



GASTRONOMY

Ibiza

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Ibiza

Ibiza

AN ISLAND THAT ENTICES WITH ITS CUISINE

Beaches, nature, leisure and heritage are often the main reasons for choosing to go to Ibiza for the first time. Its cuisine, however, is what always makes you come back.

If there is one characteristic of the island that distinguishes it from any other Mediterranean destination, it is the festival of flavours offered by its extensive cuisine and the possibility of enjoying it with its breath-taking scenery as a backdrop. Ibiza has the amazing capacity to produce an incredible variety of products in a very limited area.

The Ibizans of yesteryear, when tourism did not yet exist, lived with few resources and had only one luxury within their reach: food. Mothers and grandmothers had an endless list of recipes inherited from their ancestors; dishes in which the echo of the ancient civilisations that inhabited the island throughout its history - Phoenicians, Punics, Romans, Arabs, Christians- still resounded.

Today, fishermen continue to extract the same fresh fish and seafood from the sea, and farmers continue to raise native breeds of poultry and livestock, and grow countless fruits and vegetables, which they harvest at their optimum level of ripeness. All these products reach markets and restaurants in an exceptionally fresh state. They are the raw material with which the island's chefs recover, blend and transform these

ancient recipes, creating a unique experience for the senses.

Enjoying these dishes under the sun, with your feet buried in the sand and your gaze lost on the horizon of the sea, or under the perfumed juniper wood roof of a farmhouse in an idyllic village, is an incomparable privilege.

FLAVOURS OF LAND AND SEA

There is no better way to savour the quality of Ibiza's food than to sink your teeth into a ripe tomato fresh from the plant or a portion of watermelon after hearing how it crunches when opened.

Ibiza's agriculture continues to move with the seasons and produces a rich variety of vegetables of the highest quality. In addition to the traditional crops, grown on terraces on the banks of the streams and next to springs, there are new organic crops, which increase every year and foster a growing food industry which, together with the raising of native livestock, creates products that are unique to the island, such as its wines, cheeses, honey, sausages, preserves, olive oil, liqueurs, spices, traditional pastries, etc.

At the same time, traditional fishing is enjoying an exceptional period. Dozens of fishermen put to sea every day all along the coast, on board the typical wooden *llaüts* (fishing boats). Their return to the various fishing ports and the cooperative is sight worth seeing. By means of ancestral

methods and taking the utmost care of the state of the fishing grounds, they unload crates full of the most sought-after species: grouper, scorpion fish, john dory, dentex, snapper, amberjack, red shrimp, lobster, Dublin Bay prawn, squid, etc. These arrive accompanied by other more popular and equally tasty ones, such as *gerrets* (picarel), red mullet, cuttlefish, combers, crabs, moray eels, octopus, etc.

The forests also provide small game, mushrooms and an impressive variety of herbs and plants that are the ideal seasoning for stews and traditional pastries. All these are added to the island's oldest culinary product: salt from the salt flats, which has been harvested for 2,600 years.

The great interest in Ibiza's cuisine today is due above all to its incredible variety and exquisite flavours.

EATING IN IBIZA, A WHOLE WORLD OF POSSIBILITIES

One of the Ibiza's most amazing features is the quality of its restaurants. At most of the beaches and coves you can find a simple beach bar or a more sophisticated establishment where you can enjoy the freshest, most high-quality products, prepared in the traditional style.

In the small towns and countryside of the interior of the island, you can find a variety of small taverns, traditional restaurants and new avant-garde spaces to enjoy all these flavours under the stars, among pines and inside impressive country houses with archaic architecture that blend perfectly into the landscape.

Ibiza's seafood cuisine is the most highly renowned, with popular dishes such as *bullit de peix* and *guisat de peix* (fish stews), lobster stew, a wide variety of paellas, *fideuás* and rice soups, fish *salmorra*, *borrida de ratjada* (skate and potato stew), a variety of grills, baked fish and a whole list of other recipes that you just have to try during your holiday.

Meat and vegetable dishes are usually served as a second course and are equally complex and surprising. Festive recipes such as *sofrit pagès* (mixed meat, sausage and vegetable dish) or *arroz de matanzas* (meat rice) stand out, as well as an endless variety of dishes based on legumes and vegetables, stews and even appetising combinations of seafood and meat such as squid stuffed with *sobrasada*.

The confectionery, meanwhile, reveals the island's cultural mix, with a blend of flavours arising from the Moorish and Christian roots of the territory. The *flaó*, a delicious cottage cheese and mint cake, is one of the finest examples of our culinary tradition, but also the *greixonera*, a pudding made with *ensaimadas*, the famous *orelletes* or homemade fritters, never missing at local festivals. They are complemented by traditional liqueurs such as *hierbas ibicencas* (Ibizan herbs), *frígola* and *café caleta*, a sort of Ibizan *queimada* (drink prepared in Galicia by the burning of the local liquor), which often rounds off the feast.





PRODUCTS OF IBIZA

SOBRASADA AND BUTIFARRA · CHEESE · OLIVE OIL · SALT · WINE · HIERBAS · IBICENCAS (IBIZAN HERB LIQUOR) · HONEY · ORELLETES · FLAÓ · CAROB AND ALMOND PRODUCTS · PAPRIKA · PEIX NOSTRUM · SPINY LOBSTER · RED SHRIMP · ROCKFISH · ANYELL D'EIVISSA · RED POTATO · WATERMELON · MELÓ ERIÇÓ



SOBRASADA AND BUTIFARRA

On an island where only subsistence agriculture and livestock farming were practised, the slaughter of pigs was essential because it provided a reserve of protein for the whole year. Ibiza's high humidity makes it impossible to cure hams and loins as in many areas of the peninsula, so the meat is preserved by making cured sausages with salt and spices. *Sobrasada* and *butifarra* are the most representative.

Sobrasada is made with minced lean meat, bacon, salt and a range of spices, such as paprika, pepper, clove, nutmeg and even cayenne pepper, when you want to give it a spicy touch. *Butifarras* contain the same spices, but blood is added, and they are boiled in a cauldron. Both types of sausage are kept in the interior drying rooms of the houses.

Today there is a major food industry on the island, which makes *sobrasadas* and *butifarras* with the maximum health guarantees. They are commonly found in supermarkets and delicatessens.

CHEESE

Ibiza's livestock consists of local breeds, which, in turn, make its cheeses unique. Traditionally, a tasty cheese was made in country cottages where goats and sheep were raised, which was often left to cure so that it acquired a solid consistency and a strong flavour.

Today, there are still a few families that make cheese following the old method, and they have been joined by small agricultural enterprises that have recovered the tradition and make the product available to the population through shops.

Ibiza's cheese is made with a mixture of goat's and sheep's milk, although in the past either would be used indistinctly. Its characteristic flavour is due to the vegetable rennet used, which is called *herba de formatjar* (cardoon or *Cynara Cardunculus*), a perennial plant very similar to the artichoke. It flowers throughout the summer, is harvested when the flower is almost dry and is preserved for use throughout the year.

OLIVE OIL



mills have been identified.

The Romans traded oil from Ibiza for centuries, transporting it across the Mediterranean Sea in amphorae, along with other island products such as honey, wine, figs, salt, canned fish, *garum* sauce made with fish guts and purple dye.

The oil industry continued over the following centuries and, after the Christian reconquest of the 13th century, the number of oil mills increased. Even today, many farmhouses on the island still have a large, antique oil mill, which was used to supply oil to the whole neighbourhood.

At the end of the 20th century, olive-growing was resumed with new plantations which, thanks to the dedication of the producers, have obtained the distinction of Protected Geographical Indication in the 2019-2020 season with early harvest oils from the main varieties, Arbequina, Picual and Koroneiki.

SALT

The salt flats of Ibiza have been operating since Phoenician times, more than 2,600 years ago, and until the arrival of tourism in the 1960s they were the island's main industry. For centuries, they provided work for hundreds of islanders.

At first, salt was obtained naturally, being collected on the edges of two large ponds. Its intensive production, however, began in the Moorish period and after this period, with the arrival of the Christians in the 13th century, it was extended, and significant technical improvements were introduced. Salt, in fact, became the main source of funding for the "Universitat", the government of the island, which operated the salt flats independently after the War of Succession in 1715 until the Crown began to manage them directly, before auctioning them off.

In the 1st century B.C., the Greek chronicler Diodorus of Sicily described Ibiza as an island "of small size and average fertility, with vineyards and olive trees" and in various archaeological excavations, numerous remains of ancient oil

Today, salt from Ibiza is refined for domestic consumption in different formats and exported in natural form to northern European countries, which use it above all for the salted fish industry. It is one of the island's flagship products.

WINE



19th century. At that time, there were around 45 hectares of vineyards. Then the arrival of the phylloxera epidemic from America wiped out most of the crops.

