



United Nations
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UNESCO Creative City
in 2015



DÉNIA, traditional mediterranean cuisine





DÉNIA, traditional mediterranean cuisine

Dénia is known for the diversity and richness of its gastronomy and the local chef's know-how and it was named, in December 2015, Creative City of Gastronomy by UNESCO.

Besides, the city is part of the network Tasting Spain, national platform which aims to boost tourism and gastronomy at national and international level.

Every day, boats arrive at the Dénia's port, full of high quality seafood and fish, which are auctioned at La Lonja (Fish Market) and then sold at their premises to the best restaurants and visitors. The rich and fertile land completes what Dénia has to offer in terms of gastronomy, with fruits, vegetables and legumes.

ENJOY YOUR MEAL!

Appetizers.

01 / Gamba de Dénia hervida
(Boiled prawn from Dénia)

02 / Gamba de Dénia a la plancha
(Grilled prawn from Dénia)

03/ *Gambeta amb bleida*
(Baby shrimp with Swiss chards)

04/ *Polp amb penques*
(Octopus with Swiss chard stalks)

05/ *Sang amb ceba*
(Fried blood with onion)

06/ *Borreta de melva*
(Mackerel stew)

07/ Coca de anchoas
(Anchovy cake)

08/ Coca crujiente de boquerones
(Crunchy fresh anchovy cake)

09/ Coca de guisantes (Pea cake)

10/ *Espencat*
(Stewed vegetable with salted cod appetizer)

11/ *Tomacat*
(Stewed vegetable with salted tuna appetizer)

12/ Erizos al natural
(Raw sea urchins)



01/APPETIZERS

Gamba de Dénia hervida (Boiled prawn from Dénia)

Recipe for 4 persons

Preparation

In a sauce pan, boil sea water (or salt water with rock salt). When the water begins to boil, add the prawns and lower to minimum flame and continue to cook. When the water begins to boil again,

remove the prawns from the sauce pan and put them into another one with sea water and a lot of ice, keep them plunged few minutes to cool them and harden the meat.

Ingredients

- 1,5 kg. of prawns from Dénia (gamba de Dénia)
- Sea water or water with rock salt (350 gr.)
- Ice



Gamba de Dénia a la plancha (Grilled prawns from Dénia)

Recipe for 4 persons

Preparation

Sprinkle the rock salt on the grill to form an approx. 1 cm. layer and heat over a high flame.

When the salt begins to form a crust, add the prawn. Heat the prawn on the salt, 3 minutes on each side and serve.



Ingredients

- 1,5 kg. of prawns from Dénia (gamba de Dénia)
- Sea water or water with rock salt (350 gr.)



03/APPETIZERS

Gambeta amb bleada

(Baby shrimp with Swiss chards)

Recipe for 4 persons

Preparation

Chop up and sauté the Swiss chards. Place the garlic shoots and the chopped onion in a sauce pan and fry it. Then add the Swiss chards followed by the baby shrimp. When they are well fried, add the hot paprika and salt.

A little later, add 250 ml. (a glass of water) (as little as possible, the oil must remain visible) and let it simmer on a low flame until it is completely cooked.

Ingredients

- 200 gr. of baby shrimp (gambitas)
- 200 gr. of Swiss chards (acelgas)
- 1 onion
- 4 garlic shoots
- 1-2 cloves of garlic
- (1-2 dientes de ajo)
- 3 gr. of hot paprika (pimentón picante)
- Olive oil
- Water (250 ml.)
- Salt



Polp amb penques (Octopus with Swiss chard stalks)

Recipe for 4 persons

Preparation

Buy fresh thick octopuses. Store them in the freezer for 48 hours to soften them. After this period, clean (remove eyes, intestines and mouths) and cut them into 3 cm. pieces. Put in a sauce pan 1/4 olive oil, onion chopped into slices and the sliced Swiss chard stalks after having previously soaked them in water and salt to lose their bitter

flavour. Then add the following raw ingredients: bulb of garlic, the laurel leaves, peppercorn and paprika.

Add 250 ml. or a glass of white or red wine, according to taste, with the chopped octopus, water and let it cook with a low flame for at least 2 hours, until the octopus is completely cooked.



Ingredients

- 1,5 kg of thick octopus (pulpo/polp)
- 6 Swiss chard stalks (pencas)
- 1 bulb of garlic (cabeza de ajo)
- 2 onions
- 5 leaves of laurel
- 30 gr. of peppercorn (pimienta en grano)
- 1 tablespoon of sweet paprika
- 250 cl. of Olive oil
- Salt
- White or Red wine (a glass: 250 ml.)



