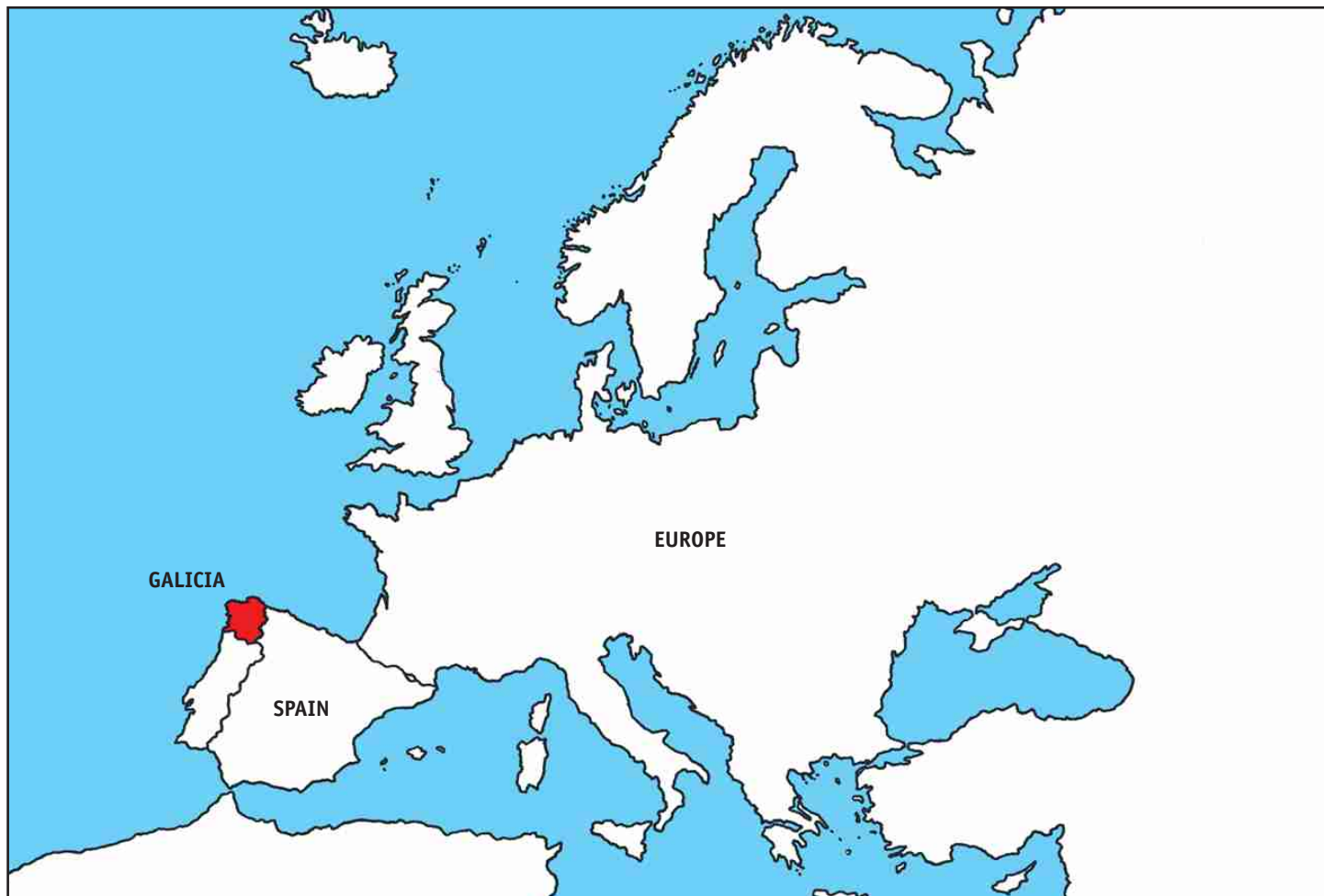
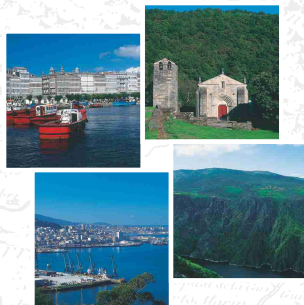




# GALICIAN GASTRONOMY

## A BRIEF GUIDE TO GALICIAN PRODUCTS



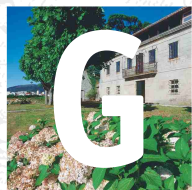


# GALICIAN GASTRONOMY

## A BRIEF GUIDE TO GALICIAN PRODUCTS



# Galicia, Spain



**Galicia, the final destination of the Way of St. James**

Galicia (Spain) is where the Greeks situated the end of the ancient world, and a place where Homer said the sun ended its journey before returning to the east for the dawning of a new day. Located to the south of the Celtic Sea and to the north of the Mediterranean with Santiago de Compostela as its centre and capital, Galicia has forged a culture in the crossing point of those two worlds.

North of Portugal in the northwest of Spain it is a small autonomous community of great human and cultural wealth, which also contains innovative industries, vested in traditions that produce high quality products. Taken as a whole Galicia is a country of natural contrasts and filled with surprises at every turn in the road.



Marina of the town of Baiona in the south of Galicia.

With an area of 29,575 sq. kilometres, about the size of Belgium, Galicia has a population of 2.7 million inhabitants, with its most populated cities being Vigo and A Coruña. Its temperate climate and rich soil have made possible the development of such products as Galician wines, which are known internationally for their quality.

But Galicia is also a country that is open to the sea, with a coastline of 1,309 kilometres distinguished for its unique “rias” salt water almost fjord like estuaries, that generate an extraordinary wealth of seafood including both fish and shell fish of the highest quality.



The Roman wall of Lugo (a world heritage site).

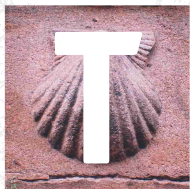
Since 1981, Galicia has had its own autonomous parliament and Government, with a wide range of powers within the framework of the Spanish State.





The "ría" of Ferrol with its castle in the foreground and the city behind.

