

Dining in Asturias



Maribel's Guide to Asturias ©

Maribel's Guides for the Sophisticated Traveler ™

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Tox

- Regueiro

Valdesoto

- Casa Telva

Villaviciosa

- Sidrería El Congreso de Benjamín



Regional Specialties

- *Cachopo* - Traditional Asturian dish consisting of two large veal fillets, sandwiched together and filled with various options (cheese, mushrooms, asparagus, red pepper, a slice of ham), breaded and then fried and accompanied by French fries and red pepper- extremely hearty-a carnivore’s delight and also very kid-friendly.
- *Fabada* - An Asturian obsession, an extremely hearty stew made with buttery white beans, bacon, chorizo and blood sausage, the “national dish”. Will stay with you all through the day and long into the night. Astonishingly, it is customarily served as a first course, which means that if you partake of a bowl (or two) of fabada plus a main course then dessert, you should NOT plan to be in proper condition to continue your touring, particularly by car, but instead, just give in to a siesta! Although it's tempting to try this robust dish at every dining spot, it's best left for a cold winter’s day. Legend has it that the dish added in the Christian Re-conquest here, as the invading Moors were fed a meal of fabada by the Christians and by late afternoon, their gargantuan feast rendered them so sluggish that they had to give up their battle.
- *Fabada con Pantrucu* - A type of fabada in more of a soup form with kale and potatoes
- *Pote Asturiano* - A type of fabada in more of a soup form with kale and potatoes

- *Fabes con alemjas* - A soup of white beans and clams
- *Verdinas* - Small beans with a greenish hue and delicate flavor
- *Bollos preñaos* - Small rolls of bread with chorizo inside; often given as a free tapa at a bar
- *Merluza encebollada* - Hake in an onion sauce
- *Merluza a la sidra* - Hake braised in cider
- *Chorizo a la sidra* - Spicy sausage prepared in this same fashion
- *Fariñón* - A course blood sausage filled with corn, from the Gozón area
- *Oricios de mar* - Sea urchins
- *Percebes* - Goose barnacles
- *Bugre & Llubricante* - Two names for Asturian lobster
- *Andarica* - Hard shell crab
- *Pixín* - The local name for monkfish, often rubbed with smoked paprika and fried
- *Rollo de atún* - Tuna which has been shredded and mixed with ham and red pepper, then cooked in a carrot and onion sauce-beyond delicious!
- *Solomillo or entrecote al cabrales* - Filet or sirloin topped with melted Cabrales cheese

Desserts

- *Frixuelos* - An Asturian pancake, similar to a Breton crepe, either sprinkled with sugar or filled with cream.
- *Casadielles* - Walnut popovers, walnuts being a staple in the Piloña region of the interior.
- *Carbayones* - Almond boats, traditionally made in Oviedo; purchase them at the lovely [Confitería Camino de Blas](#) on Calle Jovellanos.
- *Arroz con leche* - Rice pudding.

Market Days

- Sunday: Cangas
- Monday: Tapia de Casariego & Infiesto
- Tuesday: Llanes & Salas
- Wednesday: Luarca & Ribadesella & Villaviciosa
- Thursday: Navia
- Friday: Cudillero
- Saturday: Arriondas



Artisan Cheeses

The Principado (Principality) of Asturias produces 30 different varieties of artisan cheeses. The famous cheese market, or festival, is held yearly in the town of Arenas de Cabrales, on the last Sunday in August. The most common cheeses found here are:

- *Cabrales* - named for the region in which it is produced, a hard blue cheese, cylindrical in shape, similar to Stilton, Roquefort or Gorgonzola, made (usually) from a mixture of ewe, goat and cow milk or sometimes cow milk alone. Some is still aged in the Picos de Europa limestone caves, known for their high humidity and low, even temperatures year round, are wrapped in maple leaves, left for 3-6 months to allow them to develop a *Penicillium* fungus, giving them their blue veining and are highly odiferous.
- *Gamonedo* - similar to Cabrales but slightly smoked, with its distinctive blue veining only around the edge
- *Afuega 'l Pitu* - meaning “drown the chicken”, a nutty, semisoft, aromatic cow’s milk dry cheese from Oviedo sometimes with paprika added, giving it a ruby color
- *Los Beyos* - produced in Ponga and made of pasteurized cow’s milk
- *Peñamellera* - From the Peñamellera Alta and Baja councils, that one can sample at Casa Julián in Niserias, near Panes.

Where to Buy Genuine Artisan Cheeses

Quesería Bedón

In the hamlet of Frieras, southwest of Posada de Llanes, which gives free tours from 11:00 am to 1:00 pm on Saturday.

Quesería Los Puertos

In the village of Poo de Cabrales, 1.5 km from Carreña.

Quesos Aquilino

In Cangas de Onís at Angel Tárano, 1, the oldest cheese shop in Asturias.

Aramburu Asturias

At the gourmet emporium in Ribadesella at Gran Vía, 33, with other locations in Oviedo at Fierro 9, and in Llanes at Plaza de Parres Sobrino, 3.

Coalla Gourmet

In Oviedo at Calle Fierro, 3. Open Monday-Friday from 10:00 am to 3:00 pm and 5:00 to 9:00 pm. Saturday and Sundays from 10:00 am to 3:30 pm.

