



Typical Canarian food and desserts in Spring

Torrija

Torrijas are the most popular dessert of Holy Week. They are similar to French toasts. Torrijas were created in the 15th century



Salted cod

During the Lenten season there is a product that is consumed above the rest: cod. Fresh, salty or smoked is a very good fish, with many recipes



Fritters

Fritters are one of the typical sweets that we have in Spanish cuisine. These can be stuffed or not, but they are delicious.



Potage

The stew is a dish based on vegetables and legumes cooked in a lot of water. There are many different ways to prepare it.

