

Gastronomy



The traditional cuisine in Pozoblanco stands out among of all by meat and the typical sweets which satisfy the most refined palates. Pork products, produced and prepared with the care of those who know the qualities of the raw material, constitute one of the main outlet of the Pozoblanco gastronomy. There is nothing more delicious than the iberian ham, or the baked ham, the cane loin, saussages, shoulder ham, and numerous varieties that can be found at any home or take at any restaurant in Pozoblanco. They are also prepared delicious dishes whose basis is the beef meat or lamb, such as the "Vallesana Beef" or the lamb leg. When the wheat asparagous come just right to the Pozoblanco kitchens, there is nothing so special as the omelet or the sauces prepared with these asparagous. The final touch to all these delicacies come with the Pozoblanco traditional sweets Typical are the "*perrunas*" and "*pelusos*", which come with Christmas. A good "*perruna*" must follow the traditional recipe which come from old generations without losing its authenticity.. To make a really good "*perruna*" we need the best fresh eggs and lard. Then we add flour and sugar. Once we get a perfect pastry, we bake. It is given different forms to this pastry. The commonest are those or hearts of stars, made with a tin plate baking pan.

At the same time, the "migas tostas" (little pieces of bread toasted in a big pan), are a good representation of the traditional cuisine of Pozoblanco, because it leads us to the sepherds way of life of ancient times, who used the stale bread sprinkled with water and baked in a pan with garlic, to stand the cold winter. This was the traditional and basic cuisin together with the pork products.



A typical sweet in the Virgen de Luna Pilgrimage is also the "hornazo", which is a flat cake with one or two eggs on the top painted in colours. It is also necessary to mention the olive oil produced in this region, which is distinguished by its ecological character Pozoblanco is at the moment one of the pioneer places in the production of ecological olive oil in Spain. A great succes for us was to get the Protected Designation of Origin for the pork products of Los Pedroches. This a quality guarantee for food and wine products in Spain. This has placed the iberian

hams from our region at the very top markets.