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Andalucía

TOURISM OF CORDOBA PROVINCIAL BOARD

The flavours of Córdoba

Andalucía



TOURISM OF CORDOBA
PROVINCIAL BOARD



The flavours of Córdoba



JUNTA DE ANDALUCIA
CONSEJERIA DE TURISMO, COMERCIO Y DEPORTE



Cordoba

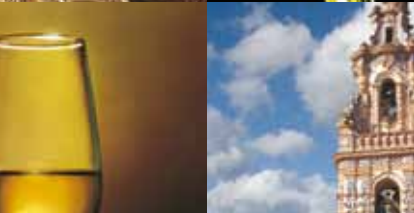
is olive oil

is wine

is cured ham

is oranges

is sweets



... is real flavour



Cordoba offers a range of traditional food and specialties that are hard to beat. From open plain to mountain retreat, from the *Campiñas* to the *Vega del Guadalquivir*, there are no gaps in the vast number of specialties Cordoba has to offer. If we talk about olive oil, we have the Priego de Córdoba and Baena Protected Designations of Origin. If we talk about wines, then it is Montilla-Moriles. If it is the turn of cured ham, we should go to the pastures of Los Pedroches. Similarly, we have oranges from Palma del Río, honey from Montoro and Hornachuelos, garlic from Montalbán, or anisette and Christmas sweets (*mantecados*) from Rute.



These are products of superior quality, all of them underpinned by centuries of culinary tradition where Arabs, Christians and Jews have left their imprint on the gastronomy of the region.



We invite you to come with us in this tasty walk through the most characteristic flavours, the traditional recipes, and the most famous restaurants, bars and inns, where irresistible dishes full of flavour, quality and tradition are offered.



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Cordoba, World Heritage Site



Cordoba city is undoubtedly one of the preferred destinations for those who like practising what is known as cultural tourism. Cordoba has a wealth of monuments, but the best known is without question the Mezquita-Cathedral, because of its grandeur and the invaluable historical and artistic heritage. It is located in the Historic quarter, and even UNESCO has already recognised its beauty declaring it as a World Heritage Site. A large number of archaeological sites and settlements such as Medinat al-Zahra and the Roman Temple of Claudius Marcellus bear witness to the rich past of this city. The settlement of civilisations in Cordoba was not in vain they have enriched it and leave their imprint on the city, which has become the cradle of cultures.

A large number of churches, chapels, hermitages and convents are to be found in the city and are worth getting to know about. Further, we can highlight the Synagogue, the only one remaining in Andalucia, and the quaint Jewish quarter (La Judería).

The Alcázar of the Christian Monarchs (Alcázar de los Reyes Cristianos), the Roman Bridge (Puente Romano) and many other palaces and stately houses are some of the numerous monuments that, together with the museums, the city has to offer.

Cordoba's streets and squares have many houses with hidden patios full of flowers and traditions that invite us to walk around the city, becoming absorbed by its past and listening to whispers of its history and legends.

The flavours of Cordoba

The cultures that were once part of the city have obviously left their imprint on the flavours of typical dishes from Cordoba.

From the Arabs, we have sweet-and-sour dishes, such as lamb with honey, and desserts with almonds such as alfajores and the typical cake from Cordoba (pastel cordobés). From the Christians, we have inherited the consumption of meat in almost every dish; and regarding baking, perrunas, pestiños and polvorones are some of the most typical desserts.

In this rich cuisine we find dishes such as salmorejo, ajo blanco, gazpacho, oxtail, pig's trotters, flamenquín and marinated fish, together with the new cuisine of the latest cooks, who turn Cordoba gastronomy into a reference for Andalusian cuisine, joining tradition and vanguard ideas.

Many of the products used in Cordoba's kitchens come from the province itself. First-class ingredients such as olive oil, wine, meats and cold meats from the Pedroches area, fruits and vegetables, milk and by-products... are the bases of numerous recipes that delight those who taste them.

Let us start a trip through the most characteristic flavours of Cordoba. We will travel by the rich and traditional gastronomy and also by the incredible artistic and historical heritage of the towns of Cordoba.



A trip through Olive Oil



OLIVE OIL ROUTE IN BAENA

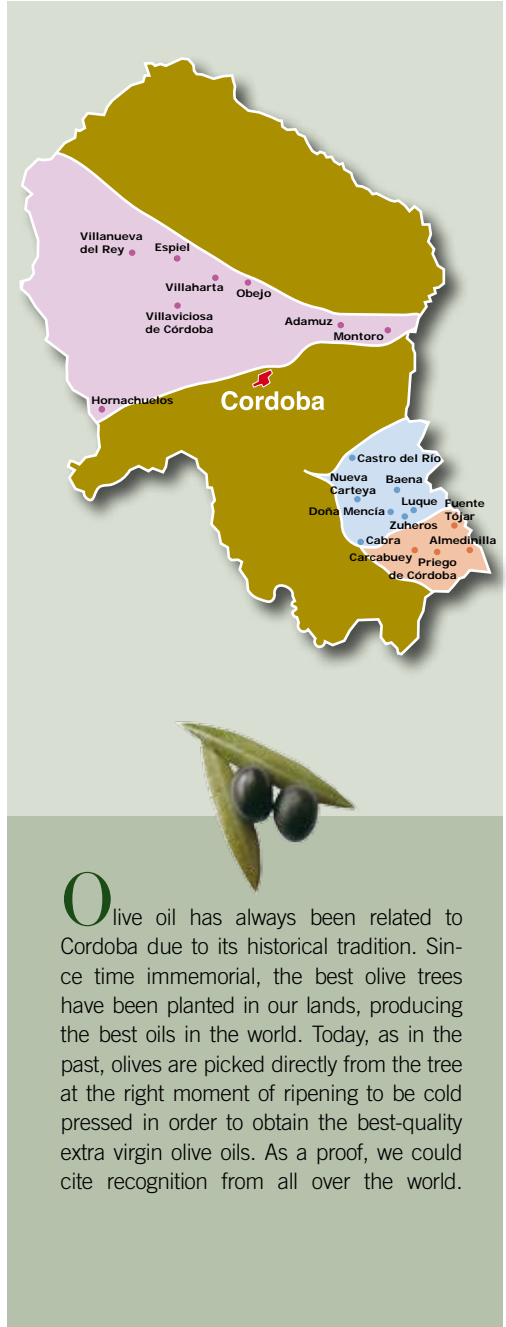
Baena
Cabra
Castro del Río
Doña Mencía
Luque
Nueva Carteya
Zuheros

OLIVE OIL ROUTE IN PRIEGO DE CÓRDOBA

Almedinilla
Carcabuey
Fuente Tójar
Priego de Córdoba

OLIVE OIL ROUTE IN MONTORO-ADAMUZ

Adamuz
Córdoba
Espiel
Hornachuelos
Montoro
Obejo
Villaharta
Villanueva del Rey
Villaviciosa



Olive oil has always been related to Córdoba due to its historical tradition. Since time immemorial, the best olive trees have been planted in our lands, producing the best oils in the world. Today, as in the past, olives are picked directly from the tree at the right moment of ripening to be cold pressed in order to obtain the best-quality extra virgin olive oils. As a proof, we could cite recognition from all over the world.

BAENA DESIGNATION OF ORIGIN



Baena
Cabra
Castro del Río
Doña Mencía
Luque
Nueva Carteya
Zuheros

Consejo Regulador de la Denominación de Origen Baena

C/ Valenzuela, s/n, 14850 Baena (Córdoba)
Tel. (+34) 957 691 121
www.dobaena.com

PRIEGO DE CORDOBA DESIGNATION OF ORIGIN



Almedinilla
Carcabuey
Fuente Tójar
Priego de Córdoba

Consejo Regulador de la Denominación de Origen Priego de Córdoba

Avda. Niceto Alcalá Zamora
Parque Multiusos-Pabellón de las Artes
14800 Priego de Córdoba (Córdoba)
Tel. (+34) 957 547 034
www.priegodecordoba.org

DENOMINACIÓN DE ORIGEN DE MONTORO-ADAMUZ



Adamuz
Córdoba
Espiel
Hornachuelos
Montoro
Obejo
Villaharta
Villanueva del Rey
Villaviciosa

Consejo Regulador de la Denominación de Origen Montoro-Adamuz

Plaza de la Virgen del Sol, 4
14430 Adamuz (Córdoba)
Tel. (+34) 957 166 013

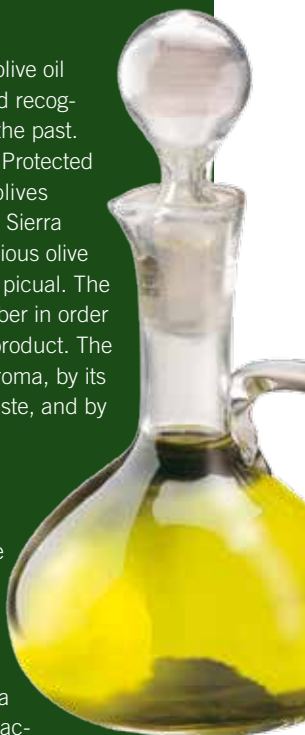
Eighteen mills produce olive oil with Baena Protected Designation of Origin, under the supervision of the Regulatory Commission. The oils are fruity and very aromatic. The main variety of olive in Baena Denomination of origin is picuda, although other varieties are also grown: lechín, chorúa, pajarero, hojiblanca and picual. These olives give the oil extracted distinctive quality and taste.

The total amount of oil qualified by the Regulatory Commission is about 40 million kilograms per year, obtained from 7,200,000 olive trees spread across 600,000 hectares around the area.

The superior-quality extra virgin olive oil of this region is widely known and recognised not only today, but also in the past. The oils from Priego de Cordoba Protected Designation of Origin are from olives harvested in the Natural Reserve Sierra de la Subbética, which are of various olive varieties: picuda, hojiblanca and picual. The harvest usually begins in November in order to obtain the best quality of the product. The oil is characterised by its fruity aroma, by its sweet, slightly spicy, bitter aftertaste, and by its yellow-greenish colour.

These oils of great character are produced from the following varieties of olives: *picual*, *nevadillo blanco*, *nevadillo negro*, *lechín*, *picudo* and *carrasqueño*.

This oil is very fruity and with a strong body, although it is characterised by the spicy aftertaste and its density, related to the high levels of oleic acid. The colour goes from yellow to green depending on how ripe the olive is. The different varieties provide great aromatic complexity.



The lands of the *Campiña* are crossed by the Guadajoz river from east to west. Olive trees and cereal crops occupy the wonderful terrain that the Regulatory Commission has declared as Baena Protected Designation of Origin.

Sun and water specially feed the lands that give us such a variety of olives. Orchards, hunting and wheat complete Baena's landscape.

Hotels, hostels, cottages and inns give shelter and food to visitors that come here to wander through these beautiful lands full of olive groves. Everybody knows that the sun appears above the horizon in the east, and it is in the Campiña Este the one that first meets it every morning.

OLIVE OIL ROUTE IN BAENA

The perfect combination of varieties



Geographic area:

Baena, Cabra, Castro del Río, Doña Mencía, Luque, Nueva Carteya and Zuheros.

Varieties:

Picual, *picuda* and *hojiblanca*.

Organoleptic characteristics:

Color:

Yellow-greenish

Aroma:

Strong fruity to ripe, very rich in aroma due to the different varieties, a gentle scent of apple and very fragrant.

Taste:

At first, sweet and balanced, but slightly bitter and spicy at the end; perfect in the mouth, with a fresh almond aftertaste.

In the south-eastern region of Cordoba is the Natural Reserve of Sierras Subbéticas. Its oil has been declared as Priego de Córdoba Protected Designation of Origin. The monoculture olive farms are more efficient in terms of quality of oil, producing oil internationally recognised. They are cultivated in limestone lands with abundant underground water. The Mediterranean climate with Atlantic influences has a beneficial effect on the quality of the olive oil. The landscape combines high plateaux, hollows and rough massifs. The inhabitants bring life to this landscape of agriculture, stockbreeding and industry, offering products in tune with the region's natural resources.

OLIVE OIL ROUTE IN PRIEGO DE CORDOBA

The olive oil of choice
on its own merits

Cordoba



Geographic area:
Almedinilla, Carcabuey,
Fuente Tójar and Priego de Córdoba.

Varieties:
Picuda, *hojiblanca* and *picual*.

Organoleptic characteristics:

Colour:

Yellow-greenish.

Aroma:

Softly fruity, it smells of fragrant herbs with nuances of apple, almonds and other fruits.

Taste:

Especially sweet to the palate, slightly bitter and spicy in a balanced way; fresh almond aftertaste.



National Road	
Regional Road	
Local Road	

OLIVE OIL ROUTE IN MONTORO-ADAMUZ

Aromas from natural reserves



This is situated in Cardeña-Montoro and Hornachuelos natural reserves, covering 110,000 hectares. It is in the northern part of Cordoba province, where you can find steep cliffs and gentle slopes.

The Mediterranean scrubland, the vast pine forest, the majestic Pyrenean oaks and also the olive groves are watered by the Yeguas, Bembézar and Retortillo rivers. Among the species that live in these unique places are Iberian lynxes, otters and imperial eagles.

Geographic area:

Sierra de Montoro, Adamuz, Espiel, Hornachuelos, Obejo, Villaharta, Villanueva del Rey and Villaviciosa.

Varieties:

Nevadillo blanco, *nevadillo negro*, *lechín* and *picual*.

Organoleptic properties:

Colour:

Green yellowish-Gold.

Aroma:

A fresh aroma, milder to stronger fruity and pleasant scent of wild fig trees.

Taste:

Fresh, full-bodied, and bitter and spicy in a balanced way.





A trip through Wine



WINE ROUTE IN MONTILLA-MORILES

Aguilar de la Frontera
Cordoba
Fernán Núñez
La Rambla
Lucena
Montemayor
Montilla
Moriles
Puente Genil

Ruta del Vino Montilla-Moriles

C/ Capitán Alonso de Vargas, 3
14550 Montilla (Córdoba)
Tel. (+34) 957 652 354
www.rutadelvinomontillamoriles.com



Its wine is the clearest example of the perfect combination of tradition and quality in Cordoba's gastronomy. The cultivation of vines and the production of wine in the south of Cordoba is an ancient tradition, but nowadays it has become more commercialised in generating excellent wines that are a fine accompaniment to a good meal. The *fino* wines (a type of dry sherry) that are produced under the Montilla-Moriles Protected Designation of Origin are as good as the red wines that are produced under the Protected Geographical Indication *Vinos de la Tierra*.

MONTILLA-MORILES DESIGNATION OF ORIGIN



Aguilar de la Frontera
Baena
Cabra
Castro del Río
Doña Mencía
Espejo
Fernán Núñez
La Rambla
Lucena
Montalbán
Montemayor
Montilla
Monturque
Moriles
Nueva Carteya
Puente Genil
Santaella

Consejo Regulador de la Denominación de Origen Montilla-Moriles

C/ Rita Pérez, s/n
14550 Montilla (Córdoba)
Tel. (+34) 957 699 954
www.montilla-moriles.org

GEOGRAPHICAL INDICATION *VINOS* *DE LA TIERRA* *DE CORDOBA*

Asociación

"Vino de la Tierra de Córdoba"

C/ Rita Pérez, s/n
14550 Montilla (Córdoba)
Tel. (+34) 957 699 954



The Montilla-Moriles Protected Designation of Origin extends across the south of Cordoba, where different types of grapes are cultivated. The most notable ones are *Airén*, *Moscatel*, *Pedro Ximénez*, *Torrontés* and *Baladí*. Their origins date back to the eighth century BC, when the first Mediterranean civilisations (Hellenics and Latinos) arrived in Spain. The wine produced is of international renown and is a very important part of Cordoba's gastronomy.

