



Gastronomic tourism

near Santiago

Gastronomic tourism near Santiago

Area Santiago is a tourist promotion group encompassing sixteen municipalities of inland Galicia: A Estrada, Arzúa, Boqueixón, Lalín, Melide, O Pino, Oroso, Padrón, Rois, Santiago de Compostela, Silleda, Touro, Trazo, Val do Dubra, Vedra and Vila de Cruces

The inland regions of the Tambre, Sar, Ulla and Deza rivers, in the surroundings of Santiago de Compostela, exemplify all the tradition and variety of Galician cuisine, admired for its superb quality and for its wise combination of innovation and ancestral tastes.

Surrounded by woodland, farmland, streams, charming villages, “pazos” (country manors) and monuments, gastronomy stands out as one of the main reasons for visiting Área Santiago, with the sole guide of one’s intuition and appetite.



Área Santiago

- Gastronomía / Gastronomy**
 - Pementos de Herbón (Padrón)**
Pimentos de Herbón (Padrón)
Herbón (Padrón) peppers
 - Produtos da horta**
Productos de la huerta
Garden produce
 - Grellos**
Grelos
Turnip Tops
 - Castañas**
Chestnuts
 - Cogumelos**
Mushrooms
 - Queiros**
Cheeses
 - Torreira**
Torreña
Veal
 - Porco e derivados**
Cerdo y derivados
Pork and pork products
 - Caza**
Game
 - Galo**
Gallo
Chicken (cock)
 - Fillosas**
Fillosas
Crops
 - Tortilla**
Tortilla
Omelette
 - Pocho**
Pulpo
Octopus
 - Lamprea**
Lamprey
 - Salmon**
Salmon
 - Trotla**
Trucha
Trout
 - Pan**
Pan
Bread
 - Tortilla**
Tortilla
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 - Mel**
Miel
Honey
 - Tortas**
Tartas
Cakes
 - Doces tradicionais**
Dulces tradicionales
Traditional confectionery
 - Vino**
Vino
Wine
 - Aguardente e licores**
Orujo y licores
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 - Sidra**
Sidra
Cider
- Oficinas de Información**
Oficinas de Información
Tourist Offices
- Monumentos / Monuments / Monuments**
 - Iglesias, Capelas**
Iglesias, Capillas
Churches, Chapels
 - Mosteiros, Conventos**
Monasterios, Conventos
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 - Cruceros**
Cruceros
Stone Crosses
 - Patrimonio Arqueolóxico**
Patrimonio Arqueológico
Archaeological Remains
 - Esculturas**
Esculturas
Sculptures
 - Arquitectura Civil**
Arquitectura Civil
Civil Buildings
 - Pazos, Casas Grandes**
Pazos, Casas Grandes
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 - Fontes, Pontes, Muíños**
Fuentes, Puentes, Molinos
Fountains, Bridges, Waterwheels
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Museos, Centros de Interpretación
Museums, Interpretation Centres
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Miradores
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Aldeas con Encanto
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 - Árbores, Conxuntos de Árbores**
Árbores, Conxuntos de Árbores
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Brañas, Humedais
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 - Mercados Tradicionais**
Mercados Tradicionais
Traditional Markets
 - Praias Fluviais**
Praias Fluviais
River Beaches
 - Áreas Recreativas**
Áreas Recreativas
Recreational Areas
 - Sendeiros / Senders / Trails**
 - BTT**
BTT
MTB
 - Rutas de Senderismo**
Rutas de Senderismo
Hiking Trails
 - Emergencias, Saúde / Emergencias, Salud / Emergencies, Health**
 - Hospitals**
Hospitals
Hospitals
 - Centros de Saúde**
Centros de Saúde
Health Centres
 - Farmacias**
Farmacias
Pharmacies
 - Aloxamentos / Alojamientos / Accommodation**
 - Turismo Rural**
Turismo Rural
Rural Tourism
 - Baños**
Baños
Spas
 - Albergues de Peregrinos Públicos**
Albergues de Peregrinos Públicos
Public Pilgrim Hostels
 - Campings**
Campings
Campsites
 - Áreas de Autocaravanas**
Áreas de Autocaravanas
Campervan Areas
 - Apartamentos Turísticos**
Apartamentos Turísticos
Tourist Apartments
 - Vendas Turísticas**
Vendas Turísticas
Tourist Residences

We invite you to...

Stop and eat

This region features an abundance of restaurants, bars, pubs, octopus restaurants, grillrooms and olde worlde inns. Who would say no to a fine stew, some tripe, “richada” (diced veal) or ham foreleg and turnip tops after a winter stroll? Who can resist trying lamprey, eel, boar or chicken? In any bar during the summer there will be Herbón peppers, octopus, a variety of pies and Spanish omelette made with free-range eggs for sharing, always accompanied by the area’s wonderful bread. There is also room for the customary T-bone steak and for new cuisine. And when it comes to drinking, there will always be Alabariño wines from the Ulla region, ciders from A Estrada and liqueurs from all over.

Restaurant search www.aresasantiago.es/donde-comer-mcs

Join our festivals

Área Santiago hosts about thirty gastronomic festivals throughout the year, featuring a range of products from peppers in Herbón, Rías Baixas wine in Vedra, cheese in Arzúa, chicken in Vila de Cruces and O Pino, salmon in A Estrada and trout in Oroso; to traditional dishes such as stew in Lalín, tripe in Silleda, the giant Spanish omelette in Carcacia and “filloas” (crepes) in Boqueixón. In all them you can eat for a great price outdoors or in the region’s restaurants; there is also a lot of competitions, tapas routes and dancing.

Calendar on page 42.



Watch the products “being born”

Technique, tradition, pleasure and learning are combined in the visit to Área Santiago's producers. All you have to do is book to discover the secrets of the region's vineyards and wineries, milk and cheese factories, hives and honey, stockbreeding and crops, ovens and pastries. The natural and monumental surroundings are another reason for exploring the origin of the region's tastes.

List of producers that can be visited on page 43.

Visit traditional markets

Nowhere better than a traditional market for acquiring fresh local produce and crafts. Or for admiring the “still lifes” prepared by farmers and breeders and then sampling some “pulpo á feira” (Galician-style octopus), tripe and other Galician specialities normally found in markets.

Calendar of markets on page 43.

Buy from artisans and producers

You can buy cakes, cheeses, cold meats, pies, delicatessen items, wines, local and ecological produce, and all kinds of gastronomic gifts directly from their producers; there are many outlets where you can take home some of Área Santiago's flavour.

+ Info: <http://www.areasantiago.com/compras-mcs>

Go out for tapas

Tapas routes, competitions and festivals are organised throughout the year, coinciding or not with gastronomy festivals. Holy Week tapas, autumn tapas, mushroom tapas, salmon tapas, cheese tapas, game tapas: there are a lot of places in Área Santiago where you can have a nibble, often with prizes and competitions.

Entertainment guide: www.areasantiago.es/agenda-cultural-mcs

Our products

From the stable and the poultry yard

Galician veal

The very tasty and tender meat of T-bone steaks, sirloin steaks and knuckles come from local breeds of calves born and bred in Área Santiago's pastureland. They are usually prepared in a very simple way –barbecued or roasted– to let their quality shine through. Cachena cattle are also bred in the area and provide excellent lean meat.

Season: All year round.

Producers in Área Santiago:

Arzúa, Boqueixón, Lalín, Melide, Santiago de Compostela, Silleda, Touro, Val do Dubra.



We recommend trying:

Grilled Galician veal and potatoes. Mesón O Cruce, Lalín.

Veal cheek. A Casa dos Martínez, Padrón.

"Richada" (diced veal). Parrillada O Carballo, Restaurante González, Casa Maceira, Silleda.

Veal entrecote. Restaurante Roberto, Vedra.

Barbecued meat. Parrillada A Rúa, Melide.

Sirloin steak with cheese cream. Asador O'Pazo, Padrón.

Roasted veal with potatoes and vegetables.

Restaurante O Barranco, Touro.

Veal knuckle cooked in Rías Baixas wine.

Restaurante Las Palmeras, Lalín.

"Carne 'ao caldeiro'" (veal dish). Restaurante Victorino, Silleda.

"Croca" (veal). Restaurante A Devesa, Restaurante Ricardo, Casa O Qué Dirán, Silleda.

"Churrasco" (barbecued meat). Parrilladas O Coteliño, Fontes, O Gaucho, Milenio, O Preve and Rabasa, Silleda.

