

# Tasting Navarra



Kingdom of  
**Navarra**

Gobierno  
de Navarra



Nafarroako  
Gobernua



AGENDA  
2030

With a surface area of 10,421 km<sup>2</sup>, Navarra has four distinct climates: oceanic, mountain, continental Mediterranean, and arid. Part of Navarra is humid and the other part is arid; the uplands in the north and the flatlands in the south. The interaction of these conditions has created distinct ecosystems, on which human activity has modelled settlements, landscapes and different lifestyles that are reflected in the cuisine and in other cultural expressions.

Navarra cuisine is based on local and seasonal produce, a cuisine that is closely linked to the land. The repertoires of recipes and traditional flavours are a result of the climate, the terrain, the history and the know-how built up over generations while now combining contemporary ideas.

If synaesthesia is the perception obtained through the blending of two senses, when a taste transmits to the brain the harmony with the environment in which it was prepared, an intense synaesthetic experience occurs: sensations and emotions that immerse us in the land and explain it.

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# *The finest produce*

The produce of our land goes directly to our table, our culinary culture is built on abundance and local supplies.

In other words, in Navarra we enjoy the produce and flavours that we recognise as “de casa” (regional), an expression which means trustworthy, with just the right handling to enhance the product. It also means that it is seasonal, local and produced with care. This is demonstrated by the fact that Navarra has eight products with **Designation of Origin**, six pertaining to **Protected Geographic Indications** and a wide range of products supported by other **Quality Certificates**.



Shepherd and cheesemaker △

In line with European trends, Navarra is witnessing a considerable increase in organic production, considered to be synonymous with health and sustainability.

This considerable production effort, which demands ongoing innovation, is firmly based on tradition, considered to be verified know-how to be used as a basis for research, modernisation and advancement. With this assurance, state-of-the-art technologies coexist with the revival of indigenous breeds, the know-how handed down from our ancestors is interlinked with scientific knowledge in a strong, creative alliance.







All the brands of the Certified Quality of Navarra are grouped together under the **Reyno Gourmet** seal.



### **Protected Designations of Origin**

- Lodosa Piquillo peppers
- Navarra Olive Oil
- Roncal cheese
- Idiazabal cheese
- Navarra wine
- Rioja wine
- Vinos de Pago (Single estate wines)
- Cava

### **Protected Geographic Indications**

- Navarra Asparagus
- Tudela Artichoke
- Navarra Veal
- Navarra Lamb
- Navarra Pacharan (sloe liqueur)

### **Other Quality Certifications**

- Artisan Foods of Navarra
- Organic Production
- Holistic Production of Navarra
- Chistorra of Navarra







# *Culinary expertise*

Regardless of whether we're talking about haute cuisine, traditional cuisine or miniature cuisine, the chefs of those restaurants that are constantly increasing their reputation, have one characteristic in common: they act as a liaison between the excellent produce available and the pleasure of those who enjoy their creations.

We enjoy good food and, therefore, our way of receiving, making ourselves known and entertaining, necessarily involves offering a meal. And offering the very best. To ensure that our visitors feel great.





Three artistic vegetable sculptures are displayed on a dark, reflective surface. The sculpture on the left is a white vegetable, possibly a radish, with a thick, vibrant red sauce drizzled over its top. The middle sculpture is a white vegetable wrapped in a dark red, leaf-like material, with a small amount of red sauce on its top. The sculpture on the right is a white vegetable, possibly a cauliflower, with a green leaf wrapped around its base. In the foreground, there are various fresh vegetables, including a sliced cucumber, a piece of orange, and a small pile of red and white vegetables. The background is a solid, bright green color.

# *The culinary landscapes*

Diversity and good cuisine are the hallmarks of Navarra. To add a third one, the proven hosting capacity, the combination serves as an invitation to plan a leisurely visit, with time to use all your senses to enjoy nature and culture, trails and the local inhabitants, the culinary landscapes that give you a taste of Navarra.

## ATLANTIC PYRENEES

In the Cantabrian valleys of the northwest, the rolling hills drop down to the sea and, thanks to the mild, wet Atlantic climate, the countryside is always green. This is crossed by numerous paths, linking villages with beautiful examples of traditional rural architecture.

The humid area of Navarra is the habitat of the Latxa sheep, noted for their long, coarse fleece which is well-adapted to the humid conditions. Their raw milk is used to make the **Idiazabal cheese**, a mature pressed cheese with an extraordinary flavour. **Junket**, another traditional milk dessert, is obtained by adding natural rennet to the sheep's milk. A red-hot stone or iron is used to heat the milk in the kaiku, a wooden container that cannot be heated directly, giving the junket its interesting burnt or toasted flavour.



Idiazabal cheese △



Laxa sheep △



Junket △

As far as meat is concerned, the **Navarra-raised veal**, which is much-appreciated for its flavour and low fat content, is one of the star products of the Mountain area of Navarra, together with **duck and its derivatives** - confit, foie gras and pâté - and pork. A special case is the **Euskal Txerri**, a native breed of pig, reared outdoors to produce delicious mouthfuls that will make you want to come back for more. The range of fresh cuts and processed products include: cheeks, ham, chorizo sausage, pork loin head, chops, chaps, collar and loin, all marketed under the Lechón de Navarra brand. Separate mention should be made of the **Chistorra**, a product that is typical of the Sakana area in particular. Pork belly, chaps and jowls, lean pork, salt, garlic and paprika pepper are the ingredients of this fresh sausage that conveys the joy of living.



