

# El Brote: a brand-new mushroom restaurant in the heart of El Rastro

Mushrooms: they're an inspiring subject one can easily get carried away with, especially after paying a visit to El Brote. Years of academic mushroom knowledge and on-the-ground wisdom were literally delivered to us on a plate and I'm now a devout mushroom apostle on a mission to spread the message to the foodie people of Madrid.



El Brote's dining area

El Brote (the bud) is a small and cosy restaurant on [Calle de la Ruda](#) run by two mushroom enthusiasts, Eduardo and Alvaro.

Every corner of the place is mushroom-themed, even the floor. Its décor is earthy, humble and a little eccentric, and the original features of the building have been beautifully highlighted throughout the room.



Abstract mushroom artwork



Various gospels of the mushroom bible



The 0th floor of El Brote



A mushroomy display inside the floor

Both Eduardo and Alvaro were keen to explain each dish on their 10-item menu and made recommendations based on the season and their own personal preferences which, funnily enough, were different.

*There's a specific order in which you must eat each ingredient.*

... they explained as each dish was brought out. They suggested we start with the unseasoned mushrooms so that we could taste their pure flavour, then slowly begin combining the other ingredients together to get a feel for the dish as a whole. The flavours were subtle and delicious both separately and collectively – a sign that someone behind the scenes really knows what they're doing.



Trumpet mushrooms with a raw egg yolk and herbs



Red mushrooms with pak choy, gnocci and pumpkin gratin



Black mushrooms with beans, squash and leek

Try their wine too, it's really good. We also noticed that every single table in the restaurant was sharing a bottle of red between them... such a beautiful sight.

**TIP:** El Brote have very few tables and they don't take evening reservations so aim to be the first to arrive as we were, because within 10 minutes of arriving, the place will be full!

## INFO

- [Website](#), [Facebook](#) & [Instagram](#)
  - **Address:** [Calle de la Ruda, 14](#)
  - **Nearest metro:** La Latina, line 5
-



# Jack Percoca: The Little Italian Joint with Big Hearty Food

*“The amount of food on the plate says a lot about the person who put it on the plate,” laughs Luca. “I serve my customers like I serve my family.”*

**Naples-born Luca is a professional restaurateur.** For eight years, he travelled around the world opening and running game-changing restaurants before finally settling in Madrid and opening Jack Percoca Bar & Kitchen, a cosy little Italian restaurant in the heart of the city’s Conde Duque district.



The bar area



The cosy dining area with lots of natural light at lunchtime

The sheer wealth of experience Luca has picked up over the years becomes clear from the moment you walk in. A great deal of thought has gone into the style and layout: **the lighting is soft, there's no 'short-straw' table, the service is attentive, and the food is flawless.**

## **FOOD FOR FOUR (TO EIGHT)**

To start, we ordered Burrata Tricolore, served on a bed of rocket with slices of perfectly ripe tomato and drizzled with Luca's famous basil pesto. We also ordered a bowl of "Smoking Bullets": deep-fried, cheese and ham-filled rigatoni, like an Italian take on croquettes. We loved the tomato-laden Bruschetta and, on the opposite end of all spectrums, the (intensely) Creamy Meatballs.



Smoking Bullets, Creamy Meatballs, Bruschetta and Burrata Tricolore



The Bruschetta

Feeling full yet? For mains, we had the Spaghetti Burger – a succulent home-made burger perched on a crispy basket of spaghetti – and the Steak Tartare with chunky chips. The Donna Sofia pizza is right up there with the best pizzas in Madrid, but the colossal **Truffle Mac and Cheese** was, as usual, the star of the show.



The Spaghetti Burger



## The Truffle Mac 'n' Cheese

Despite being pretty full, we ordered the Margherita Cheesecake and the Amaretto Connection for all of us to share, because when a dessert is good enough (and you know what I'm talking about here), you'll find room for it.