The wine called fino has a pale colour and is dry and slightly bitter, with an aroma of almonds. It is made with the traditional and biological winemaking process called "*velo de flor*" (a film of yeast on the surface of wine).

The wine called amontillado is dry and with an aroma of hazelnuts, and an amber or old gold colour. The *olorosos* are smooth, aromatic and dry wines the colour of mahogany. The *palo cordado* wine is similar to the aroma of *amontillado* and to the scent and flavour of *oloroso*. The *raya* type is like *oloroso* wine but with less palate and aroma. *Pedro Ximenez* wine is a natural sweet wine obtained from this variety of grape, with a ruby colour and with high sugar levels. *Moscatel* wine is a natural sweet wine obtained from this type of must. In short, there is a great variety of flavours that are waiting for you to taste.

This definition was created to enhance the production of Cordoba red wines. Although wine production in Cordoba is mostly limited to the Montilla-Moriles Designation of Origin, some wineries are from this Protected Geographical Indication. It covers 800 hectares, where different varieties of excellent red and rosé wines are cultivated, such as Cabernet Sauvignon, Merlot, Syrah, Tempranillo, Pinot Noir and Tintilla de Rota.

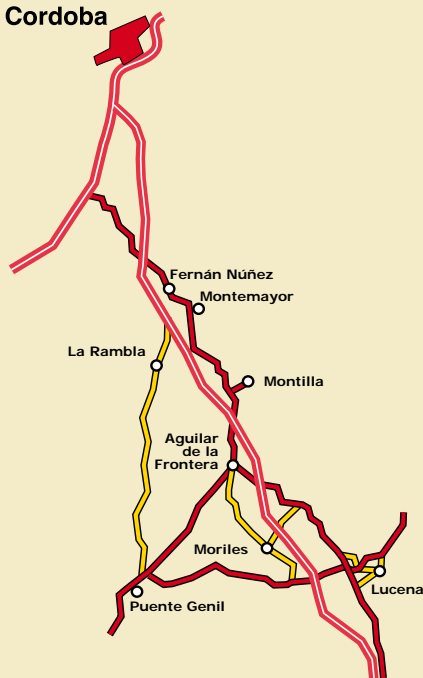


On the Montilla-Moriles route, you will taste excellent wines, unique in the world. It is a trip in which you will need all five senses to discover the heart of Andalusia, the place where this extraordinary wine is cultivated.

Have you ever imagined you could see flamingos flying over vineyards and olive groves, toast a barrel with fire, see the Flor winemaking process? On the Montilla-Moriles route you will be able to see all these things and many others. Nine extraordinary places are waiting for you: Aguilar de la Frontera, Fernán Núñez, La Rambla, Lucena, Montemayor, Montilla, Moriles, Puente Genil and the city of Cordoba will show you the cultural, historical, artistic and gastronomic heritage of the region.

WINE ROUTE IN MONTILLA-MORILES

Much more than Wine



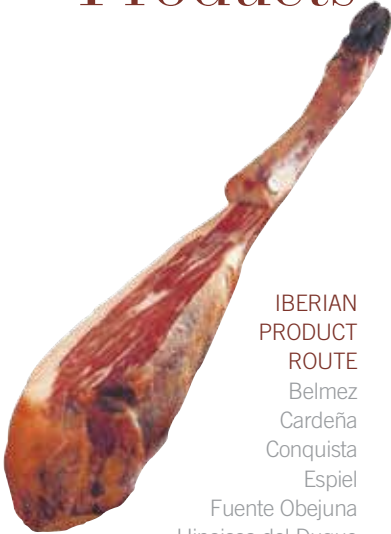
On the Montilla-Moriles route you will get to know the lands and the kind and friendly people living there, helping you to discover a new and surprising way of travelling through the oenology.

www.rutadelvinomontillamoriles.com

National Road	
Regional Road	
Local Road	



A trip through Iberian Products



IBERIAN
PRODUCT
ROUTE
Belmez
Cardeña
Conquista
Espiel
Fuente Obejuna
Hinojosa del Duque
Peñarroya-Pueblonuevo
Pozoblanco
Villanueva de Córdoba



Pork products have always been associated with the pastures of *Sierra Morena*, in the northern part of Córdoba, where these animals are raised in total freedom, basically fed on acorns. Expert stockbreeders have achieved international recognition of their hams and other pork products.

LOS PEDROCHES DESIGNATION OF ORIGIN



Alcaracejos
Añora
Belalcázar
Belmez
Los Blázquez
Cardeña
Conquista
Dos Torres
Espiel
El Guijo
Fuente La Lancha
Fuente-Obejuna
La Granjuela
Hinojosa del Duque
Pedroche
Peñarroya-Pueblonuevo
Pozoblanco
Santa Eufemia
Torrecampo
Valsequillo
Villanueva de Córdoba
Villanueva del Rey
Villaralto
El Viso
Adamuz
Hornachuelos
Montoro
Obejo
Posadas
Villaharta
Villaviciosa de Córdoba

Consejo Regulador de la Denominación de Origen Los Pedroches

C/ Pozoblanco, 3
14440 Villanueva de Córdoba (Córdoba)
Tel. (+34) 957 121 084
www.jamondolospedroches.es

The Iberian pig is a unique species in the world. Its diet, closely bound up with holm oak pastures and their acorns, makes pork products of an exceptional quality. This quality encompasses four essential factors: the breed, the advanced age, raising them in freedom, and feeding them exclusively on acorns and herbs.

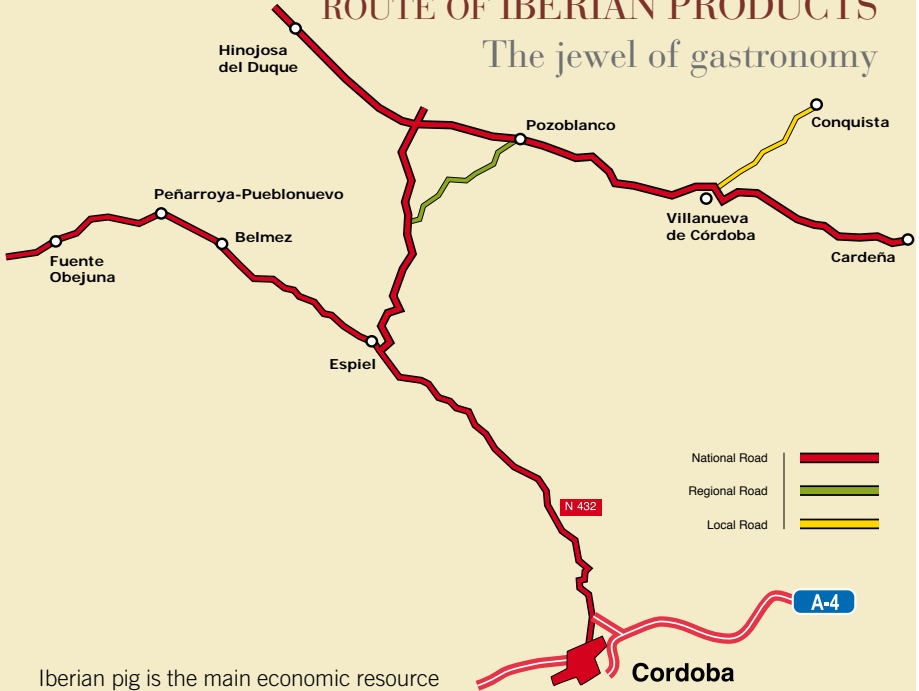
Having achieved these requirements, the elaboration of the hams and shoulders under this designation of origin is completely handmade. It is a slow process that includes salting, drying, ageing in the cellar and the final sample, done by expert hands to produce quality hams. Their bouquets are unmistakable and they are considered as the best hams of the world.

The production and elaboration area of Los Pedroches Protected Designation of Origin has 300,000 hectares of holm oak pasture and it is situated in 32 towns of Cordoba: Alcaracejos (which has the Pig Slaughter Museum - *Museo de la Matanza*), Añora, Belalcázar, Belmez, Los Blázquez, Cardeña, Conquista, Dos Torres, Espiel, El Guijo, Fuente la Lancha, Fuenteobejuna, La Granjuela, Hinojosa del Duque, Pedroche, Peñarroya-Pueblonuevo, Pozoblanco, Santa Eufemia, Torrecampo, Valsequillo, Villanueva de Córdoba (headquarters of the Regulatory Commission), Villanueva del Duque, Villanueva del Rey, Villaralto and El Viso, as well as Adamuz, Hornachuelos, Montoro, Obejo, Posadas, Villaharta and Villaviciosa de Cordoba, especially those areas situated above 300m altitude. This constitutes one of the largest oak woods in Spain.



ROUTE OF IBERIAN PRODUCTS

The jewel of gastronomy



Iberian pig is the main economic resource of the norther part of Cordoba. In fact, it is in the *Los Pedroches* and Valle del Guadiato regions where the most important pastures of holm oak, cork oak and Portuguese oak in Europe can be found, and where this extraordinary animal is raised. We recommend to visitors this route that will show them regions such as Belmez, Cardeña, Conquista, Espiel, Fuente Obejuna, Hinojosa del Duque, Peñarroya-Pueblonuevo, Pozoblanco and Villanueva de Cordoba. If you want to taste real Iberian products, you have to visit the place where they are made. Besides, you can also see the traditions, architecture, history and culture of these towns, where new technologies have taken up the baton from tradition, while still maintaining the essential part of it.





A trip through Confectionery

Anisette
Christmas sweets
(*mantecado*)
Honey
Quince



ANISETTE AND *MANTECADO*
ROUTE
Rute
Montoro

HONEY AND QUINCE
ROUTE
Cardeña
Hornachuelos
Puente Genil



If you visit the towns of Córdoba province tasting its main dishes, you will discover that the confectionery is the result of a long tradition inherited and maintained through the passage of time by those expert hands that have learnt and cooked the appreciated recipes. The cakes, liqueurs and desserts have exceptional raw materials, making their tasting a really delicious experience.

The anise originally came from the eastern Mediterranean, although nowadays it grows in Spain, Italy, Central America and Japan. It is an aromatic plant used also for medicinal purposes and it is the main ingredient of Cordoba's liqueur: anisette of Rute.

Rute's distillery has a long-established tradition. It has been produced by traditional methods since the 17th century, and today is one of the most popular anisettes in the world. It is completely hand-made. The distillation is done in copper boilers, identical as those used centuries ago; the fire is made with olive tree wood, which heats better the mixture of alcohol, water and anise seeds (*Pimpinella Anisum*, also anis or aniseed).

There are two types of anisettes: dry anisette, which has a high level of alcohol (55°); and sweet anisette, where the alcohol content is lower (35°) and it is sweetened by the addition of sugar in the distillation process.

The Anisette



The Christmas sweet (*mantecado*)



The *mantecado* is a kneaded bun made with wheat flour, lard and sugar. It is a typical dessert of Christmas time in Spain. Just its name recalls us to cinnamon and almonds, to tradition and reminiscences of this special period. The mantecado dates from the 15th century, because in this period there were surpluses of cereals and lard in Andalusia. They are classified according to their ingredients and shape. The most traditional *mantecado* is the one made with almonds and cinnamon and topped with sesame seeds. Other well-known mantecados are made with chocolate, lemon and puff pastry.

The *polvorón* is very similar to the *mantecado*. Almonds are the main ingredient. Other Christmas desserts are the *rosco de vino* (a ring-shape cake with wine) and *alfajor* (a kind of cake made with almonds, walnuts and honey).

The *mantecado* from Rute has achieved international popularity due to the top-quality raw materials and the handmade production. It dates from the first quarter of the 20th century.

Honey has been essential for the human diet for thousands of years, thanks to the hardworking bees that create the honey with the nectar they collect from flowers. It has been the perfect component for humans because of its nutrients and its medicinal uses. There are many different types of honey: honey of rosemary, lavender, orange blossom, eucalyptus, flowers...

Apiculture is very important for the conservation of the environment because it is based on the use of resources in a sustainable way. In Cordoba, the activity mainly takes place in the natural reserves of Sierra de Hornachuelos and Cardeña-Montoro. Apiarists from Cordoba still use thousand-year-old techniques that enable the production of honey of exceptional quality.



The Honey



The Quince



The *carne de membrillo* (quince jelly) is a traditional product from Puente Genil, where high-quality quinces are cultivated. The quince, both its jelly and the fruit, has many healthy properties for humans. Quince jelly is a typical product of the Mediterranean diet with great nutritional value and high levels of fibre, so it is recommended as beneficial for the digestion.

In Puente Genil, more than 220 hectares are used for quince cultivation. Approximately four million tons of quinces are produced to make the popular quince jelly that is exported to more than twenty countries. The factories also produce delicious jams and fruit fillers. Other areas of quince cultivation include Zagrilla (Priego de Cordoba), Carcabuey and Fuente Palmera.

ANISETTE AND TRADITIONAL CHRISTMAS SWEET (*MANTECADO*) ROUTE

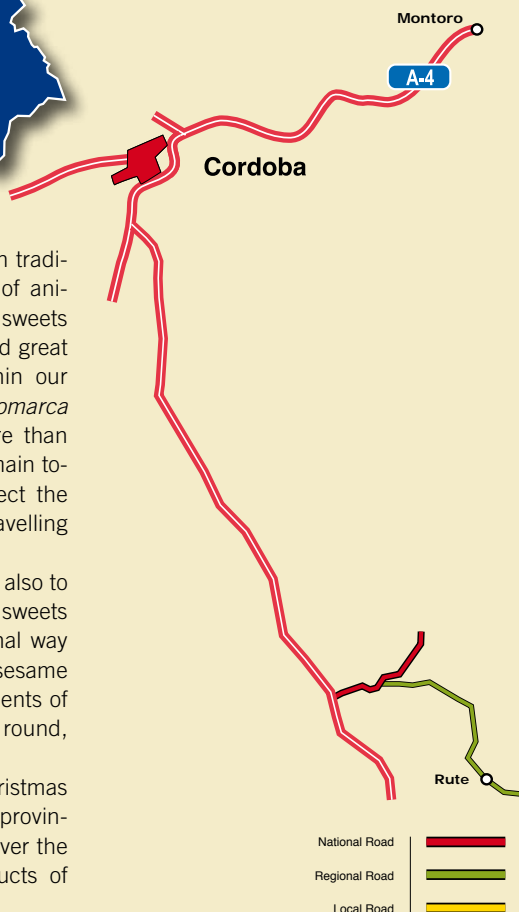
The sweetest face
of Cordoba



The province of Cordoba has been traditionally linked to the production of anisettes and traditional Christmas sweets (*mantecado*). This sector once had great relevance; not so long ago, within our province and especially in the *Comarca de la Subbética*, there were more than eighty distilleries, but only five remain today. However, you will soon detect the pleasant aroma anisette when travelling around this area.

