

03

TRADITIONAL



MALAGA

GASTRONOMY
GUIDE





AN OPEN AND HOSPITABLE CUISINE

Just like the city

“The museum city cuisine”

Making a decisive commitment to Málaga gastronomy is one of **Málaga City Council’s** objectives as part of its ongoing efforts **to show people around the world our city and culture**. MAHOS (Málaga’s Catering Industry Association) joins us in this gastronomic project, contributing its professional expertise on the matter.

Knowing and recognising our gastronomic culture is essential. The cuisine of a land where the **Mediterranean Diet** is very much a way of life, with foods and recipes from both land and sea. A land that over the past fifteen years has spectacularly shifted towards a **tourist offer focusing on the cultural and museum field**. Since the start of the twenty-first century Málaga is a city with a very diverse museum offer: here great figures of modern art can be found alongside nineteenth-century painting collections, as well as the practice of ground-breaking contemporary disciplines.

Every museum, arts centre, collection, gallery ... is interrelated to the monumental heritage of a pioneering city of industrialisation that, **centuries ago**, was also **port and home to all the major civilisations**.



Today we enjoy a **city open to art and culture whose heterogeneous spaces are in harmony with the relaxed lifestyle and good quality of life**. And we know that a good lifestyle cannot be conceived as such without **a rich, diverse and healthy gastronomy like ours**.

Visitors, whether foreign or national, can follow this interesting museum itinerary, **and at the same time enjoy the culinary traditions of Málaga and its province**.

Typical Málaga stews in a city open to the sea with its seafaring ancestry. Traditional stews, but also our own *haute cuisine* dishes, which propitiously turn toward flavours that were always present in Málaga pantries. **Strictly autochthonous ways of cooking**, such as skewing sardines that dates from the 19th century. Designations of origin such as the *Chivo Lechal Malagueño* [Málaga suckling goat], which nowadays can be enjoyed in many different ways.

Raw materials abound. And so does the freshness of the local produce. But what really inspires us is our ancestors' devotion to gastronomy, both near and remote.

In this Guide we wish to share with you some of the stories behind recipes that have their roots in Roman times. For

example, the story of the 1st-century CE gourmet Marcus Gavius Apicius.

Traditional Málaga recipes such as *gazpachuelo*, *cazuela de fideos* or *berza malagueña* have been deservedly showcased, having gradually gone from the **family home** to the most adventurous restaurants; in accordance with the original preparation and ingredients, or being put through a filter of innovation, where certain tastes, aromas and textures are modernised by the chef.

However, **the essence remains**. Proof of this are delicacies like *ajoblanco* or *fritura malagueña*, which have travelled through time (since the inhabitants of al-Andalus and Sepharad, Moors and Jews, who developed these culinary practices) to our days. The gastronomic culture of Málaga is difficult to conceive without thinking of white gazpacho or the *pescaíto frito* from our bay.

The aim of this **Guide of Traditional Málaga Cuisine** is to offer a quick overview of what we serve on our tables, which is a lot. We're talking about a gastronomy that is greatly indebted to the different cultures and civilisations that have passed through our province over the centuries.

An open and hospitable cuisine, just like the city itself.

Nearly all of these gastronomy suggestions **may be sampled at any time of the year**. Some of them are **seasonal either** due to climate or tradition.



JAN FEB MAR APR MAY JUN JUL AUG SEP OCT NOV DEC

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
	●	●	●	●	●	●	●	●	●	●	●	●
ENSALADA MALAGUEÑA	●	●	●	●	●	◐	◐	◐	●	●	●	●
ENSALADA DE AGUACATE Y TOMATE HUEVO DE TORO	○	○	○	○	○	●	●	●	●	○	○	○
PORRA	◐	◐	◐	◐	◐	●	●	●	●	◐	◐	◐
CONCHAS FINAS	◐	◐	◐	◐	◐	●	●	●	●	◐	◐	◐
BOQUERONES EN VINAGRE	◐	◐	◐	●	●	●	◐	◐	◐	◐	◐	◐
BERENJENAS CON MIEL DE CAÑA	◐	◐	◐	◐	◐	◐	◐	●	●	●	◐	◐
TARTAR DE SALCHICHÓN DE MÁLAGA	●	●	●	●	●	●	●	●	●	●	●	●
ESPETOS DE SARDINAS	◐	◐	◐	◐	◐	●	●	●	●	●	◐	◐
FRITURA MALAGUEÑA	◐	◐	◐	◐	◐	●	●	●	●	●	◐	◐
AJOBLANCO	◐	◐	◐	◐	◐	●	●	●	●	●	◐	◐
GAZPACHUELO	●	●	●	●	◐	◐	◐	◐	●	●	●	●
BERZA MALAGUEÑA	●	●	●	●	◐	◐	◐	◐	◐	●	●	●
CAZUELA DE FIDEOS	●	●	●	●	◐	◐	◐	◐	◐	●	●	●
ARROZ CALDOSO MARINERO	●	●	●	●	●	●	●	●	●	●	●	●
CHIVO LECHAL MALAGUEÑO	●	●	●	●	●	●	●	●	●	●	●	●
RABO DE TORO	●	●	●	●	●	●	●	●	●	●	●	●
SOLOMILLO CON REDUCCIÓN AL PEDRO XIMÉNEZ	●	●	●	●	●	●	●	●	●	●	●	●
CALDILLO DE PINTARROJA	●	●	●	●	●	●	●	●	●	●	●	●
BORRACHUELOS	●	◐	◐	◐	◐	◐	◐	◐	◐	◐	●	●
TORTAS LOCAS	●	●	●	●	●	●	●	●	●	●	●	●

● Certain ◐ Likely ○ Out of season



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ENSALADA MALAGUEÑA

Salty sweet

Ubiquitous at bars, **ensalada malagueña**, (also known as *ensalada cateta*) is the result of the happy combination of salty (codor, if you prefer, tuna) and sweet (orange). It delights our taste buds **from autumn to spring**, thanks to its star ingredients.

It's cool, charming, as well as touched by the grace of the sea. Undoubtedly that's why it's so much part of our Málaga tradition.

HOW IS IT MADE?

Boil the potatoes, peeled or unpeeled, although they have a better texture if unpeeled. When cooked, leave to cool. Peel and cut into thick rounds.

