

CUENCA

Gastronomic guide



Delicious Cuenca

GASTRONOMIC INHERITANCE AND AVANTGARDE

With the sponsorship and support of:



AYUNTAMIENTO DE CUENCA



Castilla-La Mancha

renfe

TREN OFICIAL



PLAN DE SOSTENIBILIDAD TURÍSTICA EN CUENCA

CU
EN
CA

CAPITAL
ESPAÑOLA de la
GASTRONOMÍA
2023







Cuenca

What has this city got?

Manuel Vicent told us that, "it happens in every daring city in history: the traveller does not discover them until he surprises himself lost in their streets, sitting on a bench, having a beer in a bar"; and Professor of History José Juan Toharia observed that, "Spain already has fifteen cities officially declared World Heritage Sites by UNESCO, well deserved by dint of their heritage, historical, natural and gastronomic content" and therefore, incorporated within the infinity of beauty and absurdity, as expressed by a verse of Baudelaire himself "elevated to the status of property of all, in other words, of nobody".

There is something about this city that has made it great and everyone's. In the words of painter Espina y Capo "Cuenca has no air, only wind", in reference to the sharpness of Cuenca's atmosphere, without mist or sky, which shrinks but does not cloud objects in the distance. Clarity and silence. It is also necessary to discover this city when I am enveloped by silence, because in doing so, I learn of another different beauty that makes it special.

For Cuenca tastes like a delicacy of the land tanned by the sun and history. The vast variety of foodstuffs have in common their deep smells and intense flavours, as befits the products born in these wild lands and, prepared over a slow fire provided by the sun; seasoned by the history of

the people who have passed through here and taken root, and above all and, the wisdom of the passage of time. Cuenca tastes of old. Our city is a pantry of natural flavours. The traditional gastronomy of Cuenca is as varied and rich as its own history and the dishes or stews are as different as the civilisations and communities that have lived and passed through the city. History and tradition have defined the flavours of the time and the palate of each moment.

It is also a mosaic of gastronomic nooks and crannies adapted to the urban landscape, in which beautifully designed popular spaces are mixed with urban monuments, convent buildings, palatial houses and traditional corners with an excellent ambience and menu.

And what does the province offer?

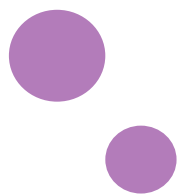
Almost anything goes in the province of Cuenca. We could go from land to land, and the know-how of the people has meant that there are no frontiers for gastronomy either, and the stews of La Mancha are combined with the robust dishes of the Serranía, because there is a cuisine in every corner of this province of Castile-La Mancha and there is a personal characteristic that can define and identify them. In Cuenca, the enchanted cuisine is a unique cuisine. In its regions is a gastronomy defined by the charm of its rich nature and its poor economy. In the mountains, the winters offer this singularity marked by the slowly cooked dishes, with migas, ajoarriero, zarajos, gazpacho or morteruelo. The latter is the dish par excellence. It is the one that, in defiance of the laws of gastronomic creativity, survives from generation to generation and opens up as much variety as the producing region. An enchanted dish in an enchanted cuisine, the same one that Alonso Quijano manifested in his quixotic legacies.

In Cuenca, the cuisine is as enchanted as its nature. It has a rural and pastoral origin, but in each of its regions, a special gastronomic culture is cooked where lamb alternates with trout or pork is seasoned with crayfish. In this contrast of landscapes, nature, physiognomy and personality, the soul of the people - that place where the symbiosis of health and well-being is produced - gastronomic identity is essential for the development of the societies of the region.



Land of varied cuisines

History has defined this land. Civilisations have crossed the Castilian plateau from east to west and from north to south, bringing with them such delicacies as salted fish, oil and spices; prompting exchanges between production and trade; applying knowledge adapted to different landscapes; and thus enriching our culinary pleasures in terms of flavours and tastes. And as if that were not enough, many people from Cuenca went to the Americas and from there, brought back new products that have been able to integrate their flavours with those that the Land of Cuenca itself offers. Without leaving behind that chocolate that was good enough to garnish our desserts, not without first serving as caloric and vitamin food for the Tercios de Flandes.



For that reason, there is a historical cuisine,

marked by the imprint of a Hispanic Islam in which the treatment of meat and the application of sweets left their imprint. Of Arabic origin, it alternated with those Moorish "Maquamas and Risalas" which Arabist Fernando de la Granja reminded us of so well:

... the Arabs of Cuenca's sierras ate a thick lamb, ideal for food, broad-chested, with a black, superb back, with horns like a ram, with fat that smells good, with more fat than meat, with bones through which the marrow runs, fattened with barley, with full haunches, from which good dishes can be cooked and tasty roasts can be prepared at any time, from which good soups can be made.

And in this history, there is the popular or mountain cuisine,

The Moorish traders and Christian muleteers, those who transgressed the ideology of the good traveller, seeking long journeys, feeding the soul and the body at the same time. Migration and markets, shearing and mills, where they sold their livestock, sometimes their own wool prepared in family workshops, gathered in groups and ate a good caldereta, a dish that in the 15th century became very common at festivals and celebrations:

With lamb flank, boned leg, onions, chopped garlic, natural tomatoes, white wine, bay leaf and oregano, sometimes parsley and above all, raw oil, salt and water, it was prepared in a pot with chopped lamb. Kept on a low heat for an hour and a half until the lamb was tender, the foam was removed to avoid a bitter taste and served on a plate, garnished with tomatoes and onions, it was an exquisite delicacy for any good eater.

Cuisine of the land and cuisine of the people.

It can be Manchegan or Alcarreña because the varied land is as special and select as its natural regions; cuisine marked by essential raw materials whose seasoning makes its personality stand out in the way it is treated. Lamb and pork; pulses and vegetables; salted and freshwater fish, where trout reigns supreme; oil and wines; cheese and, as a subtlety of the gods, garlic in its unique seasoning and, of course, honey, with role in classical mythology as a festive component of the Olympus of the gods. But that is not all, because its desserts have a strength that identifies it: alajú from Cuenca, as Arabic as it is Christian; bizcochás and butter cakes, melindres, rosquillas de aceite, nochebuenos or yemas from Alcarria and those pestiños or crosses from Calatrava in La Mancha.en La Mancha.

Grandmother's cooking.

History and tradition have defined the flavours of the time and the palate of each moment. The traditional gastronomy of Cuenca and its province is as varied and rich as its own orography and history, and so the dishes and stews are as different as the civilisations and communities that have passed through and lived there. That is why there is a grandmother's cooking, at Easter, at Christmas, in the pastoral winter, in the spring sowing or in the summer harvest, without forgetting weddings or christenings, everything that defines tradition, skill and the most traditional flavour, the only one, always, the one that will remain in spite of the new avant-garde dressings.

The practice of "matazón" (slaughtering a pig) was very common in the villages, the pig raised by a family for a number of years; fed and prepared for culinary treatment.

For the 'gachas' or 'gachas de matanza' or 'matazón', chickling vetch flour (pitos or titos), oil, salt, garlic and bacon, chorizo, dried peppers and, to choose from, black pudding and/or pork mince were needed.

... cut the bacon into small pieces, disassemble the chorizo to make the most of it and chop the garlic. Heat the oil in a deep frying pan and fry the garlic. When they are toasted, add the pieces and the chorizo meat until they are well fried.

The almond flour is added to the hot fat, little by little and sprinkled, stirring constantly to avoid lumps. When a compact, toasted-coloured dough is formed, add water and salt and stir constantly. Crush the peppers in a mortar and pestle.

There is a convent cuisine,

underlined by the many cenobiums and monasteries of friars and nuns who know how to decorate with the spirituality of their work; careful and harmonious cuisine where the gastronomic essence makes you feel the weight of a millenary Cuenca that can be observed from its pantries: the Parador de Turismo, the former convent of the Dominicans of San Pablo, an icon of tradition with convent cuisine of the past, where wine watered the garden dishes - now with a modern, avant-garde and signature cuisine. Among the lattices of time, the sweets made by the Barefoot Carmelites, Benedictines or Conceptionist Carmelites.

And finally, signature cuisine,

the avant-garde, which has changed habits and culinary adaptations applied with techniques and ingredients that have been modified in their texture, their presence, and even their original flavours.

In today's changing society, new trends are born every day and, as we know, culinary art is no exception. The creativity factor is becoming increasingly important for a public that is looking for original products and services through which to live memorable experiences. Signature cuisine is a perfect representation of the gastronomic trend. This type of cuisine, so celebrated and curious, is based on the creation of dishes based on the chef's creativity and experience. In other words, the chef as the author of a work, which in this case is a dish. It is a cuisine that reflects great qualities of personality and innovation, and where the seal of identity plays a crucial role.

The use of multiple products and culinary techniques makes it possible to create innovative dishes that combine different colours, textures and flavours. The sum of all these elements can turn a lunch or dinner into a gastronomic experience in which the five senses of the diner come into play - as Bartalent says-

Elements of the land

Cheese.

With a designation of origin since 1984, Manchego cheese is the most universal product of this region of Cuenca. Its secret is the excellent Manchego sheep. Depending on the degree of maturing, we find fresh cheeses of sixty days, semi-cured cheeses that are matured for six months in traditional cheese dairies and two to three months in industrial cheese dairies, and mature cheeses that take more than six months to reach their flavour and firmness. Cheeses that are matured longer are called "añejos" (aged) and can take up to 24 months to reach an intense and distinctive flavour. Manchego cheese is usually enjoyed on its own or better with a good wine, as this is the best way to enjoy the many nuances of flavour that it unfolds in our mouth. Nowadays, many Manchego cheeses are awarded prizes and recognitions of the highest distinction.



Wines.

As with other gastronomic specialities, Cuenca stands out for the variety and quality of its wines. There are four designations of origin: La Mancha, Manchuela, Ribera del Júcar and Uclés. Of Castilla La Mancha's twelve Vinos de Pago, Cuenca has only one, located in t. These wines from Cuenca are currently surprising the national and international market thanks to their treatment and quality, and the fact is that the wineries in our province are increasingly committed to innovation, adding to the traditional grape varieties Macabea, Airén or the red Cencibel, others such as Cabernet-Souvignon, Syrah, Garnacha, Cabernet Franc, Malbec or Merlot, chosen and adapted to the terroir of the region, the red Cencibel, others such as Cabernet-Souvignon, Syrah, Garnacha, Cabernet Franc, Malbec or Merlot, chosen and adapted to the terrain..



Oil.

In the regions of La Alcarria and La Mancha, there are olive-growing areas which provide the verdeja or castellana olives in La Alcarria and the cornicabra in La Mancha. The olives are carefully harvested by hand, as in the olden days, and pressed in the traditional way, by cold pressing. The resulting oil is of high quality, between greenish and golden, very smooth and fruity with a slight aroma of almonds. Olive oil is a basic ingredient in almost all traditional recipes, although its extraordinary flavour is best enjoyed in cold dishes such as ajo arriero. Alcarria olive oil has had a designation of origin since 2006.



Saffron.

The well-known saffron or yellow saffron was brought by the Arabs more than a thousand years ago. In October, the miracle happens and whole fields awaken in lilac colour. The flower must be picked within a day or the red strands (stamens), which have traditionally been separated from the flower, may be lost. They are then roasted over a sieve to obtain the full aroma. Each gram of saffron requires about two hundred flowers, which explains its price. As the origin of the name reveals, saffron is used as a natural colouring agent for many dishes, as well as providing a delicious background flavour to any preparation.



Purple garlic (of Las Pedroñeras).

The high quality of purple garlic has made it a star ingredient in national and international gastronomy. The new ways of presenting the product, packaged already peeled or in different sauces or marinades, make it easier to use in everyday cooking. The garlic braids, as delicious as they are ornamental, have become a symbol of Cuenca's gastronomy, exported all over the world.



Bread and flour.

Traditionally, in our land, white bread or pan candéal was baked. A large, round loaf, made with the finest flour, with incisions on the top. It hardened relatively easily but was then used in different preparations. Many of the dishes of our gastronomy continue to be based on bread, from morteruelo to ajo arriero, torrijas or alajú. It is easy to find ovens that still make traditional bread. The quality of our wheat always guarantees the most exquisite flavour. With flour and without yeast, the "torta cenceña" is made for the gazpacho pastor.





And now to the RECIPE BOOK...

Just as we have divided the cuisine by region, we could do the same by season. **Winter cuisine**, calorific par excellence, based on a good morteruelo, lamb or "tajás de la matazón". And among its low-temperature variants, Christmas cuisine makes us feel happy because it brings back all kinds of memories of times gone by when rural life filled the Christmas atmosphere, with Christmas carols, dishes and liqueurs, to the rhythm of a nougat or a turkey, hen, hare or rabbit.

Spring cuisine, in which Easter usually reigns supreme, and there we have plenty to choose from, in tasty dishes and culinary garnishes of deep tradition, religious, fasting, abstemiousness or excess: garbanzá, stuffings, cocido semasantero or juicy zarajos in vine shoots, while the chops of that fine Easter lamb are roasted on grills to the sound of the Miserere. As a result, our grandmothers, even much earlier, with more inventiveness than gadgets, helped to create an Easter culinary tradition with recipes from long ago, where stews with spinach and cod were present on the tables, alternating with other variants of fish-based stews or with different pulses and vegetables. In short, "spoon dishes"...

