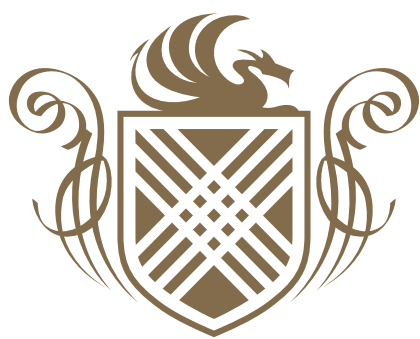


GRAPHIC NOTES



ISSUE 04- SPRING-SUMMER 2017

# EL NACIONAL

BARCELONA



## WELCOME

Discover Barcelona's  
gastronomic reference point



## EDITORIAL

El Nacional is proof of our country's culinary wealth. This restaurant's innovative concept is to bring together the wide variety of proposals to be found across the Spanish mainland, from North to South, always following one key premise: product that is high quality and sourced locally. The full range of our offerings can be experienced in our four restaurants – La Braseria, La Llotja, La Taperia and La Paradeta – and five bars – beers and tinned food, wines, cocktails, oysters and El Quiosc –, as well as the private space, El Magatzem. In total, a space of over 3,000 m<sup>2</sup> that can host up to 770 diners at once. Would you like to discover it?



## EL NACIONAL?

## 4 RESTAURANTS

LA BRASERIA

LA LLOTJA



LA TAPERIA

LA PARADETA



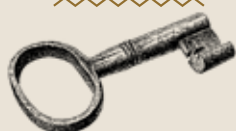
**Kitchens open  
all day long**

## YES, EL NACIONAL

A unique gastronomic multispace, with kitchens open all day long, where everyone can enjoy traditional recipes, prepared with high quality products in a unique setting, a reflection of Barcelona's social and cultural life.

## 1 RESERVED AREA

EL MAGATZEM



## 5 BARS

WINE BAR

COCKTAIL BAR



OYSTER BAR

BEER BAR



EL QUIOSC



◆ The Barcelona gastronomical experience ◆

## THE BASICS



**Wi-Fi** At El Nacional you can connect to our Wi-Fi service free of charge



**OPENING TIMES** El Nacional is open non-stop from **12 noon to 2 am**. And to **3 am** at weekends.



**BOOKINGS** You can make bookings by calling **+34 935 18 50 53**, by email **reservas.enb@elnacionalbcn.com** or on the web site **elnacionalbcn.com**.



**GROUP BOOKINGS** El Magatzem is the perfect venue for holding large events. For more information: **info.enb@elnacionalbcn.com**.



## GIFT CARDS

Would you like to give gastronomy as a gift? Give an El Nacional gift card (from 50 euros). You can acquire one on our web site **elnacionalbcn.com** or purchase it *in situ*.







Did you enjoy your visit to El Nacional? Share it with us on El Nacional BCN (Facebook) and @elnacionalbcn (Instagram and Twitter).

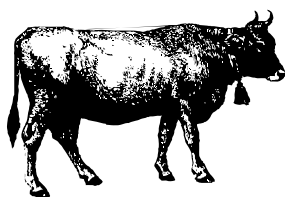


**HISTORICAL PHOTOS.** A visit to El Nacional means not only discovering Spain's gastronomy, but also a unique architectural space that deserves a visit, a little modernist jewel of the city's heritage, restored and decorated stylishly by one of today's most reputed interior decorators, Lázaro Rosa-Violán, inspired by the elegance of the nineteen thirties and forties. El Nacional is located in a space inside a block of Barcelona's L'Eixample, in between the Passeig de Gràcia and the streets of Diputació, Pau Claris and Gran Via, with access by a discreet private alleyway at number 24 Bis of the Passeig de Gràcia.

The modernist building was constructed at the end of the 19<sup>th</sup> century, in 1889, to house an exhibition hall, with an industrial appearance and timber vaulted ceilings. After the Civil War, it was converted into a car park, until it was restored to house El Nacional. The work, supervised by the district of L'Eixample to guarantee the conservation of the building's heritage elements, allowed the large skylights to be kept, letting light enter into the building, which has over 3,000 square metres and can seat up to 770 customers, between 12 noon and two in the morning, every day of the year, thanks to the work of 200 people.



## LA BRASERIA



WOULD YOU LIKE TO DISCOVER  
OUR BRASERIA'S MENU?



# Here we pamper our meat

Charcoal grilled aged beef is the star of La Braseria

**BARCELONA**— “Here we pamper our meat; with its quality, we couldn’t do anything else”, the assistant kitchen manager at El Nacional explains to define the mission of La Braseria, the restaurant that specialises in aged, charcoal grilled meat. Michel Grader’s eyes shine when he talks about the breeds they use, the aging system in cold rooms and the cooking process and he shows a video of one of the animals that will end up in the cold rooms at La Braseria in a few weeks’ time on his mobile phone.

The restaurant’s star products are the T-bone steaks from older beef cows, Iberian breeds, mainly from the Galician Blond breed, matured between 60 and 85 days in ventilated cold rooms, with controlled humidity and temperature – below 1°C, which, along with the fat that wraps and protects the meat, helps it to lose liquid and the flavours that are both due to genetics and rearing and feeding of each animal become concentrated. True delicacies for gourmet diners. The other star on the menu is the veal sirloin steak, aged for around 40 days, from the Bruna Pyrenean breed, as well as steaks and T-bone steaks from the same origin.

**DISPLAYED AGEING.** The meat reaches the restaurant in whole loins of 30 or 40 kilos, from which the T-bone steaks and sirloin steaks will be taken during the ageing process. This ageing will conclude with twenty days in the cold rooms, within the customer’s sight: the pieces that are going to be eaten can be seen in the fine-tuning room, at a slightly higher temperature, where for a few hours the meat *wakes up* and starts slowly to warm up before being moved over to the grills.

And the labels can also be seen on each loin and on each T-bone steak, on which all the traceability information appears to guarantee the breed, sex, origin and other data that guarantee the eating of each piece.

Both the T-bone steaks, taken from the upper part of the loin, and the sirloin steaks, corresponding to the lower loin, are charcoal grilled on open grills. If they are roasted in a closed charcoal oven, like other meat, the high temperature would burn the fat.

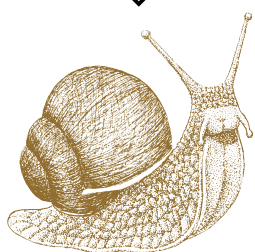
The T-bone steaks usually weigh between 900 g and 1.5 kg, which make them ideal for sharing between several diners and the sirloin steaks, 350 g, the perfect weight for a single person.



**OX TARTAR.** If the beef animals to be charcoal grilled always come from females, for steak tartar, another of the restaurant’s specialities, only ox meat, specifically from the leg, is used, and always made to order. According to the assistant kitchen management at El Nacional, ox meat is the most suitable for this dish because this aged meat acquires a more milky flavour; it has a greater proportion of fat, which melts in the hand, a pleasant fat, comparable to that of acorn-fed ham, which brings smoothness to the raw mixture.

**BEYOND BEEF.** Customers have a wide range of hors d’oeuvres and meat dishes. Amongst the former, Michel Grader emphasises the *cojondongo*, a typical dish from Extremadura, a mash of bread, garlic and oil with vinegar and water, ideal for the summer, that is accompanied by beef jerky and the extraordinary Payoyo cheese from Cadiz. Amongst the meats, the small whole roasted chicken stuffed with bread and herbs, the suckling lamb and the hand-made butifarra sausage and charcoal-grilled pigs’ trotters all stand out.

## SNAILS



Due to the fact that they live on land, they should also be considered meat, but in any event, this Catalan speciality offered by La Braseria deserves a separate heading: snails. Served in their juices, finished in the charcoal oven, which gives them a roasted touch, and of course, with the essential alioli garlic sauce. A banquet for those who don’t mind getting their fingers dirty or who do not want meat. And if a diner prefers seafood products, another Catalan speciality, *Cod a la llauna*, as well as Andalusian-style squid or Galician-style charcoal-grilled octopus are also on the menu.



## Iberian cocochas

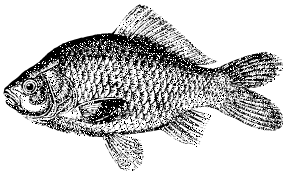
Extraordinary smoothness

From the sea, cod and hake cheeks. From the land, Iberian pork cheeks. At El Nacional they have christened the lower part of the cheek *Iberian cocochas*, both because they come from the animal’s head and due to their extraordinary smoothness, comparable to those taken from fish. An outstanding dish from the stew section, in which boneless ox osso bucco stands out, along with an essential dish for a restaurant located on the Passeig de Gràcia, Barcelona-style cannelloni.





LA LLOTJA



WOULD YOU LIKE TO DISCOVER  
OUR LLOTJA'S MENU?



# Choose the fish and we will cook it for you

Diners select the piece and how they want it cooked



**BARCELONA**— The ‘lonja’ or fish market is the place, where the fishermen auction their day’s catch and this is quickly sent on to its destination. For example, to El Nacional, where the restaurant, La Llotja receives its daily fish and it displays them so that customers can select the one they fancy and can ask for it to be cooked to their taste.

La Llotja is El Nacional’s restaurant that specialises in fish and that offers a wide selection for customers, since not only can the day’s fresh fish and shellfish be chosen from the display, but also customers can decide whether they prefer it grilled, baked, steamed, fried or stewed. Or raw, which as we will see, is also a possibility that this unique space offers. The option to choose the product and the

cooking method is a favourite of La Llotja’s customers, according to Michel Grader, assistant kitchen manager at El Nacional. And it is also the chef’s preferred idea, since this offer “multiplies the menu by a thousand. It is a living menu”. In fact, the incredible product rotation in the restaurant always guarantees the freshness of the offer.