The Amaretto Connection

## WELCOME TO PROHIBITION-ERA NEW YORK

This excerpt from the menu sets the scene for the restaurant perfectly:

*"It's the era of prohibition and the state has declared war on alcohol. Social downfall in America has reached rock bottom and liquor is squarely to blame. But New York City has been hit by a new wave of crime – the black market. The word on the street is that immoral men are brewing their own high-proof alcohol. Hip flasks of this "moonshine" are stuffed into the boots of liberated women to supply hundreds of "speakeasies". It's also the beginning of the underground jazz movement –*

*inspiration is thriving in these illegal alcohol-fueled parties, but only the coolest guys and dolls in town are in the know. It was here, in a speakeasy beneath the streets of New York, that Sandy met Jack..."*

The infamous black market liquors of the Prohibition era echo throughout Luca's cocktails, which are **strong enough to cut through all three hearty courses and still leave you feeling merry.**



A selection of the classic cocktails

**Jack Percoca Bar & Kitchen is humbly priced, but with big hearty food, strong cocktails and a charming atmosphere. This Little Italy eatery is determined to keep Madrid's restaurant**

scene on its toes.

## INFO

- Jack Percoca's [Facebook](#) and [Instagram](#)
  - Address: [Calle Conde Duque 14](#)
  - Call Luca to reserve: **915 13 50 44**
  - Opening hours: Mon-Sun 13.00 – 16.00 / 19.00 – 01.00
- 

# Mercadillo Lisboa: A fun Portuguese snack bar in Mercado San Fernando

Brand-new Portuguese eatery Mercadillo Lisboa was waiting for the right moment to join the *mercado* scene until, six weeks ago, just in time for Tapapiés, it finally opened up in the best spot in [Mercado San Fernando](#). Enter through the main doors, head straight to the middle and turn right – they're there next to the fun bar Sondelata, which sells blue wine and carrot cava.

Mercadillo Lisboa is owned and run by three pals – two from Lisbon and one from the Canary Islands. Only two of them are in this photo because the other is camera-shy – he hid around the corner.

This is a great place to get authentic Portuguese food, from a variety of quiches and the classic *Pastéis de Belém*, to *empanadas*, *arancini* and everything *bacalao*. Here are a few photos of their snack food, very proudly displayed by the jolliest of the three musketeers:





Vegetarian spinach quiche



There are lots of quiches here



Empanadas and cod croquettes



Arancini



Strawberry cheesecake (wow)

You can also buy a selection of Portuguese beers and wines (including *vinho verde*), plus an almond liqueur (*licor de amêndoa*) specially driven over from Portugal by the guy on the right. I bought their last bottle a couple of weeks ago and with it came this story – suddenly €12 seemed like an absolute steal. You'll be glad to know that they've since been back to Portugal and brought another few bottles for us, but get it while you can – or I will!



Lots of Portuguese wines and liqueurs



A selection of Portuguese beers

Pull up a chair at Mercadillo Lisboa or mingle in its sphere of influence with a *vinho verde* and a *bocadillo de bacalao*. And just so you know, you'll probably bump into me.

## Info

- [Facebook](#) & [Instagram](#)
- **Address:** C/ Embajadores, 41
- **Metro:** Lavapiés/Embajadores

## Opening hours:

- *Mon: Fri: 10:00 am – 2:00 pm, 5:00 pm – midnight*
- *Sat: 10:00 am – 5:00 pm*
- *Sun: 11:00 am – 5:00 pm*

---

# Taco Maya: A brand-new no-frills taco joint

José Manuel – a well-known chef in the Madrid taco scene – has just opened a brand new, no-frills taco joint in Madrid with his partner, Joe. This colourful and fun eatery is located in a beautiful old building just a five-minute walk from barrio Lavapiés, and has a lovely chilled terrace plus a cosy dining area inside.



Taco Maya's cosy, minimalist dining area

It's possible that you may have stumbled across José Manuel before: he used to own [Taquería Maya](#) in Huertas, where José met Joe! With a new team member and a more relaxed location, [Taco Maya](#) has a winning formula, and dare I say the best Mexican food I've had in Madrid?

## THE FOOD

Everything is made from scratch by José himself, from the nachos to the tacos and every ingredient is bought in fresh that morning. It's for this reason that the menu sometimes varies depending on what order comes in that day, and there's an array of tacos, quesadillas and nachos to try.



