

Gastronomy Dossier

TENERIFE



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awaken emotions!
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Tenerife, awaken emotions!

1

Tenerife is a diverse and modern tourist destination, that is committed to sustainability. With a clear vocation to position itself as an international benchmark of tourism, it seeks to attract new segments of travellers, beyond 'sun and beach', through a message adapted to the current digital reality, which appeals to its identity and, above all, to emotion.

The largest of the Canary Islands offers a surprising combination of ecosystems, landscapes and microclimates that make it a unique location. On a single island, and separated by very short distances, desert landscapes coexist with subtropical forests and volcanic landscapes.

The Teide National Park and the city of San Cristóbal de La Laguna, both UNESCO World Heritage Sites, also highlight the diversity of an island where it is possible to enjoy outdoor activities all year round.

Tenerife offers an enormous variety of versatile and unique experiences, which you have to experience first-hand to see the great diversity of emotions it is capable of awakening.



Tenerife, a destination to savour

2

It is a reality that whoever arrives is attracted by the diversity of experiences that Tenerife offers, the chance to try the island's cuisine, and ends up falling in love with its culinary products and diversity, ranging from the traditional to the avant-garde.

The gastronomy of Tenerife pays tribute to the attention to detail and love that the island's producers and chefs put into every meal.

People who are guided by instinct and convey their know-how, thanks to the influence of the Atlantic and the fusion between Europe, Africa and America. This inspires knowledge, heritage and the ability to create and reinterpret tradition in harmony with innovation.

A hallmark of local identity, gastronomy brings uniqueness and differentiation to the destination, highlighting the

differentiating elements of the island: **climate, biodiversity, its 'kilometre-zero' and seasonal products, terrain, heritage and the ethnography of the territory and its people.**

In this regard, Tenerife is a leading culinary destination based on:

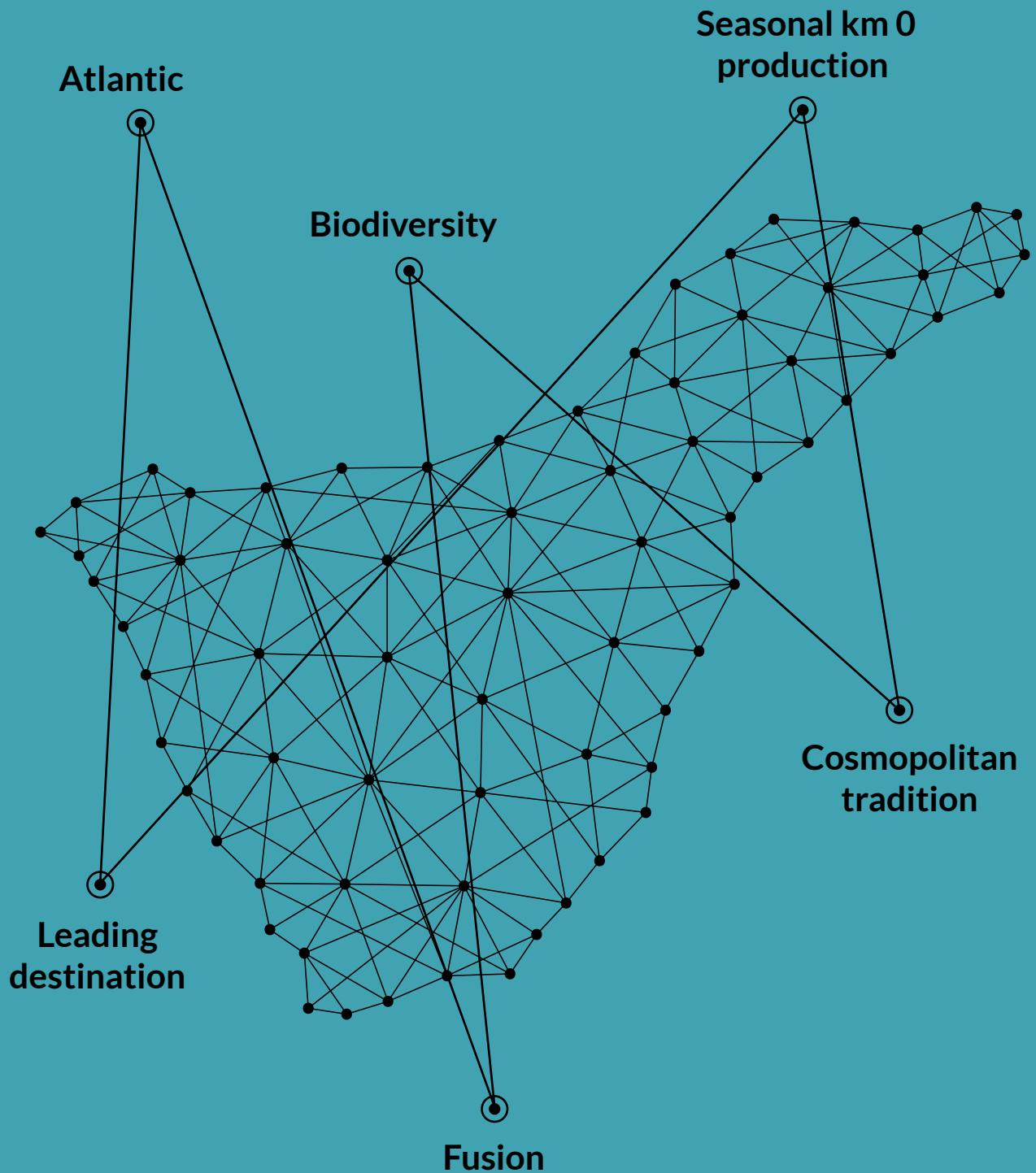
The island's cultural and culinary heritage.

The quality, variety and international prestige of its raw materials.

Creativity and innovation through the introduction of new culinary trends.



Key differentiating attributes



Products from Tenerife

Find out more



3

The uniqueness and diversity of the products, with the added value of the hard work and dedication that all the island's producers put into their activity, day after day, are the foundation of the island's culinary quality.

The island's culinary landscape is made up of 'kilometre-zero' products, which are the hallmark of our gastronomy through its:

FRUIT. Tenerife is the island with the largest production of the renowned Canary Islands banana, with PDO recognition, considered to be among the best in the world. However, it is also an orchard for the production of other varieties, such as the reinette apple, avocado and papaya, thanks to the diversity of cultivated land at different altitudes within our territory.



FISH. Sama, wreckfish, scallops, tuna, sardines and grouper. The richness of the marine fauna that inhabits the coasts of Tenerife can also be appreciated in its delicious recipes made with fresh fish.



In Tenerife, there are excellent raw materials, thanks to the tradition and constant evolution of our rich, authentic

CHESTNUTS. More than 20 species of chestnuts are grown on the island. Their high nutritional value, along with their flavour, have made chestnuts from Tenerife internationally renowned.



GOFIO. One of the flagship products of Tenerife, made from the milling of roasted cereals. The total production of gofio on the island is estimated at around 2,300 tonnes per year, which is approximately 40% of all gofio in the Canary Islands.



The most important types are made from wheat, millet, a mixture of wheat and millet and others which include grains such as barley, oats, chickpeas and various combinations.

Products from Tenerife

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HONEY. The Protected Designation of Origin 'Honey of Tenerife' has more than a dozen different varieties, although some are more recognised varieties. The honey of Tenerife converts the aromas of the flowers endemic to the Canary Islands into an incomparable flavour, resulting from a tradition dating back more than five centuries.

La Casa de la Miel, located in El Sauzal, is a service centre geared towards beekeeping. It offers a range of services related to its activity that try to adapt to the needs of the sector, which is currently made up of more than a dozen varieties that are unique in the world.



Products from Tenerife

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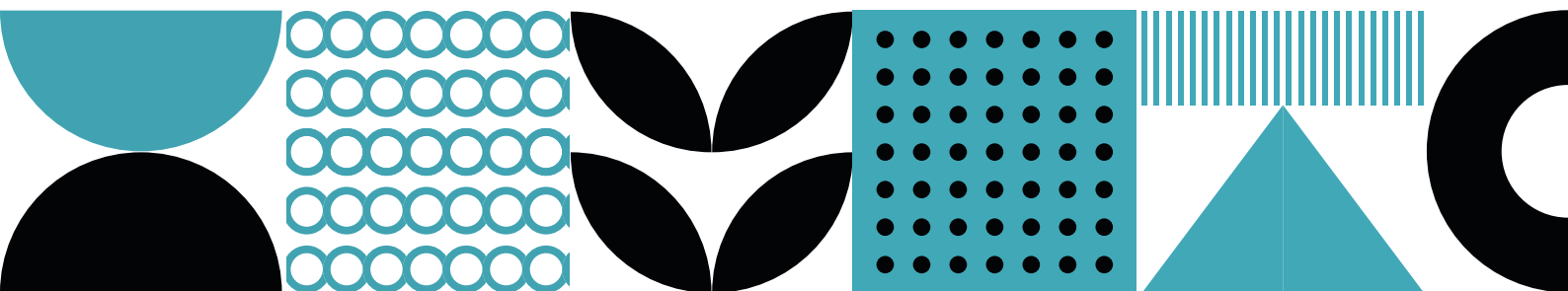
MEAT. Rabbit and goat's meat particularly stand out. The Canary Islands have three indigenous species of goat which are internationally renowned. The meat of the black pig, an indigenous species, is also highly appreciated for its flavour.



POTATOES. Their quality, flavour and unique qualities are the main drivers for its Protected Designation of Origin "*Papas Antiguas de Canarias*". This special protection, obtained in 2013, was pioneering in Spain for this tuber.



CHEESE. A key element of Tenerife's gastronomy. The predominant variety is goat's cheese or a mixture of goat's and sheep's cheese, which is creamier. They are particularly consumed in a variety of fresh and white cheeses, but also cured, and often produced in an artisanal fashion.



Wines of Tenerife and Vermouths of Tenerife

4

The wines of Tenerife are an experience of texture, body and flavour: whites, rosés, reds and malvasias, all of which convey the climate and the particular geology of the island.

Wines of Tenerife and Vermouths of Tenerife

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Wines of Tenerife

Vineyards appeared in Tenerife with the arrival of the first Europeans in the 15th Century. **The benefits of our wines have been widely recognised;** from Shakespeare, who mentioned them in many of his works, to the White House, where they have arrived to be tasted as an elite product.

It is the traditional production methods, especially at the time of the grape harvest, which are carried out with close care and attention, **that are responsible for wines with unique flavours and aromas.**

More than 100 wineries produce differentiated wines with a strong personality, enhancing the visibility of an impressive wine heritage.

On this point, the value provided by the production on the island particularly stands out: to drink a glass of Tenerife wine is to taste an exclusive product. **A bastion of the land's rich gastronomy.**

Vermouths of Tenerife

Although they have a short history, the vermouths of Tenerife have gained recognition from local consumers and are starting to make an impression beyond the island's borders. **They are produced from unique ingredients.**

The island has unique wines and endemic botanical products, such as Tenerife incense, ruda and rosemary, so widely found in the landscapes of Tenerife. At present, a total of six wineries number vermouths among the products they offer for sale, constituting very personal and varied propositions, but **with a common volcanic soul that differentiates them from other origins.**

Casa del Vino

The Casa del Vino was set up to promote the island's quality wines. It houses the Island Museum of the Vine and Wine of Tenerife, a tasting room where you can taste the wines of the five designations of origin of Tenerife, as well as a wine bar, a shop and a wide programme of cultural activities.

[Find out more](#)



Key facts on viticulture in Tenerife

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For centuries, vines have also been one of the main crops on the island, spanning some 3,200 hectares - 17% of the total land cultivation on the island.

The main characteristic in the production of Tenerife wines is the wide variety of unique grapes grown on the island, which are adapted to the range of microclimates, the terrain, the orientation against the Trade Winds and the volcanic soils. In short, Macaronesia is an enclave in the North Atlantic, consisting of the Canary Islands, the Azores, Madeira and Cape Verde. Tenerife has five different wine-producing regions:

Tacoronte-Acentejo, Ycoden-Daute-Isora, Valle de la Orotava, Valle de Güímar and Abona, and six different Protected Designations of Origin with the same names as above plus a Canary Islands designation.

The island's wines are exceptional because they preserve their traditional methods, with more than five centuries of knowledge and experience handed down, such as those used to make braided cord wines, which are unique in the world. They also stand out for their production, adapted to the terrain, giving full meaning to the well-known heroic viticulture.

Michelin Stars and Repsol Suns

6

The high quality of the gastronomy of Tenerife is reflected in having obtained the most prestigious culinary awards: **Michelin Stars, Bib Gourmand, Michelin Star Dishes and Repsol Suns** are just some of them, in which the culinary offer of the island has been present since the early 2000s.

