

DISCOVERING & ENJOYING

SPAIN

**MADRID**

REGION

2019 - 2020 GUIDE

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# GASTRONOMY ROUTES



Comunidad  
de Madrid



In addition to being the capital of Spain, Madrid is an autonomous community replete with contrasts and a long list of treasures awaiting your discovery. Its privileged location in the centre of the Iberian Peninsula is a privileged location where mountains, valleys, forests, rivers, lagoons and steppes converge, shaping a territory with extremely different landscapes, with a large variety of crops, vegetable gardens, vineyards, olive groves...

Madrid has also conserved the historical, artistic and architectural legacy of what was one of the most powerful kingdoms in the Western world since the 16<sup>th</sup> century. In many respects, the Villa of Madrid continues to be an important economic and diplomatic hub for all of southern Europe, North Africa and all of Latin America, which also imbues it with a pronounced international and cosmopolitan profile.

This cosmopolitan ambience, which started over 500 years ago, has been upheld over the course of time and has led to the culinary offering available today in the Community of Madrid, making it one of the richest you can find in all world capitals. Madrid's gastronomy is not only from Madrid, but is a showcase for every culture under the sun—both national and international—that has been welcomed into our community, a true cornucopia for all types of both staple and exotic products. Regional Spanish cuisine, market cuisine, Japanese, Chinese in all its varieties, Peruvian and Mexican cuisine... that you can sample at fine dining establishments, simple lunch houses and small family run restaurants with homemade dishes. Further, a stroll through Madrid's markets lets you appreciate the immense variety of products available for all food lovers and, in many cases you can try them out right there.

Turning to the 2019 Michelin Guide, the Community of Madrid is well represented with 23 restaurants and 30 stars. A shining heaven of astounding culinary fertility that makes use both of local and foreign recipes and, at times, fusing them to create whole new concepts.

However food can also be enjoyed in smaller portions—the famous tapas—and, in this category, we've got to highlight the large number of terraces and bars in Madrid, from the capital to World Heritage Cities and small villages, where the offering of *pinchos* (tapas served on bread) and appetisers will let all visitors have a wonderful experience savouring the culinary wealth served up by our community.

The Community of Madrid has a lot to say and a lot to showcase about all the pleasures of great food. An example of this is the good number of fairs and festivals –both professional and for the general public– that are held each year and that clearly reveal the Community of Madrid's importance on the international food scene.

The aim of this guide is not to provide a comprehensive list of all the food on offer, but instead to set out some of the community's most representative spots in a general overview of its great diversity. To do so, we suggest routes by regions or by type of cuisine, providing you with the websites and details by areas for each of the restaurants and eateries that we mention, so that you don't miss out on any of these places devoted to culinary pleasures.

Bon appétit!



The proposals in this guide were created by the Academia Madrileña de Gastronomía

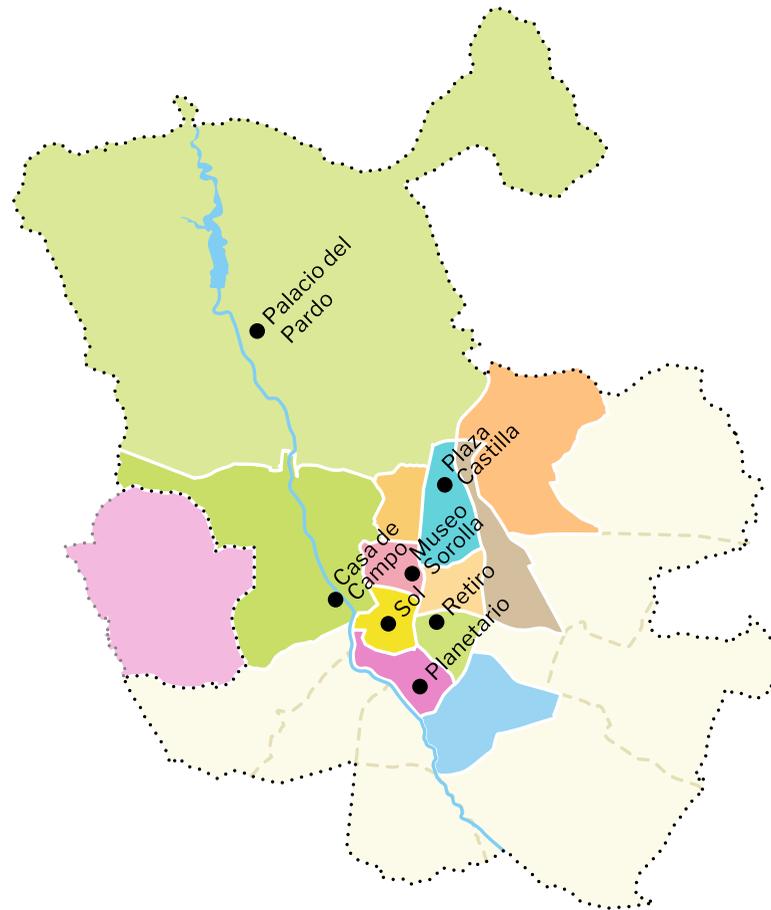
# Madrid, a city of contrasts

The cultural and leisure lifestyle in the Community of Madrid is among the most active in the world. The extensive programming offered up at its auditoriums, theatres, cinemas, museums, sports facilities and festivals ensures that all visitors who come to Madrid will revel at every step during their stay, with all their senses opening up, although we believe taste is one of the most notable.

On the following pages you will discover many proposals from among the rich culinary offering you can find in the city of Madrid. The practical information at the bottom of each page includes, along with the name and website of the establishment, a close-up of the district (marked with 'D') so you can locate the neighbourhood on the map on the previous page.

Because gastronomy is definitely culture as well, and Madrid's got a whole lot to offer. The proposals on the following pages are divided into these categories:

- Centenary restaurants
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- Gastro markets
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- Regional cuisine
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  - North, Central and South American cuisine
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  - Asian cuisine
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  - Chinese
  - Southeast Asian
  - Indian



- |             |                       |
|-------------|-----------------------|
| ■ Centro    | ■ Moncloa-Aravaca     |
| ■ Chamartín | ■ Arganzuela          |
| ■ Chamberí  | ■ Ciudad Lineal       |
| ■ Salamanca | ■ Hortaleza           |
| ■ Retiro    | ■ Puente de Vallecas  |
| ■ Tetuán    | ■ Fuencarral-El Pardo |
|             | ■ Pozuelo de Alarcón  |



## Centenary restaurants

The Association of Centenary Restaurants and Taverns of Madrid consists of 12 restaurants with over 100 years of history, which have ceaselessly upheld the values of tradition, quality and the excellent and careful preparation of Madrid's cuisine.

The history of Spain is written on the walls of the oldest taverns and restaurants of Madrid. Many of these centenary eating establishments offer the best of genuine cooking and are famous for the illustrious personalities who frequent them. They are a wonderful example of their ongoing work and excellent service over the course of several generations.

A route through their dining rooms becomes a stimulating journey through time:

*Lhardy*, the first luxury restaurant in Madrid, opened its doors in 1839 and its exquisite rooms let visitors sample one of the city's most sought after and demanded *cocidos* (a rich stew served in 3 courses with chorizo, beef, chickpeas, potatoes...). At *Bodega de la Ardosa* (1892), we recommend its famous *tortilla de patatas* (Spanish potato omelette) and at *Restaurante Botín* (1725), its succulent roast suckling pig.

At *Café Gijón* (1888), the capital's most important venue for literary gatherings during the first half of the 20<sup>th</sup> century, the Madrid-style tripe is well worth trying. Carrying on with the literary theme, *Casa Alberto* deserves a mention here, located in the building in which the most important author in Spanish history—Miguel de Cervantes—wrote part of his famous novel, and where you can never go wrong with its meatballs or stewed oxtail.

Madrid's rich recipe list offers us stupendous traditional dishes at all these centenary restaurants. There are a cornucopia of examples: the typical chicken *pepitoria* (sauce with almond, egg yolks and saffron) at *Casa Ciriaco* (1887), the garlic-fried or grilled prawns at *La Casa del Abuelo* (1906), the barbecued lamb at *Posada de la Villa* (1642) or possibly the most popular version of *cocido* at *Malacatín* (1895), without forgetting the classic *olla gitana* ('gypsy pot' a bean and vegetable soup) at *Taberna de Antonio Sánchez* (1830) and the multiple preparations of salt cod on offer at *Casa Labra* (1860). For its part, *Casa Pedro* (1702), in the Fuencarral neighbourhood, serves up several of these authentic dishes, and also has a remarkable wine cellar.

### Where to find them?

**Asociación de Restaurantes Centenarios de Madrid** / [www.restaurantescenarios.es](http://www.restaurantescenarios.es) | **Lhardy** / D. Centro / [www.lhardy.com](http://www.lhardy.com) | **Bodega de la Ardosa** / D. Centro / [www.laardosa.es](http://www.laardosa.es) | **Botín** / D. Centro / [www.botin.es](http://www.botin.es) | **Café Gijón** / D. Centro / [www.cafegijon.com](http://www.cafegijon.com) | **Casa Alberto** / D. Centro / [www.casaalberto.es](http://www.casaalberto.es) | **Casa Ciriaco** / D. El Pardo / Tel. 915 48 06 20 | **Casa Pedro** / D. Centro / [www.casapedro.com](http://www.casapedro.com) | **La Casa del Abuelo** / D. Centro / [www.lacasadelabuelo.es](http://www.lacasadelabuelo.es) | **Malacatín** / D. Centro / [www.malacatin.com](http://www.malacatin.com) | **Posada de la Villa** / D. Centro / [www.posadadelavilla.com](http://www.posadadelavilla.com) | **Taberna de Antonio Sánchez** / D. Centro / [www.tabernaantoniosanchez.com](http://www.tabernaantoniosanchez.com) | **Casa Labra** / D. Centro / [www.casalabra.es](http://www.casalabra.es)



## Fine dining

In Madrid you'll find a select number of restaurants in which avant-garde and sophistication join hands to perpetuate the very best haute cuisine tradition. These dining rooms are fundamental mainstays of Madrid's culinary experience and leaders in the sector—even cooking schools in many cases—that remain outside of trends, but not innovation, to serve up the tastiest dishes to the most demanding of diners. The elegant dining room at *Horcher* with its German influenced kitchen has been open since 1943, creating classics such as roe deer stroganoff, beef goulash and the mythical 'tree cake', *baumkuchen*. Then we've got *Zalacaín*, which was the first restaurant in Spain to be honoured with three Michelin stars, and that continues whipping up its iconic dishes in its newest incarnation as Pequeño Búcaro Don Pío.

And speaking of the 2019 Michelin Guide, the Community of Madrid is extremely well represented with a total of 23 restaurants and 30 stars. *DiverXO*—with three stars—*Santceloni*, *La Terraza del Casino*, *Ramón Freixa Madrid*, *DSTAgE* and *Coque*—two stars—and *El Club Allard*, *Kabuki*, *Kabuki Wellington*, *Álborá*, *Punto MX*, *Lúa*, *A'Barra*, *Gaytán*, *La Candela Restó*, *Cebo*, *Yugo The Bunker*, *La Tasquería*, *Clos Madrid*, *El Corral de la Moreña Gastronómico* and *El Invernadero*—one star—are all in the guide. Further, there are two restaurants (*Chirón* and *Montia*) in outlying districts of the city that also boast one star.

