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The Ibiza Diet

A SUN-DRENCHED CELEBRATION OF SIMPLE FOOD,
SOULFUL LIVING, AND THE BAREFOOT BEAUTY OF IBIZA.

2025

FOREWORD

When I set out to write *The Ibiza Diet*, my goal was not only to capture the vibrant flavours of the island but also to create a nourishing and healing way of eating that brings joy to the dining experience. The cuisine of Ibiza is rich in colour, freshness, and a sense of community, and I aimed to maintain that magic while making it accessible for everyone, regardless of dietary restrictions.

Having lived with the challenges of diverticulitis and food intolerances for years, I learned firsthand how this quiet struggle influenced my cooking, eating habits, and overall lifestyle. I discovered that even the healthiest options can lead to discomfort if they don't align with your body's needs. This prompted me to find ways to adapt the vivid Mediterranean flavours, particularly those from Ibiza's sun-soaked kitchen, into dishes that are not only delicious but also gentle on digestion and follow FODMAP guidelines. By incorporating techniques like using garlic- and onion-infused oils, I was able to enhance traditional recipes without provoking symptoms. Over time, this practice evolved beyond mere dietary changes; it transformed into a lifestyle centred on pleasurable, balanced, and body-friendly eating.

This book celebrates that journey, featuring recipes that highlight seasonal ingredients, whole foods, and the joy of communal dining. It emphasises that food can be both indulgent and beneficial for your health. Each page encourages you to take your time, relish each bite, and reconnect with the soothing, flavourful, and fulfilling nature of eating.

Whether you're looking to enjoy the sunny essence of Ibiza in your meals, seek easy gut-friendly recipes, or find inspiration to make cooking a daily delight, I hope *The Ibiza Diet* becomes a beloved resource in your kitchen—and perhaps even a cherished part of your gatherings with friends, under your own slice of golden light.

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THE SPIRIT OF IBIZA

How one island's light and
simplicity became a way of life.

In the Mediterranean, there's an island where time moves slowly, meals are enjoyed at a leisurely pace, and life feels a bit more vibrant.

Here, the air is filled with the scent of wild herbs, sun-ripened lemons thrive, and each meal is a gentle celebration of existence.

This book draws inspiration from that essence.

The Ibiza Diet isn't a conventional diet; it doesn't impose rules, restrictions, guilt, or counting calories. Instead, it embodies a sense of rhythm, simplicity, and sunlight.

It features hand-pressed olive oil, fresh tomatoes spread on toast, and figs savored while barefoot under trees. There's a beauty in the ordinary and a sense of reverence in daily life.

This is our way back to ourselves—through food that connects us to nature, through rituals that ground us, and through eating as an act of self-love.

A LIFE OF RADIANCE, NOT RESTRICTION

We have been conditioned to fear food, categorising it as “good” or “bad,” and feeling the need to control and measure it. However, on Ibiza, food is embraced and enjoyed. Meals are not a reward; they are a right, deserved every day with each bite. The women here don’t obsess over calorie counting; instead, they gather fresh herbs, enjoy bread with premium oil, and share laughter over communal meals. This approach offers a sense of liberation—a reconnection and a homecoming.

WHAT THIS BOOK IS, AND ISN'T

This book does not follow traditional diet guidelines. Rather, it serves as a guide to nourishment that encompasses physical, emotional, and sensory well-being. It promotes a lifestyle grounded in rhythm, beauty, and connection, steering clear of strict meal plans in favour of rituals. You’ll discover the pleasure of slowly roasting tomatoes, chopping mint barefoot, and sipping herbal tea while watching the sunset. There’s also space for you to eat intuitively, move in a way that feels right, and live in a manner that resonates with your body.

HOW TO USE THIS BOOK

Think of this book as a gentle guide rather than a strict regimen. You can choose to read it from start to finish or browse through it like a travel diary, uncovering sources of inspiration as you go. Each chapter presents something unique: a principle, a story, a season, or a vibrant dish. It offers a gentle nudge to slow down, soften, and reconnect with your senses. Use the recipes for nourishment and the rituals for reconnection. Most importantly, let the spirit of Ibiza remind you that you are entitled to live a beautiful life.

CHAPTER 1 – ANCIENT SUN, MODERN SPIRIT

THERE IS A QUIET WISDOM IN ISLAND LIFE

In Ibiza, the history coexists harmoniously with the present. Ancient stone walls endure, absorbing the warmth of the sun, while olive trees, older than memory itself, stretch towards the sky. Local markets are brimming with the same ingredients that have nourished generations: figs, almonds, lemons, and herbs gathered from the hillsides. Here, food is not about creativity but about preservation and memory. Long before the wellness retreats and eclectic beach bars appeared, Ibiza was primarily inhabited by fishermen, farmers, and families. The island's culinary offerings reflect this heritage: they are authentic, unhurried, and seasonal—food that nourishes both body and soul.

IBIZA'S DIVERSE CULTURAL INFLUENCES

Ibiza's culinary identity is the result of various cultural contributions. The Phoenicians introduced olives and vines, while the Romans brought wheat and wine. The Moors added citrus, rice, almonds, and a deep appreciation for spices and herbs. Over the years, these influences intertwined like layers in a slow-cooked stew, harmonising with the island's rugged terrain and the sea's bounty. Each traditional dish from Ibiza carries a narrative of migration, endurance, and joy. When you savour it, you experience a taste of history.

THE LAND TEACHES THE RHYTHM

The culinary experience on the island aligns with the natural rhythms of the earth. Each season offers a unique flavour, and no two weeks provide the same produce. In summer, the dishes are fresh and refreshing—think tomatoes, cucumbers, and chilled watermelon soup. Autumn brings grounding meals with stewed beans, roasted chicken, and crusty bread. Winter introduces a slower pace with hearty rice dishes, long-simmered broths, and trees laden with oranges. Spring offers delicate greens, blooming herbs, and the first sweet strawberries. Ibiza teaches patience, encouraging you to savour what is available now and to trust in nature's timing for your needs.

FOOD AS RITUAL, NOT ROUTINE

Dining in Ibiza is not just about eating; it's about gathering. It involves taking a moment to be present and mindful. Even a simple meal of bread, olive oil, olives, and wine becomes a ceremonial experience. It's an opportunity to reconnect with your senses and yourself. Meals are crafted with care, accompanied by stories, and enjoyed with appreciation. There's no rushing through lunch; instead, you relax in the sun and let your tension fade away. This is nourishment that goes beyond physical sustenance; it enriches your entire being.

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Ripe tomatoes on a vine



Golden olive oil with fresh bread



Fresh, juicy figs

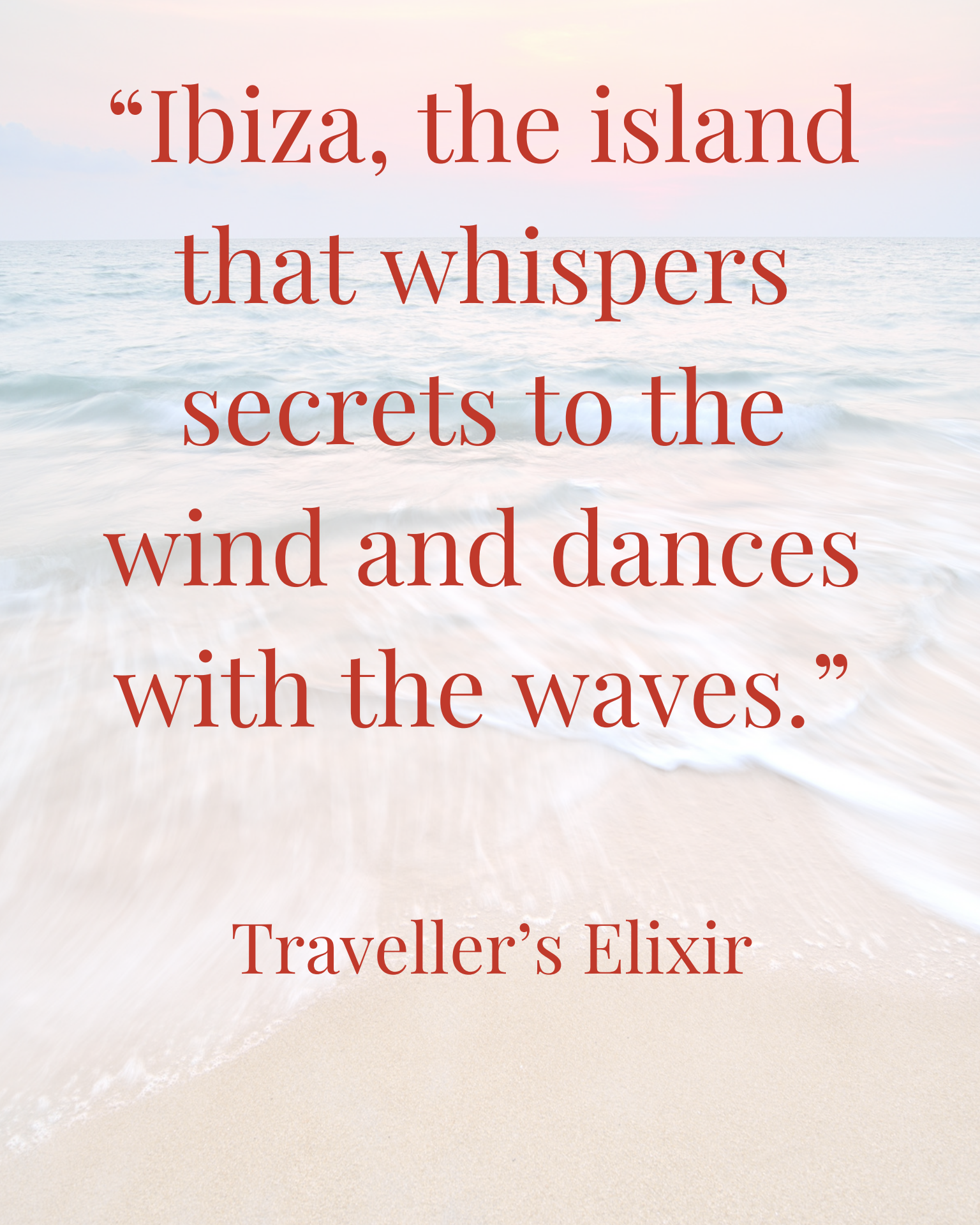
WHAT WE'VE LOST - AND WHAT WE CAN RECLAIM

Much of today's eating culture is fast-paced, disconnected, and disposable. We often eat in front of screens, on the go, and consume factory-made foods that are designed to last. In this process, we lose sight of important experiences. We forget the pleasure of working dough with our hands, the fragrance of herbs crushed between our fingers, and the true flavour of tomatoes. Food becomes just fuel instead of a means of connection. The Ibiza way encourages us to remember.

SIMPLE FOOD, DEEP NOURISHMENT

The recipes in this book are straightforward and do not require costly tools or exotic ingredients. However, they demand your engagement. Cooking the Ibiza way means going beyond mere instructions — it involves a deeper experience. You savour as you cook, take your time, and let the ingredients reveal themselves. A ripe tomato only requires salt and sunlight, while fresh fish needs just heat and lemon. A pot of beans benefits from nothing more than garlic, bay leaf, and time. This approach to food helps you regain trust in your culinary instincts.





“Ibiza, the island
that whispers
secrets to the
wind and dances
with the waves.”

Traveller's Elixir

CHAPTER 2 - THE IBIZA WAY OF EATING

INTRODUCTION: A RULE-FREE DIET

Eating like the people of Ibiza is characterised by a lack of restrictions. There are no lists categorising foods as “bad,” nor any sense of shame or guilt associated with eating. Instead, this approach emphasises:

Freshness over perfection

Satisfaction over scarcity

Freedom over fear

It's not about counting calories or macros; it's about the feelings that food evokes. When you embrace the Ibiza style of eating, the goal is to feel light, nourished, and vibrant—rather than merely full.

PRINCIPLE 1: PRIORITISE FRESHNESS

In Ibiza, the primary question isn't “Is this healthy?” but rather:

Is it fresh?

Is it in season?

Did it originate from the island, the sea, or the garden?

Meals are centred on what is local and currently in season. This method doesn't involve counting—it's about being aware. You can truly experience this in each bite:

Tomatoes that burst with the flavour of summer,

Almonds that still smell of sunshine,

Fish that was caught just that morning.

Wherever you are in the world, begin by eating closer to nature.



PRINCIPLE 2: FLEXIBILITY OVER STRICTNESS

The Ibiza approach isn't confined to "low carb," "high protein," or "plant-based" diets. It embraces flexibility, flow, seasonality, and sensuality.

A meal could include:

- A serving of lentils and wild greens
- Grilled fish drizzled with olive oil and lemon
- A few slices of rustic bread, olives, and goat cheese

Our bodies flourish on variety and rhythm. There's no universal ideal plate — only what feels right at the moment. Some days call for lightness, while others require grounding. The Ibiza Diet tunes into your body's needs as if it were an old friend. A woman's menstrual cycle is an example of this.



PRINCIPLE 3: THE IMPORTANCE OF ENJOYMENT

Pleasure shouldn't be considered an indulgence; it's a fundamental aspect of eating. The culinary offerings here are alive with colour, flavour, and vibrancy. You engage your senses: your eyes, nose, and hands all partake in the experience.

When food excites our senses, it brings us into the present and makes us feel truly alive. On Ibiza, meals are not just consumed; they are savoured. Imagine enjoying a crisp white wine as the sun sets, tasting figs fresh from the tree, or savouring bread dipped in rich olive oil while savouring the salt on your fingers. Pleasure teaches us that food is not an adversary — it is a precious gift.



PRINCIPLE 4: TAKE YOUR TIME AND ENJOY

Eating quickly is not a concept found in Ibiza. Here, time feels stretched; lunches extend for hours and dinners linger under the stars. This isn't about laziness, but about nourishment.

By slowing down, you improve your digestion, gain a clearer appetite, and experience greater joy.

Consider:

- Sitting down for every meal, even for just five minutes.
- Placing your fork down between bites.
- Savouring each ingredient on its own.

PRINCIPLE 5: CELEBRATE AUTHENTIC FOOD

Food in Ibiza embodies authenticity—it's whole, unrefined, and cultivated with care. This implies:

- Using olive oil instead of margarine
- Choosing real bread over low-carb imposters
- Opting for fruit and nuts rather than diet bars
- Enjoying cheese instead of synthetic fat-free alternatives

There's a genuine pleasure in this approach to eating; you can identify and trust what you consume. It's vibrant and nourishing.

PRINCIPLE 6: CONNECT TO THE SOURCE

Understanding the origins of your food fosters a deeper sense of gratitude. Whether it's a market tomato or a neighbour's egg, food carries more flavour when tied to a narrative. In Ibiza, even visitors are attracted to local stands, olive groves, and artisanal producers, seeking that deeper connection.

