

Territory, local products and gastronomic culture

VALSEQUILLO

de
Gran Canaria



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Dedication

To the men and women of Valsequillo de Gran Canaria, who have inhabited and shaped their territory with knowledge and respect, making the mid-altitude agricultural landscape a living space of diversity and sustenance.

To those who, generation after generation, have cultivated the land, tended livestock, and preserved products that today stand as a tangible expression of identity and continuity.

And to those who, within the domestic and community sphere, have transmitted the culinary knowledge that transforms these products into culture, keeping alive the relationship between nature, memory and food.

Recipe Catalogue: Home Cooking and Gastronomy in Valsequillo

The following list compiles the recipes included in this work, indicating their authorship, typology (home or professional), main raw materials, and location within the book. This catalogue enables the reader to navigate the publication as a whole and to explore the connections between product, territory, and culinary practice.

In accordance with the classical canons of Culinary Arts and Gastronomy, the recipes have been classified into four chapters: **Starters (including appetisers and basic preparations); First courses; Main courses and sauces; and Desserts and sweet cuisine.**

Within each block (home cooking and professional cooking), the preparations are arranged according to the nature of their main ingredient, following a progression from lower to higher gustatory intensity and nutritional complexity: vegetables and legumes; fish and seafood; poultry and white meats; red meats; and, finally, mixed or composite preparations. This sequence reflects the classical hierarchy of table service—from plant-based to animal-based, from light to substantial.

In addition, the average energy value of each preparation has been estimated and expressed as kcal per 100 g of edible portion. Higher values are generally

associated with mojo sauces, fried foods, and fatty meats, while lower values correspond to broths, vegetables, and sorbets. Traditional mixed preparations (pucheros, ranchos, garbanzadas) fall within an intermediate range consistent from a nutritional perspective.

Overall, the project brings together **55 recipes**, covering all gastronomic chapters and a wide typology of preparations (traditional dishes, updated versions, and more creative proposals). Of these, **23 recipes (41.8%)** belong to the domestic sphere and **32 (58.2%)** to the professional domain.

Recipe	Authorship	Chapter	Raw material	Kcal/100 g	Page
HOME COOKING					
Plant-based (vegetables, legumes, cereals)					
Valsequillo seasonal salad	Tomás Álvarez Viñoly	Starter	Avocado and fresh vegetables	~120	40
Beetroot gazpacho	Sergio Tur Díaz-Casanova	First course	Beetroot and vegetables	~60	70
<i>Jaramago</i> greens stew	Pilar Cabrera	First course	<i>Jaramago</i> greens, tubers and pork	~110	60
Watercress stew	Pilar Cabrera	First course	Watercress, tubers, vegetables and pork	~95	62
Noodle, green bean and potato stew	Loly Pérez-Humberto Rodríguez	First course	Legumes, pasta and tubers	~130	64
Maize broth	Víctor Delgado	First course	Maize, tubers and vegetables	~80	54
Red <i>mojo</i> sauce	Sensi González	Starter	Red pepper, garlic, oil and vinegar	~420	44
Almond <i>mojo</i>	Carmen Suárez	Starter	Almond, garlic, oil and tomato	~480	48
Fish and seafood					
Dogfish in sauce	Pepa Sarmiento	Main course	Dried dogfish, potatoes and vegetables	~140	82
Fish broth	Víctor Delgado	Main course	Pink dentex, withe grouper and vegetables	~70	56
Meat and meat-based preparations					
Meatballs in sauce	Carmen Sarmiento	Main course	Beef, pork and vegetables	~220	86
Valsequillo-style ribs	Mary Monzón-Gloria Gil	Main course	Pork, maize and potatoes	~260	92
Bone broth	Sergio Tur Díaz-Casanova	First course	Pork bones and offal	~150	68

Recipe	Authorship	Chapter	Raw material	Kcal/100 g	Page
Mixed / complex preparations					
Canarian <i>rancho</i>	Pancha Vega	First course	Pasta, beef, chicken and legumes	~160	74
Canarian <i>puchero</i>	Juan Peñate	Main course	Meats, tubers, vegetables and legumes	~180	78
Snails	Mary Monzón-Gloria Gil	Starter	Land snails, cured meats and herbs	~140	90
Desserts and sweet cuisine					
Bitter orange marmalade	Cristina Boissier	Dessert	Bitter orange and sugar	~260	102
Caramelised almonds	María Teresa Peñate	Dessert	Almonds and sugar	~520	106
Almond horchata	María Teresa Peñate	Dessert	Almonds, milk and sugar	~110	108
<i>Reventones</i> (traditional pastries)	Cristina Boissier	Dessert	Almonds, walnuts, egg and sugar	~450	100
Almond biscuits	Teresa Hernández	Dessert	Wheat flour and almonds	~480	96
Carnival fritters	Carmen Suárez	Dessert	Pumpkin, flour, egg and milk	~230	50
Goat's milk rice pudding	Daida Ramírez del Pino	Dessert	Rice, goat's milk and sugar	~150	112

Recipe	Authorship	Chapter	Raw material	Kcal/100 g	Page
PROFESSIONAL COOKING					
Plant-based (vegetables, legumes, cereals)					
Grilled vegetables	Guachinche Viña Cantera	Starter	Vegetables and millet	~90	136
Fig salad	La Cantina	Starter	Figs, cheese and nuts	~180	174
Fish and seafood					
Saharan-style fried squid	Ca Guillermo	Main course	Squid	~220	124
Cuttlefish in sauce	Restaurant Las Cañas Grill	Main course	Cuttlefish and vegetables	~110	166
Salted white grouper stew	Restaurant El Padrino	Main course	Salted grouper and root vegetables	~160	148
<i>Escaldón de gofio</i> with cod and prawns	Tasquita El Escondite	Starter	<i>Gofio</i> , fish and seafood	~190	182
Meat dishes					
Grilled marinated rabbit	Restaurant La Culata II	Main course	Rabbit	~170	154
Roast pork leg with wood-fired bread	Bar Cafetería El Paraíso	Main course	Pork and wheat flour	~300	132
Beef stew	Diamada Comidas Preparadas	Main course	Veal and vegetables	~180	192
Beef stew	Bar Ca' Fermín	Main course	Veal and vegetables	~180	196
Goat meat stew	Ca Guillermo	Main course	Goat	~200	126
Goat meat	Guachinche Viña Cantera	Main course	Goat	~210	138

Recipe	Authorship	Chapter	Raw material	Kcal/100 g	Page
Fried pork	Guachinche Viña Cantera	Main course	Pork	~320	140
Canarian black pork tenderloin	Bochinche Asador La Madriguera	Main course	Black pork and vegetables	~240	160
Oven-roasted pork ribs	Ca Guillermo	Main course	Pork	~330	128
Mixed / complex preparations					
Pork <i>ropavieja</i>	Restaurant La Culata II	Main course	Chickpeas, meat and potatoes	~190	152
Seven-meat puchero	Restaurant El Padrino	Main course	Mixed meats, root vegetables and vegetables	~200	146
Chickpea stew	Diamada Comidas Preparadas	First course	Chickpeas, meats and sausages	~220	190
<i>Carajacas</i> (liver dish)	Restaurant El Padrino	Starter	Liver (chicken and veal) and spices	~160	144
Tripe stew (<i>callos</i>)	Restaurant Las Cañas Grill	Main course	Beef, sausages, vegetables and spices	~180	168
Mixed grilled meats	Restaurant Las Cañas Grill	Main course	Pork and pork products, chicken, beef and cabbage	~310	170
Bakery and basic preparations					
Wood-fired bread	Ca Guillermo	Starter	Wheat flour (bread)	~260	122
Spanish omelette	Bar El Pilar	Starter	Potato and egg; optional: onion	~200	118
Fresh cheese sandwich	Bar El Pilar	Starter	Fresh cheese, tomato and bread	~280	116

Recipe	Authorship	Chapter	Raw material	Kcal/100 g	Page
Desserts and sweet cuisine					
<i>Frangollo</i> (reinterpretation)	Bochinche Asador La Madriguera	Dessert	Milk, <i>gofio</i> and egg	~170	162
Assorted homemade desserts	Restaurant La Culata II	Dessert	Dairy products, <i>gofio</i> , honey, egg, almonds ...	~300	156
<i>Gofio</i> mousse	Tasquita El Escondite	Dessert	<i>Gofio</i> and egg	~220	184
<i>Torrija</i> with a scoop of ice cream	Tasquita El Escondite	Dessert	Bread, milk and egg	~300	186
Strawberry tart	La Cantina	Dessert	Strawberry, cream and biscuit	~260	176
Valsequillo loquats with mascarpone	La Cantina	Dessert	Fresh fruit and dairy products	~190	178
Sorbet-style ice lollies	Frutizum	Dessert	Seasonal fruit (strawberry, melon, citrus fruits...)	~70	198
Dairy-based ice lollies	Frutizum	Dessert	Milk, <i>gofio</i> , almonds, banana ...	~140	198



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1

INTRODUCTION

Valsequillo de Gran Canaria is a municipality located on the island of Gran Canaria, in the province of Las Palmas. With an area of 39.19 km² (2.51% of the island's surface), it has a population of approximately 9,900 inhabitants (INE, 2025), whose demonym is valsequillero/a.

Valsequillo represents one of the most illustrative examples of the relationship between mid-altitude agriculture, local products, and the construction of gastronomic identity in the Canary Islands. Its model is structured around three main pillars: diversified primary production, artisanal processing, and culinary valorisation.

Among its emblematic agricultural products are citrus fruits, potatoes, strawberries, avocados, almonds, vegetables, maize (millo), and olives. The strawberry functions as a true territorial emblem and serves as the axis of initiatives such as the “Ruta Viva de la Fresa.” Local potatoes—featuring various traditional varieties—form the basis of the island diet and play a central role in numerous gastronomic events, while maize in grain form is essential to produce gofio and other traditional dishes. Oranges, almonds, avocados, and olives further define a characteristic polyculture typical of traditional agricultural systems. A proximity-based model (“km 0” products) predominates, supported by short marketing circuits such as local markets, fairs, and direct sales.

Among livestock and processed products, cheeses, honey, and wines stand out. Artisanal cheeses, mainly goat's milk cheeses, display a strong territorial identity; mountain honeys are linked to local beekeeping and high floral diversity; and wines are produced by small mid-altitude wineries.

The traditional cuisine of Valsequillo reflects a synthesis of agricultural resources and rural heritage. It is an evolved subsistence cuisine based on roasted cereals, legumes, and tubers, complemented by animal protein. Representative dishes include papas arrugadas with mojo, stews—especially maize-ba-

sed—gofio escaldado, chickpea dishes, broths, and grilled meats (ribs, sausages, blood sausages).

A distinctive feature of the municipality is the contemporary reinterpretation of traditional products, particularly strawberries, used in both sweet preparations (cakes, ice creams, liqueurs) and savoury dishes (salads, meat accompaniments), as well as in more innovative creations (butters, sauces). This process illustrates the gastronomisation of agricultural products, whereby local ingredients become central creative elements.

The municipality's gastronomic valorisation is articulated through events and territorial initiatives that fulfil roles in economic promotion, food education, and the reinforcement of cultural identity. Notable examples include: the “Tradición y Sabor del País” Fair (which in 2025 merged the 10th Strawberry Fair and the 2nd Potato and Maize Fair); the creation of the tourism-environmental product “Barranco Vivo de Valsequillo”; thematic gastronomic routes—such as the Ruta Viva de la Fresa, the Honey Route, the Water Route, and the Almond Blossom Route, which in 2026 celebrated its 53rd edition, mainly dedicated to this “tree of life”; participation in island fairs such as “Gran Canaria Me Gusta”; and, more recently, the municipality's involvement in the international Terrae congress, held in Gran Canaria, which brings toge-

ther rural chefs and sector professionals to reflect on the relationship between gastronomy, territory, and local development.

From a territorial and cultural perspective, Valsequillo represents a subtropical mountain farming system with high cultivated biodiversity. Its gastronomy exemplifies the coevolution between landscape, resources, and food culture, with the strawberry acting as one of the flagship products in territorial promotion, alongside other local references. All of this is framed within a broader transition towards sustainable food models based on the valorisation of producers, proximity, seasonality, and quality, as well as the preservation of traditional knowledge and practices.

Overall, **Valsequillo can be defined as a local gastronomic system in which agricultural products—particularly strawberries, potatoes, and maize—artisanal processing (cheeses, honey, gofio), and contemporary culinary reinterpretation combine to shape a coherent and distinctive identity within Gran Canaria.**

In this context, the municipality emerges as a particularly suitable territory for the development of sustainable and healthy lifestyles and dietary models.

The choice of the cover image reflects a deliberate intention: to situate the origin of the agri-food system within the landscape. In Valsequillo, agricultural and livestock production cannot be understood independently of its mid-altitude orography, water availability, and the historical interaction between humans and a complex territory. Crops—such as the almond trees in bloom depicted here—are not merely products, but visible expressions of a balance between soil, climate, biodiversity, and traditional knowledge. Rather than focusing on final food products, this image underscores that everything begins in the land: in the landscape that sustains, conditions, and gives meaning to the municipality's gastronomic identity.

In Valsequillo, before the product, there is the landscape.

The apparent debate between “landscape” and “product” is a false dilemma. This work does not merely address food items but analyses a territorialised agri-food system in which the product is not the starting point but the outcome of a set of ecological and cultural conditions. The landscape—understood as the interaction between soil, water, altitude, climate, and human activity—thus acts as a structuring element. This integration between landscape and product is fully aligned with the principles

of the Tourism Sustainability Plan in Destination (PSTD) “Naturaleza en Flor” of Valsequillo, reinforcing its territorial and sustainable approach (see Chapter 2).

In this sense, the selected cover image—almond trees in bloom within a rugged mid-altitude landscape—visually synthesises several fundamental characteristics of the territory: orographic complexity (slopes, ravines, spatial fragmentation), the role of water as a limiting and organising factor, the seasonality of agricultural cycles, the integration of farming activity within the ecosystem, and the construction of a distinctive visual identity.

Thus, the visual narrative of the work is coherently structured: the cover represents the origin—namely, the landscape—while the subsequent pages, and especially the final endpapers of the book (see diagram), illustrate the process—that is, the agri-food chain leading from primary production to processing, marketing, and gastronomy.

2

BACKGROUND, OBJECTIVES AND SCOPE

The Tourism Sustainability Plan in Destination (PSTD) “Naturaleza en Flor” of the municipality of Valsequillo de Gran Canaria is funded within the framework of the Recovery, Transformation and Resilience Plan (PRTR), financed by the European Next Generation EU funds, in accordance with the Resolution of 23 December 2021 (Official State Gazette, No. 312, 29 December), issued by the Secretary of State for Tourism, which publishes the Agreement of the Sectoral Tourism Conference.

The PSTD promotes the development of actions aimed at transforming the municipality into a tourist destination through the optimisation, integration, and improvement of its natural resources and infrastructure, supported by new technologies and ensuring the social, environmental, and economic sustainability of the territory. Its objectives include the creation of tourism-environmental products—such as “Barranco Vivo de Valsequillo” and the Living Routes of Honey, Strawberry, and Water—the valorisation of natural and cultural heritage, territorial and social cohesion, the strengthening of the tourism value chain, and the implementation of a comprehensive governance model.

Within this framework, the main objective of the present project is to reinforce the cultural and gastronomic identity of Valsequillo by integrating

the values of sustainability, proximity, and circular economy promoted by the PSTD “Naturaleza en Flor”. More specifically, it aims to: (i) enhance the promotion of agricultural, livestock, and artisanal products of the municipality; (ii) encourage responsible and healthy consumption practices among the population; and (iii) strengthen the connection between local products, the territory, and cultural traditions.

The project falls under Action No. 6, “Production and sale of km 0 products”, within Axis 1 of the PSTD, in the framework of Component 14, Investment 1, sub-measure 2 of the PRTR. In this regard, it contributes to fostering local production and marketing systems, supporting SMEs in adopting more efficient and environmentally responsible practices, in line with the sustainability and ecological transition objectives established at the European level. The action is assigned a climate contribution tag 047, with an estimated 40% contribution to climate objectives.

This publication constitutes one of the project’s main tools. Through the compilation of traditional recipes, the use of local and seasonal products, and the dissemination of culinary knowledge, it promotes sustainable consumption and production models based on the valorisation of local products, the reduction of carbon footprint,

and the efficient use of resources. It also functions as an instrument for awareness-raising and training, facilitating the integration of these principles into SME activities and everyday practices among the population.

The geographical scope of the project is centred on the municipality of Valsequillo de Gran Canaria, although it incorporates an island-wide dimension by considering the relationship with fishery products from Gran Canaria within the framework of promoting sustainable diets. The target audience includes the local population, primary sector producers, agri-food SMEs, the hospitality sector (HORECA), and visitors interested in the gastronomic culture of the territory.

The purpose of the contract is the drafting, layout, and printing of a gastronomic compilation for the municipality, with the aim of preserving, enhancing, and disseminating its intangible food heritage. To this end, methodologies based on research, interviews, graphic documentation, and the collection of traditional recipes have been employed.

As a result, a set of materials has been produced, including a documentary and audiovisual catalogue of interviews with producers, processors and restaurateurs, a photographic collection, promotional

graphic materials, a seasonal calendar of local products, and the present digital book, which integrates both domestic and professional recipes alongside other outreach-oriented content.



3

THE PRIMARY SECTOR OF VALSEQUILLO



The municipality of Valsequillo de Gran Canaria is in the central-eastern sector of the island, within a mid-altitude zone characterised by rugged terrain and a strong agricultural vocation. It borders the municipalities of Telde, Ingenio, Villa de Santa Brígida, and Vega de San Mateo, and forms part of the Commonwealth of Mid-Altitude Municipalities of Gran Canaria, which also includes Tejeda, San Mateo, Santa Brígida, and San Bartolomé de Tirajana. This entity promotes inter-municipal cooperation for the efficient management of services and resources, as well as the improvement of territorial governance.

Its condition as an inland municipality, without direct access to the coast, explains the absence of a local fisheries subsector, unlike other island territories with a maritime tradition. However, historically, some inhabitants of Valsequillo have participated in fishing activities, mainly as crew members on vessels based in the nearby port of Taliarte, within the municipality of Telde. This reflects the functional connection between inland and coastal economies on the island.

This study is based on statistical data produced by official institutions. Specifically, information relating to agriculture and livestock has been provided by the Canary Islands Institute of Statistics (ISTAC) and by the Regional Ministry of Agriculture, Livestock, Fisheries and Food Sovereignty of the Government of the Canary Islands.



3.1. Agriculture

Table 1 presents the general crop distribution map of the Canary Islands and Gran Canaria for the 2021–2025 seasons. Notably, Gran Canaria accounts for 20.8% of the archipelago’s cultivated agricultural land and 40% of grazing land on non-agricultural surfaces.



Table 1. Overview of crops in the Canary Islands and Gran Canaria (2021–2025)

Description	Area (ha)		
	Canary Islands	Gran Canaria	%
Cultivated agricultural area (A)	44,244.13	9,211.03	20.8
Uncultivated agricultural area (B)	77,045.62	18,479.57	24.0
Agricultural area (A + B)	121,289.75	27,690.60	22.8
Grazing on agricultural land	3,378.00	693.45	20.5
Grazing on non-agricultural land (C)	1,874.50	749.70	40.0
Utilised agricultural area (UAA) (A + B + C)	126,542.25	29,133.75	23.0

Source: Department of Works Planning and Rural Development – Directorate-General for Agriculture
 Department of Agriculture, Livestock, Fisheries and Food Sovereignty – Government of the Canary Islands.
 Unit of measurement: Hectare.

Table 2. General map of crops in Valsequillo, Gran Canaria (2024 growing season)

Category	Area (ha)	Group	(*) In greenhouse	(*) Irrigated	% of Gran Canaria
Vegetable garden	179.88	Temperate crops – Potatoes			
		Fallow land			
		Vegetables			
		Family vegetable garden			
Fruit trees	150.54	Citrus fruits			Legumes
		Mixed citrus			
		Subtropical fruits			
		Temperate fruit trees			
Other	35.64	Cereals			
		Legumes			
		Other fodder crops			
Ornamental plants	2.45	Ornamental and aromatic plants			
Vineyard	7.09	Vineyards and others			
		Vineyards – Potatoes			
		Vineyards			
Banana plantation	0.01	Banana plantations			

Category	Area (ha)	Group	(*) In greenhouse	(*) Irrigated	% of Gran Canaria
Cultivated agricultural area (A)	375.61		21.45	314.06	4.08
Uncultivated agricultural area (B)	719.45		2.31	48.56	3.89
Agricultural area (A+B)	1,095.06				3.95
Grazing on agricultural land	43.03				6.21
Grazing on non-agricultural land (C)	16.17				2.16
Utilised agricultural area (UAA) (A+B+C)	1,111.23				3.81
Other areas (D)	2,807.93				
TOTAL MUNICIPAL AREA (A+B+C+D)	3,919.16				

D = Barren land, woodland, urban/roadss (*) Municipal boundaries obtained from SIGPAC
 Source: Department of Works Planning and Rural Development – Directorate-General for Agriculture Department of Agriculture, Livestock, Fisheries and Food Sovereignty – Government of the Canary Islands. Unit of measurement: Hectare.

Table 2 shows the general crop distribution in Valsequillo de Gran Canaria for the 2024 season. In order of importance, the main categories are market gardening, fruit crops, and others (cereals, legumes, and forage crops). The municipality’s cultivated agricultural area amounts to 375.73 ha (equivalent to 4.08% of the island total),

grazing land on agricultural surfaces reaches 43.03 ha (6.21% of the island value), and grazing land on non-agricultural surfaces totals 16.17 ha (2.16% of the island total). These figures are significant given the municipality’s relatively small territorial extent.



Table 3. Changes in land use (ha) in Valsequillo from 2005 to 2024

Category	2005	2024	% Difference
Cultivated agricultural land	438.05	375.61	14.25
Uncultivated agricultural land	786.36	719.45	
Wasteland	2,050.00	2,079.35	
Woodland	400.00	400.00	
Urban / Roads	244.75	344.75	
Total municipal area	3,919.16	3,919.16	

Source: Compiled by the authors using data from the Government of the Canary Islands.



Table 3 illustrates land-use changes in Valsequillo over the last 20 years, highlighting a 14.25% reduction in cultivated agricultural land between 2005 and 2024.

Table 4 provides data on cultivated area, production area, and the number of scattered trees corresponding to permanent crops by farming system in 2024. Valsequillo allocates 159.5 ha to these crops, corresponding to approximately 22,900 productive trees. By category, citrus fruits (mainly oranges and mandarins) dominate, with 73.6 ha under irrigation. This is followed by fruits, berries, and nuts (primarily avocados and almonds, and to a lesser extent apples, apricots, pears, and plums), covering 70.3 ha

under both rainfed and irrigated systems. Olive groves account for 9.4 ha, and vineyards for 6.2 ha.

Table 5 details the cultivated area of herbaceous crops by farming system in 2024. Valsequillo devotes 157.7 ha to these crops, a figure nearly equivalent to that of permanent crops. Forage crops predominate (54.6 ha), followed by cereals for grain production (including seeds), with 44.7 ha (mainly oats and maize, and to a lesser extent wheat and barley). Potatoes occupy 28.4 ha, followed by strawberries (19 ha), and finally fresh vegetables (11 ha), among which courgettes and melons/watermelons are the most common.



Table 4. Cultivated area, production area and scattered trees for permanent agricultural crops by cultivation system in Valsequillo, Gran Canaria, in 2024

	Area under cultivation				Area in production			Scattered tries
	Total	Dryland	Irrigated	Greenhouse or accessible high shelter	Total	Dryland	Irrigated	Total
Perennial crops	159.5	21.6	137.9	3.6	155.8	21.5	134.3	22,900
Citrus fruits	73.6	0	73.6	0	73.6	0	73.6	3,000
Oranges	50	0	50	0	50	0	50	1,950
Lemons	22.1	0	22.1	0	22.1	0	22.1	900
Mandarins	1.5	0	1.5	0	1.5	0	1.5	150
Fruits, berries and nuts (excluding citrus fruits, grapes and strawberries)	70.3	15.3	55	3.5	66.6	15.2	51.4	18,400
Avocados	14.7	0	14.7	0	14.7	0	14.7	500
Almonds	13.3	9.2	4.1	0	12.6	9.2	3.4	10,000
Apples	9	2	7	0	9	2	7	1,000
Apricots	9	0	9	0	9	0	9	300
Pears	5	1	4	0	5	1	4	100
Plums	5	1	4	0	5	1	4	3,000
Peaches	5	1	4	0	5	1	4	2,000

	Area under cultivation				Area in production			Scattered tries
	Total	Dryland	Irrigated	Greenhouse or accessible high shelter	Total	Dryland	Irrigated	Total
Raspberries	2.8	0	2.8	2.8	2.8	0	2.8	0
Mangoes	2.6	0	2.6	0.6	0.6	0	0.6	0
Prickly pears	1.6	0.3	1.3	0	1.6	0.3	1.3	0
Figs	1.1	0.7	0.4	0	1.1	0.7	0.4	0
Guavas	0.2	0	0.2	0	0	0	0	0
Medlars	0.1	0	0.1	0	0	0	0	500
Papayas	0.1	0	0.1	0.1	0.1	0	0.1	0
Pomegranates	0.1	0.1	0	0	0	0	0	0
Other fruit, berries and nuts (excluding citrus, grapes and strawberries)	0.7	0	0.7	0	0.1	0	0.1	0
Olives	9.4	3.9	5.5	0	9.4	3.9	5.5	1,500
Olives for oil	5.5	1.9	3.6	0	5.5	1.9	3.6	0
Table olives	3.9	2	1.9	0	3.9	2	1.9	1,500
Vines	6.2	2.4	3.8	0.1	6.2	2.4	3.8	0
Wine grapes	6.2	2.4	3.8	0.1	6.2	2.4	3.8	0

Unit of measurement (Cultivated area/production): Hectare. Unit of measurement (Scattered trees): Number. Source: Canary Islands Institute of Statistics (ISTAC). Last updated: 6 October 2025.

Table 5. Total cultivated area by arable crops and farming systems in Valsequillo, Gran Canaria, in 2024

	Total	Dryland	Irrigated	Greenhouse or accessible high shelter
Herbaceous crops	157.7	89	68.7	15
Fodder crops	54.6	54.3	0.3	0
Winter cereals	15	15	0	0
Maize for fodder	14	14	0	0
Alfalfa	0.3	0	0.3	0
Other fodder grasses	0.1	0.1	0	0
Other fodder crops	25.2	25.2	0	0
Cereals – grain production (including seeds)	44.7	34.7	10	0
Oats	25	25	0	0
Millet	10.8	0.8	10	0
Wheat	4.8	4.8	0	0
Barley	2.3	2.3	0	0
Rye	1.8	1.8	0	0
Root crops	28.4	0	28.4	0
Very early potatoes	17	0	17	0
Early potatoes	9	0	9	0
Late potatoes	2	0	2	0
Mid-season potatoes	0.4	0	0.4	0

	Total	Dryland	Irrigated	Greenhouse or accessible high shelter
Strawberries	19	0	19	15
Fresh vegetables	11	0	11	0
Courgettes	3.5	0	3.5	0
Melons and watermelons	2.6	0	2.6	0
Cabbages	2	0	2	0
Onions	1.2	0	1.2	0
Leeks	0.4	0	0.4	0
Cauliflower	0.2	0	0.2	0
Swiss chard	0.2	0	0.2	0
Green beans	0.2	0	0.2	0
Lettuce	0.1	0	0.1	0
Spinach	0.1	0	0.1	0
Tomatoes	0.1	0	0.1	0
Carrots	0.1	0	0.1	0
Squashes (Cucurbita)	0.1	0	0.1	0
Peppers (Capsicum)	0.1	0	0.1	0
Green peas	0.1	0	0.1	0

Unit of measurement (Cultivated area): Hectare. Source: Canary Islands Institute of Statistics (ISTAC). Last updated: 23 September 2025.



3.2. Livestock Farming

Table 6 presents livestock numbers in Valsequillo by species for the 2014–2024 time series. It also includes the number of livestock recorded in Gran Canaria in 2024 and their percentage comparison with municipal values. Overall, cattle, goats, and sheep show relatively stable trends (around 4% of the island total), with signs of recovery in the last two to three years. In contrast, pig numbers show a declining trend, while poultry (laying hens) have increased. The absence of rabbits in the records is noteworthy.

Table 6. Livestock Numbers by Species. Municipality of Valsequillo de Gran Canaria

	2024	2023	2022	2021	2020	2019	2018	2017	2016	2015	2014	Gran Canaria 2024	Valsequillo %
Cattle	229	266	196	402	382	517	289	321	288	287	203	11,277	2.03
Goats	975	889	1,171	1,502	1,584	1,371	1,563	1,539	2,020	2,600	2,928	45,881	2.13
Sheep	678	579	652	662	604	628	771	872	864	739	880	17,318	3.92
Pigs	34	32	50	60	31	14	45	49	354	241	459	5,922	0.57
Donkeys	17	16	13	11	8	23	26	24	27	21	36	386	4.40
Horses	52	39	35	30	43	46	46	43	46	46	46	1,452	3.58
Mules	0	0	0	0	0	0	0	1	1	0	0	19	0.00
Chickens	385	307	125	277	132	12	100	167	67	103	275	1,001,331	0.04
Rabbits	?	?	?	?	?	?	?	?	?	?	?	5,268	?

Last updated: 29 January 2025. Time series: 11 years (2014–2024). Unit of measurement: Head of livestock. Source: Canary Islands Institute of Statistics (ISTAC).

Table 7. Cow's milk production (tonnes) in Gran Canaria and its municipalities in 2022

Territories	Production	
(Island / municipalities)	(t)	%
Gran Canaria	353.70	100
Agüimes	77.00	21.77
Las Palmas de GC	62.00	17.53
La Aldea de San Nicolás	47.00	13.29
Santa Lucía de Tirajana	36.00	10.18
Telde	30.00	8.48
Arucas	27.00	7.63
Ingenio	19.00	5.37
Agaete	14.00	3.96
Moya	12.00	3.39
San Bartolomé de Tirajana	11.00	3.11
Valsequillo de GC	5.00	1.41
Valleseco	4.00	1.13
Gáldar	2.00	0.57
Teror	2.00	0.57
Firgas	1.87	0.53
Santa María de Guía de GC	1.33	0.38
Vega de San Mateo	1.32	0.37
Artenara	0.16	0.05
Santa Brígida	0.88	0.25
Tejeda	0.11	0.03
Mogán	0.03	0.01

Source: Salomone (2024, FULP).

Table 7 presents cow's milk production in Gran Canaria and its municipalities in 2022. The 5 tonnes produced in Valsequillo represent 1.41% of the island total.