All of these premises will surprise you with their innovative culinary creations, in spaces designed for diners' pleasure, and where the avant-garde and creativity go hand in hand so you can savour the best cuisine paired with a liqueur or a wine from the extensive wine menus.

*DiverXo*, currently the only establishment to have three Michelin stars in the capital, serves up astounding doses of creativity in Dabiz Muñoz's daring and groundbreaking cuisine based on a fusion of Asian, South American and Spanish products.

### Where to find them?

**Horcher** / D. Chamartín / [www.restaurantehorcher.com](http://www.restaurantehorcher.com) | **Zalacaín** / D. Chamartín / [www.restaurantezalacain.com](http://www.restaurantezalacain.com) | **DiverXo** / D. Chamartín / [www.diverxo.com](http://www.diverxo.com) | **Santceloni** / D. Chamberí / [www.restaurantesantceloni.com](http://www.restaurantesantceloni.com) | **La Terraza del Casino** / D. Centro / [www.casinodemadrid.es](http://www.casinodemadrid.es) | **Ramón Freixa Madrid** / D. Salamanca / [www.ramonfreixamadrid.com](http://www.ramonfreixamadrid.com) | **D'Stage** / D. Centro / [www.dstageconcept.com](http://www.dstageconcept.com) | **Coque** / D. Chamberí / [www.restaurantecoque.com](http://www.restaurantecoque.com) | **El Club Allard** / D. Moncloa / [www.elcluballard.com](http://www.elcluballard.com) | **Kabuki** / D. Chamberí / [www.restaurantekabuki.com](http://www.restaurantekabuki.com) | **Kabuki Wellington** / D. Salamanca / [www.grupokabuki.com](http://www.grupokabuki.com) | **Álborá** / D. Salamanca / <http://www.restaurantéalborá.com> | **Punto MX** / D. Salamanca / [www.puntomx.es](http://www.puntomx.es) | **Lúa** / D. Chamberí / [www.restaurantelúa.com](http://www.restaurantelúa.com) | **A'Barra** / D. Chamartín / [www.restaurantebarra.com](http://www.restaurantebarra.com) | **Gaytán** / D. Prosperidad / [www.chefjavieraranda.com](http://www.chefjavieraranda.com) | **La Candela Restó** / D. Centro / [www.lacandelaresto.com](http://www.lacandelaresto.com) | **Cebo** / D. Centro / [www.cebomadrid.com](http://www.cebomadrid.com) | **Yugo The Bunker** / D. Retiro / [www.yugothebunker.com](http://www.yugothebunker.com) | **La Tasquería** / D. Salamanca / [www.latasqueria.com](http://www.latasqueria.com) | **Clos** / R. Chamberí / [restauranteclosmadrid.com](http://restauranteclosmadrid.com) | **El Corral de la Moreña Gastronómico** / [www.corraldelamoreria.com](http://www.corraldelamoreria.com) | **El Invernadero** / D. Chamberí / [www.elinvernaderorestaurant.com](http://www.elinvernaderorestaurant.com) | **Chirón** / Valdemoro / [www.restaurantechiron.com](http://www.restaurantechiron.com) | **Montia** / San Lorenzo de El Escorial / [www.montia.es](http://www.montia.es)



## Tapas

Madrid is a city for sharing, meeting up with people and taking long aimless strolls down its streets and through its squares, replete with monuments and tourist landmarks of great interest. Planning out your route by selecting great places to stop and have a break and recharge your batteries is essential. For this reason, we cannot speak of Madrid's cuisine without making special mention of the art of tapa eating (*tapeo*). Sipping an icy cold draft beer or a vermouth while snacking at any of the typical bars, terraces or small family-owned restaurants you will run across in every neighbourhood is also undoubtedly an indissoluble part of our culture.

A long list of culinary offerings call out for you to stop and enjoy, serving up tapas and larger portions in a wide range of prices and formats, but always ensuring high product quality and well prepared dishes. Ready for these flavourful snacks?

For high level tapas, we suggest that you visit restaurants that also have a bar like *Lúa*, *Álbora*, *Alabaster*, *Viavélez*, *Rafa*, *Santerra* and *Cuenllas* with their amazing wine lists. On its part, *Sala de Despiece* flaunts a more creative spirit with its market bar.

In addition to cold well drawn draft beers and a large wine selection, some of the typical delicacies you can savour at venues across Madrid are quality tinned seafood, Russian salad, croquettes and the famous *tortilla de patatas* (potato omelette). Places like *El Doble*, *Nájera*, *Sylkar*, *La Máquina* and *Quinto Vino* are excellent proof of that.

Travellers visiting the Prado or Thyssen Museums or the church of Los Jerónimos in the centre will find endless possibilities around every corner, including the *Vinoteca García de la Navarra*. There you can enjoy delicious fresh seasonal products with an excellent wine menu, which includes several Designation of Origin certification: "Vinos de Madrid".

At *Tablafina* you'll find an interesting menu and, for something fast, nothing better than a typical squid baguette sandwich at *El Brillante*. Next to the Congress of Deputies, *Estado Puro* is a recommended stop and, deeper inside the Las Letras neighbourhood, there are interesting tapas at *El Rincón de José*, *La Dolores*, *Los Gatos* and *Tándem*.

We cannot leave out what is today probably the very best area for tapas in all of Madrid: El Retiro district, surrounding the green heart of the city. Naming just a few, you can find *La Catapa* with its signature cuisine and excellent product, *Laredo* with simple dishes and a large wine menu, and *La Raquetista* with its extremely tempting menu. We also recommend *La Montería*, with its warm partridge salad, salmorejo and oxtail; *La Castela*, which draws some of the city's best beers accompanied by excellent seafood; and *Arzábal*, with a

good wine cellar and good products. In this same area, *Kulto* is a great place for fun and casual tapas, and at *Restaurante Rafa* visitors will find, in addition to magnificent seafood, one of the city's best Russian salads. In the heart of El Retiro Park, at *Florida* you can savour a few of its many snacking and lunch alternatives, and even a dinner show. In this section we can't forget *El Bar Alonso* and *Fogón de Trifón*, two of the most representative establishments of the city's bar culture.

Among the succulent proposals abounding in Madrid for casual dining, the baguette sandwich holds a privileged place at many of the restaurants mentioned, although at *El Porrón Canalla* it has been elevated to a true art form.

Madrid is absolutely overflowing with pleasantly surprising places, like *El Viajero*, in La Latina neighbourhood, whose rooftop has unbeatable views of old Madrid and the spectacular *Platea*, sheer pleasure for the senses, where you will find an extensive casual offering with all types of food.

#### Where to find them?

**Lúa** / D. Chamberí / [www.restaurantelua.com](http://www.restaurantelua.com) | **Álbora** / D. Salamanca / [www.restaurantealbora.com](http://www.restaurantealbora.com) | **Alabaster** / D. Retiro / [www.restaurantealabaster.com](http://www.restaurantealabaster.com) | **Viavélez** / D. Tetuán / [www.restauranteviavelez.com](http://www.restauranteviavelez.com) | **Santerra** / D. Salamanca / [www.santerra.es](http://www.santerra.es) | **Cuenllas** / D. Moncloa-Aravaca / [www.cuenllas.es](http://www.cuenllas.es) | **El Doble** / D. Salamanca / Tel. 915 91 94 62 | **Nájera** / D. Chamberí / [www.barnajera.com](http://www.barnajera.com) | **Sylkar** / D. Tetuán / Tel. 915 54 57 03 | **La Máquina** / D. Tetuán / [www.lamaquinaoriginal.es](http://www.lamaquinaoriginal.es) | **El Quinto Vino** / D. Chamberí / [www.elquintovino.com](http://www.elquintovino.com) | **Sala de Despiece** / D. Retiro / [www.saladedespiece.com](http://www.saladedespiece.com) | **Vinoteca García de la Navarra** / D. Centro / [www.garciadelanavarra.com](http://www.garciadelanavarra.com) | **Tablafina** / D. Arganzuela / [www.tablafina.com](http://www.tablafina.com) | **El Brillante** / D. Centro / [www.barelbrillante.es](http://www.barelbrillante.es) | **Estado Puro** / D. Centro / [www.tapasenestadopuro.com](http://www.tapasenestadopuro.com) | **El Rincón de José** / D. Centro / Tel. 914 29 90 73 | **La Dolores** / D. Centro / Tel. 914 29 22 43 | **Los Gatos** / D. Centro / [www.cervecerialosgatos.com](http://www.cervecerialosgatos.com) | **Tándem** / D. Retiro / [eltricyclo.es/tandem](http://eltricyclo.es/tandem) | **La Catapa** / D. Retiro / [www.facebook.com/Taberna-La-Catapa](http://www.facebook.com/Taberna-La-Catapa) | **Laredo** / D. Retiro / [www.tabernalaredo.com](http://www.tabernalaredo.com) | **La Raquetista** / D. Salamanca / [www.laraquetista.com](http://www.laraquetista.com) | **La Montería** / D. Retiro / [www.lamonteria.es](http://www.lamonteria.es) | **La Castela** / D. Retiro / [www.restaurantelacastela.com](http://www.restaurantelacastela.com) | **Arzábal** / D. Retiro / [www.arzabal.com](http://www.arzabal.com) | **Kulto** / D. Retiro / [www.kulto.es](http://www.kulto.es) | **Restaurante Rafa** / D. Retiro / [www.restauranterafa.es](http://www.restauranterafa.es) | **Florida Retiro** / D. Retiro / [www.floridaretiro.com](http://www.floridaretiro.com) | **El Fogón de Trifón** / D. Chamberí / [www.elfogondetrifon.com](http://www.elfogondetrifon.com) | **Bar Alonso** / D. Centro / [www.barserverialonso.es](http://www.barserverialonso.es) | **El Porrón Canalla** / D. Centro / [www.elporroncanalla.com](http://www.elporroncanalla.com) | **El Viajero** / D. Salamanca / [www.elviajeromadrid.com](http://www.elviajeromadrid.com) | **Platea** / D. Salamanca / [www.plateamadrid.com](http://www.plateamadrid.com)



# Market cuisine

There are a good number of restaurants in Madrid with extraordinary quality, with a firm commitment to seasonal products, offering well prepared dishes and, in parallel, respecting original flavours to give them pride of place. A restaurant concept that shirks the formality of fine dining, but at which you can find excellent quality, both with regard to food and service.

In this section we include a series of bars and restaurants that are characterised by the quality of their raw materials and the wise way in which they have crafted their menus, where the absolute freshness of seasonal products plays the leading role.

Among the many market cuisine restaurants in Madrid, those that merit mention here include: *Lakasa* with chef César Martín and its creative cuisine, excellent service and impeccable wine menu; *Taberna Pedraza* with dishes from different regions of Spain; the restaurants *Membibre* and *Media Ración* with a good blend of traditional and creative cooking; *Treze*, specialising in small game; *Moratín*, with its successful formula of half and third-sized portions; *Bistrónomika*, with excellent fish; *La Buena Vida*, whose products are always superior; *La Tasquería*, for those who want to enjoy offal. Other sites for sampling the very best fresh vegetables include *La Huerta de Tudela*, *La Manduca de Azagra* and *Huerta Carabaña*. We also recommend restaurants with interesting game dishes, like *Arce*, *Desencaja* and *Hortensio*.

