



OF THE BALEARIC ISLANDS

E CHEFS WITH MICHELIN STARS
E PRODUCTS WITH QUALITY DESIGNATION



**Govern
de les Illes Balears**

Conselleria
d'Agricultura i Pesca



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E PRODUCTS WITH QUALITY DESIGNATION

Government of the Balearic Islands
Ministry of Agriculture and Fisheries
SEMILLA (Serveis de Millora Agrària), s.a.

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SEMILLA (Serveis de Millora Agrària), s.a.

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Authors

Recipes

Tomeu Caldentey Soler, Marc Fosh, Koldo Royo, Rafael Sánchez Navarro, Josef Sauerschell, Gerhard Schwaiger

Participation

Antoni Piña Florit

Photos

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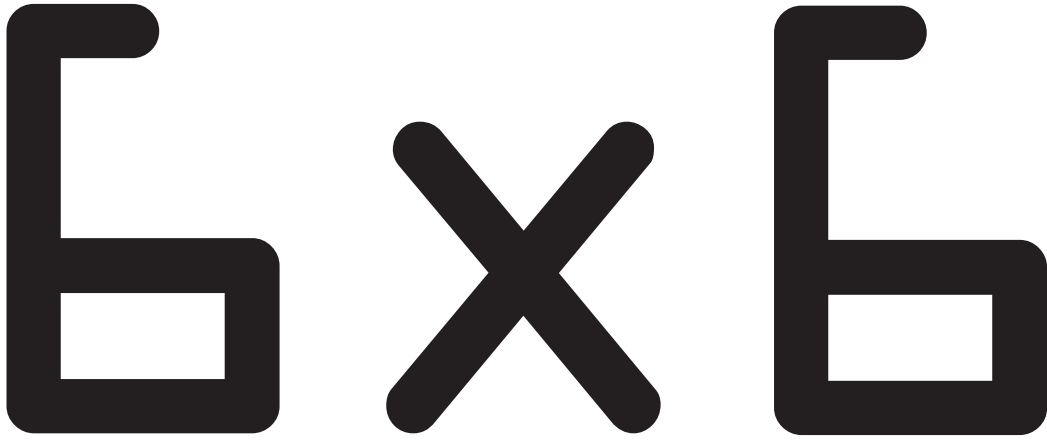
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OF THE BALEARIC ISLANDS

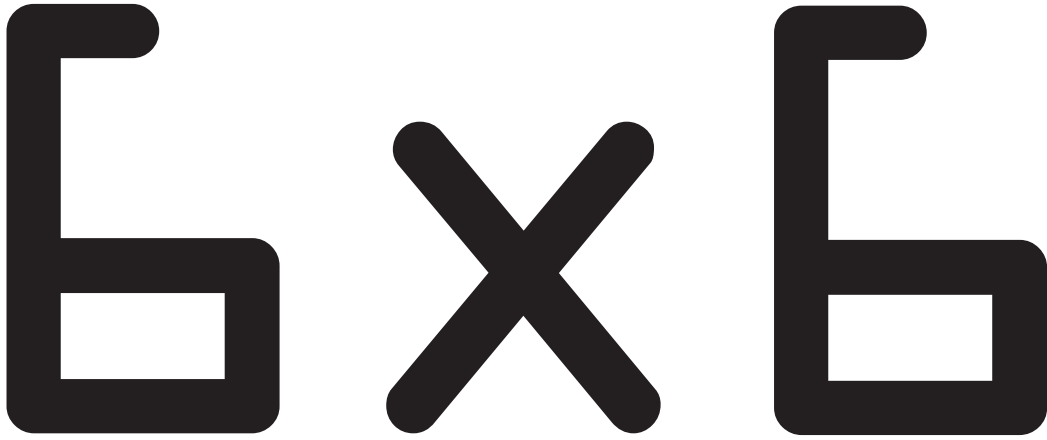
6 CHEFS WITH MICHELIN STARS
6 PRODUCTS WITH QUALITY DESIGNATION



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semilla
Serveis de
Millora Agrària
S.A.
Adscrita a la Conselleria
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OF THE BALEARIC ISLANDS

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GROUP X GROUP

PRESENTATION



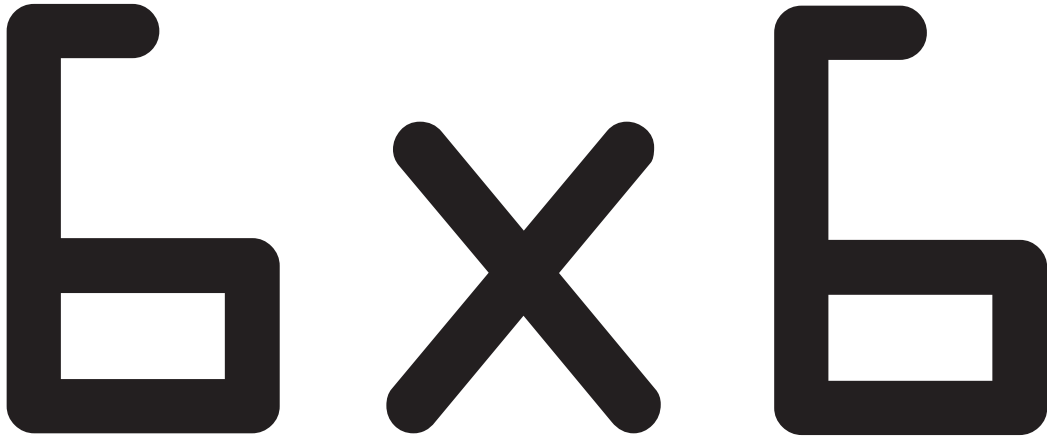
AS MINISTER FOR AGRICULTURE AND FISHERIES OF THE BALEARIC ISLANDS GOVERNMENT, I AM DELIGHTED AT THE APPEARANCE OF THIS PUBLICATION BECAUSE IT GIVES RECOGNITION TO THOSE AMONG OUR BEST CHEFS WHO HAVE ACHIEVED A MENTION IN THE PRESTIGIOUS MICHELIN GUIDE. MOREOVER, I AM EXTREMELY PLEASED TO SEE THAT TRADITIONAL FOOD WITH A DESIGNATION OF QUALITY FROM THE BALEARIC ISLANDS HAVE A PRIVILEGED PLACE IN THE STORE CUPBOARDS OF SOME OF THE MOST MODERN AND EXCLUSIVE INTERNATIONAL KITCHENS. INDEED, IT IS IMPORTANT NOT TO FORGET THAT ONE OF THE MOST DEEP-ROOTED TRAITS OF THE BALEARICS IS THE ISLANDS' TRADITIONAL GASTRONOMY WHICH IS AS UNIQUE AS IT IS DELICIOUS, HAVING ABSORBED INFLUENCES FROM ALL THE CULTURES THAT HAVE LIVED OR LIVE ON THE MEDITERRANEAN.

THIS GASTRONOMIC GUIDE REPRESENTS AN ATTEMPT TO BRING TOGETHER SOME OF THE TOP CHEFS FROM THE BALEARICS WITH SIX OF THE ISLANDS' BEST PRODUCTS. THE AIM OF **SEIS POR SEIS** IS TO GIVE SOME OF THE PRODUCTS WITH A DESIGNATION OF QUALITY FROM THE BALEARIC ISLANDS THE PLACE THAT THEY DESERVE IN THE MOST EXCLUSIVE CUISINE THAT IS PRODUCED ON OUR ISLANDS.

THE FINAL RESULT OF THIS GUIDE HAS BEEN AS SPECTACULAR AS IT HAS BEEN SURPRISING, WITH RECIPES THAT HAVE FASCINATED US, AS THEY COMBINE TRADITIONAL PRODUCTS PERFECTLY WITH PRODUCTS AND MIXTURES FROM THE FINEST CONTEMPORARY CUISINE. THUS, THE COMBINATIONS OF ENSAIMADA DE MALLORCA WITH SCALLOPS, PULSES WITH PALO DE MALLORCA OR TRUFFLE OMELETTE WITH MAHÓN-MENORCA CHEESE WILL SURPRISE MORE THAN ONE ISLANDER, NOT ONLY BECAUSE OF THEIR ORIGINALITY BUT ALSO, ABOVE ALL, BECAUSE OF THEIR DELICIOUS TASTE.

THEREFORE, AS WE SAY ON THE ISLANDS BEFORE EACH MEAL, I CANNOT END THE PRESENTATION OF THIS GUIDE WITHOUT WISHING YOU: *BON PROFIT!*

MARGALIDA MONER TUGORES
MINISTER FOR AGRICULTURE AND FISHERIES



OF THE BALEARIC ISLANDS

6 CHEFS WITH MICHELIN STARS
6 PRODUCTS WITH QUALITY DESIGNATION

TOMEU CALDENTEY
SOBRASSADA DE MALLORCA

MARC FOSH
PALO DE MALLORCA

KOLDO ROYO
MAHÓN-MENORCA CHEESE



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RAFAEL SÁNCHEZ
ENSAIMADA DE MALLORCA

JOSEF SAUERSCHELL
MALLORCAN OIL

GERHARD SCHWAIGER
HIERBAS DE MALLORCA



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SOBRASSADA DE MALLORCA PGI
TOMEU CALDENTY
MOLÍ D'EN BOU
C. DEL SOL, 13
SANT LLORENÇ DES CARDASSAR
MALLORCA
+ 34 971 569 663

CRAYFISH WITH SOBRASSADA DE MALLORCA AND PINEAPPLE

COD WITH SOBRASSADA DE MALLORCA AND MUSHROOMS

APPLE WITH SOBRASSADA DE MALLORCA, ROSEMARY AND SPICES

4 5 6



SOBRASSADA DE MALLORCA PGI





SAUSAGE WITH PROTECTED GEOGRAPHICAL INDICATION. THIS CURED MEAT PRODUCT IS MADE FROM SELECT MINCED PORK, SEASONED WITH PAPRIKA, SALT AND SPICES. IT IS STUFFED INTO INTESTINES AND CURED SLOWLY AND CAREFULLY USING THE EXPERIENCE THAT IS PASSED ON FROM GENERATION TO GENERATION. THE TASTE IS MILD AND PLEASANT AND THE SPICES ARE PRESENT IN THE AFTERTASTE.

SOBRASSADA DE MALLORCA PGI

REGULATORY COUNCIL FOR SOBRASSADA DE MALLORCA WITH PROTECTED GEOGRAPHICAL INDICATION
C. DE CUBA, 2-BAJOS PALMA
PHONE: 971 256 184
FAX: 971 256 134

TOMEU CALDENTEY
MOLÍ D'EN BOU

"BALEARIC CUISINE IS HIGHLY VALUED ACROSS EUROPE."



A black and white close-up portrait of a man with a shaved head, looking slightly to the left. The lighting is dramatic, highlighting the contours of his face. A dark rectangular box is overlaid in the upper right corner, containing white text.

