



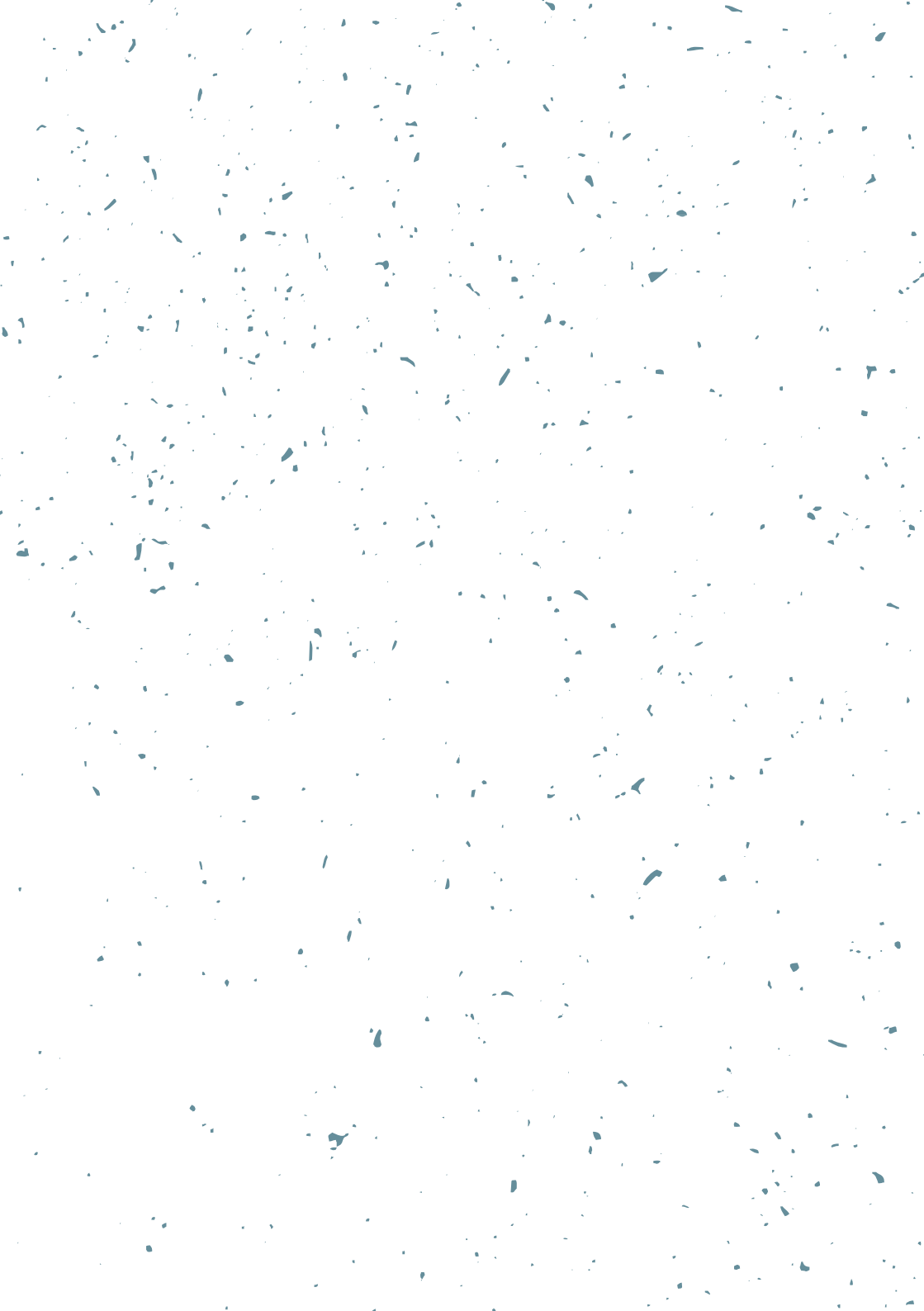
# Product Guide Agrifood



MESETA  
IBÉRICA  
RESERVA DE BIOSFERA

ENGLISH





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IBÉRICA  
RESERVA<sup>de</sup> BIOSFERA

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Meseta Ibérica**

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# MESETA IBÉRICA

RESERVA DA DE LA BIOSFERA





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1.

# INTRODUCTION

The Meseta Ibérica Biosphere Reserve was created to promote and harmonise the preservation of values with the development of regions, protecting landscapes, unique ecosystems, biodiversity and cultural heritage, creating means to enhance human presence and economic growth.

This Biosphere Reserve comprises a unique territory shaped in partnership by nature and human communities, who have learned over centuries to understand, interact and create in symbiosis with the natural elements.

The RBTMI landscapes are defined by natural and cultural aspects, inseparable from each other, marked by a large number of native breeds adapted to the climate and geomorphological specificities and by the settlement of the territory with plant species that are of particular importance to these communities.

This symbiosis between human communities and the territory has given rise to an extraordinary biological and cultural heritage. There are, in this Reserve, unique and identity products of a wise creativity, of those who understood the personality of the territory, the rhythms of the seasons and the specificities of each element.

This Guide presents agri-food products of fundamental importance for the preservation of genetic heritage, native species and landscapes, which are also crucial for the economic development of these regions.

**THE QUALITY OF THESE PRODUCTS IS CERTIFIED AND PROMOTES A DEVELOPMENT MODEL BASED ON THE CONSERVATION OF NATURE AND CULTURAL HERITAGE.**

2.

WINES

## PDO ARRIBES

The geographical production area for PDO Arribes is situated in the north-west of the province of Salamanca and south-west of the province of Zamora.

This region is characterised by large gradients and slopes, with steep depressions, rising in a few kilometres from an altitude of 700 metres to just 130 metres above sea level, on the banks of the Douro, Tormes, Uces and Huebra rivers.

PDO Arribes wines are characterised by their aromatic profile which differentiates them from other areas, by a natural acidity that gives them freshness and, in the case of red wines, by a high concentration of polyphenols and aromas of jam and ripe fruit. The region produces new and reserve white, red and rosé wines.

White grapes are mainly Malvasia Castellana (without Dona Blanca), although Verdejo, Albillo Real and Albillo Mayor are also authorised.

For red grapes, the main varieties are Juan García, Rufete and Tempranillo, but Garnacha Tinta, Mencía and Bruñal (without Albarín Vermelho) are also authorised.

## REGIÃO DEMARCADA DO DOURO

"The Região Demarcada do Douro (Douro Demarcated Wine Region) stretches along the Douro River and its tributaries over some 250 thousand hectares between Barqueiros and Barca d'Alva. This region has its origins in the territorial delimitation of 1756, date of the first demarcation of the 'Vinhas do Alto Douro (Alto Douro Vineyards)', which defined worldwide the first institutional model for the organisation of a wine region.

The vineyards that cover the great slopes rise up from the Douro River and configure an immense staircase of terraces and landings which are, in the words of Orlando Ribeiro, the most admirable human work that can be seen in Portugal" (Douro Museum).

This demarcated region is divided into three sub-regions: Baixo Corgo, Cima Corgo and Douro Superior. In the Biosphere Reserve, the municipalities of Carrazeda de Ansiães, Vila Flor, Freixo de Espada à Cinta and Figueira de Castelo Rodrigo are part of the sub-region of Douro Superior, but some parishes of Carrazeda de Ansiães are part of Cima Corgo.

