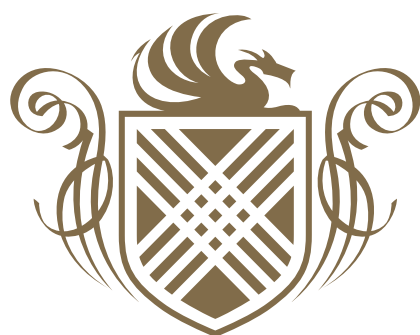


GRAPHIC NOTES



ISSUE 7 — FALL-WINTER 2018

EL NACIONAL

BARCELONA

THE CITY'S GASTRONOMICAL MULTISPACE



≡ 6 KEY QUESTIONS ABOUT EL NACIONAL ≡

WHAT

El Nacional is Barcelona's leading gastronomical multispace. Located in a magnificent Modernist building, it offers a chance to taste traditional recipes from around the Iberian Peninsula, prepared using the very best seasonal ingredients. Don't miss this unique space with four restaurants and five bars. Visitors of all ages will be delighted.

WHY

At El Nacional everything is possible. They cater to a wide range of tastes. Guests have a choice of dining at La Braseria, La Llotja, La Taperia or La Parada, or just enjoying an informal bite at one of our specialized bars. The Wine Bar, the Beer Bar, the Oyster Bar, the Cocktail Bar or El Quiosc are all ideal spots to enjoy a world-class gastronomical experience.

WHEN

365 days a year, El Nacional is continuously **open from 12 PM until 2 AM**.

WHERE

Passeig de Gràcia, number 24 B, in downtown Barcelona. This is in the center of the city block between Gran Via, Passeig de Gràcia, Diputació and Pau Claris, right in the heart of the Eixample neighborhood.

HOW

A reservation isn't required when dining at El Nacional. Nonetheless, if you want to make sure a table will be available, you can book one at La Llotja or La Braseria (except for Saturdays and bank holidays). Just call **+34 935 18 50 53** or contact them at reservas.enb@elnacional.com or on our webpage **elnacional.com**.

WHO

Everyone is welcome at El Nacional. We offer tables for up to 10 diners. If your party is larger than that, you can enjoy a meal at El Magatzem, a private space for your celebrations. Give us a call and we will be happy to create a custom experience just for you.



GIFT CARDS. How about giving gastronomy as a gift? Give an El Nacional card (starting at 50 euros). They can be purchased online at elnacional.com or on the premises and are valid for a full year.



EDITORIAL

Once again, the fall and winter season begins at the restaurants and specialized bars at El Nacional. This year, as always, they will be offering their classic dishes, but also new suggestions and the best seasonal products. In this edition we will discover some of the regional and traditional dishes served at La Llotja, we will share a step-by-step recipe for one of the flagship dishes on the menu at La Taperia, we will offer some advice on wine and cheese pairings and we'll delve into the secrets of the best beer brews, among other things. Keep in mind that at El Nacional they only serve the very best products from across the Iberian Peninsula, fresh ingredients that will enable you to experience a top-quality gastronomical experience.





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



El Nacional leads a fundraising campaign to benefit Sant Joan de Déu Barcelona

Donations will support medical research of conditions that affect children



BARCELONA– As Christmas draws near, the El Nacional gastronomical multispace is, once again, launching a fundraising campaign. This year, all donations will support one of Europe's leading pediatric centers: Hospital Sant Joan de Déu Barcelona. This year's campaign aims to support this center's prenatal and pediatric research.

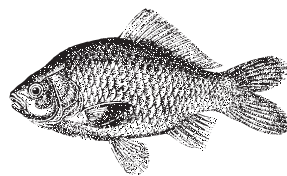
El Nacional will lead with a private donation of € 10,000 dedicated entirely to funding the research teams at Sant Joan de Déu Barcelona. Furthermore, starting on the 22nd of November, when the Holiday lights are switched on, and until the Epiphany (January 6th), El Nacional clients will be able to make their own donations by being offered the option of adding 1 euro to their bill. These small amounts will be added to

the € 10,000 provided by El Nacional, leading to a substantial tally as many of our guests at La Llotja, La Braseria, La Parada, La Taperia and the Oyster Bar contribute.

THE GOAL: REPEATING AND IMPROVING ON THEIR 2017 SUCCESS

The holiday fundraiser is already a tradition for the staff and guests at this gastronomical multispace. Last year, they raised donations for the local Red Cross in order to support the goal of ensuring a healthy and balanced diet for socially vulnerable children. Guests donated € 8,737, which El Nacional matched with a donation of 8,737 kilograms of food. Thank you, once again, to everyone who helped make this possible!

LA LLOTJA


 WOULD YOU LIKE TO DISCOVER
OUR LLOTJA'S MENU?


Fish recipes for discerning taste buds

Seafood is the star of the fall and winter line-up at La Llotja



BARCELONA— Fall and winter are the best seasons for seafood. Like everything that is served at La Llotja at El Nacional, this seafood is very fresh and sourced from the best ports and fish markets across the Iberian Peninsula: crayfish, prawn, clams, pod razors, lobster, barnacles, brown crabs, king prawn... these are just some of the many delicacies that can be enjoyed here. During the holiday season, seafood becomes even more important in these kitchens as it

becomes the star ingredient in the seasonal seafood stews that will be on the menu. In December, don't miss the chance to taste a local spiny fish species (*peix de roca*) stewed with seafood. Delicious!

SEASONAL SUGGESTIONS. Fall and winter are also the seasons for fish classics such as common pandora or red bream. In February, a red bream *suprême* will be served the way it is done in Santurce,

in Northern Spain: with some finely sliced, lovingly seared, garlic. In March, the seasonal menu will offer special suggestions, such as grilled cod with Catalan-style *fava* beans or a hake *suprême* topped with slow-roasted pork. The menu at La Llotja will also be offering a tour around the Peninsula with the best regional seafood recipes. Ibiza *bullit*, red shrimp from Huelva or lobster stew from Menorca are just some of the specialties you can enjoy. And of course, you can always count on *paella*, traditional black rice with squid ink, seafood and fish or a *fideuà* (similar to paella, but made with very fine strands of pasta instead of rice). These famous local gastronomic creations just have to be on the menu.

PROVIDING SATISFACTION FOR A WIDE RANGE OF GUESTS. Guests are in charge in this specialized seafood space at El Nacional. Fish and seafood are on display, and guests are welcome to inspect and choose the catch they want cooked, decide how big they want it to be and how they want it done: grilled, steamed, broiled, baked, fried or stewed. Fish can be served with sautéed vegetables, a lettuce sprout salad, French fries or a baked potato. The same applies to seafood dishes, so there are myriad combinations and choices ensuring everyone can find an option that suits the taste and budget of each guest or group.

If someone isn't in the mood for seafood, other options are available, such as salads, a 250-gram dry-aged ox meat hamburger, a free-range chicken breast or veal steak with sautéed vegetables and potatoes. As for dessert, another gastronomic route through the local sweet traditions is available. A typical pastry with whipped cream from Mallorca; a sponge cake from Larpeira, created in Galicia, but connected to Catalonia, as it is filled with the classic Catalan-style *crème brûlée*; the *pionono* from Granada, with cream and chocolate; sponge cake soaked in *ratafia* (typical Catalan herb liqueur); and a simple but effective Mediterranean classic: bread with chocolate, olive oil and a sprinkling of sea salt. As we reach Christmas, why not start the celebration with a selection of Vicens *turrón* (nougat): egg yolk, soft almond, and crunchy almond and chocolate.

