

La Janda

GASTRONOMY



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Gastronomy in La Janda

FROM THE SEA, THE LAND AND THE AIR

La Janda is gifted with incredible natural fortune, land, water and sun. By treating this treasure with affection, simmering its product over the fire and igniting its aroma around tables, you will discover a gastronomy of its own, exquisite and varied in nature. Whether it's the vegetable garden, the fishing ports, the countryside, hunting, livestock, delicacies are the common denominator of an extensive region that offers numerous high-quality meats closely linked to ancestral knowledge going back many years.



There is a saying in our Spain that goes "Food is fried in the south, baked in the centre and stewed in the north". La Janda must have been a country in some Atlantic Era because here we stew, fry and bake. Throughout our region you will find tasty cold recipes, stews and soups, scrambled and sautéed, fried and grilled. For every taste. A creative gastronomy, intimately linked to tradition and at the same time highly innovative: ecological and organic certifications, gastronomic routes, sales, local festivals, intimacy of home cooking and world-renowned chefs.



*Retinta cow, pigs,
game meat; deer, rabbit,
wild boar, partridge
... fish; anchovies,
sardines, horse
mackerel, mackerel and
sole, croaker, red mullet,
cuttlefish, black-bored
snapper, barriquetes
and of course, the local
King, Tuna... The
seafood; Carabinieri,
shrimp, clams, coquinas,
crabs or razor clams ...
Delicious vegetables;
tomatoes, squash,
melons, aubergines,
artichokes, medlars, peas,
chives ..., and delicacies
from the countryside;
wine, oil, snails,
aromatic plants,
tagarninas, cardillos
or piñones.*

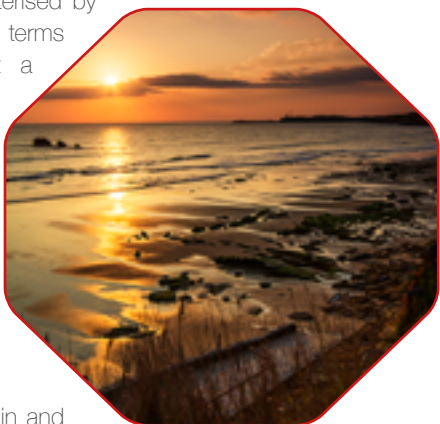
Gastronomy in La Janda

OUR HABITAT IN THE KITCHEN

The region of La Janda is characterised by excellent environmental conditions, in terms of climate and landscape. We boast a little transformed rural space, large naturally protected areas, abundant agricultural and livestock areas and an extensive coastline, which is mostly virgin.


Mountains to the east with the highest elevations. Green countryside; north, centre and west. Flat lands towards

the south, in the Barbate river basin and the La Janda depression and finally the coastline of cliffs and splendid sandy beaches. The great variety of landscapes offers a diversity of food that represents one of the true assets of our region.



Jandefia food, in this rich and diverse melting pot, stands as the sustenance from which to offer a cuisine influenced totally by its ecosystem. Light shining on the vegetable garden, the morning mist of the countryside, the rain that beats down the earth, the salt that fills the waves, the lifecycle of the bumblebee and the flower it pollinates, and that stunning sky...

LA JANDA'S GASTRONOMIC CULTURE



The biodiversity of the territory displays a powerful land in quality and variety of products, but talking about the cuisine in La Janda means talking about the culture around its stioves. Although each neighborhood recognizes its own knowledge and there are obvious differences between the interior and the coastline, a multitude of meat and fish is cooked throughout the region.

Our retinta cow walks with the same pride both through Los Alcornocales Natural Park in Alcalá de los Gazules, as it does along the beaches of Zahara de la Brea y Marismas de Barbate Natural park. The Andalusian hen pecks in San José del Valle and the southern rooster sings to him from Conil de la Frontera. Rabbits, partridges and thrushes roam Paterna de Rivera as well as Medina Sidonia. Snails and cabrillas meander from Barbate to Benalup-Casas Viejas. A blanket of asparagus and tagarnines populate the fruitful Jandeian soils where goats browse pastures, short trees or wild olive trees while they are enraptured by the sunflowers.