This region produces the world-famous Port wine and Douro wines, red, white and rosé, new and reserve.

"The red wines are rich in colour and aroma, they are velvety and pleasant to the taste and age nobly. White wines are light, fresh, pleasantly acidic and very aromatic" (IVV).

The red wines are made from dozens of grape varieties, including the indigenous Touriga Nacional, Touriga Franca, Tinta Roriz (Aragonez), Tinta Barroca and Tinto Cão. As for the white wines, Malvasia Fina, Viosinho, Gouveio and Rabigato are among the dozens of varieties.

## VINHO DE TRÁS-OS-MONTES PGI

In the Biosphere Reserve, the Vinho de Trás-os-Montes PGI is produced in two sub-regions. The Planalto Mirandês covers the municipalities of Miranda do Douro, Mogadouro, Vimioso and Freixo de Espada à Cinta (parishes of Fornos and Lagoaça), excluding the areas belonging to the Douro Region. The Reserve wine that integrates the sub-region of Valpaços is produced in Mirandela, in some parishes of Macedo de Cavaleiros and Vinhais.

The red grapes use Alicante Bouschet, Aragonez, Bastardo, Castelão, Cornifesto, Gorda, Marufo, Rufete, Tinta Barroca, Touriga Franca, Touriga Nacional and Trincadeira.

The white grapes come from Bical, Boal Branco, Carrega Branco, Côdega de Larinho, Donzelinho Branco, Fernão Pires, Gouveio, Malvasia Fina, Moscatel Galego Branco, Rabigato, Samarinho, Síria and Viosinho.

The red wines are deep in colour, fruity, acidic and low in alcohol, while the white wines are characterised by being quite acidic, fruity and also low in alcohol.



3.

**OLIVE OILS  
AND OLIVES**

## AZEITE DE TRÁS-OS-MONTES PDO

**Description:** Extra virgin and virgin olive oil produced from the olive varieties Verdeal transmontana, Madural, Cobrançosa and Cordovil.

**Distinctive features:** Olive oil of low and very low acidity, yellow-greenish colour. It has an aroma and taste of fresh fruit, sometimes almondy with a remarkable sensation of sweet, green, bitter and spicy.

**Production area:** Mirandela, Vila Flor, Alfândega da Fé, Macedo de Cavaleiros, Carrazeda de Ansiães and some parishes of the municipalities of Mogadouro, Vimioso and Bragança.

## AZEITES DA BEIRA INTERIOR PDO (AZEITE DA BEIRA ALTA, AZEITE DA BEIRA BAIXA)

**Description:** Extra virgin and virgin olive oils, produced from the olive varieties Galega, Verdeal, Cobrançosa and Cordovil.

**Distinctive features:** Azeites da Beira Interior PDO have low to very low acidity.

Most of the olives used are of the Galega variety, responsible for the greenish yellow to slightly greenish yellow colour. It also has a characteristic aroma and a fruity flavour.

**Production area:** Figueira de Castelo Rodrigo.

## AZEITONA DE CONSERVA NEGRINHA DE FREIXO PDO

**Description:** The Azeitona de Conserva Negrinha de Freixo PDO is the fruit of the olive tree (*Olea eu-ropeae sativa* Hoffg Link) in the Negrinha variety. Due to the climatic conditions it is produced without the use of pesticides.

**Distinctive features:** The Azeitona de Conserva Negrinha de Freixo PDO is a small-sized fruit, varying in colour from yellowish green to violet black, depending on the degree of ripeness.

The olives have a rounded shape, smooth skin, are slightly pointed at the ends and have a firm consistency.

The stone is small and is easily removed from the flesh which consists of 83% of the fruit.

**Production area:** Freixo de Espada à Cinta, Alfândega da Fé, Vila Flor, Mirandela and Macedo de Cavaleiros.

## ACEITE DE LOS ARRIBES DEL DUERO

### TRADITIONAL PRODUCT

**Description:** Most of the Aceite de los Arribes del Duero is produced from the Manzanilla or "Cacereña" variety of olive, highly appreciated as a table olive and possessing the necessary qualities for the production of a quality olive oil. A small quantity of the Cornicabra variety is also used, only 10%.

**Distinctive features:** The olive oil made from the Manzanilla variety is distinguished by its characteristic golden yellow colour, with greenish tones, clean and bright, a highly fragrant fruity aroma, notes of green apple, a robust flavour, very sweet in the mouth and good persistence. The olive oil made from the cornicabra variety has a yellow colour, very clean, fruity aroma with hints of banana and apple, fresh taste, with the pleasant and perceptible bitter touch of green almond.

**Production area:** Olive trees have a long tradition in the Arribes, some over 600 years old. After a period of decline, generated by the decrease in population as a result of immigration, olive-growing has been gaining new impetus, mainly in Fermoselle, Villarino de los Aires, Pereña de la Ribera, Aldeadávila de la Ribera, Mieza, Saucelle and La Fregeneda.



**4.**

**CHEESE**

## QUEIJO DE CABRA TRANSMONTANO PDO

**Description:** The Queijo de Cabra Transmontano PDO is made from raw milk of the Serrana breed of goat. It is a ripened, extra-hard cheese of uniform white colour.

**Distinctive features:** Its special characteristics are due to its non-industrial production, which has changed little over the years, and to the characteristics of the milk used. The diameter of this product is between 12 and 19 cm and it weighs between 600 and 900 g. It has a pleasant, intense aroma and a clean, slightly spicy taste.

**Production area:** Mirandela, Macedo de Cavaleiros, Alfândega da Fé, Carrazeda de Ansiães, Vila Flor, Torre de Moncorvo, Freixo de Espada à Cinta and Mogadouro.

## QUEIJO TERRINCHO PDO

**Description:** The Queijo Terrincho PDO is made from raw milk from the Churra da Terra Quente breed of sheep. It is a semi-hard to hard cured cheese (Queijo Terrincho Velho) and is white to yellowish in colour.

The product is between 13 and 20 cm in diameter and weighs between 800 and 1200 g (600 to 1100 g in the case of Queijo Terrincho Velho). It has a smooth, clean and characteristic taste and aroma (strong in the case of Queijo Terrincho Velho).

**Distinctive features:** The distinctive qualities of this cheese are particularly due to the method of sheep breeding, in exclusively natural conditions, in the mountainous area of Terra Quente, with access to various pastures.

**Production area:** Mogadouro, Alfândega da Fé, Freixo de Espada à Cinta, Mirandela, Vila Flor, Carrazeda de Ansiães, Macedo de Cavaleiros and Figueira de Castelo Rodrigo.

## QUESO ZAMORANO PDO

**Description:** It is a full-fat pressed cheese produced with sheep's milk from the Churra and Castilian breeds and coming



1

3

2

4

←

1

Queso Arribes  
de Salamanca

2

Queijo de Cabra  
Transmontano

3

Queijo Terrincho

4

Queso Zamorano

from the first cross (F1) of mothers of the Churra and Castilian breeds and fathers of the Spanish Assaf breed, the last of which cannot be sired on the farm itself. With minimal maturation of 100 days for cheeses weighing more than 1,5 kg and more than 60 days for cheeses weighing less than 1,5 kg.

