



How to eat like a local in Ibiza

IBIZA'S FLAVOUR

THE ESSENTIAL LOCAL
PRODUCE YOU MUST TRY



www.saborsdeivissa.es/



[ibizasaborseivissa](https://www.instagram.com/ibizasaborseivissa)



www.pimeef.com



IBIZA'S FLAVOURS.

DISCOVER THE ISLAND

Deeply Mediterranean,
where the wine, bread and
oil trilogy is omnipresent,
and gastronomy becomes a
reason to share and enjoy,
in a healthy way.

Welcome to ibiza,
it's time to bite it !

KM 0

Let's bet on the local product. Our land, IBIZA, offers us high quality fruits and vegetables every season as well as delicious liquid gold, the Ibizan oil with PGI, wines with character, Xeixa bread, Ibiza sobrasada and the well-known, "Hierbas ibicencas"



PGI WINES IBIZA/EIVISSA

With a Mediterranean character marked by the Monastrell varieties, for red and rosé, and the white and aromatic Malvasia, known in Ibiza as “Grec”, due to its origin in the Eastern Mediterranean.

The wineries are worth visiting, almost all of them offer tour packs with tasting and tasting for less than

€ 20



Let's have a toast !

WINERIES

CAN RICH
CAN MAYMÓ
IBIZKUS
OJO DE IBIZA
BLACKNOSE





**Is there a better breakfast than a good olive oil
over a local bread toast?
We tell you where!**

 [**ibizasaborseivissa**](https://www.instagram.com/ibizasaborseivissa)

IBIZA'S LIQUID GOLD

The olive tree growing and the production of oil are closely linked to the history of Ibiza.

From that millenary tradition, cultivated since the 7th century BC, when the Phoenicians dominated the island, we find, still in the country houses, precious oil mills, today recovered and put into value.

The Oli d'Eivissa brand, created in 2019, unites all oil producers and is a guarantee of quality.

Under the name "Oli d'Eivissa", the blend must be of the arbequina, picual, and koroneki varieties, which must represent at least 90% of the oil.



IBIZA'S OLIVE OIL "OLI D'EIVISSA"

BALANZAT
CAN BENET
CAN DOMO
CAN GARROVERS
CAN MAYMÓ
CAN NEFRA
CAN RICH
OLIADA
ORTIZ

"HIERBAS IBICENCAS"

Anise and up to 17 botanicals can be included in recipes handed down from generation to generation, including headed thyme, rosemary, juniper, sage or citrus peel.

Traditionally they are collected on the first Sunday in May and left to dry in the June sun until bottling begins.

It's the most popular drink in Ibiza and something that you cannot miss in your after-dinner, just before "La siesta"



**A good glass of "Hierbas" with ice,
savored with friends..
Is there a more Ibizan moment?**

IGP HIERBAS DE IBIZA

CAN CAUS COMPANATGE

CAN RICH DE BUSCASTELL

DESTILERIAS IBIZA SL

FAMILIA MARÍ MAYANS

IBIZA DESTILLATIONS, SL

LICORES ANISETA

CAN MAYMÓ



XEIXA BREAD

The recovery of an ancestral wheat,
healthy and perfect for low
carbohydrate diets.

The traditional elaboration of bread with
Xeixa includes the use of sourdough,
refreshed the day before, and a long
fermentation, after which a dense,
delicious and healthy bread is obtained.

Xeixa bread is on fire!



XEIXA BREAD

CAN BUFI

CAN NOGUERA

ES BROT

CAN BLAI

GATZARA

LA CANELA

CAN COVES

ES RACONET



"SOBRASADA"

Ibiza gastronomy cannot be understood without one of its star sausages.

The Sobrasada SABORES DE IBIZA maintains the characteristics of the traditional sobrasada. The pig is raised and fattened on the island, mainly fed with cereals and carob beans before slaughter.

The main ingredient is lean meat, together with bacon and red pepper, which, in addition to acting as an antioxidant, provides the characteristic color and flavor to sobrasada.



One of the most traditional recipes made with this product is squid stuffed with sobrasada.

"SOBRASADA

"

CAN CAUS

CARNES JUAN VIOLA

CAN ROS

SUPER ES CUCO



***Top 3 of typical Ibiza recipes that
you can't miss***

Eivissa Sabors



ENSALADA PAYESA

4 PPL

4 red potatoes from ibiza

2 tomatoes

1-2 white peppers

1-2 red onion

Virgin olive oil

Salt

Sal

PREPARATION

We start by cleaning the potatoes and putting them in a pot covered with cold water, without peeling. We put the pot on the fire and let them boil until, by prodding them with a fork, it can easily penetrate the meat of each potato. About half an hour.

