



# Catalonia

Gastronomic experiences

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# CATALONIA, THE DESTINATION OF GASTRONOMIC TOURISM

Catalonia is a land of around 32,000 km<sup>2</sup>, roughly the size of Belgium. Located in the north-east of the Iberian peninsula, it is formed by a large variety of landscapes that are the result of highly diverse geography. On the one hand the Pyrenees, with peaks of up to 3,000 metres, which define the northern part of the country, with a valley aimed at the Atlantic, the Val d'Aran, which has maintained its own culture, language (Aranese) and institutions. On the other hand, more than 500 km of Mediterranean coastline alternating different scenery from north to south, and which ends with the Delta de l'Ebre. Also inland is a territory of diverse crops and stock breeding, with a tradition strongly linked to these products. The capital, Barcelona, founded 4,000 years ago, has turned its cosmopolitan spirit into a *hub* of exchange and influences from all continents.

This diversity of sceneries results in a wide variety of ingredients: excellent fish and shellfish, fruit, exquisite vegetables, top quality meats and waters that deserve international recognition. In addition to all of these products, there is a real tradition of Catalan cuisine, with remarkable leading products already famous in mediaeval times. In the final years of the 20th century, the Catalan chefs gave added value to the raw materials and achieved recognition around the planet. The Roca brothers, Ferran Adrià and Carme Ruscalleda are names engraved in fire on the universe of haute cuisine.

The wines deserve their own chapter, as the country started out as an international supplier of wines in Roman times. Today, Priorat is served in the best glasses of the planet and following the example of the pioneers, the Catalan producers have wagered on the quality and promotion of their products, which have grown exponentially.

So this is a small country accessible by train, car, bicycle, on foot and even on horseback, which offers enormous perspectives for enjoying the scenery, the wine and the gastronomy. All that remains is to decide and embark on an exciting journey of the senses to Catalonia. Welcome to a unique experience.



# CATALONIA, A COUNTRY TO SAVOUR

Catalan cuisine is born out of its lands, history and culture. Trying and enjoying the products of the country brings us to its traditions and customs. Experiencing Catalonia means diving in the sea, discovering the villages and countryside, interacting with nature... From north to south and from east to west, Catalonia is a country to be savoured.

## Designations of origin wines (p. 46)

- 1 DO Alella
- 2 DO Catalunya
- 3 DO Cava
- 4 DO Conca de Barberà
- 5 DO Costers del Segre
- 6 DO Empordà
- 7 DO Montsant
- 8 DO Penedès
- 9 DO Pla de Bages
- 10 DOQ Priorat
- 11 DO Tarragona
- 12 DO Terra Alta

- Cuisine groups (p. 28)
- Markets (p. 34)
- Museums and Cultural Centres (p. 60)
- Gourmet hotels (p. 94)

- Protected Designations of Origin (p. 22)
- Protected Geographic Indications (p. 22)

- Airport
- High-speed Train
- Main motorways
- Motorways

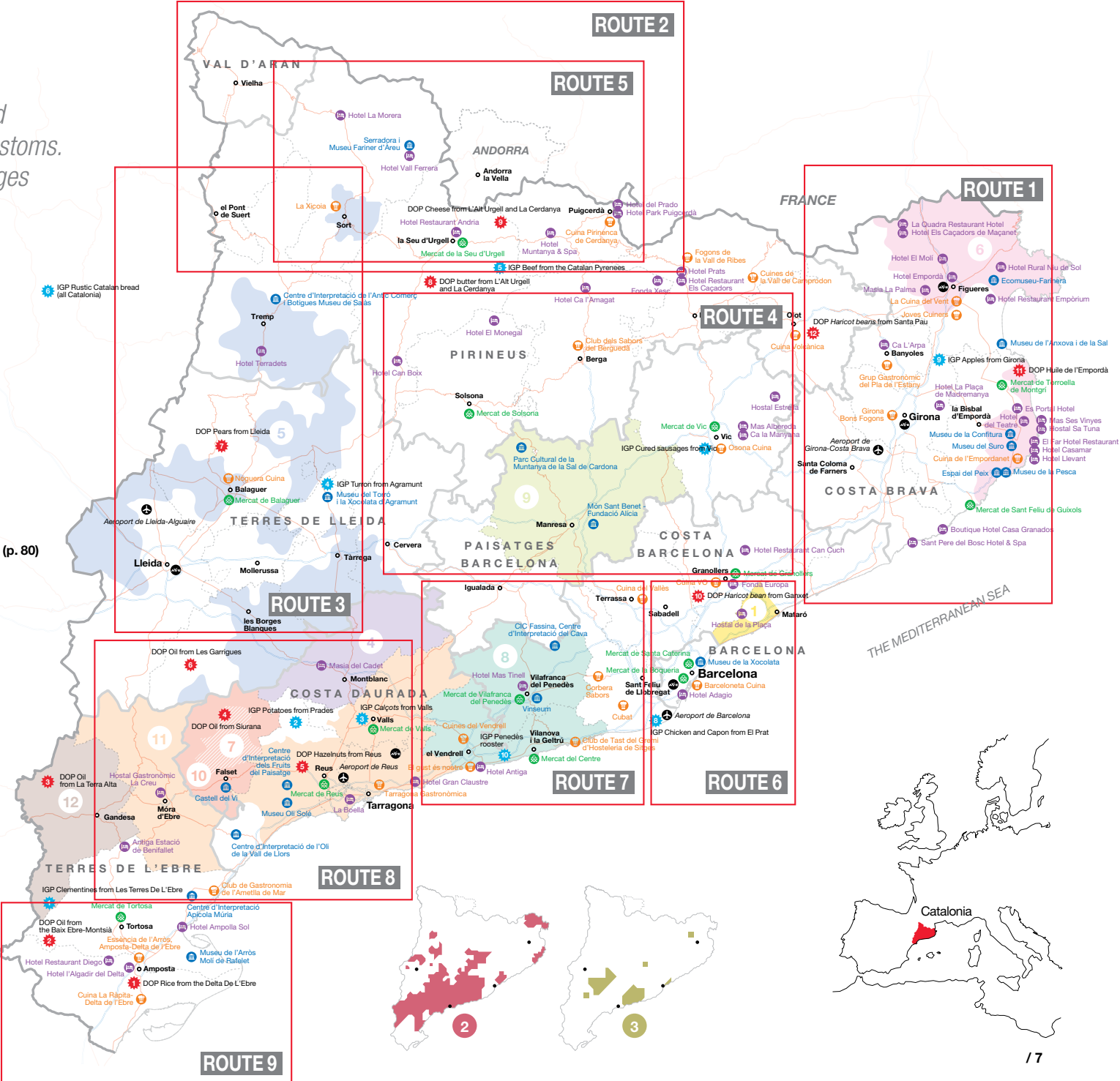
## Wine gastronomic routes recommended by Traveler



- ROUTE 1 A region touched by the gods (p. 74)
- ROUTE 2 High mountain pleasures (p. 76)
- ROUTE 3 A tasty journey to the Catalan West (p. 78)
- ROUTE 4 Travelling between valleys and mountains (p. 80)
- ROUTE 5 Exploring the central Pyrenees (p. 82)
- ROUTE 6 Barcelona, the capital of flavour (p. 84)
- ROUTE 7 The whole colour range of wine (p. 86)
- ROUTE 8 Art on stone, monumental Tarraco (p. 88)
- ROUTE 9 The great river where life flows (p. 90)

## Distances between capitals

km	Barcelona	Girona	Lleida	Tarragona
Barcelona		107	162	99
Girona	107		255	197
Lleida	162	255		101
Tarragona	99	197	101	





# WE ARE WHAT WE EAT

Beyond the Mediterranean diet, food is present at all times of life in this country. For example, on the calendar: Easter Monday for everyone is the “día de la mona” (the cake that godparents give their godchildren). Or in language: when someone is rather careless it is said that “they need to boil longer”; when something is very foreseeable, it is said that “they are counted beans”; if someone finds it hard to decide, they are qualified as a “saucepan taster” and to say that something is very long, the expression is “longer than a day without bread”. So as in many cultures of the world, in Catalonia food is present in all facets of life, not only as the system of subsistence it obviously is. What better way to get to know a people than through its gastronomy?

## WHAT WILL YOU FIND IN THIS PUBLICATION?

You will find proposals for spending an unforgettable weekend and living a life of good food and drink in Catalonia through its countryside, products and cuisine.

You will also see ten ways to experience Catalan gastronomy, the establishment of the “Gastronomic Hotels” flag, the main cuisine groups and their conceptions, wine tourism proposals, campaigns for seeing the products of agriculture and fishing first-hand, the best markets and fish auctions, most interesting museums for lovers of good food and new wine gastronomic routes covering practically the whole country. All of the keywords, which cannot be translated, are explained at the end, in the glossary. You can also find interesting specific proposals, contacts of companies working on the diffusion of gastronomic tourism, and curiosities to enjoy yet more in Catalonia.



# CATALONIA, EUROPEAN REGION OF GASTRONOMY 2016

On 2 June 2015, Catalonia was awarded the title of European Region of Gastronomy 2016 by the International Institute of Gastronomy, Culture, Arts and Tourism, which has the support of the European institutions, and since then Catalonia has formed part of the Platform of European Gastronomy Regions.

This distinction reaffirms Catalonia as a tourist destination at the forefront of Europe, with a strong value in wine and food, and positions the local food product in the world. The candidature was prepared along three axes: the product, the territory and Catalan cuisine. The three guarantee the quality and singularity of gastronomy that is fruit of a millenary history, of a gentle Mediterranean climate with unbeatable natural wealth which translates into a very varied recipe book constantly being updated.

## **A revealing table**

The fever of globalisation and with it the international flow of foods on the other side of the coin is a return to simple life and local products. The chefs have added to this trend and have gone for seasonal products respectfully grown near home. Catalonia was declared European Region of Gastronomy 2016, a recognition that revealed the quality of its food and tourist heritage and symbolised the excellence of its products, of its cuisine and of its traditions. The good work of the producers, restaurant owners, research centres, schools and chefs of Catalonia have made this cuisine an international benchmark.

## **Territory, cuisine and product**

The country's kitchens have become a magical place. The creativity expressed by the great names of our culinary art has been taken to the limit. The three distinctive traits of Catalan gastronomy (territory, cuisine and product) have served to express a whole philosophy which was defined in an enormously vast annual programme with meetings, shows and promotional campaigns of products, dishes and scenery. The visible face of this project is Carme Ruscalleda, a chef of world renown, enthusiast of local cuisine and a great defender of the country's tourist potential.







# CATALAN GASTRONOMY





# TEN WAYS TO EXPERIENCE CATALAN GASTRONOMY

*The gastronomic wealth that Catalonia can offer visitors is immense, and the work of the host is to show the guest what is most important from their lands. Here are some essential pieces of advice.*

**T**he recommendations that can be given to intensely enjoy a gastronomic visit to Catalonia start with asking the tourist to have a very active attitude. They will have to get up early, struggle to talk to the people of the country, develop curiosity on extreme levels and leave their prejudices at home. Do we have to get on a boat? Of course we do! And then try the fishing product. Do we have to tread grapes? Obviously! And then try the wine and the cava. Do we have to rub the bread with tomato as

if it were a brush? Every day! There is no more daily activity in this country than *pambtomaquejar* or rubbing bread with tomato. Do we have to go into the kitchen? Of course you do! To enjoy the food, you start long before sitting at the table. Do we have to go to the market? Naturally! The fresh products await the sign to jump into our baskets and deserve our praise. You have to do it all, and for the peace of mind of those who plan, the best thing is to book in advance via <https://experience.catalunya.com>

THERE IS NOTHING LIKE TOUCHING THE PRODUCTS AND FEELING THE EARTH WITH YOUR HANDS TO HAVE AN UNFORGETTABLE EXPERIENCE



ENJOYING A MEAL BY THE SEA OR LEARNING TO COOK EXPAND YOUR ENJOYMENT OF A VISIT TO CATALUNYA



## 1 HIT THE MARKET

Stroll among the market stalls and buy local and seasonal products.

## 2 HAVE SOME PA AMB TOMÀQUET!

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

## 3 ENJOY A CALÇOT ONION

Roast *calçots* over the vine wood grill, dip this peculiar onion in its sauce, and drink wine from a pitcher.

## 4 TASTE SOME WINES AND CAVAS

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

## 5 DIP YOUR BREAD IN OLIVE OIL

Stroll among the millenary olive groves, visit an oil mill and finish with a tasting or experience the pleasure of dipping your bread.

## 6 CHECK THE CALENDAR

Every season of the year surprises us all with its products. Choose your favourite!

## 7 TRY YOUR LUCK AT FISHING

Experience traditional Catalan fishing in the company of a fisherman.

## 8 GET YOUR APRON ON

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

## 9 TAKE A SEAT

Taste and savour the most traditional and creative menus offered by the wide range of Catalan restaurants.

## 10 BOOK ONLINE

Wine, oil, seafood, cheeses, cured meats, preserves, desserts... If you already know what your gastronomic journey in Catalonia is going to be, follow this link and book at <https://experience.catalunya.com>



# BRIEF HISTORY OF CATALAN GASTRONOMY

*The table says it all: beyond the dates and battles, gastronomy can become our best history teacher. The different dishes of the Catalan recipe book tell us how we have come this far.*

Oil, wheat and wine is the trilogy that has marked our tradition since antiquity. The origin of Mediterranean cuisine lies in the Greek and Roman civilisations. The presence of the Greeks in Catalonia brought us vines, almonds and olives. The Romans made these crops stronger. Today's cuisine also includes some influences from the Arab presence on our lands.

Catalonia can boast a very ancient culinary bibliography dating back to the Middle Ages. The most ancient is kept in

the *Llibre de Sent Soví*, an anonymous manuscript from the 14th century. Little after, another three recipe books appeared, the *Llibre d'aparellar de menjar*, the *Llibre de totes maneres de potatges* and the *Llibre de totes maneres de confits*.

In the 15th century, contact with America brought the table essentials like chocolate, potato, peppers, beans and above all tomatoes, an essential ingredient in modern Catalan cuisine as shown by the essential *pa amb tomàquet*. In the 16th century, the bourgeoisie made the first attempts at



TOMATO, AN ESSENTIAL INGREDIENT, REACHED THE CATALAN TABLE IN THE 16TH CENTURY FROM AMERICA

distinction by emulating recipes from French cuisine, but the local taste remained closer to the Italian and Occitan influences which have now become basic in the Catalan homes, such as party cannelloni and *coques de recapte* (a kind of local pizza) with seasonal and preserved ingredients. The sauces with tomato and aubergines, such as *samfaina* and the dishes with cod, such as *esqueixada*,

coexist with the more cosmopolitan trends. Today, Catalan cuisine has rescued the essence of such different landscapes as the Pyrenees, the Mediterranean coast and places like the Empordà and the Delta de l'Ebre. The culinary culture of each territory finds its most modern expression in Barcelona, a city open to the world and interested in presenting the Catalan gastronomic identity.

## Timeline

3rd Century BC

**Garlic:** it came with the Roman legions and is one of the bases of Catalan cuisine.



882

**Zyriab:** the cook who brought a recipe book for Arab products such as artichokes, oranges, rice, almonds and saffron.

1324

**Sent Soví:** One of the oldest cookbooks in Europe.



1519

**Tomato:** it reached Catalonia in the 16th century and its penetration in the cuisine was slow but definitive.

19th century

**Barcelona revolution:** the El Suizo, Can Martin and Maison Doré restaurants merged with the traditional, the French and Italian cuisines.

1936

**Michelin stars:** the first Catalan restaurants to achieve two stars were La font del lleó, Casa Llibre and La taverna vasca.

1984

**El Bulli:** Ferran Adrià came to the front of the kitchen of the mythical restaurant, now closed.



1984

**Catalonia** is a past winner of the European Region of Gastronomy Award, which has strengthened its reputation as a premier food and wine tourism destination.





# PRODUCT, SCENERY, **KITCHEN**







# SCENERIES TO FEAST ON

*Catalonia is a good region to explore the geography of taste. It offers a recipe book of dishes that help us to understand these lands through the smells, flavours and textures of the products.*

**A**lmonds, shrimps, potatoes, rice, nougat, beans, oil, mushrooms, wine, snails, tomatoes, sausage, anchovies, chestnuts ... This succession could go on and on and would become the gastronomic map of the lands of Catalonia. It is our proposal to tour this geography of flavours.

### MEATS AND CHEESES IN THE MOUNTAINS

Catalonia perfectly combines the wild nature and bucolic scenery of the Pyre-

nees with other inland hill ranges rich in vegetation, animals and mushrooms, such as the Montseny and the Beseit passes in the Terres de l'Ebre. Places often isolated, which have learned to be self-sufficient and stand out for their products. Beef has brought forth tasty stews that take a particular forms in each district or region, and also chicken, which is now part of our daily cuisine. Pork, which is mainly bred in the northern regions of Lleida and Girona, and also in the Osona district with the famous Vic sausage *Llon-*

*ganissa*, is the raw material used to make delicious cold meats. Along with the cheeses made throughout the country, these have become the excellent bases of breakfasts and teas.

### THE SEA'S AROMA

Catalonia has almost 600 km of coast-line with fine sand beaches and also tiny coves with crystal clear water. In each port, we can try magnificent recipes of local grilled fish and stews like those made by the fishermen of yesteryear. In the district of the Costa Brava there will always be good white fish, as these have been the basis for the tasty 'suquets' since times long past. The shrimps from Palamós and the oysters of the Delta de l'Ebre are the star products that the Catalan coasts gives from north to south. Often accompanied by seasonal vegetables such as the much loved peas of the Maresme. In the extreme south of Catalonia, the Delta de l'Ebre, a unique natural area, places fish broth at the service of many meals with rice, the main crop of

the area. The 'arrossejat' or the 'arros a banda' are some of the essential dishes.

### THE FARMER WHO LOVES THE LAND

The vineyards of the Penedès, pinned between the warm coastal climate and the mountains of Montserrat, have given rise to a renowned DO. The olive groves that also mainly extend to the south and west produce some of the best extra-virgin olive oils. That of the arbequina variety of the Siurana and Les Garrigues area is widely famed. The dried fruit of the Camp de Tarragona district and the sweet fruit like pears, peaches or apples from Lleida are essentials on a good table, and also the oranges and tangerines from the Terres de l'Ebre.



### PALAU MOJA

The Palau Moja features a restaurant area to delight anyone interested in discovering traditional Catalan cuisine and its regional produce. La Cuina del Moja offers guests the chance to sample an extensive range of exclusive oils and participate in Catalan DO wine tastings led by experts, as well as Paint Nights – magical evenings of gastronomy and art. The restaurant, located on La Rambla, is open all day, serving breakfast, lunch and dinner and everything in between. All dishes are prepared using local, organic products so you are guaranteed a healthy option, no matter what you choose. The Palau building also houses a shop selling Catalan products and a tourist office.

**i For more information:**  
[www.palaumoja.com](http://www.palaumoja.com)



THE RICE FROM THE DELTA DE L'EBRE, WHICH IS OF GREAT QUALITY, HAS A DESIGNATION OF ORIGIN

# CATALAN PRODUCTS WITH DISTINCTION

*A multitude of products from the country have their name accompanied by the letters: DOP, IGP, ETG... This is government recognition of the quality and singularity of each agricultural food variety and its roots in the country.*



THE HAZELNUTS FROM REUS AND THE GANXET HARICOT BEANS HOLD A DOP THAT CERTIFIES THEIR QUALITY

**A**chieving a high degree of quality implies the effort of the producers to meet the consumers' expectations of a product. This is the case of the different Catalan products. As well as the DOP and IGP awarded by the European Union, there are other distinctions with stamps that recognise their quality, such as the Guaranteed Traditional Specialities (Especialitat tradicional garantida, ETG), awarded amongst other things to cured ham and 'panellets'. The Q Quality brand distinguishes a series of products with a red seal, with a golden Q. It is worth noting the recommendation.

