



# *Tijarafe*

*rural food*

*Find out everything that happens in Tijarafe Rural Food*

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by following us on social media

@tjaraferuralfood



Tjarafe Rural Food



#### OUR RESTAURATEURS

Bar Garome  
Bodegón San Antonio  
Bar La Punta  
Bar Prisma  
Restaurante La Muralla  
Kiosco Fe y Alegría  
Cheff en Casa  
Bar Canarias  
Restaurante Los Olivos  
Cervecería Isla Verde  
Pizzería La Fuente

Panadería El Parque  
Kiosco Erianet  
Biotienda Marisa y Stefan  
Bar Cafetería El Time  
Bodegas Castro y Magán  
Bar Restaurante El Rincón del Sol  
Cafetería La Prosperidad  
Vida Sana  
Bodegas Noroeste de La Palma  
Bar La Guagua  
Kiosco El Diablo

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## *Institutional salutation*

Taste and delight with our local products in the establishments of Tijarafe, enjoying a spectacular sunset or an amazing night sky, is the perfect opportunity to do so. This is the essence and purpose of Tijarafe Rural Food (TRF), the result of an elaborate recipe with two main ingredients: "the closeness" and "the quality" of our products.

TRF brings together the gastronomy of our municipality, a perfect pairing of innovation and tradition, that seeks to provide visibility to producers and restaurateurs through the implementation of gastronomic actions that also contribute to stimulate the Tijarafera economy.

Living fully in this era of immediacy, globalization and virtual worlds, it is even more necessary to have a reason to vindicate a taste for local and small things, as well as the enjoyment of experiences that, when shared in good company, around a table, become the best immaterial baggage that we are able to cherish.

Are you ready to experience it?



*Major Mr. Marcos Lorenzo*



Vineyards in Camino El Gamonal  
Photo by @lusestudio

# What is Tijarafe Rural Food?

**Tijarafe Rural Food** is to live and offer a rural environment, in which sustainable tourism, local produce, and gastronomy get together to provide a “something else”, a flame that we all wish to find, “the passion” that drives us to do it better, to do our best in every idea, in every product and in every dish.

The goal of **Tijarafe Rural Food** is to publicize all the **passion** and tradition of every product and every dish that is created in Tijarafe.

To that end, we introduce our **1st food guide** of Tijarafe Rural Food.

Everything starts on land and at sea, in the rural environment of Tijarafe, which has been developed to obtain the best fruit from it without damaging its ecosystem.

## Our restaurateurs



Photo by @lusestudio

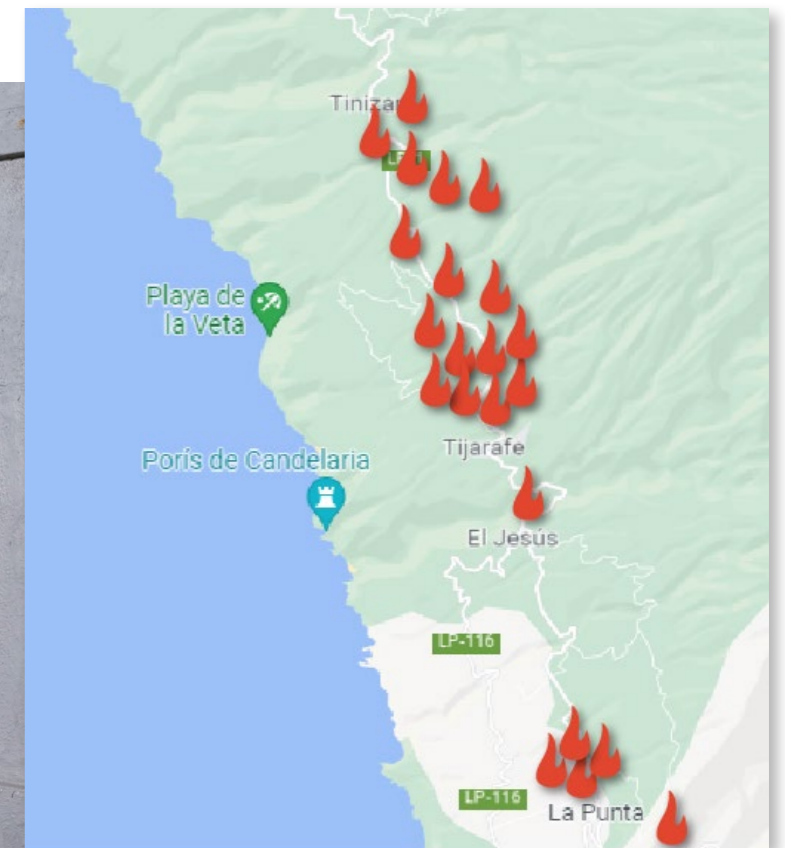
This food guide would not make sense without them, our **22 restaurateurs**.

