I ADRID MECRICANIAN



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Your Madrid Christmas Guide
Book Reviews
Reader Offers
News and Whats On
Madrid in English

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MADRID TREASURE HUNT



You could be the lucky winner of this FC Británico (Madrid Metropolitan sponsored) jersey at the end of our hunt that explores the many secrets of Madrid's sometime dark and mysterious past. For those daring readers who wish to discover the hidden side of Madrid.

The love of god – "El Amor de Dios"

Find the indoor market of Anton Martin and head up the stairs to this iconic school of Iberian dance. We will need a selfie to show you were there.

Send selfie to:

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hristmas is a time for celebrating and at the Madrid Metropolitan we are celebrating our 2nd anniversary with an increased 24 pages. We have added content and new features. A double guide to Whats On over the yuletide as well as lots of reader offers for going out and saving a few pennies. That and our regular columns and contributors for news, reviews, English-Speaking community events and seasonal fairs and we do hope you enjoy reading.

A very Happy Christmas from the Madrid Metropolitan team.

The Madrid Metropolitan - your local paper.



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his 21st century wine estate opens its doors and its world to our readers to begin a journey of the finest of Castillian wine making and includes:

- Return luxury coach transfer (just 1 hour from Madrid)
- · Estate tour and visit in English
- Tasting of 4 wines
- Picoteo of local favre

Date: Sat. 15th of Dec. Leaving from Plaza España at

Desde 1835 Familia de Vino

Cost 75 EUR per person - Max group size 16 For more information and to book mail: info@madridadventures.com



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Featured AIL Student

Hi! I'm Sandra, a twenty-yearold from Sweden. I started learning Spanish as a total beginner at the start of September this year.

I chose to take Spanish lessons mainly because of my family. My mother's side of the family is Venezuelan and don't speak any English, so it has always



been really hard to communicate with them in the past. As I have always thought Spanishv is a beautiful language, I looked online to find the best language school in Spain to attend and decided to enrol at AIL Madrid after reading so many amazing recommendations of it.

I have been in Madrid for two months now and I'm already amazed at how much my Spanish has progressed. Living in a country surrounded by people who speak the language, everyday tasks like ordering in a restaurant, asking a local for directions and talking to store cashiers have become great opportunities for me to keep practicing what I have learnt in class. I'm feeling more and more comfortable with the language, and I can now speak Spanish better than some of my friends that have been studying it in Sweden for years!

The teachers in AIL Madrid are also so warm and welcoming, which also really helps when learning Spanish as a beginner. My teacher Olga takes the time to make sure we understand everything in lessons and always helps us with our problems, so no one in class ever hesitates to ask any questions they have. As they also participate in all of our fiestas and activities, most of the time they don't even really like teachers!

After I finish my time here in Spain, I know that I'll be able to use and speak Spanish for the rest of my life and so I will never regret my decision to come here. If you also want to spend your money on something that will add to your figurative 'life backpack' of skills, I would recommend taking a Spanish course at AIL Madrid!vwould recommend taking a Spanish course at AIL Madrid!

Featured after-class activity Christmas Markets



Christmas time is approaching and in Madrid this means a city full of lights, decorations and special activities. The festive season is a time where the whole of Spain has a brindis with their friends and loved ones.

Each December we get the AIL Madrid students in the Spanish festive spirit by bundling them up in scarves and appropriate clothing and taking them on an enchanting walk through the city's Christmas markets, a collection of stalls that spill onto the streets once a

year to sell all sorts of gifts. Our favourite market, and that of our students, is the Christmas market of Plaza Mayor that is held from the end of November to the last day of every calendar year.

The famous market is the perfect place to get lost in with more than 100 stalls, and you can come across everything from nativity scene figurines to traditional Christmas trees laden with every bauble, garland and fairy light imaginable.

What makes the Plaza de España Christmas Market so special is the handmade quality of all of its products, which delights our students as they wander by the various stands.

They especially love the huge variety and novelty of all the sales items, and never leave without purchasing at least one special gift for their family.

We can't wait to return to the markets this year, and neither can our students - and they are just around the corner.

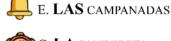
Vocabulario Navideño

Relaciona cada elemento y descubre alguna de las palabras más usadas en Navidad.









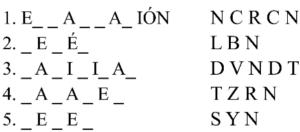




- 1. Intrumento musical típico navideño que pone la melodía a los villancicos.
- 2. Tradición con la que se recibe el nuevo año.
- 3. Regalo que se da en Navidad.
- 4. Bollo en forma de rosca grande típico del día de Reyes.
- 5. Adorno de Navidad
- 6. Representación del nacimiento de Cristo.

SOLUCIONES: A.3, B.5, C.6, D.4, E.2, F.1

¿Sabías que existen nombres propios españoles femeninos relacionados directamente con este periodo? Aviniva las consonantes que faltan:



SOLUCIONES: : I. ENCARAACIÓN, 2. BELÊN, 3. VATTVIDAD, 4. NAZARET, 5. REYES



Contact AIL Madrid: info@ailmadrid.com

914 35 48 01 www.ailmadrid.com



The Madrid Metropolitan take's a look at whats on over the festive season.

Plaza Mayor Christmas Market: From 24th November - 31st December



he traditional Plaza Mayor Christmas Market opens 24th November and this year boasts 104 stands and stalls selling all kind of Christmas goodies including decorations, trees and hand crafted Nativity scenes.

Plaza de Santa Cruz - Carousel



ust behind the Plaza Mayor lies the Plaza de Santa Cruz which this year sees the vintage Christmas Carousel moved

from her former home there here . A must for the kids after buying your tree and decorations!.

La Navideña International Fair of Cultures: Matadero. 14th to 24th December



atadero Madrid hosts the fourth International Christmas Fair of Cultures. With over 70 countries represented by their embassies as well as an array of international institutions, the fair showcases how Christmas is celebrated around the world. This year the theme is toys, and with over 300 free activities, workshops and shows for all ages its a must go to event this yuletide.

Revolution on Ice: Palacio Vistalegre Arena 29th December

chaikovsky's classic ballet adapted from Alexandre Dumas' short story The Mouse King and E. T. A. Hoffmann's story The Nutcracker comes to life through the Russian National



Ballet for two performances on Christmas and New Year's Days.

The Nutcracker: Teatro Nuevo Apolo 25th December & 1 st January.



chaikovsky's classic ballet adapted from Alexandre Dumas' short story The Mouse King and E. T. A. Hoffmann's story The Nutcracker comes to life through the Russian National Ballet for two performances on Christmas and New Year's Days.

The Christmas Concert :Teatro de la Zarzuela 29th December.



Spanish seasonal musical feast bringing together Ramón Tebar, soprano Virgina Tola, mezzo-soprano María José Montiel and baritone

Juan Jesús Rodríguez and the Orquesta de la Comunidad de Madrid and the Coro Titular del Teatro de la Zarzuela for some Spanish Christmas classics.

Naviluz - Christmas Bus. Running from 30th November



he Naviluz Christmas double-decker bus takes you on a non-stop 45 minute ride to see the Madrid

Christmas lights. Starting in Colon and following a route that takes in Gran Via, Cibeles Alcala and Serrano.

