

JULY
2024

THE FOODIE'S RECIPES. ALBERTO UGARTE | Pg. 14
THE SOMMELIER. MARÍA JOSÉ HUERTAS | Pg. 16
A TRIP TO PUERTO RICO | Pg. 20

No 22

ARTEVINO

MAGAZINE

KARLOS ARGUÑANO





WINE MODERATION
ELEGIR | COMPARTIR | CUIDAR

CONTENTS

5
Editorial

6
Interview with Karlos Arguiñano

9
Artevino News

13
Tasting Room

14
The foodie's recipes

16
The sommelier

18
Green is the new black

20
A trip to Puerto Rico

25
Meet...

26
Did you know... ?

27
A table at...

29
Gourmet Corner

30
Art & Style

3

VETUS
WHERE THE HISTORY,
THE LAND AND THE PEOPLE ARE FOUND.



ARTEVINO

EST. — FAMILY WINERIES — 1987

Front Cover: Karlos Arguiñano
Picture: Bainet

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Printed in Spain - Gráficas Ochoa

Edition:
Artevino Family Wineries
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Original design and layout:
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Photography: Víctor Antón, Sergio Aja

Acknowledgements:
Karlos Arguiñano, Alberto Ugarte
and María José Huertas.

WHITE WINE CALLS FOR ITS RIGHTFUL PLACE

“CHANGE IS THE KEY TO PROGRESSION AND GROWTH” – TONY ROBBINS

It is no secret that white wine consumption is on the rise. You have probably heard about it, read articles or seen statistics. You may have even observed it from your own experience as a consumer, producer, distributor or whatever your position may be. It is also no secret that red wine has traditionally been the wine par excellence, strengthening its position year after year as the most consumed and produced wine, creating history and prestige around it and establishing itself as the leader in the industry.

In recent years, red wine has found a strong ally in white wine to maintain the industry's momentum. An unstoppable and unrestrained growth of this once secondary category, which has now moved from a marginal position to consolidate its upward trend, with white varieties accounting for 49% of the world's production.

While red wine still leads the market in Spain, white wine is the fastest growing category and promises to remain so. Perhaps it is premature to speculate whether whites will overtake reds, especially in an area where tradition and custom favour red varieties. However, it is clear that whites and reds are beginning to go hand in hand. The barrier that seemed to separate them is gradually getting smaller and more and more people are choosing to order "a glass of chilled white wine", both in the summer and throughout the rest of the year.

At Artévino Family Wineries, we have been aware of this trend for years, as well as the demands of a sector that is crying out for change and asking for new opportunities for white grape varieties. We are proud to have white grape vineyards of excellent quality since the beginning of our history, allowing us to continue to develop and innovate our white wine production.

We therefore believe it is essential to make a firm commitment to these wines, and we do this in the two appellations where our white wines are present. An example of this is Izadi Selección Blanco, our special tribute to white grapes. This wine blends all the indigenous white varieties in the appellation to make a very special white wine with ageing, using the oldest vineyards of the DO Ca Rioja.

We must not forget our presence in other appellations to the west, where we produce our Flor de Vetus Verdejo, a single-varietal white wine from DO Rueda that confirms our commitment to white grape varieties.

At Artévino Family Wineries we trust and believe in progress and in adapting to change so that we can continue to be successful and innovative in our industry. We are focused on our business and we are devoted to you, to whom we have made a commitment. Thank you for being part of this process.



Arguiñano

KARLOS

For many, Jordi Hurtado is one of the most veteran faces on Spanish television. But he has a serious rival in Karlos Arguiñano, who has been promoting culinary education both at the stove and in front of the camera since 1991. Several generations have learned to cook with him or enjoyed his recipes in the family restaurant in Zarautz. Despite his many years in the business, the Basque chef and communicator still seems to have plenty of recipes and jokes.



"I WOULD LIKE TO SEE THE ENTIRE WORLD HAVING A DECENT DIET".

Karlos Arguiñano is an all-round character. If he had to define himself, what would he say?

I am an active person who is curious and has a passion for life.

Where do you find yourself after 55 years as a chef?

I find myself at a very sweet moment. I am happy with what I do because I really enjoy cooking and teaching. I originally set out to give people different choices with simple, affordable recipes using seasonal produce, and I think I have succeeded. I just want people to learn and enjoy cooking.

A long professional career, even though it was not your first job. After completing your vocational training, you worked for the CAF group as a mechanic for carriage and train engines. How do you remember those days?

I have fond memories of that time. I had just finished my studies and had a job - what more could I ask for?

You then decided to change careers and attend the Hotel Management School in Zarautz. What was the reason for your change of heart?

I read a story in the newspaper about a new cooking school in Zarautz, and although I had a stable job, my curiosity and desire to travel and discover the world won out over job security.

In 1970 you were in charge of the kitchen at the Zarautz Golf Club. This period also saw the emergence of the 'New Basque Cuisine' movement, pioneered by yourself, Juan Mari Arzak, Pedro Subijana, Ramón Roteta, Tatus Fombellida and José Juan Castillo, among others. What would you say has been your contribution to culinary culture, both locally and nationally?

The three key pillars of the movement were: reviving traditional recipes and lost dishes; reclaiming the authenticity of ingredients by using fresh seasonal market produce; and expanding the traditional recipe book with creativity and innovation.

Before we started this 'New Basque Cuisine', we had a great local cuisine. It was perhaps a little limited in terms of recipes, but it was certainly very good. What we brought with us was a willingness to innovate, to open up to the outside world, while staying true to our roots.

I would like to emphasise that it is essential to master the basics in order to master any type of cuisine. If you don't master the basics, you will find it difficult to grow.

I'm sure you've faced many situations where you had to choose between two different paths. Do you have any regrets?

I know I've taken some good and some not-so-good decisions in my life, but to tell you the truth, I have no regrets. Every single decision has helped me learn and grow.

What role do you think television has played in your career as a chef?

Television has been crucial for me. It has given me the opportunity to reach a wide audience, transforming my role from a cook to a communicator.

Television has given you a great deal, but has it taken anything away, has it deprived you of anything?

I have lost my privacy. It's almost impossible to go unnoticed. There are times when I'd like to have the invisible man's cloak.

Your restaurant is now in the hands of your children, but does a chef ever retire?

I cook every day, from the very first thing in the morning. I get up early

and the first thing I do is prepare breakfast. It can be anything from garlic soup, fried eggs, a slice of fish in batter or leeks and potatoes. I will never stop being a cook.

