MO de Movimiento: the sustainable star of Madrid's restaurant scene

For those in the know, Madrid is not really a city to visit in July and August. To be frank, it all but becomes a ghost town. This is largely due to sweltering temperatures that have Madrileños bolting for the beach – 41 degrees and counting this week. However, 2020 is not your average year (slight understatement there). But with people not upping sticks for the summer as freely as before, for those of us that are sweating in the city, we can at least take advantage of getting reservations at hotspots more easily.

In spite of the city feeling quieter than a church mouse, there's one place that has still proven very tricky when it comes to getting a table – that place is MO de Movimiento. Tucked away on a rather inconspicuous street, it is the place to see and be seen. A claim that I'm sure will surpass just the summer season, and become a Chamberí cult classic.

The founders have put sustainability and social responsibility at the forefront of their business.



My organic aloe vera was served with a tonic hailing from Sevilla.

First things first, MO de Movimiento is not your bog standard restaurant serving up standard fare. What makes it unique in a saturated market (because let’s face it, Madrid is not short on trendy places to *tapear*) is that **everything is organic and sourced from within Spain. They also hire staff who are at risk of social exclusion, and sustainability is one of their pillars.**

In all instances, the team at MO de Movimiento is working hard to find locally produced ingredients and not just paying lip service to the current trend to be hip, healthy and holistic. The menu has changed during the four visits that I’ve made (I told you it’s become a real fave) and the always-adapting menu reflects which foods are available and in season.

Aside from the ethics of the restaurants being on point, it also helps that the food is downright delicious.

