

A black plate filled with a variety of fresh and prepared ingredients. The ingredients are arranged in a circular pattern around the center. At the top, there are slices of yellow corn, green beans, and carrot sticks. In the center, there is a whole ear of yellow corn, a pile of chickpeas, and a piece of fried chicken. To the right, there are slices of orange cheese, a piece of white cheese, and several slices of red sausage. At the bottom, there are slices of orange cheese, a piece of brown meat, a piece of white cheese, and a whole egg with a red string tied around it. The word "GASTRONOMY" is written in white, serif, all-caps font across the center of the plate. The word "Tenerife" is written in white, italicized, serif font at the bottom of the plate.

GASTRONOMY

*Tenerife*





# TENERIFE AN ISLAND WITH FLAVOUR

Tenerife has managed to combine the traditional with the modern in all things cultural, including its cuisine, which also adopts this approach, offering visitors a wide range of dishes created from top quality ingredients.

The excellent, Spring-like climate that the island enjoys all year round accounts for the wealth and variety of vegetables that grow here: delicious tropical and sub-tropical fruits like bananas, papayas and mangoes; tasty potatoes, grapes and tomatoes are all fine examples of this.

The sea that washes the coasts of Tenerife is another great source of ingredients for island cuisine, in fact it is a larder packed with the most exquisite fish and sea food the Atlantic has to offer.







## TRADITIONAL COOKING

The emphasis in traditional cooking has always been on simple dishes prepared with high quality, fresh ingredients. But, there are also fine dishes to be found in the traditional local cuisine, prepared with care and sophistication. Visitors are faced with an endless choice of typical restaurants in which to try the island's wonderful specialities.

Hors d'oeuvres contribute colour, aroma and flavour to a meal, with the popular Blue Jack Mackerel, cooked with pork dripping; black puddings, which are sweet in Tenerife, as they are made with raisins and other dried fruit here; *"carne fiesta"* - small pieces of fried, marinated, lean pork-, fried Blue Jack Mackerel and Sardines, stewed octopus, limpets, shrimps and a long etc.





The first dish that comes off the stove is usually a vegetable broth, normally made from cress, pumpkin or courgettes - which are called "*bubango*" on the island. Lunch may also start with a delicious "*puchero canario*": this island stew par excellence is a vegetable stew made from the best the vegetable garden has to offer, with corn and good meat.

Another surprising dish that will satisfy the most demanding palate, is "*cazuela de pescado*" a real feast, made from fish, boiled or fried, that is boiled with potatoes, onions, tomato and peppers.



But there are other culinary secrets on the island, just waiting to be discovered, like fried Moray eel, grilled cuttlefish, fish soups and many other attractive dishes.

And to add to all these dishes, "*gofio*", a flour made from toasted cereal flour that was used by the mythical Guanche people as a staple in their cooking for centuries. One way of eating gofio is as "*escaldón*" which is made by mixing gofio into fish or meat stock. It can also be reinforced by adding green (parsley) or red (chilli) "*mojo*" - the traditional Canary Island sauces.





The fish of Tenerife, which can be easily found by visitors in any of the many fishing villages of the island, deserve a special mention. The Parrot Fish -*Sparisoma cretense*- enjoys an excellent reputation. This is a coastal fish that is usually served in a stew or fried. It has a surprisingly delicate flavour, as does the Sunfish, sea bass, grouper and others that are the basic ingredients of some remarkable fresh-tasting delights.

Tuna - marinated, in carpaccio or served with onions is another good choice for a tasty meal. And salted fish (sunfish, white bream, houndshark, meagre or grouper), "*jarea*", sun-dried fish and "*tollos*", barbecued strips of sun-dried shark meat.

When looking at meats, one that can not be forgotten is rabbit, either prepared in "*salmorejo*" sauce, or in an assortment of pieces that are first marinated and then fried, a recipe that also works very well with goat meat.

Pork and beef too, are the leading ingredients in an extensive range of tasty traditional meals that can be found in any one of many different barbecues and grill restaurants to be found in the north of Tenerife.





