

Gastronomy and Enotourism

# Gastronomy & Enotourism



**BILBAO  
BIZKAIA**  
be basque

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## La Ribera Market

*i*

This market has the privilege of being **the largest covered market in Europe**. Its 10,000 square metres are dedicated to the displaying and selling products brought directly from nearby fishing ports and gardens. Located in front of the 7 Calles, it's a hallmark of the Basque Country that changes colours with the season. It's quite the experience.



## Gernika Market Mondays

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Every Monday, **Gernika** decks out its streets with seasonal produce brought directly from the region's "baserris" (Basque farm houses). If you visit on the **last Monday of October**, you'll see the market at its largest and enjoy a festive ambiance.



## In Season

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In **spring**, try anchovies and mackerel from the sea, and peas and beans from the garden. Choose junket for dessert for a fully in-season meal. Summer brings albacore, tuna, sardines, baby squid, cod, and bass, in addition to peppers, meaty tomatoes, and leeks. **Fall** is full of nuts, apples and pears, mushrooms, chestnuts, potatoes, and beans. Finally, in **winter**, seasonal veggies include cauliflower, cardoon, and cabbage to pair with meats like blood sausage and chorizo while the sea brings the high-brow delicacy of sea bream.



# From Right Here



The list of traditional Basque ingredients and other ingredients that reach their pinnacle in Basque cooking is endless. To name a few, there are Zalla red onions, peppers, and beans from Gernika, canned seafood and fish – especially albacore – honey, cheese with designation of origin Idiazabal, and carranzana sheep's cheese.



## The Wine

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If anything is a hallmark of the Basque Country it's **txakoli**. This wine also has an interesting history that delights all who taste it. This Basque wine is made with indigenous hondarribi grapes. Served very cold, the white is most well known, but there are also rosé and red txakolis.



## The Wineries

*i*

There is nothing finer than tasting txakoli right where it is made. That's why we recommend visiting any of the **wineries** surrounded by nature listed here for a tasting.



## Txakolingunea Txakoli Winemaking Museum

*i*

If you'd still like to learn more about this wine, check out the **Txakolingunea, Txakoli Museum**. Head to Bakio, where you'll be able to discover the wine's history and participate in a guided tasting of different varieties of this wine.





## Star-Studded

*i*

You can feel it... the success of the great culinary stars of the Basque Country is no accident. It's the result of many years of hard work and a great deal of passion. The territory has a total of **14 stars** spread across 12 restaurants. All you have to do is choose one, make a reservation, and enjoy.



## Around Forever

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These restaurants stand out because their menus offer the most traditional cuisine of Bizkaia, and, it must be said, are incredibly authentic. In Bilbao, you'll find a multitude of establishments, in the Old Quarter, Abando, Basurto, etc.

Throughout the territory, both on the coast and inland, you'll be able to find the dishes most characteristic of Basque cuisine.



## Signature Cuisine

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The spirit of this cuisine is innovative, driven to create modern, incredibly high-quality cuisine that combines imagination with the best ingredients. With this philosophy of constantly seeking out new flavours and culinary formulas, a great deal of restaurants have been created within an environment that cultivates design both in terms of space and location as well as in terms of cooking. They can be found in the old and new quarters of Bilbao and throughout Bizkaia.



## The Slow Food Philosophy

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At the heart of this philosophy lies the culinary pleasure found with a slower pace that is based on the value of nutrition and its importance in quality of life. One of the premises of this movement is to motivate culinary professionals to use local ingredients. This is referred to as "**kilometre 0**", the desired distance between producers and the restaurants they supply.

# Traditional Dishes



## Surf

The wealth of the Cantabrian Sea is served up on our dining tables. **Anchovies**, **marmitako** tuna and potato stew, **hake à la ondarresa**, **baby squid** in ink sauce, and **cod** in all forms: pil-pil, à la vizcaína, club ranero, and peppers stuffed with this flavourful fish... all await on nearly any menu. Straight from sea to table.



## Turf

Bizkaia's bountiful gardens and livestock farms provide high-quality ingredients to create exquisite dishes like **pisto** á la vizcaína, a tasty **vegetable stew**, and the delicious **beans** and fried **peppers** of Gernika.

And meat eaters absolutely must indulge in a **T-bone steak**.



There are people who make pintxos into a meal and those who eat them as a delicious and irresistible appetizer. You'll find that a great deal of hunger is not necessary. Taking one look at these colourful delicacies is more than enough to get your stomach growling.