Michelin Star



MB
The Ritz-Carlton, Abama
Guía de Isora

Located at The Ritz-Carlton, Abama and run by chef Erlantz Gorostiza, MB's cuisine is not only characterised by its creativity and innovation, but by a deep understanding of flavours and a great respect for ingredients, qualities that are found in abundance in this restaurant that the Michelin Guide continues to recognise as an exceptional culinary destination.



Nub
Hotel Bahía del Duque
Adeje

The Nub was set up in 2016 to create a culinary space with very personal cuisine, in line with the philosophy and origins of its chefs: Fernanda Fuentes-Cárdenas (Chile) and Andrea Bernardi (Italy). Together they have created a culinary offer where the search for origins and the connection between Latin America and Italy with the Canary Islands are transformed into a unique experience.



El Rincón de Juan Carlos
Royal Hideaway Corales Beach
Adeje

With a modern aspect, this restaurant enchants everyone who visits it, both for the ocean views from some tables and for the service and the culinary level it offers, as many dishes can enrapt your senses. True to their philosophy, they are committed to Canarian recipes from a creative perspective, based on premium products and high levels of refinement in terms of presentation. Their offer is shored up in a unique and extensive tasting menu, with the option of different pairings and, if you wish, some delicious artisanal bread.



El Taller de Seve Díaz
Puerto de la Cruz

Seve Díaz's Workshop offers two tasting menus, the 'Surprise Menu' and the 'Long Menu', which vary from season to season. They meld flavours produced on Canarian land and those caught from the sea with influences from the Mediterranean and cultures further afield. In a simple and serene space in the centre of Puerto de la Cruz, the workshop highlights the value of high-quality local products prepared with respect and creativity. At the helm of the restaurant and its team is chef Seve Díaz, whose vision guides every detail of the experience. With a welcoming and professional approach, the team seeks to give diners a one-of-a-kind experience and for them to feel like they are on a culinary journey full of imagination and unique character.



Michelin Stars and Repsol Suns

6

Michelin Star



San-Hô Royal Hideaway Corales Beach Adeje

A fascinating fusion proposition, with personalised and creative notes that take this concept to another level, sometimes combining Japanese, Peruvian and Canary Island recipes. The talented chefs - Adrián Bosch and Eduardo Domínguez - mainly work based on two suggestive tasting menus offered in a contemporary dining room with panoramic windows and a pleasant terrace with views.



Taste 1973 Hotel Villa Cortés Arona

The Guanche roots take centre stage at the hands of Diego Schattenhofer, who, under the motto "we don't create recipes, we create emotions", showcases his creative cuisine at Taste 1973. His techniques, work and multidisciplinary team, including marine biologists, neurologists and historians, combine the island's history and a taste for matured fish as a clear differentiating element.



Donaire Hotel GF Victoria Adeje

Donaire is a charming restaurant in the Hotel GF Victoria, known for its semi-circular glassed-in dining room overlooking the Costa Adeje coastline and ocean. Chef Jesús Camacho, with a solid background in pastry, puts his stamp on every dish. His cuisine, which combines technique and creativity, seeks to satisfy the most demanding palates with impeccable aesthetics.



Haydée Hotel Gran Tacande Wellness & Relax Adeje

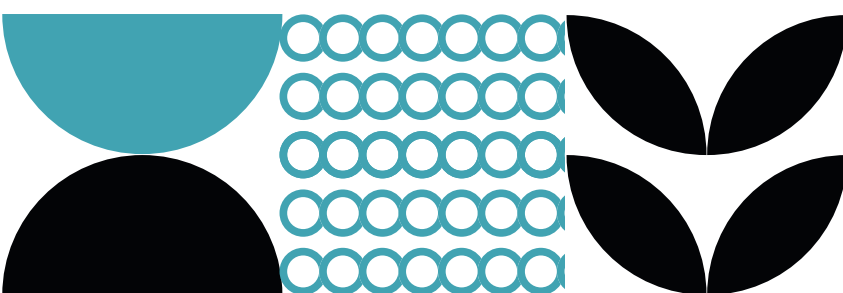
Haydée showcases the creativity that characterises Víctor Suárez's cuisine through two menus - Atlántico and Raíz - which update the island's recipe book. A native of La Orotava, his personality is reflected through the palate, which perfectly ties in his childhood memories with Asian-Peruvian aromas, bathing in the Trade Winds and the breakers of the raging Atlantic and volcanic seduction.



Il Bocconcino Royal Hideaway Corales Beach Adeje

Il Bocconcino di Olivia showcases the creativity of chef Niki Pavanelli through two menus, 'Identity' and 'Il Bocconcino', which reinterpret Italian cuisine with local products. A native of Bologna, his personality is reflected in dishes, such as the innovative Carbonara 3.0 and the dessert La Scarpetta, which evoke memories of Italy and utilise traditional techniques, offering a unique culinary experience.

 **Michelin Star**



Michelin Stars and Repsol Suns

6

Repsol Suns

El Rincón de Juan Carlos	●●●
Bogey	●●
NUB	●●
Étereo by Pedro Nel	●●
La Cúpula	●●
M.B.	●●
San Hô	●●
Donaire	●
Il Bocconcino by Royal Hideaway	●
La Sandunga	●
Silbo Gomero	●
AIE	●
El Secreto de Chimiche	●

Kensei	●
Dos Naifes	●
Taste 1973	●
Kiki	●
Charfuego y brasas	●
El Taller Seve Díaz	●
Lajarde Bello	●
San Sebastián 5	●
Cráter	●
Troqué	●
Haydeé	●
Moral	●



Tenerife Master Gastronomy Plan

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Different projects and plans have positioned Tenerife at the forefront of **gastronomy**, along with the work of entities and companies that make up the value chain in culinary terms, and the gastronomy events that enhance our visibility abroad.

This stems from the daily hard work to promote common goals, which place and define **Tenerife** as a **territory with immense cultural and natural wealth**, in addition to a unique culinary offer that adds incalculable value to its image as a leading tourist destination.

The lines of work of Tenerife, based on a governance model in which the entire value chain contributes to its vision of the future, with the recognition and protection of its gastronomy culture on the horizon, in order to improve its competitiveness in line with the destination's marketing and communication strategy, lead it towards a guaranteed future.

Driving knowledge and training in R&D&I is and will undoubtedly be important thanks to the upcoming opening of a new centre that will become the **epicentre of the destination's new culinary trends**.



Tasting Tenerife

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Tenerife is part of Saborea España [Tasting Spain], a national platform set up in 2009 to promote Spanish food and wine based on the revaluation of local products, quality and the creation of synergies.

Furthermore, the Tenerife Master Gastronomy Plan encourages collaboration with the island's main sector associations to promote all its strategic pillars.

[Find out more](#)



Gastronomy milestones in Tenerife

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Did you know that...?

The gastronomy of Tenerife has enjoyed an upward trend over the last 20 years. An example of this is that **in 2002 it obtained the first Michelin Star award in the Canary Islands**. This went to *Mesón El Drago, owned by Carlos Gamonal*. Two decades later, the island now has seven of these culinary awards, making it the guide to follow for the rest of the archipelago.

The teamwork of chefs, producers, winegrowers, farmers, fishermen and technicians in the different fields has been fundamental over the last two decades. However, **Tenerife was a pioneer in Spain in setting up an Island Gastronomy Plan**. This was published in the year 2000 and revised in 2016.

Collaboration between public and private entities has also been important in boosting and promoting the island's gastronomy. **In 2013, Tenerife joined the club of Saborea España** products, under the Saborea Tenerife label; a milestone that allowed it to leap forward in the island's culinary positioning.

The creation and continuity of the **Canary Islands Gastronomy Show – Gastrocanarias** in 2014; the hosting of

important events such as the award ceremonies of the **Soles Repsol** in 2017, and the **Michelin Guide**, a year later, add to the list of milestones that revolve around the island's culinary work.

The promotion of the island's gastronomy, however, includes the **presence of the destination and its products at important trade fairs and congresses**, with a significant commitment to **Madrid Fusion and San Sebastián Gastronomika**, particularly standing out, where, since 2020, it attends with a stand in a restaurant format of more than 200 square metres, and a Wine Tunnel of Tenerife, with the presence of its six protected designations of origin.

The island has thus become a culinary benchmark for the two most important sector events in the country, where every self-respecting lover of good food wants to attend to see that, year after year, the culinary offer based on kilometre-zero products from Tenerife is capable of surpassing itself.

How to enjoy gastronomy in Tenerife?

10

Specialised shops

[Find out more](#)



There is a wide range of specialised shops in Tenerife, scattered all over the island, which offer the most representative products of our gastronomy. Selected products and gourmet specialities for enquiring palates.



Markets and street markets

[Find out more](#)



The markets and street markets of Tenerife offer locals and visitors alike a wide range of fresh, seasonal products that are produced on the island. Bustling places full of life, perfect for getting to know the destination through its most authentic flavours.



Restaurants

[Find out more](#)



In every corner of Tenerife, you can find different restaurants, with various specialties and a common denominator: local ingredients and a variety of flavours, where tradition and the avant-garde are combined to surprise the diner. Kitchens with a rich offer of tastes: personal, different and attractive, with culinary offers for all tastes. The restaurants in Tenerife offer quality and attentive service.



How to enjoy gastronomy in Tenerife?

10

Guachinches

Find out more



Exponents of the concept of traditional cuisine and the idiosyncrasy of Tenerife, the guachinches, are emblematic of Tenerife. And an obligatory visit for anyone who wants to get to know the culinary culture of the island. Stemming from the need of the winegrower to sell his surplus wine, reformulating the term "eating houses", through menus with typical, simple and tasty dishes to accompany a good glass of local wine.

Improvised spaces, which have evolved over time, but which conserve a special "market stall" and enjoyable atmosphere, with all the endearing and delicious flavours of home cooking.



Popular festivals plus wine and gastro-tourism activities

Find out more



There are different ways to discover what Tenerife tastes like. **Any time of year is appetising.** However, there are undoubtedly **special moments in the calendar that add unique and unforgettable touches.** For visitors eager for new experiences and emotions, the wine and food tourism activities offer a tourism experience that showcases the best of the island in each season of the year. These activities provide an opportunity to get to know the territory and the value of its wine and food products through the world of wine-producing.

Enjoying the gastronomy of Tenerife through its popular festivals means linking the cultural identity of the island with its culinary and wine-producing traditions.

As is the case throughout the country, there are numerous recipes representative of the most important days of the calendar.

In Tenerife, there are no pilgrimages without maize meal cakes, Christmases without sweet potato-stuffed trout or angel hair, and no Easters without a fish casserole.

How to enjoy gastronomy in Tenerife?

10

Recipe book

Find out more



The products grown and produced in Tenerife are the protagonists of numerous recipes that have transcended the island's history. The basis of Tenerife's cuisine is made up of fresh vegetables, fruit, potatoes and fish. Tasty goat and rabbit meat roasts, seasoned with mojo sauce or salmorejos, different combinations of stews and our delicious and typical Canarian stew.

Wrinkled potatoes are, together with cheese, a must on our tables. Simple products, but full of flavour, thanks to which, you can appreciate the island's culinary tradition. **A tradition that evolves every day along new paths where creativity and innovation mark a new destination** and new professional talents for the future.

As a final touch, our desserts.

The recipes and elaboration of typical Canarian sweets are an essential part of any culinary experience on the island. Bearing in mind that one of the main crops grown on Tenerife was sugar cane, it is logical that this left its mark on the island's gastronomy.



Annex: Discover detailed information about the products of Tenerife.

11





VARIETIES

Exceptional white, red and rosé wines are produced on Tenerife. Our island is also home to spectacular sweet and vibrant sparkling wines. The predominant grape varieties on the island are:



LISTÁN NEGRO

This is used to produce delectable young red wines, aged wines and even sweet wines, with aromas of blackberries and currants, mineral and volcanic notes and a full-bodied feel in the mouth. All Listán negro wines have balanced acidity.



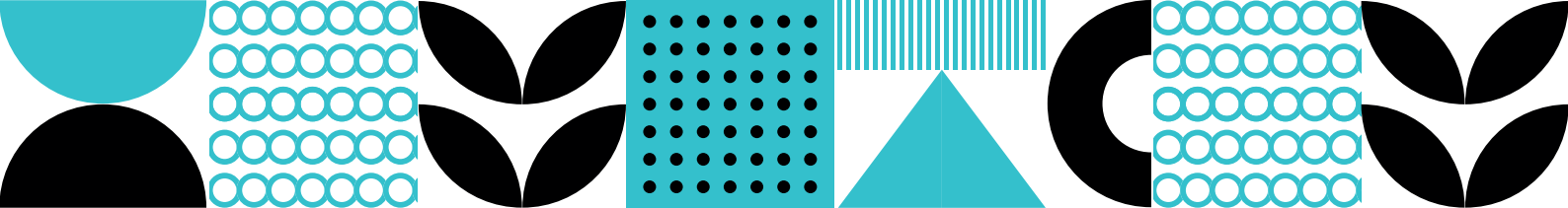
LISTÁN BLANCO

Medium-large berries, thin skin and a yellowish colour when ripe. This variety produces wines with good acidity, mineral aromas and volcanic character, resulting in a lush, smooth texture on the palate.