Typical Easter sweetmeats and pastries take on prominence with pestiños, borrachuelos and torrijas. these are known as 'frying pan fruits', of which Sancho Panza in Don Quixote, a Cervantes character who is not fussy about good food, gives a good account of the wedding of Camacho the rich, after eating half a stew with three chickens and two geese..

And summer arrives, with a simple cuisine in which light dishes include a good trout, a superb variety, in all kinds of mixtures for its dressing or seasoning; but also a good fresh ajo arriero, with gazpacho where the tomato ensures a succulent palate, without forgetting that cod, vegetables, aubergines, rich garden produce make up a good list of recipes.

And in the autumn, beautiful for its own sake, of high colour in fallen leaves, of profound images for the traveller, the artist or the passer-by, there is a cuisine full of rich small game products, where all kinds of dishes of the so-called popular cuisine, stew cuisine and signature cuisine are consumed.

Along with vegetable-based preparations and a compendium of fried dishes such as Russian salad, seafood salpicon, stuffed eggs with tuna or croquettes, where there is also fried fish with cod, the king of tradition, in its different preparations: fried, with tomato or onion.

Porridge



Almorta porridge

Cuenca and Serranía

Boil plenty of water, a bay leaf and the liver. Fry the potatoes cut very thinly as for an omelette, put them to one side and fry the bacon rashers and the chorizo sausages in chunks. Set aside and set aside for now.

Toast the almond flour with the paprika, add water and stir the flour well. Then add the cooked and grated liver, add the stock from cooking the liver itself and leave to cook, stirring constantly with a spoon until the oil comes out above the paprika.

Maize porridge

Mancha Alta and Baja

In a cauldron or casserole, add salted water and when it boils, add corn flour. When the flour is toasted, set aside and add oil from frying sardines or slices of bacon.



Óscar Usero Jakhoul

Almorta porridge

Restaurante El Torreón

Ingredients:

For 10 - 12 people
Almond flour - 850 gr.
Water or meat stock
Chorizo - 800 gr.
Bacon - 800 gr.
Extra Virgin Olive Oil
Sweet La Vera Pepper - 1 soup spoonful
2 pieces of chilli pepper
Duck liver - 400 gr.
Garlic - 7 cloves



Preparation:

In a frying pan, fry the garlic, bread and chorizo. Once poached, set aside.

In another frying pan, add the liver, extra virgin olive oil and a little La Vera paprika. Once the liver is done, set aside.

In a larger frying pan, add the almond flour with a little water and stir over a low heat until the flour is well done and does not taste like raw flour.

Once the flour is ready, add the chorizo, garlic, bacon and liver.

Stir and ready.

Serve with a small piece of chilli pepper to taste.

Porridge



Migas de guijas porridge

Manchuela

Boil the macerated liver, save the cooking water and fry a few cloves of garlic. Then mix the garlic, pea flour and oil. When this paste is lightly toasted, add the water from cooking the liver, add salt to taste and simmer until the mixture becomes thick and the water disappears (usually until you can see bubbles). Then serve.



José Atienza

Porridge with carabinero prawn and garum

Restaurante La Martina

Ingredients:

- 100ml olive oil
- 4 cloves of purple garlic from Las Pedroñeras
- 1 teaspoon of paprika
- 75 gr almond flour
- 240 ml carabinero broth
- 1 peeled prawn per person
- 1 pipette stuffed with garum



Preparation:

We make a strong base with the heads of carabinero prawns roasted in the oven and set aside.

In a frying pan with cold oil, place the garlic and let it brown gradually, when it begins to brown, turn up the heat and remove it from the pan.

Add the almond flour and toast it well so that it does not taste raw, add the paprika and then the prawn stock, leave to reduce until the point of "follar"* and the fat rises to the top.

Add the almond flour and toast it well so that it does not taste raw, add the paprika and then the prawn stock, leave to reduce until the point of "follar"* and the fat rises to the top.

Peel the abdomen of the prawn, remove the gut with a toothpick and prick it lengthwise. Sear it on a griddle with a little oil and salt and cover it with a lid for 3 minutes and set aside.

*"Follar" the action of chup chup or the action of boiling the gachas when the fat rises to the surface.

A top-down photograph of a white ceramic bowl with a yellow rim, filled with light-colored, kidney-shaped chickling vetch beans. The bowl sits on a dark wooden surface, and several more beans are scattered on the wood to the right of the bowl. The text "Chickling vetch" is overlaid in white on the top left of the bowl.

Chickling vetch

Almorta or Chickling vetch

Almorta is also called "chicharro", "guija", "pito", "tito" or "muela". It is a species belonging to the legume family and is well known in the Mediterranean area. It has been known to have been used for four thousand years in India and has always been an ingredient in soups, stews, salads and other savoury dishes.

Its flour was consumed in many Spanish villages and was, and still is, the basis of La Mancha porridge. Almorta is low in fat and high in fibre.

Despite its prohibition for human consumption at certain times (1967), since 2018, the government of Castilla La Mancha has authorised its culinary consumption in accordance with certain parameters.



Jorge Susinos

Almorta Soup

Restaurante La Martina

Ingredients:

- 1Kg of almortas (titos)
- 1 onion
- 4 cloves of purple garlic from Las Pedroñeras
- 2 strands of saffron from La Mancha
- 150 gr fresh spinach
- c/s water
- 100 g desalted cod
- Stir-fry
- 50 g oil
- 2 cloves of purple garlic from Las Pedroñeras
- 1 spoonful of paprika
- 80 g toasted bread
- For decoration:
- Almorta and spinach biscuit
- 200 ml of spinach smoothie
- 125 ml of olive oil
- 25 g almond flour
- 1 clove of purple garlic from Las Pedroñeras
- 1 egg flower
- Begoñas



Preparation:

Place the almortas in lukewarm water and leave them to soak overnight.

Heat 200 g water, make an infusion with the saffron threads and set aside.

In a pan add olive oil and when it is warm, add the garlic and before it starts to brown, add the onion, a little salt and let it fry as much as possible.

Add the spinach to sauté a little, add the saffron infusion, add 1 litre of water, cover and bring to the boil.

When it has cooked for ten minutes, add the previously soaked almortas and cook for 3 or 4 hours on a slow heat.

Sauté the garlic and onion in a frying pan with oil and brown them. When they are well poached, add the bread, paprika, a little of the cooking water and set aside.

When the almonds are cooked, remove them and add the cod and the stir-fry to the stock and leave to cook for a further 10 minutes.

Remove the cod, grind it in a blender, strain it through a chinois and keep it in a bain-marie until it is ready to be served.

Almorta biscuit:
Put all the ingredients together and in a non-stick frying pan let the liquid evaporate and remove to absorbent paper.

Almortas



Daniel Peña

**Sautéed Green almortas
in pickled sauce and
garum, with plankton
foam shitake sushi**

Natura Catering College

Ingredients:

- Sautéed green almortas in pickled sauce and garum:
- 300gr of green almonds
- 100gr of bacon
- 2 cloves of garlic
- 1/2 onion
- Garum
- 50gr olive oil
- 50gr lemon juice
- 50gr water
- 50gr white wine
-
- Shitake and cod sushi:
- 2 nori seaweed
- 150gr rice
- 75gr desalted cod
- 75gr of shitake confit
- Salt
-
- Rice and seaweed soufflé:
- 150gr rice
- 50gr dried seaweed
- Salt
-
- Plankton foam:
- 250gr potato
- 125gr cream
- 100gr of water from cooking the potatoes
- 35gr olive oil
- 3gr plankton salt
-
- Garnish:
- 5 portobello mushrooms
- Olive oil
- Almortas pods
- Paprika flakes



Preparation:

SAUTÉED GREEN ALMONDS IN PICKLED SAUCE AND GARUM:

After harvesting the green almonds, remove from the pods and blanch in boiling water for 30 seconds, remove and place in ice water.

Meanwhile, prepare a marinade with the oil, juice, water and wine. Bring to the boil and then add the blanched almortas and cool. Set aside.

SHITAKE AND COD SUSHI:

In a saucepan of boiling salted water, put all the rice to cook. After 18 minutes, remove half of the rice and cool it with cold water. Leave the other half to cook for a little longer, until about 25 minutes.

Once the first half has cooled, spread on two sheets of slightly damp nori seaweed, place the chopped shiitakes, the cooked and crumbled cod on top and roll up. Keep chilled and protect both rolls with cling film.

RICE AND SEAWEED SOUFFLÉ:

Mash the other part of the drained rice together with the pulverised seaweed. Strain the puree and spread out on baking paper. Cover with another piece of paper and dehydrate in the oven. Set aside.

Cut into slices, place on a baking tray lined with baking paper and bake at 180°C. Remove when souffléed and golden brown. Set aside.

PLANKTON FOAM:

Boil the peeled and cut potatoes in water, starting from cold, for about 20 minutes. Mix in a thermomixer at 70°C with the water, cream and plankton. Add the oil in a trickle until a fine emulsion is obtained. Strain, fill the container and introduce N2O charges and set aside at 70°C.

Slice the portobello mushrooms very thinly and set aside in the oil.

Remove the almortas pods from the threads and set aside.

Ear



Grilled ear

We cook the ear in a casserole (nowadays it is done in a pressure cooker) and it has to be done over a low heat and over a long period of time. Add five bay leaves, thyme, garlic cloves and a little salt.

Once drained, cut it into small pieces. In a mortar and pestle, mash the garlic cloves, oregano, thyme and a teaspoon of paprika. Once mashed, add a little olive oil.

Impregnate the ear completely in a container and let it sit for at least one hour to absorb all the flavours.

Cook the ear on a griddle or in a hot frying pan over a high heat to toast it, stirring it from time to time so that it does not stick and is really golden brown.



Nacho Ruiz

Grilled ear with roast garlic alioli and crispy kale

Natura Restaurante Bistró

Ingredients:

For two people

- 2 pieces of pig's ear
- 5 gr smoked sweet paprika
- salt
- 2 bay leaves
- A splash of white wine
- Half an onion
- 1 garlic
- A dash of light oil
- Water to cover

FOR THE ALIOLI

- 4 cloves of garlic
- 40 gr of butter
- 150 gr of mayonnaise

FOR THE CRISPY KALE

- 4 leaves of Kale
- Mild oil
- 10 g sugar
- Pinch of salt
- 20 ml of olive oil



Preparation:

PREPARATION EAR

1. Fry the onion cut into julienne strips together with the garlic.
2. Add the paprika and then the white wine.
3. Add the rest of the ingredients together with the ear and cover with water. Cook the ear until tender (about 3 hours).
4. Remove the ears and cool them. Cut them lengthwise and mince them in a meat mincer.
5. Pack 600 g of ear into 25x35 cm bags and place in a bain-marie. Spread the contents over the entire bag and flatten with the help of a cutting board..
6. Refrigerate.
7. Griddle on a sheet of greaseproof paper over a medium heat until well toasted.

8. Add poached cabbage on the inside and close the ear in the shape of a taco.

PREPARACIÓN ALIOLI

1. Roast the garlic with the butter at 170° for 40 minutes.
2. Drain the garlic from the butter and crush it together with the mayonnaise. Pour into a piping bag or bottle.

PREPARATION CRISPY KALE

1. Separate the leaves from the stalks of the Kale.
2. Season the leaves with oil and salt and coat all sides of the leaves well with oil.
3. Place them on a gastronorm with greaseproof paper, separated from each other
4. Bake for 12 minutes at 180° until crispy, otherwise give them a few more minutes.

Lamb



Meat stew

Mancha

Cut the lamb meat, fry it with bay leaves, pepper, onion and half a glass of wine. When it is cooked, add pieces of boiled eggs and serve



Juan Pedro Romera



Corderísimo **Restaurante Romera** **Bistrot**

Our version of lamb stew, a cannelloni of glazed leg of suckling lamb with its juices, a cream of Manchego cheese and a rasher of zarajo, a dish that combines several lamb products in a single dish..

Ingredients:

- 2 legs of suckling lamb
- Olive oil
- Salt
- Pepper
- bay leaf
- A bottle of red wine
- Half an apple
- One onion
- Two cloves of garlic
- 100gr manchego cheese
- 1 zarajo
- Sheets of lasagne pasta

Preparation:

Bone the lamb and cut into cubes, add salt and pepper and brown in olive oil in a saucepan, add the onion, garlic and finely chopped apple and sauté everything together over a medium heat for 10 minutes. Add the bay leaf and the bottle of wine, reduce the wine and cover with water, cook for an hour and a half.

Set the meat aside and break it up with a fork to fill the previously cooked pasta sheets.