**Table 8. Artisan cheese dairies in Gran Canaria and its municipalities in 2025**

Territories	Dairy farms	
(Island / municipalities)	(n)	%
Gran Canaria	52	100
Moya	10	14
Gáldar	10	14
San Bartolomé de Tirajana	8	13
Valsequillo de GC	5	11
Tejeda	3	8
Telde	2	6
Agüimes	2	5
Artenara	2	5
Las Palmas de GC	1	3
Valleseco	1	3
Agaete	1	3
Santa María de Guía de GC	1	3
Ingenio	1	3
La Aldea de San Nicolás	1	2
Santa Lucía de Tirajana	1	2
Mogán	1	2
Teror	1	2
Vega de San Mateo	1	2
Firgas	0	0
Santa Brígida	0	0
Arucas	0	0

Estimate based on <https://www.quesosdegrancanaria.com/>

Table 8 provides an estimate of the number of artisanal cheese dairies in Gran Canaria and its municipalities in 2025. According to data from the Quesos de Gran Canaria portal, the island has approximately 52 such dairies, of which around 5 (about 11% of the total) are in Valsequillo (estimate based on percentage distribution; approximate absolute values).



Table 9. Honey production (tonnes) in Gran Canaria and its municipalities in 2022

Territories (Island / municipalities)	Hives		Production	
	(n)	%	(t)	%
Gran Canaria	11,380	100	113.8	100
Valsequillo de GC	2,140	18.8	21.4	18.8
Telde	1,327	11.7	13.3	11.7
San Bartolomé de Tirajana	926	8.1	9.3	8.1
Vega de San Mateo	803	7.1	8.0	7.1
Tejeda	771	6.8	7.7	6.8
Moya	692	6.1	6.9	6.1
Teror	689	6.1	6.9	6.1
Las Palmas de GC	590	5.2	5.9	5.2
Agüimes	504	4.4	5.0	4.4
Ingenio	399	3.5	4.0	3.5
Valleseco	389	3.4	3.9	3.4
Santa María de Guía de GC	388	3.4	3.9	3.4
Gáldar	342	3.0	3.4	3.0
La Aldea de San Nicolás	340	3.0	3.4	3.0

Territories (Island / municipalities)	Hives		Production	
	(n)	%	(t)	%
Santa Brígida	324	2.8	3.2	2.8
Mogán	316	2.8	3.2	2.8
Santa Lucía de Tirajana	308	2.7	3.1	2.7
Agaete	168	1.5	1.7	1.5
Arucas	154	1.4	1.5	1.4
Artenara	136	1.2	1.4	1.2
Firgas	63	0.6	0.6	0.6

Production estimate: ≈10 kg/hive/year (veterinary standard). Source: Salomone (2024, FULP).



Tabla 9 presents the number of beehives and honey production in Gran Canaria and its municipalities in 2022. Valsequillo ranks among the leading producing municipalities, with 2,140 beehives (18.8% of the island total) and an estimated production of 21.4 tonnes (18.8% of total island production).

Table 10. Estimated production (tonnes) of agricultural and livestock products in Valsequillo in 2024

Agricultural and livestock product	Yield range per hectare (t/ha)	Average performance per hectare (t/ha)	Production (t)
Citrus fruits	15 - 25	20	~1,470
Potatoes	20 - 35	25	~710
Strawberries	25 - 40	30	~570
Fresh vegetables (mixed)	15 - 30	20	~220
Avocado	6 - 10	8	~140
Almonds	0.5 - 1.5	1	~12.5
Honey (per hive)	10 - 12	11	~23.5
Cow's milk (in 2022)	-	-	~5

Source: Compiled by the authors

Finally, **Table 10** provides an estimate of the production of some of the most representative agricultural and livestock products of the municipality in 2024. For agricultural outputs, average yields per hectare have been applied, adjusted to the territorial context of Valsequillo and considering an intermediate scenario. These estimates are based on the cultivated area and, in the case of permanent crops, on the approximate number of trees (see previous tables with official data).

Regarding livestock production, reference has been made to published data and yield figures communi-

cated directly by producers, allowing for estimates that are consistent with local realities.

An interpretative reading of these estimates reveals a clear predominance of citrus fruits (oranges, lemons, and mandarins), which structure the municipality's agricultural system. Potatoes and strawberries act as secondary productive pillars, although with significant economic and dietary importance. Vegetables show a moderate contribution, associated with diversified production. Avocado exhibits an expanding trend, although still with relatively limited productive intensity. Almonds, in turn, stand

out more for their cultural, landscape, and heritage value than for their production volume.

In the livestock sector, honey production (23.5 t) holds a significant position, reflecting the efficient use of the territory's floral resources and the strength of local beekeeping traditions. In contrast, cow's milk production (5 t) remains more limited, reinforcing the idea of a livestock system primarily oriented towards other species—especially goats—and towards smaller-scale production models.



4

FLAVOURS AND CULINARY KNOWLEDGE OF VALSEQUILLO

The culinary culture of Valsequillo de Gran Canaria constitutes an integrated expression of the territory, where available resources, productive cycles, and the knowledge accumulated by the community over time converge. In this context, food transcends its functional dimension to become a system of practices, values, and meanings that articulate the relationship between landscape, product, and society.

Local culinary knowledge has historically been shaped through direct interaction with the environment: the selection of ingredients according to seasonality, mastery of preservation and processing techniques, and the adaptation of preparations to the material conditions of each period. This knowledge, largely transmitted through oral and practical means, has given rise to a cuisine that is simple yet effective, characterised by the comprehensive use of resources and a strong coherence with its surroundings.



Today, this knowledge is expressed in two complementary domains. On the one hand, home cooking, where recipes, techniques, and preparation criteria that form part of the collective memory are preserved. On the other hand, contemporary gastronomy, which reinterprets this heritage from new perspectives, incorporating modern techniques and adapting to the demands of a diverse audience, while maintaining a strong connection with local products.

This section therefore examines both the continuity and transformation of Valsequillo's culinary culture, analysing its roots in the domestic sphere as well as its projection within the current gastronomic landscape.

In sum, in Valsequillo, cooking is an act of interpreting the territory: its cycles, its resources and its memory. The culinary culture of Valsequillo is the living link between landscape, product and community.



4.1. Home Cooking in Valsequillo

TOMÁS ÁLVAREZ VIÑOLY



Tomás Álvarez Viñoly welcomes us warmly into his home in the neighbourhood of Las Carreñas. We meet regularly as part of a small group of Valsequillo residents who gather informally to chat, play dominoes, and share a glass of wine—an environment that highlights his analytical mindset and measured conversation.

Throughout his life, he has worked in a variety of trades—including a brief experience in the restaurant sector—although he does not consider himself a professional cook. Today, however, he cooks daily in the domestic sphere, adopting a practical and resourceful approach. He had initially agreed to prepare a sancocho de cherne, but due to the weather conditions—an intense calima affecting the municipality—we opted instead for a lighter and more refreshing dish.

Using fresh produce purchased at the municipal market, Tomás confidently prepares a simple salad that reflects seasonal local products. The result, which we have called “Valsequillo seasonal salad,” exemplifies a form of home cooking grounded in immediacy and practical knowledge of ingredients. As an anecdotal detail, he is wearing a T-shirt featuring a playful reference to one of Gran Canaria’s emblematic livestock symbols: the *baifo* (young goat).



Valsequillo Seasonal Salad

The result is a vibrant, open-composition salad, dominated by deep greens (watercress, lettuce, avocado), contrasted with bright reds (tomato and strawberry) and touches of orange (carrot). The ingredients are presented in relatively large, distinct cuts, without compaction, highlighting the freshness and individual texture of each component.

→ INGREDIENTS (SERVES 2)

- 2 medium ripe tomatoes
- 1 small lettuce heart (or mixed leaves)
- 1 small bunch of watercress
- ½ onion (preferably red)
- 1 ripe avocado
- 6–8 ripe strawberries
- 1 medium carrot, grated

Dressing

- 30–40 ml olive oil
- 10–15 ml vinegar (wine vinegar or mild)
- Salt to tast

→ METHOD

1. Thoroughly wash all vegetables. Drain the leaves well (lettuce and watercress).
2. Cut the tomatoes into wedges or quarters and the cucumber into slices or half-moons.
3. Slice the onion finely into julienne.
4. Peel and cut the avocado into slices or wedges, keeping the pieces intact.
5. Remove the stems from the strawberries and cut them in halves or quarters, depending on size.
6. Arrange a base of leaves (lettuce and watercress) on the plate.
7. Distribute the tomato, cucumber, and onion evenly.
8. Add the avocado and strawberries, aiming for visual contrast.
9. Add the grated carrot in the centre or scattered across the salad.
10. Dress just before serving with olive oil, vinegar, and salt, avoiding excessive mixing to preserve the integrity of the more delicate ingredients.



PAIRING: A young, dry white wine with good acidity (e.g. volcanic *Malvasía*) complements the vegetal freshness and the slight sweetness of the strawberries. Alternatively, a light rosé or even sparkling water is suitable, especially in conditions of intense heat.

ANALYSIS: This dish is a clear expression of local home cooking, based on fresh, seasonal produce with minimal processing. The inclusion of fruit (strawberries) in a salad reflects a contemporary trend, while also connecting to Mediterranean traditions of sweet-savoury contrast. The prominence of ingredients such as watercress, tomato, and avocado reflects the adaptation of the local food system to mid-altitude conditions, while the simplicity of the dressing points to traditional culinary patterns focused on the intrinsic quality of the product.

SENSI GONZÁLEZ



Conde. As a member of the González Pérez family—with whom we have shared neighbourhood ties and friendship for over forty years—the meeting unfolds in an atmosphere of trust and familiarity that goes beyond a formal interview. She is accompanied by her husband, José J. Betancor, always willing to help, who on this occasion naturally and good-humouredly takes on the role of kitchen assistant.

Sensi learned the fundamentals of cooking from her mother, Mrs. Tita Pérez, and later developed her own style in a self-taught manner, adapting it to her current pace of life. A highly active lawyer, she acknowledges that she does not have as much time for cooking as she would like, although she maintains a strong connection to home cooking. She particularly excels in preparing salads using local products—

such as onion, watercress, and avocado—as well as in hearty spoon dishes like chickpea stew (*garbanzada*) or fabada.

For this work, however, she has chosen to share an essential preparation of Canarian cuisine: mojo rojo, a sauce which, despite the simplicity of its ingredients, encapsulates a significant part of the gastronomic identity of the archipelago.



Red Canarian Sauce (Mojo rojo)



→ INGREDIENTS (SERVES 8)

- ½ sweet red pepper (deseeded)
- 1 medium ripe tomato
- 2 heaped tablespoons sweet paprika (optionally mixed with hot paprika to taste)
- 1 teaspoon cumin seeds or ground cumin
- 150 ml oil (preferably mild sunflower oil or a blend with olive oil)
- 4 garlic cloves
- 1–2 tablespoons wine vinegar
- Coarse salt to taste

→ METHOD

- 1.** Using a mortar—or alternatively a blender—first crush the garlic with the salt and cumin until a smooth paste is obtained. Add the paprika and continue working the mixture to fully integrate the aromas.
- 2.** Next, add the chopped red pepper and tomato, grinding or blending until achieving a smooth texture with somebody. Add the vinegar and, gradually, the oil in a thin stream, emulsifying the sauce until the desired consistency is reached.
- 3.** Adjust salt and vinegar to taste. The mojo should present a balance between acidity, fat, and spices, with a cohesive texture that is not overly thick.
- 4.** It can be consumed immediately, although it improves after a short resting period.



PAIRING: Vinos tintos jóvenes o semijóvenes de *Listán Negro*, con buena fruta y acidez moderada. Vinos rosados frescos, que limpian el paladar sin competir con la salsa. Cervezas tipo lager o tostadas suaves.

ANALYSIS: *Mojo rojo*, one of the most emblematic preparations of Canarian cuisine, functions as a structuring, cross-cutting sauce that traditionally accompanies papas arrugadas, meats, and fish—especially salted fish—acting more as a flavour enhancer than as a main element. Its basic formulation (garlic, cumin, paprika, oil, and vinegar) reflects a synthesis of cultural influences: North African (in the use of cumin and mortar-based techniques), Mediterranean (in the use of oil and vinegar), and American (through the incorporation of paprika following the Columbian exchange).

Contemporary domestic adaptations—such as the inclusion of tomato or fresh pepper—soften its profile and add juiciness, while maintaining its essential function: to enrich simple preparations with intensity, fat, and aromatic complexity.

CARMEN SUÁREZ



Carmen Suárez and her husband, **Ángel Nuez**, welcome us with warmth and enthusiasm into their home in Mirabala (Valsequillo). The rapport between them is evident from the outset: Carmen takes charge of the cooking, while Ángel remains attentive and collaborative, learning—as he himself acknowledges—from his wife’s experience and know-how.

Carmen learned to cook alongside her mother, Mrs. Cleofás Pérez, and later developed her professional career as a cook in various social care institutions on the island, where she consolidated a style of cooking that is practical, generous, and adapted to serving large groups.

At the local level, the couple have maintained a strong commitment to the community, actively participating in popular festivities and in initiatives supporting people in vulnerable situations.

For this work, Carmen has chosen two preparations deeply rooted in festive and domestic tradition: an almond mojo and the classic Carnival fritters (*tortillas de Carnaval*).



Almond Mojo



→ INGREDIENTS (FOR ~500 G OF SAUCE / SERVES 12–15)

- 500 g almonds with skin, lightly chopped or crushed
- 6–8 garlic cloves
- 1–2 tablespoons ground cumin (adjust to taste; 2 indicates high intensity)
- 400–500 ml sunflower oil
- 200–250 g natural crushed tomato (or 3–4 tablespoons ketchup as a domestic alternative)
- 10–12 g coarse salt (to taste)

To serve

- Twice-baked bread (pan bizcochado) or day-old bread, lightly toasted

→ METHOD

1. In a large bowl or earthenware dish, crush or blend the garlic with the salt and cumin until forming a homogeneous aromatic base. Add the chopped almonds and tomato, mixing thoroughly.
2. Gradually incorporate the oil, working the mixture manually until achieving a cohesive, dense, and slightly coarse texture. No cooking is required.
3. It is important to use sunflower oil or a neutral-flavoured oil: olive oil, being more dominant, may hinder emulsification and alter the traditional flavour profile.
4. Allow the sauce to rest before serving so that the flavours can fully integrate.



PAIRING: White wines with good acidity (dry or semi-dry volcanic *Malvasía*). Light rosé wines. Young red wines with low tannin. It also pairs well with lager-style beers or lightly toasted beers.

ANALYSIS: Almond *mojo* represents a less widespread yet deeply significant variant within the repertoire of Canarian mojos, in which the almond assumes a structuring role as the main ingredient. Its formulation—based on the raw crushing of nuts, garlic, cumin, oil, and tomato—connects with Mediterranean and North African culinary matrices, while also reflecting a local adaptation aimed at increasing energy density and shelf life. It thus emerges as a sauce of considerable intensity that transcends the role of a simple accompaniment, functioning instead as a central element in the gustatory structure of festive and rural meals. Traditionally, it accompanies bread, potatoes, or meats, acting as both an energy-rich and flavour-enhancing component.

Carnival Fritters (Tortillas de Carnaval)



→ INGREDIENTS (FOR ~30 LARGE PIECES)

For the batter

- 2 kg pumpkin (raw weight, peeled and deseeded)
- 10–12 eggs (depending on size)
- 125 ml milk
- 125 ml anise liqueur (sweet type)
- 2 tablespoons aniseed
- 10 g coarse salt
- 500 g sugar
- 2 tablespoons ground cinnamon
- 700–800 g wheat flour (depending on absorption)
- Zest of 2 lemons

For frying

- 1–1.5 L sunflower oil

For serving

- 300–400 g honey (optionally diluted slightly with water)

→ METHOD

1. Cook the pumpkin in pieces until tender, drain well, and blend into a smooth purée.
2. In a large bowl, mix the eggs, sugar, milk, anise liqueur, lemon zest, cinnamon, aniseed, and salt. Add the pumpkin purée and mix until homogeneous.
3. Gradually add the flour until obtaining a semi-liquid batter—thick but pourable, able to fall from a spoon.
4. Let the batter rest for 20–30 minutes.
5. In a large pan with abundant hot oil (170–180°C), shape the fritters using a spoon. Fry until golden on both sides.
6. Remove onto absorbent paper and, while hot or warm, drizzle with honey or serve with honey on top.



PAIRING: Traditional sweet wines (sweet *Malvasía*, Muscat). Anise liqueur or honey rum. Coffee or herbal infusions (especially in domestic settings).

ANALYSIS: Carnival fritters form part of the classic repertoire of Canarian festive pastry, closely linked to the liturgical calendar and to celebratory periods preceding Lent. Their composition reflects a logic of using locally available, seasonal ingredients, resulting in an enriched batter that, through frying, acquires high energy density and a characteristic texture—soft and airy inside, with a lightly crisp exterior. The addition of anise liqueur and aniseed introduces a Mediterranean-rooted aromatic profile, while the finishing touch of honey recalls older culinary traditions in which natural sugars played a central role. Altogether, these preparations are consolidated as culinary expressions of celebration, abundance, and community sociability.

VÍCTOR DELGADO



Víctor Delgado, known in Valsequillo as “Víctor the postman”—a reference to his profession—welcomes us to the home of his sister-in-law Ana Benítez, in the town centre. It is worth noting that the Benítez Atta family use this house as their main space for family gatherings and shared gastronomic experiences. Accordingly, this research team was received with great hospitality by Víctor, Ana Benítez (host), Sara Benítez (Víctor’s wife), and Irene (their daughter).

Through a relaxed conversation with the family, we gradually came to understand the personality of our “home cook.” Somewhat reserved in character, Víctor describes himself as self-taught in the culinary arts. A strong advocate of Valsequillo’s primary sector and of local produce, his family portrays him as “a curious-minded epicure,” although he nuances this description, preferring to see himself as an experimental gourmet. His interest in coffee is also noteworthy, an area in which he has developed con-

siderable skills as a barista.

In the domestic sphere, Víctor assumes the leading role in the kitchen, applying a fundamentally traditional approach enriched with personal contributions. His specialties include puchero, rancho canario, a variety of stews and legume-based dishes, *ropavieja*, *garbanzadas*, broths of both vegetable and fish base, fried fish, as well as rice dishes (paella, fideuá, risotto) and Italian-inspired preparations such as lasagne. He is also typically responsible for menus during major family celebrations, particularly at Christmas.

For the purposes of this work, two representative preparations were selected: *caldo de millo* (maize broth) and fish broth. This choice is not incidental, as Víctor himself highlights—consistent with our observations—the currently limited presence of fishery products in the everyday diet of Valsequillo.



Maize Broth (Caldo de Millo)

The result is a bright yellow broth, slightly oily on the surface, with an abundance of solid components: maize kernels, whole or large pieces of potatoes, and chunks of vegetables. The image also shows the addition of a poached egg, which contributes richness to the dish. The broth is served accompanied by *gofio*—which may be added directly to the plate or consumed separately—and fresh cheese, providing a mild dairy contrast. Seasoned olives, served as a starter, complete the ensemble with a characteristic fatty, acidic, and salty note.



→ INGREDIENTS (SERVES 2)

- 2 corn cobs
- 2 ripe tomatoes, peeled
- 4 potatoes
- ½ onion
- ½ red pepper
- ½ green pepper
- 1 bunch of coriander
- 3–4 garlic cloves
- 1 teaspoon cumin
- 1 teaspoon paprika
- Extra virgin olive oil
- Food colouring or Canarian saffron substitute (azafranillo)
- Water
- Salt to taste
- Optional: 2 eggs (1 per person)

To serve

- *Gofio* (for mixing into the broth or consuming dry)
- Fresh cheese
- Seasoned olives

→ METHOD

1. Prepare the maize: Cut the cobs into thick slices or partially remove the kernels to enhance flavour release during cooking.
2. Base sauté: In a pot, gently sauté the finely chopped onion, garlic, and peppers in olive oil.
3. Add the tomato: Incorporate the peeled and chopped tomato, cooking until a cohesive base is formed.
4. Seasoning: Add the cumin, paprika, and colouring or azafranillo, stirring briefly.
5. Cook the maize: Add the maize, cover with water, and boil for 20–25 minutes.
6. Add the potatoes: Incorporate the “cracked” potatoes and continue cooking until all components are tender.
7. Finish: Adjust salt, add freshly chopped coriander, and, if desired, poach the eggs directly in the broth during the final minutes.



PAIRING: A young, dry white wine with good acidity (volcanic *Malvasía*) balances the richness of the broth. Alternatively, a light red wine or the traditional pairing with water and *gofio* aligns with the domestic context of the dish.

ANALYSIS: The observed culinary scene—caldo de millo accompanied by *gofio*, cheese, and olives—represents a synthesis of the traditional diet of the Canarian midlands. Maize, introduced after the Columbian exchange, has been fully integrated as a staple, while *gofio* reflects a pre-Hispanic substrate that has endured as an identity marker. Fresh cheese highlights the importance of livestock in these agri-food systems, and seasoned olives illustrate the continuity of preservation and seasoning practices rooted in Mediterranean traditions. Altogether, this is not merely a dish but a complete food system, in which each component fulfils a specific nutritional and cultural function within a model based on self-sufficiency and the efficient use of local resources.

Fish Broth (Caldo de Pescado)

The result is a clear, aromatic broth with a slightly orange hue, in which the potatoes are well integrated, and the pieces of fish remain juicy and well defined. The dish achieves a balance between the fatty smoothness of the white grouper (cherne) and the firmer texture of the pink dentex (sama), with a characteristic spiced and herbal background. *Gofio escaldado* acts as a structural complement, adding density and depth to the overall preparation.



→ INGREDIENTS (SERVES 4)

- 600–800 g Pink dentex (*Dentex gibbosus*), in fillets or bone-in pieces
- 600–800 g white or White grouper (*Epinephelus aeneus*), in pieces
- 1 medium onion (≈150 g)
- 2 ripe tomatoes (≈250 g), peeled
- 500–600 g local potatoes
- 4 garlic cloves
- 1 teaspoon cumin seeds
- 1 small bunch fresh coriander
- 1 green pepper
- 1 teaspoon sweet paprika
- 40–50 ml extra virgin olive oil
- 1.5–2 litres water
- Salt to taste
- Optional: 1–2 tablespoons coriander mojo to enrich the broth

Accompaniment

- *Gofio escaldado* (prepared by his brother-in-law **Pepe Suárez**):
 - 150–200 g maize gofio
 - 1–2 garlic cloves, sliced and fried
 - Hot broth from the stew
 - Finely chopped mint

Garnish

- A sprig of fresh mint

→ METHOD

1. Prepare the base sauté: In a large pot, heat the olive oil and lightly sauté the garlic. Add the chopped onion and green pepper, cooking until softened. Incorporate the peeled and crushed or finely chopped tomatoes and cook until a well-integrated base is achieved.

2. Add spices: Incorporate the cumin (preferably crushed) and sweet paprika, stirring briefly to prevent burning.

3. Cook the broth: Pour in the water and bring to a boil. Add the “cracked” potatoes (irregular chunks) and cook over medium heat for 15–20 minutes.

4. Add the fish: First add the grouper (richer in fat), and after 5 minutes add the dentex. Adjust salt and cook gently for a further 8–10 minutes, avoiding overcooking the fish.

5. Finish: Add freshly chopped coriander at the end of cooking. Optionally, incorporate a small amount of coriander mojo to intensify the aromatic profile.

6. Prepare the gofio escaldado: In a bowl, place the gofio and gradually add hot broth from the stew, stirring until a creamy, consistent texture is obtained. Add the fried garlic and chopped mint.



PAIRING: A young, dry white wine with an Atlantic profile (volcanic *Malvasía* or *Listán Blanco*), with good acidity to balance the richness of the broth. Alternatively, a light craft beer such as a pale ale or lager, which cleanses the palate without masking the nuances of the fish.

ANALYSIS: This dish belongs to the tradition of Canarian fish broths, adapted to the inland context of the mid-altitudes, where fresh or semi-salted fish is integrated into preparations based on agricultural staples (potatoes, vegetables, *gofio*). The use of spice pastes (garlic, cumin), paprika, and fresh herbs reflects culinary patterns of Hispano-Maghrebi origin, while the presence of *gofio escaldado* directly evokes the pre-Hispanic heritage and its role as a foundational energy source in the diet. Overall, the dish illustrates a model of land-sea integration cuisine, in which fish products are reinterpreted within a domestic and rural framework, generating preparations that are nutritious, functional, and deeply rooted in local identity.

PILAR CABRERA



Pilar Cabrera welcomes us warmly into her home, located around Vuelta de Los Barber, just beyond La Barrera (Valsequillo), from where there is a wide view towards the sea. Upon our arrival, everything was arranged with meticulous order: ingredients prepared and organised, meats properly refrigerated, and the cooking pots with the stews already prepared, resting carefully covered—a clear demonstration of planning and domestic expertise.

She explains that she learned the fundamentals of cooking from her mother, Mrs. Carmen Pulido, whom she frequently consulted after moving to Valsequillo. From this foundation, her learning has been largely self-taught, consolidated through daily practice. Her culinary activity was not limited to the family sphere—serving a household of four—but also included occasional requests from neighbours, thus reinforcing the traditional role of cooking as a form of community service.

Her weekly organisation follows a classical dietary pattern: on Sundays, soup accompanied by beef *ropavieja*; during the week, a succession of stews (watercress, chard, among others), rancho canario, dry chicken soup—enriched with broth from the *ropavieja*—meat in sauce, and fried chicken breasts. During festive periods, especially Easter, she maintains strongly rooted preparations such as *sancocho* and fried anchovies.

Pilar advocates a slow approach to cooking, based on time as an essential ingredient: “I like to cook as before, calmly; food needs time because it tastes better.” This philosophy translates into a practice organised in the early hours of the day, before starting her working day, and into a cuisine where long cooking times, resourcefulness, and respect for traditional rhythms predominate.

For the purposes of this work, two representative preparations of this domestic culinary model were selected: potaje de *jaramagos* and potaje de berros, both examples of plant-based cuisine enriched with meat components, deeply connected to the territory and to seasonality.



Wild Mustard Greens Stew (Potaje de Jaramagos)

The result is a rustic-looking stew, dark green in colour, with a slightly thick broth and the characteristic fibrous texture of wild mustard greens (jaramagos). Sweet potatoes provide sweetness and smoothness, while the meat contributes depth and fatty richness. Gofio is added directly to the dish, either sprinkled on top or kneaded with the broth, enhancing both density and caloric value.



→ INGREDIENTS (SERVES 3)

- 300–400 g wild mustard greens (*jaramagos*), fresh or previously blanched and frozen
- 150 g salted pork ribs
- 150 g fresh pork ribs
- 2 heads of garlic (≈16–20 cloves), well crushed
- 80–100 ml (about 1 small cup) olive oil
- 2 medium sweet potatoes (≈400 g)
- 1 medium potato (≈150–200 g), cooked separately
- 1.5–2 litres water
- Coarse salt to taste

Accompaniment

- Maize gofio, in powder form

→ METHOD

1. Pre-desalting (if necessary): If the salted pork ribs are very salty, partially desalinate them by soaking in water for several hours, changing the water at least once.

2. Initial cooking: In a large pot, place both types of ribs, the crushed garlic, and the olive oil. Add water and bring to a boil over high heat.

3. Add the greens: Once boiling, add the chopped jaramagos. Maintain a strong boil for a few minutes to help integrate the flavours.

4. Long cooking: Reduce the heat and simmer over medium-low heat for at least 1 hour and 30 minutes, stirring occasionally.

5. Add the sweet potatoes: Incorporate the peeled and chopped sweet potatoes and continue cooking for an additional 20–30 minutes, until very tender.

6. Potato treatment: The potato is cooked separately and added at the end. This practice reflects traditional knowledge that potatoes can alter the texture or “interrupt” the cooking of the greens.

7. Final adjustment: Adjust salt if necessary and allow to rest for a few minutes before serving.



PAIRING: A young red wine (*Listán Negro*) with a light profile accompanies the intensity of the dish without overpowering it. Alternatively, a structured white wine or even a traditional vino de tea may be suitable. It is also commonly consumed with water or without alcohol, in keeping with its domestic character.

ANALYSIS: *Potaje de jaramagos* is a paradigmatic example of subsistence cuisine based on the use of wild resources. *Jaramagos* have traditionally been gathered as a supplementary food in times of scarcity. Their use reflects a deep ecological knowledge of the environment and an adaptive response to seasonal availability. The incorporation of pork ribs, sweet potatoes, and gofio follows the logic of energy densification characteristic of the Canarian peasant diet. The prolonged cooking technique and the simplicity of seasoning point to rural culinary models, in which time and slow heat act as transformative elements. This stew represents a clear expression of food identity linked to territory, traditional knowledge, and a resource-efficient economy.

Watercress Stew (Potaje de Berros)

The result is a dense, dark broth, rich in vegetable components and with a velvety texture. Watercress provides a characteristic slightly bitter and mineral flavour, balanced by the sweetness of pumpkin and sweet potato. Corn on the cob (*piña de millo*) adds structure and a distinctive cereal note.



→ INGREDIENTS (SERVES 3)

- 250–300 g fresh watercress, cleaned and chopped
- 1 corn cob, sliced
- 150 g green beans
- 2 medium potatoes (≈400 g)
- 1 medium sweet potato (≈200 g)
- 200 g pumpkin
- 1 white onion (≈150 g)
- 50–70 g yam
- 1 carrot
- 1 small courgette
- 150 g pork ribs
- 80 ml extra virgin olive oil
- 1.5–2 litres water
- Coarse salt to taste

Optional (final paste)

- 2 garlic cloves
- 1 teaspoon paprika
- 1–2 tablespoons oil

→ METHOD

- 1. Raw assembly:** In a large pot, place all ingredients raw: pork ribs, watercress, corn, green beans, potatoes, sweet potato, pumpkin, onion, yam, carrot, and courgette, all chopped.
- 2. Add liquids and fat:** Add the water, olive oil, and salt. Bring to a boil over high heat.
- 3. Cooking:** Once boiling, reduce to medium-low heat and simmer for 1 hour 30 minutes to 2 hours, until all ingredients are well integrated and tender.
- 4. Optional paste:** Prepare a paste with garlic, paprika, and a little oil, and add it to the stew during the final minutes of cooking to enhance aroma.
- 5. Resting:** Allow to rest for a few minutes before serving, enabling the broth to gain body.



PAIRING: A young or semi-young red wine (*Listán Negro*) pairs well with the structure of the dish. Alternatively, a full-bodied white wine or a lightly toasted craft beer. In domestic contexts, it is often consumed without alcoholic accompaniment.

