

LA SAFOR TRADITIONAL DISHES

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LA SAFOR

- **LA SAFOR IS A SHIRE WITH LOTS OF TRADITIONAL DISHES.**
- **SOME OF THEM ARE COOKED ONLY IN LA SAFOR WHILE OTHER RECIPES ARE PREPARED IN ALL VALENCIAN REGION.**
- **WE ARE GOING TO SHOW SEVERAL TYPICAL DISHES WITH PHOTOS AND WE HOPE YOU WILL LIKE THESE DISHES.**

FIDEUÀ



Fakus
Directo al Paladar

IT IS A TYPICAL DISH OF GANDIA. IT WAS INVENTED BY GANDIA FISHERS AND IT IS PREPARED WITH NOODLES, SQUID, MONKFISH, SHRIMPS, GARLIC, ONION AND FISH SOUP. IT IS COOKED IN THE SAME RECIPIENT THAN PAELLA

PAELLA

IT IS A TYPICAL DISH OF VALENCIAN REGION CAN BE COOKED WITH MEAT OR FISH

IN THE FIRST CASE, THE INGREDIENTS ARE: RICE, VALENCIAN LEGUMES LIKE GREEN BEANS AND BIG WHITE BEANS (GARROFONS), CHICKEN, RABBIT, TOMATO, OLIVE OIL, WATER, SALT AND SAFFRON (SOME TIMES YOU CAN ADD OTHER INGREDIENTS LIKE SNAILS, PORK RIBS, GARLIC, ROSEMARY, DUCK, ARTICHOKE, RED PEPPER AND, IN LA SAFOR, MEATBALLS).



ARRÒS AL FORN (OVEN RICE)



**IT IS A TYPICAL DISH OF VALENCIAN REGION
THAT IS COOKED IN GANDIA AS WELL**

**THE INGREDIENTS ARE: RICE, BLOOD SAUSAGE,
PORK BELLY, CHICKPEAS, STEW BROTH, GARLIC,
POTATO, TOMATO AND PORK. IN SOME PLACES
THEY ADD RED PEPPER, CHICKEN OR SAUSAGES.**

**YOU PUT ALL THE INGREDIENTS IN A CLAY
CONTAINER AND PUT IT IN THE OVEN.**

ARRÒS AMB COSTRA (RICE WITH CRUST)

**IT IS A TYPICAL DISH OF VALENCIAN REGION
THAT IS COOKED IN LA SAFOR AS WELL,
ESPECIALLY IN OLIVA**

**IT IS VERY SIMILAR TO OVEN RICE BUT YOU
PUT BEATEN EGGS ON THE TOP BEFORE
COOKING THE RICE IN THE OVEN. O, YOU FORM
A CRUST ON THE TOP OF THE RICE.**



COQUES DE DACSA (CORN TORTILLA)



IT IS A TYPICAL DISH OF LA SAFOR

THE INGREDIENTS OF THE MASS ARE: CORN FLOUR, WHEAT FLOUR (OPTIONAL), WATER, SALT AND OLIVE OIL.

TO FILL THE TORTILLA YOU CAN ADD:

- ANCHOVIES, TUNA FISH, BOILED EGG, RED PEPPER AND KETCHUP.**
- SHRIMPS AND CHARDS.**

PUTXERO (VALENCIAN STEW OR SOUP)



IT IS A TYPICAL DISH OF THE VALENCIAN REGION.

THE INGREDIENTS ARE: VEGETABLES LIKE CARROT, POTATO AND CABBAGE; CHICKPEAS, CHICKEN, BEEF, HEN MEAT, AND MEATBALLS.

YOU SERVE THE SOUP SEPARATELY FROM THE REST OF THE MEALS AND EVERYBODY WILL DECIDE HOW TO EAT IT.

TORRÀ (BARBEQUE)



IN A LOT OF PLACES IN THE WORLD IS TYPICAL. IN VALENCIA WE CALL IT TORRÀ AND WHAT WE COOK IS: LAMB CHOPS, WHITE AND RED SAUSAGES, BLOOD SAUSAGES. PORK BELLY, FIGATELLS AND SO ON



FIGATELLS



IT IS A PRODUCT TYPICAL OF LA SAFOR.

IT IS MADE OF: PORK MEAT, PORK LIVER, PORK KIDNEYS, BLACK PEPPER, PINIONS, GROUND NUTMEG, OLIVE OIL, SALT AND A PART OF THE PORK STOMACH. YOU HAVE TO MIX ALL THE INGREDIENT LIKE IN A BURGER AND THEN YOU HAVE TO COOK IT ON THE BARBEQUE.

IT IS USUAL SERVE TO IT WITH BREAD AND A LITTLE MUSTARD.