

gastronomy of Salamanca





Salamanca is a province to enjoy with all your senses, including your taste buds. The province has an excellent and varied range of raw produce, with some well-known, quality products among them.

Iberian ham and cold cuts, beef, pulses, hornazo, cheese and wines are some of the most traditional ones, which in the hands of master chefs, become succulent dishes.

Come, look, try and taste the varied, delicious menu that Salamanca has prepared for you.

His Majesty the Iberian Pig

The Iberian pig is a unique, fascinating breed of unquestionable quality, which puts the Salamanca province as an international benchmark.

Its pedigree, along with the long walks in search for food, are responsible for the trademark infiltrated fat, which results in its flavour, its aroma and juiciness, as well as its health benefits, since this fat is high in oleic acids.

This pig lives free in the Salamanca dehesa, an idyllic environment where, between October and February, it enjoys the best, final fattening seasons when it is fed only with acorns.





Guijuelo and the neighbouring counties

Talking about Iberian produce is talking about Guijuelo, a unique place with a climate and conditions that are ideal for curing hams of all sorts as well as cold cuts. The long, cold, dry winters, along with its moody winds and humid conditions, mean that less salt is required for the curing process. This enables their flavours, aromas and uniqueness to be expressed in a much more natural way.

And although Guijuelo is the heart of the pork product manufacturing in Salamanca, the actual production area includes other municipalities, some as well known as La Alberca, Béjar, Candelario or San Martín del Castañar.

Hams, front-leg hams and cold cuts

After the salting process and an exhaustive cleaning, hams and front-leg hams are taken to the drying sheds, where the work of the craftsmen becomes essential. They, using their experience and based on tradition, play with the changing winds, temperature and humidity to cure them and refine them; this is why each piece acquires its own unique features, which will turn it into a one-of-a-kind, irresistible end product.



The image of thousands of hanging hams, along with their aroma, produced by natural moulds, that can be breathed there, is one that will not easily leave the memory of the tourist visiting Salamanca.

The Regulatory Board of the Guijuelo Denomination of Origin protects, certifies and guarantees the quality and total traceability of both hams and front-leg hams.

And the label “Marca de Garantía Ibéricos de Salamanca” (Iberian Products of Salamanca Quality Brand) does the same for hams, front-leg hams, pork loins and cold cuts.

Fresh Iberian meats

But the Iberian pig does not only become hams and cold cuts. Fresh cuts are one of the greatest attractions of the local gastronomy. In the province's restaurants, dishes made with ribs, pork's cheek, loin or sirloin are very common. And also those cuts that are preferred by the gourmand customer, such as presa, pluma, secreto or abanico, which, either grilled or chargrilled, become a true delicacy.



Salamanca's Hornazo

The hornazo is deeply linked to tradition and to a peculiar festival known as “Lunes de Aguas” (Water Monday), during which both locals and visitors get together to spend a day in the countryside to taste it.

This singular product can be described as a wheat flour and butter dough, filled with Iberian pork products: chorizo, loin and ham. Once baked, with its distinctive diamond-shaped netting, it becomes golden in colour, which makes it terribly attractive. The quality of this typical product is certified by the Hornazo de Salamanca Quality Brand.

Farinato

This cold cut has its origin in Ciudad Rodrigo, although it can easily be found anywhere in the province.

The farinato is made with pork lard, finely sliced bread, flour, onions, garlic, paprika, aniseed and liquor. All these ingredients are cooked and then stuffed and cured, the result of which is a product with a truly unique aroma and texture.

The farinato is traditionally served with fried or scrambled eggs, although it can also be found in the most innovative creations.

Beef

The ample dehesas of Salamanca make up a unique ecosystem with its own flora and fauna, among which is the Iberian acorn-fed pig or the bravo bull. But they are also the perfect habitat for the breeding and fattening of veal in extensive grounds, another of the big hits in the province's gastronomy.

This is an extremely versatile product, because it offers a large number of cuts which, in addition to each one having radically different organoleptic qualities, they also require different types of cooking. Stewed, chargrilled or baked, on the grill or fried, even raw with the right seasoning, this is an ideal food for any kind of diet.

