



GASTRONOMY

Cantabria



Cantabria
Infinita



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GASTRONOMÍA DE CANTABRIA

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S H A R I N G

tastes

The leading chefs say that the best cuisine begins with nature, with the kitchen garden, with the sea, with the farm, with the fields where the sun and rain work their magic, woods in which game animals root, pastures where flocks feed on the vegetation which distils the nutrients of the subsoil. If nature is the origin of all tastes, then Cantabria is like a great larder which supplies ingredients to tables and olde worlde inns, cooks, preservers, and artisans. This is Cantabria, enjoy your meal!



THE TASTE of Cantabria

LIÉBANA

Picón de Bejes Tresviso
Cheese D. O.
Quesucos de Liébana D. O.
Liébana Honey D. O.
Wine from the Land of
Liébana I.G.P.
Orujo from Liébana
Tostadillo Wine
Cocido Lebaniego
(Lebaniego stew)
Game and pork sausages
Cow meat
Canónigo
Frisuelos

SAJA - NANSÁ




Seafood market
(San Vicente de la Barquera)
Cocido montañés
(Mountaineer stew)
Tudanca meat
Game
Sorropotún
Corbatas de
Unquera-Puff pastry

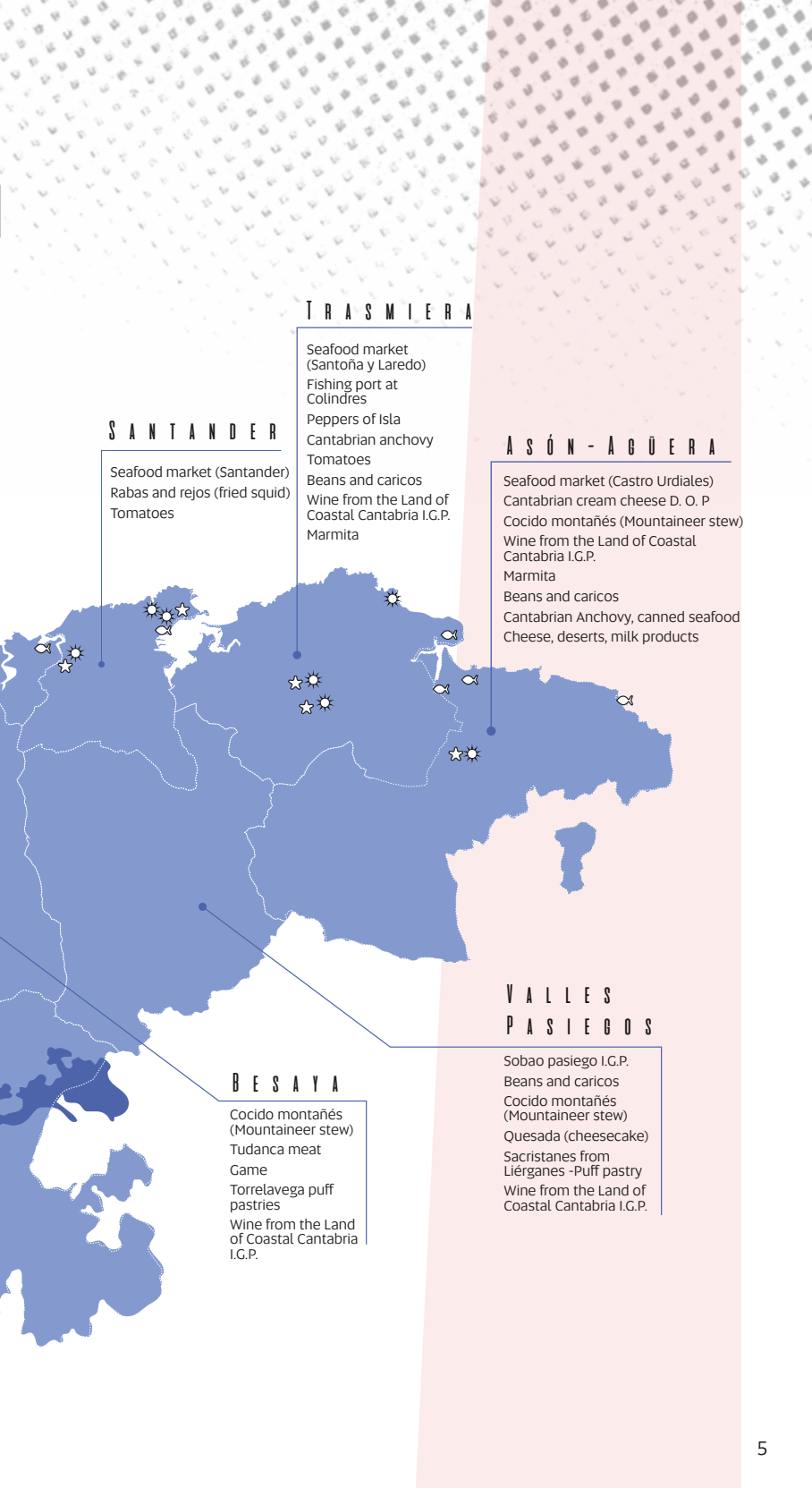
COSTA CENTRAL

Fishing port
(Comillas y Suances)
