



ENGLISH

# GASTRONOMY

## IN ARAGON

YOU ARE GOING TO KNOW WHAT FLAVOUR IS. VISITING ARAGON IS A SAMPLE OF GOOD TASTE, BEYOND ITS LANDSCAPES, VILLAGES AND MONUMENTS, DISH BY DISH AND STEP BY STEP, THE PLEASURE IS YOURS.



“ ARAGONESE GASTRONOMY IS  
NOURISHED BY THE INFLUENCE OF  
ITS NORTHERN AND MEDITERRANEAN  
NEIGHBOURS AS WELL AS BY THE  
ABUNDANCE OF ITS VEGETABLE  
GARDEN ”







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# Tradition / ARAGON IS FLAVOUR Innovation

There is a way of approaching the culture of a territory that enters through the senses. In Aragon you will discover the wisdom of traditional dishes, but also the imagination of new chefs. And the best way to get to know them is to try them, because they contain the best of this land.



**MORE INFORMATION**  
[www.gastronomia-aragonesa.com](http://www.gastronomia-aragonesa.com)



**MORE INFORMATION**  
[www.aragonalimentos.es](http://www.aragonalimentos.es)



< Teruel ham (PDO)  
Aragón's Wines  
Graus Longaniza tapa (Sausage)  
Olives from Lower Aragon



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



# 01/

## ARAGON IS FLAVOUR

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



# 02/

## UNIQUE PRODUCTS

A series of products reach their maximum expression in Aragon. Get to know them and, if you have the chance, try them.



# 03/

## PRODUCTS WITH A GEOGRAPHICAL DESIGNATION

It is surprising how the characteristics and tradition of each territory can give each product its own personality.



# 04/

## C'ALIAL BRAND

C'alial is a guarantee brand of the Government of Aragon identifying food products that stand out for their special gastronomic qualities.

# 05/

## QUALITY CONFECTIONERY

There are numerous local specialities in which love of tradition and culinary imagination have been combined to create authentic delicacies with a name of their own.

# 06/

## AND NOW, ENJOY IT

Aragon is a region where we know how to eat well and have fun at the same time. Here are a few ideas and a piece of advice: try it all.





Borage



Azafrán.

## / UNIQUE PRODUCTS

A SERIES OF PRODUCTS REACH THEIR MAXIMUM EXPRESSION IN ARAGON. GET TO KNOW THEM AND IF YOU HAVE THE CHANCE, TASTE THEM.

### **BORAGE**

*The queen of the vegetable garden*

This vegetable is the most delicate, exquisite, nutritious, and healthy of the Ebro Valley

Borage is tender, simple, and inexpensive, with a fine and delicious taste that does not require complicated processing. Everything can be made from borage. The leaves are used to make “crespillos”: they are dipped in flour, egg and aniseed and then fried in a frying pan.

In recent times, borage has become part of state-of-the-art cuisine in top restaurants, both in Spain and in other countries, and is most appreciated when it has the C’alial seal, which guarantees its special gastronomic qualities.

It is considered a luxury vegetable thanks to its finesse and nobility, combining perfectly with all kinds of flavours: mushrooms, meat, clams...

### **Did you know that...?**

The first evidence of borage was found in the Celtiberian site of Ségeda (Mara, Saragossa), documented in the 2nd century BC.

### **SAFFRON**

*Red gold*

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

The saffron rose is harvested delicately, by hand, one by one. Around 150 flowers are needed for each gram of roasted saffron, known as “red gold”.

In Aragon, it is not only used to give a wonderful flavour and a special colour to all kinds of stews, but also to make other products such as chocolate, sheep’s cheese, herbal liqueur, pasta, olive oil, etc.

And it is precisely in these lands of the Jiloca River, in Monreal del Campo, where one can find the Saffron Museum, which aims to safeguard the culture of this crop, of great tradition in this town.