# The Way of St James, the Way in Europe



The discovery of the tomb of the Apostle St. James at the beginning of the 9th century the event that started the pilgrimage to Compostela, a phenomenon which by the 12th century had brought some five hundred thousand pilgrims to the city and that nowadays has seen the arrival of almost six million travellers in a single year.

The Way of St. James-with a map of the way of stars marked by the Milky Way- has generated since its beginnings an extraordinary spiritual, cultural and economic



The "Portico de La Gloria" in the Cathedral of Santiago, an example of the splendour of Romanesque art.

vitality; being the subject of literature, music, art and history, catalyzing the founding of cities and towns, the building of hospitals and hostels, creating commercial links made possible by new roads and bridges inspiring the building of cathedrals and churches which raised Romanesque art and architecture to their greatest heights.

It's the "way" which has made Santiago de Compostela a crucible of cultures, a transmitter of movements and ideas for the entire continent. A meeting place for peoples and languages and the veritable axis of the first



The Holy Doorway of the Cathedral of Santiago.

European communal consciousness.

There are nine main routes beginning from all over Europe, all of which arrive together at Santiago and have been the reason why Galicia is known throughout the world.

Many famous people have come to Santiago as pilgrims such as Pope John Paul II who in 1989 presided over the 4th World Youth Meeting and walked a portion of the pilgrim's road.





Santiago de Compostela with its Cathedral in the background.



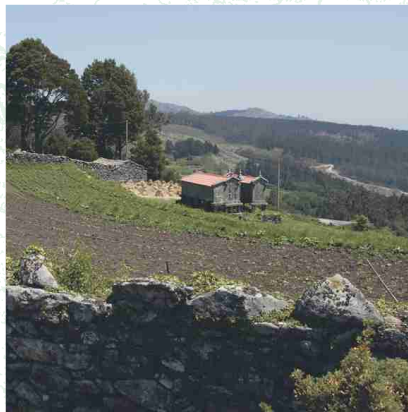
# Ecological Agriculture in Galicia



Galicia is one of the places with the most personality geographically and panoramically speaking of all of Europe and is enriched with great

contrasts. The influence of the ocean provides the Galician climate with abundant rainfall and moderate temperatures. The soil is rich and evolved. As a result of this there is enormous biodiversity made up of many different ecosystems.

The main sector in Galicia is made up of small and medium sized farms, with mixed crop and animal production based on traditions passed on from generation to generation, adapted to and respecting the local natural environment



Galician agriculture is generally made up of small and medium size family farms.

The careful work of the Galician farmers has allowed for the development of ecological agriculture and the thoughtful use of natural resources, which makes up the basis for obtaining food products that maintain their maximum natural flavours and nutritional qualities. Ecological agriculture is a system of production based on respect for the natural environment, the wellbeing of animals and caretaking of the soil. It uses agriculture methods that support the equilibrium of the ecosystem, including techniques such as crop rotation, natural fertilizers, and natural pest control producing

the wild environment through the use of fencings and other separating devices. This denomination covers all primary production as well the processing of food stuffs in Galicia. Ecological Agriculture of Galicia includes both vegetable and animal products destined for human consumption as well as products used in the making of animal feed. All these products contain high nutrition and hygienic levels as well as having the quality of being able to maintain this level over a period of time.



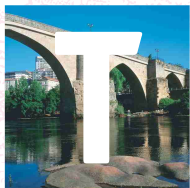




The Mountains of the Caurel Range in the Province of Lugo.



# Galician Meat Products



Traditional homemade Galician gastronomy is a cuisine made up of “products” based on the enormous quality of the local basic ingredients that come from this agriculturally rich land. A proof of this can be seen in the pork based products that have always been hand made throughout the Galician countryside, and the beef that Galicia has been producing for thousand of years. The following is a presentation of the most important products of our gastronomy that we hope you find to be of interest.

## Ham

Ham is probably the best know and most popular pork product. Hams vary in relationship to their origin, the breed of pig, their

processing and their curing. Hams are made from cured back legs of the pig. In Galicia ham is a very popular food that is not cured for as long a period of time as in other parts of Spain, (about one year) it has a light flavour firm texture and is aromatic, very tasty without being overly salted. Its fat is white, shiny and sticky with a nice smell and taste. The meat is red, cuts with slight resistance and is slightly marbled. As an aperitif, accompaniment, even in sandwiches, hand cut with a special knife in fine slices is a dish to be greatly enjoyed and reckoned with.

The Celtic Pig, a native Galician species.



## Galician Pork Shoulder with Seal of Origin

In gastronomic and cultural history there are various references to pork shoulder dating from the 17th century. By the middle of the 20th century it had achieved a great importance in traditional Galician cooking. In 1997 its impact on Galician culinary culture was highlighted by the establishment of a special Official Council for the Regulation of authentic Galician pork Shoulder, with the purpose of controlling, promoting and preserving the quality and authenticity of Galician Pork Shoulder. The area of production of Galician Pork Shoulder is made up of the entire country and it includes pork shoulder produced from pigs born and bred solely on officially registered Galician farms. There are two types of Galician Pork Shoulder: Traditional Galician Pork Shoulder that comes from pigs that have been fed only on natural foods, such as organic cereals, acorns, chestnuts and tubers; and Galician Pork Shoulder which comes from pigs which have been fed on feeds authorized by the Regulatory Council. Once they have been classified by the Galician Pork Shoulder



Regulatory Council they will have their own differentiated regulated characteristics.

Pork Shoulder comes from the front leg of the pig, once it has been processed and cured. It is one of the most traditional foods in Galician gastronomy. The process in its creation includes salting, washing and curing for at least a thirty-day period. In this way a product with a unique taste and characteristics is obtained. When served with “grellos” turnip greens (it is one of the most typical dishes in Galician cuisine), it is firm in consistency, pink in colour, rich

Traditional Galician Pork Shoulder comes from pigs fed on cereals, acorns, chestnuts and tubers.



with fatty meat weighing between 3 and 5,5 kg, delicious and mild smelling. Pork Shoulder needs to be desalted before being cooked by placing it in cold water at least 24 hours; the water should be changed regularly during this time. The gastronomic possibilities of Pork Shoulder are enormous; it can be accompanied by any kind of greens or potatoes to create a delicious meal. As a main course it can also be used as filling for cannelloni, meat pies, stew, cut in thin slices and rolled with carrots, zucchini or peppers and then roasted.