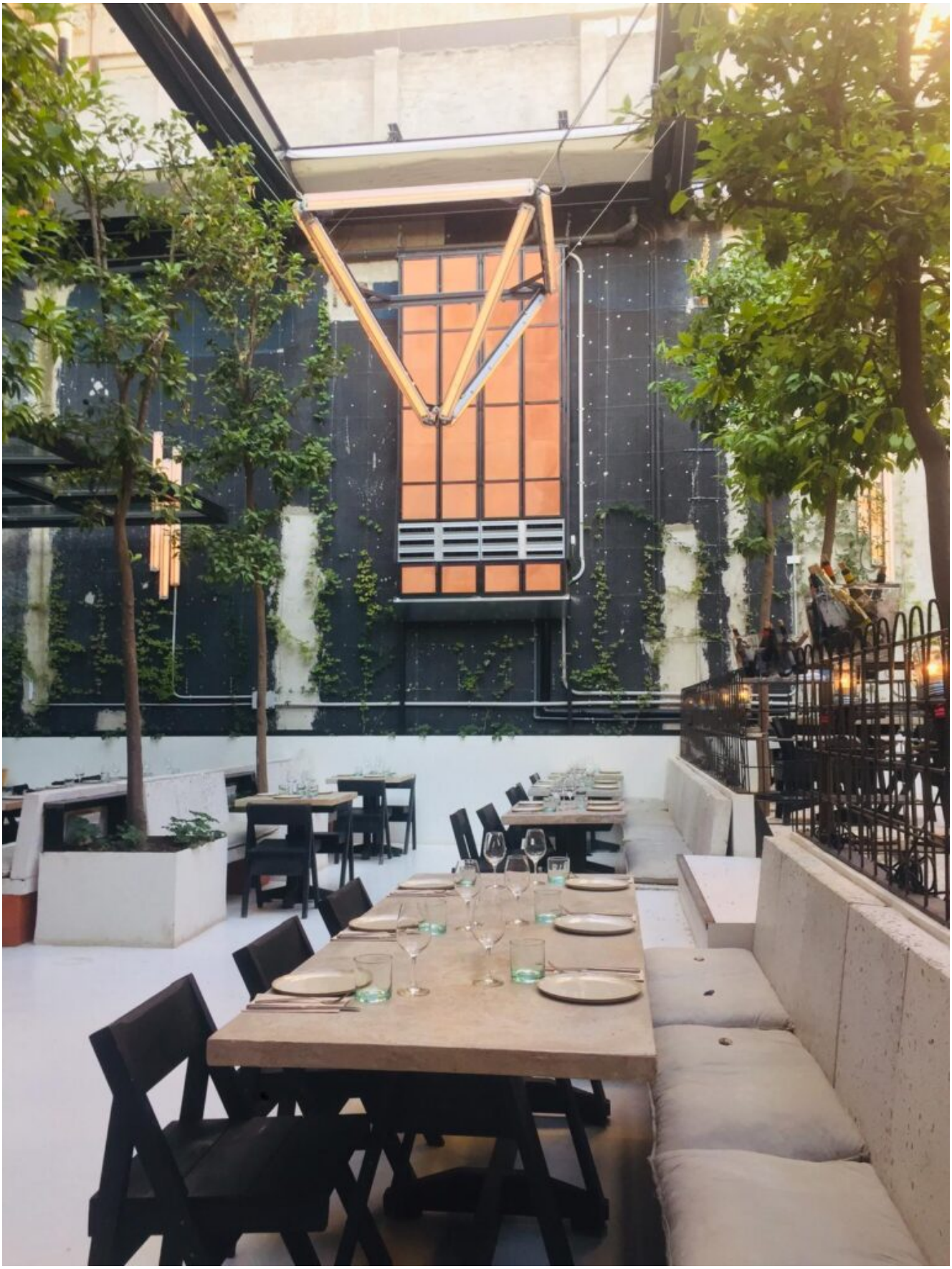


I’m slowly but surely working my way through all that’s on offer. Current highlights include the sun-dried tomato and mozzarella ravioli which was wafer thin and melts in the mouth. As well as courgettes fritters which we had to order more of, to avoid a tussle at the table – they were that good.



However, on each visit I have tried a different pizza, and having just returned from Puglia in Italy the stakes were high. I can confirm that the pizzas were every bit as stunning as the decor (more of that later). Napoli-esque in style with soft doughy bases and a whole host of toppings (I plumped for asparagus and Serrano ham) my appetite happily satiated but still with room to sample their lip smackingly good tiramisu.

It’s striking, like walking into a secret garden.



Now onto the decor. For someone who religiously pours over Architectural Digest, MO de Movimiento is a masterclass in

chic and understated style. You can dine out under the stars at their huge terrace, which captures that perfect golden-hour light. There’s also a smaller area of the restaurant overlooking the talented chefs inside.

It is literally the perfect place to while away the hours in the heart (and the heat) of the city.



As I said, it does feel somewhat of a secret, irrespective of the burgeoning waitlist, which makes me almost reluctant to share this locale (*it's a short five-minute stroll from my flat). And I do worry that when the cat's fully out of the bag, its rapidly growing popularity is going to go through the roof.

Post lockdown I couldn't wait to dine out. Eager to dress up and enjoy the thrill of perusing a menu (and the pleasure of not washing up), MO de Movimiento didn't disappoint when it came to that inaugural dinner.

Set to become the darling of Madrid's dining scene, I suggest you make a booking before it's busier than the Bernabéu on match day *pre-lockdown life of course.

MO de Movimiento

- Website, Facebook & IG: @modemovimiento
- **Address:** Calle de Espronceda 34
- **Metros:** Ríos Rosas, Gregorio Marañón or Alonso Cano

By Cat Powell (IG: @littlemissmadrid)

These pics were taken by Cat and by her friend Paul (@pkear)

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 Ethopian 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:

Fighting back for this amazing city – support Madrid's local

businesses and community

5 best places to order vegan and vegetarian takeout in Madrid

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Eat Out Madrid's top 5 places for takeaway and delivery right now

It's been over 60 days since we've been able to go out and enjoy sitting and eating in our favourite places in Madrid. We've all gone through (or maybe you're still going through) the phase of cooking up a storm in the kitchen. I don't know about you… but I'm at a point where I've lost all the motivation, plus I'm so messy in the kitchen.

I'm Valentina, Founder of **Eat Out Madrid**, an online community of over 6,700 food lovers on the search to find the best places to eat and drink in the capital. I started building the community back in August 2016 when I moved to Madrid. After feeling overwhelmed by all the choices around me, I thought – who better to ask than the expat community who are already here?

Almost four years later, we've grown immensely with people

from all nationalities, some not even based in Madrid but may have plans in the future to visit or even those who used to live here wanting to stay connected with the incredible food and drink scene it has to offer.

Now of course, under lockdown and with the current restrictions, we haven't been able to support those restaurants we know and love by visiting them in person. But there is a light at the end of the tunnel. Many places have implemented delivery or continued to do so either through one of the many delivery apps or with their own service, and this has literally saved me, especially on the tough days.

Eat Out Madrid has always been fueled by its members sharing their recommendations and favourite places and now this couldn't be more important. We've even been **compiling a document to share the best delivery places**, as well as how they deliver and their delivery areas to support each other.

I, of course, have my favourites too, so here are five of my go-to places for takeaway and delivery in Madrid right now:

1. Mazál Bagels



If you're craving some New York-style bagels, hand rolled and baked fresh each day, you have to try Mazál. They have so many different types to choose from (I love the everything bagels) and you can even order bagel sandwiches – cutting out any time in the kitchen. If you want a cheeky treat after, be sure to order some of their chocolate chip cookies. They even sell a selection of America food products, too.

