





GUIDE

Gastronomic Tourism

INN, WINE AND CULTURE

Tomelloso
POSADA VIDA Y CULTURA

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Gastronomic Tourism

Discover the culinary essence of Tomelloso through a practical guide: traditional recipes, authentic flavours from La Mancha and a selection of restaurants where you can enjoy the best local produce. Tradition and character, with a modern touch and quality evident in every dish, including a Michelin-starred establishment.

Typical dishes and traditional recipes

These dishes reflect centuries of rural heritage, intense flavours and technical simplicity:

Gachas manchegas

Thick chickpea flour cream with garlic, bacon and chorizo, typical of the rural winter.

Migas de Gañán

Stale bread fried with garlic and bacon, accompanied by grapes. Mozarabic heritage adapted to the La Mancha countryside.

Lamb stew

Lamb stew with wine and spices. Traditional for celebrations and festivities.

Traditional sweets

Mosto cakes, hojuelas, fried flowers, mantecados and arrope.

Pisto manchego

Mixture of tomatoes, peppers and courgettes, sautéed and cooked in olive oil. Mainly sourced from local vegetable gardens.

Marinated partridge and various stews

Game dishes and peasant broths.

Galianos or gazpachos manchegos

Traditional stew made with small game meats (rabbit, hare, and partridge), whose star ingredient is **torta cenceña**, an unleavened bread (without yeast) that is crumbled and added to the broth, acquiring a soft and silky texture.

Moje manchego / pipirrana

Cold soups made with summer vegetables dressed with oil, vinegar and cumin.



Illustrative recipes
Flavours of La Mancha with stories to tell

The traditional cuisine of Tomelloso is based on simplicity, making the most of ingredients and authentic flavours. Many of these dishes originated in rural areas and have been passed down from generation to generation, retaining their humble yet powerful essence.

La Mancha porridge

One of the gastronomic emblems of La Mancha and Tomelloso. It is made with chickpea flour (legume flour), garlic, paprika, water, salt, olive oil and pieces of bacon and chorizo. It is cooked in an iron pan and eaten directly with bread and/or pickles, such as chillies.

Tradition: winter dish, typical of grape harvests, pig slaughtering or picnics.

Pairing: young red wine from Tomelloso and Manchego bread.

Suggestion: ideal for inclusion in gastronomic events or popular show cooking sessions.



Migas de gañán

Another essential recipe from the pastoral cookbook. They are made with chopped stale bread, sliced garlic, olive oil, bacon and chorizo. They are stirred until the bread is loose, golden and crispy.

Local touch: in Tomelloso, it is customary to serve them accompanied by white grapes, creating a much-appreciated sweet-salty contrast.

Pairing: dry white wine or wine from a clay jar and/or pickles.

Lamb stew

A classic dish for family celebrations and local festivals. It is prepared with chopped lamb, garlic, onion, bay leaf, white wine, paprika and tomato. It is cooked slowly, preferably over a wood fire or vine shoots.

Tradition: a dish of brotherhood, served at pilgrimages, fairs or wine festivals.

Tip: in many villages, it is cooked in large pots in the square during popular events..



Pipirrana

A fresh, summery salad, one of the most representative dishes of eastern La Mancha. Tomato, green pepper, cucumber, onion, cumin, garlic, olive oil and vinegar. In some versions, boiled egg and/or tuna are added. Some versions include boiled egg and/or tuna.

Tradition: very common at family dinners during the grape harvest or as a quick lunch.

Interesting fact: the name varies depending on the area: in Tomelloso it is also called moje .

Notable restaurants



Epílogo

Michelin-starred haute cuisine from La Mancha

Address: Ramón Ugena Promenade, 15
Chef: Rubén Sánchez-Camacho
Epílogo is currently the leading exponent of signature cuisine in Tomelloso. Since opening, it has reinterpreted traditional La Mancha flavours with elegance and sensitivity, applying contemporary techniques and a personal gastronomic vision. Its creative and deeply rooted approach has earned it a Michelin star and the respect of critics and the public alike.

Featured menus:

-El Inicio (The Beginning)
-Historias del Guadiana (Stories of the Guadiana)

Both combine reinterpreted traditional dishes, such as liquid garlic soup fritters, warm marinades, game stocks and reinterpretations of ratatouille, always accompanied by a carefully selected wine list.
Atmosphere: sober, refined, with contemporary décor and attentive service. Ideal for gastronomic celebrations, gourmet getaways or high-level food and wine experiences.
Recommendation: book in advance. Suitable for long tasting menus or à la carte service.

La Antigua Restaurant & Bar

Modern tapas and Mediterranean cuisine

Location: Calle Don Víctor Peñasco , 112

This restaurant offers a more modern and fresh take on local cuisine, located in an old house in the city which has retained its original structure, courtyard and room layout upstairs. Its cuisine blends Mediterranean and La Mancha influences, with healthy options, light dishes and gluten-free adaptations.

Suggestions:

-Tuna tacos with citrus marinade.
-Salmon slices with white garlic, raspberries and avocado. Candied artichoke, shiitake mushrooms, prawns and vegetable cream. Rice dishes are a speciality.

The wine list also includes wines from the La Mancha D.O. and emerging national labels.
Atmosphere: young, contemporary, ideal for informal lunches or relaxed dinners. It has a terrace, lunch menus and options for sharing.

