

# EL NACIONAL

BARCELONA

## THE GASTRONOMIC EXPERIENCE OF BARCELONA





## ≡ 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 specialised 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 centre of the city block between Gran Via, Passeig de Gràcia, Diputació and Pau Claris, right in the heart of the Eixample neighbourhood.

### 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) on our webpage [elnacional.com](http://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. Write us an email and we will be happy to create a custom experience just for you: [info.enb@elnacionalbcn.com](mailto:info.enb@elnacionalbcn.com)

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



### EDITORIAL

The best recipes of the Iberian Peninsula with products of the highest quality, fresh and local are one of the great hallmarks of El Nacional. In this new issue of the El Nacional newsletter, we want to share a bit of this with you and, therefore, you will find cut-out recipes and a step-by-step guide to prepare some of the most successful dishes and tapas that we serve. In this way, if you are away or want to surprise your family, you can continue to count on our way of understanding and caring for gastronomy. The rest of the time, we await you with open arms in our restaurants and specialized bars, hoping to surprise you, once again, with the best foods of the Peninsula. Welcome!





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



## El Nacional strengthens its solidarity campaign supporting SJD Barcelona Children's Hospital

Donations will fund research into diseases that affect children

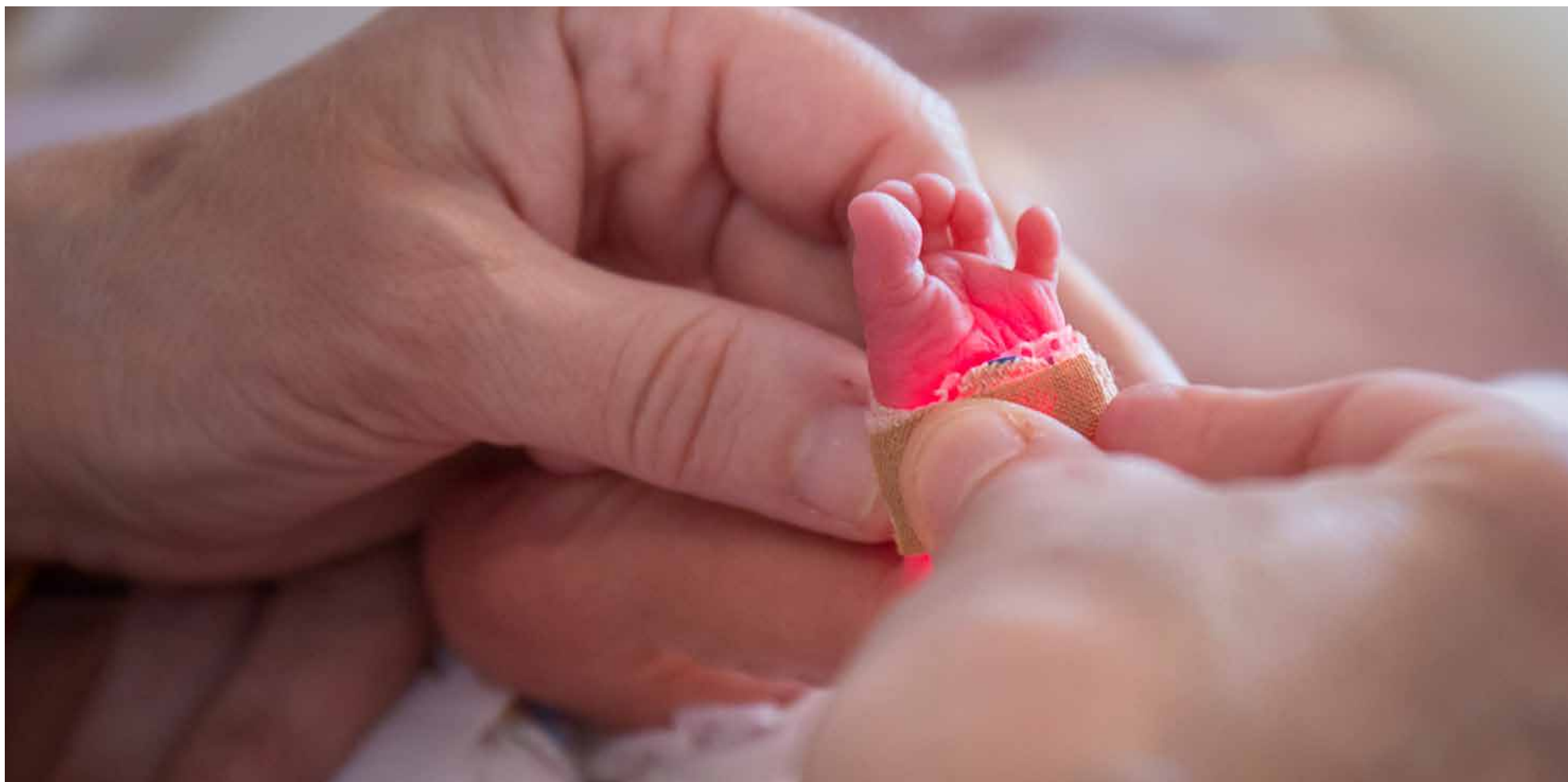


Image from SJD Barcelona Children's Hospital.

**BARCELONA** – For yet another year, with the arrival of the Holiday season, the gastronomic multispace El Nacional will be holding a solidarity fundraiser. Donations go to SJD Barcelona Children's Hospital, an internationally renowned pediatric center that treats patients from all over the world, with more than 245 000 doctor visits, 117 000 emergencies, 18 000 admitted patients, 19 000 ambulatory treatments and more than 3 300 newborn babies. The goal of this campaign is to support research into diseases that affect children and, thus, extend the number of clinical trials, treatments and scientific knowledge.

**EVERYONE CAN PARTICIPATE.** The kick-off of this solidarity campaign is at the end of November of each year, when the Christmas lights are switched on at El Nacional and continues until January 6th. During those weeks, customers will be able to take part by making a

donation of € 1 when paying their account. El Nacional will supplement the total from those donations with a private contribution of € 10 000. During the previous donation drive of 2018-2019, El Nacional managed to raise €27 102 for SJD Barcelona Children's Hospital and in this new edition they are hoping to go beyond that figure.

**LIGHTING UP SOLIDARITY.** Coinciding with these weeks of celebrations and solidarity drives, El Nacional will be displaying spectacular Holiday lights, transforming all its spaces with a custom vintage-style décor designed for this occasion.

The Christmas lights for 2019 will be switched on Thursday, November 28th at 9 PM and researchers and doctors representing the Hospital themselves will be turning on the more than 500 000 LEDs at an event with live entertainment, dedicated to the solidarity campaign.



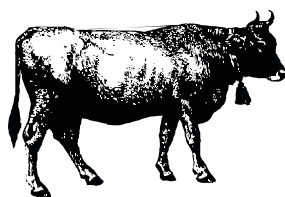
**Seasonal produce** is one of the highlights at El Nacional. Every year, the gastronomic team of this space prepares a hundred new recipes that showcase the best products of each season. These new creations are added to the menus at all the spaces of El Nacional, providing a touch of freshness and new flavors and offering a range that is always evolving. We now present a gastronomic calendar covering some of the star products and ingredients for each month of the year.

Because every season is full of surprises.





## LA BRASERIA



WOULD YOU LIKE TO DISCOVER  
THE MENU AT LA BRASERIA?



# A commitment to dry-aged meat

La Braseria also offers suggestions that reflect each season's products

**BARCELONA**—The philosophy of La Braseria remains firm: “We continue to bet on dry-aged beef, cooked on a hot grill, and domestically bred, since most of our cuts are local and come from the Iberian Peninsula”, explains Michel Gradeler, head chef at El Nacional. In this space they work with two types of domestic cuts, the Galician blonde cow, dry-aged between 80 and up to a maximum of 120 days, and Catalan Pyrenees veal, dry-aged 40 days. The third option is simmental European beef, with a maximum of 70 days of dry-aging. All these cuts are cooked to order, on open grills, at a very precise distance from the embers to guarantee carnivorous excellence and that each cut reaches exactly the right temperature, and, most importantly, right before the customers' eyes.

