

Maintaining the Momentum: Supporting Madrid's Black-Owned Eateries

Where do we go from here? It's been a month since the tragic death of George Floyd rocked the world – and what a month it's been. We've seen century-old statues topple, anti-racism uprisings fill iconic streets across the world, and big-name companies adopt more inclusive recruitment policies.

So could this really be a turning point and if so, how can we continue to play our part? There are heaps of ways to support the Black members of our Madrid community, but at Naked Madrid we're big fans of letting the food do the talking. And who says food can't help heal social divides, right?

That's why we've compiled this list of the Black-owned restaurants our readers are supporting (and loving!) right now. Cue scramble for tables.

1. El Mandela



If you're hoping to spice up your summer staycation in the city, then why not treat yourself to some ostrich carpaccio? Yes, you heard right. This one-of-a-kind eatery also serves as a training and employment platform for young Africans

migrants. Did we mention their desserts are out-of-this-world delicious?

- [Facebook](#) & Instagram: [@elmandela](#)
- Address: Calle Independencia 1
- Metro: Opera
- Phone: 911429800

2. Bar Colores



Had enough of the age-old *tortilla* and *caña* combo? Head to Calle del Mesón de Paredes to experience the sensory delights of Senegalese cuisine. This vibrant Lavapiés hideaway serves up some of the tastiest rice dishes in the city (*Thiebou Yapp* is our favorite!). Not sure what to wash it down with? Their natural and refreshing beverages from across the African continent are guaranteed to quench your summer thirst.

- [Facebook](#)
- Address: Calle del Mesón de Paredes, 43
- Metro: Lavapiés
- Phone: 632987474

3. Restaurante Etíope Nuria



From delectable vegan tasting platters to celiac-friendly dishes, this traditional Ethiopian restaurant really does cater for all tastes. The best bit: there's no need for cutlery since almost all of their dishes are served and eaten with *injera* (Ethiopian flatbread). If you fancy sampling what's said to be the first alcoholic beverage consumed by humans, then order yourself a glass of *tej* – you won't be sorry!

- [Facebook](#)
- Address: Calle Manuela Malasaña, 6
- Metro: Bilbao
- Phone: 915 91 63 27

4. Africa Fusión



Too much eating out starting to pull on the purse strings? Then this no-frills Lavapiés restaurant is right up your alley. They have a great selection of authentic African dishes, including *Maffe* (a West African nut-based stew) and *Thieboudienne* (Senegal's national dish). If they're fully booked, then why not grab something tasty to go? Because stifling summer heat and cooking aren't an ideal mix.

- [Facebook](#)
- Address: Calle Argumosa, 15
- Metro: Lavapiés
- Phone: 632714743

5. Restaurante Etíope Gonder



Yes, you read right. Not one but two Ethiopian restaurants have made it onto our list. Located in La Latina, this rustic eatery offers full-on flavor at reasonable prices. If you're a self-confessed caffeine addict, you'll fall head over heels in love with their traditional freshly-ground coffee varieties too.

- [Facebook](#) & [Website](#)
- Address: Calle Grafal, 8
- Metro: Tirso de Molina or La latina
- Phone: 917047250

For a longer list of Black-owned restaurants in Madrid, check out the Facebook group [Eat Out Madrid](#) where there's a thread with many comments and recs.

By Helen Hadley ([LinkedIn](#))

**All photos are from each restaurant's social media accounts and websites*

Also read Helen's recent articles:

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