

# tourist information

map location



EDITA AYUNTAMIENTO BENIDORM | 2019



Tourist information  
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## Recipe for "Bollo de San Blas

### Ingredients:

- 500 g corn flour
- 500 g ground almonds (skin included)
- 500 g sugar
- 6 eggs
- 1 ½ glasses (tumblers) of oil
- Grated rind of 1 lemon
- Cinnamon and sugar for sprinkling

### Method:

Beat the eggs and add the sugar, oil, flour, grated lemon rind and ground almonds. Knead the dough until all the ingredients are thoroughly mixed. Using greased hands, shape the dough into round biscuits approximately 1 cm thick and of the desired size and place on a lined baking sheet. Sprinkle with sugar and cinnamon and bake at 150°-160° in a pre-heated oven until they are done.



## Recipe for Anchovy and Spinach Rice

### Ingredients:

- 18 fresh anchovies
- 1/2 packet of washed, chopped spinach leaves
- 200 g rice
- 700 ml of water or fish stock
- 1 small tomato
- 2 cloves of garlic
- 2 dried red peppers
- A little parsley
- Salt, oil and saffron or food colouring



### Method:

Clean the dried red peppers, fry them and set them aside to cool. Crush them in a mortar with the garlic, parsley and a little salt. Set the sauce aside.

Clean and gut the fish and remove the heads. Season with salt. In the oil used to fry the dried red peppers and in the pan where the rice will be cooked, lightly fry the fish, then remove and set it aside.

Add the grated tomato, the rice and the crushed ingredients from the mortar to the oil, stir them all together and add the spinach, covering it with the rice until it has wilted. Add the water or stock, season as needed and add the saffron or food colouring.

While this all starts to simmer, fillet the fish (remove the bones) and add it to the rice 2 or 3 minutes before the end of the cooking time.

Bear in mind that this is a rice casserole not a dry rice dish, so you want it to be cooked al dente. You will therefore need to keep a close eye on it, as rice dishes with fish tend to become overcooked quicker than any other type of rice dish.



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# Gastronomy

A society's traditions, culture and way of life are reflected in its gastronomy. Fresh and salted fish from the Mediterranean Sea, vegetables and fruits from the local fields, and almonds and olive oil from the mountains are the mainstay of our cuisine, which is both tasty and healthy.

The gastronomy of Benidorm is plentiful, varied, excellent and 100% Mediterranean in flavour. And for thousands of tourists it is an essential part of their holiday. In recent years great efforts have been put into showcasing the food that is prepared in this city through **Benidorm Gastronómico**, an initiative that offers a range of events and activities that give people the opportunity to find out more about our cuisine at affordable prices. Although these workshops are held at specific times during the year, the cuisine and the dishes that are featured in them can be found on the menus of restaurants and gastrobars all year round, except in the case of certain types of fish or seasonal produce.



## hot dish days soups & stews

Towards the end of the winter, round about the end of February, when the weather makes us feel like eating hearty stews, we can enjoy the Jornadas de la Cuchara (Hot Dish Days Soups & Stews), in which all kinds of stews are on the stoves, with fish or meat, pulses or vegetables, including "olleta" (typical in Alicante), "cocido" with traditional Valencian meatballs or in the typical style of Madrid, and "gazpacho manchego" (a game meat stew with unleavened bread), to name but a few. When it comes to stews, in Benidorm you will find both local recipes and dishes from other regions of Spain, such as the Basque Country, Asturias and La Mancha.

## rice dishes

Our rice dishes go beyond the traditional paella. There are dry and moist varieties as well as rice casseroles, and they come with fish, seafood, meat or vegetables. Bearing in mind that Benidorm started out as a fishing village, no one should go home without trying the fish or seafood rice. Benidorm's most traditional and typical one is anchovy and spinach rice, a casserole that sometimes includes pumpkin too. In autumn, during the Jornadas de los Arroces (Rice Events), a date that is not to be missed by rice lovers, the participating restaurants offer a different recipe of this dish every day.

## tapas

Going out for tapas is one of Spain's most typical customs and Benidorm is a tapas paradise. There are several streets in the old town that are chock-full of bars specialising in tapas and snacks. This area consists of calle Santo Domingo –better known as 'calle de los vascos'– and the surrounding streets, a veritable urban route where the countertop displays in each bar and restaurant offer an incredible array of this typical Spanish fare. Benidorm Gastronómico also includes a tapas week.



## meat, fish and seafood

From the fish market straight to the table. The fresh fish and seafood we see all over restaurant menus mostly come from the nearby fish markets of Villajoyosa, Denia and Santa Pola, except for certain species that are not found in the Mediterranean, which are brought from further afield. Accompanied by vegetables or starters like grilled squid or a lovely salad, they are a highly recommendable option, as are the meats.

## international cuisine

Like any open-minded, cosmopolitan city, Benidorm has restaurants specialising in cuisines from all corners of the globe: Italian, Asian, Chinese, Greek, French, etc. There are few other places in Spain where one can have a full English breakfast –with eggs and beans– or truly British-style fish and chips.

## sweets and desserts

The local confectionery includes specialities such as bollos de San Blas, which are made for the festivities at the beginning of February and are delicious almond and sugar biscuits, and pastissos de boniato. These are made at Christmas time and are pasties with a sweet potato filling. All these dishes and sweets can be found in many of the city's establishments.

## enotourism

All good meals need to be washed down with a good wine and Benidorm's restaurants have some very complete and varied wine lists with wines from different designations of origin, including Valencia and the province of Alicante. Just five kilometres from Benidorm, in Alfaz del Pi, Bodegas Mendoza produces famous wines such as Santa Clara, and they offer regular tours of the winery and the chance to taste their wines. A unique opportunity to enjoy wine tourism without straying far from the sea. Another winery in the area, Bodegas Bocopa, produces Señorío de Benidorm, a red wine and a chardonnay that are inspired by the city.