# CREATIVE CANARY ISLAND CUISINE

**C**reative Canary Island Cuisine as it is sometimes known, has combined the quality of the most traditional ingredients with a large dose of imagination and a touch of something special.

Many of the restaurants in Tenerife have decided to follow this path, making it possible to find a cosy spot, almost anywhere on the island, where you can enjoy creative cooking of the very best quality, often combined with traditional dishes.





# FRUIT AND VEGETABLES

The fruit and vegetables grown in Tenerife have a vitamin and mineral salt content that, according to studies that have been carried out, are far higher than those normally found at other latitudes, thus providing a rich variety of excellent and natural flavours. The fruit and vegetables of the island are undoubtedly one of Tenerife's gastronomic jewels that are always "discovered" with pleasure. Every year, Tenerife exports more than 120 million kilos of tomatoes, basically to European markets, especially to the United Kingdom, along with cucumbers, courgettes and beans.

The banana is one of the Island's major agricultural resources, with production figures of 200,000 tons a year. It is easily distinguishable from bananas grown in other regions by its unrivalled balance of sugars. Furthermore, the fields of Tenerife also produce a varied range of tropical and sub-tropical fruits: avocado pears, mangos, papaya, pineapple, custard apple, guava, mamey, carambola, lychee and many other varieties that are often rarely seen in Europe.





# POTATOES

In Tenerife, as in the other Canary Islands, the potato still goes by the original name it was given when it first arrived on the island from the Andean region of South America, “*papa*”.

Potatoes arrived in the Canaries before continuing their spread throughout Europe. The original contact has left an extensive legacy that can now be seen in nearly three dozen different varieties, most of which come from the Andes region, all falling in the category of what are known as “*coloured potatoes*”.

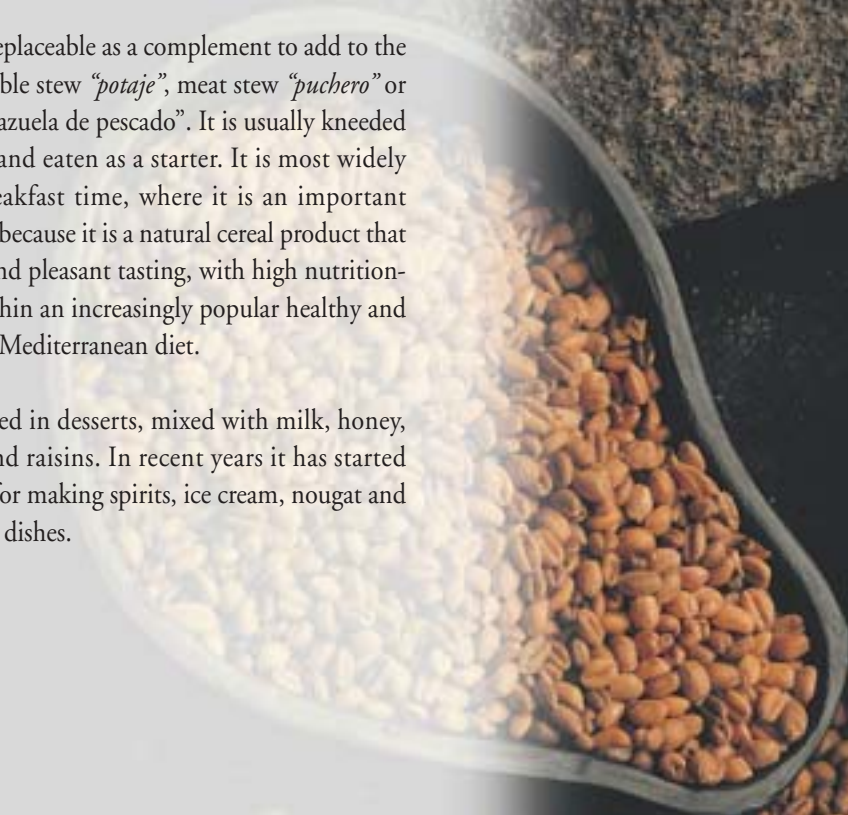
The humble potato is one of the main allies of the cuisine of Tenerife. It is used in “*potajes*”, “*pucheros*”, “*cazuelas*” (see above) and, above all, served with meat and fish as “*papas arrugadas*”, potatoes boiled in very salty water and served in their jackets. Some of the oldest known varieties of potatoes on the island, the “*papas negras*”, only grown in Tenerife, and the “*papas bonitas*” have a delicious flavour.