Note: you need to order them in advance to be picked up (you can't just walk in and take them on the spot).

Find out more about Mazál Bagels' story in our previous Naked Madrid article

- Instagram: @mazalbagels
- Delivery: Own delivery service. Place orders through

their website

- Takeaway available
- Address: Calle Alonso Cano, 30
- Phone: 910 54 95 66

2. Asian Army



In the mood for a taste of Thailand, Vietnam, Singapore or Malaysia? Then Asian Army has you covered with an array of Southeast Asian dishes to keep that hunger at bay. They're currently operating out of a location in Legázpi (not their

restaurant in Mercado Anton Martín) and even have a special "Hari Raya Eid" hamper for those celebrating at home this month.

You can also listen to my recent interview with the owner of Asian Army on the new Eat Out Madrid podcast.

- Instagram: @asianarmymadrid
- Delivery: Uber Eats (3km from Legázpi)
- Address: Calle de Santa Isabel, 5 inside Mercado Anton Martin, Planta Baja, puesto 7-11
- Phone: 680 54 39 42

3. Pizzeria La Especial



Hot, fresh, tasty pizza… This is our local pizzeria and it’s been our go-to Friday/Saturday night #cbf dinner. It’s a stand-alone place with 3 or 4 employees and the co-owner delivers most of their pizzas. If you order through their website, you can get 15% off your first order.

- Facebook
- Delivery: Own delivery, call or place orders through their website
- Takeaway available
- Address: Avenida de la Gran Vía de Hortaleza, 68
- Phone: 680 54 39 42

4. Bite Me: Halo Artisans



Situated near Legázpi, this small café specializes in vegan donuts or “halos” as they call them. And they add two new flavours each week. You can even purchase their donut holes covered in cinnamon (they might even throw a few in with your order if you’re lucky). If you’re a super fan like me,

purchase their merchandise too to support them even more.

Find out more about Bite Me: Halo Artisans' story in our previous Naked Madrid article

- Instagram: @biteme_madrid
- Delivery: Own delivery, order online through their website
- Takeaway available
- Address: Plaza Beata María Ana de Jesús, 22
- Phone: 910 54 02 09

5. A'Fenestella



From fresh pasta to their wood-oven pizzas, if you're looking for the authentic taste of Italy, this is your place. My favourite is the Tagliatelle Bolognese – I've tried replicating this at home and nothing comes close!

- Delivery: Deliveroo
- Takeaway available
- Address: Calle de Torquemada, 25
- Phone: 913 82 56 80

By Valentina Ruffoni (LinkedIn), founder of Eat

Out Madrid

- Join Valentina's online communities **Eat Out Madrid** & **Eat In Madrid**, to take part in the conversation about the city's best food and drink options, and support local businesses while at it!
- **Check out this ongoing list of the best local spots that are open for takeout and delivery in Madrid**
- Also read **Valentina's lockdown diary** on Naked Madrid and her article our sister publication The Content Mix on how she **grew multiple online communities**

Check out more Naked Madrid articles on great delivery and takeaway places in Madrid:

- **5 best places to order vegan and vegetarian takeout during lockdown in Madrid**
- **Order pizza from Lab 84 and take the sting out of lockdown**
- **La Ración: Supplying Madrid with Spanish comfort foods during the lockdown**

Want to recommend any other delivery and takeout options in Madrid? **Get in touch with us!**

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5 best places to order vegan and vegetarian takeout in Madrid

If you cast your mind back to pre-lockdown Madrid, pollution alerts on public transport, *the brown cloud*, and fiery political debates on the future of *Madrid Central* were as much part of everyday life as *la hora del vermut*. Let's be honest though: a lot's changed since then.

It's hard (sometimes impossible) to find positives in this "new normal." But aside from the politicians and medical staff, there's someone else who's pretty grateful we're all staying safe at home – Mother Nature. The city's air is the cleanest it's been in decades and as a result, life's returning to our green areas. If that sounds like something worth celebrating, then why not hang up your apron for the evening and order some takeout?

We know, that doesn't exactly sound like eco-friendly advice. However, as the city's once burgeoning vegan and vegetarian restaurant scene fights for survival, with owners desperately clambering to adhere to new hygiene laws in order to keep their doors open, there's no need to beat yourself up about (slightly) increasing your carbon footprint.

After all, if we want these sustainable eateries to remain part of Madrid's cosmopolitan culinary revolution, then they need our support now more than ever. So, if you've tried out enough new recipes to last a lifetime and you're craving some fresh falafel, here's a round-up of the best vegan and

vegetarian eateries offering home delivery during lockdown (and beyond)!

