Gluten free pastelerías in Madrid: Part 2 — La Oriental

La Oriental is a teeny tiny traditional pastelería that offers a whole array of gluten free goodies. Founded in 1950 and currently run by the fourth generation of bakers, here you'll find locally inspired pasteles, elaborated using traditional Madrileño methods and the best local ingredients. This is the place to go to step into the world of traditional artisan pastries and try some local specialities. Luckily for gluten free foodies, it is central to the city and just a short stroll from the Argüelles metro stop!

When you step into the bakery you are immediately surrounded at all heights by stacks of galletas, trays of mini pasteles, counters brimming with all sorts of chocolates, beautifully decorated tartas, light pink meregues and boxes of assorted chocolate-dipped shortbreads.







It is not hard to find the gluten free goodies as the shop is

covered in 'sin gluten' symbols to help you find your way around.

You'll find delicacies in every counter, including the tall fridge in front of the window, which is jam-packed with tartas, cheesecakes and birthday cakes (see the raspberry cheesecake above, yum!). There is also a counter with an entire selection of rocas, which are chocolates filled with caramelised nuts, in dark chocolate, milk chocolate, white chocolate… well, in every kind of chocolate that you could imagine.





Also sitting on nonchalantly on top of the counters, as if they have no idea of the effect they'll have on you, are **boxes of assorted biscuits**, which are, indeed, gluten free too.

There are Viennese-style biscuits covered in jam and chopped nuts, star-shaped shortbreads, vanilla cookies topped in dark chocolate and sprinkles, and many more options. In addition to the boxes on the counters, there are also boxes behind the shop front, which the shop assistants will no sooner whisk out for you than you can say 'sin gluten'.



As well as the shop's excellent 'gluten free' signing, the best part of visiting the shop is being greeted by the shop's incredibly smiley fourth generation owner, or one of her friendly assistants. As soon as you mention that you are 'celiaca' or 'celiaco', a whole range of extra delights will be whisked out from the back and you'll wonder why you never came here before.

The pastel of choice on this visit was one of the 'bandejas' of mini pasteles, which I can say are without a doubt the most delicious little morsels I have tried in my natural glutenfree, and non-gluten free, life.





Each tray is slightly different, with six rows of beautifully

presented mini pasteles, each little pastel like a mini work of art. You can tell that at La Oriental they take their baking seriously. In this particular 'bandeja', there were six types of mini pasteles: a custard-cream topped sponge; a light pastry sandwiched with chocolate cream; dark chocolate cups with vanilla custard filling and chocolate sprinkles; a profiterole-style pastry filled with dark chocolate cream; an orange cream square and, last but not least, dark chocolate cups filled with whipped cream and topped with a raspberry.





The mini selections of pastries like this bandeja are wrapped up in a sweet little La Oriental box with reflective gold lining and tied up with string, making them the perfect treat to buy for a friend, gluten free or not gluten-free, or maybe, let's be honest, just for yourself.



In addition to this, the tartas in the tall fridge counter in front of the window can also be ordered for special occasions like birthdays, or just selected from the shop on the day (they all look delicious!).

Extra notes

There are also sugar-free and lactose free options. Just ask the owner.

Extra tip: some of the boxes of biscuits already have prices on, but the rest are priced according to weight, so make sure you check with the owner before you select your box.

Info

Calle Ferraz, 47
Website

Tel: 91 559 70 45

Word of the post

I hope that you liked this post on La Oriental. Today's special word, in homage to the delicious nature of the post's content, is:

natillas— a creamy custard, yum.

You'll also like:

- <u>Gluten free pastelerías in Madrid: Part 1, Confeterías Marqués</u>
- El Riojano, Madrid's best pastry shop in the centre with a hidden tea room!
- María's sensational sweets on Calle Zurbano

Gluten free pastelerías in Madrid: Part 1- Confitería Marqués

Sugar dusted pastries, chocolate dipped palmeras and fruit filled tarts: gluten free friends, the search is over. If you're a foodie who just happens to be of the gluten free inclination, finding delicious confectionary in the city can be a little, shall we say, challenging.

