

ENGLISH

Aragonese gastronomy



ARAGONESE GASTRONOMY

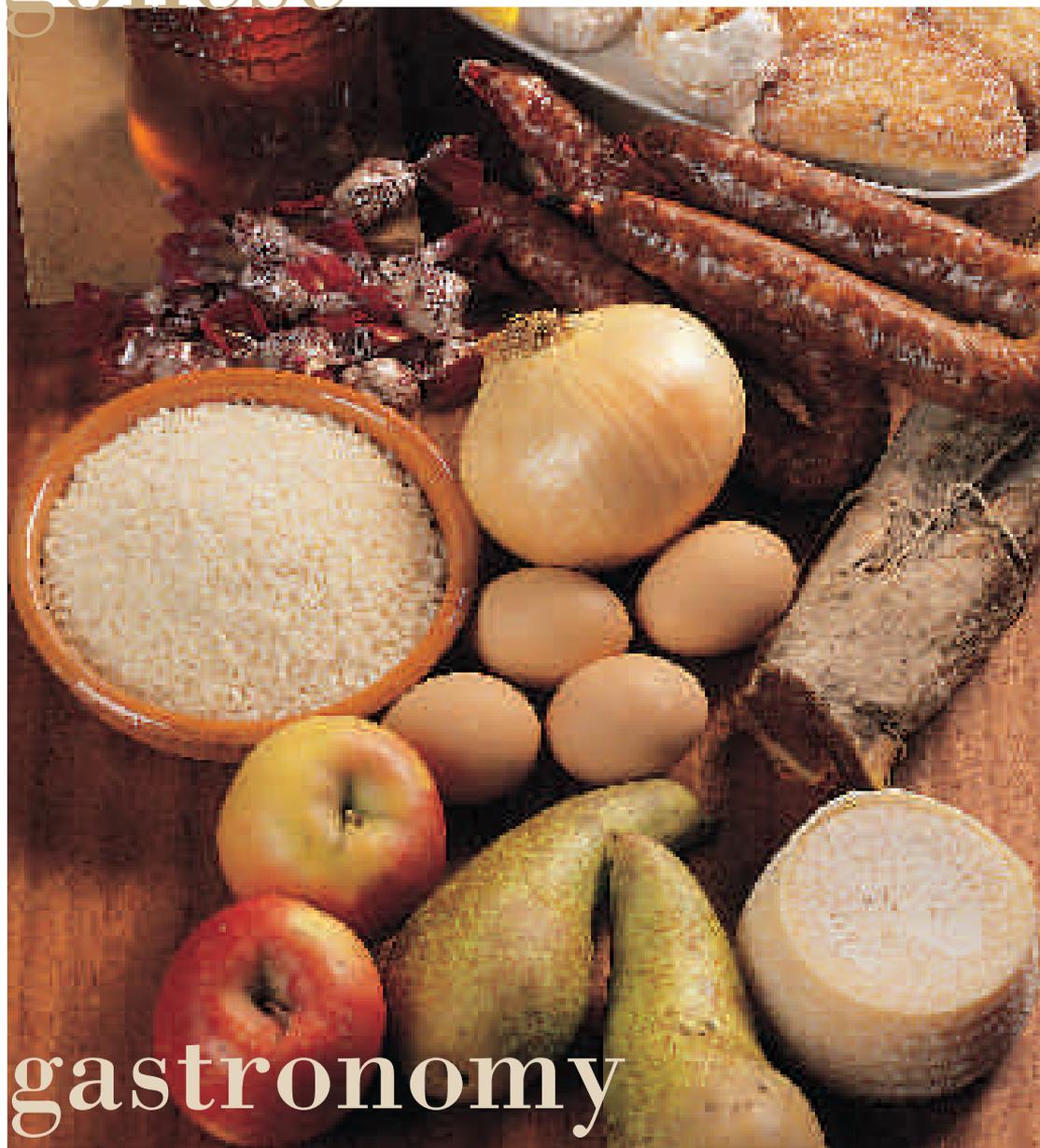
The Autonomous Community of Aragon, rather than a pantry, has a gastronomic heritage shaped by the legacy of the different peoples that have passed through it. It conserves its own identity, which, with the passage of time has been supplied by the fresh food market provided by its land. These identity marks are determined by the product and its subsequent transformation in the kitchen, which leads to what is known today as a classical recipe book.

Like any regional cuisine, that which is prepared with original products that are born within the territorial framework of the Autonomous Community is recognised as autochthonous. And in Aragon the geographical differentiation that exists from the high peaks of the Pyrenees in Huesca, to the Iberian System of Teruel, makes for the most varied products. There is just as much contrast in them as there is in the very relief of the territory.

By incorporating a wide range of products, Aragonese cuisine is based on popular dishes that vary depending on what area they are prepared in. Whether we are dealing with meats, vegetables, fish or pulses, they make up the creed of a cuisine that at the present time is going through a phase of transition, a process of updating the old cookbook. The tastes that for decades have bubbled in the casseroles and stewpots of all the community are not forgotten but they are lightened, harmonised and balanced, while always maintaining the honesty and personality that distinguishes them.