Tongue dish. Casa Farrucán. A Ponte, Padrón.

Tongue in tomato sauce. Casa Teodora, Arzúa.

"Carrillera de xata" (meat dish). Restaurante Nós, Negreiros (Silleda).

Galician veal entrecote and mushrooms.

Restaurante Casa Taboada, Touro.

Galician veal in Roquefort sauce. Restaurante Villa Verde, A Ponte Ulla (Vedra).

www.terneragallega.com

“Tetilla” cheese

The most famous and striking cheese that can be eaten on its own, in creamy desserts or in recipes combining veal, pork, fish and vegetables.

Season: All year round.

Producers in Área Santiago: Arzúa, A Estrada, Boqueixón, Lalín, O Pino, Silleda, Touro, Vedra.

We recommend trying:

Octopus with “tetilla” cheese au gratin. Restaurante O Secreto de MyM. Padrón. Homemade beef burger filled with “tetilla” cheese. Filigrana (Quinta da Auga), Santiago de Compostela.

We recommend buying:

“Pazo de Anzuxao”. Lácteos Anzuxao, Lalín. Queixería Ruta Xacobeá, O Pino. Quesos Bo-Queixo. Orto (Boqueixón). Asociación Feiral Semana Verde de Galicia, Silleda. Queixería ecolóxica Cortes de Muar). Silleda. Quesos El Labrador Estradense. Ponte Liñares (A Estrada). www.queixotetilla.org



Arzúa-Ulloa Cheese

This soft, creamy cheese with a semi-hard rind is served as tapas along with bread or quince, and melts wonderfully on top of vegetables, meat and fish. Its cured variety is not very well known but very tasty.

Season: All year round.

Producers in Área Santiago:

Arzúa, A Estrada, Boqueixón, Lalín, Melide, O Pino, Oroso, Touro, Silleda, Vedra, Vila de Cruces.



We recommend trying:

Sautéed sea urchins and Arzúa-Ulloa cheese.

Restaurante Carballeira do Chousiño, Silleda.

Arzúa cheese-flavoured pork loin. Pizzería O Rueiro, Arzúa.

Toast and Arzúa cheese with crystallised onion, chopped nuts and lamb's lettuce. Restaurante Caney, Santiago de Compostela.

Entrecote in Arzúa cheese sauce. Casa Teodora, Arzúa.

Galician cheese and octopus. Restaurante El Cortés, Sigüeiro (Orroso).

“Filloas” (crepes) filled with Arzúa-Ulloa cheese and stewed apples and red fruit sauce. Pazo de Andeade (rural tourism establishment), Touro.

We recommend buying:

Lácteos Terra de Melide. Melide.

Queixería Barral. Arzúa.

Arzúa-Ulloa Bama. Bama, Touro.

Pazo de Anzuxao. Lácteos Anzuxao, Lalín.

Cured Arquesán cheese. Arquesán, Touro.

Queixería Ruta Xacobeá, O Pino.

Cured Bama cheese. Queizuar, Touro.

Quesos Bo-Queixo. Orto (Boqueixón).

Queserías del Ulla, Vedra.

Cooperativa Hoxe.

Festival: Late February–early March: “Festa do Queixo” (Cheese Factory), Arzúa.

www.festadoqueixo.org



Galician ham foreleg

"Lacón" (the cured ham foreleg of Celtic, Large White and Landrace breeds) is a delight in stews or on its own, hot in winter and cold in summer, as the main dish or as a starter in "filloas" (crepes), pies and cold meat boards.

Season: All year round.

Producers in Área Santiago: Lalín, Santiago de Compostela, Silleda, Touro, Trazo, Val do Dubra.

We recommend trying:

Ham foreleg and turnip tops. Restaurante Reina Lupa. Escravitude (Padrón).

Galician-style ham foreleg carpaccio. Restaurante Caney, Santiago de Compostela.

Ham foreleg and turnip tops. Casa do Patrón, Lalín.

We recommend buying:

"Lacón Duroc Batallé". Embutidos Lalinense, Lalín.

Cured and smoked ham foreleg. Embutidos José Antonio y Nilo, Lalín.

Festival: July: "Festa do Lacón" (Ham Foreleg Festival), Silleda. February: "Feira do Cocido de Lalín" (Lalín Stew Festival).

www.crlacongallego.com



"Porco celta" (Celtic pig)

After almost disappearing in the 20th century, the Celtic breed was revived in Galicia to the delight of lovers of fine meat. Bred outdoors and fed with acorns, chestnuts and plant shoots, these pigs with drooping ears develop intramuscular fat that produces excellent cold meats and roasts.

Season: All year round.

Producers in Área Santiago: O Pino, Rois, Silleda.

We recommend trying:

"Porco celta" stew. Restaurante O Secreto de MyM. Padrón.

Tasting of barbecued "porco celta": "secreto,"

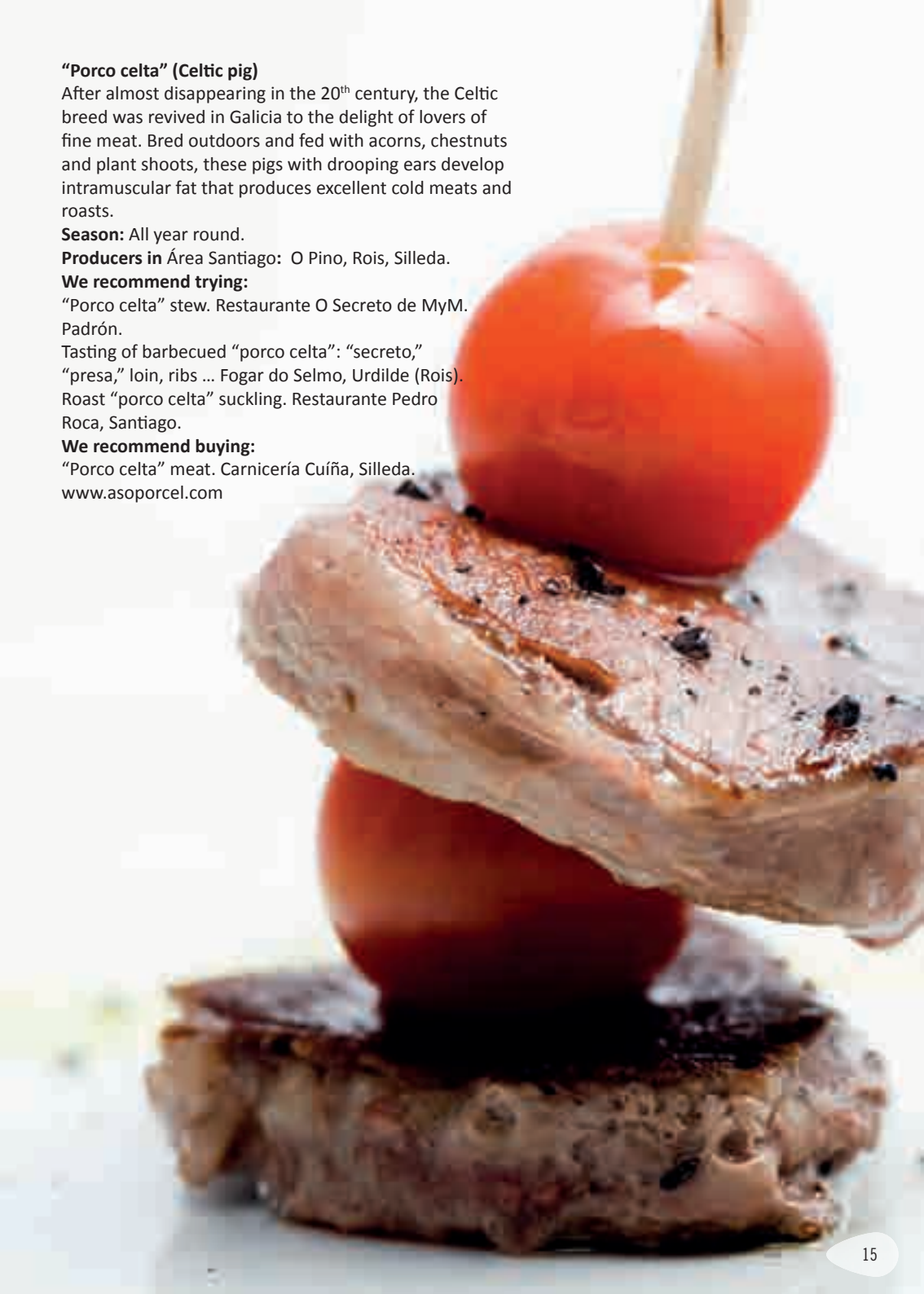
"presa," loin, ribs ... Fogar do Selmo, Urdilde (Rois).

