

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* 19,5

**TABLA DE CUATRO QUESOS** *from invincible shepherds from El Súper de los Pastores* 16

**PULPO A LA SARTÉN CRUJIENTE** *with potato, curry sauce and autumn apple* 19

## spanish tomatoes

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

**ENSALADA CINCO TOMATES** *with organic fresh cheese and pesto* 18

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

**BURRATA DEL NORTE,** *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* 21

**HUEVOS FRITOS** *El Landa's style, with organic morcilla (black pudding) from Villarcayo* 21

**HUEVOS FRITOS CON JAMÓN IBÉRICO** *fried eggs with ham* 23

## vegetables recipes

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

**RED PEPPERS** *double roast* 16

**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

**BROCCOLI SAUTÉ** *with mushrooms and organic shiitake* 16

**GRATIN LEEKS** *with creamy bechamel* 16,5

## the artichokes

**CRISPY ARTICHOKEs** *with black garlic mayonaise* 18

**ARTICHOKEs IN GREEN SAUCE** 18

**SAUTEED ARTICHOKEs** *in it's sauce with fine ham chips* 19,5

## 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 chicken from Galo Celta

Galician chickens raised in the mountains, without haste, with field pecks and good corn

**CRUNCHY CHICKEN BITES** *with mushrooms and Jerez style potatoes* 24

**CORDON BLEU** *filled with ham and organic Pasiago cheese from Los Tiemblos* 23

**PALLARDA DE PECHUGA FINA A LA PLANCHA** *with spices and roasted vegetables* 22

## high mountain

Baby lamb from Chenchó, 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

**MINI CANELONES DE CABRITO** *kid meat cannelloni with bechamel* 22

## The milanesas

glutenfree

**ESCALOPINES DE TERNERA ECO** *breaded veal cutlet with chips* 22

**PECHUGA DE POLLO ECO** *breaded chicken with potatoes or salad* 23

## 'Basatxerri' pork

**SOLOMILLO DE CERDO DE CASERÍO** *with mustard and orange sauce, crispy rosti and sautéed apple* 23

**TAQUITOS DE SOLOMILLO** *crunchy pork bites with creamy brandy sauce* 23

**TIRAS DE SECRETO** *with organic fried egg, peppers and potatoes* 22

## organic veal from siete valles de montaña

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

**ORGANIC VEAL STEAK TARTAR** *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

**SOLOMILLO DE TERNERA ECO** *grilled veal with creamy Oloroso sauce* 25

## 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