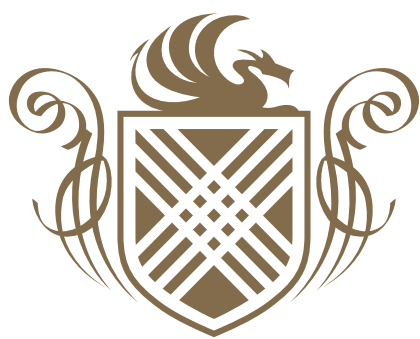


GRAPHIC NOTES



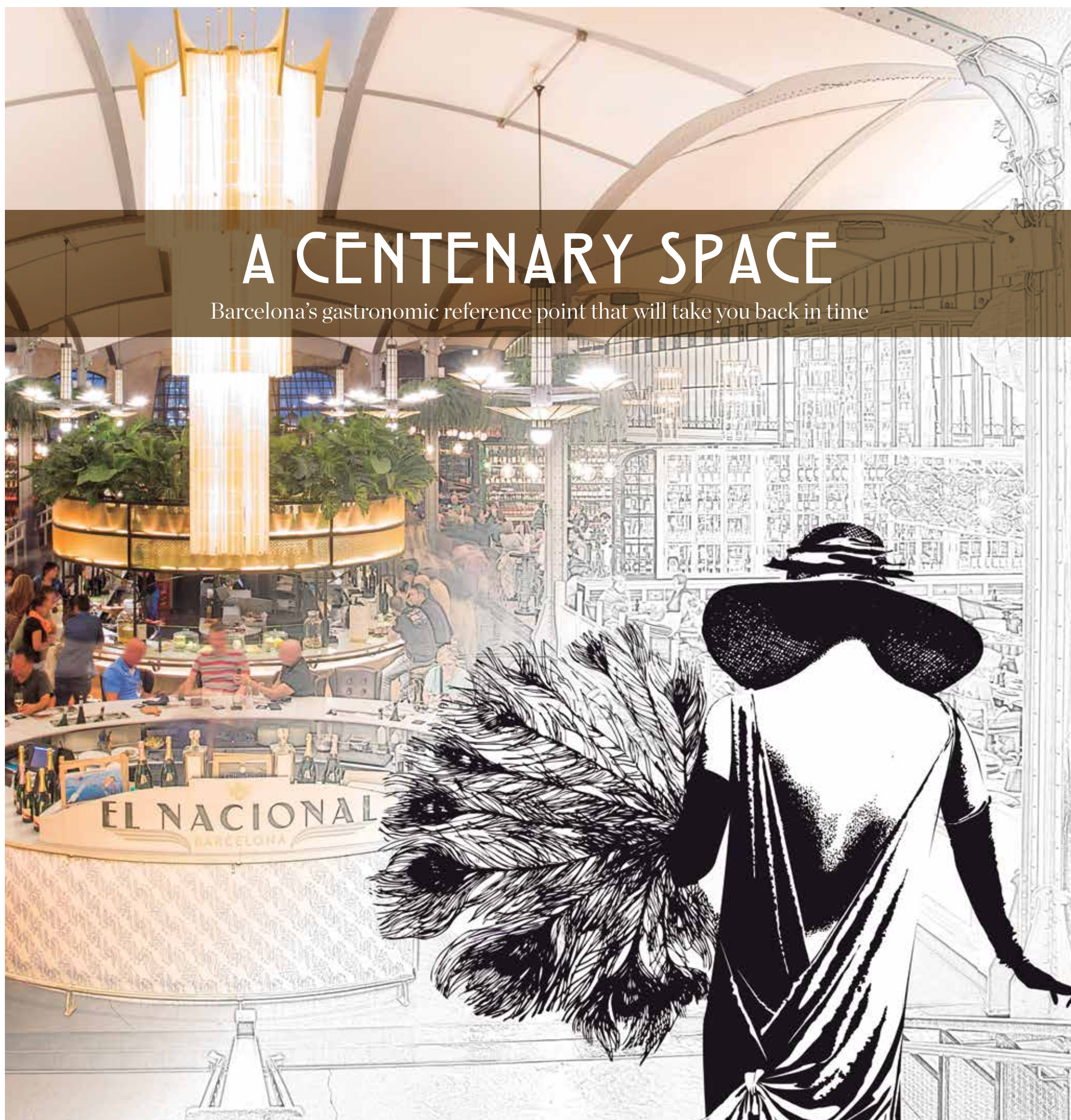
ISSUE 5- AUTUMN-WINTER 2017

EL NACIONAL

BARCELONA

A CENTENARY SPACE

Barcelona's gastronomic reference point that will take you back in time



EDITORIAL

El Nacional is much more than a restaurant. It is a gastronomic macro-space formed by four restaurants and five thematic bars, located in an emblematic venue in Barcelona's Ensanche district. In this issue we will explain the space's history until the present day. We will also present the new developments that the different restaurants and bars have prepared for this Autumn-Winter, always using the best products from the Mainland and strictly following the season, and we encourage you to visit us at Christmas. You will enjoy the holiday's emblematic dishes and will be able to reserve the private venue El Magatzem for your family or company celebrations. We are waiting for you!



EL NACIONAL?

4 RESTAURANTS



YES, EL NACIONAL.

A unique multi-zone culinary centre, 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



**Kitchens open
all day long**

◆ The Barcelona gastronomical experience ◆

THE BASICS



WIFI 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**.



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



GROUP BOOKINGS El Magatzem is the perfect venue for holding exclusive 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 *in situ*.





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



HISTORY



A car dealership belonging to the American car maker, Graham. The first publication in the press that certifies its existence dating from 1929. Photo from own archive.

A centenary space for El Nacional

From a theatre to a car park, the emblematic El Ensanche block has housed it all

BARCELONA— El Nacional is an innovative concept in the catering world, a gastronomic macro-space with a proposal based on cooking and products from all over the Spanish Mainland, brought up to date without losing their roots, along with the actual physical space that the restaurant occupies, a venue loaded with history that was restored with the greatest care so that all the visitors feel at home and at the same time, become participants in its history. This has been the life of an emblematic block in El Ensanche.

El Nacional is located inside the block formed by la Gran Vía, el paseo de Gracia and the streets of La Diputación and Pau Claris, in the heart of the Ensanche, the most emblematic district of the city outside its walls. This explanation is not in vain, since the district and with it the block where the restaurant is located, have marked out Barcelona's contemporary history.

In the middle of the 19th century, the city was just a small part of what it is today, enclosed within its medieval walls and without any room to be able

to grow because a wide strip around it was declared a strategic military zone, where no building could take place: this ran from the west to the military citadel, today a park and the home of the Parliament and the Zoo, and to the north, to the Villa de Gracia.

In this very wide space, in 1860 the central government imposed the Cerdà Plan to extend the city, which was received with great controversy, because the City Council had chosen a different project. But over the years, the Ensanche designed by the Catalan engineer, Ildefons Cerdà became an urban development model, thanks to his adaptation of the so-called *Grid Plan*, that is to say, the design of the streets using right angles, creating blocks between them.

Cerdà revolutionised this approach with the creation of chamfers that improved visibility at crossroads and turned the blocks into octagons instead of squares. These blocks designed by Cerdà in reality were two lines of houses, one on the mountain side and another on the sea side, open along the sides,

FILM SET INTERIOR DESIGN. In June, 2013, Subirats Bureau – a conglomerate of over 40 years of history, along with the businessman Luis Canadell, created Ocio Gastronómico Barcelona, S.L. and they recovered this emblematic space for the city, turning what had been a car park into a modern, welcoming space. The project required the best specialists, therefore the interior design was entrusted to the Lázaro Rosa-Violán Studio, an important reference in the sector. At El Nacional they managed to create an atmosphere inspired by the Barcelona of the 1930s and 1940s, maintaining the original timbered vaults that preside over the ceiling, taking advantage of the original material for the hexagonal slab paving and using some spectacular windows.

The latest refurbishment restored the 8 metre-high ceiling, formed by vaults supported by industrial columns and with skylights that light up the interior and conserve elements such as the hexagonal slab paving



Private car park operating until November 2013. Photo from own archive.

with the idea of creating green, communal spaces in the middle. When the plan was executed, economic interests turned most of these spaces into buildings.

The block we mention opens out onto the Paseo de Gracia, a street that differs from the others as Cerdà wanted to coincide with the ancient road that led to the village of the same name, today, part of the city. This Paseo leads into the inside of the block, through a passageway, unknown by the people of Barcelona until recently, in spite of the popularity it enjoyed when it was built.

FROM THEATRE TO CAR PARK. It was first occupied by a theatre, the Teatro Español, designed by the architect Antoni Rovira, the winner of the municipal tender to urbanise El Ensanche rejected by the central government. The theatre was opened on the 21st of May, 1870 and its location here was no accident, since the space occupied by the Paseo de Gracia, when it had not yet been urbanised, was a road for strolling along, full of trees where the people of Barcelona went, amongst other things, to see the theatrical plays in provisional wooden theatres.

The Teatro Español did not last long; precisely until the 18th of November, 1889, when a fire in the small hours of the morning destroyed the premises. It was rebuilt in 1892 by the architect Ramon M. Ruidor and this time it adopted the name of Jardín Español, where zarzuelas (Spanish operetta), arias and concerts were performed, along with tombolas and fairs. It was not as successful as expected and it was closed with the change of the century in 1900. The city grew and a large, central venue could not remain closed for long; its new assignment was to house a leather tannery for shoes, la Tenería Moderna Franco-Española, conserving the timbrel vaults with skylights to guarantee the natural lighting, which was included in the city's Catalogue of Architectonic Heritage, of which it still forms a part.

Running through the history of the space, press advertisements document that in 1929 it was turned into a high range car dealership, by the American car maker, Graham. After the Civil War, although no documents remain to prove this, the story goes that the City Council used the space as a food collection point and later it housed a private car park until 2013, a use still remembered by many people of Barcelona.

LOOK UP AT THE CEILING. A single visit to El Nacional is not enough to see everything: the atmosphere of each space, the made-to-measure furnishings, the restrooms (essential, with their row of restored antique washbasins, its theatre dressing room dressing table with lights and its peculiar atmosphere....), all draw our attention. But when we visit this macro-space there is one thing we cannot miss and that is to look up at the ceiling. We run the risk of forgetting ourselves, because it is very high and there is a great deal to see, but we must stop for a moment, raise our eyes and enjoy the ceiling of timbrel vaults with skylights where the natural light shines through, restored with great care and an example of this style of the country's architecture.