05/APPETIZERS

Sang amb ceba

(Fried blood with onion)

Recipe for 4 persons

Preparation

We fry the blood (previously cut into 3 cm. squares) in a little Olive oil and reserve it. Next, we fry the bulb of garlic and reserve it.

Chop the onion and fry it. When browned, we add the chilli pepper (optional) and ½ l. beef stew. Once

the mixture has been seasoned, we add the fried blood, garlic and a bit of oregano. We cook it at a low flame until the blood is well cooked. Remove the garlic bulb prior to serving.

Ingredients

- 500 gr. of cooked chicken blood (sangre cocida de pollo)
- 3 onions (cebollas)
- 1 bulb of garlic (cabeza de ajo)
- 1/2 litre of beef stew
- 1 chilli pepper (guindilla): optional
- Olive oil
- Salt
- Orégano



Borreta de melva (Mackerel stew)

Recipe for 4 persons

Preparation

Soak the mackerel in water to remove salt for 5 hours. Soak the dried tomatoes in water for 1 hour and reserve. Heat the water with the mackerel and when it boils, quickly drop it into ice water so that it becomes hard. Thoroughly dry (with paper towel) the dried tomatoes

and the mackerel. Fry the chopped garlic shoots and add the tomatoes. Add the chopped mackerel and let it cook on a low flame after adding 125 ml of water. Season with salt and allow it to cook for approximately 15 minutes.



Ingredients

- | | |
|---|-----------------------------|
| - 300 gr. of salted mackerel (melva en salazón) | - Olive oil |
| - 10 dried tomatoes | - Salt |
| - 6 garlic shoots (manojos de ajetes) | - 125 ml. or ½ cup of water |



07/APPETIZERS

Coca de anchoas (Anchovy cake)

Recipe for 4 persons

Preparation

Dissolve the yeast in warm water. Prepare the dough with the two well-mixed flours, oil, salt and yeast. Allow it to rise 30 minutes, then prepare the dough balls by hand. Stir until it forms a stiff dough. Allow the dough to settle

and then form flat cakes with it. Bake in oven at 200° C. When they are almost golden, add pieces of anchovies (previously soaked and without bones) on top.

Ingredients

- | | |
|--|------------------------------|
| - 200 gr. of fresh anchovies (anchoas) | - Yeast |
| - 400 gr. of corn-wheat flour (harina de maiz-trigo) | - Olive oil |
| | - Salt |
| | - Water (125 ml. or ½ glass) |



Coca crujiente de boquerones (Crunchy fresh anchovy cake)

Recipe for 4 persons

Preparation

Clean the fresh anchovies and soak them in lemon juice, virgin Olive oil and salt for 2 hours. Extend the pastry dough with a roller until it is very thin, puncture it with a fork and then bake at 180°C, placing weight on top, raw chickpeas for example. In this way, the pastry will be flat and crunchy. Next, remove the seeds from the tomatoes,

cut them into slices, season and bake them. Poach the onions at a low flame and spice with salt and pepper. Place the tomatoes on the pastry dough, then the onion and the anchovies with their skin in view. Slightly bake the whole and garnish with basil oil (grind the basil in the olive oil).



Ingredients

- 200 gr. of fresh anchovies (boquerones)
- 200 gr. pastry dough (hojaldre)
- 2 ripe tomatoes
- 1/2 onion
- 1 lemon
- Fresh basil (albahaca)
- Pepper
- Olive oil
- Salt



09/APPETIZERS

Coca de guisantes (Pea cake)

Recipe for 4 persons

Preparation

Mix the flour, yeast, egg, salt, and two tablespoons of olive oil at room temperature. Let it settle for 30 minutes. Extend and distribute the dough in a greased oven pan (you may opt for one large round circle or several smaller portion in

any shape that you wish). Fry a finely chopped onion, add the peas and finally, the tuna fish pieces (previously soaked in water to remove salt for 5 hours). Fill each cake with a portion of the fried mix and bake at 200°C.