The **Regulatory Board of the Protected Geographical Indication (IGP) "Carne de Salamanca"** certification is in charge of certifying and guaranteeing the **Morucha** meat, a local breed of intensely red colour and highly aromatic meat.

www.carnedemoruchadesalamanca.org

Similarly, the **Marca de Garantía Ternera Charra**, also guarantees the consumer the highest quality of all the animals of the Charra veal breed that get to the market.

www.terneracharra.org



Other meats

The great diversity of the land in the province, along with the quality of its pastures, make Salamanca a magnificent environment for raising various breeds of animals, which enrich an already generous larder.





Suckling pork, kid and spring lamb

This magical trio is a great hit among meat lovers. Baked in a wood-fired oven, *cochifritos*, chargrilled or stewed *serrano* style, they are guaranteed to be loved by all sorts of people.

Dishes full of flavour that need no extra frills nor fuss, cooked in the traditional ways, they offer an endless delight. Tasty, pearly, extremely juicy meats in contrast with their own golden, crispy skins, become perfectly rounded dishes that will stay forever in the diner's tastebuds.

Game meats

Game is another big attraction of the Salamanca territory. The season begins with the tasty turtle-doves and pigeons, the subtle quails, pheasants and partridges, which are best enjoyed pickled. The woodcock, king of the forest par excellence, can also be found in the area. The Salamanca province is a land of hares and rabbits, great lovers of pulses and rice. As for large game, fallow deer, roe deer and above all, wild boars, are a delight for those who appreciate strong flavours.



Local produce

The peculiar relief of the Salamanca province is the reason for the big differences found. In its large territory, where we can find corners as particular as the imposing plains of La Armuña, the Sierra de Béjar and de Francia mountain ranges, the dehesas in the Campo Charro fields or the areas around Las Arribes del Duero. These features involve a great diversity in terms of landscape and climate, and make Salamanca one of the most interesting, versatile provinces when it comes to enjoying its gastronomy.



La Armuña lentils

The production area includes several municipalities in La Armuña, in the north-east of the province. Its rich, fertile soil and its particular climate make it an ideal place to harvest what the experts deem is the best lentil in the world.

Light green in colour, with a diameter of between five and seven millimetres, they are delicate, fine, tasty, creamy and with a nearly imperceptible skin.

The Regulatory Board of their Protected Geographical Indication is the authority that certifies and guarantees their quality.

Pedrosillo chickpeas

They are originally from Pedrosillo el Ralo, but nowadays they are also produced in the neighbouring localities. These small, nearly perfect spheres, with their golden yellow colour and their short but pronounced little beak, have a smooth texture. In the mouth, these chickpeas have a soft, buttery texture with a hardly noticeable skin, in short a wonderfully elegant and tasty pulse.

The Pedrosillo Chickpea Brand of Guarantee ensures that this product stays top-quality.

Consejo Regulador Lenteja de la Armuña: www.legumbresdecalidad.com/Lenteja-de-la-Armuna.php

Marca de Garantía Garbanzo Pedrosillano: www.garbanzopedrosillano.es



Cheeses

Salamanca is a land of cheeses. Some magnificent pieces can be found all around the province. In the mountains and their surrounding areas there are simply wonderful products made with goat's milk. Elegant, flawless cheeses, with firm and buttery textures.

In the north-east of the province, following the River Duero, is the Arribes del Duero Natural Park. Dehesas, crop fields and surprising canyons keep the secret of the Arribes de Salamanca Cheeses, which have their own Brand of Quality to certify their goodness.

The sheep that graze there produce an exceptional milk with which these cheeses are made in the traditional way, with raw milk and natural rennet, which have achieved the highest rating in international competitions.

When cut, they can be distinguished by their many, evenly distributed "eyes". Their fine aroma, with notes of milk and butter, which can even be found in the least mature pieces, will little by little give way to a more nutty scent as the piece ages. In the mouth, it offers a marvellous acidity and a touch of spice, which increases as the cheese gets older. All of them are smooth, almost silky in the mid-palate, with a long, pleasant persistence, which puts them among the greatest culinary ambassadors for the province.