Coalla Ultramarions

Gijón at Calle Uria, 4. This is the original store, a deli and grocery. Open Monday-Friday from 9:00 am to 9:00 pm and Saturdays until 2:00 pm.

Coalla Gourmet Gijon

Entrances on Calle San Antonio, 8 and Santa Elena, 11, which reopened in 2014 in its new location. It is a deli with a tasting bar. Open Monday-Saturday from 9:00 am to 11:00 pm.



The National Drink

Sidra is the drink *par excellence* of the Principado. Rich in apple orchards, having been blessed with cider apple trees for 2,000 years, the coastal region produces over 30 different varieties of apples. However, recently on even years, there has been a shortage of apples for cider production, making it necessary to import apples from the Basque Country. The town of Villaviciosa reigns supreme as the apple capital of Asturias, as well as Navia, the self-proclaimed cider capital, where one can visit a Cider Museum. The harvest begins in September and the process goes on until early December. During the winter, before the cider is placed in bottles, groups of friends and family get together to do the ritual of the first tasting, called the *espicha*, where the cider is tasted directly from the barrel, accompanied by cheese and ham and the music of bagpipes.

To produce cider, the apples are first washed and chopped up, then softened in water and pressed. The solid residue is used as cattle feed. Then the apple must (*mosto*) is fermented for two months in barrels made of chestnut or a combination of chestnut and oak (at El Gaitero cider producing factory in Villaviciosa) until the alcohol content reaches about 5 per cent. Asturian cider is used abundantly in the region's cooking

Sidra natural is fermented without additives, has a tart, sharp, flavor and is drunk young and is consumed in the innumerable *chigres* or cider taverns dotting the Asturian landscape. *Sidra achampanada* (such as the El Gaitero brand) is industrially manufactured and contains carbonic acid and sugar, tastes much sweeter, has a very low alcohol content and is drunk less in Asturias, most being exported to other parts of Spain and to Europe. El Gaitero has a second manufacturing plant in Buenos Aires that exports to all of Latin America.

You may see on the wine lists of gourmet restaurants what is known as *sidra de nueva expresión*, of the Zythos label (zythos=cider in Greek), or Villacubera, which one drinks like wine, without needing to *escanciar* (see below). You may also see on a digestif menu, a local spirit, an apple brandy called *orujo* or *aguardiente de manzana*, similar to French Calvados. (El Gaitero sells several aguardientes of different fruits in their factory store).

A Primer for the cider pouring ritual

The proper way to consume sidra is in large, wide rimmed, stout glasses and before drinking, it must be properly poured; one needs to *escanciar* the cider, which has become in Asturias a true art form, like Iberian ham slicing in the south (there are yearly contests in the *art of escanciar*, a prize going to the best *escanciador*). The pourer, or *escanciador*, grabs the bottle with great ceremony, raises it high above his head, as high as he can, and allows the cider to cascade from the bottle into the glass, which he must hold in his left hand at knee level, slightly inclined away from the body. The cider must then bounce against the edge of the glass before hitting the bottom to become aerated to develop its full flavor. Only one or two inches are poured into the glass, and one must drink his inch of cider quickly, in a single gulp, before it loses its flavor and “dies”. The rest is then used to rinse the glass and then ceremoniously poured onto the ground or into wooden buckets provided. The traditional and natural accompaniment to cider is Cabrales cheese, along with plates of ham or chorizo (spicy sausage), usually braised in cider.

Wine

Asturias lacks a strong wine culture, as these regions have not historically been wine-producing areas. This is changing, however, slightly, as two wine producing regions are being developed; the first and oldest, dating from the Middle Ages, is found in the Cangas de Narcea area, with the designation of Tierras de Cangas, where the monks of the Monasterio de Corias, along with a handful of other wineries) are producing a light red wine made primarily from the *mencia* and *verdejo negro* grapes. A white wine is also produced in this area from the *albariño* grape. Look for labels from [Dominio del Urogallo](#), like “*Fanfarria*”.



Our Recommended Restaurants

Village By Village

Andés

1 kilometer from Navia

[Pulpería La Quintana](#)

Open on weekends for dinner on Friday from 9:00 to 11:00 pm, Saturday and Sunday for lunch from 1:00 to 4:00 pm and dinner on Saturdays starting at 8:00 pm, but open every day during July, August and September. A genuine “Galician octopus house” in Asturias.

Tel: (+34) 985 473 493 / 615 783 016

Arriondas

[El Corral del Indianu](#)

In town at the Avenida de Europa, 14, with one Michelin star, two Repsol suns. Receives a rating of 7,5 from [Lo Mejor de la Gastronomía](#). Chef José Antonio Campoviejo offers a tasting menu for 92€, VAT included. Closed Sunday and Wednesday night and all day Thursday. You can read the reviews at: [Observacion Gastronomica](#), [Les Fartures](#), [Bon Viveur](#).

Tel: (+34) 985 841 072

Casa Marcial*

Located in the tiny picturesque hamlet of La Salgar north of Arriondas, this fabulous “hidden” gem has two Michelin stars and three Repsol suns. Recommended by Sobremesa magazine, it receives a rating of 8,5 from [Lo Mejor de la Gastronomía](#). Widely considered one of the top restaurants in Asturias, and is one of our favorites. There is a ‘short menu’ for 110€. Closed Sunday nights and Mondays, except during Holy Week and the May banking holiday. Read the reviews at: [Guide Repsol](#), [Les Fartures](#), [Bon Viveur](#).

