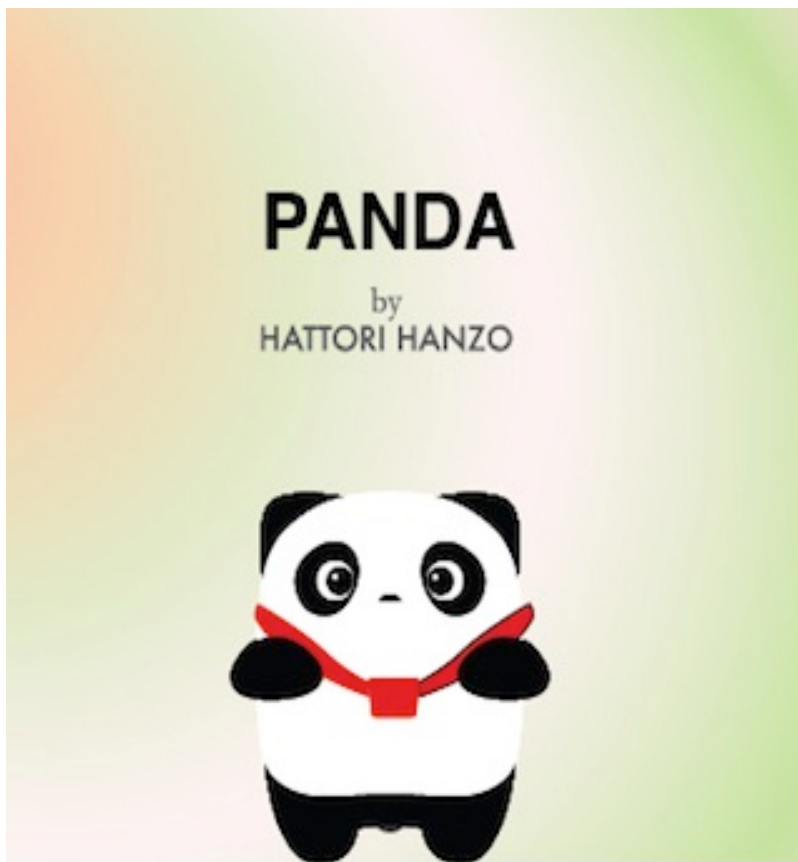


# Panda by Hattori Hanzo: A sweet, Japanese merienda

Ah, the *merienda*. It's one of the best things about the Spanish eating schedule; one in between breakfast and lunch and another between lunch and dinner. While we normally think of a *merienda* as either a croissant or a *tostada con tomate* in the morning and then a pastry or sandwich in the afternoon, a little place behind Gran Vía meters from [Terraza Gymage](#) has a way for your *merienda* to have a more Japanese flavor. While for lunch and dinner [Hattori Hanzo](#) often requires a reservation at least 3 days in advance (see full restaurant post [here](#)), during the sacred afternoon *merienda* hours from 5 to 8 PM, you can get a taste of the sweet side of Japan at Panda by Hattori Hanzo.



It is the first Japanese pastry shop and *matcha* bar in the city and allows you to experience a different side of Japanese cuisine (but if you don't have a sweet tooth, never fear. There's also a savory

menu as well).



My friends and I found ourselves in awe with all of the choices of pastries, including **Japanese-style macarons, mochi balls, teas, frappés, and more**. Two main ingredients are highlighted in all of your options: **sakura (cherry blossom)** and **matcha (a type of green tea that is currently all of the rage for its health benefits)**. I fell in love with matcha during one of my last trips back to New York when I found myself in a hipster coffee shop across the street from the Strand Bookstore (enough said) and the appearance of matcha in certain places in Madrid makes me incredibly happy. Within the different categories on the menu, there was a matcha option, a sakura option, and a traditional chocolate option.

Let's just say my choices followed a pattern: that they contained matcha.

After thoughtful deliberation, we resorted to asking our waitress, the one who knows the menu inside and out. After asking us about our preferences, she suggested that we try **the signature offering at Panda: the matcha swiss roll**. We followed her advice and we did not regret it one bit.



**The matcha swiss roll is a matcha sponge cake with a mascarpone filling.** There are droplets of red bean and matcha paste, crunchy raspberries, and a beautiful strawberry cut as if it were a rose. This is the star offering at Panda, and is definitely the perfect choice for your first time. It really gives you a sense what the most popular desserts are like in Japan: a perfect fusion of eastern and western flavors. And for someone who normally doesn't eat things that are sweet, it was absolutely perfect.

For drinks, I chose an iced matcha latte, while one of my friends had one of the numerous Japanese teas on offer (expertly prepared and we were left with a timer so it could properly boil) and another had the sakura latte.





The matcha latte was naturally refreshing, and is creamier than a typical tea. The next time I go back I'll naturally

have it hot, but it's something that you can have either in the summer or winter.

Are you ready to enjoy the sweet side of Japanese cuisine? Get a bunch of your friends for a fantastic afterwork and merienda at Panda.

## Info

[Website](#) & [Facebook](#)

**Address:** Calle del Desengaño, 11

**Tel.:** 91 786 57 80 / 606 282 608

**Metro:** Gran Vía (Lines 1 and 5)/Callao (Lines 3 and 5)

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# 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.





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](#)

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**Pancomido: A French bakery where your bread will most**

# certainly be eaten all up

When I used to live right near the [Museo Sorolla](#) and took the Number 16 bus every morning to work, I had to be out the door in time for my first coffee run before the bus would take me over the Castellana to Chamartín. Like clockwork, I would be out of my apartment around 7:55 so that I could be one of the first in line at 8 AM sharp when the doors of the **Pancomido Café** would open. I would walk in, order my coffee with skim milk and sweetener in a to-go cup, and as I had the amount it cost memorized, have the change ready to give out at a moment's notice so I could merrily sip my coffee as I fell asleep on the bus to the *colegio*.

