

OSCOS-EO REGION Gastronomy

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A photograph of various types of cheese, including a large wheel of cheese with a woven rind, and several pieces of bread, some whole and some sliced, arranged on a rustic wooden surface.

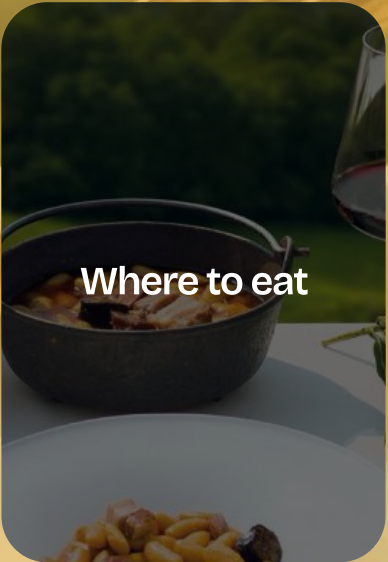
Flavors with
identity

A photograph of a bowl of soup, likely a traditional Spanish soup, with a thick, creamy texture and visible ingredients like meat and vegetables.

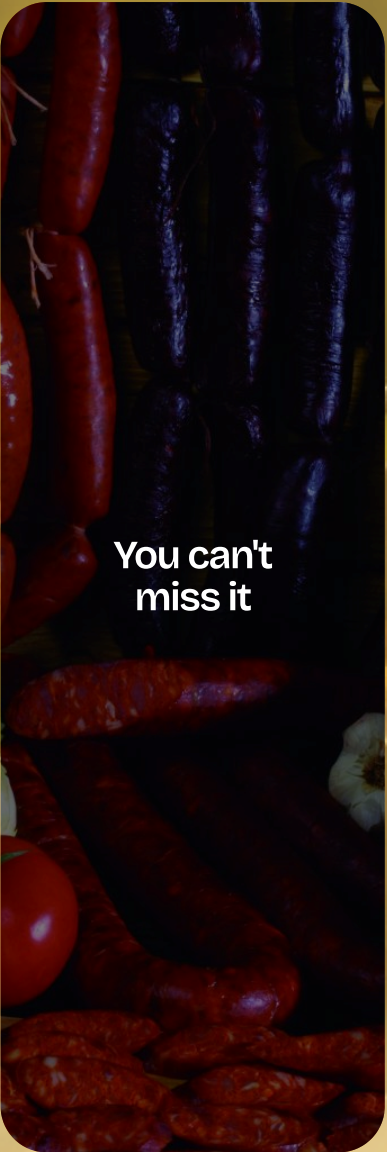
Typical
dishes that
you can't
miss

A photograph of several oysters on ice, with a focus on the fresh, glistening shells and the creamy texture of the oyster meat.

Gastronomic
experiences

A photograph of a small pot of food, possibly a stew or a sauce, with a focus on the rich, dark color of the liquid and the texture of the ingredients.

Where to eat

A photograph of various types of sausages, including chorizo and morrisón, along with red and green peppers, arranged on a dark surface.

You can't
miss it

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Flavors with identity

Oscos-Eo tastes of the mountains, the sea, the river, and tradition. Free-range meats, seasonal crops, honey, chestnuts, and artisan cheeses are transformed into dishes with soul. In these lands of encounter, the cuisine is nourished by centuries of rural life and a way of doing things that has been passed down from generation to generation. Eating here is savoring something authentic, something local, something truly cared for.

Places



01

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you can't miss

Meats, fish and seafood



Artisan sausages and cheeses



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Chorizos, hams, and os roxóis: Little gems cured with care. Roxóis are pork with fat, cooked slowly for many hours and drained. In Taramundi, the cheesemaking tradition is kept alive with artisanal varieties such as blue cheese, goat cheese, cheese with nuts, and cottage cheese.

 Where to try or buy them? Many of these authentic flavors can be found in small local shops, village butchers, or at the region's weekly markets. Some, like the Roxóis, are only available in restaurants during the slaughter season. You can also discover artisan cheeses on cheese dairy tours with tastings.