Novales' lemons
Beans and caricos
Game
Wine from the Land
of Coastal Cantabria
I.G.P.

CAMPOO - LOS VALLES

Valderredible potatoes
Tudanca meat
Round bread
Pantortillas de Reinosa-Puff pastry
Railway hotpot
Fishing port – Seafood market
Michelin Stars
Repsol Suns

Puerto pesquero - Lonja 
Estrellas Michelin 
Soles Repsol 



SANTANDER

Seafood market (Santander)
Rabas and rejos (fried squid)
Tomatoes

TRASMIERA

Seafood market (Santoña y Laredo)
Fishing port at Colindres
Peppers of Isla
Cantabrian anchovy
Tomatoes
Beans and caricos
Wine from the Land of Coastal Cantabria I.G.P.
Marmita

ASÓN - AGÜERA

Seafood market (Castro Urdiales)
Cantabrian cream cheese D. O. P
Cocido montañés (Mountaineer stew)
Wine from the Land of Coastal Cantabria I.G.P.
Marmita
Beans and caricos
Cantabrian Anchovy, canned seafood
Cheese, deserts, milk products

BESAYA

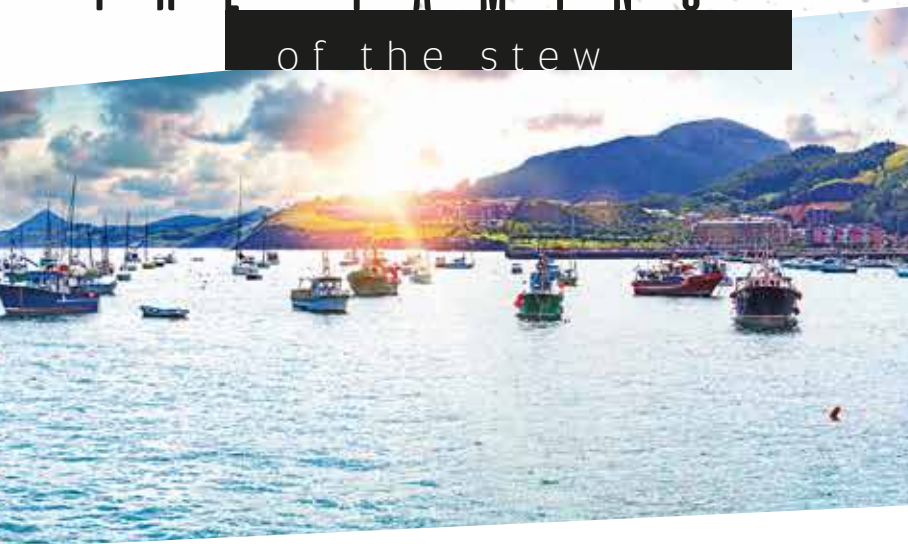
Cocido montañés (Mountaineer stew)
Tudanca meat
Game
Torrelavega puff pastries
Wine from the Land of Coastal Cantabria I.G.P.

VALLES PASIEGOS

Sobao pasiego I.G.P.
Beans and caricos
Cocido montañés (Mountaineer stew)
Quesada (cheesecake)
Sacristanes from Liérganes - Puff pastry
Wine from the Land of Coastal Cantabria I.G.P.