STAR DISHES



BULLIT: FISH STEW FROM IBIZA. This classic dish from the Mediterranean island was developed by thrifty fishers who needed to make the most of their catch while out at sea. It is unique in that it is presented in two servings: first, a stewed spiny fish, served with boiled potatoes and *aioli*, and then a rice dish made with the fish stock from the first course.



RED SHRIMP FROM HUELVA. This is one of the most appreciated species of shrimp found in the Atlantic Ocean, rivalling deep-water rose shrimp. It's tasty and has a wonderful mouth feel. The best way to enjoy it is boiled or grilled. At La Llotja you can have them grilled, with a sprinkle of seaweed salt, or fried.



MENORCA LOBSTER STEW. A traditional seafood stew has become famous all around the world and is now the best-known dish from Menorca. At La Llotja you can enjoy this specialty as long as you're ordering it for at least two guests. Here it is made with lobster, a tasty crustacean with a type of flesh that suits this stew particularly well.



GRANADA PIONONO. This is a sweet traditionally made in Santa Fe, close to the city of Granada. It's made from a rolled-up layer of sponge cake soaked in syrup. At El Nacional a coating of chocolate is added to the classic recipe. It is topped off with a delicious crown of *crème brûlée*.

LA TAPERIA



WOULD YOU LIKE TO DISCOVER
OUR TAPERIA'S MENU?

All the best *tapas* from all over the Peninsula in a single culinary venue

La Taperia is a lively and informal space, great for sharing

BARCELONA—Meatballs with cuttlefish is one of the star dishes at La Taperia. Michel Gradel, head cook at El Nacional, shares the recipe. His advice: always work with the best local ingredients. This space is one of the liveliest at el Nacional and it offers *tapas* and other dishes inspired by some of the most typical recipes from across the Peninsula. Dishes are announced “Málaga-style” by staff as they emerge from the kitchen and are ideal for sharing. Try not to miss the *esqueixada* (Catalan cod salad) or the potato salad as they are announced, and then move on to specialties like a Barceloneta-style *bomba* (a spicy potato delicacy) or the artisanal cured sausage made with cider. If you’re in the mood for a stew, apart from the cuttlefish meatballs, you may also want to try a beef stew with mushrooms or pork’s cheek. You can finish off this tour sampling the local cuisine by ordering a nice rice-based dish or a *fideuà*. You can’t go wrong.



THE RECIPE

El Nacional’s meatballs with cuttlefish

Ingredients:

- » 1 cuttlefish (1,5 kg)
- » 400 g meatballs
- » 50 g flour
- » 50 cl fish fumet
- » 100 cl chicken stock
- » 20 g of *sofrito* (stir-fried onions with garlic and tomato)
- » 10 g of *picada* (a mix of crushed almonds, hazelnuts, dry bread, garlic, white wine and olive oil)
- » Olive oil
- » Salt



Roll the meatballs in flour and fry them in a small amount of hot olive oil.



In a casserole, heat the previously prepared *sofrito* and *picada*. Add the stock and fumet and bring to a boil.



Clean the cuttlefish and cut it into cubes. Place them in a tray and cook 50 minutes in an oven at 100% steam setting.



Sauté the cuttlefish in a casserole in hot oil. Add sauce and cook on low heat for approximately 40 minutes.



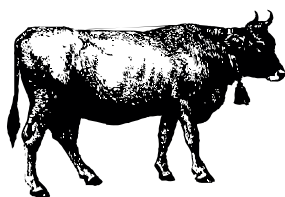
Put the meatballs in the casserole and cook for 3 to 5 more minutes. Plate and serve. *Bon appétit!*



Do you want more recipes? They`re now available on the El Nacional Blog: www.elnacional.com/blog



LA BRASERIA



WOULD YOU LIKE TO DISCOVER
OUR BRASERIA'S MENU?



So much more than just a grill

La Braseria chooses the very best cuts of beef, veal and ox

BARCELONA— Let yourself be drawn in by the aroma of grilled meat. There is no way you're going to miss La Braseria. What you'll find there is a space that reminds you of a traditional butcher's shop. At one side, in full view of diners, is a dry-aging cabinet with glass doors that allows guests to see the cuts that are available for their dining pleasure. These are all premium cuts from the best breeds and regions of the Iberian Peninsula. They are all clearly labelled to guarantee traceability.

EACH CUT OF MEAT IS UNIQUE. La Braseria's specialty is grilled meat, but they also offer other ways of preparing cuts from mature cows, veal or ox: a charcoal oven or grill are also options. In fact, the chefs at this venue use many different cuts for different specialties. From the forequarters they obtain T-bone steaks, weighing 900 grams to 1.5 kilograms, which makes them perfect for sharing. From the hindquarters they obtain tenderloin cuts, weighing approximately 350 grams. These cuts are cooked over a bed of embers on an open grill, in order to ensure the fat doesn't burn and the core reaches just the right temperature. A bit of advice from Michel Grader, the head cook at El Nacional: "Never start grilling meat that you've just taken out of the refrigerator. You may end up with a cut that is cooked on the outside but cold on the inside. The cooking temperature shouldn't reach more than 52 degrees Celsius and the cut should be served warm".

More suggestions: at La Braseria they choose the very best ox shank to make a boneless *osso buco* stew that has been marinated in red wine, served with sautéed vegetables. An ox round is turned into a *carpaccio* with a delicious smoky taste, that pairs wonderfully with some Idiazabal cheese. Cow tenderloin is cut into smaller servings and grilled.

If you're not in the mood for beef, the menu offers other options, such as oven-baked suckling lamb, with potatoes, onions and garlic cloves; Ibérico pork jowl with red wine; baked poussin stuffed with bread and herbs; Duroc pork trotters and grilled Calaf *butifarra*



(traditional Catalan sausage). And one last suggestion, straight from the sea, that also delivers delicious results on a hot grill: Galician-style octopus.

SEASONAL DELICACIES. Every month, El Nacional produces some special dishes and suggestions using seasonal ingredients. In November,

La Braseria offers grilled *Ral d'Avinyó* pork. In December, *cannelloni* with truffles (a local Christmas classic) will be on the menu at our meat-lovers' temple. In January, enjoy a wild boar stew with roast chestnuts and caramelized onions. Later in the year they will offer some excellent grilled Navarra asparagus that go wonderfully with a slice of *foie*.