Aragonese



gastronomy



TRADITIONAL ARAGONESE CUISINE

In Aragon, like in other Autonomous Communities, various kinds of cuisine and gastronomic forms coexist: traditional, classical and private cuisine on the one hand, and public, innovative and renovated cuisine on the other. To talk about the traditional cuisine, the dishes that have always been present in the pots and on the stoves, there is no better way than to consult the opinions of Dionisio Pérez (Post – Thebussem), a journalist from Cádiz who made such a contribution to the spreading of information on Spanish cuisine and who, in his book “Guía del Buen Comer Español” (“A Guide to Good Spanish Eating”), in 1929, offered us a view of Aragonese cuisine from which we shall extract some paragraphs. “When one refers to Aragon and nearby Navarre, which in its eating habits seems more Aragonese than Basque, and also to some parts of La Rioja, the triumphant capital called Zaragoza is excluded ... and while honouring regional Aragonese cuisine with its inimitable chicken in tomato and pepper sauce, its lamb chops, its eels and borage always ready to offer the stranger, it fully complies, from very far back, in its hotels and restaurants and in the houses of its noblemen and its well-off industrialists and farmers, with the laws and practices of international good eating. No other regional cuisine is more characteristic, more suited and adapted to the people that created and use it. It is perhaps the simplest cuisine in Spain. The lamb bred here is simply tasty in itself. Grilled lamb chops are the most common dish of the Aragonese people. Among its vegetable gardens

produce, there are pulses and vegetables that are so tender and tasty that it is enough to simply boil them and fry them lightly in some of

that delicious oil that is produced in Alcañiz and all southern Aragon, to taste one of the most delightful dishes that can be served in the whole of Europe. In no place like

here can the traveller get to know borage, a wild plant from the slopes of the Moncayo mountain.

This picture is completed by the abundance, the quantity and the excellent quality of the fruit that is produced in the provinces of Zaragoza and Teruel: the “duraznilla”, the Calanda peach, the greengage, the Don Guindo pear and the exquisite apples of the varieties “verde doncella”, “hotel”, “miguela”, “helada” and “camuesa”, as well as its apricots and cherries, not to speak

of its wines.”

Traditional Aragonese Cuisine Dishes

A “Ajoarriero” Cod

(Crumbled salted cod fried with garlic and then mixed with potatoes, onions and beaten eggs).

H Home style mange tout

(A variety of peas that are eaten with the pod, boiled and lightly fried in extra virgin olive oil).

E Embún “Boliches”

(A variety of round haricot bean from this town in Huesca, which is simmered with onion, carrot, leek, laurel, garlic, pig’s snout, chorizo, olive oil and salt).

B Borrage

(This is the most singular and appreciated vegetable in Aragon. Belonging to the borago genus and the officinales species, it is an annual herbaceous plant with a strong root and thick, fleshy stem. It can be eaten in many forms, especially boiled with potatoes and dressed with olive oil).

S Snails

(The Aragonese are very fond of snails. It is no surprise then that one of the oldest recipes appears in the book of the Aragonese Franciscan Juan Altamiras, from the 18th century).

S “Salmorrejo” Rabbit

(This recipe has been used for over four hundred years. It is a rabbit dish with onion, garlic, carrot, flour, salt, spices and aromatic herbs. It is served with plain rice or mashed potatoes).

B Borrage “Crespillos”

(Tender borage leaf submerged in a semi-liquid mixture of beaten eggs with sugar and flour and fried in pure olive oil of the last harvest).

G Guirlache

(Typical Zaragoza nougat made with almonds and sugar).

H Ham “Magras” with Tomato

(Slices of cured ham in tomato sauce)

C Chilindrón Chicken

Chilindrón sauce is the most typical sauce in Aragon and is made from tomato, onion, onion, red pepper and ham lightly fried in olive oil in which garlic has been fried previously.

B Binéfar “Recao”

‘Recao’ in Aragon means dish or full meal. The Binéfar (a town in northern Aragon) recao is the most famous of all and is made with haricot beans, garlic, onion, laurel, pepper or paprika, potatoes and rice.

T Trout “a la Molinera”

(There are many trout rivers in Aragon and this formula is the best way of preparing the medium-sized ones. Fried in the pan with oil or beef fat and lemon juice).

C Chilindrón Chicken



B Borrage “Crespillos”



A “Ajoarriero” Cod



E Embún “Boliches”



