



ENGLISH

ARAGON

/ IS FLAVOUR

YOU'RE GOING TO FIND OUT WHAT FLAVOUR REALLY IS. VISITING ARAGON IS NOT JUST ABOUT ITS LANDSCAPES, VILLAGES AND MONUMENTS BUT ABOUT GOOD TASTE. STEP BY STEP AND DISH BY DISH, THE PLEASURE IS YOURS.



“ ARAGONESE CUISINE IS INSPIRED
AS MUCH BY ITS NEIGHBOURS
TO THE NORTH AND FROM THE
MEDITERRANEAN AS IT IS BY THE
ABUNDANCE OF ITS GARDEN
PRODUCE ”





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/ ARAGON IS FLAVOUR

There is a way of appreciating the culture of a land by means of your senses. In Aragon, you can discover the know-how of traditional dishes and the imagination of the new generation of chefs. And tasting is the best way to get to know them, because they contain the best of this land.



FURTHER INFORMATION
www.gastronomia-aragonesa.com



< Teruel jamón (ham).
Fuentes onions.
Wines of Aragon.
Longaniza tapas from Graus.
Olives from Lower Aragon.



“ WINE IS THE LINK BETWEEN THE
ESSENCE OF A LAND AND THE SPIRIT
OF THE PEOPLE WHO DRINK IT,
BECAUSE IT IS BORN OF THE EARTH
AND THE SUN. ”

01/

ARAGON IS FLAVOUR

And tasting is the best way to get to know it, because it contains the best of this land.



02/

OUTSTANDING PRODUCE

A variety of products are taken to their culinary heights in Aragon. Find out about them and if you get the chance, try them.



03/

PRODUCTS WITH DENOMINACIÓN DE ORIGEN

It is surprising how each region's characteristics and traditions can impart an individual character to each product.



04/

THE C'ALIAL SEAL

C'aliál is a quality assurance seal from the Aragon Regional Government which identifies foodstuffs distinguished by their special culinary and nutritional qualities.

05/

QUALITY CONFECTIONARY

There are many local specialities in which love for tradition and culinary imagination have been blended to create true delicacies in their own right.

06/

AND NOW, ENJOY IT!

Aragon is a region where we know how to eat well and enjoy ourselves at the same time. We'll give you a few ideas and one piece of advice: try everything.





Borage.



Black truffles from Graus and Sarrión.

A VARIETY OF PRODUCTS ARE TAKEN TO THEIR CULINARY HEIGHTS IN ARAGON. FIND OUT ABOUT THEM AND, IF YOU GET THE CHANCE, TRY THEM.

/ OUTSTANDING PRODUCE

BORAGE

Queen of the market garden

This vegetable is the most delicate, exquisite, nutritious and healthful of all the garden produce of the Ebro valley. Borage is tender, simple and cheap, with a fine and delicate flavour that requires no complicated preparation. You can use the whole plant. Crespillos are made with the leaves, which are coated in flour, egg and aniseed and fried in a pan.

In recent times, borage has become part of avant-garde cookery in top-level restaurants, both here in Spain and in other countries. It is considered a gourmet vegetable thanks to its delicacy and distinctive qualities, which allow it to be perfectly combined with all manner of flavours, including oyster mushrooms, meat, and clams...

BLACK TRUFFLES

The black diamond

Black truffles (*tuber melanosporum*) abound in quantity and quality in Aragon, above all in the western areas of Huesca's Pyrenean foothills, and in Graus in particular.

Here, the Fresh Truffle Market is held weekly between the months of December and March. In Teruel, meanwhile, the mountainous areas of El Maestrazgo, Gúdar and Javalambre, as well as those of Lower Aragon and Matarraña are the most well-known. But it is the Sarrión area, near Teruel, which is regarded as the Spanish black truffle capital, holding its International Truffle Fair (Fitruf) here at the beginning of December.

Regarded as the culinary black diamond, it has an exotic flavour unlike anything else, which can transform the simplest dish into gourmet cuisine.

Aragon is the world's main producer of this variety of black truffle.

