

Dining in Asturias

Maribel's Guide to Dining in Asturias ©



Maribel's Guides

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Get ready for a gastronomic adventure!

Index

Regional Specialties - Page 3

Market Days - Page 7

Artisan Cheeses - Page 8

Purchasing Genuine Artisan Cheeses - Page 9

The National Drink - Page 15

Wines - Page 16

Our Recommended Restaurants - Page 19

Andés

- Pulpería La Quintana

Argüelles-Siero

- El Asador de Abel

Arriendas

- El Corral del Indianu
- Casa Marcial

Avilés

- Casa Tataguyo
- Casa Lin

Benia de Onís

- Casa Morán

Cangas de Onís

- Restaurant Los Arcos
- La Sifonería

Cangas del Narcea

- Bar Blanco

Castropol

- Casa Vicente

Celorio

- Castru El Gaiteru

Cruz de Illias - Castrillón

- Gunea Restaurante

Gijón

- La Salgar
- Restaurante Auga
- La Bolera
- El Recetario

Lago de Enol

- El Casín de los Lagos

Lastres

- Tella
- Casa Eutimio

Llanes

- El Bálamu Taberna Marinera

Luarca

- Sport
- El Barómetro
- Villa Blanca

Lugones

- La Máquina

Malleza (Salas)

- Al Son del Indiano

Manzaneda (Gozón)

- Casa Belarmino

Mieres

- El Cenador del Azul

Niserias (Peñamellera Alta)

- Casa Julián

Nueva De Llanes

- Casa Pilar

Otur

- Casa Consuelo

Oviedo

- Gloria Casa de Comidas
- Casa Fermín
- Ca Suso
- NM
- Del Arco
- La Finca Agrobar
- Pedro Martino

Pancar

- El Retiro de Pancar

Peruyes

- El Molino de Mingo

Pillarno - Piedras Blancas

- Casa Nuevo

Piñera-Rozas

- Bar Casa Eladia

Pola de Allande

- La Nueva Allandesa

Pola de Lena

- Casa Fargón
- Roble by Jairo Rodríguez

Prendes

- Casa Gerardo

Puerto de Vega

- Restaurante La Marina
- Mesón Centro

Ribadesella

- Güeyu Mar
- La Huertona
- Quince Nudos

Salinas (Castrillon)

- Real Balneario de Salinas

San Román de Candamo

- El Llar de Viri

Santa Eulalia de Oscos

- Mesón Taberna La Cerca
- Casa Pedro

Taramundi

- Los Arándanos

Tazonés

- Restaurante La Nansa
- El Rompeolas

Tox

- Regueiro

Valdesoto

- Casa Telva

Villaviciosa

- Alenda
- Sidrería El Congreso de Benjamín



Rey for lunch at Güeyu Mar, Playa de la Vega

Regional Specialties

Seafood Dishes

Merluza encebollada is hake served in an onion sauce, while **merluza a la sidra** is hake braised in cider. **Chopa** or **xargu** is Black sea bream and **crema de nécoras** is a crab bisque. **Pulpo con patatines** is the traditional octopus with potatoes. **Oricios de mar** are sea urchins and **percebes** are goose barnacles. **Tiñosu** is a scorpion fish, while **pixín** is the local name for monkfish, often rubbed with smoked paprika and fried. **Rollo de atún/bonito** is tuna from the waters of the Bay of Biscay which has been shredded and mixed with ham and red pepper, then cooked in a carrot and onion sauce. **Bugre** is the names for Asturian lobster, **andarica** is a hard shell crab and **ñocla** is a giant crab.

Meat Dishes

Cachopo is a traditional, large Asturian dish consisting of two large veal fillets, sandwiched together and filled with various options (cheese, mushrooms, asparagus, red. pepper, a slice of ham), breaded and then fried and often accompanied by French fries and red pepper-extremely hearty-a carnivore's delight and also very kid-friendly. Every year there is a National Best Cachopo Competition. The winner in 2024 was the Hotel-Restaurante Los Lagos in Cangas de Onís.

Carne gobernada is braised beef. **Fariñón**, from the Gozón area, is a blood sausage filled with corn. **Solomillo** or **entrecôte al cabrales** is a filet or sirloin topped with melted Cabrales cheese. **Chorizo a la sidra** is spicy sausage prepared in cider.

Gochu Asturcelta is the Asturian celtic pig, an indigenous breed in danger of extinction, while the **Gochu de Monte** is a new breed from an Asturcelta mother and Duroc father, and 100% Asturian.

Bean Dishes

Fabada is an Asturian obsession, an extremely hearty stew made with buttery white beans, bacon, chorizo and blood sausage, the “national dish”. This is a dish that will fill you up quickly stay with you all through the day and long into the night. Astonishingly, it is customarily served as a first course, which means that if you partake of a bowl (or two) of fabada plus a main course then dessert, you should NOT plan to be in proper condition to continue your touring, particularly by car, but instead, just give in to a siesta! Although it's tempting to try this robust dish at every dining spot, it's best left for a cold winter's day. Legend has it that the dish added in the Christian Re-conquest here, as the invading

Moors were fed a meal of fabada by the Christians and by late afternoon, their gargantuan feast rendered them so sluggish that they had to give up their battle.

Fabada con pantrucu is a type of fabada in more of a soup form with black pudding, kale and potatoes. **Pote Asturiano** is a type of fabada in more of a soup form with kale and potatoes, while **Compango** consists of the meaty components of the fabada (black pudding, ham hocks, chorizo). **Fabes con alemjas** is a soup comprised of white beans and clams.

Verdinas are small beans with a greenish hue and delicate flavor, **arbeyos** are peas and **fréjoles** are flat green beans.

Rice Dishes

Pitu de caleya (pollo de corral) con arroz, a cider-braised, free range chicken and rice dish, is a speciality of Casa Marcial and El Molín de Mingo.

- **Bollos preñaos** - Small rolls of bread with chorizo inside; often given as a free tapa at a bar.

Desserts

Frixuelos/Fayueles are an Asturian pancake, similar to a Breton crepe, either sprinkled with sugar or filled with cream. **Casadielles** is a walnut popover, walnuts being a staple in the Piloña region of the interior.

Carajitos are hazelnut cookies and **Carbayones** are almond boats, traditionally made in Oviedo; purchase them at the lovely **Confitería Camino de Blas** on Calle Jovellanos in Oviedo. **Letizias** are a chocolate-marzipan confection named after the Queen; purchase them at pastry

shops in Ribadesella. **Moscovitas** are the almond cookies covered with chocolate and can be purchase at **Confitería Rialto**, founded in 1926, on Calle San Francisco in Oviedo. **Arroz con leche** is a simple rice pudding.



At the market in Oviedo

Market Days

- Sunday: Cangas
- Monday: Tapia de Casariego & Infiesto
- Tuesday: Llanes & Salas
- Wednesday: Luarca & Ribadesella & Villaviciosa
- Thursday: Navia
- Friday: Cudillero
- Saturday: Arriondas



Artisan Cheeses

The Principado (Principality) of Asturias produces 30 different varieties of artisan cheeses. The famous cheese market, or festival, is held yearly in the town of Arenas de Cabrales, on the last Sunday in August. The most common cheeses found here are:

- **Cabrales** - named for the region in which it is produced, a hard blue cheese, cylindrical in shape, similar to Stilton, Roquefort or Gorgonzola, made (usually) from a mixture of ewe, goat and cow milk or sometimes cow milk alone. Some is still aged in the Picos de Europa limestone caves, known for their high humidity and low, even temperatures year round, are wrapped in maple leaves, left for 3-6 months to allow them to develop a *Penicillium* fungus, giving them their blue veining and are highly odiferous.

- **Gamonéu** - similar to Cabrales but slightly smoked, with its distinctive blue veining only around the edge.
- **Afuega 'l Pitu** - meaning “drown the chicken”, a nutty, semisoft, aromatic cow’s milk dry cheese from Oviedo sometimes with paprika added, giving it a ruby color (*roxu*)
- **Los Beyos** - produced in Ponga and made of pasteurized cow’s milk.
- **Peñamellera** - From the Peñamellera Alta and Baja councils, that one can sample at Casa Julián in Niserias, near Panes.
- **La Peral** is a blue cheese made of cow’s milk made in the village of San Jorge de La Peral in the council of Illas.



Purchasing Genuine Artisan Cheeses

Quesería Bedón

In the hamlet of Frieras, southwest of Posada de Llanes and 9 kilometers from Llanes.