Search for black truffle

## BLACK TRUFFLE

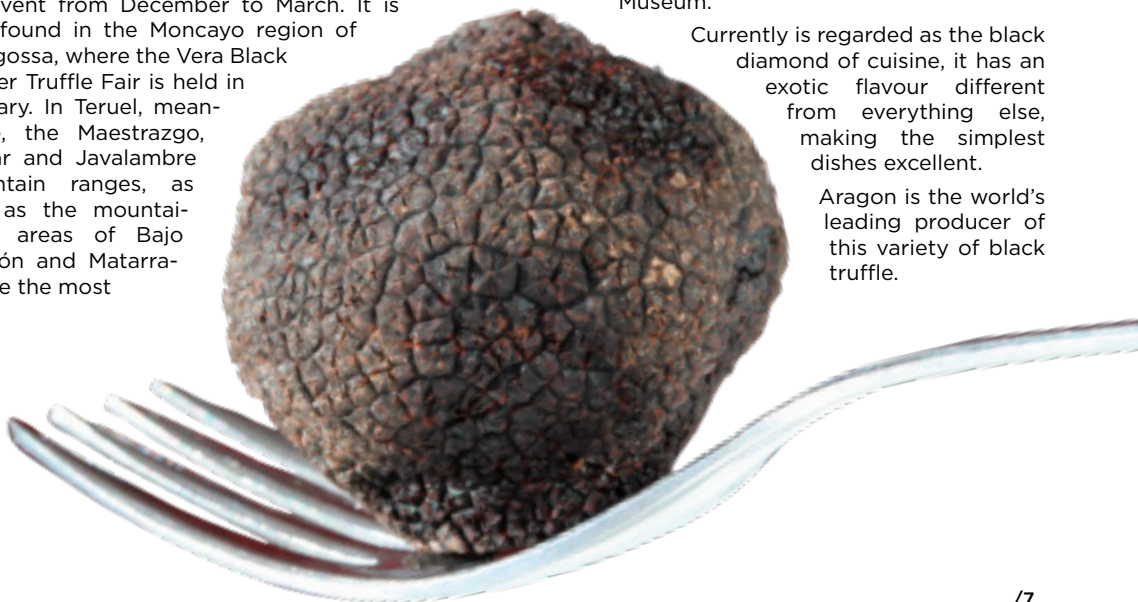
### *The black diamond*

In Aragon, the black truffle (*Tuber melanosporum*) is abundant in quantity and quality, especially in the areas of the eastern Pre-Pyrenees of Huesca, and more especially in Graus, which celebrates its Fresh Truffle Market with a weekly event from December to March. It is also found in the Moncayo region of Saragossa, where the Vera Black Winter Truffle Fair is held in January. In Teruel, meanwhile, the Maestrazgo, Gúdar and Javalambre mountain ranges, as well as the mountainous areas of Bajo Aragón and Matarraña are the most

renowned. However, it is the town of Sarrión, next to Teruel, which is considered the Spanish capital of the black truffle, serving as the location for the International Truffle Fair, Fitrufo, held at the beginning of December, as well as a Truffle Museum.

Currently is regarded as the black diamond of cuisine, it has an exotic flavour different from everything else, making the simplest dishes excellent.

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





Regional cheeses

## AUTOCHTHONOUS CHEESES

### *Ancient wisdom*

Aragonese cheeses are a real delicacy. With a tradition that has been praised since time immemorial, they are nowadays appreciated as one of the most exquisite morsels of our culinary craftsmanship. Cured or fresh, the more than 35 cheese dairies in Aragon produce some 130 varieties. In Teruel, those of Alcañiz, Albarracín, La Fresneda, Peñarroya de Tastavins, Aguilar de Alfambra and Samper de Calanda stand out. However, it is probably the Tronchón cheese, in Maestrazgo, which is the best known and most emblematic in the Aragonese food world.

The cheeses of the Pyrenees are made for long-term storage. They include those from the Benasque valley, Benabarre, Canfranc, Senz, Esposa, Saravillo, Radiquero and Sieso.

In Saragossa, those of El Burgo de Ebro, Ejea de los Caballeros, Caspe Monegrillo, Letux and the Moncayo area stand out. These cheeses are always excellent, not only because of the raw material, which is of the highest quality, but also because of their age-old tradition of production.

## DRIED TOMATO

### *Concentrated flavour*

Typical of Caspe, dried tomatoes, are those that have lost all their water after being dried in the sun, although they retain all their flavour in a more concentrated form, thus preserving them during the winter.

They are widely used in different culinary preparations. For this purpose, they are soaked in lukewarm water and then pan-fried in plenty of oil over a low, mild heat. Tomatoes recover all the spirit of summer, condensed and enhanced with frying or as part of exquisite stews.