JILOCA SAFFRON

Red gold

A seasoning par excellence, saffron is the essence of Aragon, the flavour of a culture. The saffron produced in the Jiloca region in the province of Teruel is considered one of the best in the world.

Saffron crocus harvesting is carried out carefully by hand, flower by flower. Some 150 flowers are needed to produce



Jiloca saffron.



Local cheeses.

a single gram of dried saffron, which goes by the name of 'oro rojo' ('red gold').

In Aragon, it is used not only to add special flavour and colour to all types of stews but also in the production of other products such as chocolate, sheep's cheese, herb liqueur, pasta and olive oil.

And it is right here, in the Jiloca area, in Monreal del Campo, where you can find the Saffron Museum, exploring and safeguarding the culture of this crop, so traditional to this region.

LOCAL CHEESES

Age-old knowledge

Aragonese cheeses are a true delicacy. Boasting a long and proud tradition, they are currently enjoyed as one of the most exquisite morsels of our culinary craftsmanship.

In Aragon, there are more than 35 cheese producers making some 130 varieties, both cured and fresh. In Teruel some of the best are in Alcañiz, Albarracín, La Fresneda, Peñarroya de Tastavins, Aguilar de Alfambra and Samper de Calanda. But the most famous and emblematic of the Aragonese food world is probably that of Tronchón, in El Maestrazgo.

Pyrenean cheeses are made for a lengthy shelf-life. Some good examples are those from Benasque, Benabarre, Canfranc, Senz, Esposa, Saravillo, Radiquero and Sieso.

And in Zaragoza, those of El Burgo de Ebro, Ejea de los Caballeros, Caspe, Monegrillo, Letux and the El Moncayo area stand out. These cheeses are always excellent, due not only to the high quality of their raw ingredients but also to their age-old tradition of craftsmanship.



SUN-DRIED TOMATOES

Concentrated flavour

Sun-dried tomatoes, traditional in Caspe, are dried slowly in the sun, resulting in a product of highly concentrated flavour which will last all winter.

They are widely used in various types of dishes. To prepare them, soak them in lukewarm water, then fry them in plenty of olive oil over a low heat. The tomatoes will recover all their summer essence, intensified by frying, or as an ingredient in mouth-watering stews.



FURTHER INFORMATION
www.aragonalimentos.es

/ PRODUCTS WITH DENOMINACIÓN DE ORIGEN

IT IS AMAZING HOW EACH REGION'S CHARACTERISTICS AND TRADITIONS CAN IMPART AN INDIVIDUAL CHARACTER TO EACH PRODUCT. HERE YOU CAN PUT IT TO THE TEST.

OLIVE OIL FROM LOWER ARAGON

Liquid gold, amongst the best in the world.



The empeltre variety of olive is used here to make this precious liquid, regarded as one of the best oils in the world. Its defining characteristics are a clean appearance, golden-yellow colour and a smooth and pleasant flavour with a distinct olive aroma. So good you need nothing more.

OLIVE OIL FROM MONCAYO

As good as the best, different from the rest.



Varieties used here are empeltre, arbequina, negral, verdial and royal. These are balanced oils. Their fruity aromas suggest ripe green olives and dried fruit, and they have unique properties that distinguish them from the rest of the olive-growing regions. Don't miss your chance to try them.

FUENTES DE EBRO ONIONS

Sweet but not strong.



Thanks to the quality of the soils where it is grown, the sweet onion of Fuentes de Ebro, near Zaragoza, is a unique and superior product. Its water content, higher than any other variety of onion, makes it mild and tender.

< Calanda peaches.

TERUEL JAMÓN (HAM)

Ham with star quality.



The specific environmental conditions of the uplands of Teruel, with its cold, dry climate, have encouraged an age-old tradition of curing high-quality jamón (ham).

Present-day Teruel jamón (ham) is produced from cross-bred pigs which are fed on natural feed, closely regulated, and slaughtered at around 8 or 9 months.