H Home style mange tout



B Borrage with Teruel Ham

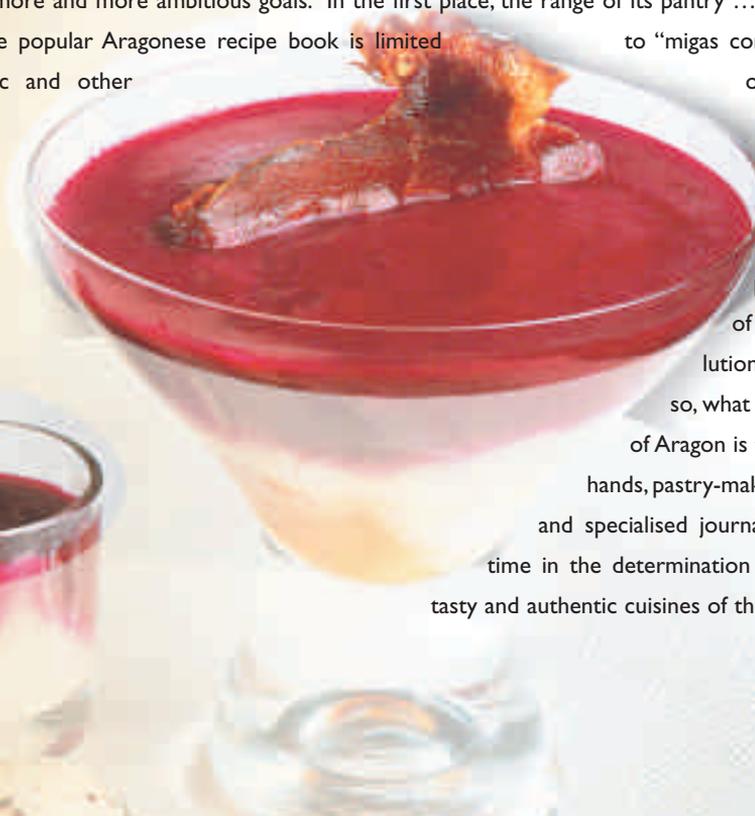




THE RENEWED ARAGONESE CUISINE

Authors such as the specialised journalist José Carlos Capel or the researcher and publisher José María Pisa have praised present-day Aragonese cuisine highly. In the prologue of “El Gran Libro de la Cocina Aragonesa” (The Great Book of Aragonese Cuisine) by Juan Barbacil published in 2001, Capel states that “There is clear evidence of the huge progress made by the restaurants of the Autonomous Community of Aragon over the last few years. In the structure of their recipes, their technical baggage and their aesthetic composition, all the factors relating to the concept of modernity in its broadest sense converge. Never before had the Aragonese hotel and restaurant industry faced the future with such solid baggage and such a clear desire to improve better itself. This is demonstrated in the attitude and ambition that can be seen in the professionals working in the restaurants of the region; they are deeply involved in a collective effort to improve the offer of their respective establishments. Various aspects situate Aragonese cuisine in an ideal position for achieving more and more ambitious goals. In the first place, the range of its pantry ... / ... For many different reasons those who think that the popular Aragonese recipe book is limited with onions, garlic and other grapes), “chi-

to “migas con uvas” (lightly pan-fried breadcrumbs optional ingredients, often served with lindrón” chicken, “salmorrejo” eggs, pulse dishes and vegetable stews are greatly mistaken. Behind these dishes there is a fantastic collection of popular recipes that can act as a source of inspiration and a point of decisive evolution for the recipes of future years. Even so, what stands out most in the three provinces of Aragon is their human resources. Cooks, kitchen hands, pastry-makers, hotel and catering college teachers and specialised journalists are all immersed at the present time in the determination to make one of the most interesting, tasty and authentic cuisines of the varied Iberian map progress.



Modern Aragonese Cuisine Dishes

B Borrage salad with pigeon legs in thyme pickling brine.

(By Miguel Ángel Revuelto. Gayarre Restaurant, Zaragoza)

C Cardoon with lamb shanks, almond sauce and green asparagus.

(By Fernando Abadía. Las Torres Restaurant, Huesca).

T Three different updated Recao recipes from the North of Aragon .

(By Sergio Costas. Las Lanzas Restaurant, Zaragoza).

R Rice with mushrooms and truffle

(By Merche Aldanondo. La Cocina Aragonesa. Jaca).

C Cold late Calanda peach cream with Teruel Guarantee of Origin ham crisp and Chantilly cream.

(By Domingo Mancho. Doña Taberna. Zaragoza).

T Trout turban with asparagus and rice cod cooked with eggs and garlic.

(By Ángel Conde. El Chalet. Zaragoza)..

T Trout turban with asparagus and rice cod cooked with eggs and garlic



C Cold late Calanda peach cream with Teruel Guarantee of Origin ham crisp and Chantilly cream



B Borrage salad with pigeon legs in thyme pickling brine



C Cardoon with lamb shanks, almond sauce and green asparagus



T Three different updated Recao recipes from the North of Aragon



R Rice with mushrooms and truffle



Modern Aragonese Cuisine Dishes

R Roast loin of fallow deer with Graus truffles and pistachio oil
(By Sergio Azagra. Flor Restaurant. Barbastro, Huesca).

R Roast Aragonese loin of lamb flavoured with morels and caramelised pippin apples.
(By Manolo Rodríguez. Complejo Hostalero Sella. Villanueva de Gállego. Zaragoza).

P Pig's trotters with roast garlic pulp and peach purée glaze in Somontano red wine.
(By José Ignacio Acirón. La Bastilla. Zaragoza).

V Valle de Tena Jaw with foie gras.
(Miguel López. Elíseos Restaurant. Zaragoza).

R Roast loin of fallow deer with Graus truffles and pistachio oil



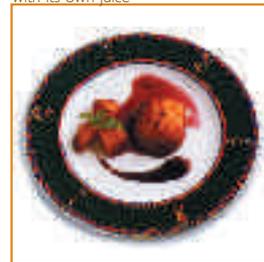
R Roast Aragonese loin of lamb flavoured with morels and caramelised pippin apples



P Pig's trotters with roast garlic pulp and peach purée glaze in Somontano red wine



C Calanda peach baked in red wine with its own crushed ice flavoured with its own juice



W Wine mousse with bread and warm goat's cheese crisp



M Millefeuille filled with free-range chicken breast and slices of cured ham in crushed tomato and green "piquillo" pepper sauce



V Valle de Tena Jaw with foie gras



PRODUCTS

Rices

rices



This ingredient can never be left out of gastronomy and in Aragon it is nothing new. Our region is at present the fifth most important rice-producing region in Spain. The Aragonese irrigation systems flood the lands to produce the autochthonous grain, which is clearly differentiated from the rice produced in the rest of the country.

Rice goes well with everything; it is extremely versatile. In desserts, such as rice pudding, for which there is an Aragonese recipe from the 18th century, in dishes combined with pulses, such as lentils with rice, a typically Aragonese dish or the Albarracín “empedrado”, which also incorporates cod and black olives and also with other typically Aragonese preparations. This is the case of “farro de farina” or of rice with thrush, which are specialities that are today highly acclaimed in the most advanced catering circles.

Meats

meats



Mutton and lamb, pork, beef and poultry are all present on the extensive Aragonese meat market. Since Aragon is an inland region, a large part of its cuisine is based on a hundred kinds of meats. Among them, is “ternasco”, which is the name given to young lamb here and Teruel Guarantee of Origin ham, bearing the stamp that guarantees the product, the quality and origin of which has made it one of the emblematic products of this Autonomous Community. Beef is also important in Aragon, where cows are bred in the over 300 livestock farms situated all over the area. And since there is a great boar, deer and roe deer reserve in Huesca Pyrenees, game is part of a great number of classical Aragonese dishes.