**THE DISHES OF THE YEAR.** In addition to beef, the La Braseria menu also offers other alternatives such as stews, beef steak *tartare*, stuffed *poussin*, Duroc pork trotters and grilled Calaf sausage. Each month the range on offer is extended with suggestions featuring seasonal products.

Thus, in the month of January, the best time of the year for game, this space will offer deer tenderloin with celery root parmentier and licorice sauce. The best moment for artichokes arrives in February so here they will fry them, with tasty shavings of cured beef. In March, La Braseria offers its take on traditional Catalan-style *fava* beans, without overlooking an essential meat-lover's option: grilled lamb rack.

With spring in full bloom and asparagus as the leader of the April pantry, the El Nacional kitchen team will grill green asparagus accompanied by *foie gras* and egg yolk, and also cod ravioli with cream of asparagus and parmesan. In May, they offer a potato parmentier casserole, with local mushrooms and a poached, two-yolk, egg. A real delicatessen.

The meats of La Braseria will welcome the month of June with a salad of Vitelotte potatoes, baby tomato *confit* and smoked eel. A very successful side



dish. The suggestions of July will be a light *entrée* of grilled watermelon with cherry tomatoes and cottage cheese and a classic Catalan seafood and meat *entrée*. In August the stars are eggplants that you can enjoy here stuffed with shredded roast skirt steak.

The school year will begin with two very inviting dishes: *micuit* duck *foie* with *confit* of grapes and a traditional flat-bread with tomato, cheese,

ham, smoked duck and baby spinach. And grilled *boletus* mushrooms with egg parmentier will be tasked with accompanying the meat cuts in this space in autumn.

To close the year, traditional Christmas offerings will not be lacking, such as truffled cannelloni and stewed duck with pears in Moscatell wine. A full year of tasty sensations.

## STAR DISHES



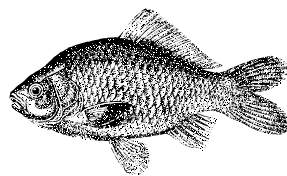
**OLD COW CHULETON.** This steak cut of old Galician blonde cow has been dry-aged between 80 and 120 days and has “notes of hazelnut, hay and fresh milk. In addition, it is very aromatic,” says chef Michel Gradeler. It is grilled in a Josper oven and served with a choice of two garnishes: fried or baked potatoes, grilled vegetables or salad.



**PYRENEAN VEAL RIB-EYE.** With a maximum of 40 days of dry-ageing, this meat is sourced from *bruna* calves from the Pyrenees, raised between Berguedà and Alta Ribagorça. It is served sliced on a ceramic plate to preserve the temperature, which should be about 54°C at the core of the cut.



## LA LLOTJA

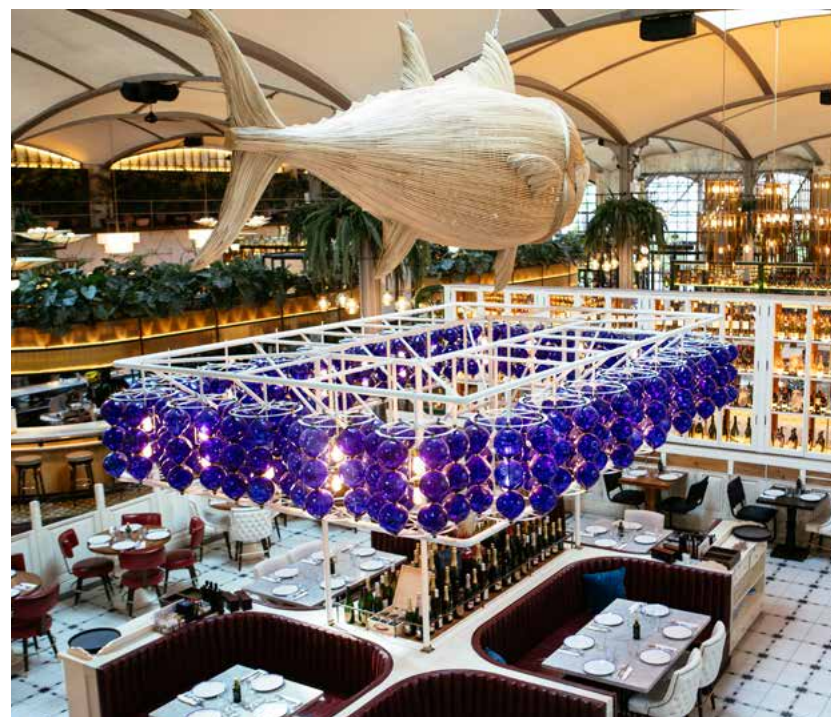
DO YOU WANT TO DISCOVER  
THE MENU AT LA LLOTJA?

# A gastronomic spot with a maritime flavor

La Llotja at El Nacional highlights the most valuable recipes of the Mediterranean and the Atlantic

**BARCELONA**—The regulars at La Llotja know that the seafood and fish served here are all from Mediterranean port fish markets and from the northern coasts of the Iberian Peninsula. Those are the products that lead the menu, along with other recipes that have already become true gastronomic classics. Some of these great classics stand out, such as the homemade cod fritters; the salt-baked gilthead, served for sharing; or the paella, with its unmissable *socarrat* (a well-toasted bottom crust).

Furthermore, as is the case in all the areas at El Nacional, each month there are seasonal suggestions in this gastronomic nook: specialties such as artichoke flower *confit* with cod *brandade*, in February; white fish with asparagus, in the month of April; eels in *all i pebre* from the Ebro Delta, in June, etc. Other specialties that shouldn't be missed are the fish *bullit*, a traditional Ibizan fishermen's stew that, at La Llotja, is presented in two courses. We will now reveal how this seafood delicatessen is made, step by step.



## THE RECIPE

### 'Bullit' from Ibiza

#### Ingredients

- » 575 g red bream
- » Peeled garlic
- » Fresh thyme
- » Ground saffron
- » Aioli sauce
- » 1 l white fish *fumet*
- » 80 g *bomba* rice
- » Monalisa potato
- » Mild olive oil
- » Salt

1



Prepare the fish *fumet* beforehand and let it stand. Make the *aioli* sauce and set it apart, with the rest of the ingredients.

2



Descale and gut the bream, discarding gills, guts and fins. Wash with water and cut into pieces.

3



In a pot, sauté the sliced garlic, adding 3/4 of the *fumet*, the potatoes and the fish. Cook for about 15 minutes.

4

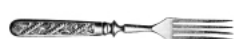


In another shallow pan, sauté the rice, with the saffron and thyme, and add the rest of the *fumet*. Cook until the liquid has evaporated.

5



Serve the fish and the rice with the *aioli* separately. It should be eaten at the same time. Enjoy!



Do you want to see more recipes? Now you can thanks to the El Nacional Blog [www.elnacionalbcn.com/blog](http://www.elnacionalbcn.com/blog)





## LA TAPERIA

DO YOU WANT TO DISCOVER  
THE MENU AT LA TAPERIA?

# Tapas with lots of character

We explain how to prepare four of the star tapas dishes of El Nacional

**BARCELONA**—In La Taperia we can pamper ourselves with a trip across the gastronomy of the Peninsula through some of its best-known *tapas* and other Spanish cuisine dishes that are very recognizable for diners. The menu of this space has just added new suggestions such as Galician octopus, Padrón

peppers, potatoes with *mojo picón*, fish *suquet* and chicken stew. These new recipes are available along with other dishes that are classics at La Taperia and that we can try to cook at home with some advice from the El Nacional kitchen team.

## Salad of Baby Broad Beans with Iberian cured Ham and Mint



## Meatballs with Cuttlefish



## Catalan-Style Chicken Stew



## Crème Brûlée





## LA TAPERIA

DO YOU WANT TO DISCOVER  
THE MENU AT LA TAPERIA?

## Four choice specialties

Cut out these recipes from La Taperia and prepare them at home

Meatballs  
with Cuttlefish

## Ingredients

- 1 cuttlefish (1.5 kg)
- 400 g meatballs
- 50 g flour
- 100 cl fish *fumet*
- 100 cl dark beef stock
- 20 g of *sofrito*
- 100 g of *picada* (salted almonds, toasted hazelnuts, bread, garlic, white wine and olive oil)
- Olive oil
- Salt

## Preparation

- ◆ Flour the meatballs and fry them in a pan with hot olive oil until golden brown.
- ◆ Clean and dice the cuttlefish. Place it on a tray and bake in the oven for 50 minutes, with 100% steam.
- ◆ In a pot, heat the *sofrito* and *picada*, previously prepared. Add the stock and *fumet* and let it boil.
- ◆ Add the cuttlefish and cook until very tender.
- ◆ Add the meatballs and keep cooking for 10 more minutes. Serve.



