

Dine your way through

SPAIN!™



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Spanish Cuisine is not one cuisine. It is many cuisines.

Each of our gastronomy programs will introduce you to a unique cuisine as well as the culture and history of the region that gave birth to it.

Learn to prepare some of Spain's most popular dishes.

Travel to beautiful towns and villages off the beaten path.

These gastronomy adventures are not only a feast for the palate, but the eyes, ears and hearts as well!



LA RIOJA



La Rioja

There's more to Rioja than great wine



San Sebastian, Rioja/Alaveza, Vitoria Gasteiz , La Guardia/Biasteri, Santo Domingo de la Calzada and Bilbao • 4 Nights/5 Days

The wines of **La Rioja** are among the finest in Spain. Perhaps the world. But don't let its reputation for wines detract from the fact that it's also home to superb cuisine. Gourmands may come for the wine, but they stay for the food.

Although Basque chefs and Catalan alchemist-cooks have had their day, international gourmands have rediscovered **La Rioja's** classical cuisine. Innovative chefs, like **Francis Paniego**, are combining Spanish traditional cuisine with a French nouveau twist. And many unpretentious **casas de comidas** (home cooked eating houses) are creating their very own specialties.

Vegetables such as artichokes, eggplants and peppers figure prominently in the **Rioja** cuisine. Especially in **menestras** (stews). So do goat, trout, venison and lamb cooked over grapevines. Be sure to try typical country dishes like **patatas a la Riojana** (a simple stew of potatoes, **chorizo** and smoked paprika) and **caparrones con sus sacramentos** (pygmy kidney beans stewed with ham bone, garlic, onions and peppers).

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...and then there's the Wine

'I used to consider myself somewhat of a wine aficionado.

Then I went to La Rioja.' — *By Vivianne Schael*

The waiter would pour me a taste of wine. I swished it around, sniff its bouquet, hold the glass up to the light to check the color, then share an inane comment about vintage and let the waiter fill the rest of the glass.

Then one day in a small family-owned **Bodega** in **La Rioja**, my relationship with wine changed forever. Before the Wine Master let me taste his wine, he told me about how it was grown, pruned, picked and culled. How only one grape in a thousand made it to the bottle. How it was aged for years in special oak barrels. Then he told me of his love for the **Tempranillo Grape**.

But before he'd let me taste his wine, he told me how to taste it. Not with my mouth or tongue. But with my nose and heart. Suddenly my mouth exploded with flavors and aromas. Licorice, peaches, apples and lilacs after it rains. That was the moment I fell in love with wine.

La Rioja is no more than seventy miles long and thirty miles wide. Yet every inch of it is special. Its history. Its architecture. Its art. But the thing that makes it the most special is its wine. Everything revolves around wine. When a **Riojano** goes out to dine, first they order the wine. Then they order the food that best accompanies it.

It is with all that in mind that I invite you to experience this magical destination with us.

THE GREAT CUISINE

The Basque Country

San Sebastian, Hondarribia, Vitoria Gasteiz, Elciego, Laguardia, Bilbao • 8 Days/7 Nights



There are more Michelin star restaurants in the Basque Country per capita than anywhere else in the world. 29 and still counting.

Since the 70's pioneer Chef Juan Mari Arzak combined traditional Basque dishes with French gastronomy creating a whole new world class cuisine. **La Nueva Cocina Vasca**

The abundant fishing waters of the North Atlantic provides their Chefs with the ingredients for unique seafood dishes found nowhere else. Like: **Txangurro a la Donostiarra**, the shell of the spider crab filled with its own meat sauteed in a delicious sauce.



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~ *Euskadi*

Vegetables grown in their fertile Valleys are so flavorful they have become main dishes in their own right. Like eggplant, white asparagus and wild mushrooms. Or accompany a meat dish with a piparrada, sweet red and green peppers sautéed in olive oil. Their secret is not very secret. Use the best ingredients and prepare them so as to enhance their natural flavors. It's the way they've been cooking for generations.

