

*Gastro  
nomy*



*local  
pro  
ducts*

*of Manacor*



Ajuntament de Manacor  
DELEGACIÓ DE TURISME

# *Wine*



# *Love and wine, for some they bring life and for others death*

Wine and Mallorca first came into contact in the sixth and seventh centuries BC, a time when the prime location of Mallorca was crucial for the Mediterranean's maritime trade. But it was not until Roman times that vines began to grow on our island and wine production began. The first vine-growing licences were granted to six Mallorcan municipalities, including Manacor.

Today in Manacor alone there are between 70 and 80 hectares of vine plantations belonging to local producers. They are the legacy of the effort, passion and hope that previous generations put into improving the quality of the final product.

Wine from several geographical designations of origin and of varying quality are produced and bottled in Manacor: Pla i Llevant DO, wine from the Balearic Islands and wine from Mallorca.

## • **Wine with the PLA I LLEVANT designation of origin**

### VINS MIQUEL GELABERT

Carrer d'en Sales, 50 · 07500 Manacor  
Tel. 971 821 444 · 659 502 662 · [www.vinsmiquelgelabert.com](http://www.vinsmiquelgelabert.com)

### VINS TONI GELABERT

Camí dels Horts de Llodrà, km 1,3 · 07500 Manacor  
Tel. 610 789 531 · 971 552 409 · [www.vinstonigelabert.com](http://www.vinstonigelabert.com)

### VINYES I BODEGUES PERE SEDA

Carrer del Cid Campeador, 22 · 07500 Manacor  
Tel. 971 550 219 · 971 844 934 · [www.pereseda.com](http://www.pereseda.com)