The farmers grafted vines and wine was soon being produced again in almost all the country cottages for domestic and local consumption. The marketing of Ibiza wine, however, did not begin until the 1990s, with the emergence of the first wineries, which primarily grew traditional varieties such as the red grapes, Mourvèdre and Grenache, and the white grapes, Malvasia - called *grec* in Ibiza - and Muscat.

Today, Ibiza has more than fifty hectares of vineyards, distributed among many winegrowers. In addition to the local varieties, foreign varieties are also grown, such as the red grapes, Tempranillo, Merlot, Cabernet Sauvignon and Syrah, and the white grapes, Chardonnay, Macabeo and Parellada. The appellation, introduced in 2003, is "Vi de la Terra d'Eivissa" (wine of the land of Ibiza).

In Punic and Roman times, Ibiza was already known for the quality of its wines and much of its production was exported via the Mediterranean Sea, especially the east coast of Spain. The wine culture continued throughout the centuries, reaching its peak in the mid-

HIERBAS IBICENCAS (IBIZAN HERB LIQUOR)



The tradition of making *hierbas ibicencas*, the island's typical liquor, is kept alive in the country houses. Although each home has its own recipe, they all based on aniseed liqueur, in which aromatic herbs collected in the forest are macerated, along with other ingredients.

The usual plants used in its production are fennel, thyme, rosemary, lemon verbena, lavender, rue, chamomile, juniper, oregano, mint, lemon and orange leaves and peel, sage, star anise, green anise, etc.

Although there has been an industry for the marketing of this liquor since the 19th century, in 1997, it began to have its own geographical designation and today there are many brands that distil these herbs directly without using anise as a base. The liquors attract attention because of their bright amber colour, their sweetness and an alcohol content of between 24 and 38 degrees.

HONEY

Honey has been collected in Ibiza since time immemorial. There are beehives catalogued and protected for their ethnographic value, which were built between the 15th and 17th centuries, and honey is still considered an indispensable part of rural life. In addition to being essential for the pollination of plants, bees provide a high-energy food.

In the past, the country folk used to build bee houses in the woods by hollowing out trunks and branches and transferring swarms on the inside of gourds. In the pantry of country cottages, it was common to find a plate with pieces of honeycomb full of this sweet delicacy, whose flavour varied depending on the season and the flora present in each area of the island.

At present there are more than a hundred producers belonging to the "Associació d'Apicultors d'Eivissa" (Ibiza Beekeepers' Association), who manage more than two thousand hives. As a result of their work, they market exquisite honey with a very special flavour under the guarantee brand "Mel Certificada d'Eivissa" (certified honey from Ibiza).

ORELLETES

There is no folk festival in Ibiza worthy of mention where you cannot find the traditional *orelletes*, deep fried, sugar-coated, ear-shaped cakes made with eggs, flour and other ingredients, which are very popular on the island.

On the eve of the town's patron saint's day, it is customary for a large group of neighbours to gather in a house and spend an entire afternoon preparing dozens of tasty *orelletes* which, the next day, after mass, are handed out on trays around the town square, often accompanied by a glass of sweet wine.

This is a very popular snack, which can now be found daily in many supermarkets and bakeries on the island.

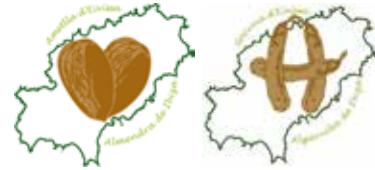
FLAÓ

Flaó is one of Ibiza's most representative confectionery recipes. It is made with sheep's or goat's milk curd, mint and other ingredients, although some houses also add a portion of more cured cheese to enhance its flavour. The mint gives it a surprising freshness, and on tasting it, you can sense the age-old nature of this exotic dessert, whose origin has been lost in the mists of time.

Catalan literature already refers to *flaó* in the 13th century, although this recipe should not be confused with the Ibizan one. In some areas of Catalonia and Valencia they make pastries filled with cottage cheese with the same name, but they have nothing to do with the Ibizan dessert, the only one of its kind in the world.

Formerly, *flaó* was only eaten on Easter Sunday and was cooked in the bread oven that every country cottage had in its kitchen, Easter being the time of year when most cheese was produced. Today, however, it can be purchased in bakeries and shops, and enjoyed all year round.

CAROB AND ALMOND PRODUCTS



Since Phoenician times, the countryside of Ibiza has been covered with almond and carob trees. They represent

the most typical rainfed agricultural landscape of the island and for centuries their fruits were the main source of income for the Ibizans, their harvesting and sale enabling families to acquire the staple products that were not produced on the farm, such as clothing and certain foods.

In the past, carob was an essential food source for raising livestock and its fruit was also exported to produce fodder. Nowadays, there is a growing industry linked to this fruit, which in Ibiza provides very interesting products, such as liqueur, beer or carob-based chocolates. You can also buy its flour, a great substitute for cocoa in the preparation of desserts, with very healthy properties.

Ibiza also stands out for the high quality of its almonds. Since the Middle Ages they have been used as a spice and this has given rise to some of the most characteristic dishes of island cuisine, such as *borrida de ratjada* (skate and potato stew) or *salsa de Nadal* (Christmas sauce), an unusual liquid Christmas nougat.

PAPRIKA

In Ibiza there is currently a growing interest in recovering and marketing autochthonous varieties that have been used for centuries. One of the most interesting examples is the production of paprika of the local variety *citró de matances*. This is a very popular product for making *sobrasada* because, together with salt, it is a very effective natural preservative.

The production process of the Pityusic paprika begins with the harvesting of the vegetable in summer for the subsequent sun-drying process. Once the peppers have lost all their water, they are ground to obtain the precious spice. In addition to providing a unique flavour to pork products, it is an ideal spice to enhance stews, vegetable dishes, fish, etc.

There are currently various organic farms on the island that produce *citró de matances* for the production of a paprika that never fails to surprise due to its intensity. It is sold in various delicatessens and supermarkets on Ibiza.

OTHER PROTECTED BRANDS AND GEOGRAPHICAL DESIGNATIONS



PEIX NOSTRUM: This sector brand assures the consumer that the fish or seafood has been caught by the Ibizan fleet and has been handled correctly.

SPINY LOBSTER: The spiny lobster with protected geographical designation of Ibiza is caught at a depth of 20 to 80 metres by small traditional boats that carry out sustainable fishing to conserve the species. It is a highly sought-after product for traditional cuisine and an ingredient of dishes such as rice with spiny lobster.

RED SHRIMP: It is trawled in the fishing grounds of Ibiza and Formentera, where it lives hidden in the dark at a depth of 600 metres. It is very popular in Ibizan cuisine, simply grilled with coarse salt, and an essential ingredient of *arroz a la marinera* (seafood rice).

ROCKFISH: Caught by the traditional fleet, this protected

geographical designation includes species of great culinary value such as the scorpion fish, dentex, grouper and john dory, which are essential in traditional dishes such as the *bullit de peix* (fish stew).

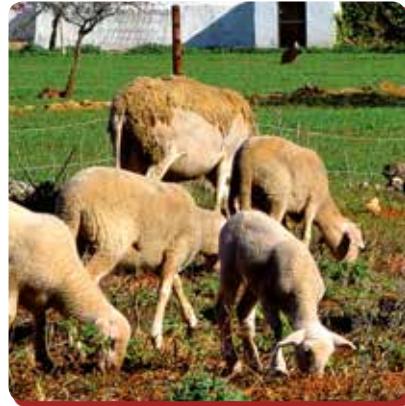
ANYELL D'EIVISSA: Ibizan lamb has its own protected geographical designation that certifies that the animal was born and bred in Ibiza, in small flocks that graze on pastures.

RED POTATO: The star product of Ibiza's market garden and an essential ingredient in such typical dishes of the island cuisine as *bullit de peix* (fish stew) and *sofrit pagès* (mixed meat and vegetable dish).

WATERMELON: The summer fruit par excellence, refreshing and very sweet, with seeds that give it its crunchy texture.