The Forest of Wishes. From 10th December

he Real Casa de Correos is the very symbol of Madrid and for the country it is the centre of attention with the chymes of the bells heralding in the new year. This Christmas it

will also house a spectacular display of Christmas trees where children can hang their wishes for



you know who to visit, you know when, to leave you know what, you know where

Circo Price: Teatro Circo Price From 30th November to 6th January



Circo Price has become a Madrid institution. This year they their seasonal offering.

ounded by Englishman bring an adaptation of Charles Thomas Price in 1853 the Dickens's classic ghost tale of redemption A Christmas Carol for

Cortylandia. From 16th November



of the Preciados store features this year's Cortylan-

l Corte Inglés at the back dia with shows and and carols throughout the day

31th Madrid Arts and Crafts Fair: From 8th December



he Plaza de España hosts the 31st Arts and Crafts in artesanal gifts and crafts from

the Madrid region as well as further afield with stalls for ceramics, Fair showcasing the best pottery, costume jewellery, leather goods amongst many others.

Almoneda Navidad 2018: 12th - 16th December



Almoneda Christmas market ture and artwork. where you can fin dan array

FEMA will be holding the of vintage ítems as well as furni-

EL Gordo: 22nd December



he Sorteo de Navidad is the world's oldest (1812) and biggest lottery (over 2 billion euros expected to be won this year) is held on the morning of the 22nd December - so get your yours.

decimo (you are actually buying a 10th of a ticket) and be part of the excitement as the pupils from San Ildefonso school draw and sing out the winning numbers...it could be

San Silvestre Vallecana 2018: 31st December



annual San Silvestre Vallecana attracts some 40,000 participants in part fun

ow in its 54th year the run complete with Fancy dress and seasonal costumes and part competitive race finishing up in the Vallecas football stadium.

Grapes Grapes - My kingdom for a grape (or 12)



ew Year's Eve finishes with all eyes on the Real Casa de Correos in Puerta del Sol and the chyming of the bells heralding in the New Year. The tradition which dates back to

the early 20th century and a bumper grape harvest is now firmly embedded with family celebrations across the country. No cheating. Skin and pips et all.



Madrid Metropolitan interviews Chris Neill chairman of the English-Speaking Healthcare Association Spain

What is the English Healthcare Association Spain and when was it launched?

We officially registered in the national Spanish register of associations in September 2018, since then we have been very busy formulating our strategy and marketing plans for the upcoming 2 years. The English-Speaking Healthcare Association is a not for profit organisation that has the main mission of promoting the Healthcare Industry amongst the English-Speaking community in Spain, while also providing a reliable source of specialist healthcare professionals who can competently treat Anglophones in English.

How will you do this?

We are a Nationally registered not for profit organisation in Spain, this gives us the obligation to invert all profits back into the association to comply with our main mission. This means that any monies generated by the association after costs, will be diverted back into marketing campaigns designed to bring together healthcare service providers and potential clients.

Although our website has excellent SEO positioning, our team of IT engineers are continually looking for ways to improve our internet presence and updating our web-



site. This way we expect our website to be on the first page of any healthcare criterial internet search.

Tell us about how ESHA Spain came about.

Being a Psychologist I am well aware of the difficulties of finding potential clients. I used to advertise on Angloinfo and it served its purpose well until its recent collapse. There is now a gap in the market, but my aim is to go much further than just a publishing website where you pay to advertise. The whole idea of an association is that everyone can participate as members. As a nationally registered association, we have to provide yearly financial reports to all member, meaning that all members can see how we are investing their money in promoting ESHA. This will be done by email and our Treasurer will present the final accounts at our AGM meeting which will also be a fantastic opportunity to network and discuss the specific intricacies of being a healthcare provider to the English-speaking community in Spain.

Who could benefit from ESHA Spain?

Mainly healthcare providers who are looking to connect with the English-Speaking Communities in Spain and service users who are looking for a reliable vetted source of English-Speaking healthcare providers.

What services are you going to be offering for ESHA members? The benefits of becoming an ESHA member are varied, but include

- Access to the English- speaking healthcare market in Spain through our Directory
- Amazing networking opportunities through our congresses
- Reduced advertising rates in the English-language press in Spain
- Reduced rates in on-going professional training
- Reduced rates in specific English language classes for healthcare professionals
- You get to have your say at our annual AGM meeting
- Possibility to recruit healthcare staff through our website and social media campaigns



In reference to the third point, I am very pleased to announce that we have just struck a deal with the Madrid Metropolitan, Madrid's only English-language newspaper, and all ESHA members will be able to enjoy generous discounts on any advertising they wish to take out in the Madrid Metropolitan.

What are long term goals?

I am very lucky to have a dedicated and hardworking team behind me and our short-term goals are to consolidate the success we have had since our launch, but our longterm goal within 5 years, is to become the reference point for the Healthcare Industry in Spain.



HM HOSPITALES - PEDIATRIC UNIT

ADVENTURE BEGINS

ome September, thousands of children take their first big step into the "world of school". By the age of 3 they have made their first big step into what will be their first academic home for the next 5 years. Dr. Manuel Pumarega Vergara from the Pediatric Unit of the HM Hospital La Esperanza in Santiago de Compostela explains what are the key components for toddlers to adapt to the classroom.

At the age of 3, toddlers from all different backgrounds beit childcare, family day care, boys or girls, experience their first contact with a new habitat: the primary school. This transition might take several weeks. Dr. Manuel Pumarega insists on "the importance of having child's vaccinations up-to-date in order to help them fight off diseases and infections especially the MMRV vaccine (Measles, Mumps, Rubella and chickenpox vaccine or varicella vaccine)."

Dr. Pumarega further highlights the excellent immunization coverage the Spanish Autonomous Communities have, of 95% for the under the age of 3. "The consequences of not vaccinating a child can be dramatic. A 3 years old child from Catalonia died last year; his parents belonged to groups doing alternative medicine. Vaccination is a child's right, not a parent's one", the doctor asserts.

"The Dr. insists on the importance of having a child's vaccinations up-to-date and to complete their immunization with the MMRV vaccine

STARTING "SCHOOL" - THE (Measles, Mumps, Rubella and chickenpox vaccine)'

> The HM Hospitales's specialist explains that "children who have attended a local childcare or preschool service do not generally suffer emotional distress at the start of their primary school as they have been used to socializing and playing with other kids from an earlier age.

One of the most characteristic images of the beginning of the academic year is children lugging around their rucksacks. Dr. Pumarega remarked that the rucksack weight should not exceed 10% to 15% of the child's body weight. Additionally, it is recommended that parents inform the educational institution about any allergies or any pre-existing health conditions. This will enable everyone concerned to be prepared and remain vigilant.

Dr. Pumarega says that "accidents are daily and falls are the most common cause of injury. Fortunately, very few of them have serious consequences. It should be noted that boys have more mishaps than girls.

The first days at primary school might wear down kids who must acclimatize to an unfamiliar environment. This requires a great deal of patience. "They might fall asleep in class due to fatigue, "explains Dr. Pumarega. After all, the changes in habits it is also demanding of

"The first days at primary school might wear down kids who must acclimatize to an unfamiliar environment.'



