

Dr Danica-Lea Larcombe



THE IBIZA DIET TAPAS MINI COOKBOOK



TAPAS

The Significance of Tapas in Ibiza

On the sunlit island of Ibiza, tapas represent more than just small dishes; they embody a celebration of community, spontaneity, and the leisurely pace of Mediterranean life. Sharing tapas means taking a break from the daily hustle, enjoying a glass of local wine, and savouring delicious bites in the company of friends. It's a way for friends to reconnect, families to bond, and even strangers to become friends.

Contrary to the fast-paced meals typical of modern life, tapas encourage a more relaxed approach. A few olives, a slice of tortilla, perhaps some grilled prawns or figs with cheese—these offerings are informal, leisurely, and vibrant. Tapas capture the essence of the island: rustic yet elegant, fresh yet deeply flavourful, simple yet rich in character. Typically enjoyed outdoors, beneath dappled sunlight or starlit skies, each bite is infused with the scent of the sea and the sound of laughter.

On Ibiza, the essence of tapas is not confined by strict rules or traditions; instead, it flows from what is fresh, local, and enjoyable in the moment. Whether in a quaint campo bar or at your backyard table, tapas embody a lifestyle of lightness, beauty, and joyful connections with others.

GARLIC PRAWNS

Ingredients

500 grams raw prawns
4 garlic cloves, sliced
Extra virgin olive oil
Parsley, chopped
Course sea salt to taste

Directions

1. Saute garlic in olive oil until golden
2. Add prawns and cook until opaque and pink
3. Sprinkle with parsley and sea salt (I use Maldon)
4. Serve immediately



MARINATED FENNEL & ORANGE

Ingredients

1 fennel bulb, thinly sliced
1 orange, segmented
1 tbsp Extra Virgin Olive Oil
1 tbsp Lemon Juice
Salt

Directions

1. Mix all ingredients in a bowl
2. Let marinate for 20 minutes
3. Serve



FIGS WITH GOATS CHEESE

Ingredients

Fresh figs, cut in a cross pattern

Soft goat cheese

Honey to drizzle

Directions

1. Top each fig with a spoon of cheese and a drop of honey
2. Serve at room temperature to bring out the flavour of the cheese. If need be chill beforehand





ROSEMARY ROASTED ALMONDS

Ingredients



1 cup almonds
1tbsp Extra virgin olive oil
1 tsp rosemary, chopped
Course sea salt to taste

Directions

1. Toss almonds with oil, rosemary and salt
 2. Roast at 180deg Celsius for 15 minutes, stirring half way through
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CRUSTY BREAD WITH ALMOND AIOLI



Ingredients

Crusty bread (or spelt bread)

1/2 cup Almonds

1 clove Garlic (or 1/4 tsp infused oil)

1/2 cup Olive Oil

1tsp Lemon juice

1/2 tsp Course Salt

Directions

1. Blend the almonds, garlic, and salt until finely ground
2. Add lemon juice and blend again
3. Slowly drizzle in the olive oil while blending until smooth
4. Add a teaspoon or two of cold water if needed to get a good aioli texture
5. Add a little salt to taste
6. Serve chilled or room temperature
7. Serve on warm toast bread



AUTHOR BIOGRAPHY

Dr Danica-Lea Larcombe

Environmental Health Advocate. Mediterranean Soul. Lover of Simple Beauty.

Danica-Lea is a writer, public health professional, and passionate believer in the power of nature to nourish, heal, and inspire. With a background in environmental health and a lifelong love of Mediterranean living, she brings together science and soul in a uniquely grounded way. After years of helping communities thrive through health and environmental policy, Danica-Lea turned her focus inward — asking not just what keeps us alive, but what helps us truly live. Her answer? Sunlight. Simplicity. Connection. Good food. And beauty in the everyday.

She found all of these — and more — on the island of Ibiza.

There, among wild herbs, sea breezes, and local markets, the idea for The Ibiza Diet was born. Through this book, she invites you to slow down, cook with your hands, walk barefoot, and fall back in love with the rhythm of your own life. When she's not writing or working with communities, you'll find Danica-Lea in her garden, painting in the afternoon light, or walking along the coast with her dog.



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