



Top 10 foods of the Camino Way

The many routes of the Camino de Santiago cross different regions (in some cases countries), each with its own traditions, culture and food. If you are walking the Camino de Santiago along the French Way, from the French border, you'll have the opportunity to taste a number of classic dishes and plenty of traditional produce. Camino-Ways.com, the walking and cycling holiday specialists, have compiled a list of the top 10 that are not to be missed:

White Asparagus

Navarra's white asparagus are the most famous in Spain. They are delicious with just a dollop of mayonnaise.

Chilindrón sauce

Chilindrón is a traditional sauce from Navarra, Basque Country and Aragón regions, made with red vegetables, mainly tomatoes and red peppers. You will find meats such as lamb or chicken cooked 'al chilindrón', in 'chilindrón' sauce.

Potatoes Rioja style

The La Rioja region is famous for its red wine. Here you will find a variety of dishes cooked 'a la Riojana', 'Rioja-style', including potatoes.

Ice cream in Logroño

Marzipan, goats cheese with blueberries, cherry and orange sorbets - you will find any ice cream flavour you can imagine in Logroño. The capital of La Rioja is famous for its wine but also a city with a deep ice-cream making tradi-

tion.

Tapas in Burgos

Burgos has been selected as the country's gastronomic capital for 2013. Go for tapas in the many bars, offering a wide variety of flavours and combinations so you can taste as many different dishes as possible.

Cured meats in León

As you get into Castilla-León, cured meats become even more prominent in restaurant menus. Cecina, smoked beef, is a local specialty and cured meats (embutidos) from this region are of exceptional quality.

Botillo in El Bierzo

Cakes and Chocolate from Astorga

Astorga had at one stage up to 64 chocolate factories - as good an excuse as any to stop and taste some of the artisan chocolate made locally. Don't forget to try the famous 'mantecados' (little buttery cakes) and 'hojaldres' (super sweet sticky puffy pastries). There is also a chocolate museum in town.

Botillo in El Bierzo

You will cross El Bierzo on sections 6 and 7 of the French Way, its capital being Ponferrada. The most famous dish of this region is 'botillo', a dish of meat-stuffed pork intestine. El Bierzo is also famous for its cherries so make sure to try them if you are travelling in summer.

Octopus 'market fair

style' in Melide

Galicia's most traditional dish is octopus, eaten traditionally on market days, hence its name in Galego (pulpo á feira - octopus market day style). Stop for a 'ración' (portion) at a real 'pulpería', a bar or restaurant specialised in cooking octopus.

Arzúa cheese

Explore the small shops in town to get a taste of the local cheese, for example at the old school butcher shop of father and son Luís and Luís, also known as 'Carnicería Tarazona'. They will milk a cow for fresh milk on the spot. They also sell the traditional Arzúa cheese.

Start planning your gastronomic adventure today by logging onto caminoways.com.



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