

salt and **HONEY**

LOCAL CUISINE



Tierra Bobal

Donde el bosque abraza al viñedo

- LUGARES Y ESPACIOS

UTIEL

1 Bodega Redonda-Museo de la Vid y el Vino de la Comunidad Valenciana

2 Almázar. Museo de la Miel y la Cera

3 Bodegas subterráneas

REQUENA

4 Palacio del Cid-Museo del Vino

5 Cuevas de La Villa

6 Museo de la Fiesta de la Vendimia

7 Monumento Universal a la Vendimia

8 Museo de Sisternas

9 Yacimiento arqueológico “Solana de las Pilillas”

CAUDETE DE LAS FUENTES

10 Yacimiento arqueológico “Los Villares-Kelin”

CAMPORROBLES

11 Yacimiento arqueológico “El Molón”

12 Fábrica de Harinas San Isidro Labrador

SINARCAS

13 Museo del cereal

14 Ecomuseo del Hábitat Rural y Tradicional

FUENTERROBLES

15 Museo de la Vida Rural y Etnográfica

VENTA DEL MORO

16 Mina Lolita, Salinas de Jaraguas

VILLARGORDO DEL CABRIEL

17 Salinas

- VINO Y GASTRONOMÍA

BODEGAS

ENOTECAS

RESTAURANTES

EMBUTIDO

ACEITE

MIEL

QUESO
- INFORMACIÓN

Tourist Info Requena

Tourist Info Utiel
- FORMACIÓN, INVESTIGACIÓN Y PROMOCIÓN

UTIEL

1 Sede DO Utiel-Requena

2 Sede Utiel Gastronómica

3 Escuela de Hostelería

REQUENA

4 Sede DO Cava

5 Sede Ruta del Vino

6 Sede Embutido Artesano y de Calidad

7 Estación Enológica

8 Escuela de Viticultura y Enología
- A detailed map of the Utiel-Requena wine region in Spain. The map shows the geographical layout of the area, including towns such as Sinarcas, Camporrobles, Fuenterrobles, Utiel, Requena, Villargordo del Cabriel, Venta del Moro, and Chera. A network of roads is depicted with white lines. Various points of interest are marked with colored dots and numbers, corresponding to the legends. Purple dots represent wineries (Bodegas), blue dots represent wine cellars (Enotecas), and other colors represent restaurants, cured meats, oil, and cheese. Numbered dots indicate specific locations of interest, such as museums, archaeological sites, and educational institutions. The map also shows natural features like rivers and the Mediterranean Sea to the east.
- A square QR code with a black and white pixelated pattern, used for quick access to information about natural areas in the region.
- NATURAL AREAS
- A square QR code with a black and white pixelated pattern, used for quick access to information about hiking trails in the region.
- HIKING

Tierra Bobal

A region of wine and forests that extends through the municipalities of:

Camporrobles

Caudete de las Fuentes

Chera

Fuenterrobles

Requena

Sinarcas

Utiel

Venta del Moro

Villargordo del Cabriel

What we propose is that you let immerse yourself in our culture, the culture of wine. In our ancient villages. In our crystal-clear rivers. Less than an hour from the city of Valencia, on the border between the plateau of Castile and the mountains of the coast, you will find Tierra Bobal.



Salt and honey

The history of our cuisine began when we started to use salt. We discovered salt thanks to a tradition that has come down to us in the form of salt mines. Since then, it has been part of our rites, and since the 15th century, our sausages have been based on it. A long list of products such as: different types of *longaniza*, *morcilla*, or “*el perro*” and different loins, which have given rise to our most popular festivals, declared to be of Touristic Interest by the regional government.

The traditional cuisine of Tierra Bobal comes from the spirit of La Mancha. A delicious, hearty, and also surprising cuisine that makes use of everything that the earth gives us. For more than seventy years we have eaten *migas*, *migas ruleras*, *ajoarriero* or *atascaburras*, *morteruelo*, *arroz con güeñas*, *gachas* or *almortas* or *cachulí*, *la olla* or *gazpachos*...

The sweet flavours came later when honey began to be used in food as a sweetener. Honey and beehives and wax, which gave rise to another one of our festivals and filled the Virgin of Remedy with candles. Delicious desserts such as *turruncillo* or *barrueco*, *alajú*, *bocaillo* or *arrope*. Our land is a land of salty and sweet tastes, made of salt and honey, from the salt mines and the beehives.

Essentials of Tierra Bobal



We eat with a spoon

We love thick broths and sauces for dipping. Stews and soups with legumes, potatoes, and pork loin to withstand the winter with a fine glass of wine.