At the fish market, which offers product by weight, whole pieces from the best Mediterranean ports are offered, always depending on the season and the market. When this product reaches the restaurant it is labelled with a serial number to guarantee its freshness and traceability to customers. Usually, there are wild sea bream, sea bass and bass (nothing to do with fish farmed product); shrimps, lobsters and prawns from

the Mediterranean; Galician mussels, cockles, clams, razor shells, octopus, edible crabs, spider crabs and goose barnacles; little red shrimps from Huelva, sea anemones and lobsters, amongst other tempting possibilities. On the menu different specialties are suggested with these fish and seafood, such as bass with vegetables, sea-bream baked in salt, clams from Carril and grilled Galician razor shells, Donostiarra-style wild sea bass and bluefin tuna fish with ratatouille. However, according to the customer’s preferences, these fish and shellfish can be prepared steamed, fried, charcoal-grilled... There are many combinations and the choice can be accompanied by sautéed vegetables, lettuce heart salad and fried potatoes.

**SEAFOOD STEWS.** For those who prefer stews, the menu offers two finger-licking good recipes from the Balearic Islands: the well-known Menorcan lobster caldereta (stewed lobster casserole) and the *bullit* (stew) from Ibiza. This unique dish is served in two stages: in the first place, the rock fish boiled with potatoes and accompanied with garlic mayonnaise. Whilst the customer is enjoying this dish, the broth from boiling the fish is used to prepare a dry rice dice, an ‘arroz a banda’, which is served immediately. The *bullit* is not commonly found on restaurant menus, but one of El Nacional’s characteristics is exactly this, to present dishes unknown to most people. “This is what differentiates us from restaurants for tourists”, Grader emphasises.

**OR RAW.** La Llotja’s menu could not neglect a very popular way of eating fish: eating it raw. In order to do this, the freshest fish must be available, such as the ones that arrive here every day. Four types of oysters, three from the Atlantic and one from the Mediterranean and a splendid Mediterranean bluefin tuna fish tartar with avocado, hazelnuts and sesame oil make up the offer. For those on the fence, we recommend our signature dish, Raw, a selection of oysters, tuna fish tartar and scallop cebiche to satisfy the most demanding raw food fanatics.

And if any of the diners do not fancy eating fish, at La Llotja an incredible hamburger with chips, a charcoal-grilled free-range chicken breast or a beef steak sautéed with vegetables can also be prepared, along with an extensive dessert menu.



## The best seafood paella, on the Passeig de Gràcia

Catalonian-style, slow cooked and with a touch of Alicante

Often we associate paella with the coast, because it is true that often the best rice dices are found in the coastal towns. But here El Nacional is also breaking with tradition and offers one of the best fish and seafood paellas in the Passeig de Gràcia, in the heart of Barcelona, without having to go down to the sea. The paella from La Llotja is slow cooked, in the Catalanian-style, with a sauté of onion, pepper, tomato and cuttlefish, reduced and caramelized over a long time, to which a chopped sauce or Alicante ‘*salmoreta*’ is added, which is prepared here with oven roasted spicy red peppers and tomatoes, and the cuttlefish’s spleen, giving it a delicious taste of the sea. The rice is poured into this enriched sauté, which is bathed in a fish broth prepared with mantis

shrimps, crabs and rockfish, to which a third portion of chopped food is added to give it even more flavour and the dish is finished in the oven. La Llotja’s paella normally has Norway lobsters, Mediterranean king prawns and Carril clams, but other ingredients may be incorporated, depending on the market.

**FIDEUÀ (NOODLE PAELLA) AND BLACK RICE.** In addition to the paella, rice-lovers can also enjoy a black rice of fish and shellfish, with similar ingredients to those used in paella, plus the cuttlefish’s ink. And for those who prefer pasta, noodle paella or fideuà, with garlic mayonnaise, the typical sauce based on garlic and oil that accompanies this type of dish all along the Mediterranean coast.





## LA PARADETA

WOULD YOU LIKE TO DISCOVER  
OUR PARADETA'S MENU?

# A gourmet break

A break to taste 'cocas' and other delicatessen



**BARCELONA**— Located at the entrance to El Nacional, La Paradeta reflects in its name the intention of the designers of this gastronomic macro-space: a place to take a break, chat and relax whilst having a drink and some of the delicatessen dishes that are offered on its menu, on which the cocas and the mini pizzas stand out.

La Paradeta is the most versatile area in the complex, where you can stop and eat at any time,

whether you are looking for a peaceful café, a place to eat quickly, a corner to have a relaxed afternoon tea or a place for an after work drink.

This restaurant's culinary offer starts, as with the other restaurants at El Nacional, with double fermented bread and *coca* flatbread accompanied by Garland tomatoes, oil and salt, to be spread to the taste of each person. Using this as a base, there is El Nacional's assortment of cheeses or the splendid Iberian ham from Guijuelo.

If we need a quick meal: a Catalan salad (with cold cured meats), of cod with *xató* sauce or handmade cheese and a range of pasta dishes that include the classic macaroni with bolognese sauce, roast meat ravioli and for the most gourmet, the *ricci* tuna fish tartar.

**SAVOURY 'COCAS'.** This is where La Paradeta really comes into its own; in the offer of savoury *cocas*, some prepared like the typical Catalan *cocas de recapte*, and others, like mini Italian pizzas.

Amongst these thin-doughed and with a base of tomato and cheese, the mini-pizzas of vegetables with salad sprouts, butifarra *esparracada* and the Iberian *sobrassada* stand out.

Amongst the *cocas*, the most popular are the ones with Iberian ham and rocket; oil with cooked ham, cheese and spinach and the roasted vegetables and goat's cheese flatbread.

Added to these permanent selections are others using seasonal products, such as the tomato coca or the mushroom and pumpkin coca, in the autumn.

**CAKES FOR THE SWEETEST TOOTH.** This versatile corner can be considered as a paradise for those with a sweet tooth, since along with our speciality of savoury *cocas* is another no less attractive one of varying crêpes and cakes. The cakes, obviously prepared on the premises, are displayed so that customers can be guided by all their senses and choose apple cake, lemon and meringue pie; orange and lemon cake; cottage cheese cake, rice pudding; banana, chestnut and chocolate cake or any of the many specialities on offer. Those who prefer crêpes will also find several specialities, such as lemon and sugar; strawberry and Catalan *crème brûlée* or two chocolates.

**APERITIFS, BEERS AND WINES.** In this space all kinds of drinks are served to accompany the different possibilities on the menu. If we are having an aperitif, we will be able to have a manzanilla or Jerez dry sherry, or red or white vermouth from Tarragona.

Seven specialities of the restaurant's house beer are offered on draught, ranging from the popular Estrella, double malt Voll-Damm and Damm-Lemon shandy by the glass or the pint, to bottled alcohol-free Free-Damm, mild Sazz, gluten-free Daura and the gourmet beer, Inedit.

On the wine list, there are whites, rosés and reds, cava sparkling wine and sweet wine. Along with sangria, which can be made either using wine or cava sparkling wine.





WINE BAR



WOULD YOU LIKE TO DISCOVER OUR WINE BAR'S MENU?

# Order it with cheese

## Cheese and wine make the perfect couple

**BARCELONA**— Stories tell that in ancient times, when wine dealers offered their products to be tasted by customers, they always accompanied them with cheese so that the strong flavour prevented them from detecting any faults in the wine. This is where the Spanish expression “don’t let them give it to you with cheese” comes from, warning of a possible scam.

Paradoxically, wine and cheese form one of the best duets in gastronomy and this simplicity gives great moments of pleasure. Of course, to avoid undesirable clashes, it is best to be guided by the experts and this can be done at El Nacional’s Wine Bar, where an expert will advise customers on the best way to accompany the different wines, with cheese and cold cure meat cuts, preserves, salted fish and canapés.

The wine list offers a careful selection of the best Spanish denominations of origin, with fourteen permanent selections plus two rotating ones, all of which are served both by the bottle and by the glass.

The cheese covers the entire Iberian Mainland and offers pearls such as the prize-winning cheese from Extremadura, Pascualet, the Catalanian blue goat’s cheese, Avi Ton, the essential Manchego or the Portuguese Queijo de Azeitao.

Iberian Guijuelo ham deserves a separate heading, hand sliced in front of the customer, as well as the Iberian acorn-fed loin and chorizo sausage.

Two appetisers, one of them a selection of seafood preserves and the other of vegetables preserves, plus two salted fish dishes, herrings and the famous L’Escala anchovies complete the offer available at this bar.



EL NACIONAL'S BREAD

**THE THIRD ELEMENT FOR THE PERFECT FEAST.**  
Along with the wine and cheese or cold cured meats, a good bread is essential. To do this, the Wine Bar has a double offer, prepared by the prestigious L’Espiga d’Or bakery: a long fermented bread, dense and aromatic and a toasted ‘coca’ flatbread, light and crunchy, spread with Garland tomatoes, oil and salt.

LA TAPERIA



WOULD YOU LIKE TO DISCOVER OUR TAPERIA'S MENU?

# Singing out the tapas

## The little hot dishes are sung out to customers



**BARCELONA**— The idea of eating tapas involves the implicit idea of the search, in addition to good food, for an informal, relaxed and fun setting. Therefore, El Nacional’s La Taperia imported a formula that customers love, tapas that are sung out, *Malaga-style*: the waiting staff call out the recently-prepared hot dishes as they come out of the kitchens and they serve them to the customers who raise their hands and ask for them, like an auction. Special care has been taken in this restaurant when choosing the waiting staff, who play a leading role when *singing out* the tapas and when recommending the dishes to diners and telling the kitchen what people are asking for to match the offer to the customers’ preferences at all times.

Therefore, when you sit at a table, a waiter will take your order of drinks and cold tapas, and give you some clues as to what is being cooked in the kitchens. Once served, the party begins.

**A MAP OF TAPAS.** La Taperia’s menu is a real map of the Spanish Mainland, condensed into over forty permanent proposals to which others are added according to the season’s products. Amongst the cold tapas, in addition to the excellent Guijuelo Iberian ham that is available throughout El Nacional, there is also a cheese board and several salads, such as the personal version of Russian salad, baby broad bean with Iberian ham and mint salad; flaked cod *esqueixada* with tomato and olives; fish and shellfish salad and the typical ‘Gildas del Norte’.

The show starts with the arrival of the hot tapas. Patatas bravas (fried potatoes with spicy tomato sauce), ham croquettes, fried eggs, fried fish (cod, Andalusian-style squid, prawns from Huelva) or shellfish (razor shells, steamed mussels). But the stars here are the little rice and noodle dishes; amongst the former, mixed meat and fish, black, shellfish or vegetable paellas. Noodle and black noodle paella are always served with garlic mayonnaise for diners to add as they wish.

