



12 Recipes

USING SEASONAL
VALENCIAN INGREDIENTS



Delicious
València

12 Recipes

USING SEASONAL
VALENCIAN INGREDIENTS

12 Recipes

USING SEASONAL
VALENCIAN INGREDIENTS

Valencia does more than follow trends: it is a sustainable city that has always relied on what are now known as locally sourced products. Since the time of antiquity, it has been supplied by a fertile local network of seasonal products. The farming area known as L'Horta and its crops, La Albufera Lagoon, the Mediterranean Sea, and livestock from neighbouring inland areas – with the Guirra sheep as a native emblem – all provide the city with excellent foodstuffs. This guide pays tribute to this philosophy of life in two ways: firstly, by highlighting the vegetables, fruits, meat and fish available year-round. Secondly, it showcases the strong local culinary scene, both modern and imaginative, with a reverential respect for a way of cooking that dates back more than 2000 years.

Our restaurant professionals are the successors to Valencia's culinary culture and practices. Sustainability has also been incorporated into this publication's design, with original illustrations by María Barrachina produced using inks made directly from plants which form an indissoluble part of Valencia's DNA.

If you want more details on Valencia's food sustainability model, its products, recipes, traditions, culture or events, visit www.visitvalencia.com, and discover a destination that is responsible, committed and simply delicious.



JANUARY 06



FEBRUARY 12



MARCH 18



APRIL 24



MAY 30



JUNE 36



JULY 42



AUGUST 48



SEPTEMBER 54



OCTOBER 60



NOVEMBER 66



DECEMBER 72

January

The first month of the year comes bearing many gifts in the form of produce, all grown locally. Some are more recent additions to our local crops – among them the kiwi and avocado – while others are classics:

from citrus fruits such as oranges and lemons to a wide variety of vegetables, including cauliflower, celery, chard, endive, lettuce, leeks and spinach. But cardoons are the protagonist of our January recipe.



Inks used in the illustration



Sophora Japonica



Walnut Ink



Indigo Carmine

Mar Soler

Mar Soler (Valencia) is strongly committed to cooking, following an earlier period in which she gained a solid foundation in business and languages. After studying at Ecotur in Valencia, she got her start in the restaurant world at Saiti, with Luis Asensio and Vicente Patiño. She then moved to Restaurante 2 Estaciones. In 2017, she took the reins of this establishment as chef and co-owner, together with her partner, fellow chef Alberto Alonso. For Mar, it is the raw materials that set the agenda from winter to autumn. For this reason, she presents a different menu and tasting menu for each season of the year.



Cardoons with pork shoulder

VELOUTÉ AND TOASTED PINE NUTS

Ingredients

- * 800 g cardoon stalks
- * 1 pork shoulder
- * 159 g Greek yoghurt
- * 80 g domestic pine nuts (for the yogurt cream)
- * 20 g domestic pine nuts (as a topping)
- * 1 lemon
- * Sunflower oil to fry the cooked pork shoulder
- * Salt and pepper

Mar Soler



Cardoons with pork shoulder

VELOUTÉ AND TOASTED PINE NUTS

Preparation

- ✱ **Cooked cardoons:** Peel and chop the cardoons. Place in a pressure cooker and cover with water and pork shoulder grease. Cook for 15 minutes. Set the water aside.
- ✱ **Velouté:** Cook the pork shoulder in brine in a steam oven for 8 hours. Emulsify the dripping to make a velouté.
- ✱ **Yogurt cream with pine nuts:** Drain the yogurt. Blend with toasted pine nuts until you have a very smooth cream. Season with pepper and a few drops of lemon juice.

- ✱ **Toppings:** Toast the pine nuts and set aside. Shred the meat from the pork shoulder and fry until crisp.

Plating

Dot the bottom of the dish with pine nut yoghurt. Carefully top with a few spoonfuls of cooked cardoons with warmed velouté. Garnish with toasted pine nuts and fried pork shoulder.





February

Variety and quality are the hallmarks of products cultivated in the area around Valencia this month. Fruits, stems, leaves, bulbs and a wide variety of vegetables: avocados, kiwis, lemons, oranges, cabbage, cauliflower, celery, chard, endive, lettuce, leeks and spinach. Not to mention the product highlighted in February's recipe: artichokes with a protected designation of origin (PDO).



Inks used in the illustration



Sophora Japonica



Cochineal



Walnut Ink



Indigo Carmine

Ricard Camarena

Ricard Camarena (Barx, Valencia), who was a musician before he became a chef, is a champion of Valencian cuisine and a great advocate of the farming area known as L'Horta. At Ricard Camarena Restaurant, he has been awarded two Michelin stars and one green star for sustainability, as well as three Repsol suns, along with another Repsol sun for Habitual. He was also the recipient of the 2021 Chef of the Year Award at the Madrid Fusión culinary conference. His motto – 'flavour, absolute respect for the ingredients and subdued creative cuisine' – earned him the 2018 National Gastronomy Award as Best Chef de Cuisine. His cooking is very personal, simple in appearance but complicated in its preparation, Mediterranean, local yet also cosmopolitan. He has three other restaurants in Valencia: Habitual (Colón Market), Canalla Bistro and Central Bar (Central Market).



Artichokes,

GREEN GARLIC, FIG LEAF AND PORK

Ingredients

✱ **For 1000 g green garlic foam:**

475 g green garlic (dark green part), 240 g mild olive oil, 235 g mineral water, 15 g Guerande grey salt, 440 g chicken broth, 10 g emulsifying paste, 4 g Gelespessa (xanthan gum).

✱ **Green garlic and fig leaf foam:**

150 g fig leaf oil, 1000 g green garlic foam, 20 g Resource (thickener).

