



formentera

**GASTRONOMY
OF FORMENTERA**

Gastronomy of Formentera

Edita i publica:

Consell Insular de Formentera

Novembre 2022

GASTRONOMY OF FORMENTERA

TRADITIONAL PRODUCTS

Peix Sec (Dried fish)

Liquid Salt

Wine

Honey

Dried Figs

Fresh Cheese

Bescuit

Herb Liquor

RECIPES

Country-style salad

Calamars a la bruta (squid in their own ink)

Frit de bestiar (fried lamb)

Flaó

Greixonera





2 PEIX SEC

TRADITIONAL PRODUCTS

One way of publicising the island's traditional gastronomy is by promoting its most distinctive top quality local products, particularly the following:

PEIX SEC (DRIED FISH)

In Formentera, fishermen used to dry fish to preserve it so it could be eaten all year round. These days, dried fish has become one of the island's gastronomic attractions and is listed in the "Ark of Taste" catalogue maintained by the international Slow Food organisation. Many kinds of species are suitable for being dried and salted, but the most common ones are cartilaginous fish with a thick skin and no scales, such as ray, musola (common smooth hound shark) and cazón (school shark).

The process involves cutting the clean fish into fillets but without removing the skin. The fillets are soaked in brine (a salt and water-based mixture) for between 30 and 60 minutes, depending on the size of the fish; they are then left to dry in the sun (1-4 days), with the fillets hanging from sharpened juniper branches. Once the fish is dried, it is toasted over a fire, flaked and preserved in glass jars filled with olive oil. Peix sec can be kept for months. It has a hard texture, smells of the sea and is salty to the taste. It is the star ingredient of the "payesa" salad, a country-style salad you can try in many of the island's restaurants. For more information: www.peixsec.com

LIQUID SALT

Formentera's liquid salt is a natural salt obtained straight from the sea, with no colour or flavouring additives. Its high quality comes from the powerful filtering, oxygenising and mineralising action of seawater, plus it also benefits from the effects of the *posidonia oceanica* growing in the Marine Reserve. This is known as "posidonic" seawater, that is, living water in which the organic value and bio-availability of minerals and trace elements for the human body is up to ten times higher than that found in other naturally occurring salts. Liquid salt is sold in a practical spray bottle, so it can be applied evenly to food and the salt can be absorbed rapidly. It is ideal for cold dishes and starters, plus it makes a good creative tool for use by professionals and everyday cooks alike.



WINE

TRADITIONAL PRODUCTS

WINE

Formentera has always had a wine-producing tradition since time immemorial and has nearly 80 hectares of vineyards. The island's wines are highly valued, as the majority of vines are from ungrafted root stock, meaning that growers do not use American root stock, unlike most European vineyards. This is because the phylloxera plague that devastated European rootstock vines during the second half of the 19th century did not affect Formentera's vines, partly due to their isolated location. Traditional vi pagès (country wine) is made in many homes, generally for the family to drink. Terramoll winery in La Mola was set up in 2000 with the aim of putting a pioneering product on the market, a wine made entirely on Formentera, blending tradition and modernity. All its wines are exceptionally high quality, mainly due to the care lavished on the vines and the painstaking care taken throughout the winemaking process.

For more information: www.terramoll.es | www.capdebarbaria.com

OTHER PRODUCTS:

- "Es Morer" **honey** is a local product that owes its excellent quality to the flowers growing on non-irrigated land and the absence of chemical products. Depending on the season, the honey is produced either from rosemary or frígola (thyme).
- For a long time, **dried figs** were a staple store cupboard item and nowadays they are still highly valued for their intense flavour, accentuated by the aroma of aniseed and bay leaves used during the production process. Eaten together with cheese and almonds, they are a delicious way of rounding off any meal.
- Formentera **fresh cheese** is generally a mix of goat and sheep's milk, and as it is usually made at home for the family to eat, the traditional process is still followed.
- **Bescuit** is bread that has been baked in the oven for a long time, giving it a consistency similar to that of toasted bread, in fact it needs to be soaked before use. It is one of the most distinctive ingredients of the "payesa" salad (country salad).