In autumn the much-appreciated **wood pigeons** fly over **Etxalar**, where they are hunted using nets. The rivers also hold their treasure, namely the **trout** and the **Bidasoa salmon**, the king of freshwater, whose season lasts from April to July, unless the fishing quota is reached earlier.

Although small, the market gardens are noted for their delicious **red kidney beans, peas and tomatoes** grown in the **Baztan valley**.



Wood pigeon Δ

### WOOD PIGEONS IN AUTUMN

In Etxalar, since the 15th century, from October to November and with a northerly wind, the hunters climb up the pigeon hunting posts, hidden among oak and beech trees, to await the passing of flocks of wood pigeons. As the pigeons draw close, wooden paddles are launched into the air to simulate a hawk and make the pigeons come down and go towards the nets. According to tradition, the system was discovered by a shepherd who noticed how the pigeons came down when he threw stones at them, and a bishop encouraged him to put out nets to catch them. Two of a kind.

## WHAT TO DO

- Amaiur/Maya mill
- Zubieta mill
- Etxaide mill (Elizondo)
- Urdazubi/Urdaix mill
- Eltso beekeeping museum
- Etxeberri dairy cattle Interpretation Centre
- Ultzama Mycological Park
- Cider houses and cheese dairies

For more information: [www.visitnavarra.es](http://www.visitnavarra.es)



Chistorra Δ

## EASTERN PYRENEES

At the far eastern end of Navarra, in the shadow of the rugged peaks of the Pyrenees, the cold mountain climate modulates life in the northeastern valleys, from the glacier of **Belagua to Roncesvalles**, where the French Way of St James enters Navarra. The mountains are a land of woods and pastures. Cattle reared for meat or milk.

The raw milk from the Rasa and Latxa breeds of sheep is used to make the second cheese with a designation of origin of Navarra, namely the **Roncal cheese**, a buttery cheese with a certain spiciness, traditionally eaten by itself or accompanied by quince jelly and walnuts and, in any case, with a good wine.

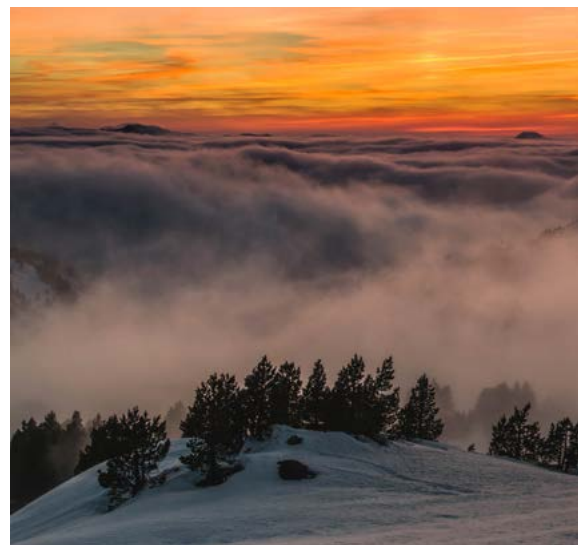


Boletus Aereus (black porcini) mushroom Δ

Since the Middle Ages, the Roncal and Salazar valleys have been home to shepherds who, in September, in an event known as the Sanmiguelada, would drive their herds to the pastures of the Bardenas Reales in the south of Navarra, to spend the winter there. As they moved along the transhumance route, named the Cañada Real, the shepherds brought their Migas or breadcrumbs recipe with them. This dish was adopted and



Shepherd's breadcrumbs (Migas) Δ



Larra Belagua Δ



Roncal cheese Δ





Dish of wild mushrooms △

adapted by the towns and villages along the route, incorporating local variations.

Today, in line with the revival of traditional practices and the sustainability of the land, there are incentives for the consumption of **mutton**, which had gone out of favour despite the natural goodness of the local product. Support is also given to the Betizu native breed, the last breed of wild cattle to be found in Europe, and the nutritional benefits and flavour of Pyrenean-reared **foal meat** is being promoted.

Without the need for direct human intervention, although it is necessary to care for the natural environment and its resources, the eastern mountain area offers big game hunting: wild boars, deer and roes, and small game: thrushes, partridges and mallards. Other woodland gifts include **wild mushrooms** in autumn and spring, wild strawberries in the Irati Forest, blueberries, and trout, barbs and minnows in the rivers fed by the snow on the peaks.

Although the environmental conditions mean that market gardens are limited, an exquisite product of the cold is gaining ground, namely the **organic potato of the Pyrenees**.

### THE MEDICINAL LIQUEUR

*Godofre, the illegitimate son of Carlos III, the Noble one, married Teresa de Arellano in 1415. Such an event would have passed unnoticed, if it were not for the fact that the first written reference to Pacharán dates back to the subsequent celebration. Queen Blanca I of Navarra, the daughter of Carlos III, is also known to have taken it when she became ill in the Monastery of Santa María de Nieva (Segovia) in 1441. However, to honour the truth, it should be said that the disease, far from remitting, ended her life, although it did not put an end to the medicinal use of this red liqueur as a stomach tonic.*

### WHAT TO DO

- **Uztarroz cheese and transhumance museum**
- **Erro-Roncesvalles mycological park**
- **Josenea, organic farm at Lumbier**
- **Cider houses**

For more information:  
[www.visitnavarra.es](http://www.visitnavarra.es)

## PAMPLONA AND ITS BASIN

Pamplona, centrally-located in its Basin and surrounded by mountains, has an extensive culinary offer, which is the collection and synthesis of the variety of cuisines in the land. Traditional restaurants, gastrobars, tapas bars and active local businesses –markets, shops and fairs– selling regional products and produce, are all part of the city's appeal.