Roast "porco celta" suckling. Restaurante Pedro Roca, Santiago.

We recommend buying:

"Porco celta" meat. Carnicería Cuíña, Silleda.

www.asoporcel.com





Lamb, kid and mutton

Roasted, barbecued or skewered, mutton frequently appears in Área Santiago's restaurants thanks to the production of several municipalities.

Season: All year round.

Producers in Santiago: A Estrada, Silleda.

We recommend trying:

Lamb casserole with essence of vegetables. "A Pena de Augasantas" rural tourism establishment, Touro. Roast lamb (cooked to order). Casa Rosinda, Chaíán (Trazo).

We recommend buying:

Lamb and kid. Carnicería Cerdeira, Silleda.

Festival:

May: "Festa do Carneiro ao Espeto" (Skewered Mutton Festival), Loimil (A Estrada).



Free-range chicken

Chickens bred outdoors –including the Mos and "Piñeira" breeds– have lean, firm meat with a very intense taste. They are eaten stewed with onion, potatoes and wine or brandy; also in pies, sautéed and in contemporary recipes.

Season: All year round, especially in winter.

Producers in Área Santiago: Arzúa, O Pino, Vila de Cruces.

We recommend:

Roast free-range chicken. Casa Castro, Casa Lodeiro, Mesón O Forno, Restaurante Don Din, Restaurante Refuxio and Restaurante Galicia, Vila de Cruces.

Rice with chicken and boletus. Restaurante Refuxio, Merza (Vila de Cruces).

Free-range chicken and chestnuts. Casa Louzao, Touro.

Free-range chicken and glazed vegetables. Restaurante La Molinera, Lalín.

Mos chicken with buckwheat and almonds. Restaurante Garum, Santiago de Compostela.

Free-range capon. Casa Brandariz, Arzúa.

Roast capon. Casa Rosinda, Chaíán (Trazo).

Festival:

June: "Festa do Galo de Curral" (Free-range Chicken Festival), Vila de Cruces.

August: "Festa do Galo Piñeiro" (Piñeiro Chicken Festival), Pedrouzo-Arca (O Pino).

December 22: "Feira de Nadal do Galo de Curral" (Free-range Chicken Christmas Festival), Vila de Cruces.

Horsemeat

A Estrada recently began to sell cold horsemeat to highlight the value of wild horses and familiarise consumers with their lean, soft meat that is rich in protein, iron and omega-3.

Season: All year round.

Producers in Área Santiago: A Estrada.

We recommend buying:

"Salchichón de potro" (cold horsemeat).

Cooperativa Monte Cabalar, A Estrada.

Horsemeat chorizo. Cooperativa Monte Cabalar, A Estrada.

Horsemeat. Carnicería Cuíña, Silleda.



**Game**

The region's dense woodland has an abundance of game: boars, roe deer, hares, pheasants and partridges, which restaurants prepare in a traditional or imaginative way during the season.

Season: Autumn.

Producers in Área Santiago: All municipalities.

We recommend trying:

Partridge dish "hunter's style". Casa Chelo, Arzúa.

Venison and chestnuts. Casa San Ginés, Vila de Cruces.

Boar and beans. Casa Ramallo, Rois.

Woodcock and crystallized figs. Chef Rivera, Padrón.

Blood sausage in partridge sauce. Casa Ramallo, Rois.

Hare with chestnuts and onions. Chef Rivera, Padrón.

Boar with chestnut puree and stewed apple. Restaurante El Pasaje, Santiago de Compostela.

Consult availability according to season.





From the land

Herbón peppers

"Some are hot and others are not," but they were all brought to Galicia by Franciscans in the 17th century. They are eaten fried as starters, on toast, in pies, omelettes, skewers or as side dish for meat.

Season: From May to October.

Producers in Área Santiago: Padrón, Rois.

We recommend trying:

Rianxo sardines and Herbón peppers. A Casa dos Martínez, Padrón. Braised anglerfish on a Herbón pepper sauce. Chef Rivera, Padrón. Stewed octopus, potato puree and Herbón pepper foam. Asador O'Pazo, Padrón.

Festival:

First Saturday in August. "Festa do Pemento de Herbón" (Herbón Pepper Festival), Carballeira del Convento de San Antonio de Herbón (Padrón).

www.pementodeherbon.com

www.apementeira.com



Galician Turnip Tops

The tender shoots of turnip leaves before flowering ("grelos") and the first edible leaves ("nabizas") add a green colour to Galician stew and "lacón con grelos" (ham foreleg and turnip tops), as well as nouvelle cuisine recipes. They are available fresh, frozen or canned.

Season: Fresh: winter and early spring.

Producers in Área Santiago: Arzúa, Boqueixón, Melide, Oroso, Santiago de Compostela, Trazo, Val do Dubra, Vedra.

We recommend trying:

"Un prato rico de bertóns" (turnip tops). Casa Marcelo, Santiago de Compostela.

Turnip-top pie and fried eggs. Casa San Ginés, Ferreirós (Vila de Cruces).

Eggs with turnip tops and San Simón cheese foam. Garum, Santiago de Compostela.

www.grelosdeg Galicia.org





Galician Chestnuts

Galicia produces about 20 thousand tons of chestnuts annually, and some of the best chestnut groves are found in the Terra de Melide, Tabeirós-Terra de Montes and Deza regions. They are eaten as side dishes for meat, in desserts and also roasted on the streets during November “magostos” (chestnut festivals).

Season: October–December. In desserts all year round.

Producers in Área Santiago: Arzúa, Melide, Touro.

We recommend trying:

“Raxo” (pork loin) and chestnuts. Casa Ramallo, Rois.

Chestnuts and chorizo. Casa do Patrón, Lalín.

Chestnut pie. Casa Chelo, Arzúa.

Chestnut ice-cream and hot chocolate. Restaurante Roberto, San Xulián de Sales (Vedra).

Chestnut cake. Restaurante O Fogar de Breogán, Padrón.

Festival: November: “Feira da Castaña” (Chestnut Festival), Touro.

“Ruta das setas e das castañas” (Mushroom and Chestnut Route) in Melide.



Ecological agriculture

Galicia produces top-quality fruit and vegetables without the use of synthetic chemicals. This is the case of more than 80 producers in Área Santiago, including apples, cherries, plums, figs, kiwis, pears, citrus fruits, red fruits, chestnuts, vegetables, potatoes, mushrooms, cheese, milk, beef and pork.

Season: All year round.

Producers in Área Santiago: A Estrada, Arzúa, Boqueixón, Melide, Padrón, Rois, Silleda, Val do Dubra, Vedra, Vila de Cruces.

We recommend trying:

Cuttlefish pagliatelli in green sauce and ecological algae vinaigrette. Restaurante A Culler, Silleda.

Shiitake mushrooms with cream and Roquefort. “Val Fresco” rural tourism establishment, Curantes (A Estrada).

Home-grown cabbage soup. Restaurante Conde Rey, Bandeira (Silleda).

Amanita caesarea carpaccio and truffle oil. Restaurante Velis Nolis, A Estrada.

We recommend buying:

“O Lagar de Ribela” ecological cider, Ribela (A Estrada).

Fresh shiitake. Casa dos Fungos, Melide.

Fruits of the forest. Casa dos Fungos, Melide.

Festival: October: “Feira Ecolóxica de Arzúa” (Arzúa Ecological Fair), Recinto Feiral Terra do Queixo.

Products also available at specialised fairs and in traditional markets.



From the waters

Lamprea

This primitive, snake-like animal is caught in Padrón when it swims up the Ulla River to spawn, using stone “pesqueiras” that date from Roman times. They are eaten Bordeaux-style (stewed in wine), filled with egg and ham, in pies, “filloas” (crepes), carpaccio, croquettes and risottos.

Season: January–May.

Producers in Área Santiago: Padrón.

We recommend trying:

Lamprey risotto. Chef Rivera, Padrón.

Smoked and barbecued lamprey. Restaurante O Balado, Codeso (Boqueixón).

Lamprey with potatoes and peas. Casa Ramallo, Rois.

Bordeaux-style lamprey and chocolate. Asador O’Pazo. Padrón.

