



ACADEMIA  
EXTREMEÑA DE  
GASTRONOMÍA

GASTRONOMY ACADEMY  
OF EXTREMADURA

el **ATRIL**

THE AEXG MAGAZINE

No.31 - JANUARY 2024



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by Francisco Saúco

Repeated  
enthusiasm for  
new and greater  
achievements



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in Setúbal

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RED WINE

Monasterio de  
Tentudía

Ángel Ortiz Winery

Usagre, Badajoz

Wine of ancient notoriety and fame in our region and that today, in other...



CHAIRS  
OF THE  
ACADEMY

Each new month  
you will meet  
the personalities  
that give name to  
our Chairs

A  
NEW YEAR  
ARISES

2024



## THE ACADEMY NEWS

by Francisco Saúco



# Repeated enthusiasm for new and greater achievements

I wish you all a **happy new year 2024**.

I can tell you very few news except, and this is nothing new, the **reiterated enthusiasm** of our Academy and its Board of Directors to continue working for the development of its aims and the attainment of its **greatest and best achievements**.

I do want to emphasise the interest in our Academy, which has been joined in the last month by **5 new members** as "**Friends**", cause as you know, the number of Academicians is limited. And about this interest, it is also worth mentioning that many **embassies** are pleased to continue to receive our Gazette the Lectern.

There is also great interest in obtaining our annual "**AEXG Extremadura Gastronomy Award**". In this respect, we have been asked about the formula to be eligible for this award.... Well, well, well!

The AEXG continues to move forward, with the firm intention of proposing new goals at the **General Assembly** session to be held on 3 February at our headquarters in Badajoz, which will be followed by a **convivial meal** with the tasting of a succulent and tasty "**cocido extremeño**" (Extremaduran stew).

### Francisco Saúco

President of the  
Academia Extremeña de Gastronomía



AEXG FRIENDS



Region of the **Sierra de San Pedro and los Baldíos**

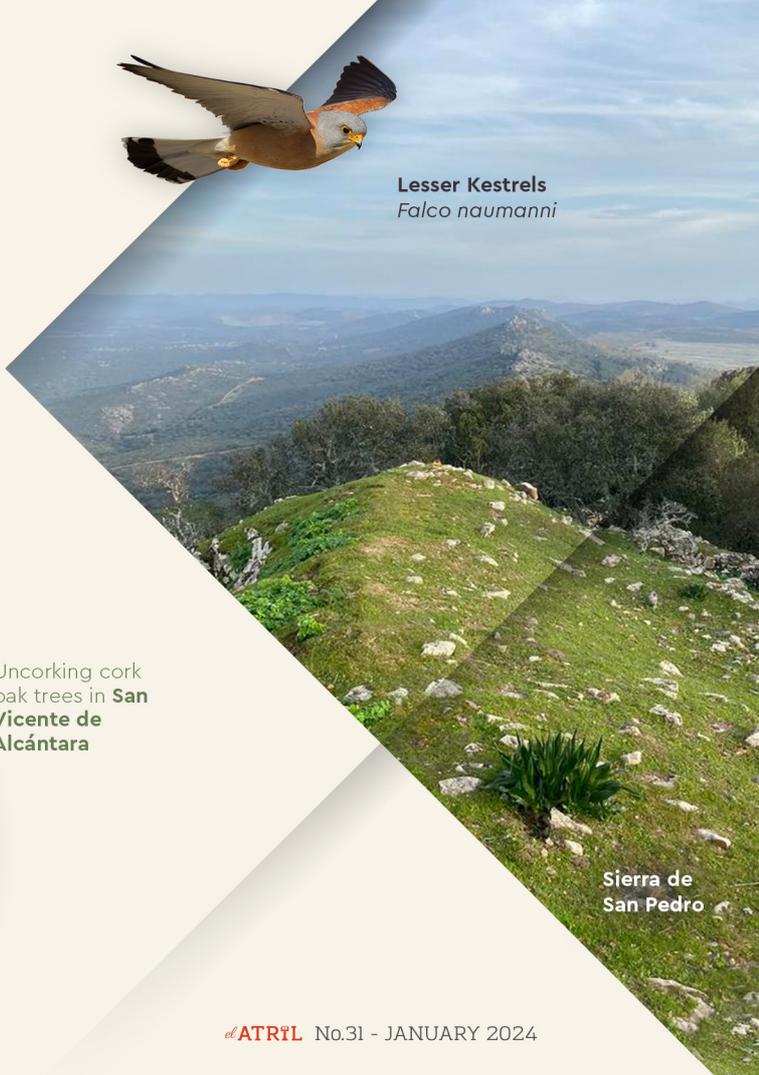
# Journey through the “Sierra de San Pedro” and “los Baldíos”