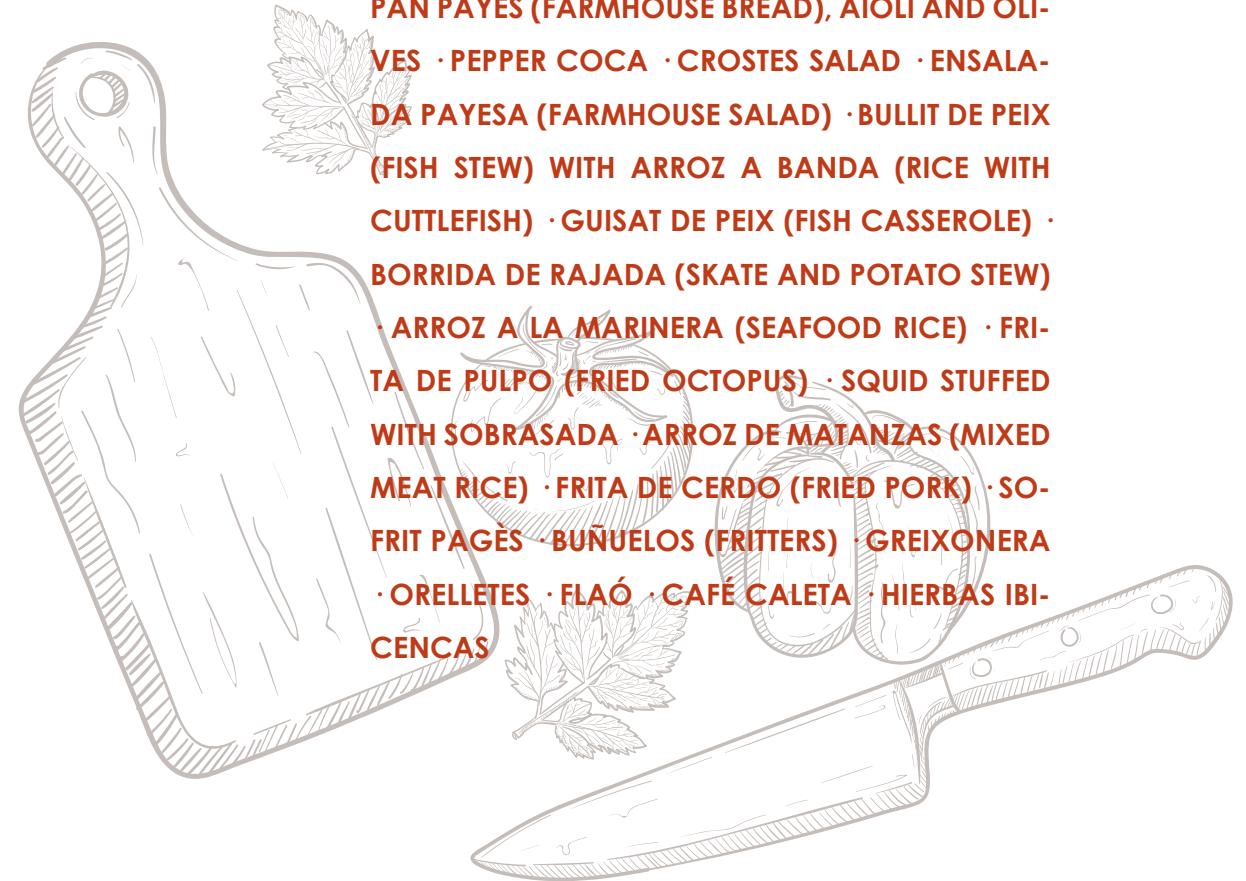
MELÓ ERIÇÓ: An autochthonous variety of melon, characterised by its small rounded shape and the pattern of its surface, similar to a sea urchin skeleton. It stands out for its watery texture and sweetness.





RECIPES OF IBIZA

PAN PAYÉS (FARMHOUSE BREAD), AIOLI AND OLIVES · PEPPER COCA · CROSTES SALAD · ENSALADA PAYESA (FARMHOUSE SALAD) · BULLIT DE PEIX (FISH STEW) WITH ARROZ A BANDA (RICE WITH CUTTLEFISH) · GUISAT DE PEIX (FISH CASSEROLE) · BORRIDA DE RAJADA (SKATE AND POTATO STEW) · ARROZ A LA MARINERA (SEAFOOD RICE) · FRITA DE PULPO (FRIED OCTOPUS) · SQUID STUFFED WITH SOBRASADA · ARROZ DE MATANZAS (MIXED MEAT RICE) · FRITA DE CERDO (FRIED PORK) · SOFRIT PAGÈS · BUÑUELOS (FRITTERS) · GREIXONERA · ORELLETES · FLAÓ · CAFÉ CALETA · HIERBAS IBICENCAS





PAN PAYÉS (FARMHOUSE BREAD), AIOLI AND OLIVES

PAN PAYÉS (FARMHOUSE BREAD), AIOLI AND OLIVES

An appetizer regularly served in Ibiza's restaurants consists of slices of home-made farmhouse bread, made without salt and with a mixture of refined and wholemeal flour, pickled local olives and the traditional aioli sauce. This is, in fact, an essential ingredient of some typical dishes, such as the popular *bullit de peix* (fish stew) and its *arroz a banda* (rice with cuttlefish), and is the basis of the popular mayonnaise sauce, which includes egg in the mixture.

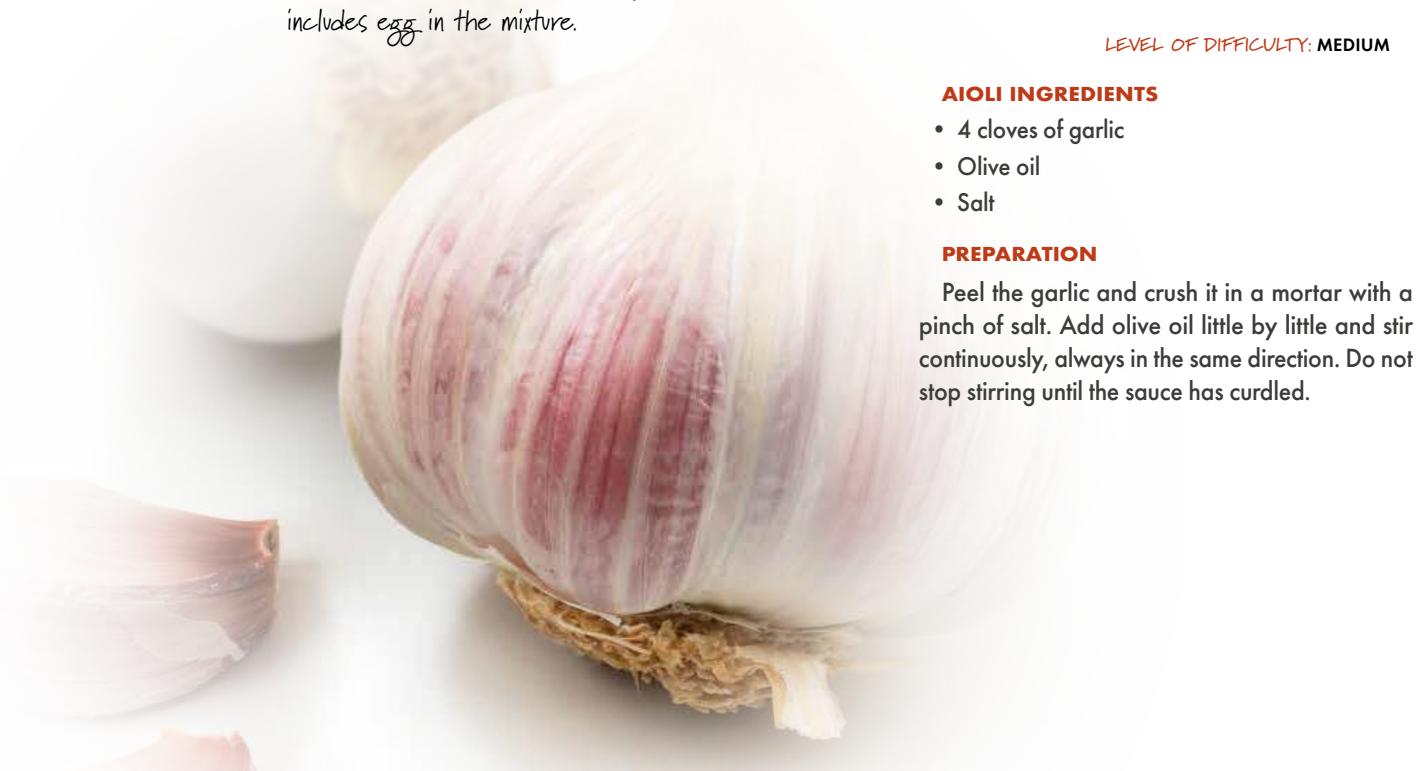
LEVEL OF DIFFICULTY: MEDIUM

AIOLI INGREDIENTS

- 4 cloves of garlic
- Olive oil
- Salt

PREPARATION

Peel the garlic and crush it in a mortar with a pinch of salt. Add olive oil little by little and stir continuously, always in the same direction. Do not stop stirring until the sauce has curdled.





PEPPER COCA

Anyone who goes to an Ibizan pastry shop will find some eye-catching pepper cocas in the showcase, very typical of Ibiza's cuisine. There are also cocas made with onion, tomato and dogfish, chard with raisins and pine nuts, etc. The most characteristic, however, are made with roasted red peppers and black olives, and can be enjoyed as an appetiser or snack at any time of day.

In the past they were made in wood-fired ovens when bread was baked, and they are still popular at rural festivals, such as the traditional dances at wells and springs that are celebrated all over the island in summer.

LEVEL OF DIFFICULTY: EASY

INGREDIENTS

FOR THE DOUGH:

- 200 grams of flour
- 1 small glass of water
- 1 small glass of olive oil
- 1 sachet of baking powder

FOR THE FILLING:

- Roasted red peppers
- Salt
- Olive oil
- Black olives
- Garlic

PREPARATION

Knead the flour with the water, oil, baking powder and a pinch of salt until a smooth dough is obtained. Grease a baking tray with oil and sprinkle with flour. Flatten the dough with a rolling pin and spread over the base of the tray.