Extra Virgin Olive Oil

Salamanca is one of the provinces in the Castile Leon region with the oldest olive oil tradition. Both in the Arribes del Duero and the Batuecas - Sierra de Francia Natural Parks, the eyes get lost in the seas of olive trees planted in terraces.

The predominant variety is the *manzanilla cacereña*, although there are other, local varieties such as the *ocal* or *zorzal* ones. All of them find their ideal growing conditions there, yielding high quality oils, often produced under certified organic conditions.

Fruit Trees

As well as the extensive grape wine fields, there are other fruits that thrive thanks to the benign climate in certain areas of the province. In Arribes del Duero, where frost is rare and the temperatures are mild during most of the year, we can find oranges, tangerines and lemons.

The Sierra de Francia also offers a great variety of fruit: peaches, apples, figs or pears, with the Linares de Riofrío strawberries or the valued berries of the strawberry tree, an autumn fruit that is abundant in Miranda del Castañar.

But the one fruit that identifies Salamanca is the cherry. In areas like Madroñal, Villanueva del Conde, Sotoserrano, Garcibuey or Cepeda, there are small productions handled mainly by families. Their trees in bloom are among the most beautiful natural spring images that can be found in the Las Batuecas-Sierra de Francia Natural Park.



Autumn harvests

With the first rains, mushrooms make their appearance in the fields, dehesas and forests, in which soil they find the humidity and company they need to develop in all their splendour. The sought-after boletus, the personality of the saffron milk cap, the elegance of the Caesar's mushroom, the tasty king's trumpet mushroom, the prolific Scotch bonnet or the humble field mushrooms are good reasons for a mushroom-seeking tourism that grows every year.

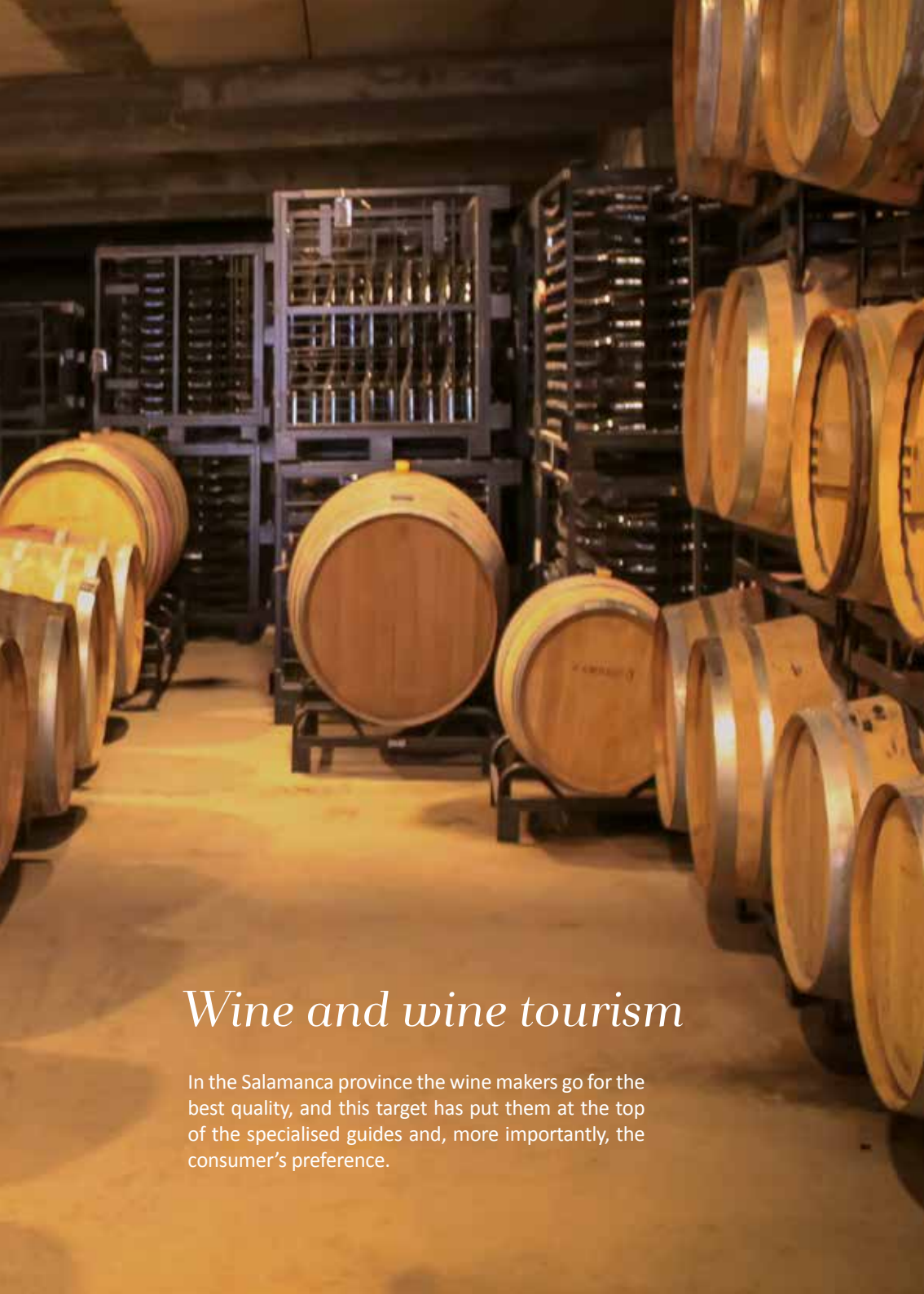
In the autumn, the mountains wear their best for the harvest of the chestnuts, a fruit that in these parts is masterly cared for and harvested in order to obtain a top quality product for their colour, shine, aroma, flavour and texture.