✱ **For 1700 g top loin and green garlic stew:**

950 g Ibérico pork – top loin (mogote), 75 g pork – bacon fat, 680 g green garlic (washed), 1 g ground black pepper, 5 g Guerande grey salt.

✱ **For 35 g green garlic and fig leaf foam:**

1 g fig leaf oil, 3 g croutons, 1.5 g chervil (leaves), 4 mini organic artichokes (washed), 15 g artichoke purée.



Ricard Camarena



Artichokes,

GREEN GARLIC, FIG LEAF AND PORK

Preparation

- ✱ **Green garlic and fig leaf foam:** Chop the green garlic into large pieces. Boil in a covered pot for 5 minutes with water, oil and salt. Blend in a food processor. Strain using a fine chinois and thicken with xanthan gum and emulsifying paste. Season with salt, as needed, and set aside in a sealed container. Emulsify the green garlic foam with fig leaf oil. Season with salt and thicken with Resource. Allow to hydrate and blend again.
- ✱ **Top loin stew:** Cut the pork loin into chunks. Season and sear on the grill. Finish in the oven and set aside to rest. Wash and chop the green garlic. Sauté in batches in guanciale fat. Set aside. Cut the top loin. Combine all the ingredients in a pot. Cook for a few minutes. Cover and keep warm when serving.

- ✱ **Fried artichokes:** Fry in hot oil until golden.

Plating

Place the hot purée on the right side of the plate, add the croutons and cover with the stew. Place the fried artichokes on the left side. Cover the stew with the froth and top off with some drops of fig oil, chervil and cabbage flowers.





March

The farmland of Valencia's L'Horta is generous this season of the year. The local fruit and vegetable products available for our enjoyment are many. They range from the region's hallmark citrus fruit, the orange, to celery, endive and spinach, not to mention lettuce, asparagus, carrots and peas. But there is one more that is noteworthy for its ability to combine pleasure for the palate and healthy eating, as a cholesterol regulator. It is the star of this month's dish: the avocado.



Inks used in the illustration



Sophora Japonica



Corcopsis



Walnut Ink



Indigo Carmine

Alejandro del Toro

Alejandro del Toro (El Cabanyal, Valencia) brings together family tradition, with his paternal grandmother as an early role model, and solid training alongside some of Spain's great chefs, including Martín Berasategui and Manuel de la Osa. In 2001, he opened the restaurant bearing his name in his native city. It soon gained recognition, holding one Michelin star for six years. He works with locally sourced products and ingredients from his own garden, making space for such characteristic Valencian flavours as clóchinas (local mussels), artisan cheeses, truffles, white melon and alficoz (variety of cucumber). He varies his rice dishes, taking his cue from the seasons.



Avocado Tartare,

FOIE GRAS AND ORANGE MARINATED SALMON
WITH HOMEGROWN PICKLED VEGETABLES

Ingredients

- * **Guacamole gelatin:** 200 g avocado pulp, 10 g tomato concassé, 1 g coriander, 15 g lime juice, salt and black pepper, 3 gelatin sheets, 2 g agar-agar.
- * **Marinated salmon:** 300 g fresh salmon, 500 g salt, 200 g sugar, dill, pepper, 10 juniper berries, 2 g coriander.
- * **Marinated foie gras:** 500 g fresh extra foie gras, 150 g salt, 60 g sugar, 12 g pepper, 20 g 15-year Modena balsamic vinegar.
- * **Crispy toasted maize:** 50 g glucose, 5 g fondant, 20 g isomalt, 35 g crushed toasted maize, salt and allspice.
- * **Chipotle mayonnaise:** 50 g egg yolk, 25 g egg white, 150 g sunflower oil, 30 g chipotle chilli.



Alejandro del Toro



Avocado tartare,

FOIE GRAS AND ORANGE MARINATED SALMON WITH HOMEGROWN PICKLED VEGETABLES

Preparation

- ✱ **Guacamole gelatin:** Blend all the ingredients in a food processor. Bring to a boil. Add the agar-agar and moistened gelatin sheets. Pour into a mould and set aside to cool.
- ✱ **Marinated salmon:** Remove the bones and skin. Season with salt and pepper and herbs. Place on a tray with holes to collect any liquids and refrigerate for 24 hours with a weight on top.
- ✱ **Marinated foie gras:** Devein the foie gras, season with salt and pepper and form into a roll using cling film. Bake at 600°C until the centre reaches 620°. Cool and set aside.
- ✱ **Chipotle mayonnaise:** Blend the egg yolk with the chipotle chilli and salt. Gradually add the egg white and sunflower oil until thick.
- ✱ **Crispy toasted maize:** Cook the sugars together until the mixture reaches 1600°. Set aside for 2 minutes and add the whole maize. Purée and put through a fine sieve. Bake at 1800° for 2 minutes. Spread out to form the shapes.

Plating

Make a rectangular block of guacamole. Add the other ingredients, cubed, and the crispy maize. Garnish with the mayonnaise.





April

In April, Valencia's range of locally sourced products is as extensive as its farmland is fertile. There are citrus fruits such as oranges, along with others, including the avocado, which has made a home for itself among the native crops. Other highlights are the basis for a magnificent salad-making tradition – including celery, endive, lettuce and spinach – as well as asparagus, carrots and peas. But if one product stands out, it is the fava bean. The following recipe takes it to a new dimension.