T H E T A M I N G

of the stew



In a relatively small area of somewhat over 5000 square kilometres Cantabria concentrates an amazing variety of surroundings and landscapes, and landscapes become tastes. Along the coast the sea wind brings an extra dose of salt that impregnates the vegetation where cows graze and the vegetables which are gathered. Not to mention the "underwater larder" which is as varied and wild as that you see above the surface, with shallow estuaries warmed by the sun where crustaceans and molluscs live, rocks shaken by the sea where wild mussels and barnacles live on which various fish feed, and a





Puerto de Castro Urdiales.

seasonal sea, the Cantabrian Sea, the temperature of which is 10 degrees higher in summer than in winter, which attracts migratory species during the “fishing seasons”.

Close by on the mountains, the livestock and game animals live attached to the land, breathing that clean air which you also prize.

In the hands of artisans these resources become honey, stews, preserves, sweetmeats, and traditional dishes, an inspiration for a new generation of culinary creators.

Cantabria has a well-deserved reputation of being a place where “you eat well”



T A S T E S

from the heights



Picos de Europa

The physically demanding life of the mountain districts (all those of Cantabria) requires filling food with an energy content of ingredients which are easy to preserve. In Cantabria many family kitchen gardens produce red, white, or pinto kidney beans which are cooked with sausages and other delicacies from the pig.

All over the region it is frequent to find on set menus the local variety of red kidney beans or caricos, which are characteristically creamy, served generously, and good value for money.



Cocido lebaniego



Cocido Montañés

The cocido montañés, a stew made with white kidney beans with bacon, home-made chorizo sausage, spareribs, black pudding, cabbage, and olive oil, is the most representative dish of Cantabrian popular gastronomy. It can be found in all kinds of restaurants, in particular in the Saja-Nansa area, and is truly exquisite. Liébana, the mountain district par excellence, has its own version, the cocido lebaniego with chickpeas which is eaten in two parts, first the “stew soup” and then the chickpeas and the “compango” of sausages and pork accompanied by cabbage and the stuffing.



On the mountain passes the cows of the Cantabrian local breeds which produce excellent meat feed on a natural diet.

Likewise in a region of which almost a third belongs to the largest hunting reserve in Spain, there are many stews and sausages made from game meat such as venison or wild boar.



The livestock grazes freely
on the mountains in spring
and summer.





C H E E S E S

with a denomination

The commercial importance of the cheese of Cantabria has been documented since the 9th century in the historical archives of Potes and the Monasterio de Santo Toribio de Liébana which reflect transactions involving this product.

Two of the three cheese Denominations of Origin of Cantabria are from the mountains of Liébana: the Picón de Bejes-Tresviso, and the Quesucos de Liébana made from cows', sheep's, or goats' milk or a mixture of these.

The **Picón of Bejes-Tresviso** is a white cheese with bluish-green streaks which is oily and very aromatic. It is made annually and ripened for two months in limestone caves of the Liébana mountains and Peñarrubia, especially in Bejes and Tresviso.



As for the **Quesucos de Liébana**, they are produced in Liébana and Peñarrubia. They are small and cylindrical of firm compact yellowish mass with a taste reflecting the nuances of each producer and year. Ripening takes two months and these cheeses may be smoked.



Picón de Bejes-Tresviso

Cantabria cream cheese also has its denomination of origin and is produced all over the region. Its cheeses may easily exceed two kilos,



It has a thin rind and bone-coloured mass that is soft and fatty; it is made from Friesian cows' milk and ripens in a few weeks; it is very popular with children.

KITCHEN GARDEN

products



Although Cantabria is little known for its horticultural products, this mild humid climate with a moderate amount of sun has encouraged the culture of the family kitchen garden. Traditionally each house had (and many still do have) a small kitchen garden for household use, which is generally sown between February and May so its produce can be gathered from summer to autumn.

When you explore a village in Cantabria you will soon discover near the houses these small plantations for their own supply. Naturally the traditional kitchen garden has become professional in many cases, with its products reaching the markets and stores and above all the restaurants.

The tomatoes and peppers of Cantabria are compact, juicy, and fleshy with an intense taste and aroma. The Cantabrian kitchen garden produces lettuces, onions, leeks, cucumbers, courgettes and pumpkins, carrots, and potatoes, and naturally the white, pinto, or red kidney beans (caricos). There are still small rural restaurants which proudly cook with “things from home”.





