



TORREVIEJA

ENGLISH

A TASTE OF THE SEA, OF SALT, AND
STORIES REVEALED IN EVERY MOUTHFUL



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TORREVIEJA

THE TASTES OF TORREVIEJA

Torrevieja. All the flavours of the Mediterranean

They say that Torrevieja is best experienced with all five senses: the scent of the sea, the feel of white sand between one's toes, the sight of a magical sunset on the beach, the sound of waves swaying to the nostalgic rhythm of a habanera, and the taste of salt, sun, and sea breeze... the taste of the Mediterranean.

From its earliest beginnings, Torrevieja has always looked to the sea. Torrevieja gave its everything to the sea, and the sea returned the gift to Torrevieja in the form of salt and a generous bounty: white seabream, sea bass, gilthead seabream, sole, meagre, dentex, wrasse, rays, monkfish, cuttlefish, octopus, anchovies, cod... Delicacies that, over time, have enriched the gastronomy of this land, making it unique, unparalleled, and exquisite.

Torrevieja is one of the Mediterranean's great tourist destinations. And its gastronomy draws travellers with the same appeal as its beaches, climate, natural surroundings, and joyful spirit.

Discover the full flavour of Torrevieja: from the delights of its orchards to the sweetness of its desserts. A flavour to make your mouth water... with a taste for the sea.

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VEGETABLE 'BANCAL' RICE

INGREDIENTS FOR 2

- 200 g of rice.
- 2 tablespoons of grated tomato.
- 2 small potatoes.
- ½ a red pepper.
- 1 bunch of spring onions.
- 600 ml of water.
- 5 artichokes in quarters.
- 100 g of peas.
- 250 g of baby broad beans.
- Saffron.
- Extra virgin olive oil.

PREPARATION

1. In a paella dish, individually sauté the pepper, potato, spring onions, artichokes, broad beans, peas and tomato in the olive oil to make the sofrito.
2. When done, mix all ingredients.
3. Add the rice and stir for a few minutes until it's well coated with the oil and sofrito.
4. Cover with water.
5. Season and simmer for 20 minutes on a medium heat.

FUN FACT

The name of this dish comes from the “bancal” - the small, cultivated plots of the Vega Baja market gardens. This is a rustic dish that makes use of fresh seasonal vegetables, while also adding a little cod.

**Recipe courtesy of
Restaurante Luz de Mar**



RICE WITH FRESH ANCHOVIES

INGREDIENTS FOR 2

- 200 g of rice.
- 2 fresh anchovies in vinegar per person.
- 3 artichokes in quarters.
- 3 ripe tomatoes for grating
- 6 spring onions, peeled and cut.
- 400 g of broad beans.
- 500 g of cauliflower.
- ½ litre of vegetable stock.
- 2 dried ñora peppers.
- 2 cloves of garlic.
- Extra virgin olive oil.
- Salt.

PREPARATION

1. In a paella pan, sauté the vegetables until golden.
2. Add the grated tomato, stir for a few minutes, then add the chopped ñora pepper with the garlic and stir for a few more minutes, so it blends well with the vegetables.
3. Add the rice and a pinch of saffron and stir.
4. Add the hot stock and salt. Boil for 5 minutes over a high heat, stirring the rice only at this stage, then cook for 20 minutes over a low heat without stirring.
5. Add the raw anchovies, clean of bones and heads, when there are 5 minutes of cooking time remaining.

FUN FACT

Rice with anchovies is typical of the fishing areas of the Vega Baja, where fishermen traditionally combined fresh anchovies with artichokes and spring onions.

**Recipe courtesy of
Restaurante Belle Epoque**



RICE WITH OCTOPUS

INGREDIENTS FOR 2

- 250 g of 'bomba' rice.
- 2 cooked octopus legs.
- 2 ripe tomatoes.
- 400 cl of fumet or fish stock.
- 5 cloves of garlic.
- Parsley.
- 4 dried ñora peppers.
- Extra virgin olive oil.
- Salt.

PREPARATION

To make the salmorreta:

1. Peel and grate the tomatoes.
2. Sauté the chopped garlic and ñoras.
3. Add a sprig of parsley and grated tomato. Reduce.
4. Next, brown the octopus legs in the paella pan and set some aside for garnish.
5. Add the rice, sauté for two minutes, and pour in the fish stock.
6. Cook for 20 minutes over a medium heat, add the reserved octopus legs, and cook for a further 3 minutes.
7. Leave to rest for 3-4 minutes before serving.

FUN FACT

Rice with octopus is a traditional dish from the coasts of Alicante and Murcia, where octopus is added to a creamy rice cooked with choricero pepper and tomato. Seasonal, locally sourced cuisine.