Reflect on:

- Who cultivated this?
- How far did it come?
- What care was invested in it?

Connecting with the source helps you feel more rooted.

PRINCIPLE 7: EAT IN BEAUTY

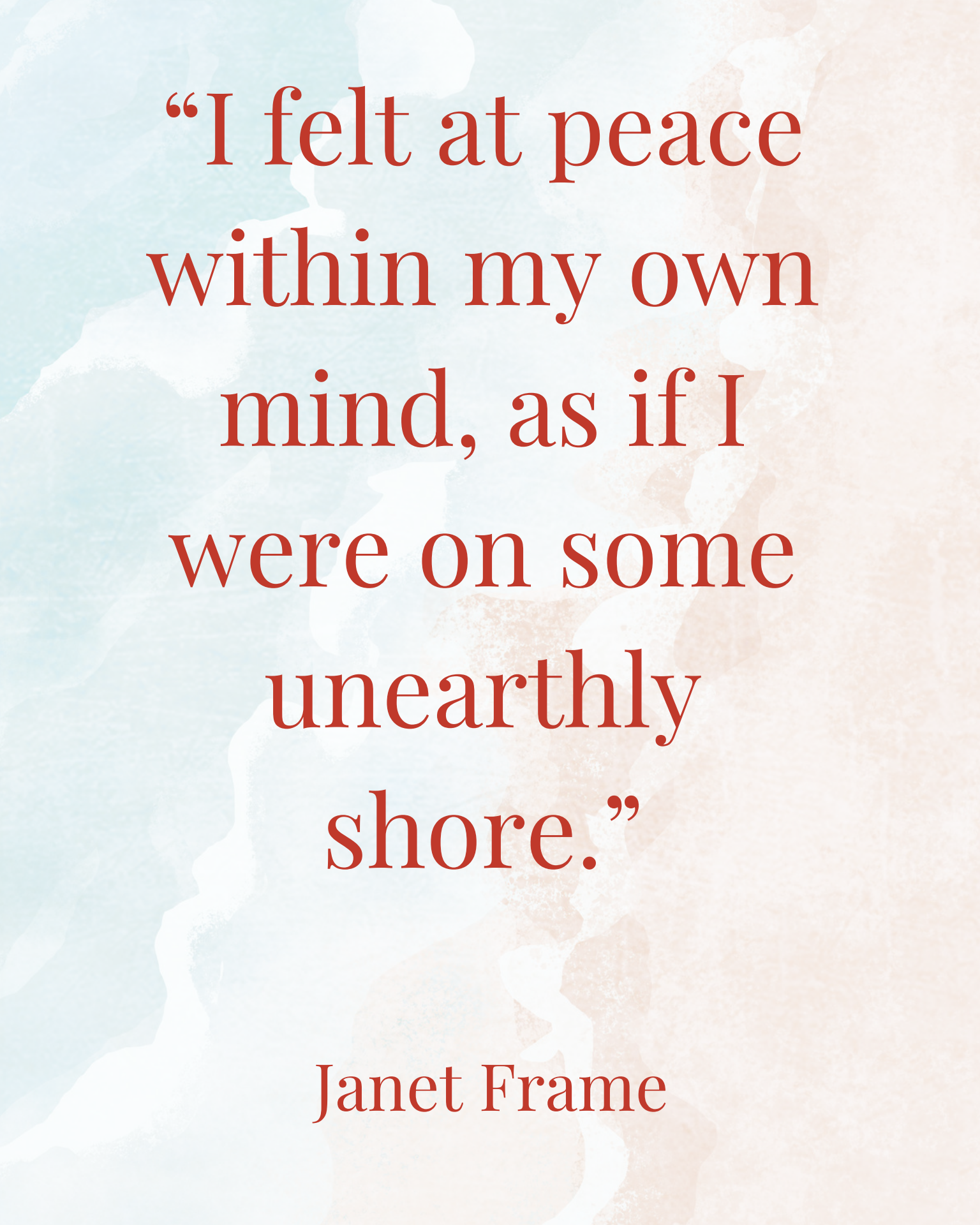
The setting and manner in which you eat are significant. Enhance it with:

- A linen napkin, a sprig of rosemary, or a sunny spot at your table
- A small plate instead of a bag
- Candles and music, even if dining solo

Ibiza shows us that meals are moments of celebration; you don't need a special occasion—every meal can be a celebration in itself.

Ibiza Tip:

"Approach your meals as if your food came from your own garden, and treat your body with love." This mindset transforms the entire experience.



“I felt at peace
within my own
mind, as if I
were on some
unearthly
shore.”

Janet Frame

CHAPTER 3 – ISLAND PANTRY: THE MAGIC INGREDIENTS

INTRODUCTION: NOURISHING THE HEART OF A KITCHEN

The Ibiza pantry is intentionally selected, not disorganised. There are no numerous sauces, artificial flavourings, or pre-packaged snacks. Instead, you'll discover vibrant, straightforward ingredients: sun-kissed, ocean-harvested, and brimming with vitality. Each component carries a purpose, a narrative, a memory. In this section, we will delve into the essential elements that contribute to the distinctive depth, brightness, and balance of Ibiza's cuisine. These are the key ingredients — the essence of your island kitchen.

1. Olive Oil: Golden Elixir

This is the cornerstone of the Ibiza culinary landscape. Cold-pressed, extra virgin, and unrefined. It's utilised for dressing, cooking, marinating, and finishing touches — it's ubiquitous. Drizzled over tomatoes, bread, or roasted veggies, Massage it into kale and herbs, Substitute it for butter in baking, Swirl it into soups and stews. Opt for the best quality available, ideally organic and local, and stored in dark glass bottles. It should have a scent that is grassy, peppery, and vibrant.

“If the only fat in your diet is olive oil, you're already ahead.”

2. Sal de Ibiza: Ocean's Salt

Sourced from the ancient salt flats of Las Salinas, this sea salt is carefully harvested by hand and sun-dried, bursting with minerals and flavour.

Suggested uses:

- On grilled fish or vegetables
- Sprinkled over fresh salads or avocados
- Paired with chocolate or fruit to enhance sweetness

This salt transcends mere seasoning; it symbolises a ritual that helps connect with the sea and its time-honoured treasures.

3. Herbs: The Island's Aroma

The island is lush with wild herbs that fill the air with their healing properties.

Essential herbs include:

- **Rosemary** – woody and robust (fantastic with roasted potatoes and meats)
- **Thyme** – earthy and aromatic (excellent in stews and slow-cooked dishes)
- **Mint** – refreshing and cool (ideal for watermelon, peas, or tea)
- **Oregano** – vibrant and strong (perfect for salads, pizza, and sauces)
- **Sage and bay leaf** – great for enhancing broths and braised dishes

Cultivate them in pots, pick them fresh, or dry your own. These herbs encapsulate the essence and vitality of the island.

4. Citrus: A Burst of Sunlight

Ibiza's renowned lemon and orange trees are a highlight of the landscape.

Ways to use citrus:

- To elevate lentil or grain dishes
- In marinades for fish and chicken
- Over grilled vegetables or in salads
- Zested into cakes or yogurts
- As the foundation for fresh juices and tonics

Citrus serves as a natural flavour enhancer—eliminating the need for artificial dressings or sauces when combined with olive oil.



5. Almonds and Figs: The Heartfelt Treats

In early spring, almond trees blossom throughout the island, symbolising renewal and strength. Late summer brings figs that are sweet and delectable. Together, they form a timeless Ibiza combination, enjoyed fresh, dried, or in baked dishes. Incorporate them in:

- Granolas or yogurt bowls
- Salads with herbs and citrus, chopped
- A simple dessert with honey and a sprinkle of salt

Almonds provide stability. Figs add gentleness. Together, they sustain.



6. Tomatoes: The Garden's Star

You haven't truly tasted a tomato until you've had one in Ibiza—sun-kissed, juicy, and full of flavour. Tomatoes can be:

- Sliced raw with salt and olive oil
- Blended into gazpacho
- Rubbed on toasted bread with garlic (the beloved pan con tomate)
- Baked in rustic tarts or stewed with onions and peppers

Whenever possible, choose heirloom varieties. Seek out colour, texture, slight imperfections—and take a moment to smell them. A ripe tomato has an aroma of sunshine.



7. Legumes and Grains: The Unsung Heroes

Key staples like lentils, chickpeas, farro, rice, and bulgur are widely utilised in Mediterranean cooking. They are:

- Budget-friendly
- Rich in fibre and protein
- Filling without being heavy

Incorporate them in:

- Generous, herb-filled salads
- Slow-cooked stews
- Tossed with olive oil, citrus, and vegetables

These ingredients serve as the foundation for wholesome, nourishing meals.

8. Garlic, Onion & Leek: The Essential Trio

These flavourful staples serve as the foundation of taste. When slowly sautéed in olive oil, they transform into a sweet and rich base. Used fresh, they pack a strong punch. Begin nearly every recipe with garlic and onion, roast entire garlic bulbs for spreads, and incorporate leeks into soups and grain dishes. Remember: in Ibiza, garlic is embraced as a source of healing and vitality.

Tip: If you are sensitive to high FODMAPS use olive oil infused with garlic, onion or leek, it is kinder on your stomach as it does not need digesting. You can also use the green tops of green onions (scallions) or chives.

9. Rustic Bread & Whole Grains

In Ibiza, bread is typically whole, fermented, and crusty — meant to be torn rather than sliced. Enjoy it with:

- Tomatoes and olive oil
- Dipping into soups and broths
- Topped with roasted peppers and anchovies

Serve bread alongside generous amounts of olive oil and fibre-rich vegetables for a well-balanced meal.

A Note on Sweets

Desserts in Ibiza are uncomplicated:

- Fruits are the main source of sweetness
- Local honey or dates provide natural sugars
- Occasionally, you'll find small cakes or pastries, often featuring almonds, citrus, and olive oil

Dessert is seen as a special treat rather than a routine, embodying joy rather than habit.

Ibiza Tip:

“Don’t fill your kitchen with restrictions. Fill it with joy.” If you choose ingredients that excite you, you’ll never feel deprived.

OLIVE OIL & HERB DRESSING

OLIVE OIL: GOLDEN ELIXIR

Prep Time: 10 Mins

Cook Time: None

Ingredients

4 tbspn extra virgin olive oil

2 tbspn lemon juice

1 tbspn honey

1 tsp Dijon mustard (optional)

Fresh herbs (basil, coriander,
parsley) or garlic clove

Salt and pepper

Directions

1. Finely chop fresh herbs or garlic.
2. Mix lemon juice, mustard and honey.
3. Slowly add olive oil while stirring continuously until smooth.
4. Add chopped herbs.
5. Add salt and pepper to taste.

*Ibiza Tip: Freshly made dressing is most flavourful.
Pair with a mixed leaf salad.*





SALTED TOMATOES

SAL DE IBIZA: OCEAN'S SALT

Prep Time: 5 Mins

Cook Time: 20 Mins

Ingredients

Cherry Tomatoes

Grape Tomatoes (mixed)

Course salt (eg Maldon)



Directions

1. Cut tomatoes into quarters.
2. Put into a bowl.
3. Sprinkle coarse salt on tomatoes (maximum 1tsp per 10 tomatoes).
4. Roughly mix and let sit for 20 minutes.

Ibiza Tip: This method brings out the flavour in the tomatoes. Pair with bread salad or white fish.

SPANISH TOMATO BREAD SALAD

HERBS: THE ISLAND'S AROMA

Prep Time: 20 Mins

Servings: 4

Ingredients

750g Salted Tomatoes

300g Pita Bread or ciabatta

50g pitted black olives

2 tbsp each Basil and
Coriander (fresh)

125g Manchego or Pecorino
cheese (hard cheese)

Extra Virgin Olive Oil

Balsamic or Sherry Vinegar

1 small sweet onion (optional)

Directions

1. Toast and crumble bread.
2. Slice onion finely in bowl of ice-cold water and leave to soak for 20 mins, drain and pat dry.
3. Shave hard cheese.
4. Mix all ingredients into the tomato bowl and toss well.
5. Serve with olive oil, vinegar, salt and pepper.

Ibiza Tip: Pair with white, crisp wine and a sunny outdoors area.





GRILLED TENDER OCTOPUS WITH LEMON

CITRUS: A BURST OF SUNLIGHT

RECIPE ADAPTED FROM ANNE SIJMONSBERGEN - EIVISSA

Prep & Marinade Time: 12 hours

Cook Time: 15 Mins

Servings: 3-4

Ingredients

500g cooked frozen octopus

60 ml Extra Virgin Olive Oil

2 lemons

¼ lemon pared peel strips

¼ lemon juice

3 crushed garlic cloves

1 fresh chilli (optional)

Salt and Pepper to suit

Directions

1. Halve lemons and deseed/chop chilli.
2. Put garlic, chilli, lemons, lemon peel, juice, and oil into a large resealable freezer bag and mix well. Add thawed octopus and massage to coat. Marinate for 12 hours min.
3. Heat BBQ grill or cast-iron grill pan and grill lemon halves.
4. Grill marinated octopus for 6-8 mins, basting with marinade until warmed through and lightly charred.



Ibiza Tip: Serve with ciabatta bread. Frozen octopus meat is beautifully tender.



IBENCA SPICED ALMONDS

ALMONDS AND FIGS: THE HEARTFELT TREATS

Prep Time: 20 Mins

Servings: 4

Ingredients

- 1 cup raw natural almonds
- 2 tsp Extra Virgin Olive Oil
- 1/4 tsp fine sea salt
- 1/4 tsp paprika or lemon zest
or cayenne pepper or cumin
- Pepper to suit (optional)



Directions

1. Heat olive oil in frying pan.
2. On medium/low heat toast almonds while coating them with oil for around six minutes. If pan smokes turn down.
3. When lightly toasted and smelling 'nutty' add spices.
4. Stir vigorously to coat almonds for up to one minute.
5. Serve immediately.

Ibiza Tip: Play around with different spices to find your favourite or just use salt.



PAN CON TOMATE

TOMATOES: THE GARDEN'S STAR

Prep Time: 5 Mins

Cook Time: 5 Mins

Servings: Individual

Ingredients

Hearty Bread (sliced thickly)
Heirloom tomatoes or similar
Extra virgin olive oil
Garlic clove or garlic oil
Course sea salt to taste

Directions

1. Toast hearty bread slices.
2. Rub garlic clove or oil onto warm bread.
3. Cut tomatoes in half and rub onto bread.
4. Sprinkle sea salt (I use Maldon).
5. Drizzle generously with olive oil and serve immediately.

Ibiza Tip: Serve with olives, a glass of wine and barefoot in the sun. Add a ham topping.