Tel: (+34) 985 840 991

Avilés

Casa Tataguyo*

In the Plaza del Carbayedo since 1845 and still the best dining spot in town. Go for the croquettes, the *longaniza con patatas*, and any of the other traditional dishes. Serves a weekday lunch menu for 16€ between 1:00 and 3:00 pm (Mesas completas). Recommended in the [Repsol Guide](#) and much loved by gourmet critic [Carlos Maribona](#), and father and son Pedro and Carlos Morán of Casa Gerardo.

Tel: (+34) 985 564 815

Cangas de Onís

Restaurant Los Arcos

In the center of town at Plaza del Ayuntamiento, 3. Ramón Celorio offers 8 menus starting at 20€, tax included. Recommended in the [Repsol Guide](#), Michelin, and a member of [Mesas de Asturias](#). Open daily. Tables can be booked on The Fork.

Tel: (+34) 985 849 277 / 985 931 000

La Sifonería

In the center of Cangas at Calle San Pelayo, 28, is a simple tavern or *chigre* and grocery shop that serves up traditional Asturian fare, such as *cachopo*, *tortilla de merluza* (hake omelet) and *rollos de bonito*, with a more “formal” restaurant next door.

Tel: (+34) 985 849 055

Castropol

Casa Vicente

This one can be found at the east end of town on the road to Oviedo. Closed Monday night and Tuesday. A classic, more than 75 years old. Recommended in the [Repsol Guide](#). Read the review: [Les Fartures](#).

Tel: (+34) 985 635 051

Celorio

West of Llanes

Castru El Gaiteru*

At Ería la Vega serves both wonderful charcoal grilled meats (*vaca vieja gallega*) fish of great quality and creative tapas; recommended by Michelin starred chef Nacho Manzano, and the food critics of [El País](#) and [ABC](#) consider chef Pello (Pedro) Noriega one of the most promising young chefs in the Principado. Read the review at [Bon Viveur](#)

Tel: (+34) 985 402 025

Cruz de Illias - Castrillón

Gunea Restaurante

Avenida del Campo 20, in January of 2018 became the new home of Michelin starred chef Pablo Montero, formerly of El Refectorio of Le Domaine Hotel/Abadía Retuerta winery in the Ribera del Duero and Taberna El Recreo in the Salamanca district of Madrid. Montero actually began his career here under chef Koldo Miranda and later trained at Calima, Nerua, Mugaritz and The Fat Duck. Paco and his Bilbao native wife Begoña Martínez have returned to the chef's Asturian roots to open their own restaurant in this 19th-century two story stone home in the village. Here the chef prepares traditional Asturian dishes, and his fish comes directly from the fish market in Avilés. It closes Sunday-Monday-Wednesday nights (open for lunch only) and all day Tuesday. It opens for dinner on Friday and Saturday nights.

Tel: (+34) 985 546 527

Gijón

La Salgar*

The Gijón gourmet restaurant of chef Nacho & Esther Manzano of Casa Marcial. Offers lunch menus of 54€ and 76€. Located at Paseo Doctor Fleming, 887, it receives a rating of 7,5 from [Lo Mejor de la Gastronomía](#), and now with one Repsol sun and one Michelin star. A member of [Mesas de Asturias](#). Read the reviews: [Les Fartures](#), [Bon Viveur](#). Open for lunch

from 1:00 to 3:30 pm Tuesday-Sunday and for dinner from 9:00 to 11:00 pm, Thursday-Saturday.

Tel: (+34) 985 331 155

Restaurante Auga

In the center of Gijón at Claudio Alvargonzález, literally suspended over the water on the former fishermen's pier. Chef Gonzalo Pañeda offers a gastronomic experience with a tasting menu of seasonal dishes for 76€. 2 Repsol suns and 1 Michelin star, and a member of [Mesas de Asturias](#). Read the review: [Bon Viveur](#)

Tel: (+34) 985 168 186

La Bolera

Near the Molinón stadium and next to a bowling court at Avenida del Jardín Botánico, 355, is a well-regarded grill house, an *asador* whose beef come from Galicia and the north of Portugal, a heaven for meat lovers. Recommended in the Repsol guide. Homemade desserts and their caipirinhas are legendary. Closed Sunday nights and all day Mondays.

Tel: (+34) 984 193 422

Lago de Enol

Above Covadonga

El Casín de los Lagos

At the end of an 11-kilometer serpentine and fairly narrow road that leads up to the truly spectacular crystal clear lakes of Enol and Ercina. An unforgettable ride up to this rustic little shed of a restaurant and equally unforgettable, stunning Alpine looking scenery and handsome cows grazing at your feet. Its specialties are wild boar chorizo and roast baby goat. Watch out for low clouds and traffic. You don't want to meet a tour bus on the way up or down.