A NEW PROJECT. In June of this year, Subirats Bureau and the businessman Lluís Canadell created the company Ocio Gastronómico Barcelona SL, aimed at recovering this emblematic space: on the 25th of October, 2014 El Nacional Barcelona opened its doors, a space of over 3,000 m² that can seat up to 695 people in its different areas. It occupies the old car park and an adjacent building that opens onto number 99-101 of the Calle de Pau Claris.

The refurbishment respected and restored the 8 metre-high ceiling, formed by vaults supported by industrial columns and with many skylights that light up the inside and it conserves unique elements such as the hexagonal slab paving at the entrance or the door giving access to the kitchen. The decoration, designed by the interior decorator, Lázaro-Violán, is characterised by large windows and metal pillars, made-to-measure furnishings for each space and unique elements such as the kiosk at the entrance, formed by two antique balconies from La Coruña, joined together.

Other elements were also recovered that have given El Nacional its unique personality, such as the antique marble washbasins in the restrooms.



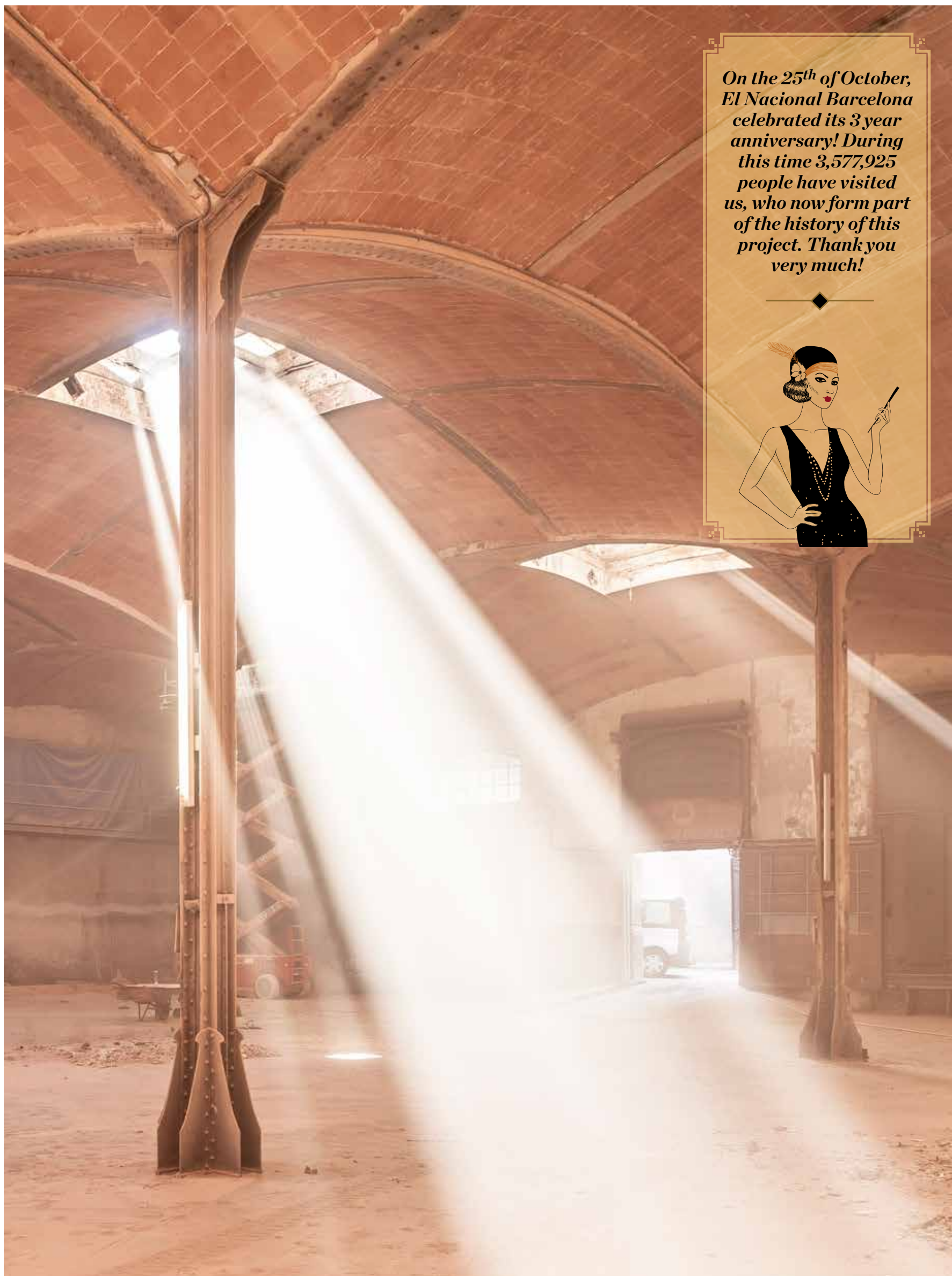
Façade of the Teatro Español, opened on the 21st of May, 1870.



Bill from the Tenería Moderna Franco-Española, in Belgian Francs (1928). Recovered by Coleccionismo Asbra and available on todocoleccion.net.



Advertisement (ABC Madrid, page 38, 7th of June, 1930).

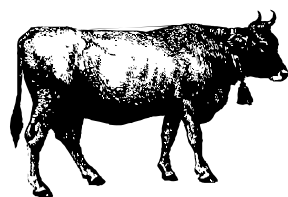


On the 25th of October, El Nacional Barcelona celebrated its 3 year anniversary! During this time 3,577,925 people have visited us, who now form part of the history of this project. Thank you very much!



Start of the work on El Nacional and the restoration of the space. February, 2014. Photograph by Adrià Goula.

LA BRASERIA



WOULD YOU LIKE TO DISCOVER
OUR BRASERIA'S MENU?



Stews are becoming more and more popular

Hotpots share the menu with La Braseria's star-aged braised meat



BARCELONA— With the change in the weather, El Nacional's restaurants change their menus. The arrival of the first cold snaps at La Braseria mean the incorporation of dishes that are not as appetising during the months of hot weather: it is time for stews and pot-roasts to share a little of the starring role played by the restaurant's aged braised beef.

An exceptional poultry dish, cockerel from El Penedès, cooked in red wine, is one of the dishes that is incorporated under the bread-dipping heading, along with other regulars on the menu, such as

boneless osso bucco, Iberian pork cheek in wine, stewed snails or Barcelona-style cannelloni, with bechamel and tomato sauce.

For a few weeks, from the moment when the Christmas lights have been turned on at the end of November, until after Epiphany, at La Braseria the most typical dishes of these holidays may also be enjoyed, prepared with the best products on the market; Christmas broth, truffled cannelloni and Catalan-style chicken, roasted with plums, pine nuts and dried apricots.

AGEING ON VIEW. La Braseria's speciality is aged beef, cooked over a grill. The meat arrives at the restaurant already in the middle of its aging process, in whole loins of 30 or 40 kilos, from which the T-bone and sirloin steaks will be taken, respectively from the upper and lower part of the loin. They will end their aging process during twenty days in the restaurant's ageing rooms, on full view for customers, until reaching the optimum point for consumption. A few hours before, the pieces are taken to the fine-tuning room, where the temperature of the meat slowly rises before being moved over to the grills. Each piece is labelled so that customers eating it know the breed and sex of the animal, where it comes from, when it was slaughtered and all the information that guarantees its traceability.

Once seated at the table, older beef, younger veal or ox meat can be chosen. With the former, aged for a minimum of 60 days, the restaurant's most high appreciated pieces are prepared, the T-bone steaks, weighing between 900 grams and 1.5 kg, ideal for sharing.

T-bone steaks, fillets and sirloin steaks are also offered from veal that has been aged for at least 30 days, weighing around 350 grams and all the pieces are cooked over open grills, at a highly studied distance from the embers to prevent excessive heat from burning the fat and to control the fact that the centre of the piece reaches its perfect temperature and does not become dry or remain cold on the inside.

Finally, ox meat is used to prepare the restaurant's two specialities, steak tartar and El Nacional hamburger, of 250 grams.

As well as beef, meat lovers can also choose small whole chicken oven-baked with herbs; suckling lamb, also oven-baked, in the traditional style, with potatoes, onions and garlic and two braised specialities: pigs' trotters and Calaf Botifarra.

If any of the diners are not meat-lovers, there is also a wide range of seafood. The cod *a la llauna*, braised octopus and Andalusian style squid with alga mayonnaise stand out. There is also an extensive option of hors d'oeuvres, ranging from salads and onion soup, to braised lettuce with flaked cod, potatoes with two *mojos* (sauces) or the thin coca of courgette, pepper and hand-made cheeses.



Ox osso bucco

A Milanese recipe with a personal touch

Amongst the dishes for bread dipping on La Braseria's menu, the osso bucco stands out. It is prepared in the traditional way here, but with a personal touch. To begin with, the most important point is the meat: osso bucco is made with cuts taken from the animal's thigh, four of five centimetres thick and, as with all the beef served at La Braseria, it is aged meat, specifically ox, from which the central bone is removed. It is left to macerate in red wine and a mixture of vegetables (leek, celery, carrot and onion) for 24 hours. It is then taken out of the maceration, dried, floured and fried in a casserole dish. The sautéed vegetables from the maceration are added, along with the reduced wine. A layer of meat lines the bottom of the dish and is then covered by the sauce and vegetables. When the osso bucco has been cooked, the sauce is passed through a sieve (we don't mash it in order to maintain its dark colour) and it is served with a garnish of sautéed vegetables.

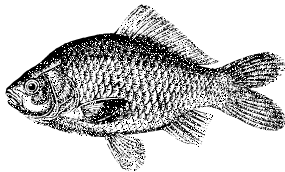


BLACK TRUFFLE



From January onwards, the kitchens and tables of El Nacional are filled with the intense aroma of one of the most highly appreciated products of the land: the black winter truffle. All the restaurants will have truffle at their customers' disposal, which they will be able to order by weight and served on the dish they prefer, for example, on a braised fish or the cannelloni. One of the most popular dishes last season and which will certainly repeat its success this year are the eggs with potatoes and truffle, a variation of the traditional eggs with potatoes and cured ham that are very popular the rest of the year. In this case, the truffle, which combines perfectly with the eggs and potatoes, replaces the cured ham to form a trio of the sort that you will never get tired of eating.

