

AYUNTAMIENTO DE BAÑOS DE MONTEMAYOR

(CÁCERES)

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GASTRONOMY

Gastronomy in Baños de Montemayor is characterized by the simplicity based on the quality of its basic products. Thus, the generosity of its climate, with mild winters and not excessively hot summers, makes it possible for us to find delicious dishes elaborated with market garden products such as the

“**zonrongollo**” (salad with peppers, onion and garlic), “ **patatas escabechás** ” (cold pickling brined potato stew) or “ **tomate al Perico** “. In the same way the locality is a grazing area which lends meat a special texture and taste, whether it is ovine, goat or cattle, which we can taste in the form of “ **caldereta** ” (lamb or kid stew), “ **asados** ” o el “ **envueltillo de ternera** ” (veal fillets stuffed and wrapped). Special mention should made of the “**embutidos y jamón ibérico** ”(cured meats and Iberian ham), which, due to geographic situation of the locality and their traditional process of production and curing, will delight the most demanding gourmet, without forgetting the cheeses elaborated with goat milk which can be found in different stages of curing. To accompany these treats nothing better than good “**pitarra wine** ” elaborated with traditional methods and most times in a family environment.

To conclude our gastronomic route, we should mention the typical pastries among which we will point out the following: **rosas fritas bañadas** (ring-shaped buns), the **perrunillas** (round biscuits) and the **mantecados** (crumble cakes) which will give the perfect finishing touch for a meal based on our local products.