Indispensable ingredients of the stews and other dishes are greens with leaves such as cabbages and Swiss chard, or those for salads and healthy first courses such as endives and also cabbages, which brighten and lighten the tables of Cantabria with their contributions of fibre, vitamins, tastes, and textures. The kitchen garden can be enjoyed with all the senses.

Cantabria also has a long tradition of fruit trees which are present in almost all gardens, such as apple trees, pear and plum trees, many fig and lemon trees, and also hazelnut trees, walnut trees, and chestnut trees. In Liébana quality peaches are also produced.



Typical kitchen garden

P R E S E R V E S

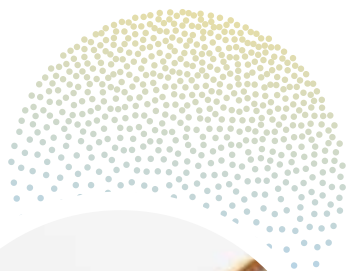
In cantabria

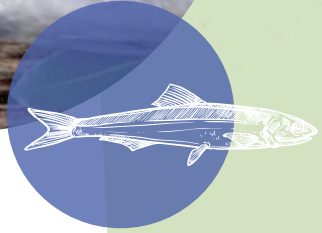
There is no doubt that the most famous preserve of the region is the Cantabrian Anchovy, which is not strictly a preserve but rather a "semi-preserve". In other words, although the anchovy is tinned it must be kept cold and its optimum preservation is between six months and one year. The bocarte (in Latin *Engraulis encrasicolus*) is captured in the Cantabrian Sea during the "spring fishing season" and is unloaded especially at Santoña market. The production of the anchovy is artisan as the fish are cleaned by hand one by one before being salted, pressed in barrels, ripened for six to eight months, and tinned at their optimum point with olive oil.

A frequent companion to the anchovy is the pepper of Isla, a horticultural variety with its own Quality Control label, which is served roasted and is also available preserved in jars or cans. This combination of anchovies and peppers as a first course to any meal represents one of the most typical tastes of Cantabria in which the sea and the vegetable garden unite.



The typical fishing boats come very close to shore during spring to catch anchovies.





The other Cantabrian preserve par excellence is the Bonito of the North (*Thunnus alalunga*) which is captured in summer by traditional methods. These large fish provide large fleshy portions which are cooked and packaged in olive oil. The most appreciated parts are the back and the "ventresca" or belly which is especially juicy.



C U I S I N E

seafaring



The Cantabrian Sea is an inexhaustible source of experiences. The aroma of low tide could well be the appetiser of a complete culinary experience, as the seaweed and the rocks generate a rich dense atmosphere that can almost be tasted with nuances that you will recall from tasting fish and shellfish in Cantabria. The markets of each port receive the daily captures of the coastal, deep-sea, and shellfish fleets.

There are tens of varieties of white fish, some of which are large and are generally roasted whole to retain their taste, such as sea bass, sea bream, turbot, or sole, and others perhaps less well known such as the jargo (white seabream), machote or San Martín.

A piece of advice: guide yourself by what you see as the merchandise is generally exhibited in showcases to attract your attention.





Some fish appear in season when the water temperature rises. The king of the summer is the bonito to the delight of restaurants



The bocarte or anchovy is also served fried in batter and generally appears in April and May, while the verdel (the local name for the mackerel) is fished between February and March.

Shellfish is an important chapter in the gastronomy of the Cantabrian Sea. The most appreciated local species are langostas (lobster) and cigalas (Dublin Bay prawns) which are hardly ever so affordable as the equally delicious centollo (spider crab), masera (brown crab) and nécora (velvet crab).



Each fish has its season; deep-sea fish such as hake, sea bream, and monkfish are captured in winter.



E L A R T E

del picoteo

Inevitably seafaring cuisine overlaps with that typically Spanish way of eating: tapas. When the portions begin to reach the centre of the table, the different varieties of clams and mussels, whether fried or in various sauces, constitute other important morsels which taste of the sea.

Cephalopods also form part of the culinary identity of Cantabria. Octopus and especially squid (whether calamari slices, calamari tentacles, or baby squid) are an essential part of tapas and social life, including a passionate debate as to whether they should be eaten with lemon juice or not.



The "tapas" experience will allow you to try very varied ingredients enjoying the creativity of the chefs.



Tapas routes are an excellent way of enjoying gastronomy. Restaurateurs make the most of the bountiful regional larder by combining all kinds of ingredients: fish, cheese, meat, vegetables, sausages... with creativity and culinary instinct.