Almonds and honey

When spring begins to be noticeable, the large almond fields begin to bloom, just before the good weather arrives. This is the start of the production of one of the most appreciated nuts and particularly for the villages in the Arribes area.

Almonds are a basic ingredient in the Salamanca gastronomy, both sweet and savoury. Fried; coated in caramel; ground to make repelaos, almond cheese or *amarguillos*; or as the base for the La Alberca *turrón* (nougat), almonds are essential for all these treats.

Honey is another product that attains high marks in Salamanca, both in quality and in production. Honey can be enjoyed from every point of view with the growing area of beekeeping tourism, which offers a sensory journey that will carry you through the virgin blossom of heather, thyme bushes and holm oak groves that cover the province.



Wine and wine tourism

In the Salamanca province the wine makers go for the best quality, and this target has put them at the top of the specialised guides and, more importantly, the consumer's preference.



D.O. Arribes

The varied landforms, its inland climate and the diversity of its soil are the main features in this Denomination of Origin, where the grapes grown are the native Juan García and the Bruñal varieties.

Its white wines are bright, straw coloured with greenish highlights, while some golden tones can be found in those aged in barrels. Their aromatic intensity is medium-high, with a predominance of exotic fruit, citrus notes and floral touches. They are balanced, persistent and very delicate in the mouth.

The production includes some wonderful rosé wines, although the real jewel are the reds. Clean, bright, with red-purple colour, they lead you to find in their aroma the red and black berries, the jams, the spice, the leather and the touches of balsam and smoke.

The Wine Route, as well as an invitation to visit the cellars and enjoy the pleasures of the table, is a perfect conjunction of the natural, cultural and heritage tourist attractions that can be found in the villages and areas that this Route goes through.

Denominación de Origen Arribes: www.doarribes.es

Arribes Wine Route: www.rutadelvinoarribes.com



D.O.P. *Sierra de Salamanca*

In the Sierra de Francia, grapevines are cultivated in terraces, selecting the best soils and aspects, and seeking integration with the landscape, with the purpose of creating different, unique wines that are deeply linked to the land. The wine growers have been claiming land from the mountain to plant their vines in terraces, thus achieving a landscape of spectacular beauty.