Traditions that are so deeply rooted as pig slaughter, locally known as “matacía”, make meat in Aragon an excellent source of gastronomic and cultural richness.

Seasoning and condiments

seasoning and condiments



José María Pisa says in his work “Alimentos de Aragón. Un patrimonio cultural” (Food in Aragon. A Cultural Heritage) that “for some time now one can observe a greater presence of condiments and aromatic herbs in modern cuisine. After the failure of the incorrectly named ‘new cuisine’, it would appear that at last the desire for food to reach the table with a flavour closer to its original taste is increasing. In this sense, efforts are also being made for the flavours to come from the most natural and legitimate products. It could be seen as a return to old cuisine. Ginger, nutmeg, coriander, cinnamon, and basil are part of what has been called flavour cuisine”.

Basil, capers, aniseed, saffron, cinnamon, cloves and pepper are some of the spices that should not be left aside in Aragon because historically they have been used in our land. It is the same as with the tea of Aragon that is cultivated in Torrecilla de Alcañiz, Castelserás, Valdeatorrada, Codoñera, Alloza, Hija, Peñaroya, Aranda de Moncayo, Rambla del Gállego, Castellote and in El Plano, in the municipal area of Alcañiz.

Sweets and pastries

The catalogue is so extensive that we will only refer to the most famous preparations. Ayerbe tart, Huesca chestnuts, tarts from the soul of the Maestrazgo, flat sponge cake from Fraga, Almudévar plait, nougat from Zaragoza, Biarritz cake from Barbastro. Not to forget the ring-shaped cake for San Valero, the patron saint of Zaragoza, which is consumed in his honour on January 29th, and a similar cake eaten on the feast of the Three Kings, which is celebrated on the 6th of the same month.

Pulses

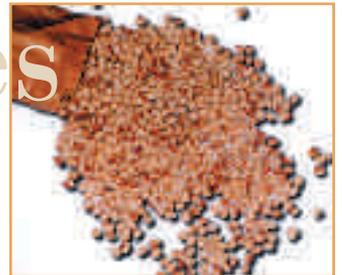
In Aragon there has never been a shortage of dishes that present pulses in the form of traditional vegetable stews, meat stews and mixed meat and vegetable stews or in perfect combination with different kinds of fish and even as ingredients for salads or as garnish. They have always been present both in popular and revised recipe books.

In the province of Huesca, "recaos" have always been a very appealing dish. The Binefar "recao" includes beans, potatoes, rice, meat, ham and homemade cold pork meats. However, the haricot beans ("boliches") from Embún in the Echo valley and the beans from Luco de Jiloca, in Teruel are some of the most famous pulses in Aragon. Lentils are an inseparable companion for rice in Aragonese lands. Their marriage is simply a gastronomic discovery. Humble, nourishing pulses have therefore come a long way in their passage from classical dishes to the new updated recipes.

Fish

Fish has always been consumed in Aragon, for several reasons: because of the abundance of trout rivers and reservoirs and the discovery made by man of drying, salting or smoking, the fish caught in the sea are transported without suffering any kind of deterioration.

For centuries sea fish was reserved for the royalty, while the ordinary people had to make do with the fish it had closest at hand, mainly trout, lamprey and eels. Trout, conger eel and eel gave rise to an extensive set of recipes with innumerable forms of preparation. The same applied to cod, either fresh or salted; the recipes devised to convert it into a succulent dish have sprung up from just about everywhere. Among all these, "ajoarriero" cod has triumphed right along the waterline.



Desserts



All the towns of Aragon have their own exclusive dessert. The autochthonous creations in confectionery are identified to such an extent with the place in which they are made that they often stick to the place name with greedy obstinacy. From the "a" of "almojábana" to the "z" of "zucarico", or similarly from the "a" of Alfajarín to the "z" of Zuera, which is where these pastries are made, respectively, only the extent of the alphabet can express the vast variety of Aragonese confectionery; several large volumes of recipes would be needed to take in all the confectionery items created in the bakeries of our community.

The inventive ability of the bakers is even more surprising if one bears in mind that the list of basic ingredients of traditional confectionery contains but a few products: flour, honey, eggs, almonds and oil.

Cheeses



Back in the 15th century, Ruperto de Nola referred to the Cheese of Aragón as if he were referring to a Guarantee of Origin, and in "Don Quixote", Cervantes himself mentions Tronchon cheese as a reference or archetype. Pedro González Vivanco, from the Academia Aragonesa de Gastronomía ("Aragonese Gastronomy Academy"), in the speech he made when he was joining the Academy on February 26th, 2002, stated that "in all the Land of Cariñena and probably in all Aragón, fresh cheese made with raw goat's milk and grilled was consumed". Popular knowledge was before science in indicating to us the area that *Brucella melitensis* would most easily be found.

The consumption of very cured cheese slightly seasoned with virgin olive oil seems to have first appeared in the area of the Maestrazgo. "Flaons", which are fresh cheese pasties, are also characteristic of this area although they are clearly linked to the Arabic "almojábanas". Finally, Aragonese cheese has the honour of being invited to form part of the so-called Soup of Aragón, a dish of long-established ancestry, referred to by Martiño and probably the first culinary dish in which the word Aragón is used to distinguish it from other dishes. In this same text there is a detailed list of the cheeses produced in our Autonomous Community at the present time. Almost thirty producers are referred to from all over the three Aragonese provinces as preparing both fresh and cured cheeses from cow's, goat's and sheep's milk.

