

Five ways to eat your way around Murcia

Island of
del Carmen

Published by:
Concejalía de Turismo
del Ayto. de Murcia

Text:
Sergio Gallego

Photograph:
Joaquín Zamora
Carlos Moises

Design:
Grupo Graphic

Printing:
Libecrom

Listing.

22. Alborada
Has a great offering for all tastes, including set lunch menus, a tapas bar and a very interesting a la carte menu for the restaurant.

Calle Andrés Baquero, 15, 30001 Murcia
alboradarestaurante.com • 968 232 323

42. Al Rojo Vivo
If you love gourmet burgers, Al Rojo Vivo will become one of your first-choice restaurants.

Calle Granero, 3, 30001 Murcia
alrojovivomurcia.com • 868 945 843

44. Bonache
This is where you can enjoy an authentic Murcian *pastel de carne* (meat pie) or *empanada*.

Plaza Flores, 8, 30004 Murcia
pasteleriabonache.com • 968 212 083

63. Cabaña Buenavista
Murcia's Michelin Star is Pablo González-Conejero's Cabaña Buenavista.

Finca Buenavista S/N, 30120 El Palmar
cabanabuenavista.com • 968 889 006

9. Casa el Alias
Traditional *cervecería* with a long history, never lacking a good stew.

Av. de Sta. Catalina, 2, 30012 Murcia
casaelalias.es • 968 252 179

47. Collados
For excellent pastries, delicious meat pies and *empanadas*.

Calle D. Alfonso Palazón Clemares, 14, 30009 Murcia
968 904 442

61. Del Gallo Blues
Modern and cosmopolitan restaurant offering simple Peruvian-Columbian dishes.

Calle Central, 10, 30100 Espinardo
delgalloblues.com • 968 905 563

30. El Amarre
On a nice day, this is a great place to enjoy both the bar and tables outside.

Plaza Mayor, 1, 30005 Murcia
elamarremurcia.es • 968 209 310

33. El Asador
As the name, which means 'roisserie', suggests, this restaurant offers some good roast meat, as well as a selection of appetisers.

Plaza Casino, 12, 30150 La Alberca, Murcia
968 84 14 62

19. El Café Bar
A great place to enjoy a good *marinera* in the city centre.

Gran Vía Alfonso X el Sabio, 1D, 30008 Murcia
968 231 027

4. El Churra
Restaurant offering traditional dishes, perfect for enjoying at the bar. Excellent service and quality produce.

Calle Obispo Sancho Dávila, 13, 30007 Murcia
elchurra.net • 968 271 522

53. El Garrampón
Taberna with a long history within the university circuit, it won't disappoint.

Calle Siervas de Jesús, 30001 Murcia
696 25 98 20

59. El Jumillano
If you're looking for somewhere on the periphery of the centre for tapas at a reasonable price, this is your place.

Calle Luis Fontes Pagan, 4, 30003 Murcia
eljumillano.es • 674 660 744

17. El Pulpito
Lovers of octopus, this is your home. Assorted traditional appetizers on Plaza de las Flores.

Plaza Sta. Catalina, 1, 30004 Murcia
968 213 965

46. Espinosa
Patisserie with a long history offering one of the best meat pies in the city.

Calle Floridablanca, 3, 30002 Murcia
espinosa.es • 968 262 304

67. Enso Sushi
The quality they demonstrate preparing oriental cuisine makes them one of the best Japanese establishments.

Calle Sta. Teresa, 6, 30005 Murcia
ensosushi.com • 968 906 611

15. Fenix
With an enviable location, this is one of the most iconic bars on Plaza de las Flores, serving up *marineras* and *caballitos*, among other tapas.

Plaza Sta. Catalina, 1, 30004 Murcia
968 221 212

35. Finca Mi Capri
A spacious child-friendly restaurant known for its traditional cuisine.

Diseminado Carril Alquibla, 10, 30157 Murcia
fincamicapri.com • 609 482 200

32. Finca Santiago
Offers a set menu and a large area where the kids can play worry-free.

Camino Palmeral, 12, 30100 Murcia
www.fincasantiago.com • 968 83 0161

57. Green Sushi
If you're a Japanese food lover, make sure you visit this restaurant, it will definitely live up to your expectations.

Calle Merced, 3, 30001 Murcia
greensushi.es • 968 967 364

51. Guinea
An authentic taberna that's always packed to the rafters, if you want to go you'll have to book in advance.

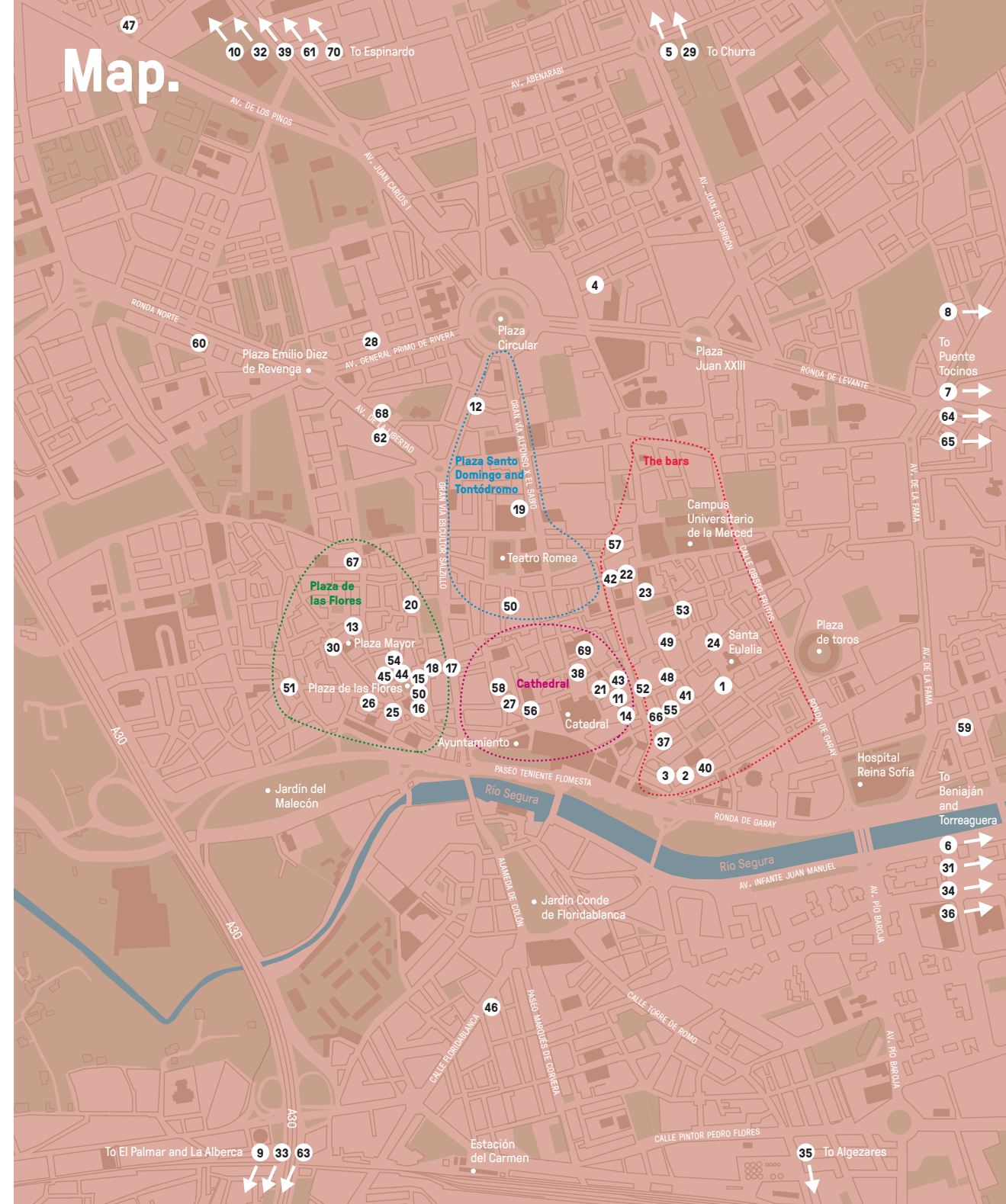
Calle Vidrieros, 1, 30004 Murcia
mesonguinea.es • 638 737 398





















60. Hermanos Ródenas
A wide variety of dishes, quality produce and a reasonable price are the highlights of this restaurant.

