



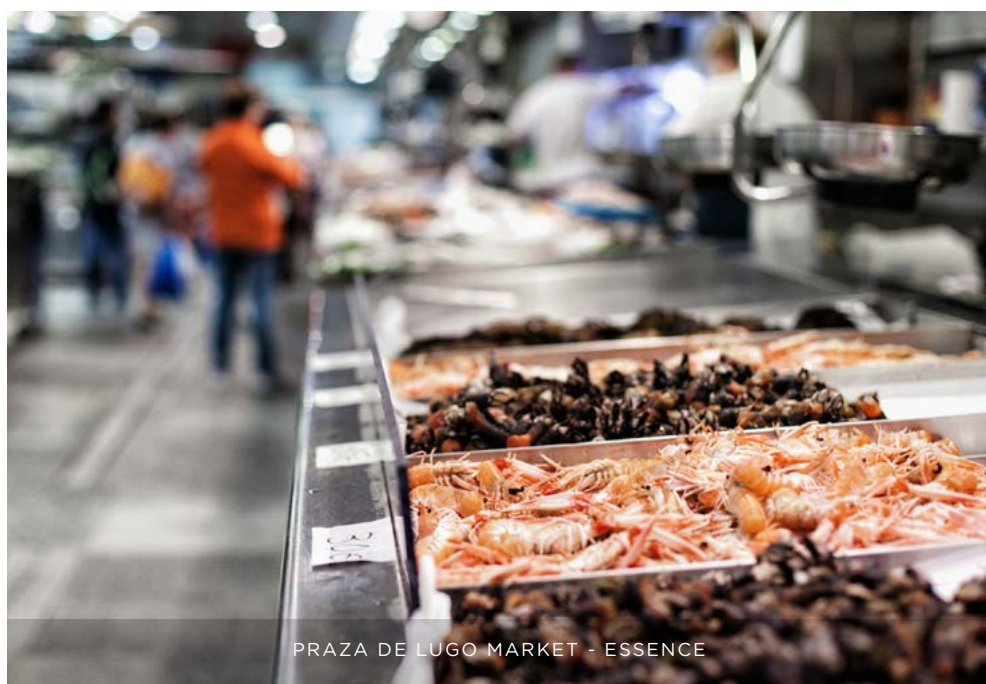
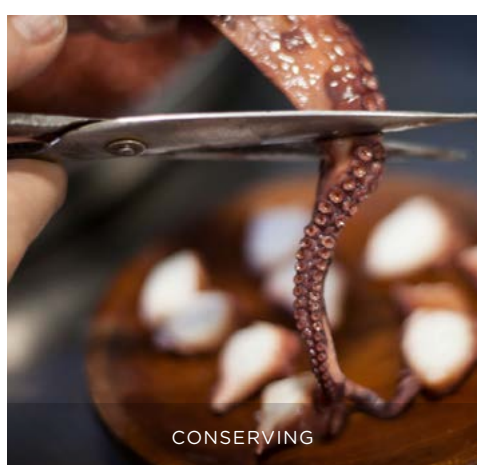
**ATLANTIC CUISINE**  
*made for sharing*



A Coruña is Galicia and the Atlantic. Our land and sea yield a gastronomic wealth that instantly wins over the heart and taste buds of everyone that visits us.

In the area known as A Mariña, the boats that moor practically on the doorstep of the city's galleries unload the very best of the sea that in just a few hours will be served in the city's eateries.

The centre is packed with bars and restaurants serving an equal measure of traditional and innovative fare. We would like you to join us at our table. Make yourself at home and simply enjoy.



*\*the sea*

In true coastal tradition, the sea is our number one supplier. Make the most of the chance to savour the delicious flavours of the Atlantic against the backdrop of a welcoming and seafaring city and experience its surprising yet unaffected cuisine.



In this case, you are the spectator and the products the star of the show.

**Shall we expect you for lunch?**

*'Coruñaring' around*

*"Vivir na Coruña que bonito é, andar de parranda e durmir de pé, e durmir de pé e durmir de pé, vivir na Coruña que bonito é..."*  
There is a song about the city that says something like "Isn't it lovely to live in A Coruña? partying all day and night and sleeping on your feet; Isn't it lovely to live in A Coruña..." Lyrics that pretty much sum us up, reflecting the city's eternally open character.

