



# DISCOVER OUR GASTRONOMY



# BARCELONA IS MUCH MORE



**BCN+** **Barcelona**  
*is much more*

 **Diputació  
Barcelona**

# GASTRONOMY, IN BARCELONA, IS MUCH MORE

If you appreciate good food and local produce, then you're bound to enjoy getting to know the region and its inhabitants through its culinary traditions and producers... and you also won't want to miss out on the very many markets, fairs, festivals and celebrations dedicated to the region's produce that take place all year round.

You can also visit farms, producers' workshops, wineries... and discover first-hand a world of experiences related to food-related professions and regional produce.

## COVER PHOTOS:

Heura crop field, El Vallès Occidental

Torres Winery, Vilafranca del Penedès

Vic Market

Mushrooms, El Berguedà

Món Restaurant, Sant Fruitós del Bages

Rural tourism

## BARCELONA'S LARDER

Food produce is grown and culinary traditions are born and continued across the different regions of Barcelona, all of which have helped shape the world-renowned cuisine of the capital. It is based on the quality of the products, the ingenuity of its chefs, the dynamism of its gastronomy-focussed collectives and the harmonic blend of tradition and innovation.

# Map of the province of Barcelona

-  Culinary collectives
-  PGI (Protected Geographical Indication)
-  Markets
-  PDO (Protected Designation of Origin)
-  Museum
-  DO (Designation of Origin of Wines Alella, Penedès, Pla de Bages and Cava)
-  Wine vats



# THE CUISINE OF THE VINEYARD, THE MARKET GARDEN AND THE SEA



The cuisine of the **Costa Barcelona**, a land of transit and reception of peoples where cultures have blended, is a manifestation of these attributes: a fusion of ancestral influences and culinary inputs from around the world. Its cuisine is based on the most prized fresh products from the sea and market garden, with winning combinations including both elements washed down with wines mellowed by the Mediterranean climate with the DO Penedès and DO Alella.

## Are you a curious person?

Art Nouveau heritage can be a great excuse for discovering towns and wineries, like that at the former **Alella Vinícola** cooperative. And if you follow the trail of the architect M. J. Raspall whilst on the Modernista route to the village of **Cardedeu**, you'll come to the Cal Peó winery, where you can partake in a little wine-tasting and learn how to make a fantastic craft beer!





## And what's more...

Lots of farmhouses and farms let you see how their products are processed and prepared. They will show you forgotten varieties of vegetables and local seeds that are being recovered whilst you walk through their organic market gardens, or you can taste oils and wines whilst strolling amongst the hundred-year-old Becaruda olive trees and aged vines of native varieties.

## Don't miss it

Every year, more than eight tonnes of fresh fish arrive at the Port of Vilanova which, after a lively auction, is distributed to kitchens and restaurants across the entire region. It is the perfect place to discover how a fishing port works, the different techniques used and the types of fish and shellfish that are caught.



[www.cmaresme.cat](http://www.cmaresme.cat)  
[www.turismevalles.com](http://www.turismevalles.com)  
[www.visitvalles.cat](http://www.visitvalles.cat)  
[www.enoturismepenedes.cat](http://www.enoturismepenedes.cat)  
[www.garraftour.com](http://www.garraftour.com)  
<http://turisme.elbaixllobregat.cat>

# THE CUISINE OF THE FARMHOUSE, THE LARDER AND THE COUNTRYSIDE



**Paisatges Barcelona** is a land of traditions, of a gastronomy developed with products from the field and the farm: poultry, pork, beef, lamb, etc. Substantial, flavoursome casseroles, the utmost expression of hearty hostelry cooking, but not forgetting the artisan products that keep in the medium and long term and fill the farmhouse larder: dry-cured sausages, cheeses, salted foods, pulses, etc. And the DO Pla de Bages and DO Penedès wines, marked by the character of the inland landscapes.

## Are you a curious person?

The **Fet a Osona** (Made in Osona) project lets you participate in production processes, do workshops and sample products, visiting different agri-food companies in this region. You'll discover craft beers, ratafia liqueur, cheeses and charcuterie, you can visit a farmhouse, an organic market garden, collect chestnuts, and more.

Additionally, the **Rutes Gastronòmiques del Geoparc** (Geopark Gastronomy Routes), promoted by the Els Fogons Gastronòmics del Bages association, present four gastronomic seasons during the year: Pig-slaughtering season!; Cod season!; 'Poti-poti' (a local salad) season!; and Mushroom season!, all with native products from the region.