ANALYSIS: This is one of the most emblematic preparations of traditional Canarian cuisine and a clear example of the integration between mid-altitude agriculture and popular diet. Watercress, cultivated in humid areas or gathered from watercourses, has historically been a key plant resource due to its availability and nutritional value. The structure of the stew reflects a balanced dietary model based on the complementarity of resources. The technique of cooking all ingredients together from raw embodies an economy of means and a domestic logic oriented towards efficiency. The optional addition of a final spice paste introduces aromatic nuances linked to Iberian culinary influences. This dish synthesises the gastronomic identity of the midlands of Gran Canaria: agricultural diversity, full resource utilisation, and intergenerational transmission of culinary knowledge.

Loly Pérez / Humberto Rodríguez

Noodle, Bean and Potato Stew (Potaje de Fideos, Judías y Papas)

With great warmth and friendliness, Mrs. Loly Pérez and Mr. Humberto Rodríguez welcome us into their home in Pitango, Orilla de Las Vegas (Valsequillo). They have prepared a classic Canarian potaje—a true hearty, spoon-based dish. Humberto clarifies that this is not a rancho canario, as the latter includes chickpeas. Despite the persistent, though welcome, rain, he takes us on a guided visit of his smallholding, whose produce is linked to the restaurant *El Padrino* (see below).



→ INGREDIENTS (SERVES 2)

- 100 g wheat noodles
- 100 g green beans
- 500 g potatoes
- 2 corn cobs
- 500 g salted pork ribs
- 250 g pumpkin

For the sauté base

- 1 medium onion
- 2–3 garlic cloves
- 1 green pepper
- 1 ripe tomato (or 150 g crushed tomato)
- 3–4 tablespoons olive oil
- A splash of white wine

(The pumpkin is added together with the sauté.)



→ METHOD

1. **Desalting:** If the pork ribs are very salty, soak them in water overnight, changing the water once or twice.
2. **Initial cooking:** Place the ribs in a pot with water and bring to a boil. Skim if necessary.
3. **Add main ingredients:** Add the chopped corn cobs and green beans. Simmer until they begin to soften.
4. **Add potatoes:** Incorporate the “cracked” potatoes and continue cooking over medium heat.
5. **Prepare the sauté:** In a separate pan, gently cook the onion, garlic, and green pepper. Add the tomato and, finally, the white wine. Allow to reduce.
6. **Combine:** Add the sauté to the pot along with the diced pumpkin.
7. **Add noodles:** When all ingredients are nearly tender, add the noodles.
8. **Adjust liquid:** Add water if necessary and continue cooking until the noodles are perfectly done and the stew has thickened.
9. **Final texture:** The result should be a thick, cohesive broth with a pronounced flavour from the pork ribs.



PAIRING: A young red wine from the midlands of Gran Canaria pairs well with the dish. Alternatively, a dry white wine with good acidity helps balance the richness of the pork.

ANALYSIS: This dish is a clear expression of domestic cuisine in the mid-altitude areas of Gran Canaria, shaped by available resources and a subsistence-based economy. It combines deeply rooted ingredients such as potatoes and maize with later incorporations such as noodles, while salted pork ribs reflect traditional preservation techniques, and the sauté base reveals Hispanic culinary influence. Overall, it is a simple, nourishing, and resource-efficient preparation, consistent with the logic of traditional *potaje*, understood as a vegetable-and-legume-based stew with a fluid but substantial structure.

SERGIO TUR DÍAZ-CASANOVA



Sergio Tur Díaz-Casanova is a 26-year-old lawyer, born and raised in Los Llanos del Conde (Valsequillo). From a very early age, he discovered a deep vocation for cooking, to the point that, for birthdays and family celebrations, he preferred receiving gastronomic experiences—such as menus at high-end restaurants—or kitchen utensils rather than other types of gifts.

His culinary training has a clearly domestic foundation: from his mother he inherited mastery of stews, purées, and traditional home cooking, while from his father he incorporated more complex preparations such as paellas and lasagnas. Building on this family background, his development has been largely self-taught, shaped by critical observation in restaurants, following leading chefs, and continuous experimentation at home.

He defines his cuisine as nutritious, resource-efficient, and with an innovative component, based primarily on the use of local (km 0) and seasonal products. He deliberately avoids frying—on both organoleptic and nutritional grounds—and instead focuses on stews, slow-cooked dishes, pickles, fresh preparations, and plant-based recipes. Although, for convenience, he purchases some products in supermarkets, he maintains an active connection with local markets such as those in San Mateo and the Valsequillo farmers' market.

For this work, he proposed two preparations representative of his approach: a bone broth made from pork offal rich in collagen and marrow (hip, knee, and shank bones), and a beetroot gazpacho, conceived as a plant-based reinterpretation of a classic dish.



Bone Broth

(Caldo de Huesos)

The result is a dense, structured broth with a high collagen content, which clearly gelatinises upon cooling, separating into a lower gelatinous layer and an upper fat layer.



→ INGREDIENTS (SERVES 4)

- 2 kg pork bones (hip, knee, shank/fore shank) (≈1 kg of bones per 2 litres of water)
- 4–5 garlic cloves
- 1 teaspoon black peppercorns
- 2–3 tablespoons extra virgin olive oil
- 2 tablespoons apple cider vinegar (with “mother”)
- 3–4 litres water
- Salt to taste (added at the end)
- Optional: 2 bay leaves and 1 teaspoon dried oregano
- 3–4 garlic cloves (added during the sauté)

(Some cooks choose to deglaze the broth before serving.)

Accompaniment

- Sourdough bread
- Aged Valsequillo cheese with paprika
- Meat remnants recovered from the bones



→ METHOD

1. Roasting the bones: Preheat the oven to 180 °C for 10–15 minutes. Arrange the bones on a tray in a single layer, with the skin side facing up. Roast for about 15 minutes until lightly browned.

2. Aromatic base: In a pot (preferably a pressure cooker), heat the olive oil and lightly sauté the garlic. Add the peppercorns and cloves to activate their aromatic compounds.

3. Deglazing: Transfer the bones to the pot. Deglaze the roasting tray with a little water, scraping up the browned juices, and add them to the pot.

4. Cooking: Add the apple cider vinegar and cover with water. Bring to a boil and skim off impurities. Once clarified:

- Conventional pot: simmer over very low heat for 12–24 hours.
- Pressure cooker: cook for 3–4 hours.

5. Finishing: Strain the broth. Allow to cool and, if desired, remove excess fat from the surface. Add salt only when reheating before serving.



PAIRING: A young or lightly aged red wine (*Listán Negro*) pairs well. Alternatively, a white wine aged on lees or, in a traditional context, consumption without alcoholic accompaniment.

ANALYSIS: Bone broth follows an ancestral logic of whole-animal utilisation, present in many rural traditions. In the Canary Islands, this practice is closely linked to domestic pig slaughter and the use of offal as a key nutritional resource. Prolonged cooking allows for the extraction of collagen, minerals, and aromatic compounds, resulting in a food of high nutritional density. The addition of vinegar—an empirical practice now supported by scientific understanding—facilitates mineral extraction. In its contemporary reinterpretation, this broth bridges tradition and modern nutrition, being revalued as a functional food.

Beetroot Gazpacho (Gazpacho de Remolacha)

The result is a cold soup with an intense, bright red colour and a smooth, homogeneous texture. Its organoleptic profile is well balanced between earthy sweetness (beetroot), acidity (tomato and vinegar), and the fatty notes of olive oil.



→ INGREDIENTS (SERVES 4)

- 2–3 cooked beetroots (≈400–500 g)
- 6 ripe tomatoes
- ½ cucumber (peeled and deseeded)
- 2 large garlic cloves
- 60–80 ml extra virgin olive oil
- 20–30 ml vinegar (Sherry or apple cider)
- Black pepper to taste
- 200–300 ml water (adjust for texture)
- Salt to taste

Garnish

- Chopped onion
- A drizzle of extra virgin olive oil

→ METHOD

1. Prepare ingredients: Chop the beetroot, tomatoes, and peeled, deseeded cucumber.
2. Blending: Place all ingredients in a blender (or Thermomix). Add water to partially cover.
3. Emulsification: Blend at high speed, gradually adding the olive oil in a thin stream to promote emulsification and achieve a silky texture.
4. Adjustment and refinement: Adjust salt, vinegar, and pepper. Optionally strain for a finer texture.
5. Serving: Serve chilled, garnished with finely chopped onion and a drizzle of olive oil.



PAIRING: A fresh rosé or a young white wine with good acidity (dry *Malvasía*) complements the vegetal and refreshing character of the dish. It also pairs well with light beer or even artisanal kombucha in a contemporary approach.

ANALYSIS: Gazpacho is a preparation of humble origin, traditionally associated with the use of vegetables and cold consumption in warm climates. The incorporation of beetroot represents a modern reinterpretation, introducing sweet and earthy nuances that depart from the classical Andalusian model while preserving its structural logic (blending, emulsification, acidity). In the Canarian context, this version engages with the growing appreciation of local horticultural produce and with contemporary trends towards plant-based, light, and seasonal cuisine. It thus exemplifies a creative adaptation of a culinary archetype to evolving gastronomic sensibilities.

PANCHA VEGA



Pancha Vega welcomes us warmly, with a friendly smile, into her home with a garden in the neighbourhood of Las Carreñas (Valsequillo), in a domestic setting that invites calm conversation. We are also joined by Pepe, her husband, who proves consistently helpful and engaged. Our prior acquaintance—as fellow participants in the La Barrera yoga group—confirms her personal profile: a woman committed to her community, with cultural interests and a strong sensitivity towards local produce.

Although she learned the foundations of cooking within the family, under the guidance of her mother, Pancha considers herself largely self-taught. She cooks for pleasure, without rigid structures, often guided by the immediate availability of ingredients—“whatever I see in the fridge”—and applying small innovative touches to a traditional base. Her repertoire includes potajes, rancho canario, potato broth, fabada with blood sausage

and pork, ropavieja, and chard or spinach turnovers. She acknowledges that pastry has not been her strongest area, although she is proficient in popular preparations such as *tortillas de Carnaval* and rice pudding.

For this occasion, she prepared a hearty rancho canario, a representative example of substantial, well-executed domestic cuisine.



Canarian Stew (Rancho Canario)

As shown in the image (representing approximately one and a half servings), the dish displays a brothy yet dense texture, with a lightly thickened stock resulting from the starch released by the potatoes and noodles. Golden hues—partly derived from turmeric—contrast with the green tones of fresh herbs. The meats appear tender, juicy, and well-integrated, resulting in a highly satiating dish with a strong domestic character.



→ INGREDIENTS (SERVES 2)

- 200 g beef (preferably shank or similar cut, in pieces)
- 1 chicken leg quarter (thigh and drumstick, chopped)
- 80–100 g short noodles (no. 4)
- 2–3 medium local potatoes
- ½ onion
- 3–4 garlic cloves
- ½ red bell pepper
- A small bunch of fresh mint
- ½ teaspoon turmeric
- 1.2–1.5 L water
- Salt to taste
- Extra virgin olive oil (optional, for the sauté base)

→ METHOD

1. In a pot, combine the beef and chicken with the water and bring to a boil. Skim off any impurities and simmer over medium heat for about 25–30 minutes.
2. Add the chopped onion, crushed garlic, and diced red pepper. Continue cooking for 10–15 minutes.
3. Add the peeled and “cracked” potatoes (broken rather than cleanly cut to release starch).
4. Stir in the turmeric and adjust salt. Cook until the potatoes are almost tender (about 15 minutes).
5. Add the noodles and cook for a further 8–10 minutes, until they are done and the broth becomes slightly thickened.
6. Finish with finely chopped fresh mint, adding aromatic freshness. Let the dish rest for a few minutes before serving.



PAIRING: Young red wine (*Listán Negro*) or, alternatively, a structured white wine. In a more everyday context, it pairs well with local table wine or simply fresh water, in keeping with its domestic nature.

ANALYSIS: *Rancho canario* is one of the most emblematic dishes of traditional cuisine in the archipelago, historically linked to rural contexts and the need to produce nourishing, complete meals from limited resources. It occupies an intermediate position between soup and stew, combining meats, carbohydrates (potatoes and noodles), and aromatics within a framework of resourcefulness and household economy. The inclusion of noodles—introduced after colonization—coexists with locally rooted ingredients such as potatoes and fresh herbs. In its domestic versions, such as this one, the dish adapts to ingredient availability while preserving its essence as a flexible, comforting, and deeply identity-bearing preparation.

JUAN PEÑATE



Juan Peñate welcomes us warmly into his home in Las Vegas (Valsequillo). He learned the basic foundations of cooking within the family environment, guided by his aunts and his brother Emilio, a professional cook. He later obtained a Culinary Technician qualification at IES Felo Monzón (Las Palmas de Gran Canaria), developing his career across various sectors of the hospitality industry: catering, institutional food services, restaurants, and currently school canteens (preparing meals for children aged approximately 3 to 13).

For this work, he has chosen to prepare a rural dish from the midlands: puchero canario, one of the most representative preparations of traditional domestic cuisine in the archipelago.



Canarian Stew (Puchero Canario)



→ INGREDIENTS (SERVES 3)

- 150 g green beans
- 200 g white cabbage
- 1 large potato from Valsequillo (cut lengthwise)
- ½ sweet potato
- 1 large carrot
- 250 g pumpkin
- 1 corn cob (cut into pieces)
- 200 g fresh pork ribs
- 200 g beef
- 200 g chicken thigh (boneless or bone-in)
- 8 garlic cloves
- 30–40 ml olive oil (2–3 tablespoons)
- Salt to taste
- Water to cover the vegetables

Accompaniment

- Green mojo (*Mojo verde*: parsley, cumin, garlic, olive oil, wine vinegar, and salt)

→ METHOD

1. In a large pot, place the meats first and cover them with cold water. Bring to a boil and skim off impurities. Add the whole garlic cloves and salt and begin a slow simmer.
2. Once the meats start to tenderize, add the more resistant vegetables (corn cob, carrot, green beans, and cabbage). Then add the potato and sweet potato, and finally the pumpkin to prevent it from disintegrating.
3. Maintain a gentle simmer until all ingredients are tender yet intact. Part of the oil can be added at the beginning (with the garlic), and a final small drizzle (10–15 ml) may be added at the end to round out the broth.
4. Traditional service separates the broth (served first) from the solids (meats and vegetables), which are presented as a second course, typically accompanied by *mojo verde*.

PAIRING: Pairs well with young red wines or lightly aged reds, showing fruit-forward profiles and moderate tannins. It can also be accompanied by structured white wines or simple traditional beverages such as water or beer, in keeping with its domestic character.



ANALYSIS: *Puchero canario* is one of the most complete expressions of traditional island cuisine, both nutritionally and culturally. It is a rural preparation that integrates garden produce with a variety of meats, resulting in a balanced and energy-dense dish. Its structure follows the classical model of Iberian boiled meals, adapted to the environmental and agricultural conditions of the Canary Islands. The staged addition of ingredients and prolonged simmering facilitate the extraction of soluble compounds, producing a broth rich in flavour and nutritional value. The dish functions as a complete meal, combining proteins from different sources, complex carbohydrates, and plant-based fibre. Its traditional service in separate courses (“*vuelcos*”) reflects a culinary logic of efficiency and resourcefulness, where a single preparation yields multiple gastronomic experiences. Ultimately, *puchero canario* embodies a cuisine of gathering and continuity, closely tied to domestic life and weekly or festive cycles, and stands as one of the central pillars of the Canarian culinary identity.

PEPA SARMIENTO



Pepa Sarmiento, a fellow member of the La Barrera yoga group, welcomes us warmly into her home in Luis Verde (Valsequillo), with a kind and cheerful demeanour.

She explains that she learned to cook from her father, Fermín Sarmiento, who was responsible both for shopping and for cooking at home, while her mother took care of other household tasks. Both were schoolteachers. “My father taught my brothers; I was his kitchen helper—he would let me peel the potatoes.” Later, she took over cooking out of necessity within a large family. Today, now retired, she cooks primarily for personal enjoyment.

For this project, she has prepared *tollos en salsa* (dogfish in sauce), based on a handwritten recipe preserved in a carefully kept notebook.



Dogfish in Sauce (Tollos en salsa)



→ INGREDIENTS (SERVES 4–6)

- 1 kg dried dogfish strips (tollos)
- 3 garlic cloves
- 1 large onion
- 5 ripe tomatoes (or equivalent crushed tomato)
- 1 red bell pepper
- 1 bunch of parsley
- 1 sprig of thyme
- Ground black pepper (or 1 whole peppercorn)
- A splash of vinegar
- 1 teaspoon ground cumin
- Salt (moderate amount; adjust after desalting)
- 60–80 ml olive oil (4–5 tablespoons)
- Water

Accompaniment

- Boiled potatoes (*papas sancochadas*, preferably rested from the previous day). This accompaniment is not merely optional but functional: it balances the dish by absorbing the sauce and softening its intensity.

→ METHOD

1. Soak the dried dogfish overnight, changing the water several times to properly desalinate it.
2. The next day, drain and boil the fish in fresh water for 10–15 minutes. Discard this water and set aside.
3. In a pot, prepare a sauté with olive oil, finely chopped onion, and red pepper.
4. Once softened, add the garlic, crushed or puréed tomato, cumin, pepper, and herbs (parsley and thyme). Cook until the mixture is well integrated and slightly reduced.
5. Add a splash of vinegar, followed by a glass of water, and finally incorporate the dogfish.
6. Simmer over medium heat for 10–15 minutes, until the sauce thickens slightly and the flavours meld.
7. Adjust salt if necessary and allow to rest briefly before serving. Serve hot.



PAIRING: Pairs well with dry white wines with good acidity or light young red wines. In a more traditional context, it is also commonly accompanied by beer, which refreshes the palate and balances the dish's intensity.

ANALYSIS: *Tollos en salsa* is one of the most representative dishes of traditional Canarian cuisine based on preserved fish. It reflects historical preservation practices—salting and drying—essential in island contexts where continuous access to fresh fish was limited. Desalting and pre-boiling are critical steps to rehydrate the product and regulate its salt content. The sauce—built upon a sauté base enriched with spices—adds aromatic complexity and integrates the strong flavour of the fish. The result is a dish of notable gustatory intensity, combining saline, acidic, and spiced notes. From a cultural perspective, this preparation exemplifies a cuisine of adaptation and resourcefulness, deeply rooted in insular food memory, where preserved products are transformed through simple techniques into dishes of remarkable sensory richness.

CARMEN SARMIENTO



Carmen Sarmiento, a yoga companion in the La Barrera group together with her brother Justo, welcomes us warmly into her home in Las Chozas (Valsequillo). She explains that she learned to cook from a very young age while working in a bourgeois household in Las Palmas de Gran Canaria, where she eventually took on responsibilities typical of a housekeeper. In her own family home, she also assumed cooking duties for her mother and her five siblings. "I've always been cooking," she summarizes. Her specialties include stews (*potajes*), meatballs, croquettes, and salads.

She currently maintains a very active lifestyle, yet kindly agreed to prepare for this project a dish that is particularly representative of her cooking: meatballs in sauce.



Meatballs in Sauce



→ INGREDIENTS (SERVES 2–3)

For the meatballs

- 500 g ground beef
- 200 g ground pork
- 1 slice of bread (40–50 g), soaked in milk
- 1 beaten egg
- 2 garlic cloves, very finely chopped
- 2 tablespoons fresh parsley
- Salt and pepper to taste

For the sauce and cooking

- 2 medium onions
- 1 red bell pepper
- 2 garlic cloves
- 200–250 g pumpkin
- 1 small carrot
- 120–150 ml extra virgin olive oil
- 1 teaspoon thyme
- ½ teaspoon turmeric
- A pinch of ginger (fresh grated or powdered)
- 100 ml white wine (optional)
- 300–400 ml water or light stock
- Salt to taste

→ METHOD

1. Preparing the meatballs: In a bowl, mix the meats with the soaked and drained bread, egg, garlic, parsley, salt, and pepper. Knead until homogeneous. Shape into walnut-sized balls and set aside.

2. Preparing the sauce: In a large pot, sauté the finely chopped onion, red pepper, and garlic in olive oil. Once softened, add the carrot and pumpkin cut into small cubes.

3. Flavouring and base: Add thyme, turmeric, and ginger. Pour in the white wine (if using) and let the alcohol evaporate. Add the water or stock and cook for a few minutes until the vegetables begin to soften.

4. Cooking the meatballs: Add the meatballs to the sauce over medium heat. Once it starts to boil, reduce to medium-low and cook for 10–15 minutes, gently shaking the pot to prevent sticking.

5. Finishing: The sauce can be left chunky or partially blended, depending on preference. Adjust salt and allow to rest briefly before serving.



PAIRING: Pairs well with young or medium-bodied red wines, whose acidity balances the richness of the meat. It also works with lager or lightly toasted beers. Bread is essential to make full use of the sauce.

ANALYSIS: *Albóndigas en salsa* represent a classic preparation of domestic cuisine, based on structuring minced meat through the addition of egg and bread, which optimizes both texture and yield. The combination of beef and pork balances flavour and juiciness. The sauce, rich in vegetables and spices, develops a complex aromatic profile in which sweet notes (onion, pumpkin), earthy tones (carrot), and spices (turmeric, ginger) stand out. The joint cooking process enables the exchange of flavours between meat and sauce, resulting in a cohesive dish. Nutritionally, it is a medium-to-high energy preparation, with a solid protein contribution and significant lipid content. Culturally, it is a versatile and everyday recipe, deeply rooted in the family setting, adaptable to available ingredients and local preferences while consistently retaining its comforting, home-style character.

MARY MONZÓN / GLORIA GIL



Located in the heart of the historic centre of Valsequillo, this building stands as one of the oldest and most significant examples of traditional midlands architecture. Its origin most likely dates back to the late 17th or 18th century, coinciding with the early formation of the settlement. Its typology reflects rural construction models adapted to the territory's topography and climate. Oral sources from the Monzón family even suggest that it may predate the Church of San Miguel itself. Before the church was established, the building may have occasionally hosted religious services, reinforcing its role as a focal point of community life. It also fulfilled social assistance functions, having housed a shelter promoted by a priest known as Don Jorge.

During the 19th century and the first half of the 20th century, the house maintained a mixed use typical of rural Canarian settings, combining residential

space with commercial activity, including a shop selling oil and vinegar. The year 1949 marked a turning point, when Eusebito Monzón and Teresita Santana opened a bar that would eventually become one of the most emblematic establishments in the municipality. Known as "Ca Eusebito," and later as the Monzón Brothers' restaurant, it was managed for more than six decades by several generations of the same family (see image of the Monzón family, circa 1970). Its bar counter witnessed a substantial part of Valsequillo's social life, serving as a space for conversation, gathering, and neighbourhood interaction.

In recent years, the building has retained its gastronomic vocation, adapting to new projects without losing its essence. Today, it remains a place where tradition and culinary reinterpretation coexist naturally. Altogether, the building is not only a valua-

ble architectural landmark but also a living archive of Valsequillo's collective memory, reflecting more than three centuries of social and cultural history.



Snails “Ca Eusebito” Style (Caracoles de Ca Eusebito)

The result is an intense, aromatic, and deeply flavourful stew, with a well-bound, complex broth in which fennel provides freshness and the meats enrich the overall profile. This recipe was awarded the “Bronze Snail” at the 4th Gastronomic Snail Competition of Villa de Agüimes in 2015.



→ INGREDIENTS (SERVES 4)

- 1 kg snails (preferably already purged)
- 3 medium white onions (≈ 450 g)
- 1 red bell pepper
- 1 green bell pepper
- 1 hot chili pepper
- 3 chorizos (Canarian-style or grilling type, ≈ 250–300 g)
- 1 salted pork blood sausage (*morcilla*, ≈ 200 g)
- 2–3 salted pork bones
- 80–100 g diced cured ham
- 80 ml extra virgin olive oil
- 1 bunch fresh fennel
- 1 leek (white part)
- Water (to lightly cover)
- Coarse salt to taste (use sparingly)

For the *majado* (paste)

- 8–10 garlic cloves (≈ 1 large head or 2 small)
- A pinch of cumin seeds
- 1 teaspoon smoked paprika (La Vera)
- 1 slice toasted bread
- 150–200 ml extra virgin olive oil

→ METHOD

- 1. Cleaning:** Wash the snails several times with water and salt to remove impurities. If not already purged, keep them fasting beforehand.
- 2. Pre-cooking:** Place the snails in cold water and bring slowly to a boil so they emerge from the shells without retracting. Skim impurities and set aside.
- 3. Stew base:** In a large pot, sauté the finely chopped onion, leek, and peppers in olive oil until softened.
- 4. Adding meats:** Incorporate the sliced chorizos, chopped blood sausage, diced ham, and pork bones. Sauté briefly to release flavours.
- 5. Cooking:** Add the snails and cover with water. Add fennel and chili pepper. Simmer over medium heat for 45–60 minutes.
- 6. Majado:** In a mortar, crush the garlic, cumin, paprika, and toasted bread. Gradually add the oil to form an emulsion.
- 7. Finishing:** Stir the majado into the stew and cook for a further 10–15 minutes until the broth thickens and binds. Adjust salt if needed.



PAIRING: Young red wines made from *Listán Negro* or other light Atlantic reds; structured rosé wines; toasted beers or amber ales.

ANALYSIS: Snails have historically been part of traditional Canarian diets as an accessible rural resource, particularly in times of scarcity. Their preparation in rich stews with sausages and meats reflects an evolution toward more festive and substantial dishes, where fat and protein significantly enhance the overall composition. The use of wild fennel connects with traditional foraging practices, while the *majado*—a fundamental technique in Canarian cuisine—acts both as a thickening agent and a flavour intensifier. Preparations of this kind gained popularity in traditional bars such as “Ca Eusebito,” where domestic cooking traditions were projected into the public and social sphere.

Valsequillo-Style Pork Ribs with Corn



→ INGREDIENTS (SERVES 2)

- 500–600 g salted pork ribs
- 1.5 corn cobs (≈ 2 small or 1 large)
- 2 large potatoes (≈ 400–500 g)

For the green mojo (*mojo verde*)

- 1 bunch fresh coriander
- 2 strips green pepper
- 6–8 garlic cloves
- A pinch of cumin
- 100 ml extra virgin olive oil
- 20–30 ml wine vinegar
- Salt to taste
- 50–100 ml sparkling water (e.g. Fargas-type, to lighten and aid emulsification)

→ METHOD

1. **Pre-soaking:** If the ribs are highly salted, soak them in water for 8–12 hours, changing the water several times.
2. **Base cooking:** Place the ribs in a large pot with cold water and bring to a boil. Cook for 30 minutes.
3. **Adding corn:** Add the corn cobs, cut into pieces, and continue cooking for a further 20–25 minutes.
4. **Adding potatoes:** Incorporate the peeled and “cracked” (irregularly cut) potatoes to promote starch release. Cook until all components are tender (approximately 15–20 minutes more).
5. **Partial draining:** The dish may be served with some broth or slightly drained, depending on household preference.

Green mojo: Blend or pound all ingredients until a light, aromatic emulsion is obtained. Adjust texture with sparkling water.

Presentation: Serve the ribs with corn and potatoes, either coated with or accompanied by the green mojo.



PAIRING: Young white wines (*Listán Blanco*); fresh rosé wines; light blond beers or lager-style beers.

ANALYSIS: Pork ribs with corn constitute one of the most emblematic dishes of Canarian cuisine, particularly in festive and family contexts. Its origin is closely linked to a subsistence economy based on the use of salted pork, combined with corn—introduced following the Columbian exchange—and potatoes, which became a staple food in the archipelago. The Valsequillo variant is characterised by structural simplicity and the quality of its ingredients, with mojo verde playing a key identity-defining role by providing herbal freshness and balance. This dish exemplifies the fundamental triad of island cuisine—cereal, tuber and animal protein—within a preparation of strong cultural and social significance.

TERESA HERNÁNDEZ



Teresa Hernández welcomes us warmly into her home in Las Vegas (Valsequillo). She learned the basic foundations of cooking from her husband, Juan Peñate, a professional chef, as well as from other cooks within her social environment.

With a multifaceted profile—she paints on fabrics, roof tiles and other supports using acrylic techniques—Teresa works as a cook in a school canteen, preparing meals for children ranging from 6 months to 16 years of age. She holds a formal qualification as a Culinary Technician from the IES Felo Monzón (Las Palmas de Gran Canaria) and has further complemented her training through various professional development courses.

She actively participates in community life, contributing, among other initiatives, to the Almond Blossom Festival (*Fiesta del Almendrero en Flor*) with a stall featuring handicrafts and homemade products. For this work, she has chosen to prepare almond biscuits, representative of domestic confectionery closely linked to local produce.



Almond Biscuits (Galletas de almendra)



→ INGREDIENTS (MAKES ~20 BISCUITS)

- 250 g almonds (preferably ground or finely chopped)
- 150 g sugar
- 2 eggs
- Zest of 2 lemons



→ METHOD

1. In a large bowl, combine the ground almonds and sugar. Add the lightly beaten eggs and lemon zest, mixing until a homogeneous, dense and slightly sticky dough is obtained.
2. Shape small portions (slightly flattened) and place them on a baking tray lined with parchment paper, leaving some space between each piece.
3. Bake at 170°C for approximately 10 minutes, until the biscuits develop a light golden colour on the surface. The interior should remain soft.
4. Allow to cool on a wire rack before consumption, at which point they acquire their final texture.



PAIRING: These biscuits pair particularly well with black coffee or espresso with milk (cortado), as well as with herbal infusions. In festive contexts, they may also be served with naturally sweet or semi-sweet wines, which harmonise with the intensity of the almond and the citrus aroma.

ANALYSIS: Almond biscuits belong to a widely confectionery tradition in the Canary Islands, where almonds have historically played a significant role in both the economy and the food culture of mid-altitude regions. This is a simple preparation, based on a limited number of ingredients, which highlights the quality of the raw material. It follows the model of almond-based doughs with little or no flour, resulting in a characteristic texture: a slightly crisp exterior and a moist, tender interior, owing to the natural fat content of the almonds and the binding function of the egg. The use of lemon zest introduces an aromatic component that balances sweetness and enhances the overall sensory profile. These preparations are energy-dense, with a predominance of high-quality lipids (from almonds) and simple sugars. From a cultural perspective, they are associated with festive occasions, local celebrations and domestic economies, where homemade confectionery fulfils both nutritional and social functions, reinforcing community ties.

CRISTINA BOISSIER



Cristina Boissier and **Fernando Olea** welcome us warmly into their home, with a sense of humour and a relaxed atmosphere that reflects their approach to cooking: flexible, open to experimentation and centred on shared enjoyment. Cristina, a self-taught cook, does not consider herself an expert, yet shows a clear inclination towards pastry-making, inherited from her aunt Flora, who passed on to her a repertoire of recipes of British inspiration that she has gradually reinterpreted using local ingredients. Her curious and persevering nature is reflected in a culinary practice based on the progressive adjustment of recipes.