**Distinctive features:** The Queso Zamorano has a warm, pleasant smell, with notes of cooked butter and hay. The taste is smooth, with a very pleasant unctuous impression and a flavour with a perception of acid and salt between the basic flavours, but balanced, with a spicy sensation that intensifies and completes the set of flavours.

**Production area:** All the Municipalities of Zamora that are part of the Meseta Ibérica Biosphere Reserve.

## QUESO ARRIBES DE SALAMANCA

GUARANTEE SEAL

**Description:** The Queso las Arribes de Salamanca is traditionally made from raw sheep's milk. It is shaped like a regular flat cylinder, varying in size, with a hard, dark or oily rind of a colour that varies with maturity, and abundant holes of between 1 mm and 5 mm, which are not evenly distributed.

**Distinctive features:** The Queso las Arribes de Salamanca is a product that is closely linked to the area since the milk comes exclusively from the local sheep farms, which use the area's natural pastures in a semi-extensive system. This peculiarity gives this type of cheese an intense and distinctive flavour and bouquet.

This cheese is made from raw sheep's milk with the addition of natural rennet and preserved by master cheesemakers according to traditional methods.

In the mouth it is pleasant, soft, fatty. The smell is reminiscent of sheep's milk and cooked butter, which evolves into fruity scents of dried grains. Spicy touches and intensity of the smell becoming more intense as the curing process evolves.

**Production area:** Las Arribes, in the Salamanca region.

5.

MEAT

→

Borrego  
Terrincho



## BORREGO TERRINCHO PDO

**Description:** The meat of Borrego Terrincho PDO, obtained from animals of the Churra da Terra Quente breed (popularly known as "terrincha"), is very light-coloured, tender, with almost no fat and a milk flavour. The carcasses can only be presented in the months of November, December, January, March, April, June, July and August.

**Distinctive features:** Churra da Terra Quente is a breed with threefold aptitude: meat, milk and wool. As its milk is used in the production of the Queijo Terrincho PDO, the production of meat focused on the valorisation of the suckling lambs, which ultimately became an indispensable presence in the local gastronomy.

**Production area:** Alfândega da Fé, Carrazeda de Ansiães, Freixo de Espada à Cinta, Mirandela, Mogadouro, Vila Flor, Macedo de Cavaleiros and Figueira de Castelo Rodrigo.

## CABRITO DA BEIRA PGI

**Description:** The meat of Cabrito da Beira PGI is obtained from goats of the Serrana and Charnequeira breeds and from



animals resulting from cross-breeding between those two breeds.

**Distinctive features:** The animals are reared in a goat-breed system based on extensive pasturing, their diet being almost exclusively based on their mothers' milk. The kids are slaughtered between 40 and 45 days old and weigh less than 15 kg. The kids' carcasses weigh less than 7 kg (5 kg on average), and their unique organoleptic qualities are recognised regionally and nationally in the various gastronomic dishes in which this type of meat is used.

**Production area:** Figueira de Castelo Rodrigo.

↑  
Cabrito  
Transmontano

↵  
Cabrito da Beira

## CABRITO TRANSMONTANO PDO

**Description:** The meat of Cabrito Transmontano PDO, obtained from animals of the Serrana breed, is distinguished by its organoleptic quality, namely its palatability, tenderness and succulence.

**Distinctive features:** The high quality of the meat of the Cabrito Transmontano PDO is closely related to its varied and completely natural diet. The milk of the dams is used to produce the Queijo de Cabra Transmontano PDO.

**Production area:** Mirandela, Macedo de Cavaleiros, Alfândega da Fé, Carrazeda de Ansiães, Vila Flor, Freixo de Espada à Cinta, Mogadouro, Vimioso and part of the county of Bragança.

## CARNE DE BÍSARO TRANSMONTANO PDO

**Description:** Carne de Bísaro Transmontano / Carne de Porco Transmontano PDO comes from piglets (slaughtered at up to 45 days old), castrated males or females (slaughtered from the age of 8 months) of the Bísaro breed, raised in the traditional way. The piglets have a carcass weight of up to 12 kg and the adults have a carcass weight of 60 kg and over.

**Distinctive features:** The animals are raised in a traditional semi-extensive system, based on products and by-products of local agriculture. The farms must have sufficient area both for producing food for the animals and for recreation and grazing. When grilled, the Carne de Bísaro Transmontano / Carne de Porco Transmontano PDO has a very distinctive flavour, which is inherent to the way the animals are raised and fed.

**Production area:** All the municipalities of Terra Fria and Terra Quente Transmontana.



→

Carne de Bísaro  
Transmontano

## CARNE MIRANDESA PDO

**Descrição:** The Carne Mirandesa PDO beef is obtained from bovine animals of the Mirandesa breed. It is a meat with uniformly distributed fat, light pink to light red in colour.

**Distinctive features:** The Mirandesa breed has its own genetic characteristics which, combined with a natural diet, give Carne Mirandesa PDO beef distinctive organoleptic qualities, such as flavour and succulence.

This can be presented as: "carne de vitela", when the animals are slaughtered between 5 and 9 months of age and as "varne de novilho", when they are between 10 and 18 months old. It is defined as very tasty and succulent.

**Production area:** Bragança, Macedo de Cavaleiros, Miranda do Douro, Mogadouro, Vimioso and Vinhais.



## CARNE DE SALAMANCA PGI

**Description:** The meat is obtained from female breeding bulls of the Morucha breed, either pure-bred calves or bulls obtained by crossing with bulls of the Charolés and Limosín breeds, weaned at a minimum age of 5 months and exploited following extensive techniques and uses of natural resources.

**Distinctive features:** Depending on the age of the animals before slaughter, animals slaughtered at an age of 12 months or less are designated as "vitela", "Añojo" (one year Vitela) are animals slaughtered at an age of more than 12 months and up to 24 months and "Novillo" are animals slaughtered at an age of more than 24 months and up to 48 months.

The minimum maturation period of the meat from the day of slaughter is 2 days for "vitela" meat, 4 days for "Añojo" and 6 days for "Novillo".

**Production area:** Las Arribes, in the Salamanca region.



↑  
Carne Mirandesa

↗  
Carne  
de Salamanca

→  
Cordeiro  
Bragançano



## CORDEIRO BRAGANÇANO PDO

**Description:** Cordeiro Bragançano PDO is the meat of sheep of the breed Churra Galega Bragançana slaughtered at three to four months old, born and raised in a traditional extensive farming system. It is a very tender meat, particularly succulent, soft,



←  
Cordeiro  
Mirandês

and with a consistent and non-exudative fat. The estimated average weight of the carcass is between 10 and 12 kg.

**Distinctive features:** The lambs' basic feed is mother's milk. This diet can be supplemented from two months of age with traditional fodder. Extensive grazing for most of the year leads to a balanced level of fat in the meat, firm muscle and uniform marbling of fat.

**Production area:** Bragança e Vinhais.

## CORDEIRO MIRANDÊS / CANHONO MIRANDÊS PDO

**Description:** Cordeiro Mirandês / Canhono Mirandês PDO is the meat of sheep of the breed Churra Galega Mirandesa slaughtered at up to four months old, born and raised in a traditional extensive farming system. This is a very tender meat, particularly succulent, soft, and with consistent, non-exudative fat.