## And what's more...

In the medieval site of Món Sant Benet is the **Alicia Foundation**, a futuristic research centre devoted to technological innovation in cooking, the improvement of eating habits and the evaluation of food and gastronomic heritage. They offer interesting visits and workshops for all types of public!

[www.alicia.cat](http://www.alicia.cat)



[www.anoia.cat](http://www.anoia.cat)

[www.osonaturisme.cat](http://www.osonaturisme.cat)

<http://bagesturisme.cat>

<http://moianesmes.cat>



# THE CUISINE OF THE MOUNTAIN, THE FOREST AND THE FARM



A region of products from the woodlands and mountains, both natural and of the highest quality: mushrooms, truffles, game, honeys, jams and home-made cheeses, herbs, etc. In **Pirineus Barcelona** the cooking is done and served in the most popular and traditional places, following family recipes that bestow the aroma and essence of an extreme region upon the roasts and casseroles.

## Don't miss it

During the winter months, the restaurants that participate in the gastronomic campaign known as the **Cuina de la Caça del Berguedà** (El Berguedà Game Cuisine) offer at least one game dish (wild boar, deer, partridge, hare, etc.) on their menu from January to March.

From September to November, the **Cuina del Bolet del Berguedà** (El Berguedà Mushroom Cuisine) gastronomic campaign involves around 25 restaurants that offer a closed menu based on mushrooms, from starters to dessert.





## Are you a curious person?

Would you like to spend a day in the heart of the countryside and discover the traditional work of a shepherd? Well now you have the chance to do both!

Surrounded by high-mountain landscapes, you can watch over a flock of grazing

sheep – with the help of the sheepdog and shepherd, of course! With a bit of luck you'll catch a glimpse of the vultures, chamois or marmots whilst enjoying a delicious picnic among meadows in El Cadí-Moixeró Natural Park.



## And what's more...

Would you like to discover the taste of a Catalan grandmother's cooking, after she picked the produce fresh from her garden? Well then you're in luck, because in rural tourism establishments they're used to cooking with what they have produced in their own gardens and yards.

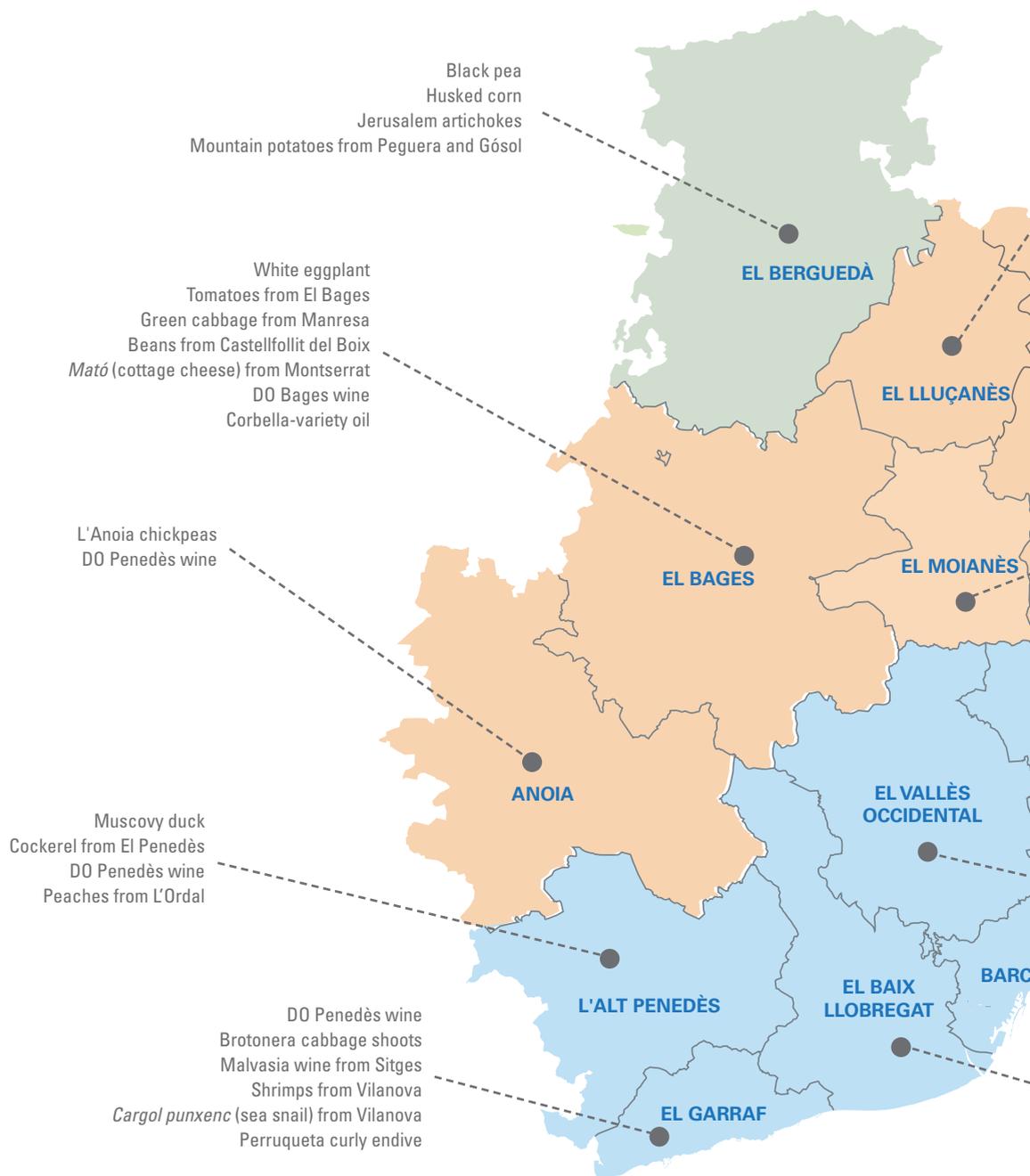
You can even learn how to make quince allioli.