**Recipe courtesy of
Luna Creciente Gastrobar**



CALDERO – FISHERMAN'S RICE STEW

INGREDIENTS FOR 4

- 1 kg of mixed rock fish or small fish used for stock.
- 1 mullet and 1 gilthead seabream or sea bass, cut into thick slices (1 kg in total).
- 400 g of rice.
- 1 tomato.
- 1 onion.
- 1 head of garlic.
- Saffron.
- 5 dried ñora peppers.
- Ground black pepper.
- Extra virgin olive oil.
- Salt.

FUN FACT

Caldero is a traditional fisherman's dish, historically prepared on board boats using rock fish, ñora peppers, and rice. Everything was cooked in the same iron cauldron with seawater.

PREPARATION

1. Peel the garlic cloves and remove the seeds from the ñora peppers.
2. Heat about 100 ml of extra virgin olive oil in a caldero or large pot.
3. Brown the onion and ñoras; remove and set aside.
4. In the same oil, brown the mullet and the gilthead seabream or sea bass; set aside.
5. Sauté the chopped tomato for 5 minutes.
6. Crush the garlic and ñora peppers with saffron, then add the mixture to the tomato.
7. Add the water and the rock fish, then simmer over a low heat for one hour.
8. Strain the stock and adjust the seasoning with salt.
9. Leave 1.5 litres in the pot and, in this, cook the reserved fish (the mullet and the gilthead seabream or sea bass) for 7–8 minutes; then remove.
10. Add the rice and cook over a low heat for 18 minutes, adding more stock if necessary.
11. Serve the rice alongside the fish and accompany with alioli.

**Recipe courtesy of
Restaurante Barlovento**



CALDICO EMPANÁ

RUSTIC STEW

INGREDIENTS FOR 4

- 2 cloves of garlic.
- 1 tomato.
- 2 large aubergines.
- ½ an onion.
- 1 litre of water or stock.
- Parsley.
- Pine nuts.
- Extra virgin olive oil.
- Salt.

PREPARATION

1. In a pot filled with water, or meat or vegetable stock if preferred, add the garlic, the onion cut into large pieces, and the peeled, chopped tomato.
2. Add the pine nuts, parsley, and salt, and bring to the boil.
3. Add the aubergine, cut into thick slices.
4. Cook for about 20 minutes, until the aubergines are tender and a rich, well-bodied broth has formed

Recipe courtesy of
José Antonio Vilella Fructuoso



COCIDO - TRADITIONAL STEW WITH MEATBALLS

INGREDIENTS FOR 4

For the meatballs:

- 200 g of beef.
- 200 g of turkey breast.
- 200 g of chicken breast.
- 200 g of lean pork.
- 200 g of pork fat.
- 1 white sausage.
- 150 g of poultry blood.
- 2 eggs.
- 1 rustic loaf, preferably from the previous day.
- 20 g of pine nuts.
- 2 chopped cloves of garlic.
- Pepper.
- Salt.

For the cocido stew:

- 300g of chickpeas.
- 300g of beef.
- 100g of pork fat.
- ½ a turkey.
- Turkey liver and gizzard.
- 300g of pork.
- 1 marrow bone
- 4 potatoes.
- 1 turnip.
- 1 parsnip.
- 3 carrots.
- 3 sticks of celery.
- Saffron.
- Salt.

PREPARATION

Preparing the meatballs:

1. Place the minced meat in a bowl to marinate with the pine nuts, blood, and parsley.
2. Crumble the bread and add it to the meat mixture.
3. Add the eggs, spices, and salt.
4. Mix to form a smooth, cohesive texture.
5. Shape the mixture into meatballs.

Preparing the cocido:

1. Heat water in a pot and, once it comes to the boil, add the chickpeas - previously soaked for 12 hours - the beef, turkey, pork, and pork fat.
2. Chop and add the turnip, parsnip, and celery.
3. Add the saffron and salt.
4. Skim off any foam that forms on the surface.
5. Cook for 90 minutes.
6. Add the peeled potatoes and continue cooking for a further 15 minutes.
7. Transfer part of the broth to another pot, which will later be used to cook the meatballs. This will prevent any fragments released during their cooking from clouding the main cocido.
8. Place the meatballs into the pot with the previously reserved broth.
9. Cook the meatballs over a medium heat for 20–30 minutes, until they develop a firm texture.
10. Once cooked, add the meatballs to the main cocido (stew).
11. Serve the broth as a first course, with one meatball per diner, and as a second course, serve the meats, vegetables, chickpeas, and potatoes.