Inks used in the illustration



Sophora Japonica



Indigo Carmine



Walnut Ink

María José Martínez

María José Martínez (Alhama de Murcia, Murcia) has headed up the kitchen at Lienzo for seven years, during which she has earned such recognitions as: 1 Michelin star and 1 Repsol sun, third place in the Best New Chef competition at Madrid Fusión 2016 and one Michelin plate. For the past four years, she has been among Spain's top 100 restaurants, as named by The Fork. She trained in cooking schools and is a great advocate of local ingredients. María José has done battle in nationally recognized kitchens. She is now producing locally sourced, sustainable cuisine in the Valencian Community.



Narbonne vetch,

HONEY AND BLOOD ORANGE SALAD

Ingredients

- ✱ **Cream of fondillón:** 370 ml milk, 80 g egg yolk, 110 g sugar, 44 g cornflour, 36 g fondillón, 200 ml cream.
- ✱ **For the Narbonne vetch salad:** 15 g Narbonne vetch sprouts, 30 g young fava beans, 3 g honey, 3 g yuzu juice, 3 g fresh pollen, 1 pinch salt, 1 blood orange.
- ✱ **For the orange sponge:** 120 g orange juice, 30 g honey, 50 g water, 1.5 gelatin sheets.
- ✱ **For the fermented orange:** 4 blood oranges, 30 g salt, 20 g honey, 10 g blood orange juice.



María José Martínez



Ingredients

- ✱ **For the fermented blood orange:** Place the oranges and other ingredients in a vacuum bag and vacuum pack. Refrigerate at 6°C for 15 days. Supreme the orange and set aside the segments.
- ✱ **For the orange sponge:** Dissolve the honey in the orange juice and water. Hydrate 1.5 gelatin sheets in cold water for 2 minutes. Dry. Heat the orange juice to 40°C and dissolve the hydrated gelatin. Refrigerate until partially set. Beat with a whisk until a sponge forms. Arrange on a sheet to a height of 1.5 cm. Beat with a whisk. Freeze, then cut into 5 cm discs.
- ✱ **Light fondillón cream:** Make crème pâtissière and cool. Add fondillón to the crème pâtissière and blend. Half whip the cream and combine. Set aside in a pastry bag.

- ✱ **For the Narbonne vetch salad:** Combine all the ingredients in two bowls: one with the dressed fava beans, one with the sprouts.

Preparation

Place a defrosted disc of orange sponge in the centre of the plate. Top with dressed fava beans. Cover with blood orange segments. Dot the light cream around the disc. Garnish with dressed sprouts to taste.





May

May is a fine month for seasonal produce. Fruits reign supreme (apricots, cherries and strawberries), along with excellent quality vegetables (artichokes, chard, endive, lettuce, asparagus, peas, carrots, and fava beans). And the king of spring – loquats with the local protected designation of origin (PDO) – is the choice for this recipe.



Inks used in the illustration



Sophora Japonica



Cosmos sulphureus



Corcopsis



Indigo Carmine



Walnut Ink

Begoña Rodrigo

Begoña Rodrigo (Xirivella, Valencia) left industrial engineering at the age of 18 to open two successful patisseries. She then decided to travel, train and learn about the best in international cuisine, from the kitchens of the Amsterdam Marriot to Mozambique, the United States, Thailand and London. Her return to Valencia put her culinary restaurant, La Salita, on the map. Winning the Top Chef España talent show (2013) and receiving the Chef of the Future Award (2020) were two steps in her journey to professional recognition. Today, her restaurant in the heart of the Ruzafa neighbourhood – with 1 Michelin star and 2 Repsol stars to its name – presents daring cuisine that blends the highly local with a nod to Asian and Latin American cultures. She offers more casual cuisine, while maintaining her unmistakable style, at Farcit.



Pickled loquats with

WHITE ASPARAGUS ICE CREAM

Ingredients

- * **White asparagus ice cream:** 49 g skimmed powdered milk, 148 g dextrose, 100 g egg yolk, 50 g sucrose, 20 g inverted sugar syrup, 400 g white asparagus, 547 g full-fat milk, 86 g 35% cream.
- * **Pickled loquats:** 12 loquats, 2 bay leaves, 12 peppercorns, 1 small cup sherry vinegar, olive oil, 4 sprigs fresh thyme, salt and pepper.

Raw asparagus, pistachio oil, toasted pistachios, rocket flowers.





Pickled loquats with WHITE ASPARAGUS ICE CREAM

Preparation

- ✱ **White asparagus ice cream:** Peel the asparagus and cook until white. Set aside. Combine all the ingredients except the asparagus and bring to 85°. Allow to cool. Blend the mixture with the asparagus in a food processor. Strain and freeze. Emulsify in an ice cream maker.
- ✱ **Pickled loquats:** Peel and de-stone the loquats. Place in a saucepan with the bay leaves, peppercorns, vinegar, oil and salt. Cook for a few minutes and set aside to rest in their own sauce.
- ✱ **Toppings:** Wash and slice the asparagus.

Plating

Place a quenelle of asparagus ice cream in a dish. Cover with pickled loquats and top with slices of raw asparagus, pistachios and rocket flowers.





June

It is possible to prepare a complete recipe with the local products available in June. There are fruits, including apricots, cherries, raspberries, strawberries and watermelon; and a variety of vegetables, especially carrots, chard, courgette, cucumbers, endive, garlic, lettuce, peppers and potatoes. Also in season is the local tuber, the tiger nut, although it is the bean that is used to great advantage in the proposed dish.



Inks used in the illustration



Sophora Japonica



Indigo Carmine



Walnut Ink

Carito Lourenço

Carito Lourenço (Río Cuarto, Córdoba, Argentina) arrived in Valencia at a very young age to complete her training. She was soon named head pastry chef, her speciality, at the restaurant Submarino. She also worked with Quique Dacosta in both Dénia and Valencia, and it was here that she earned one Michelin star for El Poblet alongside her partner, chef Germán Carrizo. After this, the two of them undertook a culinary project revolving around their restaurants Fierro, with a Michelin star, and Doña Petrona, the consultancy Tándem Gastronómico and La Central de Postres (cakes and desserts). Their cooking is based on the Mediterranean and their own interpretation of the cultures of Valencia and Argentina, 'with the freedom to explore new flavours in the everyday'.