Pine bolete

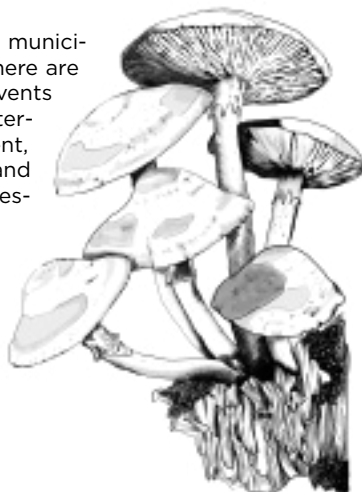
## MUSHROOMS AND FUNGI

### *The queens of autumn*

Mycology finds in Aragon a privileged place for its enjoyment. The diversity of ecosystems present in the territory makes it possible to collect the great majority of species of commercial value present in Spain. Boletes, trumpet mushrooms, chanterelles, milk caps and oyster mushrooms become abundant following the arrival of the first rains in the main areas of mycological exploitation.

Aragon has places of reference for finding them, such as the Pyrenean Mountain range, Maestrazgo, Gúdar-Javalambre or the Sierra de Albarracín, where there is a mycological park and signposted mycological routes.

In addition, in many municipalities in Aragon, there are mycology-related events which help to interpret the environment, identify species and promote good harvesting practices.



This richness is reflected in the mycological experiences offered by the sector, as well as in the network of catering establishments that prepare dishes with their own name and have this ingredient as the main feature. The ideal place to taste a km-0 product that is unique and high-quality, versatile and healthy.



**MORE INFORMATION**  
[www.micoaragon.es](http://www.micoaragon.es)



# / PRODUCTS WITH A GEOGRAPHICAL DESIGNATION

IT IS SURPRISING HOW THE CHARACTERISTICS AND TRADITION OF EACH TERRITORY CAN GIVE A UNIQUE CHARACTER TO EACH PRODUCT. HERE YOU CAN SEE FOR YOURSELF.

## CALANDA PEACH



*The sweet fruit of  
ingenuity and high standards*

What distinguishes the Calanda peach is the care that goes into it. The result is a fruit of uniform colour, somewhere between creamy and straw yellow, with a hardness and a sugar content that give this fruit, grown in Teruel and Saragossa, a matchless appearance and unique flavour.







Teruel ham

## TERUEL HAM / TERUEL SHOULDER HAM



### *A ham born under a lucky star*

The peculiar environmental conditions of the highlands of Teruel, with their cold and dry climate, have favoured the curing of high-quality hams and shoulders since time immemorial.

Today's Teruel hams and shoulders are obtained from crossbred pigs, born and fattened on farms located in the province of Teruel, where they are mainly fed on cereals.

The external characteristics are provided by the elongated shape of the hoof. It may have the full rind or a "V" shape, where an eight-pointed star is engraved with the word 'Teruel!'.

The logo of the designation distinguishes and guarantees the products of this Designation of Origin.

When cut, the ham has a shiny appearance with partially infiltrated fat. Its exquisite flavour, mild and slightly salty, is a real delight for the palate.





Calanda peach



Lower Aragon oil (PDO)

### FUENTES DE EBRO ONION (PDO)

*It's sweet and not pungent!*



Due to the quality of the land where it is grown, the "Dulce de Fuentes" onion variety, which is very close to Saragossa, is a noble and unique product. It is characterized by its straw-white colour, its sponginess, low pungency and slightly sweet taste.



Fuentes de Ebro onion

### LOWER ARAGON OIL (PDO)

*Liquid gold, one of the best in the world*



The olive varieties used to obtain this cherished liquid, which is regarded as one of the best oils in the world, are empeltre, arbequina and royal. Their distinguishing characteristics are a clean appearance, a golden yellow colour with light, slightly spicy almond flavours without bitterness. So good that they don't need anything else.

### SIERRA DEL MONCAYO OIL (PDO)

*It's good as the best, different from the others*



Try out the empeltre, arbequina, negral, verdial and royal varieties. These are balanced oils. The olfactory evaluation presents the fruity aromas of green olives, ripe olives and dried fruits, with unique properties that make it different from the rest of the olive-growing areas.

Don't miss it.