Pestle with a handle

Every kitchen in Tierra Bobal has a traditional clay pestle with a wooden handle. How could we survive without our *ajoaceite*, *morteruelo* and *ajoarriero*?

From the oil press to the table

In Tierra Bobal, you can purchase excellent olive oils cold-pressed in our olive presses, made with Cornicabra olives, or in some areas with Changlot varieties. Dense olive oils with an intense green colour and delicious to the palate.

Sweet as honey

We inherited our taste for honey from our Arab past. You can purchase artisanal honey and also sample sweets such as the traditional *alajú*, *burruecos* or *turroncillos*.

Quality sausages

The artisanal sausages of the Tierra Bobal are made in the traditional way, with top-quality meats and spices. Every butcher shop has its own seasoning. Which one do you like best? A glass of wine for every occasion!

The ovens as they have always been

Sweets or salted treats? Sample the *bollos de magras* or *bollos de sardina* which are traditional in Utiel. You deserve to indulge yourself! Take home some sweets: *mantecados*, *tortas de manteca*, *sweet potato pastries*...



Quality brands



The Requena Quality Artisanal Sausage Association

Made up of twelve family-run companies, this association oversees the quality brand “*Embutido de Requena*” by verifying the origin of the meat (sows or hogs) and the quality of the ingredients. The denomination includes seven types of sausage: *longanizas*, *chorizos*, black pudding with onion, *salchichones*, *perros*, *güeñas* and *sobrasadas*. There are specifications for the ingredients and preparation of each product, thus ensuring the quality and authenticity of the artisanal products. In February, don't miss the Requena Quality Artisanal Sausage Fair.

The Utiel Culinary Association

Comprises seventeen agricultural companies in Utiel and its region dedicated to producing quality sausages, traditional baked goods, and honey products. The CV Quality Brand includes three products: *alajú*, *morcilleta de carne* and lean *longaniza*. The brand name guarantees the highest level of quality, tradition and safety. In October, the Utiel Culinary Fair is held. It is the perfect occasion for sampling our typical dishes, from sausages to sweets, as well as agricultural products like wine, honey, olive oil and cheese.