Then place the roasted peppers, chopped garlic and olives on top and sprinkle with oil and salt. Finally, place the tray in the oven pre-heated to 250° C and leave to bake for half an hour.





CROSTES SALAD

CROSTES SALAD

In the past, all Ibizan houses had a traditional wood-fired oven in which bread was baked at least once a week. With the same dough, long, thin loaves were prepared with crosswise cuts for later breaking into portions. They were left to bake until the next day, when the oven had lost all its accumulated heat. In this way, the loaves became hard and brittle, their portions being called *crostes*. These, along with tomato and garlic, are used to make one of Ibiza's most typical salads. The basic recipe is presented below, although there are those who add other ingredients, such as olives, peppers, onion, dried fish, etc.

LEVEL OF DIFFICULTY: EASY

INGREDIENTS

FOR 4 PEOPLE:

- 1 kg of crostes
- 3 tomatoes
- 3 cloves of garlic
- Olive oil
- Salt
- Preparation

Lightly sprinkle the crostes with water, carefully so as not to make the bread too moist, and place in a salad bowl. Add the chopped tomatoes and the peeled and chopped garlic. Dress with olive oil and salt.





ENSALADA PAYESA (FARMHOUSE SALAD)

ENSALADA PAYESA (FARMHOUSE SALAD)

This is one of the simplest and tastiest Ibizan dishes, ideal to be served alone, or to accompany grilled meat, sardines, etc. The star ingredient of *ensalada payesa* is the very tasty Ibizan potato, which is served along with free-range eggs and various vegetables. It can be found in most traditional restaurants.

LEVEL OF DIFFICULTY: EASY

INGREDIENTS

FOR 4 PEOPLE:

- 8 potatoes
- 2 tomatoes
- 2 red peppers
- 2 hard-boiled eggs
- 2 cloves of garlic
- 1 onion
- Olive oil
- Salt

PREPARATION

Boil the potatoes in plenty of water for about 25 minutes. Then peel, dice and leave to cool. Then place them in a salad bowl and add the chopped eggs, with a little oil to mix well. Then add the chopped tomato, onion and peppers. Dress with more olive oil and salt. Serve at room temperature.





BULLIT DE PEIX (FISH STEW)
WITH ARROZ A BANDA (RICE WITH CUTTLEFISH)

BULLIT DE PEIX (FISH STEW) WITH ARROZ A BANDA (RICE WITH CUTTLEFISH)

LEVEL OF DIFFICULTY: DIFFICULT

INGREDIENTS FOR 4 PEOPLE:

FOR THE BULLIT DE PEIX:

- 1.2 kg of rockfish (scorpion fish, grouper, etc.)
- 8 medium-sized potatoes
- 1 onion
- 1 tomato
- 1 green pepper
- 4 cloves of garlic
- 150 grams of green beans
- 2 artichokes
- Parsley
- Olive oil
- Saffron
- Salt
- Pepper

FOR THE ARROZ A BANDA:

- ½ kg of rice
- 1 tomato
- 2 cloves of garlic
- 1 pepper
- 1 cuttlefish
- Olive oil

PREPARATION

FOR THE BULLIT DE PEIX:

Add the potatoes, beans, artichokes, 1 tomato, 1 pepper, cloves of garlic, parsley, a splash of olive oil and salt to a casserole with water. Leave to boil for 5 minutes and add the fish. Boil for 15 minutes and serve the fish and vegetables in a dish. Set aside the stock for the arroz a banda.

FOR THE ARROZ A BANDA:

Sauté the cuttlefish together with the tomato, the pepper and the cloves of garlic in a paella dish. Then sauté the rice and add the broth. Cook over high heat for 15 minutes.





GUISAT DE PEIX (FISH CASSEROLE)

GUISAT DE PEIX (FISH CASSEROLE)

Guisat de peix, another typical fisherman's recipe, is now prepared in restaurants with the most popular varieties of rockfish, such as grouper, scorpion fish, john dory, etc. However, fishermen cooked it with smaller rockfish with less market value, such as moray eels, combers, forkbeards, etc. It is stewed with potatoes, which acquire all the flavour of the fish, and always prompts the same question among diners: which is better, the fish or the potatoes?

LEVEL OF DIFFICULTY: DIFFICULT

INGREDIENTS FOR 4 PEOPLE:

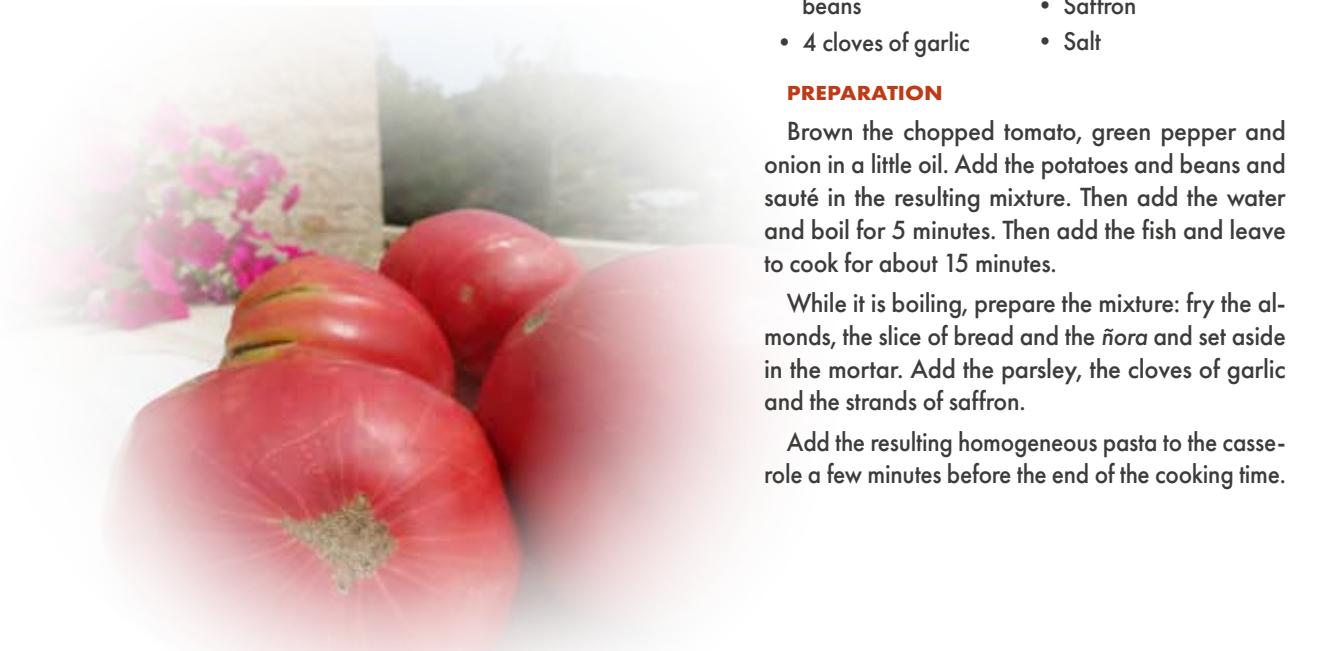
- 1.5 kg of rockfish
- 8 medium-sized potatoes
- 1 onion
- 2 ripe tomatoes
- 1 green pepper
- 150 grams of green beans
- 4 cloves of garlic
- 75 grams of roasted almonds
- 1 slice of fried bread
- 1 ñora (small bell pepper)
- Parsley
- Olive oil
- Saffron
- Salt

PREPARATION

Brown the chopped tomato, green pepper and onion in a little oil. Add the potatoes and beans and sauté in the resulting mixture. Then add the water and boil for 5 minutes. Then add the fish and leave to cook for about 15 minutes.

While it is boiling, prepare the mixture: fry the almonds, the slice of bread and the ñora and set aside in the mortar. Add the parsley, the cloves of garlic and the strands of saffron.

Add the resulting homogeneous pasta to the casserole a few minutes before the end of the cooking time.





BORRIDA DE RAJADA (SKATE AND POTATO STEW)

BORRIDA DE RAJADA (SKATE AND POTATO STEW)

*B*orrída de rajada, or skate and potato stew, is another traditional Ibizan seafood dish, which uses almonds as a seasoning, as was done as early as the Middle Ages. It is not always served in seafood restaurants by the sea, but it can be found in certain traditional establishments in the interior of the island and in the town of Ibiza.