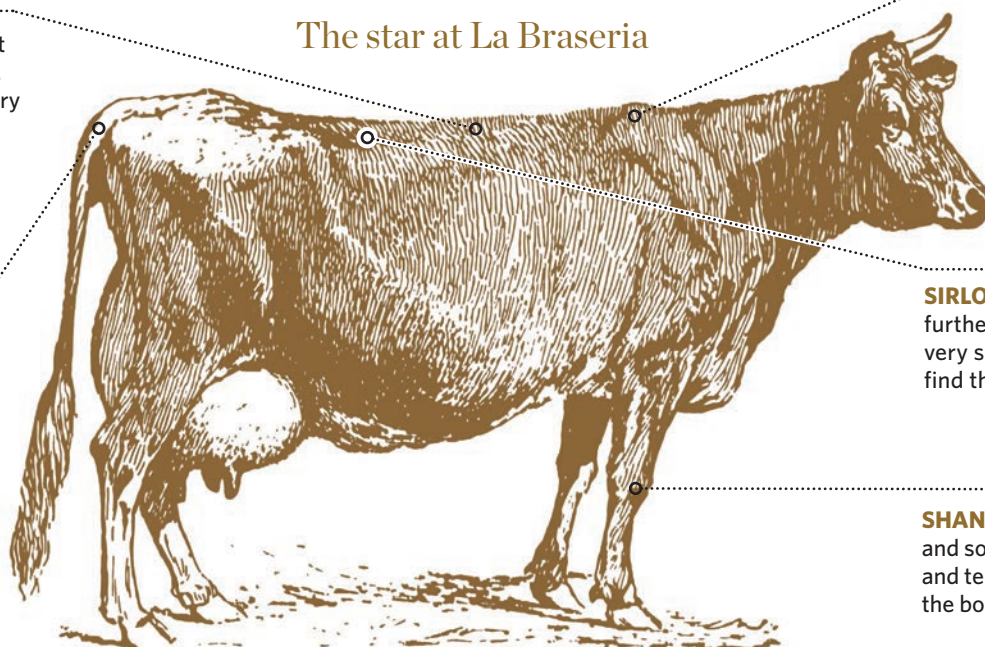


Parts of a cow

The star at La Braseria

FILLET STEAK. This cut has a long, flat shape and is hidden under the ribcage. It contains the tenderest meat, with very little marbling.

TAIL. With a gelatinous texture, this meat is stuck to the bones on the animal's tail. Its best use is in stews.



CHUCK. This area produces tender and greatly appreciated cuts. T-bone steaks are perfect for cooking on a grill or a griddle.

SIRLOIN. The part of the loin that sits further back produces lean, tender and very smooth meat. This is where we find the tenderloin, next to the ribs.

SHANK. The lower part has tendons and some fat. This meat is mellow and tender. When this cut includes the bone, it is known as *osso buco*.

LA PARADA

WOULD YOU LIKE TO DISCOVER
LA PARADA'S MENU?



Quick and very healthy cuisine

La Parada invites you to take a break and enjoy a salad or a flatbread



BARCELONA— La Parada is the first space we find when entering El Nacional. It's perfect for those days when we're in a hurry, but still want to enjoy some healthy and high-quality food. It offers an ample menu in five parts: entrées and deli meats, pasta, artisanal flatbreads, thin-crust flatbreads and desserts. On the list of entrées, they offer salads, a favorite for a quick light meal. You might choose the quinoa salad with tuna belly, a green salad, a salad with Catalan cold meats, cod salad with *xató* (Catalan sauce made with almonds and hazelnuts) or the Cesar salad, made with chicken *confit*, a unique El Nacional touch. In the month of December, a very special suggestion will be available: salmon salad with creamed avocado and caviar.

THE FAMOUS EL NACIONAL COQUES. *Coques* (Catalan-style flatbreads) are a great option for a quick bite. Thin crust *coques*, similar to a small pizza, are the specialty at La Parada. They are served in a range of combinations: with lettuce sprouts, *samfaina* (similar to ratatouille) and fresh salmon, or, for the real carnivores, Catalan *butifarra* or Mallorcan *sobrassada* (artisanal pork specialties). All the ingredients are locally sourced. If you prefer a thicker crust, other options are available, such as cheese, boiled ham and spinach, fresh tomato, onion *confit* and mozzarella or *coca de recapte* (traditional vegetable flatbread) with grilled vegetables and Romesco sauce. Moreover, the pasta is artisanal and freshly made. Finishing your well-deserved break with something sweet doesn't have to ramp up your calorie count: there are very healthy dessert options, such as a fresh fruit salad.



NEW RANGE OF PASTRIES. La Parada also provides chances for indulgence. Check out the pastries and crêpes (with strawberries and Catalan-style *crème brûlée*, with chocolate or with lemon and sugar). The crêpes are one of the reasons guests keep coming back. During the winter months, four surprising cakes will be available. The first is a lemon meringue pie made with two types of meringue on a lemon base. Two new sponge cakes will be served: an English-style fruit cake made with apples and decorated with caramelized apple pieces and a take on the classic carrot cake, covered in finely sliced almonds. If you crave chocolate, then get your fill with the double chocolate cake.

COCKTAIL BAR

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



This season's cocktails

Every month the Cocktail Bar will offer new and special creations

BARCELONA— The venues at El Nacional offer seasonal specialties, and every month there are new dishes and suggestions. The Cocktail Bar will also offer monthly changes on its beverage list for this fall – winter season. These cocktails pair perfectly with a range of snacks that are offered at this beautiful round bar, including a tuna or ox tartare, an octopus and potato or a eggplant and sardine *pincho* (small serving on a skewer) or oysters. If you would

like some cheese with your drink, two powerful flavors are available: Idiazabal (from the Basque Country) or Afuega'l Pitu (from Asturias). Just ask the bar staff for advice and you're sure to get just the right pairing.

COCKTAIL SUGGESTIONS. Perched on the high stools in this space or relaxing on the sofas, you can travel around the world with the drinks list – and the

monthly specials – discovering a wide range of spirits with the help of the bar staff: bourbons, gins, vodkas, rums, brandies, cognacs and cavas, among many other options. Scotch whiskey, great for cold weather, with its full body, or white Mexican tequilas, aged and settled, great as source of warmth at this time of year, will be particularly present in these last months of the year, helping you start 2019 with great taste.



Ingredients:

- » Zacapa Solera num. 23 Rum
- » Soda
- » Chocolate bitters
- » Orange bitters
- » White sugar
- » Ice

Recipe: Zacapa Old Fashioned

The cocktail of the month for November at El Nacional is the Zacapa Old Fashioned, originally from Kentucky (USA). The name comes from the glass it is served in – similar to a tumbler, but broader. This is a variation on the well-known Old Fashioned, but replacing whiskey with really high quality Guatemalan rum made from unprocessed sugar cane molasses. With its dark mahogany color and red highlights, it will fascinate you with notes of cognac, honey and banana. The bitters add a contrasting touch of flavor. It is served on ice and can be topped with a twist of orange peel. This is the perfect drink to pair with a chocolate and nut dessert. During November, this drink will be available at all the venues at El Nacional, unlike the rest of the mixed drinks, which are only served at the Cocktail Bar.

OYSTER BAR

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

The most cosmopolitan oyster bar

From October until late spring, oysters are at their best



BARCELONA— Strict oyster enthusiasts argue that the only way to really appreciate the taste of the sea is to enjoy them without any condiments. Nonetheless, many guests prefer to enjoy this precious bivalve mollusc with a dash of something.

Each country seems to have its preferred style. At El Nacional, we strive to please guests of all nationalities. “We have all the classic seasoning: lemon, whole grain black pepper or a shallot vinaigrette. Those are the classic styles for enjoying oysters in Spain or France” says Alain Jeudy, one of the best oyster experts in Barcelona, who oversees the Oyster Bar at El Nacional. Three seasonings that pair perfectly with the four types of oysters that are offered at this bar: three from the Atlantic and one from the Mediterranean: la Spéciale from Claire Gillardeau, supergiant oysters from Galicia Fariña, Krystale de Normandie Special and Bouzigues Special.

AN EXOTIC TOUCH. It is well known that hot sauce is greatly appreciated in Latin America and in China, which is currently one of the



world’s largest oyster producers. Tabasco sauce is therefore available at the Oyster Bar, if you want an exotic taste. In Latin America lemon is often replaced with lime, for a local and somewhat sweeter taste. It is also worth keeping in mind that in China and in other South Asian countries, oysters aren’t just eaten raw but also used to prepare a sauce with a complex, salty taste.