Recipe courtesy of Bar Triviño



MONKFISH SALAD

INGREDIENTS FOR 2

- 6 monkfish tails.
- 3 crabsticks.
- 12 fresh prawns.
- ½ spring onion.
- 1 egg white.
- Mayonnaise.
- Ground black pepper.
- Salt.

PREPARATION

1. Boil the monkfish in water until tender. Remove and flake into small pieces.
2. In another pot, boil the prawns. Remove, peel and chop into pieces.
3. Chop the crabsticks.
4. Boil an egg, separate the white, and chop it.
5. Mix everything together and add salt and a pinch of pepper.
6. Add mayonnaise to taste and mix gently.
7. Serve chilled as a starter or first course

FUN FACT

A summery dish from the Levantine coast that replaces potato with white fish and prawns, reflecting its seaside origins.

**Recipe courtesy
of Bar El Rubio**



GAZPACHO MARINERO

INGREDIENTS FOR 4

- 500 g of grouper.
- 250 g of cuttlefish.
- 100 g of peeled prawns.
- 250 g of flat breads (tortas de gazpacho).
- 2 litres of fish stock.
- 2 tomatoes.
- 1 red pepper.
- 2 onions.
- 4 cloves of garlic.
- 2 dried ñora peppers.
- Sweet paprika.
- Tabasco to taste.
- 50ml of extra virgin olive oil.
- Salt.

FUN FACT

This is a version of Gazpacho Manchego. In coastal villages, game meat was replaced with fish, seafood, and mariner-style flatbreads made from unleavened bread.

PREPATION

1. Chop the fish and seafood into pieces.
2. Sauté the onion and pepper in the extra virgin olive oil.
3. Add the paprika, followed by the grated tomato, and cook until it reduces.
4. Add the cuttlefish and sauté.
5. Add the fish stock and a paste made from the garlic and ñora peppers, previously sautéed.
6. When the stock begins to boil, add the grouper, which has been previously boiled for about 2 minutes.
7. At the same time, add the prawns and the flatbreads.
8. Season and add tabasco to taste.
9. Leave to boil for 5 minutes and to stand for 10 minutes.

Tip: Set aside a little broth to add if the flatbread turns out drier than desired.

**Recipe courtesy of
Restaurante Las Cañas**



TRADITIONAL CODBALLS STEW

INGREDIENTS FOR 2

For the codballs:

- 200 g of desalted cod.
- 40 g of breadcrumbs.
- 1 clove of garlic.
- Parsley.
- 40 ml of milk.

For the stew:

- 50 g of grated tomato.
- 2 potatoes.
- 100 g of chickpeas.
- 50 g of cod cut into small pieces.
- 1 chopped, hard-boiled egg.
- 1 clove of garlic.
- 75 ml of white wine.
- Paprika.
- Extra virgin olive oil.

PREPARATION

1. Mix the cod, breadcrumbs, chopped garlic, parsley and milk, and shape into balls.
2. For the stew, add extra virgin olive oil to a pan and gently fry the diced potatoes.
3. Add the chopped garlic, paprika and grated tomato
4. Add the white wine and cover with water.
5. Bring to the boil and add the codballs and previously cooked chickpeas.
6. Check seasoning and cook for around 20 minutes on a low heat.

**Recipe courtesy of
Restaurante Rincón de Capis**



TRADITIONAL SKATE STEW

INGREDIENTS FOR 4

- 3 pieces of skate, cleaned and on the bone.
- 100g of ripe tomatoes.
- 1 large potato
- 1 onion.
- Flour.
- A splash of white wine.
- Paprika.
- Cumin.
- Salt.

For the stock or skate fumet:

- ½ and onion.
- 1 carrot
- 1 leek
- A small bouquet garni (parsley, bay or celery)

For the paste:

- The skate livers.
- ½ handful of whole almonds.
- 1 or 2 dried ñora peppers.
- 1 slice of bread from the previous day.
- 2 cloves of garlic.

FUN FACT

Skate, or Rajá stew was a staple in the homes of fishermen. Of little commercial value, it was traditionally used in stews with bread, almonds, and ñora peppers to create a thick, tasty sauce.

PREPARATION

1. Separate the skate wings from the main bone and put the livers to one side. Wash the pieces thoroughly and drain well.
2. Prepare a stock by boiling the main bone, vegetables and bouquet garni for around 30 minutes. Strain and set aside.
3. In a frying pan, fry the almonds, bread, garlic and livers. Grind everything into a paste in a mortar, together with a dried ñora pepper.
4. Season the wings, coat them in flour and fry them in hot oil until they turn golden. Remove and set aside.
5. In the same casserole, sauté the chopped onion, add the grated tomato, a teaspoon of flour, cumin, paprika and a splash of white wine.
6. Add the paste and the skate wings, cover with the stock and cook with the lid on for five minutes, on a medium heat.
7. Add the potato wedges and cook for 15 minutes more, on a low heat, until the sauce thickens and the potatoes are soft.