35 minutes



4 servings



Intermediate

Salad of Baby Broad  
Beans with Iberian  
cured Ham and Mint

## Ingredients

- 600 g low-temperature cooked *fava* beans
- 100 g red pepper
- 100 g green pepper
- 100 g onion
- Vinaigrette
- 50 g acorn-fed ham
- Fresh mint
- Mild olive oil
- White vinegar
- Ground black pepper
- Table salt

## Preparation

- ◆ Cut the peppers and onions *en brunoise*. Place in a bowl and mix with the previously cooked beans and some vinaigrette sauce. Set aside.
- ◆ Cut the ham *en brunoise* and set aside.
- ◆ Pick some mint leaves and blanch them in a boiling water for 1 minute. Cool them with water and ice. Dice *en brunoise* and set aside.
- ◆ In a bowl, mix the beans with the ham, mint and a bit of vinaigrette. Season with salt and pepper to taste and serve.



15 minutes



4 servings



Easy

## Crème Brûlée

## Ingredients

- 50 g cornstarch
- 150 g white sugar
- 1 cinnamon stick
- Lemon zest
- Orange zest
- 1 l full-cream cow's milk
- 20 ml of pasteurized egg yolk

## Preparation

- ◆ In a saucepan, heat the milk with the cinnamon and the citrus zests, for about 5 minutes, without boiling.
- ◆ In a bowl, mix the yolk with the sugar and cornstarch. Add hot milk and mix.
- ◆ In a pot, cook the previous mixture, for about 5 minutes, while stirring with a whisk.
- ◆ Allow to cool and pour the mixture into individual serving containers.
- ◆ Finally, sprinkle the top of the cream with white sugar. Burn the sugar with a blowtorch until you produce a thin crust of golden candied sugar.



15 minutes



4 servings



Easy

Catalan-style  
Chicken Stew

## Ingredients

- 1 kg trimmed chicken wings
- 80 g pine nuts
- 200 g pitted plums
- 100 g dried apricot
- 500 ml Muscat wine
- Mild olive oil
- 1 l fond brun beef stock
- Water
- Table salt

## Preparation

- ◆ In a pan with olive oil, sauté and then lightly grill the chicken.
- ◆ Add the muscat and flambé the chicken for about a minute.
- ◆ Add the pine nuts, plums, dried apricots, water and beef broth and cook for about 25 minutes, over medium heat.
- ◆ Cool for a few minutes before plating and serving.



30-45 minutes



4 servings



Intermediate



WINE BAR



WOULD YOU LIKE TO DISCOVER OUR WINE BAR?



# Biodynamic, natural and organic

The wine list at this specialised bar has been extended, adding new types of wines



**BARCELONA**— The wine list served at the El Nacional Wine Bar menu is well known for its wide range of labels from the best denominations of origin, from Rioja to Ribera del Duero, including Rueda and Priorat. Now the range is enriched by the presence of three new types of wines: organic, biodynamic and natural.

With an increasingly visible role in the wine market, organic wines are made with natural fertilizers, without chemicals or additives, without heavy machinery and with a minimal carbon footprint. Little by little they have managed to win over the most demanding palates and, therefore, they could not be absent at the Wine Bar. Nor

could we overlook biodynamic wines, whose philosophy seeks to close the biological cycle of the natural environment in alignment with the moon, respect for the soil and the plant, as well as the environment. Its manufacturing process doesn't resort to chemicals, as also is the case with natural wines.

**NATURAL WINES.** Natural wines are obtained with the minimum possible intervention, both in the cultivation of the vineyard, which must meet organic agriculture standards, and in its subsequent processing, which does not allow clarification or filtering processes. Therefore, these wines are made with grapes harvested by hand and the alcoholic fermentation does not involve added yeasts or sugars, or acidity or color correction, since it is considered that the grapes should reflect the conditions of the land each year. The final result is a wine that relies on ancestral methods and is a faithful reflection of the land on which it was born.

**PERFECT FOR PAIRING.** The organic, biodynamic and natural wines of El Nacional, along with the rest of the labels on the list, can be paired by exceptional products such as Iberian acorn-fed *jamón*. Coming from Guijuelo, a professional ham cutter slices it on demand in front of the diner, offering an unforgettable premium pairing.

COCKTAIL BAR

WOULD YOU LIKE TO DISCOVER THE DRINK LIST AT THE COCKTAIL BAR?



# Cocktails and mocktails at any time of the day

Apéritif, after work, dinner ... it's always a good time to visit this bar



**BARCELONA**— Mimosa, Bellini and Bloody Mary. These may be the first names that come to mind when we think of enjoying a brunch or having a cocktail during the day.

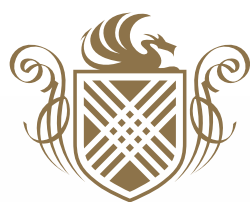
Because, of course, cocktails do not have to be limited exclusively to the late hours of the night. At the Cocktail Bar of El Nacional they invite us to forget the time of day with a very extensive menu, which includes approximately forty classic cocktails, based on gin, vodka, whiskey or cava, among others, and delicious non-alcoholic mocktails you can enjoy at any time of the day.

**THE COCKTAIL BAR CAN ALSO BECOME YOUR PRIVATE DINING ROOM.** This space, located at the very heart of El Nacional, can also become, for a few hours, your ideal private space to enjoy an informal meal or a group menu. The only requirement to enjoy this experience -with friends, family or for corporate events- is a group of more than 15 people. Your guests can taste some of the most successful dishes of El Nacional, such as an assortment of skewers, seafood paella, cod *rillettes* or an selected cuts of Iberian, sliced, acorn-fed cured pork shoulder from Guijuelo. The glamour is guaranteed.

Throughout 2020, the Cocktail Bar will also introduce, at night, a new drink list with creative mixed drink options. The perfect flourish.







