

MIRADOR
RÍA DE CEREIXO.
INTERPRETACIÓN DO MAR



COOKBOOK

This Cookbook is part of the project “Mirador Ría de Cereixo. Interpretación del Mar”, promoted by the **Town Council of Vimianzo** and subsidised by the European Union through the Fondo Europeo Marítimo, de Pesca y de Acuicultura (FEMPA) and the Xunta de Galicia a through the Grupo de Acción Local del Sector Pesquero (GALP).

We would like to thank all the **restaurants** and the technicians **Rosa Sánchez** and **Mariví Amigo** who generously provided the recipes and allowed them to be photographed so that readers can see, read and learn them.

We would also like to thank our friends **Óscar** and **Lola**, from the restaurant A Marina de Camariñas, for lovingly sharing some of the photographs in this cookbook.

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In the following pages you will find a tribute to the gastronomic roots of Cereixo, creating a journey through recipes that were transmitted from generation to generation and that are part of our history.

Each of the dishes collected in this volume carries with it the essence of the deep connection between this place and the sea, an inexhaustible source of life and flavour. A way of keeping our gastronomic traditions alive and celebrating the richness of our land.

Restaurants, in charge of keeping culinary memories alive, are capable of adapting these recipes to the present day. They proudly preserve the legacy that others left behind and eagerly prepare their best version, the one that we will continue to pass on over the years.

This is not just about food, but about the history, pride and tradition of a community that, through its flavours, has managed to keep alive the heritage of the past.

Mónica Rodríguez,
Town Mayor of Vimianzo Town Council.

From a privileged point, located on the coast of Cereixo and at the mouth of the river Grande, the **Vimianzo Town Council** built a **viewpoint**. This place enjoys a panoramic view of the territories belonging to the municipalities of Vimianzo, Muxía and Camariñas and of unique natural spaces.

One of the most special phenomena of the Porto estuary can be appreciated from the viewpoint itself, and is the **transition between the fresh water of the Grande river and the salt water of the sea** belonging to the Camariñas estuary.

With this initiative, it is proposed to enhance the value of the coastal area of Cereixo and its surroundings, thus promoting for its inhabitants and visitors, a natural and patrimonial initiative, focusing on the maritime-fishing culture.





Recipe from O LAGAR DE MANUELA

GRILLED SEA BASS WITH CODIUM SAUCE

INGREDIENTS

- Sea Bass
- Potatoes
- Cockles
- For the sauce:
 - 100 g codium seaweed
 - 2 leeks (white part only)
 - 1 medium onion
 - 1 clove of garlic
 - 1 head of sea bass (for the stock)
 - 500 ml water
 - Extra virgin olive oil
 - Salt and pepper to taste
 - 1 splash of white wine (optional)

ELABORATION

For the sauce:

1. In a saucepan, heat a little olive oil and sauté the sea bass heads over medium heat, pressing a little to release the flavour. Add the water and simmer for 15-20 minutes, skimming off any impurities that rise to the surface. Strain the stock and set aside.
2. Wash the leeks and cut them into thin slices. Peel and finely chop the onion and garlic. In a frying pan, heat a drizzle of olive oil over medium heat. Add the leeks, onion and garlic and fry until soft and lightly browned (about 8-10 minutes).
3. Add the chopped codium to the stir-fry and sauté for a couple of minutes. If you wish to use white wine, add it at this point and allow it to reduce.
4. Pour the stock from the sea bass heads over the vegetables and codium. Allow to simmer gently for about 10 minutes to allow the flavours to blend and the stock to reduce slightly.

For the potatoes:

1. Cut the potatoes into crescent shapes, then steam them at a low temperature.
2. Finally, fry them in the deep fryer.

For the cockles:

1. Grill the cockles until they open.

For the sea bass:

2. Turn the oven on at 70°, place the sea bass inside for 10 minutes.
3. Grill on the griddle.

Recipe from A CASA DA CANLE

CORN SOUP WITH MARINATED MUSSELS IN LIGHT PICKLED SAUCE

INGREDIENTS

- 200 g sweetcorn (kernels and drained)
- 150 g potatoes
- 600 ml vegetable stock
- 1 clove garlic
- 1 onion
- 50 g butter
- 50 ml cream
- Sprigs of chives (optional)
- 2 tablespoons olive oil
- Salt and pepper to taste

ELABORATION

1. Chop the garlic and chives, cut the onion into julienne strips and the potato into small cubes.
2. Heat the oil and butter in a deep frying pan over a medium heat. When the butter has melted, add the garlic, onion and potato. Sauté for a few minutes. Add the corn.
3. Add the vegetable stock and when it comes to the boil, reduce the heat to half. Leave to boil until the potato is tender.
4. Add the cream and season with salt and pepper.
5. Finally, beat until creamy.