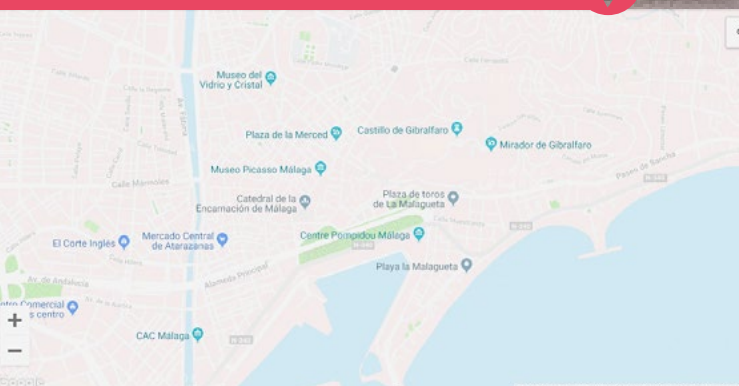
The cod can be cooked or baked, and, when cold, crumbled into the salad bowl. Chop the onion, scallions or chives, add the stoned olives and the orange slices.

The **sliced hardboiled egg gives** that final touch, which, with the added dressing, turns this salad into a simply irresistible dish.

INGREDIENTS:

- Boiled potatoes
- Boiled eggs
- Onions, Scallions or Chives
- Orange
- Cod or Tuna
- Olives
- Olive oil
- Sherry vinegar
- Coarse salt

WHERE TO ENJOY?





ENSALADA DE AGUACATE Y TOMATE HUEVO DE TORO

Flavours from the land

HUEVO DE TORO TOMATOES

Native to the Guadalhorce Valley, **the Huevo de Toro tomato** has become a coveted ingredient. It has a quality label and, unlike other tomatoes, is characterised by its great size.

This fertile region, especially Coín, produces this variety of tomatoes that can weigh as much as **300-600 grams!** This fruit has a creamy, soft texture, with a **perfect sweetness-acidity balance**.

The ideal way to eat this tomato from Málaga is raw or in a salad, well-drizzled with olive oil and a pinch of salt; it is also delicious for making *gazpacho* and other cold soups.

AVOCADO

Avocados, the same as mangos, have firmly taken root in the Axarquía region, thanks to its subtropical climate.

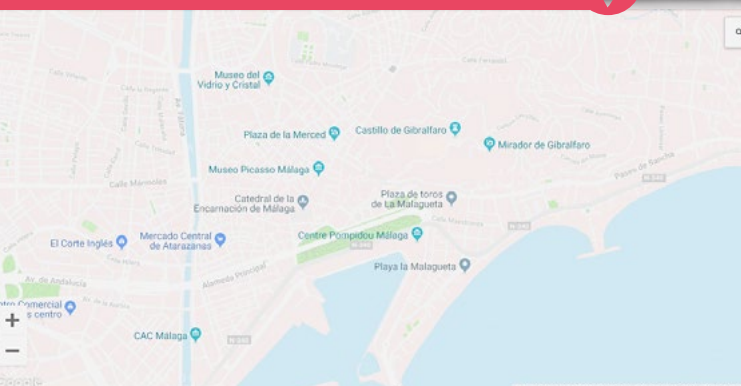
Their **versatility** makes them perfect for salads, as well as naturally combining with other ingredients; not to mention that they are an essential ingredient of guacamole.

This avocado from the coast almost bathed by the Mediterranean features a hard skin and plenty of yellowish-green flesh. **Born to succeed.**

INGREDIENTS:

- Axarquía avocados Guadalhorce Valley
- Huevo de Toro tomatoes
- Olive oil
- Sherry vinegar
- Coarse salt

WHERE TO ENJOY?





PORRA

Fresh and Healthy Spoonfuls

Some say **countryside cooking** is full of stews and soups (besides stewed legumes) but there are also plenty of cold soups with garden vegetables, oil and bread as the main ingredients. Beyond its similarity to salmorejo cordobés or affinity to drinkable gazpacho, **our porra from Antequera** is what it is: **an extraordinary ambassador** for the best Mediterranean gastronomy as it's exquisite as well as healthy.

A dish to be eaten with a spoon to cool down in summer and quench any appetite at the mercy of what's served with it Iberian ham diced or otherwise. However, there are some who prefer eating porra with crumbled codfish, tuna or boiled eggs (particularly those who are rather vegan). In any case, **it's a recipe that goes back to none other than the Roman Empire**. And if it's come all this way, there's no question why: **it's delicious**.

INGREDIENTS:

- Ripe tomatoes
- Red peppers
- Garlic cloves
- Hard bread without the crust
- Boiled eggs
- Serrano ham
- Olive oil
- Vinegar
- Salt

HOW IS IT MADE?

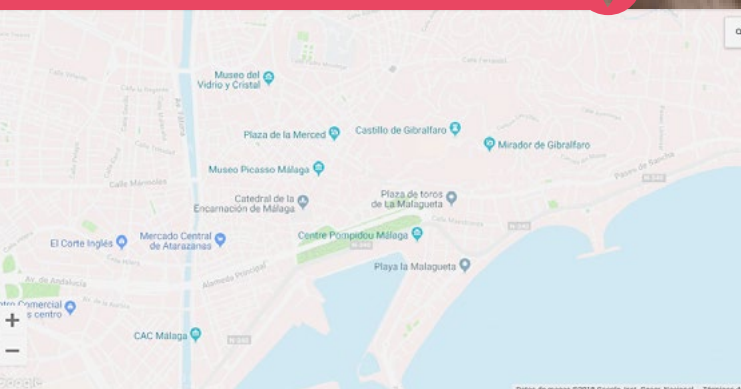
Soak the hard bread to soften it.

Peel the tomatoes, **dice** the peppers and remove the skins from the garlic cloves as they're added whole.

Add **vinegar and oil** as well as salt before blending it all together to get a creamy texture.

Refrigerate and then **serve** with the desired garnish.

WHERE TO ENJOY?





CONCHAS FINAS

Queen of the sands

The *Concha de la Costa* (the quality label brand for Málaga concha fina smooth clams) is one of our favourite molluscs. This bivalve is a species of giant clam that, when eaten raw, creates a burst of salty freshness on your palate. The clam's white-reddish, sometimes orange, flesh, is quickly sucked with great pleasure.