CHICKPEA CREPES

LEGUMES AND GRAINS: THE UNSUNG HEROES

Prep Time: 10 Mins

Cook Time: 4-6 Mins each crepe

Serves: 4

Ingredients

200g Chickpea Flour

60ml Extra Virgin Olive Oil

1/2 tsp coarse Salt (Maldon)

240ml Water (more if needed)

1/2 tsp Pepper, Turmeric, Cumin,

Cayenne Pepper (optional to suit)

Directions

1. Blend together all ingredients.
and add more water if required for
a thin batter.

1. Brush olive oil into a heavy based non-stick pan
and heat until very hot.

2. Cook spoonfuls of batter for 2-3 mins then flip
and cook for a further 2-3 mins.

*Ibiza Tip: Golden and crispy is key. Pair with
grilled vegetables, herbs and melted cheese.*





GARLIC PRAWNS

GARLIC, ONION & LEEK: THE ESSENTIAL TRIO

Prep Time: 10 Mins (peel & de-vein prawns)

30 Mins (infuse garlic if fresh)

Cook Time: 5-10 Mins

Servings: 2-4

Ingredients

450g shelled prawns

110ml Extra Virgin Olive Oil

4 garlic cloves (or garlic infused oil)

Parsley or Coriander

Salt and Pepper to suit

Directions

1. Heat olive oil in small pot.
2. Infuse garlic in the oil until simmering.
3. Turn heat off and leave for 30 mins. (if using garlic oil add 1-2 tsp to suit).
4. Reheat pot to low, add prawns and cook until just opaque.
5. Drain prawns quickly and put on preheated dish to serve.
6. Season. Sprinkle chopped herbs on prawns.

Ibiza Tip: Cooking seafood on low heat in more oil (poaching) maximises flavour.



COCA IBENCA

RUSTIC BREAD & WHOLE GRAINS

RECIPE ADAPTED FROM EIVISSA

Prep Time: 15-20 Mins

Proofing Time: 1 Hr or 4-6Hr Fridge

Cook Time: 8-10 Mins

Serves: 4 Coca

Ingredients

30ml Extra Virgin Olive Oil

1/2 tbsp Caster Sugar

325ml Tepid Water

1 pkt (7g) Dried Yeast

400g Strong White Flour

100g Polenta or Semolina Flour

1/2 tsp Table Salt

Preferred Toppings

Directions

1. Mix tepid water with oil and sugar in a bowl.
2. Sprinkle over yeast and allow 5-10 Mins to froth.
3. Mix flours and salt, add liquid slowly and form a rough dough.
4. Knead sticky dough on floured surface for 3-4 Mins until smooth. Use a lot of extra flour for hands and bench.
5. Shape dough into a ball, put in oiled bowl and cover with clingwrap or towel. Leave to rise (see proofing time above).
6. Preheat oven to 180degC and dust baking tray with polenta.
7. Knock dough back and knead for a few minutes. Roll or stretch into rectangular shapes. Brush with oil, add preferred toppings and bake on tray for 8-10 Mins.

Ibiza Tip: Puffed and golden, Savoury or sweet.



BAKED ORANGE AND HONEY FIGS

A NOTE ON SWEETS

Prep Time: 10 Mins

Cook Time: 8-10 Mins

Servings: 4

Ingredients

1/2 Orange Grated Zest

Orange Juice and Flesh

3 tbsp honey

1/2 tsp Cinnamon

1/4 tsp Course Salt (Maldon)

8 Black or Green Figs

Vanilla or Orange Ice-Cream

Directions

1. Mix honey, cinnamon, orange zest and salt in a bowl.
2. Cut figs four ways to open like a flower and add some orange flesh in the middle and a sprinkle of juice.
3. Lay out on baking tray and drizzle over honey mixture.
4. Bake at 180 deg C for 8-10 Mins until figs are syrupy.
5. Cool a little. Serve warm with ice-cream.

Ibiza Tip: Enjoy the texture and sweetness in soft candlelight and bare feet.



CHAPTER 4 - SETTING UP YOUR IBIZA KITCHEN



INTRODUCTION: THE KITCHEN AS A HAVEN

The kitchen in Ibiza serves more than a cooking function; it is a space for gathering, nourishing, and finding peace.

It embodies those barefoot mornings with fresh citrus on the counter.

It's filled with music as herbs are chopped leisurely and happily.

A pitcher of water infused with lemon and mint sits invitingly on the table.

You don't require a large kitchen or high-end tools to enjoy beautiful meals. All you need is intention.

This chapter will guide you in creating a kitchen that welcomes you in and encourages you to stay.



** 1. Embrace Natural Elements**

The Ibiza aesthetic draws heavily from nature, characterised by raw textures, earthy hues, and sunlight.

Incorporate this essence into your kitchen:

Materials: Wood, stone, ceramics, linen

Colours: Whitewashed walls, warm neutrals, olive green, terracotta, ocean blue

Objects: Woven baskets, clay bowls, wooden utensils, glass containers

Strive for a space that feels serene, genuine, and vibrant, much like the island itself.

Allow your food to add colour to the environment.

** 2. Glass Jars & Open Shelves**

A well-stocked pantry of real food should be easily seen, not concealed.
Use:

- Transparent jars for ingredients like lentils, rice, chickpeas, dried herbs, and nuts
- Open baskets for storing garlic, onions, and citrus fruits
- Clay containers for olive oil or sea salt

Having your ingredients visible each day inspires you to cook healthily, providing visual motivation.

3. Tools That Feel Good in Your Hands

You don't need an abundance of gadgets—just a few aesthetically pleasing, practical tools that enhance your cooking experience.

Essential kitchen items in Ibiza include:

- A large wooden cutting board
- A sharp chef's knife
- A mortar and pestle for grinding garlic, herbs, or spices
- A cast iron or ceramic baking dish
- An olive oil cruet
- A citrus juicer
- A large mixing bowl (which you'll use frequently)
- A salad spinner or colander
- A woven basket for fresh bread or produce

These unpretentious tools embody the daily rituals of life.

** 4. Set the Mood**

Transform your kitchen into a place where time slows down.

Consider adding:

- A portable speaker for mellow playlists (like flamenco guitar, soft house music, or nature sounds)
- A small herb garden on the windowsill (with mint, rosemary, and thyme)
- Candles or warm lighting
- A jug of infused water nearby (with cucumber, lemon, or basil)

Living in Ibiza is all about sensory experiences. Ensure your kitchen is not only functional but also a comforting space.

🍊** 5. Establish a Prep Ritual**

Cooking turns into a pleasurable experience when it becomes a ritual rather than a hurried task. Here are some suggestions:

- As soon as you arrive home, wash and store your greens and herbs.
- Maintain a bowl of citrus fruits for easy juicing or zesting.
- Prepare a batch of cooked grains like farro, quinoa or rice.
- Pre-roast seasonal vegetables to add to bowls or salads.
- Keep a jar of toasted nuts or seeds on hand for added crunch.

These small habits reduce hassle and make eating well easier, even during hectic times.

🍷** 6. Eat with Intention**

Cultivate an environment that encourages you to truly enjoy your meals:

- Set the table, even if you're dining alone.
- Use cloth napkins or a linen runner.
- Serve food on ceramic plates or wooden boards to enhance the experience with texture.
- If weather permits, dine outdoors.
- Eat slowly, walk barefoot, and be present.

Dining in Ibiza isn't about rushing to eat at the counter or in your car; it's about taking a moment to pause, savour, and celebrate everyday moments.



🌿** 7. The Fridge as a Living Garden**

In contrast to a typical refrigerator filled with packaged items, an Ibiza fridge resembles a living garden. Stock it with:

- Washed greens and herbs wrapped in cloth.
- Cooked lentils or chickpeas in glass containers.
- Seasonal fruits.
- Soft cheeses and preserved lemons.
- Yogurt, infused water, and olives.
- Leftover roasted vegetables or cooked grains.

Store leftover dishes on a plate with cling wrap so you can see them and they invite you back. Opening the fridge should inspire you to nourish yourself instead of feeling overwhelmed or disinterested.

✨** Ibiza Tip:**

“Craft a kitchen that invites you to cook barefoot.”

When your kitchen embodies beauty, tranquility, and simplicity, the act of cooking becomes a source of effortless joy.





THE IBIZA PANTRY



Oils & Vinegars

- Extra virgin olive oil
- Garlic-infused olive oil
- Onion-infused olive oil
- Sherry vinegar
- Red wine vinegar
- Balsamic vinegar



Herbs & Spices

- Fresh rosemary (swap for mint in summer)
- Fresh thyme (swap for oregano in summer)
- Fresh basil
- Smoked paprika
- Harissa
- Cinnamon
- Sea salt flakes
- Cracked black pepper



Fresh Produce

- Oranges/Lemons
- Berries and Watermelon in season
- Tomatoes (swap for sun-dried in winter)
- Fennel
- Garlic/Onions



Grains, Legumes & Bread

- Chickpeas
- Black or Pinto beans/chickpeas
- Arborio rice (or short grain Bomba) - Paella
- Rustic sourdough or baguette
- Pasta



Proteins

- Fresh fish (seasonal catch)
- Fresh or frozen mixed seafood packs
- Free-range chicken
- Eggs
- Jamón/Serrano ham (or prosciutto)



Pantry Extras

- Local honey
- Almonds & almond milk
- Figs (fresh or dried)
- Dark/white chocolate/carob powder



“Ibiza has a
pulsing, magical
energy that I
could not resist.
I had to come
back again”

A seashell with a spiral pattern, resting on a sandy surface. The shell is light-colored with darker, reddish-brown stripes. The sand is a fine, light-colored grain.

Dr Danica-Lea

CHAPTER 5 - A DAY OF IBIZA EATING

INTRODUCTION: EMBRACING NATURAL FLOW

The Ibiza Diet emphasises a harmonious approach rather than rigid routines. It's about syncing with the natural cadence of the day, tuning in to your body's signals, and cherishing moments of nourishment. Each meal becomes a simple ritual, and each bite invites you to reconnect with your senses. Let's explore a day of eating in the Ibiza style — light, fulfilling, and delightful.

MORNING: BRIGHT & REFRESHING

Morning Ritual

Begin your day as the island does — gently, focusing on hydration and brightness. Suggested practices include:

A glass of warm water with lemon and a pinch of sea salt or ceremonial hot chocolate/cacao or carob drink whilst journalling/planning.

A barefoot stretch in the morning sunlight, yoga or exercise.

A few deep breaths by a window or in your garden or wind down stretch.

This gentle start (be sure to wind down for 10-15mins after exercise) helps stabilise the nervous system and prepares your digestive system.

Breakfast: Simple, Fresh, and Invigorating

Mornings in Ibiza are calm and relaxed — without any rush or the aftermath of a sugar low.

Examples include:

- Greek yogurt topped with local honey, toasted almonds, and figs
- Chia pudding infused with citrus zest and fresh mint
- Rustic bread with crushed tomatoes, olive oil, and a sprinkle of sea salt (Pan con tomate) and a boiled egg
- A smoothie made with seasonal fruits, greens, and herbs (like mango, spinach, basil, and lime)



Pair your meal with herbal tea (such as mint or rosemary) or a small coffee, taking the time to enjoy each sip.

Breakfast in Ibiza is light — it's a gentle boost of energy rather than an overwhelming meal.

MIDDAY: THE CENTRAL MEAL OF THE DAY

Lunch holds significant importance in Ibiza — it's lively, grounding, and often enjoyed with company.

This meal is savoured slowly, typically outdoors, leaving you revitalised instead of weary.

Lunch: Generous and Fulfilling

An example of a typical Ibiza-style lunch includes:

- Grilled fish (or chickpeas) seasoned with lemon and herbs
- A salad of wild greens accompanied by tomato, cucumber, mint, and olives
- A portion of lentils or farro served with roasted eggplant and tahini
- Rustic bread drizzled with olive oil
- Fresh fruit or a small piece of cheese for dessert

Take your time before diving back into your tasks. Allow for digestion — enjoy a siesta, stretch, or soak up some sun if possible.

Eat until you feel satisfied without being overly full.

AFTERNOON: SUSTAINED ENERGY & NUTRITION

The afternoon focuses on maintaining steady energy, with no crashes or cravings. Instead of processed snacks, Ibiza opts for wholesome and uncomplicated choices.

Light Snacks (Optional)

If hunger strikes in the mid-afternoon:

- A handful of almonds or olives
- Seasonal fruit (like figs, peaches, or citrus)
- A slice of bread topped with avocado and lemon
- Herbal tea sweetened with honey and a hint of cinnamon
- A boiled egg seasoned with herbs and salt

Snack only if your body signals the need, not just because of the time.



EVENING: SUNSET, RELAXED MEALS & CHERISHED MOMENTS

Evenings on the island have a magical quality.

Dinner is light and sensory, designed to delight rather than fill.

Dinner: Light, Warm, Comforting

For example:

- Vegetable soup with fresh herbs and lemon zest
- Zucchini and goat cheese tart with a mint salad
- Grilled vegetables with chickpeas and tahini drizzle
- Baked fish with citrus, fennel, and olives
- Stewed white beans with tomato, bay leaf, and sage

If you wish, enjoy a cocktail or mocktail before dinner, and/or a glass of natural wine or a herbal digestif (anise, fennel, rosemary) with dinner. The focus of dinner is not on being full, but on the ritual and relaxation it brings.

NIGHT RITUAL

The day in Ibiza concludes not in chaos, but in tranquility.

Before bedtime:

- Take a brief barefoot stroll under the stars
- Enjoy a warm cup of lemon balm/chamomile tea or almond latte
- Light a candle or spend 5 minutes journaling
- Reflect on one beautiful thing you ate, felt, or observed that day

**Ibiza Tip: **

“Eat with a variety of colours, live in harmony, and rest like nature.”

Your body will appreciate it—benefiting not just in weight or health, but also in joy, clarity, and peace.



CHAPTER 6 – SEASONAL IBIZA EATING

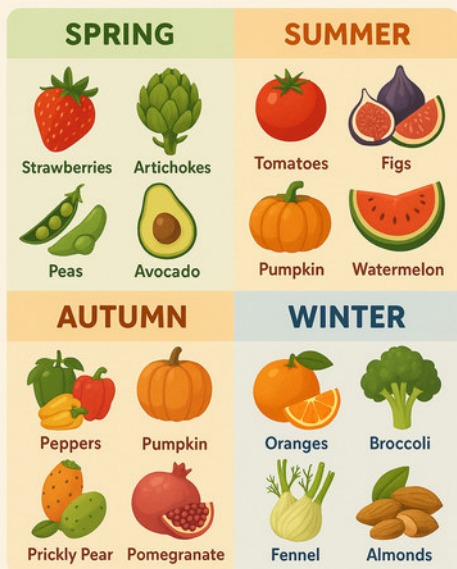
☀️ **SAVOUR THE EARTH, TUNE INTO THE SUN**

Ibiza operates on its own unique tempo, distinct from the frantic speed of the mainland and the rigid structure of city life. It flows with nature—the winds, the tides, and the cycles of the land. Eating seasonally on the island isn't just a trend; it's a cherished tradition. It's a gentle dialogue with the earth: What bounty do you offer me today? And the land responds—with ripe oranges clinging to winter trees, sunlight-kissed tomatoes from August, and wild herbs emerging from cracked stones in spring.