The menu – full of options for all!



This is what we had:



Lemon and Strawberry Margaritas

First of all, the Lemon and Strawberry Margaritas are incredible – like nothing you’ve ever had before, I promise! The strong kick of tequila was also a great start to the evening.



## The Nachos

We had three types of nachos: Courgette and corn from the cob (vegan), Guacamole and coriander (also vegan), and beef. All were absolutely delicious, and the guacamole was like something I'd make at home in secret so that I could put in as much coriander and fresh red onion as I wanted.



The Beef Tacos



2 x Cheese Tacos and 2 x Lamb Tacos

The beef and guacamole tacos were juicy and moreish, and that extra squeeze of lime cut through all that tender meat perfectly. The veggie options included cheese and guacamole quesadillas, but pictured above we have courgette tacos and two tacos with a creamy vegetable and corn mix and plenty of fresh coriander on top. Having said all that, the tacos themselves were so fresh and you could really decipher their flavour.



Tequila!

To end the evening, José Manuel offered us a wonderfully smooth tequila. He also gave us a salt-sugar-chilli mix for the usual tequila ritual, and now I'll never be able to have just salt again.



José Manuel himself!

The tacos are great and the terrace is a real treat. This humble eatery has a bright future – check it out and be a part of it.

## Info

- **Address:** Paseo de Santa María de la Cabeza, 60
- **Metro:** Embajadores
- [Facebook](#) and [Instagram](#)
- Phone number: 911 733 374 / 642 194 285

## Also check out:

- [Tacos, tamales and tequila: Madrid's best Mexican joints!](#)

---

# Café Barbieri: A 114-year-old Art Nouveau café in Lavapiés

[Café Barbieri](#) first brought modernist charm to Madrid's working class district, Lavapiés, in 1902, and although the *barrio* has evolved dramatically over the last 114 years, the interior of this elegant bar hasn't changed one bit.

Some things have changed though – Café Barbieri is owned by a charismatic chap from New Delhi and staffed with bilingual youngthings. It also now has a small terrace, but this is not why you'd come here – its appeal is truly the interior.

The whole place is lined with mirrors which back then were a symbol of wealth. These mirrors are now aging well, stained a smoky bronze colour with dots of grey rust creeping in from the edges. The ceiling is framed with grids of ornate girders that are connected to decorative cast-iron beams, typical of older buildings in Lavapiés. Although never on, there are ceiling fans too – something increasingly rare in Madrid.

At the back of the bar is a grand piano on a small raised stage. Almost every evening there's a live music session often featuring the piano, and this place does food too – typical Spanish stuff but with an edge.

The worn white marble table tops and red velvet seating lining the dining area mark this place out as opulent, but that's really not the vibe – it's chilled and cosy and attracts a spectrum of people, from the intrepid tourist who's braved it down the hill, to the unassuming local who fancies a read of one of the papers on offer.



Café Barbieri by day





Café Barbieri's beautiful ornate ceiling



The grand piano taking centre stage, and look at all those beautiful mirrors



Look at that original tiled floor!



The bar has a great selection of spirits & vermouth on tap



Café Barbieri by night

Café Barbieri is also on the same street as the Greek foodie place, [Egeo](#), so there you have it, your night is planned!

## Info

- C/Ave María 45
  - Metro: Lavapiés
  - [Website](#) [Facebook](#)
-

# Zoco Comidero: Eat well and feel great at Madrid's first (and only) flexitarian restaurant

## NOW CLOSED

I don't eat meat, but one of my life rules is: **never go to a Vegetarian restaurant.**

I've been jaded by too many poorly thought-out ventures where the food is created from fear of meat rather than love of veg. Vegan and vegetarian cuisine has existed all over the world for millennia, so where did the culinary black hole come from and why has it left us in such a veg-hating dark age feeling hungry and dehydrated?

Last week, a friend of mine recommended veggie-friendly [Zoco Comidero](#) and I might just have seen **the light at the end of the tunnel.**



Rarely do you come across a restaurant with this much respect for food. The concept: flexitarian – a primarily vegetarian

diet which occasionally includes meat or fish. In other words, there's something for everyone.