Over the years, there are more and more ways to prepare them: due to the whims of globalisation, the concha fina clam can even be found in something as intricate as sushi, though here we enjoy it in pil pil sauce, with pipirrana salad, al ajoblanco and even au gratin. However, our favourite way of eating this clam is raw, as locals and visitors alike enjoy it. **As an appetizer, with a few drops of lemon juice and a little black pepper, they are simply unbeatable.**

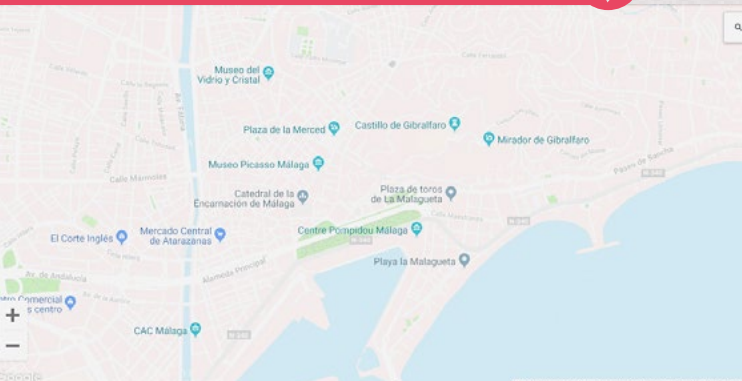
INGREDIENTS:

- Fresh *concha fina* clams
- Lemon juice
- Black pepper

HOW IS IT MADE?

Concha fina clams must be bought and prepared almost at once to guarantee their freshness. First of all, they must **be cleaned**. It is advisable **to tap them slightly before opening them with a knife**, in order to remove any dirt. You must separate the flesh from the shell in order to eat them, having previously sprinkled them with **lemon** and **a dash of pepper**.

WHERE TO ENJOY?





BOQUERONES EN VINAGRE

Very Malagenean

Malageneans are second to none. White anchovies in vinegar have a remote Mediterranean origin which could quite possibly be in the Sephardic mezzes or dishes to snack on. But they've been with us forever - in restaurant kitchens, on bar countertops and in family homes.

A tray of white anchovies in vinegar is **standard in places with tradition**: a pint of beer accompanied by a tapa of white anchovies tastes like glory. Seafaring glory.

After all, white anchovies in vinegar are a genuine local product from the sea. **White anchovies are synonymous to Malaga.** The meatiness of this fish combined with some garlic and parsley makes for an exaggerated flavour that recalls the importance of salting, brines, vinegar and pickling to our ancestors. Preserving fish was a real need for them. And we still enjoy their pragmatism today.

INGREDIENTS:

- Fresh white anchovies
- Garlic
- Olive oil
- Vinegar
- Parsley
- Salt

HOW IS IT MADE?

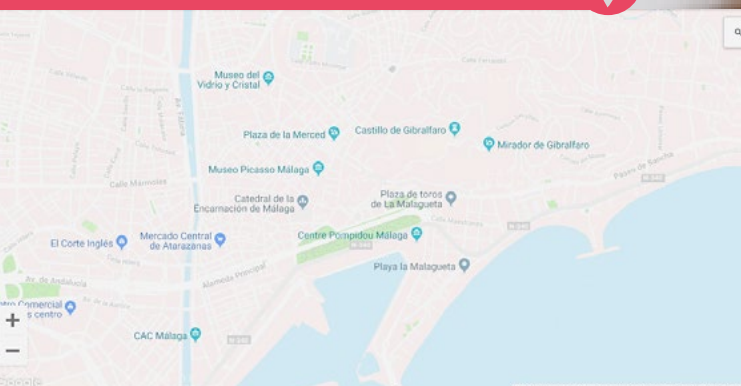
Clean the anchovies, removing the heads, spine and innards until they are completely white.

Then, lay them out open on a dish. **Add vinegar and water** (especially vinegar) and salt well.

After **macerating** for about eight hours, rinse to remove the salt.

Finally, arrange them on a tray and **add** plenty of olive oil, parsley and minced garlic.

WHERE TO ENJOY?





BERENJENAS CON MIEL DE CAÑA

The Tasty Contrast

There's a lot of chemistry between aubergines and molasses. Vouching for this are the exquisite types of molasses that have always been around. The sugar mill **that made history** industry-wide in southern Malaga provides an ingredient which complements fried aubergines in a very special way. **Fried and sweet**, this vegetable gets an extraordinary rich flavour with hints of the Orient (Arab or Indian, depending on the source).

Contrasts usually are quite interesting. The case of this culinary idea, which is absolutely **divine as a snack**, is by all means no exception. Crunchy yet soft, these aubergines which some refer to as "fritters" (or the tempura version thanks to culinary globalization) **are decisive proof that vegetables are not at all boring**.

HOW IS IT MADE?

Wash the aubergines and then cut in fine slices (they can also be cut into long, skinless wedges).

Season and let macerate a bit.

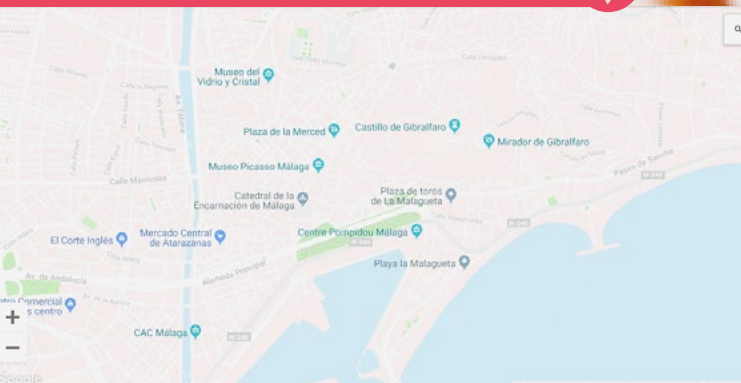
Then drain and **roll in flour** while heating up the oil.

Once fried, they should be **served right away** with a little molasses on top.

INGREDIENTS:

- Aubergines
- Flour
- Olive oil
- Molasses
- Salt

WHERE TO ENJOY?