Halfway between market and signature cuisine, there are safe bets like *Fismuler*, *Amazónico*, *Bibo* and *Carbón Negro*. Turning to premises at which the wine is just as important as tempting food, we've got *Lavinia*, *Angelita* and *A'Barra*, whose wine menus also include a good number of *generosos* (fortified dry sherries and liqueur wines) and champagnes.

At *Santerra* and *Piñera* you'll find excellent cuisine, both at the bar and in their cosy dining rooms; at *La Bomba Bistrot* you can enjoy intriguing haute cuisine rice dishes; and at *Taberna de Viavélez* traditional flavours created using innovative techniques. While in Madrid, we recommend trying out *escabeches* (foods cooked and conserved in a mild brine) whenever possible and two places where you can savour this tasty creation are *Taberna Verdejo* and *Támara Casa Lorenzo*.

We highlight a Madrid heavyweight, *Restaurante Sacha*, with over 40 years of experience, whose roasted marrow and false sea urchin lasagne will never disappoint. *Viridiana* with chef Abraham García is another must, a house that is a precursor to Madrid's new cuisine that serves unforgettable dishes like curried lentil stew and free-range eggs over mushroom mousse. We passionately advise that you try the mythical *huevos rotos* ('broken' eggs, or very lightly

scrambled) at *Casa Lucio*, a culinary temple frequented by famous personalities from round the world who find themselves in Madrid.

*La Tasquita de Enfrente* is another of the city's must-try restaurants, owing to the great job of Juanjo López Bedmar and his seasonal products, and at *Club Allard* you can settle in to one of the lushest and most welcoming dining rooms in Madrid. Another opportunity to try innovative cuisine created from market products is Javier Aranda's project, which is available at his two restaurants: *La Cabra* and *Gaytán*.

## Where to find them?

**Lakasa** / D. Retiro / [www.lakasa.es](http://www.lakasa.es) | **Taberna Pedraza** / D. Chamartín / [www.tabernapedraza.com](http://www.tabernapedraza.com) | **Membibre** / D. Centro / [www.restaurantemembibre.com](http://www.restaurantemembibre.com) | **Media Ración** / D. Salamanca / [www.mediaracion.es](http://www.mediaracion.es) | **Treze** / D. Centro / [www.trezerestaurante.com](http://www.trezerestaurante.com) | **Moratín** / D. Centro / [www.vinotecamoratin.com](http://www.vinotecamoratin.com) | **Triciclo** / D. Centro / [www.eltriciclo.es](http://www.eltriciclo.es) | **Bistrónomika** / D. Centro / [www.bistronomika.es](http://www.bistronomika.es) | **La Buena Vida** / D. Salamanca / [www.restaurantelabuenavida.com](http://www.restaurantelabuenavida.com) | **La Tasquería** / D. Chamberí / [www.latasqueria.com](http://www.latasqueria.com) | **La Manduca de Azagra** / D. Salamanca / [www.lamanducadeazagra.com](http://www.lamanducadeazagra.com) | **La Huerta de Carabaña** / D. Centro / [www.huertadecarabana.es](http://www.huertadecarabana.es) | **La Huerta de Tudela** / D. Centro / [www.lahuertadetudela.com](http://www.lahuertadetudela.com) | **Restaurante Arce** / D. Chamartín / [www.restaurantearce.com](http://www.restaurantearce.com) | **Desencaja** / D. Chamberí / [www.dsncaja.com](http://www.dsncaja.com) | **Hortensio** / D. Chamberí / [www.hortensio.es](http://www.hortensio.es) | **Fismuler** / D. Salamanca / [www.fismuler.es](http://www.fismuler.es) | **Amazónico** / D. Salamanca / [www.restauranteamazonico.com](http://www.restauranteamazonico.com) | **Bibo** / D. Salamanca / [www.grupodanigarcia.com/restaaurantes/bibo/bibo-madrid](http://www.grupodanigarcia.com/restaaurantes/bibo/bibo-madrid) | **Carbón Negro** / D. Salamanca / [www.carbonnegro.com](http://www.carbonnegro.com) | **Lavinia** / D. Salamanca / [www.lavinia.es](http://www.lavinia.es) | **Angelita** / D. Chamartín / [madrid-angelita.es](http://madrid-angelita.es) | **A'Barra** / D. Salamanca / [www.restaurantearra.com](http://www.restaurantearra.com) | **Santerra** / D. Tetuán / [www.santerra.es](http://www.santerra.es) | **Piñera** / D. Chamartín / <https://restaurantepinera.com> | **La Bomba Bistrot** / D. Tetuán / [www.labombabistrot.com](http://www.labombabistrot.com) | **Viavélez** / D. Tetuán / [www.restauranteviavelez.com](http://www.restauranteviavelez.com) | **Taberna Verdejo** / D. Salamanca / <https://taberverdejo.com> | **Támara Casa Lorenzo** / D. Chamartín / [www.restaurantetamaralorenzo.com](http://www.restaurantetamaralorenzo.com) | **Sacha** / D. Retiro / Tel. 913 45 59 52 | **Viridiana** / D. Centro / [www.restauranteviridiana.com](http://www.restauranteviridiana.com) | **Casa Lucio** / D. Centro / [www.casalucio.es](http://www.casalucio.es) | **La Tasquita de Enfrente** / D. Moncloa-Aravaca / [www.latasquitadeenfrente.com](http://www.latasquitadeenfrente.com) | **Club Allard** / D. Chamberí / [www.elcluballard.com](http://www.elcluballard.com) | **La Cabra** / D. Chamartín / [www.lacabra.chefjavieraranda.com](http://www.lacabra.chefjavieraranda.com) | **Gaytán** / D. Chamartín / [www.chefjavieraranda.com](http://www.chefjavieraranda.com)



## Gastro markets

Many of the age-old food markets have been reinvented today as culinary paradises that you can find in almost every neighbourhood of Madrid. Large bustling spaces at which the sale of fresh foods lives alongside active and innovative culinary experiences and a whole new concept of leisure.

At Madrid's gastro markets, you will find variety, quality and originality: from gourmet products and flavours from round the world, to traditional quality items and even the latest food trends. All have long opening hours without needing to even cross the street. Discover them!

### San Ildefonso Market

*Calle Fuencarral, 57*

You can find a complete food offering among its 20 stalls, two terraces and three bars distributed over three storeys. Starting at street level, at *Ildefonso San* and *Akma* you'll find Asian fusion cuisine with a splash of Madrid. On the first storey you can choose from among a wide variety of spaces for eating a few *pinchos* (tapas served atop bread) or tapas, or perhaps savouring Peruvian cuisine at *Jaleo* or traditional Venezuelan arepas at *La Arepera*. For dessert, try the crêpes (also with savoury versions) at *Cultura Café* along with a coffee from among the many choices imported from round the world.

### La Paz Market

*Calle Ayala, 28*

The Salamanca neighbourhood is home to what is probably the city's most sophisticated market. You'd hardly notice from outside, but after entering you will be hit by a wide range of shops with a decidedly gourmet profile. It is easy to find the most exquisite merchandise here, and food stalls serving up different international foods, as well as more than a few delicatessens. For a quick bite, we recommend the artisan sandwiches at *Magasand*, and for Spanish food, the *tortilla de patatas* (Spanish potato omelette) at *Casa Dani* and the rice dishes at *Bar Cebrenos*. The Japanese option is present at *Tatako*, Italian at *Matteo Cucina* and Latin American with Venezuelan *La Despensa by Antojos Araguaney* and Mexican *Doce Chiles*.

## San Miguel Market

*Plaza de San Miguel, no number*

San Miguel Market, next to Plaza Mayor, was the first gastro market in Madrid, making it an essential stop. Why not start out with a monk-brewed double malt at *Beer House*, or perhaps one of the many vermouths at *La Hora del Vermut* or—if you're more in the mood for wine—*Pinkleton&Wine* will never disappoint, although *The Sherry Corner* is also great, with its tasting tray of six different wines. Now the visit turns to tasty morsels: *Ostras Daniel Sorlut* is a great spot for something light, and *Carrasco Guijuelo* has excellent cured ham, for canapés *Carro de Caviar*, and for a wide range of croquettes, *Carro de Croquetas*. And for sit down or takeaway there's the mythical *Lhardy* where you'll find exquisite tapas and starters and, at the *Carro del Señor Martín*—a must—you've got to try the squid baguette sandwich and the traditional paper cones filled with a good fish fry.

## Antón Martín Market

*Calle Santa Isabel, 5*

Located in the heart of the city is the most multifaceted market of them all. This is not only because of the large number of activities and events held there, but also because of the quantity and origins of its gastro offering. In total, over 20 stalls with friendly service and good products. *Benito Aperitivos* offers Italian wines and authentic Sicilian food, and *Fiaschetteria La Saletta* has great pizzas and *porchetta*. *Buns & Bones* serves up tasty street food, while *Caracola* has good home cooking, *El Mono de la Pila* to die for ceviches and Thai food at *Casa Bora*. At *El Tarantín de Lucía* you'll find oysters, smoked fish and other fresh products from the sea, sweets at *Majo's Food*, and cheap sushi—whipped up before your eyes—at *Yokaloka*.

## Vallehermoso Market

*Calle Vallehermoso, 36*

This market with a divine personality consists of two storeys in which, besides finding top category products, you can also sample dishes from round the world. A good starting point is a vermouth at *Vermut y Amén*, to carry on for Asian fusion at *Tripea* or *Kitchen 154*, or perhaps Japanese at *Washoku*, whose dishes use products from the market. If you prefer Italian, you've got it at *Di Buono*, and for rediscovering Latin American food, we recommend the amazing creole *empanadillas* (little pies) at *Graciana*, or Mexican tacos at *Güey*. For a quick bite, an interesting option is a sandwich

at *Craft 19* or a hotdog at *La Virgen*, both served up with craft beers. At *La Ensaladería* you can try unique salads and at the grill of *Prost Chamberí*, some more substantial delicacies. Don't worry if you have a food intolerance, because *Kint Bistró* serves up excellent allergen free snacks, while *La Crepa* is the perfect spot for a great dessert. Apart from these, take a stroll to see local producers' stalls lining the ground floor, and then take a well deserved rest at *El Escaparate*, where you can try *torreznos* (pork rinds) and *gildas* (mini skewers with olives, anchovies and guindilla peppers), among the best in Madrid.

### Where to find them?

**Mercado de San Ildefonso** / D. Salamanca / [www.mercadodesanildefonso.com](http://www.mercadodesanildefonso.com) | **Mercado de La Paz** / D. Centro / [www.mercadodelapaz.blogspot.com](http://www.mercadodelapaz.blogspot.com) | **Mercado de San Miguel** / D. Centro / [www.mercadodesanmiguel.es](http://www.mercadodesanmiguel.es) | **Mercado de Antón Martín** / D. Centro / [www.mercadoantonmartin.com](http://www.mercadoantonmartin.com) | **Mercado de San Antón** / D. Chamberí / [www.mercadosananton.com](http://www.mercadosananton.com) | **Mercado de Vallehermoso** / D. Chamberí / [www.mercadovallehermoso.es](http://www.mercadovallehermoso.es)



## Regional cuisine

In Madrid, you'll find a complete offering of regional cuisines from throughout Spain. The confluent nature of the capital is reflected in the enormous variety of national cuisines available in all its districts. A large number of restaurants play up their identities of origin, offering visitors a wide sampling of Spanish recipes that will let you get to know and understand our country better, from north to south and west to east, via their flavours, and without ever leaving the city.