LEVEL OF DIFFICULTY: MEDIUM

INGREDIENTS

FOR 4 PEOPLE:

- 1.5 kg of skate
- 8 medium-sized potatoes
- 2 hard-boiled eggs
- 4 cloves of garlic
- Olive oil
- Parsley
- Roasted almonds
- Salt
- Pepper

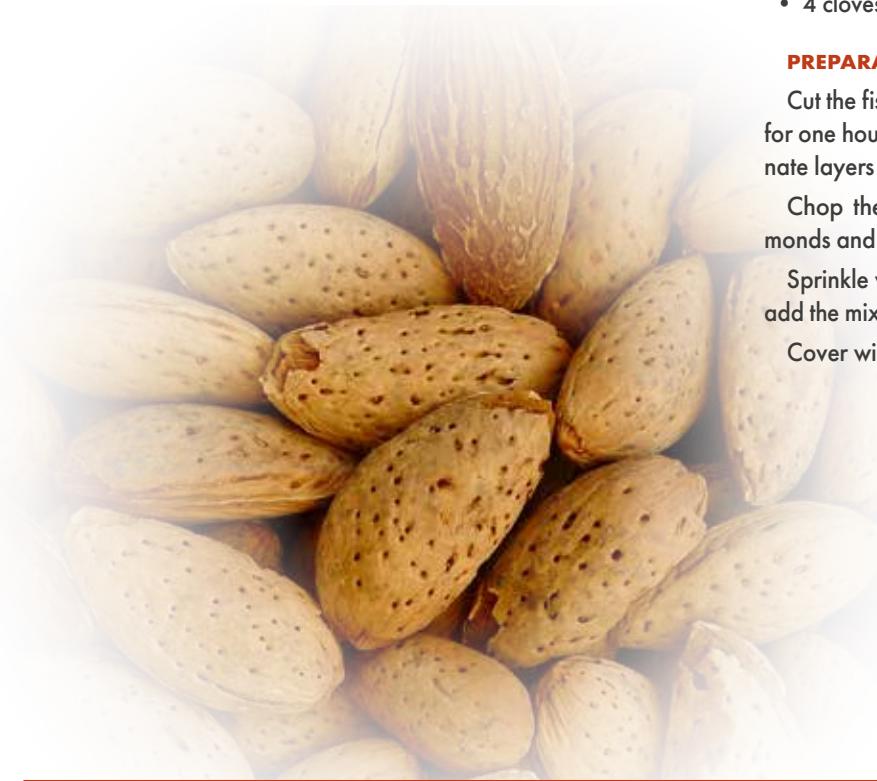
PREPARATION

Cut the fish into large slices, salt and leave to stand for one hour. Peel and slice the potatoes. Place alternate layers of potatoes and fish in a casserole.

Chop the hard-boiled eggs, garlic, parsley, almonds and a pinch of salt.

Sprinkle with oil and season with salt, pepper and add the mixture of eggs, garlic, parsley and almonds.

Cover with water and leave to simmer.





ARROZ A LA MARINERA (SEAFOOD RICE)

ARROZ A LA MARINERA (SEAFOOD RICE)

LEVEL OF DIFFICULTY: DIFFICULT

INGREDIENTS FOR 4 PEOPLE:

FOR THE STOCK:

- 1 kg of rockfish
- 1 tomato
- 1 small onion
- 1 green pepper
- Saffron
- Sweet paprika
- Olive oil
- Salt

FOR THE RICE:

- ½ kg of rice
- 1 cuttlefish
- 10 prawns
- 12 mussels
- 16 clams
- 4 crab legs
- Rockfish or monkfish (optional)
- 2 cloves of garlic
- 1 ñora (small bell pepper)
- 1 green pepper
- 1 tomato
- Oil
- Salt

PREPARATION

Boil the tomato, onion, pepper, saffron and sweet paprika in plenty of water for 15 minutes. Add the rockfish and leave to cook for another 15 minutes.

Put some olive oil in a casserole, sauté the prawns and set them aside. Next, in the same oil, sauté the cuttlefish until browned, then add the tomato, pepper and a clove of garlic.

Add the stock and boil for about 10 minutes. Then add the rice, crab legs, clams and mussels and leave to cook for 15 minutes.

Meanwhile, fry the ñora and crush a clove of garlic and the strands of saffron in the mortar, along with the parsley. Add the mixture 5 minutes before the rice has finished cooking.





FRITA DE PULPO (FRIED OCTOPUS)

FRITA DE PULPO (FRIED OCTOPUS)

It is common to see Ibizans go down to the bar to have a small portion of Spanish omelette or fried octopus for breakfast. The latter, a typical fisherman's dish, is so tasty that it continues to be prepared in many homes, and many restaurants have added it to the menu as a main dish.

LEVEL OF DIFFICULTY: MEDIUM

INGREDIENTS

- 1.5 kg of octopus
- 5 potatoes
- 3 onions
- 1 red pepper
- 2 green peppers
- 1 head of garlic
- Olive oil
- Salt
- Pepper

PREPARATION

Boil the octopus in plenty of water for about an hour. Put some oil in a casserole and fry the chopped onion. When it is browned, add the chopped peppers and the unpeeled cloves of garlic.

Meanwhile, chop the octopus and add it to the casserole. Mix all the ingredients and season with salt and pepper. Add the chopped and previously fried potatoes and mix again. Leave to simmer for a few more minutes.





SQUID STUFFED WITH SOBTRASADA

SQUID STUFFED WITH SOBTRASADA

One of the most spectacular mixed seafood and meat dishes in Ibizan cuisine is squid stuffed with sobrasada. It is a winter dish, typical of the slaughtering season, which combines one of the highest quality products offered by the Pityusic coast with the island's most typical sausage.

LEVEL OF DIFFICULTY: MEDIUM

INGREDIENTS FOR 4 PEOPLE:

- 1 or 2 squids per person, depending on size
- Sobrasada
- 1 glass of brandy
- Chopped garlic and parsley
- Olive oil
- Salt

PREPARATION

Clean the squid and remove the tentacles. Chop these, season and dress with a spoonful of chopped garlic and parsley. Add crumbled sobrasada until there is the same amount of the two ingredients. Once well mixed, stuff the squid with this mixture and close the end with a round toothpick.

Next, put a little olive oil into a casserole, add the squid and pour in a glass of brandy. Let them cook over a very low heat for about 45 minutes. They are usually served with fried potatoes and peppers or with boiled rice.





ARROZ DE MATANZAS (MIXED MEAT RICE)

ARROZ DE MATANZAS (MIXED MEAT RICE)

Arroz de matanzas is one of the most characteristic, tasty and robust dishes of Ibizan cuisine. Although there are now some restaurants that serve it regularly, in the country cottages it is only cooked one day a year: the day of pig slaughter, which normally takes place sometime in December. It includes the fresh meat of the slaughtered animal, freshly harvested pebrassos (red pine mushrooms) and free-range chicken, among other ingredients. There are many recipes. In the fishermen's houses, for example, a fish stock was used as a base and in many areas of the island cinnamon dressing is used.

LEVEL OF DIFFICULTY: DIFFICULT

INGREDIENTS FOR 4 PEOPLE:

- ½ kg of hen
- ½ kg of chicken
- 1 chicken liver
- 200 grams of pork ribs
- 100 grams of pork fillet
- 100 grams of pork loin
- Sobrasada
- 4 small cups of rice
- 200 grams of pebrassos (red pine mushrooms)
- 1 tomato
- 1 red pepper
- 2 cloves of garlic
- Parsley
- 1 ñora (small bell pepper)
- Saffron
- Olive oil
- Salt
- Pepper
- Cinnamon

PREPARATION

Boil the hen in plenty of water for 45 minutes to make stock. Fry the meat (chopped chicken, ribs, loin and fillet) in a casserole and once browned, add the tomato, pepper, chopped garlic and mushrooms. Add the hot, strained stock and boil for 15 minutes.

While the meat is boiling in the stock, fry the ingredients for the mixture: the ñora and the chicken liver. Add the cloves of garlic, the parsley and the strands of saffron until a smooth paste is obtained.

Add the rice to the casserole. Then add the sobrasada and mixture. Season with salt and pepper and add a pinch of powdered cinnamon. Cook over high heat for 15 minutes.





FRITA DE CERDO (FRIED PORK)

FRITA DE CERDO (FRIED PORK)

Like *arroz de matanzas*, this is one of the star dishes on the day of pig slaughter and, except in restaurants, it is still only made on that day. It is one of the most robust and filling dishes of Ibizan cuisine and is cooked with fresh meat and bacon from the freshly slaughtered animal. It is served on platters in the centre of the table and diners eat directly from them. In some areas of the island, it is accompanied by a salad of finely chopped raw cabbage seasoned with oil, vinegar and garlic.