TARTAR DE SALCHICHÓN DE MÁLAGA

Our Steak Tartare

Typical Steak Tartare can be found in many different versions. Málaga's version uses **Málaga salchichón** [soft cured sausage] as the main ingredient. Given the "raw" nature of the product, it is ideal, as our salchichón is only slightly cured.

A traditional ingredient of Málaga cuisine, **it is now enjoying a second youth** thanks to chefs with no complexes; hence it is included in croquettes, meatballs or in a Tartare.

In particular, this Tartare includes **other local produce** such as Muscatel grapes and molasses, which, combined with French mustard, give it a really unique flavour.

Some versions include gherkins, and others prefer to use red onion instead of chives; the egg is used for Tartare topping or for making mayonnaise. The characteristic spices and texture of *Málaga salchichón* make this dish extra

HOW IS IT MADE?

Make the mayonnaise with the egg and the sunflower oil. Mix with the mustard, honey, lemon juice and Tabasco.

Finely dice the **sausage meat while gradually adding** some of the grapes and the previously-made mayonnaise.

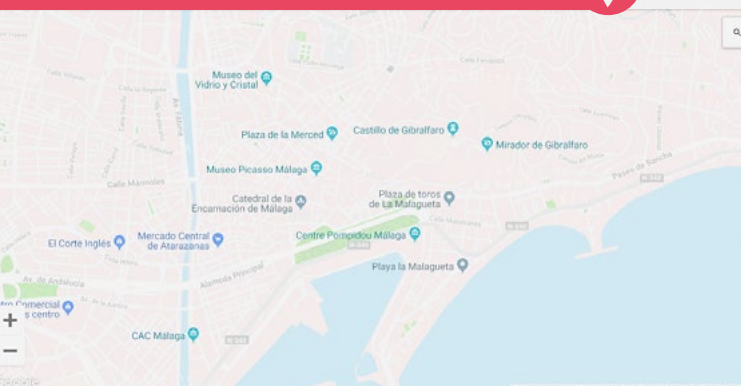
Mould with the ring and garnish with the chopped chives, the remaining grapes and a pinch of parsley.

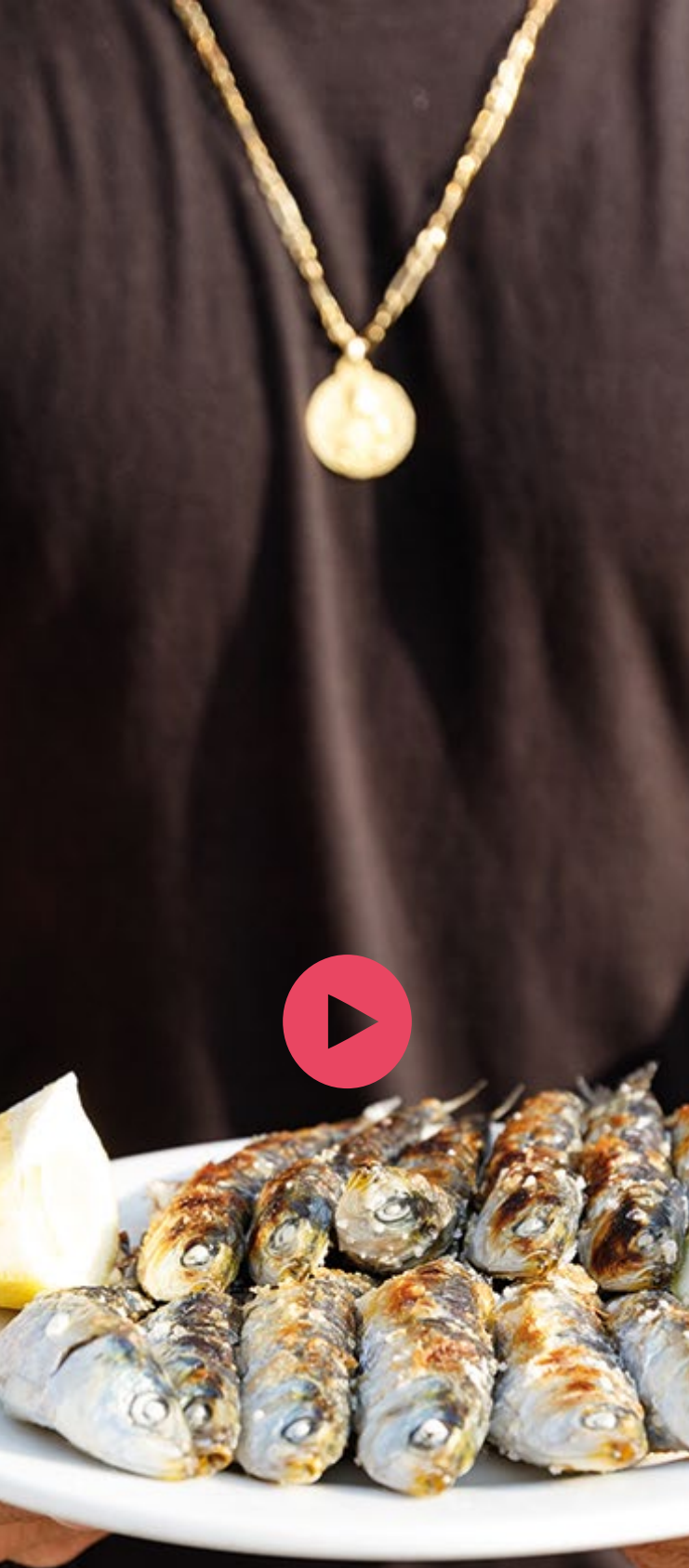


INGREDIENTS:

- Málaga salchichón
- Muscatel grapes
- Chives or red onion
- Tabasco
- Mustard
- Frigiliana molasses
- Egg
- Lemon juice
- Sunflower oil
- Parsley

WHERE TO ENJOY?





ESPETOS DE SARDINAS

“Amoragás”

According to experts in local gastronomy, **one cannot leave Málaga without having tasted “amoragás” skewered sardines** (amoragás meaning juicy on the inside and not burned).

