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SIT BACK, SAVOUR IT AND INDULGE IN REVERIE

IBIZA SMELLS OF PINEWOODS, TASTES OF THE SEA, SOUNDS LIKE THE CRUNCH OF RIPE WATERMELONS BEING SLICED OPEN, AND FEELS SENSUAL AND SWEET, LIKE JUICY TOMATOES PLUCKED FROM THE STALK.

Ibiza steals up on you thanks to its landscapes, climate, friendly locals and fine cuisine which can be sampled next to the waves, in places full of history, in the depths of the country or beneath a starry sky.

Feel the luxury of eating natural products at the exact moment of ripeness, recalling those delicious flavours of childhood. Enjoy the island's tranquillity and ambience of freedom as you tuck into arroz con marisco next to the sea, or sample freshly caught fish like grouper, tuna, John Dory or skate.

Be pleasantly surprised by local wines, virgin olive oil or island bread, delicacies that can be found on every table, accompanying magical moments in which dining is a combination of being pampered, discovering, sharing and smiling.

Ibiza is a voyage around the senses. The excellence of local ingredients matches a culinary tradition passed down across the generations with an ever-present touch of originality: sofrit pagès (country fry-up), rice with cuts of pork, guisat de peix (fish stew), greixonera (cinnamon pudding) and flaó (soft cheese tart with spearmint) - age-old recipes that are part of a way of life marked by gatherings of family and friends, respect for the legacy of one's forbears, conservation of nature and its products, plus something as intangible as how to enjoy and be content.
PAN PAYÉS, OLIVES AND ALLIOLI

(COUNTRY BREAD, OLIVES AND ALLIOLI)

**METHOD**

Peel the cloves and crush in a mortar with a pinch of salt. Add olive oil little by little stirring all the time, always in the same direction. Do not stop stirring until the sauce has set.

**INGREDIENTS**

*ALLIOLI INGREDIENTS:*
- 4 garlic cloves
- Olive oil
- Salt

**NOTE**

*Allioli* (‘garlic-and-olive oil’) is a typical Mediterranean sauce found in most restaurants as an appetizer. It is usually served with *pan payés* (country bread) and olives in brine.
COCA WITH RED PEPPERS

**METHOD**

Knead the flour with the water, olive oil, yeast and a pinch of salt until you have a uniformly fine dough. Grease the baking tray with olive oil and sprinkle with flour. Roll out the dough with a rolling pin and spread it out on the tray. Arrange over this the baked peppers, crushed garlic and olives and sprinkle with olive oil. Add salt to taste. Bake in a pre-heated oven for half an hour at 250°.

**INGREDIENTS**

**FOR THE DOUGH:**
- 200 g flour
- 1 small glass olive oil
- 1 small glass water
- 1 sachet of yeast

**FOR THE FILLING:**
- Baked red peppers
- Olive oil
- Garlic
- Salt
- Olives

**NOTE**

This is eaten cold as a snack or light meal.
ENSALADA DE CROSTES

(BREAD-CRUST SALAD)

**METHOD**
Sprinkle the crostes lightly with water, taking care not to make the bread too soggy, and put in a salad bowl. Add the cut tomatoes followed by the peeled and crushed garlic cloves. Dress with olive oil and salt.

**INGREDIENTS**

**NUMBER OF SERVINGS:**
4 persons

- 1 kg crostes (toasted pan payés, i.e. country bread, broken up in pieces)
- 3 tomatoes
- 3 garlic cloves
- Olive oil
- Salt

**NOTE**
This dish can be found in restaurants specializing in typical island cuisine with numerous varieties: with onions, sun-dried fish, olives, etc.
ENSALADA PAYESA

(IBICENCO COUNTRY SALAD)

**METHOD**
Boil the potatoes in plenty of water for about 25 minutes. Strain, peel, dice and place them in a salad bowl. Add the tomatoes, eggs, onion and cut peppers. Dress with olive oil and salt. Serve cold.

**INGREDIENTS**

**NUMBER OF SERVINGS:**
4 persons

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

**NOTE**
This dish is found in restaurants offering local cuisine.
SOFRIT PAGÈS

(COUNTRY FRY-UP)

**METHOD**

Cut the lamb and pork into pieces and boil in plenty of water. Add the chicken pieces after fifteen minutes, and boil for another 20 minutes.

Sauté the garlic cloves in a large saucepan together with the pieces of *sobrasada* and *botifarró*. Remove the sausage pieces and add ground parsley and the boiled pieces of meat.