LEVEL OF DIFFICULTY: MEDIUM

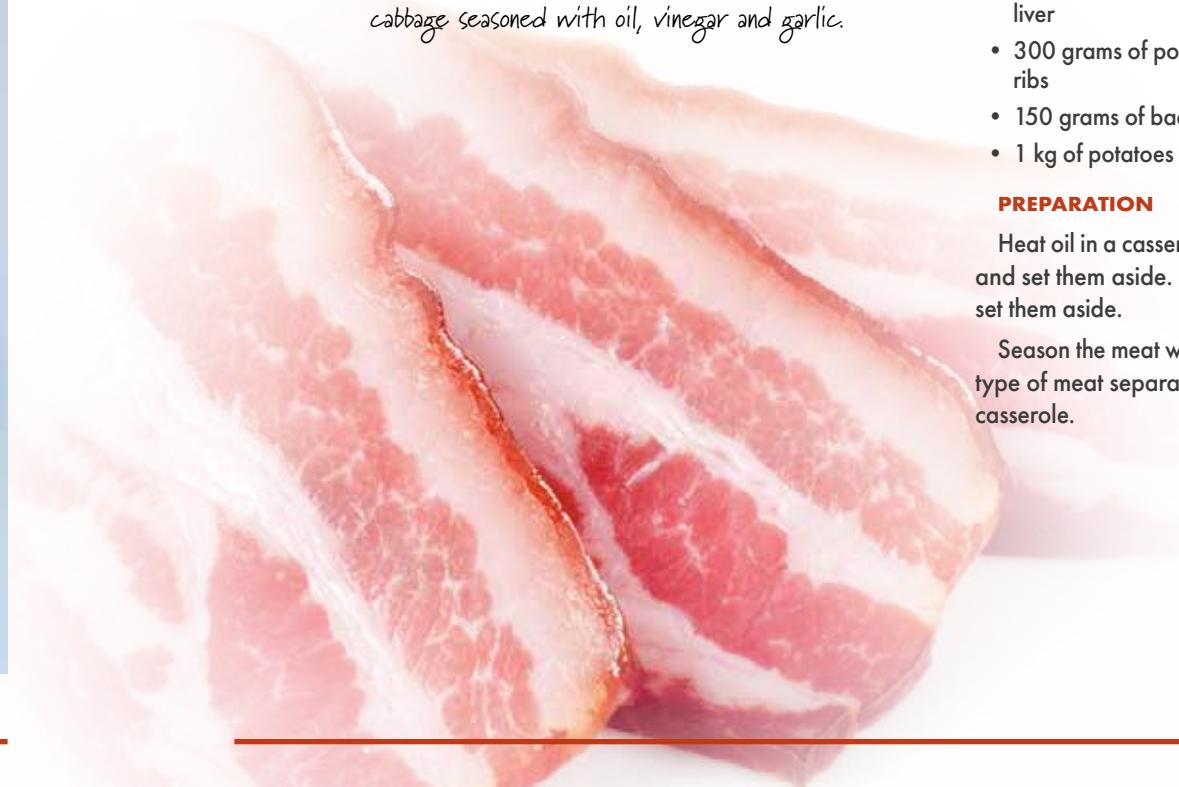
INGREDIENTS FOR 4 PEOPLE:

- ½ kg of pork loin
- 200 grams of pork liver
- 300 grams of pork ribs
- 150 grams of bacon
- 1 kg of potatoes
- 2 green peppers
- 2 red peppers
- 2 heads of garlic
- Olive oil
- Salt
- Pepper

PREPARATION

Heat oil in a casserole. Chop the potatoes, fry them and set them aside. Fry the peppers and garlic and set them aside.

Season the meat with salt and pepper and fry each type of meat separately. Mix all the ingredients in a casserole.





SOFRIT PAGÈS

Sofrit pagès is undoubtedly the most popular dish on Ibiza when there is something to celebrate. It was a staple in country cottages on Christmas Day and on the patron saint's day. It was also served at weddings in the past, preceded by a mixed meat or fish and seafood paella as the first course. It combines different types of meat, with potatoes and the island's two most typical sausages: *sobrasada* and thin *butifarra* (*botifarró*). In some villages on the island they also add vegetables, such as beans or artichokes. The recipe below uses chicken, pork and lamb, but it can also be made with rabbit and kid. At least two different types of meat (chicken and lamb or kid) and sausages must be used.

LEVEL OF DIFFICULTY: DIFFICULT

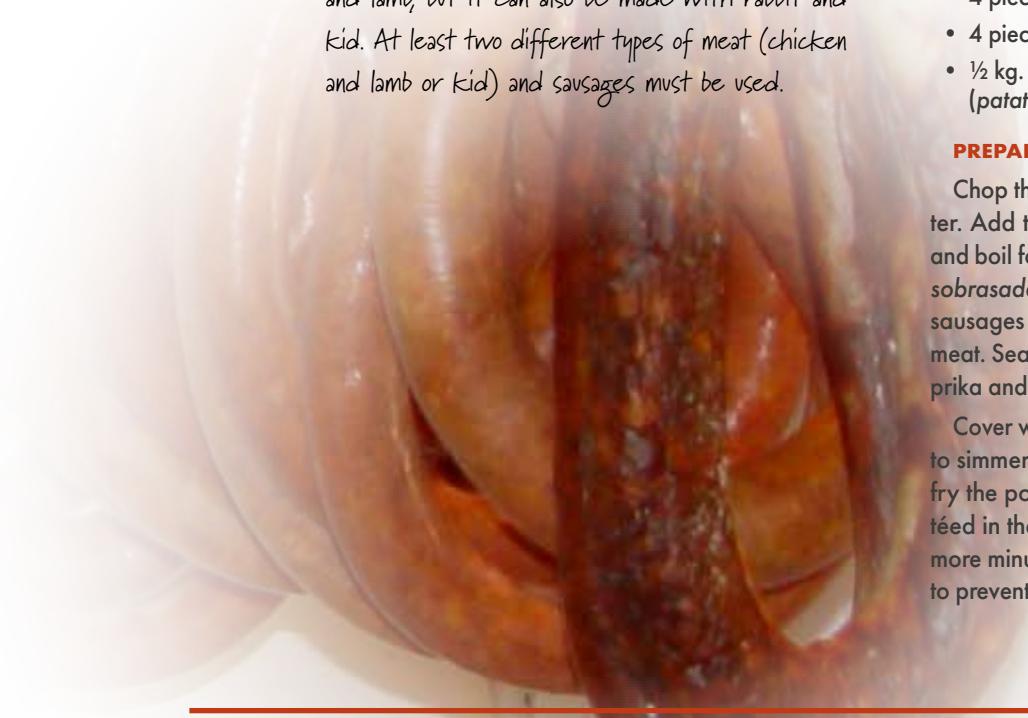
INGREDIENTS FOR 4 PEOPLE:

- 1 chicken
- 250 grams of pork
- 250 grams of lamb
- 4 pieces of *sobrasada*
- 4 pieces of *botifarró*
- ½ kg. of potatoes (*patatons*)
- 1 head of garlic
- Parsley
- Olive oil
- Salt
- Pepper
- Paprika

PREPARATION

Chop the lamb and pork and boil in plenty of water. Add the chopped chicken after fifteen minutes and boil for another twenty minutes. Sauté the garlic, *sobrasada* and *botifarró* in a casserole. Remove the sausages and add the chopped parsley and boiled meat. Season with salt and pepper, sprinkle with paprika and stir well.

Cover with the previously obtained stock and leave to simmer for fifteen minutes. Meanwhile, peel and fry the potatoes. Add these and the sausages sautéed in the meat casserole. Leave to simmer for ten more minutes, stirring the casserole from time to time to prevent sticking.





BUÑUELOS (FRITTERS)

BUÑUELOS (FRITTERS)

Like orelletes, buñuelos or bunyoks, as Ibizans say, are present at all the typical festivities celebrated in Ibiza. They are a traditional sweetmeat, passed round on trays in the square on the town's patron saint's day and also in private houses. Some people also cook them on the eve of the day of the pig slaughter. Although they are usually made with flour and potato as the main ingredients, you can mix or even replace the potato with pumpkin or apple. They have a soft texture and are easy to make, although accuracy is required in measuring the ingredients.

LEVEL OF DIFFICULTY: MEDIUM

INGREDIENTS

FOR A TRAY OF BUÑUELOS:

- 1 kg of flour
- 1/2 kg of potatoes (or pumpkin or apples)
- 2 lemons
- 1 tablespoon of anise seeds
- 2 sachets of baking powder
- 1 small glass of aniseed liqueur
- 2 eggs
- Orange juice
- Lemon juice
- Sugar
- Sunflower oil

PREPARATION

Boil, peel and mash the potato. Grate the lemon peel. Put the flour, mashed potatoes, lemon peel, anise seeds, baking powder, aniseed liqueur and unbeaten eggs in a bowl and stir well. Slowly stir in the lemon and orange juice until the dough thickens but is still liquid enough to drain through your fingers.

Then deep fry the fritters in sunflower oil. This is done using *buñueleras*, metal moulds with handles that are heated in the oil itself before starting. After a while, the dough detaches from the *buñuelera* and remains floating in the oil. You have to turn it over to ensure it is well done on both sides. Finally, leave to cool and sprinkle with sugar just before serving.