City walls - Pamplona conserves its Citadel and a large part of the city walls, representing one of the best-preserved defensive complexes in Europe. Outside the walls, the river Arga meanders extensively, producing tongues of fertile land, the location of the market gardens supplying the city. The market gardens of the Magdalena, Aranzadi and the Rochapea are acclaimed for their vegetables: in spring and summer the **Crispillas**, a flavoursome and tender local

variety of fresh lettuce, **broad beans**, **spring onions**, **runner beans**; while in winter there are **frisée lettuces**, **endives**, **borage**, **chard**, "**Pellas**" and "**Berzas**", the local names for **cauliflower** and **cabbage**. Vegetables in Pamplona are just not to be missed!

Navarra lamb is reared in the **Pamplona Basin**, much appreciated for its juicy texture, pinkish colour and just the right amount of fat. This traditional dish for celebrations can be prepared in many different ways: **roasts**, **stews**, **chops**, **shanks**, in **pepper sauce** and **Menudicos**, a dish made from trotters and tripe. Fighting bull beef holds an inseparable relationship with Pamplona cuisine, despite the limited season, which coincides with the San Fermin festival in July. Bull stew, the habitual afternoon snack for spectators at the Bull Ring, is a tasty dish full of aroma. Its consistency is just right for the sun and the long hours ahead.

Two types of sausages: the **Relleno**, a white pudding made from rice, egg, bacon, parsley and saffron, and which is fried with tomatoes and peppers and the **Pamplona chorizo**, with its characteristic finely chopped pork and beef and slightly sweet taste, are prime examples of top quality, popular dishes that are firmly anchored in the first taste memory.

There's sit-down cuisine and stand-up cuisine. A lot of water has flowed under the bridge since the name **Pincho** (formerly Banderilla) was only used to designate a tapa secured by a toothpick. Today, and rightly so, we refer to this as **miniature cuisine**. Hours of investigation and creativity are put into these tiny, delicious bites, and the selection offered is being constantly renewed.



Drinks and tapas around Pamplona / Iruña Δ



The **Cazuelicas** (small terracotta dishes) are included in this cuisine, aiming to revive and reinterpret the dishes of yesteryear, the “spoon dishes” and offal dishes: tripe, snout, trotters, sweetbreads, liver, kidneys...



Pincho (tapa) Δ

Without mentioning the **fritters**, with a whole range on offer, apart from the versatile croquettes: prawns, peppers, mussels in bechamel, egg fritters, ham and cheese, cod, sole or squid, a traditional fritter on offer in the bars in Pamplona.



Cazuelica (small terracotta dish) Δ



Pepper fritters ▷

## WHAT TO DO

- Visit the Casa Gurbindo farming and cattle Interpretation Centre in Pamplona

For more information: [www.visitnavarra.es](http://www.visitnavarra.es)



Relleno (white pudding) Δ

### ON THE RELLENO (WHITE PUDDING) THE GREAT ENCYCLOPAEDIA OF NAVARRA STATES:

The volume of the General Chronicle of Spain corresponding to Navarra was published in Madrid in 1868. Its author, Julio Nombela, had attended some *\*mecetas* of the district of the Magdalena. And he writes: “We went into one of the inns and all, literally all the rooms, were full of fans of the Relleno. This delicacy, typical of the *Mecetas* days, is truly delicious...There were even Relleno enthusiasts on the stairs”.

*\*Mecetas: Village fiestas*

## CENTRAL AREA

Nothing in Navarra takes just one form. So, when looking at the Central Area, you might think of a transitional area between the Uplands in the north and the Ribera in the south. However this definition falls short, given that the density of histories that are concentrated in Estella-Lizarrza, Sangüesa, Olite, Artajona and Puente la Reina, the crossroads and the combination of foothills, valleys and gentle slopes, the dry and irrigated areas, all produce different landscapes, to produce a kaleidoscopic, monumental Navarra.

The Central Area marks the start of the areas dedicated to the **white asparagus of Navarra** and the much-acclaimed **Piquillo peppers**, crops that cover the area going southwards to reach the Ribera in Tudela. The white asparagus is noted for its colour, smoothness and lack of fibres, making it a delicious mouthful that is easy to eat. Although asparagus are available all year round in cans and jars, it is well worth tasting them in season, between April and June, cooked so that they are firm to the bite and eaten warm, either by themselves or with a good olive oil. Asparagus can also be eaten raw, finely sliced in fresh and aromatic seasonal salads. The Piquillo pepper is named after its characteristic tip (pico) and is another of the star products of the Navarra market gardens, harvested from September to December. The delicate texture of this pepper, together with the fact that it is traditionally roasted on a wood fire and then peeled by hand, without water, are the key to its flavour.

Another vegetable of undisputed popularity is the **Sangüesa Pocha**, this is a white haricot bean variety that is eaten fresh, making it extremely soft and reducing cooking times.

