Great Gastronomic Delights from Balearic Islands

by Nancy Gallen

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It is not just the beaches that attract millions of tourists to Balearic Islands; its delightful varied and tantalizing local cuisines are another great drawing point. The Mediterranean cuisine at Balearic Islands is varied and sumptuous with over 600 different recipes that are uniquely â€œBalearicâ€• recipes.

Top recipes

Many tantalizing Balearic recipes make use of one common ingredient: the mayonnaise. This simple ingredient is a local production at Balearic Islands although this is not a well known fact outside of Spain. Many top recipes on Balearic Islands have the locally produced mayonnaise from Menorca. It is locally known as Salsa MahÃ³nesa as it was first prepared in MahÃ³n, the current capital of Menorca.

Another great tasting gastronomic delight on Balearic Islands is the locally produced sausages which are very popular with its local Sobrasada Mallorquina which is a very spicy reddish spread. Grilled sausages here are a gastronomic delight; its fat can be used to fry other dishes.

The Balearic residents love lamb dishes; hence, there is the famous local lamb recipe Cordero asado al estilo of MahÃ³n which is succulent with its juice and gravy. Eggs are also very popular in many Balearic Islands recipes such as the bright and delightful fried Huevos fritos al estilo of Soller.

Mallorca is very famous for its clear soups that are usually served with noodles, meat or fish and vegetable sauces.

More specialties

Another delightful cuisine from Balearic Islands is the Tumbet which is sliced potatoes with egg-plants in tomato sauce. Some peppers are included to give it a special flavor while the egg-plant is stuffed with minced meat or fish paste.

Seafood is a must at the Balearic Islands as there is fresh catches every day. The local Cigala Mallorquin is only available at the Balearic Islandsâ€™ sea waters while pork dishes such as the rostit is sumptuous with a generous portion of liver, eggs, apples and bread.

Poultry specialties include the local recipes where the chicken is filled with juicy pomegranates, turkey dishes in tantalizing almond sauce, and pigeon in generous portions of chestnut sauce.

Menorca offers sumptuous fish and seafood that are served with peppers, tomatoes, onions, garlic and herbs. These dishes are usually taken with rice.

Ibiza serves excellent fish recipes such as stingrays with almonds and delicious â€œseafood hotpotâ€•. Wine is always served with all the local cuisine for an added flavor and delight to gastronomy at the Balearic Islands.

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