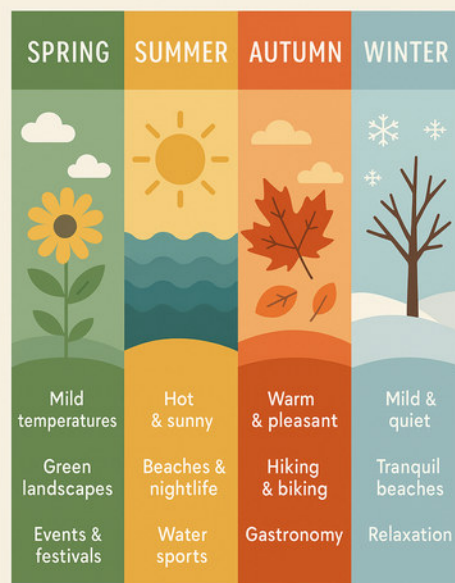
By embracing this style of eating—seasonal, mindful, and straightforward—your body starts to align with its own natural rhythm.

You'll feel more grounded, more vibrant, and more authentically yourself.

THE FOUR SEASONS OF IBIZA



THE FOUR SEASONS OF IBIZA



Spring – The Awakening

Transitioning from the stillness of winter, spring brings a gentle release. The first signs of greenery emerge—tender lettuce, wild asparagus, mint, and delicate herbs.

Lamb is typically paired with peas and broad beans, while the arrival of strawberries at markets captivates with their delightful aroma.

This season symbolises freshness, light flavours, and a sense of vitality in food.

Opt for lighter meals, incorporate citrus, and enjoy herbal teas beneath the warming sun.

Summer – The Celebration

In Ibiza, summer embodies abundance—sizzling days and lively nights filled with juicy fruits.

Tomatoes take center stage during this time, alongside ample cucumbers, watermelons, peaches, and melons.

The sea presents its bounty: grilled fish, salty prawns, and octopus drizzled with lemon.

Dining shifts outdoors where salads become simpler and dishes more vibrant.

Dinner can be as uncomplicated as toasted bread topped with tomato and oil, paired with a refreshing glass of rosé.

This is a season for leisurely lunches, sunset spritzes, and dining barefoot in the garden.

Autumn – The Grounding

Autumn in Ibiza glimmers with golden hues.

The warmth eases, crowds diminish, and the cuisine evolves into heartier, more comforting flavours.

Peppers are roasted, figs preserved, and carob pods fall from trees.

Slow-cooked staples like beans, lentils, and rice make a return.

As the olive harvest begins, kitchens fill with the aromas of simmering sofrito and garlic.

This season invites introspection, encouraging the enjoyment of soups, stews, and rich, earthy tastes.

It's a time for reconnecting with oneself.

❄️**Winter – The Period of Slow**

Here, winter is tranquil yet full of life. Citrus trees are laden with fruit— oranges, lemons, and clementines. The land offers robust vegetables like cabbage, potatoes, pumpkins, and fennel. The sea continues to provide with anchovies, cod, and mussels. Bread is freshly baked, tea is brewed, and stews simmer slowly. It's a time for renewal. Rituals become important now: lighting a candle, making a pot of soup, and savouring your food at a leisurely pace.

WHY EATING SEASONALLY MATTERS

Choosing seasonal foods allows you to not only align with nature but also to support it. You consume locally grown produce, minimise waste, and uplift conscientious farmers. This practice provides your body with what it needs at the right time. In summer, you enjoy hydrating fruits and cooling vegetables; in winter, you savour warming stews and vibrant citrus; in spring, you embrace detoxifying greens; and in autumn, you nourish with grounding and restorative foods. Eating seasonally is a form of body wisdom—rooted in our ancestors and beautifully simple.

🌿**Ibiza Tip:**

Head to a local farmer's market right after sunrise. Take your time and choose one ingredient that resonates with you, guided by your instincts rather than logic. Let this choice inspire your meal. This is how the island nourishes you—with intuition and light.



“Ibiza blues – A
natural come down
accompanied by a
faded tan and
unshakeable
longing to return to
the island ”

Unknown



SPRING

Spring in Ibiza arrives gently, reminiscent of a soft melody carried by the breeze. The days lengthen, warmed by radiant sunlight that plays over the terraced hills and tranquil stone villages. Almond trees bloom in ethereal whites and soft pinks, scattering their petals over the red soil like nature's confetti. The aromas of wild herbs — thyme, rosemary, fennel — waft up from the ground, roused by the season's first barefoot wanderings.

Markets overflow with early harvests: citrus fruits lingering from winter, fresh greens, and the first sweet peas of the season. Locals return to their gardens and open-air cafés, peeling oranges in the sunlight, sipping mint tea, or enjoying olives during leisurely lunches. Life unfolds at a slow yet vibrant pace. In spring, Ibiza transformed is not a party; it's a poem, a fresh canvas, a reminder that beauty flourishes quietly and everywhere.



TOSTADAS

Prep Time: 10 Mins

Cook Time: 5 Mins

Servings: 2

Ingredients

2 slices of crusty sourdough

1 large ripe tomato (or 2 small)

1 garlic clove, peeled

Good-quality extra virgin olive oil

Sea salt flakes & fresh herbs

Optional: anchovies, grilled vegetables, crushed olives, or soft goat cheese

Directions

1. Toast the bread until golden and crunchy.
2. Rub each slice with the garlic clove while still warm.
3. Grate the tomato (or crush with your fingers) and spoon generously over the toast.
4. Drizzle with olive oil — don't be shy!
5. Sprinkle with sea salt, fresh herbs and add toppings if using.



Ibiza Tip: Eat outside, barefoot if you can. This is more than breakfast – it's a moment.





CITRUS SALAD DRESSING

Prep Time: 5 Mins

Cook Time: None

Servings: 2-4

Ingredients

3 tbsp extra virgin olive oil

1 tsp sherry vinegar

Pinch ground or freshly
grated nutmeg

Salt and Pepper

Directions

1. Put all dressing ingredients in a jar and combine.



Ibiza Tip: Take dressings in jars to table so each person can serve to their own taste.



CITRUS SALAD

Prep Time: 10 Mins

Cook Time: None

Servings: 2-4

Ingredients

2 large oranges

1 small fennel bulb (optional),
thinly sliced

Handful microgreens

¼ red onion, finely sliced

A handful of black or green
olives, pitted

Fresh mint or parsley leaves

Extra virgin olive oil

Sea salt & cracked pepper

Feta or Toasted almonds

Directions

- 
1. Peel the oranges and slice them into thin rounds or half moons.
 2. Layer orange slices on a platter with microgreens, fennel and red onion (or use grated carrot).
 3. Scatter the olives and herbs over the top.
 4. Drizzle generously with olive oil and season.
 5. Add a handful of toasted almonds or a little feta.



Ibiza Tip: Serve this alongside grilled fish or a simple tortilla — it's the perfect way to bring colour and brightness to your table.

POR LA VIDA! – TO LIFE!





SUMMER

Summer arrives with intensity—vibrant and golden. The island thrums with warmth and vitality, filled with the aromas of fig leaves, pine needles, and hot stone. The sea becomes a favourite retreat—cool, turquoise, and perpetually inviting. Markets overflow with vibrant produce: tomatoes warm from the vine, glistening aubergines, aromatic melons, and sun-kissed peppers.

Afternoons linger in tranquility, spent in the shade of olive trees or during siestas behind blue shutters. As the sun sets, the pace picks up: shared meals, chilled wine, and music wafting through the air like a sweet fragrance. Summer on Ibiza is bold, joyous, and vibrantly alive—a season that invites you to savour life in all its fullness.



GRILLED FISH WITH HERB SAUCE

Prep Time: 15 Mins

Cook Time: 5 Mins

Servings: 2

Ingredients

For the Fish

- 2 fillets of white fish (such as snapper, sea bass, or cod) or small whole fish
- Olive oil
- Sea salt & pepper
- Lemon wedges, to serve

For the Herb Sauce

- 1 small bunch of flat-leaf parsley and 2 handfuls coriander leaves
- 2 tbsp oregano leaves
- 1 garlic clove
- ¼ tsp ground cumin
- ¼ tsp ground coriander
- 3tbsp sherry vinegar
- 7.5ml extra virgin olive oil
- 2 small chillies (optional)
- Sea salt, to taste





GRILLED FISH WITH HERB SAUCE

Directions

- 
- 
1. Make the herb sauce: In a blender or with a mortar and pestle, combine chopped herbs, garlic, chillies (if using), and a pinch of sea salt. Drizzle in the olive oil and blitz until smooth but still vibrant and textured. Season to taste.
 2. Prepare the fish: Rub the fish fillets with olive oil and season well with salt and pepper.
 3. Grill the fish: Heat a grill pan or BBQ over medium-high heat. Cook the fillets skin-side down for 2–3 minutes, then flip and grill until cooked through (time will depend on thickness).
 4. Serve: Place the fish on a platter and spoon the green herb sauce generously over the top. Add lemon wedges on the side.



Ibiza Tip: This sauce is your best friend — drizzle leftovers over roasted veg, grilled prawns, or spread onto crusty bread for a fast tapa. Experiment with different herbs – this version I use often is borrowed from the Eivissa cookbook.



WATERMELON GAZPACHO

Prep : 15 Mins

Chill Time: 1 Hour

Servings: 4

Ingredients

- 4 cups watermelon, cubed and deseeded
- 2 medium ripe tomatoes, chopped
- ½ cucumber, peeled and chopped
- ¼ red capsicum (bell pepper), chopped
- 1 tbsp red wine vinegar or sherry vinegar
- 2 tbsp extra virgin olive oil
- Juice of ½ lime
- Sea salt & pepper, to taste
- Fresh mint or basil,
- Optional: a pinch of chilli flakes or a few drops of Tabasco for heat





WATERMELON GAZPACHO

Directions

- 
1. In a blender, combine watermelon, tomato, cucumber, and capsicum. Blitz until smooth.
 2. Add vinegar, olive oil, lime juice, salt and pepper. Blend again until fully combined.
 3. Taste and adjust seasoning — a touch more vinegar or a pinch of salt brings out the brightness.
 4. Chill in the fridge for at least 1 hour to allow flavours to develop.
 5. Serve cold, garnished with torn mint or basil leaves and a swirl of olive oil.



Ibiza Tip: Serve in small glasses as a starter or pour into bowls with a spoonful of crumbled feta for a light lunch. Best enjoyed barefoot, in dappled shade.





“Autumn in
Ibiza is a quiet
sigh — the crowds
drift away, the sea
stays warm, and
the island
breathes in golden
stillness.”

Dr Danica-Lea



AUTUMN

Autumn brings a gentler melody. The crowds dwindle, the light becomes more intense, and the island takes a breath. Fields are harvested, vineyards are laden with grapes, and markets exchange vibrant summer fruits for earthy mushrooms, squash, and the season's first wild herbs. The sea remains warm, yet the nights hint at impending change.

Locals come together in peaceful spots—at kitchen tables or on back porches—preparing stews, baking bread, and pressing the last olives of the season. Autumn is a time for reflection in Ibiza. The pace slows, richness abounds, and there's a subtle beauty that doesn't demand attention but shines brightly nonetheless.

PASTA WITH EGG AND MUSHROOMS

RECIPE ADAPTED FROM EIVISSA

Prep Time: 5 Mins

Cook Time: 20 Mins

Servings: 4

Ingredients

- 450g pasta (spaghetti, tagliatelle, or parpadelle)
- 4 tbsp olive oil
- 4tbsp dry white wine
- 200g mushrooms (Swiss brown or wild), sliced
- 150g sliced Serrano or Prosciutto ham
- 5 garlic cloves peeled and cracked (or garlic oil)
- 2 eggs + 2 egg yolks
- Small sprig of thyme
- Handful chopped parsley
- Sea salt & cracked pepper
- Grated Parmesan, Mahon, Pecorino or soft goat cheese





PASTA WITH EGG AND MUSHROOMS

Directions

1. Boil the pasta in salted water according to packet instructions. Reserve 1 cup of the cooking water before draining.
 2. Meanwhile, add 1 garlic clove in half the olive oil in a pan over medium heat and cook for 3-5 mins (or ¼ tsp garlic oil and heat briefly), then add thyme leaves and half the parsley. Remove garlic clove, add mushrooms and cook until softened and golden.
 3. Heat the other half olive oil in the pan over a medium-high heat, add the remaining garlic cloves and cook for 6-7 mins until brown, then remove (or use garlic oil again). Add ham and cook for 2-3 mins. Add wine and cook for further 6-8 mins. Add 4 tbsp of the reserved pasta water and the cooked pasta. Toss to combine.
 4. Whisk together eggs and egg yolks into a jug or bowl. Slowly pour 120ml of the hot pasta water into the egg mixture to temper the eggs. (ensure eggs don't scramble).
 5. Add 60gm of the cheese and season with salt and pepper. Toss to combine.
 6. Divide pasta onto plates - top with mushrooms and remaining grated cheese and chopped parsley.
- 

Ibiza Tip: Serve with a glass of chilled rosé and a leafy green salad..



BAKED CHICKEN WITH DRIED FIGS

Prep Time: 15 Mins

Cook Time: 1 Hour

Servings: 4

Ingredients

- 4-6 bone-in, skin-on chicken thighs or drumsticks
- 1 fennel bulb, cut thinly (don't use core)
- 3 medium carrots, peeled and sliced
- 6-8 dried figs, halved
- 3 garlic cloves, unpeeled (or 1 tsp infused garlic oil)
- 1 tbsp fresh rosemary or thyme leaves
- Zest of 1 orange
- Juice of $\frac{1}{2}$ orange
- $\frac{3}{4}$ cup chicken stock
- 2-3 tbsp extra virgin olive oil
- Sea salt & black pepper
- Optional: A small splash of white wine or drizzle of honey





BAKED CHICKEN WITH DRIED FIGS

Directions



1. Preheat the oven to 200°C (390°F).
2. Saute the fennel in olive oil in a pan until lightly browned, add carrots part way through and toss to coat.
3. Layer the fennel, carrots, figs, and garlic in a large baking dish or roasting pan. Drizzle with olive oil and season with salt, pepper, orange zest, and herbs.
4. Add the chicken pieces on top, skin-side up. Use a big enough dish so that pieces are not crowded. Pour over the orange juice and chicken stock. Add a splash of white wine or honey if desired.
5. Bake uncovered for 60 minutes, basting every 10mins, until the chicken is golden and the vegetables are tender and infused with flavour.
6. Serve with the pan juices spooned over, and finish with a scattering of fresh fennel fronds or chopped parsley.