Quesería Los Puertos

In the village of Poo de Cabrales, 1.5 km from Carreña.

Quesos Aquilino

In Cangas de Onís at Angel Táranos, 1, the oldest cheese shop in Asturias.

Aramburu Asturias

Is the gourmet emporium of Ribadesella at Gran Vía, 33, with other locations in Oviedo at Fierro, 9, and Llanes at Plaza de Parres Sobrino, 3.

Coalla Gourmet

In Oviedo at Calle Fierro, 3. A delightful. Gourmet deli, open Monday-Friday from 10:00 am to 3:00 pm and 5:00 to 9:00 pm. Saturday and Sundays from 10:00 am to 3:30 pm.

Coalla Ultramarinos

Gijón at Calle Uria, 4. This is the original store, a deli and grocery. Open Monday-Friday from 9:00 am to 9:00 pm and Saturdays until 2:00 pm.

Coalla Gourmet Gijon

Entrances on Calle San Antonio, 8 and Santa Elena, 11. It is a deli with a tasting bar. Open Monday-Saturday from 9:30 am to 11:00 pm.



The National Drink

Sidra is the drink *par excellence* of the Principado. Rich in apple orchards, having been blessed with cider apple trees for 2,000 years, the coastal region produces over 30 different varieties of apples. The town of Villaviciosa reigns supreme as the apple capital of Asturias, as well as Navia, the self-proclaimed cider capital, where one can visit a Cider Museum. The harvest begins in September and the process goes on until early December. During the winter, before the cider is placed in bottles, groups of friends and family get together to do the ritual of the first tasting, called the *espicha*, where the cider is tasted directly from the barrel, accompanied by cheese and ham and the music of bagpipes.

To produce cider, the apples are first washed and chopped up, then softened in water and pressed. The solid residue is used as cattle feed.



Then the apple must (*mosto*) is fermented for two months in barrels made of chestnut or a combination of chestnut and oak (at El Gaitero cider producing factory in Villaviciosa) until the alcohol content reaches about 5 per cent. Asturian cider is used abundantly in the region's cooking.

Sidra natural is fermented without additives, has a tart, sharp, flavor and is drunk young and is consumed in the

innumerable *chigres* or cider taverns dotting the Asturian landscape.

Sidra achampanada (such as the El Gaitero brand) is industrially manufactured and contains carbonic acid and sugar, tastes much sweeter, has a very low alcohol content and is drunk less in Asturias, most being exported to other parts of Spain and to Europe. **El Gaitero** has a second manufacturing plant in Buenos Aires that exports to all of Latin America.

You may see on the wine lists of gourmet restaurants what is known as *sidra de nueva expresión*, of the following labels: Zythos (zythos=cider in Greek), Villacubera, Españar, Tareco, Valdediós, Valle, Ballina y Fernández or Zapica, all which one drinks like wine, without needing to *escanciar* (see below). You may also see on a digestif menu, a local spirit, an apple brandy called *orujo* or *aguardiente de manzana*, similar to

French Calvados. (El Gaitero sells several aguardientes of different fruits in their factory store).

A Primer For The Cider Pouring Ritual

The proper way to consume sidra is in large, wide rimmed, stout glasses and before drinking, it must be properly poured; one needs to *escanciar* the cider, which has become in Asturias a true art form, like Iberian ham slicing in the south (there are yearly contests in the *art of escanciar*, a prize going to the best *escanciador*).

The pourer, or *escanciador*, grabs the bottle with great ceremony, raises it high above his head, as high as he can, and allows the cider to cascade from the bottle into the glass, which he must hold in his left hand at knee level, slightly inclined away from the body. The cider must then bounce against the edge of the glass before hitting the bottom to become aerated to develop its full flavor. Only one or two inches are poured into the glass, and one must drink his inch of cider quickly, in a single gulp, before it loses its flavor and “dies”. The rest is then used to rinse the glass and then ceremoniously poured onto the ground or into wooden buckets provided. The traditional and natural accompaniment to cider is Cabrales cheese, along with plates of ham or chorizo (spicy sausage), usually braised in cider.

Wine

Up until now Asturias has lacked a strong wine culture, as this region, since the late 1800s, with the arrival of phylloxera had ceased to be a strong wine-producing area, although the monks of the Monastery of Corias planted vines beginning in the 11th century. In 1959 the region suffered a devastating stone storm that destroyed most of the vineyards.

The Asturian wine making situation is changing, however, as a wine producing region (now encompassing 100+ hectares) has been redeveloped in the southwest; the first and oldest, dating from the Middle Ages, is found in the Cangas del Narcea area, now with an official designation the DOP of Cangas, where the Bodega Monasterio de Corias, along with a handful of other wineries (now 7 certified and more independent) are producing red wines made primarily from the native *carrasquín*, *albarín tinto* and *verdejo tinto* grapes, along with *mencía*. A white wine is also produced in this area from the native *albarín* (not to be confused with *albariño*), also *godello*, *moscatel* and *albillo* grapes. These wineries of the D.O.P. Cangas can be found around the villages of Cangas del Narcea, Allande, Grandas de Salime, Illano, Pesoz and Ibias.

Look for labels from Dominio del Urogallo, like “*Fanfarria Tinto*” and “*Fanfarria Blanco*”, the Bodegas Señorío de Ibias *albarín* and from the Bodega Monasterio de Corias, the labels, “*Valdemonje Albarín Negro*” (red) and “*Corias Guilfa Carbayu*” (white), which was awarded 92 Parker points.

This is heroic viticulture in a mountainous region endowed with impossibly steep, slaty slopes, where workers must form human chains to pass the baskets of grapes down to the flat ground during the harvest.

The Wine Advocate published in August of 2024 an article lauding these wines. Four D.O.P. Cangas wines have received 93 Parker points, fifteen have garnered 92 points and eleven, 91 points. See the complete list [here](#).

One can visit these wineries and stay in splendor at the former Monasterio de Corias, (often referred to as the Asturian El Escorial) founded by Benedictine monks in the 11th century and now has become the government-run 4-star [Parador de Corias](#).

In its shadow, the visitor will find the [Bodega Monasterio de Corias](#) that produces several award winning wines in this stunning area with a mild microclimate and more hours of sun and less rain than in other parts of the Principado. Here reds, whites and rosés are produced. The winery offers visits, Monday through Friday from 12:00-14:00 and again from 18:00-20:00. On Saturday visits are given from 12:00-14:00 only.

Another winery in the Cangas DOP, located in Carballo, is [Vitheras](#), which produces an elegant white wine, a blend of albarín and moscatel, plus a rosé “*Lucia*” blend of albarín negro, verdejo negro and mencia.

And another, [Siluvio](#), produces a pleasant albarín blanco and a tinto.

Bodega [Vidas](#) produces 3 labels, “*7 Vidas*”, “*100 Montañas*” and “*Vive la Vida*”.

The winery [Casa Manuca](#) produces its one label, “*Galiana de Limes*”, which is a red made from a blend of albarín negro, mencia, carrasquín and verdejo tinto. Its 2022 vintage receives a note of 90 from the Guía Peñín, Spain’s most prestigious wine guide.

The visitor can enjoy many of the best of the D.O.P. Cangas wines at the delightful [Bar Blanco](#) in the center of Cangas del Narcea.

Also in the town of Cangas del Narcea, one can visit the Wine Museum, and a three day Harvest Festival is celebrated the second weekend of October.



View of the Picos from in front of chef Nacho Manzano's Casa Marcial

Our Recommended Restaurants

Andés

La Quintana

This genuine “Galician Octopus House” is open Saturdays and Sundays for lunch from 1:30 to 4:00 pm and dinner on Fridays and Saturdays from 8:30 to 11:00 pm. It is also open daily in July, August and September. It's located outside of Andés at La Cruz de Paderne, s/n (Navia). One should call between 11:00 am and 1:30 pm or 6:00 and 8:30 pm for reservations.

Tel: (+34) 985 473 493 / 615 783 016

Argüelles-Siero

Asador de Abel (Casa Farpón)*

Twenty minutes northeast of Oviedo in the village of Argüelles at the edge of the highway you'll find one of the principality's most up-and-coming restaurants by Chef Javier Álvarez Farpón, who has moved here from his former Casa Farpón in Mamorama and taken the reins in the kitchen from the original chef Abel Terrente who has now retired. Alvarez has been aided by top sommelier Juan Luis García, who in 2023 left Casa Marcial after a period of 12 years.

