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The gastronomic route is completed with our traditional sweets. In the pastry-making, the “Bollo de San Blai”, which is prepared for this festivity in early February and consists of a delicious almond and sugar cake, and the “Pastissos de boniato” stand out. These ones are made during the Christmas season, filled with a sweet potato paste, and shaped like a small pie. All these dishes and sweets can be found in many establishments in the city.

Every year, the municipality celebrates the “**BENIDORM GASTRONÓMICO**”, a well-established brand, synonymous with quality and the perfect showcase of Benidorm’s Mediterranean gastronomy, making our culinary delights known.



BENIDORM

GASTRONOMIC



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BENIDORM

GASTRONOMIC

Benidorm, a global standard of eco-quality tourism and a sustainable city, is also the world’s first Smart Tourist Destination (STD). It boasts a rich gastronomic tradition with a diversified, powerful, and high-quality sector. More and more restaurants are making the most of the ‘0 waste’ philosophy, aiming to minimize waste as much as possible, supporting sustainability while embracing the consumption of local products, thus minimizing environmental impact while offering a quality dining experience.

Traditional establishments coexist with the most modern gastronomic avant-garde, and the cuisine of the old fishermen rubs shoulders with the international. Our cuisine is based on a selection of quality products: fish, seafood, and salted fish from the Mediterranean Sea, arriving from the nearby markets of Villajoyosa, Denia, and Santa Pola; meats and sausages from the Alicante mountains; vegetables and fruits from the local orchards, and almonds and olive oil from the región. All of this is under a sustainable and accessible philosophy, thanks to seasonal and local products, ensuring an authentic and environmentally friendly experience.

The city also offers a wide range of bars, breweries, and tapas bars. Several streets in the old town are filled with establishments specializing in this typical kind of food.



SOUP AND STEW DAYS

These dishes are reinvented with no limits. Traditional dishes continue to triumph, sometimes with a modern twist. When winter is drawing to a close, these days are celebrated; the stoves are filled with pots of fish or meat, legume stews with products from the sea or mountains, "olletas", "cocidos" (stew with traditional Valencian meatballs or Madrid's style), "gazpachos", etc.; from typical local recipes to those from other regions of Spain, all cooked slowly.



TUNA DAYS

During these days, dishes based on high-quality bluefin tuna are offered; a product traditionally linked to Benidorm's maritime history through the "almadrabas", an activity of great social relevance in the city until the 1950s, which produced superb captains and sailors highly valued for their skill in this complex fishing art. These dishes also highlight truly Mediterranean flavours with the vintage charm of traditional dishes while being avant-garde and innovative, always with the bluefin tuna as the main ingredient.

On the day of the launch ceremony of these Tuna Days, usually there is a "ronqueo" to show how a large bluefin tuna is cut up.



TAPAS AND PINCHOS CONTEST

The participating establishments compete for the award to the Best Tapa/Pincho of the year, given by a professional jury, and for the award to the Most Popular Tapa, voted by the public. During these days, Benidorm becomes an urban tapas route, with a wide variety of sophisticated versions of classic tapas and tapas with avant-garde concepts. The culinary creativity of tapas is unlimited.



TRADITIONAL LOCAL FOOD DAYS

For four days, different establishments in Benidorm offer gastronomic proposals inspired by our history and tradition, incorporating into their menus dishes, tapas, or desserts typical of the town. It is a journey through the centuries-old heritage of our cuisine, bringing the flavours of the past to today's palates by reinterpreting traditional recipes and adapting them to new techniques and textures.



RECIPE: BOLLO DE SANT BLAI (courtesy of "La Retora")

INGREDIENTS

- 500 grams of cornmeal
- 500 grams of ground almonds with skin
- 500 grams of sugar
- 6 eggs
- 1 ½ glass of mild olive oil
- 1 grated lemon zest
- Cinnamon and sugar for sprinkling



PREPARATION

Beat the eggs and add the sugar, oil, cornmeal, lemon zest, and ground almonds. Prepare the dough, working it well with your hands until all the ingredients are well combined.

Make 1 cm thick cakes of the desired size (usually the size of a small plate), place them on parchment paper, and sprinkle with sugar and cinnamon.

Put them in the oven, preheated to 150°/180°, until they whiten. Give them a touch of grill if you want them more golden. Let them cool.

RECIPE: RICE WITH ANCHOVIES AND SPINACH

INGREDIENTS (for 2 people)

- 200g of rice
- 8 anchovies
- 200g of spinach (preferably without stems)
- 2 ripe tomatoes, grated
- 2 cloves of garlic
- 500 ml of fish broth
- Oil, Salt, Saffron
- Dried sweet pepper ("ñora")

PREPARATION

Clean the anchovies and set aside. Heat the fish broth and dissolve the saffron.

PROCEDURE

Sauté the crushed garlicks with a little oil in the paella pan. Remove. Briefly sauté the dried sweet pepper and remove it, as well as the grated tomato. Crush everything in a mortar with parsley and a little salt.

Add the spinach to the pan and stir fry. Add the rice and sauté for a couple of minutes as well. Strain the tomato mixture with a bit of water and add it to the paella pan.

Pour the fish broth in the paella pan. Bring to a medium-low boil for about 10 minutes, add the anchovies, and let the rice cook for another 10 minutes or until done.

Let the rice settle 2-3 minutes before serving.



(photo courtesy of mayteenlacocina.com)

COCKTAIL CONTEST WITH AND WITHOUT ALCOHOL

Mixology is gaining more and more prominence in the bars and restaurants of Benidorm, merging with the creative and innovative development that gastronomy has experienced. This specialty, on the rise among the public, is experiencing a golden age, developing in this competition, through its bartenders, the creation of novel and original cocktails. A professional jury votes for the Best Cocktail of the Year and the Best Non-Alcoholic Cocktail, while the public will in turn vote for the Most Popular Cocktail.



LOCAL RICE DAYS

Our rice dishes go beyond the traditional paella. There are dry, creamy, and brothy varieties; from the sea (fish/seafood), from the mountains (meat), or with vegetables. In autumn, during the Local Rice Days, the participating establishments offer a different recipe each day. Being in a locality/town with a seafaring past, it is essential to try the fish rice dishes. Among them, the most traditional and typical of Benidorm are the one with anchovies and spinach, a brothy rice dish to which pumpkin is sometimes added, or the one with beans and turnips ("fesols i naps").