Receta de A CASA DA CANLE

CORN SOUP WITH MARINATED MUSSELS IN LIGHT PICKLED SAUCE

INGREDIENTS

- 1 kg mussels
- 150 ml extra virgin olive oil
- 2 cloves of garlic
- 2 bay leaves
- 90 ml cider or apple cider vinegar
- 6 black peppercorns
- 1 teaspoon of sweet paprika
- 100 ml white wine or mussel cooking water (optional)
- Salt to taste

ELABORATION

1. Clean the mussel shells from their beards, wash them well and discard any mussels that may have been opened.
 2. Place a flat pan with water or white wine. Add the mussels and cover so that they steam open. When we see after a few minutes that they have opened, remove them and take them out of their shells into a container with an airtight lid.
 3. To prepare the marinade, put a pan on the heat with the oil and the peeled garlic cloves until they begin to brown. Then add the paprika and remove from the heat, stirring a few times with a wooden spoon, add the bay leaves and peppercorns and quickly add the vinegar.
 4. Pour the hot marinade over the mussels, add salt and leave them to marinate in the marinade for 24 hours in the fridge before eating. They can then be kept in the fridge, tightly covered, for a week..
 5. Serve the soup in a soup dish and place the mussels in the centre, sprinkle with chopped chives, a dash of olive oil and a few flakes of salt.
-



Recipe from PARRILLADA MONTEVIDEO

GRILLED OCTOPUS OVER PARMENTIER OF POTATO AND GARLIC SAUCE

INGREDIENTS

- For the mashed potatoes:
 - 200 g potato, preferably monalisa or a long-cycle variety
 - 50 g cow's butter
 - 5 gr cooking cream
- For the garlic sauce:
 - 100 ml extra virgin olive oil
 - 4 cloves of garlic
 - 1 bay leaf
 - Paprika to taste
- 2 cooked octopus legs
- Salt flakes and pepper to taste

NOTE: This is a recipe for 4 servings.

ELABORATION

1. We make the potato parmentier. To do this, boil the potatoes in salted water with a dash of olive oil. Then, in a blender, add the cooked potatoes, cream and butter. Blend everything and add salt and pepper.
2. Cut the octopus in half and sear it on a hot griddle so that it is well browned.
3. For the garlic sauce, heat the oil with the garlic and bay leaf over a low heat.
4. Add the paprika and leave to rest so that it can be decanted and so that the paprika does not remain in the garlic sauce.
5. Finally, serve on a plate. Add a little of the purée, the octopus leg and sprinkle with the salt flakes and the garlic seasoning.

Recipe from CASA SABINA

STUFFED SQUIDS

INGREDIENTS

- For the sauce:
 - ½ chopped red pepper
 - ½ onion
 - Olive oil
 - Fish stock
 - Chives
- For the filling:
 - 1100 g butter
 - 100 g flour
 - Tentacles of squids
 - 200 g mushrooms (preferably chanterelles)
 - 1 chopped onion
 - 2 grated tomatoes
 - 300 ml milk
 - Salt and pepper to taste
- For the squids:
 - Wheat flour
 - 6 squids

ELABORATION

For the filling:

1. Sauté the oil with the onion. Then add the grated tomatoes and sauté the chanterelles. Then add the finely chopped tentacles and sauté the chanterelles.
2. Add flour and stir for a few minutes..
3. Add hot elche, adjust salt and pepper and leave to cool.

For the squids:

1. Stuff the baby squid and season with salt and pepper.
2. Dredge the squid in flour and sear them in a frying pan.

For the sauce:

1. Fry the vegetables in oil.
2. Add the fish stock and boil for a few minutes.
3. Add the stuffed squid and leave to cook for about 25 minutes.
4. Leave to stand for 5 minutes before serving

To finish, plate the stuffed baby squid and cover them with the sauce. Add the chives on top.