In appearance, the ham is long, retaining the hoof and rind, on which an eight-point star is branded beside the word 'Teruel'. There is also a numbered band around the upper part with the logo of the Regulatory Board, which

1/ Ternasco lamb.

2/ Navarra asparagus.

3/ Fuentes onions.

4/ Aragon olive oil.

5/ Teruel jamón (ham).

distinguishes and certifies the products of this Denominación de Origen (protected designation of origin).

When sliced, the ham is glossy and slightly marbled with fat. Its exquisite flavour, mild and slightly salty, is a true delight on the palate.

CALANDA PEACHES

The sweet fruit of ingenuity and demand.



What principally distinguishes Calanda peaches is their special care. The result is a fruit with an even, creamy-yellow to straw colour and a texture and sugar content which give it an unbeatable appearance and unique flavour.



TERNASCO LAMB

An exquisite meat



Aragon's Ternasco lamb is lamb fed from birth on maternal milk and cereals, and slaughtered at an age of less than 90 days and a weight of between 8 and 12 kg. This makes it a tender delicacy fit for a feast. Genetics is all-important. Lambs come from three indigenous breeds: Roya Bilbilitana, Rasa Aragonesa and Ojinegra de Teruel.

Roasted with potatoes, it is one of the most traditional dishes of Aragonese cuisine.

NAVARRA WHITE ASPARAGUS

Gastronomic luxury from the Ebro Valley



The Regulatory Board of Navarra Asparagus also oversees production in the adjacent areas of La Rioja and Aragon, where it is a traditional crop.

It is produced under this designation in 43 Aragonese localities within the provinces of Huesca and Zaragoza. Distinguished by its white colour and smooth texture with little or no fibres, it yields a perfect balance of mildness and bitterness on the palate.

More Info: www.rutadelvinosomontano.com

www.dosomontano.com/festival-del-vino

Wine Space of the D.O. of Somontano.

Avda. de la Merced, nº 64. Barbastro (Huesca)

More Info: www.larutadelagarnacha.es

Museum of the D.O. of Campo de Borja. Monasterio

de Veruela. Vera de Moncayo (Zaragoza)

More Info: www.docalatayud.com

Wine Museum of the D.O. of Calatayud

Monasterio de Piedra. Nuévalos (Zaragoza)

More Info: www.rutadelvinocampodecarinena.com

Wine Museum of the D.O. of Cariñena

Cno de la Platera, 7. Cariñena (Zaragoza)

More Info: www.vinosdelatierradearagon.es



/ OUR WINES

WINE TOURISM IS ONE OF THE AREAS OF MODERN TOURISM THAT ATTRACTS MOST INTEREST.

Aragon has four wine-making designations of origin: Somontano, Cariñena, Campo de Borja and Calatayud. Also, the Cava Regulatory Board certifies wines produced in 7 autonomous regions, including Aragon. Sip by sip, you can uncover all the secrets of this sensual world.

SOMONTANO WINES

The area of Somontano de Barbastro has an ancient tradition of wine production.

This is a transitional zone between the Ebro Valley and the Pyrenees, with a micro-climate favourable to vines which allows the grapes to ripen earlier than in the rest of Aragon.

The most common grape varieties are Cabernet Sauvignon, Merlot, Tempranillo, Chardonnay and Gewürztraminer.

A meticulous selection of wine producers and tourist establishments, endorsed for their quality and professionalism, have joined forces in the Wine Route of Somontano. Their numerous services and activities (Wine Bus, vineyard tours, wine-tastings, etc.) offer you the chance to sample the pleasures of the good life and get to know the spectacular landscape of the Pyrenean foothills.

What's more, the Somontano Wine Festival is one of the most important dates in the Spanish wine tourism calendar. During the month of August, to the sound of live music, you can sample local cuisine with exquisite tapas and wines of the D.O. as well as participating in activities such as wine-tasting workshops and vineyard tours.

CARIÑENA WINES

Campo de Cariñena is one of the oldest wine-growing regions in the country and currently

undergoing something of a revival. Its characteristics remain the same, but the wine-producing culture and tradition is evolving. Because of this, the way of defining and presenting its wines is different.