Tapas festivals in various locations stimulate the creation of new combinations



T H E S W E E T E S T

Cantabria



The world of sweetmeats in Cantabria is conditioned by the omnipresence of milk and its derivatives. The secret of the sobao pasiego (a typical sponge cake) lies in the quality of the butter, and the basic ingredient of the quesada (a sort of cheesecake) is none other than milk, the fresher the better. These two sweets from the Pasiego Valleys are still made today according to the traditional recipes of each family.

Milk is also used in the homemade desserts of the restaurants of Cantabria: rice pudding, creme caramel, or custard, and cheese-cakes with jams of various flavours.





The confectionery tradition of Cantabria is related to the "flour route" followed by the cargoes transported from Castile via the Valley of the Besaya to the ports for their exportation. The flour is combined with butter to make typical puff pastry with different names and shapes: pantortillas in Reinosa, sacristanes in Liérganes, corbatas in Unquera... There is no doubt that the puff pastry capital is Torrelavega; its confectioners' are well worth a visit.



The sweetmeat scenario is completed with the honey of Liébana with denomination of origin, the two varieties of which ("heather monofloral honey" and "honey with oak, holm oak, and blackberry flowers") are noted for their deep aromas, fine grains, and strong salty touches.



T H R I V I N G

wineries

Consumers are currently curious about new wines and some entrepreneurs have decided to recover a tradition of the old monasteries of Cantabria which had practically disappeared.

There are two different and complementary denominations. The wines of the Cantabrian Coast are mainly white from grapes cultivated on land with an Atlantic influence up to an altitude of 600 metres. These are clean clear wines with a balance between their acidity and alcoholic content. They combine with fish and are an ideal complement to the famous anchovies.

For their part the wines of the Land of Liébana are reds cultivated at a height on the sunny slopes of the Picos de Europa. These are fresh tasty wines with a moderate alcoholic content that make a fitting accompaniment to local gastronomy: meat, game sausages, and stew.





Liébana vineyard

The pomace brandy of Liébana is related to the wines of the area but has its own denomination of origin. It is obtained by distilling the skins and remains of the pressing of the grapes and has a high alcoholic content. This crystal-clear and highly aromatic beverage was drunk in Liébana to combat the cold of winter, in a small glass it is the perfect end to a big meal.

Innovative ways of consuming it in cocktails and creams more in keeping with contemporary taste are currently arising. It has its own event, the Pomace Brandy Festival in Potes, on the second Sunday in November.



Cream of pomace brandy



R E S T A U R A N T S

with Michelin stars distinctions

When perfect ingredients encounter the talent and virtuosity of leading chefs, the tastes shine on the palate and the stars on the sign on the door. Six restaurants in Cantabria share eight Michelin stars and a further twelve have been awarded Repsol Suns. For a first-class gastronomic experience, these are the references.





ANNUA ❀❀

San Vicente de la Barquera

Oscar Calleja is a multicultural chef with his roots in Mexico and Cantabria who is fascinated by the East. At his restaurant on the banks of the Ría de San Vicente you can experience a very special combination between the surrounding countryside and the tastes.

Tel. (+34) 942 715 050 • annuagastro.com



CENADOR DE AMÓS ❀❀❀

Villaverde de Pontones

In this 18th-century building in the Trasmiera countryside the chef Jesús Sánchez has created a unique atmosphere in which creativity, imagination, and surprise stand out. He was awarded his first star in 1993 during the year he opened, a second one in 2016, and the third in 2019.

Tel. (+34) 942 508 243 • cenadordeamos.com



EL SERBAL ❁

Santander

Since 1999 José Antonio González has run this restaurant alongside Puertochico. His printed menu includes various meats but not fish, which are those delivered to the fish market every day. In 2003 he was the first to win a star in Santander.

c/ Andrés del Río 7 • Tel. (+34) 942 222 515 • elserbal.com



EL NUEVO MOLINO ❁

Puente Arce

José Antonio González and his wine waiter Rafael Prieto are also responsible for the revival of this traditional restaurant, which under the direction of Víctor Merino swells the ranks of Cantabrian gastronomy. They are faithful to history and produce the cooking of their Cantabrian roots with nods to contemporary taste.