Routes for these miniature culinary delicacies follow "txikiteo" wine routes. The sophistication achieved by this culinary ritual has created a number of local and national competitions and piqued a great deal of interest. Winning one of these competitions is a sure-fire way to get a select clientele.





Indulge in any of the sweets that fill the displays of one of Bilbao/Bizkaia's many pastry shops, from meringue **carolinas**, named after the daughter of the pastry chef who created them, to **rice cakes**, whose recipe, legend has it, was created by sailors who made them with rice flour. Other classics include **Gâteau Basque** and **sokonusko nougat** at Christmastime. **Butter buns**, **jesuita** puff pastry, and **cristina** buns all go perfectly with coffee. There are a few sweets associated with their home towns, including **ori-baltzak** – small pieces of cake either dipped in white or dark chocolate – from Gernika, **cocote** cakes from Markina, and **mantecada** cakes from Orduña. If you've got a throat ache, **santiaguitos**, or marshmallow hard candy, will work wonders.





## Culinary Competitions

These competitions correspond to the deep culinary culture of each area. They take place during festivals and processions, so plan accordingly to make sure you're able to enjoy one. The competitions for **putxeras** bean stew in Balmaseda, **sukalki** stewed beef in Mungia and Gernika, and the **sardine**, **albacore**, **cod**, and **marmitako** tuna and potato stew days on the coast are all renowned.



## Fairs and Festivals

All self-respecting festivals here involve gastronomy and collective meals. They're a great opportunity to learn traditional recipes or share a paella or plate of sardines. Remember to wash them down with a great txakoli from Bizkaia.



## Gastronomic Societies

Also known as "**txokos**". These are generally private societies where groups of friends get together to prepare a meal on site and enjoy it all together. Although at one time only men were allowed, there are now very few men-only societies. If you get an invite to someone's "sociedad", you should feel very lucky and accept the invitation because it's an incredible experience.

**TOURISM BILBAO** [www.bilbaoturismo.net](http://www.bilbaoturismo.net)

**BIZKAIA (BISCAY) TOURISM** [www.visitbiscay.eus](http://www.visitbiscay.eus)

**BASQUE COUNTRY TOURISM** [www.turismo.euskadi.eus/en](http://www.turismo.euskadi.eus/en)

**NEKATUR/AGROTOURISM** 943 327 090 · [www.nekatur.net](http://www.nekatur.net)

## TOURIST OFFICES

### BILBAO

TOURISM BILBAO 944 795 760

· Plaza Circular, 1 Edificio Terminus

· Alameda de Mazarredo 66

AIRPORT 944 031 444

### BIZKAIA

#### BAKIO

946 193 395 · [www.bakio.org](http://www.bakio.org)

#### BALMAEDA - ENKARTUR

94 680 29 76 · [www.visitenkarterri.com](http://www.visitenkarterri.com)

#### BARAKALDO BEC (Bilbao Exhibition Centre)

944 995 821 · [www.barakaldo.org](http://www.barakaldo.org)

#### BERMEO

946 179 154 · [www.bizibermeo.eus](http://www.bizibermeo.eus)

#### DURANGO

946 033 938 · [www.turismodurango.ne](http://www.turismodurango.ne)

#### ELORRIO

946 820 164 · [www.visitelorrio.com](http://www.visitelorrio.com)

#### GERNIKA-LUMO

946 255 892 · [www.gernika-lumo.net](http://www.gernika-lumo.net)

#### GETXO

944 910 800 · [www.getxo.eus](http://www.getxo.eus)

#### GORLIZ

946 774 348 · [www.gorliz.eu](http://www.gorliz.eu)

#### KARRANTZA-HARANA

946 806 928 · [www.karrantza.org](http://www.karrantza.org)

#### LEKEITIO

946 844 017 · [www.lekeitio.org](http://www.lekeitio.org)

#### MENDATA

946 257 204 · [www.mendata.eus](http://www.mendata.eus)

#### MUNDAKA

946 177 201 · [www.mundakaturismo.com](http://www.mundakaturismo.com)

#### ONDARROA

946 831 951 · [www.ondarroa.eus](http://www.ondarroa.eus)

#### ORDUÑA

945 384 384 · [www.ordunaturismo.com](http://www.ordunaturismo.com)