TRADITIONAL PRODUCTS

· **Herb liquor** is sold mainly on Ibiza, but many homes and restaurants on Formentera make their own versions, making the most of the aromatic herbs growing all over the island. The most popular one is made with frígola (thyme).

ES MORTER GASTRONOMY ASSOCIATION was set up recently to address a series of issues and concerns surrounding Formentera's gastronomy. Its aims include publicising and promoting local island cooking, as well as raising awareness of local gastronomy. One of the ways the association does this is by holding food and wine tasting sessions. It also provides a restaurant advisory service, both front of house and in the kitchen, and it organises events and trips, including gastronomy tours, trips to trade fairs, conventions and national conferences.

For more information: ASSOCIACIÓ GASTRONÒMICA "ES MORTER" · Tel. (0034) 636028134 · esmorterdeformentera@gmail.com

The **ISLAND'S TYPICAL GASTRONOMY** consists of rice dishes, fresh fish, char-grilled meats and a series of traditional recipes, such as:

Country-style salad (with "peix sec")
Frit de polp (fried octopus)
Sofrit pagès (with meat and potatoes)
Calamars a la bruta (fried squid in their own ink)
Bullit de Peix (fish stew with potatoes)

The most **TRADITIONAL DESSERTS** are:

Flaó (fresh cheesecake with mint)
Orelletes (aniseed-flavoured cookies)
Greixonera (a dessert made with the typical *ensaimadas* – spiral shaped pastries)



RECIPES

COUNTRY-STYLE SALAD · CALAMARS A LA BRUTA (SQUID IN THEIR OWN INK)
· FRIT DE BESTIAR (FRIED LAMB) · FLAÓ · GREIXONERA



COUNTRY-STYLE SALAD

Starter · Level of difficulty: medium · Preparation time: 1 hour

INGREDIENTS:

1 kg of bescuit (slow-cooked bread)	
3 large tomatoes	
½ a green pepper	
1 red pepper	2 potatoes
½ an onion	virgin olive oil
100 g of peix sec (dried fish)	salt

PREPARATION:

Boil the potatoes in their skins. Peel them and break them up with a fork. Roast the red pepper. Peel and cut into strips. Chop the onion, the tomato and the green pepper finely. Cut the fish into thin strips. Place all the ingredients in a bowl. Wrap the bescuit in kitchen paper and dampen it by running it under the tap. Mix all the ingredients together and season with oil and salt.

PLEASE NOTE:

If the fish is very salty, there is no need to add extra salt. If you want the bescuit to be moister, you can run it directly under the tap. The fish with skin and without scales (cartilaginous fish) that the fishermen could not sell was skinned, salted and hung from



photo:www.soulkitchenblogdealimentarte.blogspot.com.es

frames made from felled and stripped juniper tree trunks. Different kinds of fish were used to make peix sec, including cazón (school shark), musola (common smooth hound shark), rays, catfish and dogfish.

CALAMARS A LA BRUTA (SQUID IN THEIR OWN INK)

Starter and main course · Level of difficulty: medium · Preparation time: 45 min

INGREDIENTS:

1 kg medium-sized squid
squid ink
1 large ripe tomato
butifarra (black sausage)
sobrasada (pork and ground red pepper sausage)
a couple of garlic cloves
bay leaf
white wine
olive oil
salt and white pepper

PREPARATION:

Clean the squid thoroughly and cut them into rings, keeping the ink for later. Heat some oil in a pan and gently fry some slices of butifarra and sobrasada. Set these ingredients aside for mixing later, but keep the oil hot and add the garlic, the squid and the ink to the pan.