No longer does the vegetarian friend have to eat a *racion de patatas bravas* for dinner, or the carnivorous friend have to suffer through a fish-less fillet or a tofurkey burger (a what?).

At Zoco Comidero, the menu is hugely varied and every dish is put together professionally. Everything on your plate hit the kitchen worktop raw and intact and has been **prepared freshly with no external influences.**

We kicked off Tuesday evening with a kale and kiwi smoothie, an arepa stuffed with an almond-based vegan cheese and chlorella pesto (a delicious black seaweed pesto).





Feeling healthy yet? We shared two *tostas*: one with goat's cheese and a juicy baked tomato and the other with a generous portion of beetroot-marinated raw salmon and homemade mustard. For mains we had a risotto made with kamut (an ancient large wheat grain), and prawn chop suey.







This was all underlined with a trio of deserts: an intense gooey dark chocolate brownie (the secret ingredient: avocado), quinoa 'cheesecake' and a face-twisting lemon curd.



By now the word "healthy" is in the background. **Exotic flavours, textures and presentation** of the food resonates more than anything else. I love Marbell's zen and her way of transmitting it to us urban wildlife through edible flowers and doses of colour.



This is Marbell, the brains and owner of Zoco Comidero

Zoco Comidero is just off the beaten track but in the real heart of Madrid's old town. The restaurant has an elegant interior with low lighting, good music and a bonus view of the palace. There's also a fun downstairs lounge which gets going on weekends. Every Saturday and Sunday, Marbell tries to organise a chilled bit of live music from 10:30 pm onwards **so stick around after dinner for good DJs and Venezuelan bands.**

## Info

- [Web](#) & [Facebook](#)
  - **Address:** Calle Moreria 11
  - **Metro:** La Latina
-

# La Latina's 'seafood party' in Mercado de La Cebada: The place to see and be seen!

Mercados are the heart and soul of any Spanish city. If you want to get under the skin of the place you're visiting, make a beeline for the city's biggest food market. Wander around each section (meat, vegetables, fish, etc.) and you will instantly see what the region's all about. Then make your way to the *mercado's* busiest bar, order what everyone else is drinking and demand your rightful complimentary *tapa*. If it's something you've never clapped eyes on, even better.



La Latina's [Mercado de la Cebada](#) is no exception. The place encapsulates Spanish culture to almost cliché levels: **the heart and soul of Madrid is right here.**



Every weekday, [Mercado de la Cebada](#) will sell you fresh produce from all over Spain. There's also a good selection of local bars in the labyrinth of alleys both upstairs and downstairs, and even a few clothes stalls, toyshops and cobblers for some of the market's more devout punters.



But then, every Saturday at lunchtime, [Mercado de La Cebada](#) transforms into what I will describe as nothing less than a **seafood party**.





The atmosphere is electric; iced molluscs and pulpo are flowing, and groups of friends doing what they do best:

sharing food and belly-laughing, plastic cup of valdepeñas in one hand, half-eaten shrimp in the other.





Grab a few friends and get there **no later than 2:30pm**. Find one of the aproned chaps hovering in front of his stall, affectionately touching everyone with his fishy hands, and place your order per *ración* or by weight.





Before you take your polystyrene plates to the nearest paper-covered stack of crates, don't forget to pick up your **complimentary bottle of wine or cans of beer. Yeah... COMPLIMENTARY!** Due to licensing rules, these shops can't sell drinks. I imagine there's a slight markup on the prices of seafood but, having said that, **the prices are some of the lowest I've seen in Madrid, and the quality is some of the best.**

There are cups, serviettes, toothpicks and mussel 'spives' (spoon-knives) strategically strewn around the stalls – a seafood spectacular with no frills, and all the better for it.

## Info

[Web](#) – [Facebook](#)

**Address:** Plaza de la Cebada, La Latina, 28005

**Metro:** La Latina (right outside)

**Opening hours:** Mon – Fri 9am-2pm / 5-8:30pm; Sat 9am-3pm

**Another soulful neighbourhood market, not too far away, is [Mercado de San Fernando in Lavapiés](#)**

---

## **Stunning Local Olive Grove Tour, in English! – Proyecto Los Aires**

In 2013, biologists **Guillermo and Laura** – Spain's newest generation of **olive farmers** – took over the family business and embarked on an innovative mission: to connect the local countryside with the city of Madrid and make farming a **sustainable way of life** once again.