No visit to A Coruña is complete without an evening out, visiting its wine bars, beer cellars, traditional bars and street cafés. Treat yourself to some delicious snacks or tapas, or if you'd rather, enjoy a meal at one of the many restaurants that line the streets.

There is unique flavour to the streets the form the city centre, especially from early evening onwards, when the terraces are filled with locals and visitors who linger until the early hours. A lively atmosphere that at weekends can also be enjoyed in the morning, when friends and families gather to enjoy a pre-lunch drink and appetiser.

*...profiles:*

In September the city holds its annual tapas competition, named after Don Manuel María Puga y Parga, affectionately nicknamed *'Picadillo'*, who held the office of mayor of the city in 1915 and 1917. Eating was one of his favourite pastimes, and he was also the author of a number of highly entertaining cookery books. A peak inside the kitchen cupboards of any home in A Coruña will reveal the masterpiece of Galicia and A Coruña's culinary literature: *La cocina práctica de Picadillo*, or *'Picadillo's Practical Cookery'*.

The market in the centrally-located Praza de Lugo is the domain of the women that run the market stalls, known locally as the *'Placeras'*. Outspoken, funny, friendly and experts in selling not only their fish but also the city, they are also unconditional fans of 'El Depor', the city's football team.

**Coruña Cociña** is the name by which the boldest and most innovative chefs in town are known. A trademark that reflects the essence of those that are writing the history of A Coruña's contemporary cuisine and who choose to use quality Galician products in their culinary creations.

**Hospeco** is the Spanish abbreviation for A Coruña's Catering Business Association. The name will eventually become familiar, as it works closely with A Coruña's tourist board, organising a number of gastronomy events in the city's hotels.

MORE INFO AT:

[www.visitcoruna.com](http://www.visitcoruna.com)

FOLLOW US ON:



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## innovation

A Coruña, at the forefront of Galician gastronomy.



- Árbore da Veira 🍷🍷
- Artabria 🍷
- El de Alberto 🍷 R
- Terreo 🍷
- A Mundiña R
- Asador Coruña R
- Bido R 🍷🍷
- Comarea R
- Culuca Cocifa-Bar RR
- Eclectic R Michelin Sustainable Commitment
- NaDo R 🍷
- Salitre R 🍷
- Taberna A Mundiña RR
- Taberna de Miga R
- 55 pasos R
- Beautiful Coruña R
- Boca Negra R
- El Charrúa R
- La Escondita R
- La Penela R
- O Lugar da Estrella R
- Pablo Gallego R
- Peculiar R
- Pracer R
- Pulpeira de Melide R
- Taberna O'Secreto R
- Tira do Playa R
- Bico do Xeado 🍷
- El Valentín 🍷
- Charlatán 🍷
- Habaziro Concept 🍷
- La Esquina de Valentina 🍷
- La Sastrería Taberna 🍷
- Mesón El Serrano 🍷
- Pepa a Loba 🍷
- Ponteijos 🍷
- Tarabelo 🍷
- TerraMia Pizzería 🍷
- Contemporánea Napoletana 🍷
- Vermutería Martínez 🍷

A Coruña is all about gastronomic culture, ingredients and a tradition that is open to the world.

## tradition

Classic dishes reflecting historic culinary traditions.

Whatever your culinary preferences, there are some dishes that have to be tried and tested to get a taste of the authentic local cuisine.

**Pulpo a feira** A simple yet surprising dish served practically everywhere in its most traditional version, cooked to perfection, seasoned and drizzled with top quality oil. The more creative bars and restaurants will amaze you with their takes on this eight-armed mollusc with a thousand flavours.

**Raxo** The traditional raxo served in our bars and inns is essentially lightly fried marinated pork.

**Pimientos de Padrón** From time to time one of these delicious small green peppers will turn out hot. They are fried and normally served as an accompaniment to other dishes for sharing.

**Mussels** The sea around Lorbé is full of platforms where mussels are grown. Steamed or prepared in countless other ways, they are delicious, affordable and incredibly good for you.

**Algae** A star ingredient on A Coruña's avant-garde culinary scene. The algae produced on our coasts feature in many healthy and flavoursome recipes.



