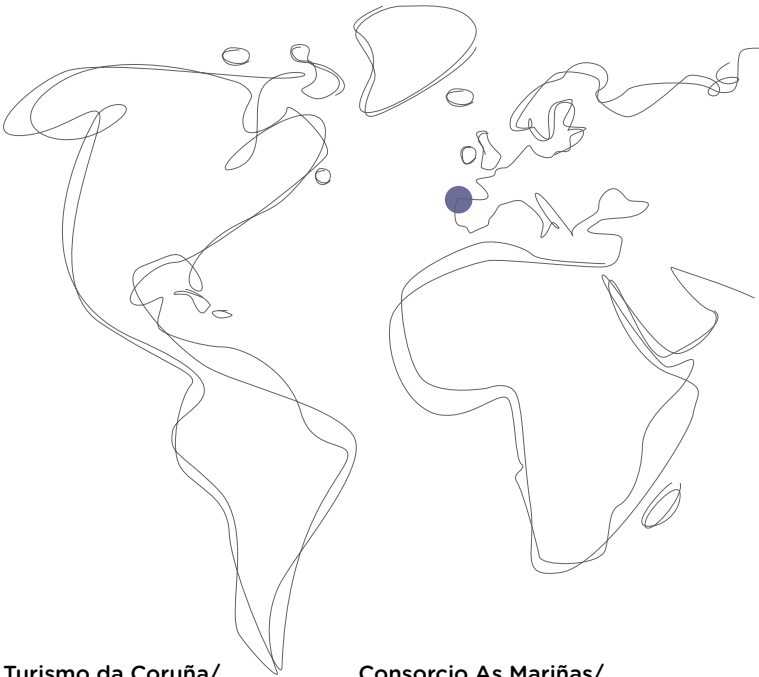




A visit to Corunna and its surroundings is essential, in order to sample the famous Galician gastronomy, a varied and exquisite culinary offering which includes local shellfish, meat and fish, cheeses and wines. From traditional dishes such as “pulpo á feira” (fair-style octopus) and pasties, to creative, contemporary cooking, accompanied by excellent wines bearing the Galician designation of origin: Monterrey, Valdeorras, Rías Baixas and Ribeiro, including “Viño da Terra de Betanzos” and the centenary local beer, Estrella Galicia.