**Distinctive features:** The lambs are fed exclusively on their mother's milk until they are three weeks old, after which they are gradually given solid food. They are then put out to



↑

Cordero  
de la Sierra  
de la Culebra

↗

Lechazo  
de Castilla  
y León

permanent pasture. The particularity of this breed, is linked to its race, its diet and grassland management presenting a balanced level of fat in the meat, firm muscle and uniform marbling of fat.

**Production area:** Miranda do Douro, Mogadouro and Vimioso.

## CORDERO DE LA SIERRA DE LA CULEBRA TRADITIONAL PRODUCT

**Description:** The lambs grow up to 3 months, weighing a maximum of 15 kg, and are also fed with feed.

**Distinctive features:** The lamb is a rustic animal, with a straight or soft sub-convex profile, small or medium-sized ears. Its distinctive flavour comes from feeding the adult animals on natural pastures in the Sierra de la Culebra.

The lambs have an intense flavour, but with a balanced level of fat.

**Production area:** Sierra de la Culebra - Aliste, Tábara y Alba.

## LECHAZO DE CASTILLA Y LEÓN PGI

**Description:** The lambs are fed exclusively on their mothers' milk and are slaughtered at up to 35 days, without any gender distinction, with carcasses of up to 8 kg in the "extra" and "first quality" categories.

**Distinctive features:** The carcasses are rectilinear with a tendency towards sub-convexity, with harmonious proportions and slightly rounded. The fat on the outside is of a creamy white colour and the fat on the inside covers more than half of the kidneys. The caul extends to cover the carcass. The meat is pearly white or pale pink, very tender, with little intramuscular fat infiltration, very succulent and with a very smooth texture.

**Production area:** Regions of the Arribes del Duero Natural Park and the Aliste region.

## TERNERA DE ALISTE PGI

**Description:** Ternera de Aliste is produced from young bovine animals of breeds suitable for meat production, adapted to the geographical area and produced on the basis of traditional feeding and management, with a slaughter age of 8 to 12 months.

This production may involve animals kept in stables from birth and not weaned until slaughter and animals which use their mother's milk and the pasture resources of the area.

**Distinctive features:** The meat is firm and slightly moist, with a pearly white fat, evenly distributed in the muscles. From an organoleptic point of view, the meat is tender, succulent, with a fine and delicate taste and smell, not very pronounced and which melts in the mouth.

**Production area:** Comarcas of Aliste, Sayago and Sanabria.

## CARNE SAYAGUESA TRADITIONAL PRODUCT

**Description:** A robust breed, of great hardiness and resistance, it adapts very well to adverse environmental conditions. The



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Ternera  
de Aliste

➤

Carne Sayaguesa

animals are reared mainly on pasture in the warmer seasons and on forage, cereals, legumes and hay in the colder periods. This breed is popular for the meat of calves slaughtered at 6 to 8 months, but is also famous for rearing steers.

**Distinctive features:** The calves have a high-quality pink meat and the oxen have excellent red meat, and the "Chuletón de Buey" is very popular and often awarded prizes at gastronomic events.

With a velvety texture, the meat stands out for its low level of saturated fats. Its content in oleic acids and other unsaturated fatty acids and its exceptional quality make this meat unique.

**Production area:** Sayago Region.

6.

**SAUSAGES  
AND SMOKED  
MEATS PRODUCTS**



↑

Alheira  
de Mirandela

↔

Alheira  
de Vinhais

## ALHEIRA DE MIRANDELA PGI

**Description:** Alheira de Mirandela PGI is a smoked, horseshoe-shaped sausage, yellowish-brown in colour, measuring approximately 25 cm in length and 3 cm in diameter, with a weight of between 150 and 200 g. It is obtained from Bisaro pig meat (or its cross with other breeds, as long as it is 50% Bisaro), poultry meat, game animal meat (optional), regional wheat bread, lard and olive oil from Trás-os-Montes PDO, or similar, seasoned with salt, garlic and paprika.

**Distinctive features:** The regional wheat bread, kneaded and baked especially for these "alheiras", maintains the same manufacturing process through generations of bakers from Trás-os-Montes. The aroma and taste are slightly smoky, its flavour is garlicky, spicy and fruity from the olive oil, the heterogeneous texture of the dough where the pieces of meat are clearly visible, the seasoning used and the maturation make this sausage different from its counterparts.

**Production area:** Mirandela.

## ALHEIRA DE VINHAIS PGI

**Description:** Alheira de Vinhais PGI is a smoked, horse-shoe-shaped sausage, measuring approximately 30 cm in length and 2 cm in diameter, weighing between 170 and 200 g and turning yellow-brown in colour. It is obtained from Bisaro pig meat (or its cross with other breeds, as long as with 50% of Bisaro blood), poultry meat (only for the syrup), regional wheat bread and Azeite de Trás-os-Montes PDO, seasoned with salt, garlic and paprika.

**Distinctive features:** The region's climate, the local population's experience in raising pigs and the traditional smoking method used make Alheira de Vinhais PGI a sausage with unique features. When cut, the paste has a homogeneous aspect, yet the shredded meat can be seen.

**Production area:** Municipalities of Terra Fria and Terra Quente Transmontana.

## BUTELO COM CASULAS TRADITIONAL PRODUCT

**Description:** This is a typical dish throughout the Terra Fria region. Butelo (also known as "bulho", "palaio" or "chouriça de ossos") is the inseparable companion of the bean husks, an essential link in the history of the stew. Butelo is a pork sausage, made from the stomach of the animal and stuffed with bones and cartilage from the vertebrae and ribs and some meat. The bean husks (also known as "vasas", "palhoças", "palhadas" or "casulas") are a bean which is picked while still in the pod and dried in the sun.

**Distinctive features:** The "butelo" is a sausage with a typical taste, since the meat next to the bones is very tasty. This peculiar characteristic makes it a short-storage period sausage, which is why it is traditionally eaten on a "Fat Sunday" (the Sunday before Carnival), shortly after the slaughter of the pig.

**Production area:** Municipalities of Terra Fria Transmontana.



Butelo  
de Vinhais

## BUTELO DE VINHAIS / BUCHO DE VINHAIS / CHOURIÇO DE OSSOS DE VINHAIS PGI



Butelo  
com Casulas

**Description:** Butelo de Vinhais PGI is a smoked sausage produced with the meat, fat, bone and cartilage from the ribs and spine of pigs of the Bisaro breed or with 50% Bisaro blood. The meat is seasoned with garlic, paprika, bay leaf, wine, water and salt. Its colour varies from yellow, reddish to dark brown.

**Distinctive features:** A number of factors influence the quality and unique flavour of Butelo de Vinhais PGI, such as the way the pigs are fed, its traditional production method, the slow smoking process which seals in the aroma or the maturing in a cool and dry environment. It has a pleasant and distinctive flavour and a persistent smoky aroma.