It has a short season, just the last few weeks of summer, if that. Served either with vegetables, with Txungur (hock of ham), with quails, clams or cod, they simply must be tried! Estella-Lizarrza is a must-visit in Central Western Navarra. Here, the **Calbotes**, namely red kidney beans with Chorizo and pork belly, is a flavourful and popular dish, just like **roast suckling pig**, lamb in pepper sauce and **Ajoarriero**, a traditional dish based on flaked salt cod in a garlic and pepper sauce. In Olite, the **roast goat** is a juicy, delicacy par excellence. Just like the **Migas of Ujué**, the shepherds' meal of breadcrumbs, all these delicious dishes are made even more attractive when accompanied by the excellent wines and cavas produced in the area.

The Echauri Valley, the northern boundary for the cultivation of olives, with its stony soils and hilly relief, is well-known for the sweetness of its **cherries**, which have a high water content, making them even more flavoursome.



Navarra Asparagus △



Lodosa Piquillo Pepper △





△ Roast suckling pig

These cherries have a special shine, which is attributed to the micro-climate of the valley, a valley that is magnificent to see in the spring when the cherry trees are in blossom.

A similar limestone soil, with a great deal of gravel, is the habitat of the **truffle**, the culinary black diamond, which is naturally present in the woods of the Valdorba and the Sier-ra of Lóquiz in Tierra Estella. During the truffle season, markets are organised, as well as degustations, culinary exhibitions and demonstrations of how truffles are gathered using dogs and hogs.

**Game** is abundant in this area: the red partridge, woodcock, quail and pheasant, a feast with the succulent traditional sauces and the new, light proposals and, of course, with abundant **wild mushrooms** gathered in the area. The Central Area also produces **oil**, the basic ingredient that links all the rest, the salt that enhances them, and honey for sweet-ness.

### SALINAS “DE ORO”

For centuries, salt, the only edible rock, was the principal food preservation method. At the Salinas de Oro salt flats, salt continues to be obtained from the water of the springs crossing the salt deposits. The water is taken to a system of shallow pools where it evaporates in the sun and air. The salt deposited on the bottom is collected in the traditional way. Although these salt flats are first mentioned in a document dated 1492, it is believed that they have actually been exploited since Roman times. The Oro (gold) in the place name does not, unfortunately, have anything to do with the presence of this precious metal, but is the name of a former settlement in the area.

### WHAT TO DO

- **Metauten Truffle Museum**
- **Arróniz Oil Museum**
- **Trujal Mendía at Arróniz, olive oil press and production facilities**
- **Wineries and olive oil presses**

For more information: [www.visitnavarra.es](http://www.visitnavarra.es)



## LA RIBERA

In the south, La Ribera, crossed by the river Ebro, is an area of extensive plains, low-lying sierras and rivers bordered by spacious water meadows. At its eastern-most point, lies the Bardenas Reales Nature Park, a semi-desert ecosystem declared a Biosphere Reserve. This is well worth a visit, to observe the beauty of the shapes sculpted by the erosion of the gypsum, clays and sandstone.

If farming was traditionally the main priority in La Ribera, today an innovative food industry is multiplying the scope of its products. La Ribera is synonymous with the high standard of quality of its market gardens. Particular mention should be made of the **Tudela artichokes**, which have achieved a bitter-sweet blend, the **white cardoon** that is eaten with a sauce made from ham and Falces garlic, or



Tudela artichoke △



Navarra olive oil △

with almonds, or mussels, while the **red cardoon** is a delicacy that will allow you to enjoy a different salad. Mention should also be made of the **gem lettuces**, that small and frisée lettuce, the **Tudela “ugly tomato”** and **borage** which is best cooked simply, by steaming it with a tender potato and then sprinkled with good quality salt and drizzled with olive oil. The area is also well-known for its asparagus and peppers, with fields of crops stretching down from Tierra Estella.

All the vegetables are delicious either eaten by themselves or in a **medley**. Spring vegetable medleys with asparagus, baby broad beans and fresh peas, or winter medleys



with cardoon and cauliflower. Medleys that are solely of vegetables or accompanied by rabbit, lamb, hare or eel. Or by snails from the Bardenas, which are also good with **Arguedas rice**, an organic crop that is here to stay. Other vegetables which were once considered exotic and are now perfectly accepted, have also found their place in La Ribera. This is the case of broccoli, followed by the romanesco and kale, and others are sure to appear.

La Ribera is an excellent producer of **olive oils** that combine lightness with spicy, bitter nuances, of artichoke in the Arróniz variety, of banana in the Arbequina variety and almond in the Empeltre variety.

And, for dessert, La Ribera is also famous for the high quality of its fruit. **Milagro hard, sweet cherries** with an intense colour, rosy **peaches from Sartaguda**, delicious with wine, apricots, plums, pears, apples, grapes and almonds.



Gem lettuces △



#### FALCES GARLIC

*The much appreciated Falces red garlic, which is firm with an intense flavour, started to be grown when the villagers grew tired of paying tithes for all their crops to the marques and to the Church. Garlic was an innovative vegetable in the municipality and, therefore, it was not taxed and the villagers could avoid the painful payment of taxes.*

#### WHAT TO DO

- “La fábrica vieja” (the old factory) food processing museum at San Adrián
- Olive oil presses

For more information: [www.visitnavarra.es](http://www.visitnavarra.es)







# *Our cuisine*

Vegetable cuisine, home cuisine and fiesta cuisine, are the three pillars of the Navarra culinary experience.

