



Welcome to the Barcelona-Maresme Coast

Welcome to the Barcelona – Maresme Coast, a region to visit all year round with an excellent climate. It combines the richness of a tourist area of international renown with beautiful Mediterranean beaches and lively sports ports, culture, gastronomy and the traditions of its popular celebrations, with the green spaces of its two natural parks.

El Maresme is one of the great vegetable gardens of the country, rich in local products as is demonstrated by the more than 50 gastronomy days programmed throughout the year, witness to the richness and variety of the culinary culture of the region. Several of its products have acquired an excellent reputation, such as the pèsols de la floreta and the garrofal (varieties of sweet peas) in the vicinity of Sant Andreu de Llavaneres, Caldes d'Estrac and Mataró, the strawberries of the Vallalta region and the Roca cherries of Arenys de Munt (in spring), the tomàquet rosa (tomatoes) of El Maresme (in summer), the squid, shrimp, prawns and clams of Arenys de Mar, the white beans or fesols del ganxet of Malgrat de Mar and Palafoles and the wild mushrooms of the Lower Maresme (in autumn).

The cuisine – with a prevalence of fish suquets (stews) and stews featuring locally grown vegetables- boasts an accredited complement: the denomination of origin of Alella, famous, above all, for the quality of its white wines.

The DO Alella is an urban vineyard, situated between sea and mountains. The most characteristic grape variety is the pansa blanca (xarello). The white wines, accounting for the majority of production, are the result of combining the virtues of various grape varieties. A visit to one of the existing wineries will unlock the secrets of this excellent wine. Visitors can also attend the Grape Harvest Festival in the month of September, and the Grape and DO Alella Wine Gastronomy Days in November, organized between various municipalities of El Maresme.

For more information: download the **Guide to El Maresme to your cell phone**:

- > SMS "Maresme" 5195 (0.15 euros + IVA)
- > URL to cell phone <http://mobi.baturamobile.com/maresme>
- > Bluetooth, by coming close to the headquarters of the Consortium
- > From PC to cell phone, for information on how to download depending on phone model, visit the web of the Consortium at

www.costadebarcelonamaresme.cat

We wish you a pleasant stay in our land and hope that by the time you leave you will have gotten to know El Maresme a little better.



Foto: Publintur



Gastronomy Days in El Maresme

FEBRUARY

- Sopa de recapte (soup with meat, vegetables and pasta), Arenys de Mar
- Aranese Cuisine Days, Cabrils

MARCH

- Spring Gastronomy Days: La Pesolada (sweet peas), Caldes d'Estrac
- Gastronomy Days featuring Mataró's special dish: Peas with cuttlefish and potatoes, Mataró
- El Maresme Sweet Peas Gastronomy Days, Mataró, Cabrils, Sant Andreu de Llavaneres and Vilassar de Mar
- Codfish Week, Pineda de Mar

APRIL

- Spring Gastronomy Days: La Pesolada (sweet peas), Caldes d'Estrac
- Gastronomy Days featuring Mataró's special dish: Peas with cuttlefish and potatoes, Mataró
- El Maresme Sweet Peas Gastronomy Days, Mataró, Cabrils, Sant Andreu de Llavaneres and Vilassar de Mar
- Sweet Pea Festival, Sant Andreu de Llavaneres
- Strawberry Gastronomy Days in the Vallalta Region of El Maresme, Arenys de Munt, Canet de Mar, Sant Cebrià de Vallalta, Sant Iscle de Vallalta and Sant Pol de Mar

MAY

- Strawberry Gastronomy Days in the Vallalta Region of El Maresme, Arenys de Munt, Canet de Mar, Sant Cebrià de Vallalta, Sant Iscle de Vallalta and Sant Pol de Mar
- Strawberry Day, Arenys de Munt, Sant Pol de Mar and Sant Cebrià de Vallalta
- Trade and Gastronomy Fair, El Masnou
- Cooking Show, Santa Susanna

JUNE

- Roca Cherry Gastronomy Days, Arenys de Munt
- Roca Cherry Fair, Arenys de Munt
- Renaissance Festival Gastronomy Days, Calella
- Spring Cuisine, Pineda de Mar