Ingredients

- 400 gr. of wheat flour (harina de trigo)
- 400 gr. of peas (guisantes)
- 200 gr. of salted tuna (atún en salazón)
- 2 tablespoons of Olive oil (cucharadas de aceite)
- 2 onions
- 1 boiled egg (huevo duro)
- Yeast (levadura)
- Salt



Espenecat (Stewed vegetable with salted cod appetizer)

Recipe for 4 persons

Preparation

Soak the cod meat in water to remove salt during 1 hour. Drain and reserve. Place the peppers, aubergines, tomatoes, onions with a little Olive oil and salt on an oven tray. Bake and turn them over so that they are baked on both sides. Let it cool and peel, eliminating the peel and the seeds. Drain the broth which they

have produced and reserve. Crush the garlic cloves in the mortar dish. Place the sliced vegetables in a bowl, season with the stew broth, add a little Olive oil, the crushed garlic, a little vinegar and salt and the previously desalted cod crumbs. Allow it to marinate a few minutes before serving.



Ingredients

- 100 gr. cod (migas de bacalao)
- 2 tomatoes
- 2 large red peppers (pimientos rojos)
- 2 green peppers (pimientos verdes)
- 2 aubergines (berenjenas)
- 2 onions (cebollas)
- 3 cloves of garlic (dientes de ajo)
- Olive oil
- Vinegar
- Salt



11/APPETIZERS

Tomacat (Stewed vegetable with salted tuna appetizer)

Recipe for 4 persons

Preparation

Soak the salted tuna in water to remove the salt for 5 hours (change the water several times, rinse and set aside) In a large iron boiler, fry the green peppers, cut into strips, add the chopped garlic and aubergines, but do not allow them to brown. Once the peppers have been fried, they must be covered with a paper

towel during 15 minutes. It will then be easier to peel them. It is convenient to peel the tomatoes and remove their seeds. Add the peeled tomatoes and finally add the salted tuna Add 125 ml. or ½ cup of water, salt to taste, and cook on low flame during 30 minutes.

Ingredients

- 200 gr. of salted tuna (“sangatxo”)
- 3 green peppers (pimientos verdes)
- 2 aubergines (berenjenas)
- 5 tomatoes
- 4 cloves of garlic (dientes de ajo)
- Olive oil
- 125 ml. or ½ cup of water
- Salt



Erizos al natural (Raw sea urchins)

Recipe for 4 persons

Preparation

Cut the sea urchins either with a guillotine or with scissors. In the latter case, insert the scissors in the upper part and cut in the form of a crown.

Next, wash with sea water (or water with rock salt). Eat with a teaspoon or pieces of bread.



Ingredients

- 4 dozen of fresh sea urchins (erizos/eriçons)
- Sea water (or water with rock salt)
- Bread (optional)





Main dishes.

- 01/ Arroz a banda (Seafood paella)
- 02/ Arroz caldoso marinero
(Seafood stewed rice)
- 03/ *Fideuà* (Seafood noodle paella)
- 04/ *Llandeta* (Seafood stew)
- 05/ Puchero con pelotas
(Chickpea stew with meat balls)
- 06/ Arroz caldoso con conejo y caracoles
(Stewed rice with rabbit and snails)
- 07/ Arroz con coliflor y bacalao
(Stewed rice with cauliflower and cod)
- 08/ Arroz negro (Seafood paella in squid ink)
- 09/ Arroz con espinacas y boquerones
(Stewed rice with spinach and fresh anchovies)
- 10/ Arroz al horno (Oven-baked rice with blood sausage, ribs and sausage)
- 11/ *Arròs amb fesols i naps* (Rice stew with beans and turnips)
- 12/ Paella Valenciana
(Valencian Paella with chicken and rabbit)
- 13/ *Rap amb all i pebre* (Angler fish with garlic and pepper)
- 14/ Lubina a la sal (Salted Sea Bass)
- 15/ Rape con gambas de Dénia
(Angler fish with prawn from Dénia)

01/MAIN DISHES

Arroz a banda (Seafood paella)

Recipe for 4 persons



Preparation

In a big pan, fry (with olive oil) 4 dried red pepper and two bulbs of garlic. Then, add 1.5 kg. of varied fish made of scorpion fish, mackerel, angler fish head, crabs, mantis shrimp, etc. and 3 litres of water. Allow it to cook at medium heat until it boils. Crush the fish, strain the broth and set aside.

In a “paella” pan, fry the chopped cuttlefish and some peeled prawn’s tails with Olive oil. Then, add the natural grated tomato and minced parsley-garlic, the rice, the paprika and sauté.

Next, add the fish broth, a pinch of saffron and boil at a medium flame for approximately 15 minutes (when it has been boiling for several minutes, salt to taste). Lower the flame and wait as the broth is consumed. When the broth has boiled away, shut off the flame. This dish is served with “all i oli” (garlic and olive oil sauce).