Bobby beans

Ingredients

For one portion:

- * **For the spicy sautéed orange:** 30 g orange, 0.2 g shichimi, 5 g extra hot horseradish, 1 t virgin olive oil.
- * **For the striped mullet cream:** 27 g striped mullet roe, 16 g table salt, 10 g white sugar.
- * **For the lemon juice:** 300 g whole lemon for juicing.
- * **For the rosemary Hollandaise sauce:** 200 g pasteurized liquid egg yolk, 20 g lemon juice, 4 g table sea salt, 360 g butter, 40 g water, 40 g fresh rosemary.
- * **For the final plating:** 100 g bobby beans, 3 g bottarga.



Carito Lourenço



Bobby beans

Preparation

- ✱ **Spicy sautéed orange:** Peel the orange and lightly sauté the segments in olive oil. Season the orange with shichimi and grated horseradish. Plate.
- ✱ **Striped mullet cream:** Combine the salt and sugar. Cover the striped mullet roe with the mixture. Refrigerate to cure for 12 hours. Clean the roe and slice while cold. Bring to room temperature and plate.
- ✱ **Lemon juice:** Squeeze to obtain the juice.
- ✱ **Rosemary Hollandaise sauce:** Place the butter in a saucepan with the rosemary. Heat on low until the whey separates from the fat (clarify) and set aside. Beat the egg yolk in a bain-marie with lemon juice and salt. Remove from the heat. Add the clarified butter and

continue beating. Add the water. Cover the surface with cling film and set aside at room temperature.

Plating

Thinly julienne 60% of the bobby beans. Blanch them in salted water for 1 minute. Chill in ice water, drain and leave at room temperature. Bring the orange and bottarga to room temperature. Season the Hollandaise. Dress the blanched and raw beans. Pile the beans in the centre of the plate. Arrange the other elements around them harmoniously. Cover with Hollandaise sauce and grated cured bottarga.





July

Summer is here and with it comes a variety of fruit: apricots, melon, nectarines, peaches, pears, strawberries and watermelon. They are joined by garden produce in equal numbers and flavours: aubergines, beans, beetroot, carrots, chard, courgettes, cucumbers, garlic, lettuce, peppers and potatoes. And we mustn't overlook a truly Valencian classic, the garrofó (lima bean), or June's star ingredient: Perelló tomatoes.



Inks used in the illustration



Sophora Japonica



Cosmos sulphureus



Cochineal



Indigo Carmine

Vicente Patiño

Vicente Patiño (Xàtiva, Valencia) trained at the Gandía Tourism Development Centre and was tempered in several Michelin-starred kitchens. In 2007, he was named best new chef, and in 2014, he opened his flagship restaurant, Saiti, joined by Sucar in 2017. For this advocate of local ingredients and their excellence, tradition pairs well with modernity and innovative haute cuisine. At Saiti, holder of two Repsol suns, he explores his philosophy to the fullest through different set menus for every season. Sucar focuses on the flavours of the past.



Tomato 'in textures'

Ingredients

- ✱ **Roasted tomato emulsion:** 2 kg ripe Perelló tomatoes, 1 garlic bulb, 1 fennel bulb, 1 T EVOO, 200 ml mineral water, 1 T salt.
- ✱ **Perelló cherry tomatoes:** 200 g Perelló cherry tomatoes, 5 g thyme, 1 T EVOO.
- ✱ **Pickled tomatoes:** 3 kg Perelló green tomatoes, 1 l water, 300 ml vinegar, 30 g salt, 50 g savory.
- ✱ **Fried tomatoes:** 2 kg Perelló tomatoes; 1 T EVOO, 1 T salt, 1 T sugar.
- ✱ **Tomato foam:** 1 kg ripe Perelló tomatoes, 1 T salt, 1 T pepper, 3 gelatin sheets.
- ✱ **Brioche:** 100 g high-quality brioche, 1 T butter.
- ✱ **Lettuce emulsion:** 1 romaine lettuce, 50 g baby spring onions, 100 g Perelló tomato, 1 T EVOO, 50 ml. sherry vinegar.



Tomato 'in textures'

Preparation

- ✱ **Roasted tomato emulsion:** Coarsely chop the tomatoes and garlic. Julienne the fennel. Place the ingredients on a baking tray and sprinkle with a little EVOO. Bake at 180° for 30 minutes. Remove from the oven and emulsify in a food processor with water. Strain and season with salt. Refrigerate.
- ✱ **Perelló cherry tomatoes:** Blanch and peel the tomatoes. Place on a baking tray and add the thyme and EVOO. Bake at 60° for 4 hours. Remove and refrigerate.
- ✱ **Pickled tomatoes:** Bring the water to a boil with the vinegar and salt. Remove from heat and add the savory and halved tomatoes. Place in glass containers and set aside for 1 month.
- ✱ **Fried tomatoes:** Crush the tomatoes and fry over the lowest heat with the EVOO. When the tomato is done, add the salt and sugar and set aside.
- ✱ **Tomato foam:** Strain the tomatoes and season with salt and pepper. Heat some of the liquid and add the gelatin sheets. Mix and place in a siphon with two gas cartridges. Refrigerate.
- ✱ **Brioche:** Cut the brioche into small cubes. Toast them with the butter until crunchy.
- ✱ **Lettuce emulsion:** Make a traditional salad and set aside to marinate for 2 hours. Emulsify in a food processor. Pour into a squeeze bottle and refrigerate.

