

L'Ametlla de Mar



*Flavours of the
Mediterranean*

ENG.





Introduction

*The sea gives our village its name.
The Mediterranean Sea that is.
The Mediterranean is the basis of
our history, of our culture, and of
our personality.*

*We'd like you to share the smells,
the tastes and the colours that
surround us throughout the year;
enjoy our local products, our sea
based cuisine, and our local coastline
- one of the most outstanding on the
Mediterranean.*

*Take a trip through history along our
streets - streets whose heartbeat comes
from the sun, the rain and the winds
- and from human toil - both on
land & at sea.*

Honey, oil and black puddings

The essences of the earth come in liquid form - honey & olive oil. Found in their purest forms, made here in L'Ametlla de Mar.

The Cala also has a whole number of different ways of preserving olives.

Our black Puddings - either with rice or onion - bear the regional "mark of quality" & are yet another product that underlines the relationship between the town & the produce of the local countryside.



Garlic
mayonnaise

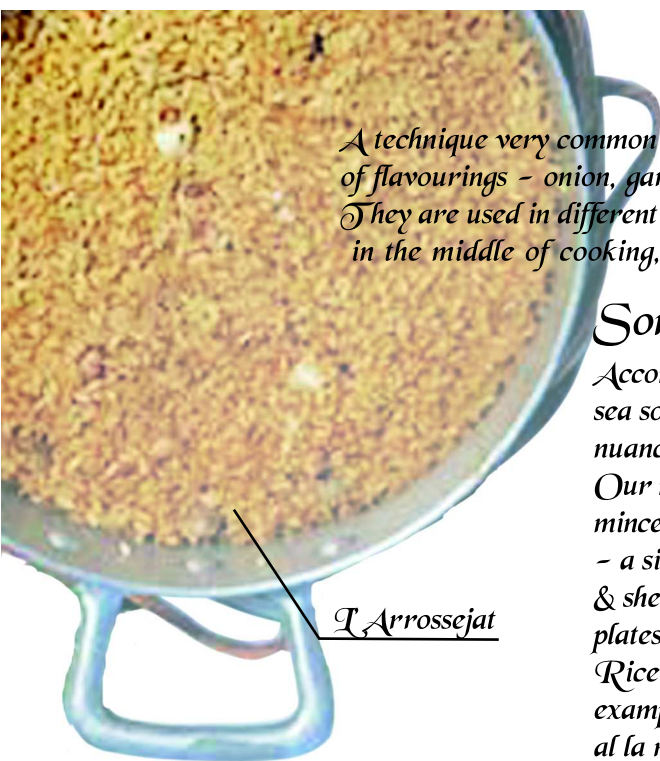
Olive oil

Honey

Prepared Olives

Black Pudding
(Butifarra)





A technique very common to Catalan cooking is the use of the "picada". The "picada" is a mixture of flavourings - onion, garlic, tomato, parsley, nuts, red bell peppers and paprika, amongst others. They are used in different combinations according to the dish - normally at the beginning, sometimes in the middle of cooking, or even at the end to give a kick to the dish as it is brought to table.

Some of our dishes

According to culinary experts, because the waters of the River Ebro enter the sea so close by, our fish & shellfish take on a very special flavour with particular nuances that delight the palate.

Our most typical dishes would include the "LArrossejat" - rice, first fried with minced garlic, tomato & parsley, then gently simmered in fish stock; "Fideuada" - a similar dish but made with tiny pasta; "Suquet de peix calero" - a mix of fish & shellfish in a rich sauce. Not forgetting the typical casseroles, grills and huge plates of mixed shellfish.

Rice can take on sublime flavours when married to the right ingredients, for example "Arroz Negro" - rice flavoured & coloured with squid ink; "Arroz al la masqueta" - an unctious & moist rice dish

"LArrossejat" or "Fideus rossejats"

Ingredients

Rice (for LArrossejat) or Pasta ("Fideos Nº 2" for Fideuada)
 "Picada" - 4 or 5 cloves of garlic; 1 tomato; handful of parsley; tsp mild red pepper (pimentón dulce); - all finely minced together.
 1 litre of fish stock - preferably home made.

Bring the stock to a boil in a saucepan.

Heat some oil in a large frying pan. Gently fry the minced ingredients, then add the rice or pasta. Cook & stir until the rice or pasta are golden. (You can add fish or shellfish at this point if you want a more substantial dish)

Add the hot stock to the frying pan - about twice the volume of rice or pasta.