JULY

- Taste of Summer, Vilassar de Mar
- Roca Cherry Gastronomy Days, Arenys de Munt
- El Maresme Tomato Gastronomy Days, Premià de Mar, Caldes d'Estrac, Premià de Dalt, Mataró, Cabrils, Sant Andreu de Llavaneres, Arenys de Mar and Argentona

AUGUST

- Gastronomy, Trade and Crafts Show, Cabrils

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Consorci de Promoció Turística Costa del Maresme

93 741 11 61
[www.costadebarcelona
maresme.cat](http://www.costadebarcelona
maresme.cat)

Arenys de Mar

93 792 26 01
www.arenysdemar.cat

Caldes d'Estrac

93 791 05 88
www.caldetes.cat

Calella

93 769 05 59
www.calellabarcelona.com

Canet de Mar

93 794 08 98
93 794 39 40
www.canetdemar.cat

Malgrat de Mar

93 765 38 89
93 765 56 80
www.turismemalgrat.com

El Masnou

93 540 62 00
www.elmasnou.cat

Mataró

93 758 26 98
www.mataro.cat

Pineda de Mar

93 762 50 38
www.pinedademar.org

Sant Pol de Mar

93 760 45 47
www.santpol.cat

Santa Susanna

93 767 90 08
[www.stasusanna-
online.com](http://www.stasusanna-
online.com)

Teià

93 540 93 50
www.teia.net



- El Maresme Tomato Gastronomy Days, Premià de Mar, Caldes d'Estrac, Premià de Dalt, Mataró, Cabrils, Sant Andreu de Llavaneres, Arenys de Mar and Argentona

SEPTEMBER

- Grape Harvest Festival, Alella and Cabrera de Mar
- "OKTOBERFEST" Beer Festival, Calella
- Iberian Cuisine Gastronomy Day, Premià de Dalt

OCTOBER

- Calamarens (squid) Gastronomy Days, Arenys de Mar, Arenys de Munt, Caldes d'Estrac, Canet de Mar and Sant Vicenç de Montalt
- Wild Mushrooms of El Maresme Gastronomy Days, Arenys de Munt, Vilassar de Dalt and Sant Vicenç de Montalt
- Wild Mushroom Fair, Cabrils, Premià de Dalt, Sant Iscle de Vallalta, Teià and Vilassar de Dalt
- "OKTOBERFEST" Beer Festival, Calella
- Wild Mushroom & el Nat Fair, Vilassar de Dalt
- Sea Market Gastronomy Show, Premià de Mar

NOVEMBER

- Wild Mushrooms of El Maresme Gastronomy Days, Arenys de Munt, Cabrils, Sant Vicenç de Montalt, Sant Iscle de Vallalta, Premià de Mar, Palafolls and Mataró
- Wild Mushrooms Gastronomy Days, Mataró
- Wild Mushroom Show and Tasting, Premià de Dalt
- Grape and DO Alella Wine Gastronomy Days: Alella, El Masnou, Montgat, Premià de Dalt, Premià de Mar, Teià, Tiana, Vallromanes and Vilanova del Vallès



Sant Pau



Hispania

Restaurants with Michelin stars

Sant Pau

*Carrer Nou, 10
Sant Pol de Mar
Tel. 93 760 06 62*

*

Hispania

*Carretera Real, 54
Arenys de Mar
Tel. 93 791 04 57*





Gastronomy Days in El Maresme

- Fesol del Ganxet (white beans) Gastronomy Days, Malgrat de Mar
- White Bean Gastronomy Days and La Mongetada (white bean feast), Caldes d'Estrac
- Stuffed Apples practical workshops, Arenys de Munt
- Stuffed Apples Show, Arenys de Munt
- Nouveau Wine Show, Argentona
- Promotion of Typical Products, Sant Andreu de Llavaneres
- Gastronomic Autumn, Pineda de Mar

DECEMBER

- Wild Mushrooms of El Maresme Gastronomy Days, Palafolls, Premià de Mar
- Fesol del Ganxet (white beans) Gastronomy Days, Malgrat de Mar