LA LLOTJA



WOULD YOU LIKE TO DISCOVER
OUR LLOTJA'S MENU?



The best time for eating shellfish

The months containing ‘r’ in them are the best for eating this seafood



BARCELONA—We have fish and fresh shellfish available in fishmongers throughout the year, sometimes local and sometimes brought from distant shores. But it is a well known fact that the months with an ‘r’ in them – from September to April, are the best for eating shellfish and this is not any urban myth, but a reality, as confirmed by El Nacional’s assistant kitchen manager, Michel Gradeler.

During the summer months, from May to

August, many of the species considered as shellfish are in their reproductive period; the females spawn and lose weight, their flesh becomes soft and loses flavour and texture, and the quality drops.

El Nacional, always adapting to each season’s offer of products, this autumn and winter will see how the shellfish from the best sources from all over the mainland will flood La Llotja, the restaurant specialised in products from the sea: barnacles,

edible crabs, king prawns, Norway lobsters, prawns, clams, razor shells, lobsters, langoustes.... will share the menu with classic fish from this season, such as, for example, the ones usually found at La Llotja’s stand, such as turbot, sea bream and tuna fish.

This space is characterised by offering customers the widest range of possibilities, from choosing the ones to be eaten on the stand, to the way in which they are prepared: braised, steamed, grilled, baked, fried or stewed. A combination that multiplies the possibilities on the menu and that can be applied to both fish and shellfish, in such a way that everyone can adapt the menu to their personal tastes and budget.

RAW: OYSTERS AND TUNA FISH. For uncooked fish and shellfish fanatics, La Llotja offers a wide range of possibilities, starting with a selection of oysters that includes three species from the Atlantic (two French and one Galician) and one from the Mediterranean.

Tuna fish tartar is another of the restaurant’s specialities, prepared with avocado, hazelnuts and sesame oil. If you arrive eager to try everything, you can order a special raw dish that includes oysters, tartar and a scallop ceviche.

Other specialities offered at the restaurant are the salt-roast sea bream from Ibiza and the red shrimps from Huelva, which can be ordered grilled or fried, as well as a wide range of fried dishes (squid, cod fritters, fish and shellfish croquettes); steamed (Galician cockles in ginger, mussels with fresh herbs and bass); grilled (Carril clams and scallops); braised (turbot, sea bream, tuna fish and octopus) and stewed.

Finally, if you come to La Llotja in a group and someone doesn’t fancy fish, as well as the salads, pasta or Iberian cured ham that appear amongst the hors d’oeuvres, a 250 gram hamburger of aged beef, a roasted free range chicken breast or a beef stir fry with vegetables and potatoes can be ordered.

And if you are partial to rice and noodles, do not hesitate to order noodle paella or fideuà with garlic mayonnaise, black rice or fish and shellfish paella, without any doubt one of the best in the city!



KING CRAB WITH ALGA MAYONNAISE.

This autumn-winter season, La Llotja is incorporating the chance to taste one of the greatest and most appreciated delicacies in the world: king crab. It is also known as *velvet swimcrab* and *Russian crab*, as it is fished between the mainland of Kamchotka, belonging to Siberia (Russia) and Alaska, in the cold waters of the Bering Sea, in the Northern Atlantic Ocean. We steam the legs of this animal, which can reach notable lengths and sizes in order to respect the delicate flavour to the maximum. We then immediately cut them and serve them with a delicious alga mayonnaise. As with the other products from La Llotja, customers can choose the amount of crab they want and it is billed by weight.



‘Zarzuelas’ and stews to taste

Customers can choose the ingredients to accompany the shellfish

La Llotja’s many special dishes are conceived to satisfy the tastes of those who love braised dishes and those who prefer their food steamed along with those who opt for stews and juicy casseroles. This is the best season for eating shellfish and therefore, the best time to treat yourself to a Menorca-style stew. Here you can choose whether you want it with langouste or lobster or whether you prefer a zarzuela; in this case, you may decide which fish and which shellfish you want from amongst those that are displayed at the entrance to the restaurant and the chefs from La Llotja will prepare it for you immediately. A special mention must be made to the *bullit* stew from Ibiza, a little known but delicious recipe that is presented in two servings: first the rockfish, boiled with potatoes and garlic mayonnaise and secondly, an a banda rice dish prepared using the broth from the boiled fish.



LA PARADETA



WOULD YOU LIKE TO DISCOVER
OUR PARADETA'S MENU?



An extensive offer for informal meals

Flatbread, salads, pasta and cakes for a gourmet break



CAESAR SALAD. At El Nacional this classical American recipe is prepared with its unique touch, since the chicken fillets are marinated in oil to ensure they are not dry and lettuce hearts are used. One of the secrets of this salad is that the lettuce must be very crunchy; therefore varieties such as iceberg or oak leaf lettuce should not be used. The salad's dressing is prepared using mayonnaise, lemon juice and anchovy fillets and the classic oven-dried bread croutons are added to this, along with the grated parmesan cheese and the walnuts.

BARCELONA— This season, La Paradeta has extended its menu, divided into five large sections: cured meats and hors d'oeuvres, pasta, handmade flatbreads, fine-dough flatbreads and *gourmanderías* (crepes and cakes). All accompanied, if you wish, by double fermented bread and flatbread with tomato, as is normal throughout El Nacional, or with gluten-free breadsticks, for those allergic to this food. You will also find a complete wine cellar with vermouths and sherry aperitifs, an important representation of Damm beers and a selection of white, rosé, red, sweet and sparkling wines as well as sangria made from wine or cava.

FLATBREAD FOR ALL TASTES. As at La Paradeta you can snack or have lunch or dinner, the menu is very extensive and the handmade or fine-doughed, pizza-type flatbread, the restaurant's speciality, stands out.

Amongst the former, thicker flatbreads, we find two new varieties: the *coca de recapte* flatbread with fresh tomato, candied onion and mozzarella cheese and a flatbread of grilled vegetables with romesco sauce. To these is added the *coca de recapte* with vegetable escalivada and goat's cheese, which was already on the menu and the handmade flatbreads of Iberian cured ham, mozzarella cheese and rocket and of cheese with boiled ham and spinach.

Amongst the fine flatbreads, there are also two new varieties: beef carpaccio with parmesan and rocket and candied ratatouille with fresh salmon. Additionally, the flatbreads with *esparracada* botifarra, Iberian sobrassada and lettuce shoots remain on the menu.

LONG LIVE THE PASTA! Pasta is as important as the flatbreads in the restaurant and here there are also new dishes that alternate with classics such as the macaroni

with rustic Bolognese sauce and dried cheese, which are delicious. If you prefer, you can order La Paradeta cannelloni. The *ricci* with tuna fish tartar, the fresh tagliatelle with pesto sauce or with Iberian sauces, the fish lasagne or the ravioli of roast beef with cream cheese.

If we order a selection of cured meats or cheeses, a portion of Iberian acorn-fed pork shoulder ham or a salad (Caesar, green, of Catalanian cured meats, of traditionally crafted cheeses or of desalted cod with *xató* sauce), we will have a very complete meal... if we can resist the sweets! Here there is also a great deal to choose from: light desserts such as fresh fruit salad and ice creams, the carrot and orange cake or the chocolate and banana cake. They are waiting to be tried! And if you are more of a crêpe-lover, you will find crêpes with two chocolates, strawberries and Catalanian crème brûlée and lemon with sugar.



With bread from the best bread baker in the world

El Nacional's supplier, Jordi Morera, has just received this recognition

In order to offer top quality to our customers, we are always on the lookout for the best suppliers and we manage to find them. It might seem a lack of modesty, but the facts prove us to be right: we can boast that our bread is prepared by the best bread baker in the world. The bread at El Nacional is the work of Jordi Morera, a fifth generation baker at L'Espiga d'Or, in Vilanova i la Geltrú. On the 5th of October, Morera received the prize for the best bread baker in the world, granted by the International Union of Bakers and Confectioners (UIBC) at the 77th World Bread Congress, which was held in Mérida (Mexico). The

prize recognises, in spite of his youth (31 years), the long working history of this baker, who has experienced bread preparation since he was very small and this has taken him to the top category, using traditional procedures and ecological products. The slowly fermented bread that is served in El Nacional is the best example of the philosophy that Morera applies to his trade, which he summarises in the sentence *Progress lies in going back*, that is to say, in knowing how to look back at the past and apply the wisdom of a traditional trade to the needs and demands of today's world.



WINE BAR



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



New wine list with the most surprising wines

Wines with denomination of origin make the best accompaniment

BARCELONA— Sometimes, to be happy you don't need to complicate things. We all like to pour ourselves a glass of wine, cut a slice of bread, a little cheese or ham and enjoy it leisurely, and this is even better if it is in company. This is what El Nacional's Wine Bar offers: a careful selection of references from the best Spanish regions and the simplest, tastiest tapas. To spend a while just enjoying the small, incomparable pleasures that we have close to hand. This year the bar is renewing its wine list, designed to match the bar's food offer perfectly. One of the new ideas is the increase in the references with local DO, with wines that are added to the offer from Montsant, Empordà, Penedès and other emerging denominations, obviously without forgetting cava. As always, the wines can be ordered by the bottle or by the glass, the best way for each person to choose the one they like best, or just to satisfy their curiosity, by trying more than one.

And as a snack, those we have already mentioned: slowly fermented bread or flatbread spread with tomato and cheese: Asturian Afuega'l Pitu; *torta extremeña*; Basque Idiazabal; Blau de l'Avi Ton; Catalan Carrat or Brisat; Portuguese Azeitao; Castilian Manchego... or an assortment of all of them!

And also the cured meats: Iberian acorn-fed leg or shoulder ham from Guijuelo, Iberian loin and *chorizo*, *secallona*.... Or a sample of all of them. If we are less hungry, we can order anchovies, some olives or an aperitif of canned vegetables or shellfish. An offer that without any doubt is for all tastes.



TOASTS FOR THE BARS. The kitchen at El Nacional has designed three new toasts for the substantial offer of the wine, cocktail and beer bars. These include an octopus salad with potatoes, a sardine in brine and smoked aubergine and a candied breast with piperrada, the typical Basque pepper sauce. These new delicacies will be added to the three toasts that are already on the bars' menus (smoked cod and fresh tomato, salmon with tartar sauce and steak tartar) and the offer of cheese, ham, cured meats, canned products and pickles that is unique to each space.

LA TAPERIA



WOULD YOU LIKE TO DISCOVER
OUR TAPERIA'S MENU?