### Pork Sausage

“Chorizo”, pork sausage, is a kind of cold cut made from pork that is very typical in Galicia. It is made by filling thin pork tripe with ground pork meat generously seasoned with paprika, salt and garlic, and subject to a short curing and smoking process using oak wood. It generally is between 2 and 3 centimetres wide, with a dark red colour when mature. It is typically made in strings. It can be eaten cut into fine slices as an aperitif at any time of day or can be cooked in a wide variety of ways. As a fast and delicious meal it can be fried along with eggs and potatoes. For a different taste, it can be cooked in a saucepan with white wine. When cooked with vegetables, pota-



Free grassing cows, a typical Galician scene.

toes and pork shoulder it makes for an important ingredient of a hearty meal.

### Galician Beef With Seal of Origin

The quality of Galician beef is based in the traditional husbandry of beef cattle in the Galician countryside with its green and gentle pastures and is characterized by small family farms with ancestral ties to the earth. Beginning with this cattle raising tradition augmented with current development, Galician beef has achieved a very high quality with its own unique characteristics. The Galician Beef Protection Project



was established in 1989 and it was officially recognised by the European Union in 1996. Its Regulatory Council oversees production

from the time of birth of the calves through their growing process including feeding and caretaking up until the time of their slaughtering and even including the shelving and marketing of the meat on the retail level. The Galician beef Protection Project only accepts Galician blonde cattle, north western browns, crosses of these two breeds and other specific crosses to be classified as official Galician beef. The Galician Beef Protection Project regulates and protects fresh beef from cattle born, bred and slaughtered in Galicia.

It is a meat which holds an excellent balance between muscle and fat contents, very tender, very succulent and with an excellent texture. The muscle is fine-grained and firm with colours ranging from bright pink to soft red. Taking into consideration age production and feeding, the following categories have been established:

**Beef:** Animal that is slaughtered before

reaching ten months of age. Within this category the following distinctions are made:

**“Supreme Galician Beef”:** Animals accompanied by their mother. The base of their feeding is mother’s milk until the time of slaughter.

**“Galician Beef”:** Animals divided by age.

**Aged:** Galician Aged Beef: Animal that is slaughtered between ages of ten to eighteen months.



Galician Beef made from Galician blonde cattle.



# Chestnuts and Marron Glacé



Galician chestnuts have a long deep history that dates from Roman times. Documents from the 10th and 11th centuries have been found related to their cultivation.

Chestnut trees form a part of the Galician landscape and are very typical here with the chestnut being a very important food stuff for Galicians up until the arrival of plants coming from America such as corn and potatoes. Even today it is considered a fruit with many possibilities all which are interesting and agreeable for their culinary qualities. In traditional Galician culture the chestnut can be found in place names, proverbs, songs and in a most popular rural party known as "Magosto" (Chestnut roast). There



Galician Chestnuts still in their external shells.

are more than a hundred types of chestnuts in Galicia, most of which are either sold fresh, produced in creams and flours or processed (dried chestnuts, marron glacé...). Currently, Galician chestnuts are covered by a Geographic Protection Plan. The characteristics of the fruit are: delicate outer shell with a bright brown colour, a fine skin which is lightly connected to and easily separated from the fruit, a fruit which is sweet and firm in texture. Only one variety of Galician chestnut can be used to produce the exquisite sweet which is so successfully produced here today: the Marron Glacé.

Tender juicy chestnuts are put through a laborious exhaustive process. For a period of four days the fruit is increasingly sugared at a uniform temperature, then after a two-day resting period the final layer of crunchy glacé is added. Marron Glacé is extremely tender, intensely sweet even to the very heart of the chestnut. It has a perfumed vanilla aroma and is made in an ancient and jealously guarded secretive process that makes it a gastronomic jewel.

Marron Glacé made with Galician Chestnuts.







The Ria of Vigo with the Rande Bridge in the background.

# Fish Canning in Galicia



Since the 19th century fish has been preserved with the traditional methods of salting and smoking; around 1840, using recently discovered

French techniques, Galicia's first fish canning factory was put into operation. Around the year 1900 a frying process was substituted by one in which the fish were steam cooked. At first blast jars were used, but later they were substituted by tins which were a more effective method of preservation and also prevented light damage (the main cause of deterioration of vitamin content). In the 1940s, during the II World War, because of the lack of tin, aluminium containers were put into use, which created a revolution in the industry.



Sardines waiting to be canned.

Canned fish is healthy, natural and does not have preservatives or food colouring. Fish processing does not modify the nature of the proteins, lipids, or carbohydrates content of the fish, and maintains its biological value intact. What's more, they are easily digested and rich in vitamins, due to the protection the tins allow against the deterioration of vitamins in air and even more so in sun light. Among the vitamins that must be highlighted, are vitamins A, B, E, K, and the vitamins of the B group. Canned fish also has a lesser quantity of saturated fats and is an important source

of protein along with unsaturated fat including the fat acids Omega 3 and Omega 6, which have great health benefits.

Canning allows fish to be presented in easily accessible delicious format enjoyable anywhere. Almost all Galician canned fish has an easy opening system. The possibilities of serving canned fish are many, whether cold or hot, served plain, as an aperitif or as the main ingredient in a wide variety of dishes.

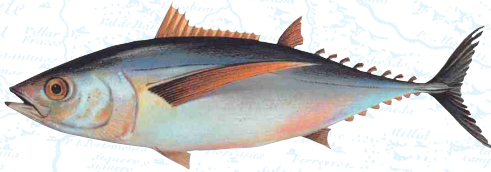
Tins of cod in a canning factory from the Galician Rias.