Popular Events

JANUARY

- Popular Escudellada (stew), Sant Vicenç de Montalt

FEBRUARY

- Popular Sardine Roast, Premià de Dalt
- Popular Sausage Roast, Arenys de Mar
- Omelet Show, Santa Susanna
- Popular Escudellada (stew), Pineda de Mar

MARCH

- Popular Calçotada (roasted spring onions with special sauce), Pineda de Mar
- Popular Calçotada (roasted spring onions with special sauce), Premià de Dalt

APRIL

- Popular Artichoke Feast, Pineda de Mar
- Popular Rice Competition, Arenys de Munt
- Popular Fritter Feast, Calella
- Popular White Bean Feast, (Palm Sunday Fair – Market), Tordera
- Popular Rice Feast, (Town Festival), Vilassar de Mar

MAY

- Popular Rice Feast, Sant Cebrià de Vallalta
- Popular Rice Feast, Premià de Dalt
- Popular Strawberry Feast, Sant Pol de Mar
- Popular Omelet Competition, Cabrils
- Popular Rice Feast, Cabrils





- All i oli Competition (garlic and olive oil mayonnaise) and Popular Sausage Roast, Calella
- Popular White Bean Feast, Pineda de Mar
- Popular Mussel Feast, Pineda de Mar
- Popular Strawberry Cake Competition, Sant Pol de Mar
- Popular Rice Feast, Tordera

JUNE

- Rebombori Popular Dinner, Premià de Mar
- Home-made Cake Show, Pineda de Mar
- Town Festival Menus, El Masnou
- Rice Gathering, Alella
- Paella Competition and Popular Rice Feast, El Masnou
- TAST Tiana Gastronomy and Wine Show, Tiana

JULY

- Popular Mussel Feast, Canet de Mar
- Cuisines of the World (Town Festival), Premià de Mar
- Popular Sausage Roast (Town Festival), Premià de Mar
- Popular Paella (Town Festival), Premià de Mar
- Popular Sardine Roast (Town Festival), Premià de Mar

AUGUST

- Sardine Roast "Sailor's Night", Calella
- Popular Sausage Roast, Pineda de Mar
- Popular Sardine Roast (Town Festival), Pineda de Mar
- Tomato Bread and Taste of the Town Festival, Vilassar de Dalt

SEPTEMBER

- Snail Cooking Competition, Canet de Mar
- Rice Dish Competition and Giant Paella, Calella
- Popular Sardine Roast, Sant Pol de Mar

NOVEMBER

- Stuffed Apples Workshop and Competition (Town Festival), Teià





Recipes

Strawberries

Bundled crunchy chicken stuffed with strawberries with sweet-and-sour sauce

Ingredients:

- 4 chicken thighs (drumsticks attached)
- 1/2 kg Sant Pol "Pàjaro" strawberries
- 40 ml soy sauce
- 3/4 l Port wine
- 30 ml olive oil
- Salt and pepper

Preparation:

Carefully debone chicken, conserving its texture, salt and pepper to taste and let sit while we clean the Sant Pol "Pàjaro" strawberries and cut them into quarters. These serve for both the sauce and stuffing.

Stuff the chicken with the strawberries, tie chicken well and bake in oven at 200° for 15 minutes.

While the chicken is baking, we will make the sauce used to perfume the dish.

In a frying pan, sauté the strawberries in a generous splash of olive oil, then flame them with Port wine and leave them to slowly reduce, add soy sauce and let the reduction continue on low heat, stirring to thicken until the sauce obtains a quasi-crystallized texture.

When both the bundles and the sauce are ready, we will proceed to the presentation of the dish; lightly fry the chicken to give it a slightly crunchy texture, slice a few strawberries and arrange them in a fan shape on the plate, dress the chicken with the sweet-and-sour reduction of strawberries in Port wine that we prepared earlier.

Restaurant La Selva, Sant Pol de Mar





Mushrooms

Sea bass with black trumpets in a crust

Ingredients:

- 1 sea bass 200 to 250 g in two filets
- 80 g black trumpet mushrooms (horn of plenty mushrooms)
- 1 sheet puff pastry 20x20
- onion
- red and green peppers
- tomato
- garlic
- a sprinkling of fresh parsley
- egg
- olive oil
- salt

Preparation:

Peel tomato and remove seeds. Sauté together with all the vegetables on low heat. When done, add trumpets and a little water to soften them.