Starting with Galicia, we should point out *O'Pazo* and *El Pescador*, with some of the capital's very best fish and seafood, as well as *Casa da Troya*, *Combarro* and *Naveira do Mar*, where you'll love their delicious typical regional dishes. With somewhat more elaborate cuisine, we highlight *Alabaster* and must mention the Betanzos *tortilla* at *La Penela* and the octopus—boiled by master octopus experts in the traditional copper pot—at *La Gran Pulpería*.

Asturian cuisine is splendidly represented by *Esbardos* and *El Oso*, to which we can add *Escarpiñ* and the magnificent soups and stews from *Casa Hortensia*, *La Hoja* and *Taberna Los Asturianos*.

Continuing with northern cuisine, at *Cañadío*, *La Maruca* and *La Bien Aparecida* you can discover a little piece of Cantabria in the heart of Madrid. To savour the best Basque cuisine, we recommend *Gaztelupe*, *Goizeko Kabi* and *Goizeko Wellington*, top level dining rooms to which we must add *Ordago*, *Dantxari* and *Urkiola Mendi*, and the roast meat restaurants *Pelotari* and *Julián de Tolosa*. And to mention just a few of the restaurants specialising in the most traditional of cuisine from Navarra, we should highlight *Señorio de Alcocer*, *Costa Navarra* and the splendid vegetables from *La Manduca de Azagra*.

At *Can Punyetes* and *Casa Jorge* you can discover the great offering of Catalan cuisine, while *Samm*, *El Garbí*, *La Barraca* and *Casa de Valencia* dish up the best paellas, one of the stars of Spanish food. However, if you prefer rice dishes Murcia style, then you must drop in at *El Caldero* or *El Ventorrillo Murciano*.

To savour the best Andalusian fish fry hands down, head to *La Caleta*, although if you prefer Rota style sea bream, washed down with the best *generosos* (fortified dry sherries and liqueur wines) then your destination should be *Surtopía*. Good ambassadors of Andalusian cuisine also include *La Giralda*, *La Malaje*, *El Pescaíto*, *Cazorla* and *Macarela*, and to enjoy excellent sherries with a flamenco show, then we recommend *El Corral de la Morería*.

Now we must turn to the local cuisine of Madrid. In addition to the typical meal houses and well-known taverns like *Casa Mundi*, *Lago de Sanabria*, *De la Riva*, *Paulino*, *El Puchero*, *La Castela* and *Barrera*, don't miss out on the chance to try the typical Madrid

*cocido* (a rich stew served in 3 courses with chorizo, beef, chickpeas, potatoes...) at any of these spots: *Lhardy*, *Carmen Casa de Cocidos*, *Casa Carola*, *La Cruz Blanca*, *Malacatin* and *La Bola*. All of them prepare this authentic and popular dish to absolute perfection.

#### Where to find them?

**O'Pazo**/D. Tetuán/[www.opazo.es](http://www.opazo.es) | **El Pescador**/D. Salamanca/[www.marisqueriaelpescador.net](http://www.marisqueriaelpescador.net) | **Casa da Troya**/D. Ciudad Lineal/[www.casadatroya.es](http://www.casadatroya.es) | **Combarro**/D. Salamanca/[www.combarro.com](http://www.combarro.com) | **Naveira do Mar**/D. Tetuán/Tel. 914 59 45 32 | **Alabaster**/D. Retiro/[www.restaurantelabaster.com](http://www.restaurantelabaster.com) | **La Penela**/D. Salamanca/[www.lapenela.com](http://www.lapenela.com) | **La Gran Pulpería**/D. Hortaleza/[www.lagranpulperia.es](http://www.lagranpulperia.es) | **Esbardos**/D. Salamanca/[www.restauranteesbardos.com](http://www.restauranteesbardos.com) | **El Oso**/D. Hortaleza/[www.restauranteeeloso.com](http://www.restauranteeeloso.com) | **Escarpiñ**/D. Centro/[www.elescarpinsidreria.com](http://www.elescarpinsidreria.com) | **Casa Hortensia** D. Centro/[www.casahortensia.com](http://www.casahortensia.com) | **La Hoja** D. Retiro/[www.lahoja.es](http://www.lahoja.es) | **Taberna Los Asturianos**/D. Chamberí/Tel. 915 33 59 47 | **Cañadío**/D. Salamanca/[www.restaurantecanadio.com](http://www.restaurantecanadio.com) | **La Maruca**/D. Salamanca/[www.restaurantelamaruca.com](http://www.restaurantelamaruca.com) | **La Bien Aparecida**/D. Salamanca/[www.restaurantelabienaparecida.com](http://www.restaurantelabienaparecida.com) | **Gaztelupe**/D. Tetuán/[www.gaztelupe.goizeko-gaztelupe.com](http://www.gaztelupe.goizeko-gaztelupe.com) | **Goizeko Kabi**/D. Tetuán/[www.kabi.goizeko-gaztelupe.com](http://www.kabi.goizeko-gaztelupe.com) | **Goizeko Wellington**/D. Tetuán/[www.goizekowellington.es](http://www.goizekowellington.es) | **Órdago**/D. Salamanca/[www.restauranteorldago.com](http://www.restauranteorldago.com) | **Dantxari**/D. Moncloa-Aravaca/[www.dantxari.com](http://www.dantxari.com) | **Urkiola Mendi**/D. Chamberí/[www.urkiolamendi.net](http://www.urkiolamendi.net) | **Pelotari**/D. Salamanca/[www.pelotari-asador.com](http://www.pelotari-asador.com) | **Julián de Tolosa**/D. Centro/[www.juliandetolosa.com](http://www.juliandetolosa.com) | **Señorio de Alcocer**/D. Chamartín/[www.senoriodealcocer.es](http://www.senoriodealcocer.es) | **Costa Navarra**/D. Salamanca/[www.asadorlacostanavarra.com](http://www.asadorlacostanavarra.com) | **La Manduca de Azagra**/D. Chamberí/[www.lamanducadeazagra.com](http://www.lamanducadeazagra.com) | **Can Punyetes**/D. Centro/[www.canpunyetesmadrid.es](http://www.canpunyetesmadrid.es) | **Casa Jorge**/D. Chamartín/[www.casajorge.com](http://www.casajorge.com) | **Samm**/D. Chamartín/[www.restaurantesamm.com](http://www.restaurantesamm.com) | **El Garbí**/D. Tetuán/Tel. 915 70 63 86 | **La Barraca**/D. Centro/[www.labarraca.es](http://www.labarraca.es) | **Casa de Valencia**/D. Moncloa-Aravaca/[www.lacasavalencia.es](http://www.lacasavalencia.es) | **El Caldero**/D. Centro/[www.elcaldero.com](http://www.elcaldero.com) | **El Ventorrillo Murciano**/D. Centro/Tel. 915 28 83 09 | **La Caleta**/D. Centro/[www.lacaletagaditana.es](http://www.lacaletagaditana.es) | **Surtopía**/D. Salamanca/[www.surtopia.es](http://www.surtopia.es) | **La Giralda**/D. Salamanca/[www.restauranteslagiralda.com](http://www.restauranteslagiralda.com) | **La Malaje**/D. Centro/[www.lamalaje.es](http://www.lamalaje.es) | **El Pescaíto**/D. Salamanca/[www.elpescaito.es](http://www.elpescaito.es) | **Cazorla**/D. Salamanca/[www.cazorlarestaurantes.es](http://www.cazorlarestaurantes.es) | **La Gaditana**/D. Salamanca/[www.tabernalagaditana.com](http://www.tabernalagaditana.com) | **Macarela**/D. Chamberí/[www.macarela.es](http://www.macarela.es) | **El Corral de la Morería**/D. Centro/[www.corraldelamoreria.com](http://www.corraldelamoreria.com) | **Casa Mundi**/D. Chamberí/[www.casa-mundi.es](http://www.casa-mundi.es) | **Lago de Sanabria**/D. Salamanca/[www.restaurantelagodesanabria.com](http://www.restaurantelagodesanabria.com) | **De la Riva**/D. Chamartín/[www.restaurantedelariva.com](http://www.restaurantedelariva.com) | **Paulino**/D. Chamberí/[www.paulinodequevedo.com](http://www.paulinodequevedo.com) | **El Puchero**/D. Chamartín/[www.elpuchero.com](http://www.elpuchero.com) | **La Castela**/D. Retiro/[www.restaurantelacastela.com](http://www.restaurantelacastela.com) | **Barrera** D. Chamberí/Tel. 915 94 17 57 | **Lhardy**/D. Centro/[www.lhardy.com](http://www.lhardy.com) | **Carmen Casa de Cocidos**/D. Retiro/[www.elcocidodecarmen.com](http://www.elcocidodecarmen.com) | **Casa Carola**/D. Salamanca/[www.casacarola.com](http://www.casacarola.com) | **La Cruz Blanca**/D. Puente de Vallecas/[www.cruzblancavallecas.com](http://www.cruzblancavallecas.com) | **Malacatin**/D. Centro/[www.malacatin.com](http://www.malacatin.com) | **La Daniela**/D. Chamartín/[www.tabernadeladaniela.com](http://www.tabernadeladaniela.com) | **La Bola**/D. Centro/[www.labola.es](http://www.labola.es)



# International cuisine

Madrid is a cosmopolitan city inhabited by people from over 60 different countries. And Madrid also welcomes over six million foreign tourists each year. These facts imbue Madrid with a multicultural spirit that is reflected in the enormous culinary offering that travels round the world.

## North, Central and South American cuisine

The Americas represent the second largest continent on the planet and its extension is so large that it is divided into three sub-continentes. Central, North and South America are territories with completely different foods in which—even within a single country—there are infinite contrasts.

However, we can confirm that some of the planet's best raw materials are produced throughout the Americas. Fruits, vegetables, excellent coffee and unique livestock create, from countless latitudes, astounding cuisines that have spread internationally over the years and, in Madrid, have found a magnificent focal point for culinary dissemination and exchange.

From among the cuisines of the Americas, those that have most whet our appetites and evolved most in recent years are Peruvian and Mexican foods. Peruvian has become a true phenomenon that has put Peru on the map as a worldwide culinary tourist destination. In addition to its native cuisine, *chifa* and *nikkei* cooking also merits mention, fusions of Peruvian food with Chinese and Japanese cuisine, respectively. Madrid has a good number of spots serving up both. Restaurateur Gastón Acurio has one flying his country's flag in the capital: the elegant and refined A&G. Along the same line, we must also highlight Omar Malpartida's work at his *Tiradito*, that of Mario Céspedes and her *Ronda 14* and the restaurants *Luma*, *La Cevichería*, *Tampu* and *Chifa* with their wonderful recipes, characteristic of this fusion.