Plating

Place the tomato emulsion in the centre of a soup dish with the cherry tomato on top. Dot the lettuce emulsion along the sides, along with the brioche, a few cubes of Perelló tomato and the pickled tomato. Garnish with the fried tomato. Lastly, cover the dish with the tomato foam.





August

In August, there is a wide variety of fruit available. It is the season for blackberries, melons, nectarines, peaches, pears, raspberries and watermelons. The farms of L'Horta also produce aubergines, beans, beetroot, carrots, courgettes, cucumbers, lettuce, onions, peppers, potatoes, tomatoes and garrofó (lima beans). In the hottest month of the year, the local product featured in this recipe is the fig.



Inks used in the illustration



Cochineal



Cochineal



Sophora Japonica



Indigo Carmine

Jorge Andrés

The driving force behind the culinary passion of Jorge de Andrés (Valencia) was his mother, Loles Salvador, matriarch of one of the most important restaurant dynasties in the Valencian Community. The group included legendary flagship restaurant **La Sucursal** and a variety of other establishments, **La Marítima**, **Varadero** and **Malabar**. Jorge is a tireless traveller, always ready to learn and embrace, combining ingredients with technique and sensitivity. At his temple, **Vertical**, he offers a full sensory experience with different seasonal set menus and one of the best views in the entire city. This undertaking has earned him two Soles in the Repsol Guide and for several years, one Michelin star. His **Sky Bar** and the 'Sorolla Set Menu. Vision and flavours of Spain' project round out his offerings.



Roasted duck breast.

GRILLED FIGS AND LIVER PARFAIT

Ingredients

For two:

- ✱ **Sauce:** 100 cl reduced duck brown stock, 50 cl fig purée, 10 g honey, 5 g cinnamon stick, 10 ml sherry vinegar.
- ✱ **Duck liver parfait:** 20 g butter, 50 g shallot, 200 g fresh liver, 25 ml brandy, 100 g cream, salt and pepper.
- ✱ **Roasted breast:** 2 duck breasts, salt and pepper.
- ✱ **Grilled figs:** 4 figs, unpeeled.



Jorge Andrés



Roasted duck breast, GRILLED FIGS AND LIVER PARFAIT

Preparation

- ✱ **Sauce:** Place all the ingredients in a saucepan and reduce over low heat. Filter and set aside.
- ✱ **Duck liver parfait:** Brunoise the shallot. Fry lightly in the butter. Add the duck liver and brown. Deglaze with the brandy and reduce. Add the cream, cook for a few minutes and remove from heat. Crush the mixture, season with salt and pepper, emulsify and strain.
- ✱ **Roasted breast:** Season with duck breasts with salt and pepper. Brown over low heat on the grill to crisp the skin. Set aside to rest for 5 minutes. Slice the breasts lengthways.
- ✱ **Grilled figs:** Cut the figs in half and roast on a charcoal grill for 2 minutes.

Plating

Place 20 g of duck parfait in the centre of the plate. Top with the roasted duck breast. Garnish with the grilled figs and dress with sauce.





September

The farms of Valencia's L'Horta provide an excellent selection in September. It is salad season, headed by carrots, cucumbers, endive, lettuce, onions, spinach and tomatoes. There is an abundance of fruits, including apples, figs, melon, peaches and pomegranates; as well as other staples such as aubergines, beans, chard, peppers, pumpkins and leeks. However, we have chosen Valencia's inimitable rice, which boasts its own designation of origin, for our monthly dish.



Inks used in the illustration



Sophora Japonica



Corcopsis



Cochineal



Indigo Carmine



Walnut Ink

Chabe Soler

Chabe Soler (Castellar, Valencia. L'Horta Sud) learned her respect for the profession at Pata Negra, tackled running a kitchen at Danubio Alameda and earned her doctorate at La Ferrera. She is currently part of the team at La Salita and consults at a Valencia classic, Restaurante Villaplana. A love for her trade and consistency are her calling cards. Her cooking is Mediterranean, where the region's farmland and countryside converge, respecting the culinary tradition of Valencia and its culture of rice. Her home is a shrine to the women in her family, who inspired this undertaking.



Wild boar,

TRUFFLE AND ARTICHOKE PAELLA

Ingredients

- * 80 g wild boar stewed in wine
- * 2 artichokes
- * 1 aestivum truffle
- * 1 clove garlic
- * 2 tomatoes, grated
- * 400 cl brown stock
- * La Vera smoked paprika
- * Saffron
- * 30 g extra virgin olive oil
- * 200 g bomba rice