1. Bunny's Deli – the eco warrior's paradise!

Source

If saving the planet's pretty high on your list of priorities (shouldn't it be on everyone's?), then order something tasty from Bunny's Deli. Not only is all of their packaging completely compostable, this family-run business is fully powered by renewable energy.

- Instagram: @bunnys_deli
- Address: Calle San Gregorio, 17, 28004, Madrid
- Phone: 648 73 27 83
- Delivery: Uber Eats

2. The Vegan Burger – who needs meat?



The Vegan Burger is one of the Salamanca barrio's up-and-coming haunts. Though it may not be quite as "trendy" as some of its neighbors, it's certainly popular with young *madrileños* eager to jump on the vegan bandwagon. And with burgers this good, who can blame them?

- Facebook: @theveganburger
- Address: Calle del Gral Oraá, 34, 28006 Madrid, Spain
- Phone: 913 95 27 25
- Delivery: just-eat.es, chatfood.io

3. La Huerta de Almería – bringing the

coast a little closer


Source

For all of us in Madrid right now, the delights of the coast seem far from reach. But don’t despair – there’s a glimmer of hope in sight! This rustic corner of Malasaña is offering nutritious, coastal-inspired *menus del día* straight to your door from Monday to Friday. It’s the perfect midday pick-me-up when you’re working from home.

- Instagram & Facebook: @lahuerta_de_almeria
- Address: Corredera Baja de San Pablo, 47, 28004 Madrid, Spain
- Phone: 912 79 92 58
- Delivery: just-eat.es, Deliveroo, Uber Eats

4. Rajasthan – spice up your lockdown life!


Source

Had your summer backpacking adventure put on hold? With food this good delivered to your doorstep, you’ll (almost) feel like you’re there. They have a wide range of spice levels to suit all tastes and their peshwari naan bread always hits the spot.

- Facebook: @rajamahal2003

- Address: Calle de Atocha, 47, 28012 Madrid, Spain
- Delivery: just-eat.es

5. Plantarse – a helping hand for local farmers



Source (feature image too)

If you've overdone it on the junk food and you're feeling a little "out of whack," Plantarse will help get your body back on track. Its plant-based delights are designed to offer inner peace through healthy living – and we all need some of that right now. The best bit: the majority of this delivery-only kitchen's ingredients are locally sourced.

- Instagram & Facebook: @plantarse.pb
- Address: Calle Francisco de Rojas 7, 28010, Madrid
- Delivery: just-eat.es, Deliveroo, Uber Eats, Glovo

Article by Helen Hadley

Also check out:

- La Ración: Supplying Madrid with Spanish comfort food during lockdown
- Mercado Acre, shop small to keep dreams big
- Order pizza from Lab 84 and take the sting out of lockdown

Where are you ordering takeout during lockdown? Let us know!

Order pizza from Lab 84 and take the sting out of lockdown

> *Every time you order in from a small business, they do a little happy dance*

Madrileños are social creatures, there is no doubt about this. The concept of a complete lockdown (which is currently what we're all living through) is all the more difficult in a city that lives it life out on the streets. From sipping *cañas*, to munching *pinchos*, to swigging *copas*, we love to go OUT. Out to eat, out to drink, out to dance. It goes without saying that being a social butterfly simply isn't an option right now (as an aside, how well the city is respecting social isolation is actually incredible). But if you're craving a break in the monotony of cook, eat, clean, repeat, there are still small businesses who are able to deliver as I discovered.

Last week as a treat for not killing each other in our tiny flat, myself and my boyfriend ordered pizza from Lab 84. We tend to always go out for pizza, our favourite regular place being NAP (just off Plaza Olavide) and we're both chomping at

the bit to try out Mister Pizza 01 on Ponzano when normality is restored – oven pizzas are a poor substitute for the the real thing from a wood-fired oven. Unfortunately neither of the aforementioned options are delivering currently, so we took a chance on Lab 84 via Uber Eats (it's also available on Deliveroo & JustEat!) and didn't disappoint.



We ordered one each as we were lucky enough to have a discount code (40% off at the time of writing this) so we splurged on a

veggie option and a meaty treat. The veg option was great, topped with mushrooms, roasted peppers, courgette, spinach and tomatoes. My pizza came with gloriously spiced chorizo, mozzarella and red peppers. Obviously nothing really replicates the joy of going out for dins, but at least it gave us a night off cooking and all we had to fight over was who would do the washing up.

