

TENERIFE 'GOFIO'



BASIC INGREDIENTS

CEREALS

Wheat, corn, barley, rye, oats, rice.

LEGUMES

Fava beans, chickpeas, soy



ORIGIN



History

The history of gofio dates back to pre-Hispanic times. The aboriginal inhabitants of the island, the Guanches, ground grains to prepare it. Later, during and after the Spanish Civil War, the people of Tenerife were able to save themselves from famine thanks to gofio.



Culinary identity

This is a food that we have inherited from pre-Hispanic Canarian history and today it is one of our most distinct local foods.



Ahoren

The Guanches called it 'ahoren'. After the Spanish conquest of the Canary Islands, it became gofio. Following the discovery of America, the varieties of cereals used greatly increased.



PRODUCTION

Bringing to market. In the past, the production of gofio was a community activity. Millers would grind the grains that the farmers brought, and then the growers could consume or sell it depending on their preferences or needs, based on each year's harvest.



Production

Today production is done in five phases:



Obtaining the basic ingredients

A variety of cereals can be used to make gofio, such as corn or wheat, among others.



Cleaning

Removal of small plant debris, broken grains and other extraneous particles.



Roasting and cooling

The roasting temperature cannot exceed 200°C. Cooling is done inside bags or tanks called *cajas de enfriamiento* (cooling boxes).



Grinding

Grinding is the fundamental part in the gofio production process and gives it the right taste, smell and consistency. This is always done by a master miller before packaging and the millers keep records confirming their involvement.



Packaging

Gofio obtained with this method will be stored in tanks until it is packaged, which will be done by automatic or semi-automatic packaging machines, or sometimes by hand. It can also be packaged in small quantities for sale at the mill.

FEATURES AND PROPERTIES

Protected Geographical Indication

- A seal first granted in 2012 that distinguishes products with a significant tradition in our islands. Gofio in particular possesses great nutritional value, and is far superior to competitors such as industrially produced cereals.
- Gofio is the product resulting from grinding roasted cereal grains.
- Due to its nutritional properties, it has become a superfood of the 21st century. It is included in healthy and balanced diets, thanks to its contribution to both human and environmental health.
 - The craftsmanship of the master miller.
 - Cleaning and grain selection.
 - An exceptional roasting system.
 - Artisanal milling on millstones.





Gofio has four defining characteristics:

Aroma: dry, penetrating and earthy.

Colour: dark yellow tones, depending on the type of grain used and the degree of roasting.

Taste: will vary depending on the grain, the degree of roasting and added salt.

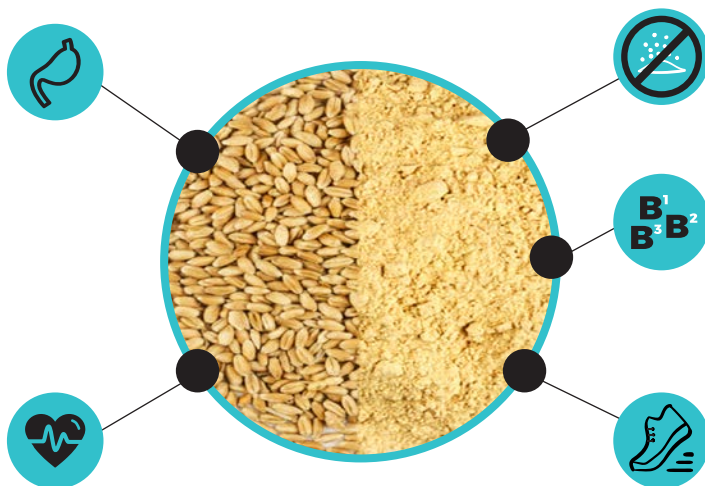
- Gofio or ahoren is a great source of minerals. In fact, consuming these ground and roasted cereals delivers minerals such as potassium, sodium, magnesium, zinc and iron. It is also rich in B vitamins, such as B1 and B2, as well as vitamins C, A and D.
- This unique food product serves as a regulator of glucose levels in the body, as it helps delay the absorption of simple carbohydrates.
- Internationally, gofio has earned a place on the list of foods for the 21st century diet, thanks to being classified as a Super Product with excellent health benefits.