Bars, coffee shops, restaurants and other professionals. Each one of them, puts the passion, knowledge and effort, taking care of every detail, to bring the best product to the table, a dish that satisfies your senses and that will surprise you.



This passion, this flame, this good work is already present and can be perceived everywhere in Tijarafe.

La Luz Street  
Photo by @lusestudio



VISIT OUR RESTAURATEURS

# The flavour as a tradition...

## Bar Garome

Miguel's bar is perfect to start your day or to arrive hungry and relax. Old-style sandwiches are served, with the **#TasteAsEver**. You will find a good family tradition and Miguel will always be ready to serve a glass of good local wine.

### Opening hours

LP-1 Highway, Tinizara, 19.  
6-22h, every day of the week.



Dish: Sandwich with meat, cheese and vegetables, paired with local wine.

## Bodegón San Antonio

You can go to Bodegón San Antonio any time and enjoy a **#TremendousPassion** in all their breakfasts and tapas, more than 10 every day, but be advised that the sooner you visit the Bodegón, the sooner you will be able to sample their great selection of tapas. Pair them with local and national wines.



Bar of Bodegón San Antonio.

### Opening hours

Avda. Princesa Tinabana, 6.  
6-24h. Open every day.



Photo by @lusestudio

Dish: Ropa Vieja Tapa.



Photo by @lusestudio

Doña Ana and Don Pedro. Dish: Pork Meat Tapa.

## Bar La Punta

### Opening hours

Calle Virgen de Fátima, 1.  
Mon-Sat, 11-23h.

Doña Ana and Don Pedro have been giving a special flavour to the La Punta neighborhood since 1985. "It has not been easy", Doña Ana says, but she and her husband keep working with the same passion and continue to offer their **#GenerousTapa** since their first day. In their bar, a quiet place in which time seems to have been stopped in the loved 80s, you have to try their pork meat tapa, 300 grams that will delight your senses.

## Bar Prisma

Potatoes and bananas from the Tijarafe gardens, these are very important **#LittlePleasures** in Artemio's bar. He prepares them in a way that are perfect with an ice-cold beer; this is something that should not be taken lightly, since, as Artemio says, "beer should be served very cold".