The biggest reason why I encourage everyone to order in if they can (I know that people are already feeling the pinch and may have their own reservations about deliveries) is that when you do a small business will do a little happy dance. These are scarily uncertain times and if I can do my own tiny bit to keep them afloat during this time, I will. And while these crazy times which have us clambering for human interaction, we finished chowing on down (let our food digest) and then got right on with a Bodycoach workout, how times have changed

Lab 84 pizza bar

- **Facebook** & IG: **@lab84madrid**
- **Website**
- Phone: 685818096

*You can get deliveries from places all over the city with: **@ubereats_esp** **@deliveroo_es** **@justeat_es** **@glovo_es**

By Cat Powell, aka @littlemissmadrid

Read Cat's lockdown story here

Mazál Bagels – authentic New York bagels in Madrid, finally

Whenever I would visit my home to New York my primary mission would be to devour as many real bagels as possible with a strong sense of urgency knowing that I would not be able to find them in my regular day-to-day life in Madrid. That has been the case until now.

I learned of **Mazál Bagels** via word of mouth, this new establishment opened in Mid-January. I jumped at the opportunity to interview its founder, Tamara Cohen from Philadelphia, to showcase her inspiring pivot from English Teaching to baking and entrepreneurship.



Tamara originally arrived in Madrid as many of us do, to teach English via the *Auxiliar de Conversacion* program back in 2015.

Upon realizing that Madrid was lacking in the area of authentic pumpkin pies at Thanksgiving, Tamara filled this niche by selling homemade pumpkin pies and other baked goods to the international community, taking orders at first via social media and later a website devoted to her craft called Bruja’s Bakery.



After the Thanksgiving influx of demand came to an end, Tamara contemplated other products that she could bake that would appeal to her audience year-round. With her creative spark ignited, she became a self-taught bagel baker, selling bagels made at home three at a time in the toaster of her tiny Madrid apartment. Tamara thrived in the digital space, releasing bagel-themed content to social media to garner visibility. Demand for her bagels skyrocketed and her small-scale operation quickly became a full-time job. This permitted Tamara to step away from the teaching sector to focus on her passion for gastronomy.



As an American Jew of Sephardic origins, Tamara was eligible for and proceeded to obtain Spanish nationality via the Law of Return after a complex three-year legal process. Now a citizen of her adopted country, Tamara set forth to expand her baking operations by opening Mazál Bagels in Madrid’s Chamberí neighborhood. Her storefront is equipped with a proper commercial kitchen, enabling the production of bagels in larger batches to satiate the masses with comfort food.



The origin of the name Mazál is that Tamara wanted her business to have a name that was easy to pronounce in both languages while holding cultural significance. “Mazel” is the Hebrew word for “luck” and mazál (spelled with the accent) is the Sephardic pronunciation of the word.

Tamara wants to make it very clear that true bagels have a long fermentation period and are then boiled and baked. “Bread with a hole in it is not a bagel.” As an ambassador of Jewish gastronomy, Tamara’s bagels are crafted with love, and the sandwiches she prepares are built with precision, with their presentation in mind.



I sampled an everything bagel, served with lox, capers, onions, and plain cream cheese. This bagel’s texture and flavor lived up to my expectations, outshining any competitors whose works that I’ve sampled here in Madrid or during my time in Paris.



Mazál offers the following cream cheeses: Herbal with dill and parsley, salmon, chive, and honey cinnamon nut. Her bagel selection includes sesame, poppy seed, plain, everything, and cinnamon raisin with daily special bagels such as jalapeño cheddar, onion, garlic, pumpkin, gingerbread, and blueberry.

> *There's a learning curve as Spanish people have heard of this product, but are yet to try it themselves and don't know how to properly eat it. Recently I had a customer come in and for a pan con tomate on a bagel. I wasn't offering this but it sounded like a good idea. I would like to find creative ways to blend the bagel with Spanish gastronomy.*

As I sat in the freshly opened shop, many joyous anglophones entered, thrilled to savor Tamara's culinary gems and Spanish people passing by would peer in to see what all of the commotions were about. Tamara would charismatically explain to curious locals what this niche foreign product is, in a flawless Spanish accent, which can be attributed to her

Madrileño partner who played an instrumental role in navigating the red-tape of opening a business.

What became clear was that at Mazál Bagels, Americans, local Spaniards, and the international community can gather in an environment where they can feel at home.


mazál
bagels & café
www.mazalmadrid.com
calle alonso cano, 30, madrid
910 549 566

Mazál Bagels

- **Website**, **Facebook**, IG: **@mazalbagels**
- **Address:** Calle Alonso Cano, 30
- **Metro:** Alonso Cano / Ríos Rosas

Panda Patisserie, delight in Japanese desserts and drinks near Gran Vía

Mochis, matcha ice cream, bubble tea, dorayaki… If you want to enjoy a selection of Japanese sweets and drinks, then head over to Panda Patisserie, the city's one and only Japanese bakery, located right off Gran Vía at the popular Hattori Hanzo restaurant.



