

ENJOY BURGOS

**“GASTRONOMIC
ROUTES OF BURGOS”**



**UNIVERSIDAD
DE BURGOS**

**OneAsia course – Burgos University
2020**

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“GASTRONOMIC ROUTES OF BURGOS”

Burgos gastronomy has some dishes and ingredients that have a well-known fame within the Spanish culinary culture. Its proximity to the north coast means that the gastronomy of Burgos can have fresh fish, originating, among other places, from the Cantabrian coast and meat, because the meat industry is well known in Castilian cuisine due to its important livestock.

Among the typical culinary preparations are grilled (wood-fired oven) such as suckling pig and suckling lamb. The Jacobean route (French variant) passes through its lands and is considered a source of transmission of culinary knowledge, especially in its capital, Burgos, which brings together the diversity of dishes in the province.

Burgos (Castilla y León) was awarded in 2013 as the Spanish Capital of Gastronomy, because of its creative proposal that bets on participation, on quality products, wine tourism and the balance between tradition and innovation.

Since 2015, Burgos has been part of the Unesco network of “Creative cities Of Gastronomy”, thanks to a world project that fuses cuisine and evolutionary science, relating to healthy eating. It is the only Spanish capital and the sixth in Europe to form part of this select culinary group.

“BRAVAS AND BEER ROUTE”

Potatoes were incorporated into the European diet after the discovery of America, a time when the city of Burgos was closely linked to the figure of the Catholic Monarchs. Since then the potato cultivation has spread throughout the province and has become a food of habitual consumption.

Patatas bravas in Burgos are not difficult to find, as it is a tradition of snacking. Around the cathedral, multiple sauces are offered that flavor the delicious Burgos potato kind of spicy. Some of the best examples with more than 30 years of tradition are found in the streets of Sombrerería, the famous "Senda de los Elefantes" and the streets of San Lorenzo and Los Herreros.

1. ARCO DE SANTAMARÍA



Former gateway to the city, today also the first point of contact for many travellers with Burgos. It was restored to commemorate the visit of Carlos I and later the City Council

from the city. As a good symbol of Castilla, its appearance resembles a fortress, its interior houses free exhibitions throughout the year and an

original room with Mudejar coffered ceilings of singular beauty.

2. PLAZA DEL REY FERNANDO



The view of the cathedral is surprising from the Plaza del Rey San Fernando, the king who decided to modify the Romanesque church of Santa María, to adapt it to the "new" times of 13th century Gothic architecture. The Burgos Cathedral is an example of architecture throughout the world, a model for the coexistence of artistic elements and historical evolution, in

such a way that only it was declared a World Heritage Site in 1984.

3. LA PALOMA



The narrowness of its street does not show the amount of Burgos essences found in its establishments and glazed galleries. Strolling, it is easy to fall into the temptation to buy and taste many products originating from this land: blood sausage, wines, sausages and, of course! the taste of "patatas bravas".

4. SOMBRERÍA



Place of workshops of artisans and seamstresses in another time of which there is some sample, today is still the most pleasant way to reach the Plaza Mayor. Several already mythical establishments offer a wide assortment of traditional and avant-

garde "tapas and pinchos".

5. PLAZA MAYOR



Popular meeting place is still the focal point. Under the arcades we find shelter and access to the main building: The Town Hall, as well as several shops and cafes where they can taste the sweetest and most characteristic flavours of the city.

6. SAN LORENZO “Los Herreros”



From the Plaza Mayor, the access to this narrow street goes unnoticed, but if we "fine-tune" the senses, the smell of delicious dishes and the sound of bustle at certain times of the day invite us to enter the "party" of Burgos gastronomy. Protagonist of the street is the Church of San Lorenzo, its interior surprises with its large gallon dome and illuminated by a lantern.

7. LAÍN CALVO



Commercial street, named after one of the Castilian judges who regulated the laws of the first territories and repopulated counties in the 9th century.

