



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 cropping for household consumption to market gardens operating on a commercial scale and introducing modern cultivation techniques, while preserving the family-oriented and rural character of the region.

The major individual products are the faba bean and the potato, both being staples of the regional cuisine and playing the central role in recipes such as fabada bean stew, fabas and game, fabas and fish, etc. They also make a great garnish for gourmet delicacies such as Chosco de Tineo Asturian beef. All these dishes pair wonderfully with the excellent local *Vino de la Tierra de Cangas* and traditional *Pan de Escanda* bread, followed by any of the wide range of the region's cheeses.

Another key Asturian crop is apple, used almost exclusively for making cider; the region also produces kiwi and cranberry, and a whole range of organic farming products.





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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.

Faba bean thrives all across the Principality. In the 2007 marketing year, 116 ha of Asturian faba came under a PGI, with an output of 220,000 kg. The figure is expected to rise in upcoming years.

The authentic Asturian faba is packed in cotton sacks, vacuum-packed with pork products, or ready-cooked.

The region is also home to the protected designation of origin Sidra de Asturias, made only with traditional cider-apple varieties; annual output approaches 4,879 hectolitres.

Asturias produces excellent kiwis on a cultivated area of 160 ha, with annual output reaching 2500 tonnes. The region is also home to a potato of outstanding flavour and culinary properties. Current production stands at 55,000 tonnes, and the product is set to be further encouraged by obtaining a protected geographical indication.

Many of these products are certified by the Principality of Asturias' own quality label Alimentos del Paraíso Natural.





Alimentos del paraíso natural

Alimentos de Calidad del Principado de Asturias

diferentes

con identidad



Queso Casin



Chosco de Tineo



Queso Cabrales



Queso Los Beyos



Agricultura Ecológica



Queso Afuega'l Pitu



Escanda de Asturias



Queso Gamoneu



Faba Asturiana



Sidra de Asturias



Vino de Cangas



Ternera Asturiana