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 gluten-free, 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:

- **Gluten free pastelerías in Madrid: Part 1, Confeterías Marqués**
- **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:

- **Cosy Wine Bars in La Latina – with gluten-free options!**
- **Rayen Vegano – a vegan “gem” of a restaurant in Huertas**