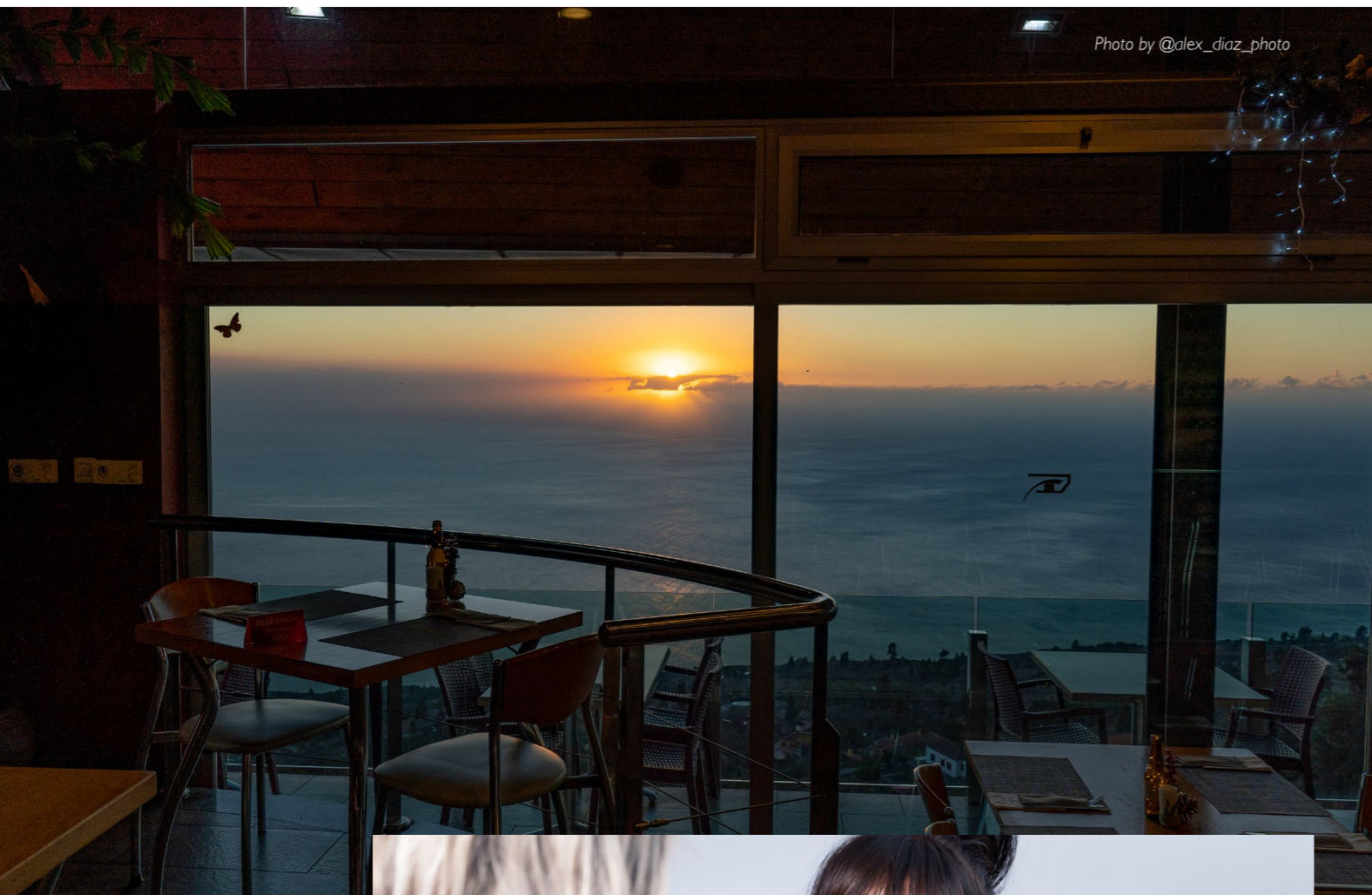
### Opening hours

Avda. Princesa Tinabana, 39.  
14-23h. Open every day.



Photo by @lusestudio

Dish: potatoes, fried plantains and beer.



Terrace and views from La Muralla restaurant.

## Restaurante La Muralla

The La Muralla lookout houses this magnificent restaurant with the same name and wonderful views to sea and town. In there, food is **#GourmetForYou**.

You will enjoy their dishes prepared with fresh and high-quality ingredients. The whole restaurant team has a maxim: "the job well done is worth more".



Dish: Meat Nest, Chicken Nest, and local white wine.

### Opening hours

C LP-1 Highway, Aguatavar, 16.  
Fri/Sat, 11-22:30h. Rest of week, 13-22h.

In the last few years, the municipality has seen a growth of its tourist industry through **rural tourism** and **sustainability**.

Because of this, we are going to give you:

## 4 tips that you need to know to enjoy Tijarafe

**1.** Always keep your bathing suit near you. You can go to the coast and enjoy a good bath.

You have **El Porís de Candelaria** or **La Veta beach** (in the image), available all year long.

**2.** Come to **Tijarafe** hungry, food portions are as generous as the friendliness of the locals.

**3.** Any corner is good, don't visit all places on the same day.

We recommend you **take your time in every place** and enjoy the experience.

**4.** Tijarafe is Live Tradition and their hashtag is **#LiveTijarafe**, we invite you to find out why.



# Local products of

## Tijarafe

In Tijarafe we are moved by the passion to do our best in every moment.