For lunch or dinner, although based on tapas, varied desserts are a must. These represent the different regions, from Granada’s *piononos* to Catalanian *crème brûlée*, including classic dishes such as *crème caramel* or rice pudding, fruit salad or a version of bread with chocolate, oil and salt.

**CARLES TEJEDOR'S RUSSIAN SALAD.**  
One of the tapas that is treated worst in restaurants is the Russian salad, often prepared using frozen, low quality products. La Taperia dignifies this product with a recipe by El Nacional's Gastronomic Executive, Carles Tejedor, a recipe that has a single secret, according to its author: “product and simplicity”. La Taperia’s Russian salad only uses potato, tuna and mayonnaise. But not just any potato, the best from each season, the best tuna and mayonnaise prepared in the restaurant itself. The selected potatoes are boiled in their skins to prevent them from absorbing the water and losing their flavour. They are peeled when cold, diced and dressed with the mayonnaise along with the tuna. Simply delicious. In addition to the Russian salad, the chef highlights the tomato with red onion and tuna belly salad from the menu, now that it is coming into season.



## OYSTER BAR

WOULD YOU LIKE TO DISCOVER  
OUR OYSTER BAR'S MENU?

## Oysters and cava sparkling wine, the perfect couple

The ideal space to indulge yourself at a special bar



**BARCELONA**—Oysters and sparkling wines such as cava are subconsciously associated with gourmet pleasure, with an outing in good company, with the luxury that we all deserve at one point or another.

And to enjoy it, you don't have to go very far, at the heart of Barcelona, El Nacional's most unique bar is the ideal place to indulge yourself.

The space, located opposite the restaurant's entrance, is oval-shaped, like an oyster and it is the

ideal venue to taste the purest flavours of the sea sealed in mother-of-pearl shells and at the same time, the best-prepared fruits of the land, such as cava sparkling wine and Champagne.

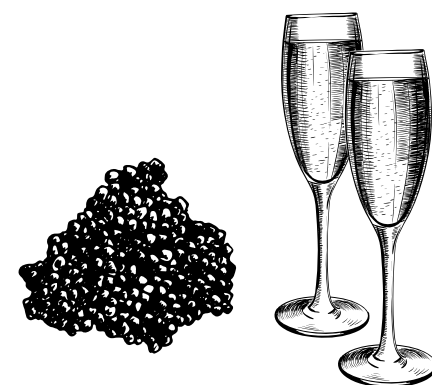
The oyster rules in this corner of El Nacional, where diners can choose between four varieties, three from the Atlantic (two from the Brittany and Normandy regions and the flat oyster from Galicia) and one from the Mediterranean, specifically, La Fine de Claire, grown in Southern France.

Obviously, each oyster is opened in front of the customer by expert staff, as the ritual associated with this mollusc demands, only being handled to check that it is alive, which guarantees safe eating. According to the taste of the person who is going to eat them, they can be served naturally or with different dressings, from the simplest, such as lemon juice or pepper, to others more suitable to the palates of other countries, such as the spicy sauce preferred by Asians or the shallot vinaigrette with which the French usually accompany them.

Oysters are not the only fresh product that can be savoured at the bar: Galician clams opened in front of the diners are a good alternative, as is the Mediterranean blue fin tuna tartar or the Norwegian smoked salmon cubes.

Pairing this different seafood is not a problem in this space, which offers a selection of wines, cava sparkling wines and Champagnes by the glass for those who want to take a break after work or before a dinner and a much more extensive wine and sparkling wine list by the bottle, where an appreciable offer of French sparkling wines stands out.

**CHAMPAGNE AND CAVIAR.** The French Champagne list includes nine selections, three of them rosés and the best-known names are not missing, such as Dom Pérignon, Veuve Clicquot or Louis Roederer. Any of them will accompany oysters or clams perfectly, but the Oyster Bar hides another treasure which, without any doubt, is the perfect pairing for Champagne, another product that is permanently amongst the first names on the list of luxury items and sophistication: caviar. Caviar Platinum, from Russia, in 30 or 50 gramme portions.



## COCKTAIL BAR

WOULD YOU LIKE TO DISCOVER  
OUR COCKTAIL BAR'S MENU?

## The best offer of spirits

Whisky, gin, vodka and tequila brands complement the classic and signature cocktails



**BARCELONA**—El Nacional's Cocktail Bar is a paradise for cocktail and spirit lovers, who can enjoy a menu with classic and signature cocktails that are constantly being renewed, as well as many brands of whisky,



gin, vodka, rum, tequila and brandy, which can be accompanied by toasts specially created for this space and with gourmet products from the other bars.

This spring, the bar is renewing its cocktail menu, but the great classics, such as the Manhattan and the Margarita, the refreshing mojitos and caipirinhas and the aperitif cocktails, such as Dry Martini, the Negroni and the Bloody Mary will continue. The Italian Spritz, prepared with Aperol Spritz and cava sparkling wine, unmistakable due to its orange colour, will also not be missing. The cocktail that carries the restaurant's name, El Nacional, will also continue, based on Yzaguirre white vermouth, cinnamon, sugar, lime and mint. The cinnamon stick is burnt in front of the customer and its aroma inundates the entire space. According to its creators, it is easy to drink and is delicious at any time of day or night.

Those who prefer their flavors unmixed, can take a look at the whisky menu, with mainly Scottish and North American references, although there is also the exotic Nika All Malt, a Japanese blended whisky. Or the Scotch, blended or single malt, such as Laphroaig, Lagavulin or Macallan; and the bourbons, such as the popular Jack Daniel's, ranging to the more exclusive brands such as Blanton's. It is just as hard to choose from among our many gins (from Xoriguer from the Balearic Islands to the exclusive German Monkey 47) or a vodka from amongst the same number of brands (from Finland, France, Sweden and obviously, Poland and Russia).

The Cocktail bar's menu also include American rum, Mexican tequila and Spanish and French brandies.

**TOAST AND WHATEVER THE CUSTOMER**

**ORDERS.** To accompany the cocktails and spirits offered by the Cocktail Bar's extensive menu three toasts have been designed with top quality gourmet products.

For those who prefer fish, the smoked cod and fresh tomato and the salmon with tartar sauce toasts and for meat-lovers, the ox tartar toast. However, the Cocktail Bar's customers enjoy the privilege of being able to order products from the other bars, ranging from oysters to the best preserves, cheeses and cured cold meats. "It is a special venue where special things can be obtained", Michel Grader, assistant kitchen manager states.





# The best of El Nacional in a private venue

El Magatzem can seat up to 42 people at family and business events



**BARCELONA**— Each restaurant or bar at El Nacional has its own personality and style and in spite of being such an extensive complex, each venue creates its own ambience, as may be seen on a first visit. However, there is a space that is not seen during a visit of this type, a reserved venue, exclusively for groups where the best of El Nacional’s extensive culinary offer may be savoured.

The decoration of El Magatzem simulates what its name means in Catalan, a warehouse, with a wall of wooden boxes, bottles and other elements to be found in a place of this name, located, obviously, alongside the restaurant’s central kitchen.

It is a reserved area designed for holding family or business meetings, groups of friends, or work meetings in a peaceful, private area, which has a complete audiovisual equipment, suitable both for those who wish to combine work with a meal and for those who are holding a private party and wish to show family films or movies to amuse the children.

The groups who visit El Magatzem can have a drink at one of El Nacional’s bars before the meal or after a work meeting and they have an extensive gastronomic offer, from a sweet coffee break for work meetings, to a menu prepared expressly for the occasion.

**MADE-TO-MEASURE MENUS.** The assistant kitchen manager, Michel Grader emphasises this point of being able to prepare a made-to-measure menu from the extensive offer of all the restaurants for eating in a space that is “very pleasant and with a highly accomplished lighting and ambience”. The menus on offer are extensive. Two hold the name of El Nacional and they include a selection of the best products from all the menus; one of them can be set out as a buffet for an informal meeting, where specialities such as oysters, blue fin tuna tartar or acorn-fed Iberian ham will be served. Other menus correspond to the offer from each restaurant and can include dishes ranging from a roast suckling pig cooked at La Braseria to a selection of fish and shellfish from La Llotja. Without forgetting the best wines and cold cured meats and the ‘cocas’ from La Paradeta. Another possibility is **La Taperia’s menu**, which includes the unique restaurant’s Russian salad, croquettes or patatas bravas. And of course, with the entire wide range of drinks from the establishment’s five bars.

## OUR WALL



### SHARE YOUR EXPERIENCE



**El Tocador BCN x Armani Beauty.**  
**@CRISTINISMOS**

It is one of the most photographed areas at El Nacional and not by chance: the restrooms give the feeling of being in a theatre.



**The most spectacular decoration.**  
**@ELNACIONALBCN**

At El Nacional we have joined the celebrations of the Saint’s Day of Sant Jordi, since we are located in the middle of the Passeig de Gràcia.



**Capture the instant in all formats.**  
**@MYWEDDINGLAB**  
**@TRENDSANDFASHION\_OFFICIAL**

By mobile phone or camera, the façade of El Nacional does not pass by unnoticed.



**Giving a free rein to creative freedom.**  
**@ELNACIONALBCN**

We celebrate Saint Jordi with ‘La Jordina’, a delicious cocktail of floral liqueurs.



## SOURCES

Fresh, seasonal and top quality. The Iberian mainland has the privilege of having hundreds of agro-food and wine products certified with the seals of denomination of origin or Protected Geographical Indication. El Nacional pays tribute to these and to many other products from the best locations on the mainland, adapting its menu each month to the rhythm marked out by the country's market garden, the land and the seasons. Using seasonal products ensures a balanced diet and allows food to be eaten at its prime moment, with greatest flavour and more nutrients.

### Wine (Ribera del Duero)

In this **denomination of origin**, located in Castilla y León, some of the country's top quality wines are produced. In September these wines, which are prepared with a minimum of 75% of the tempranillo grape variety, appear on El Nacional's menu.

### Cherries (Jerte Valley)

**Cultivated by hand** in amongst the mountains at an altitude of over 2,000 metres, in the north of Extremadura and harvested by hand using chestnut baskets, as has been done since the 17<sup>th</sup> century.