Tapas to enjoy in company

Rice dishes and the little 'sung out' dishes will share a leading role with shellfish

BARCELONA— Everyone is very familiar with the meaning of the verb *tapear*: it is the most fashionable way of going out for dinner with friends or as a couple, which allows you to try and above all, share many different things. La Taperia was designed using this philosophy, the most informal restaurant in El Nacional and for this reason it has extended its menu this year with larger dishes, expressly conceived for sharing.

Amongst these, the flatbread of escalivada with goat's cheese and Iberian ham or the family-sized egg custard flambéed with rum, a dozen oysters from Sète (France) or El Nacional's shellfish platter. Seafood is also available with Andalusian-style shrimps, steamed mussels, Basque-style razor shells, squid or Biscay-style blue fin tuna fish.

SUNG OUT TAPES. One of the great attractions of this space is the tapas that are sung out, that is to say, that the staff personally call out as they bring them out of the kitchen. Therefore, here the flair of the waiting staff is particularly important when they present the offer and their ability to explain each dish in great detail to diners, as well as informing the kitchens of the clientele's preferences at any time.

However, this season the set menu has increased, that is to say, the tapas that can be ordered without having to wait for them to be sung, to start the meal well whilst admiring the spectacle of the singing and deciding what else to eat.

And another new development: as well as the rice dishes (of shellfish, black, mixed or with vegetables) that



will continue to be served as tapas, as well as the fideuás, now a rice dish for a minimum of five diners may be ordered that will be cooked expressly for the group.

Additionally, on the menu the classic tapas, both cold and hot will continue to play starring roles. Amongst the cold ones are the Spanish Russian salad, the very popular tomato and tuna fish belly salad, the flaked cod and the escalivada. Amongst the hot dishes are Iberian ham croquettes, *brava* potatoes, Spanish omelette, the Barceloneta bomb and fried eggs with Iberian ham and potatoes, which can be substituted by black truffle during the season.

All of this well accompanied by the double fermented bread and the flatbread with tomato, ideal for a portion of Iberian acorn-fed cured ham or for a dish of traditionally crafted cheeses. And to drink, the selection of Damm beers, wine by the bottle or by the glass, cava.... And sangria either made from wine or from brut cava.



AN INDULGENCE FOR SHARING. El Nacional's shellfish platter is the main new item on La Taperia's extended menu. Conceived for two people, it can also be enjoyed in larger groups, as it includes Norway lobsters, sea snails, mussels, shrimps, razor shells... And all of this accompanied by two sauces that are essential for any shellfish platter, romesco and mayonnaise. An indulgence for a treat in company and that is the perfect pairing with either of the two albariño white wines on the wine list for example, or with a good cava, if you wish to make the occasion even more special.

OYSTER BAR

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

The paradise of live shellfish

Oysters and clams, caviar and tuna fish tartar and smoked salmon are the stars



the freshness of the product. This is only true when talking about the best molluscs: oysters and clams.

BARCELONA— Shellfish can be eaten in many different ways: boiled, steamed, braised, baked and even grilled. But for many people, the best way to receive a taste of the sea when placed in the mouth is when it is still alive, the maximum expression of

These are the specialties served at the Oyster Bar, a circular space where the waiting staff open the oysters before the customers, chosen from amongst the four varieties of oyster, three from the Atlantic (two from the Brittany and Normandy area and the flat oyster from Galicia) and one from the Mediterranean, the *Fine de Claire* from Sète, in Provence.

And the clams, which only be Galician, also for eating recently opened, alone or like the oysters, with the customer's preferred dressing: a few drops of lemon juice or a little pepper, if we want to retain the flavour of the shellfish, with spicy sauce, in the Asian style or with shallot vinaigrette, in the French manner.

All of this with the ideal drink to accompany this shellfish: cava or French champagne, of which the bar has a wide variety, with around fifteen references, some of which can also be ordered by the glass, as well as a selection of wines and the special Inedit beer.

CAVIAR, TARTAR AND KING CRAB. The festival for the freshest seafood-lovers goes beyond this and on the bar's menu we can also find Mediterranean blue fin tuna fish tartar, from the southern coasts of Spain, and diced smoked salmon, which comes from the cold waters of northern Europe. And there is another star product yet to be mentioned: Platinum caviar, from Russia, which this season will share the leading role with another product from Scandinavian waters, the king crab, which at the bar is steamed and served with alga mayonnaise.



OYSTERS WITH THE PRODUCT OF THE MONTH.

In addition to the proposals we normally find at this bar, a special mention must be made of the dishes that the chefs prepare with oysters and some of the products of the month at El Nacional, such as, to mention just a few that are approaching, mushrooms, winter truffles, *calçots* or artichokes. The talent of our chefs has been seen in previous seasons with surprising combinations that have been very well received, such as oysters with strawberries. So if you like oysters, pay attention to the chef's recommendations: you might discover some new sensations with your favourite shellfish.



COCKTAIL BAR

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

Classic and signature cocktails

Alcohol-free cocktails are becoming more and more popular



BARCELONA— Maintaining the classic cocktails and increasing the signature drinks and alcohol-free ones that go perfectly together with the offer of little dishes of food is the challenge that those in charge of the Cocktail Bar have surpassed when designing the new menu for this venue. A place where, at lunchtime people pass through having a vermouth and a snack and at night, it is taken over by those who enjoy the art of the barman and a peaceful drink with good conversation.

Sitting on the high stools that are essential in any cocktail bar, customers can spend a long time perusing the menu, which offers a wide selection of spirits, from whisky from different countries (particularly from Scotland and America, but also other more exotic whiskies) to gin, vodka, rum, tequila, brandy and cognac.

COCKTAIL/TAPA - THE PERFECT COUPLE. As Carles Tejedor, the Gastronomic manager of El Nacional explains, one of the aspects that most care has been taken with this season is the pairing of the cocktails with the food. Therefore, now certain cocktails are recommended depending on whether it is at aperitif time (for example, the Negroni or the Spritz Aperol); if you want to drink whilst eating cheese (cocktails with a cava base, such as the Garibaldi) or others that are better for combining with fish and smoked cheese.

And obviously, there are the recommendations for



those who are looking for a refreshing drink, such as a mojito, a caipairinha or a piña colada, or the essential sours, either made with pisco or with whisky.



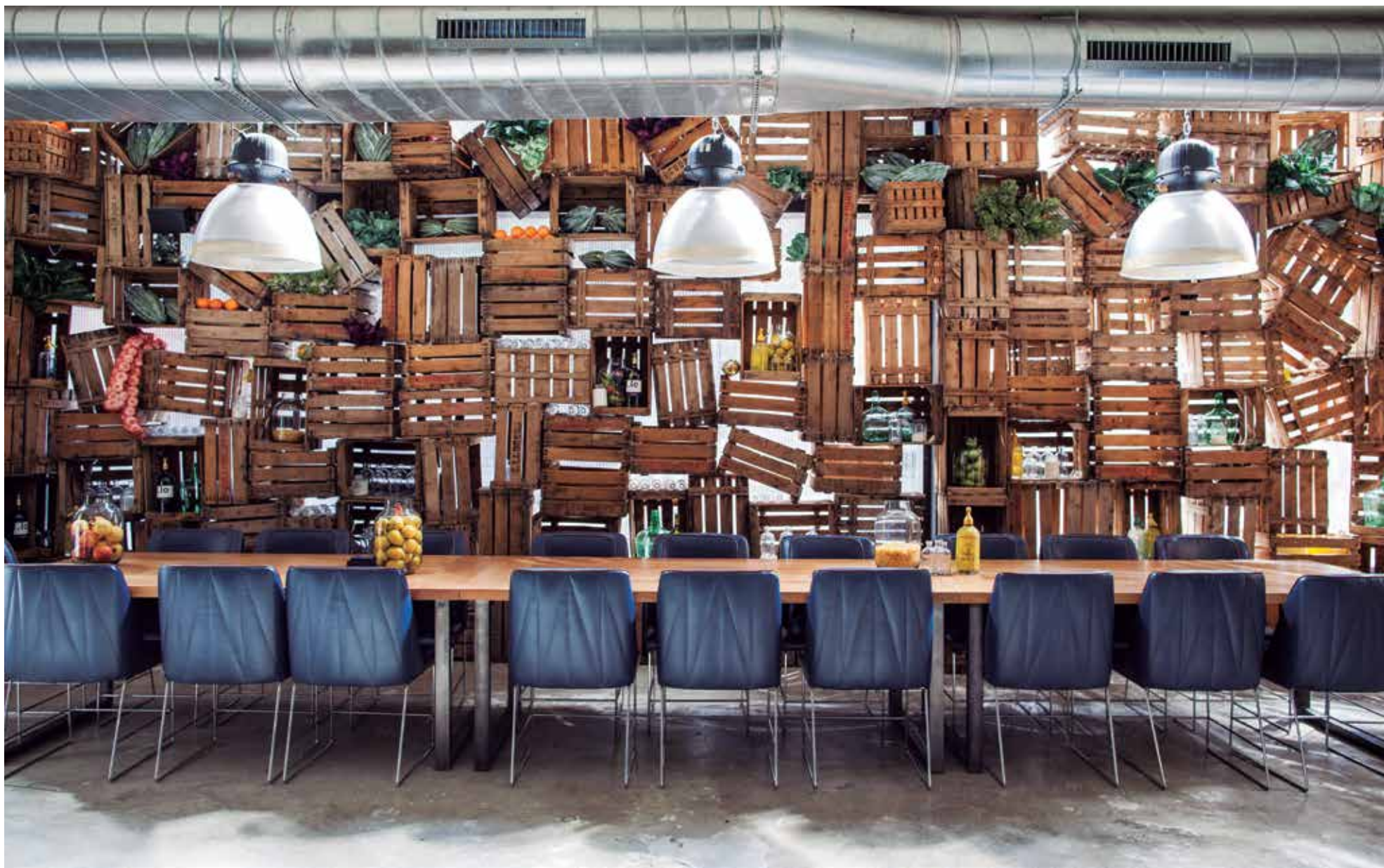
THE 'MOCKTAILS'. To meet the demands of many customers who do not drink alcohol, but who do not want to give up on a good cocktail or being in company of those who do like to drink it, there is a specific heading on the menu, conceived for them: the so-called mocktails. The San Francisco is the most well-known, prepared using the juices of orange, lemon, pineapple and peach, but there is also a complete new generation of alcohol-free cocktails that you can try at El Nacional. Without giving up the classic cocktail juices, such as the ones already mentioned, these cocktails can incorporate delicious flavours such as watermelon and other surprising ones, such as ginger or *jalapeño*.