[www.elbergueda.cat](http://www.elbergueda.cat)

## WITH QUALITY PRODUCTS...

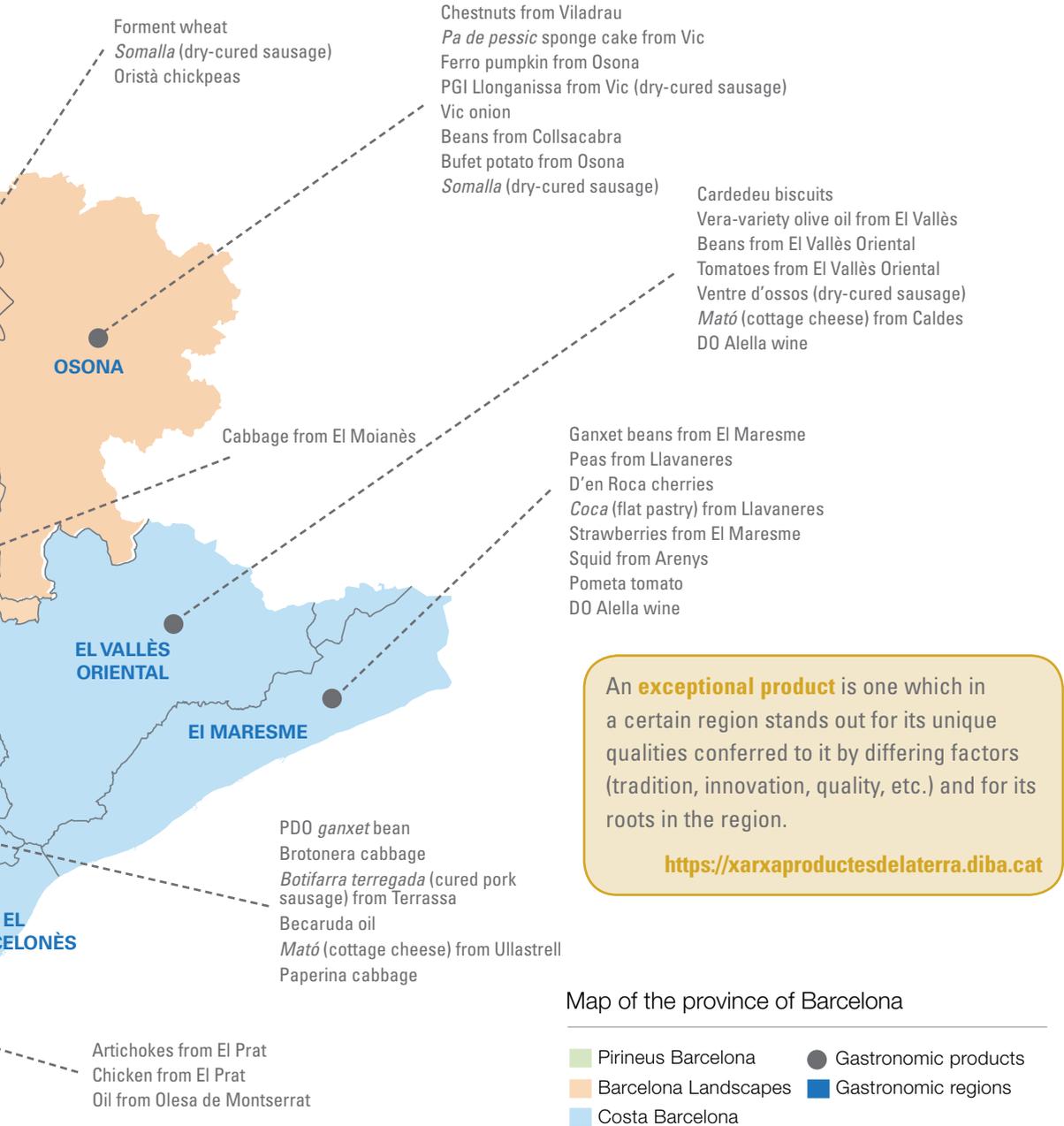
The **Xarxa de Productes de la Terra** (Local Produce Network) is made up of more than a thousand companies that produce, distribute or sell almost 3,000 products with the highest quality standards.