Fernando, in turn, provides a complementary profile: creative, intuitive and particularly skilled in sauce-making, which he develops “by eye”, combining multiple ingredients until achieving balanced results. Together, they share a domestic cooking style that is not highly systematised but remains dynamic, where trial and error forms a natural part of the process.

In their daily routine, they prioritise a light diet, rich in vegetables and with a clear preference for fish over meat; when they do use animal protein, they frequently opt for turkey or chicken. Among their regular preparations are simple yet well-executed dishes such as baked fish with lemon or fresh salads made with local produce.

In festive contexts, their cooking shifts towards a varied assortment of small dishes and shared plates, including specialities such as sausage rolls, guacamole, tuna belly and mango salad, or recipes prepared collaboratively. It is within this setting that Cristina’s pastry-making takes on a more prominent role. Her reventones de almendra, popularised during the Almond Blossom Festival (*Fiesta del Almendrero en Flor*), have become a highly anticipated product, generating recurring demand among attendees. For this work, they prepared almond reventones and, a few days later, a bitter orange marmalade.



Almond “Reventones”



→ INGREDIENTS (MAKES ~100 UNITS OF 6-7 G EACH)

- 500 g ground almonds
- 200 g walnuts
- 400 g sugar
- 2 tablespoons ground cinnamon
- Zest of 2 lemons
- 4 eggs, beaten
- A pinch of fine salt (optional)
- Icing sugar (for coating)



→ METHOD

1. Grind the almonds and walnuts together until a homogeneous mixture is obtained (the walnuts contribute fat and cohesion).
2. Add the sugar, cinnamon and lemon zest. Mix thoroughly.
3. Incorporate the beaten eggs (and salt, if using) until a dense, workable dough is formed.
4. Spread the dough between sheets of plastic wrap or inside a bag, forming a flat layer. Refrigerate for 20–24 hours to facilitate handling.
5. Cut into portions and shape into small balls. Coat in icing sugar.
6. Arrange on a baking tray and bake at 150°C for approximately 12–14 minutes. Adjust timing during the first batch to calibrate oven performance.



PAIRING: Naturally sweet wines (e.g. *Malvasía volcánica*), *mistelas*, or even late-harvest wines. They also pair well with black coffee or espresso.

ANALYSIS: *Reventones* belong to the Canarian confectionery tradition based on nuts, particularly almonds. Their possible connection to pastry traditions from La Palma situates them within a broader insular culinary heritage, where simple techniques—mixing, resting and baking—produce preparations of high energy density and notable shelf life. The inclusion of walnuts introduces an interesting variation in both texture and lipid profile, while the refrigerated resting phase reflects a precise technical rationale: controlling dough plasticity. Their success in festive contexts highlights their suitability as products of domestic economy and occasional sale.

Bitter Orange Marmalade (Mermelada de naranja amarga)



→ INGREDIENTS (YIELDS ~1.5 KG)

- 1 kg whole bitter oranges
- 250 g white sugar (for greater sweetness)
- 250 g brown sugar (less sweet, but more flavourful)
- Peel of 1 lemon (cut into fine strips)
- 1 glass (200 ml) orange juice
- 1 apple with skin (source of pectin)
- Optional: fresh ginger and/or cinnamon



→ METHOD

1. Sterilise jars and lids in boiling water. Dry upside down.
2. Wash the oranges and steam them for 1 hour together with the apple.
3. Cut the oranges, extract the pulp and remove the seeds.
4. Place the pulp in a pot along with the lemon peel, orange juice and the peeled apple.
5. Cook over low heat, stirring regularly.
6. Add both sugars and continue cooking until the desired consistency is reached.
7. Test the setting point by placing a small amount on a cold plate: it should adhere without running.
8. Pour into jars while hot and seal them upside down to create a vacuum.

Shelf life: 18 to 24 months.



PAIRING: Fresh or semi-cured goat cheeses, buttered toast, natural yoghurt, or as an accompaniment to game meats and poultry. It also pairs well with herbal infusions or black tea.

ANALYSIS: Bitter orange marmalade reflects a European tradition of citrus preservation adapted to the Canarian context. The use of the whole fruit intensifies both the aromatic and bitter profile, balanced through the combination of two types of sugar. The inclusion of apple as a natural source of pectin demonstrates empirical knowledge of gelation techniques. Beyond its role as a preserve, this preparation broadens the range of culinary applications, functioning as a contrasting element in both sweet and savoury dishes, and reflecting a logic of full product utilisation.

MARÍA TERESA PEÑATE



María Teresa Peñate welcomes us warmly into her home in Era de Mota (Valsequillo). The domestic setting—well-kept and filled with natural light—anticipates a culinary practice in which tradition and dedication are seamlessly intertwined. Shortly thereafter, her husband, José Antonio Peñate, joins us, contributing both to the cooking process and to the conversation, offering a sense of companionship and constant support.

María Teresa explains that she acquired the basic foundations of cooking within the family environment, guided by her grandmother and mother, both custodians of culinary knowledge transmitted across generations. She later complemented this background with a formal cooking course, from which she developed a largely self-taught approach grounded in continuous practice and experimentation. Although she masters a wide range of traditional local dishes, her true vocation lies in pastry-making, particularly in preparations based on almonds, an emblematic product of the mid-altitude areas of Valsequillo.

For this project, she has prepared two representative elaborations from this domain: caramelised almonds (almendras garrapiñadas) and almond horchata, both deeply rooted in local culinary tradition.

Beyond her culinary activity, María Teresa stands out for her strong commitment to the community. She actively participates in local fairs and festivities, where she offers free tastings of almond-based confectionery, contributing to the promotion of local produce and the preservation of traditional practices. She also develops a distinctive creative facet through the design of floats for the Romería de San Miguel, where she has achieved five consecutive first prizes over the course of a decade. This recognition has enabled her to represent the municipality of Valsequillo de Gran Canaria in the major festivities of Teror in honour of the Virgen del Pino, reinforcing the connection between gastronomy, culture and popular expression.



Caramelised Almonds (Almendras garrapiñadas)



→ INGREDIENTS (YIELDS 500–550 G)

- 400 g raw almonds with skin
- 400 g white sugar
- 150 ml water



→ METHOD

1. Lightly toast the almonds in a wide pan or in the oven (approximately 10 minutes at 160–170°C), stirring to prevent burning. Set aside.
2. In a wide pan or, preferably, a clay pot, combine the water and sugar, heating over medium heat until fully dissolved.
3. Add the toasted almonds and stir continuously with a wooden spoon.
4. As the water evaporates, the sugar begins to crystallise, coating the almonds with a whitish layer.
5. Continue stirring: progressively, the sugar melts and turns golden, forming the characteristic caramelised coating.
6. At the desired point (caramel adhered but without excess moisture), remove from heat and spread the almonds onto parchment paper, separating them carefully before they cool completely.



PAIRING: Naturally sweet or semi-sweet wines (Canarian *Malvasía*); *mistelas* or almond liqueurs; black coffee or cortado; herbal infusions (anise, cinnamon).

ANALYSIS: Caramelised almonds are a traditional preparation of conventual and fairground origin, widely reported across the Iberian Peninsula and adapted in the Canary Islands to the local context. In Valsequillo, their preparation is closely linked to mid-altitude almond production and to popular celebrations, where they have historically been a product of street sale and festive consumption. The technique—based on sugar crystallisation followed by caramelisation—represents a classic example of traditional confectionery, where the simplicity of ingredients contrasts with the precision of the process. In the local context, they reinforce the valorisation of almonds as an identity-defining resource.

Almond Horchata



→ INGREDIENTS (YIELDS APPROX. 1.5 LITRES)

- 400 g ground almonds (optionally lightly toasted)
- 175 g white sugar (adjustable to taste)
- 1 litre cow's milk
- 1 cinnamon stick
- Peel of 1 medium lemon (without the white pith)



→ METHOD

1. In a saucepan, combine the milk with the cinnamon stick and lemon peel. Heat over medium-high heat until it reaches a first boil.
2. Add the ground almonds and sugar, stirring continuously to prevent sticking to the base.
3. After the initial boil, reduce the heat and maintain a gentle simmer for 10–15 minutes, stirring frequently to promote flavour extraction and integration.
4. Remove from heat, allow to cool slightly, and strain through a fine sieve or cloth, pressing well to extract all the liquid.
5. Refrigerate for several hours until well chilled. Serve cold.
6. Adjust texture and sweetness to taste: additional milk may be added if the preparation is too concentrated or overly sweet.



PAIRING: As a beverage, it functions as a refreshing or digestive element. It pairs well with traditional pastries (e.g. *rosquetes*, sponge cakes, *tortillas de Carnaval*), as well as with fresh fruit or light desserts.

ANALYSIS: Almond horchata forms part of a broader Mediterranean tradition of sweet plant-based beverages. In the Canary Islands, its presence is linked to the availability of almonds in mid-altitude regions and to the local adaptation of peninsular recipes. Unlike the Levantine tiger nut horchata, this version presents a richer, more aromatic profile, derived from the almond and its interaction with milk and traditional flavourings (cinnamon and lemon). It is a preparation associated with both domestic consumption and festive contexts, illustrating the capacity of local cuisine to reinterpret external influences using available resources.

DAIDA RAMÍREZ DEL PINO



Daida Ramírez del Pino welcomes us warmly into her home, temporarily located outside the town centre of Valsequillo. She learned the basic foundations of cooking from her mother, Marina del Pino, and her aunt Elisa, within a domestic setting where spoon-based dishes held a central place. She later completed advanced training in Culinary Management at the IES Felo Monzón (Las Palmas de Gran Canaria) and furthered her education with a technical diploma in Nutrition and Dietetics, incorporating a more conscious approach to dietary balance.

She particularly enjoys traditional cuisine—*potajes*, *rancho canario*, and *ropavieja*—as well as pastry-making, especially dairy-based preparations. For a decade, she actively participated in the Cultural Association of Tenteniguada, contributing to the festivities of El Rincón, which further reinforces her connection to cooking as a community practice. She currently works as a cook in a residential care home run by the Cabildo de Gran Canaria.

For this work, she proposes a rice pudding made with goat's milk, a choice that reinforces local identity and provides a more intense sensory profile. In her professional setting, this preparation is served both as a snack and as a dessert, while in other cultural contexts it may be consumed as a warm breakfast.



Rice pudding with goat's milk



→ INGREDIENTS (SERVES 4)

- 1 L goat's milk
- 120 g short-grain rice (Bomba type)
- 100 ml condensed milk
- 60–80 g white sugar (to taste)
- 2 cinnamon sticks
- 1 strip of orange peel (without the white pith)
- 1 strip of lemon peel (without the white pith)

For finishing

- 1 teaspoon ground cinnamon
- 1–2 tablespoons sugar (optional, for caramelising)

→ METHOD

1. In a saucepan, infuse the milk with the cinnamon sticks and citrus peels over medium heat for 5–10 minutes.
2. Add the rice and cook over low heat for 25–30 minutes, stirring frequently.
3. Incorporate the condensed milk and continue cooking for a few more minutes.
4. Adjust sweetness by adding sugar towards the end.
5. Remove the aromatics (cinnamon and citrus peels) and allow to rest.
6. Serve warm or chilled; optionally caramelize the surface (in the style of *crème brûlée*) and dust with ground cinnamon.



PAIRING: Sweet natural wines (*Malvasía*, Muscat), *mistelas* or semi-sweet wines. It also pairs well with mild coffee or spiced infusions (cinnamon, anise).

ANALYSIS: Rice pudding, widely distributed across the Iberian culinary sphere, acquires here a distinct territorial character using goat's milk, closely linked to pastoral traditions of the mid-altitude zones of the Canary Islands. From a technical perspective, the preparation relies on the gelatinisation of rice starch within a dairy-based medium, where slow cooking and continuous stirring are essential for achieving the desired creamy texture. The addition of condensed milk enhances richness and body, while optional surface caramelisation introduces a textural and flavour contrast. Its versatility—consumed as dessert, snack or even breakfast—explains its persistence across diverse dietary contexts.

4.2. The Projection of Traditional Cuisine in Contemporary Gastronomy

BAR EL PILAR



Bar El Pilar, a longstanding establishment located in the historic centre of Valsequillo, has recently celebrated its 50th anniversary—congratulations. The business was founded by Mr. Carlos Ruano and Mrs. Chonita Martel, officially opening on 23 March 1976, as recorded in its operating licence.

For many years, Bar El Pilar played an important social role, as it was the only place in Valsequillo where the daily newspaper could be purchased in print, allowing residents to stay informed about island and regional news. Even today, it continues to provide access to the newspaper for locals who come by.

The third of their six children, Sergio, took over management in 1985. Over time, his wife, Juana Quintana, joined the business in 1990, followed by

their sons Alejandro and Pablo between 2019 and 2023, thereby consolidating an intergenerational family-run model.

This bar-café structures its culinary offer around two main specialities. Younger customers tend to favour, particularly at lunchtime, the “special chicken sandwich”, consisting of breaded chicken, tomato, egg, ham, cheese and mayonnaise. In contrast, more traditional clientele opts for the “custom sandwich”, evoking “the kind of sandwich one’s mother used to make”. In total, the establishment offers approximately 35 special sandwich combinations.

According to Sergio and Juana, the key to their sustained success lies precisely in this capacity for adaptation, supported by consistent and intensive daily work made possible through the family struc-

ture of the business. They also emphasise a fundamental element: standardisation. Their sandwiches have maintained the same ingredients, arranged in the same order and delivering the same flavour profile for five decades.

In terms of sourcing, the bar relies on local suppliers—including Correa’s greengrocer for fruit and vegetables, as well as local farmers (notably for potatoes)—complemented by quality bread, milk and coffee. For the purposes of this work, they have selected two of their most representative preparations: the fresh cheese sandwich and the Spanish potato omelette (*tortilla de papas*), both emblematic of a simple, recognisable and deeply rooted culinary tradition.



Fresh cheese, olive oil and oregano sandwich

This is Juana's "signature" sandwich.



→ INGREDIENTS (SERVES 1)

- 100 g fresh cheese
- 3–4 slices from half a ripe tomato
- A drizzle of extra virgin olive oil
- 1 teaspoon dried oregano
- Pan de *Valerón* (traditional local bread)

ANALYSIS: The sandwich (bocadillo), in its modern form, became established in Spain between the 18th and 19th centuries as a practical, economical and portable food solution, initially associated with military and working contexts. It essentially consists of bread filled with simple ingredients such as cheese, cured meats, eggs or vegetables, reflecting a logic of functionality that later evolved into a distinctive element of Spanish food culture.

This version is rooted in a deeply Mediterranean tradition: the triad of bread–olive oil–fresh produce. The combination of fresh cheese, tomato, olive oil and oregano directly connects with ancestral preparations in which bread serves as a vehicle for minimally processed primary ingredients. In the Canary Islands, fresh cheese is itself a key component of the agro-food heritage, closely linked to pastoral economies and local supply chains.

From a contemporary perspective, this type of sandwich lies at the intersection of traditional cuisine and current gastronomic discourse centred on simplicity, product quality and sustainability: few ingredients, minimal intervention and maximum expression of flavour.



PAIRING: The usual accompaniment is orange juice and/or coffee with milk.

Spanish Potato Omelette (Tortilla de Papas)



→ INGREDIENTS (FOR 1 PERSON)

- Local potatoes
- Eggs from La Cuesta
- White onion
- Sunflower oil
- Salt

Optional

- With onion
- With onion, courgette and chopped cooked ham
- With mayonnaise
- With ketchup

ANALYSIS: The Spanish potato omelette is one of the cornerstones of Spanish gastronomy. Its origin dates to the late 18th and early 19th centuries, with documented references as early as 1767 and more specific mentions in 1798 in Extremadura, where it was conceived as an economical and nutritious food solution. Its development is closely linked to the incorporation of the potato—originally from the Americas—into the European food system, in a context marked by the need for high-energy, accessible foods.

It represents a paradigmatic example of traditional cuisine: few ingredients (potato, egg, oil, salt and, optionally, onion), a simple technique, and remarkable adaptability. Its success lies in the balance between nutritional value, relative shelf life and versatility.

In its sandwich form—widely found in bars and cafés—its functional character is further reinforced as a complete, affordable and portable food, consolidating its status as an icon of Spanish food culture.

The variations offered by the establishment (with or without onion, with additions such as courgette or cooked ham, or accompanied by sauces such as mayonnaise or ketchup) reflect the dish's contemporary evolution: from its traditional matrix towards more open forms, shaped by urban habits and the globalisation of tastes.



PAIRING: The usual accompaniment is orange juice and/or coffee with milk..

CA GUILLERMO



In the still little-known *bochinche* Ca Guillermo, semi-hidden in Era de Mota (Valsequillo), Guillermo Melián welcomes us with his characteristic warmth. Together with his brother Manolo, he recalls a family history shaped by hardship: following the premature death of their father, Don Miguel Melián—who worked as an itinerant milk vendor (see image)—their mother, Doña Ángela Suárez, raised their eight children while tending the family’s livestock. It was she who passed on to Guillermo the culinary knowledge that now defines his cooking.

In the early 1960s, the family opened a small grocery shop in the neighbourhood—the traditional “oil and vinegar shop”—and later a fruit and vegetable stall at the Central Market of Las Palmas.

For around fifteen years, Guillermo has managed a municipal venue in Era de Mota, now transformed into a distinctive rural eatery. His culinary approach is grounded in his own production: vineyards (*Lis-*

tán Negro), stone fruit trees, pear trees, vegetables and potatoes, as well as a Moorish-style oven where he bakes wood-fired bread, suckling pig and pork ribs. This is complemented by an honest, traditional spoon-based cuisine and, notably, Saharan-style fried squid (*calamares a la romana*) that are hard to match on the island.

A multifaceted individual, Guillermo is also engaged in projects aimed at improving his neighbourhood, including the construction of a small chapel (dedicated to the Virgin of Health) and the restoration of a traditional threshing floor for cereal processing with oxen.

For this publication, Guillermo has prepared a representative selection of his cuisine: wood-fired bread, fried squid, goat meat stew and oven-roasted pork ribs, accompanied by his own wine and bottled spring water from Tenteniguada.



Wood-Fired Bread from Ca Guillermo

The result is bread with a thick, aromatic crust, an airy crumb and a subtle smoky note.



→ INGREDIENTS (≈ 1,3 – 1,5 KG OF BREAD)

- 1 kg bread wheat flour
- 600 ml lukewarm water
- 20 g fresh yeast (or 7 g dry yeast)
- 10 g salt
- 5 g sugar



→ METHOD

1. Dissolve the yeast and sugar in the lukewarm water.
2. Add the flour and begin kneading; incorporate the salt at the end.
3. Knead until an elastic dough is obtained (10–15 min).
4. Bulk fermentation (1–2 h).
5. Divide and shape into loaves or rolls; second fermentation (30–45 min).
6. Bake in a wood-fired Moorish oven, starting with high heat (≈220–250°C) and gradually reducing the temperature.



ANALYSIS: Wood-fired bread is a cornerstone of traditional Canarian food culture. Baking in a Moorish-style oven—of Mediterranean technological origin—imparts distinctive organoleptic qualities. In rural contexts, bread is not merely a staple food but a structural element of the diet, accompanying stews, meats and cheeses, while also playing a role in community-based production practices.

Saharan-Style Fried Squid (*Calamar sahariano a la romana*)

The coating is thin, crisp and lightly greased, indicative of correct frying.

→ INGREDIENTS (FOR 2 PEOPLE)

- 400 g squid rings (preferably large, “Saharan” squid)
- 120 g wheat flour (or a mix with fine semolina)
- Fine salt

Garnish

- 300 g fresh fried potatoes
- Mixed salad (avocado, tomato, lettuce, red pepper and canned tuna), with a wedge of lemon



→ METHOD

1. Thoroughly dry the squid rings.
2. Lightly season and coat with flour (thin layer).
3. Fry in oil at 180°C in small batches (1–2 min), avoiding overcooking.
4. Drain on paper and serve immediately with fried potatoes and salad.



PAIRING: House wine (*Listán Negro*). Alternatively: young, dry white wines; brut sparkling wines; lager or pilsner-style beer; or fino and manzanilla wines.

ANALYSIS: The consumption of squid sourced from Saharan waters has been common in the Canary Islands due to geographical proximity and established fishing routes. The “a la romana” preparation corresponds to a frying technique widely widespread in the Iberian context, locally adopted and adapted. It represents a clear example of the interaction between Atlantic product and Mediterranean technique, consolidated within popular gastronomy.

Goat Meat Stew

The dish presents a dark, glossy stew, served with added fried potatoes, typical of casserole-style presentation.



→ INGREDIENTS (FOR 2 PEOPLE)

- 500 g goat meat (bone-in pieces)
- 1 red pepper (150 g)
- 1 carrot (100 g)
- 2 garlic cloves
- 1 bay leaf
- 1 teaspoon of hot paprika
- 80 ml olive oil
- 100 ml wine (white or red) or water
- Salt to taste



→ METHOD

1. Sear the meat in oil until browned.
2. Remove and, in the same pan, sauté the garlic, pepper and carrot.
3. Return the meat to the pan, add the bay leaf, spices and liquid.
4. Simmer over low heat (60–90 min) until tender and the sauce is reduced and concentrated.
5. Adjust seasoning and allow to rest before serving.



PAIRING: House wine (*Listán Negro*). Alternatively: young, dry white wines; brut sparkling wines; lager or pilsner-style beer; or fino and manzanilla wines.

ANALYSIS: Goat meat is one of the most representative dishes of the Canary Islands, closely linked to traditional caprine husbandry. Its prolonged cooking responds to the need to tenderise meat from adult animals. This type of stew reflects a pastoral-based cuisine, where the integral use of the animal and the intensification of flavour through reduction are defining characteristics.

Oven-Roasted Pork Ribs (*Costillar de cochino al horno*)



→ INGREDIENTS (FOR 2 PEOPLE)

- 1.5 kg local pork ribs (from the La Barrera butcher's shop)
- Juice of 1–2 lemons (40–60 ml)
- 15 g salt
- 1 teaspoon oregano
- 1 teaspoon rosemary
- 50 ml olive oil

Garnish

- Fresh fried potatoes
- Roasted red pepper
- A wedge of lemon



→ METHOD

1. Marinate the ribs with lemon juice, salt, herbs and olive oil. Rest for at least 4–6 hours (ideally 12 hours).
2. Roast at 180°C for 60–90 minutes, initially covered.
3. Uncover and increase the temperature (200–220°C) to brown the surface.
4. Allow to rest and cut into portions.



PAIRING: House wine (*Listán Negro*).

ANALYSIS: Pork has historically been a key resource in the domestic economy of the Canary Islands. Roasting ribs in a wood-fired or conventional oven is associated both with festive occasions and everyday consumption in rural settings. The use of lemon and local aromatic herbs reflects an insular adaptation of Iberian roasting techniques, emphasising simplicity and the primacy of the raw product.

BAR CAFETERÍA EL PARAÍSO



Located along a bend in the road that, leaving Las Vegas, leads towards the access to Era de Mota in Valsequillo, stands Bar Cafetería El Paraíso. This establishment, closely aligned with the traditional *bochinche model*, was founded in 1985 by the father of the current owner, José Miguel Martel, who now runs it.

Its menu combines home-style, meat-based dishes—pork, goat meat, *fabada*, *ropavieja* or chickpea stew—with simple fish preparations such as Portuguese-style saithe (*fogonero a la portuguesa*) or fried squid. On weekends, and by prior order, they prepare pork ribs, reinforcing its identity as a roast-focused eatery.

The central feature of the establishment is its wood-fired oven, which underpins much of its culinary offering. Around it revolves its most representative dish: roast pork leg served in wood-fired bread, available from Thursday to Sunday.



Roast Pork Leg Sandwich with Wood-Fired Bread (Pata asada con pan de leña)



→ INGREDIENTS (FOR 1 PERSON)

- ↪ 200–250 g roast pork leg (mix of lean meat and some fat)
- ↪ 1 wood-fired bread roll (small loaf or pulguita style)
- ↪ Coarse salt to taste

For the marinade (base preparation)

- ↪ Garlic
- ↪ Oregano
- ↪ Paprika
- ↪ Salt
- ↪ Oil (moderate amount)
- ↪ White wine

Garnish

- ↪ Two pork cracklings from the same roast

→ METHOD

1. The pork leg is marinated in advance (12–24 h) with a mixture of crushed garlic, salt, oregano, paprika, white wine and a small amount of oil. It is then placed in a wood-fired oven and slow-roasted for several hours, until the meat becomes tender and unctuous, and the skin is well browned.

2. Once roasted, the meat is hand-pulled, combining lean portions with juicier pieces. The wood-fired bread roll, previously opened, may be lightly warmed in the oven. The meat is placed inside and topped with crispy cracklings from the skin.



PAIRING: Particularly well suited to young or early-release red wines, with a fresh profile and good acidity to balance the richness of the pork. In a more traditional context, it also pairs well with cold beer or soft drinks, in line with its popular consumption.

ANALYSIS: Roast pork leg served in wood-fired bread represents a paradigmatic expression of rural roasting cuisine in the Canary Islands, where the wood-fired oven functions not only as a technical tool but as a structuring element of the culinary repertoire. The prolonged cooking promotes the gelatinisation of connective tissues, resulting in tender textures and high palatability. Serving the preparation in bread follows both a functional and cultural logic: it facilitates informal consumption while transforming the dish into a complete food, integrating protein, fat and carbohydrates. The addition of cracklings introduces textural contrast and reinforces the rich, savoury character of the dish. From a gastronomic perspective, it is a preparation of high energy density and intense flavour, representative of a cuisine designed for caloric intake and immediate satisfaction, deeply linked to festive contexts and local sociability.

GUACHINCHE VIÑA CANTERA



In the area known as La Palma lies Guachinche Viña Cantera, a restaurant with a capacity for approximately 140 guests that stands as a clear example of rural cuisine in Valsequillo and, by extension, in Gran Canaria. Its location, relatively remote and accessed via a winding dirt track, is part of its identity: visitors arrive along a path bordered by cultivated fields—particularly strawberries—and by the estate that supplies the restaurant itself, reaching a distinctly rural setting where seasonal vegetables and fruits, grilled meats, and house-produced wines can be enjoyed. This direct link to production also allows the on-site sale of agricultural products such as oranges, guavas, or peppers.

We are welcomed by Paco Afonso, manager and co-owner of the approximately 50,000 m² estate and business, who conveys the dynamism of an expanding project. He mentions, among other recent initiatives, the visit of the Terrae chefs' collective and the resulting media interest, as well as the development of a new product line focused on vermouth production using local raw materials.

The productive base of the establishment is notably diversified. The vineyard, with around 12,000 vines, supports the production of white wines (from *Malvasía*, *Moscatel*, and *Gual*), red wines (*Listán Negro*, *Castellana*, and *Tintilla*), and sweet wines. In addition, there is an olive grove of approximately 400 trees dedicated to olive and oil production. The estate also includes avocado trees (around one hundred specimens), banana plants, citrus trees (orange, lemon, and mandarin), fig trees, loquats, and other seasonal fruit trees, as well as potato fields and a wide range of vegetables. Particularly noteworthy is the presence of less common species in the local context, such as grapefruit, longan, lychee, and moringa, reflecting a strategy of agricultural diversification.

Paco introduces his head chef, Álvaro Rodríguez, who leads a stable team of four people, reinforced during weekends. The conversation brings up the family background of the business, the Bar Las Cabras, founded by his parents, situating nearly four decades of accumulated experience in goat meat

preparation as a key element of culinary and technical continuity.

Within the scope of this study, three representative dishes of the gastronomic offer were selected: a seasonal vegetable grill, goat meat stew, and fried pork, all closely linked to the estate's own production and to traditional rural culinary practices.



Grilled Vegetables (Parrillada de verduras)

The result is an aromatic grilled dish with dominant roasted notes and subtle smoky nuances, where each vegetable retains its own organoleptic identity within a balanced whole.



→ INGREDIENTS (FOR 2 PEOPLE)

- 1 large tomato
- 1 medium onion
- 1 ear of corn
- 1 courgette
- 1 green, 1 red, and 1 yellow pepper
- 1 aubergine
- 6–8 mushrooms
- Extra virgin olive oil
- Coarse salt



→ METHOD

1. Wash and cut vegetables into regular pieces (slices or thick strips), keeping uniform sizes for even cooking.
2. Pre-cook the corn for 8–10 minutes, leaving it al dente.
3. Heat a grill or griddle over live coals.
4. Place vegetables on the grill, brushed with olive oil and sprinkled with coarse salt.
5. Grill over medium-high heat, turning until lightly charred on the surface and tender inside.
6. Serve immediately with a drizzle of olive oil.



PAIRING: Young white estate wine (*Malvasía* or a *Malvasía–Moscatel* blend), whose acidity and aromatic profile enhance the caramelised natural sugars of the vegetables.

ANALYSIS: Grilled vegetables reflect a recent evolution in Canarian rural cuisine, traditionally centred on stews and boiled preparations. Its development is linked to the contemporary valorisation of local plant products and the influence of grilling techniques. In this context, it represents a modern adaptation of the rural diet, where seasonal vegetables become the main element rather than a side dish.

Goat Meat Stew

The result is a tender-textured dish, with fibrous yet soft meat, infused with an intense sauce featuring subtle spice and vinous notes.



→ INGREDIENTS (FOR 2 PEOPLE)

- 700–800 g goat meat (bone-in pieces)
- 1 green pepper and 1 red pepper
- 1 carrot
- 3–4 garlic cloves
- 1 teaspoon paprika
- 1 sprig of thyme
- 100 ml white wine (*Malvasía Viña Cantera*)
- 200 ml water
- 40 ml olive oil
- Salt
- Fresh parsley (garnish)

Side dish

- 300–400 g fried or wrinkled potatoes



→ METHOD

1. Season meat with salt and brown in a pot with oil.
2. Add crushed garlic, chopped peppers, and sliced carrot; sauté.
3. Add paprika and thyme, avoiding burning.
4. Pour in white wine and allow alcohol to evaporate.
5. Add water, cover, and simmer for 60–90 minutes until tender.
6. Adjust seasoning and reduce sauce until slightly thickened.
7. Finish with chopped fresh parsley.



PAIRING: Estate red wine (*Listán Negro* or *Listán-Tintilla* blend), with sufficient structure to match the intensity of the stew.

ANALYSIS: Goat meat is one of the pillars of traditional inland Canarian cuisine. Historically associated with subsistence livestock farming in mid-altitude and arid areas, its consumption is based on long cooking processes designed to tenderise mature animals. This type of preparation reflects a pastoral culinary tradition, where the use of wine, herbs, and stewing techniques responds both to organoleptic aims and to preservation and digestibility needs.