## GOFIO

Gofio is a direct legacy of the original native population, the Guanches. It is a flour made from toasted grain, mainly barley, wheat and corn, but it can also be made from vegetables like peas and beans.

Gofio is irreplaceable as a complement to add to the local vegetable stew “*potaje*”, meat stew “*puchero*” or fish stew “*cazuela de pescado*”. It is usually kneaded into a ball and eaten as a starter. It is most widely used at breakfast time, where it is an important ingredient, because it is a natural cereal product that is natural and pleasant tasting, with high nutritional value within an increasingly popular healthy and nutritional Mediterranean diet.

It is also used in desserts, mixed with milk, honey, almonds and raisins. In recent years it has started to be used for making spirits, ice cream, nougat and other sweet dishes.





# WINE

Vines are part of the landscape in Tenerife, and it is a leading sector of the island's agriculture. Canary Island wines reached the height of their splendour in the XVII and XVIII centuries, which is when Island trade also reached its height.

At one stage, Tenerife was exporting eleven million litres a year. At the time, famous writers like Shakespeare, Gongora, Scott, Kuprin, Goldoni and Spillman made mention of their admiration for the excellent Canary Island wines in their works.

Nowadays, Tenerife has five labels of its own for its wines: Tacoronte-Acentejo, Ycoden-Daute-Isora, Valle de La Orotava, Valle de Güimar and Abona, that, between them bottle more than five million litres a year.

The borough of El Sauzal is the site of the Casa del Vino Baranda, an XVII century mansion in which the authorities have created a valuable museum of the wine-producing tradition of Tenerife.