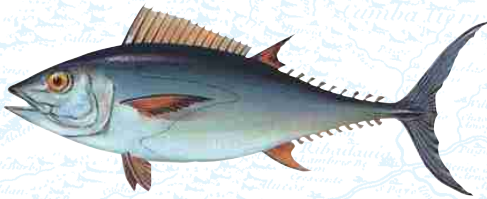
## A variety of canned fish and shellfish

Northern  
Albacore



This fish has a robust body, a dark blue colour and a prominent white fin. It is the favourite of the tuna family. It is considered a surface fish with a wide migratory range. It is characterised by its fatty white meat, its fine texture and its delicious taste. It can be enjoyed by itself or accompanied by settled flavours.

Tuna



Also known as yellow fin due to the yellow colour of its fins, it has a robust body, dark blue in colour and a silver belly. It has short side fins; it travels in large schools at great velocity allowing it to capture other fish and squid. It is one of the most consumed of canned fish with a colour that is pinker, a texture that is less tender and a taste which is more intense than the Northern albacore.



## A variety of canned fish and shellfish

Stripped  
Tuna



Also known as Skipjack, it is smaller than albacore or tuna, never weighing more than 5 kg. It is characterized by having a striped belly. It lives in surface waters. It is a gregarious fish which migrates wildly. The ones which are caught in the Bay of Biscay were born in the Mediterranean. It is the tuna that is most easily fished here; with a very dark meat and intense flavour.

Mussels



Made up of two black shells between 4 and 8 cm. in size, the body of this mollusc is a faded red colour which varies according to its sex, more orangey for the females and yellow for the males. The mussel is a filtering animal: It filters water and feeds from the nutrients it absorbs through this process. Mussel production mainly takes place on rafts from our rias, from the north to the south of Galicia, where temperature conditions and the nutrients of the marine water are ideal for their development. Currently, the official denomination of origin "Mussel of Galicia" guarantees their size and quality. They are a fantastic product because of their special flavour and palate whether eaten plain or accompanied by sauces. What's more, they are high on proteins, iron and phosphorus.

## A variety of canned fish and shellfish

Sardines and  
Baby Sardines



This thin blue coloured fish with a shiny silver bottom reaches a length of 25 cm. It lives on the surface and forms vast schools which arrive near the coast at the end of spring and the end of summer. They live in waters between 5 and 50 m. in depth, although in winter, they can be found in deeper waters. They are sold both freshly and also in tins. It has an intense flavour, and it's only canned when the fish's meat is at its juiciest and tastiest (normally between the months of July and December). According to experts, when tinned, they have their maximum nutritional content.

Garfish

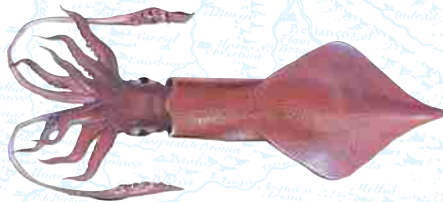


It has a very sharp jaw with pointy teeth. It has a long thin green body that is silver-coloured on top. Its spine and scales have a bright blue colour. In summer it reaches the coast in great schools. It likes open waters, feeding on smaller fish, and it's a great predator. It is an excellent eating fish with a taste which is not as strong as the sardine.



## A variety of canned fish and shellfish

Squid



Its body is in the form of a graceful long tube with a head which is smaller than similar species. Its diamond-formed fins extend to the centre of its body. When alive, it's pink in colour, with designs on its belly. It lives in waters that are between 10 and 150 m. in depth. It is caught in the Galician rias between April and December, although it can also be found in Morocco, Argentina, etc. Its delicious and delicate flavour along with its characteristic flavour, make it a dish that goes well with sauces. It's an excellent source of proteins.

Octopus



The octopus has eight arms and a long head and feeds on shellfish and fish. It has two rows of suction cups in the inside of its arms. It is a nocturnal creature that lives near the coast, captured both in the Atlantic and Mediterranean. It is one of Galicia's most typical dishes, traditionally prepared in various forms, the most common of which is boiled and then served with olive oil. It is delicious with an agreeable texture.

## A variety of canned fish and shellfish

### Baby Scallops



Made up of two unequal shells it has a dark violet colour and generally it is not longer than 6 cm. in size. It lives on the coast in waters up to 80 m. in depth. Not very plentiful, it feeds on plankton. It is traditionally preserved in tins and has a complex but agreeable texture that when served with sauces it is a highly regarded food.



Boats and rafts on the Ria of Vigo.

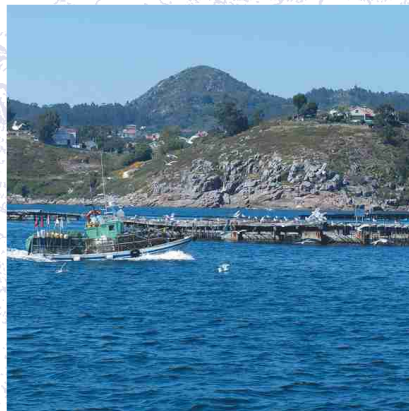


# Mussels in Galicia



From the times of its first inhabitants, the capacity for Galicians to produce food from the sea has evolved greatly. Mussels have been cultivated since the 18th century in determined areas. Development continued through the 20th century, with improvements made through enclosures and staking. In 1945 the first raft, a floating platform made of wood was put in place in the Ria of Arousa. Today there are more than 3,300 rafts for growing mussels in the rias of Galicia, making Galicia one of the world's greatest aquaculture powers.

The philosophy of growing mussels in Galicia continues to maintain its traditional ways. It is a model which incorporates sustainable production without the use of manipulations and in harmony with the characteristics of the rias of Galicia, where the special qualities



A boat approaching a Galician mussel raft.

of their water results in the production of the highest quality of mussels.

The Galician Mussel Regulatory Council began operating in 1994, and is involved in all aspects of development, production and promotion. In general terms, the Council functions in controlling, guaranteeing and promoting the development of mussel production in Galicia.

