



ACADEMIA
EXTREMEÑA DE
GASTRONOMÍA

GASTRONOMY ACADEMY
OF EXTREMADURA

el **ATRIL**

THE AEXG MAGAZINE

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**TOURISM AND
GASTRONOMY**
by Francisco Rivero

The region of Olivenza

There is no doubt that the Portuguese atmosphere can be savoured here like nowhere else in Extremadura, as Olivenza Portuguese country until...



SIGNED BY
Fernando Valbuena

Alcántara and Balzac

Extremaduran cuisine has three major altars. Guadalupe, Yuste and Alcántara. Three monasteries around which to celebrate our good food. Any one of the...



**SHAKEN,
NOT STIRRED**
by Alfonso Ramos

Strawberry Fields Forever

I'm significantly attracted by the incessant search for harmonies -as our great friend...



MISCELLANY
by Jesús Lozano

Digitasation of aromas: the electronic nose



**THE ACADEMY
NEWS**
by Francisco Saúco

The Academy and its busy internal and external calendar



**TRAVELLING
GOURMET**
by Francisco Rivero

The richest country in the world with food from Spain



**CHAIRS
OF THE
ACADEMY**

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



**WINE OF
THE MONTH**
by Marcelino Díaz

Iberovinac The Wine, Oil and Olive Fair of Almendralejo



**THE ACADEMIC'S
OPINION**
by Alfonso Ramos

Each new issue, an
Academician will give
his or her particular
vision on gastronomic
themes.



THE ACADEMY NEWS

by Francisco Saúco



The Academy and its busy internal and external calendar

For some time now, we have been travelling a seductive route in which the calendar is brimming with **external gastronomic events** of great interest. In addition to these, we continue to add events and meetings organised by the **AEXG itself**, which join the existing ones... because the Academy's activities have not ceased:

- Our cycle of **AEXG tastings** came to a remarkable conclusion on 26 March. The greatest satisfaction is to see the constant attendance and good reception. We are looking forward to new tastings.

- On March 18th, the **AEXG Academicians and Friends of the AEXG lunches** that we have set up every month began and that we inaugurated at the **Galaxia** Restaurant in Badajoz. There was full participation and we were able to enjoy a pleasant evening, in which it was clear why this restaurant has been awarded by the Academy. Our next monthly event was held recently on 29 April, and this time it was hosted by Restaurante **Lugaris**, also located in Badajoz: another success.

- In a few days we will be holding the first **Gastronomic Gatherings** at the Academy's headquarters from 19.30 p.m., led by **prestigious speakers** and accompanied by a **succulent aperitif**, in which interaction and active participation in the event will be a priority, with interventions by the attendees themselves.

AEXG TASTINGS

Galaxia
Restaurant,
Badajoz





iberkanpai 乾杯

Andrés Bas
Santa-Cruz



- In addition, we continue to attend **various external events and activities** and good proof of this are some of the articles in this new Atril. Gastronomy is culture and there is undoubtedly no better way of getting to know it than by actively participating in it.

In this respect, it is worth mentioning our forthcoming attendance, on 12 and 13 May, at the **first fair in Spain and Portugal** dedicated exclusively to the art of **sake** and the excellence of **Japanese gastronomy: Iberkanpai**. This unique event was born from the shared passion of **Mayu**, sommelier and sake ambassador, and **Naumi**, chef and Japanese cuisine teacher.

In the **next Atril** we will tell you more about this imminent and promising fair, a recent novelty on the national gastronomic scene.

I would not like to close this section without first **remembering a former academic colleague and friend** who left us a few days ago, **Andrés Bas Santa-Cruz**. An excellent surgeon, but also a great scientific disseminator and promoter of numerous projects and programmes. On behalf of the Academy, we wish to convey our most sincere condolences to his family.

Rest in peace, Andrés.

Francisco Saúco

President of the
Academia Extremeña de Gastronomía



Mayuko
Sasayama,
sommelier
and sake
ambassador



Naumi Uemura,
chef and teacher of
Japanese cuisine



The region of Olivenza

There is no doubt that the **Portuguese atmosphere** can be savoured here like nowhere else in Extremadura, as **Olivenza** belonged to the Portuguese country until 1801 and is still claimed by the neighbouring state, as it does not recognise 'de iure' (legally) the borders between the two countries. History and folklore confirm this, as Olivenza was part of the sister country for hundreds of years and there is still much remembrance of it. Today it belongs to the association of the **Pueblos Bonitos de España** (Pretty Villages of Spain).

An example of this is the rich Portuguese heritage, such as the enormous **Templar castle** where the unique **Ethnographic Museum of Extremadura** is located, or the **fortified bridge of Ajuda**, not forgetting its **temples** with Manueline Gothic architecture.

I suggest a **tourist route** through the villages that make up the region starting in **Olivenza**, its capital, continuing through **Cheles** and finally concluding in **Valverde de Leganés**. In total, a round trip of just over 150 kilometres. And what to see here?

Cheles is located on the edge of **Lake Alqueva**, which is shared on the Guadiana River with neighbouring Portugal and is the largest lake in Western Europe. It irrigates 110,000 hectares and produces 380 MWh (megawatt-hours). Its **river beach** holds the famous blue flag.

Villanueva del Fresno is the southernmost village in the region and was the birthplace of **Luis Apostua**, who for many years was president of the journalists of Spain. This flat village has several bird protection areas, especially where cranes winter. In **Alconchel** you should see the **Templar castle**. **Táliga**, together with Olivenza, belonged to Portugal until the early 19th century.



Region of Olivenza



Olivenza



Alconchel Castle



Ajuda Bridge



Cheese Fair as part of the Jornadas 'Vive la Transhumancia', (Live the Transhumance Days), Valverde de Leganés



Cross-border Fair of the Gurumelo (mushroom), Villanueva del Fresno



Statue of Hernando de Soto, Barcarrota

In **Higueras de Vargas** you should see another Templar castle, which eventually passed to a private family and is now owned by the municipality. **Barcarrota** is a town known for the birth here of the conqueror **Hernando de Soto**, discoverer of Florida, and also of **Francisco de la Bastida**, who, together with Diego García de Paredes from Trujillo, founded the Venezuelan city of Mérida, in the heart of the Andes. Ten original books from the 16th century were found on the wall of a house, which make up the Barcarrota Library, including an unknown edition of 'El lazarillo de Tormes'.



In **Almendral** we find the famous convent hotel of **Rocamador**, which was opened by the Extremaduran actor Carlos Tristancho, ex-husband of Lucía Dominguín. The route continues through **Torre de Miguel Sesmero**, a village that became independent from Almendral and had a castle tower, a tower that was demolished in the middle of the 19th century. Returning to Olivenza, the route ends in **Valverde de Leganés**, formerly known as Valverde de Badajoz.



Show Cooking at the Asparagus and Tagarnina Fair, Alconchel

In the field of **gastronomy**, we must recognise the value of the **Cross-border Fair of the Gurumelo** – a mushroom whose scientific name is '**Amanita Ponderosa**' – in **Villanueva del Fresno**, where gastronomic days are held which have been declared a Festival of Regional Tourist Interest. These days are complemented by the **Asparagus and Tagarnina¹ Fair** in **Alconchel**. Lovers of Iberian pork products should visit **Cheles** in mid-February, where a popular 'matanza' (pork slaughter) is held, or **Barcarrota**, where there is a **gastronomic event featuring Iberian products**, not forgetting the **Bull Fair** in **Táliga** or the **cheese competitions** in **Valverde de Leganés**.

Francisco Rivero

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

¹ Spanish oyster thistle.



SHAKEN, NOT STIRRED

by Alfonso Ramos



John Lennon
at the time of
**Strawberry
Fields Forever**

Strawberry fields forever

Strawberries and the world

I am significantly attracted by the incessant search for **harmonies** –as our great friend Ansón rightly says– **between gastronomy and the world**. Beyond a mere link, of combining or squaring, it is about the **feedback** and **enrichment** that arises from the relationship between both sides.

The world would not be the same without gastronomy... and it goes both ways.