Tel: (+34) 985 922 927

Lastres

El Barrigón de Bertín*

On Calle de San José as you head down to the port. More creative than the more traditional, old school Casa Eutimio, with a fantastic price to quality ratio, the chef, Alberto Asensio, trained at El Bulli. Stand out desserts are apple tart and rice with burnt milk. A member of [Mesas de Asturias](#) and recommended in the Repsol Guide. Opens for lunch at 1:30 pm. Closed for dinners except during the summer.

Tel: (+34) 985 850 445

Casa Eutimio

Located on the right on the main road, Calle San Antonio, on the way to the port (also a hotel); fish is its strong suit, as well as nougat ice cream. Some tables have sea views. Must reserve on weekends. Recommended in the Repsol Guide, and is a member of [Mesas de Asturias](#). Closed Mondays and for dinner from Sunday-Thursday during the winter, except for holidays.

Tel: (+34) 985 850 012

Llanes

See also Pancar, Ancar, Celorio and Nueva

El Bálamu Taberna Marinera*

At the port is a favorite of Michelin starred chef Nacho Manzano of Casa Marcial and La Salgar. Impeccably fresh fish such as *pixín*, served up with great views of the lighthouse in a chicly decorated seafood tavern. Closed on Wednesday except during July and August.

Tel: (+34) 985 413 606

Luarca

Sport

At Calle Rivero, 9, for *pote asturiano* for two, with greens and potatoes instead of beans, and Dover sole. Recommended in the Repsol Guide, a selection of the Real Academia de Gastronomía, and a member of [Mesas de Asturias](#). Opens for lunch at 1:00 and dinner at 8:00. Closed Wednesday and Sunday for dinners during the winter and from January 8 through February 8.

Tel: (+34) 985 641 078

El Barómetro

Paseo Muelle, 4. Professional food critic, Carlos Maribona, prefers this one for their dish of squid in its own ink, *calamares en su tinta*. Opens for lunch at 1:00 pm. Closed the first two weeks of October, last week of May and first week of June.

Tel: (+34) 985 470 662

Villa Blanca

Avenida de Galicia 25-27, opened in 1958, also excels in seafood preparations, along with the traditional *fabada* and free-range chicken, *pitu de caleya*. Their signature dessert is fig parfait with walnut cream. It is a member of Mesas de Asturias. Closed on Mondays outside of high season.

Tel: (+34) 985 641 035

Lugones

La Máquina

Head for Avenida Conde de Santa Bárbara, 59, for their signature dish of *fabada* (17€), considered by many to be the region's best version of this classic dish. Try the *arroz con leche*, rice pudding, for dessert. Recommended in the Repsol Guide, and a selection of the Real Academia de Gastronomía. Open for lunch from 1:30 until 3:30 pm, kitchen closes at 4:00 pm. Closed on Sunday.

Tel: (+34) 985 263 636 / 985 260 019

Malleza (Salas)

Al Son del Indiano

Located in the main square at Plaza del Conde de Casares, 1, the inn and tavern dates from 1895. Weekday lunch menu for 15€; try the duck breast with pear chutney and Pedro Ximénez sauce and the liquid croquettes with goat cheese and mushroom sauce. Recommended in the Repsol Guide, Michelin, and a member of [Mesas de Asturias](#). Opens for lunch at 2:00 and dinner at 9:00. Closed for dinner during the winter, Tuesdays (except in August) and the last week of September.

Tel: (+34) 985 835 844

Manzaneda (Gozón)

10 minutes from Avilés, near Cabo Peñas

Casa Belarmino

Founded in 1930, it is a member of [Mesas de Asturias](#), has 1 Repsol sun and is recommended by Condé Nast Traveler. Specialties include *Pastel de puerros*, *Sardinas marinadas* and *Callos y Bonito en rollo* by chef [Ramona Memèdez](#). Open daily for lunch at 1:00. Closed February 26-March 15 and from September 17-October 4.

Tel: (+34) 985 880 807

Mieres

Birthplace of chef José Andrés, a mining town 22 kilometers south of Oviedo

El Cenador del Azul

Calle Aller, 50, offers high quality, creative home cooking from the Mondelo family, with a focus on fresh fish and is a member of Mesas de Asturias and is recommended by the Michelin and Repsol guides. Closed Tuesday through Thursday nights and all day Sunday.

Tel: (+34) 985 453 547

Navia (La Colorada)

La Barcarola*

Head to Las Armas, 15, near City Hall, for local *percebes*, *sargo*, *calamares en su tinta* and cheeses, and one of the best rice with lobster dishes on the coast. Closed Monday night and Tuesday. Recommended in the Michelin Guide and a favorite of the El País food critic. On two floors, with a bar downstairs.

Tel: (+34) 985 474 528

Niserias (Peñamellera Alta)

In the heart of Picos de Europa near the Cantabria border

Casa Julián*

This rural hotel-restaurant sits right at the Cares river's edge on the Panes-Cangas de Onis road, the AS-114, at km. 45. Wonderful selection of cheeses. Recommended in the Repsol and Michelin Guides, and a favorite of Penelope Casas.

Tel: (+34) 985 415 797

Nueva De Llanes

To the west of Llanes

Casa Pilar

In the Barrio de La Nogaleta, outside of the town center, serves excellent finfish and shellfish in a simple setting and offers terrace dining. Specialties are its seafood rice dishes. Recommended in the Repsol and Michelin guides. Open for lunch at 1:00 and dinner at 8:00. Closed on Tuesdays (except during the summer), for dinner on Christmas and New Years Eves and day, and from January 6-31. Read the review: [Les Fartures](#).