TOMEU CALDENTEY
MOLÍ D'EN BOU

THE YOUNG TOMEU CALDENTEY TRAINED AS A CHEF IN MALLORCA, IN THE KITCHENS OF THE PRESTIGIOUS SON VIDA AND VICTORIA HOTELS, AS WELL AS IN THE RESTAURANT SES ROTGES, AND ALSO UNDER THE ORDERS OF CHEF JUAN ROMERO, AT THE XORIGUER RESTAURANT. FROM 2000 HE HAS BEEN THE DIRECTOR AND HEAD CHEF OF THE ES MOLÍ D'EN BOU RESTAURANT, IN HIS HOMETOWN OF SANT LLORENÇ. HE HAS HELD A MICHELIN STAR SINCE 2004, AND WAS THE FIRST MALLORCAN CHEF TO BE AWARDED ONE. HIS WORK AS A TEACHER IS NOTABLE AND HE HAS PARTICIPATED IN COOKERY COURSES IN RESTAURANTS, SECONDARY SCHOOLS AND AT THE UNIVERSITY OF THE BALEARIC ISLANDS.

TOMEU CALDENTEY
SOBRASSADA DE MALLORCA PGI

CRAYFISH WITH SOBRASSADA DE MALLORCA AND PINEAPPLE
COD WITH SOBRASSADA DE MALLORCA AND MUSHROOMS
APPLE WITH SOBRASSADA DE MALLORCA, ROSEMARY AND SPICES

CRAYFISH WITH SOBRASSADA DE MALLORCA AND PINEAPPLE

SERVES 4

TAPIOCA BASE

INGREDIENTS

1.5 L WATER

200 G MINCED TAPIOCA

PREPARATION

- * BRING WATER TO THE BOIL.
 - * ADD TAPIOCA WHEN WATER STARTS TO BOIL.
 - * STIR FOR 15 MINUTES OVER A LOW HEAT.
 - * MIX IN A BLENDER UNTIL IT BECOMES A FINE PASTE.
- STRAIN AND LEAVE TO COOL.

CRAYFISH

INGREDIENTS

16 PEELED CRAYFISH TAILS

1 L LIQUEFIED PINEAPPLE

50 G SUGAR

100 G SOBRASSADA DE MALLORCA

TAPIOCA BASE

KRESS

MALLORCAN OLIVE OIL

BALSAMIC VINEGAR

FINE SALT

FINE SEA SALT

PREPARATION

- * PUT THE LIQUEFIED PINEAPPLE TO BOIL IN A SMALL SAUCEPAN.
- * ADD SOME TAPIOCA BASE UNTIL LIQUEFIED PINEAPPLE STARTS TO THICKEN.
- * STIR CONSTANTLY ON A LOW HEAT.
- * IN A SECOND SAUCEPAN, MELT SOBRASSADA DE MALLORCA AND SUGAR.
- * ADD TAPIOCA BASE UNTIL THE MIXTURE STARTS TO THICKEN.
- * REMOVE BOTH PANS FROM HEAT WHEN TEXTURES ARE THICK AND ELASTIC.
- * PASS THROUGH A FINE SIEVE AND LEAVE TO STAND.
- * SEASON THE CRAYFISH TAILS WITH A LITTLE SALT.
- * HEAT SOME MALLORCAN OLIVE OIL IN A FRYING PAN.
- * FRY CRAYFISH TAILS UNTIL GOLDEN BROWN, ENSURING THAT THEY DO NOT COOK TOO MUCH.
- * STORE IN A HOT PLACE.

PRESENTATION

- * LIGHTLY HEAT BOTH PUREES.
- * PUT A SPOONFUL OF THE PINEAPPLE PUREE ONTO A HEATED PLATE.
- * PLACE SAUTÉED CRAYFISH TAILS ON TOP OF THE PUREE.
- * SPRINKLE SOBRASSADA DE MALLORCA SAUCE OVER THE CRAYFISH TAILS.
- * DECORATE WITH CRESS DRESSED WITH MALLORCAN OLIVE OIL AND BALSAMIC VINEGAR.
- * SERVE HOT WITH A SPRINKLING OF FINE SEA SALT.





COD WITH SOBRASSADA DE MALLORCA AND MUSHROOMS

SERVES 4

TAPIOCA BASE

INGREDIENTS

2 L WATER
300 G MINCED TAPIOCA

PREPARATION

- * BRING WATER TO THE BOIL.
- * ADD TAPIOCA WHEN IT STARTS TO BOIL.
- * STIR FOR 15 MINUTES OVER A LOW HEAT.
- * MIX IN A BLENDER UNTIL IT BECOMES A FINE PASTE.
- * STRAIN AND LEAVE TO COOL.

RED WINE SAUCE

INGREDIENTS

1 L RED WINE
100 G SUGAR
1 L LIQUID TAPIOCA BASE

PREPARATION

- * PUT WINE AND SUGAR INTO A SMALL SAUCEPAN ON A LOW HEAT.
- * ONCE IT HAS REDUCES BY A THIRD, ADD APPROXIMATELY 300 ML OF TAPIOCA BASE.
- * SIMMER ON A LOW HEAT UNTIL THE SAUCE STARTS TO THICKEN.
- * DURING COOKING, REMOVE THE FOAM THAT FORMS ON THE SURFACE OF THE SAUCE.
- * REMOVE THE SAUCE FROM THE HEAT UNTIL IT IS TO BE USED.

MUSHROOMS WITH SOBRASSADA DE MALLORCA

INGREDIENTS

500 G MIXED MUSHROOMS
50 G SOBRASSADA DE MALLORCA
1 L FISH STOCK (PREFERABLY MADE WITH COD BONES AND SKIN)

PREPARATION

- * POUR FISH STOCK INTO A SAUCEPAN AND LEAVE ON A LOW HEAT.
- * REDUCE STOCK BY A THIRD OF ITS INITIAL VOLUME, REMOVING ANY IMPURITIES THAT FORM ON THE SURFACE.
- * ADD SOME 500 ML OF THE TAPIOCA BASE TO THE STOCK.

* COOK UNTIL STICKY TEXTURE IS OBTAINED. PUT TO ONE SIDE UNTIL IT IS TO BE USED.

* CLEAN MUSHROOMS AND CUT THEM INTO LARGE PIECES.
* FRY MUSHROOMS IN A SAUCE PAN WITH A LITTLE MALLORCAN OLIVE OIL UNTIL ALL THE LIQUID HAS EVAPORATED, AND THEN ADD THE SOBRASSADA DE MALLORCA.

* LIGHTLY FRY THE SOBRASSADA DE MALLORCA MAKING SURE THAT IT DOES NOT SCORCH.

* COAT THE MUSHROOMS AND SOBRASSADA DE MALLORCA WITH A FEW SPOONFULS OF THE FISH STOCK MIXED UP WITH SOME TAPIOCA BASE. STORE IN A HOT PLACE UNTIL USE.

COD FILLETS

INGREDIENTS

800 G DESALTED COD FILLETS
12 PEELED AND SEEDLESS GRAPES
MALLORCAN OLIVE OIL
CHIVES
SALT

PREPARATION

- * SEAR THE COD FILLETS IN A FRYING PAN WITH A LITTLE MALLORCAN OLIVE OIL.
- * REMOVE THE FILLETS FROM THE HEAT ONCE THE SKIN TURNS GOLDEN BROWN.
- * COAT COD FILLETS WITH THE RED WINE SAUCE.
- * FINISH COOKING THE COD FILLETS IN THE OVEN AT 200°C FOR ABOUT 5 MINUTES.

PRESENTATION

- * HEAT MUSHROOMS AND SOBRASSADA DE MALLORCA AND SEASON TO TASTE.
- * ARRANGE COOKED FISH FILLETS ON A PLATE AND ADD MUSHROOMS AND SOBRASSADA DE MALLORCA.
- * FINISH OFF WITH A LITTLE RED WINE SAUCE, SOME PEELED SEEDLESS GRAPES AND CHIVES.





APPLE WITH SOBRASSADA DE MALLORCA, ROSEMARY AND SPICES

SERVES 4

APPLES

INGREDIENTS

2 LARGE GOLDEN DELICIOUS APPLES

200 G PUFF PASTRY SHEETS

1 TSP BUTTER

2 TSP SUGAR

1 EGG

PREPARATION

- * PEEL APPLES AND CUT IN HALF.
- * REMOVE APPLE CORE WITH THE AID OF A TEASPOON.
- * PUT A LITTLE BUTTER AND SUGAR INTO A FRYING PAN AND HEAT.
- * ONCE THE SUGAR BEGINS TO MELT, PUT APPLES INTO THE FRYING PAN.
- * COAT APPLES IN CARAMEL UNTIL THEY ARE COMPLETELY COVERED WITH A FINE LAYER.
- * ENSURE THE APPLES ARE ONLY COOKED VERY BRIEFLY.
- * REMOVE THE APPLES FROM THE HEAT.
- * PUT CARAMELISED APPLES IN THE OVEN FOR ABOUT 10 MINUTES AT 200 °C. ONCE COOKED, CUT IN HALF AND STORE IN A WARM PLACE.
- * CUT PUFF PASTRY INTO SMALL RECTANGLES OF ABOUT 10 CM LENGTH.
- * BRUSH PASTRY WITH BEATEN EGG AND SUGAR. BAKE IN THE OVEN UNTIL GOLDEN. STORE IN A WARM PLACE.

SOBRASSADA DE MALLORCA AND ROSEMARY TREACLE

INGREDIENTS

100 G SOBRASSADA DE MALLORCA

100 G ROSEMARY HONEY

PREPARATION

- * PUT THE SOBRASSADA DE MALLORCA AND THE HONEY INTO A SAUCEPAN AND PLACE ON THE HEAT.
- * LET THE MIXTURE BOIL OVER A LOW HEAT UNTIL IT MELTS AND MIXES TOGETHER WELL.
- * COOK FOR A FEW MINUTES THEN STRAIN THE TREACLE WITH A FINE SIEVE.
- * LEAVE THE MIXTURE TO STAND UNTIL IT HAS COMPLETELY COOLED DOWN.
- * PUT THE MIXTURE IN THE REFRIGERATOR FOR A MINIMUM OF SIX HOURS.

- * REMOVE THE FAT FROM THE SURFACE OF THE TREACLE AND STORE UNTIL USE.

CLOVE FOAM

INGREDIENTS

1 L MILK

200 G SUGAR

10 G CLOVE

PREPARATION

- * BRING MILK, CLOVE AND SUGAR TO BOIL.
- * REMOVE FROM HEAT WHEN IT STARTS TO BOIL.
- * STRAIN CLOVE FLAVOURED MILK THROUGH A FINE SIEVE AND LEAVE TO STAND.
- * ONCE THE MILK HAS COOLED DOWN, LEAVE TO STAND IN THE REFRIGERATOR FOR 24 HOURS.