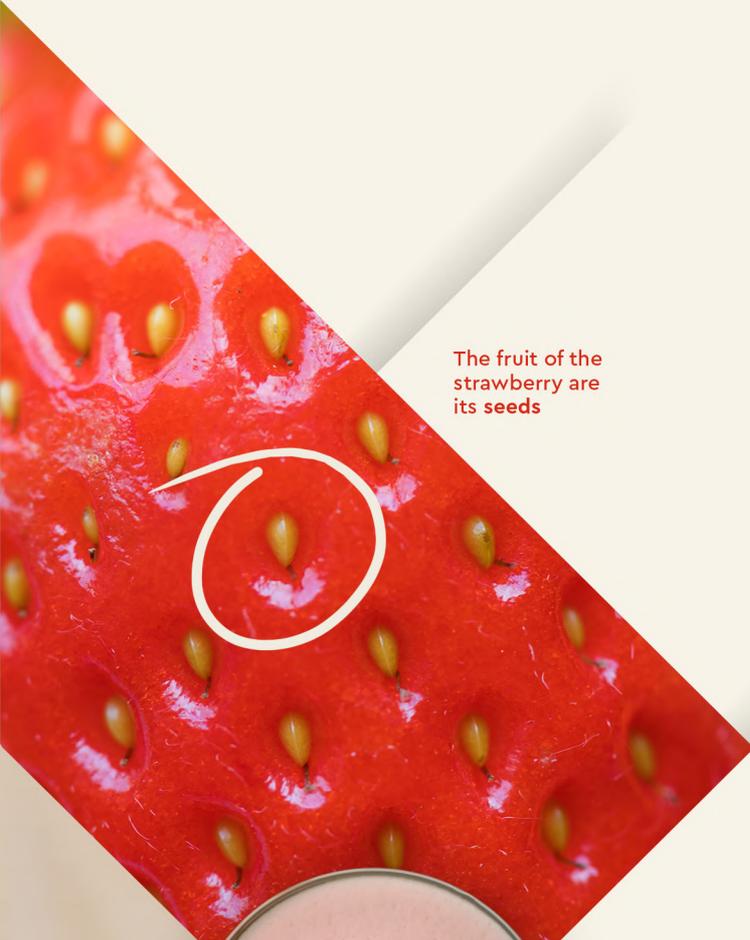
There is a phrase attributed to **Lord Northcliffe**, British newspaper magnate and founder of modern popular journalism, which states that *'it is legitimate to regard food as the most important subject in the world: it is the thing that preoccupies most people for most of their time'* (quoted in Fernández¹, 2004, p. 11).

A few days ago I was savouring a delicious strawberry from our sister Andalusia and I started to link **gastronomy and music**, to ramble on about the meaning of **Lennon's** writing **'Strawberry Fields Forever'** in '66 while he was in Almeria... we'll talk about this later.

The fact is that in the end, the satisfaction of tasting it led me to **want to know more about strawberries**. Where do they come from? Who is the biggest importer? And exporter? How many varieties are there? Is it true that they harmonise excellently with cava? What is the significance of strawberries in society?

¹ Fernández Armesto, F. (2004). *Historia de la comida: alimentos, cocina y civilización*. Barcelona: Tusquets.





The fruit of the strawberry are its seeds



The Alps

Characteristics

The **strawberry** (*Fragaria*) is a genus of stoloniferous creeping plants in the family **Rosaceae**. It comprises about 425 described taxa or groups, of which only about 20 are accepted. They are cultivated for their edible fruit, also known as strawberry or strawberry, but in fact **the strawberry itself is not the fruit**, but a thickening of the floral receptacle, a fleshy modification of the stem which contains the achenes, the '**seeds**', **the real fruit**. Each strawberry contains **between 150 and 200**.

Origin

The wild strawberry originates from **the Alps** and was discovered by the Romans, who considered it a privileged food. It is said that in Ancient Rome it was linked to the festivities of Adonis, as the legend states that the origin of this fruit is given to his death, when **Venus cried tears** that, when touching the ground, **turned into strawberries**.

The Roman poets **Virgil and Ovid mentioned the strawberry as an ornamental plant**.

It seems that the strawberry **began to be cultivated** in **French** gardens around the **14th century** (in Spain in the 18th century). And it was the Portuguese, Spanish and English who spread it throughout Europe and America, even reaching some parts of Asia.

At first, **Europeans** only knew the species **Fragaria vesca**; however, in the 19th century, the first **settlers from the United States** brought a **new strawberry** with which they obtained new varieties that gained in size, but lost in flavour. Finally, the Spaniards made new crosses between this and the **Fragaria chilonensis**, a variety discovered in Chile, which adjusted the balance and resulted in a new, large and tasty strawberry.

Properties

Strawberries are high in **fibre, vitamin C, antioxidants, potassium, folic acid and minerals**. It is one of the fruits with the lowest number of calories; its consumption also helps to keep the **skin hydrated**; it fights **constipation** due to fibre; it prevents **eye diseases**, also due to vitamin C and pigments such as lutein and zeaxanthin; or it reduces **cardiovascular problems**.

As a caveat, it should **not be consumed by children under 18 months of age**, as it is an **allergenic fruit**.

Varieties

The **choice of the variety** to plant **each season** is still one of the most important aspects to take into account in strawberry cultivation. The search for the **most interesting, advantageous** and, if possible, the most **unique varietal composition** is the objective pursued by growers, especially by the most important ones; this leads to a tendency to modify the varietal scenario from one season to the next.

In any case, the most outstanding varieties are:

- **Reina de los valles (Queen of the valleys):** predominant variety in the Spanish market. Tiny, whitish-red to bright red fruit, with succulent, sweet-tasting and aromatic pulp.
- **Camarosa:** the most cultivated variety of strawberries and strawberry. This large fruit of Californian origin is very early, extremely bright in colour, with good flavour and firmness.
- **Tudla:** large, aromatic, elongated, deep red strawberries, both externally and internally.
- **Oso grande (Big bear):** strawberry of Californian origin, with the disadvantage that it has a tendency to crack. It is orange-red in colour, with a flattened wedge shape, large size and good taste.
- **Cartuno:** perfect conical strawberry, uniform size and bright red colour. Its flavour is sweet.
- **Carisma:** very vigorous variety of strawberry, able to adapt to all types of soils and climates. Its colour is soft red and it has a large size.
- **Irwing:** rounded strawberries and strawberry plants, flattened at the stalk and matt red in colour.
- **Pájaro (Bird):** a variety that produces conical strawberries, firm, with consistent flesh and uniform and bright red colour. This is possibly the variety with the best flavour of all those marketed.
- **Selva (Jungle):** they are considered the summer strawberries, as they usually appear on the market in mid-July and last until the end of September.

Strawberries in the world

The **strawberry sector** represents an **important segment of the world fruit market**, with widespread cultivation in temperate and subtropical regions. Its popularity is due to its versatility, nutritional benefits and year-round availability through global trade.

Strawberries **are grown in more than 70 countries** around the world. According to **FAO data for 2023**, **China is currently the largest producer** with almost 40% of the world's strawberry production. **The United States is second** in the ranking, with production concentrated in the states of California, Florida and North Carolina; it is also a major importer. **Mexico, in third place**, is a key supplier to North America and Europe, known for its year-round production. **Fourth in the ranking is Turkey**, a major producer in the Middle East and Europe. **Spain is fifth**, standing out as the **leading exporter to European markets**, especially in the winter months. **Egypt, ranked sixth**, is emerging as an important player, benefiting from its favourable growing conditions. Finally, South **Korea and Japan** are renowned for their **top quality** strawberries.