If you had a magic wand, what would you change in today's gastronomy?

I have no objections when it comes to today's cuisine, but I wish I had a magic wand to ensure that everyone has a decent diet. I would like to eradicate hunger from the world.

Do you think wine has its rightful place in restaurants?

Some do, but most of them do not give it the importance it deserves.

And what about Txakoli? One of your latest projects is the K5 winery.

Our aim was to improve the quality of Txakoli, and I believe we have achieved it. I am very proud of the results. We have transformed it from a wine meant for quick consumption, with very sharp acidity, into a well-balanced white wine with good ageing potential. I'd like to add that our first K5 vintage, 2010, is still exceptional today.

One last curiosity, how do you come up with so many jokes?

I like humour in general and jokes in particular. I've always enjoyed telling them and having them told to me.

By Iván Pérez.

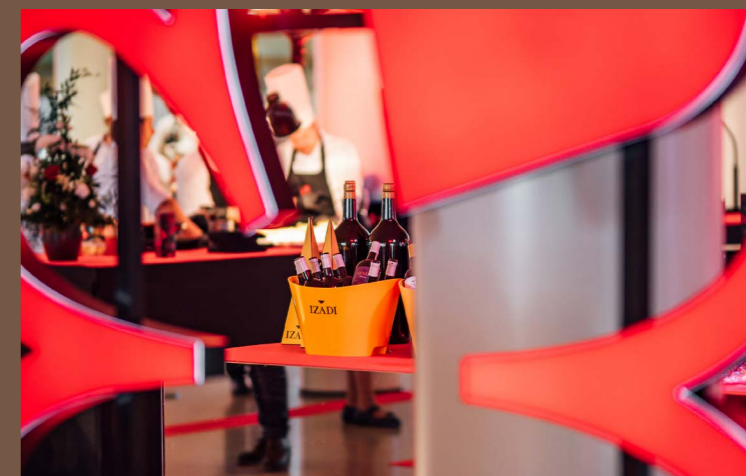
Izadi, official wine at the MICHELIN GALA en Helsinki

Izadi adds a new milestone to its history after being selected as the official wine at the Michelin Gala evening, where the new starred chefs of the Nordic countries were announced: Denmark, Finland, Sweden, Norway and Iceland. Bodegas Izadi played a leading role in Helsinki at the most important culinary event in Scandinavia, one of the most exciting in recent years. This is a region whose cuisine has always been tremendously successful, led by René Redzepi's famous Noma.

The event, held at the Finnish capital's City Hall, brought together candidates from the five Nordic countries. Izadi wines were served at the awards ceremony and the gala dinner that followed. The white and red Izadi Selección were the two wines that the Michelin-starred chefs toasted with. The two wines are Rioja through and through - both are made exclusively from local varieties protected by the appellation.

For Lalo Antón, managing director of Bodegas Izadi, this is a milestone in the company's history. "Forty years ago, when we made our first crianza, we couldn't have imagined that we would be thousands of kilometres away from Villabuena de Álava, sharing a table with some of the best chefs in the world."

The 2024 edition will be remembered for the announcement of two new restaurants with three Michelin stars, the publication's highest accolade. One is chef Eric Kragh Vildgaard's restaurant Jordnaer in Denmark. The other new three-star winner was Sven Erik Rena of restaurant Re-naa in Norway. Izadi witnessed this great achievement for Nordic cuisine, which is enjoying tremendous success.



News

Villacreces, Best Sustainable Company

Every effort has its reward. This is what Finca Villacreces has proved by winning the prize for the Best Sustainable Company in Castilla y León at the IX Business Awards of Castilla y León. This recognition of its commitment to the environment and respect for the natural surroundings confirms Villacreces as the most sustainable company in the autonomous community of Castilla y León in 2023. Since the Antón family purchased the property in 2003, Finca Villacreces has continued to strengthen its environmental commitment to the land and surrounding landscape. Our pledge to environmental management is based on the criteria of sustainability and protection of the natural surroundings, encompassing the vineyard, the various winemaking processes, the company offices and the wine tourism activities hosted on the estate. As a result, Finca Villacreces has reduced its CO2 emissions by implementing a comprehensive energy efficiency plan, using new technologies and renewable energy, optimising water management and reducing waste.



Villacreces Brunch among vines returns

After the success of its first edition, Finca Villacreces held a new brunch in the vineyards for those who love this breakfast-lunch experience. This exclusive and unique event, limited to 70 people, took place last May and featured acoustic music by the band Walnut, the perfect atmosphere to savour the varied selection of sweet and savoury dishes served at the brunch, which were perfectly paired with Finca Villacreces wines. Visitors were also treated to a full morning of live art exhibitions and a guided tour of the winery to learn more about the inner workings of the estate.



10

Villacreces takes part in Gentleman's awards

At Finca Villacreces, respect and admiration for art in all its forms has always been one of our core values. Culture, design, folklore and craftsmanship are the cornerstones of the identity of a place. They are part of its origins and define the path to be followed. Last May, Finca Villacreces took part in Gentleman magazine's annual awards ceremony, which recognises excellence in various disciplines. At the event, the estate had the opportunity to serve its wines and present the award to flamenco singer Vicente Amigo. More than 400 people gathered to celebrate the evening with Pruno 2021 and Finca Villacreces 2019.



New 'Día Pruno': the Golden Mile's festival gets an innovative makeover

Now in its 7th edition, it is hard to imagine the month of June without the most famous festival in Ribera del Duero. Pruno Day took place on 22nd June with new features, including a record number of visitors. Held at Finca Villacreces, the event offered a fresh approach to music and culture. Now in its seventh year, Pruno Day was full of new surprises and, above all, contemporary sounds for lovers of wine and good music. It was also an opportunity to experience wine culture in a different way, in the heart of Ribera del Duero's Golden Mile. This year's Pruno Day featured a varied musical line-up, led by the Valladolid band Augusta Sonora, the Madrid singer Luis Brea and Depedro, the festival's main act, who presented some of his new songs and performed a selection of some of his famous hits. In addition to the concerts, guests enjoyed four exclusive activities, including a guided tour of the winery, the wine casino, a ride on the Pruno Express train and the anti-tasting. The food was one of the highlights of the day, with a suckling lamb tapa and a selection of wines from the winery and the dishes served at the food trucks.

