



XVIII  
**JORNADES  
GASTRONÒMIQUES  
DE L'ARRÒS**  
*De l'1 al 31 de mai g de 2018*

## 28TH RICE GASTRONOMY DAYS

### Lloret de Mar - Costa Brava

From 1<sup>st</sup> to 31<sup>st</sup> May 2018

#### Lloret's arròs de l'art (fisherman style rice)

For hundreds of years in Lloret de Mar, rice has been the main ingredient to a wide array of dishes. Thanks to Lloret's ideal location, rice can be prepared with typical Mediterranean products from both the sea and land.

The gourmet festival seeks to bring back and share with the public this rice dish, which is prepared according to an old fishing technique known in Catalan as "la tirada a l'art" or "casting the fishing net". Bringing back this recipe for arròs de l'art pays tribute to an ancestral culinary tradition rooted in Lloret's history.

In the past, arròs de l'art was prepared by selecting and sorting fish (usually small ones) from the day's catch. Then one of the fishermen would cook the dish at the beach for him and his comrades and anyone who wanted to try a uniquely delicious rice dish. Arròs de l'art was a delicacy of the gods nobody could ever forget. We invite you to savour a wide variety of quality rice dishes that the best restaurants and hotels in Lloret de Mar have to offer.

#### RESTAURANT 58 - HOTEL SANTA MARTA

Platja de Santa Cristina, s/n. Tel.: 972 36 49 04

- Salmon tartare with avocado pearls
  - Grilled scallops over green tomato marmalade and caviar oil
  - Mackerel tempura with soy reduction
  - Timbale of black rice and squid with Norway lobster and aioli
  - Caramel, walnut and vanilla cream mousse with raspberry sorbet
  - Petits fours
  - Bread, mineral water, Espelt Vailet DO Empordà white wine or Espelt Sauló DO Empordà red wine and coffee
- €49.50 INCLUDING VAT**

#### RESTAURANT AL FRESKITO

Carrer Sènia del Barral, 64. Tel.: 972 36 63 11

- Welcome glass of Escuturit brut nature cava
  - Zamburiña (variegated scallop) with a hint of lemon
  - Bloody cherry
  - Carpaccio of cod with tomato, Andalusian style
  - Foie gras brittle with quince
  - Arròs de l'art (traditional fisherman's rice) in cannelloni with lime aioli
  - Dessert of your choice from the menu
  - Bread, mineral water, Espelt Chardonnay DO Empordà white wine and coffee
- €35 INCLUDING VAT**

#### RESTAURANT AMÈRICA

Avinguda d'Amèrica, 32 (Fenals). Tel.: 972 36 64 17

- Salmon and avocado tartare
  - Scallop confit over citrus béchamel
  - Fisherman's rice "a la gandula" (with seafood shelled)
  - Rice pudding mousse with a tropical touch
  - Bread, mineral water, Espelt Vailet DO Empordà white wine and coffee
- €32.90 INCLUDING VAT**

#### RESTAURANT BARCA D'OR - RIGAT PARK HOTEL

Avinguda d'Amèrica, 1 (Fenals). Tel.: 972 36 52 00

- Welcome appetiser
  - Foie gras terrine in Calvados with caramelised apple
  - Brothy rice with lobster chunks
  - Chocolate soup with almond crunch and coconut ice cream
  - Bread, mineral water, Espelt DO Empordà wines and coffee
- €39 INCLUDING VAT (minimum 2 people)**

#### RESTAURANT CA'L SOGRE – HOTEL MARIA DEL MAR

Carrer de Ponent, 11. Tel.: 972 37 17 04

- Ca'l Sogre home-made appetiser composed of: bread biscuit with sardines in tempura; Iberian ham croquette with txacoli reduction; chanterelle, foie gras and creamy tomato muffin; mini-glass of goat's cheese, apple and dry-cured beef
  - Mini mango sorbet with kiwi liqueur and raspberry and cava slush
  - Juicy rice with cuttlefish, artichokes, red prawn, crunchy Iberian bacon and sea plankton aioli
  - Idiazabal cheese ice cream with caramelised apple, pine nuts, saffron and a light tiramisu sponge
  - Bread, mineral water, Espelt Lledoner rosé wine or Espelt Vidiví DO Empordà red wine and coffee
- €40 INCLUDING VAT**