Strawberries in Spain

The **largest exporter in the EU** supplies a significant part of the demand on the European continent. **France and Germany** are the main clients, although the **United Kingdom, Belgium, the Netherlands, Switzerland and Austria** also import Spanish strawberries as their first choice. As far as domestic consumption is concerned, **nowadays, strawberries**

from intensive cultivation, which, with the help of greenhouses, manage to have a year-round presence on the **domestic market**, are the **main Spanish strawberry-growing regions**:

- **Huelva.** The province of Huelva produces more than 90% of Spanish strawberries. This season, the two most cultivated varieties have been **Marisma** (Fresas Nuevos Materiales) and **Red Sayra** (Planasa), with a combined total of 24.6%, 12.5% for the former and 12.1% for the latter.
- **Maresme region, Barcelona.** After Huelva, Catalonia is the second largest producer region. The most appreciated is perhaps the Maresme, a **mountainous region** on the east coast of Barcelona. From the end of April until May, gastronomic days are held in honour of the star of the local vegetable garden.
- **Begonte and San Adriano, Lugo.** In third position, the Galician market garden offers us its delicious northern strawberries. Although the plantations are spread throughout the region, the most important ones are in the province of Lugo. The plantations of Begonte and San Adriano, further north, ensure that you can enjoy the strawberry plants of the strawberries from the mariña lucense.
- **Godella, Valencia.** Valencia, our fourth largest strawberry-producing region, is not only fed by paellas. For strawberries, a visit to Godella, in the Huerta Norte region, is a must. It is very close to the capital and we recommend its desserts with strawberries after a traditional 'all i pebre' or a classic and delicious 'arroz a banda' (rice dish).
- **Manacor, Mallorca.** Mallorca produces a special strawberry, small in size and with a very sweet and intense flavour. The island is the fifth largest producer of strawberries in Spain and this variety is a gourmet delicacy that local chefs do not hesitate to take exquisite care of. If you want to try them, you must visit the Manacor market, where you will find the best and freshest varieties.
- **Valsequillo, Gran Canaria.** The Canary Islands is the sixth largest producer of strawberries; its most characteristic strawberry is produced in Valsequillo. This fruit is the driving force of the local economy, after much effort and studies over the years to adapt it to its climate.
- **Aranjuez, Madrid.** Lastly, we find the 'aristocratic' and traditional strawberry of Aranjuez. From Madrid there is an old train route, the Strawberry Train, which pays tribute to this traditional Aranjuez product. Strawberries and strawberries share the limelight in the local market garden with asparagus.

Strawberries in Extremadura

As for **our region**, in Extremadura we have strawberries, and very good ones. There is a town in Cáceres, **Casas del Monte**, where they have been very famous for a long time. So much so that they even **form part of its coat of arms**. In this town in the **Ambroz Valley**, strawberries are **grown naturally** in season, not forced and in the open air, factors which are undoubtedly key to the special flavour of the strawberries. The current

season is the end of April and the beginning of May and June, depending on each variety, although the star variety in Casas del Monte is **Portola**, which stands out for its **resistance to common strawberry diseases**, which **facilitates its cultivation and minimises** the need for **chemical intervention**.

Finding them is a somewhat complicated task, as there are currently only two growers dedicated to their cultivation and 1 hectare planted between them. However, you can get your hands on them in both **Plasencia** (Cáceres) and **Béjar** (Salamanca), as they are served in some establishments in these towns.

The exotic white strawberry

White strawberries have a curious **exotic flavour**, similar to a **mixture of strawberries and pineapple**. They are known as **pineberry**. In Japan they are called shiroi houseki - 'white jewel' - because of their colour. Although it has become more popular in recent years, it is an **ancestral fruit** from the South American forests, specifically **from Chile**. It is known as the Chilean strawberry, the strawberry from the coast of Chiloé, an archipelago in the south of Chile, or the sand strawberry. Since 1984 it has had its own celebration, '**the white strawberry festival**', which takes place **in Contulmo**, in the south of the country. Its curious whitish colour is a consequence of the deficiency of a protein that prevents it from acquiring the characteristic red colour of the strawberries we usually eat. The **outside** of the strawberry has a **faint pinkish appearance**, while the **inside** is **radiant white**. The white strawberry is the result of a **chance crossing** of two American strawberry varieties: **Fragaria virginiana** and **Fragaria chiloensis**.

When its cultivation was on the verge of disappearing, Dutch farmers introduced this strawberry hybrid, called **Fragaria x ananassa** (strawberry and pineapple), in order not to wipe out this fruit. In fact, Holland is the country where most strawberries are grown. In terms of price, a dozen white strawberries can cost **more than 60 euros** on the market. **China and Japan** are very fond of these extravagant fruits, which even reach the **category of special gifts**, as has already happened with apples or square watermelons, reaching stratospheric prices there.

Strawberries in gastronomy

The strawberry is a forest fruit that is suitable for **dieting**, as it is low in carbohydrates. It has a very pleasant, slightly sour taste (some can be very sweet). They are consumed **alone or mixed** with sugar, sugar and wine, sugar and cream, orange juice, **in ice creams, jams, juices, smoothies, milkshakes and** are also very popular in **confectionery** for sweets, cakes and pies. The bright red fruits of various species give a special touch as a food garnish. Strawberries are used to make an **alcoholic drink** called **strawberry liqueur**, which is made from brandy.

Although the tender leaves can be eaten as a vegetable, they are rarely used.

White Strawberries



Casas del Monte

Strawberry and red fruits gin





Entrance to the former **Strawberry Field orphanage** in Liverpool



Strawberries must be harvested when the plant is in full bloom, the roots are about to dry and the fruits are ripe, with an intense pink colour. They must be kept in the shade, in a place protected from heat and humidity.

Strawberry harmonies

Strawberries are most commonly used in confectionery, where they are associated with other red fruits (raspberries and blackberries) as well as with puff pastry. However, strawberries are ideal for:

- **Breakfasts:** with cereals, yoghurts or pancakes they give a fresh and vibrant touch. With fresh goat's cheese they also work wonders.
- **Salads:** mix strawberries with spinach, walnuts and feta cheese for a salad that combines sweet and savoury.
- **Souces:** make a strawberry sauce to accompany grilled meats or desserts – a guaranteed flavour explosion!
- **Smoothies:** they harmonise perfectly with other fruits, creating healthy and refreshing drinks.

The versatility of strawberries knows no bounds, and there is always a new and exciting way to enjoy them...

By the way, Richard Gere was right: strawberries take on an iridescent sheen in a glass of cava, as well as giving it a rich, attractive colour and a sweet taste that contrasts perfectly with the dryness of the sparkling wine.

Back to Lennon

And I close this article by returning to the song 'Strawberry Fields Forever' which Lennon composed during his stay in Almería, back in 1966. Although I have to say that the song has nothing to do either with the Zapillo beach or with strawberry fields. The composition is inspired by an orphanage in Liverpool called 'Strawberry Field' near the house where the 'beatle' spent his childhood. 'Strawberry Field is a real place', decia Lennon '... that I used to go to when I was a kid...we always had fun. That's where I got the name'. It should also be noted that the title of the song is Strawberry Fields (plural) because, as Lennon admitted, 'it just sounded better'. The musician also frequently stressed that Strawberry Field represented his childhood and that he felt a certain connection to orphanages.

Alfonso Ramos Retamar

Friend of the AEXG



**TRAVELLING
GOURMET**
by Francisco Rivero

#alimentosdespaña

The richest country in the world with food from Spain

The **38th Salón Gourmets** was held these days at the Institución Ferial de Madrid, which is the **Leading International Fair of Quality Food and Beverages in Europe**, with more than 2,000 exhibitors in six large pavilions, with more than 55,000 food products, and attended by **110,000 professional visitors** and more than 20,000 international buyers. The volume of business is estimated at more than 250 million euros. This event has the participation of **Italy as Country of Honour** and the **Valencia Region as Guest Autonomous Community**, a region that suffered an enormous downpour of water that destroyed numerous businesses and in which 230 citizens perished.

The 38th edition of the Salón Gourmets opened with a **spectacular display of gastronomic excellence**, bringing together more than 55,000 top-of-the-range products, as mentioned above. Wines, extra virgin olive oils, caviar, preserves, cured meats, condiments, sauces, chocolates, sweets, honeys and jams are just some of the protagonists of this event, which highlights the **quality and diversity** of the Spanish and foreign gourmet agri-food sector.