#### OROZKO

946 122 695 · [www.ozkoudala.com](http://www.ozkoudala.com)

#### PLENTZIA

946 774 199 · [www.plentzia.org](http://www.plentzia.org)

#### PORTUGALETE

944 729 314 · [www.portugalete.org](http://www.portugalete.org)

#### SANTURTZI

944 839 494 · [www.turismo.santurtzi.net](http://www.turismo.santurtzi.net)

#### SOPELA

944 065 519 · [www.sopelaudala.org](http://www.sopelaudala.org)

#### SOPUERTA

946 504 750 · [www.sopuerta.biz](http://www.sopuerta.biz)

#### TRUCIOS-TURTZIOZ

946 109 604 · [www.turtzioz.org](http://www.turtzioz.org)

## INFORMATION

### EMERGENCIES 112

### INFORMATION 010

(for calls within the Bilbao area)

944 010 010 (for calls outside  
of the Bilbao area)

### CONSULAR OFFICE

944 706 426

### CITIZEN INFORMATION

944 241 700

### GENERAL TRAFFIC AND ROAD INFORMATION

011

### LOST AND FOUND

944 204 981

## TRANSPORT

### AIRPORT

Bilbao-Loiu · 913 211 000 (AENA)

944 869 663

[www.aena.es](http://www.aena.es)

### CRUISE AND FERRY

Ferry Bilbao-Portsmouth 902 108 147

[www.brittanyferries.es](http://www.brittanyferries.es)

### TRAINS

Abando Indalecio Prieto Station (Renfe)

Plaza Circular, 2 · 902 320 320 · [www.renfe.com](http://www.renfe.com)

Metro line 3 (EUSKOTREN)

Zazpikaleak · 944 333 333

[www.euskotren.eus](http://www.euskotren.eus)

Concordia Station; FEVE Bilbao

Calle de Bailén 2 · 944 250 615

[www.renfe.com/viajeros/feve](http://www.renfe.com/viajeros/feve)

### BUSES

Termibus (Bus station)

Gurtubai 1 · 944 395 077 · [www.termibus.es](http://www.termibus.es)

Bilbobus (Municipal buses)

944 790 981

[www.bilbao.eus/bilbobus](http://www.bilbao.eus/bilbobus)

Bizkaibus (Coaches and buses, province and airport)

946 125 555 · [www.bizkaia.eus](http://www.bizkaia.eus)

### METRO BILBAO

946 855 000 · [www.metrobilbao.eus](http://www.metrobilbao.eus)

### TRAM

944 333 333 · [www.euskotren.eus](http://www.euskotren.eus)

### TAXIS

Radio Taxi Bilbao

944 448 888 · [www.taxibilbao.com](http://www.taxibilbao.com)

Tele Taxi

944 102 121 · [www.teletaxibilbao.com](http://www.teletaxibilbao.com)

Radio Taxi Nervión

944 269 026 · [www.radiotaxinervion.com](http://www.radiotaxinervion.com)

### BICYCLE HIRE

Bilbaobizi

946 564 905

## MUSEUMS IN BILBAO

### GUGGENHEIM BILBAO MUSEUM

[www.guggenheim-bilbao.eus](http://www.guggenheim-bilbao.eus)

### FINE ARTS MUSEUM

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

### DIOCESAN SACRED ART MUSEUM

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

### BILBAO MARITIME MUSEUM

[www.museomaritimobilbao.eus](http://www.museomaritimobilbao.eus)

### EASTER PROCESSION MUSEUM

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

### BILBAO BULLFIGHTING MUSEUM

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

### BASQUE COUNTRY MUSEUM

[www.euskal-museoa.eus](http://www.euskal-museoa.eus)

### REPRODUCTIONS MUSEUM

[www.bilbokoberreginenmuseoa.eus](http://www.bilbokoberreginenmuseoa.eus)

### ATHLETIC CLUB MUSEUM

[www.athletic-club.eus](http://www.athletic-club.eus)

### BASQUE LANGUAGE INFORMATION CENTRE

[www.azkuefundazioa.eus](http://www.azkuefundazioa.eus)

### ARCHAEOLOGY MUSEUM

[www.bizkaikoa.bizkaia.eus](http://www.bizkaikoa.bizkaia.eus)

## NATURAL SPACES

### URDAIBAI BIOSPHERE RESERVE

944 650 822 · [www.turismourdaibai.com](http://www.turismourdaibai.com)

