

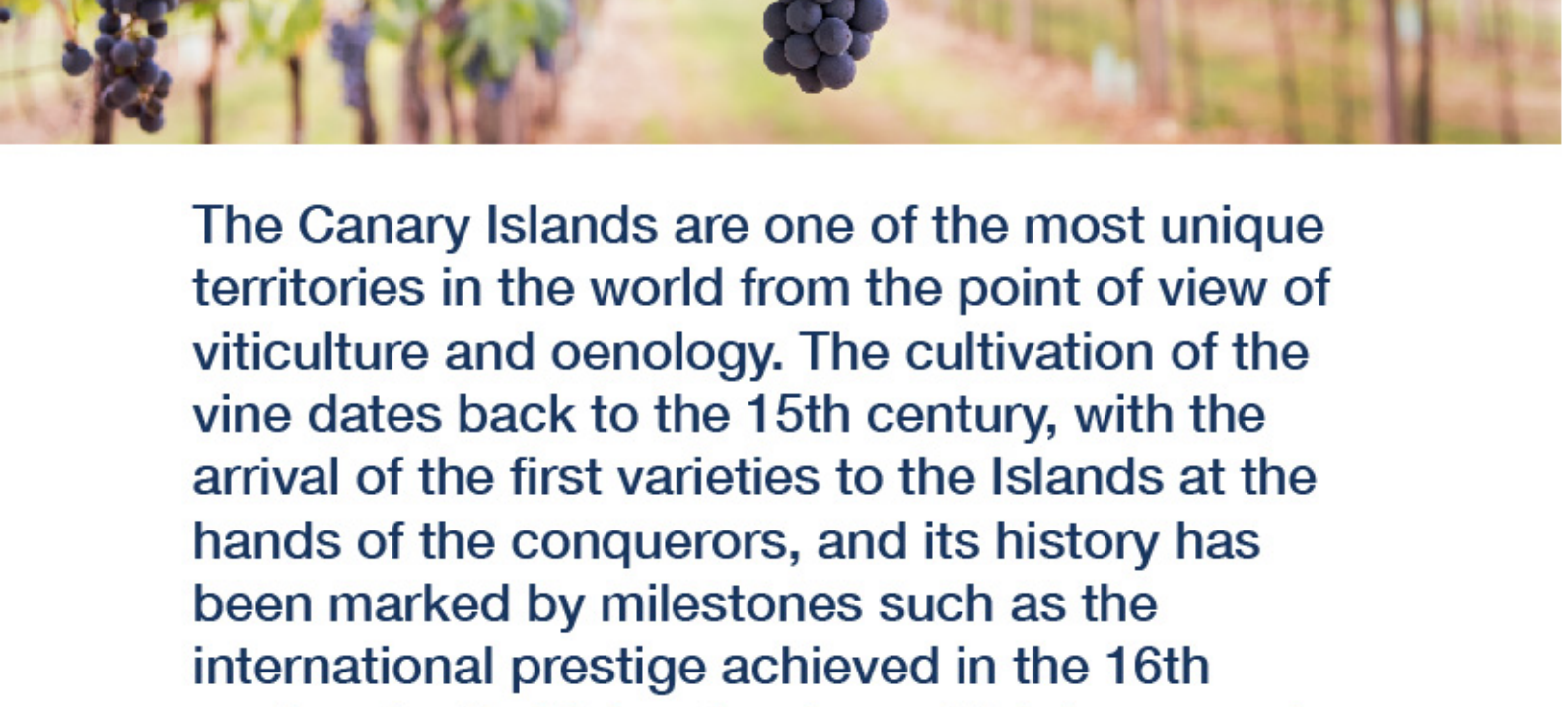
# CANARIAN GASTRONOMY

Canarian gastronomy is made up of the main dishes of the islands and constitutes a cultural element of the Canarian people. There are many Canarian dishes and products, but perhaps the best known are; wrinkled potatoes with mojo sauce, gofio or the wide variety of cheeses. We can also highlight the great variety of "Canary Islands potatoes" or the wide range of wines, as well as liquors such as the famous Honey Rum.