EL MAGATZEM



The ideal space for festive meals

El Magatzem offers a private area for business, friends and family events



BARCELONA— With the approach of the Christmas season, one of the recurring headaches for companies is to find a place that is big enough, private and with a good gastronomic offer to celebrate the traditional dinners for people who work together all year long.

And this is not just a problem for companies, many groups of friends who want to have lunch or dinner together before the family meals start and for the families themselves, growing in size, it is difficult to get everyone together in one house – grandparents, parents, children, grandchildren... Therefore, often after the holidays are over, we hear comments regarding the problems about finding a venue and complaints about the service or the menu chosen and every year the same idea is repeated: next year we will start looking for the restaurant for the Christmas dinner sooner.

For the groups in this situation, El Nacional offers them two solutions: its thematic restaurants, which can seat groups of up to 16 people and its more intimate corner, El Magatzem, a private venue with room for 42 people that adapts to each group's composition and requirements and where the menu can be chosen from the wide range on offer from the entire restaurant complex and according to each person's taste.

MADE-TO-MEASURE MENUS. El Nacional is a macro-space where restaurants and bars of different style work together, some highly specific, such as the Oyster Bar; others thematic, such as La Braseria, specialising in meat; La Llotja, where the best fish and shellfish are served and La Taperia, the name of which says it all.

El Magatzem is not a restaurant, in the sense that it does not have its own kitchen, but rather it makes each of these kitchens available to its customers so that they

can enjoy the food that they like best. For example, with the menu from La Braseria for this space, which offers a wide range of hors d'oeuvres, including Iberian acorn-fed cured ham, Spanish Russian salad, beef carpaccio with cherries, pine nuts and artichokes, desalted cod salad with *xató* dressing, thin-doughed flatbread with candied ratatouille and fresh salmon, sea and mountain squid and beef jerky croquettes. As main dishes, the traditional Christmas chicken, with pine nuts, plums and dried apricots. And all of this served with double fermented bread and toasted flatbread with tomato. The desserts start off with baked Alaska, a classic that is prepared here with a cake base, a layer of turrón-flavoured ice cream and a covering of meringue that is melted at the last moment and becomes toasted on the outside. And the sweet heading ends, obviously, with an assortment of turrón sweets.

For the diners in this private area, La Llotja prepares a menu that shares some of the hors d'oeuvres and desserts that we have mentioned, but it incorporates other dishes, such as garlic prawns and txangurro-stuffed peppers. And as a main course, fresh fish stew with artichokes.

For a more informal, stand-up celebration, the most important proposal must come from La Taperia, which prepares a dozen classics of the kind that everyone likes and that will make the meal unforgettable: boiled Norway lobsters, sea snails, Spanish Russian salad, *brava* potatoes, flaked cod, Iberian acorn-fed cured ham, an assortment of traditionally-crafted cheeses, baby broad bean salad with Iberian ham and mint, escalivada, beef jerky croquettes, garlic prawns and mixed paella. A true gastronomic party!

THE MOST PRIVATE

SPACE Those having lunch at El Magatzem have the most private, intimate space in the entire El Nacional, separated from the rest of the restaurants and specialised bars. Located at the end of the complex, its position allows work colleagues, friends or family members to meet up before the meal for an aperitif, taking advantage of the wide offer; for example, a beer, a glass of wine or cava with some oysters. The location of El Magatzem also allows the spectacular architecture and decoration of this great gastronomic space, situated in the middle of the city, to be strolled through and enjoyed. The entrance to El Nacional from the Paseo de Gracia, through a private passageway that leads to the door of the restaurant, is always spectacular, but at Christmas, with the season's special decorations and lights, which appear at the end of November, it delights the senses even more. The decoration of El Magatzem simulates the space indicated by its name in Catalan, a warehouse, with a wall of wooden crates, bottles and other elements that can be found in a space of these characteristics, which is also located next to the restaurant's central kitchen.





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

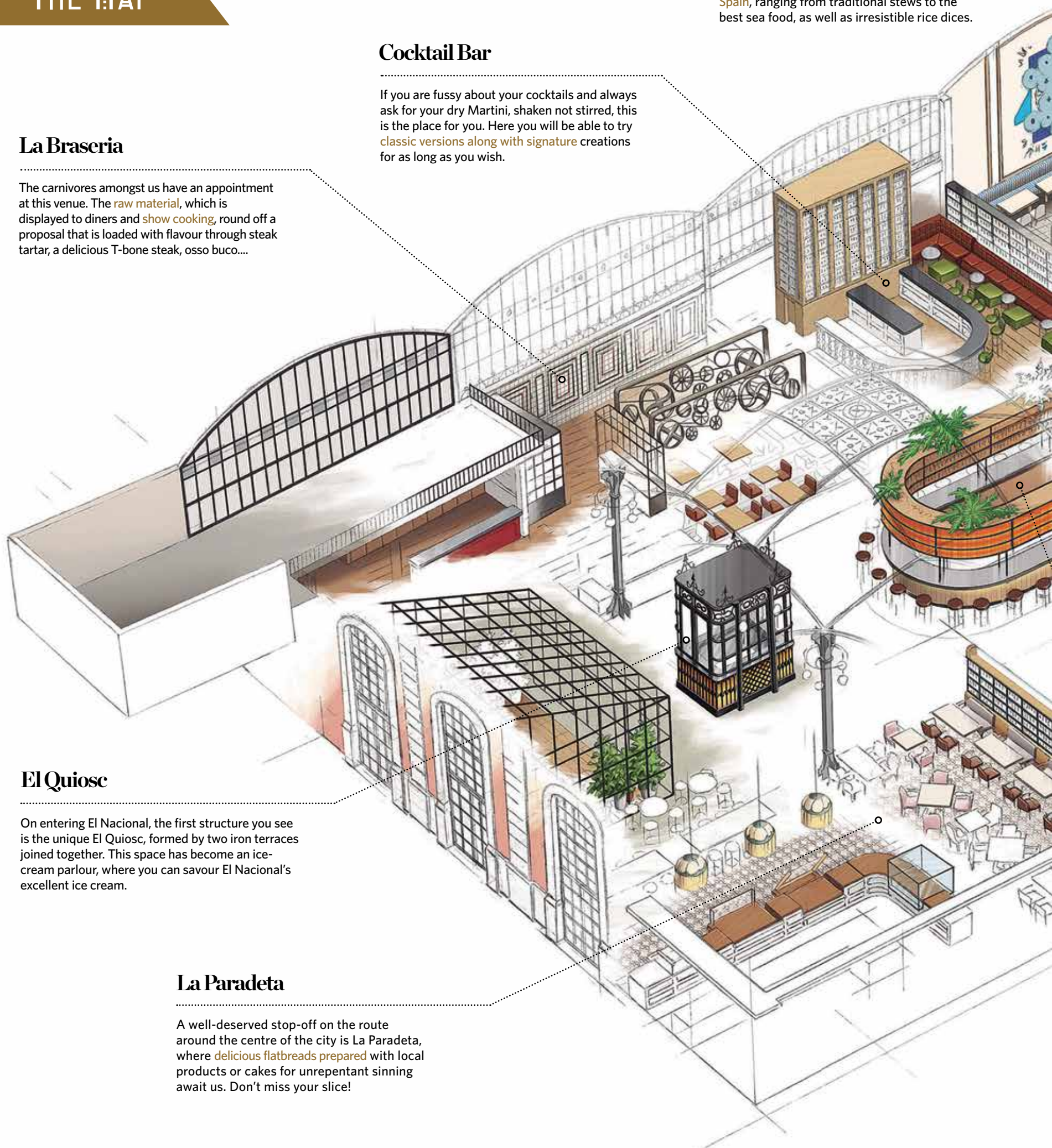
The flavour of the sea brought straight to the table. The privileged menu of this venue devoted to fish is fed by **recipes from all over Spain**, ranging from traditional stews to the best sea food, as well as irresistible rice dices.

El Quiosc

On entering El Nacional, the first structure you see is the unique El Quiosc, formed by two iron terraces joined together. This space has become 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** is the perfect space for celebrations, lunches and dinners for groups, for these holidays and it also has a Christmas Menu for the season. The normal menu includes the best dishes from the four restaurants and five bars at El Nacional and it accepts groups of up to 42 people.

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

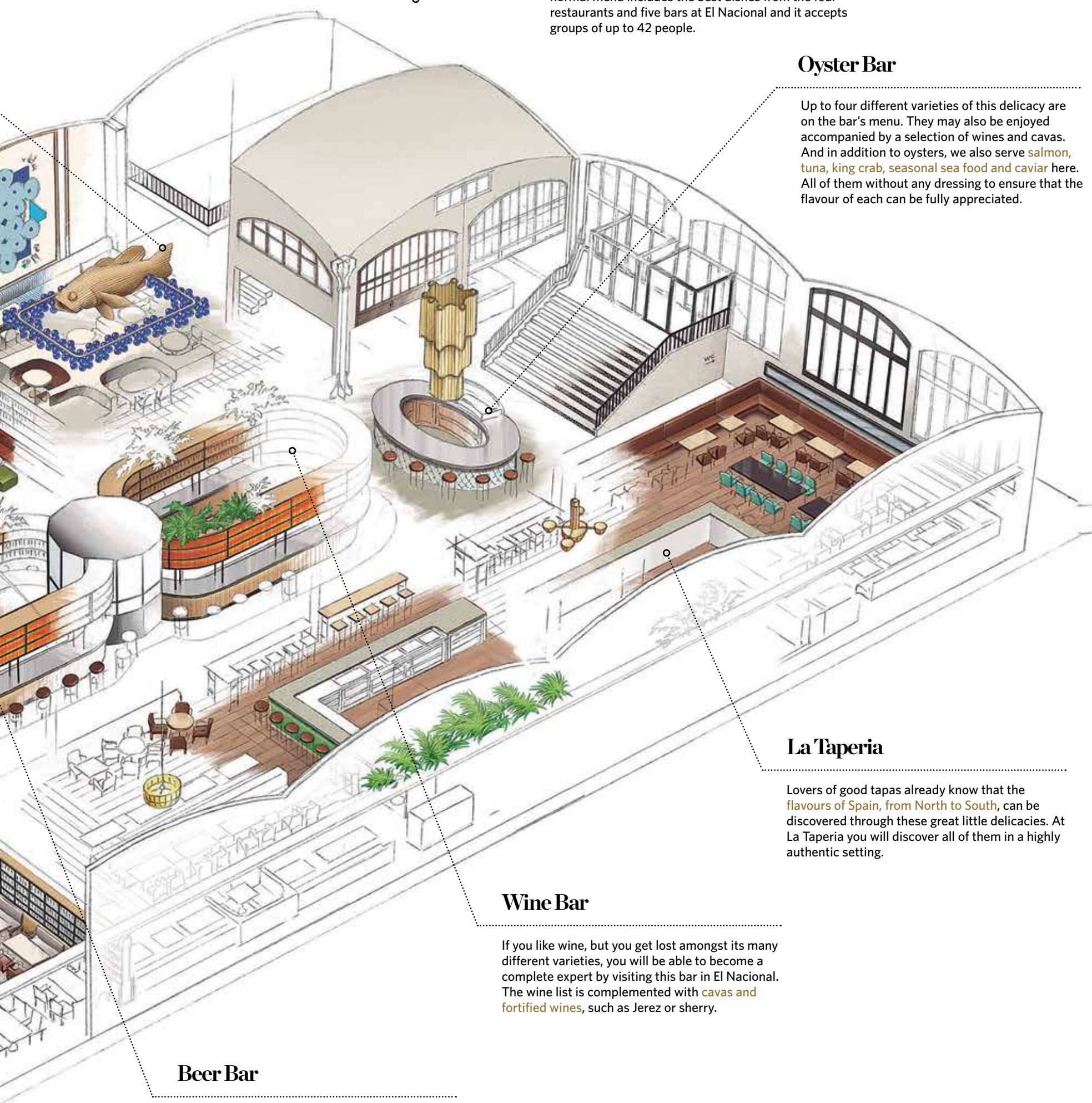
Lovers of good tapas already know that the **flavours of Spain, from North to South**, can be discovered through these great little delicacies. At La Taperia you will discover all of them in a highly authentic setting.