CINNAMON ICE-CREAM

INGREDIENTS

1.5 L CREAM

1.5 L MILK

6 CINNAMON STICKS

10 G STABILISER

750 G SUGAR

24 EGG YOLKS

PREPARATION

- * PUT CREAM, ONE LITRE OF MILK, SUGAR AND CINNAMON STICKS IN A SAUCEPAN.
- * WHEN MILK STARTS TO BOIL, ADD SOME ICE-CREAM STABILISER.
- * MIX EGG YOLKS WITH HALF A LITRE OF MILK AND BEAT LIGHTLY.
- * ADD BOILING MILK AND CREAM TO THE MILK AND EGG YOLK MIXTURE.
- * STIR MIXTURE OVER A LOW HEAT UNTIL OBTAINING A CREAMY TEXTURE.
- * MAKE SURE THAT THE MIXTURE DOESN'T BOIL, AS THIS WOULD CURDLE THE EGGS AND THE CREAM WOULD COAGULATE.
- * REMOVE MIXTURE FROM HEAT AND STRAIN USING A FINE SIEVE.
- * LEAVE MIXTURE TO STAND FOR 24 HOURS.
- * PUT MIXTURE INTO ICE-CREAM MACHINE AND STORE ICE-CREAM IN THE FREEZER UNTIL USE.

ROSEMARY JELLY

INGREDIENTS

450 ML SUGAR SYRUP (225 G SUGAR AND 225 ML WATER)

3 SHEETS OF GELATINE

2 SPRIGS OF ROSEMARY

PREPARATION

- * PUT SUGAR SYRUP INTO A SAUCEPAN OVER A LOW HEAT.
- * ADD ROSEMARY SPRIG TO THE SYRUP.
- * REMOVE FROM HEAT WHEN IT STARTS TO BOIL.
- * COVER SAUCEPAN WITH PLASTIC FILM AND LEAVE TO STAND FOR 3 TO 4 HOURS, THEN SIEVE TO REMOVE THE SPRIG.
- * HEAT UP HALF OF THE SYRUP.
- * ADD SOAKED GELATINE SHEETS WITH COLD WATER TO THE HOT SYRUP.
- * MIX HOT SYRUP (WHERE GELATINE SHEETS HAVE BEEN DISSOLVED) WITH REMAINING COLD SYRUP.
- * STRAIN THROUGH A FINE SIEVE AND LEAVE TO STAND IN REFRIGERATOR.

PRESENTATION

- * ARRANGE THE DISH BY PLACING TWO BAKED PUFF PASTRY PIECES IN THE CENTRE, WITH COOKED APPLES ON TOP.
- * CUT ROSEMARY JELLY INTO CUBES AND PLACE SOME CUBES AROUND HOT APPLES.
- * LIGHTLY HEAT SOBRASSADA DE MALLORCA TREACLE AND POUR OVER AND AROUND THE APPLES.
- * HEAT CLOVE MILK AND EMULSIFY WITH A BLENDER.
- * ARRANGE A SPOONFUL OF RESULTING FOAM OVER THE OTHER INGREDIENTS ON THE PLATE.
- * COMPLETE DISH BY PLACING A BALL OF CINNAMON ICE-CREAM BETWEEN THE APPLES.





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PALO DE MALLORCA GD
MARC FOSH
READ'S

CTRA. SANTA MARIA-ALARÓ
SANTA MARIA DEL CAMÍ
MALLORCA
+ 34 971 140 261

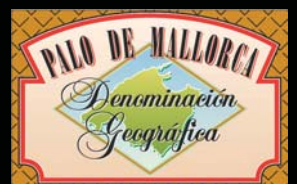
SMOKED PIGEON AND FOIE GRAS WITH FINE SEA SALT
WITH HIBISCUS FLOWER, LEGUMES VINAIGRETTE
AND PALO DE MALLORCA JELLY

GLAZED DUCK WITH PALO DE MALLORCA AND SPICES,
A PUMPKIN SAUCE AND POTATOES WITH MUSTARD SEEDS

CHOCOLATE *GANACHE* WITH PALO DE MALLORCA,
PINK GRAPEFRUIT GRANITE, MANDARIN AND
MALLORCAN OLIVE OIL SAUCE AND
A RED BULL AND LYCHEE SORBET

4 5 6

PALO DE MALLORCA GD





LIQUEUR WITH GEOGRAPHICAL DESIGNATION, THAT IS DARK IN COLOUR, WITH A HIGH DENSITY AND A CHARACTERISTIC AROMA. IT IS MADE ON THE ISLAND OF MALLORCA SINCE THE MID-19TH CENTURY. PALO DE MALLORCA IS OBTAINED FROM THE HYDROALCOHOLIC MACERATION OF CINCHONA BARK AND GENTIAN WITH THE ADDITION OF CARMELISED SUGAR.

PALO DE MALLORCA GD

DIRECTORATE GENERAL FOR AGRICULTURE
C. DELS FONERS, 10 - 07006 PALMA
PHONE: 971 176 100
FAX: 971 176 156

MARC FOSH
READ'S

"THE GROWTH OF PALO DE MALLORCA LIQUEUR AS AN INGREDIENT
IN SPANISH OR INTERNATIONAL CUISINE IS EASILY POSSIBLE."



MARC FOSH
READ'S



MARC FOSH HAS A LONG EXPERIENCE OF WORKING IN RESTAURANTS THAT HOLD MICHELIN STARS IN THE UK, FRANCE AND THE BASQUE COUNTRY. HIS PROFESSIONAL CAREER, WITH OVER TWENTY YEARS' EXPERIENCE OF COOKING AT THE HIGHEST LEVEL, AND HIS MEDIA IMAGE - HE REGULARLY WRITES IN VARIOUS SPECIALISED PUBLICATIONS IN SPAIN AND THE UK - GIVE READ'S RESTAURANT AN ENVIABLE REPUTATION THROUGHOUT EUROPE. HIS ORIGINAL STYLE IS, ABOVE ALL, DIRECT, WITH CLEAR, CLEAN TASTES. HIS PARTICULAR INTERPRETATIONS OF TRADITIONAL DISHES AND FLAVOURS OFFER A COSMOPOLITAN AND INGENIOUS TOUCH TO THE SUPERB CUISINE AT READ'S.

MARC FOSH
PALO DE MALLORCA GD

SMOKED PIGEON AND FOIE GRAS WITH FINE SEA SALT
WITH HIBISCUS FLOWER, LEGUMES VINAIGRETTE
AND PALO DE MALLORCA JELLY

GLAZED DUCK WITH PALO DE MALLORCA AND SPICES,
A PUMPKIN SAUCE AND POTATOES WITH MUSTARD SEEDS

CHOCOLATE *GANACHE* WITH PALO DE MALLORCA,
PINK GRAPEFRUIT GRANITE, MANDARIN AND
MALLORCAN OLIVE OIL SAUCE AND
A RED BULL AND LYCHEE SORBET

SMOKED PIGEON AND FOIE GRAS WITH FINE SEA SALT WITH HIBISCUS FLOWER, LEGUMES VINAIGRETTE AND PALO DE MALLORCA JELLY

SERVES 6

INGREDIENTS

- 1 DUCK FOIE GRAS
- 6 PIGEON BREASTS, SKINNED
- 300 ML SMOKED OIL
- 2 TSP FINE SEA SALT WITH HIBISCUS
- 1 TSP WHITE SUGAR
- ¼ TSP GROUND WHITE PEPPER
- 200 ML DRY WHITE PORT

PREPARATION

- * SEPARATE THE FOIE GRAS LOBES AND EXCESS FAT WITH A SHARP KNIFE.
- * MAKE AN INCISION ALONG THE LOBES AND CAREFULLY REMOVE THE VEINS AND CLOTTED BLOOD.
- * SPRINKLE THE FOIE GRAS WITH THE SALT, SUGAR, PEPPER AND PORT.
- * LEAVE TO CHILL, MARINATING FOR 2 TO 3 HOURS.
- * COOK THE FOIE GRAS IN THE OVEN AT 80°C FOR 4 TO 5 MINUTES AND PLACE IT ON A SHEET OF PLASTIC FILM.
- * TAKE IT BY THE EDGES AND ROLL IT TIGHTLY INTO A CYLINDER.
- * TO KEEP IT WELL-SEALED, REPEAT THE PROCESS WITH ALUMINIUM FOIL.
- * LEAVE IN THE REFRIGERATOR OVERNIGHT.
- * FRY THE PIGEON BREASTS IN A HOT FRYING PAN FOR ABOUT 30 SECONDS EACH SIDE.
- * PLACE THE BREASTS IN A DISH AND COVER WITH THE SMOKED OIL.
- * LEAVE TO MARINATE FOR AT LEAST 2-3 HOURS.

LEGUMES VINAIGRETTE

INGREDIENTS

- 100 G MIXED LEGUMES (LENTILS, CHICKPEAS, PEAS, BEANS, ETC.)
- 450 ML MALLORCAN OLIVE OIL
- 50 ML SHERRY VINEGAR
- 1 TBSP CHOPPED CHIVES
- PEPPER AND SALT

PREPARATION

- * MIX THE INGREDIENTS TOGETHER AND SEASON.

PALO DE MALLORCA JELLY

INGREDIENTS

- 450 ML PALO DE MALLORCA LIQUEUR
- 25 ML BALSAMIC VINEGAR
- ½ TBSP POWDERED AGAR

PREPARATION

- * IN A SAUCEPAN, BOIL THE VINEGAR AND PALO DE MALLORCA.
- * ADD THE POWDERED AGAR AND BOIL FOR 30 TO 40 SECONDS.
- * STRAIN THROUGH A FINE SIEVE AND LEAVE TO COOL.
- * CUT INTO SMALL SQUARES.

PRESENTATION

- * CHOP THE FOIE GRAS WITH A HOT KNIFE AND PLACE THE PIECES IN THE CENTRE OF THE PLATES.
- * ADD A LITTLE FINE SEA SALT WITH HIBISCUS.
- * FINELY SLICE THE PIGEON BREASTS AND PLACE SOME SLICES ON TOP OF THE FOIE.
- * DRESS WITH THE LEGUME VINAIGRETTE, ADD A LITTLE PALO DE MALLORCA JELLY AND SERVE.





GLAZED DUCK WITH PALO DE MALLORCA AND SPICES, A PUMPKIN SAUCE AND POTATOES WITH MUSTARD SEEDS

SERVES 4

PALO DE MALLORCA AND SPICE GLAZE

INGREDIENTS

- 1 TBSP CARDAMOM
- 1 TBSP CLOVES
- 1 TBSP GREEN ANISEED
- 150 ML MAPLE SYRUP
- 100 ML PALO DE MALLORCA

PREPARATION

- * LIGHTLY TOAST THE SPICES IN A HOT FRYING PAN.
- * ADD THE PALO DE MALLORCA AND MAPLE SYRUP AND REDUCE UNTIL IT STARTS TO THICKEN.
- * LEAVE TO COOL.

PUMPKIN SAUCE

INGREDIENTS

- 500 G PUMPKIN (PEELED AND CHOPPED)
- 400 ML WHITE CHICKEN STOCK
- JUICE OF A LIME
- PEPPER AND SALT

PREPARATION

- * PLACE ALL THE INGREDIENTS IN A SAUCEPAN AND COOK FOR 15 TO 20 MINUTES.
- * MIX IN A BLENDER AND STRAIN THROUGH A FINE SIEVE.
- * SEASON TO TASTE.