Ibiza Tip: This dish makes a beautiful centrepiece for a weekend lunch — serve with crusty bread to soak up the sauce or a side of herbed couscous.



A photograph of a sunset over the ocean. The sky is a mix of orange, pink, and blue. A bright yellow sun is visible in the sky. Two sailboats are on the water. The foreground shows some green foliage.

WINTER

Winter on the island is a hidden season. The beaches are serene, the hills shrouded in mist, and a quiet calm envelops the landscape. Fires blaze in old fincas, bright lemons contrast against the grey sky, and almond blossoms hint at the approach of spring. It's a season for soups, soft woolen clothing, and walking along silent paths.

Yet, even in winter, warmth is present. It can be found in a slow-cooked meal, a hearty slice of toast drizzled with olive oil, and the comforting rituals of tea and rest. Ibiza during winter offers a chance to reconnect with oneself — to enjoy simple foods, embrace a slower pace, and experience the land in its authentic, unembellished form.



WINTER STAR SOUP

Prep Time: 10 Mins

Cook Time: 30 Mins

Servings: 4

Ingredients

1 medium sweet potato, peeled and chopped

½ small butternut pumpkin, peeled, deseeded and chopped

1 small carrot, chopped

1 onion, chopped (or infused oil)

2 garlic cloves, chopped

1/4 tsp Harissa

1 litre (4 cups) vegetable stock

2 tbsp extra virgin olive oil

Sea salt & black pepper

Creme fraiche (optional)

Directions

1. Roast all vegetables on oven trays (coat with olive oil and season) until tender .
2. Add garlic and spices to heated olive oil in a heavy based saucepan, then add roasted vegetables and coat.
3. Add stock and bring to a simmer.
4. Puree with a hand held blender. Season & swirl a teaspoon of creme fraiche into soup.

Ibiza Tip: Serve with crusty rosemary flatbread and eat by candlelight as the sun sets over the hills.



IBERIAN PAELLA

Ingredients

Base:

- 2 tbsp extra virgin olive oil
- 1 onion, finely chopped
- 4 garlic cloves, minced (or infused oil)
- 1 red capsicum, sliced into strips (optional)
- 2 tomatoes, chopped
- 1 tsp harissa (or smoked paprika)
- 1 pinch saffron threads (steeped in 2 tbsp warm water)
- Salt & pepper to taste

Rice & Stock:

- 1½ cups Spanish Bomba or Arborio rice
- 4 cups chicken or seafood stock (warmed)
- ½ cup dry white wine (optional)

Proteins:

- 200g chicken thigh, cut into pieces
- 150g chorizo, sliced
- 500g frozen seafood mix (prawns, squid, mussels, fish) -
(thaw in fridge in morning before evening cook) or use fresh prepared seafood if available.

To Finish:

- ½ cup frozen peas
- Lemon wedges
- Flat-leaf parsley, chopped





IBERIAN PAELLA

Directions

1. Sauté the Base:

In a large paella pan (or wide, shallow skillet), heat the olive oil. Sauté the chicken and chorizo until golden, about 5–7 minutes. Remove and set aside. Or used cooked chicken and add with the seafood (Step 4.)

2. Build the Sofrito:

In the same pan, cook onion, garlic, and red pepper until softened. Add chopped tomato, harissa, saffron (with its water), and cook until the mixture thickens and smells fragrant (about 5–6 minutes).

3. Add the Rice:

Stir in the rice, coating it well in the sofrito. Pour in the white wine (if using), let it absorb, then add the warm stock and season with salt.

4. Assemble the Dish:

Return chicken and chorizo to the pan. Gently arrange prawns, mussels, and squid on top. Do not stir from this point forward — a good paella develops a golden crust (socarrat) at the base.

5. Simmer Uncovered:

Cook on medium heat for 15–20 minutes. When liquid is nearly absorbed, scatter peas over the top. Turn heat to low, cover with foil or a lid, and steam for another 5 minutes.

6. Rest & Garnish:

Remove from heat and let sit, covered, for 5 minutes. Garnish with lemon wedges and chopped parsley.



Ibiza Tip: Serve your paella with a simple green salad, crusty bread, and a chilled glass of rosé or cava. Eat slowly, outdoors if you can — the paella pan belongs at the centre of the table.



CHAPTER 7 – TAPAS, PLATES & CELEBRATION



FOOD AS A WAY TO CONNECT

Food serves as a way for people to connect in Ibiza. Here, meals are not just sustenance; they are a means for sharing stories, expressing love, and savouring moments. Dining is a leisurely affair, allowing friends and family to gather, laugh, and forge bonds. Even the smallest morsels—an olive, a piece of cheese, or a slice of tomato on bread—hold significance when enjoyed together. Ibiza emphasises that a meal's worth isn't determined by its size, but rather by the ambiance, the company, the interplay of light on the table, and the freedom to savour each moment.



THE ESSENCE OF TAPAS

Tapas go beyond just being food; they embody an invitation to share. These small plates are meant to be passed around, gradually filling the table and fostering conversation with every dish. Traditional Ibiza tapas might include:

- Bread with tomato and olive oil (pa amb tomaquet)
- Marinated olives with herbs and citrus
- Manchego cheese with quince paste
- Grilled padrón peppers
- Anchovies with lemon and parsley
- Chorizo cooked in red wine
- Boquerones — white anchovies in vinegar
- A simple assortment of almonds, figs, and soft cheese

However, tapas need not adhere to tradition; they can be any available ingredients, presented with intention and ease.

🕯️ **CELEBRATION WITH EASE**

In Ibiza, celebrating isn't about lavishness. It's about being present and enjoying rich experiences rather than overindulgence. Picture long lunches that transition seamlessly into the evening, beach picnics filled with bread, olives, wine, and laughter, and sharing a large bowl of paella. The food emphasises warmth and hospitality, where even the simplest dish, prepared with care, can feel like a feast. An old wooden table transforms into a festive setting with the addition of light, music, fresh herbs, and close friends.

👩👨 **HOSTING THE IBIZA WAY**

Hosting in the Ibiza style doesn't require matching dishware or immaculate floors. Instead, focus on:

- A variety of small dishes that are colourful and seasonal, without any pressure.
- A pitcher of wine or sparkling water infused with lemon and herbs.
- Soft lighting from candles or string lights.
- Bare feet, if possible.
- Music that dances with the breeze.
- An open mindset that conveys: You're welcome here; come as you are.



****A TAPAS MENU TO CONSIDER****

To create your own celebration, try this easy Ibiza-style tapas menu:

- Chilled almond gazpacho topped with halved grapes, smooth and creamy
- Grilled zucchini ribbons garnished with lemon zest and mint
- Garlic prawns sprinkled with parsley and chili
- Figs paired with goat cheese and drizzled with honey
- Tortilla Española – thick, golden omelette, delicious served warm or cold
- Herbed olives with rustic bread
- Fresh tomato salad featuring red onion and basil
- A carafe of rosé or herbal tea with lemon balm

Serve everything gradually and allow the evening to naturally unfold. Avoid overthinking it.



****Ibiza Tip:****

When hosting, prepare a few items in advance but leave space for spontaneity. Ibiza embraces a laid-back atmosphere, flowing without urgency or excessive planning. Trust in the food, the ambiance, and your guests — and let the magic emerge like music rises at Cafe Mambo at the golden hour



10 SIMPLE IBIZA TAPAS



*Marinated Fennel
& Orange*



Tomato & Olive Salad



*Jamón Serrano
& Melon*



Garlic Shrimp



Patatas Bravas



Grilled Eggplant



Pan con Tomate



Stuffed Mushrooms



Chickpeas & Spinach

CHAPTER 8 – SWEET BUT SIMPLE: ISLAND DESSERTS

 **LESS SUGAR, MORE ESSENCE**

In Ibiza, dessert isn't a show—it's a delight.

It happens when the meal concludes but the experience continues.

In a traditional Ibiza home, you won't encounter intricate pastries or complicated layers.

Instead, you're served what's fresh, nearby, and sufficient.

You'll find a bowl of ripe figs, juicy and soft,

Chilled melon slices after a warm day,

A small almond cake, rich with eggs and citrus,

Or simply honey drizzled over fresh ricotta, topped with thyme.

Ibiza teaches us that sweetness can be understated.

It can be seasonal, sensual, and take the form of fruit, spice, or memory.

 **THE ELEMENTS OF ISLAND SWEETNESS**

Many traditional desserts from Ibiza utilise pantry staples:

- Almonds, either whole or ground into decadent cakes
- Eggs, adding thickness, richness, and a golden hue
- Lemons and oranges, contributing brightness
- Local honey, offering natural sweetness
- Figs and dates, nature's version of caramel
- Cinnamon and aniseed, providing warmth
- Carob, the earthy counterpart to cocoa

NOTABLE ISLAND DESSERTS

Here are some traditional treats you might enjoy at an Ibiza gathering:

- **Flaó** – A creamy cheesecake flavored with mint and anise, commonly served during Easter.
- **Greixonera** – A rustic bread pudding made from leftover ensaimadas, combined with cinnamon, eggs, and milk.
- **Turrón** – A chewy nougat made with almonds, typically enjoyed at Christmas.
- **Magdalenas** – Small citrus-flavored cakes often paired with coffee.
- **Almond cake** – A rich, flourless cake infused with lemon zest.

These desserts aren't overly sweet; instead, they offer a deep sense of satisfaction.

ENJOYING DESSERT SIMPLY

You don't have to bake to savour Ibiza-style desserts. Consider:

- Oranges drizzled with olive oil and dusted with cinnamon.
- Figs filled with walnuts.
- Yogurt topped with roasted grapes and thyme.
- Strawberries enhanced with balsamic vinegar and black pepper.
- A dollop of ricotta with honey and lemon zest.
- Dates served with tahini and sea salt.

The emphasis is not on perfection; it's about enjoyment.

In Ibiza, dessert is designed to be uplifting rather than heavy, providing a light and delicate finishing touch. It's an opportunity to express gratitude—for the day, the meal, and the company.

Ibiza Tip:

To serve dessert in the Ibiza style, present it whole—such as a bowl of peaches, a wheel of soft cheese, or a platter of dates—and allow guests to help themselves. There are no strict rules or rush—just the joy of shared sweetness.

ALMOND CAKE

PASTEL DE ALMENDRA

IN IBIZA, ALMOND CAKE IS OFTEN MADE WITH LOCAL ALMONDS HARVESTED FROM THE ISLAND'S PINK-BLOSSOMED TREES IN EARLY SPRING. THE FRESHEST, MOST FRAGRANT ALMONDS COME FROM THE INTERIOR VILLAGES LIKE SANTA AGNÈS, WHERE ALMOND GROVES BLOOM LIKE SNOW IN FEBRUARY.

Ingredients

- 200g ground almonds
- 200g sugar
- 4 eggs
- Zest of 1 lemon
- 1 tsp cinnamon
- Powdered sugar, for dusting

Directions

- Preheat oven to 180°C (350°F). Grease a cake tin and line the base.
- Beat eggs and sugar until light. Add lemon zest, cinnamon, and almonds.
- Pour into the tin and bake for 30–35 mins.
- Cool, dust with powdered sugar, and serve.



Ibiza Tip: For the true Ibicenco touch, serve your almond cake with a drizzle of local orange blossom honey or a spoon of tangy sheep's milk yogurt.

IBIZA MINT & CHEESE TART

FLAO

THIS ISN'T YOUR TYPICAL CHEESECAKE — FLAÓ IS IBIZA'S HERB-INFUSED DESSERT, TRADITIONALLY SERVED AT EASTER. IT'S MADE WITH TANGY GOAT'S OR SHEEP'S MILK CHEESE, FRESH MINT, AND A HINT OF ANISEED FLAVOUR — THINK OF IT AS THE MEDITERRANEAN'S ANSWER TO A MINT SLICE, BUT LIGHTER AND BAKED.

Ingredients

Filling:

- 300g ricotta or soft goat cheese
- 3 eggs
- 100g sugar
- Zest of 1 lemon
- A handful of fresh mint, finely chopped

Simple crust:

- 200g flour, 100g butter, 2 tbsp water or anise liqueur (or use pre-made shortcrust and sprinkle liqueur on before baking)

Directions

- Preheat oven to 180°C. Press crust into a few small tins and chill.
- Beat filling ingredients until creamy. Pour into crusts.
- Bake 30 mins until set and golden.
- Serve warm or chilled.

Ibiza Tip: try cold on a warm afternoon with a strong espresso, or as an after-dinner treat with a nip of your favourite herbal liqueur.



OLIVE OIL LEMON MUFFINS

MAGDALENAS IBICENCAS

THESE FLUFFY LITTLE SPONGE CAKES ARE A BELOVED BREAKFAST OR MERIENDA TREAT ACROSS IBIZA — LIGHTLY SWEET WITH A HINT OF LEMON ZEST OR CINNAMON, AND OFTEN BAKED IN CRINKLED PAPER CUPS. TRADITIONALLY MADE WITH LOCAL OLIVE OIL INSTEAD OF BUTTER, THEY'RE SOFT, SIMPLE, AND PERFECTLY DUNKABLE IN YOUR MORNING COFFEE.

Ingredients

- 2 eggs
- 150g sugar
- 100ml olive oil
- 100ml milk
- Zest of 1 lemon
- 200g flour
- 2 tsp baking powder
- Pinch of salt

Directions

- Preheat oven to 180°C. Line muffin tray.
- Beat eggs and sugar until pale. Stir in oil, milk, and zest.
- Fold in dry ingredients.
- Spoon into cups. Bake 20 mins until risen and golden.



Ibiza Tip: Try them warm from the oven with a flat white, or chamomile tea. Add a sprinkle of raw sugar before baking for a sun-kissed crunch.



ORANGE OLIVE OIL LOAF

INSPIRED BY THE CITRUS GROVES OF IBIZA'S SANTA EULÀRIA VALLEY, THIS LOAF CAPTURES THE ISLAND'S GOLDEN AFTERNOON LIGHT IN EVERY BITE. MADE WITH FRAGRANT LOCAL OLIVE OIL AND SWEET, JUICY ORANGES, IT'S A STAPLE ON IBICENCO TABLES — LIGHT, MOIST, AND DEEPLY AROMATIC.

Ingredients

- 2 eggs
- 150g sugar
- 100ml olive oil
- Juice + zest of 1 large orange
- 200g flour
- 1½ tsp baking powder
- Pinch of salt

Directions

- Preheat oven to 180°C. Grease loaf or slice tin.
- Beat eggs, sugar, oil, orange juice and zest.
- Fold in dry ingredients.
- Bake 30–35 mins until golden. Cool and slice.



Ibiza Tip: serve with a dollop of Greek yogurt and a few crushed almonds or pistachios. It's sunshine on a plate, no matter the season.



