

MADRID

GASTRONOMY

▶ The exquisite aromas of Madrid's cuisine envelop you as soon as you arrive. Madrid's unquestionable passion for gastronomy is fuelled by its stature as a capital city. In its restaurants, Spain's varied regional cuisine shares the scene with flavours from all over the planet. There's also a stunning new generation of chefs who juggle traditional flavours and fusion cuisine, and a programme packed with events that have become global benchmarks.





FROM SPANISH PAELLA TO PERUVIAN CEVICHE

There are plenty of ways to savour Madrid: tuck into traditional dishes cooked in time-honoured restaurants, share some modern and classic tapas with friends while you sip a glass of wine or embark on a culinary journey around the world without even leaving the Spanish capital.

AROUND THE WORLD

The city of Madrid is open to the world, and the same goes for its food. Travelling across the globe from dish to dish has become one of the most appealing options in a capital where there is always something to surprise you.

Food from all continents has a place here. The culinary variety is huge. For instance, fans of Indian food have a selection of genuine restaurants in the **Lavapiés district** and can go to Chamberí if they fancy a more elegant venue. If you're into **Asian** flavours, you'll feel at home in Madrid.

Some establishments even come with a **Michelin star** of approval. If you like experimenting, why not go for the new restaurants that combine Oriental and Peruvian cuisine, where you can try a duck dim sum with foie gras and txangurro.

Latin American cuisine is making its presence felt, alongside delicious Nordic food, hearty Russian dishes, tasty Sicilian specialities and excellent **Argentinian steakhouses**. Many eateries are starting to introduce North American traditions like **brunch**, cupcakes and gourmet burgers.

01. Kabuki
02. Casa Lucio
03. Mumbai
04. El Almacén de Vinos

IT'S TAPAS TIME!

If you want to enjoy the city like a local, there's one thing you can't miss: going out for tapas. That said, make sure you wash your snacks down with a refreshing draught beer, a delicious glass of wine or vermouth from the tap. **Traditional pubs and taverns** are the best places to go for tapas and Madrid has plenty, for all tastes. But draught beer or vermouth is a must, as dictated by tradition. **La Latina and the area around Calle Huertas** are a good choice. Rumour has it that the latter took Andy Warhol's fancy when he came to Madrid. He supposedly used to visit a small bar and was fascinated by the coming and going of the little wine glasses and dishes of prawns. However, you can be sure to find good tapas in any part of the city.

If you'd like to try something different, you can find bars whose food is not like that in traditional taverns. **Gastrobars** are the latest thing, **modern designer venues** that offer elaborate signature tapas. Nevertheless, wherever you go, the key concept will always remain the same: it's all enjoying some nibbles.



TRADITIONAL CUISINE

Madrid is home to the oldest restaurant in the world, Casa Botín, a fact that bears witness to the capital's long gastronomic tradition. Madrid's classic dishes are an irresistible temptation.

In the winter months, **cocido is the star dish**. This chickpea stew is best prepared in an earthenware dish over a coal fire.

Huevos estrellados (fried eggs on a bed of fried potatoes) are also a must. They are prepared in a number of different ways, including with ham or pisto (Spanish ratatouille).

Casa Lucio is famed for this dish, and is a favourite haunt among international celebrities when they visit Madrid.

Callos (tripe), traditional **roast lamb** and the famous **bocata de calamares** (squid ring baguette) are other delicious options in Madrid's gastronomy.

In the early hours after a long night out, or as a mid-afternoon pick-me-up, head over to the San Ginés chocolate parlour and order a scrumptious plate of **churros with thick hot chocolate**.

CREATIVE AND REASONABLY PRICED

Leading chefs have brought Madrid's cuisine the recognition it deserves, but they haven't done it alone. They've travelled the path together with up-and-coming new stars and all agree they owe a debt to the city's old-established restaurants, where visitors can enjoy a good meal at a reasonable price.