Tajo International Natural Park

This time we are going to travel through a region in Extremadura that spans both provinces and borders Portugal. This is the **Sierra de San Pedro and los Baldíos**, whose main centres are **Valencia de Alcántara** and **Alburquerque**, a region where the **world’s largest cork production** takes place.

For **nature** lovers, there are **three** large “**ZEPAS**” or special bird protection areas in this region: The **Sierra de San Pedro**, the western most part of the Montes de Toledo, with the Torrico de San Pedro, at an altitude of 708 metres, and where the last herds of Extremaduran wolves take refuge. The **Tajo International Nature Park**, declared a UNESCO Transboundary Biosphere Reserve in 2016 (the town of **Cedillo** has an interpretation centre for this park), with 300 species of fauna and 900 plant species. And the third ZEPA is located in the town of **San Vicente de Alcántara**, with an excellent colony of lesser kestrels (*Falco naumanni*).



**Lesser Kestrels**  
*Falco naumanni*



**Piedrabuena Castle in San Vicente de Alcántara**



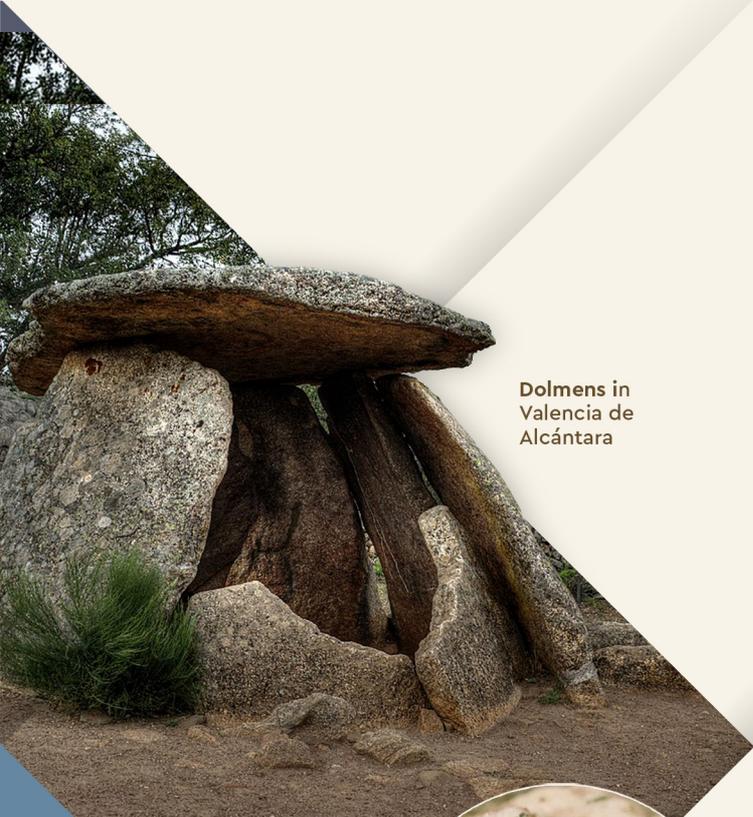
Uncorking cork oak trees in **San Vicente de Alcántara**