IBIZA BREAD PUDDING

GREIXONERA

GREIXONERA IS IBIZA'S COMFORT DESSERT — A SPICED BREAD PUDDING MADE FROM LEFTOVER ENSAÏMADA PASTRIES. IT'S SOFT, CUSTARDY, AND FLAVOURED WITH CINNAMON, LEMON ZEST, AND A TOUCH OF LOCAL BRANDY. ON THE ISLAND, IT'S A WAY TO AVOID WASTE AND MAKE SOMETHING BEAUTIFUL FROM WHAT'S ON HAND.

Ingredients

- 200g stale brioche or croissant, torn
- 500ml milk
- 3 eggs
- 100g sugar
- 1 tsp cinnamon
- Lemon zest or splash of anise, rum or vanilla essence

Directions

- Preheat oven to 180°C. Grease a baking dish.
- Soak bread in warm milk for 15 mins.
- Beat in eggs, sugar, cinnamon, and zest.
- Pour into dish. Bake 40 mins until golden and set.
- Serve dusted with cinnamon or with a dollop of yogurt.



Ibiza Tip: Serve warm with thick cream or cold with a coffee under the gum trees — it's island life, reimagined.

FIG & HONEY YOGURT POTS

IN IBIZA, FIGS ARE SACRED SYMBOLS OF ABUNDANCE, OFTEN PLUCKED SUN-WARMED STRAIGHT FROM THE TREE. PAIRED WITH CREAMY SHEEP'S MILK YOGURT AND A DRIZZLE OF LOCAL HONEY, THIS SIMPLE DISH IS A STAPLE AT RUSTIC BREAKFASTS AND SEASIDE BRUNCHES ACROSS THE ISLAND.

Ingredients

- 1 cup thick Greek yogurt
- 4 fresh or dried figs, sliced
- 2 tbsp local honey
- A sprinkle of crushed almonds or pistachios
- Optional: mint leaves, orange zest

Directions

- Layer yogurt, figs, honey, and nuts in small glasses.
- Chill briefly. Garnish with zest and mint.
- Serve as an afternoon sweet or light dessert.



Ibiza Tip: Top with crushed almonds or a sprinkle of cinnamon for a laid-back Ibiza moment, no passport required.

CHAPTER 9 – DRINKS FROM THE GARDEN & SEA

☀️**SAVOUR THE SUNLIGHT. EMBRACE TRANQUILITY**

On Ibiza, beverages take on a ceremonial significance. They do more than just satisfy thirst; they calm, refresh, invigorate, and foster connection. Whether it's a morning herbal tea from the garden, refreshing lemon water after a swim, or a sunset spritz with fresh thyme, these drinks blend seamlessly into the island's natural flow. They are enjoyed at leisure, free from sugary distractions, providing a sensual interlude in daily life.

The island's beverages are rooted in the earth, wild, and vibrant, infused with herbs and brightened by citrus, sourced from the land, sea, and sun.

🌿**THE CRAFT OF INFUSION**

Infused waters are abundant on Ibiza and are both simple and beautiful, providing hydration while changing with the seasons:

Spring: lemon balm, cucumber, mint

Summer: watermelon, basil, lime

Autumn: orange peel, rosemary, fig leaf

Winter: ginger, thyme, cinnamon stick

Simply add to cool water, let it infuse in sunlight, and sip throughout the day. Your body will appreciate it.



HERBAL TEAS FOR WELLNESS AND EMOTION

In the countryside of Ibiza, herbs are considered a form of medicine. Many households dry their own herbs, which are cherished and hold sentimental value.

Here are some popular herbal infusions:

- Lemon verbena – calming and aromatic
- Mint – refreshing and invigorating
- Thyme – antibacterial and stabilising
- Fennel seed – eases digestion
- Lavender – delightful for evenings
- Chamomile – perfect for winding down

Steep these herbs slowly, using fresh ingredients whenever possible. Enjoy them while barefoot, if you can.

WINES AND SPIRITS

Ibiza's wines are rich and locally sourced, often organic. You'll find a selection of dry rosés, light reds, and rustic whites served with uncomplicated dishes. However, the island is particularly renowned for its herbal liqueurs—traditional digestifs that have been made by families for years.

Hierbas Ibicencas is a local herbal spirit crafted from anise, thyme, rosemary, fennel, and citrus. Enjoy it as a post-dinner drink, either chilled or straight.

For those who relish a ceremonial beverage, the island spritz is a delightful option:

Ibiza Garden Spritz

- Sparkling water or cava
- Fresh herbs (rosemary, thyme, basil)
- A slice of citrus
- A dash of homemade syrup or floral liqueur



🔥 **NON-ALCOHOLIC DRINK OPTIONS**

For a refreshing and soothing non-alcoholic drink, consider these combinations:

- Sparkling water with cucumber and fennel seed
- Hibiscus tea mixed with mint and lime
- Fresh orange juice combined with rosemary and a hint of sea salt
- Cold brew green tea flavoured with elderflower cordial
- Coconut water blended with basil and pineapple

These beverages are not focused on abstaining, but rather on nourishment. They are about savouring and enjoying the moment.

🍋 **Ibiza Tip:**

Establish a daily routine: morning tea, midday infusion, sunset spritz.
Choose a favourite glass and garnish with a sprig of greens.
Let each sip be a moment of reconnecting with yourself.







CITRUS GROVE FIZZ

A SPARKLING REFRESHER WITH NOTES OF ORANGE BLOSSOM
AND MINT

In Ibiza, citrus trees line the countryside like golden treasure maps.

Ingredients

- ½ cup freshly squeezed orange juice
- ¼ cup lemon juice
- 1 tsp orange blossom water
- 1 tsp agave syrup (optional)
- Sparkling water to top
- Crushed ice
- Mint sprig & orange slice to garnish

Directions

Shake juices, blossom water, and agave over ice. Pour into a tall glass, top with sparkling water, and garnish with mint and orange.



Ibiza Tip: For the freshest experience, use hand-picked oranges or lemons — or source from your local farmers market.



HERBAL SUNSET COOLER

EARTHY, SOOTHING AND CITRUSY WITH A HINT OF BASIL

Grow a few Mediterranean herbs on your balcony or windowsill. Basil, thyme, and mint are not only delicious — they bring the scent of Ibiza into your home.

Ingredients

- ½ cup brewed hibiscus tea (chilled)
- ¼ cup grapefruit juice
- 1 tsp honey
- 3 basil leaves, muddled
- Dash of apple cider vinegar
- Ice + basil sprig to serve

Directions

Combine all ingredients in a shaker with ice, shake gently, strain into a glass over fresh ice, and top with a basil sprig.



Ibiza Tip: Evenings on the island are made for slowing down and sipping herbs from the garden.



IBIZA THYME MARGARITA

A BEACHY SPIN ON A CLASSIC WITH HERBAL FLAIR

Thyme grows wild in Ibiza — locals believe it wards off bad spirits and flavours your soul.

Ingredients

- 45 ml tequila blanco
- 30 ml lime juice
- 15 ml orange liqueur (Cointreau or triple sec)
- 10 ml thyme syrup (sugar + water + fresh thyme)
- Salt rim + thyme sprig to serve

Directions

Rim glass with salt. Shake all ingredients with ice and strain into a glass over rocks. Garnish with thyme.



Ibiza Tip: Gather fresh herbs from the hills or your local co-op. A sprig of thyme in your cocktail is more than garnish — it's a touch of ancient island magic.



FIG & HONEY GIN SPRITZ

A SENSUAL AND SOFTLY SWEET SPRITZ

In late summer, fig trees spill sweet gifts onto dusty roadsides — nature's invitation to pause

Ingredients

- 30 ml fig-infused gin (or regular gin)
- 15 ml honey syrup (equal parts honey + warm water)
- Dash of lemon juice
- Soda water or prosecco to top
- Fresh fig slice or thyme sprig to garnish

Directions

Combine gin, honey syrup, and lemon juice in a shaker. Shake with ice and strain into a chilled glass. Top with soda or prosecco and garnish.



Ibiza Tip: Use ripe, soft figs and local honey whenever possible. This drink pairs beautifully with a warm sunset and good conversation.

SPICE CAROB HOT CHOCOLATE

A SOOTHING ALTERNATIVE TO COCOA WITH A NATURALLY SWEET, EARTHY FLAVOUR.

In the hills of Ibiza, carob trees grow wild and plentiful. Once seen as humble animal fodder, carob pods are now celebrated for their chocolatey richness — without the caffeine. Locals often roast and grind them into warming drinks for children or enjoyed as a sweet island nightcap.

Ingredients

- 2 cups almond milk
- 2 tbsp carob powder
- 1 tbsp honey
- ½ tsp cinnamon
- Pinch of sea salt

Directions

Warm almond milk in a small saucepan. Whisk in carob powder, honey, cinnamon, and salt until smooth and gently steaming. Pour into mugs and top with grated dark chocolate or orange zest.



Ibiza Tip: For a deeper Ibicenco flavour, add a dash of local sea salt or orange blossom water.

ROSEMARY & LEMON HERBAL STEAMER

A FRAGRANT, HERBAL TONIC PERFECT FOR QUIET MORNINGS.

Rosemary grows wild along Ibiza's rocky coastline, perfuming the air after the rain.

Known for its energising and purifying properties, rosemary tea is a traditional remedy on the island — often brewed in clay pots and sipped during slow, quiet mornings.

Ingredients

- 1 fresh rosemary sprig
- Juice of ½ lemon
- 1 tsp honey
- 1 ½ cups hot water

Directions

Steep rosemary in hot water for 5 minutes. Remove sprig, add lemon juice and honey. Stir and sip slowly.



Ibiza Tip: Pick sprigs fresh from your garden or use dried rosemary gathered on your last bushwalk.



ORANGE PEEL & CLOVE INFUSION

WARMING AND GENTLY SPICED, THIS DRINK CELEBRATES
IBIZA'S CITRUS GROVES.

In winter, the orange groves near Santa Eulària glow with ripe fruit. Rather than wasting the peels, Ibicencos steep them with cloves and cinnamon to create a warming tisane — a tradition passed down from grandparents who believed in using every part of the fruit.

Ingredients

- Peel of 1 orange
- 2–3 whole cloves
- 1 cinnamon stick
- 2 cups boiling water

Directions

Combine ingredients in a teapot and steep for 10 minutes. Strain and serve with a drizzle of agave or maple syrup if desired.



Ibiza Tip: Dry leftover peels in the sun and store them for your next rainy-day brew.



TOASTED ALMOND MILK LATTE

CREAMY, NUTTY, AND RICH — A WARM HUG IN A MUG.

Almonds are woven into Ibiza's food heritage, from spring blossom festivals to rustic desserts. Toasted almonds are often ground into drinks or stirred into breakfast for energy and warmth. The island's plant-based culture makes almond milk a staple — simple, nourishing, and deeply local

Ingredients

- 2 cups unsweetened almond milk
- 1 tsp almond butter
- ½ tsp vanilla extract
- 1 tsp maple syrup
- Dash of nutmeg

Directions

Blend all ingredients until smooth. Warm gently in a saucepan (don't boil). Froth if desired, then pour into a mug and sprinkle with nutmeg.



Ibiza Tip: Add a swirl of local honey or a crushed almond biscuit on the side for an authentic Ibizan treat.

CHAPTER 10 – LIVING THE IBIZA WAY

****BAREFOOT. PRESENT. NOURISHED BY MORE THAN JUST FOOD****

There's a reason why many people come back to Ibiza annually. It's not solely due to the beaches or sunsets. It's about a feeling—a lifestyle that is both timeless and vibrant, slow yet electric. This essence reveals itself in the aroma of rosemary on your fingers, the salt on your skin, and the stars that seem to twinkle closer here.

Living the Ibiza way transcends appearances; it focuses on the essence of life. It emphasises choosing pleasure over pressure, nature over noise, and simplicity over ambition. While food plays a central role in this way of life, it is not the entire narrative.

****EAT SLOWLY. LIVE SLOWLY****

In Ibiza, meals are never hurried, nor are the moments that truly matter. People flow through their days like tides—gliding, pausing, and returning. There's ample time for everything: to rise with the sun, to sit in silence, to eat thoughtfully, and simply to be.

Embrace these instincts in your life:
Prepare simple meals with your hands,
Dine outdoors whenever you can,
Treasure the meal as a cherished moment rather than a chore,
And allow digestion to be a time of rest, not haste.

****CONNECTION OVER PERFECTION****

The Ibiza kitchen often embraces imperfection: cracked plates, mismatched cutlery, and dishes whipped up in just 20 minutes. However, it thrives on connection. Here, there are no pretenses—only food, light, and laughter. Meals are created from whatever is on hand and shared with those nearby. To live beautifully, you don't need more; you need less—yet more meaningful connections.

****SUN. SEA. SLEEP. SILENCE.****

These are the four true healers of Ibiza:

 ****Sun**** – Rise with it, dine under it, and let it warm your back.

 ****Sea**** – Swim in it, season your meals with its salt, and synchronize with its ebb and flow.

 ****Sleep**** – Rest when your body craves it and allow night to envelop you.

 ****Silence**** – Discover it in the garden, during the early morning, and within yourself.

These are not luxuries; they are vital.

****THE 7-DAY IBIZA LIFESTYLE RESET****

Follow this gentle plan to incorporate Ibiza into your daily routine:

****DayFocus****

1. ****Eat Barefoot**** – Prepare a simple dish and enjoy it outside without shoes if possible.
2. ****Swim or Soak**** – Immerse yourself in water, be it the ocean, a bath, or a foot soak.
3. ****Touch the Earth**** – Walk barefoot, sit on the ground, or plant something.
4. ****Cook from Instinct**** – Forget the recipe. Let your senses guide you.
5. ****Slow Down a Meal**** – Set a table, light a candle, and savour each bite.
6. ****Create Beauty**** – Arrange fruit in a bowl, place herbs in a jar, or light incense.
7. ****Rest and Reflect**** – Disconnect from your phone, avoid rushing, and take time to simply exist.

****Ibiza Tip:****

Let your life mirror your favourite meal: harmonious, beautiful, fulfilling, and shared. You don't have to relocate to an island—just invite the essence of the island into your breath, your plate, your day.

FULL DAY INSPIRED MEAL PLANS

** 1. Plant-Based & Grounded**

For those who eat vegetarian or vegan and want to feel light, strong, and deeply nourished.

Morning

- Warm lemon water
- Chia pudding with almond milk, orange zest, figs, and toasted almonds
- Herbal tea (mint or rosemary)

Lunch

- Warm lentil and roasted vegetable salad (eggplant, red pepper, onion)
- Herby wild greens with citrus vinaigrette
- A slice of rustic wholegrain bread with olive tapenade
- Seasonal fruit (peach, melon, or apple)

Afternoon Snack

- Handful of walnuts and dates
- Cold hibiscus or lemon balm tea

Dinner

- Tomato and white bean stew with rosemary and garlic
- Quinoa with lemon and parsley
- Steamed greens with olive oil and sea salt

Night Ritual

- Chamomile tea with a drop of orange blossom water

2. Busy City Life

For people on-the-go who still want to eat beautifully and avoid burnout.