### PROTECTED DESIGNATION OF ORIGIN (DENOMINACIÓ D'ORIGEN PROTEGIDA, DOP)

This is a European Union distinction that identifies a product that owes its quality and characteristics to its place of origin. It must be produced and transformed in the

THE CHICKEN FROM EL PRAT ARE THE MAIN FEATURES OF THE CHRISTMAS TABLES



same place. To begin with, we will mention the rice from the Delta de l'Ebre, which is excellent for saucepan dishes. As an aperitif and dessert, the aromatic and mild hazelnuts from Reus. Pears from Lleida are also essential at any time. And we must not forget the emblematic beans from Santa Pau, 'fesols', and the 'Ganxet' haricot beans, ideal with meats.

A meal without cheese is inconceivable and Catalonia has a wide variety of quality dairy products in the Alt Urgell and Cerdanya district, such as butter and cheese. Oil is one of the pillars of Catalan gastronomy. Widely recognised is that of the Empordà, produced since the 6th century BC; that of the Baix Ebre-Montsià, pure olive oil; that of Les Garrigues, the oldest DOP in Spain; that of Siurana, with over a thousand years of history; and that of the Terra Alta.

### PROTECTED GEOGRAPHIC INDICATION (INDICACIÓ GEOGRÀFICA PROTEGIDA, IGP)

Products with this distinction are of a quality, reputation or other characteristic attributable to their geographic origin. In the case of sausage of Vic (*Llonganissa*), this

already triumphed at the Paris Universal Exhibition in 1857, and is ideal for eating with Catalan rustic bread. The potatoes from Prades compete with each other to see which is the softest. Special mention should be given to the cocks from the Penedès district and the chickens and capons from El Prat, also called blue foot, which are typical on Christmas tables, along with the beef from the Catalan Pyrenees. The 'calçots' onions from Valls complete the list. To finish off, the tangerines from the Terres de l'Ebre, the apples from Girona and the nougats of Agramunt, rocky and solid.



### IMMERSION IN THE WORLD OF OIL

What does combing olive trees mean? Discover it with Olea Soul and enjoy its proposals, in which you will see the secrets of olive oil and its preparation. You will enjoy a day of gastronomic and cultural experiences like a barbecue breakfast, harvesting the olives, tasting the oils and textures, lunch with local products and featuring oil, accompanied by wine from the DO Costers del Segre and a guided tour of the Museu de l'Olí de Catalunya.

**i For more information about this and other suggestions:**  
[www.oleasoul.com](http://www.oleasoul.com)



# A FOOD FOR EVERY MOMENT OF THE YEAR

*The best way to get to know Catalonia through the senses is to try its seasonal products. The fact is that the delights which were born on the tables of the coast or the high mountains have colonised the dishes of the whole country on their own merit.*

**T**he seasons leave something magic. One good day, the first strawberries appear in the market and then we know that picnic days are back. And the same thing happens with the mushrooms, which announce long evenings by the fire.

## TO HEAT THE WINTER

The winter stars are garlic, broccoli and celery, the last of which is put in the Christmas stew. The 'trinxat' is made with cabbage and bacon and the more understanding try the broccoli creams and delicious

salads of chicory, cress and spinach. Capons, pigs and game twin with sea urchins. The typical 'calçots' onions cheer the large tables of meetings of friends. And tangerines welcome in the after-dinner chat.

## THE SPRING BRINGS SARDINES

April offers large sardines, tender peas, new potatoes and crisp cucumbers. The strawberries arrive with great cheer.

And we must also leave a place for snails and green asparagus, so lovely in an omelette. Tuna and mackerel rival the hake and lobsters of the Costa Brava. The mussels and baby octopus cooked with onion are all the rage on the tables.

## SUMMER WITHOUT GREEN VEGETABLES IS NOT SUMMER

Cod finds its place in the summer with a sauce made with pepper, tomato, auber-

gine, onion and courgette. The shrimps are fantastic, just like the tuna, the squid, the Norway lobsters and sole. The fruit fields blossom with treasures like apricots, plums, figs, peaches, small pears, watermelons and melons. Summer is time for barbecues with the large 'butifarra' sausages, and improvised teas with dried sausage or exquisite anchovies from L'Escala on toasted bread rubbed with tomato.

## NON-MELANCHOLIC AUTUMNS

Turnips, radish, pumpkins, chestnuts and the ineffable mushrooms turn Autumn into a festival. This is also the time of olives and oil. A roast lamb, goose or wild boar will also be a gift for the palate. Giltheads, oysters and salmon dress the best autumn tables, which will finish with sweet pomegranates and grapes, which can also be present in the best salads.



STRAWBERRIES  
FOR THE SPRING,  
FIGS FOR SUMMER  
AND CALÇOTS  
FOR WINTER:  
THAT'S THE  
RECIPE OF  
HAPPINESS



## THE FOODIE TOUR OF BARCELONA

Discover the city's traditional and avant-garde cuisine with this tour created for foodies. With the help of a gastronomy professional, you will enjoy a variety of specialities that have made Barcelona one of the best culinary destinations in the world. During the tour, you will visit taverns, wineries, specialist shops and one of the best restaurants in Barcelona managed by a famous chef who holds seven Michelin stars.

**More information:**  
[www.ociovital.com](http://www.ociovital.com)



THE MUSHROOMS  
CHEER  
THE AUTUMN  
DAYS  
FOR PICKERS



# TRY SEASONAL DISHES

*Depending on the time of year, the Catalan recipe book offers dishes to warm the body from the cold. These traditional recipes have become part of the varied gastronomy.*

**I**n a gastronomic culture so proud of its territory and products as the Catalan, dishes have to follow the months and the changing seasons. And not only this, they have to follow the celebrations which have their own specific recipes to delight diners.

## WINTER DELIGHTS

The Queen of the winter is *escudella*. In a large pot, a stew is made with vegetables, chicken, pork sausage, potato and chick-

peas, and a large beef meatball is added, the *pilota*, which is then shared out amongst the diners. In a Christmas version, the stew is added a kind of pasta, called *galets*, in the shape of an enormous snail. And on the next day, cannellonis are made for the feasts to go on.

One of the products which has brought most renown to the lands of the Camp de Tarragona is the *calçot* from Valls, which is grilled over an open fire, peeled and dipped in a special sauce before eating.

And further inland, something typical of Lleida are the *cassoles de tros*, a stew prepared by the farmers in the fields in a large saucepan with potatoes, snails, spinach and pork meat; and also the *coques de recapte*, (the Catalan pizza) which is a good example of popular cuisine. Also typical of Catalonia are the '*faves a la catalana*', which is one of the most appetising dishes offered by January with broad beans, bacon and mint.



CALÇOTS  
ARE ROASTED  
ON AN OPEN  
FIRE



TWO VERY  
DIFFERENT  
COCAS:  
THE SWEET  
ONE OF  
MIDSUMMER'S  
EVE AND THE  
SAVOURY  
RECAPTE

## THE SUMMER FOODS

When the heat arrives, we look for cool and light dishes. *Empedrat* is one of the best known some options. A mixture of white beans, sliced olives, pieces of tomato, chopped onion and cod, all garnished with and vinegar. Just when the green vegetables are at their peak is the time to prepare the traditional *escalivada* with roast aubergine, pepper, tomato and onion. Midsummer's eve in Catalonia is celebrated with a delicious brioche coca normally decorated with candied fruit and accompanied by cava or sweet wine.

## SPRING AND AUTUMN DISHES

In the spring, a habitual dish is peas with

cuttlefish, snails *a la llauna* in the oven or the Lenten fritters made before Easter week arrives. On the other hand, when the cold approaches in autumn, tables are not missing dishes like *fricandó* (a stew with meat and mushrooms); game and *panellets*, chestnuts and sweet potatoes which are eaten on 31 October. Apart from the seasonal dishes, one of the most representative is the simple *pambotàquet*. This is bread, which might or might not be toasted, rubbed with tomato and dressed with olive oil, which usually accompanies cold meats such as sausage, egg sausage, white and black sausage, *bulls*, *fuets* and *longanizas*.

## PREPARE YOUR OWN ROSEMARY LIQUEUR

Did you know that rosemary is one of the most important and versatile herbs of our region? Do you know about its properties and uses? Come and take a stroll around Mas Llagostera and learn all of the secrets of this herb which was so highly prized by our ancestors. You will also have a chance to pick some rosemary, learn about an ancient preservation technique we use to make the liqueur and even take a bottle home with you.

**i For more information on this and other activities:** [www.masllagostera.com](http://www.masllagostera.com)





## THE KINGDOMS OF GOOD FOOD

*The cuisine groups of Catalonia are distinguished by their quality and local cuisine. They defend a reinterpretation of traditional cuisine, using the same ingredients.*



The best rice and shellfish from the Delta de l'Ebre cooked by the Ràpita – Delta de l'Ebre Cuisine Group; or the inland cuisine with products like pork, beans from Collsacabra and truffle, which the Osona Cuisine Group offers at the gastronomic dinners it organises, are examples of these patrols of guarantors of local cuisine.

### CHEFS AND DEFENDERS

These are the territorial barons of Catalan gastronomy. There are now around twenty feuds that represent

the variety of culinary styles around the whole country. They act as protectors of the roots of Catalan cuisine thanks to the constant work of the restaurateurs, who are active agents of this heritage. Driven by the chefs themselves, they organise events to promote local ingredients from the farmers, with the idea of seasoning the different local cuisines. The cuisine groups invite you to savour the pleasure of good, traditional cooking. Some of them preserve or promote ancient recipes, others recover old cooking tech-

niques or utensils used a lot in the past.

From the mountains to the coast, the length and breadth of Catalonia, there are different cuisine groups that promote the local dishes, always with the idea of recovering the local product and innovating it. These entities gather more than 200 Catalan restaurants and are a fundamental tool in promoting and positioning the country as a top gastronomic destination. On the [www.catalunya.com](http://www.catalunya.com) website, there is more information on these groups.

## THE CUINA CATALANA BRAND

*Cuisine is the intangible cultural heritage of a country and an element of its identity.*



The Cuina Catalana Brand project was started in 2001 by the Fundació Institut Català de la Cuina y de la Cultura Gastronòmica (FICCG) and is supported by more than fifty institutions and entities. In 2006, the *Corpus de la Cuina Catalana* was published with more than 1,000 recipes that use local and seasonal products wherever possible. The establishments of the Cuina Catalana Brand incorporate products regulated by specific distinctions (Designation of Origin, Protected Geographic Indication, Guaranteed Gastronomic Speciality, etc.).

### WHAT DOES THE MCC ACHIEVE?

The main aims of the more than 200 participating establishments are to guarantee the continuity of our cuisine, to promote Catalan agricultural food products and to create a network that involves farmers, restaurateurs, food trades, hospitality schools and companies in the defence, promotion and dissemination of our culinary heritage, and also to ensure the preservation of the biodiversity and rural surroundings. The Cuina Catalana brand offers quality and commitment to sustainability and the environment.

## BOOKS AND 'PICADAS'

The *picada* is one of Catalonia's most famous contributions to general cooking, and undoubtedly one of the elements that distinguish it from other gastronomies of the world. We have news of its use as far back as the 13<sup>TH</sup> century. Garlic, dried fruit, fried bread, parsley, biscuits, chocolate and many other ingredients are mashed and added to endless dishes to provide them with thickness as well as characteristic aromas and flavours. The restaurateur Ramón Parellada wrote a book (*El llibre de les picades*) in which he gathers more than a hundred different 'picadas'. To make it you need the classical yellow and green stone or marble mortar and the wooden pestle, generally olive wood.



**C!**  
CUINA CATALANA

## THE GALAXY OF THE MICHELIN STARS

*The Catalan gastronomic heaven has never shone so bright and with such strength. Many and excellent restaurants offer us their creations and honourably join the red guide list.*



### THE OSCARS OF RESTORATION

Catalonia can be considered a gastronomic power if we look at the recognitions achieved in the form of Michelin stars, for many the Oscars of restaurant activity. We have 53 restaurants that accumulate 65 Michelin stars. The centenary red guide, which each year publishes a selection of classified restaurants and hotels, has rewarded the Catalan cuisine product for its originality and love. From the Pyrenees to the Delta de l'Ebre, and from the Costa Brava and Barcelona

to the western lands, we find Michelin star restaurants of many styles. Amongst those chosen, there are also some with three stars, the maximum score on this scale.

### THE DREAM TEAM OF CUISINE

Fish, meats and vegetables, along with rice and olive oil have been revalued by these bold alchemists of the kitchen. Each of them has stood out for some special skill reflected in the way they cook.

Some of the chefs with most stars are: Paolo Casagrande, Fina Puigde-

vall, Paco Pérez, Jordi Cruz, Paco Pérez and Raül Balam Ruscalleda. Although there are figures that have seduced the whole world with their career like Ferran Adrià with his passion for innovation; Carme Ruscalleda and her exquisite taste for product or the loyalty to tradition of the brothers Joan, Josep (Pitu) and Jordi Roca.

These imaginative chefs not only aim to feed us, but to help us as diners to have a unique experience, a sensorial journey similar to that of any other of the great artistic disciplines like music, literature and painting.

## GOING BACK TO THE ESSENCE WITH SLOW FOOD

*This movement defends a gastronomy that returns to the local product and respect and love of seasonal dishes.*



### SLOW COOKING, WISE COOKING

In Catalonia, Slow Food appeared to correct the problems that the so-called 'fast food' brought to the traditional diet, and with a firm will to promote the philosophy of seasonal and local products. The Slow Food group has 3 areas of action: Slow Food KM0 dedicated to restaurants; Arca del Gust and Baluard which work on recovering products, with around twenty currently registered, and; the Markets of the Land. A recipe is considered KM0 when it has more than 40% of its ingre-

dients of local origin in other words when the restaurateur buys direct from the local producer, the one who has cultivated them in the case of vegetables, or bred and produced them in those of animal origin, within a radius of no more than 40 km, thus reducing CO2 emissions. The traceability also guarantees respect for the environment and for the living beings participating in the process. We now have more than 65 restaurants around Catalonia. The list is updated every year and can be consulted on the websites at the bottom of the page.

## THE MARKETS OF THE LAND

These are the happy meeting place where the involved producers and motivated consumers share their concerns. The organisers guarantee that the path that the foods have taken to reach the tables meet the concepts of good, clean and fair. In the city of Barcelona, every Saturday, the market offers its products in the Parc de les Tres Xemeneies in Poble Sec. In Sitges, in the Parc del Retiro, the market is organised on the first Saturday of each month.

**More information:**  
<http://slowfoodgarrafpenedes.com/>  
<http://slowfoodbcn.cat>



 **Slow Food**  
Catalunya [www.slowfood.com](http://www.slowfood.com)  
[www.km0slowfood.com](http://www.km0slowfood.com)





# GASTRONOMY **PROPOSALS**







# THE MARKETS, THE CRADLE OF GASTRONOMY

*The markets express the character of a people. To stroll amongst their stalls, buying and talking to the traders means to discover Catalan gastronomy from expert voices.*

**A** true gastronomic culture is built from fresh products. The markets have not only been and are places for distributing food, but are also a place for the whole of society to meet and exchange.

## FISH AUCTIONS: FROM THE SEA TO THE TABLE

When talking about fresh fish, we usually use the expression “recently brought from the auction”. On the Barcelona coastline, from Mondays to Fridays after 4 PM, we can attend the auction in Arenys de Mar and also

at the Vilanova i la Geltrú auction on working days at 8 in the morning and 4 in the afternoon. On the Costa Brava, the offer is very broad: Palamós opens its auction only for end consumers on working days from 4:30 PM to 7:30 PM; Roses has its auction on Fridays at 5 PM and Llançà does on the same day and at the same time too.

In the Terres de l'Ebre district, two auctions can be visited: that of l'Ametlla de Mar, which specialises in red tuna, and that of Sant Carles de la Ràpita. The boats come in at 3 PM so the best time to enjoy the auction is after 4 PM.

## SELECTION OF MARKETS

### BARCELONA

#### • MERCAT DE LA BOQUERIA

**From Mondays to Saturdays**

Located on the Rambla, this was the first of the municipal markets opened in 1840.

#### • MERCAT DEL NINOT

**From Mondays to Saturdays**

In 2015, its complete refurbishment was with modern installations and bars for tasting.

#### • MERCAT DE SANT ANTONI

**From Monday to Saturday**

Opened in 1882 and reopened to the public in 2018 after a number of years of major refurbishment, it offers one of the richest and most diverse ranges of fresh produce in the city.

#### • MERCAT DE SANTA CATERINA

**From Mondays to Saturdays**

Refurbished in 2005 by the Enric Miralles and Benedetta Tagliabue



team of architects, its wavy and colourful rooftop can now be seen from the terraces of the Gothic quarter.

### BARCELONA COAST

#### • MERCAT DEL CENTRE

**(Vilanova i la Geltrú)**

**From Mondays to Saturdays**

A good offer of high quality fish and shellfish.

#### • MERCAT DE GRANOLLERS

**Thursdays**

The formation of the mediaeval town was the result of its market operation, already documented in the 11th century and which has been held without interruption until our days.

#### • MERCAT DE VILAFRANCA DEL PENEDEÈS

**Saturdays**

An early 20th-century photograph of the Pl. Jaume I, shows that the

sellers of the district's melons and watermelons gathered there. Now the Saturday market gathers 230 stalls and is in the centre of the town.

### COSTA BRAVA

#### • MERCAT DE TORROELLA DE MONTGRÍ

**Mondays**

With a very large offer, especially in the summer.

#### • MERCAT DE SANT FELIU DE GUÍXOLS

**Sundays**  
The more than one hundred sellers bring together their stalls near the sea.

#### • MERCAT DE PALAFRUGELL

**From Tuesday to Saturdays**

Next to the Plaça Nova, near the church, this daily market offers all kinds of fresh fruit and vegetables.



• **MERCAT DE GIRONA**

**From Mondays to Saturdays**

With more than 70 years of history and an area of over 1700 m², the market building stands in Plaça del Lleó. It stands out for the quality of its fresh products like meat, fish, fruit and vegetables.

**COSTA DAURADA**

• **MERCAT DE REUS**

**Mondays and Saturdays**

Located opposite the former Sant Joan hospital, it has 130 stalls.

• **MERCAT DE TARRAGONA**

**Tuesdays and Thursdays**

The Rambla Nueva fills with stalls and the shouts of the traders.

• **MERCAT DE VALLS**

**Wednesdays and Saturdays**

On Saturdays, next to the vegetable market there are antiques stalls.

• **MERCAT DE BONAVISTA**

**(Tarragona) Sundays**

This is the largest of the local region and is located in the west of the city, in the district of the same name. Fresh food and all kinds of products are offered.



• **MERCAT DE L'HOSPITALET DE L'INFANT**

**Sundays**

Located on the promenade, it has all of the flavour of the traditional markets.