**Sierra de San Pedro**

Matanza tradicional  
extremeña  
(traditional Extremaduran  
slaughter of the pig)



Dolmens in  
Valencia de  
Alcántara



Castillo de Luna,  
(Castle of Moon)  
Alburquerque



Fish Soap,  
"sopa de caçao"  
in portuguese

In the field of cultural **tourist attractions**, mention should be made of the interesting **megalithic monuments** of **Valencia de Alcántara**, the most important in Europe, not forgetting its unique **Barrío Judío** (Jewish Quarter); the **Boda Regia** (Royal Wedding) between the Infanta Isabella, daughter of the Catholic Monarchs, and the Portuguese King Manuel "the Fortunate" was held here.

Or nearby **Alburquerque** with its beautiful medieval ensemble, considered an Asset of Cultural Interest, and its Castillo de Luna (Castle of Moon). Both festivals, held in August, are of Tourist Interest.

The **gastronomy** of the area stands out for its **Iberian pork** products from the typical "matanzas" (slaughter of the pigs) at this time of year, which are as famous as the **Dehesa de Solana** hams in Herrera de Alcántara, declared with the "**Dehesa de Extremadura**" Designation of Origin. Nor should we forget the **fish soup** with fish from the nearby rivers Tajo, Salor and Sever, and the **cod**, with as much Portuguese influence as its rich sweets. And all of this washed down with the fine, internationally awarded wines of this area from "**Encina Blanca de Alburquerque**", a winery with a restaurant run by

## Francisco Rivero

Academician of the AEXG  
PhD in Tourism  
Chronicler of Las Brozas and Hinojal



Bacalao a la portuguesa  
(Cod in the Portuguese style)