### Green 'triguero' asparagus (Granada)

In the nineteen thirties, farmers from **Huétor Tájar** brought back triguero asparagus, growing it for home consumption. Today it has its own PGI.



MAY

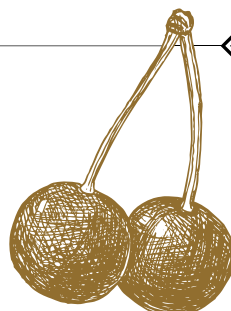


**GREEN 'TRIGUERO' ASPARAGUS.** It is thin, with a straight carriage, a dark stem and characteristic due to its intense bitter-sweet flavour.



**WHITE ASPARAGUS.** White, with a smooth texture, it has antioxidant properties and a diuretic effect and it is good as an accompaniment to meat and fish.

JUNE



**CHERRY.** It has no stalk, it is sweet, crunchier and deep red in colour. June is the best time to enjoy this tasty fruit.



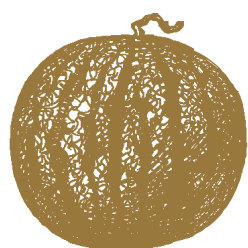
**STRAWBERRY.** Its deep red colour, its very sweet flavour, although with a touch of acidity and its meaty texture. Rich in vitamin C and antioxidants.

JULY



**TOMATO.** Pinkish in colour, large, fine-skinned and with a smooth pulp. It makes salads, gazpacho and salmorejo soups recover their traditional flavours.

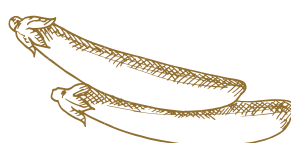




**WATERMELON.** Diuretic and rich in vitamin C, the watermelon is one of the stars of the summer, since it is made up of 90% water: it hydrates and brings its sweet flavour at the same time.



**PEACH.** A delicacy that stands out due to its uniform yellow colour and that surprises due to its excellent flavour and sweetness.



**COURGETTE.** This vegetable, which can be eaten raw or cooked, is light, hydrating and refreshing. Ideal for eating on the hot days of August.

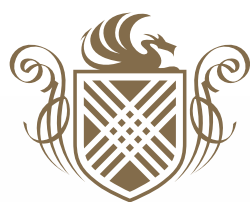


**GRAPE.** The white varieties are excellent for light meals, whilst the red ones are perfect for red meats and roasts.



**WINE.** Red wine is the star product and it is mainly prepared using tempranillo grapes. Rosé wine is also produced, with hints of strawberry.





# EL NACIONAL

BARCELONA

## THE MAP

### La Braseria

The carnivores amongst us have an appointment at this venue. The **raw material**, which is displayed to diners and **show cooking**, round off a proposal that is loaded with flavour through steak tartar, a delicious T-bone steak, osso buco....

### Cocktail Bar

If you are fussy about your cocktails and always ask for your dry Martini, shaken not stirred, this is the place for you. Here you will be able to try **classic versions along with signature** creations for as long as you wish.

### La Llotja

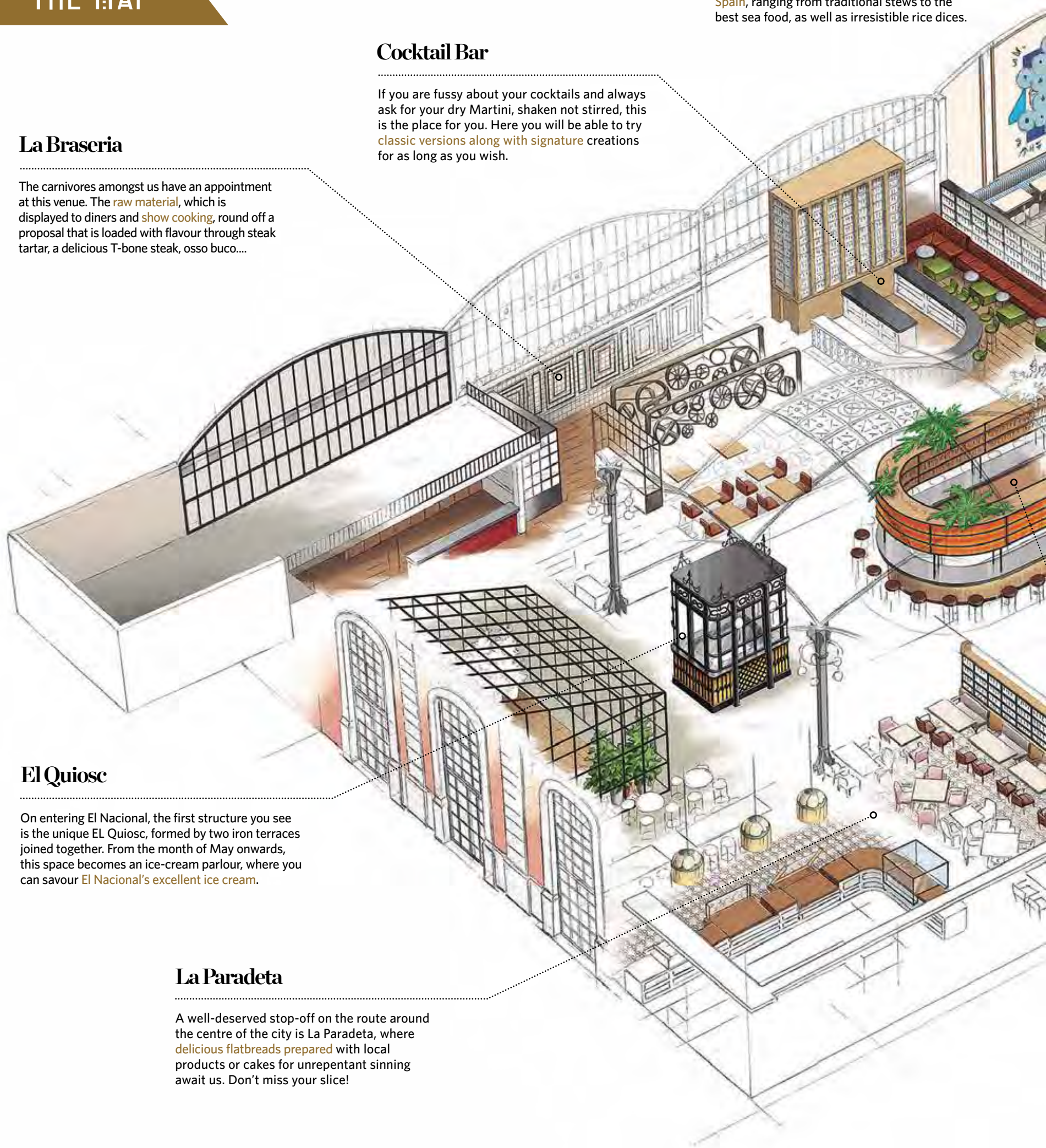
The flavour of the sea brought straight to the table. The privileged menu of this venue devoted to fish is fed by **recipes from all over Spain**, ranging from traditional stews to the best sea food, as well as irresistible rice dices.

### El Quiosc

On entering El Nacional, the first structure you see is the unique EL Quiosc, formed by two iron terraces joined together. From the month of May onwards, this space becomes an ice-cream parlour, where you can savour **El Nacional's excellent ice cream**.

### La Paradeta

A well-deserved stop-off on the route around the centre of the city is La Paradeta, where **delicious flatbreads prepared** with local products or cakes for unrepentant sinning await us. Don't miss your slice!





## El Magatzem

This **private room** allows meetings and celebrations for groups of up to 42 people can be held, with personalised attention. Additionally, the menu includes the best dishes from the four restaurants and five bars at El Nacional.

## Oyster Bar

Up to four different varieties of this delicacy are on the bar's menu. They may also be enjoyed accompanied by a selection of wines and cavas. And in addition to oysters, we also serve **salmon, tuna, king crab, seasonal sea food and caviar** here. All of them without any dressing to ensure that the flavour of each can be fully appreciated.

## La Taperia

Lovers of good tapas already know that the **flavours of Spain, from North to South**, can be discovered through these great little delicacies. At La Taperia you will discover all of them in a highly authentic setting.

## Wine Bar

If you like wine, but you get lost amongst its many different varieties, you will be able to become a complete expert by visiting this bar in El Nacional. The wine list is complemented with **cavas and fortified wines**, such as Jerez or sherry.

## Beer Bar

This corner is a tribute to our favourite beverage. Beer becomes the cornerstone of the bar's gastronomic suggestions, since **each of its varieties** is paired with some surprising delicacies.



## BEER BAR



# A beer bar within El Nacional

We slip into the Beer Bar to savour the essence of Damm



**BARCELONA**— Beer is, without any doubt, one of the most popular drinks in our country; therefore it should have its own space within El Nacional. And to give it form and content, the restaurant could only join up with a brewery with an extensive range, prestigious and with roots in Barcelona: Damm is the brewery used by El Nacional.

Damm has a history of over 140 years and it is present in 85 countries. These are very important figures that have not taken the company away from the city that gave birth to it, and where it still has a very strong presence and an active link, with all kinds of popular, cultural and sporting events, ranging from sponsoring the Olympic Games to the *castellers* (human tower groups). Even its historical head offices, located in Rosselló street in Barcelona, have become a reference point in the city's social life, hosting sporting, cultural, gastronomic events or those from the world of sponsorship, with which the brand works.

The company's founder, August Kuentzmann Damm arrived in Barcelona in 1876 with his wife, Melanie. Here he founded Cervezas Damm.

In Barcelona's heyday, culminating with the Universal Exhibition of 1929 (in which the company took part), the company grew along with the city, and it moved its main brewery to Rosselló street, in the emerging Eixample district of Barcelona, then almost on the outskirts of the city.

**ESTRELLA DAMM, SINCE 1921.** In 1921 the company launched its most popular product onto the market, Estrella Dorada, the beer that adopted the name of the five-pointed star that is the brand's symbol. The crisis that affected Europe as a whole during this decade and the lack of raw materials did not slow its growth down or stop production, not even during the Civil War.

Damm has continued to create new products since then, such as the popular Voll-Damm Doble

Malta and it has extended to the rest of Spain and to other countries, and it is now very popular in the United Kingdom and the United States.