Of these, 55 have been selected as **exceptional**, distinguished by their tradition, quality and the innovation that they bring as unique and outstanding products. They are the flagships of our gastronomy, always with



a prominent presence at major shows in the region, and agreements with hotels and restaurants, or supporting gastronomic campaigns that are organised across the province.

Meanwhile, movements such as **Slow Food Catalonia Km 0** has raised awareness of the importance of pleasure linked to food, but always from the perspective of showing responsibility towards the ecosystem, agri-food biodiversity and an ethical commitment to producers. [www.km0slowfood.com](http://www.km0slowfood.com)





## ...AND WITH TOP CHEFS...

If Catalan cuisine is amongst the best in the world, it's not only for the excellence of its products, but it's also especially for the fine work done by the artists in the kitchens that work here.

Many have been recognised and acclaimed by international critics, such as is the case of **Carme Ruscalleda** (awarded three Michelin stars!), but there are also many others who don't make the news but who do a sterling job in their kitchens and restaurants.

The **gastronomic societies** dotted across the entire region (chefs, groups of restaurants and, in some cases, also agri-food producers) have become the best ambassadors for the products from their regions. Loyal to their roots but focussed on the future with creativity and innovation, these culinary groups invite you to enjoy the pleasures of a good meal and are committed to regional, local and quality cuisine.

On the other hand, the **Km 0 restaurants** transmit the *Slow Food* philosophy from their kitchens, as their chefs understand that gastronomic pleasure cannot be separated from responsibility towards agri-food producers.



[www.turismevalles.com](http://www.turismevalles.com)  
[www.cuinavo.cat](http://www.cuinavo.cat)  
[www.ostonacuina.com](http://www.ostonacuina.com)  
[www.clubdetast-sitges.com](http://www.clubdetast-sitges.com)  
[www.clubsabors.cat](http://www.clubsabors.cat)  
[www.cubat.cat](http://www.cubat.cat)  
[www.vepenedes.com](http://www.vepenedes.com)  
[www.elsfogonsdelbages.cat](http://www.elsfogonsdelbages.cat)



## ...LET'S ENJOY THE GASTRONOMIC EXPERIENCE

We have the immense good fortune to be able to enjoy a region that is rich and varied, both in landscapes as well as produce. We are increasingly aware of the importance of what we eat, of the quality of the raw materials and of the creativity of whoever processes them. For this reason, from January to December, the entire province is packed with celebrations and events that revolve around food.

Here we present a small sample that are bound to make your mouth water... But remember, there are many, many more!

### SPRING

Spring, when the fields and crops are in full splendour, is the ideal time to sample the fruits of the intense labour of the farmers!

In El Baix Llobregat, the star of the crops in March is the artichoke, or *carxofa* in Catalan. In Sant Boi, with **La Carxofada**, and in El Prat de Llobregat, with its **Artichoke Festival**, you can sample it in a thousand and one different recipes, along with a wide range of activities such as visiting the fields on bicycles and cooking demonstrations.