Gabrito  
Yurdano



# MISCELLANY

by Antonio Macías

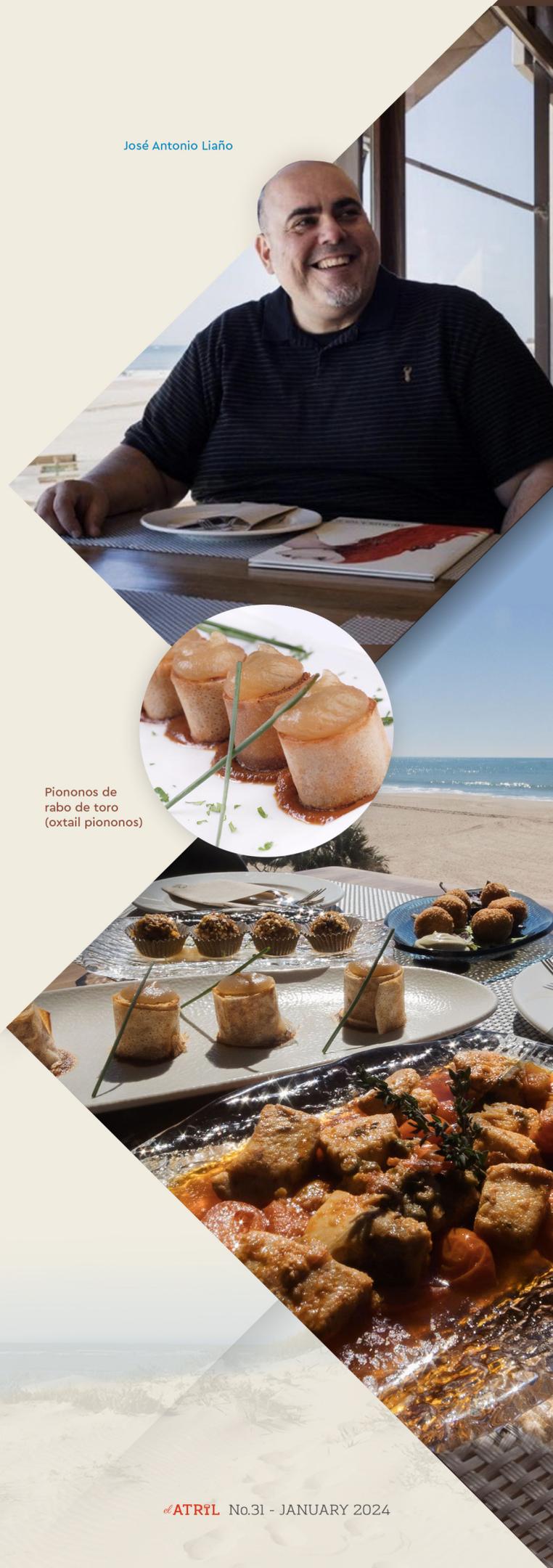
José Antonio Liaño



## Cuisines in the Bay of Cádiz

Travelling through the Bay of Cadiz and looking for charming places and good cuisine, we arrive at **Rota**, a cosmopolitan city located at the entrance to the Bay of Cadiz with clean, well-kept beaches, a place where different cultures and civilisations have passed through. This coastal town in the province of Cadiz perfectly combines the **products of the sea and the land** and fuses age-old fishing methods, such as the fishing corrals with the cultivation of the land, which here is called **mayetería**.

In a privileged setting on the "Playa de La Costilla" and with spectacular views of the beach, the **Badulaque Restaurant** is located in the Plaza Jesús Nazareno. **José Antonio Liaño** opened the establishment in July 2011, with extensive experience in the hospitality industry. At the head of the kitchen is Liaño himself and his team, with an innovative cuisine featuring a **fusion of various cultures**. The **wait staff** is **professional**, with extensive experience in the hospitality industry, and the hospitality you feel here depends largely on the staff, who are great here.



Piononos de rabo de toro (oxtail piononos)



Ferrero Rocher de morcilla  
(Ferrero Rocher of blood sausage)

Croquetas de urta a la roteña  
(Sea bream croquettes roteña style)



The wine list is extensive, with **more than 60 wines** from practically all denominations of origin. Normally, it is interesting to try new things and for that, what better than **piononos de rabo de toro** (oxtail piononos), croquetas de urta a la roteña (sea bream croquettes roteña style), salmon puff pastry with dill sauce, **Ferrero Rocher de morcilla** (Ferrero Rocher of blood sausage), patatas a la brava in an excellent interpretation, puff pastry stuffed with corvina a la roteña, etc. The **rock fish** from the bay is one of the strong points of its culinary offerings, especially urta, sea bass, snapper, gilthead bream, sea bass, almadraba tuna, etc., which are very well treated in all their versions, grilled, barbecued and fried. Worthy of mention are the grilled "**galeras de coral**" coral galleys (in season), cod au gratin with hollandaise sauce and a shrimp sauce and grilled octopus.

The sirloin Wellington with foie and ham on a puff pastry, the Retinto, Argentinean and American Angus meats prepared in different ways are in great demand by national and foreign diners who visit this establishment.

Desserts include "**El Bucarito**" cured cheese tart, a local cheese that has achieved renown among the famous cheeses of Cádiz, stands out; the **carrot cake**, with its delicious flavour, fine texture and beautiful orange colour, is one of the most popular cakes in the United States and very popular with American customers. Or **tiramisu**, with a very smooth texture, is worth trying, a dessert like the rest made in their cuisines.

Finally, we can conclude that the establishment, located in a **marvellous enclave**, combines quality, innovation and interesting prices.

## Antonio Macías García

Academician of the AEXG



## WINE OF THE MONTH

by Isabel Mijares



## RED WINE

# Monasterio de Tentudía

## Ángel Ortiz Winery

Usagre, Badajoz

A wine of ancient notoriety and fame in our region and which today, in other hands and produced in other winery, **continues to surprise** with its personality.