Traditional stews



Confectionery



Typical dishes that you can't miss

Meats, fish and seafood

+

Artisan sausages and cheeses

+

Traditional stews

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©Asturias Tourism - Camilo Alonso

Scampi broth, fabada, tripe, compango, and pork butchering. These are stews that taste of winter, slow cooking, and pork butchering. In many homes, they're still prepared as they were in the past.

Confectionery

+

Typical dishes that you can't miss

Meats, fish and seafood	+	
Artisan sausages and cheeses	+	02
Traditional stews	+	03
Confectionery	–	04
		05
		06



©Asturias Tourism - Joaquín Fanjul

The pastries here are humble and delicious. Made with free-range eggs, freshly milked milk, and hands that know everything. The aroma of a village cake or aniseed freixolos is part of the journey.

Typical dishes that you can't miss

Meats, fish and seafood



02

Asturian beef, pork, fish, seafood and the EO oyster

The meat is recognized for its quality and exceptional flavor, and the beef in particular has been certified as a Protected Geographical Indication (PGI), ensuring that what you are enjoying is truly high-quality meat.

Beef, especially, is usually tender, juicy, and full of flavor, thanks to native breeds and traditional breeding techniques. Pork products, highly prized in local cuisine, are also notable.

The proximity to the Cantabrian Sea and traditional fishing techniques contribute to the freshness of the fish and seafood, which are extremely tasty and of excellent quality. Particularly noteworthy is the oyster, farmed in the Eo estuary itself, with organic certification that guarantees its quality.

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Artisan sausages and cheeses



Traditional stews



Confectionery



Gastronomic experiences: festivals, tours, tastings and workshops



GASTRONOMIC FESTIVAL “WE ARE THE OSTRAL” – CASTROPOL

Every May long weekend, Castropol celebrates this gastronomic event. It's a unique festival in Asturias, featuring oysters grown in the Eo River as its main attraction. In addition to oyster tastings, you can enjoy numerous activities that complement a highly appetizing program.

[Go to the website](#)



FAIR OF EXALTATION OF THE ROSCAS

This fair pays tribute to this fluffy and aromatic dessert, made with family recipes. Tastings, direct sales, and the friendly village atmosphere make this event a delight for those with a sweet tooth and those curious about local flavors.

Gastronomic experiences: festivals, tours, tastings and workshops



HANDCRAFTED

this company offers numerous courses and workshops to teach you how to make authentic artisan products such as beer, honey, and cosmetics in a fun and easy way, using simple techniques used by our ancestors. discover all the available courses and workshops here:

[Go to the website](#)



DUXEMIEL

With this company, you can participate in a bee tourism activity, where you'll discover the fascinating world of bees, learning about each individual hive member: their jobs, organization, and how they produce different products, as well as the threats they pose to our planet. The activity concludes with a tasting session, where you'll sample our honey, pollen, propolis, and royal jelly.

[Go to the website](#)

Gastronomic experiences: festivals, tours, tastings and workshops



VIDUEDO LIVESTOCK – LIVESTOCK TRADITION IN SANTA EULALIA DE OSCOS

Located in Santa Eulalia de Oscos, the Viduedo Livestock Farm works with native Asturian breeds, especially beef cattle and small livestock, in a mountain setting where animal welfare and sustainable management are priorities. Its family-run approach emphasizes quality, free-range farming, and a direct connection with the region. It is a living example of the value of extensive livestock farming in the Biosphere Reserve.



TARAMUNDI CHEESE FACTORY

visit the cheese factory to learn about the artisanal cheesemaking process using milk from local farms. an opportunity to taste and purchase local products.

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Gastronomic experiences: festivals, tours, tastings and workshops



CHEESE AND LOCAL PRODUCTS FAIR - TARAMUNDI

Taramundi becomes a showcase for the region's flavors, bringing together small producers who offer artisan cheeses, cured meats, bread, honey, pastries, and cider. A place to discover, taste, and take home the authentic flavor of the region, in a town that is a symbol of rural know-how.



VEGADEO MARKET

Every Saturday, the Vegadeo market fills the fairgrounds with life and flavor. Local produce, garden produce, crafts, and food are showcased in an authentic atmosphere that brings together locals and visitors.