**SCENERIES OF BARCELONA**

• **MERCAT DE VIC**

**Tuesdays and Saturdays**

One of the prettiest markets of Catalonia. This same location has housed the market since the 9th century. Here there are stands with products of the land, flowers, craftwork and poultry.

**PYRENEES**

• **MERCAT DE SOLSONA**

**Tuesdays and Fridays**

Every week the Plaça Major, the Plaça del Bisbe and the Plaça de la Catedral house this weekly market. On Fridays the market is larger, and spreads around the area of the castle gate and the whole of the Avenue.

• **MERCAT DE LA SEU D'URGELL**

**Tuesdays and Saturdays**

This is held in the open air in the streets of the town's historical centre.

• **MERCAT DE SORT**

**Tuesdays**

This has all kinds of stalls, from clothes to food.

• **MERCAT DE PUIGCERDÀ**

**Sundays**



This is known for its considerable selection of local products and as a meeting place for the residents of the la Cerdanya district.

• **MERCAT DE TREMP**

**Mondays**

A fruit and vegetable market that also sells clothes, shoes and agricultural products.

• **MERCAT D'OLLOT**

**Mondays**

With more than 170 stalls on the Passeig Miquel Blay, Plaça de Jaume Balmes and in the adjacent streets, this is the centre of the whole of the region's commercial life.

**TERRES DE L'EBRE**

• **MERCAT DE TORTOSA**

**From Mondays to Saturdays**

The building was constructed by Joan Torras, the "Catalan Eiffel", by the river Ebre, between 1884 and 1887.

**TERRES DE LLEIDA**

• **MERCAT DE BALAGUER**

**Saturdays**

This has more than 130 stalls and 800 years of history.

**Food EXPERIENCES for ALL TASTES**

[experience.catalunya.com](http://experience.catalunya.com)

**BOOK NOW**

**CATALUNYA is your home**

**CATALUNYA**

**THE OFFICIAL SOTRE OF EXPERIENCES OF CATALONIA**

¿Which one do you prefer to experience? Excursions from Barcelona, adventure and sport, wine and gastronomy tourism, charming villages, cultural visits, family fun. Book now and live different emotions.

# LEARNING TO COOK THE OTHER SIDE OF THE APRON

*Although it is obvious, you learn to cycle by pedalling and by cooking you learn to know and appreciate Catalan cuisine. For the shy who want to meet people or those looking to take a step further in cooking, this is your chance.*

**T**here is a large selection of courses and workshops for learning to cook typical dishes, enjoying culinary demonstrations and seeing the secrets of matching with Catalan wines. Many of the restaurants and cooking schools around Catalonia offer the chance to take classes in many formats and on many levels, to get an inside view of our



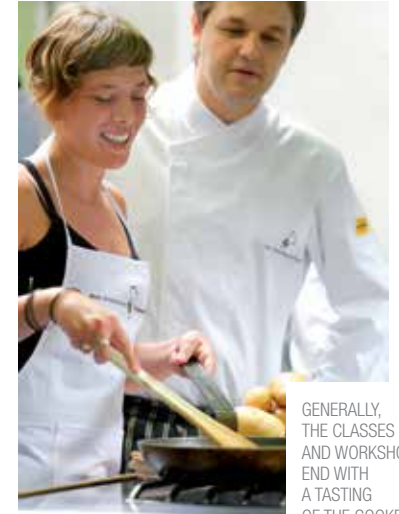
MANY OF THE PROPOSALS ARE AIMED AT ALL PUBLICS

gastronomy. There is also a chance to have guided tours of market, producers and gastronomic excursions are offered, which include the collection of mushrooms, forest fruits and other delights offered by the Catalan countryside.

It is in the many Catalan markets where gastronomy was born. To enjoy a tour guided by an expert is a fabulous adventure: the freshest ingredients produced locally and of indisputable quality jump from these establishments to the kitchens.

## APPRENTICES AND MASTERS

There are offers for all tastes. From masterclasses by super chefs for the professions, to informal meetings to make jams for the whole family. There are cooking schools all around the country, like the Aula de Cocina de l'Empordà, the Aula de Cocina de la Fundació Alícia (Paisatges



GENERALLY, THE CLASSES AND WORKSHOPS END WITH A TASTING OF THE COOKED DISHES

Barcelona), the Domus Sent Soví in Hostalric (Costa Brava) and the Espai del Peix in Palamós, also on the Costa Brava. In the city of Barcelona, there are more and more places to learn more and better about Catalan gastronomy.

## SOUVENIR OF CATALONIA

Is there anything more permanent than an experience? Learning to cook dishes of

Catalan gastronomy is a magnificent experience, which will become an unforgettable memory if the acquired knowledge is used once home. What about making a complete stew on a winter day to remember the aromas of traditional cuisine? And as dessert, nothing better than a crema catalana, without forgetting to burn the sugar at the last moment to relive the trip with your eyes closed.

## HAVE FUN COOKING

If you are in Barcelona, put on your apron and come discover Catalan cuisine first-hand on a bcnKITCHEN course, and learn by cooking, with a glass of wine and in good company. You will learn the secrets of shellfish paella, you will visit the market to learn the tricks and buy the best product, and at the end we will try the delicious preparations together. You will take away the recipes to make them whenever you want.

**i** For more information on this and other activities: [www.bcnkitchen.com](http://www.bcnkitchen.com)





# THE FAVOURITE DISHES OF CATALONIA



## ESCUDELLA

For 2 people

Medium difficulty / 3 hours

### INGREDIENTS

- 3 l of water
- 250 g of leg of beef bones
- A quarter of a hen
- One ham bone
- 100 g of chickpeas
- 2 potatoes
- 1 onion
- 1 turnip
- 1 leek
- 2 carrots
- Some cabbage leaves
- 100 g of black sausage

- 100 g of lean pork minced meat
- 1 egg
- The crumbs of one slice of white bread
- 1 tooth of garlic
- Some leaves of parsley
- A soup spoon of flour
- 100 g of 'galets' pasta
- Salt
- Ground black pepper
- Extra-virgin olive oil

### PREPARATION

In a large saucepan, put all of the meat (except for the minced pork and sausage) and the chickpeas (which will have soaked all night). Fill with cold water and bring to the boil. When it begins to boil, remove the froth formed on top and leave it to boil for two hours on medium heat.

Meanwhile, on a plate, mix the minced pork, the chopped garlic and parsley, the breadcrumbs, the egg, a pinch of salt and a pinch of pepper. Mix with your hands until it is smooth. Form two large compact balls and roll them in flour. Add the balls to the saucepan (after the mentioned two hours and with all of the vegetables cleaned, peeled and sliced, as well as the black sausage. Leave to boil for 40 minutes on medium heat.

Strain the broth and, taking care not to break them, separate the vegetables and the meat, which we will place on a tray and serve. Put the tray in the oven to keep it warm.

In a separate saucepan with the broth already strained, cook the pasta as indicated on the packet.

Serve the pasta soup as the first course and the vegetables (dressed with olive oil) and the meat as the second course.



## FRICANDÓ

For 2 people

Medium difficulty / 60 minutes

### INGREDIENTS

- 400 g of beef
- 1 large onion
- 1 spoonful of fresh tomato puré
- 1 bunch of aromatic herbs
- 1 medium sized carrot
- 250 g of varied mushrooms
- 3 spoonfuls of flour
- Extra-virgin olive oil
- Salt and pepper
- 200 ml of red wine
- 500 ml of chicken broth
- 6 roast hazelnuts
- 6 roast almonds
- 1 tooth of garlic

### PREPARATION

Slice the meat into thin medium-sized fillets. Peel and chop the onion. Peel the carrot and slide it into thin strips. Put the flour on a plate and flour the previously salted and peppered fillets. Pour olive oil into a saucepan and bring it up to medium heat. Add the fillets and fry them on both sides. Once ready, remove the saucepan and put to one side. In the same oil, fry the onion, the sliced carrot and the tomato. Add the bunch of herbs and cook very slowly. While the sauce

is cooking, grind the hazelnuts, the almonds and the garlic in a grinding bowl. Add the glass of wine, stir and add to the saucepan. Mix well for the crushed ingredients to blend in and continue cooking very slowly. Then add the fillets and pour on the broth. Meanwhile, sauté the clean mushrooms in a frying pan with a little olive oil. Salt and pepper them and add them to the saucepan. Cook it all for 10 minutes more and serve. This dish is really succulent if it is made in an earthenware pan.

## CREMA CATALANA

For 2 people

Easy / 30 minutes

### INGREDIENTS

- 500 ml of cow's milk
- 1 sprig of cinnamon
- 4 egg yolks
- 100 g of sugar
- 40 g of corn starch
- The peel of one lemon

### PREPARATION

In a saucepan, pour 400 ml of milk and add the cinnamon and the lemon peel. Bring to the boil and then turn off the



## BREAD WITH TOMATO

*Pa amb tomàquet* has become a synonym of Catalan gastronomy. Of peasant origins, this is the traditional Catalan dish par excellence. It is easy to make, very cheap and extremely balanced in terms of nutrition. How is it made? You need rustic bread, ripe tomatoes, extra virgin olive oil and salt. You cut a tomato in half, you rub it on a slice of bread and add a pinch of salt and a generous dose of extra virgin olive oil. When and where is it eaten? For breakfast, tea or dinner, with cured meats, cheeses, omelettes and anchovies, and also to accompany grilled meats and fish.

heat and allow to infuse for five minutes. In a bowl, mix the remaining milk, the yolks, the sugar and the starch. Stir until it is a fine and even mass. Bring the saucepan to the boil once more and add the content of the bowl, stirring carefully. Drop the heat and stir the mixture until it thickens. When still hot, pour the cream into small individual earthenware dishes. Just before serving, sprinkle with sugar and burn it with a red-hot iron.

# OIL TOURISM

## THREE THOUSAND YEARS OF OIL

*With its golden reflections, oil is becoming easier and easier for the public to reach thanks to a series of activities that seek its promotion, like the routes and tastings of different varieties.*

THE CULTURE OF OIL IN CATALUNYA HAS ALWAYS BEEN PRESENT AND IS ONE OF THE PILLARS OF THE MEDITERRANEAN DIET

Catalonia is a great producer of high-quality oil. In recent times, the Catalan producers have become aware of the high cultural value of their activity and have opened up their facilities more and more to explain the process of oil production to the public.

Extra-virgin olive oil is of maximum possible quality. It is obtained from olives recently taken from the tree in the winter

through a mechanical cold extraction process. The oil is only taken from the first pressing and any chemical alteration or addition of synthetic substances is banned.

There are five protected designations of origin of extra-virgin olive oil in Catalonia: Les Garrigues, Siurana, Aceite de la Terra Alta, Aceite del Baix Ebre-Montsià and Aceite del Empordà, each with a product with very different body and aroma. This diversity is given by the climate, the type of soil and the olive varieties used. As well as the DOP, there are traditional production areas like the Noguera, Bages and Baix Llobregat districts, which produce excellent oils.

To meet growing demand, almost a hundred producers organise tastings in the fields and in their own mills, which are great temples of traditional oil production.

### ELIXIR OF CUISINE AND HEALTH

Olive oil is one of the basic ingredients of Catalan cuisine. Extra virgin olive oil is



IT IS WORTH VISITING THE MILLENNARY OLIVE TREES: THEY BEAR WITNESS TO HISTORY

also rich in vitamins and antioxidants, and its natural properties are the main factor that links the Mediterranean diet with a reduced risk of suffering a heart attack or cancer.

Today, this age-old relationship between oil, health and beauty is being revived in Catalonia's spa hotels and resorts, especially in Barcelona.

### A NATURAL MONUMENT

Ulldecona boasts the largest concentra-

tion of ancient olive trees in the world. The most famous of all is the Farga de l'Arion. Planted during Roman times, it has a history that dates back 1,700 years and a trunk that measures 8.5 m in diameter. It is considered to be the oldest olive tree in the world.

The Aceite de Olivos Milenarios quality brand is disseminating this heritage associated with noble products, based on great quality oil.

### OLIVE OIL EXPERIENCE

Olive oil production at Oli de Ventalló combines tradition and modernity, all set within the magnificent Alt Empordà countryside. The Olive Oil Experience is a tour through the different stages involved in the production of this premium product. Starting with a walk to the olive grove, visitors learn how the olives are grown before returning to the oil mill to watch a film explaining how they are harvested and a tour of the rest of the facility to learn more about the production process. An opportunity to sample two extra virgin olive oils brings the experience to its eagerly awaited conclusion; a choice between enjoying a tasting menu of local products or a dinner at the La Bassa restaurant.

**For more information:** [www.oliventallo.com](http://www.oliventallo.com)





# FISHING TOURISM FARMERS OF THE SEA

*The fishermen feel like farmers of the sea, and want to transmit their culture, gathered over generations, to visitors who decide to take a trip on their boats.*

**T**he sea is fascinating. And for gourmets, it is also an endless source of pleasure. Discovering the marvels of a day's fishing from those who know the trade like none other, is one of those proposals that cannot be turned down. Have you ever dreamt of trying a dish with recently caught shrimp?



THE FISHERMEN ACCUMULATED EXPERIENCE, KNOWLEDGE OF THE MEDIUM AND OF THE TECHNIQUES WHICH ARE TYPICAL OF THEIR PROFESSIONAL ACTIVITY

Well it is possible. It is just a question of choosing the day, putting on the right clothes and going to the port to board.

## WHAT IS FISHING TOURISM?

Fishing tourism allows you to follow a professional fishing day, trying a marine lunch with the crew and enjoying the whole process of the fishing: from the sailing to casting and bringing in the net and selecting and landing the catch. Visitors can go to the fishermen's quay, usually restricted, and hear the stories of the older sailors first-hand.

## ACTIVITIES FROM NORTH TO SOUTH

Fishing forms the identity of Catalonia as a people, as almost 600 km of coastline have to influence our fishing tradition, which forms part of our history and future.

In the port of Cambrils (Costa Daurada)



CATALONIA IS A SMALL-SCALE FISHING COUNTRY. ON THE COASTS THAT BATHE IT, COMING INTO CONTACT WITH THE FISHERMEN IS EASY AND GRATIFYING

up to 4 different fishing tourism activities are offered. Sailing on a fishing boat, enjoying all of the details from a second boarding and enjoying craft fishing and a meal at the same place are some of the proposals.

In the port of Palamós (Costa Brava) they offer a rich and varied experience to allow you to discover, consider and share the colours, textures and flavours of the sea in three activities: shrimp fishing, fish trapping and fishing along the coast.

In l'Escala, on the Costa Brava like Palamós, the offer is to work on a small

boat and directly share the fishermen's daily experience. And in Terres de l'Ebre it is also possible to fish with a professional and enjoy the fruit of his effort.

All of the experiences are both interesting and exclusive. You have to book in advance and they are usually restricted to small groups. It is important to find out the minimum age of participation and its duration. In some ports, this is only done at certain times of year and is always subject to the weather to guarantee the safety and comfort of all participants.

## A FISHERMAN FOR A DAY

Would you like to experience an authentic fishing trip at first hand? Climb aboard with the fishermen of Cap a Mar and enjoy an unforgettable adventure. You will set sail from the quayside of Barceloneta and travel to the fishing grounds of Garraf, where you will be able to experience prawn fishing. You will also enjoy a seafood lunch prepared with freshly caught fish from the sea. When you return to port, the catch will be sold at the local fish auction. At the end, you will take away our welcome kit and a souvenir postcard of the experience.

**i For more information:** <https://capamarbcn.com>





# WINE TOURISM

## THE SECRETS OF WINE

*An excellent way to discover the features of the countryside is to do so through the wines it produces. Wine culture in Catalonia draws out a large mosaic of environmental diversity.*

**“W** hoseoever can taste, never drinks wine, but rather tastes secrets”, said the brilliant Salvador Dalí. It was the Greeks who brought vine growing to the Empordà district, and then the Romans spread it to the southern lands.

### THE 12 CATALAN DOs

A tour of the Catalan DOs is one of the

best prospects for seeing the idiosyncrasy of the country firsthand. 11 Designations of Origin of wine and 1 of cava that allow the highly diverse wine scenery to be discovered. You can also visit more than 300 wineries, stroll through the vineyards, enjoy a rich architectural and cultural heritage or match wine with gastronomy.

We start the route a step away from the city of Barcelona and by the sea, where

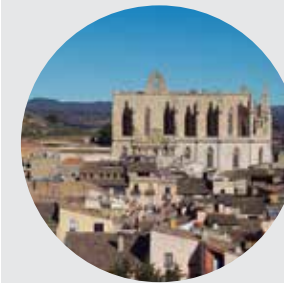


THE VINES, FLAT OR ON TERRACES, DEFINE THE COUNTRYSIDE OF CATALONIA



we find the vineyards of the **DO Alella**, which produce wines with the xarel·lo white grape variety. To the south is one of the most productive and popular Catalan areas, **DO Penedès**, which embraces a countryside of unending vineyards of xarel·lo, parellada and macabeo, where to discover wines and cavas of large and small wineries, and traditions such as the *castells* (human towers). Moving on to the districts of Tarragona, we come to **DO Tarragona**, an area which already produced wine at the time of the Romans, and which stands out for its mild climate and proximity to the sea, and borders on another three important wine regions. On

the one hand, the **DO Conca de Barberà**, a land with personality that gives an excellent combination of heritage, culture and wine. A visit to the Monastery of Poblet (UNESCO World Heritage), modernist wineries known as the “Cathedrals of wine”, and the mediaeval town of Montblanc is one of the best days out that can be planned. Just alongside, the **DOQ Priorat**, the only Catalan qualified DO, it is region with vineyards that grow on the precipice with *llicorella* soils, kind of slate that gives wines full of spirituality and of international prestige.



### TOUR AND TASTING

For foodies looking to discover Montblanc's medieval heritage, the Tourist Office organises guided tours that combine both local history and cuisine. The tour stops off at two restaurants where visitors have the opportunity to sample locally sourced products representative of typical regional gastronomy and taste a selection of wines from the DO Conca de Barberà region. Some of the other sites visited on the tour include, the two rampart towers, which visitors can climb for a view from the top, the rampart walkway, the churches of Sant Miquel and Santa Maria la Major, the main square (Plaça Major) and the old marketplace, the nerve centre of Montblanc life.

**i For more information:**  
[www.montblancmedieval.cat](http://www.montblancmedieval.cat)





NOT ONLY DO YOU HAVE TO TASTE THE WINE, YOU MUST ALSO GO THROUGH THE VINEYARDS ON A BICYCLE AND VISIT THE CATHEDRALS OF WINE



Embracing it, the **DO Montsant** opens up to a world where family wineries coexist and progress on horizons marked by the extreme countryside of the Montsant Hill range, where the village of Siurana is one of its symbols. Continuing westwards, we come to the wines produced in Lleida, and specifically in the **DO Costers del Segre**, where the vines wave in the winds from the Pyrenees and where oil tourism is another of its attractions. We will take the chance to discover the aromatic strength of its red wines and the dry freshness of its whites. To the south, following the course of the river Ebre, we will come to the **DO Terra Alta**, with a millenary, though little known, history and wine tradition. The modernist cooperatives and more than 20 km of greenways are added attractions. The circular route

takes us back to inland Catalonia, specifically to the **DO Pla de Bages**, with its dry stone wine presses and vines standing at the foot of Montserrat. Between the Albera range and the sea, we are received by the Empordà, a place of great beauty with the spectacular coastline of the Costa Brava and a great environmental heritage. The **DO Empordà** the land of Salvador Dalí, gives wines with character, children of the grenache red variety and the northern winds.