Gastronomic fairs

Dates	Fair	Location
January	Tapas Fair of San Lesmes	Burgos
June	Tapas Fair of San Pedro	Burgos
	Craft Beer Fair	Lerma
October	Potato Exaltation Day	Tardajos

Restaurants

- **Azofra:** C/ Don Juan de Austria 22-24
- **Blue Gallery:** Pso. Comuneros 19
- **Casa Ojeda:** C/ Condestable 2
- **Corna de Castilla:** C/ Madrid 15
- **El 24 de la Paloma:** C/ La Paloma 24
- **El Polvorilla:** Pl. de la Libertad 9
- **Gastrobar Que Thomas:** C/ Guardia Civil 7
- **In Vino Veritas:** C/ San Lorenzo 35
- **Manrique:** C/ San Lesmes 2
- **Maridajes:** C/ San Cosme 22
- **Mesón del Cid:** Pl. de Santa María 8
- **Puerta Real:** Pl. del Rey San Fernando
- **Vermutería-Tapas Victoria:** Pl. del Rey San Fernando 4

For further information visit:

https://www.burgos.es/sites/default/files/file/page/1ruta_de_las_bravas_y_la_cerveza.pdf

“ROUTE OF THE BLOOD SAUSAGE (MORCILLA)”

The blood sausage since ancient times, was made with different parts of the pig such as blood, guts and butter, to which were added products of plant origin such as onion and spices such as the paprika and the pepper.

It was not until the 18th century that rice was added to the blood sausage from Burgos. It was the carters who brought this ingredient from the Valencian lands where they carried the wood obtained from the pine trees of the mountains. Thus, the bases of the black pudding from Burgos, "bland, tasty and spicy", which we know today with blood, rice, butter, onion, salt, pepper and paprika, all stuffed into casings and then cooked.

Many companies that keep making blood sausage are concentrated around the capital, sharing places closely linked to the figure of the Cid Campeador. Important landmarks in his life as Sotopalacios, Vivar del Cid or various monasteries that continue to live, such as the San Pedro de Cardeña monastery, take us to the medieval period that El Cid knew.

1. BURGOS CITY



In the city there are numerous businesses that offer the possibility of tasting the blood sausage of Burgos with traditional recipes such as «Cojonuda» and the most innovative in the signature cuisine of several restaurants in the capital. Various shops in the old town offer their purchase and it is a star product of municipal

markets such as the southern market.

2. FUENTES BLANCAS



One of the green lungs of the city along with its section called La Quinta offers an example of the plant and landscape richness of the province of Burgos. A park well-liked by the people of Burgos, who gather in its lush forests with family and friends to enjoy their spaces for leisure, gastronomic and sports activities.

3. SAN PEDRO DE CARDEÑA



The monastery preserves Romanesque elements from the Cid era and the tomb in which he was buried. Its Cistercian monks maintain the convent life of yesteryear, continue to produce their herbal

liqueur «Tizona» and, they have recovered their winery attached to the monastery with the «Valdevegón» brand.

4. CARCEDO DE BURGOS



Typical Castilian stone town, accessed from the monastery, after passing through a small oak grove. Due to its proximity to Burgos, several restaurants are in the town that are animated on weekends.

5. CARDEÑADIJO



The stone constructions are typical of the area, being a town accessible by bicycle or walking from the city of Burgos thanks to the Greenway, which reaches the Cardena Sausages factory, one of the reference points on this route of «morcitourism».

6. VILLABILLA DE BURGOS-QUINTANADUEÑAS



Symbol of the industrial development of the city, here are some blood sausage factories among other meat companies. Quintanadueñas: It presents an offer of places of accommodation and restaurants with recognized fame among Burgos.

7. QUINTANILLA DE VIVAR



Fredesval Monastery. It has a fifteenth century cloister and another Renaissance that is dismantled to it are added; the ruins of the church, numerous coats of arms, artistic pieces and sculptural groups.

8. SOTOPALACIOS



Sotopalacios Castle or El Cid Palace built in the 14th to 15th centuries. Inside there are palatial rooms around a parade ground, it is one of the largest and best-preserved castles in the province of Burgos. In the month of November, the Blood sausage Fair is celebrated.

Gastronomic fairs

Dates	Fair	Location
January	Saint Anton	Burgos
	Tapas Fair of San Lesmes	Burgos
March	Sweet Blood Sausage fair	Quintanar de la Sierra
June	Gastronomic day. Curpillos	Parral Park in Burgos
	Tapas Fair of San Pedro	Burgos
	Buen Yantar Gastronomic Competition	Fuentes Blancas Park in Burgos
July	Barbecue Fiestas Virgen del Carmen	Cardeñadijo
October	Cidiano weekend. Gastronomic Days	Burgos
November	Blodd sausage fair	Sotopalacios

Food companies that makes the typical Blood Susage of Burgos:

- **Embutidos de Cardeña in Cardeñadijo.** Here you can taste de blood sausage with pairing of wines and other products together with the visit of the factory.
- **Embutidos Hermanos González in Sotopalacios.** If you visit the factory in the morning you can see the manufacturing process live, as well as taste the products.