Ronda Norte, 13, 30009 Murcia
hermanosrodenas.com • 968 907 323

21. Hispano
A place for discerning tastes with no shortage of impressive dishes and some quality desserts.

Calle Radio Murcia, 4, 30001 Murcia
restaurantehispano.es • 968 216 152



 20. Jota Ele A city-centre classic, offering high-quality tapas and dishes full of personality.	29. La Mariposa One of Murcia's best Italian restaurants, the pizzas and fresh pasta never disappoint.	 18. La Torre de las Flores Restaurant with a magnificent location offering typical dishes of the region and wonderful seafood.	  58. Malena An Argentine gastro-bar with dishes prepared to satisfy all tastes.	  26. Pasaje de Zabalburu An informal place, ideal for an aperitif at the bar, offering carefully presented dishes.	1. Salzillo A classic city restaurant with a wide variety of tapas and appetisers and over 20 years' experience.
Plaza de Santa Isabel, 6, 30004 Murcia 968 22 07 30	Calle Miguel Hernández, 9, 30110 Churra, Murcia pizzerialamariposa.com • 671 103 686	Plaza Santa Catalina 1, 30004 Murcia restauranteslatorre.com • 968 96 72 90	Plaza Puxmarina, 2, 30004 Murcia 868 044 108	Plaza San Pedro, 3, 30004 Murcia 622 62 21 67	Calle Cánovas del Castillo, 28, 30003 Murcia restaurantesalzillo.com • 968 220 194
14. Keki Trapería Restaurant serving up creative cuisine, tapas and dishes with the finest ingredients at very affordable prices.	La Parranda A pleasant taberna with traditional dishes and all manner of vegetables.	62. La Trastienda de Pablo González A modern place with a wide range of informal starters and a good emphasis on international cuisine.	11. Monumental Restaurant with a well presented 1920s interior, offering meat and fish from a charcoal oven.	34. Pepe Tomás Restaurant with a large banquet hall specialising in roasted meats and tapas to enjoy outside.	25. Tapeoteca Restaurant that may appear casual at first, but it offers very well presented dishes.
Calle Fuensanta, 4, 30001 Murcia keki.es • 968 220 798	Plaza San Juan, 7, 30003 Murcia laparranda.es • 968 22 06 75	Av. Libertad, 1, 30007 Murcia • 968 295 379 latrastiendadepablogonzalez.com	Calle Barrionuevo, 2, 30001 Murcia monumentalrestaurant.com • 968 727 060	 Camino Viejo de Orihuela, 6, 30579 Torreagüera pepetomas.es • 968 822 376	Plaza San Pedro, 3, 30004 Murcia 663 724 059
68. Kome A small place big on food with oriental touches and a bar concept with just thirteen seats.	 48. La Peladilla In addition to the traditional <i>pastel de carne</i> (meat pie), this patisserie offers a variety of other pies such as the authentic Cierva de Murcia.	13. La Virgen del Mar A shrine to the sea, offering excellent fish and seafood.	  12. Morales A classic restaurant for regional cuisine where you can enjoy a menu crammed with Mediterranean flavours.	 54. Pepico del Tío Ginés A long-standing taberna in the purest style, an old favourite.	70. Taúlla If you feel like eating vegetables in a different, creative way at a good price, this is your place.
Av. Libertad, 6, 30009 Murcia 968 15 09 37	Calle San Antonio, 1, 30001 Murcia lapeladilla.es • 968 21 63 71	Plaza de San Nicolás, 3, 30005 Murcia restaurantevirgendelmar.es • 968 216 679	Av. de la Constitución, 12, 30008 Murcia restaurantemorales.es • 968 231 026	Calle Ruipérez, 4, 30004 Murcia pepicodeltiogines.es • 968 211 209	Calle Antonio Flores Guillamón, 2, 30100 Espinardo • taulla.com • 868 079 980
 10. Las Acelgas Typical <i>cervecería</i> offering a wide range of interesting appetisers.	3. La Pequeña Taberna A pleasant place that combines rusticity with elegance, specialising in traditional cuisine.	43. Lima Limón The best way to get to know the culture of a place is through its cuisine: Lima Limón transports you to Peru.	45. Nuevo Zaher Among other things, here you will find quality meat pies, a fixture of Murcian cuisine.	37. Pura Cepa Modern place with a good wine list and traditional dishes.	41. The Factory Gourmet burger joint. The highest quality in a small space.
Calle Jumilla, 3, 30100 Espinardo, Murcia 968 830 012	Plaza San Juan, 7, 30003 Murcia lapequenataberna.com • 968 219 840	Calle Fuensanta, 5, 30001 Murcia limalimonmurcia.com • 968 96 73 06	Calle Riquelme, 13, 30005 Murcia 968 211 385	Plaza Cristo del Rescate, 8, 30001 Murcia puracepamurcia.com • 968 217 397	 Calle Victorio, 14, 30003 Murcia 868 619 655
 28. La Barra de El Torrao A good place to enjoy decent tapas and nicely prepared dishes.	 23. La Taberna de Toni A modest bar set apart by the quality and flavour of its tapas.	 65. Local de ensayo A place where the culinary ideas and madcap schemes of one of the most cutting edge chefs, David López, take shape.	39. Paco del Alfonso X If you want to sample a good steak for your main course, this is the place to go.	69. Real Casino de Murcia This restaurant's setting is worth seeing in itself, not to mention the menu for all tastes with some modern touches.	  5. Torremolinos A classic old-style Murcian restaurant specialising in good char-grilled meat.
C. Cronista Carlos Valcárcel, 1, 30008 Murcia 968 21 94 95	Calle Saavedra Fajardo, 20, 30001 Murcia 968 20 46 18	Calle Policía Ángel García, 20, 30006 Puente Tocinos localdensayo.com • 620 909 244	Calle Central, 10, 30100 Espinardo, Murcia 968 858 533	Calle Trapería, 22, 30001 Murcia restauranterealcasino.com • 968 222 809	 Senda de Granada, 122, 30110 Churra torremolinosrestaurante.com • 968 247 481
27. La Bien Pagá The ideal place for some good tapas and some very well-formed dishes. Good wine list.	16. La Tapa Rice dishes and signature tapas that can be sampled in the heart of the city.	55. Los Toneles This bar offers a menu with a variety of typical regional dishes.	 8. Palacete Rural La Seda One of the region's most important wine merchant's in the region, offering carefully presented and recognisable cuisine that has made it an unmissable destination since its inception.	52. Rio Bar This bar is known for its home-cooked food, especially its homemade potatoes.	  24. Touché Only open to the public in the evenings, offering delicious savoury muffins, among other things.
Calle Sociedad, 1, 30004 Murcia labienpagagastro.es • 968 932 626	Plaza Flores, 13, 30004 Murcia latapadelasflores.com • 968 21 13 17	Calle Cánovas del Castillo, 7, 30003 Murcia 968 210 205	Vereda Catalán s/n, 30162 Santa Cruz, Murcia palacetelaseda.com • 968 87 08 48	Calle Isidoro de la Cierva, 6, 30001 Murcia 968 219 244	Calle Victorio, 1, 30003 Murcia 671 252 697
  36. La Cábila Murcian food, featuring roast and chargrilled meats and rice dishes.	38. La Tienda de Susano This place has an enviable outdoor seating area in the city centre, for enjoying a good coffee or appetiser.	56. Los Zagales The typical dishes of the region are to be found at this bar, always at bargain prices.	50. Parlamento Andaluz. A wide range of rolls stuffed with assorted cold cuts and accompanied by a good beer.	66. Rincón de Pepe This restaurant's strong point is its blend of tradition and innovation.	  31. Venta El Payo If you're looking for stews, rice dishes and char-grilled meat, this is the perfect place in the purest style of a traditional 24-hour roadside restaurant.
 Calle Mayor, 33, 30570 Murcia 968 820 411	Calle Trapería, 2, 30001 Murcia 868 684 393	Calle Polo de Medina, 4, 30004 Murcia 968 215 579	Plaza Julián Romea, 1, 30001 Murcia parlamentotapeo.es • 968 96 97 95 Plaza Flores, 11, 30004 Murcia parlamentotapeo.es • 691 279 163	Calle Rocamora, 7, 30001 Murcia restauranterincondepepe.com • 968 212 238	 Nueva Avenida La Región de Murcia, 30011 Murcia • 868 171 897
40. La Hamburguesa Rockera For lovers of quality burgers, this is a top place where quality and price go hand in hand.	 7. La Torre Family restaurant with large function rooms, ideal for enjoying local cuisine.	49. Madre de Dios Here you will find a varied repertoire of tapas and dishes at a budget price within the university circuit.	2. Parranda A classic taberna in which to enjoy both traditional dishes and all manner of vegetables.	6. Rincón Huertano Restaurant with large banquet halls, in the heart of the <i>huerta</i> , offering good char-grilled meat, among other things.	64. Verna New Murcian cuisine: signature, avant-garde dishes using Murcian produce.
Calle Simón García, 1, 30003 Murcia 622 871 117	 Carril de la Torre, 52, 30006 Puente Tocinos, Murcia restauranteslatorre.com • 968 301 561	Calle Vara de Rey, 11, 30001 Murcia maredediosrestaurantes.es • 868 951 051	Plaza San Juan, 7, 30003 Murcia laparranda.es • 968 22 06 75	Calle de los Lorcas, 16, 30570 Beniján rinconhuertano.com • 968 874 152	Carril de los Canos, 104, 30006 Puente Tocinos restauranteverna.com • 625 40 74 09

Enjoy five different ways to eat your way around the city of Murcia. It doesn't matter how you do it or who you're with; choose the Murcia that best suits your tastes and enjoy!