We must also remember two designations of origin that cover a large part of the area: the **DO Catalunya**, which adds up 50,000 ha of vineyards, and the **DO Cava**, the sparkling wine made especially with macabeo, xarel·lo and parellada following the *champenoise* method, with its epicentre in Sant Sadurn d'Anoia, the capital of cava.

# THE ESSENTIAL WINE TOURISM EXPERIENCES



are in modern buildings that remind one of spacecraft. Others are beautiful fairytale-like farms. Some are internationally famous and others small family businesses. And all, without exception, offer a warm welcome to visitors as well as their excellent wines.

## 3 MAKING WINE AN ADVENTURE

Walking, cycling, segway, mountain bike, 4x4, on horseback or even by helicopter, kayak or yacht, there are more and more activities that boost our adrenaline and keep our bodies active.

## 1 CATHEDRALS OF WINE

To see the wine culture in Catalonia is to discover these great buildings known as 'Cathedrals of wine'. Built in the early 20th century at the peak of modernist architecture, they are called 'cathedrals' for the size of their warehouses and the impressiveness of their structure. They were conceived by great architects like Cèsar Martinell and Puig i Cadafalch.

## 2 ON THE LAND

Catalonia has more than 300 wineries that can be visited. Some

## 4 THE BEST KEPT SECRETS

To know the secrets of wine, both in its production and its history, the best thing is to visit one of the museums or visitor centres in the different wine regions. The Celler Cooperatiu i Museu del Vi in L'Espluga de Francolí or the Centre d'Interpretació del Cava in Sant Sadurn d'Anoia are just a couple of them.

## 5 ENJOYING THE VINES

Obviously if the visit is at the

## TASTING WINES AND MAKING FRIENDS

It's a brilliant idea: a tasting menu in the heart of Barcelona and a group tasting of Catalan DO wines. Led by the sommelier of Hotel Barcelona Catedral, the session reveals the secrets of cava and Catalan wines through a game involving everyone in a team mission to discover the differences between cava and other wines.

This is a unique experience that gets people talking and interacting while at the same time immersing them in the world of wine and gastronomy. We also offer cooking workshops to suit all tastes.

**i For further information on these and other activities, go to:**  
[www.barcelonacatedral.com](http://www.barcelonacatedral.com)

end of the summer or in autumn, harvest time, the activity focuses on picking the grapes and treading them to get their juice. A taste of recently pressed must, sleeping under the stars or enjoying a picnic amongst the vines, strolling through the vineyards, smelling and tasting their fruit are unforgettable activities.

# OTHER DRINKS

# CRAFT-PRODUCED

*Catalonia is a country of traditions and over the years many craft drinks have been made that are ideal to accompany the different meals at different times of day.*



**P**reviously drunk by the parishioners in the village bars, now there is no trendy group that does not want to turn vermouth into its plan. Vermouth, this wine with macerated herbs and served in aperitifs, is enjoying a true rebirth.

Reus was a pioneering city and in its production at the end of the 19th century, and in later decades, more than 30 companies of the area were set up to produce it. The tradition is now set out in the Museu del Vermut of the same city.

## BEER, MORE ALIVE THAN EVER

We are now experiencing a true boom of craft beer in Catalonia. It was in 2010 when these micro beer houses began to proliferate, which play with flavours to create original and unique beers. These firms are strongly linked to local tradition and contemporary creativity



CRAFT BEER HAS COME IN STRONGLY. THROUGHOUT THE COUNTRY THE PRODUCERS AND SPECIALISED PREMISES MULTIPLY

and they pave a new way for the beer industry, which has also been important in Catalonia since the early 19th century. Different events involve tasting a multitude of craft beers throughout the country. The most important fair is the Barcelona Beer Festival, the largest meeting in the south of Europe for beer lovers.

## RATAFIA AND OTHER ALCOHOLS

Related to the land and to many myths and legends, ratafia emerges with more than a thousand years of history, a drink that has become Catalonia's national digestive spirit. Used in a multitude of cooking recipes, it is popularly said that as each family made its own, the recipes are infinite.

It is made from tender walnuts mixed with more than 40 different aromatic plants. The result is macerated for at least two months in spirits. Then the liquid is

decanted, it is added sugar and water and left to age in wooden barrels for another three months. The result is an alcoholic drink of almost thirty degrees, a toffee-like colour and sweet taste with a slightly bitter touch.

Ratafia is drunk as an aperitif or a digestive just as many other traditional drinks in Catalonia.

In fact every Catalan region makes its own, defining a close bond with the countryside and local traditions.

Another more modern example is rice liqueur, which is produced on the Delta de l'Ebre. Without forgetting *vi ranci*, a strong wine made with the ancient *sol i serena* technique, in other words leaving the wine to age outside.



## BARCELONA BEER FESTIVAL

The Barcelona Beer Festival has become the most important craft beer festival in southern Europe. Over a whole weekend, you can sample some of the more than 350 draught craft beers on offer from local Catalan and international brewers and enjoy excellent quality food. The event also puts on talks, tastings, matchings, workshops and many other activities related to the world and culture of beer.

**For more information:**  
[www.barcelonabeerfestival.com](http://www.barcelonabeerfestival.com)





# HOTELS FOR LICKING YOUR FINGERS

*When the urge to turn off reaches its peak, there is no doubt it is time to get away to one of the more than 48 Catalan gastronomic hotels.*

**T**his accommodation promotes an authentic, traditional and creative gastronomy made with local products and the typical characteristics of the territory and quality. Most of the ingredients of the kitchens are recognised as with the Protected Designation of Origin and Protected Geographic Indication stamps. Rest and good food are guaranteed in any of the gastronomic hotels. The

two pleasures can be combined with wine tourism experiences that will reveal the foodie side of Catalonia. Family management and personal treatment are two of the axes on which the distinction is based, which is boasted around the country by five-star hotels, but also charming hostels and inns. These are establishments with a maximum of 60 rooms to guarantee personalised attention for all guests.

## THROUGHOUT THE COUNTRY



### BARCELONA

**H** HOTEL ADAGIO

### PAISATGES BARCELONA

**H** MAS ALBEREDA  
**H** CA LA MANYANA  
**H** HOSTAL ESTRELLA  
**H** HOTEL RESTAURANT CAN CUCH

### COSTA BARCELONA

**H** HOTEL MAS TINELL  
**H** FONDA EUROPA  
**H** HOSTAL DE LA PLAÇA

### COSTA BRAVA

**H** SANT PERE DEL BOSC  
HOTEL & SPA  
**H** EL FAR HOTEL RESTAURANT

**H** BOUTIQUE HOTEL  
CASA GRANADOS  
**H** HOTEL LA PLAÇA  
DE MADREMANYA  
**H** CA L'ARPA  
**H** ES PORTAL HOTEL  
**H** HOTEL LLEVANT  
**H** HOTEL CASAMAR  
**H** HOTEL EMPORDÀ  
**H** MAS SES VINYES  
**H** HOSTAL SA TUNA  
**H** HOTEL EL MOLÍ  
**H** HOTEL RURAL NIU DE SOL  
**H** LA QUADRA  
RESTAURANT HOTEL  
**H** HOTEL ELS CAÇADORS  
DE MAÇANET  
**H** HOTEL RESTAURANT  
EMPÒRIUM  
**H** MASIA LA PALMA  
**H** HOTEL DEL TEATRE

### COSTA DAURADA

**H** HOTEL ANTIGA  
**H** MASIA DEL CADET  
**H** HOTEL MAS LA BOELLA  
**H** HOTEL GRAN CLAUSTRE

### TERRES DE L'EBRE

**H** ANTIGA ESTACIÓ DE BENIFALLET  
**H** HOTEL AMPOLLA SOL  
**H** HOSTAL GASTRONÒMIC LA CREU  
**H** HOTEL RESTAURANT DIEGO  
**H** HOTEL L'ALGADIR DEL DELTA

### PIRINEUS

**H** HOTEL LA MORERA  
**H** HOTEL VALL FERRERA  
**H** HOTEL RESTAURANT ANDRIA  
**H** HOTEL DEL PRADO  
**H** HOTEL PARK PUIGCERDÀ  
**H** HOTEL EL MONEGAL  
**H** HOTEL RESTAURANT  
ELS CAÇADORS  
**H** HOTEL PRATS  
**H** FONDA XESC  
**H** HOTEL CA L'AMAGAT  
**H** HOTEL CAN BOIX  
DE PERAMOLA  
**H** HOTEL MUNTANYA & SPA  
**H** HOTEL TERRADETS



# THE BEST GASTRONOMIC GETAWAYS



## H HOTEL CAN BOIX DE PERAMOLA [www.canboix.cat](http://www.canboix.cat)

La Serra d'Aubenç and Roc de Cògul act as a natural wall to separate the external world from Can Boix. Its cuisine has brought it international popularity. The menu is completed with an offer of wines and cavas of more than 400 references.

### To complete the getaway ...

**L'Alt Urgell** is a land of cheeses. Two interesting sites to discover this product in the district are the cheeseries of Mas d'Eroles, where they make 12 different varieties, and la Reula, where the same producer guides us.

## H HOTEL MUNTANYA & SPA [www.prullans.net](http://www.prullans.net)

One warning: the terrace with views of the Pyrenees is highly addictive. And its gastronomy too. Also every Friday the restaurant becomes a mediaeval tavern offering Cathar cuisine.

### To complete the getaway ...

**At the Cal Calsot farmhouse, the herds are still led in the tradition and with the ancestral knowledge of a family of the Pyrenees.**

## H EL FAR HOTEL RESTAURANT [www.hotelelfar.com](http://www.hotelelfar.com)

It is worth staying here for the views alone, but if you add the cuisine, a visit to the Hotel El Far becomes a need. Just as the gastronomy is, which is based on rice, fish and shellfish coming to the plate directly from the fish auction in Palamós.

### To complete the getaway ...

**A tasting of cheeses and wines at the Mas Oller winery. In this matching workshop, more than 10 cheeses are tasted, a risotto and some desserts accompanied by wines of this historical winery of the Empordà. All of the products**

**are local from the province of Girona. They also offer a short visit to the winery.**

## H HOTEL MAS LA BOELLA [www.laboella.com](http://www.laboella.com)

This is a historical 12th century country house whose cuisine turns this hotel into a gastronomic must. It has a high range oil mill in which they bottle four different types.

### To complete the getaway ...

**You can watch how they make the oil in Mas la Boella on a guided tour to the mill and the property. They cultivate 250 ha dedicated to three different olive varieties: arbequina, arbosana and koroneiki.**



## H HOTEL RESTAURANT DIEGO [www.hotelrestaurantdiego.com](http://www.hotelrestaurantdiego.com)

Diego Arasa enthusiastically runs this gastronomic hotel where the treasure is the cuisine. Special attention should be drawn to the meats on the menu, most from Diego's own farm.

### To complete the getaway ...

**Immersion in the Terres de l'Ebre: bicycle ride along the Terra Alta Greenway. The route crosses the Pàndols and Cavalls hills following the river Canaleta.**

## H HOTEL RESTAURANT CAN CUCH [www.hotelcancuch.com](http://www.hotelcancuch.com)

In this typical Catalan country house, built before the 10th century, the cuisine is delicate and avant-garde based on the quality and excellence of the raw materials.

### To complete the getaway ...

**The fashion of craft beers is here to stay. In Can Cuch they know this and organise craft beer tastings**

**matched with cheese. The activity is organised in the hotel's natural rock cellar.**

## H HOTEL L'ALGADIR DEL DELTA [www.hotelalgaudirdelta.com](http://www.hotelalgaudirdelta.com)

Its menu suggests up to 12 different recipes based on the star product of the Terres de l'Ebre: seafood rice, 'carnaroli' rice in broth with Norway lobster, rice with ribs and baby cuttlefish ...

### To complete the getaway ...

**The hotel organises a workshop to show the whole rice process: visit to the field, visit to a mill and aprons provided to prepare some rice dishes, with a glass in your hand.**

## H HOTEL GRAN CLAUSTRE [www.granclaustre.com](http://www.granclaustre.com)

At the hand of the chef Jaume Drudis, its Mediterranean proposal with market products is a show to the palate and a feast to your eyes. The former

13th century residence of the Theresan nuns now houses one of the hotels with most character on the Costa Dorada.

### To complete the getaway ...

**Visit Augustus Forum, a small, welcoming winery over the Mediterranean. As well as wine, they make sweet and sour vinegar. You can try the two products on a visit.**

## H HOTEL TERRADETS [www.hotelterradets.com](http://www.hotelterradets.com)

One of the best corners for gastronomic relaxation in the Pallars Jussà district. Located near Terradets Reservoir, its restaurant offers contemporary market cuisine with the district's gastronomic routes.

### To complete the getaway ...

**The singularity is what makes the Castell d'Encús winery different at an altitude of almost 1000 m. You walk through a forest area to one of the 8 fermentation presses cut out of the rock in the 12th century, which the winery still uses.**





# SAVOUR THE DISHES OF OUR GASTRONOMIC HOTELS

## GLAZED SHOULDER OF XISQUETA LAMB WITH PARMENTIER

### Recipe by Gabriel Serra

Hotel Terradets  
Ctra. Balaguer - Tremp,  
(C13, KM75 256)  
25631 Cellers, Pallars Jussà, LLeida  
www.hotelterrads.com

### LOCAL PRODUCTS

The main ingredient of this dish is lamb from the xisqueta species of sheep typical of the El Pallars Jussà area. At Terradets it is prepared with Les Garigues protected designation of origin (PDO) extra virgin olive oil, an artisanal product from Terres de Lleida.

1 servings / 9 h

### INGREDIENTS

- 1 shoulder of xisqueta lamb
- 1 tablespoon of thyme
- 1 tablespoon of rosemary
- 1 tablespoon of allspice
- 1 tablespoon of Sichuan pepper

- 0.4° olive oil
- Salt and black pepper
- For the glaze:**
- 250 ml brown stock
- 100 ml red wine
- 100 ml port
- 50 g sugar
- 60 g honey

### For the garnish:

- 1 boiled potato
- 50 ml 1° olive oil
- 100 ml cream
- Salt and black pepper
- Shoots of fresh vegetables

### PREPARATION:

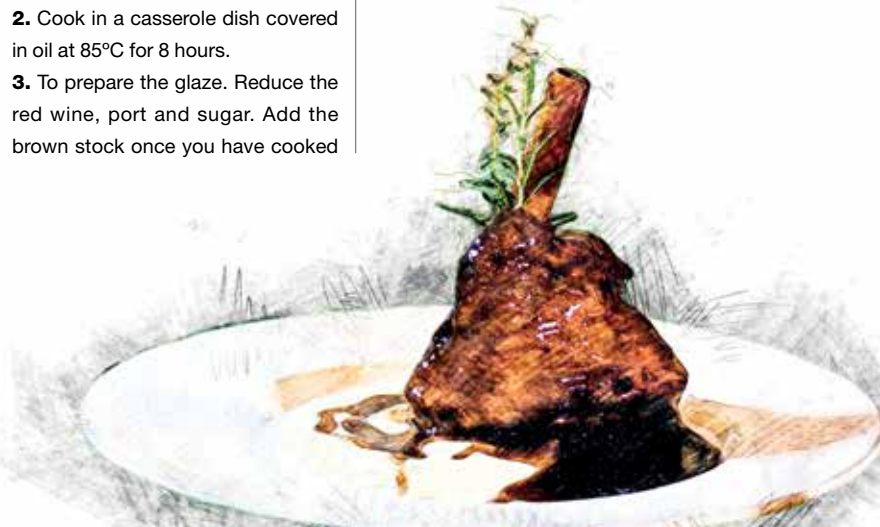
1. Season the shoulder with salt and pepper and flavour it with the thyme and rosemary.
2. Cook in a casserole dish covered in oil at 85°C for 8 hours.
3. To prepare the glaze. Reduce the red wine, port and sugar. Add the brown stock once you have cooked

off all the alcohol and then continue reducing until the texture is consistent. Finally, add the honey and reduce to a glaze texture.

4. To prepare the garnish. To prepare the parmentier, peel the boiled potato and mash it with the cream and extra virgin olive oil. Once it has emulsified, add salt to taste.

5. Brown the shoulder in the oven or a wood-burning stove and then paint the surface with the sauce to achieve the glaze.

6. Serve the shoulder on the creamy parmentier and cover with the sauce. Finally, decorate the plate with the sauce and the fresh vegetable shoots.



## STUFFED PENEDESENCA CHICKEN WITH 'RANCIO' WINE SAUCE

### Recipe by Manuel Ramírez

Hotel Mas La Boella  
Autovia T-11, Salida 12,  
43110 La Canonja, Tarragona  
www.laboella.com

### LOCAL PRODUCTS

The main ingredient of this recipe is Penedesenca chicken, which is bred free range on a diet that includes grapes and has its own protected geographical indication (PGI). At the Mas La Boella Gastronomic Hotel it is cooked with extra virgin olive oil made with the establishment's own press. The hotel, which is surrounded by vineyards and olive groves, is the perfect spot to try high-quality wines, oils and other products from the area.

4 servings / 45 min

### INGREDIENTS

- 800 g cleaned and deboned Penedesenca chicken
- 5 g virgin olive oil
- 3 g salt and black pepper
- 2 m butcher's twine

### For the stuffing:

- 100 g minced beef
- 100 g minced pork
- 1 egg
- 25 g dry bread
- 10 ml whole milk
- 10 g pine nuts
- 20 g raisins

- 40 g prunes
- 40 g dried peaches
- 50 ml rancio wine
- 4 g salt
- 2 g black pepper

### For the sauce:

- The chicken carcass
- 50 g carrot
- 50 g onion
- 50 g leek
- 5 g herbes de Provence
- 250 ml rancio wine
- 4 g salt
- 50 ml virgin olive oil

### TO PREPARE THE STUFFING:

1. Place the dry bread in the milk, let it soak it up and set aside.
2. Macerate all the dried fruit and nuts with the wine, preferably for 6 hours.
3. Season the ground meats with salt and pepper. Mix them with the beaten egg, the milk-soaked bread and the dried fruit and nuts. Finally, add the rancio wine.
4. Fully open out the deboned chicken and place the stuff inside it in a cylin-

dric shape and then tie up the chicken with the twine.

5. Sear the stuffed chicken on the gridle until golden and then place it in the oven. Cook at 150 °C for 45 minutes. Add a little water to the oven tray to ensure the chicken does not dry out.

### TO PREPARE THE SAUCE:

1. First, place the chicken carcass on a tray and toast it in the oven. Collect all the fat that is released and set aside.
2. Then, fry the diced vegetables in a pan with olive oil until golden. Add the toasted chicken carcass and drizzle a little rancio wine over everything. Reduce for 2 minutes and add enough water to cover the carcass. Cook the ingredients for 3 hours on a low heat.
3. Then strain with a chinois sieve and set aside. Reduce the rancio wine to half its original volume, add the stock you collected before and continue cooking until the sauce acquires the desired consistency.
4. Once the chicken has been cooked in the oven, cut it into medallions and serve with the sauce.



## CUTTLEFISH 'ROSSEJAT' WITH SEAFOOD STOCK

### Recipe by Joan Capilla

Hotel L'Algadir del Delta  
Ronda dels Pins, 27  
43549 Poble Nou, Tarragona  
www.hotelalgadirdelta.com

### LOCAL PRODUCTS

As this *rossejat* or sautéed rice dish is a speciality of our area, the Ebre delta, at the Hotel L'Algadir we can prepare it with the best local products. The rice variety used in it is from the Delta de l'Ebre protected designation of origin (PDO) and has been cultivated by the

same family for generations. The fish and seafood used in the recipe are also from the delta and the salt is extracted from the area's salt mines.