The Galician mussel is a bivalve mollusc that grows naturally by fixing itself on the rocks of the coast. The Galician mussel growers

have taken advantage of the natural fixing technique of the mussels by attaching them to large ropes that hang from the rafts. The Galician mussel has a characteristic axe-shaped form, pointed at one end and thick in the other, long and very fine on the edge. Its shell is formed by two equal-sized parts, blue and black in colour. The two shells are held together by a hinge. Inside they have a creamy orange colour very different from mussels grown in other areas. As food stuff, the Galician mussel is a great source of proteins with excellent nutritional value and an important part of a balanced diet. Rich in proteins, vitamins and minerals, the Galician Mussel is an ideal food for any type of diet; what's more, it's low in cholesterol and good for both bone and muscular development.



**MEXILLÓN DE GALICIA**  
• Denominación de Orixe Protexida •



Fishing port in the province of A Coruña.



# Galician Honey



Galician honey has a historic origin in the very nature of the country that gives it magnificent properties due to the rich and varied flora of the

country of which the bees here take full advantage. The work of our bee keepers has been done in a home-made style for centuries. Its technical evolution, respecting natural processes has achieved great success in both production and quality. These factors result in obtaining a product of maximum quality in harmony with tradition and nature. Honey production in Galicia can best be categorised by looking closely at its quality rather than its quantity.

Galician honey is guaranteed and certified through the Galician Honey Geographic Protection initiative which includes the Galician seal of origin. There are many



The multi-flower honey comes from a multi-floral origin.

varieties of Galician honey, the majority of which is known as multi-flower honey, which comes from a wide variety of flowers. It includes a variety of tones, from light to dark, and its flavour differs, but always contains flower and fruit properties. Galicia also produces mono-floral honey such as: Eucalyptus honey, amber in colour, with a strong aroma and slightly acid taste. Chestnut honey, of a dark amber colour, including reddish tones, generally quite liquid, easily crystallized with a malted aroma, a strong slightly salted taste. Heather honey has a dark amber colour with reddish tones, a

slightly bitter intense taste, and a strong floral smell.

Honey is an important nutritive food with well known energetic qualities, full of vitamins, and an important element in a healthy balanced diet. It is also an important unique ingredient in today's gastronomy.



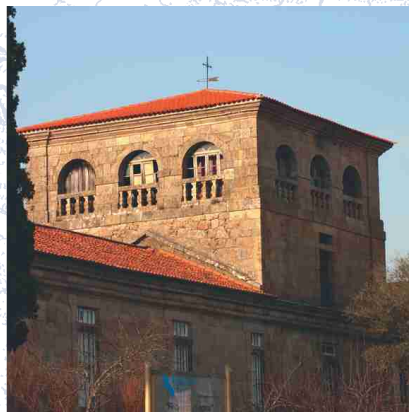
# Aguardientes and Liquors of Galicia



These are traditionally distilled drinks whose origins probably come from the 17th century, a time in which their production was centred in the work

of monastery alchemists and transmitted through the way of Saint James. The production of aguardiente in Galicia is a secular tradition closely linked to the making of wine and deeply connected to the lives of the Galician people.

Galician aguardiente is produced through the distillation of what's left after the fermentation process of grapes in wine making. Aguardiente is presented in various forms, including herbal aguardiente, coffee liquor, or herbal liquor. All of these are



The beginning of distillation came from monasteries and religious orders.

protected with a seal of origin through the Galician Aguardiente and Traditional Liquor Regulatory Council. There are various areas of production in Galicia, including the geographical zones of: Rias Baixas, Ribeiro, Ribeira Sacra, Valdeorras and Monterrei. Other counties which traditionally produce aguardiente include: Betanzos, Ribeira do Ulla, Val do Miño (Ourense) and Portomarín.

The techniques used in producing Galician aguardientes and liquors are based using traditional distilling equipment, employing steam created through direct fire. The



Aguardientes and liquors in Galicia are traditionally made by distilling the skins and stems of grapes after making wine.

distillation process is designed to maximize the quality of the alcoholic beverages being produced. Through it, beverages of great quality and tradition, easily enjoyed, are produced. Galician aguardientes are often aged in wooden barrels which give them new and interesting qualities.



# Aguardientes and Liquors with the Galician Seal of Origin

## Aguardientes of Galicia



The Galician Aguardiente Geographic Protection Seal of origin is given only to those made from the skins and stems of grapes grown in Galician wine regions. Protected products include aguardientes made in this way whether new or aged, and aguardientes made from aged grape skins which are stored in wooden barrels over a period of time. Production and aging must both take place in the territory of Galicia. Aguardientes with the Galician Geographic Seal of Origin have an intense aroma and flavour, fine and delicate, properties which come from their natural ingredients, with no additives or colouring, making for light-coloured new aguardientes and toasted amber-coloured aged aguardientes. Their alcohol level ranges from 35.5 to 50%.

## Herbal Aguardientes of Galicia



Herbal aguardientes have also received the Galician Geographic Seal of Origin and are protected by the Regulatory Council. They are produced through a distillation process which includes the mixing of traditional Galician herbs. It can only be produced in Galicia. By law, Galician herbal aguardiente must have a sugar content that is less than 100g/L. Its alcoholic content is about 35 and 50%. Galician herbal aguardiente must include three of the following plants: Mint, camomile, herb Louisa, rosemary, oregano, thyme, cilantro, orange blossom, fennel, liquorish, nutmeg and cinnamon.

# Aguardientes and Liquors with the Galician Seal of Origin

## Galician Herbal Liquors



Galician herbal liquors are also protected by the Regulatory Council and are made from certified Galician aguardiente through a specific mixing and distillation process. Galician herbal liquor must have a minimum sugar content of 100g/L. Its alcohol content is about 15 and 40%. The mixture of alcohols must be at least 50% Galician aguardiente. It can only be produced in Galicia.

## Galician Coffee Liquor



Galician coffee liquor is also protected by the Regulatory Council and it's only produced with Galician aguardiente mixed and distilled with natural toasted coffee. It must contain a minimum sugar content of 100g/L. It has an alcohol content between 15 and 40%. At least 50% of the alcohol used must come from Galician aguardiente. It can only be made in Galicia.