Contents:

Five ways to eat your way around Murcia

Key
Pag. 4

Glossary
Pag. 4

Areas
Pag. 6

Traditional
Pag. 8

Foodies
Pag. 14

Families
Pag. 20

Low Cost
Pag. 26

Signature cuisine
Pag. 32

Key.

Glossary.

	Average price is under €15 per person
	Average price is €15 to €30 per person
	Average price is over €30 per person
	Craft beers
	Regional wines
	Recommended for couples
	Recommended for families

→ **Marinera:** Rosquillas (round breadsticks) with ensaladillarusa (Russian potato salad) and an anchovy. This dish is deeply rooted in Murcian culture, very closely linked to tapas and beer. The ensaladillarusa also has its particular regional flair; peas are not used (those are for other parts of Spain), and it is meant to be a compact salad that can easily be eaten on top of the rosquilla, but also with a mellow touch. There are two types of this tapas: marinero and bicicleta (bicycle).

→ **Marinero:** Just like the marinera, but with a vinegar-cured anchovy.

→ **Bicicleta:** Similar to the first two, but with no anchovies of any kind.

→ **Tigre:** Another very popular tapas, these are mussels cooked with onions, garlic, parsley and tomato, then coated in batter and deep-fried until golden.

→ **Caballitos:** Peeled, breaded and fried prawns. A real classic on Murcian terraces.

→ **Cascaruja:** A selection of nuts,

usually containing almonds, peanuts, toasted maize, dried broad beans or peas, hazelnuts, and even some kind of potato or corn-based snack. Another of the traditional accompaniments to a good cold beer.

→ **Zarangollo:** A perfect example of the important values of Murcian cuisine - using products straight from the Huerta, such as courgette, potato, egg and onion, making for delicious scrambled eggs with a delicate flavour.

→ **Michirones:** Another dish with all the flavours of the earth. Broad beans are cooked with various spices, given the a delicious piquant flavour.

→ **Gachasmigas:** Corn flour or wheat flour is mixed with water, then pan fried with a little oil. A filling dish with which to face the day.

→ **Mojete:** Very popular in both homes and restaurants in the region, this salad is made of peeled canned tomatoes, egg, tuna, onion and olives. Fresh and delicious.

→ **Perdices:** A typical salad of lettuce hearts dressed with virgin olive oil and salt.

→ **Caldero:** A real gastronomic delight, this dish was very popular among local sailors when it was first created. The rice is cooked in fish broth, with the fish later served alongside the rice if desired. However, it is more common to eat the rice without the fish and with alioli.

→ **Costillejas:** Pork ribs, usually marinated first. They're commonly served with aletría, Murcian noodles.

→ **Chapina de cordero:** Lamb sweet-breads. Usually cooked in olive oil with a few cloves of garlic and salt - simply delicious.

→ **Chiche:** Meat.

→ **Chato:** The Chato Murciano is a local breed of pig, dark in colour with a face that lives up to its name (chato

meaning 'snub-nosed'), it is descended from spotted pigs. Its flavour is sweet and delicious.

→ **Ñora:** This variety of red pepper, also known as "bola", is sweet tasting and used to create countless dishes, as well as making excellent Murcian paprika.

→ **Péssoles:** Peas, enjoyed in the traditional outdoors way: raw from their pods, as an accompaniment to snack and meals.

→ **Alcacil:** Artichoke.

→ **Pava:** No, not the female version of pavo (turkey) - this is the Murcian name for cauliflower.

→ **Bajoca:** Green beans.

→ **Paparajotes:** One of the most traditional desserts in the region. Lemon leaves are coated in batter and fried, then dusted with sugar and cinnamon. It is often accompanied by dessert wine. Remember: the leaves are only there to give the dish flavour and shape - they shouldn't be eaten.

→ **Mini:** Popular at parties and among young people, these 1 litre mixed drinks are perfect for celebrations in Murcia.

→ **Sol y sombra:** Anise (sun) and brandy (shadow). A classic post-prandial drink.

→ **Gato:** A mix of vermouth and gin. A very fashionable drink in recent years, but take care - its name (meaning cat) is said to come from the way it claws at your throat on the way down.

→ **Paloma:** Made with dry anise, honey and lemonade.

→ **Asiático:** From Cartagena. Coffee with condensed milk, Licor 43, brandy and a pinch of cinnamon. One of the hallmarks of the city.

Areas.

Cathedral

Around the Cathedral of Murcia there are a number of dining spots known for their pleasant terraces and wide selection of tapas. If you want to sample the most traditional delights, here you can find Murcia's famous meat pies and pasties, usually served with a cold beer. On the terraces you can enjoy *marineras*, *tigres*, baked octopus and *montaditos* (snacks on bread) of all kinds. As winter draws in, order *michirones* or *caldo con pelotas* (meatball stew) in any of the restaurants or small tapas bars in the area.

Plaza Santo Domingo and Tontódromo

Alfonso X, colloquially known as the *Tontódromo* (a place full of people strolling around), this is one of the most important and well-known avenues of the city. It's a place that invites you to stroll and get lost in the hustle and bustle of the crowd, and the lights of the windows of small local shops. Here, dining options combine traditional restaurants with a busy pedestrianised street, with plenty of spots to stop for coffee or drinks: Pérez Casas. At the end of the Avenida de Alfonso X, we arrive at Plaza de Santo Domingo. There are various fast food franchises, several quality pizzerias, chocolate shops and cafés. In Plaza Julián Romea there are a number of small restaurants perfect for a quick bite: sandwich shops, pizzerias and cafés, all of good quality and with a family atmosphere ideal for those with children.

The bars

Surrounding Campus de la Merced in the city of Murcia, there's a student atmosphere of bars and taverns with affordable prices, ideal for nights out. The type of crowds who frequent the area mean that the food on offer is suited for young people, who want to enjoy a meal out without spending too much. Walking towards the river, you can bar hop through the Plazas of Santa Eulalia, Cristo Resucitado and Cristo del Rescate, until reaching Plaza San Juan, where you'll find traditional restaurants, bars, taverns and other new spots with gourmet offerings, but at a low price. Sushi, burgers, Indian, vegetarian, vegan... A wide selection that has made this area of the city a culinary melting pot.