For further information visit:

https://www.burgos.es/sites/default/files/file/page/1ruta_de_la_morcilla.pdf

“SERRANO HAM ROUTE”

In the Sierra de la Demanda area (Salas de los Infantes, Pradoluengo, Quintanar de la Sierra and Villamayor del Río) there are currently around half a dozen companies and some with a long family tradition dedicated to the elaboration of various sausages and other pork products. The main ones are hams, part of them smoked, chorizos, loins and another of legendary fame: the beef jerky from the region.

Two of the most populated towns in the Sierra de la Demanda are the vertices of this route in which nature is the protagonist, infinite trails that cross reddish stone farmhouses that resist the setbacks of its extreme weather conditions.

1. PRADOLUENGO



The textile industry, as well as the houses on the street of the wealthy, Indian-style mansions, and mansions of the small local bourgeoisie, show the wealth that was generated in this place. From the combination of the climate and the entrepreneurial spirit, Jamones Gemelo and Biofactoría Naturae et Salus are born, two companies of one hundred percent pradoluenguino origin.

2. SANTA CRUZ DEL VALLE URBIÓN



The town center is surrounded by an environment of exuberant beauty and well-cared popular architecture with ground floors with boulders and wooden decking with plaster on the upper ones. The Route of Pico San Millán, starts from a recreational area that is reached by the Ranguna road once you have entered the town.

3. VALMALA



It offers great possibilities for fans of hiking, mycology, mountain biking or nature in general. Its forests are lush and keep a good number of wild species of fauna and flora.

4. PINEDA DE LA SIERRA



Among the high peaks of the sierra and surrounded by extensive forests, the splendid noble houses of reddish sandstone stand out, which were built in the 17th and 18th centuries by the wealthy ranchers who settled in the town, making it the fundamental

nucleus of transhumant livestock farming. Its church with a Romanesque portico is an example of the Silos school that is repeated in the surroundings. It is also an excellent starting point for excursions to the Demanda and Mencilla mountain ranges or along the Greenway of the Mining Railroad that crosses the town, highly recommended for visiting by bicycle.

5. SALAS DE LOS INFANTES



Reference place in dinosaur palaeontology. The Museum of Dinosaurs and the Tenadas de Costalomo site (footprints) are proof of this. Its main porticoed plaza, the Church of Santa María, the hermitages of Peña Rota and the path that connects the city with Castrovido, are some of the most recommended visits.

Gastronomic fairs

Dates	Fair	Location
January	Days of the Slaughter	Salas de los Infantes
February	Feast of the Slaughter	Pradoluengo
March	Skewer Fair	Quintanar de la Sierra
April	Tasting Fair / Pig Fair	Pradoluengo
May	Cecina Fair	Quintanar de la Sierra
	Gastroevent Tapas and Pinchos	Salas de los Infantes
June	Gastroevent. Medieval Market	Salas de los Infantes
August	Paellas and Typical Dishes Contest	Pradoluengo
September	Horticultural Fair	Palacios de la Sierra
	Serrano stew / Large Pots	Salas de los Infantes
November	Skewer Weekend	Pradoluengo

Food companies to visit:

- **Jamones el Gemelo in Pradoluengo.** You can visit de factory and see the stages of preparation of hams from the salting to sale.
- **Cecina from la Sierra de la Demanda**

For further information visit:

https://www.burgos.es/sites/default/files/file/page/1ruta_del_jamon_serrano.pdf

“ROUTE OF THE MUSHROOMS”

The ratio of mushrooms that occur —in abundance— on this route is wide; Amanita caesarean section, chanterelle, wild mushroom, thistle mushroom, gentleman's, blue foot, boletus edulis, senderilla ...

The mushroom pickers know well that the Sierra de la Demanda is an optimal area to practice their hobby. The collection of these forest fruits is also a significant complement to many family incomes in the region.

This route is a walk through the prehistory and medieval origins of the mountain towns. Hidden in its lush forests, among a wide variety of mushrooms, we find mysterious burrows dug in rock and traces of traces of even older inhabitants, the dinosaurs.