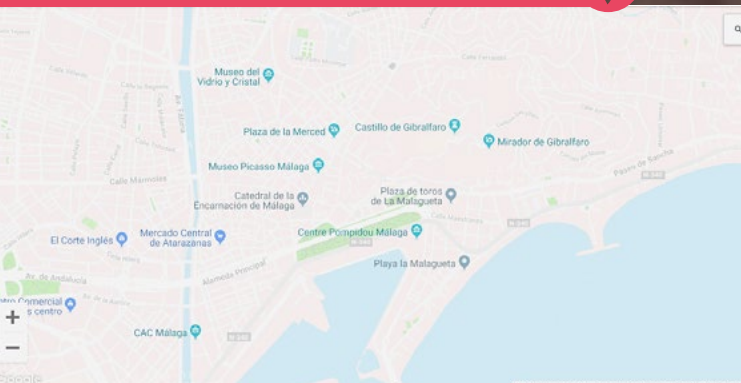
Accompanied by roasted peppers, or chopped tomato with garlic, grilled skewered sardines are pure seafaring tradition. Where they are best eaten is right next to the seashore, in the open-air beach bars. Sardines were one of the Greeks’ favourite foods, and they were the main ingredient of the famous Roman *garum*. **Horacio Lengo** depicted children grilling sardines on skewers, or espetos, in his painting **“La Moraga” (1879)**. The origin of these sardine skewers is associated with open-air beach bars. In 1882 Miguel Martínez Soler, at El Palo, started skewering sardines on canes to grill them on the sand. And the tradition continues today.

The *“amoragadores”* [grillmasters] have thus passed down the tradition of grilling fish this way from one generation to another, since Martínez Soler started it at La Gran Parada, the beach bar visited by King **Alfonso XII** in 1885. They are the characters of the famous anecdote of when the king took hold of his knife and fork to tuck into the sardines. According to the chronicles of the time, the espetero said to the king, “Your Highness, not like that, but with your fingers!”

INGREDIENTS:

- Sardines
- Lemon
- Salt

WHERE TO ENJOY?



FRITURA MALAGUEÑA

Ambassador of the seas

Fried fish is **an ancient gastronomic tradition**. It is said that in Sephardic Jewish cuisine fried fish was eaten with vinaigrette, while in the Almohade al-Andalus period fish was not only fried... but also marinated.

However, it was in the 18th century when the existence of this dish started to be documented, thanks to travellers visiting the south. *Fritura malagueña* consists of **the smaller seafood varieties**, namely: small fish, crustaceans and shellfish that can be readily eaten, floured, crispy and golden, without worrying about any bones.

As a starter or first course, fried fish is eaten with **a small sprinkling of lemon juice**, along with **a delicious salad of roasted peppers**. They can also be eaten as a snack, as a tapa, served with a refreshing glass of cold beer.

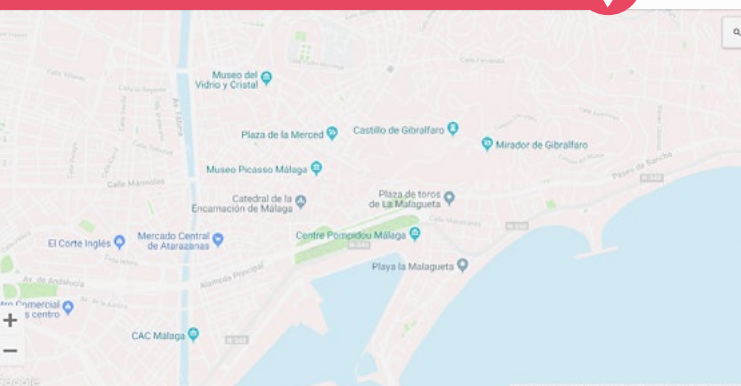
On the other hand, fried-fish shops in Málaga capital still sell **little paper cones** of assorted fried fish like in the old days, either to take away or to eat on the spot. In any case, Málaga-style fresh fried fish is simply irresistible.



INGREDIENTS:

- European anchovies
- Red mullet
- Squid or Baby squid
- Mackerel
- Blue whiting
- Prawns
- Whiting
- Kingklip
- Marinated dogfish
- Cuttlefish
- Octopus
- Flour for frying fish
- Extra virgin olive oil
- Salt

WHERE TO ENJOY?





AJOBLANCO

Almond gazpacho

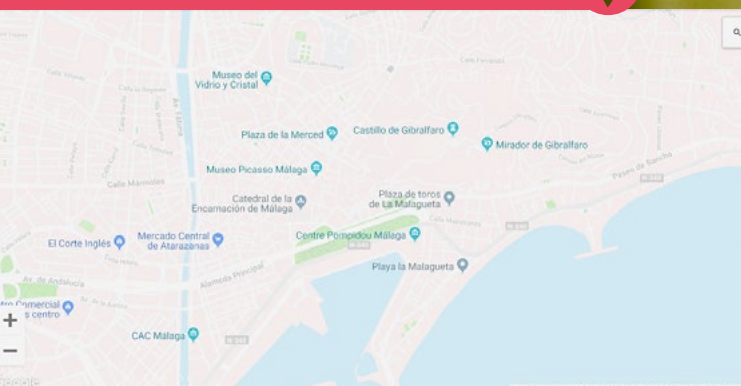
The Málaga versión of *ajoblanco* is a **cold soup of humble origin** that could be traced back to Greco-Roman gastronomy, though others believe it has Moorish roots. On the first Saturday in September, the town of **Almáchar**, in the Axarquía region, celebrates its *Fiesta del Ajoblanco*, declared of Tourist Interest in Andalusia, where they rightly adore this dish, and gorge themselves on it. Why? Because as a creamy, cool starter, it has no rival. A healthy dish, it has been a popular food in hard times.

Ajoblanco, whether thick or thin, is delicious both in winter and summer, served with some fruit (melon, apple or Muscatel grapes). Moreover, it is suitable for all tastes (including Vegans), thus representing the goodness of the Mediterranean Diet. **What more could you ask for?**

INGREDIENTS:

- Raw almonds
- Garlic
- Hard bread crumb
- Muscatel grapes
- Melon or Apple
- Olive oil
- Sherry vinegar
- Salt

WHERE TO ENJOY?