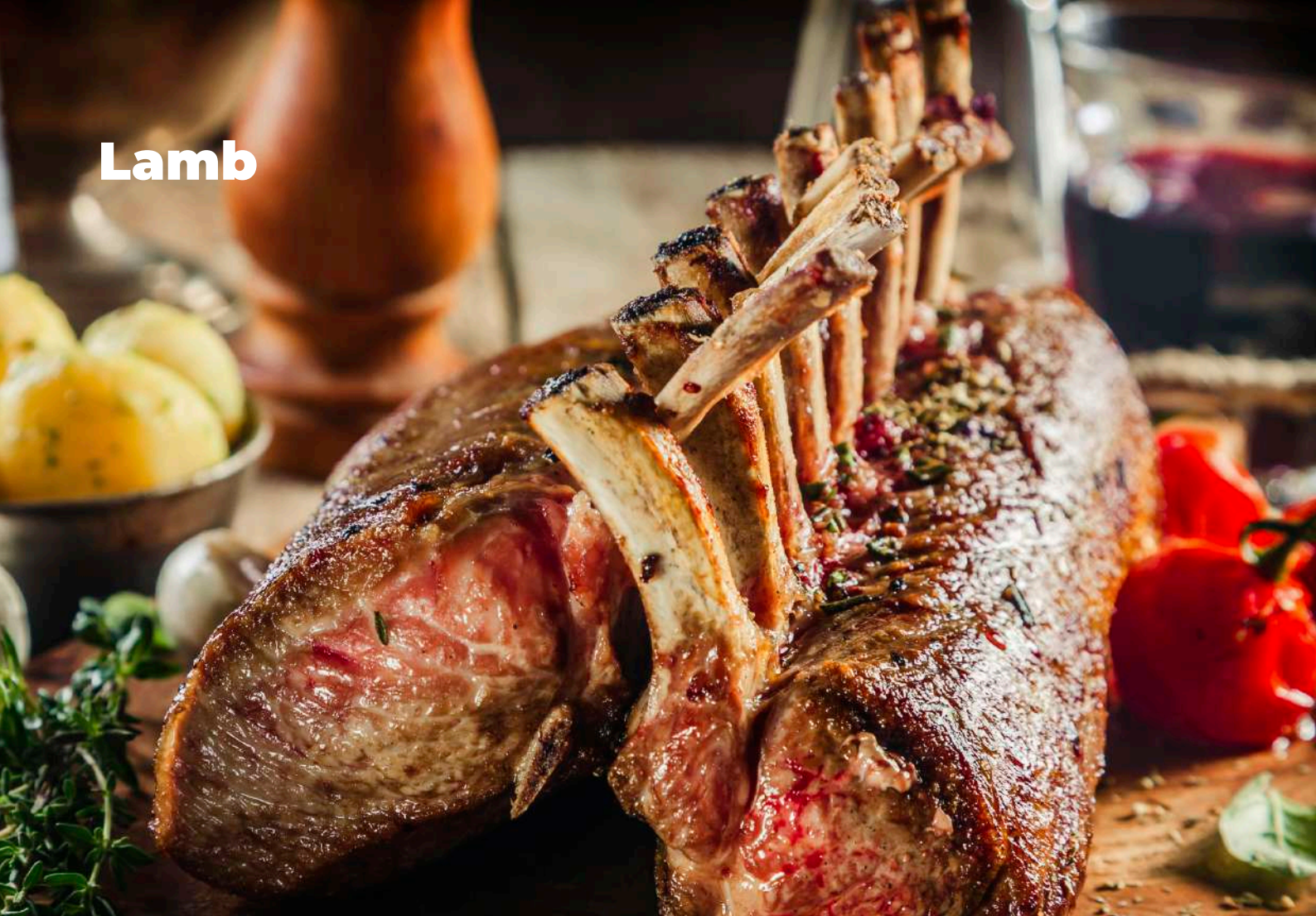
Strain and reduce the lamb juices and then pour over the cannelloni.

Grate the cheese into a saucepan and put it on the heat with 50cl of water, melt it and set aside

Shred the zarajo, fry in olive oil over medium heat until crisp and drain on absorbent paper.

Heat the cannelloni in the oven to 100 degrees, arrange on plates, spread with the lamb juice, with the help of a spoon make a zig-zag with the cheese on the cannelloni, place a few zarajo rashers around them and finish with some fresh herbs on the cannelloni..

Lamb



Stewed meat

Serranía y Alcarria

Cut the meat into small pieces, fry with salt and parsley for a few minutes. Add plenty of garlic and three bay leaves. Add water and cook. You can add some aromatic herbs and a meat stock cube. If it is a mutton stew, you can also add wine, onion and pepper and cook it a little longer.

In the case of wild boar stew, the meat should first be fried in a pan with pepper, a little cinnamon, bay leaf and salt, then cooked in a litre of white wine and simmered.



Ismael Castillejo

Somarro of mutton

Restaurante Sierra Alta
(Vega del Codorno)

Ingredients:

- Main
- 500 gr. of male sheep's leg.
- Olive oil 0.4 enough for confit.
-
- Marinade
- Salt (20 gr per kilo of meat)
- 2 cloves of garlic
- 1 spoonful of sweet paprika
- 2 bay leaves
- Oregano to taste
- 10 ml vinegar
- Olive oil
-
- Pickled tomatoes
- 3 green tomatoes (preferably from the garden)
- 1 litre of water
- 200 ml vinegar
- 80 Salt
-
- Meat juice sauce
- Meat juice decanted from the confit (reduce to a sauce)



Preparation:

Marinade:

The marinade is prepared by mixing all the ingredients in a thermomix or similar.

Pickled tomato:

A pickle is prepared (water, vinegar and salt), mixed with the whole, unpeeled tomatoes and vacuum-packed until it is ready to be served.

Meat juice sauce:

Once the confit is finished, reserve the oil and wait for it to separate from the meat juice. Very carefully

the meat juice is extracted and reduced to the texture of a sauce.

Ingots of somarro of mutton:

The sheep's meat is deboned, after which it is placed in the marinade for 48 hours. After this time, the meat is removed, well drained and spread out with sticks and left to dry for 7 days in the open air.

After a few days, it is glazed in 0.4 % olive oil. It is then crumbled and compacted in a rectangular mould to press it into the desired shape (ingots).

Finally, in a hot frying pan, we sear the ingots on all sides.

Lamb



Roast lamb

One suckling lamb plus four spoonfuls of lard for roasting. Cut it into quarters without boning and place it in an earthenware dish with the inner side facing upwards.

Pour a glass of water with a spoonful of lard into each one and place in the oven at 250 degrees and then reduce the temperature to 180 degrees. After an hour and a half, turn the lamb over, season and continue roasting for a further fifteen minutes. Ready to serve.



Antonio Ortega

Roast shoulder of lamb

Restaurante Asador de Antonio

Ingredients:

- 1 shoulder of suckling lamb
- 3 cloves of garlic
- ½ lemon
- 1 tablespoon of lard
- ½ glass of water
- Pinch of salt



Preparation:

The shoulder is seasoned with salt and placed in an oven tray with the water and garlic. Bake in the oven for 1 hour at 200 °C.

After this time, turn it over, add the lemon and lard and put it back in the oven until it is golden brown.

Croquetas



Stew croquettes

With the leftovers from the stew: hen, chicken, skinless chorizo, skinless black pudding, veal (morcillo) and some ham. About 300 grams in total. Make a dough with three eggs and breadcrumbs -about 100 grams- if possible, homemade bread, and in a frying pan with two spoonfuls of virgin olive oil for frying.

The béchamel sauce with butter, milk, flour, salt and ground black pepper, always to the taste of each house.

There can be ham croquettes, chicken croquettes, tuna croquettes, cod croquettes, courgette croquettes, boletus croquettes and cheese croquettes.



Nacho Villanueva

Photo: Saúl García

Duck croquettes

Restaurante Recreo Peral

Ingredients:

- 1 litre of virgin oil (0.4)
- 500 gr. onion
- 2 heads of garlic
- 900 gr. of corn flour
- 10 litres of goat's milk
- 800 gr. of sheep's cheese
- 200 gr. of cream
- 2 kg of duck carcasses
- 800 g duck breast and duck leg
- Gluten-free coarse breadcrumbs
- Organic egg



Preparation:

We glaze the duck carcasses in the oil together with the duck fat for 12 hours at 70 degrees.

Finely brunoise the duck meat, garlic and onion.

Fry the garlic and onion together with the duck in the glazed oil. Once fried, remove from the pan and set aside.

We toast the flour in this oil and gradually add the hot goat's milk, stir

for 40 minutes and add the cheese stirring again for another 8 minutes, after which time add the reserved sofrito and cook for a further 2 minutes. When the dough stops sticking to the sides of the pan, it will have reached the right texture. Pour the dough into a flat bowl, cover with cling film so that it does not form a crust.

Once cold, coat the croquettes in breadcrumbs and dip them in egg.

Trout



Riber or Serrana trout

The queen of the rivers of our Serranía.

Once cleaned, the trout are seasoned with salt and pepper. Dredge them in flour and fry them, place them in an earthenware casserole and set aside. Fry the finely chopped onion, finely chopped green or red pepper and a little garlic. This fried mixture is poured over the trout, covered with a little water and left to boil. Separately, make a sauce with garlic, parsley and cognac, pour it over the trout and bring to the boil for the last time. Ready to serve.

Trout and mushroom casserole

Serranía

Wash the trout and mushrooms thoroughly. Remove the head and bones and cut into fillets depending on the size of the trout. Once the trout has been filleted and the mushrooms chopped, put them all together in an earthenware dish with the wine and the rest of the ingredients, garlic, salt, ham, and place in the oven, previously heated to a suitable temperature, where it is baked for twenty or thirty minutes. This dish is served hot.



Jesús Segura

Trout

Restaurante Casas Colgadas

Ingredients:

- 250 gr of shallots
- 250 g decent white wine
- 250 g rice vinegar
- 330 g cream
- 1 kg butter
- salt
- white pepper



Preparation:

If the trout is smoked with hay, the smoking times will always depend on the type of fish, its density and moisture content and the weight and thickness of the fish (the larger the area of flesh exposed to smoke and heat, the shorter the smoking time).

It is then wrapped in a dry cloth. It is best to leave it to rest for at least 30 minutes in a dry, clean place at room temperature, although the result will be much better if it can rest for 2 to 3 hours. Serve with a beurre blanc and finely chop the shallot. Put the shallot in a saucepan and sauté for a minute and a half with a knob of butter and a pinch of salt. As soon as it begins to soften, add the white wine and bring to the boil, leaving it to cook for a few minutes while it evaporates.

Prepare the butter, which should be at room temperature. Cut it into cubes. Off the heat and without the sauce boiling, start to add the butter cubes to the pan, stirring constantly so that the butter is gradually incorporated into the sauce. Then continue with the heat on a very low flame.

The temperature of the heat should be at a minimum so that the sauce does not boil. When all the butter has been added, add the cream and mix well. Taste and adjust the salt and pepper to taste and the sauce is ready.

Mojete



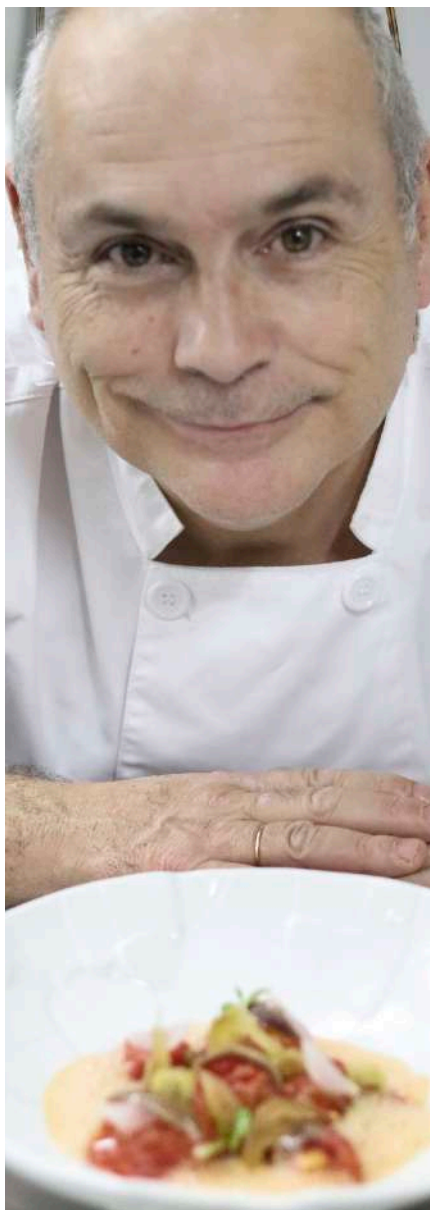
Mojete

Moje or mojete manchego is one of the salads of La Mancha in Cuenca. It is very popular especially in spring and summer. In fact, it is eaten before Easter, which is why in some areas it is known as 'Lent moje' or 'Easter moje'.

The ingredients are very simple, although they vary depending on the area or the cook. The main ingredient is tomato, which can be fresh or canned, onion strips, green or

black olives, boiled egg and, finally, canned tuna or crumbs of raw desalted cod, depending on the time and place. Some people add roasted red pepper.

The dressing for the mojete varies, as some people only use oil and salt, or garlic and cumin, without forgetting the traditional vinaigrette, as the important thing is that the mojete is not dry.



José Ignacio Herraiz



Mojete de Cuenca

Restaurante Raff San Pedro

Ingredients:

- Serves 4 people.
- 1 kg tinned tomato
- 2 pcs Cuban sardines
- 50 gr pickled spring onions
- 100 gr green tomato in aguasal
- 50 gr pickled piparra in vinegar
- 75 gr extra virgin olive oil

INGREDIENTS FOR "TOMATO AIR"

- 1/2 L. Filtered tomato canning water
- 10gr of soya lecithin

Preparation:

Clean the Cuban sardines by removing skin and bones.

