

A GOOD MENU IN DÉNIA

We have prepared a menu of some typical dishes in Dénia. The first two are eaten as tapas, in a shared central dish. Then, the third recipe is *Paella*, which can be eaten from the dish where it is cooked or served on a plate. We have also send a recipe of a typical cake.



ESPENCAT



INGREDIENTS

1/2 kg. Onions

1/2 kg. Peppers

1/2 kg. Tomatoes

1/2 kg. Eggplants

Olive oil

Salt

Garlic

ESPENCAT

PREPARATION



Put all the ingredients in a tray and roast in the oven at 180° for about an hour.

Remove from the oven and cover for another hour.

Peel and cut strips.

Put in a bowl, add oil and salt.

Consume once cold with the finely chopped garlic.

OCTOPUS WITH WINE



INGREDIENTS

The legs of a large octopus

A glass of olive oil

A glass of red wine

Black pepper

Garlic

Salt

Water

OCTOPUS WITH WINE



PREPARATION

Freeze the octopus for three or four days.

When the octopus is defrosted, cut it.

Sauté some garlic and add to the octopus with a little bit of water and salt. Leave to cook until the octopus is red.

Add the wine and pepper until it boils again. Leave it for a few minutes and remove from heat.

PAELLA



INGREDIENTS

A red pepper

25 cl. Olive oil

250 gr. Tomato

1 medium onion

Garlic

Parsley

¼ kg. Chicken

¼ kg. Rabbit

¼ kg. Pork ribs

100 gr. *Garrofo* beans

100gr. Broad bean

Saffron

500 gr. Rice

1.5 l. Water

PAELLA



PREPARATION

Heat the oil in a paella dish. Slice the red pepper and fry it. When it is golden, remove it.

Put salt on the meat and fry it. When it is golden, add the onion, the garlic and the crushed tomato.

Then, add the vegetables and finally add the parsley. When everything is done add the rice and saffron and fry everything.

Finally, add the water, put the fire to the maximum until it boils and cook for about 18 minutes.

Let it sit for 5 minutes and serve.

TORTÀ



INGREDIENTS

12 eggs

400 gr. Sugar

100 gr. Flour

400 gr. Ground almonds

PREPARATION

Separate the whites from the yolks and beat them until stiff.

Add the sugar and the yolks, mix slowly and add the flour.

Then add the ground almonds.

Put it in a mold smeared with butter. Put it in the oven that has been preheated to 180°. Bake for half an hour.