

Tasting of typical food from Cordoba 1	Tasting Montilla Moriles Wine 1
<p style="text-align: center;">Cordovan Salmorejo</p> <p>Salmorejo cordobés is the most popular dish in Cordoba (capital city and province). Its origin is very remote and has evolved over time, from the oldest forms of gazpacho to mazamorra in which the basic ingredients were bread, garlic, salt, vinegar and oil. Traditionally, the product obtained by mechanical pressing and decanting of olives has been called 'oil'. Today this product is called Extra Virgin Olive Oil (EVOO) and its beneficial health effects have been scientifically proven. Very late after the discovery of America, tomato was added to the mixture and became the main ingredient in Salmorejo Cordobés.</p>	<p style="text-align: center;">Young Wine</p> <p>Young wines are made from the must of ripe grapes. Although several grape varieties may intervene in its preparation, the majority variety of the Montilla-Moriles winemaking region is Pedro Ximénez. They have an alcohol content of about 13%. Its elaboration is simple since it is based solely on the alcoholic fermentation of grape must and subsequent filtrations and stabilizations.</p> <p><u>Tasting notes</u></p> <p>They have a pale-yellow color and are very bright which usually indicates a high acidity. It has olfactory notes typical of the grape variety with which they have been made, highlighting among these the slightly floral aromas. They may also contain fruity notes of banana or pineapple which are due to the yeasts responsible for fermentation.</p> <p>In the mouth they are dry, although certain sweet notes may appear, which are not due to the presence of sugars but to some aroma compounds that print that sensation. The acidity they possess provides a sensation of freshness. They are easy wines to drink.</p>

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Flamenquín Cordobés

More than 84% of people from Cordoba consider flamenquín to be a typical Cordovan dish, being the second most popular, and for 15% of the Cordovan population it is the most typical. Its origins date back to the first half of the 20th century and are attributed to the capital of Córdoba, Bujalance, Andújar (Jaén) and Écija (Seville), being characteristic of these and other geographical enclaves in the area. Its ingredients, which are very similar in all the enclaves with some variations, are a very thin fillet of pork (or beef) rolled up on a slice of ham, dipped in beaten egg and breadcrumbs, and finally fried in plenty of EVOO. Its cylindrical shape is scientifically proven to absorb less fat than other fried flatbreads.

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Fino Wine

Fino wines are made from Pedro Ximénez grape must with high sugar content. They have an alcohol content of about 15%. Its elaboration is more complex than that of young wines and involves two phases. The first consists of the alcoholic fermentation of the must obtained after pressing the grapes. The second phase is the one that provides the organoleptic characteristics to this type of wines. In this phase the wine obtained after fermentation is subjected to biological aging or aging under yeast veil. The wine is introduced in oak barrels, which are not completely filled. On the surface of the wine, yeasts develop forming what is known as a flower veil. As sugars have been exhausted in the fermentation process, yeasts develop by consuming other nutrients contained in wine and excrete into a series of metabolites that provide typicality to wine. The duration of this process can range from 2 to 6 years. This breeding process is practically unique in the world, although it also occurs in other wine-growing areas of Andalusia.

Tasting notes

They have pale colors and sometimes may present some turbidity because during the elaboration process, they have not been filtered. The most outstanding olfactory notes are those originated during the aging process. These notes can remind us of breadcrumbs, nuts, yeast, and sometimes overripe fruit. They are usually pungent.

In the mouth they are dry and slightly saline. They have a certain warmth due to the high alcohol content and usually have a marked acidity. It is also common that they have a slightly bitter aftertaste that is due to the presence of certain compounds (amino acids and nucleotides) released by yeast.

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Artisan cheeses

In Córdoba, as in the rest of Andalusia, the usual cattle for milk production were goats and sheep. The consumption of liquid milk was not common, and it was much more common to turn it into cheeses, which were mainly consumed as cottage cheese (non-mature) and, in the case of surpluses, were ripened in cool, reserved places. The Maltese fever (brucellosis) led to a ban on the consumption of cottage cheese made from raw milk and almost caused the loss of a large number of artisan cheeses. Fortunately, since the beginning of this century there has been an initiative to rescue and produce new artisan cheeses, which in Córdoba are concentrated in the mountain areas (Subbética and Pedroches).

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Sweet wine Pedro Ximénez

Sweet wines are made from raisined Pedro Ximénez grapes. They have a minimum alcohol content of 15%. For its elaboration ripe grapes in perfect sanitary condition are deposited on the ground on plastic meshes. The high temperatures that are reached in Córdoba during the summer cause the grapes to gradually dehydrate and as a consequence the grape sugars are concentrated. In approximately 7 to 10 days the process concludes. Then, the grapes are collected and pressed in the winery. The must obtained contains about 500 g/L of sugars. Due to this high concentration of sugars, fermentation is very difficult, so the must is alcoholized up to 15% alcohol. The wine thus obtained can be marketed as is, or it can be subjected to an aging process in oak barrels. This type of aging does not involve yeasts as in the previous case, but it is an oxidative aging due to a series of chemical reactions between the wine components itself and with the intervention of oxygen that is introduced into the barrels through the pores of the wood.

Tasting notes

Depending on the aging time, the notes range from amber colors like honey to darker colors such as chocolate. They are dense and not very fluid.

The olfactory notes remind us of raisins, dates or dried figs in younger wines, while in aged wines other notes such as chocolate and coffee appear.

In the mouth they are sweet, not very acidic and slightly warm. Retronasally, the aromatic notes that have been detected in the olfactory phase reappear.

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Perol Cordobés

For the people of Córdoba, the perol is much more than food or the utensil used to prepare a meal. The perol is a recreational activity that takes place in open spaces (traditionally in the countryside), for which a group of family and/or friends get together, and which, after a day outdoors, consuming different foods, culminates in the evening with the eating of a plate of the local specialty of rice (85%) or migas (12%) directly from the perol used to cook it. The "spoon and step back" rule is known by 77% of the Cordobeses, who apply it in 65% of the cases. Still, in more than half of the cases, the perol is still cooked by a man.