We all know that there are the international coffee shops that serve the same chocolate brownie and the supermarket aisles that sell the same two or three packaged cookies, but where do you go when your **traveller**, **foodie heart** wants to spring out into the city and explore its **homemade artisan treats**?

This series is dedicated to Madrid's best hidden corners for delicious homemade cakes and cookies, gluten free style. You can even take your non-gluten free friends, and I promise you that they will not be able to tell the difference; they may even find their new favourite spot!

Confitería Marqués

Tucked away on Fernando el Católico, Confitería Marqués is the little Madrid bakery where it feels like everything has been made especially for you. With its tea party bunting and dainty glass cake stands, it has an element of the Alice and Wonderland to it, with everything in miniature.

There are fruit tarts, mini croissants, individual loaf cakes, savoury empanadas, palmeritas, apple slices, jam tarts, and more.

The sheer selection that they offer is fantastic for any gluten free Madrid foodie, as well as any foreigner in Madrid that wants to try some local pasteles with a reminder of home. Everything is made in the pasteleria and tastes as homemade as it sounds.





As well as all of the above, another reason why Confitería

Marqués is so unique is that it also makes savoury food such as **empanadas**, filled with cheese, vegetables, fish and meat. These crispy, buttery little pastry puffs make for a delectable little lunch.



Then there are the pastries, tarts, palmeritas, fruit slices and loaf cakes. Each are exactly as they should be, and some are even better.

The apple loaf cakes have a base of sweet apple pieces and raisins, are soft on the inside and scented with vanilla. The palmeritas are crispy and flaky and come traditionally plain, or coated in dark chocolate. Plus, the chocolate orange tart is rich and decadent, filled with dark chocolate cream, and hints of citrusy orange.



The owner of the shop is extremely friendly and can help you pick out something from the counter, or choose something from the incredible handmade confectionary that they have to the left of the counter and throughout the rest of the shop, including **small boxes of cookies** and **beautifully presented chocolates**. These would be perfect as a thoughtful little gift or -why not- a special treat for yourself.

You can even buy a homemade birthday cake, chilled desserts or a traditional Christmas Roscón de Reyes from the tall stand to the right of the counter; any would make a great surprise for a gluten free friend on a special occasion or a delicious traditional dessert to share after a meal at home with friends.

Another little tip is that they can make **gluten free bread** in house to order; just ask the lady at the counter when you would like it for.

Info

Web: www.confiteriamarques.com

Address: Calle Fernando Católico, 76

Metro: Argüelles

Extra notes

Don't forget to ask about the delicious foods available for lactose and nut allergies. You can go with all of your friends!

You'll also like:

<u>Cosy Wine Bars in La Latina — with gluten-free options!</u>

<u>Rayen Vegano - a vegan "gem" of a restaurant in</u> Huertas

Cosy Wine Bars in La Latina (with gluten free options!)

If you're looking for some dark and cosy wine bars to enjoy a glass of fantastic Spanish wine and some delicious tapas, then head to La Latina. Known as Madrid's tapas district, this neighbourhood is famous for its lazy Sunday afternoon tradition of tapas-bar-hopping, up and down the winding

streets of Cava Baja and Cava Alta.

But first, the history of Cava Baja has more to do with foreigners in Madrid than you might think.

Originally a deep trench that ran along the outside of the medieval city walls, Cava Baja protected the city from bandits and scoundrels, and allowed the people of Madrid to come and go freely without using the city gates. Soon the city boundaries spread, and local taverns sprung up along this stretch to lodge (and feed) travellers and farmers, who came to Madrid to sell their wares at market; You can still see the street sloping downhill and curving to follow the path of the old city wall.

This means that, for expats and visitors to the city, enjoying a glass of local wine and food amongst the higgledy piggledy bars and old taverns of Cava Baja is to not only enjoy La Latina, but also repeat the history of many a travelling peddler visiting Madrid.