The varieties of grape used here include: Garnacha tinta, Cariñena, Tempranillo, Monastrell, Juan Ibáñez, Cabernet Sauvignon, Macabeo, Garnacha blanca, Parellada and Moscatel romano.

The Association for the Tourist Promotion of the Wine Route of Campo de Cariñena pools the efforts of various establishments with the aim of offering new tourist activities based around wine. In this way, the visitor can enjoy this traditional area via its scenic, historic, culinary and vinicultural variety.

CAMPO DE BORJA WINES

The tradition of wine-growing dates back centuries here, to when the monks of the Monastery of Veruela cultivated their vines below El Moncayo.

Campo de Borja maintains its air of mystery amongst the vineyards, barrels and silence, safeguarding the wisdom of the area's great wine-producers.

Its diversity of micro-climates and soils enhances the subtleties of the superb traditional Garnacha grape varieties and makes Campo de Borja the Garnacha empire.

This is the predominant variety in cultivation, but it may also be grown alongside Tempranillo, Syrah and Cabernet.

CALATAYUD WINES

The dramatic temperature differences between night and day in this area have a crucial impact on the ripening of the grape, making its harvesting the latest in Aragon.

Because of these variations, the wines are very well-balanced and different from those of the rest of Aragon: smooth and well-suited to the tastes of the current market. The most important variety is Garnach tinta, with a lineage of over 40 years and planted on steep terrain.

WINES DE LA TIERRA

The designation of de la Tierra has been created to identify a series of wines from particular areas, which have pleasant surprises in store for the consumer.



There are vineyards to visit throughout Aragon.



Cariñena wines.



Traditional wine shop in the historic quarter.

Garnacha



Tempranillo



Syrah



Cabernet





/ ARAGON CAVA

IN VARIOUS PLACES IN THE PROVINCE OF ZARAGOZA (AINZÓN, CARIÑENA AND CALATAYUD), THERE IS A TRADITION OF SPARKLING WINE PRODUCTION USING THE CHAMPAGNE METHOD. THIS IS NOW PART OF THE DENOMINACIÓN DE ORIGEN CAVA REGION.

These sparkling wines are guaranteed to be produced according to the traditional method, with the second fermentation taking place in the bottle, and ageing in the cellar for a minimum of nine months. The specific conditions of the Aragonese vineyards are given the personal touch by wine experts, resulting in cavas with singular subtleties and their own individual character.

More Info: www.aragonalimentos.es



Recognised at European level as an Indicación Geográfica Protegida (Protected Geographical Indication), these table wines must fulfil certain criteria.

Five areas, belonging to three Aragonese provinces, come under this designation: Valle del Cinca, Ribera del Gállego-Cinco Villas, Bajo Aragón, Valdejalón and Valle del Jiloca. A sixth, Ribera del Queiles, extends into the region of Navarra. These are wines with individual character that are definitely worthwhile getting to know.

DID YOU KNOW?

Many Aragonese wines have been rated by the wine guru Robert Parker with more than 90 points.

The wine routes of Somontano, Campo de Cariñena and Garnacha (Campo de Borja) have joined together to form Enoturismo Aragón (Aragon wine tourism) with the aim of joint promotion and expanding its market position.



TAPAS ARE BITE-SIZE DELICACIES PERFECT FOR SAMPLING DIFFERENT FLAVOURS AND TEXTURES IN JUST ONE MOUTHFUL. A DEEPLY-ROOTED ARAGONESE CUSTOM WHICH BLENDS TRADITION AND MODERNITY.

/ TAPAS

Huesca, Teruel and Zaragoza are all 'tapas cities'. Like other areas of Aragon, each of these cities holds an annual competition to celebrate their innovations in the art of bar snacks, and allow leading establishments to show off their new developments in 'micro-cuisine'.

In Huesca, the tapas area has been rethought and revitalised, and is now in the city centre, mainly in the area between los Porches de Galicia and the Church of San Lorenzo.