Arrange the loins covered with olive oil.

With the help of a kitchen whisk, we whip up the "tomato air".

Chop the tinned tomatoes.

Serve in an artistic way.

Serve with the air around them.

Finish with some seasonal sprouts.

Morteruelo



Morteruelo

It is the typical dish of magical cuisine and has so many variations in taste, based on the meat, whether it is game or farmyard animals, pig's head, or pig's liver and bacon, and, of course, depending on the traditional cook or the current chef.

Put all the shredded meat and bay leaves in a large pot of water and boil for an hour and a half. The cooking broth should be kept. In a frying pan with a little oil, sauté the garlic until golden brown, remove and fry with a little paprika.

Some people then add some pepper and cinnamon. Roast more garlic cloves.

The cooking water is poured into the frying pan and oil is added with paprika and then the breadcrumbs, which are well packed. The shredded and chopped meat is then added - once the bones and skin have been removed - and everything is stirred until a more or less uniform paste is obtained, seasoned to taste, and once everything has been fried a little, the dish is ready.



María Jesús Castelblanque

Morteruelo Marino

Restaurante La Casita de Cabrejas

Ingredients:

6/8 PEOPLE

- Fish fumé (1 litre)
- 200 millilitres olive oil
- 200 grams of monkfish
- 200 grams of sea bass
- 100 grams of hake
- 100 grams of salmon
- 200 grams of monkfish liver
- Bread (350 grams, use only the crumbs)
- Salt (to taste)
- Spices (cloves, paprika, cinnamon, pepper). To taste.



Preparation:

Make the fish fumé with the fish bones and heads, add a leek, 2 carrots and 1 small onion. Sauté and simmer for about 30 minutes over a low heat.

We cook the fish meat with very little water. The liver is also cooked separately with little water. When it is cooked, drain it and continue with the preparation.

Put the oil in a frying pan (better if it is fish frying oil, which is not necessary,

but recommended). Fry the crumbled fish and the liver.

Then add the breadcrumbs.

Stir it a few times and add the broth that we have previously strained. Toast everything in the frying pan. Add the spices and salt. When we see that the oil is coming out, it will be completely toasted and "ready to eat", as my grandmother used to say.

Ajo Arriero



Ajo Arriero

This dish is also called Atascaburras in La Mancha and La Manchuela, and even Matahambre, when it is made with flour and grated stale bread, broken into pieces, resulting in a kind of cake which, in the Serranía, was used as an ingredient in stews and stews.

The variety lies in the region and a little in the quantity of the ingredients.

Boil the potatoes with the bay leaves and the head of garlic. Crumble the cod and salt it in water, then leaven and dry it well.

Put the potatoes, cod, garlic and breadcrumbs in a mortar and pestle and stir a lot, until you get a sort of puree, adding the cooking water and the oil, little by little, preferably virgin olive oil. When it reaches the right consistency, it is served with boiled egg on top. It is typical all year round, although it is best known at Easter.



José Hubertus Triguero

Cod al ajoarriero o Atascaburras Restaurante Paranoia

Ingredients:

- 250 g of cod. Choose the type of cod that suits you best:
- If you want to save money, choose salted cod, which can be crumbled or on sticks.
- This requires extra effort because it has to be desalted, although if it is very crumbled it won't take long.
- If you want to prepare it quickly and with little effort, choose desalted cod, which is less economical than salted cod, but just remove the skin and any bones and it is ready to use. I have used desalted cod crumbs.
- 600 g of potatoes.
- Water to cook the cod, of which we will use about 200 ml to mix with the rest of the ingredients.
- 3 cloves of garlic.
- 40 g walnuts.
- 2 hard-boiled eggs.
- 100 ml of extra virgin olive oil and a little more for garnish at the end.



Preparation:

If the cod is salted, you will need to desalinate it. To do this, check with your fingers for bones and remove them, as well as any skin. Cut it into very small cubes and place them in a bowl. Fill it with water and leave it to rest for 10 minutes.

Change the water again after 10 minutes, and at the end of this time put it in a colander under cold running water, stir it for a couple of minutes with your hands so that it finishes releasing the salt, and it is ready. If the cod was already desalted, simply remove any bones and skin.

Cook the potatoes. You can do this in a pot of boiling water for 20 minutes until they are tender, or in the microwave. To do this, put them in a microwave-safe container with the lid on top (but not completely closed) or in a steam case and cook them in the microwave at maximum power (usually 800W) for about 10-12 minutes. Check with a fork that they can be pierced without any problems and, if not, leave them to cook for a few more minutes.

When the potatoes have cooled a little and you can handle them, peel them.

Heat a pan of water and put the eggs in it (putting them in the water before it boils is my trick so that they don't crack). Once the water

boils, count 10 minutes and the eggs will be cooked. When they are ready, take them out of the pan so that they cool down a little and you can peel them.

Place a saucepan with water over medium-high heat and, when it boils, add the cod and leave to cook for 5 minutes. Remove from the heat, remove the cod to another container and reserve the stock as we are going to use some of it.

Crush the garlic in a mortar or similar. Mash the potatoes however you like, either in a large mortar and pestle or by mashing them in a potato masher or simply mashing them with a fork.

However, I don't recommend using a blender because the idea is not to make it creamy but slightly lumpy.

Add the cod and mash it together with the potato. Add the garlic and oil to the potato and cod mixture and mix well.

Now add the cod cooking water little by little and mix. I have added 200 ml because I like the final texture to be creamy, although it is a matter of taste. Taste it in case the salt needs to be adjusted.

Separate the basil leaves from the stalk (we do not use the stalk because it is bitter and spoils the result), wash and dry them thoroughly. To do this, spread them out on a sheet of absorbent kitchen paper, place another sheet on top and press them lightly with the palm of your hand, taking care not to break any of the leaves.

Removing all the water is an important step, so take it easy. Basil is a very delicate plant that tends to rust easily. Any drop of water or any tearing of the leaves will cause a change in the colour of our pesto, turning it dark instead of bright green and light.

While the basil leaves are drying, peel the garlic cloves, halve them lengthwise and remove the seeds. Toast the pine nuts in a frying pan without oil. Place all the ingredients in the bowl of a food processor, together with half the oil and a pinch of salt, and blend.

When we have obtained a paste and no pieces of pine nuts or basil are visible, we stop blending to add the rest of the oil. Blend again, just to integrate the oil, and our basil pesto is ready to use.

With the two recipes, we should emulsify 30 percent pesto and 70 percent ajoarriero.

Migas



Migas ruleras

Fry the peeled garlic in oil. When they are half fried, add a kilo of bread cut into squares, moistened in water and wrapped in a cloth overnight. This is a dish that uses leftover bread from previous days.

In another frying pan, fry the diced bacon - in some cases, also chorizo sausage - which, once fried, is mixed with the bread and garlic, toasting it over a flame until it is to our liking.

In the Serranía they are also called Migas de Peón; in La Mancha there are Migas de Pan and Migas con patatas or Migotes, when it has the shape of an omelette.



Fran Martínez

Migas

Restaurante 5 sentidos

Ingredients:

- 4 people
- 1 loaf of day-old wood-fired bread (450gr)
- 3 garlic gloves
- 1 onion
- 1 large red pepper
- 1 spoonful of cognac
- 3 chorizos
- 3 rashers of bacon
- Extra virgin olive oil
- Salt
- 3gr of burger gel
- Water
- Sweet paprika
- 4 free range eggs
- 200ml of red grape juice
- 3gr of sucro emul
- Grapes for garnish



Preparation:

- The day before preparing the dish, we cut our bread to taste and moisten it without soaking it.

Cover with a kitchen towel and leave to stand overnight.

- In a saucepan over medium heat, add a good splash of extra virgin olive oil and fry the unpeeled garlic, then remove it from the pan.

- Add the red pepper and onion, both finely chopped, and cook for 10 minutes, remove and set aside with the garlic.

- Add another splash of oil and turn to the meat, fry it in small pieces, remove and set aside.

- It's time for the brandy, bring it to the boil and the paprika, which we toast for 10 seconds, stirring constantly.

- Add our crumbs together with 3 tablespoons of water and stir so that they do not burn or stick together, for 3 minutes.

- Add the vegetables and the meat and stir everything together until everything is toasted.

- Remove the crumbs from the heat and place on a baking tray.

- Dilute the 3g of gel burger in 10cl of water and add it to the crumbs, stir by hand to form our plate of crumbs and bake for 10 minutes at 180 degrees.

- Cut to taste.

Low-temperature egg preparation:

- With the help of a roner and a large pan of water, bring the water to 70°C. and once the temperature is reached, add the 4 eggs and cook for 15 minutes.

For the red grape juice "air":

- Place the red grape juice in a bowl, add the Sucro Emul and, with the help of a hand blender, whisk until the "air" is well blended.

Plate assembly:

- In a deep dish, place the low-temperature egg and the grapes, add our plate of crumbs on top, covering the egg and the grapes, and place our "air" of red grape juice on top.

To eat them, break the plate of crumbs and mix everything together.

Pisto Manchego



Pisto Manchego

This is an economical dish that is usually made with seasonal vegetables and is simple to prepare.

Chop the onion and garlic, chopped according to your taste, although it is usual to do it in small pieces. Then do the same with the red pepper and the green pepper, and put a casserole on a low heat with a good amount of oil. When it is hot, add the oil and garlic and cook for three to five minutes.

When the onion has sautéed a little, add the peppers, stir well and leave to cook for ten or fifteen minutes. Stir from time to time.

While they are cooking, cut the courgette into small squares and add the courgettes, tomato and a little salt to the casserole, stir and leave to cook for about thirty minutes until it is to taste. The most important part of the dish is the tomatoes. Following tradition, we must make it with tomatoes taken from the garden, making a cross cut in each tomato, poach them for fifteen minutes and then run them under cold water, peel them and crush them, adding them to the casserole.

This dish is also often served as an accompaniment to steak, chicken or fish.



Carlos Valera

Pisto Manchego

Restaurante
La Cocina
del Torremangana

Ingredients:

- 1 onion
- 2 cloves of garlic
- 3 green peppers
- 1 red pepper
- 1 pear tomato
- 1 KG courgette
- Salt
- Extra virgin olive oil

Preparation:

Heat water in a large saucepan until boiling. Place the tomatoes in the boiling water for about 15-20 seconds, remove them and place them in a bowl of ice water, then peel and crush them.

Peel the garlic cloves and chop them very finely.

Peel the onions and chop them finely.

Wash the peppers and courgettes well and cut them into small pieces similar in size to the onions and set them aside separately.

Heat a generous amount of extra virgin olive oil in a saucepan and first sauté onions and garlic for 15 minutes over a low heat.

Add the chopped peppers and fry for a further 15 minutes. Finally, add the courgette and the crushed tomato and salt to taste. Finally, cover and leave to cook for at least an hour.

After this time, remove the lid from the pan, turn the heat up to medium and cook until the water from the tomato and vegetables has evaporated, so that it is juicy, homogeneous and consistent.

If we want, we can add a fried egg on top of the pisto, when it is ready to be served.



Aubergines

Berenjenas

In the "Book of Agriculture" by Abu Zacariah (chapter 20) he tells us about "how to plant aubergines". Brought from India possibly by the Arabs, they would popularise the vegetable at the time of their expansion towards the West (Iberian Peninsula). This fact brings us closer to its possible origin in Spain, specifically in Al-Andalus and its arrival in the lands of Levante, Murcia, La Mancha and other cities with market gardens and water.

It is assumed that in the Islamic Cuenca, the market gardens that existed from the Alcázar district towards the Júcar River, had grown vegetables, including aubergines, a product that the governor of Cuenca, Abu Beka, was very fond of. (The governor of Medina-al-Kunka, Abu Beka, asked the Almohad caliph Yacub Yusuf for help, but the latter was in Africa attending to other matters and refused to help in 1176. The Kura of Santaveria).

In one way or another. Although it is not a traditional dish of our "Grandmother's cooking", it is typical of the "Manchega cuisine". Cuenca is a variety of flavours.



Mariano Alcarria

Berenjenas pico de Gallo con piñones y queso

Restaurante Piola
Gastrobar

Ingredients:

- Aubergine
- Tomato
- Cilantro
- Red onion
- Olive oil
- Manchego cheese

MUSLIN INGREDIENTS (Ali-oli with merengue):

- 9 egg whites and a pinch of salt for the garlic mayonnaise
- 1 peeled garlic clove
- 1 egg
- 1 pinch of salt
- 1 dash of lemon juice



Preparation:

Fry the aubergines over a medium-low heat so that they do not burn, peel the tomato and chop it into small or medium-sized cubes, making sure they are not too large, add the Manchego cheese in slices.

For the Muslin, in a mixing glass, place the egg with the garlic, salt and a few drops of lemon juice.


Set the mixer on low speed until it starts to emulsify.

Then add lemon drops and a fine trickle of oil.

Once it is ready, set it aside.

Whip the egg white with the help of a whisk.

Once it is ready, mix it with the aioli in a blending motion.



Fungus, boletus, and mushrooms

Potatoes with mushrooms

Once the chanterelles, mushrooms or robellones (whatever you call them) have been picked, fry them in a frying pan and when they are almost done, take them out and in the same oil fry the potatoes, cut and chopped, over a medium heat. When they are half done, add a spoonful of flour, making sure there are no lumps, and add the spoonful of paprika a little later, so that it toasts a little. Add the mushrooms and cover with hot water, add a few pepper balls and season.

