AN OPEN AND HOSPITABLE CUISINE

“Museum city cuisine”

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

Knowing and recognising our culinary culture is essential. It is the cuisine of a region where the Mediterranean diet is very much a way of life, with foods and recipes from both land and sea. A region that over the past fifteen years has made a spectacular shift towards tourist offerings focused on culture and museums. Since the start of the twenty-first century, Málaga has become a city with a wide range of museum offerings: major figures in modern art can be found here, alongside nineteenth-century painting collections, as well as ground-breaking contemporary disciplines in practice.
Every museum, arts centre, collection, gallery ... is interconnected with the historical heritage of a city that was on the forefront of industrialisation, and over the centuries, was also port and home to all the major civilisations. Today we enjoy a city open to art and culture whose varied spaces form a harmonious complement to the relaxed lifestyle and excellent quality of life. And we know that a good lifestyle cannot be conceived without a rich, diverse and healthy cuisine such as ours.

Visitors, whether foreign or Spanish, can explore this interesting selection of museums, while at the same time enjoying the culinary traditions of Málaga and its province.

Traditional Málaga stews in a city open to the sea with a seafaring heritage. But also our own haute cuisine, with dishes that quite appropriately incorporate flavours that have always been present in Málaga’s pantries: Málaga salchichón tartare being the epitome of these. Strictly local ways of cooking, such as skewered sardines, which date from the 19th century. Designations of origin such as Chivo Lechal Malagueño (Málaga suckling goat), which today 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 such as oxtail, which 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 and berza malagueña have been rightly showcased, having gradually gone from the family home to the most adventurous restaurants. There, the original preparation and ingredients may be followed, or they may be put through the filter of innovation, where certain tastes, aromas and textures are modernised by the chef.

However, the essence remains. Proof of this are such delights as ajoblanco and fritura malagueña, which have travelled through time (since the inhabitants of al-Andalus and Sepharad, Moors and Jews, developed these culinary practices) to the present. Málaga’s culinary culture is difficult to conceive without white gazpacho or pescaíto frito from our bay coming to mind.

The aim of this guide to traditional Málaga cuisine is to offer a quick overview of what we serve on our tables, which is a lot. For this is 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 culinary recommendations **may be sampled any time of year**. However, some of them are **seasonal** due to either climate or tradition.

<table>
<thead>
<tr>
<th></th>
<th>JAN</th>
<th>FEB</th>
<th>MAR</th>
<th>APR</th>
<th>MAY</th>
<th>JUN</th>
<th>JUL</th>
<th>AUG</th>
<th>SEP</th>
<th>OCT</th>
<th>NOV</th>
<th>DEC</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td><strong>ENSALADA MALAGUEÑA</strong></td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td><strong>ENSALADA DE AGUACATE Y TOMATE HUEVO DE TORO</strong></td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>○</td>
<td>○</td>
<td>○</td>
</tr>
<tr>
<td><strong>CONCHAS FINAS</strong></td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td><strong>TARTAR DE SALCHICHÓN DE MÁLAGA</strong></td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td><strong>ESPETOS DE SARDINAS</strong></td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td><strong>FRITURA MALAGUEÑA</strong></td>
<td>○</td>
<td>○</td>
<td>○</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td><strong>AJOBLANCO</strong></td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td><strong>GAZPACHUELO</strong></td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td><strong>BERZA MALAGUEÑA</strong></td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td><strong>CAZUELA DE FIDEOS</strong></td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td><strong>ARROZ CALDOSO MARINERO</strong></td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td><strong>CHIVO LEchal MALAGUEÑO</strong></td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td><strong>RABO DE TORO</strong></td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td><strong>SOLOMILLO CON REDUCCIÓN AL PEDRO XIMÉNEZ</strong></td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td><strong>BORRACHUELOS</strong></td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
<tr>
<td><strong>TORTAS LOCAS</strong></td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
<td>●</td>
</tr>
</tbody>
</table>

★ Definite  ○ Likely  ○ Out of season
ENSALADA MALAGUEÑA
ENSALADA DE AGUACATE Y TOMATE HUEVO DE TORO
CONCHAS FINAS
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
BORRACHUELOS
TORTAS LOCAS
INGREDIENTS:
- Boiled potatoes
- Boiled eggs
- Onions, Scallions or Chives
- Orange
- Cod or Tuna
- Olives
- Olive oil
- Sherry vinegar
- Coarse salt

WHERE TO ENJOY IT?