CHEESES



BANANAS



FRESH FISH

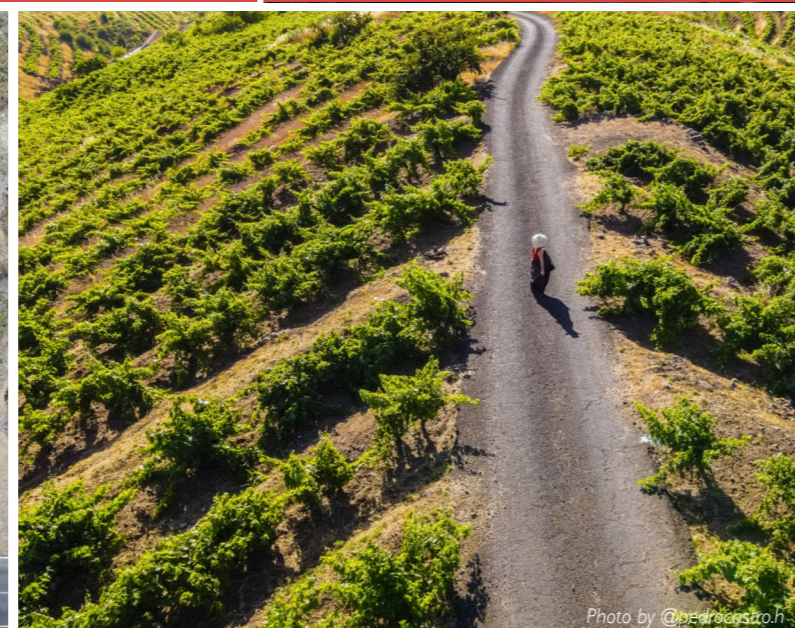


OLIVE TREES

Here we have a compromise with local products, to preserve the quality in the production, selection and improvement of the processes, showing that here rurality is not a weakness, but quite the opposite, it is the strength of thinking, seeing and tasting tradition.



AVOCADOS



GRAPEVINE

# Flavours that surprise you...

José Adeldo, cook and co-owner of this cozy place prepares a creative cuisine in which he will make every effort to surprise you with every dish. The kiosk and its team have already won several contests due to their creativity, as, for example, their "Iron Crunchy" with lentils, a tapa that won the last municipal Tapas Contest.



Kiosco Fe y Alegría

Dish: #SurpriseHamburger.

### Opening hours

LP-1 Highway, La Punta, 14.  
Open every day from 10 to 23h.

IF YOU ARE ONE OF THOSE WHO PREFER TO COOK YOUR OWN HAMBURGER, WE PRESENT YOU

## 8 tricks from our restaurateurs

to help you cook a great hamburger *very easily*

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- A good bread is the key. An artisan bread, brioche-like, with crumb enough to absorb the sauce and a crunchy touch. Cervecería Isla Verde, Bodegón San Antonio.
- The surprise ingredient blows it: no matter how risky it may seem, this crazy idea can take you to the top, add crunchy calamari to the hamburger: Kiosco Fe y Alegría, or as in Pizzería La Fuente where they add dill pickles, brown sugar, cinnamon and cloves.
- Mix different types of meat, for example 70% beef and 30% pork with pancetta, to make it very juicy. Restaurante Los Olivos, or take risks and change to a 100% goat meat from La Palma, as in Bar La Guagua.
- The vegetables, the fresher they are the better: Your mom was right, eat your vegetables because they have a lot of vitamins! Bar La Punta.
- Do not settle, do experiment: Create the following sauce with garlic, parsley, cilantro and mayonnaise. Restaurante El Rincón del Sol.
- To be or not to be, choose the cheese well: A Palmero cheese from Tijarafe is perfect to have success with your hamburger. Kiosco Erianet.
- Quality matters: Don't bet on it, if you use fresh meat of a good quality, you will be successful. Kiosco El Diablo. It is also good to spice the meat to the taste. Bar Canarias.
- Give the meat the appropriate doneness desired by each person. Cafetería La Prosperidad.



## Cheff en Casa

If you are not into cooking, Jeff will be your cook wherever you need him. He will go to your kitchen and prepare spectacular dishes so you can be the best possible host. He also has a team of waiters, so you don't have worry about anything. Today Jeff will cook for you