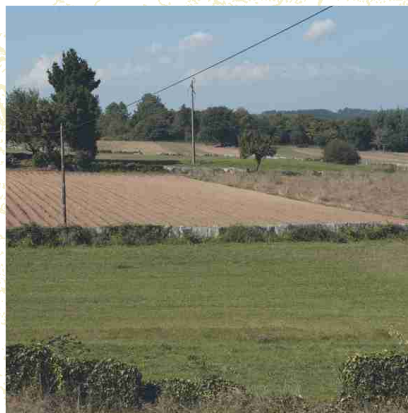
# Galician Potatoes



he potato arrived from America in Galicia in the 16th and 17th centuries and achieved an important social and economic role in the

18th century because of various crises. In the 18th century it beamed an essential factor in demographic growth because of its role as an essential food in that era. Because of this importance, its cultivation became continually perfected as a part of the crop rotation process in Galicia. Because of ideal climatologic and soil conditions its production has reached a maximum gastronomic quality and today is renown on all levels.

The Galician potato is protected by a Seal of Origin. The protected variety derives from the Kennebec potato and is grown today following traditional practises which gua-



Field of Galician potatoes grown in the traditional manner.

rantee its quality. The characteristics of Galician potatoes with seal of origin include the following qualities: diameter between 40 and 80 mm, round or oval in form, presence of prominent eyes, fine skin with light yellow colour, white inside, fine in texture, creamy when cooked and in taste. These excellent potatoes have a guaranteed dry matter percentage superior to 18% and maintain all their qualities including colour, aroma and taste after cooking. In Galicia today there are four sub zones of production, which include in the province of A Coruña the sub zone of Bergantiños, in the province

of Lugo the sub zones of Terra Chá-A Mariña and Lemos, and in the province of Ourense the sub zone of A Limia.



Indicación Xeográfica Protexida  
Pataca de Galicia

Galician potatoes from the Kennebec variety.





Canyons of the river Sil.



# Galician Cheeses



Galicia has a dairy farming tradition that goes back thousands of years. The use of milk to produce dairy products originates from the time when

man changed from being a hunter to a farmer. Early tribal peoples, such as the Celts, are also considered responsible for the making of the first cheeses. With the coming of the Roman Empire, cheese production arrived to its first industrial commercial level. But it seems from the times of the end of the Roman Empire, for many centuries, cheese production was passed on simply by word of mouth, from generation to generation. In the 16th century we find the first documents revealing cheese production and commercialization in Galicia. By the 19th century the sale of homemade cheeses in country fairs and markets was a regular practise, and techniques used then



Galician Cheeses with Seal of Origin are all made from 100% cow's milk.

are still being practised in Galician cheese made today. Cheese making has always had an important place in Galician agricultural production thanks to Galicia's special natural and climatologic conditions which have created abundant vegetation including the pastures needed for raising dairy cattle. And so, cheese production in Galicia today is controlled through and guaranteed by Regulatory Councils guaranteeing its place of origin. The four specific Galician certified cheeses today are: Tetilla Cheese, Arzúa-Ulloa Cheese, San Simón Cheese, and Cebreiro cheese, all of which are made only



Cheese making process.

from cow's milk and are mild or semi-cured, except for certain varieties of cured Arzúa-Ulloa and cured Cebreiro cheeses.

# Authentic Galician Cheeses with Seal of Origin

## Tetilla Cheese



Tetilla Cheese with its certified Seal of Origin is made from milk of the following breeds of cattle: Galician Blonde, Frisian, and Alpine. The maturation and fermentation process in tetilla cheese begins with freshly obtained whole natural milk. The individual cheeses weigh between 0.5 and 1.5 kg and are sold with a numbered Seal of Origin from the Official Regulatory Council. Both the milk used and the place of production must be within the territory of Galicia.

This cheese has a conical form with a relatively fine and elastic skin of a minimum of three mm in width. It has a straw yellow colour, natural and without mould. It is a soft uniform creamy cheese, with very few small holes and marble white in colour. It is soft-smelling with a lightly acid milky taste and a slight nuance of salt. It has a six-day minimum maturing period. After maturing it must have a fat content of no less than 45%.



# Authentic Galician Cheeses with Seal of Origin

## Arzúa-Ulloa Cheese



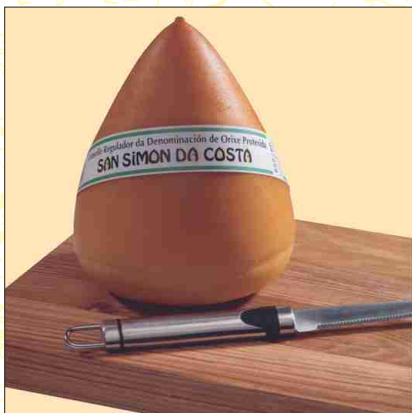
Arzúa-Ulloa cheese is made from 100% either raw or pasteurised cow milk coming from Galician Blonde, Frisian, Alpine, or crossed dairy cows. It comes from the Galician counties of Arzúa, Melide, A Ulloa and Chantada. There are the following varieties of these cheeses:

**Arzúa-Ulloa:** It's a soft cheese, maturing for a minimum of six days in the form of a cylinder. It has a fine elastic skin with a bright dark yellow colour that is clean and smooth. The cheese itself has a uniform colour ranging between marble white and light yellow. It is a bit spongy with small irregularly distributed eyes. It weighs between 0.5 and 3.5 kg. The "De Granja" (from the farm) variety is made on farms where the milk that is used has been produced on the very farm. Arzúa-Ulloa and Arzúa-Ulloa de Granja cheeses are famous for their smell of fresh milk and yogurt, with a buttery aroma which increases while maturing and nuances of vanilla, cream and walnuts. Slightly salty in taste, it is characterized by its mild acid flavour.

**Cured Arzúa-Ulloa cheese:** It has a maturing period of at least six months. It is also in the form of a cylinder and sometimes concave in shape. It has a uniform bright yellow shiny skin. It can weigh from between 0.5 and 2kgs. The cheese itself, an intense yellow colour, is very compact, with a milky, almost buttery aroma. The aroma is strong and penetrating, as is always the case in highly elaborated cheeses. The taste resembles that of butter with hints of vanilla and dried fruit, and is somewhat salty. It has a 50% fat content and a 65% dry extract content. Cured Arzúa-Ulloa cheese is a hard cheese which is difficult to cut.