For all these reasons, the **Spanish Ministry of Agriculture, Fisheries and Food** has as its slogan '**the richest country in the world**', because of the food produced here and our excellent gastronomy. In fact, the trade fair itself has drawn up its own list of **60 new and curious food products** on display at the Salón Gourmets.

TERNERA Asturiana

Marlo Restaurant, Albacete.
VIII National Competition "En busca del mejor Cachopo" ('In search of the best cachopo'). 2nd Prize.

Marki Gastrobar, Najera (La Rioja).
"El danzador" ('The Dancer') by **Enrique Fernández.**
III Master Pinchos Gourmet. 1st Prize.

38 SALÓN GOURMETS

PHOTOS- Grupo Gourmets



38 SALÓN GOURMETS



GG Grupo Gourmets

Francisco Rivero, at the Adismonta Stand



PHOTO- Grupo Gourmets



Let's take a look at some of them: green olives stuffed with prawns, organic Atlantic seaweed, Japanese-style tuna fish, **the first artichoke burger**, artichoke guacamole, semi-cured goat's cheese with pistachio, organic cactus jam, **foie gras ice cream bonbon**, handmade toasted almonds with paprika from Extremadura's Vera region and spring salt, **organic garlic ice cream**, gintónico truffled nougat with lemon lime, **nougat gin cream with almonds**, cinnamon and honey... and even **spicy tonic!**

Throughout these days, **various championships** have been held: The 31st **ham cutters' competition** of the Iberian pig, which is raised exclusively in Spain and Portugal; the 17th Spanish competition of **oyster openers**, the 15th competition of the **best cheeses of Spain**, as well as **game meat** flavours, the national **cachopos** competition -which are two large fillets of veal, between which are sandwiched slices of Serrano ham and cheese-, without forgetting the **beer pulling competition**, another dedicated to the **gourmet wine** prize or the 14th **cocktail competition**.

As a curious fact, **Mariano Rodríguez** has emerged as the best participant in creating **the most creative recipe for gazpachuelo**¹, an iconic dish of Malaga cuisine that arrives at Salón Gourmets with the '**Sabor a Málaga**' (Taste of Malaga) quality seal.

And yours truly was assisted at the **stand of the Cáceres region of Adismonta**, whose centre is **Montánchez** - home to **one of the best Iberian hams in Spain**- where I was able to taste a menu called **the seven wonders** based on ham, cheese, veal carpaccio, salad of pickled partridge, sweet dehesa rice and a dessert of fig bonbon, true delicacies for the palate, prepared with raw materials from the butcher's shop 'La Posada' and the restaurant 'Marqués Arroz y brasas', in the town of **Alcuéscar**, by the **chef Adán Toribio**.

Francisco Rivero

Academician of the AEXG

PhD in Tourism

Chronicler of Las Brozas and Hinojal



¹Traditional Malaga soup, originally created by fishermen. Its base is a fish stock bound with mayonnaise, which gives it its characteristic white color.



WINE OF THE MONTH by Marcelino Díaz

Iberovinac

The Wine, Oil and Olive Fair of Almendralejo

In this issue of 'el Atril' we would like to focus on **Iberovinac**, the most important wine and olive fair in Extremadura, which took place in Almendralejo on 25, 26 and 27 March.

A large number of wineries and **manzanilla olive** dressing factories, as well as some olive oil mills from Extremadura, exhibited their excellent products to make them known to Extremadurians and professionals from all over Spain and abroad.

On their tour of the wineries' stands, visitors were able to enjoy the **excellent wines** produced in our Autonomous Community, which the wineries kindly offered to professionals and visitors.

Worthy of note is the great quality of the **white wines** of the **Pardina/Cayetana** variety that the different Extremaduran wineries are producing; among those on show were **Emperador de Barros**, **Marqués de Villaba**, **Viña Canchal** and **Orgullo de Barros** from the different Cooperatives and Union Groups.

Among the **red wines**, visitors could choose between excellent young, fruity and brightly coloured Tempranillo wines with a great quality/price ratio, or opt for **aged**, complex and well-structured **wines** such as **Leneus barrica**, from Leneus Winery, or **La Zarcita**, from Palacio Quemado Winery.



Emperador de Barros
Viticultores de Barros Winery



Leneus Barrica
Leneus Winery



Iberovinac
Isotype



24° del 25 al 27 de marzo

IBEROVINAC

SALÓN DEL VINO Y LA ACEITUNA DE EXTREMADURA

Marcelino Díaz during a tasting at Iberovinac



As for the **cavas**, it is worth highlighting the **efforts of the winemakers** to produce better base wines each year, both whites and rosés, which are subjected to foaming and prolonged ageing on their lees – between nine and eighteen months – to produce exceptional Guarda or Guarda Superior cavas (the latter, if the ageing process exceeds thirty months).

Accompanied by a large group of **Mexican businessmen from Mérida (Yucatán)**, I was able to give them a tour of this wine scene, and they were all really **impressed by the quality of the young red wines** and the cava **Puerta Palma brut rosé** as well as the **Xarello from Bodegas Romale**. They were also able to taste the manzanilla **olives of Los Curado**, a regular exhibitor at the fair, as well as **different EVOOs¹** produced by cooperatives and some private companies from Extremadura.

Along with wineries and dressing factories, the visitors found exhibitors from the auxiliary industries to the vineyard and the winery, participating in different **tastings of wines from Extremadura, Portugal** or from the sister city of **A Rúa** in Orense (Galicia) –every year present with its attractive godello wines and other traditional products–.

The event's programme offered a dense variety of complementary activities to be developed during its three-day duration. Of these, the **Wine Innovation Summit**, a virtual and international meeting focused on innovation in the wine industry, which brought together numerous **Artificial Intelligence professionals**, **monitored vineyard and winery viticultural work** and awarded **prizes to the best startups** that presented their creations, was extremely significant.

Marcelino Díaz

Academician of the AEXG

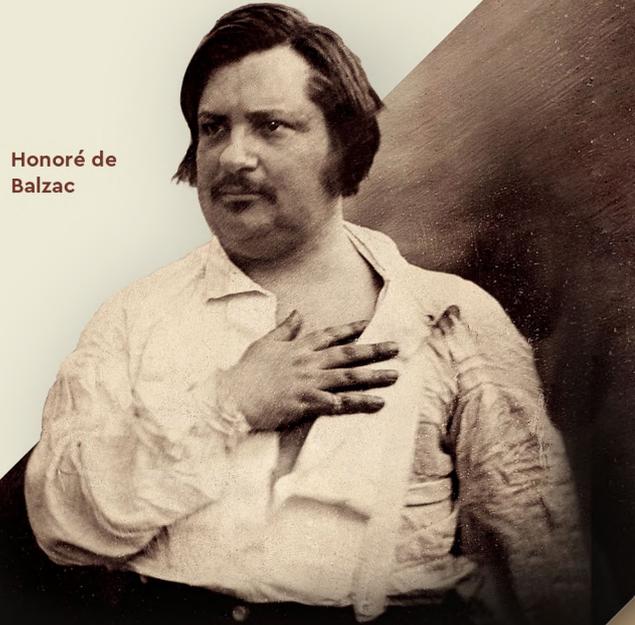


Puerta Palma brut rosé
Orán Wineries

¹ Acronym for Extra Virgen Olive Oil.



SIGNED BY
Fernando Valbuena

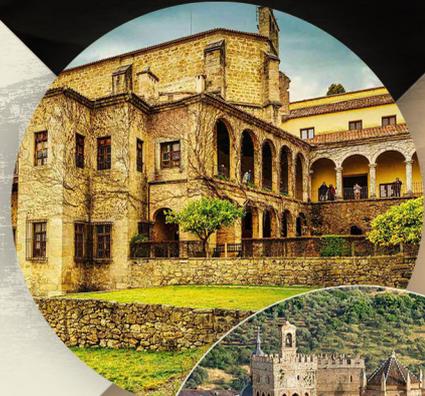


Honoré de
Balzac

Alcántara and Balzac

Extremaduran cuisine has three major altars. **Guadalupe, Yuste and Alcántara**. Three **monasteries** around which to celebrate our good food. Any one of the three can be used. But perhaps Alcántara is the one with the deepest resonance. To some extent, because of the proverbial abundance of the kitchens of the military orders and, in part, because of the often-recounted adventure of its recipes during our War of Independence.