Tel: (+34) 985 410 177

Otur

Near Luarca

Casa Consuelo*

Right on the N-636 highway, a classic for fabada, octopus, *rollo de bonito*, hake with baby eels, and other signature Asturian dishes such as *entrecote al cabrales*; flan and almond cake for dessert, was founded in 1935. Closed Mondays. Much loved by Carlos Maribona, gourmet critic of ABC. Not fancy and always jammed during holiday weekends. Expect large portions. Recommended in the Repsol and Michelin guides, and much loved by [Carlos Maribona](#), gourmet critic of ABC. Open Monday-Friday from 10:00 am to midnight and Saturday and Sunday from 11:00 am to 1:00 am.

Tel: (+34) 985 641 696

Oviedo

The Asturian capital

[Gloria Casa de Comidas*](#)

Michelin-starred chef Nacho Manzano as homage to his grandmother, opened the casual restaurant Gloria at Calle Cervantes, 24, where he serves his favorite tapas and raciones portions. See the reviews by [Carlos Maribona](#) and in the [Cigalitas Blog](#). Esther and Nacho have opened a second Gloria in Gijón. Open for lunch Monday-Saturday from 12:30 to 4:00 pm and for dinner from 8:30 to midnight.

Tel: (+34) 984 834 243

[Casa Fermín*](#)

Founded in 1924, Chef Luis Alberto Martínez's restaurant is located at Calle San Francisco, 8, in the city center. A member of [Mesas de Asturias](#), it has 2 Repsol suns and is recommended in the Michelin Guide. One of gastro critic Carlos Maribona's top 3 Oviedo restaurants, along with Mestura and Ca Suso, receives a rating of 9 from Lo Mejor de la Gastronomía. Excellent wine list. Open Monday-Saturday for lunch at 1:00 pm.

Tel: (+34) 985 216 452 / 985 216 497

[Ca Suso*](#)

At Marqués de Gastañaga, 10, with 1 Repsol sun, recommended in the Michelin Guide, and the second of Carlos Maribona's Oviedo's top 3. Short and concise a la carte menu plus four set menus, a *menu del día* and bistro menu. Try the liquid croquettes filed with La Peral cheese. Open Tuesday-Saturday for lunch at 1:30, dinner at 8:30 (except on Tuesday). Closed one week in February and three weeks in August.

Tel: (+34) 985 228 232

[Restaurante Naguar](#)

An informal gastro bar at Avenida de Galicia, 14, with 1 Repsol sun and recommended in the Michelin Guide. Updated Asturian cuisine. Chef Pedro Martino has won several pinchos and tapas competitions in the region. A recommendation of Pedro & Carlos Morán of Casa Gerardo. Open for lunch Tuesday-Sunday at 12:30 and dinner Tuesday-Saturday at 8:00. Closed on Sundays from July 1 to August 15. See the review in [Observación Gastronómica](#).

Tel: (+34) 684 603 384

[Mestura*](#)

At Jovellanos, 2, has two Repsol suns, a Michelin recommendation and is the third of Carlos Maribona's Oviedo's top 3. Javier Loya, founder of [Deloya Gastronomía](#), and whose family

runs the gourmet temple, [Real Balneario de Salinas](#), offers an Asian twist to his menu. Opens for lunch at 1:00, dinner at 8:30. Closed on Sunday and Monday.

Tel: (+34) 985 034 014

[Casa Gervasio](#)

Calle Fuente de la Plata, 68, outside of town, with parking. A typical Asturian cider house whose signature dish is rice with clams, *arroz con almejas*. Reviewed by [Carlos Maribona](#).

Tel: (+34) 985 2234 255

[La Taberna del Zurdo](#)

Calle Cervantes, 27, is a gastrobar offering inventive tapas and risottos. It has won several tapas competitions. Repsol recommended. Closed Sunday nights.

Tel: (+34) 985 963 096

[El Foralín](#)

Manuel García Conde, 3, is a casual eatery, gastrobar and restaurant, opened by Félix Martínez, former sous chef of Nacho Manzano that is garnering solid reviews. Gentle prices. Two house specialties are the *arroz con moluscos*, a type of “soupy” paella and *cordero a la estaca* (lamb). The gastro critic of Salsa de Chiles declares the restaurant’s croquettes the best in town. The chef serves a set lunch menú on weekdays for 16,50€. On Fridays and Saturdays you’ll find *fabada* on the menu. Closes on Sundays during the summer months. Garnering solid reviews including from [Carlos Maribona](#), [Les Fartures](#) and the [Cigalitas Blog](#).

Tel: (+34) 985 746 797 / 681 344 699

[Del Arco](#)

Plaza de América 4, offers classic Asturian cuisine with a modern touch from chef Juan Ramón Sánchez; a member of Mesas de Asturias that sports one Repsol sun. One can dine in the elegant, British club-like restaurant or enjoy a menú del día or small plates the casual tavern. Tavern is open daily but the restaurant is closed on Sundays.