However, it has known how to keep up its involvement in the life of the city and country, sponsoring both local and international events, such as the 1982 Football World Cup, the 1992 Olympic Games or the 2004 Barcelona Forum of Cultures.

At present, Damm has 28 different styles of beer on the market. Amongst them, styles that range from the dark beers (Turia) to the Munich type bitters (Bock-Damm), passing through a coupage of lager and belgian ale (Inedit), pilsner lager (Estrella Damm) or märzen (Voll-Damm). There are also 100% malt options (A.K. Damm), shandy (Damm Lemon) and alcohol-free beer.

In 2008, Damm was a pioneer in creating a gluten-free beer suitable for celiacs, Daura, with the traditional beer flavour. Today, Daura is the gluten-free beer that has won most awards in the world.



WOULD YOU LIKE TO DISCOVER  
OUR BEER BAR'S MENU?

SELECT

## Canned food, ham and bread with tomato

### Fish and shellfish, cheese and cold cured meats to accompany your beer

The full name of this bar is “Beers and tinned food”, which says it all. Here the so-called **El Nacional's canned shellfish aperitif** is the king, along with tapas of cockles, clams, razor shells, sardines, cuttlefish, mussels in pickled sauce, salted and fresh anchovies in vinegar, for fans of the best products from the sea. Those who prefer the fruits of the soil can ask for a range of canned vegetables or tapas of selected asparagus or artichokes.

But at a beer bar, probably the aperitif drink most popular in our country, the most popular tapa could not be left out, **Iberian acorn-fed cured ham from Guijuelo**, as throughout the restaurant, served

alone or in an assortment of cold cured meats. An assortment of cheeses completes the offer, which must be accompanied by a good bread, spread with tomato, in keeping with tradition.

**Here the light and crunchy toasted coca or flatbread** is served, accompanied by Garland tomatoes, oil and salt for diners to add to taste.

For those who just wish for a small aperitif before eating in one of El Nacional's restaurants, the menu also offers light snacks of crisps and olives.

### ESTRELLA DAMM, THE MEDITERRANEAN BEER.

The company markets its most popular beer under the name of Estrella Damm, using the same formula that it created over 140 years ago by the young man from Alsace, August Kuentzmann Damm, when he arrived in Barcelona. Damm opened his own brewery in the Catalan capital in 1876 and created a beer adapted to the Mediterranean climate, lighter than Central European ones, using the formula that today is known as Mediterranean lager. The recipe is the result of the combination of barley malt, rice and hops, acquired directly from local Mediterranean farmers.

Once the barley has been selected, it is transferred to the malting plant, where it germinates, is dried and roasted. Damm is one of the few breweries that has its own malting plant, which allows it to control the entire preparation process of its products first hand. The yeast used comes from the same strain used for generations, and this is what gives Estrella Damm beer its distinctive taste.

The fermentation and ageing of the beer once this yeast has been added takes its time, and at Damm it is kept in lagering tanks for three weeks to guarantee the best flavour.

### GLASS OR PINT.

From the Beer Bar's pumps four of Damm's best known creations flow. In addition to Estrella Damm, we can find the intense Voll-Damm Doble Malta; the black Munich-style Bock-Damm and the refreshing Damm Lemon, the true Mediterranean shandy, made using the traditional recipe: 6 parts beer and 4 parts lemon. If we prefer bottled beer, at the Bar we can enjoy the alcohol-free beer, Free Damm, the smooth Saaz, the Alsatian A.K. Damm, the dark Turia, the San Sabastian Turia and the gluten-free Daura. A special mention must be given to Inedit, Damm's gastronomic beer created in 2008 by Ferran Adrià and the team of sommeliers from El Bulli, along with the master brewers from Damm.



## HOW TO SERVE A BEER

We have gone to the expert brewers at Damm to discover the secrets for pulling a good beer. In the first place, they recommend using glass containers to be able to better appreciate the colour and brightness of the beer. For lighter beers, in general narrower containers are better and as they become darker or have a higher alcohol content, wider-mouthed glasses are recommended, for improved oxygenation of the liquid. The glass must be very clean to avoid remains of detergent or rinse aid, which could prevent the forming of the head. And very importantly, the cup must be cold but not frozen, because when a glass is too cold, it modifies the aroma and flavour of the beer and prevents the head from being formed. Flat bottomed mugs or glasses are also recommended for pulling beer, such as those used by the Beer Bar at El Nacional.

### DRAUGHT BEER.

1. We will wet the glass with water, to encourage the beer to slip over the inside when it is pulled and not come sharply up against the glass, which could mean the loss of some of the carbon dioxide.
2. We will slant the glass 45º whilst we open the tap completely, which should never touch the beer, neither during nor after filling the glass. It must remain at a distance of between 10 and 20 centimetres, to ensure the beer gently hits the walls and encourage the forming of the head.
3. When we have filled three quarters of the glass, we will straighten it and turn the tap off for the beer to stand for a few seconds.
4. Shortly afterwards, we will add two fingers of head. To obtain this, the tap must be kept open in an intermediate position.

### AND BOTTLED BEER.

1. We will wet the glass or mug with water. We will slant the recipient around 45º with respect to the bottle.
2. We will maintain this slant until half the recipient has been filled.
3. To create a head, we will place the recipient vertically and finish filling it.



## FRIENDS OF EL NACIONAL

# Tradition and thoroughness to create great cava

For Juvé & Camps, tradition and renewal go hand in hand with ecological vine growing



**BARCELONA**— A hundred-year history that dates back to Joan Juvé Mir, founder of the family saga in 1796 in Sant Sadurn d'Anoia. 270 hectares of vineyards in El Penedès belonging to the family and another 200 if we count olive trees, cereals and woodland. Mediterranean air, environmental balance, biodiversity and maximum thoroughness in all the phases, looking after each type of grape from its cultivation to the production and the subsequent sale of its cava and wines.

**EXCELLENCE AS A PHILOSOPHY.** Although summarising so many generations, jobs, care and efforts would require many pages, this is a very short extract of what this family company is. Perhaps it would be worth adding the deep respect to nature and its cycles, which is currently being shown in the complete ecological conversion of Juvé & Camps' vineyard, as stated by Antonio Orte, head of Oenology at the wine cellar, along with Toni Cantos. Low yield wine growing practices

that consider the vines as part of the landscape and the wine as an expression of its ecosystem. "The experience of four generations of wine growers in El Penedès has shown us to look at the land-vines with different eyes. We have changed from having a corrective mentality (when synthetic products were used to treat diseases or pests) to working in a preventive manner. Strengthening the health of the plant, seeking the natural balance with its ecosystem (fauna, flora...) and applying the minimum intervention possible. We have all become impregnated with this new philosophy that has been translated into an improvement in the end quality of the grape", Orte comments.

**THE VALUE OF ECOLOGY.** A philosophy that has been recognised with the strict certification of ecological vine growing, obtained in 2015. Vineyards that are free from chemical insecticides and herbicides and fallow periods of up to seven years for the soil to rest

and recover. The reward for all this, healthy, balanced and top quality grapes.

When the moment comes to harvest the fruit after a year of dedication, the grape harvest is performed completely by hand. Grape harvesters linked for years to the family, equipped with scissors, cut only the healthy, whole bunches, which are placed in small plastic baskets. Care must be taken to ensure the grapes are not squashed. To a large extent the quality of the future wine depends on the grape harvest. "The vine-grower who harvests the grapes makes a selection at the foot of the vine, discarding any marred bunches. Additionally, in this way we ensure that the whole grapes arrive in our hands, in this way preserving all their potential", Orte tells us.

**THE BEST EQUIPMENT.** The recently harvested grapes require top quality installations for their treatment and for turning them into wine. Like the winery that Juvé & Camps has in Espiells, a complex surrounded by vineyards, styled like a French chateau. The precious bunches arrive here, after a short journey from the nearby vineyards. In rooms that are perfectly fitted to receive and select the grapes, the stalking, pressing and subsequent fermentation takes place in large, controlled temperature tank storage warehouses.

This is how the optimum vinification of base wines is performed for cava or sparkling wines, as well as young, crianza or reserve wines, including whites, rosés and reds. An impressive warehouse of barrels and advanced bottling line complete the complex. In the cellars located in Sant Sadurn d'Anoia, built by the family since 1921, the cava sparkling wines acquire great quality, finesse and an elegant character, slowly maturing in the stacks, thanks to the craftsmanship and meticulous work, following traditional guidelines and renewing the bottles on the desks. At a constant temperature between 12 and 18°, in the dark, without any noise or air currents, the second fermentation in bottles takes place following the traditional *champenoise* method. An extreme thoroughness to ensure that the cava acquire the subtle, complex aromas which, along with their creaminess, freshness and elegance, characterise the Juvé & Camps cava.

## PAIRINGS

By Antonio Orte  
Oenologist at Juvé & Camps

### LA PARADETA



**MAGNUM RESERVA DE LA FAMILIA 75 CL.** Versatile, to enjoy with traditional cooking and the flavours of the land that are marked in our minds from childhood. Sensations that are saline, fatty, roast, smoked flavours... find in this cava the perfect accompaniment that smoothens and lightens these dishes.

### LA TAPERIA



**MAGNUM GREGAL.** Exuberant, with floral and tropical fruit notes, it combines with the Andalusian style squid and the ham croquettes from La Taperia. Its fried eggs or its garlic prawns are also helped by its freshness and clean acidity to reduce their intensity, in this way prolonging the enjoyment of the meal by diners.

### LA LLOTJA



**MILESIMÉ.** Purity and selection of the raw material that the sea brings us. Maximum quality and simplicity. The Milesimé cava respects the entire flavour of the dish, bringing freshness, smoothness and balanced acidity to offer a unique gastronomic experience. La Llotja's sea and mountain squid share the same idea and offer more complex sensations.

### LA BRASERIA



**IOHANNES.** The fire in the fireplace always draws us: roasted, smoky, spices... they are aromas that are difficult to forget. The perfect pairing: Iohannes, a structured red wine, with body, full of reminders of ripe red fruits, notes of coffee, tobacco, oak wood... These are the base to create a unique moment of harmony.