## • **Wine from the BALEARIC ISLANDS**

### SON VELL VINYES I VI

Finca Son Vell Nou, 226 · 07509 Manacor  
Tel. 679 313 138 · 971 465 255

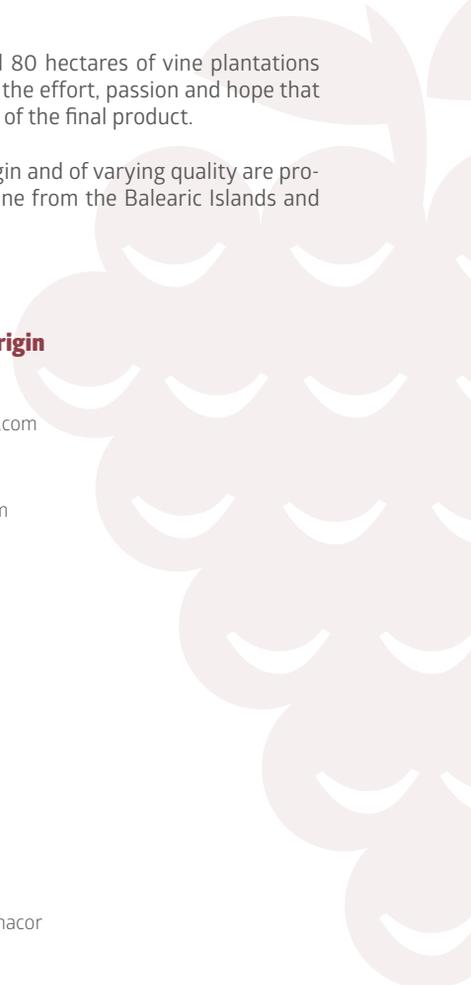
## • **Wine from MALLORCA**

### FINCA SES TALAIOLES

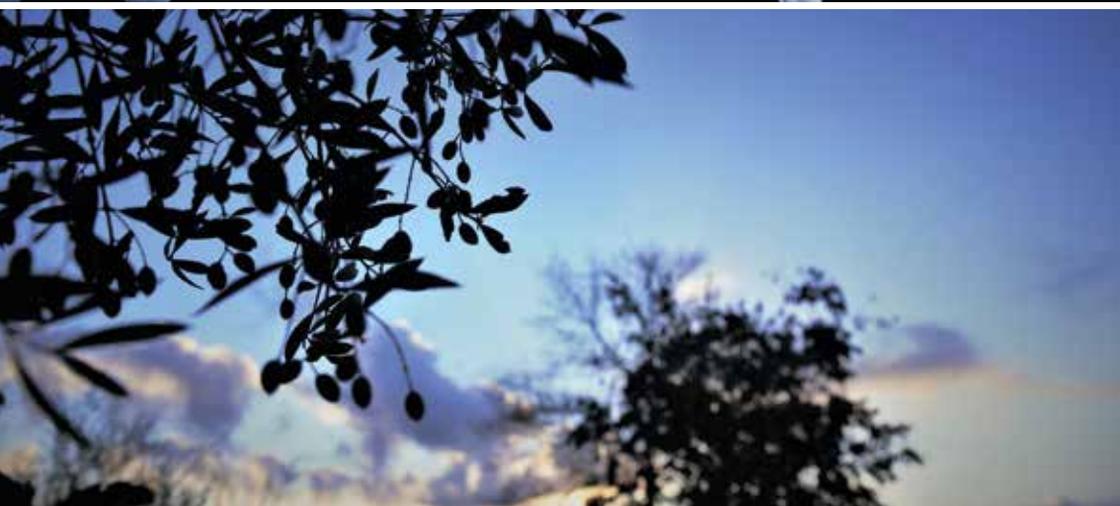
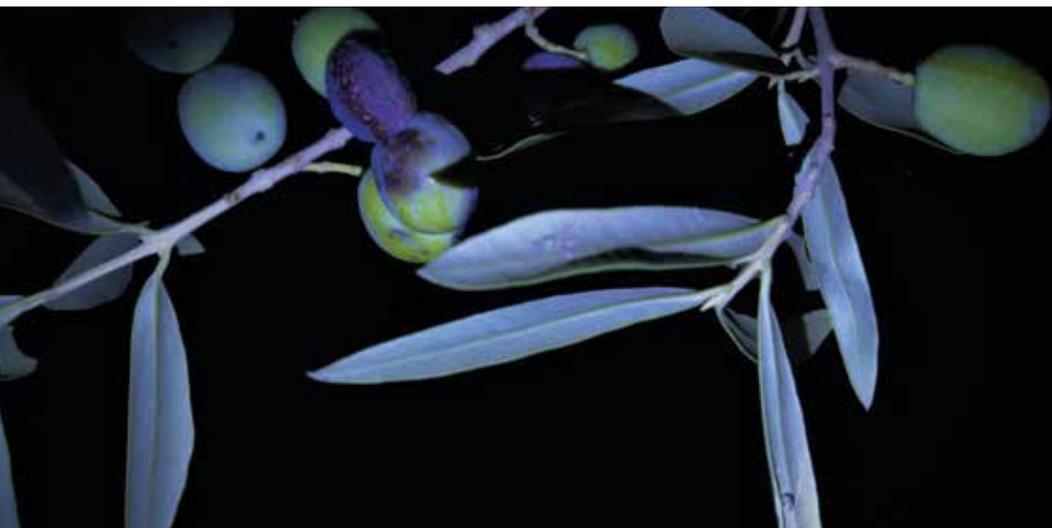
Avinguda de Baix des Cós, 46 · 07500 Manacor  
Tel. 696 459 113 · 667 572 500

### SON SUREDA RIC

Ctra. de Manacor – Colònia de St. Pere, km 6 · 07500 Manacor  
Tel. 609 777 078 · 619 486 619 · [www.sonsuredaric.com](http://www.sonsuredaric.com)



# *Oil*



## *Oil and wine, divine balm*

The olive tree, a symbol of strength, fertility and immortality, has been and remains one of the most highly prized trees throughout history in the Mediterranean. It has been ever present in mythology, literature, popular culture, legends and religion. Phoenicians and Greeks introduced the tree into the Iberian Peninsula, but it only started to grow on the island two millennia ago.

Oil production greatly impacted the islanders' lives for 300 years from the beginning of the 16th century since, from a financial viewpoint, it was the most exported product. New plantations were created in the 1980s and 1990s to introduce the continuous oil-extraction method, which led to research focused on obtaining quality oil. As a result, the *Oli de Mallorca* designation of origin was established in 2002 with the varieties we have on the island: mallorquina, arbequina, empeltre and picual.

Sayings such as 'olive oil cures all ills' or 'a good year lies ahead when oil is plentiful' demonstrate the importance of this juice from the simple olive fruit. It is easy to understand why scientists worldwide have extolled the many beneficial effects oil has on our health. It acts on our cardiovascular and digestive systems, it has antioxidant effects and it helps control diabetes and prevents some types of cancer, such as breast and colon cancer.

- **AUBOCASSA**  
Cami de Son Fangos, km 7 · 07500 Manacor – Mallorca  
Tel. (00 34) 620 215 416 · tblackman@roda.es  
www.aubocassa.com
- **ESSENCIAL (CALA MURTA)**  
Cami de Son Fangos, km 3 · 07500 Manacor – Mallorca  
Tel. (00 34) 647 819 864 · catilivers@gmail.com
- **ES FANGAR**  
Cami de Son Prohens · 07209 Son Prohens  
Tel. (00 34) 971 183 710 · info@es-fangar.com  
www.es-fangar.com



# *Organic products*



*Think globally, act locally*

The relief, soil and climate of the eastern lands of Mallorca are excellent for producing premium quality organic products.