Like what has occurred with Peruvian cuisine, a group of Mexican chefs has modernised their traditional popular cuisine, elevating and making it one of the most attractive at an international level. In Madrid, we've got the first Mexican restaurant in Europe awarded a Michelin star: *Punto Mx*, where Roberto Ruiz and his team whip up sophisticated popular foods without losing the essence of Mexico, extending his concept to more casual establishments at *Mezcal Lab* and *Salón Cascabel* to include a wider public. Other more traditional options include *Entre Suspiro y Suspiro*, *Tepic*, *Taquería Mi Ciudad*, *La Malinche*, *Mestizo* and *La Taquería del Alamillo*, all serving up typical dishes like tacos, quesadillas and flavourful moles.

Another of the star products from the Americas pantry is beef. Essential in this regard is *Rubaiyat*, with the best Brazilian meat, and *La Vaca Argentina*, with the best parts and cuts hailing from the country of silver. The proposals at *Picsa* are very alluring, which specialises in pizza, and *Gumbo*, offering Creole cuisine from New Orleans in the heart of the Malasaña neighbourhood. And with regard to hamburgers, an American icon, there are a multitude of options in Madrid, increasingly popular. At *Goiko Grill*, *Alfredo's Barbacoa*, *New York Burguer* or any outlet of *Hamburguesa Nostra* in the city, there are interesting and tasty versions of the burger. At *Burnout*, they use top meat, and we should also mention successful chains like *Peggy Sue*, *Hard Rock Café* and *Five Guys*, the favourite hamburgers of former President Obama that you can find on the very central Gran Vía.

The steakhouse *Vila Brasil*, specialising in *rodizios* (mixed grilled meats), and *El Novillo Carioca* are great choices for sampling Brazilian cuisine, while *Zara* serves up the best Cuban cuisine accompanied by refreshing daiquiris.

### Where to find them?

**Tiradito** / D. Centro / [www.tiradito.es](http://www.tiradito.es) | **Ronda 14** / D. Salamanca / [www.ronda14.com](http://www.ronda14.com) | **Luma** / D. Retiro / [www.luma-restaurante.es](http://www.luma-restaurante.es) | **La Cevichería** / D. Retiro / [www.lacevicheria.com](http://www.lacevicheria.com) | **Tampu** / D. Centro / [www.tampurestaurante.com](http://www.tampurestaurante.com) | **Chifa** / D. Chamberí / [www.facebook.com](http://www.facebook.com) | **Punto Mx** / D. Salamanca / [www.puntomx.es](http://www.puntomx.es) | **Mezcal Lab** / D. Salamanca / [www.puntomx.es/mezcal-lab](http://www.puntomx.es/mezcal-lab) | **Salón Cascabel** / D. Salamanca / [www.saloncascabel.com](http://www.saloncascabel.com) | **Entre Suspiro y Suspiro** / D. Centro / [www.entresuspiroysuspiro.com](http://www.entresuspiroysuspiro.com) | **Tepic** / D. Salamanca / [www.tepic.es](http://www.tepic.es) | **Taquería Mi Ciudad** / D. Centro / [www.taqueriamiciudad.com](http://www.taqueriamiciudad.com) | **La Malinche** / D. Centro / [www.restaurante-lamalinche.com](http://www.restaurante-lamalinche.com) | **Mestizo** / D. Centro / [madrid.mestizomx.com](http://madrid.mestizomx.com) | **Taquería del Alamillo** / D. Centro / <http://taqueriadelalamillo.com> | **Rubaiyat** / D. Chamartín / [www.gruporubaiyat.com](http://www.gruporubaiyat.com) | **La Vaca Argentina** / D. Fuencarral-El Pardo / [www.lavacaargentina.net](http://www.lavacaargentina.net) | **Picsa** / D. Chamberí / [www.casapicsa.com](http://www.casapicsa.com) | **Gumbo** / D. Centro / [www.gumbo.es](http://www.gumbo.es) | **Goiko Grill** / D. Salamanca / [www.goikogrill.com](http://www.goikogrill.com) | **Alfredo's Barbacoa** / D. Salamanca / [www.alfredos-barbacoa.es](http://www.alfredos-barbacoa.es) | **New York Burguer** / D. Chamberí / [www.newyorkburger.es](http://www.newyorkburger.es) | **Hamburguesa Nostra** / D. Salamanca / [www.hamburguesanostra.com](http://www.hamburguesanostra.com) | **Burnout** / D. Centro / [www.burnoutburgers.com](http://www.burnoutburgers.com) | **Peggy Sue** / D. Chamartín / [www.peggysues.es](http://www.peggysues.es) | **Hard Rock Café** / D. Salamanca / [www.hardrock.com](http://www.hardrock.com) | **Five Guys** / D. Centro / [www.fiveguys.es](http://www.fiveguys.es) | **Vila Brasil** / D. Chamartín / [www.vilabrasil.es](http://www.vilabrasil.es) | **El Novillo Carioca** / D. Moncloa-Aravaca / [www.elnovillocarioca.es](http://www.elnovillocarioca.es) | **Zara** / D. Centro / [www.restaurantzara.com](http://www.restaurantzara.com)

## European cuisine

The variety and wealth of the cuisines and products from the Old World continent is so great that each country merits its own separate chapter. Madrid has the incredible luck to enjoy an immense variety of restaurants with different European cuisines, so great that visitors can take a gastro tour throughout Europe, from neighbouring France and Portugal to Russia without ever leaving the Spanish capital, embarking on a flavourful journey.

One of the most important cuisines on our continent, due to its history, products and elaborate dishes is French cuisine. Exquisite examples of its cooking await you at *Lafayette*, with its delicious French onion soup, at the elegant *Brasserie Antoinette* with its duck magret, and *El Café de París* with its entrecote garnished with delicious sauce. At *Caripén Bistró* you've got the perfect spot for a romantic dinner into the wee hours.

Italian cuisine deserves a special mention due to its incredible international expansion. *Don Giovanni* with chef Andrea Tumbarello is a true reference in Madrid for Italian cuisine, just like the thin crust pizzas baked in a brick wood burning oven at *Don Lisander*. *Ars Vivendi*, *Mercato Ballaró* and *Sinfonía Rossini*, with their more sophisticated cuisine, boast appetising recipes, while at *La Piperna* you can relish southern dishes from Naples.

Moving on to Greek cuisine, we should highlight *Mythos* and *Taberna Griega*, where you can smash the plates for good luck, as well as enjoying a dinner of some of the most typical recipes, like moussaka.

The best representative of Belgian cuisine is *Atelier Belge*, where you can try mussels in different sauces, with an unbeatable beer selection. If you'd like unpretentious German cuisine, we've got *Fass*, with its house speciality of pork elbow and a shop overflowing with typical German products. Traditional Portuguese cuisine is also represented in Madrid. Restaurants like *Tras os Montes* and the *Portuguesa Taberna* offer up all types of salt cod based dishes. And to savour the famous *pastel de Belém* (custard tart), *Lisboa* bakery is a must. For its part, Russian food also has worthy representatives in the capital at *Noches de Moscú*, *El Cosaco* and *Rasputin*.

### Where to find them?

**Lafayette** / D. Fuencarral-El Pardo / [www.restaurantelafayette.com](http://www.restaurantelafayette.com) | **Brasserie Antoinette** / D. Centro / [antoinette.es](http://antoinette.es) | **Café de París** / D. Salamanca / [www.cafedeparis-sp.com](http://www.cafedeparis-sp.com) | **Caripén Bistró** / D. Centro / [www.caripenmadrid.com](http://www.caripenmadrid.com) | **Don Giovanni** / D. Retiro / [www.dongiovanni.es](http://www.dongiovanni.es) | **Don Lisander** / D. Chamartín / Tel. 915 70 92 90 | **Ars Vivendi** / D. Chamberí / [www.restaurantearsvivendi.com](http://www.restaurantearsvivendi.com) | **Mercato Ballaró** / D. Chamberí / [www.mercatoballaro.com](http://www.mercatoballaro.com) | **La Piperna** / D. Tetuán / Tel. 911 69 49 50 | **Taberna Griega** / D. Centro / [www.tabernagriega.com](http://www.tabernagriega.com) | **Atelier Belge** / D. Chamberí / [restaurantegourmand.com](http://restaurantegourmand.com) | **Fass** / D. Chamartín / [www.fassgrill.com](http://www.fassgrill.com) | **Trasos Montes** / D. Fuencarral-El Pardo / [www.trasosmontes.es](http://www.trasosmontes.es) | **La Portuguesa Taberna** / D. Moncloa-Aravaca / Tel. 911 25 95 23 | **Pastelería Lisboa** / D. Salamanca / Tel. 910 14 61 86 | **Las Noches de Moscú** / D. Centro / Tel. 915 31 04 11 | **El Cosaco** / D. Centro / [www.restaurantelcosaco.com](http://www.restaurantelcosaco.com) | **Rasputin** / D. Centro / [www.restauranterasputin.eatbu.com](http://www.restauranterasputin.eatbu.com)

## Asian cuisine

Asian cooking, in all its splendid varieties, is one of the foreign cuisines that has taken off most in the Community of Madrid. And the one that has soared highest is fusion cooking from the kitchens of the entire Asian continent. Rich with products and creativity, they break through borders to create blends, offering up a whole world of exotic new flavours that are available throughout Madrid, ranging from delicate Japanese dishes to enticing Indian foods: the spice route directly to your mouth.

## Japanese

This is the Asian cuisine that has become most established in Madrid. The most classic dining, where respect for traditional recipes, product quality and cuts prevail, include *Soy* with chef Pedro Espina, *Izariya*, *Miyama*, *Txatei* and *Yugo*, in its unique setting of a World War II bunker, *Ichiban* and *Taichi*. All of them serve sakes, sushi and sashimi with perfectly prepared rice and impeccable fish slicing. At *Torikey* you can savour the best Japanese yakitori in Madrid, but to truly discover how this cuisine has adapted to the Spanish market, we highly recommend *Yakitoro* at the hands of chef Alberto Chicote. When Japanese techniques are joined to Spanish culinary techniques and products, extremely interesting proposals are the result, like those of Ricardo Sanz at *Kabuki*, *99 Shushi Bar*, *Umiko*, *Kappo* and *Kabutokaji*.

### Where to find them?

**Soy de Pedro Espina** / D. Chamberí / [www.soypedroespina.com](http://www.soypedroespina.com) | **Izariya** / D. Chamberí / [www.izariya.com](http://www.izariya.com) | **Miyama** / D. Chamberí / [www.restaurantemiyama.com](http://www.restaurantemiyama.com) | **Txatei** / D. Salamanca / [www.txatei.com/es](http://www.txatei.com/es) | **Yugo** / D. Salamanca / [www.yugothebunker.com](http://www.yugothebunker.com) | **Ichiban** / D. Chamartín / [www.restaurantereichiban.com](http://www.restaurantereichiban.com) | **Torikey** / D. Chamberí / [www.torikey.com](http://www.torikey.com) | **Yakitoro** / D. Centro / [www.yakitoro.com](http://www.yakitoro.com) | **Kabuki** / D. Tetuán / [www.restaurantekabuki.com](http://www.restaurantekabuki.com) | **99 Sushi Bar** / D. Salamanca / [www.99sushibar.com](http://www.99sushibar.com) | **Umiko** / D. Centro / [www.umiko.es](http://www.umiko.es) | **Kappo** / D. Chamberí / [www.kappo.es](http://www.kappo.es) | **Kabutokaji** / Pozuelo de Alarcón / [kabutokaji.net](http://kabutokaji.net)

## Chinese

There are many quality restaurants in Madrid specialising in this millennial cuisine. On the one hand, luxury dining at hotels like *Tse Yang* at the Hotel Villamagna and the *Asia Gallery* at Hotel Palace. And, on the other, an extensive number of restaurants that serve up authentic Chinese food in the neighbourhoods of Usera, Embajadores and Vallecas, with both variety and quality. In the middle, we've got restaurants like *Sichuan*, *El Bund*, *Casa Lafu* and *Chong Tsing Taste*, at which you can find the essence of this tasty cuisine. *The One* deserves special mention on its own, a piece of Hong Kong in Madrid, with an exquisite menu inspired by the flavours of the most cosmopolitan region on the Asian continent.

