

A GASTRONOMIC JOURNEY
THROUGH THE COSTA DEL SOL:

A LAND BURSTING WITH FLAVOURS



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TRADITIONAL LOCAL PRODUCTS

The province of Malaga is a veritable paradise for food lovers. Whether freshly caught in the sea or grown in the land, the produce is prepared following simple and humble recipes that create dishes that delight the palate.

The unique topography of the region, which is defined by mountains close to the coastline, will treat you to delicious fish, flavoursome meat, and fresh fruit and vegetables all year round. The grilled fish dishes, *pescaito frito*, stews, soups and sweet treats that hark back to the region's Arab past best define the cuisine here. Which is inspired by the produce grown in the area, such as grapes, raisins, olives and exotic fruits such as avocado, mango and cherimoya (also known as custard apple).



AXARQUÍA

The gastronomy in the **region of La Axarquía** is as varied as its landscapes. Produce from the sea has pride of place on the dining tables up and down the coastal towns and villages, while the cuisine of the inland is still influenced by its Arab past, with dishes featuring local meats, such as kid (fried, cooked in a wood oven or served with garlic).





La Axarquía is also home to the only traditional treacle factory in Europe, which is located in the pretty village of Frigiliana. This ingredient is used to create many local dishes, such as fried aubergines, cod tortilla as well as *arropía* (a traditional hard sweet).

In the coastal areas of La Axarquía, such as Torrox, the gastronomy is extremely diverse, treating you to both tasty delicacies from the sea (*pescaíto frito*, *espetos de sardinas*, monkfish soup, clams with paprika and more), as well as other traditional dishes from the province, such as the well-known cold soups: *ajoblanco* and *ajocolorao* (which is sometimes called *ajobacalao*, a hearty soup made with cod, pepper, garlic and olive oil).



La Axarquía is also known for its famous wines and unbeatable raisins: an ancestral product made from moscatel grapes.

Other traditional products include loquats from Sayalonga, honey from Colmenar and verdial olive oil from Periana.

Sweet treats

If you've got a sweet tooth, don't miss the opportunity to try *mostachones* from Vélez-Málaga (a vanilla and cinnamon biscuit), *pan de higo* (a dense fig bread) and delicious *tortas de Algarrobo* (an almond biscuit). If you fancy something sweet but healthy, we recommend trying the juicy exotic fruits grown in the area, such as mango.

ANTEQUERA REGION

Due to the fertile agricultural land in the area, the **region of Antequera** is home to a large number of dishes from the Mediterranean tradition. Washed by a waves of olive groves, the region is the greatest producer of extra virgin olive oil in the Costa del Sol.

Though it hardly needs saying, olive oil plays a fundamental role in most of the traditional dishes prepared in the region, such as *porra antequerana*, a thick cold soup made with tomato, garlic, olive oil, green pepper and bread, the direct predecessor to *salmorejo*. Olive oil is also a vital ingredient in the sweet treats made according to artisan tradition in the convents.





With clear influences from the Arab period, the cuisine in the region of Antequera offers a diverse array of dishes, from soups, potages and stews (*cocido de garbanzos*, chickpea stew, *cazuela de habas*, bean stew, to name but a few) to game such as rabbit, wild boar and venison as well as fresh vegetables, gazpacho, homemade sausages, goats cheese, good wine and a varied selection of desserts.

The region also serves *migas*, a popular dish characterised by breadcrumbs paired with different meats, fruits and vegetables grown in the Antequera land. Olive oil is drizzled over tasty *molletes de Antequera* (bread rolls), proving that cookery doesn't have to be complicated to be absolutely delicious.



In the municipality of Alameda, the star dish is *arroz con liebre* (rice with hare), though almond sauces, potages, *sopaipas* (fried dough) and *gachas con coscurros* (a creamy dish similar to crème caramel served with crispy bread crusts) are also popular. In Humilladero, you simply have to try *porra majá* (a cold soup from yesteryear) as well as the marinades, *picadillo*, casseroles and potato stew.

In Casabermeja, *plato de Los Montes* is a popular dish, which consists of *lomo en manteca* (pork loin fried in lard) served with fried potatoes, chorizo, eggs, *morcilla* (blood sausage) and peppers.

Sweet treats

The region of Antequera will satisfy your cravings for something sweet with its tasty *alfajores*, *mostachones*, *roscos*, *mantecados* and *polvorones de Antequera*, all types of biscuits. The most well-known treat in the region, however, is *bienmesabe*, a light cake made with syrup and almonds.