#### RESTAURANT CAN BOLET

Carrer de Sant Mateu, 12. Tel.: 972 37 12 37

- Welcome glass of cava
  - Appetiser of the day
  - Selection of smoked cold cuts with apple and truffle vinaigrette
  - Baby Norway lobsters au gratin with burnt garlic mousseline
  - Rice with cuttlefish or juicy rice with scallops and sea urchin
  - Lemon sorbet with quince texture
  - Bread, mineral water, Espelt Vailet DO Empordà white wine and coffee
- €36.50 INCLUDING VAT (minimum 2 people)**

#### RESTAURANT EL CELLER DE VENÈCIA

Carrer de Venècia, 49. Tel.: 653 18 94 01

- Welcome glass of cava and appetiser
  - Cod carpaccio with seasonal strawberry vinaigrette
  - Sea, farm and market garden brothy rice
  - Saffron-macerated pineapple with balsamic vinegar ice cream
  - Bread, mineral water and Espelt Vailet DO Empordà white wine or Espelt Coralí rosé wine or Espelt Coll de Roses DO Empordà red wine
- €34 INCLUDING VAT**

#### RESTAURANT EL PORT DE LA CALA

At Cala Canyelles Port. Tel.: 664 474 673 – 628 698 958

- Traditional appetiser with vermouth and tapas: glass of vermouth and soda water; home-salted almonds; home-made olive, Spanish chilli pepper and artisanal anchovy "gildas" (mini-skewers); potato chips from the Xurreria Tordera (churro factory); home-made squid rings; mussels from the Delta in a mild escabeche
  - Rice with cuttlefish, thornback ray from Arenys and local rock fish
  - Maresme strawberry soup with yoghurt ice cream
  - Bread, mineral water, Espelt Chardonnay DO Empordà white wine, soft drink and coffee
- €38 INCLUDING VAT**

#### RESTAURANT EL RACÓ DE FENALS

Carrer del Pla de Fenals, 3 (Fenals). Tel.: 972 36 94 39

- Welcome glass of cava and house appetiser
  - Semi-smoked cod carpaccio with tomato coulis, olive paste and pine nuts
  - Artichokes stuffed with natural spinach with grilled natural foie gras and port sauce
  - Creamy rice with Mediterranean spiny lobster and clams
  - Citrus: lime-lemon mousse with creamy yuzu interior on a yoghurt sponge
  - Petits fours
  - Bread, mineral water, Espelt Chardonnay DO Empordà white wine and coffee
- €42.90 INCLUDING VAT**

#### RESTAURANT EL ROSSELL

Avinguda del Pla del Rossell, 1 (Serra Brava). Tel.: 972 36 95 11

- Welcome appetiser and glass of cava
  - King prawns with wild mushrooms
  - Brothy rice with local seafood
  - Bread, mineral water and Espelt Vailet DO Empordà white wine or Espelt Sauló DO Empordà red wine and coffee
- €34 INCLUDING VAT**

#### RESTAURANT EL TORO

Avinguda de la Vila de Blanes, 8. Tel.: 972 37 29 04

- Toast with tender garlic omelette
  - Rice, Bar El Toro style
  - Dessert of your choice from the menu
  - Bread, mineral water and Espelt Vailet DO Empordà white wine
- €35 INCLUDING VAT**

#### RESTAURANT EL TRULL

Cala de Canyelles, s/n. Tel.: 972 36 49 28

- Catalan flatbread with sardines in orange escabeche and orange segments
  - Scallop and char-grilled Iberian streaky bacon with stewed peas
  - Rice "rossejat" (cooked in fish broth) with yellow morel mushrooms
  - Mini pineapple with cream and wild strawberries
  - Bread, mineral water, Espelt Mareny DO Empordà white wine, coffee and infusions
- €52.50 INCLUDING VAT**

#### RESTAURANT FENALS INTERNACIONAL

Carrer de Domènec Carles, s/n (Fenals). Tel.: 972 36 69 23

- Welcome glass of cava
  - Appetiser of selected smoked cold cuts
  - Bouquet of confit vegetables and marinated local sardines
  - Brothy Pals rice with spider crab and jig-caught squid
  - Mascarpone sorbet on bed of biscuit powder and fig preserve
  - Bread, mineral water, Espelt Chardonnay DO Empordà white wine, coffee and digestif
- €34 INCLUDING VAT**