Here diners are treated with an *aperitivo* of chorizo and smoked butter, then may choose among dishes such as ham croquettes, *fabada*, cod tortilla, or a grilled fish or grilled meat from purveyor Trasacar, prepared in the open brick charcoal grill. The star dessert: the flambéed *mantecado Angliru*.

The restaurant has received both a Michelin and Macarfi recommendation and boasts one Repsol sun in the Guia Repsol guide.

Tel: (+34) 985 74 09 13

Arriondas

El Corral del Indianu

In this nondescript kayaking town along the N-634, where the Piloña and Sella rivers meet, you'll find this innovative restaurant blessed with one Michelin star and two Repsol suns. The self-taught chef José Antonio Campoviejo, who doesn't stray often from his kitchen, offers two beautifully presented tasting menus, Menú Sensaciones, priced at 115€ and Menú Degustación, at 130€, VAT included. The restaurant has a lovely

interior garden for summer dining. Closed Sunday and Wednesday for dinner. Read the reviews at [Observacion Gastronómica](#), and [Macarfi](#).

Tel: (+34) 985 841 072

[Casa Marcial](#)

Located in the tiny picturesque hamlet of La Salgar, north of Arriondas, this fabulous “hidden” gem in a stunning mountain setting now sports three [Michelin](#) stars, one Michelin green macaron for sustainability plus three Repsol suns. Recommended by all the gastronomic critics, it’s widely considered one of the top restaurants, if not the very best, in all of Asturias. It is one of our favorites, along with Casa Gerardo and Casa Fermín. Chef Nacho Manzano and his nephew, Jesús now offer one tasting menu, the “Nordeste Cachuchu” priced at 250€, which includes Nacho’s mother’s stewed *pitu* along with his Iberian ham croquettes, which are legendary, said to be some of the best in Spain. Open for lunch Wednesday to Sunday and for dinner on Saturdays. Read the reviews at [Guide Repsol](#), [Macarfi](#) and [Michelin](#).

In the tiny hamlet of Cereceda in the Sierra de Sueve, the Manzano family has taken over the Palacio Rubianes and converted it to a wonderful, secluded, beautifully decorated inn, [Narbasu](#), and gourmet restaurant, open Thursday through Sunday that sports a Michelin green star for sustainability. Guests here can take advantage of a transfer service for dining at Casa Marcial. Read about it in the Macarfi guide [here](#).

Tel: (+34) 985 840 991

[Avilés](#)

[Casa Tataguyo](#)

In the Plaza del Carbayedo since 1845, Casa Tataguyo still remains the best dining spot in the historic quarter of Avilés. Try its *fritos de pixín* (monkfish fritters) and the local sausage, *loganiza de Avilés*, along with the croquettes and any of the other traditional dishes. It serves a weekday 3-course lunch menu with bread and a half bottle of Rioja wine for 35€, served from 1:00-3:00 and must be ordered by the whole table. The Repsol Guide has awarded it one sun, and it's much loved by gourmet critic Carlos Maribona, and father and son Pedro and Carlos Morán of Casa Gerardo. It also comes recommended in the Macarfi guide. Open daily.

Tel: (+34) 985 564 815

Casa Lin

This mythic 130-year old cider house, the most famous in town, facing the port, offers simple, traditional fare, such as octopus with potatoes, *chopa a la sidra* (a local fish similar to sea bream) braised in cider, mussels in a special spicy sauce, soupy rice with lobster and of course, fabada. Don't pass up their homemade desserts, especially the crepes, *frixuelos*, filled with rice pudding. Chef José Andrés and Anthony Bourdain in the episode Parts Unknown: Asturias, enjoyed a crustacean feast here of goose barnacles, sea urchins and spider crab. It comes recommended in the Macarfi guide. Open daily for lunch and dinner from 11:30 am until midnight. Closed for 10 days in January.

Tel: (+34) 985 564 827

Benia de Onís

Casa Morán

This simple hotel-restaurant, open since 1933, midway between Cangas de Onís and Las Arenas de Cabrales in the heart of Picos de Europa is considered one of the Principado's *fabada* temples. It serves only one menu each day with a choice of 3 starters and 3 main dishes. Locals flock here for not only its *fabada* but also the *pote asturiano* and the roast lamb with potatoes. Home made flan and rice pudding for dessert. Open in winter on Friday, Saturday and Sunday only.

Tel: (+34) 985 844 006

Cangas del Narcea

Bar Blanco*

An unpretentious but gastronomically serious, family-run “*casa de comidas*”, or better still “*taberna ilustrada*”, a local institution from 1959, Bar Blanco is composed of a bar for tapas and a glass of house made vermouth (La Trucha Cautiva) and a small dining room, located in the center of this wine producing town, at Calle Mayor 11. It is now in its second generation, run by the brothers Ron, Pepe (the chef) and Enrique (the sommelier), who have been bestowed a coveted Repsol sun. Come here for salmorejo, oysters, cockles, tuna braised in cider, monkfish (*pixin*), cod, eggplant over a bed of ratatouille, steak tartar with Bèarnaise sauce, skate, the famous *arroz con pitu* or even a wild boar stew or hare (*liebre a la Royal*) with truffles and foie. Desserts included their special flan, a cream of rice pudding and a *torrija* (pain perdu) with panettone. And of course, the wine list features the best wines from the Cangas D.O.P. This is a hugely authentic spot where one can dine moderately and authentically as an alternative to the restaurant of the Parador de Cangas. The newspaper El País proclaims it “the best small town bar for eating

and drinking in Asturias”. It closes for Sunday dinner and remains closed all day Monday.

Macarfi guide recommended. See the Gastro Planeta review [here](#).

Cangas de Onís

Restaurant Los Arcos

In the center of town at Plaza del Ayuntamiento, 3, this is considered the best gourmet spot in this busy market town. Ramón Celorio, a member of the Slow Food movement and executive chef of the Grupo Nature is also the supervising chef of El Halcón restaurant at the Pueblo Astur Eco Resort and the Nature Chigre in Oviedo. The restaurant is a member of Mesas de Asturias. Open daily. Tables can be booked on The Fork. The restaurant won the award for “Best Cachopo” in Asturias in 2024. Moderately priced.

Tel: (+34) 985 849 277 / 985 931 000

La Sifonería

In the center of Cangas at Calle San Pelayo, 28, is a simple, locally popular tavern or *chigre* and grocery shop that serves up traditional Asturian fare, such as *cachopo*, *tortilla de merluza* (hake omelet), chorizo braised in cider, Cabrales croquettes and *rollos de bonito*, with a more “formal” restaurant next door. This is a great spot to try one’s hand at the cider pouring ritual, and prices are quite reasonable.

Tel: (+34) 985 849 055

Castropol-Figueras

Casa Vicente

This locally well-regarded restaurant can be found at the east end of town on the road to Oviedo. A classic, now 85 years old, for both seafood (grouper, spider crab salad) and the local veal. Here is the spot on the estuary to try the famous local oysters from the Eo estuary.

Recommended in the [Repsol](#) guide. Closed Monday and Tuesday and open for dinner only on Friday and Saturday.

Tel: (+34) 985 635 051

Celorio

West of Llanes

[Castru El Gaiteru](#)

At Ería la Vega, next to Palombina beach, this salmon and mustard hued grill house (*asador de leña*) with nautical décor serves both wonderful charcoal grilled meats (*vaca vieja gallega*) and fish of impeccable quality: monkfish, hake, red mullet, tuna, kingfish, John Dory, sea urchins in winter. The seafood comes straight from the piers of Llanes and Ribadesella and sardines are smoked in house. It comes recommended by Michelin-starred chef Nacho Manzano, and the food critics of [El País](#) and [ABC](#) consider chef Pello (Pedro) Noriega one of the most promising and imaginative young chefs/grill masters in the Principado. Noriega was a finalist at Madrid Fusion for the “best croquettes in the world” award. It comes [Macarfi](#) guide recommended.