Although I'd been to Hattori for dinner before and even wrote an [article about it back in 2014](), I never had the chance to get to Panda Patisserie, which opens on weekday afternoons and

for weekend brunch. The hours are from 4:30-8:30pm Monday through Friday, and from 11am-1pm on Saturday and Sunday (book ahead on the weekends).



As you walk into the restaurant, make your way to the back area where you get to sit comfortably in the floor, surrounded by fun decor and a welcoming ambience. Now onto the food: Although there are savory options on Panda's menu, like the unbeatable baos, our eyes went straight for the desserts, as I'm sure yours will too. With the help of the nice server, here's what we ordered:



We started out with two cold brew iced teas, one with strawberry and lime, and the other with grapefruit and yuzu.

They were sweet, citrusy and refreshing. We also tried a few different homemade mochis, which are small rice-flour balls that have a gooey texture and are filled with flavors ranging from chocolate to green tea matcha.



Then we had the *Sakura dorayaki*, which are essentially two pancakes filled with fresh strawberry and white chocolate. So good.



And of course, we couldn’t leave without trying the newest item, *fluffy pancakes* served with fresh fruit and syrup that you get to pour on yourself. All the desserts were simply delicious.



Surprisingly, after all that, we felt satisfied but not heavy at all. Everything is light and tasty, and you'll leave wanting to come back for more. There are so many other options on the menu that we wanted to try, from the matcha ice cream to the bubble teas!

If you haven't already tasted Japanese sweets, then I highly recommend ordering an assortment of different flavors and textures to get the full experience. And if you're already a fan, well, then welcome to your go-to Japanese sweetshop in Madrid!

Panda Patisserie

- **Facebook** & IG: **@pandapatisserie**
- **Address:** Calle Desengaño 11
- **Metro:** Callao

El Camoatí – an incredibly romantic Argentinian bistro bar in La Latina

As soon as I walked into Camoatí for the first time a few years ago, it was love at first sight. My friend was holding her birthday party there and I couldn’t believe I’d never heard about it before. This charming Argentinean bistro is located on a side street off of La Latina’s most popular plaza, Plaza de la Paja. The facade is unassuming so you’re likely to walk right past it. But don’t!



As you step in, you'll find the cozy bar area, and instantly feel the warm vibe that I'll try to express in this article. But you'll really have to experience it for yourself.



Both the decor and ambience at Camoatí are truly special. You'll find funky furniture, quirky trinkets and mismatched table settings all around. It's fun to just let your eyes wander and imagine where all the items came from – whoever decorated this place definitely had a unique sense of style.



The main dining area has two separate levels, plus a few tables squeezed into cute little nooks for extra romantic dining. At the tables you'll also find paper and crayons for colorful drawing, like in the good-old days of going to restaurants as kids (they've also got board games).



Dining at Camoatí is always a treat and the food is simply outstanding – the menu features a wonderful selection of

dishes inspired by Argentinian, French and Italian cuisine. You'll find hearty meat dishes, fresh fish, homemade pasta, tasty desserts, cocktails, wine, coffee, and more. Not to mention the service is very much up to par.

Also note that Camoatí is a great place to go even if you're just in the mood for a drink or a coffee with friends.



So without further ado, here's what we ordered the last time we went to Camoatí:

We started out with a glass of Malbec and an Albariño, both recommended by the server.



As an appetizer we ordered the tuna tartar, served with avocado and dressed with soy sauce, ginger and sesame oil. It was incredibly fresh and delicious. I order this almost every time I go.



And for the mains, James got the traditional *milanesa napolitana* – a generous-sized filet of veal that's breaded and covered in tomato sauce and melted mozzarella cheese. It's served with a heaping portion of homemade fries and salad. The photo says it all.



And I went with a lighter option: the salmon that’s grilled in teriyaki sauce and served over sautéed vegetables. So good.



To top it all off we went with one of the homemade desserts, recommended by the server: *volcán de dulce de leche con helado*. Amazing.



On other occasions I've also tried their homemade empanadas, the (wonderful) plate of grilled vegetables topped with goat cheese, and other meat dishes that are to die for. But I'm still working my way through the menu.

So whether you're looking for a romantic date night, an afternoon with friends, or simply a delicious meal in a charming setting, I promise you that Camoatí will not disappoint. You'll want to come here again and again.

