



GASTRONOMY



Bread, grapes and cheese, taste like a kiss

(Spanish idiom that means bread, grapes and cheese
altogether have an exquisite taste)

BREAD, GRAPES AND CHEESE, stars of Castile-La Mancha gastronomy. Three basic ingredients of a regional cuisine with simple origins and solid traditional heritage that today you savour, have evolved and are recognized in dining rooms distinguished by their modernity and avant-garde. A cuisine that this year 2016 dresses in gala to celebrate the city of Toledo as the Spanish Capital of gastronomy. Come and enjoy this feast, which recipes and table cloths are **waiting for you to fall in love with.**

Olive oil, alcarria honey, saffron, wine and manchego cheese.



THE “BIBLE” OF THE CASTILIAN COOKING

Don Quixote pages are the “Bible” of the kitchen from Castile-La Mancha. There are references to more than one hundred and fifty different ways to prepare food. In almost all of its chapters is mentioned some gastronomic Act or situation related to the kitchen: salad, duelos y quebrantos (duels and losses is a traditional dish made of scrambled eggs, chorizo and fat), lentils, palominos, meatballs, rabbit cold cuts, cooked and tender piglets, olla podrida (rotten pot is another traditional plate for winter times, the ingredients are red beans, blood rice sausage, chorizo, pickled, cured and smoke meat), eclairs, quince jelly, *frutas de sartén* (fried pastries)... and fabulous feast of the Camacho’s wedding.

The lands of Castile-La Mancha are lavish and generous in agricultural and livestock products. From the olive oil of Montes de Toledo to the aubergines from Almagro, through purple garlic from Las Pedroñeras, Recas onions, garlic manchego lamb, Marzipan of Toledo, melon from la Mancha, excellent game meat, sheep cheese, its renowned vegetables, trout of the Upper Tajo, and vegetables exquisitely cultivated in the meadows from our rivers or the different wines and liqueur produced in the region. Without forgetting the homemade beers that are so fashionable now.

Vineyards of La Mancha.



Duelos y quebrantos (duels and losses).



Each year, the Government of Castile-La Mancha highlights the best foods in their Grand Selection prizes. Take advantage of these awards to recognize these gastronomic treasures and enjoy them with your family and friends. But if you really want to take a tasty souvenir of these lands test suggestive dishes you will find at our Inns, taverns, bars and restaurants.

The love and dedication that chefs and cooks of Castile-La Mancha put in their recipes will not disappoint you. From the simplest tapa to the amazing menus you can taste the restaurants recognized with prestigious stars Michelin - El Bohio in Illescas, Tierra in Torrico, El Carmen de Montesión in Toledo, Las Rejas in Las Pedroñeras and Maralba in Almansa - be assured that you will taste a balanced, healthy, nourishing, and suggestive meal. No palate, as demanding as can be, will be disappointed.



Delight yourself with dishes like pickled partridge, atascaburras (a dish often prepared with salted cod, boiled potatoes, garlic and walnuts), Manchego gazpacho, tiznao (salted cod with vegetables), ratatouille, morteruelo (pork liver with game meat and bread crumbs), garlic soup, carcamusas (stewed meat with tomato and peas), ajoarriero (gravy usually for cod or fish made with potato, egg and garlic), stews, galianos (soupy casserole), zarajos (appetizer of marinated lamb intestines roasted or baked), grilled or roasted lamb chops or crumbs. And delicious desserts as almond soup, Manchega flowers (fried flower shaped dough), sponge fingers, miguelitos (puff pastry), bizcochá (sponge cake) or alajú (toasted pastry made of almond, honey, bread crumbs).

WORLDWIDE VINYARDS

Take advantage that Castile-La Mancha is the largest vineyard in the world. Extensive areas planted in vines will accompany you on your journey through these five provinces. Its cultivation is in constant evolution, modernising its techniques to achieve wine broths according to the most current requirements of consumers. The multitude of awards and recognition received by our wines support the dedication of those professionals involved in the process. Try wines from Castile-La Mancha so full of scent and praise.

There are wines for all tastes and prices. From the light, fruity and cheerful young complexes and round large reserve, passing through daring blending and amazing organic wines. The traditional wines *airen*, *garnacha* or *cencibel*, live today with the *cabernet*, *merlot* or *syrah*. Introduction of improved varieties have given new life to wines of Castile-La Mancha, making them more universal. Do not miss the sparkling wines that gradually win followers and new markets. Each of the different designations of origin that host them, or other regulatory production figures, guarantees its quality and invites you to taste them with a great meal and better company.

The wine of Castile-La Mancha is not only to enjoy drinking, it awaits you in their warehouses so that you visit their vineyards, know the silence of their upbringing, their therapeutic properties, participate in the collection of their clusters, get started into the secrets of wine tasting or feel the unmistakable scent that emerges during fermentation or maceration. Wine tourism is in fashion, and Castile-La Mancha is the ideal region to do so. Do not miss the chance.



The wineries are magical places. In them, each year, the wort is transformed into delicious wines. Some say that among your jars spirits wander around to safeguard the broths so that each new stock is better than the previous. In every town you will find a different winery, from centuries-old caves dug under the subsoil to picturesque houses of popular construction and tall chimneys. Do not hesitate to visit them and learn about the history and culture their wineries treasure. Modernity has also come to these shrines of the wine. Its design has transformed. New wineries rise today in the middle of vineyards, integrated into the landscape, committed to environmental sustainability and opening its facilities to attractive hotel activities, catering and entertainment. Its architectural Vanguard competes in beauty with reddish leaves of the vine leaves in autumn.

They are ideal for a getaway that you will take you to unique places of our region such as La Mancha, Ribera del Júcar, the fields of Montiel, the regions of La Manchuela, Valdepeñas, Almansa, Méntrida and Mondéjar. There you can practice hiking, cyclists or on horseback routes. Also know the rich artistic heritage of our land and enjoy festivals in culinary exaltation as the wine in Valdepeñas, the Rosa de el Azafrán in Consuegra or Olive in Mora.

SENSATIONS, FLAVOURS, FRAGRANCES...

In one of the passages of Don Quixote, the Barber relates to the nobleman what happened in a crazy of Seville House, putting in the mouth of one of these upset characters the following statement: «all our insanity comes from empty stomachs and brains filled with air». On your tour in Castile-La Mancha this will not occur to you. You will never leave this region without having tasted excellent food and having been satisfied with an unforgettable array of unique sensations, flavours and fragrances. As much as the beautiful landscapes and places that you will meet living this singular adventure of gastronomic and oenological tourism. 🍷





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**IV CENTENARIO
DE CERVANTES**



Castilla-La Mancha