1. SALAS DE LOS INFANTES



Economic center of the area, where since 1984 the Mycological Days have been held in November. As an essential visit, the Dinosaur Museum, in the town square, takes us back to the time when these gigantic animals lived. Numerous models, illustrations, reconstructions, archaeological and paleontological pieces make up a tour of great educational value, suitable for

all types of ages.

2. HACINAS



You can see the ruins of its castle and its three magnificent fossil trees, which are over 120 million years old. The urban complex is one of the best preserved in the region.

3. HONTORIA DEL PINAR



Burgos reference point to access the Cañón de Río Lobos Natural Park. Vertical cuts without groundcover that fall on the river and whose lush coniferous vegetation contrasts with the bare rock. You can get daily and weekend passes to preserves for the collection of mushrooms in various establishments and municipalities.

4. QUINTANAR DE LA SIERRA



The most interesting heritage is the town and necropolis of Cuyacabras, which is in its proximity among lush pine forests. Its main source of income comes from wood, for this reason the Brotherhood of the Real Cabaña de Carreteros, founded by the Catholic Monarchs in 1497, tries to maintain the tradition of life of this dedicated mountain trade to the

transport of wood. They make routes with ox-drawn carts, dressed in traditional clothing

5. NEILA



Popular architecture in which several manor houses stand out. Mushrooms and fungi are one of the very valuable resources with those that the town counts. The number of Neilenses and foreigners who find in the collection of mushrooms and fungi is increasing (Autumn season) a reason for leisure, an economic resource and a gastronomic delight.

6. PALACIOS DE LA SIERRA



The Visitor Center is dedicated to the Medieval Necropolis of the Alto Arlanza and consists of three floors through which you will enjoy getting to know an interesting set of ancient cemeteries from more than a thousand years ago that were part of mostly missing villages. The visit lasts about 30 min. where you will know some of the customs of the ways of life of these Christians of the Middle Ages.

7. CATRILLO DE LA REINA



The village of which remains of different necropolis in the upper de la Muela, next to the hermitage of Santa Ana, was built on a medieval settlement. Castrillo enjoys a strong and ancestral passion for theater, proof of this is the representation that in the month of August "The legend of Los Infantes de Lara" has been taking place.

Mycological days

Dates	Fair	Location
October - November	Ecological Mico Conference / Tapa Mico Ecological	Comunero de Revenga
	Mycological Days	Canicosa de la Sierra
	Mycological Days	Quintanar de la Sierra
	Mycological Days	Hontoria del Pinar
November	Mycological Days	Salas de los Infantes
	Mycological Conferences. Gastro Event	Villadiego

For further information visit:

https://www.burgos.es/sites/default/files/file/page/1ruta_de_las_setas.pdf

“RIBERA DE DUERO WINE ROUTES”

La garantía de origen Ribera del Duero, se extiende a través de 102 municipios: 60 en la provincia de Burgos, 19 en Valladolid, 19 también en Soria y 4 en Segovia. La Denominación de Origen surge con el objetivo de dar a conocer los beneficios y la excelente calidad de sus vinos tintos y convertirse en una región vinícola de referencia mundial.

The wineries in this part of the Douro riverbank are found from the 13th century to the most modern creation with a few years of history, all of them, with their charm and personality, are part of the landscape and daily life of the Rivereños. Protagonists in the patron saint festivals and used throughout the year by supporters, tourists, friends at snacks, private tastings, dramatized guided tours, formal celebrations or family occasions.

Many of the towns that dot this historical and natural border, marked by the Duero, enjoyed royal privileges and were populated by wealthy classes. Stately houses and magnificent temples preside over streets and squares unperturbed over time, sharing the limelight with centuries-old wineries that are currently visited thanks to wine tourism.

1. ARANDA DE DUERO



Under the floor of the town of Aranda the activity of its centuries-old underground cellars is still maintained. The wine culture interpretation center explains the winemaker of this town. Its well-deserved restaurants have recently incorporated offers of experiences that unite wine tourism and gastronomy. The cultural and artistic programming

keeps the activity alive all year round.

2. CASTRILLO DE LA VEGA-HAZA



A few km from Aranda, following the Duero channel, Castrillo de La Vega is a stop and inn for many travelers. In the path on the N-122, we leave the walled town of Haza aside.