Tel. (+34) 942 575 055 • elnuevomolino.es



SOLANA ✿

La Bien Aparecida (Ampuero)

The chef Ignacio Solana has transformed the family business, a traditional restaurant-bar, into an emblematic enclave in which traditional Cantabrian cooking is reinterpreted and renovated. In 2011 he was one of the youngest chefs to achieve his first star.

Tel. (+34) 942 676 718 • restaurantesolana.com



LA BICICLETA ✿

Hoznayo

This original establishment in a 17th-century mansion is a product of the imagination of the chef Eduardo Quintana. He continues to look young and retains a certain informal touch and his culinary proposals are as bold as they are solid. He has had a star since 2017.

Tel. (+34) 636 296 970 • labicicletahoznayo.com



GASTRONOMIC

fairs and festivals

JANUARY

La Perola en Vargas (Puente Viesgo). Popular tasting of cocido montañés (stew).

Olla Ferroviaria (Railway Hotpot) and Marmita Competition (San Vicente de la Barquera).
Olla Ferroviaria (Railway Hotpot) Competition in Reinosa
"Día de San Sebastián "

FEBRUARY

Young Lamb and Puff Pastry Festival (Torrelavega).
The specialised establishments of the town.

MARCH

Mackerel fishing season (Suances).
A culinary event based on the fish of the season, the "sarda" or "verdel" (mackerel). The specialised establishments of the town.

APRIL

Noja en su tinta (Noja). Festival of cuttlefish, squid, and octopus (in their own ink). The specialised establishments of the town.
Tapas route (Castro Urdiales).

Gourmet Island (Noja) Kitchen garden and marine gastronomic festival.



M A Y

J U N E

J U L Y

Anchovy Fair (Santoña).

Shellfish festival (Suances).

Cod Festival (Torrelavega). The specialised establishments of the town.

Tapas Fortnight (in Santander, Torrelavega, and ten other places).

Marine Gastronomy Festival (San Vicente de la Barquera).

Semana Grande de Santander Festival on the Santiago feast day. Daytime fair in the streets of the city

Hotpot festival, en La Matanza (Valle de Villaverde, last Sunday in July).



A U G U S T

Lemon Festival en Novales (Alfoz de Lloredo, first Saturday in August). Tasting of drinks made with local lemons for charity.

Día de Cantabria (Cabezón de la Sal, second Sunday in August).

Celebration of the Cantabrian people with a market of traditional produce.

Fiestas de La Asunción en Castro y *San Roque* en Laredo. *Concurso Marmita Competition*.

Festival of the Cocido en Uceda (Ruate, primer domingo de septiembre). It celebrates the most characteristic dish of Cantabrian gastronomy, the cocido montañés.

The great hotpot en Santoña (Thursday after 8th September). Popular tasting of hotpot, a seafaring stew of bonito and potato.

Feria de San Miguel (Puentenansa, 29 September). Fair devoted to the Tudanca cow with a market of traditional produce.

La Pasá (Carmona, último sábado de septiembre). The herds of Tudanca cows descend with adornments from the mountain pastures.

Certamen del marisco (San Vicente de la Barquera).

Gastronomic game meat festival (Rionansa).

Gastronomic Fair of the Peppers of Isla (Isla).

S E P T E M B E R

O C T O B E R

Tudanca Olympiad (Cabezón de la Sal, 12 October).

Tudanca Breed Cattle Show (Ruento, 26 October).

Festival of La Magosta in several villages. Gathering chestnuts which are eaten roasted, and folklore.

Kidney bean and vegetable festival in Cabezón de la Sal.

Pulse stew, hotpot, and game festival (Torrelavega).

CocinarT. Gastronomy congress in Torrelavega.

Fair of the Year (Arredondo, 1 November). The shepherds of sheep and goats bring their flocks down to the village to sell them.

Fiesta del Orujo en Potes (Second weekend in November).

Fiesta de San Andrés (Castro Urdiales, 30 November). Traditionally sea bream and snails are eaten.

N O V E M B E R



D E C E M B E R

Cattle and Horse Show (Ibio, Mazcuerras, 6 December). Cows of local breeds and mountain horses both for exhibition and for sale. Market and oxen dragging competition.

International Turnip Leaves Day in Laredo (XVI edition).

V I S I T S

and experiences

The experts affirm that natural products taste better the nearer they are to their place of origin. This is why sampling in situ is an excellent way to approach the most authentic and genuine gastronomy of Cantabria.