# Authentic Galician Cheeses with Seal of Origin

## San Simón da Costa Cheese



San Simón da Costa cheese is made from milk coming from Galician Blonde, Frisian, and Alpine cattle and has also received the Seal of Origin. The milk is whole, clean and with a balanced fat protein content which varies according to the time of year. But the milk must have a fat content superior to 45%. San Simón da Costa cheese must mature for a minimum of forty five days in its large format (0.8 to 1.5 kg) and thirty days in its small format (0.4 to 0.8 kg). At the end of the maturing process it is smoked with live birch wood. It is produced only in the province of Lugo in the county of Terra-Chá in the municipalities of Abadín, A Pastoriza, Begonte, Castro Rei, Cospeito, Guitiriz, Muras, Vilalba and Xermade.

San Simón da Costa cheese has a bullet shape form. Its smoked skin is deep yellow in colour somewhat oily, rigid with a width of between 1 and 3 mm. The cheese has a fine fatty semi-cured texture, with a colour between white and yellow, easy to cut, with a unique aroma and taste, an indeterminate number of eyes that can be either round or irregular, but small in size. Its fat content is between 45 and 60%.



# Authentic Galician Cheeses with Seal of Origin

## O Cebreiro Cheese



This cheese is also made entirely from cow's milk from blonde Galician, Frisian or Alpine dairy cattle and is protected by the Seal of Origin. The milk must have a fat content of a minimum of 45%. O Cebreiro cheese is sold in both a fresh and cured form, with the cured cheese having a forty-five-day maturing process. The individual cheeses weigh between 0.5 and 2 kg. The milk and the cheese must come from the province of Lugo in an area that is known for being part of the way of Saint James, including the municipalities of: Baleira, Baralla, Becerreá, Castroverde, Cervantes, Folgoso do Courel, A Fonsagrada, Lámara, Navia de Suarna, As Nogais, Pedrafita do Cebreiro, Samos and Triacastela.

This cheese is in the form of a chef's hat, with the base of the cylinder no wider than 12 cm in width. It weighs between 0.3 and 3 kg. It has a very fine firm skin with no mould and a colour which ranges from white to yellow according to its age. The cheese itself is soft, creamy, melting in one's mouth, white coloured with a milky slightly acid flavour. Its fat content is between 45 and 60% and a protein content of over 30%.



The Herrería Square in the city of Pontevedra.



# Wines of Galicia



Thanks to the Roman Empire, wine arrived in Galicia, but it was through the monasteries that its importance grew. Using French techniques wine production expanded in variety and process to the point where wine was used as a currency. During the middle-ages, wine making was an important economic activity in Galicia. By the 17th century, Ribeiro wine, the first Galician wine to receive a seal of origin, was sold in other parts of Europe and America. By the middle of the 19th century, Galicia had more than fifty thousand hectares devoted to wine production. But then, diseases coming from America greatly damaged the wine industry. Later solutions to these diseases were found and vineyards recuperated, although levels of production had dropped in respect to the past.



Vineyard from the Rías Baixas Seal of Origin.



Grapes of the mencia variety.

Since then, Galicia has become an important wine producing area with both whites and reds made in small family wineries. In recent times, Galician wines have undergone an important transformation. Today they are growing in prestige and quality, thanks to the increasingly high degree of professionalism in both production and commercialization that has resulted in the production of constantly improving wines with ever greater name recognition. But this progress has not affected the traditional essence of Galician wine making. There are five officially recognised wine regions in

Galicia: Monterrei, Rías Baixas, Ribeira Sacra, Ribeiro and Valdeorras, all of which can be found in the south of the country and each with its own characteristics.

# Wines with the Galician Seal of Origin

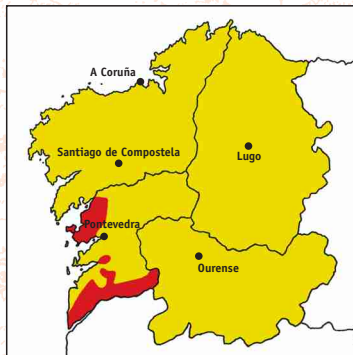
## Rías Baixas



The wine making area known as Rías Baixas is made up of vineyards in the province of Pontevedra that have existed since the beginning of history and are divided in four sub areas: Val do Salnés, Condado do Tea, O Rosal and Soutomaior, mainly white wines made from the albariño grape. Rías Baixas wines are characterised by the strong influence of the Atlantic climate, which dominates the area in which they are produced.

These wines, made only from albariño grapes, are straw yellow in colour, bright, with shades of golden green. They possess a fruity floral aroma with a highly agreeable intermediate and overall bouquet. They have a fresh gentle taste with a sufficient body and alcohol content, balance acid and wide harmonious nuances. They have a pleasant, elegant aftertaste. Rosal and Condado wines have their own personalities with Rosal having a special freshness and Condado with its unique texture. They are attractive agreeable wines with a slightly acid but balanced taste.

Production area



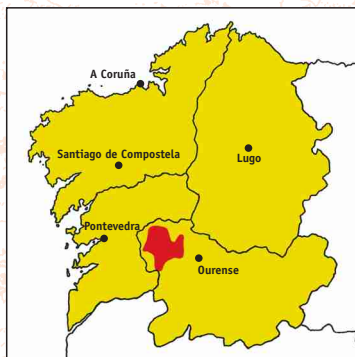


# Wines with the Galician Seal of Origin

## Ribeiro



Production area



With a tradition and fame that goes back thousands of years, the wines of Ribeiro cover an area which contains approximately 3,000 hectares of vineyards, where the valleys of the rivers Miño, Avia and Arnoia come together in the province of Orense.

Traditionally Ribeiro has been produced in small family wineries. In fact there is a saying in Galicia: "Land of many wines but little wine". Nevertheless, the entire area today is being newly developed. On the one hand, traditional native wines are being restored, and on the other hand, production is being expanded through the development of modern installations that will guarantee the quality and supply of the product.