Another typical element enjoyed with oysters is bread with salted butter, but, as Jeudy tells us, “this combination is more appropriate for Atlantic oysters, as their Mediterranean counterparts already have plenty of salt”. If we review recipes that use oysters, French cuisine has quite a list: baked oysters with garlic, butter and some breadcrumbs or grilled with sauce hollandaise, with a hint of white wine and leek. Absolutely delicious.

COLD WEATHER IS BEST. From October until late spring, oysters are at their best. This is when their flesh is firm, because the temperature of the sea is colder. This is, therefore, the best time of the year to enjoy them. Keep in mind that the Oyster Bar, like the rest of the venues at El Nacional, work with seasonal ingredients and may offer enticing combinations such as a Mediterranean oyster with boletus mushroom jelly and olive oil caviar, an oyster with cherry liqueur, an Atlantic oyster with pickled truffle, or even an oyster with a few drops of Bloody Mary. It’s all a great excuse to visit the Oyster Bar at least once a month.

WINE BAR

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

The temple of pairings

The Wine Bar offers combinations of wine and cheese that are always a hit



BARCELONA— Wine and cheese: the perfect pairing. Fortunately, our region can be proud of the production of both. The Wine Bar at El Nacional has always offered a careful selection of labels from different parts of the Peninsula, both when it comes to wines and cheeses. We’ve asked Kevin Martínez, who is in charge of this space, to suggest some surefire combinations. We can start with two goat cheeses made in Catalonia: Carrat and Blau de l’Avi Ton. The first has a soft texture and a sharp citrus taste, and pairs wonderfully with a Montsant Pinot Noir. The second cheese is blue and has been matured for two months and will make an ideal companion for a glass of cava or a red Ribera del Duero.

FROM CATALONIA TO ASTURIAS. Some cheeses are made with sheep’s milk, such as Roncal, from

Navarra, the first Spanish cheese that was granted Protected Designation of Origin status. It pairs very well with a strong red wine from Empordà. Sheep’s milk is also the basic ingredient in the Pascualette torta, an artisanal cheesemaking tradition from Extremadura, perfect for spreading on toast with some Manzanilla sherry. If you enjoy cheeses made with raw milk, Puigpedrós, from Girona, with a glass of Penedès Sauvignon Blanc will be an unforgettable experience. And we must mention Afuega’l Pitu, one of the oldest traditional cheeses still made in Asturias, which pairs very nicely with a brut réserve cava.

If you’re not a fan of dairy products, then the Wine Bar has the very best Iberian cured meats and sausages, anchovies from L’Escala (salted) or in vinegar, etc. in order to fully enjoy your experience.

IBERIAN HAM CUTTING AS AN ART. At the Wine Bar, they also worship the best acorn-fed Iberian ham. They know that the best way to enjoy it involves manually cutting it with a knife and they employ experts who know how to do this very well. Each ham from Ibéricos Juan Manuel has been painstakingly selected and comes from animals that roamed freely and fed on grass and acorns. They have been cured for 48 months, giving them an intense aroma. This is a visit you can’t miss when at El Nacional – see these experts display their craft and enjoy the very best type of slice: so thin they’re almost transparent, but nonetheless very tasty. A word of advice: try pairing it with cava. Fascinating!



EL MAGATZEM

The most exclusive experience at El Nacional

El Magatzem is a private space on the El Nacional premises which offers Christmas menus or menus for groups all year round



BARCELONA— Lunch or dinner at El Nacional is always so much more than just a gastronomical experience. The architecture, the interior design and the atmosphere all enhance your visit. But this experience can be even more exclusive if you choose a private space: El Magatzem. This room is reserved for groups of up to 42 guests and is available 365 days a year. For Holiday celebrations with your family or your colleagues, El Magatzem has put together three special menus drawing on the gastronomical assets of three of the most popular venues at El Nacional: La Braseria, La Llotja and La Taperia.

CHRISTMAS TO SUIT YOUR TASTE. If you choose to serve meat, the Christmas menu from La Braseria will delight with entrées like *micuit foie gras* on *brioche* bread, an ox *carpaccio* with Idiazabal cheese and an ox tartare. The main course is a whole poussin, roasted



Catalan-style. If you prefer a seafood menu from La Llotja, the meal will start with fried red shrimp from Huelva, calamari stuffed with ground meat and *galets* (traditional Catalan Christmas pasta) stuffed with seafood and vegetables. The main course would be a spiny fish stew with local seafood. If you prefer *tapas* from La Taperia, the holiday menu includes cold specialties such as a *fava* salad with Iberian ham and mint. There are also hot options, such as the Barceloneta *bomba* (spicy fried potato specialty), a flatbread with baked vegetables and goat cheese or meatballs with cuttlefish. And, as a main course, cannelloni with truffles, a course that is also present in the other menus as an entrée option. All three menus include a starter of *escudella* (traditional Catalan Christmas broth), a Christmas cake and a delicious selection of *turrón* (nougat), which couldn't possibly be missing at a Spanish Holiday celebration.

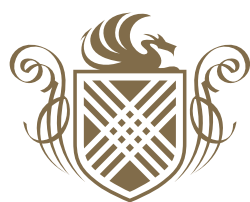
VEGETARIAN OPTIONS. At El Nacional's most private space, they definitely have people with different food preferences in mind. They now offer a vegetarian menu for groups in this space. The veggie option avoids meat and fish, and instead offers a fennel salad with tomato and Fonteta cottage cheese, grilled eggplant with Romesco sauce and herbs or a courgette flatbread with peppers and artisanal cheeses. The main course is a seasonal vegetable *risotto*. Dessert will include an artisanal cake. At El Magatzem you can count on the best professionals from El Nacional offering highly personalized service. An experience that is now also available for vegetarians.

THEY TOO ARE TALKING ABOUT EL NACIONAL

THE BEST RICE
Backdoo (60,800 followers) fell in love El Nacional and with one of the classic dishes of Mediterranean cuisine: paella. @backdoo

A DOWNTOWN OASIS
During his visit to Barcelona, Jon Gasca (12,800 followers) pointed out the warmth and the relaxed atmosphere at El Nacional. @jongasca

A CULTURAL EXPERIENCE
Myinspireproject recommends, on Instagram, the *tapas* and regional recipes served at El Nacional to their 80,800 followers around the world. @myinspireproject



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 a delicious T-bone steak and *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

