the result of kneading the curd with chilli pepper. Casín follows close behind, it is growing in popularity and already has four cheese factories working towards helping one of the oldest cheeses in Spain recover the position that it deserves. But there are many more, Ovín in Nava, Varé in Siero, Bota cheese in Quirós or Urbiés cheese in Valle de Turón, to mention but a few of the most emblematic.

If we got to the West, in geographical order, there is La Peral and Gorfolí in Illas, Fuente in Proaza, Abredo in Coaña, Taramundi (as an original note there is a version with nuts), Oscos and Xenestoso..

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*But recently, new cheese factories have emerged which are making their own niche and getting people talking, some triumphing in national and international competitions and others winning over the general public.*

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They are spread across the whole region, from Pravia to Las Regueras, from Siero to Tineo, and they are encouraging diversification, with new styles and methods of production not widely used in Asturias. In summary, among cheeses with the quality mark, cheeses with history, those that survive although with a producer and the marks that are invigorating the industry with the new cheese factories, we have a total of 50 different options, without counting the different varieties that some produce.



Gamonéu

### Quality Marks

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There are five of them and they embody a good proportion of the main role of Asturian cheese. We have four Designations of Origin, Cabrales, Gamonéu, Casín and Afuega'l pitu, and a Protected Geographical Indication, Beyos. All of these have their own back label that certifies that they are made under the guidelines of each Regulating Council. Among the five, they total 60 cheese factories, over half of those that exist in Asturias.



Covadonga Lakes (Cangas de Onís)

## Passion for meat

If we start with size, the cow wins. And in quantity as well, since there are over 300,000 heads of bovine livestock in the region. There are milk cows but nowadays cows for meat are in the majority. A good number of them are protected by the IGP Ternera Asturiana, and they are used for many more things than just making *cachopos*. The recipe book is very full, from cheeks soaked in Cangas wine to beef stew with potatoes.

*Two breeds dominate, the Asturian of the valleys and the Asturian of the mountains. Both produce a very tender, juicy and unique meat.*

But we also have more indigenous breeds of other animals. If you go to any town, as well as the plump *pitos de caleya*, you can also find the *pita pinta*, a lively chicken with feathers of two different colours which is becoming fashionable in some

restaurants. It has a double use, because it produces good meat and eggs in abundant quantity. And if you look at the mountains you can try to distinguish an *oveya xalda* which allows for the creation of some fantastic stews.



Pita pinta



Cachopo

## To the delicious *cachopo*

If you have never eaten a *cachopo*, you are among the cowards because they say that eating these breaded fillets of enormous size is for the strong. It's not a big deal, don't worry. It is a dish that traditionally is usually shared, although it is nonetheless true that smaller, individual *cachopos* are starting to proliferate, which it is advisable to ask about so as not to get any frights. A '*señor cachopo*' must have two fillets of Asturian beef, preferably in the area of the thigh, round or bottom sirloin, Serrano or Iberian ham and some slices of a not very strong Asturian cheese (cheese from Oscos or Vidiago is ideal). It is coated in flour, egg and breadcrumbs, fried and... *voilà!* *Cachopo* is served. Some tips are that the oil should be very hot and clean, without the aromas of other foods, and the fillets shouldn't be cooked too long so that they stay pink inside.

The other great emblem of the region, which is the raw material of *chorizo* and black pudding, is the pig, which we also have an indigenous version of, the *gochu asturcelta*. It started to play a main role after overcoming the period when it was at risk of extinction.

*Its meat has a very interesting interspersed fat, which gives it a strong flavour.*



Gochu asturcelta

With pigs we make so many things, so many in fact that we don't have enough pages to list them all so to be concise, we make *chosco* (cured smoked meat), *picadillo* (minces meat), sausage (Avilés type), *moscancia* (similar to black pudding but with cow or lamb fat), *sabadiego* (chorizo with a heart of black pudding whose heartland is Noreña), *emberzao* (a variation of the black pudding that is mixed with cornflour and wrapped in cabbage), *butiellu* (rib meat with cured bones), *andoya* (made with whole or top loin), *xuan* (black pudding with pumpkin) and we could continue with the *fariñón de Candás*, *pantruque*, *probe*, *bolla*, *boronchu*... you won't go hungry here.



Chosco

## Asturian beef and Chosco de Tineo Quality guarantee

Tenera Asturiana Protected Geographical Indication, which has just reached 15 years old, has managed to give its quality stamp an admirable prestige. Its meat is demanded in the best butchers in the main cities of the country. To be an authentic Asturian meat, it has to be born in the region, belong to the club of the chosen breeds, whether Asturian of the Valleys or Asturian of the mountains, be between 12 and 18 months old, have very specific morphological characteristics and be tremendously tasty, because the great virtue of this meat is its texture and its tenderness. They are young cows, with little fat but therefore very healthy.

The Chosco de Tineo is our best kept secret, a product derived from pork that contains at least 15% of the tongue and much of the head. It can be eaten fresh or cooked, always marinated in chilli pepper.

# The priceless Cantabrian larder

Diverse and tasty. This is what the larder that stocks our fish markets is like, which we call 'rulas' here. Each season is a world, each month the species that we can find in the fish shops and the restaurants are different.



Spider crab

Rula de Puerto de Vega



## Visit the rula (fish market)

It is a fantastic experience. It serves to teach us about the tough profession of the fisherman, observe how well the fish is treated in the best boats and learn to differentiate species and categories. Hundreds of batches of fish and seafood will pass before us at the speed of light, some of incredible sizes. For example, the Puerto de Vega market allows tours all year upon reservation and the Avilés market does during the summer.

The most abundant fish on our coasts are mackerel, sardines and hake. The red mullet with its intense colour, that feeds on small molluscs and algae, and the turbot, whose gelatin and skin gives it a unique flavour are thrilling. The John Dory is not inferior, the enormous dusky groupers impress, the red bream seduces, accompanied on the table by monkfish, red scorpionfish, conger eels, white seabream, gilt-headed bream and *bocartes* (fresh anchovy).



