

Asturias:

the faba asturiana bean, a culinary marvel



Fruit and vegetable growing in the Principality of Asturias has made major progress in recent years, shifting from traditional outdoor tomato and lettuce cropping to intensive cultivation in tunnel-type greenhouses. The region's distinctive products are the famous Asturian faba bean, and apples, almost all of which go into making cider.

Fabada is the region's best-known dish. 'Asturias,' wrote Mario Vargas Llosa, 'is known in the world for its mountains, for its coal and iron mines, for fabada stew and cider.' This is no surprise, because it is only in the Principality that the faba bean can be grown to such fineness and flavour.

The dry beans that come under the protected geographical indication Faba Asturiana or Fabes de Asturias are grown in areas of the region which the Consejo Regulador rates as suitable for the traditional Granja Asturiana variety. In 2005, output totalled about 200,000 kg. 125 ha of PGI-protected Asturian fabas were sown in 2006, making for a crop in October of an estimated 250,000 kg. The authentic Asturian faba is packed in cotton sacks of at least 1 kg, vacuum-packed with pork products, or ready-cooked. The classic fabada is the region's typical dish, but chefs now use their imaginations to combine the faba bean with ingredients like squid, wild mushrooms, monkfish, cod, lobster, game, and so forth. You really must try these delicacies if you visit Asturias, and wash them down with cider.





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The region is also home to the protected designation of origin Sidra de Asturias, made only with traditional cider-apple varieties.

Asturias has also begun to produce excellent kiwis (now the second-largest crop after apples) on a cultivated area of 100 to 120 ha, with output reaching 2,500 to 3,000 tonnes.

different with identity



P R O T E C T E D



D E S I G N A T I O N S



O F O R I G I N