Soups



The catalogue of Aragonese soups does not consist only of "migas" and garlic and bread soups, as they are commonly known. It has long been a tradition to take soups based on watercress, leeks and noodles, chicken and borrague soups and solid vegetable soups containing all the products one can imagine from the vegetable garden, the farmyard and the fields. Before the invasion of Italian pasta, incidentally, noodles were made in Aragonese flour factories, since the richness in cereals of the region had led to the development of its own food and agriculture industry.

However, the soups have somehow been left at home for various reasons, perhaps because their apparent simplicity does not fit in with the modern food habits. Cooking experts look askance at them, as though they were intruders of humble origin in menus that are reserved for specialities of noble lineage.

Truffles

From the beginning of December until March, purchasers and sellers meet one night a week in Graus and Mora de Rubielos which, together with Vic and Morella, are the most important truffle markets in the whole of Spain. The province of Teruel is the leading national producer with some 15 metric tons that come from the four truffle zones: the Maestrazgo, Sierra de Gúdar, Javalambre and the mountainous regions of Southern Aragon and Matarraña. In the Mora de Rubielos station the price of truffles is set for the whole of Spain. The most productive area of the province of Huesca is in the region of Ribagorza and areas of the Sobrarbe region, Graus, Benabarre and Ainsa.

Because they do not come up to the surface, they are difficult to locate and trained dogs of no particular breed are used for this purpose. Their masters simply train them to find the valuable fungus by using their sense of smell.

truffles



Vegetables and vegetable garden produce

Aragon is the inland Autonomous Community with most kilometres of river. The waters of the Ebro, the Gallego, the Huerva, the Cinca, together with several other rivers, water the vegetable gardens of the riverbanks, spreading a natural carpet of vegetables and vegetable garden produce. These grow in tough, windswept lands that receive little rainfall.

Sweet onions from Fuentes de Ebro, Swiss chard from the area of Jalón, garlic from Bardallur or cardoons from Muel and Mozota are some of the geographic examples of the Aragonese kitchen garden. Borrage, which is one hundred per cent Aragonese, deserves individual attention. It is used to prepare several, very digestive first course dishes, it can be dipped in batter and fried to make a dessert known as "crespillos", which is typical of Barbastro.

Kitchen gardens are the joy of this land of rugged landscapes. They are a joy to visit and a joy to the palate because they produce simple fruits and pleasures.

vegetables...



Local Wines

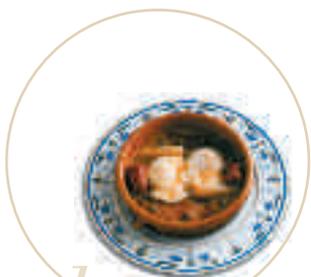
The Local Wine denomination now applies to a large number of Aragonese municipalities. There is a total of six zones that use this denomination to make quality wines that are situated one level below the Guarantees of Origin: Bajo Aragón, Campo de Belchite, Valdejalón, Valle del Cinca and Ribera del Gállego - Cinco Villas. The area of Valdejalón is the largest, with some 3,000 hectares of vineyards. Next comes Bajo Aragon, with a total area of 2,493 hectares, while Campo de Belchite has 1,820, Valle del Jiloca has over 2,150 and Ribera de Gállego - Cinco Villas has over 2,500 hectares. Well below these is Valle del Cinca with 140 hectares, but a substantial extension is expected here due to the arrival of foreign capital in this area. The most commonly used grape varieties are Garnacha, Cabernet Sauvignon and Merlot.

local wines



POPULAR ARAGONESE RECIPES

popular



“salmorrejo” eggs

“Salmorrejo” eggs

4 slices of loin of pork in preserve	4 pieces of Aragonese sausage in preserve
Vinegar	4 eggs
8 cooked asparagus and their juice	Salt
1 clove of garlic	_ teaspoonful of paprika
1 teaspoonful of flour	chopped garlic

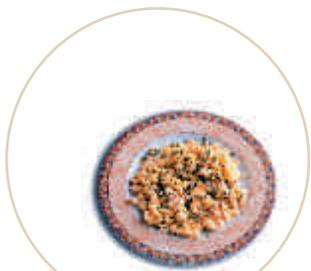
← ingredients

Preparation:

In the same earthenware casserole in which the eggs will be cooked, fry the pieces of loin of pork and Aragonese sausage until golden. Remove them and in the same fat lightly fry the chopped garlic and parsley. Add the flour, stir a little and remove from the heat. Then add the paprika and place the casserole on the heat again with the meat at the bottom. Dip the asparagus stalks in a little of the water they were boiled in and let the contents of the casserole simmer for 5 minutes. Then add a few drops of vinegar, place the asparagus so that they form four sections and crack an egg into each of these. Cover the casserole and let the whites of the eggs set. Season and serve.

ÁNGEL HERNÁNDEZ

LA RINCONADA DE LORENZO – Zaragoza



“ajoarriero” cod

“Ajoarriero” cod

1 kg of trimmed cod	4 large potatoes	Oil
8 cloves of garlic	3 egg yolks	Salt

← ingredients

1 onion

Preparation:

Bake the cod at medium temperature in fairly thick pieces. Once it has become soft, take it out of the oven and crumble it into strips, removing the skin and bones. Wash it several times in water and strain well it so that it there is no excess water. Heat the oil in an earthenware casserole, add the finely chopped garlic and before it browns add the crumbled cod. Leave the cod to fry gently, avoiding its drying up. Add the egg yolks and mix. Separately, prepare the potatoes and onion cut as though for Spanish omelette, fry them in a pan and serve them mixed with the cod.