Cut puff pastry in triangle shape. Sprinkle the sea bass filets with oil and salt and place one of them on the widest part of the pastry, cover with trumpets and cover with the second filet forming a sandwich.

Roll up the sea bass and tuck in the edges of the pastry, brush with beaten egg and bake in oven for 20 minutes at 180°.

Accompany with salad or steamed vegetables.

Restaurant Clàssic, Dosrius





White beans

Fried eggs with foie gras and fesols del ganxet (white beans) from Malgrat

Ingredients:

- 400 g cooked Fesols del Ganxet from Malgrat (white beans)
- 100 g fresh duck foie gras
- 2 large eggs

Preparation:

Sauté the pieces of foie gras in a frying pan without oil on low heat. The foie gras will release its own fat. When part of this fat is dissolved, add the white beans, which had been previously soaked and boiled the day before, and lightly sauté so that they absorb the flavor of the foie gras.

Lightly fry two large eggs; they shouldn't be overcooked. Arrange the white beans and pieces of foie on a plate, place the two fried eggs on top and cut them into pieces using two knives mixing the yolk with the beans and foie. Serve immediately.

Restaurant Arc de Tapes, Malgrat de Mar



Tomatoes

Candied tomatoes al paller with foie gras and a reduction of Pedro Ximenez

Ingredients:

- 8 tomatoes
- 50 g sugar
- 1 tablespoon sweet anis liquor
- 200 g foie gras
- Reduction of Pedro Ximenez sherry
- Maldon salt
- small glass of olive oil

Preparation:

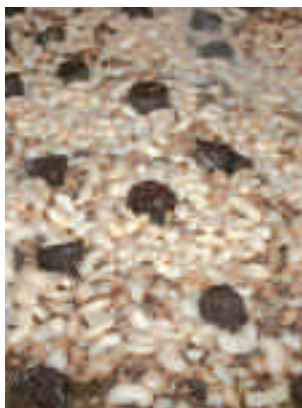
Wash and blanch tomatoes. Peel tomatoes and cut into quarters

Arrange the tomatoes in an ovenproof dish and sprinkle with oil, sugar and the anis.

Bake for approximately 1 hour at 150°C. When finished, arrange on plate (approximately 2 tomatoes per person). Score the foie gras and place on top of tomatoes.

Top with a trickle of the reduction of Pedro Ximenez and Maldon salt to taste.

El Paller Restaurant, Premià de Mar





Peas

Cuttlefish with peas

Ingredients:

- 1 cuttlefish 500 g
- 1/2 kg shelled sweet peas
- 3 spring onions
- 2 garlic shoots
- tomatoes
- 1 glass of Alella white wine,
- 1 small glass of olive oil
- 1/2 liter of sugar water
- pinch of salt

For the ground mixture:

- 50 g almonds and hazelnuts
- 1 piece dried nora pepper
- 1 cove of garlic
- fresh parsley

Preparation:

Put olive oil and cold sliced pieces of cuttlefish in a casserole dish. Cook until water from the cuttlefish has evaporated, add spring onions and garlic shoots followed by the grated tomatoes. When cooked, pour in white wine and reduce. Add sweet peas, salt to taste. Cover with sugar water. When the cuttlefish is tender, add the ground mixture. To make the ground mixture: grind almonds, hazelnuts, nora, garlic and parsley together in a mortar and pestle, dissolve with a little water. This dish can be served with all i oli (garlic mayonnaise).

Gremi d'Hostaleria i Turisme de Mataró i el Maresme (Hotel, Catering and Tourism Guild of Mataró and El Maresme)



Artichoke

Fresh artichoke carpaccio with shredded codfish

Ingredients:

- 4 artichokes
- salt
- pepper
- 200 g shredded codfish
- For mustard vinaigrette: Modena vinegar, 1 tsp Dijon mustard, salt and pepper

Preparation:

Boil artichokes for 2 minutes, slice thinly and arrange on plate. Spread 50 g per serving of shredded codfish (previously desalted) on top of artichokes and top with lines of vinaigrette using a feeding bottle with an elongated top.

Restaurant Diagonal, Pineda de Mar