The story is well known. It was **General Junot** who in 1807 stole the recipe books from the monastery of San Benito (Saint Benedict) to give them to his wife Laura. **Laura Permón** as a maiden name. Or perhaps it was she herself, as it seems to be proven that she accompanied her husband during the campaign. Others claim, on the contrary, that the books were used for cartridges and that is why some of them ended up, providentially, in France. In any case, the fact is that some of the recipes, **partridges** of course, but also the **consommé** or 'consumio', were included in the best Gallic compendiums of the late 19th century.



Monastery of
Yuste

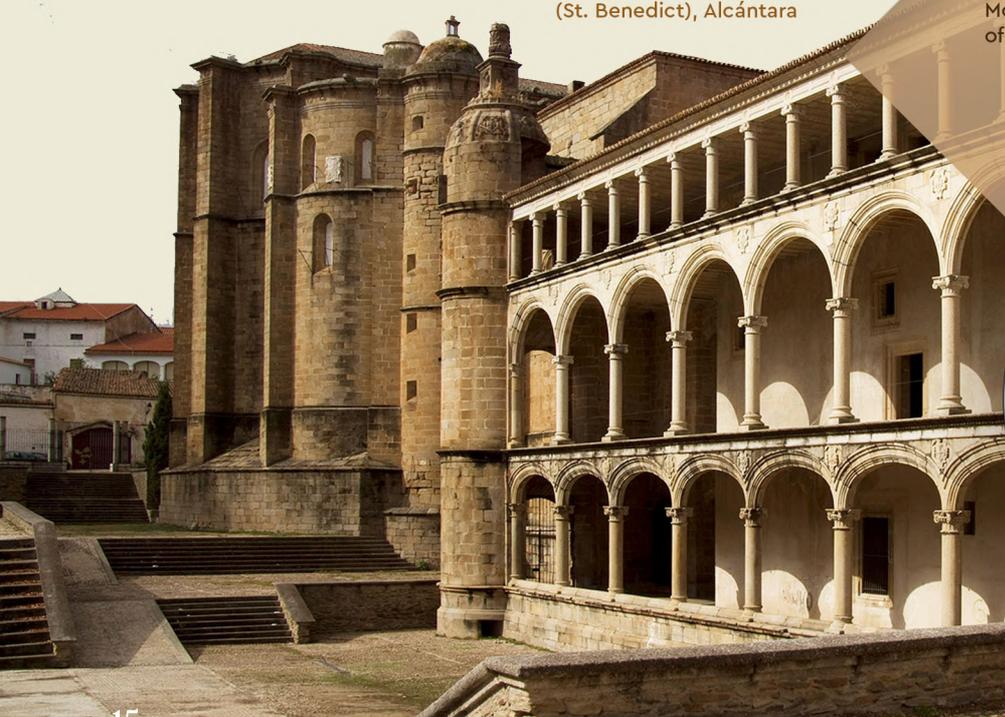


Monastery
of Guadalupe

Convent of **San Benito**
(St. Benedict), Alcántara



Consommé



Extremaduran
chanfaina
(lamb stew)



Truffles



Patatas al
rebuji3n
(Potatoes
mixed
with
eggs)



Cabbages
with crops



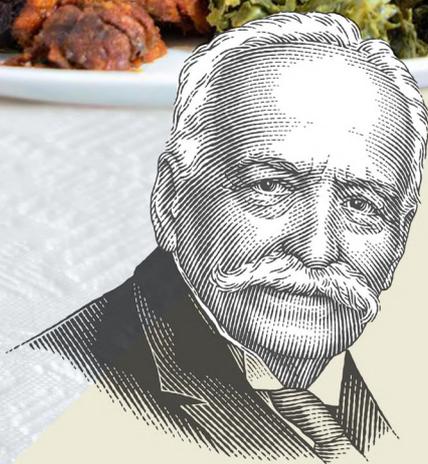
With your permission, I venture to submit to your opinion the possible intervention in this Balzac imbroglio. After Junot's death in 1813 and the fall of the Empire, Perm3n saw fit to abjure her past loyalties and proclaim herself a monarchist. For this purpose, she published memoirs in the light of her new creed, abhorring Bonaparte. The slave charged with such a task was a very young Honor3 de Balzac. Could Balzac have found the recipes by researching in the archives of his beloved's archives? He does not mention them in the book. How did they reach Escoffier, the great French gastronome, who collected them years later in his famous 'Culinary Guide'? Is there any connection between Balzac and Escoffier? This is a nice historical entanglement.

Whatever the French flight of the Extremaduran partridges, it is always a pleasure to prowl around the Alc3ntara lands with an unrestrained appetite. Simple dishes with pastoral roots such as migas (fried breadcrumbs), snails, cabbages with crops, patatas al rebuji3n (potatoes mixed with eggs), chanfainas (lamb stews), tenchs, mormenteras (sweet of Arabic origin)... And alongside them, monastic classics such as cod, truffles and, of course, Alc3ntara-style partridges.

Between myth and reality, shrouded in the mists of legend, Alc3ntara, the beautiful Alc3ntara, the pride of all Extremadurians, has achieved a privileged place in the history of the country's gastronomy.

Fernando Valbuena

Academician of the AEXG



Auguste
Escoffier

Partridge





Digitasation of aromas: the electronic nose

Introduction. What's an electronic nose?

An electronic nose is a device capable of identifying and analysing chemical compounds in the air, mimicking as closely as possible the function of the human sense of smell. It uses chemical sensors that react to different volatile molecules, generating data that is processed by artificial intelligence (AI) algorithms to predict aromas.

As defined by Gardner and Bartlett in 1994¹, an electronic nose is 'a set of gas sensors with partial specificity and a pattern recognition system capable of identifying simple or complex compounds in an odour sample'. This definition has laid the foundation for the development of devices that seek to emulate human olfactory perception through technology.

This technology has evolved rapidly in recent years thanks to nanotechnology and AI and is currently applied in sectors such as health and the food industry. Thanks to its ability to detect aromatic nuances with great precision, the electronic nose could prove to be a valuable tool for chefs and producers seeking to enhance the sensory quality of their creations.

The development of the electronic nose began in the 1980s², when scientists were exploring ways to replicate human senses with technology. Early devices were rudimentary and had limited ability to distinguish between complex aromas.

The human sense of smell and its influence in gastronomy

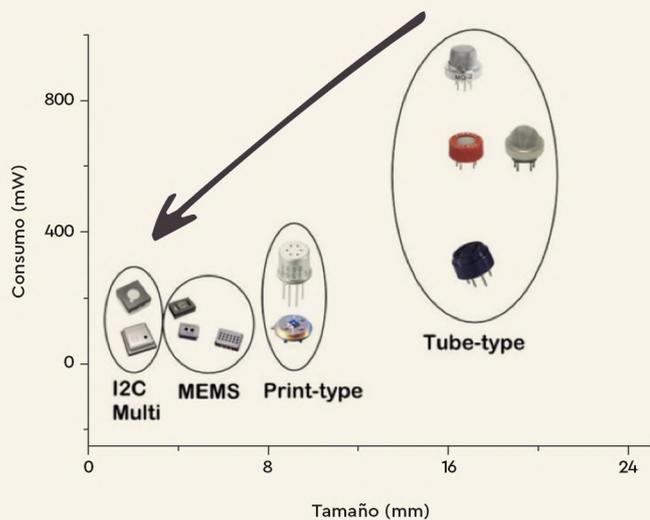
The sense of smell is essential to the gastronomic experience. Aromas activate olfactory receptors in the nose, sending signals to the brain that allow us to identify and classify smells. This perception combines with taste to form what we know as flavour, so that the same food can offer different nuances depending on its aroma.

¹ Gardner, J.W.; Bartlett, P.N. *A brief history of electronic noses. Sens. Actuators B Chem.* 1994, 18, 210–211.