NOUVELLE CUISINE

Spain flies the flag for avant-garde cuisine with new **gastronomic trends** popping up in many areas. Madrid is unquestionably one of them, its location in the centre of the Peninsula near an extremely busy international airport ensuring a wealth of influences from all over the world. As a **cosmopolitan city** it is well disposed to culinary acrobatics. If you fancy expanding your palate, you couldn't find a better

place: the plethora of avant-garde chefs based in the capital will make sure to send your taste buds into overdrive.

Some experiment by **adapting oriental** dishes using Spanish products, some turn towards **fusion tapas**, and others hop from continent to continent, using **cutting-edge techniques** which are second nature to them. The sky's the limit, and no sky is as exciting as the one over Madrid.

01. Asian Lounge
02. Kulto al plato
03. Astrid & Gastón
04. Ramón Freixa
05. Bar Tomate





MICHELIN STARS

Over the years, the French guide has begun to see Madrid with new eyes, and stars have started raining over the capital. The undeniable talent of chefs in charge of the finest haute cuisine restaurants across the city are bound to ensure this trend continues. Madrid boasts six restaurants with two Michelin stars: La Terraza del Casino, Sergi Arola, Ramón Freixa Madrid, Santceloni, Diverxo and El Club Allard, whose kitchens are helmed, respectively, by leading chefs Paco Roncero, Sergi Arola, Ramón Freixa, Óscar Velasco, David Muñoz and Diego Guerrero. Three are the restaurants with one Michelin star: Juan Antonio Medina's Zalacaín and Kabuki and Kabuki Wellington, whose kitchens are both headed by Ricardo Sanz.



THE DAY'S SET MENU

Madrid is one of the best capitals in the world in which to do the impossible: find food which is delicious, nutritious and affordable. There's nothing like home cooking, often referred to as market cuisine or grandma's cooking in Madrid. If you're in the capital and you want to eat well without burning a hole in your pocket, remember you

can find a good meal at very reasonable prices. **Traditional restaurants offering home-cooked food** specialise in this type of deal.

They usually offer a daily **set menu**, consisting of two courses and dessert, plus a beer or house wine, for an inclusive price ranging from ten to fifteen euros.

► DISTRICT BY DISTRICT

TASTE THE BEST OF EACH REGION

Madrid is several cities rolled into one, where countless nationalities come together to create a cuisine that caters to all tastes. Tuck in!



LITERARY QUARTER

This district has a distinct centre: **Plaza de Santa Ana**, which is home to all types of restaurants and bars where you can dine indoors or al fresco. Nevertheless, they all have an **informal atmosphere** and focus on making visitors feel at ease as they re-

lax between a visit to a museum and an afternoon shopping spree, in a friendly atmosphere that offers tip-top cuisine. This is a **bohemian neighbourhood** and in many of them you'll be surprised by the imaginative décor.

LA LATINA

There's a tradition that's almost sacred in Madrid: spending the morning on Sundays or public holidays looking round **the Rastro** flea market before calling in at one of the pubs and bars in the area. Order a **beer** or a glass of wine and choose from the infinite variety of **tapas and raciones (or dishes to share)**, as you embark on a journey around the regional fare of Spain. These bars also offer food with an **international flavour** and fusion cuisine, always in a relaxed, enjoyable atmosphere. A little tip: if you want to enjoy a quiet meal, go on a Saturday.

LAVAPIÉS

This is Madrid's most international neighbourhood, where **curry, cardamom and coriander** rule supreme. Indians, Chinese, Moroccans and people of many other nationalities add an exotic touch to the area's cuisine, now reflected in the culinary discourse of the establishments lining **Calle Argumosa**, where the hipsters hang out. There are also traditional establishments, like **Café Barbieri** and **Taberna de Antonio Sánchez**, one of the oldest pubs in the city.