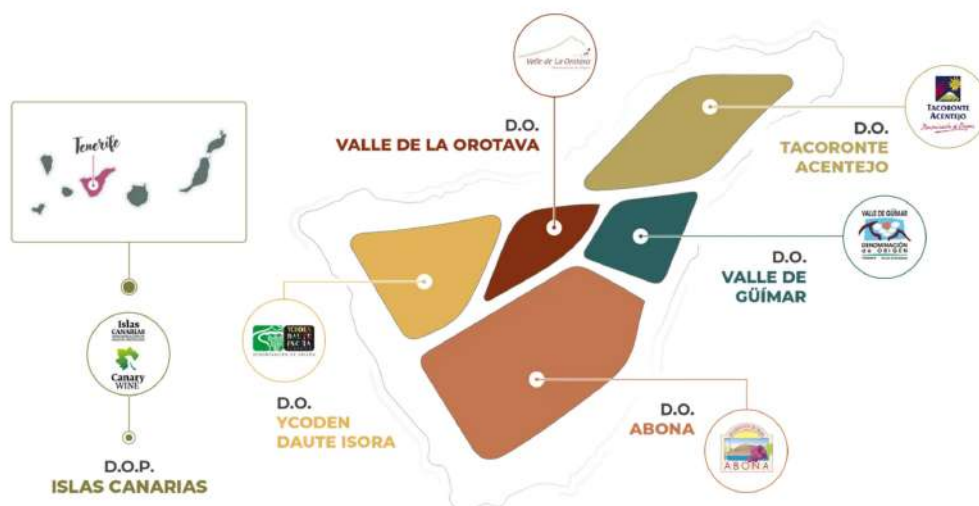
In addition, many other varieties are grown in Tenerife, most of them native to the island:

- **Malvasía Aromática:** Round berries of small size and fleshy interior. High acidity when ripe. Its wines have a marked fruity character and mineral taste.
- **Gual:** Yellow-green in colour on the skin that produces aromatic, lush and intense wines.
- **Albillo Criollo:** Skin is green, with yellowish pink colours and round berry from which fresh aromatic wines with a fruity and floral profile are produced.
- **Marmajuelo:** Baya elíptica de epidermis amarillo-verde. Tiene un gran potencial para la elaboración de vinos de calidad. Sus vinos son aromáticos e intensos en boca, con acidez elevada.
- **Forastera Blanca:** Green, yellow skin and yellow shades with a round berry that produces intriguing young wines with a floral profile.
- **Muscat of Alexandria:** A round-shaped white grape, it produces expressive wines with floral, citrus aromas and fresh grape flavour.
- **Negramoll:** It is usually blended with Listán Negro, adding volume and richness with its velvety sensations on the palate.
- **Vijariego Negro:** Blue, black (on skin), bluish-black tones, produces distinctive wines with aromas of red fruits and spices.
- **Castilian Black:** Colours of the skin are blackish-blue and bluish-black, used mainly in assemblages with black listán. It provides intriguing notes of liquorice and minerals.
- **Tintilla:** Colours of skin are blackish-blue and bluish-black. Usually used in blends with Listán Negro in the production of young wines with spicy aromas.





Six wine designations of origin operate in Tenerife (Abona, Valle de La Orotava, Valle de Güímar, Tacoronte-Acentejo, Ycoden-Daute-Isora and Canary Islands).



ORIGIN

The first vines were planted in the 15th century, brought by Spanish colonizers and conquistadors and from the rest of Europe.



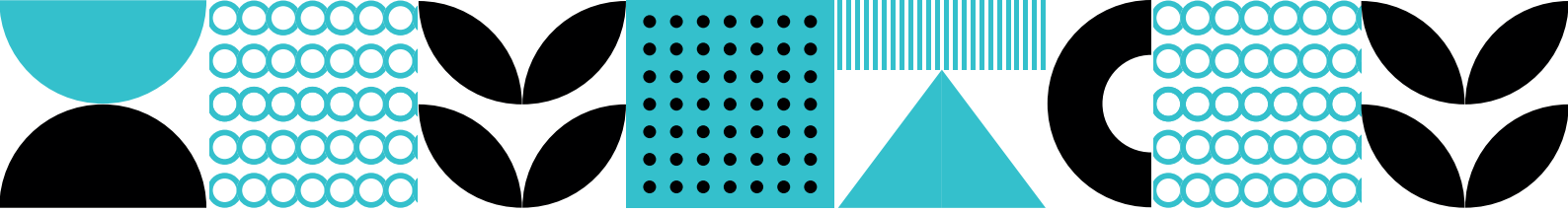
Worldwide fame The Englishman William Shakespeare, the Scotsman Sir Walter Scott and the poet and playwright from the Spanish Golden Age, Luis de Góngora, mentioned the wines of the Canary Islands in their writings. They were prized by European courts for centuries and became an icon in literature and commerce.



Fall of the throne In the 19th century, the eruption of the Garachico volcano destroyed the main port from which wine was exported to Europe. In addition, the subsequent military conflicts and struggles between the English and Spanish crowns commercially favoured Portuguese wines due to their alliance with Great Britain. During this century, phylloxera-infected vines were introduced from the United States and destroyed a large part of European vineyards. Although blights such as powdery mildew appeared on the islands, they were not affected by phylloxera, which meant that some grape varieties were preserved only in our archipelago and became local to the area.



Present day The wines have experienced an exceptional improvement in quality. This, together with the unique identity of their source grapes and the volcanic territory where they grow, results in superb wines unlike any others. Recommendations from numerous wine experts, specialised guides and the awards that Tenerife wines win every year in renowned international competitions are testament to their quality. This recognition has restored Tenerife wines to their position as the most sought after in the world.



CULTIVATION

Tenerife's viticulture is characterised by the planting of ungrafted vine shoots (i.e. directly into the ground).

CULTIVATION SYSTEMS

The different traditional vineyard management systems that we find on Tenerife were developed to use resources more efficiently and adapt the vineyard to each place and climate of the island's geography.

The braided cord:

This is a unique system that consists of braiding the shoots so that the productive stem is placed on top of the previous year's.

The low vine:

This consists of guiding a single shoot up to one meter high and in which the shoots are arranged horizontally on a wire line.

The tall vine:

In this system, the vine rises to approximately 2 m, using posts on which a network of wires runs where the plants will rest.

Bower:

This is characterised by its striking tilt, often to adapt to the boundaries of the plots and provide the best ventilation and exposure to sunlight of the vegetation plane.

The harrowed vineyard:

This is a system in which the vine can reach up to 4-5 m in length on wooden fork supports, which are set up in June and dismantled after the harvest. The land is then used for other crops.

The irregular vine:

This was one of the first guiding systems to be introduced on the island. The vines may be allowed to acquire a certain heights and widths before they are pruned, usually with the goal of making the plants from a circle.



FEATURES AND PROPERTIES



The native grape varieties of Tenerife show a high degree of uniqueness due to the volcanic, climatic and geographic characteristics of the island. Among the most important are:

- The effect of microclimates
- Soils
- Altitude
- Orientation
- Influence of the trade winds

Tenerife,
the island
of wines

You can find more information about Tenerife wines at the following address:
vinosdetenerife.es

WINES OF TENERIFE.
By nature, we offer the best.

From the first vines brought and planted in the 15th century by settlers of diverse origins, and from their adaptation to our volcanic soils, rugged terrain, trade winds, and the know-how of our winegrowers over five centuries, emerges a treasure trove of wine landscapes and unique winemaking traditions — an essential discovery for any visitor, far from any other point of influence.



HERITAGE POTATOES FROM TENERIFE



MAIN VARIETIES



Azucena negra

Generally round in shape, with somewhat rough skin and a reddish-purple colour. Flesh is cream-colored.



Azucena blanca

Shape is predominantly round. Skin is light brown and dotted with purple-reddish spots. Flesh is cream-colored.



Bonita blanca

Light tan skin with a few purple-reddish spots and light-yellow flesh.



Bonita negra

Skin is very dark purple-reddish colour. Flesh is light yellow.



Bonita colorada

Skin is reddish-purple and flesh is pale cream colour.



Bonita ojo de perdiz

Skin is a shade of light cinnamon, with purple-reddish spots and light yellow flesh.



Borralla o melonera

Light brown skin with slight orange tones and flecked with pink, especially in the eye area. Flesh is yellow.



Colorada de бага

Skin is pale reddish-purple, with a smattering of brown spots. Soft to the touch. Flesh is cream-colored.



Negra yema de huevo o negra

Very dark reddish-purple skin, almost black, with orange-brown spots. Flesh is an intense yellow colour.



Peluca blanca

Pink skin, dotted with orange and brown spots. Flesh is cream-colored.



Peluca negra

Somewhat reddish-purple skin with a dark purple secondary colour. Flesh is cream coloured.

The potatoes covered by the PDO "Papas Antiguas de Canarias" are the tubers of potatoes from 29 varieties known in the Canary Islands as "antiguas", also called local, traditional, coloured and/or from the land.

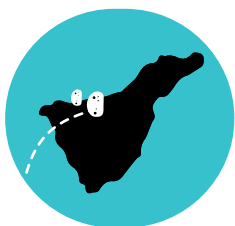


ORIGIN



The potato in the Canary Islands

In the 16th century, the potato crossed the Atlantic Ocean and, through the Canary Islands, reached Europe. The first reference in our islands to this food dates to 1567 and was written by a notary who provided confirmation of the shipment of goods from Gran Canaria to Antwerp: '... And I also receive three medium-sized barrels that you say have potatoes and oranges and green lemons'. On Tenerife in 1574, there is a similar reference: "... Likewise, two barrels of potatoes and eight (...) full of brandy came from Tenerife".



The Tenerife heritage potato in our archipelago

According to the Enlightenment-era poet José de Viera y Clavijo, the potato was introduced to the islands by Juan de Bethencourt y Castro in 1622. He had brought some potatoes from Peru and planted them in his holdings in Icod el Alto. In 2022, the 400th anniversary of the first potato crop of which there are references outside America was celebrated.



The heritage potato today

The heritage potatoes of the Canary Islands are at a crossroads over their continued existence as a crop, and by extension over their conservation and continued availability. In recent years, awareness-raising and preservation actions launched by the Island Council of Tenerife, groups such as the La Papa Bonita Association and various cooperatives and companies, have fostered greater knowledge and diversified the use of these potatoes.

CULTIVATION



Sowing

The heritage varieties of potatoes on the islands are sown at different times throughout the year. Planting can vary based on their characteristics and different locations and seasons.



Harvest

The main harvest of heritage potatoes happens between June-July, although there are also yields in May, December, January and February.



Growth

The growing cycle lasts between four and six months.



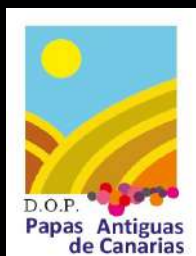
Irrigation

Heritage potatoes are usually grown in the so-called 'humid dry land' of the midlands, although in the south of the island it is common to use irrigation systems.



FEATURES AND PROPERTIES

The most visible characteristics of potato varieties in the Papas Antiguas de Canarias Protected Designation of Origin are their intense, beautiful colours. They can be dark or light. The potatoes also often have eyes of variable depths.



Protected Designation of Origin (DOP)

This European seal of identity and quality lets the consumer be certain of the product's origin and confirmed production process. This strengthens its value as a traditional product, and it can be used in many elegant recipes. However, the effect of pests, such as the Guatemalan

BENEFITS

The potato is a fairly balanced food providing the body with: proteins, vitamin C, minerals and other nutrients. Eating potatoes can be beneficial for health. They have anti-cancer properties mainly due to their phenolic compounds and properties that reduce glucose present in the blood.

In addition, the potato has a positive effect on cholesterol due to the antioxidant action (lipoproteins) produced by phenols, vitamin C and carotenoids. It also is high in fibres that help in digestive processes, preventing constipation.

Potatoes contain substances known as kukoamines that help lower blood pressure. These substances are present in many varieties of potatoes (including some Canarian heritage potatoes), especially if they are stewed, as cooked potatoes retain a higher content of kukoamines than chips or other fried potatoes.