3. FUENTECÉN-VALDEZATE



About 10 km from the town of Fuentecén, a small detour allows us to get to know Valdezate. In addition to visiting one of the Ribera wineries and the Ermita de Santa Cruz, it is great for cycling routes. They are routes without much unevenness and by roads and highways in good condition.

4. NAVA DE ROA-SAN MARTÍN DE RUBIALES



From the top of Socastillo, dominated by a large cross, you can see the changing fields of the river valley. In La Cueva de Roa you are invited to learn about the process of making the cheeses in the area.

5. ROA



The church of Nuestra Señora de la Asunción (from the 16th century) is the protagonist of its Plaza Mayor. Surrounding the town there are remains of the medieval wall dating from the 13th century. On the walk through its streets, near the bullring, the monument to “El

Empecinado”, a famous 19th century guerrilla, stands out. Roa holds the headquarters of the regulatory council of the Ribera del Duero denomination, located in a modern building near the Vacceo village. Near Pedrosa de Duero and Boada de Roa they offer the possibility of discovering wineries of tradition and fame of the D.O.

6. SOTILLO DE LA RIBERA



Samples of his stately past evidenced in the Palacio de los Serrano. We also find visitable cellars of medieval origin considered one of the riverside wine cathedrals, their galleries were excavated in rock in the 16th century.

7. GUMIEL DE MERCADO



Its urban complex is one of the most beautiful in the Ribera, preserving its oldest part next to the El Viso hill and its medieval evolution around Calle Real. Evidence of its development are its two parish churches: San Pedro and Santa María.

8. GUMIEL DE IZÁN



Set declared of artistic historical interest: The Church of Santa Maria is the main point of interest. Its cover is a real altarpiece made of stone. Inside, the main altarpiece has been dated to around 1500 and it depicts scenes from the life of Christ. The Gomellan heritage has been enriched with a modern winery made by Norman Foster, a prestigious British architect, inspired by the culture of wine and its traditional elements, to design a unique work.

Gastronomic fairs

Dates	Fair	Location
February	Feast of the Slaughter	Roa
March	Days of the Spoon	Aranda de Duero
May	Envero Awards	Aranda de Duero
	Demoagro	Gumiel del Mercado
August	Sonorama.	Aranda de Duero
	Tastings of Ribera	
	Garlic Soup Tasting	Roa
September	Fiduro	Aranda de Duero

Wineries to visit:

- Lagar de Isilla in Aranda de Duero
- Del Linaje Garsea in Castrillo de la Vega
- Hermanos Pérez Pascuas in Pedrosa de Duero
- Cillar de Silos in Quintana del Pidio
- Valsotillo in Sotillo de la Ribera
- Pomar Viñedos in Valdezate

For further information visit:

https://www.burgos.es/sites/default/files/file/page/1ruta_de_vinos_ribera_del_duero.pdf

"BURGOS CHEESE ROUTE"

Although the best known of the cheeses of the Burgos lands is the fresh cheese called "Queso de Burgos", you can taste other cheeses, both sheep's milk, cow's milk or their mixtures, with different degrees of curing. Those of the highest quality are those made from "churra breed" sheep's milk.

They are usually compact cheeses with small eyes and not with excessive numbers, since as the saying goes "bread with eyes and cheese without them". They are matured cheeses from semi-cured to cured and from fatty to extra-fat. They can be kept from seven months to a year, some can even be kept up to three.

This route runs through the most identifying cereal fields of this land, irrigated with the water from the Castilla channel. The tour combines a visit to impressive temples, with Jacobean towns, as well as the possibility of knowing the lives and feelings of its people and the tasting of local products starring the cheese producers in this area.

1. LOS BALBASES



With two Gothic churches the one of San Esteban stands out with the pictorial work of the Master of the Balbases. Close to this beautiful town, the possibility of visiting "La finca de Santa Rosalía" is offered in Vizmallo, with a winery, partridge farm and Waygu oxen.

2. CASTROJERIZ



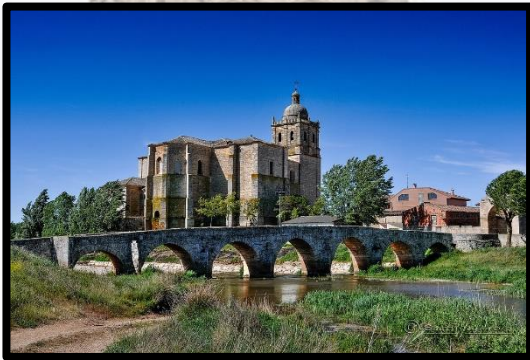
It preserves its road layout and its importance in the route of the Camino de Santiago Francés. Examples of its wealth in another time are the churches of Santa María del Manzano, San Juan and Santo Domingo. A few kilometers away in Hínestrosa we can see the process of making the Mostelares cheese.