SALAMANCA

The place to go for chic styles is also home to the most traditional restaurants serving mouth-watering delicacies. The best wine bars, the most delicious chocolates, **gourmet cuisine for kids**, and delicatessen items - whatever takes your fancy. The heart of this gastronomic luxury is **La Paz market**, where you can find a stall selling burgers made with mince and foie gras, and enormous **pieces of line-caught fish** in the fish section.

SALESAS

Look out for the latest in footwear and the **trendiest** accessories on a route packed with gourmet venues, where **old-established** grocers, fishmongers and patisseries are to be found alongside cheese, tea and chocolate shops with startlingly **contemporary designs**. In keeping with the stylish neighbourhood, the restaurants are discreetly elegant: anything from a traditional eatery to a Japanese restaurant or a **Spanish-style bistro**. The area is a favourite for aperitifs and an **after-work drink** and home to some of the city's gastronomic institutions, like **Café Gijón**, once famous for its literary gatherings, and **EL Espejo**, a café with a piano in the terrace area.



02



04



05

- 01. Estado Puro
- 02. Taberna Ángel Sierra
- 03. Salamat patisserie
- 04. Happy Days
- 05. San Antón market



03

MALASAÑA

This young, welcoming neighbourhood accommodates Asian, US and Italian restaurants with a **retro twist**, and cosy spots where you can have an **afternoon coffee** and a chat with friends. You can also spend the afternoon sharing tea, **cakes and cocktails** before dining at a vegetarian restaurant or wiggling your toes in the sand while you eat. **Excellent creative tapas** are available and the set menus offer top quality food at affordable prices.

CHUECA

In Chueca you will find traditional eateries rubbing shoulders with **international restaurants**, signature cuisine created by **up-and-coming chefs**, and original creations for all tastes at reasonable prices. Stock up on daily provisions at the **San Antón market**, which has become a local hotspot after its recent refurbishment. This model of sustainable construction has a wide range of food stalls and a splendid rooftop terrace.

▶ WHAT'S ON IN MADRID

MadridFusión is today's leading gastronomic summit but the city also hosts other unmissable events that will delight the most demanding palates, with a focus on particular products and on the creations of individual chefs.



Millesime Madrid

CASA DE CAMPO TRADE FAIR PARK

OCTOBER

An exclusive culinary event for professionals, where visitors become diners in a gigantic luxury restaurant enjoying a menu presented by leading chefs and maître d's.

MadridFusión

MUNICIPAL CONFERENCE CENTRE

JANUARY-FEBRUARY

Top chefs from all five continents, including Spain's finest, run master classes during this event, the global gastronomy summit.

Gastrofestival

SEVERAL VENUES

JANUARY-FEBRUARY

Museums, art galleries, bars, time-honoured and modern taverns, delicatessens and,



of course, a large number of restaurants dazzle the public with mouth-watering culinary delights.

Restaurant Week

RESTAURANTS IN MADRID

MARCH & OCTOBER

Following the example of other cities around the globe, Madrid's Restaurant Week introduces the general public to famous venues at affordable prices.

Salón de gourmets

FERIA DE MADRID

APRIL

A benchmark event in Europe, it gathers producers and consumers of delicatessen products for a range of tastings, demonstrations and contests.

NOTES

Non-stop

Whether you've lost track of time or like an early supper, in Madrid you won't go hungry: more and more restaurants now serve food all day.

Vegetarian

The number of options for fans of **organic** and vegetarian **cuisine** is constantly growing.

Al fresco

Thanks to our **fine weather**, many places offer diners al fresco options. There are plenty of bars along the **Paseo de la Castellana** and in **squares** like Olavide, Dos de Mayo and Santa Ana.

Brunch

The late breakfast is gaining in popularity in Madrid. It first started in **hotels**, but is now even available in **gourmet bakeries**.

Coffee

Madrid is also partial to a delicious cup of **freshly ground top quality coffee**. Available in specialised cafés.