The process of adapting to school not only requires children to acclimatize to new routines but also to quitting old habits that they have had since their first days of life. "Schooling is a good time to break the bottle and the pacifier habit if it hasn't been done before. Longer use of these may lead to cavities or may cause malformation in the dental arch (the open bite)", explains Dr. Pumarega. Furthermore, it is also more likely that the new school kids have already have gained daytime bladder & bowel control and no longer use diapers.

By MIGUEL ÁLVAREZ

For further information about vaccines, and for those families who have recently moved to Spain and may have a different vaccination calendar, we recommend you to check with the pediatrician and bring your vaccination card to make sure your child will be up to

In the Madrid region you can find the Hospitals Universitario HM Sanchinarro, Hospital Universitario HM Monteprincipe, Hospital Universitario HM Torrelodones, HM Puerta del Sur and Hospital Universitario HM Nuevo Belen all available to provide you with information and assistance you would need.

For further information about HM hospital services or to make an appointment in Madrid, Galicia, Barcelona or Leon you can contact us at: international@hmhospitales.com

or call +34 629 823 493

For Hospitals in and around Madrid please consult:

www.hmhospitales.com





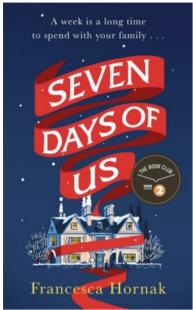




HOSPITALES hm CIEC



"Seven Days Of Us" by Francesca Hornak



ith Christmas rapidly approaching, these days it's difficult to get the whole family under one roof for Christmas. How lovely would that be? Or would it?

The whole Birch family come together to celebrate the festive

period at their country estate, Weyfield Hall, for the first time in years. Locked in and with the excitement of Christmas, what could go wrong? Somebody hiding a secret that will turn the family upside down but it can't stay hidden for long and then the unexpected guest arrives.

This is a debut novel about family dramas.

Those who regularly get the whole family under the same roof every year will empathise with what can go wrong. For those of us who don't, this book provides a funny and enjoyable plot that will have you imagining how seven days with your family may turn out and wondering how well you know your own family!



ples of adapting to Spanish life that I can relate to. From the feeling that your Spanish gets to certain level and then never gets any better, to hearing the amusing mispronunciations the Spanish make when speaking English, this book kept me entertained throughout as I was able to relate to so many of her experiences as an expat living in Spain.

Evie was unimpressed with Madrid upon her arrival. "It's not Paris or Rome", she says. However, as Evie spends more time in Madrid and struggles through the difficulties of adapting to her new life, she comes to see the detail in everyday life in Madrid that she didn't notice upon her arrival and that ultimately enchants her view of her new home. The debut novel from Kate Boyle is a fun, entertaining and a highly relatable experience of life and love in Madrid.



"Happy As A Partridge" by Kate Boyle

A life changing adventure begins as Evie Fuller becomes fed up of her life in

London and moves to Madrid. This book kept me very entertained due to the countless exam-

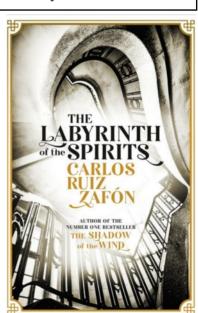


New Release:

"The Labyrinth Of The Spirits" by Carlos Ruiz Zafón

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new home. The debut novel from Kate Boyle is a fun, entertaining and a highly relatable experience of life and love in Madrid. Stephen Jenkins takes a quick look at what has been happening.

Galacticos



Real Madrid have finally got rid of their manager, Julen Lopetegui, after being hammered 5-1 by deadly rivals, and equally arrogant and annoying Barcelona FC, causing the whites to slip to ninth in the league. This makes Lopetegui's appointment possibly the worst in football histo-

ry after he was poached from the Spanish national team job. Everyone's a loser except people who enjoy watching Real Madrid squirm. The city is notoriously divided into people who passionately support Real Madrid, and everyone else who loathes them.

Winter has arrived



he weather has made its usual dramatic turn in Madrid as summer gives way to winter in the blinking of an eye. As always the presence of rain has turned every driver in the city into a terrified blubbering mess, as parents rush to protect their children from being exposed to the

deadly water falling from the sky, which we all know induces every kind of malady imaginable. Madrid apparently continues to be "on alert" although it is not clear how exactly what form alertness should take. Nervous twitching at the sky?

Minimum Wage?

The new centreleftist government hobbled together by the Spanish Socialist Party with the support of Podemos and various Catalan and Basque nationalists is aiming to increase the minimum wage to a mouth-watering euros a month. Neo-liberal commentators inev-

itably believe this will destroy the economy which so clearly depends on cheap flexible and impoverished labour. So much so that Pablo Casados, new fresh faced young leader of the Partido Popular, has declared that he will appeal to the European Union to stop the bolshevik madness in its tracks.



If he succeeds then obviously aside from petty arguments about flags, then Spanish politics is pretty much over. In 2011 Brussels forced the Spanish government to change Article 135 of its constitution to essentially give the EU control over Spain's deficit, and hence its budget, and hence its politics.

Vox

s if to confirm the fantasies of so many student activists that the western world is in the grip of a fascist takeover, VOX has emerged from the shadows as new far-right challenge to the political status quo in Spain.

In October they managed to cram 10,000 supporters into the Palacio Vistalegre, where ironically Podemos had previously staked their claim as the saviours of the new left. Much flag waving ensued as keen patriots listened to their remarkably uncharismatic President, Santiago Abascal, giving it the usual stuff about immigration, national unity, and how he would bring back all those young Spaniards who have fled Spain's appalling youth unemployment in exchange for terrible low paid jobs in London, Paris, and Berlin.



Spanish Fascism on the march? Or a bunch of friendless weirdos? It seems likely that VOX is gaining some traction from the continuing disintegration of the Partido Popular that had hitherto been a safe haven from anyone who considered themselves right-wing. Political disintegration thus continues at about the same pace as the unravelling of the post-war social democratic consensus.

Catalans



his continues to rumble along merrily. The President of the Catalan regional government, Quim Torra, an unlikely blood and soil nationalist, has made several frankly weird remarks about non-independence supporters having defective DNA. The unity of the independence movement itself is at threat mainly because apart from wanting to be a proper country with it's own flag and football team, the entire move-

ment is divided between extremely right-wing neo-liberal conservatives, and extremely left-wing anticapitalist activists. Both groups are united by only by bad haircuts across the board. Catalan leaders who declared unilateral independence from Spain continue to be in jail or on the run, basking in the frisson of the term "political prisoner." The new Socialist government is adopting a strategy of trying to be a bit nicer.

Pedestrianisation



s leftist mayor of Madrid, Manuela Carmena, presses ahead with plan to pedestrianise parts of the city centre, notably the Gran Via, opponents who tend to drive their car to the local corner shop for a pint of milk continue to claim this measure will single-handedly destroy Madrid's fragile economy.

Only yesterday while attempting to relax in the sauna I overheard a rabidly patriotic Spanish woman proclaiming that "the mad bitch" was going to destroy us all, because "who would buy anything in the shops if you can't drive to them?" Indeed. Although not having any money to spend may also be a contributing factor.