### Did you know that in Asturias, much fish and seafood have its own name in Asturian?

Some even have a whole catalogue of names, including for sizes and areas. The sea bass is called 'robballiza' when it is big and 'furagaña' if it is small. A small sardine is a 'parrocha'. The word lobster doesn't exist here. If you want to understand a menu you will have to learn the word 'bugre', on the West coast, 'llubricante' and in other areas 'llocántaru'. Don't mention the word velvet crab, apply 'andarica' and to name limpets, it's best to say 'llampares'. The monkfish is 'pixín', 'sapito' if it is portion size, golondro 'golondru', bream 'besugu', clams 'amasuela', cockles 'virigüetu'. The brown crab is better known as 'ñocla', and sea urchins you already know we call 'oricios'. They're so delicious!

Among the seasonal products, the elver stands out in autumn, as well as sardines, cuttlefish and long-finned tuna in summer, prepared in a thousand different ways. The fillet only requires respect and a grill, but we usually prepare the other parts rolled up with onion, tomato and egg; in tacos, stew and nowadays even in sashimi or tataki. Who would have known!

Then we also have other less well-known but very tasty fish, don't hesitate to try it if you are offered it, like bream, plaice, needlefish, ballan wrasse or botona. And you have a lot and good seafood to choose from. The variety of seafood that populate the Cantabrian allows us to always have a fresh product at all times of the year. Watch out because in Asturias we given almost everything a name. Thus, a spider crab from our coasts is called 'from the country' if they are small 'pelones' and if a barnacle has a lot of water, something which is not a good sign, 'aguarón'. The spider crab can be captured on our coasts from the middle of December until the end of July. It is a reddish colour and the females are especially valued for their precious meat and their coral.

They abound as well as with these cow species, velvet crabs, brown crabs, octopus, squid, limpets and when the cold arrives, *oricios* (sea urchins). We are very much a fan of these echinoderms that are not very attractive but have an intense, iodised flavour. More scarce are the razor shells, clams, langoustines and shrimp, but they do exist.

*Asturians love to accompany a bottle of cider with a plate of periwinkles. And if we are generous, we add to the bar tab an 'andarica' (velvet crab for the foreigners). So, if you want to feel like an Asturian, copy our good habits.*



Typical Asturian lunch on the coast

Seafood has its season. It is not true that you should only consume it in the months with the letter 'r' but it is true that many shellfish appreciate the cold water of this time of year, such as brown crab and velvet crab. However, there are seafood that are better when summer approaches, such as the lobster. Versatile and with a good taste all year is the langoustine, which remains the same taste-wise every month, barnacles, mussels and oysters from the estuary of Eo river.



Perhaps it is still a bit unknown amongst the vast panorama of Spanish wine, due to the scarce quantity of grapes that are processed in this area as well as the number of existing wineries.

But it is important to know that the councils of South Western Asturias have been linked to wine for over ten centuries.

Vineyard

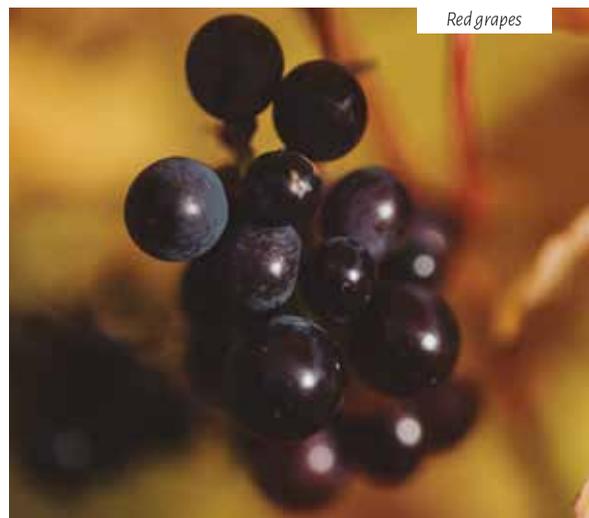
## Cangas wine, heroic viticulture

As an anecdote that certifies its roots and traditional, one detail is enough, the towns where vineyards are planted today coincide almost fully with the places where wine was produced in the Middle Ages.

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*The abbots of the Monastery of Corias, Juan II and Pedro II, had already had a relevant role having incorporated the grape to their dominions and started to make wine.*

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Red grapes



## Visit a winery

Wine vacation is an undoubtable trend and Asturias it is becoming more and more permeable to this phenomenon. Here you will not find large buildings or thousands of sleeping barrels. The Asturian wineries are small, artisan, you could even say family-owned. The steep terrain of the area is a complete surprise for the visitor, who is also often fascinated by the originality of the wines. You can walk around the vineyard, get to know the production process, discover the indigenous varieties, observe the barrel room and even taste the wine of the different wineries.

Cangas wine has received many awards throughout history and it now enjoys a moment of splendor, with a professionalisation and a care of the vines that was not applied in the same way for decades, when homemade and local consumption prevailed. Behind, the times in which six thousand hectares in the area were counted remain, today many less, but ahead, a path full of opportunities and successes can be glimpsed.

Why? Because it has a good trump card in its hand, since it has some varied native grapes, like the Albarín white grape (not to be confused with Albariño because its characteristics are very different) and the Carrasquín reds, black Albarín and black Verdejo. If to this we add the changes that the climate is experiencing, since it is sunny in itself in these councils, the grape obtains an ideal level of natural ripening.

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*The landscape is abrupt, mountainous, with slopes whose gradients exceed 30 degrees of inclination. Imagine what the grape harvest could be like, only apt for the strong: a 'heroic viticulture'.*

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Currently, nine wineries have their headquarters in Asturias, located in the municipalities of Cangas del Narcea, Degaña, Ibias and Siero. Five are welcomed under the Designation of Origin, three are in the same area but follow their own path and make Prieto Picudo wines in the centre of Asturias, specifically in the municipality of Siero. In the path, new projects are appearing, that confirm that the Asturian vineyards have their attractive and that they will offer in the next few years very deep, fertile soil.