Ingredients

- 1,5 kg. assorted small fish (morralla)
- 200 gr. cuttlefish (chopped)
- 350 gr. of Bomba rice
- 300 gr. prawn from Dénia
- 4 dried red pepper (ñora)
- 1 laurel leaf
- 2 bulbs of garlic (cabezas de ajo)
- Parsley (perejil)
- Olive oil
- 2 tablespoons of minced tomato
- 3 litre of water or fish broth (caldo de pescado)
- Salt
- 1 pinch of pepper (pimienta)
- 1 teaspoon of saffron (azafrán) and/or colourant
- 1 tablespoon of paprika (pimentón)



02/MAIN DISHES

Arroz caldoso marinero (Seafood stewed rice)

Recipe for 4 persons

Preparation

Fry the dried red pepper and the gloves of garlic with olive oil and reserve. Add 1,5 kg. of assorted small fish and 3 litres of water. Allow it to cook at medium heat until it boils. Crush the fish, strain the broth and set aside.

Fry the prawn, the chopped angler fish, the scorpion fish and the cuttlefish. Add dried red pepper

sauce made with natural tomato, minced garlic and a pinch of paprika. Add the fish broth, the fried dried red pepper, the saffron (and/or colourant), a stalk of parsley, and the rice. Allow it to cook for 20 minutes (medium flame). The rice must be completely cooked, with excess broth.

Ingredients

- 1,5 kg. assorted small fish (morralla)
- 300 gr. "Bomba" brand rice (Arroz bomba)
- 400 gr. prawn from Dénia (Gamba de Dénia)
- 200 gr. chopped angler fish (rape troceado)
- 100 gr. fillets of scorpion fish (lomos de escorpa)
- 100 gr. chopped cuttlefish (sepia troceada)
- 4 dried red pepper (ñora)
- 6 cloves of garlic (dientes de ajo)
- 2 fresh tomatoes
- Olive oil
- Salt
- Water
- Parsley (perejil)
- Sweet paprika (pimentón dulce)
- Saffron (Azafrán) and/or colourant



Fideuà (Seafood noodle paella)

Recipe for 4 persons

Preparation

In a paella pan, first fry the fish in a little Olive oil and then the shellfish, 4 Dublin prawns and 4 prawns of Dénia. When they are golden, remove and reserve. Next, fry the garlic and when it is slightly brown, add the grated tomato until it changes colour, then add the paprika, continue stirring so that it does not burn, then add the hot fish broth. Allow it to boil approximately 4 minutes and add the

saffron fibres (and/or colourant) and noodles. Cook with high flame the first 5 minutes, lower flame and let it cook another 5 minutes at medium flame. When this time has elapsed, add the fish, salt to taste, and let it cook 3 minutes more. Add the shellfish and bring it to a boil for a very brief time just enough to completely cook the noodles. Let it settle for a few minutes and then serve.



Ingredients

- 1,5 kg. rock fish broth (caldo de pescado de roca)
- 400 gr. of nº 2 noodles (fideos nº 2)
- 200 gr. of angler fish (rape)
- 100 gr. cuttlefish (sepia)
- 4 Dublin prawns (cigala)
- 4 Dénia's prawns (gambas)
- 4 mussels (mejillones)
- 8 cloves of garlic (dientes de ajo)
- 2 tomatoes
- 4 dried red pepper
- 1 teaspoon of paprika (pimentón)
- Saffron fibres (hebras de azafrán) and/or colourant
- Salt
- Olive oil



04/MAIN DISHES

Llandeta (Seafood stew)

Recipe for 4 persons

Preparation

Clean the fish.

Peel and chop the onions, tomatoes and the cloves of garlic.

Peel and cut the potatoes into 1 cm. slices and cover the bottom of the oven pan with them.

Place the chopped onions, tomatoes, garlic, pine nuts, the chilli pepper and the parsley on top of potatoes.

Finally place the fish. Garnish with Olive oil, water, and salt to taste.

Cook at a low flame for 25-30 minutes and baste the fish with the stew's broth.

Puncture the potatoes from time to time until they are completely done. Add the prawns 5 minutes before you finish cooking.

Once the cooking time has elapsed, remove and serve.