**Production area:** Municipalities of Terra Fria and Terra Quente Transmontana.

## CHORIZO DE ZAMORA GUARANTEE SEAL

**Description:** As well as being one of the most typical sausages in Castile-Leon, Chorizo de Zamora is a cured, uncooked

sausage which has a long history, linked to the eating habits and activity of the meat companies in the province of Zamora. It is stuffed into natural casings and is cylindrical in shape, of variable length and of a uniform calibre.

**Distinctive features:** The Chorizo de Zamora is distinguished by its sweet and spicy taste. Only noble parts of the pork cut are used in its production, such as the ham and the loin, among others. In addition to pork, Chorizo de Zamora uses sweet or hot paprika, which must necessarily come from Denominación de Origen de Pimentón de La Vera.

**Production area:** Municipalities Parque Natural Arribes del Duero, Parque Natural Lago de Sanabria y Alrededores and Sierra de la Culebra.

## CHOURIÇA DE CARNE DE VINHAIS / LINGUIÇA DE VINHAIS PGI

**Description:** This sausage is 30 to 35 cm in length and 2 to 3 cm in diameter, horseshoe-shaped, made from the meat and fat of pigs of the Bisaro breed or with 50% Bisaro blood, seasoned with salt, wine, water, garlic, sweet and/or hot paprika and bay leaves. It has a reddish-brown colour and a consistent, non-homogenous paste with a vivid red to white colour inside.

**Distinctive features:** The distinctive taste of Chouriça de Carne de Vinhaís PGI comes largely from the fact that it is made from the meat of Bisaro pigs fed mainly on chestnuts from the region's chestnut groves.

**Production area:** Alfândega da Fé, Bragança, Carrazeda de Ansiães, Macedo de Cavaleiros, Mirandela, Vila Flor and Vinhaís.

## CHOURIÇA DOCE DE VINHAIS PGI

**Description:** This "chouriça" is a smoked sausage, made from the meat of pigs of the Bisaro breed or with 50% Bisaro blood, regional bread, olive oil from Trás-os-Montes, pig's blood, honey and walnuts or almonds. It is horseshoe-shaped, about 20 to 25 cm long and 2 to 3 cm in diameter, black, non-homogeneous,



↑  
Chorizo  
de Zamora

➤  
Chouriço  
de Carne  
de Vinhais

with lighter areas where the shredded meat and nuts can be seen. It has a weight of around 150 g.

**Distinctive features:** The climate of the region, the local population's knowledge of pig-breeding, the high quality of the pigs' diet and the smoking method make Chouriço Doce de Vinhais PGI a unique product.

**Production area:** Municipalities of Terra Quente and Terra Fria Transmontana.

## CHOURIÇO AZEDO DE VINHAIS / AZEDO DE VINHAIS / CHOURIÇO DE PÃO DE VINHAIS PGI

**Description:** This smoked sausage is made from the meat and fat of pigs of the Bisaro breed or with 50% Bisaro blood, regional wheat bread, Azeite (olive oil) de Trás-os-Montes PDO, paprika and garlic, stuffed into a natural intestine casing. It has a rectilinear shape, is cylindrical, with 20 to 25 cm length and 7 to 10 cm diameter, yellowish to brownish in colour. The paste is yellow-brown in colour and homogenous when cut.

**Distinctive features:** The climate of the region, the local population's knowledge of pig-breeding, the ingredients used and



the method of smoking make Chouriço Azedo de Vinhais PGI a unique product.

**Production area:** Municipalities of Terra Quente and Terra Fria Transmontana.

## GUIJUELO PDO

**Description:** The hams and shoulders covered by the Guijuelo PDO are meat products obtained from the hind and forefeet of the Iberian pig or its cross-breeds with the Duroc breed, authorised under national legislation, and guaranteeing a minimum of 75% of the Iberian breed. These parts undergo a process of salting, washing, post-salting, curing-maturing and maturation.

**Distinctive features:** These products are distinguished by the way in which the pigs are reared. They grow in the field, where the oak trees produce the necessary and essential food, acorns.

The drying process at altitude means that less salt is used, giving the products a sweeter taste.

**Production area:** Municipalities in the District of Sayago; Municipalities of the Arribes del Duero in the District of Salamanca.



[Chouriço Azedo de Vinhais](#)



[Chouriça Doce de Vinhais](#)



Guijuelo



Presunto  
de Vinhais

## PRESENTO DE VINHAIS OR PRESENTO BÍSARO DE VINHAIS PGI

**Description:** A smoked ham made from the legs of adult male and female Bisaro pigs registered in the breed's zoot-echanical register. The legs are salted and anointed with a mixture of paprika, Azeite (olive oil) de Trás-os-Montes PDO and/or Bisaro lard, and then exposed to the light and gradual action of oak or chestnut smoke and aged in a curing process lasting no less than 12 months.

**Distinctive features:** Bisaro pigs are of decisive importance for maintaining traditional production systems and for the home economics of small farms.

The cut of the ham is well matured, ranging in colour from the characteristic pink to dark red, oily, shiny and with traces of intramuscular fat. The fat is pearly white and shiny.

Pleasant taste, slightly salty and smoked, not very fibrous texture, very tender and juicy. White fat, shiny and aromatic.

**Production area:** Alfândega da Fé, Bragança, Carrazeda de Ansiães, Freixo de Espada à Cinta, Macedo de Cavaleiros, Miranda do Douro, Mirandela, Mogadouro, Vila Flor, Vimioso and Vinhais.

## SALPICÃO DE VINHAIS PGI

**Description:** A traditional sausage made from Bisaro pork meat. It has a diameter of 15 to 20 cm, a cylindrical shape and a diameter of 5 to 8 cm. It has a dark brown exterior and a bright red and white interior.

**Distinctive features:** The distinctive taste of Salpicão de Vinhais PGI comes to a large part from the care of the local populations with the creation of Bisaro breed pigs, namely with their food. This care, passed down from generation to generation, is reflected in the quality of the products obtained from the meat of the animals thus reared, which have a smoky flavour, with hints of wine.

**Production area:** Alfândega da Fé, Bragança, Carrazeda de Ansiães, Macedo de Cavaleiros, Mirandela, Vila Flor and Vinhais.



←  
Salpicão  
de Vinhais

7.

**FRUIT AND NUTS**

## AMÊNDOA DOURO PDO

**Description:** Almond in shell, originating from different varieties of *Prunus Amygdalus L.*, with characteristics of the respective variety, well developed, uniform in colour and practically without defects.

**Distinctive features:** This is a natural product with personalised traits resulting from the harmonious combination of climate, soil, well-adapted varieties and specific cultivation operations. The almonds must be whole, healthy, in a good state of development, clean, with their own colour, smell and flavour and free of foreign matter, insects, mites, mould or external moisture. For marketing, different varieties may not be mixed in the same lot.

**Production area:** Alfândega da Fé, Freixo de Espada à Cinta, Vila Flor and Figueira de Castelo Rodrigo.



←  
Almond

## LAS CASTAÑAS ALISTANAS

QUALITY AGRIFOOD PRODUCTS

**Description:** The chestnut produced in Aliste, of the so-called "Longal" variety, is obtained by grafting "Longal" onto the "Judia" variety. It is a smooth chestnut, of medium or small size,



Las Castañas  
Alistanas

easy to peel and with a sweet flavour for fresh consumption. The external part is called "Pellizo" in Aliste, reminiscent of a kind of husk.