Morning

- Quick smoothie (banana, spinach, almond milk, mint, lemon)
- 1 slice of pan con tomate (toasted rustic bread, crushed tomato, olive oil)
- Small coffee or matcha

Lunch (packable)

- Farro salad with chickpeas, cucumber, tomato, herbs, and lemon
- Side of olives or a boiled egg
- Fruit (easy-to-carry like an apple or satsuma)

Afternoon Pick-Me-Up

- Almonds + dark chocolate square
- Sparkling water with citrus slices

Dinner (easy to prepare)

- Sheet pan roasted vegetables (zucchini, fennel, tomato) with rosemary
- Warm lentils or canned white beans tossed in olive oil and lemon
- Optional: Glass of natural wine

Night Ritual

- 10-minute candlelit wind-down and herbal tea

3. Family-Friendly & Flexible

For households with varied needs — including kids, partners, and picky eaters.

Morning (family-style)

- Fresh fruit plate (melon, strawberries, orange slices)
- Toasted sourdough with crushed tomatoes, avocado, or honey
- Greek yogurt or coconut yogurt with granola
- Optional: Herbal tea or coffee for adults

Lunch (shared)

- Big mezze-style platter:
 - Grilled halloumi or roasted tofu
 - Hummus
 - Carrot sticks, cucumbers, cherry tomatoes
 - Pita or rustic bread
- Water with mint and citrus slices

Afternoon Snack 🍷🍰

- Kids: sliced apple with almond butter
- Adults: olives and a few crackers with tapenade

Dinner (build-your-own) 🍲

- Mediterranean bowls:
 - Base: brown rice, couscous, or quinoa
 - Toppings: grilled veggies, chickpeas, tzatziki or tahini, herbs, lemon wedges
 - Optional: sardines or baked chicken

Night Ritual 🌙

- Herbal tea for adults, warm milk with cinnamon for kids
- Everyone shares their “best bite” of the day

** 4. Creative Soul / Artist Schedule**

For those who wake late, flow with the day, and want meals that spark inspiration.

Late Morning Brunch ☀️

- Rustic toast with goat cheese, figs, thyme, and honey drizzle
- Side of fresh greens with olive oil and lemon
- Strong coffee or cold hibiscus tea

Mid-Afternoon Snack 🎨

- Bowl of fresh cherries or grapes
- A few almonds or roasted chickpeas
- Mint tea with a square of dark chocolate

Sunset Dinner 🥰

- Roasted sweet potato with herbed tahini drizzle
- Tomato and cucumber salad with za'atar and olives
- Lentils with lemon and dill
- Optional: a chilled glass of rosé

Late-Night Snack (if creating late) 🌌

- Herbal infusion (lemon verbena or sage)
- Small bowl of yogurt with a spoon of local honey and chopped nuts

5. Active Lifestyles with optional Seafood, Meat and Dairy**

Breakfast

Tostadas with Tomato & Olive Oil - Crisp, toasted country bread rubbed with ripe tomato, drizzled with extra virgin olive oil, and sprinkled with sea salt. Add manchego slices or jamón/prosciutto for richness.

Mint Herbal Tea or Café con Leche (coffee with milk) to sip slowly.

Mid-Morning Snack

Fresh Citrus Salad with Almond Slivers - Segments of orange, grapefruit, and mandarin, tossed with mint and drizzled with local honey. Topped with toasted almonds.

Optional: Add a spoonful of creamy yogurt on the side.

Lunch

- Spanish Tortilla with Onions - A thick, satisfying slice of egg and potato tortilla, served warm or room temperature.
- Tomato Bread Salad (Pan con Tomate + Greens) - Day-old rustic bread cubes tossed with chopped tomatoes, basil, garlic, olive oil, and torn greens — vibrant, juicy, and satisfying.
- Watermelon Gazpacho Shot - Served chilled in a small glass — refreshing and hydrating.

Afternoon Snack

Bocadillo with Jamón/Prosciutto, Manchego cheese, and Fig Jam - A crusty baguette sandwich layered with thin jamón slices, creamy manchego, and a touch of fig jam. A classic Iberian treat.

Optional: Add rocket for a peppery kick.

Dinner 🐟🍷

Choice of Mains

- Poached Salmon with Wilted Spinach & Lemon Oil - Light, elegant, and full of healthy fats.
- Chicken Braised with Dried Figs & Rosemary - Sweet meets savoury in a slow-cooked one-pot wonder.
- Mixed Seafood Stew (Zarzuela style) - A rustic Ibiza coastal dish with prawns, mussels, fish, and tomato-saffron broth.
- Stuffed Courgettes with Herbs, Rice & Goat Cheese - Baked until soft and golden. Perfect for vegetarians.

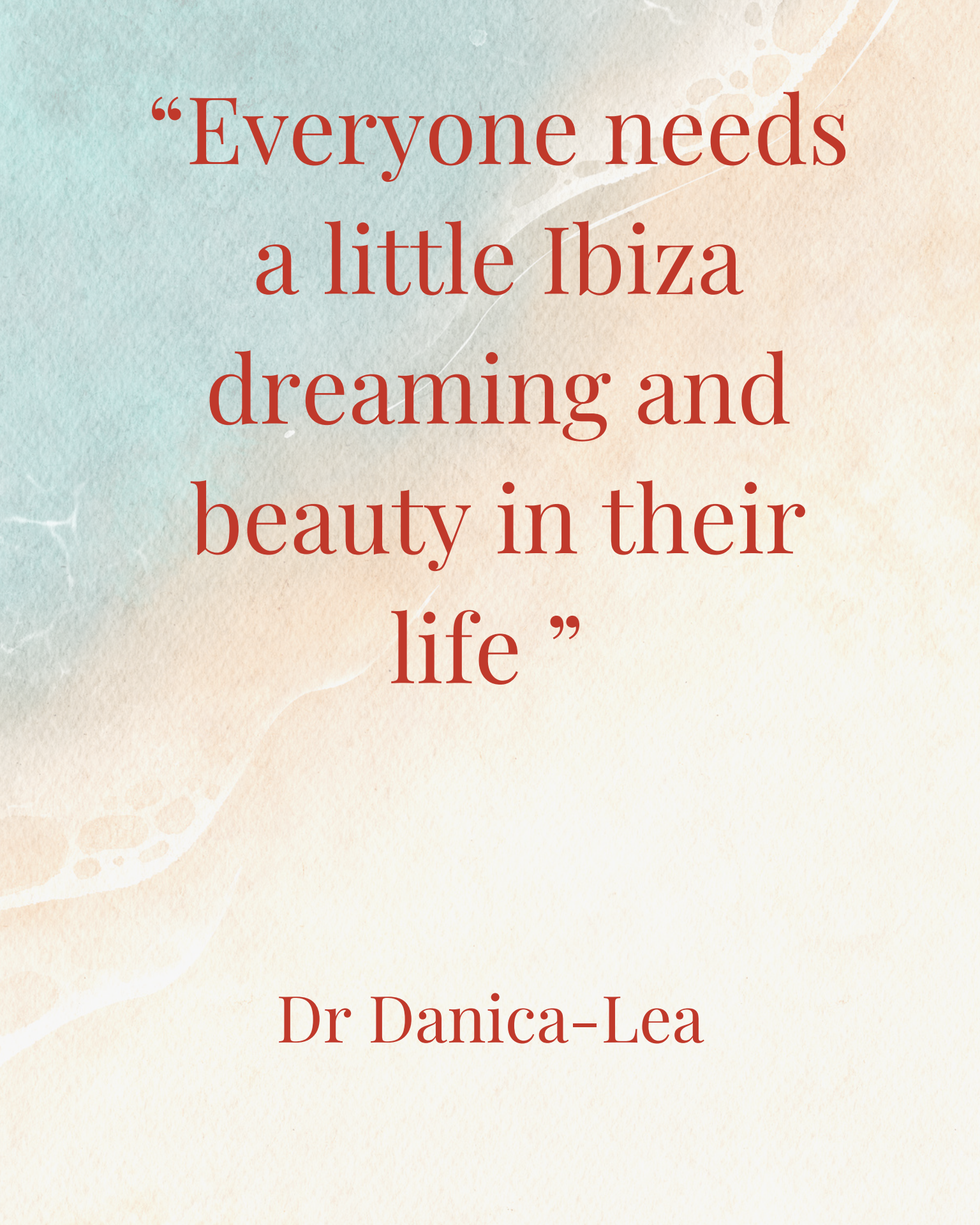
Side Options 🥘🍄

- Sweet Potato Soup with Smoked Paprika - Silky, warming, and earthy.
- Pasta with Egg, Garlic Mushrooms & Pecorino - A creamy, savoury dish kissed by the forest floor.
- Fish with Roasted Tomatoes & Black Olives - A Mediterranean must. Simple, sunny, and satisfying.
- Prawn and Serrano Ham Salad with Rocket & Lemon Vinaigrette - Zingy, smoky, and beautifully balanced.

Dessert (Optional) 🍑

Chilled Peach Slices in Rose Water Syrup - Light, fragrant, and purely Mediterranean.

For the above suggested meals, you will find some similar recipes in this book that you can adapt to suit. There are no strict rules - use my recipes or just adjust to your taste and experiment.



“Everyone needs
a little Ibiza
dreaming and
beauty in their
life ”

Dr Danica-Lea

CONCLUSION – YOUR IBIZA LIFE BEGINS



THE ESSENCE OF THE ISLAND IS WITH YOU NOW.

You've experienced more than just food; you've embraced the rhythm, the spaciousness, and the joy of nourishing both your body and spirit. This is the essence of Ibiza—not about establishing a perfect diet, imposing rules, or restricting yourself, but about embracing a lifestyle.

It's about waking with the sunrise and savouring herbal tea from your garden, preparing simple dishes with your hands, going barefoot, eating mindfully, and sharing laughter in the gentle light. It's about trusting your body and the natural cycles, and recalling what truly fulfills you.

You don't need to live on an island to adopt this way of life. The Ibiza experience is accessible to you wherever you are—whether in your kitchen, garden, or a peaceful moment in your day.

It begins when you embrace:

Pleasure without guilt,

Beauty without strain,

Food without fear,

Presence without pretence.

This is a return—not to a passing trend, but to your true self. Allow it to be simple and beautiful. Let your life be infused with the flavours of rosemary and sun-ripened tomatoes, let your home be fragrant with citrus and olive oil, and let your rituals be quiet yet significant.

Breathe. Cook. Walk. Rest. Your Ibiza journey isn't something that starts once you arrive; it starts right now.

Ibiza Tip 🕊

Before each meal, take a moment to pause. Place your hand on your abdomen, or join with friends and family, take a deep breath, and express gratitude to the land, the sun, and those who prepared the meal—even if it's just you. This moment embodies the diet, and this presence is the path forward.



FAVOURITE RECIPES

A SPACE FOR FAVOURITE RECIPES.
MINE. LOCALS. YOURS.

This isn't merely a compilation; it's a vibrant, dynamic table. It's a place for dishes that nourish beyond just the physical — those that evoke memories, laughter, and a touch of enchantment.

In this collection, you'll discover my cherished recipes — the ones I rely on during calm afternoons and festive evenings. These recipes are straightforward, sensory, and deeply fulfilling, tested in the sunlight, shared in bare feet, and enjoyed around rustic wooden tables.

You'll also encounter recipes shared by locals — wisdom handed down through generations, influenced by the island's land and sea. These recipes come with stories, highlight seasonal ingredients, and possess a subtle elegance that transcends words.

Moreover, there's space for you. For the dishes you adore, whether you adapt, create, or inherit. This space is as inviting as Ibiza itself. Feel free to jot notes in the margins, add a handwritten message, or share something delightful with a friend.

The Ibiza Diet is not a set of rules; it's a rhythm, a flavour, a lifestyle. Every favourite you contribute to this collection helps sustain that rhythm.



MY IBIZA

Photo Credit: Dr Danica-Lea



SCALLOPS WITH POTATOES AND ORANGE

ALONG IBIZA'S SOUTHERN SHORES, SEAFOOD IS ALWAYS PAIRED WITH THE ISLAND'S FRESHEST SEASONAL INGREDIENTS. CITRUS GROVES AND LOCAL SHELLFISH COME TOGETHER BEAUTIFULLY IN THIS DISH — THE SWEETNESS OF ORANGE BRIGHTENS THE RICH, CARAMELISED SCALLOPS, WHILE SOFT POTATOES GIVE IT A RUSTIC, EARTHY BASE.

Prep Time: 10mins
Cook Time: 25 Mins
Servings: 2

Ingredients

- 500g small potatoes, peeled
- 2tbsp Extra Virgin Olive Oil
- 20 frozen scallops
- 1 orange
- 12 green stuffed olives
- Salt and Pepper to suit
- Parsley or mint

Dressing

- 2 tbsp olive oil
- 1 tbsp reserved orange juice
- ¼ tsp sherry vinegar
- Salt & Pepper





SCALLOPS WITH POTATOES & ORANGE

Directions

1. Cook the Potatoes:

In a medium saucepan, cook the small new potatoes with a generous pinch of salt. Bring to boil, then reduce heat and simmer for 20 minutes or until a knife cuts through a potato easily. Drain potatoes and put aside to cool.

2. Prepare oranges, olives, scallops and dressing.



Peel and slice orange into small segments. Cut olives in half. Ensure scallops are fully defrosted and place on paper towel with another paper towel on top to get rid of excess water. Mix all dressing ingredients thoroughly and put aside.