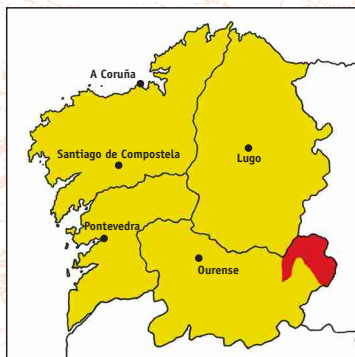
Always highly anticipated for their legendary fame, the best wines of Ribeiro are young, slightly acid, light, and delicate, and combining exquisite fruity and floral aromas, which almost always surprise. When they are made in the traditional native varieties (treixadura, torrontés, loureira, caíño, brancellao, sousón), they have an incomparable unique personality. Ribeiro wines are light, fresh, dry, fruity, light straw in colour, acidy and with an alcohol content between 9.5 and 15%. These wines should be consumed in their first or second year and never aged. Ribeiro red wines are dark red in colour, with a balanced acidity and an alcohol content between 9.5 and 12%. Like the whites, they should be drunk within one or two years, which is the reason why they are considered young wines.

# Wines with the Galician Seal of Origin

## Valdeorras



Production area



Valdeorras is situated on the north-east of the province of Ourense, and it is made up of 1,500 hectares of vineyards along the valleys of the rivers Sil and Xares.

It is characterized by its continental climate with an Atlantic influence. The special orientation of the county creates excellent sunlight and temperature conditions, and an area that is generally considered to be cold and rainy.

White wines made from godello grapes have an alcoholic content between 12 and 12.5%, a relatively high acid content (5.5 to 6), are robust and balanced with exceptionally subtle and complex nuances. Intense and original in aroma, they remind one of certain varieties of apple, with an elegant palate, they are full- flavoured with a long satisfying aftertaste.

The reds made only with mencia grapes have a lovely dark red cherry colour, intensely yet subtly aromatic, very personal, with a touch of wild fruit, such as black berries and blue berries. Smooth tasting, mencia wines quickly demonstrate their brilliant characteristics with their elegant and distinguished flavour.



# Wines with the Galician Seal of Origin

## Ribeira Sacra



Production area



The Ribeira Sacra is made up of 1,200 hectares of vineyards, which corresponds to 4.2% of the total area of vineyards in Galicia. The Ribeira Sacra Seal of Origin mainly produces red wines, but it also has some very interesting whites.

The geographical area in which it is produced is made up of 17 municipalities situated along the banks of the rivers Miño and Sil, in the south of the province of Lugo and the north of Ourense. It is made up of five traditionally acknowledged sub zones each producing its own wine. They include: Amandi, Chantada, Quiroga-Bibe, Ribeiras do Miño and Ribeiras do Sil.

The highly respected mencia is the grape from which red wine is made in the Ribeira Sacra. It gives rise to high quality young wines that are fruity and with a strong aroma and an intense cherry colour with shades of purple. Among the white wines, which are produced in a smaller quantity, those made from godello or albariño grapes stand out. They are very refreshing, while at the same time, very full tasting and with wonderful aromas. The minimum alcohol level of these wines is 11%.

# Wines with the Galician Seal of Origin

## Monterrei



Monterrei wines (Seal of Origin) are produced on the valley of Monterrei, in the municipalities of Verín, Monterrei and Castrelo do Val. This area is located in the province of Ourense along the Portuguese border.

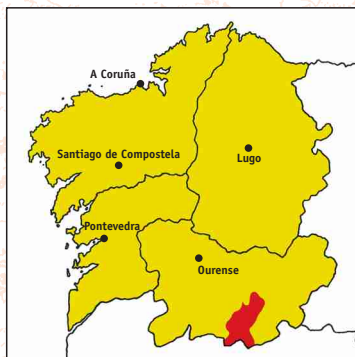
The climate of this area is drier than the rest of Galicia, mixing both Atlantic and continental influences, it has summer temperatures that reach 35 °C, and -5 °C in winter, with optimal rainfall and sunlight.

The vineyards are situated on the steep sides of the valley of the river Támega and its tributaries, making up an area over 500 hectares. It should be mentioned that there are two sub zones in the area: Val de Monterrei and Ladeira de Monterrei.

The white wines from this area are known for their golden yellow colour, intense aroma, their use of native grapes that have a slightly acid balanced taste, and an alcohol content between 10 and 11%.

Red wines from the area are purple or deep cherry in colour, and stand out for their aroma of wild fruits. They are balanced and smooth tasting with an alcohol content between 10 and 10.5%.

Production area







The Monastery of S. Esteban de Ribas do Sil in the province of Ourense





The Cies islands in the Ria de Vigo are part of the Atlantic national park.







IGAPE (Galician Institute for Economic Promotion)  
Headquarters and central services

Complejo Administrativo San Lázaro s/n  
15703 Santiago de Compostela (A Coruña) Spain  
Phone: +34 981 541 162  
+34 902 300 903  
Fax: +34 981 541 114  
E-mail: [internacionalizacion@igape.es](mailto:internacionalizacion@igape.es)  
[www.igape.es](http://www.igape.es)

IGAPE's offices abroad

Düsseldorf

Phone.: +49 221 935 0141 / 0156  
Fax: +49 211 935 0142  
E-mail: [alemana@igape.es](mailto:alemana@igape.es)

New York

Phone.: +1 212 967 2170 ext. 30  
Fax: +1 212 564 1415  
E-mail: [usa@igape.es](mailto:usa@igape.es)

Shanghai

Phone.: +86 21 6288 6128  
Fax: +86 21 6288 6129  
E-mail: [china@igape.es](mailto:china@igape.es)

Tokyo

Phone.: +81 3 3584 1861  
Fax: +81 3 3584 1862  
E-mail: [xapon@igape.es](mailto:xapon@igape.es)

Warsaw

Phone.: +48 22 830 13 20 /21  
Fax: +48 22 830 01 38  
E-mail: [polonia@igape.es](mailto:polonia@igape.es)