## VEGETABLE CUISINE

The high quality of the Navarra-grown vegetables gives them pride of place on the menus. A vegetable medley, fresh peas, borage, artichokes or an endive salad are all worthy of attention by themselves. As are a dish of cardoon, fresh haricot beans or asparagus. It would be a mistake to treat them as second-class ingredients, the necessary course before the meat or fish, or simple side plates. Familiarity with vegetables and their availability has led to the emergence of recipes, the investigation into their possibilities which goes beyond foreseeable preparations, and the adjustment of cooking times to offer them at the height of their flavour and visual appeal.



"Oleo miel", artichoke cuttings and oysters. Rodero Restaurant Δ

## FIESTA CUISINE



Zikiri Δ

Some dishes need to be cooked in the open air and to be enjoyed with music. These include the Calderete of the Central Area and La Ribera, a dish combining lamb or rabbit, potatoes and vegetables all stewed in a huge pot, and the Zikiri (roasted suckling lamb) in the north. These are dishes for fiestas as they cater for a crowd of people, all enjoying each other's company.

## HOME CUISINE

The foundations for culinary literacy are laid at home, setting the taste for original flavours, those that are associated with emotions. These are the flavours that are built on the variations that each male or female chef has imprinted on the traditional dishes: an ingredient, a slight variation in times or a secret procedure that is passed on from one generation to the next, all make the difference.





# *Desserts and sweets*

Desserts provide the sweetness that lengthens the pleasure of the meal and good company.



To round off a good meal, the traditional Navarra repertoire offers desserts such as **Canutillos**, cones of crispy flaky pastry sprinkled with icing sugar and filled with vanilla and lemon flavoured custard cream; the **Costrada from Aoiz**, a warm, golden sponge cake with a smooth confectioner's cream filling just waiting inside, or the **Cuajada**, this junket is a flavourful and simple combination of sheep's milk, natural rennet and, optionally honey or sugar.

Also as a dessert, afternoon snack or simply because they're really delicious, other sweets increase the chances of falling into temptation. Some are clearly seasonal, or at least in their origin: during the killing of the pig, the **Txan-txigorri cakes**, baked bread dough, sugar and cinnamon with txantxigorris, that is lard reduced in its own fat, and slightly later on, at Christmas, the **Turrón Rojo from Artajona**, a kind of almond and hard toffee nougat. Others, such as the hand-made chocolates of Pamplona and the **urrakin egiña of Elizondo**, with whole hazelnuts, just like the

typical sweets of Estella-Lizarra, the **Puy rocks**, can be eaten by craftily breaking off bits at a time. The list is completed with **the caramelised almonds from Ujué**, the **coffee cream caramels of Pamplona** and the **pine nuts from Tafalla**.



Canutillos from the Baztan Δ



Urrakin egiña from Elizondo Δ



Turrón del royo from Artajona Δ





# *Recipes*

The recipes that last over time, create the humus, the common substrate of that daily sensuality of those who enjoy sitting down for a good meal.

## VEGETABLE MEDLEY

### Ingredients

- 1 dozen Tudela Artichokes
- ½ kg Tudela Asparagus
- ½ kg peas
- ½ kg tender broad beans
- 1 bunch garlic shoots
- 150 gr serrano ham marbled with fat
- \*1 tbsp flour
- Olive oil
- Salt



### Directions

Clean the artichokes and asparagus, shell the beans and peas and boil the four vegetables separately in salted water. Gently sauté the garlic, add the diced ham and flour. Once the flour has browned, add the vegetables. First the artichokes, then the peas and beans, and finally the asparagus. Stir the pan to mix the vegetables and to get them to release their cooking water. Check the seasoning and, if necessary, add some of the broth used to cook the asparagus. Cook 10 minutes on a low heat to bind the flavours.



If this type of flour is used then the medley is suitable for celiacs.

## CHILINDRÓN-STYLE LAMB (in pepper sauce)

### Ingredients

- 1 kg Navarra lamb (shoulder or leg, as you wish)
- 1 large onion
- 2 cloves garlic
- 3 dried sweet peppers
- ½ cup brandy
- \*1 tbsp flour
- Olive oil.
- Salt
- Optionally, 3 tbsp of fried natural tomato



### Directions

Season, coat and sear the lamb. Once seared, remove from the pan and, in the same oil, poach the finely chopped onion and cloves of garlic. Add the lamb and stir. Add the tomato, if used. Add the brandy and leave to evaporate. Add the skin of the pre-soaked peppers and one and a half to two cups of the water used to soak the peppers. Leave to simmer until the meat is tender and the sauce has reduced. It can be served with fried diced potatoes.



If this type of flour is used then the chilindrón is suitable for celiacs.



## AJOARRIERO (flaked salted cod in a garlic and pepper sauce)

### Ingredients

- 1 kg salted cod
- 4 cloves garlic
- 1 cayenne pepper
- 3 dried sweet peppers
- 150 ml olive oil



### Directions

To desalt the cod, leave to soak for 24-36 hours, depending on the thickness of the pieces. Keep refrigerated and change the water every 8 hours. Drain and wrap in a clean cloth, wringing strongly to remove as much water as possible. Slightly flake the cod.