“A WINE THAT NOW HAS A NAME AND SURNAME”



Two Garnacha grapes, Garnacha tinta and Garnacha tintorera, well complemented with a Tempranillo from the Extremadura region.

Garnacha grapes which, thanks to the climate, soil and environment (known as **terroir**) give rise to a very characteristic wine.

**Tasting notes and harmonies**

**Appearance.** Bright red, still very young for its age, bright and clean; with agile movement in the glass.

**On the nose.** Very complex aroma as it opens up, spices and red flowers with fruity notes base. Intense and long-lasting aroma.

**In the mouth.** The surprising thing is the palate: fresh and agile on entry; structured and with good tannic expression, warm and juicy on the palate and long in the aftertaste.

**Harmonies:** it can accompany an ample Iberian meat or a fine guinea fowl, an Iberian ham from Extremadura or a delicate pâté.

A gastronomic wine, very gastronomic.

**Isabel Mijares**

Academician of the AEXG · Chemist, Oenologist and Wine Writer.

Academician of the Real Academia de Gastronomía  
Honorary Citizen in Mérida



## TRAVELLING GOURMET

by J. Antonio Narro

# Fried cuttlefish in Setúbal

We pack our bags and head for **Setúbal**. We are just over half an hour's drive from Lisbon, next to the mouth of the river Sado. Here, in a unique natural setting, is **one of the most beautiful bays in the world**.

A coastal town with fond memories that I have known since I was a child, when I spent my summer holidays in this idyllic part of Portugal for several years.

The "**Serra da Arrábida**", **Sesimbra**, **Azeitão** or the peninsula of Troia were obligatory excursions, from those longed-for years, which I always recommend.

Of those "lembranças" (memories) there is one that remains and I never fail to "nourish" it every time I return. I am referring to eating in one of its many restaurants a "**choco frito**" in the style of **Setubal**.

This dish stands out (due to its fame and notoriety) from the rest of the multitude of dishes that travellers can enjoy in this town, especially those that come from the ocean. A true emblem and **culinary icon of Setúbal**.

This is cuttlefish, which is very abundant in these waters, cut into slightly large strips which are then coated in batter.

This preparation, which is not particularly difficult to prepare, is usually accompanied by fried potatoes, lemon and a good homemade mayonnaise.

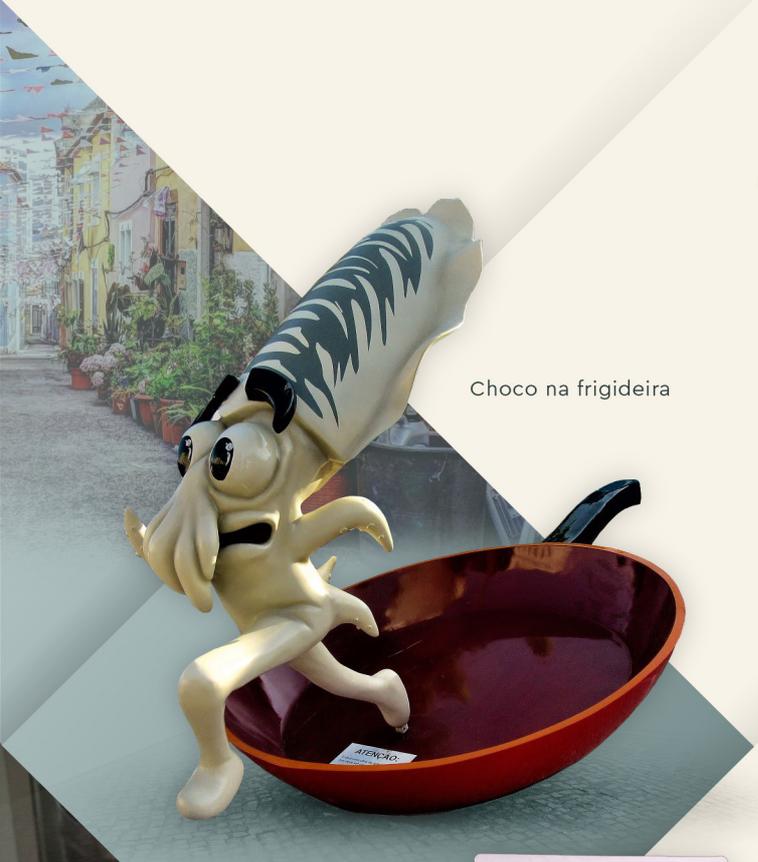
The secret seems to be clear: a **good product** and a **batter** that does not mask the flavour of the cuttlefish and is both **light and crunchy**.