To talk about Rute and Montoro is also to talk about traditional Christmas sweets that are still made in the traditional way in factories, where lard, flour, sesame and cinnamon are the key ingredients of this product consumed all year round, not only at Christmas time.

The anisettes and traditional Christmas sweets (*mantecados*) route of the province of Cordoba invites you to discover the secrets of these traditional products of guaranteed quality.



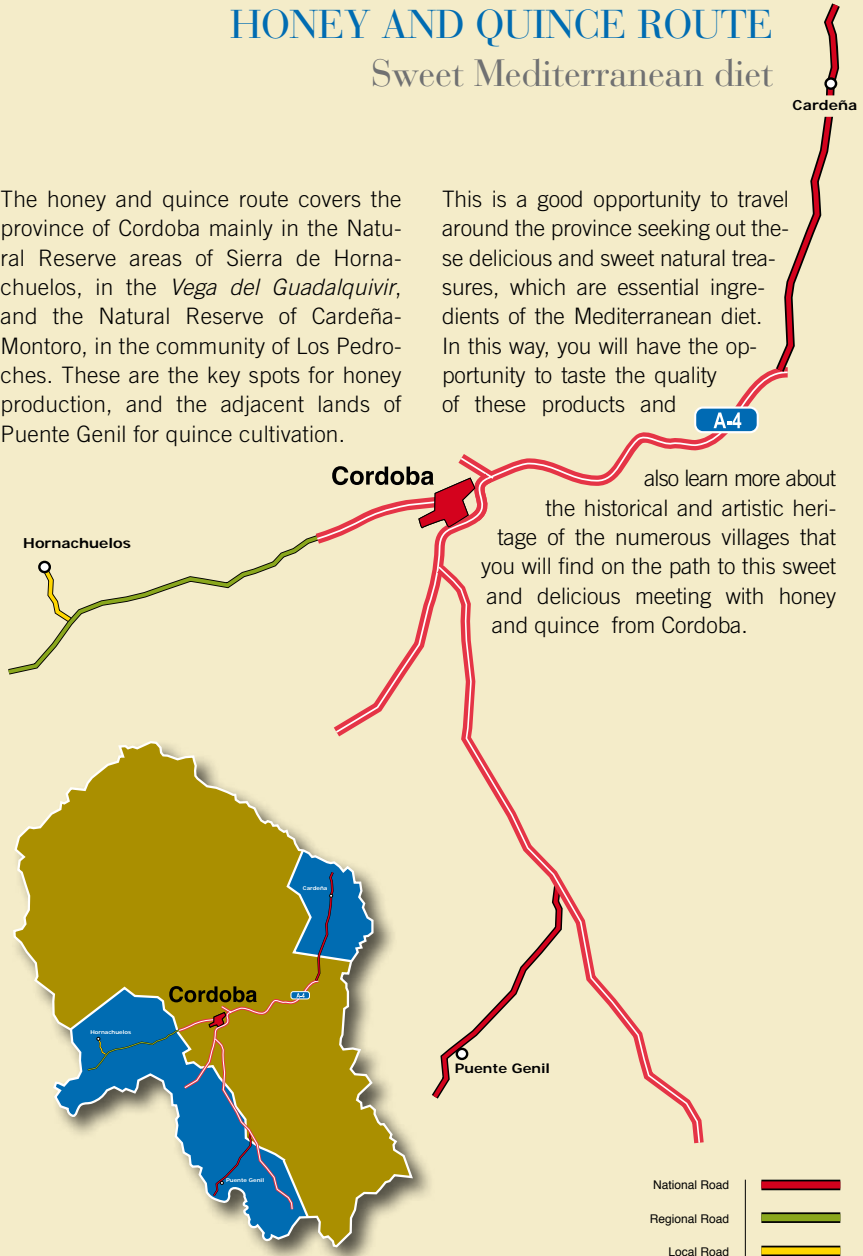
HONEY AND QUINCE ROUTE

Sweet Mediterranean diet

The honey and quince route covers the province of Cordoba mainly in the Natural Reserve areas of Sierra de Hornachuelos, in the *Vega del Guadalquivir*, and the Natural Reserve of Cardeña-Montoro, in the community of Los Pedroches. These are the key spots for honey production, and the adjacent lands of Puente Genil for quince cultivation.

This is a good opportunity to travel around the province seeking out these delicious and sweet natural treasures, which are essential ingredients of the Mediterranean diet. In this way, you will have the opportunity to taste the quality of these products and

also learn more about the historical and artistic heritage of the numerous villages that you will find on the path to this sweet and delicious meeting with honey and quince from Cordoba.





A trip through Tradition

Garlic
Chickpea
Orange
Cheese
Dairy



TRADITIONAL FLAVOURS ROUTE

Almodóvar del Río
Cañete de las Torres
Guadalcázar
Montalbán
Palma del Río
Posadas
La Victoria
Zuheros



Córdoba province maintains a culinary tradition of quality, a consequence of the mixture of cultures through the centuries, not only because of the originality of the recipes but also because of the excellent quality of the raw materials. Traditional ingredients such as garlic grown in Montalbán or oranges from Palma del Río as well as chickpeas and cheese have international recognition. They contribute to creating a first-class gastronomy due to its quality and its tradition.

Garlic, essential in our diet, is one of the star ingredients in cooking. Besides the gastronomic qualities, it has important therapeutic properties. It reduces blood pressure and cholesterol, and repairs damage from arteriosclerotic vascular disease. It works as an anti-inflammatory and helps to prevent certain types of cancer. It slightly increases levels of insulin, reducing the blood-sugar level, and also increases serotonin levels in the brain, helping to fight against stress and depression.

Garlic is the main economic resource of villages as Montalbán, where more than half its population works in this sector.

Garlic from this town is exported to France, United Kingdom, Italy, Germany, Brazil, United States and Morocco, among others.

For many years, an International Garlic Show has been held in Montalbán, due to the importance of garlic in this town. This show increases in economic importance year after year within this sector in Spain, which is the fifth largest garlic-producing country in the world.

The Garlic



The Chickpea

The chickpea is the prime legume in Spanish gastronomy, a key ingredient in fully-flavoured traditional dishes. Owing to its healthy properties the chickpea is also appreciated by those wanting to follow a balanced diet.

Many of the homemade recipes from Cordoba would not exist without chickpeas, especially if we bear in mind the quality of the chickpeas cultivated in Cañete de las Torres, in the region of *Alto Guadalquivir*.

In this town, two types of chickpeas are grown, the “*perezoso*” and the “*rabanera*”, these names being taken from the stately homes near the area where this legume has traditionally been grown.



Oranges are undoubtedly one of the most important sources of vitamins, and here we can highlight those cultivated in Palma del Río. The several different varieties cultivated in our province are recognised for their excellent quality and flavour, and among them the Navelina stands out, and especially sweet and fine variety. Before newer production techniques were imported from California to the Peninsula, in Palma del Río farmers were already producing oranges with no pips, fine, and sweet almost in an artisanal way, taking advantage of the fertile land of the *Vega del Guadalquivir* and watering techniques learnt from the Arabs. Nowadays, around 3,800 hectares are dedicated to this product, which has been developed thanks to the special climatic conditions and the soil of the area. About a half of this amount is in the locality of Palma del Río, almost 700 hectares around Hornachuelos, and to a lesser extend around the towns of Almodóvar del Río, Fuente Palmera and Posadas. The annual harvest produces an average of 35,000 kg of oranges per farmed hectare a testament to the importance of this sector in Córdoba.

The Orange



Cheese and Dairy

Cheese is made in two regions of the province of Córdoba, two well-differentiated varieties of cheese. Thus, in *Los Pedroches* area using raw sheep's milk both matured cheese and semi-matured are produced. The rind of these cheeses is closed, bright, and a bit oily with a pale yellow colour. The interior is compact and of a white ivory colour. The format is cylindrical with rounded edges, the upper and lower surfaces are flat, and the laterals are engraved. The weight of these cheeses varies from 1 kg to 2 kg.

Conversely, in the *Sierras Subbéticas*, a wide variety of cheeses made of goat's milk are made. The rind is golden; the cut is constant, very strong in flavour and aroma, and dry in texture. It is normally presented in 1kg pieces, although it is also available in other formats: such as small cubes of cured cheese with olive oil and flavoured with bay leaf, black pepper, juniper, coriander and savoury (*satureia*).



A TRIP THROUGH TRADITION

Quality of tradition on our table



The whole province of Cordoba is a clear example of how artisanal production can be preserved and, together with the right natural climate and soil conditions, natural products of superior quality can be produced and obtain international recognition, as in the case of garlic and oranges.

The Traditional Flavour Route is a good opportunity to learn about and taste these products in their purest form. You can also enjoy of the charming towns and incomparable scenery of the Vega del Guadalquivir, the cradle of oranges from Palma del Río; or the regions of *Los Pedroches* and the *Sierra Subbética*, where delicious cheeses are made. Then, the *Alto Guadalquivir* and *Campaña Sur*, the homes of chickpeas and garlic respectively, are also delightful.

Organic Products



Organic agriculture is a modern system of agricultural and livestock farming production whose main objective is to obtain products with the highest quality, protecting the environment and respecting the biological cycles, neither using agro-chemical products nor genetically modified varieties.

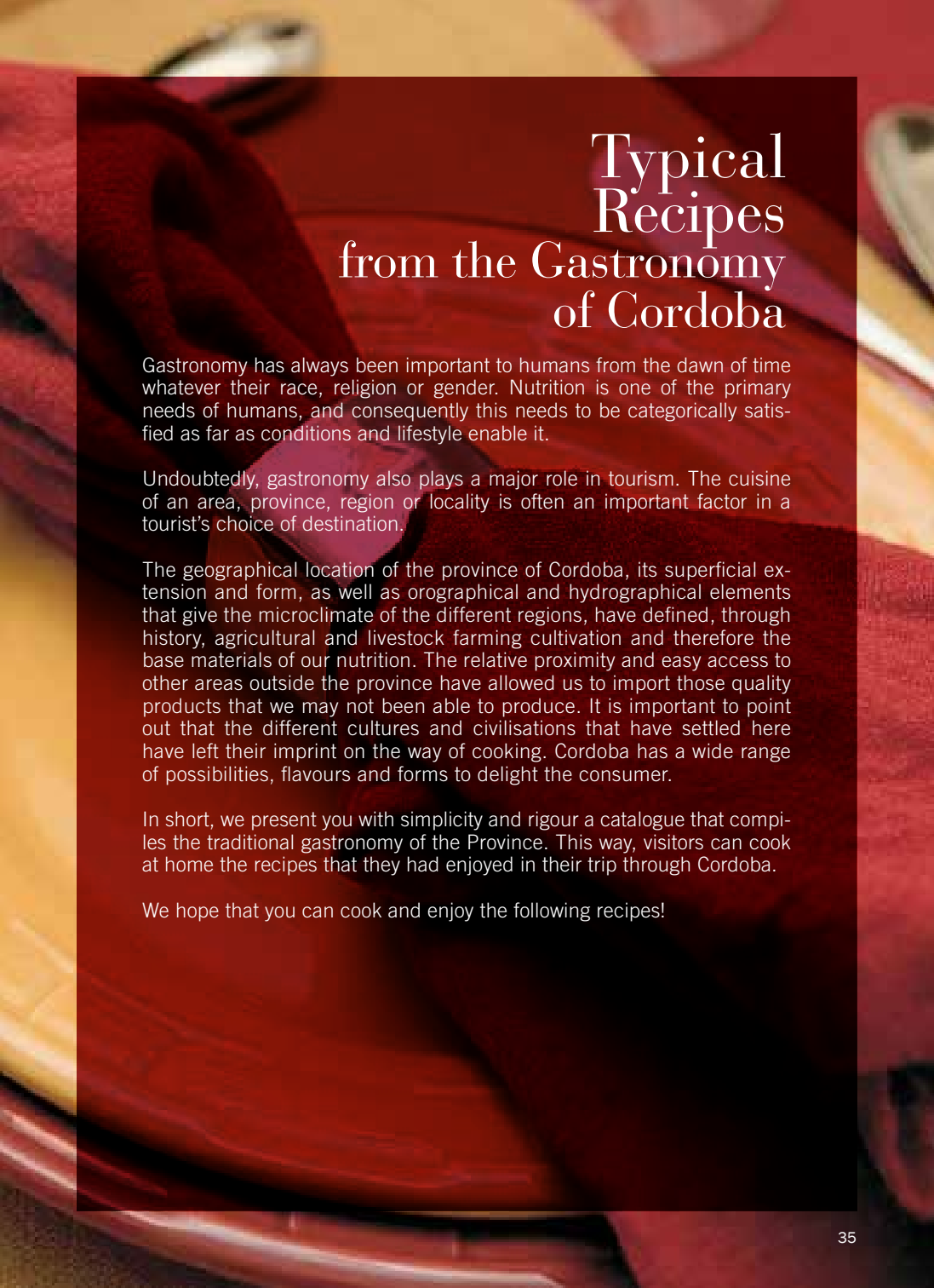
Cordoba province devotes around 30,000 hectares of land to organic farming, representing almost half the total amount devoted to this type of farming in all Andalusia.

In Cabra, packaged olives are produced. Organic olive oil is produced in Baena, Rute, Nueva Carteya, Cabra, Villaviciosa, Luque, Castro del Río, Palma del Río, Doña Mencía, Obejo, Montalbán, Alcolea, Carcabuey, Almedinilla, Priego de Córdoba, Hinojosa del Duque, and Pozoblanco. Organic wines are produced in Montilla, Aguilar de la Frontera and Villaviciosa. Organic vinegars are produced in Doña Mencía. Eggs under this type of farming are produced in Pozoblanco. Cheese is made in Zuheros. Also organic are the conserved products made in Villarrubia and Priego de Córdoba. Cakes are made in Rute and bread made in Montilla. Organic dried fruits come from Villaviciosa and Priego de Córdoba, and organic meat from Fuente Obejuna. Fruits and vegetables come from Montalbán, and legumes from Montemayor. In La Carlota, precooked dishes with organic ingredients are produced.



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Typical Recipes from the Gastronomy of Cordoba

Gastronomy has always been important to humans from the dawn of time whatever their race, religion or gender. Nutrition is one of the primary needs of humans, and consequently this needs to be categorically satisfied as far as conditions and lifestyle enable it.

Undoubtedly, gastronomy also plays a major role in tourism. The cuisine of an area, province, region or locality is often an important factor in a tourist's choice of destination.

The geographical location of the province of Cordoba, its superficial extension and form, as well as orographical and hydrographical elements that give the microclimate of the different regions, have defined, through history, agricultural and livestock farming cultivation and therefore the base materials of our nutrition. The relative proximity and easy access to other areas outside the province have allowed us to import those quality products that we may not been able to produce. It is important to point out that the different cultures and civilisations that have settled here have left their imprint on the way of cooking. Cordoba has a wide range of possibilities, flavours and forms to delight the consumer.

In short, we present you with simplicity and rigour a catalogue that compiles the traditional gastronomy of the Province. This way, visitors can cook at home the recipes that they had enjoyed in their trip through Cordoba.