Let the whole thing simmer for about 12 to 15 minutes until the rice is just done and the stock incorporated. Add a little more stock if necessary to get the right texture in the rice or pasta - but remember, both are meant to be quite dry dishes.

Fideuda (fideus rossejats)



Rich fish stew (suquet de peix calero)

Ingredients:

*1 kilo mixed fish (& shellfish if you wish)
"Picada" - 3 or 4 cloves of garlic; 1 tomato; tsp
sweet red pepper (all finely minced together)*

*Heat some olive oil in a flameproof casserole &
fry the minced ingredients for about 1 minute.*

*Pour in a glass of water - just enough to give a
rich sauce - and add the fish.*

*Put the lid on and simmer for about 10 to 15
minutes according to the type of fish used.*



Suquet de peix

Octopus with potatoes (polp amb pataques)

Ingredients:

- *An octopus of about 1• kilos; 1 kilo potatoes; oil.*
- *"Picada" - One head of garlic; slice of fried bread; 1 ñora red pepper; tsp sweet red pepper; few toasted almonds. Mince all these together and mix to a paste with a litte white wine.*

Clean the octopus and cut it into 5cm pieces. Heat some oil in a wide based casserole and put in the octopus. Let it cook for a while until any moisture has gone then put in the potatoes cut into chunks and half of the minced ingredients. Fry it all for a couple of minutes then cover with water; when it comes to the boil put in the rest of the minced ingredients. Let it all boil until the potatoes are tender. Serve from the same casserole if possible.



Sweets

You'll find sweets at the Caleros' table all year round. Probably the most well known are "pastissets" (sweet pastries) & "corassons" (hearts) - they are the typical sweet served throughout the major festival from the 2nd of february, though you'll find them in the pastry shops all year round. But the most exquisite local sweet, and hard to find anywhere else, is the "farinosa", a floury pastry treat for Easter, normally filled with angel hair jam, though sometimes nowadays you'll find it with cream. Finlly, we mustn't forget the little "panellets" eaten on All Saints' Day, and the rather special flat cake, filled with cream and decorated with dried fruits - the "coca de crema".



"Borranyes" and "figues fregides"

"Coca de crema" whit dried fruits

"Corassons" and "pastissets"

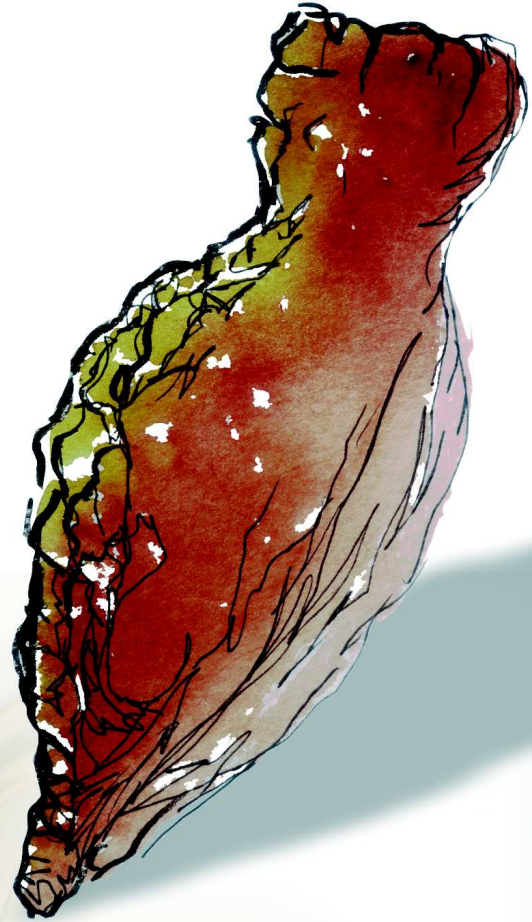
"Farinosa"

"Coc ràpid"

A souvenir of "La Cala"

Perhaps you'll want to look for a little souvenir of L'Ametlla de Mar. There are lots of suitable things to be found in the gift shops, most of them relating to the sea: espadrilles, amphoras, miniature boats, trinkets made with snails, coral, sea horses, etc.

You're bound to find that little detail that will always bring those happy memories of your stay in L'Ametlla de Mar flooding back to you.



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Terres de l'Ebre
Where details capture you

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