# 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

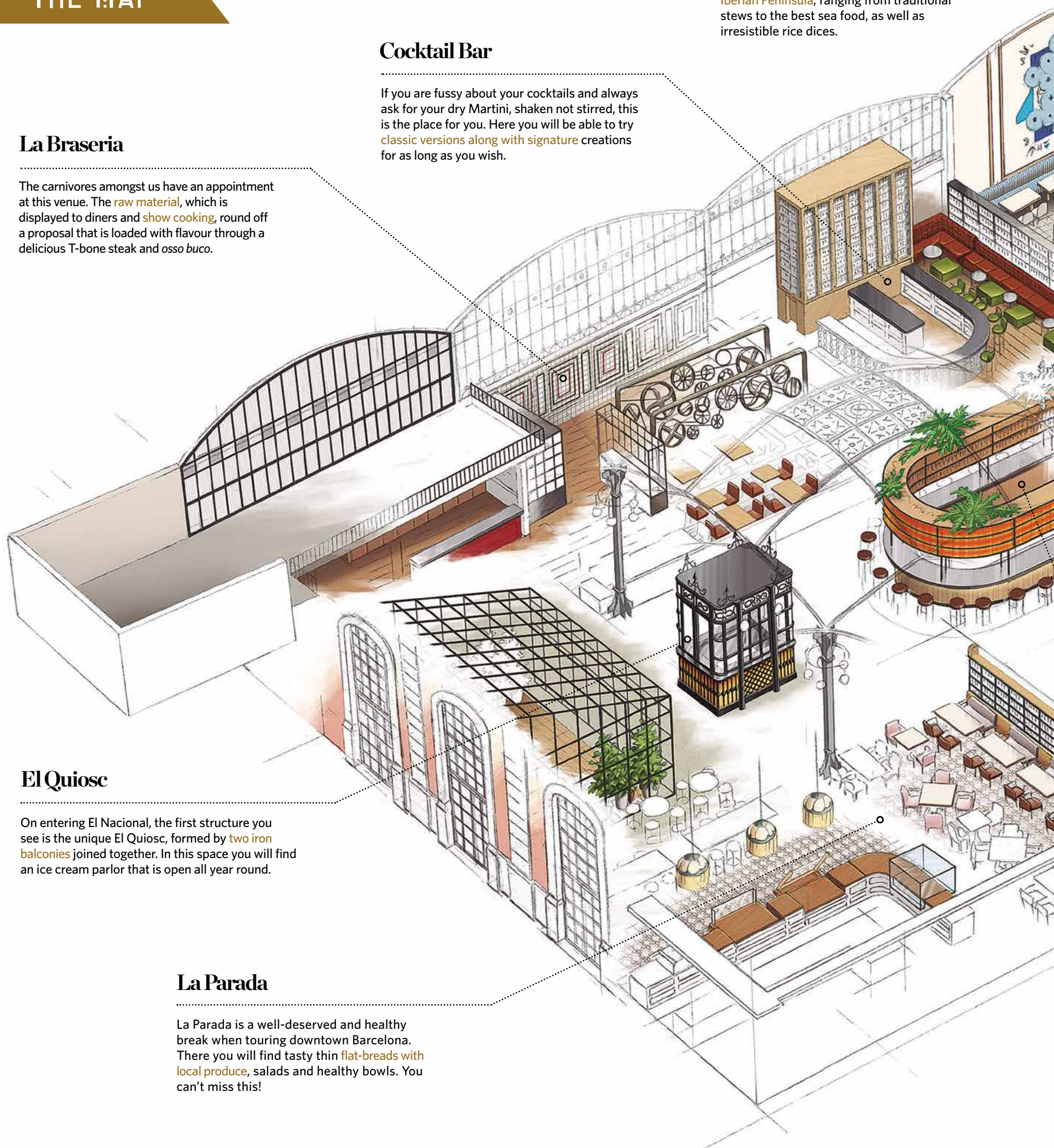
The flavour of the sea brought straight to the table. The privileged menu of this venue devoted to fish is fed by **recipes from all over Iberian Peninsula**, ranging from traditional stews to the best sea food, as well as irresistible rice dices.

### El Quiosc

On entering El Nacional, the first structure you see is the unique El Quiosc, formed by **two iron balconies** joined together. In this space you will find an ice cream parlor that is open all year round.

### La Parada

La Parada is a well-deserved and healthy break when touring downtown Barcelona. There you will find tasty thin **flat-breads with local produce**, salads and healthy bowls. You can't miss this!





## 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

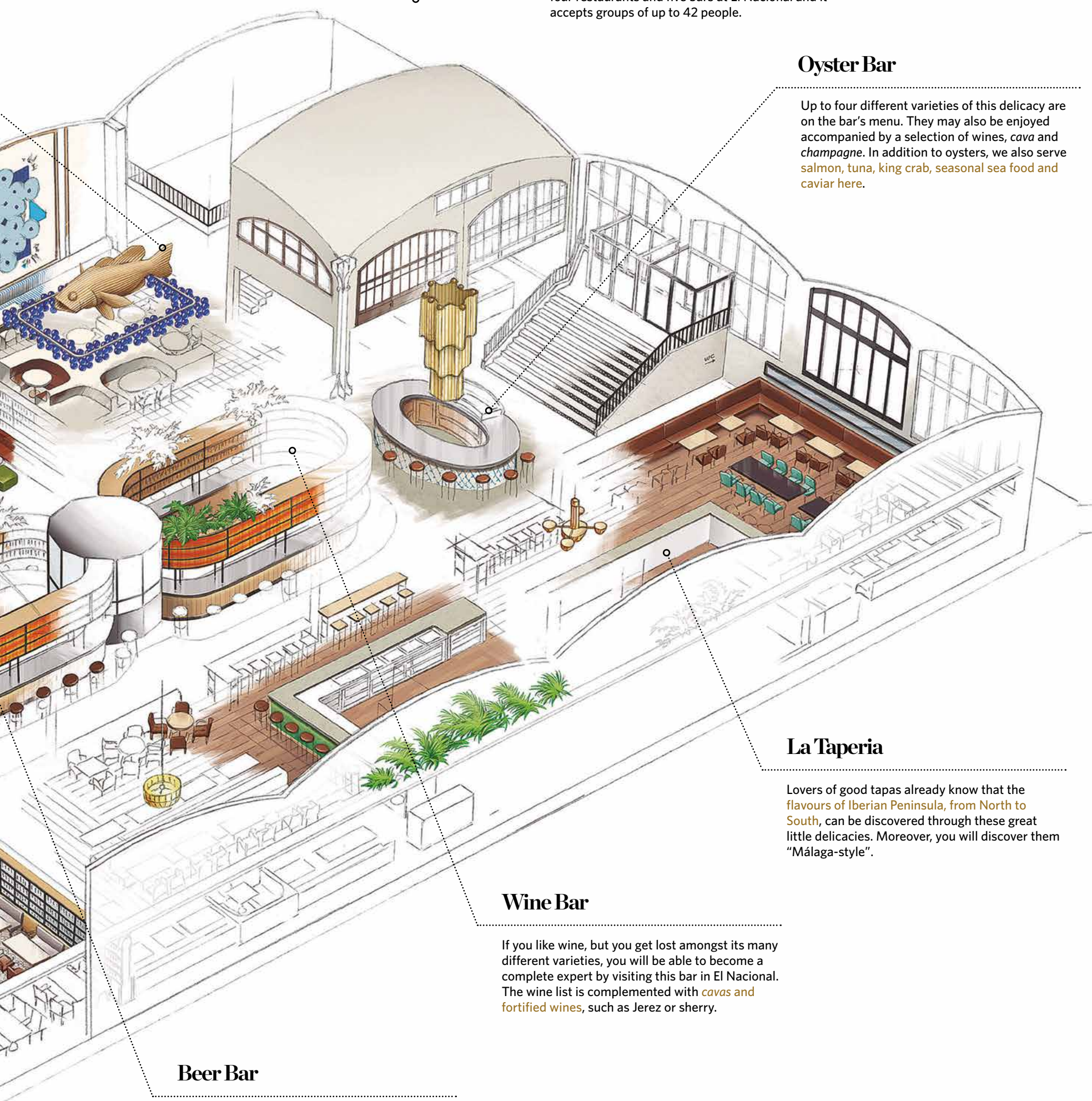
Lovers of good tapas already know that the **flavours of Iberian Peninsula, from North to South**, can be discovered through these great little delicacies. Moreover, you will discover them "Málaga-style".

## 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**.





## LA PARADA

WOULD YOU LIKE TO DISCOVER  
THE MENU AT LA PARADA?