Regarding the breading, remembering the Spanish saying "cada maestrillo tiene su librillo" (each to their own), **each restaurant has its own formula**. I've heard from some people that a light touch of beer helps, others tell me that a little lard in the oil.... Whatever the way it's prepared, it's **one of my favourite dishes**.



Sesimbra





Choco na frigideira

Muelle Palafitico in Carrasqueira



Serra da Arrábida

Such is its importance that it is difficult to find a restaurant that does not have it on its menu. Choco is the undisputed king of the Setubal table.

It is true that the variety of possibilities in which it can be prepared is almost infinite (grilled, in its own ink, with rice, in sandwiches, ...), but **this version**, cooked in a frying pan in very hot oil, is the most popular and loved.

This is therefore the most famous local speciality. It is safe to say that we are in the mecca of fried choco in Portugal, as evidenced by the **sculptural tribute** to this animal and this dish, located in the area leading to the beaches of Arrábida. Known as "**Choco na frigideira**", it represents a cuttlefish that seems to flee from the frying pan, aware of the imminent future that awaits it.

A simple stroll around the port allows us to corroborate, to mention just one area of the city, what I am writing: an uninterrupted succession of magnificent restaurants where you can eat it at very affordable prices. And this is another of its advantages: it is a **relatively cheap** dish.

To conclude, in fairness, I would like to remind you that choco frito is much more than a simple recipe, however simple it may be. **It is part of Setúbal's gastronomic culture.**

It is as deeply rooted in their culinary imagination as migas in the Alentejo, leitão in Bairrada or a fish cataplana in the Algarve. All of them, true ambassadors of their territories and first class attractions.

So, what has been said. You must try it and enjoy it.

### J. Antonio Narro

Academician of the AEXG



**SIGNED BY**  
Fernando Valbuena



Patatoes with bacon rashers from **Baviera Restaurant**, Salamanca



# ¡Hymn to breakfast! ¡Sacred portico of eating and living!

In the canteen of the **Saavedra Fajardo** market in Murcia, they serve a toast of sobrasada and roque with wings of blessed glory. In Plaza del Cachupín, in Laredo, in a cafeteria called **Las Vegas**, tortilla de patatas (potato omelettes) levitate. And in the very salamanca **Baviera** Restaurant's bar, having breakfast every morning is to pray a rosary of ecstasies: patatas meneadas con torreznos (potatoes with bacon rashers), chichas, broken eggs with ham...

Oh, breakfast...! Sacred portico of eating and living! Take my dinners! Steal my meals! But, oh my God, no breakfasts... I'd die if I couldn't have breakfast!

I eat breakfast more than once and more than twice! Sweet and savoury. And like a good Basque, amarratako (elebenses) at mid-morning. I've heard that in this life there are other pleasures (forgive my ignorance if I say I don't know something better).

Living is a succession of breakfasts (and amarratakos); the other... The other? The other will be given to you, if necessary, in addition.



Potatoes omelette from **Las Vegas Restaurant**, Laredo



Also in **Badajoz**. And, above all, in Badajoz.

