

GASTRONOMY

Llauna de Calp

“Llauna de Calp” is one of the most representative dishes of Calpe’s cuisine, and is a simple dish made primarily with fish from the bay, potatoes and tomatoes.

Recipe for 4 people.

Ingredients:

1 kg. assorted fish (red bandfish, conger eel, crab and mantis shrimp)

4 steaks of hake whiting or palaya, a local flat fish.

4 potatoes.

1 tomatoes.

1 teaspoon of paprika.

Garlic and parsley, salt and saffron.

4 tablespoons of olive oil.

Preparation:

This dish can be cooked on the stove or in the oven. It is very simple to prepare since all of its ingredients are added raw, and the results are very satisfactory. It requires an earthenware dish, a paella pan or another shallow container.

Place the potatoes, cut into thin slices, across the bottom of the dish. The tomatoes, also sliced, should be placed on top of the potatoes. Then, add the seafood – which you can Choose according to your taste – so that the firmest seafood (crab, mantis shrimp, etc...) is under the tenderest (whiting, palaya, etc...) Drizzle on some oil, cover with water and add the chopped garlic and parsley, the paprika, salt and saffron, and leave it on low heat for approximately 30 minutes.



Arròs del Senyoret

Rice is the biggest star of Calpe's cuisine. According to older generation, it is named "Senyoret" because all of the shellfish it is made with is shelled so that the senyoret, a rich Young gentleman, would not have to get his hands dirty.

Recipe for 4 people

Ingredients:

1 kg. small fish or "soup fish".
250 gr of monkfish or small squid.
10 mussels.
8 medium langoustines.
8 shrimp.
250 grams of rice.
1 tomato.
Garlic and parsley.



Preparation:

Boil the small fish – with ten mussels, for 45 minutes, removing the mussels as they open. Strain the broth to have the base for the "paella".

Sauté the tomato, garlic, parsley, monkfish or small squid, langoustines and shrimp (all shelled). Add the rice, sauté and add the broth and the meat of the mussels.

Allow it to boil for five minutes, then reduce the heat and it will boil for another 15 minutes, for a total cooking time of about 20 minutes.