In Teruel, almost every establishment offers jamón and pork-based snacks and also fried and pickled products. And the portion sizes are generous. The place to head for is the area including the streets Yagüe de Salas, San Juan, plaza del Torico and the adjoining streets, el Paseo del Óvalo, la Ronda de Ambeles and el Tozal.

In Zaragoza, the area most famous for its tapas is in the old quarter, in particular the area of el Tubo and the plazas of Santa Marta, San Miguel and Santa Cruz, where you can find both traditional establishments with a long history and new places showcasing imagination and good taste.





/ THE C'ALIAL SEAL

C'ALIAL IS A QUALITY ASSURANCE SEAL FROM THE ARAGON REGIONAL GOVERNMENT WHICH IDENTIFIES FOODSTUFFS DISTINGUISHED BY THEIR SPECIAL CULINARY AND NUTRITIONAL QUALITIES.

Products which carry this seal are:

- Beef
- Lomo embuchado (pork loin sausage)
- Smoked Ternasco lamb
- Preserved pork in oil
- Paleta curada (cured shoulder of ham)
- Free-range chicken
- Rabbit
- Aragon Longaniza sausage
- Aragon morcilla (black sausage with onion and pinenuts)
- Cured chorizo and cecina (cured beef)
- Caspe olives
- Virgin olive oil
- Preserved fruit
- Saffron
- Organic fruit
- Honey
- Hen's eggs
- Pasta and rice
- Borage
- Coc de Fraga (fruit and nut tart)
- Pastries from El Maestrazgo
- Trenza de Almodévar (plaited pastry with nuts and raisins)
- Torta de balsa (almond tart)
- Florentina cake
- Piedrecicas del calvario (chocolate-coated almond caramels)
- Turrón negro and guirlache (crunchy almond nougat)
- Castañas de mazapán (marzipan 'chestnuts')
- Candied fruit bonbons
- Tortas de manteca
- Pastel ruso (layer cake with praline cream filling)
- Pan de cañada (traditional oval-shaped bread)
- Pan de pintera (traditional rustic bread)
- Wine vinegar
- Mature cheese
- Queso fresco (fresh pressed cheese)
- Sheep's yoghurt



/ QUALITY CONFECTIONERY

THERE ARE MANY LOCAL SPECIALITIES IN WHICH LOVE FOR TRADITION AND CULINARY IMAGINATION HAVE BEEN BLENDED TO CREATE TRUE DELICACIES IN THEIR OWN RIGHT. HERE WE LIST JUST A FEW OF THEM.

In the province of Huesca, confectionery is our forte, and local specialities include: Coc de Fraga, Trenza de Almudévar, Huesca's castañas de mazapán, Pastel Ruso, Lacitos and Jaqueses (from Jaca), tortas de Ayerbe and Chesitas from the Hecho Valley.

In the province of Teruel: Suspiros de Amante de Teruel, Pastries from El Maestrazgo (tortas de alma, almojábanas, almendrados, mantecados, etc.) and Piedrecicas del Calvario, in Alcorisa.

In the province of Zaragoza: turrón guirlache, adoquines del Pilar, Frutas de Aragón and tortas de balsa from Caspe.

Although many of these products originate from a particular area, they are available in other localities in Aragon, above all in the city of Zaragoza.



Huesca's famous pastel ruso.



Huesca's traditional castañas de mazapán.



Traditional confectionery shop in Jaca.



Glorias de yema.



/ OUR MICHELIN STARS

THE PRESTIGIOUS GUIDE HAS AWARDED ITS COVETED STAR TO A FEW SELECT REPRESENTATIVES OF ARAGONESE HAUTE CUISINE: CHEFS WHO CAN INTERPRET THE CHARACTER OF OUR PRODUCE WITH THEIR OWN INDIVIDUAL FLAIR.



RESTAURANTE LAS TORRES DE HUESCA

Its motto: 'Where cooking becomes art'. At the head of the kitchen is David Fernández, an intelligent, modern chef, with a passion for design and new criteria, yet at the same time firmly anchored to the land that is a distinguishing characteristic of the Huesca restaurant. Currently, the restaurant is reviving traditional dishes which are given a new twist.