GAZPACHUELO

Traditional Málaga stew

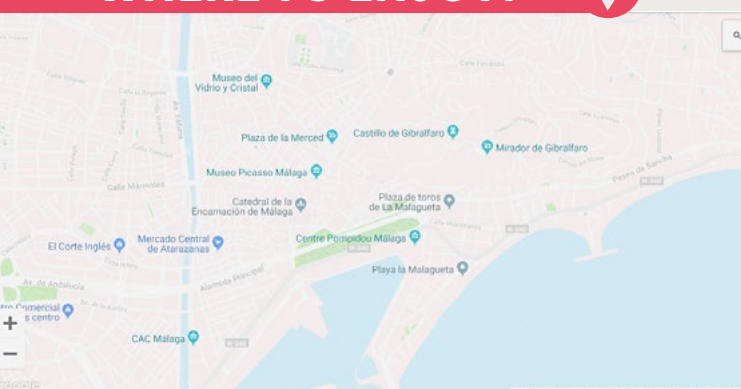
As a seafaring city, *gazpachuelo* is the result of **fishermen cooking** fish broth and potatoes, adding **mayonnaise**, or an egg white either whisked or boiled. An example of typical local cuisine, it used to be served up at wakes in the home (which explains the origin of the Spanish saying: "*gazpachuelo, comida de duelo*" ("*Gazpachuelo, food of mourning*"). But, above all, *gazpachuelo* has been a staple food for **humble families**. Ingredients such as potatoes, rice or fried bread – added by locals in the *corralones* (typical neighbourhoods)- turned it into a popular dish.

This delicacy has always been present in our homes, and it **is gaining ground at restaurants serving traditional Málaga stews**. Nowadays there are many variations: with or without shellfish, piping hot or with *amontillado* sherry wine that serves as the basis for the famous *Viña AB Soup*... *gazpachuelo* is a dish that revives the living. And it is all ours!

INGREDIENTS:

- White fish (*monkfish, kingklip, hake*)
- Prawns
- Fish broth
- Potatoes
- Extra virgin olive oil
- Egg
- Rice
- Lemon
- Salt

WHERE TO ENJOY?



HOW IS IT MADE?

Heat the fish broth (previously made by cooking the monkfish or prawn heads, or the hake spine, for example), bringing it to the boil and gently simmering for half an hour, with the potatoes peeled and cut.

When the broth is ready, **strain it, set aside, and mix** the potatoes and fish in small pieces.

Make the mayonnaise using the egg, oil and lemon juice.

Gradually add the mayonnaise to the fish broth, stirring all the time so the mayonnaise will not curdle.

Cook the fish and then slowly add the broth and mayonnaise mixture.

BERZA MALAGUEÑA

A winter stew

Every region in Spain has its typical charismatic stew: *cocido madrileño*, *fabada asturiana*, *pote gallego* or *escudella catalana*. **Our contribution is *berza malagueña*.** Because, when the temperature drops, a hearty meal is well appreciated.

This dish has its origin in the countryside, and therefore in an environment of survival, namely: putting everything at hand into a pot. Whatever was available.

With more or less **"pringá"** (consisting of pork and by-products, but also other less fatty meats, such as veal or hen meat), there are many varieties, such as stews made of sprouts, green beans, or pumpkin...

HOW IS IT MADE?

Leave the chickpeas to soak the night before, in warm water with a little salt. Next morning, cook the stew base by **putting all the ingredients except the blood sausage and vegetables** into a large pot.

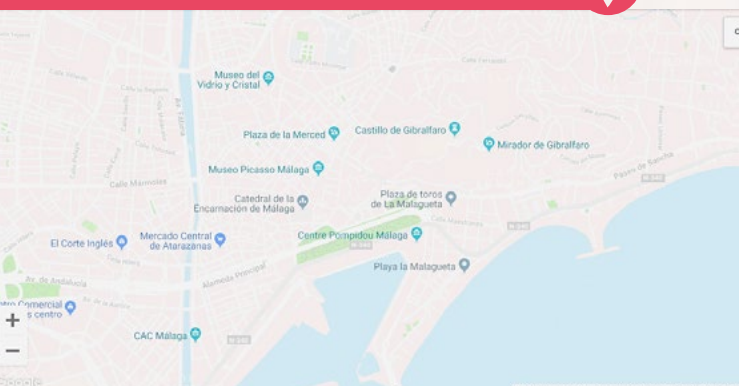
The stew will **be ready in three quarters of an hour**, or 20 minutes if using an express cooker. Set aside while you **prepare the sauce** for the stew, with garlic and the rest of spices, which are mashed together in the mortar.

Add the sauce and the rest of the vegetables. Finally, add **the blood sausage**.

INGREDIENTS:

- Chickpeas
- Veal shank, Chicken or Hen meat
- A bone
- Pig's tail
- Fatty bacon
- Colmenar blood sausage ("*morcilla*")
- Green beans
- Carrots
- Pumpkin
- Broad beans
- Chard
- Olive oil
- Garlic
- Paprika
- Pepper
- Caraway seeds
- Salt

WHERE TO ENJOY?



CAZUELA DE FIDEOS

A typical Málaga dish

This **traditional Málaga dish** was made depending on the fish available on the day. Lovers of this stew can make it not only with fish (hake, kingclip, dogfish, prawns, squid, clams, cockles...), but also with a great variety of vegetable ingredients.

Some make it with artichokes or broad beans, green beans or potatoes. Formerly referred to as the "hunger-curbing" stew, it was always a staple on the weekly family menu. **A quintessential Málaga experience.**

INGREDIENTS:

- Prawns
- Málaga clams
- Dogfish
- Potatoes
- Garlic
- Onions
- Peppers
- Tomatoes
- Noodles
- Saffron
- Pepper
- Wine
- Bay leaf
- Olive oil
- Sprig of mint
- Salt

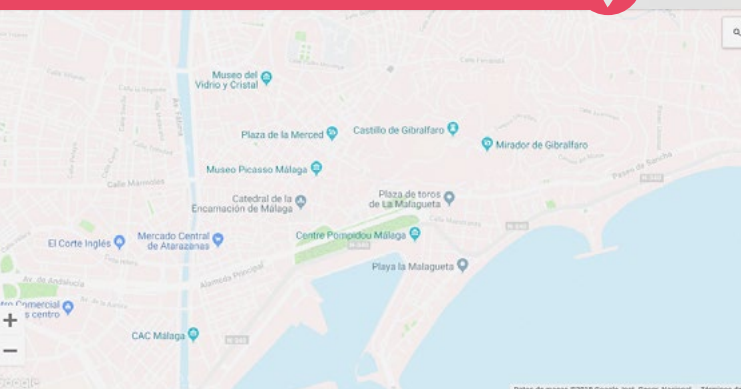
HOW IS IT MADE?