Buying organic, seasonal produce is the best way of eating nutritional, tasty and healthy products and fulfilling a series of objectives: putting the best environmental techniques into practice, preserving natural resources as far as possible, following animal and plant welfare standards, using renewable resources integrated in local systems and reducing the distribution chain or making it disappear altogether. There are several organic estates and producers in Manacor.

- **PLAÇA DE SES VERDURES**

Plaça de la Constitució · 07500 Manacor  
Opening times: Monday to Saturday from 09.00 to 13.00

- **MÉS QUE PA**

Carrer del Mediterrani, 2 · 07680 Porto Cristo – Mallorca  
Tel. (00 34) 615 910 992 · [ecoforn@hotmail.com](mailto:ecoforn@hotmail.com)

- **ECOMERCAT HERBASANA**

Ronda del Port, 22 · 07500 Manacor – Mallorca  
Tel. (00 34) 971 837 969  
[dvdpoch@gmail.com](mailto:dvdpoch@gmail.com) · [www.ecomercat-herbasana.com](http://www.ecomercat-herbasana.com)

- **SON RAVANELL HORT ECOLÒGIC**

Camí de Conies, s/n · 07500 Manacor – Mallorca  
Tel. (00 34) 622 286 570

- **SA TEULERA**

Carrer d'Ortega i Gasset, 13 · 07500 Manacor – Mallorca  
Tel. (00 34) 971 823 129 · 971 183 474  
[ecosateulera@hotmail.es](mailto:ecosateulera@hotmail.es)

# Jams



## Good jam is sold in a small jar

Although Manacor is more popularly known as the city of furniture and pearls, its culinary delights are many and they include jams made in a traditional way by the Benedictine nuns at La Santa Família convent and by Magdalena Perelló.

The origin of jam is not at all clear.

*Sweet apple* is the literal translation of the Latin word *melimelum*, in other words, *marmalade*. As this preserve has been highly valued for thousands of years, it might also owe its origin to the Portuguese word *marmelo*, which means *quince*. However, the word *confiture* comes from the Latin *conficere*, which means prepare.

As jam is so useful, it has been around in the world for centuries. In fact, creamy jams are also made in the capital of the Llevant region. The results of this delicate manual work include traditional fig jam and specialities such as pear with chocolate, *cabello de ángel* (pumpkin jam), watermelon and tomato.

- **MONGES BENEDICTINES**  
Monestir de La Santa Família, camí de na Bosca, s/n  
07500 Manacor – Mallorca  
Tel. (00 34) 971 551 484  
benedictinessantafamilia@hotmail.com

- **MAGDALENA PERELLÓ CAÑELLAS**  
C. del Romani, 14 · 07687 s'Illot – Mallorca  
Tel. (00 34) 686 123 069

# *Typical cakes and pastries of Manacor*



## *Sospiros, amargos and pastel de pobre*

**Sospiros**, ingredients, such as wheat flour, sugar, eggs, cinnamon and grated lemon rind. Although they look coarse and robust, hidden inside is much sweetness and originality. In the past, they were made by all the patisseries and bakeries in the city. Unfortunately, only one bakery, Can Munar, still faithfully follows the traditional recipe and sells them all year round.

Anything that isn't shared is lost, and there are traditions that we shouldn't lose: the traditional *sospiros* recipe has passed down from generation to generation for many years in Manacor families. Perhaps this product has not been as successful as it deserves to be because it is unknown. Such a characteristic, delicious and typical biscuit from Manacor should not be allowed to disappear.

- **FORN DE CA'N MUNAR**

C. d'Artà, 35 · 07500 Manacor · Tel. 971 550 934

---

**Amargos**, which means 'bitter', are a typical traditional pudding from Manacor in the shape of a flat biscuit made with almonds, egg white, sugar, cinnamon, grated lemon rind and some also contain grated coconut. It gets its name (bitter) from the bitter almonds that it used to be made from.

In the past, *amargos* were only eaten on major feast days, such as Christmas or St Anthony. These days they can be found in many patisseries and in some traditional bakeries all year round.

- **FORN DE CA'N MUNAR**

C. d'Artà, 35 · 07500 Manacor · Tel. 971 550 934

- **FORN PASTISSERIA CA'N TERÉS**

Av. des Torrent, 53 · 07500 Manacor  
Tel. 971 551 105 · [www.canteres.com](http://www.canteres.com)

---

**The pastel de pobre**, which means 'poor cake', was first made by the patisserie Can Roca in Manacor and it came about by chance around 30 years ago. The former owners put together left-over puff pastry and confectioner's cream to create a quick pudding to surprise their friends, who protested by saying 'what a "poor" dessert you've made for us'. The name and the recipe of this cake stem from that anecdote.

