

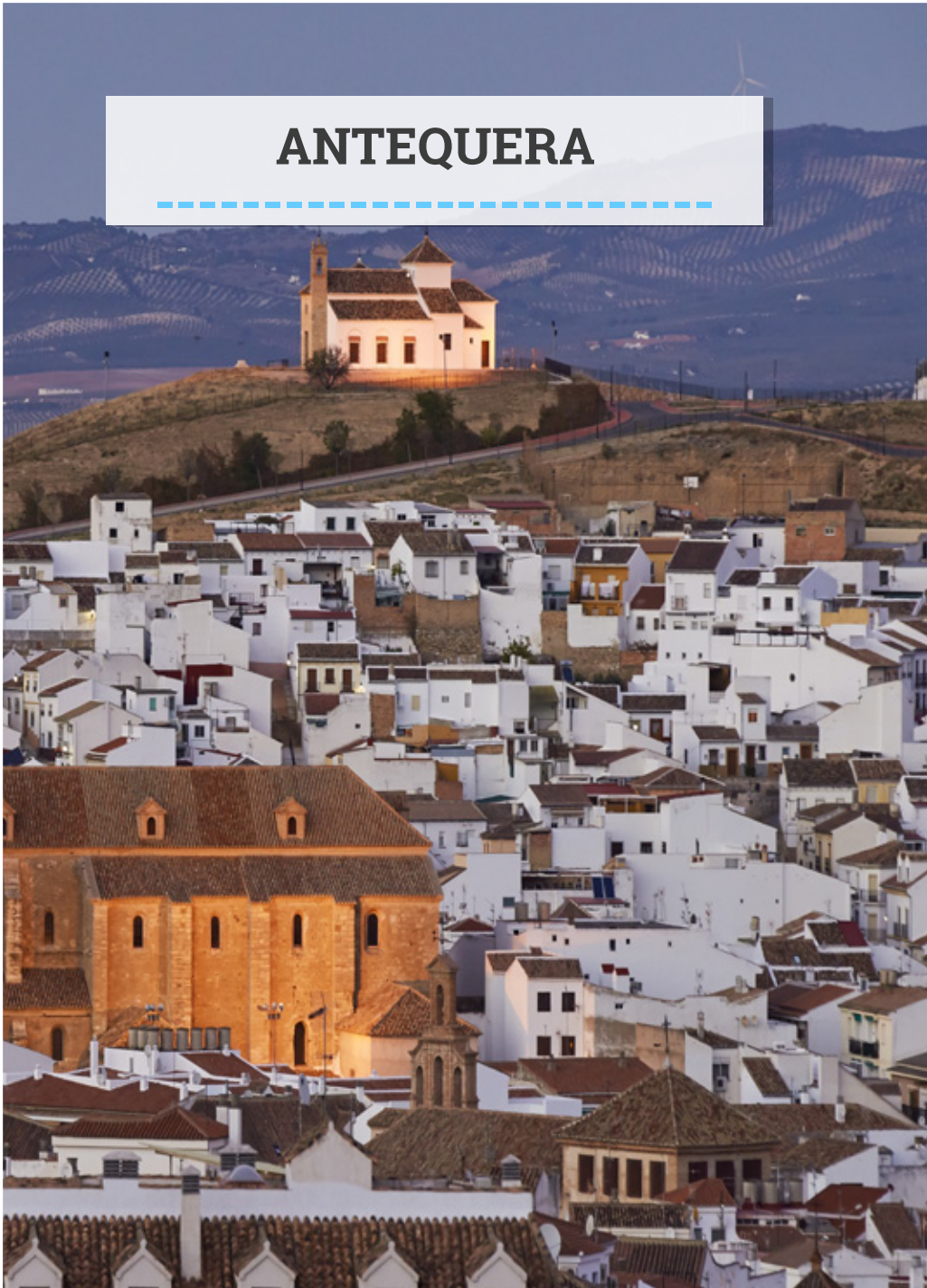


COSTA DEL SOL
MALAGA

DISCOVERING THE FLAVOR OF MALAGA'S REGIONS



ANTEQUERA



Almond Biscuit

Ingredients:

- 1 kg of sugar
- 1 kg of almonds
- 1 dozen eggs
- Cider syrup
- Sponge cakes
- Ground cinnamon



Steps:

1. Extend a layer of the cider syrup in a baking pan or casserole dish. Place a layer of sponge cakes over the layer of syrup, and add another layer of syrup over the cakes.
2. Separately we will prepare the simple syrup using the sugar.
3. We will prepare the paste by mixing the ground almonds and simple sugar, to which we will add nine eggs and the yolks from the three remaining eggs after they have been well beaten. Heat this mixture on low heat for a few minutes.
4. Finally, the mixture is added to our casserole dish and topped with a layer of ground cinnamon. Let stand for 1-2 days. The dish can be decorated by sprinkling a bit of granulated sugar on top.