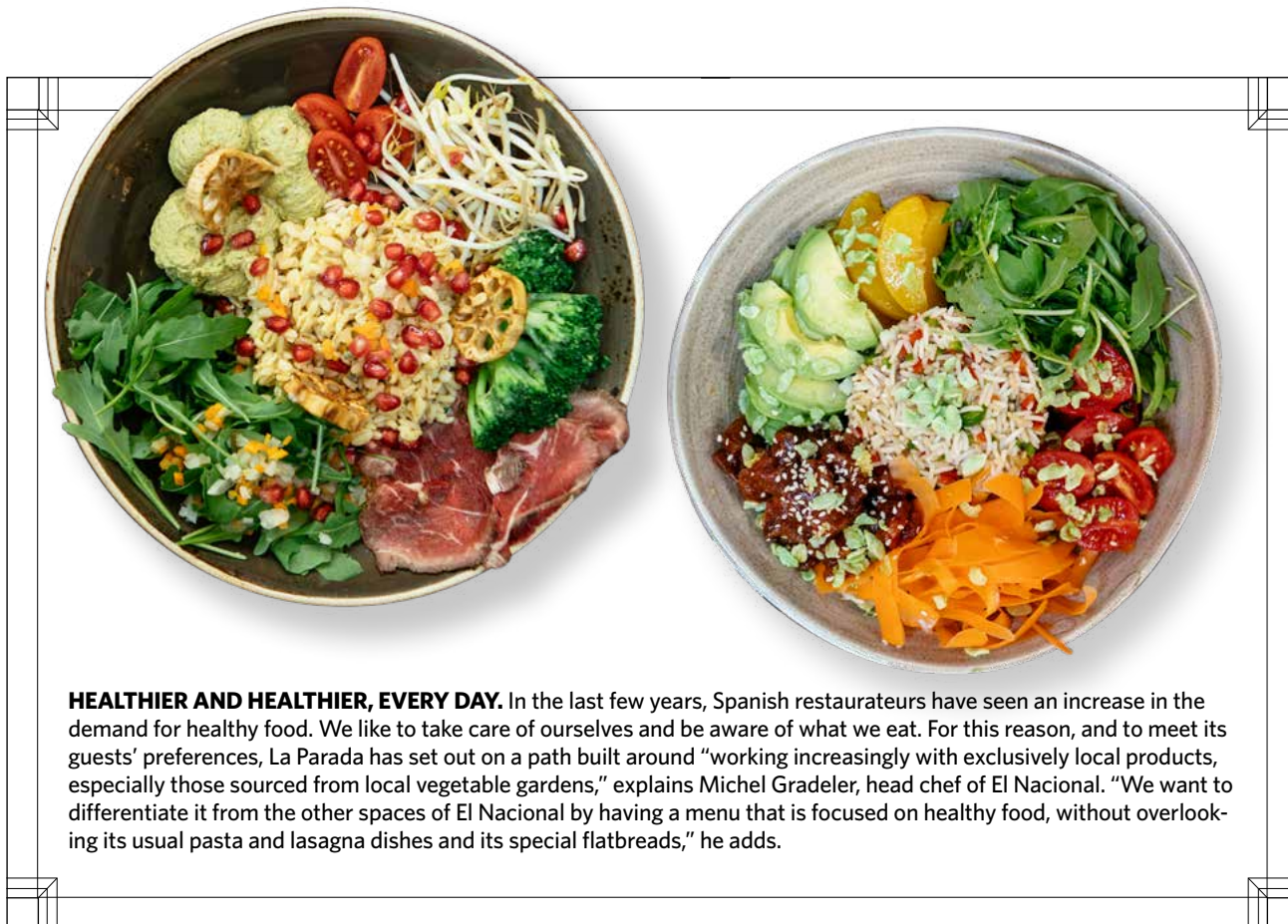
# Healthy bowls: recent arrivals at La Parada

El Nacional's commitment to healthy eating now in this ideal space for a quick foodie break

**BARCELONA**— La Parada is one of the first spaces that welcomes us upon entering El Nacional, a quick restaurant to rest for a few moments at the busiest times of the day while tasting some of its savory flat-breads, its cheese and sausage dishes or pasta recipes. La Parada has always opted for healthy food, offering a variety of salads, sliced fruit and juices on its menu. Now it is taking this one step further, introducing a new line of healthy bowls.

**THE BOWL FORMAT.** Inspired by the philosophy of poke bowls or buddha bowls, a type of dish that is very popular on social media but also in the kitchens of restaurants and homes, the kitchen team of El Nacional has designed a range of four bowls that are based on different types of grain: *basmati* rice and brown rice, lentils, wheat and quinoa. Some protein is added to this base, such as prawns, tuna, roast beef or chicken, and other fresh foods such as vegetables and greens, mostly raw. The advantage is that they are complete, filling and very balanced dishes, so with a single bowl we will have covered the nutritional needs of a meal. The healthy alternative to fast food.

Following this same health-conscious trend, La Parada is also extending its dessert menu with new recipes based on Greek yogurt with seeds and fruit.



**HEALTHIER AND HEALTHIER, EVERY DAY.** In the last few years, Spanish restaurateurs have seen an increase in the demand for healthy food. We like to take care of ourselves and be aware of what we eat. For this reason, and to meet its guests' preferences, La Parada has set out on a path built around "working increasingly with exclusively local products, especially those sourced from local vegetable gardens," explains Michel Gradeler, head chef of El Nacional. "We want to differentiate it from the other spaces of El Nacional by having a menu that is focused on healthy food, without overlooking its usual pasta and lasagna dishes and its special flatbreads," he adds.

## OYSTER BAR

WOULD YOU LIKE TO DISCOVER  
THE MENU AT OUR OYSTER BAR?

# Oysters and seasonal recipes

As the seasons go by, they can be tasted at the Oyster Bar



**BARCELONA**— Opened and presented plain, or sprinkled with a few drops of lemon, seasoned with ground black pepper or with a shallot vinaigrette.

These are the most traditional and popular ways of eating oysters. That is how they are served at the Oyster Bar of El Nacional, which also has other accompaniments such as hot sauces. But why not combine them with some of the seasonal suggestions that are added monthly to the menu?

**SEASONAL CHARACTER.** The gastronomic calendar of El Nacional, with its suggestions and special dishes featuring seasonal products, is also present at this bar. In January, the best time for oranges, lemons and other citrus fruits, this space will offer a special lobster appetizer. March is the season for fava beans, whereas in April asparagus will lead the lineup. In these months Oyster Bar opts for a cod rilette with fava beans confit and a skewer of asparagus with smoked salmon



mousse, respectively, perfect for enjoying with any of the excellent cava and champagnes on our wine list. To prepare for the arrival of summer, a time

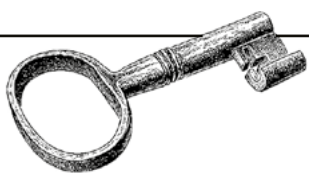
contrast of textures and an display of forceful flavors. A bar for delicatessen lovers, with seafood, caviar and smoked specialties at its core.

when blue fish are at their best, the kitchen managers at El Nacional have developed a smoked eel loin dish. Add an assortment of Atlantic and Mediterranean oysters, fresh and just opened by the professionals of this bar, and the feast promises to be a memorable experience.

The suggestions do not end here: puncha snails with romesco sauce in July; meagre ceviche in August; duck magret carpaccio with figs, in September; and oyster with pork jowl confit, in November, the month chosen by El Nacional to highlight, in all its spaces and bars, pork dishes. And in December, with the upcoming Holidays and Christmas celebrations, the suggestion at this bar is to enjoy its delicious oysters with Muscat grapes or with slices of sour apples, a powerful



## EL MAGATZEM



# Enjoy a shared experience

El Nacional's private dining room offers four menus inspired by its star dishes



**BARCELONA**— Four specialised bars and four restaurants. We realise that the range of foods served at El Nacional's is immense and that it leads us to explore the gastronomy of the entire Iberian Peninsula. However, what many people may not know is that El Nacional has another space, more intimate and hidden, designed for group meals: El Magatzem. With access from El Nacional but also from Pau Claris Street, this private dining room's name is due to the fact that it was originally one of the storage rooms of this great gastronomic space. Gradually, it was transformed into a perfect nook for family meals, company dinners, presentations, birthday celebrations, business meetings and all kinds of events involving a maximum of 42 diners.

**MEAT OR FISH.** "At El Magatzem we strive to offer a personalised experience and bring together on a smaller scale what we serve in all the different spaces of El Nacional," explains Michel Grader, head chef at El Nacional. To this end, they have developed four group menus and a buffet, available all year round, always by prior booking, which select the best dishes from La Braseria, La Llotja and La Taperia. The meat lover's menu, inspired by La Braseria, will delight you with starters such as the Iberian acorn-fed ham from Guijuelo, ox jerky, a squid stew with beef and payoyo cheese, reaching its highlight with a juicy Segovia-style suckling pig. Bread, desserts and drinks are included in

**Accessible from El Nacional or from Pau Claris Street, the name of this private dining room is due to the fact that it was initially one of the storage rooms of this gastronomic space**

every group menu. The second menu, built around the seafood delights of La Llotja, opens with some appetizers of tinned seafood, a seafood marinade, the famous El Nacional cod *esqueixada* and seafood croquettes, among other things. The main course: a delicious whole bream roast in an Ibiza coarse salt crust.

**TAPAS OR BANQUET.** To discover the *tapas* and dishes of La Taperia, nothing could be better than choosing the menu that is inspired by this space and offers a complete informal meal with typical local *tapas* such as potato salad, an assortment of artisan cheeses, potatoes with mayonnaise and hot sauce, Iberian ham croquettes, the classic Barceloneta 'bomb' and the star dish, the El Nacional paella, with seafood and meat. Finally, the fourth menu, which bears the name of El Nacional, is the most comprehensive one and will win



you over with suggestions such as an assortment of Mediterranean oysters, a selection of Iberian sausages and a Mediterranean bluefin tuna *tartare*. Likewise, El Magatzem offers a buffet-style menu, with multiple food serving stations, for an informal setting with high tables, which will allow you to taste entrées such as our *fava* bean salad, Iberian ham with mint and cod *esqueixada*.