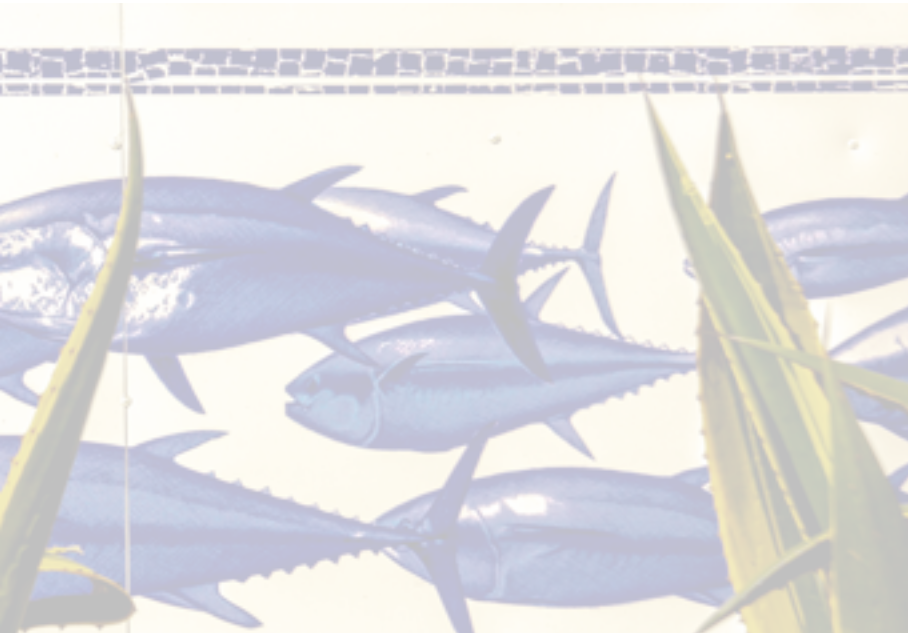
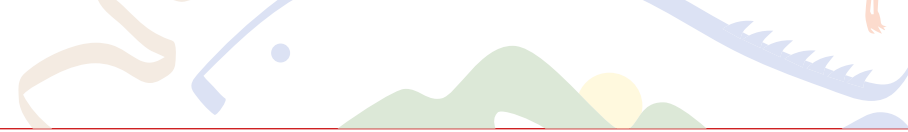
RENOWNED FOODS: THE HEAVYWEIGHTS OF LA JANDA'S GASTRONOMY

Atún con nombre y apellidos, Rojo Salvaje y de Almadraba

My name is Tuna, I am red, wild and from Almadraba. I am a migrant; I sail along both Atlantic shores and in spring I set sail for the Mediterranean Sea to spawn my young. I am *Thunnus thynnus*, I have cousins in all oceans; White, striped, yellow, blue or black fin tuna, long-tailed tuna... But they say that I am the authentically excellent tuna, the original one, the silver giant, the one that can measure more than 3 m and exceed 600 kg in weight. I am among the fastest animals on the planet and I cope well with large changes in temperature, allowing me to chase my prey to great depths.

My amazing sailing skills remain a mystery to you; you still argue if my keen sense of smell allows me to create a chemical map in the ocean, whether I am guided by the stars or detect the magnetic field of the earth.

Know that Pliny the Elder was already talking about me. I discussed whether the depths of the Strait were planted with olive trees and wild olive trees, thus giving an answer to the gastronomic jewel that I am. My millenary relationship with the Cadiz trap is a pillar for the economy in the area. La Janda knows that "Tuna... up to the has many facets", canned; brine, oil or pickled, grilled, stewed, raw or roasted.