Camoatí

- **Website**, **Facebook**, **& Instagram: @camoati**
- **Address:** Alfonso VI 3
- **Metro:** La Latina

Try the banh mi sandwiches from a hole-in-the-wall Vietnamese shop in Madrid

When people ask me what it is that I miss the most about living in Paris, my surprising answer is always this: its Vietnamese food. The banh mi sandwich was the base of my diet when I was a broke student and NGO intern, due to its budget-friendly and savory nature.

Banh mi sandwiches are a product of French colonialism introducing the Vietnamese people to the baguette, who then proceeded to stuff it with **julienned daikon radish and carrots, cucumber, pate, cilantro, mayonnaise, sriracha, and, of course, chicken or pork belly** with the latter option being the most traditional version.



Hand model: James Stiles

These gems are served at hole-in-the-wall establishments that I noticed would **often go unnamed and without any branding**. For the longest time, the monopoly over my beloved sandwich in Madrid was controlled by a sleek and modern hipster eatery in Malasaña called the Big Banh, which has since closed its doors. The Big Banh prioritized the presentation of its product to justify it being costly. After they shut down operations, there was a baguette-shaped void in my heart until one day when walking to La Latina from Lavapies I walked by what looked like a normal Asian-owned *alimentación* and *panadería* that caught my attention for a sticker on its windows that said: “**Traditional Banh Mi Here.**”



Juan assembling banh mi for hungry consumers

I investigated the next day with high hopes and was not disappointed. The owner and sandwich artist is a long-term resident of Madrid who has adopted the name Juan during his 40 years of living here. Juan hails from **Hoi-Ann, Vietnam** and opened this shop in July 2019 and is excited to introduce Madrid to Vietnam's flavorful *bocadillo.*

He offers the chicken and pork belly varieties of the **sandwich for €3.** I sampled the pork belly sandwich and a **€1 shrimp spring roll** and was full and incredibly content with this discovery and decided to share it with my community in order to empower this new business. **It is important to note that this shop is cash-only.**



Noteworthy for its absence of branding, this unassuming bakery situated at **Calle San Milan 6**, near La Latina metro station, should not be overlooked! I want to see this business thrive and stay open, and I can see it appealing to Madrid's community of English teachers who search for cheap and filling eats in the summer.

Banh Mi sandwiches with no name

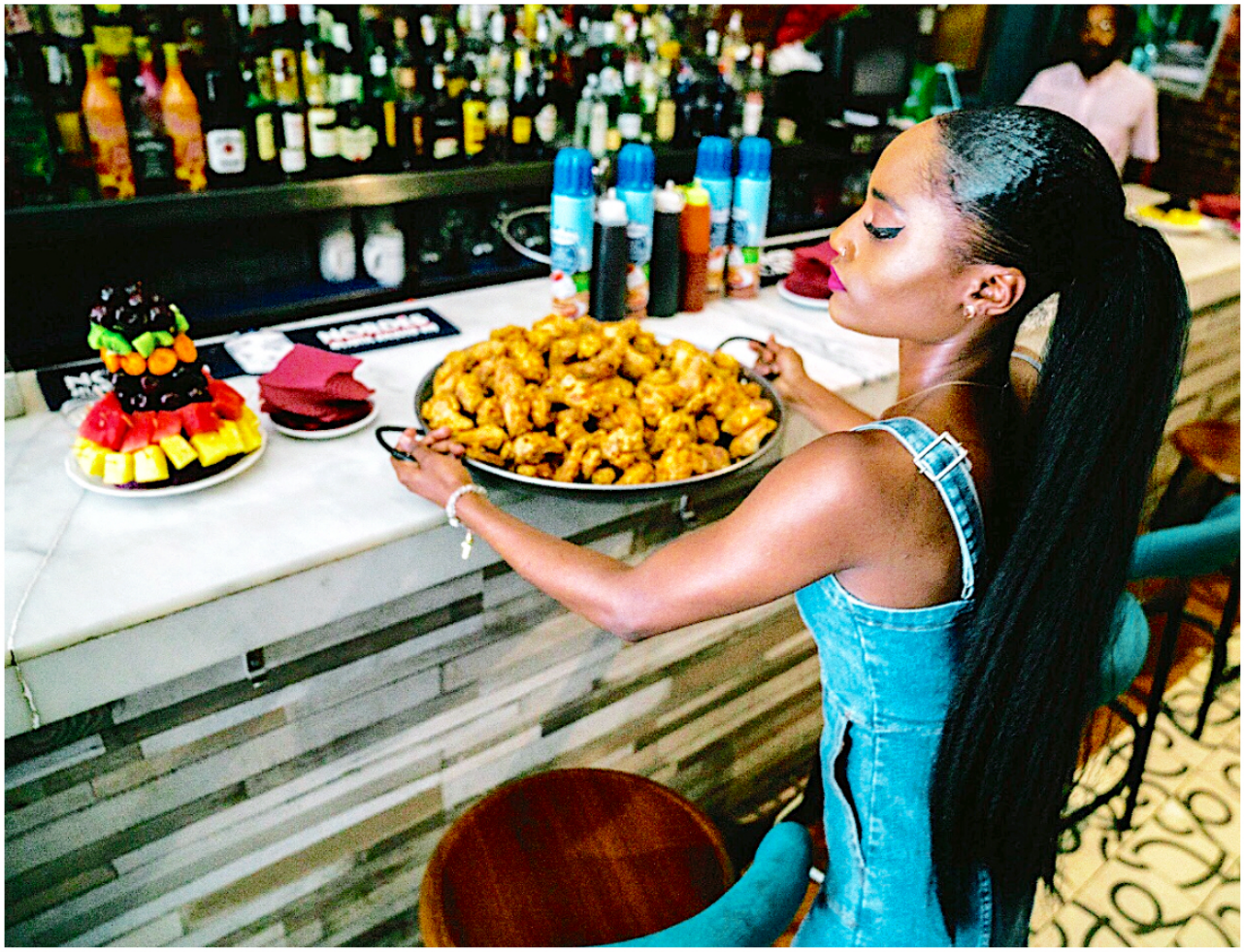
- **Location:** Calle San Milan 6
- **Metro:** La Latina
- **Cash only**