Recipe from PENSIÓN SANTOS

SHRIMP CASSEROLE WITH OCTOPUS

INGREDIENTS

- Olive oil
- 2 cloves of garlic
- 1/2 chilli
- 200 g cooked octopus
- 200 g peeled shrimps
- Salt
- White wine
- Parsley

ELABORATION

1. Put the pan on the heat with the olive oil, the filleted garlic cloves and the half chilli pepper.
 2. When the garlic has browned a little, add the peeled shrimps. Boil for a minute and add the octopus cut into pieces.
 3. Finally add the salt, white wine and finally the chopped parsley. Leave to cook for several minutes over a low heat and serve immediately.
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Recipe from VÍA RÁPIDA

HAKE CASSEROLE

INGREDIENTS

- 4 hake slices
- 4 small onions
- 1 carrot
- 1 garlic
- 1 jar of crushed tomato
- 2 bell peppers (half a pepper per person)
- 250 g peas
- 4 asparagus
- 2 potatoes

ELABORATION

1. Chop the onion, carrot and garlic in a mincer and cook the mixture with olive oil.
2. Cook it and when it is boiling, lower the heat and add the crushed tomato. Then continue cooking until it comes to the boil again.
3. When ready, place in a casserole dish with the cooked hake and garnish with red pepper, peas and asparagus.



The village of Porto de Cereixo is a heritage treasure for its natural and architectural ensemble. Not only for its Romanesque parish church, but also for other emblematic buildings such as the **shipyard**, one of the few still preserved today in the area, **the pazo de las Torres**, **Villa Purificación** with its **dovecote** and **hórreo**, which is one of the longest in Galicia, its **rectory houses** and the **tide mill**.

In the 13th century, the visit to Porto de Cereixo by King Afonso VIII of Galicia and León was a turning point, as he was so impressed by the place that he issued what is known as a **town charter**, granting privileges to the town and its people, thus changing its name to **Puebla de Cereijo**.

It is probable that not only the beauty of Cereixo attracted the attention of the monarch, but also the parish church of Santiago de Cereixo. This Romanesque temple, which was possibly built at the end of the 12th century, is a historical example of the importance of the Jacobean tradition in the area, as it contains the **oldest known representation of the Traslaticio engraved in stone in the world**.

This image, marked on the tympanum of the south door, shows how the disciples of Saint James the Apostle transfer his remains to what is known today as Santiago de Compostela. However, in the archivolt of the same, we can also make out an angel leaning on a figure holding a crozier. This indicates that the Traslaticio de Cereixo is unique, as it not only represents the transfer of the apostle, but also the **Inventio**, another event belonging to the Jacobean legend.

All this cultural heritage can be appreciated by visiting Cereixo, but its value is echoed by the people on a daily basis. Appreciating our culture and bringing it to life lies in the acts that may seem the most everyday, but which are also the most special and important, such as teaching how to fish, telling an anecdote, dancing under the centenary oak tree, or sharing **some of the traditional recipes made in the houses**.





TRADITIONAL Recipe FISH SLICE PIE

INGREDIENTS

- 1 kg fish, cut into thin sticks
(the most typical was the liza ramada)
- For the dough:
 - ½ kg wheat flour
 - ½ kg rye flour
 - Bread yeast
 - Salt
 - Water
 - 3 eggs
- For the juice:
 - Olive oil
 - Onion
 - Sweet pepper
 - Red pepper

NOTE: It can be eaten hot or cold. The pie is a delicacy that is widely used for eating out. In the past, they were taken to the fields to feed the workers. The bottom part was used as a plate, while the top part was eaten with the free hand.

ELABORATION

1. Dough: Mix the flour with the yeast, salt and the three beaten eggs. Add a little water. Knead until the dough is consistent and homogeneous. You can add more flour or more water. Leave to rise for approximately one hour. It is advisable to keep an eye on the dough.
2. Juice: While the dough is rising, prepare the juice. Fry the onion with the pepper in a frying pan. When it is ready, remove from the heat and add the sweet pepper until it has the desired colour.
3. Filling: The fish should be sliced, raw and lightly salted.
4. Pie: Wet the bottom of a pie dish with the previously prepared juice and cover it with a layer of leavened dough. Gather piles of dough, place them and join them together. Cover this dough with the fish slices and the juice and cover with a second layer of dough.
5. Place in the oven at 180 degrees and bake for about half an hour.
6. You can paint the surface against the end with beaten egg yolk to make it shine.

TRADITIONAL Recipe

DOUBLE-DECKER MUSSELS PIE

INGREDIENTS

- 2 kg mussels
- For the dough:
 - ½ kg wheat flour
 - ½ kg rye flour
 - Bread yeast
 - Salt
 - Water
 - 3 eggs
- For the juice:
 - Olive oil
 - Onion
 - Sweet pepper
 - Red pepper

NOTE: It can be eaten hot or cold. The pie is a delicacy widely used in the meals of the past. In the past, they were taken to the farms to feed the workers. The bottom part was used as a plate and the top part was eaten with the free hand.