Fried Pork

The result is a highly aromatic dish with a golden and crisp exterior, juicy interior, and a marked spicy and slightly acidic character.



→ INGREDIENTS (FOR 2 PEOPLE)

- 600–700 g pork (cubed, preferably with some fat)
- 4–5 garlic cloves
- 1 teaspoon thyme
- 1 teaspoon oregano
- 100 ml white wine (*Malvasía* Viña Cantera)
- 1–2 tablespoons wine vinegar
- 50 ml oil
- Salt
- Fresh parsley

Side dish

- fried potatoes and lemon wedges

→ METHOD

1. Marinate meat with crushed garlic, salt, thyme, oregano, wine, and vinegar. Rest for 2–4 hours.
2. Drain slightly and fry in hot oil until evenly browned.
3. Add part of the marinade during frying to intensify flavour and promote light caramelisation.
4. Cook until crisp on the outside and juicy inside.
5. Finish with chopped parsley.



PAIRING: Young red wine or lightly chilled light red; alternatively, structured white estate wine.

ANALYSIS: Fried pork is a representative preparation of Canarian popular cuisine, especially linked to festive contexts and traditional slaughtering practices. Acidic marinades (wine and vinegar) serve both to flavour and to improve preservation in warm climates. The subsequent frying is a rapid technique that intensifies flavour and texture, resulting in a dish strongly rooted in rural identity and widely integrated into traditional restaurants as a symbol of conviviality and food culture.

RESTAURANT EL PADRINO



The restaurant El Padrino, located in the capital neighbourhood of Las Coloradas overlooking Las Canteras Beach, can be considered, in cultural and gastronomic terms, a genuine “territory of Valsequillo.” Founded more than half a century ago by natives of this municipality—initially opening in 1974 as a sandwich shop—it continues to be a meeting point for a loyal clientele, among whom many residents of Valsequillo regularly come to enjoy a cuisine rooted in insular tradition with a strong maritime vocation.

The management of this emblematic establishment, currently structured across three generations, brings together the founders, Humberto Rodríguez and Paco Ortega; their children, Bertín, Almudena and Yeray respectively; and Yeremay Ortega, son of the latter. Throughout this trajectory, Bartolomé Guerra has played a key role in management, and

Narciso Molina as head chef, consolidating a model of restoration based on continuity, experience, and applied knowledge.

A distinctive feature of the restaurant is its close connection with its place of origin. Humberto’s farm in the Pitango area (Las Vegas, Valsequillo) supplies a significant share of the agricultural produce used in the kitchen, ensuring freshness, traceability, and consistency with sustainability principles. This base is complemented by a stable relationship with local suppliers of seasonal fish and seafood. The result is a broad menu combining seafood specialities, meat dishes, and rice-based preparations, representative of the Canarian culinary repertoire. As a singular detail, the establishment offers customers a plant with each meal, reinforcing its identity rooted in territory.

El Padrino also stands out for its role in the dissemination of insular gastronomic heritage, both through its daily activity and the organisation of events. Among these, the Canary Seven-Meat Stew (“Puchero Canario de las Siete Carnes”) is particularly notable, with its 34th edition held in March 2026. Likewise, during Holy Week, the restaurant experiences high demand for its well-known salted white grouper stew (sanchocho de cherne), prepared

with fish desalted on-site and accompanied by fresh produce from the Valsequillo garden.

Within this study, three representative dishes were selected: carajacas (prepared on this occasion by chef Mario Hernández Jr.), the seven-meat Canarian stew, and salted white grouper sanchocho.



Carajacas (liver dish)

The result is a dish with a tender texture and intense flavour, balancing acidity, spice, and the characteristic mineral depth of liver, as shown in the image.

→ INGREDIENTS (FOR 2 PEOPLE)

- 250 g liver (chicken and beef mix)
- 1 medium onion (150 g), julienned
- 3–4 garlic cloves
- 1 teaspoon sweet paprika (approx. 3 g)
- 1 teaspoon dried oregano
- 1 sprig thyme (or ½ tsp dried)
- 2 tablespoons wine vinegar
- 3 tablespoons olive oil
- Fresh parsley (generous)
- Salt to taste

→ METHOD

1. Clean the liver, removing nerves and blood residues; cut into regular pieces.
2. Prepare a paste with garlic, salt, paprika, oregano, thyme, vinegar, and part of the oil.
3. Marinate the liver for 30–60 minutes.
4. Sauté the onion in the remaining oil until soft and lightly golden.
5. Add the marinated liver and cook over medium-high heat, stirring, until cooked but still juicy (key to avoid dryness).
6. Finish with chopped fresh parsley.



PAIRING: Young *Listán Negro* red wine or even a structured dry white wine. Lager beer also works well.

ANALYSIS: Carajacas represent offal-based and resource-efficient cooking widely documented in the Canary Islands. The use of offal reflects domestic economies where nothing is wasted. The acidic-spiced marinade connects with preservation techniques and Iberian influences adapted to local conditions. Today, it is being revalued as an expression of culinary identity and sustainability.

Canarian Seven-Meat Stew (Puchero de las siete carnes)

As seen in the images, abundance and variety: differentiated meats, whole vegetables, and clear broth, reflecting refined technique.



→ INGREDIENTS (FOR 2 PEOPLE)

Meats (approx. 600–700 g)

- Quail (1)
- Partridge (½)
- Chicken (½)
- Beef (200 g)
- Pork (150 g, mainly ribs)
- Lamb (100 g; not in image)
- Goat (100 g; not in image)

Broth base

- Bones and trimmings from chicken, beef, and pork

Legumes and vegetables

- Corn cob (cut into pieces)
- Pear (ideally “sanjuanera”)
- Pumpkin (200 g)
- Green beans (150 g)
- Potatoes (2)
- Yam (100 g)
- Carrot (1)
- Cabbage (¼ head)
- Courgette (1)
- Sweet potato (150 g)

- Chickpeas (150 g, soaked)

Charcuterie

- 1 black pudding
- 1 chorizo

Others

- Saffron threads or safflower
- Salt

Serving

- Vermicelli soup (broth)
- *Gofio escaldado* with onion and local herbs

→ METHOD

1. Cook chickpeas with the toughest meats from cold water.
2. Skim and gradually add remaining meats according to cooking time.
3. Add vegetables and tubers in stages.
4. Add charcuterie and saffron at the final stage.
5. Use broth for soup and *gofio* escaldado.
6. Serve in successive courses (“turns”): soup, vegetables and legumes, meats.



PAIRING: Young red wines or light crianza-style wines (*Listán Negro*), or full-bodied whites. Traditionally water or local red wine.

ANALYSIS: The Canarian stew derives from the Iberian “olla podrida,” adapted to insular resources. The “seven meats” version is a festive and prestigious formulation. It combines local products (corn, sweet potato, *gofio*) with diverse meats, reflecting social stratification, availability, and symbolic abundance. It is one of the defining dishes of Canarian gastronomic identity.

Salted White Grouper Sancocho (Sancocho de cherne)

The result is a sober and balanced dish: firm salted fish, sweet tubers, and contrast with mojos, as shown in the image.



→ INGREDIENTS (FOR 2 PEOPLE)

- 400 g salted white grouper, desalted (*Epinephelus aeneus*)
- 200 g pumpkin
- 300 g potatoes
- 200 g sweet potato
- 1 green banana
- 1 onion (to serve)
- 1 red pepper (optional)

Accompaniments

- *Gofio* paste (100 g *gofio*, banana, sugar, honey, oil)
- Green mojo (coriander)
- Red mojo (paprika or chilli)



→ METHOD

1. Desalt fish for 24–48 h, changing water regularly.
2. Boil potatoes, sweet potato, and pumpkin in unsalted water.
3. Add fish at the final stage to heat without overcooking.
4. Serve with raw sliced onion and mojos.
5. Prepare *gofio* paste separately.



PAIRING: Dry, fresh white wines (*Malvasía volcánica*) or very light reds. Mild beer also suitable.

ANALYSIS: Canarian sancocho is rooted in salted fish traditions linked to historic trade routes. It is a ritual dish associated with Holy Week and meat abstinence. The combination with *gofio* and mojos synthesises the insular food identity: toasted grain, salting techniques, and emulsified sauces. Salted white grouper replaces cod in the Canaries. The species used is (eastern Atlantic) white grouper (*Epinephelus aeneus*), typically of Saharan origin or other Indo-Pacific *Epinephelus* species, not the local wreckfish (*Polyprion americanus*), which is consumed fresh.

RESTAURANT LA CULATA II



At the renowned La Culata II restaurant, located in Las Vegas de Valsequillo, we are welcomed by the Ramos brothers' team: Jorge, in charge of the kitchen, and Rafa and Juan in the dining room. The rest of the staff is made up of their respective wives: Pino in the dining room, and Carmen and Amparo in the kitchen. This strong family core is now joined by the second generation: Elena in the dining room and Jorge Jr. in the kitchen. It is therefore a genuine family business and a true temple of traditional Canarian spoon-based cuisine, founded (year) by the parents, Falo Ramos and María del Carmen Ramírez.

Until a few years ago, it was the matriarch, Mrs. María del Carmen, who prepared the puchero, soups, stews, chickpea dishes, fabada, sancocho, and the house desserts. The Ramos family is rightly proud of being perhaps the only restaurant in Gran Canaria that still maintains the tradition of Canarian puchero, prepared exclusively on request.



For the purposes of this work, the team selected three representative dishes: a pork *ropavieja*, a marinated rabbit grilled over charcoal, and a selection of homemade desserts.



Pork Ropavieja (La Culata II) (Ropavieja de La Culata II)

The result, as shown in the image, is a juicy dish with a lightly bound sauce and a strong presence of fresh herbs.



→ INGREDIENTS (FOR 2 SERVINGS)

- 300 g cooked pork meat (preferably from puchero: lean meat, some fat, and gelatinous parts)
- 150 g cooked chickpeas
- 250 g potatoes
- 1 medium onion (150 g)
- ½ red pepper (100 g)
- 3–4 garlic cloves
- Fresh parsley (10–15 g)
- 1 bay leaf
- 1 sprig of thyme
- ½ teaspoon Canarian saffron powder (or colouring)
- 60 ml olive oil
- Salt to taste



→ METHOD

1. Base: sauté onion (julienned), pepper (strips), and garlic in olive oil until softened.
2. Aromatics: add bay leaf, thyme, and saffron.
3. Meat: add shredded pork and sauté lightly.
4. Potatoes: incorporate potatoes (previously fried or boiled, depending on house style).
5. Chickpeas: add chickpeas and mix gently.
6. Binding: optionally add a small amount of puchero stock for juiciness.
7. Finish: adjust salt and add plenty of chopped fresh parsley.



PAIRING: Young red wine from Gran Canaria highlands (*Listán Negro*), with moderate acidity and a spicy profile. Alternatively, a structured white wine (*Listán Blanco*, fermented or lightly aged), capable of balancing the pork fat.

ANALYSIS: Canarian ropavieja is a paradigmatic dish of culinary reuse, directly derived from puchero. Its name refers to the reuse of cooked meats, transformed through sautéing and seasoning into a new preparation. The Canarian version incorporates chickpeas and potatoes, fully integrating the island's agro-pastoral heritage. The use of pork reinforces its local character, linked to traditional home slaughtering practices and food self-sufficiency.

Charcoal-grilled Marinated Rabbit

The images show clean butchering, typical of professional cuisine, and a dense marinade with an intense red colour.

→ INGREDIENTS (FOR 2 SERVINGS)

- 1 small rabbit (800–900 g), cut into pieces

Marinade

- 5–6 garlic cloves
- 1 teaspoon paprika (sweet or mixed sweet/spicy)
- 1 teaspoon dried oregano
- ½ teaspoon cumin
- 100 ml olive oil
- 30 ml vinegar
- Salt to taste

Garnish

- 400 g local potatoes (for frying)
- 1 red pepper (roasted)



→ METHOD

1. Marinade: crush garlic with salt, add spices, vinegar, and oil to form a paste.
2. Marination: coat the rabbit and leave for at least 12 hours (ideally 24 h).
3. Grilling: cook over medium heat, turning regularly until golden outside and juicy inside.
4. Garnish: serve with fried potatoes and roasted red pepper.



PAIRING: Young or medium-bodied red wine (*Listán Negro*), with light rustic character. Alternatively, a fresh highland rosé with good acidity.

ANALYSIS: Marinated rabbit is one of the most representative dishes of the Canary Islands, linked to small-game hunting and domestic livestock farming. The marinade performs both preservation and flavouring functions, with clear Iberian influence. Charcoal cooking reinforces its rural identity, evoking field practices and communal meals. The inclusion of potatoes highlights the integration of American crops into the island diet since the modern period.

Homemade Dessert Selection

Today, rice pudding is prepared by Amparo, lemon mousse by Carmen, and polvito uruguayo by Pino. Other house desserts include chocolate mousse, *gofio* mousse, Mari Pepa, flan, and cheesecake. This sweet repertoire at La Culata II constitutes a highly representative synthesis of contemporary Canarian pastry evolution.



From a local product perspective, multiple ingredients linked to Valsequillo can be identified:

- Milk and dairy products (local livestock → rice pudding, flan, cheesecake)
- Eggs (poultry farming from nearby Telde farms)
- Honey (traditional sweetener)
- Citrus fruits (lemons for mousses)
- Corn *gofio* (island cereal identity)
- Almonds (present in traditional preparations)



PAIRING: The diversity of desserts allows versatile pairings. Dairy-based desserts (rice pudding, flan, cheesecake) pair well with natural sweet wines such as *Malvasia* or *Moscatel*. Mousses and citrus-based desserts match semi-sweet or light sparkling wines, providing freshness and contrast. Richer desserts such as polvito uruguayo also pair well with coffee, mild liqueurs, or local spirits. Overall, beverages that balance sweetness while respecting aromatic diversity are recommended.

ANALYSIS: This dessert set reflects a dual dynamic. Traditional continuity: rice pudding, flan, and *gofio*-based desserts linked to domestic historical cuisine. Openness and hybridisation: mousses and polvito uruguayo, more recent incorporations showing external influences (Latin American and European). Overall, the sweet offer illustrates how local pastry has integrated innovation while remaining anchored in territorial products, especially dairy, cereals, and fruits.



BOCHINCHE ASADOR LA MADRIGUERA



Bochinche Asador La Madriguera has recently begun its activity in a building of significant historical and social value: the former Monzón Brothers' house, one of the oldest constructions in the historic centre of Valsequillo de Gran Canaria.

We are warmly welcomed by its current managers, Alexis Guillén and Demenza Hernández. Both have a professional background in hospitality dating back to the year 2000—indeed earlier in the case of employed work—and currently manage several menu-based establishments in the Port of Las Palmas. Their move to Valsequillo reflects a deliberate shift from functional, high-turnover cooking toward a more reflective approach centred on tradition and product.

The head chef, Miguel González, self-taught, has developed his experience in establishments such as Típico Español, El Cerdo que Ríe, Khun (Grupo Maroa), and Hermanos Rogelio. His training has been particularly consolidated in slow-cooked dishes and roasting techniques. He defines his working philosophy around organisation, responsibility, cleanliness, and leadership in the kitchen.

For this work, they have prepared Canarian black pork tenderloin and a reinterpreted frangollo, two dishes that synthesise their culinary approach: respect for tradition and a clear intention to update it.



Canarian Black Pork Tenderloin



→ INGREDIENTS (FOR 1 SERVING)

- 250–300 g Canarian black pork tenderloin
- 100 g leek (white part)
- 1 medium carrot (80–100 g)
- 1 medium white onion (120–150 g)
- 1 large potato (200–250 g)
- 2 garlic cloves
- 1 bay leaf
- 1 sprig of fresh rosemary
- 125 ml red wine (preferably local)
- 30–40 ml extra virgin olive oil
- Salt and pepper to taste

Garnish

- 2–3 wild asparagus spears
- 50 g sautéed mushrooms
- 2–3 prunes



→ METHOD

1. Season the tenderloin and sear it in olive oil over high heat until browned on all sides. Set aside.
2. In the same pan, prepare a sofrito with chopped onion, leek, carrot, and garlic. Add bay leaf and rosemary.
3. Pour in the red wine and reduce for a few minutes to evaporate the alcohol.
4. Add the peeled and chopped potato, along with a small amount of water or stock if necessary.
5. Return the tenderloin to the pan and cook over medium-low heat for 15–20 minutes, until the meat is cooked and the sauce has thickened.
6. Remove the tenderloin; blend the sauce if a finer texture is desired, then coat the meat.
7. Separately sauté the asparagus and mushrooms.



Plating: Arrange a base of thick-cut fried potatoes, golden and crisp, forming a central structure. Place the tenderloin on top, whole or portioned into two pieces, maintaining its juiciness. Partially coat with the reduced sauce, leaving part of the meat visible. Add the asparagus vertically to provide height. Complete with lightly sautéed mushrooms and slices of roasted mushrooms arranged laterally. Incorporate the prunes. Finish with a brushstroke of sauce on the plate to enhance visual presentation.

PAIRING: Canarian red wines (*Listán Negro*) with good acidity and moderate tannins; young wines or those with light ageing. Alternatively, toasted beers or amber ales.

ANALYSIS: Pork has a long-standing presence in the Canary Islands, closely linked to domestic economies and whole-animal utilisation. The Canarian black pig, an autochthonous breed, has historically been raised in semi-extensive systems. The preparation of tenderloin in stewed or roasted form represents a contemporary evolution of traditional techniques, combining classical bases (sofrito, wine reduction) with more refined presentations. The inclusion of prunes recalls historical influences from festive cuisine and Hispano-Arabic traditions, while the overall dish maintains a clear local identity.

Frangollo (Reinterpreted)



→ INGREDIENTS (FOR 12 “LINGOT”-STYLE PORTIONS)

- 1.5 l cow’s milk
- 170 g wheat *gofio* from Molino de San Mateo (or crushed maize frangollo for a more traditional version)
- 160 g sugar
- 2 egg yolks
- 1 teaspoon aniseed
- 1 cinnamon stick
- Zest of 1 lemon
- 40 g unsalted butter (to enrich texture)

This formulation places the recipe midway between: a traditional frangollo (more fluid, thick cream-like), and a contemporary reinterpretation with mouldable structure (firm yet creamy texture).

Accompaniments

- *Gofio* “soil”
- Ice cream (vanilla or raisin)
- Liquid caramel
- For the *bienmesabe*

For the *bienmesabe*

- Almonds: 300 g
- Sugar: 300 g
- Water: 300 ml
- Lemon peel: 1 unit
- Cinnamon: 1 stick
- Egg yolks: 5 units
- Syrup of water and sugar, beaten yolks, and cinnamon
- Sponge cake or crushed biscuits: optional

→ METHOD

1. Heat the milk in a saucepan with cinnamon, lemon zest, and aniseed.
2. When it begins to boil, remove partially from heat and gradually add the *gofio*, stirring constantly to avoid lumps.
3. Add the sugar and continue cooking over medium heat, stirring until thickened.
4. Incorporate the previously beaten egg yolks (tempered with a little of the hot mixture) and, optionally, the butter.
5. Cook for a few more minutes until a smooth, creamy texture is achieved.
6. Pour into silicone moulds (lingot shape) and allow to cool. Refrigerate for several hours until firm.

Presentation: Unmould the portion, accompany with a base or teardrop of *bienmesabe*, sprinkle with *gofio* soil, add caramel, and finish with a quenelle of ice cream.



PAIRING: Natural sweet wines (volcanic *Malvasia*), *Moscatel* wines, almond liqueur or honey rum; coffee or digestive infusions.

ANALYSIS: Frangollo is one of the most representative desserts of Canarian tradition, originally made from crushed maize, milk, sugar, and aromatics. Its origin is linked to the adaptation of cereal-based preparations following the introduction of maize in the 16th century. This reinterpreted version—incorporating *gofio* and contemporary moulding techniques—reflects the evolution of traditional cuisine into modern formats without losing its essence. The accompaniment with *bienmesabe* enhances the role of almonds, reinforcing the identity of the midlands of Gran Canaria and establishing a dialogue between two historical preparations of the island’s culinary repertoire.

RESTAURANT LAS CAÑAS GRILL



On two occasions, we were warmly and generously received by the managers of Las Cañas Grill Restaurant, Raúl Monzón and Luz Marina Santana, accompanied by their daughter Rocío. This is a family-run business established in 2020, currently supported by a small team.

Located in premises belonging to the heirs of the late Juanito González Peñate, the establishment offers traditional homemade Canarian cuisine, based on classic preparations such as stews, soups, rancho, fried dishes, and hearty slow-cooked meals. Among its specialties are snails, carajacas, goat meat, escaldón de *gofio*, and fabada enriched with local meat products.

For this work, three representative recipes were selected: cuttlefish in sauce, tripe stew, and a mixed meat grill.



Cuttlefish in Sauce



→ INGREDIENTS (FOR 4 SERVINGS)

- 1 kg cleaned and chopped cuttlefish (preferably Saharan)
- 1 white onion
- 1 green pepper
- 2–3 ripe tomatoes
- 3–4 garlic cloves
- 1 bay leaf
- Thyme
- Black pepper
- A pinch of local hot pepper
- 100 ml white wine
- 80 ml olive oil
- Salt to taste

Accompaniment

- Boiled or arrugadas potatoes
- Fresh parsley, finely chopped

Garnish

- 1 sprig of fresh parsley

→ METHOD

1. Sauté finely chopped onion, pepper, and garlic in olive oil.
2. Add crushed or chopped tomato and cook until reduced.
3. Incorporate the cuttlefish and sauté over high heat to seal.
4. Add white wine, bay leaf, thyme, and pepper.
5. Cook over medium heat until the cuttlefish is tender and the sauce has thickened (20–30 minutes).
6. Adjust salt and serve with potatoes and parsley.



PAIRING: Dry or semi-dry white wines (*Listán Blanco*, young volcanic *Malvasia*). Also pairs well with light beers that balance the intensity of the stew.

ANALYSIS: Cuttlefish in sauce is a classic preparation in Canarian cuisine, based on a simple technical scheme: sofrito + marine product + wine + reduction. Its interest lies in flavour concentration and in the final texture of the cephalopod, which requires precise cooking control to avoid toughness. It represents accessible, product-based cuisine where marine resources are integrated into domestic stewing techniques, producing dishes of high yield and broad popular appeal.

Tripe Stew (Callos)



→ INGREDIENTS (FOR 4 SERVINGS)

- 1 kg cleaned beef tripe
- 300–400 g pork trotters, ear, or tail
- 1 white onion
- 4 garlic cloves
- 1 red pepper
- 1 bay leaf
- Oregano and thyme
- Black pepper
- Local hot pepper
- 100 ml white wine
- 80 ml olive oil
- Salt to taste

Garnish

- Fresh herbs (hierba huerto)

→ METHOD

1. Thoroughly clean the tripe and blanch if necessary.
2. Cook in salted water until tender (1.5–2 hours or using a pressure cooker).
3. In another pot, prepare a sofrito with onion, garlic, and pepper.
4. Add chopped tripe and pork pieces.
5. Incorporate wine, spices, and part of the cooking stock.
6. Simmer over low heat until a gelatinous texture and well-bound sauce are achieved.
7. Adjust salt and allow to rest before serving.



PAIRING: Young or medium-aged red wines (*Listán Negro*), capable of balancing the dish's richness. Also suitable with amber or toasted beers.

ANALYSIS: Tripe dishes represent the tradition of offal in popular cuisine, characterised by full utilisation of the animal. Their gelatinous texture, derived from collagen, gives the dish its distinctive richness, enhanced by prolonged cooking and the use of connective tissue-rich cuts. It is a high-energy, highly satiating stew historically associated with rural contexts and domestic economies of resourcefulness.

Mixed Meat Grill (Parrillada de carnes)



→ INGREDIENTS (FOR 2 SERVINGS)

- 2 chilled beef entrecôte steaks
- 2 chicken thighs
- 2 fresh pork ribs
- 2 fresh pork chops
- 1 Argentine-style chorizo
- 1 “Mano de Hierro” sausage
- 1 sweet blood sausage from Teror

Garnish

- Fried or arrugadas potatoes
- Roasted red pep
- Coleslaw



→ METHOD

1. Preheat the grill or embers.
2. Cook thicker cuts first (ribs, chicken).
3. Gradually add the remaining meats, adjusting cooking times according to type and desired doneness.
4. Season with salt at the end to prevent moisture loss.
5. Serve hot with garnishes.



PAIRING: Full-bodied red wines (*Listán Negro*, young or lightly oaked wines) or lager/amber beers. Also suitable with dry cider.

ANALYSIS: The mixed grill represents a synthesis of contemporary meat-based cuisine in the Canary Islands, where different types of meat and direct-fire cooking techniques converge. Its logic is less that of a fixed traditional dish and more that of a shared culinary experience. From a nutritional perspective, it is energy- and fat-dense, partially balanced by vegetable garnishes. It also reflects the local adaptation of broader gastronomic models (grill, steakhouse), integrated into the insular context.

LA CANTINA



In perhaps the most unexpected location in Valsequillo—within the sports complex that houses the municipal football fields—stands La Cantina. Beyond its initial role as a sandwich shop and takeaway pizzeria, it has evolved into a genuine restaurant under the direction of Sandro Castrigno, a Valsequillo native of Italian-Dutch origin.

Sandro learned the culinary basics from his paternal grandmother, Nonna Margherita, and to a lesser extent from his father, also a restaurateur. Nevertheless, he considers himself largely self-taught: “I like to eat; I like cooking.” His professional path began as a flight attendant, a period during which he started cooking for colleagues. He later pursued vocational training in hospitality and tourism at IES Felo Monzón, specializing in culinary studies for three years.

As a restaurant, La Cantina stands out locally and regionally for its seasonal salads (summer, Christmas, etc.), starters (croquettes, Russian salad, scrambled dishes), soups made with local products, pizzas, fresh pasta, and a notable selection of desserts (particularly dark chocolate mousse and panna cotta). The in-house preparation of most dishes and the use of authentic raw materials define its culinary approach. A regular customer at the Valsequillo farmers’ market, Sandro constantly experiments, demonstrating a clearly innovative profile.

For this work, three representative dishes were selected: a summer salad—for which figs were even reserved out of season—a seasonal dessert (strawberry tart), and another seasonal yet creative dessert (loquats with mascarpone).



Fig Salad

The dish presents a fresh, visually contrasted composition, dominated by the violet tones of the figs, the white of the mozzarella, and the greens of arugula and pesto. Palm honey provides a glossy finish, while lime zest adds a subtle aromatic note. The arrangement is open, highlighting the fleshy texture of the figs against the creaminess of the cheese and the crunch of the walnuts.



→ INGREDIENTS (FOR 2 SERVINGS)

For the mild pesto

- 20 g fresh basil leaves
- 60 ml mild olive oil
- ½ clove garlic
- 1 g salt

For the salad

- 6–8 ripe fresh figs (≈ 350–400 g)
- 1 ball fresh mozzarella (≈ 125 g)
- 25–30 g walnuts (lightly chopped)
- 40–50 g thinly sliced cured ham
- 20–30 g arugula
- 15–20 ml palm honey
- Finely grated zest of ½ lime

→ PREPARATION

1. Mild pesto: Blend basil, olive oil, garlic, and salt until a light, smooth emulsion forms. Set aside.
2. Base: Wash and dry the figs. Cut into quarters or thick slices and arrange on the plate.
3. Assembly: Tear the mozzarella by hand and distribute over the figs. Add walnuts and cured ham (in strips or small pieces).
4. Dressing: Add the pesto in small amounts (dots or thin drizzles) to avoid overpowering the dish.
5. Finish: Add fresh arugula on top. Drizzle with palm honey and finish with freshly grated lime zest.



PAIRING: Young, aromatic white wines (volcanic *Malvasía* or dry Muscat). Alternatively, light rosé or brut sparkling wine.

ANALYSIS: This dish represents a contemporary reinterpretation of classic Mediterranean sweet-savoury pairings (fig–ham–cheese). It integrates Italian influences (pesto, mozzarella) with local products such as palm honey, creating a hybrid proposal based on seasonality, freshness, and textural contrast.

Strawberry Tart

The result is a layered, visually dynamic dessert, with clearly defined strata: a pink creamy base, crumbled biscuit, glossy strawberries, and airy meringue. Lime zest provides a fresh aromatic finish. The presentation resembles a deconstructed tart.



→ INGREDIENTS (FOR 2 SERVINGS)

Butter biscuit base (extra quantity)

- 125 g salted butter (room temperature)
- 75 g sugar
- 150 g wheat flour
- Optional: pinch of vanilla or ground star anise

Italian meringue

- 2 egg whites
- 120 g sugar (for syrup)
- 40 ml water
- 1 tsp lemon juice
- 1 tbsp (≈10 g) additional sugar

Filling and assembly

- 300 g fresh strawberries (Valsequillo)
- Juice and zest of ½ lime
- 100 g mascarpone
- 80 ml cream (≥30% fat)
- 60–80 g strawberry compote or jam (preferably homemade)

→ PREPARATION

1. Biscuits: Cream butter and sugar until smooth. Add flour and optional spice. Shape into logs, wrap, and refrigerate 2 hours. Slice and bake at 200°C for 15–16 min. Cool and crumble.

2. Italian meringue: Whip egg whites with lemon juice. Meanwhile, heat sugar and water to 120°C. Pour syrup slowly into semi-whipped whites while beating. Add extra sugar midway and continue until cooled.

3. Strawberries: Wash, cut, and macerate with lime juice for at least 1 hour.

4. Cream base: Mix mascarpone, cream, and compote into a light, slightly tangy cream.

5. Assembly: Layer strawberry cream, biscuit crumbs, macerated strawberries, and meringue. Finish with lime zest.



PAIRING: Natural sweet or semi-sweet wines (Muscat or sweet *Malvasía*). Alternatively, brut or extra brut sparkling wine.

ANALYSIS: A contemporary dessert combining classical techniques (Italian meringue, biscuit base) with a locally emblematic product (strawberry). It emphasizes freshness and seasonality over heavier traditional pastries, reflecting a shift toward lighter, fruit-driven desserts.

Valsequillo Loquats with Mascarpone

In peak season, loquats can be preserved for several days under refrigeration if stored in an airtight glass container, preferably submerged in a light syrup, helping maintain texture, colour, and aroma.



→ INGREDIENTS (FOR 2 SERVINGS)

- 10–12 ripe loquats (peeled and pitted)
- 250 ml water
- 80–100 g sugar (light syrup)
- 10–15 g fresh ginger (peeled, in pieces)
- 250 g mascarpone
- 50 ml cream
- Zest of 1 lemon
- 2 g agar-agar (≈1 level tsp)
- 1 tbsp palm honey (optional)
- 15–20 g toasted pistachios
- Fresh mint leaves

→ PREPARATION

1. Loquats: Peel and pit. Set aside.
2. Aromatic syrup: Boil water, sugar, and ginger. Add loquats and cook 5 min. Cool in syrup.
3. Mascarpone cream: Beat mascarpone with cream, add lemon zest and a little cooled syrup. Chill.
4. Gel: Strain syrup, boil again, add agar-agar, cook 1–2 min. Chill flat, then cut into cubes.
5. Assembly: Fill loquats with cream. Plate with gel cubes, pistachios, palm honey drizzle, and mint.