GREIXONERA

GREIXONERA

Greixonera, another typical traditional sweetmeat commonly found in Ibizan houses and restaurants, is a recipe that arose as a way to take advantage of stale bread. Nowadays, however, it is made with *ensaimadas*, which make it juicier and more succulent. Its texture is very similar to bread pudding and the trick lies in getting the cooking time just right and not overcooking; it has to have just the right consistency to melt in the mouth.

LEVEL OF DIFFICULTY: EASY

Ingredients

- 4 *ensaimadas*
- 6 eggs
- 1 litre of milk
- 400 grams of sugar
- Cinnamon powder
- Cinnamon stick
- Lemon peel

PREPARATION

Boil the milk with the lemon peel and cinnamon stick and leave to cool. Crumble the *ensaimadas*, add the eggs, the sugar and the powdered cinnamon and beat them together. Add the milk and mix well. Pour the resulting mixture into a previously greased mould and bake for approximately 45 minutes, though it is advisable to check from time to time.





ORELLETES

ORELLETES

These are the snack par excellence, along with the traditional *buñuelos*, at all important festivals. They are prepared on the eve of the town patron saint's day and handed out at the end of mass on the day itself. These sugar-sprinkled flour cakes have always been ear-shaped. Hence their name: "little ears".

LEVEL OF DIFFICULTY: DIFFICULT

INGREDIENTS

- 1 kg of flour
- 5 eggs
- 400 grams of sugar
- 50 grams of lard
- 1 sachet of baking powder
- 1 tablespoon of aniseed liqueur
- Lemon zest
- Vanilla powder

PREPARATION

Beat the eggs with the sugar, aniseed liqueur and lemon zest and add the baking powder and flour until a consistent dough is obtained. Divide the dough into small portions and flatten each one into the shape of an ear. Make some cuts in the central area and fry in a frying pan with oil over a high heat. Leave to cool and sprinkle with sugar.





FLAÓ

FLAÓ

Holy Week in Ibiza always ended with this dessert, which was cooked exclusively for Easter Sunday. Its combination of sweetness and freshness makes it the island's most representative and exotic dessert, and today it is enjoyed all year round. It can be found both in bakeries and restaurants.

LEVEL OF DIFFICULTY: DIFFICULT

INGREDIENTS FOR THE BASE:

- 500 grams of flour
- 1 tablespoon of lard
- 3 eggs
- 200 grams of sugar
- 1 tablespoon of baking powder
- 2 tablespoons of aniseed liqueur

FOR THE FILLING:

- 500 grams of fresh goat cheese
- 4 eggs
- 375 grams of sugar
- 10 mint leaves

PREPARATION

To prepare the base, beat the eggs and sugar and add the rest of the ingredients. Knead everything, let it rest for 15 minutes and spread the dough over a previously greased mould sprinkled with flour to prevent it from sticking.

Beat the rest of the eggs and sugar to prepare the filling and add the previously crushed cheese. Stir until a smooth mixture is obtained. Add six chopped mint leaves. Pour the mixture into the mould, place four mint leaves as decoration on the surface of the mixture and bake for about 35 minutes at 180° C. Finally, allow to cool and sprinkle with sugar.





CAFÉ CALETA

CAFÉ CALETA

Café Caleta is a kind of Ibizan *queimada* (drink prepared in Galicia by the burning of the local liquor), but with coffee, rum and brandy as its main ingredients. It was invented a century ago by a fisherman from the coast of Sa Caleta and the recipe became so popular that many houses on the island made it on the day of the pig slaughter and other special occasions. Today, it is taken to round off a copious meal in many restaurants.

LEVEL OF DIFFICULTY: EASY

INGREDIENTS

- 400 grams of ground coffee
- Peel of 1 lemon
- ½ litre of water
- Peel of 1 orange
- 1 bottle of brandy
- Cinnamon stick
- 1 bottle of rum
- 250 grams of sugar
- Coffee beans

PREPARATION

Boil the water, add the ground coffee and turn off. Caramelize the sugar in a pot and add the brandy and rum. When it boils, add the lemon and orange peels, the coffee beans and the cinnamon stick.

Burn until the flame turns blue, always stirring. Add the coffee and serve very hot.





HIERBAS IBICENCAS

HIERBAS IBICENCAS

There are those who describe *hierbas ibicencas* as the island's forest in a liqueur. It is the most typical digestive of the Pitiusic islands and has even been marketed since the 19th century. In many rural houses, it is still made by hand, with aniseed liqueur as a base, although the brands that bottle it for distribution and export distil the plants directly. The following traditional recipe varies in each house, which has its own recipe that is passed down from generation to generation.

LEVEL OF DIFFICULTY: EASY

INGREDIENTS

- Sweet aniseed liqueur (3/4)
- Dry aniseed liqueur (1/4)
- Thyme
- Rosemary
- Peppermint
- Mint
- Lemon verbena
- Juniper
- Sage
- Wild fennel
- Chamomile
- Bay leaf
- Lavender
- Rue
- Houseleek
- Felty germander
- Orange peel
- 1 orange leaf
- Lemon peel
- 1 lemon leaf

PREPARATION

Put a sprig of each of the herbs in each bottle and, in the case of the lemon and orange peel, the equivalent of a slice. Use a twig to make the task easier. Fill the bottles with both types of anise previously mixed. Leave in a dark room for as long as possible (at least six months).



GASTRONOMIC CALENDAR

“PATRIMONI GASTRONÒMIC” · “CONCURS MUNDIAL D'ARRÒS DE MATANCES PER EQUIPS” · “PATRIMONI GASTRONÒMIC” · “PINTXA SANT ANTONI” · “FIRA DES GERRET D'EIVISSA” · “FESTIVAL GASTRONÒMIC DE SA SEPIA” · IBIZASABOR SPRING GASTRONOMY DAYS · “FIRA DE LA LLAGOSTA, LA GAMBA I EL PEIX D'EIVISSA” · LONG LIVE POSIDONIA · “FIRA DEL MOLL I PEIXOS DE TARDOR” · IBIZASABOR AUTUMN GASTRONOMY DAYS · “FIRA DES CALAMAR” · “RESTAURAT” · “TAPAVI” · “FIRA DE LA SAL” · ES CUBELLS PAELLA CONTEST · FESTA DE S'OLI · “CAÑAS'N'ROLL” · “SABORS DEL CAMP I DE LA MAR” · PORK GASTRONOMY DAY · “FESTA DES VI PAGÈS DE SANT MATEU” · AIOLI FESTIVAL · “FIRA DES POLP”



January

- **“Patrimoni Gastronòmic”.** These gastronomic days, with thematic menus related to World Heritage Cities, are held from January to March in various restaurants in the Ibizan capital. These menus are offered at affordable prices. Organised by Ibiza Town Council, with the collaboration of the *Consell Insular d'Eivissa* and PIMEEF. More information: www.patrimonigastronomic.com

- **“Concurs Mundial d'Arròs de Matances per equips”.** Fifty or so teams compete to make the best *arroz de matanzas*, in the centre of Sant Antoni de Portmany. Rice is also cooked for the multitudes and there are musical performances and a very festive atmosphere. Organised by the Sant Antoni de Portmany Town Council. More information: www.santantoni.net

February

- **“Patrimoni Gastronòmic”.** These gastronomic days, with thematic menus related to World Heritage Cities, are held from January to March in various restaurants in the Ibizan capital. These menus are offered at affordable prices. Organised by Ibiza Town Council, with the collaboration of the *Consell Insular d'Eivissa* and PIMEEF. More information: www.patrimonigastronomic.com

- **“Pintxa Sant Antoni”.** Every Thursday, from the end of February to the end of March, this pinchos and tapas festival, in which more than twenty restaurants and bars take part, is held in Sant Antoni de Portmany. There is a tasting tour with a free mini train. Organised by Sant Antoni Town Council. More information: www.pintxasantantoni.com

March

- **“Patrimoni Gastronòmic”.** These gastronomic days, with thematic menus related to World Heritage Cities, are held from January to March in various restaurants in the Ibizan capital. These menus are offered at affordable prices. Organised by Ibiza Town Council, with the collaboration of the *Consell Insular d'Eivissa* and PIMEEF. More information: www.patrimonigastronomic.com

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- **“Fira des Gerret d'Eivissa”.** The *gerret* or *picarel*, a small, tasty fish that is caught by traditional methods, is the star of this fair, which is held in the centre of Santa Eulària des Riu. There is a tasting of gourmet dishes made with *gerret* by island restaurants, musical performances, a seafood and craft market, an exhibition of local oils and wines, a photography exhibition, etc. Organised by Peix Nostrum with the collaboration of Santa Eulària Town Council and the *Consell Insular d'Eivissa*. More information: www.peixnostrum.com



• **“Festival Gastronòmic de sa Sèpia”.** The small town of Sant Joan de Labritja is the setting for another multitudinous fair, in this case, starring the cuttlefish. There is a cuttlefish dish competition and attendees can enjoy thousands of portions at affordable prices. There is also a craft market and concerts. Organised by Peix Nostrum, with the collaboration of Sant Joan Town Council and the *Consell Insular d’Eivissa*.