## DO Cangas, a great achievement

It is certain that they have achieved something that few thought would happen, that the Cangas wines would have a back label that allows them to differentiate themselves, recognise a historic wine region and go out with pride to the national competitive market. Cangas wine has changed a lot in the last 20 years, improving with each crop, looking after each vine more, looking for more balanced wines that harmonise well with Asturian gastronomy. Currently, they have five manufacturing wine cellars and over 50 wine-growers welcomed to this quality mark, approved by the European Union in 2014, that manufacture around a hundred thousand litres.

'Eco-friendly' is a worldwide trend, but Asturias has been opting for producing natural, healthy food for years.



Organic products

## We are Eco-friendly



Organic Market

### Enjoy an authentic organic market

There is an increasing number of organic markets in Asturias. Perhaps the most important is the one that is held every second weekend of the month in the Plaza Mayor in Gijón/Xixón, to which they would follow the Agro-Food Festival of organic products which is held in Llanera in the middle of August, the Agropec eco spaces at the end of September in Gijón/Xixón, EcoLlanera, the Organic Market of Candás or the Agro-organic Market of Lena among others. Eco consumer groups are also on the rise, specialist shops and cooperatives that help put the producer in contact with the consumer.

What do we produce organically in Asturias? Many things indeed, in reality, there is an eco-friendly version of almost all the products that grow well in our region.

*We have eco beef, spelt, kiwis, marmalades, fruit juices, vegetables, seaweed, milk, vinegar, cider, beer, preserves, cheese, yoghurts, eggs, cured meats, beans... whatever you want and more.*



Organic marmalades

Special mention should be given to honey, one of the best that can be found on the market. Bees stand thrive in the Asturian woods, full of heather, chestnut trees, oak trees... and carry out a commendable, incredible job. So that you can form an idea, if there were no bees, there would be no cider, because they wouldn't pollinate the flower of the apple tree and goodbye cider parties, pouring and pilgrimage.

*Honey, full of vitamins is a common breakfast for Asturians. Good in fasts or spread on toast, it protects you from illnesses and provides energy.*

Then we have spelt. It was a common grain in the stone mills of the towns of the region. It produces excellent bread and its flour is used for multiple desserts. If you have the opportunity to try Asturian ecological spelt, don't miss out. You can even buy it and then make amazing recipes at home because spelt flour can substitute wheat flour in almost any recipe, giving it more flavour. Try with some pumpkin and spelt doughnuts or a fresh fig sponge.

There is also a corn flour one which is common in many houses and restaurants. Don't forget to try the *tortos*, a fried delicacy that is usually accompanied by slaughtering *picadillo*, black pudding or Cabrales Cheese. They are in a mini version and larger but the most important is their flavour and texture.

*In the dessert and in breakfasts, Asturian marmalades cannot be missed. We can find them made with blueberries, apple, kiwi, raspberry, tomato or pear.*

And talking of kiwis, although their name transports us to New Zealand, which is the country that made them famous, the similarity of the climate has made Asturias become a world power in the production of this fruit. The meadows of Pravia, Salas or Grado are populated with plants that are picked at the onset of Autumn and arrive at markets throughout the world at their optimum state of ripeness. It is also included under the quality mark Alimentos del Paraíso which also contains stuffed cabbage, blueberries, goat's cheese and sweets such as *carajitos* or *marañuelas*.



Spelt

### COPAE, quality guarantee

It emerged in 1996, and since the organism which is charged with ensuring that the organic products and certify those that fulfill the settings and can put the stamp on its label, because now the whole world is signing up to eco fashion. It also handles promoting the consumption of organic products and making the production systems known. The certification is necessary so that the consumer has the maximum guarantee that the products fulfill really with the eco regulations.

# Lovers of sweet things

Asturias has been and is the birthplace of master bakers. Many of them have created deserts that have ended up becoming part of the public imagination and that already form part of our gastronomy.

Every corner of the region, every town and village, has a typical sweet delicacy and a good number of patisseries.



Carbayones



Frixuelos

## Sweet tricks

If you want to make a good rice pudding at home, some practical tips could be taking out the cinnamon stick and the lemon peel half-way through cooking to prevent their taste from dominating the rest of the ingredients. And do stir the saucepan a lot.

When frying *casadielles*, it is important to do them one at a time or a maximum of two at a time, the oil should be very hot, and carefully flip them soon after putting them in because they burn very quickly.

If you choose to make *frixuelos*, the most important thing is that the pastry is not too light, leave it to rise for a few hours and use a non-stick frying pan to prevent it from sticking too much, and pour just the right quantity so that they are as thin as possible

If we had to choose three deserts to form a podium that would represent the region, those would be rice pudding, which can be found in any restaurant as a conclusion to a good meal, *frixuelos*, the sweet *crêpes* that used to be dusted in sugar but nowadays they are filled with hazelnut spread, cream, marmalade or whatever you want, and *casadielles*, fried dough filled with chopped nuts, honey or sugar and a dash of anise, you can add a bit of milk or butter if you wish.



Casadielles



Tocinillo de cielo

If we enter the marvellous world of cakes, in almost all places, we will find the *charlota* cake, made with a base of sponge, cream and almond covered in chocolate and topped with cherries and above all in Gijón/Xixón, *Gijonesa* cake, in which the taste of turrón predominates in its centre.