Ingredients

- 2 kg. of various white fish (angler fish/rape, sea bream/dorada, hake/merluza, grouper/mero)
- 8 Dénia's prawns (gambas)
- 4 potatoes
- 4 cloves of garlic (dientes de ajo)
- 1 teaspoon of paprika (pimentón)
- Saffron fibres (hebras de azafrán) and/or colourant
- Chilli pepper (guindilla)
- Parsley (perejil)
- Salt
- Water
- Olive oil



Puchero con pelotas (Chickpea stew with meat balls)

Recipe for 4 persons

Preparation

Soak the chickpeas overnight. In a pressure cook pot with water, add the meats, chickpeas and the bones. Let it stew and remove the foam when it comes to a boil. Add the vegetables. Season to taste. When it is ready, we should separate part of the broth to use it to cook the meat balls later. For the meat balls, place dry bread crumbs in a sauce pan and blanch with half a cup of stew broth. Add the ground hamburger and pork meat, chicken livers. Add finely chopped garlic cloves with the parsley, chopped pine nuts, the shaved lemon peel, a pinch of cinnamon, and an egg yolk

(reserve the egg white). Salt and pepper to taste and shape balls from the mixture to tennis ball size. To prepare them, moisten your hands with lemon juice. Whip the egg whites and dip the balls in it. Place the meat balls carefully in the hot stew both which we previously separated. Let it cook for 20-30 minutes on a low flame.

With the stew broth, we can also prepare rice or noodles. Serve the meat, pork fat, potatoes, vegetables, chickpeas and meat balls on a platter. Serve the rice or noodles in individual dishes.



Ingredients

· For the chickpea stew: 4 cow bone (hueso de caña), 300 gr. of ground beef (garreta de ternera), 500 gr. of chicken (gallina), 100 gr. of fresh pork fat (tocino), 150 gr. chickpeas (garbanzos), 4 Swiss chard stalks (pencas), 3 potatoes (patatas), 1 parsnip (chiriviría) and 2 carrots (zanahoria), 1 rutabaga/turnip (nabicol/naba), 1 sweet potato (boniato) and 1 onion (cebolla), 400 gr. of cabbage (col), Saffron and salt (azafrán y sal) and/or colourant, Water

· For the meat balls: 200 gr. ground pork (magro de cerdo picado), 200 gr. ground beef (ternera picada), 4 chicken liver (higadito de pollo), 2 clove of garlic (diente de ajo), 1 tablespoon of pine nuts (piñones), 1 egg (huevo), Dried day-old bread (pan de ayer), Pepper and cinnamon (pimienta y canela), Scraped lemon peel (raspadura de limon), Parsley and salt (perejil y sal)



06/MAIN DISHES

Arroz caldoso con conejo y caracoles (Stewed rice with rabbit and snails)

Recipe for 4 persons

Preparation

Brown the rabbit in a sauce pan with a little Olive oil and salt. Next add all the vegetables and sauté them well. Stir them and add the snails, previously cleaned and cooked. Add the grated tomato, saffron (and/or colourant), a

pinch of paprika, garlic and 3 cups of water. Allow it to boil approximately 10 minutes. Add the rice and cook 15-20 minutes until the rice is completely cooked to your taste.

Ingredients

- 1 rabbit (conejo) or 4 pieces per person
- 200 gr. of snails (caracoles) previously cleaned and cooked.
- 200 gr. of lima beans (garrofón)
- 200 gr. of green beans (judias verdes)
- 300 gr. of rice
- 4 artichokes (alcachofas)
- 3 cloves of garlic (dientes de ajo)
- 1 tomato
- Saffron fibres (hebras de azafrán) and/or colourant
- 1,5 L. beef broth
- Water (a proportion of 3 cups of water per 1 cup of rice)
- Salt
- Olive oil
- Sweet paprika



Arroz con coliflor y bacalao (Stewed rice with cauliflower and cod)

Recipe for 4 persons

Preparation

Fry lightly the cod (cut up into pieces and previously disalted during 5 hours approx.). Fry the garlic shoots in a sauce pan with a little Olive oil. Add the cauliflower in small pieces and brown. Add the tomato and when it changes colour, then add the paprika (always making sure that it does not burn). Add

the saffron (and/or colourant) and the shredded cod, previously fried. Add the rice, then add 2 cups of water for each cup of rice taking into account that you must salt to taste and continue cooking at medium flame an additional 15-20 minutes more until the rice is completely cooked.