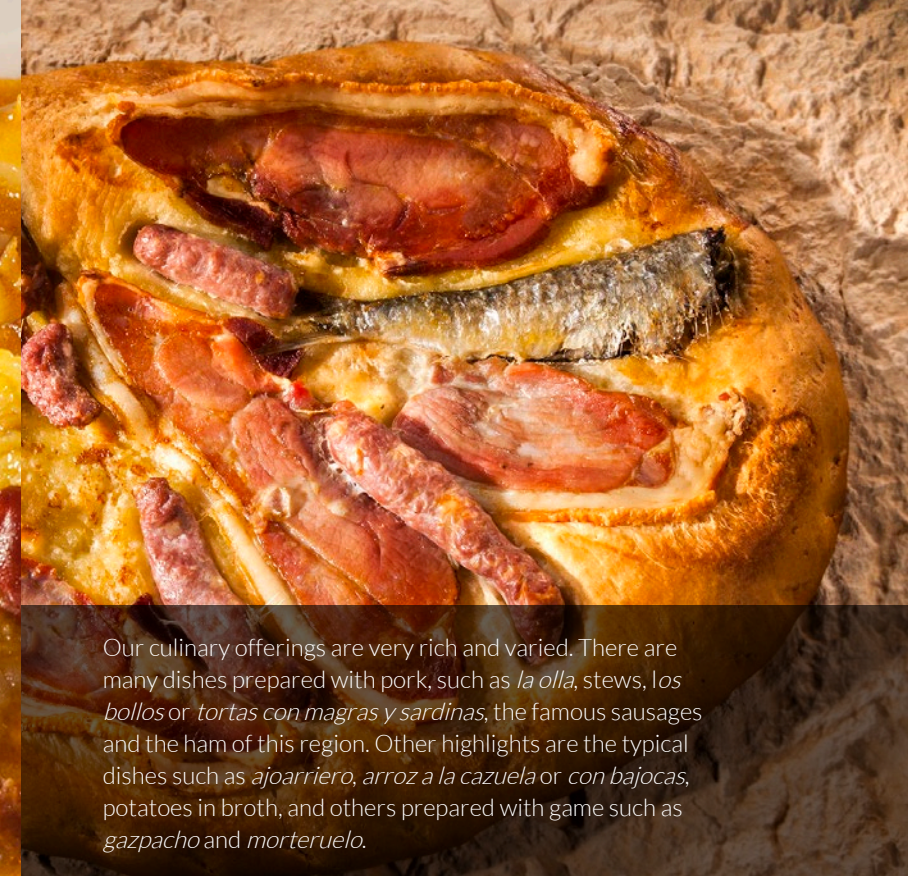
Highlight

Requena Quality Artisanal Sausage Fair

In the month of February, Requena celebrates its Quality Artisanal Sausage Fair, organized by Requena's Town Hall in collaboration with the governing body of the P.G.I. "*Embutido de Requena*". On 4 December 2009, it was declared an event of Touristic Interest by the regional government. Requena's Quality Artisanal Sausage is an outgrowth of our town's tradition and history. At this fair, you can sample and purchase a wide range of our traditional artisanal sausages. These include: *chorizo*, *longaniza*, *salchichón*, *güeña*, "*perro*" and *morcilla* (our local version of black pudding). This array of products is accompanied by all types of cultural activities: concerts, theatre productions, street entertainment, traditional dance shows, etc.



Flavours from Tierra Bobal



Our culinary offerings are very rich and varied. There are many dishes prepared with pork, such as *la olla*, stews, *los bollos* or *tortas con magras y sardinas*, the famous sausages and the ham of this region. Other highlights are the typical dishes such as *ajovarriero*, *arroz a la cazuela* or *con bajocas*, potatoes in broth, and others prepared with game such as *gazpacho* and *morteruelo*.



Utiel Culinary Fair

A fair organized by the Utiel Culinary Association and held at the end of October. The event consists of sampling of typical dishes such as sausages, olive oils, wines, cheeses, *tortas magras*, *alajú*, *gazpacho*, *morteruelo*, *ajovarriero*, *almortas*, *turrone*s and *burruecos*, among others. There is a Tapas Route, a Cocktail Route and other cultural and culinary activities.



Desserts also play an important part in the DO Utiel-Requena; often prepared with honey such as *alajú* - of Arab origin- and *burruecos*, *turruncillos*, sweet potato pastries, pies, and lardy cakes.

Take the flavours of Tierra Bobal with you



TYPICAL PRODUCTS



BUTCHER SHOPS



BAKERIES

You can view all the options for typical products, butcher shops and bakeries in Tierra Bobal by scanning the QR codes.

Culinary Treasures

Ajoarriero or Atascaburras

The ajoarriero is a typical dish from the Requena-Utiel region made from potatoes, cod, garlic, egg, and olive oil.

How to prepare:

A few hours before starting, leave the cod out to soak so that the salt is diluted. Boil the potatoes without skinning them at a low temperature until they are tender; when they are soft and warm, skin them and make mashed potatoes without leaving any lumps.

While the potatoes are boiling, boil the cod and break it apart, removing the skin and bones. Next, mix it with the potatoes.

Ingredients

- 1 Kg. potatoes
- 500 gr. salted cod
- 2 dl. olive oil
- 3 eggs
- 2 cloves of garlic

Add the eggs, the two cloves of garlic, crushed, both of which we gradually combine with the olive oil, adding it little by little while stirring in the same direction with the pestle. The amounts of garlic and olive oil can vary, as well as the salt required, since it will depend on how long we have been soaking the cod.



Ingredientes

- 1 kg. pork (ribs, liver, lard, lean meat...)
- 2 dl. olive oil
- 400 gr. pig liver
- 500 gr. hard bread
- 100 gr. pine nuts
- Spices (cinnamon, pepper, cloves, garlic, and salt)

Morteruelo

Morteruelo is a typical stew made from pork liver, spices, and breadcrumbs.

How to prepare:

Boil the liver in water and salt. When it is hard, drain it, grate it, and set the water aside. Fry the pieces at low heat with a few cloves of garlic. When they are done, take them out and set aside the olive oil. In a deep-frying pan with a little bit of olive oil from the pieces, sauté the grated liver, seasoning it with ground black pepper. Add the water that had been set aside (if needed, add normal water) and the hard bread, after first grating it coarsely.

When it comes to a boil, add the toasted pine nuts and the spices mentioned above, being very careful with the ground cloves, which have a very strong flavour. As we go on, always continuing to stir, we will add the olive oil from the pieces that it is able to absorb and continue until the morteruelo peels away from the frying pan, “volcanoes” are created, and the oil that we have been adding rises to the surface. Before adjusting the salt and pepper, crush and add two cloves of raw garlic if desired.