Aragon suckling lamb (PGI)

## ARAGON SUCKLING LAMB (PGI)

*An exquisite meat*



The Aragon ternasco consists in a lamb that is fed from birth with mother's milk and supplemented "ad libitum" with white straw and authorized concentrates, with a minimum lactation period of 40 days and a weight of between 8 and 12.5 kg, which conditions make it a delicacy for enjoyment at the table. Genetics is essential in this case, as it comes from five native breeds: Roya Bilbilitana, Rasa Aragonesa, Ojinegra de Teruel, Maellana, and Ansotana.

Roasted with potatoes, it is one of the most typical dishes of Aragonese gastronomy.

## NAVARRRE ASPARAGUS (PGI)

*A gastronomic luxury  
of the Ebro Valley*



The Navarre Asparagus Protected Geographical Indication also protects production in the neighbouring areas of La Rioja and Aragon, where it is a traditional crop.

It is produced under this denomination in 43 Aragonese municipalities belonging to the provinces of Huesca and Saragossa. It is distinguished by its white colour, smooth texture, with little or no fibrousness, and a perfect balance in the smoothness of its bitterness on the palate.



Navarre asparagus (PGI)



# / OUR WINES

ONE OF THE MOST POPULAR TOURIST ATTRACTIONS NOWADAYS IS WINE TOURISM. ARAGON HAS SIX WINE DESIGNATIONS OF ORIGIN, FIVE OF THEM REGIONAL AND ONE SUPRA-REGIONAL.



**MORE INFORMATION**  
[www.enoturismodearagon.com](http://www.enoturismodearagon.com)

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+ Info: [www.rutadelvinosomontano.com](http://www.rutadelvinosomontano.com)  
[www.dosomontano.com/festival-del-vino](http://www.dosomontano.com/festival-del-vino)  
Somontano DO Wine Space.  
Avda. de la Merced, nº 64. Barbastro (Huesca)

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+ Info: [www.larutadelagarnacha.es](http://www.larutadelagarnacha.es)  
Campo de Borja DO Museum, Monastery of Veruela. Vera de Moncayo (Saragossa)

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+ Info: [rutadelvinocalatayud.com](http://rutadelvinocalatayud.com)  
Calatayud DO Wine Museum.  
Monasterio de Piedra. Nuévalos (Saragossa)

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+ Info: [www.rutadelvinocampodecarinena.com](http://www.rutadelvinocampodecarinena.com)  
Cariñena DO Wine Museum  
Cno de la Platera, 7. Cariñena (Saragossa)

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+ Info: [www.vinosdelatierradearagon.es](http://www.vinosdelatierradearagon.es)

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**Somontano, Cariñena, Campo de Borja and Calatayud and Aylés are regional wine designations of origin. In addition, the Regulatory Council of the Cava PDO, certifies wines produced in 7 autonomous communities, including Aragon.**

**In all of them you can discover the secrets of this pleasurable world sip by sip.**



## SOMONTANO DO

Somontano de Barbastro has long been a traditional wine-producing area.

It is a land of transition between the Ebro valley and the Pyrenees, with a benign microclimate for the vineyards, which means that the grapes ripen earlier than in other areas of Aragon.

The most commonly produced grape varieties are Cabernet Sauvignon, Merlot, Tempranillo and Chardonnay or Gewürztraminer.

A careful selection of wineries and tourist establishments, endorsed by their quality and professionalism, have gathered in the Somontano Wine Route, which, through a multitude of offers and activities (Wine Bus, visits to wineries, tastings, etc.), invites us to savour the pleasures of the good life and get to know the spectacular pre-Pyrenean landscape.

In addition, the Somontano Wine Festival is one of the most important wine tourism events in Spain. It is held in August and you can listen to live music, take part in the Gastronomic Show with exquisite tapas and DO wines or take part in tasting workshops and visits to wineries, among many other activities.





Cariñena Vineyards



## CARIÑENA DO

Campo de Cariñena is one of the most traditional wine-growing areas in our country, which is currently reinventing itself. The identifying traits are the same as always, but the way of interpreting the wine culture and tradition is evolving. Therefore, the way of defining and presenting its wines is different.

Some of the grape varieties used are: Garnacha tinta, Cariñena, Tempranillo, Monastrell, Juan Ibáñez, Cabernet Sauvignon, Macabeo, Garnacha blanca, Parellada and Moscatel romano.