Ingredients

- 200 gr. of cod (bacalao): previously soaked to remove salt
- 300 gr. of rice (arroz bomba)
- 300 gr. of cauliflower (coliflor)
- 3 garlic shoots (ajos tiernos)
- Saffron fibres (hebras de azafrán) and/or colourant
- 1,5 L. fish broth
- 2 cups of water (per one cup of rice)
- 1 tomato
- Olive oil
- Salt



08/MAIN DISHES

Arroz negro (Seafood paella in squid ink)

Recipe for 4 persons

Preparation

In a paella pan, add the oil. Fry the dried red pepper together with the tomato, garlic, and paprika. Add the cuttlefish, the angler fish, and the shrimp, then add the rice and sauté all together. Dilute the squid ink with the fish broth and add the

rest of the ingredients along with saffron (and/or colourant) and salt. Allow it to boil during 18 minutes, until the rice is completely cooked to your taste.

Ingredients

- 1.5 litre of fish broth (caldo de pescado de roca)
- 350 gr. of round rice
- 200 gr. of chopped cuttlefish (sepia troceado)
- 100 gr. of chopped angler fish (rape troceado)
- 300 gr. of peeled shrimp tails (cola de gamba pelada)
- 200 cc. of squid ink (salsa de tinta de calamar)
- 4 dried red pepper (ñora)
- 2 bulbs of garlic (cabezas de ajo)
- Saffron (azafrán) and/or colourant
- Sweet paprika (pimentón dulce)
- 2 tomatoes
- Olive oil
- Water
- Parsley



Arroz con espinacas y boquerones (Stewed rice with spinach and fresh anchovies)

Recipe for 4 persons

Preparation

Clean and remove the spines from the fresh anchovies. Salt them and reserve. Fry the dried red pepper and crush it in the mortar. When it is well crushed, repeat the same with the garlic cloves. Meanwhile, fry the tomato which we also add to the crushed mixture jointly with a little salt and saffron fibres. Fry

the spinach and next the rice. Add the mortar mixture and then the fish broth or water, season to taste and let it cook during 10 minutes. Add the anchovies and continue cooking until the rice remain a bit moist like a stew.



Ingredients

- 400 gr. of fresh anchovies (boquerones)
- 250 gr. of spinach (espinacas)
- 4 cloves of garlic (dientes de ajo)
- 300 gr. of rice
- 1,5 L. of fish broth (caldo de pescado)
- 2 tomatoes
- Saffron (azafrán) and/or colourant
- Sweet paprika (pimentón dulce)
- Olive oil
- Salt
- Parsley



10/MAIN DISHES

Arroz al horno (Oven-baked rice with blood sausage, ribs and sausage)

Recipe for 4 persons

Preparation

Boil the chickpeas during 30 minutes, previously soaked the night before. Fry the rib portions, the potato slices and the bulb of garlic. Remove and reserve. Fry the rice in a ceramic casserole dish, then add the paprika and several saffron fibres and/or colourant. Add the fried ribs and potatoes. Add the broth or

water, the chickpeas, salt, and bulb of garlic in the centre and boil for 5 minutes. Put the casserole into the oven and bake, 200° C, for 20 minutes approx. When 8 minutes remain, add the sliced blood sausage and in the last minute, place fresh tomato slices on top.

Ingredients

- 350 gr. of chopped pork ribs (costilla de cerdo)
- 1 large potato (patata)
- 1 bulb of garlic (cabeza de ajo)
- 1 tomato (in slices)
- 100 gr. of chickpeas (garbanzos)
- 300 gr. of round rice
- 2 blood sausages (morcilla)
- Saffron (azafrán) and/or colourant
- 1 teaspoon of sweet paprika (pimentón)
- 1 L. water or meat broth (agua o caldo)
- Olive oil
- Salt



MAIN DISHES/11

Arròs amb fesols i naps (Rice stew with beans and turnips)

Recipe for 4 persons

Preparation

In a stew pot, fry the ribs and the pork feet until golden brown, then add the tomato, the paprika and garlic. Add the broth, the turnips, the navy beans, the pepper and saffron (and/or colourant).

After 10 minutes, add the rice and salt to taste. Boil during 15-20 minutes at low flame.