AXARQUÍA



White garlic soup

Ingredients:

- 200 g of almonds
- 2 garlic cloves
- ¼ l of oil
- Vinegar
- Salt
- Water
- Muscat grapes



Steps:

1. The skin of the almonds must be removed; to do so you can soak them in water for several hours or blanch them in boiling water. Using a kitchen mortar, vigorously grind the peeled almonds along with the garlic cloves and a pinch of salt.
2. To form the white paste you will have to slowly add in the oil little by little while continuing to blend the mixture at the same time. This step will take you about 20 minutes, but it's worth it.
3. When serving, cold water can be added but make sure that the oil does not separate. Adding some vinegar can help with this. Add more salt if necessary. Garnish with some muscat grapes.

COSTA DEL SOL



Fried fish Málaga stylee

Ingredients:

- Flour
- Lemon
- Fish: fresh anchovies (vitorianos are the best), red mullet, squid, cuttlefish
Pick your favourite.
- Extra virgen olive oil



Steps:

1. Clean the fish and add salt.
2. Pour a decent amount of olive oil into a frying pan and put it over the heat.
3. Dust the fish in flour and start frying it in small amounts, always using very hot oil so the flour doesn't come off.

Advice:

- Remove any excess flour before putting the fish in the pan so it doesn't burn.
- Try sprinkling fried parsley over the fish.
- Don't forget that splash of lemon juice!

GUADALTEBA



Málaga Cabbage

Ingredients:

- 200 gr chickpeas
- ½ kg beef
- Half a chicken
- 1 bone
- 1 pig's trotter or 1 pig's tail
- 200 g green beans
- 2 carrots
- 100 g pumpkin
- 50 g broad beans
- 50 g chard
- Garlic
- Cumin, paprika, black pepper and salt
- Gammom
- Morcilla (Spanish black pudding)



Steps:

1. Leave the chickpeas to soak overnight in lukewarm water with a pinch of salt.
2. In a large pan add all the ingredients except the morcilla and add water to cover.
3. Put the pan over a high heat until it comes to the boil. Skim off the fat that appears.
4. Boil for 45 min, until the chickpeas and vegetables are tender. Add the morcilla for the final five minutes.

NORORMA



Cod tortillitas

Ingredients:

- 300g of desalted cod
- 3 cloves of garlic
- 1 sprig parsley
- 3 eggs
- Saffron
- 1 cup of flour
- Mild olive oil
- Cane honey (optional)
- 1 teaspoon of baking powder



Steps:

1. Chop the garlic cloves and parsley, and mix with the saffron and the three eggs.
2. Beat everything and gradually incorporate the flour and baking powder while still beating so that no lumps are formed.
3. Once the cod is crumbled, add the mixture and let it stand for half an hour with a cloth over it.
4. In a pan with hot oil fry the "tortillitas". A medium portion is usually a tablespoon of dough.
5. To remove excess oil, place on absorbent kitchen paper. If desired, serve sprinkled with a little cane honey.

MÁLAGA



Anchovies in vinegar

Ingredients:

- 1kg of fresh anchovies
- 2 tablespoons of fat salt
- ½ litre of white vinegar
- 2 cloves of garlic
- 2 sprigs of fresh parsley
- Extra virgin olive oil



Steps:

1. In a large bowl the anchovies are placed and cleaned by removing the head, innards and scrape any spiky skin. Once cleaned, place them in a strainer under the tap with plenty of water.
2. In a container with lid, add the vinegar with the salt to be diluted.
3. Subsequently, place the anchovies until they are well covered and put it in the refrigerator for 24 hours, so the anchovies to marinate.
4. Finally, place them in a different container to drain them.
5. Before serving, season with finely chopped garlic, parsley and a little olive oil.

SERRANÍA DE RONDA



Yemas del Tajo

Ingredients:

- 6 fresh egg yolks
- 100 g of sugar
- 70 ml of water
- Icing sugar



Steps:

1. Pour the water and sugar into a saucepan and bring to medium heat. When the water comes to the boil, the syrup will be obtained. It is very important not to stop stirring so that it does not stick, and remove the saucepan from the heat when the syrup thickens.
2. After, add the six yolks slightly beaten.
3. Turn the heat back on, very low, and stir while mixing the yolks with the syrup, getting the paste to settle.
4. Subsequently, let the paste cool in a bowl covered with plastic film.
5. To obtain the round shape of the yolks you must put icing sugar on a clean worktop and mould them to obtain this form.
6. To finish, frost with icing sugar. The traditional manner is to present them in white fancy papers.