TABERNA LILLAS PASTIA IN HUESCA

It is easy here to lose yourself in the pleasure of the senses. Carmelo Bosque offers modern cuisine to which he applies his profound knowledge of the produce of the natural environment, specialising in the use of black truffles. Using his ingenuity, creativity and talent for experimentation, he transforms each dish into a work of art.



HOSPEDERÍA EL BATÁN IN TRAMACASTILLA DE TERUEL

María José Meda has been awarded Teruel's first Michelin star. This is highly personal cuisine, always dominated by respect for the local raw ingredients but employing unlimited creativity and modern techniques to create recipes as exclusive as they are original.



RESTAURANTE BAL D'ONSERA DE ZARAGOZA

Basque Carmen Arregui and Aragonese Josechu Corella are a creative duo who make every dish a gourmet work of art and feast for the senses for those who understand the value of quality raw ingredients and their careful preparation. The dining area, with the kitchen semi-visible, is minimalist, modern and sophisticated, because quality needs no decoration.



RESTAURANTE LA PRENSA DE ZARAGOZA

Marisa Barberán is an advocate of modern cuisine, blending large measures of imagination and exquisite taste. Daily, she negotiates the perfect balance of flavour, aroma, colour and texture, using only the finest foodstuffs. At a time when haute cuisine is experiencing a frenetic evolution, Marisa is positioned in the vanguard.

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/ AND NOW, ENJOY IT!



BORAGE STEMS WITH RICE AND CLAMS

Ingredients for 4 servings

160 g rice
400 g borage
16 clams
2 cloves of garlic
1 tsp chopped parsley
1 100 ml oil
2 100 ml fish stock
1 tab flour and salt

Method

Heat a little oil in a frying pan and sauté a pinch of chopped garlic and parsley. Add some flour and fish stock. Add the borage, cut into thin strips, and the rice. Cook for 10 minutes, then add salt and the clams. Once the clamshells open, adjust the seasoning and test the rice.



SALT COD AL AJOARRIERO

Ingredients for 4 servings

1 kg salt cod, pre-soaked or desalted
4 large potatoes
8 cloves of garlic
3 egg yolks
1 onion
oil and salt

Method

Take the whole cod, drained but still moist, and cook it in a medium oven. When it has softened, remove it from the oven and flake it (discarding the skin and bones), then place the flakes in cold water. When you have done this with all the fish, wash it several times and drain it, squeezing well to expel all the water it has soaked up.

Warm the oil in a terracotta casserole dish and add the finely sliced garlic. Before the garlic colours, add the flakes of cod and fry very gently. Next, add the egg yolks and fold them in.

Meanwhile, cut the potatoes into small chunks, sauté them in a pan and serve them mixed with the cod.



ROAST TERNASCO LAMB WITH POTATOES A LO POBRE

Ingredients for 4 servings

1,5 kg Ternasco lamb
2 kg potatoes
6 cloves of garlic
2 bay leaves
100 ml olive oil
500 ml water and salt

Method

Peel and slice the potatoes. Put the sliced garlic, bay leaves, oil, salt and water in an ovenproof dish. Season the lamb with oil and salt and place it on top of the potatoes.

Put it in the oven and cook for 1 hour and 35 minutes, allowing it to gradually become golden. When it is done on one side, turn it to ensure it browns evenly.



CHICKEN A LA CHILINDRÓN

Ingredients for 4 servings

1 chicken
3 medium onions
4 red peppers
2 bay leaves
6 cloves of garlic
1 kg fresh tomatoes
200 g Teruel jamon

Method

Joint the chicken and fry the pieces in a pan. When golden, transfer to a casserole dish.

In the oil left over from frying the chicken, fry the garlic, onion, peppers and ham, cut into pieces. Then mix this with the chicken in the casserole dish.

Next, scald the tomatoes, process them and pass them through a sieve. Add the tomatoes and a bay leaf to the chicken. Season and leave to cook until the chicken is tender and ready to serve.



www.turismodearagon.com



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