Nutritional values

Water:

77.5% (fresh matter)
22.5% (dry matter)

Proteins:

2.0%

Lipids:

0.1%

Ash:

1.0%

Total carbohydrates (sugars):

19.4% (fresh matter)

Starch:

15.7% (fresh matter)
70% (dry matter)

Sucrose:

0.1–0.2% (fresh matter)
0.5–1.0% (dry matter)

Glucose, fructose:

0.07–0.45% (fresh matter)
0.5–2.0% (dry matter)

Crude fiber:

2.0–4.0% (dry matter)

Pectins:

2.5% (dry matter)

Citric acid:

1.0% (dry matter)

Vitamins (per 100g fresh matter):

B1 (0.11 mg), B2 (0.04 mg), B3 (1.2 mg), B5 (0.3 mg), B6 (0.2 mg)

Ascorbic acid (Vitamin C):

New potato – 40 mg
After 3 months – 15 mg
After 6 months – 5 mg

Minerals (per 100g fresh matter):

Sulfur (29 mg), Calcium (14 mg), Chlorine (35 mg), Cobalt (0.01 mg), Copper (0.16 mg), Phosphorus (53 mg), Iron (0.8 mg), Iodine (0.03 mg), Magnesium (27 mg), Manganese (0.17 mg), Potassium (410 mg), Sodium (3 mg)

THE YEMA DE HUEVO POTATO: *The crown jewel of the kitchen*

According to experts from the International Potato Centre (CIP) one of the most valuable varieties of Tenerife's heritage potatoes is the Yema de Huevo potato. This variety is related to the kinds grown in the Americas, and it belongs to a species of potato that is only grown in the Canary Islands and South America. Heritage potatoes from Tenerife in any of their varieties are the star ingredient of many of our recipes, but without a doubt, **the black potatoes, the Bonita and Azucena varieties**, are the favourites for cooking the famous papas arrugadas wrinkled potatoes.

You can find more information about Tenerife heritage potatoes at the following website:

www.agrocabildo.org/publicaciones_detalle.asp?id=623



THE ISLAND OF **TUNA**



TYPES



Skipjack (*Katsuwonus pelamis*). Fish similar to tuna, but smaller. Elongated, streamlined, rounded body, few scales. Bright bluish-grey colouring on the back, whitish on the belly; belly with 4 or 5 black longitudinal lines. Up to 100 cm in length. Common in the Canary Islands from June to October.



Yellowfin Tuna (*Thunnus albacares*). Stylised body and significant musculature, both its head and eyes are very small, but its fins are much larger relative to those of other tuna. Blue and grey in colour and its fins have yellowish tones, which give the fish its name. Up to 220 cm in length. Common in the Canary Islands from August to November.



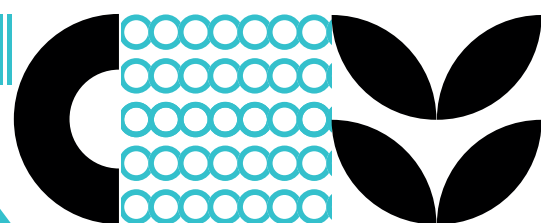
Bigeye tuna (*Thunnus obesus*). This is one of the largest tuna species. It has a robust body, plus a large head and eyes. Its first dorsal fin and pectoral fins are a pronounced yellow colour. Up to 250 cm in length. Common in the Canary Islands from June to November.



Bluefin Tuna (*Thunnus Thynnus*). Sometimes called *cimarrón* locally. This is the largest species of tuna. Distinct from other tuna in that its shortest fin is its pectoral fin. It has a small head, eyes, and mouth. The lower jaw protrudes over the upper jaw. Its flesh is pink, sometimes taking on an intense red tone. Up to 310 cm in length. Common in the Canary Islands from January to April (outbound migration) and from October to November (return migration).



White Tuna (*Thunnus alalunga*). Also known as *albacore* tuna. This is one of the smallest tuna species. Body streamlined, rounded and moderately tall. Large eyes and very long pectoral fins. Dark blue colouration on the back; silvery white flanks and belly. Up to 130 cm in length. Common in the Canary Islands at the beginning and end of the year.





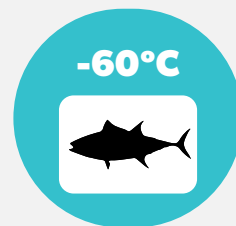
ORIGIN

Origins of tuna fishing The theories about the settlement of the Canary Islands by the Phoenicians, Carthaginians and Romans from the ninth century BC are supported by the fishing operations of which there is evidence in the Canary Islands. Catches were processed and exported salted or used to make garum.



Market intensification Tuna fishing in the Canary Islands was abandoned for many centuries and became intense again only around the year 1800 when tuna began to be caught again in abundance. Several canning companies opened in the Islands and they exported their products to the Spanish and Portuguese markets. The canneries were profitable until the 1980s when the increase in production costs and the loss of fishing grounds forced many of them to close. There are currently four large tuna exporting companies in Tenerife that supply fresh tuna for immediate consumption and frozen tuna for canning companies in different parts of Europe.

Tuna today This oily fish continues to swim the coasts of our archipelago at will and although fishing methods are still traditional, preservation processes have advanced. Processors now use deep freezing systems, which manage to reach temperatures of -60°C , where the ice crystallisation is so small that it does not break the cell membranes, keeping water from leeching out and therefore preserving the taste and texture qualities of the meat. This technology increases commercial possibilities for export and local consumption alike.



FISHING

Artisanal fishing In the Canary Islands, using purse seine nets to catch tuna is absolutely prohibited. The only legal form of fishing is with a rod and hook for small and medium-sized species, or a line with a hand hook for large specimens. In both cases, live bait is used to attract and capture the different species of tuna, while water jets are used to agitate the water's surface and make it easier to catch fish. This fishing system -one hook for each tuna- guarantees a highly selective fishing technique that, unlike large purse seine nets, does not catch additional species such as sharks, turtles or marine mammals, or fish below minimum catch size. Systems are currently being implemented to improve slaughter and speed up preservation preparations. New techniques involve electric stunners, the Ikejime method and immediate bleeding and cooling.

The fishermen This type of artisanal fishing makes the work of fishermen hard and uncertain. Days can go by without sighting tuna, and then the next day they may discover tonnes. Fishermen sail in search of schools in boats about 16 meters long. Fisherman also have to remain cognisant of the quota system and temporary prohibitions on some overfished species. These systems have led to the recovery of these species and a sustainable use of resources.

Tuna hauls in the Canary Islands are highly variable from year to year. This is due to the different environmental conditions that affect the migrations of the species that visit us. The average production in recent years has been around 8,000 tonnes, but there is a great annual fluctuation, with years with catches of more than 23,000 tonnes and years in which barely 1,500 tonnes are caught.

APPROXIMATE ANNUAL AVERAGE

8K tonnes

Annual tuna catches
in the Canary Islands

15K- 23K
approx. tons





Artisanal eco-tuna pilot project

Project receiving financial support from the Island Council of Tenerife. Since 2017, the Canary Islands Universities, in coordination with other institutions in Madeira and Cape Verde, have been working on the Macarofood project (<http://macarofood.org>). The main objective of this European project is to highlight the value of the products from Macaronesian artisanal fisheries, training the different actors in the commercial chains and creating lasting alliances between:

- Fishermen's organisations
- The educational community
- The hospitality industry
- Restaurants
- Local consumers

Among the achievements of this project, we'd like to highlight the addition of local fish products, especially tuna and skipjack loins, to the menus of 12 schools on the island of Tenerife. These schools stopped using frozen fish imported from different parts of the world, and started to consume local fish products. These are much fresher, healthier and available at a price that is sometimes lower than imported fish.

FEATURES AND PROPERTIES

Location

The Canary Islands are a prime location for tuna fishing compared to other places in Spain or the rest of the world. We can say this because local fleets generally don't have to go far to find huge schools of tuna, depending on the time of year.

Exclusive product

In the Canary Islands, the presence of the five different species on our coasts overlaps throughout the year, which allows supply to the Spanish market to remain consistent practically at all times. In addition, as migrations pass through the Canary Islands before reaching mainland territory, tuna can be offered as an exclusive product out of season in the rest of Spain.

Oily fish such as tuna make up a group of fish species that swim conti-

nuously in the sea. This mobility makes their body fats different from those of other species that do not move as much. In the case of oily fish, the accumulated fat is rich in Omega 3 polyunsaturated fatty acids. This acid, which can only be obtained by including it in the diet, helps regulate cholesterol in our blood and, therefore, improves cardiovascular health.

The most notable vitamins are A and D, which are found in the fattiest areas such as the liver or muscles of these fish. It also contains a high percentage of proteins and has minerals such as iodine, magnesium, iron, phosphorus and calcium that support bone health and blood circulation.

NUTRITIONAL VALUES

	<i>Skipjack Katsuwonus Pelamis</i>	<i>Bigeye Thunnus Obesus</i>	<i>Longfin Thunnus Alalunga</i>	<i>Yellowfin Thunnus Albacares</i>	<i>Bluefin Thunnus Thynnus</i>
Kilocalories	132	200	103	109	226
Total fat	0,97 g	2,02 g	1,01 g	3,74 g	15 g
Proteins	23,58 g	22,90 g	22,00 g	22,23 g	23,30 g

BENEFITS



Consuming oily fish helps prevent cardiovascular disease and reduces bad cholesterol.



Contributes to a healthy bone structure and other physiological processes thanks to tuna's nutritional properties and its vitamins A, E and D.



Helps prevent cancer with its vitamin D levels.

THE BIGEYE: THE KING OF TUNA

Among the numerous species that are found in our waters, the bigeye tuna stands out as a spectacular ingredient in any kitchen. An excellent source of protein, vitamins and Omega 3, our *Thunnus thynnus* is prized worldwide for its firm flesh and a high presence of evenly distributed fat, which gives it its characteristic flavour and texture.

Tuna has been caught in an artisanal way by our fleet since the 19th century. Canarian fishermen were pioneers in catching large specimens with hooks one by one in a completely sustainable, craftsman-like way. Tuna are found in waters very close to our Atlantic coast, which allows us to consume it fresh. We are also the first in Europe to export it deep-frozen, preserving all its characteristics and flavour.

Did you know?

- The Canary Islands have an annual quota of 537.69 tonnes of bigeye tuna (7.925% of the national quota).
- The maximum recorded length is 360 cm and the maximum recorded weight is 679 kg.
- The bigeye tuna swims at an average speed of 6 km/h but when hunting it can reach 40 km/h.
- It feeds on everything in its path, including smaller tuna.
- The bigeye spends its life migrating between the Mediterranean Sea and the Gulf of Mexico.

Rich in minerals, vitamins A, E and D, associated with cancer prevention, and Omega 3 fatty acids, which reduce bad cholesterol and prevent cardiovascular diseases. The numerous possibilities in the kitchen for bluefin tuna make it one of our gourmet Atlantic products and, without a doubt, the KING OF TUNA.



LIVESTOCK BREEDS

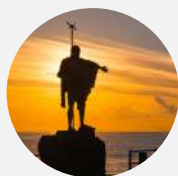
The main livestock breed that produces the milk used to make Tenerife cheeses is the Tenerife goat. This is a native breed in danger of extinction. Its milk is excellent in both quality and quantity. Currently there are approximately 30,000 specimens, mostly located on the island of Tenerife and a small percentage in the rest of the Canary Islands.

Notably, this breed includes two ecotypes or distinct varieties, the northern and the southern. The northern variety, adapted to cold and humid conditions, is characterised by a black or brown colour, long hair, long ears, short limbs and long body. The southern variety, which lives in dry conditions, has short hair in a variety of colours, medium-sized ears, and a smaller body than the northern variety. Both have relatively short horns that extend back over the head.

Some farms also have specimens of other goat breeds native to the Canary Islands, mainly the Majorera goat, and to a lesser extent the Palmera goat. There are also cattle farms on the island, with cow's milk being used to a small degree in mixed (goat and cow) cheese production by industrial cheese manufacturers.



ORIGIN



Origin Goat farming in the Canary Islands has been recorded since aboriginal times and is well established on the islands. It is believed that the goats were brought by various Amazigh (Berber) ethnic groups that arrived from north Africa 2500 years ago.

Due to the particular characteristics of each island, goats adapted to their specific island environments, learning to take advantage of the available resources in each place. This led to the appearance of differentiated groups of animals that make up the current Canarian goat breeds.

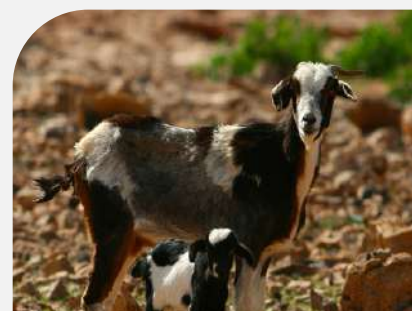


Evolution DNA studies confirm that the goats of the archipelago are related to those found in north Africa. Initially, goats are believed to have arrived in several waves, as did the inhabitants of the islands. Goats have been present in the Canary archipelago since approximately 500 BC.