Nutritional Information (per 100 g serving)	
Vitamins:	B1, B2, C, A and D
Minerals:	Iron, calcium, magnesium, potassium, sodium, and zinc
Protein:	Minimum 7.0%
Crude fiber:	Minimum 1.5%
Carbohydrates:	Minimum 45%
Fat:	5% (maximum)
Energy:	365 kcal

BENEFITS

Gofio regulates intestinal transit, preventing the onset of constipation and helping prevent colon cancer. Its high fibre content helps 'sweep out' accumulated fat in the arteries, in addition to other highly beneficial effects on health through the fermentation of fibre by intestinal bacteria. Those chemical reactions produce substances that prevent certain diseases.

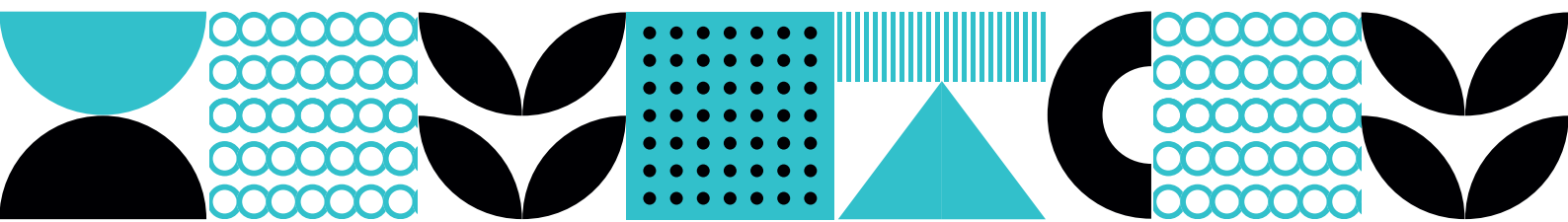
Gofio helps maintain optimal levels of cholesterol and triglycerides as it is rich in omega 6 fatty acids, thus contributing to the prevention of cardiovascular diseases.



It helps regulate glucose levels after ingestion, as it is rich in complex carbohydrates. This delays the absorption of simple sugars, making gofio an excellent food for people with diabetes.

Gofio is an energy food, rich in proteins and minerals such as iron, calcium, magnesium and potassium. Its vitamins are principally B vitamins (B1, B2, B3), which are essential for the proper functioning of the neuromuscular system. In addition, it is a good antioxidant thanks to its vitamin C content.

Full-spectrum nutrition for athletes. Both before and after playing sports, gofio provides slow carbohydrates that provide sustained energy during physical activity. After a workout or match it helps replenish stores of glycogen, vitamins and minerals.



ANCESTRAL FLAVOURS: *Gofio from Tenerife*

Our “Canarian gofio” with Protected Geographical Indication, a product of pre-Hispanic origin and a hallmark of our traditional diet, is enjoying a resurgence. It is recognised by the UN Food and Agriculture Organisation (FAO) as a superfood of the 21st century. In addition, gofio is included in the planetary diet, according to the prestigious medical journal The Lancet. All the foods that make up the planetary diet, including gofio, provide necessary nutrients and help reduce greenhouse gas emissions, preserve biodiversity and protect the supply of fresh water. Made from cereal grains, traditionally corn and wheat, the ingredients are roasted and then stone-ground to a fine texture. Gofio is especially recommended for athletes for its slow-burning carbohydrates. It is a healthy food generally that supports intestinal transit due to its high fibre content, as well as providing vitamins B, C and Omega 6 fatty acids, among others. Our recipes cover a wide range. There are the traditional escaldones with meat, fish or vegetables; preparations in pella form; breakfasts with milk and snacks served with banana; plus innovative breads, crepes, mousses, cookies, ice cream, and pastries in our desserts. Currently exported to Europe, Africa and countries further afield such as Japan, gofio is a unique product of our Atlantic origin, with a strong presence outside our islands.