### Where to find them?

**Tse Yang** / D. Tetuán / [www.grupotseyang.com](http://www.grupotseyang.com) | **Asia Gallery** / D. Centro / [www.asiagallery-madrid.com](http://www.asiagallery-madrid.com) | **El Bund** D. Ciudad Lineal / [www.elbund.com](http://www.elbund.com) | **Casa Lafu** / D. Centro / [www.casalafu.com](http://www.casalafu.com) | **Sichuan** / D. Centro / [www.restaurantesichuan.com](http://www.restaurantesichuan.com) | **Chong Tsing Taste** / D. Chamberí / Tel. 918191003 | **The One** / D. Salamanca / [www.restaurantetheone.com](http://www.restaurantetheone.com)

## Southeast Asian

*StreetXo* is a good representative of Southeast Asia street food, reinterpreted with an international twist, where the ambience and cocktail menu turn the dining experience into a real fiesta and delight for all the senses. Other restaurants loyal to this style are *Chifa* by Estanis Carenzo and Pablo Giudice, and *Vietnam24*, two establishments at which authentic flavours are blended with fresh herbs to create excellent dishes. Another original example of this cuisine is *Nakeima*, which is full every day despite not accepting bookings. There are also many very good spots in the capital offering Thai and Korean food, where kimchi, coconut milk and citronella are the base ingredients for food popping with flavours. At *Kitchen 154* and *Tripea* you'll also find all these tastes, as well as at *El Flaco*, where Andy Boman's curries wow and delight the most demanding of diners. *Soma de Arrando*, the original proposal by Korean Luke Jang, and *Bacira*, a fusion of Asian dishes with preparations and ingredients from the Peruvian kitchen, are another two destinations to bear in mind.

### Where to find them?

**StreetXo** / D. Salamanca / [streetxo.com/madrid](http://streetxo.com/madrid) | **Chifa** / D. Chamberí / Tel. 915 34 75 66 | **Vietnam24** / D. Centro / [www.restaurantevietnam24.com](http://www.restaurantevietnam24.com) | **Kitchen 154** / D. Chamberí / <https://kitchen154.com> | **Tripea** / D. Chamberí / [www.tripea.es](http://www.tripea.es) | **El Flaco** / D. Centro / [www.restaurantelflaco.com](http://www.restaurantelflaco.com) | **Soma de Arrando** / D. Chamberí / Tel. 910 22 76 30 | **Bacira** / D. Chamberí / [www.bacira.es](http://www.bacira.es)

## Indian

Under this section, it is important to remember that in Madrid Indian restaurants tend to be served without much of a spicy kick, so if you'd prefer India's original mouth burning recipes, let your server know that you like *picante* when you place your order. That said, *Tandoori Station* is probably the most genuine representative of Indian cuisine in Madrid, followed by *Curry Masala* and *Swagat*. *Diwali* is another good option and, if you want top level service and ambience, then *Benarés* and *Bangalore* may be good choices for you.

### Where to find them?

**Tandoori Station** / D. Salamanca / [www.tandooristation.com](http://www.tandooristation.com) | **Curry Masala** / D. Centro / [www.currymasala.es](http://www.currymasala.es) | **Swagat** / D. Salamanca / <http://restauranteswagat-indio.negocio.site> | **Diwali** / D. Retiro / [www.restaurantediwali.es](http://www.restaurantediwali.es) | **Benarés** / D. Chamberí / [www.benaresmadrid.com](http://www.benaresmadrid.com) | **Bangalore** / D. Salamanca / [www.bangaloremadrid.com](http://www.bangaloremadrid.com)

# Flavour, tradition and landscapes

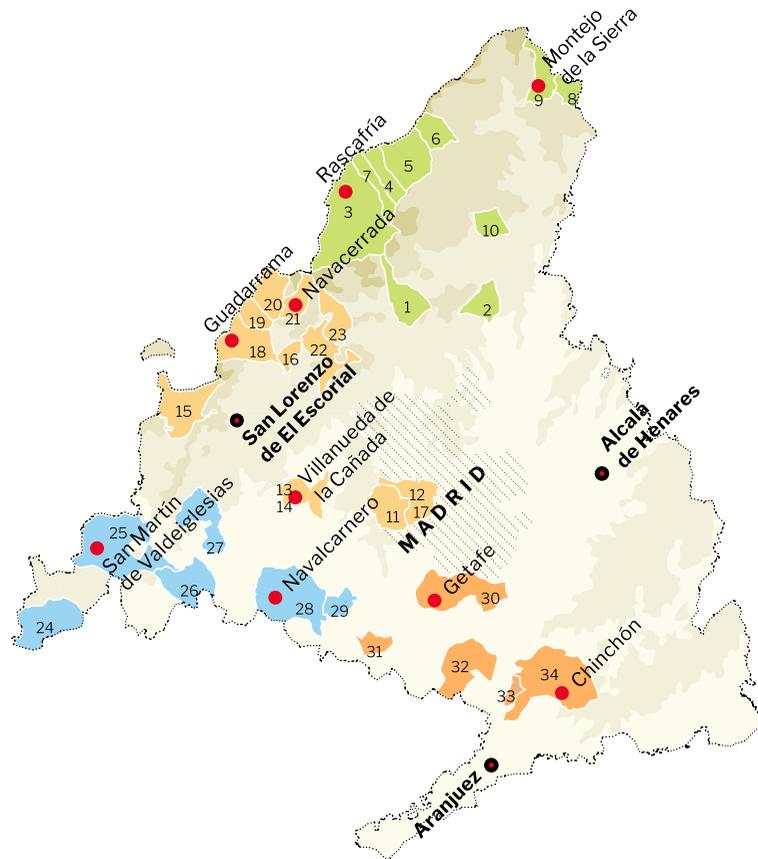
Madrid is more than Madrid, and this is amply demonstrated by the rich historical, cultural and natural heritage bursting from every corner of this autonomous community. Less than an hour from the centre, with handy and multiple transport options, there are extremely interesting tourist sites in the region of Madrid with important culinary traditions that are well deserving of a visit. Discover the Community of Madrid through its flavours and foods!

The Community of Madrid has so much to offer. You don't need an excuse to set off and explore a new region, admiring its heritage and then enjoying a fabulous meal. And sometimes the sequence is turned back to front... However you choose to do it, our region has excellent locally sourced agricultural products, quality meats, consistently good stews, fruits and wild mushrooms with intense flavour, a large variety of cheeses, craft beers and wines highly valued both inside and outside of our region. Let's enjoy a succulent day. Or two. Or three...

The following pages set out a multitude of interesting proposals both in World Heritage Sites and in many other municipalities that we have broken down into four broad areas. The practical information at the bottom of each page includes, along with the name and website of the establishment, the city or municipality in which it is located.

The proposals on the following pages are divided into these categories:

- Flavours of World Heritage Sites:
  - Alcalá de Henares
  - Aranjuez
  - San Lorenzo de El Escorial
- Heading to Sierra Norte
- The Madrid Sierra
- Looking at the Sierra de Gredos
- A route through The Tagus meadows



- |   |   |   |
|---|---|---|
| <p><b>Camino al Norte</b></p> <ol style="list-style-type: none"> <li>1. Soto del Real</li> <li>2. Pedrezuela</li> <li>3. Rascafría</li> <li>4. Pinilla del Valle</li> <li>5. Lozoya</li> <li>6. Navarredonda</li> <li>7. Alameda del Valle</li> <li>8. La Hiruela</li> <li>9. Montejo de la Sierra</li> <li>10. La Cabrera</li> </ol> | <p><b>La Sierra de Madrid</b></p> <ol style="list-style-type: none"> <li>11. Pozuelo de Alarcón</li> <li>12. El Plantío</li> <li>13. Villanueva de la Cañada</li> <li>14. Villafranca del Castillo</li> <li>15. Santa María de la Alameda</li> <li>16. Alpedrete</li> <li>17. Alto de León</li> <li>18. Guadarrama</li> <li>19. Los Molinos</li> <li>20. Cercedilla</li> <li>21. Navacerrada</li> <li>22. Moralzarzal</li> <li>23. Mataelpino - El Boalo</li> </ol> | <p><b>Mirando a Gredos</b></p> <ol style="list-style-type: none"> <li>24. Cenicientos</li> <li>25. San Martín de Valdeiglesias</li> <li>26. Aldea del Fresno</li> <li>27. Colmenar del Arroyo</li> <li>28. Navalcarnero</li> <li>29. Arroyomolinos</li> </ol> |
| <p><b>Las Vegas</b></p> <ol style="list-style-type: none"> <li>30. Getafe</li> <li>31. Griñón</li> <li>32. Valdemoro</li> <li>33. Titulcia</li> <li>34. Chinchón</li> </ol>   |   |   |

- (black dot) (circle with dot) Flavours of World Heritage Sites
- (red dot) (star) Municipalities of the Region of Madrid



# Flavours of World Heritage Sites

## Alcalá de Henares

In Alcalá de Henares, food goes hand in hand with the spirit of a city that is both youthful and ancient. Stroll through its narrow streets, following in the footsteps of Cervantes or following the route of the storks with their majestic nests crowning churches and palaces and soaking up the convivial ambience of this city. Here you will discover the living history of its university and the imprint of Cardinal Cisneros on every corner of this majestic city. Alcalá de Henares is a perfect destination to visit, slowly absorbing its landmarks as you stroll leisurely through its streets, taking breaks to sample its tapas and appetisers in multiple bars and dining establishments that you come across along the road. A route through its porticos and the adjacent Plaza Mayor will reveal the wealth of this ‘small haute cuisine’ to you. If you’d like a more peaceful meal, there are a wide range of restaurants with traditional cuisine, including *La Hostería del Estudiante*, *El Casino* and—right across the road—the restaurant inside the Parador of Alcalá de Henares. At *Goya* you’ll also find a large and varied offering both of main courses and tapas and appetisers, along with a good wine menu, although if you’re looking for something different, *Ki-jote* dishes up Japanese cuisine with the freshest of raw materials with great sensitivity to products.

And an absolute essential in Alcalá de Henares is its bakeries and pastry shops where, along with the *costradas* (puff pastry filled with cream covered in meringue and crushed almonds) and *rosquillas* (‘rings’ of puff pastry bathed in egg yolk with a sugary glaze) typical of Alcalá, you’ll find the sweet par excellence: *almendras garrapiñadas*, almonds coated in toasted sugary syrup, a simple yet exquisite recipe that nobody prepares like the cloistered nuns at the *Convent of Las Clarisas de San Diego* (also called *almendreras*). Knock on the little opening in the door and the invisible nuns will pass them through after you place your order.