BAR LA BATEA
Calle Escritor Julio Balbás, 20

LE GRAND CAFÉ
Pasillo Guimbarda

RESTAURANTE LA RESERVA DEL OLIVO
Plaza del Carbón, 2

MESÓN CANTARRANA
Calle Sánchez Pastor, 10

LOS MELLIZOS
Calle Sancha de Lara, 7

TABERNA DON LEÓN
Calle Ángel, 3

EL PIMPI
Calle Granada, 62

MESÓN LA ALEGRÍA LÖ
DE JORGE
Calle Marín García, 10

MESÓN LA CEPA
Calle Strachan, 12

LA PLAZA MUELLE 2
Paseo del Muelle Dos, Local 54

Would you like to see these places in Google Maps?
bit.ly/2Rkkcj2

There are many more restaurants where you can try this dish. Discover them
ENSALADA MALAGUEÑA

Salty—sweet

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

It is refreshing, delightful and touched by the grace of the sea. That is undoubtedly why it’s so much part of our Málaga tradition.

HOW TO MAKE IT?

Boil the potatoes. They can be peeled or unpeeled, although the texture is better if unpeeled. When cooked, set aside to cool. Peel and cut into thick rounds.

The cod can be boiled or baked. Cool and crumble into a bowl. Chop the onion, scallions or chives. Stone the olives and add them with the orange slices.

Sliced hardboiled egg provides the finishing touch. Along with dressing, it makes this salad a simply irresistible dish.
INGREDIENTS:
- Axarquía avocados
- Guadalhorce Valley Huevito de Toro tomatoes
- Olive oil
- Sherry vinegar
- Coarse salt

WHERE TO ENJOY IT?

BAR ARRIATE
Calle Joaquín Rodrigo, 10

LA ABACERÍA DEL CANTARRANA
Calle Sánchez Pastor, 7

LOS MELLIZOS
Calle Sancha de Lara, 7

SIETE SEMILLAS COMIDA ORGÁNICA ECOLÓGICA
Plaza Arriola, 1

TABERNA LA MALAGUEÑA
Plaza Obispo, 5

MARISQUERÍA MÁLAGA DORAMAR
Calle Emilio Díaz, 46

RESTAURANTE - TERRAZA EL BALNEARIO
Calle Bolivia, 26

RESTAURANTE AMADOR
Calle de Bandaneira, 6

Would you like to see these places in Google Maps?
bit.ly/2BDSGmF

There are many more restaurants where you can try this dish. Discover them
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 variety of tomatoes is produced especially in the fertile region around Coin, and they can weigh as much as 300-600 grams! The fruit has a creamy, soft texture, with a perfect balance of sweetness and acidity.

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

AVOCADO

Avocados, like mangos, have taken firm root in the Axarquía region, thanks to its subtropical climate.

Their versatility makes them perfect for salads. They also naturally go well with other ingredients, not to mention that they are the essential ingredient in guacamole.

This avocado from the coastal region near the shores of the Mediterranean features a hard skin and an abundance of yellowish-green flesh. Born for success.
INGREDIENTS:
- Fresh concha fina clams
- Lemon juice
- Black pepper

WHERE TO ENJOY THEM?