Ingredients

- 1,5 litre of vegetable and meat broth (caldo vegetal y caldo de ternera)
- 300 gr. of rice (arroz bomba)
- 300 gr. of chopped pork ribs (costilla de cerdo)
- 200 gr. of turnips (nabos)
- 150 gr. of white navy beans (judias blancas)
- 150 gr. of pork feet (manitas de cerdo)
- 1 sliced tomato
- 1 sliced red pepper
- 2 cloves of crushed garlic (dientes de ajo picado)
- Saffron (azafrán) and/or colourant
- Paprika (pimentón dulce)
- Salt
- Olive oil



12/MAIN DISHES

Paella Valenciana

Recipe for 4 persons

Preparation

Balance the paella pan on a medium flame and add the olive oil. When it is hot, add the chopped chicken and rabbit meat previously salted, and optionally pork ribs. Fry the meat until it is golden brown and then add the lima beans, white navy beans, sliced red pepper and green beans with the garlic. Continue to

cook for 8-10 minutes and then add the grated tomato and a pinch of garlic and parsley. Stir until the vegetables lose a little water and then add the rice, paprika, saffron (and/or colourant), snails and water. When it begins to boil, salt to taste and cook 15-20 minutes until the rice becomes dry.

Ingredients

- 1,5 L. meat broth
- 300 gr. of rabbit chopped into small pieces (conejo)
- 300 gr. of chicken chopped into small pieces (pollo)
- 150 gr. of chopped pork ribs (costilla de cerdo)
- 200 gr. of green beans (judias verdes/ ferradura)
- 150 gr. of white navy beans (judias blancas/tabella)
- 150 gr. of lima beans (garrofón)
- 2 ripe tomato
- 300 gr. of rice (arroz bomba)
- 24 precooked mountain snails (caracoles de montaña precocinados)
- Saffron (azafrán) and/or colourant
- Paprika (pimentón dulce)
- ½ bulb of crushed garlic
- Slices of red pepper
- Garlic and parsley
- Salt
- Olive oil



MAIN DISHES/13

Rap amb all i pebre

(Angler fish with garlic and pepper)

Recipe for 4 persons

Preparation

Fry the unpeeled garlic cloves, remove and reserve. Fry the potato slices and add the angler fish little by little until it is browned. Add a tablespoon of paprika being careful not to burn it. Crush almonds and garlic together

in a mortar. Heat the fish broth and add the crushed almonds and garlic, the laurel, the potatoes, and the angler fish. Let it boil for 15 minutes.



Ingredients

- 800 gr. angler fish tail (cola de rape limpia) or 4 pieces per person
- 1 tablespoon of paprika (pimentón)
- 1 laurel leaf
- 1 bulb of garlic (cabeza de ajo)
- 2 potatoes (patatas)
- 75 gr. of salted almonds in their brown skin (almendras saladas con piel)
- 1,5 L. fish broth (caldo de pescado)
- Fish broth (fondo de pescado)
- Olive oil
- Salt



14/MAIN DISHES

Lubina a la sal (Salted Sea Bass)

Recipe for 4 persons

Preparation

Clean the sea bass and remove scales. In an oven pan, place a layer of a salt then the sea bass on top and then completely cover in salt. Moisten the salt. Insert the sea bass in the preheated oven for

approximately 35-40 minutes at 180°C (20 minutes at 180°C per kg. of fish).

Knock the fish slightly to remove salt. Serve the fillets with a little olive oil as garnish.

Ingredients

- Approx. 2 kg. of Sea Bass for four persons
- 3 kg. of rock salt (sufficient to completely cover fish)
- Olive oil



Rape con gambas de Dénia (Angler fish with prawns from Dénia)

Recipe for 4 persons

Preparation

Make a “fumet” or stewed fish (fry the assorted small fish, crabs, tomato, onion, and raw dried red pepper and next bring to a boil), strain and reserve. Next, we make the sauce: mince an onion, 3 dried red peppers, 1 laurel leaf, 10 cloves of raw garlic, and a branch of parsley (prepare the minced mixture, poach and grind). After this sauce has been made, add the grated

tomatoes and fry them with the crushed almonds, a tablespoon of flour, the saffron fibres (and/or colourant), and the paprika. At this time, add the cognac, white wine, parsley and salt. Garnish with the stewed fish and when it begins to boil, add the angler fish and let it boil for 8-10 minutes. Add the prawn at the last minute and salt to taste.



Ingredients

- 12 prawns from Dénia
- 1 kg. of angler fish
- 1,5 kg assorted small fish
- Assorted small fish
- Crabs
- 1 onion
- 4 dried red pepper
- 1 Laurel leaf
- 10 cloves of garlic
- 3 natural tomatoes
- 4 tablespoons of Olive oil
- 4 almonds
- ½ cup or 100 ml. of white wine
- Dash of cognac
- 1 Teaspoon of paprika
- Saffron fibres and/or colourant
- Parsley
- Salt
- Pepper
- Flour (1 tablespoon)



Desserts.