Orbe Kitchenbar

Address: Calle Doña Crisanta , 148.
We invite you to enjoy a unique dining experience in the heart of Tomelloso. This restaurant invites you to a unique gastronomic experience. Every detail has been carefully considered to delight your senses. With a menu that blends traditional cuisine with contemporary touches, and a carefully curated wine selection, it offers an unparalleled culinary adventure.

Suggestions

- Croqueta de rabo de toro
- Canelón de aguacate
- Tartar de atún rojo de almadraba

Marquinetti Restaurant

Address: Av. Don Antonio Huertas, 47.
Restaurante Marquinetti is considered a true temple of Italian haute cuisine in Tomelloso. It was founded by Jesús Marquina, who has been recognized on multiple occasions as the best pizzaiolo in the world. The establishment stands out for elevating pizza to a gourmet category, using long-fermentation doughs and highly creative ingredient combinations, which have earned it recognition from the Guía Repsol and the Travellers' Choice award from Tripadvisor.

Suggestions

- Pizza Rolling
- Pizza de Foie
- Burrata a las finas hierbas

Gastronomic routes and recommendations

Tapas and traditional dishes route through the walks:

Route for cold days

Warm and hearty:
Migas (breadcrumbs) and porridge (lunch/midday plan).
Ratatouille or stew to continue in traditional style.
Finish: cave-wine cellar or wine cellar with tour and tasting.

Route for hot days

Cool and shady:
Centre + light tapas.

Look for "seasonal" gazpacho/summer soup.

Summer finale: fresh melon or watermelon from Tomelloso (ideal for dessert or between stops).

Perfect bonus: cave-cellar (naturally cool) or visit to a cellar with tasting.

Visit Epílogo

To experience Michelin-starred haute cuisine with a cutting-edge local approach.

Countryside tasting on cold days

Prepare breadcrumbs, porridge or stew on a day out in the countryside after visiting a winery or museum in the city.

Sweet treats route

Visit traditional bakeries to buy hojuelas (thin crispy pastries), tortas de mosto (grape juice cakes), flores (flower-shaped pastries) or pestiños (honey-coated pastries).

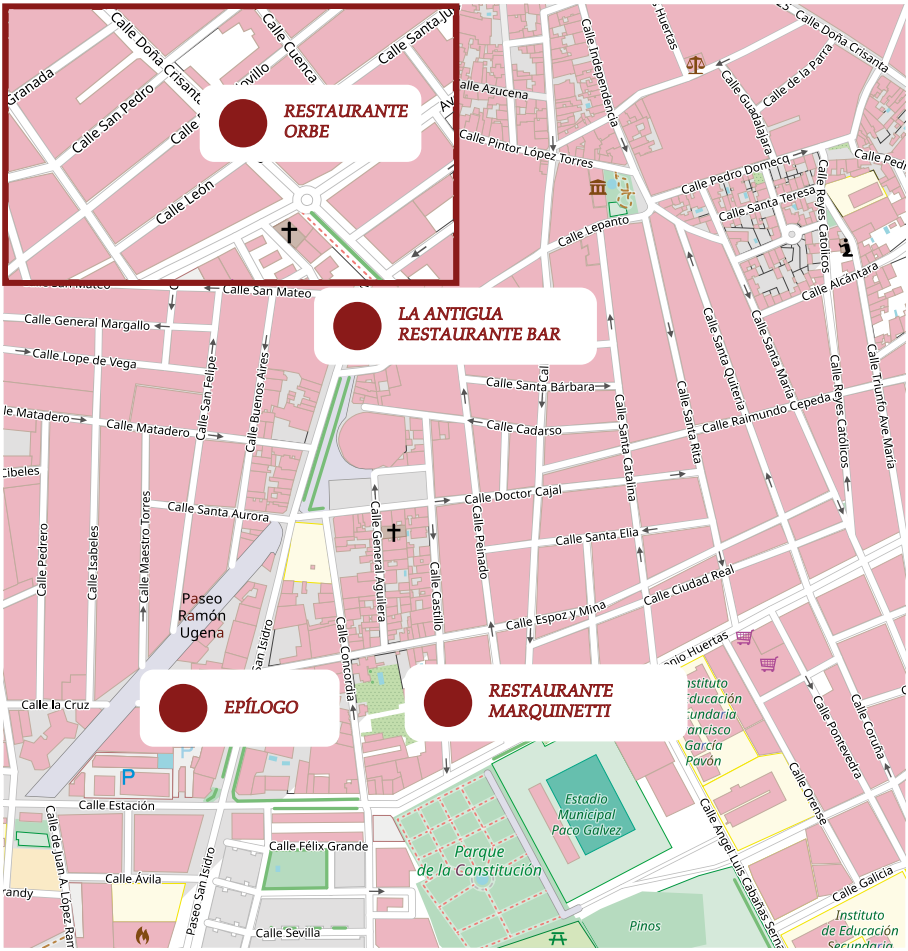
Practical tips

Key dates:
The Romería and fair are ideal times to sample Tomelloso's cuisine in a festive atmosphere.

Pairing:
Tomelloso wines, white or red depending on the dish.

Reservations: recommended in advance.
Local products: look for lupin flour, village bread, Manchego meat and lamb in shops and markets.





Municipal Tourist Office

Tuesday to Friday: 9:30 a.m.–2:00 p.m. and 4:30 p.m.–7:30 p.m.
Saturdays: 10:00 a.m.–2:00 p.m. and 4:30 p.m.–8:00 p.m.
Sundays: 10:00 a.m.–2:30 p.m.
Public holidays: 11:00 a.m.–2:00 p.m./Mondays: closed

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Tomelloso