**2 servings / 1 h 30 min**

### INGREDIENTS

- 180 g Delta de l'Ebre PDO bomba rice
- Salt and ground white pepper
- Bay leaves

### For the sautéed cuttlefish:

- 2 x 200 g cuttlefish
- 50 ml olive oil
- 200 g onion
- 2 cloves of garlic
- a pinch of mild paprika

- 150g chopped tomatoes
- 1 teaspoon of *ñora* pepper pulp
- 4 threads of saffron

### For the seafood stock:

- 25 ml olive oil
- Cuttlefish trimmings
- 600 g rockfish
- 100 g conger eel
- 140 g mantis shrimp
- 150 g crab
- 200 g onion
- 2 cloves of garlic

### TO PREPARE THE SAUTÉ:

1. First clean the cuttlefish and cut it into 1 cm dice.
2. Heat a pan, add the oil and gently fry the onion until golden. Add the cuttlefish and the garlic. Then add the paprika and the chopped tomatoes.
3. Reduce the mixture down to a sauce. Finally, add the saffron and a bay leaf.

### FOR THE SEAFOOD STOCK:

1. Clean the rockfish and wash out its blood. Thoroughly rinse the crab and mantis shrimp.
2. Heat a pan and fry the fish and seafood until golden.
3. Then add the onion, garlic, a bay leaf and the water.
4. Bring to the boil, strain and reduce down to 700 ml.

Finally, in a small paella pan lightly fry the rice with the sautéed cuttlefish until it takes on a pearly tone. Add the seafood stock, season with salt and pepper and leave to simmer for a few minutes. At the same time lightly fry the cuttlefish arms. To finish serve the dry rice on a plate with the cuttlefish arms.



## CREMA CATALANA WITH CARAMELISED CRUST

### Recipe by Joan Pallarès

Hotel Can Boix de Peramola  
Can Boix, s/n,  
25790 Peramola, Lleida  
www.canboix.cat

### LOCAL PRODUCTS

At the Hotel Can Boix this typical Catalan dessert is prepared with eggs from the establishment's own henhouse and milk from a nearby farm. These fresh local products imbue the dish with a unique flavour that you can enjoy all year round.

**4 servings / 30 min**

### INGREDIENTS

- 2 l milk
- 16 egg yolks
- 500 g sugar
- 80 g cornflour
- Lemon rind
- Orange rind
- Cinnamon stick

### PREPARATION:

1. Heat 1.5 l of milk with the sugar, cinnamon and citrus fruit rinds. Make sure not to add the white part of the rind as this could sour the cream.
2. At the same time, mix the remaining half litre of milk with the cornflour and the egg yolks and beat until consistent.
3. Strain the flavoured milk and return it to the heat. Once it is not boiling

anymore, gradually add the yolk mixture. Keep stirring until it thickens.

4. Strain the cream through a chinois sieve and serve in individual ramekins.

5. To finish, sprinkle each one with sugar and burn until a caramelised crust is formed.

**i** This and other dishes from Catalonia's rich culinary heritage, along with hundreds of experiences in which you can enjoy and savour Catalan food, can be found on this YouTube channel:  
[www.youtube.com/CatalunyaExperience](https://www.youtube.com/CatalunyaExperience)



# THE MUSEUMS, THE SHOWCASE OF OUR CULTURE

*The present also has its place in these gastronomy research and dissemination centres. Here are the keys to seeing the products, the preparations and the history of Catalan cuisine.*

**T**he history, traditions and gastronomic culture of Catalonia come together in different museums spread around a large part of the country. Here you can discover the Catalan sea and fishing tradition, how the traditional anchovies of l'Escala are made, and the history of Catalan wine and cava. And you can also travel back in time and

go into a shop over 100 years old, find out how oil was traditionally made and see products and preparations that haven't changed in centuries.

## A UNIVERSE TO DISCOVER

Here we present a selection of the gastronomic museums around the whole of Catalonia. Here you can go into the more curious, secret and fascinating aspects of Catalan cuisine. To get a deeper view of millenary products like oil, wine and honey, fish, wheat, salt and preparations such as chocolate and nougat and non-food materials but intimately related with gastronomic culture such as cork, thanks to which we enjoy sparkling wines like cava. To discover how the production of each ingredient has changed from ancient times to our days and to become aware of how they have influenced history in general and more specifically the history of Catalan cuisine.

IN CATALUNYA  
THERE ARE  
SEVERAL MUSEUMS  
DEVOTED  
TO FISHING AND  
ITS FRUIT



## SELECTION OF MUSEUMS



### BARCELONA

#### • MUSEU DE LA XOCOLATA

(Barcelona)

[www.museuxocolata.cat](http://www.museuxocolata.cat)

**Product:** chocolate.

This facility is in the former convent of Sant Agustí, in the Born district of Barcelona. It presents a tour of the origins of chocolate, its arrival in Europe and its promotion as a product between myth and reality, between its medicinal properties and its nutritive value.

### BARCELONA COAST

#### • CIC FASSINA CENTRE D'INTERPRETACIÓ DEL CAVA

(Sant Sadurn d'Anoia)

[www.turismesantsadurni.com](http://www.turismesantsadurni.com)

**Product:** cava.

Located in a former distillery built in 1814, the Centre offers us the origins of this sparkling wine produced along the *champenoise* method, and the

history of the vineyards, the true star characters.

#### • VINSEUM

(Vilafranca del Penedès)

[www.vinseum.cat](http://www.vinseum.cat)

**Product:** wine.

In a former 12th century mediaeval palace, this space is conceived for visitors to experience all of the aspects of the wine culture in Catalonia.

### COSTA BRAVA

#### • ECOMUSEU-FARINERA

(Castelló d'Empúries)

[www.ecomuseu-farina.org](http://www.ecomuseu-farina.org)

**Product:** wheat and flour.

A show of how the men and women who grew wheat lived and still live and of the flour trade in the Empordà. The building forms part of the Inventory of Architectural Heritage of Catalonia and was originally a hydraulic mill that drew water from the Muga River.

#### • MUSEU DE L'ANXOVA I DE LA SAL

(l'Escala) [www.visitescala.com](http://www.visitescala.com)

**Product:** anchovies.

This small bluefish is the main feature of this museum that shows the history of its fishing and salting since mediaeval times, something which has turned l'Escala into a unique enclave on the Catalan coast.



### XOCOEXPERIENCE

The Museu de la Xocolata (Chocolate Museum) offers four different activities involving a guided tour combined with different experiences in which you can feel, touch, smell and enjoy chocolate. Chocolate Lollipops: learn how to make the most original lollipops. Chocolate Chocolating: make a wide range of chocolate confectionery. Chocolate and Wine: an original activity involving matching chocolate with wines and cava. Chocolate Tasting: learn how to distinguish between different chocolate varieties and their characteristics.

**For more information:**  
[www.museuxocolata.cat](http://www.museuxocolata.cat)

#### • MUSEU DE LA CUINA DE LA COSTA CATALANA (Tossa de Mar)

<https://costabrava.org/>

**Product:** Catalan cuisine.

Open in 2016, this displays a tradi-



tional Catalan cuisine and a chiller dug out of the rock. It organises routes, workshops and gastronomic experiences.

• **MUSEU DE LA CONFITURA**  
(Torrent) [www.museuconfitura.com](http://www.museuconfitura.com)  
**Product:** jam.

Those responsible for this museum say that everything started with a lemon tree that gave such a lot of fruit that a way had to be found to preserve it. The museum also gives temporary displays and courses for different levels. This is the place for jam lovers.

• **MUSEU DE LA PESCA**  
(Palamós)  
[www.museudelapesca.org](http://www.museudelapesca.org)

**Product:** fish.  
In Palamós, the fishing world does not end at the quay, but continues in the museum that gives us a tour of the past, present and future of this sea activity through a series of activities related to the historically more defining character of the Costa Brava.

• **MUSEU DEL SURO**  
(Palafrugell) [www.museudelsuro.cat](http://www.museudelsuro.cat)

**Product:** cork.  
This is located in what was formerly the most important cork factory in Spain, and aims to preserve, interpret and revalue the heritage of the world of cork in Catalonia, an element that has shaped a scenery, formed an industry and a way of life.

## COSTA DAURADA

• **CASTELL DEL VI**  
(Falset) [www.turismepriorat.org](http://www.turismepriorat.org)  
**Product:** wine.

This museum is located in the former castle of the Counts of Prades, in Falset, raised in the 12th century after the Christian reconquest of new Catalonia. The Castell del Vi takes up three floors of this ancient fortress and offers a tour of the wine culture of the Priorat in a way not suggested by the more classical wine museums.

• **CENTRE D'INTERPRETACIÓ DELS FRUITS DEL PAISATGE** (Riudecanyes)  
[www.cooperativariudecanyes.com](http://www.cooperativariudecanyes.com)  
**Product:** hazelnuts, olives.

Located in the former mill of the Riudecanyes cooperative, the museum gives us a new view of the inland scenery of the Costa Dorada and the fruit of man's work, such as the vegetables, dried fruit and olives.

• **CENTRE D'INTERPRETACIÓ DE L'OLI DE LA VALL DE LLORS**  
(Vandellós)  
[www.hospitalet-valldellors.cat](http://www.hospitalet-valldellors.cat)

**Product:** oil.  
Located in Vandellós Mill, we can see the original machinery and also listen

to the accounts of the millers. A historical building with a modern museum exhibition invites us to discover and explore the world of oil on audiovisual panels, audio guides and soundtracks.

• **LA COFRARIA. CENTRE D'INTERPRETACIÓ DEL CALAFELL PESCADOR**  
(Calafell)  
[www.turisme.calafell.cat](http://www.turisme.calafell.cat)

**Product:** Sealife  
The building of the former brotherhood of fishermen has become an interpretation centre of the collective past of the sea district, to see how the community lived and was structured.

• **EL MUSEU DEL VERMUT**  
(Reus) [www.museudelvermut.com](http://www.museudelvermut.com)  
**Product:** vermouth

The treasure of a collector who for three decades has collected objects related to the world of vermouth: posters, barrels, bottles and different merchandising. This is a restaurant-museum whose speciality is naturally vermouth and aperitifs.

## PAISATGES BARCELONA

• **MÓN SANT BENET-FUNDACIÓ ALÍCIA**  
(Sant Fruitós de Bages)  
[www.alicia.cat](http://www.alicia.cat)

**Product:** Catalan cuisine.  
This is a research centre devoted to technological innovation in cooking, to improving food habits and to assessing the food and gastronomic

heritage. A centre with a social vocation which offers workshops and guided tours.

• **PARC CULTURAL DE LA MUNTANYA DE LA SAL**  
(Cardona)  
[www.cardonaturisme.cat](http://www.cardonaturisme.cat)

**Product:** salt.  
The cultural park is in the former potash salt mine, which was one of the most important in the world.

## PIRINEUS

• **CENTRE D'INTERPRETACIÓ DE L'ANTIC COMERÇ I BOTIGUES MUSEU DE SALÀS**  
(Salàs de Pallars)  
<http://salas.ddl.net>

**Product:** daily consumer goods.  
It presents the recreation of shops and establishments as they were years ago in a small mountain village, with furniture, posters, objects and even original products.

• **MUSEU DE GERRI DE LA SAL**  
(Gerri de la Sal)  
<http://baixpallars.ddl.net>

**Product:** salt  
The existence of a salt water spring in the municipality made salt its most prosperous business. Located in the Casa de la Sal, which is the most important non-religious building in the district, a visit allows us to see how this edible mineral has been processed since mediaeval times.

• **MUSEU DE L'ANTIGA FARINERA**  
(Montferrer)

[www.montferrercastellbo.cat](http://www.montferrercastellbo.cat)  
**Product:** wheat and flour  
An irrigation channel was used to give energy to a flour mill at the beginning of the 20th century. Today we can see the facilities with the original wooden machinery, to see the traditional process of turning wheat into high-quality flour.

• **MUSEU DE LES TREMENTINAIRES**  
(Tuixent) [www.trementinaires.org](http://www.trementinaires.org)  
**Product:** traditional remedies  
The 'trementinaires' were primitive therapists who travelled around Catalonia with their herbs and remedies they collected and made in their villages in the Pyrenees. In addition to extensive information on these health professionals, the museum offers courses, workshops and a botanical garden.

• **SERRADORA I MUSEU FARINER**  
(Àreu) [www.serradora-areu.org](http://www.serradora-areu.org)  
**Product:** flour.  
This is located in an ancient two-storey stone building where the sawmill was on one side and a flour mill on the other with the classical water-wheel producing the necessary hydraulic energy to run the whole com-



plex. The mill, which supplied flour to the residents until the nineteen sixties, has been restored with the original elements.

## TERRES DE L'EBRE

• **CENTRE D'INTERPRETACIÓ APÍCOLA MÚRIA**  
(El Perelló) [www.melmuria.com](http://www.melmuria.com)  
**Product:** honey.

In order to disseminate the culture and tradition of the world of honey and bees, this centre offers a tour of different spaces where the new technologies allow visitors an interactive and didactic view of the world of beekeeping.

• **MUSEU DE L'ARRÒS MOLÍ DE RAFELET**  
(Deltebre)  
[www.moliderafelet.com](http://www.moliderafelet.com)

**Product:** rice.  
This has the only mill built in wood that is still running on the Delta de l'Ebre. It is managed by a family business which makes rice in limited production in a traditional craft manner.

## TERRES DE LLEIDA

• **MUSEU DEL TORRÓ I LA XOCOLATA**  
(Agramunt) [www.vicens.com](http://www.vicens.com)

**Product:** nougat.  
The whole universe of nougat and the history of the Vicens family, who have made this product for a century. A recreation of the factory from 1933 can be visited, with different ancient machines.





# GASTRONOMIC EVENTS, FAIRS AND FESTIVALS

*Catalonia can be toured through the different gastronomic fairs and festivals held the length and breadth of the country. A pleasant way to discover the gastronomic culture.*

**T**he country has a large offer of gastronomic events and festivals related to the products of the different lands and in accordance with the time of year. These events are the best way to experience the country through the tastes, the conversations and the meetings between friends and residents.

A fair is a marvellous excuse to plan a gastronomic getaway, to try the local ingredients and, talking to the producers, get a first-hand view of how the products we eat are made. A gastronomic festival allows us to approach the territory and its local customs and culture through its gastronomy and wines.

## SELECTION OF EVENTS

### BARCELONA

• **BARCELONA BEER FESTIVAL**  
(Barcelona) March

**Product:** Craft beer.  
The most important beer festival in the south of Europe, dedicated to craft beer from all around the world. A unique opportunity to also try the best Catalan craft beers.

• **MOSTRA DE VINS I CAVES DE CATALUNYA**  
(Barcelona) September

**Product:** Wine and cava.  
A showcase of the new products of the Catalan designations of origin and an interesting way to learn about the wine culture.

• **MERCAT DE MERCATS**  
(Barcelona) October

**Product:** Fresh food.  
Products are displayed from the

markets of Barcelona and the main features are the Catalan local ingredients such as wine, fish, shellfish, cold meat and cheeses, and bread and pastries recently taken from the oven.

### BARCELONA COAST

• **TEMPS DE VI**  
(Vilanova i la Geltrú) June

**Product:** Wine and cava.  
This offers more than forty stands, musical performances and a singular activity: tastings on the high seas.

• **VIJAZZ**  
(Vilafranca del Penedès) July

**Product:** DO Penedès wine and DO Cava.  
In the first weekend of July, in the town's historic centre everything is changed for everyone who wants to enjoy wine and the best jazz.



### VISIT A RICE MILL

To find out about the rice growing and grinding process, there is no better way than to visit a real rice mill. Lo Nostre Arròs, located in the heart of the Ebro River Delta, offers pre-booked guided tours. During the visit, you can also learn about the different varieties of rice it grows and its delicious craft rice beer.

**For more information:**  
<http://lonostrearros.cat>

• **HARVEST FESTIVAL**  
(Alella) September

**Product:** DO Alella wines.  
Three exciting days to walk the vineyards, enjoy an early morning tasting, tread grapes, enjoy the gastronomic show ... and other proposals related to the culture.

• CAVATAST

(Sant Sadurní d'Anoia)

October

**Product:** Cava.

Cava lovers stroll through the fair with glass in hand, enjoying the different novelties and the delicious culinary proposals.

## COSTA BRAVA

• VIVID - FESTIVAL DEL VI

(Costa Brava) April

**Product:** DO Empordà wine.

This includes wine tasting, activities in nature, meals with matching, open days and wine therapy treatments.

• ARRELS DEL VI

(Sant Martí d'Empúries)

May or June

**Product:** DO Empordà wine.

A unique opportunity to taste and buy wine jewels at winery prices.

• MOSTRA DEL VI

DE L'EMPORDÀ

(Figueres) September

**Product:** DO Empordà wine.

This is attended by the best wineries of the region and other local producers of food and craft products.

## COSTA DAURADA

• GRAN FESTA

DE LA CALÇOTADA

(Valls) January

**Product:** Calçot.

With a varied programme of traditional acts and contests related to the calçot.

• GALERADA POPULAR AL PORT

(Cambrils) February

**Product:** Crayfish.

A gastronomic meeting including guided tours of the Brotherhood of Fishermen, culinary workshops for young chefs and sailing demonstrations, amongst other activities.

• FIRA DEL VI DE LA COMARCA

DEL PRIORAT

(Falset) April or May

**Product:** DOQ Priorat and DO Montsant wines.

The wineries will give their wines for trying while talks, beginners' tasting workshops, winery open days and matching sessions are held.

• FIRA DEL VI DO TARRAGONA

(Tarragona) June

**Product:** DO Tarragona wine.

A weekend to try more than a hundred wines, cavas and vermouths of the Alt Camp, Baix Camp, Tarragonés and Ribera d'Ebre districts.

• FESTA DE LA VEREMA

(L'Espluga de Francolí) August

**Product:** DO Conca de Barberà wine.

This festival offers dinners with matching, music, visits to vineyards and thematic tasting, such as the SUB25, especially planned for the youngsters.

• CAMBRILS, ENTRADA

AL PAÍS DEL VI

(Cambrils) October

**Product:** wine

A fair for trying the different DOs of

the south of Catalonia. They offer wine matching and tapas made by the restaurants of Cambrils, as well as free guided tasting, children's workshops and musical shows.

• FIRA DE L'OLI DOP SIURANA

DE REUS - FESTA DE L'OLI NOU

(Reus)

November

**Product:** DOP Siurana olive oil.

This is the first fair where attendees have the chance to try and buy more than twenty different oils of the Siurana Designation of Origin.

## PAISATGES BARCELONA

• MERCAT DEL RAM I LACTIUM,

EL SALÓ DEL FORMATGE

(Vic) March or April

**Product:** Agricultural products and Catalan craft cheese.

A great festival in which there are livestock displays, agricultural products, fun cultural and commercial activities. Here is Lactium, the craft cheese show.

• FESTA DE LA VEREMA DEL BAGES

(Artés) October

**Product:** DO Pla de Bages wine. It began as a simple way to promote the wineries and their products and has ended up as a great tribute to wine and the vineyards of this district. During the festival too, the history of wine is the theme behind street shows, high-quality wines are tasted as well as different products of these lands, and craftsmen show their skills.