Castanha  
da Terra Fria

**Distinctive features:** The seed, which is the edible part, is covered by a thin skin that is also covered with a dark brown or reddish skin.

One of its main virtues is its conservation, as it hardly loses weight or flavour over time.

**Production area:** Municipalities of Aliste.

## CASTANHA TERRA FRIA PDO

**Description:** Castanha da Terra Fria PDO means the fruit obtained from the chestnut tree (*Castanea sativa Mill*) of the Longal, Judia, Côta, Amarelal, Lamela, Avelaira, Boaventura, Trigueira, Martaínha and Negral varieties. Each lot is made up of 85% of one of the varieties and the remaining 15% may be made up of one of the other varieties mentioned. Also eligible for the designation are chestnuts that are piled, frozen, preserved or in syrup.

**Distinctive features:** Castanha da Terra Fria PDO has an elliptical elongated shape, is reddish-brown in colour, shiny with

dark and long lines. One kilo contains between 70 and 95 chestnuts. It has an intense flavour.

**Production area:** Alfândega da Fé, Bragança, Macedo de Cavaleiros, Mirandela, Vimioso and Vinhais.

## FIGO SECO DO DOURO TRADITIONAL PRODUCT

**Description:** Figs produced in orchards or scattered trees, but always without irrigation, without using any phytosanitary treatments or applying herbicides. They have a high sugar content and weigh around 10 g.

**Distinctive features:** The figs are dry, oblong and black or white in colour. After harvesting, ripe figs are dried in the sun for 3 to 4 days, after which they are blanched. They are then left to drain and spread out in the sun to finish drying, eliminating all humidity. They can also be mixed with wheat flour in order to absorb any humidity that the figs still contain.

**Production area:** Municipalities of Terra Quente.

## LARANJA DO DOURO TRADITIONAL PRODUCT

**Description:** Fruit of the species *Citrus aurantium*, L., *C. Sinensis*. The most common varieties in the region are Baía or Umbigo and Tua. It has a round shape with a rough surface, uniform, shiny, with a colour typical of the variety. With a diameter bigger than 6 cm and peel of maximum thickness of 2 to 3 mm, it is orange inside, with fibrous pulp, without seeds and with a lot of juice.

**Distinctive features:** Fruit with a very sweet, pleasant and characteristic taste. The cultivation of oranges requires sunny locations sheltered from cold winds, in valleys or at the bottom of mountains. It also requires loose, deep and irrigated soil. Only whole, healthy fruits, free of damage, external changes, strange smells and abnormal external humidity are selected.

**Production area:** Municipalities of Terra Quente.





Figo Seco  
do Douro



Laranja do Douro



Vale da Vilariça  
Fruits



## VALE DA VILARIÇA FRUITS

TRADITIONAL PRODUCTS

**Description:** Vale da Vilariça (Vilariça Valley), "ex-libris" of all the Transmontano and Alto Duriense land, is distinguished by its unique geography, microclimate and soil specificities, which potentiate the production of an immense variety of vegetables, legumes and fruit of recognized quality.

**Distinctive features:** Among other fruits, melon, peach and

orange are famous products of this Valley. The melon is obtained from the cultivation of the "Casca de Carvalho" melon, known in the region as Carrasco. It is extremely aromatic and sometimes reaches a weight of 5 kg, with a singular sweetness and aroma. The peach is known as "the best peach in the country", due to its Brix index (sugar concentration measured with a refractometer). With an intense aroma, this fruit is very juicy and has a soft flesh. The orange has a rough, uniform, shiny surface with the colour characteristic of the variety and the inside is orange-coloured, fibrous flesh, without seeds and with plenty of juice (the minimum percentage of juice is 33%).

**Production area:** Alfândega da Fé, Vila Flor and Mogadouro.



## CEREZA DE MIEZA - ARRIBES DEL DUERO

TRADITIONAL PRODUCT

**Description:** Mieza is the municipality of Las Arribes with the largest quantity of cherries, where the Cooperative "Mieza Sociedad Cooperativa" is located. The producers deliver the cherries they collect for later sale, and most of them are used for canning, which will be further treated.

**Distinctive features:** Sweet, dark red cherries, with a high sugar content which gives them a unique flavour.

**Production area:** Municipalities of the Arribes in the Salamanca region.

↙  
Cereza de Mieza

↓  
Cereja  
de Alfândega  
da Fé





↑

Maçã  
de Carrazeda  
de Ansiães

## CEREJA DE ALFÂNDEGA DA FÉ

TRADITIONAL PRODUCT

**Description:** Cereja de Alfândega da Fé (cherry of Alfândega da Fé), due to its qualitative, but also appealing characteristics, has established itself, over the years, as the main brand image of this municipality in Nordeste Transmontano, to the point that the Municipality's logo is a cherry earring.

**Distinctive features:** The main cherry varieties are: burlat, sun-burst, van and summit. Blossoming takes place around March and April, providing a spectacle of rare beauty. The harvest is later than in other producing areas, starting in the 2nd fortnight in May and lasting until mid-June.

**Production area:** Alfândega da Fé.

## MAÇÃ DE CARRAZEDA DE ANSIÃES

TRADITIONAL PRODUCT

**Description:** The apple is one of the products of excellence in the municipality of Carrazeda de Ansiães. There are currently, about 1000 hectares of orchards. The main qualities of apple produced are Golden, Starking, Royal Gala and Fuji.

**Distinctive features:** Due to its edaphoclimatic characteristics and the fact that it is produced at altitude, the Maçã de Carrazeda de Ansiães is distinguished by its hardness, sweetness and a characteristic aroma. The blooming occurs during spring and the harvest takes place between the end of summer and lasts until winter, depending on the species.

This fruit is highly valued for its vitamin C, as a cholesterol reducer and, it is believed, for its benefits in the prevention of neurodegenerative diseases.

**Production area:** Carrazeda de Ansiães.

8.

**VEGETABLES  
AND CEREALS**



↑

Batata

de

Trás-os-Montes

↗

Couve Penca

de Mirandela

## BATATA DE TRÁS-OS-MONTES PGI

**Description:** The Batata de Trás-os-Montes PGI is the tuber of the *Solanum tuberosum* L. plant, of the Solanaceae family, commonly known as potato, which is produced in the particular agroecological conditions of the mountains and sub-mountain valleys of Trás-os-Montes. Its shape is approximately cylindrical and quite variable, but homogeneous within each variety and lot, where the Desiree, Kennebec, Jaerla and Atlantic types predominate. When cut, it has a moist, yellowish-white, perfectly homogenous appearance, without any hollowness.

**Distinctive features:** As a result of the particular conditions of the soils and climate of Trás-os-Montes and the warmth provided by the well manured and weeded soils, the Batata de Trás-os-Montes has a pleasant, very particular, slightly sweet taste and an equally pleasant, earthy smell and an average starch content of 78% (%MS), unusually high for potatoes.