We hope that you can cook and enjoy the following recipes!

Recipes of Cordoba City

Nowadays Cordoba is the gastronomic capital of Andalusia since some of the chefs have made the effort to apply innovative criteria in their cookery, reclaiming Mozarabic or Jewish recipes, or adding selective quality criteria in the traditional dishes from our land. Traditional and unique is the salmorejo, a thick tomato soup (or *gazpacho*) garnished with different ingredients that can be eaten with a spoon or, in a more traditional way, by dipping pieces of bread. Other typical dishes are the flamenquines, artichokes or Arabic recipes, such as lamb with honey. Game, owing to the hunting tradition of the area, is prepared in a very tasty way, especially venison, boar, and from small game, partridge. With regard to desserts, Cordoba cake (*pastel cordobés*) is traditional, made with puff pastry and, in the most classical version, it is made of sweet pumpkin filling and cured ham.

Starters

Salmorejo Cordobés

Ingredients

500 g of ripe tomatoes.
4 tablespoons of olive oil.
2 cloves of garlic.
2 slices of bread from the day before.
1 tablespoon of vinegar.
1 glass of water.
1 egg yolk.
Chopped chives and salt.

Preparation method

Wash the tomatoes, cut into pieces and use an electric beater to mix them with the bread, garlic and egg yolk. Whisk well and add the vinegar, some salt, and the olive oil. Continue whisking until a fine mixture is achieved. Add water and refrigerate it. When serving, sprinkle on a few chopped chives.

Flamenquines

Ingredients

6 pork loin steaks.
Serrano (cured) ham.
Milk.
Eggs.
Olive oil.
Potatoes.
Red pepper.
Bacon.
Breadcrumbs.
Salt.

Preparation method

Cut the pork loin into slices of 2cm in thickness and open them as a book (without separating both parts). Soak in milk for a couple of hours. Drain well and add some salt. Then stuff with a strip of cured ham, bacon, and some slices of hard-boiled egg. Roll each one and close well. Coat them in egg and breadcrumbs and fry in hot olive oil. Serve with chips.



Cordoba City

Salad typical of Cordoba

Ingredients

3 canned red peppers.
 3 small onions.
 4 tomatoes.
 Parsley.
 1 clove of garlic.
 Vinegar, olive oil and salt.

Preparation method

Cut the peppers and the onions in slices and the tomatoes into pieces. Add olive oil, vinegar and salt and sprinkle with parsley and garlic.

First Courses

Cordoba Cabbage

Ingredients

1 kg of cabbage.
 Bacon.
 Chorizo.
 1 tablespoon of meat stock.
 Salt.

Preparation method

Place all the ingredients in a saucepan with enough water and cook for 3 hours. To serve, drain the cabbage and put it on a large plate with the bacon and chorizo on top of it, and sprinkle with the cooking juices after removing excess fat.

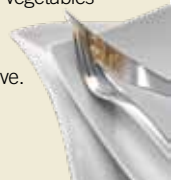
Stuffed vegetable casserole

Ingredients

Potatoes.
 Peppers.
 Onions.
 Tomatoes.
 Meatball mixture.
 Sauce.

Preparation method

Peel and trim the bases of the potatoes, cut around the stalks of the pepper and remove the insides and again trim the bases of the tomato and the onion. Stuff the vegetables with meatball mixture (minced beef, breadcrumbs, eggs, garlic, parsley and salt). Once stuffed, coat the bases with flour and fry that part only. Put the stuffed vegetables into a saucepan. Add the sauce (toasted flour and condiments). Cook for 30-45 minutes and serve.



Recipes of Cordoba City

Párroco soup

Ingredients

1 cup of white beans.
2 tomatoes cut into halves.
2 large onions.
2 slices of fried bread.
2 large potatoes.
Water (half a pot full) and the olive oil used to fry the bread.

Parra snails

Ingredients

2 kg of large snails.
4 bay leaves.
2 large tablespoons of ground black pepper.
Half a teaspoon of spicy paprika.
5 cloves of garlic.
250g of bread.
250ml of olive oil.
Salt.

Cordoba rice

Ingredients

250 ml of olive oil.
1 kg of rice.
1 kg of meat (veal, chicken, rabbit).
500 g of pork.
1 mature onion.
4 cloves of garlic.
250 g of mushrooms.
500 g of clams.
250 g of peas.
250 g of green peppers.
1kg of tomatoes.
1 lemon.
250 ml of Montilla-Moriles wine.
Saffron, ground black pepper and salt.

Preparation method

Put all the ingredients into a pressure cooker, cover it and cook for 20 minutes. Leave it to cool down and once uncovered, put everything into a food processor. If desired you can add, when serving, small cubes of fried bread (croutons). Serve hot in a soup tureen.

Preparation method

Wash the snails in cold water and drain. Salt them and stir in order to eliminate the slime. Wash again and place them in a saucepan, add the bay leaves and salt and bring to the boil for half an hour to soften them. Drain and keep the stock and leave the snails to dry. Fry the bread and the cloves of garlic and set aside. In the remaining olive oil, cook the snails slightly. Add ground pepper and stir them to mix up. Mash the bread, the fried garlic and the stock previously saved. Add the snails and boil for 8-10 minutes.

Preparation method

Fry all the meat and set aside. Fry the vegetables, except for the peas, until golden. Then add the previously fried meat and mix well. In a separate pan, bring the clams to boil. Finally add them to the pan with the rest of the ingredients and put in some wine. Leave everything to mix well and then add the rice, the saffron and the peas. Cover it with water, in the proportion 1 part rice to 2 parts water, and cook over a medium to high heat for about 30 minutes until the rice is tender. Remove the pan from the heat, cover and leave to stand for 5 minutes. Garnish with sweet red peppers.



Second Courses

Rabbit with prunes in *flamenca* style

Ingredients

1 rabbit cut into pieces.
 12 prunes without seeds.
 50 g of raisins.
 5 tablespoons of brandy.
 50 g of bacon.
 10 small onions.
 1 large onion.
 1 glass of red wine.
 Thyme.
 Black pepper.
 A bit of mustard.

Preparation method

Soak the raisins and prunes into brandy for about 3 hours, stirring occasionally. Spread salt and pepper over the pieces of rabbit that have been well dried. Peel the small onions and leave them whole. Cut the bacon into slices and chop up the large onion. With the saucepan preheated, fry the bacon and add the pieces of rabbit until golden, then remove. Fry the small onions and remove them. Fry lightly the chopped onion; add the rabbit again and sprinkle with thyme. Cover the saucepan and cook over a low heat for 30 minutes. Then, turn it over, add the prunes, the small onion, covering and cooking again for 30 minutes. Sprinkle over the red wine and dust with freshly ground black pepper and thyme.

Swordfish typical of Cordoba

Ingredients

4 slices of swordfish of 100g each.
 500 g of grated tomatoes.
 4 cloves of garlic.
 250 g of grated onion.
 Fresh chopped parsley.
 Olive oil.
 Salt.

Preparation method

Wash the slices of fish, dry them with kitchen paper and season with salt. Cook both sides on a preheated griddle and set aside in a dish. In a separate pan, add the olive oil, tomatoes, onion and salt, and fry to prepare the sauce. Finally, chop the cloves of garlic and parsley. Sprinkle the fish with the preheated olive oil, then with the tomato sauce and serve with a sprinkling of garlic and parsley.



Recipes of Cordoba City

Leg of lamb typical of Cordoba

Ingredients

1 leg of lamb.
3 carrots.
250 ml of white wine.
1 litre of stock.
Tomato sauce.
Flour.
2 onions.
6 cloves of garlic.
Thyme.
Bay leaf.
Parsley.
Pepper.
Olive oil.
Salt.

Preparation method

Put the clean leg of lamb into a saucepan together with the olive oil, and the onions and carrot cut into slices. Season with salt and pepper to taste. Add the thyme, bay leaf, and parsley in a little bouquet and fry until golden-brown. Then, remove the olive oil and the bouquet of herbs. Add the white wine and cook over a high heat turning onto both sides until the wine is consumed. Add 4 tablespoons of tomato sauce and the stock. Leave to boil and add a tablespoon of flour dissolved in a little stock. Cover the saucepan and put it into the oven for 30 minutes, cooking the lamb on all sides. Once cooked, remove from the saucepan and puree the rest of the ingredients in a food processor. Then put the lamb back again into the saucepan with fried garlic and the olive oil sprinkled over it. Finally, cook the leg of lamb 15 minutes more with the sauce and serve hot.

Bull's tail

Ingredients

4 kg of bull's tails.
2 kg of onions.
1 kg of tomatoes (mature).
Ground black pepper.
2 heads of garlic.
Saffron.
750 ml of wine (Montilla-Moriles).
Chipped potatoes.

Preparation method

Remove the suet from the bull's tails and cut them across the joints. In a frying pan, fry the onions until brown and soft without burning them. In a pressure cooker, put the raw tails, tomatoes, ground pepper, heads of garlic, saffron, and the fried onions with the olive oil used to fry them. Put it onto heat and fry lightly. Once browned, add the wine. Cover the saucepan and cook over low heat for 45 minutes timed from when the pressure cooker starts getting pressure. Fry the potatoes until browned and add to the stew. It is better to let the dish stand for a while before serving.



Desserts

Custard typical of Cordoba

Ingredients

1 litre of milk.
Vanilla.
6 egg yolks.
200 g of sugar.
25 g of flour.
Cinnamon.
Sponge fingers or vanilla biscuits.

Preparation method

Bring to boil a quarter of the milk with vanilla. In a bowl, put 6 yolks, 200g of sugar and 25g of flour or starch, and mix well with a whisk, adding immediately the milk. Cook the mixture over a low heat and stir with a wooden spatula (avoiding boiling). When a light thickness of the mixture adheres to the spatula, remove it from the heat and strain into a soup dish. Serve with sponge fingers or vanilla biscuits cut into triangles.

Compote typical of Cordoba

Ingredients

500 g of dried peaches.
500 g of raisins.
500 g of prunes.
500 g of hard pears.
500 g of quince.
500 g of sugar.
Stick cinnamon,
Oloroso and Moriles wine.

Preparation method

Cook the dried peaches with sugar and water until tender. Then cut them into pieces. In the same container, add the prunes without stones, the raisins, the pears and the quince, previously soaked in Moriles wine. Finally, add oloroso wine and cinnamon. Cook for a while until the fruit is tender but without disintegrating.

Cake typical of Cordoba (*Pastel Cordobés*)

Ingredients

500 g of fine flour.
100 g of lard.
300 g of margarine.
500 ml of water.
A dash of vinegar.
10 g of salt.
2 beaten eggs.
500 g of sweet pumpkin filling (cabello de ángel).
Sugar and cinnamon.

Preparation method

Knead the flour, water, vinegar, lard and salt. Spread it out with a rolling pin and cover with margarine. Repeat this six times and divide the pastry into pieces. Roll out one of these with a rounded shape and stuff with sweet pumpkin filling. Cover it and paint both sides with beaten egg and close it in a plait shape. Bake at 250°C. Once baked, spread egg on the upper side and add sugar and cinnamon. Bake to dry.

Recipes from *Valle del Guadalquivir*

ADAMUZ

Traditional dishes are the *coñas* (a kind of *gazpacho* with fried eggs), *salmorejo* with vinegar and cod, breadcrumbs with chorizo, and partridge or rabbit with garlic. Typical sweets are *roscos de viento*, *roscos de vino*, and *perigallo*, a kind of fried pastry.

ALMODÓVAR DEL RÍO

Bars offer dishes as *salmorejo* with anchovies and meatballs with cured-ham stock. Also traditional are stewed thistles, or rabbit in sauce with egg and almonds, partridge in sauce and stewed partridge. Traditional sweets are *sultanitas de coco* and *roscos de vino*.

BUJALANCE

Traditional specialities are stuffed potatoes, *flamenquines*, *cholondros* (pieces of loin in sauce with almonds), boneless leg of lamb, tenderloin of pork with garlic, and stew with lamb. As dessert, curds.

CAÑETE DE LAS TORRES

Chickpeas constitute the basis of stew from Cañete, while chorizo is also a key ingredient for the breadcrumbs (*migas*). Other traditional dishes are *gazpacho*, mutton and meatballs.

EL CARPIO

Traditional dishes are breadcrumbs, omelette of *faisanes* (a kind of mushroom), and soup with vermicelli. At Christmas, *mantecados* and *perrunas* (traditional Christmas sweets) are made, as well as *torrijas* (French toasts) in Holy Week.

FUENTE PALMERA

Traditional dishes are stew, white *gazpacho* and stuffed artichokes. Local industry produces renowned cold meats, among them, chorizo and pork loin. There are homemade sweets such as *flores de invierno*, and *pestiños* (traditional Easter sweets) during Holy Week.

GUADALCÁZAR

Traditional dishes are *salmorejo*, *gazpacho* and breadcrumbs (*migas*), as well as rice with young partridges, a meat that is also prepared sautéed with onions. In people's homes, *morcilla* (black pudding) with blood and chorizo are made. Traditional Christmas sweets are *perrunas* and *pestiños*.

HORNACHUELOS

Particularly notable are marinated meat, leg of venison in spicy sauce and chorizo made of venison. Another traditional dish is rabbit in pebre sauce (a sauce made with onion, chili, coriander, parsley and tomato). Among the homemade sweets, we highlight *torrijas* (French toast), *pestiños*, *roscos*, sponge cakes, and *hojuelas* (traditional Easter sweets) soaked with honey.

LA CARLOTA

Pork products are the notable ones in La Carlota, especially chorizo in different varieties: *rosario*, *herradura*, *sarta* and *cular*.

Grupo de Desarrollo Económico Vega del GuadalquivirPlaza de Pósitos 1, 1ª Planta - 14730 Posadas
Tel. (+34) 957 63 09 72 / (+34) 957 63 08 77*Valle del Guadalquivir***LA VICTORIA**

Rosario chorizo and *morcilla* (black pudding) with onion give renown to the ancient cookery tradition of the area. *Judías palomeras* (beans) are worth of special mention, as well as the excellent pig's trotters, *salmorejo*, stew and meatballs, which are traditional dishes from Cordoba prepared with special ability in this area. All of this may and should be finished off with delicious desserts, such as *rosco de melón*, *pestiños*, *flores* and *soplones* (a traditional Easter confectionery).

MONTORO

Game meat constitutes the basis of some traditional dishes, including rabbit with garlic, partridge in sauce and rice with young partridges. Other typical dishes are chips (*papas en coña*) with cod, garlic soup, and omelette of *faisanes* (a kind of mushrooms). In baking, we should mention *tortas de manteca* (buns) and *soplanos* (traditional sweets).

PALMA DEL RÍO

Dishes from this area are partridge in brine, wild boar in sauce with acorns, but also trout in brine and lamb sweetbreads in puff pastry. Traditional dishes from Palma del Río are *gazpacho* with broad beans and stuffed pork loin. Oranges of the Californian variety are renowned here. Local baking produces *merengues*, pain au chocolat, sweet yolks and *torrijas*.

PEDRO ABAD

When a new baby is born, people used to give as a present a sponge cake with cream called *mantas* (blankets). Also made of sponge cake are *tortas de la Candelaria* (a traditional sweet), raffled on the day of St. *Candelaria*. Traditional dishes are the *cachorreñas* (made of bread, garlic, vinegar, cumin and oranges), cabbage with clams, during Lent, and stew of *matanza*.