**ABABOR MARISQUERÍA**
Paseo Cerrado de Calderón, Local 3

**CHIRINGUITO EL CACHALOTE**
Paseo Marítimo Pablo Ruiz Picasso, s/n

**LOS MELLIZOS**
Calle Sancha de Lara, 7

**RESTAURANTE DORAMAR PUERTO**
Calle Casas de Campos, 1

**RESTAURANTE HERMANOS ALBA**
Av. Salvador Allende, 15

**RESTAURANTE MARICUCHI**
Paseo Marítimo el Pedregal, 14

**RESTAURANTE QUITAPENAS**
Calle Marín García, 4

**ROCÍO TAPAS Y SUSHI**
Calle Francisco de Cossío, 10

Would you like to see these places in Google Maps? [bit.ly/2V6n2XE]

There are many more restaurants where you can try this dish. Discover them.
The Concha de la Costa - the quality label used to designate Málaga’s concha fina smooth clams - is one of our favourite molluscs. This bivalve is a species of giant clam that, when eaten raw, releases a burst of salty freshness on your palate. The clam’s reddish-white, sometimes orange, flesh, is quickly slurped with great pleasure. Over the years, more and more ways have been discovered to prepare it: due to the whims of globalisation, the concha fina can even be found in something as intricate as sushi. Here we enjoy it in pil pil sauce, with pipirrana salad, ajoblanco and even au gratin. However, our favourite way to eat this clam is raw, as locals and visitors alike do. As an appetizer, with a few drops of lemon juice and a little black pepper, it is simply unbeatable.

HOW TO MAKE THEM?

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 lightly before opening them with a knife, in order to remove any dirt. Sprinkle them with lemon and a dash of pepper, then separate the flesh from the shell in order to eat them.
INGREDIENTS:

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

WHERE TO ENJOY IT?

MESÓN CANTARRANA
Calle Sánchez Pastor, 10

GORKI
Calle Strachan, 6

LA ALVAROTECA
Calle Gerona, 38 bis

LA MEDUSA OSTRERÍA
Calle Sta. María, 25

LA PERA CAFÉ GASTROBAR
Calle Pablo Gargallo, 7

LA TABERNA DEL OBISPO
Plaza Obispo, 2

LECHUGA SALADS & TAPAS
Plaza de la Merced, 1

PALODÚ GASTROBAR
Carril del Capitán, 3

Would you like to see these places in Google Maps?
bit.ly/2V7HtDO

There are many more restaurants where you can try this dish. Discover them
TARTAR DE SALCHICHÓN DE MÁLAGA

Our steak tartare

Traditional steak tartare can be found in many different versions. Málaga’s uses Málaga salchichón (soft cured sausage) as the main ingredient. Given the ‘raw’ nature of the dish, it is ideal, as our salchichón is only slightly cured.

A traditional ingredient in Málaga cuisine, it is now enjoying a rebirth thanks to enterprising chefs. Today it can be found in croquettes, meatballs or as a tartare.

This tartare in particular includes other local products such as Muscatel grapes and molasses, which, combined with French mustard, give it a truly unique flavour.

Some versions include gherkins, and others prefer to use red onion instead of chives. The egg is used for tartare topping or to make mayonnaise. The characteristic spices and texture of Málaga salchichón make this dish extra appealing. So smooth!

HOW TO MAKE IT?

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

Finely chop the sausage meat, gradually adding some of the grapes and the mayonnaise.

Mould with the ring and garnish with chopped chives, the remaining grapes and a pinch of parsley.
### WHERE TO ENJOY IT?