**Production area:** Bragança, Macedo de Cavaleiros, Vinhais, Mirandela, Alfândega da Fé and Vimioso.

## COUVE PENCA DE MIRANDELA

TRADITIONAL PRODUCT

**Description:** For a long time the fertile land of the parish of Carvalhais has produced this cabbage, with very different qualities, which makes it very sought after and appreciated. This "couve penca" (kale) has a low vegetative growth, less than 40 cm, has a short stem, dark green and strongly waved leaves. It has low production costs and, although it can be grown throughout the year, it is grown mainly from August to January.

**Distinctive features:** Couve Penca de Mirandela is a variety of closed cabbage (large, dense heart), with thick, butter-white stalks and large, wide, light-green leaves. Very tasty, they are more rustic and less demanding in fertilizers than cabbages. Resistant to cold, it can withstand temperatures down to -8° C, it tolerates exposure to maritime climates and adapts to different types of soil.

**Production area:** Mirandela.



←

Habón Sanabrés

## HABÓN SANABRÉS

TRADITIONAL PRODUCT

**Description:** A type of white bean distinguished by its large size (between one and two grams) and its kidney shape, wide, short and flat.

**Distinctive features:** It stands out for its fineness on the palate, without the skin being distinguishable from the albumen. In the mouth it is smooth and compact, but not very doughy, and has a delicate sweet taste. Traditionally, it was harvested by hand from late summer to October, drying pods and grains in the sun. Today, cultural practices have changed little.

**Production area:** Municipalities in the District of Sanabria.

→

Harina  
Tradicional  
Zamorana



## HARINA TRADICIONAL ZAMORANA

GUARANTEE SEAL

**Description:** The Harina Tradicional Zamorana is a blend of flours with rheological, microbiological and physicochemical properties that give the flour a constant regularity, verified by strict quality controls.

**Distinctive features:** The Guarantee Seal includes five companies from the Province of Zamora that mix their flours, including one that is milled in a stone mill, recovered for this project, which provides a clearly differentiating tone: flavour and aroma similar to those of decades ago, influencing the texture of the bread and achieving a more consistent and tasty crumb. It also makes the baker's work easier, saving additives and avoiding problems during baking.

**Production area:** Municipalities of Zamora.

9.

FUNGI

## SETAS DE CASTILLA Y LEÓN GUARANTEE SEAL

**Description:** Zamora is a province with extensive landscapes of oak, pine, holm oak trees and rocks and this way it is rich in forest resources such as mushrooms. This product is protected by the Marca de Garantía de Calidad Setas de Castilla y León (guarantee seal). The mycological richness of Zamora's forests makes this province one of the most diversified in the country. The highest concentration of mushrooms and fungi is registered in the regions of Sayago, Aliste and Sanabria, where a million kilos of product are harvested in good season.

**Distinctive features:** These mushrooms are a natural product, of wild origin, of excellence, since they only include extra and 1st quality mushrooms which present ideal features for consumption.

It is a product with an enormous richness and variety of flavours, textures and aromas. The different types of mushrooms available (níscolo, cogumelo cardoon, Boletus, etc.) enable very different dishes to be prepared.

**Production area:** Municipalities of Sanabria, Aliste and Sayago.



Boletus Mushroom



10.

HONEY



Mel da Terra  
Quente



Mel do Parque  
Natural  
de Montesinho

## MEL DA TERRA QUENTE PDO

**Description:** This honey is produced by the bee species *Apis mellifera iberica*, normally found in the Terra Quente area in north-eastern Portugal. The nectar is collected from the Mediterranean flora, typical of this mountainous region where heather, eucalyptus, lavender, broom and especially rosemary dominate the natural vegetation.

**Distinctive features:** The high quantity of rosemary pollen (which must in all cases be at least 15%) contributes to the honey's particular and distinctive flavour.

**Production area:** Mirandela, Vila Flor, Freixo de Espada à Cinta, Mogadouro, Alfândega da Fé, Macedo de Cavaleiros, Carrazeda de Ansiães.

## MEL DO PARQUE NATURAL DE MONTESINHO PDO

**Description:** Mel do Parque Natural de Montesinho PDO is a wildflower honey produced by the bee species *Apis mellifera iberica*. The nectar comes from the natural vegetation where heather, chestnut and rosemary predominate.

**Distinctive features:** The taste and aroma of this honey result from the particular conditions of the Natural Park of Montesinho, where no agriculture that interferes with the natural and autochthonous flora is allowed. Located in the Northeast Transmontano, in the municipalities of Bragança and Vinhais, it is part of the so-called Terra Fria Transmontana, marked by temperatures ranging from minus 12° C in winter to 40° C in summer.

**Production area:** Bragança and Vinhais.

## MIEL DE ZAMORA TRADITIONAL PRODUCT

**Description:** The production of quality honey is a tradition throughout the province, with particular emphasis on the Sierra de la Culebra and Arribes del Duero. These areas are natural paradises rich in water and with a wide variety of wild fruit, where the bees benefit from the gifts of the land, free of insecticides or herbicides, to produce an exceptional delicacy.

**Distinctive features:** This honey comes from a rich and diverse vegetation. In the Sierra de la Culebra, heather, chestnut, apple, hawthorn, blackberry, wild cherry, rose, common gum cistus, truffle and thyme predominate. In the Arribes, the honey benefits from oak, cork oak, cistus, blackberry, holm oak, broom or thyme.

**Production area:** Sanabria, Sierra de la Culebra, Arribes del Duero and neighbouring areas.



Miel de Zamora

## INDIGENOUS BREEDS

**Bovine/Cattle:** Vaca (cow) Alistana Sanabresa; Vaca (cow) Sayaguesa; Vaca (cow) Mirandesa

**Sheep/Goats:** Cabra (goat) Agrupación de las Mesetas; Cabra (goat) Preta de Montesinho; Cabra (goat) Serrana Transmontana; Ovelha (sheep) Churra; Ovelha Churra Galega Bragançana; Ovelha (sheep) Churra Galega Mirandesa; Ovelha (sheep) Churra da Terra Quente; Ovelha (sheep) Castellana; Ovelha (sheep) Churra Badana

**Pork:** Porco (pig) Bísaro

**Poultry:** Galinha (chicken) Castelhana Negra; Portuguese poultry breeds

**Equines/Equine:** Burro (donkey) Mirandês; Burro (donkey) Zamorano-Leonese

## CERTIFICATIONS

**DOP - Protected Designation of Origin (PDO)** - name of a product whose production, transformation and elaboration occur in a delimited geographical area with a recognised and verified know-how.

**IGP - Protected Geographical Indication (PGI)** - name of a product where the relation with the geographical environment exists in at least one of the production, transformation or elaboration phases. In addition, the product may benefit from a good traditional reputation.

**Guarantee Seal** - Certifies that products meet quality, composition, geographical origin and processing requirements.

**Traditional products** with potential to be integrated in quality systems, relevant in the image of these territories, etc.