El Tempranillo

For people that like Spanish wine: El Tempranillo. From the moment that you see the entire wall of wine bottle racks behind the bar, you know that you are in the right place.

Chic and modern from the outside but small and traditional on the inside, El Tempranillo has the perfect mix of low lighting, muted conversation and good Spanish wine- and a table to sit at if you order some tapas.



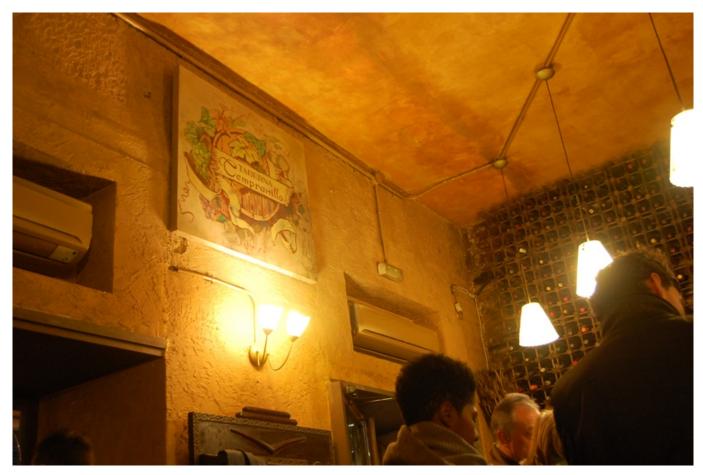
Compared with other wine and tapas bars in Cava Baja, El Tempranillo has something unique that is difficult to put your finger on.

Right in the heart of the hustle and bustle of Cava Baja, it is comparatively understated- but quietly confident. It has a real buzz of people under the dimmed lighting, but is surprisingly quiet. This muted conversation gives a sense of privacy in which you can enjoy your glass of wine, share a few tapas and have a meaningful conversation with good friends-without having to raise your voice.

The tapas at El Tempranillo are addictive. Try the 'revuelto de champiñones salvajes' (mushroom omelette), or the tostas. You might have to wait a little to order at peak times during the weekend or evenings, but the dishes come out quickly once ordered and are worth the wait.

Then, the wine. Order from the chalk board, which has an impressive selection of wine that comes from almost all the

wine regions of Spain. Most exciting, though, is their larger than average selection of good Spanish wines available by the glass, with prices starting as low as 2,50€ and 2,70€. Arrive a little early, set up your company at a table, and enjoy some good wine.



Calle Cava Baja, 38

Juana La Loca

Juana La Loca makes a nod towards Juana, the 'mad queen of Castile', who although was probably just another misunderstood female royal, still makes for a good story and name for a wine bar.



Small, dark, cosy and kinetic, Juana La Loca is perfect for a glass of Spanish wine and some delicious tapas.

Tightly packed inside, with small tables edging around the long bar, Juana La Loca mixes the worlds of both restaurant and wine bar into one dynamic space. With both bar and table enjoying tapas and wine, just with each enjoying more of one than the other, the two functions blend harmoniously into one shared space.

To start with a glass of wine, choose from the wine board behind the bar. Although the choices are slightly restricted and slightly pricier by the glass, the quality of the wine makes up for the lack of selection. If you like deep, complex red wines, try a Ribera del Duero *Crianza* or *Reserva*.

Without a doubt, the most famous dish served at Juana La Loca is the *tortilla de patatas*: a buttery, melt-in-the-mouth tortilla, finished with a crispy outer layer and served on top of a slice of bread. If you are being visited by friends or

family in Madrid who have not yet tried tortilla de patatas, this is the one to debut.

The 'huevos rotos' are also to-die-for, either to share or as a ración for yourself: crispy, chewy, buttery fries topped with melting fried egg, small salty strips of jamón, salted pimientos de padrón and a shake of paprika, all served on a long plate.

Very well accompanied by a glass of fresh wine to clean your palate and a bowl of Juana La Loca's moreish olives, these delicious options can also be served gluten free if you ask the waiter. The prices may be a little higher, but the quality of the wine and food are a step above the rest.