#### RESTAURANT FREU – GRAN HOTEL MONTERREY

Avinguda de la Vila de Tossa, s/n. Tel.: 972 36 93 26

- Welcome glass of cava
  - Anchovies from L'Escala, crumbled peanut, tomato confit and black olive emulsion
  - Pil-pil (garlic & chilli) cod croquette
  - Crunchy free-range chicken wings, Idiazabal cheese gnocchis, piquillo pepper chutney and basil
  - Double-cooked octopus, black potato, saffron milk caps and yellow ají spicy sauce
  - Rice with red prawn, squid and Cal Tomàs botifarra (Catalan sausage)
  - Apple tarte Tatin, blood orange and vanilla
  - Petits fours Chocolate truffle, praline carquinyoli (almond pastry) and violet candy floss
  - Bread, mineral water and Espelt Vailet DO Empordà white wine or Espelt Vidiví DO Empordà red wine
- €45 INCLUDING VAT**

#### RESTAURANT GALICIA MAR

Passeig de Camprodon i Arrieta, 7. Tel.: 972 34 97 59

- Welcome glass of cava
  - Chef's appetiser
  - Lloret "Platja Gran" rice
  - Red fruit salad
  - Bread, mineral water, Espelt Vailet DO Empordà white wine, coffee and digestif
- €38 INCLUDING VAT**

## RESTAURANT GIORGIO

*Avinguda de la Mare de Déu de Gràcia, 21 (Condado del Jaruco)  
Tel.: 972 36 01 60*

- Rock octopus with cuttlefish and plankton cream crêpes
- Involtini of Angus beef and wild rice with coriander and lime foam
- Low temperature seafood coulant with Palamós prawn jelly.
- Duck confit mousse with crunchy Iberian streaky bacon, caramelised apple and herb choop
- Pineapple sorbet with fresh mint
- Rice casserole with scorpion fish, sea urchin jelly and chanterelles in cod infusion
- Tutti-frutti sweets with vanilla cream and cocoa perfume
- Bread, mineral water, Espelt Quinze Roures white wine or Espelt Vidiví DO Empordà red wine

**€47 INCLUDING VAT**

## RESTAURANT-PIZZERIA IL POMODORO

*Passeig de sa Caleta, 26. Tel.: 972 36 92 03*

- Welcome glass of cava and sea urchin stuffed with fish and seafood, chef's style
- Prawns from Blanes port with calçots (Catalan spring onions) in tempura and home-made romesco (roasted red pepper and nut sauce)
- Creamy rice with cod, clams and artichokes
- Panna cotta with red fruit sauce
- Bread, mineral water, Espelt Chardonnay white wine or Espelt Corali rosé wine or Espelt Vidiví DO Empordà red wine

**€36 INCLUDING VAT**

## RESTAURANT L'ARROSSERIA DE FENALS

*Carrer de les Antilles, 5 (Fenals). Tel.: 972 36 12 64*

- Welcome glass of Capdevila Pujol brut nature cava
- Cucumber bed with tempered razor clam and vinaigrette of truffle and Vietnamese chilli pepper
- Baby cannelloni made with fresh egg pasta, stuffed with calçots (Catalan spring onions) painted with romesco (roasted red pepper and nut sauce) and duck confit with truffle oil
- Foie gras soup with diced caramelised apple
- Conger eel rice with garlic shoots, large scallop, green asparagus and saffron
- White chocolate bonbon filled with chestnut and hazelnut and with a bitter orange sauce
- Bread, mineral water, Espelt Chardonnay white wine or Espelt Corali DO Empordà rosé wine, coffee and Delta rice digestif

**€39.50 INCLUDING VAT**

## RESTAURANT LA LONJA

*Carrer de Sant Cristòfol, 2. Tel.: 972 36 74 99*

- Crunchy Catalan flatbread with shoulder of Iberian cured ham or sautéed prawns and wild asparagus
- Creamy rice of lobster with clams and asparagus
- Selection of desserts from our menu and desserts of the day
- Bread, mineral water, Espelt Vailet DO Empordà white wine and coffee or infusion

**€29 INCLUDING VAT**

## RESTAURANT LES PETXINES – HOTEL EXCELSIOR

*Passeig de Jacint Verdaguer, 16. Tel.: 972 36 41 37*

- Welcome glass of cava
- Catalan flatbread with sardines in citrus escabeche
- Rosemary-infused octopus with potato foam
- Brothy rice with scorpion fish
- Raspberry sorbet with mascarpone ice cream
- Bread, mineral water, Espelt Chardonnay DO Empordà white wine, coffee and digestif