Once cooked, we remove them from the water and let them cool on a plate. Meanwhile, we cut the tomatoes and peppers into squares and the onions into thin slices. When the potatoes are cold, we peel them and chop them too.

We place the potatoes in a salad bowl with the rest of the ingredients. Season with plenty of extra virgin olive oil and salt. We stir and serve.



BULLIT DE PEIX

4 PPL

1 kg Mixed rock fish,
(chopped and salted)

4 garlic cloves, peeled

1 bunch Parsley

2 Tomatoes, peeled and chopped

8 Potato, peeled and cut lengthwise
into two halves

Saffron a few strands

Extra virgin olive oil

Salt

Fish broth or stock

PREPARATION

We start by putting oil in a deep pot and fry the potatoes.

We make a mince with the garlic, tomatoes and parsley and add it to the casserole. We give it a couple of turns.

Add water or fish stock to cover the potatoes and let it boil for about 10 minutes.

We add the saffron threads. We pass the fish lightly through water, to remove the excess salt, and add it to the casserole. If necessary we add more water or broth. We let it boil for 10 or 15 minutes until the fish is done, without stirring too much so that it does not fall apart. With the broth that has been obtained, we boil the rice.



FRITA DE POLP

4 PPL

Octopus

Potatoes

Red peppers

Garlic

Tender chives

Fennel

Laurel

Oil

Salt

Pepper

PREPARATION

Boil the octopus, let it cool and cut it with scissors into small pieces.

Peel the onions, cut them into wedges and fry them with the bay leaf and two or three crushed garlic cloves until they remain golden.

Peel the potatoes, cut them thick lengthwise and fry in plenty of hot oil with the rest of the crushed garlic and the pepper green cut into strips.

Add a tablespoon of red pepper to the onion, stir well.

Add the pop, remix, and finally incorporate the potatoes.

Season and serve hot.

***3 traditional restaurants
what should you visit***

The image shows the interior of a restaurant with a rustic, traditional aesthetic. The room features white walls with dark wooden beams on the ceiling. On the left, there are white built-in shelves displaying various ceramic and glassware items. In the center, a dining table is set with white linens, plates, and glasses. A doorway in the background leads to another room with a stone wall and a display case. A chandelier hangs from the ceiling, and a green door is visible on the right side of the frame.

EL REBOST DE CAN PRATS

ES REBOST DE CAN PRATS is located in a house built in the early years of the 20th century and was one of the first shops in the town of San Antonio. Food and other products necessary for daily life were sold there. In the Can Prats store the farmers took to sell: eggs, chickens, cheeses, "pebrassos", rabbits, potatoes and vegetables. Catalina Prats and her husband Toni Marí Colomar converted the old family grocery store in 1994 into a warm restaurant serving traditional Ibizan food.



CA N 'ALFREDO

Ca n'Alfredo is one of the oldest restaurants on the island, traditional and familiar, that has been on its way all its life to achieve three clear objectives: to give good service to its customers, to make Ibizan and Mediterranean cuisine and to always work with the best products of the land. At the beginning of 1936, the Hanauer family of Jewish-German origin, who lived in Ibiza and had arrived fleeing from Nazi Germany, took over. The eldest of the brothers in this family was called Alfred and the restaurant was named in his honor: "Alfredo Restaurant" At the end of 1941 it passed into the hands of the Riera family and it has been so to this day. It's a classic among the famous who pass through the island and this is confirmed by the photographs that dress its walls



EL CELLER DE CAN PERE

Located in the center of Sta Eularia des Riu, Celler Can Pere offers Mediterranean cuisine with a wide selection of traditional dishes and local specialties. On its terrace you can enjoy a family atmosphere.

A typical Ibizan restaurant with mainly Balearic dishes. And if you fancy some informal snacks, we recommend "Es Celleret" its little brother, which offers traditional tapas in a cool local restaurant.



REBOT DE CAN PRATS
C/ DE CERVANTES, 4,
SANT ANTONI DE PORTMANY
+(34) 971 34 62 52



RESTAURANTE CA N'ALFREDO
PASEO DE VARA DE REY, 16 - EIVISSA,
+(34) 971 31 12 74



CELLER CAN PERE
C/SANT JAUME, 63
STA EULALIA DEL RIO.
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IBIZA

EAT, LOVE

IBIZA SABORS EIVISSA