Bordeaux-style lamprey. Casa Farrucán. A Ponte, and Restaurante O Santiaguíño, Padrón.

Lamprey. Casa Dios, Herbón (Padrón).

Whole pickled or stewed lamprey. Restaurante El Pasaje, Santiago de Compostela.

Eel

Found in the Miño and Ulla rivers, where they can be caught from their estuary as far as the Portodemouros reservoir, the eel is one of the most surprising delicacies in our markets. As one of the oily fish with the highest content of infiltrated fat in its muscle, it is good for frying and stewing.

Season: All year round.

Producers in Área Santiago: Arzúa, Vila de Cruces.

We recommend trying:

Smoked and barbecued eel. Restaurante O Balado, Codeso (Boqueixón).

Salmon

The Ulla is a paradise for salmon fishing; it is eaten barbecued, in pied, stewed and even in pizza. The “Festa do Salmón da Estrada” (A Estrada Salmon Festival) features tasting*, international fishing competition and tapas competition to promote this product.

Season: May–July.

Producers in Santiago: A Estrada.

We recommend trying:

Smoked wild salmon with cheese ice-cream and passion fruit juice. Restaurante Nixon, A Estrada.

Salmon carpaccio with dill oil and soya.

Restaurante Velis Nolis, A Estrada.

Festival: Third Sunday in May: “Festa do Salmón” (Salmon Festival). A Estrada.

Trout

The Tambre River and its tributaries are rich in trout, with an abundance of recipes for preparing it in the surroundings: fried when small, with lard and ham; or baked and barbecued, but also in tapas and pies. Its festival is held along with a fishing competition and tasting* of around five tons of fish.

Season: March–July.

Producers in Área Santiago: Oroso.

We recommend trying:

Trout and ham. Restaurante La Cantina, Oroso.

Baked trout. Restaurante Os Mariñaos, Oroso.

Festival: Mid-May: “Festa da Troita” (Trout Festival). Sigüeiro, Oroso.

*Wild fish are not sold or consumed in restaurants and at festivals due to fishing restrictions aimed at protecting the species.

Main dishes

Stew

The king of winter –the Galician pig– is the main ingredient in this wise combination of meats (foreleg, “cacheira” (head), tail, bacon, chorizos and ribs, trotters, tongue and salted ears, along with chicken and veal) and vegetables (turnip tops and potatoes). In some regions its thorough preparation takes four days and a pot for each ingredient.

Season: Winter.

We recommend trying:

Lalín stew. Casa Currás, Restaurante Cabanas, Restaurante La Molinera and Restaurante Agarimo, Lalín.

Stew. Restaurante Reina Lupa. Escravidude, Bar-Xamonería A Cambeira and Restaurante O Fogar de Breogán, Padrón.

Stew. Restaurante O Nervioso. Camporrapado (Boqueixón).

Stew with free-range chicken. Restaurante Refuxio, Merza (Vila de Cruces).

Stew. Restaurante González, Silleda.

Festival: February: “Feira do Cocido” (Stew Festival), Lalín.

Carnival Festival in all municipalities.

Tripe

Veal and pork make up the meat in this heavy dish, which also includes chickpeas and an unmistakable touch of hot spice.

Season: Winter–spring.

We recommend trying:

Tripe. Taberna Záramo, Sergude (Boqueixón).

Tripe. Bar O Grilo. Padrón. Thursday and Sunday.

Tripe. Bodegón Esther, Silleda.

Tripe. Restaurante Os Monaguillos. Padrón. Sunday only.

Festival:

Early April: “Festa dos Callos de Ansemil” (Ansemil Tripe Festival) (Silleda).

First fortnight in December:

“Festa dos Callos” (Tripe Festival). Matalobos (A Estrada).



Octopus

There is no more common a dish than “pulpo á feira” (Galician-style octopus), traditionally available at all celebrations, festivals and markets in these inland regions. The “pulpeiros” (octopus cooks) of Melido, an obligatory stop for pilgrims, are especially famous. It is also eaten grilled and stewed.

Season: All year round.

We recommend trying:

“Pulpo á feira” (Galician-style octopus).

Pulperías Ezequiel, A Garnacha, Mosquera and Taboada, Melide.

Octopus and boiled potatoes. Pulpería O Conxuro. Arzúa.

Grilled octopus. Taberna do Farruco, Melide.

“Pulpo á feira” (Galician-style octopus).

Pulpería Fuentes, Lestedo (Boqueixón).

Octopus with sunflower seeds and paprika.

Tapería Castelao, Santiago de Compostela.

Grilled octopus with potato foam and paprika emulsion. Café Altamira, Santiago de Compostela.

Octopus and prawns. Restaurante O Brañón, Val do Dubra.

Barbecued octopus. Restaurante A Paínza, Arzúa.

Barbecued octopus and vinaigrette. Fogar do Selmo, Urdilde (Roís).

“Pulpo á feira” (Galician-style octopus).

Praza de Abastos (Food Market), Santiago de Compostela.

“Pulpo á feira” (Galician-style octopus).

Restaurante Os Monaguillos, Pulpería Rial, Os Carrisos Tasca Típica and octopus stalls in Sunday market I. Padrón.

“Galician-style octopus”. Pulpería Tanis,

Pulpería O Rubio and O Carballo, Silleda.



Pig's Ear

Pig's ear can be eaten simply cooked, “á feira” (with olive oil and paprika), with pig's snout or as part of Galician stew.

Season: Winter.

We recommend trying:

Crystallised pig's ear with turnip-top foam and baked ratte potato with boletus.

Restaurante Cabanas, Lalín.

Pig's ear. Restaurante A Picotiña, Lestedo (Boqueixón).

Pig's ear and socarrat rice. Restaurante A Tafona, Santiago de Compostela.

Festival: Early May: “Festa da Orella” (Pig's Ear Festival). Sales (Vedra).





Pig's Trotters and Cabbage Sprouts

At the "Romería de San Lázaro" festival in Santiago de Compostela, salted pig's trotters are bid for and then cooked with cabbages sprouts, potatoes and chorizos.

Season: Winter–spring.

We recommend trying:

Pig's trotters and cabbage sprouts. Restaurante O Labrador, La Bodeguilla de San Lázaro, Santiago de Compostela.

Pig's trotters in their juice with Coristanco potato puree. Casa de Xantar A Culler. Silleda.

Festival: Late March–early April: "Romaría de San Lázaro e Festa Gastronómica da Uña" (San Lázaro Gastronomic Pig's Trotter Festival), Santiago de Compostela.

Cod

Very popular in inland Galicia as a cured fish, cod is desalted and eaten stewed, with paprika and olive oil, barbecued and in pies, with cod and raisons being one of the most valued fillings.

Season: All year round.

We recommend trying:

Crystallised cod and corn crisp. Carballeira do Chousiño, Silleda.

Baked cod on top of sliced potatoes and local vegetables. Pazo de Andeade, Touro.

Cod salad and sea urchin caviar. Restaurante El Pasaje, Santiago de Compostela.

Barbecued cod. Restaurante A Paínza, Arzúa.

Baked cod. Casa Castro, Vila de Cruces.

Cod. Restaurante María Luisa, Escudro (Silleda).

We recommend buying:

Cod pie. Panadería Altamira, Panadería Balo and Panadería Remigio, Vila de Cruces.

Pie

Área Santiago has excellent artisan pies made with wheat or corn flour, filled with everything you can imagine, from traditional code and tune to original recipes that compete in festivals such as the one in Bandeira.

Season: All year round.

We recommend trying:

Pork loin pie. Restaurante Roberto, Vedra.
Homemade pie. Casa Grilo, Padrón. Friday and Sunday.

Variegated scallop pie. Restaurante O Fogar de Breogán, Padrón. Every Friday.

Variegated scallop and algae pie. Casa Chelo, Arzúa.

We recommend buying:

Octopus and blue cheese pie. Panadería Mazas, Vila de Cruces.

“Empanada da Bandeira”: “xoubas” (small sardines) in cornbread. A Artesa de Maica, Silleda.

Pie made with corn flour. Pan de Moa, Santiago de Compostela.

Variegated scallop pie. Panadería Victoria, Vedra.

Festival: Last weekend in August: “Festa da Empanada de Bandeira” (Bandeira Pie Festival) (Silleda).

“Filloas” (Crepes)

Galicia’s own crepes are so versatile that they can be filled with all kinds of sweet and savoury ingredients. They are eaten above all around the time of the Carnival festival, and also at Boqueixón’s winter festival, where they are made at the dizzying speed of 1,200-1,600 “filloas” per hour.

