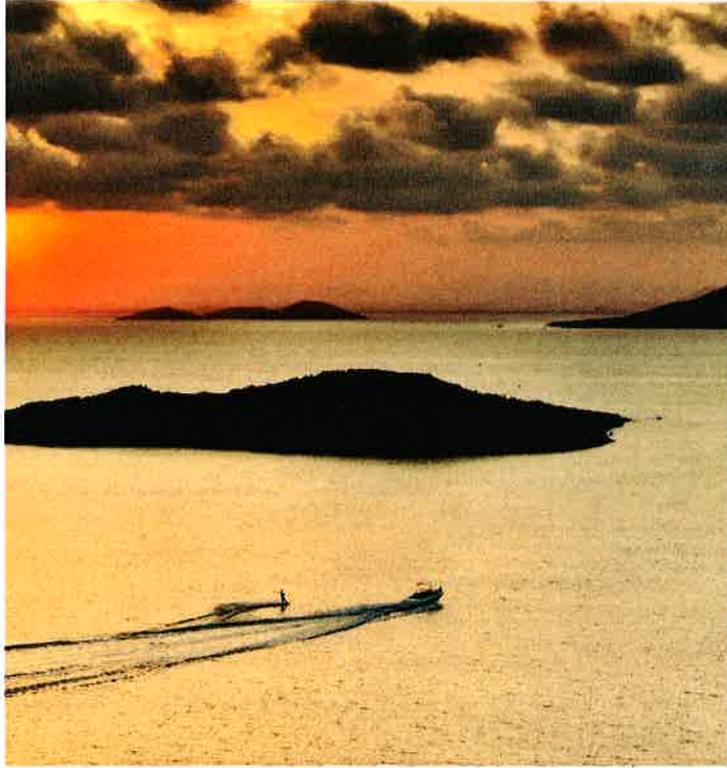


# SPAIN ART IN GASTRONOMY



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# MURCIA

*The gastronomy of Costa Cálida, in Murcia, is one of the main reasons visitors choose it as a holiday destination.*

If you want to really know the Mediterranean, you have to savour its gastronomy. And there's no better place for that than Costa Cálida – an approximately 250-km stretch of Mediterranean coastline – in Murcia.

## AVANT-GARDE CUISINE

Caldera (rice dish accompanied by fish) is a favourite combination in Costa Cálida. And there are many famous restaurants here that make the most of the local produce. Restaurant Venezuela, in Lo Pagan, is famous for its seafood, especially prawns, bream, flounders, lobsters and anchovies. Restaurant El Sordo, in Ricote, is the best place in Murcia to satisfy a meat craving. Here, you can try dishes such as fallow deer loin in mustard sauce, deer loin in Fondillón wine sauce, or grilled deer tenderloin. Celebrated chef Firo Vazquez owns El Olivar, in Moratalla, famous for its edible papers and olive oil tasting workshops. De Loreto in Jumilla and El Estudio de Ana, in Murcia city, have both been listed in the 2015 Repsol Guide, for their immaculate presentation, superior service and world-class cuisine. Michelin-starred La Cabaña de la Finca Buenavista is known for its unconventional menu that includes shellfish and

seafood with mussels and sea urchins or turkey with rice and anchovies. Murcia is a paradise for vegetarians; you will love the dishes made with vegetables from the Huerta (Orchard) region.

## WINE WANDERLUST

Murcia offers optimal weather conditions for the cultivation of grapes. Currently, Murcia has three Protected Designations of Origin (PDOs): Bullas, Jumilla and Yecla, which gather some of the best wines in Spain, produced with Monastrell grapes. One of the best ways to get to know the wines is by taking part in Rutas del Vino (wine routes), which include visits to wineries and wine-tasting workshops.