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*Here we are very llambiones, or rather, we like sweet things, and each city and town have its own typical desserts.*

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Gijón/Xixón is the paradise of *princesitas* (marzipan and orange truffle sweets) and ice lollies. In Oviedo, it is essential to try two unbeatable creations. The first is *carbayones*, almond cakes covered in sugar syrup and lemon juice, and the second,

*moscovitas*, which are a chocolate and almond delicacy. In Avilés, the Easter pastry rules, typical in Holy Week. If we go further inland, in the municipality of Aller, you will be able to taste a unique dessert, *panchón*, in Laviana, *bartolos* and in Mieres, the passierine municipalities, a sweet short pastry doughnut with milk. Path from the West, we find in Grado the famous *tocinillo de cielo*, the *Carajitos del Profesor* in Salas, that have achieved labelling themselves with the mark Alimentos del Paraíso, something that can also make *marañueles* of Candás y Lluanco/Luanco, some typical pastries based on butter, egg, sugar, flour and lemon zest, with the different that in Lluanco/Luanco, they only use the yolks. And further afield, in Navia, don't miss out on the Venera cake, an almond cake which will have you licking your fingers. We can complete the list of sweets with *borrachinos*, fried milk or *formigos*.



Rice pudding

## Rice pudding Festival

We have many workshops and culinary homages but almost all of them involve a salty product. The Rice Pudding Festival has been celebrated for over 30 years in Santolaya/Santa Eulalia in Cabranes, on the Sunday closest to 9 May. It involves a competition which over one hundred people participate in and it is supported by the menus that the catering establishments of the area offer over these days.

# 100 reasons to visit Asturias

In reality, this region has over 360 gastronomic activities each year, so we can truly say that every day we would have a reason or excuse to visit Asturias. There are festivals that are celebrated around a specific day, a saint, or a specific celebration and others that are variable, therefore although they are up-to-date and we have included the date that the last event was celebrated, it is possible that next year they could vary and be one or two weeks earlier or later.

## January

1. **Gastronomic Celebration of the Turnip** in La Foz de Morcín. Weekend closest to the 17<sup>th</sup>.
2. **Afuega'l Pitu Cheese Competition** in La Foz de Morcín. Third or fourth weekend.
3. **Fuente Turnip and Cheese Festival** in Proaza. Last Sunday.

## February

4. **Pote and el Pitu de Caleyá Workshops** in Las Regueras. First weekend.
5. **Slaughter Workshop** in Amieva. All month.
6. **Fish Stew Gastronomic Festival** in Lluanco/Luanco. First two weeks.
7. **Tineo Council Gastronomic Workshops**. Last two weeks.
8. **Hunting Workshops** in Piloña. Second weekend.
9. **St. Valentine's Day Workshops** in Tazonés. Weekend closest to the 14<sup>th</sup>.
10. **Antrouxu Workshops** (Carnival). In Oviedo, Gijón/Xixón and Avilés.
11. **Oriciu Festival** in Huerres (Colunga). Last weekend.

## March

12. **Flour and Corn Gastronomic Workshops** in Llanes. Beginning of the month.
13. **Spring Gastronomic Workshops** in Tevera. Second weekend.
14. **Cabritu Workshops** in La Pola Llaviana/Pola de Laviana. Second weekend.
15. **Elver Festival** in L'Arena/San Juan de la Arena. First two weeks.
16. **Asturias Bar Snack Championship** Middle of the month.
17. **Cultural and Gastronomic Week of Les Fabes and Best Fabada in the World competition** in Villaviciosa. Third week.
18. **Oriciu Festival** in Bañugues (Gozón). Middle of the month.
19. **Bajo Nalón Bar snacks competition**. Last two weeks.
20. **Pitu de Caleyá Workshops** in Uxo/Ujo (Mieres). Last two weeks.

## April

21. **Mussels and Seafood Festival** in Tapia de Casariego. Holy Week
22. **Fraternity Bites** in Oviedo. Holy Week.
23. **Cod Workshops** in Salinas. Holy Week.
24. **Pixín Workshops** in Muros de Nalón. Holy Week.
25. **Cheese Festival** in Taramundi. Holy Week.
26. **Primer sidre'l añu** in Gijón/Xixón. Holy Week.
27. **Street food and Celebration of the Bollo** in Avilés. Easter Monday.
28. **Celebration of the Picadillo and the Sabadiego** in Noreña. For St. Mark, around the 21<sup>st</sup>.
29. **Workshops of the cakes with picadillo** in Antromero (Gozón). Last two weeks.
30. **Boroña Preñada Festival** in Colunga. Last two weeks.
31. **Mushrooms Gastronomic Workshops** in Riosa. At the end of the month.
32. **Xornaes Gastronómiques del Gochu Asturcelta**. Sotón Pit (Sotondio-San Martín del rey Aurelio) Second weekend.



Grape Harvest Festival

## May

33. **Asturian Beef and Wine Gastronomic Workshops** in Cangas del Narcea. At the end of the month.
34. **Gastronomic Workshops of la Lámpara** in Quintes and Quintueles (Villaviciosa). Last week.
35. **We are the Oyster! Festival** in Castropol. First of May Bank Holiday.
36. **Seafood Festival** in Candás. First of May Bank Holiday.
37. **Bar Snacks Championship** in Oviedo. First two weeks.
38. **Spring Mushroom Gastronomic Workshops** in Mieres. All month.
39. **Rice Pudding Festival** in Cabranes. Weekend closest to the 9<sup>th</sup>.
40. **Merluza del Pinchu Workshops** in Cudillero. First two weeks.
41. **Ascension Menu** in Oviedo. Last two weeks.
42. **Gastronomic Workshops of Cider dishes** in Nava. Middle of the month.
43. **Old coal loading dock** of San Esteban de Pravia Third week.
44. **Cheese and Wine Festival** in Avilés. End of month.

June

45. **Boroña de Forna Festival** in Torazu/Torazo (Cabranes). First weekend.
46. **Peas Gastronomic Workshops** in Belmonte de Miranda. First two weeks.
47. **Sea Gastronomic Workshops** in Ribadesella. First weekend
48. **Spider crab Workshops** in Oviñana 2016. First two weeks.
49. **Hake Workshops between the Cuera mountains and the Sea** in Ribadadeva. Middle of the month.
50. **Famous Wine Festival** in Avilés. First two weeks.
51. **Seafood Gastronomic Workshops** in Llanes. End of month.