Season: All year round, especially at Carnival time.

We recommend trying:

Crepes filled with Arzúa-Ulloa cheese, apple compote and fruits of the forest. Pazo de Andeade, Touro.

Crepes filled with spider crab. Restaurante Villa Verde, A Ponte Ulla, Vedra.

Crepes filled with seafood. Restaurante A Casa dos Martínez, Padrón.

Crepes filled with caramelised apple and cream. Restaurante Enxebre, Santiago de Compostela.

Flamed crepes filled with cream. Casa Brandariz, Arzúa.

Crepes filled with cheese and quince with honey. Restaurante Vía da Prata, Lestedo (Boqueixón)

Fried milk and filled crepes. Casa Louzao, Touro.

Crepes and honey. Restaurante La Cantina, Oroso.

Festival: February–March: “Domingo de Piñata: Festa da Filloa de Lestedo” (Lestedo Crepe Festival) (Boqueixón).

Carnival festival in all municipalities.



Spanish Omelette

To attain the taste of Área Santiago's omelettes you need good free-range chickens and local potatoes and onions, as well as the family secrets carefully treasured by restaurants and the participants in the Laro and Carcacia festivals.

Season: All year round.

We recommend trying:

Nettle omelette. Restaurante Nós, Negreiros (Silleda).

Omelette with Herbón peppers. Casa Dios. Herbón, Padrón.

Turnip-top and cockle omelette. Pedro Roca, Santiago de Compostela.

Omelette made with homemade eggs and pork rinds. Bodegón Esther, Silleda.

Festival: May 17: "Festa da Tortilla Xigante" (Giant Omelette Festival), Carcacia (Padrón). August 1: "Romaría da Tortilla de Laro" (Laro Omelette Festival) (Silleda).



Bread

There is no bread like Galician bread made with local flour, and Área Santiago has bakeries that prove it. Artisan bread made with wheat, rye, corn flour, bread from the Deza region or Lalín accompany all dishes suitable for "dipping," cheese, octopus and cold meats.

Season: All year round.

We recommend buying:

"Pan de Lalín". "Pan de Lalín" Association bakeries.

Cornbread or rye bread with raisins.

Panadería Pastelería A Peneira, Fonte Díaz (Touro).

"Pan do Deza". Panadería Bouzada, Panadería José Mella, Panadería Luís Mella, Panadería Paulino, Panadería Luís Camanzo, Silleda.

"Pan do país". Panadería Sigüeiro. Sigüeiro (Oroso).

Rye bread with walnuts and raisins.

Panadería Luís Mella, Silleda.

Bread with onion, garlic and cheese. Pan de Moa, Santiago de Compostela.

"Pan do país". Casa Camilo, Panadería Albela, Panadería O Terrón, Panadera Rey, Vedra.

"Pan do Deza". Panadería Altamira. Vila de Cruces.

Alcoholic Drinks

Rías Baixas wine (Ribeira do Ulla sub-zone)

Albariño is undoubtedly one of the best and top prizewinning whites in the world. Ten per cent of the production comes from the Ulla riverbanks and is made with Albariño grapes, but also with white Loureira, Treixadura, white Caiño, Torrontés and Godello. The soil also produces reds with local grape varieties.

Season: All year round.

Producers in Área Santiago: Vedra, Padrón, Boqueixón, Touro, A Estrada, Silleda, Vila de Cruces.

We recommend buying:

Sin Palabras. Adegas Castro Brey, Camanzo (Vila de Cruces).

Vendimia Seleccionada. Pazo de Galegos, Vedra.

Albariño Gundián. Adegas Valdés, Vedra.

Albariño Pazo Arretén. Hotel Scala, Padrón
Castro Valdés. Adegas Castro Brey, Camanzo (Vila de Cruces)

Festival: April: "Festa do Viño da Ulla" (Ulla Wine Festival), San Miguel de Sarandón (Vedra).

www.festadovinodaulla.com



Cider

Apple growing and artisanal cider making go hand in hand in the Deza region, where the ecological production of cider presses is experiencing a golden age.

Season: All year round.

Producers in Área Santiago: A Estrada.

We recommend buying:

"O Lagar de Ribela" ecological cider, Ribela (A Estrada).

Festival: June: "Festa da Sidra" (Cider Festival), A Estrada.

"Orujo de Galicia" and "Aguardiente de Galicia" (Galician eau-de-vie)
Galician eau-de-vie (one year old or aged) and herb eau-de-vie, herb liqueur and coffee liqueur are protected by the "Consello Regulador" (Regulatory Council), which guarantees that they come from controlled Galician vineyards.

Season: All year round.

Producers in Área Santiago: Boqueixón, Rois, Vedra, Vila de Cruces.

We recommend buying:

Vedra del Ulla, Ximonde, Ruada. Destilería Aguardientes de Galicia, Vedra.

"Bocabajo" (coffee liqueur, herbs and eau-de-vie).

Castro Brey, Vila de Cruces.

Vermut Petroni. Hotel Scala, Padrón. Prepare with ice and a slice of orange.



Sweet Things

"Tarta de Santiago" (Almond Cake)

The famous Galician cake made with Marcona almonds, sugar and egg yolk, decorated with the Apostle's cross, can be bought in cake shops or boxed, but it is always completely artisanal and without preservatives. Almonds are also included in "Pedras de Santiago," which are covered in chocolate.

Season: All year round.

Producers in Área Santiago:

Santiago de Compostela, Boqueixón, O Pino.

We recommend buying:

"Tarta de Santiago". Casa Mora, Santiago de Compostela.

"Tarta de Santiago". Tartas de Lestedo, Boqueixón.

"Tarta de Santiago". Tartas La Abuela, O Pino.

"Pedras de Santiago" (chocolate-covered almonds).

Confitería La Perla, Santiago de Compostela.



Galician Honey

On its own, bottled with walnuts or used in traditional desserts, Galician honey is full of the taste of Galician forests and flowers.

Season: All year round.

Producers in Área Santiago: Arzúa, Lalín, Melide, Touro.

We recommend trying:

Honey sponge cake with "tetilla" cheese cream and almonds. Restaurante Agarimo, Lalín.

Baked pumpkin with honey and walnuts.

Casa San Ginés, Ferreirós (Vila de Cruces).

We recommend buying:

Honey cream, and honey and walnuts.

O Enredo do Abelleiro, Arzúa.

Multi-flower honey. Casa Pájaro, Filgueira (Lalín).

www.mieldeg Galicia.org



“Melindres” (Iced Buns), “rosquillas” (doughnuts) and Traditional Cakes

Traditional cakes are present in all self-respecting fairs and markets. There are many “melindres” (iced buns), but the ones from Melide and Silleda are considered the best in Galicia. There are also “ricos” (butter cookies) and “almendrados de Melide” (Melide almond biscuits), “rosquillas de Abades” (Abades doughnuts) (Silleda) at Easter and the cakes in Área Santiago’s many artisanal cake shops.

Season: All year round.

Producers in Área Santiago: Lalín, Melide, Silleda, Touro, Vedra, Vila de Cruces.

We recommend buying:

“Melindres” (iced buns), “ricos” (butter cookies) and “almendrados” (almond biscuits). Asociación da Repostería Tradicional ‘Melide Terra Doce’.

“Melindres” (iced buns) with chestnuts, almonds, cacao and butter. Confitería Tábor, Silleda.

“Rosquillas de Bama” (Bama doughnuts). Bama (Touro). Sold at traditional festivals.

“Larpeiras” (cream-filled cakes). O Forno da Ulla, Vedra.

“Rosquillas” (doughnuts). Pastelería Elena. Lestedo (Boqueixón).

Homemade biscuits. Panadería Raviña. Vedra.

“Chabolitas” (biscuits). Panadería Otero, Vedra.

“Rosquillas” (doughnuts) and “melindres” (iced buns). Panadería Dulce Deza, Silleda.

“Galletas de pico” (biscuits). Confitería Latorre, Padrón.

Festival:

Easter Sunday: “Festa da Rosquilla de Abades” (Abades Doughnut Festival) (Silleda).

Mid-May: “Festa do Melindre e da Repostería Tradicional da Terra de Melide” (Melide Traditional Cake Festival).