Ghost Station of Madrid

Why and where in the underground network of Madrid's metro system can you experience a spine-tingling shiver as your train emerges from the dark tunnel and speeds past a lighted and disembodied 'ghost' station?

In The why dates back to the 17th of October 1919 when the first Metro Line in Madrid was inaugurated. Numbered Line 1, and now recognised as the blue line, the line connected a total of eight stations of which Chamberí is located between the stations of Bilbao and Iglesia.

The Metro ran for four kilometres, from Cuatro Caminos to Puerta del Sol. However, this modest start would quickly become a popular and vital part of the urban landscape, expanding rapidly over the following decades to become one of the longest and most comprehensive metro systems in the world.

Designed by the architect Antonio Palacios. This was the first such project in Spain, and the architect was inspired by the look of the Parisian stations of the time. He managed to mitigate the possible reluctance of the public to use the subway, by using bright, colourful materials in the spaces in contact with travellers, such as hallways, tunnels, passage and platform finishes, extensively using tiles and other white and cobalt blue ceramic pieces. Its design met the criteria of functionality, simplicity and economy.

In the 1960s, due to increased passenger traffic, it was decided to upgrade Line 1 to allow new trains

with greater capacity, up to six cars. To accommodate this, the platforms of all stations needed to be expanded from the previous specification of 60 meters that they had since the Metro's opening, to the new standard length of 90 meters. Given the technical impossibility of extending Chamberí station and its proximity to those of Bilbao and Iglesia, the Ministry of Public Works decided to close it on 22nd of May 1966.

The station remained unused for over forty years, with trains reducing their speed when passing through it, to which the platforms were cut to facilitate the movement. The fact that the external access had been bricked up allowed the conservation of many of the everyday objects of the time, such as billboards, turnstiles and even paper money. However, the station would eventually be vandalized.

The rails and overhead electric lines continued to be maintained, but the rest of the station fell into dilapidation and disrepair. It remained, however, a sealed example of the transit systems origins, and thus rehabilitation efforts began in 2006 to transform Estación de Chamberí into a museum chronicling the history of the Madrid Metro. Opened in 2008, the museum, called Andén o, or 'Platform Zero,' features a fully restored Chamberí, complete with old ticket offices, turnstiles, maps, and a film about the building of the Metro.

The main attraction, however, is found in the beautifully reconstructed original ads lining the



walls of the platform, composed of tiny, brilliantly-coloured tiles just as they were in 1919. Just don't be startled by the trains that still rumble through this abandoned-station-turned-museum, separated from the exhibit area only by a clear glass barrier.

The story goes that when the station was bricked up in 1966 several passengers were still waiting on the platform for the train that would never stop. Travel on the train between Bilbao and Iglesia and as you emerge into the light of Chamberí, out of the periphery of your eye you may catch a glimpse of these disembodied passengers. It is a blink-and-you-miss-it moment, and you might just assume your mind is playing tricks on you,

but this is in fact Madrid's hidden ghost station.

Located under the Plaza de Chamberí, a short walk from either the Bilbao or Iglesia stop on the Metro's line 1. The visit is free, but make sure to get there early, as a there is usually a long line of visitors due to the 'one person out, one person in' policy.

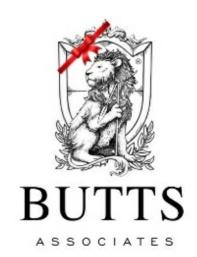
Just make sure that if you do go in, remember the exit and don't get lost in the maze of 100 year old tunnels or you may join those passengers still waiting for the train that never stops!

By Barry Haslam-Walker FRICS

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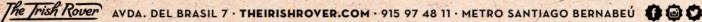
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The Taste Gallery - Plaza de San Miguel, 8

Cubiertas de Gloria - Calle de Toledo, 28



he Taste Gallery in Plaza de San Miguel is the perfect for a great tapas lunch or more intimate dinner on the town. Varied menu with a range of delicious Spanish and international dishes served by attentive English-Speaking staff. The wine list offers a wide selection of quality well priced wines to accompany. Located just off the Mercado San Miguel the Taste Gallery is a lot

more than a restaurant — it is an experience to savour. In addition to the upstairs restaurant and bar is the exclusive "Cueva" downstairs should you be looking for a unique and originally decorated space for events or celebations. Whether for a gathering of friends or romantic gettaway the Taste Gallery extends the warmest of welcomes to readers of the Madrid Metropolitan.



http://tastegallery.es/ Reservations: info@tastegalley.es / 917 589 339

OTHER RESTAURANT AND BARS:

Conde de Barajas

www.cafecondedebarajas.es



www.antiguacasadelapaella.com

CUBIERTOS DE GLORIA

TABERNA & RESTAURANTE



ntil now the Cubiertas de Gloria has been one of Madrid's best kept secrets. It has bucked the trend of traditional restaurants disaperaing from the casco anitguo of Madrid by reestablishing the style with a modern twist. Stylishly Art Deco decorated it offers home

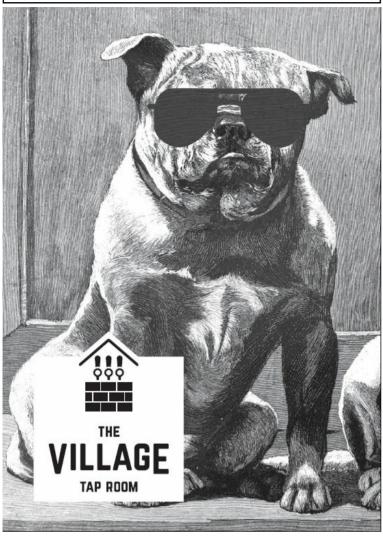
made cocina castiza seasonal dishes that are truly delightful and very reasonably priced. An exquisite range of carefully prepared and thought through offerings that transend the traditional and the modern to give the diner a gastronomic experience to remember.



https://cubiertosdegloria.com Reservations: https://cubiertosdegloria.com/#seccion8 / 913 653 837



The Village Tap Room - Guzmán el Bueno, 52



f craft beers are your thing then the Village Tap Room is where you need to be. Over 40 types of IPAs, lagers, ales, stouts, pilsners and porters are to be found amongst many others to make this the beer drinker's Mecca in Madrid. With their unique draft (the only one in Spain) gas and compressed air system you are

guaranteed the perfectly poured pint.