Next, add the chopped ripe tomato and when it is cooked, pour in some white wine and add a bay leaf. Finally, add the



previously fried butifarra and sobrasada and cook everything together on a low heat until the wine has been reduced.

GREIXONERA

Dessert · Level of difficulty: medium · Preparation time: 1 hour 10 min

INGREDIENTS:

5 ensaimadas (spiral shaped pastries), 6 eggs
1 litre of milk
powdered and stick cinnamon, to taste, lemon peel
9 dessert spoons of sugar

INGREDIENTS FOR

CARAMELISING THE MOULD:

butter, oil or lard
(your choice)
100 g sugar

PREPARING THE CARAMEL:

Dissolve the sugar in a pan. Pour it into an earthenware dish previously brushed with oil, butter or lard and leave to cool. Set aside for later.

PREPARING THE GREIXONERA:

Boil the milk with the lemon peel and the cinnamon stick. Let it cool and remove the lemon peel and the cinnamon stick. Cut the ensaimadas into small pieces. Add the eggs, sugar and powdered cinnamon. Mix together thoroughly. Add the milk and mix well. Pour the mixture into the dish with the caramel, previously greased with the butter, oil or lard. Place it in a cold oven. Bake for 45 minutes. When the mixture has been cooking for 30 minutes, test it with a sharp knife or skewer. It will be ready when the tip comes out clean.



photo: www.ditifet-cuina.blogspot.com

You can add grated lemon zest to the mixture instead of boiling the milk with lemon peel.

Originally, greixonera was made with stale leftover bread. As people became wealthier, they replaced bread with stale ensaimadas. Nowadays, some people prepare this delicious sweet dessert using croissants or any other kind of pastry.

FLAÓ

Dessert · Level of difficulty: high · Preparation time: 1 hour 15 min

INGREDIENTS:

500 g wheat flour
2 eggs, 125 g butter
1 sachet of yeast
1 glass of anisette liqueur
grated lemon peel
aniseed, a little oil
100 g sugar

INGREDIENTS

FOR THE FILLING:

7 eggs
a few mint leaves
500 g sugar
a pinch of salt
500 g fresh goat's milk cheese
300 g semi-dry sheep's milk cheese

PREPARING THE BASE:

Mix the flour with the yeast, the sugar, the aniseed and a pinch of salt. Knead well. Mix in the butter, eggs and the glass of anisette liqueur. Knead the mixture for a few more minutes. Brush an ovenproof mould with butter and sprinkle it with a little flour. Next, spread the dough inside the mould and set aside.

PREPARING THE FILLING:

Put the fresh cheese and the semi-dry cheese in a food processor, then set aside. Mix the eggs and sugar together. Add the cheese mix with great care. Finally, add the mint and a pinch of salt. Spread the mixture evenly over the base and place in the oven. Bake for 45 minutes at 180°C.



photo: www.unpoquitoderocio.blogspot.com.es

You can use cow's milk cheese instead of the sheep's milk cheese, provided it is not too dry.

One of the secrets of making this dessert is to mix the cheeses well. The combination of different textures gives it more flavour. We recommend you use a rounded mould with removable base, which makes it easier to serve the flaó.

FRIT DE BESTIAR (FRIED LAMB)

Main course · Level of difficulty: medium · Preparation time: 1 hour 30 min

INGREDIENTS:

1.5 kg lamb rib chops
1 kg potatoes
2 fresh tomatoes
2 green peppers
2 yellow peppers
1 garlic bulb
bay leaf
olive oil
salt
pepper

PREPARATION:

Season the chops and fry them in plenty of oil together with a couple of garlic cloves. Strain this oil and then use it to fry the potatoes. Set the chops, garlic and potatoes aside for later. Place some oil in a pan and gently fry the bay leaf, garlic, fresh chopped tomatoes and the peppers cut into strips. Season to taste. Finally, add the chops and potatoes to the mixture and stir carefully.





Consell Insular
de Formentera

www.formentera.es

formentera