**Recipe courtesy of
Restaurante Mesón Las Jarras**



CUTTLEFISH STEW

INGREDIENTS FOR 4

- 3 cuttlefish, between 250 and 300g.
- 2 ripe tomatoes.
- 5/6 potatoes.
- 2 medium onions.
- 2 eggs.
- 300cl of white wine.
- 1 head of garlic.
- Parsley.
- 3 bay leaves.
- Peppercorns.
- Extra virgin olive oil.
- Salt.

FUN FACT

This was a popular dish on fishing boats, where it was slowly cooked using wine and potatoes—foods that kept well during days at sea without the need for refrigeration.

PREPARATION

1. Heat the oil in a pot and add the chopped onions, garlic, and peppercorns.
2. Once everything has softened, add the tomato and cook until it reduces.
3. Add the chopped cuttlefish and mix with the tomato.
4. Add the wine and allow it to reduce.
5. Sauté gently over a low heat.
6. Peel and chop the potatoes, then add these, along with plenty of parsley.
7. In a pot, cover the potatoes with water.
8. Add a pinch of salt and a few bay leaves.
9. Bring to the boil until the potatoes are just cooked.
10. Before turning off the heat, add the chopped egg white and the crumbled yolk to thicken the broth.

Note: To give the stew more body and flavour, add the cuttlefish spleen (melsa) together with the cuttlefish.

**Recipe courtesy of
Restaurante Las Cañas**



DRIED OCTOPUS

INGREDIENTS

- 5/6 kg of octopus.
- Extra virgin olive oil.
- Salt.

PREPARATION

1. Wash the octopus in sea water.
2. Make a cut between two legs, open it with a cane, and hang it in a well-ventilated place, out of direct sunlight, for 5–7 days, until it has reduced to half its volume.
3. Once dry, cut the legs and place them over direct heat.
4. Scrape off the excess ‘charring’ and slice into thin pieces.
5. Dress with extra virgin olive oil and lemon.

FUN FACT

Air-drying octopus is a traditional practice along the Alicante coast. It is hung in well-ventilated places and grilled before eating, which concentrates its flavour.

**Recipe courtesy of
Restaurante Rincón de Capis**



TRADITIONAL 'SANGOCHAO' CUTTLEFISH STEW

INGREDIENTS FOR 4

- 1 kg of fresh cuttlefish from the bay.
- 2 ripe tomatoes.
- 2 medium onions.
- 330 ml of red wine.
- 7 cloves of garlic.
- 3 bay leaves.
- Whole peppercorns.
- Extra virgin olive oil.
- Salt.

PREPARATION

1. Clean the cuttlefish and cut into pieces.
2. Slice the two onions into julienne strips and finely slice the garlic cloves.
3. Gently sauté the onion and garlic in extra virgin olive oil until softened.
4. Once the onion is sautéed, add the cuttlefish and season. Sauté for a further 15 minutes.
5. Add the bay leaves and some peppercorns.
6. Grate and add the tomato.
7. Add 300ml of red wine (or white wine as an alternative) and bring to the boil for 20 minutes.
8. Remove from the heat once the cuttlefish is tender and leave to rest for 10 minutes.

As with many dishes from our local gastronomy, it is said to taste even better the next day, and can be kept in the fridge for a number of days.

FUN FACT

The term "sangochao" is used on the southern Valencian coast to refer to hearty seafood stews made with cuttlefish or squid, cooked using wine and spices to bring out the flavour.

**Recipe courtesy of
Restaurante HB Torrevieja**



CUTTLEFISH WITH TOMATO

INGREDIENTS FOR 4

- 1 cuttlefish.
- 1 red pepper.
- 1 onion.
- 250 g of crushed tomato.
- 50 ml of white wine.
- Extra virgin olive oil.
- Sugar.

PREPARATION

1. Chop the onion, red pepper, and cuttlefish.
2. Sauté everything together in extra virgin olive oil.
3. Add the white wine and bring to the boil.
4. Add the crushed tomato and a little sugar to reduce the acidity.
5. Season with salt and pepper and let it reduce over a medium heat for about 30 minutes, or until the cuttlefish is tender.

**Recipe courtesy
of Bar El Rubio**



MONAS DE PASCUA

SWEET EASTER BREAD

INGREDIENTS

- 2 kg strong flour.
- 400 g sugar.
- 400 ml olive oil.
- 150 g yeast.
- 5 eggs.
- 500 ml of water.
- Lemon zest.