With a fun international crowd the Village Tap Room is a great place to meet friends or find new ones. In addtion they have regular events like "Open Mic" nights on Tuesdays at 20:30 and "Writer's Night" same time on Wednesday.

www.taproommadrid.com Reservations: info@taproommadrid.com / Tel: 915 500 585 Open ´till 0200 on weekends

XXIV Madrid Gospel Greats Festival - 2nd to 16th December Fernán Gómez Centro Cultural de la Villa



truly inspirational evening awaits with the best of American gospel. The Festival has been bringing the genre to Spain foro ver twenty years and this year's promises to have you clapping in the aísles in no time.



http://grandesdelgospel.com/ Reservations:

Reservations: https://www.teatrofernangomez.es/programacion/xxiv-festival-losgrandes-del-gospel-2018





Rocky Horror Show - 5th December Gran Teatro Bankia Príncipe Pío



Brad and Janet brave the Madrid Winter with three shows in town. Created in 1973 by Richard O'Brien the Rocky

Horror Show has become a classic cult rock and roll musical that transcends time.

http://www.rockyhorrorshow.es

MADRID PROPERTY FOR SALE



MADRID PROPERTY FOR SALE

Reference MM422443

Reference MM422748



Magnificent top floor one bedroom apartment boasting 80m2 rooftop terrace with stunning views of the surrounding area. The building is situated near Recoletos in one of the most exclusive streets in Madrid. $\$ 1.4M

For viewing and more information contact Javier: 91 576 01 01 / javier@unicainmobiliaria.com

Reference MM422518



Newly refurbished three bedroom apartment near Goya. The property is situated on the 6th floor of a portered building with large living room which leads on to east facing 10m2 balcony. \bigcirc 1.27M

For viewing and more information contact Javier: 91 576 01 01 / javier@unicainmobiliaria.com



Original and luxurious Goya apartment for sale. Tastefully refurbished offering two double bedrooms in spacious 253 square metres of accomodation.

For viewing and more information contact Javier: 91 576 01 01 / javier@unicainmobiliaria.com

Reference MM422864



Refurbished second floor two bedroom apartment offerring spacious and light accommodation within walking distance of Retiro park. Distributed over 117 square metres the property also benefits from a 35 m² balcony. The building has inhouse porter and comes with offstreet parking. €890,000

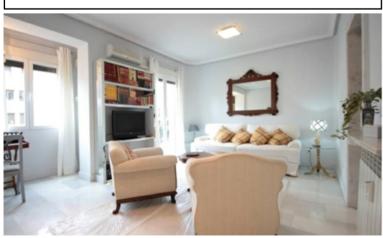
For viewing and more information contact Javier: 91 576 01 01 / javier@unicainmobiliaria.com

MADRID PROPERTY FOR RENT

Everystreet

MADRID PROPERTY FOR RENT

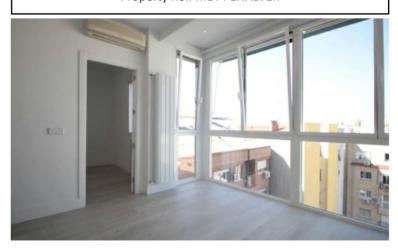
Property Ref: MET GOYA



Two bedroom furnished apartment on Calle Goya spread over 106 square metres. Newly refurbished with 2 living open plan living rooms, two bathrooms and balcony overlooking Calle Goyal. Central heating and air conditioning. $\[mathcal{E}\]$ 1850 per month

For viewing and more information contact Miguel: 91 576 60 33 / correo@everystreet.es

Property Ref: MET PEÑALVER



Large and luminous 120 square metre apartment on the corner of Conde de Peñalver and Hermosilla overlooking large inner courtyard. The apartment has two bedrooms (one with en-suite) and two bathrooms. $\ensuremath{\mathfrak{C}}$ 2.200 per month

For viewing and more information contact Miguel: 91 576 60 33 / correo@everystreet.es

Property Ref: MET ALCALA



Top floor ático boasting two balconies and large living room leading to a 30 square metre rooftop terrace with amazing views of Alcalá. The building has concierge and underground garaje included. € 2.200

For viewing and more information contact Miguel: 91 576 60 33 / correo@everystreet.es

Property Ref: MET FELIPE



Charming and light two bedroom apartment situated beside Plaza de Felipe II. In addition benefits from three balconies, two bathrooms (one with jacuzzi) and fully equiped kitchen. € 1,600 per month

For viewing and more information contact Miguel: 91 576 60 33 / correo@everystreet.es



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I CAN



n October 8th Design for Change Spain celebrated the Gala I CAN 2018 in Madrid. I CAN is an educational initiative whose philosophy dedicated to the empowerement of children to be drivers of global change. The movement already active in over 60 countries encourages children to think for themselves how they can make the world better. This year, the

themes were gender violence, coexistence, disability, animal abuse, intergenerational communication and improving health.

The Gala was supported by anti bullying icon Meredith O'Connor's, who told her inspiring story and sang her message against bullying and intimidation, based on her own personal story of perseverance and self-empowerment.

FC Britanicos



C Britanicos celebrate their new sponsorship with Madrid Metropolitan with their first win of the season and a thumping 7 – 2 victory. "This match showed that we have

the quality going forward with some excellent overall play" said FC Britanico Chairman Graeme Beaty. Founded in 1972 FC Britanicos look set for a great 2018 /19 season!









Merry Christmas

It's Christmas time. And has of course been so since the end of September. Now that we are all moaning about the rain instead of the vicious heat we can start wishing each other a "Merry Christmas," or if you are a not particularly well-meaning idiot, you could say "Happy Holidays instead so as not to offend anyone who draws comfort from a different imaginary friend in the sky. This is bound to make you feel good about yourself and will inevitably bring harmony to peoples of all cultures, and an end to wars. If you are a right-wing lunatic you could rant about the supposed "War on Christmas" which anyone with half a mind can see that Christmas is winning with great ease.

hristmas of course ceased to have anything to do with religion a long time ago, probably not long after the entire story was appropriated from pagan myths. Unless of course consumerism has officially become a religion in which case surely all those massive online and high-street retail outlets should be given charitable status, as well as the tax breaks which help them to create the wealth which is trickling down so slowly it can only be measured in terms of thousands of centuries.

Nevertheless despite the ongoing proletarianisation of the middle classes, and the semienslavement of the working classes, everyone likes to splash out at Christmas. None so much as the good people of Madrid who bring the city centre to a standstill for most of the period. The queues for the Christmas lottery tickets alone encircle the globe many times over. It is hell on earth which is perhaps as it should be.

The lottery is an integral part of the Madrid Christmas experience. It is based on an entire nation's lack of understanding of the basic mathematical principles of probability. People get very excited when the winning ticket has been bought in the city in which they live, even if that city has several million inhabitants. Some people buy two tickets so that their chances of winning will rise to about one in 20 million. Others cunningly buy their ticket from the shop which sold the winner last year, a shrewd move and an obvious path to unfathomable wealth. More commonly entire micro-sections of society share tickets, or participations in tickets. In the run up to the big event one is constantly harangued by work colleagues, sports clubs, neighbours, and local bars to buy a share. This plays havoc with people who have a passing acquaintance with the laws of mathematics but are nevertheless haunted by the primeval fear of what it would feel like to be the only one who hadn't bought part of the winning ticket. It would feel like being an astronaut who has been accidentally jettisoned from the space station and is drifting slowly, and terrifyingly alone into the eternal darkness of the universe.

The lottery is also noisy. Those nasty precocious little kids who sing out the winning numbers, their voices raised in a frenzy of greed-fuelled emotion as the prizes get bigger and bigger. For some Madrileños this is the very essence of Christmas. Apparently little old ladies go mad for this kind of thing. Or maybe this is just another manifestation of the patriarchy. and as cultural warriors bring about an end to all kinds of rampaging privilege, perhaps one day I too, freed from the shackles of my gender, will come to love the horrible warbling little bastards.