**€32 INCLUDING VAT**

## RESTAURANT MARSOL – HOTEL MARSOL

*Passeig de Jacint Verdaguer, 7. Tel.: 972 36 57 54*

- Chef's appetiser: false squid with its ink, stuffed with cod brandade
- Warm salad of scallops with asparagus and snow peas in violet potato cream
- Dry rice with lobster and baby squid
- Mini crème caramel with chocolate crunch and Granny Smith ice cream
- Bread, mineral water and Espelt Vailet DO Empordà white wine or Espelt Vidiví DO Empordà red wine

**€32 INCLUDING VAT**

## RESTAURANT MAS ROMEU

*Avinguda de Mas Romeu, 2. Tel.: 972 36 79 63*

- Special house appetiser with glass of cava
- Carpaccio of pig's trotters, foie gras and truffle with broad bean salad bouquet
- Large scallops with Iberian bacon, peas and artichokes
- Brothy rice with sea cucumbers and Norway lobsters
- Mousse of crema catalana with sponge soaked in ratafia herb liqueur and ratafia ice cream
- Bread, mineral water and Espelt Vailet DO Empordà white wine or Espelt Vidiví DO Empordà red wine

**€46.50 INCLUDING VAT**

## RESTAURANT MASIA CAN SABATA

*Camí de l'Àngel, 6. Tel.: 972 36 33 90*

- House appetiser with welcome glass of cava
- Escabeche of foie gras with smoked eel and tangy apple
- Free-range eggs with red prawns, mantis shrimp cream and straw potato nest
- Squid and Norway lobster black rice au gratin with aioli
- Strawberries with white chocolate cream, passion fruit sponge and citrus ice cream
- Bread, mineral water and Espelt Chardonnay DO Empordà white wine

**€48.50 INCLUDING VAT**

## RESTAURANT POPS

*Passeig de Camprodon i Arrieta, 28. Tel.: 972 36 22 03*

- Welcome drink and house appetiser
- Spoon of red tuna with caramelised onion and mango aioli
- Warm salad of gulas and prawns with sherry vinaigrette
- Green rice with monkfish and clams, Pops style
- Frozen vanilla soufflé with raspberries and passion fruit sorbet
- Bread, mineral water, Espelt Vailet white wine or Espelt Lledoner rosé wine or Espelt Vidiví DO Empordà red wine

**€40 INCLUDING VAT (minimum 2 people)**

## RESTAURANT SYBIUS CALA CANYELLES

*Platja de Canyelles, 2. Tel.: 972 37 12 01*

- Welcome glass of cava
- Crown of tuna tartare with guacamole
- Natural foie gras ingot with fig and sweet potato marmalade
- Scallop meat with parmentier and sea anemone sauce
- Dark rice, senyoret style (seafood removed from shells) with local cuttlefish
- Fig parfait with crumbled almond
- Bread, mineral water, Espelt Chardonnay DO Empordà white wine and coffee

**€48 INCLUDING VAT**

## RESTAURANT XALOC

*Carrer de Ramon Casas, 2 (Fenals). Tel.: 972 36 80 03*

- Welcome glass of cava and house appetiser: our special marinated salmon
- Red tuna tartare with guacamole and soy
- Fisherman's brothy rice with selected seafood
- Homemade tiramisu or raspberry sorbet
- Bread, mineral water and Espelt Vailet DO Empordà white wine or Espelt Sauló DO Empordà red wine

**€35 INCLUDING VAT**

## SPECIAL GUEST:

### APPLICATION CLASSROOM OF STUDENTS ON THE INTERMEDIATE TRAINING PROGRAMME IN CATERING OF LLORET

You are invited to try the menus created and served by students on the intermediate training scheme in cooking and gastronomy, restaurant services and pastry making, baking and confectionery making.

- From Tuesday to Friday. Times: from 13:30 to 14:30 for long tasting menu and at 15:15 for short menu, in order to respect students' timetable.

- Check out the weekly rice menu on the website: [www.insramoncoll.cat](http://www.insramoncoll.cat)

- Request information or make a booking by telephone on 674075140 or by email at [hostaleria@insramoncoll.cat](mailto:hostaleria@insramoncoll.cat).

- Location: enter through the Hotel Evenia Olympic Palace (Av. del Rieral, 55), where you'll find indications, or where you'll be shown to our dining room (our application classroom).

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## SPECIAL OFFER

By showing your restaurant bill for a rice dish menu, you will obtain:

- Free entry into Santa Clotilde Gardens
  - Free entry and free drink at Gran Casino Costa Brava
  - Two hours of free city parking in Lloret de Mar
-