POTATOES WITH MUSTARD SEEDS

INGREDIENTS

- 600 G POTATOES
- 1 TBSP MUSTARD SEEDS
- 100 ML VERJUICE
- 2 TBSP PARSLEY (WELL CHOPPED)
- 100 ML MALLORCAN OLIVE OIL
- PEPPER AND SALT

PREPARATION

- * BOIL THE VERJUICE AND POUR THE HOT LIQUID OVER THE MUSTARD SEEDS.
- * SOAK FOR 1 HOUR.
- * BOIL THE UNPEELED POTATOES FOR 15 TO 20 MINUTES UNTIL THEY BECOME SOFT.

* DRAIN WELL AND LEAVE TO COOL UNTIL THEY CAN BE TOUCHED BY HAND.

* PEEL THE POTATOES AND PUT THEM IN A BOWL.

* ADD THE SOAKED MUSTARD SEEDS, THE MALLORCAN OLIVE OIL AND THE FINELY CHOPPED PARSLEY.

* MIX WITH A FORK UNTIL OBTAINING A KIND OF PUREE.

* SEASON TO TASTE.

GLAZED DUCK

INGREDIENTS

- 4 DUCK BREASTS

PREPARATION

* HEAT A FRYING PAN AND FRY THE DUCK BREASTS WITH THE SKIN UNDERNEATH UNTIL THEY BECOME CRISPY AND GOLDEN BROWN.

* TURN THEM OVER AND COAT THE SKIN WITH THE PALO DE MALLORCA AND SPICE GLAZE.

* BAKE THE BREASTS FOR 4 MINUTES IN A HOT OVEN (200°C).

PRESENTATION

* PLACE A DUCK BREAST ON EACH PLATE AND ADD A LITTLE OF THE POTATO WITH MUSTARD SEEDS.

* SERVE WITH THE HOT PUMPKIN SAUCE.





CHOCOLATE *GANACHE* WITH PALO DE MALLORCA, PINK GRAPEFRUIT GRANITE, MANDARIN AND MALLORCAN OLIVE OIL SAUCE AND A RED BULL AND LYCHEE SORBET

SERVES 6

INGREDIENTS

12 RASPBERRIES FOR DECORATION

CHOCOLATE *GANACHE*

INGREDIENTS

250 ML CREAM

250 G DARK CHOCOLATE

50 G BUTTER

50 G ORANGE LIQUEUR

PREPARATION

* BRING THE CREAM AND ORANGE LIQUEUR TO THE BOIL AND REMOVE FROM THE HEAT.

* CUT THE CHOCOLATE INTO PIECES AND MIX WITH THE CREAM.

* WHEN THE CHOCOLATE HAS MELTED, ADD THE BUTTER.

* POUR INTO ROUND MOULDS AND LEAVE TO COOL IN THE REFRIGERATOR.

PALO DE MALLORCA JELLY

INGREDIENTS

200 ML PALO DE MALLORCA

50 ML SUGAR

1 SHEET OF GELATINE

PREPARATION

* BRING THE PALO DE MALLORCA TO THE BOIL AND REMOVE FROM THE HEAT.

* SOFTEN THE GELATINE IN COLD WATER FOR 1 MINUTE.

* DISSOLVE THE GELATINE IN THE HOT PALO DE MALLORCA AND ADD THE SUGAR. LEAVE TO COOL.

* THEN PLACE A FINE LAYER OVER EACH *GANACHE*.

* PUT THEM BACK INTO THE REFRIGERATOR TO SOLIDIFY.

PINK GRAPEFRUIT GRANITA

INGREDIENTS

500 ML PINK GRAPEFRUIT JUICE

100 G SUGAR

10 G INVERTED SUGAR

2 SHEETS OF GELATINE

PREPARATION

* SOFTEN THE GELATINE IN COLD WATER FOR 1 MINUTE.

* MAKE LIGHT SYRUP BY BOILING THE JUICE AND THE SUGAR.

* REMOVE FROM THE HEAT AND ADD THE GELATINE.

* EXTEND THE MIXTURE OVER A TRAY AND PUT IN THE FREEZER FOR HALF AN HOUR.

* REMOVE AND STIR AND THEN FREEZE IT FOR ANOTHER HALF AN HOUR.

* REPEAT THE PROCESS UNTIL IT HAS THE TEXTURE OF CRUSHED ICE.

RED BULL AND LYCHEE SORBET

INGREDIENTS

500 G LYCHEE PURÉE

500 ML RED BULL

100 G SUGAR

50 G GLUCOSE

10 G INVERTED SUGAR

PREPARATION

* BOIL THE RED BULL, REDUCING IT BY HALF.

* ADD THE LYCHEE PURÉE, SUGAR, GLUCOSE AND INVERTED SUGAR.

* PROCESS WITH AN ICE-CREAM MAKER AND STORE IN THE FREEZER.

MANDARIN AND MALLORCAN OLIVE SAUCE

INGREDIENTS

500 ML MANDARIN JUICE

20 ML MALLORCAN OLIVE OIL

PREPARATION

* BRING THE MANDARIN JUICE TO THE BOIL AND REDUCE UNTIL IT JUST STARTS TO THICKEN.

* LEAVE TO COOL AND WHISK IN THE MALLORCAN OLIVE OIL.

CHOCOLATE CRUNCH

INGREDIENTS

130 G BUTTER

70 G POWDERED CHOCOLATE

360 G ICING SUGAR

40 G GLUCOSE

180 ML ORANGE JUICE

80 G FLOUR

60 ML ORANGE LIQUEUR

PREPARATION

* MIX ALL THE INGREDIENTS TOGETHER AND LEAVE TO STAND IN THE REFRIGERATOR FOR TWO HOURS.

* AFTER COOLING, COOK SMALL CIRCULAR PORTIONS ON BAKING TRAYS AT 180°C.

* SHAPE ON REMOVING FROM THE OVEN.

PRESENTATION:

* PLACE A *GANACHE* IN THE MIDDLE OF EACH PLATE.

* PLACE A QUENELLE OF SORBET ASIDE AND COVER WITH A SPOONFUL OF GRANITA.

* GARNISH WITH MANDARIN-MALLORCAN OIL SAUCE AND SOME RASPBERRIES CUT INTO HALVES.

* TOP IT OFF WITH A CHOCOLATE CRUNCH AND SERVE IMMEDIATELY.





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MAHÓN-MENORCA CHEESE PDO
KOLDO ROYO
RESTAURANTE KOLDO ROYO
AVDA. ING. GABRIEL ROCA, 3, PO MARÍTIMO
PALMA
MALLORCA
+ 34 971 569 663

CRUNCHY FIG SPONGE CAKE WITH THREE ICE-CREAMS
MADE FROM MAHÓN-MENORCA CHEESE AND PRICKLY PEAR

GRIDDLED MAHI MAHI WITH A
MAHÓN-MENORCA CHEESE POTATO STICK

TRUFFLE OMELETTE WITH MAHÓN-MENORCA CHEESE

4 5 6



MAHÓN-MENORCA CHEESE PDO





CHEESE WITH PROTECTED DESIGNATION OF ORIGIN THAT IS BOX-LIKE IN SHAPE, WITH ROUNDED EDGES, AND A SMOOTH, COMPACT RIND THAT IS YELLOWISH-BROWN IN COLOUR. THE CURD IS PRESSED AND THE HOLES OF THE CHEESE ARE THE SIZE OF A GRAIN OF RICE. IT IS MADE ON THE ISLAND OF MENORCA FROM COW'S MILK. THE CURDS ARE HEATED AT A LOW TEMPERATURE; IT IS SALTED BY IMMERSION AND MATURED USING THE ISLAND'S TRADITIONAL TECHNIQUES.

MAHÓN-MENORCA CHEESE PDO

REGULATORY COUNCIL FOR MAHÓN-MENORCA CHEESE WITH PROTECTED DESIGNATION OF ORIGIN
CTRA. DES GRAU, KM 0,5 - 07710 MAÓ
PHONE: 971 362 295
FAX: 971 368 260

KOLDO ROYO
RESTAURANTE KOLDO ROYO

"I CREATED MY FIRST ICE CREAM MADE OF
MAHÓN-MENORCA CHEESES 22 YEARS AGO."



A black and white close-up portrait of a man with dark, wavy hair, smiling slightly. He is wearing a light-colored, possibly white, collared shirt. The background is out of focus, showing some architectural lines.

KOLDO ROYO
RESTAURANTE KOLDO ROYO

KOLDO ROYO WAS BORN IN THE BASQUE COUNTRY BUT IS MALLORCAN BY ADOPTION, AND WAS INTRODUCED TO THE WORLD OF COOKING WHEN JUST A CHILD BY HIS FATHER IN THE UNBEATABLE ATMOSPHERE OF THE TAPAS BARS OF SAN SEBASTIAN. HE WENT ON TO COMPLETE HIS TRAINING AS A CHEF WORKING IN FRANCE AND MEXICO, AND UNDER THE ORDERS OF THE PRESTIGIOUS JUAN MARÍA ARZAK. HIS PROFESSIONAL ACHIEVEMENTS ARE ENDLESS. WORTH HIGHLIGHTING ARE HIS VICTORY AT THE SPANISH COOKERY CHAMPIONSHIPS (1988), THE ALIMENTOS DE ESPAÑA PRIZE (IN 2000 AND 2002), HIS FIFTH POSITION AT THE BOCUSE WORLD CHAMPIONSHIPS (1989) AND OF COURSE THE MICHELIN STAR HE WAS AWARDED WITH IN THE SAME YEAR.

MAHÓN-MENORCA CHEESE PDO
KOLDO ROYO

CRUNCHY FIG SPONGE CAKE WITH THREE ICE-CREAMS
MADE FROM MAHÓN-MENORCA CHEESE AND PRICKLY PEAR

GRIDDLED MAHI MAHI WITH A
MAHÓN-MENORCA CHEESE POTATO STICK

TRUFFLE OMELETTE WITH MAHÓN-MENORCA CHEESE

CRUNCHY FIG SPONGE CAKE WITH THREE ICE-CREAMS MADE FROM MAHÓN-MENORCA CHEESE AND PRICKLY PEAR

SERVES 5

FIG SPONGE CAKE

INGREDIENTS

- 150 G EGGS
- 150 G ALMOND FLOUR
- 150 G SUGAR
- 100 G DRIED FIGS, BOILED AND SEMI-PROCESSED

PREPARATION

- * MIX THE EGGS AND SUGAR IN A BLENDER UNTIL THE MIXTURE IS WELL BEATEN.
- * THEN GRADUALLY ADD ALMOND FLOUR AND FIGS.
- * COOK IN SILICONE MOULDS AT 170°C FOR 35 MINUTES.
- * ONCE THE FIG SPONGE HAS COOLED, CUT INTO RECTANGLES (APPROX. 7 X 2.5 X 2 CM).
- * CARAMELISE THE RECTANGLES WITH SUGAR.