The main grape variety in this area is called *rufete*. The produce small, tight grape bunches with a very fine skin, which gives subtle, fresh, elegant and complex wines. These are highly enjoyable in their youth, but they can also be aged to display all their potential and strength.

Two clones are also grown, a result of the adaptation through time. On the one hand, the grape known as *calabrés*, which is similar to the *garnacha tinta* grape and, on the other hand, the *aragonés*, a clone of *tempranillo*.

Whites and rosés are produced on a smaller scale, but their freshness, smoothness and the fruity aromas and flavours are some of their best traits.

One way of enjoying their excellence, as well as that of the nature, culture and tradition oozed by the villages in these parts, is to follow the Sierra de Francia Wine Route, which includes visits to cellars, leisure activities, hiking and a wide offer of restaurants and other establishments where you can feast your senses.

D.O.P. Sierra de Salamanca: www.dosierradesalamanca.es

Sierra de Francia Wine Route: www.rutadelvinosierradefrancia.com

Traditional recipes

Its strategic location in the middle of the Silver Way and the long border shared with Portugal are some of the many influences received by Salamanca gastronomy, which adopted the best of every culture it came in contact with to originate a cuisine with its own identity and very much in tune with the land.



Savoury recipes

***Patatas meneás* (shaken potatoes)**

The name is given by the last step in their cooking process. Once fried and mixed with fried garlic, paprika and bacon, the potatoes are shaken until they become a creamy purée. They are also known as *patatas de herradero*, because they are usually prepared when branding the animals.



***Calderillo bejarano* (Béjar style stew)**

A true benchmark in Béjar gastronomy, this stew is traditionally made on a wood fire and based on Salamanca veal, potatoes, various vegetables, an iron cauldron, lots of time, patience and care. This is such a popular dish that every year -for the last 40 years - they celebrate the “Day of the Béjar Style Stew”, a festival that brings together thousands of people in the well-known village of “El Castañar”.



Chanfaina

In the old days, when the lords ordered the shepherds to kill a lamb, they would give the lords the best, more succulent parts, keeping the least wanted ones for themselves. The feet, tripe, blood, spice and rice then became one of the most emblematic dishes in Salamanca cuisine, which is still appreciated today.



***Limón serrano* (Sierra lemon salad)**

This is a salad of various products, among which there is ham, chorizo, grilled meats, cooked and fried eggs and fresh lemon. This is a typical dish of the Sierra de Francia, where every village has its own version.



1. *Patatas meneás*

3. *Chanfaina*

2. *Calderillo bejarano*

4. *Limón serrano*

Picadillo de Tejares

A traditional recipe made with veal minced meat, onions, pepper, cooked egg and pine nuts, which takes its name from the Tejares village, nowadays a neighbourhood of Salamanca city, and which became famous for being the place of birth of the main character in the book “The life of Lazarillo de Tormes”.



Cochifrito

This is usually prepared with “tostón” (suckling pork) but can also be made with kid or spring lamb. In any case, the base is usually a small animal, which is marinated and then slow-cooked until the inside is tender and the outside is crispy.



Eggs with farinato

The uniqueness and simplicity of this sausage, sliced and slightly fried then served with fried eggs with their edges crispy, make this dish a true delight.

Sweet recipes

Turrón (nougat) from La Alberca

Almond and honey reach their cusp in the *turrón*, a sweet that is deeply rooted in the La Alberca culture. The production process is based in the exceptional raw materials, with no additives, and the experienced hands of the *turrón* makers.



Ledesma doughnuts

These small doughnuts, which have made the town of Ledesma famous, are made with flour, sugar, lard and milk mixed until they become a pliable dough. It is then that the nimble hands of the artisans give them their shape, one by one, and then, bake them.

1. *Picadillo de Tejares*

3. *Ledesma doughnuts*

2. *Eggs with farinato*

Bollo maimón

Also known as the Wedding Doughnut, because it used to be traditional in such celebrations, where the bride and groom used to do the so called “Doughnut Dance”. This sweet is made with starch instead of flour, and no baking powder is used, but whipped egg whites. The result is a very light cake that is often eaten dipped in milk or hot chocolate.