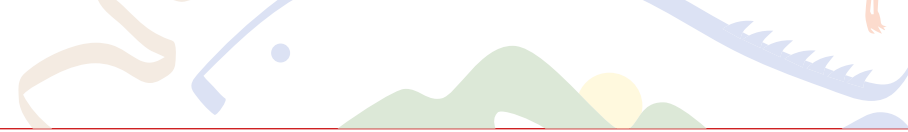
Retinta breed, also known as the happy cow

I came from the middle east to the southwest rom Europe and after mixing with different Spanish breeds, I became Retinta. I am 100% native. I am a blonde from Cádiz, the dawn dyes me with mahogany and I have a harmonious body comprised of mountains and beach. They complement me wherever I go; Blondie, what an impressive figure you have, what loins ...! My forehead is broad and my face is long, while my tail is thin and slightly arched. Be careful! with my great antlers. Oh! I still remember when Hercules freed me from the monstrous Geryon, put me in a golden vessel which he later returned to the sun.

I have a noticeably maternal character, I preserve my authenticity in my offspring, and I milk feed my calves until they are 7 months old. I enjoy Free and carefree grazing, I love tall grass and woody scrub, I like it natural. I am very hardy, I can bear the drought well, but there are times, when they have to help me out by giving me a bucket to drink out of.

My free-range rearing lets me explore La Janda from end to end, in this Mediterranean climate, I dance the same way through the pasture as when I take my umbrella and go down to the beach. I am an example of sustainability; I protect the landscape and prevent fires. Oh blondie, what ra delicious figure you have! and I tell them that I know what they say is true.





WHAT IS COOKED IN LA JANDA?

The coastline, where your mouth water

La Janda's coastline, Atlantic and windy in nature, gifts us incredible delights. The variety of fresh fish and seafood is dazzling. Caught with an artisanal fishing fleet, in fishing grounds in the Gulf of Cádiz close to towns, artificial reefs, or in Moroccan fishing grounds, fish and shellfish have their own entity and prestige. Aquaculture, for breeding and extraction, came here to stay and has a long tradition.

Using smaller nets, rods and traps, bottom trawling or surface longline, Barbate and Conil de la Frontera manage to fill their fish markets with tuna, bocinero, corvina, red mullet, chough, sole, voraz, borriquete, cherna, cuttlefish, porrajo, herrera, bream, mojarra, uf, wait, wait, let me catch my breath! ... brótola, dances, dorada, snook, morena, grouper, bienmesabe, cabrilla, melva, snapper, sargo, rascacio, urta ... shall we continue? No, better take a walk through the diverse fish markets.

Seafood: oysters, octopus, nettles, white prawns, river prawns, razor clams, shrimp, crabs, clams... Come and see!



So delicious you'll lick your fingers

Sea nettles

Tasting a netiguilla, as we say in Cadiz, is like tasting the waves. This "strange sea creature" at first glance looks like an algae, but it is an animal, anemone, and is classified as shellfish. The most common way to eat it is fried, although it lends itself to a host of creative dishes. The contrast between the crispness of its tentacles on the outside and the succulent marine flavor on the inside leaves anyone who tries it for the first time, perplexed by its unusual texture.

Fried sea nettles

*Fresh nettles
Olive oil
Fish meal
Salt*

*Once washed, flour and fry in plenty of hot olive oil.
When they reach a beautiful golden colour, you place them
on absorbent paper or kitchen roll to remove excess oil.
Eating it with your fingers enhances its exquisite flavour!*

Tuna, tuna, tuna...



Ronqueo is what we call the traditional cutting of tuna. It takes its name from the noise produced when the knife brushes against the spines and skin of the fish. From this manual cut, we get 24 pieces, practically 100% is used, which is why our tuna is known as the “pig” of the sea.

*Tuna belly
Coarse salt
Olive oil*

This tradition is closely linked to the deepest roots of the relationship between man and bluefin tuna and the constant search for conservation methods. Leave a generously sized piece for at least 2 months. Desalinate for a few hours in water. Pat dry with absorbent paper and cut thin fillets. Cover with olive oil and it is ready to use. Delicious!

Flank tuna

A simple recipe for all budgets, Tuna encebollao en colorao is a dish not to be missed out on for its flavour and price.

