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The Gastronomy in the Balearic Islands by Nancy Gallen

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Food is one of the many things that tourists have to get and try while on any destination in the world. It is always fun to try out the different traditional dishes that the destination has hence gastronomy in any region is of great importance. In the Balearic Islands of Spain, the cuisine is Mediterranean and has a great reputation throughout Spain. The islands have 600 and more different recipes which are considered to be typically Balearic.

Mayonnaise is one of the most popular recipes in the islands and even though it has now spread to the rest of the world, its original home is Menorca. Mahon was the first place for the recipe to be prepared and it is still one of the best places in the islands that you can have the best of the recipe. Typical sausage famed throughout Spain as another delicacy in the Balearic Islands and so is Sobrasada Mallorquina which is a red color spread that is very spicy. Ingredients such as lamb and eggs are then fried in the fat and served.

Noodles and soups are typical in Mallorca and so is meat or fish as well as vegetable sauces. You might want to try out Tumbet which is a dish made from sliced potatoes together with egg plants then covered in peppers and tomato sauce. Another common recipe is the meat or fish stuffed egg plants and other seafood. Rostit, pork oven made with eggs, liver, apples and bread, is another great recipe that cannot be missed out while on the Balearic Islands especially in Menorca.

Other delicacies you can enjoy on Menorca , costa blanca

include pomegranates stuffed chicken, almond sauce turnkey and chestnut sauce pigeon among others. Sea food is a major food on the Balearic Islands and there are lots of recipes that you can try. Some of those that you cannot afford to miss while here include seafood with tomato, peppers, garlic and onions together with herb flavored liqueur. Also with rice and prepared in the traditional style of the islands, you will truly enjoy every bite that you take on the Islands.

Those who love fish recipes should be on Ibiza. It is where the best fish recipes are. Coques is very popular and it is a recipe of quadratic tartlets served with meat, vegetables of fish. It is a dish you will find on every island in the group. Apart from the food, the islands also have excellent wines that you can have together with the wonderful meals.

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