PAIRING: Natural sweet or semi-sweet wines (fresh profile), aromatic whites, or light sparkling wines.

ANALYSIS: This preparation combines traditional and contemporary techniques around a highly seasonal local fruit: the loquat. Syrup poaching stabilizes texture and softens acidity, while infusion enhances aroma. Mascarpone adds richness, balancing freshness, and agar-based gel introduces modern textural complexity. The dish is built on contrasts—sweet/acidic, creamy/gelled, fresh/aromatic—while palm honey and pistachios reinforce territorial identity. It represents a contemporary reinterpretation of local cuisine, integrating proximity products, modern technique, and aesthetic sensibility without losing its connection to the agricultural landscape of the midlands.

TASQUITA EL ESCONDITE



At Tasquita El Escondite, a well-known restaurant located in the historic centre of Valsequillo, we are warmly welcomed by its manager and chef, Lucía Suárez Quintana. She began her culinary training in a domestic setting, guided by her mother, Nuria. The restaurant opened its doors in August 2012 with a clear vision: to develop a modern, accessible cuisine open to diverse gastronomic influences, while maintaining local produce as its structural backbone.

The team is completed by chef Paco Sánchez Cruz and kitchen assistants Joanna Sánchez and Belén Rodríguez, together with Senaida Ramírez and Begoña González in charge of front-of-house and terrace service. This human ensemble forms a dynamic structure combining experience, continuous learning, and a strong service ethos.

According to Lucía, some of the house's most representative dishes include black lentils, *gofio*-based preparations (escaldón and mousse), duck carpaccio, crispy dishes—particularly blood sausage and prawn—and a carefully curated selection of varied salads.

During our visit, we also had the opportunity to speak with Paco, who, after an initial career as a waiter, joined the kitchen brigade in 2024, completing his transition into cooking. He highlights the regular use of local products such as strawberries, seasonal vegetables, potatoes, water from Tenteniguada, and artisan ice creams from Ola Blanca, produced by Chano.

For the purposes of this work, Lucía, Paco, and their team prepared three representative dishes

reflecting their culinary approach: an escaldón de *gofio*, a *gofio* mousse, and a torrija served with ice cream. Together, these dishes illustrate the combination of tradition, local produce, and contemporary interpretation that defines the identity of Tasquita El Escondite.



Gofio Escaldón with Cod and Prawns (Escaldón de gofio con bacalao y langostino)



→ INGREDIENTS (FOR 2 SERVINGS)

- 500 ml fish and prawn fumet (house recipe)
- 120–150 g wheat *gofio*
- A pinch of salt

Garnish

- 80 g desalted, flaked cod
- 4–6 prawns, chopped
- 1 tsp sweet paprika
- Optional: a drizzle of extra virgin olive oil



→ PREPARATION

1. Heat the fumet until very hot, without excessive boiling.
2. Gradually add the *gofio*, stirring continuously with a whisk or wooden spoon to avoid lumps.
3. Adjust the texture (more fluid or thicker) according to preference by adding more broth if necessary.
4. Season with salt and continue mixing until a smooth, creamy consistency is achieved.
5. Plate the escaldón and top with flaked cod and chopped prawns.
6. Sprinkle with paprika and optionally finish with a drizzle of olive oil.



PAIRING: Dry, fresh white wines (volcanic *Malvasía*) or a light lager beer, which balances the density of the *gofio* and the salinity of the cod.

ANALYSIS: Escaldón is one of the most representative dishes of Canarian cuisine, directly inherited from the aboriginal tradition centred on *gofio*. The incorporation of cod—historically imported and linked to preservation by salting—and prawns introduces a contemporary maritime dimension. The dish thus synthesizes three historical axes: transformed cereal (*gofio*), preserved protein (cod), and fresh marine product (seafood), resulting in a coherent and territorially grounded modern reinterpretation.

Gofio Mousse



→ INGREDIENTS (FOR 1 SERVING)

- 100 ml whipping cream (≥ 30% fat)
- 40 g condensed milk
- 25 g wheat *Gofio*
- 1 egg white
- A pinch of salt

Decoration

- Liquid caramel
- *Gofio* powder
- 1 wheat wafer
- 2 mint leaves

→ PREPARATION

1. Whip the cream until firm peaks form; keep chilled.
2. Whip the egg white with a pinch of salt until stiff peaks form.
3. Mix the *gofio* with the condensed milk to obtain a dense cream.
4. Fold in the whipped cream using gentle, enveloping motions.
5. Incorporate the whipped egg white carefully, preserving the mixture's aeration.
6. Transfer to a glass or cup and refrigerate for at least 1–2 hours before serving.
7. Decorate with caramel, a dusting of *gofio*, the wafer, and mint leaves.



PAIRING: Natural sweet wines (Muscat or sweet *Malvasía*) or a light honey liqueur, which complements the toasted notes of the *gofio*.

ANALYSIS: This mousse exemplifies the contemporary evolution of *gofio* into modern pastry. Traditionally associated with dense, energy-rich preparations, it is here transformed into a light, airy dessert through classical pastry techniques (whipped cream and egg whites). It represents a clear adaptation of a key Canarian ingredient to current gastronomic standards, preserving its characteristic flavour while reinterpreting texture and presentation.

Torrija with a Scoop of Ice Cream (Torrija con bola de helado)



→ INGREDIENTS (FOR 1 SERVING)

- 1 slice of anise-flavoured rustic bread
- 150 ml milk
- 1 egg
- 1 tsp sugar
- Ground cinnamon to taste
- A pinch of anise
- Lemon zest

Accompaniment and decoration

- 1 scoop artisan ice cream (vanilla or mandarin)
- Cane syrup (*miel de caña*)
- White sugar
- 1 wheat wafer
- 2 mint leaves

→ PREPARATION

1. Infuse the milk by heating it with cinnamon, anise, and lemon zest; allow to cool slightly.
2. Soak the bread slice until fully saturated.
3. Dip in beaten egg.
4. Cook in a pan (traditionally fried, though it can be lightly pan-seared) until golden on both sides.
5. Sprinkle with sugar and cinnamon.
6. Serve hot, add the scoop of ice cream, and drizzle with cane syrup. Garnish with wafer and mint.



PAIRING: Sweet or semi-sweet wine, or even a black coffee or cortado, which balances the overall sweetness.

ANALYSIS: Torrija is a dessert of peninsular origin, traditionally linked to the use of stale bread and associated with Lent and Easter cuisine. In the Canary Islands, its adaptation incorporates local elements such as cane syrup and breads flavoured with anise. The addition of ice cream introduces a modern thermal contrast, transforming the dessert into a more contemporary experience while preserving its traditional essence rooted in domestic economy and resourcefulness.

DIAMADA PREPARED FOODS (*DIAMADA COMIDAS PREPARADAS*)



Located in the heart of Plaza de Tifariti, in the historic centre of Valsequillo, this small business opened in October 2024 under the direction of Diógenes Cruz. His culinary background is rooted in a family environment: he learned the trade alongside his in-laws, Doña Carmen Suárez and Mr. Ángel Nuez, at the former square's canteen, and later consolidated his training under the guidance of his brother-in-law Manuel García, head chef.

Diógenes has identified a clear opportunity in the field of high-quality prepared foods: an offer based on oven dishes, fried items, salads, and traditional spoon-based recipes. He publishes his weekly menu on social media, adapting it to seasonality and product availability. His specialties include roasts (chicken, fish, meat), traditional stews (chickpea stew, goat meat, tollos, carajacas), and assorted fried dishes. On Sundays, he maintains the tradition of sancocho.

For this work, two of his most representative dishes were selected: chickpea stew (*garbanzada*) and beef stew. Together, they faithfully reflect Diamada's culinary model: recognizable, tradition-based cuisine with a daily service vocation, adapted to contemporary rhythms without losing its popular roots.



Chickpea Stew (Garbanzada)



→ INGREDIENTS (FOR 2 SERVINGS)

- 200 g dried chickpeas (soaked 12 h)
- 80 g chorizo
- 80 g blood sausage
- 60 g bacon
- 100 g pork (in pieces)
- 500 ml meat stock
- 2 tbsp (≈ 40 g) fried tomato sauce
- Salt to taste

For the sauté base

- ½ onion (≈ 75 g)
- ½ red pepper (≈ 60 g)
- 2 garlic cloves
- 1 bay leaf
- ½ tsp dried thyme
- 40 ml sunflower oil

→ PREPARATION

1. **Base cooking:** Drain the soaked chickpeas and cook in fresh water for 1–1.5 hours (or 25–30 min in a pressure cooker) until tender. Reserve with part of the cooking liquid.
2. **Sauté:** Heat the oil and sauté finely chopped onion, pepper, and garlic. Add bay leaf and thyme; cook until softened.
3. **Meats:** Add bacon and pork; sauté briefly. Incorporate sliced chorizo and blood sausage.
4. **Integration:** Add chickpeas with some of their broth and additional meat stock. Once it begins to boil, add the fried tomato.
5. **Final cooking:** Simmer for 20–30 minutes, adjusting salt and allowing the stew to thicken slightly.



PAIRING: Young or medium-aged red wines (*Listán Negro*), whose structure matches the dish's richness. Alternatively, lager or amber beer for freshness and balance.

ANALYSIS: Chickpea stew belongs to the tradition of legume-based dishes enriched with meat products, widespread in Spanish cuisine and adapted in the Canary Islands through peninsular influences. The inclusion of cured meats (chorizo, blood sausage) reflects a relatively recent evolution linked to improved access to animal protein. These dishes follow an energy-oriented culinary logic, historically designed for physically demanding work, and exemplify the principle of full resource utilization. Today, it remains an identity dish combining tradition, flavour, and nutritional value.

Beef Stew (Estofado de ternera)



→ INGREDIENTS (FOR 2 SERVINGS)

- 400 g beef (cubed, preferably chuck or shank)
- 1 tsp sweet paprika
- Coarse salt to taste
- 300–400 ml meat stock (as needed)

For the sauté base

- 1 medium onion (≈ 120 g)
- ½ red pepper (≈ 60 g)
- 2 garlic cloves
- 1 small sprig thyme (or ½ tsp dried)
- 1 bay leaf
- 50 ml sunflower oil
- 100 ml white wine



→ PREPARATION

- 1. Searing:** Season the beef and brown it in part of the oil until well colored. Remove and reserve.
- 2. Sauté:** In the same pot, add remaining oil and sauté chopped onion, pepper, and garlic. Add bay leaf and thyme.
- 3. Deglazing:** Add white wine and reduce for a few minutes to evaporate alcohol.
- 4. Cooking:** Return the meat, add paprika, and cover with stock if necessary.
- 5. Slow stewing:** Cook over low heat for 1.5–2 hours (or 35–40 min in a pressure cooker) until the meat is tender and the sauce well bound. Adjust salt.



PAIRING: Red wines with some aging, matching the depth of the stew. Alternatively, structured white wines or even robust rosé for contrast and freshness.

ANALYSIS: Beef stew is one of the fundamental techniques of European cuisine, based on slow cooking in a moist environment. In the Canary Islands, it adapts to the availability of beef and the tradition of domestic cooking pots, incorporating simple aromatic elements. Its persistence in everyday cuisine reflects the continuity of pre-industrial slow-cooking techniques aimed at maximizing tenderness and yield of tougher cuts. The stew also symbolizes the transition from a predominantly plant-based diet to a greater presence of meat in domestic consumption, particularly from the mid-20th century onward.

BAR CA' FERMÍN



In the neighbourhood of Tenteniguada (Valsequillo), facing a small square that pays tribute to the unforgettable Damián Corujo, stands Ca' Fermín Bar, a distinctly traditional establishment that embodies the bochinche model typical of the mid-altitude rural areas of Gran Canaria. As explained by its owner, Fermín Peñate, the business originated through the transformation of domestic spaces: a former garage—now converted into the dining area and bar—and a machinery room—currently functioning as the kitchen—together forming a functional, honest restaurant deeply rooted in its local context.

The project is sustained by a family-based structure: his wife, Carmen Montesdeoca, along with Miguel Rubio—regarded as a son—are responsible for the kitchen, while Fermín manages the dining room with warmth and professionalism. Carmen also writes the menu on the chalkboard, noted for its excellent handwriting.

The dining room attracts a regular clientele from Valsequillo, Telde, and San Mateo, as well as visitors staying in nearby rural accommodations, many of them international guests drawn by the authenticity of the local cuisine. Nevertheless, Fermín deliberately avoids mass tourism and emphasizes two non-negotiable principles: strict adherence to the cold chain and rigorous cleanliness of the facilities.

Among the house specialties are large fried Saharan squid, seafood salad made with prawn tails, Russian salad, and roast pork leg. For the purposes of this work, he has prepared one of his most representative dishes: beef stew.



Beef Stew (Estofado de ternera)



→ INGREDIENTS (FOR 4 SERVINGS)

- 1.2–1.5 kg of prime beef (chuck, shank, or similar cut, diced into large cubes)
- 2 medium white onions (300–350 g)
- 2 large carrots (200–250 g)
- 1 green bell pepper
- 1 red bell pepper
- 1 leek (white part)
- 4 cloves of garlic, finely chopped
- 200 g of tomato sauce
- 150 ml of white wine
- 150 ml of red wine
- 1 L of water or light stock
- 2 tablespoons of wheat flour (20–25 g), for thickening
- 1 teaspoon sweet paprika
- 2–3 bay leaves
- 1 teaspoon dried thyme (or a small bunch of fresh thyme)
- 6–8 black peppercorns
- 2 grains of allspice (or local “pimienta de la PM”)
- Coarse salt to taste
- Optional: a pinch of colouring agent or saffron substitute

Accompaniment

- 100 g potatoes (fried, boiled, or papas arrugadas)
- Traditional bread (e.g., pan de Valerón)

→ METHOD

1. In a large metal pot, begin by preparing the base with finely chopped vegetables: onion, leek, carrot, and peppers, along with the garlic, bay leaves, and spices.
2. Add the white wine from the start, allowing it to act as the cooking medium and a substitute for oil, gently softening the vegetables without added fat.
3. Once the base has reduced and concentrated, add the flour, stirring well to incorporate and prevent lumps. Then add the tomato sauce and paprika.
4. Add the beef and mix thoroughly. Pour in the red wine and allow the alcohol to evaporate. Then cover with water or stock.
5. Cook over medium-low heat for 1.5–2 hours (or until the meat is very tender), stirring occasionally. The result should be a rich, well-bound sauce.
6. Adjust seasoning and allow the stew to rest before serving, which significantly improves flavour integration.



PAIRING: Young red wines or lightly aged reds (preferably fruit-forward with moderate tannins). Canary Islands reds made from *Listán Negro* provide freshness and a slight rustic character. Alternatively, amber or toasted beers also pair well. Bread is essential to accompany and fully enjoy the sauce, a central element of the dish.

ANALYSIS: This beef stew belongs to the tradition of slow-cooked inland stews, where prolonged cooking transforms tougher cuts into tender, gelatine-rich preparations of high palatability. The absence of oil is a notable technical feature, resulting in a lighter dish without sacrificing depth of flavour, which instead relies on the concentration of the vegetable base and the dual wine contribution. Structurally, it is a nutritionally dense preparation, integrating proteins, collagen, carbohydrates (via accompaniments), and aromatic compounds into a complex and balanced matrix. From a cultural perspective, it reflects a cuisine of time and resourcefulness, historically rooted in domestic and rural contexts, yet here preserved within a restaurant setting with its core values intact: authenticity, technical simplicity, and strong sensory impact.

FRUTIZUM - LOCALLY SOURCED ARTISAN ICE CREAM



In his still little-known workshop located in Plaza Tifariti (Valsequillo town centre), we are welcomed by Eliecer Monzón, a young entrepreneur from Valsequillo who, after a long stay in Ireland, returned with the aim of developing an artisanal ice cream business in his hometown, thus founding the small enterprise Frutizum.

His proposal has quickly gained traction: he produces up to 50 different flavours of handmade ice pops, using locally sourced raw materials (both municipal and island-wide), without chemical additives, and employing 100% recyclable and biodegradable materials. The range also includes options suitable for people with coeliac disease.

The offer is structured into two main lines. On the one hand, sorbet-style pops made from seasonal fruits—strawberry, banana, papaya, mango, passion fruit, kiwi, watermelon, melon, citrus fruits, and numerous combinations—alongside more creative options such as coconut or mojito. On the other hand, there are dairy-based pops, among which flavours linked to Ca-

narian tradition stand out, such as almond, *gofio*, *gofio*-banana, or cheesecake with cream and strawberry.

The process begins with the blending of fresh, locally sourced fruit (Km 0), to which water and small amounts of sugar are added as a natural preservative.

Alongside his productive activity, Eliecer promotes the Frutizum-ARE project, a social innovation initiative that expands the scope of the workshop toward training, the use of agricultural surpluses, and local entrepreneurship. In essence, the project is structured around three axes: practical training within a productive environment (a “school-factory” model), the valorisation of non-commercial fruit through its transformation into ice creams and pops, and the creation of employment and self-employment opportunities within the agri-food sector. This approach connects production, education, and territorial development, reinforcing the role of local products within a circular economy framework.

Returning to the workshop, Eliecer offers us a tasting of several of his creations: mango, tropical (mango, passion fruit, and kiwi), almond, strawberry, strawberry with kiwi, and raspberry pops. The almond pop, dairy-based, stands out particularly for its balance and texture.

Analysis: From the perspective of local produce, these artisanal ice creams directly integrate ingredients linked to the territory of Valsequillo and its surrounding island context. The whole reflects a threefold dynamic: (i) continuity of traditional fruit species (strawberry, banana, papaya, mango, watermelon, melon, and citrus fruits); (ii) incorporation of more recent or less common fruits (passion fruit, kiwi, raspberry), as well as more creative formulations (coconut, mojito), associated with diversification and market adaptation; and (iii) reinterpretation of tradition through dairy-based preparations that evoke emblematic products such as *gofio* or almond.

In this sense, Frutizum represents a clear example of hybridization between culinary heritage, technical innovation, and the contemporary valorisation of local produce.



4.3. Culinary Tradition, Sustainability, and Health

The cuisine of Valsequillo de Gran Canaria represents a coherent expression of adaptation to the environment, where territory, production, and food culture converge into a model that can today be interpreted through the lens of sustainability and health. Far from being based on theoretical constructs, this model has historically been shaped by the practical knowledge of farmers, livestock breeders, cooks, and pastry makers, adjusted to resource availability, seasonality, and the natural rhythms of the mid-altitude landscape.

The foundation of this diet rests on local products of high nutritional value. Potatoes, maize (millo), and legumes have traditionally provided the energetic base, complemented by vegetables such as watercress—remarkable for its mineral richness—cabbage, onions, and zucchini. This is further enriched by a wide diversity of fresh and dried fruits: citrus fruits; stone fruits (apricots, plums, and peaches); strawberries—with a high vitamin C content, even exceeding that of oranges—apples, pears, and avocados—an excellent source of monounsaturated fats, particularly oleic acid—as well as almonds, which play a significant role both in direct consumption and in traditional confectionery. According to current Mediterranean Diet gui-

delines, nut consumption should range between 3 and 7 servings per week (25–30 g per serving), making almonds, in themselves, a valuable component of the local diet. Altogether, this reflects a diverse, balanced dietary pattern closely linked to the territory.

Animal-based products complete this system. Artisanal cheeses, produced mainly from goat's milk, constitute a significant source of high-quality protein and healthy fats, while also serving as a defining element of the productive landscape. Honey, obtained in an environment of high floristic diversity, provides natural sugars and bioactive compounds. In this context, water from local springs also holds particular value, both for its essential dietary role and its connection to traditional water management systems.

From a culinary standpoint, techniques that preserve the integrity of food predominate—boiling, stewing, roasting, and baking—characterized by moderate use of added fats and low reliance on processed products. These practices favour nutrient retention and largely align with the principles of a healthy and balanced diet. Moreover, the tradition of resource-efficient cooking—evident in stews, soups, and preparations based on leftovers—reflects an effective use of resources, consistent with contemporary approaches to sustainability and food waste reduction.

In this context, it is worth noting that the local term *es-caldón* refers to a traditional preparation made from *go-fio* mixed with broth (often fish-based), exemplifying the combination of cereal and liquid in a simple, nutritious, and energy-dense dish.

Overall, **the culinary tradition of Valsequillo de Gran Canaria defines a dietary model based on proximity, diversity, seasonality, and the nutritional quality of its products. Its relevance lies not only in the preservation of traditional recipes, but also in the potential to reinterpret its underlying principles—nutritional balance, full resource utilization, and connection to the environment—as a foundation for a more sustainable and healthier contemporary diet, in which personal well-being and environmental responsibility are coherently integrated.**



5

SEASONALITY AND
AVAILABILITY
OF PRODUCTS IN
VALSEQUILLO

Seasonality constitutes a structural feature of mid-altitude agri-food systems, shaping both product availability and patterns of consumption, as well as local culinary expressions. In Valsequillo (Gran Canaria), this condition is reflected in an agricultural and livestock supply closely linked to the annual cycle, climatic conditions, and the diversity of crops present in the territory.

This section addresses seasonality from a three-fold complementary perspective. First, it incorporates testimonies from actors within the local agri-food system (producers, processors, and

traders), providing direct insight into production rhythms and management decisions. Second, it documents the actual supply observed in short supply chains, particularly in the municipal farmers' market and other outlets linked to local producers. Finally, this information is systematized in the form of a seasonal calendar, integrating field data and traditional knowledge.

This approach allows not only for the description of the temporal availability of products, but also for the interpretation of their role in shaping a local, seasonal, and culturally rooted food system.

5.1. Voices from the territory:
producers and occupations
within the local agri-food system

The analysis of productive seasonality gains precision when it incorporates the direct experience of those who work the land. While previous chapters (3 and 4) have already gathered representative voices from the municipality—particularly those linked to primary production and gastronomy—this subsection brings together testimonies from actors whose activity is not directly associated with culinary preparation in domestic or restaurant settings.

It presents excerpts from interviews conducted with different agents of the local agri-food system in Valsequillo—farmers, livestock breeders, cheesemakers, beekeepers, butchers, and traders—accompanied by graphic material of their farms, facilities, and products.

These contributions contextualize quantitative data and market observations, incorporating information on production calendars, actual availability, climatic constraints, management practices, marketing channels, and local perceptions of food quality and seasonality. Beyond their descriptive value, these testimonies constitute a source of applied knowledge that directly connects primary production with consumption, allowing seasonality to be understood as a dynamic process shaped by both ecological factors and human decisions. In parallel, it is observed that livestock-derived products—meat, milk, cheese, and honey—show relatively continuous availability throughout the year, mainly modulated by production and management factors rather than strict seasonality.



FINCA LA PALMA – STRAWBERRIES



On a Saturday, in the midst of peak production, we were warmly welcomed by Tonono and Juan Miguel Gil at their farm in La Palma. This is a long-established agricultural enterprise founded approximately 65 years ago by their father, Mr. Juan Gil. The farm currently covers about 6.5 hectares, of which 5 hectares are dedicated to strawberry cultivation, mainly of the Sabrina variety.

Originally from Huelva, this variety is characterized by resistance to sepal burn, early production, uniform fruit coloration, conical shape, and large size, as well as firm flesh and a resistant skin that facilitates transport and storage. It also shows high productivity, with average yields of around 500–520 g per plant per season. Other varieties are being tested in parallel to evaluate their performance in terms of productivity and post-harvest life.

The farm's annual production is approximately 230 tons, with around 80% destined for the Gran Canaria market and the remaining 20% distributed to other islands such as Fuerteventura, Lanzarote, and Tenerife. The production season typically runs from January to June, occasionally extending into July depending on thermal conditions.

Farm work is carried out by a stable team of around 15 workers, which doubles during peak harvest (March–May). The cultivation system incorporates integrated management practices, notably the use of natural predators for biological pest control. Approximately 80% of the crop is grown hydroponically, improving ergonomics and allowing precise control of irrigation and nutrition. These crops are grown under greenhouse conditions with dual covering—mesh in summer and plastic in winter—to



protect plants from wind, excessive radiation, and birds, while preventing direct exposure to rain.

Water recirculation systems collect excess irrigation water, optimizing resource use. The remaining 20% is cultivated directly in soil, without water recovery systems, allowing comparison with more traditional conditions and providing valuable insights into soil-climate interactions and agronomic decision-making.



FINCA PITANGO – RESTAURANT-ORIENTED PRODUCTION



Located in La Orilla de Las Vegas (Valsequillo), Finca Pitango has historically supplied agricultural products and derivatives to the restaurant El Padrino and the former *Asador Pitango*, which operated for over 25 years.

After acquiring the original farm about three decades ago, it was divided into two units: 4.5 fanegadas managed by Paco Ortega (Pitango 1) and 3.5 fanegadas by Humberto Rodríguez (Pitango 2). This structure allowed for optimized land use and diversified production within a coordinated family management system.

The restaurant has traditionally been supplied with potatoes, maize, fruits, nuts, and fresh ve-

getables, largely produced on the farm. Vineyard trellises have also provided house wine, reinforcing a gastronomic identity deeply rooted in the territory. This connection extended beyond production, including gestures such as gifting customers with pots of herbs (thyme, oregano, parsley), ornamental plants, or poinsettias at Christmas, as well as the use of well water for coffee machines and almond wood for cooking.

Pitango exemplifies an integrated agri-food model in which proximity between production and gastronomy ensures freshness and quality, while enabling a coherent culinary approach based on seasonality, traceability, and direct product knowledge.



MARIO BENÍTEZ ORTEGA & ADRIÁN CRUZ HERNÁNDEZ – FARMERS IN VALSEQUILLO



Mario Benítez runs five farms (covering around 7 hectares in total) located in Los Lomitos de Correa, La Barrera and Mirabala (Valsequillo), whilst Adrián Cruz manages approximately 3 additional hectares. Together, they have established an intensive and specialised production model, based on a close relationship of collaboration and mutual support.

In 2025, Mario achieved an approximate yield of 85 tonnes of potatoes and around 300,000 maize cobs, whilst Adrián produced around 34 tonnes of potatoes and some 120,000 maize cobs. These figures demonstrate both the scale of their operations and their agronomic management capabilities. They also have marketing agreements with an island-wide supermarket chain and supply operators such as Tilico, Fruver RMR and other buyers, ensuring stability in product sales and planning tailored to demand.

They work mainly with the Galáctica and Picasso potato varieties, which – as they point out – stand out for their organoleptic quality, largely attributable to the use of water from local wells and aqueducts. As they put it: “The flavour of the Valsequillo potato is defined by the quality of the water, the soil and the mid-altitude location.” This link between water resources, soil and altitude-orientation reinforces the territorial identity of their product. Furthermore, their participation in the Valsequillo Traditional Potato and Maize Fair (April 2026), with a stand of a notably educational nature, highlights their commitment to disseminating agricultural knowledge and promoting the social value of the primary sector.

From a technical perspective, they apply potato-maize-potato crop rotations, promoting soil regeneration and respect for natural cycles. They also

grow three varieties of maize, highlighting a crop they describe as particularly tasty and well-balanced. However, they warn of a structural problem: the lack of generational renewal in the Valsequillo countryside, which jeopardises the continuity of the local production system. They also point to the limited presence of local potatoes in the area’s restaurants, which leaves room for improvement in the link between production and the kitchen.

Within the context of Valsequillo’s agri-food system, both farmers exemplify the professionalisation of the primary sector, successfully combining tradition, productive efficiency and a connection with contemporary markets, thereby making a decisive contribution to the economic viability and profile of local products across the island.



COMERCIAL ANSAGO – MAYAY WINERY



At their farm in Las Vegas (Valsequillo), we were warmly received by Mr. Antonio Sánchez and Ms. María de los Ángeles Pérez, together with their children Yeray, Ayose and Yazmina, as well as the oenologist Julián Gómez del Castillo, who brings experience from the Rueda and El Bierzo appellations. This family project combines agricultural tradition, entrepreneurial initiative, and a clear commitment to production diversification.

According to Antonio, the origins of this trajectory date back to the “stubborn determination” of his father, Mr. Miguel Sánchez, who was already producing homemade wine on the farm. Building on this foundation, the family later promoted the creation of the Ansago supermarket chain, thereby consolidating their own commercial distribution channel. The original farm—formerly devoted to citrus and pergola-trained table grapes—has progressively evolved into a more diversified model, including the production of oranges, potatoes, and vegetables (notably watercress grown in their own watercress

beds using gallery water), and more recently avocados. Stone fruits, olive trees, and vineyards have also been incorporated.

At present, the project has taken a decisive step forward with the establishment of Bodega Mayay, following the acquisition of the required administrative permits. This is a small-scale, strongly artisanal initiative, oriented both toward quality and the preservation of family heritage. The 2025 production, still incipient, comprises approximately 900 bottles of red wine (mainly *Listán Negro* with contributions from *Negramoll*), 300 bottles of white wine produced as a blanc de noir (from *Listán Negro* with some *Listán Blanco*), and 150 bottles of moderately sweet vermouth. Beyond these figures, the project is grounded in a philosophy of continuous learning and collaboration: in addition to Julián’s technical guidance, the family actively participates in a winegrowers’ association, engaging in training activities, tastings, and shared winemaking experiences.

Within the agro-food system of Valsequillo, Comercial Ansago – Mayay Winery (*Bodega*) represents a significant example of vertical integration, where primary production, processing, and commercialization are articulated within a single family unit. This model not only reinforces the territorial identity of its products but also contributes to diversifying the local economy and opening new pathways for the valorisation of mid-altitude agriculture.



HERNÁNDEZ SÁNCHEZ MIXED FARM



With warmth and friendliness, Loli Hernández and Aurora Sánchez welcome us to their Hernández Sánchez Agro-Livestock Farm, located in the area of Las Vegas de Valsequillo and reached via a winding road. On this holding they carry out an integrated activity combining agriculture, livestock farming, and artisanal cheese production. Their products — both agricultural and dairy — are marketed at the municipal market of Telde.

Agricultural production is focused on crops such as potatoes, courgettes, green beans, common beans, beetroot, maize, and pak choi (white Chinese cabbage), in addition to maize and oats intended for fodder, both fresh and dried. The livestock herd consists of 17 head of cattle (including 3 bulls), around 50 goats with their kids, 2 sheep, and a donkey named Moreno. During the visit, a close and respectful relationship with the animals becomes evident, based on calm handling, careful

feeding, and individualised attention, elements reflected in their good sanitary and productive condition. This approach demonstrates a conscious practice of animal welfare, understood not merely as a technical requirement, but as an ethical principle forming part of the farm's culture.