01 / Coca María (Sponge cake)

02 / *Arrop i talladetes*
(Concentrated grape juice and diced pumpkin)

03 / Buñuelos de calabaza
(Pumpkin fritters)

04 / Tarta de calabaza y chocolate
(Chocolate Pumpkin Pie)

05 / Flan de café y naranja
(Coffee crème caramel and orange)



01/DESSERTS

Coca María (Sponge cake)

Recipe for 4 persons

Preparation

Whip the eggs and then add the milk, olive oil, sugar, flour, grated lemon peel, cinnamon and the soda powders. Mix well. Place the mixture in a cake mould (on which we have placed greased cooking paper). Once the dough has been

placed in the cake mould, garnish with sugar and cinnamon. Place in oven at 150°C and cook for 30 minutes (having preheated oven at 180°C during 25 minutes).

Ingredients

- 6 eggs
- 4 sachets of white and blue soda powder
- 2 cups of milk (500 ml)
- 1 cup of olive oil (250 ml)
- 1/2 cup of flour (500 gr)
- 1/2 cup of sugar (500 gr)
- Grated lemon peels
- 1 spoon of cinnamon



Arrop i talladetes (Concentrated grape juice and sliced pumpkin)

Recipe for 4 persons

Preparation

Remove pumpkin peel, then cut the pumpkin into strips (1 cm wide and 4 cm long). Immerse pumpkin in water, in which we have a spoon of dissolved quicklime. Maintain the fruit in this solution for 2-3 hours until the fruit becomes hardened. Carefully wash and rinse. In a sauce pan, add a litre

of concentrated grape juice, add the pumpkin and the sugar and heat with low flame, frequently stirring it, during 2-3 hours until the grape juice becomes thick. It will become dark and the pumpkin strips will be soaked with the grape juice flavour. Place in jars and seal in a bain-marie.



Ingredients

- 1 litre of concentrated grape juice
- 1 kg. of pumpkin
- 300 gr. of sugar



03/DESSERTS

Buñuelos de calabaza (Pumpkin fritters)

Recipe for 4 persons

Preparation

Boil the pumpkin, previously peeled and without seeds, and grind. Whip the eggs and add the sugar. Dissolve the baking powder in a glass of water and add to the pastry, the pastry flour and the grated lemon peels. Let the

mixture stand for an hour. Heat an abundant amount of oil and then place the hand-made or moulded fritters or donuts into it and fry on both sides. Place on a paper towel to absorb excess oil and serve with sprinkled sugar on top.

Ingredients

- 1 kg. of pumpkin
- 300 gr. of pastry flour
- 250 gr. sugar
- 30 gr. of baking powder
- 2 eggs
- Abundant Olive oil



Tarta de calabaza y chocolate (Chocolate Pumpkin Pie)

Recipe for 4 persons

Preparation

Whip the eggs and add the sugar, the liquid cream and the pumpkin pulp, previously cooked and grinded. Place the dough in the bottom of the pie mould and then add above mixture.

Add the chocolate with a thick layer so that it does not become deposited on the bottom and bake in oven during 40 minutes at 160°C.



Ingredients

- 1 kg. of pumpkin pulp
- 250 gr. of pure thick chocolate
- 250 gr. of sugar
- 250 gr. liquid cream
- 2 tablespoons of flour
- 6 eggs
- Frozen short crust pastry



05/DESSERTS

Flan de café y naranja (Coffee crème caramel and orange)

Recipe for 4 persons

Preparation

Whip the eggs and mix with the milk, instant coffee, and 100 ml. of sweetened condensed sweet milk.

Line the moulds with caramel and place the thin orange slices.

Fill the moulds with the liquid

mixture. Place it in the oven in a bain-marie during 30 minutes at 180°C.

We present it with a base of orange marmalade and oranges sliced as shown in the picture.

Ingredients

- 4 eggs
- 1 litre of milk
- 2 sachets of instant coffee
- 100 ml. or 1 small cup of sweetened condensed milk
- 2 oranges
- 4 tablespoons of sugar



DÉNIA, traditional mediterranean cuisine

PHOTOGRAPHY
Mircea Bezergeanu

Juan LLantada

- Rape con gambas de Dénia (Angler fish with shrimp from Denia)
- Arroz caldoso marinero (Seafood stewed rice)





DÉNIA, traditional mediterranean cuisine



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