**SPECIAL CHRISTMAS MENU.** With the arrival of the Holidays, this gastronomic space offers three different menus. La Llotja highlights cannelloni with truffle and local spiny fish and shellfish; that of La Braseria, a dried beef *carpaccio* with Idiazabal blue cheese and an ox steak *tartare*; in La Taperia there are other delicacies, such as Catalan chicken stew. All of them also include fantastic desserts, such as a whipped cream and strawberry pastry and an assortment of Vicens turrón.



## BEER BAR



# Draught or bottle?

The Beer Bar offers most of Damm's beer specialties



**BARCELONA**— You only have to decide if you prefer it served on tap or in a bottle. That should be your only concern when you approach the Beer Bar. And here, in one of the most popular areas of El Nacional, you can enjoy the extensive range of beers that Damm brews. The quality is guaranteed, so you just have to let the professionals of this bar help you choose, since they will suggest the beer that best suits your tastes, your food, or the time of day.

**BEERS FOR EVERY SEASON.** With a Mediterranean and fresh character, Estrella Damm is the company's flagship product and was created by its founder, August Kuentzmann Damm. At the Beer Bar we can have a glass drawn, either a caña (25 cl) or a pint (50 cl), always served with just the right head, or also in a bottle. Another of the beers that we can enjoy

both on tap and served in bottles is Damm Lemon, a shandy made with six parts of Estrella Damm to four parts of lemon and a dash of lime. Other specialties are available on tap: Voll-Damm, a Marzënbier-style double malt beer, and Valencian Turia, recognizable by its roasted flavor and by its intense amber color with reddish hues.

**THE DAMM FAMILY.** The range available is broader for those who prefer the bottle format as they can savor specialties such as Malquerida, a fresh red beer, created by Ferran and Albert Adrià, made with hibiscus, orange, wheat, barley malt and corn. You can also order the Alsatian AK Damm, mild and served in tall, stemmed, glassware; Keler, a lager that has been produced since 1890; Bock-Damm, a Munich-style black beer, made with three types of malt; and Inedit,

created by Damm's brewing masters, Ferran Adrià and the elBulli sommelier team. And alcohol-free beers are also covered: Free Damm, no alcohol, but plenty of aromas, and Daura, a gluten-free specialty, suitable for gluten-intolerant guests.

**FINGER FOOD.** All these beers pair well with many of the dishes served at El Nacional, but they fare particularly well with the options on the Beer Bar menu. Here we find appetizers such as anchovies from L'Escala, anchovies in vinegar, cockles, olives, potato chips, gildas and an assortment of tinned seafood and vegetables. Also on the menu: pintxos, an array of cold tapas, cheese boards, presenting a careful selection from the artisanal cheese factories across the Iberian Peninsula, and acorn-fed pork sausages. A bar for relaxed enjoyment, eating and, drinking.



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



## OUTSTANDING PAIRINGS

In all the venues at El Nacional you can get an expertly drawn glass of beer or a bottle of all the main Damm brews. These beers pair wonderfully with a range of entrées and dishes.

### LA PARADA



#### A.K. DAMM + SAUTÉED VEGETABLE COCA

A coca with sautéed vegetables and Romesco sauce pairs perfectly with this Alsatian-style beer that was created in 2001 as an homage to the founder of Damm, August Kuentzemann Damm. German character meets French sophistication.

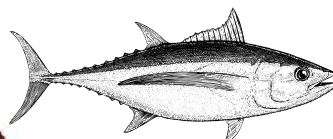
### LA TAPERIA



#### BOCK-DAMM + SQUID INK BLACK RICE

This La Taperia pairing is black on black. Bock-Damm is a Munich-style black beer made with three types of malt that give it its toasted flavor. A perfect companion for black rice with seafood.

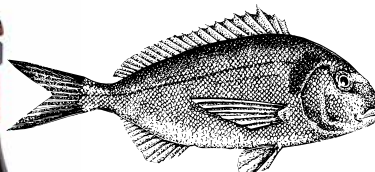
### OYSTER BAR



#### ESTRELLA DAMM + TUNA TARTAR

Raw foods, such as the red tuna tartare, are the stars of the Oyster Bar. It's only appropriate to have it with a drink with similar starpower: Estrella Damm. Fresh, Mediterranean and perfect for this summer dish.

### LA LLOTJA



#### INEDIT + GILTHEAD

The nuances of Inedit add complexity and Mediterranean character to salt-baked Ibiza gilthead. This beer was created by the master brewers at Damm, working with Ferran Adrià and the team of sommeliers at elBulli, combining two types of beer (barley malt and wheat beer) and with the added aroma of spices.

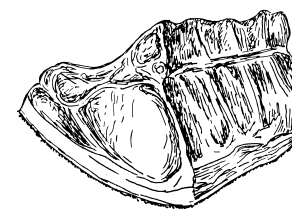
### COCKTAIL BAR



#### MALQUERIDA + GILLARDEAU OYSTER

At the Cocktail Bar you can enjoy Malquerida, a fresh red beer that pairs wonderfully with dishes inspired by Latin American cuisine or with delicate Gillardeau oysters. It has been brewed with hibiscus, orange, wheat, barley malt and corn.

### LA BRASERIA



#### VOLL-DAMM + OLD COW SIRLOIN STEAK

Voll-Damm has more aroma, taste and body than other beers, given that it's made with twice the malt. This intensity is a good match for a grilled old cow sirloin steak or the outstanding ox hamburger served at El Nacional.

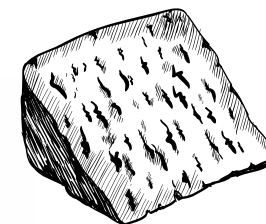
### BEER BAR



#### TURIA + ACORN-FED IBÉRICO HAM

An expertly drawn glass of Turia, Damm's toasted Valencian beer, is a guarantee of the perfect tapas experience. This brew is uniquely appropriate for the intensity and mellow character of Ibérico acorn-fed ham, cut into very thin slices, with all its natural fat.

### WINE BAR



#### KELER + SMOKED IDIAZABAL CHEESE

The two elements in this pairing share Basque origins. Keler is a lager from San Sebastián, elegant and refreshing, but with plenty of aroma. Idiazabal cheese, which has its own protected denomination of origin, is intense, with spicy notes. A combination that celebrates its homeland.



## FRIENDS OF EL NACIONAL

# Flavors to discover our geography

Vila Viniteca selects artisan cheeses, all of the highest quality and with a history

**BARCELONA**— Wines, cheeses, hams, sausages, preserves, spirits and all kinds of delicatessen products. Vila Viniteca is, without a doubt, one of the leading gastronomic stores in Barcelona. Its history dates back to 1932 when the grandfather of the current owners opened a grocery store on Agullers Street, in the El Born neighbourhood. "The store was a reference among the neighbors and my grandfather already had some restaurants in the area as customers," explains Eva Vila, responsible for gourmet products at Vila Viniteca. She followed that family passion for high-quality products, always working closely with all the different producers and processors, getting to know their products first hand. Gradually, and self-taught, she also dove into the world of cheese. Now, in the family store, renovated but still opening its doors every day on the same Agullers street, they have an impressive selection of more than 350 artisanal cheeses from around the world, with special interest in those made in small cheese factories, or made with raw milk. "For me, discovering a new cheese is like discovering a jewel," she says.

**NATIONAL SELECTION.** That history, that passion and that knowledge of the product convinced El Nacional to choose them as their cheese supplier. "We collaborated with them from the beginning and have always had a lot of interest in offering a selection of high-quality cheeses, which are domestic but have some peculiarity and a bit of history," says Eva Vila. Together they have been setting up over the years a carefully-selected range of cheeses made with different milks - sheep, cow and goat - and with diverse textures. A selection of tastes that cover the whole Iberian Peninsula: Basque Country, Navarra, Andalusia, Extremadura, Catalonia, Asturias, etc. "Beyond each origin, we have sought out cheeses that have a story to tell, that they are products with personality and that are made by small and responsible producers, people who have cheese as a philosophy of life," adds Eva Vila.