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**.



SOURCES

Diversity and quality: the Iberian mainland is surrounded by two different seas, with a unique variety of products. The different climates allow crops of all types to be grown, from dry farming to market gardening, and the centuries-old livestock tradition gives us the best species. Products from land and sea that arrive promptly at El Nacional, as soon as fishermen and farmers obtain the fruit of their labours, so that we can adapt the menu to the rhythm of the seasons and always guarantee the freshest food, at its best moment for eating, and be able to enjoy all its advantages.

Mussels (Galicia)

With their own stamp of denomination of origin, the mussel is the emblem of the Galician marine aquaculture, where shellfish is a great source of wealth. Clams, oysters, goose barnacles and other shellfish also come to El Nacional from this region.

Acorn-fed cured ham (Guijuelo)

The Iberian pork shoulders that are sliced and served at El Nacional come from the Guijuelo denomination of origin (Salamanca), cured in special cellars that receive the cold, dry winds from the Gredos mountain range, giving them the perfect point to be enjoyed.

Red shrimps (Huelva)

The red prawn is the queen of the crustaceans, with a higher valuation than other species, such as the white prawn. At La Llotja red prawns from the Mediterranean and red shrimps from Huelva are served, fried or grilled with alga salt.



NOVEMBER



PUMPKIN. Stuffed full of properties, it comes into its own in November, both in creams and oven-baked or in desserts.

DECEMBER

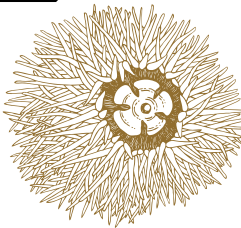


EL PENEDES COCKEREL. Fed on corn, fruit and vegetables, it has a fibred meat that is ideal for the most traditional Christmas dish.

JANUARY

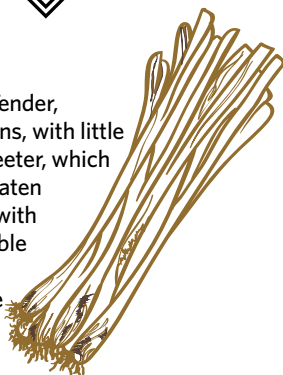


TRUFFLE. The winter variety is the most appreciated. Simply grated over a rice dish or some eggs, it turns them into a delicacy.



SEA URCHINS. Exquisite shellfish, we can eat them raw, on a slice of bread, or enhance a seafood rice dish or a sauce with them.

FEBRUARY



CALÇOTS. Tender, straight onions, with little bulb and sweeter, which are usually eaten escalivadas with the inseparable *salvitxada* sauce, a type of romesco dressing.

One of the oldest and most popular cheeses in the Principality of Asturias, protected by a specific DO that limits its production to the Council of Grado and adjacent municipalities. It is prepared with cow's cheese and is sold as soft, semi-mature and mature.

The Rioja denomination of origin is, without any doubt, the most popular in Spain and it prepares wines using several types of grape, amongst which the tempranillo for red wine, or the viura for white wine stand out.

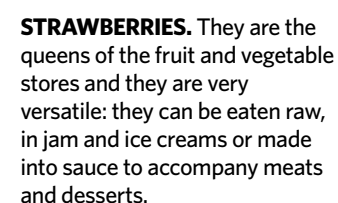
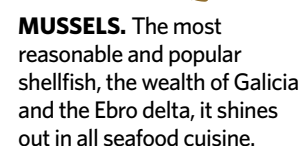
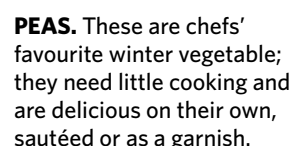
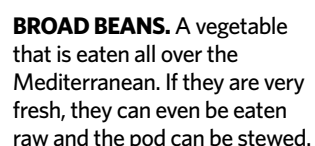
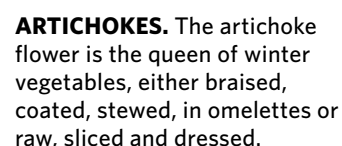
Centred around Llavaneres, these peas, characterised by their sweetness, are grown throughout the El Maresme region and we can enjoy them from February to May. They reach the restaurant on the same day they are picked.

The Llobregat delta is a perfect zone for market garden crops and the most popular is the artichoke, of the variety that originally came from Navarre. Harvested a few kilometres away, this vegetable reaches El Nacional with maximum freshness.

A breed that was recovered in the 1990s, for the past three years it has had the European stamp of Protected Geographical Indication and it is highly sought by connoisseurs due to the quality of its meat, particularly during the Christmas festivities.

Morella and Els Ports are some of the most important centres for collecting and marketing black or Perigord truffles, a fungi with an unmistakable aroma, born deep in the heart of the earth that can be enjoyed from November to February.

Mediterranean Blue Fin tuna fish today is one of the most fashionable and highly valued fishes both in our country and all over the world, ideal for preparing raw, as a tartar, as is served in several restaurants within El Nacional.



BEER BAR



An aperitif with the best beers and canned products

The extensive range by Damm is the star of the Beer Bar's offer

BARCELONA— Aperitif time is just before lunch, when we meet up with a few friends and order something to drink and a snack, to wake up our appetite while we chat about the best shot and we catch up on all the latest developments in family, friends, work... A very Mediterranean habit that is best enjoyed with a beer.

For an aperitif, it is best to go to a specialised venue such as the Beer and Canned Product Bar at El Nacional, designed exactly for this, to perpetuate this habit and this is done with a wide range that includes all the references of the Damm beer, in different formats and an assortment of olives, anchovies, cockles, cured meats, cheese.... Everything you might wish for in a proper aperitif!

GLASS, PINT OR BOTTLE. Its name clearly says it all: at this bar anything can be ordered, but its speciality is indisputable. Here we can drink a good beer, well served, whether we choose a glass or a pint or if we order it in a bottle.

Four specialities flow from the bar pumps: Estrella Damm, Voll-Damm, Bock-Damm and Damm Lemon, which can be ordered as a glass (24 cl) or a pint (50 cl).

Estrella Damm is the company's most popular product, created by its founder, August Kuentzmann Damm, who conceived a beer adapted to the climate and the tastes of this country, lighter than the Central European beers and that is known as Mediterranean lager.

Voll-Damm is a stronger, double malt beer and the Bock-Damm is a Munich-style dark beer. Finally, Damm Lemon is the freshest, most summery version, the Mediterranean shandy, a mixture of beer and lemonade.

In bottle format, the bar's offer is extensive and we can choose from the smoothest beer, the Saaz to the toasted Turia, passing through the Alsatian A.K. Damm and the Basque Keler. Without forgetting the alcohol-free version, Free Damm.

Last but not least, we should mention Inedit. This prestigious beer was created by Damm's master brewers along with Ferran Adrià and the team of sommeliers at El Bulli. It achieves the perfect coupling to accompany the season's new gastronomy, since this beer is full of contrasts and aromatic nuances.



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



Gourmet canned products for all tastes

Canned shellfish, cheese and cured meats to accompany your beer

In terms of the beer we choose, we have an extensive menu of aperitifs, although we can obviously also choose what to eat first and then decide on the beer! Aperitif basics such as crisps and stuffed olives are essential, but here these are also olives with denomination of origin. And canned fish and shellfish are also available here, essential for a good aperitif, which at this Beer Bar come from the best canneries

around: anchovies, fresh anchovies in vinegar, cockles, clams, cuttlefish, razor shells, mussels in brine, sardines... it all makes your mouth water. Along with the asparagus, artichokes or the assortment of canned vegetables for those who prefer the vegetarian option. Or the classic Basque Gilda (green chilli pepper, anchovy, olive) if we want the best in the house.



A WELL PULLED BEER

At the Beer Bar you may try many of the Dammm beers, obviously starting with the popular Estrella Dammm, but also Voll-Damm, Bock-Damm and Damm Lemon. All of them refreshing and above all, well pulled. To pull a beer correctly, the recipient 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. Experts also recommend wetting the glass with water, to make it easier for the beer to slip over the inside and not come sharply up against the glass, which could mean the loss of some of the carbon dioxide. To do this, the glass must be slanted 45º whilst we open the tap completely, which should never touch the beer, but should remain at a distance of between 10 and 20 centimetres, to encourage the forming of the head. When the glass is three quarters full, we will straighten it and turn the tap off, letting the beer to stand for a few seconds and finally, we will add two fingers of head by opening the tap in an intermediate position. To serve bottled beer, the mug or glass must be slanted 45º with respect to the bottle until the liquid fills half the recipient; after this, we straighten the glass and finish filling it to form the head.

