



Local gastronomy

In Oropesa del Mar you'll find a huge variety of restaurants where you can enjoy our excellent local gastronomy that combines the best products from the sea and our large market gardens, offering authentic culinary treats that will delight your every sense.



ALMOND TORTE

INGREDIENTS :

12 eggs, 500 g sugar, 500 g ground almonds, 2 tablespoons flour, icing sugar.

PRÉPARATION :

Separate the eggs. Put the whites in a large bowl and whisk to the soft peak stage. Add the sugar and fold in thoroughly. Add the almond flour and fold in carefully, followed by the egg yolk. Pour the mixture into a cake tin and cover with baking parchment. Bake for around 45 minutes at 180°C, then leave to cool in the tin. Once cooled, unmould the cake so it is upside down and dredge with icing sugar.

TIP: make sure the sugar is completely incorporated into the cake mix before baking.

More recipes and where to eat them at:

www.oropesadelmarturismo.com



"ARROZ A BANDA"

INGREDIENTS :

1 nyora pepper, half a medium onion, 1 bay leaf, 4 garlic cloves, parsley, 75 ml olive oil (a large serving spoonful), 2 tablespoons tomato passata, 2 litres fish stock, salt and pepper, 1 teaspoon saffron, 1 teaspoon paprika, 1 medium cuttlefish cut into chunks, 400 g rice.

PRÉPARATION :

Finely chop the nyora pepper, the onion, the bay leaf and 2 garlic cloves and mix together. Separately, finely chop the remaining 2 garlic cloves and the parsley and mix with a little water to form a paste. If making fish stock from scratch, use a variety of fish (rascasse, mackerel, monkfish head, crabs, mantis shrimp, etc.). Fry the cuttlefish gently in the 75 ml of olive oil and a little salt. Add 2-3 spoonfuls of the nyora mixture, 1 spoonful of the garlic and parsley mixture, the tomato passata and fry over a medium heat. Add the pepper and saffron and finally the rice. Continue to cook over a medium heat. Add the paprika, mix well, and finally add the fish stock. Cook on a high heat for around 15 minutes (after a few minutes, taste and adjust the salt). Lower the heat until the stock has been absorbed by the rice. Turn off the heat and allow to stand for a few minutes before serving with a bowl of allioli (garlic mayonnaise).



Recreation and leisure time

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