Spice & Ginger
discovering food stories

Savoring island flavors and exploring local delights

All about Gran Canaria

Do you think that the Canary Islands are synonymous with lounging on sun-drenched beaches? Think again. We traveled around Gran Canaria and discovered stunning nature, extinct volcanoes, picturesque villages, unique vegetation, fantastic food, a fascinating indigenous culture, and yes, of course, sun and sand.

Are you curious about our experiences? Check out these culinary treasures and insider tips for your next Gran Canaria adventure!

Recipes

Gran Canaria is an island of many flavors. As a crossroads for Atlantic maritime traffic, the island became a center of trade with Europe, Africa and the Americas, bringing in a mix of goods and influences. Due to this unique location in the Atlantic Ocean, the Canary Islands enjoy a mild climate throughout the year. The waters around the islands are rich in fish, and the fertile volcanic soil provides an abundance of fruits, vegetables and grains. Hungry yet? Discover some of my favorite Canarian recipes!

Papas arrugadas

You can't go to the Canary Islands without trying papas arrugadas. The wrinkled potatoes with their typical salt coating are the symbol of Canarian cuisine. But you don't have to go to the Canary Islands to enjoy them. With this authentic recipe, you can make papas arrugadas at home in no time.

Papas arrugadas

Mojo

Mojo, the traditional sauce of the Canary Islands, can be found on any dinner table. Mojo comes in different colors and flavors. Red and green mojo are the best known, but there are many other versions of this versatile sauce. One thing is for sure, once you've tasted mojo, you will ask for more.

Mojo

Warm salad with quail, little gem and pistachio

I had this warm quail, little gem and pistachio salad at Los 5 Sentidos tapas bar in Las Palmas. The dish had a lot of flavor and, according to the chef, was easy to prepare. He gave me some guidelines so that I could make the salad myself at home.

Warm salad

Garbanzada, chickpea stew with pork rib and chorizo

In Gran Canaria I discovered the dish garbanzada, a stew of chickpeas with pork rib and chorizo. This traditional dish is perfect for sharing with friends and relatives. You should give it a try!

Garbanzada

Travel articles

There's plenty of sun and sand, but Gran Canaria offers so much more for the curious traveler. We immersed ourselves in the local culture and explored the island's rich history and breathtaking nature. Check out our adventures and get ready to pack!

3 days in Las Palmas

Las Palmas, the capital of Gran Canaria, is a dynamic and vibrant city. During our 3-day stay, we explored various districts and visited the largest and most beautiful botanical garden in Spain. Check out all the details on my blog!

3 days in Las Palmas

8 experiences not to miss in Gran Canaria

Discover the local products and crafts of beautiful Gran Canaria. We visited markets, fincas, a distillery and one of the best ceramic artists on the island. Here are 8 experiences you can't miss!

8 experiences in Gran Canaria

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Good travels!

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