The Association for the Tourist Promotion of the Campo de Cariñena Wine Route brings together the efforts of different establishments with the aim of offering new tourist proposals based on wine, so that visitors can enjoy this genuine territory through its variety of landscapes, monuments, food and wine.

## CAMPO DE BORJA DO

Its tradition dates back to centuries before, when, under the Moncayo, the monks of the Monastery of Veruela cultivated their vineyards from much earlier times.

The Campo de Borja maintains this mystical character between cellars, barrels and silence, which has managed to preserve all the wisdom of the great winemakers of the area.

Its diversity of microclimates and soils enriches the nuances of the impressive wine-growing heritage of the “garnachas” and allows us to call the Campo de Borja, the empire of the garnacha.

The production is clearly dominated by this variety although it is also accompanied by Tempranillo, Syrah and Cabernet.



## CALATAYUD DO

The enormous temperature differences between day and night in this area have a decisive influence on the ripening process of the grapes, making it the latest grape harvest in Aragón.

With these variations, very balanced wines are produced, different from the rest of the Aragonesse appellations: smooth and very suitable for the current market tastes. The most important variety is the red Garnacha, a grape variety that is more than 40 years old and planted in steep terrain.



*Tempranillo*



*Cabernet*



*Syrah*



*Garnacha*

There are wineries that can be visited all over Aragón.



Somontano D.O. winery



ASOCIACIÓN DE  
**VINOS DE  
LA TIERRA  
DE ARAGÓN**

## WINES OF THE LAND

Vinos de la Tierra has been created to distinguish, in specific territories, a series of wines that hold pleasant surprises for consumers. Recognized at European level as a Protected Geographical Indication (PGI), this figure identifies wines whose quality and reputation are due to their geographical origin.

There are currently five registered indications, distributed among the three Aragonesse provinces: Valle del Cinca, Ribera del Gállego-Cinco Villas, Bajo Aragón, Valdejalón and Ribera del Jiloca. And there is also a sixth, Ribera del Queiles, which also covers the territory of Navarre. Wines with their own characteristics that are undoubtedly worth getting to know.







## / CAVA IN ARAGON (SPARKLING WINE)

DIFFERENT PARTS OF THE PROVINCE OF SARAGOSSA (AINZÓN, CARIÑENA AND CALATAYUD) WERE NOTED FOR THE TRADITION OF ELABORATING SPARKLING WINES FOLLOWING THE SO-CALLED MÉTHODE CHAMPENOISE. THEY ARE INCLUDED IN WHAT IS NOW THE REGION OF THE CAVA DENOMINATION OF ORIGIN.

These sparkling wines have been produced following the traditional method characterized by a first phase of elaboration of the base wine (first fermentation), followed by the addition of the tirage, a mixture of yeast and sugar, and finally the second fermentation in the bottle for a minimum of nine months.

+ Info: [www.aragonalimentos.es](http://www.aragonalimentos.es)



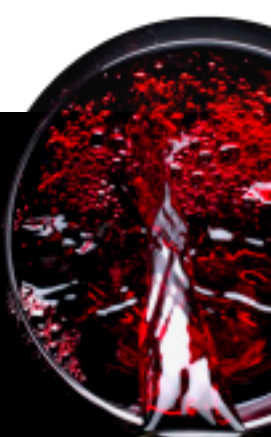
## DID YOU KNOW?

Wines from Aragón get excellent ratings in the best and most prestigious competitions contents in the world.

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The wine routes of Somontano, Campo de Cariñena, Calatayud and Garnacha (Campo de Borja), have joined forces to form the Aragón

Enotourism brand, with the aim of promoting themselves together and thus intensify their market presence.



Get to know the Wines of Aragón and get your expert certificates for free.

**Would you like  
to become an**

**#ARAGONWINEEXPERT?**



MORE INFO  
[www.aragonwineexpert.com](http://www.aragonwineexpert.com)

# /TAPAS

(appetizer or snack)

TAPAS ARE THOSE LITTLE DELICACIES THAT ALLOW YOU TO TASTE DIFFERENT FLAVOURS AND TEXTURES IN JUST ONE BITE. A DEEP-ROOTED CUSTOM IN ARAGON THAT COMBINES TRADITION AND MODERNITY.