This is the case of Blau de l'Avi Ton, Carrat, Puigpedrós and Brisat, all four made in Catalonia. "Nowadays, very interesting projects are being



carried out in Catalonia. It is a pioneering region and there are increasing numbers of micro cheese factories." At the same level of quality, we find other suggestions such as Torta Pascualete from Extremadura, Troncónico Rey Silo from Asturias, green label Manchego from Castilla-La Mancha and Afuega'l Pitu from Asturias. "Each one is very peculiar and exclusive, with an original touch but also created so that everyone can enjoy them," says Eva Vila, who hopes everyone will taste them paired with a good wine in the spaces at El Nacional.

**GOOD EXPERTISE.** Vila Viniteca visits El Nacional two or three times a week to supply each cheese at its best moment. They also stay in permanent touch with the kitchen team to let them know about new cheeses and suggest new pairings. "We are very excited that a gastronomic space as large as El Nacional is committed to cheeses at such high standards and that they have such respect for well-made products. For us, working with them is very easy, it is a pleasure, as we've told them time and again," she concludes.

## THE FAVORITES



**CARRAT.** Made with goat's milk, and recognizable by its square shape and its crust covered with charcoal, it's one of the star products of the award-winning Bauma de Borredà cheese factory (Berguedà). "It's an outstanding cheese factory and its founder, Toni Chueca, is a reference and a pioneer in the world of cheese in Catalonia," explains Vila.



**AFUEGA'L PITU.** Originally from the central area of Asturias, it is made, in the case of King Silo, with raw and whole cow's milk. The one that can be tasted in El Nacional comes from the Rey Silo cheese factory, which is located in Pravia, where they strive to recover ancestral cheeses from that area. King Silo is available in white or natural and roxo or paprika, which is slightly spicy.



**IDIAZABAL DE PASTOR.** A jewel of Basque origin, made with raw Latxa or Carranzana sheep milk, with a slightly acid and spicy taste. "The one they serve at El Nacional is one of the best," says Vila. It comes from the Aizpea cheese factory, formed by an alliance of shepherds and cheese makers who still migrate seasonally across the country with their herd of *latxas* sheep.



**MANCHEGO PASAMONTES.** Located in Moral de Calatrava (Castilla La Mancha), the Pasamontes cheese factory produces "the four typical varieties of La Mancha, with very good quality and raw milk", explains Vila. At the Wine Bar you can taste one of its Manchegos, Etiqueta Verde Pasamontes, "slightly spicy, very buttery and with a somewhat unctuous mouthfeel."



## FRIENDS OF EL NACIONAL

# El Nacional opts for Sumarroca wines

This family-owned winery produces outstanding organic wines in El Penedès



**BARCELONA**— The wine lists at El Nacional are a reflection of the best wines made throughout the Peninsula. Therefore, in order to approach the Penedès Denomination of Origin wines, they've turned to the Sumarroca winery, which has been working in this area since the early 80s. "Our family comes from Pallars Jussà, our grandfather made wine for his neighbors and we already owned land there. For us, tending to our vineyard is the most important thing, the land has always been our *leitmotiv*", explains Mercè Sumarroca, director of wine tourism and PR of the winery.

**CONSTANT ENVIRONMENTAL AWARENESS AND RESEARCH.** The Sumarroca winery owns 464.8 hectares of land including the Molí Coloma, Heretat Sabartés and Sumarroca estates, allowing them to grow one hundred percent of the grapes they need to produce their wines and champagnes. "In addition, our farm is surrounded by a large area of forest and that is very important for us given that we take great care of biodiversity," says Sumarroca. They have worked hard for years to achieve the ecological certification that accredits them as a sustainable winery and they have invested in replanting native grape varieties, with a strong commitment to *xarel·lo*. This variety is present in wines such as Temps de Flors (white) and Brut Reserva and Núria Claverol Homenaje (cavas),

which can be found at the bars in El Nacional and also in spaces such as La Llotja and La Braseria. "We are now researching how to obtain organic grape varieties that are naturally resistant to every pest or disease. This will represent a great step forward for all organic winemakers," says Sumarroca, who is also responsible for managing the guided tours and experiences they offer on its farms: wine and cava tastings, *calçotadas* and outdoor barbecues and seasonal events, which follow the cycle of the crops, such as the Harvest Festival or the Pruning Festival. "All family members are very involved in these activities and we explain with great care our products and our vision of the wine world. We take very good care of our visitors and they are delighted."

**A WELL-ESTABLISHED RELATIONSHIP.** Sumarroca supplies the different spaces of El Nacional with an average of about 10 500 bottles of wine and champagne every year. In addition to its three star labels, Temps de Flors, Posidonia and Brut Reserva cava, you can also find wines such as Terral, Boria, Humm and Nuria Claverol Tribute cava. "We have been linked with El Nacional since the very beginning, from minute 0. We have a very good, and very close, relationship with the whole team, they visit us every year. And as suppliers we receive exceptional treatment. If I had to rate it from 1 to 10, I would say it's an 11", says Sumarroca.

**THE BEST PARTNERS.** The wines of Bodega Sumarroca are designed to create a perfect match with the different gastronomic proposals of El Nacional. For example, Temps de Flors is an elegant white wine, a *coupage* of *gewürztraminer*, muscat and *xarel·lo* grapes, which gives it some very fruity aromas. Perfect to pair with fish at La Llotja. Pale pink and with strawberry notes, Posidonia is made with the Tempranillo variety from the Molí Coloma estate, in Subirats. Organic, fresh and with a bold taste, it pairs well with "all the Mediterranean dishes, *tapas* and preserves of El Nacional," says Mercè Sumarroca. Boria, an aged *syrah*, has a dark cherry color and a powerful aroma. It is a "spectacular wine to pair with red meat, with a nice, big, steak". Like Terral, another red wine with a year of aging in French oak, made from the varieties Cabernet Franc, Syrah and Merlot. Humm adds a sweeter note, made with muscat, a perfect companion for desserts but it also "pairs beautifully with cheeses and *foie*". Finally, the Brut Reserva cava is the best option to pair with virtually with all the products that are offered at El Nacional, as is also the case with Nuria Claverol Homenaje, "a very special cava made with *xarel·lo* grapes, extended aging and limited-run production".