July

52. **Lamb Festival** in el Prau Lagüezos (Quirós). First Sunday.
53. **Long-finned Tuna Festival** in Lluanco/Luanco. First weekend.
54. **Natural cider Festival** in Nava. First or second weekend.
55. **Long-finned tuna workshops** in Candás. Middle of the month.
56. **Blueberry and Red fruits Festival** in Villaviciosa. Last weekend.



Roast Lamb on a stake

August

57. **Sardine Festival** in Candás. 1 August
58. **Tinéu/Tineo Chosco Festival** First Saturday.
59. **Beer Festival** in Avilés. First two weeks.
60. **Western Asturias Cheese Display** in Llanes. First Sunday.
61. **Corderu a la Estaca Festival** in Fuentes (Villaviciosa). First Sunday.
62. **Cheese Festival** in Cuerres (Ribadesella). On the 9<sup>th</sup>.
63. **Long-finned tuna workshops** in Noreña. First two weeks.
64. **Mussel and Barnacle Workshops** in Puerto de Vega. In the middle of the month.
65. **Octopus Festival** in El Ferriru/ Ferrero (Gozón). In the middle of the month.
66. **Long-finned tuna Workshops** in Tapia de Casariego. Last two weeks.
67. **Natural cider Festival** in Gijón/ Xixón. Last week.
68. **Casín Cheese Competition** in El Campu/Campo de Caso. Last Sunday.
69. **Cabrales Cheese Competition** in Arenas de Cabrales. Last Sunday.

September

70. **Bottom Sirloin Week** in Avilés. First two weeks.
71. **Cider Festival** in Villaviciosa. First weekend.
72. **Bottom sirloin workshops** in Corvera. First weekend.
73. **Spelt Festival and Competition** in Grau/Grado. Second weekend.

October

74. **Festival of the Hazelnut** in L'Infiesto/Infiesto. First Sunday.
75. **Festival of the Apple** in Villaviciosa. Around the 12<sup>th</sup>.
76. **Competition Exhibition of Cheese** in the Picos de Europa in Cangues d'Onís/Cangas de Onís. 12 October.
77. **Grape Harvest Festival** in Cangas del Narcea. Around the 12<sup>th</sup>.
78. **Gamonéu Cheese Competition** in Benia de Onís. Third weekend
79. **Gastronomic Celebration of the Disarmament** in Oviedo. On the 19<sup>th</sup>.
80. **Honey Festival** in Bual/Boal. Last weekend.

November

81. **Chestnut and Horticultural products Competition** in Les Arriendes/Arriendas. Second weekend.
82. **Celebration of the Humanitarians** in Morea/Moreda (Aller). Day 11.
83. **Cooking with Moscancia Week** in Noreña. First two weeks.
84. **Honey, mushrooms and chestnuts workshop** in Cangas del Narcea. Third weekend.
85. **Gastronomic workshops of Fabada, Fabes and Verdinas** in Llanes. Middle of the month.
86. **Tripe Week** in Aller. Last week.
87. **Bar snacks** in Gijón. Middle of the month.
88. **Turnip Festival** in Sotrondio. First two weeks.
89. **Autumn Gastronomic Workshops** in Teverga. Second weekend.
90. **Chestnut Tree Gastronomic Workshops** in Lena. Third weekend.
91. **Stuffed Onions Festival** in L'Entregu/El Entregu. Around San Andrés, on the 30<sup>th</sup>.



Natural cider Festival

December

92. **Tripe Workshops** in Noreña. First week.
93. **Les Fabes Week** in Colunga. *Constitución* long weekend.
94. **Pote de Turón Gastronomic Workshop.** *Constitución* long weekend.
95. **Workshops of the faba, kiwi and honey** in Pravia. *Constitución* long weekend.
96. **Stuffed Peppers Workshops** in Blimea. *Constitución* long weekend.
97. **Fabada Gastronomic Workshops** in La Felguera. First two weeks.
98. **Gastronomic Workshops of hunting and wine** in Cangas del Narcea. *Constitución* long weekend.
99. **Slaughter workshops** in Caso. First two weeks.
100. **Slaughter Gastronomic Workshops** in Felechosa. All month.

# Chefs who make their mark

## Michelin Stars

The decorated chefs of Asturias have history, in many cases they are children or grandchildren of hoteliers and they cook traditional cuisine well. Casa Gerardo, where Pedro and Marcos Morán officiate, have behind them over a century of history, *fabada* and *arroz con leche* alternate with modern and avant-garde dishes, with an exquisite respect for the product and with constant innovations on dishes or special products such as red mullet, turnip or shrimp. Pedro led a generation of chefs who put Asturian Gastronomy on the map and his son, who now evaluates restaurants in London and Brussels, gave a new drive to the most creative line of the restaurant.



Casa Gerardo



La Salgar



Casa Marcial

Nacho Manzano, the most prize-winning, runs a family restaurant near the Sueve Range and Les Arriondes/Arriondas. It is self-taught, amazing and hyper creative. It is an indisputable reference of Asturian Gastronomy, which was definitively uncovered in 2010 after the achievement of the second star for Casa Marcial, the head office, the family manor, the place where three decades ago his parents served *arroz con pitu*, *caza* and *fabada* that of course continues to exist alongside Nacho's most avant-garde creations. Then the Gijón adventure arrived, which had already exceeded ten years of life, where his sister Esther officiates who also boasts a Michelin star in the restaurant La Salgar in Gijón/Xixón.

Not far from them, without leaving that small town of Parres famous for having a star for each two thousand inhabitants, is José Antonio Campoviejo and his Corral del Indianu. Here there are no dynasties or previous training, beyond his experience in the Spanish, barely metres from his current



El Corral del Indianu

location, which he opened in 1996. Among their special products are salmon, oysters, foie and cheese, current in a ripening period, with very rounded and complex dishes.