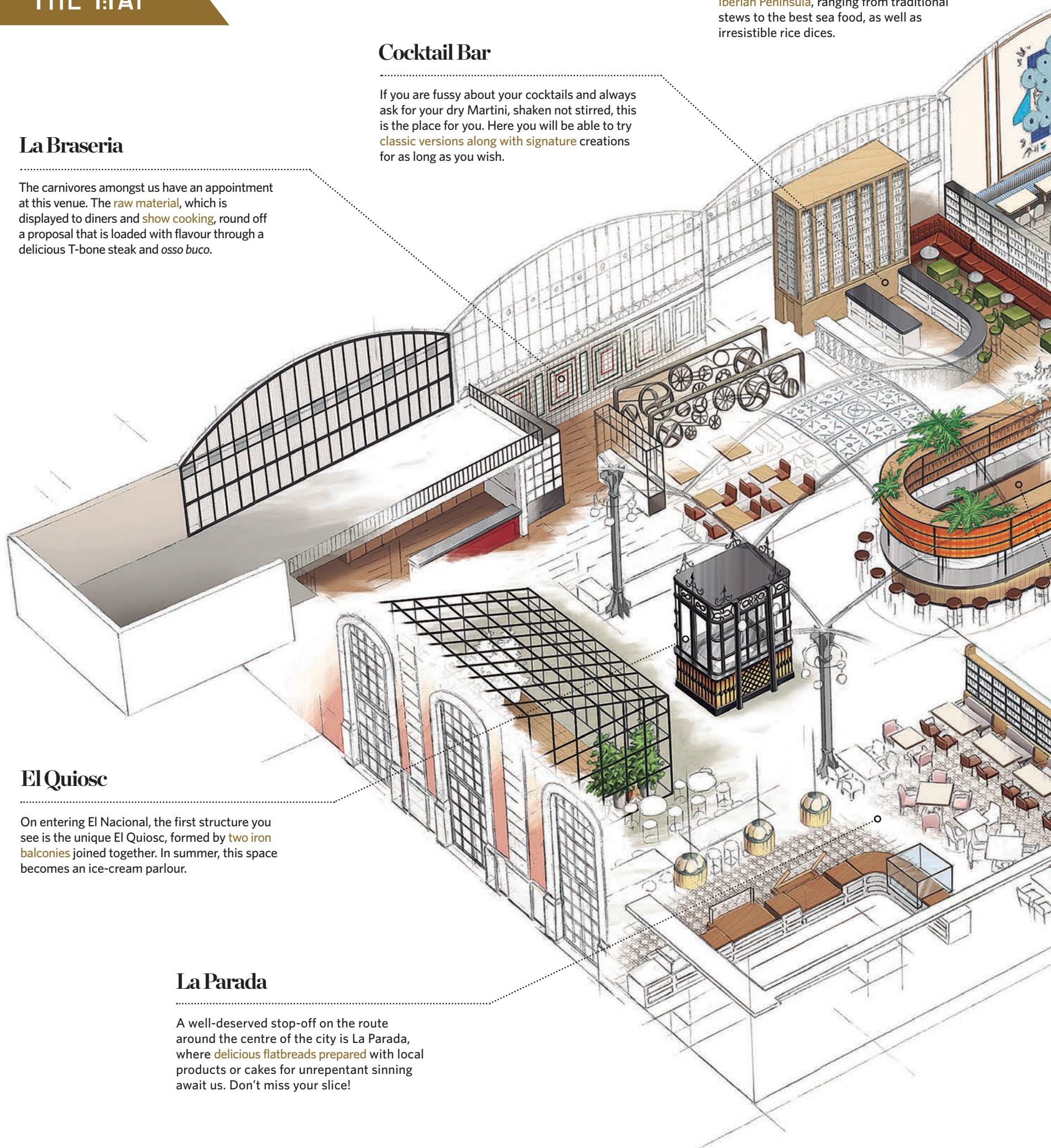
The flavour of the sea brought straight to the table. The privileged menu of this venue devoted to fish is fed by **recipes from all over Iberian Peninsula**, ranging from traditional stews to the best sea food, as well as irresistible rice dices.

El Quiosc

On entering El Nacional, the first structure you see is the unique El Quiosc, formed by **two iron balconies** joined together. In summer, this space becomes an ice-cream parlour.

La Parada

A well-deserved stop-off on the route around the centre of the city is La Parada, 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, and it also has group menus. 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, *cava* and *champagne*. In addition to oysters, we also serve **salmon, tuna, king crab, seasonal sea food and caviar** here.

La Taperia

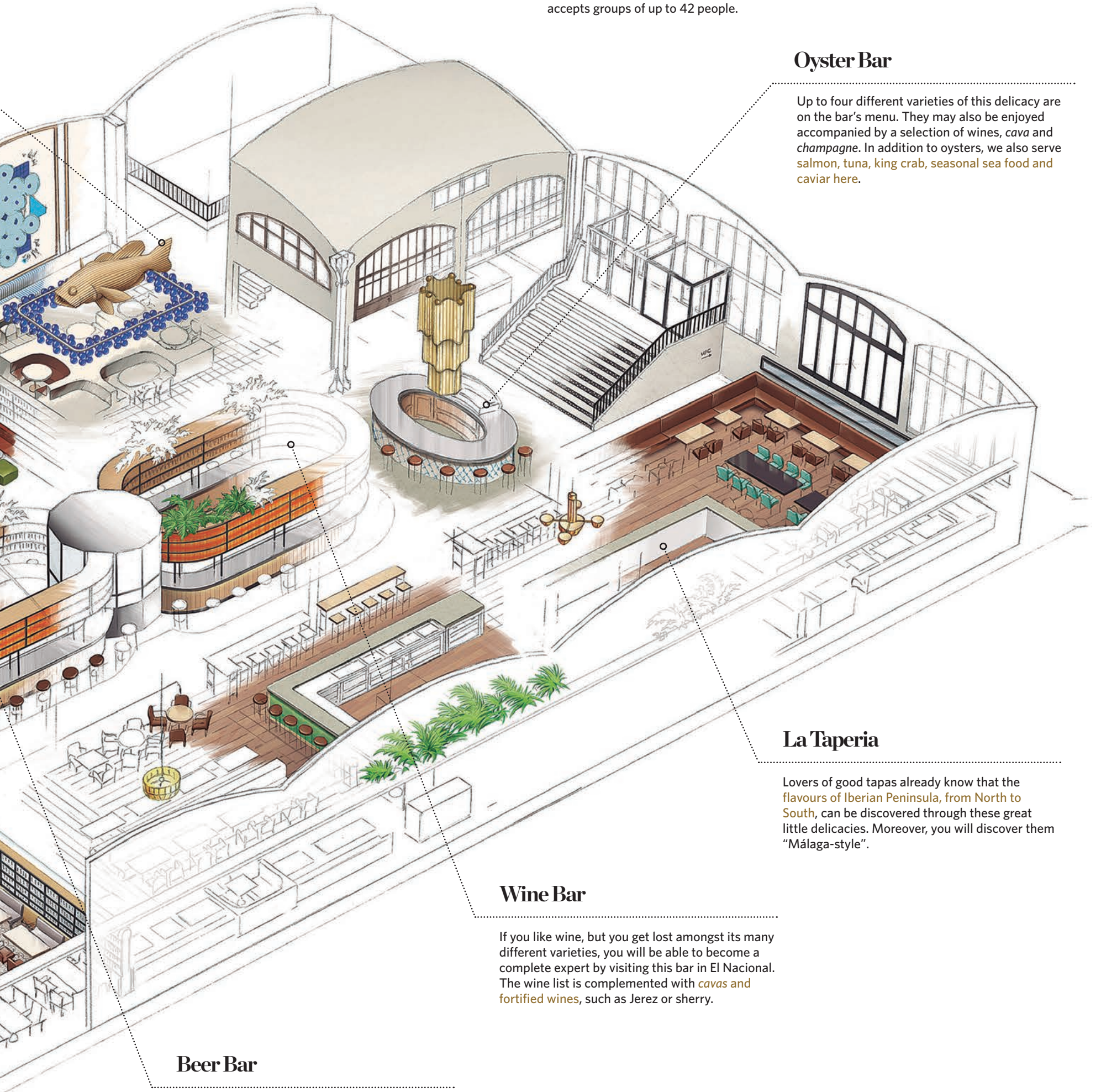
Lovers of good tapas already know that the **flavours of Iberian Peninsula, from North to South**, can be discovered through these great little delicacies. Moreover, you will discover them "Málaga-style".