## CULTURE AND WINES

The Canary Islands are one of the most unique territories in the world from the point of view of viticulture and oenology. The cultivation of the vine dates back to the 15th century, with the arrival of the first varieties to the Islands at the hands of the conquerors, and its history has been marked by milestones such as the international prestige achieved in the 16th century by its Malvasia wine, which he came to be known in European courts and praised by William Shakespeare himself.



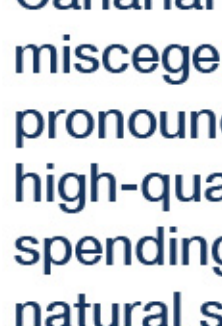
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The Islands have a huge diversity of grape types. It is estimated that some 135 different varieties have been genetically identified. One of its oenological jewels is the volcanic malvasía, but there are many other native ones such as the slimy, listán or vijariego

The Islands currently have eleven Denominations of Origin. Tenerife owns five of these stamps: Ycoden Daute Isora, Abona, Valle de Güímar, Tacoronte Acentejo and Valle de La Orotava. Traditionally, the north of the island has been a land of reds, while the most common whites are in the southern regions. The technical evolution and the greater preparation of winemakers and oenologists have allowed the entire island to boast of elaborations that have obtained great international recognition. The rest of the Islands have one, except Fuerteventura, where the presence of vine cultivation is still scarce. Worthy of mention are the elaborations of volcanic malvasia in Lanzarote and aromatic malvasia in La Palma. There are also other peculiarities such as the wines from La Gomera, made with the forastera variety, and the singular reds from El Hierro made from baboso, a variety recovered from almost the brink of extinction, and whites from Diego or Verijadiego. Gran Canaria has also been strongly incorporated since 2006 with the constitution of its Regulatory Council and distinctive elaborations from listán negro, gual and negramoll, among others.

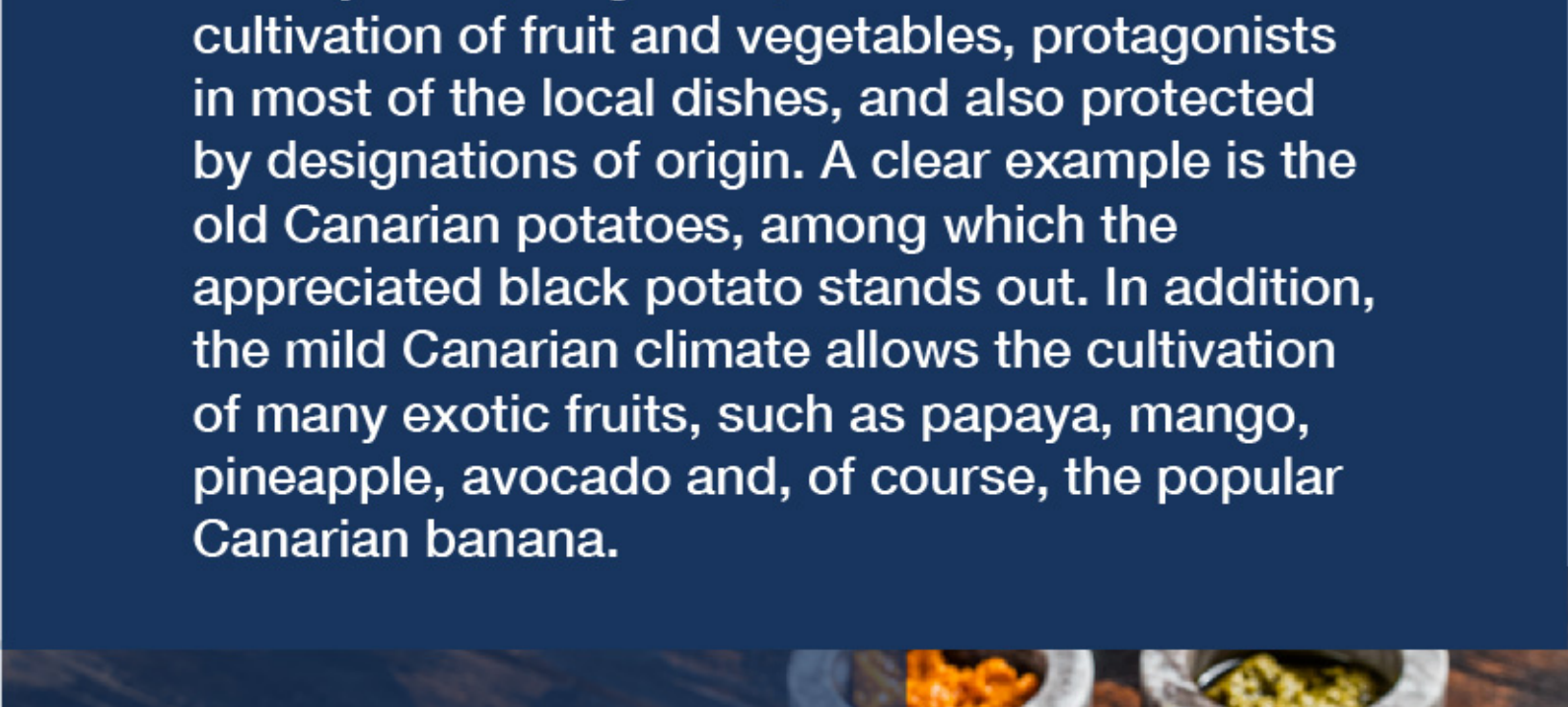
In addition to the island seals, more recently a unique regional brand has been born, the Canary Islands Protected Designation of Origin (Canary Wine), created with the perspective of better foreign marketing in an increasingly globalized world and associated with the consolidation as a tourist destination of the Canary Islands brand.

