

The story behind the name of our Pedagogical Classrooms



“Trasiegu” is a traditional technique in natural cider, performed at the end of the fermentation phase. It consists of carefully transferring the cider from one barrel to another to separate it from the sediment, known as lees.

This delicate process serves two purposes: to remove the sediment formed during fermentation and to blend the cider from different barrels, ensuring a smooth and balanced flavor.

Before starting the transfer, it is important to taste the cider from each barrel to assess its acidity, sweetness, and any potential imperfections. The operation is ideally carried out away from the air, on cold days with high atmospheric pressure (during the waning moon), to prevent the sediment at the bottom of the barrels from clouding the cider.

*Interestingly, in Asturian, the word *“trasiegu”* also means noise or lively movement, a suitable name for a process that brings both care and energy to the art of cider-making.



“La Cantábrica” is the name of a historic seaside spa built on San Lorenzo Beach in 1892. It was located just behind the Church of San Lorenzo, at the beginning of the gentle slope that leads up to Santa Catalina Hill.

In 2008 the name -already popular among the residents of the Cimadevilla neighborhood- was used to designate “Stairway 0” as the starting point of the San Lorenzo Beach promenade. From this spot, visitors can enjoy splendid views of the Bay of San Lorenzo, bordered to the west by Santa Catalina Hill and to the east by the mouth of the River Piles.

The story behind the name of our Pedagogical Classrooms



Magdalena Alperi Fernández, born in Mieres in 1935, has left an indelible mark on the history of Asturian and Spanish gastronomy. She stands as an inspiring example of the ability of women to lead, to innovate, and to transform society.

She taught cookery from the very beginnings of the *Universidad Popular de Gijón* until her retirement in 1990, sharing her knowledge with more than a thousand students. A founding member of the *Asturian Academy of Gastronomy* (1999), she has been honored with numerous awards that highlight her dedication and outstanding contribution to the culinary world, such as the “*Cholesterol Apron*” (2004), the “*Golden Guisandera Award*” (2015, named after the traditional female cooks of Asturias), and the “*María Luisa García Award*” (2023, paying tribute to one of the great pioneers of Asturian cuisine).

Magdalena has also left behind a rich literary legacy that continues to inspire and enrich the world of gastronomy. Among her most celebrated works are *The Golden Book of Spanish Cuisine* (1972), featuring more than seven thousand recipes, *Typical Dishes of Catalonia* (1973), *Typical Dishes of Madrid* (1974), *Cooking: A Guide of Food and Drink* (1978), *The Book of Asturian Cuisine* (1985), and *Fine Dining in Gijón and its Surroundings* (1996).