COSTA DEL SOL OCCIDENTAL

Over recent decades, the gastronomy in the **region of Costa del Sol Occidental** has been largely influenced by the tourist industry and the internationalisation of the local population.

Nevertheless, fish remains its most characteristic product.





The fried fish, or as the locals call it, *pescaíto frito*, caught on the Malaga coastline, is a true blessing from the sea.

According to some chefs working in the best restaurants in Malaga, the secret to making *pescaíto frito* absolutely irresistible is using the finest quality olive oil and removing any excess oil before serving, in addition, of course, to using the highest quality and freshest fish.

Another typical dish in this area are *boquerones en vinagre*, anchovies that are marinated and thus cured in vinegar.

Light and refreshing dishes, such as *ajoblanco con uvas* (a cold almond soup served with grapes), *pipirrana* (an onion, tomato, green pepper and cucumber salad),

ensalada malagueña (a potato, orange, tuna and green olive salad), *ensalada de bacalao* (cod salad) are some of the most popular starters that you will see on the menus of the restaurants up and down Costa del Sol Occidental, as well as *espetos de sardinas* (sardine kebabs), which are served in all the *chiringuitos*, beach restaurants, in the area.

All sorts of wonderful soups and stews showcasing anchovies, garlic and fish (such as *sopa malagueña*, *sopa de boquerones*, *sopa de ajo*, *sopa de pescado* and *gazpacho majao*, which is from the Manilva area) are also typical in this area.



Sweet treats

To finish off a great meal with something sweet, you can try desserts such as *tortas fritas* (sweet fried dough) and *bizcochitos casareños*, a type of cake from Casares, covered in chocolate or honey. Tortas de Torremolinos are also very popular, a tasty cake made with flour, cinnamon, aniseed, extra virgin olive oil, sugar and a sprinkling of sesame seeds.

GUADALTEBA

Situated in the north of the province of Malaga, the **region of Guadalteba** will take you aback with its diverse landscapes, rich culture and unique gastronomy.

The traditional recipe book in the region is defined by its variety.





Callos (tripe stew), kid meat stew, gazpacho, *migas* and *porra al estilo terruño* (a local cold soup) are just some of the dishes you will find served up in the traditional *ventas* and restaurants in the local villages.

As a souvenir, you can take home a packet of *tortas de Ardales*, almond biscuits, and another of *roscos de vino*, biscuits made with wine. These delicious treats will transport you straight back to your wonderful getaway in the region.

Considered the gateway between Guadalteba and Serranía de Ronda, the village of Cuevas del Becerro serves delicious stews made with ingredients

sourced from the mountain landscape as well as cheeses and delicious honey.

The gastronomy in the rest of the region is defined by humble, homemade dishes created with locally sourced produce.



Sweet treats

You can finish off your tasty meal in the region of Guadalteba with the many traditional desserts made from lemons and oranges. However, the local sweet treat par excellence are *roscos de vino* and *torta de Ardales*, almond biscuits made with ground almonds, sugar, honey and cinnamon. And if you visit Cañete de la Real, don't forget to take home a box of the famous *piononos* (a rolled cake) and some sweets made in the convent.

MÁLAGA- COSTA DEL SOL

The cuisine in **Malaga** is one of the biggest draws of the city. The taste of the Mediterranean infuses all the traditional recipes, including its most famous and iconic dish, *espetos de sardinas*, sardine skewers, which you will see everywhere you go. It is said that the best time to savour the speciality are the spring and summer months.





Other traditional dishes that you will find served at restaurant tables across Malaga are *pescaíto frito* served with a roasted pepper salad, *ajoblanco malagueño*, wedge clams and clams served on the half shell with a squeeze of lemon, salt and pepper.

Another famous recipe featured in the traditional cookbook of the capital of the Costa del Sol is *gazpachuelo*, a soup traditionally eaten by fishermen consisting of fish, mayonnaise and potatoes.

Ensalada malagueña is the ideal dish to have as a starter, particularly on hot days. There are many versions of the dish, but it tends to always have potatoes, oranges and cod.

In the Montes de Málaga area, you can find a number of hearty dishes, such as stews with rice and chicken, *migas* and *lomo en manteca* (pork loin fried in lard), as well as main courses such as *plato de Los Montes*, which you can order at any of the *ventas* in the area, and that features a variety of fried products, such as eggs, potatoes, chorizo, *morcilla*, peppers and more.



