

# los MAGAZINOS

## GUINA de TERRITORI





# CUINA DE TERRITORI

With the Cuina de Territori  
gastronomic cycle at Els  
Magazinos we pay tribute,  
together with  
Turia Beer, to the traditional  
gastronomy of La Marina Alta  
through local products and their  
products and their protagonists.

We have created this monthly  
calendar to showcase seasonal  
products from the sea and the  
land. Dénia is a paradise of the  
Mediterranean lifestyle. Monthly in  
the gastronomic spaces of the  
'Street of Flavours' of Els  
Magazinos we prepare dishes with  
these products so that all of you  
can enjoy the flavour of our  
territory. ¡Dénia is Life!



2023

# JANUARY

*Sea*

## Sea urchins

**Trawl:** “galera”, red shrimp, white shrimp and white seabream.

**Purse seine:** frigate tuna, “bacora”, mackerel, sardine and anchovy.

**Fishing:** squid, cuttlefish and conger eel.

**Trammel and artisanal:** “bonito”, rock mullet (cow, serrano, rascasa, thrush and moray) and cuttlefish.

*Land*

**Citrus fruits,** artichokes, persimmons, wild herbs (rosella, chard, “camarotja”, “llicsons”).





# 2023 FEBRUARY

*Sea*

## “Galera”

**Trawl: “galera”,** red shrimp, white shrimp and white seabream.

**Purse seine:** frigate tuna, mackerel, sardine and anchovy.

**Fishing:** squid, cuttlefish and conger eel.

**Trammel and artisanal:** “bonito”, cuttlefish, “mabra”, “pajel”, lemon fish or “lecha”, “sargo” and sea bream

*Land*

**Artichokes,** garlic, peas and broccoli.





# 2023 MARCH

## *Sea*

### **Cuttlefish**

**Trawl:** frigate mackerel, sea bream, red shrimp, “bacallaret”, red crab, “galeras” and horse mackerel.

**Purse seine:** mackerel, sardine and anchovy.

**Trammel and artisanal:** ed mullet, cuttlefish, “mabra”, “pajel”, lemon fish or “lecha” and octopus.

## *Land*

**Green leafy vegetables,** beans, mint and onion.

## *Meat*

**Artisan sausages**





# 2023 ABRIL

## Sea

### Red shrimp

**Trawl:** red shrimp, “bacallaret”, red crab, “galeras”, and horse mackerel.

**Purse seine:** mackerel, sardine and anchovy.

**Trammel and artisanal:** cuttlefish, “mabra”, “pajel”, lemon fish or “lecha”, octopus and “denton”.

## Land

**Broad beans,** garlic, asparagus, strawberries, peas and green beans.

## Meat

**Lamb**





# 2023 MAY

## Sea

### “Denton”

**Trawl:** red mullet, red shrimp, “bacallaret”, red crab, horse mackerel and monkfish

**Purse seine:** tuna, sardines and anchovies.

**Trammel and artisanal:** cuttlefish, “mabra”, “pajel”, lemon fish or “lecha”, octopus, “denton”, lobsters, scorpion fish, sea cicada and roe.

## Land

**Beetroot,** honey, radishes, carrots, potatoes, onions, carrots, green beans, artichokes, garlic and cherries.





# 2023 JUNE

## Sea

### Tuna

**Trawl:** red shrimp, “moixa”, “bacallaret”, red crab, langoustines, horse mackerel and monkfish.

**Purse seine:** tuna, sardines and anchovies.

**Trasmallo y artesanales:** salmonete, morralla de roca (vaca, serrano, rascasa, tordo y morena), corba, pulpo, escorpa, langosta, bogavante y cigarra de mar.

## Land

**Aubergine,** apricot, courgette, melon, watermelon, “blat de la marina”, onion, peas and tomatoes.





# 2023 JULY

## *Sea*

**“Clòtxina”, sardine and anchovies.**

**Trawl:** red shrimp, “moixa”, “bacallaret”, red crab, langoustines, horse mackerel and monkfish.

**Pure seine:** sardines and anchovies.

**Trammel and artisanal:** red mullet, rock morralla, (cow, “serrano”, “rascasa”, thrush and moray fish), scorpion fish and lobster.

## *Land*

**Tomatoes**, aubergine, peppers, apricot, courgette, melon, watermelon, “blat de la marina” and onion.





# 2023 AUGUST

## *Sea*

### **“Escorpa”**

**Trawl:** red shrimp, “bacallaret”, “furó”, red crab, langoustines, horse mackerel and monkfish.

**Purse seine:** sardines and anchovies.

**Trammel and artisanal:** red mullet, rock morralla, (cow, “serrano”, “rascasa”, thrush and moray fish), **scorpion fish** and lobster.

## *Land*

**Green and red peppers, cucumbers,** beans, tomatoes, aubergines, onions and muscatel grapes.





# 2023 SEPTEMBER

## Sea

### Lobster

**Trawl:** Red shrimp, “bacallaret”, “furó”, red crab, langoustines, horse mackerel, monkfish, bacora and bonito.

**Purse seine:** sardines and anchovies.

**Trammel and artisanal:** red mullet, rock morralla, (cow, “serrano”, “rascasa”, thrush and moray fish), scorpion fish and **lobster**.

## Land

**Figs, muscatel grape,** rice (DO Pego bomba and bombón), chickpeas, “napicol”, potato, penjar tomato, garlic and pumpkin.





# 2023 OCTOBER

## Sea

### Calamar

**Trawl:** red shrimp, red crab, langoustines, horse mackerel, monkfish, moixa, white shrimp and **squid**.

**Purse seine:** sardines and anchovies.

**Trasmallo y artesanales:** red mullet, rock morralla, (cow, “serrano”, “rascasa”, thrush and moray fish), “pajel”, “mabra” and lemon fish.

## Manzà

### Eels

## Land

**Pumpkin**, figs, “pencas”, “napicol”, rice (DO Pego bomba and bombón) “habas”, “nabo”, “fesols”, “garrofón”, beans, “corfa”, “molla”, “careto”, “pencas”, potato, chard, spinach, olives and oils.





# 2023 NOVEMBER

## *Sea*

### **Lemon fish or “lecha”**

**Trawl:** red shrimp, red crab, horse mackerel, monkfish, “moixa”, white shrimp, “galeras” and langoustines.

**Purse seine:** sardines and anchovies.

**Trammel and artisanal:** red mullet, rock mullet (cow, “serrano”, “rascasa”, thrush and moray fish), “pajel”, “mabra” **and lemon fish or “lecha”.**

## *Land*

**Pomegranate,** pumpkin, sweet potato.





# 2023 DECEMBER

## *Sea*

### “Bonito”

**Trawl:** red shrimp, red crab, horse mackerel, monkfish, moixa, white shrimp and “bacallaret”.

**Purse seine:** sardines and anchovies.

**Trammel and artisanal:** red mullet, rock mullet (cow, “serrano”, “rascasa”, thrush and moray fish), lemon fish or “lecha”, “bonito” and cuttlefish.

## *Land*

**Sweet potato, vegetables from “de la olla de Nadal” (“pencas”, “napicol”, chickpeas, carrot, potato, turnip, parsnip, pumpkin and cabbage) and nuts.**



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