A little tip is to bring cash with you, as they do not accept cards. The small wine bar-restaurant also fills up quickly in the evenings; after 20:30 tables are only for a meal of tapas (plus wine) and bar spots are only for wine (plus a tapa). Arrive early enough to enjoy some good wine and conversation amongst the relaxed atmosphere, and feel the bar fill up with the buzz of evening service.



Plaza Puerta de Los Moros, 4 www.juanalalocamadrid.com

La Concha

If you like sherry, cava or vermouth, then you are in luck. This tiny mismatched bar with painted wood panels and creative details offers a great selection of Spanish fortified wines and sparkling cava from Cataluña. A refreshing take on the usual full-bodied red wine offered in La Latina, come to La Concha for something a little different.



La Concha has a nomadic feel, keeping in tune with the street's history of travelling visitors, and offers both the upstairs bar for drinks and downstairs seating area for tapas.

If you have yet to try vermouth, a fortified wine infused with various roots, barks, flowers, seeds, herbs and spices, La Concha has 'Vermut Miró', a Spanish vermouth from the northern Spanish city of Reús.

La concha also has a selection of Spanish Sherries, or 'Jerez' in Spanish. Hailing from the D.O. wine region with the same name, Jerez de la Frontera, Jerez is unique in its elaboration; you cannot find a fortified wine like Sherry anywhere else in the world.



If you like bubbles: Cava. Spain's answer to champagne, this bubbly sparkling wine can come in 4 different kinds: Cava, Cava Reserva (minimum 15 months ageing), Cava Gran Reserva (over 30 months ageing) and Rosé. La Concha has more than one of each kind, from different wineries, to try. Order a glass with one of their tapas. Although Cava traditionally matches well with fish or sweet fruity flavours, this is not necessarily the case; a Brut Nature Gran Reserva would go well with meat dishes, roasts or spicer foods.

On a week night you will easily find a spot here. Just head down the kooky stairs and order from their small tapas menu, which is also available completely gluten free.



Calle Cava Baja, 7
www.laconchataberna.com

Extra notes

If you would like to know what to look for in these wine and tapas bars, or are not sure what kinds of wines you like yet, you can also do some wine tasting in Madrid.

Wine word

Maridaje - food and wine pairing

Here are a few more articles you might like:

Madrid's 3 Best Wine Shops

<u>Taberna Lamiak, another wonderful bar in La</u> Latina

Madrid's Best Cafe-Bookshops

Let's visit the wine region, Ribera del Duero, from Madrid!

We all know that we owe a lot to the Romans- the feats of engineering, the inventions, the creation of basic law, the art. But in the case of Ribera del Duero, we owe them the discovery of the perfect place to grow the tempranillo grape, and the beginnings of the Ribera del Duero wine region.

Do you like full-bodied red wines, exploring ancient ruins and travelling through stunning landscapes? Then Ribera del Duero could be your next destination. To give you a head start, here are some useful tips from inside the wine industry, including where the region is, why it is famous, my favourite winery and how to get there from Madrid.

The scoop

Ribera del Duero is talked about as being one of the most prestigious wine regions in Spain. It is renowned for its full-bodied, elegant and complex red wines, which are of an extremely high quality (the region's regulatory body only allows a certain amount of grapes to be produced per harvest-

meaning that quality is in, and quantity is out).

In fact, in 2012 Ribera won a Wine Star award for being the **best wine region in the entire world** (which in the wine world is the equivalent to winning the Oscars).

Roman Gods and Medieval fortresses

Ribera del Duero became an official D.O. (Designation of Origin) region in 1982, but wine has been produced here for **over 2,000 years**. We know for sure that the Roman people of Ribera del Duero made wine, because they left behind mosaics of the Roman God of wine, Bacchus.