Sweet treats

Tortas locas are the most traditional pastry in Malaga and you will easily spot them in bakeries in and around the city. Made since the 1950s, *tortas locas* are made of puff-pastry, egg and a glaze topped with a cherry. At Christmas, *roscos de vino* and *turrões de Casa Mira* (nougat) are very popular, while in Holy Week it's all about *pestiños*: a treat dating back to Arab times that combines fried dough and honey. In recent decades, *palmeras* (large puff-pastry biscuits) have become a firm favourite. If you want to try *palmeras*, head to Casa Kiki, a popular bakery that serves 20 different flavours.

NORORMA

The town of Archidona is the gateway to the **Nororiental (or Nororma) region of the Costa del Sol**. The many bars and restaurants in the area offer the perfect opportunity to taste traditional dishes from the province of Malaga, such as *cazuela moruna* (a stew made with oily fish such as anchovies and sardines), *guisillo de San José* (a soup that comes in many different forms, though it tends to include eggs, almonds, pasta, prawns, bread and garlic) and *migas* with chocolate.





Some towns and villages have their very own specialities, for instance the tasty *gachas de mosto* (a creamy dessert made with *mosto*, a fermented wine) from Cuevas Bajas. In this village, you will find a large variety of tastes, ranging from the famous coffee-flavoured liquor called 'Resolí' to the aphrodisiac *zanahoria morá* (black carrot). The latter is the area's best known product and has become popular in recent years, being used in a number of stews and other recipes.

Traditional local dishes include *migas*, *porra fría* (cold soups), potages and casseroles.

Pork is traditionally slaughtered in the small municipalities of Villanueva de Tapia,

Villanueva del Rosario and Cuevas de San Marcos and the meat is transformed into delicious chorizos, *morcillas*, crackling and all sorts of different sausages. Stews made from game are also popular in these villages, such as rabbit with garlic and rice with partridge. In Villanueva del Trabuco you can try *papandúas* (also known as *papuecas* and *parpuchas* in other parts of the Nororma region), delicious cod fritters.

Order them with *migas* or a tasty bowl of potato stew.



Sweet treats

The Nororiental region also has some delicious traditional desserts. In addition to the sweet treats you find up and down the province, such as *pestiños* and *bollos de aceite*, the area is known for its *roscos de medio punto* (egg, flour, olive oil and sugar), *piñonate* (crispy cakes packed with nuts), *mostachones* (from Archidona where they are made by the nuns at Mínimas convent) and *embustes* (eggs, milk, olive oil, flour, cinnamon, baking powder and lemon zest), particularly in the municipality of Cuevas de San Marcos.

SERRANÍA DE RONDA

In the region of **Serranía de Ronda**, game has been at the heart of the local diet since Moorish times. Many local dishes are defined by this cultural tradition as well as by the diverse flavours, ingredients and cooking techniques that were brought by the many different civilisations that have inhabited the area over the years.

Pork is a firm favourite in the area, eaten in sausages, charcuterie and more. Rabbit is also the star ingredient in a number of dishes. Whether it is paired with garlic or mushrooms or fried, the delicacy is at its best in the spring. You also can't leave without tasting *rabo de toro*, bull tail stew, and poultry dishes, such as chicken and partridge.





Produce grown in the local land also makes a strong appearance in Ronda's cuisine. The wonderful weather makes it the perfect place to plant the finest vegetables and legumes, which are then used in tasty local stews. Simple dishes such as broad beans with ham, haricot beans with *morcilla*, pumpkin and well-known gazpacho are elevated to new levels in the Serranía.

The area, however, is also known for its chestnuts (which are used in many dishes and desserts) as well as its delicious wines. The grapes growing on the vines are transformed into the highest quality wines listed with the Malaga and Sierras de Malaga designation of origin.



And that's not all. On the outskirts of Ronda, you will come across a product that is considered a gem of nature: mushrooms. Button mushrooms, boletes, red pine mushrooms and many other types of fungi grow in the area and are subsequently cooked in a wide variety of ways to bring out their flavour.

Ronda's cookbook is filled with delicious recipes, such as gazpacho prepared in the mountain style, chestnut soup and *perdiz al tajo* (a partridge dish). And they're all best washed down with the wines made in the area. It is also worth mentioning the charcuterie made in places like Benaoján as well as tasty dishes such as *truchas a la rondeña* (trout served with ham and vegetables en papillote) and chestnut soup.