Other sweets

Perrunillas and *mantecao*s are two of the most typical, best known sweets: they both need lard as their base and their connection with the Iberian pork culture, so deeply rooted in the province.

A metal mould and a liquid paste made of flour, eggs and sugar, which is subsequently fried, is how the *flores de sartén* (frying pan flowers) are made. Equally tasty and worthy representatives of the local fried confectionery are the aniseed doughnuts, the *sacatrapos* and *torrijas*, to name but a few.



Convent sweets

There are still many monasteries and convents in the Salamanca province where they still make traditional sweets. The Benedictine Mothers in Alba de Tormes, the Augustine nuns in San Felices de los Gallegos, the Barefoot Carmelites in Peñaranda de Bracamonte, the Franciscan nuns in El Zarzoso (El Cabaco), the Clarise nuns in Ciudad Rodrigo and Cantalapiedra or the Dominican sisters in the capital are now a great option in order to acquire and taste these delicacies that are imbued with mysticism and centuries of tradition.

Among these sweets, the *repelaos*, *amarguillos*, *glorias de navidad* (an almond paste base filled with egg yolk and then glazed) the *nevaditos*, *jesuitas* and *hojalmendras* (small, ethereal puff pastry bites covered in almonds and sugar) are some of the most appreciated.

This is an endless list, there are so many worth mentioning: *yemas benedictinas*, *mojicones*, *almondraos*, *empanadillas de cabello de ángel*, etc.



Gastro–Calendar



JANUARY

- Typical slaughtering in Guijuelo.
- Traditional Slaughtering Festival. In several towns and villages of the province.
- Saint Antón / Chorizo Day in Candelario.

FEBRUARY

- Typical slaughtering in Guijuelo.
- Traditional Slaughtering Festival. In several towns and villages of the province.

MARCH

- Almond Festival in La Fregeneda.

APRIL

- *Lunes de Aguas* is celebrated in many towns and villages around the province.
- Día del Trago in La Alberca.

MAY

- International Cheese Fair in Hinojosa de Duero.
- Local Sample and Produce Fair in Barruecopardo.
- The Colours and Flavours of Our Land Fair in Macotera.
- Agri-food, Multisector, Local and Beyond the Border Fair in Lumbrales.
- Agri-food and Hand-Craft Fair in Ledesma.

JUNE

- Meat Industry Fair in Guijuelo.
- Agri-food Fair in Alba de Tormes.
- Agri-food Fair in Sierra Quilama and Strawberry Festival in Linares de Riofrío.

JULY

- Cherry Fair in Madroñal.
- Agri-food and Hand-Craft Fair in Herguijuela de la Sierra.
- Traditional Crafts and Local Agri-food Products Fair in Monieras.

AUGUST

- Calderillo Day in Béjar.
- Peasant's Market in Miranda de Azán.
- La Despensa Fair in Galinduste.
- Luso-Spanish Agri-food and Traditional Craft Fair in Peralejos de Abajo.
- Potato Fair in Huerta.

SEPTEMBER

- Salamaq, agricultural sector fair and International Exhibition of Pure Breed Livestock.
- Agri-food and Hand-Craft Fair in Ciudad Rodrigo.
- Horticultural and Produce Fair in Cabrerizos.
- Horticultural and Hand Crafts Fair in Lumbrales
- Agri-food and Traditional Hand-Craft Fair in Villar de Peralonso.
- Agri-food Fair in El Casarito (Nava de Francia)

OCTOBER

- Grape Harvest Fair in San Martín del Castañar.
- Almond Fair in Saucelle.
- Olive Fair in Vilvestre.
- The Flavours of our Land Agri-food Fair in La Fuente de San Esteban.
- Gastronomy and Land Days in many towns and villages around the province.

NOVEMBER

- Honey Fair in Aldeatejada.
- Mushroom Days In West Salamanca.

DECEMBER

- Ecoraya Fair in Salamanca.
- Nun Sweets Fair in Morille.
- Traditional Slaughtering Festival, in several towns and villages of the province.

www.salamancaenbandeja.es



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