**"For our family, tending to our vineyards is the most important thing. The land has always been our *leitmotiv*"**





# The most premium dry-aged meats

LomoAlto is remarkable for its comprehensive group menus all year round

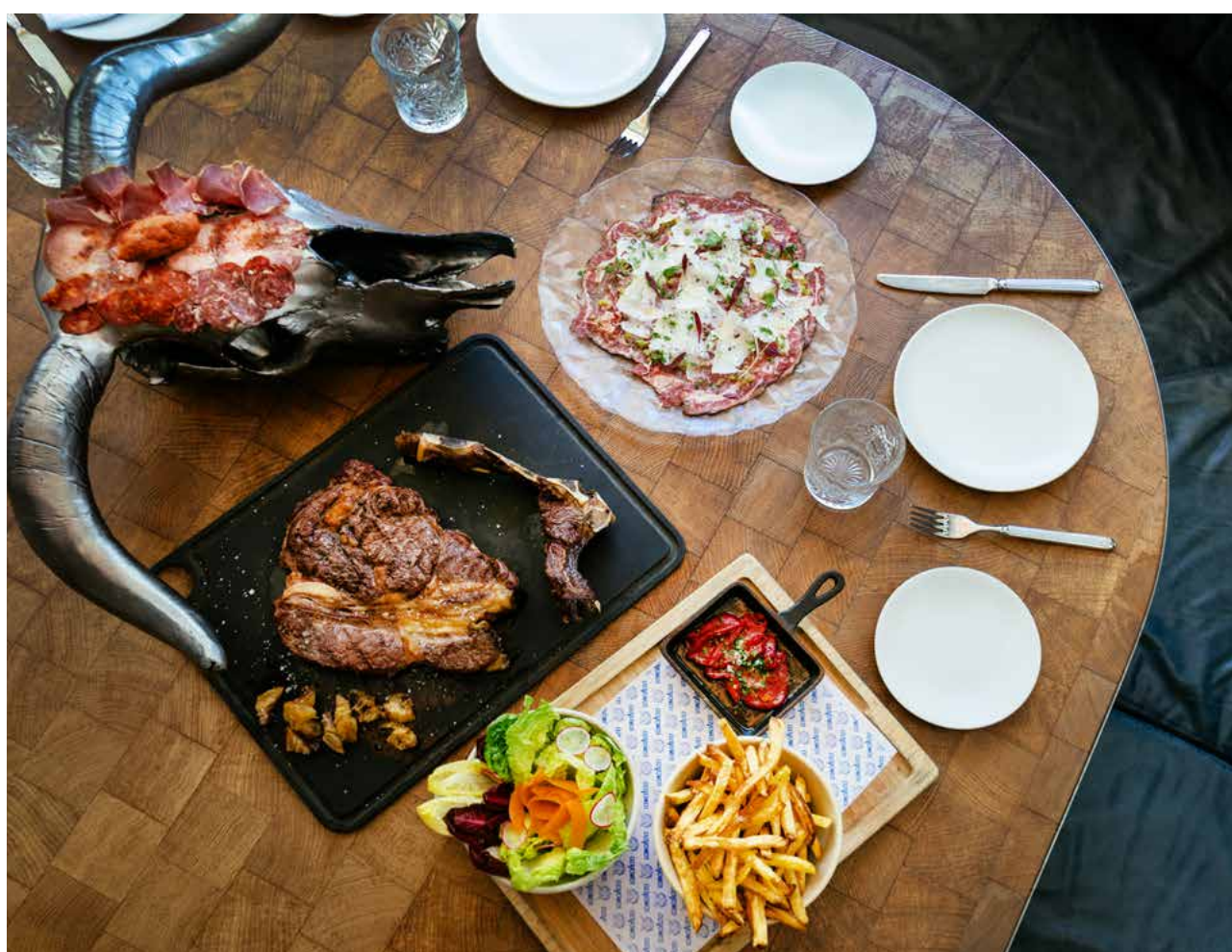


**BARCELONA**— If there is a type of food that beckons you to enjoy sharing a table and chatting, that is definitely beef. That is even more the case with high-quality locally-sourced beef, from all across the Iberian Peninsula - Galicia, Asturias, Castilla y León, etc., or European breeds dry-aged and carefully prepared by experts until they reach their point of excellence, providing an exceptional personal memory and taste. At LomoAlto they know this, and that is why they offer, apart from their normal menu, six special *prix-fixe* options for groups to enjoy. These are menus that are available all year round and that can be enjoyed, by prior arrangement, in the restaurant or in a private dining room.

## SIX ALTERNATIVES YOU CAN CHOOSE FROM.

The group menus are designed for a minimum of 8 diners and a wide range of budgets. Some menus are shorter, and others are longer, but all include entrées for sharing and a beef main course. And all, additionally, begin with a range of breads, olives and single-olive-type olive oils, which start us off into a world of flavors.

For the newcomers to the universe of dry-aged meats, the LomoAlto kitchen team has prepared the 'Sidrería' menu that features a rib-eye that has undergone a briefer course of dry-ageing - about 30 days - with fried Sila potatoes. Before that, delightful entrées are served such as



## The cow comes off the hook

Each year, LomoAlto celebrates this gastronomic event

"El descuelgue de la vaca" (taking the cow down off the hook) has become a gastronomic event at LomoAlto and a tribute to the practice of extreme dry-ageing. The restaurant's cabinet opens once or twice a year, and out comes a majestic cut of old blonde Galician cow that has been dry-aged for 6 to 8 months, at a precise temperature (-1º C) and humidity (70%). When the meat reaches its optimum point, it is taken out, cut and served that same day, until the stock runs out. A special menu is prepared with that extreme dry-aged meat and served to all the diners who wish to try this unique and exceptional delicacy.



an omelette with cod and garlic and spicy cider sausage, grilled over a coal fire and served very juicy. Cider is in the name of this menu, and it pairs with these dishes. A veal steak is in the second option, the 'Ternera' menu, which also includes meat-loving entrées such as ox terrine with pickled vegetables, ox jerky croquettes and ox *sobrasada* on a thin flat-bread.

As we go through the menu list, the number of starters increases, as well as the dry-ageing time of the beef cuts, until we get to the short and long dry-aged 'Vaca' menu, the sixth and ultimate option. Along with the previously mentioned entrées, other options are an ox steak *tartare*, cured ox *carpaccio* with Idiazabal cheese and a slightly lighter option, a whole grilled lettuce with garlic cloves and salted cod. The main course: two beef steaks, one with brief dry-ageing, the other with extended dry-ageing. Plenty of garnishes are provided, such as *piquillo* pepper *confit*, fried potatoes and salad. A full-fledged feast, which is paired with a selection of wines from the DO Rueda and Ribera del Queiles.

The dessert is the same for all six menus: cheesecake with quince, an excellent palate cleanser.

**NEW GUESTS.** The LomoAlto wine list has recently been expanded with a number of labels that are between € 20-23. On the wine list you can see their origin, highlighting whether they are organic, biodynamic or natural wines. In addition, throughout 2020, the famous LomoAlto dessert cart will also be refreshed with new homemade individual desserts and with a new range of wines and sweet liqueurs for pairing.





DO YOU WANT TO DISCOVER  
THE MENU AT LOMO BAJO?



# Bread and dry-aged beef, the perfect match

LomoBajo now offers uninterrupted kitchen service throughout the week



**BARCELONA**— If you consider yourself a meat lover, you're in luck. That's because, a few months back, LomoBajo extended its kitchen hours with the aim of offering a extended service to its regular clientele and to all those who enter this

temple of dry-aged meat, located on Aragón street in Barcelona. A continuous service that, with the help of the kitchen and waiting staff at LomoBajo, offers you the opportunity to enjoy its exquisite rolls, hamburgers and steak sandwiches from 13 to 24 hours, every day of the week.

**A MENU WORTH DISCOVERING.** These new hours, and the newly implemented home delivery service (see sidebar), expand the options for accessing the gastronomic offerings of LomoBajo, a restaurant designed to introduce diners to the universe of dry-aged meats, ox, old cow and veal. Top quality cuts that come from Galicia, Castilla y León, Asturias and northern Europe.

On the menu we find a dozen carnivorous rolls and a veggie option, all made with the gourmet excellence that we can expect from LomoAlto & LomoBajo. There is also a menu of dishes to share, with the cured beef croquette as a favorite among diners, and a list of side dishes as mouth-watering as onion rings with molasses, fried Sila potatoes, *Padrón* peppers with salt flakes and a lettuce heart and tuna salad.

**THE BOSSES.** Among the hamburgers, which are served on a toasted pretzel-style bun, the queen is the Suprem, made with an ox patty, cheese, lettuce, tomato and grilled onion. There are other options for those who prefer meats with less intense flavors such as Sibarita, which is made with beef and is

accompanied with grilled *foie* and apple. For the rolls, steamed and grilled buns are used. You can't go wrong with the *tartare* of dry-aged ox roll, with crunchy onion and creamy egg yolk. Exceptional.

And, for those who prefer steak sandwiches, they should know that at LomoBajo they are served with

black bread made with *kamut* and carob, in a *ciabatta* format. There are two options to choose from: veal tenderloin with green peppers, cheese and beef stock mayonnaise; or a veal steak with *piquillo* peppers. A whole universe of daring gourmet sandwiches to enjoy a good carnivorous snack.



## Bring the experience home

LomoBajo offers the best of its menu through delivery company Glovo

Now you can enjoy the best of the gastronomic offerings of LomoBajo at home. The restaurant has been working for some months with well-known delivery company Glovo . Thanks to this system, more locals can discover the delicious burgers, rolls and peppers of LomoBajo in the peace and quiet of their homes. Simply register using the Glovo app and order. A Glovo rider will deliver it to you at home, in appropriate cardboard packaging to preserve the excellence and flavor of the meat.







# Give El Nacional, give a unique gastronomical experience

Obtain your  
El Nacional gift  
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**50 euros**



This voucher is a personal document that can be acquired on the web site of El Nacional ([www.elnacionalbcn.com](http://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.