FAMILIA LACAMBRA

RESTAURANTE CASA EMILIO - Zaragoza



“chilindrón” chicken

“Chilindrón” chicken

1 large chicken	200 g of lean cured ham	Olive oil from southern Aragon
2 cloves of garlic	1 onion	Salt
4 red peppers	750 g of tomatoes	Pepper

← ingredients

Preparation:

Clean, scorch and cut the chicken into pieces. Lightly fry the garlic in an earthenware casserole with a little olive oil. Season the chicken pieces with a little salt and pepper and lightly fry them in the same casserole. Add the diced ham, the onion finely chopped and the peppers in strips or diced. Fry for a few minutes so the flavours mingle and add the tomatoes, having previously peeled them, removed the seeds and chopped them finely. Simmer gently until the sauce looks well fried.

ÁNGEL HERNÁNDEZ

LA RINCONADA DE LORENZO - Zaragoza

popular

Rice with thrush (“casolada”)

4 thrushes
350 g of green broccoli
200 g of rice
1 onion

4 cloves of garlic
1 potato
1 pork rib
1 litre of water

Salt
Pepper
Olive oil (southern Aragon)

← ingredients

Preparation:

To start with, lightly fry the thrushes and the pork rib in an earthenware casserole. Then add the chopped onion and garlic and leave the mixture to continue frying gently for about 15 minutes. Add the diced potatoes and the rice and fry for 5 minutes more. Then add boiling water, season with salt and pepper; add the broccoli and boil for 15 minutes.

ADORACIÓN FONTCUBIERTA

FON T A L C A L Á - Calaceite - Teruel



rice with thrush

Embún “boliches” cooked in the old style

(4 people)

200 g of “boliches” with stalk
4 heads of garlic
200 g of old “boliches”
1 large onion
Salt

200 g of “boliches” without stalk
400 g of black “boliches”
2 large leeks
4 carrots
Olive oil from southern Aragon

Parsley

← ingredients

Preparation:

Steep the “boliches” for 24 hours, each kind separately. Put the “boliches” in four separate saucepans and add a head of garlic, one carrot, a piece of leek and a little olive oil to each of them. Cook gently until they are tender. Add to pan-fried onion, chopped parsley and salt.

It is recommended to cook the “boliches” in low-calcium content mineral water.

MARCELO PERJOVICH

RESTAURANTE LA VENTA DEL SOTÓN - Esquedas - Huesca

"Mostillo"

400 cc of concentrated grape juice
25 g of raw, unpeeled almonds
10 g of pine kernels
Dried orange skin

4 dessert spoonfuls of flour
25 g of walnuts
Aniseed grains

← ingredients

Preparation:

Blend the flour with the grape juice in a saucepan and when they form a smooth cream place them on the heat and add the chopped nuts, the grains of aniseed and the orange skin, chopped very finely. Leave to simmer for 15 minutes, stirring constantly with a wooden spoon. Serve cold on toast or with crackers.

ADORACIÓN FONTCUBIERTA

FONDA A L C A L Á - Calaceite - Teruel



"mostillo"...

Pig's trotters stuffed with Graus sausage and Moncayo mushrooms



4 trotters
Onions

Mushrooms
Sausage

Flat sausage

← ingredients

Preparation:

Wash the trotters well in plenty of cold water to remove excess blood and tie them. When they are tender, remove them from the heat and take the meat off the bone. While they are cooking, make the stuffing. Clean the mushrooms (if possible, clean them by simply wiping them with a cloth; they taste better this way), chop them and lightly fry them with the chopped onion. Then do likewise with the sausage; add it to the pan with a little flour to give it consistency and add a little juice. Stuff the boned trotters and wrap them in flat sausage. Fry them in virgin olive oil and make a sauce with a little beef stock.

pig's trotters...

MIGUEL LÓPEZ
RESTAURANTE ELIÉSEOS - Zaragoza

Rice with Borrage and Clams



Rice
Clams
Parsley

Borage
Garlic
oil

Fish stock
Flour
Salt

← ingredients

Preparation:

Pour a little oil into a frying pan and lightly fry the garlic and parsley, finely chopped. Blend a little flour into the mixture and slowly add the fish stock. Add the borage cut into short pieces and the rice. Leave the mixture to boil for about 10 minutes and add salt and the clams. When the clam shells open, check that the salt is right and keep an eye on the rice to make sure it does not overcook.

rice with borage and clams

MIGUEL A. REVUELTO
RESTAURANTE GAYARRE - Zaragoza

Asparagus with “Chilindrón” Cod and Teruel Ham Crisp



16 asparagus
2 green peppers
Virgin olive oil

4 slices of ham
red pepper
4 100-g pieces of cod

3 ripe tomatoes
3 cloves of garlic
Salt

2 onions

← ingredients

Preparation:

Boil the asparagus, season it and put it aside. Having de-salted the cod, lightly pan fry it taking care that it does not overcook. Place the ham in the oven at 100°C until it becomes crispy. For the “chilindrón” sauce, pour the olive oil on to a frying pan to fry the garlic cloves and the diced peppers and tomatoes. Leave this mixture to simmer, then season it, crush it and put it through the sieve so that the sauce is nice and smooth.

asparagus with “Chilindrón” cod and Teruel ham crisp

FERNANDO ABADÍA
RESTAURANTE LAS TORRES - Huesca

Cold melon soup with Teruel ham shavings and mellow wine jelly

1 melon (about 2 kg)	40 g of Teruel ham	2 dl of mellow red wine
4 leaves of mint	3 sheets of gelatine	sugar
chicken stock	Salt	White pepper
Ground cumin	comino molido	

← ingredients

Preparation:

Abrir el melón en dos mitados. Sacar las pipas y con un chino extraer todo el jugo posible. Con un vaciador o sacabolos hacer unas 20-24 bolitas que nos ervían de guarnición. Extraer el resto de la pulpa, triturar y añadir el jugo obtenido anteriormente. Agregar fondo de ave hasta obtener el sabor deseado. Salpimentar; añadir comino y pasar por un chino. Calentar el vino con el azúcar; agregar la gelatina fuera del fuego (puesta a remojo anteriormente en agua fría) y mezclar. Extender y cuajar al frío. Cortar en dados pequeños. Cortar el jamón en virutas o juliana fina. Colocar en un plato hondo, en tres montoncitos, las bolitas de melón, el jamón y la gelée. Decorar con la hoja de menta y servir la sopa en la sopera aparte y bien fría.

