

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

### NORTH SEAFOOD CROQUETTES

*made with fresh milk bechamel 16*

### FOUR ANCHOVIES TASTING

*with regañás (toasts) from Sidonia 16*

### RABAS DE SANTANDER *crispy deep*

*fried calamari with Madrileña sauce 19,5*

*FOUR CHEESES TASTING from invincible shepherds from El Súper de los Pastores 14*

## spanish tomatoes

### TROPIC SALAD

*with avocado, tomato, mango and herbs olive oil 18*

### FIVE TOMATOES SALAD

*with organic fresh cheese and pesto 18*

### SALPICÓN DE TOMATES

*tomato salad with arbequina oil and flower of salt from Chiclana 16,5*

*THE FIRST BURRATA IN THE NORTH, an innovative project between Cantabria and Vizcaya 17*

## organic eggs

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

### HUEVOS FRITOS CON CHORIZO

*fried eggs with homemade chorizo and chips 19*

### HUEVOS FRITOS *El Landa's style, with organic*

*morcilla (black pudding) from Villarcayo 19*

### HUEVOS FRITOS CON JAMÓN

*IBÉRICO fried eggs with ham 22*

## 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*

### ESCALIVADA *aubergine and red peppers*

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

### CURRY VEGETABLES

*in the purest style of Kerala (India) 17*

### MENESTRA *sautéed seasonal*

*vegetables with special sauce 18*

### ROASTED PUMPKIN

*with apple, honey and walnut, almond and hazelnut hash 16*

### ASPARAGUS, CHIVES, SPRING ONION AND LEAKS

*sautéed with Guernica peppers 16*

### PEPPERS FROM GUERNICA

*with salt flower from Chiclana 15*

### BROCCOLI SAUTÉ *with*

*mushrooms and organic shiitake 16*

## fideuà and seafood rice

### RISOTTO MARINERO DE PUNTALETTE

*puntalette risotto with calamari from Santander's bay 21*

### 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*

## organic pasta

from Spiga Negra, two siblings who live in Málaga's mountain range

### SPAGHETTI AI FUNGHI

*with mushrooms sautéed 20*

## organic veal from siete valles de montaña

Siete Valles de Montaña is the first organic veal cooperative in Cantabria

### STEAK TARTAR DE TERNERA ECO

*veal steak veal steak tartar with a touch of Chicago bourbon, vodka from Cantabria or Scotch 21*

### PALLARDA FINA DE TERNERA ECO

*veal sirloin with fine herbs and organic lettuce salad 22*

### TAGLIATTA DE TERNERA ECO

*grilled veal strips with chips 25*

### ALBÓNDIGAS DE TERNERA ECO

*veal meatballs with boscaiola sauce and guanciale 19*

## The milanesas

glutenfree

### ESCALOPINES DE TERNERA ECO

*breaded veal cutlet with chips. And if you want, gilled with pasiego cheese 22*

### PECHUGA DE POLLO ECO

*breaded chicken with potatoes or salad 23*

## 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

### CRUNCHY CHICKEN BITES

*with mushrooms and Jerez style potatoes 24*

### CORDON BLEU

*filled with ham and organic Pasiego cheese from Los Tiemblos 23*

## 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*

### BASQUE SAUSAGES

*with white wine and mashed organics potatoes 22*

### MINI CANELONES DE CABRITO

*kid meat 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

### HAKE 23

### GUNARD 24,5

### MONKFISH TENDERLOINS *grilled 25*

*BREADES MONKFISH, with french fries and anchovies mayonnaise 22*

### JOHN DORY 29

### BLUEFIN TUNA WITH TOMATO SAUCE 27

*BLUEFIN TUNA WITH ROASTED ONION, the classic recipe from Santander 27*

### BLUEFIN TUNA TARTAR 23