Famous throughout Mallorca, this cake consists of three layers of puff pastry and two of confectioner's cream (milk, vanilla and sugar), topped with burnt egg yolk and coconut on the sides.

- **PASTISSERIA CA'N ROCA**

C. Major, 6 · 07500 Manacor  
Tel. 971 550 622

# Ensaïmada



## Esteemed ensaïmada

*Ensaïmada* is the most characteristic and popular pastry from Mallorca. The dough is made of hard wheat flour, water or milk, eggs, sugar, lard and yeast. Originally from Mallorca and gradually exported to other places, it is regulated by a protected geographical indication. There are different sizes and varieties. Besides the classic *ensaïmada*, they can also be filled with *cabello de àngel* (pumpkin jam), cream, confectioner's cream, chocolate and even *turrón* (Spanish nougat), apricot and *sobrassada* (pork sausage).

- **FORN CA'N TÒFOL**  
Rambla del Rei En Jaume, 13,  
passeig del Ferrocarril, 52  
and plaça d'En Joan March, 10  
07500 Manacor · Tel. 971 553 130  
[www.panaderiascantofol.es](http://www.panaderiascantofol.es)
- **FORN PASTISSERIA CA'N TERÉS**  
Av. des Torrent, 53 · 07500 Manacor  
Tel. 971 551 105 · [www.canteres.com](http://www.canteres.com)
- **FORN CA'N RIBOT**  
C. de la Verònica, 4 · 07500 Manacor  
Tel. 971 550 637
- **CA'N BEÑÓ**  
C. de l'Escrivania Reial, 6 · 07500 Manacor  
Tel. 971 550 569  
C. d'Isabel Montaner, 41- 07680 Porto Cristo  
Tel. 971820710
- **PASTISSERIA RAMIS**  
C. de na Balèria, 3 · 07500 Manacor  
Tel. 971 552 603
- **CA'N RAMIRO**  
Av. dels Pins, 52 · 07680 Porto Cristo  
Tel. 971 82 10 64
- **SUPERMARKET RIUS**  
Plaça de la Savina, 1 · 07687 s'Illot – Cala Morlanda  
Tel. 696 065 192
- **PANADERIA, PASTISSERIA MARISOL**  
Av. dels Pins, 21 · 07680 Porto Cristo · Tel. 971 822 879
- **FORN CA'N MONSERRAT**  
Av. dels Pins, 37 · 07680 Porto Cristo · Tel. 971 821 415

# Sobrassada



*You cannot make sobrassada without blood*

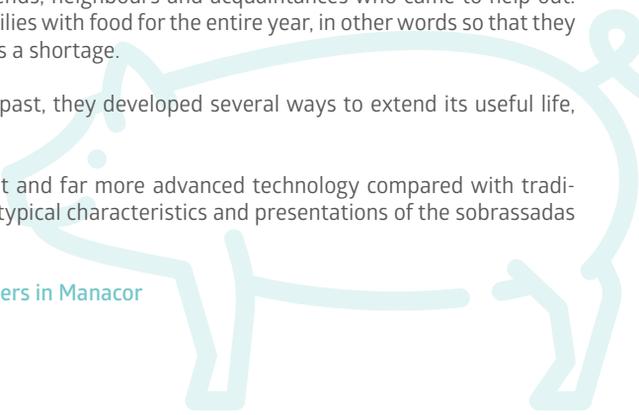
*Sobrassada*, a traditional Mallorcan product regulated as a protected geographical indication, is a sausage made from finely chopped raw pork seasoned with salt, black pepper and paprika or cayenne pepper. The name of the *sobrassada* differs according to its shape: longaniza, poltru, bufeta, rizada, etc.

As *sobrassada* was a star product, most of the pig killed at the typical *matances* was used for it. The pig was fattened throughout the year for the winter *matances* (slaughters). This was a family tradition, a fiesta that brought together family, friends, neighbours and acquaintances who came to help out. *Matances* were celebrated to provide families with food for the entire year, in other words so that they would have meat stored in case there was a shortage.

As they needed to preserve meat in the past, they developed several ways to extend its useful life, such as mincing, seasoning and maturing.

Producers currently have new equipment and far more advanced technology compared with traditional tools, but they have preserved the typical characteristics and presentations of the *sobrassadas* made traditionally at family *matances*.