<table>
<thead>
<tr>
<th>Restaurant Name</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHIRINGUITO GUTIÉRREZ PLAYA</td>
<td>Calle Pacífico, 29</td>
</tr>
<tr>
<td>CHIRINGUITO PICASSO</td>
<td>Paseo Marítimo Pablo Ruiz Picasso</td>
</tr>
<tr>
<td>RESTAURANTE GABI</td>
<td>Calle Quitapenas, 73</td>
</tr>
<tr>
<td>RESTAURANTE LAS PALMERAS</td>
<td>Paseo Marítimo el Pedregal, 97</td>
</tr>
<tr>
<td>RESTAURANTE MARICUCHI</td>
<td>Paseo Marítimo el Pedregal, 14</td>
</tr>
<tr>
<td>RESTAURANTE MIGUELITO EL CARIÑOSO</td>
<td>Paseo Marítimo el Pedregal, 77</td>
</tr>
<tr>
<td>RESTAURANTE VICTORIA</td>
<td>Calle Playa del Chanquete, 87</td>
</tr>
<tr>
<td>TABERNA EL MENTIDERO</td>
<td>Calle Sánchez Pastor, 12</td>
</tr>
</tbody>
</table>

Would you like to see these places in Google Maps? [bit.ly/2QLROGR](bit.ly/2QLROGR)

Would you like to see how this dish is made? [malagagastronomyguide.com/en/espeto-de-sardinas](malagagastronomyguide.com/en/espeto-de-sardinas)

There are many more restaurants where you can try this dish. Discover them.
According to local gastronomy experts, 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 and garlic, grilled skewered sardines are pure maritime tradition. They are best enjoyed right on the seashore, at open-air beach bars. Sardines were one of the Greeks’ favourite foods, and they were the main ingredient in 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 beachfront outdoor bars. In 1882, Miguel Martínez Soler of El Palo began skewering sardines with cane to grill them on the sand. And the tradition continues today.

The amoragadores (grillmasters) have passed down the tradition of grilling fish this way from one generation to the next, since it was started by Martínez Soler at La Gran Parada, the beach bar visited by King Alfonso XII in 1885. These are the characters in a famous anecdote, which tells of when the king took up 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, with your fingers!’
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 IT?

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>EL TINTERO</td>
<td>Av. Salvador Allende, 340</td>
</tr>
<tr>
<td>EL TRILLO</td>
<td>Calle de Don Juan Diaz, 4</td>
</tr>
<tr>
<td>RESTAURANTE CB23</td>
<td>Calle Casas de Campos, 23</td>
</tr>
<tr>
<td>ANTIGUA CASA DE BOTES</td>
<td>Calle Playa del Chanquete, 87</td>
</tr>
<tr>
<td>RESTAURANTE VICTORIA</td>
<td>Calle Quitapenas, 73</td>
</tr>
<tr>
<td>LA RESERVA DEL PASTOR</td>
<td>Calle Quitapenas, 73</td>
</tr>
<tr>
<td>RESTAURANTE QUITAPENAS</td>
<td>Calle Marín García, 4</td>
</tr>
<tr>
<td>PEPA Y PEPE 2</td>
<td>Calle Luis de Velázquez, 3</td>
</tr>
<tr>
<td>TABERNA EL PIYAYO</td>
<td>Calle Granada, 36</td>
</tr>
</tbody>
</table>

Would you like to see these places in Google Maps? bit.ly/2QWZZ3r

There are many more restaurants where you can try this dish. Discover them.
Fried fish is an ancient culinary tradition. It is said that in Sephardic Jewish cuisine, fried fish was eaten with vinaigrette, while during the Almohad period in Al-Andalus, 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 - coated in flour, crispy and golden - without worrying about the 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. It can also be eaten as a snack, a tapa, served with a refreshing glass of cold beer.

As another option, fried-fish shops in the 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:
- Raw almonds
- Garlic
- Hard bread crumbs
- Muscatel grapes
- Melon or Apple
- Olive oil
- Sherry vinegar
- Salt

WHERE TO ENJOY IT?

ALEXSO COCINANDO SENSACIONES
Calle Mariblanca, 10

EL MERENDEREO DE ANTONIO MARTÍN
Plaza de la Malagueta, 4

RESTAURANTE AMADOR
Calle de Bandaneira, 6

RESTAURANTE BIENMESABE
Calle Píndaro, 19

RESTAURANTE LA BARRA
Paseo del Muelle, Local 62

LOS MELLIZOS
Calle Sancha de Lara, 7

ROCÍO TAPAS Y SUSHI
Calle Francisco de Cossío, 10

UVE DOBLE
Calle Cister, 15

Would you like to see these places in Google Maps?
bit.ly/2Vdo4RW

There are many more restaurants where you can try this dish. Discover them.
Málaga’s version of *ajoblanco* is a **cold soup of humble origin** that can be traced back to Greco-Roman gastronomy, although some 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 a Festival 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 long been a popular food in hard times.