ESCUELA SUPERIOR DE HOSTELERÍA DE ARAGÓN - Teruel



cold melon soup

Aragon lamb chops stuffed with goats cheese with a nest of young broad beans sautéed with Aragonese sausage and its rashers

(4 people)			
4 Aragonese lamb chops per person	250 g of goat's cheese		beaten egg
breadcrumbs			
For the nests:			
150 g of potato	200 g of broad beans	50 g of Aragonese sausage	70 cl of olive oil

← ingredients

Preparation:

Prepare the chops by scraping the part of the bone and breaking the skin that holds them. Press downwards as far as the piece of meat of the chops. Then cut the skin we have peeled and leave to one side. Cut the chops into twos, clean the large bone and open them forming a little 'book'. Season with salt. Fill with the goat's cheese, close the 'book' and bread the chops.

For the nests, cut the potatoes into fine chips and fry in a nest pan with plenty of olive oil. Then fry the breaded chops in the same oil. Sauté the boiled broad beans with chopped Aragonese sausage and fill the nests. Remove the fat from the flap, cut it in strips and pan-fry it.

JESÚS GEA

RESTAURANTE CLUB NÁUTICO - Zaragoza



Aragon lamb chops...

Pig's trotters stuffed with fungi and mushrooms

(4 people)		
Pig's trotters	Fungi (boletus edulis)	Truffle
Flat sausage	Pork stock	Truffle stock
Onion	Aniseed grains	Dried orange skin

← ingredients

Preparation:

Boil the trotters. When they are tender, leave them to cool and bone them completely, very carefully. Remove a little of the meat and leave aside to dice and pan fry later with the boletus edulis. To make the stuffing, add the truffle stock and the chopped onion to this mixture. Stuff the trotters and wrap in the flat sausage. Leave them in a frying pan until the fat of the flat sausage is reduced. Place each trotter in a rectangle of greaseproof paper greased with butter and four spoonfuls of pork fat and form little parcels. Bake in the oven at 160° for one hour until the rectangles are completely browned. Place the trotters on a tray and glaze with the remaining juice. Serve on a plate, alternating them with wild asparagus.

CARMELO BOSQUE

RESTAURANTE LILLAS PASTIA - Huesca



pig's trotters...



Food from Aragon

guarantees



Cariñena Guarantee of Origin

This is the oldest of all the guarantees of origin in Aragon. It was recognised in the Wine Statute of 1932 and was constituted in May 1960. Its 15,000 hectares of vineyard group 14 towns in which slightly over 3,000 vine-growers and 50 wine-producing bodegas produce 50 million litres of wine for both the national and export markets. The varieties of grape recognised by the Regulating Council are red Garnacha, Tempranillo, Mazuela, Juan Ibáñez, Monastrell, Merlot, Syrah and Cabernet Sauvignon for red wines and Macabeo, white Garnacha, Roman Muscatel and Chardonnay for whites.

Campo de Borja Guarantee of Origin

The Guarantee of Origin, granted in 1980, occupies an area of 7,231 hectares, distributed over 16 municipalities and includes a vineyard area of 6,270 hectares situated at an altitude that varies between 350 and 700 metres. It produces 20 and 25 million kilos of grapes of the varieties approved by the Regulating Council: Macabeo, Chardonnay and Muscatel for whites; Garnacha, Tempranillo, Mazuela, Merlot, Syrah and Cabernet Sauvignon for reds. 15 bodegas and 2,250 vine growers give an approximate production of 147,385 hl of wine, 40% of which goes to the overseas market.



Calatayud Guarantee of Origin

This was recognised in 1989 and covers the area of the foothills of the Iberian System, occupying an area of over 7,300 hectares spread over 43 municipalities. The altitude of the vineyards varies between 550 and 800 metres and influences the grape production, which amounts to a total of approximately 18,750,000 kilos. The varieties of grape recognised by the Regulating Council are red Garnacha, Viura, Tempranillo, Mazuela, Monastrell, white Garnacha, Malvasía and Muscatel. The production is approximately 3.58 million litres of wine, prepared in 11 bodegas, which export around 37% of the total.

Somontano Guarantee of Origin

At the foot of the Pyrenees, this Guarantee area occupies 2,914.52 hectares dedicated to vine growing. A total of 43 municipalities are involved in this Guarantee area, in which the white varieties are Macabeo, white Garnacha Alcañón, Chardonnay and Gewürtztraminer and the reds, Moristell, Tempranillo, Garnacha, Parraleta, Pinot Noir, Merlot and Cabernet Sauvignon. There are 11 wine-producing bodegas production, which group 450 vine-growers. The final result is translated into a production that varies between 10 and 11 million kilos of grapes, part of which is also exported.