Sweet treats

Lovers of all things sweet will find it hard to resist *piñonate*, *alfajores* and *castañas en almíbar* (chestnuts in syrup), in addition to other sweets made with chestnuts, such as *marron glacé* (candied chestnuts made by local chestnut cooperatives), jams, creams and purées. Although the most well-known sweet treats in the area are *yemas del Tajo* and *pestiños*, you will also see desserts inspired by the areas Arab past. The now classic *yemas del Tajo* are a sweet made with sugar and egg yolk. The delights are so famous that they have become the classic gift to take home with you when you visit the town. They are absolutely wonderful with a good glass of sweet wine.

SIERRA DE LAS NIEVES

Eating out in the midst of the most beautiful natural scenery in the region of **Sierra de las Nieves** is nothing short of a spectacular experience for the senses. Nestled among Spanish fir, Portuguese oak and cork oak trees, you will find little whitewashed villages where age-old customs and the Arab period influence the cuisine.





The agricultural land in the region offers the local gastronomy a large variety of fruits, vegetables and legumes, which are embellished with wild produce foraged from the mountains.

The traditional cookbook is full of dishes starring game and meat as well as, of course, olive oil.

In Guaro, a quintessentially Andalusian village, you will find a number of different specialities that will delight your palate, such as kid stew, rabbit with almonds and traditional *galipuche* soup (*galipuche* means 'a big mix of' so this soup combines all sorts of different vegetables and sometimes meat).



Soups comprising vegetables and bread are also commonly found in the region, for instance caldo poncima from Alozaina and *sopa de los siete ramales* from El Burgo.

The best accompaniment to meals in Sierra de las Nieves are marinated olives, sausages and charcuterie. They are products that are prepared in an artisanal manner, as well as the wines and *mosto* from Yunquera and Tolox.

Sweet treats

The legacy of the Muslim period lives on in the desserts served in Sierra de las Nieves, where you can find ingredients such as honey, almonds, chestnuts and walnuts. This is the case in delicacies such as *castañas en almíbar*, *piñonate*, *alfajores* and *pestiños*. These sweet treats are best served with a glass of *aguardiente* from Ojén.

VALLE DEL GUADALHORCE

The agricultural tradition has dominated the **Guadalhorce valley** since ancestral times. The fertile land bears a plethora of fresh produce that is in turn used in the local gastronomy that is defined by rural customs. Citrus fruits are just one of the many products grown here. *Berzas* (stews), *porras* (cold soups) and other delicious soups are just some of the dishes to have grown out of the agricultural tradition of this corner of the province of Malaga.





Extending up to Desfiladero de los Gaitanes gorge, Álora is a municipality with a strong historic legacy. Close to the gorge which is home to the river Guadalhorce, you can try *sopas perotas*, a famous soup made with bread, tomato, onion, peppers and a number of spices.

The essence of this hearty country dish is created by the vegetables, which also form the base of *sopa aplastá* from Pizarra and *caldos poncima* from Alhaurín de la Torre. Restaurants, haciendas and *ventas* serve up tasty menus where you can savour the authentic flavour of the Guadalhorce valley.

A culinary exploration where you will find no lack of *sopas 'hervías'*, bread soups, gazpacho and *patatas viudas*, a potato stew

with no meat. *Migas*, *porra* and *chanfaina* are just some of the other popular dishes in the area.

When spring starts to set in, the orange groves emanate the scent of orange blossom across a large stretch of the region. Citrus fruits are also the basis of many dishes, such as *mojete*, a salad from Alhaurín el Grande and *sopas cachorreñas* from Cártama, made of cod, vegetables and olive oil.

Locally made sausages and charcuterie also make a fine lunch.



Sweet treats

Desserts from the Guadalhorce region are influenced by the area's Arab past with exquisite sweet treats made from honey, almonds and olive oil. If you fancy treating yourself to something special, don't forget to get your hands on some dried fig and almond *rosquillas*, sweet potato *borrachuelos*, and *roscos de puerta horno*: they are all absolutely delicious. And if you visit Alhaurín de la Torre during Holy Week, make sure you order rice pudding with chestnuts and honey for dessert.



Traditional
local
products

Wine

For centuries, the province of Malaga has been a land of winemaking. In almost all of the regions in the province, you will find vines producing delicious sweet, white, red, rosé and evening sparkling wines. The lion's share of these wines are listed in the two established designations of origin. Malaga is one of the oldest designations of origin in Europe, dating back to 1833. It was created to protect the fine wines produced at the time. Nowadays, the designation consists of wines with a moderate alcohol percentage, with no added alcohol.