Gonzalo Pañeda share a passion for foie gras, and are also passionate about urchins and lamb. Solid, studious and tireless chef, he defends the star with the same naturalness as when his personal project started with Toni Pérez in La Solana, in Mareo. They now direct Auga, in Gijón Marina. And if there is someone who grew up by the sea, watching lobsters, sea bass and red mullet go past, three of their preferred products today, that would be Isaac Loya. He grew up among clothes, tables and chairs, he played with the room but his shared vocation he opted for the kitchen. Today he leads one of the restaurants that best product of the Cantabrian works, with an exquisite respect for the products. Navega enters traditional preparations inherited like the unbeatable *lubina al champagne* and more creative proposals but always with rigour and seriousness. The visits from the dining room of the Real Balneario de Salinas is among the best in Spain.



Auga



Royal Thermal Spa



Arbidel

The two last incorporations to the starry are Jaime Uz, of the restaurant Arbidel and Ricardo Sotres, of El Retiro. Jaime's career has moved from less to more, calmly. After running his own business in Oviedo and trying to show the chef that he had within, he re-found himself in Ribadesella/Ribeseya, where he started to practise a quality-price relation cooking, with menus that straight away received the favour of the public and the critics. Ricardo was head chef of Casa Marcial and with the prudence that characterises it, he started his adventure in the family business of Pancar, in which first alternated a village bar with abundant presence of parishioners with a tasting menu dared and balanced at the back, to leave a step after a deep reform that paired a more complex and worked menu. The fact is that now he is a chef with a lot of projection, constantly advancing and who has not yet reached his limit.



El Retiro

## Mesas de Asturias

This is the quality mark that shelters some of the best restaurants of this region, distributed across the whole region, accommodating different styles and cuisines. There are classic ones, modern, cosmopolitan, town ones but in all of them a defense of the local product prevails and an attentive client service. To belong to this select group, you have to pass different tests that put to test the customer service and the quality of the food.

There are 31 chosen ones. From East to West on this privileged list there are also the already mentioned Campoviejo, Manzano, Morán and Loya restaurants are the following:

El Cenador de los Canónigos and Los Arcos in Cangas de Onís, the Palacio de Cutre and La Posada de Entrialgo in Piloña, Eutimio in Colunga, Gotta de Tierra del Agua in Caso, Ciudadela, El Candil and Casa Zabala in Gijón, Casa Belarmino in Gozón, Fuécara de la Torre en Llanera, La Ferrada in Noreña, Casa Telva, El Panduku and El Asador de Abel in Siero, Casa Adela in Langreo, El Cenador del Azul in Mieres, Casa Fermín, Del Arco and Naguar in Oviedo, Casa Tataguyo in Avilés, Casa Zoilo in Muros de Nalón, Al Son del Indiano in Salas, Sport and Villa Blanca in Valdés, Blanco in Navia and Palermo in Tapia de Casariego.

Mesas de Asturias



They are elegant restaurants, with maintained silverware, places where the waiters distill professionalism and customer service has a special importance. If you want to feel special, choose one of the 'Mesas de Asturias, Gastronomic Excellence'. You will get it right!

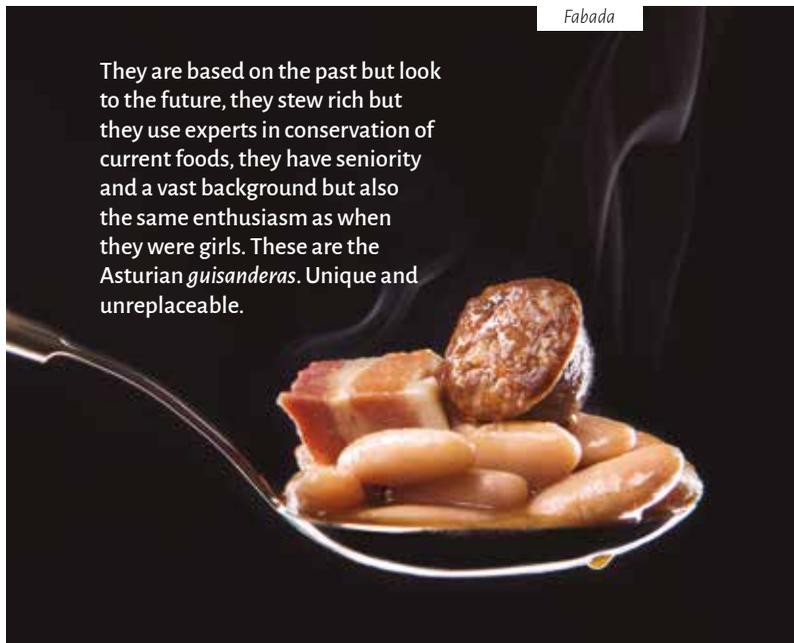


## Guisanderas

These are the defenders of the traditional recipes of the region. They are women who defend stew cooking, casseroles and typical products of our food culture, that they and try to preserve so as not to lose the amount and quality that we can find in this region. They have just reached twenty years of history and are achieving renew and integrate young feminine values of cooking. Currently, it is made up of over 40 *guisanderas*, many of them with their own restaurant, including mothers and daughters that continue the dynasty. There are so many of them that if you want to get to know them, the best thing to do is visit its website: [clubdeguisanderas.com](http://clubdeguisanderas.com)

Fabada

They are based on the past but look to the future, they stew rich but they use experts in conservation of current foods, they have seniority and a vast background but also the same enthusiasm as when they were girls. These are the Asturian *guisanderas*. Unique and unreplaceable.



## Sidrerías de Asturias

Lacking was a list of *sidrerías* where a special care in the treatment is required, a quality in the cooking and a care in the details. The same system that was valid for 'Mesas de Asturias' was personalised for the temples of cider and thus *Sidrerías de Asturias* was born, which currently includes 22 establishments in the Principality. In all of them, it has to have cider with Designation of Origin, staff specialising in the pouring of the regional liquid and a menu with predominantly Asturian products.