Tel: (+34) 985 402 025

Cruz de Illias - Castrillón

[Gunea Restaurante](#)

At Avenida del Campo 20, in January of 2018 this became the new home of Michelin-starred chef Pablo Montero, formerly of El Refectorio of Le

Domaine Hotel/Abadía Retuerta winery in the Ribera del Duero and Taberna El Recreo in the Salamanca district of Madrid. Montero actually began his career here under chef Koldo Miranda and later trained at Calima, Nerua, Mugaritz and The Fat Duck. Paco and his Bilbao native wife Begoña Martínez have returned to the chef's Asturian roots to open their own restaurant in this 19th-century two story stone home in the village. Here the chef prepares traditional Asturian dishes, and his fish comes directly from the fish market in Avilés. It has changed its opening hours and opens for private events only in winter. In the spring the restaurant opens on weekends with a cider house menu and in summer, from Monday to Friday for lunch only, serving only a tasting menu.

Tel: (+34) 985 546 527

Gijón

Restaurante Gloria

Another interesting offering from the Manzano family can be found at Plaza Florencio Rodríguez, 3. It's a modern, cozy space where chefs Nacho and Esther Manzano offer market driven cuisine, a menú del día (23€), along with tapas, half portions or full portions at the bar. It's also open for breakfast at 9:00 am. Closed Mondays and Sunday nights. Recommended in the Repsol Guide and Macarfi Guide. Gloria has a sister restaurant in Oviedo. The Gijón location is closed Monday and Tuesday and Sunday nights.

Tel: (+34) 985 331 155

Restaurante Auga

In the center of Gijón at Claudio Alvargonzález, literally suspended over the water on the former fishermen's pier, is where chef Gonzalo Pañeda

offers a gastronomic experience with a tasting menu of seasonal dishes for €115 along with a la carte options. The restaurant sports two Repsol stars and one Michelin star, and is a member of Mesas de Asturias. Open for lunch from 1:00 to 3:45 pm and dinner from 9:00 to 10:30 pm. Closed Sunday night and all day Monday. Read the review at Macarfi.

Tel: (+34) 985 168 186

Restaurante La Bolera

Near the Molinón stadium, next to a bowling court (*bolera*) at Avenida del Jardín Botánico, 355, is a well-regarded grill house, an *asador*, run by grill master Cuco Álvarez, whose beef hails from Galicia and the north of Portugal. Opened in 2007, it's a heaven for carnivores, a temple of red meat, and naturally, offers a well-curated wine list. Recommended in the Repsol guide. The homemade desserts and caipirinhas are legendary. There are two dining rooms and a terrace. Closed Sunday night and all day Monday.

Tel: (+34) 984 193 422

El Recetario de Álex Sampedro

Alex Sampedro presents his market-driven cuisine, updated traditional fare, here in an informal, modern setting at Calle Trinidad, 1, the entrance to the historic barrio de Cimadevilla. It holds a Bib Gourmand for value designation in the Michelin Guide. Closed Tuesday and Wednesday.

Tel: (+34) 984 082 894

Lago de Enol

Above Covadonga

El Casín de los Lagos

It sits above Lake Enol, at the end of an 11-kilometer serpentine and narrow road that leads up to the truly spectacular crystal clear, glacial lakes of Enol and Ercina. Take an unforgettable ride up to this rustic little shed of a restaurant amidst equally unforgettable, stunning Alpine looking scenery. Its specialties are wild boar chorizo and roast baby goat. Because El Casín packs them in during the summer, expect long waits in the dining room or just grab a snack at the bar. Watch out for low clouds and traffic on this hairpin curved road or in summer take the easy way out, stress free, to the lakes via the Alsa bus, when vehicular traffic is prohibited on peak days.

Tel: (+34) 985 922 927

Lastres

Casa Eutimio

Located on the right, going down to the village on the main road, Calle San Antonio, on the way to the port, this hotel-restaurant is a classic of long standing. It is now run by siblings Rafael, María and Busta. Fish is its strong suit, (hake Eutimio is their signature seafood dish), and its special dish, *Cacholetus*, a giant *cachopo* or breaded veal filet (see menu guide), here filled with wild mushrooms, Iberian ham and Lolín cheese, won the 2017 award for best *cachopo* in Spain. Some tables have sea views. One must reserve on weekends. It comes recommended in the Repsol and Macarfi guides and is a member of Mesas de Asturias. It serves lunch daily (1:30-3:30) and dinner on Friday/Saturday (8:30-10:00). The Eutimio is also a two star hotel, member of Casonas Asturianas.

Tel: (+34) 985 850 012

Tella

This is the renamed gourmet restaurant of the Relais & Château Cool Rooms 5-star Hotel Palacio de Luces in tiny Luces, just south of Lastres. Chef Nacho García Canellada, along with the late Fernando Martín, inaugurated the palace's original restaurant, Balcón del Sueve, and Chef Francisco Ruiz continues here in the now named Tella. He has prepared an a la carte menu plus four tasting menus priced at €52 and €82 (without wine). The wine list includes sparkling and new expression ciders and Asturian wines from the D.O.P. Vinos de Cangas. The restaurant is open daily and bookable online. It sports a recommendation and rating of 7.9 in the Macarfi guide.

Tel: (+34) 985 850 080

Llanes

See also nearby Pancar, Celorio and Nueva

El Bálamu Taberna Marinera

At the port you'll find a favorite of Michelin-starred chef Nacho Manzano of Casa Marcial. This tavern offers impeccably grilled fish such as *pixín* (monkfish) from the local pier, served up with great views of the lighthouse from its expansive windows along with a stylishly decorated nautical atmosphere. Closed all day Wednesday and Sunday/Monday/Tuesday nights. Repsol, Macarfi and Michelin guide recommended.

Tel: (+34) 985 413 606

Luarca

Sport

At Calle Rivero, 9, come here for *pote asturiano* for two, with greens and potatoes instead of beans, Dover sole, hake turnovers (*empanadas de merluza*) and tuna meatballs or local goose barnacles (*percebes*) if in season. It comes recommended in the Repsol guide, as well as in the Macarfi guide, is a selection of the Real Academia de Gastronomía, and a member of Mesas de Asturias. It offers a tasting menu for €30/p along with a la carte, seafood centric options. Sport has been going strong for over 60 years. Opens daily for lunch at 1:30 pm, dinner at 8:30 pm.

Tel: (+34) 985 641 078

El Barómetro

Paseo Muelle, 4. Professional food critic, Carlos Maribona, prefers this seafood restaurant for its signature dishes of shellfish soup, *sopa de mariscos*, squid in its own ink, *calamares en su tinta* and rice with lobster, *arroz con bogavante*. *Note:* Hours of operation are seasonal.

Tel: (+34) 985 470 662

Villa Blanca

At Avenida de Galicia 25-27. Another western Asturias classic, it opened in 1958 and also excels in seafood preparations, such as hake in green sauce, rice with clams, along with the traditional *fabada*, stuffed potatoes and free-range chicken, *pitu de caleya*. The signature dessert is fig parfait with walnut cream. Open daily.

Tel: (+34) 985 641 035

Lugones

La Máquina

Head straight to Avenida Conde de Santa Bárbara 59 for *fabada*, considered by many to be the region's best version of this classic dish that husband and wife team Ramón González and María García and their children have been perfecting since 1947--this is the *fabada* temple of Asturias. And to keep it uncomplicated, simply order as everyone does, the salad-fabada-rice pudding combo. Or the tasting menu for 75 euros, including wine. It also comes Repsol and Macarfi guide recommended. Open daily from 1:30 to 5:45 pm.

Tel: (+34) 985 263 636 / 985 260 019

Malleza (Salas)

Al Son del Indiano

Located in the main square at Plaza del Conde de Casares, 1, this inn and tavern dates from 1895. The village, often called “Little Havana” is endowed with many *indiano* mansions built in the 19th-century by returning emigrants who amassed their fortunes in Cuba. Try the duck breast with pear chutney and Pedro Ximénez sauce, creamy rice with mushrooms and crawfish and the liquid croquettes filled with goat cheese in a beet reduction. It offers a weekday set menu for only 20€, a weekend menu for 25€ and a five-course tasting menu for 45€. It is a member of Mesas de Asturias. Opens for lunch from 2:00 to 4:00 pm and dinner is seasonal. Closed Tuesdays.

Tel: (+34) 985 835 844

Manzaneda (Gozón)

10 minutes from Avilés, near Cabo Peñas

Casa Belarmino

Founded in 1930, it is a member of [Mesas de Asturias](#), boasts one [Repsol](#) sun and is recommended by Condé Nast Traveler, the ABC newspaper's gastro critic Carlos Maribona and the [Macarfi](#) guide. The much lauded *guisandera* Chef Ramona Menéndez's specialties include leek pie (*pastel de puerros*), marinated sardines, tuna roll, croquettes, *pote con berzas* and the classic Asturian free range chicken, *pitu de caleya*. It now offers two tasting menus priced at €40 and €65. Open daily for lunch from 1:30 to 3:30.

