

When we started in the trade of feeding and drinking, there were few wine guides.

We thought ‘Parker’ was a pen, ‘Wine Spectator’ didn’t reach the news-stands, to read ‘Decanter’ you had to go to London and the reference book was ‘The World Atlas of Wine’, by Hugh Johnson and Jancis Robinson.

Here at La Vaquería Montañesa, we have natural wines because they are delicious, they feel good and they have fascinating stories behind: many nights thinking about their grapes, the weather, the frosts, plowing, pruning and collecting days and the process of making wine. If you are lucky enough to be invited to have lunch with them in a vinyard, you’ll end up asking for the owner’s hand

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la vaquería montañesa

In 1972, Madrid expelled the cows and closed most dairy farms, where fresh milk was dispensed in bulk and whose back rooms had become makeshift stables. The cows returned to the field, a place from where they should have never have left, and ended their confinement. Until that date, only in the widening of Chamberí and the Salamanca district there were 47 vaquerías captained by *montañeses*.

Native from Cantabria’s valleys, these *montañeses*—that’s how people, specially shepherds, were called in Cantabria the past—, took care of their cows right in the center of Madrid until the expulsion. Some of these establishments were repurposed into grocery stores, and so it happened with La Vaquería Montañesa until the arrival of the millenium, when it was transformed into a restaurant.

La Vaquería Montañesa is nowadays a landmark where you can take care of yourself while enjoying haute cuisine. We specialize in fish from Santander’s fish market, which we buy ourselves every morning and send it to Madrid; in seasonal organic vegetables from little national farms and in sustainable meat and veal from Siete Valles de Montaña, the first cooperative of organic farmers in Cantabria

starters

CROQUETAS DE MARISCO DEL NORTE *North seafood croquettes made with fresh milk bechamel* 16

CATA DE CUATRO ANCHOAS *four anchovies tasting with regañás (toasts) from Sidonia* 16

RABAS DE SANTANDER *crispy deep fried calamari with Madrileña sauce* 19

TABLA DE 4 QUESOS *four cheeses tasting from invincible shepherds from El Súper de los Pastores* 12

SOUFFLÉ DE 3 QUESOS *traditional way* 22

spanish tomatoes

ENSALADA TROPICAL MALAGUEÑA *with avocado, tomato, mango and herbs olive oil* 18

ENSALADA DE CINCO TOMATES *five tomatoes salad, with organic fresh cheese and pesto* 16

SALPICÓN DE TOMATES *tomato salad with arbequina oil and flower of salt from Chiclana* 16

LA PRIMERA BURRATA DEL NORTE, *‘the first burrata in the north’, an innovative project between Cantabria an Vizcaya* 16

organic eggs

From Guillermo, in Fuentemilanos (Segovia), a veterinarian turned farmer

HUEVOS FRITOS CON CHORIZO PASIEGO *fried eggs with homemade chorizo and chips* 17

HUEVOS FRITOS CON MORCILLA *El Landa’s style, with organic morcilla (black pudding) from Villarcayo* 17

HUEVOS FRITOS CON JAMÓN IBÉRICO *fried eggs with ham* 22

TORTILLA DE HUEVOS ECO Y PUERROS *eggs and leaks omelette with Cabrales cheese sauce* 19

TORTILLA DE PATATA CAMPEONA DE CANTABRIA *Spanish omelette* 18

vegetables recipes

from organic vegetables patches and small producers. Freshly picked, no chemicals or weird stuff. The authentic taste of vegetables

RED PEPPERS SALAD *double roast* 17

CRUDITÉS SALAD *with freshly picked lettuce and lemon-honey vinaigrette* 16

ENSALADA ‘GUACA-CABRA’ *with endives and a mix of avocado and goat cheese* 16

ENSALADA MULTIVITAMINAS *lettuces, sauteed vegetables and mango & tomato vinaigrette* 14

ESCALIVADA *aubergine and red peppers roasted, crunchy toasted almonds with olive oil from the mountains of Alicante and mint* 16

CREMA DE ESPINACAS *spinach cream with croutons apart* 14

PUERROS EN COCOTTE *cocotte leaks gratin with light bechamel of grass milk* 15

CURRY VEGETABLES *in the purest style of our fellow chef Johnson, from Kerala (India)* 17

MENESTRA *sauteed seasonal vegetables with special sauce* 17

TAGLIATELLE AI FUNGHI *organic pasta from Spiga Negra* 20

ARROZ CON SIETE VERDURITAS *seven vegetables rice* 20

TRONCO DE CALABAZA ASADA *roasted pumpkin with apple, honey and walnut, almond and hazelnut hash* 15

TIRAS DE CALABACÍN SALTEADAS *sauteed zucchini stripes with basil, coriander and parsley, with lemon zest from Novales* 15

ZANAHORIAS SALTEADAS *sauteed carrots with cumin, oregano, parsley, mint and carrot chips* 15

BRÓCOLI AL WOK *wok broccoli with mushrooms and organic green peas* 17

fideuà and seafood rice

RISOTTO MARINERO DE PUNTALETTE *puntalette risotto with calamari from Santander’s bay* 20

FIDEUÀ DE CALAMAR *calamari fideuà with the trick we learned from Xavi, from Xalol, a sailor cook from Tarragona* 23

ARROZ MARINERO *seafood rice with clams, mussels and fish from Santander’s local fishmarket* 25

CALDERETA MARINERA *fish stew with potatoes* 23

organic veal from siete valles de montaña

Siete Valles de Montaña is the first organic veal cooperative in Cantabria, formed by six hero farmers: Ángel Luis, Aurelio (father and son) Ovidio, Beatriz and Azucena

ESCALOPINES DE TERNERA ECO *breaded veal cutlet with chips. And if you want, gilled with pasiego cheese* 21

STEAK TARTAR DE TERNERA ECO *veal steak veal steak tartar with a touch of Chicago bourbon, vodka from Cantabria or Scotch* 20

PALLARDA FINA DE TERNERA ECO *veal sirloin with fine herbs and organic lettuce salad* 21

TAGLIATTA DE TERNERA ECO *grilled veal strips with chips* 25

ALBÓNDIGAS DE TERNERA ECO *veal meatballs with boscaiola sauce and guanciale* 18

organic chicken

The Sarbil organic farm is located at the foot of Mount Sarbil (Pamplona). The chickens peck here and there, all day in the open air

CORDON BLEU *stuffed with ham and organic Pasiego cheese from Los Tiemblos* 23

TAQUITOS DE POLLO ECO *crunchy chicken bits, with mushrooms and Jerez style potatoes* 24

high mountain

Baby lamb from Chencho, a shepherd from Polaciones, and kid from Rafa, from Bejes, both in the Picos de Europa. And pigs from Basque farmhouses, from Basatxerri, where they graze freely in the mountains

MOUSSAKA VAQUERA *with fresh milk bechamel* 21

SALCHICHAS VASCAS DE CASERÍO *Basque sausages with white wine and mashed organics potatoes* 22

MINI CANELONES DE CABRITO *mini kid cannelloni with bechamel* 24

la vaquería’s fish market

We get up early (very early), and choose, bid and buy the best pieces in Santander’s fish market every morning

MERLUZA *hake* 23

CUCO *gunard* 24,5

LOMITOS DE RAPE *grilled monkfish tenderloins* 25

MILANESA DE RAPE, *breaded monkfish with french fries and anchovies mayonnaise* 22

SAN MARTÍN *john dory* 29

*servicio de pan por persona 2,25€
precios con IVA incluido
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