Chabe Soler

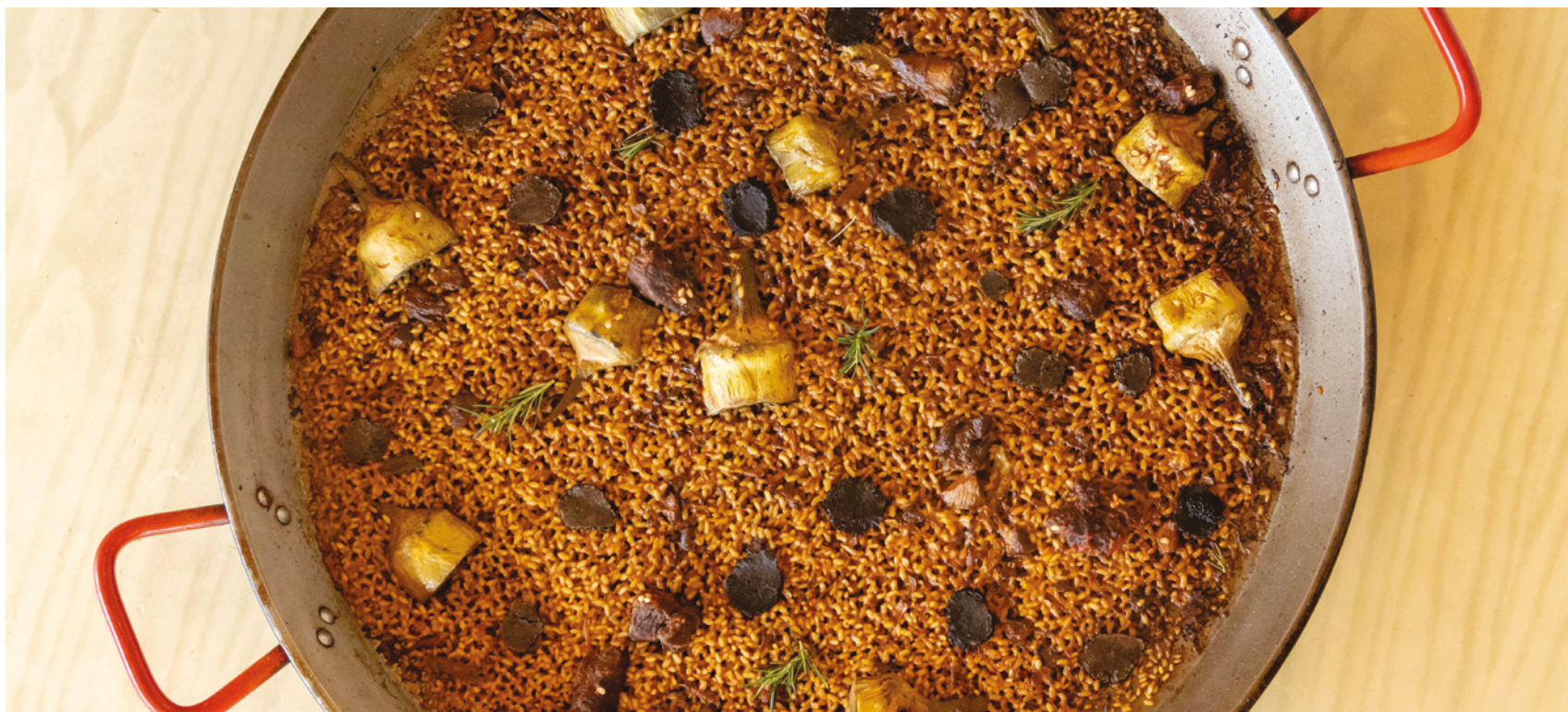


Preparation

- * **Wild boar stewed in wine:** Stew the wild boar in wine for 6–8 hours over low heat. Set aside.
- * **Paella:** Lightly fry the artichokes with one clove minced garlic. Stir in the grated tomato and fry over low heat until browned and caramelised. Add the stewed wild boar. Stir in one small teaspoon of paprika – do not burn – and the brown stock. Simmer for 5 minutes. Season with salt and add the saffron. Lastly, stir in the rice.

Plating

Plate and grate some black truffle on top just before serving.





October

During the month of October, there are a good number of wonderful local products. You can find fruits such as kiwis and an abundance of high-quality vegetables: beetroot, broccoli, cabbage, carrots, chard, endive, leeks, lettuce, onions, pumpkin, spinach and sweet potatoes. To this extensive group we must add the chufa (tiger nut), the basis for the Valencian drink known as horchata, and radishes, the ingredient selected for this month's recipe.



Inks used in the illustration



Sophora Japonica



Cosmos sulphureus



Cochineal



Indigo Carmine

Nacho Romero

Nacho Romero trained at the Valencia Tourism Development Centre. He completed his professional education in Switzerland and with some of the country's top professionals, Santi Santamaria and Sergi Arola among them. After serving as chef at several leading restaurants, in 2008, he returned to his native city to head up his own undertaking, Kaymus, which was awarded two suns in the 2015 Repsol Guide. This family restaurant focuses on painstakingly crafted seasonal cuisine. It offers several set menus and a wide variety of rice dishes.



Radish salad

WITH AMBERJACK AND GREEN CURRY AND BASIL

Ingredients

- * Radishes with stems
- * Granny Smith apple
- * Amberjack
- * Eggs, hard-boiled
- * Sweet and sour gherkins (with their juice and spices)
- * Green curry
- * Basil
- * Aged Dijon mustard
- * Sugar-free Greek white yoghurt
- * Mayonnaise
- * Lágrima EV olive oil (Cooperativa Viver)
- * Sunflower oil
- * Basil emulsion and curry emulsion



Nacho Romero



Radish salad

WITH AMBERJACK AND GREEN CURRY AND BASIL

Preparation

- ✱ **Salad:** Grate the radishes and green apple. Season with salt and pepper and add oil. Set aside to rest. Filter and extract the liquid. Grate the gherkins and add, along with the hard-boiled eggs. Dress with mustard, mayonnaise, yoghurt, herbs from the gherkins and Lágrima EV oil.
- ✱ **Marinated amberjack:** Fillet the amberjack. Marinate for approximately 2 hours in green curry diluted with sunflower oil. Season with salt and pepper.

Plating

Mould the salad on the plate. Arrange the fish on top in thin slices. Garnish with the basil emulsion and the curry emulsion. Add thin slices of radish with stems and a few basil leaves.





November

This month, the area around Valencia produces an abundance of high-quality crops. They range from fruits such as kiwis, lemons, limes and mandarins to vegetables: beetroot, broccoli, cabbage, cardoons, carrots, cauliflower, chard, endive, leeks, lettuce, radishes, spinach, sweet potatoes and turnips. There are also avocados and a local treasure, the collaret peanut. However, it is the kaki from the Ribera del Xúquer Protected Designation of Origin (PDO) that takes centre stage in this recipe.