SIERRA DE LAS NIEVES



Siete Ramales Soup

Ingredients:

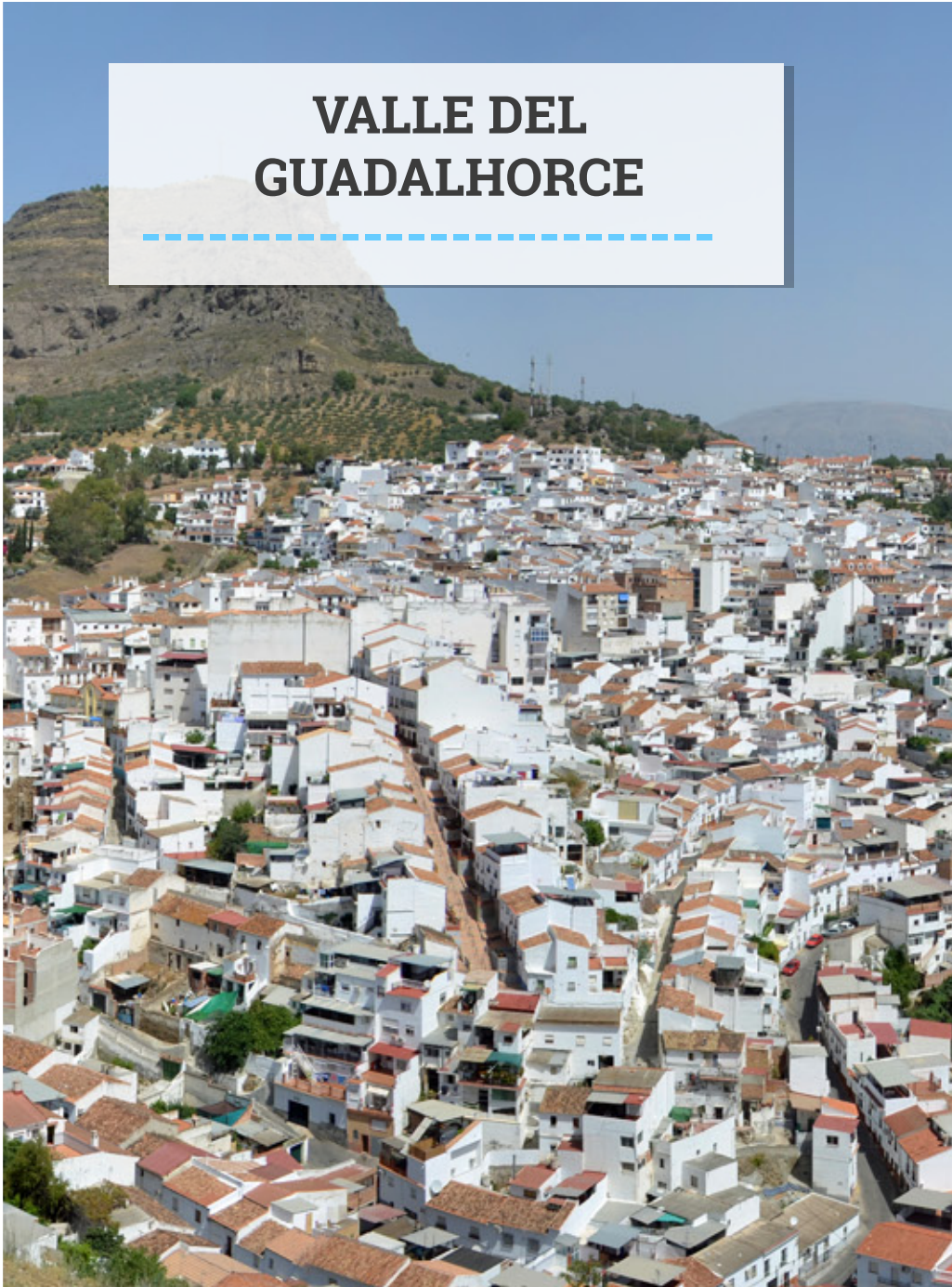
- ½ loaf of bread
- 2 garlic cloves
- Wild Asparagus
- 2 ripe tomatoes
- 1 green pepper
- One egg per diner
- Extra virgin olive oil
- Peppermint
- Water and salt



Steps:

1. Slice the bread and place it in a bowl.
2. Make the mixture in a frying pan, heating the oil and adding the garlic cut, the onion and the green pepper chopped. Finally, peel and mash the tomato before adding it.
3. In a saucepan, heat the water with salt. When it begins to boil, add the water to the bowl with the bread and stir it.
4. Pour the mixture of the frying pan over the previously soaked bread and stir.
5. Add the peppermint branch.
6. Fry the eggs in a frying pan and place them on top of the soup.

VALLE DEL GUADALHORCE



Soups Perote

Ingredientss:

- ½ kg of bread
- 3 ripe tomatoes
- 1 onion
- 1 pepper
- 1 garlic tooth
- Oil
- Salt
- Mint, saffron and ground pepper



Steps:

1. Firstly, lightly fry the tomatoes, onion, pepper and garlic, then add the saffron and ground pepper.
2. In a different receptacle, boil salted water and add the fried vegetables, leaving them to cook for a few minutes.
3. Take the bread and place it into a big casserole pot, or better still, into an earthenware dish, squash it with your hand so that it forms an even base.
4. Prepare the mint and place it on top of the bread. When the broth is ready, pour it over and let the bread soak up the moisture.



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