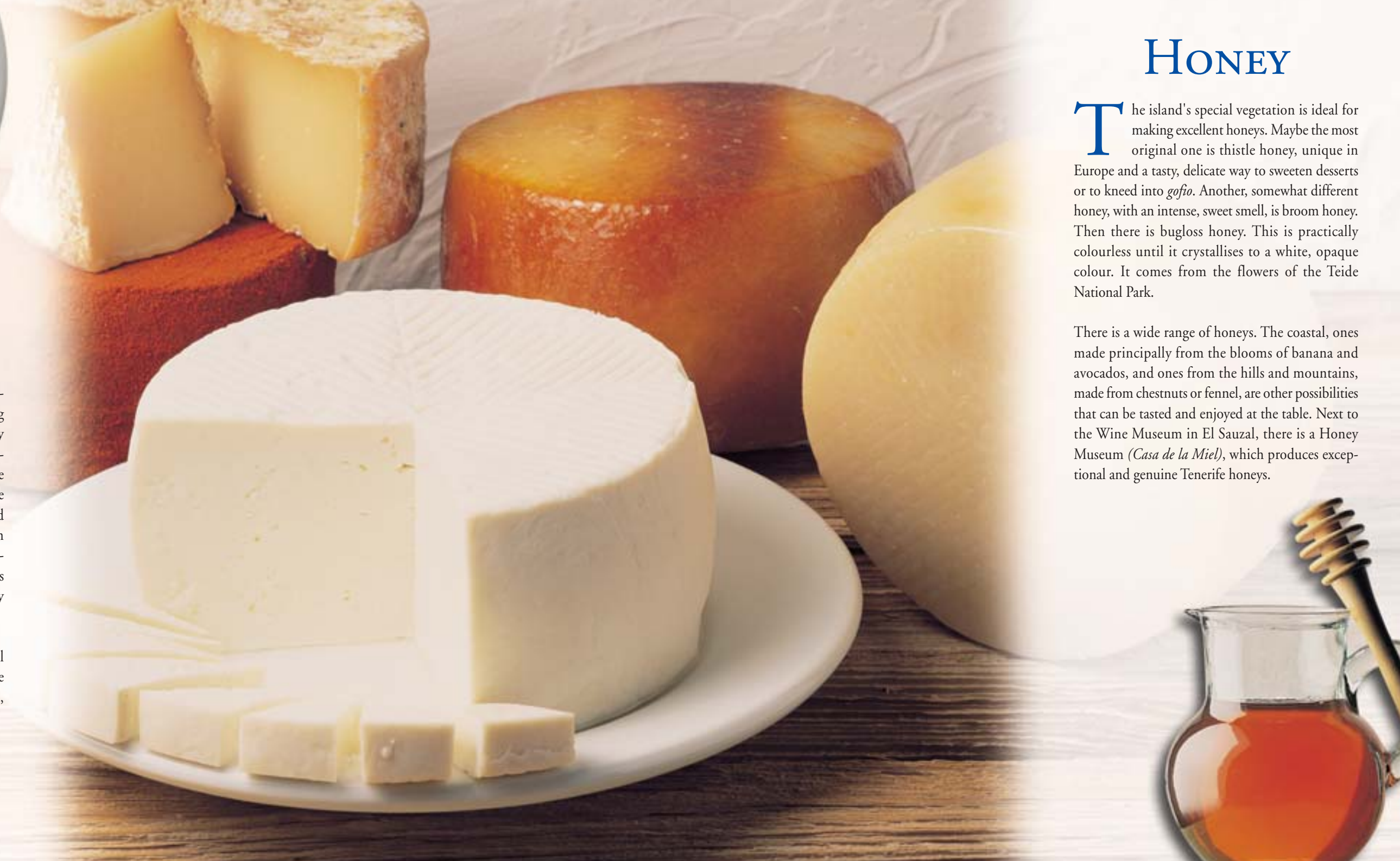




## CHEESES

Another of the jewels of the local gastronomy that visitors discover with satisfying surprise are the cheeses of the Canary Islands. Sheep and goats provided the main livelihood for the Guanche people, which explains the cheese-making tradition of Tenerife. The cheese made in Tenerife, which is of excellent quality and offers complete health guarantees, is generally eaten fresh or matured. One of its most outstanding features is its softness and the particular aroma it gives off to announce its special taste, salty and slightly acid, that is very pleasing on the palate.

There are some local cheeses that deserve special attention, such as the cheeses of El Tanque, mature and slightly picante; and those of Arico-Fasnia, Anaga and Teno.



## HONEY

The island's special vegetation is ideal for making excellent honeys. Maybe the most original one is thistle honey, unique in Europe and a tasty, delicate way to sweeten desserts or to knead into *gofio*. Another, somewhat different honey, with an intense, sweet smell, is broom honey. Then there is bugloss honey. This is practically colourless until it crystallises to a white, opaque colour. It comes from the flowers of the Teide National Park.

There is a wide range of honeys. The coastal, ones made principally from the blooms of banana and avocados, and ones from the hills and mountains, made from chestnuts or fennel, are other possibilities that can be tasted and enjoyed at the table. Next to the Wine Museum in El Sauzal, there is a Honey Museum (*Casa de la Miel*), which produces exceptional and genuine Tenerife honeys.



# DESSERTS

There are many surprises awaiting visitors who try the dessert cuisine of the island as well. These have survived from the times when sugar cane was the most important crop in the region. In fact, sugar was so important that, at one time, the Canaries were known as The Sugar Islands. The fact that the islands attracted travellers from all over the world also led to a long tradition of dessert cuisine in the islands that can trace its roots back to many different parts of Europe, and elsewhere, leading to a wide variety of desserts nowadays.

Some desserts worthy of the most demanding palate are “*huevos mole*”, made from egg yolks and syrup, and “*frangollo*” originally a Portuguese dish that is made with a masterful combination of ingredients like corn flour and the excellent island honey, especially white broom honey, which is harvested in Las Cañadas del Teide. Fine examples of the wealth and variety of local desserts can be found in “*rosquetes*” from La Laguna or Garachico, cakes from Vilaflor, sweet potato and almond pasties and pies from the Orotava Valley.





# TOBACCO

Experts know that Canary Island tobacco is one of the best in the world, and the traditions of producing the best tobacco are maintained alive and well in the Islands. Hand made cigars are made that transmit the singularities of times gone by. These are a real luxury, as their aroma awakens the essence of this region.