## PIRINEUS

• FIRA DE SANT ERMENGOL

(La Seu d'Urgell)

October

**Product:** Pyrenean cheese.

This brings in more than forty craft cheese makers from all across the Pyrenees, from the Mediterranean to the Atlantic and both sides of the range. Talks and workshops are given at the same time.

• FIRA ORÍGENS

(Olot) November

**Product:** Gourmet products and cuisine.

Where the chefs of the area offer live cooking sessions, demonstrate their latest creations and recommend the best local products.

## TERRES DE L'EBRE

• FESTA DE LA PLANTADA

DE L'ARRÒS

(Ampostà, Deltebre, l'Ampolla and

Sant Jaume d'Enveja) June

**Product:** Rice.

This traditional festival, staging how rice was sown in the 19th century, aims to recover some of the manifestations of the popular culture of the Delta de l'Ebre.

• FESTA DE LA SEGA

(Ampostà, Deltebre, l'Ampolla and

Sant Jaume d'Enveja)

September

**Product:** Rice.

The different techniques for harvesting rice as it was done yesteryear are

reproduced. Musical performances and popular meals are also held.

• FESTA DEL VI

(Gandesa)

October or November

**Product:** DO Terra Alta wine.

Around the Gandesa Cooperative, the different wineries of the region set up their stalls and offer their wines for tasting. During the festival there are talks, concerts, meetings of traditional culture, dances and popular meals.

## TERRES DE LLEIDA

• FIRA DE L'OLI DE QUALITAT

VERGE EXTRA DE LES GARRIGUES

(Les Borges Blanques)

January

**Product:** DOP Les Garrigues olive oil.

Les Borges Blanques is the oil capital of Catalonia and for more than fifty years, the place where a fair has been held with the liquid gold as its main feature, with more than 5,000

m² of exhibition area for traders and producers of oil from all over the country.

• APLEC DEL CARGOL

(Lleida) May

**Product:** Snail cuisine.

This is a great and widely attended popular festival that has the snail as its gastronomic product.

• FESTA DEL VI DE LLEIDA

(Lleida) October

**Product:** DO Costers del Segre wine. Coinciding with the harvest and the arrival of the new vintage, Lleida receives wine tasting and other parallel fun and wine activities.

• FESTA DE LA VEREMA

I EL VI DE VERDÚ

(Verdú) October

**Product:** Grapes and wine

A festival with great participation and activities for everyone such as the vine throwing contest, the pitcher lifting contest and the carrier race, amongst others.







# “BENVINGUTS A PAGÈS” THE ORIGINS

*Discovering where the products we eat each day are produced gives us another approach to the rural world: its lands, its people, its traditions, what they produce and how they make it.*

**U**nderstanding the cycles of nature, focusing on the authenticity of the products on the craft processes and the singularity of each space ... this all gives us a new perspective of both gastronomy and lifestyle in general. In this context, experiential tourism related to food production is a good way to take a look at local cultures.

## THE ORIGIN OF THE PRODUCTS

“Benvinguts a pagès” (Welcome to my farm) suggests a weekend for visiting different agricultural and livestock farms and enjoying the best menus with products that are sensitive to the environment.

This is an initiative of the Fundació Alícia and the Generalitat de Catalunya government in order to revalue the rural world,

inland tourism and the potential of Catalan gastronomy to show first-hand where what we consume is born. It proposes an event one weekend of the year, in which producers from all around the country open the doors to their houses to show us their fields, their herds and their installations.

## A PIONEERING PROJECT IN CATALONIA

This initiative started in 2016 with the aim of becoming an annual meeting at which the public can visit farms, see herds, wineries, olive fields, honey and cider producers, growers of aromatic plants, fishermen, vegetable gardens, etc. try the products and even take them home.



ALL OF THE FAMILY CAN ENJOY THE ACTIVITY DURING THE WEEKEND OF WELCOME TO MY FARM

## KNOWLEDGE AND FLAVOUR IN A WEEKEND

The meeting organises guided activities, and farm operations all around the country can be visited, special menus tried with local products in select restaurants and accommodation can be enjoyed with special offers for the occasion, as well as the different organised activities.

Over the weekend, the visitors, very near to their homes, can discover an unknown world of scenery, traditions and products which are the base of Catalan gastronomy.

## MORE INFORMATION

***Benvingutsapages.cat*** the website that offers additional details of the products and producers, photographs of the event and complementary information.



## THE ‘BAP’ PRODUCTS

During the ‘Benvinguts A Pagès’ (Welcome to the farm) event, it is possible to visit my producers of rice and other cereals (especially in the Terres de l'Ebre and l'Empordà districts), meat and cold meats (throughout practically the whole country), dried fruit (in Terres de Lleida, Costa Daurada and Terres de l'Ebre), oil and olives (throughout the country), aromatic herbs and honey (the length and breadth of Catalonia), fish and shellfish (on the coast), cheeses and dairy products (especially in mountainous areas) and wine and cava (in virtually the whole country), without forgetting the excellent fresh fruit of Terres de Lleida, to name but a few examples.



# THE MOST SUSTAINABLE GASTRONOMIC TOURISM

*Gastronomy is an essential value of tourist activity. In Catalonia, it has been decided to respect producers, the territory and mainly those who enjoy the journey.*

**C**atalonia has been the first integral tourist destination on the planet to achieve Biosphere certification, a stamp with international recognition.

This stamp has also been awarded to the Catalan towns of Sitges and Barcelona, and to the Vall d'Aran.

## A WINNING WAGER

For travellers, choosing the tourist offer under the *Biosphere* stamp and all of the

territory's other commitments with the natural environment, means winning in quality.

This is a country in which we, the inhabitants, are proud and want to share and enjoy the diversity of scenery that the country offers for a long time, looking after it in the same way as we look after our guests.

For travellers, to choose Catalonia is to have the guarantee of full enjoyment of their visit, like having the coordinates of the start of the path to happiness.

## SHORT DISTANCE GASTRONOMY

And the same thing goes for the gastronomy: local ingredients, organic production and bought directly from producers guarantee that the dishes will become the best expression of a territory. To stay in a small rural hotel with its own production of vegetables, milk and eggs is to enjoy a complete experience that nobody should miss.



THE VISITORS ALREADY ENJOY SUSTAINABLE PROPOSALS SUCH AS WELCOME TO MY FARM

The local markets give us the chance to buy food direct from producers. And this is a true luxury. Who better than the person who has made the cheese with the milk from his herd, to transmit the emotions we will feel when we try it? Proposals such as Welcome to my Farm, fishing tourism or visiting wineries producing organic, biodynamic wines or of integrated production can offer these kinds of emotions. The biggest advantage of these added value proposals is that they guarantee that travellers can repeat their enjoyment, that in one year or in twenty, any changes will have been for the better. In other words, these proposals are for today and the future.



## CATALONIA OFFERS MANY EXPERIENCES

The destination has worked and continues to work so that the physical and communication barriers are no longer an obstacle for enjoying the tourist activities; there are already many different activities adapted so that the disabled and impaired or people with special needs can enjoy them. Accommodation, beaches, restaurants, museums, natural spaces, emblematic buildings and activities like ballooning, discovering the world of wine, skiing or diving are within everyone's reach.

**More information.** [turismeperatohom.catalunya.com](http://turismeperatohom.catalunya.com)



IN CATALONIA WE SEEK TO RECONCILE TOURIST INTERESTS WITH SUSTAINABILITY







# GASTRONOMIC ROUTES

RECOMMENDED BY  
THE TRAVELER MAGAZINE





## ROUTE 1

# A REGION TOUCHED BY THE GODS

*The Greeks realised that Empúries had it all: sun, sea, and invigorating wind, fertile land and mountains. The Alt Empordà, Baix Empordà and Maresme districts are the worthy inheritors of their character.*



**Products:**  
Shrimps from Palamós, DOP  
Empordà Oil, DO Empordà Wine

**Try:**  
Celler de Can Roca, in Girona  
and Sant Pau in Sant Pol de Mar

**Essentials:**  
Visit a winery  
of the DO Empordà

### ● THE BEST SELECTED EMPORIUM

Just as Salvador Dalí used his canvases to set out the sky of Cap de Creus and Cadaqués, the same scenery inspired the creation of the El Bulli restaurants, which has reaped so many successes. To discover this land, all you have to do is to follow

one of the coastal paths. Every so often touches of paradise are perceived: pines, rocks, the emerald and turquoise colour of the waters... The Greeks had such good taste that they set up their Empúries here, in front of one of the best beaches on the Costa Brava.

Wine has been produced in the Empordà for thousands of years as the vines came with the Hellenic colonisers.

Another crop that came with the Greeks was that of the olives, and it is still alive. The resulting oil is covered by its own protected designation of origin. Fruit abounds in the lower basin of the Ter River. In Pals, a village that has to be visited just like its neighbouring Peratallada and Monells, they have recovered rice crops with a result that will satisfy the most demanding of palates.

And now that we have come to the ruins of Empúries, we have to stop

at the village of L'Escala to try its anchovies.

### ● THE SEA OF TASTE

Palamós and Roses ports are the main harbours on the Costa Brava. In the morning in Palamós, the bluefish auction is held. In the afternoon, the offer is widened to all fish and shellfish: shrimps, mussels, cuttlefish, sea urchins, mullet come under the eyes of the buyers. From the Museu de la Pesca they organise visits to see how the pieces are bought and also to show



THE PERFECT COMBINATION: THE IMPRESSIVE SCENERY OF THE COSTA BRAVA AND A VISIT TO THE CITY OF GIRONA.

what, how and where fishing occurred, occurs and will occur.

Then, one can knowingly enjoy a *suquet*, a shellfish meal, a rice dish or baked fish. If you are lacking in appetite or need a good digestion, or simply want to enjoy the scenery, you should take the coastal path that leaves Palamós northbound and takes you to Castell beach, another that should appear amongst the best.

### ● GIRONA

Although this is an inland city, it appears as a necessary stage. All of the gastronomic products seen on the way can be bought at the Lleó market. If anyone is hungry when they get there they should try a 'xuixo', a sweet pastry filled generously with cream, a finely fried sugared fritter. It was born in the city with a universal vocation.

The city preserves its walls, Gothic cathedral, Romanesque convent and 19th-century relaxation. It carefully preserves its memory, such as the ancient streets of the *call* (Jewish quarter), but is also very modern. By way



of example, the magnificent Museu del Cinema or obviously the Celler de Can Roca, twice elected the best restaurant in the world.

### ● EL MARESME

We leave southwards and come to the Costa de Barcelona, to the Maresme district, where the most demanding of palates can stop at the Carme Ruscalleda's Santa Pau restaurant in Sant Pol de Mar. It has three Michelin stars.

The path runs alongside the Mediterranean. There is an abundance of

restaurants, a vegetable garden with strawberries, peas and *mongetes del ganxet* (white beans) with protected designation of origin next to the modernist buildings of Gaudí, Puig i Cadafalch and Domènech i Montaner.

And when Barcelona comes into sight, we are in reach of the vineyards of the Alella Designation of Origin. This is the smallest designation of origin in Catalonia and the closest to Barcelona, where elegant light, perfumed and crystal-clear white wines are bottled.



## ROUTE 2

# HIGH MOUNTAIN PLEASURES

*The highest mountains, the wild river waters and the months of snow ask for substantial feeding. And the reply comes from the Pallars Jussà and Pallars Sobirà, Ribagorça and Val d'Aran districts.*



**Products:**  
cold meats, dairy products, trout, game

**Try:**  
A selection of craft cheeses from Catalonia, in Sort

**Essentials:**  
Trying Aranese caviar

### ● A GOOD EXCUSE

We suggest a circular route starting from the heart of the area: the Aigüestortes i Estany de Sant Maurici National Park, from whence the four districts start.

The slopes and peaks of the two Pallars invite one to walk, to fly on a

paraglider or to climb. A gentler stroll can take in a large collection of Romanesque churches: Santa Maria de Covet, Santa Maria de Llimiana, Santa Maria de Mur, Santa Maria de Gerri and Sant Joan d'Isil. In any case, the invigorating mountain air will have opened your appetite.

The *xolís* is the most common cold meat, made of pork, salt and pepper. They also make *secallona* (very thin sausage), *panxeta* (lard), liver cake (like the French *pâté de campagne*) and meats preserved in oil. Another of the most renowned cold meats in the country is *girella*, which is made with lamb.

The rivers provide trouts, the sheep contribute with a large repertoire of cheeses, and throughout the area, they have chosen to produce organic meats. The potatoes from Llessui, which grow at 1700 m, are gaining in fame. Even the high mountain vineyards have returned and are now pro-

tected by the Costers del Segre Designation of Origin.

All of these delights are presented by the cooks of the La Xicoia gastronomic association, which gathers fourteen restaurants of the Pallars district. To finish, a few drops of ratafia help to digest.

### ● AIGÜESTORTES I ESTANY DE SANT MAURICI NATIONAL PARK

Valleys formed by the glaciers, peaks of over 3000 m, tens of lakes, an abundance of corners, forest of firs



SCENERY, FAUNA AND FLORA IN THE AIGÜESTORTES I ESTANY DE SANT MAURICI NATIONAL PARK



or black pines with rhododendrons at their feet ... Nature imposes itself in the national park, making walkers feel small.

The main entrances are in Espot and Boí. But there are many other entrances for anyone who knows how to use their legs. The rewards always exceed the effort.

The route known as *Carros de Foc* passes by the nine mountain huts in the park. It is more than 50 km long, with an accumulated climb of more than 9000 metres. It is hard, requires experience and good equipment, but there are many other routes depending on one's interest and capacity.

### ● A HUMBLE UNIVERSAL LEGACY

At the top of the Boí Valley, everything feels nearer heaven. Nine Romanesque temples are erected there. The bare stone is left on the outside, humble and perfect and inside they house

masterpieces: a descent from the Cross sculpted in Erill la Vall, and the Christ the creator of Sant Climent in Taüll. As a complex, it is necessarily classified as UNESCO World Heritage.

To round off the visit, it is enough to try the bread from Llesp, the jams and the honey, to take a stroll around the meadows and withdraw to the spa in Caldes de Boí.

### ● VAL D'ARAN

Although it is known for its ski slopes, it has many other attractions as seen by anyone who follows the Camin Reiau, which starts in Vielha and passes through the valley's thirty-three villages.

Another option is to look for the best *òlha aranesa*, this soup that has a little of everything. It is cooked on low heat and in the end is added the *pilota* of pork mince meat, egg and flour. The gastronomy also includes

## SUBSISTENCE CUISINE

When there were no freezers or vacuum packers and transport was limited to a cart pulled by animals, the aim of the people of the mountains was to assure sustenance during the winter months. There were several methods. Firstly, the milk was turned into cheese, much easier to preserve. Then the meat supplies were assured by different methods. Turning it into cooked and dried meats was one of the most habitual methods, but *confit* or preservation in the fat, was another method used. What at one time was a means of survival has now become *delicatessen*.



the Aranese pâtés. And what about the high mountain cows' cheeses? And to content even the most demanding of palates, they even breed sturgeons from the Siberian Lake Baikal to produce caviar.

## ROUTE 3

# A TASTY JOURNEY TO THE CATALAN WEST

*There is a land where the predominant colour is yellow: the yellow of the wheat fields, the yellow of the oil, the yellow of the sunsets, the yellow of the tasty cheeses and the best liqueurs.*



**Products:**  
DOP Les Garrigues oil,  
DO Costers del Segre wine,  
Agramunt IGP nougat, honey

**Try:**  
The Aplec del Cargol

**Essentials:**  
Trying Arbequina olive oil

## ● BREAKFAST FACING THE MOUNTAINS

We start the route in la Poble de Segur, in the shadow of the Pyrenees, a place of cult in the history of the Catalan liqueur that has its own name. Joan Portet started to work in a liqueur store founded in 1884, and in the six-

ties created an unprecedented formula: the Ratafia of the Raiers. It is said that the *raiers* (rafters) took a good shot of ratafia before launching themselves down the river driving the trunks.

Following the river, in the small village of Basturs, there is a cheese store where they continue to wage on tradition. What better than getting up facing the Pyrenees with the aroma of a slice of toasted rustic bread sprinkled with arbequina olive oil? The fact is that in Lleida they make one of the best oils in the world, with the Les Garrigues, L'Urgell and El Segrià districts as the champions of production.

## ● A GLASS OF WINE AND A STROLL IN THE CLOUDS

We continue on our route and pass the Castell d'Encus, between la Poble de Segur and Tremp. An ideal place to see how vines are cultivated at alti-

tude. This wine belongs to the Costers del Segre designation of origin, which covers the areas of Raimat, Segrià, Pallars Jussà, Artesa, Valls del Riu Corb and Les Garrigues, each with different geographic and climatic conditions, the mountains alternating with the plains.

## ● MYSTIC PLEASURES AND FLAVOURS

After the tasting, we continue on our adventure, going down to a place where the scenery becomes friendly. El Congost de Mont-Rebei and Àger, from where to enjoy the best stary nights in the Montsec Astronomic Park, give way to another type of scenery: the cereals and fields of poppies alternating with small elevations where mediaeval castles boldly reign. One of the most interesting is that of Montsonís. On the way to the convent of the Cister it is recommendable to stop at Palau



THIS IS A LITTLE-KNOWN AREA ENTERING HERE GIVES AN ADDED ADVANTAGE, THAT OF ENJOYING THE ADVENTURE OF DISCOVERY



d'Anglesola, where there is a cheese store that has been internationally awarded. Reaching the Monastery of Vallbona de les Monges, one of the most interesting Western cultural enclaves, there are some vines cultivated by the people of the Cooperativa L'Olivera, an initiative of social integration recognised in Europe.

## ● SNAILS AND NOUGAT, MASS PHENOMENA

We now go to Agramunt, a village which is synonymous of nougat and also of stone chocolate. The tradition dates back to the Middle Ages, and every autumn this village becomes the stage for the Nougat Fair. To see the process of making these sweets, to visit the different nougat factories in Agramunt, is a unique experience in Catalonia. And finally we come to the city of Lleida, a perfect place to try one of the star dishes of these lands: snails, which in many restaurants of the area are prepared in the *llauna*, or roast, which is the most traditional recipe. Since 1980 and over one weekend in the month of May, the Segre riverbank and the Champs Elysées become the stage of the Aplec

## PREMIUM OLIVE OIL

A trip to the centuries-old olive trees of the olive oil producer Nousegons to sample and learn about the production process for its premium olive oil, a new category of extra virgin oils. What sets it apart from the rest is the way in which it is made: from care of the soil, through cultivation of the tree, harvesting of the olives and their grinding to final production. Its green harvesting also imparts more aromatic complexity and flavour. At the end of the oil tasting, you will be offered an appetiser with local cheeses and breads, as well as wine from the Costers del Segre designation of origin and a good Iberian ham.

**More information:**  
<https://hololive.com/>



del Caragol 's mail meeting. Around a hundred groups, the snails and the music lead this meeting which, with more than 12,000 group members and around 200,000 visitors, has become a true mass phenomenon.



# TRAVELLING BETWEEN VALLEYS AND MOUNTAINS

*Lands of tortuous orography, with thick-walled country houses and scarce fields, the people who live there are proud of their roots and traditions and of the products they offer visitors.*



**Products:**  
Vic IGP sausage *Llonganissa*, DO Pla de Bages wine, Santa Pau IGP beans

**Try:**  
Les Cols restaurant

**Essentials:**  
Visit Vic market



## ● A FEW FIRST DROPS IN THE SHADOW OF MONTSERRAT

There is no better way to get to know these lands than with a glass of *pica-poll*. This local grape variety, which gives the fruity white wine with a fresh aroma and crisp texture, has been preserved in the DO Pla de Bages. Some wineries are also recovering the red *pica-poll*, *sumoll* or *mandó* varieties for the red wines.