Teruel Ham Guarantee of Origin

The breeds, a suitable diet, the age of sacrifice and the subsequent curing in a unique climate are the features that characterise Teruel hams. Their external characteristics are the elongated shape of the hoof and the rind on which an eight-pointed star and the word 'Teruel' are heat engraved. As well as this, is a numbered band surrounding the upper part of the product, with the logo of the Regulating Council, distinguishes and guarantees the products of the Teruel Ham Guarantee of Origin.



guarantees

Ternasco from Aragon Specific Guarantee

Young lamb from the Rasa Aragonesa, Ojinegra and Royal Bilbilitana autochthonous breeds with no sex distinction (females and uncastrated males), which must weigh between 18 and 24 kilos at the time of sacrifice, which takes place when they are 90 days old. The lactation period is 50 days and the diet consists of the mother's milk complemented by white straw, at the natural concentrations authorised by the Regulating Council. The product is identified on the canals by means of a stamp bearing the initials T. A., together with a label guaranteeing the traceability of the product.



Food quality

A mark of guarantee created by the General Regional Council of Aragon in 1991 to identify the food products that are distinguished by their special qualities. The existence of such a mark leads the businessman or woman to strive towards quality; it motivates the agricultural economy and the maintenance of the rural population while at the same time offering a guarantee of top quality.

The products involved are extra virgin olive oil, Fuentes onions, rice, eggs, Aragonese sausage, cured loin of pork and cured shoulder; Aragonese black pudding, free-range chickens, naturally fed beef, Aragonese fresh and cured cheese, canned fruit, "frutas de Aragon" (chocolate-covered glacé fruits), Almodévar plait, flat Fraga sponge cake, confectionery from the Maestrazgo, cured meat, pork conserve in oil, fruit with integrated processing, late Calanda peach, honey, "piedrecicas del calvario", "chorizo", borrajes, vinegar of wine, "tortas de manteca and florentinas", Caspe olives, saffron, smoke young lamb (ternasco), pastry and black "turrón" (typical nougat).



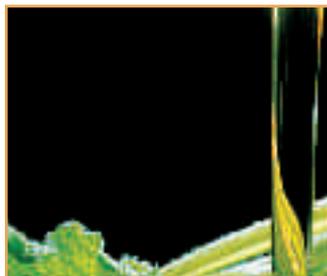
Aragonese Ecological Agriculture Committee

This is a kind of agricultural activity that endeavours to obtain quality foods, in the broadest sense of the term: organoleptic quality, quality for health and quality in the production process with respect to the environment. The fruit of all this is the production of foods without chemical residues that may affect the health.

Created by the Department of Agriculture of the General Regional Council of Aragon in 1995, the Aragonese Ecological Agriculture Committee dedicates a total of approximately 16,000 hectares of land to this kind of crop, with a total of 200 operators.

Calanda Peach Guarantee of Origin

The geographic and climatic characteristics of this guarantee area make for the production of a sweet, fleshy solid fruit. The peach grown in the area comes from specific species originating in the autochthonous variety popularly known as "late yellow" and its selected clones. They are grown using the traditional "embolsado" technique, a laborious method that protects the peach from all kinds of pests, thus providing healthy, unmarked fruit with an even creamy yellow and straw yellow colour, which is bright and distinguished with its sweet taste and flesh well adhered to the stone.



Southern Aragon Oil Guarantee of Origin

The area involved covers 37,000 hectares, made up of 78 municipalities with over 8,000 oil producers who produce 6,800 metric tons of oil. The varieties of olive included in the Guarantee are Empeltre, Arbequina and Royal of the species Olea Europea L.

The distinctive features of the oil can be defined in three points: appearance (clear; with no sign of cloudiness or murkiness), colour (yellow, with shades from gold yellow to old gold, characteristic of the Empeltre variety) and flavour (a mild, fluid oil very pleasant to the palate, with tastes that remind one of the fragrance of the olive tree).



guarantees



Navarre Asparagus Specific Guarantee

The production area involved in the Navarre Asparagus Specific Guarantee is made up of several areas of the regions of Navarre, Aragon and La Rioja.

In our Community, there are over 1,200 farmers dedicated to the growth of this crop, whose farms have been included among those guaranteed and backed by the Navarre Asparagus Specific Guarantee. The areas in which asparagus with this rating are Tarazona, Borja, Cinco Villas and Jacetania. Together they include 42 municipalities in which this crop represents a significant source of labour and commercial activity.



Association of Aragonese Cava Producers (ARCA)

The Cava region, as it is known, is concentrated in the provinces of Barcelona and Tarragona, but also spreads to the provinces of Girona, Lleida, Zaragoza, Navarre, La Rioja, Álava and Valencia. In the regions of Ainzón, Cariñena and Calatayud of the province of Zaragoza, the production of this sparkling wine, in strict accordance with the champagne method. Having been given the Cava Guarantee of Origin, these areas became part of the Cava region.

The grape varieties used for the preparation of Cava are Macabeo, Xarel·lo, Parellada, Subirat, Chardonnay, red Garnacha and Monastrell, although in Aragon the most commonly used varieties are Macabeo and Chardonnay.

Bovine Produce from Aragon

There are over 300 livestock farms all over Aragon. They are characterised by feeds based solely on products of vegetable origin, free from growth enhancers and tenderisers. Moreover, the animals roam freely in extensive, fenced-in, outdoor areas.

The Aragonese Association of Bovine Meat Producers decided to produce its meat following a quality standard that is far removed from excessive market intensification criteria.

The animals are individually identified and controlled and are inspected at least three times a year by the Technological Institute of Aragon (ITA).



Fruit, Vegetables and Kitchen Garden Produce

One of the driving forces of the Aragonese economy is fruit and vegetable growing. The production of fruit in Aragon is over 622,000 metric tons, with a value of 41,000 million pesetas. The production of kitchen garden produce amounts to 222,000, with a financial value of 20,200 million pesetas. The Aragonese Autonomous Community is the leading producer of stone fruits (peaches, nectarines, etc.) and second in the production of pip fruit (apples, pears). All these are essential items in the so-called Mediterranean Diet, considered by nutritional experts as ideal for staying healthy and strong.



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