Tel: (+34) 985 880 807

Mieres

Birthplace of chef José Andrés, a mining town 22 kilometers south of Oviedo

[El Cenador del Azul](#)

Chefs Joaquina Estrella and Ana Fé, her daughter-in-law, offer high quality, creative, “no frills” home cooking with a focus on fresh fish at Calle Aller, 50. Order the tarta de queso de la Peral for dessert. It has an excellent price to quality ratio and comes recommended by the [Michelin](#), [Macarfi](#) and [Repsol](#) guides. Opens for lunch Monday-Saturday and for dinner only on Friday and Saturday. Closed Sundays.

Tel: (+34) 985 453 547

Niserias (Peñamellera Alta)

In the heart of Picos de Europa near the Cantabria border

[Casa Julián](#)

This over 70-year old simple but emblematic rural hotel-restaurant popular with trout and salmon fishermen sits right at the Cares river's edge on the Panes-Cangas de Onis road, the AS-114, at kilometer 45. Come here for traditional dishes such as hake braised in cider, salmon pudding,

stuffed potatoes and faba beans with clams. It offers a wonderful selection of local cheeses and is recommended in the [Repsol Guide](#) and was a favorite of the late Penelope Casas.

Tel: (+34) 985 415 797

Nueva De Llanes

To the west of Llanes

[Casa Pilar](#)

In the Barrio de La Nogalera, outside of the town center, this family-run restaurant serves excellent finfish and shellfish in a simple setting and offers terrace dining. For locals it's known as "the house of fish".

Specialties are its seafood rice dishes and lobster (*bogavante*). It has been awarded one [Repsol](#) sun. Open for lunch from Monday-Wednesday at 1:00 and for dinner from Thursday-Sunday at 8:00. View photos of the signature dishes at [Les Fartures](#).

Tel: (+34) 985 410 177

Otur

Near Lluarca

[Casa Consuelo*](#)

Right on the N-636 highway at kilometer 511, this simple looking hotel-restaurant, founded in 1935, and now under the direction of the third generation, is an absolute, much loved classic—one of the best traditional restaurants in the Principado. Come here for *fabada*, *pote*, octopus, tuna roll, hake with baby eels, and other signature Asturian dishes such as *entrecôte al cabrales* (steak topped with Cabrales cheese), baby limas (*verdinas*) with shellfish, goose barnacles from Puerto de Vega, whole turbot, plus flan and almond cake for dessert. It is much loved by Carlos

Maribona, gourmet critic of ABC and Michelin-starred chefs, such as Martín Berasategui and Eneko Atxa. It's not "fancy dining", and you'll find it always jammed during holiday weekends. It boasts an outstanding wine list and an attractive art collection. Expect large portions. Casa Consuelo comes recommended in the [Repsol](#) and [Macarfi](#) guides. Open daily.

Tel: (+34) 985 641 696

Oviedo

The Asturian capital

[Gloria Casa de Comidas*](#)

Michelin-starred chef Nacho Manzano as an homage to his grandmother, opened the casual restaurant Gloria at Calle Cervantes, 24, where he serves his favorite tapas and raciones portions. See the review by the [Cigalitas Blog](#), [Michelin](#), [Macarfi](#) and [Repsol](#). Nacho and his sister Esther have opened a second Gloria in Gijón. Open for lunch Tuesday-Saturday from 12:30 to 4:00 pm and for dinner from 8:30 to midnight. At lunch it offers a menu of the day for €23 plus a tasting menu for €55. Closed Sunday/Monday.

Tel: (+34) 984 834 243

[NM de Nacho Manzano](#)

The most recent, sophisticated and expensive entry from the Manzano family to the Oviedo dining scene, located in the El Vasco shopping mall, the NM dining experience comes via two tasting menus only, one short and one long, priced at €99 and €149 that change four times a year, seasonally.

Recommended by the [Macarfi](#) guide and [Repsol](#), it boasts one [Michelin](#) star. Read the Gastroactitud review [here](#). Closed Monday and Tuesday.

[Casa Fermín*](#)

Founded in 1924, Chef Luis Alberto Martinez's elegant restaurant, a temple of Asturian gastronomy, is located at Calle San Francisco, 8, in the city center. It's now in the hands of the third generation with son Guillermo assisting his father in the kitchen. Member of Mesas de Asturias, it boasts two [Repsol](#) suns and is recommended in the [Michelin](#) and [Macarfi](#) guides. One of gastro critic Carlos Maribona's top 3 Oviedo restaurants, along with Mestura (now an event space) and Ca Suso, it receives a rating of 8.9 from [Macarfi](#). The gracious María Jesús Gil runs the front of the house with great aplomb and will guide you to experience the best of the menu with many dishes available in half portions. Or opt for the tasting menu, priced at €75. Open Monday-Saturday for lunch from 1:15 to 3:30 pm and for dinner from 9-11 pm. (except Mondays) from . Closed Sundays.

Tel: (+34) 985 216 452 / 985 216 497

[Ca Suso*](#)

At Marqués de Gastañaga, 10, it has received one [Repsol](#) sun, plus [Michelin](#) and [Macarfi](#) guide recommendations, and is the second of Carlos Maribona's Oviedo's top 3. This small and charmingly decorated restaurant with exposed stone walls is expertly run by two brothers, Iván and Vicente Fernández Feito. It features a short and concise a la carte menu plus a set menu, priced at €60, many daily specialties and an unbeatable value 3-course bistro menu with wine for €37. Be sure to try the exploding liquid croquettes filed with La Peral cheese and apple

compote—delicious!—and the house homemade foie gras. Open Wednesday to Sunday for lunch at 1:30 pm, dinner at 9:00 pm from Thursday to Saturday.

Tel: (+34) 985 228 232

Del Arco*

Plaza de América 4, from 1982, offers classic Asturian cuisine with a modern touch from chef Juan Ramón Sánchez. It's another member of Mesas de Asturias, boasts one Repsol sun and is recommended in the Macarfi guide. One can dine in the elegant, British club-like restaurant or enjoy a well-priced *menú del día* for weekday lunches for €21 and on weekends for €28, or small plates the casual tavern. A signature dish here: the lobster salad, *salpicón de bogavante*. The tavern and restaurant are both closed all day Sundays and Monday dinner.

Tel: (34+) 985 255 522 / 985 255 544

La Finca Agrobar*

On “cider house row” or known locally as “El Bulevar de la Sidra”, Calle Gascona, 4, la Finca functions both as an animated and atmospheric *chigre* with a cute, polished, vintage farmhouse vibe and a serious gastrobar with its quite creative kitchen serving up dishes sourced from 100% Asturian producers. An outstanding, unconventional starter: their *Caramelos de Queso Peral*. You'll find friendly and attentive service here. One must reserve for sit down meals in the small upstairs dining room, as it's very popular with locals and unlike its older competitors on this street, does not have expansive dining space for groups. We love this charming place.

Tel: (+34) 985 218 234

Pedro Martino*

After closing his Oviedo gastro bar, Naguar, and a second Naguar in the Villa Rosario hotel of Ribadesella, this celebrated chef has returned to his roots in his former space of L'Alezna, in the village of Caces at La Rienda 14 on the shores of the Nalón River where he first earned his Michelin star and two Repsol suns. Here, a 10-minute drive from the center of Oviedo, he has opened his eponymous restaurant and catering service. This restaurant was hailed as the best restaurant opening in Asturias for 2020. Martino offers both an a la carte menu and two tasting menus, Orígenes Degustación, priced at 120€ and Orígenes Tradición at 70€. Currently from Wednesday to Monday he opens for lunch at 1:00 but on Saturday he also serves dinner at 9:00. Closed all day Tuesday. These opening hours may change seasonally. Read the [Salsa de Chiles](#), [Macarfi guide](#) and [Fuego Mortero](#) reviews here.. He has garnered one sun from the [Repsol](#) guide.