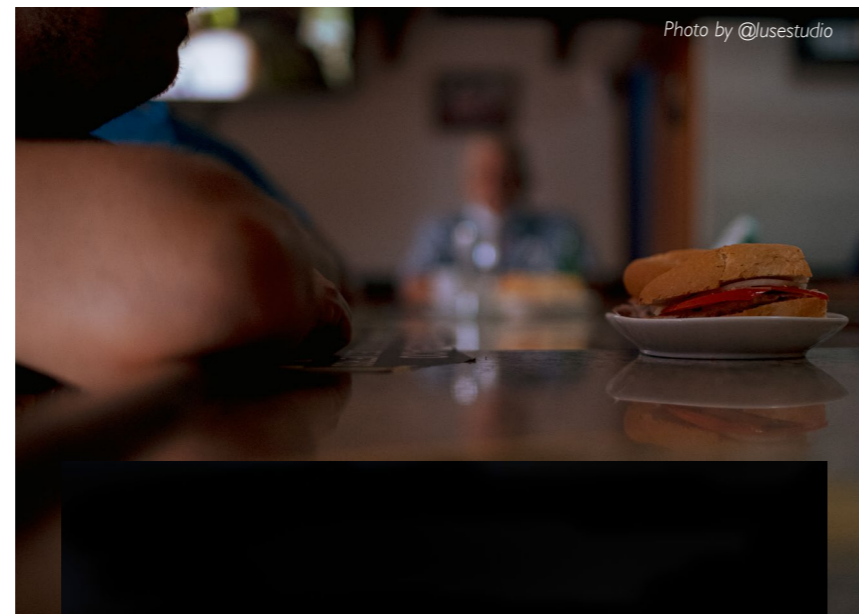
**Opening hours**  
Wherever you want.  
Timetable: Whichever you need.

Photo by @lusestudio

 Cheff en Casa
  jcheff\_en\_casa
  +34 607 43 97 33

## Bar Canarias

Juan, owner of Bar Canarias, is clear: "the **#FlavourToYourService** is not only good but also fast". You order your breakfast, they serve it to you, and you can follow your way or stay a little longer: you choose it. No matter what you choose, you will see that what you have been served it is cooked at the time and with fresh produce.



**Opening hours**

Avda. Princesa Tinabana, 14.  
6-24h. Open every day.

Dish: Sandwich with calamari and aioli sauce, and Venezuelan empanadas.



## Restaurante Los Olivos

The **#NearbyCuisine** of Los Olivos surprise you from the very beginning, and does it in a pleasant way. Peruvian, Venezuelan, Canarian and fusion food. Here, dishes are made with ingredients native to each country.

Do you think it is worth so much effort?

**Opening hours**

Avda. Princesa Tinabana, 27.  
10-23h., Wednesday closed.



Dish: Ceviche.



Brewery's Bar and Taps.

The Cervecería Isla Verde brews 10 different types of **#ArtisanalBeer** in their brewery (some of them are gluten-free), that cover all tastes. If this is not enough, their kitchen prepares tapas and dishes, some of them made with their own beer. His motto is "toast to natural ingredients", so let's toast!

**Opening hours**

LP-1 Highway. El Jesús, 41. Thu-Mon, 13-21h.

## Cervecería Isla Verde



Bottles of Sly Beer and Devil Dance.







Photo by @lusestudio

Dish: One of their four vegetable pizzas.

## Pizzería La Fuente

La Fuente offers you a varied selection of vegetables pizzas, among other varieties, because eating natural is eating healthier. In their salon, you will find a good place to also enjoy local ingredients, such as fresh cheese from Tijarafe and the vegetables from the northwest part of the island in each **#RuralPizza**.

### Opening hours

El Lomo St., 7.  
18-23h., Tue-Sun.

## Coming back to the origins...



Choice of breads.

## Panadería El Parque

Only with mother dough bread can come out so **#FreshCrunchy** as in this bakery. Ciabatta bread, chusco, loaf... are proof of that. Amassed with sea salt from our island. Other than a wide selection of breads, we have a good assortment of cakes and pastries, perfect for those with a sweet tooth or if you want to give a different touch to your breakfast.

### Opening hours

Tajodeque St., 10.  
Mon-Fri, 8-16h.



Dish: Ribs, potatoes and pineapples.

## Kiosco Erianet

A small kiosk, next to the highway, to eat at your **#SecondHome** and pretending to be just a meeting place. You will find small treasures in their stoves that are seasoned with joy and the good atmosphere of their customers.

### Opening hours

LP-1 Highway. La Punta, s/n.  
6-24, open every day.

## Biotienda Marisa & Stefan

With organic certification, Marisa offers us a stand with **#EcoFresh** products, very special fruits and vegetables, so much that, when products of the new season arrive, she does her best to provide spectacular fruits and vegetables. In her shop, you will also find a good selection of organic products to stock your pantry.

### Opening hours

Mon-Sat, 9-20h. Sun, 10-16h.  
LP-1 Highway, Tinizara 10.