*Ajoblanco*, whether thick or thin, is delicious both winter and summer, served with 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?**

**HOW TO MAKE IT?**

Soak the hard bread crumbs in water for about half an hour. Blanch the almonds in salt water, then peel them. Blend all the ingredients together, adding more water, until emulsified. Once the soup has a creamy texture, set aside for several hours to cool.
INGREDIENTS:

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

WHERE TO ENJOY IT?

LA FAROLA DE CERVANTES
Calle Cervantes, 7

LAS GOLONDRINAS
Av. de Santiago Ramón y Cajal, 92

RESTAURANTE COFRADE ENTRE VARALES
Calle Nosquera, 15

LO GÜENO MESÓN
Calle Marín García, 12

RESTAURANTE LA BAHÍA
Calle Fernando Camino, 15

RESTAURANTE LA ÑORA
Calle Gerona, 9

TABERNA LA MALAGUEÑA
Plaza Obispo, 5

Would you like to see these places in Google Maps?
bit.ly/2Gl1WMk

There are many more restaurants where you can try this dish. Discover them.
GAZPACHUELO

Traditional Málaga stew

As a seafaring city, gazpachuelo emerged from 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 at in-home wakes (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 modest families. Ingredients such as potatoes, rice or fried bread - added by locals in the corralones (typical residential buildings) - made it a popular dish.

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

HOW TO MAKE IT?

Make a fish broth with monkfish or prawn heads, or a hake spine, for example. Heat to a boil and gently simmer for half an hour. Peel and cut up the potatoes.

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

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

Gradually add the mayonnaise to the soup, stirring constantly to prevent it from curdling.

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

- Chickpeas
- Veal shank, Chicken or Hen
- 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 IT?

CENTRAL MALAGUETA
Calle Cervantes, 13

EBOKA CASA DE VINOS Y COMIDAS
Calle Pedro de Toledo, 4

EL RECTORIUM CATEDRAL
Calle Postigo de los Abades, 4

PEPA Y PEPE 2
Calle Luis de Velázquez, 3

L’EXPÉRIENCE
Plaza Obispo, 4

MESÓN MARIANO
Calle Granados, 2

EL RESCOLDO
Calle Bolsa, 7

RESTAURANTE LA MÉNSULA
Calle Fernando Camino, 17

Would you like to see these places in Google Maps?
bit.ly/2rX6TXl

There are many more restaurants where you can try this dish. Discover them
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 originated in the countryside, and therefore in an environment of survival. This meant putting everything on hand into a pot. Whatever was available.

Containing different amounts of *pringá* (pork and pork products, or other less fatty meats, such as veal or hen), there are many varieties, such as stews made with sprouts, green beans, or pumpkin...

**HOW TO MAKE IT?**

Soak the chickpeas overnight in warm water with a little salt. The next morning, make the stew base by putting all the ingredients except the blood sausage and vegetables into a large pot.

The stew will be ready in 45 minutes, 20 minutes in a pressure cooker. Set aside while you prepare the sauce by mashing garlic and the spices together in a mortar.

Add the sauce and the vegetables. Finally, add the blood sausage.
INGREDIENTS:
- Prawns
- Málaga clams
- Dogfish
- Potatoes
- Garlic
- Onions
- Peppers
- Tomatoes
- Noodles
- Saffron
- Pepper
- Wine
- Bay leaf
- Olive oil
- Sprig of mint
- Salt

WHERE TO ENJOY IT?