11

Izadi Reserva reaches the world's top 10

The 2019 vintage of Izadi Reserva has made it into the world's top ten wines. The prestigious US publication Wine Spectator selected Izadi's Reserva as one of Spain's Top Value wines of the year with 91 points. This ranking measures the value for money of wines sold on the US market. Izadi Reserva 2019 comes from vineyards over 45 years old located in the triangle formed by Villabuena, Samaniego and Álbalos, three villages in the heart of Rioja Alavesa. This is how Wine Spectator describes Izadi Reserva: "Well-balanced and silky on the palate, this classy red features a beam of ripe mulberry fruit, with creamy tannins and aromatic hints of dried flowers, crushed pine and sandalwood. Plush finish."



Izadi receives award for its rebranding

The winds of change have brought good news for Izadi. The Bodegas Izadi rebranding project, designed by Riojan agency TSMGO The Show Must Go On, has won a silver award in the Corporate Identity category of the Best in Food competition. This is the only food marketing award in Spain and is organised annually by IPMARK and DAREtail magazines in conjunction with the Alimentaria trade fair. The rebranding of Bodegas Izadi, developed in collaboration with the marketing department of Artevino Family Wines, has given the winery a new image while strengthening its brand pillars to increase its appeal to consumers. For Iván Pérez, the company's marketing director, "this rebranding initiative is the result of a major effort to get closer to consumers and to gain a deeper understanding of the company itself. It has helped us to define our values and integrate the brand in all our processes."



12

Izadi wins new prize for green credentials

Izadi's very name reflects its commitment to the natural environment. Izadi is synonymous with nature and is now a key player in activities aimed at preserving it. For this reason, the Verema Awards, the largest online wine community in Spanish, has presented Bodegas Izadi with a new award for its environmental protection project, after it won the Best Of award for Sustainable Wine Tourism. In a public online vote, Verema users chose the winery, located in Villabuena de Álava, as the Best Environmental Project of 2023, from a list of 10 shortlisted wineries, including prestigious bodegas such as Pago de Carraovejas and Familia Torres, which came second and third in the ranking. This recognition confirms Izadi's commitment to the environment from which it sources the natural ingredients for its wines. Three years ago, Izadi obtained the FEV's Wineries for Climate Protection certification, which was extended to include social and cultural aspects a month ago. To achieve this, the Rioja Alavesa winery has implemented several initiatives, including installing solar panels to generate renewable energy, using water recycling systems, reducing bottle weight and auxiliary materials, and increasing the number of hectares under organic cultivation. This philosophy also extends to other areas of the winery, such as wine tourism, which includes activities on electric bicycles and tours that raise environmental awareness.



TASTING ROOM

Izadi El Regalo Viñedo Singular 2021

The name of this wine is no accident: Izadi El Regalo (The Gift) comes from one of the area's most iconic vineyards, planted in 1936 and registered in 1940, after the Spanish Civil War. El Regalo is the name of this vineyard and its special qualities make it one of the first Viñedos Singulares, the highest category for outstanding vineyards established by the DOCa Rioja. A true gift, from the moment of its birth in an exceptional terroir rich in history to its final transformation into a 100% single-varietal Tempranillo wine. This wine has an intense ruby



red colour and very complex aromas with hints of ripe black fruit, smoked and toasted notes. It is elegant on the palate, with a persistent finish and hints of ripe fruit and aromatic herbs. Izadi El Regalo captures the winery's strong bond with nature in the heart of Rioja Alavesa, the land where it was born, surrounded by old vineyards. Bodegas Izadi makes the most of the unique conditions of this terroir to produce balanced, versatile and distinctive wines.

Flor de Vetus 2020



Flor de Vetus embodies Bodegas Vetus' firm commitment to DO Toro as a region in which to carry out its winemaking activities. This region is unique and rich in history and culture, making it ideal for growing Tinta de Toro, the grape variety used to make this single-varietal wine. Flor de Vetus 2020 is the new vintage of this wine. It also presents a new image, serene, direct and timeless, like the land it

comes from and where the values of the past guide the present and future of its people. A fresh and sweet wine with aromas of ripe red fruits, hints of liquorice, spices and dairy, complemented with subtle notes of coffee caramel and toasted bread. Made from 100% Tinta de Toro, this wine embodies one of the key goals of Bodegas Vetus: to show that a different approach to winemaking is possible, combining local expertise with the insights of discerning consumers eager to explore new wine styles.

13

Nebro 2021

The 2021 vintage of Nebro retains the singularity and exceptional character of its predecessor. This DO Ribera del Duero wine comes from a small plot of very old, low-yielding vines in Olmedillo. Nebro 2021 embodies the excellence of Finca Villacreces. The wine matures in a privileged environment, among pines, olive



trees and junipers, with vines over 80 years old and made from small clusters and tiny berries. Rich in texture and flavour, this 100% Tempranillo wine is aged for 16 months in new fine grained French oak barrels and a further six months in French oak vats. A limited edition, produced only in vintages of exceptional quality, it is a wine to be savoured with every sip.



IN THE KITCHEN: BALANCE AND FUN

By *Mónica Burgos*

“COOKING IS EVERYTHING TO ME: MY PASSION, MY HOBBY, MY JOB...
AND IF YOU ENJOY IT, IT DOESN'T COST YOU ANYTHING”

GREEK YOGURTH CAKE

INGREDIENTS

175 g *light cream cheese*
40 g (1.41oz) *cornstarch*
3 *eggs*
2 *Greek yoghurt*
Liquid saccharin

METHOD

1. Beat the eggs in a bowl, add the saccharin, the cream cheese and the Greek yoghurt.
2. Mix well and add the cornstarch. Whisk until the mixture is smooth and homogeneous.
3. Take a metal or silicone mould that fits into the air fryer and line it with baking paper
4. Pour into the lined baking tray and place it in the air fryer at 160 °C (320 °F) for 25-30 minutes.
5. Take it out, leave it to cool and remove from the mould.
6. Recommendations: although this recipe doesn't need any toppings, some jam or syrup, fruit, and of course, melted chocolate, would be a good choice

Enjoy!



Alberto Ugarte identifies two key moments in his career as a content creator and foodie on social media: the arrival of reels on Instagram and the air fryer craze. It's been three years since he started, enough time to become a leading voice in healthy cooking and to show, with original and fun recipes, that healthy eating is anything but boring. The secret, he says, lies in finding the right balance.