Photo by @usestudio

Eco, bio and organic fruits and vegetables  
ES-ECO-014-IC.

### Opening hours

LP-1 Highway, Mirador El Time, s/n.  
10-20h, open every day.

## Bar Cafetería El Time

Located in the ElTime lookout, the most spectacular in the Canary Islands?, we find natural smoothies that are ideal to enjoy the best views, made with fresh fruits and vegetables.

Besides, they have **#TheBestCake** with their own recipe that leaves no one indifferent.

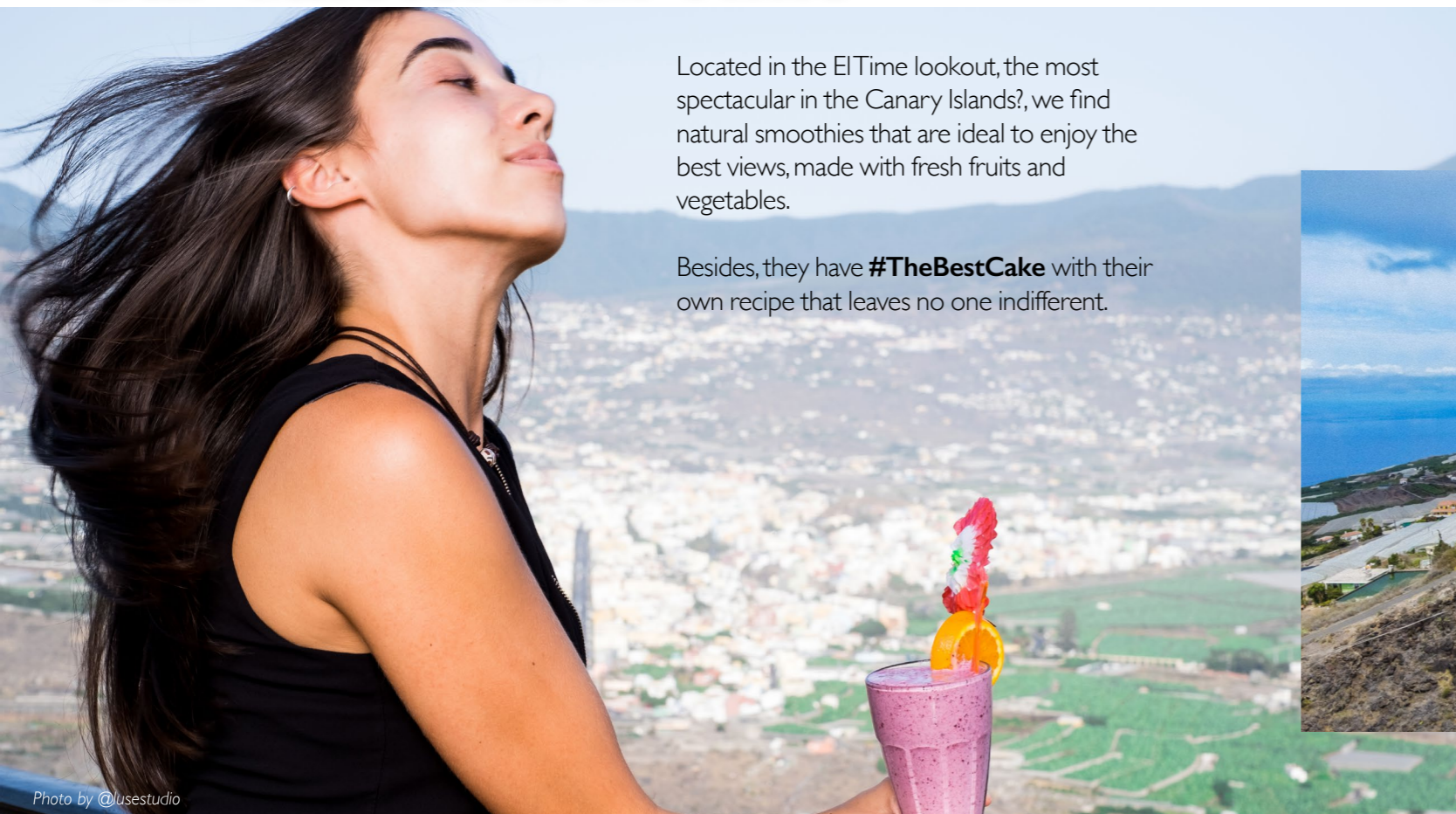


Photo by @pedrocastro.h

Views from the ElTime lookout, onto the rest of Tifarafe.