SOFT MAHÓN - MENORCA CHEESE ICE-CREAM

INGREDIENTS

- 200 G SOFT MAHÓN - MENORCA CHEESE (TIERNO)
- 30 G ATOMISED GLUCOSE
- 20 G INVERTED SUGAR
- 100 G SUGAR
- 500 ML MILK
- 150 ML CREAM
- 5 G STABILISER
- 40 G POWDERED MILK

SEMI-CURED MAHÓN - MENORCA CHEESE ICE-CREAM

INGREDIENTS

- 175 G SEMI-CURED MAHÓN-MENORCA CHEESE (SEMICURADO)
- 30 G ATOMISED GLUCOSE
- 20 G INVERTED SUGAR
- 100 G SUGAR
- 500 ML MILK
- 150 ML CREAM
- 5 G STABILISER
- 40 G POWDERED MILK

CURED MAHÓN - MENORCA CHEESE ICE-CREAM

INGREDIENTS

- 150 G CURED MAHÓN-MENORCA CHEESE (CURADO)
- 30 G ATOMISED GLUCOSE
- 20 G INVERTED SUGAR
- 100 G SUGAR
- 500 ML MILK
- 50 ML CREAM
- 5 G STABILISER
- 40 G POWDERED MILK

PREPARATION

- * CUT UP THE MAHÓN-MENORCA CHEESE AND ADD TO THE MILK AND THE CREAM.
- * HEAT IT OVER A LOW HEAT UNTIL IT MELTS AND THEN ADD THE POWDERED MILK.
- LASTLY, ADD THE STABILISER WITH THE SUGAR AND HEAT TO 86° C, THEN COOL AND LEAVE TO STAND FOR 24 HOURS.
- * MIX EVERYTHING TOGETHER IN A FOOD PROCESSOR AND THEN PUT IT INTO AN ICE-CREAM MAKER.

REDUCTION OF PALO DE MALLORCA

INGREDIENTS

- 200 ML PALO DE MALLORCA

PREPARATION

- * HEAT THE PALO DE MALLORCA AND REDUCE IT UNTIL A SYRUPY TEXTURE IS OBTAINED.

REDUCTION OF SOUR CHERRY JUICE

INGREDIENTS

- 200 ML SOUR CHERRY JUICE
- 100 G SUGAR

PREPARATION

- * HEAT EVERYTHING TOGETHER AND REDUCE UNTIL A THICK SYRUPY TEXTURE IS OBTAINED.

PRICKLY PEAR JELLY

INGREDIENTS

- 200 ML LIQUEFIED PRICKLY PEAR
- 4 G VEGETABLE GELATINE

PREPARATION

- * MIX THE GELATINE WITH THE PRICKLY PEAR JUICE AND HEAT.
- * BRING TO THE BOIL AND POUR ONTO A TRAY.
- * LEAVE TO SOLIDIFY AND CUT INTO SMALL CUBES.

PRESENTATION

- * MAKE A BRUSH STROKE ACROSS THE PLATE WITH THE REDUCED SOUR CHERRY JUICE.
- * THEN ARRANGE THE JELLY CUBES ON THE SOUR CHERRY REDUCTION.
- * ADD A LINE OF THE REDUCED PALO DE MALLORCA TO THE PLATE.
- * PLACE SPONGE CAKE ONTO THE PALO DE MALLORCA REDUCTION.
- * TO FINISH, MAKE A QUENELLE OF EACH OF THE TYPES OF MAHÓN-MENORCA ICE-CREAM TO PUT ON TOP OF THE CARAMELISED SPONGE.





GRIDDLED MAHI MAHI WITH A MAHÓN-MENORCA CHEESE POTATO STICK

SERVES 4

INGREDIENTS

- 15 POTATOES
- 120 G SOBRASSADA DE MALLORCA
- 120 G MAHÓN-MENORCA CHEESE SEMICURADO
- 80 G BUTTER
- 480 G MAHI MAHI
- 20 G TOMATO FOAM
- 80 G SPICY TOMATO AND ONION SALSA (PREPARATION)
- 12 G POPPY SEEDS
- 1 TBSP CURD
- 1 TBSP CAVIAR

PREPARATION

- * BAKE THE POTATOES IN THEIR JACKETS FOR 30 MINUTES AT 180° C. THEN PEEL AND GRATE.
- * GRATE THE MAHÓN-MENORCA CHEESE, HEAT THE SOBRASSADA DE MALLORCA AND DRAIN OFF EXCESSIVE FAT.
- * MIX POTATOES WITH MAHÓN-MENORCA CHEESE, SOBRASSADA DE MALLORCA AND BUTTER.
- * PLACE THE MIXTURE ONTO A BAKING TRAY AND FREEZE.
- * ONCE FROZEN, CUT INTO RECTANGLES OF 5 CM X 2 CM.
- * SEAR BOTH SIDES OF RECTANGLE.
- * THEN COAT LATERAL SIDES OF THE SPONGE CAKE IN POPPY SEEDS AND FINISH COOKING IN THE OVEN.
- * SEAR THE MAHI MAHI.

TOMATO FOAM

INGREDIENTS

- 500 ML LIQUID RELEASED FROM TOMATO WHEN CUT
- 15 G LECITHIN

PREPARATION

- * MIX TOGETHER IN A BLENDER.

SPICY SALSA

INGREDIENTS

- ½ ONION
- 2 TOMATOES
- 20 G CORIANDER
- 7 DROPS TABASCO SAUCE

PREPARATION

- * DICE EVERYTHING INTO SMALL CUBES, MIX TOGETHER AND USE.

PRESENTATION

- * PLACE THE POTATO STICK ONTO A HEATED PLATE.
- * ARRANGE TO FISH FILLETS ONTO THE POTATO STICK.
- * SPREAD THE SPICY SALSA EVENLY OVER THE TOP.
- * FINISH OFF WITH A SPOONFUL OF TOMATO FOAM AND GARNISH WITH SOME CURD AND CAVIAR.





TRUFFLE OMELETTE WITH MAHÓN-MENORCA CHEESE

SERVES 4

INGREDIENTS

8 FREE-RANGE EGGS
10 ML TRUFFLE OIL
5 G GRATED TRUFFLE
30 G MAHÓN - MENORCA CHEESE
30 G PARMESAN CHEESE
10 ML MALLORCÁN OLIVE OIL
40 G MIXED SPROUT SALAD
PEPPER AND SALT

PREPARATION

- * BEAT THE EGG LIGHTLY.
- * ADD SALT, PEPPER, THE TWO DICED CHEESES, GRATED TRUFFLE AND TRUFFLE OIL.
- * IN A VERY HOT FRYING PAN, MAKE THE OMELETTE SO THAT IT IS WELL DONE ON THE OUTSIDE AND SOFT ON THE INSIDE.
- * SEASON THE SALAD.

PRESENTATION

- * PLACE THE OMELETTE ON A HEATED PLATE AND GARNISH WITH SOME SPROUT SALAD.





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ENSAIMADA DE MALLORCA PGI
RAFAEL SÁNCHEZ
ARABELLA SHERATON GOLF HOTEL SON VIDA
CARRER DE LA VINAGRELLA S/N
PALMA
MALLORCA
+ 34 971 787 100

CRÈME BRÛLÉE OF ENSAIMADA DE MALLORCA WITH
SCALLOPS STEAMED OVER HIERBAS DE MALLORCA

CHILLED ENSAIMADA DE MALLORCA BROCHETTE WITH
CANDYFLOSS AND CHOCOLATE SHAVINGS

TIPSY ENSAIMADA DE MALLORCA WITH A
GIANDUJA CHOCOLATE CRÈME

4 5 6



ENSAIMADA DE MALLORCA PGI





PRODUCT WITH PROTECTED GEOGRAPHICAL INDICATION.
WRITER JOSEP PLA ONCE DEFINED IT AS THE "LIGHTEST,
AIRIEST AND MOST DELICATE THING IN THIS COUNTRY'S
CONFECTIONARY". ITS UNIQUE SPIRAL SHAPE DISTINGUISHES
IT FROM ANY OTHER CAKE. IT COMES IN DIFFERENT SIZES
AND CAN BE UNFILLED OR HAVE A PUMPKIN JAM FILLING.

ENSAÏMADA DE MALLORCA PGI

REGULATORY COUNCIL FOR ENSAÏMADA DE MALLORCA WITH PROTECTED GEOGRAPHICAL INDICATION
C. DE CUBA, 2-BAJOS - 07006 - PALMA
TELEFON: 971 272 686
FAX: 971 250 447

RAFAEL SÁNCHEZ
ARABELLA SHERATON GOLF
HOTEL SON VIDA

"THE ISLAND'S CHEFS KNOW HOW TO APPRECIATE THE PRODUCT.
MOREOVER, IT IS IMPORTANT TO HAVE A TRADITIONAL BASE."





RAFAEL SÁNCHEZ
ARABELLA SHERATON GOLF
HOTEL SON VIDA

THIS YOUNG CATALAN IS A SELF-MADE MAN. AS A TEENAGER HE SPENT HIS TIME AMONG THE POTS AND PANS OF THE KITCHENS OF MALLORCA, AND IN THE MID-90S HE STARTED TO WORK AS AN ASSISTANT CHEF AT THE EXCLUSIVE ARABELLA SHERATON GOLF HOTEL SON VIDA (WHICH HOLDS A MICHELIN STAR). HE BEGAN CLIMBING THE LADDER UNTIL IN AUGUST 2003 HE BECAME HEAD CHEF OF THE HOTEL'S RESTAURANT. IN 2000 HE WAS A FINALIST IN THE SPANISH TAITTINGER COOKERY COMPETITION. IN 2005 HE WAS INVITED BY THE BBC TO PARTICIPATE IN SOUTH AFRICA'S GOURMET FESTIVAL IN CAPETOWN.

RAFAEL SÁNCHEZ
ENSAIMADA DE MALLORCA PGI

CRÈME BRÛLÉE OF ENSAIMADA DE MALLORCA WITH
SCALLOPS STEAMED OVER HIERBAS DE MALLORCA

CHILLED ENSAIMADA DE MALLORCA BROCHETTE WITH
CANDYFLOSS AND CHOCOLATE SHAVINGS

TIPSY ENSAIMADA DE MALLORCA WITH A
GIANDUJA CHOCOLATE CRÈME

CRÈME BRÛLÉE OF ENSAIMADA DE MALLORCA WITH SCALLOPS STEAMED OVER HIERBAS DE MALLORCA

SERVES 4

HIERBAS DE MALLORCA JELLY

100 ML DRY HIERBAS DE MALLORCA (SECAS)

3 G GELATIN (1 1/2 LEAVES)

* COOK OVER A LOW HEAT UNTIL THEY HAVE A FLESHY TEXTURE.

* THEN REMOVE FROM THE HEAT AND GO ON TO ARRANGE THE DISH ON THE PLATE.