This region of central Catalonia has a rich Romanesque architectural heritage. The ancient monastery of Sant Benet del Bages is the quarters of a foundation dedicated to the study and dissemination of Mediterranean and particularly of Catalan gastronomy.

## ● THE CATHEDRAL OF COLD MEATS

We don't know whether there is any other, but in any case there are very few sceneries that can be recognised with your eyes closed. The Plana de Vic is one of them. Its main industry

comes in through the nose and is tasted in slices. They have always made cold meats there in the most diverse shapes and flavours. The discussion on the finesse of each one would be interminable. However, we can highlight the *llonganissa* (sausage), under the Protected Geographic Indication (IGP). The method is the same as that used in the country houses since goodness knows when. To control the ventilation and damp, to know which windows to open or close, just a few centuries of experience are needed.

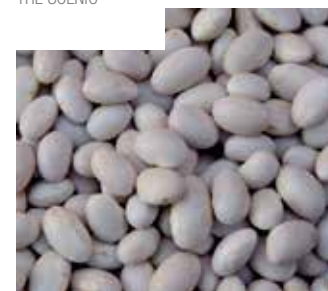
Vic has more attractions, such as the essential Museu Episcopal with its Romanesque and Gothic collection, and the cathedral with the colossal paintings by Josep M. Sert. But it will be strolling which will bring the most indelible memory, and especially on a Saturday market day.

## ● ON THE BANK OF THE RIVER TER

The Ripollès region is entered by fol-



THE GASTRONOMIC PLEASURES OF THE AREA RIVAL THE SCENIC



lowing the river Ter. The force of water gave life to steelmaking, the Catalan Forge, which had its capital in Ripoll. A sample of its production is the collection of firearms in the Museu Etnogràfic. Ripoll also has a prime Romanesque monastery with a monumental porch.

Forests, steeper slopes and higher mountains bring the palate mushrooms, game, beef, a local breed of lamb and cold meats. In the discussion on what cold meats are best, each village protects its own and wagers on

quality. The same happens with ratafia, the walnut and herb liqueur. The travellers are those who come off best.

Upstream on the river Ter, we are awaited by another two necessary stops: the monastery of Sant Joan de les Abadesses and the village of Camprodon, with its mediaeval bridge and the Romanesque monastery of Sant Pere.

## ● WHERE THE LAND SHAKES

If you were looking for the essence of the mountains, you will find it easily in la Garrotxa, which means broken land, bad to tread on. But the district also includes the Volcanic Area Natural Park. Its fertile soil produces a unique buckwheat, black turnips and the *fesols* (beans) of the village of Santa Pau, with their Protected Designation of Origin.

Olot, the capital, rose from its ashes after the earthquakes of the 15th cen-

## OLIVE OIL TOURISM ROUTES

On this route, you will find out about one of the best kept secrets of Bages: oil from its traditional varieties of olive and everything that surrounds it. Take a stroll among the centuries-old olive trees of Racó de Més Amunt, one of the most iconic estates of Obaga de l'Agneta, and discover its more than 500 years of history, organic agriculture and cultivation of olive trees, the native varieties of the region, a seabed of 40 million years and a multitude of curiosities about the enterprising women of the family. You can round off the visit with a cooking show on the estate or a wine matching at one of the Pla de Bages designation of origin's collaborating restaurants.

**More information:**  
[www.gastroclonia.com](http://www.gastroclonia.com)



tury. It lost its Romanesque, but it was replaced with vitality, its list of cold meats, the Volcanic Cuisine group and this subtle aniseed pastry ring, or 'tortell'.

## ROUTE 5

# EXPLORING THE CENTRAL PYRENEES

*On the pleasant sunny slopes and in the steep shadows, forests and meadows grow, goats and cows graze and mushrooms and fruit are picked. The Cadí mountains enrich the recipe book with products for all dishes.*



**Products:**  
Cheeses, cold meats, dairy products,

**Try:**  
Cheese fair of Sant Ermengol, in la Seu d'Urgell

**Essentials:**  
Wild mushroom picking in the autumn

### ● CATHAR TRACKS

The Cathars, also known as the *bons homes* (good men), were the followers of a reading of the Bible somewhat removed from catholic orthodoxy. In the 14th century, a crusade moved into the lands of Occitania where they lived. The Inquisition and

the French army eliminated them with all available means, and very few managed to flee south. From here the name, *Camí dels Bons Homes*, the route which starts at Montsegur Castle, one of the last refuges of the Occitan Cathars. The path crosses the Pyrenees, the Cadí mountains and reaches the Queralt sanctuary over the town of Berga.

For the moment, starting the route in Queralt, the region's cuisine has to be tasted. By way of suggestions, *enmascarades* potatoes (with bacon and cabbage), the *blat escairat* (broken corn cooked with bacon), lamb chops and *tastet* (sausage), accompanied by *codony* (quince) garlic sauce. Now well served, we can visit the Centre Medieval i dels Càtars and the offices of the Cadí-Moixeró Natural Park, both in the village of Bagà.

Mountain lovers should go to the village of Gòsol. The reason can be none other than to look at the Pedra-

forca Mountain or climb it. Its name portrays it: a fork (*forca*, in Catalan) divides its rocky peak in two. In Gòsol too, Picasso settled in 1906, one year before revolutionising academic painting with his work *The Young Ladies of Avignon*.

### ● CHEESES WITH NAME AND SURNAME

The origins of the Cooperativa del Cadí date back to 1915. It was the first in the country in the stock breeding sector, so its experience is more



THE MOUNTAIN PASTURES FEED THE DAIRY LIVESTOCK TO PRODUCE EXCELLENT CHEESES

than assured. It gathers farmers from the Alt Urgell and Cerdanya districts and produces a cheese and butter with full guarantees, as certified by the Protected Designation of Origin (DOP).

This area has other masters of cheese. This is the case of Cuirols, of el Molí de Ger, Serrat Gros, Baridà, Formatgeria de Tuixent, Mas d'Eroles and Formatgeria Castell-Llebre, to name but a few. There are those which work with cows' milk; others use goats' milk. All of the animals graze near the cheese works, and this is what is called grazing cheese. And the cheese changes just as the countryside changes with the seasons.

### ● MOUNTAIN CUISINE

Duck with turnips was traditionally eaten in the Cerdanya district in the early winter. This is a dish that deserves a place in any recipe book. However the recipe that has become

the emblem of la Cerdanya is much humbler. The *trinxat* consists of potatoes with cabbage, which should have been caught slightly by the frost. A few teeth of garlic are added and the dish is crowned off with a slice of crispy bacon.

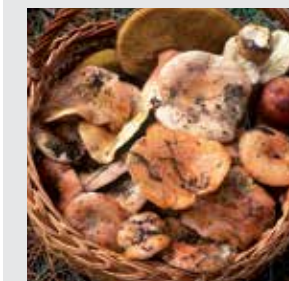
Cold meats are never lacking from the pantries in these regions or on the travellers' table, and are a way to preserve the pork meat. They also preserve the mushrooms which, out of season, are dried, kept in water or oil. Any rice or stew is promoted to the first division with boletus or chanterelles. And amongst the preserves, the jams are never missing: forest fruits, cranberries, blackberries, raspberries, elderberries ...

### ● A VERY OLD CATHEDRAL

The first fair of la Seu de Urgell is already documented in the year 1048. And it is still held today. On the third weekend of October, the city gathers

## THE ART OF HUNTING WILD MUSHROOMS

This is a somewhat wrong name. In fact these "hunters" are true lovers of the forests. They know that one of the world's greatest pleasures is a stroll through the trees, off the track without anything altering nature. And they know where to hunt for these little wild mushroom treasures, because they don't find or harvest them, they hunt them. And when they have them, they cut them carefully so that the next hunter can hunt the treasure again a few days later. They arm themselves with a wicker basket and a knife with a brush to clean the earth and leaves off their prized booty.



the craft cheesemakers of the Pyrenees, although other craftsmen and stock breeders also attend.

The visit will be complete with a visit to the cathedral. Romanesque with Italian influences, it has the diocesan Museum, which is well worth a visit.



## ROUTE 6

# BARCELONA

## THE CAPITAL OF FLAVOUR

*In this port open to all of the winds in the world, new trends disembark every day. Everything enriches, everything extends the infinite palette of flavours of the dynamic capital of Catalonia.*



BARCELONA



**Products:**  
Specialities from any part of Catalonia



**Try:**  
Eating in one of the more than 20 Michelin starred restaurants



**Essentials:**  
Going out for a vermouth or having a cup of hot chocolate in the afternoon



### ● A SWEET AND SAVOURY AWAKENING

The best moment to stroll in Barcelona is between 6 and 8 in the morning. Few people, a cool atmosphere, the morning lights ... In the air float sufficient aromas as to write a poem.

The bakeries open early. The bread is freshly made, aromatic, crisp. The offer of sandwiches or slices of bread with cold meats is also extensive. Apart from the weekends, when there is time, these will be ordered mid-morning on this break that allows you to get to lunchtime without yawning.

### ● THE RECONQUEST OF VERMOUTH

From the time of our grandparents, the bottle of soda has been recovered. It appears on the table when it is time for vermouth. From the Penedès and the Priorat new craft preparations have come. It is served with a snack: sea snails, razor shells, anchovies and

whitebait, olives, stuffed peppers, clams, cheese, spicy potatoes. The repertoire can be extended and encroach on the universe of tapas and portions, with a selection that would end up filling several encyclopedic volumes.

### ● FOOD FOR ALL

If yesterday it was mixed cuisine or Japanese restaurants, today it is the vegan offers, the Vietnamese soup premises, those doing km 0 or which make the biodynamic culture their flag. All of this without forgetting the avant-garde, which has a school in Barcelona. Here is born the most audacious gastronomy, the cuisine that will be celebrated in the rest of the world in three or four years.

### ● CINNAMON TWIG

For tea, the list of cafes serving hot chocolate has to be put on the table. If they serve the best whipped cream

BARCELONA'S CITY MARKETS WORK AS TRUE CENTRES OF CULTURAL EXCHANGE



there, they offer a textbook crema catalana or the exact combination of almond milk and ice cream.

The afternoon comes into the territory of tapas, small beers, sandwiches on the go, pieces of *coca de recapte*, pasties or potato omelettes.

### ● GOLDEN BROOCH

The fusion of Catalan cuisine with cuisines from all around the world, of smoked products, craft beer production within reach, natural wines at human prices, all of this and more with-

out forgetting the classical rice cuisine, or those typical to Barcelona like the 'zarzuela'. And those who like to dine in an establishment with a star can choose from the more than twenty the city offers.

### ● THE NIGHT IS YOUNG

Without age distinction, go out and enjoy the night. The classical cocktail bars have withstood without twisting the fashionable gesture of the gin&tonic. They are still there, with the same quality as always plus

## GASTRONOMIC GETAWAYS FROM BARCELONA

Catalonia is a small country, but all of its sceneries enclose flavours and all of its recipes house traditions. Get away from Barcelona for a few hours with Aborigens, and enjoy a trip to the roots of Catalan cuisine. All of the craftsmen of gastronomy work discreetly, away from the fashions and the passing of time, and honestly, faithful to a rural tradition that refuses to disappear. They are vine growers, shepherds, truffle harvesters... They taste the most genuine of our gastronomic culture from close up.

### i More information:

[www.aborigensbarcelona.com](http://www.aborigensbarcelona.com)



the experience of time. The same applies to premises where you can hear jazz, singer-songwriter themes, flamenco guitar, classical music or indie. The offer is so broad that nobody, no matter how demanding they might be, will be left without reward.

## ROUTE 7

# THE WHOLE RANGE OF COLOURS OF WINE

*We could go back more than twenty centuries and we would have vineyards in the Penedès. Viticulture has formed the scenery, the form of life, the culture, character and obviously all of the nuances of the palate.*



SANT SADURN D'ANOIA



**Products:**  
Hens and capons, DO Penedès wine and Cava, peaches, chocolate



**Try:**  
DO Penedès wine in the Vijazz and Cava at the Cavatast



**Essentials:**  
Following the 'xató' route

## ● CHEER MADE STONE

Montserrat raises hundreds of stone fingers higher and higher. It is a holy mountain and the Mecca of climbers, and also a luxury balcony over the Penedès district. The ideal place to start this route with a *mató* (curds) and honey. If the traveller then thinks

he can hear the angels, he is right: these are the angels from nine to fourteen years of age of the monastery's children's choir, one of the most prestigious in Europe.

## ● SECRET DOMAINS OF CAVA

Everything has its other side, and we have to come down from the heights to explore the bowels of the earth. This is where the domains of the DO

Cava spread. Sant Sadurn d'Anoia. After squeezing the *xarel·lo*, *macabeo* and *parellada* grapes, the must undergoes a double fermentation, the second in the bottle, following the *champenoise* method.

The origin of this sparkling wine dates back to 1872, when Josep Raventós brought the champenoise method to Can Codorniu. Its cellars are a work of modernism.



NOBODY CAN LEAVE THE PENEDÈS WITHOUT ENJOYING A TASTING IN A WINERY

SITGES OFFERS VISITORS MANY AND VARIED TEMPTATIONS



The tasting can be accompanied by dishes of the land such as *escalivada*, cod 'a la llauna' (with garlic, parsley and paprika), *calçots* (roast onions), and sweets like *carquinyolis* (dry pastry with almonds).

## ● WINE, MORE WINE

But the Penedès produces other whites, rosés, reds, sweet wines and sparkling under the DO Penedès, ready for all palates.

Whatever route you choose, it goes through Vilafranca del Penedès. In the centre of the town, the Vinseum occupies several remarkable buildings. This museum displays the wine culture of Catalonia.

Also in the town, where every year around the day of Sant Félix, 30 August, the Plaça de la Vila is the meeting place for the four best *colles* (groups) of *castellers* (human tower builders). The raised constructions reach up to ten floors of people, so

excitement is guaranteed. The celebrations go on from the end of spring until well into autumn.

## ● CINEMA BY THE SEA

Alongside the sea, in Sitges, they make 'malvasía', a singular wine using the grape of the same name. This town has museums like the magnificent Cau Ferrat, raised on the Mediterranean, which was the house and workshop of the painter, writer and modernist collector Santiago Rusiñol.

The town is known for its fantastic Cinema Festival and its Carnival as animated as that of Vilanova i la Geltrú, the neighbouring town and capital of the Garraf district. Both towns also dispute the maternity of the 'xató', a chicory salad with a sauce that each home makes in its own way. Calafell, El Vendrell and Vilafranca del Penedès have also added to this dispute.

## THE XATÓ ROUTE

The *Xató* Route is ideal for discovering this winter dish consisting of a combination of crisp endive mixed with the mellow texture of cod and tuna, and the acidic touch of anchovies marinated in vinegar. All bathed in an exquisite sauce containing nuts, fïora peppers and virgin olive oil, among other ingredients. For five months every year, the regions of Alt Penedès, Baix Penedès and El Garraf are hives of intense cultural and gastronomic activity around the world of *xató*. All establishments that have joined the Route offer menus featuring culinary creations made with *xató*. The *Xató* Route, in addition to providing opportunities to taste this dish, also boasts numerous hidden treasures, including incredible beaches, festivals that are unique in the world, inspiring museums, natural parks, authentic wines and the culture of this region, with activities for all tastes.

**More information:**  
[www.rutadelxato.com](http://www.rutadelxato.com)





## ROUTE 8

# ART ON STONE, MONUMENTAL TARRACO

*In addition to the work of the Roman Empire still standing in Tarragona, here we find the monastery of Poblet, the vineyards hanging on the slopes of the Priorat and the modernist buildings of Reus.*



### Products:

Fish and shellfish, DOQ Priorat, DO Conca de Barberà and DO Montsant wines, DO Siurana oil, IGP calçots, DOP hazelnuts



### Try:

The Wine Fair of the Priorat district



### Essentials:

Taking part in a 'calçotada'

### ● CAPITAL OF HISPANIA CITERIOR

With twenty centuries or more of existence, Tarragona preserves, almost intact, its Roman walls, amphitheatre, circus and aqueduct and other monuments from the time of the empire. The complex, a UNESCO

World Heritage site, can be visited and is often integrated in the city. For example some restaurants and wineries are housed in the circus and the forum.

In Tarragona, in addition to the recovered Roman culinary specialties, you also have to try the bluefish or shrimps, or chartreuse, a Cartusian liqueur adopted by the city. Another temporary monument, but permanent in memory, are the *castells* (human towers), which are erected during the feasts of Santa Tecla and in the competition held every two years.

### ● SO NEAR AND YET SO FAR

Just fifteen kilometres separate Reus from Tarragona, and an abyss of feelings. Where Tarragona presents its Roman past, Reus exhibits its modernist legacy with numerous buildings by Lluís Domènech i Montaner. In this city, the reference

liqueur is the vermouth, to such an extent that a museum has been devoted to it. A dried fruit, the hazelnut, with protected Designation of Origin, is used in the sauce for the *calçots* (late spring onions) from Valls, which are cooked over open embers in winter. Valls is another square, and surely the oldest, where to see *castells*.



THE END OF THE WINTER AND SPRING ARE THE PERFECT TIMES FOR THE CALÇOT

PRIORAT IS THE WINE AREA OF GREATEST INTERNATIONAL RECOGNITION OF THE TWELVE CATALAN DESIGNATIONS



### ● THE LANDS OF THE PRIOR

Forty years ago, hardly anyone knew the Priorat. Today it has become a land of pilgrimage for all lovers of good wine. The same happened to the former Escaladei Charterhouse. You have to go there, because this is the origin of everything and stands in privileged surroundings, under the steep rocks of the Montsant. The prior has his headquarters here and his lands are precisely those included in the DOQ Priorat Qualified Designation of Origin. The route must include the villages of Porrera, Gratallops and Vilella Baixa, where small wineries are located which produce great wines of international prestige.

The lands of the district that do not form part of the DOQ Priorat are included in the Montsant Designation of Origin. Still under twenty years old, the wines are already of spectacular quality. Much older, on the other hand, are the olives of the Siurana Designation of Origin.

### ● CELESTIAL TRIANGLE

To the north, we cross the Prades hills to go down to the Conca de Barberà district. Here the wines have their own designation of origin. They produce light and fruity whites and rosés and complex reds, the perfect complement for a land dominated by the mediaeval stones of Montblanc and

## DESIGNING THE PERFECT MENU

What are the keys to the best gastronomic experience? In this three-hour session, the chef of Hotel Gran Claustre will teach you how to design and create a tasting menu worthy of the finest professional chef. You'll learn how to select the best ingredients, choose the ideal table setting and devise the perfect pairing between wines and other drinks for each dish. It's not just about learning to cook but discovering how to stage the dishes you make, with exhaustive control of the timing and the materials and utensils used both in the kitchen and on the table.

**i** For further information on these and other activities, go to: [www.granclaustre.com](http://www.granclaustre.com)



the great Cistercian monastery of Santa Maria de Poblet, a UNESCO World Heritage site. The visit must be completed with another two Cistercian works: the monastery of Santes Creus and that of Vallbona de les Monges. The three are superb and form the Ruta del Cister.