Within the Malaga designation of origin, there are two different types of sweet wines: those made from overripe grapes and those made from dried muscat grapes.

Dry wines are also included in this designation of origin (with a minimum of 15% alcohol content) as well as fortified wines, which are made by adding spirits to the must during fermentation to stop the process.

The result is dry, demi-sec and sweet wines. The Sierras de Málaga designation of origin, on the other hand, encompasses moderate

wines whose alcohol content ranges from between 10% to 15.5%. There are red, white and rosé wines.

Wine lovers will enjoy touring the wineries that are dotted across the province of Malaga. In recent years, wine tourism has become increasingly popular in the Costa del Sol with many wineries opening their doors to anyone who wants to discover exactly how they make their delicious bottles.





Extra virgin olive oil

The over 100,000 hectares of olive groves in the province of Malaga have earned the area a reputation for high quality extra virgin olive oil. Part of this production is protected under the Antequera designation of origin.

There are a number of different olive varieties grown in the area, including *hojiblanca*, *verdial de Vélez*, *nevadillo*, *lechín de Sevilla* and *manzanilla aloreña*.



The juice pressed from *verdial de Vélez* olives is characterised by its sweet and fruity flavours, making it perfect for drizzling over salads. *Hojiblanca* extra virgin olive oil is one of the most sought-after in Andalusia.

Particularly abundant in the Antequera countryside, it has a delicate and fresh flavour with fruity and herbal notes and a slight bitterness that leaves a gentle spiciness in the throat, and an aftertaste of almonds.

In addition to these olives, there are also a number of other varieties, such as *campiñesa*, *koroneiki*, *picuda*, *vidueña*, *nevadillo blanco*, *pico limón*, *cornicabra*, *arbequina*, *picual*, *gordalilla* and more, which are grown across the province of Malaga.

Aceituna aloreña or olives from Álora

Aceituna aloreña are the first table olives to obtain protected designation of origin status in Spain.

Álora has a longstanding olive growing tradition; since time began, households have stored olives in earthenware jars.

Water, salt, vinegar, thyme, fennel and oregano are some of the main ingredients used to marinade the olives, which are always stirred using wooden utensils.

Sitting down at a table in the sun and enjoying a good glass of wine accompanied by some Álora olives is an experience like nothing else.

Raisins

Renowned around the world, the quality raisins from La Axarquía boast their very own designation of origin.

They have been made for centuries from muscat grapes. The process of harvesting and drying the grapes is very laborious from start to finish.

Known as ‘the black pearls of the south’, raisins are an elixir of youth as they contain a high amount of antioxidants such as Omega 6 and vitamin E.

They are also thought to help boost your memory and, of course, are absolutely delicious.



Chestnuts from Genal

Autumn brings with it one of the most highly anticipated treats in the province of Malaga: chestnuts. The Genal valley is a particularly abundant area for the nut, whose irresistible smell floats through air of the area as they are slowly roasted.

In every municipality in the province of Malaga you will find stalls selling roasted chestnuts. Roasted in large pots over the flames, the chestnuts will be handed to you in a paper cone. What better way to feel in touch with the land and the season.

Treacle

The pretty municipality of Frigiliana is home to the only treacle factory in Europe. One of reasons why this product, known as *miel de caña* in Spanish, has remained a larder staple is its versatility.

Treacle is used in recipes originating from La Axarquía as well as other regions across the province of Malaga. Namely, it can be used to accompany cod fritters, fried aubergines and even roasted meats.

It is also, naturally, used in a wide range of desserts (such as flans and yoghurts) and even in soft drinks and smoothies. At home, treacle is used to make *arropía*, *torrijas*, cakes, *conservas de batatas*, *borrachuelos*, *flor de piñonate*, biscuits and many more sweet treats.



Huevo de toro tomatoes

Tomatoes of the *huevo de toro* variety are grown in particular in the agricultural land in the Guadalhorce valley, and more specifically, in the town of Coín, which is known for its fertile land.

This variety, whose hallmark of quality differentiates it from other tomatoes, has a very peculiar set of characteristics.

Huevo de toro tomatoes tend to be large, weighing between 300g and 600g, although they have been known to weigh over a kilo.

This variety has very few seeds and a great deal of flesh, giving it its characteristic creamy and soft texture.

On the palate, acidity and sweetness are perfectly balanced. As it contains a great deal of water, the tomato is ideal for eating raw in a salad with a pinch of salt and a generous drizzle of extra virgin olive oil.