ENSAIMADA DE MALLORCA CRÈME BRÛLÉE INGREDIENTS

1 ENSAIMADA DE MALLORCA (FOR 8 TO10 PERSONS)

1 STALK OF LEMONGRASS

2 SHALLOTS

1 HANDFUL OF YOUNG GARLIC

1 L SEMI-SKIMMED MILK

SUGAR

SALT

PREPARATION

* IN A SAUTÉ PAN, SAUTÉ THE CRUMBLED ENSAIMADA DE MALLORCA, THE LEMONGRASS, CHOPPED SHALLOT AND SLICED YOUNG GARLIC.

* MOISTEN THE MIXTURE WITH PART OF THE SEMI-SKIMMED MILK (APPROX. 250 ML) AND A LITTLE FISH FUMET.

* SEPARATELY, MELT THE SUGAR IN A PAN UNTIL IT BEGINS TO BROWN, AND THEN ADD IT BIT BY BIT TO THE ENSAIMADA DE MALLORCA CREAM.

* MIX TOGETHER IN A BLENDER AND PASS THROUGH A FINE SIEVE.

* IF NECESSARY THE TEXTURE CAN BE IMPROVED WITH FUMET TO OBTAIN A CREAMY TEXTURE.

* STORE IN A COLD PLACE.

PRESENTATION

* PUT THE ENSAIMADA DE MALLORCA CREAM ONTO A PLATE.

* TOP THE CREAM WITH THE SCALLOPS.

* ADD SOME HIERBAS DE MALLORCA JELLY CUBES.

* SEASON WITH SOME SALT.

SCALLOPS

INGREDIENTS

4 SCALLOPS

FISH FUMET (CONCENTRATED FISH STOCK)

FRESH HERBS

HIERBAS DE MALLORCA SECAS

SALT

PREPARATION

* CLEAN AND SEASON THE SCALLOPS.

* THEN PLACE THEM IN A STEAMER WITH THE FISH FUMET, FRESH HERBS AND THE HIERBAS DE MALLORCA SECAS.





CHILLED ENSAIMADA DE MALLORCA BROCHETTE WITH CANDYFLOSS AND CHOCOLATE SHAVINGS

SERVES 4

ENSAIMADA DE MALLORCA ICE-CREAM INGREDIENTS

1/4 ENSAIMADA DE MALLORCA (FOR 8 TO 10 PERSONS)
100 G GRATED CHOCOLATE COVERING
135 G SUGAR
15 G STABILISER
1 L SEMI-SKIMMED MILK
250 ML WATER
6 EGG YOLKS
JUICE OF A LEMON

PREPARATION

- * CRUMBLE ENSAIMADA DE MALLORCA, MIX WITH MILK AND BRING TO THE BOIL. LET IT STEEP FOR ABOUT TWENTY MINUTES, THEN STRAIN THROUGH A FINE SIEVE.
- * IN A SAUTÉ PAN, ADD SUGAR, STABILISER, STEEPED MILK, WATER, 6 EGG YOLKS AND JUICE OF A LEMON.
- * COOK AT 100°C FOR 3 MINUTES.
- * THEN POUR INTO THE ICE-CREAM MACHINE, MIXING UNTIL A CREAMY ICE-CREAM TEXTURE IS OBTAINED.
- * PREPARE SOME BALLS OF ENSAIMADA DE MALLORCA ICE-CREAM ON SKEWERS AND KEEP FROZEN.

CANDYFLOSS

INGREDIENTS

50 G OF PEARL SUGAR

PREPARATION

- * PUT THE PEARL SUGAR INTO A SAUTÉ PAN AND DISSOLVE IT.
- * THEN POUR IT INTO THE CANDYFLOSS MACHINE, HAVING TURNED IT ON PREVIOUSLY.
- * ONCE THE SUGAR STARTS TO COME OUT WRAP IT AROUND THE CHILLED ICE-CREAM BROCHETTE.

PRESENTATION

- * PUT AN ENSAIMADA DE MALLORCA ICE-CREAM-CANDYFLOSS BROCHETTE IN THE CENTRE OF A PLATE.
- * SPRINKLE WITH GRATED CHOCOLATE.





TIPSY ENSAIMADA DE MALLORCA WITH A GIANDUJA CHOCOLATE CRÈME

SERVES 4

DECORATING INGREDIENTS

CHOPPED PISTACHIOS

ORGANIC PANSIES

TIPSY ENSAIMADA DE MALLORCA INGREDIENTS

½ ENSAIMADA DE MALLORCA (FOR 8 TO 10 PERSONS)

50 ML ORANGE LIQUEUR

200 ML ORANGE JUICE

PREPARATION

- * PLACE SOME PARCHMENT PAPER ON THE BASE OF A METAL PLATE.
- * PLACE THE ENSAIMADA DE MALLORCA ON TOP IN LAYERS OF ABOUT 12 CM, COVER WITH 3 PARTS FRESHLY-SQUEEZED ORANGE JUICE AND ONE PART ORANGE LIQUEUR AND COVER WITH MORE PARCHMENT PAPER.
- * PLACE ANOTHER PLATE THE SAME SIZE ON TOP, WEIGH IT DOWN AND LEAVE TO PRESS TOGETHER FOR APPROXIMATELY 12 HOURS.

GIANDUJA CREME

INGREDIENTS

150 G SUGAR

700 ML CREAM

200 G EGG YOLK

450 G GIANDUJA CHOCOLATE

PREPARATION

- * PUT THE SUGAR AND CREAM IN A SAUCEPAN AND BRING TO THE BOIL FOR A FEW MINUTES.
- * THEN MIX WITH THE EGG YOLKS IN A BAIN MARIE, STRAIN THROUGH A FINE SIEVE AND ADD THE GIANDUJA CHOCOLATE.
- * WHIP UNTIL A CREAMY MIXTURE IS OBTAINED AND STORE IN A COOL PLACE.

PRESENTATION

- * PUT TIPSY ENSAIMADA DE MALLORCA IN THE CENTRE OF A PLATE.
- * ADD A SPOONFUL OF THE CHOCOLATE CREAM.
- * TOP WITH MINCED PISTACHIOS AND PANSIES.





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MALLORCAN OIL PDO
JOSEF SAUERSCHELL
ES RACÓ DES TEIX
CARRER DE SA VINYA, 6
DEÍA
MALLORCA
+ 34 971 639 501

PA AMB OLI WITH SARDINES AND MALLORCAN OLIVE OIL
RACK OF LAMB IN OLIVE CRUST WITH MALLORCAN OLIVE OIL
TROPICAL PINEAPPLE *CARPACCIO* WITH
MALLORCAN OLIVE OIL AND ALMOND *PARFAIT*

4 5 6



MALLORCAN OIL PDO





THIS EXTRA VIRGIN OLIVE OIL WITH PROTECTED DESIGNATION OF ORIGIN IS MADE ON THE ISLAND OF MALLORCA USING THE MALLORQUINA, ARBEQUINA AND PICUAL OLIVE VARIETIES. DEPENDING ON THE RIPENESS OF THE OLIVES WHEN THEY ARE PICKED TWO DIFFERENT TYPES OF OIL CAN BE IDENTIFIED: A FRUITY TYPE AND A SWEETER TYPE. THE FRUITY TYPE IS MADE FROM OLIVES PICKED EARLY ON IN THE HARVEST SEASON; THE SWEETER TYPE IS MADE FROM RIPER OLIVES AND IS CHARACTERISED BY ITS GOLDEN YELLOW COLOUR, SWEET TASTE AND SHARP SENSATION.

MALLORCAN OIL PDO

REGULATORY COUNCIL FOR MALLORCAN OIL WITH PROTECTED DESIGNATION OF ORIGIN
C. DE JOSEP ANSELM CLAVÉ, 8 - 07002 PALMA
TELEFON: 696 327 704
FAX: 971 176 156

JOSEF SAUERSCHELL
ES RACÓ DES TEIX

"A GOOD COOK, WHETHER PROFESSIONAL OR NOT,
KNOWS HOW TO USE A FIRST-CLASS PRODUCT."





JOSEF SAUERSHELL
ES RACÓ DES TEIX

WHEN HE WAS JUST A CHILD WHO ENJOYED HELPING HIS MOTHER IN THE KITCHEN, JOSEF SAUERSHELL COULD NEVER HAVE IMAGINED THAT ONE DAY HE WOULD BECOME THE GREAT CHEF THAT HE IS TODAY. BORN IN GERMANY, HE BEGAN HIS PROFESSIONAL CAREER IN THAT COUNTRY, ALTHOUGH HIS CURIOSITY AND DESIRE TO LEARN SOON TOOK HIM TO WORK IN SOME OF THE MOST PRESTIGIOUS RESTAURANTS IN EUROPE: IN SWITZERLAND, THE UNITED KINGDOM, AND FRANCE. THEN IN THE MID-80S HE WENT TO WORK IN DEIÀ, WHERE HE FELL IN LOVE WITH A MALLORCAN *MAÎTRE D'*. TOGETHER THEY WERE AWARDED A MICHELIN STAR FOR THE EL OLIVO RESTAURANT. SINCE THEN, THIS DELIGHTFUL COUPLE HAS NOT CEASED TO ENCHANT THEIR GUESTS WITH SUCCULENT DISHES. IN 2001 THE *AL PUNTO* GUIDE NAMED HIM AS BEST CHEF OF THE YEAR AND THE FOLLOWING YEAR HE WAS AWARDED A MICHELIN STAR FOR THE SECOND TIME, THIS TIME FOR HIS OWN RESTAURANT, ES RACÓ DES TEIX.

JOSEF SAUERSCHELL
MALLORCAN OIL PDO

PA AMB OLI WITH SARDINES AND MALLORCAN OLIVE OIL
RACK OF LAMB IN OLIVE CRUST WITH MALLORCAN OLIVE OIL
TROPICAL PINEAPPLE *CARPACCIO* WITH
MALLORCAN OLIVE OIL AND ALMOND *PARFAIT*

PA AMB OLI WITH SARDINES AND MALLORCAN OLIVE OIL

SERVES 3

INGREDIENTS

6 SARDINES
6 SLICES OF MALLORCAN BREAD
6 SLICES OF SERRANO HAM
6 SLICES OF FRIED SERRANO HAM
1 TOMATO
2 ½ TOMATO DICED
1 YOUNG GREEN GARLIC SHOOTS
2 SPRING ONIONS
10 G CAPERS
PARSLEY, CHERVIL, FENNEL, CHIVES
FRISÉE LEAVES
MALLORCAN OLIVE OIL
LEMON JUICE
SHERRY VINEGAR
PEPPER AND SALT

PREPARATION

- * CLEAN THE SARDINES, REMOVE THE SCALES, CUT INTO FILLETS AND SAUTÉ IN THE MALLORCAN OLIVE OIL.
- * THEN MARINATE THEM IN THE HERBS, MALLORCAN OLIVE OIL, A LITTLE LEMON JUICE, SALT AND PEPPER.
- * SEPARATELY, BLANCH THE TOMATOES, REMOVE THE SKIN AND CUT INTO QUARTERS, AND FRY IN MALLORCAN OLIVE OIL.