His Instagram account showcases his creative culinary skills, something the Madrid-born influencer admits comes naturally to him. "Cooking is everything to me: my passion, my hobby, my job... and if you enjoy it, it doesn't cost you anything." He studied catering and, after working in several kitchens, decided to further his education with a higher degree in dietetics. "It was then that I became interested in sports and sports nutrition, and I specialized in it."

He admits to having faced, at times, an inner debate about his professional ambitions. But his achievements seem more than enough to suggest that he has already realised them: more than a million followers on his Instagram profile, millions of views of his videos and the publication of his book *Hacer fit lo más fat* (Be fit rather than fat). "For me, real success is being able to enjoy my work and make a living from it, finding the balance between thinking about the long-term and relishing the present. If I can also help others to eat healthier, that gives me great satisfaction."

His recipes include cakes made with the most famous products on the market, as well as a variety of fun, diverse, but always healthy dishes. If there's one ingredient he always has on hand, it's oats. "They are a must in my kitchen; they are very versatile, super nutritious, and bland on their own, but because they are so versatile and easy to combine, there's a lot of scope to make many different recipes." Although he has many favourite recipes, he confesses that Greek yoghurt cake in an air fryer is one of his top choices.

His perfect pairing? "A good T-bone steak cooked rare with *Izadi Crianza*."

“The change in wine culture has been enormous. In the past, there were no sommeliers, no wine culture, no expertise, no magazines about wine, and hardly any women in the business. We have advanced at every level.”

MARÍA JOSÉ, SOMMELIER
By María de Lara

16 A witness to the changing times and the resulting evolution of wine culture, this sommelier began her career 24 years ago at Paco Roncero's two Michelin-starred restaurant in Madrid's Casino, where she still works today.

But this is not the only activity that keeps María José Huertas busy; she says that she does "a million other things" at the same time. The winner of numerous awards, including the National Gastronomy Award and Best Sommelier at the International Academy of Gastronomy, she recalls how her early days were marked by the fear of "messing up" and the shortage of women in the business



“The growing number of sommeliers in recent years has gone hand in hand with consumer interest. Customers want to know more about the wine they drink and are not afraid to try new styles”

MARÍA JOSÉ HUERTAS

You always talk about how you had a somewhat accidental start in hospitality or sommelier but once you got into it, what was it that hooked you? All I really wanted to do was work in wine. Training as a sommelier in the wines of the world or wine tasting in general was a challenge for me because I didn't know much about it and I liked that. I had studied viticulture and oenology, which has nothing to do with serving wines in a dining room, tasting or knowing about international wines. Working as a sommelier was a way of discovering the world through its wines, because I had a very technical background: I knew how wine is made and what goes on in the vineyards.

You were so taken with it that you didn't leave the profession and have been working in the same restaurant for 24 years. What changes have you seen since those early days? Wine culture has evolved enormously, which is evident in the very fact that we are discussing it today. In the past, there were no sommeliers, no wine culture, no expertise, and no wine magazines. When I took the sommelier course, there were only four women in a class of 40; now, there are more and more women. We've seen change in every way.

Continuing on the subject of change, how have wine consumers evolved? Are they different now? Yes, but this change is also due to greater awareness. Consumers who previously never ventured beyond Rioja and Verdejo are becoming more knowledgeable and better informed. It is the consumer who is increasingly demanding a greater role for the sommelier because they want to try new wines. There has been a parallel rise, and we have all grown together. This inspires me to enjoy my work more —customers also enjoy it more because they want to taste and know more.

You have been working with Paco Roncero for 24 years. What is the relationship between a sommelier and a chef? There's something special between Paco and me; it's almost more of a personal and human relationship than a professional one. I have the freedom to speak openly with him, as if he were my brother or a close friend, and that helps us to support and understand each other professionally.

What does it take for a sommelier to win a customer's trust? Is it easy? It's easy when we're dealing with national customers we already know. If it's a domestic customer we don't know, we have to have a fluent conversation to understand each other, both in terms of their budget and the type of wine they want. With foreign customers, the key is ensuring they leave happy.

When you talk about learning, you always stress the importance of travel. Which country has surprised you the most in terms of food and wine? I've travelled around Portugal a lot, visited wineries and been treated very kindly. The food and wine are incredibly diverse.

In the course of your career, how many wines have you tasted? We taste about 3,500 wines a year. You might taste 8 or 10 different wines a day, but then sometimes we go to tastings where you sample 80 wines in one day, like the Decanter Awards tastings in London. So yes, on average 3,000-3,500 wines.

Do you have any role models in the world of sommeliers? I admire all the young sommeliers who are constantly studying and training; I admire Custodio Zamorra and the rest of the people who opened the doors for us, those who raised awareness in Spain of what a sommelier is; I admire the wineries I have visited, how the producers behind each wine have helped us and told us how they make it; and I admire the colleagues of my generation: we have worked hand in hand, helping each other every day. I admire them all and have always tried to learn from them.

Which wines have caught your eye recently? I'm impressed by the freshness of many wines from cooler areas of Spain, such as the Sierra de Gredos and the reds from Galicia. I've noticed a general trend towards seeking freshness in wines throughout Spain, which is particularly appreciated in a relatively warm country. The presence of oak is being reduced in most regions, as producers aim for more elegant wines.

Do you think customers prefer this style of wine? They are responding very well because, in general, the food tends to be a little lighter, less meat and more fish, more vegetables, ... and all this goes hand in hand with the style of wines we are talking about.



ORBEN 2020

Orben is a complex, balanced and very expressive wine that really expresses its terroir. It has a bright, garnet colour and a bouquet of black fruits, balsamic aromas, aromatic herbs and subtle smoky nuances. The palate is supple, fresh and lingering on the finish.

A 100% Tempranillo wine from a selection of eight hectares of micro-plots of singular, bush-trained vineyards planted in Laguardia between 1945 and 1954. Aged for 12 months in fine-grained French oak barrels, 50% new and 50% second use, the result is a fleshy, structured and full-bodied wine that is both complex, persistent and aromatic on the finish.

FREE, FAIR AND SUSTAINABLE MOBILITY

By Elsa Sánchez

Project Circleg creates sustainable, affordable and accessible prostheses for less developed countries using recycled materials.



The Circleg prosthesis in use.

Turning plastic into a material with a positive social impact was the goal of Fabian Engel and Simon Oswald when they created the Circleg Project in 2018, as their final year assignment in industrial design at the Zurich University of the Arts.