The 22 members, from East to West, Vega Redonda in Cangas de Onís, La Barraca in Nava, Casa Cortina in Villaviciosa, Llagar La Morena in Siero, La Pomar in Langreo, Tierra Astur (which has five cider bars within the framework, adding to the two in the capital, those of Siero, Gijón and Avilés), La Ferrería, La Pumarada, El Pigüeña, El Valle, La Manzana, La Noceda in Oviedo, Casa Ataulfo, El Cartero, El Requexu, Parrilla Muñó Poniente y Cabañaquinta in Gijón, and La Villa in Navia.



Asturian cider bars

Each year there are more chosen ones, because the 'Asturian Cider' is seeing how its presence is being multiplied in the cider bars and also its demand, with which it is hoped that this framework, born in 2017, has a promising future and serves as a reference to the visitors at the time of choosing in which typical establishment of the region to lunch or dine.



Taramundi

### Don't go yet, there's still more

Here some of the well-known faces of Asturian Gastronomy appeared but luckily there are many more. In each corner, in each town, there are houses with fantastic food in which you can also eat well and cheaply. In the main cities we can find several fusions with cuisines from all across the world but always with local products. And then there are a lot of solitary chefs, people who like their work and are over 10 hours a day all year in their little kitchen which they do really well. The Asturian gastronomic panorama is much wider and richer and with authentic specialists in a dish, in a menu, in a season like hunting or mushrooms...definitely, where ever you go, almost sure that you will eat well, very well.

# Gourmet shopping, surprise your friends and family



## *Beans with a guarantee*

Buy a kilo of IGP Faba Asturiana beans and perfect your fabada. Don't forget to take *chorizo* and typical black pudding because if not, the flavour will not be the same. Asturian meat has a lot of flavour.

## *Innovation in cider*

Add to your gift bag a bottle of brut cider or the new cider vermouth. Cider liqueurs also work very well. And for the classics, spirits or apple liqueurs, that never fail.

## *A sweet souvenir*

You run the risk that they don't arrive at the destination but that it's not because you haven't tried it. Try with some *moscovitas* or *princesitas* and if you don't manage it, go back to the attack with *carbayones*, *carajitos*, *marañueles* or *casadielles*.



## *Our honey*

A spoonful of Asturian honey on an empty stomach will do you well to face the winter season. It's a hand of a saint. There are heather, chestnut, mixed-flower types...it's a question of taste. You can find it with the organic stamp or with the 'Alimentos del Paraiso' stamp.





### *Atlantic wines*

These types of wine are fashionable, with good acidity and freshness, so surprise your loved ones with a bottle of Cangas Wine. Whether white or red, try it blindly and without clues. The results will surprise you.

### *Homage to the pig*

If you have not taken the time to try it, get a *chosco*. It is easy to prepare and you can say that they sell it to you already cooked. You can also triumph with the *chorizo*, *sabadiego* or *longaniza*. If you manage to do with the very limited *andoya* so it will already be.



### *Cheese with its own identity*

The list would be long but for the transport, it is better to avoid cheeses that are too bland or require refrigeration. If you like soft Vidiago, Oscos, Gorfolí or Taramundi could be an option. If you want them to have character and strength, get Gamonéu, Beyos, Ahumado de Pría or Varé. And if you La Peral, Afuega'l pitu roxu, Casín or Cabrales.

### *Preserves to open and enjoy*

Don't let the opportunity pass to get a homemade preserve of the region, since there are still some companies that from *bonito* or *oricios* caviar, passing through seafood pates, hake eggs, elvers, periwinkles or prepared dishes such as *fabada*, beans with partridge or tripe.



# Talk like an Asturian

- ▶ *Ablana*: hazelnut.
- ▶ *Aguillolo*: razor shell in Western Asturias.
- ▶ *Alezna*: oricio, sea urchin.
- ▶ *Amasueles/as*: clams.
- ▶ *Andarica*: velvet crab.
- ▶ *Andoya o androya*: marinated, cold cured pork loin.
- ▶ *Arcín*: oricio, sea urchin.
- ▶ *Arbeyos*: peas.
- ▶ *Berzas*: vegetable that is used in stew.
- ▶ *Bocarte*: fresh anchovy.



Pitu caleya



Variety of beans



Ablanes/Hazelnuts



Hórreo (a granary) in Cadavéu/Cadavedo

- ▶ *Boroña/Borona*: bread made with corn flour, eaten a lot in the past.
- ▶ *Borono*: dough cooked in blood, onion, fat and flour typical in the East.
- ▶ *Bugre*: lobster.
- ▶ *Campanu*: first salmon fished in an Asturian river each fishing season.
- ▶ *Culete, culín*: an amount of cider that is poured into a cider glass and which should be drunk all at once.

- ▶ *Emberzao*: mince made with onion, corn flour and pig fat and blood, wrapped in cabbage leaves and cooked.
- ▶ *Fabas*: Asturian beans.
- ▶ *Fayuela*: frixuelo, sweet crêpe.
- ▶ *Figos*: figs.
- ▶ *Fréjoles*: flat green beans.
- ▶ *Frixuelo*: sweet crêpes made with flour, egg, milk and sugar.
- ▶ *Furagana*: small sea bass.
- ▶ *Gochu*: pig.
- ▶ *Hombrín*: bocarte, fresh anchovy.
- ▶ *Llacón*: shoulder of pork.
- ▶ *Llagar*: Press or cellar where cider is made. The owner is called a 'llagareru'.
- ▶ *Llambión*: someone who likes sweet things, a lover of pastries, cakes and desserts.