You might accompany your meal or **Pintxos**, gourmet **tapas**, with their unique white wine called **Txakolí**. It's slightly effervescent, fruity and dry. Or a world-class red from **La Rioja Alavesa**.

The **Basque Country** is more than a region. It's a culture. A friendly people with a history all their own. It's sophisticated cities like **San Sebastian** and **Bilbao**. It's a language so different linguists can't figure out its source.



THE GREAT CUISINE

Galicia

Santiago de Compostela, Padron/Cambados, Rias Baixas/Pontevedra, Ribadavia/Miño River and Santiago de Compostela • 5 Days/4 Nights.

Although Galicia has long been a favorite of European gourmands, it has yet to be discovered by American **aficionados**. Some of Spain's finest seafood chefs can be found in Galicia. Like **Pepe Solla** or **Marcelo Tejedor**.

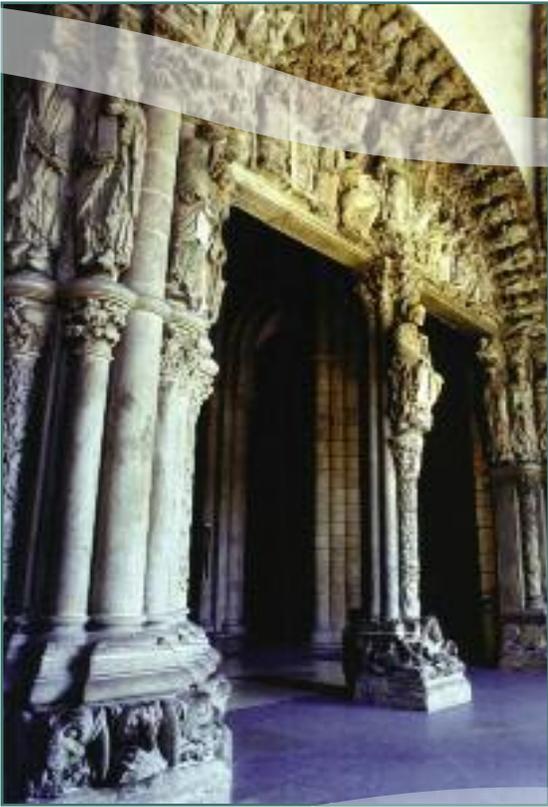
Off the rugged coast are some of the world's best fishing waters. Over 200 varieties of fish and 54 kinds of shellfish alone. You'll discover wonderful dishes you never tried before. Like **Mariscos a la Plancha** (shellfish simmered in olive oil). Or **Fideos con Pulpo** (grilled octopus over pasta).

Galicia's also known for its unique cheeses and rich produce. Turnips, peppers and mushrooms so scrumptious they're often served as a main dish. Like **Grellos Gallegos** (turnip greens simmered in olive oil, garlic and pimento) and **Caldo Gallego** (a delicious country soup).

Your meals will always be paired with Galicia's crisp white **Albariños**, renowned **Ribeiro** whites from the **Ribadavia** or lush red **Mencías** from **Ribeira Sacra**. You'll stay in lovely **pazos** (inns) and former manors surrounded by beautiful landscapes and rich history..



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Cataluña

The Road of Bread and Wine

Valley of Penedes, Vilafranca del Penedes, Poblet and Barcelona (Optional Girona) • 8 Days/7 Nights



This gastronomic adventure takes you to the rolling hills of the **Valley of Penedes**, south of Barcelona. **Penedes** is known as Catalonia's wine producing region and home to Spain's regal sparkling **Cava** champagne industry.

Here you'll find over 185 established **bodegas** (wineries) producing **Merlot, Tempranillo, Pinot Noir, Monastrell, Carignane, Cabernet Sauvignon** and **Syrah**, as well as **Chardonnay** to name just a few. Many of these great vinos and cavas are yet been discovered by American **aficionados**.

You'll stay in lovely rustic accommodations close to vineyards and historic medieval towns, like **Vilafranca del Penedes** and **Poblet**, home of an important monastery which played a crucial role introducing fine wines to this region. You'll also learn to cook great country popular **Catalonian** dishes.