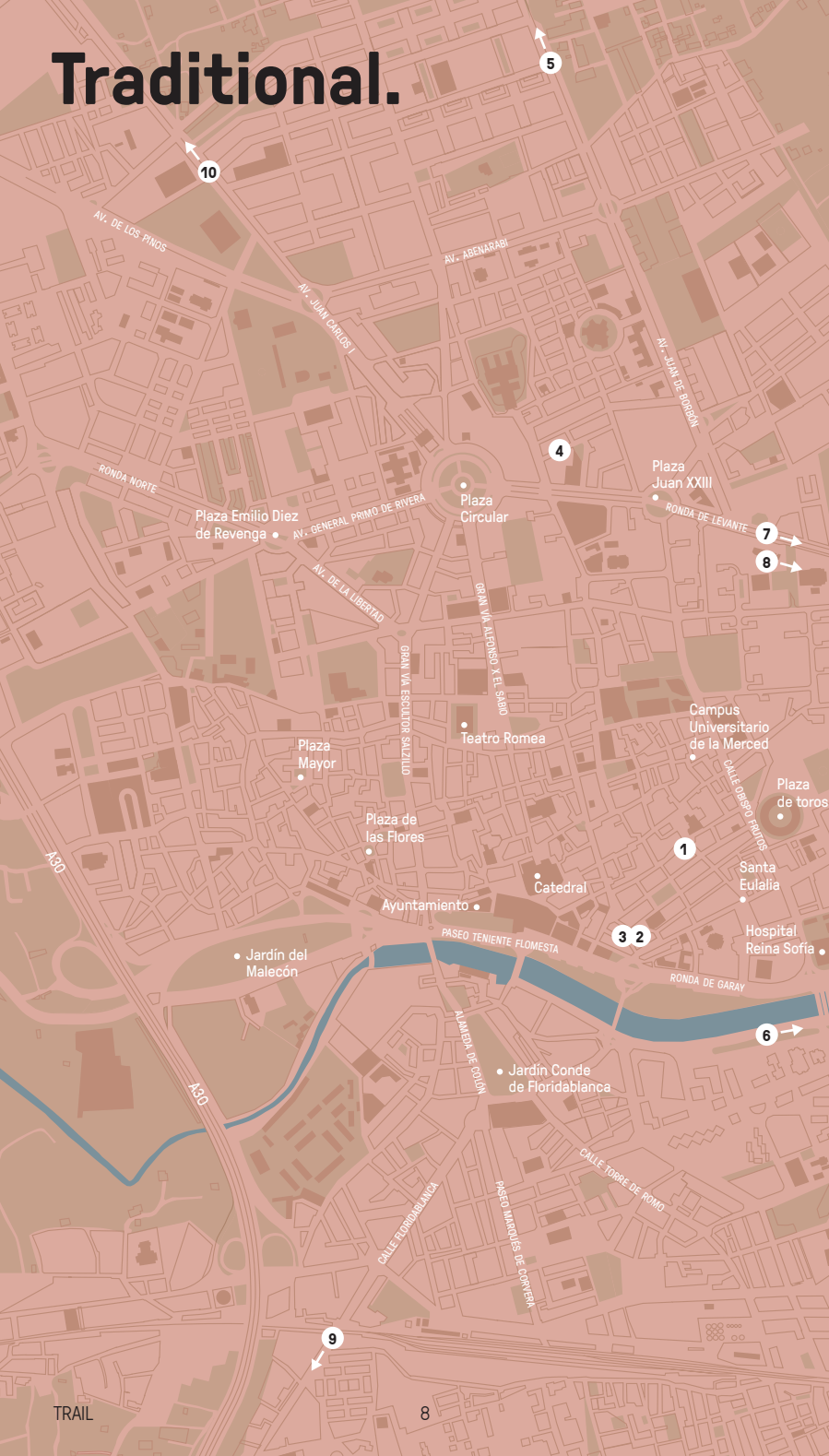
Plaza de las Flores

In the old town is one of the city's most iconic and popular places: the Plaza de las Flores. You can enjoy a great selection of restaurants and cafés, almost all with outdoor terraces, with a fantastic festive atmosphere every weekend. With food on offer focused on light snacks and meals of typical Murcian cuisine, this is the most well-known place in the city for the widest variety of high quality tapas. Spreading out from Plaza de las Flores are an infinite number of narrow streets, all filled with bars and tapas joints with a young, casual vibe. Down one of these streets, passing through Plaza de San Pedro, you reach the Verónicas Market, a traditional market where you can be typical products from the land, the sea and the hills.

Nearby neighbourhoods and towns

In the suburbs surrounding the city of Murcia are countless traditional restaurants and bars, reminiscent of those typical small town tapas bars where you can have a bite, try some tapas or enjoy an aperitif. This are places with a working-class background, meaning the restaurants and tapas bars in these areas have very affordable prices to suit all pockets, and almost all have a lunchtime *menú del día* set menu. Some of these districts (such as San Antón, San Andrés, San Antolín and San Basilio) have a growing immigrant population, which has led to a proliferation of a wide variety of restaurants from different cultures and countries around the world, to service the growing demand in these areas. In the small towns surrounding the city, there are a number of large restaurants where you can enjoy longer, more relaxed lunches and dinners with family and friends. We've moved away from the bustle of the city centre, and it shows in the size of the restaurants and the long after-dinner conversations, which are quieter and more relaxed. It's the perfect place to enjoy the weekend with the kids, or eat with large groups. There's a huge selection, with many restaurants to choose from. In recent years, we have witnessed the birth of the "new Murcian cuisine". A number of gourmet restaurants have chosen these towns to settle in, offering a more elaborate and more prestigious style of cooking.

Traditional.



10

5

4

7

8

1

3 2

6

9

8

TRAIL

Murcia is synonymous with sun, good temperatures, al fresco meals, tapas, beers, and wines with character. The great wealth of products from this area means there is a wide and varied selection of traditional dishes. Vegetables, meat and fish served as stews, with scrambled eggs, or roasted or grilled.

- 1** **Restaurante Salzillo**
Calle Cánovas del Castillo, 28
Murcia
- 2** **La Parranda**
Plaza San Juan, 7
Murcia
- 3** **La Pequeña Taberna**
Plaza San Juan, 7
Murcia
- 4** **El Churra**
Calle Obispo Sancho Dávila, 13
Murcia
- 5** **Torremolinos**
Senda de Granada, 122,
Churra
- 6** **Rincón Huertano**
Calle de los Lorcas, 16
Beniján
- 7** **Mesón La Torre**
Carril de la Torre, 52
Puente Tocinos
- 8** **Palacete Rural La Seda**
Vereda Catalán, s/n
Murcia

We begin our tour at **Salzillo**, one of the city's classics that has spent more than twenty years as a gastronomic icon.

We follow this with a classic tavern, **La Parranda**, in the middle of Plaza de San Juan. This is a welcoming spot with a typical bar where you can sample traditional dishes and, above all, enjoy vegetables in all their forms.

Just next door we find **La Pequeña Taberna**, a charming spot with traditional cuisine, which combines the rustic with the elegant. Don't miss the artichokes in *escabeche*. **El Churra** is another restaurant offering traditional dishes perfect for enjoying at the bar. It's one of the best places in the city for its service, high-quality products and festive atmosphere.

In the neighbourhood of Churra is the restaurant **Torremolinos**, where you can enjoy traditional Murcian tavern-style grilled

9 **Casa el Alias**
Av. de Sta. Catalina, 2
Murcia

10 **Las Acelgas**
Calle Jumilla, 3
Espinardo

meats, also to be found at **Rincón Huertano** and **Mesón La Torre**.

Palacete Rural de la Seda is one of the most beautiful spots in the Huerta of Murcia. As one of the most important wineries in the region, with carefully prepared and familiar food, since its inception it has become a must-visit. A place to dine like a king.

We end our tour through traditional Murcian cuisine with two well-known *cervecerías* (pubs) on the outskirts of the city: **Casa El Alias**, on Avenida de Santa Catalina, where you can enjoy some excellent stew; and **Las Acelgas**, in Espinardo, with some very interesting traditional snacks for those who want to explore this small town near Murcia.

The impressive Gothic tower of the Cathedral at dawn. A tasty dish of *migas* is the perfect thing for a rainy day.







Opposite the Cathedral and next to the Bishop's Palace, is the contrasting modernity of the Moneo Building. These delicious *michirones* are perfect to eat in winter, either as a tapas or a main dish.