Atlast Alitas – a chef from Atlanta introduces Madrid to Chicken & Waffles, Wings, and more!

Atlanta native Tara Brown was teaching English in Madrid for three years and noticed an essential piece of American culture was missing from the rapidly globalizing Spanish capital: the classic Southern-style brunch. And that's why she created Atlast Alitas, her very own pop-up feasts in the heart of Madrid.

Recognizing this vacuum prompted Tara to give notice and resign from the school where she was teaching in order to pursue her passion: cooking and creating a community around food. Tara used the popular hospitality platform **Workaway** to volunteer and train in the culinary arts in Haifa, Israel and brought the knowledge gained during this stay back to Madrid.

In collaboration with **La Pasa Gin Bar**, Tara hosts pop-up "Wing & Beats Nights" that are DJ'd by local artist **Profesoul** on Friday nights. On select weekend days you can come to her pop-up all-you can eat "Chicken & Waffles Brunch."



This mouth-watering feast is the real deal, and can offer the American abroad a taste of home. Alternatively, to people from outside of the United States who have never before experienced the blend of **sweet and savory that is chicken and waffles**, Tara offers a heartfelt window into the gastronomy of the southern United States. Tara creates her own sauces from scratch: **Lemon Pepper, Jack Daniels BBQ, Honey Sriracha and Buffalo Hot**.

Tara's culinary ambitions do not end there as she seeks to expand to catering events and to eventually open her own restaurant in Madrid. The pursuit of an international experience in the culinary world was what brought Tara to Haifa, Israel. There she studied under the chef Koby Carolla, co-founder of the social vegan restaurant **Robin Food**, whose team rescues discarded fruit and vegetables from Haifa's central market every day at 6am. The rescued produce are

adapted into various dishes in an ever-changing daily menu. Patrons here pay as they please, deciding for themselves the value of their meal.

Chef Carolla taught Tara how to lead by example in the kitchen and how to be spontaneous and innovative with whatever ingredients are available. After three months of cooking with and living alongside an **international team of Workaway volunteers**, Tara returned to Madrid from Israel, empowered to begin her project.



The owner of La Pasa Gin Bar, Adolfo Lorenzo, agreed to collaborate with Tara without much convincing. In addition to granting her access to the kitchen and space of their two locations on Calle San Bernardo and Calle Huertas, he has been sponsoring the costs of the events, which has allowed Tara to reduce risk as she grows her brand.

Tara was the first to introduce the combination of fried Chicken and Waffles to some of her international patrons in

Madrid and Haifa, who had never before fathomed such a combination. **Tara's expert opinion on the best way to actually eat this meal is to use your hands to make sure both the sweet and savory flavors are equally represented in each bite.**



Atlast Alitas

You can stay up-to-date via her Facebook page at **Tara Brown** and her instagram: **@brownskin_mochadiva** and be sure to come to her next pop-up brunch party at **La Pasa Gin Bar**!

If you would like Tara to cater your next party she can be contacted at **Tara.brown93@yahoo.com**.

Photography by **Joel Potter**