Huesca, Teruel, and Saragossa are all cities of tapas. The competitions held annually in each of them, as well as in other areas of Aragon, show that the cities are innovating in the art of eating standing up, with establishments that demonstrate their leadership in research and in the development of the new micro-cuisine.

In Huesca, the tapas offer has been renewed and revitalised, and is now concentrated in the city centre, especially in the area between the Porches de Galicia and the Church of San Lorenzo.



In Teruel there is a popular offer, common to almost all the establishments, based mainly on ham and other pork products, fried foods and pickles. It is an offer that is closer to raciones than to pinchos or tapas. In order to try them, we will have to walk along the streets Yagüe de Salas, San Juan, the Plaza del Torico and adjacent streets, the Paseo del Óvalo, the Ronda de Ambeles and the Tozal.







In Saragossa, the best-known area for tapas is mainly in the old quarter, particularly in the old town and especially the Tubo area, Santa Marta Square, San Miguel and Santa Cruz, where traditional establishments with deep-rooted roots combine with novel and imaginative proposals full of imagination and good taste.





## / THE C'ALIAL BRAND

IS A GUARANTEE MARK OF THE GOVERNMENT OF ARAGON THAT IDENTIFIES FOOD PRODUCTS THAT STAND OUT FOR THEIR SPECIAL GASTRONOMIC QUALITIES.

### The products bearing this seal are:

- Beef
- Sausage loin
- Pork preserved in oil
- Longaniza de Aragón sausage
- Chorizo sausage
- Extra virgin olive oil
- Fruit Protected fruit with integrated treatments
- Eggs
- Rice
- Borage
- Coc de Fraga
- Almudévar braid
- Sweet onion
- Black nougat and guirlache (sweet made basically of almonds and solidified caramel)
- Marzipan chestnuts
- Frutas de Aragón (candied fruits)
- Russian cake
- Bread

**C'alia products, together with the region's Protected Designation of Origin or Protected Geographical Indication foods, offer the best and most complete sample of Aragonese gastronomy.**





# / QUALITY CONFECTIONERY

THERE ARE NUMEROUS LOCAL SPECIALITIES IN WHICH THE LOVE OF TRADITION AND CULINARY IMAGINATION HAVE COMBINED TO CREATE AUTHENTIC DELICACIES WITH THEIR OWN NAME, OF WHICH WE WILL ONLY MENTION A FEW.

In the province Huesca, the pastries are shines for their excellence. The many specialties include: the Coc de Fraga, the Trenza de Almodévar, the marzipan chestnuts of Huesca, the Pastel Ruso, the Lacitos and Jaqueses (from Jaca), the tortas de Ayerbe and the Valle de Hecho chesitas.

In Teruel: Suspiros de Amante de Teruel, Pastas del Maestrazgo (tortas de alma, almojábanas, almendrados, mantecados...) and Piedrecicas del Calvario, in Alcorisa.

In Saragossa: turrón guirlache, adoquines del Pilar, Frutas de Aragón and tortas de balsa of Caspe.

However, although many of these products originate in one area, they are marketed in other parts of Aragón, especially in the city of Saragossa.



Famous Russian Cake from Huesca.



Typical Huesca Marzipan chestnuts



Old pastry shop in Jaca.



Glorías de yema.

# / OUR MICHELIN STARS

THE RENOWNED GUIDE HAS AWARDED ITS DESIRED STAR TO SOME REPRESENTATIVES OF WHAT WE COULD CALL ARAGONESE SIGNATURE CUISINE, WHICH KNOWS HOW TO INTERPRET THE CHARACTER OF OUR PRODUCTS IN HAUTE CUISINE TERMS.

Lillas Pastia



## TABERNA LILLAS PASTIA IN HUESCA

Here it is not difficult to abandon yourself to the pleasure of the senses. Carmelo Bosque offers a modern cuisine in which he applies his knowledge of its deepest roots and the products of his natural environment, having specialized in the use of truffles. And with this contribution of ingenuity, creativity and research, he turns each dish into a work of art.

Tatau



## TATAU RESTAURANT IN HUESCA

This is not your average restaurant, nor is it a bar like any other. Through his cuisine, Tonino Valiente transmits his values of enthusiasm and effort, passion for his trade, dedication and respect for tradition. His cuisine is prepared with love, technique and dedication. It is the attention to detail, a well-served beer, a quality coffee, good wines from here and there, "Tatau is everything we are, it is everything we like".

