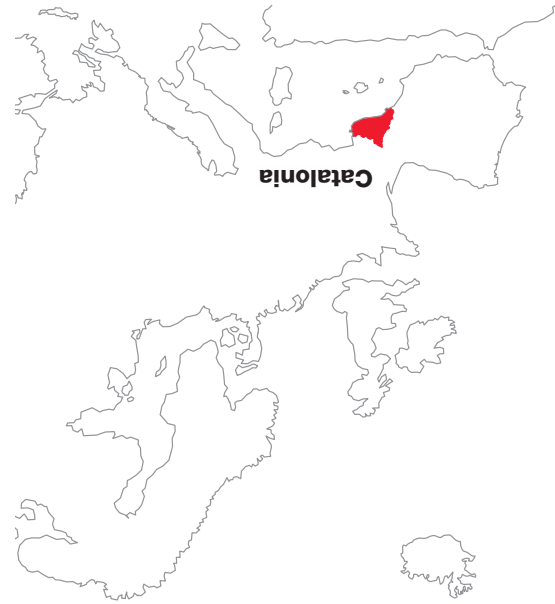




www.catalunya.com



GASTRONOMIC HOTELS

Stalls and inns

Our cuisine is our land, history and culture. Traditional Catalan recipes are proof of this Mediterranean destination's wide range of ingredients and varied landscape: the sea and the mountains, fish and game, garden produce, dairy products, wines... All of them reflect the culinary wealth of Catalonia. For visitors who enjoy fine dining, we created the Catalan Gastronomic Hotels emblem: more than 45 hotel establishments spread throughout the country, specialising in Catalan cuisine and local produce. Tasting those ingredients in the places they are grown will let you discover who we are through our dishes.



In more than 45 gastronomic hotels, you'll find...



...family business with the personal touch

Family management and a personal touch are the defining features this emblem is built on, one which you can see displayed proudly throughout Catalonia from five-star hotels to quaint guesthouses and hostels (with a maximum of 60 rooms and room for 120 guests).



...quality accommodation

'Catalan Gastronomic Hotels' guarantee a comfortable stay with attention down to the last detail at all facilities, including restaurants, as a sign of the value placed on our country's cuisine throughout the ages.



...local products

Authentic, traditional cooking that is also creative, made with local, quality products characteristic of the area they are grown in, awarded the Protected Designation of Origin (DOP) and Protected Geographical Indication (IGP).

RESTAURANTS

Traditional, creative cuisine

The Catalan culinary scene is home to both restaurants committed to creative, innovative offerings and others who defend the traditional Catalan culinary heritage that identifies and defines us: sit-down breakfasts, tapas bars, traditional vermouth bars, gastro-bars, Michelin-starred restaurants and, of course, the best restaurant in the world: El Celler de Can Roca in Girona, as judged by *Restaurant* magazine, which takes into account the opinion of more than 900 critics, chefs, restaurateurs and gourmets.



Cuisine groups

Some twenty groups work towards preserving the roots of Catalan cuisine and promoting local products and the land where they are created.



Slow food

Good, healthy and fair. Catalan restaurants that follow the slow food philosophy combine the pleasure of dining with responsibility, sustainability and in harmony with one's surroundings.



Cuina Catalana

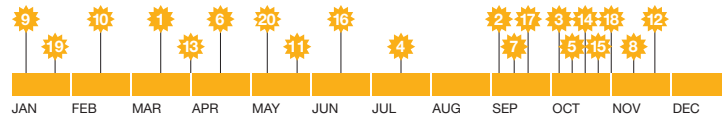
Restaurants boasting this seal of quality stand out as they promote and disseminate the values of Catalan cuisine as a cultural heritage.



Michelin Stars

50 Catalan restaurants are recognised by the most prestigious gourmet guide in Europe. Such as Sant Pau de Carme Ruscalleda in Sant Pol de Mar, with 3 stars.