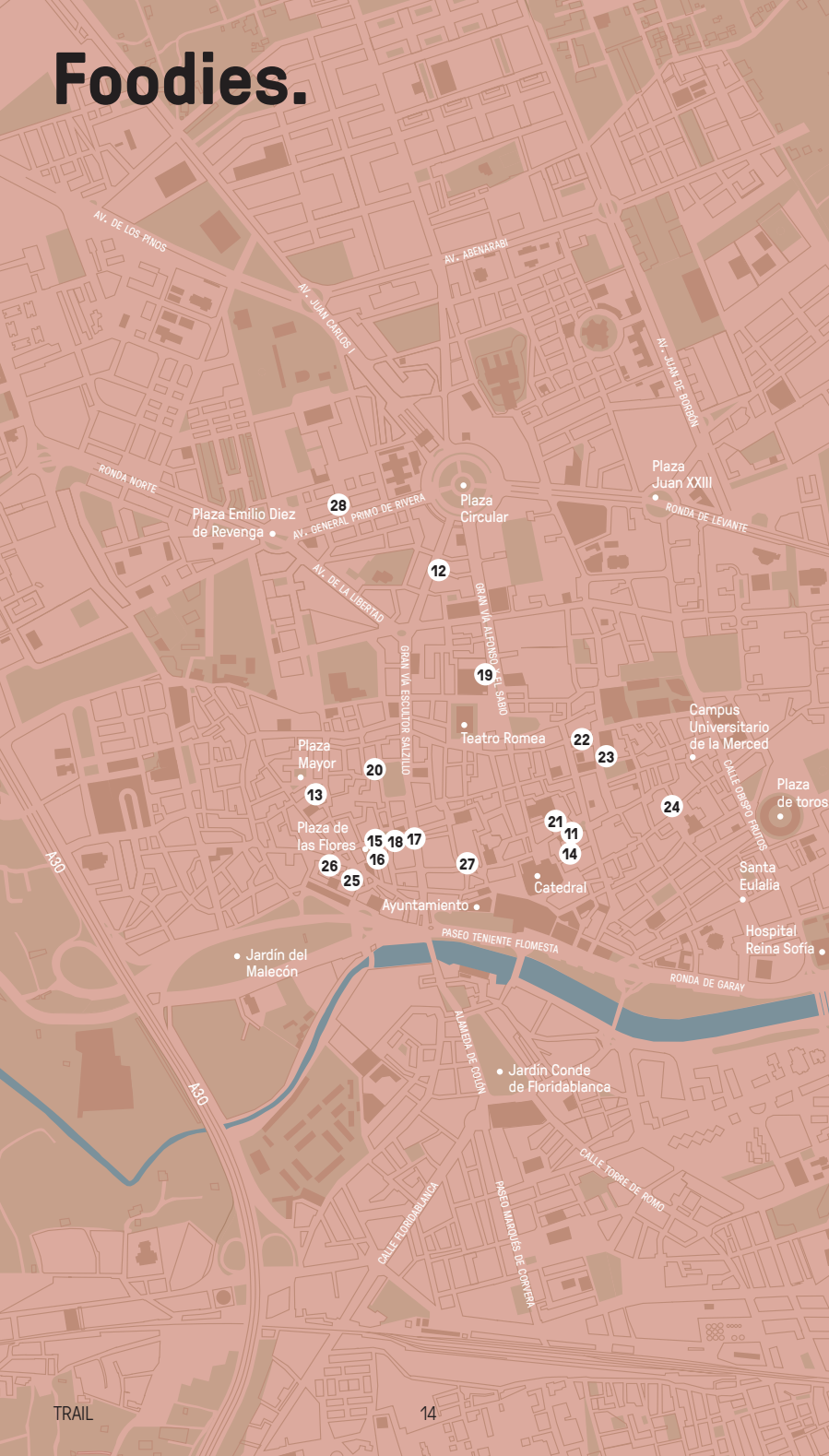
Michirones
Serves 4

1 kilo of dried broad beans
1 head of garlic
1 ham bone
2 small chorizos
100g pancetta
1 bay leaf
1 teaspoon of sweet paprika
Chilli Peppers
Pepper
Salt

- The beans must be soaked at least 24 hours before cooking. This rehydrates and softens them, making for faster cooking. This water should be discarded afterwards, as the beans release carbohydrates.
- First cook the beans in a pressure cooker for about fifteen minutes. To infuse them with flavour, also add the bone, the chillies and the bay leaf.
- With the pan uncovered, on a low heat, finish cooking the dish with the rest of the ingredients. Add the sliced chorizo, pancetta, salt to taste, garlic, pepper and sweet paprika. If necessary remove some of the broth, leaving the ingredients covered by two fingers of liquid. Cook until the beans and the rest of ingredients are tender.
- This is a very traditional dish for tapas, usually served in small individual casserole dishes, or large portions for two people to share.
- Serve it hot in an earthenware dish, with plenty of stew to mop up with thick farmhouse bread and sliced chorizo.
- The level of spice will depend on your preferences.



Foodies.



AV. DE LOS PINOS

AV. JUAN CARLOS I

AV. ABENARABI

AV. JUAN DE BORBÓN

RONDA NORTE

Plaza Emilio Diez de Revenga

28

AV. GENERAL PRIMO DE RIVERA

Plaza Circular

Plaza Juan XXIII

RONDA DE LEVANTE

AV. DE LA LIBERTAD

12

GRAN VÍA ALFONSO X EL SABIO

19

Campus Universitario de la Merced

Plaza Mayor

13

Teatro Romea

22

23

Plaza de toros

Plaza de las Flores

A300

GRAN VÍA ESCUPTOR SALIZADO

20

24

CALLE DIEGO PRITOS

Plaza de las Flores

A300

15

18

17

26

25

27

21

11

14

Catedral

Santa Eulalia

Hospital Reina Sofía

Jardín del Malecón

PASEO TENIENTE FLORESTA

RONDA DE GARAY

Jardín Conde de Floridablanca

PLAZA DE COLÓN

CALLE FLORIDABLANCA

PASEO MARQUÉS DE CONVENA

CALLE TORRE DE ROMO

TRAIL

14

For those obsessed with gastronomy, service, produce, the wine list and the overall experience of a restaurant, there are a number of options in Murcia with a range of styles and prices. Traditional, market, gastropubs, or a real tribute to food.

- 11 **Monumental**
Calle Barrionuevo, 2
Murcia
- 12 **Restaurante Morales**
Av. de la Constitución, 12
Murcia
- 13 **La Virgen del Mar**
Plaza de San Nicolas, 3
Murcia
- 14 **Keki Trapería**
Calle Fuensanta, 4
Murcia
- 15 **Bar Fénix**
Plaza Sta. Catalina, 1
Murcia
- 16 **La Tapa**
Plaza de las Flores, 13
Murcia
- 17 **El Pulpito**
Plaza Sta. Catalina, 1
Murcia
- 18 **La Torre de las Flores**
Plaza Sta. Catalina, 1
Murcia

We begin our route at the restaurant **Monumental**, an elegant venue (reminiscent of 1920s Paris) located in the old town of the city, perfect for grilled fish and meats.

Morales is one of the classics of Murcian cuisine, perfect for us to pay tribute to. Located right in the centre of the city, this restaurant offers a menu full of Mediterranean flavours, such as hake supreme or roasted kid leg.

Near Santa Isabel and the Plaza de Las Flores, we find **La Virgen del Mar**, a temple to fish and seafood. A short distance away in CalleFuensanta is **Keki Tapería**, a restaurant serving creative cuisine at very low prices.

In fact, Plaza de las Flores contains a number of places that score very highly when it comes to small dishes. Particularly of note is the *marinera* at **El Fénix** or **La Tapa**, the octopus at **El Pulpito** or the seafood from **La Torre de Las Flores**. Though if

- 19 **El Café Bar**
Gran Vía Alfonso X el Sabio 1D
Murcia
- 20 **Jota Ele**
Plaza de Santa Isabel, 6
Murcia
- 21 **El Hispano**
Calle Radio Murcia, 4
Murcia
- 22 **Alborada**
Calle de Baquero Andrés, 15
Murcia
- 23 **La Taberna de Toni**
Calle Saavedra Fajardo, 20
Murcia
- 24 **Touché**
Calle Victorio, 1
Murcia
- 25 **Tapeoteca**
Plaza San Pedro, 3
Murcia
- 26 **Pasaje de Zabalburu**
Plaza San Pedro, 3
Murcia
- 27 **La Bien Pagá**
Calle Sociedad, 1
Murcia
- 28 **La Barra de El Torrao**
Calle Cronista Carlos Valcárcel
Murcia

you find yourself around Alfonso X, you must not miss the *marinera* at **El Café Bar**.

Switching things up, we continue our route with two traditional restaurants that must not be missed in Murcia: **Jota Ele**, in Plaza de Santa Isabel, has a fantastic bar in which to enjoy a round of tapas; and **El Hispano**, located behind the Cathedral, also has a large bar and a restaurant with excellent dishes such as suckling pig, tuna, stews... and some highly recommended desserts, perfect for finishing of a culinary tour for demanding palates.

Another great foodie spot is the restaurant **Alborada**, which offers quality set lunch menus, a bar for tapas, and a very interesting restaurant menu. A few metres away is **La Taberna de Toni**, an informal bar with tasty, high quality tapas, accompanied with a great glass of regional wine. In the evening only, the closest thing to a *pintxo* bar in the city: **Touché**, where you'll find delicious *magdalenas saladas* (savoury Spanish muffins), among other things

Around the Verónicas area, there are a number of options to consider, such as **La Tapeoteca** or **Pasaje de Zabalburu**, both informal settings with good quality cooking. The latter is ideal for a snack at the bar. The same is true for **La Bien Pagá** and **La Barra de El Torrao**, which both have excellent tapas and some very strong dishes to end the meal.





In Plaza Cardenal Belluga, the plaza where the Cathedral is, you can enjoy a good cup of coffee at any of the terraces. *Caldero* is a rice dish made with fish broth. A delightful dish, originating from the coastal areas of the Region.