Callizo



## CALLIZO RESTAURANT IN AINSA, HUESCA

In the heart of the Pyrenees, next to the Ordesa y Monte Perdido National Park, Jostexo Souto and Ramón Aso offer technical and emotional mountain cuisine in their restaurant. Their priority is local products from the Aragonese Pyrenees. With a renewed image, the essence of their cuisine remains the same: modern, evolving and reflective. If possible, it is even more focused on local products.

Espacio N



## ESPACIO N IN ESQUEDAS, HUESCAIN

Ana Acín and Eduardo Salanova have embarked on a new concept of modernity, boldness, and simplicity, in a space in which white floods the atmosphere, ESPACIO N, where the kitchen, the dining room and the elements form a unique whole for the delight of diners. It offers creative cuisine with matchless technique to which it adds nods to old Aragonese recipes and its own cutting-edge creations, where the main protagonist is flavour.



## HOSPEDERÍA EL BATÁN IN TRAMACASTILLA, TERUEL

María José Meda has achieved the first star for the province of Teruel. She offers a very personal cuisine, always informed by the respect for the raw material offered by the area, but with no limits to creativity and with modern techniques to carry out recipes as exclusive as they are original.



El Batán

## LA PRENSA RESTAURANT IN SARAGOSSA

Marisa Barberán prepares a modern and creative cuisine, but with a traditional base in which she knows how to apply strong doses of imagination. The raw material is of exceptional quality as this is the only way to offer a good product. Day by day, she achieves the perfect combination of flavours, aromas, colours, and textures using the best ingredients. At a time when haute cuisine is undergoing a frenetic evolution, Marisa knows how to position herself at the forefront of the trend.



La Prensa

## CANCOOK RESTAURANT IN SARAGOSSA

Cancook means cooking, passion for the profession, a desire to place value on Aragon and commitment to the environment. They work with producers of the zone to spread the feeling of rootedness to their clients. From the kitchen, Ramsés González, the second youngest chef to achieve the star in our country, prepares a cuisine with fresh techniques, local produce, experience and flavour, the cornerstone of his cuisine.



Cancook

## GENTE RARA IN SARAGOSSA

It has become a benchmark restaurant for haute cuisine in Saragossa. Cristian Palacio and Sofia Sanz offer a creative cuisine in their restaurant, located in an old mechanical workshop. In their gastronomic concept they offer a unique experience and a different vision of the restaurant, in which people can participate in everything that happens in their kitchen. Here you will find recognizable flavours, technique, enthusiasm and nature. They work with local seasonal products and the tradition of our land, in which they prioritise the circular economy and sustainability with the environment. con el entorno.



Gente Rara

ARAGON IS A REGION WHERE ONE DEFINITELY KNOWS HOW TO EAT WELL AND HAVE FUN AT THE SAME TIME. HERE ARE SOME IDEAS AND A PIECE OF ADVICE: TRY IT ALL.

## / AND NOW, ENJOY IT



### **BORAGE, RICE AND CLAMS**

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#### Ingredients for 4 people

160 gr. of rice  
400 gr. of borage  
16 clams  
2 cloves of garlic  
1 teaspoon of chopped parsley  
1 dl. of olive oil  
2 dl. fish stock  
1 tbsp. flour and salt

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#### Preparation

Pour a little oil into a frying pan and sauté a pinch of chopped garlic and parsley. Add a little flour and fish stock. Add the borage cut into sticks along with the rice. When it has been on the heat for about 10 minutes, add the salt and the clams. Once the clams have opened, adjust the salt and check the doneness of the rice.



### **CHICKEN A LA CHILINDRÓN**

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#### Ingredients for 4 people

1 chicken  
3 medium onions  
4 red peppers  
2 bay leaves  
6 cloves of garlic  
1 kg. of natural tomatoes  
200 gr. of Teruel ham (PDO)

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#### Preparation

Cut the chicken into pieces and fry it in a frying pan. When it is well browned, transfer it to a casserole dish.

With the oil left over from frying the chicken, brown the garlic, fry the onion, the pepper and the diced ham. Then mix this seasoning with the chicken in the casserole.