PRESENTATION

- * CUT THE BREAD INTO THE SAME SIZE AS THE SARDINE.
- * TOAST THE BREAD AND PLACE THE TOMATO QUARTERS, SERRANO HAM AND, LASTLY, THE SARDINE ON TOP.
- * DECORATE WITH THE FRIED SERRANO HAM AND A FEW FRISÉE LEAVES.
- * ACCOMPANY WITH A MARINADE OF THE REMAINING TOMATO, SPRING ONIONS, YOUNG GARLIC, CAPERS, CHIVES, MALLORCAN OLIVE OIL, SHERRY VINEGAR, SALT AND PEPPER.





RACK OF LAMB IN OLIVE CRUST WITH MALLORCAN OLIVE OIL

SERVES 2

INGREDIENTS

2 RACK OF LAMB (380 TO 450 G)
6 TBS MALLORCAN OLIVE OIL
2 SHALLOTS
100 G BLACK OLIVES
100 G GREEN OLIVES (WITH THE STONES REMOVED AND
CHOPPED UP)
2 CLOVES OF GARLIC
1 SPRIG OF THYME
100 G WHITE BREADCRUMBS
MALLORCAN OLIVE OIL
PEPPER AND SALT

PREPARATION

- * HEAT THE MALLORCAN OLIVE OIL AND FRY THE SHALLOTS, CHOPPED GARLIC, THYME AND THE OLIVES.
- * MIX WITH THE BREADCRUMBS AND A SPLASH OF MALLORCAN OLIVE OIL AND MAKE A PASTE FOR THE CRUST. SET TO ONE SIDE.
- * SEASON THE LAMB AND COOK IN THE OVEN AT 170°C FOR APPROXIMATELY 10 TO 15 MIN.
- * FIVE MINUTES BEFORE IT HAS FINISHED COOKING, REMOVE THE RACK OF LAMB AND COVER THE FLAT AREA WITH THE PREVIOUSLY PREPARED CRUST MIX.
- * PUT BACK INTO THE OVEN UNTIL IT IS CRISP.

PRESENTATION

- * CUT RACK OF LAMB AND ARRANGE ON A PLATE.
- * THE DISH MAY BE ACCOMPANIED BY POTATO OR A POTATO GRATIN AND ALSO WITH SEASONAL VEGETABLES SAUTÉED IN MALLORCAN OLIVE OIL SO THAT THEY ARE AL DENTE.





TROPICAL PINEAPPLE *CARPACCIO* WITH MALLORCAN OLIVE OIL AND ALMOND *PARFAIT*

SERVES 4

INGREDIENTS

1 TROPICAL PINEAPPLE

SWEET PESTO

INGREDIENTS

100 ML MALLORCAN OLIVE OIL

30 ML SUGAR SYRUP (1 PART WATER-1 PART SUGAR)

20 TOASTED PINE NUTS

20 G MELON

40 G HERBS MELISSA, MINT, BASIL, LEMON VERBENA,

TARRAGON

PREPARATION

* BLANCH ALL OF THE ABOVE, AND MIX TOGETHER WITH THE PINE NUTS, MELON, SUGAR SYRUP AND THE MALLORCAN OLIVE OIL.

ALMOND *PARFAIT*

INGREDIENTS

2 EGGS

3 YOLKS

200 G SUGAR

500 ML WHIPPED CREAM

1 SHEET OF GELATINE

50 G TOASTED GROUND ALMONDS

PREPARATION

* PREPARE A MIXTURE WITH THE EGGS, YOLKS AND SUGAR.

* PUT THE GELATINE IN COLD WATER TO DILUTE, AND THEN ADD TO THE MIXTURE WITH THE WHIPPED CREAM AND CHOPPED ALMONDS.

* LEAVE IN THE FREEZER FOR 24 HOURS.

PRESENTATION

* SERVE THE PINEAPPLE IN *CARPACCIO* FORM (VERY THIN SLICES).

* DECORATE WITH THE SWEET PESTO, A FEW DROPS OF MALLORCAN OLIVE OIL AND RASPBERRY SAUCE.

* SERVE WITH THE ALMOND *PARFAIT*.





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HIERBAS DE MALLORCA GD
GERHARD SCHWAIGER
RESTAURANTE TRISTÁN
PUERTO PORTALS, LOCAL 1. EDIFICIO CAPITANÍA, S/N
PUERTO PORTALS
MALLORCA
+ 34 971 675 547

MEDALLIONS OF ATLANTIC LOBSTER WITH PAK CHOI,
HIERBAS DE MALLORCA AND SAFFRON STOCK AND ENOKI MUSHROOMS

SOLE SANDWICH WITH POTATO GAZPACHO AND
HIERBAS DE MALLORCA AND ÑORA PEPPER SAUCE

ZABAGLIONE OF HIERBAS DE MALLORCA WITH
APPLE AND HIERBAS DE MALLORCA ICE-CREAM

4 5 6



HIERBAS DE MALLORCA GD





AN ANISEED FLAVOURED LIQUEUR WITH GEOGRAPHICAL DESIGNATION, OBTAINED FROM THE MACERATION AND/OR HYDROALCOHOLIC DISTILLATION OF AROMATIC PLANTS FROM THE ISLAND OF MALLORCA. THERE ARE THREE TYPES: SWEET, SEMI-SWEET AND DRY.

HIERBAS DE MALLORCA GD

DIRECTORATE GENERAL FOR AGRICULTURE
C. FONERS, 10 07006 PALMA
PHONE: 971 176 100
FAX: 971 176 156

GERHARD SCHWAIGER
RESTAURANTE TRISTÁN

"HIERBAS DE MALLORCA LIQUEUR IS A VERY SPECIAL INGREDIENT
AND ITS CHARACTER SHOULD PREVAIL IN THE RECIPE."



A black and white close-up portrait of a man with dark, wavy hair, looking down and to the left. He is wearing a white chef's coat. The background is blurred, showing what appears to be a kitchen or restaurant setting.

GERHARD SCHWAIGER
RESTAURANTE TRISTÁN

ALTHOUGH HE WAS BORN AND TRAINED AS A CHEF IN GERMANY, THIS BAVARIAN HAS BEEN DELIGHTING DINERS AT RESTAURANTE TRISTÁN, IN PORTALS NOUS, FOR OVER TWENTY YEARS. FROM MALLORCA, HE HAS ESTABLISHED HIMSELF AS A GREAT CHEF AT EUROPEAN LEVEL, THROUGH NUMEROUS JOURNALISTIC ARTICLES AND ESSAYS IN INTERNATIONAL GASTRONOMIC MAGAZINES. SOME OF HIS MOST NOTABLE PROFESSIONAL ACHIEVEMENTS INCLUDE THE TWO MICHELIN STARS THAT HE WAS AWARDED IN 1991 AND THE MARCELLINO PRIZE, WHICH RESTAURANTE TRISTÁN RECEIVED FOR BEST RESTAURANT OF THE BALEARIC ISLANDS IN 2000, 2001 AND 2007.

GERHARD SCHWAIGER
HIERBAS DE MALLORCA GD

MEDALLIONS OF ATLANTIC LOBSTER WITH PAK CHOI,
HIERBAS DE MALLORCA AND SAFFRON STOCK AND ENOKI MUSHROOMS

SOLE SANDWICH WITH POTATO GAZPACHO AND
HIERBAS DE MALLORCA AND ÑORA PEPPER SAUCE

ZABAGLIONE OF HIERBAS DE MALLORCA WITH
APPLE AND HIERBAS DE MALLORCA ICE-CREAM

MEDALLIONS OF ATLANTIC LOBSTER WITH PAK CHOI, HIERBAS DE MALLORCA AND SAFFRON STOCK AND ENOKI MUSHROOMS

SERVES 4

INGREDIENTS

- 2 LIVE ATLANTIC LOBSTERS, 400 G EACH
- 4 PAK CHOI LEAVES
- 200 G ENOKI MUSHROOMS

PREPARATION

- * PUT THE LIVE LOBSTERS INTO THE FREEZER FOR HALF AN HOUR BEFORE COOKING.
- * FILL A RECEPTACLE THE SAME SIZE AS THE LOBSTERS WITH SALTED WATER AND HEAT TO 70°C.
- * ADD THE LOBSTERS AND COOK AT THIS TEMPERATURE FOR 40 MINUTES.
- * REMOVE THEM AND LEAVE THEM TO COOL A LITTLE; THEN REMOVE THEIR SHELLS.
- * CUT OFF THEIR TAILS AND PINNACLES IN MEDALLIONS THE THICKNESS OF A FINGER AND SEASON THEM.
- * THE MEAT FROM THE LEGS WILL BE USED AS THE STUFFING FOR THE PAK CHOI LEAVES.

HIERBAS DE MALLORCA AND SAFFRON STOCK INGREDIENTS

- 1 L FISH STOCK
- 250 ML DRY WHITE WINE
- 125 ML WHITE PORT
- 2 TBSP OF VERMOUTH
- 30 ML HIERBAS DE MALLORCA, DRY
- 1 WHITE ONION
- CHILLI PEPPER
- LEMON JUICE
- 1 G SAFFRON
- 250 G COLD BUTTER, CUT INTO CUBES
- PEPPER AND SALT

PREPARATION

- * DICE THE WHITE ONION AND FRY IT UNTIL IT BECOMES TRANSLUCENT AND THEN ADD THE DRY HIERBAS DE MALLORCA.
- * ADD THE OTHER INGREDIENTS, EXCEPT FOR THE BUTTER AND LEAVE THE STOCK TO REDUCE BY ONE THIRD.
- * MIX IN THE COLD BUTTER AND BEAT THE STOCK FOR 5 MINUTES SO THAT IT BECOMES FROTHY.

- * ADD THE ENOKI MUSHROOMS, AND HEAT THE SAUCE ON A LOW HEAT WITHOUT LETTING IT BOIL.

STUFFING FOR THE PAK CHOI LEAVES INGREDIENTS

- 100 G SKINNED CHICKEN BREAST
- MEAT FROM THE LOBSTER LEGS
- 1 EGG YOLK
- 125 ML COLD SINGLE CREAM
- CHILE PEPPER
- LEMON JUICE
- SALT

PREPARATION

- * MIX THE COLD CHICKEN BREAST WITH THE EGG YOLK IN A BLENDER UNTIL A SMOOTH MIXTURE IS OBTAINED, SEASON AND GRADUALLY ADD THE COLD CREAM.
- * BLANCH THE PAK CHOI LEAVES IN BOILING SALTED WATER FOR 20 SECONDS AND IMMEDIATELY LEAVE TO COOL.
- * SPREAD THE LEAVES ON A CLOTH AND FILL THEM WITH THE PREVIOUSLY PREPARED MIXTURE AND THE MEAT FROM THE LOBSTER LEGS.
- * WRAP EACH LEAF IN OILED CELLOPHANE AND COOK IN THE OVEN AT 90°C FOR 10 MINUTES.