WINE AND CULINARY TRADE FAIRS AND FESTIVALS



BARCELONA	MONTH	PRODUCTS
Barcelona Beer Festival (Barcelona)	March	Craft beer
Mostra de Vins i Caves de Catalunya (Barcelona)	September	Wines and cava
Mercat de Mercats (Barcelona)	October	Wines, cava and other products
COSTA BARCELONA		
Vijazz (Vilafranca del Penedès)	July	DO Penedès wine
Cavatnet (Sant Sadurn d'Anoia)	October	DO Cava
COSTA BRAVA		
Vivid - Festival del vi (Costa Brava)	April	DO Penedès wine
Mostra del Vi de l'Empordà (Figueres)	September	DO Penedès wine
Fira d'Origen (Cílit)	November	Quality products
COSTA DAURADA		
Gran Festa de la Calçotada (Valls)	January	IGP Calçots from Valls
Galerada Popular al Port de Cambrils	February	Mantis prawns
Fira del Vi de la Comarca del Priorat (Falset)	May	DOO Priorat and DO Montsant wines
Fira de l'Oli DOP Siurana de Reus - Festa de l'Oli Nou	November	DOP Siurana Oil
PAISATGES BARCELONA		
Mercat del Ram i Lactium, el Saló del Formatge (Vic)	March or April	Farming, livestock and cheeses
PIRENEUS		
Fira de Sant Ermengol de la Seu d'Urgell	October	Craft cheeses
Jornades Gastronòmiques del Bolet a l'Alta Ribagorça	October	Mushrooms
TERRES DE L'EBRE		
Festa de la Plantada de l'Arros (Ampost, Deltebre, l'Ampolla, Sant Jaume d'Enveja)	June	Rice
Festa de la Sega (Ampost, Deltebre, l'Ampolla, Sant Jaume d'Enveja)	September	Rice
Festa del Vi de Gandesa	October or November	DO Terra Alta wine
TERRES DE LLEIDA		
Fira de l'Oli de Qualitat Verge Extra de les Garrigues (Les Borges Blanques)	January	DO Garrigues oil
Aplec del Cargol (Lleida)	May	Snails

TAKE PART

Gastronomy in action

You can try Catalan cuisine in all sorts of ways, not just at the dining table. Gastronomy lovers can enjoy unique experiences such as an authentic day's fishing with professional fishermen. Also, visitors can learn to cook typical dishes, visit cheese producers, oil mills and more than 300 wineries where you can get to know the land in the company of its farmers and producers.



Learn to cook

There are many restaurants and cooking schools spread around Catalonia offering courses and workshops for all levels, as well as visits to markets to purchase local ingredients, culinary demonstrations and Catalan wine pairing.

Oil tourism

In Catalonia there are five Protected Designations of Origin oils (Oil from the Empordà, Les Garrigues, Siurana, Terra Alta and Baix-Ebre Montsià oils) and two areas of high productivity, the Baix Llobregat and La Noguera. Of the more than 80 extra virgin olive oil producers, 40 have open facilities you can visit and a programme of tasting sessions.



Fishing tourism

Set sail and head out on a day's professional fishing trip. Get a taste of the fisherman lifestyle working with a real crew and experience the fishing process from start to finish: sailing, laying and collecting nets, selection and bringing the catch on-land.



THE FOUR CULINARY SEASONS

Ingredients to fall in love with

Our gastronomic calendar never ends. Spring brings a whole range of colourful dishes: it's the season of peas, strawberries, snails *a la llauana* and mussels. Summer brings us tasty garden vegetables and seafood, such as sardines. Grilled on a barbecue, they are unbeatable! Autumn is the time for olive oil, chestnuts, a variety of mushrooms and stuffed calamari. Winter is the time to enjoy *calçots*, a type of sweet onion, and *xató*, a type of salad with tuna and cod and a special almond-based sauce, not to mention *torrons*, a Christmas sweet made from honey and almonds which can't be missed.