W I N E C E L L A R S

Several wine cellars organise visits and even sampling sessions among mountains, vines, and casks..

D I S T I L L E R I E S

Distilling pomace brandy is a slow process that is carried out drop by drop in the traditional stills. Several distilleries offer guided tours. Another distillery produces handcrafted gin aromatised with rock tea from the Picos de Europa and vermouth.

B R E W E R I E S

The fashion for handcrafted beers has meant that several breweries now open their doors to the public to offer sampling sessions.

C H E E S E F A C T O R I E S

Many cheese factories in Cantabria organise guided tours so that you can get to know their traditional processes and sample cheeses at various stages of ripening.

S O B A O S

An “obrador” (cake bakery) where sobaos pasiegos (typical Pasiego spongecakes) are being made can be detected at a distance owing to the sweet smell brought by the wind. Enjoy watching the process of making Cantabria’s most famous sweetmeat.

P R E S E R V E S

The anchovy factories still use their original traditional methods, selecting and working the fish by hand in a process that is worth getting to know.

Food artisans are affected by the seasonal variation of their productions. It is not always possible to visit; we recommend you consult the updated information at turismodecantabria.com.

INFORMATION OF INTEREST

TOURIST OFFICES BELONGING TO THE GOVERNMENT OF CANTABRIA

SANTANDER

Regional Tourism Office
Mercado del Este. Hernán Cortés, 4. 39003
Tel. 942 310 708 Fax 942 313 248
Teléfono Vacaciones: 901 111 112
Infocantur: 902 210 112
turismosantander@cantur.com

CASTRO URDIALES

Parque Amestoy, s/n. 39700
Tel. 942 871 512 Fax 942 871 337
turismocastro@cantur.com

LAREDO

Alameda Miramar, s/n. 39770
Teléfono y Fax 942 611 096
turismolaredo@cantur.com

SANTILLANA DEL MAR

Jesús Otero, 20. 39330
Tel. 942 818 251 Fax 942 840 265
turismosantillana@cantur.com

SEVE BALLESTEROS SANTANDER AIRPORT

Arrivals terminal
39600 Camargo. Tel. 942 250 904
turismoaeropuerto@cantur.com

SANTANDER FERRY STATION

Estación Marítima, s/n. 39003
Abierta en días de Ferry/cruceros

SANTANDER BUS STATION

Plaza de las Estaciones, s/n. 39002
Tel. 629 910 440
Abierta en verano, Semana Santa y puentes
turismoestacionbus@cantur.com

UNQUERA

San Felipe Neri, s/n. 39560
(junto a Casa de Cultura Villa Mercedes)
Tel. 690 602 107
turismounqueira@cantur.com
Open in Easter and summer

TORRELAVERGA

Plaza José María González Trevilla
(Pequeñeces)
39300 - Tel. 942 133 077
turismotorrelavega@cantur.com

CABÁRCENO NATURE PARK

(By the Reptile House)
Open in Easter and summer
Tel. 606 592 281
infoturcabarceno@cantur.com

PILGRIM INFORMATION LEBANIEGO STUDIES CENTER, PILGRIM AID

Tel. 942738 126

MUNICIPAL TOURISM OFFICES OPEN ALL YEAR ROUND

SANTANDER

Jardines de Pereda, s/n. 39002
Tel. 942 203 000 - Fax 942 203 005
turismo@ayto-santander.es

CABEZÓN DE LA SAL

Botín, 1. 39500. Tel. 942 700 332
turismo@cabezondelasal.net

CASTILLO (ARNUERO)

Antiguas Escuelas Castillo 7 Villas. 39193.
Tel. 942 637 915
museohedilla@ecoparque.info

COMILLAS

Town hall ground-floor
Joaquín del Piélagu, 1. 39520
Tel. 942 722 591 Fax 942 720 037
oficinadeturismo@comillas.es

FONTIBRE

Argüeso castle
Hermandad de Campoo de Suso. 39212.
Tel. 942 779 607
cunadelebrofontibre@gmail.com

LIENDO

Town hall ground-floor
Barrio Hazas, 53. 39776
Tel. 942 643 026
turismo@aytoliendo.org

NOJA

Plaza de la Villa s/n, 79-81. 39180
Teléfono y Fax 942 630 306
oficinadeturismo@ayuntamientodenoja.com

