



Traditional Food to support cultural heritage in mallorca

1. DISHES

TUMBET

TUMBET IS A POPULAR TRADITIONAL MALLORCAN VEGETABLE STEW DISH

PA AMB OLI

PA AMB OLI IS A TRADITIONAL MALLORCAN DISH MADE WITH BREAD AND OLIVE OIL

SOBRASSADA

SOBRASSADA IS A SPICY SAUSAGE COMMONLY USED IN MALLORCAN CUISINE

2. INGREDIENTS

OLIVE OIL

OLIVE OIL IS A KEY INGREDIENT IN MALLORCAN COOKING

PORK

PORK IS A COMMONLY USED MEAT IN TRADITIONAL MALLORCAN DISHES

ALMONDS

ALMONDS ARE A POPULAR INGREDIENT IN MALLORCAN CUISINE, OFTEN USED IN BOTH SWEET AND SAVORY DISHES

3. HISTORY

ARAB INFLUENCES

MALLORCAN CUISINE HAS BEEN INFLUENCED BY ARAB CULINARY TRADITIONS

SPANISH CULINARY TRADITIONS

SPANISH CUISINE HAS ALSO PLAYED A ROLE IN SHAPING TRADITIONAL MALLORCAN DISHES

EUROPEAN AND MEDITERRANEAN HERITAGE

THE CUISINE OF MALLORCA HAS BEEN INFLUENCED BY ITS EUROPEAN AND MEDITERRANEAN HERITAGE

6. COOKING TECHNIQUES

SLOW COOKING

SLOW COOKING IS A TRADITIONAL METHOD OF PREPARING MANY MALLORCAN DISHES

GRILLING

GRILLING IS A COMMON COOKING TECHNIQUE USED IN MALLORCAN CUISINE

BAKING

BAKING IS ANOTHER POPULAR METHOD OF PREPARING TRADITIONAL MALLORCAN DISHES

5. SPECIALTY FOODS

FRITO MALLORQUÍN

FRITO MALLORQUÍN IS A POPULAR FRIED DISH MADE WITH MEATS AND VEGETABLES

ARROZ BRUT

ARROZ BRUT IS A TRADITIONAL MALLORCAN DISH SIMILAR TO PAELLA

PAMBOLI

PAMBOLI IS A DISH MADE WITH BREAD AND VARIOUS TOPPINGS, OFTEN SERVED AS A SNACK OR APPETIZER

4. INFLUENCES

ARAB

ARAB CULTURE HAS HAD A SIGNIFICANT IMPACT ON MALLORCAN CUISINE

SPANISH

SPANISH INFLUENCES CAN BE SEEN IN MANY TRADITIONAL MALLORCAN DISHES

ITALIAN/EUROPEAN

THE CUISINE OF MALLORCA HAS ALSO BEEN INFLUENCED BY ITALIAN AND OTHER EUROPEAN CULTURES



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