**Fish and shellfish** There is no competition here. The wealth of our tidal inlets, our rugged coastline where goose barnacles cling to the rocks is quite simply unbeatable: goose barnacles, mussels, velvet crabs, spider crabs, variegated scallops, scallops, clams, turbot, sardines, sole, monkfish or line-caught hake...

**Galician veal** Fresh, tender and juicy meat mainly from the Rubia Gallega breed awarded a PGI (Protected Geographical Indication) quality label.

**Lacón con grelos** Pot-boiled shoulder of pork with turnip greens, this dish is traditionally served at Carnival time and during the cold winter months. When you taste it, you'll understand why. This is the kind of dish that demands a post-lunch siesta.

**Caldo gallego** This delicious broth is a winter staple, made with potatoes, beans, tender turnip greens, a small lump of pork lard and pork shoulder. It should be served piping hot.

**Galician bread** Sheer perfection. Our PGI label bread is instantly recognisable for its slight aftertaste of firewood. When you hear people extolling the virtues of bread from towns such as Carral, Neda, Cea, Ousá... don't think twice, simply tear off a piece and dip it in something tasty.



**Empanada Gallega** A delicious flat pie with finely chopped savoury fillings such as tuna, meat, cod, octopus or variegated scallops... A popular appetiser or starter.

**Galician cheeses** Galicia is a major producer of cow's milk. Four of the region's cheeses hold a PDO (Protected Designation of Origin): Arzúa-Ulloa, San Simón, Tetilla and Ceibreiro. The more traditional prefer them for dessert, served with quince jelly, but they are also becoming an increasingly popular ingredient in the most surprising culinary creations.

**Filloas, leche frita, classic rice pudding or chocolate desserts** Filloas are traditionally eaten at Carnival time, but they can be found on menus throughout the year. They look like crêpes, although there are subtle differences. Leche frita - a kind of milk pudding - and rice pudding are traditional desserts both in Cuba and A Coruña, and the reason is clear. Last but not least, the city's residents are known as 'cascarilleiros', taken from the word 'cascarilla' which refers to the shell of the cocoa bean. Trade in cocoa has always been as important as coffee in our port. Does that give you any clues?

## pairing

You're in Galicia, a land boasting five DOs (Designations of Origin) that we are sure will sound familiar to you.



**Rías Baixas D.O.** Fresh fruity wines made from the albariño grape variety. Serve chilled to accompany an appetiser and everything that comes from the sea.

**Ribeira D.O.** This designation is best known for its white wines. Served chilled, it is the ideal accompaniment for a leisurely chat with friends or delicious seafood dishes.

**Ribeira Sacra D.O.** Wines produced on steep slopes. Remember these wines when enjoying classic recipes made with pork shoulder.

**Monterrei D.O.** The red wines bearing this label pair to perfection with white and red meats, as well as rice dishes, mature cheeses, cured meats and wild mushrooms...

**Valdeorras D.O.** Single variety red and white wines boasting a tradition dating back to the days of the Romans and autochthonous varieties (godello and mencia). Habemus vinum.

**An Estrella! A draft beer! A small beer! A bottle of beer!** A Coruña loves beer. It was here that an internationally acclaimed beer was born back in 1916, **Estrella Galicia**. If you still haven't tried it, then you can't claim to know either A Coruña or Galicia. ... or how about a craft beer? Craft beers are the latest thing, and Galicia has lots of brands for you to try. Taste them all and choose your favourite.

**Vermouths** The men and women of A Coruña are firm believers in the tradition of going out for a drink before lunch or dinner. We are authentic experts in wetting our appetites. You'll be pleasantly surprised by the Galician flavours of the premium vermouth brands.

## Galician gins and liqueurs

Galicia is a land of wizards that have mastered the skill of distilling grape marc and liqueurs. Today they are the makers of premium gins. If you love to linger at the table after a meal, then we have the perfect accompaniment: a digestif, herb or coffee liqueur or a gin that reflects our essence. And if you've never tried it before, don't forget to order our classic 'café con gotas' - coffee with a dash of liqueur.

## market

**The markets of A Coruña** mcñ is the trademark that identifies the city's municipal markets and the quality of their fresh, traditional and locally sourced produce. A Coruña's markets are filled with the products that are our undisputed hallmarks. There are many dotted around the city, but here we've included the ones in the most popular areas for visitors.