Avocados from La Axarquía

Avocados are subtropical fruits that have been grown in ever-increasing numbers in the province of Malaga in recent decades.

Although there are large-scale producers in areas such as the Guadalhorce valley and Sierra de las Nieves, the majority of the avocados are found in La Axarquía region, particularly along the coastline. Over the past few years, municipalities such as Vélez-Málaga, Iznate, Algarrobo, Nerja and Torrox have become the biggest mixed farming

producers in Andalusia. Although there are over 250 varieties of avocado in the world, the Hass variety has taken particularly well to the western part of the province of Malaga.

This type of avocado is known as ‘the fruit of the heart’, not only because it is shaped like the organ but also because it is very beneficial for your health. Eating avocados helps reduce cholesterol and protects the cardiovascular system. The Hass variety turns from green to dark almost-black purple when the fruit is ripe. It has a hard, thick and uneven skin. Its flesh is a yellow-green colour and its flavour has nutty notes.

A number of large-scale avocado companies currently operate in La Axarquía region, which distribute the fresh fruit, as well as, in some cases, pre-made guacamole. This corner of the province of Malaga has thus become the main supplier of avocados for Europe.



Mangos from La Axarquía

Originally from South-East Asia, mangos have been successfully grown in La Axarquía region, since they were introduced in the 1980s.

Indeed, the area is home to one of the largest concentrations of the fruit in the country, with close to 4,000 hectares of agricultural land dedicated to it.

Every year, the local harvest bears between 10,000 and 30,000 tonnes of mango.

Although there are many varieties of mango, La Axarquía principally grows five: Osteen, Tohmy Atkins, Sensation, Kent and Keith.

Like other subtropical fruits, mangos are very versatile in the kitchen. In addition to being eaten raw, they can also be used in a number of homemade desserts, such as smoothies and juices.

It is also increasingly being used as an ingredient in salads, adding a touch of exoticism to the dish. In recent years, a number of Malaga-based companies have been making jams and even liqueurs from the fruit.



Payoya or montejaqueña goat cheese

The goat cheeses made in the province of Malaga constitute a veritable piece of cultural and gastronomic heritage. Made with pure goat milk from the malagueña breed, they were traditionally produced across the province of Malaga.

There are over 20 traditional and artisanal cheesemakers in the province (the main artisanal cheese activity in Andalusia), which

combine traditional cheesemaking techniques with new technologies while complying to the strictest hygiene and health standards.

You need 6 litres of goat milk to make one kilo of cheese. The fresh cheese made with payoya (also known as montejaqueña) goat milk is the most traditional in the province, but there are also others that are known for their quality.

Currently, the cheeses are very diverse in terms of their maturation times and the way the milk is handled. You will find fresh cheeses, semi-mature and mature cheeses, cheeses in extra virgin olive oil, cheeses with pepper, rosemary, wine, thyme and herbs, as well as lactic or rennet set cheeses and cheeses made with pasteurised and unpasteurised milk.

The cheeses normally have natural rinds and just 30% fat.



Chivo lechal or kid

The province of Malaga is home to one of the largest herds of native Spanish goats in the world: the malagueña goat. This variety has a lot of positive attributes.

Not only is it prized for its milk, but when the animal is young it also offers the highest quality meat, kid, known in Spanish as *chivo lechal*.

Chivo lechal is known as being the highest quality goat meat in Spain and has been awarded a quality prize.

Born from a pure malagueña goat mother, the animal is slaughtered when it is a month old. As the name suggests, the kid has to have been fed exclusively from their mother's milk (*lechal* comes from *leche*, milk).

Kid is becoming an increasingly popular meat choice in and around the province of Malaga. Indeed, there is a large repertoire of traditional recipes originating from the most disparate villages. Roasted, stewed or served with a sauce are just some of the most popular ways to prepare *chivo lechal*.

A number of other products have been made from the meat, such as liver pâté with muscatel wine.





COSTA DEL SOL
MÁLAGA

The province of Malaga: a delight for the palate

The gastronomy in the Costa del Sol is nothing if not diverse and flavourful. The proximity to both the Mediterranean Sea and the mountainscapes creates a cuisine defined by dishes inspired by the catch of the day and the heartiness of the inland. *Pescaíto frito, porra, ensalada malagueña, ajoblanco, migas* and *berzas* are just some of the traditional dishes you will be able to try up and down the province. So if you're a self-confessed foodie or just someone who enjoys a tasty meal, you're going to fall in love with the extraordinary gastronomy of the Costa del Sol.

