




Since 1926 the prestigious Michelin Guide has awarded the world's best restaurants with their famous "Michelin Star". Initially, there was only a single star awarded to restaurants. Then, in 1931, they introduced the ranking of zero, one, two, and three stars. Finally, in 1936, the Guide published the criteria for the starred rankings:

-  : "A very good restaurant in its category"
-  : "Excellent cooking, worth a detour"
-  : "Exceptional cuisine, worth a special journey"

This year, on November 21st, 2019, the Michelin Guide Gala for Spain and Portugal was held in Lisbon; where once again they recognized the amazing gastronomic achievement of these two countries. The Spain & Portugal 2019 Guide has decorated 1 new establishment in the select club of three stars, 4 new restaurants award with two stars, 25 new restaurants with a category of one star and 22 novelties in Bib Gourmand Edition.

These stars do not fall directly from the sky, hard work and serious dedication to excellence are needed to achieve this honor.

It has been mentioned that this year was an exceptionally tough one for the judges. The Michelin Guide has hundreds of inspectors worldwide, of which many operate solely in Spain. Each year, an inspector travels at three weeks out of a month to visit their required establishments, this includes having more than 250 meals in restaurants and around 150 nights in hotels. Making eating out at least 10 times a week a common occurrence. They always remain anonymous and pay all bills personally to ensure that owners of the restaurants and hotels can't influence their judgments.

A Michelin Guide inspector has 5 Restaurant rating criteria : the quality of the product, the mastery of flavor and cooking techniques, the personality (creativity) of the chef represented in the experience, the balance between quality and most importantly consistency. They are always looking for harmony.

Once all reports have been completed and compared, the decision is made to grant the prestigious Michelin star.

Before a restaurant receives its first star it is visited approximately four times by inspectors. If a restaurant is to receive 2 stars , it may receive up to ten visits. When a restaurant has or may achieve 3 stars, the process becomes even more difficult. Apart from the visits of the Spanish inspectors, the restaurants are also visited by French inspectors, and if they are not all in agreement the third star is not granted.

It must be pointed out that the stars are always received by the restaurant and not by the chef. If a restaurant decides to change the chef, it will receive more visits and more exhaustive controls to verify that the same quality is maintained. If the quality is lowered, the restaurant can lose one, two or even the three stars.

These stars are a symbol of gastronomic world recognition, accounting for the success or failure of a restaurant, as they attract a lot of customers, give prestige and raise overall prices; giving the restaurant an offer and demand opportunity.

### **Michelin Starred Restaurants in Costa Brava, Emporda, Girona**

In the Province of Girona, in the North Eastern part of Catalonia, there are 16 restaurants which have a total of 20 Michelin stars (Michelin Guide 2019); thus, making it home to some of the best restaurants in the world. In fact, Girona is the area with the highest Michelin star to population ratio (one star for every 44,000 inhabitants), in the world, ahead of Paris, Rome or London.

With a fantastic selection of fresh local produce at their disposal, Catalan chefs have always led the way in gastronomic innovation. After El Bulli closed its doors in 2011, El Cellar de Can Roca (3 Michelin Stars) has become the flagship of cuisine in Girona. Other restaurants in the area are also highly reputed by food connoisseurs across the world including, Les Cols in Olot and Miramar in Llança, both of which have attained two Michelin stars.

Below is the list of the 2019 Michelin Star Guide ( Girona ):

### **2019 Spain and Portugal Michelin Guide Star Restaurants in Girona**

16 Restaurants with 20 Michelin Stars

El Cellar de Can Roca de Girona (Girona) tiene 3 estrellas.

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Miramar de Llançà (Girona) tiene 3 estrellas.

Les Cols de Olot (Girona) tiene 2 estrellas.

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Bo.TiC de Corçà (Girona) tiene 1 estrella.

Ca l'Arpa de Banyoles (Girona) tiene 1 estrella.

Ca l'Enric de La Vall de Bianya (Girona) tiene 1 estrella.

Casamar de Llafranc (Girona) tiene 1 estrella.

Castell Peralada de Peralada (Girona) tiene 1 estrella.

Els Brancs de Roses / Playa de Canyelles Petites (Girona) tiene 1 estrella.

Els Tinars de Llagostera (Girona) tiene 1 estrella.

Emporium de Castelló d'Empúries (Girona) tiene 1 estrella.

La Cuina de Can Simon de Tossa de Mar (Girona) tiene 1 estrella.

La Fonda Xesc de Gombren (Girona) tiene 1 estrella.

Les Magnòlies de Arbúcies (Girona) tiene 1 estrella.

Massana de Girona (Girona) tiene 1 estrella.

Terra de S'Agaro (Girona) tiene 1 estrella.

**Inside Costa Brava, Wine & Food Experiences** offers a unique, private gastronomic tour within the Costa Brava, Emporda region. Throughout the experience you are accompanied by a local expert who will guide you to small production vineyards in the D.O. Emporda wine region. As you take in the beautiful Emporda landscape, we will share details and secrets about the culture and history of the region. This beautiful day will continue with a tasting meal in a Michelin Star Restaurant.

Private pick up / drop off accompanied by an expert guide.

No hassles, no worries.

We take care of all the details.

Each tour is "tailor made" to your unique tastes and interests. So you can relax and enjoy the Costa Brava / Emporda region's wine and gastronomy.

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