The Circleg prosthesis is a modular, functional, aesthetic and affordable prosthetic leg for both above- and below-knee amputees. It is designed and manufactured according to the principles of the circular economy, using recyclable materials combined with glass fibres for greater strength and durability. This project aims to produce high-quality prostheses while promoting sustainability through the reuse of resources.

It consists of a polycentric knee joint, a pilone and a dynamic foot joint. These components are connected by pyramidal adapters to provide a custom fit for each user. Its primary function is to provide a highly functional and affordable lower limb prosthetic system that meets the specific needs and local conditions of each individual user.

ACCESIBLE HEALTH CARE

Technological development and its social implications mean that everything around us seems increasingly accessible and within reach. However, according to the World Health Organisation (WHO), 0.5% of the world's population currently needs prosthetics, orthotics and rehabilitation to lead a normal life, which equates to 35 to 40 million people worldwide.

This situation is exacerbated in low- and middle-income and less developed countries, as 80% of the world's people with mobile disabilities live in poorer countries. This means that only one in ten of those in need have access to adequate care products, further isolating those who are forced to remain at home and dependent.

To help alleviate this situation, Project Circleg seeks to address the challenge of the lack of prosthetic

limbs in the countries most in need, with the aim of improving the "freedom of mobility" of amputees, with a focus on East Africa. Its prosthetic legs are low-cost, designed for the needs and situations of amputees in less developed countries, and produced locally and cost-effectively.

Green
IS
THE **NEW**
black.



A TRIP TO

Puerto Rico

When you visit Puerto Rico, its nickname makes sense. Known as 'The Island of Enchantment', it lies to the east of the Dominican Republic and has almost 700 miles of coastline and 1,225 beaches. Anchored in the Caribbean Sea, the smallest island of the Greater Antilles is rich in historical and natural heritage. With a permanent tropical climate and stable year-round temperatures, this island promises to be the quintessential paradise destination.



'The Island of Enchantment'

1. La Poza del Obispo beach, Arecibo.

Puerto Rico stands as one of the pearls of the Caribbean Sea, and its nickname, "enchanted", certainly does it justice. Though under the sovereignty of the US, the island is independent in many respects, and its citizens are nationals of the United States. With a population of 3.2 million, Puerto Rico is the smallest of the Greater Antilles islands, located east of the Dominican Republic. Despite its size, Puerto Rico boasts a rich and diverse ecosystem, as well as numerous natural sites and a vibrant cultural and historical heritage.

This island has many features that make it an ideal Caribbean getaway. Its tropical climate, with stable temperatures between 22 and 33°C all year round, ensures that exploring the island's rich landscape is a consistently enjoyable experience.

The Island of Enchantment has almost 700 miles of coastline and 1,225 beaches. With crystal clear, turquoise waters, its beaches vary in shape, colour, texture and thickness of sand, offering visitors a diverse range of marine landscapes to enjoy. Among the villages with the most beaches are Vieques, with 172; Cabo Rojo, with 127; and Culebra, with 111. However, the longest beach on the island is in Piñones, in Loíza.

Many choose Flamenco Beach on the northwest coast of Culebra Island as their favourite; Aguadilla Beach is considered the most charming beach in El Dorado, west of San Juan, the Puerto Rican capital; and Poza del Obispo in Arecibo is popular with Puerto Ricans for its big waves, natural tide pools and rocky outcrops.

However, beaches are not the only treasure of the Puerto Rican landscape. Despite its small size, the island has a surprising diversity of ecosystems, from its many and varied types of beaches, coral reefs, dunes, rainforests or dry forests, mangroves, caves, lagoons, rivers and lakes, among many others.

Its rich landscape makes it possible to enjoy a wide range of activities, including snorkelling and scuba diving, which are among the most popular in Puerto Rico. In addition to its waves, which make it an ideal destination for surfing, there are also bays with bioluminescent plankton that light up the sea at night, creating a magical effect. As if that weren't enough, the Island of Enchantment boasts a wealth of historical activities, thanks to its unique blend of past and present. Its history as a Spanish colony and its traditional Latin Caribbean culture, combined with its current status as a US territory, create a fascinating fusion of historical and cultural richness.

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Puerto Rican cuisine is another great treat for visitors to the island. The food is a unique blend of flavours and influences that capture the vitality, richness and diversity of Puerto Rican culture, both in its most traditional recipes and in its more innovative offerings and street dishes. One of the most popular homemade dishes is mofongo, made with pieces of fried green plantain mashed with garlic, and pork cured in salt, cracklings, butter or oil; tostones and amarillos (fried plantains); roast suckling pig; and rice with stewed beans.

23

Like its food, music and dance are distinctive elements of the island and reflect its cultural influences at their best. In fact, dance is such a defining and compelling feature of Puerto Rico that it was a group of Puerto Rican musicians who popularised salsa in New York City in the 1960s. Other popular Puerto Rican dances are the bomba, the plena and the danza, which originated on the island centuries ago.

But one thing is certain: the experience of the island would not be the same without its people. Puerto Ricans embody the Caribbean warmth that makes them one of the friendliest countries in the world, something that can be felt as you stroll through the streets of the capital San Juan, where the Old San Juan district is a must-see.

By Silvia Miguel.



3.

1. METROPOL

T. +1 787 302 0118 - 1000 Mall of San Juan Blvd, San Juan, PR.
This restaurant was founded in the capital, San Juan, by Cuban immigrants who had moved to the island a year before it opened. Their desire to offer excellent service at affordable prices in a family atmosphere, combined with exceptional Cuban and Puerto Rican cuisine, was an instant success. They quickly gained a loyal following. Today, Metropol has several branches across the island and beyond, including locations in Barcelona and Miami.

2. LALA

T. +1 787-566-0505 - The Mall of San Juan Blvd, San Juan, 00924, PR.
As it approaches its first anniversary, Lala has already revolutionised the dining scene in San Juan. Supported by high-profile investors such as singer Bad Bunny, the restaurant was designed to be a haven for lovers of contemporary cuisine. At Lala, innovative dishes are crafted with unconventional and artistically presented ingredients, using fresh components and avant-garde culinary techniques.