The close links that the Canary Islands have maintained with Cuba, contributing to its population and the development of its agriculture, both in the growing of tobacco and in its processing, have produced specialists who have passed on their know-how from one generation to another, thus, maintaining their reputation throughout the world.



## GASTRONOMIC ESTABLISHMENTS OF TENERIFE





## TRADITIONAL MARKETS AND WINE CELLARS\*

### NUESTRA SEÑORA DE ÁFRICA MARKET

C/ San Sebastián-Mercado  
38003 Santa Cruz de Tenerife  
Phone: 922 214 743 / Fax: 922 882 233  
larecova.3076@cajarural.com

### LA LAGUNA MARKET

Pza del Adelantado, s/n  
38285 San Cristóbal de La Laguna  
Phone: 922 601 100 / Fax: 922 253 903

### TACORONTE MARKET

Carretera Tacoronte-Tejina, s/n  
Barrio de San Juan  
38350 Tacoronte  
Phone: 922 563 805 / Fax: 922 562 590

### GRANADILLA DE ABONA MARKET

Salida de la Autopista del Sur-El Médano  
38611 San Isidro  
Phone: 922 759 961 / Fax: 922 759 965  
adlgranadilla@terra.es

### BODEGAS INSULARES DE TENERIFE (WINE CELLARS)

C/ Vereda del Medio, 8-B  
38350 Tacoronte  
Phone: 922 570 617 / Fax: 922 570 043  
www.cistia.es/bod.ins.tfe  
bitsa@cistia.es

### BODEGA VALLEORO (WINE CELLARS)

Carretera General La Orotava-Los Realejos  
Km. 4.5. La Perdoma  
38315 La Orotava  
Phone: 922 308 031 / Fax: 922 308 233  
voro.3076@cajarural.com

## RESTAURANTS\*

### RESTAURANTE BARBACOA TACORONTE FIESTA

**CANARIA CARNAVAL**  
Las Toscas s/n. Santa Catalina  
38350 Tacoronte  
Phone: 922 382 910 / Fax: 922 378 131  
www.fiestacanariacarnaval.com  
reservas@fiestacanariacarnaval.com

### RESTAURANTE CASA COMIDA LA HIERBITA

C/ El Clavel, 19  
38003 Santa Cruz de Tenerife  
Phone: 922 244 617  
www.lahierbita.com  
lahierbita@guiatenerife.com

### RESTAURANTE CASA DEL MAR

Avda. del Ferry, s/n. Los Cristianos  
38640 Arona  
Phone: 922 751 323 / Fax: 922 788 074

### RESTAURANTE CASA DEL VINO LA BARANDA

Autopista General del Norte, Km. 21  
Finca La Baranda (El Sauzal Exit)  
38360 El Sauzal  
Phone: 922 563 886 / Fax: 922 563 886

### RESTAURANTE CASA PANCHO

Playa La Arena, s/n  
38683 Santiago del Teide  
Phone: 922 861 323 / Fax: 922 861 474  
www.canary-guide.com/pancho

### RESTAURANTE COFRADÍA DE PESCADORES

San Andrés s/n. Zona de Varadero  
Playa de las Teresitas  
38120 Santa Cruz de Tenerife  
Phone: 922 549 024 / Fax: 922 293 028

### RESTAURANTE DE TAPA EN TAPA

Paseo Milicias de Garachico, 1  
Edif. Hamilton  
38002 Santa Cruz de Tenerife  
Phone: 922 151 025 / Fax: 922 574 051  
detapaentapa@yahoo.es

### RESTAURANTE EL BURGADO

Avenida Playa de las Arenas s/n  
38480 Buenavista del Norte  
Phone: 922 127 794

### RESTAURANTE EL COTO DE ANTONIO

C/ General Goded, 13  
38006 Santa Cruz de Tenerife  
Phone: 922 272 105 / Fax: 922 290 922

### RESTAURANTE EL DUENDE

La Higuierita, 41  
38400 Puerto de la Cruz  
Phone: 922 374 517 / Fax: 922 374 517