## ROUTE 9

# THE GREAT RIVER WHERE LIFE FLOWS

*The Ebre is more than just water. For centuries it has been a communication route and an extensive market bringing together the peoples and products of the districts that overlook it.*



**Products:**  
DOP rice, fish and shellfish, duck, DO Terra Alta wines, eel

**Try:**  
Mussels and oysters from a raft

**Essentials:**  
Visit the cathedrals of wine

### ● HEADS OR TAILS

Picasso stayed for long periods in Horta de Sant Joan. The second time he was there, he broke down the village scenery and surroundings into basic volumes and set it out on canvases shown in the books of modern art. With its dry crop fields, its

almond trees, hazelnut trees, olive trees and vineyards, the Terra Alta district is taken in through the eyes, but also through the nose and mouth. The bees concentrate all of the scenery in the honey from Arnes, which has its own festival in May, the month of flowers. The quality of the oil is assured by its own designation of origin. Terra Alta is the district of wine. Grenache is the reference grape and the soul of a white wine with a subtle nose and great intensity in the mouth. The cooperatives of Gandesa and Pinell de Brai, built in the 1920s, were once at the forefront of technique and today are still in use and open to the public. In modernist style and built by disciples of Gaudí.

The memory of the Civil War remains in the abandoned village of Corbera d'Ebre. To understand what happened, it is worth visiting Gandesa Museum. Then, try some *pas-*

*tissets* (little cakes and in Gandesa, *casquetes*) filled with pumpkin jam. You can also find them downriver in Tortosa and Amposta, and they are addictive.

### ● WHERE THE RIVER ORDERS

The waters of the Ebre gently bathe the village of Miravet. It houses hang over the river, and above them stands a castle of austere and imposing cubes.

The river goes on and waters. On its banks grow citrus trees and amongst them, tangerines with Protected Geographic Indication. Extensive olive groves are also made out with trees over a thousand years old which continue to produce a quality oil with a Protected Designation of Origin.

The waters reach the town of Tortosa, the capital of the Baix Ebre district. Essentials include a visit to the cathedral with its Baroque facade

THE PRODUCTS OF THE SEA AND ESPECIALLY THE RICE DISTINGUISH THE GASTRONOMY AND THE SCENERY OF THE DELTA DE L'EBRE



and elegant Gothic nave, and the Arab Suda castle. A new chapter starts at the Ebre River mouth.

### ● THE SKY ON EARTH

The Ebre tries to stretch out its route. It has dragged sediment and has built this arrow tip that forces its way into the Mediterranean. It is a strange world, a plain where the sky is reflected in the flooded fields. Here rice is sown and ducks and flamingos rest there along their way. These are the domains of the Delta de l'Ebre Natural Park, UNESCO Biosphere Reserve.

The rice is of great quality and is therefore recognised with its own Protected Designation of Origin. The varieties include 'bomba', which is particularly appreciated by the country's chefs. They use it in their pael·las, which include the seafood they have alongside: the mussels from the Delta and the shrimps and crayfish from Sant Carles de la Ràpita. Among the restaurants to try it, there are some with a Michelin star. The rice has also been distilled to produce a drink, a delicious rice cream, and its culture has its own museum, the Molí de Rafelet in Deltebre.

## EBRE COOKING EXPERIENCE

Do you want to learn to make the best rice in the world? You can do so with the chef of the restaurant of the Hotel Algadir, Joan Capilla. To start with, he will take you to the market to get the best products. Then he will form teams to make the different rice recipes and will tell you the best-kept secrets of the Delta to make the recipe a success. The last part will undoubtedly be the best: lunch or dinner with rice as the main dish and a selection of starters made with products of the land, washed down with DO Terra Alta wines.

**i For more information on this and other activities:**  
[www.hotelalgadirdelta.com](http://www.hotelalgadirdelta.com)



And now we almost face the sea. We are at some salt marshes at the Punta de la Banya. The Horizon opens up and here the soft water mixes with the salty, the river with the sea and the rafts are moored where the tasty mussels and excellent oysters are grown.



# GLOSSARY, THE KEYWORDS OF CATALAN GASTRONOMY

**A**  
**alioli (alliolh):** sauce made with crushed garlic and oil.  
**anchovy (anxova):** fillet of small blue fish cured in brine.  
**arbequina:** an olive variety from Arbeca, with a fruit that is smaller than that of the other varieties normally grown. It produces a high quality oil.  
**arròs a banda:** a dish of rice, fish and shellfish prepared by cooking the rice and the fish separately. It

is served with alioli.  
**arrossejat:** a rice dish made with the 'rossejat' technique, which consists of toasting the rice with the olive oil before adding the broth and the fish.  
**B**  
**bacallà a la llauna:** a dish of cod that is desalted, floured and fried and prepared on a tray in the oven with garlic, parsley and paprika.  
**blat escairat** (see page 82): broken corn cooked with bacon, a typical dish

of the Berguedà district.  
**botifarrada:** party and popular meal mainly featuring the *butifarra* sausage.  
**bull:** a cooked cold meat made with pork and pickled fats.  
**C**  
**calçotada:** a popular meal in which *calçots* are eaten.  
**calçots** (see page 15): a variety of spring onion that is flame-grilled, dressed with a sauce and eaten with your hands.  
**cannelsoni** (*canelons*): rolls of pasta filled with boiled and minced meat, covered with sauce and grilled.  
**carquinyoli:** a dry pastry made with flour, egg and almonds.  
**casquetes** (see page 90): cake filled with jam.  
**assola de tros** (see page 26): an originally farm dish

made with potatoes, vegetables, snails spinach and pork meat.  
**champenoise:** the process used to make sparkling wine in the style of the region of Champagne.  
**coca de recapte** (see page 17): a savoury pie made with layers of vegetables and pieces of *butifarra* sausage or herring.  
**codony** (see page 82): quince.  
**costellada:** a popular meal mainly featuring lamb ribs.



**escudella** (see recipe page 40): a stew of vegetables, chick peas, meat and pasta or rice.  
**esqueixada:** a salad of stripped cod, green and red pepper chopped into small pieces, onion, olives and tomato, dressed in olive oil and vinegar.

**F**  
**faves a la catalana:** a broad bean stew with pancetta, sausage and fresh mint.  
**fesol:** haricot bean.  
**fricandó** (see recipe page 41): a meat stew with wild mushrooms.  
**G**  
**galet** (see page 26): kind of pasta in the shape of a snail, cooked with the broth from the 'escudella'.  
**girella:** delicatessen made with lamb.

godchildren.  
**mongeta del ganxet** (see page 23): a variety of haricot bean with a highly characteristic soft flavour.  
**morter (mortar):** a strong bowl used to crush certain substances and reduce them to a pulp or powder.

**O**  
**òlha aranesa** (see page 77): soup made with meat, vegetables, legumes and pasta, typical of the Val d'Aran.



**P**  
**pa amb tomàquet:** slice of bread rubbed with ripe tomato and dressed with olive oil and salt.  
**panellet:** a marzipan sweet made for All Saints.  
**pambtomaquejar:** making and eating 'pa amb tomàquet'.  
**panxeta:** pancetta.  
**pastisset:** a small cake in the shape of a semicircle made with flour, sugar, olive oil, aniseed and grated lemon peel, filled with pumpkin jam or vermicelli.  
**patata enmascarada** (see page 82): a

traditional dish that combines potatoes with black or 'perol' sausage and crispy bacon.  
**picada:** culinary technique consisting of crushing certain ingredients in a mortar to add them to dishes or sauces that have to be condimented.  
**picapoll:** a variety of small grape grown in the Bages region.  
**pilota** (see page 26): large meatball made with pork, *picada*, egg and flour, added to some soups and stews.  
**platet:** a dish of cooked meat.  
**pollastre del Prat:** a local chicken breed of El Prat de Llobregat.  
**porró:** a wine vessel with a round base and long spout ending in a tip from which the wine is poured into the mouth, and a long arm on the opposite side used to fill it.

**R**  
**romesco:** a sauce made with red peppers, garlic and roast tomatoes, toasted almonds and hazelnuts, olive oil, vinegar, salt, pepper and paprika.  
**S**  
**samfaina:** a dish of aubergine, courgette and pepper diced and fried in oil, onion, tomato and olive oil.  
**secallona:** thin cured meat made with minced pork, garlic and pepper.  
**setrill:** a glass vinegar or oil pot with a narrow neck and peak for pouring.  
**sol i serena** (see page 51): the method by which wine or spirit is matured in the open air.  
**suquet:** sauce used to garnish a fish stew.



**T**  
**tastet** (see page 82): minced and fried pork used to fill.  
**tortell:** a puff pastry ring filled with whipped cream, vanilla cream, jam, marzipan or vermicelli.  
**trementinaires** (see page 63): women who went from village to village selling natural products with curing properties.  
**trinxat** (see page 83): a dish made mainly with vegetables and potatoes boiled and mashed with a fork, and dressed with bacon.  
**vi ranci** (see page 51): wood-aged wine with a sherry aroma.  
**X**  
**xató** (see page 87): autumn sauce.  
**xatonada:** popular meal with a lot of diners, featuring *xató* as the main dish.  
**xolis** (see page 76): cold slice made with lean pork, salt and pepper.  
**xuixo** (see page 75): a thin doughnut fried, sugared and filled with vanilla cream.





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# CULINARY EXPERIENCES

SPECIALIST TRAVEL AGENCIES	Aborigens	www.aborigensbarcelona.com
	Gastrolonia	www.gastrolonia.com
	Ocio Vital	www.ociovital.com
	Oleasoul	www.oleasoul.com
ACCOMMODATION	Hotel Barcelona Catedral	www.barcelonacatedral.com
	Hotel Gran Claustre	www.granclaustre.com
	Hotel l'Algadir del Delta	www.hotelalgadirdelta.com
	Mas Llagostera	www.masllagostera.com
COOKERY COURSES	bcnKITCHEN	www.bcnkitchen.com
ACTIVITY COMPANIES	Cap a Mar	www.capamarbcn.com
	Hola Olive	www.holaolive.com
FESTIVALS	Barcelona Beer Festival	www.barcelonabeerfestival.com
	Fira Safrània	www.montblancmedieval.cat
MUSEUMS	Museu de la Xocolata	www.museuxocolata.cat
VISITS TO PRODUCERS	Molí Lo Nostre Arrós	www.lonostrearros.cat
	Olive Oil Experience	www.oliventallo.com
RESTAURANTS	La Cuina del Moja	www.palaumoja.com
ROUTES	La Ruta del Xató	www.rutadelxato.com

Find out about all of the experiences at <http://www.catalunya.com/what-to-do/savour>

# GASTRONOMIC HOTELS

Antiga Estació de Benifallet	www.estaciodebenifallet.com
Boutique Hotel Casa Granados	www.casagranados.es
Ca l'Arpa	www.calarpa.com
Ca la Manyana	www.calamanyana.com
Es Portal Hotel	www.esportalhotel.com
Fonda Europa	www.casafondaeuropa.com
Fonda Xesc	www.fondaxesc.com
Hostal de la Plaça	www.hostaldecabriils.com
Hostal Estrella	www.hostalestrella.com

Hostal Gastronòmic La Creu	www.hostallacreu.com
Hostal Sa Tuna	www.hostalsatuna.com
Hotel Adagio	www.adagiohotel.com
Hotel Ampolla Sol	hotelampollasol.es
Hotel Antiga	www.antiga.info
Hotel Ca l'Amagat	www.hotelcalamagat.com
Hotel Can Boix de Peramola	www.canboix.cat
Hotel Casamar	www.hotelcasamar.net
Hotel del Prado	www.hoteldelprado.cat
Hotel del Teatre	www.hoteldelteatre.com
Hotel El Molí	www.hotelelmoli.es
Hotel El Monegal	www.monegal.com
Hotel Els Caçadors de Maçanet	www.hotelelscassadors.com
Hotel Empordà	www.hotelemporda.com
Hotel Gran Claustre	www.granclaustre.com
Hotel l'Algadir del Delta	www.hotelalgadirdelta.com
Hotel La Boella	www.laboella.com
Hotel La Morera	www.hotel-lamorera.com
Hotel La Plaça de Madremanya	www.laplacamadremanya.com
Hotel Llevant	www.hotel-llevant.com
Hotel Mas Tinell	www.hotelmastinell.com
Hotel Muntanya & Spa	www.cerdanyaecoresort.com
Hotel Park Puigcerdà	www.hotelparkpuigcerda.com
Hotel Prats	www.hotelprats.com
Hotel Restaurant Andria	www.hotelandria.com
Hotel Restaurant Can Cuch	www.hotelcancuch.com
Hotel Restaurant Diego	www.hotelrestaurantdiego.com
Hotel Restaurant El Far	www.hotelelfar.com
Hotel Restaurant Els Caçadors	www.hotelsderibes.com
Hotel Restaurant Empòrium	www.emporiumhotel.com
Hotel Rural Niu de Sol	www.hotelruralpalau.com
Hotel Terradets	www.hotelterrads.com
Hotel Vall Ferrera	www.hotelvallferrera.com
La Quadra Restaurant Hotel	www.laquadra.com
Mas Albereda	www.masalbereda.com
Mas Ses Vinyes	www.massesvinyes.com
Masia del Cadet	www.masiadelcadet.com
Masia La Palma	www.masialapalma.com
Sant Pere del Bosc Hotel & Spa	www.santperedelbosshotel.com



# WINE TOURISM EXPERIENCES

If you would like to enjoy Catalan wine culture, do not miss out on the suggestions by companies and entities offering wine tourism experiences that are part of the Enoturisme Catalunya (Wine Tourism Catalonia) brand.

SPECIALIST TRAVEL AGENCIES	Bagesterradevins	<a href="http://bagesterradevins.cat">bagesterradevins.cat</a>
	Gastrolonia	<a href="http://www.gastrolonia.com">www.gastrolonia.com</a>
	Travel Priorat	<a href="http://www.travelpriorat.com">www.travelpriorat.com</a>
	Viemocions	<a href="http://www.viemocions.com">www.viemocions.com</a>
WINE TOURISM ACTIVITY COMPANIES	Alella Wine Tours	<a href="http://www.alellawinetours.com">www.alellawinetours.com</a>
	Bikemotions	<a href="http://www.bikemotions.es">www.bikemotions.es</a>
	Castlexperience	<a href="http://www.castlexperience.com">www.castlexperience.com</a>
	Penedès Ecotours	<a href="http://www.penedesecotours.com">www.penedesecotours.com</a>
	Umami Barcelona	<a href="http://www.umami.barcelona">www.umami.barcelona</a>
	Venivinum Enoturisme Conscient	<a href="http://venivinum.cat">venivinum.cat</a>
DINING	Cuina de l'Empordanet	<a href="http://www.cuinadelempordanet.com">www.cuinadelempordanet.com</a>
ACCOMMODATION	Cava & Hotel Mastinell	<a href="http://www.hotelmastinell.com">www.hotelmastinell.com</a>
	Grup Claustre	<a href="http://www.granclaustre.com">www.granclaustre.com</a>
	Hotel Celler La Boella	<a href="http://www.laboella.com">www.laboella.com</a>
	Hotel-Hostal Sport	<a href="http://www.hotelpriorat-hostalsport.com">www.hotelpriorat-hostalsport.com</a>
	Le Meridien Ra Beach Hotel & Spa	<a href="http://www.lemeridienra.com">www.lemeridienra.com</a>
	Mas Llagostera	<a href="http://www.masllagostera.com">www.masllagostera.com</a>
	Terra Dominicata	<a href="http://www.terradominicata.com">www.terradominicata.com</a>
TRANSPORT	Catalunya Bus Turístic	<a href="http://www.catalunyabusturistic.com">www.catalunyabusturistic.com</a>

VISITS TO WINERIES	Adernats - Vinícola de Nulles	<a href="http://www.adernats.cat">www.adernats.cat</a>
	Bodegas Abadal	<a href="http://www.abadal.net">www.abadal.net</a>
	Castell de Grabuac	<a href="http://www.suriol.com">www.suriol.com</a>
	Castell del Remei	<a href="http://www.castelldelremei.com">www.castelldelremei.com</a>
	Celler Clos Pons	<a href="http://www.clospons.com">www.clospons.com</a>
	Celler de Capçanes	<a href="http://www.cellercapcanes.com">www.cellercapcanes.com</a>
	Celler La Vinyeta	<a href="http://www.lavinyeta.es">www.lavinyeta.es</a>
	Celler Masroig	<a href="http://www.cellermasroig.com">www.cellermasroig.com</a>
	Celler Mas Vicenç	<a href="http://www.masvicens.com">www.masvicens.com</a>
	Codorníu	<a href="http://www.visitascodorniu.com">www.visitascodorniu.com</a> <a href="http://www.codorniu.es">www.codorniu.es</a>
	Finca Viladellops	<a href="http://www.viladellops.com">www.viladellops.com</a>
	Grupo Freixenet	<a href="http://www.grupofreixenet.com">www.grupofreixenet.com</a>
	Miguel Torres	<a href="http://www.torres.es">www.torres.es</a>
	Montesquius	<a href="http://www.montesquius.com">www.montesquius.com</a>
WINE ROUTES AND TOURISM PROMOTION BODIES	Oller del Mas	<a href="http://www.ollerdelmas.com">www.ollerdelmas.com</a>
	Sant Josep Vins	<a href="http://www.santjosepwines.com">www.santjosepwines.com</a>
	Terra Remota	<a href="http://www.terraremotat.com">www.terraremotat.com</a>
	Consell Comarcal del Priorat	<a href="http://www.turismepriorat.org">www.turismepriorat.org</a>
	Enoturisme DO Alella	<a href="http://www.enoturismedoalella.cat">www.enoturismedoalella.cat</a>
TOURIST BOARDS	enoturismePENEDÈS	<a href="http://www.enoturismepenedes.cat">www.enoturismepenedes.cat</a>
	Ruta del vi de Lleida - Costers del Segre	<a href="http://www.costersdelsegre.es">www.costersdelsegre.es</a>
	Ruta del vi DO Empordà	<a href="http://www.costabrava.org">www.costabrava.org</a>
	Patronat de Turisme Costa Daurada	<a href="http://www.costadaurada.info">www.costadaurada.info</a>
	Gerència de Turisme de la Diputació de Barcelona - Barcelona és molt més	<a href="http://diba.cat/turisme">diba.cat/turisme</a>
	Patronat de Turisme Diputació de Lleida	<a href="http://www.aralleida.cat">www.aralleida.cat</a>
	Turisme de Barcelona	<a href="http://visitbarcelona.com">visitbarcelona.com</a>

# MORE INFORMATION

## Tourist promotion organisations

**Patronat de Turisme de la Diputació de Tarragona**  
www.costadaurada.info, www.terresdelebre.travel

**Patronat de Turisme Costa Brava i Pirineu de Girona**  
www.costabrava.org


**Patronat de Turisme de la Diputació de Lleida**  
www.aralleida.cat


**Oficina de Promoció Turística de la Diputació de Barcelona**  
www.barcelonaesmoltmes.cat


**Turisme de Barcelona**  
www.barcelonaturisme.com


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**Palau Robert - Centre d'Informació de Turisme de Catalunya**  
Passeig de Gràcia, 107. 08008 Barcelona  
+ 34 93 238 80 91 / 92 / 93  
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[www.gencat.cat/palaurobert](http://www.gencat.cat/palaurobert)  
Opening hours: Monday to Saturday: 10 AM to 8 PM;  
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