### Where to find them?

**La Hostería del Estudiante** / Parador Nacional / [www.parador.es](http://www.parador.es) | **Casino** / [www.casinoalcala.es](http://www.casinoalcala.es) | **Parador de Alcalá de Henares** / [www.paradores.es/alcaladehenares](http://www.paradores.es/alcaladehenares) | **Goya** / [www.restaurantegoya.com](http://www.restaurantegoya.com) | **Ki-jote** / [ki-jote.com](http://ki-jote.com)



## Aranjuez

Historically, Aranjuez is one of the jewels of the Community of Madrid (declared World Heritage in 2001) and, further, its quality as a gastro destination is second to none. Aranjuez has a vegetable pantry unique to Spain, with crops grown in historical kitchen gardens dating back to the 16<sup>th</sup> century, and its cuisine today can boast of both national and international awards. Products coming from its vegetable gardens and orchards include exquisite Aranjuez strawberries, served at some of the best tables in the world, and its incomparable asparagus, a delicacy in any of its varied presentations, as well as tomatoes bursting with flavour, artichokes, peppers, lettuces, cauliflowers, broad beans, chards, pears, apples, plums...

An essential experience for fine dining aficionados is a visit to *Casa José*, across from the renovated Mercado de Abastos, specialising in haute cuisine recipes based on freshly grown vegetables, as well as its magnificent seasonal game dishes. *Casa Pablo* has a large variety of seasonal wild mushrooms and its iconic dish is pheasant; *Aguatinta* dishes up traditional food; *Casa Delapio* fusion cuisine with seasonal products; and, finally, it is well worth visiting *Carême* next to the Palacio Real, with a great bar and lovely views of the palace. And if you like to eat outside of normal dining times, don't worry, at *Casino* you can refuel with its elaborate culinary offering.

### Where to find them?

**Casa José** / [casajose.es](http://casajose.es) | **Casa Pablo** / [casapablo.net](http://casapablo.net) | **Casa Delapio** / [www.casadelapio.es](http://www.casadelapio.es) | **Aguatinta** / [www.restauranteaguatinta.com](http://www.restauranteaguatinta.com) | **Carême** / [caremejesusdelcerro.com](http://caremejesusdelcerro.com) | **Casino** / [www.grancasinoaranjuez.es/restaurantes-madrid](http://www.grancasinoaranjuez.es/restaurantes-madrid)



## San Lorenzo de El Escorial

An outing to San Lorenzo must include a visit to the monastery and a stroll through the market and university district. After taking in the historical-cultural sites, you'll be ready to go to town and enjoy its rich culinary offering. You may choose one of the establishments located on the square with city hall, where you will find a large variety of traditional dishes, tapas and appetisers of all types. Here, one of the most traditional and well known San Lorenzo restaurants is undoubtedly *Charolés*, which rightly boasts of serving one of the best *cocidos* (a rich stew served in 3 courses with chorizo, beef, chickpeas, potatoes...) in the entire community or, booking in advance, try out *Montia*, one of the area's most original restaurants recognised with a Michelin star. At *Montia*, the origin of all products is under strict control and you can sample wild mushrooms, herbs and vegetables picked by the chefs themselves, regional cheeses and regional meats... in haute cuisine dishes accompanied by a pleasantly surprising offering of organic wines. At *Fonda Genara* you will enjoy traditional cuisine in an old and quite theatrical dining room, and at *Cava Alta* you'll definitely find dishes to satisfy all tastes, and savouring a dish from *La Horizontal's* oak charcoal grill while seated on its fantastic terrace at the feet of Monte Abantos is a real delight.

San Lorenzo de El Escorial is constantly evolving in its drive towards modernity, which is seen in its cultural, artistic and culinary lifestyles. In addition to the groundbreaking dishes at *Montia*, a visit to *Valhalla Experience* is the place to go for modern cooking in a quite astonishing setting. This vocation of modernity can also be seen in tapas spots next to the Plaza del Ayuntamiento, with a wide range of *pinchos* (tapas served on bread), tapas and appetisers with modern design concepts, such as those at *Ku4Tro*.

### Where to find them?

**Montia** / [www.montia.es](http://www.montia.es) | **Charolés** / [www.charolesrestaurante.com](http://www.charolesrestaurante.com) | **Fonda Genara** / [www.restaurantegenara.com](http://www.restaurantegenara.com) | **Cava Alta** / [www.cavalta.es](http://www.cavalta.es) | **La Horizontal** / [www.restaurantehorizontal.com](http://www.restaurantehorizontal.com) | **Valhalla Experience** / [www.valhallaexperience.com](http://www.valhallaexperience.com) | **Ku4Tro** / Tel. 61913 58 31



## Heading to Sierra Norte

The emblematic landscapes of the Sierra Norte are the most varied and best preserved in Madrid: from soaring mountains, extensive wild pine forests and centenary oak groves, to the lush green countryside at the foot of the sierra with its important water ecosystems.

The archaeological site of Valley of the Neanderthals, diverse rural hotels in small historical villages, replete with slate and masonry houses, unique forests like Hayedo de Montejo (beech grove) in Sierra de Rincón, a UNESCO World Natural Heritage Site, and there's even a museum devoted to the oeuvre of Pablo Picasso in Buitrago de Lozoya. These are just a few of the many charms awaiting you in this region of the Community of Madrid.

Another undeniable attraction of Madrid's Sierra Norte is its rich cuisine, based on simplicity and local products: wild mushrooms, veal from the Sierra de Guadarrama, a protected geographical indication, seasoned cured pork and delicious game are just a few of the delights you'll find featured on all menus throughout this region. The craft cheeses from sheep's and goat's milk at Quesería Artesanal Santo Mamés and those produced in Valdemanco, and dishes like the *judiones de La Granja* (large butter beans), due to its proximity to Segovia, are also essential features of the appetising dishes available.

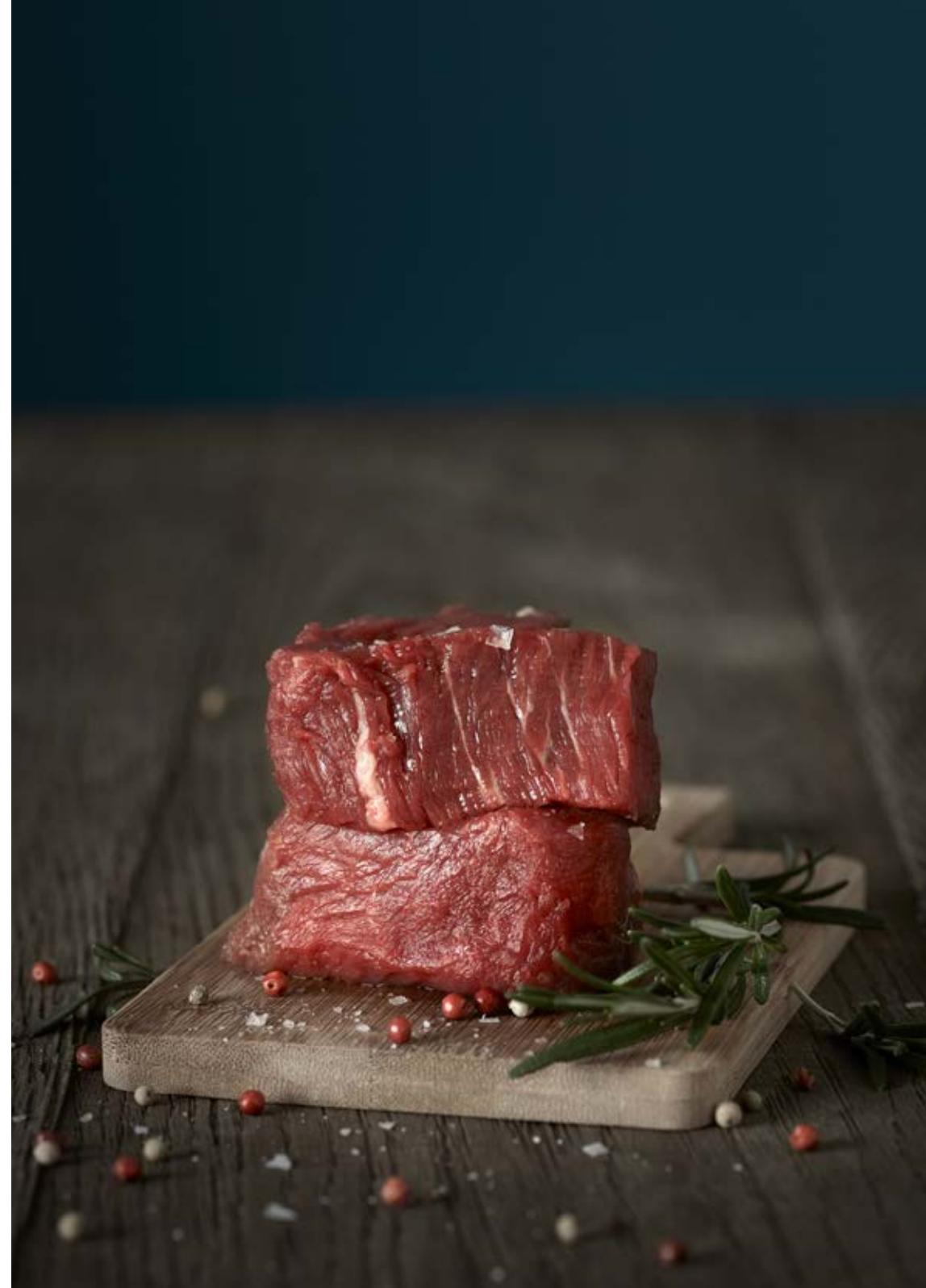
*La Cabaña*, in Soto del Real, has an enticing menu with many dishes cooked over coals. In Pedrezuela, to try out delicious barbecued foods we recommend *Mesón Gerardo* and *Mesón del Asado*. In Rascafría, options like *Caldea*, *Conchi*, *El Candil* and *La Antigua Tahona* dish up stupendous traditional foods in extremely pleasant rural settings and, in the same town, *Obrador de Chocolate Natural San Lázaro* is a must for chocolate lovers.

Surrounding the Valley of Lozoya you'll find excellent restaurants like *El Corralón del Embalse*, *El Pajar de Fuente Hernando*, *La Tejera de Lozoya* and *La Taberna del Alamillo* where, in addition to exquisitely prepared local meats, you'll also find delicious fresh game and seasonal wild mushrooms.

In autumn, around Sierra del Rincón, where the verdant forests provide an unbeatable natural spectacle, you can sample the most satiating of dishes. Stews with butter beans, potatoes and meats from the mountains, traditional dried potatoes with *torreznos* (pork rinds) and tasty *migas* (fried bread crumbs). In hunting season, you'll find many small and large game dishes and great vegetables from the garden at restaurants like *Ad Libitum*, *Casa Aldaba* and *El Cermeño*. On the Sierra of La Cabrera, among many other options, you can try out the barbecues prepared at *Machaco*.