Inks used in the illustration



Cosmos sulphureus



Corcopsis



Cochineal



Indigo Carmine

Sandra Jorge

Sandra Jorge (Benimodo, Valencia) studied kitchen management at the Altaviana School in Valencia and built her professional skills over three years at La Sucursal, in its new location in the Veles e Vents Building. At 26, she is the owner and head chef at Xanglot Restaurant, awarded the Best Set Menu prize at the 2020 Cuina Oberta competition. She has created an appealing centrally located space serving imaginative cuisine based on market fresh ingredients. An extensive cellar of València DO wines offers inviting pairing options.



Kaki Treacle

WITH GRILLED EEL AND GOAT CHEESE

Ingredients

- * 60 g kaki treacle
- * 30 g eel
- * 3 slices radish
- * 10 g goat cheese
- * Chickweed sprouts
- * 1 T EVOO



Sandra Jorge



Melaza de caqui

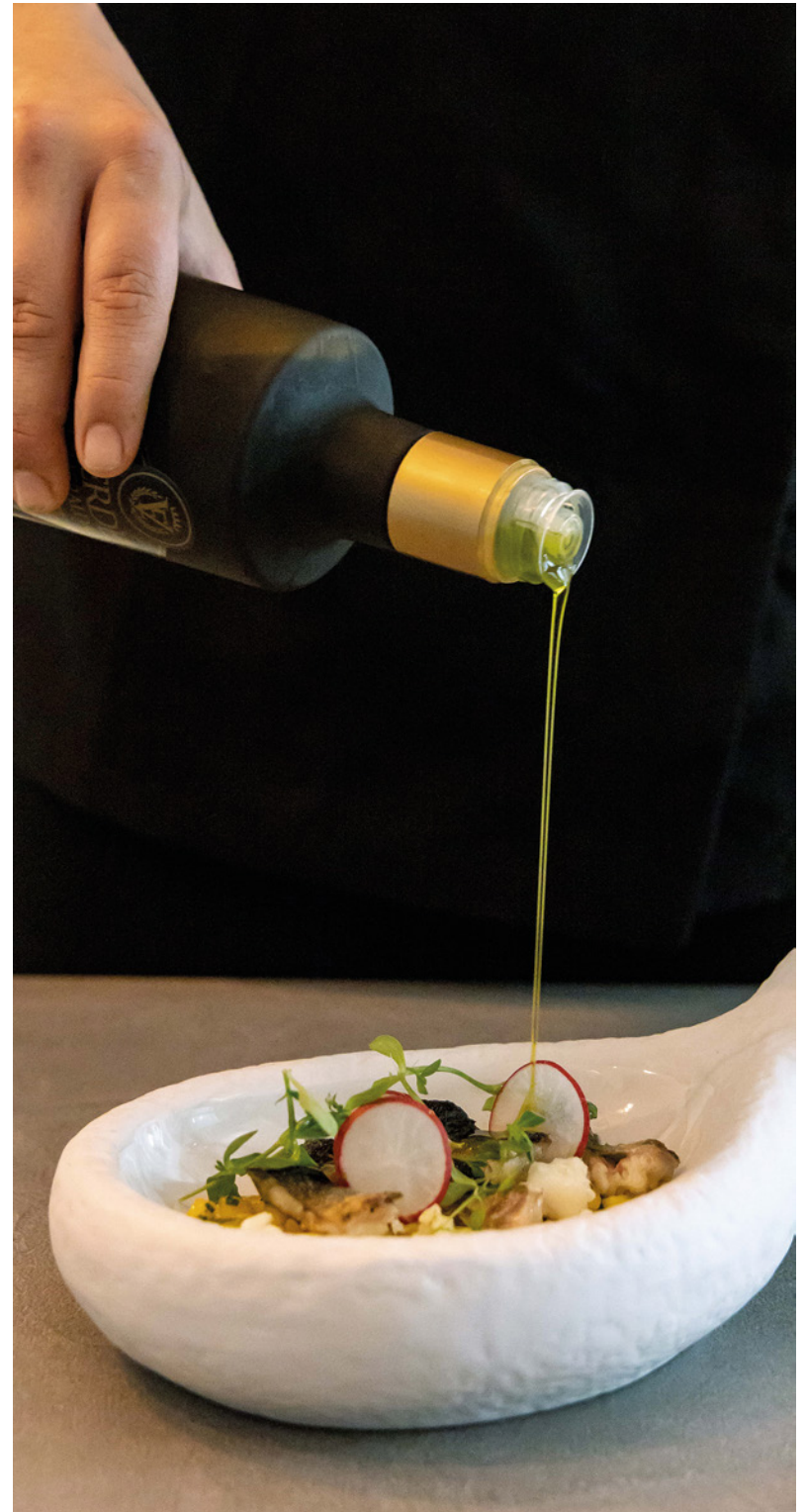
CON ANGUILA A LA BRASA Y QUESO DE CABRA

Preparation

- ✱ **Kaki treacle:** Cut two ripe kakis in half. This ripeness gives them a natural sweetness without added sugar. Peel and cut the kakis. Add lemon juice, chives, purple onion, pepper and salt. Set aside to marinate for several hours before serving to allow the ingredients to blend.
- ✱ **Grilled eel:** Clean the eel and drain any blood. Remove the spine and debone the fillets. Steam for 3 minutes to pre-cook. Grilling brings out their characteristic gelatinous texture. This gives them a succulent appearance, caramelised with smoky notes, combining perfectly with the sweetness of the kaki.