Cheesecake, Eau-di-vie Cake and other Cakes

Creamy and refreshing, the simple cheesecake with a biscuit base and strawberry jam originated in Lestedo and conquered all of Galicia. Other cakes such as “tarta de Lalín” (chestnut) and “tarta de Padrón” (almond) are also very popular locally.

Season: All year round.

Producers in Área Santiago: Boqueixón, O Pino.

We recommend trying:

Caramel cheesecake with green apple sherbet.

Filigrana (Quinta da Auga), Santiago de Compostela.

We recommend buying:

Cheesecake or eau-de-vie cake. Tartas de Lestedo, Boqueixón.

Cheesecake or eau-de-vie cake. Tartas La Abuela, O Pino.

“Tarta de Padrón” (almond cake). Confitería Latorre, Padrón.

“Tarta de Lalín” (chestnut cake). Confitería Arcay’s. Lalín.

Cream cake. Panadería José Mella, Cortegada (Silleda).

“Tarta larpeira” (cream-filled cake). Panadería Pastelería A Peneira, Fonte Díaz (Touro).

“Tarta larpeira” (cream-filled cake). Panadería Dulce Deza, Silleda.

OUR GASTRONOMIC FESTIVALS

WINTER

Matanza tradicional do porco (Pig Slaughter)
January - February (15 days before the Stew Festival)
Pazo de Bendoiro, Lalín

Feira do Cocido (Stew Festival)
Festival of National Tourist Interest
February
Lalín

Feira do Chourizo (Chorizo Festival)
February 4
Vila de Cruces

Festa da Filloa de Lestedo (Lestedo Crepe Festival)
Festival of Galician Tourist Interest
Variable: February – March
Boqueixón

Festa do Queixo (Cheese Festival)
Festival of Galician Tourist Interest
Late February – early March
Arzúa

Festa da Uña de San Lázaro (San Lázaro Pig's Trotters Festival)
Variable: Mid-March–Early April
Santiago de Compostela

Festa da Augardente da Ulla (Ulla Eau-de-vie Festival)
March
Vedra

SPRING

Festa da Empanada (Pie Festival)
Early April
Val do Dubra

Festa dos Callos de Ansemil (Ansemil Tripe Festival)
Early April
Silleda

Festa da Rosquilla de Abades (Abades Doughnut Festival)
Easter Sunday
Silleda

Exaltación do Vino da Ulla (Ulla Wine Festival)
Mid-April
Vedra



Festa da Orella (Pig's Ear Festival)
Early May
Sales. Vedra

Festa da Troita (Trout Festival)
Festival of Galician Tourist Interest
Mid-May
Sigüeiro (Oroso)

Festa do Melindre e da Repostería Tradicional da Terra de Melide (Melide Traditional Cake Festival)
Festival of Galician Tourist Interest
Mid-May
Melide

Festa da Tortilla Xigante (Giant Omelette Festival)
May 17
Carcacía (Padrón)

Festa do Salmón (Salmon Festival)
Festival of Galician Tourist Interest
Third Sunday in May
A Estrada

Festa do Carneiro ao Espeto (Skewered Mutton Festival)
Last Sunday in May
Loimil (A Estrada)

Festa do Gallo de Curral (Free-Range Chicken Festival)
Festival of Galician Tourist Interest
Early June
Vila de Cruces

Festa da Sidra (Cider Festival)
Mid-June
A Estrada

SUMMER

Noche de San Juan (Eve of St. John's Day)
July 23
All municipalities

Festa do Lacón (Ham Foreleg Festival)
Mid-July
Silleda

Festa do Escalo do Ulla (Ulla Chub Festival)
Mid-July
Área de Recreo de Agronovo (Vedra)

Festa do Escalo (Chub Festival)
Late July
Área recreativa de Chaián. Santiago de Compostela-Trazo

Festa da Paella Xigante (Giant Paella Festival)
July 25
Silleda

Romaría da Tortilla de Laro (Laro Omelette Festival)
Festival of Galician Tourist Interest
August 1
Silleda

Festa do Galo Piñeiro (Piñeiro Chicken Festival)
Festival of Galician Tourist Interest
1st weekend in August
O Pino

Festa do Pemento de Herbón (Herbón Pepper Festival)
Festival of Galician Tourist Interest
1st Saturday in August
Padrón

Festa do Xamón de Bermés (Bermés Ham Festival)
August 14
Santa María de Bermés (Lalín)

Festa da Empanada de Bandeira (Bandeira Pie Festival)
Festival of Galician Tourist Interest
Last full weekend in August
Bandeira (Silleda)



AUTUMN

A Estrada Micolóxica (A Estrada Mushroom Festival)
October–November
A Estrada

Magostos (Chestnut Festivals)
November
All municipalities

Feira da Castaña (Chestnut Festival)
November 4
Vila de Cruces

Feira da Castaña (Chestnut Festival)
November 5
Touro

Festa dos Callos (Tripe Festival)
First fortnight in December
Matalobos (A Estrada)

Feira de Nadal do Galo de Curral (Free-Range Chicken Christmas Festival)
December 22
Vila de Cruces

OUR TRADITIONAL MARKETS

Praza de Abastos (Food Market)
The gastronomic "Cathedral": farm and sea products from all over Galicia, admirable architecture, events and the possibility of buying and tasting.
Monday to Saturday. 8-15 h
Santiago de Compostela

Feira de Gando de Silleda (Silleda Cattle Market)
The biggest cattle market in Galicia since 1801.
Every Tuesday throughout the year.



All morning.
www.feiragalicia.com
Recinto Feiral de Silleda. Silleda

Feira da Ponte Ulla (Ponte Ulla Market)
Vegetables, potatoes, cheese, bread...
4th Sunday in the month.
A Ponte Ulla (Vedra)

Feira de Arzúa (Arzúa Market)
Galician fruit and vegetables, cheese, bread.
8th and 22nd of every month. 8-14 h
Recinto Feiral Terra do Queixo.
Arzúa



Feira Ecolóxica de Arzúa Terractiva (Arzúa Ecological Market)
November
www.terractiva.org
Recinto Feiral Terra do Queixo.
Arzúa

Feira de Vila de Cruces (Vila de Cruces Market)
5,000 m2 of crafts, plants, fruits, vegetables, fish and meat.
4th and 17th of every month. 9-14 h
February 4th, "Feira do chourizo" (Chorizo Festival). November 4, "Feira da castaña" (Chestnut Festival). December 22: "Feira de Nadal" (Christmas Festival) with capons.
Praza do Concello. Vila de Cruces

Feira de A Bandeira (A Bandeira Market)
Small animals, meat, cured meat, fish, cheese, honey, vegetables, ornamental trees and plants.
14th and 29th of every month. 9-14 h
Praza do Antroido – A Bandeira (Silleda)

Feira de Touro (Touro Market)
Agricultural and food products. Special Carnival, Emigrants and Chestnuts Festivals.
5th of every month. 9-15 h
Fonte Díaz (Touro)

Mercado - Feira de Lalín (Lalín Market)
Food and vegetables.
3rd and 18th of every month (if it falls on a Sunday, it is held on the previous Saturday).
Campo da Feira Vello and Campo da Feira Novo. Lalín

Mercado de rúa de Lestedo (Lestedo Street Market)
Food.
First and third Saturdays in the month. 9.30-15 h
Lestedo (Boqueixón)

Mercado de rúa de Rodiño (Rodiño Street Market)
Food.
Second Sunday in the month. 9:30-15 h
Sergude (Boqueixón)

Mercado de rúa dos mércores (Wednesday Street Market)
Typical local products, fruit, vegetables, bread, cheese.
Every Wednesday.
Praza da Feira. A Estrada

Mercado dominical de Padrón (Padrón Sunday Market)
One of the busiest in the region. Vegetables, cheese, bread, plants...
Sunday. All morning.
Praza de Abastos. Padrón

Mercado dominical e Feira (Grande Sunday Market and Cattle Market)
Every day. 8-15.30 h. "Feira Grande de Gando" (Cattle Market), last Sunday in the month.
Praza da Alfóndega: pork, honey, cheese, bread...
Praza das Coles: Fruit and vegetables.
Melide

Mercado tradicional de Lalín
(Lalín Traditional Market)
Food and agricultural products and crafts from the Deza region.
Saturday.
Praza da Torre. Lalín

OUR PRODUCERS

Gastronomic producers and artisans with direct outlets and/or guided tours of their installations.