Dish: Red Smoothie.

## Bodegas Castro y Magán

Aging in the sea? It's a good plan, isn't it? That is what people in this cellar that age their wines on the seabed have always thought. Operating since 1997, the Castro y Magán winery has something else, more emotional, the **#KnowHowToDo** that you will only find when you open one of the bottles of O'DALY, their gourmet wine, which is perfect for the most special occasions.

### Opening hours

Camino Bellido, 25.  
Need to make appointment, phones:  
922 49 00 66 – 699 44 62 71.



Photo by @usestudio

O'DALY Red Wine.

# Bar Restaurante El Rincón del Sol



Photo by @usestudio

Dish: Beef Tenderloin.

The origin is in the good **#MeatAndGrill**, from there a proposal of a different value is built. Not only all types of grilled meat, but also Venezuelan specialties. Their chef won't stop experimenting and innovating to find new and attractive flavors; one example of this is their peculiar aioli sauce with cilantro and avocado.

### Opening hours

LP-1 Highway, Tinazara, 12.  
9-22, open every day.

# Vida Sana

In the small and welcoming shop of Elisa, you can find all types of products for your **#HealthAndWellness**, a great selection of food and other healthy options. Furthermore, Elisa will kindly assist you and, if you don't find the product you are looking for, she will request it from wherever it is available.

### Opening hours

Avda. Princesa Tinabana, 3.  
Mon-Fri, 9-19h; Saturday: 9-16h.



Photo by @usestudio

Elisa behind the counter.

# Naturally rural...



Photo by @usestudio

Dish: Breaded Chicken Sandwich.

# Cafetería La Prosperidad

Dorali, their cook, puts all her efforts and care into each dish of **#HomeCooking** that comes out of her hands, using ingredients that improve what fire creates. A comfortable coffee shop, with a wide selection and a daily menu which is attractive for every palate.

### Opening hours

LP-1 Highway, La Punta, 2.  
6-24h, every day.

# Bodegas Noroeste de La Palma

**#BeingExcellent** may seem like science fiction, but when you are looking for excellence, you can improve that which you thought was not improvable, the new Vega Norte Doble X Varietal wines improve their predecessors. Fermented in Barrel, Selected Blend and Harvest. Reaching this goal is only possible through hard work favouring the efficiency and innovation, where the final purpose is always "to do it better".

### Opening hours

Camino Bellido, s/n.  
Mon-Sat 11-19h, (Summer 11-21h), Sunday: 10:30-13:30h.



Photo by @usestudio

Doble X Varietal Red Wine.



Photo by @alex\_diaz\_photo

Vineyards in Camino El Gamonal.

Dish: Goat Meat, Papas Arrugadas and Red Mojo.