Add salt to taste, sprinkle with paprika and stir well. Add the previously obtained stock and leave to simmer for quarter of an hour on a low heat. Meanwhile peel and fry the potatoes. Add these and the fried sausage pieces to the saucepan containing the simmering meat.

Leave for 10 more minutes on a low heat, stirring from time to time so that it doesn’t stick to the bottom.

**INGREDIENTS**

**NUMBER OF SERVINGS:**
4 persons

• 1 chicken
• 250 g pork
• 250 g lamb
• 4 pieces of *sobrasada* (paprika sausage)
• 4 pieces of *botifarró* (Ibicenco black pudding)
• 1/2 kg potatoes (*patatons*)
• 1 head of garlic
• Parsley
• Olive oil
• Salt
• Pepper
• Paprika

**NOTE**

This is a dish formerly served around Christmas, but now right through the winter season. It is found in restaurants that specialize in meat dishes and local cuisine.
ARROZ DE MATANZAS

(RICE WITH CUTS OF PORK)

**METHOD**

Boil the hen in plenty of water for 45 minutes to make a stock.

Cut the meat (chicken, pork ribs, loin and sirloin) into pieces, and sauté in a large saucepan. When they have turned golden brown add the tomatoes and pepper, a crushed clove of garlic and mushrooms (*pebrassos*).

Add the boiled and strained stock and boil for 15 minutes. While the stock is boiling with the meat, fry the *nora pepper* and the chicken liver. Grind together these ingredients in a mortar and add garlic cloves, parsley and saffron threads until you have a smooth paste.

Add the rice to the saucepan, followed by the *sobrasada* and the smooth paste. Add salt to taste as well as a pinch of powdered cinnamon. Boil over a high flame for 15 minutes.

**NOTE**

This dish was traditionally cooked on the day of the *matanza* (annual pig slaughter), and is now found in restaurants that specialize in local cuisine.

**INGREDIENTS**

**NUMBER OF SERVINGS:**

4 persons

- 1/2 kg hen
- 1/2 chicken
- 1 chicken liver
- 200 g pork ribs
- 100 g pork sirloin
- 100 g pork loin
- *Sobrasada* (paprika sausage)
- 4 small cups of rice
- 200 g *pebrassos* (Bloody or Bleeding Milk Cap, wild mushroom)
- 1 tomato
- 1 red pepper
- 3 garlic cloves
- Parsley
- 1 *nora pepper*
- Saffron
- Olive oil
- Salt
- Pepper
FRITA DE CERDO

(PORK FRY-UP)

- **METHOD**

  Heat the olive oil in a saucepan. Cut the potatoes into pieces, fry them and leave them to one side. Fry the peppers and garlic cloves and put them to one side.

  Season the meat with salt, and fry each type separately. Mix all the ingredients together in a large saucepan.

- **INGREDIENTS**

  **NUMBER OF SERVINGS:**
  4 persons

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

- **NOTE**

  This dish was traditionally made on the day of the *matanza* (annual pig slaughter), and is now found in restaurants which serve local cuisine.
GUISAT DE PEIX

(FISH STEW)

• METHOD

Fry the tomatoes, pepper (cut into pieces) and chopped onion in a small amount of olive oil until they begin to turn golden brown.

Add the potatoes and beans, heating up the sautéed mixture. Finally add the water, and leave to boil for 5 minutes. Add the fish, and leave to simmer for about 15 minutes.

While this is simmering, prepare the picada (seasoning/thickener): fry the almonds, bread slice and nora pepper and put in a mortar.

Add the parsley, garlic cloves and saffron threads, and grind together, adding the resulting smooth paste to the saucepan a few minutes before cooking is complete.

• INGREDIENTS

NUMBER OF SERVINGS: 4 persons

• 1,5 kg rock fish (cabracho or scorpionfish, grouper, etc.)
• 8 medium-sized potatoes
• 1 onion
• 2 ripe tomatoes
• 1 green pimiento
• 150 g green beans
• 4 garlic cloves
• 75 g toasted almonds
• 1 slice of fried bread
• 1 nora pepper
• Parsley
• Olive oil
• Saffron
• Salt

NOTE
This is a typical dish for households where someone is keen on fishing. It is found in most restaurants near the coast as well as those which specialize in traditional island dishes.
FRIED OCTOPUS

• METHOD

Boil the octopus in plenty of water for about an hour. Pour some olive oil into a saucepan and sauté the chopped onion. When it is golden brown, add the sliced peppers and unpeeled cloves of garlic.