Caldero
Serves 4

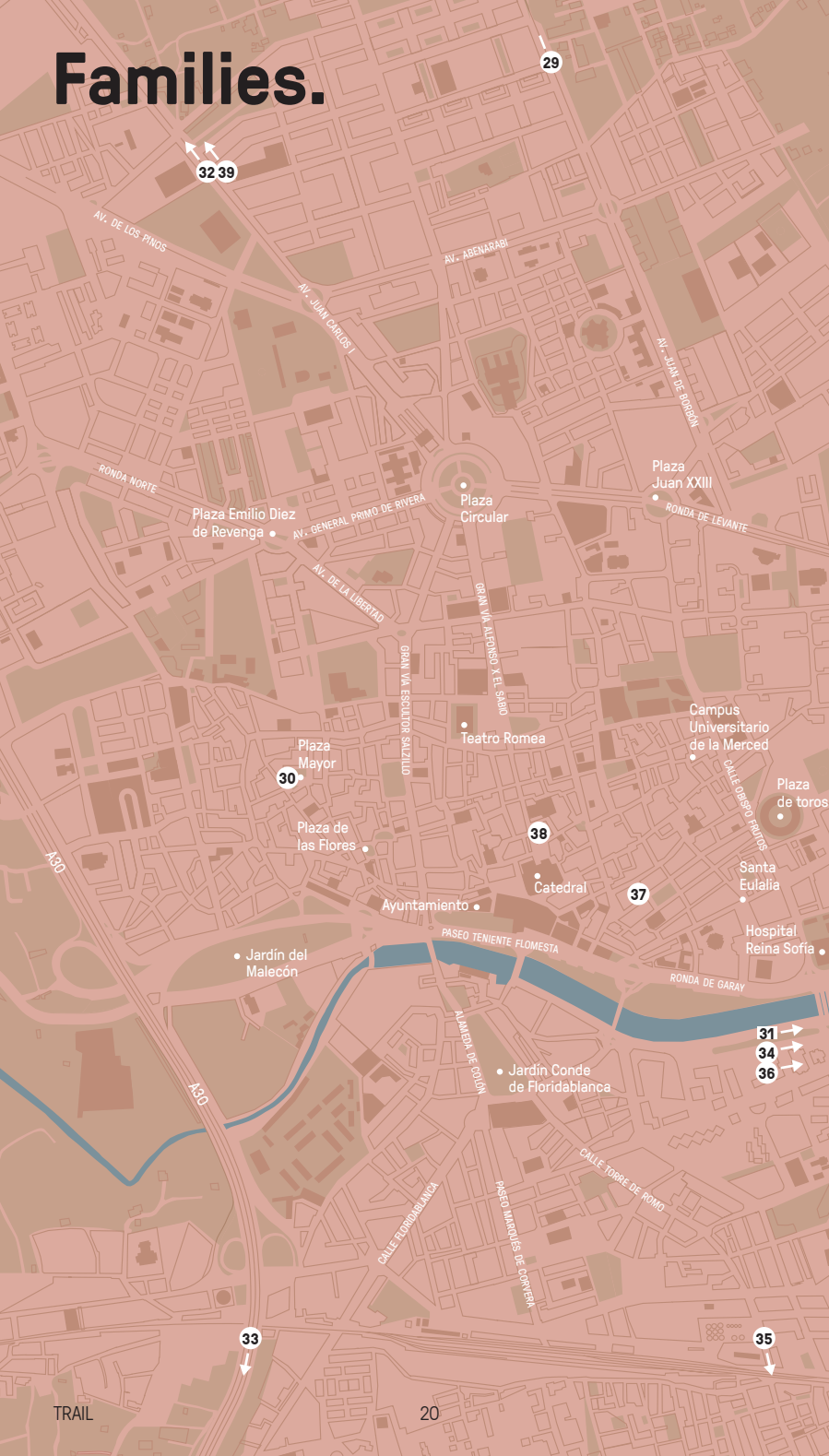
- 400 grams of rice
- 2 ripe tomatoes
- 3 heads of garlic
- 2 ñoras (dried red peppers)
- 1/4 L of oil
- 1/2 kg of grouper
- 1/2 kg of monkfish
- 1 mullet weighing 1/2 kg
- 1 gurnard

- Garlic**
- 1 egg yolk
 - Flour
 - Oil
 - Salt

- Heat a large pot or saucepan with oil.
- When it's very hot, fry the peppers and then set them aside. In the remaining oil, fry the heads of the fish, then set them aside. In the same oil, add the peeled and finally chopped tomatoes. When they're cooked, add two litres of water.
- While the broth is cooking, crush the peppers and one head of peeled garlic in a pestle and mortar, and add them to the pot, leaving them to cook for five minutes.
- Add the fish, cut in thick slices, to the broth to cook, with a pinch of salt. Once cooked, remove it from the heat and keep warm.
- Remove a cup of broth and use the rest to cook the rice, adding salt to taste, on a low heat for 20 minutes.
- In the mortar, add the cup of broth and another head of peeled garlic. Crush and mix well. Set aside the mixture to pour over the fish when serving.
- Crush the other head of garlic, also peeled, in the mortar. Add the egg yolk, and while mixing add the oil little by little, stirring constantly, until you achieve the thick, spicy garlic sauce to be served alongside the fish and rice.
- Serve the fish on a platter, with the rice in its pot.



Families.



29

32 39

AV. DE LOS PINOS

AV. JUAN CARLOS I

AV. ABENARABI

AV. JUAN DE BORBÓN

RONDA NORTE

Plaza Emilio Diez de Revenga

AV. GENERAL PRIMO DE RIVERA

Plaza Circular

Plaza Juan XXIII

RONDA DE LEVANTE

AV. DE LA LIBERTAD

GRAN VÍA ALFONSO X EL SABIO

Campus Universitario de la Merced

Plaza Mayor

Teatro Romea

30

Plaza de las Flores

Ayuntamiento

38

Catedral

37

Plaza de toros

Santa Eulalia

Hospital Reina Sofía

A30

Jardín del Malecón

PASEO TENIENTE FLORESTA

RONDA DE GARAY

31

34

36

Jardín Conde de Floridablanca

AV. MARQUESE DE COLON

A30

CALLE FLORIDABLANCA

CALLE TORRE DE ROMO

PASEO MARQUESE DE CONVENA

33

35

TRAIL

20

When it comes to eating out with the family, sometimes things can get complicated. Finding food suitable for younger gourmets and spaces suitable for them isn't a problem, but on this route we're not going to sacrifice quality cooking, wines and service either.

- 29 **La Mariposa**
Calle Miguel Hernández, 9
Churra
- 30 **El Amarre**
Plaza Mayor, 1
Murcia
- 31 **Venta El Payo**
Nueva Avenida La Región de Murcia
Murcia
- 32 **La Finca Santiago**
Camino Palmeral, 12
Murcia
- 33 **El Asador**
Plaza Casino, 12
La Alberca
- 34 **Pepe Tomás**
Camino Viejo de Orihuela, 6
Torreagüera
- 35 **Finca Mi Capricho**
Diseminado Carril Alquibla, 10
Murcia
- 36 **La Cábila**
Calle Mayor, 33
San José de la Vega

We start with **La Mariposa**, one of the best Italian restaurants to be found in Murcia. Its menu is made up of pizzas and fresh pasta, to delight both young and old.

If you want to make the most of Murcia's bright and sunny days, head to **El Amarre**. It has a large bar, tables to sit at, and is in a plaza where children can play safely.

Another great option is **Venta El Payo**. Open 24 hours a day, in this traditional restaurant you can sample stews, Murcian rice dishes and grilled meats. A similar offering is found at **La Finca Santiago**, this time in Espinardo. It has a set menu and plenty of space for children. In La Alberca, **El Asador** restaurant does not disappoint, with delicious snacks and grilled meats served in the plaza.

Other similar restaurants, also on the outskirts of the city, are **Pepe Tomás**, in Torreagüera, **La Finca Mi Capricho**, in Algezares, or **La Cábila** in San José de la

- 37 **Pura Ceba**
Plaza Cristo del Rescate
Murcia

- 38 **La Tienda de Susano**
Calle Trapería, 2,
Murcia

- 39 **Paco del Alfonso X**
Calle Central, 10
Espinardo

Vega. All of them have ample space and are perfectly suited for little ones to be comfortable.

In the city centre, in Plaza Cristo del Rescate, is **Pura Ceba**, a modern restaurant with traditional dishes and a very good wine list.

Also in the centre is **La Tienda de Susano**, offering a great terrace in the middle of the old town, perfect for a snack or a mid-afternoon coffee. We end our route with an excellent steak cooked in the northern style, this time at the restaurant **Paco del Alfonso X**.

The *huerta* of Murcia is one of the region's marvels, the source of a huge variety of seasonal vegetables. Cod fishball stew is a typical dish of Holy Week.







Plaza Mayor is an ideal space for children to enjoy themselves. *Paparajotes* are a typical Murcian sweet treat, made with lemon leaves.