Tuna onions

250 gr of tuna belly,
Half a glass of
olive oil
2 garlic cloves
1 large onion
1 bunch of wild oregano
Half a tablespoon
of sweet paprika
2 tablespoons of reserve
sherry vinegar
Water
Salt

Place the oil, the sliced garlic, the finely chopped onion and the oregano in a pan. Over medium heat, let it fry until the onion is transparent.

Do not let it go golden. Add the paprika, vinegar and about 4 tablespoons of water. Then add the chopped tuna in cubes and add salt. Cook for 5 minutes so that the tuna is juicy. Set aside and serve hot. Yum!

Classic cuttlefish

A classic of coastal gastronomy. Although every chef has their well guarded recipe book, this is a common recipe in homes across La Janda.

For 4 persons

*1 cuttlefish weighing
at least one kilogram*

½ kg of potatoes 2 onions

1 roasted red pepper

*150 grams of peas 2
cloves of garlic*

1 bay leaf

*0.2 liters of olive oil from
the Sierra de Cádiz*

1 bunch of wild oregano

1 teaspoon of sweet paprika

A few strands of saffron

½ l of water

Salt

pepper

Potatoes with cuttlefish

*Clean the cuttlefish, cut into
strips and reserve. Don't forget
to put the ink aside. Chop the
onion, garlic and pepper, put
them with their little oil on
the fire and cook them again.*

*Add the cuttlefish, water,
bay leaf, paprika, oregano
and saffron. Put over medium
heat and stir occasionally. In
1 hour the cuttlefish will be
tender, then add cubed potatoes
and peas. Watch out for water
although the stew should be
thick. When the potatoes are
soft, it's ready to enjoy!*



Baked fish

They say that when food is delicious, the simpler the cooking process, the better. You can cook a wide variety of good sized fresh fish by roasting it in olive oil or salt. However, we also have an amazing range of recipes combining our two treasures: sea and our rich vegetable field.

Roasted borriquete with vegetables

1 borriquete of 1 kg approx.

1 red pepper

1 green pepper

2 tomatoes

1 onion

6 potatoes

5 cloves of garlic, parsley and

salt Olive oil to taste

½ glass of white wine

Lemon slices

We pour olive oil onto the baking tray with the sliced garlic, the onion cut into julienne strips and a little salt. We add the red pepper and green, sliced potatoes and tomatoes (we reserve half a tomato). Baked with the tray, 180°, 20/25 minutes. We take out the tray and we place the seasoned and oven-clean borriquete. Add lemon wedges on top of the fish. Add the parsley and half a tomato on top, finely chopped and return to the oven 15 minutes. Finally, drizzle it with the wine white and another 10 minutes. Ready to go!



WHAT IS COOKED IN LA JANDA?

La Janda's interior: brimming with nature

The fact that a large part of its territory is included in the Los Alcornocales National Park gives La Janda's interior a variety of landscapes, fauna and Mediterranean and riverbank vegetation, which make it an authentically special place. The large forests are perfect for different uses of livestock and hunting delicacies and for collecting mushrooms.

In this region, between the mountains and the countryside, we feel that the relationship between man and his food is beyond their historical memory, it is older than written memory. Food is rooted in La Janda's culture and it is part of who we are—something we can savour.

When we talk about Alcalá de los Gazules, Benalup-Casas Viejas, Medina Sidonia, Paterna de Rivera or San José del Valle we need to talk about rabbit, hare, deer, partridge, wild boar, chicken and turkey, duck, pheasant, red cow, goats, sheep and pigs. As well as rice, cotton and beetroots, wheat, orchards, asparagus, olives, organic farming, rainfed and irrigated crops, mushrooms, cheese, honey ... The list is endless.



So Delicious you'll lick your fingers

Bread and other delights...

Telera bread: a local delicacy

Who has not ever been tempted by life to make bread? In La Janda they know it. Brown bread, cateto bread or male bread as the telera is called in depending on which places, it is cooked in a wood oven and lasts a week without break.