Cut the octopus into pieces and add to the saucepan. Mix all the ingredients and season with salt. Add the potatoes (sliced and fried beforehand) and mix again. Leave to simmer for a few minutes more on a low heat.

Level of difficulty: MEDIUM

INGREDIENTS

• 1,5 kg de octopus
• 3 onions
• 1 red pepper
• 2 green peppers
• 1 head of garlic
• 5 potatoes
• Olive oil
• Salt
• Pepper

NOTE

This is a typical dish for households where someone is keen on fishing. It is found in many bars and restaurants as a tapa.
BULLIT DE PEIX AND ARROZ A BANDA

(FISH STEW AND SEAFOOD RICE AND POTATOES)

• METHOD

For bullit de peix:

Fill a saucepan with water and add the potatoes, beans, artichokes, tomato, pepper, garlic cloves, parsley, a good splash of olive oil and salt. Leave to boil for 5 minutes and add the fish. Boil for 15 minutes and place the fish and vegetables on a tray. Keep back the stock for the arroz a banda.

For arroz a banda:

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

NOTE
The fish with potatoes and vegetables is eaten first, accompanied with alioli, followed by the arroz a banda. The dish can be found in most Ibizen restaurants.

Level of difficulty: DIFFICULT

INGREDIENTS

NUMBER OF SERVINGS:
4 persons

For bullit de peix
• 1.2 kg rockfish (cabracho or scorpionfish, grouper, etc.)
• 8 medium-size potatoes
• 1 onion
• 1 tomato
• 1 green pepper
• 4 garlic cloves
• 150 g green beans
• 2 artichokes
• Parsley
• Olive oil
• Saffron
• Salt
• Pepper

For arroz a banda
• 500 g rice
• 1 tomato
• 2 garlic cloves
• 1 pepper
• 1 cuttlefish
• Olive oil
BORRIDA DE RATJADA

(SKATE STEW)

**METHOD**

Cut the skate into large steaks, add salt and leave to stand for one hour. Peel and cut the potatoes into thin slices. Place alternating layers of potatoes and fish in a shallow saucepan.

Grind in a mortar a *picada* (seasoning/thickener) comprised of hard-boiled eggs, garlic, parsley, almonds and a pinch of salt. Drizzle olive oil over the fish and potatoes, season with salt and pepper and stir in the *picada*.

Cover with water and leave to simmer on a very low heat.

**Level of difficulty:** MEDIUM

**INGREDIENTS**

**NUMBER OF SERVINGS:** 4 persons

- 1,5 kg skate
- 8 medium-size potatoes
- 2 hard-boiled eggs
- 4 garlic cloves
- Olive oil
- Parsley
- Toasted almonds
- Salt
- Pepper

**NOTE**

This typical dish of Ibiza in former times is difficult to find in restaurants these days, apart from a few which specialize in traditional island fare. It is one which will take your tastebuds by surprise.
ARROZ A LA MARINERA

(SEAFOOD RICE)

• METHOD

Boil the tomatoes, onion, pepper, saffron and paprika for 15 minutes in plenty of water. Add the rockfish and leave to simmer for about 15 more minutes.

Drizzle olive oil in a saucepan, sauté the prawns and put to one side. Then in the same olive oil sauté the cuttlefish until golden brown, then add the tomatoes, pepper and a garlic clove.

Add the stock and leave to simmer for about 10 minutes.

After this, add the rice, crab legs, clams and mussels, and leave to simmer for 15 minutes.

Meanwhile fry the nora pepper and grind it in a mortar together with the parsley, one clove of garlic and the saffron threads. Add this smooth paste when 5 minutes of cooking time for the rice remains.

NOTE

This dish is fairly easy to find in Ibiza restaurants, and allows you to savour local ingredients at their best.

Level of difficulty: DIFFICULT

INGREDIENTS

NUMBER OF SERVINGS:
4 persons

For the stock
• 1 kg rockfish
• 1 tomato
• 1 small onion
• 1 green pepper
• Paprika
• Saffron
• Olive oil

For the rice
• 500 g rice
• 1 cuttlefish
• 10 prawns
• 12 mussels
• 16 clams
• 4 crab legs
• Rockfish or monkfish (optional)
• 2 garlic cloves
• 1 nora pepper
• 1 green pepper
• 1 tomato
• Olive oil
• Salt
GREIXONERA

(CINNAMON-FLAVOURED PUDDING)

**METHOD**

Boil the milk with lemon rind and cinnamon stick and leave to cool.

