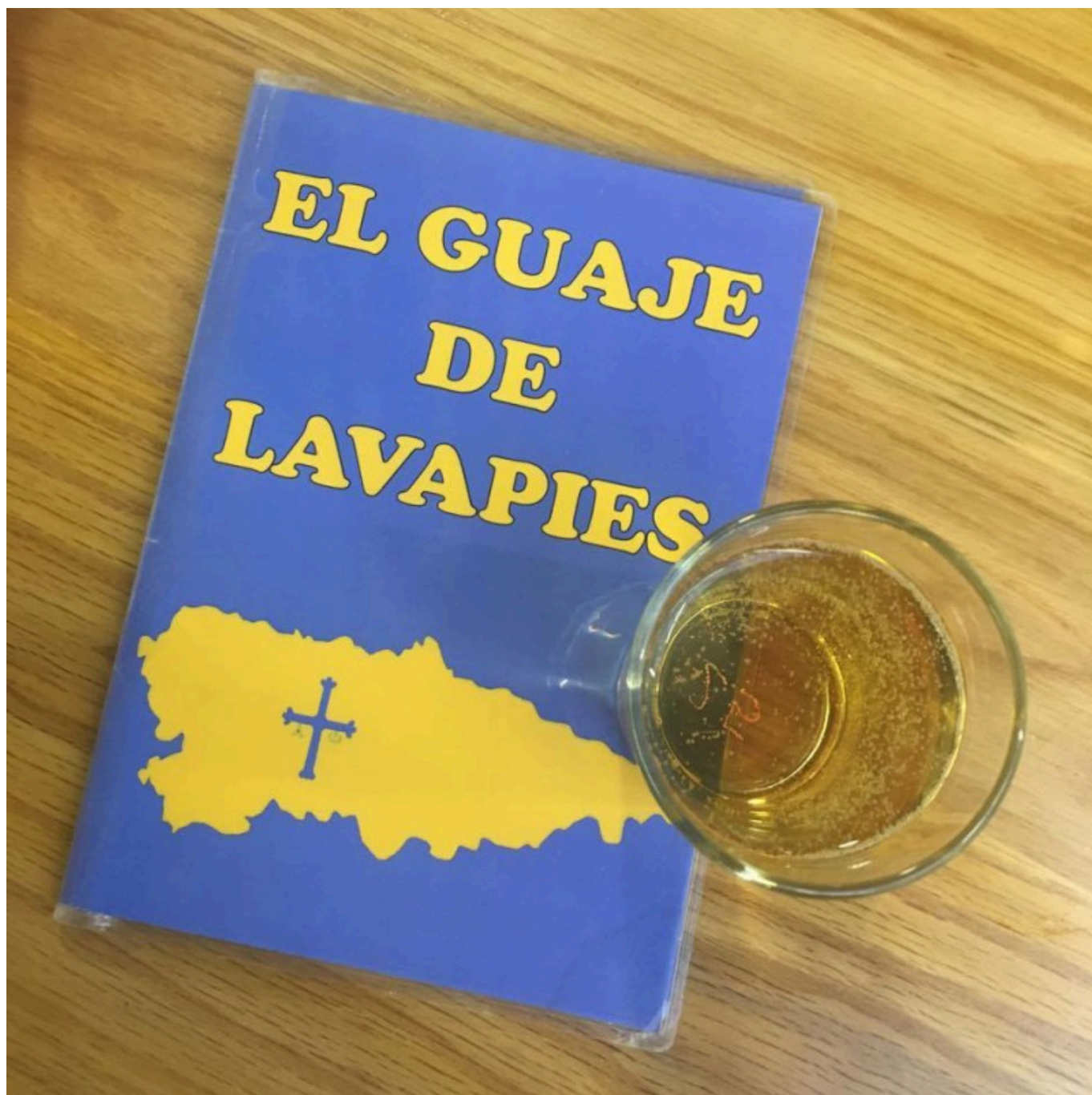


El Guaje de Lavapiés, an Authentic Asturian Oasis

Tucked into the [Mercado de San Fernando](#) is a tiny piece of Asturias. From the *queso gamoneu* to the blue-and-yellow flags marking their territory on every spare inch of the bar, you'll feel like you're really there.