PREPARATION

1. Heat the water without bringing to the boil and dissolve the yeast with 2 tablespoons of sugar. Leave to rest for 30 minutes.
2. Mix the flour, sugar, salt, and lemon zest. Add the eggs and yeast mixture.
3. Knead the dough, gradually incorporating the oil over 15 minutes
4. Leave the dough to rise for 1 hour, until it doubles in size
5. Knock back the dough, divide it, and shape large monas of 400g or small ones of 150 g.
6. Brush with egg yolk and bake at 180°C for 15 minutes for the large monas and 10 minutes for the small ones.
7. Sprinkle with sugar once baked.

FUN FACT

In Torrevieja and La Mata, it's traditional to head into the countryside or pine grove during Holy Week to eat 'monas' with friends and family - a custom that's deeply rooted amongst the locals.



TORREVIEJA CAKE

INGREDIENTS

- 1 kg of powdered almond.
- 1 kg of sugar.
- 5 eggs.
- Zest of 1 lemon.

For the filling:

- Candied orange peel in small pieces.
- Candied egg yolk (made with 750g of sugar and 700g of egg yolks).

PREPARATION

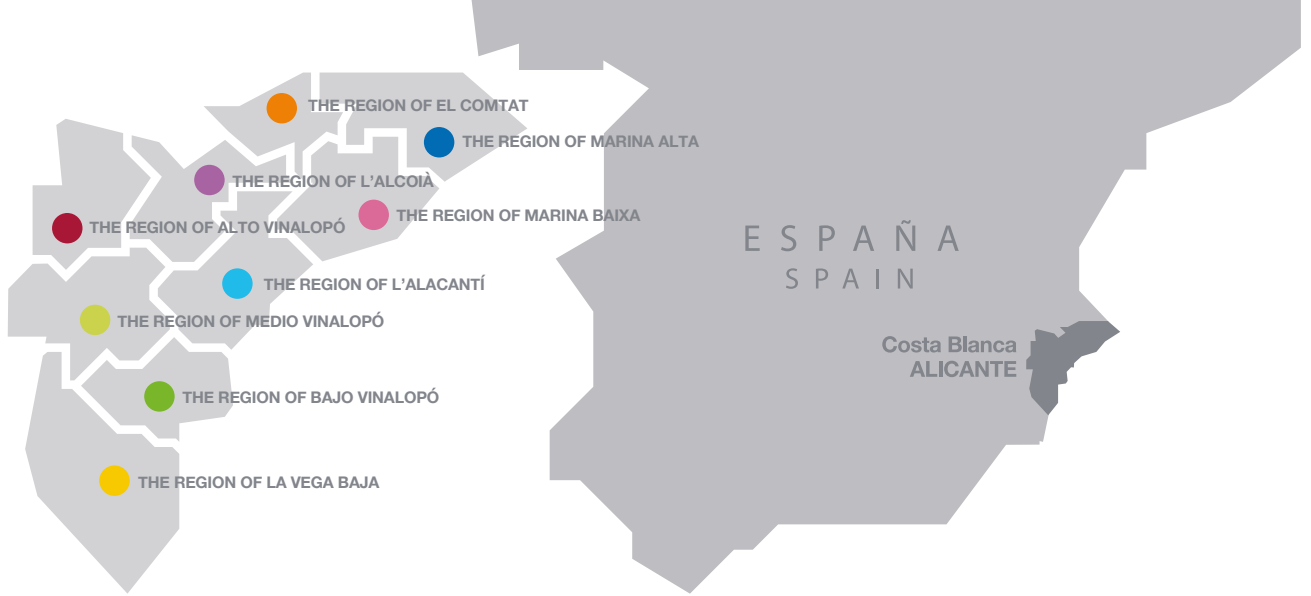
1. Mix the ground almond with the sugar.
2. Add the eggs and lemon zest.
3. Divide the dough into two pieces, each weighing approximately 500g. One will be the base and the other the top.
4. For the filling, gently mix 750g of sugar with 700g of egg yolk.
5. Cook the mixture over a low heat, stirring constantly until it thickens, to obtain an egg yolk cream.
6. Fill the base with the candied fruit and the egg yolk cream, then cover with the remaining top.
7. Bake at 200° for about 74 minutes.
8. Once cooled, dust with icing sugar.

FUN FACT

This sweet dates back to the early 20th century, when master confectioner Antonio Monge created it as a gift for visitors to the city of Torrevieja.

A century later, it is still made entirely by hand.

**Recipe courtesy of
Pastelería Monge**



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