Regarding cheese production, they make three types of mixed-milk cheese: fresh cheese of the day, semi-cured cheese (with more than 60 days of maturation), and cured cheese. During the visit to the production room, particular attention was drawn to a semi-cured cheese with a reddish-orange rind. As Loli explained to us, this coloration results from the development of beneficial surface microbiota, which contributes both to the protection of the cheese and to the complexity of its organoleptic characteristics. We had the opportunity to purchase two cheeses (see image), whose quality proved remarkable.





During the course of the conversation, Loli points out that her connection to the primary sector is both vocational and generational in nature, as she represents the third generation dedicated to this activity. After initially intending to study veterinary medicine — and a brief period in marine sciences — she confirmed that her place was in agro-livestock farming. Following a period of training on a cattle farm in Agüimes, they decided to launch their own productive project.

Progressively, the farm has incorporated practices aimed at environmental sustainability and resource optimisation under a circular economy approach. Among these, the collection and storage of rainwater for agricultural use stands out, reducing dependence on external water resources. Likewise, livestock waste (manure and slurry) is managed and reincorporated as organic fertiliser in the crops, closing the nutrient cycle between livestock farming and agriculture while reducing the use of external inputs. This integrated model also allows the valorisation of by-products from

the holding itself (fodder, plant residues) as animal feed, reinforcing the self-sufficiency of the system. In line with this process of continuous improvement, they are considering the implementation of photovoltaic solar energy in order to reduce the activity's energy footprint. Overall, this constitutes a productive system in which environmental sustainability and animal welfare converge as complementary pillars.

Loli defines herself as a person deeply rooted in Canarian traditions and culture. Among her main objectives is the promotion and conservation of the vaca basta canaria, an autochthonous cattle breed of great heritage value, to which she attributes a triple aptitude: milk production, meat production, and working capacity. In keeping with this commitment, they actively participate with their animals in fairs, traditional pilgrimages (romerías), competitions, and practices linked to indigenous sports.



ENTRE MONTAÑAS – HONEY



Based in Las Vegas (Valsequillo), Claudia B. Peruggorria and Samuel Wedemann work as dedicated beekeepers. Their small company, Entre Montañas, with over 26 years of experience, manages around 50 hives distributed across three sites: Tenteniguada, Las Capotas, and Montaña Las Palmas, covering a representative altitudinal and floristic gradient of the midlands.

After an initial visit to their extraction facilities—where uncapping, centrifugation, and packaging are carried out—we visited one of their apiaries. Located in a characteristic mid-altitude xerophytic shrubland (*tabaibal*), with prickly pear, *Kleinia neriifolia* (*verode*), and other species, the apiary supports not only honey production but also queen breeding, genetic selection, and conservation of the Canarian black bee (*Apis mellifera mellifera*), well adapted to insular conditions.

Average production ranges between 10 and 12 kg of multifloral honey per hive per year, consistent with extensive systems in environments with variable floral resources. The production season typically begins between February and April, depending on weather conditions and flowering dynamics.

Given the vegetation mosaic of Valsequillo—and Gran Canaria more broadly—monofloral honeys are exceptional. The absence of large continuous stands of dominant nectar species (e.g., *Echium*, *Bituminaria*, or thistles) in the 600–1000 m altitudinal range leads to predominantly multifloral production. Consequently, the two marketed types—light and dark honey—reflect variable nectar mixtures, shaped by altitude, orientation, season, and annual phenology.

Membership in the Apigranca association provides essential technical support, including veterinary services, health advice, and sector coordination,



contributing to the viability of an activity that integrates food production, biodiversity conservation, and the maintenance of traditional rural practices.

LA BARRERA BUTCHERY



José Benigno Ortega del Pino received us warmly at his butcher's shop in La Barrera (Valsequillo), a space reflecting a lifetime devoted to the primary sector. His career is marked by effort, early responsibility, and strong vocation. At just ten years old, he began helping support his family, initially as a livestock trader and later becoming a reference butcher in the municipality.

Over the years, he has developed exceptional knowledge of livestock and meat, achieving uncommon milestones. Notably, he was among the very few professionals—possibly the only one in his field—to export Canarian beef to mainland Spain, enhancing the visibility and prestige of a high-quality local product. More recently, he has continued supplying other islands, as evidenced by shipments of beef to clients in La Palma.

From his experience, he offers a constructive critique of the sector, highlighting the need for improvements in the island's slaughterhouse infrastructure and greater institutional support for livestock farming in Gran Canaria. He proposes initiatives such as a periodic "Canarian Livestock Week" to promote local meats among consumers and professionals.

His shop offers not only a carefully selected range of island meats but also other local products such as milk, cheese, honey, and water from Valsequillo. This reflects a coherent philosophy: strong support for local products, proximity to producers, and the defence of a territorially rooted food system. The butcher's shop thus functions not only as a retail outlet but as a key node connecting farmers, products, and the community



MANOLO AND ELOÍNA – VALSEQUILLO MARKET



The stall run by Manolo and Eloína is, in many respects, the heart of the Valsequillo market, held every Sunday in the town centre. More than a point of sale, it serves as a meeting place for producers, restaurateurs, residents, and visitors, fostering a direct and dynamic relationship between countryside and table.

Eloína López Quintana and Manolo Galván Monzón received us at their home in Las Casas for an in-depth interview. They identify primarily as agricultural producers and fruit growers, reflecting their dual role as cultivators and direct intermediaries of local products.

Their activity dates to 1979, when Manolo's parents began marketing their own produce alongside other local products in markets across the municipality and southeastern Gran Canaria. In 2012, a new phase began under Manolo and Eloína, who have continued and strengthened this family legacy with the support of their daughters.

Their demanding workday begins around 2:30 a.m., involving product selection, supplier coordination, and preparation before setting up the stall. Their clientele includes both private consumers and hospitality professionals, reflecting trust in the quality and consistency of their products.

Their collaboration was essential for documenting the seasonality of Valsequillo's agricultural products, and their contribution stands as a valuable transmission of practical knowledge within the local agro-food system.



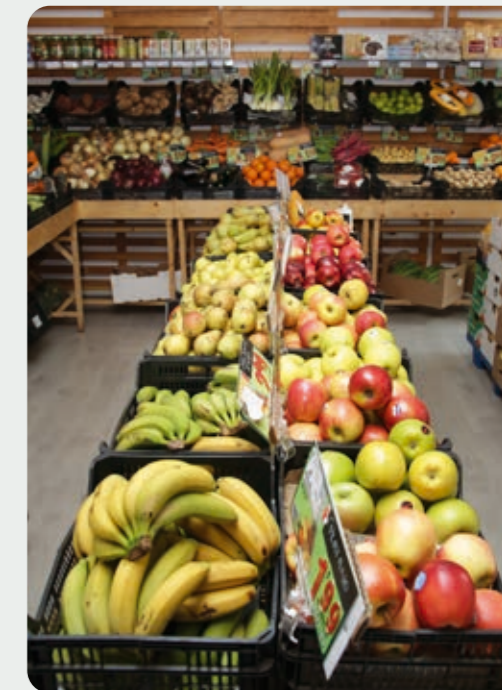
LIBERTAD BENÍTEZ ORTEGA – TILICO FRUITS AND VEGETABLES



Known as “Tilico,” Libertad Benítez runs two retail outlets in Telde under the brand Tilico Fruits and Vegetables. His activity forms a direct link between Valsequillo’s agricultural production and urban consumers, reinforcing short supply chains.

Coming from a strong farming background, he possesses detailed knowledge of products, seasonality, and quality conditions. His model prioritizes local and seasonal produce—especially potatoes, fruits, and vegetables from Valsequillo—reflecting both quality criteria and a commitment to supporting local producers and reducing intermediaries.

His role is strategic within the agro-food system, acting as a proximity link in the value chain and promoting consumption based on quality, seasonality, and territorial identity.



HERMANOS ALONSO – CENTRAL MARKET OF LAS PALMAS



Hermanos Alonso, a permanent stall at the Central Market of Las Palmas de Gran Canaria, plays a key role as a link between the agricultural production of Valsequillo and urban consumption; its activity is based on a careful selection of fruits and vegetables from the midlands, which they complement with products from other areas of the island in order to guarantee continuity and variety throughout the year.

We were received there with kindness and closeness by our fellow townspeople Juan Calderín and Maica Marrero, whose work requires not only knowledge of the product and its seasonality, but also a relationship of trust with local farmers, which allows them to offer fresh produce, well graded and with a recognizable territorial identity; in this sense, their stall is not only a sales space, but also a point of dissemination of the quality and diversity of the Valsequillo and Gran Canaria countryside.



JOSÉ CALDERÍN FRUIT SHOP – CENTRAL MARKET OF LAS PALMAS



Along similar lines, the José Calderín Fruit Shop is consolidated as another reference within the Central Market, combining commercial tradition and sensitivity toward local produce; its offer integrates productions from Valsequillo—especially seasonal fruits and fresh vegetables—with contributions from other agricultural enclaves of the island, configuring a balanced assortment that responds both to everyday demand and to the needs of the hospitality sector.

We were received with kindness and closeness by the holder of the stall, to whom we had the opportunity to explain the study we were carrying out, and whose attention to detail in presentation, the constant rotation of produce, and direct knowledge of supply circuits make this establishment an essential link within the local agro-food system, where commercialization acts as a natural extension of work in the field.



DOÑA NIEVITA ORTEGA – COMMERCE AND COMMUNITY



In Las Vegas de Valsequillo, one of the last surviving examples of traditional midland commerce still endures: the shop of Doña Nievita Ortega. For decades, her small establishment has represented far more than a point of sale; it has been a space for encounter, trust, and mutual support where, alongside basic goods, news, affection, and care also circulated. In this way, it represents the most human link within the local agri-food system.

With more than half a century at the head of the business, Doña Nievita embodies a work ethic grounded in perseverance, closeness, social commitment and, as she herself tells us, seriousness. Together with her sister María, she founded in the 1970s a modest oil-and-vinegar shop that soon became a landmark within the neighbourhood.

Both may be regarded as authentic voices of the territory. Added to this profile is an endearing characteristic: their sense of humour, as when she jokingly responded — with a playful “runaway act” — to our first phone call inviting her to be interviewed.

As reported by *El Naciente* (Feli Santana, 2026), the shop was for many years a place where everyday life was shared. According to her niece, Inma García Ortega, its role was even more significant: it functioned as a genuine informal centre of social support. Doña Nievita listened to her neighbours, channelled their needs, and conveyed them to the Town Council, ensuring that attention was given to them. Her establishment also housed the only public telephone in the area and

became a point of reference for many rural inhabitants who placed complete trust in her.

Today, at 85 years of age, she remains active, driving and stocking her shop in the early hours of the morning. Her life trajectory symbolises a way of living in which proximity-based economy, care, and social cohesion go hand in hand. More than a shop, Doña Nievita Ortega’s establishment has been — and continues to be — an essential pillar in the everyday sustenance of the community.



5.2. Seasonality of products in Valsequillo: field observation and local knowledge

The municipal market of Valsequillo constitutes a point of direct observation of the productive seasonality of the municipality, although not an exclusive one. Local producers and traders converge there, offering a selection of fruits, vegetables, cheeses, honeys, and other agri-food products linked to the territory, alongside others of external origin. This space has been complemented by fieldwork and, fundamentally, by the knowledge provided by local farmers themselves—especially those dedicated to the cultivation of potatoes, maize, and strawberries—whose experience has made it possible to refine and fine-tune the interpretation of production cycles.

To capture the seasonal variability of this offer, visits were carried out at different times of the year—late summer and early autumn, late winter (March), and spring—complemented by direct observation and cross-checking with the information gathered in interviews with local actors (see section 5.1). Additional information was also co-

llected at stalls managed by producers from Valsequillo in fruit shops and the Municipal Market of Telde, as well as in the Central Market of Alcaravanas (Las Palmas de Gran Canaria).

This fieldwork was completed with specific visits to key agents of the local agri-food system: the municipality's only butcher's shop—run by highly experienced professionals, including livestock traders—as well as agricultural and livestock farms, artisanal dairies, and a local honey producer, including direct observation of beehives. These approaches have made it possible to contrast commercial information with productive reality, incorporating a more comprehensive view of availability cycles and the associated technical and biological constraints.

Overall, the fieldwork allows the identification of patterns of presence, abundance, and rotation of products, as well as nuances associated with their origin, commercial practices, and the local perception of seasonality. However, beyond this general characterization, the agricultural calendar of Valsequillo presents a particularly significant moment: the transition between late spring and early summer, with intensity in the month of June.

This period acts as a true axis of articulation of the local productive cycle. During it, the final phase of key crops such as potatoes and strawberries—both sensitive to the increase in summer temperatures—coincides with the beginning of new agricultural campaigns, such as maize (corn on the cob), courgettes, beans, tomatoes, and peppers, whose first cycles may begin as early as May. In parallel, the first summer fruits begin to appear on the market—figs, prickly pears, melons, watermelons, pears, plums, apricots, peaches, nectarines, and flat peaches—anticipating the change of season both in agronomic and sensory terms.

This productive turning point also coincides with a culturally significant milestone in the municipality: the feast of San Juan, co-patron of Valsequillo. Around its night—rich in symbolism in the rural world—this transition between cycles is condensed: some harvests come to an end while others begin, in a process traditionally interpreted as seasonal renewal. Thus, the productive and cultural dimensions converge at the same moment in the calendar, reinforcing the interpretation of the local agri-food system as a framework in which nature, labour, and tradition are deeply interconnected.

Based on a matrix of temporal presence (with monthly data aggregated into seasonal segments), seasonality can be synthesized into the following functional groups:

Products present all year round: chard, celery, watercress, courgette, pumpkins, lemon grass, onion, coriander, colino, spinach, kitchen herbs, lettuce, lemon, potato, papaya, parsley, banana, rosemary, rocket, tomato, thyme.

Autumn or autumn–winter products: olive, almond (dry), sweet potato, persimmon, white cabbage, red cabbage, cauliflower, pomegranate, mandarin, orange, leek, beetroot, prickly pear, grapes (table), grapes (wine).

Winter products: pea, broad bean, bean (partly), strawberry (beginning of the season), tender shoots of some leafy vegetables (reflected in chard/spinach).

Spring products: apricot (beginning), plum (early), loquat (present since late winter), asparagus, raspberry (first cycle), guava (partly), spring onion.

Summer products: aubergine, fig, plum (full season), raspberry (second cycle), mango, apple (early varieties), peach, melon, blackberry, nectarine, flat



peach, pear, peppers, corn on the cob, watermelon, tomato (peak production), grapes (beginning).

This classification synthesizes the observed pattern: year-round continuity in leafy and aromatic vegetables, autumn–winter concentration in citrus and storable products, and a clear summer peak in stone fruits and fruit vegetables, whose onset is an-

anticipated precisely at that June threshold that articulates the change of cycle.

In parallel, it is observed that products of animal origin—meat, milk, cheeses, and honey—present relatively continuous availability throughout the year, modulated mainly by productive and management factors rather than by strict seasonality.

Summer products

- Figs
- Onions
- Beans
- Mango
- Peach and similar
- Melon and watermelon
- Papaya and pear
- Corn on the cob
- Tomato
- Peppers



Autumn or autumn–winter products

- Avocado
- Almond
- Olives
- Prickly pear
- White cabbage



Spring products

- Plum
- Loquat
- Guava
- Green bean
- Asparagus



5.3. Seasonal calendar of consumer products in Valsequillo

Based on the information obtained through direct observation and interviews, a seasonal calendar of the main agricultural and livestock products consumed in Valsequillo (Gran Canaria) has been developed. This instrument synthesizes the monthly availability of products, reflecting both their optimal period of presence and their approximate seasonality in the local context.

The calendar integrates empirical knowledge and traditional know-how, constituting a reference tool for understanding the productive and consumption dynamics of the municipality. Furthermore, it facilitates the interpretation of local cuisine in relation to the temporality of ingredients and contributes to the valorisation of consumption models based on proximity, seasonality, and sustainability. Emphasis is placed on products produced in Valsequillo.

The data presented are indicative and subject to annual meteorological variability.

In the English and German versions of the calendar, the Spanish name has been included alongside the denomination in those languages, to facilitate communication between producer and consumer and to familiarize visitors with local terminology.

English name	Spanish name	Scientific name	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Agricultural products														
Almond	Almendra	<i>Prunus dulcis</i>												
Apple	Manzana	<i>Malus domestica</i>												
Apricot	Albaricoque	<i>Prunus armeniaca</i>												
Aubergine	Berenjena	<i>Solanum melongena</i>												
Avocado	Aguacate	<i>Persea americana</i>												
Beetroot	Remolacha	<i>Beta vulgaris</i>												
Breba - Fig	Breva - Higo	<i>Ficus carica</i>												

English name	Spanish name	Scientific name	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Agricultural products														
Cauliflower	Coliflor	<i>Brassica oleracea v. botrytis</i>												
Celery	Apio	<i>Apium graveolens</i>												
Chard	Acelga	<i>Beta vulgaris var. cicla</i>												
Common bean	Judía	<i>Phaseolus spp.</i>												
Corn on the cob	Tomate	<i>Zea mays</i>												
Courgette/Pumpkins	Calabacín/Calabazas	<i>Cucurbita pepo/Cucurbita spp.</i>												
Fava bean	Haba	<i>Vicia faba</i>												
Guava	Guayabo	<i>Psidium spp.</i>												
Haricot bean	Habichuela	<i>Phaseolus vulgaris</i>												
Head/Red cabbage	Col cerrada/Col roja	<i>Brassica oleracea v. capitata</i>												
Kale	Colino	<i>Brassica oleracea v. acephala</i>												
Leek	Puerro	<i>Allium ampeloprasum v. porrum</i>												
Lemon	Limón	<i>Citrus x limon</i>												
Lettuce	Lechuga	<i>Lactuca sativa</i>												
Loquat	Níspero	<i>Eriobotrya japonica</i>												
Mandarin orange	Mandarina	<i>Citrus reticulata</i>												

English name	Spanish name	Scientific name	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Agricultural products														
Mango	Mango/a	<i>Mangifera indica</i>												
Melon/Watermelon	Melón/Sandía	<i>Cucumis melo/Citrullus lanatus</i>												
Olive	Aceituna	<i>Olea europaea</i>												
Onion	Cebolla	<i>Allium cepa</i>												
Orange	Naranja	<i>Citrus aurantium</i>												
Papaya	Papaya	<i>Carica papaya</i>												
Passion fruit	Maracuyá-Parchita	<i>Passiflora edulis</i>												
Pea	Arveja	<i>Pisum sativum</i>												
Peach and related	Melocotón y otros	<i>Prunus persica</i>												
Pear	Pera	<i>Pyrus communis</i>												
Peppers	Pimientos	<i>Capsicum annuum</i>												
Persimmon	Caqui o Kaki	<i>Diospyros kaki</i>												
Plum	Ciruela	<i>Prunus domestica</i>												
Pomegranate	Granada	<i>Punica granatum</i>												
Potato	Papa	<i>Solanum tuberosum</i>												

English name	Spanish name	Scientific name	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Agricultural products														
Prickly pear	Tuno	<i>Opuntia ficus-indica</i>												
Raspberry	Frambuesa	<i>Rubus idaeus</i>												
Red prickly pear	Tuno Indio	<i>Opuntia dillenii</i>												
Strawberry	Fresa	<i>Fragaria × ananassa</i>												
Sweet potato	Batata	<i>Ipomoea batatas</i>												
Table grapes	Tomate	<i>Vitis vinifera</i>												
Tomato	Tomate	<i>Solanum lycopersicum</i>												
Watercress	Berro	<i>Nasturtium officinale</i>												
Livestock and apicultural products														
Goat/Kid goat	Cabra/Baifo	<i>Capra hircus</i>												
Pig	Cochino	<i>Sus scrofa domesticus</i>												
Lamb	Cordero	<i>Ovis aries</i>												
Beef and veal	Vaca-Ternera	<i>Bos taurus</i>												
Chicken/Eggs	Pollo-Gallina/Huevos	<i>Gallus gallus domesticus</i>												
Cheeses	Quesos	<i>Capra hircus</i> (predominantly)												
Local honeys	Mieles	<i>Apis mellifera</i>												

6

SEASONALITY OF FISHERY PRODUCTS IN THE INSULAR CONTEXT

The seasonality of fishery products in Gran Canaria is driven by the biological dynamics of species, the oceanographic cycles of the eastern-central Atlantic, and the operational characteristics of the island's small-scale fisheries. Factors such as migrations, reproductive periods, trophic availability, and environmental conditions (temperature, upwelling, winds) determine the presence and relative abundance of resources throughout the year.

This section provides a synthesis of such seasonality based on historical landing series and knowledge associated with local fisheries. Although Valsequillo has no coastline, its food system maintains a close connection with the island's marine environment through the consumption and marketing of fish sourced primarily from the artisanal fleet of Gran Canaria. The inclusion of this calendar therefore broadens the understanding of the seasonal availability of foods in the municipality and **reinforces an integrated view of the agrifood system, in which terrestrial and marine products are articulated within the local diet and gastronomic culture.**

In addition, the calendar incorporates, for each species or group of species, information on capture methods and general lipid profile, aspects that are relevant from both nutritional and culi-

nary perspectives. This approach enables a more comprehensive interpretation of the value of fishery products, not only in terms of seasonality, but also regarding their nutritional quality and suitability for different traditional preparations.



MARINE PRODUCTS (GRAN CANARIA)

For each species: Dark colour = peak catches; light colour = moderate catches; R = main spawning season (roe-bearing females)

Recommended minimum consumption size: total length (TL), total weight (TW)

English name	Scientific name	Recommended size	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
OCEANIC PELAGIC FISH: oily fish ("blue fish"). Hook-and-line														
Atlantic bonito	<i>Sarda sarda</i>	40 cm			Dark		R	R	R	Light	Light	Light	Dark	Light
Skipjack tuna	<i>Katsuwonus pelamis</i>	50 cm				Light	Light	Light	Light	Light	Light	R	R	R
Albacore	<i>Thunnus alalunga</i>	93 cm	Light	Light	Light	Light	R	R	R	R				Light
Yellowfin tuna	<i>Thunnus albacares</i>	100 cm / 3.5 kg							R	R	R	Light		
Bigeye tuna	<i>Thunnus obesus</i>	100 cm / 3.5 kg		Light	Light	R	R	R	R	R	R			
Blue fin tuna	<i>Thunnus thynnus</i>	115 cm / 30 kg		Light	Light	Light	Light	R						
COASTAL PELAGIC FISH: oily fish ("blue fish"). Purse seine														
European anchovy	<i>Engraulis encrasicolus</i>	10.5 cm							R	R	R			
European pilchard, Sardine	<i>Sardina pilchardus</i>	11 cm	Light	Light	Light	R	R	R	R	R	R	R	R	R
Round sardinella	<i>Sardinella aurita</i>	15 cm	Light	Light	Light	R	R	R	Light	Light	Light	R	R	
Blue jack mackerel	<i>Trachurus picturatus</i>	15 cm	R	R	R					Light	Light	Light	R	R
Chub mackerel	<i>Scomber colias</i>	20 cm	R	R	R				Light	Light	Light	Light	R	R

English name	Scientific name	Recommended size	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
DEMERSAL FISH: semi-fatty (“green”) or lean (“white”) fish. Fish trap, gillnet and hook-and-line														
Parrotfish	<i>Sparisoma cretense</i>	22 cm						R	R	R	R	R		
Black seabream	<i>Spondyliosoma cantharus</i>	23 cm	R	R	R	R							R	R
Red porgy	<i>Pagrus pagrus</i>	33 cm		R	R									
Pink dentex	<i>Dentex gibbosus</i>	35 cm				R	R	R	R	R	R			
Splendid alfonsino	<i>Beryx splendens</i>	35 cm							R	R	R			
White trevally	<i>Pseudocaranx dentex</i>	45 cm	R	R										R
Mediterranean moray	<i>Muraena helena</i>	76 cm	R	R	R	R	R	R						
Greater amberjack	<i>Seriola dumerili</i>	80 cm												
European conger	<i>Conger conger</i>	105 cm												
INVERTEBRATES: lean (“white”) shellfish. Fish trap														
Common octopus	<i>Octopus vulgaris</i>	1.2 kg			R	R							R	



7

COMPOSITION AND
CULINARY FUNCTION
OF FOODS IN
VALSEQUILLO

This section compiles and systematises information on the nutritional composition and culinary function of the main agricultural, livestock, and processed products of Valsequillo de Gran Canaria. It is conceived as a practical reference tool, structured in the form of product-based entries, which allows the interpretation of the role of each ingredient within the local food system.

Each entry combines basic nutritional data with a description of the culinary nature of the product and its function in recipes, including its contribution as a source of energy, structural element, flavour carrier, or technological agent. This approach reflects the actual uses of these ingredients in the gastronomic tradition of the municipality.

Beyond purely quantitative information, the section establishes a direct link between composition, culinary application, and food culture, facilitating a more integrated understanding of local dietary practices.

The values presented should be considered indicative and may vary depending on factors such as variety, production system, seasonality, or processing conditions.

Overall, this section contributes to a better understanding of the local food system, integrating scientific knowledge and traditional know-how in relation to locally sourced products.



Sugars and apicultural products

Culinary nature: Sweetening substances of plant or animal origin. **Function in recipes:** Provide sweetness, rapid energy, and participate in processes of preservation, texture, and colour (caramelisation, fermentation).

Sugar — *Saccharum officinarum* / *Beta vulgaris*

Per 100 g: 400 kcal; 0 g protein; 0 g fat; 100 g carbohydrates. Energy exclusively in the form of sucrose

Honey — (mainly from *Apis mellifera*)

Per 100 g: 304 kcal; 0.3 g protein; 0 g fat; 82 g carbohydrates (mainly fructose ~38 g and glucose ~31 g); <0.5 g fibre. Natural product produced by honeybees from floral nectar or plant secretions, transformed through enzymatic processes and dehydration. Rich in simple sugars, it also contains minor compounds (organic acids, enzymes, minerals, and phenolic compounds) responsible for its aroma, colour, and antioxidant and antimicrobial activity. Ingredient of high energy value and notable importance in local culinary tradition.

Alcoholic beverages for cooking

Culinary nature: Fermented beverages of plant origin, mainly from fruits (grapes). **Function in recipes:** Provide acidity, aroma, and organoleptic complexity. Used as a cooking medium, for deglazing or maceration, contributing to the extraction and fixation of aromatic compounds.

White wine — *Vitis vinifera*

Per 100 ml: 70–82 kcal; 0.1 g protein; 0 g fat; 0.8–2 g sugars. Light fermented beverage; variable acidity and aromatic compounds.

Red wine — *Vitis vinifera*

Per 100 ml: 75–85 kcal; 0.2 g protein; 0 g fat; 0.8–2 g sugars. Provides phenolic compounds (tannins, resveratrol) present in grape skins.

Poultry meats and eggs

Culinary nature: Animal tissues from domestic birds and their reproductive products (eggs). **Function in recipes:** Provide high biological value proteins, lipids, and flavour compounds. Meats are used in broths, stews, roasts, and frying, while eggs fulfil structural, emulsifying, and foaming functions in numerous preparations.

Hen — *Gallus gallus domesticus*

Per 100 g: 215 kcal; 18 g protein; 15 g fat; 0 g carbohydrates. Firmer and more flavourful meat than young chicken; used in traditional broths and stews.

Hen egg (white) — *Gallus gallus domesticus*

Per 100 g: 52 kcal; 11 g protein; 0.2 g fat; 0.7 g carbohydrates. High biological value protein; basis for meringues and clarifications.

Hen egg (whole)

Per 100 g: 145 kcal; 13 g protein; 10 g fat; 1.3 g carbohydrates. Rich in vitamins A, D, E and choline.

Hen egg (yolk)

Per 100 g: 322 kcal; 16 g protein; 27 g fat; 3.6 g carbohydrates. Matrix very rich in lipids and carotenoids; fundamental in pastry.

Chicken — *Gallus gallus domesticus*

Per 100 g: 165 kcal; 21 g protein; 8 g fat; 0 g carbohydrates. Versatile and lean meat; the skin significantly increases fat content.

Meats (beef and others) and offal

Culinary nature: Muscle tissues and edible viscera of domestic mammals. **Function in recipes:** Main source of proteins, fats, and micronutrients (haem iron, B vitamins). Used as central ingredients in stews, roasts, and frying; offal provides intense flavours and specific textures.

Kid goat (*Baifo*) — *Capra hircus*

Per 100 g: 143 kcal; 27 g protein; 3 g fat; 0 g carbohydrates. Lean meat highly appreciated in the Canary Islands; mild flavour when from young animals.

Pork — *Sus scrofa domesticus*

Per 100 g: 242 kcal; 27 g protein; 14 g fat; 0 g carbohydrates. Highly variable depending on cut; important base in stews and frying.

Rabbit — *Oryctolagus cuniculus*

Per 100 g: 132 kcal; 21 g protein; 5 g fat; 0 g carbohydrates. Very lean and digestible meat; stronger flavour in wild specimens.

Lamb — *Ovis aries*

Per 100 g: 245 kcal; 17 g protein; 20 g fat; 0 g carbohydrates. Rich in saturated fats; traditional in celebrations.

Sausages — various origins (chorizo, sausages, etc.)

Per 100 g: 300–450 kcal; 15–25 g protein; 25–40 g fat; 0–3 g carbohydrates. Very energy-dense due to fat and salt mixture; high variability depending on type.

Liver (beef or pork) — *Bos taurus* / *Sus scrofa*

Per 100 g: 135 kcal; 20 g protein; 5 g fat; 3–4 g carbohydrates. Extremely rich in vitamin A, haem iron, and folates.

Bone — values for broth

Per 100 g of bone: <50 kcal; traces of protein and fat. Nutritional contribution depends on the resulting broth, rich in collagen.

Beef — *Bos taurus*

Per 100 g: 250 kcal; 26 g protein; 15 g fat; 0 g carbohydrates. Significant variation depending on cut.

Kidney (veal or pork)

Per 100 g: 103 kcal; 17 g protein; 3 g fat; 0 g carbohydrates. Very rich in vitamin B12 and selenium.

Brain (beef or pork) — *Bos taurus* / *Sus scrofa domesticus*

Per 100 g: 143 kcal; 12 g protein; 10 g fat; 1 g carbohydrates. Very high in cholesterol; unique texture, used in traditional cuisine.

Veal — *Bos taurus*

Per 100 g: 170 kcal; 20 g protein; 10 g fat; 0 g carbohydrates. Tender meat, lower fat content than adult beef.