April

• **IbizaSabor Spring Gastronomy Days.** Fifty or so restaurants from all over the island take part in these events, which begin in April and last until the end of May. They offer tasting menus with island dishes and products at affordable prices, as well as a selection of tapas. Other activities are held in parallel, such as the Professional Mediterranean Gastronomy Forum, where local cooks and some of the country’s most renowned chefs offer show cooking sessions to the public, as well as traditional cooking workshops, product tastings and visits to wineries. Organised by *Consell Insular d’Eivissa* and PIMEEF. More information: www.ibizasabor.es

• **“Fira de la Llagosta, la Gamba i el Peix d’Eivissa”.** This fair is held on the promenade of Sant Antoni de Portmany and numerous restaurants and fishermen from the island take part, offering tapas at affordable prices. Lobster and seafood rice dishes are also offered, as well as show-cooking, boat trips and musical performances. Organised by Peix Nostrum, with the collaboration of Sant Antoni Town Council and the *Consell Insular d’Eivissa*. More information: www.peixnostrum.com

• **Seafood Rice Contest.** Plaça des Martell, in the port of Ibiza, hosts this contest for the preparation of *arroz a la marinera*, one of the dishes traditionally cooked by sailors, in which anyone can take part. There are also cooking workshops and exhibitions. Organised by Peix Nostrum and Ibiza Town Council. More information: www.peixnostrum.com

May

• **IbizaSabor Spring Gastronomy Days.** Fifty or so restaurants from all over the island take part in these events, which begin in April and last until the end of May. They offer tasting menus with island dishes and products at affordable prices, as well as a selection of tapas. Other activities are held in parallel, such as the Professional Mediterranean Gastronomy Forum, where local cooks and some of the country’s most renowned chefs offer show cooking sessions to the public, as well as traditional cooking workshops, product tastings and visits to wineries. Organised by *Consell Insular d’Eivissa* and PIMEEF. More information: www.ibizasabor.es

July

• **Long Live Posidonia.** These gastronomic and cultural events are held in Ibiza town throughout the summer. Around 20 restaurants take part, offering a tasting menu every Saturday inspired by Posidonia and its ecosystem. There are also free educational visits to the Posidonia meadows by kayak, as well as art exhibitions and other activities. Organised by Ibiza Town Council. More information: www.turismo.eivissa.es



Agosto

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September

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• **“Fira del Moll i Peixos de Tardor”.** Numerous restaurants take part in this fair, which is held in Plaça des Martell in the port of Ibiza. They offer tapas prepared with *moll* (red mullet) and other species caught at this time of year at affordable prices. There are also musical performances and children’s and environmental workshops. Organised by Peix Nostrum and Ibiza Town Council, with the collaboration of the Port of Ibiza. More information: www.peixnostrum.com

October

• **IbizaSabor Autumn Gastronomy Days.** Fifty or so restaurants from all over the island take part in these events, which begin in October and last until the end of November. They offer tasting menus with island dishes and products at affordable prices, as well as a selection of tapas. Other activities are held in parallel, such as traditional cooking workshops, product tastings or visits to wineries and oil mills. Organised by *Consell Insular d’Eivissa* and PIMEEF. More information: www.ibizasabor.es

• **“Fira des Calamar”.** The town of Sant Carles de Peralta hosts this popular event, in which numerous teams compete to cook the best squid dish. Thousands of portions are prepared, which are later handed round to the public. Concerts are also organised and there is a very festive atmosphere. Organised by Peix Nostrum, with the collaboration of the Santa Eulària Town Council and the *Consell Insular d’Eivissa*. More information: www.peixnostrum.com

• **“Restaurat”.** This gastronomic event is held from mid-October to early December, with the participation of numerous restaurants from the municipality of Sant Antoni de Portmany. They offer tasting menus at affordable prices, which are judged by a panel, which elects the winner. Diners also enjoy discounts in the town’s shops. Organised by Sant Antoni Town Council. More information: www.restaurat.es

• **“Tapavi”.** Numerous bars and restaurants in the centre of Santa Eulària des Riu take part in this weekend gastro-musical festival. A selection of tapas and concerts are offered throughout the town. Organised by Santa Eulària Town Council. More information: www.santaaulalia.net



• **“Fira de la Sal”.** For one weekend at the end of October, tribute is paid to salt, the island’s most important industry until the arrival of tourism. In the Ses Salines Natural Park and Sant Jordi there are tastings, special menus in various restaurants, cooking workshops, show-cooking, children’s activities, hiking, birdwatching, exhibitions, conferences, concerts, etc. Organised by the Sant Josep Town Council, the Balearic Government and the *Consell Insular d’Eivissa*. More information: www.santjosep.org

• **Es Cubells Paella Contest.** This paella contest, in which more than twenty teams and hundreds of diners participate, is organised during the festivities of Santa Teresa. Organised by the *Associació de Veïns de Es Cubells* and the Sant Josep Town Council. More information: www.santjosep.org

November

• **IbizaSabor Autumn Gastronomy Days.** Fifty or so restaurants from all over the island take part in these events, which begin in October and last until the end of November. They offer tasting menus with island dishes and products at affordable prices, as well as a selection of tapas. Other activities are held in parallel, such as traditional cooking workshops, product tastings or visits to wineries and oil mills. Organised by *Consell Insular d’Eivissa* and PIMEEF. More information: www.ibizasabor.es

• **Festa de S’Oli.** The old Can Pep de Sa Plana oil mill in Forada is the venue for this popular olive oil festival, where visitors can observe how olive oil is made in the traditional way. There is also a tasting session, *ball pagès* (traditional country dance), popular games, crafts, etc. Organised by the Can Pep de Sa Plana family, in collaboration with the Sant Antoni Town Council and the *Consell Insular d’Eivissa*. More information: www.santantoni.net

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• **“Cañas’n’Roll”.** Sant Josep de Sa Talaia hosts this music and gastronomy festival, which is held at weekends from late November to late December. The bars where there are concerts offer a selection of pinchos and tapas and there is also a musical film festival, related exhibitions, etc. Organised by the Sant Josep Town Council. More information: www.cañasnroll.com



December

• **“Sabors del Camp i de la Mar” Gastronomic Fair.** This event is usually held on the first weekend in December and takes place at the Ibiza Town Exhibition Centre. It is a showcase for agri-food producers and the traditional culinary industry and also for restaurants, which offer tapas tasting sessions. There are also show-cooking sessions and cooking workshops. Organised by the *Consell Insular d’Eivissa*. More information: www.saborsdeivissa.es

• **Pork Gastronomy Day.** A dozen restaurants in Santa Eulària des Riu take part in this event, where tasting menus related to the slaughter of the pig are prepared. Organised by Santa Eulària Town Council. More information: www.santaeulalia.net

• **“Festa des Vi Pagès de Sant Mateu”.** Around 20 traditional wine producers take part in this popular wine festival, which takes place in the village of Sant Mateu d’Albarca. In addition to the wines, visitors can also taste *sobrasada* and *butifarra* made by the Albarca families, as well as typical sweets, *café caleta*, etc. There are also exhibitions of *ball pagès* (traditional country dancing) and live music. Organised by the *Associació de Veïns de Sant Mateu*, the Sant Antoni Town Council and the *Consell Insular d’Eivissa*.

• **Aioli Festival.** This championship for the preparation of the popular aioli sauce is held on a Saturday in mid-December, at the same time as the *Mercat de Forada* (Buscastell). Organised by *Cooperativa Integral d’Eivissa*.

• **“Fira des Polp”.** This octopus fair, where visitors can taste tapas and partake of an enormous people’s paella, is held in Sant Miquel de Balansat. It lasts all day and concerts are also held. Organised by the *Anarem a Sant Miquel* collective.

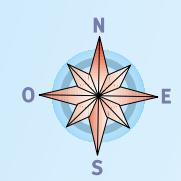
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- Point of interest
- Tower
- Altitude
- Church · Cathedral
- Cove with tourist interest
- Petrol station
- Camp site
- Marina
- Commercial port
- Lighthouse
- Public Hospital
- Panoramic view
- Archaeological place of interest
- Golf course
- Slipway
- Regulated mooring areas

- IBIZA / EIVISSA
- SANT JOSEP DE SA TALAIA
- SANT ANTONI DE PORTMANY
- SANT JOAN DE LABRITJA
- SANTA EULÀRIA DES RIU



Sabors d'Eivissa is a brand which was created to identify those catering establishments which support traditional Ibiza products and flavours as a basis for their cuisine regardless of whether or not they follow traditional recipes or go for an innovative cuisine.

This is an opportunity to enjoy the unique flavours of Ibiza. From the traditional "payés" bread with olive oil produced on the island followed by traditional or innovative dishes with local products of the earth or from the sea and "flaó", a dessert rooted in medieval times. And a glass of local wine or a glass of Ibiza herbs is an essential part.



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Consell  d'Eivissa