3. CHOTIS EN AVILA

T. +1 787 993 5607 - 187 C. O'Neill, San Juan, 00918, PR.
Although far from the traditional cuisine of the island, the owner of this restaurant, originally from Ávila in Spain, has created a space where the food and the atmosphere bring a piece of Spain to Puerto Rico. Located in the heart of Hato Rey, it is the first and only restaurant on the island to be awarded the 'Restaurants from Spain' badge. The menu offers a selection of quality Spanish dishes, including some of the most traditional such as fish, paella, suckling pig and cocido (stew), among many others.

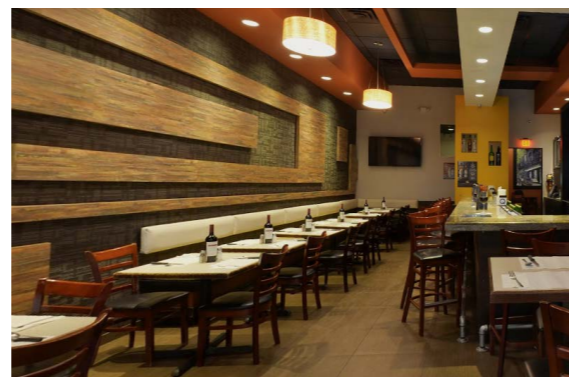
4. EL RODABALLO

T. +1 787 793 8118 - 405 Av. José de Diego, San Juan, 00920, PR.
With a menu that includes fresh fish and seafood, various cuts of meat, and a wide variety of tapas and starters, El Rodaballo has managed to create the perfect fusion of creole and international cuisine in almost three decades of operation. Located in the Puerto Rican capital of San Juan, the restaurant has a spacious dining room, bar, waiting room, a private dining room for up to 25 people and ample parking.

5. ROPA VIEJA GRILL

T. +1 787 428 0237- 55 Avenida Condado Esq, Av. Ashford, San Juan, 00907, PR.
Since its opening in 2002, this restaurant in the heart of San Juan has been serving the most traditional and iconic dishes of Cuban and Puerto Rican cuisine. Ropa Vieja Grill has become a renowned culinary landmark on the island and also boasts an extensive wine list that perfectly complements its carefully selected dishes.

1.



2.



3.



4.



5.



⇒ WHAT DO YOU LIKE MOST ABOUT WORKING IN WINE TOURISM, WITHIN THE MARKETING DEPARTMENT?

Undoubtedly the staff. The group of people is very good and makes all the team members fit together perfectly. I'm passionate about communication, so I think it's also important to help raise awareness of the brand.

⇒ WHAT MAKES WORKING AT FINCA VILLACRECES BETTER THAN WORKING ELSEWHERE?

The team, the drive to continue growing, as well as being in a stunning natural environment.

⇒ TELL US ABOUT AN UNFORGETTABLE MOMENT FOR YOU AT THE WINERY

I loved the first Villacreces Sunset. The event was staged in a family-friendly atmosphere and we were treated to a beautiful sunset that was the perfect finishing touch.

⇒ AN ANECDOTE YOU'D LIKE TO SHARE

I remember one experience in particular that is more than just an anecdote. The opportunity to organise Pruno Day in Mexico will remain in my memory because of the challenge and the great satisfaction of working in a multicultural team.

⇒ WHICH SPACE IN THE WINERY IS PARTICULARLY SPECIAL FOR YOU?

Visitors remind us every day how privileged we are to have a space as visually and olfactorily captivating as the Valladolid Barrel Room.

⇒ FINALLY, TELL US WHICH IS YOUR FAVOURITE WINE

Happy New Twenties Finca Villacreces. Its freshness and the unique blend of Tempranillo and Merlot make it unique. Being a limited release, this exclusivity makes it all the more special.

...María DE LARA?

WINE TOURISM MANAGER CASTILLA Y LEÓN



Born in Valladolid and living in Tudela de Duero, María has also spent part of her working life in Valladolid, Madrid and England. She has been part of the wine tourism team at Finca Villacreces for three years, where she is responsible for coordinating and organising regular tourist activities and events such as Pruno Day, Villacreces Brunch and Villacreces Sunset. Her aim is to ensure that everyone who visits the winery feels at home and wants to come back.

María is cheerful, dynamic and deeply committed to her values. Among these, family and friendship stand out, essential pillars in her life and which she enjoys in her free time. Some of her happiest moments are spent on the basketball court, a sport she has been playing since she was five years old. She has even played for the university's junior team, and this year, in the senior category, she won the provincial championship of Valladolid with her team, La Cistiérniga.

DO YOU KNOW

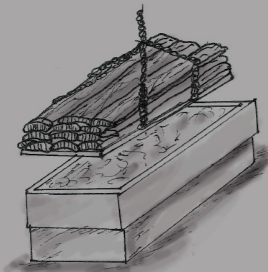
HOW CORK IS MADE?

Portugal has one third of the total area of cork oak trees, is the largest producer and is responsible for around 50% of the world's cork production.

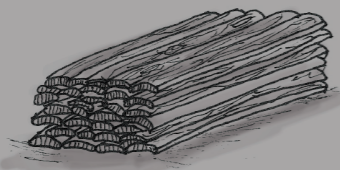


1- Harvesting or extracting the cork.

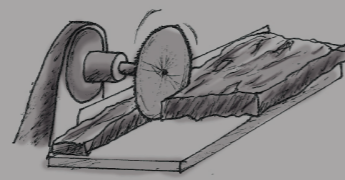
2- Stacking and transport to the factory (storage outdoors for six months).



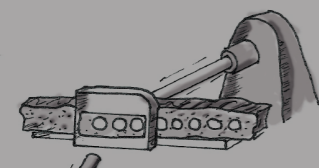
3- Boiling of the boards in steel tanks.



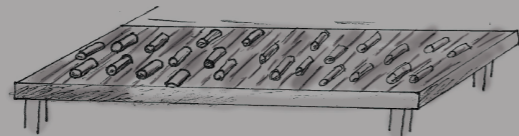
4- The planks are left to rest before processing.