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**.



ORIGINS

El Nacional values seasonal products and scours the Iberian Peninsula looking for the very best ingredients from the best sources, and at the best time of the year. Spain offers hundreds of products that enjoy Protected Designation of Origin (PDO) or Protected Geographical Indication (PGI) status, but also many others that are simply the result of a well-preserved tradition of high-quality work. Many of these products can be found on the menus at El Nacional restaurants and provide the chance to enjoy the authentic flavors of this land.

Hake (Cantabrian Sea)

Caught in the coldest waters north of Spain, given its high quality, this is one of the most versatile types of fish. At La Llotja it can be ordered grilled, seared on a griddle or steamed.

Red bream (Cantabrian Sea)

Although it can be caught all year round, winter is the best season for this type of fish, which is very abundant in the Cantabrian, but also in the Mediterranean. Basque cuisine has a long tradition of cooking bream in the oven, over a bed of embers or with fried garlic cloves.

Monkfish (Atlantic Ocean)

It may be caught off the coast of Galicia or in the Mediterranean, but in any case, the great taste of monkfish makes it a choice option for Christmas meals. It will be included in some of the fish stews served at La Llotja in the month of December.

Venison (Cáceres)

The region of Extremadura supplies classic game, including venison and wild boar. A very high-quality ingredient that works perfectly in stews and other winter cuisine dishes.



THE SEASONAL PRODUCTS THAT INSPIRE THE RECIPES AT EL NACIONAL

NOVEMBER



PUMPKIN: Although 90% of this plant is water, it is also very rich in beta carotene, antioxidants and fiber. Perfect for both sweet and savory recipes.



PORK: Fed on cereals, such as barley and corn, and given plenty of time to grow at its own pace, its flesh is tasty, tender and mellow.

DECEMBER



MONKFISH: The flesh of this oily fish is exceptional, very tasty and with great texture. Only the tail is served, but the head is used for fish stock.



TURRÓN: Although you may now see a dizzying variety of *turrón*, the traditional types are all based on almonds, an essential component of the Mediterranean diet.

JANUARY



VENISON: The tender cuts, such as the loin or the tenderloin, can be cooked on a grill. It's very lean meat with less calories, cholesterol or fat than veal or pork.



CITRUS FRUIT: These are the kings of Vitamin C and powerful antioxidants. They are healthy choice at any time of the year, but in winter is when they are at their best.



FEBRUARY



RED BREAM: In summer it is a white fish but in winter it produces fat to insulate its body from the cold, turning it into an oily fish, making it a good source of Omega 3 fatty acids.



ARTICHOKES: Slightly tart, fresh, intense and nutty. These are the unique notes of this local artichoke, sourced from el Delta del Llobregat.

MARCH



HAKE: This oily fish is very popular in Spain due to its fine texture, its taste and because it has very few bones. The calorie count is also very low.

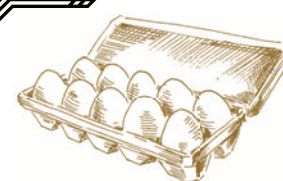


FAVA BEANS: With a nutritional profile half way between vegetables and legumes, they don't have that many calories, but provide plenty of fiber, protein and vitamins.

APRIL



ASPARAGUS: They have remarkable antioxidant and diuretic properties and are always included in a typical Navarra *menestra*. They are delicious with a sprinkling of virgin olive oil.



EGGS: Fresh and mild in taste, spring is the best season for eggs. They are good for our health as an excellent source of protein and vitamins.

BEER BAR



Brews for every taste

A new take on alcohol-free beer and a new IPA are now available at El Nacional



BARCELONA— All across Spain, sharing a *caña* with friends is a tradition. It's a special moment of leisure, a chance to enjoy a cold brew and some nice *tapas*. In Barcelona, the best *cañas* and pints are served at El Nacional, where they trust Damm and the quality of their wide range of beers. A number of brews are available on tap: Estrella Damm is a Mediterranean brew and their flagship brand; Voll-Damm is a double malt, Märzenbier-style brew, with a stronger taste, aroma and body; Turia is a toasted brew, originally from Valencia, with a deep amber color and reddish highlights and Damm Lemon, a shandy that mixes six parts of Estrella Damm with four parts of lemon and a dash of lime. All these brews are also available in bottles, as are other specialty brews, such as Bock-Damm, La Malquerida, A.K. Damm, Keler, Inedit, Daura (gluten-free), Complot or Free Damm. You can enjoy them with some olives, chips, anchovies (in salt or

vinegar or presented on a skewer with a hot pepper) or a large range of tinned seafood and vegetables. Definitely the best way to complete your beer experience.

NEW FORMULA AND NEW BRANDING. Damm's alcohol-free brew, Free Damm, is made with the same process as an alcoholic beer, with yeast and natural fermentation. Afterwards, an advanced technique known as "vacuum distillation" removes alcohol until we have 0.0 % alcoholic content. This new process enables them to recover the aromatic components that used to be lost when alcohol was removed. Free Damm now has fuller aroma and taste. The new label, with a younger graphic style, reflects that change.

If you order the classic Estrella Damm you will see that brand has also undergone restyling. The new design showcases the fact that the original recipe has been

used since 1876 and the ingredients – just water, malted barley, rice and hops- are all 100% natural. The many awards this beer has received throughout its long life are also highlighted on the new label.

IPA LOVERS. At the Beer Bar you can also taste Complot, Damm's new Mediterranean IPA. This is the first beer Damm has made with eight different types of hops, which is the highlight of this type of beer: Summit, Willamette, Citra, Centennial, Simcoe, Amarillo, Mosaic and Nugget, a bitter variety that is grown in the town of Prades, in the province of Tarragona. The result is an India Pale Ale with lots of hops, with a balanced bitterness and some notes of citrus freshness and mature fruit. This brew pairs perfectly with the new generation of gourmet hamburgers, with grilled meat or with blue cheese.

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



THE PERFECT DRAFT BEER

Preparation

The glass must be damp in order to ensure that beer will slide down, instead of crashing against the sides, which would lead to a loss of carbonation.

Just the right head

Once the glass is three-quarters full, it should be straightened, and the tap should be shut off, letting it all rest for a few seconds. Then the head is topped up. This involves opening the tap only part way.

The angle

The glass should be at a 45° angle while the tap is fully open. The tap should never touch the surface of the beer, not while it is being poured, nor afterwards. It should be 10 to 20 centimeters away in order to make the beer hit the glass just right to create a creamy head.

Glass

Beer should be served in glass containers, allowing the color and shine to be appreciated. With lighter beers, a narrower glass is preferable. A darker or a stronger beer will benefit from a something wider, allowing more oxygen to get in.

Temperature

An essential item of advice: the glass must be cold, but not freezing, because if its too cold it'll affect the aroma and taste of the beer and prevent the formation of a nice, creamy, head.