## FRIENDS OF EL NACIONAL

# Bread is a key to good gastronomy

The quality of the bread receives the same attention as the other foods at El Nacional



**BARCELONA**— One of the essential elements in El Nacional's philosophy is to seek out the best quality in all the products that are used in its different spaces. To achieve this, it is essential to find top quality suppliers who are committed to the restaurant's standards. El Nacional has placed its trust in L'Espiga d'Or as its bread supplier. This is a bakery in Vilanova i la Geltrú that prepares all kinds of top quality breads using artisan procedures and ecological products.

Heading the establishment is Jordi Morera Ransanz, a fifth generation baker from L'Espiga d'Or. Regarding what it means to him and his team to be responsible for supplying bread to El Nacional, he states: "We are very proud that a restaurant of this quality, with a well-deserved reputation for always using premium products, has decided to serve our bread".

**A TRADE THAT BECOMES AN ART.** A baker both through family tradition and by vocation, he asserts the importance of artisan bread in gastronomy: "There are many establishments that do not give bread the importance it deserves, where only the quality of the oil, the meat or the fish is worried about". On the other hand, a large majority of customers at good restaurants are pleasantly surprised and appreciate the fact that they are served high quality bread. In his opinion: "El Nacional is a

pioneer in this trend, which is clearly on the rise, of valuing bread within the gastronomy".

Every day, Jordi and his team are in charge of taking the bread from Vilanova to El Nacional. Bread prepared using artisanal methods and top quality ecological flours. Jordi likes to state that "progress lies in reaching back". With this sentence he wants to show the knowledge of the artisanal methods of making bread. He clarifies this by saying: "Our grandparents knew how to make it perfectly, but often they did not know why it was so good. Now, the reasons are known and therefore they must be brought back and up-dated".

**QUALITY.** Good bread needs, amongst other things, a long fermentation, over 24 hours. This is one of the aspects that differentiate it from industrial bread. Obviously the quality of the ingredients also plays a part, since artisanal bread has many nutritional values and is healthy for the organism. And obviously, knowing how to serve it. The different breads from L'Espiga d'Or reach El Nacional whole and they are sliced in the central kitchen, using a special machine, just before distributing them to the different spaces of the restaurant for immediate consumption. In this way, the bread reaches the tables at its optimum point. Jordi concludes: "There are people who avoid bread, but the problem is not the bread itself, but its quality".

**THE VOCATION.** Jordi Morera was born in 1986 and he grew up in the heart of a baker family. The family bakery was founded by his great-great-grandmother in 1888, when it was known as 'Genoveva's bakery'. After passing through the hands of his great-grandparents and his grandparents, in the nineteen eighties and nineties, when the frozen bread industry was on the rise, his parents, Rosa and Jordi, strengthened the business by opting for quality over quantity. This was a risky decision, but a winning one, as can be seen today, when quality bread has returned and regained the starring role it deserves. **But this return to the essence of artisanal bread is not at odds with innovation.** A few years ago, he won the prize for innovative craftsmanship. For him, both concepts are symbiotic: "Innovating in bakery lies in knowing how to look back to the past, recovering and understanding the know-how of our ancient bakers, their processes and customs, learnt based on centuries of their profession and empirical science". His second passion, after making bread, communicating about it. Therefore, he gives classes both in workshops for home bakers and in professional schools. This has made him even more aware of the fact that he must continue training: "I can say that I am a teacher, but there is still a very long way to go before I can say I am a master".

**Good bread needs, amongst other things, a long fermentation with sourdough, of over 24 hours. This is one of the aspects that differentiate it from industrial bread**



## MEAT CULTURE

# Aged meat, much more than a fashion

Long ageing periods in controlled conditions bring flavour and texture

**BARCELONA**— Fish must be eaten fresh, immediate eating is also highly valued for most fruit and vegetables, but this axiom is not valid for all foods and not at all in the case of many meats, which require an ageing time in order to be able to eat them in optimum conditions.

In recent years, a new trend has appeared that is turning this ageing of beef into maturation, over-maturation and even extreme maturation, which has generated a debate, but with an agreement amongst gourmets and connoisseurs: ageing gives the meat more flavour and texture, it provides nuances; it can be compared to the aged meat of Iberian acorn-fed hams.

When any beef animal is slaughtered, the meat needs a time for the rigor mortis to relax, which in the case of cows and oxen is at least 15 or 20 days. If the meat is eaten before this, it will be tough and leathery and a great deal of liquid will be released, because it will not have lost this during the ageing process.

We all have experience of buying some steaks, under the impression that they were quality meat and found that there was no way to tenderise them. This is certainly due to the short time taken to market meats that have not aged for long enough and the widespread idea is that for meat, as with other foods, the fresher the better.

The need for ageing for the meat to relax and recover from rigor mortis is not disputed by any professional. A side of beef has even remained in an ageing room for up to four years without its meat becoming inedible.

The question that immediately comes to mind is: can any beef meat be subjected to these processes? Which is the best dry aged meat?

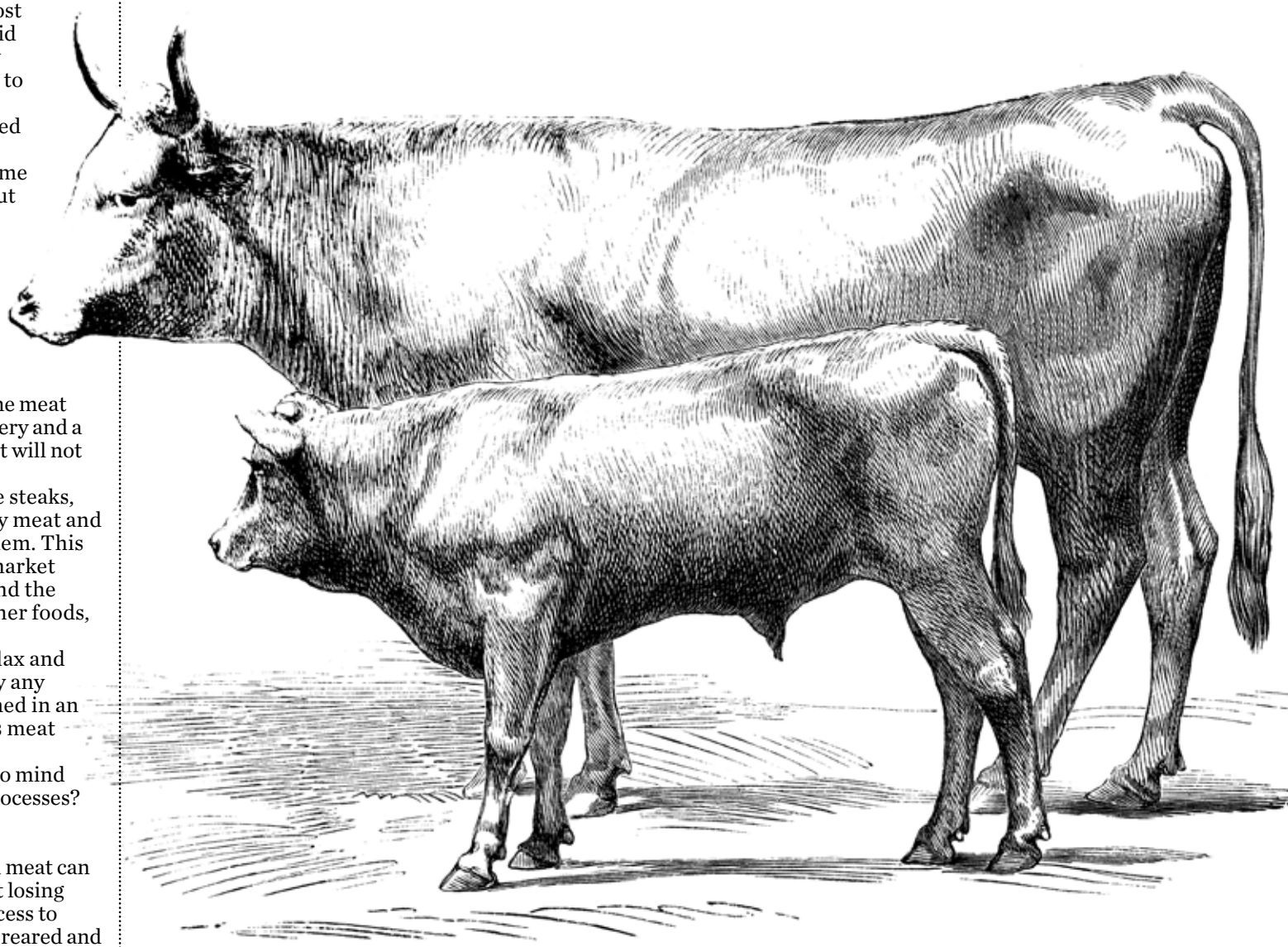
**VEAL, BEEF, OX.** The answer is no, not all meat can be subjected to a long ageing process without losing properties and becoming inedible. It is a process to which only old cow and ox animals, carefully reared and fed, can be subjected. Are we clear what they are?

Veal meat comes from young animals, up to a year old, of either sex. Here experts warn that at this age veal from heifers is better, although this is not normally indicated when we buy it. Veal meat does not accept a long ageing process; it reaches its peak between 30 and 45 days.

The veal heifers that are over 12 months old that are not slaughtered are used as dairy cows or for breeding. They will be used for this function until they become non-productive: at this moment, if the farmer puts them out to grass for a time and gives them feed that is rich in cereals (wheat, corn), the animal will recover and become an old cow with meat that is perfect for ageing. This category includes animals between 3 and 9 years of age.

On the other hand, the male veal animals that are left alive after 12 months have been castrated to make them more docile and they are fattened or used for work in the fields. The former will be slaughtered at 2, 3 or 4 years of age, but the ones used for work in the fields will live quite a lot longer, until their performance decreases. As is the case with cows, with a resting time used to feed them with good grass and cereals, they will become the most sought after trophies, because their meat admits the longest ageing processes, thanks to the covering layer of fat that will protect it during the time it remains in the ageing room.

"You can't age the meat from all animals", Carles Tejedor, gastronomic executive at El Nacional explains. "They must be cows or oxen that have been looked after like another member of the family, that have been put out to grass, that have eaten a great



## Bringing time to a halt

Ventilated rooms at less than 2°C achieve the miracle

Ageing the meat is how to stop time for the animal's body and to do this it is necessary to use special ageing rooms that only a few companies, and even fewer restaurants, possess.