*Flour Yeast
Water and
Salt
Knead with fists, rest and let
it rise, stick it in the oven,
How long does it
take? ... you'll have to
come and find out!*

Hot gazpacho or what is that?

Simple recipe, from the countryside ... incredible recipe.

Mash the garlic with salt in a dornillo (wooden pot), add the peppers and the tomato, previously blanched to remove the skin, continue mashing with the machacadera (wooden stick). Bring the water to a boil and place the sliced bread into the dornillo and crush it with the rest of the ingredients while you add the oil. You will get a very thick soup. There are those who decorate it with radishes or with previously roasted asparagus. You won't believe how good it is!

*½ kg ripe vine tomatoes
or red tomatoes
4 cloves of garlic
3 green peppers 250 gr
of telera bread settled
200 ml of olive oil from
the Sierra de Cádiz
1 l of boiling water
Salt*

Beef and game


When it comes to meat in the gastronomy of La Janda, the endless number of dishes is multiplied both by the range of products and by the touches that each town adds with their unique flavour. Tasting the game prepared in exquisite stews of deer, roe deer, turtle doves, torcals or thrushes, lights up the imagination. The retinta cow is our eternal cow and the derivatives of the pig deserve special mention with the chicharrones, chorizos, cold meats, zurrapas, loin inlard and mechá meat.



Gastronomy in La Janda

Venison in sauce

When it comes to game, venison meat is among the most popular in La Jandas. Closely linked to the Los Alcornocales Natural Park, its meat is lean and has little fat.



*1 Kg of venison 100 gr
of celery in julienne
125 gr of carrot in half moons
125 gr of leek in julienne
150 g minced onion
20 g minced garlic
100 ml of virgin olive oil
200 ml of red wine
50 ml brandy
1 teaspoon thyme
1 teaspoon oregano
½ teaspoon peppercorns
Salt*

Heat oil in a saucepan, brown the minced garlic and add the other vegetables, sautéing them well. Don't let them take on too much color. Increase the heat and add the meat, give it a few turns, add the spices and finally pour with wine and brandy. Bring to a boil, then lower the heat and cook it covered. If the liquid is lacking during cooking, add a little water. Once the Meat is tender, sprinkle with salt. It can be accompanied by some fried potatoes or sautéed rice. Bon appetit!



CHULETON
RETINTO
MADURADO

REBENTIA
MADURADO

13

RA
TAS

Multiple small notices and certificates are posted on the wall, including one with the number 319628.

Digital scale display showing 0.00 and 0.00.

Soups and stews

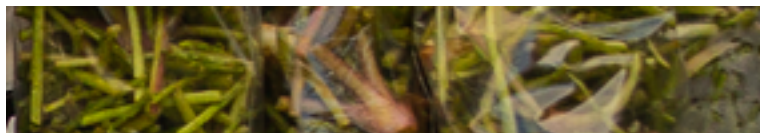
Soups and broths, menudo stews, stews, potatoes, asparagus soups, tagarinas stews, cardillo cabbages, mushrooms, Cadiz cabbage, rice with rabbit... all local stews and soups you won't want to miss out on...

Tagarine stew

*½ kg of chickpeas 100
gr of kidney beans
½ kg of tagarines
1 head of garlic
100 gr telera bread 2 ñoras
Extra virgin olive oil 1
tablespoon of cumin
Salt Paprika
White pepper
1 potato
1 blood sausage
Water*



The day before you make it , leave the legumes to soak. In next morning,, boil them in steaming pot for an hour with a full head of garlic , salt, oil and water, making sure they are well covered..Wash the tagarines and fry them in a pan using oil. When they are tender, add paprika, salt, diced potatoes and White pepper. Then add the boiled legumes without the head of garlic Cover with water and put them on to stew. In another pan, fry the bread using a couple of tablespoons of oil. Put the bread and cumin in a mortar with the ñoras. Grind and add it to the stew. Leave on the hob for half an hour until the potatoes are tender. 5 minutes before serving, add the sliced blood sausage. You'll feel right at home with this hearty stew!