FRIENDS OF EL NACIONAL

Fresh fish, straight from the sea to the table

Pescados Videla supplies the different kitchens and menus of El Nacional



BARCELONA— Coarse-salt oven-baked gilt-head bream from Ibiza or Mediterranean blue fin tuna fish with ratatouille are some of the many specialities that can be tasted at La Llotja, the restaurant specialising in fresh fish at El Nacional. In this space, as in the Oyster Bar and La Taperia, they place their trust in the fresh products from the sea distributed by the Videla Group, a family-run company with head offices in Barcelona and a long tradition in the hotel and catering trade.

ORIGIN AND FAMILY HISTORY. Pescados Videla, the parent company was founded in 1949 by Eugenio Videla Chouza and M^a de los Angeles Ces Abeijón to market and distribute products from the fishing sector, mainly for the hotel and catering sector. Since its beginnings, it has stood out as being a company that offered high quality products, a value that has been maintained by the current company's management formed by two of his children, Juan José and Genin Videla Ces. "The third Videla generation is being trained and is getting ready for the challenge that will be theirs: taking over at the helm of this great company and helping it to continue growing even more, if possible", those in charge explain.

THE BEST FRUITS OF THE SEA. Its fish, always of the best quality, are supplied to the different kitchens and menus at El Nacional. We can find John Dory fish, salmon, sole, turbot, anglerfish, bass and sea

bream amongst other select fish. The shellfish and celaphopods also carry the Videla stamp: oysters, crabs, mussels, king prawns, razor shells, cockles, prawns, mantis shrimps, squids, octopuses and cuttlefish are good examples of this.

Taking great care of the quality of these raw materials has always been a priority for Pescados Videla. "All our professionals employed in the purchase process, selecting the best suppliers, the best boats and obviously the best products, have a very important job. The selection is made with great care in order to be able to offer exactly what our customers want and need", executives from the company state.

Another guarantee of quality is the fact that they are one of the few companies homologated with the IFS certificate. Additionally, they work with factory ships that fish and freeze whilst on the high seas. This allows them to have a wide range of raw material from many sources in their catalogue and with the best freshness, since the product is subjected to a deep-freezing process the moment it is caught. When the goods reaches the installations belonging to the Videla Group, the Quality Department takes charge of inspecting them, in this way guaranteeing the healthiness of the products. Therefore the success of the Videla Group lies in the combination of both departments, Purchasing and Quality, which, as the executives explain, allows the guarantee of "the top quality products reaching our customers with the best service management".

A BUSINESS CONGLOMERATE. Over 300 people work in the different companies forming the Videla Group: Pescados Videla, Unidades Frigoríficas Unifrisa, Videla Consignaciones, Ces Consignaciones, Sumgel and Jerónimo Xampeny Consignaciones. "The workers are the soul of the group", the company's executives state. The main focus point of the group's business is centred on products from the sea: shellfish (both bivalves and crustaceans), cephalopods and select fish. The product comes from different ports and fish markets in the European Community and other countries such as China, Argentina, Peru, Mauritania, Morocco, Thailand, New Zealand and the United States. The professional team from the Videla Group takes charge of selecting the best products directly at each point of origin, following quality criteria established according to the requirements of each of the company's customers. The company also has a factory where frozen sea products and semi-conserved cephalopods are prepared. The products from the Videla Group can be found throughout the currently existing distribution network, from the Hotel, Restaurant and Catering channel and large distribution companies, to retailer or catering establishments, such as the case of El Nacional. The different companies in the group have their head offices at Mercabarna, in Barcelona.

Taking great care of the quality of the raw materials is a priority for Pescados Videla. For this reason, they select the best suppliers, the best boats and the best products

FRIENDS OF EL NACIONAL

The true flavour of fruit from all over the world

Cuckoo natural juices can be tried in all the spaces within El Nacional

BARCELONA— Valencian clementines, pineapples from Costa Rica, apples from Lerida, mangos from India, pink tomatoes from Barbastro and peaches from southern Italy. These are the top quality products from all over the world that the brand cuckoo uses to prepare its six fruit juice varieties. Fruit and nothing else, without any added sugar. This is the base for the Cuckoo fruit juices and the reason why El Nacional, always committed to healthy, natural food, has chosen them as suppliers.

DISTILLED WITH HISTORY. In order to be able to discover the philosophy and the birth of this fruit juice brand, we need to look back a little. In 1992, María Jesús Amer and César Villar Dronda founded Amer Gourmet, a family-run company devoted to the import and export of malt whisky. Over these 25 years, the company, established in Polinyà (Barcelona), has opened up its range of products to all kinds of spirits, becoming exclusive importers and distributors of the best brands worldwide. Boltran, the rum from Guatemala, the American vodka, Tito's and the premium French gin Citadelle are some examples of this. "Our aim continues to be the same: bringing the most dynamic and demanding international brands to our country, making them known to the Spanish public, obtaining the best distribution and finding them a place on our market. We want to grow alongside the brands and accompany them in this long distance process", Daniel Cortés, sales manager from Amer Gourmet states.

Currently, César and Pablo Villar Amer, the second generation in the company, are in charge of running the business, which continues to grow. A good example is the agreement they signed at the end of 2016 with Destilleries MG, which entered as a partner in Amer's share capital. "They have over 70 years of experience in preparing and distilling spirits. Their prestige helps us to continue strengthening our position", Cortés comments.

THE COMMITMENT TO JUICES. Another of the important challenges undertaken by Amer Gourmet was the creation of its own brand of fruit juices. Therefore,



in 2010 Cuckoo was founded and its three first varieties came onto the market. Its philosophy: carefully choosing the best fruit to obtain the best flavour, without adding either sugars or any kind of artificial chemical additive. "Our juices can come from anywhere in the world. We like to be transparent and for this reason, the origin of the fruit, as well as its variety are indicated on the label. We also control the production process, from the source to the bottling process", Cortés says.

Cuckoo juices can be found in all the different spaces within El Nacional, since thanks to its original flavour of recently pressed fruit, they are perfect for

drinking on their own during a brunch and also for using in cocktails. "For us it is very important to be able to provide bartenders with quality products, ingredients that make them create magical cocktails. And this combination of juices with spirits is perfect", the person in charge from Amer Gourmet adds.

But, where does the name Cuckoo come from? It comes from the cuckoo bird, which pecks at the fruit when it is perfectly ripe. A complete declaration of intent for a family-run company that is also committed, as is the cuckoo, to flying around the world looking for the best fruit varieties.

THE FAVOURITES



SMOOTH CLEMENTINE. For many, the clementine is the queen of citrus fruits. Powerful aroma and flavour, an important amount of vitamin C and mineral salts are some of its properties. At Cuckoo, they are harvested in the fields of Valencia and pressed when they are very ripe, extracting all their essence and sieving their pulp to obtain a smooth, flavourful juice.



DELICATE PINEAPPLE. Costa Rica is one of the main pineapple producers in the world and Cuckoo travelled there to select the best. They opted for the Maya Gold variety, which allows a sweet juice to be obtained, with a touch of acidity and a delicate fragrance. The Guaraní people already knew about the virtues of the pineapple and for this reason they called it *ananás*, 'exquisite fruit'.



PINK TOMATO. Close to the Pyrenean foothills, in the region of Barbastro, some exquisite fine skinned, fleshy, juicy, aromatic tomatoes with a clearly sweet flavour are grown. Raw, dressed or transformed into juice, these tomatoes invoke the true flavour of the market garden and tomatoes from days gone by. A juice that awakens the senses and leaves nobody indifferent.



LATE PEACH. For those in charge at Cuckoo, drinking a glass of this juice is like taking "a bite of summer". It is prepared using three peach varieties from southern Italy: Andross, which gives it flavour and aroma; Carson, which is more delicate and Baby Gold, which gives it perfumed notes. A fragrance and a flavour that remain in the memory.



Proposals for enjoying the best meat

A tasting menu, a cider menu and the christmas menu extend the offer from Lomo Alto



BARCELONA— In just over a year and a half of life, Lomo Alto, a restaurant specialising in aged beef, cooked over a char grill, has become a mandatory visiting place for lovers of the best ox and older beef meat and for those who are seeking the unique experience that is the result of the ageing. Lomo Alto has decided to extend its offer with new proposals suitable for all publics, with the inclusion of a tasting menu with a closed price that allows the best qualities of the restaurant to be discovered in depth and a menu called the *cider menu*, at a really attractive price. And during the month of December a third menu will also be available, the Christmas one, lasting until after the holidays.

CIDER BAR. The restaurant's most popular menu, the last one to arrive, has been christened in honour of these establishments that are so frequently found in northern Spain, and with gastronomic proposals that are normal there, such as chistorra sausage cooked in cider, which here is cooked over a wood fire or the cod omelette, with top quality eggs and tuna fish belly, which is served straight from the pot in which it has been cooked in the charcoal oven. Everything is served with a full green salad accompanying it.

The main dish on this menu is the T-bone steak of Charra or Galician Blond beef, from one year-old animals and it is served in 450 gram pieces per person, which have been aged for 30 days. Some very typical desserts from the Cantabrian regions such as cheese with quince jam bring a close to this banquet, which can be accompanied by some of the great wines from Lomo Alto's cellar, in spite of the fact that, if you wish to do honour to the name of the menu, you can order natural cider to continue the tradition.

The tasting menu is devoted to ox and it starts off in a spectacular way with a selection of cured meats prepared using products from this animal: tongue, *chorizo* and *longaniza* spicy sausages. It



Lomo Alto has decided to extend its offer with new proposals suitable for all publics, which include a tasting menu and a *cider bar* menu

continues with a crunchy flatbread, spread with the spectacular ox sobrasada and honey, a carpaccio of old beef meat with smoked Idiazabal cheese, hand-minced steak tartar, dressed to the customer's taste and ox terrine with foie gras and pickles.

A digestive drink in Lomo Alto, a celery sorbet

with lime, gin and tonic, prepares us for the main dish on the menu: the centre of whole ox aged for over a year: the meat from the centre of the T-bone steak, free from bone and fat, spectacular. You can also choose a centre from aged Galician cow, or opt for half a portion of each to compare the two types of meat.

The traditionally-made dessert trolley closes this tasting menu, which also includes aperitifs, a selection of oils from different olives and traditionally-crafted breads.