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Gastronomic  
route/





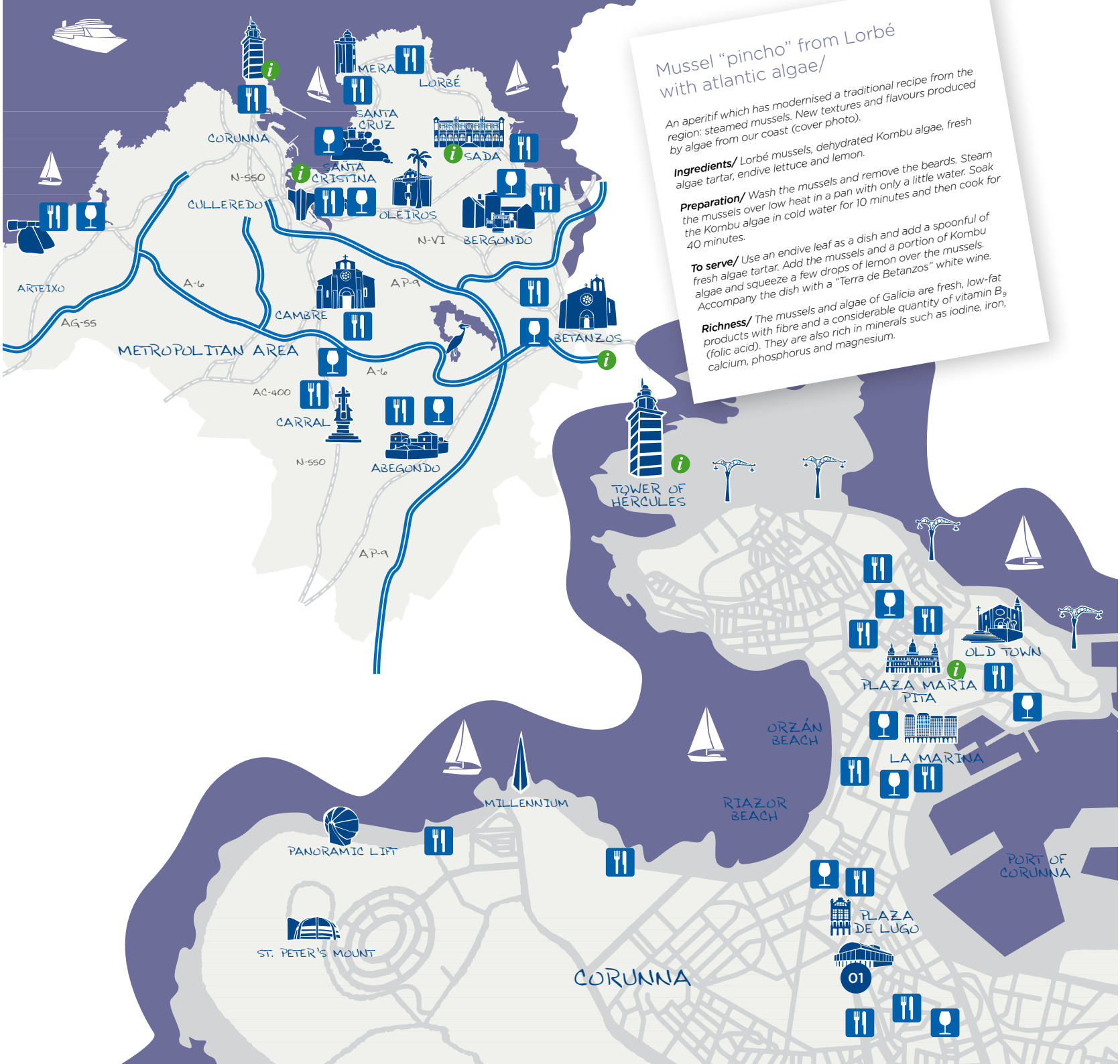
# Gastronomic route/

## Restaurants/

Select restaurants such as Pardo, Domus, Alborada, Gaioso... some of which have Michelin Stars. In view of the quality of the ingredients used, there is an enormous variety of establishments to suit all budgets, from the most select to more popular, traditional ones. In the city, practically any district (Plaza de España, Plaza de María Pita, La Marina, Ciudad Vieja - Old Town, Matogrande, Paseo Marítimo, Riazor, Vinos) offers many alternatives when it comes to selecting a restaurant. In the region, this offering is increased with establishments located on the sea front, in tiny ports, surrounded by attractive countryside or filled with history, where one can try the best dishes of each place. Betanzos is renowned for its omelette, Lorbé, in Oleiros, is famed for its mussels and Sada for its estuary products such as sardines or small cuttlefish.

## “Tapas” districts/

Visitors can enjoy one of the best ways of trying Galician food in the popular wine routes of the city and the region: eating “tapas”. In Corunna, the most important streets are Barrera, Troncoso, Franja, Olmos, Estrella and Galera, where inns, taverns and traditional bars are located alongside more modern venues which offer dishes that are more popular but no less exquisite. Wandering through these streets is a great way to become impregnated with the atmosphere of Corunna and eat and drink at affordable prices. Cambre, Betanzos, Sada, Sta. Cristina, Mera or Sta. Cruz each has its own typical wine district.



## Markets and delicatessen stores/

For those who enjoy good food, a visit to the Markets of Corunna is a must. The freshly-caught marine products on display (sole, monkfish, hake, turbot, barnacles, crab, razor fish, bay scallops) are quite an amazing sight. The market also has first-class meats and a wide variety of market garden produce. At the crack of dawn, Plaza de Lugo is filled with customers coming to buy the most select shellfish and fish. In the Ensanche district, there are still old grocery shops that offer the choicest delicatessen products. Stopping at any of these establishments is a genuine pleasure for the senses.

A more popular version of the markets (fairs) is organised in different towns in the region on certain days of the week or at weekends; these include that of Betanzos, the origins of which go back to the 14<sup>th</sup> century. While visiting the region, it is worth while stopping at the bakeries in Carral to buy its famous bread or pasties.

## Fairs and Festivities/

Throughout the year, many gastronomic fairs are organised, of which the most important are O Entroido (carnival) with its typical menu, “laconada (boiled ham), “orellas” (crumb cookies) and “filloas” (crepes) and San Xoán (declared a festivity of National Interest for Tourists) when bonfires are made throughout the region and people roast sardines, a simple but exquisite dish.

All this in addition to the festivities for promoting different products, combining sampling and selling, which is a good way to taste the local gastronomy. For instance, the Cheese Fair or the Mushroom Fair in Abegondo, the Wine and Omelette Festival in Betanzos, the Mushroom Festival in Cambre and the Bread and Pasties Festivals of Carral. Oleiros celebrates the Mussels Festival and the Honey Festival, and Sada organises a “Queimada” (Flamed Punch) Festival.