3. VILLASILOS



Following the picture of the towns in this area we find the San Andrés Church, Gothic 16th century. Population to know first-hand the artisanal elaboration of cheese with raw milk from their own sheep.

4. VILLASANDINO



It maintains an impressive artistic heritage from the sixteenth and seventeenth centuries in its temples, here the Via Aquitaine, one of the most important routes of the Roman Empire.

5. OLMILLOS DE SASAMÓN



Podemos ver su Iglesia de la Asunción, s. XVI y el bellissimo castillo construido en 1440. Frente al castillo, el restaurante-hostal Castillo de Omlillos, ofrece comida casera. Cercano en Palacios de Benaver se mantiene la vida conventual gracias a las M.M. Beneditinas.

6. SASAMÓN



The center of the town is the Iglesia Santa María la Real, with samples of the Gothic and various museums. The work of the artist Salaguti stands out for its originality; the building that houses the museum is his self-portrait. Its cheeses are famous throughout the national territory for their variety and quality.

7. VILLADIEGO



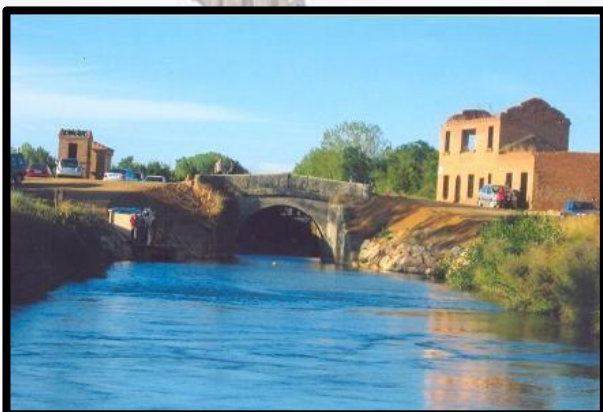
Singular trazado con restos de la antigua muralla y plaza mayor con soportales. Visitable: Museo de Pintura y Etnografía. Situado en la iglesia de San Lorenzo, este museo recoge un interesante conjunto de piezas sacras de todo el arziprestazgo de Amaya. Consolidadas sus jornadas micológicas que se celebran cada año el 1 de noviembre.

8. MELGAR DE FERNAMENTAL



Old mansions remain adorned with emblazoned shields. 16th century church with a baroque altarpiece. Very dear is the hermitage of the Virgen de Zorita and its pilgrimage that is celebrated on May 18. The ethnographic museum reflects the collective history of Melgarese daily life.

9. SAN LLORENTE DE LA VEGA



Canal de Castilla lock. Possibility of knowing first-hand the rich products of the organic garden. Ideal for hiking and cycling routes

Gastronomic fairs

Dates	Fair	Location
March	Saint Joseph	Melgar de Fernamental
July	Tapas Route	Melgar de Fernamental
	Organic vegetable garden	San Llorente de la Vega
	Garlic Fair	Castrojeriz
	Skewer Days	Villadiego
	Medieval Market	Villadiego
August	Orchard Fair	Melgar de Fernamental
	Craft Market	Sasamón
September/October	Potato Exaltation	Tardajos
	Agricultural Fair	Villadiego
November	Mycological Fair	Villadiego

Where to buy:

- Quesos de Sasamón. www.quesodesasamon.com
- Queso Rico-Villasilos. www.quesosrico.com
- Delicatessen Ojeda. Burgos. www.delicatessenojeda.com
- Lácteos Ruiz Angulo. Burgos. www.queseraburgalesa.com
- La Casona de los Pisones. Burgos. www.quesoslacasonadelospisones.com
- Quesos Sierra de Lara. Salas de los Infantes www.quesosierradelara.com

For further information visit:

https://www.burgos.es/sites/default/files/file/page/1ruta_del_queso_de_burgos.pdf

FUENTE: Burgos City of Gastronomy. (s.f) [Consultado el 15/04/2020]. Disponible en: <https://burgosgastromycity.com/talento-gastronomico/el-valor-de-lo-nuestro/burgos-rutas-gastronomicas/>