The sound of piped Jingle Bells has long been considered a mitigating factor in mass murder, but the Spanish have their own vicious little ear worm. La Mari Morena becomes the sound of the town forcing people like me to wander the streets buried beneath powerful headphones listening to Disorder, Anthrax, and Motorhead at levels that will blissfully guarantee permanent hearing damage.

Many people believe that Christmas is all about the family. It certainly is in Spain. Between December 24th and January 6th anyone unlucky enough to have Spanish relatives will be submitted to no less than five full family dinners. It is of course a great time for alcoholics, as alcohol is the only way to get through the whole gruesome nightmare of gluttony, and ancient seething blood feuds. No one can irritate you like your own family. This is because you have grown up with them and they all know exactly what you are like, so manners, respect, and pretence go right out of the window. These are the very same forces that make long-term relationships such drudging sexless affairs. Very few people are amusing to their immediate family and long-term lovers. They've seen and heard it all before, and are probably consumed by all manner of festering grievances.

Slap bang in the middle of it all we have New Year's Eve. In England this is traditionally celebrated by mass violence in pubs, car parks, taxi ranks, and kebab shops. However, in Spain it is inevitably centred once more on the family. Having stuffed yourself for a week, following the usual ludicrously lavish meal washed down with buckets of cava (Catalan if you actually like cava, Extremeño if you're a fascist), you are then expected to eat a grape for every chime of the bells leading up to midnight. That's twelve grapes in twelve seconds. If you really are an idiot you could cram yourself into the Puerta del Sol with lots of other brain deficient revellers and wave a silly laser about. Most

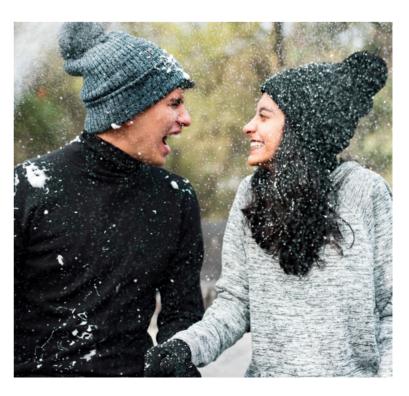


Madrileños however like to watch it on TV guided by increasingly annoying male and female presenters, he dressed in a tuxedo, she barely dressed at all. The grapes apparently bring good luck, except for the statistically inevitable individuals who actually choke to death on them. And anyway, it's a tradition, which goes all the way back to the 1920s when the King decided it would be a good way to flog off the excess grape harvest. As always tradition simply means having done any old shite for quite a long time, or at least for long enough for traditionalists to invoke the word as some kind of profound justification for stupid, and often moronic behaviour. (see nearly all local village fiestas).

Thankfully the Spanish Christmas does finally stagger to an end on January 6th when Spanish kids get yet another haul of presents from usually older relatives still in thrall to tradition despite the ongoing collapse of the economy, as the demographic time bomb detonates to the backdrop of Neo-liberal madness. It is the day of the Magic Kings. It is also the day when venomous identity politics is unleashed from left and right alike as an increasingly bitter annual controversy centres on King Baltazar who is supposedly of a minoriethnic group. How

imaginary figure is to be accurately represented has become a burning issue. Traditionalists believe that the baby Jesus would have originally been gifted the myrrh by a middle-aged white politician covered in black shoe polish. Progressives who don't even believe in all this shite anyway, still feel strongly that he should be represented realistically by someone with proper dark skin. The black beard is thankfully no longer an issue as every male in Madrid over the age of 14 now has a full black beard. No one seems to care about the authenticity of the myrrh.

And with the increasingly spiteful King's Parade at an end, the festive season is finally laid to rest, along with many of the victims of its excesses. The rest of January is of course a hideous affair of selfcontrol, and detoxification. But at least it's not Christmas. And it won't be for another six months. So Dear Reader, I wish you oodles of festive fun. And remember that your relatives probably despise you as much as you despise them, so be kind, if not gentle. Enjoy the food, and the drink, and remember that if we all stop consuming the planet will explode, and we will all have to forage for food, and phones, and there will be no more wellness coaches or avocados. iFelices Fiestas!



My path to teaching English literature

I was 28 years old when I started teaching English in 2009. My TEFL career has led me to places such as Saudi Arabia, Qatar, Ecuador, Poland, France and various cities in Spain, and taught me aspects of the English language I wanted to learn for years, however, didn't even know existed.

was born and grew up in Ireland and like many native English speakers my childhood grammar education was practically non-existent. Yes I learnt what a verb, adjective and noun were, I learnt the differences between their, there and they're, which a lot of my friends still don't know, but structures like the present, past, future, perfect, simple, continuous, weren't taught during my schooldays. Of course I could use these structures in speaking but I could not define them, I could not explain their components, I could not explain how sentences are formed.

This non-education created problems for me in my early twenties while studying print journalism in college. I graduated knowing I had a talent for writing, writing introspectively and about society came easily to me, however, the projects I handed in throughout my college years were returned with red-ink corrections.

One of my teachers recommended that I get Eats, Shoots & Leaves. I read it and with all respect to Lynne Truss the book didn't help. In retrospect I wonder why a grammar class wasn't run during my college years and the only reason I can think of is that the teachers didn't know how to teach the subject.

At the age of 15 I started reading a lot. I fell in love with words and the sentence, with authors who analysed and tried to understand society, and at the age of 17 I realised I loved writing—I actually remember the moment I realised this. Every writer, published or otherwise, knows the love of writing, getting lost in your mind, trying to figure out and write your thoughts into sentences, paragraphs and full length stories, making sense of or fictionalising what is happening around you.

The literature I started reading is what I consider 'gateway literature'. Kerouac, Hunter S. Thompson, Orwell, Ginsberg, Wilde and then I moved onto Hemingway, Joyce, Dostoyevsky, Didion, Marquez, Woolf, and then onto Tolstoy, to name but a standard few. I vividly remember reading, A Catcher in the Rye when I was 17 and at around page thirty there was a sentence with had had. I read had had several times and concluded it must have been a typo, why would had had be to-

gether, I thought! Over the years and before I went in-depth into studying grammar I came across this use of the past perfect repeatedly while reading and it always confused me.

In 2008, a year before I moved to Madrid and started teaching English, I completed a thirty-week creative writing course in the Irish Writers' Centre, Dublin. I handed in four pieces of writing of 2000 words to be critiqued by the class and teacher. As in university, people enjoyed my style of writing, my voice, but once again my pages were returned with red ink all over them. My teacher told me straight out I'd never get published if I didn't sort out my grammar so I signed up for grammar grinds with a secondary school teacher.

Shortly after completing the grammar grinds I moved to Madrid, did a two-week TEFL course and completed English Grammar in Use intermediate, then started teaching. My initial students had upper-intermediate levels. My employer viewed me as a good conversational teacher so I didn't teach any lower levels during my first year.