On the one hand, **clean the prawns and clams, and chop the vegetables**; on the other, **make the sauce** by sautéing the onion, pepper and tomatoes, seasoned with saffron, paprika and wine (this mixture is crushed afterwards).

Add **the fish broth** made with the prawn scraps to the pot with the sauce, water, and the potatoes cut into small pieces.

Then add the **dogfish and other fish**, as well as the noodles that will cook for five minutes. Finally, add a sprig of mint.

WHERE TO ENJOY?



ARROZ CALDOSO MARINERO

A rice dish with a personality of its own

The **soupy version of Málaga rice** is the result of it being a seafaring city, characterised by its variety. Shellfish and fish make up a stew that tempts even those not so fond of rice –precisely thanks to its seafood broth-, is the delight of rice lovers in all its varieties, and seduces the public in general. In fact, it is a “must have” of Málaga gastronomy, especially for those visiting us in autumn and winter. A soupy rice stew is just what you need when the temperature drops.

Soupy rice, as well as creamy or black rice dishes, **are ever-present on the menus of our leading local restaurants**, made using exquisite raw material, ranging from lobster to red shrimps, prawns, clams, cuttlefish...

HOW IS IT MADE?

Make the sauce with the garlic, tomatoes and peppers. Add the artichokes and fish, except for the shrimps.

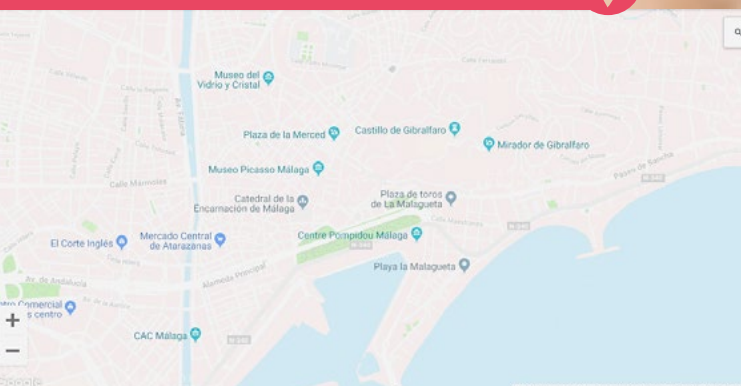
Add the **fish broth and rice**, as well as the saffron and spices. Leave to simmer for about 20 minutes.

Finally, **a few minutes before taking off the heat**, add the peeled shrimps.

INGREDIENTS:

- Rice
- Málaga clams
- Monkfish tail
- Red shrimps
- Tomatoes
- Peppers
- Artichokes
- Garlic
- Bay leaf
- Sweet paprika
- Saffron
- Pepper
- Extra virgin olive oil
- Fish broth
- Salt

WHERE TO ENJOY?





CHIVO LECHAL MALAGUEÑO

100% autochthonous

Chivo Lechal Malagueño has the honour to be **the first Spanish goat meat** awarded a quality brand label. These goats are raised in the province of Málaga, and **their meat is extremely juicy and tender**. Roasted in the oven, with a few potatoes or courgettes as a garnish, it is superb; or also with pastoril sauce, a festival of vegetables and spices with bacon and almonds; or with garlic, as they make it in the Axarquía region. The goats' offal (kidney, liver, heart) can be enjoyed with onion or textured, as a pâté.

Goats have lived with us since prehistoric times, and in Málaga there are abundant signs of this. This can be seen in the cave paintings left at Ardales, Nerja or La Pileta. Today, Málaga goats **are a luxury haute cuisine ingredient**. We can find examples of this in dishes where suckling goat is accompanied by breadcrumbs and glazed apple. Simply delicious!.

INGREDIENTS:

- Suckling goat shoulder
- Suckling goat leg
- Garlic
- Lemon
- Olive oil
- Wine
- Thyme
- Oregano
- Salt

HOW IS IT MADE?

Put the suckling goat pieces in **an earthenware baking dish**.

Season them with the spices and garlic, **and leave to marinate for 12 hours**, approximately.

Add the olive oil and bake at 180° for **three quarters of an hour**.

Every 15 minutes **baste with a mixture of water, wine and lemon juice**.

WHERE TO ENJOY?





RABO DE TORO

Coveted ragu

This **stew** has something in common with others such as stewed tripe, baked fish with all the trimmings, *gachas* or *pipirrana*: they all are markedly Andalusian. But oxtail is also associated with a certain bullfighting tradition, so it is also typical outside Andalusia, for example in Salamanca, Madrid and the south of France. It is said that it appeared way back in “De re coquinaria”, the 1st-century CE treaty on gastronomy written by **Marcus Gavius Apicius**, considered the first gourmet (therefore, good food lover) in history.

Rabo de toro a la malagueña [Málaga-style oxtail] is a delicious ragu popular with local diners and visitors alike, and that comes as no surprise. However, it is a demanding dish to make in terms of cooking time, which must be very slow. Peppers can be replaced by other vegetables (some varieties have leek or mushrooms). In Ronda, for example, chestnuts are added.

HOW IS IT MADE?

Brown the pieces of meat seasoned with salt and pepper, and set aside.

With the same oil, **sauté the vegetables** (discarding the tomato skin) and add the spices.

Crush it all. Put the meat back in the pot with the sauce and water, **leaving it to cook for an hour and a half**.

While **reducing the stock**, add the carrot, peas and bay leaf.

INGREDIENTS:

- Oxtail (bull or cow)
- Onion
- Green pepper
- Ripe tomatoes
- Carrots
- Peas
- Garlic
- Rosemary
- Thyme
- Oregano
- Bay leaf
- Red wine
- Olive oil
- Salt

WHERE TO ENJOY?



SOLOMILLO CON REDUCCIÓN AL PEDRO XIMÉNEZ

A select and generous touch

Pork loin with Pedro Ximénez Reduction is a much loved dish, being easy to make with **a spectacular result**. The key is in the touch of sweet wine, Pedro Ximénez, which, in addition to impregnating this juicy meat, is also used to moisten ingredients such as the raisins and prunes. **There are also varieties of this dish** made with pine nuts. It can also be served with trimmings (potatoes or mushrooms).