From March to April there are the **Maresme Pea Festival**. With the pea taking centre stage, many activities, fairs and markets are organised in the different municipal districts. In Caldes d'Estrac there is the **Pesolada**, the **Pea Gastronomy Festival and Show** in Sant Andreu de Llaneres, and in Mataró, *Mataró's speciality dish*: peas with cuttlefish and potatoes.

During April and May, coinciding with the strawberry season, the **Strawberry Festival** take place, where different municipalities organise activities, markets, special menus and fairs. Of all the municipal districts that organise these fairs related to the strawberry, noteworthy are those in: Sant Cebrià de Vallalta, Sant Iscle de Vallalta, Sant Pol de Mar, Canet de Mar and Arenys de Munt.



## SUMMER

**Benvinguts a pagès! (Welcome to the Farm!)** is an initiative that has recently been launched and seeks to champion the producers, products and cuisine of the region with a unique tourist experience: over one weekend in June, around 200 agricultural and livestock farms from across Catalonia join forces to reveal the life and work of the farmer to the public, so you can discover the countryside in person, see and touch livestock, fruit trees, crops, etc. Rural tourism hotels and restaurants have also signed up to the project, resulting in this original and exciting weekend, suitable for all ages.

Mid-August, the **Cabrils Gastronomy, Trade and Handicrafts Fair** is a real summer classic, an event that dates back to 1988 and coincides with the Festa Major de Santa Helena, or local annual festival. With more than 70 stalls, the fair hosts a series of restaurants from the town and surrounding area that let you try their dishes at very reasonable prices, along with the region's wineries, all lying within the DO Alella region.

## AUTUMN

Mid-September, the **Geopark Gastronomic Fair** in Manresa is another that mustn't be missed. The stalls area, made up of producer members of the **Rebost del Bages** (El Bages Larder) is complemented by an area offering culinary workshops where you can taste oils or learn how to make a quick cake, as well as children's workshops that focus on play and educational activities from the Geopark visitors' centres, such as the Toll Caves, Montserrat Caves, etc.

During the first weekend in October, the **El Berga Bolet Mushroom Festival** takes place, with activities ranging from eating a mushroom *coca* (flat pastry) lunch to cooking demos featuring a guest mushroom, a mushroom tapas contest (where a large number of restaurants take part), plus many other activities over the course of the weekend. Then there's the Jornades Micològiques del Berguedà (El Berguedà Fungi Days and Events), the **Cuina del Bolet** (Mushroom Cuisine) and the Mushroom-Pickers Competition, with a popular lunch organised by the Berga Mushroom-Pickers Group.

At the end of October, before All Saints' Day, you can enjoy the **Viladrau Chestnut Fair**, where, as well as buying and eating chestnuts, you can participate in lots of activities related to El Montseny Natural Park.



## WINTER

Vilafranca, Sitges, Vilanova... Many towns and villages claim to have been the inventors of *xató* (a salad of curly endive, tuna and cod), but you know what? It doesn't matter where this dish originated... the important thing is to know where and when you can eat it! There are lots of activities that you really shouldn't miss on the **Xató Route**: competitions, popular *xatonades* (xató festivals) and lots of surprises in all the towns and villages along the route.



Vilafranca del Penedès, for example, has its own recipe, and celebrates this with anyone who wants to share it in the **Xató Festival** in February. Restaurants in the region are charged with creating dishes and tapas with *xató* for everyone to try. Cookery competitions are also organised along with an exhibition of traditional dances.

During the three winter months, the **El Vallès Oriental Pulses Festival** takes place, giving you the opportunity to enjoy dishes and menus in around thirty restaurants across the region made with native pulses and local bean varieties that have been recovered: small chickpeas, *ganxet*, *carall*, *mongetes del genoll de Crist* (Christ's knee beans) and *Rènega negra* beans. Finger-licking good!

Winter is still alive and kicking mid-March when in Caldes de Montbui there is **the Pan and Boiler Market**. In this festive and family atmosphere, the fair features gastronomic and handcrafted products, and also the curious sight of the *calderina*: an enormous cauldron with a 1,600 litre capacity where chickpeas are cooked in thermal spring water. You can also take part in family workshops or enjoy other delicious dishes of the region's cuisine through tasting activities called *tastaolletes*.





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WITH QUALITY PRODUCTS

WITH TOP CHEFS

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If you would like first-hand information, go to our social media pages and learn all about the Barcelona regions.

[www.barcelonaismuchmore.com](http://www.barcelonaismuchmore.com)



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