Tagarnina is a wild herb with leaves and thorny stems. Its Harvest time begins in January and lasts all winter. It has many spikes, for what to collect them you must take a knife and cut them at the base. They put up a good fight until you finally pluck them out all the thorns and leave.

Our vegetable gardens, bringing health straight to your table

To talk about La Janda's vegetable gardens is to open a Pandora's box of wonder in green; basil, artichokes, melon, raspberry, figs, radishes, spinach, pak choi, tangerines, chives ... The flavor and special texture of the more than sixty different specialties that are grown on the coast are due to its proximity to the sea, a favorable climate and many hours of sunshine a year.

Small farms that are beginning to take ecological certifications more seriously and with are supplying different consumer groups, using natural allotments and seeds, companies are coming together to share an eco-friendly vision that focuses on good health.



Arab bakery in the La Janda region became popular, paradoxically, in the region's convents and today a large number of establishments, passed down from generation after generation, make artisanal, sweets, cakes, baked treats, egg yolks, piñonates, pasta, marzipan, amarguillos, alfajores and many other local delights...

In addition to these delicacies, in our homes we also rejoice with some good poleas, puchas, pestiños, doughnuts, meringues, oat cakes, We snack on cakes in the afternoons, pinches, we dance with joy at eating flours, honeys, almonds, sweet potatoes, hazelnuts, eggs, spices, butter ... and when we can't eat anymore ...we braid the hair of an angel. Yes, that angel that comes to La Janda to sin.



Sweets and Delights Alfajor

The closer to the spring, the clearer the water. For this reason, we leave bring you a recipe from the year 1881 by Doctor Thebussem, pseudonym of a native of La Janda, famous for his poetic treatise gastronomy.

Who better than him to tell it?

"Know that the alfajor is an eleven-centimeter cylinder or croquette coated in sugar and cinnamon, and covered in a paper, humble or showy, whatever you prefer, that wraps it in a spiral, folding with a certain elegance at the ends"

To make the alfajor you will prepare what I am going to say: A white honey azum. Three halves of hazelnuts and one pound of almonds, all roasted and chopped up. An ounce and a half of ground cinnamon. Two ounces of Matalahúva, four drams of clove and four of coriander, all roasted and ground. One pound of toasted sesame. Eight pounds of grinding powder, sourced from bagels without salt or yeast, deep-baked in the oven. With half a pound of sugar you will make syrup, then you will add the honey, and when it is raised, add three handfuls of sifted flour and grinding powder. Grind it so that everything is well mixed. Shape them, bathe in syrup, cover with fine sugar with some cinnamon and soak. In each pound should make 8 to twelve alfajores. The difficulty and the secret of the alfajor is getting the honey right: since recipes always have so many rules and none of them are really true, practice is what really makes perfect, the same as with most things.





A gift from the gods

Since the “Wine of the Land of Cádiz”, Protected Geographical Indication (PGI) was regulated to designate red, white and rosé wines made in the Cádiz region, La Janda’a new vineyards have been embarking on groundbreaking and innovative projects in the world of winemaking. Young, expressive and modern wines.

New wineries are expanding and making themselves known thanks to the affection and love of the artisan methods, in many cases, methods that go back to traditional ones used for years. The destalking, scissor cutting or sunning the red and white grape variety links us to the earth and has set us apart for our quality.

Wine made with elegance and nobility, a powerful flavour, with good fruit and well balanced. Grapes are treated like kings in La Janda.



Succulent mushrooms

Being immersed in the surroundings of the natural parks of Los Alcornocales and La Breña is lucky for those who appreciate mycology. Whether to enjoy their wonderful flavour on the palate, as a collector, or to practice this hobby as a hiker or as a mere observer, strolling La Janda, it is a pleasure.

The quantity and quality of species of mushrooms in the region; mushroom, chanterelle, chantarela, Amanitas or macrolepiotas and lepistas ... invites us to spend time exploring the fields. Going out to hunt mushrooms is a great plan!