Tel: (+34) 684 603 384

Pancar

Suburb south of Llanes

El Retiro de Pancar*

Chef Ricardo González Sostres, honored with two Repsol suns and one [Michelin](#) star, who honed his skills with chef Nacho Manzano, is considered one of the region's, if not the country's, best, most innovative young chefs. He offers a tasting menu priced at €136, with the option of an additional cheese course for €12 and wine pairing for €60. Read the reviews from the [Macarfi](#) guide. On Fridays and Saturdays the restaurant

opens for lunch from 1:30 to 4:00 and for dinner from 8:30 until midnight. During the week and on Sundays he serves lunch only from 1:30-4:00 pm. Closed Mondays. But during the months of July and August the restaurant opens daily.

As an alternative to his gastronomic space, the chef has opened the informal El Bistró inside the restaurant within the glass enclosed terrace, where patrons can dine a la carte for a more moderate price tag.

Tel: (+34) 985 400 240

Peruyes

El Molín de Mingo**

This is a delightful, utterly unique, highly atmospheric old stone mill-turned-surprising gourmet restaurant sitting by the Zardón river, complete with *hórreo*, very tucked away in the mountains above Cangas de Onís. This corn mill, built by the owner's great grandfather, has become a pilgrimage sites for gourmands. Three Michelin starred chef of Casa Marcial, Nacho Manzano's wife, Dulce Martínez and her mother are the tandem at the helm of the kitchen, and it's much loved by local food lovers and those who come from far away. Go very hungry and ready to feast on traditional dishes prepared to the highest standard. The two set menus, one long (7 courses) and one short (5 courses), including two *aperitivos* each, priced at €65 and €52, are now changed weekly. Diners may enjoy a starter of *crema de Gamoneu* cheese with olive oil to spread on the delicious homemade corn bread, the house speciality, a gargantuan and perfectly cooked *arroz con pitu de caleya* (rice with dark free range chicken-the very chickens that you'll see roaming the property), or a *pote asturiano* or *fabes* with wild mushrooms, *verdinas*, a

fish of the day, the famous *compango*-filled croquettes (8 to a serving), the *cabritín de Ponga* (baby goat stew), the *jabalí estofado* (wild boar stew), the *tortos de maíz* (corn fritters with AFuega el Pitu and caramelized onion topping) or *solomillo de ternera* (veal tenderloin served with celeriac). For dessert, included in both menus, you may find the classic rice pudding, *arroz con leche*, or a deconstructed cheese cake, *tarta de queso*, or an almond cookie with crème anglaise and mango.

El Molín de Mingo opens from Thursday to Sunday lunch service only, with seatings at 2:00, 3:30 and 4:30 pm. And one must reserve online. Count on an average check with bread, water, moderately priced wine or cider and coffee, of €85+ person. There is a children's menu.

To reach it you will drive down a very narrow, mostly unpaved dirt road, better described as one lane farm track, some 3 or 4 kilometers beyond the village of Peruyes, which one reaches, going north on the N-634, the main Arriondas-Ribadesella road, via a right hand detour off the highway, just north of the right turn off to Triongo. Drive straight through the village of Peruyes and keep pressing on. Just when you think you might be lost, you'll come upon a small brown wooden sign with arrow pointing you in the right direction. The road ends at the mill-restaurant complex, surrounded by forest. Although remote, it's perfectly reachable in a normal vehicle. Online reservations are always required and one must leave a credit card as a guarantee and to avoid penalty, one must cancel 48 hours in advance. The two ample parking lots fill up quickly, so it's best to opt for the first seating at 2:00 pm. On a sunny Sunday in January, we drove out early, after breakfast at the wonderful Hotel Pueblo-Astur in Cofiño, gourmet food shopping and market touring in Cangas, and stayed until 4:45 pm.

On this our most recent visit, we arrived just before 2:00 pm and were greeted by the owner, Dulce, and were promptly seated at the best tablecloth-covered banquette in the corner of the surprisingly stylish main dining room (think “rustic chic”). A few other early arrivals enjoyed cider outside at the picnic tables. To entertain the children, in addition to the farm animals (rabbits, sheep and chickens) there is an outdoor slide and a swing set, and some diners can enjoy their copious meals taken under the *hórreo*. We enjoy the more comfortable main dining room with fireplace, although there are two separate dining rooms in the glass-enclosed annexes on either side.

It is best to come with another couple or a group of friends or family, as the Pantagruelian portions are best shared, although the waitress may ask if you would like them to prepare a doggie bag (*un Táper*=*Tupperware container*) for the abundant leftovers.

As if this weren't enough, the coffee service is accompanied by a plate of *rosquillas* (little confectioner's sugar covered donuts). This is an extraordinary epicurean experience that Asturias visitors shouldn't miss! Chef Dulce has received one Repsol sun, a Bib Gourmand designation from the Michelin guide and comes Macarfi guide recommended.

Tel: (+34) 985 922 263

Pillarno - Piedras Blancas

Close to Avilés in the council of Castrillón

Casa Nuevo

In the center of the town, at Calle Lugar El Cuadro, 49, to the southwest of Avilés and close to Salinas beach, is a simple, family-run *casa de comidas* established in 1951, popularly known as Casa Pepón, serving traditional

Asturian dishes: onions stuffed with tuna, rice with free-range chicken, *fabada*, or a *pote asturiano* that will please the most demanding gourmet critic. It's a member of the Guisanderas de Asturias club, the 13 best female chefs of the Principality. Desserts, such as rice pudding, are homemade and prices quite reasonable. On weekends the restaurant offers a copious set menu for €28. Closed Tuesdays.

Tel: (+34) 985 530 550

Piñera-Rozas

Bar Casa Eladia

Famous for its *arroz con pitu de caleya* (rice with free range chicken) prepared by female chef, *guisandera*, Paula Sopeña, this bar-restaurant sits about 15 minutes west of Villaviciosa on the VV-10, at kilometer 23. This is a classic *casa de comidas* ("eating house") that also serves as the village bar and shop. Be sure to try Paula's signature homemade dessert, *tarta de la abuela*. "grandma's tart". On weekends it fills up with locals, so it's best to reserve one of the seven tables. Paula won the "best fabada in the Villaviciosa region" award for 2021. This is also where Anthony Bourdain, accompanied by [chef José Andrés](#), filmed an episode of "Parts Unknown", season 12, in April, 2018. It has received a *solete* in the [Repsol](#) guide. Closed Thursdays.

Tel: (+34) 985 558 085

(Pola de) Allande

La Nueva Allandesa

At Calle Donato Fernández 3

A member of Mesas de Asturias and another traditional eating house (plus hotel or *Fonda*) honored with a Repsol solete. Come here to stunning southwest Asturias, on the Camino de Santiago, for genuine, classic, inexpensive and robust “home cooking” with the *potes* (stews), *fabada*, vegetable pudding, veal cutlets (*escalopines*) with Cabrales cheese and veal stuffed cabbage as standout dishes. The desserts, flan, Grandma’s tarte, cheesecake and *frixuelos* (Asturian crepes) are homemade. Because it lies slightly northwest of the wine region surrounding Cangas del Narcea, enjoy one of the Asturian wines from Bodegas Vidas. Open daily.

Tel: (+34) 985 807 027

(Pola de) Lena

Roble by Jairo Rodríguez*

This new gourmet spot is found at Calle Robledo 21, on the outskirts of Pola de Lena, a town of 10,000 inhabitants in the Asturian Cuencas Mineras (the river valleys that form its former mining region) south of Oviedo and off the N630 highway. It has been opened by a rising star chef who trained for 18 years with the Loya team at El Real Balneario. He has received many distinctions, including a one sun designation from the Repsol guide, a Michelin and Macarfi guide recommendation and is a member of Mesas de Asturias. Chef Rodriguez and his wife Paul have their own vegetable gardens and practice kilometer zero cuisine. Some dishes you may find on the menu: lobster salad, red mullet with rice, monkfish with chocolate sauce, tripe, a veal roast with potato foam, blue fin tuna tataki and tartar, steak tartar and roast suckling pig. The chef also serves a tasting menu consisting of 4 snacks, 4 main courses, 2 desserts and petit

fours for €90. The restaurant opens for lunch daily except Mondays and for dinner only on Friday/Saturday. Tables are bookable on The Fork.

Tel: (+34) 985 492 462

Monte*

In the hamlet (20 inhabitants) of San Feliz, exit 59 from the A 66 motorway, 30 minutes south of Oviedo.