Chop the garlic, sauté in the oil and put aside. Leave the oil to cool and, once warm, add the cod, its finely chopped skin, the skin of the pre-soaked dried sweet peppers, the cayenne pepper and garlic. Leave to cook for some 20-25 minutes and it's ready to serve. It can be made the day before, as it improves from one day to the next. Optionally, add diced potatoes that have been sautéed without browning, beaten eggs or serve with a fried egg.

## POCHA (fresh haricot) BEANS

### Ingredients

- 1 kg Sanguesa Pocha beans
- 1 green pepper
- 1 large, ripe tomato
- 1 fresh onion
- 3 cloves unpeeled garlic
- 3 tbsp olive oil
- Salt



### Directions

Clean the pepper and tomato. Cover all the ingredients with cold water and put on a low heat for 30-40 minutes, simmering to prevent the skin of the beans from opening. Once the beans are tender, take the vegetables out and blend, after removing the garlic. Put through a sieve and add to the beans. Cook for a further five minutes and the beans are ready.

## CUAJADA (Junket)

### Ingredients

- 1 l. sheep's milk
- 20 drops natural rennet
- Sugar or honey

### Directions

Heat the milk to boiling point stirring all the time. Once boiled, remove from the heat and pour into a cold container until it drops to a temperature of 35 to 38°C. Add the rennet and leave to set without stirring.







# *Wines, cava's and liqueurs*

In Navarra, two Designations of Origin coexist, Navarra and Rioja. The wines from the Navarra DO have more than 11,000 registered hectares and five production areas: Tierra Estella, Val-dizarbe, Baja Montaña, Ribera Alta and Ribera Baja. In the Rioja DO, Navarra has 6,220 hectares registered in the Rioja Baja sub-zone and a certified production of red, white and rosé wines.

## ROSADO DE NAVARRA (Rosé wine)

The Rosado de Navarra is our most highly acclaimed wine, the one which, in the opinion of many consumers, brings out the best in the grapes. This rosé wine is based on the saignée system, the only one accepted by the Navarra DO and which comprises macerating the must in contact with the grape skins for a few hours, sufficient time for gravity to drag the must to the bottom of the tank and the skins to remain on the top. The grape must is then decanted (saignée) so that it ferments by itself. The fruity, fresh, balanced and aromatic rosé wine is ideal for first courses, appetisers and the extraordinary vegetables of the market gardens of Navarra.



Rosado de Navarra (Rosé wine) △

## THE GARNACHA, OUR PRINCIPAL GRAPE

The Garnacha is, by definition, the grape of Navarra. Red Garnacha grapes are used to make the traditional rosé wines and red wines, sometimes in coupage with other Navarra varieties such as the Tempranillo, and with the white Garnacha, the excellent white wines with floral and citrus aromas.

Uva garnacha ▽





## REDS, WHITES, CAVAS, CIDER

### Reds and whites

The young whites are ideal as an appetiser, the non-barrel aged Chardonnay whites, fresh and acid, pair with white and smoked fish and the barrel-fermented whites are perfect for serving with oily fish.

The young, delicious, light red wines accompany delicatessen food, pates and mild cheeses, while the full-bodied Crianza wines are particularly recommended for char-grilled meat, game, stews and cured cheeses.

### Cavas

The Cava de Navarra Designation of Origin de Navarra covers the natural sparkling wines made in Mendavia and Viana. Viura and Chardonnay are the most-used varieties in Navarra, and Garnacha for the brut rosé.

### Cider

From mid-September onwards, in the Baztan-Bidasoa area, mature apples are gathered and the *kirikoketatakes* place, the crushing of the fruit that starts the fermentation process. In January, to the cry of *\*Txotx!* the tasting of the first cider marks the start of the season which will last until May.

**\*Txotx:** a stick that blocks the hole of the Kupela or barrel, where the cider comes out.



## MUSCAT AND SWEET WHITE WINES

Muscat wines are sweet, aromatic wines made with muscat à petits grains, normally served with desserts and mild blue cheeses. The sweet white wines, with a lower alcohol content, also accompany foies and strong blue cheeses and have taken a strong position in the area of cocktails.

## PACHARÁN NAVARRO

The Pacharán Navarro is a sweet-tasting liqueur with an astringent and acid point obtained through the slow maceration of the sloe berries in an aniseed liqueur. The result is a spirit drink with an alcohol content of between 25 to 30% volume.

To guarantee its quality, in 1988 the Specific Designation was created, now recognised in Europe with a Geographical Indication.



Pacharan Navarro (sloe liqueur) Δ

## THE WINE ROUTE

Navarra is the land of wines that have distinct and powerful personalities. The diversity of its soils, climates, reliefs and tradition is behind the production of wines of character, and there are many wineries spread across Navarra, enriching the historical and cultural heritage.

Each season, the wine route proposes trails, tours, degustations, workshops, exhibitions, games, walks, weekend breaks, etc., wine-related activities and experiences directed at groups of all ages and interests, allowing them to discover, learn about and enjoy the winemaking and cuisine of Navarra.

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



Cycling among the vineyards Δ





# *The culinary genres*

Choose from traditional restaurants, haute cuisine, carveries, cider houses and tapas bars, Navarra is an invitation to eat.

## TRADITIONAL CUISINE

Navarra has a large number of establishments that keep traditional cuisine alive, through dishes that have gradually been perfected over time, to offer their best version. At these restaurants, you can enjoy the seasonal vegetables and medleys, the red kidney beans of the Baztan valley, the Pochas or fresh white haricot beans of Sangüesa, the *ajovarriero* (salted cod in pepper and garlic sauce), the lamb sweetbreads, white pudding, roast lamb or lamb in pepper and garlic sauce, roast suckling pig or goat, *Migas* (shepherd's breadcrumbs) and game dishes, Etxalar wood pigeons and traditional desserts.



