

Capers

GOYA® Capers

GOYA® Capers are the closed flower bud of the "Capparis Spinosa", a wild, thorny plant originally from the countries which make up the Mediterranean arch. Their flavor and aroma, along with their nutritional value make our **Capers** an essential ingredient for tartar sauce and a unique condiment for stews and salads.

The harvesting of **GOYA® Capers** is carried out by hand between the end of Spring and the beginning of Summer. During the preparation and packaging process, from **Goya Spain** we subject the capers to strict inspections at the source, Morocco, recognized world-wide for the quality of its capers, before they are packaged in Spain.

Goya Spain only packages the sizes that lend more quality, with the following commercial names: Capotes Capers (between 9 and 11 millimeters in diameter) and Nonpareils Capers (up to 7 millimeters). The younger the flower, the smaller it is, and the more texture and taste it will have.

Capers are made up of water and carbohydrates. With hardly any fat, their caloric content is minimal. Specifically, 3.5 ounces (100 grams) of **GOYA® Capers** contain just 36 calories, which makes them a light condiment, suitable for low-calorie diets.



GOYA
SPAIN

Container: Available in glass jars
Countries of origin: Morocco



Tasting and food pairings

GOYA® Capers are a basic ingredient in Mediterranean cooking, and their organoleptic properties, intense flavor, texture and coloration allow for countless culinary uses.

GOYA® Capers are a perfect garnish for entrées and fish (primarily fresh and smoked salmon). Likewise, they combine well with chicken, pasta and vegetables (especially artichokes and cauliflower), and are the ideal addition to complement salads, and an essential ingredient for *tapenade*.



PASTA



SAUCES AND DRESSINGS



FISH



SALADS



Suggestions



Tartar Sauce: **GOYA® Capers** are the star ingredient in this sauce for accompanying fish, grilled vegetables or seafood. To prepare it, chop a boiled egg, pickled gherkins, onion and capers and add everything to the mayonnaise. As a final touch, add ground parsley and a spoonful of mustard.



Spaghetti with capers: Once the pasta is cooked, fry two garlic cloves, anchovy fillets, **GOYA® Capers** and **GOYA® Black Olives**. Once the capers are well-done, add the spaghetti and sauté for a couple of minutes, stirring constantly, and serve hot.

Did you know...?

Capers provide our organism with important benefits due to their diuretic and anti-hypertensive nature. In ancient Greece, a tea brewed with the root of the plant was recommended for treating rheumatism.

GOYA®

SPAIN

*If it's **GOYA** ...it has to be good!*