CAFÉ BAR ARRJATE
Calle Joaquín Rodrigo, 10

CAFÉ CENTRAL MÁLAGA
Plaza de la Constitución, 11

EBOKA CASA DE VINOS Y COMIDAS
Calle Pedro de Toledo, 4

EL CHINITAS
Calle Moreno Monroy, 4

LOS MELLIZOS
Calle Sancha de Lara, 7

RESTAURANTE BIENMESABE
Calle Pindaro, 19

RESTAURANTE COFRADE ENTRE VARALES
Calle Nosquera, 15

RESTAURANTE LOS MARFILES
Av. de la Aurora, 59

Would you like to see these places in Google Maps?
bit.ly/2SpNMAW

There are many more restaurants where you can try this dish. Discover them
CAZUELA DE FIDEOS

A typical Málaga dish

This traditional Málaga dish was made with whatever fish was available that day. Lovers of this stew make it not only with seafood (hake, kingklip, dogfish, prawns, squid, clams, cockles, etc.), but also with a great variety of vegetable ingredients.

Some use artichokes or broad beans, green beans or potatoes. Formerly referred to as the ‘hunger-curbing’ stew, it was always a staple on the family’s weekly menu. A quintessential Málaga experience.

HOW TO MAKE IT?
First clean the prawns and clams, and chop the vegetables. Then make a sauce by sautéing the onion, pepper and tomatoes, seasoned with saffron, paprika and wine. When cooked, mash this mixture.

Make a fish broth with the prawn scraps. Cut potatoes into small pieces. Add both to the sauce with water.

Add the dogfish and other fish, as well as the noodles. Cook for five minutes. Finally, add a sprig of mint.
**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 IT?**

<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BODEGA EL PATIO</strong></td>
<td>Calle Granada, 39</td>
</tr>
<tr>
<td><strong>CANDADO BEACH</strong></td>
<td>Club Náutico, Carretera de Almería, s/n,</td>
</tr>
<tr>
<td><strong>EL MERENDERO DE ANTONIO MARTÍN</strong></td>
<td>Plaza de la Malagueta, 4</td>
</tr>
<tr>
<td><strong>MESÓN CANTARRANA</strong></td>
<td>Calle Sánchez Pastor, 10</td>
</tr>
<tr>
<td><strong>MESÓN LA ALEGRÍA LÓ DE JORGE</strong></td>
<td>Calle Marin García, 10</td>
</tr>
<tr>
<td><strong>RESTAURANTE CB23</strong></td>
<td>Antigua Casa de Botes</td>
</tr>
<tr>
<td><strong>RESTAURANTE EL CALDERO</strong></td>
<td>Calle Compás de la Victoria, 18</td>
</tr>
</tbody>
</table>

Would you like to see these places in Google Maps?  

Would you like to see how this dish is made?  

There are many more restaurants where you can try this dish. Discover them.
Málaga’s soupy version of rice is the result of it being a seafaring city, characterised by variety. Shellfish and fish make up a stew that tempts even those not so fond of rice - precisely thanks to its seafood broth. It is the delight of rice lovers in any of its varieties and entices all who taste it. In fact, it is on the must-have list 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, is a constant presence on leading local restaurant menus. Made using exquisite raw materials, ranging from lobster to red shrimp, prawns, clams and cuttlefish.

**HOW TO MAKE IT?**

Make a sauce with the garlic, tomatoes and peppers. Add the artichokes and seafood, except for the shrimp.

Add the fish broth and rice, as well as the saffron and spices. Simmer for about 20 minutes.

Finally, a few minutes before removing from the heat, add the peeled shrimp.
INGREDIENTS:
- Suckling goat shoulder
- Suckling goat leg
- Garlic
- Lemon
- Olive oil
- Wine
- Thyme
- Oregano
- Salt

WHERE TO ENJOY IT?