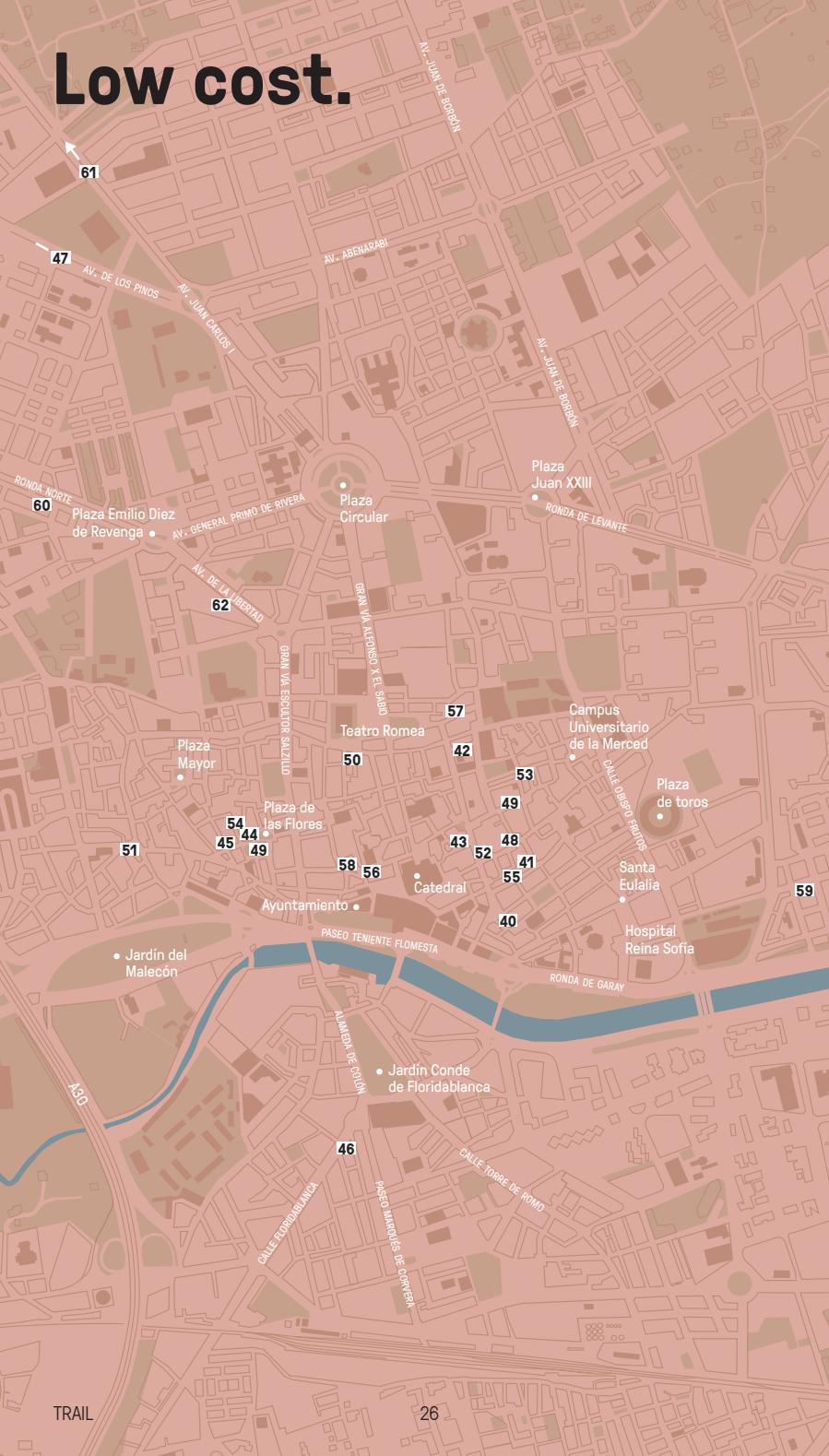
Paparajotes
Serves 4

Lemon tree leaves
1 egg
1/2 packet of yeast
1 glass of milk
Grated zest of 1 green lemon
Wheat flour
Sugar
Cinnamon
Olive oil

- Beat the egg in a bowl and add the milk, yeast, zest, and two tablespoons of sugar.
- Continue mixing and add the flour until you get a texture that's not too thick, just enough so that it adheres well to the leaf.
- Once you've reached this point, cover the leaf with the mixture and then fry in plenty of hot oil on both sides until golden brown.
- Drain on sheet of kitchen towel sprinkle with sugar and cinnamon and serve.



Low cost.



61

47

60

62

57

42

53

54

45

44

49

58

56

43

52

48

41

55

40

59

51

46

TRAIL

26

For those who don't want to miss out on travelling, even on a low budget, here are some places in Murcia that will make for a more than satisfactory dining experience. There are modern restaurants, casual ones, tapas bars and simple taverns, all unmissable.

- 40 **La Hamburguesa Rockera**
Cale Simón García, 1
Murcia
- 41 **The Factory**
Cale Victorio, 14
Murcia
- 42 **Al Rojo Vivo**
Cale Granero, 3
Murcia
- 43 **Lima Limón**
Cale Fuensanta, 5
Murcia
- 44 **Bonache**
Plaza de las Flores, 8
Murcia
- 45 **Nuevo Zaher**
Cale Riquelme, 13
Murcia
- 46 **Espinosa**
Cale Floridablanca, 3
Murcia
- 47 **Collados**
Calle D. Alfonso Palazón Clemares, 14
Murcia

Let's start with three great places to eat quality burgers: **La Hamburguesa Rockera**, **The Factory** and **Al Rojo Vivo**. For a taste of Peruvian cuisine, try **Lima Limón**.

In Plaza de las Flores, you cannot leave without a stop at the pastry shop **Bonache**, one of famous in the city, and try a unique Murcian speciality: the meat pie. You can also sample these at **Nuevo Zaher**, the **Espinosa** pastry shop and in **Collados**. But if you really want to delve deeper into the city's cuisine, you must visit the pastry shop **La Peladilla** and sample the real Murcian *Pastel de Cierva* - Venison Pastry.

If you're looking for a student atmosphere, on Calle Vara del Rey try **Madre de Dios** and **Parlamento Andaluz**, in Plaza de Las Flores and the Plaza Romea, to eat sandwiches with cold cuts accompanied by a cold local beer. However, if what you want is to visit a typical Murcian tavern,

- 48 **La Peladilla**
Cale San Antonio, 1
Murcia
- 49 **Madre de Dios**
Cale Vara de Rey, 11
Murcia
- 50 **Parlamento Andaluz**
Plaza Julián Romea, 1
Plaza de las Flores, 11
Murcia
- 51 **Guinea**
Cale Vidrieros, 1
Murcia
- 52 **Río Bar**
Cale Isidoro de la Cierva, 6
Murcia
- 53 **El Garrampón**
Cale Siervas de Jesús
Murcia
- 54 **Pepico del Tío Ginés**
Cale Ruipérez, 4
Murcia
- 55 **Los Toneles**
Cale Canovas del Castillo, 7
Murcia
- 56 **Los Zagales**
Cale Polo de Medina, 4
Murcia
- 57 **Green Sushi**
Cale Merced, 3
Murcia
- 58 **Malena**
Plaza Puxmarina, 2
Murcia
- 59 **El Jumillano**
Cale Luis Fontes Pagan, 4
Murcia
- 60 **Hermanos Rodenas**
Ronda Norte, 13
Murcia
- 61 **Del Gallo Blues**
Cale Central, 10
Espinardo
- 62 **Las Trastienda de Pablo Gonzalez**
Av. Libertad, 1
Murcia

then visit **Guinea**, though it's best to make a reservation.

On the way to our next destination we'll make a quick stop at one of the city centre's most traditional bars: **Río Bar**, famous for its *empanadillas* (pastries) and homemade crisps.

Continuing with the student vibe, in the bar area near the University of La Merced is a typical tavern, the perennial favourite **El Garrampón**. A similar spot can be found at **Pepico del Tío Ginés**, another traditional spot where you can try typical Murcian tapas in a tavern-style atmosphere.

In Murcia's main bar area there are another two great tapas bars serving typical local cuisine: **Los Toneles** and **Los Zagales**, which offer a wide variety of dishes and typical products at very reasonable prices.

Green Sushi, very close to the University of La Merced, is for lovers of Japanese cuisine, while **Malena** in Plaza Puxmarina is an Argentinian gastropub with creative dishes, is another winning bet.

For tapas at a low price, you could also visit **El Jumillano**, in the nearby town of Vistabella, or the area of Ronda Norte, where **Hermanos Ródenas** is located, a bar with a wide range of dishes and quality products, at a more reasonable price than those found in areas such as Plaza de las Flores.

Del Gallo Blues is a very modern and cosmopolitan space to try gourmet burgers or excellent cured ham *croquetas*, close to Avenida Juan Carlos I. Another similar restaurant is **La Trastienda**, more central, with a wide variety of informal starters.





At the terraces in Plaza de las Flores you can find a number of restaurants where you can sample quality Murcian tapas.

Zarangollo is a popular dish suitable for all diets.