Cook for 45 minutes until the potatoes are done, leave to stand and serve.

Boletus edulis in omelette with béchamel sauce

Serranía Baja

Clean the mushrooms well, remove the pores from the older mushrooms and fillet them. In a frying pan with a little oil, fry the diced onion and a finely chopped clove of garlic.

When the onion begins to brown, add the mushrooms and let them lose their water. Remove, drain and set aside.

Make six thin omelettes (similar to a thick crepe). Place some mushrooms on top of one omelette and cover it with another omelette as if it were a sandwich. Dredge them in beaten egg and fry them in oil in a frying pan. Place homemade tomato sauce in the bottom of a serving dish, place the mushroom-stuffed omelettes on top and cover them with a smooth béchamel sauce. Sprinkle grated cheese on top. Grill in the oven just before serving.

Mushrooms in brandy

Manchuela

In a frying pan, add a little olive oil. Sauté the onion, garlic and salt. Once done, add the mushrooms, sherry and brandy. Sauté for about five minutes until the mushrooms are tender. Serve and enjoy.

Cardoon mushrooms Manchego style

Mancha

Wash a couple of kilos of mushrooms well, several times, until they are thoroughly cleaned. Cut them into slices and sprinkle with salt and pepper. Fry them in olive oil until they are golden brown and the water they release during frying has evaporated. Finally, dilute a teaspoon of hot or sweet paprika (depending on taste) in a glass of brandy and sprinkle over the mushrooms. Exquisite dish.



Alberto Millán y María Beltrán

Pickled milk cap mushrooms in pickled rabbit marinade

Restaurante Posada
San José

Ingredients:

- free-range rabbit
- 2 kg. of chanterelles
- 2 onions
- 4 carrots
- 1 head of garlic
- 4 bay leaves
- Peppercorns to taste
- 2 glasses of olive oil
- 0.5 l. white wine vinegar
- 1.5 l. water
- 1 glass of white wine
- 1 glass of sherry vinegar



Preparation:

Cut up the rabbit and brown it in a pan, setting it aside. In the same oil, fry the onions and carrots until the onion is golden. Add all the ingredients except the sherry vinegar and cook over a medium heat until the rabbit is tender. Add a little water if necessary. Almost at the end of the cooking time, add the sherry vinegar to give the marinade more flavour and adjust the salt. Once the rabbit is cooked, strain the marinade.

We prepare the chanterelles, well cleaned of soil, and place them in one or more vacuum bags in which we will divide all the marinade that we have obtained.

Seal the bags and put them in the oven for three and a half hours at 80°. This temperature will allow the chanterelles to cook and take on all the desired flavour but without losing all the texture that this mushroom is so appreciated for.

Remove the chanterelles from the bags, straining the remaining broth to reduce it and make it more binding, as the juice from the mushrooms has now been added. This will be the sauce for the dish.

Meanwhile, crumble the rabbit meat and grind all the vegetables and the "less beautiful" pieces of mushroom into a very fine puree. These two things will be used for the serving.



Gazpachos

Shepherds' gazpacho

Serranía and Capital

Potatoes are fried, in some cases, half fried, and in others, nicely browned, and garlic is fried separately.

Put four litres of water, a small hare, half a partridge, a ham bone and half a handful of salt in a pressure cooker. Leave it open until it starts to boil, removing any fatty foam that may appear on the cooking surface. Close the pot and leave to cook for an hour, depending on the size of the hare. Taste the stock and add salt according to taste.

Set the broth aside and remove the meat to shred it and remove all the bones.

Cut the stale bread into pieces and place the bread, the pieces of meat and the stock in a shallow frying pan until the bread is covered. Add the potatoes when it is cooked, mashing them in the same frying pan so that everything is mixed together, and leave to simmer for about thirty minutes.

When the broth has been absorbed, it should be a mush-like mixture. This is the moment when another omelette pan is prepared, with a drop of oil so that it does not stick, and is put on a high heat. When it is like an omelette, it is served with grapes arranged around it.

Gazpacho de matagorrino

Cook the liver and fry the bacon. Add the bread, chopped liver, bacon and a little of the oil released by the bacon to the liver stock. Stir until it thickens and add the spices. Dish associated with matagorrino in autumn or winter.

Manchegan gazpacho

Mancha y Mancuela

Fry the meat, ham and tomato well in olive oil. Put them in the pressure cooker and add the whole head of garlic, bay leaf, paprika, thyme, rosemary, pepper and salt.

Add water and let it cook under pressure for about 25 minutes, taking into account that the water should cover the meat.

Once cooked, the meat is left to cool and then boned and shredded, removing the bay leaf and the head of garlic.

Heat up again, uncovered, and add the snails (this ingredient can be excluded as it is not to many people's taste).

Add the gazpacho cake and mix over a low heat for five minutes. Then, another five minutes outside and ready to serve.



Miguel Escutia

Shepherds' gazpacho

Restaurante Raff

Ingredients:

- ½ free-range rabbit
- 1 wood pigeon
- ½ hare
- 200 g of 'tortas cenceñas
- ½ red pepper
- ½ green pepper
- 4 shallots
- 2-3 cloves of garlic
- 4 garlic cloves
- 4 tablespoons of homemade tomato sauce
- 100 ml white wine
- 1 bay leaf
- Sweet paprika
- black pepper
- 100 ml chopped palo
- Extra virgin olive oil
- Salt



Preparation:

Prepare the stock with the rabbit, hare and woodcock. Brown the meat with the garlic cloves and red pepper and cover with water, add the bay leaf and simmer on a low heat for 2-3 hours.

Chop the green and red peppers with the onion and garlic and sauté. Make a sauce with garlic, salt and the white wine and chopped palo. Add to the sauté and allow to evaporate. Add the tomato sauce, paprika and black pepper to the frying pan and sauté.

When the meat is cooked, shred it and add it to the pan. Cover with the stock and leave to reduce by half. Then add the tortas and cook for 2-3 minutes.

To serve:

Set aside the rabbit and hare loins and the pigeon breast. Seal them on the griddle and present them on the plate together with some mushrooms and the juices from the stew.

Easter soup



Easter soap

Serranía

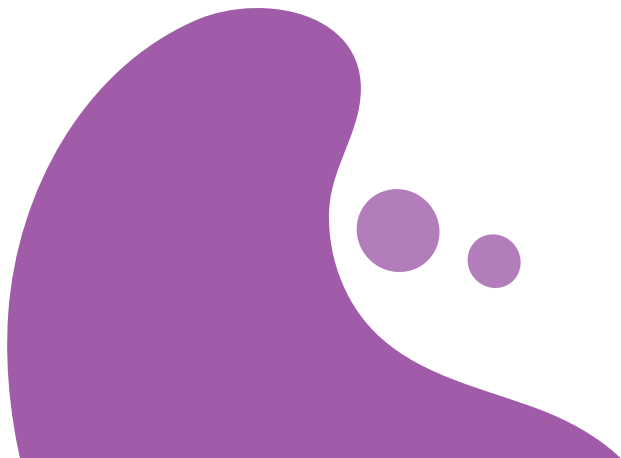
Also known as Potaje de Cuaresma or Good Friday soup from Cuenca, this is the most typical dish of our Passion Week, in villages and in the capital.

Soak the chickpeas the day before and the cod in water for 24 hours.

Put two eggs, two cloves of garlic and the finely chopped parsley in a bowl and mix everything together. Add the breadcrumbs, more or less, as if we were making soft meatballs. Put a frying pan with oil and when it is hot, make balls and fry them on all sides (stuffed in Serranía) and once they are fried, put them in the pot where you have previously put the chickpeas, the potato cut into squares and the spinach. Cook on a low heat.

In the same oil as the stuffing, sauté the onion, remove it and in the same oil, the floured cod, which we will remove to the pot. Add the boiled egg and leave to cook over a low heat, checking the salt. Let it rest for as long as possible because it will be better for it.

If it is made with rancid bone, black pudding with the fat from the centreboard, pork spine bone, chorizos and lamb meat, it is called Potaje Serrano.





Jorge Ferré

Easter Soup

Restaurante Tasca del Arte

Ingredientes:

- 2 tablespoons of oil from our olives
- 1 clove of garlic from Las Pedroñeras
- 1 medium onion
- 200 gr. Spinach
- 1 tomato from La Hoz del Huécar
- A pinch of saffron from Motilla del Palancar
- 400 gr. Chickpeas from Campillo de Altobuey
- 400 gr. Cod desalted by us
- Heat and lots of love



Preparation:

In an earthenware pot, boil five handfuls of chickpeas over a low heat. When they are half cooked, add the spinach and a stir-fry of tomato, small onion and a little salt.

As a complement before serving, some fillings are added, which should be boiled with all of this. These fillings are made from a fried mixture of shredded cod and very fine onion. Portions of this paste are scooped out with a spoon and fried in abundant, strong oil.

Cod



Salted cod

The sliced garlic, chopped onion and sliced potatoes are fried together.

Add the stock from the cooked cod and the cod itself, and add peeled and chopped pepper on top. Stir and serve.

Cuenca cod

In an earthenware dish, place a layer of tomato previously fried with a drop of honey on the bottom.

Then place a layer of well-stretched piquillo peppers. Then garnish by placing the desalted and crumbled cod on top. Finally, heat the dish over a low heat for five minutes before serving.



María Isabel López

Cod with black pil-pil

Restaurante Pits

Ingredients:

4 PEOPLE

- 800 gr of cod, 4 pieces of 200g
- 300ml olive oil
- 6 cloves of purple garlic from Las Pedroñeras
- 1 cayenne chilli
- 1 sachet of pasteurised squid ink
- 1 courgette
- Salt and pepper
- Pepper
- Lemon



Preparation:

Pour the oil, chilli and sliced eyes into a casserole dish. When they are golden brown, remove them.

Fry the cod in the same oil, skin-side up first.

Once fried, keep warm and when the oil is lukewarm, whip up the pil-pil with the whey that the cod has released, adding the squid ink. Emulsify well with a whisk until the pil-pil is ready.

Cut the courgette into tagliatelle shapes and season with salt, pepper, oil and lemon.

Arrange the dish with the cod, add the black pil-pil and finish with the courgette.

Rabbit



Rabbit in vinaigrette sauce

Serranía

Once the rabbit is chopped, put it in a frying pan or earthenware dish and fry it well. Once well fried, add the vinegar, thyme, garlic, bay leaf, salt, and pepper. Add a glass of water, boil and let it simmer until the water is consumed. It can be eaten hot or cold.

Rabbit with tomato

Fry the rabbit once it has been cut into pieces. Separately, sauté the tomato, pepper and onion, add the rabbit to the sautéed vegetables, add salt and bay leaf, and cook over a low heat until the tomato thickens.

Stewed rabbit

Fry the rabbit with salt and once browned, add onion, garlic and pepper until slightly browned.

Put everything in a casserole and boil for fifteen minutes, adding a glass of white wine and a glass of cream. Can be served with vegetables as a garnish.

Garlic fried rabbit

Prepare a frying pan with oil. When the oil is very hot, add the rabbit in pieces and sprinkle with salt and fry until golden brown.

When it is golden brown, add three cloves of garlic, the thyme, the chilli and the wine. Cover and allow the alcohol to evaporate and it is ready to serve.



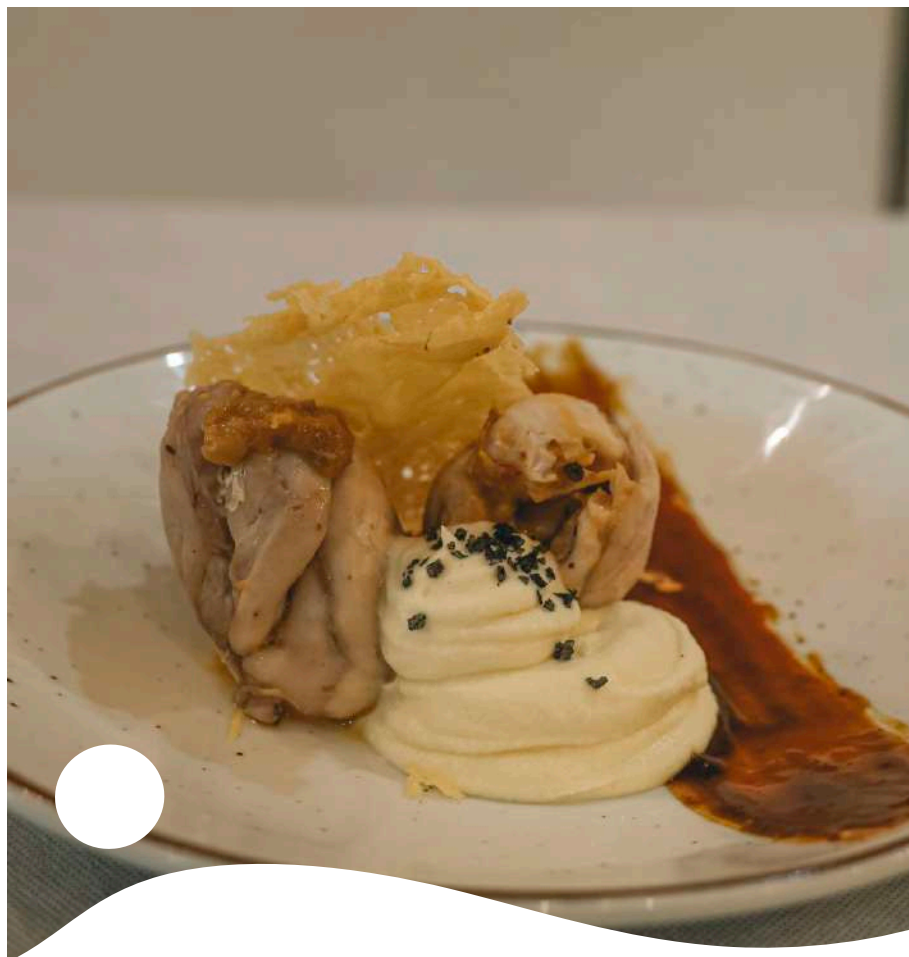
Ernesto Sanz

Rabbit with fine herbs and stuffed with morteruel

Restaurante San Juan
Plaza Mayor

Ingredients:

- Rabbit
- Herbs, rosemary, thyme
- Morteruelo of Cuenca
- Cauliflower parmentier
- Butter



Preparation:

Once the rabbit has been boned, macerate it with the herbs and then we roll it in the blood sausage, taking care not to compact it.