Present day What we know today as Canarian goat breeds are the descendants of goats of the pre-Hispanic inhabitants, with some influence from goats brought to the islands after the Spanish conquest. Thus, today we find the following native breeds, all of which are in danger of extinction:

Tenerife (North and south ecotypes) • Palmera • Majorera





ANIMAL HUSBANDRY

Traditions

There are still many livestock farms that graze continuously, and to a certain extent they still practice the ancestral way of caring for goats. Goats raised like this obtain a significant part of their food from wild vegetation as they make their way through the rugged island landscape.

Feeding

In addition to the plants that goats find on their routine journeys during grazing, farmers give them concentrated dietary supplements containing grains, hay, alfalfa and other forage products. Goat diets at intensive farming operations might have these concentrates as the principal part of their diets.

Production

Goats are milked once a day. Lactation lasts 7-8 months with an average production of 400 litres per goat.

Artisanal cheese makers use raw milk from their own herds to produce their cheeses. These are small family businesses, with strong ties to the land and which continue to use traditional production methods. They have an average production of 6-15 kg of cheese per day.

Industrial cheese production operations use pasteurised milk from nearby farms in their processes. They can produce up to 500-1,500 kg of cheese per day.

Cheese makers on Tenerife also produce other types of dairy products with goat milk, such as cottage cheese, butter, yogurt, and even ice cream for fairs and events.



FEATURES AND PROPERTIES



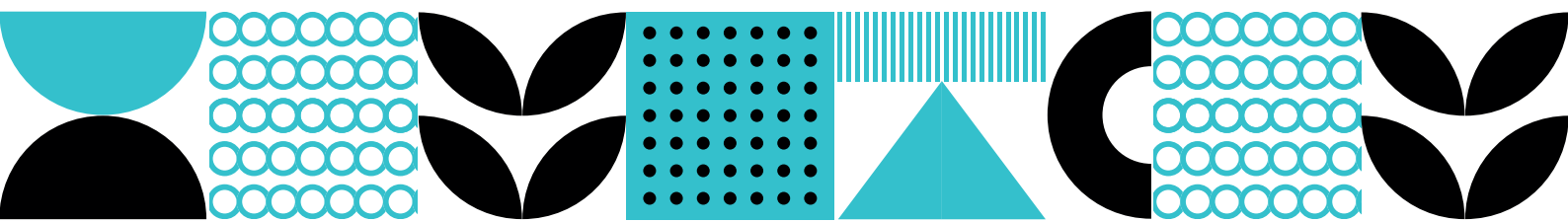
Main features

The defining characteristic of Tenerife cheeses is having local goat milk as their foundational ingredient. They are mainly sold fresh (as opposed to aged). These cheeses use enzymatic rennet and are prepared with the stirred-curd technique. They are easy to digest thanks to their protein and fat content, with a significant presence of unsaturated fats, making them a healthy, high-quality product unlike any other.

They can be made of raw milk or pasteurised milk, by artisanal or industrial cheese makers. Tenerife has 61 artisanal cheese makers and three industrial producers.

The aged cheeses (semi-cured, cured, old or aged) may have rinds treated with paprika or gofio. Smoked cheeses are also a hallmark of Tenerife dairies.

Goat cheese is a food with a high protein and calcium content. In fact, it provides more protein and calcium than cow cheeses. These qualities make goat cheese a food that helps prevent osteoporosis, anaemia, and blood pressure issues. For the youngest members of the family, it is a healthy complement to their diet, helping them to grow strong and develop their nervous systems. Its high probiotic content improves intestinal flora and the immune system, while increasing absorption capacity for calcium and vitamin B synthesis.





Nutritional values

Calories: 364 gr

Protein: 22 gr (Alto contenido)

Fat: 30 gr

Carbohydrates: 0,1 gr

Cholesterol: 79 mg

Sodium: 515 mg

Potassium: 158 mg

Calcium: 298 mg (Alto contenido)

Vitamins: A, B y D



BENEFITS



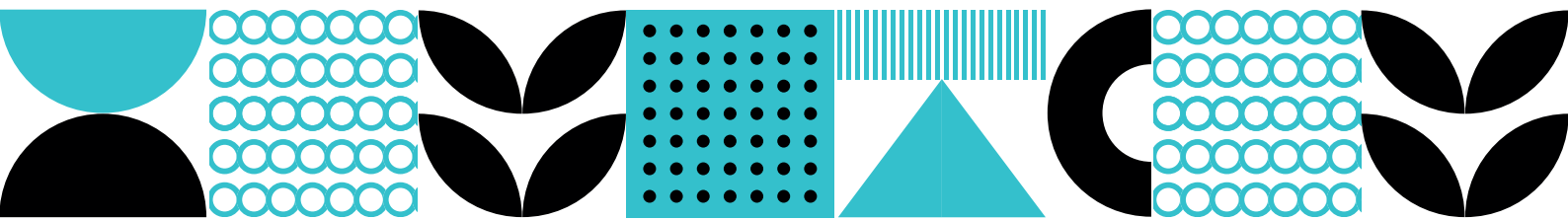
Cheeses are foods rich in extremely healthy proteins (cheese caseins), which means they can help us form, repair and maintain the body's tissues.



Cheese is rich in vitamins A, D, and E, vitamins that help the body absorb calcium and maintain healthy bones and teeth.



Cheese is also rich in B vitamins, including vitamin B12, B9 (folic acid), B1 (thiamine) and B2 (riboflavin).



CHEESE: A TRADITIONAL INGREDIENT IN TENERIFE CUISINE

The cheese-making tradition that still persists in the rural areas of Tenerife is underpinned by the great appreciation that the people of Tenerife have for the cheeses of their land, among which goat cheese or mixed goat and sheep cheese predominates (the latter is more spreadable). Fresh and white cheeses are the favourites, but cured cheeses (frequently made in an artisanal way) are often found at Tenerife tables. It should be noted that the Canary Islands is the Spanish region with the highest annual cheese consumption per inhabitant, with figures ranging between 14 and 16 kilos of cheese consumed annually per person. These figures show the great appreciation and care that Tenerife has for this distinct local product, especially when we consider these numbers alongside the important role cheesemakers play in the livestock sector. European regulations and the strict control exercised over Tenerife cheese manufacturers ensure the highest quality.

The popularity of cheese in Tenerife cuisine is so great that, together with potatoes and mojo, it is the key element in the most contemporary dishes inspired by Canarian cuisine. Chefs find ways to fuse these ingredients with new methods of preparation and presentation. Fresh cheese, with its pleasant flavour reminiscent of farm-fresh milk and salty notes, is the most popular. Others, with greater personality, are smoked or cured cheeses, especially those that have an external layer of paprika or gofio. Fresh cheeses but smoked with wood or almond shells are also enjoyed among local consumers. They are eaten as an appetiser or served with stews, but sometimes they are also roasted and paired with mojo or honey.

CANARIAN BLACK PIG



BREED

The Canarian black pig is descended from the animals that arrived in the Canary Islands from northwest Africa with the first settlers of the archipelago. Later these animals were genetically influenced by pigs from the Iberian Peninsula and Europe broadly. The result of this mixture has given rise to a breed unlike any other, one adapted to the environmental conditions of the islands.



ORIGIN

The Canarian black pig is a descendant of the animals brought to the Canary Islands by the first settlers from north Africa who arrived on the islands in several waves around 2,500 years ago. This has been confirmed by studying pig remains found in archaeological sites in the archipelago. Therefore, Canarian black pig could trace its origins to now-extinct pig breeds in north Africa, which reinforces their unique genetic profile. Likewise, chroniclers of the Spanish conquest of the archipelago recorded the presence of pigs already on the islands when the Spaniards arrived in the fourteenth century.

After the discovery of America, the Canary Islands became a mandatory place for Spanish ships to put in when travelling to the Indies. The Archipelago was a resupply point for ships, where food and live animals were brought on board to take to the new continent. Domestic animals of breeds that existed at the time in the Canary Islands were brought to the New World, and were forerunners of some of the current American Creole breeds.

The Canarian black pig went through a critical stage when pig farming was modernised in the mid-20th century. The

changes involved the introduction of commercial hybrid breeds with a white coat, animals being selected for high prolificacy, with a preference for fast growth and leaner meat. This meant that the native pigs almost disappeared from the islands. They were only preserved in the stocks of a handful of local livestock farmers, who continued to breed some of these animals, generally in more remote mountain areas of the island. The Canary black pig was included in the Official Catalogue of Livestock Breeds of Spain in 1997 with special protection status due to its low numbers.

The Island Council of Tenerife (the Cabildo) acquired some of the remaining animals on the islands and set up a breeding centre at the Finca El Helecho in Arico. The Cabildo worked with farmers who wanted to ensure the breed's survival to promote conservation of the Canarian black pig. More recently, the work of the Association of Breeders of Canarian Black Pig has been critical, as this organisation manages the breed's Stud Book.

The Cabildo's efforts to recover and promote this breed include a directed breeding programme to avoid an increase in consanguinity among the animals. Through this programme, breeding animals are provided to the island's farmers to promote reproduction. At the same time, different actions are carried out to publicise the Canarian black pig products -such as organising advertising campaigns, cooking days and tasting samples- aimed at both food and agriculture professionals and the general public. Thanks to institutional support, the Canarian black pig currently represents 17% of the pig breeding stock on the island of Tenerife. The current breeding stock census on the island includes approximately 400 animals.

The meat of the Canarian black pig, which was highly prized in the past, remains popular today thanks to its superb, unique qualities. It is rightfully included among gourmet products.





PRODUCTION



Breeding

Breeding happens on farms in a more traditional way, where the pigsties, called goros, usually have access to an outdoor patio, where the animal can dig and engage in typical behaviours more freely. Providing more space to walk and move outdoors also ensures higher-quality meat.



Feeding

Unlike hybrid breed white pig farms, where the animals are fed exclusively commercial feed, Canarian black pig farms normally use a combination of feed and agricultural by-products (plant scraps, fruits that have lost their commercial value, etc.) and cheese whey, which contributes to the excellent flavour of the meat.



Growth

The animals have a slower growth process. The slaughter age is about nine months, with a live weight of 80-90 kg. Breeding animals can reach an average weight of 150-170 kg.

FEATURES AND PROPERTIES

LONGEVITY

The average lifespan of these animals is 8-9 years.

MORPHOLOGY

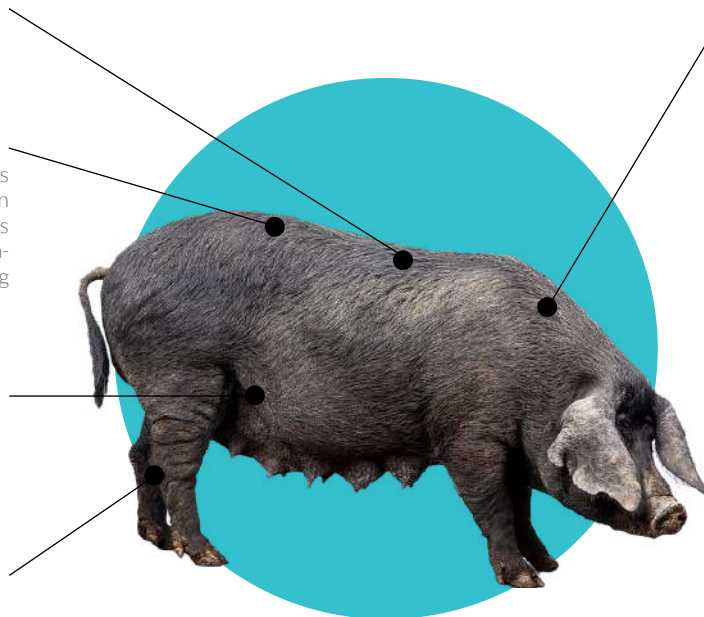
This animal is characterised by its black coat. It has wrinkles and folds in its skin, as well as numerous bristles (hairs). The profile of its head is ultra-concave and its ears are very long and pointed towards the snout.

MOVEMENT

Adult animals are mainly guided by smell, as the wrinkles in the skin next to the eyes make it extremely difficult for them to see.

GROWTH

They have a slower growth process than that of domesticated white-coated pigs. They can reach a live weight of 140-160 kg in a period of 18 months.



FATTENING

These are animals that tend to accumulate more fat than commercial pigs of hybrid white breeds, since they are pigs that have not undergone any selective breeding in response to market demands. Until the middle of the last century, their bacon was a highly sought-after commodity to preserve the meat itself, prepare meat products or for use in the kitchen to fry and sauté food.

- Among its qualities, we can highlight that in the Canary Islands it is considered a gourmet product. Canarian black pig meat has qualities that set it apart, and so the product is highly sought after and fetches considerable prices. Today demand outstrips production.
- Some fat is able to infiltrate the intramuscular level, and the result is a juicier and tastier product than meat from leaner pig breeds.