Tel: (34+) 985 255 522 / 985 255 544

[La Finca Agrobar*](#)

On “cider house row” or El Bulevar de la Sidra, Calle Gascona, 4, functions both as an animated and atmospheric *chigre* with a cute, polished, vintage farmhouse vibe and a serious gastrobar with its quite creative kitchen serving up dishes sourced from 100% Asturian producers. An outstanding, unconventional starter: their *Caramelos de Queso Peral*. You’ll find friendly and attentive service here. One must reserve for sit down meals in the small

upstairs dining room, as it's very popular with locals and unlike its older competitors on this street, does not have expansive dining space for groups.

Tel: (+34) 985 218 234

Pancar

Suburb of Llanes

El Retiro de Pancar

The 1 Michelin star; 1 Repsol sun venture of chef Ricardo Gonzalez Sostres, who honed his skills with Nacho Manzano, and is considered one of the region's (if not the country's) best young chefs. Receives a rating of 7 [Lo Mejor de la Gastronomía](#). Read the reviews in [Bon Viveur Les Fartures](#) and [Complicidad Gastronomic](#)

Peruyes

El Molino de Mingo**

Delightful, utterly unique, highly atmospheric old stone mill-turned-surprising gourmet restaurant sitting by a stream, complete with *hórreo*, very tucked away in the mountains above Cangas de Onís; Michelin starred chef of Casa Marcial, Nacho Manzano's wife, Dulce Martínez and her mother run it with aplomb, and it's much loved by local food lovers and carnivores. Go very hungry and ready to feast on traditional dishes prepared to the highest standard, to enjoy the complimentary starter of *crema de Gamoneu* with olive oil to spread on the delicious corn bread, the gargantuan and perfectly cooked *arroz con pitu de caleya* (rice with dark free range chicken), the *pote asturiano* or *fabada* (which both can be ordered in mini versions for 5€ each), the famous *compango*-filled croquettes (12 to a serving), the *cabrito* (roast goat) or the *jabalí estofado* (wild boar stew), the *tortos de maíz* (corn fritters with various toppings) or the veal *cachopo*. It is open from Friday to Sunday only and closes at 6:30 pm. No cell phone coverage and no credit cards. Count on an average check, three courses, with bread, water, moderately priced wine and VAT, of 50€/person.

To reach it you will drive down a very narrow, mostly unpaved road, better described as one lane farm track, some 3 or 4 kilometers beyond the village of Peruyes, which one reaches, going north on the N-634, the main Arriondas-Ribadesella road, via a right hand detour off the highway, just north of the right turn off to Triongo. Drive straight through the village of Peruyes and keep pressing on. Just when you think you might be lost, you'll come upon a small brown wooden sign with arrow pointing you in the right direction. The road ends at the mill-restaurant complex, surrounded by forest. Although remote, it's perfectly reachable in a normal vehicle. Reservations are absolutely essential on weekends, and the two ample parking lots fill up quickly. On a sunny Sunday in January, we drove out early, after gourmet food shopping and market touring in Cangas, and stayed until 4:45 pm.

On this our most recent visit, we arrived just before 2:00 pm and were greeted by the owner, Dulce, and were promptly seated at the best tablecloth-covered banquette in the corner of the surprisingly stylish main dining room. A few other early arrivals enjoyed cider outside at the picnic tables. To entertain the children, in addition to the farm animals (rabbits, sheep and chickens) there is an outdoor slide and a swing set, and some diners can enjoy their copious meals taken under the *hórreo*. We enjoy the more comfortable main dining room with fireplace, although there are two separate dining rooms in the glass-enclosed annexes on either side.

It is best to come with another couple or family, as the Pantagrueian portions are best shared, although the waitress will ask if you would like them to prepare a doggie bag (*un Tupper*) for the abundant leftovers. The star dish, *arroz con pitu de caleya*, the creamiest, most tender rice and charcoal grilled free range chicken topped with grilled red peppers along with its complimentary lettuce, onion and tomato salad, can easily feed four! Most diners actually do order the tempting desserts, such as Asturian crepes filled with pastry cream, *frixuelos*, rice pudding, apple tart with ice cream or cheesecake. This is an extraordinary epicurean experience that Asturias visitors shouldn't miss! Closed Sunday nights and all day Monday. Reviewed in [Les Fartures](#) and [Con El Morro Fino](#).

Tel: (+34) 985 922 263

Piñera-Rozaes

Bar Casa Eladia

Famous for its *arroz con pitu de caleya* (rice with free range chicken) prepared by *guisandera* Paula Sopeña, is about 15 minutes west of Villaviciosa on the VV-10, at kilometer 23. This is a classic *casa de comidas* that also serves as the village bar and shop. Be sure to try Paula's signature homemade dessert, *tarta de la abuela*. "grandma's tart". On weekends it fills up with locals, so it's best to reserve one of the seven tables. This is also where Anthony Bourdain, accompanied by [chef José Andrés](#), filmed an episode of "Parts Unknown", season 12. in April, 2018, of what was to be "[Eat like Bourdain: Asturias](#)". Closed Thursdays.