² Persaud, K.; Dodd, G. *Analysis of discrimination mechanisms in the mammalian olfactory system using a model nose. Nature* 1982, 299, 352–355.



Electronic nose of the UEx detecting the state of ripening of buried truffles.



Evolution of gas sensors (in power consumption and size) in recent years.



Volatile compounds released by ingredients are responsible for these aromas, and factors such as temperature, maturation or cooking methods can modify their aromatic profile. Understanding these dynamics is key to creating balanced and sensorially rich dishes.

Haute cuisine chefs understand that aroma is a fundamental component to surprise and excite diners. A dish can trigger memories, evoke places or generate pleasurable sensations thanks to its olfactory complexity.

By precisely analysing these aromas, the electronic nose makes it possible to study the aromatic profiles of ingredients and adjust recipes to a level of detail that is impossible to achieve with human olfaction alone. This opens the door to the creation of more personalised culinary experiences and the exploration of unprecedented aromatic combinations.

How the electronic nose works

Electronic noses are equipped with chemical sensors that detect volatile compounds present in foodstuffs. These sensors, which can be of different operating principles (resistive, gravimetric, ...) and with different sensitive materials (metal oxides, conductive polymers, graphene, ...) react to the presence of specific molecules by altering their electrical resistance or vibration frequency. Each sensor has a particular sensitivity to certain types of compounds, and the combination of responses from multiple sensors creates a unique 'olfactory pattern' for each sample analysed.

Once the data is captured by the sensors, it is processed by pattern recognition algorithms or machine learning techniques. These algorithms compare the captured patterns with a database of previously recorded aromas, thus determining the identity or condition of the food. Machine learning is key to improving the accuracy of the electronic nose: the more the algorithms are trained with different aroma profiles, the better they become at identifying nuances and differentiating between similar smells, just like tasters on a sensory panel. This continuous learning capability makes the technology increasingly valuable in culinary environments where sensory precision is essential.

Applications in gastronomy

In principle, an electronic nose could be used in those applications where the human sense of smell is used for the aromatic discrimination of products. The most interesting ones are summarised below:

Quality control of ingredients: The electronic nose is a powerful tool to ensure the quality of ingredients in the kitchen. It can detect the freshness of fruits, vegetables, meat or fish by analysing the volatile compounds they release. This allows chefs and producers to identify spoiled or sub-optimal products, thus optimising the selection of raw materials.

In addition, this technology can differentiate varieties of the same ingredient according to their aromatic profile, helping chefs to choose the most suitable versions for each recipe. For example, it could distinguish between different types of tomatoes or olive oils according to their olfactory intensity or complexity.

Detection of food freshness and ripening: Another key application is the assessment of the degree of ripeness or fermentation of food. The electronic nose can monitor the chemical changes that occur during these processes, allowing chefs to decide the exact moment to use an ingredient or adjust preservation conditions. In haute cuisine, where precision is essential, this is especially valuable for techniques such as dry aging of meats or fermentation of products like cheeses or sausages, where the right point can make the difference between an exceptional dish and a mediocre one.

Creation of aromatic profiles for recipes and wines: Electronic noses can also revolutionise recipe creation by enabling detailed analysis of the aroma profiles of each ingredient. This facilitates the search for harmonious or contrasting combinations, based on the chemical compatibility of aromas. This technology can be useful to design personalised pairings, finding the perfect combinations between wines and dishes through objective data.

Food safety and contaminant detection: The electronic nose can be a key tool to ensure safety in the food industry. Its ability to detect volatile compounds makes it possible to identify the presence of contaminants, toxins or spoilage in food before it reaches the consumer. This reduces the risk of food poisoning and minimises economic losses due to spoiled products. In addition, this technology facilitates the control of processes such as pasteurisation or packaging, ensuring that food maintains its organoleptic properties without compromising its quality or safety.

Optimization of production and storage processes: In large-scale production, the electronic nose helps to optimise storage times and conditions. For example, it can monitor the aromatic evolution of fermented or cured products, allowing environmental parameters to be adjusted to improve results. It is also useful for ensuring the consistency of the final product, detecting subtle variations in ingredients or process that could affect taste or quality. This constant monitoring capability drives efficiency and sustainability throughout the production chain.





At the University of Extremadura, we have developed several innovative applications using electronic noses to boost gastronomy and the food industry. These technologies have enabled the discrimination of poisonous mushrooms, improving food safety, and the detection of buried truffles, facilitating their location without invasive methods and the optimal time for harvesting. In addition, we have worked on the detection of defects in tomatoes, both fresh and in crushing and concentrating processes, thus optimising the quality of the final product. In the field of traditional products, we have used electronic noses to discriminate the quality of table olives and accurately assess the quality of olive oil. We have also used this technology to analyse the sensory quality of coffee and wine, allowing us to detect aromatic nuances and possible alterations and fraud. We have also applied this technology to monitor the optimal fermentation state of sourdough, contributing to the production of breads with improved sensory characteristics.

The electronic nose future in gastronomy

The future of the electronic nose could be directed towards two main trends. The first could be the early detection of aromatic compounds responsible for ingredient deterioration or indicating certain quality levels at very low concentrations and therefore imperceptible to the human sense of smell. On the other hand, as the technology becomes more widespread, cheaper and simpler, electronic noses are likely to become common tools in fine dining restaurants, in small establishments and for private users. This will open the door to more accurate, sustainable and science-based gastronomy, raising food quality at all levels.

Jesús Salvador Lozano Rogado

Professor at the University of Extremadura
Academician of the AEXG



CHAIRS OF THE ACADEMY

José Loustau y Gómez de la Membrillera

By Antonio Hidalgo García

José Loustau y Gómez de la Membrillera (Valencia de Alcántara, 1889 – Murcia, 1965) was a leading academic and scientific figure in Spain during the first half of the 20th century. His life and work were marked by an unwavering dedication to **research and education**, especially in the areas of **biology, genetics, geology and mineralogy**.

Some of his biographers consider that even with a slight gap, **he should be included in** an earlier **generation**, that of 1886, sharing with them significant events in Spain that occurred from the year **ninety-eight** onwards. Loustau's name can therefore be added to those of other important figures in the most diverse fields of knowledge, such as Ortega y Gasset, Azaña, Juan Ramón Jiménez, Pérez de Ayala, Eugenio D'Ors, Salvador de Madariaga, Marañón, Picasso and Pau Casals, among others.

Born on 17 January 1889 in Valencia de Alcántara, Cáceres, Loustau showed a deep **interest in nature** from an early age. This interest developed during his childhood, when he spent time in natural environments that aroused his scientific curiosity.

Between 1906 and 1910, he studied **Natural Sciences** at the **Complutense University of Madrid**, where he stood out as a brilliant and orderly student. After graduating, Loustau **worked** at the **Museum of Natural Sciences** and the **Botanical Garden in Madrid**. In 1914, he read his doctoral thesis entitled '*Las células gomosas y mucilaginosas del Arisarum Vulgera (Rehb) y del Arum Italicum (Mili)*' (The rubbery and mucilaginous cells of *Arisarum Vulgera* (Rehb) and *Arum Italicum* (Mili)) and received the extraordinary prize for it.

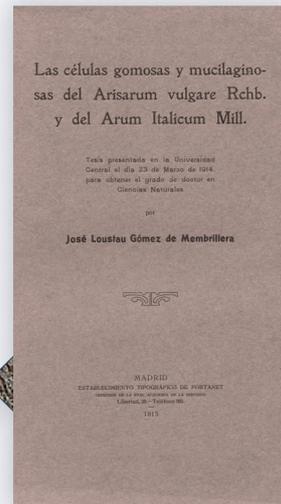
In 1916, at the age of twenty-six, he sat the competitive examination and obtained the **chair of Mineralogy and Botany** at the recently created University of Murcia. He later became **professor of General Biology and Zoology**. In 1917, he was appointed **Royal Commissioner** and the following year he became the **first Rector of the University of Murcia**, coinciding with the coming to power of the liberal Antonio Maura, whose thoughts the young Rector shared.

From then on, his constant task was to maintain a **productive university independent of political pressures**.