CHRISTMAS. From the beginning of December until after Epiphany, customers will be able to enjoy a third menu that also starts with a serving of bread, olives and monovariety oils to taste whilst the beef and ox hors d'oeuvres arrive for sharing: the house's cured beef croquettes, the ox steak tartar and the house sobrasada with a fine-doughed flatbread.

As its speciality is the char grill, the menu includes a whole veal T-bone steak or a European beef rib, to choose, with a garnish of piquillo peppers, sour potato chips and salad. And for dessert, baked Alaska and a selection of traditionally-made turrón that are indispensable during these holidays.

MEAT AND CHAR GRILL IN HARMONY. Lomo Alto is not just another restaurant, but rather it is a temple of selected meat from the best Spanish and European breeds, matured in ageing rooms and served at the best moment, to customers who can choose the piece most in tune with their tastes.

Meat from old cows of the Galician blond breed, aged for 150 days, from the Friesian breed with 50 days of ageing, or year-old veal, also Galician blond, with 30 days in the ageing room are some of the restaurant's normal offers. All of them female animals, as their meat that is more tender than that of the males.



Recommended by the Michelin guide

Lomo Alto takes home the prize for the national char grill competition

Lomo Alto's commitment to specialisation and quality has started to receive recognition in specialised magazines and guides. The latest is the inclusion of the restaurant in the recommendations of the 2018 edition of the Michelin Guide, the best known in the world, as well as the Traveller guide. A recognition that is added to the list of awards that Lomo Alto has received over its short lifetime, amongst which is its victory in the national char grill competition during the Gastronomika event last year in San Sebastián. For the first time, this prestigious award was granted outside the Basque Country, where it had remained for the six previous editions.





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



A menu with gourmet sandwiches

Lomo Bajo's Meat Lovers formula is a hit at lunchtime



BARCELONA— This season Lomo Bajo has launched the Meat Lovers Formula, a proposal with some of its best gourmet sandwiches, a side dish and a drink at the normal price of the lunchtime menus, and that has been very successful, particularly at lunchtime and amongst those

who do not have enough time to sit down at a table, but do not want to give up the quality of the best meat sandwiches that can be found in Barcelona.

The menu allows customers to choose from three of the sandwiches that make up the menu of Lomo Bajo, the first floor of a restaurant devoted to the aged meat of ox, old cow and veal. On this first floor, ten gourmet sandwiches are served: four hamburgers, four rolls and two steak sandwiches, as well as half a dozen side dishes and desserts, a selection of beers and wine by the glass.

For the Meat Lovers Formula, three sandwiches have been chosen from this menu: the classic hamburger (with aged cow beef accompanied by braised onion, tomato and lettuce and a char grilled pretzel bread); the ox sobressada roll, prepared using the restaurant's original recipe (served with cheese and honey, within a steamed brioche bread that has been marked on the grill) and the Moruno Roll (using the same bread, stuffed with cubes of two-coloured loin, macerated with garlic, bay and sweet pepper, which is served with pickles and *piparra* mayonnaise). To accompany this, the menu allows you to choose between a salad and the magnificent fried mountain potatoes and a drink is included.

GOURMET SANDWICHES. The restaurant's sandwich menu, as we have already mentioned, includes another seven specialities. Amongst them the *burgers*, which is the name given to hamburgers here. In addition to the

Classic, the kitchen also prepares the Sybarite, with grilled foie and apple; the Gorgonzola, with Italian blue cheese, onion, tomato and lettuces and the Supreme which, unlike the others, which are made from cow meat, is made using ox meat and is served with cheese along with the other classic ingredients.

More surprising are the rolls of English bread, which as well as sobressada and moruno, are also prepared filled with ox steak tartar with crunchy onion and creamy egg yolk or beef jerky (thigh ham) with a salad of sprouts and citrus fruits.

And the steak sandwiches, an evocation of the veal classic that here is raised to its highest category, as they are prepared using veal fillets with green peppers, cheese and meat mayonnaise or using veal T-bone steak and piquillo peppers. An important review of a classic that is served with black kamut and carob bread, crunchy, ciabatta, designed for these sandwiches.

As side dishes, there are chips, using excellent raw materials and fried in their skins, Padron peppers with coarse salt, onion rings with cane honey or lettuce heart and tuna fish salad. The salad of endives with gorgonzola and walnuts leads the offer of dishes for sharing, along with the beef jerky croquettes and the tomato salad with tuna fish belly.

The desserts deserve a separate heading, classic but capable of tempting the most prudent diners: fresh pineapple with fresh cream; beer baba and whipped cream; lemon sorbet; vanilla ice cream and Belgian chocolate ice cream.

BEER AND WINE BY THE GLASS. To drink, we can choose between a wide range of nine Damm beers (there will always be one that goes perfectly with our option and with our tastes), or white wine, red wine and cava by the glass, for those who prefer fermented grape juice. Gin and tonics made with the best gins and premium tonic are also available for those who wish to relax after the meal.

INFLUENCERS



@eatinbcn. With a total of 51.5 thousand followers, Carla Álvaro recommends the Meat Lovers



@gastronomistas. Gastronomistas (22.6 thousand followers) recommends trying the Supreme (ox hamburger) with cheese, lettuce, tomato and char grilled onion.



@mikeliturriaga. With over 38.1 thousand follows, Mikel Iturriaga recommends the ox steak tartar roll, with crunchy onion and creamy egg yolk.

A SOLIDARY CHRISTMAS



Photo: Red Cross own archive.

El Nacional starts up a campaign against child nutritional poverty along with the Red Cross

The campaign, *1 euro, 1 afternoon snack, 1 kg of food* is also encouraging customers to become solidary

BARCELONA— El Nacional does not want to be uninvolved in the reality or the problems of the society that surrounds it, therefore it has signed an agreement with the Red Cross to help to guarantee a suitable and healthy diet for children in vulnerable situations.

The campaign, designed by El Nacional along with the Red Cross, is called *1 euro, 1 afternoon snack, 1 kg of food*. During the Christmas period, the restaurant's customers can make a donation of one euro when they pay their bill. This donation is given entirely to the humanitarian institution, which will turn it into a balanced, nutritionally-rich afternoon snack for a child. For each donation made by customers, El Nacional will give a kilo or a litre of food or drink, according to the requirements set down by the Red Cross within the framework of the Humanitarian Partnership for Child Nutrition.

FEEDING AND EDUCATING. The economic crisis experienced by our country and from which a recovery seems to be on the horizon, has left behind it an appreciable increase in poverty. According to data from the Labor Force Survey (LFS) for the second quarter of 2017, there are 157,400 Catalan households where all the members are unemployed. Therefore, housing or supplies have priority for any meagre economic resources they have, and this has a significant effect on the amount of money devoted to health, education, or a healthy, balanced diet. In 2016, according to the Catalan Institute of Statistics (Idescat), 23% of households with Catalan children were at risk of poverty and did not have their basic requirements guaranteed, such as a healthy, balanced diet, education or leisure.

The Catalan Red Cross has a specific programme through which it works to fight against these deficiencies that is called *School Success*. This programme is carried out in 55 Red Cross centres all over Catalonia; it helps

1,600 children and it is possible thanks to work of around 300 volunteers, who work with these children every day.

The children go to the centres after school and, before anything else, they have an afternoon snack. This is where the euro donation, collected from El Nacional's customers, is turned into a solidary and healthy afternoon snack. "But they do not only come to eat", the monitors explain. They also accompany them in acquiring healthy eating and hygiene habits. They are taught how to have a good afternoon snack. The monitors explain to them that it is very different to eat a sandwich and fruit compared to industrial cakes or sweets. They are taught the source and the properties of the foods and they discover new products that they are not used to seeing at home, such as avocados or peanut butter, and at the same time they are encouraged to become used to eating things that they have never tried before. After their afternoon snack and acquiring these healthy habits, the monitors do what they call *educational accompaniment*, that is to say, accompanying the child in his or her learning process. "The idea is not to help them to do their homework, but to help them acquire skills: we try to help them grow personally and to develop as people", with specific materials for their school subjects and for the different social skills, linking this learning process to games and fun to ensure that they do not see it as an obligation or a punishment.

The monitors are usually young people, to ensure that they are closer to the age of the children they are looking after, and they keep the ratios small, from three to five children per monitor, "so that the children feel important, looked after and valued by a person". The closeness in age also helps the children feel that the monitors "are much closer to their age and emotional links are generated", the organisers conclude.

"BEING A VOLUNTEER MAKES YOU GROW AS A PERSON".

In order to perform the Red Cross activities, volunteers are essential, people who selflessly devote part of their time to helping others. This is the case of Nora Barco, a 25 year old girl from Terrassa who has been a volunteer in the Red Cross Youth for seven years now.

For Nora, who devotes a few hours every day to selfless work in this humanitarian institution, "the experience is very positive, because you learn a great deal". For this reason, she recommends volunteering for personal development. "Being with children allows you to learn a great deal from them; they surprise you, you develop creative capacities; you have good experiences; you share with other volunteers and this creates an important link and makes you grow as a person", she explains. But above all, she values the learning that you take with you and the experiences and the funny moments you can experience, both with the other monitors and with the children.

"It is lovely when you meet the children in the street and they come and explain to you what they have done during the day. You see that you really form a part of their lives at some point and this stays with them; this project is very important for them".

A SOLIDARY CHRISTMAS

NOVEMBER

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JANUARY

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The National also celebrates its own inauguration of Christmas lighting. This will be the most solidary Christmas of El Nacional, since we started, together with the Red Cross, the campaign '1 euro, 1 afternoon snack, 1 kg of food'.

Attention! Today is a public holiday, but at El Nacional we don't close. Come and see us!

Come and celebrate Christmas with us! And discover the special menus, with advance booking, at El Magatzem.

In Catalonia we celebrate St. Stephen's Day eating cannelloni and stuffed chicken or roast beef.

Celebrate New Year's Eve at El Nacional with the bells and grapes!

Happy 2018!

The Three Kings arrive in Barcelona!

End of the Red Cross solidary campaign.



Give El Nacional, give a unique gastronomical experience



Obtain your
El Nacional gift
voucher from
50 euros

This voucher is a personal document that can be acquired on the web site of El Nacional (www.elnacionalbcn.com) or *in situ*. The successive consumptions will be discounted from the initial amount. It is valid for all the restaurants in El Nacional de Barcelona. The balance of the voucher cannot be refunded or exchanged for cash. The voucher will not be replaced if stolen, lost or damaged. The balance must be used within a maximum period of one year.