Steamed mussels

The Delta De L'Ebre is a major producer of mussels and oysters. At the fishing town of Sant Carles De La Ràpida, you can visit rafts used to fish mussels and taste both molluscs with wine or cava.



Fricandó with mushrooms

A Catalan classic, this fricandeau with gravy is usually made with veal, along with onions, tomato, aromatic herbs and in-season wild mushrooms.



Sant Joan Coca

Catalonia takes its Sant Joan celebrations seriously on the eve of 24 June, when locals set off rockets and build bonfires. A traditional sweet bread is still eaten to celebrate the summer solstice, accompanied by cava.



Xató

A typical sauce made from almonds and toasted hazelnuts, breadcrumbs, vinegar, garlic, oil, salt and nyora or romesco peppers. This sauce lends its name to an escarole salad with anchovies, tuna and cod.



Catalonia, European region of gastronomy 2016

Catalonia has earned this distinction, pioneering in Europe, whose goals include those of highlighting and promoting the different food cultures in Europe, extending education for healthier, more sustainable food, fostering culinary innovation and contributing to better quality of life. This title rewards the quality of the sector, and is a unique opportunity to place Catalonia on the map as a wine and culinary tourist destination thanks to its products and cuisine.

HOW TO MAKE PA AMB TOMÀQUET (BREAD SPREAD WITH TOMATO)



Pa amb tomàquet, bread spread with tomato, has become a symbol of Catalan gastronomy. Originally eaten in the countryside, it is a well-recognised Catalan tradition that is easy to make, cheap and balanced nutritionally.

How do you make it? To make it you need rustic bread, ripe tomatoes, olive oil and salt. Slice a tomato in half and rub into the bread, adding a pinch of salt and a generous glug of oil.

How and when is it eaten? Have it for breakfast, an afternoon snack or for supper, accompanied with cured meats, cheese, Spanish omelette and anchovies, or as a side dish for grilled meats and fish.

Catalonia, gastronomic experiences



www.facebook.com/catalunyaexperience
www.youtube.com/user/CatalunyaExperience
plus.google.com/+Catalunyaexperience1
[@catexperience](https://twitter.com/catexperience)
www.twitter.com/catexperience
www.instagram.com/catalunyaexperience

Published by
Sàpiens Publicacions (Sàpiens, s.c.l.)
www.sapienspublicacions.cat

Photography
Mercat de Vic - Paisatges Barcelona, Carme Ruscalleda - Sant Pol de Mar - Costa Barcelona, Barcelona Beer Festival, Carles Ventura, Chopo (Javier García-Díez), Francesc Gomis, Hotel Mas Alberda, Hotel Mas Tinel, Imagen M.A.S., INCAVI, Javier Miguel Bessons, Jordi Pareto, La Boella, Lluís Carro, Marc Castellet Puig, Mover el Bigote (Creative Commons), Nuria Puentes, Penedès - DO Penedès - Costa Barcelona, Can Cuch - Cànoves - Paisatges Barcelona, Tina Bagué.

MARKETS

Awaken your senses



Our markets say a lot about the people who live here. Take a walk around the stalls, shop and talk to the traders, and you will learn about Catalan gastronomy from the experts. In Catalonia there is an important network of municipal markets offering fresh, local produce daily, and many of our towns and cities hold farmer and craft markets weekly or monthly. Not to be missed!