José Loustau



José Loustau's
doctoral thesis
Cover



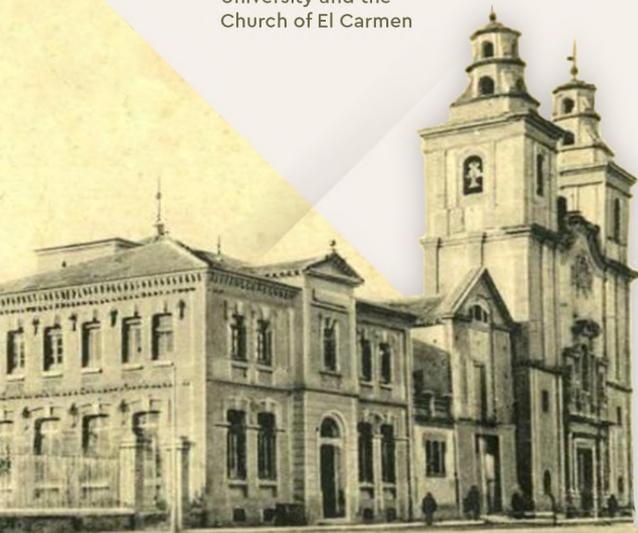
Botanical
Garden of
Madrid



Valencia de
Alcántara



Murcia. Façade of the University and the Church of El Carmen



Gaceta de Madrid.—Núm. 36 5 Febrero 1929 1035

de entrada, en la vacante producida por destitución de D. Miguel Pascual, a D. Ricardo Álvarez Martín, Juez de primera instancia, de término, que sirve el Juzgado de Alcabala y ocupa el número uno en el Escalafón de los de su categoría, declarados aptos para el ascenso por el Consejo Judicial, cuyo funcionario pasará a servir la plaza de Magistrado de la Audiencia territorial de Las Palmas, vacante por traslación de D. José Rodríguez.

Dado en Palacio a cuatro de Febrero de mil novecientos veintinueve.

ALFONSO
El Ministro de Justicia y Cesta.
GALO FONTE ESCARTIN.

MINISTERIO DE INSTRUCCION PUBLICA Y BELLAS ARTES

EXPOSICION

SEÑOR: Es opinión muy extendida entre los universitarios y cuantas personas se ocupan de problemas docentes que hay en España exceso de Universidades y que podrían éstas hallarse mejor atendidas y dotadas, reduciendo su número.

bación de V. M. el adjunto proyecto de Decreto.

Madrid, 4 de Febrero de 1929.

SEÑOR:
EDUARDO CALLEJO DE LA CUESTA.

REAL DECRETO
Núm. 401.

Conformándose con el dictamen del Consejo de Instrucción pública, de acuerdo con Mi Consejo de Ministros y a propuesta del de Instrucción pública y Bellas Artes,

Vengo en decretar lo siguiente:

Artículo 1.º Se suprime la Universidad de Murcia, creada por Real orden de 23 de Marzo de 1916.

Artículo 2.º Los actuales Catedráticos numerarios de dicha Universidad serán declarados excedentes con todo el sueldo, reservándose el derecho preferente para ocupar la primera vacante que ocurra de la asignatura de que son titulares o de otra declarada análoga en cualquiera de las Universidades del Reino, con excepción de Madrid y Barcelona.

Artículo 3.º Si ocurrida la vacante a que pueden optar conforme al artículo anterior no las conviene solicitar, quedarán en si-

las ni exámenes de enseñanza libre en la referida Universidad en ninguna de las convocatorias de Junio ni de Septiembre de 1929.

Dado en Palacio a cuatro de Febrero de mil novecientos veintinueve.

ALFONSO
El Ministro de Instrucción pública y Bellas Artes.
EDUARDO CALLEJO DE LA CUESTA.

REALES DECRETOS
Núm. 402.

A propuesta del Ministro de Instrucción pública y Bellas Artes, de acuerdo con el Consejo de Ministros y cumplidos los requisitos que determinan los Reales decretos de 9 de Julio de 1908, de 31 de Agosto del mismo año, y lo establecido en el artículo 18 y siguientes del Reglamento del Tribunal Supremo de la Hacienda pública, dictado para la aplicación del Estatuto de dicho Alto Tribunal,

Vengo en decretar lo siguiente:

Artículo 1.º Se aprueba, de conformidad con el informe emitido por la Junta facultativa de Construcciones civiles, en cumplimiento de lo dispuesto en el Real decreto ordenado el 4 de Septiembre de 1908, el pro-

Thus, Loustau describes in a very contemporary way his vision of the University as an organisation that functions by virtue of natural determinants and with a clear purpose: the **production of knowledge** and the **professionalisation of students**.

In 1923, substantial political changes took place in Spanish social and political life; specifically, the **Dictatorship of Primo de Rivera**, welcomed in principle by some liberal sectors. In this context, José Loustau agreed to become **president of the Diputación de Murcia**. However, **he resigned in 1926**, as a result of the dictator's attempt to remain in power.

His **strong commitment to the University of Murcia and to Murcia society** was demonstrated in two crises of the institution. In 1929, the order for the **suppression of the University of Murcia** was issued (RD 401, 4 February 1929) with effect from 30 September of that year.

The most widely accepted cause for the closure of the university is based on a personal confrontation between Rector Loustau and the Minister of Public Instruction in Primo de Rivera's government, Don Eduardo Callejo de la Cuesta, which ended up being known as the 'Jiménez de Asúa' case. Professor **Jiménez de Asúa visited Murcia** (March 1928) and gave a **lecture** on the subject of '**Eugenics and conscious maternity**', a dissertation which was **denounced** by the '**Damas Católicas de Murcia**' (Catholic Ladies of Murcia) Association. Protocol dictated that the Rector should be the instructor of the appropriate file. Everything indicates that Rector Loustau was pressured by the minister to obtain a result against Professor Jiménez de Asúa, a declared opponent of the military regime. But Loustau's integrity destroyed all conspiracies. The Rector maintained an attitude that silenced the Minister. The fact is that when **Loustau** sent the dossier, the report included his **solidarity with Asúa's actions**, stating that he also declared himself the author of the offence, if there was any, since he heard, approved and applauded the conference.

Consistent with his thinking, **Loustau presented his resignation as Rector on 20 April** to show his rejection of the measure adopted and to maintain his teaching and research activity. Fortunately, the decline of the military regime and the numerous signs of rejection shown by Murcian society led to a precautionary suspension of the closure measure published on 20 September, just 10 days before the planned closure. After the fall of the Directory (January 1930), **Rector Loustau was reinstated** on 6 April 1930. A few years later and in a totally different political environment, Dr. Loustau had to face a similar problem.

Madrid Gazette - BOE.
Royal Decree of the
**closure of the
University of Murcia**

Luis Jiménez
de Asúa



Opinion article
by Professor
Loustau on
28 July 1929

In 1932, Azaña's government, through his minister Fernando de los Ríos, presented a **legislative proposal** to reorganise the Spanish university system which proposed the **suppression of the Universities of Oviedo, La Laguna (Canarian Islands) and Murcia**.

Once again, **Rector Loustau** had to spearhead public sentiment to prevent such a fate, in this case **with the help** of the Murcian professor and member of parliament **Mariano Ruiz-Funes**. In the end, this proposal was never approved and the minister was dismissed in the following governmental crisis.

We can conclude that his time as rector of the University of Murcia shows a **defence of the ideals** outlined above, together with the **opening** of the institution **to new ideas and knowledge**. One of his most notable achievements in this respect was the **visit of Marie Curie** (Nobel Prize in Physics, 1903, and Nobel Prize in Chemistry, 1911) to the University of Murcia in **May 1931**, which was quite an event for the city.

José Loustau **returned to his chair at the end of the civil war**, refusing to return to direct the University of Murcia. However, he was appointed **Dean of the Faculty of Science** until his retirement in 1959 and was even retained in the post **until his death**.

