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Top 10 foods to eat on the Camino de Santiago

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The Camino de Santiago in northern Spain is one of the most famous hiking routes in Europe and is walked by thousands each year. Although the routes begin in a few different places, the most popular one starts just over the French border in St. Jean Pied de Port and all end up at Santiago de Compostela, or just beyond at the coast.

The 500 mile route takes around one month to walk and crosses different regions, each with its own traditions, culture and food. If you are walking the Camino de Santiago along the French Way, from the French border, there are a number of classic dishes and traditional produce that you will be able to taste. CaminoWays.com, the walking and cycling holiday specialists, have compiled a list of the 'Top 10 Camino Foods' to give you an idea.

1. White Asparagus

Navarra's white asparagus are the most well-known in Spain. They are delicious with a dollop of mayonnaise.

2. Chilindrón sauce

Chilindrón is a traditional sauce from the 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.

3. 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.

4. Ice cream in Logroño

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

5. Tapas in Burgos

Burgos has been selected as Spain'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.

6. Cured meats in León

As you pass into Castilla-León, cured meats (*embutidos*) become even more popular. Cecina, smoked beef, is a local specialty.

7. 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 puff pastries). There is also a chocolate museum in town.

8. Botillo in El Bierzo

The most famous dish of this region is 'botillo'. El Bierzo is also famous for its cherries so make sure you taste them if you are travelling in summer.

9. 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' at a real 'pulpería', a bar or restaurant which specialises in cooking octopus.

10. 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 and sell the traditional Arzúa cheese.

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