Recommended markets

BARCELONA	MUNICIPAL	WEEKLY	DAY
Mercat de la Boqueria (Barcelona)	●		From Monday to Sunday
Mercat de Santa Caterina (Barcelona)	●		From Monday to Sunday
COSTA BARCELONA			
Mercat del Centre (Vilanova i la Geltrú)	●		From Monday to Sunday
Mercat de Granollers		●	Thursday
Mercat de Vilafraanca del Penedès		●	Saturday
COSTA BRAVA			
Mercat de Torroella de Montgrí		●	Monday
Mercat de Sant Feliu de Guixols		●	Sunday
COSTA DAURADA			
Mercat de Reus		●	Monday and Saturday
Mercat de Tarragona		●	Tuesday and Thursday
Mercat de Valls		●	Wednesday and Saturday
PAISATGES BARCELONA			
Mercat de Vic		●	Tuesday and Saturday
PIRINEUS			
Mercat de Solsona		●	Tuesday and Friday
Mercat de la Seu d'Urgell		●	Tuesday and Saturday
Mercat de Sort		●	Tuesday
Mercat de Puigcerdà		●	Sunday
TERRES DE L'EBRE			
Mercat de Tortosa	●		From Monday to Sunday
TERRES DE LLEIDA			
Mercat de Balaguer		●	Saturday

MUSEUMS AND CULTURAL CENTRES

Gastronomic visits

Museums are the showcase of our culture, including our gastronomy. Learn more about Catalan history, traditions and wine and culinary customs by visiting cultural sites such as the Vinseum, the Museum of Wine Cultures of Catalonia, in Vilafranca Del Penedès, the Fishing Museum in Palamós or the Chocolate Museum in Barcelona.

BARCELONA	WEB
Museu de la Xocolata (Barcelona)	www.museuxocolata.cat
COSTA BARCELONA	
Vinseum (Vilafranca del Penedès)	www.vinseum.cat
CIC Fassina, Centre d'Interpretació del Cava (Sant Sadurní d'Noya)	www.turismesantsadurni.com
COSTA BRAVA	
Museu de la Pesca (Palamós)	www.museudelapesca.org
Espai del Peix (Palamós)	www.espaidelpeix.org
Museu de l'Anxova i de la Sal (L'Escaló)	www.anxova-sal.cat
Ecomuseu-Farina (Castelló d'Empúries)	www.ecomuseu-farina.org
Museu del Suro (Palafugell)	www.museudelsuro.cat
Museu de la Confitura (Torrent)	www.museuconfitura.com
COSTA DAURADA	
Castell del Vi (Falset)	www.falset.org
Centre d'Interpretació dels Fruits del Paisatge (Riu de Canyes)	www.cooperativariudecanyes.com
Museu Oli Solé (Mont-roig del Camp)	www.olissole.com
Centre d'Interpretació de l'oli de la Vall de Llores	www.hospitalet-valldelors.cat
PAISATGES BARCELONA	
Món Sant Benet - Fundació Alicia (Sant Fruitós de Bages)	www.alicia.cat
Parc Cultural de la Muntanya de la Sal de Cardona	www.cardonaturisme.cat
PIRINEUS	
Centre d'Interpretació de l'Antic Comerç i Botigues Museu de Salas (Salas de Pallars)	http://salas.ddi.net/boer/ca/centre_kees.html
Serradora i Museu Fariner d'Àreu	www.serradora-areu.org
TERRES DE L'EBRE	
Museu de l'Arròs Moili de Rafelet (Deltebre)	www.moliderafelet.com
Centre d'Interpretació Apícola Múria (El Perelló)	www.melmuria.com
TERRES DE LLEIDA	
Museu del Torró i la Xocolata d'Agramunt	www.vicens.com



WINE TOURISM

All roads lead to good wine

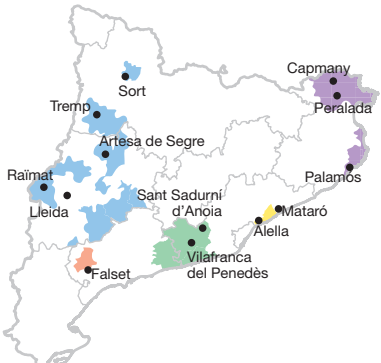
Catalonia is one of the most popular wine tourism destinations in the world. Very close to the city of Barcelona there are twelve Designations of Origin (DO) and more than 300 wineries you can visit, from the new to the old, small and large, close to the sea and high in the mountains. Discover the world of wine and Catalan cava through its landscape, its modernist 'wine cathedrals', its local wine varieties and outdoor activities such as a brunch in the vineyards, helping with the grape harvest or seeing the vineyards by bicycle, on horseback or on segway.