Cereals and derived products

Culinary nature: Seeds of grasses and their processed products (flours, gofio, bread). **Function in recipes:** Energetic base of the traditional diet. They provide complex carbohydrates, plant proteins, and fibre. They are used as structural ingredients (breadmaking), thickeners, or matrices for traditional dishes.

Barley — *Hordeum vulgare*

Per 100 g: 354 kcal; 12 g protein; 2.3 g fat; 73 g carbohydrates; 17 g fibre. Rich in beta-glucans; traditionally used in gofio.

Rye — *Secale cereale*

Per 100 g: 338 kcal; 10 g protein; 1.6 g fat; 76 g carbohydrates; 15 g fibre. Limited use in the Canary Islands; possible in traditional breadmaking.

Gofio — (mainly *Zea mays*, also *Triticum aestivum* or other toasted cereals)

Per 100 g: 370–400 kcal; 8–12 g protein; 3–7 g fat; 70–75 g carbohydrates; 7–10 g fibre. Flour made from toasted cereals, an identity food of the Canary Islands; high energy density and good digestibility, base of multiple traditional preparations.

Wheat flour — *Triticum aestivum*

Per 100 g: 364 kcal; 10–12 g protein; 1 g fat; 76 g carbohydrates. Base for breads and pastry.

Maize (*Millo*) — *Zea mays*

Per 100 g (dry grain): 365 kcal; 9 g protein; 4.7 g fat; 74 g carbohydrates; 7 g fibre. Fundamental ingredient of Canarian gastronomy (gofio).

Wheat bread — *Triticum aestivum*

Per 100 g: 250 kcal; 9 g protein; 3 g fat; 49 g carbohydrates; 2–3 g fibre. Dietary base in multiple preparations.

Condiments, flavourings and fermented products

Culinary nature: Substances of plant or microbial origin used in small quantities for their aromatic intensity or technological functionality. **Function in recipes:** Modulate flavour, aroma, and, in some cases, preservation. They include acidic, fermented, or volatile compound-rich products acting as organoleptic enhancers.

Cinnamon — *Cinnamomum verum* / *C. cassia*

Per 100 g: 247 kcal; 4 g protein; 1.2 g fat; 81 g carbohydrates; 53 g fibre. Very rich in antioxidant phenolic compounds.

Lemon peel — *Citrus limon*

Per 100 g: 47 kcal; 1.5 g protein; 0.3 g fat; 16 g carbohydrates; 10 g fibre. Although aromatic, the peel has high fibre content.

Orange peel — *Citrus sinensis*

Per 100 g: 97 kcal; 1.5 g protein; 0.2 g fat; 25 g carbohydrates; 10 g fibre. Very rich in aromatic phenolic compounds.

Bay leaf — *Laurus nobilis*

Per 100 g (dried leaf): 314 kcal; 7.6 g protein; 8.4 g fat; 74 g carbohydrates; 26 g fibre. Minimal use per serving; negligible real contribution.

Aniseed (*Matalahúva*) — *Pimpinella anisum*

Per 100 g: 337 kcal; 17.6 g protein; 15.9 g fat; 50 g carbohydrates; 14.6 g fibre. Very intense aroma; minimal culinary dosage.

Vinegar — *Vitis vinifera*

Per 100 ml: 18–21 kcal; 0 g protein; 0 g fat; 0.5–1 g carbohydrates. Product of acetic fermentation of wine. Used as an acidulant, preservative, and flavour enhancer in marinades, escabeches, and dressings. Contains acetic acid and aromatic compounds derived from the original wine; used in small quantities, with technological and organoleptic rather than nutritional function.

Spices

Culinary nature: Seeds, fruits, or dried plant parts with intense aroma. **Function in recipes:** Provide fragrance, pungency, colour, warmth, or aromatic complexity. These are concentrated dry flavourings, not bulk vegetable ingredients. They are rarely consumed in significant quantities per 100 g.

Cumin — *Cuminum cyminum* (semillas)

Per 100 g: 374 kcal; 18–22 g protein; 30–35 g fat; 40–45 g carbohydrates; 10–15 g fibre.

Black pepper (ground) — *Piper nigrum*

Per 100 g: 230–255 kcal; 10–11 g protein; 3–4 g fat; 38–42 g carbohydrates; 11–13 g fibre.

Paprika (ground dried red pepper) — *Capsicum annum*

Per 100 g: 331 kcal; 11 g protein; 14–15 g fat; 38–40 g carbohydrates; 13–15 g fibre.

Ferments and leavening agents

Culinary nature: Microorganisms or substances capable of generating gases or biochemical transformations in food matrices. **Function in recipes:** Enable fermentation and dough leavening, modifying texture, volume, digestibility, and aromatic profile of bakery and pastry products.

Fresh yeast — *Saccharomyces cerevisiae*

Per 100 g: 105 kcal; 8 g protein; 1.9 g fat; 18 g carbohydrates; 7 g fibre. Used in very small quantities in baking.

Citrus fruits

Culinary nature: Fleshy fruits of species of the genus Citrus, characterised by their acidity and essential oil content. **Function in recipes:** Provide acidity, freshness, and aromatic notes. Used fresh, as juices, zest, or processed forms, acting as flavour balancers and natural antioxidants.

Lemon — *Citrus limon*

Per 100 g: 29 kcal; 1 g protein; 0 g fat; 9 g carbohydrates; 2.8 g fibre. Very rich in vitamin C; mainly used for its aromatic properties.

Mandarin — *Citrus reticulata*

Per 100 g: 53 kcal; 0.8 g protein; 0.3 g fat; 13 g carbohydrates; 1.8 g fibre. Sweeter than orange; high vitamin C content.

Orange — *Citrus sinensis*

Per 100 g: 47 kcal; 1 g protein; 0 g fat; 12 g carbohydrates; 2.4 g fibre. Base for juices, desserts, and preserves.

Fresh sweet fruits

Culinary nature: Fleshy fruits for direct consumption, rich in water, simple sugars, and bioactive compounds. **Function in recipes:** Provide natural sweetness, freshness, and nutritional value. Consumed fresh or in sweet and savoury preparations, contributing to texture, aroma, and flavour balance.

Avocado — *Persea americana*

Per 100 g: 160 kcal; 2 g protein; 15 g fat; 9 g carbohydrates; 7 g fibre. Rich in monounsaturated fats (oleic acid).

Apricot — *Prunus armeniaca*

Per 100 g: 48 kcal; 1.4 g protein; 0.4 g fat; 11 g carbohydrates; 2 g fibre. Summer fruit with aromatic pulp and balanced sweet-acid taste. Notable for its carotenoid content (especially β -carotene, precursor of vitamin A), as well as vitamin C and phenolic compounds with antioxidant activity. Commonly consumed fresh and processed (jams, dried apricots), with good preservation aptitude.

Fig — *Ficus carica*

Per 100 g: 74 kcal; 0.8 g protein; 0.3 g fat; 19 g carbohydrates; 2.9 g fibre. High content of natural sugars.

Plum — *Prunus domestica*

Per 100 g: 46 kcal; 0.7 g protein; 0.3 g fat; 11 g carbohydrates; 1.4 g fibre. Intestinal regulatory effect.

Raspberry — *Rubus idaeus*

Per 100 g: 52 kcal; 1.2 g protein; 0.7 g fat; 12 g carbohydrates; 6.5 g fibre. Very rich in phenolic compounds.

Strawberry — *Fragaria × ananassa*

Per 100 g: 32 kcal; 0.7 g protein; 0.3 g fat; 7.7 g carbohydrates; 2 g fibre. Very rich in vitamin C and phenolic compounds (anthocyanins) and ellagic acid. Emblematic fruit of the midlands; notable for its freshness, aroma, and versatility in sweet and savoury preparations.

Pomegranate — *Punica granatum*

Per 100 g: 83 kcal; 1.7 g protein; 1.2 g fat; 19 g carbohydrates; 4 g fibre. High in antioxidants.

Guava — *Psidium guajava*

Per 100 g: 68 kcal; 2.6 g protein; 1 g fat; 14 g carbohydrates; 5 g fibre. Very rich in vitamin C.

Mango — *Mangifera indica*

Per 100 g: 60 kcal; 0.8 g protein; 0.4 g fat; 15 g carbohydrates; 1.6 g fibre. Rich in carotenoids.

Apple — *Malus domestica*

Per 100 g: 52 kcal; 0.3 g protein; 0.2 g fat; 14 g carbohydrates; 2.4 g fibre. Good gelling capacity due to its pectin.

Peach / Persimmon / Nectarine — *Prunus persica*

Per 100 g: 39 kcal; 0.9 g protein; 0.3 g fat; 10 g carbohydrates; 1.5 g fibre. Juicy and aromatic fruit highly appreciated fresh; provides carotenoids and antioxidant compounds.

Melon — *Cucumis melo*

Per 100 g: 34 kcal; 0.8 g protein; 0.2 g fat; 8 g carbohydrates; 0.9 g fibre. Very rich in water; refreshing.

Loquat — *Eriobotrya japonica*

Per 100 g: 47 kcal; 0.4 g protein; 0.2 g fat; 12 g carbohydrates; 1.7 g fibre. Early spring fruit with balanced sweet-acid taste; good source of potassium and carotenoids.

Papaya — *Carica papaya*

Per 100 g: 43 kcal; 0.5 g protein; 0.3 g fat; 11 g carbohydrates; 1.7 g fibre. Contains papain (proteolytic enzyme).

Pear — *Pyrus communis*

Per 100 g: 57 kcal; 0.4 g protein; 0.1 g fat; 15 g carbohydrates; 3.1 g fibre. Soft texture and high digestibility; rich in soluble fibre (pectin), with intestinal regulatory effect.

Canary Islands banana (mainly Cavendish) — *Musa × paradisiaca*

Culinary nature: Sweet fleshy fruit, rich in simple sugars and bioactive compounds. Function in recipes: Provides natural sweetness, rapid energy, creamy texture, and binding capacity in both sweet and some savoury preparations; used fresh, in baking, smoothies, and traditional dishes. Emblematic fruit of the Canary Islands, with high potassium and vitamin B6 content, as well as phenolic compounds. Ripening involves the conversion of starch into simple sugars, increasing sweetness and digestibility. It has strong cultural, economic, and gastronomic relevance, being widely used both for fresh consumption and in pastry and contemporary cuisine.

Per 100 g: 85–90 kcal; 1.1 g protein; 0.3 g fat; 22–23 g carbohydrates (mainly glucose, fructose, and sucrose); 2–2.6 g fibre.

Watermelon — *Citrullus lanatus*

Per 100 g: 30 kcal; 0.6 g protein; 0.2 g fat; 8 g carbohydrates. Very high hydration; very low energy density.

Prickly pear — *Opuntia ficus-indica*

Per 100 g: 41 kcal; 0.7 g protein; 0.5 g fat; 10 g carbohydrates; 3.6 g fibre. Xerophytic fruit well adapted to arid conditions; high content of natural sugars and fibre.

Nuts and derivatives

Culinary nature: Seeds or fruits with low water content and high energy density, rich in lipids, proteins, or carbohydrates. **Function in recipes:** They provide texture, flavour, and energy value. They are used in confectionery, sauces, and traditional preparations, as well as in the form of flours or pastes.

Carob — *Ceratonia siliqua*

Per 100 g (dry pulp): 222 kcal; 4.6 g protein; 0.7 g fat; 89 g carbohydrates; 40 g fibre. Fruit of a Mediterranean tree legume, with occasional traditional use. The pulp is rich in natural sugars and soluble fibre (galactomannans), with applications as a thickener or natural sweetener. Historically used in contexts of scarcity and in animal feed; currently revalued in

traditional and health-oriented products. It is included in this group due to functional affinity (dry matter rich in carbohydrates and fibre).

Almond — *Prunus dulcis*

Per 100 g: 579 kcal; 21 g protein; 50 g fat; 22 g carbohydrates; 12 g fibre. Basis of Canarian confectionery (*bienmesabe*, tortas, marzipan).

Oil-bearing fruits

Culinary nature: Fruits rich in lipids, generally subjected to curing or preservation processes (brining, fermentation). **Function in recipes:** They provide fats, texture, and characteristic aromatic compounds. They are consumed as accompaniments, ingredients, or as a base for oil production.

Olives — *Olea europaea*

Per 100 g (green, in brine): 115 kcal; 0.8 g protein; 10.7 g fat; 3.8 g carbohydrates; 3.2 g fibre. Predominantly monounsaturated fats (oleic acid).

Culinary fats and oils

Culinary nature: Lipid fractions of plant or animal origin. **Function in recipes:** They act as cooking media (frying, sautéing), carriers of aromatic com-

pounds, and modulators of texture and palatability. High energy density and a key role in sensory perception.

Olive oil — *Olea europaea*

Per 100 g: 884 kcal; 0 g protein; 100 g fat; 0 g carbohydrates; 0 g fibre. Predominance of monounsaturated fatty acids (oleic acid) and phenolic compounds; fundamental culinary fat, associated with beneficial effects on cardiovascular health, especially in extra virgin olive oil (EVOO).

Lard — *Sus scrofa domesticus*

Per 100 g: 880 kcal; 0 g protein; 100 g fat; 0 g carbohydrates; 0 g fibre. Traditional culinary fat; high content of saturated and monounsaturated fats. In some texts, it is included, for convenience, among dairy products.

Fresh or dried herbs

Culinary nature: Aromatic leaves, fresh or dried, and wild herbaceous plants. **Function in recipes:** They add freshness, greenness, and balsamic, aniseed, or spicy notes; used to finish, aromatise, or balance dishes. They contribute aroma rather than culinary bulk and are rarely consumed in significant amounts per 100 g. However, some species such as

fennel (in its vegetative parts) and especially wild radish (jaramago) may be used as main ingredients in traditional stews.s.

Coriander (fresh or dried leaves) — *Coriandrum sativum*

Per 100 g: 23–30 kcal; 2–3 g protein; 0.5–1 g fat; 4–5 g carbohydrates; 2–3 g fibre. Fundamental herb in Canarian cuisine. Provides fresh, slightly citrusy notes; rich in phenolic compounds and vitamin C. Commonly used in mojos, broths, and stews.

Spearmint — *Mentha spicata*

Per 100 g (fresh leaf): 44 kcal; 3.3 g protein; 0.7 g fat; 8 g carbohydrates; 6.8 g fibre. Aromatic herb widely used in the Canary Islands. Used fresh, in small quantities, in stews, broths, and traditional preparations, providing balsamic freshness and mild menthol notes. Rich in phenolic compounds and essential oils (carvone).

Fennel — *Foeniculum vulgare*

Per 100 g (fresh bulb): 31 kcal; 1.2 g protein; 0.2 g fat; 7.3 g carbohydrates; 3.1 g fibre.

Per 100 g (leaves/tender stems): ~30 kcal; similar composition, with lower carbohydrate content.

Aromatic plant with dual use (bulb and green parts). In traditional Canarian cuisine it is used both as a vegetable and as an aromatic herb, providing characteristic aniseed notes. Rich in phenolic compounds and essential oils (anethole), with digestive properties. Included in this group due to its frequent use as an aromatic.

Wild radish — *Raphanus raphanistrum* ssp. *raphanistrum*

Per 100 g (young leaves): 20–30 kcal; 2–3 g protein; 0.3–0.5 g fat; 3–5 g carbohydrates; 2–3 g fibre. Wild herbaceous species common in pastures and abandoned agricultural land in mid-altitude and upland areas (approx. 500–1400 m). It constitutes the main ingredient of the traditional “potaje de jaramagos”, where it is used as a bulk vegetable. Rich in sulphur compounds (glucosinolates), with intense organoleptic properties and traditional medicinal uses.

Oregano (dried) — *Origanum vulgare*

Per 100 g: 270–280 kcal; 9 g protein; 4–5 g fat; 68–70 g carbohydrates; ~40 g fibre. Commonly used dried aromatic. Provides warm, slightly bitter notes; very rich in phenolic compounds (thymol, carvacrol) with antioxidant activity. Used in small quantities.

Parsley (fresh leaves) — *Petroselinum crispum*

Per 100 g: 36–40 kcal; 3–4 g protein; 0.5 g fat; 6–7 g carbohydrates; 3–4 g fibre. Widely used fresh herb. Provides green, slightly bitter notes; rich in vitamin C, carotenoids, and phenolic compounds. Mainly an aromatic and finishing ingredient.

Vegetables

Culinary nature: Edible parts of herbaceous plants (leaves, stems, roots, bulbs, flowers, or non-sweet fruits), generally with high water content and low energy density. **Function in recipes:** They constitute the plant-based foundation of the diet. They provide bulk, texture, micronutrients, and bioactive compounds; they are used as main ingredients or as an aromatic base in sauté bases (sofritos), broths, stews, and soups.

Chard — *Beta vulgaris* var. *cicla*

Per 100 g: 19 kcal; 1.8 g protein; 0.2 g fat; 3.7 g carbohydrates; 1.6 g fibre. Rich in minerals and vitamins.

Garlic — *Allium sativum*

Per 100 g: 149 kcal; 6.4 g protein; 0.5 g fat; 33.1 g carbohydrates; 2.1 g fibre (rarely consumed in significant amounts per 100 g). Function in recipes:

Base of sauté bases, marinades, and dressings; provides sulphur compounds that are very intense and heat-stable. Used as an essential flavouring (culinary base).

Celery (raw stalks)— *Apium graveolens (tallos crudos)*

Per 100 g: 11 kcal; 0.9 g protein; 0.1 g fat; 2 g carbohydrates; 2 g fibre (rarely consumed in significant amounts per 100 g). Function in recipes: Aromatic plant base for broths, stews, and marinades; provides herbaceous notes and a clean vegetal background. Used as an aromatic base rather than a main ingredient.

Pea (= fresh green pea) — *Pisum sativum*

Per 100 g: 81 kcal; 5.4 g protein; 0.4 g fat; 14 g carbohydrates; 5 g fibre. Provides vegetal sweetness and plant protein.

Watercress — *Nasturtium officinale*

Per 100 g: 11 kcal; 2.3 g protein; 0.1 g fat; 1.3 g carbohydrates; 0.5 g fibre. Leafy vegetable from humid environments. Very rich in vitamin C, provitamin A (carotenoids), and sulphur compounds (glucosinolates), with antioxidant activity. Slightly pungent and refreshing flavour. Emblematic ingredient of

“potaje de berros”, where it acts as the main vegetal base, providing volume, aroma, and nutritional value.

Zucchini — *Cucurbita pepo*

Per 100 g: 17 kcal; 1.3 g protein; 0.3 g fat; 3 g carbohydrates; 1 g fibre. Very low in calories; versatile.

Pumpkins — *Cucurbita maxima / C. moschata*

Per 100 g: 26 kcal; 1 g protein; 0.1 g fat; 7 g carbohydrates; 0.5 g fibre. Natural sweetness; suitable for soups and purées.

Onion — *Allium cepa*

Per 100 g: 40 kcal; 1.1 g protein; 0.1 g fat; 9 g carbohydrates; 1.7 g fibre. Fundamental aromatic base.

Cabbage (headed cabbage) — *Brassica oleracea* var. *capitata*

Per 100 g: 25 kcal; 1.3 g protein; 0.1 g fat; 6 g carbohydrates; 2.5 g fibre. Vegetable with compact leaves forming a dense head. Rich in vitamin C, vitamin K, and sulphur compounds (glucosinolates), with antioxidant properties. Basis of numerous traditional preparations (raw, cooked, or fermented), with good storage capacity.

Red cabbage — *Brassica oleracea* var. *capitata f. rubra*

Per 100 g: 31 kcal; 1.4 g protein; 0.2 g fat; 7 g carbohydrates; 2.1 g fibre. Chromatic form of cabbage characterised by its purple colour due to anthocyanins, with high antioxidant capacity. Rich in vitamin C and phenolic compounds. Consumed both raw (salads) and cooked, adding colour and functional value to preparations.

Cauliflower — *Brassica oleracea* var. *botrytis*

Per 100 g: 25 kcal; 2 g protein; 0.3 g fat; 5 g carbohydrates; 2.5 g fibre. Rich in sulphur compounds (glucosinolates).

Kale / open cabbage — *Brassica oleracea* var. *acephala*

Per 100 g: 30–35 kcal; 2.5–3 g protein; 0.5–0.6 g fat; 4–6 g carbohydrates; 3–4 g fibre. Rich in vitamins A, C, and K and in folates (vitamin B9), as well as sulphur compounds. Widely used in stews and soups.

Spinach — *Spinacia oleracea*

Per 100 g: 23 kcal; 2.9 g protein; 0.4 g fat; 3.6 g carbohydrates; 2.2 g fibre. Rich in non-heme iron and folates.

Green bean — *Phaseolus vulgaris*

Per 100 g: 31 kcal; 1.9 g protein; 0.1 g fat; 7 g carbohydrates; 3 g fibre. Widely used in stews.

Lettuce — *Lactuca sativa* (main varieties: romaine and batavia)

Per 100 g: 14–17 kcal; 1.2–1.5 g protein; 0.2 g fat; 2–3 g carbohydrates; 1–1.5 g fibre. High water content (>94%) and rich in micronutrients (vitamins B9 and C and carotenoids, especially in dark green varieties). Also provides potassium and phenolic compounds with antioxidant activity. Low energy density and high satiety capacity.

Peppers — *Capsicum annuum*

Per 100 g: 31 kcal; 1 g protein; 0.3 g fat; 6 g carbohydrates; 2 g fibre. Very rich in vitamin C, especially red varieties.

Leek — *Allium ampeloprasum* var. *porrum*

Per 100 g: 61 kcal; 1.5 g protein; 0.3 g fat; 14 g carbohydrates; 1.8 g fibre. Mild aromatic base for soups and stews.

Tomato — *Solanum lycopersicum*

Per 100 g: 18 kcal; 0.9 g protein; 0.2 g fat; 3.9 g carbohydrates; 1.2 g fibre. High in lycopene and potassium.

Carrot — *Daucus carota*

Per 100 g: 41 kcal; 0.9 g protein; 0.2 g fat; 10 g carbohydrates; 2.8 g fibre. Rich in β-carotene (plant carotenoids are the main dietary source of provitamin A).

Milk and dairy products

Culinary nature: Products derived from the milk secretion of domestic mammals and their transformations (fermentation, coagulation, concentration). **Function in recipes:** They provide high biological value proteins, fats, calcium, and aromatic compounds. They are used as structural, texturizing, and flavouring ingredients in both sweet and savoury preparations.

Milk fat (fat fraction) — *Bos taurus / Capra hircus / Ovis aries*

Per 100 g: 900 kcal; 0 g protein; 100 g fat; 0 g carbohydrates; 0 g fibre. Mixture of triglycerides rich in saturated fatty acids; basis of butter and cream.

Goat milk — *Capra hircus*

Per 100 g: 68 kcal; 3.5 g protein; 4 g fat; 4.5 g carbohydrates; 0 g fibre. Aromatic, with more digestible casein micelles; rich in calcium.

Sheep milk — *Ovis aries*

Per 100 g: 95 kcal; 5.6 g protein; 6 g fat; 5 g carbohydrates; 0 g fibre. Higher in fat and protein; commonly used as a basis for cheese.

Cow milk — *Bos Taurus*

Per 100 g: 64 kcal; 3.2 g protein; 3.6 g fat; 4.8 g carbohydrates; 0 g fibre. Balanced content of protein and calcium.

Cream — *Bos taurus* (dairy cream)

Per 100 g: 340 kcal; 2 g protein; 35 g fat; 3 g carbohydrates; 0 g fibre. Very energy-dense; used in confectionery and sauces.

Butter — *Bos Taurus*

Per 100 g: 720 kcal; 1 g protein; 81 g fat; 0.5 g carbohydrates; 0 g fibre. Rich in vitamin A; widely used in baking and pastry.

Aged cheese (mixed milk, predominantly goat) — *Capra hircus* + others

Per 100 g: 400–430 kcal; 25 g protein; 32 g fat; 1–2 g carbohydrates; 0 g fibre. Intense flavour; very rich in calcium and sodium.

Fresh cheese (mixed milk, predominantly goat)— *Capra hircus* + others

Per 100 g: 210 kcal; 17 g protein; 15 g fat; 2 g carbohydrates; 0 g fibre. High protein value; high moisture content.

Legumes

Culinary nature: Dried seeds of leguminous plants. **Function in recipes:** Essential source of plant protein, fibre, and starch. Basis of traditional stews; they provide texture, satiety, and culinary stability after prolonged cooking.

Dried beans (= pinto beans) — *Phaseolus vulgaris*

Per 100 g (dry): 330 kcal; 21 g protein; 1.5 g fat; 60 g carbohydrates; 16 g fibre. Very rich in soluble fibre, plant-based iron, and resistant starch.

Cooking base liquids / Traditional preparations

Culinary nature: Aqueous media, simple or complex, used in culinary processes. **Function in recipes:** They act as solvents, heat-transfer media, and flavour carriers. They include both neutral liquids (water) and complex preparations (broths) that structure traditional dishes.

Water

By definition: 0 kcal; 0 g protein; 0 g fat; 0 g carbohydrates; 0 g fibre. **Culinary nature:** Universal ingredient, solvent, and thermal medium. **Function in recipes:** Base for cooking, hydration, dissolution, and flavour transport. Neutral liquid involved in almost all culinary techniques.

Broth (vegetable, meat, fish, etc.)

Like water in caloric density if no fat is added: 5–15 kcal per 100 g, depending on dissolved content (minerals, protein traces). Values highly variable depending on the recipe. **Culinary nature:** Flavoured liquid obtained by extraction. **Function in recipes:** Provides background flavour, mouthfeel, minerals, and aromatic structure; essential in stews, soups, and sauces. Like water but already transformed into a flavour vector.

Caldo de millo — (preparation based on *Zea mays* and other ingredients)

Per 100 g: 40–80 kcal; 1–3 g protein; 1–3 g fat; 6–12 g carbohydrates; 1–2 g fibre. **Culinary nature:** Traditional preparation of high cultural value, in which maize acts as an energy base; a comforting dish that integrates agricultural resources and often meat components, producing a dense, nutritious, and satiating broth.

Culinary salts and minerals

Culinary nature: Inorganic crystalline substances used in food. **Function in recipes:** They regulate flavour, enhance taste perception, and participate in preservation and transformation processes (salting, curing). Used in small quantities with high organoleptic impact.

Common salt (sodium chloride)

Provides no energy: 0 kcal; 0 g protein; 0 g fat; 0 g carbohydrates; 0 g fibre. **Culinary nature:** rystalline mineral. **Function in recipes:** Seasoning, flavour enhancement, balance of tastes; involved in osmotic processes such as salting or desalting. It is an essential flavour enhancer, not a nutritional food source.

Tubers

Culinary nature: Underground storage organs rich in starch. **Function in recipes:** Primary source of energy in the traditional diet. Used as a base or accompaniment in multiple preparations (boiled, fried, stewed), providing texture and satiety.

Sweet potato — *Ipomoea batatas*

Per 100 g: 85 kcal; 1.6 g protein; 0.1 g fat; 20 g carbohydrates; 3 g fibre. Rich in carotenoids; sweet flavour.

Potato — *Solanum tuberosum*

Per 100 g: 77 kcal; 2 g protein; 0.1 g fat; 17 g carbohydrates; 2 g fibre. Good source of potassium and vitamin C.



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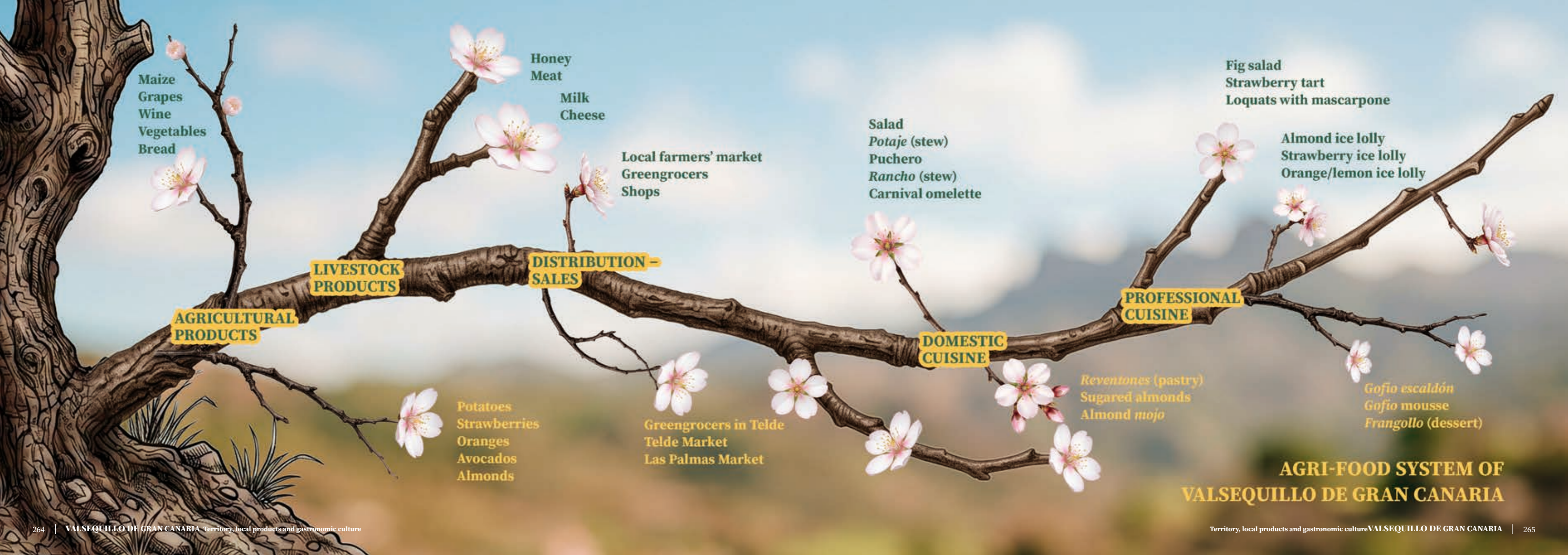
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Maize
Grapes
Wine
Vegetables
Bread

AGRICULTURAL PRODUCTS

Potatoes
Strawberries
Oranges
Avocados
Almonds

LIVESTOCK PRODUCTS

Honey
Meat
Milk
Cheese

DISTRIBUTION - SALES

Local farmers' market
Greengrocers
Shops

Greengrocers in Telde
Telde Market
Las Palmas Market

Salad
Potaje (stew)
Puchero
Rancho (stew)
Carnival omelette

DOMESTIC CUISINE

Reventones (pastry)
Sugared almonds
Almond *mojo*

Fig salad
Strawberry tart
Loquats with mascarpone

PROFESSIONAL CUISINE

Almond ice lolly
Strawberry ice lolly
Orange/lemon ice lolly

Gofio escaldón
Gofio mousse
Frangollo (dessert)

**AGRI-FOOD SYSTEM OF
VALSEQUILLO DE GRAN CANARIA**

WALSLEY QUINN