[Sale of \*sobrassada\* in factories and butchers in Manacor](#)



Recipe

# CRUNCHY *SOBRASSADA* WITH CHEESE AND JAM

**Type:** starter  
**Difficulty:** easy

## Ingredients

- Puff pastry sheets
- *Sobrassada*
- Cheese
- Your preferred jam

## Preparation

- Cut the puff pastry into 10-cm-wide strips.
- Place the cheese on top of the pastry. Next, spread *sobrassada* over it and then a layer of jam.
- Roll into tubes and put them in the oven at 180°C until they are golden brown and crunchy.



Recipe

# RACK OF LAMB WITH WINE SAUCE

**Type:** main course

**Difficulty:** moderate



## Ingredients

- 1 rack of lamb
- 100 g of carrot
- 75 g of onion
- 50 g of ripe tomato
- 100 ml of red wine
- 20 g of honey
- 1 Spoonful of wine vinegar
- 3 Sprigs of rosemary
- Salt
- Black pepper
- Olive oil
- Coarse salt

## Preparation

### Wine sauce:

- Peel the carrots, the onion and the tomato and cut them into similar-sized pieces.
- Put a spoonful of oil in a frying pan and heat. When it is hot, add the vegetables and season with salt and black pepper. Cover the pan and fry on a low heat for half an hour. Stir occasionally so that it doesn't stick. Add the wine and two sprigs of rosemary, cover the pan with a lid and leave it to cook on the lowest heat for an hour.
- Strain the sauce. You need to press the vegetables so that you get all their juice. Put the sauce in a saucepan and heat. Add the honey and vinegar and let the sauce boil for 10 more minutes.

### Rack of lamb:

- Preheat the oven to 200°C.
- Heat a griddle pan. When it is quite hot, add the oil and the other sprig of rosemary so that the oil takes on the taste.
- Score the rack of lamb on all sides, season it with coarse salt and put it in the oven for 10–15 minutes.
- \* The dish can be accompanied with baked potatoes or boiled or fried seasonal vegetables.



Recipe

# SWEET RUBIOLS FILLED WITH JAM



**Type:** dessert/tea

**Difficulty:** easy

## Ingredients (for half a dozen)

- 330 g of hard wheat flour
- 110 ml of sweet wine
- 100 ml of olive oil
- your preferred jam

## Preparation

- Mix the flour, wine and olive oil together in a bowl until you get a dough. Let it rest for about 10 minutes while you prepare the filling.
- Preheat the oven to 180°C.
- Stretch a piece of dough until it forms a circle. Put a spoonful of jam in the middle and close it to form a half-moon shape. Close the joints with your fingers or with a fork.
- Put them in the oven until they go golden brown, remove them and let them cool.

\*You can sprinkle a little bit of icing sugar on top as a final touch.



Recipe

# ARROZ BRUT (RICE DISH)



**Type:** first course

**Difficulty:** moderate

## Ingredients (for four people):

- 500 g of rice
- 750 ml of water
- ½ a rabbit
- 1 pigeon
- 125 g of pork chop
- ¼ of *butifarrón*
- 150 g of mushrooms
- 150 g of *sobrassada*
- 1 onion
- 2 small tomatoes
- 100 g of peas
- 100 g of artichoke
- 8 strands of saffron
- 1 garlic clove
- 1 bunch of parsley
- 1 chilli pepper
- A pinch of thyme
- Olive oil
- Pigeon liver

## Preparation

- Clean the meat and chop it up. Put some olive oil and *sobrassada* in a pan, add the meat and cook it until it is golden brown.
- Chop the onion and grate the tomato. When the meat is golden brown, add the onion, and when the onion starts to become transparent, add the tomato.
- Add the water (750 ml) and salt, turn down the heat and cook the meat for around 30 minutes.
- Crush the garlic clove in a mortar with a little olive oil, the parsley, saffron strands, chilli pepper, a little thyme and the pigeon liver.
- Clean and chop the mushrooms and prepare the peas.
- As a last step, add the rice to the pan with the *butifarrón*, mushrooms, peas, and the crushed contents of the mortar. Add a little more salt and let it cook all together for around 20 minutes.
- Cover it and let it rest for a few minutes. The result should be a slightly creamy rice with some broth.



# *Sample of local products*

>> In the Manacor Tourism Office  
from Monday to Friday from 9:00 a.m. to 13:00 p.m.

>> In Plaça de Ses Verdures  
from Monday to Saturday from 9:00 a.m. to 13:00 p.m.

*Gas  
tro  
nomy*



*local  
pro  
ducts*

*of Manacor*



Consell de Mallorca