[El Guaje de Lavapiés](#) is a *sidrería* that offers some of the most high-quality Asturian ciders, cheeses, and cured meats Madrid has to offer.



Rafael, the owner, is known around town as “[El Guaje](#),” a term used to refer to someone younger than you in Asturias. El Guaje opened up shop 10 months ago, and is happy with his success, although his dream is to open a full-size restaurant.



Is the space enormous? No. Does it have wifi? Also no. But what it does have it much better: delicious food, good prices, and no big chain of production and distribution—everything comes straight from our northern neighbors and is grown and made naturally.

Here you see El Guaje's *tosta con membrillo y cabrales*—toast with quince paste and blue cheese produced by rural dairy farmers and cured in natural caves (€3.50).



Of course, you can also buy these products in bulk to take home and enjoy later.



But if you're like me, and nothing hits the spot like a good craft beer, El Guaje's got you covered, with a selection from Caleyá of pale ales, IPAs, ambers, etc., as well as your trusty Estrella and Mahou.



If you're lucky, you'll arrive in time for the show—there's an open space at the center of the market, which happens to be right in front of this bar, where they put on dancing shows, plays, and other cultural events.

iPuxa Asturias!

Information

- [Facebook](#)
- Address: C/ Embajadores, 41 inside [Mercado de San Fernando](#)
- Hours: Vary by the day, but typical market hours. Most business on weekends!

PS: Right in front of El Guaje is another one of our favorite stands, [Mercado de Lisboa](#). Check it out!

Got Milk? If not, get some at Cántaro Blanco Lechería

Got Milk? Every single American child of the 90's remembers the commercials and print ads of our favorite celebrities with their milk moustaches aimed at increasing our dairy consumption. Flash forward 15-20 years and in Malasaña, America's Dairy Farmers can find a place where Madrid-based expats can make up for what they didn't consume in their early days. One random afternoon, I found myself cutting through Calle de Manuela Malasaña when I stumbled upon a lechería, **Cántaro Blanco**. While I've found my fair share of *carnicerías*, *fruterías*, *charcuterías*, and *pescaderías*, I had yet to come across a *lechería*. As *El Comidista*, *El País*'s gastronomy [blog](#) confirms, the lechería is now up-and-coming.

With its white façade and clean interior, it gives you immediate association with milk. As the owners, Nacho and Adrián aim, it's like getting the fresh *leche del pueblo* (milk from the village). For those of us who've never had said experience (especially when your pueblo just happens to be one of the largest cities in the world), Cántaro Blanco gives you that fresh milk and much more.



Cántaro Blanco stocks fresh milks, cheeses, yogurts, and milk-based desserts. Its main supplier, according to the *El*

Páis article, is Los Combos, a farm in nearby Móstoles. The fact that the milk is super locally-sourced makes it so so fresh (the owners had actually planned on bringing it from the North, but keeping the suppliers as local as possible gives you the truly fresh taste). Other than from Los Combos, two brands you'll most likely be familiar with are Xanceda from Galicia and Pastoret (a dairy from Lleida, Catalunya that makes the non-fat yogurt I mix with berries for breakfast each morning). Pastoret's yogurt is perfectly smooth and creamy, even in its nonfat form.

They don't just stop at the stuff you can take home: they have some homemade products to satisfy your need for Vitamin D. First is the fresh frozen yogurt with your choice of toppings. My personal pick is the *batido* (or milkshake), which can be made with whatever type of milk you want in a variety of flavors. Since I can only drink skim milk, I was elated and enjoyed one with strawberries, raspberries, and blackberries.



Strawberry and frutos rojos; ñam ñam indeed

There's also ecological horchata (that tiger-nut drink from Valencia that tastes like almond milk with a touch of

cinnamon), both to have on the spot or to take home.

Get yourself into Cántaro Blanco. Then you'll be answering the question "Got Milk" with a resounding "¡Síííííí!"

Cántaro Blanco Lechería

Address: Calle de Manuela Malasaña, 29

Tel.: +34 91 029 66 39

Metro: San Bernardo (Lines 2 and 4), Bilbao (Lines 1 and 4), and Tribunal (Lines 1 and 10)

[Facebook](#)

[Website](#)