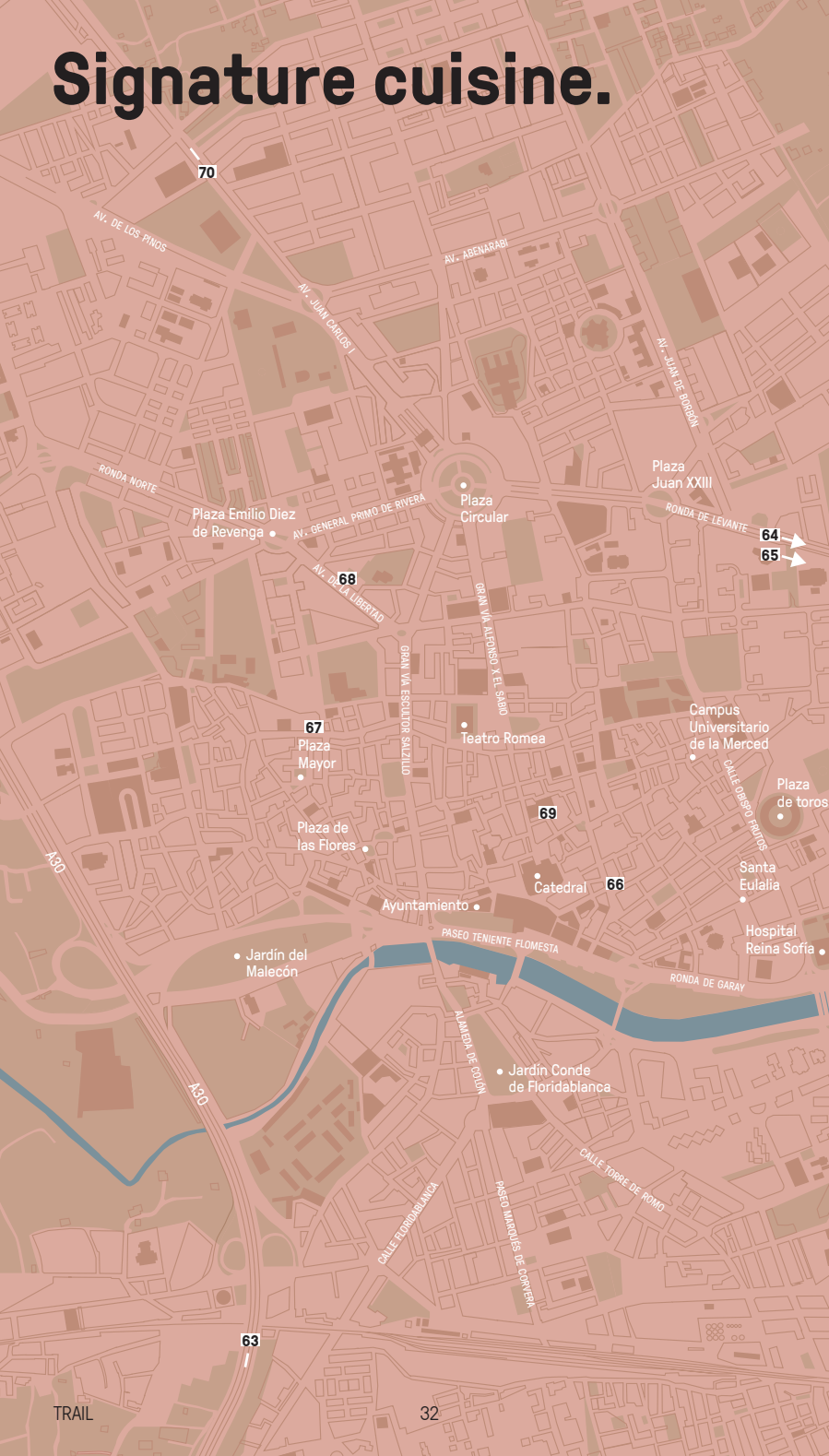
Zarangollo
Serves 6

1 kg of courgette
1/2 kg spring onion
3 eggs
Olive oil
Salt

- Begin by washing the vegetables. You can use spring onion or raw onion, depending on taste. As for the courgettes, they can be sliced with the skin on or off, as the skin is thin enough to be left on, bringing more colour and a different texture.
- Once the vegetables are washed, cut the onion into thin rings and slice the courgette, neither too thin nor too thick.
- Once everything is prepared, we're ready to cook them. Put a good splash of olive oil in a frying pan, taking care not to add too much, as this oil will remain at the end.
- When it's hot, add the courgette slices and season them. The heat should be kept low to allow the vegetable time to release its water and not overcook
- Add the onion once the courgette has lost some water, as it will need time to cook. Cutting it into thin rings will make it cook faster. Allow it to cook over low heat.
- After around 20 minutes, it's time to add the eggs. Simply break the eggs open and add to the ingredients, then mix together in the pan, taking care not to break the eggs until they are set. Add salt to taste.
- This can be a starter, main dish or even a tapas, depending on your preference. It also depends on the temperature at which it is eaten, as it works well both cold and warm.



Signature cuisine.



70

AV. DE LOS PINOS

AV. JUAN CARLOS I

AV. ABENARABI

AV. JUAN DE BORBÓN

RONDA NORTE

Plaza Emilio Diez de Revenga

AV. GENERAL PRIMO DE RIVERA

Plaza Circular

Plaza Juan XXIII

RONDA DE LEVANTE

64

65

68

AV. DE LA LIBERTAD

67

Plaza Mayor

Teatro Romea

Campus Universitario de la Merced

Plaza de toros

Plaza de las Flores

69

Catedral

66

Santa Eulalia

Hospital Reina Sofía

Ayuntamiento

Jardín del Malecón

PASEO TENIENTE FLORESTA

RONDA DE GARAY

Jardín Conde de Floridablanca

AV. MARQUESE DE CORDÓN

CALLE FLORIDABLANCA

PASEO MARQUESE DE CORVENA

CALLE TORRE DE ROMO

63

32

TRAIL

In recent years we have witnessed the birth of a new Murcian cuisine. More modern, with more individual flourishes, and most importantly, of extremely high quality. There is a wide and varied range, which will delight lovers of creative, surprising and avant-garde cooking. Welcome to the new Murcian cuisine.

- 63 **Cabaña Buenavista**
Finca Buenavista.
El Palmar.
- 64 **Verna**
Carril de los Canos, 104.
Puente Tocinos.
- 65 **Local de ensayo**
Cale Policía Ángel García, 20.
Puente Tocinos.
- 66 **Rincón de Pepe**
Cale Rocamora, 7.
Murcia
- 67 **Enso Sushi**
Cale Sta. Teresa, 6.
Murcia.
- 68 **Kome**
Av. Libertad, 6.
Murcia.
- 69 **Real Casino de Murcia**
Cale Trapería, 22.
Murcia.
- 70 **Taúlla**
Cale Antonio Flores Guilamón, 2.
Espínardo.

We being our route in El Palmar, where we find the leading example of signature cuisine: **Cabaña Buenavista**, by Pablo González-Conejero, the only restaurant in Murcia with a Michelin star. A beautiful environment and the most creative cuisine in the city make this Murcia's most complete gastronomic experience.

In Puente Tocinos there are two restaurants that are part of this new Murcian cuisine: **Verna** and **Local de Ensayo**. The first is a gourmet restaurant serving powerful dishes with plenty of flavour. In the kitchen we find a chef with a very interesting career trajectory (Diverxo, Casa Marcial...), which can be tasted in every bite. It's worth making the drive to Puente Tocinos to enjoy its cuisine, and its spectacular gardens. At **Local de Ensayo**, another haute cuisine restaurant, you can enjoy extremely innovative creations and a surprising atmosphere

where everything down to the smallest detail is taken care of. In just a few months, it has become one of Murcia's leading restaurants.

Returning to the centre of Murcia we make a stop at the bar of **Rincón de Pepe**. A restaurant that combines tradition with innovation in each of its dishes. **Rincón de Pepe** offers tapas of unbeatable quality and a dining room that encourages a lengthier meal.

But if Asian cuisine is what you're after, on Calle Santa Teresa, near Plaza de Santa Isabel, **Enso Sushi** is the place to remember. Sublime quality and unique creations make this a cult restaurant for lovers of Japanese cuisine. If you want to try seafood with Asian influences, then **Kome** is the one for you. This small restaurant, with no tables and only 12 seats at the bar, is one of the most chic and cosmopolitan places in the city. In this Asian restaurant, let yourself be carried away and enjoy every bit of this different, fresh and innovative dishes.

In Calle Trapería, heading to the Cathedral, we make a stop at the **Real Casino de Murcia**, a beautiful building which is worth a visit just for its architectural value and beautiful spaces alone. The restaurant has a menu to suit all tastes, with modern touches.

We end our culinary tour through the new Murcian cuisine at **Taúlla**, in Espinardo, one of the latest restaurants to open its doors in the city. It offers a creative menu with a focus on vegetables - and the prices are extremely affordable.





Within the iconic Real Casino de Murcia, architectural gem of the city, you will discover a unique and unbeatable restaurant. To end on a high, an *Asiático* coffee is an excellent choice.

Asiatico

Coffee
Condensed milk
Licor 43
Brandy
Cinnamon
Lemon peel (optional)
Coffee beans (optional)

→ The first step is to prepare a black coffee, neither too long nor too short. If you're making the coffee in the traditional style glass, it should only reach the top of the bottom part of the glass.

→ Then add approximately two fingers of condensed milk (enough to cover the bottom half of the glass).

→ Then you must add brandy to taste and a few drops of Licor 43. Finally, dust with cinnamon. The traditional recipe calls for burning the brandy with a few coffee beans and a piece of lemon peel, though nowadays this is not often done.



More information:

www.turismodemurcia.es

Mapa.