946 870 402 (Ihobe) · [www.ekoetxea.eus](http://www.ekoetxea.eus)

### GORBEIA NATURAL PARK

Information Centre

946 739 279

[www.areatza.net](http://www.areatza.net)

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

### URKIOLA NATURAL PARK

946 814 155 · [www.urkiola.net](http://www.urkiola.net)

### ARMAÑÓN NATURAL PARK

946 806 257 688 884 330

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

## MUSEUMS IN BIZKAIA

### ON THE COAST

#### FISHING MUSEUM Bermeo

[www.bizkaikoa.bizkaia.eus](http://www.bizkaikoa.bizkaia.eus)

#### BILBAO MARITIME MUSEUM Bilbao

[www.museomaritimobilbao.eus](http://www.museomaritimobilbao.eus)

#### PLASENTIA DE BUTRÓN MUSEUM Plentzia

[www.museoplentzia.org](http://www.museoplentzia.org)

#### RIALIA MUSEUM OF INDUSTRY Portugalete

[www.portugalete.org/ES-ES/RIALIA](http://www.portugalete.org/ES-ES/RIALIA)

#### SANTURTZI INFORMATION CENTRE

#### ITSASOA / AGURTZA FISHING BOAT

INFORMATION CENTRE Santurtzi

[www.turismo.santurtzi.net](http://www.turismo.santurtzi.net)

#### BIZKAIA BRIDGE Las Arenas (Getxo) /Portugalete

[www.puente-colgante.com](http://www.puente-colgante.com)

#### LEKEITIO MARITIME HERITAGE CENTRE

[www.faro-lekeitio.org](http://www.faro-lekeitio.org)

#### TXAKOLINGUNEA - TXAKOLI WINE MAKING EXHIBITION

Bakio · [www.bizkaikoa.bizkaia.eus/txakolingunea](http://www.bizkaikoa.bizkaia.eus/txakolingunea)

#### URDAIBAI BIRD CENTRE

[www.birdcenter.org](http://www.birdcenter.org)

#### EKOETXEA URDAIBAI

<http://www.ekoetxea.eus>

### INLAND

#### SIMÓN BOLÍVAR MUSEUM Ziortza-Bolibar

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

#### DURANGO ART AND HISTORY MUSEUM

[www.turismodurango.net](http://www.turismodurango.net)

#### ENCARTACIONES MUSEUM Sopuerta

[www.enkarterrimuseoa.eus](http://www.enkarterrimuseoa.eus)

#### EL POBAL FORGE Sopuerta

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

#### BASQUE COUNTRY MUSEUM Gernika-Lumo

[www.bizkaikoa.bizkaia.eus](http://www.bizkaikoa.bizkaia.eus)

#### GERNIKA PEACE MUSEUM FOUNDATION

Gernika-Lumo · [www.museodelapaz.org](http://www.museodelapaz.org)

#### GERNIKA ASSEMBLY HOUSE

Gernika-Lumo · [www.gernika-lumo.net](http://www.gernika-lumo.net)

#### “JOSÉ LUIS GOTI” BASQUE MUSEUM ON THE HISTORY OF MEDICINE AND SCIENCES Leioa

[www.ehu.eus](http://www.ehu.eus)

#### OROZKO MUSEUM Orozko

[www.orozkomuseoa.eus](http://www.orozkomuseoa.eus)

#### BASQUE COUNTRY MINING MUSEUM

Gallarta · [www.meatzaldea.eus](http://www.meatzaldea.eus)

#### BALMASEDA HISTORICAL MUSEUM

Balmaseda · [www.visitenkarterri.com](http://www.visitenkarterri.com)

#### BOINAS LA ENCARTADA MUSEUM Balmaseda

[www.bizkaikoa.bizkaia.eus/laencartada](http://www.bizkaikoa.bizkaia.eus/laencartada)

#### VALENTÍN DE BERRIOTXOA MUSEUM Elorrio

[www.museoberrio-otxoia.com](http://www.museoberrio-otxoia.com)

#### TORRE LOIZAGA. ANTIQUE AND CLASSIC

CAR MUSEUM Galdames

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

#### BASQUE HAMLET ECOMUSEUM /

#### EUSKAL BASERRIA Artea

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

#### IRON BELT

INFORMATION CENTRE Berango

[www.berango.net](http://www.berango.net)