

## ■ RECIPES

1. **Poached gofio:** place the gofio in a bowl with some mint leaves and gradually add boiling fish stock, stirring constantly to prevent lumps from forming. It should be neither too watery nor too thick. It can be served with fried garlic or red onion macerated in water and vinegar.



2. **Gofio mousse:** mix two egg yolks with 100 ml of condensed milk and four spoonfuls of gofio (you can also add ground almonds, cinnamon and/or lemon rind). Add 150 gr of mounted cream and two well-beaten egg whites. Pour into bowls and cool in the refrigerator.



## ■ MANY TYPES OF GOFIO

There are other varieties of gofio made with different combinations of cereals, or containing legumes. There are types of gofio for all tastes.

In the past, especially when food and cereals were short, other products were roasted and milled to obtain gofio. They include dry fern roots or the slenderleaf ice plant, typical of coastal areas.



Ilustre Ayto. de Valleseco

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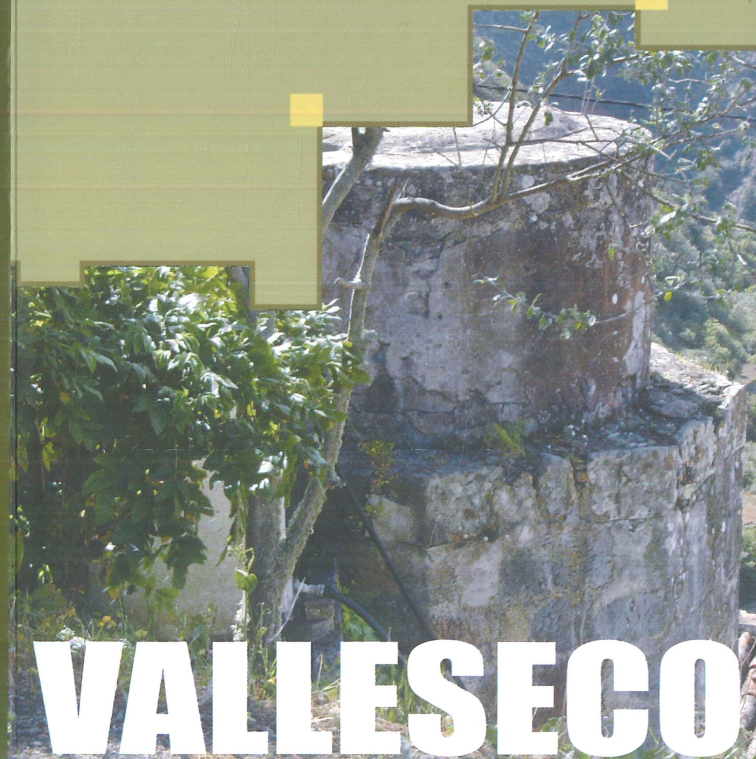


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In the Canary Islands, gofio  
is the name given to the  
flour obtained after roas-  
ting and milling cereals







## ■ HISTORY

Gofio appeared in the Canary Islands with their first inhabitants, who came from the north of Africa. This population practised cereal-based farming, largely based on barley and wheat crops.

The cereals were roasted and milled to be eaten in the form of gofio mixed with other foodstuffs, such as milk, honey, lard or broth. In well-closed containers, gofio could be stored for long periods of time.

After the islands were conquered and colonised, maize crops were introduced from America, it became part of the islanders' daily diet, basically in the form of gofio.

Until just a few years ago, gofio was a basic foodstuff, particularly in times of shortages. Gofio could be eaten with milk, with stews, in pastry form with bananas or nuts, etc.



## ■ THE PROCESS BEGINS

### Wheat and barley

Threshing is the process in which the grain is separated from the straw.

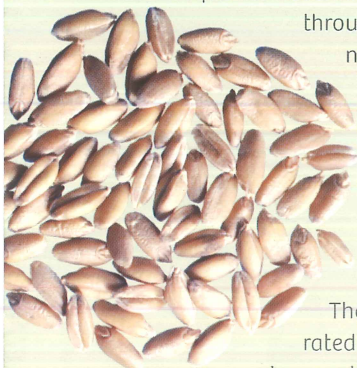
Winnowing consists of tossing the straw into the air, so that the wind will separate it from the grains.

After several winnowing process, the grain is passed through a sieve to remove any remaining impurities.

### Maize

The plant has to be completely dry before it can be transformed into gofio. What is harvested is the cob, which continues to dry after removing the outer coating. This is known as "decaising".

The cereal is then ready to be separated from the cob, either by hand or using machinery.



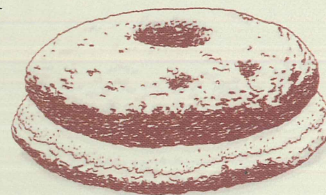
## ■ ROASTING

The cereals are roasted before they are milled, hence the characteristics that distinguish gofio from other types of flour.

## ■ HAND MILLS

Hand mills have been found at numerous archaeological digs in the Canary Islands, related to the culture of the island's original inhabitants.

Although hand mills were more common in the pre-Hispanic era, they continued to be used after the conquest, until they were gradually replaced by mechanical devices. Hand mills are now only used in some local festivals or found as traditional pottery.



## ■ WATERMILLS, WINDMILLS AND MECHANICAL MILLS

The mills installed on the island since the Conquest differ in how they are powered, but they are all based on the use of two circular grinding stones.



Watermills: They were the first to be brought to the islands after the conquest. There are numerous remains of watermills in Gran Canaria, although most of them are in ruins.

Windmills: There are two types, brick tower mills and tripod mills. Windmills were more popular in the dry, western islands (Lanzarote and Fuerteventura). There were less on

islands such as Gran Canaria, where the availability of water courses favoured the use of watermills.

Mechanical mills: At the end of the 19th century, new sources of power lead to the replacement of traditional wind and water mills, first by steam machines, then by internal combustion engines and, recently, by electric devices.

## ■ GOFIO AND NUTRITION

Gofio is a very complete foodstuff, supplying many nutrients. It is on the bottom of the food pyramid together with bread, pasta, etc.