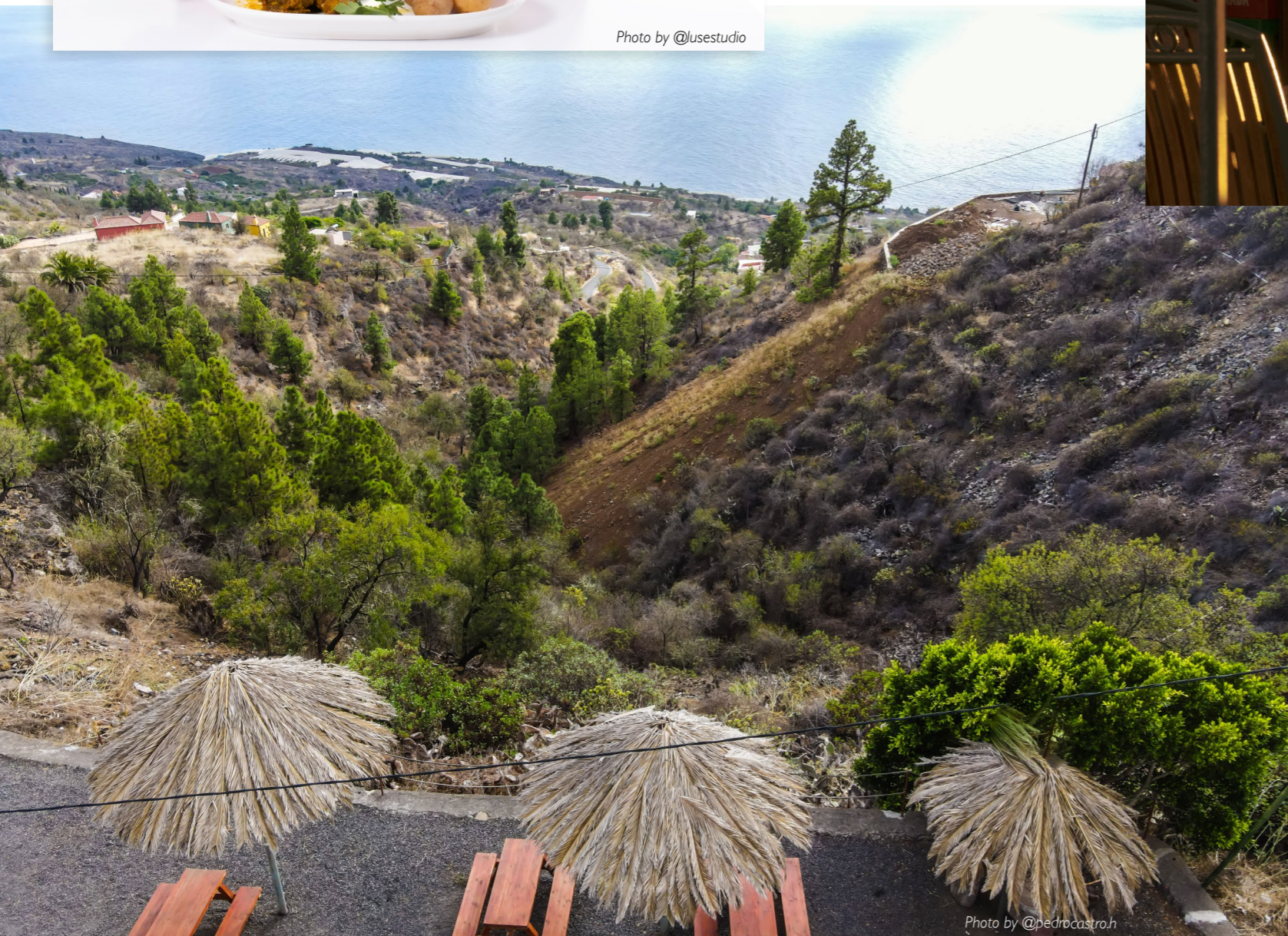
## Bar La Guagua

**#PalmeraTradition** is not only a hashtag. Here La Palma dishes are created, such as, for example, goat meat with papas arrugadas and red mojo. "Food is only made with affection", as their cook says, and you can rely on it. If you are more into spoon dishes, they make a watercress stew that you will certainly like.

### Opening hours

LP-1 Highway. Aguatavar, 12.  
Tue-Sat 6-23h. Sunday: 9-23h.

Photo by @lusestudio



Views from the terrace of Bar La Guagua.



Sunset in the kiosk's terrace.  
Photo by @lusestudio

## Kiosco El Diablo

Fish and seafood tapas are very popular because Tijarafe has a spectacular coast that makes their fish and seafood to be delicious. The Kiosk's cuisine offers the possibility of **#TravellingThruTapas** with fresh and high-quality produce, perfectly paired with the rest of local products, such as meats, vegetables and fruits.

### Opening hours

Avda. Princesa Tinabana, s/n.  
Mon-Sat 11:30-24h; closed on Sundays.

Photo by @lusestudio



Dish: Prawns Raincoat.



# *Tijarafe*

*rural food*

## COMPOSED BY:

Bar Garome  
Bodegón San Antonio  
Bar La Punta  
Bar Prisma  
Restaurante La Muralla  
Kiosco Fe y Alegría  
Cheff en Casa  
Bar Canarias  
Restaurante Los Olivos  
Cervecería Isla Verde  
Pizzería La Fuente

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Bar Cafetería El Time  
Bodegas Castro y Magán  
Bar Restaurante El Rincón del Sol  
Cafetería La Prosperidad  
Vida Sana  
Bodegas Noroeste de La Palma  
Bar La Guagua  
Kiosco El Diablo

## ORGANIZED AND PROMOTED BY:



Ayuntamiento  
de Tijarafe