- ▶ *Llámpara*: limpet.
- ▶ *Muergo*: razor shells.
- ▶ *Ñocla*: brown crab.
- ▶ *Oriciu/Oricios*: sea urchin/sea urchins.
- ▶ *Panoya*: corn on the cob.
- ▶ *Parrochas*: small sardines.
- ▶ *Pitu caleya*: rooster or hen that is raised in the village freely without any animal feed.
- ▶ *Pixín*: monkfish.
- ▶ *Roballiza*: sea bass.
- ▶ *Torrija*: French toast
- ▶ *Venáu*: deer.
- ▶ *Ventrisca*: long-finned tuna belly.
- ▶ *Verdinas*: small beans with a greenish hue.
- ▶ *Virigüetu*: cockle.
- ▶ *Xarda*: mackerel.
- ▶ *Xata*: heifer.



Shop-bar



## Don't miss...

### Explore paradise

1. Fito Lookout (Caravia)
2. Pozo de la Oración Lookout (Cabrales)
3. Cabo Busto Lookout and the Hermitage of La Regalina (Valdés)
4. Puerto del Connio Lookout (Cangas del Narcea)
5. Covadonga Lakes - Picos de Europa National Park
6. Follow the traces of bears, deer and wolves: Nature Parks of Fuentes del Narcea, Degaña and Ibias
7. Follow the traces of bears, deer and wolves: Somiedo Nature Park
8. Follow the traces of bears, deer and wolves: Redes Nature Park
9. Follow the traces of bears, deer and wolves: Las Ubiñas - La Mesa Nature Park
10. Follow the traces of bears, deer and wolves: Montaña Central
11. Through the Asturian forests: Muniellos Forest Nature Reserve (Cangas del Narcea and Ibias)
12. Through the Asturian forests: Peloño Partial Nature Reserve (Ponga)
13. Eo Estuary Partial Nature Reserve
14. Villaviciosa Partial Nature Reserve
15. Oneta Waterfall Trail (Villayón)
16. Seimeira Waterfall Trail (Santa Eulalia de Oscos)
17. Cioyo Waterfall Trail (Castropol)
18. Xurbeo Waterfall Trail (Aller)

### Submerge yourself in the coast

19. Pría Blowholes (Llanes)
20. Cudillero
21. Gulpiyuri Beach (Llanes)
22. Cabo Peñas (Gozón)
23. The Dinosaur Coast and the Jurassic Museum of Asturias (Colunga)
24. Barayo Partial Nature Reserve (Valdés)

### Absorb Asturian culture

25. Asturian Pre-Romanesque (Oviedo)
26. Asturian Pre-Romanesque (Lena)
27. Cave Art: Tito Bustillo Cave and Art Centre (Ribadesella)
28. Cave Art: La Peña Cave (Candamo)
29. Teverga Prehistory Park
30. The Museum of Fine Arts of Asturias (Oviedo)
31. The Museum of the Asturian People (Gijón)
32. The Castros of Navia: Castro culture
33. "Princess of Asturias" Awards (Oviedo)\*

### Admire your surroundings

34. Mining and Industry Museum of Asturias - MUMI - (L'Entrego/El Entrego-San Martín del Rey Aurelio)
35. Samuño Valley Mining Ecomuseum (Ciaño/Ciaño-Langreo)
36. Sorotón Pit (Sotrongido-San Martín del Rey Aurelio)

C A N T Á B R I C O



- 37. Mining town of Bustiello (Mieres)
- 38. Arnao Mine Museum (Arnao-Castrillón)
- 39. Railway Museum of Asturias (Gijón/Xixón)

**Make the most of Asturias**

- 40. Descents in canoe or pirogue down the Sella River
- 41. Descents in canoe or pirogue down the Nalón River
- 42. Descents in canoe or pirogue down the Navia River
- 43. Cares Trail (Cabrales)
- 44. Picu Urriellu (Cabrales)
- 45. Bear's Trail (Santo Adriano, Proaza, Teverga and Quirós)
- 46. Turón Greenway (Mieres)
- 47. Eo Greenway (San Tirso de Abres)
- 48. Surf in Frexulfe (Navia)
- 49. Surf in Xagó (Gozón)
- 50. Surf in Peñarronda (Castropol)
- 51. Winter Resorts: Valgrande- Pajares (Lena)
- 52. Winter Resorts: Fuentes de Invierno (Aller)

**Follow your stomach**

- 53. Eco-museum of Bread (Villanueva de Oscos)
- 54. Beekeeping House (Boal)
- 55. Cangas Wine Museum (Cangas del Narcea)
- 56. Muséu Etnográfico de la Llechería (Morcín)
- 57. Permanent Exhibition of the Canning Industry in Candás (Carreño)

- 58. Cider Museum (Nava)
- 59. El Gaitero Cider Factory (Villaviciosa)
- 60. Beekeeping Museum (Caso)
- 61. Gamonéu Cheese Interpretation Centre (Onís)
- 62. Cheese Cave (Cabrales)

**Tune into the urban beat**

- 63. Avilés and its reinforced street: Calle Galiana
- 64. Centro Niemeyer in Avilés
- 65. The fishing neighbourhood of Gijón/Xixón: Cimavilla
- 66. The Laboral City of Culture, in Gijón
- 67. The Holy Chamber and Cathedral in Oviedo
- 68. Fontán Market in Oviedo

**Breathe Asturias**

- 69. Taramundi and Os Teixóis Ethnographic Site
- 70. Grandas de Salime Ethnographic Museum
- 71. A walk through the Somiedo brañas with their emblematic *teitos*, thatched roof cottages
- 72. *Hórreos* (raised granaries) in Güeñu/Bueño (Ribera de Arriba)
- 73. The Plains of Picos de Europa

**Walk through the past**

- 74. The El Salvador statue in the Cathedral of Oviedo
- 75. Monastery of San Salvador de Cornellana (Salas)\*
- 76. Salas Collegiate Church\*
- 77. Monastery of Santa María la Real de Obona (Tinco)\*
- 78. Peñalba Cienfuegos Mansion (Allande)\*
- 79. Chao Samartín Castro (Grandas de Salime)

\*Outside visits

# Asturias

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