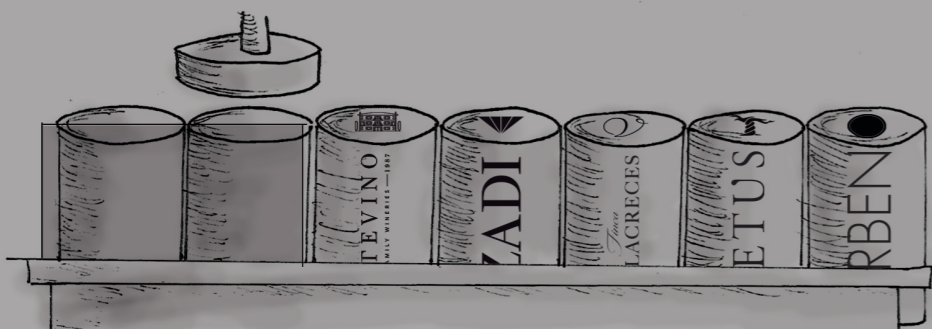
5- The edges are straightened and cut into strips.



6- The planks are drilled with a cylindrical drill.



7- The planks are inspected, graded and then steam distilled.



8- Stamping process (hot stamped with ink and wrapped in a thin film of paraffin or silicone).



A LEGEND RETURNS, THE FASHIONABLE NORTH IN MADRID AND A TRIBUTE TO ITALIAN CLASSICS



Restaurant Ikea

PORTAL DE CASTILLA, 27, VITORIA.

Ikea, a legendary restaurant in Vitoria, reopened its doors on 6 June after being closed for five years. It is managed by RAS Group, under the direction of Vitoria-based restaurateur Óscar Abajo, who also runs the two-storey townhouse, built at the end of the 19th century, with a surface area of almost 500 m², as well

as the outbuildings. Chef Unai Fernández de Retana, who has also created and designed the dishes for the new Ikea, joined the project with the aim of making this restaurant a "culinary landmark" in Álava.



El Gran Asador Lecanda

AV. PASEO LA REFORMA, 509,
CALLE DE LAGASCA, 46, MADRID.

Situated in the heart of Madrid's Salamanca district, El Gran Asador Lecanda is David Lecanda's new restaurant specialising in Basque grill cuisine, which is quickly becoming a fixture in the capital. The place is inspired by the old Basque farmhouses and gastronomic societies, combined with touches of modernity and innovation, while keeping the classic Basque wood-fired grill as the star of the show. This charming space, with a spacious kitchen and a large imperial table, together with an extensive and attractive menu, make this restaurant one of the great openings of the year.

Trattoria Enriquetto

CARRER D'HERCEGOVINA, 24,
BARCELONA.

Enriquetto could be described as a declaration of love for classic Italian pasta. This new trattoria in the Sarrià-Sant Gervasi district honours the name of Enric Rebordosa, one of the founding partners along with Kim Díaz and Miquel Puchol.

The place offers simple, delicious dishes in a cosy, unpretentious setting that suits a restaurant whose essence is based on the pleasure of enjoying the simplest and most accessible things. The food, served on beautiful Limoges and La Cartuja porcelain plates, testifies to the restaurant's attention to detail and appreciation of aesthetics.



Gourmet

CORNER



PRUNO KANKEL TRUFFLES

Kankel Cacao – Finca Villacreces (Valladolid)

Kankel was created with the aim of bringing people closer to the flavours and sensations of cocoa. Its products offer a taste of the land they come from and the essence of their region. This expression of origin and identity culminates in the Pruno Kankel truffles, where chocolate and wine traditions merge to create Pruno wine cream truffles covered in cocoa, with a rich, creamy texture on the palate. The idea started as a 'what if' and grew into the challenge of creating a DO Ribera del Duero wine cream ganache covered in chocolate made with grape skins and wine-flavoured sugar. The result is a smooth and delicious experience for the palate.



BENFUMAT SMOKED LOBSTER CARPACCIO

Benfumat – Sant Feliu de Llobregat (Barcelona)

Throughout its 40 years of tradition and innovation, Benfumat has remained faithful to a unique smoking technique that it still uses today: "a gentle and special smoking method using fine woods to obtain a delicate perfume and a slightly mature flavour." This is the premise behind their Smoked Lobster Carpaccio, with a delicious seafood flavour, firm texture, original colour and a subtle smoky aroma. An idea born from a partnership with Maresmar, a leader in the selection, import and distribution of lobsters and other crustaceans in Spain. The

quality of Benfumat's products is directly linked to their origin: the icy and polar seas of Iceland, Norway and Alaska in the case of its fish specialities.



ORGANIC NATURAL PINE NUTS

Sociedad Cooperativa Piñonsol CYL – Pedrajas de San Esteban (Valladolid)

Sourced from certified pine forests that have not been treated in any way, this product is a healthy alternative to animal protein. Between 33% and 39% of its content is vegetable protein, a high percentage that makes Piñonsol natural organic pine nuts the most protein-rich. Its mineral content cannot be compared with other pine nuts, being rich in magnesium, potassium, phosphorus and zinc. Made in a completely natural way, its origin is guaranteed, traceable from producer to consumer, and its production facilities meet all food safety standards. All this makes it the 'undisputed king of nuts'.



CAVIAR SCHRENCKII ROYAL AMUR

Caspian Pearl S.A. – La Moraleja (Madrid)

Its distinctive nutty flavour, together with its grey-brown and golden colour, make this speciality both unique and exquisite. Obtained from the Acipenser Schrenckii sturgeon, Caviar Schrenckii is a fresh product, selected and imported directly from its source to Spain by Caspian Pearl. A species that has become a favourite in the hospitality industry for its special versatility

in the most prominent dishes. This product builds on Caspian Pearl's long history in the caviar business, specialising in the import and distribution in Europe of wild Iranian caviar from the Caspian Sea, in its flagship varieties: Beluga, Asetra and Sevruga. Caviar Pearl's meticulous selection process is based on the company's extensive experience and aims to deliver on the company's key goal: "to continue to supply only the best caviar in the world."