Bacchus was, amongst other things, the youthful, beautiful and (somewhat) androgynous God of harvest, wine and general allround debauchery (he was actually the half mortal son of Zeus, so who can blame him). You can still see a 66 metre mosaic tile floor dedicated to him and his frivolous escapades at the Baños de Valdearados, a small pueblo right in the centre of Ribera del Duero.



The Ancient Romans believed that wine was a 'daily necessity' and produced wine in Ribera del Duero for everyone in societymen, women, slaves, aristocrats and peasants

In fact, Ribera del Duero gets its entire name from the Romans and their love of wine; they were also so thankful for the blessing of the river on their vineyards, that they personified the river as Durius, a River God (who, we can only assume, was working in cahoots with Bacchus).

Ribera del Duero continued to make wine long after the Romans left- all throughout the Visigoth, Muslim, Christian and medieval eras, right up until today. This means that Ribera del Duero not only has beautiful vineyard landscapes shaped by thousands of years of wine making, but also a winemaking tradition as old as the Coliseum.

If you are interested in medieval history or have a penchant for fairy-tale architecture, Ribera del Duero also has an incredible collection of Middle Age castles. On my last trip, I visited the official 'National Monument' of the castle of Peñafiel, which is located where all good castles are- on top of a hill.



The castle of Peñafiel

Geography

Ribera del Duero is a long and narrow wine region shaped to follow the path of the Duero river. Ribera del Duero is effectively an extended area of vineyard river bank, which is why the word 'Ribera' (river bank) is used in its name.



The Ribera del Duero the wine region includes parts of **four regional territories**— covering the south of Burgos, extending west into Valladolid and encompassing sections of Segovia in the south and Soria to the east.

There are 4 main municipalities: Peñafiel, Roa, Aranda del Duero and San Esteban de Gormaz. These are surrounded by rural areas of vineyards and wineries, churches, castles and beautiful valleys.

My favourite winery

There are almost 300 wineries spread over the river banks of Ribera del Duero, a combination of hundred-year-old traditional family wineries and modern corporate giants, but for me, the winery Pago de Carraovejas is a real diamond- a shining example of how to keep Ribera del Duero´s wine traditions alive, but not be afraid of modern innovation.

Back in the 1970's, a curious young sommelier José María Ruíz had a dream that he would one day own his own restaurant, where he would serve Segovia's most traditional dish, 'cochinillo' (roast baby piglet), which would be paired with his own Ribera wine.

Years later, and just 3km outside Peñafiel, Ruíz´s impressive winery is in the perfect location in a sunny valley, protected by the hills from the North Wind and close enough to the river.



The vineyards of Pago de Carraovejas in its special valley this summer 2014, with views of Peñafiel castle in the distance

On my last trip to Ribera, I took part in the unveiling of Pago de Carraovejas´ new wine tasting technique: the peeling and tasting of the skin, pulp and seeds of the grape before tasting the wines. This is a prime example of Carraovejas´ innovative approach to wine and ability to think outside of the box, as is their research with Universities to create their own natural yeasts and bacteria specific to the land.



Pago de Carraovejas in winter, photograph taken by my colleague and wine expert Raul Buendía. As the seasons change, so do the landscapes- with so many vineyards, each season brings unique stunning views

If you tour their winery, not only will you taste their fantastic red wines throughout the tour in different winemaking rooms (a refreshing take on the traditional end-of-tour wine tasting), but you will also get to enjoy 3 delicious tapas dishes (including 'cochinillo') that have been carefully elaborated in Ruiz's dream restaurant to pair with the wines.



One of the delicious tapas served in the barrel room on my last visit- a tuna, sautéed pepper and vegetable stack, with edible flower

If you have a food allergy, Pago de Carraovejas are up to the job. They can adapt their tasting menu to gluten free and lactose free diets if you let them know in advance- and they will even serve gluten free bread. You might also want to let them know if you don't want to eat 'cochinillo' (baby piglet fed only milk and slaughtered at 15-20 days old), if you are a vegetarian, vegan or have certain meat eating beliefs.

Which wineries?

To see a list of all of the wineries registered in the region, go to the official <u>Ribera del Duero D.O.</u> website.