AUTHENTIC TASTE: *the history of the black pig of Tenerife*

Ancestors of the current Canarian black pig from northwest Africa have existed on our islands for 2,500 years. The subsequent genetic mixture with other animals brought from the Iberian Peninsula and Europe more broadly resulted in a pig of true Atlantic origin. The Canarian black pig is a native breed that was spared disappearance in the middle of the last century thanks to still being bred according to traditional methods in remote mountain areas of our islands.

This is an animal raised with more open space, and the pigs generally have access to outdoor patios. Their diet includes plant by-products and cheese whey, which affords their meat a widely appreciated flavour and high overall quality.





VARIETIES

The Canarian banana belongs to the Cavendish group, Small Nain variety. Local cultivars are:



SUBVARIETIES

- Gruesa palmera
- Brier
- Palmerita
- Criolla o del País
- Grand Nain

These cultivars exhibit characteristics of the Small Nain variety: yellow skin with green areas and brown spots when ripe. When ripe, the flesh is compact but not hard, with a sweet, intense and aromatic flavour.



ORIGIN

There are several theories about the origin of bananas in the Canary Islands:

One theory holds that the arrival of bananas in the Canary Islands was thanks to the Arabs bringing the plant to Spain. Later, when Spanish ships were on their way to the Americas, ships that docked in the Canary Islands left plant material, and the islanders planted and cultivated it.



It is known for certain that at the beginning of the 15th century the first banana trees were introduced to the Canary Islands from Southeast Asia. By 1526 the plant was already adapted to and cultivated on the islands, as sailors took green bananas on their ships to use as food on their voyages to the Americas.

Taking root

Soon after arriving, banana trees quickly spread across the islands and were highly valued by Canary islanders. English travellers also became aware of them, and they would acquire bananas on their return stopovers to the United Kingdom. This led the English to promote banana cultivation in the 1880s and export the fruit to the British Isles. The importance of trade between England and the Canary Islands was so great that on the banks of the Thames there was an area called Canary Wharf that owed its name to the busy sea route between the Canary Islands and Great Britain that transported this precious fruit.

Present

Since the beginning of the 20th century, banana cultivation in the Canary Islands has increased to the current 9,000 hectares. Bananas from the Canary Islands are very popular and today they regularly reach the tables of millions of homes.



Another theory posits that the banana arrived in the Canary Islands from Equatorial Guinea, introduced by Portuguese voyagers.



Currently, Canarian bananas are produced on six of the Canary Islands.

Tenerife is the main producing island.

AVERAGE ANNUAL PRODUCTION

375 millions of kilograms



CULTIVATION

Farms On the farms, the work is very traditional, although there has been significant improvement in technical advising and management and irrigation systems. The banana provides employment to more than 35,000 people on the Islands. This figure includes direct and indirect jobs at all phases of their production, packaging and distribution. Currently, 375,000 tonnes are harvested annually.



▶ **The banana tree** The banana tree is a large herbaceous plant, which produces a single bunch. Once the bunch is collected, the mother plant disappears. Although, the plant ensures continuity with the next generation by sprouting new stems around it. These are called 'shoots' or 'children'. When the bunch has reached its adult size, it is usually wrapped with plastic to accelerate the ripening process, which makes sure consumers can find a ready-to-eat product.

Economic production The average annual number of full-time jobs in banana cultivation and packaging over the past four years is 7,500. This figure represents 1% of the total employment recorded in the Canary Islands, with the cost of labour per hectare in cultivation and packaging being around 16,500 euros/ha. The wage bill generated by banana cultivation exceeds 150 million euros per year.

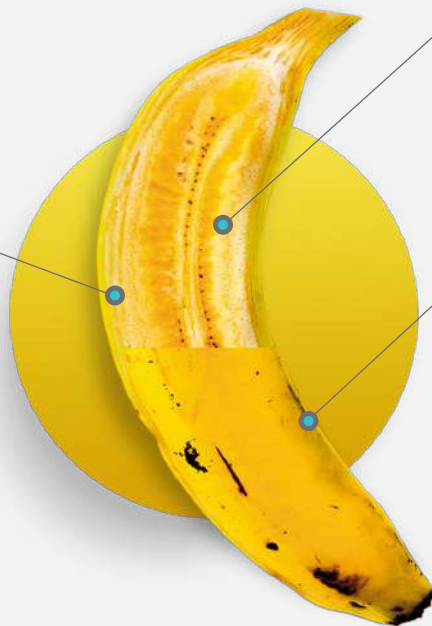


FEATURES AND PROPERTIES



COMPOSITION

The Canarian banana has a very characteristic taste due to its high level of sugars and low starch, which increases its sweetness. In addition, this banana has a higher potassium and phosphorus content, and a lower amount of sodium and calcium compared to other varieties of bananas.



SIZE

As for sizes, minimum values of fruit length and thickness have been set. Each banana must be at least 14 cm long and 2.7 cm thick.



PROTECTED GEOGRAPHICAL INDICATION

The Canarian banana is synonymous with the highest quality and a well-deserved reputation for excellence, the result of a combination of historical, natural and human factors. This quality seal supports the Canarian banana, highlighting that it stands apart from the rest, and allowing consumers to be certain about the characteristics of the product and where it came from.

One of the main ways that bananas contribute to human nutrition is their richness in carbohydrates; the fruit is also high in sugar at its optimum point of ripeness. Bananas are a quick source of energy. However, despite common belief, bananas do not make you fat because the fruit contains almost no fat.

In fact, bananas are a great supplement for athletes, as they are a quick way to deliver nutrients to the body after periods of high performance.

Likewise, the banana's fibre content helps fight constipation and regulate intestinal transit. In addition, bananas are high in potassium, which helps keep the nervous system functioning properly and regulates blood pressure. We can also list among their benefits the antioxidants found in vitamins C and E, which make the banana a heart-healthy food. The combination of antioxidants and fibre helps prevent various types of cancer.

Nutritional values

Calories: 94 kcal

Protein: 1,2 gr

Fat: 0,3 gr

Carbohydrates: 20 gr

Fiber: 3,4 gr

Iron: 0,6 gr

Magnesium: 38 mg

Potassium: 350 mg

Phosphorus: 28 mg

BENEFITS

Bananas help with gut health and regulating the absorption of various nutrients.



Vitamin B6 helps keep the nervous system and immune system functioning normally, while also supporting psychological function.

B⁶

Being rich in phosphorus, it helps concentration.



Bananas prevent muscle cramps and maintain proper muscle function. They also provide energy for playing sports and fighting fatigue due to its vitamin B6 content.



Bananas contain an essential amino acid called tryptophan, whose function is to generate serotonin, helping improve mood and fight depression.

OUR BANANA

One of our most internationally recognised products, the Canarian banana is characterised by a medium size, and its yellow and green skin, but, above all, it is recognisable by its brown spots when ripe and its unique sweet flavour.

Our banana fits well with weight loss diets due to its satiating effect and nutrient content. It is excellent for athletes thanks to its potassium content, which maintains muscle function and is a source of energy. The banana's vitamin B6 dose fights fatigue, and helps our nervous system, immune system and psychological function. In addition, it contains phosphorus that strengthens our ability to concentrate, manganese, and tryptophan. Bananas can positively influence our mood as they help our body produce serotonin, the so-called happiness hormone.

Grown according to traditional methods, our popular banana is the bounty produced by the meeting of continents, and the special qualities that come from our volcanic soil and Atlantic climate.

TENERIFE AVOCADOS



VARIETIES

Tenerife grows avocado varieties such as Hass and Fuerte, or some that are native to Tenerife such as la Orotava. Tenerife avocados have experienced rapid growth in consumption in recent decades due to their superb flavour.

"The island of Tenerife has numerous areas with climate suitable for growing avocados. They can be planted at any elevation between the coast and 800 metres above sea level".



HASS

This is the main variety produced, due to its nutty flavour (with hints of walnut and almond) and a high percentage of dry matter (24-31%) that varies depending on the harvesting season. When its skin turns dark, that means the avocado is ripe enough to eat.



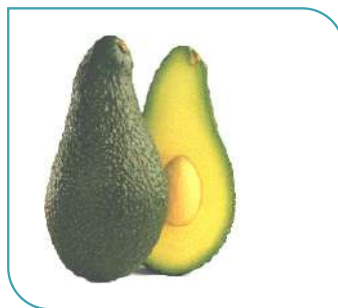
FUERTE

This is a cold-hardy variety that can be grown during autumn months in the Canary Islands. It has a creamy pulp, good flavour, and smooth, thin skin that does not change colour when ripe.



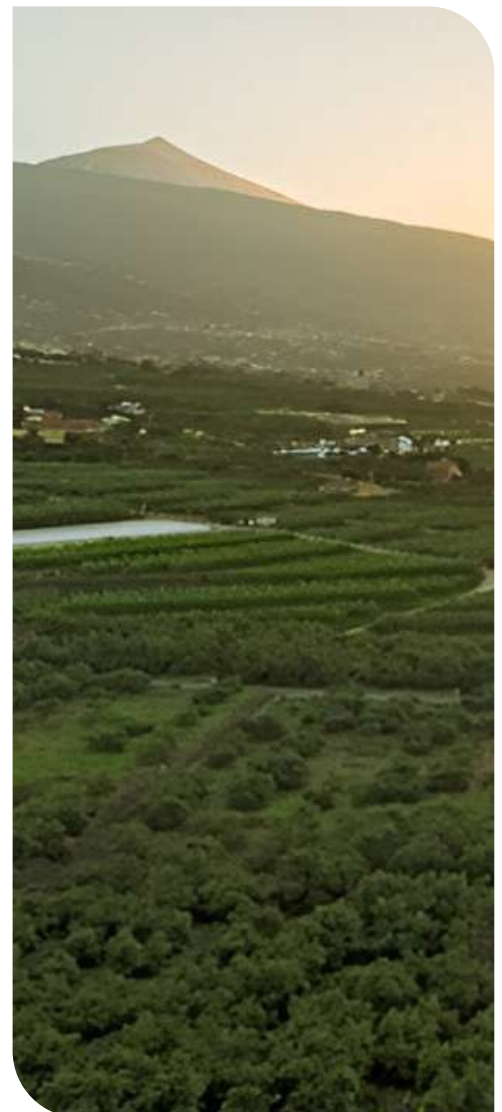
REED

A variety from a small tree with large fruits. It has a rough skin that does not change colour when ripe, with a short harvesting period in the summer months.



PINKERTON

A late-harvested and short avocado, recognisable by its large, round appearance, with smooth and thick skin. Inside the pulp is a striking shade of yellow with a large seed. This variety has an intense flavour and a high percentage of dry matter.



ORIGIN



Origin

The first historical clues date back to the voyages of Christopher Columbus in the discovery of America. The first specimens were planted in the Botanical Garden of Valencia.

In the Canary Islands, avocados were introduced in the mid-eighteenth century, and became an important part of the islanders' diet.



Commercialisation

In the 20th century, the avocado started being produced for the broader Spanish market.

Consumption in the Canary Islands is 4 kg per capita. This figure is much higher than the rest of Europe, where per capita consumption is less than 2 kg.



Modern status

Today it has become a product in constantly growing demand. It is also the most shared food on Instagram, a social media platform that has more than 1 billion active users monthly.

CULTIVATION

Evolution of the crop

Avocado cultivation has changed considerably from the days when the crop was known as the 'lazy tree' (due to the minimal care required to ensure flowering and then harvest the fruits). Nowadays avocado cultivation has evolved and is highly technical, although the tradition of growing them on the edges of other plantations, in the midlands and coasts of the north of Tenerife, has not disappeared.

There are two important innovations that have been introduced in recent times: localised irrigation and pruning. Avocado is an irrigated crop. In fact, in the past, fields were flooded with water to irrigate them, and more recently sprinklers were used. This problem has now been solved thanks to drip irrigation.

Another innovation has been the introduction of avocado tree pruning. This makes it easier to access the fruit and maintain a balanced tree. Traditionally no pruning was done and large ladders were used to collect the fruits, something that obviously made production difficult. These two factors make up about 90% of labour and water expenses.



Cultivation area: between the coast and 800 metres above sea level, depending on the slope of the island.

Tenerife has a distinct mountain geography, with abrupt changes in the landscape. Thus, the avocado tree must be grown in a variety of climatic zones and altitudes in Tenerife.

Production

With more than three decades of cultivation experience behind it, the production of avocados for market follows this cycle:

- 1 A packaging machine, equipped with advanced technology to mechanise the heavy work of the packaging chain. The most delicate processes, such as selection and categorisation, are left to human professionals.
- 2 Ripening chambers that make it possible to offer a ready-to-eat product
- 3 New varieties are being experimented with to fill the gaps left by the chief variety: the Hass.