Oh those heroic toasts that my dear Paco lifts, wrapped in an enormous torrent of work and kindness, in **San Francisco**'s! Badajoz, the whole of Badajoz.

In **Almendralejo**, more than thirty years ago, recently cut my basque apron strings, in the bar of the petrol station, next to the stadium, they served me some migas (breadcrumbs) topped with the mummy of a sardine and I fell in love with them forever. The migas are, God help me, the most excellent of all the soaking agents for coffee with milk. And in Badajoz people still eat migas for breakfast. And almost everything. Whole and half (toasted bread).

Badajoz is, at breakfast time, an extreme example of the triumph of capitalism: supply and demand. Here appetites and pockets embrace each other. It's difficult to have a better breakfast for less, it is difficult for so many to have breakfast outside. I usually say that in all our spanish regions you eat well, but that in the Basque Country the distance between places where you eat well is shorter.

Now I say that in all our regions you have a good breakfast, but in Badajoz the distance from place to place where you have a good breakfast is shorter. I swear on my honour.

## **Fernando Valbuena**

Academician of the AEXG



# HARMONIES

by Rafael Ansón



## L.A. Ibergastro

The Ibero-American Academy of Gastronomy has launched a very interesting project that could be extraordinarily positive for the different countries of Ibero-America, including Spain and Portugal.

The AIBG, in collaboration with the Los Angeles Chamber of Commerce and with the support of the City Council, has created the L.A. Ibergastro project, whereby the City of **Los Angeles**, in California (USA), will become a "**Stage and loudspeaker for the New Ibero-American Gastronomy**".

Within the framework of this initiative, **Spain**, with its different **Regions**, will play a prominent role. And, in a very special way, Extremadura.

### Los Angeles, stage and loudspeaker for Ibero-America

The main objective is, on the one hand, to **promote long-distance tourism** between the Ibero-American countries and the United States and Canada. On the other hand, to **promote foreign trade** in the main food and beverage products of the different countries.



LOS ANGELES AREA  
CHAMBER OF COMMERCE



# Feeding = 4S

Saludable-Solidaria-Sostenible-Satisfactoria  
Healthy-Solidarity-Sustainable-Satisfying



The focus will be on promoting the **New Gastronomy** of the 21st century, in other words, healthy, solidarity, sustainable and satisfying food.

The **Cuisine of Freedom**, the authors cuisine, the cuisine of innovation, which is a protagonist in today's world, will also have a prominent place.

Of course, the project will cover the **four links in the food chain**: agri-food production, industry, distribution, commerce and the hotel and catering trade. Particular importance will be given to **raw materials**, to food and drink, which are essential for people to have access to adequate food and to enjoy eating. In this respect, Spain can boast, perhaps more than any other country, of the quality, variety, breadth and diversity of its food and drinks, its production and its food industry.

## Food and drinks from Extremadura

In Spain, **Extremadura** is one of the food greatest quality Regions, perhaps less well known. This is why, the Ibero-American Academy of Gastronomy is working with the Regional Government of Extremadura to showcase all this gastronomic offer on the stage of Los Angeles, so that **the main products of this region are known and valued at an international level**.

And it is my conviction that some of these foods are the ones that will generate the most curiosity and interest. Of course, the **pure acorn-fed Iberian ham** from the Extremadura Dehesa, which is particularly important because it is the area of Spain with the largest area of dehesa and most Iberian pigs. Also some of its great **wines, oils and cheeses** (including "Torta del Casar", perhaps the best cheese in Spain).

Extremadura now has **16 designations of origin or quality**. And, in each of them, there are some particularly important brands.

The aim now is to boost, publicise and promote Extremadura's food production and industry in Los Angeles and, in general, throughout Latin America, with special emphasis on **sustainable products**.

## Rafael Ansón

Founding President and Honorary President of the **Real Academia de Gastronomía**





# Hernán Cortés de Monroy y Pizarro Altamirano

by Manuel Manchado  
Gallardo

Hernán Cortés, compatriot and neighbour, **was born in Medellín in 1485** and **died in Castilleja de la Cuesta on 2 December 1547**.