By Christmas I had already started preparing materials about what I was interested in, literature. I had a one-to-one business class each Monday and Wednesday in my student's office in the outskirts of Madrid. The office was on the 15th floor and had a great view of the mountains north of the city. I had read For Whom the Bell Tolls and remembered the novel is set in the mountains outside Madrid, I asked my student if he would like to read parts of the novel, and for the last 20 minutes of each class we read For Whom the Bell Tolls while looking out at the mountains. This was my first experience of using literature in an EFL class-

Since those initial days teaching I have worked around the world, completed the CELTA and DELTA Module One, however, oddly enough, I tried to do the DELTA before the CELTA. Nowadays I do a lot of examiner work and I have designed and teach my own courses.

So, this brings me to where I am today and why I'm writing this article. I felt I had to explain my reasons for becoming an English language teacher before I could truly explain the courses I'm designing and teaching.

I set up The English Course Madrid in 2016. The first course I designed is English Literature 1, which is a ten-week, twenty-hour course for upper-intermediate/advanced levels. My students read a short story of be-



tween ten and twenty pages for homework each week. The stories haven't been graded, however, to help comprehension a glossary is included with each story. I chose the stories very carefully, I don't want to overwhelm my students with literature which would be difficult for even native English speakers to comprehend.

The first story of English Literature 1 is a personal essay by Joan Didion and is about her experience of moving to and living in New York. She describes the streets of New York, some landmarks, her life at that time and her thoughts. The next story we read is a longform article about the protests in Tiananmen Square in 1989. While reading, I ask my students to note down five phrases from each story, phrases that catch their attention, phrases they would like to memorise. Reading is the best way for learners to notice language, language they've already been exposed to and are starting to commit to memory. As the course reaches its final weeks, the language of the stories becomes more complicated, for example, we read Street Haunting by Virginia Woolf. This is one of my favourite personal essays, however, I had to read this story a few times before I truly understood everything in it, therefore English language learners will certainly find it difficult. We also read a twenty-five page James Baldwin essay, which is taxing because of its length and Baldwin's sentences are loaded with observations and meaning, not one word is disregarded in his writing. I tell my students if they find parts of a story difficult, continue reading and during the discussion stage of the lessons everything will be cleared up, and it usually is.

The stories on English Literature 1 all have a 1st person narrative and are mostly non-fiction, whether a personal essay, a long-form article or a personal history. We do read a short story by James Joyce, but it's one of his manageable stories from Dubliners. I chose the 1st person narrative as it's my favourite form of literature, it's also the

style I write when writing creatively. The most common story type on the course is the personal essay, which when done well, is packed full of amazing insights, stories and language. The aspect my students enjoy most about English Literature 1 is the choice of stories and the introduction to authors they would not have read otherwise.

I started The English Course Madrid with the idea of providing comprehensive, high-quality courses for learners of Englishmaterials and a curriculum that have been determined and tested before the first day of the course. I've worked for many English academies, some very good and some not so good, and the thing I always found lacking was that there was never a complete course to teach, only a book to work from. Some of my colleagues who had been working as an English language teacher for years would still be panicking to prepare their next lesson, designing materials one hour before the start of class, and then discarding those materials after. I want to get away from this wasteful and time consuming approach to materials development, I want brilliant materials that I will use again and again, adapting them as I go forward, and to provide a complete course with clear objectives.

As the level of English increases in Madrid, largely due to the BEDA (Bilingual English Development & Assessment) programme, many secondary school students are graduating with a level of B2 and above. At the The English Course Madrid we use materials to complement this level increase and soon enough we plan to run literature courses with native speakers and advanced English learners in the same classroom. We plan to bridge the gap between native and non-native speakers and adapt the language classroom to a literature

By Brian Collins

www.EnglishCourseMadrid.com

Madrid based financial adviser **Chris Webb** says It's never too early to start planning your financial future

During conversations with many of my clients, I hear the expression "I wish I had done something sooner" so often, that I thought I should put pen to paper.

ll too often in our younger years we race through the nitty-gritty details of our finances and neglect to focus on crucial "future proofing" in the process. During our 20's we tend to spend, spend, spend. In our 30's we try to save, but this is the decade when most of us purchase property and start a family so that makes saving for the future difficult. In our 40's we're still paying the mortgage and raising our children so inevitably it is difficult to put money aside to provide

for your financial future. But if you adopt a marathon approach to money (as opposed to a sprint – see my article on this topic), it can allow you to take a more holistic look at your overall financial picture and see how decisions that you make in your 20s and 30s can impact your 40s, 50s and into your retirement years.

It doesn't matter how old you are, being financially healthy boils down to two things. The level of debt you have and the level of savings/investments you have. The only real difference is how you approach both subjects, as this will change with age.

Tips for during your 20's

This is the best time to lay the foundations for a bright financial future. Try creating a budget and track your expenses. Keep evaluating over a few months to ensure it's realistic. This may seem pretty basic but you'll be surprised how many people don't track their expenses. This is the best time to do it, your finances are likely to be a lot simpler now than they will ever be!

Debt – Loans and Cards

It's easy to think that making the minimal payments and delaying paying them off, to save more, is a good idea, but this strategy rarely works. The more you make the more you tend to spend, so getting round to clearing off these debts never comes any closer.

But now is the time to break the cycle of credit card debt or loans for good!

Start an Emergency Fund

While you're busy paying off your debt, don't forget that you should always try to have a "savings buffer" in the bank. To help accomplish this goal you should transfer funds straight from your "day to day" account into a deposit account. One where you aren't likely to get access through an ATM which reduces the temptation to spend it on a whim. Ideally,

you should aim to have three times your monthly take-home pay saved up in your emergency fund.

Contemplate Your Future – Retirement

At this point in your life, retirement is far off, but it is important to start saving as early as you can.

should be part of your overall financial planning.

Assess Your Insurance

The thing that most people forget. Big life events such as getting married, having kids and/or buying a house are all trigger points for reassessing what insurance you have in place and more crucially what insurance you should have in place. If you have dependents, having sufficient Life cover is paramount. Other consid-

of your overnning.
long as important financial goals
are being met there is no harm is
splashing out on that dream holiday, and enjoying it whilst you can.

Tips for during your 50's.

You may find yourself being pulled in different directions from a financial point of view. Maybe the children still require financial support, maybe your parents require more support than before? The key thing to remember is to put your financial security first, and yes I know that sounds a

and yes I know that sounds a bit tough... You still have your retirement to consider and probably a mortgage that you'd like to pay off before retirement age.

Revisit Your Savings and Investing Goals

Your 50's are prime time to fully prepare for retirement, whether it's five years away or fifteen. At this point you should be working as hard as

possible to ensure you reach your required amount. This means that careful management of your assets is even more critical now. It's time to focus on changing from a growth portfolio to a combined growth, income and more importantly a preservation portfolio. What I'm saying here is it's time to really analyse the level of risk within your asset basket.

Prioritise – Your Future vs Your Children's Future (It's a tough one....)

During their 50's a lot of clients struggle with figuring out how much they can afford to keep supporting a grown child, especially when they're out there earning themselves. The bottom line is that although it can be tough you have to continue to put yourself first. The day of retirement is only ever getting closer and unless your planning has been disciplined there's a possibility you may need to work longer than anticipated, or accept less in your pocket than you hoped for. You are number 1...

Retirement Decisions and considerations

You should begin to revisit your estate planning, your last will and testament, power of attorney if you feel necessary and confirm that your beneficiaries on any insurance policies or investment accounts are all valid.