3. Cook potatoes and scallops:

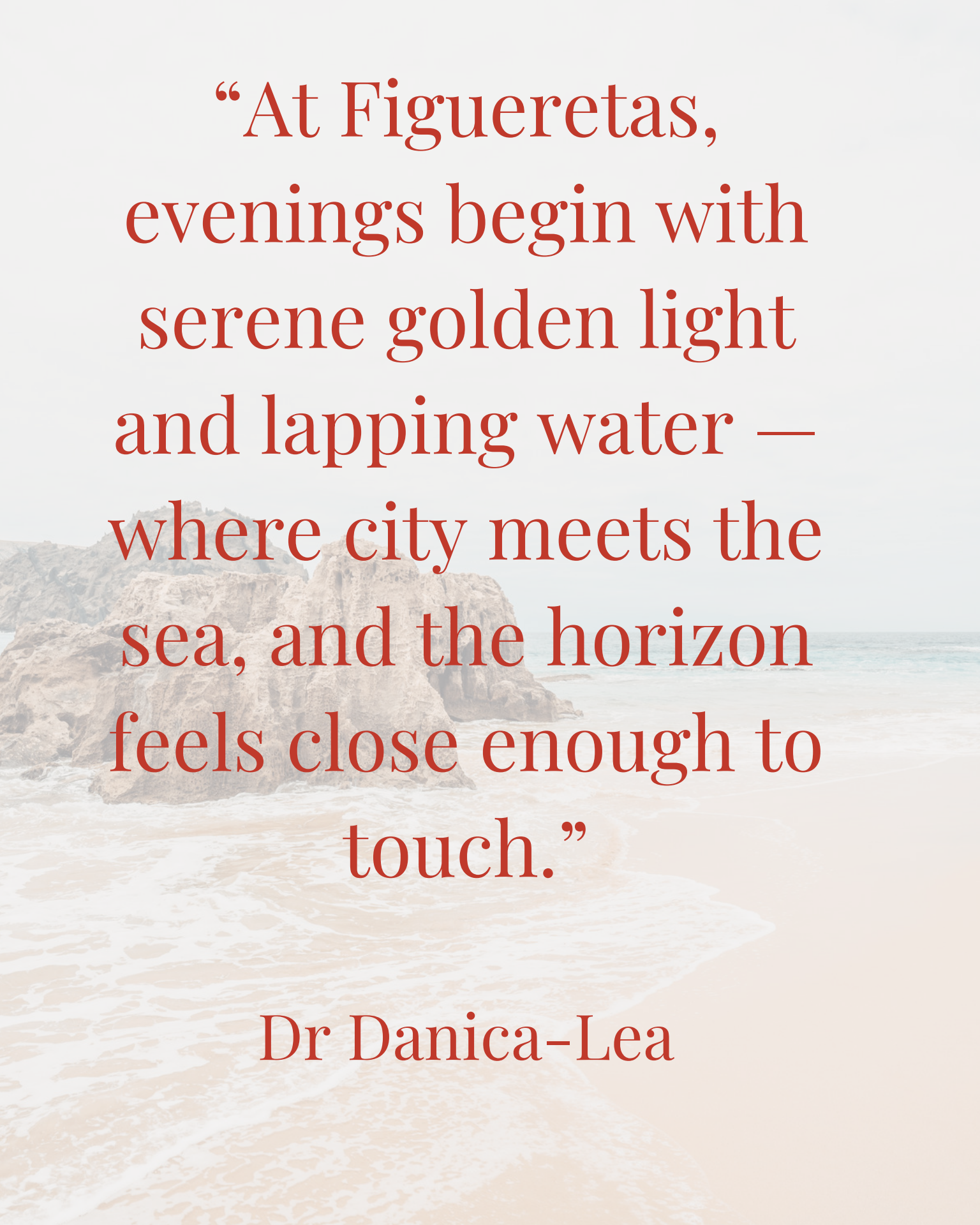
Cut cooled potatoes into slices. Heat oil in frying pan, then add potato slices and fry until golden and slightly crispy, adding salt and pepper. Arrange potatoes onto warmed dishes quickly, then add more oil and scallops to pan. Cook scallops until golden brown on each side.

4. Assemble the Dish:

Add olives, orange slices and scallops on top of potato in each dish. Pour dressing over the dishes. Season with salt and pepper, and garnish with parsley or mint.



Ibiza Tip: Finish with a drizzle of extra virgin olive oil infused with rosemary. Best served seaside — or with the windows open and music playing.

A coastal scene with waves crashing against large, rugged rocks under a hazy sky. The text is overlaid in a red serif font.

“At Figueretas,
evenings begin with
serene golden light
and lapping water —
where city meets the
sea, and the horizon
feels close enough to
touch.”

Dr Danica-Lea

HOTEL VIBRA MARITIMO



Photo Credit: Dr Danica-Lea

BLAVOS STYLE NACHOS

Prep Time: 25 Mins

Servings: 2-4

Ingredients

For the Nachos:

- 1 bag of organic corn tortilla chips
- 1 cup black beans or pinto beans, rinsed and warmed
- 1 sliced chilli (optional)
- 1/2 cup roasted sweet potato, diced
- 1 ripe avocado, sliced or smashed
- Handful cherry tomatoes, halved
- Fresh coriander (cilantro), to garnish
- Lime wedges, for serving

Cashew Cheese:

- 1/2 cup cashews (soaked 4+ hours or boiled 10 mins)
- 2 tbsp nutritional yeast
- Juice of 1/2 lemon
- 1 garlic clove (or 1/4 tsp infused oil)
- 1/4 tsp turmeric (for colour and warmth)
- Salt to taste
- 1/4 cup water (adjust for texture)





BLAVOS STYLE NACHOS

Salsa Verde (Fresh Herb Sauce):

- 1 handful parsley + a few basil leaves
- 1 small garlic clove (or infused oil)
- 2 tbsp capers or green olives
- Juice of 1/2 lemon
- 2 tbsp olive oil
- Salt to taste



Directions

1. Make the cashew cheese:

Blend all ingredients until smooth and creamy. Add more water if needed for drizzling.

2. Make the salsa verde:

Blitz herbs, garlic, capers, lemon juice, and olive oil until finely chopped and spoonable.

3. Assemble the nachos:

Arrange tortilla chips on a platter. Layer with warm beans, sweet potato cubes, avocado, and tomatoes.

4. Finish:

Drizzle generously with cashew cheese and salsa verde. Scatter with coriander and serve with lime wedges.

Ibiza Tip: Keep your ingredients colourful, your playlist mellow, and your shoes off. This is barefoot dining — island style.



“Where white sands
meet white linen, and
every sunset tastes like
rosé — Cotton Beach
Club is Ibiza at its most
luminous.”

Dr Danica-Lea

COTTON BEACH CLUB



Photo Credit: Dr Danica-Lea



TAMARIND CREAM

Prep Time: 30 Mins

Chill Time: 15-30 Mins

Servings: 4

Ingredients

For The Tamarind Cream

- 
- 250 ml cream
 - 50 ml milk
 - 100g white chocolate, chopped
 - 1tbsp tamarind paste
 - 2tsp smoked honey (or honey with a dash of smoked paprika)
 - 1 tsp vanilla extract
 - Pinch of sea salt

For the Berry Couli

- 1 cup raspberries or mixed red berries (fresh or frozen)
- 1 tbsp lemon juice
- 2 tbsp honey or maple syrup
- Small pinch of salt

To Finish:

- 
- Fresh basil leaves
 - Optional: crushed pistachios or cacao nibs for texture





TAMARIND CREAM

Directions

1. Make the Tamarind Cream:

In a small saucepan, gently heat cream and milk over medium-low heat until steaming (don't boil).

Remove from heat and add the chopped white chocolate. Stir until melted and smooth.

Stir in tamarind paste, smoked honey, vanilla, and sea salt until fully combined.

Pour into small glasses or ramekins. Chill for 2–3 hours until softly set.

2. Prepare the Coulis:

In a small pan, simmer the berries, lemon juice, honey, and salt for 5–7 minutes until berries soften and release their juices.

Blend until smooth, then strain through a sieve for a silky finish. Chill.

3. To Serve:

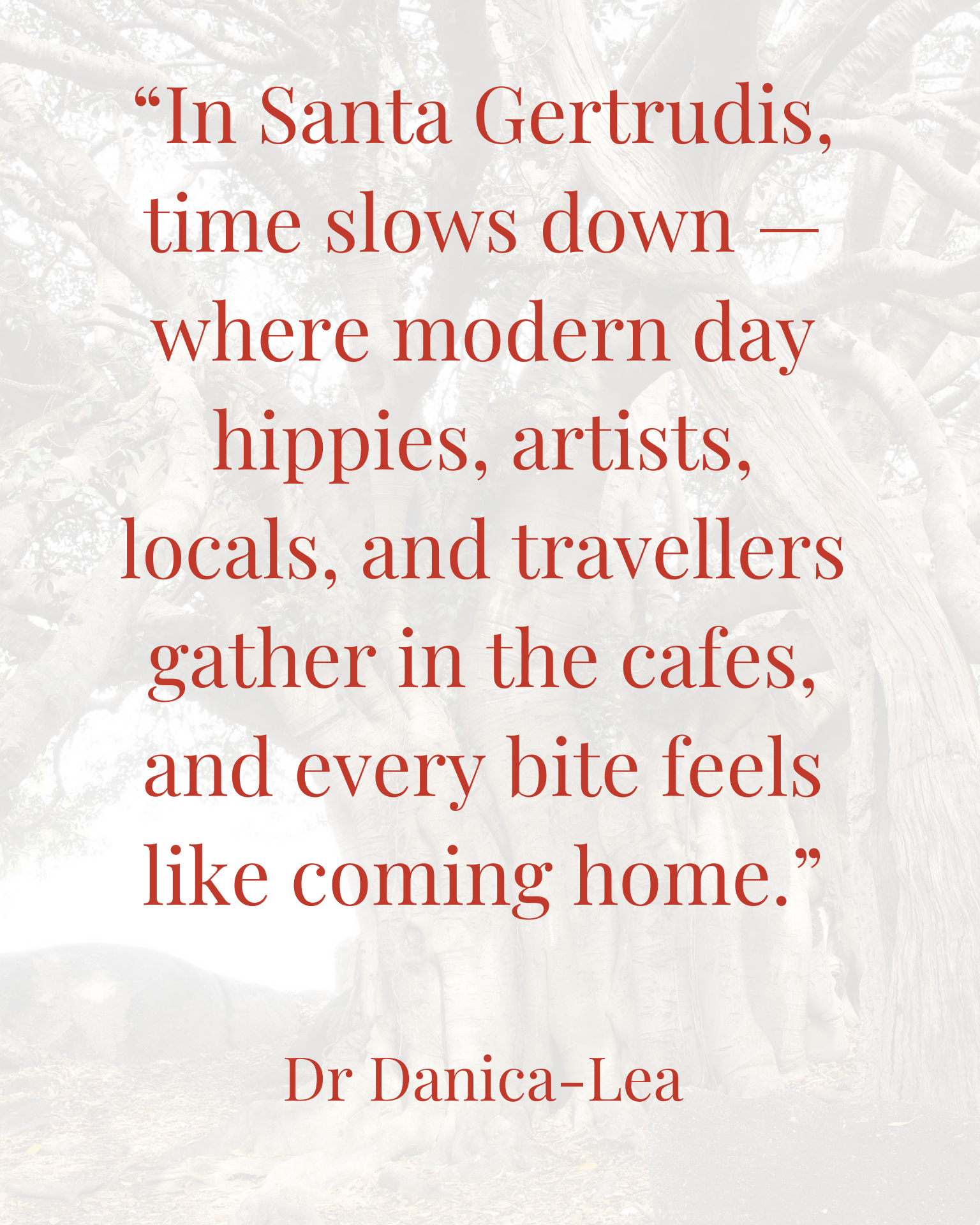
Spoon a little berry coulis over the chilled tamarind cream.

Drizzle with smoked honey and scatter basil ribbons over the top.

Optional: finish with pistachios or cacao nibs for crunch.



Ibiza Tip: This dessert pairs beautifully with herbal tea or chilled rosé. Serve outdoors, barefoot if you can.



“In Santa Gertrudis,
time slows down —
where modern day
hippies, artists,
locals, and travellers
gather in the cafes,
and every bite feels
like coming home.”

Dr Danica-Lea

BAR COSTA, SANTA GERTRUDIS



Photo Credit: Bar Costa



IBIZA BOCADILLO

(BAR-COSTA STYLE)

RUSTIC JAMÓN AND TOMATO SANDWICH WITH
MANCHEGO & OLIVE OIL

Prep Time: 10 Mins

Servings: 2



Ingredients

- 1 crusty baguette or rustic Spanish roll (ciabatta, or similar)
- 2 ripe tomatoes
- Extra virgin olive oil
- Sea salt
- 4–6 slices jamón, serrano (or prosciutto)
- 4–6 slices Manchego cheese (or aged sheep's milk cheese)



Optional Additions

- 1 garlic clove (cut in half) (or infused oil)
- A few basil leaves or rocket (if you want a garden twist)





IBIZA BOCADILLO

Directions

- 
- 
1. Slice the bread horizontally. Lightly toast if desired.
 2. Cut the tomatoes in half. Rub the cut side over the bread until juicy and pink. Optionally rub with the garlic clove for a hint of depth.
 3. Generously drizzle both sides of the bread with extra virgin olive oil. Sprinkle with sea salt.
 4. On the bottom half, layer jamón serrano and Manchego cheese. Add optional herbs or greens.
 5. Press the top gently down and cut into halves or thirds.



Ibiza Tip: Best enjoyed outdoors, under dappled shade, with laughter and sea air.



THE IBIZA DIET



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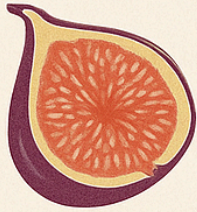
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THE IBIZA DIET



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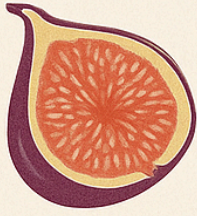
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THE IBIZA DIET



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FAVOURITES

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Because nothing meaningful is ever created alone.

To Ibiza —

Your light, your land, your rhythm.

Thank you for the inspiration in bringing this book to life. For the wild rosemary found beside the road, the tranquility of morning strolls, and the fragrance of summer figs. You've shown me that nourishment goes beyond just food; it encompasses space, beauty, and spirit. To the local farmers, artisans, and chefs— Thank you for your understated wisdom. For sun-warmed tomatoes. For the tales shared over common meals. For embedding tradition in every mouthful.

To my partner Simon —

Thank you for your patience, your love, your belief — especially when the recipes had to be tested and you obliged by trying new foods.

To the readers —

Thank you for choosing presence over perfection. Simplicity over noise.

Thank you for making this way of living your own.

And to the Mediterranean summer —

Thank you for reminding me that barefoot is best, olive oil is holy, and beauty lives in the small, unspoken moments.



With love and sun,
Danica-Lea

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.



THE IBIZA DIET

Inhale the salty air and savour the sun's warmth with each bite. Welcome to The Ibiza Diet — a celebration of food that is simple, colourful, and full of life.

Drawing inspiration from the vibrant essence of Ibiza, this book encourages you to embrace a way of eating — and living — that nourishes both body and spirit.

There are no rigid rules or calorie counting; instead, you'll find beautiful, fresh ingredients, joyful meals, and a profound connection to nature. Within these pages, you'll discover -:

- The enduring principles of Mediterranean island wellness;
- Simple, radiant recipes that are infused with sunshine;
- A kitchen philosophy centred on freedom, enjoyment, and simplicity;
- Advice on how to incorporate the Ibiza spirit into your daily life, regardless of your location;
- Gut friendly, low FODMAP options.

The Ibiza Diet transcends just food; it encompasses how you move, how you rest, and how you cherish every precious moment.