



Gastronomy Audio Guide

We embark on an unforgettable journey for the senses, where tradition and local produce can be savoured in every bite. The cuisine of this region is a living reflection of the history and passion of our people. We invite you to experience the region through its gastronomy.

In winter, we celebrate the Cocido (stew) of Lalín, which is not just a dish, but the origin of the famous Feira do Cocido, our Festival of International Tourist Interest. In spring, we enjoy the unique flavour of the Galo de Curral (free-range rooster) from Vila de Cruces, the star of its own Festa do Galo de Curral, a Festival of Tourist Interest in Galicia and an unmissable event, together with the Cider Festival in A Estrada. In summer, there are two unmissable events in Silleda, both declared of Tourist Interest in Galicia: the popular Festa da Tortilla (omelette) of Laro and the Festa da Empanada (patty) of A Bandeira. We bid farewell to the year with the Richada in Forcarei, a traditional local meat dish and the emblematic dish of the Camiño da Geira e dos Arrieiros, whose original recipe is jealously guarded by the local community.

Here, eating means savouring our landscape. Products such as honey, bread, award-winning cheeses and dairy products, and fresh produce from local vegetable gardens represent this rich land, where you can also enjoy experiences such as routes through the apple orchards in bloom in A Estrada and visits to the lagares (traditional presses) to taste their essence, participate in honey tastings at the Feira Alvariza in Lalín, or buy seeds for your garden at the Annual Organic Farming Fair in Levoso, Forcarei.

This land is also home to talented chefs who preserve the essence of our products, bringing gastronomic innovation to its highest expression. Be sure to try the local cuisine in the region's SICTED restaurants, as well as our pastries, including the renowned rosquillas de Abades and traditional Carnival sweets such as filloas and orejas. These delicacies—together with the Soutelo de Montes Mushroom Festival, cured meats and sausages for stews, and innovative cookies and artisan preserves made with locally sourced ingredients—make up a larder full of flavour and freshness.



Our landscape produces unique products. Our culture transforms them into gastronomy—and that, in turn, inspires our architecture. Fornos (traditional ovens), pendellos (market sheds), alvarizas (traditional stone beehive enclosures), mills and lagares (traditional presses) bear witness to the ancestral connection between culinary knowledge and the land.