WINERIES

Adegas Pazo de Galegos
Rustic hotel and family winery of



Ríaz Baixas (Ulla sub-zone) wines.
Guided tours of vineyards and winepress.
Tel: 981 512 217
www.pazodegalegos.com
Lugar de Galegos, 6 - San Pedro de Vilanova (Vedra)

Adegas Castro Brey
Family winery with original Rías Baixas (Ulla sub-zone) wines. Visits by appointment.
Tel: 986 583 643
www.castrobrey.com
Camanzo (Vila de Cruces)

Sidraría O Lagar de Ribela
Galician cider with local varieties of ecological apples. Sale and visits by appointment.
Tel: 665 112 386
www.lagarderibela.aestrada.com
Trabadela, 12 - Santa Mariña de Ribela (A Estrada)

Pazo de Arretén
Tours of the “pazo” (country manor) and wineries by appointment.
Tel: 981 811 312
Hotel Scala. Padrón

Casa Alongos
Thematic tastings and direct sale of Galician liqueurs, ecological wines and ecological agriculture.
Tel: 981 506 392 - 686 312 851
Camiño Vello de Santiago Km 51, Melide

HONEY

O Enredo do Abelleiro - Museo Viviente do Mel
Guided tours, workshops and sale of honey, pollen and cosmetics.
Tel: 981 508 072
www.abelleiro.com
Portodemouros (Arzúa)

Casa Pájaro
Production and sale of multi-flower honey. Visits on request.
Tel: 662 084 529
Hermida, 3. Filgueira (Lalín)

Mel O Cortizo
Tel: 981 784 499 – 690 332 917
Zobra, 34. Lalín

Mel O Testeiro
Tel: 988 273 149 – 610 829 272
Zobra, 22. Lalín

Mel O Saldoiro
Tel: 986 780 161
Alvarellos, 6. Lalín

EDUCATIONAL FARMS AND MUSEUMS

O Curral do Galo Celta
Celtic chicken educational farm, with traditional breeding of the Celtic chicken, ecological agriculture, workshops and visits by appointment.
Tel: 618 080 679
Añobre (Vila de Cruces)

Museo Etnográfico Casa do Patrón
Guided tours and thematic workshops on agriculture, cheese, bread, “magostos” (chestnut festivals), slaughter, stew...
Tel: 986 69 22 03
museoetnografico.net
Codeseda, 7. Doade (Lalín).

CHEESE FACTORIES

Lácteos Anzuxao
“Tetilla” and Arzúa-Ulloa cheese in the privileged setting of an 18th-century manor. Guided tours by appointment.
Tel: 986 794 135
www.lacteosanzuxao.com
Pazo de Anzuxao. Madriñán, 2. Lalín

Queixería ecolóxica Cortes de Muar
Artisanal family cheese factory, which can be visited on request.
Tel: 609 809 006
www.cortesdemuar.com
Negreiros, 6. Silleda

Cooperativa Hoxe
Production and sale of Arzúa, “tetilla,” cured and “Lendas do Deza” cheese.
Tel: 986 580 100
www.hoxe.es
Borralla, 34. Prado (Lalín)

Ruta Xacobeá
“Tetilla,” Arzúa-Ulloa and San Simón cheese. Visits by appointment.
Tel: 981 502 805
www.rutaxacobeá.es
A Brea (no number). San Miguel de Cerceda (O Pino)



Queixos Ovilaga
Sheep's cheese and cottage cheese made to order.
Tel: 605 893 921
Vilatuxe (Lalín)

O Labrador Estradense.
Queixerías Daniel Torres
Cheese tastings by appointment.
Tel: 986 570 705
Ponte Liñares (A Estrada)

Queixería Semana Verde
Artisanal production of local and Protected Designation of Origin cheese; factory can be visited on request.
Feira de Silleda

Bo-Queixo
Family workshop with guided tours, tasting and sale of “tetilla” and Arzúa cheese.
Tel: 981 515 751
Orto, 2. Boqueixón

Lácteos Terra de Melide
Family business founded in 1990, producer of “tetilla” and Arzúa-Ulloa cheese.
Tel: 981 808 009
www.lacteosterrademelide.com
Rúa Ageiros 51. Oirós (Melide)

Queixerías Bama
Family business with sale of “tetilla” and Arzúa-Ulloa cheese.
Tel: 981 504 111
www.qbama.es
Lugar de A Silva (no number). Bama (Touro)

Queixería Arquesán
Production and sale of Arzúa-Ulloa cheese.
Tel: 981 518 633
Aldea de Murgás (no number). Turces (Touro)

Queixería Barral
Artisanal Arzúa-Ulloa, “tetilla” and San Simón cheese.
Tel: 981 500 928
www.quesosbarral.com
A Riba, 6. Pantiñobre (Arzúa)

Sociedad Cooperativa La Arzuana
Arzúa-Ulloa, “tetilla” and matured semi-skimmed cheese.
www.arzuana.com
Rúa de Lugo. Arzúa

Queserías del Ulla
“Tetilla” and Arzúa-Ulloa cheese.
Tel: 981 503 025
Trasariz, 10. Vedra.

BUTCHER'S SHOPS AND COLD MEATS

Embutidos Lalinense
Uncured, cured, salted, cooked and canned pork. Guided tours by appointment.

Tel: 986 780 257 - 986 787 171
www.embutidoslalinense.com
Agruchave, 16. Lalín
Gourmet shop: Avda. Luis González Taboada, 16. Lalín

Embutidos José Antonio y Nilo
Production and sale of Lalín chorizos, ham and other delicatessen products.
Tel: 886 154 271
www.joseantonioynilo.com
Rúa B, 64. Lalín

Cooperativa Monte Cabalar
Guided visit to wild horses and tasting of horse “salchichón” (cold meat) and chorizo. On request.
Tel: 638 104 443 – 638 104 442
A Estrada

Cárnicas Anzo
Factory and sale of cold meats.
Tel: 986 787 522 - 986 787 522
Parcela A-12. Pol. Industrial de Lalín and Rúa Ponte, 81. Lalín.

Cárnicas Celia Arca
Factory and sale of cold and salted meats.
Tel: 986 781 960
Avda do Montserrat, 16. Lalín

Embutidos María Castro Granja
Factory and sale of cured ham and foreleg, chorizo, “salchichón” (cold meat) and suckling pig.
Tel: 986 794 273
Golmar, 14. Noceda (Lalín)

Nélida Castro Granja
Sale of cold meats.
Tel: 986 780 363
Rúa Matemático Rodríguez, 5. Lalín

Carnicería Mosquera
Mixed meats (uncured, salted, smoked) and chorizos.
Tel: 986 582 177
Vázquez, 17. Vila de Cruces

Carnicería Vázquez
Pork (uncured, salted, smoked) and chorizos.
Tel: 986 582 410
Juan Carlos I, 1. Vila de Cruces

Carnicería Mariño
Veal, free-range chicken.
Tel: 986 582 133
Praza Juan Carlos I, 8. Vila de Cruces

Carnicería Castro
Traditional cured ham and chorizos sold under our own brand.
Tel: 986 58 03 79 - 606 541 262
Cartagena, 9. Silleda

Carnicería Cerdeira
Kid, lamb, free-range chicken and chorizos sold under our own brand.
Tel: 986 580 139 - 697 389 190
María Colmeiro, 11. Silleda

Carnicería Cuíña
Meat from local “rubia galega” cows, “porcos Celta” (Celtic pigs) and horses.
Tel: 986 58 04 29 - 693 637 866
Venezuela, 43. Silleda

FREE-RANGE CHICKEN

Sociedade Cooperativa Crugalo
Tel: 686 672 231
Vila de Cruces

Asociación de Criadores do Galo de Curral O Agro
Tel: 605 966 346
Vila de Cruces

Galo Celta – Patrimonio Gastronómico
Tel: 618 080 679
Vila de Cruces

Castro de Madrosende
Tel: 699 873 323
Vila de Cruces

Castelo de Alcobre
Vila de Cruces

BAKERIES, SWEETS AND CAKE SHOPS

Tartas de Lestedo
“Tarta de Santiago” (almond cake), eau-de-vie cake and cheesecake.
Tel: 981 502 027
www.tartaslestedo.com
Lugar de Pazos, 19. Lestedo (Boqueixón)

Tartas La Abuela
Sale of “tarta de Santiago” (almond cake), cheesecake, Galician eau-de-vie semifreddo...
Tel: 981 814 304
www.tartaslaabuela.com
Cimadevila (no number).
Castrofeito (O Pino)

