

## SEASONAL FOOD

# Ribs and potatoes

This typical Canarian dish is very popular, especially in the colder months of the year



**P**ossibly the most famous exponent of this dish in Tenerife is Casa Tomás in El Portezuelo, Tegueste near the northern airport (922 638007), but it is really very easy to prepare yourself, although somewhat time consuming.

Salted pork ribs are added to or form the main ingredient of a number of Canarian dishes. Fresh ribs will not give the same effect, but the bacon ribs available in the north of England are a good substitute. The vegetables for the stock are an optional extra, but do add significantly to the end flavour and nutritional content of the dish. The stock can later be

used for a thick pea soup. The dish is typically accompanied by a coriander sauce (mojo de cilantro).

## RIBS & POTATOES

### Ingredients

- 1 kilo salted ribs
- 1 kilo potatoes
- 4 cobs of sweet corn
- Piece of pumpkin
- Two leeks
- Two carrots
- Two or three sticks of celery
- One onion
- One chayote (optional)
- One baby marrow (bubango)
- Laurel leaves

### FOR THE MOJO

- Wine glass of olive oil
- Vinegar
- Powdered cumin seeds (optional)
- Half an avocado
- Bunch of coriander
- Three or four garlic cloves
- Lemon juice (optional)
- Salt
- Pepper

### Preparation

1. Wash the ribs and place overnight in the fridge in water to soak, changing the water after the first couple of hours.
2. Clean and peel the pumpkin, leeks, carrots, onion, marrow and chayote. Wash and trim the celery and cut all vegetables into large chunks. Place in a large saucepan with laurel leaves, bring to boil and leave to simmer for 30 minutes.
3. Meanwhile wash the ribs again, fill another saucepan with water and bring to boil. Turn off and drain. Cut into smaller chunks when cooled.
4. Remove the cooked vegetables and add the ribs to the stock with chicken stock cube.
5. Bring to boil and simmer for 1 ½ – 2 ½ hours.
6. When almost tender, add corn cobs in chunks and potatoes in large pieces.
7. Drain and serve with coriander sauce.

### PREPARATION SAUCE

1. The real mojo needs a mortar and pestle and a bit more work, but this cheat's version is very tasty and works just as well as a coating sauce.
2. Wash and roughly chop the coriander and place in a blender.
3. Add a glass of olive oil, the flesh of half an avocado, half a glass of water, garlic cloves, cumin powder and squeeze of lemon if used and salt, pepper and vinegar to taste.
4. The sauce keeps very well in a jar in the fridge for a number of days and is a perfect complement to many strong flavoured fish and meat dishes.

## Food News

Island promotion

## Television repast

• Two top Spanish actors are among the cast of a new programme which is about to give a boost to La Gomera's gastronomy.

Juan Echanove and Imanol Arias are renowned nationally and internationally in their field and visited La Gomera to film one of the programmes in a new series called *Un país para comérselo* (A country good enough to eat).

The programme is to be exclusively dedicated to the island and will show typical products such as almogrote (a spread mixed from a special grated cheese made of a blend of goats and sheep milk, hot pepper, garlic and tomato), guarapo (the raw juice taken freshly each day from the palm tree tops) and palm honey (the boiled down syrup of the guarapo). Local cheeses and wines will also be on the actors' menu, as will a visit to the Garajonay National park and demonstrations of the unique whistling language, the silbo.

Around Spain

## Local menus

• Visitors to Mérida can look forward to trying food from all over Spain without travelling out of the borough.

The capital of Extremadura is to dedicate a week to the cuisine of each of the country's 17 autonomous regions. Kicking off with Asturias in January, the culinary offer will last until December when Cantabria is highlighted. Anyone visiting the area from the 21st to the 27th of June will be able to enjoy typical dishes, wines and liqueurs of the Canaries.

Gastronomic tourism

## Cookery classes

• Tourists visiting the islands with Viajes Iberservice España are to be offered the opportunity to learn how to prepare some typical Canarian dishes.

Under an agreement signed recently with the Canarian government's Minister for Tourism, Rita Martín, and the director of the above holiday company, Wilhelmus Patings, the cultural and especially gastronomic possibilities in the Islands are to be highlighted. The group of Canarian teaching hotels (Hecansa) will be offering Iberservice clients workshops where they can learn in, "a fun, practical and simple way" how to make some of the, "most representative" dishes of Canarian cuisine.

Those who decide to take up the offer will also be given a certificate and a recipe booklet as well as enjoying a special lunch. Clients from Iberservice cruises will also be able to opt for a gastronomic excursion on offer by the teaching hotel at Santa Brígida.

Winter specialities

## Spoon food

• Spanish cuisine is particularly rich in soups, potages and stews as was so beautifully demonstrated in the recent II Jornadas Gastronómicas de la Cocina de Invierno in the Oroval restaurant in the teaching hotel at the Casa de los Camellos in Agüimes.

Concentrating on the intense flavours of winter available ingredients, the event offered soups, cream soups, pulses and vegetables, succulent meat stews and palm honey, citric fruits, dried figs, quince and chocolate.

Among the delights prepared by chef Cristo Sánchez based on local products were wheat potage, lentil casserole with Serrano ham, oxtail in red wine and the fish and vegetable stew, marmitako. Desserts on offer included a gofio (ground cereal flour) mousse with palm honey and fig pudding with caramel. Keep an eye on the various teaching hotels and catering establishments around the islands, they always offer great food and are excellent value for money.



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