



Article Side

Gastronomy in Canary Islands by [Genton Smith](#)

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These islands are commonly referred to as the happy islands as a result of the great pleasure and fun they have to offer to visitors flocking here through the year. The sandy beaches and amusing landscapes of the islands make them very interesting and they attract tourists from across the globe. The gastronomy within the island is also an amazing feature adding to the popularity of these islands.

The cuisine in the Canary Islands combines African and Spanish traditional recipes. You will also find Latin American influences on the recipes hence you can be sure to enjoy every bite of your meal while here. The meals consist of sea food, vegetables and fruits hence there is definitely something for everyone.

Papas Arrugadas is a very popular and simple recipe in the islands. It is mainly potatoes which are boiled in salt water without first getting peeled. They are then served with hot sauce made of paprika, chili peppers and garlic. The sauces are the typical dishes components and you will find each chef with a secret sauce to make a unique enjoyable meal for all. Gofio is also another traditional recipe of the Canary Islands. Invented by Guanches, the food was the staple diet of the region. It is made using flour which is grinded using a stone and is from different cereals. The flour is then added to desserts, stews, soups and ice cream.

Canary Islands's™ gastronomy also includes fish meals. They are actually some of the best places to enjoy well prepared fish which remains to be in the typical meal recipes of the region. The best recipes that you can try out while here include Sancocho Canrio and Caldereta. There are also international recipes for the sea food and fish to accommodate the different preferences of the different tourists coming here.

The Islands also cater for the needs of vegetarians. The vegetarian dishes which stand out in the Islands include Potaje de berros which is made of chick peas. It is the most popular and you will also find cheese specials. The La Palma smoked cheese are some of the best and popular but you can also try out Flor de Guia. Fruits which are exotic are also available on the islands and they make wonderful sweets and desserts. The fried bananas are some of the most popular and they are always in demand. Apart from all the food, the Canary Islands also have excellent wines to make the meal times all satisfying and smooth. El Hierri red wines and Lanzarote wines are some of the best.

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