Routes throughout Catalonia

Wine tourism organisations have designed an attractive, varied range of offerings to discover villages, wineries, specialist establishments and museums adapted to all ages, suitable for visits with family, friends or as a couple.

- Lleida Wine Route
www.rutadelvidelleida.com
- DO Alella Wine Tourism
www.doalella.cat
- Penedès Wine Tourism Route
www.enoturismepenedes.cat
- Priorat Wine Tourism
www.turismepriorat.org
www.prioratenoturisme.com
- DO Empordà Wine Route
www.rutadelvideltemporda.org



PRODUCTS

Landscapes to feast on

Thanks to their excellent quality, many products that define Catalan gastronomy bear the official seal of Protected Designation of Origin (DOP) or Protected Geographical Indication (IGP). Both are awarded to typical products linked to a region making them specific to that area and with a unique taste. Traveling around Catalonia, in search of its oils, rices, vegetables, dairy products, meats, cured meats, desserts, etc., allows the visitor to discover the diversity offered by the landscapes that yield them.

PROTECTED DESIGNATION OF ORIGIN		PROTECTED GEOGRAPHICAL INDICATION	
Rice from the Delta De L'Ebre	🔴	Clementines from Les Terres De L'Ebre	🔵
Oil from the Baix Ebre-Montsià	🔴	Potatoes from Prades	🔵
Oil from La Terra Alta	🔴	Calçots from Valls	🔵
Oil from Siurana	🔴	Turron from Agramunt	🔵
Hazelnuts from Reus	🔴	Beef from the Catalan Pyrenees	🔵
Oil from Les Garrigues	🔴	Catalan rustic bread	🔵
Pears from Lleida	🔴	Cured sausages from Vic	🔵
Butter from L'Alt Urgell and La Cerdanya	🔴	Chicken and Capon from El Prat	🔵
Cheese from L'Alt Urgell and La Cerdanya	🔴	Apples from Girona	🔵
Beans from Ganxet	🔴	Penedès rooster	🔵
Oil from the Empordà	🔴		
Haricot beans from Santa Pau	🔴		



Catalan craft beer

Catalan craft beer is currently experiencing a boom in popularity. The traditional production methods are combined with new ingredients that play with flavours to create original, unique beers. The number of craft micro-breweries is on the rise, as are the fairs specialising in them, where you can learn about them and savour the best local beers.



Ten ways to experience Catalan gastronomy



Hit the market

Take a stroll around the market stalls and buy local, in-season products.



Check the calendar

Every season has different produce to surprise us. Choose yours!



Try the pa amb tomàquet!

Cheese and cured meats taste even better on a slice of bread with tomato, oil and salt.



Try your luck at fishing

Experience traditional Catalan fishing in the company of a fisherman. Take to the sea!



Enjoy a calçot onion

Grill the calçots, dip them in sauce and drink wine straight from a porró.



Get your apron on

Discover the secrets of Catalan cuisine along with its main players.



Taste some wines and cavas

At a modernist cooperative, the vineyards or a table at a good restaurant.



Take a seat

Taste and savour the most traditional and creative menus at Catalan restaurants.



Dip your bread in olive oil

Walk through ancient olive groves, visit an oil mill and cap it off with a tasting or bread-dipping session.



Book online

Wine, olive oil, seafood, cheeses, cured meats, preserves, desserts... Already planned your gastronomic journey in Catalonia? Follow this link and book it: <https://experience.catalunya.com>



Catalonia, a country to be savoured

Our cuisine is our land, history and culture. Tasting the products of a country and enjoying them brings us closer to their customs and traditions. Getting to know Catalonia means diving into its sea, discovering its charming villages, interacting with nature... From north to south, east to west, Catalonia is a country to be savoured.