POSADAS

Posadas has a butchery industry that has gained a good reputation for cheeses and pork chops. Traditional dishes are *revoltillo*, white *salmorejo* and garlic soup.

VILLA DEL RÍO

Traditional dishes from Villa del Río are *maimones* (a recipe consisting of vegetable soup), *azarillo* (made of baked red peppers, cod and eggs), and stewed lamb. Traditional desserts are sweet porridge and cream with walnuts.

VILLAFRANCA DE CÓRDOBA

Traditional dishes are *salmorejo*, egg with fish stock, *gazpacho* with garlic, *migas* (breadcrumbs) with pork crackling, and stew with pig's trotters. Baking produces sweets with almonds, *roscos de San Antonio*, and *hojuelas* (traditional sweets).

Recipes from *Valle del Guadalquivir*

Starters

Gazpacho Carpeño

Ingredients

4 cloves of garlic, medium size.
1 tablespoon of olive oil.
1 tomato, medium-size.
Salt and vinegar to taste.
Water.

Preparation method

In a mortar, crush the garlic together with the tomato. Add olive oil, salt and vinegar to taste, and when all the mixture is well crushed, add water and pass it through a strainer. Serve cold.

Carnerete from Cañete de las Torres

Ingredients

2 kg of tomatoes.
1 glass of olive oil.
1 clove of garlic.
Fried bread.
4 eggs.
Salt.

Preparation method

Although its name makes one think in mutton (*carnero* means mutton), in *carnerete* there is no meat ingredient at all. It is a thick tomato soup, made with fried bread, and prepared for festive days. Add slices of bread and beaten eggs to the tomatoes and fry all together in a large frying pan. Although it is not a frequent dish, farm workers still appreciate it very much.

Omelette of *faisanes* from Montoro

Ingredients

250 g of *faisanes* (a kind of mushroom).
6 eggs.
A pinch of parsley.
Salt, pepper and olive oil.

Preparation method

Wash the mushrooms thoroughly, changing the water several times. Cut them into pieces and put them into a frying pan with two tablespoons of olive oil. Add a pinch of chopped parsley and cook them until tender. Remove them from the frying pan and drain. Beat the eggs, season with salt and pepper, and add the mushrooms. Mix it all up and make an omelette.



Valle del Guadalquivir

First Courses

Homemade garlic from Pedro Abad

Ingredients

1 small glass of olive oil.
 1 bunch of sorrel.
 1 onion.
 2 cloves of garlic.
 2 potatoes.
 300 g of cod.
 200 g of bread.
 Salt and ground black pepper.

Preparation method

Heat olive oil in a frying pan, add the chopped onion and slices of garlic, the potato cut thinly, and fry lightly. Add the chopped cod, sorrel and pepper, cooked together, to the previously fried mixture. Mix well while frying, then finally add the breadcrumbs together with a glass of water, and bring it to the boil before serving.

Frog soup from Almodóvar del Río

Ingredients

Three dozen frogs.
 Carrots.
 Leeks.
 Celery.
 Water (a litre for each 150g of frogs).
 Breadcrumbs.
 Milk and croutons.

Preparation method

Clean the frogs, keeping just the legs and boil them with carrots, leeks and celery. Remove the meat from the legs and mash it in a mortar, adding breadcrumbs soaked with milk. Add this mixture to the stock, drain and pour it in the soup tureen over the croutons.

Stew from Cañete

Ingredients

500 g of chickpeas.
 500 g of bacon.
 1 cabbage.
 Salt.

Preparation method

The night before making the stew, soak the chickpeas in water and salt. The following day, put them on to boil and, after an hour, add the bacon. Half an hour before serving, add the cabbage.



Recipes from *Valle del Guadalquivir*

Garlic Soup from Montoro

Ingredients

3 cloves of garlic.
A glass and a half of olive oil.
Bread typical to local towns.
A bit of lard (walnut-size).
250 g of onion.
250 g of cured ham.
1 tablespoon of paprika.
3 eggs.

Preparation method

Put the olive oil in a frying pan. When heated, brown the garlic and remove into a mortar. In the remaining olive oil, fry the bread cut into slices. Once browned, remove into a saucepan. In another frying pan, add the lard and fry the chopped onion and cured ham also chopped. Once the ingredients are fried, add a tablespoon of paprika. Pour all of this over the fried bread prepared in the saucepan together with the crushed garlic. Stir everything and cover it with a litre and a half of water. Season with salt and pepper and boil for 15 minutes. Finally, add the beaten eggs and serve hot.

Stuffed potatoes from Bujalance

Ingredients

1 kg of potatoes.
100 g of lard.
100 g of cured ham.
200 g of veal.
Salt.
Black pepper.
1 onion.
1 tablespoon of flour.
500ml of stock.

Preparation method

Boil the unpeeled potatoes (the water should not cover more than three-quarters so that they are steamed). Once tender, peel them and crush while hot, adding the lard, salt and ground black pepper. Mix well until a fine and soft mixture is achieved. Spread the mixture in a cake tin greased with lard and sprinkled with breadcrumbs. Put the stuffing mixture inside and make a cover with the potatoes. Do not mash the potatoes until the stuffing is ready to avoid the potatoes hardening. Mixture for the stuffing: Fry the cured ham and the meat and then mince it; fry the chopped onion with a tablespoon of flour, add the previously minced cured ham and meat, and mix well. Boil with the stock until a paste, neither too thin nor too thick, is obtained. When the potatoes are browned, turn over, as a pie, and serve.



Valle del Guadalquivir

Second Courses

Grilled *Boga* from Villa del Río

Ingredients

1 kg of boga (a type of river fish).
 100 g of flour.
 100 g of fresh lard.
 Lemon juice.
 Mixed herbs.

Preparation method

Grill the boga wrapped in paper greased with fresh lard. Prepare a white sauce with 100g of flour and 100g of lard, adding mixed herbs and lemon juice. This sauce is served together with the boga, which should be served on a different plate.

Veal with garlic from El Carpio

Ingredients

600 g of veal.
 1 head of garlic.
 Some bay leaves.
 Shavings of nutmeg.
 A pinch of ground white pepper.
 Saffron, salt.
 1 glass of white wine.
 100 ml approx. of olive oil.

Preparation method

In a saucepan, sauté olive oil and chopped garlic until browned. Then, add the meat cut into pieces and the rest of the ingredients: bay leaf, nutmeg, ground white pepper, saffron, salt and white wine. Cook over a high heat for 20 minutes, and then over a low heat until sufficiently cooked. Remove from the heat and serve.

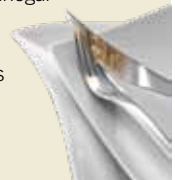
Rabbit in *pebre* sauce from Hornachuelos

Ingredients

2 rabbits.
 2 tablespoons of olive oil.
 3 cloves of garlic.
 Some black peppercorns.
 Vinegar.
 Parsley.
 Salt.

Preparation method

Se despellejan los conejos; se abren y se Remove the skin from the rabbits. Open them out and brown them slightly on a grill. Cut into pieces, put them into a saucepan and sprinkle with olive oil, chopped garlic, pepper and parsley. Cook lightly over a low heat, covered with water to which a dash of vinegar has previously been added. Serve when the rabbit pieces are cooked and the liquid has been consumed.



Recipes from *Valle del Guadalquivir*

Blood and Pork Scratchings from Posadas

Ingredients

500 g of pork.
500 g of pigs' blood.
500 g of pork scratchings.
A pinch of cumin.

Preparation method

Cook the pork and then cut it into pieces; add a pinch of cumin, then fry together with the pigs' blood and the pork scratchings.

Venison leg from Hornachuelos

Ingredients

1 kg of venison.
500 ml of vinegar.
500 ml of white wine.
Fragrant herbs: thyme, rosemary, bay leaf and tarragon.
250 g of olive oil.
2 carrots.
1 onion cut into pieces.
3-4 cloves of garlic.
Peppercorns.
Salt.

Preparation method

Marinate the venison to make it more succulent. The vinegar, together with the rest of the seasoning, eliminates the gamey odour of wild meat. To make the marinade put 250g of olive oil in a saucepan and cook over a high heat until smoking. Then, add the carrots and onions, cut into pieces, 3 or 4 cloves of garlic, thyme, bay leaf, some black peppercorns, a clove, and some leaves of tarragon. When everything is fried lightly, add a large amount of vinegar and white wine half the total amount of vinegar added together with salt and cook for a couple of hours. After that, sieve the mixture into a large container, where the meat is soaked for a couple of days, depending on the season of the year. Once marinated, put the meat into a saucepan with lard and cook over a low heat. Baste halfway through cooking. To serve, carve it and put onto a big plate, adding a spicy sauce to the dish.



Valle del Guadalquivir

Desserts

Torrijas (French toasts) **Preparation method**

Ingredients

Milk.
Orange peel.
Stick cinnamon.
Slices of bread.
Flour to knead.
Sugar.

Boil the milk (*) with a piece of orange peel and a stick of cinnamon and leave it to cool down; soak the slices of bread in milk and coat them in breadcrumbs with beaten egg. Fry them and soak again with milk to be sprinkled ten with sugar. (*) milk can be substituted by half a glass of water and half a glass of white wine.

Syrup of White Roses from Posadas

Ingredients

2 dozens of roses.
1 kg of sugar.
Lemon peel.

Preparation method

Boil the roses and then wash with plenty of water until this is sweetened. Then let them dry a bit and weigh 100 g of roses per 300 g of sugar. When sugar is half melted, add the roses. Finally, add a little soaked lemon peel, and when it is well done, remove from the heat.

Gachas from Almodovar del Rio

Ingredients

Oil.
Anise.
Sugar.
Salt.
Cinnamon, ground and stick.
Bread.
Flour.

Preparation method

Heat the oil in a frying pan and add the anise. In a separate pot, put water and bring it to the boil over a low heat and add the oil, the fried anise, salt, a cinnamon stick and sugar, to taste. Before the water is heated, add the flour and bring everything to boil over a low heat. Finally, garnish it with ground cinnamon, honey and croutons. You can eat it cold or warm. The tradition is to eat it on All Saint's Day (1 November).



Los Pedroches Recipes

ALCARACEJOS

The different kinds of black pudding *morcilla achorizada* and *morcilla de lustre* are an exquisite dish, as well as chorizo, marinated loin of pork and suckling pig. The most important dishes of Alcaracejos are *migas* (breadcrumbs fried with condiments), toasted or with milk, *chicharrillas* (pork scratchings) omelette and garlic. For desserts, they have *hojuelas*, *borrachuelos* and *obispos*.

AÑORA

Commonly seen on the table are pork products, such as Iberian cured ham, *migas* (breadcrumbs) with chorizo, fried rashers of bacon, *Noriega* meatballs, and *relleno* (traditional sausages). The most typical desserts are *piñonate*, *hornazo de Pascua* (Easter Hornazo), or *rosquillas de los tres pesos* (ring-shaped cake).

BELALCÁZAR

Its gastronomy depends on the pigs raised in their pastures, and the main specialities are stuffed ham, cold meats, pork loin in lard, chops with stock, sautéed liver, *manos emborradadas* (pigs trotters in batter). The nuns of the Convent of *Santa Clara* have a justified reputation for creating excellent confectionery, made of almonds, such as *repelaos*, *tortitas de almendra*, *flores de almendra* and *eses*, along with *merengues* and *rosquillas de huevo* (ring-shaped cakes).

CARDEÑA

Pork, lamb and venison meats are the basis of Cardena's gastronomy. They make not only pork chorizo but venison and lamb chorizo too. There is also pickled rabbit and marinated pigeon, a reflection of the long hunting tradition.

CONQUISTA

Conquista's hunting tradition is very important. Its main dishes are hare with rice, hare cooked in a traditional rustic way, and partridge in *salmorejo* (thick tomato soup), which is different from the one from *Campiña*. Also worthy of mention is the cold meats, especially *morcilla del año* (black pudding) and *morcilla de cebolla* (onion black pudding). For desserts, *perrunas* and *pelusos* (traditional confectionery made with lard) stand out.

DOS TORRES

Its gastronomy is very similar to that of the surrounding villages: cold meats, ham, *migas tostadas* (toasted breadcrumbs) and *hornazo* (a kind of bun), which are usually eaten during trips to the countryside on Easter Tuesday.

FUENTE LA LANCHA

Traditional delicacies include *migas* (breadcrumbs), *relleno* (stuffed cold meat), cured ham and *morcilla* (blood pudding), which are smoked in the hoods of the old chimneys. In people's homes, they produce *vino de pitarra* (handmade wine).

EL GUIJO

The *relleno* (stuffed cold meat) is prepared in the same way as those of the surrounding villages. It is traditional to eat them, along with *piñonate*, on the Good Friday.

EL VISO

Its traditional dishes are lamb stew, *cochifrito* (fried pork), the cold meat called *relleno* (stuffed), and *hornazo* (a kind of bun), which is typically eaten on the day of the procession of the *Virgen del Vallehermoso*. There is a small factory where sheep's cheese is made. The most typical dessert is *hojuelas en flor* (a kind of tart).

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Los Pedroches

HINOJOSA DEL DUQUE

Particularly worthy of mention are fried suckling pig, hare with rice or marinated, baked leg of lamb, and pork products ranging from cured ham to cold meat. Also typical *rin-ran* (a cod cream with eggs and potatoes). The most typical desserts are pumpkin jam called *calabacete*, *perrunas* (a tart made of lard) and *almendrados* (a cookie made with almonds), which are made by the Conception nuns.

PEDROCHE

The typical dishes are marinated chicken, *migas tostás* (toasted breadcrumbs) and *somargo* (charcoal-grilled pork tenderloin). Pork-based traditional cold meats have gained fame, and include *morcilla* (black pudding), *morcilla de cebolla* (black pudding with onion) and chorizo. Some farmers in the locality produce sheep's cheese using traditional methods. The Franciscan nuns are well-known for their confectionery, and the village offers *roscos de aceite* (ring-shaped cake), *sultanas*, *roscos de almendra* (ring cake with almonds) and biscuits.

POZOBLANCO

Sausages, black pudding, chorizo, blood sausage, bacon rashers and *ajito de cuajar* (pork belly fried with garlic). Other livestock reared in the area also provide excellent meats to prepare dishes such as beef in sauce and leg of lamb. The confectionery on offer is varied, with *hornazos* and *perrunas* deserving special mention.

SANTA EUFEMIA

Typical dishes of the town include chicken in pickling brine, which is served cold, *ajo blanco* (a cold garlic soup) and sheep's tails in pickling brine. Traditional confectionery is based around the religious festivals of the town, particularly the celebrations in honour of *San Blas*, including *buñuelos*, *torciós* and *roscas*.

TORRECAMPO

Typical dishes from Torrecampo include *cachorreñas* (a type of broth made with garlic, tomatoes and bread), *migas abajás* (breadcrumbs fried with liver, ham, potatoes and garlic), tomato and pepper ratatouille, *sobrehusa* (a casserole of cod, truffles, asparagus and eggs), *guiso de rollos* (tripe stew), *gazpachuelo de ave* (chicken soup made with eggs and lemon) and *ajo leche* (sautéed garlic, potatoes, breadcrumbs and milk). In summertime, *melocotanada*, a beverage similar to *sangría*, is a typical drink.