For the parmentier, cook the cauliflower, potato and onion in plenty of water and add a little salt to the cooking, grate the cheese and add it to.

The cauliflower and potato with a pinch of pepper, diced butter and stir until all the ingredients are well integrated and the cream is manageable.

Cook at a low temperature for about 45 minutes and serve hot, accompanied by the parmentier base.

Beans



White kidney beans de matacerdo

A long but simple process. In the morning, if possible, all the ingredients (white beans, a head of unpeeled garlic, two bay leaves, salt, oil and vinegar) are put into the earthenware pot and left to simmer over a low flame until the evening. Dish associated with the slaughter of the pig.

Victory beans

Put the beans, which have been soaking since the previous day, in a pot and when it comes to the boil, remove from the heat and replace the hot water with cold water. Put them back on a low heat, adding all the raw ingredients (pinto beans, head of garlic, an onion, pepper, bay leaf, raw oil and salt). During the cooking process, which takes about three hours, the saltiness and the reduction of the stock should be monitored. Some people dress the beans with vinegar once they have been served on the plate.

Beans with chorizo

Soak the pinto beans the night before. Put them on the heat with garlic (a small head), two bay leaves, a piece of ear or pork snout. A sauce is made with plenty of onion and tomato, and a little green pepper. The stir-fry is added to the casserole or stew, halfway through cooking, together with chorizo de orza, if possible, per person.

Beans with clams

Capital

Soak the beans the night before and in the morning boil them with the thyme and bay leaf until they are cooked. The onion is finely chopped and fried over a low heat until it is tender, add the clams that will open and add them to the beans with a little paprika and salt. Leave to cook for about fifteen minutes and everything is ready.

Judiones or white beans with chorizo and ear

Laura Cavero

Restaurante Posada Tintes

Ingredients:

- 1 kilo of beans
- 8 chorizo sausages
- 1 ear
- 1 ham bone
- Piece of bacon
- 1 onion
- 1 head of garlic
- 2 bay leaves
- 2 spoonfuls of paprika de la Vera
- Salt
- Extra virgin olive oil

Preparation:

The beans are soaked the night before. The next day they are covered with cold water and boiled. When boiling, bring to the boil at least twice (this is called scaring the beans). Add the ham bone, chopped chorizo sausages, chopped ear and bay leaf.

Drizzle with olive oil and simmer for an hour and a half.

In the last half hour, add the onion, garlic, bacon, paprika and salt.

In some places, they make a stir-fry instead of using the raw vegetables, adding paprika carefully at the end so that it does not burn. They are served hot and with chilli peppers in vinegar.



Salmon



Salmon

The Atlantic salmon, or Salar salmon, was very common in Spanish rivers, having been historically present in more than 45 rivers in the peninsula. However, nowadays, 60% of its production has disappeared. The salmon we now eat in our restaurants is a salmon that comes from free waters. As we know, it is a fish that spends most of its life in the sea and then ascends to the fresh water of some rivers to spawn.

However, that Renaissance-era salmon, used in the courtly atmosphere of the 17th century, is no longer remembered.

Nowadays, Norwegian salmon dominates the market, without forgetting that there is also salmon farming with the same natural processes but in closed and controlled environments..

Although it is not a raw material widely used in the traditional recipes of our regions, it is now recurrent and appears in many innovative recipes, with the application of specific seasonings and condiments that give it a touch of culinary originality..



Reme Mesas y Lola Moreno

Smoked salmon tartar

Restaurante La Cava

Ingredients:

- 1 boneless, cleaned salmon
- 500 grams of salt
- 500 grams of sugar
- Fresh dill
- Grated zest of one lemon
- Avocado mousse
- Olive oil
- Capers
- Gherkins, olives, carrots
- Purple onion
- King prawns



Preparation:

Cover the salmon with the mixture and keep it in the fridge for 24 hours.

Then we remove the salt and sugar residues under running water, dry and leave to rest for about 12 hours in the fridge, covered with cling film.

The next day, cut into cubes and season with all of the above.

The avocado mouse contains: avocado, red onion, lime zest, butter and salt to taste.

Game

Hunting has always been a good way of adding meat to the diet of shepherds and farmers. The fashion for big game also provides culinary richness in dishes specialising in it.

In Cuenca, there is the possibility of shooting big game and many restaurateurs have opted to specialise in this type of cuisine, despite the fact that partridge, quail, hare and rabbit, as small game, have filled the plates of traditional menus.

The latter are available in fresh dishes or canned for marketing; but large game requires more cooking and more specific treatment in marinades before it can be consumed.

Deer with chestnuts

When the str-fry is slightly cooked, add the deer meat cut into quarters. It needs a little more time and should be put in a pot with water and left to cook until it is done. It usually takes about two hours to cook.

Then add the chestnuts and the well-cleaned and cut Reineta apples. Season and leave for another thirty minutes until everything is tender.



Raúl Contreras

Venison loin with wild blackberry sauce, sautéed mushrooms and figs in port caramel on a bed of baked apple.

**Restaurante Asador
María Morena**



Ingredients:

- Venison loin
- Salted Iberian bacon
- Golden apple
- Dried figs
- Port wine
- Sugar
- Wild mushrooms
- Rosemary sprig
- Edible flowers
- Vegetables
- Red wine
- Game bones
- Wild blackberries
- Onion

Preparation:

*The venison loin is cleaned and portioned.

*Thinly slice the Iberian bacon and wrap the piece of venison loin.

*For the Spanish sauce:

Reduce the vegetables on the heat, add the roasted deer bones and tendons, add the port, reduce, add the red wine, reduce and add water, and reduce for eight hours to half, adding water when necessary.

*Thicken with roux.

*For the sauce:

Cut the sweet onion into small cubes, add olive oil, add red wine, reduce, add the Spanish and wild blackberries, mash some of it, bring to the boil and bring to a boil, and cook until thick..

*Sauté the mushrooms.

*Hydrate the figs with port wine, put them in a frying pan after five minutes and reduce with a little sugar.

*Cut the apples and core them, grill them.

*Sear the venison loin.

*Set up the plate.



Bushmeat

Bif and small game

Game meat has been consumed since the beginning of mankind as a purely subsistence food. Today, game cuisine is considered to be of a certain complexity due to its characteristics and method of preparation, and is only prepared by a few chefs who know the secrets of these meats.

The hunting sector has always been of great importance for our economy. It is certainly necessary to distinguish wild game from farm-raised game and we must not forget the traditional classification between furred and feathered game.

In the first category, we have big game (wild boar, deer, roe deer, fallow deer...) and small game (hare, rabbit...). In the category of feathered game, there is land game (partridge, pigeon, woodcock, quail...) and water game (wild duck...).

This meat has excellent virtues and it is true that it should be cooked with more time, but it has an endless number of nuances that allow it to be cooked in multiple ways. It is a meat with less fat than others and provides a good amount of protein.

Marinated red partridge

The partridge is the queen of small game and is at its best from September onwards in the autumn kitchen and into the winter.

This is a delicious snack prepared in any way, even when in a hurry, by opening a tinned pickle if it is of good quality. It is precisely this preparation that is usually used for the more mature partridges, as their meat is rougher and drier due to the fact that they have developed their musculature from long walks, virgin olive oil and vinegar, together with aromatic herbs, work the miracle. The meat becomes tender and juicy.

Preparation:

In a saucepan, sauté the partridges with the oil, garlic, bay leaf and peppercorns.

When everything is sautéed, add one part of vinegar and three parts of water until the partridges are completely covered. Leave to simmer for 2 hours and the dish is ready.



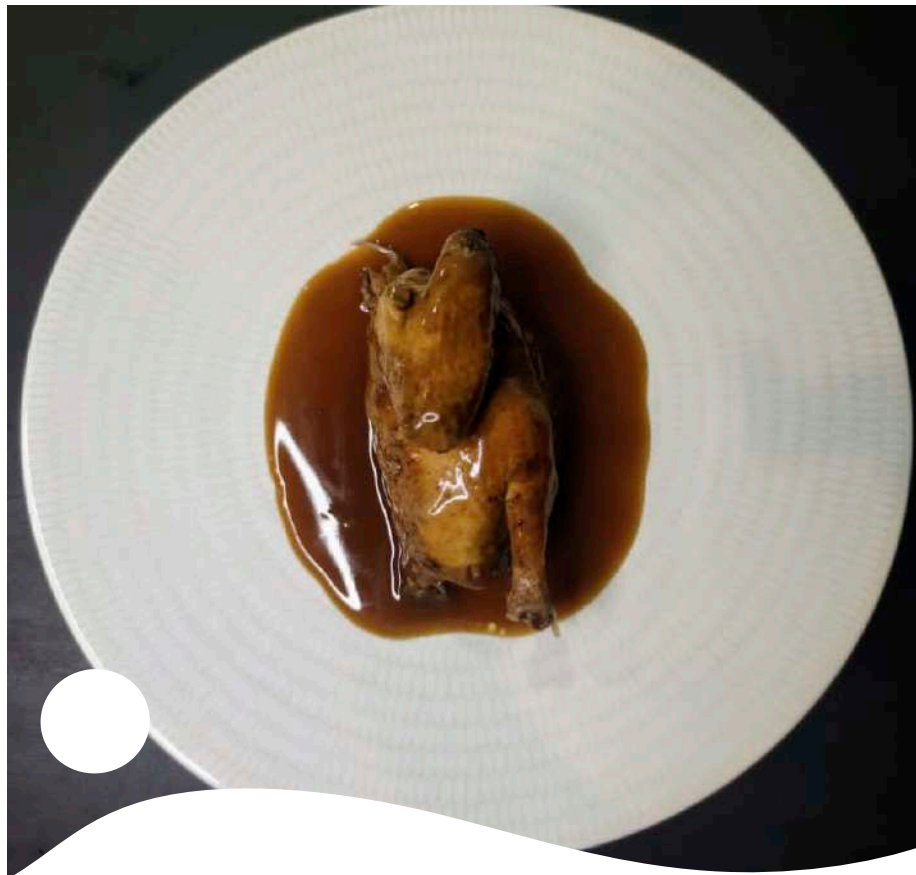
Marta Peñuelas

Stewed partridge

Restaurante La Venta de los Montes

Ingredients:

- 6 partridges
- 2 bay leaves
- 1/2 a piece of cayenne pepper
- 1 onion
- 5 cloves of garlic
- 200ml white wine
- 50ml vinegar
- 5 threads of white pepper
- Olive oil
- Water
- Salt



Preparation:

Brown the partridges in a large pan with the white pepper, bay leaf and cayenne pepper..

Add the julienned onion and the garlic, finely chopped with a little oil. Once browned, pour in the white wine and vinegar.

Reduce, cover with water and cook for 2 hours. After this time, transfer to a pot and season with salt

Thicken the stew sauce with flour or corn starch dissolved in water.



Bushmeat

Methods and techniques for cooking game meat

The same techniques are used to cook game meat as for farm meat. However, the particular characteristics of game meat mean that it requires special treatment.

To ensure that the meat does not become excessively tough, it is important to respect cooking times and to use specific methods to tenderise the meat and preserve its moisture. Moreover, the flavour of these meats is usually quite intense, so it may be advisable to use techniques that reduce this flavour, as well as to avoid overly long maturation processes.

Depending on the type of game, the procedure to be followed will be different. When it comes to big game, some people prefer to freeze it beforehand so that its fibres are softened. Once defrosted, it is best to marinate it with a mixture of ingredients that may include drinks such as wine, beer, brandy or nectar, vegetables such as onion, garlic or carrot, aromatic spices and fruit. Another essential ingredient is EVOO.

In the case of small fur-bearing game, such as hare or wild rabbit, the same procedure can be followed, leaving the meat at least overnight in a marinade. These pieces are commonly used in the preparation of stews, casseroles, rice dishes and civets - using the animal's blood to bind the sauce.-

Deer stew

The deer is a common animal in the territories of Tierra de Cuenca, especially in Serranía.

