

## Food & Restaurant

Food - Gran Canaria

Let me tell you a little about the gastronomy here in Gran Canaria.

Primary produce here includes bananas, tomatoes, olives, oranges, fish and pork, these are all cheap to buy if you're cooking at home tonight. Beef is a bit pricey but still affordable. I've always found it easy to get hold of everything I like from home as so much food stuff is imported here from all over Europe, partly because it can't be produced locally and partly to please the tourist trade here who are almost all here self-catering. Typical dishes include "sancocho" - a salted fish soup, "papas arrugadas" - the local potato which I guess resembles a wrinkled, new potato, usually served with "mojo " sauce, (papas con mojo) a spicy, red sauce. The mojo sauce is popular with a lot of food types here as well as the potatoes. Of course there's the Spanish dishes of Paella (a seafood and rice dish) and "Tortilla" - Spanish Omelette. Primary meats here are pork and chicken whilst in the older and traditional restaurants such as those in the mountains, rabbit and goat (also goat cheese) are popular too. The local wine is "el Monte".. "Tapas" is not so popular in the resorts and is found more in residential towns. Tapas are small dishes, similar to snacks but several together make a very nice and traditionally Spanish meal. As (fresh) locally caught fish is so popular here - I've posted some "fish translations"

### TAPAS DISHES

Salpicon de mariscos

a salad of chopped onion, peppers, sweetcorn, crab, prawns and other seafood, soaked in vinegar.

Carne con papas

a stew made from beef, vegetables and potatoes and served in a rich sauce.

Ropa Vieja

mixed meats served with chickpeas.

Boquerones

small white fish (like an anchovy without the salt taste), marinated in vinegar, oil and garlic.

Albondigas

small, homemade, slightly spicy meatballs, served in a spicy sauce.

Potage

a thick, Canarian soup made from mixed vegetables, often with mixed meats added too.

Carne de Cochino

small pieces of fired, diced pork served with a rich sauce.

Carne de Cabra

goat meat (similar in taste to lamb although not quite as tender).

FOOD

SHOPPING

In Puerto Rico, each of the three main shopping centers house very good supermarkets that should have everything you expect and need. Fresh fruit and vegetables, freshly baked bread and pastries and a fresh meat counter, a great choice of duty-free wines, things to help you clean around the apartment and things to help keep you clean. At the back of the Centro Commercial shopping center you'll find a very good fishmongers. In addition to these supermarkets, many apartment complexes have their own mini-markets and several more are located in those areas furthest away from the shopping centers so you'll never have too far to walk for the shopping wherever you stay. Prices in general are similar to those in the UK. Fruit and veg a little cheaper, canned goods slightly more expensive, "fresh" meat however around 20% more expensive. Bottled or canned beer in the supermarkets cost around 25c-35c each by the way.

In Playa del Ingles, each of the centers has a main supermarket but the best center to head for to do food shopping is at the "Hyperdino" supermarket in the "Bellavista" shopping center at San Fernando. Not really walking distance to anywhere but not much more than 5 minutes in a cab from a lot of places. Something to be warned about in Gran Canaria, most apartment complexes have hob-style cookers only and no ovens or grills, nor kettles for that matter. As well as the kitchen area in your apartment you'll have a dining table and chairs and usually another table and chairs out on your balcony if you want to dine there instead.

best English breakfast I've found

& for the largest portions of home-cooked food

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