PRESENTATION

- POUR A THIN LAYER OF HIERBAS DE MALLORCA-SAFFRON STOCK ONTO A PLATE.
- PLACE LOBSTER MEDALLIONS ON TOP.
- DECORATE WITH STUFFED PAK CHOI LEAVES AND GARNISH WITH ENOKI MUSHROOMS.





SOLE SANDWICH WITH POTATO GAZPACHO AND HIERBAS DE MALLORCA AND ÑORA PEPPER SAUCE

SERVES 4

POTATO GAZPACHO INGREDIENTS

- 8 MEDIUM-SIZED POTATOES WHICH KEEP THEIR SHAPE AFTER BOILING
- 1 TSP CUMIN
- 4 BABY RADISHES
- 1 SMALL CUCUMBER
- 1 SMALL WHITE ONION
- 500 ML CHICKEN OR MEAT STOCK FLAVOURED WITH PIECES OF IBERIAN HAM
- 2 TBSP RED WINE VINEGAR
- 2 TBSP MALLORCAN OLIVE OIL
- SALT
- FRESHLY GROUND BLACK PEPPER
- LEMON JUICE
- 250 ML MILK
- NUTMEG
- 1 TBS CHOPPED CHIVES

PREPARATION

- * BOIL THE POTATOES WITH THE CUMIN UNTIL SOFT, REMOVE AND LEAVE TO COOL A LITTLE.
- * PEEL FIVE OF THE HOT POTATOES, CUT INTO SLICES, SEASON AND COAT WITH THE MEAT STOCK FLAVOURED WITH HAM. SEASON WITH VINEGAR AND MALLORCAN OLIVE OIL.
- * PEEL THE CUCUMBER AND RADISHES, REMOVE THE PIPS OF THE CUCUMBER, AND CUT INTO THIN SLICES.
- * MIX WITH THE POTATOES AND LEAVE TO STAND FOR 1 HOUR. AFTER THAT, SEASON TO TASTE.
- * PEEL THE REMAINING POTATOES AND COOK THEM AGAIN WITH THE CHOPPED ONION, MILK, AND REMAINING STOCK.
- * SEASON WITH SALT, PEPPER AND NUTMEG AND BEAT THE MIXTURE TOGETHER.
- * SUBSEQUENTLY LEAVE TO COOL, ADD POTATOES, CUCUMBER AND RADISHES AND MIX WITH THE CHIVES.

DRY HIERBAS DE MALLORCA AND ÑORA PEPPER SAUCE INGREDIENTS

- 1 RED ONION
- 2 CLOVES OF GARLIC
- 2 ÑORA PEPPERS
- 250 ML ORANGE JUICE
- 1 TBSP TOMATO PURÉE
- 1 TBSP MALLORCAN OLIVE OIL
- 20 ML DRY HIERBAS DE MALLORCA
- 1 LAUREL LEAF
- 1 TSP ESPELETTE PEPPER

PREPARATION

- * CUT THE ÑORA PEPPERS IN HALF AND REMOVE THE PIPS, THEN LIGHTLY FRY.
- * REMOVE THEM FROM THE OIL AND ADD THE CHOPPED RED ONION AND GARLIC AND FRY UNTIL GOLDEN BROWN.
- * ADD THE TOMATO PURÉE, LAUREL LEAF AND ESPELETTE PEPPER, BROWN AND THEN ADD THE DRY HIERBAS DE MALLORCA AND ORANGE JUICE.
- * REMOVE THE FLESH FROM THE ÑORA PEPPERS WITH A SPOON AND ADD TO THE SAUCE.
- * LEAVE THE SAUCE TO REDUCE, SEASON AND STRAIN.

CHICKEN FARCE INGREDIENTS

- 100 G SKINNED CHICKEN BREAST
- 1 EGG YOLK
- 125 ML COLD SINGLE CREAM
- CHILE PEPPER
- LEMON JUICE
- SALT

PREPARATION

- * MIX THE COLD CHICKEN BREAST WITH THE EGG YOLK AND THE LOBSTER LEGS IN A BLENDER UNTIL A SMOOTH MIXTURE IS OBTAINED, SEASON AND GRADUALLY ADD THE COLD CREAM.

SOLE SANDWICH INGREDIENTS

- 1 KG SOLE FILLETS
- 2 THIN SLICES OF TRAMEZZINO BREAD (ITALIAN SANDWICH LOAF)
- 200 G CHICKEN FARCE
- MALLORCAN OLIVE OIL
- PEPPER AND SALT

PREPARATION

- * SEASON THE FILLETS OF SOLE AND CUT THE BREAD INTO A RECTANGULAR SHAPE THE SAME SIZE AS THE FILLETS.
- * SPREAD A FINE LAYER OF THE FARCE ON THE BREAD, PLACE THE FILLETS OF SOLE ON TOP, SPREAD A LINE OF FARCE ON THEM OF THE THICKNESS OF A FINGER, PLACE ANOTHER FILLET ON TOP, ADD A THIN LAYER OF FARCE AND FINISH OFF WITH ANOTHER SLICE OF BREAD.
- * DO THE SAME WITH THE OTHER FILLETS OF SOLE.
- * WRAP THE SANDWICHES IN GREASED ALUMINIUM FOIL.
- * STEAM COOK IN THE OVEN FOR 12 MINUTES, THEN UNWRAP THE SANDWICHES AND FRY THEM IN A FRYING PAN WITH MALLORCAN OLIVE OIL UNTIL GOLDEN BROWN.
- * CUT INTO PIECES WITH AN ELECTRIC CARVING KNIFE.

PRESENTATION

- * POUR THE GAZPACHO SOUP INTO A BOWL AND SPRINKLE WITH HIERBAS DE MALLORCA AND ÑORAS SAUCE.
- * ARRANGE SOLE SANDWICH AND SOUP BOWL ON A PLATE AND SERVE IMMEDIATELY.





ZABAGLIONE OF HIERBAS DE MALLORCA WITH APPLE AND HIERBAS DE MALLORCA ICE-CREAM

SERVES A MINIMUM OF 4

ZABAGLIONE INGREDIENTS

3 EGG YOLKS
10 ML HIERBAS DE MALLORCA, SWEET
40 ML CHAMPAGNE
10 G SUGAR
4 SHEETS OF GELATINE, SOAKED
125 ML WHIPPED CREAM (WITHOUT SUGAR)
LEMON JUICE

PREPARATION

- * WHISK THE EGG YOLK WITH THE HIERBAS DE MALLORCA, CHAMPAGNE AND SUGAR IN A BAIN MARIE UNTIL IT BEGINS TO SOLIDIFY.
- * VERY CAREFULLY ADD THE SOAKED GELATINE AND LEAVE TO STAND FOR ONE HOUR IN THE REFRIGERATOR.
- * JUST BEFORE SERVING, CAREFULLY ADD THE LEMON JUICE AND WHIPPED CREAM.

* WHISK THE MILK, CREAM, EGGS, SUGAR AND THE FLESH OF A VANILLA POD IN A BAIN MARIE UNTIL HOT (DO NOT ALLOW TO BOIL).

* PLACE THE MIXTURE INTO AN ICE-CREAM MAKING MACHINE AND FREEZE.

* WHEN THE MIXTURE IS FROZEN AND HAS A THICK CONSISTENCY, ADD THE APPLES AND STORE IN THE FREEZER.

PRESENTATION

- * FILL SOME ICE-CREAM INTO A CHAMPAGNE GLASS WITH THE AID OF A PIPING BAG.
- * ADD SOME ZABAGLIONE WITH A SPOON.
- * COVER WITH ANOTHER LAYER OF ICE-CREAM.
- * TOP ICE-CREAM WITH A LAST LAYER OF ZABAGLIONE.

APPLE AND HIERBAS DE MALLORCA ICE-CREAM INGREDIENTS

1 LARGE APPLE
30 G RAISINS
40 ML HIERBAS DE MALLORCA, MIXED
1 PINCH OF CINNAMON
50 G BUTTER
1 SPLASH OF LEMON JUICE
250 ML MILK
250 ML CREAM
4 EGG YOLKS
2 EGGS
100 G SUGAR
HALF A VANILLA POD

PREPARATION

- * PEEL, CORE AND CUT THE APPLE AND SPLASH WITH LEMON JUICE.
- * PUT THE BUTTER INTO A FRYING PAN UNTIL IT BROWNS; ADD THE APPLE PIECES AND THE HIERBAS DE MALLORCA.
- * SEASON WITH CINNAMON AND LEAVE TO CARAMELISE COMPLETELY, AND THEN LEAVE TO COOL.







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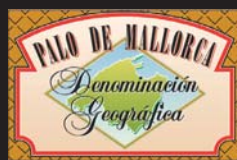
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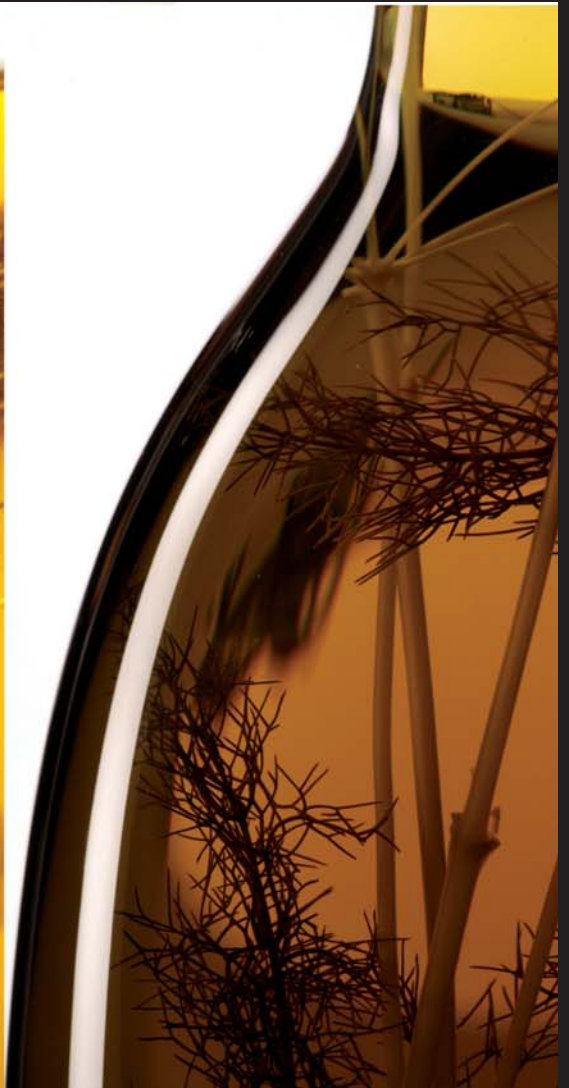
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OF THE BALEARIC ISLANDS

6 CHEFS WITH MICHELIN STARS
6 PRODUCTS WITH QUALITY DESIGNATION

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**Govern
de les Illes Balears**

Conselleria
d'Agricultura i Pesca



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