VLLANUEVA DE CÓRDOBA

Villanueva de Córdoba has some top-quality products such as Iberian cured ham, *morcilla jarota* (a kind of black pudding), fried suckling pig and *chanfaina* (meat stew with breadcrumbs). The typical dishes are *migas tostás* (breadcrumbs), *ajo migao* (a kind of soup with garlic) and *salmorejo* (thick tomato soup). The most typical handmade desserts are *hornazo*, *hojuela*, *flores* and *cagajón*.

VLLANUEVA DEL DUQUE

A typical dish is cooked or stewed lamb's tail. Also traditional are *migas* (breadcrumbs) in the style of Castle or *Extremadura*, *sobrehusa* (a vegetable soup), garlic, and *cachorreñas* (a type of broth made with garlic, tomatoes and bread). Traditional confectionery includes *hornazo*, *borrachuelos*, *perrunas* and *roscos del pobre*.

VLLARALTO

In wintertime, *migas* (breadcrumbs) with fried rashers of bacon are usually eaten, accompanied with *vino the pitara* (handmade wine). As also in surrounding villages, cold meat called *relleno* (stuffed) is prepared. Also important is *pellas* (confectionery made with pork lard), usually eaten on Maundy Thursday.

Los Pedroches Recipes

Starters

Moje de Tomate con Masilla

Ingredients

- 1 egg.
- 1 clove of garlic.
- Salt.
- 250 ml of olive oil.
- 1.5 kg ripe tomatoes (but not too soft).

Preparation method

Prepare a mayonnaise with garlic, egg, salt and olive oil. Cut the tomatoes up into large pieces and put them on a plate. Add the already prepared blend and mix all together. This meal is traditionally eaten with morcilla (black pudding), potato omelette, cheese, fried chorizo, etc. It is usually eaten in summertime.

Asadillo

Ingredients

- 5 red peppers to be roasted.
- 2 hard-boiled eggs.
- 4 tomatoes.
- 1 head of garlic.
- A splash of oil and a bit of salt.
- A dash of vinegar.
- Cumin.

Preparation method

Roast the peppers, garlic and tomatoes. Peel and cut up the peppers and tomatoes and put them on a plate. Crush the head of garlic in a mortar along with the cumin and add it to the peppers and tomatoes. Finally, add the cut-up hard-boiled eggs and dress it all with salt, oil and vinegar.

Partridge salad

Ingredients

- 1 partridge cut in pieces.
- A head of garlic.
- A bay leaf.
- Peppercorns.
- 1 glass of vinegar.
- 1 lettuce.

Preparation method

Cook the partridge with all the ingredients already mentioned (the whole garlic without being peeled). When cooked, remove the bones and cut up the meat. Cut the lettuce into julienne strips and put it on a plate. Finally, dress it with oil, add the pieces of partridge, and toss well.



First Courses

Sopa Dorada from Hinojosa del Duque

Ingredients

1 litre of stew soup (see below).
 500 g of bread in big slices.
 1 clove of garlic for each layer.
 Saffron.
 Mint.

Preparation method

For the stew soup: one foraging chicken (legs and breast), chickpeas (a handful for each person), 200g of cured ham, 100g of fresh pork fat and 100g of pork ribs. Cook the stew, preparing enough soup to have at least one litre of stock remaining afterwards. Once the soup stock is ready, cut the bread into slices. Put the bread in a clay container and add a chopped clove of garlic over it. Add the mint and sprinkle on the soup stock. Put on another layer of bread; add the clove of garlic, the mint and the soup, and so on. Repeat this until the soup is finished. Put it above the embers of a fire and leave it there until the bread gets brown.

Meatballs from Hinojosa del Duque

Ingredients

500 g of minced pork meat.
 3 eggs.
 1 head of garlic.
 Iberian ham (slices).
 A ham bone.
 Parsley.

Preparation method

Put the minced meat, minced ham, chopped parsley and 4 or 5 chopped cloves of garlic in a container. Add salt and the eggs and stir this well until obtaining a paste. In a separate pan, add water, a couple of unpeeled cloves of garlic, a bay leaf, parsley and a fresh ham bone. When the soup starts boiling, add the raw meatball, which you will have already shaped with your hand moistened with vinegar. It is optional to add to the soup a bit of saffron toasted and crushed in the mortar. Cook over a low heat for about one hour and a half. This is served like a soup.



Los Pedroches Recipes

Migas Tostás from Dos Torres

Ingredients

1 kg of stale bread.
1 head of garlic.
To accompany:
500 g of peppers.
500 g of sardines or cod.
Some fried rashers of bacon.
Chorizo.

Preparation method

Cut the bread into fine slices and moisten in a little salted water. Fry the head of garlic and add the bread. Put it all in a deep frying pan and stir until the slices of bread get browned. Move it away from the heat and eat warm with the above-mentioned ingredients as an accompaniment, all of them fried. You can also accompany it with other pork products such as black pudding (morcilla), or fruit of the season.

Rin Ran from Hinojosa del Duque

Ingredientes

500 g of salt cod.
1 onion.
A bit of water.
A splash of oil.
1 head of garlic.

Preparation method

Roast the salt cod and the head of garlic. Cut the onion into little pieces. When everything is cut up, put on a deep plate, add oil and water and stir it. You can eat it as a soup or with a fork. If you don't like too much salt, after roasting the cod, you can put in water to remove the excess.

Chanfaina from Villanueva de Córdoba

Ingredientes

Half a black pudding (morcilla de sangre).
250 g of liver.
1 tomato.
Half a red pepper.
250 g of offal.
Half an onion.
2 bay leaves.
3 cloves of garlic.
Salt.
4 medium potatoes.
A handful of rice.

Preparation method

Sauté all the ingredients cut up along with the potatoes in a casserole. Add water to cover them and cook for about one hour. Add a handful of rice and cook for 15 minutes more. It should be watery.



Second Courses

Fried suckling pig from Alcaracejo

Ingredients

1 kg of suckling pig.
Salt.
1 litre of olive oil.

Preparation method

Cut up the suckling pig and place it in a frying pan with 500 ml of oil. Fry it over a low heat to make it lose the fat, until golden brown. Then remove it and drain. Leave it to cool. Put the suckling pig in the other half of oil, previously heated, to fry it well.

Lamb in garlic sauce from *Pastor* de Cardena

Ingredients

1 kg of lamb.
1 head of garlic.
Vinegar.
Oil.
Chilli.
Salt.

Preparation method

Fry the seasoned lamb with oil and when it is almost fried, add this mixture: crush in a mortar the head of garlic, the chilli and a dash of vinegar.

Partridge sautéed with onions

Ingredients

1 partridge.
3 medium onions.
Peppercorns.
1 bay leaf.
3 cloves of garlic (with the peel).
2 glasses of water.
1 glass of wine.
A splash of olive oil.
A bit of salt.

Preparation method

Boil the raw ingredients over a low heat. If the water is boiled away and the partridge is not cooked, add some more water and leave it until it becomes tender.



Los Pedroches Recipes

Kidneys in sauce

Ingredients

1 kg of kidneys.
4 cloves of garlic.
Half an onion.
Some sprig of parsley.
2 tomatoes.
A dash of vinegar.
Olive oil.

Preparation method

Cut up the kidneys and poach them in hot water for some minutes. Move them from the pan and put them in cold water; then drain them. In a separate pan, fry lightly the onion and the tomato. Crush the fried cloves of garlic in a mortar and add them to the sauté along with the kidneys. To serve, sprinkle chopped parsley, and add a dash of vinegar.

Relleno from Añora

Ingredients

Olive oil.
500 g of ham.
500 g of chicken breast.
12 hard-boiled eggs.
6 eggs.
Coriander.
Some sprigs of parsley.
100 g of breadcrumbs.
Saffron, salt, pig's intestines for stuffing, and water.

Preparation method

Fry the ham and chicken breast and them up together with the hard-boiled eggs. Add the other eggs, saffron, coriander, breadcrumbs, sprigs of parsley and salt to taste, and make a paste. Then stuff the intestines. Do not fill with a lot of paste and put them in boiling water. Prick them to avoid them bursting. Cook them until the eggs are cooked. Finally, hang them up to let them dry.



Desserts

Buñuelos from *San Blas* de Santa Eufemia

Ingredients

1 litre of wine.
 1 litre of water.
 1 litre of oil (refried with sesame).
 A bit of salt.
 6 kg of flour (approx.).
 Grated lemon/orange peel.
 3 oranges.
 1 small glass of anisette.

Preparation method

Make a compact dough with all the ingredients. Roll it out to a fine thickness. Cut it into rectangular shapes and join the edges to make a rope. Fry them in a frying pan and then coat in sugar. With these quantities, you will cook a lot of buñuelos, so you could reduce the quantities proportionally.

Pelusos from Conquista

Ingredients

1 kg of pork lard.
 750 ml of white wine.
 Sesame.
 Sufficient flour for the mixture (described below).
 500 g of icing sugar.

Preparation method

Whisk the pork lard until stiff. Add the wine and the sesame (ground or not). Add enough flour to achieve a paste not sticky but soft. Sprinkle a surface with flour and roll it out to a thickness of about 1 centimetre. Cut out shapes with a pastry cutter and put them into baking pan. The usual shapes are circles, moons or stars. Put them in the oven to bake. Afterwards, remove them and allow to cool. Finally, sprinkle with icing sugar.



Recipes from *Valle del Guadiato*

BELMEZ

Typical dishes are baked haunch of lamb in a *belmezana* sauce and pork chops in bread-crumbs. For desserts, the most typical recipes are *leche frita* and *torrijas*.

ESPIEL

Delicacies of Espiel include *hornazo*, a pie stuffed with marinated pork loin meat, with chorizo, with ham and hard-boiled egg.

FUENTE OBEJUNA

Pork and hunting are the base of Fuente Obejuna's gastronomy: marinated suckling pig, *migas* (breadcrumbs) with fried rashers of bacon, white beans with partridge, and red peppers stuffed with quail or pigeon. The most typical dessert is *huevos con leche*, commonly known as *obispos*.

LA GRANJUELA

A very popular *tapa* is of suckling pig. The vegetable gardens provide products for preparing *pisto* (ratatouille), broad bean omelette and asparagus. The most typical dessert is *flores*.

LOS BLAZQUEZ

Typical dishes are cooked with pork, such as *migas* (breadcrumbs) with fried rashers of bacon cooked in the style of shepherds, and chorizo. The dessert that stands out is *pestiños*.

OBEJO

Typical dishes are pickling chicken, pork loin meatballs and kid in almond sauce. A notable dessert is *buñuelos de San Benito*.

PEÑARROYA-PUEBLONUEVO

The most common dishes are lamb stew, marinated suckling pig, cod and spinach stew, anchovy in brine, and the local variety of the *gazpacho* (cold tomato soup) called *rairrán*. The most typical dessert is *repápalos*, usually known as Peñarroya.

VALSEQUILLO

A very typical dish is the homemade cold meat called *relleno*, stuff with ham, shoulder and hard-boiled egg. Also typical is lamb stew. Traditional desserts are *flores*, *perrunillas* and *fideos*.

VILLAHARTA

The popular dish of Villarhata is soup with chicken meat. Also popular is *ajo de harina* (flour garlic), *boronía* (vegetable soup) and *cochiflo de coles* (cabbage stew).

VILLANUEVA DEL REY

Very typical of this locality are *migas* (breadcrumbs) and *salmorejo de hígado* (cold liver soup). In the years when wild asparagus is available, they cook *ajo de espárrago* (asparagus with garlic) and *monje de los espárragos* (another asparagus soup).

VILLAVICIOSA DE CÓRDOBA

Traditional dishes are *sopas imperiales* (soup with bread and tomatoes), venison stew and *caldillo de conejo* (rabbit soup).

Starters

Caldillo from Villaharta

Ingredients

Meat (rabbit, partridge or chicken).
 Pepper.
 Some cloves of garlic.
 Salt.
 Bay leaves.
 Cloves.
 Cumin.
 Eggs.
 Vinegar.

Preparation method

Boil the meat, adding to the water a bay leaf, pepper, garlic and salt. When it is cooked, discard the bones and roast it a bit. Strain the stock where the meat is cooked and add some crushed cloves of garlic with cumin, cloves, roasted liver, an egg yolk, chopped hard-boiled eggs and the meat (already roasted and cut up). Finally, add salt and vinegar to taste. It is usually eaten cold.

Asparagus in Sauce from Villanueva del Rey

Ingredients

1 kg of wild asparagus.
 4 slices of fried bread.
 4 cloves of garlic.
 1 medium onion.
 Vinegar.
 Salt .

Preparation method

Cut up and cook the asparagus. Fry in a pan the onion, remove the excess oil and add vinegar to the onion, asparagus and crushed garlic. In the same container where you have crushed the cloves of garlic, crush the slices of fried bread. Put all the ingredients together until the stock is almost reduced.

Refrito con Patatas

Ingredients

500 g of potatoes.
 2 onions.
 3 cloves of garlic.
 Salt.
 Pepper.
 Oil.

Preparation method

Cut the potatoes into strips and let them soak for 15 minutes. Heat the oil and fry the onion rings and the sliced garlic until golden brown, then remove from the heat. Add more oil in the same frying pan and cook the potatoes with the other ingredients. Add pepper and salt to taste.



Las recetas del *Valle del Guadiato*

Lettuce with garlic

Ingredients

2 lettuce hearts.
6 tablespoons of oil.
A level tablespoon of flour.
1 glass of white wine.
2 glasses of water.
1 meat stock cube.
A spoon of salt.

Preparation method

Wash the lettuce hearts, strain and tie them so they won't open during the boiling process. Put a bit of oil in a saucepan and fry the lettuces lightly for 3 minutes. When they are fried, sprinkle them with flour and add wine, water and a bit of salt. Cover the saucepan with a lid and let them cook over a low heat for 15 minutes. Put the lettuces on a plate and remove the strings used to tie them. Add the meat stock to the saucepan, stir well and top the lettuces with it.

Chupacharcos

Ingredients

5 eggs.
7 cloves of garlic.
200 g of cured ham.
1 tablespoon of flour.
Breadcrumbs.
Tomatoes.
Onion.
Bay leaves.
Parsley.
Half a glass of wine.
1 glass of water.
Pepper.
Mint.

Preparation method

Beat five eggs, two cloves of garlic, parsley, 200 g of cured ham, breadcrumbs, a tablespoon of flour and some chopped mint leaves; with this paste make small omelettes. In a separate frying pan, fry one onion, five cloves of garlic and a tomato, and mix in a tablespoon of flour or cornflour; add this to the small omelettes. Add a glass of wine, a glass of water, a bay leaf and a bit of pepper. Add salt to taste. Let it cook until tender about 15 minutes.



Valle del Guadiato

First Courses

Pisto from La Granjuela

Ingredients

1 kg of aubergines.
 1 kg of green peppers.
 3 potatoes.
 2 kg of tomatoes.
 A bit of salt.