Tel: (+34) 985 558 085

Pillarno - Piedras Blancas

Casa Nuevo

In the center of the town, at Calle Lugar El Cuadro, 49, is a simple, family-run *casa de comidas* established in 1951, serving traditional Asturian dishes; stuffed onions, rice with free-range chicken, fabada, that will please the most demanding gourmet critic. It's a member of the Guisanderas de Asturias club. Desserts are homemade and prices modest.

Tel: (+34) 985 530 550

Pola de Allande

La Nueva Allandesa

Member of Mesas de Asturias. Repsol recommended. Come here to southwest Asturias for genuine, classic, inexpensive “home cooking” with the *potes* (stews) as standout dishes. Closed Sunday nights. Read the review at [La Guía Mikikín](#).

Tel: (+34) 985 807 027

Pola de Lena

Casa Fargón

the restaurant, housed in a reconverted 19th-century stable, is located in the center of the small village of Mamorana, famous for its ancient Roman mosaics, just south of Pola de Lena, a 30-minute drive from Oviedo. Its young ambitious chef honed his skills at Michelin stars Casa Marical and Auga. He offers both an a la carte menu and two tasting menus, *menú Mamorna* for 35€ and *Tradición* for 40€. The restaurant opens for lunch Tuesday-Sunday from noon to 4:00 pm and for dinner from 8:30 to 11:30 pm, however it is only open for dinner on Tuesday, Wednesday and Thursday by prior reservation. Closed all day Monday. Closed from June 25 to July 9, in 2019.

Tel: (+34) 985 493 848

Posada de Llanera

La Corriquera

Avenida de Oviedo, 19. A Bib Gourmand in the 2019 Michelin guide and recommended by Repsol. Chef Nuria González offers a set menu. Closed Monday. Reviewed in [Les Fartures](#).

Tel: (+34) 985 773 230

Prendes

Carreño

Casa Gerardo*

This 1 Michelin star, 3 Repsol sun restaurant, a member of Mesas de Asturias, has been around for 135 years and is one of the top five restaurants in the Principado, with two gastronomic menus of 77€ and 132€, VAT included. The father and son team are a favorite of chef José Andrés. Read the reviews in [Bon Vivreur Les Fartures](#) and [Complicidad Gastronomic](#). Receives a rating of 9 in [Lo Mejor de la Gastronomía](#). Closed Mondays plus Tuesday and Wednesday evenings. Closed Sunday nights in August.

Tel: (+34) 985 887 797

Puerto de Vega

Restaurante La Marina*

Located at the pier of this picturesque fishing village with sea views, known for its house specialty, the lobster with rice, also octopus, *sargo*, spider crab and local *percebes*.

Tel: (+34) 985 648 038

Mesón Centro*

Can be found on the Plaza del Cúpid. Come here for *cachopo de pollo*, clams and octopus. Read the review by [Carlos Maribona](#) and in [Les Fartures](#).

Tel: (+34) 985 648 567

Ribadesella

Güeyu Mar*

Located at Playa de Vega, 84, on the beach, 7 km from Ribadesella. Highly praised by food critics; some call it the “Etxebarri” or “Elkano” of the Asturian coast. Self-taught chef Alberto Álvarez cooks all of his fish here over coals on special grills; no meats or rice dishes. Receives one Repsol sun and is Michelin recommended. Closed on Sunday nights and all day Monday, but open every day in July and August. The *Menu Degustación* is 90€.

Tel: (+34) 985 860 863

The chef and his wife, Luisa Cajilgal opened an informal offshoot in 2017, also on the beach, *El Miradoriu de la Playa*, where the final check makes a lesser dent on the wallet. El Miradoriu is open daily. Read the review by Paz Álvarez in [CincoDías](#).

La Huertona

Located on Carretera de la Piconera, just 1 km from the Tito Bustillo caves. One Repsol sun and recommended in the Michelin Guide. A favorite of father and son Pedro & Carlos Morán of Casa Gerardo. Receives a rating of 7 from Lo Mejor de la Gastronomía; serves a *chuletón* of Angus beef. Open for lunch from 1:30 to 4:00 pm daily except Tuesday, and for dinner Thursday-Sunday from 9:00 to 11:30 pm. Open daily in July and August except for August 4 and 5. Read the review in [Les Fartures](#).

Tel: (+34) 985 860 553

Arbidel

At Calle Oscura, 1, was awarded one Michelin star in 2018 - and is one of the best values of all Michelin stars in Spain. There are two tasting menus; 53€ and 85€. Great *pixín* (monkfish) and rice dishes are a strong suit. Closed Mondays. See the review in [Bon Viveur](#).

Tel: (+34) 985 861 440

Quince Nudos

Next to the Santa Marina beach at Calle Avelina Cerra, 6, is noteworthy and whose chef, Bruno Lombán, specializes in rice prepared with filtered seawater and seafood dishes. Star dishes include *arroz meloso* with squid and smoked cheese, *arroz con pitu de caleya* and *arroz caldoso* with lobster). Also legendary are his croquettes filled with *pitu de caleya*. The restaurant is Repsol and Michelin recommended and has recently been given membership in Mesas de Asturias. In the off-season it's closed in the evenings from Sunday-Thursday and closed for the entire month of November.