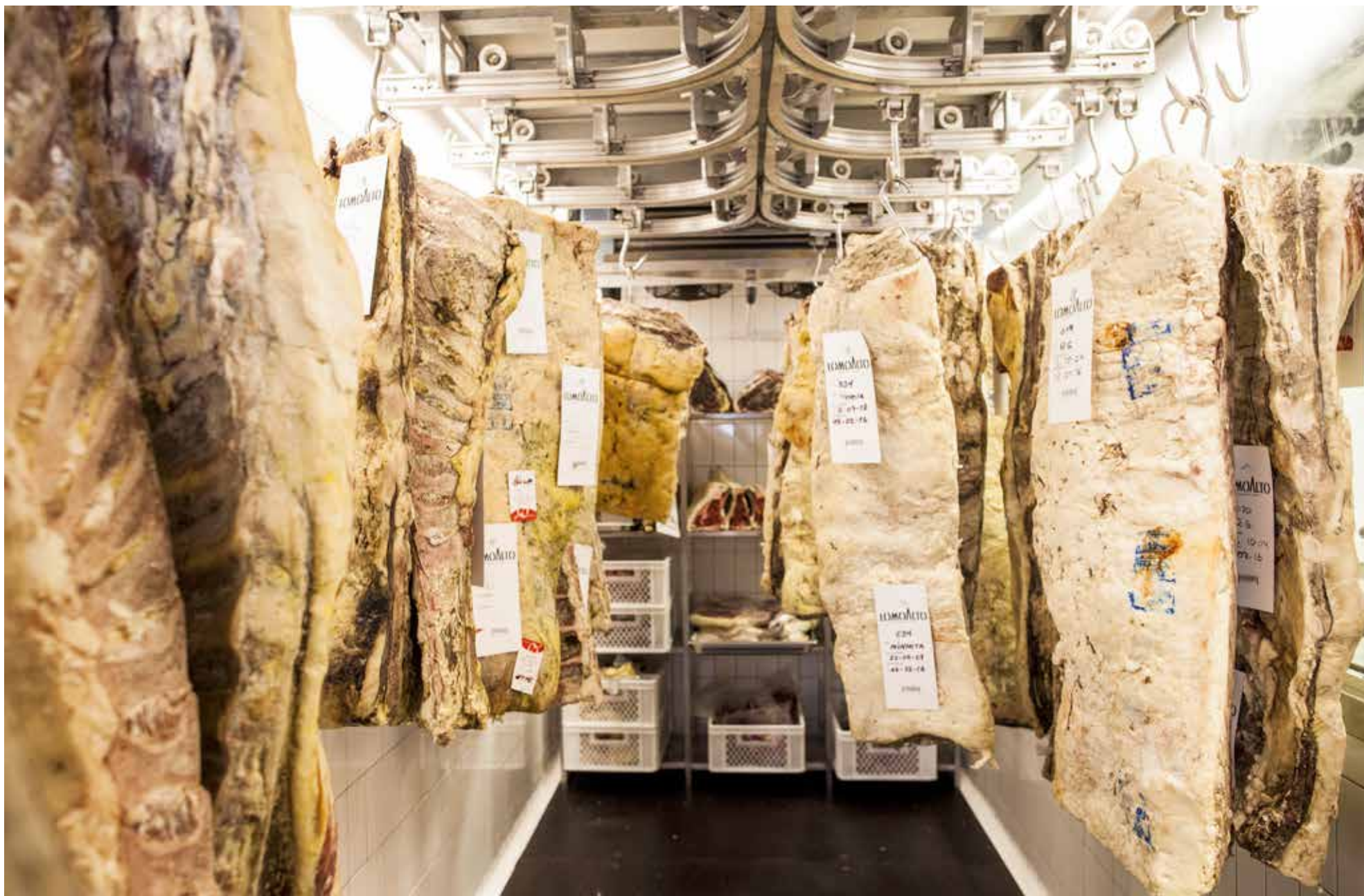
Ageing is a **preservation technique** based on regulating the temperature (less than 2°C, often below 1°C, without ever reaching freezing point), the humidity and very importantly, the ventilation. This causes the loss of water from the meat and the concentration of flavours, as well as the proliferation of mould on the fat that is wrapped around the piece and that will protect it. This loss of water **also causes a weight loss of up to 30%** in the pieces subjected to ageing. This ageing period may be short (from 30 to 65 days), long (from 65 to 200 days) or extreme (over 200 days). For the second option, only loins from old cows and oxen are chosen, whilst for the extreme ageing, only whole oxen with very special characteristics, "unique pieces" are used. In addition to the weight loss, the loins subjected to ageing

also become smaller because the ends of each piece, which remain in contact with the cold and with the air become dried and are discarded when the meat is divided up.

**TERTIARY FLAVOURS.** Ageing does not bring greater juiciness to the meat, because it loses a good part or virtually all the water, but it does bring **a smoother feel to the palate**, bringing out the tertiary flavors and lactic notes. Carles Tejedor, gastronomic executive at El Nacional, talks about the flavours of butter, wet soil and touches of roast.

Doesn't extremely aged meat rot? "Categorically no", Tejedor states. It does not rot because it contains almost no water and because "the difference between ageing and rotting lies in humidity". A badly aged meat can be recognised immediately due to its acid flavour and slimy texture. "Aged meat is like cheese, the smell is strong, but the flavour is smooth", Tejedor concludes.





**You can't age the meat from all animals. They must be cows or oxen that have been cared for like another member of the family, that have been put out to grass, that have eaten corn...**



deal of corn... The breeds must be known, along with the region where each animal has lived”.

The fat is very important in these animals, since if the outer layer protects the meat, the marbled fat improves the flavour and the smoothness, as occurs with ham and meat from Iberian pigs. The colour of the outer fat also offers clues regarding the age of the animal and how it has been fed, since it will be more yellow in colour the more corn and cereals it has eaten.

**MEAT BROKERS.** These cows and oxen are not found on the larger farms, devoted to intensive veal meat breeding of slightly older animals, two or three years of age, but on smaller farms, where the farmer prefers to keep the animals for some time, although they are non-productive, because he knows that this period, far from causing him losses, will mean a greater profit when the animals are offered to the specialty market.

There are true specialists in looking for these animals, known in the sector as “meat brokers”, who untiringly journey around the towns and villages throughout Spain, particularly in the north, to find these animals, which are becoming increasingly scarce, particularly the oxen, which nowadays are hardly ever used in the fields.

Carles Tejedor, member of the Gastronomic Management team at El Nacional and at Lomo Alto, and in charge of dealing with the suppliers, proudly

shows on his mobile phone photos or videos of the animals selected for his restaurants, many of which he visits on their farms before formalising the purchase.

In his opinion, the best meat comes from Galicia, “a unique place in the world for breeding beef cattle”, he states, due to the salt from the sea breeze that brings to the grass that feeds the animals. This community, along with Asturias, supplies to a large extent the best restaurants devoted to quality meat.

**COW INSTEAD OF OX.** Taking into account what has been said about the difference between veal, cow and ox meat and the scarcity of oxen, a great deal of fraud is being committed when selling what is supposedly ox meat, and is usually veal or cow meat. How can this be prevented? By mistrusting cheap ox meat or demanding the label that guarantees its traceability, that is to say, the possibility of knowing the name and sex of the animal, when it was born and when it was slaughtered, who its parents were and where it was born, it grazed and it died. “Restaurants must show these labels if customers ask for them and they must clearly indicate on the menu what type of meat they are offering to their customers”, Tejedor states.

For example, La Braseria at El Nacional offers only heifer veal meat aged for a minimum of 30 days (entrecote, sirloin steak and T-bone steak), T-bone steak from old cow, aged a minimum of 60 days, ox hamburger and ox tartar.



**LOMOALTO**  
RESTAURANT DE CARNES



**A GRILL SPECIALISING IN BEEF**

# A unique restaurant in the world

The ageing and refinement rooms and the grills make Lomo Alto unique



**BARCELONA**—Lomo Alto is not just another restaurant, nor is it even just another meat restaurant; it is a steakhouse specialising in aged beef, with unique equipment designed down to the last detail to strengthen its specialisation.

The restaurant, which, along with its younger brother, Lomo Bajo, takes up 700 square metres of premises in what was first the Capsa theatre and then the cinema of the same name, where the streets of Aragó and Pau Claris meet up in Barcelona, shows its personality the moment you walk through the door: the walls tiled with 55,000 white tiles similar to the ones traditionally used in butchers' shops and the gentle, pleasant aroma of meat that is breathed in, as in a butcher's shop, and which merges with the smell of the grills, leaves us in no doubt as to what this restaurant, opened last year, offers us.

On reaching the first floor of the restaurant, the first thing that draws customers' attention is the vertical ageing room, closed with a transparent glass door, where a Galician blond ox called 'Cuernos' (Horns) is ageing, split from top to bottom, which

will be eaten after fourteen months ageing for the pleasure of the most seasoned palates.

"How many other restaurants in the world have a room like this to age an entire ox?" Carles Tejedor, the restaurant's gastronomic executive asks, knowing that the answer is that there is no other. Only a few specialised companies have vertical ageing rooms like this in their installations, where the meat rests at under 1°C temperature and with permanently controlled humidity and ventilation. Only two keys allow access to this sanctuary where twice a year, the ox is taken down for consumption and another one hung up that will complete its ageing for another five or six months.

But this space is not the only unique element that distinguishes Lomo Alto, but rather the entire system of ageing rooms and the control of each piece, each cut of meat, which leads Tejedor to ask another question that also has a negative answer: "Does anyone in the world have this ageing room system, with a similar control of each loin and each cut?"

In addition to the vertical ageing room, another horizontal, much larger ageing room, allows customers to see the ageing process of the entire beef loins hanging in it through its glass walls. The ventilation in these rooms is essential, since it makes the meat lose its water and the lack of humidity allows

the meat to be aged for longer without spoiling.

Everything is on view, Tejedor emphasises: "We want to give maximum transparency and confidence to our customers". The pieces that are going to be eaten on the day are cut, also in the customer's view, and they are moved to the refinement rooms, facing the public, where they will be left to rest for a few hours at a controlled temperature of 9°C, before being taken to the grills for cooking.