Preparation:

Cut the venison into not very large pieces and sauté it in a frying pan or pot for a moment. Add the wine and the heads of garlic and leave it to simmer for about an hour. Add the onion cut into thin strips and the diced tomatoes, leaving everything to cook for another half hour so that it binds with the previous cooking.

This stew can also be made with wild boar, fallow deer or any type of meat.



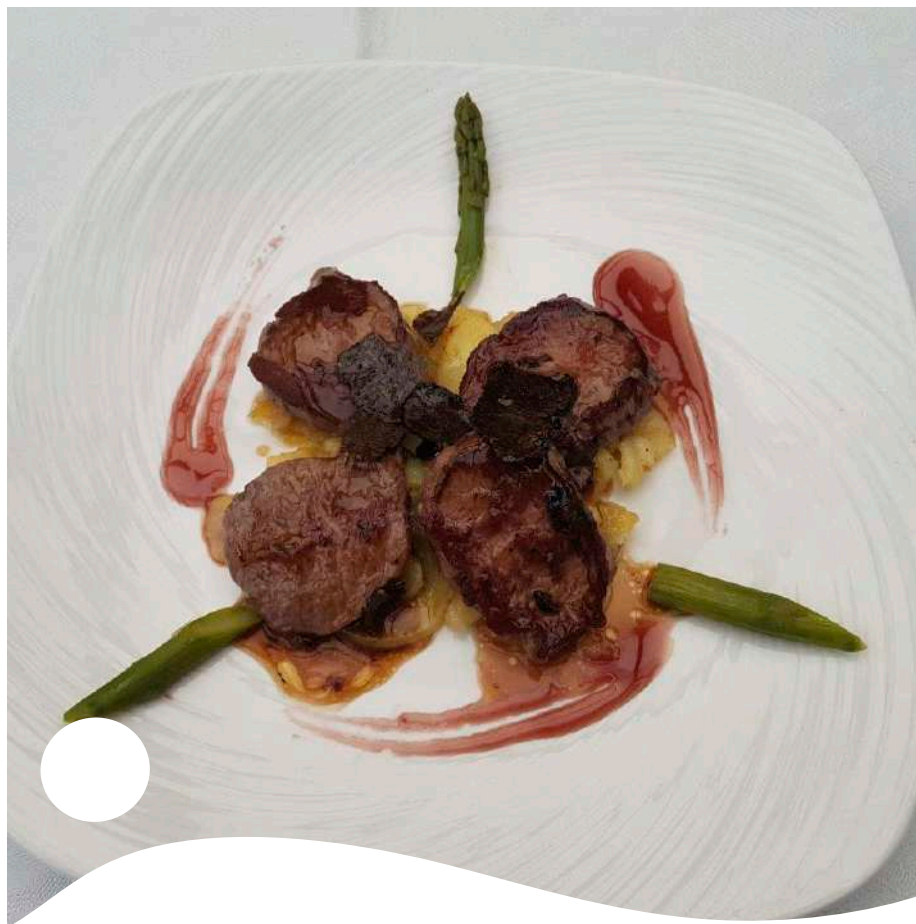
Dolores Gil

Lomo de Ciervo

Restaurante La Muralla
(Cañete)

Ingredients:

- Deer bones.
- Onion.
- leek.
- Carrot.
- Red wine.
- Venison loin.
- Oil.
- Salt.
- White wine.
- Aromatic herbs for maceration (thyme and rosemary).
- Black truffle tuber melanosporum.



Preparation:

Remove the nerves from the loin of venison and marinate it in the white wine and aromatic herbs for one night.

Make the sauce with the onion, carrot, leek, red wine and roasted deer bones. Allow to reduce, strain and bind with a dark roux and black truffle.

For the presentation, slice a piece of loin and season to taste with salt and pepper. Finally, cover with the sauce and grate a black truffle on top.

Decoration of the plate according to season.



Luisa López

Deer Meatballs

Restaurante Secreto de la Catedral

Ingredients:

- 1 kg of minced venison
- salt
- Pepper
- oregano
- 2 peppers
- 2 carrots
- 2 onions
- 6 potatoes
- 100 gr of peas
- 100 gr of Manchego cheese
- Paprika
- Flour
- Oil



Preparation:

Dress the venison to taste, add salt and pepper and add a little oregano, leave the meat to rest in the refrigerator while we make the sauce.

Cut the vegetables into julienne strips and fry them over low heat in oil.

When they are poached, add a little paprika, turn once, add the meat stock, leave to reduce.

Take out the minced meat, separate it into 200 g balls, , Making a hole in the middle of the ball for the Manchego cheese, previously grated.

Close the hole, roll the meat in flour and fry the balls, sealing the meat.

Then add the meat broth with the vegetables, which we have already prepared, and leave to cook for about 20 minutes. Make a light mash with the potatoes, and once it is done, add the cooked peas. This will be the potato base to put under the meatballs.



Manuel Javier Herraiz

Paté Forestal

Restaurante Nelia

Ingredients:

- -A-
- 800gr chicken livers
- 200gr duck liver
- 500gr deer liver
- 8gr pepper
- 10gr salt
- 25gr port
- 4gr brandy
- 4gr calvados
- 10gr parsley
- A sprig of rosemary
- A tablespoon of thyme

- -B-
- 150gr mushrooms
- 100gr truffles
- 200gr butter
- 150gr sherry
- 125gr peeled walnuts
- 125 g shelled pistachios
- Toasted rustic bread



Preparation:

This recipe yields 15 units of approximately 100g.

Place all the ingredients from section -A- in a container, cover it with film and leave it to macerate in the refrigerator for 12 hours.

Place the butter in a bowl and fry the shallot. When it is cooked, add the livers and mushrooms. When they are still a little undercooked, add the sherry, wait for it to reduce before adding the milk and cook for about 20 minutes.

Pass everything through a food processor, adding the grated truffle and finishing off with salt and pepper, strain through a sieve and fill our container where we want to present it. Leave about one centimetre unfilled to cover the pâté with the chopped nuts and dried fruit.

Eat the next day.

Serve with toasted rustic bread.

Savour Cuenca





CUENCA

CAPITAL
ESPAÑOLA de la
GASTRONOMÍA
2023

A close-up photograph of a wooden honey dipper with a spiral-shaped head, dripping golden honey into a clear glass jar. The honey is captured mid-pour, creating a thin stream that falls into the jar. The background is softly blurred, showing green leaves and white flowers, likely lavender or rosemary. The overall lighting is warm and natural.

Natural elements for desserts

Honey

Alcarria, with its rosemary, lavender and lavender flowers, produces the most famous honey in Spain.

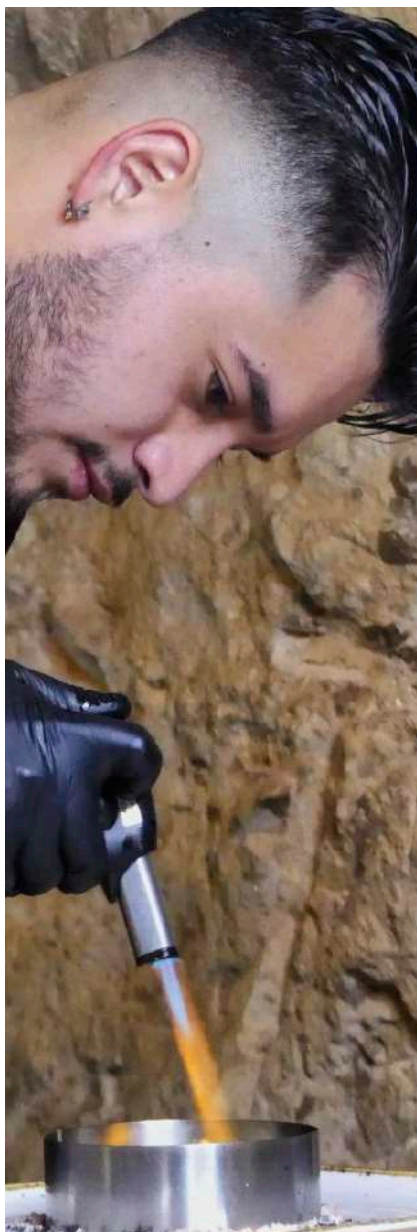
For centuries, honey was the basic ingredient of almost all sweets and pastries of all kinds. In Cuenca, it is still the basis of Alajú, the most characteristic sweet of the area, a kind of nougat of Arab origin that is prepared between two wafers made with different types of nuts, walnuts or almonds and honey.

Almond

The gastronomic pleasure of almonds in such delicious desserts as Alajú is complemented by the surprise and aesthetic pleasure of almond blossom, which surprises travellers as they pass through the fields of Cuenca in spring.

Walnuts

Very abundant in the villages of Serranía Baja. It is used as a main ingredient in desserts and is especially used to improve health.



Juan José Muñoz



Cheesecake

Restaurante Taberna-
Mesón Puerta Valencia

Ingredients:

- 200 gr grated cured Villarejo cheese
- 220 g grated semi-cured Villarejo cheese
- 250 gr cream cheese
- 240 g sugar
- 2 L cooking cream
- 3 eggs

Preparation:

Stir the cheese into the cream at 50°.

Slowly pour the mixture into a bowl with the sugar, cream cheese and eggs until the mixture is smooth and thick. Bake first at 245° for 10'.

and then at 210° for 15'.

Desserts

El Alajú, “delicacy of the gods”

Heat the honey in a bain-marie and when it is liquefied, add the whole nuts, orange zest and breadcrumbs, stirring until it thickens. Spread it out on a smooth surface until it has taken on some consistency and has started to cool. Place a wafer on each side and press down a little. To be eaten cold.

Marzipan and orange nougat

Melt the chopped chocolate. Crush the walnuts and almonds and mix them with the sugar and egg white. Add the finely chopped orange and three quarters of the melted chocolate. Stir until the mixture is smooth. Pour into a rectangular mould and leave to set until cold. Delicious. Christmas sweet.

Aguamiel

Serranía Alta and Alcarria

A unique dessert from some parts of the Serranía. It is made with pumpkin. The pumpkin is cleaned and peeled properly and cut into long pieces, the quicklime is diluted in water and the pieces of pumpkin are left for eight days. After this time, remove the pumpkin, wash it very well and boil it in water with honey and orange peel until it turns black, which is the sign that it has been cooked to perfection.

Sweet zarajos

Bake a sponge cake of any kind and cut a three-centimetre square. Insert two wafers in parallel, cut the uncooked puff pastry into one-centimetre strips and roll them around the wafers and the sponge cake as if it were the belly of the zarajos.

Separately, make a mixture of egg, butter, sugar and rum. Soak the zarajo well with the mixture and bake it for about twenty-five minutes at 180 degrees, when it has the colour of zarajo, take it out and fill it with chocolate, cream or custard.



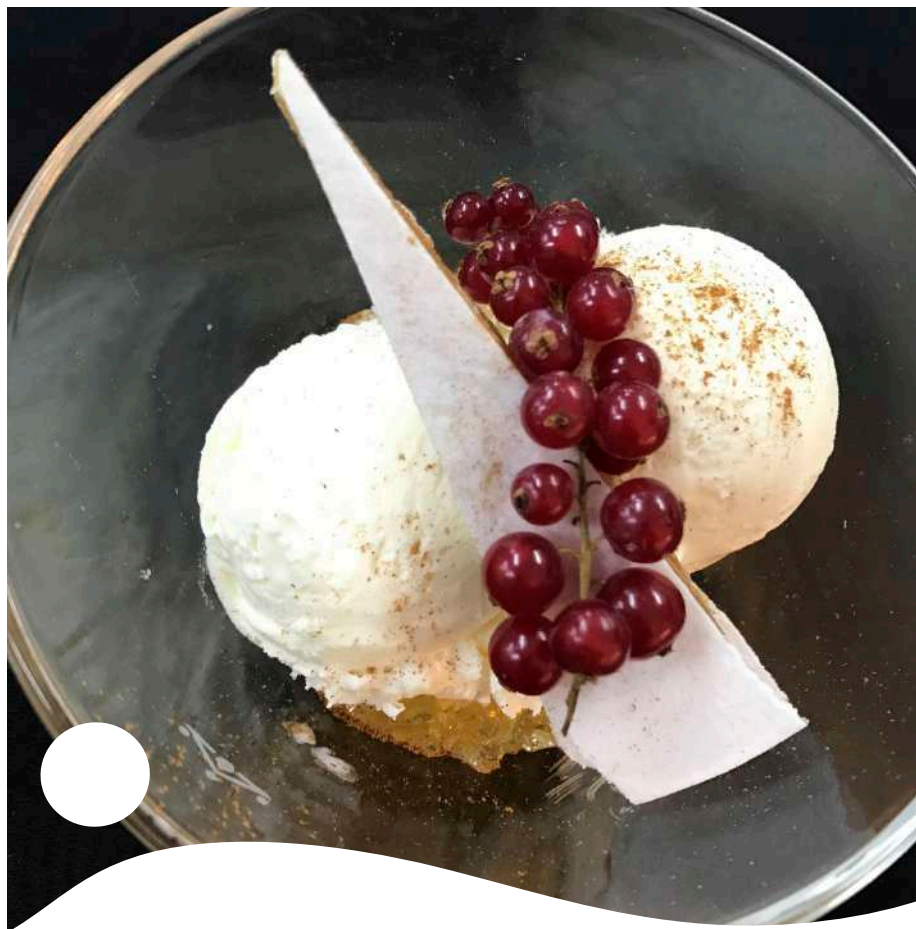
Miguel Ángel Martínez

Cheese ice cream with alaju and Alcarria honey jelly

Restaurante Parador Nacional de Cuenca

Ingredients:

- CHEESE ICE CREAM
- 500 gr of Alajú
- 600 g of Manchego cream cheese D.O.
- 100 g of glucose
- 300 g sugar
- 3 dl of glycerine
- 2 dl milk
- 1 dl cream
- Petazetas / popsicle sticks
- HONEY JELLY FROM LA ALCARRIA
- 4 dl of water
- 0.5 l of Alcarria honey
- 10 unit of gelatine glue



Preparation:

PREPARATION OF THE CHEESE ICE CREAM:

Mix the Philadelphia cheese, Manchego cream cheese, glucose, sugar, glycerine, milk and cream while cold, blend in the blender and freeze in the ice cream maker.