Pochas (fresh haricot beans) △

## HAUTE CUISINE

The new generations of chefs have boldly and successfully established a dialogue between the different legacies of the past, updating the techniques, lightening the recipes, investigating times and textures and constructing unprecedented harmonies and contrasts, to produce contemporary menus. Although each chef has his/her own unique personality, they are all in agreement on the option to use the produce of the land and its capacity to write new culinary tales, taking full advantage of the creative tension between tradition and innovation.



Red kidney beans and black pudding sweets. Rodero Restaurant △



## CARVERIES

The reputation of the carveries is derived from the alliance between the quality of the meat, the skill in handling the grills, where something like the domestication of the fire and guaranteed satisfaction comes into play. The embers give the meat the range of colours and textures and light smoky taste that turns it into a repertoire of expanding flavours. Beef steak is the most popular dish, but other cuts and other meats are also on the menu, while the embers can be nicely controlled to ensure that fish and shellfish are cooked to perfection.



Char-grilled steak △

## CIDER HOUSES

*"Hau da gure sagardo berria."* Each January, this exclamation marks the opening of the *kupelas* (barrels) in the cider houses of the Baztan-Bidasoa area a season that lasts until May. Tables are shared to taste the cider-cooked chorizo, salt cod omelette, squares of cod with peppers, beef steak and cheese with quince jelly, while everyone is constantly going to the *kupela* to taste the year's cider. This experience, which is more than purely gastronomical, is called *atmosfera*.



Cider house △



Gold 2019. Baserriberri (Pamplona) Δ  
Pincho: Resakwich revolutum re-CenoZ



Silver 2019. Iruñazarra (Pamplona) Δ  
Pincho: Patacon.con



## BARS AND TAPAS AREAS

*Bars, what places!*, as the song by Gabinete Caligari goes.

Bars are the epicentre of any fiesta, meeting or leisurely chat. Their welcoming atmosphere and the miniature cuisine are the perfect choice for an appetiser or for a lunch standing up at the bar, or just snacking, when you weren't even thinking of doing so, but you're having a good time and one tapa follows another... and you've had your meal!

Going to bars and sampling the tapas, is a fun way of experiencing the local customs! Those who get information before coming, can plan a route to suit their preferences and intuitions, while those who make improvisation a virtue are also in luck, because the range of traditional recipes and new tapas to pair with the Navarra wines is such that you always get it right. All places have their areas and routes, bars and specialities. In fact, Pincho (tapas) week is held throughout Navarra.

◁ Bronze 2019.  
Nuevo Hostaf (Tafalla)  
Pincho: Ayer y Hoy

Bronze 2018.▷  
La Cocina de  
Alex Múgica  
Pincho: Cevincho



Δ Gold 2018. El Mercao (Pamplona)  
Pincho: Camarón de la Concha



Δ Silver 2018. Iruñazarra (Pamplona)  
Pincho: Rompeolas







## *What to buy*

Although all journeys come to an end, taking products from Navarra back with you is like going away, but not completely.

## TRADITIONAL SHOPS

Traditional shops, those that have always been there, many of which are managed by successive generations of the same family. Here you'll find that the owners and staff have a thorough knowledge of the products on sale, providing a friendly, personal service while giving the right explanations and customised advice, so that you're sure to make the right purchase. Looking at their well-stocked, colourful shelves is an incentive for subsequent enjoyment.



Traditional shops △

## SEASONAL PRODUCE

### **In spring:**

Navarra asparagus, cherries from Echauri and Milagro, broad beans, Tudela artichokes, peas.

### **In summer:**

Tudela tomatoes, Sartaguda peaches, lettuces, fresh haricot beans, green or runner beans.

### **In autumn:**

Lodosa Piquillo pepperse, grapes (moscatel, viura and garnacha), mushrooms.

### **In winter:**

cardoon, Tudela artichokes, cabbage, truffles, cauliflower, red cabbage, broccoli, borage...

## BOTTLED AND CANNED PRODUCTS

### **Tins or glass jars of vegetables and pulses:**

Tudela Artichokes, Navarra Asparagus, Lodosa Piquillo Peppers, haricot beans, red kidney beans, chilli peppers.

### **Ready-to-eat products:**

vegetable medley, haricot beans, mushrooms.

### **Duck products:**

pâté, foie, confit, magret.

## MEAT & SAUSAGES

Navarra veal

Navarra lamb

Traditionally made Chistorra (fresh paprika sausage)

Pamplona Chorizo sausage

Relleno (white pudding)

Euskal Txerri ham and pork chops



## OTHER PRODUCTS

Milk-based desserts  
Idiazabal and Roncal Cheeses  
Organic Rice  
Navarra olive oil  
Salt

## DESSERTS & CONFECTIONERY

Mantecadas (small, square sponge cake)  
Cakes and biscuits  
Coffee cream caramels  
Coffee and pine nut caramels  
Caramelised almonds  
Chocolates  
Traditionally made jams and marmalades

## DRINKS

Navarra wine  
Vino de Pago (Single estate wine)  
Cava  
Muscat  
Navarra Pacharan (sloe liqueur)  
Liqueurs  
Cider

## THE MARKETS

A visit to the municipal markets, to the “Plaza” as we call it here, visually offers the foundations of Navarra cuisine: seasonality, local, fine quality produce. Going round the stalls, you can get a better idea of the criterion of the regular sellers and buyers, and learn just by watching. The three municipal markets in Pamplona: the Ensanche (new area), Santo Domingo (old quarter) and Ermitagaña (district), and the markets in Tudela and Tafalla, are, together with the weekly markets in a number of localities, a magnificent display of local produce and great places to note the dynamism of the towns and villages.