### Where to find them?

**La Cabaña** / Soto del Real / [lacabanadesoto.com](http://lacabanadesoto.com) | **Mesón Gerardo** / Pedrezuela / [www.mesongerardo.es](http://www.mesongerardo.es) | **Mesón del Asado** / Pedrezuela / [www.elmesondelasado.es](http://www.elmesondelasado.es) | **Caldea** / Rascafría / [www.restaurantecaldea.com](http://www.restaurantecaldea.com) | **Conchi** / Rascafría / [www.rascafría.eu/Restaurante\\_Conchi.html](http://www.rascafría.eu/Restaurante_Conchi.html) | **El Candil** / Rascafría / [www.elcandilrascafría.es](http://www.elcandilrascafría.es) | **La Antigua Tahona** / Rascafría / [www.laantiguatahona.com](http://www.laantiguatahona.com) | **Obrador de Chocolate Natural San Lázaro** / Rascafría / [www.chocolatenatural.com](http://www.chocolatenatural.com) | **El Corralón del Embalse** / Pinilla del Valle / [www.elcorralondelembalserestaurant.com](http://www.elcorralondelembalserestaurant.com) | **El Pajar de Fuente Hernando** / Lozoya / [www.restaurantelpajar.es](http://www.restaurantelpajar.es) | **La Tejera de Lozoya** / Navarredonda / [www.tejeradelozoya.es](http://www.tejeradelozoya.es) | **La Taberna del Alamillo** / Alameda del Valle / [www.tabernadelamillo.es](http://www.tabernadelamillo.es) | **Ad Libitum** / La Hiruela / Tel. 674 30 54 45 | **Casa Aldaba** / La Hiruela / [www.casaaldaba.com](http://www.casaaldaba.com) | **El Cermeño** / Montejo de la Sierra / [elcermeñocasajulia.es](http://elcermeñocasajulia.es) | **Machaco** / La Cabrera / [www.sierranortemadrid.org/restaurantes/restaurante-machaco](http://www.sierranortemadrid.org/restaurantes/restaurante-machaco)



# Sierra of Madrid

The northwest region of the Community of Madrid is mountainous and covered in forests that give us true natural gems, like the spring of the Manzanares River and the Sierra de Guadarrama National Park, with stunning biodiversity. In our route through these beautiful landscapes, there is a concentration of wonderful culinary offerings. Discover flavours from the earth!

In Pozuelo de Alarcón, one of the best spots for meats is *La Taberna de Elia* and, in Majadahonda, the restaurant *Jiménez* at the old train station of El Plantío is well worth visiting. Continuing towards Villanueva de la Cañada, *La Partida* has an interesting offering of creative cuisine and, in Villafranca del Castillo, *Al Plato María* is a welcoming place with surprising proposals.

If you ascend towards the mountain top at Cruz Verde, a gastronomy getaway in Santa María de la Alameda deserves a visit, the last village in the Community of Madrid located 20 minutes from San Lorenzo de El Escorial, journeying through lovely landscapes that will lead you to this little village where you can savour extraordinary roast baby goat with the best seasonal wild mushrooms at restaurant *Santa María*.

In Alpedrete, we recommend *La Sopa Boba* and, in Alto del León, where the Guadarrama mountain pass ends, is the restaurant *Asador Alto del León* with the region's best meats. In the village of Guadarrama there are a good number of traditional restaurants, among which *La Chimenea* stands out, serving up magnificently prepared grilled meats and its famous croquettes. Leaving Guadarrama, headed toward Los Molinos you'll find another classic in the area: restaurant *Sala* where you will go made for their amazing grilled prawns.

In Los Molinos, *Asador Paco* serves one of the best roast lambs in the entire community thanks to its traditional wood-burning stove, flavourful vegetables and a delicious menu of homemade desserts. In the typical village of Cercedilla, in addition to numerous traditional eateries, take advantage to visit *Yeyu* and try another of Madrid's traditional preparations: *escabeches* (foods cooked and preserved in mild brine).

In Navacerrada, after visiting its reservoir, strolling along its lovely streets and perhaps visiting its medieval market, you can find interesting culinary proposals like a good raclette at *La Petit Raclette*, classic restaurants such as *Felipe* and *El Mesón* and varied menus at *El Reloj*, *La Rumba* and *El Portillón*. Traditional steakhouse grills *La Fonda* and *Las Postas* are also good options surrounding Navacerrada.

In Moralzarzal, you can discover *Barrenola*, a bar and restaurant with a good level and perhaps the best wine menu in the entire region. This same village is home to *Cenador de Salvador*, by chef Salvador Gallego, a quality restaurant with a cosy hotel that also houses a well-known cooking and hotel school. Lastly, the restaurant *Azaya* in Matalpino, at the feet of La Pedriza, offers astounding meats and some highly recommended recipes with seasonal game.

## Where to find them?

**La Taberna de Elia** / Pozuelo de Alarcón / [www.latabernadeelia.es](http://www.latabernadeelia.es) | **Jiménez** / El Plantío / [www.restaurantejimenez.es](http://www.restaurantejimenez.es) | **La Partida** / Villanueva de la Cañada / [www.lapartida.com](http://www.lapartida.com) | **Al Plato María** / Villafranca del Castillo / [www.alplatomaria.es](http://www.alplatomaria.es) | **Santa María** / Santa María de la Alameda / Tel. 918 99 90 06 | **La Sopa Boba** / Alpedrete / [www.restaurantelatasopaboba.com](http://www.restaurantelatasopaboba.com) | **Asador Alto del León** / Alto del León / [altdelleon.com](http://altdelleon.com) | **La Chimenea** / Guadarrama / Tel. 918 54 29 36 | **Sala** / Guadarrama / [www.restaurantesala.com](http://www.restaurantesala.com) | **Asador Paco** / Los Molinos / [hornodeasarpaco.es](http://hornodeasarpaco.es) | **Yeyu** / Cercedilla / [restauranteyeyu.com](http://restauranteyeyu.com) | **La Petit Raclette** / Navacerrada / Tel. 918 53 11 72 | **Felipe** / Navacerrada / [www.restaurantefelipe.com](http://www.restaurantefelipe.com) | **El Mesón** / Navacerrada / Tel. 918 56 00 14 | **El Reloj** / Navacerrada / <http://elrelojrestaurante.com> | **El Rumba** / Navacerrada / [www.elrumba.com](http://www.elrumba.com) | **El Portillón** / Navacerrada / Tel. 918 56 02 56 | **La Fonda Real** / Navacerrada / [lafondareal.es](http://lafondareal.es) | **Las Postas** / Navacerrada / [hotelaspostas.com](http://hotelaspostas.com) | **Barrenola** / Moralzarzal / [restaurantebarrenola.com](http://restaurantebarrenola.com) | **Cenador de Salvador** / Moralzarzal / [www.elcenadordesalvador.com](http://www.elcenadordesalvador.com) | **Azaya** / Matalpino / [www.restauranteazaya.com](http://www.restauranteazaya.com)



## Looking at the Sierra of Gredos

Throughout the region that leads you to the Sierra of Gredos, you'll see water and granite, springs, pines and reservoirs. You can soak in both the landscapes and the historical town centres dotted with summer homes, with their post and lintel windows and coats of arms. The reservoirs of San Juan and Picadas are Madrid's unique watering holes, flanked by the forests of the Sierra Oeste and the vineyards for Garnacha and Albillo Real varieties, where numerous family run wineries are still operating, with large vats in which the wines were fermented.

This mountainous region means you'll find restaurants at which game and wild mushrooms are the stars, which take their pride of place in traditional and characteristic cuisine. In the village of Cenicientos, we recommend a visit to the restaurant *La Carpintería*, where you can try different preparations and textures of red partridge, like in pâté, in brine and in rich stews. Heading toward the reservoir of San Juan, succulent stops include *Serrano* and *Mesón El Puerto*. In Aldea del Fresno, the restaurant *El Jardín* has a great wood-burning stove and, in Colmenar del Arroyo, we recommend *La Estancia*, the restaurant at the cattle ranch of La Finca de Jiménez Barbero. In this same village, the *Mesón de Doña Filo* is rightly famous for dishing up some of the best offal in all of Madrid.

Several restaurants in Navalcarnero offer tasty roasted meats: *La Hostería de las Monjas*, *El Caserón de los Arcos* and *Las Cuevas del Carnero*, while the restaurant *Sabores* has somewhat more sophisticated cuisine. Very close, in Arroyomolinos, *El Lagar* is another great option for a great meal in a family setting.

### Where to find them?

**La Carpintería** / Cenicientos / Tel. 606 72 35 30 | **El Mesón del Puerto** / San Martín de Valdeiglesias / [www.mesondelpuerto.com](http://www.mesondelpuerto.com) | **El Jardín** / Aldea del Fresno / [www.hotelruraleljardin.es](http://www.hotelruraleljardin.es) | **Mesón de Doña Filo** / Colmenar del Arroyo / Tel. 918 65 14 71 | **Hostería de las Monjas** / Navalcarnero / [www.hosteriadelasmonjas.com](http://www.hosteriadelasmonjas.com) | **El Caserón de los Arcos** / Navalcarnero / Tel. 918 11 32 48 | **Las Cuevas del Carnero** / Navalcarnero / [www.lascuevasdelcarnero.com](http://www.lascuevasdelcarnero.com) | **Sabores** / Navalcarnero / [saboresrestaurantecafe.com](http://saboresrestaurantecafe.com) | **El Lagar** / Arroyomolinos / [www.ellagardearroyomolinos.es](http://www.ellagardearroyomolinos.es)



## A route through The Tagus meadows

Heading south, you'll see extensive fields of vineyards and olive groves and, of course, the Las Vegas area surrounding Aranjuez, where you'll find a large variety of dishes created with the very best products. Along this route, there are several pleasantly surprising restaurants that you can't miss if you're a lover of wonderful food.

Continuing along the route, in Getafe you'll find *Casa de Pías* and, in Griñón, a stop at *El Bistró* is well worth it. In Valdemoro, *Chirón*, with one Michelin star, is the destination par excellence, without forgetting *La Fontanilla*, Spanish cuisine with an innovative flair.

We recommend continuing your culinary outing towards Titulcia to visit *El Rincón de Luis* to savour its unforgettable foie. A visit to Colmenar de Oreja, Villarejo de Salvanés and Chinchón is essential for its wine cellars and its main town square, as well as its select restaurants: *Parador Nacional de Chinchón*, *Casa del Pregonero*, *Balconada* and *Café de la Iberia* are just a few of the most popular sites.

### Where to find them?

**Casa de Pías** / Getafe / [www.casadepias.com](http://www.casadepias.com) | **El Bistró** / Griñón / [laromane.com](http://laromane.com) | **Chirón** / Valdemoro / [restaurantechiron.com](http://restaurantechiron.com) | **La Fontanilla** / Valdemoro / [www.restaurantela-fontanilla.com](http://www.restaurantela-fontanilla.com) | **El Rincón de Luis** / Titulcia / [www.elrincondeluis.com](http://www.elrincondeluis.com) | **Parador Nacional** / Chinchón / [www.parador.es](http://www.parador.es) | **Casa del Pregonero** / Chinchón / [www.lacasadelpregonero.com](http://www.lacasadelpregonero.com) | **Balconada3** / Chinchón / Tel. 918 94 13 01 | **Café de la Iberia** / Chinchón / [www.cafe-laiberia.com](http://www.cafe-laiberia.com)

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