Pedro Ximénez (or Pero Ximén) is related to Sherry, Montilla-Moriles and Málaga wines; it is a sweet wine made from Pedro Ximénez grapes. According to legend, this grape variety is said to have been brought from the Canary Islands or Madeira to the **Sierras de Málaga** by a Catholic cardinal called Pedro Ximénez. In 1618, the writer Vicente Espinel would describe the famous wine of "*Pedro Ximénez de Málaga*".

HOW IS IT MADE?

While the raisins and prunes soak in a little Pedro Ximénez, clean the pork loin.

Cut the onion into julienne strips and sauté over a low heat. Add a tablespoon of flour.

Put the meat separately on the stove, **until golden brown**, and remove.

Add the wine, the sautéed onion, placing the meat in the casserole dish, while adding the chicken stock.

After straining the raisins and prunes, add to the casserole dish. **Leave to simmer slowly for about 20 minutes**.

INGREDIENTS:

- Tenderloin pork
- Onions
- Muscatel grape
- Raisins
- Prunes
- Chicken stock
- Pedro Ximénez wine
- Olive oil
- Wheat flour
- Black pepper
- Salt

WHERE TO ENJOY?





CALDILLO DE PINTARROJA

Tavern-Style

A spicy and savoury marine winter soup. The dogfish soup Malaga's fishermen would eat to **warm up** a bit before sailing out to sea was used in bars generally to sell more wine and beer (you just had to drink with all that spiciness!). Tavern stories aside, it's a **traditional dish** and emblematic of Malaga's gastronomy.

The dogfish is a **little shark with coloured spots** that's found in the Bay of Malaga and eaten in stews or marinated. In this simple (and hot) soup, dogfish as a delicacy is the absolute star although it also goes well with other fish and seafood like clams and shrimp.

INGREDIENTS:

- Dogfish
- Clams
- Almonds
- Garlic
- Bread
- Chilli peppers
- Tomato
- Water
- Spearmint
- Lemon
- Saffron or yellow powdered food colouring
- Olive oil
- Wine
- Salt

HOW IS IT MADE?

Fry the almonds, garlic and bread until they are golden yet not burnt.

Cook a large peeled tomato in a separate pot with the chilli peppers. Then, mix it all in a blender (tomato and mixture from the frying pan). Add wine.

The fish (diced dogfish) is **boiled** separately.

Once boiled, add the previously blended sauce as well as the saffron or yellow powdered food colouring.

If it's too spicy, add a little lemon.

WHERE TO ENJOY?



BORRACHUELOS

Sweet and anisette

Christmas in Málaga would be incomplete without *borrachuelos* on the table. They are eaten both at and away from home, at **family gatherings accompanied by *aguardiente*** (although they are also eaten all year round). The reason for their name is because they are soaked in wine and anisette [*borracho* meaning "drunk"].

There are different varieties of *borrachuelos*, depending on whether they are **covered in sugar or honey**, as well as their filling, which can be **pumpkin** or **sweet potato preserve**. The end result will be different if orange is used instead of lemon, or cinnamon (which always leaves its distinctive touch).

HOW IS IT MADE?

Make the dough with the flour. Add the olive oil previously mixed with the citrus fruits (lemon or orange), sesame and aniseed.

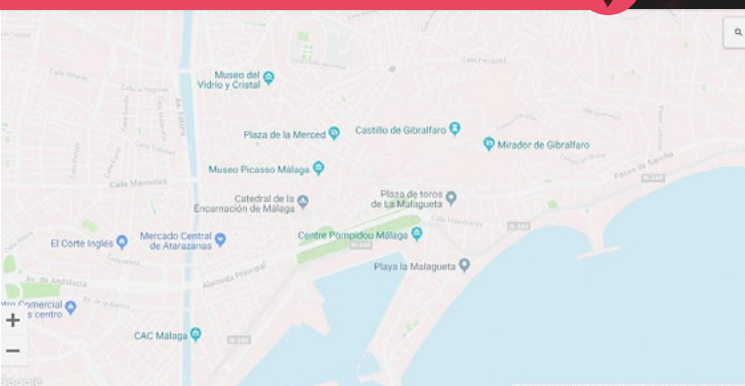
Baking powder can be used to give the dough a better texture. **Leave the dough to one side**, then cut into rounds, fill and fold them.

Coat in honey mixed with water or sugar, after frying.

INGREDIENTS:

- Wheat flour
- Pumpkin or Sweet potato preserve
- Sesame seeds
- Aniseed
- Sweet wine
- White wine
- Sweet or dry anisette
- Lemon
- Extra virgin olive oil
- Sugar or Honey

WHERE TO ENJOY?



TORTAS LOCAS

Sweet survivors

In the days when fine pastries could only be afforded by wealthy people, Málaga saw the birth of a pastry called **torta loca** [crazy cake], which today is an **emblem of Málaga pastries**. Thanks to the *torta loca*, in the 1950s the humble classes, a majority at the time, could enjoy a cake that was original, fresh, creamy and with a touch of colour, which continues to be its distinguishing mark.

As a **sweet “hunger-killer”** in **the post-war period**, the *torta loca* was created by a master confectioner who decided to take two rounds of puff pastry and fill them with custard, topping them with orange frosting and a cherry.

The famous pastry **would be named after a 1954** hit by Luisa Linares and Los Galindos, who sang “*Life is better acting crazy*”. The recipe has remained virtually intact until today.

INGREDIENTS:

- Puff pastry
- Custard (milk, egg, fine flour, sugar, lemon, cinnamon, vanilla)
- Egg yolk glaze (egg yolk, sugar, fine flour, syrup, orange food colour)
- Frosting (water, sugar)
- Red cherries in syrup

WHERE TO ENJOY?





THANK YOU

This is the end of the first edition of our traditional Malaga cuisine guide which we prepared just like a winter *gazpachuelo* fish and potato stew: **with great care.**

Thank you to all of the restaurants that have opened up their kitchens and demonstrated the best of our traditional cuisine.

You can see much more at:
malagagastronomyguide.com

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