The shape of the glass

Draft beer should always be served in glasses or tankards with flat bottoms, like the ones used at the Beer Bar at El Nacional



FRIENDS OF EL NACIONAL

Sixty years of experience with tinned goods

Espinaler is a Catalan company that supplies El Nacional with the very best tinned fish and seafood



BARCELONA— In 1896 the Tapias family opened the first Espinaler tavern in Vilassar de Mar (province of Barcelona). “This was a fishermen’s tavern, so the main fare was wine, sometimes with a bit of anisette, cognac or Muscat. It was a tiny, cozy, family-run, seaside tavern” says Miquel Tapias, president of Espinaler and a fourth-generation member of the family. In the 40s, Joan Tapias, the founder’s grandson, started adding high-quality Vermouth and carefully selected tinned seafood (clams, pod razors, cockles...) to the products offered, although it was only later that they started to produce and market their own products under the Espinaler brand.

CONTROL STARTS AT THE SOURCE. Espinaler’s range of product includes more than 400 products, mainly tinned fish and seafood, vegetables, vermouth, olives, potato chips and their famous sauce, often served with appetizers. Their fish and seafood is sourced from Galicia, although for some products they find the best quality in other areas, such as tuna and anchovies from the Cantabrian Sea, prawn from Andalucía, etc. “Our obsession is finding the sources of the very best ingredients and getting them to our customers with all the goodness intact” says Tapias. Their procurement department buys directly at the daily fish auctions in Galicia and promptly has it preserved at the best local canneries. “Canning takes place under our supervision and strict rules and quality standards” Tapias points out.

Specific procedures and standards are laid out for each product. Potatoes, for example, are especially selected and harvested in Soria, grown in fields one thousand meters above sea level, whereas olives are selected based on size and shape and meet the high

nutritional and visual standards that their worldwide customer base has come to expect. Espinaler sauce, which is the brand’s flagship product, is made in Argentona (province of Barcelona) on a brand-new production line that was first used in 2018.

SHARED INTERESTS. El Nacional offers most of this company’s fish and seafood products: clams, cockles, razor pods, mussels, etc. and some of their vegetable preserves and other items that are essential for a nice appetizer, such as Espinaler’s classic potato chips. “We’ve been working with El Nacional since the very beginning and we really value the fact a customer like that trusts us. We feel our values are aligned, given

how they appreciate quality ingredients” says Tapias. Recently, the company has included new products in its lineup, like Espinaler sauce flavored potato chips. “Many of our customers were asking for it and it follows trends in market demand, so we expect this product to be very popular” says Tapias. Other new products are julienne-cut potato chips or “chocolate sins” – Marcona almonds coated in white chocolate and cocoa powder. The company’s international adventure is still in their early stages, “but we are proud to say that our products can be found from Italy to Hong Kong, including Japan or Australia” they tell us. The fifth generation of this family, Miki and David Tapias, are already working hard to make this vision come true.



THE FAMOUS ESPINALER SAUCE. Espinaler sauce was born in the fifties, from a homemade recipe developed by Ventureta Roldós, mother of current president Miquel Tapias. In the seventies they started to sell it, and it soon became their best-selling product. Espinaler sauce combines premium quality vinegar, black and red pepper and other carefully selected spices. The exact recipe is a family secret and has managed to become a mainstay of Catalan gastronomy and a must-have component of any appetizer. Currently it is sold in its original formula, and also another version that has a slightly hotter taste, a perfect match with all the company’s tinned products. The perfect third element are Espinaler potato chips, which are peeled, cut and fried following traditional procedures, in 100% olive oil and just a dash of salt, and with Manzanilla olives stuffed with salted anchovies from the Cantabrian Sea. A winning combination.

FRIENDS OF EL NACIONAL

Aromas from around the world for your coffee pleasure

Coffee at El Nacional has the guaranteed quality of
Cafés Candelas, a family-owned company

BARCELONA— Cafés Candelas, based in Lugo, supplies El Nacional with a ton of coffee every year. The origins of this family-owned company reach back to 1973, when brothers Ramón and Manuel Alonso bought the Tostadero Cafés Las Candelas in Galicia. In these 45 years, the company has gone from being a tiny local distribution center to a major supplier for high-end restaurants all over the country, with seven distribution centers across Spain and 278 employees. Despite all this, their headquarters are still in Lugo, in the O Ceao industrial area. From there, they market a number of ranges of coffees, such as Essential, Premium or Organic. Since 1987, they have been exporting their products, and they are currently active in five international markets: Portugal, France, Andorra, Holland and the USA, leading to 800 million cups of Cafés Candelas coffee being served each year.

THE BEST GRAINS AND FLAVORS. “Our whole world is coffee. Everything we do is aimed at offering the best blends of different origins: Brazil, Nicaragua, Colombia, Peru, Costa Rica, Ethiopia, Honduras, Guatemala, Jamaica, etc.” tells us Francesc Lozano, marketing director of Cafés Candelas for Catalonia. Once the coffee reaches their warehouse, multiple quality controls are in place to select the best grains and ensure the roasting process produces the best outcome when prepared. “Their traceability system allows

**“We inspire moments with
a great cup of coffee” says
Francesc Lozano, marketing
director of Cafés Candelas**

us to follow our products all the way through the production process, from the source to the client”, he adds. They have also obtained ISO 9001 quality management certification and ISO 22000 certification regarding food safety covering the entire supply chain.

A SUBLIME PRODUCT. This company has the ambition of being looked up to in its industry. Their Premium range focuses on the highest quality selection and strives to please a customer base that is “increasingly demanding and discerning”. Guests at El Nacional will find Premium coffee served at its different venues: decaf and natural, sold under the Barista brand, with intense flavor and layered aroma notes. A broad range of options are available to suit the taste of each guest. Sweetening options, such as white or muscovado sugar or saccharin, are also supplied by Cafés Candelas.

“We have been working with El Nacional since 2014 and it is a privilege to be chosen by a restaurant that has such high quality standards and offers unique experiences. El Nacional is an innovative space, a trailblazer for new tendencies and Candelas is right there, inspiring moments with a great cup of coffee” concludes Lozano.



THE PERFECT ESPRESSO

For a true coffee lover, espresso is really the only and the best way to fully enjoy coffee. As its name says, this is a coffee cup that must be prepared at the time it will be consumed, a complex fluid loaded with aromas and flavors. According to the experts at Cafés Candelas, a perfect espresso must be aromatic and be covered in thick and full-bodied, hazelnut-colored, creamy foam. It should have a dense body. Grinding coffee just right is essential – it shouldn't be too fine or too coarse. The equipment is also key – water pressure should be precisely 9 bar, boiler temperature should be 120° C, producing water at 90 – 95°C. An espresso shouldn't be more than 35 cc in volume and, in order to make sure it stands out, it should be served in a cup that is white on the inside and is made of a thick ceramic material that doesn't absorb too much heat.