Once you've covered off the administration part then I'd suggest you sit back and look forward to the biggest holiday of your life...have a great time!!!



chris.webb@spectrum-ifa.com



Even small amounts can make a erati big difference over time, thanks to cal

the effect of compound interest. Start saving a small percentage of your salary now to reap the rewards later in life. See my articles on compound interest and retirement planning to see the difference it can make.

Tips for during your 30's

During this decade, your financial goals are likely to get a bit more complicated. Some people will still be paying off credit card debt and loans, whilst still working on the "emergency account". So what's the secret to juggling it all?

Rather than focusing on one goal you should be looking at the biggest of your goals, even if there are three or four.

Continue Reducing Debt

If you're still paying off your credit card balances then considering consolidating onto one card with an attractive interest free period should be your first task. Failing that you need to concentrate on the card with the highest interest rate and reduce the balance ASAP. The most important thing to consider with debt is the interest rate. If you have low interest rates (I'd be surprised) then there's no major rush to pay them off, as you could manage the repayments and contribute to other financial goals at the same time. If your interest rates are quite high then the priority is to clear these debts down. Planning For Kids

Little ones may also be entering the picture, or becoming a frequent conversation. Once this is a part of your life you'll start thinking about the cost implications as well. Setting aside a small amount of funds now to cater for the ever increasing costs of bringing up a child will reduce the financial stress later down the line. If you have grand plans for them to attend university, potentially in another country, then knowing these costs and planning for these costs

erations should be disability, critical illness and even income protection

Start that Retirement Plan.

It's time to stop just thinking about setting up what you call a Pension Pot, it's time to take action! Starting now makes it an achievable goal, leaving it on the back burner because you're still too young to think about retiring is going to come back and haunt you later in life.

Tips for during your 40's

This is the decade where you need to make sure you're on top of your money. At this point in your life, the ideal scenario would be to have cleared any debts and to have a nice healthy emergency fund sitting in a deposit account.

Retirement Savings – Priority

During your 40s it's critical to understand how much you should be saving for retirement and to analyse what you may already have in place to cater for this. In my opinion it's now that you need to start putting your financial future/retirement ahead of any other financial goals or "needs".

Focus Your Investments

Although you may not have paid much attention to "wealth management" in your 30s, you've probably started accumulating some wealth by your 40s. Evaluate this wealth and ensure that there is a purpose or goal behind the investments you have made. Each goal will have a different time horizon and potentially you will have a different risk tolerance on each goal. The further away the goal is, the more you can afford to take a "riskier" option.

Enjoy Your Wealth

It's about getting the balance right. Hopefully you've worked hard and things are stable from a financial point of view. You need to remember to enjoy life today as well as planning for the future. As

Enjoy the Winter Harvests by Jemima Butler



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It is officially autumn! The rains have started in and around Spain, even flooding the most southern parts. On the table, the colours have changed from the brightly coloured summer fruits and vegetables of tomatoes, courgettes and peppers to the soft colours of the harvests of the autumn, apples and pears, crisp and light, figs, the green skinned ones with the crimson insides are still to be seen about, pomegranates are a bright ruby colour underneath their taught leathery skins and the chestnuts have just appeared ready for roasting on open fires. All this prepares us for more homely affairs of eating, getting ready for the colder and wetter weather around the cor-

It is a time where we start wanting to eat more comforting foods, those that fill the kitchen and house with warmth and soft aromas. Just this week, my kitchen was filled with the smells of meat slowly roasting with apples and freshly grated horseradish, a roasted root vegetable soup bubbling, and pear and hazelnut muffins baking... definitely the flavours of autumn showing through.

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It is the time the year for the annual celebration of Harvest Festivals. Around the world, we celebrate the huge crops that have matured by the end of the harvest to share with people more in need typically the common pastimes at these celebrations around the world are a blend of feasting, merriment, music and frivolity, a rather wonderful combination for any party! In Britain, we celebrate it around the harvest moon around the Autumn Equinox in September but in America they celebrate it at Thanksgiving in November...

Here in Spain, the main celebration at the end of the harvest is the grape harvest which as we all know well is turned into their famous wines in most regions.

Now, because of the Costa Tropical down on the Mediterranean in the province of Granada, there are myriad tropical fruits and currently a glut of mangos sold at the best price you'll ever see for this expensive fruit. We have recently been enjoying a lovely salad with our home-grown mangos, which combines avocadoes, mangoes, walnuts and crispy bacon served on crunchy little gem lettuce. Lovely as a light starter before a Sunday Roast.

In England, there is a big emphasis in the winter to add fruits to savoury dishes. The classic pairings are of roast pork with apples, prunes, or apple sauce, lamb with mint sauce or crab-apple jelly, duck with cherries or a l'orange, even fish goes with an orange beurre blanc, (a buttery orange sauce).

A salad which I think is typical for this, and for this time of year is one of fennel, tart green apple, Roquefort cheese and coarsely chopped hazelnuts. For some colour and bitterness, you could throw it all on top of some radicchio lettuce. Another fantastic combination is pear, chicory, gorgonzola and walnut.

At this time of year, it is a classic thing to make chutneys, which if you don't know what they are, best explained as a thick vegetable jam, invariably served with cold meats (on Boxing Day) and/or with cheeses, in sandwiches and of many varieties too. Pickles can also be made, although these are more vinegary than sweet.

The shops have started to sell roasted sweet potatoes which is in Spain is eaten as a sweet. I love to serve roasted meats with a mixture of roasted root vegetables. Chunks of parsnips (chirivía in Spanish now easier to find in Spain), red onion, sweet potato and maybe an aubergine in chunks to soak up those sweet flavours.

Adding fruits to dishes also at this time seems to give freshness to the calories we start desiring to eat. For extra crunch, add some nuts or crisp apple slices.



INGREDIENTS

- 3 Chicory
- 1 Fennel
- 1 Granny Smith Apple
- 200 grams Roquefort Cheese or Stilton
- 2 Handfuls of Hazelnuts
- Vinaigrette
- 2 Tablespoons of Extra Virgin Olive Oil
- 1 Tablespoon of Red Wine Vinegar
- Pinch of Salt
- Good grinding of Black Pepper

PREPARATION

First dry roast the hazelnuts in a frying pan gently – making sure not to burn them. Try not to eat a them all as you prepare the rest as they are terribly moreish like this. Put them to one side.

Mix up the vinaigrette into a large bowl and set to one side.

Pull the leaves off the chicory and cover a shallow dish prettily with the leaves.

Discard the outer leaves of the fennel and with a very sharp knife or a mandolin slice the fennel.

Core the apple and slice with the mandolin or sharp knife used previously.

Place the sliced ingredients into the bowl with the vinaigrette and using your hands mix them to cover completely with the vinaigrette.



Then gently pile the lot on top of the chicory.

Take the cheese and either with your finger tips or a knife crumble

or chop the cheese and scatter on top of the salad.

Lastly with a large sharp knife chop the hazelnuts and scatter on top of the salad and cheese.

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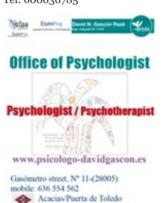
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