POLIENTES

(Facing the Museum of Ethnography)
Barrio La Huertota. 39220
Tel. 942 776 146 Fax 942 776 155
cultura@valderredible.es

POTES

Lebaniego Studies Center. 39570.
Tel. 942 730 787
turismopotes@yahoo.es

RAMALES DE LA VICTORIA

Fundación Oñense
Paseo Barón de Adzaneta, 8. 39800
Teléfono y Fax 942 646 504
turismo@cantabriaorientalrural.es

REINOSA

Avda. del Puente de Carlos III, 23. 39200
Tel. 942 755 215 Fax 942 751 147
turismo@aytoreinosa.es

SANTOÑA

Palacio de Manzanedo. 39740
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oficinadeturismo@turismosantona.com

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Avda. del Generalísimo, 20. 39540
Tel. 942 710 797 Fax 942 712 251
oficinadeturismo@sanvicentedelabarquera.es

SUANCES

Mirador Vuelta Ostrera. 39350
Teléfono y Fax 942 810 924
turismo@aytosuances.com

VILLACARRIEDO

Pl. Jacobo Roldán Posada, 1-2pl. 39640
Tel. 942 591 999
agencia@vallespasiegos.org

TOURIST ATTRACTIONS

ALTAMIRA MUSEUM

39330 Santillana del Mar
Tel. 942 818 815 / 942 818 005
museodealtamira.mcu.es

EL SOPLAO CAVE

Rábago. Tel. 902 820 282.
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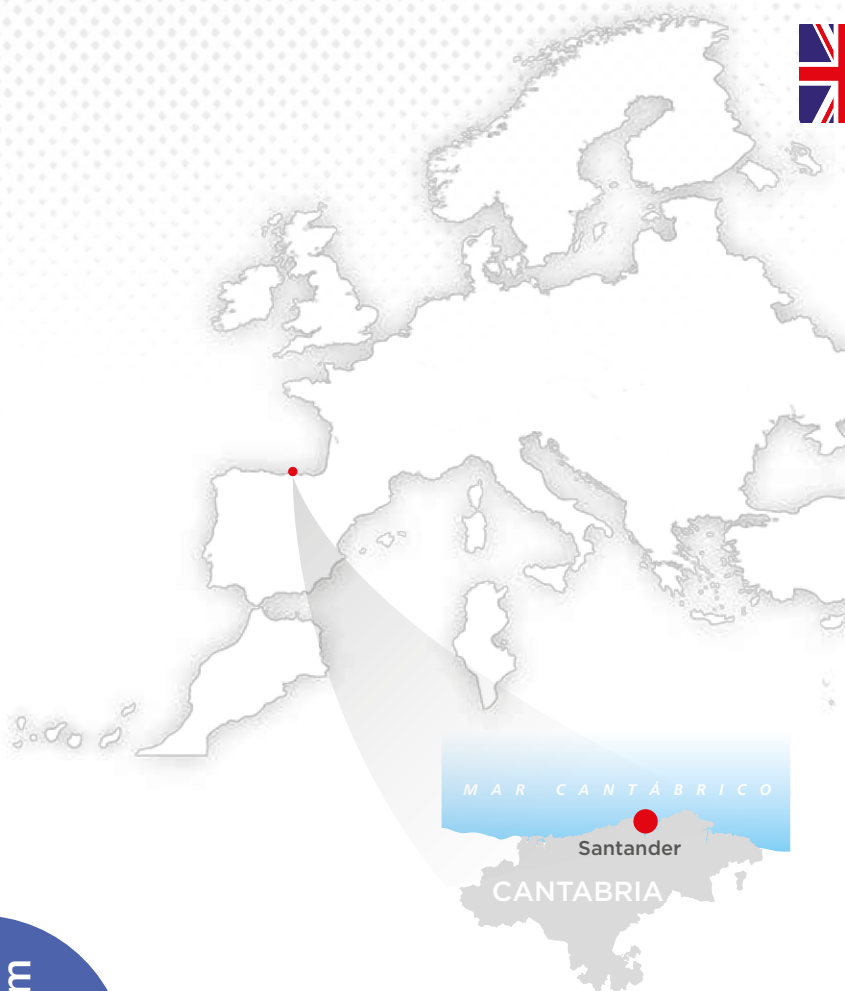
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