Gastronomic experiences: festivals, tours, tastings and workshops



FABEO - VILLANUEVA DE OSCOS

Immerse yourself in authentic rural life by visiting this farm, owned by producers of PGI Asturian Faba, located in Abres. This unique experience will allow you to learn firsthand about the planting, harvesting, and selection process of the prized Asturian faba, a gem of local cuisine.



BREAD ECOMUSEUM - VILLANUEVA DE OSCOS

Every Saturday, the Vegadeo market fills the fairgrounds with life and flavor. Local produce, garden produce, crafts, and food are showcased in an authentic atmosphere that brings together locals and visitors.

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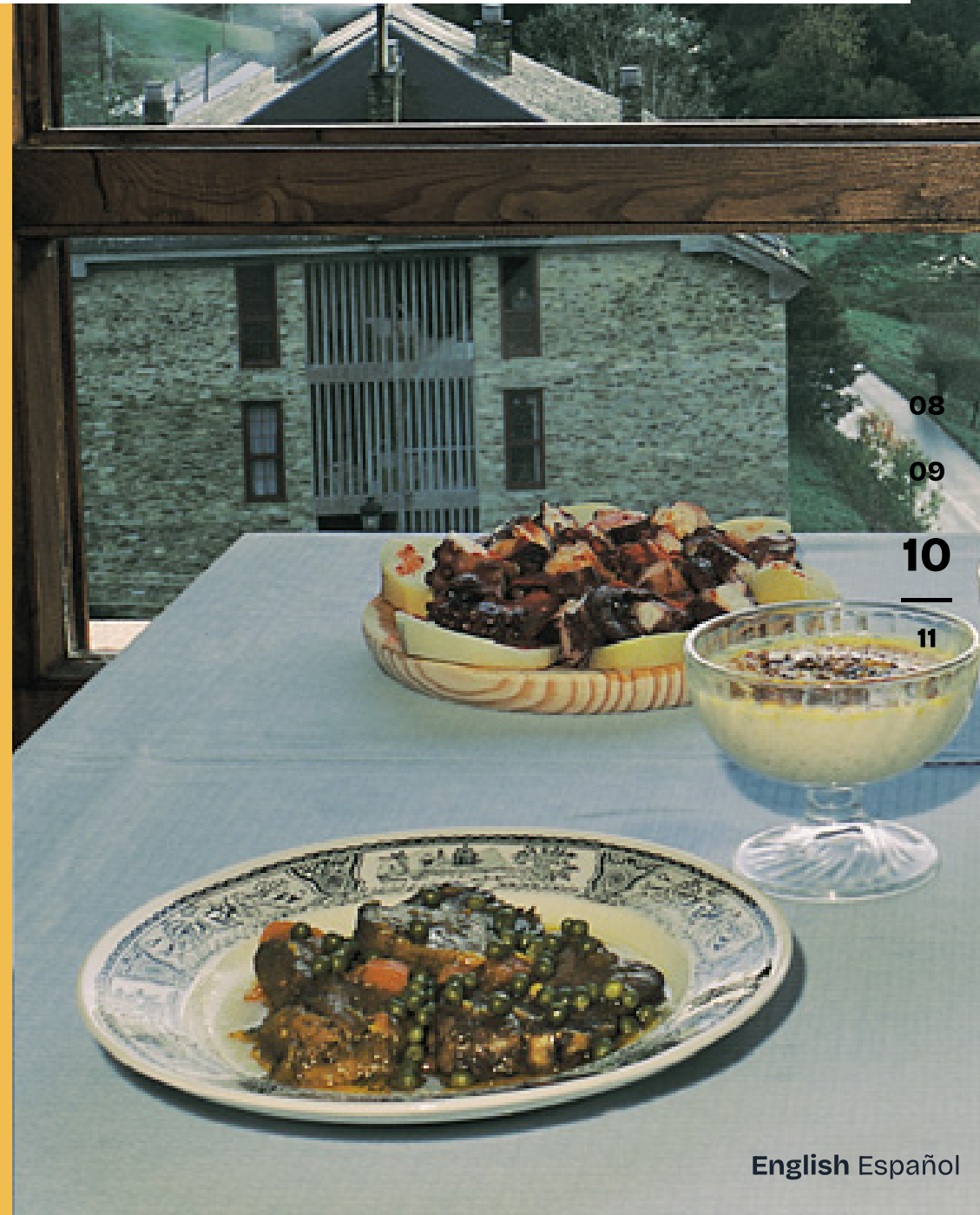
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Where to eat