Market in Pamplona / Iruña Δ

# CULINARY EVENTS CALENDAR

(Check the dates at [www.visitnavarra.es](http://www.visitnavarra.es))

## FEBRUARY

- Toasted bread day, *Arróniz*
- Pork product day, *Azuelo*
- Workshops on winter vegetables, *Pamplona/Iruña*



## MARCH

- Tapas week, *Navarra*
- Food market, *Tudela*

## APRIL

- Workshops in Praise of Vegetables, *La Ribera (Southern Navarra)*
- Artichoke and asparagus day, *Cabanillas*
- Vinofest wine festival, *Pamplona/Iruña*

## MAY

- Asparagus fair, *Dicastillo*
- Brotherhood of the asparagus, *Mendavia*
- Rosé wine of Navarra fair, *Pamplona/Iruña*
- Organic fair of Navarra, *Pamplona/Iruña*

## JUNE

- Rosé wine day, *San Martín de Unx*
- Cheese day, *Roncal/Erronkari*
- Cherry day, *Milagro*
- Cheese fair, *Etxalar*
- Junket day, *Arraitz-Orkin*

## JULIO

- Salt days, *Salinas de Oro*
- Garlic day, *Falces*
- Grape Harvest Festival, *Corella*



## AUGUST

- Peach fair, *Sartaguda*
- Artzai eguna/Shepherd's day, *Uharte-Arakil*
- Cucón green pepper day, *Peralta*
- Tomato day, *Cadreita*
- The ugly tomato of Tudela, *Tudela*

## SEPTEMBER

- Workshops in praise of fresh haricot beans, *Sangüesa/Zangoza*
- Old, local and organic tomato fair, *Pamplona/Iruña*
- Grape Harvest Festival of Navarra, *Olite/Erriberri*
- Migas (Shepherd-style breadcrumbs) Day, *Ujué*
- Wine day, *Cirauqui/Zirauki*
- Giant Pumpkin Fair, *Valtierra*
- Corn flour pancake day, *Leitza*
- Rice day, *Arguedas*
- Cider day, *Lekunberri*
- Grape Harvest Festival, *Lerga*



## OCTOBER

- Piquillo pepper day, *Lodosa*
- Cazuelica (small terracotta dish servings) and wine week, *Pamplona/Iruña*
- Chistorra (fresh paprika sausage) day, *Arbizu*
- Culinary workshops on game, *Baztan-Bidasoa*
- Navarra culinary festival, *Cintruénigo*
- Local produce of Navarra week, *Pamplona/Iruña*
- Navarra wine day, *Lekunberri*
- Fair on the 11 designations of origin and quality labels, *Mendavia*
- Culinary week, *Viana*
- Amescoa Shepherd's day, *Eulate*

## NOVEMBER

- Lurraren eguna, *Bera*
- Baserritarren eguna, *Arantzaz*
- Kirikoketa Eguna, *Arizkun*
- Inverdura Winter vegetable fair, *Tudela*
- Wild mushroom day, *Larraitntzar*

## DECEMBER

- Truffle fair, *Orísoain*
- Red cardoon days, *Corella*
- Truffle days, *Metauten*



## TOURIST OFFICES

- **Bertiz**  
948 592 386 / [oit.bertiz@navarra.es](mailto:oit.bertiz@navarra.es)
- **Estella-Lizarra**  
848 420 485 / [oit.estella@navarra.es](mailto:oit.estella@navarra.es)
- **Javier**  
948 884 387 / [oit.javier@navarra.es](mailto:oit.javier@navarra.es)
- **Lekunberri**  
948 507 204 / [oit.lekunberri@navarra.es](mailto:oit.lekunberri@navarra.es)
- **Ochagavía / Otsagabia**  
948 890 641 / [oit.ochagavia@navarra.es](mailto:oit.ochagavia@navarra.es)
- **Olite / Erriberri**  
848 423 222 / [oit.olite@navarra.es](mailto:oit.olite@navarra.es)
- **Orreaga/Roncesvalles**  
948 790 301 / [oit.roncesvalles@navarra.es](mailto:oit.roncesvalles@navarra.es)
- **Pamplona / Iruña**  
948 420 700 / [oficinaturismo@pamplona.es](mailto:oficinaturismo@pamplona.es)
- **Roncal / Erronkari**  
948 475 256 / [oit.roncal@navarra.es](mailto:oit.roncal@navarra.es)
- **Sangüesa / Zangoza**  
948 871 411 / [oit.sanguesa@navarra.es](mailto:oit.sanguesa@navarra.es)
- **Tudela**  
948 848 058 / [oit.tudela@navarra.es](mailto:oit.tudela@navarra.es)



Kingdom of  
**Navarra**

**[www.visitnavarra.es](http://www.visitnavarra.es)**

**Tel.+34 848 420 420**



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