Your adventure will end in sophisticated Barcelona, known as "The Paris of the South", where you'll dine on magnificent cuisine accompanied by excellent wines in some of Spain's best restaurants.





Valencia

The Soul of Mediterranean Cuisine

Valencia, Castellon del Alt Maestrazgo, Medieval El Puig, Roman Sagunto and the Wine Region of Utiel-Requena • 7 Days/6 Nights.

Valencia, Spain's third largest city, is located in the heart of the Spanish Riviera on the white sandy beaches of La Costa Blanca. With its near-perfect temperatures, this region has become Spain's favorite vacation getaway.

This region is known for its produce, its seafood and its rice. It's the home of **Paella a la Valenciana** and 67 other varieties of Spanish rice dishes. You'll dine in some of Valencia's best restaurants and discover why it's becoming a gourmand's paradise with internationally recognized chefs, like **Rafael Vidal**. You'll also learn how to prepare some of her most popular dishes.

While exploring many of the region's historic sites like the medieval county of **El Puig** and **Roman Sagunto** where **El Cid** left his mark, you'll partake of traditional recipes and drinks date back to Roman and Medieval times. **Horchata**, for example, was a favorite of the Romans.





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Andalucía

The Flavor of AI - Andaluz

Sevilla, Cordoba, Sanlucar de Barrameda, Jerez de la Frontera and Carmona • 7 Days/6 Nights

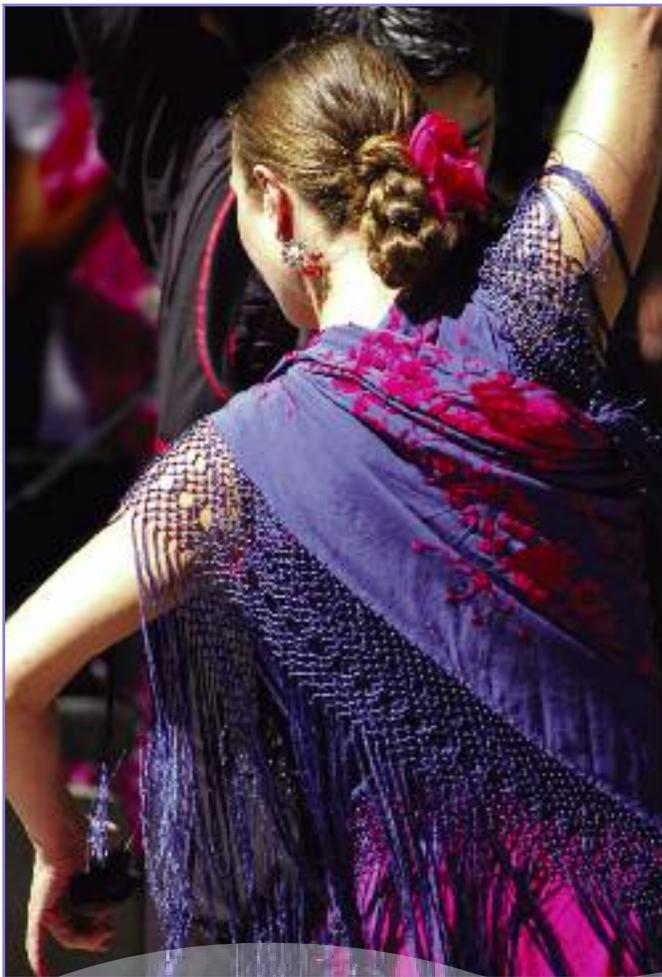
This gastronomy adventure not only takes you to the great capitals of Andalucian cuisine, but to off-the-beaten-path haciendas and destinations. Here you'll learn how to prepare several traditional Andalucian country dishes and dine on your own creations.

You'll travel to **Jerez de la Frontera** and **Sanlucar de Barrameda**, where you'll visit

selected **Bodegas** (wineries) and taste great wines and **Jerez** (sherry). You'll learn how to pair your new recipes with the right sherry, from dry **Finos** to pale **Manzanillas** to dark, golden **Olorosas** and full-bodied **Amontillados**.