Then blanch the tomatoes, crush them, and pass them through a chinois. Then add it to the pan with the poultry along with a bay leaf. Season and cook until the chicken is tender and ready to serve.



#### **MORE INFORMATION**

[www.https://gastronomia-aragonesa.com/recetas](https://gastronomia-aragonesa.com/recetas)





## ROAST LAMB WITH POTATOES A LO POBRE. (POOR POTATOES)

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### Ingredients for 4 people

1,5 kg. of Ternasco de Aragón Lamb (IGP)  
2 kg. of potatoes  
6 cloves of garlic  
2 bay leaves  
10 dl. of olive oil  
1/2 l. water and salt

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### Preparation

After peeling and slicing the potatoes, place two slices of garlic, the bay leaves, oil, salt and water in a baking dish. After seasoning with salt and oil, place the veal on top of the potatoes.

Once prepared, put it in the oven for 1 hour and 35 minutes so that it browns gradually at a low temperature. When you see that it is done on one side, turn it over so that it is browned equally on both sides.



## COD IN AJOARRIERO SAUCE

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### Ingredients for 4 people

1 Kg. . of salted or desalted codfish  
4 large potatoes  
8 cloves of garlic  
3 egg yolks  
1 onion  
oil and salt

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### Preparation

Roast the thick, slightly juicy cod in the oven at a medium temperature. As soon as it has softened, take it out of the oven and break it up into thin strips which, once the skin and bones have been discarded, are placed in cold water. Once all the cod is done, wash it in several waters and drain it, squeezing it well so that it releases all the water it carries.

Heat the oil in an earthenware pan and add the finely chopped garlic. Before the garlic starts to colour, add the crumbled cod, and let it fry slowly. Next, add the egg yolks and cover everything.

Separately, prepare the potatoes as for omelettes, sauté them in the frying pan and serve them mixed with the cod.



### MORE INFORMATION

[www.aragonalimentos.es/recetas-de-cocina-alimentos-de-aragon](http://www.aragonalimentos.es/recetas-de-cocina-alimentos-de-aragon)



## **BOLICHES DE EMBÚN, STEWED IN THE OLD STYLE**

### Ingredients for 4 people

200 gr. of pole boliches (a kind of bean)  
 200 gr. of non-pole boliches  
 200 gr. of black boliches  
 200 gr. of old boliches  
 4 heads of garlic  
 1 fat onion  
 4 carrots  
 2 leeks  
 parsley, oil from Lower Aragon (PDO) and salt

### Preparation

The day before preparing the dish, soak the boliches in water.

The next day, place the boliches in four pots and in each one add a head of garlic, a carrot, a piece of leek and a good splash of olive oil. Cook it in cold water over a low heat until a buttery texture is achieved.

Season it with a little fried onion, chopped parsley and salt.

It is advisable to boil the boliches in mineral water with a low calcium densit



## **POTATOES A LA IMPORTANCIA (POTATOES TO THE IMPORTANCE)**

### Ingredients for 4 people

potatoes  
 flour  
 eggs  
 olive oil  
 poultry stock  
 garlic and parsley  
 ham stock

### Preparation

Peel and clean the potatoes and then cut them into thick slices. Dip them in flour and beaten egg and fry them in plenty of hot oil. When they are fried, cover the potatoes with the poultry and ham stock, and with crushed garlic and parsley. Once the dish is ready, it should be lightly boiled in a separate pan and served hot.



### **MORE INFORMATION**

[www.celiacosaragon.org/receptorio](http://www.celiacosaragon.org/receptorio)

In addition, the Aragonese Celiac Association offers a large selection of recipes suitable for gluten-free diets.





# CALIDAD DIFERENCIADA DE ARAGÓN

Alimentos únicos y vinculados al territorio

## DOP VITIVINÍCOLAS



D.O. CAVA

## DOP ALIMENTARIAS



## IGP VITIVINÍCOLAS

IGP "Bajo Aragón"  
IGP "Ribera del Jiloca"  
IGP "Valdejalón"

vinos  
de la  
tierra

IGP "Valle del Cinca"  
IGP "Ribera del Gállego-Cinco Villas"  
IGP "Ribera del Queiles"

## IGP ALIMENTARIAS



## ARTESANÍA ALIMENTARIA



## PRODUCCIÓN ECOLÓGICA



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