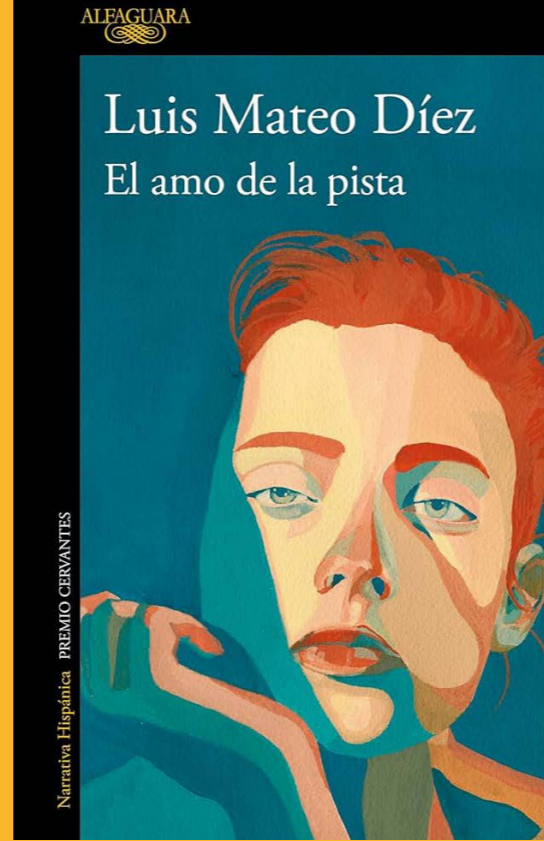
GALICIAN STYLE OCTOPUS WITH PIMENTÓN DE LA VERA PAPRIKA

Don Bocarte – Santoña (Cantabria)

Despite its recent creation in 1997, Conservas Selección Santoña has become a leader in the production of high quality canned and semi-preserved fish. Produced and marketed under the Don Bocarte brand, its success is based on the rigorous selection and careful handling of its products. Selección Don Bocarte selects octopus caught in the Galician estuaries using pots, one of the oldest and most traditional sustainable fishing methods. After careful cooking, the texture of the octopus is perfect and retains all its flavour. The Galician-style Don Bocarte octopus with La Vera paprika is one of the delicacies in the company's portfolio. Inside the tin you will find perfectly cooked, sliced octopus legs preserved in their own juice with paprika, so that the texture and flavour are as perfect as if the octopus had been freshly cooked.

By Esther Crespo.

ART & STYLE



'El amo de la pista', by Luis Mateo Díez
 "A confused and helpless young man who doesn't know what to do with his life" is the introduction to the latest novel by Castilla y León writer Luis Mateo Díez, and his first since winning the Cervantes Prize in 2023. This novel reveals the extraordinary narrative skills of its author, who portrays a character who lives his life haphazardly and the control mechanisms exercised over him by the people in his life. With this book, Mateo Díez constructs a story of wit and boundless imagination about the vulnerability and manipulative capacity of human beings.

No 22

A dress made of sand: time through fashion. The Met Gala, the perfect setting to let the imagination of design run wild, proved once again that when it comes to fashion, we have not seen everything. Proof of this was Balmain's gown, made from sand in three different shades. The idea behind the design was to use fashion to create an hourglass. It was made on a cast of the body of singer Tylda, who had to be carried up the gala stairs due to the fragility of her dress.



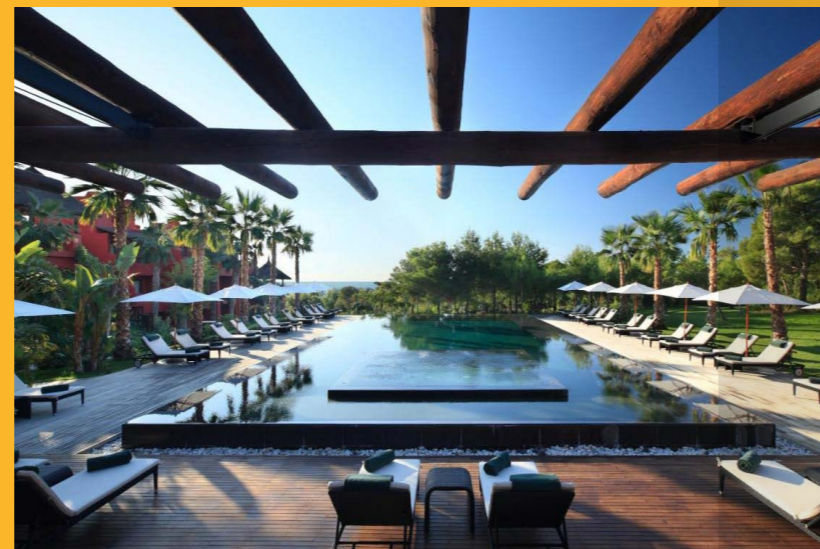
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A two-in-one solution for summer: protect and revitalise. Isdin Hydro Lotion. Isdin presents the first sunscreen that oxygenates the skin with a double formula: high protection against UVA, UVB and SPF50 2; and a powerful detox action. Isdin Hydro Lotion cleanses and revitalises the skin thanks to its antioxidant properties. This instant-dry, two-phase moisturising body sunscreen features a marine-friendly formula that is environmentally conscious and unique in its category.



Comfort and style in summer with Victoria Trainers. No matter your age, gender, season or style, trainers are a wardrobe must-have. Victoria's white cyclist trainers are the ultimate way to combine style and comfort this summer. Made from faux leather with a split leather toe cap, they feature a logo print on the back and a black V on the side in the same colour. The light brown sole is made of vegetable oils rather than mineral oils, thus reducing the environmental impact, and features a more ergonomic insole made from recycled materials.



Asia Gardens Hotel & Thai Spa: The Best Hotel in Spain 2024 is in Alicante. Asia Gardens Hotel & Thai brings destinations such as Thailand, Malaysia and Bali a little closer. Named Best Hotel in Spain 2024 by the World Travel Awards, this hotel-spa is located in Finestrat, Alicante, and is inspired by Southeast Asia. In addition to its spa, the hotel boasts tropical gardens with more than 3,000 different native species.



Megalopolis rises from the ashes. Despite rumours of unrest on the set, claims of production chaos, and a controversial screening at the Cannes Film Festival that divided critics, Megalopolis is set for release on 27 September. The plot of Francis Ford Coppola's next film centres on the story of a visionary architect who sets out to rebuild a devastated New York and transform it into a futuristic utopia. A narrative fraught with political tensions and ethical dilemmas in a dystopian setting, it is intended as a profound reflection on society.



Tomato-scented candle by Loewe. Scented candles have become an essential decorative element in our homes since they first became trendy in the early 2000s. Loewe's Tomato Leaves candle, scented with tomato leaf essence, goes beyond traditional scents to evoke the freshness of tomato vines just before they ripen in summer.

New Audi RS 4 Avant Edition 25 Years. A quarter of a century has passed since the German brand launched the first edition of the Audi RS 4 Avant. Since then, it has become one of the most outstanding high-performance family sports cars, and to celebrate, Audi is presenting a very special commemorative edition: the RS 4 Avant Edition 25 Years, limited to just 250 units.



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