**STRICT SANITARY CONTROLS.** The meat that arrives at Lomo Alto comes both from its own discoveries and from suppliers who choose one of the animals, which often are inspected at the place of origin by Tejedor himself. During the slaughter and preservation process they are subjected to the strictest sanitary and traceability controls.

During the ageing process in the chambers, periodic bacteriological analyses are carried out and each piece is controlled by a computer system that allows the name, sex and origin of the animal, slaughter date, weight and other information that guarantee the traceability of the pieces to be known. Even when the T-bone steaks are cut that are going to be served on the day, the computer system generates a label with the animal's information and about the specific piece,



WOULD YOU LIKE TO DISCOVER  
OUR LOMO ALTO'S MENU?



**THE IMPORTANCE OF THE GRILLS.** The pieces of meat spend the last minutes before arriving at the tables on the three open grills in the restaurant. There are no embers under the first grill, but the meat is warmed with the heat given off by the other two; when the inside of the meat reaches 25°C, it moves onto the second grill, at a medium distance from the fire. Finally, the meat reaches the grill placed over the embers where it will remain for just a minute on each side to seal it. Before this, the piece is covered with a mixture of sea salt and seaweed salt. Only the best pieces are grilled on these grills, ox and mature T-bone steaks; the remaining meat on offer is cooked in a closed charcoal oven.

**SELECTED BREEDS.** In the aged cow and ox meat, thanks to the dehydration process and to the protection of the layer of fat, a concentration of flavour is produced that turns them into something that is special and unique. However, the final flavour will depend on the animal breed, on its feeding and on the region. For this reason, at both Lomo Alto and Lomo Bajo, only meat from a dozen selected breeds is served, most of them Iberian and raised on the Mainland along with a few from Europe. The breed most used is the prestigious Galician Blond, which owes its unique flavour in part to the region where it grazes, irrigated by the saline humidity of the Atlantic Ocean. The Sayaguesa breed, native of the province of Zamora and with its own denomination of origin, is another of the most frequent animals used on the grills. The Alistana-Sanabresa breed also comes from this

**At Lomo Alto and Lomo Bajo, only meat from a dozen selected breeds is served, most of them Iberian and raised on the Mainland, along with a few from Europe**

including the weight and the price that the customer is going to pay. And it clarifies whether the meat is ox or cow, a point that is not very frequent in restaurants, where often ox is sold when it really is cow or even veal, meats that have very different flavours and quality. The label also includes a number that places the piece on the list of the T-bone steaks that have been served in the restaurant, a figure that is over 15,000 in its first year.

region, whilst the Cachena comes from Galicia and the Tudanca from Cantabria. The Casina or Asturian Mountain breed comes from the Principality of Asturias, as does the Asturian Valley breed. From Portugal there are another four Iberian breeds also eaten at el Lomo: the Maronesa, the Arauquesa, the Ramo Grande and the Barrosa. Finally, from France, come examples of the Mirandesa breed.

**NOT JUST T-BONE STEAKS.** The offer at Lomo Alto is basically carnivorous, but it is not only this. The stars are, obviously, the char-grilled whole steaks (which can be of aged national veal, selected European cow or aged old cow) and the clean loin centres (of European cow, of aged old cow or of aged Galician ox). Each of these meats has been subjected to a different ageing process. Veal remains in the ageing rooms between 35 and 50 days, whilst old cow and ox, except for the one at the entrance (which is aged whole), are hung for between 60 and 120 days. All of the pieces are served accompanied by confited piquillo peppers, chips and green salad. Whoever wishes to try a different cut can ask for veal entrecote with béarnaise sauce, veal sirloin steak or ox hamburger, and if they don't want to eat beef, the offer is quite extensive and includes charcoal-grilled free-range chicken, roast pork ribs, rabbit and Calaf spicy sausage, grilled suckling lamb and shoulder of suckling lamb. And although the restaurant is devoted to meat, if a diner prefers fish, there is a choice of grilled turbot, cod and octopus. Amongst the hors d'oeuvres, the grilled lettuce, seasoned with flakes of salted cod and the tomato salad with tuna fish belly and spring onions stand out. The cured cold meats are not missing, obviously made from beef and the house appetisers stand out, based on premium handmade beef jerky, chorizo, salchichón, sobrasada and cured ox tongue. The sobrasada deserves a separate chapter, since it is the only cured meat prepared in the restaurant itself.



LOMOBAJO  
FANS | CARNES

BETWEEN BREAD

# Real gourmet sandwiches

At Lomo Bajo they are prepared exclusively with aged cow or ox meat



## BARCELONA—

Hamburgers are back in fashion: it's been a while since they lost the label of fast food and have taken the leap to new restaurants where the product has been dignified with the best meats, breads and accompaniments. But if

the main part of a sandwich such as a hamburger is exactly this, without any doubt the best ones must be looked for where the best meat is available.

Lomo Bajo is the little brother of Lomo Alto, the only steakhouse specialising in aged meats in Barcelona and one of the only ones in Spain. Lomo Bajo is located on the first floor of the restaurant. It is more casual, informal, devoted to sandwiches, but with the quality of the unique meats that are eaten in the restaurant, mature old cow and ox.

The menu offers four hamburgers, three made with mature meat and one, the Supreme, with ox meat. In all cases the animal's leg is used, minced when it reaches its optimum point of ageing and it is cooked in the closed charcoal oven, in such a way

that it is well-done, but still juicy on the inside.

The Classic hamburgers, made of cow and the Supreme, of ox, share the most typical garnish in between the pieces of bread: lettuce, tomato and onion, but they are roasted on the grills, which gives the dish a special touch. Of the other two cow meat hamburgers, the Gorgonzola has the famous Italian cheese that gives the hamburger its name and the Sybarite includes grilled foie gras and apple, a perfect combination.

According to the number available, the second group of sandwiches are the Rock & Rolls, presented in the style of the classic lobster roll, that is to say with the bread open on the upper part and filled with different delicacies. For example, the Ox Tartar Roll, hand-minced aged meat, wrapped in a creamy sauce of egg yolk with a touch of lemon, accompanied by crunchy onion. Or the beef jerky sandwich, with sprout and citrus fruit salad and a few touches of garlic mayonnaise. Or the ox sobrasada sandwich, prepared in the restaurant itself with cheese and honey. And the moruna (skewered diced pork), with mayonnaise and red onion.

And in third place, although no less important, the new version of the classic steak sandwich, in two

options, veal steak and old cow T-bone steak. The steak sandwich with green pepper and cheese and seasoned with meat mayonnaise, which enhances the flavour; and the T-bone steak sandwich, pink and tender inside, with piquillo peppers.

To accompany the sandwiches, there are four sides, from essential mountain potato chips (homemade, of course) to onion rings with cane honey, or Padron peppers with rock salt and a tomato salad with tuna and onion. To share as starters, the menu offers another two salads, chicory with gorgonzola cheese and walnuts and tomato with tuna fish belly, in addition to some delicious beef croquettes.

Ah! and the desserts and the drinks should not be forgotten, including the entire range of Damm beers and a selection of wines by the glass, in addition to three different gin and tonics, either in whole or half portions. For the desserts obviously for cocoa lovers there are proposals such as *Chocolate, chocolate, chocolate*, which is served in three textures, sponge cake, mousse and sauce and Belgian dark chocolate ice cream. And the beer baba with whipped cream also stands out, without forgetting the pineapple with fresh cream, the lemon sorbet and the classic vanilla ice cream.



WOULD YOU LIKE TO DISCOVER  
OUR LOMO BAJO'S MENU?



## Top quality meat, bread and exquisite seasonings, and some splendid views over the centre of Barcelona make the offer at Lomo Bajo an unbeatable experience

**SPECIAL BREADS FOR EACH MEAT.** The best meat cannot be served on any bread; therefore the best bread was sought out for each sandwich, which and delivered to the restaurant every day.

The hamburgers are served on pretzel bread: the German bread with toasted crust and a cross-shaped cut in the top, with the sweet touch that the butter and sugar give it.

For the rolls, English bread was chosen, but sandwich-sized.

The most unusual is the black kamut and carob bread, ciabatta-shaped, which makes up a crunchy wrapping that is ideal for the steak sandwich and its seasonings.

**A RESTAURANT WITH A VIEW.** Eating a sandwich in Lomo Bajo is not just any old experience, thanks to the splendid views enjoyed by its clientele. On entering the ageing room can be seen, where a whole ox is ageing and once inside, through the extensive windows both the bustle of the streets of Aragó and Pau Claris and the ageing room of the loins or the space where the butchers prepare the pieces and separate the T-bones and entrecotes before sending them to the refinement rooms, each piece with the label that allows its origin and all its characteristics to be followed.

And obviously, diners can contemplate the comings and goings of the kitchen, separated by just a glass wall, where both the sandwiches served in Lomo Bajo and the dishes to be served at the tables of Lomo Alto are prepared. The three different-levelled open grills, where the first one tempers the large T-bone steaks before sealing them on the lowest grill, is quite a spectacle.



**TAKE AWAY GOURMET SANDWICHES.** Are you in a hurry because you are going to eat at the office or you want to take a sandwich home? Or are you going to take advantage of the good weather to eat outside? You can do this without giving up on quality, because a fast or informal meal does not have to be a bad one. Our sandwiches are available for take away meals. We have designed some beautiful boxes, which will not open or lose their shape whilst being transported and you can eat anywhere you like, just as if you were in the restaurant.

Each box is specific to each type of sandwich: long ones for Rock & Rolls; wide, low ones for steak sandwiches and deep, square ones for hamburgers. On the outside, as well as the name of the sandwich, the type of bread used to prepare it, with its ingredients, the Iberian cow breeds the meat comes from and the accompaniment ingredients are all specified. On the hamburger box, the weight is specified (125 or 250 grams) and if it is an Ox Supreme, a blue label states that the meat comes from castrated male animals, with a minimum age of 6 years.

## INFLUENCERS



**@gastroadikta.** Anna Barri is an influencer who talks about Lomo Bajo, (98.3 thousand followers) and recommends the steak tartar roll.



**@mpaletgo.** With a total of 15.4 thousand followers, Montse Palet recommends trying the "delicious creation", the sirloin steak sandwich.



**@foodietourbcn.** With 11.7 thousand followers, Foodie Tour BCN recommends the Sybarite, a hamburger with grilled foie gras and apple.





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