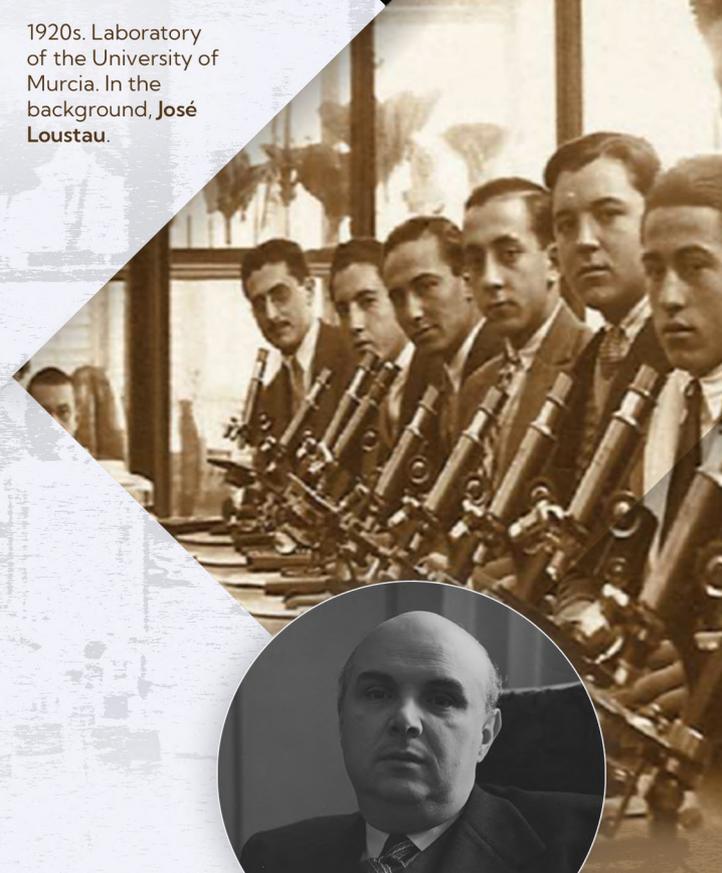
His scientific work demonstrates a solid and inquisitive mind. **His descriptions of the microscopic structure of organisms, histology, metabolism, biochemistry, ontogeny and phylogeny are among the most complete** that were made in the field of a science still in full transformation of concepts, bearing in mind that, in those years, genetics was an almost incipient branch of biology. Their knowledge is collected in various publications and textbooks. Unfortunately, after the civil conflict, science suffered a setback due to the lack of investment that affected the entire university world.

The **recognition** of this Extremaduran in his host region was manifold. Among others, he was a **member of the Royal Academy of Medicine of Murcia (1956), of the Academy of Fine Arts and Historical Sciences of Spain (1957), member of the Royal Academy Alfonso X 'el Sabio' ('the Wise') (1957), honorary dean of the Faculty of Sciences (1959), honorary rector of the University of Murcia (1959), adopted Son of the city of Murcia (1959), Silver Medal of the province**. At the time of his retirement he was granted **extraordinary authorisation from the Ministry to continue his research work**, permission which had only been granted up to that date to Santiago Ramón y Cajal and Miguel de Unamuno.

Marie Curie



1920s. Laboratory of the University of Murcia. In the background, José Loustau.



Mariano Ruiz-Funes, professor from Murcia and member of the Congress



*1

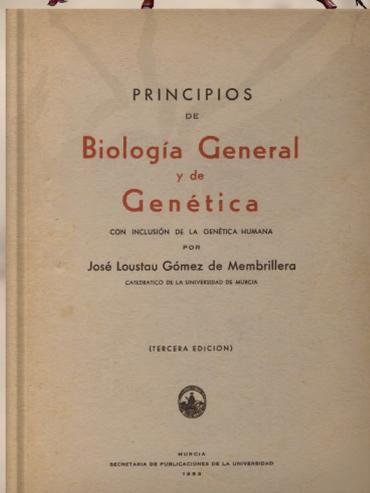
Façade of La Merced Building, one of the sites of the University of Murcia throughout its history



University of Murcia, new visual identity: isotype



Images of José Loustau Museum, currently located in the Faculty of Biology at the Espinardo Campus in Murcia



It is necessary to delve into a facet other than the scientific or professional one, the human one and his permanent connection to Valencia de Alcántara.

José Loustau maintained close contact with his hometown and its people. Recently, fortune has allowed me to hear first-hand the testimony of one of those fellow countrymen he helped.

Several students from Valencia de Alcántara studied at a boarding school in Murcia. The home of the Loustau family, within the university grounds, became for all of them a place where they felt welcome among fellow countrymen. One of them has sent me these memories. I believe that they reflect the most human side of the character we are highlighting in this article. They say:

'After more than 60 years, I remember with great pleasure how we used to visit the Loustau family from time to time. I remember the succulent snacks that my brother and I were treated to.'

'D. José was a highly appreciated person and considered wise in intellectual circles not only in Murcia but also at national level, a man of great kindness and tremendously affable and highly respected at all levels in the capital. And of course, I am reminded of the support and closeness he always showed to the few families who, from his people and mine, lived in Murcia. Both personal and academic support, and a constant attention that showed the most human and fraternal side of D. José.'

José Loustau y Gómez de la Membrillera died in Murcia on 3 January 1965. His widow and his children Juan José and Carolina, returned to Valencia de Alcántara, to their family home in Pizarro Street.

Antonio Hidalgo García

Academician of the AEXG

*1 Ceramic sign of the avenue dedicated to José Loustau in Murcia.





THE ACADEMIC'S OPINION

por Alfonso Ramos



Ham croquettes,
Casa Marcial

A lot of action but little talk

According to the **RAE** (**Royal Spanish Academy of the Language**), a **gastrobar** is a 'bar or restaurant that offers tapas and haute cuisine'. And the fact is that, with a few small exceptions, every time I have visited one I have thought it was a bar-restaurant or tapas bar with a pretentious air. In fact, I have left **disappointed** and mentally purring about whether so much technicality and such a name is good for this profession.

Because branding a business with **surnames that are not yours** can be expensive; and even if at first you attract the most novelists, the word spreads like wildfire and you end up composed and without a girlfriend. The point is really simple: in a place **where you see the stars with every bite**, you won't care what they call it.

And speaking of the firmament, a few months ago a third Michelin star was awarded to an establishment with capital letters, located in Asturias.

It is an absolutely charming place with a dining room that is captivating, food that thrills and exquisite service; and yet it still retains and defends all its rural charm, right down to its name: **'Casa Marcial'**; full stop. 'I have no further questions, Your Honour'.

All this thinking out loud comes from reviewing one of the most eagerly awaited activities of a great event such as the **Salón Gourmets: 'In search of the best cachopo'**. And the fact is that there is nothing comparable to the humble, the genuine, our own, the **autochthonous**; to truthfulness, to roots. To **culture**.



Casa Marcial





Chamuças

'Salgadinhos':
Portuguese
snacks

Croquete



Empada



Rissol de carne



Rissol de camarão

Bolo de bacalhau

Bola

Our Portuguese neighbours are well aware of this and defend it to the hilt. Because, for example, although 'os pastéis de Belém' (the cakes of Belém) are the highlight of a gastronomic visit to Lisbon, [in the official Pastelaria you will also find](#) their traditional 'salgadinhos': empadas de frango ou galinha, bolinhos de bacalhau, rissóis de carne ou camarão, croquetes de vitela, chamuças, coxinhas... Glorious and very typical savoury snacks that you can buy in thousands of places all over Portugal and that will repair an empty stomach mid-morning or mid-afternoon; no frills, but with a lot of class.

I would like to end with the proclamation of 'el Atril', an instrument for Academics and Friends for the defence and knowledge of our land and its goodness. As our President and friend Paco so often insists (quite rightly), [we all pull this cart together](#). Any contribution will be welcome and will help to enhance our Atril.

Think that this is [our magic wand for humanity to know us](#), because technology brings us closer to all corners of the world: we are read in China, Honduras or Sweden.

Cheer up! [El Atril is yours](#).

Alfonso Ramos

Friend of the AEXG



Pastéis
de Belém

el ATRIL

THE AEXG MAGAZINE

desdelatril@gmail.com



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GASTRONOMÍA

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