Tel: (+34) 984 112 073

Salinas (Castrillon)

Real Balneario de Salinas*

Avenida de Juan Sitges, 3, for fabulous seafood on the promenade overlooking the sea, is a favorite of all professional food critics. Isaac Loya's Michelin starred, 2 Repsol sun restaurant, is one of Asturias' finest. Receives a rating of 8 from Lo Mejor de la Gastronomía. Woody Allen filmed a scene of Vicky Cristina Barcelona here. Closed Sunday night and all day Monday.

Tel: (+34) 985 518 613

Santa Eulalia de Oscos

Mesón Taberna La Cerca

Couldn't get any more authentically rustic, with its wooden *hórreo* proudly displayed in front of this old stone house with slate roof, the typical construction in the gorgeous mountain region of Os Oscos. This is a true "mom and pop" grill house, in business since 1985. Signature dishes include their Sunday *pote* (similar to a *caldo gallego*), their turnovers, *empanadas*, and their grilled meats, especially the *chuletón* accompanied by a generous side of French Fries. Fish lovers should choose the baked cod, *bacalao al horno*. And there is homemade cheesecake for dessert. During the entire year it opens on Fridays, Saturdays and Sundays, and in high season, from June 15-September 30, it opens daily. You'll find it in the village at the bottom of the hill

Tel: (+34) 985 626 041

Casa Pedro

Would be a less rustic, more conventional choice in the heart of the village at Calle Teresa de Francisco, also a two-star, family-run hotel. Specialties here include cabbage rolls filled with cod, *cachopo*, stuffed pork tenderloin, along with cheese or apple flan.

Tel: (+34) 985 626 097 / 650 415 273

Tapia de Casariego

Palermo

You'll find Alfonso Santiago's 3rd generation restaurant at Bonifacio Amago, 13, in the center of the city. A member of Mesas de Asturias and recommended in the Repsol Guide. Open everyday from June to September for lunch from 1:00 to 4:00 pm and dinner starting at 8:00. Closed Sunday night and all day Monday during the rest of the year.

Tel: (+34) 985 628 370

Taramundi

Los Arándanos

Specializes in seasonal, home cooking with many of the ingredients, including blueberries (which is the name of the restaurant), raspberries, kiwis and blackberries, coming from the chef's own organic garden. From the large picture windows diners enjoy beautiful views of the gorgeous Os Oscos countryside. Desserts such as raspberry ice cream, cheesecake, rice pudding and mousse, are all homemade. It's located in the hamlet of Os Almallos, 8 km outside of Taramundi at the top of a hill, surrounded by oak forests, and has a shop in which they sell their organic fare. Miguel Angel Robles and Virginia Ruiz man the stoves here. Only open for lunch.

Tel: (+34) 985 552 014 / 615 257 253

Tazones

Restaurante La Nansa*

Is one of the two best *chigres* (cider houses) in town, serving impeccably fresh fish. Was a favorite of the late Penelope Casas and a Repsol recommendation. Standout dishes; *Sargo a la sidra* (porgy braised in cider) and *salpicón de rape*, a type of bouillabaisse of monkfish. Homemade desserts.

Tel: (+34) 985 897 038

El Rompeolas

At Calle San Miguel, 21, boasts greater "fame" and is a favorite of José Andrés, of father/son chef combo, Pedro & Carlos Morán of Casa Gerardo and of food critic [Carlos Maribona](#) of Salsa de Chiles. At Rompeolas, reserve a checkerboard tablecloth covered table outside on the terrace. Try the *fritos de pixín*, *ventresca de bonito*, *lubina* (sea bass), as well as the *bogavante*, Asturian lobster. Open for lunch Wednesday-Monday from noon to 5:00 pm and for dinner from 8:00 to 11:00 pm.

Tel: (+34) 985 897 013

Tox

Near Puerto de Vega, the old whaling port

Regueiro*

One of the best on the Asturian west coast from Diego Fernández, a young, very creative chef who honed his skills at Casa Marcial and Casa Gerardo. He now does his dishes with strong exotic flavors, although he still offers a traditional set menu for 40€ along with his “Omakase style” menu for 47€ (put yourself in his hands) and his “Hedonista” menu for 75€. This chef won the award at Madrid Fusion for the “best croquette in the world”. It boasts one Repsol sun and an excellent price to quality ratio. It is housed in an *indiano* mansion that also serves as a small hotel and boasts a lovely outdoor terrace. Open Tuesday-Sunday from 10:30 am to midnight. Open for lunch and dinner only from October 1-March 31.

Tel: (+34) 985 648 594

Valdesoto

4 km from Siero

Casa Telva

At Calle Leceñes, 4, in the center of Asturias, in front of the Palacio de Valdesoto. Chef Yvonne Corral Valbuena was proclaimed “*guisandera de Asturias*” (best female cook in the Principado). Try the *potes*, *fabes* and other stews, its claim to fame. Inexpensive, cozy, cute and vegan friendly. Open from 1:00 to 4:00 pm for lunch and 9:00 to 11:30 pm for dinner. Closed Wednesdays during the summer.

Tel: (+34) 985 735 881 / 607 711 378

Villaviciosa

Sidrería El Congreso de Benjamín

This typical, rustic *chigre* over 100 years old can be found at Plaza Ayuntamiento, 25, and is one of many typical cider houses in this, the cider capital of Asturias.

Tel: (+34) 985 892 580

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