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Traditional food to support Cultural Heritage in Mallorca

Didactic Material nr. 6



Introduction

Europe strongly supports traditional food for a multitude of reasons, including its cultural significance, potential health benefits, and positive economic impact on rural areas. The EU also implements policies and programs to protect and promote traditional food products, ensuring their quality and authenticity.

The gastronomy of Mallorca reflects the island's history, culture and geography. It is an exquisite fusion of Mediterranean influences with distinctive local touches. It is a cuisine full of flavors and colors made from products that are grown on the island or come from the sea that surrounds it. The basic ingredients of Mallorcan food are fresh fish and seafood, legumes and vegetables (with tomato as the main protagonist), olive oil and pork.

What food supports mallorca's cultural heritage?

Spanish omelette: One of the most typical and traditional plates of Spanish food, in its vegan version. It only has six ingredients: chickpea flour, potato, onion, water, oil and salt. It's easy and fun to do.

Tumbet: This elaboration of eggplant, zucchini, potatoes, peppers and tomato is prepared with seasonal vegetables and greens, being a very typical summer dish.

Vegan Sobrasada: one of the most typical products of Mallorcan cuisine, this unctuous and spicy sausage is here replaced by tomatoes and nuts, paprika and local spices.

Coca de trampó: This Mallorcan food consists of a salty bread dough, the coca, covered with vegetables (peppers, onion and tomato) and cooked in the oven with oil and salt dressing.

Sopas mallorquinas: Surely one of the most typical meals of the island in the winter months, the soups are made with seitan. It is accompanied by a dry country bread that absorbs the broth.

Mallorquin vegetarian empanada: delicious and easy to do, 100% organic with vegetables from the island is a must!

Why is it important?

Traditional agricultural practices are often more environmentally friendly, relying on seasonal cycles, local varieties, and lower-impact methods - aligned with the EU's Green Deal and Farm to Fork Strategy.

With each traditional recipe we preserve, we are safeguarding a piece of Mallorca's history. Traditional food embodies the region's unique culture, its relationship with the land, and the values of its people. Supporting traditional food is essential for keeping the stories and culinary customs of Mallorca alive.

What are the benefits?

1) Empowerment of cultural identity: It helps maintain and celebrate Mallorca's unique cultural identity and historical traditions, ensuring that the island's rich heritage is kept alive and thrives.

2) Economic Boost: Traditional foods attract tourists and support local businesses, from farmers and food producers to restaurants, fostering economic growth.

If you want to support locally owned businesses you can visit Ca'n Joan de s'Aigo in Palma de Mallorca; They are a small majorcan family which has been producing homemade traditional products typical of the city for 3 centuries. They are known for their Ensaïmada de Mallorca.

Click [here](#) to see the location.

3) Community Connection: Sharing and preparing traditional mallorquin dishes strengthens family and community ties, enhancing social bonds and a sense of belonging.

4) Biodiversity: It supports the cultivation of native plants and traditional farming methods, promoting environmental sustainability and preserving mallorquin flora.

5) Historical Continuity: It ensures that valuable culinary practices and recipes are passed down through generations, keeping Mallorca's culinary legacy vibrant and connected to its past.

What can I do?

1) **Cook traditional food** when you invite friends at home for a party or for lunch. Maybe some foreigners come and discover a new traditional dish, or maybe not and everyone will celebrate its cultural roots through food!

2) When you buy food, try to **do it in a local shop that sells traditional products**. This way you will not only keep in touch with your traditional food heritage but also help it to continue existing and grow.

Instead of buying in the supermarket, you can go to a local market and buy fresh produce sold by local farmers. Check out [this youtube video](#) in which you can see what local markets you can visit in Palma de Mallorca.

3) If you choose to go to a restaurant, **search for a place that offers traditional dishes!**

Visit a page <https://www.tasteatlas.com/mallorca> and look for the traditional Mallorcan food options you would enjoy.

What have I learnt?

To value sustainability and support equity and fairness for future generations by consuming Mallorcan gastronomy. It is a unique blend of Mediterranean influences and local traditions, centered around fresh ingredients like seafood, vegetables, and olive oil. Traditional dishes such as Tumbet and Sopas Mallorquinas reflect the island's vibrant flavors and cultural heritage.

By supporting traditional cuisine I preserve Mallorca's cultural identity, boosting the local economy, fostering community ties, and maintaining biodiversity. I therefore promote nature and become aware that humans are part of nature, not separated from it.

I can act for change by cooking traditional dishes, shopping at local stores, and dining at restaurants that serve authentic Mallorcan food, helping to keep this culinary legacy alive.

All is summarized in the [European approach of Microcredentials](#).

Micro-credential 1

Understanding Social Entrepreneurship

- 1.1 Value sustainability by reflecting on personal values while critically evaluating how they align with sustainability values.
- 1.2 Supporting fairness to support equity and justice for current and future generations and learn from previous generations for sustainability.
- 1.3 Promoting nature to acknowledge that humans are part of nature; and to respect the needs and rights of other species and of nature itself in order to restore and regenerate healthy and resilient ecosystems.

Micro-credential 4

“Acting for sustainability”

- 4.2 (Collective action) to act for change in collaboration with others.
- 4.3 (Individual initiative) to identify own potential for sustainability and to actively contribute to improving prospects for the community and the planet.