As you all know, he was a Spanish conquistador who led the expedition that led to the **conquest of the Aztec Empire** in Mexico. Cortés set out from the island of Cuba in 1519 with a very small group of soldiers; despite this, thanks to his cunning and diplomatic skills, he managed to unite several local tribes against the Aztecs and, with the help of his allies, conquered the Mexican capital of **Tenochtitlán** in 1521.

Cortés' success in conquering Mexico was made possible by several factors.

One was the military superiority of the Spaniards, but it was also due to Cortés' ability to **forge alliances** with local groups against the Aztecs.

Although such a feat is known worldwide, what brings us to talk about Hernán Cortés today is the **impact** that the conquest of Mexico had on **Spanish and European gastronomy** in general, thanks to the introduction of new ingredients and flavours that were previously unknown in Europe.

One of the most important foods brought from the Americas to Spain was **corn**.

Corn became a basic ingredient in Spanish cuisine, leading to the creation of dishes such as tortillas and biscuits.

In addition, spices such as **chili** and **vanilla** were also brought over and integrated into Spanish cuisine, enriching its flavour.

Another product brought from America to Spain was **chocolate**.



Corn



Chili



Hernán  
Cortés



Vanilla



Another product brought from America to Spain was **chocolate**.

Although chocolate was already known in Mexico before the arrival of the Spaniards, its consumption was limited to certain social classes. The Spanish conquistadors discovered chocolate and brought it to Spain, where it **quickly became popular**.

The Spanish created new ways of consuming chocolate, such as the hot chocolate drink that became one of the most popular beverages of the time.

In addition to introducing new foods, the conquest of Mexico also influenced European gastronomy by **changing the way** some familiar ingredients **were grown and prepared**.

For example, the Spanish learned from the Indians how to grow **tomatoes and peppers**, which had been brought to Europe, and how to use them in cooking.

They also learned how to **prepare and cook corn** in new ways, which led to the creation of new dishes and recipes that became popular in Spanish and European gastronomy.

On the other hand, the **fusion of ingredients and culinary** techniques from both cultures led to the creation of new dishes that blended the best of both cultures.

One of the most important culinary fusions created by the conquest of Mexico was the **cocina mestiza (mestizo cuisine)**.

This mixture of indigenous and Spanish cuisine gave rise to a unique culinary style characterised by the combination of ingredients and techniques from both worlds.

Mestizo cuisine is based on the use of ingredients such as **corn, chilli, frijol (beans), jitomates (tomatoes) and avocado**, which are combined with Spanish ingredients such as **pork, beef, wheat and olive oil**.



This fusion of flavours and culinary techniques gave rise to a wide variety of dishes, such as the traditional **tacos**, which have become symbols of Mexico's cultural identity and are recognised and enjoyed all over the world.

Thus, what began with a daring expeditionary who set out for the Americas with a handful of soldiers, has allowed us to enjoy **tomato** (and gazpacho, of course), **avocado**, **corn** or a **vanilla and chocolate dessert** today.

It is important to thank Hernán Cortés for his work and bravery in the conquest of Mexico and to be aware of how he enabled a wonderful **fusion of cultures** and the creation of a new gastronomy that is a sample of the richness and cultural diversity of the world.

I am grateful to the Academy for giving me the opportunity to share this story and to be able to highlight the enrichment of gastronomy as a result of important anniversaries.

As lovers of good **cuisine** and the **gastronomic culture of Extremadura**, a region with an incomparable culinary and cultural wealth, it is an honour to be able to continue discovering together what our region has to offer and to highlight and admire the work of great figures from our land.

## Manuel Manchado Gallardo

Academician of the AEXG



# el ATRIL

THE AEXG MAGAZINE

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GASTRONOMÍA

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