Preparation method

Cut up the ingredients and start by frying the aubergines and green peppers in a frying pan. When they are tender, remove from the heat. Fry the potatoes, already cut into slices. Then fry the tomatoes and finally mix everything and add salt. Fry the mixture gently for a few minutes to get all the flavours combined, and then serve it.

Marinated Chicken from Obejo

Ingredients

Chicken.
 Animal offal.
 Eggs.
 Cumin.
 Flour.
 Garlic.
 Salt.

Preparation method

Cut up and boil the chicken until well cooked, then strain it, retaining the stock. Fry a small head of garlic, the animal offal and cumin. Crush everything and add to the chicken stock. Prepare a paste with flour and eggs and coat the chicken with it. Then fry it in plenty of oil. After that, add the chicken to the stock mixture and chop the hard-boiled eggs. It is usually eaten cold.

Boronía from Villaharta

Ingredients

4 aubergines.
 4 tomatoes.
 2 cloves of garlic.
 Cumin.
 Olive oil.
 Bread.
 Salt.

Preparation method

Boil the aubergines in a little water. Fry the tomatoes and peppers in a frying pan, then add the strained aubergines and some water. In a separate dish, crush the cloves of garlic, the cumin and the slices of fried bread. Add it to the aubergines along with a little salt. Let it cook for 15-20 minutes.



Las recetas del *Valle del Guadiato*

Second Courses

Leg of Lamb from Belmez

Ingredients

1 leg of lamb.
200 ml of oil.
1 head of garlic.
100 ml of cognac.
Salt.
Onion.
Garlic.
Bay leaves.
Egg and breadcrumbs for coating.

Preparation method

Due to the strong flavour of lamb of the area, it is recommended to use cognac or garlic to reduce this. Roast the lamb with all the ingredients for an hour and a half, basting it with cognac or wine. Cut up the meat and add salt. Put the meat in water, with onion, garlic, a bay leaf, and salt to taste. Discard the bones. Strain the soup and add cumin, saffron and crushed garlic. Let it stand and meanwhile fry the meat coated in egg and breadcrumbs. Finally, strain the soup again and add the fried meat.

Wild Boar in Sauce

Ingredients

Wild boar.
1 large onion.
2 cloves of garlic.
Thyme.
1 glass of wine.
Bay of leaves.
Pepper.
2 glasses of water.
50 ml of olive oil.

Preparation method

Cook the meat with the chopped onion, garlic, thyme and salt for about 30 minutes. Then remove the seasoning and crush it. In a separate pot, put oil, wine, pepper, a bay leaf and the cooked meat along with the crushed seasoning. Add the stock from the cooking, a tablespoon of flour and a pinch of saffron. Let it cook until the sauce thickens.



Valle del Guadiato

Desserts

Piñonate

Ingredients

12 eggs.
 250ml of olive oil.
 Orange peel.
 Salt.
 Flour.
 Honey.

Preparation method

Prepare a dough with the 12 eggs, the fried oil, the peel of an orange, a little salt and enough flour to make it firm. With this dough, make large noodles of about 10 centimetres and fry them. When they are fried, heat the honey and spread it over the noodles.

Torta de Fideos

Ingredients

6 eggs.
 5 tablespoons of oil.
 Salt.
 Flour.
 Honey.

Preparation method

Beat the eggs, and gradually adding some oil, a bit of salt and flour. With the dough well beaten, make it into strips and when they have dried slightly, cut them into small pieces and fry them. Separately, boil the honey a syrupy consistency. Coat the fried pieces in the honey.

Obispos from Fuente Obejuna

Ingredients

1 litre of milk.
 3 eggs.
 3-4 tablespoons of sugar.
 Breadcrumbs.
 A few drops of lemon juice.
 Cinnamon in sticks.

Preparation method

Make a paste with the breadcrumbs, eggs, sugar and lemon, and form into balls. Then, fry them in plenty of olive oil. In a separate pan, bring the milk with sugar and cinnamon to the boil and leave it to cool. Once cooled, add the fried balls.



Recipes from *Guadajoz-Campiña Este*

BAENA

Traditional dishes are *revoltillo baenense* (vegetables sautéed with eggs), stewed broad beans, cured ham with tomato, *pendejo* (a type of pumpkin), grilled pork, *pitraque gazpacho* (a kind of cold tomato soup), *empedraillo* (a dish prepared with rice, chickpeas and vegetables), chicken in almond sauce, and *carnerete* (potatoes in garlic sauce). Among the desserts, we could highlight the *panetillos de cortijo*, a type of flat cake with almonds sold in patisseries of the town.

CASTRO DEL RÍO

Justifiably well-known are the pork products, such as chorizo. M.S. Salcedo has compiled traditional dishes extracted from old recipe books. Among these are *pescado a la minuta* (fish in breadcrumbs), stuffed tongue, partridge in vinegar (*perdices en vinagrillo*), stewed lamb, *huevos a la bandera* (stuffed eggs), stuffed chicken breasts, meatballs in a Castro del Río style, and pork loin with orange. The most typical desserts are fried eggs, *bizcotela*, *tostones*, and the unusually-named nuptial castles of caramel (*castillos nupciales de caramelo*).

ESPEJO

The chorizo from Espejo deserves its fame and constitutes the basis of the pork products industry. Highlights among the desserts are curds, milk buns, puff pastry, *sultanas*, *mostachones* and, at Christmas time, *rosco de vino*, *perrunas*, and *torticas*.

NUEVA CARTEYA

The traditional dishes of Nueva Carteya are *mojete* (a type of salad), *salmorejo* (a thick cold tomato soup) and *migas* (breadcrumbs) with bacon. Nueva Carteya has a strong tradition for confectionery. M.S. Salcedo distinguishes the fried desserts, such as *pestiños*, *flores*, *gajorros*, *hojuelas* and *buñuelos*; and the baked desserts, such as sponge cakes, fairy cakes and *duquesas*.

VALENZUELA

Broad beans are prepared stewed or fried with cured ham. Chickpeas from this area are one of the main ingredients in stews. During the town's festivals, it is traditional to cook meatballs of turkey breasts and in Holy Week, the older ladies of the town still make the traditional *fruta jeringa* (fried dough with honey or sugar).

Starters

Revoltillo Baenense - Sautéed with Eggs

Ingredients

1 kg of young broad beans.
 100 g of cured ham.
 100 g of ham fat.
 Olive oil.
 1 onion.
 Salt.

Preparation method

Cut the cured ham and the fat into cubes and fry them lightly in the olive oil and put aside. Cut the onion into thin pieces, fry gently and put aside. Add the broad beans and fry them stirring all the time. Finally, add the cured ham and onions and fry all together. Add salt to taste.

Mojete from Nueva Carteya

Ingredients

1 litre of olive oil.
 1 kg of potatoes.
 3-4 cloves of garlic.
 2 slices of bread.
 1 tablespoon of paprika or cayenne pepper.
 5 eggs.
 1 spoon of vinegar.
 Salt.

Preparation method

Fry the bread and garlic and crush them with a mortar, then add the paprika and vinegar. In a frying pan, add olive oil and fry the potatoes cut in slices. Once fried, put the olive oil aside and add the previously crushed items, leaving all to cook for about 10 minutes. Before serving, add an egg per person and wait until these are cooked.

Tostones from Castro del Río

Ingredients

250 g of flour.
 50 ml of olive oil.
 50 ml of sweet wine.
 A piece of orange or lemon peel.
 50 g of sugar.
 5 g of ground cinnamon.

Preparation method

Fry the orange or lemon peel and put it aside. Add the wine to the pan and slowly add flour until it forms a not too sticky dough, then knead it until it becomes smooth and stretchy. Roll out the dough and cut it in rounds with a potato cutter. Then, fry the rounds. Leave to cool slightly on grease-proof paper. Combine sugar and cinnamon and sprinkle this over the fried dough.



Recipes from *Campaña Sur*

AGUILAR DE LA FRONTERA

Traditional dishes are rice with cockerel, normally prepared on the day of *San Miguel*, tomato purée with eggs, noodle soup, rabbit with sauce, partridge in *salmorejo* (a thick tomato soup), and stew with artichokes. However, Aguilar stands out for its confectionery, offering specialities such as coffee *merengues* and *rizados de almendra* (a sweet made of almonds).

FERNÁN NÚÑEZ

Traditional dishes from Fernán Núñez are *migas con chicharrones* (breadcrumbs with bacon), potatoes with cod, and *maimones* (a type of garlic soup). Regarding desserts, it offers *piononos*, teatime cakes, *suspiros*, and *orejitas de abad*.

LA RAMBLA

Among the traditional dishes of La Rambla, J.R. Pedraza points out rice with cod, cod in sautéed onions, fried broad beans, and chopped oranges. The main traditional desserts are *pestiños*, *borrachuelos*, *gañotes*, muffins, cider or sweet potato pie, *rosquitos de manteca* and *roscos de lustre*. To all this, we have to add the almond cakes.

MONTALBÁN

Traditional dishes from Montalbán are *boronía*, *sucio* and *cocido frito*, different kinds of homemade stews; and in Holy Week, stew of chickpeas with cod. The garlic and melons produced in Montalbán are widely known for their quality.

MONTEMAYOR

Traditional dishes from Montemayor are chicken in *pepitoria* sauce (with eggs and almonds), broad beans with aubergine and *morcilla* (black pudding), rice with cod, and *puchero* (a typical stew). Among the most typical desserts, we can highlight *gañote*, *roscos de aguardiente* and *panetes*, which are bread dough in shaped into animals and other figures that are normally given on All Saints' day.

MONTILLA

Traditional dishes from Montilla are stewed artichokes, kidney in a *montillana* sauce, chopped oranges, tomato salad, pig's trotters, *salmorejo* (a thick cold tomato soup), and *gazpacho blanco* (a cold soup made of bread, almonds and garlic). There are two main desserts that stand out from the rest, *alfajores de almendra* (dessert made of almond) and *pastelón*. Then there is a wide range of desserts such as *gachas de mosto*, *arropes*, *gachas* made on All Saints' day, *tortillas* of Easter, *pestiños* and puff pastry. The nuns of *Santa Clara* convent prepare and sell *mostachones*, biscuits, *suspiros*, *roscos lustrados*, muffins, *tocinito* and *brazo de gitano*. However, the best product of Montilla is undoubtedly its wine, which has made this region famous. We have *fino* (a type of dry sherry), *amontillado* (the result of allowing fino to age), *oloroso* (fragrant aged wine), *cream* (white wine), and *Pedro Ximénez* (a special sweet wine). Recently, new wines have been added to the selection, specifically white table wines that have undergone very little wood aging.

MONTURQUE

Typical dishes are chestnuts with rice and, during Holy Week, any dish containing cod as a main ingredient. In this period, many homemade desserts are prepared, for example muffins, *roscos de galleta*, *pestiños* and *borrachuelos*.

MORILES

Typical dishes of Moriles are tomato salad, *salmorejo* (thin cold tomato soup), broad beans sautéed with eggs, and during Holy Week, stew with cod or fish balls. Among the main desserts, we find *gachas de mosto* and *arrope*. However, it is the *fino* (a type of dry sherry) which has made this region famous. It is of superior quality and can be sampled in bars and inns.

PUENTE GENIL

In Puente Genil we find olive oils as good as the fino wines. Traditional dishes are artichokes in sauce, fried aubergines or *San Marcos* salad. Puente Genil has also a fine tradition in desserts, proof of this are the candied threads of egg yolks, Génova sponge cakes, *capuchinas*, and *rosclas de gachas*. Undoubtedly, the most typical sweet is the quince jelly.

SAN SEBASTIÁN DE LOS BALLESTEROS

The most popular dish is turkey with noodles, mainly prepared on San Sebastian's day (20 January), when all the residents of the town share one in the main square. In Holy Week, other desserts are made, such as *rosquitos de huevo*, *pestiños* and *soplanos*.

SANTAELLA

The white chickpeas harvested in the area constitute the main ingredient of many stews typical from Santaella. M.C. del Moral details the great number of traditional dishes, such as the stew of pig's trotters, meatballs with soup or in almond sauce, veal baked in salt, in milk or in orange sauce, stuffed pork loin, broad beans and wild artichokes sautéed with eggs, orange salad with cod, green beans with garlic, partridge in sautéed onions, and hare in a red wine sauce.

Recipes from *Campaña Sur*

Starters

“*Tita María*” Salad from Puente Genil

Ingredients

1 lettuce.
50g of white bread crumb.
Olive oil.
Vinegar.
2-3 cloves of garlic.
Salt.

Preparation method

Wash well the lettuce and cut it up small. Then add the vinegar, salt and olive oil and set aside. In a mortar or mill, add the breadcrumbs and garlic and crush them well. Then add a bit of water stir it well. Put the mixture into the salad and stir again to dress it.

Gaspacho al Estilo de Montilla

Ingredients

4 cloves of garlic.
Salt.
1 egg white.
Almonds.
Broad beans.
Bread crumbs.
Olive oil.
Vinegar.
Water.

Preparation method

A typical gazpacho of Andalucia has all the above ingredients, except for the broad beans which are replaced by tomatoes. The broad beans here make this gazpacho into a white cold soup, instead of red. The preparation is quite easy just put all the ingredients in a mixer and mash it. Slowly add the oil until it becomes a cream. When the cream has enough oil, add the vinegar to dissolve the mixture and then add the water. Finally, add salt and vinegar to taste. To serve, add apples, cucumber or grapes. Breadcrumbs can be added to the cream, if desired. For six people, the approximate quantities are six broad beans and six almonds per person.



First Courses

Courgette in *pisto* from Fernán Núñez

Ingredients

3 courgettes.
Olive oil.
1 onion.
Salt.
Pepper.
1 egg yolk.
Tuna in brine.

Preparation method

Cut the courgettes into very small pieces and fry them gently together with the onion. Add salt and pepper and the egg yolk to thicken the mixture. Stir it well. If you wish, you can add the tuna chunks in brine before adding the yolk.

Joecas from Aguilar de la Frontera

Ingredients

1 kg of potatoes.
Olive oil.
4 cloves of garlic.
A sprig of parsley.
Vinegar (optional).
Saffron and salt.
1 tablespoon of toasted wheat flour.
100 g of chorizo.

Preparation method

Cut the potatoes into not too thin slices and fry them gently. Then put them aside in a pot. Mash the garlic and parsley with a bit of the oil used to fry the potatoes. Next, add a tablespoon of toasted wheat flour, saffron and vinegar to the pot and cook it until it comes to the boil. Add the chorizo cut into slices and salt to taste.

Artichokes in Montillana style

Ingredients

1.5 kg of artichokes.
1 onion.
4 cloves of garlic.
A sprig of mint.
250 ml of olive oil.
1 litre of water.
Lemon juice, wine (Montilla), flour, salt and pepper.

Preparation method

Clean the artichokes and squeeze lemon juice on them. Then, put the artichokes into a pot with lemon, water and a bit of flour. Meanwhile, bring a pan of salted water, lemon and flour to the boil, then add the artichokes and boil until tender. Then drain it well. In a casserole, fry the onion, cloves of garlic and sprig of mint in olive oil until golden brown, then add the artichokes and finally a bit of Montilla wine, salt, pepper and water. Cook the rice for 10 minutes. Stir with a wooden spatula. .