And in between cooking and dining, you'll experience the art, architecture, culture and history

of the cities and towns which produced this unique cuisine. **Carmona**, **Cordoba** and **Sevilla**.



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The Route of Liquid Gold (Olive Oil)

Granada, Jaen, Baeza, Ubeda, Cordoba and Sevilla • 9 Days/8 Nights

Since Roman times olives (over 260 varieties) and olive oil have been important products of **Andalucía**. Today a third of Europe's best olive oil comes from this region. And as you travel the Route of Liquid Gold, you'll discover one of the world's most distinctive cuisines.

Your gastronomy adventure begins in the town of **Jaen**, once a Moorish stronghold. Every year members of Spain's Royalty open the celebrations of the Olive Oil Festival.

You'll overlook this fabled city from an ancient Moorish castle (now a **Parador**) located high on a cliff above the city.

Then it's on to magnificent **Granada** and the beautiful towns of **Baeza** and **Ubeda**, both showcases of Renaissance splendor and named heritage cities by Unesco. From there it's on to the historic cities of **Cordoba** and **Sevilla**, where you'll enjoy **Salmorejo**, an elegant variation of **Gazpacho**.

All along the way you'll partake of a gastronomy that owes its existence to **Olive Oil**. Your dining experience will be complimented with excellent **Vinos** (wines) and a magnificent variety of **Jerez** (sherry), unique to this region.



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Extremadura

The Land of Castles, Conquistadores

Trujillo, Hervas, Caceres and Merida • 6 nights/7 days

Extremadura, the beautiful land beyond the River Douro, is one of the most remote of all Spanish regions, a land where modern time seems to have passed by. The ancient walls, winding, cobbled streets, castles and noble's mansions of its quaint old towns are still intact. It's like stepping through time into the Middle Ages and Spain's rich medieval history.

Throughout this enchanting land you will find Roman monuments in magnificent **Merida**, founded by Augustus in 25 BC and once the capital of Roman Lusitania.



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and Roman Spain

Many of the original dishes introduced during the Roman occupation and dating back to the medieval are still prepared and enjoyed today in Extremadura. For starter their **Olive Oil** is magnificent and compliments the local cuisine.

Pork and Lamb play a big part of their gastronomy and can be served grilled or in a variety of their savory stews. Extremadura's cured hams and

sausages 'Embutidos' are well known in Spain. Each year Extremadura celebrates the largest **Festival of the 'Jamón Ibérico'** in Spain.

The region is also known for their tasteful wild mushrooms which are generously used in their cuisine. Their local cheeses also make excellent partners to the great variety of 'Tintos' red wines produced in Extremadura.



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Castilla La Mancha

Dining with Don Quijote de La Mancha

Madrid , Toledo, Segovia, Oropesa de Toledo and Cuenca • 6 nights/7 days.

The Region of **Castilla – La Mancha** was first immortalized through **Cervantes'** masterpiece **Don Quijote de La Mancha**. What many visitors later discovered during their travels, is that their gastronomy and cuisine also deserves mention.