If this seems too overwhelming and you aren't sure which winery to pick, or how to organise numerous visits that fit

together, you could organise a <u>wine tour of Ribera del Duero</u> from Madrid. You could even visit a winery that produces one of your favourite wines!

How to get there

Ribera del Duero has so many places to visit that you could leave Madrid in a number of different directions, depending on where you are headed. Here are two routes to the wine towns Peñafiel and Aranda de Duero.

By car:

I would recommend travelling to Ribera del Duero by car so that you can see Ribera's landscapes as you travel up from Madrid. This is all part of seeing Ribera- the land, the vineyards, castles and landscapes have all been shaped by wine making. You will also have the freedom to move about the region once you are there- you could stay in a wine town and drive to rural wineries and castles during the day, returning to eat delicious local food in the town at night.

You can see which companies rent cars in Madrid by going to our previous <u>Travelling by car in Madrid: renting cars, car sharing or carpooling</u> article.

Route: Madrid- Peñafiel
Duration: 2 hours approx.

Tip: Combine this route with a stop at the beautiful UNESCO

city of Segovia on the way

Route: Madrid- Aranda de Duero

Duration: 1 hour 45 approx.

Tip: You can find recommended Aranda de Duero scenic driving routes for once you have arrived in the area, on the official Aranda y Ribera guide website. Useful for a weekend trip.

By bus:

It is possible to travel to a few of the wine towns by coach

from Madrid. This would be a good option if you would just like to visit the main wine towns.

Route: Madrid- Peñafiel

Depart from: Moncloa

Duration: 3 hours approx. **Price:** 17,00 approx. single

Company: The official Peñafiel website cites travelling with

La Sepulvedana

Route: Madrid- Aranda de Duero

Depart from: Avenida de America

Duration: 2 hours

Price: 12,00€ approx. single (24,00€ approx. return)

Company: Alsa

Wine word for your trip

El sarmiento— the little young, green vine shoot

The 3 Best Wine Shops in Madrid

All throughout Spanish history, farmers, monks and locals have produced wine and drunk it at their family tables, blissfully unaware that their daily vino was the nectar of the rich and privileged in faraway countries. Wine has always been available here, and it has always been good.

If you are not from Madrid, it can be hard to buy wine like a Spaniard. We tend to look for an imported bottle and an expensive label — but not anymore.

Forget your old assumptions about quality and price, because in Madrid, fantastic wine is produced just around the corner. On the edges of the city border, incredible <u>Madrid wineries</u> with vast vineyards are producing fantastic wines that have been enjoyed here locally for centuries. You have great wines at good prices right at your fingertips, and are in the perfect place to start a Spanish wine journey.

Working at a wine company, I have learnt a few things about where the Spanish buy their wine in Madrid. Drop your postwork trip to the supermarket and try these **3 best places to buy wine in Madrid**— whether you are looking to pick up a bottle for a friend's dinner, or spend as long as you like on a Saturday afternoon browsing and tasting the wines that they have on offer.

Lavinia

Lavinia is a chic and modern wonderland of wine situated in the barrio of Salamanca. On the same street as Chanel, Dolce Gabbana and Louis Vuitton, its location only adds to its impeccable service, friendly staff and welcoming atmosphere. There is a sense that things are happening here, and they are: with a top restaurant and regular tasting events and courses (this month, special cheese and wine pairing), Lavinia is a hub of specialised wine activity. They even have little decanting machines to taste wine in the shop on your own- the perfect way to test your palate style if you not sure what you like yet.



Restaurant on top floor, with decanting machines for wine tasting below



Wines organised by wine region (Denominación de Origen-D.O.) $\label{eq:D.O.}$



Lavinia's exclusive wines and restaurant in the background on the top floor

If you are looking for your new favourite bottle, or a gift, and feel a bit lost, Lavinia is the best place to go. Just take in the label of your current favourite wine, e.g. an oaked smoky red, along with a price range, and they will show something new to try. If you are looking for a gift, you could even take in the label of a friend's favourite wine and wrap up something that they have never tried before. Without a doubt, the staff of Lavinia know their stuff- just check out their website to see how many years each sommelier has totalled working in the wine industry.