You won't want to miss

Flour Mill of Sinarcas (Grain Museum)

The Flour Mill of Sinarcas was built in 1935 by Mr. Angel Palomares Jiménez, and after the Civil War, in 1941, it was acquired by the Cañizares family, who had traditionally been millers (since the 18th century they had owned a flour mill in the nearby village of Benagéber, until it was flooded by the reservoir). The mill continued to operate until the late 1980's. At present, the mill has been completely renovated and is equipped with a complete audio-visual system for visitors. Guided tours are conducted throughout the year. Contact the Rural Tourism Centre of "Las Viñuelas".

Carretera de Utiel 16 46320 Sinarcas
www.sinarcas.es/pagina/fabrica-harinas
962 184 024



Where to stay and where to eat



WHERE TO STAY

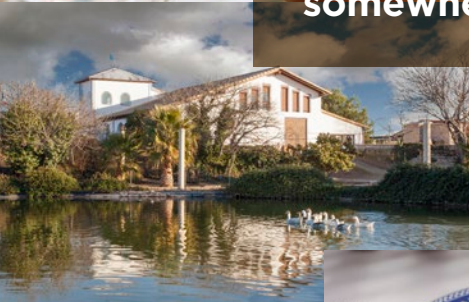
You can view all the options for accommodations in Tierra Bobal by scanning this QR code.



WHERE TO EAT

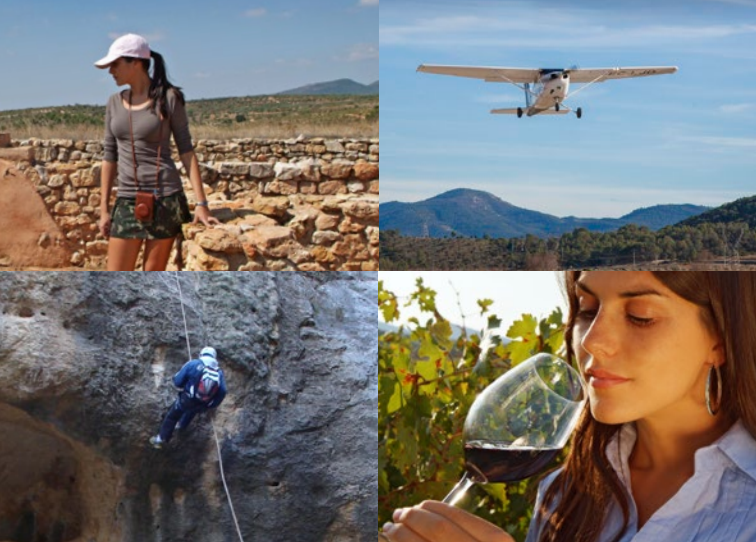
You can view all the options for restaurants in Tierra Bobal by scanning this QR code.

If you travel to Tierra Bobal, you will feel a part of it even though you are from somewhere else.



Bobal Experiences

Wine tasting, rafting, airplane rides, historical tours... You decide how to enjoy Tierra Bobal. To find out more about the experiences that our region offers you, scan the QR code, and query the information that you need.



Tourist offices and interpretation centres

Tourist Office of Requena
turismorequena.es/es/page/tourist-info
Telephone: 962 303 851

Tourist Office of Utiel
www.utiel.es/pagina/utiel-turismo-0
Telephone: 962 170 222

Cultural Interpretation Centre El Molón
tierrabobal.es/es/espacios-culturales/centro-de-interpretacion-cultural-el-molon.html
Telephone: 962 181 006

The Information Centre and the management office of the Cabriel Gorges Nature Park
parquesnaturales.gva.es/es/web/pn-hoces-del-cabriel/centro-de-interpretacion
Telephones: 963 189 222 / 639 202 112

Information Office of the Chera Nature Park
Telephones: 961 839 610 / 606 857 028
Email: parque_cherasotdechera@gva.es

FOR SOPHISTICATED TOURISTS

We want to be the destination chosen by people who want to get to know us. Who want to wake up to the crowing of the rooster and knock on our door so that we can lend them a hand. We want to show them how we work the land and take them up into the mountains, on foot or bicycle. People who get out in the fresh air in summer and lunch on sausages roasted on a campfire made of grape-vine branches. Who learn how our wine is made and then enjoy a glass afterwards. Who talk to us, who ask us about our way of life and why we are the way we are. We want our region to leave its mark on them. And we want to find out where they are from and how they feel, that their visit can make us better. We want peaceful, sustainable tourism. We have long been a stop on travel routes and would like to continue to serve as a place for exchanges, chosen by engaged and sophisticated tourists who regard us with respect, just as we regard them.



You will find more information on our website: tierrabobal.es