### RESTAURANTE EL FAISÁN DE LUCAS

Camino de Acentejo, 68  
38370 La Matanza de Acentejo  
Phone: 922 578 249 / Fax: 922 363 127

### RESTAURANTE EL JABLE

C/ Bentejui, 9. San Isidro  
38611 Granadilla de Abona  
Phone: 922 390 698 / Fax: 922 177 444

### RESTAURANTE EL PATIO

C/ Gran Bretaña, s/n. Costa Adeje  
38670 Adeje  
Phone: 922 746 001 / Fax: 922 746 060

### RESTAURANTE IL PAPPAGALLO

Avda. Richard J. Yeoward, 1 Hotel Botánico  
38400 Puerto de la Cruz  
Phone: 922 381 400 / Fax: 922 381 504  
www.hotelbotanico.com  
hotelbotanico@hotelbotanico.com

### RESTAURANTE ISLA BAJA

C/ Esteban de Ponte, 5  
38450 Garachico  
Phone: 922 830 008 / Fax: 922 830 008

### RESTAURANTE LA CAZUELA

C/ Robayna, 34  
38004 Santa Cruz de Tenerife  
Phone: 922 272 300 / Fax: 922 244 524  
www.vanaga.es/cazuela  
bacalao1@navegalia.com

### RESTAURANTE LA PARRILLA

Avda. Richard J. Yeoward, 1. Hotel Botánico  
38400 Puerto de la Cruz  
Phone: 922 381 400 / Fax: 922 381 504  
www.hotelbotanico.com  
hotelbotanico@hotelbotanico.com

### RESTAURANTE LA RANA

Parque Santiago IV. Playa de las Américas  
38660 Arona  
Phone: 922 752 522 / Fax: 922 793 058

### RESTAURANTE LOS MENCEYES

Avda. Doctor José Navieras, 38  
38004 Santa Cruz de Tenerife  
Phone: 922 276 700 / Fax: 922 280 017  
www.luxurycollection.com/mencey  
reservations.hotelmencey@luxurycollection.com

### RESTAURANTE MAGNOLIA

Avda. Marqués de Villanueva del Prado  
38400 Puerto de la Cruz  
Phone: 922 385 614 / Fax: 922 380 127

### RESTAURANTE MESÓN DEL NORTE

Carretera Gral. de Masca, 1. Las Portelas  
38480 Buenavista del Norte  
Phone: 922 128 049  
mesondelnorte@terra.es

### RESTAURANTE MESÓN EL DRAGO

C/ Marques de Celada, 2. El Socorro  
38292 Tegueste  
Phone: 922 543 001 / Fax: 922 544 454  
drago@activanet.es

### RESTAURANTE SABOR CANARIO

C/ Carrera, 17-23  
38300 La Orotava  
Phone: 922 322 793 / Fax: 922 324 459  
www.saborcanario.es  
saborcanario@infonegocio.com

### RESTAURANTE THE ORIENTAL

Avda. Richard J. Yeoward, 1. Hotel Botánico  
38400 Puerto de la Cruz  
Phone: 922 381 400 / Fax: 922 381 504  
www.hotelbotanico.com  
hotelbotanico@hotelbotanico.com

### RESTAURANTE VICTORIA

C/ Hermano Apolinar, 8  
38300 La Orotava  
Phone: 922 331 683 / Fax: 922 320 519  
www.victoria.teneriffa.com  
hotel.victoria@teneriffa.com

## OTHER SPECIALITIES\*

### PASTELERÍA EL ADERNO (CAKE SHOP)

C/ La Alhóndiga, 8  
38480 Buenavista del Norte  
Phone: 922 127 368 / Fax: 922 127 675  
www.eladerno.com  
info@eladerno.com

### PASTELERÍA LA GAÑANÍA (CAKE SHOP)

Camino El Durazno, 11  
38400 Puerto de la Cruz  
Phone / Fax: 922 371 000

### PIEDRAS DEL TEIDE

**(CHOCOLATE-COVERED ALMONDS)**  
C/ Rambla Gral. Franco, 83  
38004 Santa Cruz de Tenerife  
Phone: 922 282 119 / Fax: 922 296 192  
www.lopezcheto.com







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