In Oscos-Eo, every meal is a way to get to know the region. From family-run restaurants to grill restaurants and innovative offerings, the region offers authentic cuisine and locally sourced produce. This selection includes some of the places where you can savor tradition. If you're on the road, don't hesitate to ask: the best dishes are sometimes discovered without looking for them.

[More information](#)



You can't miss it

Blueberries from Taramundi, Castropol, Vegadeo and Los Oscos

Grown on local farms. Fresh or in jam, they are seasonal fruit with mountain flavor.

The oyster farmed in the Eo estuary – Castropol.

Crisp, salty, and unique. A bite that encapsulates the region's marine soul.

Sausages from the slaughterhouse

Cured in pure air, intense, with deep roots in rural life.

Fabada and cabbage broth:

comforting, flavorful, and seasonal stews. Best shared with homemade bread.

Free-range beef,

stewed, baked, or grilled. Cachopos, ribeye steak, and stewed veal, with a country flavor.

Traditional pastries

like Freixolos, rice pudding, sponge cakes, and cottage cheese: homemade sweets that smell like grandma's kitchen.

Dense, aromatic, and natural honey

. From heather or chestnut, harvested between apiaries and forests.

Limited-production cider

with a local soul. To be savored leisurely and in good company.

And, above all: the pleasure of eating slowly, with local produce, stories shared by the fire, and a curious eye.

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Información práctica

Información práctica para resolver cualquier duda durante tu estancia.

OFICINA DE TURISMO DE CASTROPOL

Ayuntamiento: Pl. del Ayuntamiento, 1

Oficina de Turismo: Pl. del Ayuntamiento

985 635 001 / 684 602 408

oficinadeturismo@castropol.es

www.castropol.es

OFICINA DE TURISMO DE SAN MARTÍN DE OSCOS

Ayuntamiento: Plaza de las Infantas, s/n

Oficina de turismo: Carretera General, s/n

985 62 60 00 / 615 37 57 01

ayuntamiento@sanmartindeoscos.es

turismo@sanmartindeoscos.es

www.sanmartindeoscos.es

OFICINA DE SAN TIRSO DE ABRES

Ayuntamiento: Avda. de Galicia, s/n

Oficina de turismo: Antigua casa de cultura

Avenida general Aranda s/n

985 634 402 / 613 161 732

administracion@santirsodeabres.es

santirsotur2@hotmail.com

www.santirsodeabres.es

OFICINA DE TURISMO DE SANTA EULALIA DE OSCOS

Plaza de Sargadelos, s/n

985 626 032 / 985 621 261

ayuntamiento@santaeulaliadeoscos.es

turismosantalla@yahoo.es

www.santaeulaliadeoscos.es

OFICINA DE TURISMO DE TARAMUNDI

Calle Solleiro, 14

985 646 877

turismo@taramundi.net

www.taramundi.es

OFICINA DE TURISMO DE VEGADEO

Plaza del Ayuntamiento, s/n

624 126 706 / 985 634 022

oficinaturismo@vegadeo.net

www.vegadeo.es

OFICINA DE TURISMO DE VILLANUEVA DE OSCOS

Ayuntamiento: Plaza del Ayuntamiento, s/n

Oficina de turismo: Ecomuseo del Pan

985 62 60 84 / 686 422 446

oficinadeturismo@villanuevadeoscos.es

www.villanuevadeoscos.es

Alojamientos

Dormir en Oscos-Eo es descansar rodeado de tranquilidad. Casas rurales, hoteles familiares, campings y alojamientos con encanto integrados en la naturaleza te esperan.

[Saber más](#)

Restaurantes

La gastronomía forma parte esencial del viaje. En la comarca podrás saborear platos caseros, productos locales y recetas tradicionales servidas con hospitalidad.

[Saber más](#)





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Plan de Recuperación,
Transformación
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Principado de
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