

Falafeleria – authors of La Hummuseria's second success story

If it were a bestseller then authors of [La Hummuseria](#) have written another success story: [Falafeleria](#). Simplicity and *sabor* are the keys and if, like me, you suffer from indecision and are overwhelmed by the sight of a long menu, then this is your place.



There are three options to choose from. Each one is to be the contents of a delicious, home-baked pita. However, the main character of this tale has to be the falafel. I would love to

tell you the ingredients but when I asked, I was told they were a highly guarded secret recipe, as with the hummus. Whatever it is, they've done it right.



This is no resemblance to my own flaky, dry chickpea ball attempts. There's texture, body and a finish of herbs. This

falafel could well be eaten on its own. But in addition you get the garnish, the tahini dressing and of course the hummus.

Built on a street food-style joint in central Malasaña, you can eat in or take out. But this is no fast food pop up. It's healthy and fulfilling and on top of it all, they encourage you to recycle.



Oh and I almost forgot, they have a genius wrap holder for the table. All embarrassment spared if this is a first date destination. I'm heading back to try options two and three.

Photos courtesy of Lotem Gaziel, co-founder of La Hummuseria & Falafeleria

By Alice Josselyn

Falafeleria

- [Facebook](#)
- **Address:** Calle Santa Barbera 4
- **Metro:** Tribunal or Chueca
- **Open:** Tuesday – Saturday 13h-23h30; Sunday 13h-18h

Also check out [La Hummuseria!](#)

La Hummuseria – a social kind of thing

Today I'm sharing a secret discovery. I considered keeping it to myself both out of selfishness and to preserve its charm, however I've decided that [La Hummuseria](#) deserves to be experienced by anyone who appreciates healthy, wholesome food and a familiar, friendly atmosphere; or indeed anyone with a penchant for hummus. Even if you don't, it's hard not to fall in love with it because it's so damn tasty and healthy.



La Hummuseria is the dream child of newlyweds Lotem and Shai, two young psychologists from Israel who visited Madrid on holiday and for all the obvious reasons fell in love with the city.

They pondered what the city was missing, namely: hummus and this being their passion Lotem and Shai dreamt up *La Hummeseria*. In February 2015 they moved to Madrid and in October 2015 *La Hummuseria* was born. Simple.



Hummus is a traditional Middle Eastern dish made from garbanzos/chickpeas, Tahini and lemon. It is served warm with a touch of olive oil, warm chickpeas and one of their special toppings.

Traditionally, hummus is eaten as a meal in itself so one portion could be enjoyed individually without anything other than fresh pitta. However, to keep the hummus company (Hummus is a social kind of thing, says Lotem) you will find freshly cut salads made from the best vegetables in the market, lemon and herbs.

The hero is obviously the hummus. **There are five varieties of hummus**; the base is freshly made every day using the Lotem and Shai's tradition and secret technique and toppings include mushrooms, lemon and almonds.

To accompany **El Ambiguo**: hummus with tahíni verde, we ordered the oven baked cauliflower with almonds. A crisp and simple tapas sized dish of oven lightly baked cauliflower seasoned with lemon, parsley and chives and coated in roasted almond shards.

The **Ensalada fresca-fresquísima** arrived as a generous mix of cucumber, tomato, chickpeas, carrot and a fresh herb, lemon and oil dressing.



We drank iced tea with fresh mint and felt so gloriously healthy that we almost declined Shai's insistence that we try the **Malabi for dessert**. I am more than glad that we conceded.

Made from Middle East cream scented flowers, peanuts and coconut, this dessert is as fresh and wholesome as everything else and totally delicious.

Hidden off Fuencarral, *La Hummuseria* is the ideal spot for a lazy weekend lunch; reclining in comfortable art deco chairs on the mezzanine level or to grab a quick snack as a break from combing the Malasana shops.

The service is impeccable, you can see Lotem and Shai preparing their food from the open kitchen and they are more than happy to stop and talk to you while you are there. **After all, hummus is a social thing.**

Finally, in case you were wondering, yes they do offer take aways.

Info:

- [Facebook](#)
- **Address:** Calle Hernán Cortes 8
- **Metro:** Tribunal, Chueca

By Alice Josselyn

Also check out [Falafeleria by the same owners!](#)