Chef Xune Andrade, who trained at Casa Gerardo, is yet another rising star chef whose innovative cuisine has been honored with one sun from the Repsol guide, one Michelin star along with one Michelin green star for sustainability. It also is a selection of the Macarfi guide. Here the chef offers two tasting menus only priced from €89 and €119. See some of the tasting menu dishes [here](#) and at Complicidad Gastronómica [here](#). Ninety five percent of his kitchen larder comes from local producers. Here the chef does not serve Cantabria seafood, only river fish, trout and Faroe Island salmon.

Closed Monday and Tuesday and open for lunch only from 1:30 to 3:30, bookable online.

Tel: (+34) 985 59 30 89

Prendes

In a stone house on highway AS-19, km 8,5 Prendes

Casa Gerardo**

This one Michelin star (held since 1991), three Repsol sun designated restaurant, a member of Mesas de Asturias, has been in business for 135 years, under 5 generations of family members and is considered one of the top five restaurants in the Principado, Here the father and son team, Pedro and Marcos Morán, serve three gastronomic tasting menus priced

at €80, €150 and €200, in addition to their classic a la carte offerings of *fabada*, fabes with clams, *pitu de caleya* and roast suckling pig. Of the several Michelin-starred restaurants in the Principado, Casa Gerardo stays closer to its roots in traditional Asturian cooking. This classic restaurant is a favorite of chef José Andrés. Read the reviews in [Salsa de Chiles](#) by Carlos Maribona, Spain's preeminent food critic of ABC, plus [Fuego de Mortero](#), [Gastroactitud](#), [ABC](#), [Macarfi](#) and [Complicidad Gastronómica](#).

Closed Tuesdays. During most of the year the restaurant serves lunch only. In July on Friday and Saturday nights the restaurant also opens for dinner. and in August it opens for dinner on Wednesday, Thursday, Friday and Saturday.

Tel: (+34) 985 887 797

Puerto de Vega

[Restaurante La Marina](#)

Located at the pier of this picturesque fishing village with sea views, known for its house specialty, the lobster with rice, also octopus, sea bream, spider crab and local *percebes*, goose barnacles.

Tel: (+34) 985 648 038

[Mesón El Centro*](#)

This very popular restaurant can be found on the pedestrianized Plaza del Cúpidο in the center of this picturesque fishing village and is run by the husband and wife couple, Mary and Mon. It receives recommendation from the [Michelin](#) and [Macarfi](#) guides and has also received one coveted sun from the [Repsol](#) and is a favorite of Spain's eminent restaurant critic, Carlos Maribona. Come here for simple, uncomplicated

dishes: *cachopo de pollo*, spider crab croquettes, clams, squid, hake with leek sauce and octopus. Or opt for the Menú Centro tasting menu, priced at €48. A review by [Carlos Maribona](#). It remains closed on Tuesdays and Wednesdays.

Tel: (+34) 985 648 567

Ribadesella

[Güeyu Mar*](#)

Located at Playa de Vega, 84, directly facing La Playa beach, seven kilometers west of Ribadesella. On the upper floor of its stone facade (where the chef lives) peers out a large red plastic fish head and tail emerging from the stone (this guide's cover photo). The house is preceded by a large open terrace for summer dining.

Güeyu (“eye” in Asturian) Mar has been highly praised in the press, some calling it the “*Etxebarri*” or “*Elkano*” of the Asturian coast. Self-taught chef Alberto Álvarez cooks all of his fish here over coals on special hand-cranked grills. No meats or rices here, just whole fish grilled to absolute perfection. Most diners order the restaurant's acclaimed lobster salad (*salpicón de bogavante*), its signature kingfish (*rey a la brasa*)-minimum of two orders-and the homemade Gamonéu cheese cake for dessert. And they also don't forget to partake of the delicious breads, one of which is made of chestnut flour.

Chef Abel has also created a special line of *conservas*, tinned seafood goods, that diners are tempted to take home with them—squid, sardines, hake cheeks, *espardeñas* (sea cucumbers) and other treats. He now produces over 120,00 tins per year. See his offerings [here](#) that are sold in the Gourmet Experience and Club del Gourmet of El Corte Inglés and in

the Coalla Gourmet shops of Gijón, Oviedo and Madrid. His smoked sardines, cockles, squid in its own ink and other tinned goods are finally available in the U.S. from [DeEspaña](#) brand foods in New York. See [Bon Appetit](#). And they have a presence in 14 countries thus far.

Each day's short menu is posted online. This seafood temple has received one [Repsol](#) sun, it comes Michelin recommended and has been heaped with praise by Spain's leading gourmet critics. It is only open for the lunch service from 2:00-3:45 pm and remains closed Mondays and Tuesdays except for holidays.

See a review from Observación Gastronómica [here](#). To secure a table, one should now book a few months in advance online.

Tel: (+34) 985 860 863

[El Miradoriu](#)

The wife of Chef Álvarez, Luisa Cajilgal, opened an informal offshoot in 2017, also on the beach, *El Miradoriu de la Playa* (look for the blue house at the end of the beach with stone terrace) serving a more traditional menu and gentler prices. Here she offers up Russian salad, squid, sardines, monkfish, tuna and other seafood items from the same purveyors as the mothership, along with fabada, veal scallops with La Peral cheese and the classic *cachopo* plus rice pudding or cheesecake for dessert. Open daily.

[La Huertona*](#)

Located on Carretera de la Piconera, just one kilometer from the Tito Bustillo prehistoric caves and close to the Sella River. It has received two prestigious [Repsol](#) suns and comes [Michelin](#) recommended. It's a favorite

of father and son Pedro & Carlos Morán of Casa Gerardo. Unlike its “rival”, Güeyu Mar, here chef José Manuel Viejo does serve a rib steak, *chuletón*, of Angus beef, along with his wood grilled whole fish, such as *rey*, sea bream, turbot and grouper that come daily from the area’s piers. And his wife, Rosa Ruíz Sánchez prepares the starters, stews, croquettes and the deserts. The restaurant opens for lunch only, from 1:30-4:00 pm except on Saturdays when dinner is also served from 9:00-11:30 pm. Closed Tuesdays. Read the reviews from [Gastroactitud](#), [Macarfi](#) and [Directo Al Paladar](#).

Tel: (+34) 985 860 553

[Quince Nudos*](#)

Next to the Santa Marina beach at Calle Avelina Cerra, 6, its Eurotoque chef, Bruno Lombán, specializes in rice prepared with filtered seawater (12 different varieties) and seafood dishes. His star rice creations include *arroz meloso*, creamy rice with squid and smoked cheese, *arroz con pitu de caleya*, rice with free range chicken, *arroz negro*, black rice cooked with squid in its own ink and *arroz caldoso*, soupy rice with lobster. Also legendary are his croquettes filled with *pitu de caleya*. Chef Lombán also offers a 7-course tasting menu for €90. The restaurant has received one coveted sun from the [Repsol](#) guide, comes [Macarfi](#) guide recommended and has been given membership in Mesas de Asturias. Read eminent gastro critic Carlos Maribona’s review [here](#). It opens for lunch from 1:30-3:30 and for dinner from 8:00-10:00. Reservations can be made on [The Fork](#).

Tel: (+34) 984 112 073 Salinas (Castrillón)

Salinas (Castrillón)

Real Balneario de Salinas*

At Avenida de Juan Sitges, 3, 5.5 kilometers west of Avilés. For fabulous seafood right on the Salinas beach promenade directly overlooking the Cantabrian sea, the Real Balneario is a favorite of professional food critics and local gourmands alike. Isaac Loya's Michelin starred, two Repsol sunned and Macarfi recommended restaurant, is regarded as one of Asturias' finest for classic haute cuisine, and is now in its third generation. Two signature dishes: sea bass in champagne a la Félix Loya, in honor of the chef's grandfather and the flambéed lobster. The chef offers an extensive a la carte menu, from which most diners order, and also serves two tasting menus priced at €100 and €198. Woody Allen filmed a scene of Vicky Cristina Barcelona here.

Closed Sunday night and all day Monday. Open for lunch only Tuesday, Wednesday and Thursday from 1:00-4:00 and for dinner also on Friday, Saturday from 8:00 to 11:30. See photos of Loya's creations at [Gastroactitud](#), [Complicidad Gastronómica](#), [Les Fartures](#) and [Directo al Paladar](#).