Sometimes, on Saturday mornings, I would drink that coffee more slowly (and albeit in a much more madrileño manner than a New York one) while one of my friends would order a **croissant with raspberry jam and butter**, but I stuck with my coffee. But the robin egg blue (or better Tiffany blue) inside and out with the menu items offered on a blackboard allured me.





After my move, I decided to have a breakfast adventure to celebrate being able to actually order something other than coffee.

Besides coffee with skim milk (and having skim milk is a vital component of my coffee consumption), **Pancomido** has a whole variety of breads and pastries.



As you can tell...

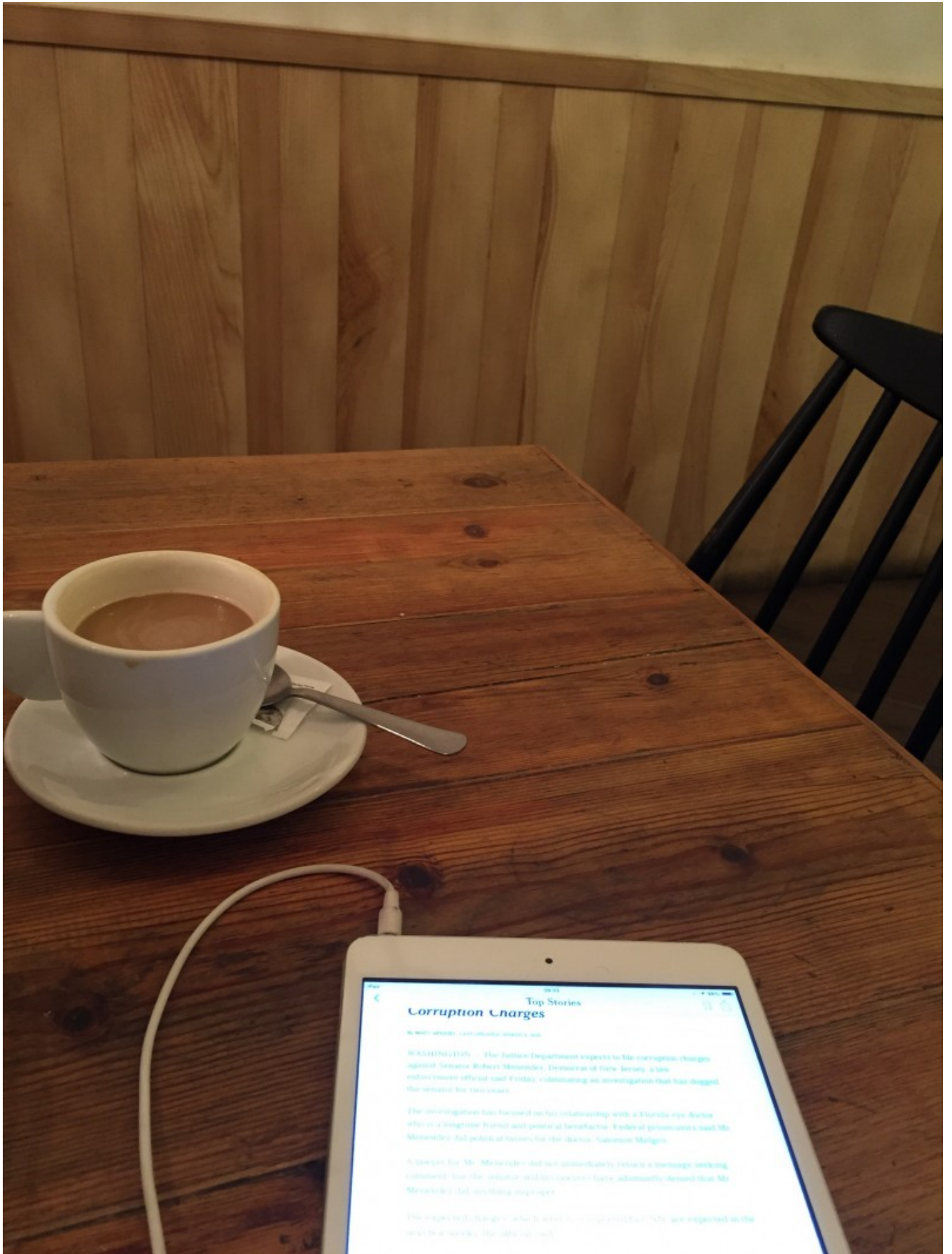


The **French-style pastries** look absolutely exquisite (even though I can't have any), and you can take my friend's glowing recommendation for croissants as proof.

If you happen to be in the vicinity for lunch, there are also a number of salads and sandwiches as well as soups that look like an excellent little *menú*.

The **Zurbano** location has plenty of seating space in the back which I have taken full advantage of reading *The New York Times* on my iPad on one of those weekend mornings after a long, hard workout at the gym.





If you're on the other side of the Castellana in **Barrio de Salamanca**, there's another **Pancomido** very close to IE Business

School and the US Embassy.

Your bread will most certainly be eaten up, as the name *pan comido* implies, and your little breakfasts will have an extra spring in your step.

***Pancomido Café (Chamberí)***

***Where:*** Calle Zurbano, 50

***Tel.:*** +34 913 08 25 06

***Metro:*** Gregorio Marañón (Lines 7 and 10), Rubén Darío (Line 5), or Iglesia (Line 1)

***Pancomido Café (Salamanca)***

***Where:*** Calle del General Oráa, 22

***Tel.:*** +34 617 54 03 19

***Metro:*** Núñez de Balboa (Lines 5 and 9)