PREPARATION OF THE HONEY JELLY:

Heat the honey with the hot water, add the previously boiled glues and leave to solidify in the refrigerator. Break the honey with a stick.



Dessert stres

Orejuelas

Serranía Baja

Knead the eggs and flour together and leave to rest for about fifteen minutes. Make small balls, flatten finely and fry in plenty of oil. Once they are fried, add honey and pour over them or season them. This dish is associated with Easter and Carnival.

Butter cake with walnuts

Serranía Baja and Alcarria

Take the cleaned walnuts and cut them into wedges. Spread the table and add the liquid butter, to work better, and mix everything together, including the walnuts. With the mixture, we make balls that we flatten at the base on a baking board and finally sprinkle with sugar and bake in the oven. Party, wedding and Christmas sweets.

Huesos de San Expédito

Mix the flour and baking powder. Add the aniseed and eggs. Knead and leave to stand for about half an hour. Make long curls and cut into five-centimetre pieces and fry in plenty of oil. Remove from the pan, drain off excess oil and sprinkle with powdered sugar.

Torrijas, “the gastronomic credo”

Cut the bread into slices and soak them in the milk that you have previously heated a little with the sugar. Leave the slices to rest before coating with the beaten eggs. Once fried in the oil, they are bathed in the syrup that we have prepared by boiling the water, sugar and lemon together for five minutes and then adding our typical resoli drink until the alcohol evaporates. There is a wide variety of torrijas: with soda, cinnamon, lemon or orange.

A typical Easter dessert, although it is very popular at any time of the year. It is made in all the regions of Cuenca.



Mari Paz Marlo

Torrija

Restaurante Marlo

Ingredients:

- 1 L whole milk
- 200 gr sugar
- 20cl María brizar
- 1 cinnamon stick
- Zest of 1 lemon and 1 orange
- 3 eggs
- 1 loaf of brioche bread
- Sunflower oil for frying
- Karkom saffron honey



Preparation:

Infuse the milk with the sugar, cinnamon, liqueur, orange zest and lemon. Bring to the boil and cover for 15 minutes without heat to allow for infusion.

Cut slices of brioche bread and soak in the infusion for 30 min. Turn over and leave for a further 30 min. Drain and coat in beaten egg batter. Fry in plenty of olive oil over medium heat.

Drain and cover with karkom saffron honey. I recommend eating hot. Bon appetit!!!!

Desserts



Marina Cenitagoya

Pears in saffron syrup, vanilla cream, crumble and caramel ice cream

**Restaurante El Gallo
Gastro Bar**

Ingredients:

FOR THE PEARS:

- 1 kilo of sugar
- 1 litre of water
- 15 strands of saffron
- 6 conference pears

FOR THE VAINILLA CREAM:

- 1 litre of milk
- 1 vanilla pod
- 2 eggs
- 2 egg yolks
- 70gr cornflour
- 300gr sugar

FOR THE CRUMBLE:

- 70 gr white sugar
- 85 g brown sugar
- 300 g flour
- 200 g butter
- 1 pinch of salt



Preparation:

PREPARATION OF THE PEARS:

Make a syrup and add the saffron. Peel the pears leaving the stalk and set aside.

When the sugar in the syrup has dissolved and the syrup has the colour of saffron, add the pears and cook for about 15 minutes, depending on the size of the pears.

Remove from the heat and allow the pears to cool in the syrup

PREPARATION OF THE VANILLA CREAM:

Bring the milk and vanilla to the boil.

In a bowl, mix the eggs, egg yolks, sugar and corn starch.

Blanche.

When the milk boils, add a ladle to the previous mixture and whisk. Then add the mixture from the bowl to the container where the milk was boiled. Put it over a medium heat and stir until it thickens.

Leave to cool.

PREPARATION OF THE CRUMBLE:

Put the flour, the pinch of salt and the two types of sugar in a bowl and mix. Cut the cold butter from the fridge into cubes and add it to the bowl. With your fingertips, without kneading, crumble the butter cubes into the sugar mixture until you have a dough similar to crumbs. Place the dough on a tray with greaseproof paper and bake in a preheated oven at 180 degrees for approximately 20 minutes.

We will know it is ready when the crumble is golden brown.

This dessert is best served in a medium deep dish.

Place the crumble on the base. Place the pear vertically on top. On one side the vanilla cream and finally a quenelle of caramel ice cream.

This dessert goes very well with any sweet or oloroso wine.





Desserts with wine

Wine has a major presence as an ingredient in the kitchen because the alcohol evaporates, giving nuances of its aromatic compounds and enhancing the flavour in the final dish.

Pears in red wine

A very popular and well-known dessert throughout the province of Cuenca. It can be accompanied by whipped cream, nuts and dried fruit.

As soon as the wine starts to boil in the saucepan, with the lemon peel, the cinnamon stick and the aniseed star, plus sugar, add the peeled pear with the stalk and standing upright, cook for thirty minutes, remove the pear and then add the wine syrup (Serranía de Cuenca).

Wine sponge cake or wine Bundt Cake

The first thing to do is to prepare a traditional sponge cake, just as grandma taught us.

The ingredients are: in the first bowl, eggs (beaten), added sugar (white and brown), chopped butter at room temperature and then cocoa powder, grated chocolate and red wine. In the other bowl, add the flour, pinch of salt, baking powder and teaspoon of cinnamon. If you have a baking tin, put everything in it and bake it in the oven at 180 degrees for 40 minutes. Take it out, garnish with white grapes, glitter, accompanied by Manchego cheese ice cream and, if you wish, accompany it on the side with a glass of dessert wine (Pilar Monge. La Mancha).



Pablo Rocamora

Peras al vino

Restaurante Trivio

Ingredients:

FOR THE SYRUP

- 100 g de water
- 100 g de sugar
- 100 g de wine

FOR THE PEAR AND THE SLICES

- 2 pears
- 50 g vainilla sugar
- 50 g roasted butter



Preparation:

To make the pear slices:

Wash very well and cut into slices or mandolin slices, set aside and add a little ascorbic acid to the water and leave to stand so that they do not oxidise.

In addition, we make the wine syrup. Put the water, wine and sugar in a saucepan and leave it on the heat until it dissolves. Once ready, we pass the pear slices through the syrup and we will have crystallised pear slices.

Take two or three pears, depending on their size, peel them and cut them into large cubes. Put some "noisette" butter (toasted butter) and vanilla sugar in a frying pan and brown the pear cubes until they are a dark brown colour. Once they are ready, let them rest.

For the cinnamon crumble:

Take the amount of almond flour, butter and icing sugar and mix it in a food processor with a hooked whisk until a dough is formed. Once ready, place in the oven and cook at 170 degrees in 10-minute periods. After each ten minutes, take out and break up the pieces with a spatula until a fine, earth-like dough is formed.

For the wine ice cream:

Take the wine and red berries, mix and crush them to make a paste. Evaporate the excess alcohol, leave to stand and mix with the soda products to make ice cream. Mix it, grind it in a food processor so that no lumps remain and put it in a metal cup. Leave to cool, and once ready, temper before serving.



Post-prandial epilogue

It is curious to note the importance that Gastronomy has in popular sentiment, as that reason for living that fulfils the rules of desire and necessity. Most of the great chefs, both past and present, have known how to express the values of this art of cooking and good eating.

Alain Ducasse and Grimon de la Reynière, great masters of French cuisine, along with Spaniards Pedro Subijana and Ferrán Adriá, share this idea: "cuisine is multisensory, because the moment you taste a dish, an impressive amount of information reaches the brain".

Spanish cuisine has recently acquired the status of Art, but modern cuisine is based on centuries of traditions; that is why Cuenca and its Land knows how to season its varied raw materials, and above all how to exercise that human dimension of uniting, celebrating and sharing, in the mythical sense of agape. But I am fascinated by its cultural strength, by its capacity to evoke, through taste, other landscapes, ideas and even literature.

An example of this could be our dish par excellence, both traditional and modern, Morteruelo, which has always served as a prototype of popular cuisine, of necessity and custom, filling literary and historical pages. I am reminded of 19th-century sainetero and poet Tomás Luceño y Becerra's description of the dish, as follows:

You take the pork liver/ loin and poultry, you sauté it/ with oil and fried garlic/ but, for God's sake, don't eat it, you still need a multitude of things. /All this you cook a lot/ because in this way you manage/ to bone the

birds and/ (proceeding in good logic)/ the loin/ and the liver which you place/ inside a clean mortar, / you pound it in good time,/ through a sieve you pass it/ and the broth where all / these meats have been cooked/ with much calm you stuff it;/ if you like spices/ with spices you season it/ Then you grate bread; you pour it/ into the broth, it is incorporated/ into the aforementioned meats/ and a whole paste is formed/ which you dry "in continente" in large jars/ You keep it for some time/ freeing it from the flies/ and if you want you eat it,/ because everyone is the master/ of their own stomach and mouth..

I would like with these final words, which could form an Post-prandial Epilogue, to pay homage to our women, prototypes of this "grandmother's cooking" that has given meaning to the development of a consolidated and basic tradition, essential to the understanding of today's Gastronomy, so select, refined, special and defining.

Finally, a heartfelt thank you to the cooks, both men and women, who are responsible for transforming food, together with those who have now adapted the neutral term "Chef" as heads of the kitchen, for having been kind enough to collaborate in the preparation of this cookbook in order to further dignify Cuenca's role as the Spanish capital of Gastronomy.

Miguel Romero.

Texts and coordination:

Miguel Romero Saiz,

Historian and Advisor to the Institute of Gastronomic Culture of Castilla La Mancha.

History, geography, customs, traditions, landscape and the very uniqueness of our land of Cuenca are perfectly reflected here in the study that its author - a prolific writer - has been able to create among stoves, hearths, fireplaces, kitchens and pantries. Compiled with the intention of "savouring" the Cuenca's nomination as Gastronomic Capital of 2023, this well-woven textual work is complemented with a judicious graphic design, eye-catching photographs and a sample of our Chefs' extensive and detailed recipe book, everything contributing to the successful fulfilment of its mission.













Authors of avant-garde recipes:

Óscar Usero
José Atienza
Jorge Susinos
Daniel Peña
Nacho Ruiz
Juan Pedro Romera
Ismael Castillejo
Antonio Ortega
Nacho Villanueva
Jesús Segura
José Ignacio Herraiz
María Jesús Castelblanque
José Hubertus Triguero
Fran Martínez
Carlos Valera
Mariano Alcarria
Alberto Millán y María Beltrán
Miguel Escutia
Jorge Ferré
María Isabel López
Ernesto Sanz
Laura Cavera
Reme Mesas y Lola Moreno
Raúl Contreras
Marta Peñuelas
Manuel Javier Herraiz
Dolores Gil
Luisa López
Juan José Muñoz
Miguel Ángel Martínez
Mari Paz Marlo
Marina Cenitagoya
Pablo Rocamora

Tourist Office

-  Oficina Municipal de Turismo. Ayuntamiento de Cuenca
C/ Alfonso VIII, 2 Cuenca
-  (+34) 969 241 051
-  www.visitacuenca.es
-  ofi.turismo@cuenca.es

Ayuntamiento de Cuenca

-  www.cuenca.es

CUENCA es
TURISMO

-  www.visitacuenca.es

Other bibliographies:

1. Old Town Kitchen Recipe Book. Asociación de Vecinos del Casco Antiguo. Year 2018
2. Book “Del fuego a la mesa”. Program LEADER II y Rural Development Agent Cañete. Year 2003
3. Recipe Book Mancha y Manchuela. ADESIMAN. Year 2000
4. Book “La Gastronomía de Castilla La Mancha II” Diputación Cuenca. Year 1998



AYUNTAMIENTO DE CUENCA

Edition	Ayuntamiento de Cuenca
Design	Ankaa Studio
Printing	Eurográficas
Texts	AAVV
Have intervened	Voicce Creativa SL Ankaa Studio

CU
EN
CA

CAPITAL
ESPAÑOLA de la
GASTRONOMÍA
2023



Delicious Cuenca

Official Spanish tourist guide
sponsored by:



AYUNTAMIENTO DE CUENCA



Castilla-La Mancha



PLAN DE SOSTENIBILIDAD TURÍSTICA EN CUENCA

renfe

TREN OFICIAL