ASADOR OVIDIO
Calle José Denis Belgrano, 11

LAS GOLONDRINAS
Av. de Santiago Ramón y Cajal, 92

MESÓN MARIANO
Calle Granados, 2

RESTAURANTE LA TABERNA DE CURRO CASTILLA
Av. de Sor Teresa Prat, 54

MESÓN ASTORGA
Calle Gerona, 11

TABERNA EL MENTIDERO
Calle Sánchez Pastor, 12

MESÓN IBÉRICO
Calle San Lorenzo, 27

VERUM
Calle Flamencos, 3

Would you like to see these places in Google Maps?
bit.ly/2ERvggW

There are many more restaurants where you can try this dish. Discover them.
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. With pastoril sauce, it is a symphony of vegetables and spices with bacon and almonds. Or with garlic, as they make it in the Axarquía region. The goats’ organ meats (kidney, liver, heart) can be enjoyed with onion or textured, as a pâté.

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

**HOW TO MAKE IT?**

Place the suckling goat pieces in an earthenware baking dish.

Season the meat with the spices and garlic. Marinate for approximately 12 hours.

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.
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 IT?

EL CHINITAS
Calle Moreno Monroy, 4

EL PIMPI
Calle Granada, 62

LA FAROLA DE CERVANTES
Calle Cervantes, 7

LOS MELLIZOS
Calle Sancha de Lara, 7

MESÓN LO GÜENO
Calle Marín García, 12

MESÓN IBÉRICO
Calle San Lorenzo, 27

RESTAURANTE CORTIJO DE PEPE
Plaza de la Merced, 2

RESTAURANTE LA ÑORA
Calle Gerona, 9

Would you like to see these places in Google Maps?
bit.ly/2VdSeEA

There are many more restaurants where you can try this dish. Discover them
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 treatise on gastronomy written by Marcus Gavius Apicius, considered the first gourmet (and so a lover of good food) in history.

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

**HOW TO MAKE IT**

- Season the meat with salt and pepper and **brown**. Set aside.
- In the same oil, **sauté the vegetables** (discarding the tomato skin) and add the spices.
- Mash this mixture. Put the meat back in the pot with the sauce and water. **Cook for an hour and a half**.
- **Reduce the stock**, adding the carrots, peas and bay leaf.
INGREDIENTS:
- Pork tenderloin
- Onions
- Muscatel grapes
- Raisins
- Prunes
- Chicken stock
- Pedro Ximénez wine
- Olive oil
- Wheat flour
- Black pepper
- Salt

WHERE TO ENJOY IT?

**BODEGA EL PATIO**
Calle Granada, 39

**EL TRILLO**
Calle de Don Juan Diaz, 4

**LA CEPA**
Calle Strachan, 12

**LOS PATIOS DE BEATAS**
Calle Beatas, 43

**MESÓN CANTARRANA**
Calle Sánchez Pastor, 10

**RESTAURANTE LA MÉNSULA**
Calle Fernando Camino, 17

**RESTAURANTE LA RESERVA 12**
Calle Bolsa, 12

**TABERNA DEL VOLAPIÉ**
Calle Strachan, 7

Would you like to see these places in Google Maps?
bit.ly/2ER3gur

Would you like to see how this dish is made?
malagagastronomyguide.com/en/solomillo-pedro-ximenez

There are many more restaurants where you can try this dish. Discover them
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 spectacular results. The key is the touch of sweet wine, Pedro Ximénez, which, in addition to infusing this juicy meat, is also used to moisten ingredients such as the raisins and prunes. Some varieties of this dish are made with pine nuts. It can also be served with sides (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 was brought from the Canary Islands or Madeira to the Sierras de Málaga region by a Catholic cardinal called Pedro Ximénez. In 1618, the writer Vicente Espinel would describe the famous wine of ‘Pedro Ximénez de Málaga’.

HOW TO MAKE IT?

Soak the raisins and prunes in a little Pedro Ximénez. Clean the pork loin.

Julienne the onion and sauté over a low heat. Add a tablespoon of flour.