Proof of this international prestige that the wines of the Islands have been acquiring are the prizes won in national and international competitions such as the Bacchus of the Spanish Tasters Union, the Vinalies of Paris and the Concours Mondial de Bruxelles. Prestigious gurus such as Robert Parker, Jancis Robinson, Ferrán Centelles or Josep Roca have not skimped on their praise for the unusual elaborations of the Islands, which they fundamentally value for their rare quality and extreme originality.



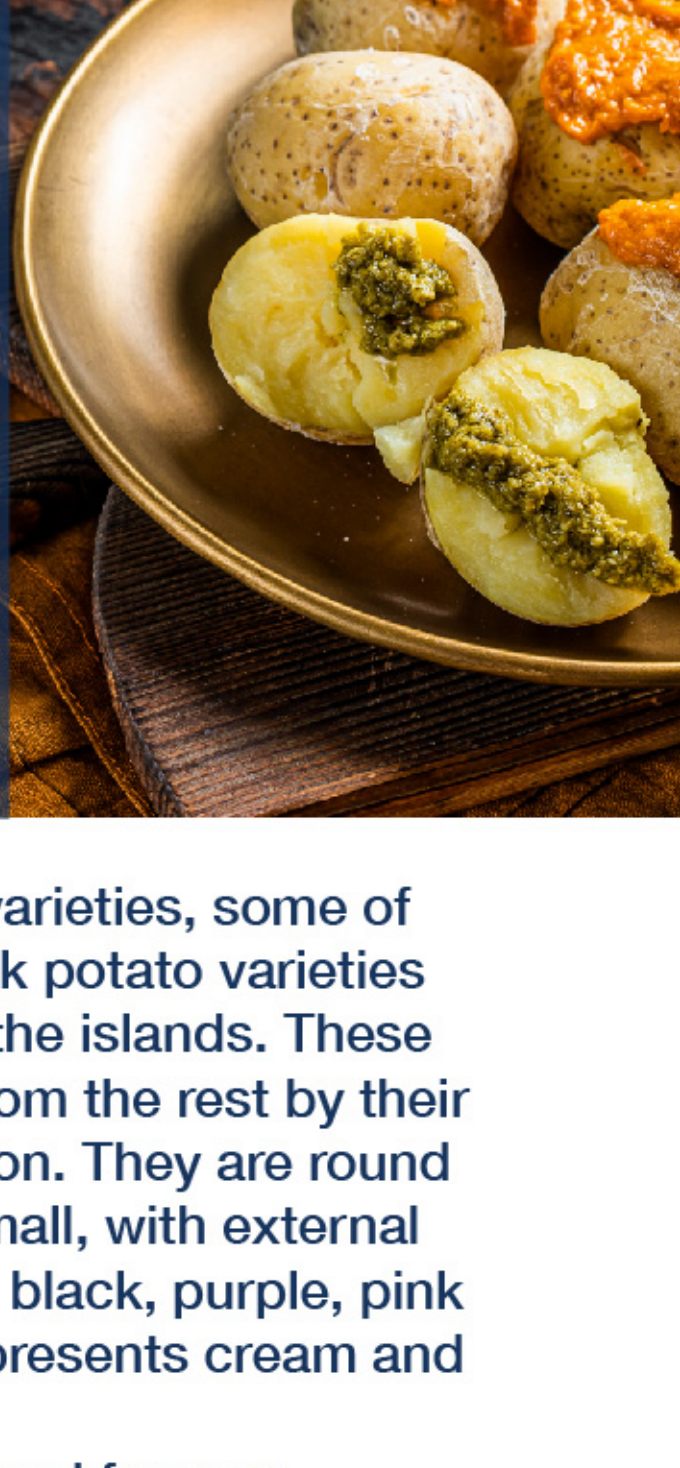
## CANARIAN CUISINE

Canarian cuisine is characterized by miscegenation, the fusion of elements and a pronounced contrast of flavors, the result of high-quality products and ingredients. After spending a long day at the beach, touring its natural spaces or taking a pleasant walk through its attractive towns, there is nothing better than enjoying the delights of the islands' gastronomy. For Canarians, food is part of their identity, of vital importance in their culture and in their day-to-day life, and for this reason, it is easy to find good places to eat.



The magnificent climatic conditions of the Canary archipelago are perfect for the cultivation of fruit and vegetables, protagonists in most of the local dishes, and also protected by designations of origin. A clear example is the old Canarian potatoes, among which the appreciated black potato stands out. In addition, the mild Canarian climate allows the cultivation of many exotic fruits, such as papaya, mango, pineapple, avocado and, of course, the popular Canarian banana.