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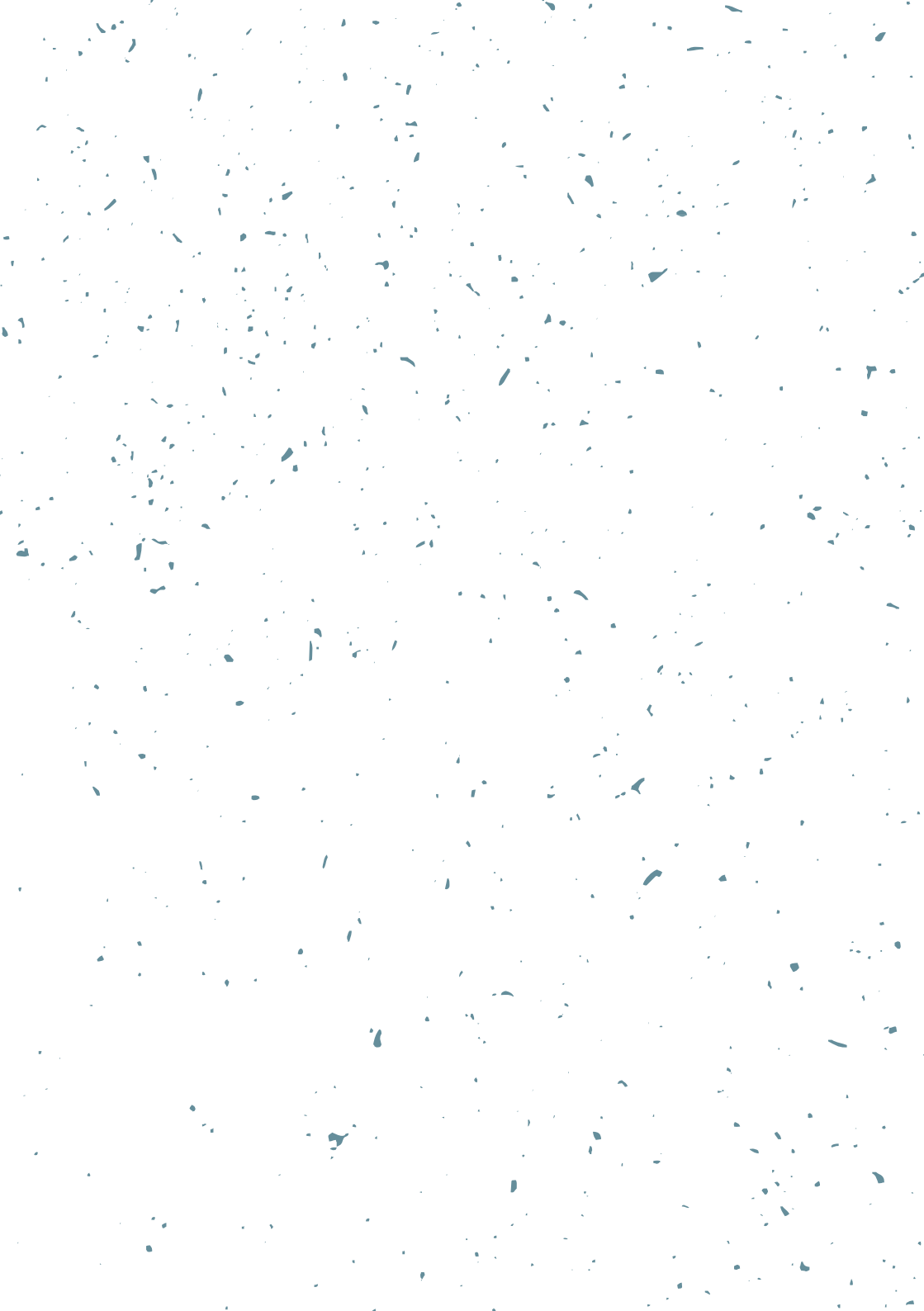
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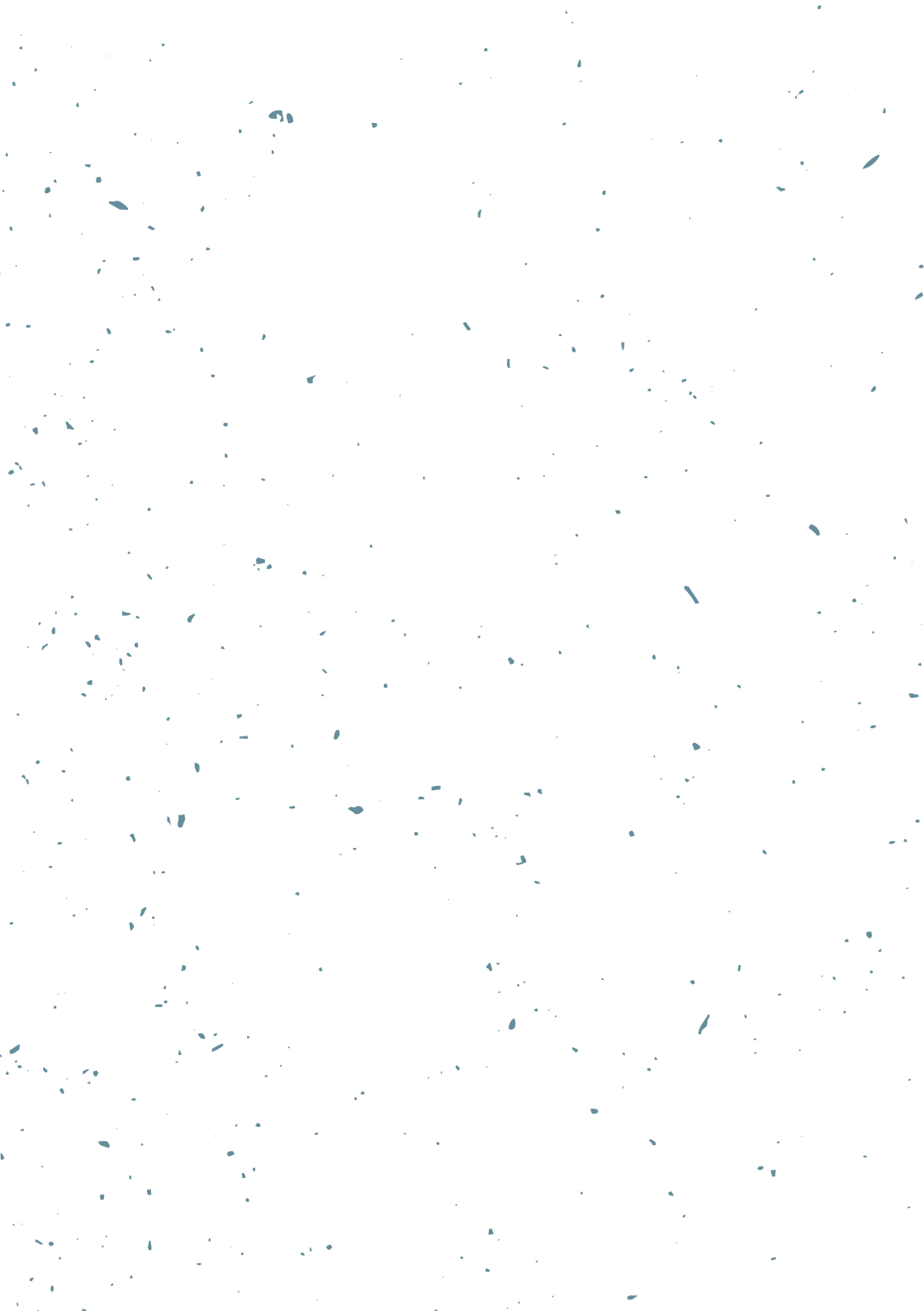
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