LOMOALTO
RESTAURANT DE CARNS

A chance to discover dry-aged meat

Meat paradise offers options for every guest, including a vegetarian menu

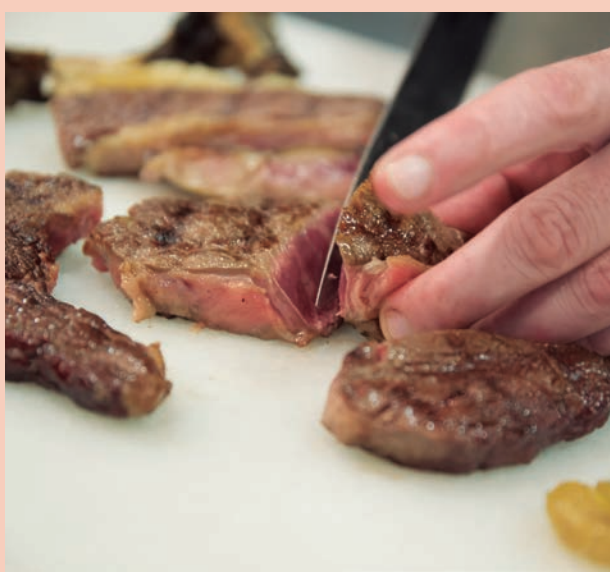


BARCELONA— LomoAlto is one of the undisputed places of worship for meat lovers in this city. The very best cuts of veal, ox or cow are selected and aged better than anywhere else. The outstanding selection highlights meat from old Galician Rubia cows, aged

for eighty days, or from Holstein Friesian cows, aged fifty days, or Bruna breed veal from the Pyrenees with thirty days of aging. All meeting the highest quality standards, selected and sourced from Galicia, Asturias, Castilla y León and other places. Once they arrive at the restaurant, they are hung in aging cabinets and are served when they reach their optimal stage of maturity. A word of advice: let the staff at LomoAlto help you choose. They can help you find the cut that matches your preferences and will ensure it is served at just the right temperature and doneness.

LomoAlto is also great for group meals. Special prix fixe menus are available all year round, for dining in our restaurant or in a private room. It is also a great option for holiday celebrations. If you want to discover the universe of dry-aged meats, the

Sidrería menu can be a good option, built around a cut of Bruna cow meat, aged thirty days. As entrées, *chistorra* (spicy sausage) made with cider, roasted over a coal fire and an omelette made with fresh-laid eggs, cod and garlic shoots. Cider is clearly the best



option when it comes to drinks. For dry-aged meat experts, the Short and long dry-aged cow menu offers meat with shorter and longer aging times. It starts with a selection of meat entrées, such as an ox terrine with pickled vegetables, ox and cow deli meats, cured beef croquettes or cured ox *carpaccio* with Idiazabal cheese. The main course is two T-bone steaks, one with a long dry-aging process, and the other with a shorter stay in the aging cabinets. As a side dish, a Piquillo green pepper confit, fried Agria potato slices and a salad. A quince cheesecake will help you digest this carnivorous feast. Here, the beer, Rueda or Ribera del Quelles wines and coffee are included.

NEW CREATIONS. LomoAlto has just developed a new vegetarian menu which will surprise your taste buds. Start with a tomato tartare with creamed avocado on *brioche* bread, then an omelette made with fresh-laid eggs, fresh garlic cloves and green peppers. The last entrée is a thin-crusted flatbread covered in courgette, onion confit and artisanal cheeses. The main course is a whole grilled lettuce with roast peppers and Getaria vinaigrette. This new menu includes, like the rest of the menus, an array of breads, olives and olive oils made from different olive varieties. Each bite has deep aromas and intense flavors.

LOMOBAJO
PANS I CARNS

The best meat between two slices of bread

The sandwiches at LomoBajo are made with dry-aged meat and bread designed to enhance your tasting experience



BARCELONA— Four rolls – and a new one, inspired by vegetarian preferences – four hamburgers and two steak sandwiches. This is our gourmet sandwich menu offered at LomoBajo, a restaurant that can be a gateway for less experienced diners to get to know the

world of dry-aged ox, cow or veal meats and an informal space in which to enjoy an excellent bite if you are already familiar with these delicacies.

MEAT FROM ALL OVER. Just like upstairs at LomoAlto, the best meat is used to create sandwiches that will definitely make an impression. Galicia provides cuts of Rubia cows, fibrous and with a strong taste, perfect for expert diners. From Castilla y León, we have Alistana Sanabresa, a breed with very limited production and Avilesa, a smooth and juicy meat with a powerful mouth feel. Continuing our trip

across Spain, we find Asturiana de les Valls, a very lean type of veal with very little marbling which is – obviously – from Asturias. At LomoBajo they also choose internationally sourced meat. From Portugal they get Barrosa beef, with a lasting and deep taste and a texture with milky notes. And also, Maronesa breed cows, with a delicate and balanced flavor. Even the north of Europe is involved, with Holstein Friesian cows. Their buttery aroma and texture ensure everyone can enjoy them. Finally, from the Swiss Alps, there is the option of tasting beef from Alpine Bruna cows, with a creamy texture and mild, if somewhat acidic, flavor.

DELICIOUS ON THE BEST WHITE BREAD. All these delicacies are served on rolls made with English-style white bread, steam cooked and then briefly toasted on a griddle. Four classics that are very popular with our regular guests are ox *sobrassada* (spicy spreadable sausage) with honey, inspired by the cuisine of the Balearic Islands; a variation on shish kebab, made with cured, marbled and spicy loin cuts; an ox tartare that



WOULD YOU LIKE TO DISCOVER
OUR LOMOALTO'S MENU?



A multiple experience

The menu includes artisanal and highly digestive desserts

Tasting ox, old cow or veal is a powerful experience. At LomoAlto, it's a full-on sensory experience, as guests watch their cut being carved at their table, and a learning experience. Our staff strive to provide all the information that might be needed regarding available types of meat and cuts and aging processes and how they might be best prepared. They will also suggest ending your meal with a digestive dessert that will cleanse your palate of the rather intense flavors of dry-aged meat. A lime, celery, gin and tonic sorbet is the perfect option. You can also check out the dessert cart, with artisanal pastries and fresh or stewed fruit.



WOULD YOU LIKE TO DISCOVER
OUR LOMOBAJO'S MENU?



ROLL STAR

VEGGIES ARE ON A ROLL

The roll family at LomoBajo is growing and now has a new member: the Veggie Roll. The base is our usual white bread slices with ripe tomato cut en *brunoise*, and a base of creamed avocado. This is topped with onions, capers and pickles, seasoned with a vinaigrette. As a side dish, the restaurant staff will suggest a salad with mild olive oil and chives. A light, fresh, suggestion, that everyone can enjoy.



comes with crunchy onion and creamy egg yolk; or smoked and salted beef jerky, which contrasts with a fresh shoot salad with citrus fruit.

POWER TO YOUR IMAGINATION ... AND TO YOUR TASTE BUDS! If you prefer a hamburger, you should know that here they have some distinctive traits, such as the fact they are served on pretzel buns toasted over live embers. The Suprema is for experts, as it is made with ox meat and has cheese, tomato, lettuce and onion, all grilled. If you don't want to take the risk of exploring the more powerful tastes, the menu offers beef options, such as Clásica (lettuce, tomato and grilled onion); Sibarita, with a premium touch: a slice of grilled *foie* and apple; or Gorgonzola, that adds Italian blue cheese for a very different taste.

Finally, the menu offers steak sandwiches, that are served with dark kamut and carob bread, baked into a crunchy ciabatta. This heavenly bread is proof of how important the frame for the dry-aged meat is at LomoBajo. You can choose two versions of the steak sandwich: one is built around a veal tenderloin, green peppers, cheese and beef mayonnaise; the other starts with a T-bone cut and Piquillo peppers.

THE PERFECT SIDE DISHES. If you are concerned that you will end up hungry, the menu at LomoBajo also offers onion rings with cane honey, fried potato wedges, Padrón peppers with coarse salt or a lettuce sprout salad with tuna. There are also classic desserts with a gourmet twist, such as fresh pineapple with *crème fraîche*, a sponge cake soaked in beer and topped with whipped cream, a lemon sorbet and artisanal vanilla or Belgian chocolate ice cream. A cold beer is the best drink with a sandwich. You can also have one of the Damm brews or choose a glass of wine or even a premium gin-tonic.



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.