In a separate pan, cook the meat until golden brown. Remove.

Place the meat in the casserole dish with the wine and sautéed onion. Add chicken stock.

Drain the raisins and prunes. Add to the casserole dish. Simmer slowly for about 20 minutes.
INGREDIENTS:
- Wheat flour
- Pumpkin or Sweet potato preserves
- Sesame seeds
- Aniseed
- Sweet wine
- White wine
- Sweet or dry anisette
- Lemon
- Extra virgin olive oil
- Sugar or Honey

WHERE TO ENJOY THEM?

CAFETERÍA LEPANTO
Calle Marqués de Larios, 7

CONFITERÍA APARICIO
Calle Calderería, 11

EL COLMENERO
Calle Atarazanas, 1

HOTEL LA CHANCLA
Calle Cenacheros, 54

LA CANASTA
Av. de Cánovas del Castillo, 2

PANADERÍA MONTAÑEZ
Calle Arquitecto Eduardo Esteve, 9

PASTELERÍA PATHELÍN
Calle Atarazanas

SALVADOR
Av. Juan Sebastián Elcano, 164

Would you like to see these places in Google Maps?
bit.ly/2QRU0N6

Would you like to see how they are made?
malagagastronomyguide.com/en/borrachuelos

There are many more restaurants where you can try this dish. Discover them
BORRACHUELOS

Sweet and anisette

Christmas in Málaga would not be complete without borrachuelos on the table. They are eaten both at home and out, or at family gatherings accompanied by aguardiente (although they are also found year-round). Their name comes from the fact that they are soaked in wine and anisette (borracho meaning ‘drunk’).

There are different varieties of borrachuelos, depending on whether they are coated in sugar or honey. Their filling can also be either pumpkin or sweet potato preserves. The end result will be different if orange is used instead of lemon, or cinnamon (which always adds a distinctive note) is included.

HOW TO MAKE THEM?

Use the flour to make a dough. Combine the olive oil with the citrus fruits (lemon or orange), sesame and aniseed. Add to the dough.

Baking powder can be used to give the dough a better texture. Set the dough aside. When it has rested, cut it into rounds, fill and fold them.

Fry. Then coat in honey mixed with water or sugar.
INGREDIENTS:

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

WHERE TO ENJOY THEM?

<table>
<thead>
<tr>
<th>BOUTIQUE DEL PAN EL BURRITO</th>
<th>CAFÉ CENTRAL</th>
<th>CAFÉ MADRID</th>
<th>CONFITERÍA TEJEROS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calle Cuarteles, 50</td>
<td>Plaza de la Constitución, 11</td>
<td>Calle Calderería, 1</td>
<td>Calle Obispo Salvador de los Reyes, 7</td>
</tr>
<tr>
<td>LA CANASTA</td>
<td>LA CONFITERÍA</td>
<td>LA PRINCESA PASTELERÍA</td>
<td>LE GRAND CAFE CENTRO</td>
</tr>
<tr>
<td>Calle Armengual de la Mota, 8</td>
<td>Calle Cister, 19</td>
<td>Calle Granada, 84</td>
<td>Pasillo Guimbarda</td>
</tr>
</tbody>
</table>

Would you like to see these places in Google Maps?
bit.ly/2LDceMi

There are many more restaurants where you can try this dish. Discover them.
In the days when only the wealthy could afford fine pastries, Málaga saw the emergence of the *torta loca* (crazy cake), which today is an icon among Málaga’s pastries. Thanks to the *torta loca*, in the 1950s the lower classes could regularly enjoy a cake that was unique, fresh, creamy and had a touch of colour, something which continues to be its distinguishing feature.

A sweet ‘hunger-killer’ during the post-war period, the *torta loca* was created by a master confectioner who decided to take two puff pastry rounds 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 when you act crazy’. The recipe has remained virtually unchanged down to today.
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 shown us the best of our traditional cuisine.

You can see much more at: malagagastronomyguide.com

Download this guide