Tel: (+34) 985 518 613

Éleonore

With a dining room seating only 34, this new spot at Calle Pablo Laloux 13, under the helm of chef Cristina Arias Sopeña also offers impressive views of the Cantabrian sea. The chef's passion are her desserts, having trained at Barcelona's Hofmann school, and she also makes the homemade breads, which she sells in her next door The Pantry. The restaurant opens from Thursday through Saturday for lunch from

1:00-3:00, serving 3 tasting menus only, the Éleonore (€125), Olivia (€75) and the Allegra (€90). On the fourth Sunday of each month it serves brunch from 12:00–3:00, priced at €80. The chef has been honored with one Repsol sun and the restaurant comes Michelin recommended.

Tel: (+34) 672 42 70 70

San Román de Candamo

El Llar de Viri Casa de Comidas

One of Asturias' *fabada* temples since 1996, chef-owner Elvira (Viri) Fernández' restaurant at the foot of the Nalón River and in the shadow of the Peña Candamo has received a “Bib Gourmand” designation from the Michelin guide for its excellent price/quality ratio along with a green star for sustainability and a recommendation from the Repsol guide. Here with the help of her daughter-in-law, Viri practices farm-to-table, kilometer zero cooking with her own vegetable garden and homemade jams. She won the prize for best fabada in Asturias in 2013. The restaurant, at Calle Trasquilos 20, opens daily for lunch from 1:00 to 4:00 pm and for dinner with a prior reservation only.

Read distinguished restaurant critic Carlos Maribona's review here along with the Macarfi guide review.

Tel: (+34) 985 828 022

Santa Eulalia de Oscos-Oscos-Eo Biosphere Reserve

Mesón Taberna La Cerca

This mountain tavern couldn't get any more authentically rustic, with its wooden *hórreo* proudly displayed in front of this old stone house with slate roof, the typical construction in the lush mountain region of Os

Oscos. This is a true “mom and pop” grill house, in business since 1985. Signature dishes include their Sunday *pote* (similar to a *caldo gallego*), their turnovers, *empanadas*, and their grilled meats, especially the *chuletón* accompanied by a generous side of French fries. Fish lovers should choose the baked cod, *bacalao al horno*. And there is homemade cheesecake for dessert. During the entire year it opens on Fridays, Saturdays and Sundays, and in high season, from June 15-September 30, it opens daily. You’ll find it in the village at the bottom of the hill.

Tel: (+34) 985 626 041

Casa Pedro

This small 2-star hotel and restaurant is found at Calle Teresa de Francisco, in the heart of the village. Specialties here include cabbage rolls filled with cod, *cachopo*, stuffed pork tenderloin, along with cheese or apple flan. And the wine list includes some of the finest Asturian wines.

Tel: (+34) 985 626 097 / 650 415 273

Taramundi-Oscos-Eo Biosphere Reserve

Los Arándanos

This restaurant specializes in seasonal, home cooking with many of the ingredients, including blueberries (which is the name of the restaurant), raspberries, kiwis and blackberries, coming from the chef’s own organic garden. From the large picture windows diners enjoy beautiful views of the gorgeous Os Oscos countryside. Desserts such as raspberry ice cream, cheesecake, rice pudding and mousse, are all homemade. It’s located in the hamlet of Os Almallos, 8 kilometers outside of Taramundi at the top of

a hill, surrounded by oak forests, and has a shop in which they sell their organic fare. Miguel Angel Robles and Virginia Ruiz man the stoves here.

Tel: (+34) 985 552 014 / 615 257 253 / 665 836 223

Tazones

Restaurante La Nansa

It is one of the two most well regarded *chigres* (cider houses) in this historic seaside town, said to be where the Emperor Carlos V disembarked on his first visit to Spain. Find here in a simple atmosphere impeccably fresh fish. La Nansa was a personal favorite of the late Penelope Casas. Standout dishes include *sargo a la sidra* (porgy braised in cider) and *salpicón de rape*, a type of bouillabaisse of monkfish. Homemade desserts. Open for lunch only and closed Thursdays.

Tel: (+34) 985 897 038

Rompeolas*

At Calle San Miguel, 21, Rompeolas, another rustic, modest *chigre*, boasts a bit greater “fame” and is a favorite of José Andrés, of father/son chef combo, Pedro & Carlos Morán of Casa Gerardo and of food critic [Carlos Maribona](#) of Salsa de Chiles. It also receives a *solete* from the [Repsol](#) guide and a recommendation from [Macarfi](#). At Rompeolas, reserve a checkerboard tablecloth covered table outside on the terrace, which sits directly facing the breakwater. Try the *fritos de pixín* (monkfish fritters), *ventresca de bonito* (grilled tuna belly), *lubina* (sea bass), as well as the *langosta*, spiny lobster and *percebes*, goose barnacles, when in season. Here there is no fixed menu, as each day the seafood offerings can be different, according to what has arrived fresh at the local piers. Enjoy its rice pudding and lemon mousse for dessert. It has been run since 1964 by

a husband and wife team, José Martínez and Toya Hortal. Open for lunch Wednesday-Monday from noon to 5:00 pm and for dinner from 8:00 to 11:00 pm.

Tel: (+34) 985 897 013

Tox

Near Puerto de Vega, the old whaling port

Regueiro*

One of the best, most innovative, dining spots on the Asturian west coast, headed by Diego Fernández, a very creative chef who honed his skills at Casa Marcial and Casa Gerardo. He now gives his dishes strong, bold, exotic flavors, with many South West Asian, especially Thai, Indian and Mexican influences via his offerings of three tasting menus, priced at €65, €75 and €115, which must be reserved in advance. The chef won the award at Madrid Fusion for the “best croquette in the world”. He has received two Repsol suns and is Michelin and Macarfi guide recommended. Regueiro is housed in an *indiano* mansion that also serves as a small hotel and boasts a lovely outdoor terrace. Open for lunch Wednesday through Sunday from 1:00-3:00 pm. Dinner is also served on Friday and Saturday only from 8:00-10:15. Closed Monday and Tuesday.

Tel: (+34) 985 648 594

Turón

Casa Chuchu

In the village of Turón (4,000 inhabitants) in the Cuenca Minera del Caudal (mining river valley), just south of Mieres and 30 minutes southeast of the capital, Oviedo, you'll find this contemporary cider house in the middle of town that is garnering solid reviews in the gastro

press. It is run by Rafael Rodríguez (front of the house) and his wife, Natalia Menéndez (the chef), along with their son, Rafa, recently graduated from the Basque Culinary Center.

Casa Chuchu comes [Repsol guide](#) recommended and received the honor of producing the second best croquette in Spain at the gastronomic conference, Madrid Fusión of 2023. Although Casa Chuchu has always been, since its founding, a cider house, Rafael offers a very fine collection of Asturian wines.

It opens for lunch only except on Saturdays when it serves dinner and is closed on Tuesdays.

Valdesoto

4 km from Siero

[Casa Telva](#)

At Calle Leceñas, 4, in Valdesoto, in the center of Asturias, in front of the Palacio de Valdesoto, midway between Oviedo and Gijón. Chef Yvonne Corral Valbuena was proclaimed “*guisandera de Asturias*” (best female cook in the Principado) and her daughter, Sara López, continues on with the tradition. Try the *potes*, *fabes*, *callos* (tripe), and other stews, their claim to fame. Inexpensive, cozy, cute, unassuming, friendly and recommended in the [Macarfi](#) guide. Open from 1:00 to 4:00 pm for lunch and 9:00 to 11:30 pm for dinner. Closed Wednesdays during the summer.

Tel: (+34) 985 735 881 / 607 711 378

Villaviciosa

[Alenda](#)

This bright canary yellow home sitting outside of the cider town of Villaviciosa in the hamlet of Castiello de Selorio, is Asturias’ most recent

recipient of a prestigious Repsol sun. Run by chef Iñaki Gómez and his partner Lola Palacios guiding the front of the house, it has become known for its exemplary game dishes and presents vegetables from their own garden. It features three tasting menus only (no a la carte dining), the short menu, the “Castiello” of 5-courses priced at €69 and a longer menu, the “Rodiles” of 6 courses priced at €73 and the “Alenda”, consisting of 9 courses, priced at €88. Every diner at the table must choose the same menu. Recommended in the Michelin and Macarfi guides.

Tel: (+34) 676 51 76 32

Sidrería El Congreso de Benjamín

This typical, rustic *chigre*, founded in 1914 and now in the hands of the 4th generation, can be found at the town hall square, Plaza Ayuntamiento, 25, and is one of many typical cider houses in this, the cider capital of Asturias. Closed Tuesday.

Tel: (+34) 985 892 580