Confitería-Café Bar Latorre

30 years offering artisanal confectionary, such as the hundred-year-old recipe of “tarta de Padrón” (almond cake), “melindres” (iced bun) and “galletas de pico” (biscuits). Tel: 981 810 954 Av. Compostela, 28. Padrón

Confitería Tábora

The oldest cake shop in Galicia (1870), with 19th-century recipes and famous “melindres” (iced buns). Tel: 986 500 005 Progreso, 1. Silleda

Casa Mora

The modern introducers of the “tarta de Santiago” (almond cake) also offer “Bágoas de Compostela” (truffles), chocolates, sweets and coffee. Tel: 981 565 724 Rúa do Vilar, 50, Santiago de Compostela

Pan de Moa

Traditional bread made with starter dough (“moa”); rye bread, cornbread, with walnuts, pistachios; pies and cakes. Tel: 981 552 352 www.pandamoa.com Rúa do Cubelo, 27, Santiago de Compostela

Panadería Fachal

Artisanal bread, pies, doughnuts and cakes. Tel: 981 511 811 Gándara, 2, Sergude. Boqueixón Fernando III El Santo, 26. Santiago

Pastelería Dulce Deza

Specialising in “melindres” (iced buns) and “tarta de Santiago” (almond cake). Tel: 607 766 640 María Colemeiro, Silleda. Estrada xeral, 1. Bandeira (Silleda)

Asociación da repostería tradicional ‘Melide terra doce.’

“Melindres” (iced buns), “ricos” (butter cookies) and “almendrados” (almond biscuits). Pastelería Estilo. Tel: 981 505 153. Calle Progreso, 6. Melide Pastelería Trisquel. Tel: 981 505 098. Novoa Santos, SN, Melide

Panadería Tahona. Tel: 981 505 127. Avda. Habana, 7. Melide Panadería Tarrío. Tel: 981 505 382. San Antonio, 21. Melide

Pastelería Navaza

Cakes, pies and chocolates. Tel: 986 780 018 Avda. Buenos Aires, 25. Lalín

Pastelería – Salón de Té ‘París’

Mini-cakes. Tel: 986 781 873 Wenceslao Calvo Garra, 9 B-2. Lalín.

Confitería Arcay’s

“Tarta de Lalín” (chestnut cake). Tel: 986 780 375 Rúa Principal, 26. Lalín.

Confitería La Perla

Official distributors of “Pedras de Santiago” (chocolate-covered almonds). Tel: 981 581 958 www.pedrasdesantiago.com/ Rúa San Francisco, 30. Santiago de Compostela

Pastelería-cafetería Dulces

Encantados Cookies, “alfajores,” cakes and Lalín bread. Tel: 986 783 910 Rúa Melide, 8. Lalín

Asociación ‘Pan de Lalín’ (“Lalín Bread” Association)

Panadería Balado. Avda Buenos Aires, 59. Tel: 986 780 865. Lalín Panadería Casa Vales. Noceda, 1. Tel: 986 794 035. Lalín Panadería Jaime. Rúas B, 42 bajo. Tel: 986 792 141. Lalín Panadería Pedro. Ctra. Do Corpiño, 7. Tel: 986 794 249. Prado (Lalín) Panadería Prieto. O Castelo (no number). Tel: 986 692 328. Muimenta (Lalín) Panificadora Fernández Puars. Fonte Sanguíña, 10. Tel: 986 780 196. Lalín Panificadora Lalín J. Nercellas. Rúa F, 7 / Observatorio, 6. Tel: 986 780 309 - 986 780 281. Lalín Panadería Manolo da Morena. Rúa D, 3. Tel: 986 780 069. Lalín

Pastelería Elena

Doughnuts, sponge cakes and artisanal confectionery. Tel: 981 503 298 Pazos (no number). Lestedo (Boqueixón)

Panadería A Peneira

Artisanal bread, rye bread and cornbread; pies, apple pie and “larpeira” (cream-filled cake). Tel: 981 517 029 www.cafebarapeneira.com Bispo Diéguez Reboredo, 50 (ground floor) - Fonte Díaz (Touro)

Panadería Altamira

Traditional baking, pies and “pan do Deza” (Deza bread). Tel: 986 582 073 www.panaderiaaltamira.com Vázquez, 5 - 36590 Vila de Cruces

Panadería Mazás

Specialising in pies: cod and raisins, variegated scallop, octopus, “xoubas” (small sardines) and cornbread, pork rinds and San Simón cheese... Tel: 986 586 078 Cerdeiriñas, 34. Piloño (Vila de Cruces)

Panadería Balo

Traditional baking, specialising in cod pies. Tel: 986 589 140 Brandomes, 24. Brandariz (Vila de Cruces)

Panadería Remigio

Artisanal bread, homemade pies, doughnuts. Tel: 986 586 066 Piloño, 5. Arbian (Vila de Cruces)

Rosquillas de Bama

Family business with sales made to order and stalls at traditional festivals. Tel: 981 504 156 – 617 104 748 Lugar de Bameia, 18. Bama (Touro)

Panadería Luís Mella

Traditional Deza baking, “pan de broa” (cornbread) and rye bread, pies and “tarta borracha” (alcohol-soaked sponge cake). Tel: 986 580 276 www.panaderialuismella.com Avda. Parque, 40, Silleda

Panadería Bouzada

Traditional baking, Deza bread, pies, doughnuts. Tel: 986 580 708 www.panaderiabouzada.es Taboada Vella, 31.N525,Taboada (Silleda)

Panadería José Mella

Traditional Deza bread, pies, cream cake. Tel: 986 580 324 Camporrapado, 7. Cortegada (Silleda)

Panadería Paulino

Traditional Deza baking, specialising in pies. Tel: 986 580 707 Torrevendra, 1. Rellás (Silleda)

Panadería Luis Camanzo Rey

Traditional Deza baking, homemade pies. Tel: 986 58 53 24. Santifoga, 10. Piñeiro (Silleda)

Panadería José Lage

Traditional Deza baking. Freixeiro, Laro (Silleda)

Rosquillas Dora (doughnuts)

Tel: 986 586 611 Vila de Cruces

Rosquillas Remigio (doughnuts)

Tel: 986 586 066 Vila de Cruces



Área Santiago

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ECOLOGICAL AGRICULTURE

Casa dos Fungos

Cultivation and sale of mushrooms and forest fruits such as raspberries, gooseberries and blackberries. Guided tours by appointment. Tel: 629 383 741 – 696 645 889. Marín (no number). Xubial (Melide).

Pazo de Oca

Sale of canned vegetables. Oca (A Estrada).

Finca de Bendoiro

Organic production and visits by appointment. Tel: 609 505 144 Bendoiro de Abaixo, 4. Lalín Sales: Mercado de Abastos de Santiago (Santiago Food Market). Murallón. Stall 358 and Ultra_ Alimento, Lalín. Home-delivered baskets.

Casa da Quenlla

Sale of seasonal fruit and vegetables. Tel: 696 506 800 Vila de Cruces

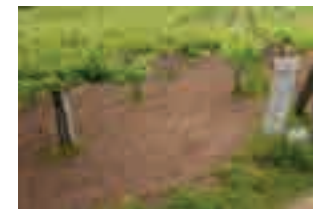


Ultra_ Alimento

Local producers of ecological garden produce. Tel: 617 461 723 Praza de Abastos de Lalín

Horta de Amipa

The association for parents with disabled children from the Sar region cultivate an ecological vegetable garden and sell its



produce every fortnight in Padrón's “plaza” (food market). Tel: 981 817 202 – 669 051 747 Reitoral de San Tomé de Sorribas, Rois.

Ainoa Prieto Sánchez

Sale of seasonal fruit and vegetables. Tel: 696 910 849 Reboredo, 1. Loño (Vila de Cruces)

Senra S.C.G.

Direct sale of vegetables. Tel: 981 502 112 – 628 206 755 Cazorrans, 2. Merín (Vedra)

Pura Seoane Albela

Direct sale of vegetables. Tel: 650 418 099 Feal, 11. San Mamede de Ribadulla (Vedra)

Conchi Docampo Sanromán

Direct sale of vegetables. Tel: 649 686 804 Os Muíños, 5. San Mamede de Ribadulla (Vedra)



A Estrada



Arzúa



Boqueixón



Lalín



Melide



O Pino



Oroso



Padrón



Rois



Santiago de
Compostela



Silleda



Touro



Trazo



Val do Dubra



Vedra



Vila de Cruces