Plating

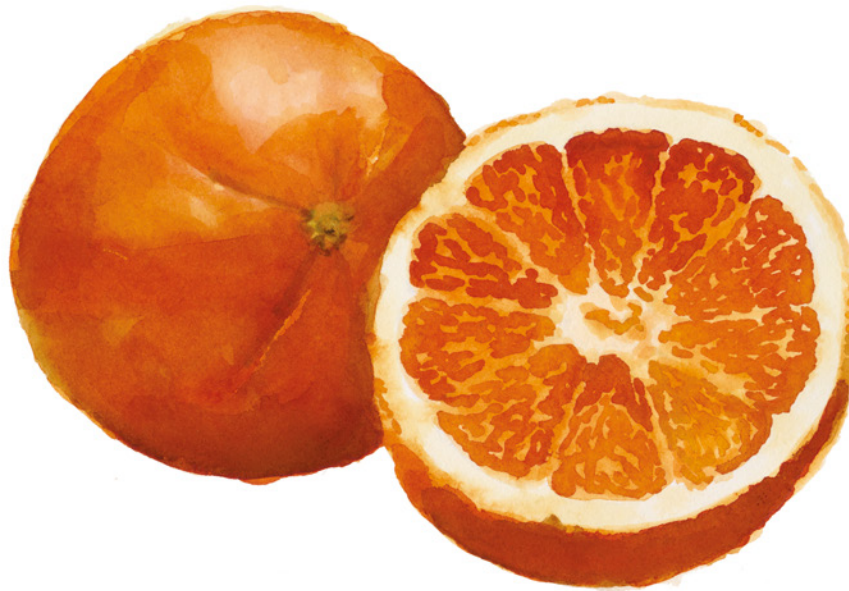
To complete the plating add a few chunks of goat cheese, a light splash of extra virgin olive oil, a few chickweed sprouts for an earthy note and some radish slices.





December

With December, we conclude our particular tour of locally sourced products throughout the calendar year. Valencia has showered us with abundance, and this final month is no exception. It is time for one of the Valencian Community's star products, the orange, which comes with its own certificate of protected geographical indication (PGI). It is accompanied by others that have more recently joined the list of local crops, such as the avocado and kiwi; classic citrus fruits, including grapefruit and lemon; and a long list of excellent vegetables, from broccoli, cardoons, cauliflower, celery, chard, endive, lettuce and turnips to carrots and leeks.



Inks used in the illustration



Sophora japonica



Cosmos sulphureus



Indigo Carmine

Luis Valls

This young chef (Valencia) also came out of the Valencia Tourism Development Centre. He trained alongside a culinary icon, Quique Dacosta, with whom he continues to work in his current position as head chef at Valencia's El Poblet restaurant. His committed cooking is inspired by the region and utilises the local environment – L'Albufera Lagoon, the sea and the farms of L'Horta – as the larder for his ingredients. Luis Valls 'cooks Valencia', appealing to taste memory and reinterpreting traditional recipes with an eye to haute cuisine. It is not by chance that this centrally located restaurant has been awarded two Michelin stars and two Repsol suns.



Horse Tartare

AND VALENCIAN CITRUS FRUITS

Ingredients

- * 4 kg cooking salt, 1 kg sugar, 1 horse sirloin steak (4 kg), 3 baby carrots
- * **Stock:** 1500 g sirloin trimmings, 1 onion, 2 carrots, 2 leeks, 1 celery stalk, 100 g brandy, 200 g fondillón, 300 g 0.4º olive oil, 4 l water, 120 g muscovado sugar.
- * **Marinade:** 10 g rosemary, 10 g thyme, 30 g black pepper, 2 bay leaves, 400 g 1º olive oil, 5 mandarins, 1 orange, 500 g horse stock, 150 g mandarin vinegar, 100 g Forvm vinegar, 80 g Modena balsamic vinegar, 150 g honey.
- * **Green garlic aioli:** 1 egg, 300 g 0.4º olive oil, 120 g green garlic, salt.



Luis Valls



Horse tartare

AND VALENCIAN CITRUS FRUITS

Preparation

- ✱ Remove the tendon from the sirloin. Cover with salt and sugar and set aside for 2 hours. Clean and refrigerate to cure for 3 days.
- ✱ **Stock:** Sear the meat until caramelised. Set aside. Cut the vegetables into 4 cm cubes. Add to the same pan and cook until brown. Add the meat and flambé with brandy. Add fondillón and reduce by half. Add water and reduce until you have 1 litre of stock. Season with 120 g sugar.
- ✱ **Marinade:** Heat the oil and add the aromatics: rosemary, thyme, pepper, bay leaves, 5 mandarin peels and 1 orange peel. Add the honey and cook until it takes on a copper colour. Stir in the vinegars and reduce by half. Add the stock.
- ✱ **Green garlic aioli:** Finely chop the green garlic. Vacuum cook at 700° for 8 hours with the oil. Filter and set the oil aside. Emulsify the egg with 200 g green garlic oil. Season with salt

and pour into a pastry bag. Peel the carrots and cut the thickest part carpaccio style.

Plating

Cut the sirloin into 3x3 cm squares and season with olive oil and chilled marinade. Place the meat in an empty half orange. Cover with carrot carpaccio. Add a few dots of aioli and dill tips.

Place the half orange in a wooden box with dry ice and orange branches with orange blossoms around the bottom. Pour hot water over the ice to perfume the dish.





Published by the Valencia Town Council and Visit Valencia, in partnership with Turisme València and Turisme Comunitat Valenciana. Printed by the Regional Ministry of Agriculture, Rural Development, Climate Emergency and Ecological Transition.