Las recetas de *Campiña Sur*

Second Courses

Pork Kidneys in a Sauce Made with White Wine of Moriles

Ingredients

1 kg of pork kidneys.
250 g of lard.
2-3 sprigs of parsley.
3-4 spring onions.
Salt and ground pepper to taste.
1 tablespoon of flour.

Preparation method

Clean the kidneys thoroughly in salted water. Chopped the parsley and spring onions and set aside. Cut the kidneys into thin slices and fry them lightly with the lard. Then add the parsley, spring onions, salt and pepper. Finally, add the tablespoon of flour and the wine. Stir it slowly until boiling and serve it.

Fried Pig's Trotters

Ingredients

4 pig's trotters.
3 eggs.
1 lemon.
Salt.
1 onion.
2 carrots.
Pepper.
Parsley.
Breadcrumbs.
Olive oil.

Preparation method

Singe the pig's trotters on the grill (the smaller they are, the more tender they will be). Sprinkle on lemon juice and wash them repeatedly. Boil the trotters for 4 hours in salted water with an onion and two carrots cut into pieces, some peppercorns and a sprig of parsley. Leave the pan half-covered. Remove from the heat, strain it and take out the meat, discarding the bones. Coat the meat in egg and breadcrumbs and then fry and serve.



Desserts

Merengas de café from Aguilar

Ingredients

250 g of sugar.
Half a glass of coffee.
6 eggs.
Icing sugar.

Preparation method

Heat strong coffee already filtered and 250 g of sugar to make the syrup. In a separate bowl, whisk 6 egg whites until stiff and continue gradually adding the rest of the ingredients. Cool this down, and then using a metal spoon shape the meringues onto a prepared baking tray. Finally, sprinkle them with sugar and bake at a very low temperature. Take them out of the oven and sandwich two together by the base.

Gachas de mosto from Montilla

Ingredients

Grape juice.
Clove, cinnamon, and sesame (optional).
100g of flour.

Preparation method

Boil the grape juice and put aside for 24 hours to settle correctly. Cook again and remove the pan from the heat before it starts boiling again. Add the cloves, cinnamon and sesame to taste. Then add just a small amount of flour so that it doesn't become too thick and bring to the boil, stirring constantly. Serve on a plate and try them. If they are not sticky, they will be ready to eat.



Recipes from *La Subbética*

ALMEDINILLA

A typical summer dish of Almedinilla is *pimporrete*, a kind of cold thick tomato soup. Among the pork products, we could highlight the *morcilla* (black pudding) also with onion or with rice. Other popular dishes are *adobillo de patatas* (marinated potatoes), stuffed eggs and pork loin in almond sauce.

BENAMEJÍ

The most typical dishes are *remojón*, a kind of salad with oranges, cod and hard-boiled egg; winter stew; and *gazpacho*, a cold tomato soup. Also well-known is the chorizo, fried or boiled in wine, as well as *pajarillas* (spleen). BenamejÍ also produces good melons that in season are sold along the roadside. Notable desserts are *hornazos de San Marcos*, *pestiños* and *roscos de vino*.

CABRA

The pork products produced in Cabra are quite well-known: marinated loin, chorizo and *morcilla* (black pudding). From the orchard there are high-quality ingredients used to prepare vegetable stews. The town offers, as a snack, marinated olives in Cabra style. And finally for dessert, Cabra has a wide range of options, such as *gajorros*, *pestiños*, *roscos de vino*, *merengas de café*, *piononos*, and especially *bizcotelas de las monjas Agustinas*.

CARCABUEY

In Carcabuey, the traditional stews stand out from the rest of the dishes. Among them, we could highlight the bean stew with cured ham and black pudding, the one with cod or the partridge stew. Regarding desserts, we have *rosquetas de huevo*, *roscos de vino* and *mostachos navideños* (a special sweet prepared at Christmas time).

DOÑA MENCIA

Traditional dishes are homemade fried tomatoes, broad beans stew, *apagaillo* (anchovies in wine sauce), *patatas en adobillo* (marinated potatoes), chicken in Doña Mencía style, and a type of broad bean stew known as *cocina*. Doña Mencía is also well-known for its goat cheese. A typical dessert here is almond curds. We cannot forget to mention the *fino* wines (a type of dry Sherry) slowly aged in the wine cellars. You can try one at any inn.

ENCINAS REALES

The popular dishes of the town are potato stew and meatballs. On *San Marcos* day (25 April), the locals go out to have *hornaza*, a type of pie in this case in the shape of a doll in whose hands a hard-boiled egg is placed.

FUENTE TÓJAR

The pork products that derive from home slaughtering are key ingredients in the gastronomy of Fuente Tójar. They have developed their own varieties, such as *morcilla de carne* (black pudding with meat) or *morcilla blanca* (black pudding with rice). Traditional dishes are *ropa vieja* (bean stew with egg), anchovies sautéed with onion, and *relleno de carnaval* (a type of cold meat mainly made of assorted meats and eggs).

IZNÁJAR

Pork products done on the day of slaughtering are found in any home in Iznájar. Traditional dishes include *mohejuelas* (pig offal stew) and pig's trotter stew. Other popular dishes are fish stew, stew with *pajarillas* (spleen), turkey or cockerel in an almond and egg sauce, orange in olive oil, soup with meatballs and *porra* (a thick cold tomato soup). A traditional dessert is *huevos volaos*.

LUCENA

The traditional dishes of Lucena are *roña de habicholones*, cauliflower salad, stuffed peppers or tomatoes, *huevos al plato* (cooked eggs) with cheese, spinach meatballs, chestnut stew, *bolos rellenos* (stuffed balls made of dough and blood), *tortilla al charco* (potato omelette in sauce), *conejo en hoyo* (rabbit) and chopped oranges. Among the desserts are *hojaldres*, *mostachones* and *gajorros*.

LUQUE

The traditional dish of Luque is kid in sauce. On Good Friday, it is traditional to cook *potaje viudo* (stew without meat). Other popular dishes are the following types of stews and soups: *cachorreñas*, *sucio*, *lechepava*, *maimones* and *sobrehusa*. Typical desserts are *panecillos de cortijo*, *mostachones* and *roscos de anís*.

PALENCIANA

The proximity to Antequera has an influence on the gastronomy of the town. In Palenciana we find a dish called *porra crúa* (thick tomato soup), and also we have *roña*, not so typical nowadays, homemade fried tomatoes and *cocido* (stew). Among pork products, the *morcilla* (black pudding) with onion stands out. And among desserts, we have *borrachuelos*, *tortillas navideñas*, *flores* and *rosquillos*.

PRIEGO DE CÓRDOBA

The most typical dishes of Priego de Córdoba are *ajo blanco* (cold soup made of almond and garlic) and *relleno de Carnaval* (a type of cold meat made mainly from assorted meats and eggs), meatballs, stuffed artichokes, chestnuts stewed with rice, and kid with garlic, among others. As desserts, we have *piñonate*, *turrolate*, *pestiños*, *chocolate cake*, *roscos de limón o huevo*, and five types of *gachas*.

RUTE

Among the traditional dishes from Rute, we have pork scratchings, snail stew, *sopilla* (a type of soup), *sopas de gato* (another soup), cardoon casserole, rabbit in pepper and vinegar sauce, partridge stew, kid cabañil style, *corraña de bacalao* (cod), and pear potatoes. For dessert, we have *papuecas*, *gachas de higos*, *turrolates* and *roscos de olla*. However, the most representative product of the town is its anisette or eau-de-vie, dry or sweet.

ZUHEROS

Even today, dishes such as *cachorreñas* soup and kid in sauce are still cooked. Other dishes are *mojete* (a type of salad), mushrooms in breadcrumbs, and *clavellina*. For dessert, we have homemade sweets such as *roscos melados*, *pan de cortijo*, *flores* and *pestiños*. We cannot forget to mention the goat's cheese or the cottage cheese with honey or sugar.

Recipes from *La Subbética*

Starters

Pimporrete from Almedinilla

Ingredients

1 clove of garlic.
Breadcrumbs.
2 peeled tomatoes.
Vinegar.
Salt.

Preparation method

Put all the ingredients together and mash until smooth. Serve cold, topped with hard-boiled egg if desired. This dish is similar to salmorejo.

Stewed Tomatoes from Zuheros

Ingredients

1 kg of ripe tomatoes.
1 small green pepper.
1 onion.
3 clove of garlic.
Olive oil.
300g of bread.
4 eggs.
Salt.

Preparation method

Fry two cloves of garlic in a pan with some olive oil and put them aside. Cut up the onion and the pepper and fry them lightly. Cut the tomatoes into large pieces and add them to the pan, cooking slightly. Soak the bread in water and drain it. Then put the ingredients from the pan together with the bread and mash it. Break the four eggs into the remaining liquid and leave until they harden. Then put the mashed ingredients together with the eggs and cook until it boils.

Wild Asparagus Omelette from Iznajar

Ingredients

1 bunch of wild asparagus.
1 tablespoon of olive oil.
Salt.
6 eggs.

Preparation method

Wash and cut the wild asparagus trimmed of any woody ends and fry them lightly in olive oil. Season the asparagus with salt. In a separate bowl, whisk the eggs then add them to the pan and form into an omelette. Serve hot.



First Courses

Sobrehusa from Luque

Ingredients

1 kg of green beans.
Onion.
Cloves of garlic.
Garlic sprouts.
Coriander.
1 egg.
Vinegar.

Preparation method

Cut the onion, garlic and garlic sprouts and fry them. Put these ingredients into a casserole and then add the peeled green beans, fry lightly all together and add water. Bring the mixture to the boil until the beans become tender and finally add a dash of Cointreau. Whisk an egg in a separate bowl and add a sprinkling of vinegar. Finally add it to the casserole.

Pajarillas Stew from Iznájar

Ingredients

1 kg of pig's offal.
250 ml of olive oil.
2 slices of bread.
10-12 almonds.
Some saffron threads.
2 cloves of garlic.

Preparation method

Fry the almonds, cloves of garlic and slices of bread, then soak the fried bread in water. Fry the offal over a low heat. Mash the fried cloves, one raw clove, the saffron, the almonds and the bread with a bit of water and add it to the offal. Add salt to taste and bring everything to the boil until it thickens slightly. Remove the excess oil after frying the offal, if any, before adding the rest of the ingredients.

Potato Stew from Doña Mencía

Ingredients

250 g of meat.
Tomato.
Pepper.
Garlic.
1 kg of potatoes.
Olive oil.
Salt.
Saffron.

Preparation method

Fry the meat for a while and then add the garlic, pepper and a bit of tomato, until golden brown. Then add the potatoes and stir-fry for a couple of minutes. Add the salt, saffron and water to taste and bring it to the boil until cooked.



Recipes from *La Subbética*

Second Courses

Relleno de Carnaval from Priego

Ingredients

For one casing normally an intestine of the pig:

- 125 g of minced veal meat.
- 125 g of minced pork meat.
- 125 g of breast.
- 125 g of salted jowl bacon.
- 125 g of streaky ham.
- 4 eggs.
- The juice of 2 lemons.
- Saffron.
- Pepper.
- 3 cloves of garlic.
- 3 sprigs of chopped parsley.
- Salt.
- Breadcrumbs.

Preparation method

Put all the ingredients together and stir until obtaining a paste of medium consistency. Stuff the previously washed casing until it is tight. Then sew and put it in a large pan with water so that it is completely covered. Bring it to the boil and cook for two hours.

Chops in *Balmasela* Style from Doña Mencía

Ingredients

- 1 kg of pork chops.
- Salt.
- Béchamel sauce.
- Olive oil.

Preparation method

Trim any excess of fat from the chops and smooth down both sides with the flat of a knife. Dip the chops into oil and then place them on a grill and cook slightly on each side so they are well cooked but without taking on too much colour. On the first turn, add salt to taste. Then serve on a large plate and top with a béchamel sauce that is fairly liquid but very hot. Serve immediately.



Desserts

Huevos “Volao” from Iznájar

Ingredients

1 litre of milk.
 2 eggs.
 125 g of sugar.
 Cinnamon.
 Lemon peel.
 250 g of biscuits.

Preparation method

Place the biscuits on a large plate. Bring the milk to the boil together with the sugar, the cinnamon stick, and the peel of a lemon (leaving aside a bit of milk). Whisk the egg whites until stiff. With a spoon take some of the whites, introduce it into the boiling milk for a second and then place it on a biscuit. Beat the egg yolks and the remaining milk together and then add it to the other milk. Cook for 1-2 minutes over a low heat, stirring well. Pour the mixture over the biscuits and egg whites and sprinkle cinnamon on top.

Arrope from Puente Genil

Ingredients

2 kg of grapes.
 1 kg of sugar.
 500 g of quinces.
 500 g of peaches.
 500 g of plums.
 500 g of apples.
 500 g of pears.

Preparation method

Squeeze the grapes, removing the skin and extracting the juice. Put the juice into a pan together with the rest of the fruit, all peeled and without seeds. It has to be covered by the juice, otherwise add some water. Cook over a low heat until obtaining syrup.

Alfajores from Rute

Ingredients

1 kg of lard.
 1 kg of grinded sugar.
 1.5 kg of toasted flour.
 500 g of peeled and toasted almonds.
 Ground cinnamon.

Preparation method

Mix all the ingredients until obtaining a paste. Divide the paste into small pieces of an elongated shape and bake them. Once baked, cover them with caster sugar. Serve with a glass of anisette.



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www.aytolarambla.org • turismo@aytolarambla.org

Lucena Tourist Office

Castillo del Moral, 3 • 14900-Lucena • Tel. (+34) 957 513 282
www.turlucena.com • turlucena@turlucena.com

Montilla Tourist Office

C/ Capitán Alonso de Vargas, 3 (Casa del Inca) • 14550-Montilla
Tel. (+34) 957 652 462
www.montilla.es • turismo@montilla.es

Montoro Tourist Office

Plaza de España, 8 • 14600-Montoro • Tel. (+34) 957 160 089
www.montoro.es • aytomontoro@telefonica.net

Palma del Río Tourist Office

C/ Santa Clara s/n (Convento de Santa Clara) • 14700-Palma del Río
Tel. (+34) 957 644 370
www.palmaturismo.com • info@palmadelrio.es

Peñarroya-Pueblonuevo Tourist Office

C/ Constitución, 5 • 14200-Peñarroya-Pueblonuevo
Tel. (+34) 957 562 708
www.ayto-penarroyapueblonuevo.org
turismopyapvo@hotmail.com

Posadas Tourist Office

Plaza de los Pósitos, 3 • 14730-Posadas • Tel. (+34) 957 630 378
www.posadas.es • turismo@posadas.es

Pozoblanco Tourist Office

C/ Romo, 2 • 14400-Pozoblanco • Tel. (+34) 957 132 204
www.pozoblanco.es • turismo@pozoblanco.es

Priego de Córdoba Tourist Office

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Tel. (+34) 957 700 625
www.turismodepriego.com
informacion@turismodepriego.com

Puente Genil Tourist Office

Paseo Fernández Díaz s/n • 14500-Puente Genil
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turismo@imsc.ayto puente genil.es

Rute Tourist Office

Parque Ntra. Sra. del Carmen, s/n • 14960-Rute
Tel. (+34) 957 532 929
www.rute.org • turismo@rute.org

Villanueva de Córdoba Tourist Office

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Zuheros Tourist Office

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