ELABORATION

1. Dough: While the dough is rising, prepare the juice. Fry the onion with the pepper in a frying pan. When it is ready, remove from the heat and add the sweet pepper until it has the desired colour.
2. Juice: While the dough is rising, prepare the juice. In a frying pan fry the onion with the pepper. When it is ready, remove from the heat and add the sweet pepper until it has the desired colour.
3. Filling: The mussels are cooked in a pot with a little water in the bottom and a bay leaf. When they open, remove from the heat and take them out of the shell.
4. Pie: The bottom of a pie dish is dipped in the previously prepared juice and covered with a layer of leavened dough. Gather up piles of dough, place them and join them together. Cover this dough with mussels and the juice. Proceed in the same way for the next layer and cover with a third sheet of dough.
5. Place in the oven at 180° and bake for about half an hour.
6. You can paint the surface, against the end, with beaten egg yolk, to give it shine.





TRADITIONAL Recipe
CONGER EEL STEW

INGREDIENTS

- 200 gr beans
- 4 conger eel bulls
- Onion
- Allo
- Pepper
- 150 cl. olive oil
- Sweet pepper
- Pepper
- Cumin
- Cloves
- Salt
- Water
- Desalted Celtic pork fat

NOTE: Conger eel is a fish that goes well with any product, due to its consistency. It also satisfies the appetite and has always been good with chickpeas, rice, potatoes, beans or peas.

ELABORATION

The day before preparation, soak the beans in water. They need about 12 hours in plenty of water.

1. Cook the conger eel with salt and a little onion. When ready, drain and reserve the cooking water.
2. Cook the beans with salt and a clove and drain the water.
3. In a frying pan with oil, fry the Celtic pork bacon cut into small slices.
4. In a pan with the oil, fry the onion and red pepper in small pieces. When ready, add the cooked beans, a little of the conger eel cooking water, the fried/fried Celtic pork slices and mix well with the mixture.
5. After about five minutes, add chopped garlic, pepper, cumin and sweet pepper. The addition of hot pepper is optional.
6. Finally, add the shredded, boneless conger eel and leave on a low heat for about ten minutes.

Serve in a soup dish or cup.

TRADITIONAL Recipe
CLAMS A LA MARINERA

INGREDIENTS

- 1 kg clams
- 10 gr garlic
- 225 gr onion
- 1 bay leaf
- 35 g wheat flour
- 6 gr sweet paprika
- 80 gr white wine
- 5 gr chopped parsley
- 70 gr olive oil
- 1 cayenne chilli

ELABORATION

1. Finely chop the garlic and onion.
2. In a saucepan, sauté the garlic, the onion with the loureiro and the caiena.
3. Add the beans, the paprika and grind with the wine.
4. Let the leaves open up as the sauce binds.
5. Stir the casserole and sprinkle with parsley.
6. Serve hot in a soup dish or similar.





TRADITIONAL Recipe
GALICIAN-STYLE COD

INGREDIENTS

- 4 pieces of desalted cod
- Onion
- Garlic
- Sweet paprika
- Oil, vinegar and salt to taste
- Water

ELABORATION

1. Cook the onion, cod and potatoes in a casserole dish.
2. Heat the oil in a frying pan, add the chopped garlic and when it is golden brown, add the vinegar and paprika, leaving it on a very low heat for a few minutes.
3. Pour this sauce over the cod and potatoes and serve piping hot.

NOTE: This recipe can be used with many types of fish. In fishing villages, sea water was used for cooking. It can also be made with cabbage or cauliflower.

TRADITIONAL Recipe
GALICIAN-STYLE OCTOPUS

INGREDIENTS

- 1 kg octopus
- Olive oil to taste
- 2.5 gr sweet paprika
- 5 gr hot paprika
- 5 gr coarse salt

ELABORATION

1. Cook the octopus for 40 minutes and rest for 10 minutes.
2. Cut the octopus into slices with a pair of scissors.
3. Arrange the octopus on a board previously heated in the cooking water.
4. Season the octopus with salt, paprika and olive oil.
5. Serve hot.
6. Place the octopus on a plate to catch the oil in case of spillage.

NOTE: The cooking time of the octopus depends on the weight, volume and intensity of the heat source.





MIRADOR RÍA DE CEREIXO.

INTERPRETACIÓN DO MAR



Cofinanciado pola
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XUNTA
DE GALICIA



Grupos de Acción Local
do sector Pesqueiro
Costa da Morte