The future is green

The growing demand for avocados means that Tenerife, due to its proximity to the European continent, allows the fruit to be shipped fresher and with better ripeness, thus making the island's avocado much more attractive than those grown in other areas of the world.

Tenerife is a key location for the production of quality avocados in the Spanish and European markets.



Interesting facts

Domestic avocado consumption on the islands is very high and accounts for 70% of our market.

After carrying out important field work in recent years, it has been possible to increase the avocado area in the Canary Islands by more than 50%, and with it an increase in production volume. This has put the island's avocado production back on the map for Spanish and international buyers.

The domestic market

The numerous studies carried out on the health properties of avocados have increased demand considerably among Spanish buyers.

The foreign market

Currently, demand for avocado worldwide is greater than supply. The countries with the highest rates of consumption are Mexico (where consumption is around 10 kg per person per year), Chile, Peru and Israel.

FEATURES AND PROPERTIES

Avocados are highly nutritious. They contain a wide variety of nutrients, including 20 vitamins and minerals

Potassium is a nutrient that we often do not consume in sufficient quantities, and it is important because, among other qualities, it helps maintain the electrical gradient of the body's cells. The avocado helps with this because it provides even more potassium than the famous banana.

Another key factor is fat, which is mostly oleic acid. This is a monounsaturated fatty acid known worldwide as a component in extra virgin olive oil, and it is responsible for part of its positive health effects.

Nutritional values

Vitamins:

K (26% RDA*), C (17% RDA*), B (14% RDA*), B6 (13% TDA*), E (10% RDA*), A, B1 (thiamine), B2 (riboflavin) and B3 (niacin)

Folic acid:

20% of recommended daily allowance

Glutathione:

Powerful antioxidant that eliminates free radicals from the body

Monounsaturated fats

Beta-sitosterol

Minerals:

Magnesium, manganese, copper, iron, zinc, phosphorus, and potassium

Carotenoid lutein

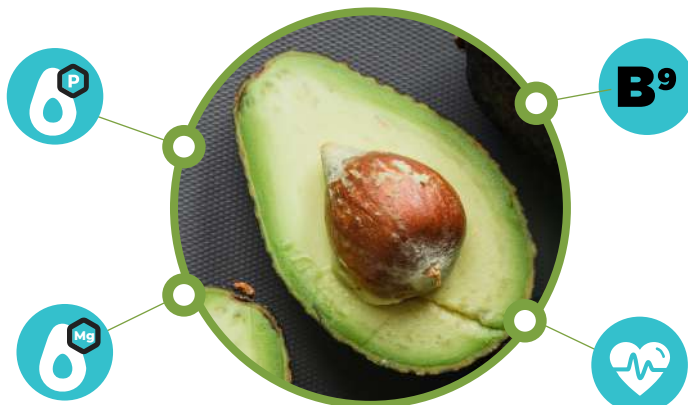
Phytonutrients (flavonoid polyphenols)

*ddr - dosis diaria recomendada

BENEFITS

Avocado is a rich source of potassium that plays a role in generating and transmitting nerve impulses, as well as helping regulate muscle activity.

Avocados are also rich in magnesium, a mineral that is essential for bone health and proper intestinal function.



As for vitamins, B9 (or folic acid) and E stand out. B9 is necessary for the formation of structural proteins, which are especially important during the early stages of pregnancy, and E is crucial for red blood cell health, and in protection against heart disease due to its antioxidant properties.

If you have problems with bad cholesterol (LDL), avocados can be a great way to help control cholesterol levels thanks to its high monounsaturated fats content.

AVOCADOS FROM TENERIFE:

*always nutritious and
delicious*

Tenerife avocado production has undergone rapid growth in recent decades, setting itself apart from avocados produced in other locations thanks to their exquisite and highly prized flavour. Grown with great care on our volcanic land, and benefitting from our Atlantic climate, our avocado is in a class of its own.

In high demand internationally, proof of this interest is the avocado's popularity on social media. It is the most shared food on Instagram, a platform with more than 1 billion active users. Rich in vitamins B6, B9 (folic acid), E and monounsaturated fats, it is good for cardiovascular health, reducing cholesterol and blood pressure, and keeping blood sugar in check. As a result of our volcanic and Atlantic environment, the Tenerife avocado is on its way to becoming one of our star agricultural products among European chefs and consumers.





This is honey produced by honeybees on the island of Tenerife. The foundational ingredients are the nectar of flowers or secretions from other parts of the plants that grow in the various Tenerife ecosystems. The bees produce the honey in hives with mobile frames, and when the honey is processed it is not subjected to heat treatments. It comes in a liquid, creamy or crystallised state. It is also available as comb honey, or on pieces of honeycomb.

Tenerife honey is characterised by a great variety of colours, flavours and types, reflecting the variety of ecosystems and flora of the island.

VARIETIES



Tenerife honey can be ^{by} species.

Multifloral:

This means that no flower species and its associated characteristics are predominant; rather, the honey comes from a mixture of several

Monofloral:

In monofloral honey, the characteristics of a single botanical species predominate. Each recognised type has certain characteristics for pollen of origin, taste, smell and texture qualities, and physical-chemical traits established in the Protected Designation of Origin specifications for each type. The following monofloral honeys are covered within the Tenerife Honey PDO (which appears on labels with the Spanish abbreviation 'DOP'): Retama del Teide honey, Tajinaste honey, Aguacate honey, Castaño honey, Brezal honey, Relinchón honey, Barrilla honey, Hinojo honey, Poleo honey, Agave (Pitera) honey, Malpica honey and Tедера honey.

Honeydew honey:

This is honey that comes from the sugary secretions present in the living parts of the plants or that appear on plant exteriors after visits from sucking insects.

ORIGIN



History

Beekeeping, the art of raising bees to use what they produce, is an animal husbandry activity with a long and noble tradition in the Canary Islands, and specifically on Tenerife. A number of historical sources allude to this activity.

Both the presence of bees and the consumption of honey by the aboriginal inhabitants of the Archipelago remains a hotly debated issue, since it is not until after the Spanish conquest that the most concrete references to the details of aboriginal life and customs on the islands are found. The importance reflected in the documents after the conquest is a sign of the great economic and social relevance that beekeeping activities had.

Beekeeping

Beekeeping in Tenerife is an activity with a long and noble tradition, which has managed to maintain its unique character over the years.

Among the Canary Islands, Tenerife has the largest presence in the beekeeping sector, being home to more than 60% of beekeepers and hives in the Canary Islands. There are currently about 600 beekeepers registered on the island who manage approximately 18,000 hives.

Beekeeping as it is practised on Tenerife is a passion project and is a supplement to family income for many beekeepers. The steep geography of the island makes it difficult to access the apiaries, which are usually small. This gives this activity a unique and challenging essence. The hives used in Tenerife are vertical, almost entirely of the Langstroth variety. However, in these latitudes some traditional tree trunk hives do hold on, and they are locally known as corchos (corks).



Present day

Since January 2014, Tenerife honey has been protected and guaranteed by the Protected Designation of Origin (DOP) indicator valid throughout the EU. The Protected Designation of Origin "Miel de Tenerife" attests to the freshness of Tenerife's honeys, as well as its diversity and unique character. Its distinct profile comes out in multifloral honeys and thirteen monofloral varieties, which have made Tenerife honey so popular.

The "Miel de Tenerife" DOP logo lets consumers be sure of the freshness, quality and identity of the honeys that bear it. Use of the DOP designation involves meeting strict production requirements, as well as passing exhaustive physical-chemical, pollen and sensory quality controls.



BEEKEEPING

Beekeepers There are currently over 18,000 hives on the island of Tenerife and more than 600 beekeepers, among whom we can say that there are 2-5 people who might be making their living exclusively from beekeeping. Most beekeepers engage in this activity out of tradition and their passion for beekeeping, with the average number of hives on their farms being falling 15 and 30.

The number of bees found in a hive varies depending on the time of year. In winter on Tenerife, a healthy Langstroth hive with a good queen contains about 30,000 bees. Thanks to the temperatures we have on the island, our hives rarely form winter clusters and it is normal to find that the queen is still laying eggs, having 2 or 3 brood frames in the hive at this time of year. In spring the number of bees begins to increase gradually and we may reach summer with 90,000 or even 100,000 bees.

Production Traditionally, the hives used were made of hollow tree trunks called corchos (corks) from which only 7-8 kg of honey could be harvested. To obtain honey from these traditional hives, the honeycombs were manually pressed and then drained. It was a basic and rudimentary process that was not always good for honey quality. Currently, a Langstroth hive, the most frequently used in the Canary Islands, has an average yield of 15 kg, according to data from the Ministry of Agriculture, Livestock, Fisheries and Water of the Government of the Canary Islands.

A professional beekeeper can produce up to 50-60 kg of honey per hive if conditions allow it.

Present day Today, Tenerife honeys combine a preservation of fresh flavour and the properties bestowed by the flowers and bees, plus handling protocols that follow the strictest requirements in sanitation and food safety.

The honeycombs that hold the ripe honey are removed from the hives and undergo a centrifugation extraction process in special rooms equipped with stainless steel extractors. After filtering to remove any traces of wax or other physical impurity (which does not alter the product's original pollen content) the result is a pure honey which will maintain all the special characteristics that the flowers and bees have contributed. At no point is heat treatment used. The final step is to package the honey.





FEATURES AND PROPERTIES

The island of Tenerife is home to a great variety of flora with unique characteristics and endemic species. The special nature of the plant life here is due to Tenerife's volcanic origin, its geographical location, its mountain geography and its microclimates. All these factors make Tenerife honey a product unlike any other with wonderful and striking characteristics. That is why in 2012 Tenerife honey acquired the Protected Designation of Origin (DOP) Miel de Tenerife, consisting of 12 varieties of monofloral honey, multifloral honey and honeydew honey.

To be allowed to use the Miel de Tenerife PDO (or DOP, as you'll see it on local labels), honeys must have a series of physico-chemical characteristics (humidity, water activity, pH, etc.), pollen characteristics (the scientific term is 'melisopanological' characteristics; this means they must present pollen spectra of pollen from flowering species found on Tenerife) and taste, smell and texture characteristics (they must be examined by a tasting committee that carries out a sensory analysis).

Honey is an energy product (304 Kcal/100g) because it has a high contribution of sugars (carbohydrates). It is the only carbohydrate-rich food of animal origin. It combines fast-absorbing sugars (glucose) with others that are more slowly processed (fructose). They are easily absorbed by the body as they have been predigested by bees. Tenerife honey is low in protein (0.2-2.6%), which mainly comes from the pollen grains it holds in suspension, and is devoid of fat. Minerals and vitamins are found in small proportions, with variable potassium content (500 mg/100g) and no vitamin B12. It has greater sweetening power than other sweeteners, such as consumer sugar, and is a more complete foodstuff, as it provides minerals, vitamins and other nutrients.

Average nutritional
Carbohydrates: 75-80%
* Fructose: 38%
* Glucose: 31%
* Sucrose: 2%
Water: 15-20%
Organic acids: 0,6%
Nitrogenous substances: 0,4%
Other: 15%
Minerals: 0,1-1,5%
Amino acids, enzymes, vitamins: traces

BENEFITS



Honey is rich in enzymes, which are the substances responsible for transforming nectar into honey and its ability to keep for a long time. Most of the enzymes are provided by the bees during the honey production process.



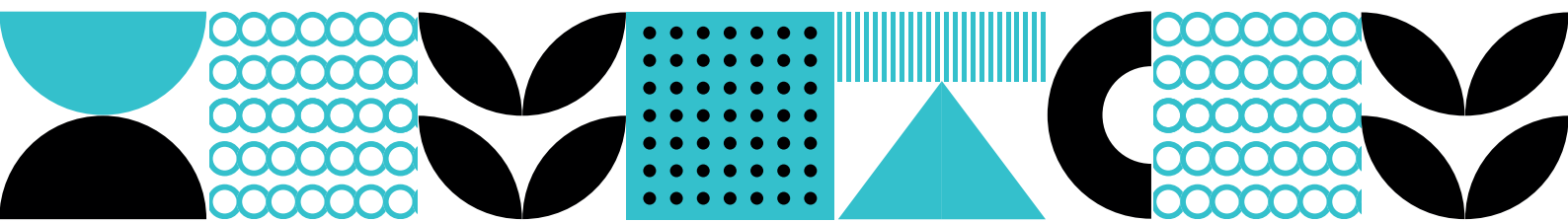
In addition, there are substances in honey that give it notable antioxidant characteristics. The most prominent compounds are flavonoids which contain vitamin C, selenium, and catalase. Dark honeys generally have higher levels of these substances and therefore higher antioxidant effects. This is important in staying healthy and fighting against cellular aging, since antioxidants eliminate free radicals.