The potato is one of the basic foods of Canarian gastronomy. Among the varieties of Canarian potatoes there are 46 types of potatoes, including those known as old potatoes, one of the star products of this cuisine. In addition, it is the only one in the entire country that enjoys the recognition of a protected designation of origin.



It is made up of 29 different varieties, some of the indigenous type, the black potato varieties and those grown directly on the islands. These potatoes are distinguished from the rest by their different shapes and coloration. They are round or elongated, more or less small, with external colors that oscillate between black, purple, pink or orange, while the interior presents cream and yellow colors.

One of the most well-known and famous varieties of the Canarian potato is the egg yolk black potato. The egg yolk black potato has always received all the praise from every visitor who has had the good fortune to try it, from many locals who always exclaim: "This would be caviar anywhere in the world."

If there is a food that can represent Canarian culture and gastronomy in all its splendor, that is the Canarian gofio. Canarian gofio is a significant source of dietary fiber and energy. It is a food made up of an unsifted flour of toasted cereals, generally wheat or corn, used in different food preparations. It is similar to white flour, but with a darker or yellowish tone, depending on its exact composition and the degree to which it has been roasted. The gofio is originally from the Canary Islands, created by its first inhabitants, the Guanches. In the Canary Islands it was consumed by indigenous peoples, commonly known as Guanches, of Berber ethnicity, since pre-Hispanic times. It is currently the most traditional food in the Canary Islands, being a central element of Canarian gastronomy and a benchmark of its identity.