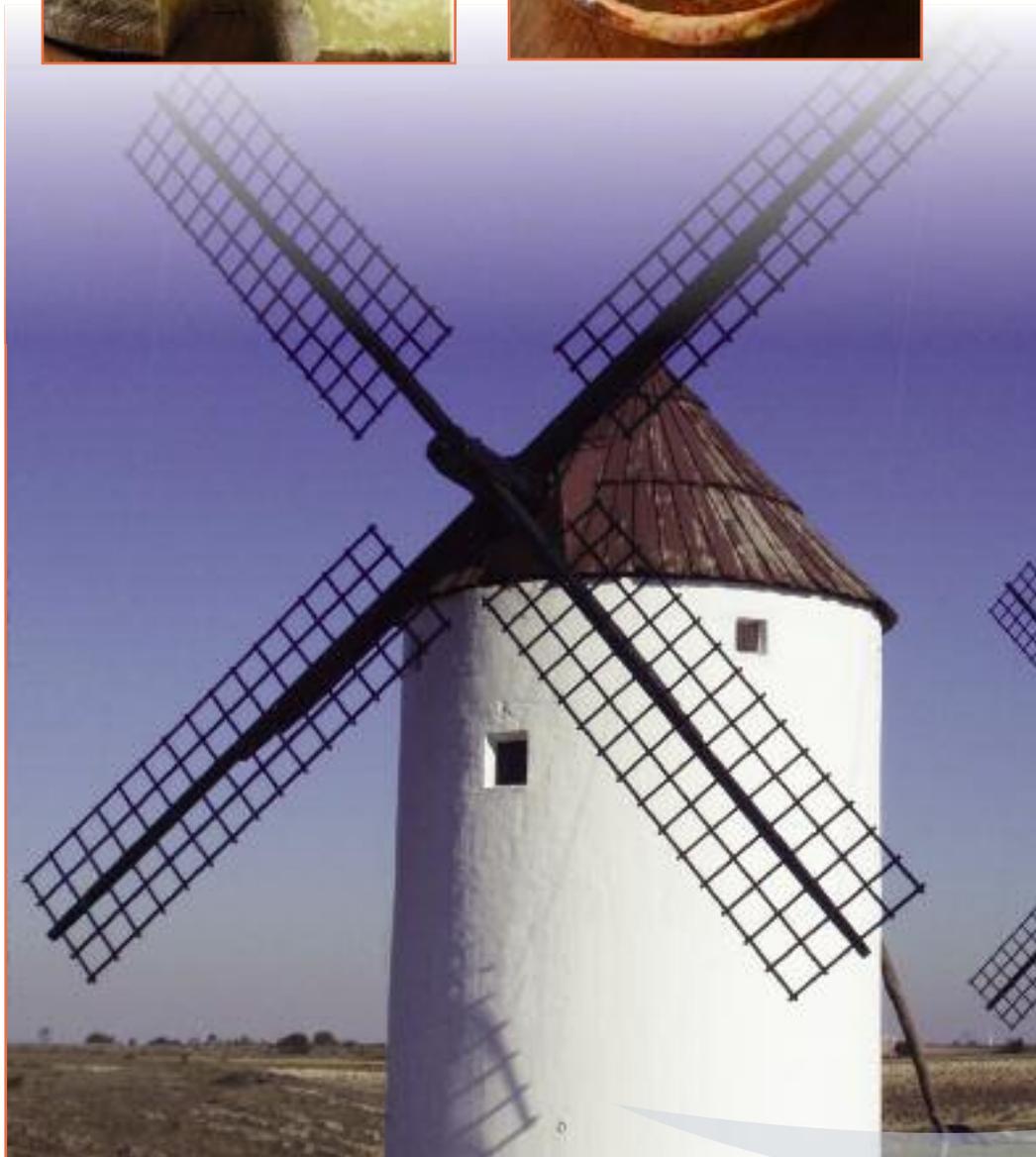
For starters **Madrid** has the largest '**tapas**' historic district in Spain. Here you can hop from bar to bar tasting all the different versions of '**tapas**' accompanied by excellent local wines or '**sangria**'. Here you can dine in one of the oldest restaurants in the world dating back to 1725, **El Botin** known for its excellent pork and meat dishes.

In **Segovia** you can also dine in great restaurants such as **Meson de Candido**, where pork is a specialty.

In **Toledo** you will find excellent cuisine. Their quail dish '**Codorniz a la Toledana**' is unique to this city and praised by the Spanish playwright **Lope de Vega**.

The abundance of rivers also allows for great trout dishes to be served. In many cities like **Cuenca**, you will enjoy '**pisto**' a delicious combination of olive oil sautéed tomatoes, green and red peppers, onions and zucchini, served over delicious Spanish bread. The variety of '**manchego**' cheeses made from goat milk, are unique to this region.

Some of Spain's best known wines can be found in **Castilla - La Mancha**. Their '**Tintos**' red wines are superb and compliment the local cuisine.







For a complete itinerary of our programs please visit our website.

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