### **How it all started:**

**Over a century ago**, in a small town in the region of **Toledo**, Guillermo's great grandfather planted his first grove of around 200 olive trees, and between the evenly spaced olive saplings grew rows of sun-drenched grapevines.

A hundred odd years later, only the footprints of the old

vines are visible, but the olive trees have grown beautifully gnarled and twisted, with silver miniature leaves and shiny hard fruit, ready for the annual harvest of some of the tastiest **organic extra virgin olive oil** in Spain.



The centenarian olive trees

## **Guillermo and Laura's story:**

Olive farming has been in both of their families for generations, inspiring them to study biology at university, which is where they met. From early on, they drew sketches on scraps of paper illustrating grand ambitions to re-bond our booming capital with its rural backyard, enthusiastically telling anyone who will listen about the genius that is the organic farming ecosystem (it's genius).

By mid 2014, their dream had gathered enough steam for them to **quit their jobs** and make [Proyecto Los Aires](#) their life, and for being in the midst of an **economic depression**, it's incredible how much they've already achieved.

## The tour:

On Saturday, we headed out to their stunning olive grove in **Arcicóllar**, about an hour south of Madrid. When we arrived, we met up with our fellow tour buddies and set off on our educational meander through the olive trees.

Guillermo and Laura led us around their oldest plot and explained the **process of creating olive oil**: from planting and harvesting to filtering and bottling. Their scientific angle on the entire practice is fascinating, but I won't say any more – the oohs and aahs are all part of the fun!



The walking tour begins



Taking a closer look at the trees

After the walking tour (and tanning opportunity), we sat down at a shaded table nestled idyllically among the centenarian trees. It was time for the **tasting**. This involved professionally sampling several olive oils in little blue glass cups, and learning how to tell the difference between generic **supermarket oil** and **top-quality organic oil** such as theirs.

And then came the food and wine. Through local connections and friends and family, Guillermo and Laura brought together a plethora of **Iberian foodie gems** for us to eat. A *mercado* on a table came to mind, and our tour companions' similarly delighted reactions included lots of "mmm"s and "oh my God"s and jokey squabbles over who liked the **pumpkin *morcilla*** most. We chatted, talking about Guillermo and Laura's endeavours as well as our own, then gratefully accepted Guillermo's offer of

a top-up of wine to accompany our final wander through the trees (and take a few grove-selfies). Finally, we had the opportunity to buy some of the delicious products we tasted that day.



The tasting (and eating and drinking)



The quaintest little market stall in the world

After an **eye-opening and mouth-watering experience**, we said our goodbyes to the lovely Guillermo and Laura and hopped on the bus back to Madrid, desperate to get the word out to you!

## **The project explained:**

[Proyecto Los Aires](#) aims to **promote local agriculture** by running **educational tours & tastings** on their farm and forging a direct link between urban consumers and the rural economy. Their oil (Los Aires Extra Virgin Olive Oil) can be found in **gourmet shops** such as Oleoteca Murúa at [Mercado San Antón](#). Guillermo and Laura also regularly sell their oil in **markets across Madrid** such as [Mercado de Motores](#), [Mercado Central de Diseño](#), [Nómada Market](#) and [Gastro Market](#). Next time you're there, **go and say hello!**



Los Aires olive groves

## How to get there:

The **meeting point** for the tour is the bus stop in the town of **Arcicóllar** (see location [here](#)). Regular buses (see timetable [here](#)) will get you there from Madrid's **Méndez Alvaro** bus station in **just over an hour**. If you're driving, it takes around **50 minutes** from central Madrid.

## Details & Contact Info:

Tours run **year-round** on **any day of the week** or weekend and must be booked at least **48 hours** in advance.

[Facebook](#) & [Web](#)

The website is in English and Spanish! For more information about the tour, pricing, and to book, click [here](#).