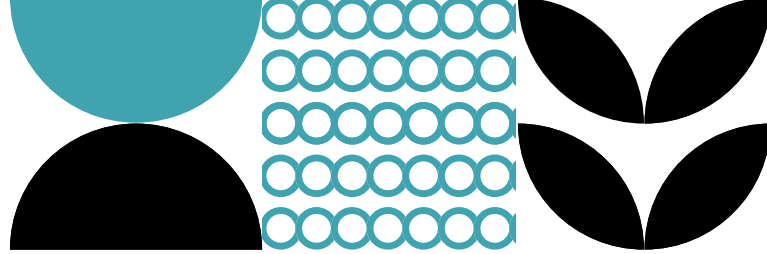


Honey has antibacterial and antiseptic power, which is increasingly widely known and used. This property comes from factors related to honey's composition:

- High osmotic pressure, low water activity.
- Low pH.
- Glucose oxidase system (hydrogen peroxide form)
- Low protein
- Low redox potential, due to high content of reducing sugars
- High viscosity
- Presence of antioxidants (pinocembrin, pinobanksin, chrysin, galagin)
- Other chemical agents: Lysozyme, Acids (phenolics), Terpenes, Benzyl alcohol, among others. (Molan, 1992a, b; Snowden and Cliver, 1996):

All these properties create an environment incompatible with the growth and reproduction of microorganisms. Beyond being an unsuitable environment for microbes to live, honey actually eliminates them.





WORLD BEE DAY, 20 MAY

On 20 May 2017, the United Nations established World Bee Day to coincide with the birthday of the pioneer of modern beekeeping, Anton Janša (1734-1773). This date was also chosen because in the northern hemisphere it is spring, which is when the bees are most active, begin to swarm and are more numerous. Bees and other pollinators are in danger of extinction so it is necessary to protect them. Some of the threats are diseases such as varroosis, food shortages due to intensive and unsustainable agricultural practices, pesticide use and other causes.

Why are bees and other pollinators so important?

For a more sustainable agriculture:

Bee pollination increases agricultural production, diversity and variety. Bees make it possible to grow more crops, and so our food sources increase too.

Bees ensure the employment of millions of people and are an important source of income for farmers.

For conservation of the environment:

Bees contribute to the biodiversity of our natural environment and have a positive effect on the ecosystem as a whole.

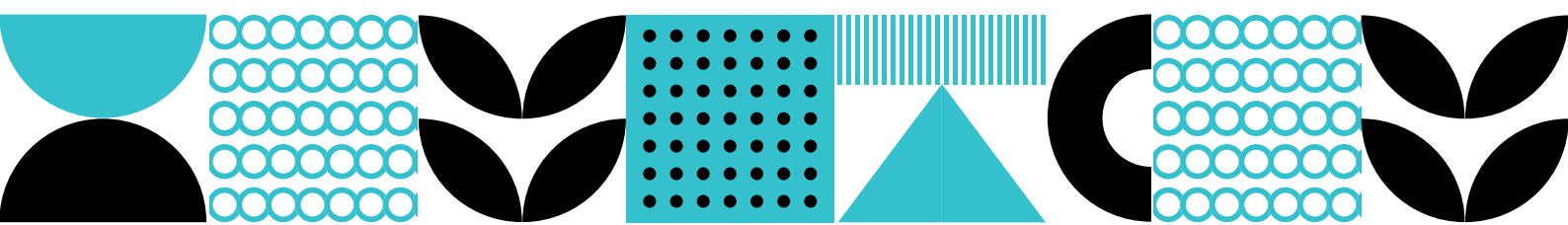
They are a good indicator of the state of the environment.

What can we do to help bees?

- Consume local honey and other products from Tenerife beehives. You'll help local honey producers and be their ally in keeping their hives operational. You can find Tenerife honey in the Casa del Vino shop and on the Casa de la Miel's website.
- Plant native flowering plants in your garden. Bees love them and will find them more easily because they are familiar with them. You can find native plants on the Tenerife list of flora of beekeeping interest.
- Don't use pesticides in your gardens. They can be deadly for bees and reduce their pollination capacity. Trust in the balance of ecosystems.

You can find more information about Tenerife honey at the following page:

<https://www.casadelamiel.org/es>





BASIC INGREDIENTS

CEREALS

Wheat, corn, barley, rye, oats, rice.

LEGUMES

Fava beans, chickpeas, soy



ORIGIN



History

The history of gofio dates back to pre-Hispanic times. The aboriginal inhabitants of the island, the Guanches, ground grains to prepare it. Later, during and after the Spanish Civil War, the people of Tenerife were able to save themselves from famine thanks to gofio.



Culinary identity

This is a food that we have inherited from pre-Hispanic Canarian history and today it is one of our most distinct local foods.



Ahoren

The Guanches called it 'ahoren'. After the Spanish conquest of the Canary Islands, it became gofio. Following the discovery of America, the varieties of cereals used greatly increased.



PRODUCTION

Bringing to market. In the past, the production of gofio was a community activity. Millers would grind the grains that the farmers brought, and then the growers could consume or sell it depending on their preferences or needs, based on each year's harvest.

Production

Today production is done in five phases:



Obtaining the basic ingredients

A variety of cereals can be used to make gofio, such as corn or wheat, among others.



Cleaning

Removal of small plant debris, broken grains and other extraneous particles.



Roasting and cooling

The roasting temperature cannot exceed 200°C. Cooling is done inside bags or tanks called *cajas de enfriamiento* (cooling boxes).



Grinding

Grinding is the fundamental part in the gofio production process and gives it the right taste, smell and consistency. This is always done by a master miller before packaging and the millers keep records confirming their involvement.



Packaging

Gofio obtained with this method will be stored in tanks until it is packaged, which will be done by automatic or semi-automatic packaging machines, or sometimes by hand. It can also be packaged in small quantities for sale at the mill.

FEATURES AND PROPERTIES

Protected Geographical Indication

- A seal first granted in 2012 that distinguishes products with a significant tradition in our islands. Gofio in particular possesses great nutritional value, and is far superior to competitors such as industrially produced cereals.
- Gofio is the product resulting from grinding roasted cereal grains.
- Due to its nutritional properties, it has become a superfood of the 21st century. It is included in healthy and balanced diets, thanks to its contribution to both human and environmental health.
 - The craftsmanship of the master miller.
 - Cleaning and grain selection.
 - An exceptional roasting system.
 - Artisanal milling on millstones.





Gofio has four defining characteristics:

Aroma: dry, penetrating and earthy.

Colour: dark yellow tones, depending on the type of grain used and the degree of roasting.

Taste: will vary depending on the grain, the degree of roasting and added salt.

- Gofio or ahoren is a great source of minerals. In fact, consuming these ground and roasted cereals delivers minerals such as potassium, sodium, magnesium, zinc and iron. It is also rich in B vitamins, such as B1 and B2, as well as vitamins C, A and D.
- This unique food product serves as a regulator of glucose levels in the body, as it helps delay the absorption of simple carbohydrates.
- Internationally, gofio has earned a place on the list of foods for the 21st century diet, thanks to being classified as a Super Product with excellent health benefits.

Nutritional Information

(per 100 g serving)

Vitamins:
B1, B2, C, A and D

Minerals:
Iron, calcium, magnesium,
potassium, sodium, and zinc

Protein:
Minimum 7.0%

Crude fiber:
Minimum 1.5%

Carbohydrates:
Minimum 45%

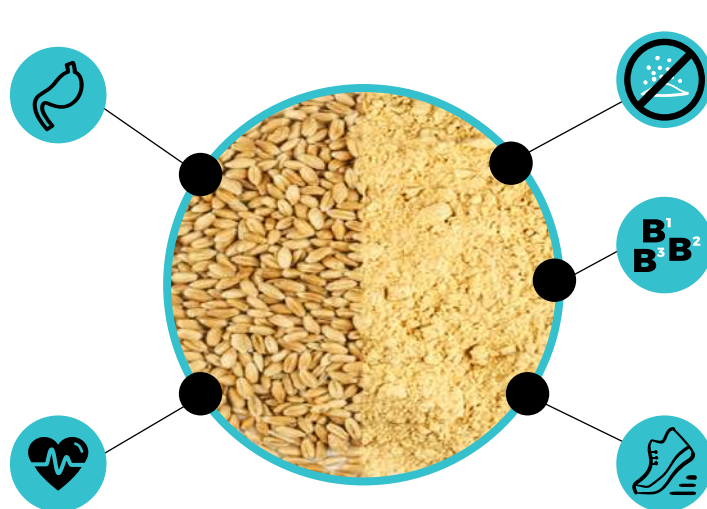
Fat:
5% (maximum)

Energy:
365 kcal

BENEFITS

Gofio regulates intestinal transit, preventing the onset of constipation and helping prevent colon cancer. Its high fibre content helps 'sweep out' accumulated fat in the arteries, in addition to other highly beneficial effects on health through the fermentation of fibre by intestinal bacteria. Those chemical reactions produce substances that prevent certain diseases.

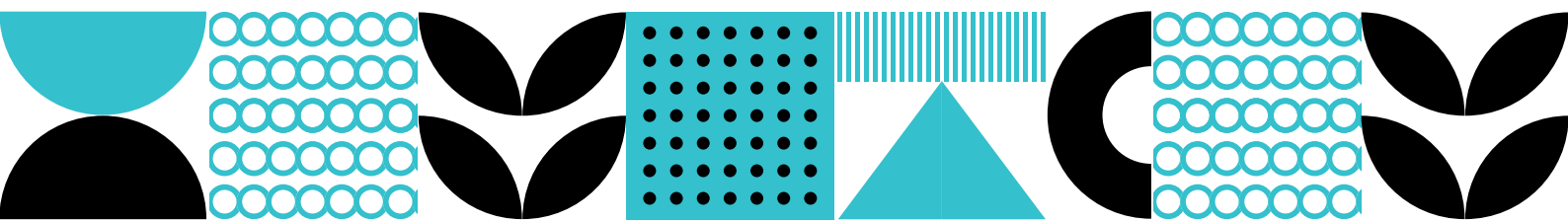
Gofio helps maintain optimal levels of cholesterol and triglycerides as it is rich in omega 6 fatty acids, thus contributing to the prevention of cardiovascular diseases.



It helps regulate glucose levels after ingestion, as it is rich in complex carbohydrates. This delays the absorption of simple sugars, making gofio an excellent food for people with diabetes.

Gofio is an energy food, rich in proteins and minerals such as iron, calcium, magnesium and potassium. Its vitamins are principally B vitamins (B1, B2, B3), which are essential for the proper functioning of the neuromuscular system. In addition, it is a good antioxidant thanks to its vitamin C content.

Full-spectrum nutrition for athletes. Both before and after playing sports, gofio provides slow carbohydrates that provide sustained energy during physical activity. After a workout or match it helps replenish stores of glycogen, vitamins and minerals.



ANCESTRAL FLAVOURS: *Gofio from Tenerife*

Our “Canarian gofio” with Protected Geographical Indication, a product of pre-Hispanic origin and a hallmark of our traditional diet, is enjoying a resurgence. It is recognised by the UN Food and Agriculture Organisation (FAO) as a superfood of the 21st century. In addition, gofio is included in the planetary diet, according to the prestigious medical journal The Lancet. All the foods that make up the planetary diet, including gofio, provide necessary nutrients and help reduce greenhouse gas emissions, preserve biodiversity and protect the supply of fresh water. Made from cereal grains, traditionally corn and wheat, the ingredients are roasted and then stone-ground to a fine texture. Gofio is especially recommended for athletes for its slow-burning carbohydrates. It is a healthy food generally that supports intestinal transit due to its high fibre content, as well as providing vitamins B, C and Omega 6 fatty acids, among others. Our recipes cover a wide range. There are the traditional escaldones with meat, fish or vegetables; preparations in pella form; breakfasts with milk and snacks served with banana; plus innovative breads, crepes, mousses, cookies, ice cream, and pastries in our desserts. Currently exported to Europe, Africa and countries further afield such as Japan, gofio is a unique product of our Atlantic origin, with a strong presence outside our islands.



Do you want to find out more?

12

Learn more about Tenerife



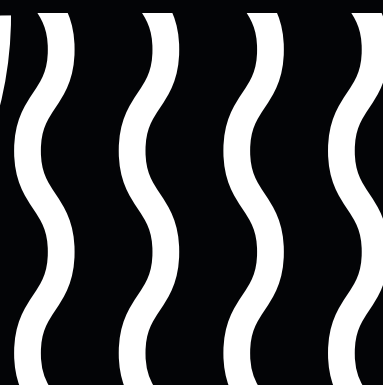
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interactive

Find out more about the gastronomy of Tenerife





tenerife!
awakens emotions.