### 1. Praza de Lugo Market

If you're planning on trying the Atlantic cuisine that reflects the essence of our city, then we strongly recommend a mid-morning visit to this market in the heart of the city's shopping district and just a few steps away from the port and its wholesale fish market. It's a truly spectacular sight. The freshest fish and shellfish, all still alive, and the finest local produce from the land, will give you an insight into the true value of our Atlantic cuisine.



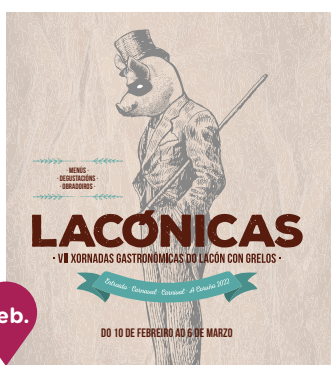
### 2. San Agustín Market

Situated in the Pescadería quarter, right next to María Pita square, this is a perfect mix of tradition and modernity. This fresh food market is also an occasional venue for second-hand markets as well as gastronomy, music, design, art and fashion events showcasing the city's young creative talent... Everything is possible and nothing is impossible at San Agustín market.

## events

This city hosts numerous gastronomy events, but these are some of the regular dates that are definitely not to be missed.

**The Tourism Consortium has been awarded with the UNE-ISO 20121 of the Events Sustainability Management System.**



**Feb.** **Lacónicas.** Lacón con grelos gastronomy event **Restaurants around town CARNIVAL (FEBRUARY-MARCH)** February is the time when A Coruña celebrates its unique carnival, known locally as **Entroido Choqueiro**. A celebration in which the classic pot-boiled pork shoulder and turnip greens plays a starring role. Lacón con grelos is the most traditional dish for those chilly winter months and the focal point for a gastronomy event held in a number of restaurants and bars, accompanied by the traditional soup and desserts such as orejas - sweet fried dough whose name comes from their pig's ear shape and filloas - a kind of crêpe, all paired with a good red wine.



**Jun.** **SAL,** A Coruña's festival of Atlantic flavours **Parrote** This gastronomy event celebrated its first edition in 2018 with an exceptional line-up: Atlantic cuisine showcooking, Farmers' Market, workshops and talks, food trucks, children's entertainment, live music and twelve Michelin-starred chefs from Spain and Portugal. [festivalsal.es](http://festivalsal.es)



**Jun.** **San Juan,** bonfires and sardines **Beaches and districts JUNE** **Festival of International Tourist Interest** A Coruña is 'sanjuanera', celebrating the arrival of summer in style. The beaches are filled with bonfires and the neighbourhoods of A Coruña with thousands of sardines barbecues. At midnight, head for the beaches of Riaza and Orzán to watch the burning of the falla sculpture and the firework display. The obligatory ritual of washing your face at dawn with Water of Saint John, seven miraculous herbs that will scare away the meigas (witches).



**Sep.** **Picadillo Tapas Competition** **Bars and inns around town SEPTEMBER** The laid-back and affordable tradition of 'going for tapas' is a classic gastronomic tradition in the city. The Picadillo Tapas Competition has been a regular event in the city for more than 17 years. The website [tapaspicadillo.es](http://tapaspicadillo.es) provides full details of the participants and winning tapas, and provides some useful tips on mapping out the best tapas route in town.



**Oct.** **Territorio Atlántico Cuisine Days** **Restaurants of the city OCTOBER** Delicious tasting menus, dishes and gastronomic proposals with km 0 products from the Mariñas Coruñesas e Terras do Mariño Biosphere Reserve. On the website [territorioatlantico.es](http://territorioatlantico.es) you will find all the information about this sustainable and healthy culinary experience.



**Dec.** **Boucatisé,** Gourmet sandwich festival **San Agustín Market DECEMBER** Enjoy the best creations in sandwich format, showcooking, music and activities for children in one of the most special markets in the city. [boucatisé.coruna.es](http://boucatisé.coruna.es)

## museum



**MEGA** **Estrella Galicia World** The first and only museum in Spain dedicated to beer culture. Visits, tastings, pairings, events and much more: choose your MEGA experience! [mundoestrellagalicia.es](http://mundoestrellagalicia.es)

Are you a fan of our cuisine?