Special themes and promotions encouraging you try something new



Beautiful wine store designs



The D.O. of Rioja has launched a gastronomic competition this autumn in which the best gastro bars across Spain compete for the best tapa. Lavinia's entry: Lasaña de morcilla

Address: Calle Jose Ortega y Gasset, 16

Bodega Santa Cecilia

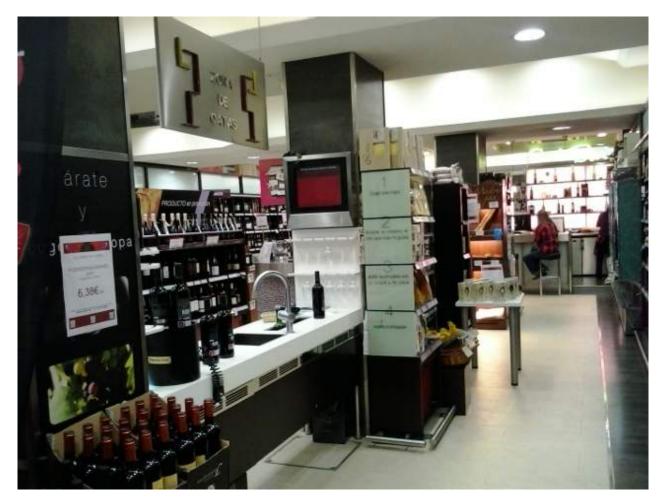
Santa Cecilia is, in so many words, a wine supermarket. It has a mini supermarket check-out counter, push entry barriers, aisles of beautiful shining bottles, wine gifts and books. However, Santa Cecilia also has a somewhat hidden secret weapon: a selection of traditional Spanish foods. Originally founded in 1922 as a traditional Madrileño food shop, Santa Cecilia has stayed true to its roots and today still offers a selection of delicious gourmet cheeses, hams, aperitivo snacks and store cupboard patés to add to the wine in your shopping basket.







Following the theme of food, Santa Cecilia also has a mini cafetería style bar with high stools that serves tapas to try with the wine while you browse. This makes a visit to this shop with a friend a potential afternoon of food and wine tasting. They also have a serve yourself 'zona de catas' wine tasting bar, with bottles open and ready to try if you need some inspiration, or are just figuring out what you like.



Wine tasting area with the tapas bar in the background

Santa Cecilia also offers a wide selection of liquors, juices, spirits and mixers, as well as tasting workshops and coursesthis month Scottish whisky tasting and cocktail making.





Address: Blasco de Garay 74, Madrid

Enoteca Barolo

Walking down the glass walled stairs into Enoteca Barolo´s underground wine selection is like submerging into your own private collection. The wines have been lovingly organised amongst modern box-like compartments and illuminated by simple lighting, as if the room were an exhibition of a life´s work. In fact, having lived for several years abroad in Italy, its owners returned to Spain with a passion for providing the city with an extensive selection of both Spanish and worldwide wines. This makes Barolo probably the best selection of wines in Madrid: a special selection put together by the owners´ personal recommendations.





Each wine bottle has its own little lovingly added paper price tag

If you already know a little about wine, the staff of Enoteca Barolo can help you out with suggestions for new wines to try, and you can learn more from their regular wine tasting courses. This month alone they have over 8 tasting courses, ranging from almost extinct grape wine and cheese pairing, to a progressive Italian wine tasting course.

You don't have to be looking for an expensive bottle to visit to Enoteca Barolo either- their cheapest wine sells for 2,30 € (which, non-incidentally, is produced... in Madrid).

Address: Principe de Vergara 211, Madrid

Extra information:

If you would like to find out more about the wine region of Madrid and its local wines, just go to the official

Designation of Origin (DO) Madrid page,

at: www.vinosdemadrid.es/en