

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 ANCHOAS *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 22*

spanish tomatoes

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

ENSALADA CINCO TOMATES *with organic fresh cheese and pesto 19*

SALPICÓN DE TOMATES *tomato salad with arbequina oil and flower of salt from Chiclana 17*

BURRATA DEL NORTE, *an innovative project between Cantabria and Vizcaya 19*

organic eggs

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

HUEVOS FRITOS CON CHORIZO *fried eggs with homemade chorizo and chips 22*

HUEVOS FRITOS *El Landa's style, with organic morcilla (black pudding) from Villarcayo 22*

HUEVOS FRITOS CON JAMÓN IBÉRICO *fried eggs with ham 24*

HUEVOS FRITOS CON TRES COSAS: *chorizo, black pudding and ham 24*

vegetables recipes

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

PIMIENTOS ROJOS *red peppers ouble roast 16*

ESCALIVADA *aubergine and red peppers roasted, crunchy toasted almonds with olive oil from the mountains of Alicante and mint 16,5*

MENESTRA *sauteed seasonal vegetables with special sauce 19*

TRONCO DE CALABAZA ASADA *roasted pumpkin with apple, honey and walnut, almond and hazelnut hash 17*

BRÓCOLI ECO SALTEADO *broccoli sauté with mushrooms and organic shiitake 16,5*

VERDURITAS AL CURRY *Vegetables in curry with coconut sauce Kerala style 17*

ENSALADA VERDI VERDI DE 11 COSAS RICAS *Verdi Verdi salad with 11 delicious ingredients: lettuce, baby gems, spinach, roasted pumpkin, roasted red pepper, avocado, broccoli, confit tomato, toasted almonds and hazelnuts, with a choice of honey and lemon vinaigrette or homemade pesto 17*

fideuà and seafood rice

RISOTTO MARINERO DE PUNTALETTE *puntalette risotto with calamari from Santander's bay 22*

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 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 Pasiego cheese from Los Tiemblos 23*

PALLARDA DE PECHUGA FINA A LA PLANCHA *with spices and roasted vegetables 23*

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 22*

PALLARDA FINA DE TERNERA ECO *veal sirloin with fine herbs and organic lettuce salad 23*

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

ALBÓNDIGAS DE TERNERA ECO *veal meatballs with boscaiola sauce and guanciale 21*

The milanesas

glutenfree

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

PECHUGA DE POLLO ECO *breaded chicken with potatoes or salad 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 22*

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

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 24

GUNARD 26

MONKFISH TENDERLOINS *grilled 26*

BREADES MONKFISH, *with french fries and anchovies mayonnaise 24*

JOHN DORY 29

CALDERETA MARINERA *fish stew with potatoes 22*