



• *My Favourite*

CANARIAN DISHES

by Bettia Kold



Welcome to my Typical Canarian Food from Lanzarote.



I decided to make this special booklet with easy recipes on typical Canarian Food for my Blog, because I am so very often asked about what we actually eat here on the Island and how these lovely dishes are made.

Especially my family and friends when they visit me so I thought it could be great fun to share the most popular dishes from the Lanzarote Cuisine with you.

(I know for sure my brother is waiting impatiently for the Green Mojo recipe.)

So I hope you will enjoy the dishes, as much as I did when making them and later eating them.

Love & BON APETITE from Lanzarote!

Bettina

To make the perfect traditional Canarian GREEN MOJO you need the followings productos: Calculated for 6/8 persons.

Delicious dip complementing your barbecue for any kind of meat and vegetables and especially together with canarian wrinkled potatoes



INGREDIENTS

- 1 Bundle of broad leaf Parsley
- 2 Bundles of Coriander
- 5 Deciliters of Virgin olive oil
- 2 tablespoons of vinegar
- 1 Tea spoon of salt
- 1 Tea spoon of black pepper
- 1/4 of lemon juice
- 3 Garlic cloves

• **PREP TIME: 10 MINUTES**



MOJO VERDE

DIRECTIONS

Throw all your ingredients into a blender glass or bowl and mix it all together with your blender.

Easy, peasy, and your delicious green tasty Green Mojo is done and ready to devour!

I recommend you enjoy it freshly made!



To make the typical Canarian RED MOJO you need the following ingredients

Delicious spicy dip perfect for any kind of meat and vegetables and especially together with the famous canarian wrinkled potatoes.



INGREDIENTS

- 1 Red pepper
- 2 Red dry peppers
- 5 Deciliters of olive oil
- 3 Spoons of vinegar
- 1 Spoon of Cumin
- 1 Small spoon of salt
- 3 Garlic cloves

• **PREP TIME: 10 MINUTES**



MOJO ROJO

DIRECTIONS

Before you put all the ingredients in a mixer its important to leave the 2 dry peppers 20 seconds in boiled water (To clean them - You can cut of the seed inside if you don't want the red Mojo too strong.

Throw all your ingredients into a blender glass or bowl and mix it all together with your blender.



Papas arrugadas

Wrinkled potatoes



The most important in this recipe is that each potato has to measure more or less the same size so they can be cooked equally.

Eat them with yur freshly made Mojo.

INGREDIENTS

- 1 kg of small round potatoes
- Sea salt

• **PREP TIME: 30 MINUTES**

PAPAS ARRUGADAS

DIRECTIONS

First step is to clean the potatoes, and then put them into a pot. Add plenty of salt to the potatoes making sure they are all coated.

Then fill the pot with water until the potatoes are just covered up with water.

Add 1/4 of a lemon into the pot during cooking gives a delicious taste to the potatoes.

After 30 minutes of boiling on middle to high heat remove all the water from the pot and put it back on the hot stove around 30 seconds while shaking the pot until the salt covers all the potatoes and they start to wrinkle. You see, drying out the potatoes and the salt is the way to make them wrinkled properly.

ENJOY!



Octopus in Vinegar

Pulpo A La Vinagreta



This dish is easy and quickly to prepare. Its absolutely fantastic accompanied with a glass of chilled white wine or even a cold beer.

INGREDIENTS

- 600 grams of ready cooked Octopus, or buy it fresh and boil it for 45 minutes in water.
- 1 red Pepper
- 1 Green Pepper
- 1 Onion
- 1 dl of Olive oil
- 1 dl of Vinegar
- 1 Teaspoon of Salt

• **PREP TIME: 35 MINUTES**



OCTOPUS IN VINEGAR

DIRECTIONS

Slice the cooked octopus and all the vegetables into equal sized small pieces and place them in a bowl.

Mix the vinegar, oil and salt in a cup and pour it into the bowl as well.

Mix everything gently and leave the salad to settle for 1/2 hour in the refrigerator before serving.



Ropa Vieja

"Old Canarian Clothes"



Typical recipe from Lanzarote usually made from leftovers in the good old days.

Serves 4 persons

INGREDIENTS

- 300 grams of Chickpeas (soaked in water 12 hrs)
- 200 grams of chicken
- 1 glass of white wine
- 1 Onion
- 3/5 Cloves of garlic
- 3 peeled tomatoes
- 1 red bell pepper
- 1 Bay leaf
- 4 potatoes
- 1 teaspoon of paprika
- **PREP TIME: 60 MINUTES**



ROPA VIEJA

DIRECTIONS

Soak the chickpeas in water the day before you need them.

Heat plenty of water in a pot and when it starts to boil, add the drained chickpeas and the Chicken and a pinch of salt.

Put the lid on and leave it to simmer for 30 minutes. Put it aside.

Now cut the Chicken meat into small pieces.

Chop the onion, the garlic cloves and bell pepper into small pieces. Put them to saute in a wide and low saucepan with a splash of oil. When golden add the peeled and chopped tomatoes.

Then add 1 teaspoon of paprika, 1 Bay leaf, and 1 glass of white wine.

Let it simmer for 5 more minutes. Then add the chickpeas and the chicken. Let it cook for 10 more minutes.

Peel the potatoes, and cut them into squares.

Let it simmer for 15 more minutes..ENJOY!

Grilled Squid



Typical recipe from Lanzarote

Serves 4 persons



INGREDIENTS

- 4 Squids
- 2 Garlic cloves
- 1 lemon
- 1 Chili
- 5 spoons of olive oil
- 1 tea spoon of salt
- Chopped Parsley
- **PREP TIME: 45 MINUTES**



CALAMARES

DIRECTIONS

Clean the Squid by removing the tentacles, intestines, feather and skin.

Wash them well under the tap to remove any remains that may be inside. Dry them with kitchen paper. Remove the beak from the tentacles cutting just below the eyes.

Now, make some parallel cuts along the Squid without reaching the end.

In a mortar, mash the peeled garlic with a little bit of salt, chopped parsley and the chili, the juice of half a lemon and 5 tablespoons of oil. Mix well and reserve.

Heat a griddle over high heat and add 1 spoon of oil and then grill the Squids about 3 minutes on each side, until they are light brown or purple. You can also use the "legs" too, but these will only need 2 minutes of grilling.

When finished place the Squids on a plate and sear the mashes slightly over the heat for 30 seconds, then remove it softly over the Squid.

Serve them with some pieces of lemon

ENJOY!

Gofio

"Roasted Corn Grains"



Typical recipe from Lanzarote ☀️

Few recipes are as easy to make and as tasty as this gofio recipe.

It usually goes with a main dish or a fish soup, but it is also excellent served as an aperitif or dip.

INGREDIENTS

- Gofio (Toasted Cornmeal) 200 gram
- Fish or Chicken broth 200 ml
- Salt & Pepper
- Some Mint leaves

• **PREP TIME: 15 MINUTES**



GOFIO

DIRECTIONS

To make this typical Canarian side dish, firstly, you put a saucepan with fish or chicken stock on the stove and when it is boiling you turn of the fire.

Mix the corn flour into the stock little by little while you continue to stir, so that there are no lumps.

Serve it in a bowl with a sprig of mint leaves and ad the slices of onions as shown on the photo.

You can also add a bit of olive oil and crushed garlic to make it into a delicious dip.