Crumble up the *ensaimadas*. Add the eggs, the sugar and cinnamon powder and mix thoroughly together. Add the milk and mix well.

Pour the resulting mixture into a greased baking tray and bake for about 45 minutes, keeping a careful watch until it appears ready.

**INGREDIENTS**

- 4 *ensaimadas* (Balearic spiral bun)
- 6 eggs
- 1 litre milk
- 400 g sugar
- Cinnamon powder
- Cinnamon stick
- Lemon rind or zest

**NOTE**

This dessert was once made with hard bread leftovers, although *ensaimadas* and other sorts of baked products are now used.
ORELLETES

(LEMON-FLAVOURED FRITTERS, “LITTLE-EARS”)

• METHOD

Beat the eggs with the sugar, anisette and lemon zest and add the yeast and flour until you have a consistent dough.

Divide the dough into small portions and flatten each giving it the rough shape of an ear. Make a few cuts in the central part, and fry in a frying pan with olive oil over a high heat. Leave to cool and sprinkle with sugar.

• INGREDIENTS

- 1 kg flour
- 5 eggs
- 400 g sugar
- 50 g pork lard
- 1 sachet yeast
- 1 tablespoon of anisette
- Lemon zest
- Powdered vanilla

NOTE

This sugary pastry was once prepared for village fiestas and other annual celebrations, but can now be found in bakeries all the year round.
FLAÓ

(SOFT CHEESE TART WITH SPEARMINT)

**METHOD**

To make the base, beat the eggs and sugar and add the remaining ingredients. After kneading everything together, leave to rest for 15 minutes, and then spread the dough over a greased round cake pan sprinkled with flour to prevent sticking.

Beat together the remaining four eggs and sugar for the filling and add the previously-crumbled cheese. Mix together until an even consistency is obtained. Add six spearmint leaves cut into small pieces.

Pour the mix into the cake pan, placing four spearmint leaves as decoration, and bake for about 35 minutes at 180°C.

Leave to cool and sprinkle with sugar.

**INGREDIENTS**

**For the base**
- 500 g flour
- 1 tablespoon pork lard
- 3 eggs
- 200 g sugar
- 1 tablespoon yeast
- 2 tablespoons anisette

**For the filling**
- 500 g soft sheep or goat's cheese
- 4 eggs
- 375 g sugar
- 10 spearmint leaves

**NOTE**

This well-known Ibiza tart was once the traditional dessert for Easter Sunday, but can now be found all the year round in restaurants and bakeries.
CAFÉ CALETA

• METHOD

When the water is boiling add the ground coffee and remove from the flame.

Caramelize the sugar in a separate saucepan and add the cognac and rum. When it starts to boil add the lemon and orange rinds, coffee beans and cinnamon stick. Burn until the flame turns blue, continuing to stir at all times.

Add the coffee and serve very hot.

Level of difficulty: EASY

INGREDIENTS

• 400 g ground coffee
• 1/2 litre de water
• 1 bottle of cognac
• 1 bottle of rum
• Rind of 1 lemon
• Rind of 1 orange
• Cinnamon stick
• 250 g sugar
• Coffee beans

NOTE
This delicious coffee is found in most traditional island restaurants - a perfect way to end a hearty meal.
HIERBAS IBICENCAS

**METHOD**

Insert a sprig of each aromatic herb in each bottle and in the case of the lemon and orange peel, about a quarter of the whole rind. Use a twig to make the operation easier.

Fill the bottle with both kinds of anisette, previously mixed together. Leave in a dark room for as long as possible (couple of months minimum).

**NOTE**

This digestive liqueur is made in most farmhouses and some restaurants also have their own 'house' supply. It is also produced commercially, and as such makes an excellent souvenir of the island to enjoy back home.

**INGREDIENTS**

- Sweet anisette (3/4)
- Aguardiente (dry anise) (1/4)
- Thyme
- Rosemary
- Spearmint
- Mint
- Lemon verbena
- Juniper
- Sage
- Fennel
- Camomile
- Laurel
- Lavender
- Rue
- Curry plant, immortelle (siempreviva amarilla)
- Zamarilla (Fumana ericoides)
- Orange rind
- 1 orange leaf
- Lemon rind
- 1 lemon leaf

Level of difficulty: EASY