

# MADRID METROPOLITAN

July - August, 2019 [www.madridmetropolitan.com](http://www.madridmetropolitan.com) [@metropolimadrid](https://twitter.com/metropolimadrid) [Instagram](https://www.instagram.com/MadridMetropolitan) [Facebook](https://www.facebook.com/MadridMetropolitan) /MadridMetropolitan

## SUMMER IN THE CITY

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EVENTS • FOOD • ART • CULTURE

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# Welcome to our summertime edition ...

This is the twentieth edition of the *Madrid Metropolitan*. In this holiday issue we are given an insight into some of the capital's lesser known secrets by author Peter Besas as we combine four fascinating excerpts from the "Hidden Madrid" series of books; foodie and chef Catalina Brennan offers her summer dishes and recommendations for where to eat; and we spend an evening at the races where Elliot Pigott shows us how to enjoy yourself without losing your shirt. So, come on and enjoy the best of what the great city of Madrid has to offer this summer!

*Olaf Clayton*

*Olaf Clayton,  
Publisher*

The iconic Deco-style Capitol Building on Gran Vía. Photo by Alberto Restifo on Unsplash.com.





# Live Spanish with AIL Madrid!

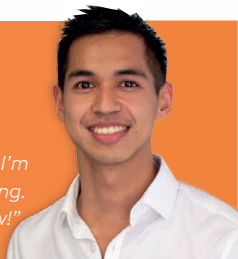
Madrid's top Spanish school offers you the solution to stop being a "guiri"

## AIL Madrid Spanish student

### Franco

The Philippines  
28 years old

"I like Spain a lot and I'm not planning on leaving. This is my country now!"



**When and why did you decided to study Spanish?** I have started taking Spanish classes when I was 18 years old, just before going to university. I wanted to learn another language and I chose Spanish because of its similarities with my native tongue, Filipino.

**You arrived in Spain two years ago to do your Master's degree. Why did you choose Spain?** I wanted to do my degree abroad and I chose Spain because it gave me the opportunity to perfect my Spanish skills. Spanish is spoken by loads of people world-wide, which facilitates communication on both a personal and a professional level.

**Why did you sign up for classes at AIL?** I was captivated by Madrid and Spanish culture, so after I had finished my Master's degree, I didn't want to leave and I started looking for a job here. I was hired by a Spanish banking and consulting company, and after confusing "hipotecas" (mortgages) with hypothesis I realized I really needed Spanish business classes. AIL Madrid was the one that always appeared when searching for the best school in the Internet, so when Steven from AIL's Student Care Team confirmed the school offered a Spanish Business programme, I signed up almost immediately.

**What was your experience like with your teachers?** My teacher, Andrea has always been able to answer all my questions and she knows a lot. I benefited enormously; not only did she follow the books, but she used real-life materials filling in "grey areas", which has been SO helpful.

**Would you recommend AIL Madrid?** Of course! I have already recommended AIL Madrid to my American friends who want to come to Spain and learn Spanish. I think AIL gives a lot of facilities to people with busy agendas; I can schedule my classes whenever I need.

## Come join AIL Madrid on an exciting tour of Madrid's centennial taverns!

AIL Madrid's daily fun after class activities programme allows our students to dive into the Spanish culture and undergo experiences that regular tourists can't. This month we want tell you all about our visit to the centennial taverns of Madrid.

We chose two historical establishments for our special tour: *Casa Alberto* and *Casa Labra*. As we walked towards the first one, Sergio, one of the native Spanish speaking teachers from AIL and a true *madrileño*, told us about traditional dishes we were about to taste and right there our mouths started watering.

Our first round of tapas was a couple of classics known and loved by everyone: refreshing *gazpacho* and *patatas bravas*. The element of surprise came when our teacher ordered *soldaditos de Pavía* and *chatos de vino*

and nobody knew what to expect. A few bites of *soldaditos* (deep-fried cod) and some sips of *chatos* (little glasses of wine) and we all were delighted. Good choice, teacher!

Thanks to this tour we found some of the best examples of Spanish traditions in the taverns we visited! If you're looking for fun and sociable way to explore the city, why not join us for the next AIL Madrid's after class activity?



## Learn your bar - vocab'! - Containers and portions

Would you know how to order a good bottle of wine in Spanish in one of those amazing taverns? That's an easy one, but names of other containers and packaging may be a

headache. AIL Madrid can help!

Relate the containers or portions with their corresponding pictures and memorize them or... hang it on your fridge!

ail madrid	
1. Una botella de	... vino .....
2. Una lata de	.....
3. Una caja de	.....
4. Un tarro de	.....
5. Un cartón de	.....
6. Una rebanada de	.....
7. Una rodaja de	.....
8. Un diente de	.....
9. Una loncha de	.....

ANSWERS: 1. botella, 2. lata, 3. caja, 4. tarro, 5. cartón, 6. rebanada, 7. rodaja, 8. diente, 9. loncha



**Come and see us!**

Contact AIL Madrid:

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## WIN A HAMPER!

– For your chance to bag a hamper of spanish delicacies [go to page 31](#).

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## Who's writing this month?

### Ryan Day

Ryan is from Chicago. In 2011, together with his wife Claudia Ruiz, he founded Grupo Bang Bang, a restaurant group focused on craft beer and American food. She continues to manage the group which runs The Toast Cafe, Roll Madrid, Slow Mex and the Village Tap Room. He teaches literature and writing at Saint Louis University. His book of poetry *Green & Grey* was published in 2019 by Lemon Street Press.



### Luke Darracott

Originally from the UK, Luke is a qualified alcoholic who studied languages at University. Apart from a year out in Moscow he has lived in Madrid giving wine tastings and gastronomic food tours and writing about Spain since 2009. In 2018 he opened an independent wine shop called Madrid & Darracott with his friend and business partner Roque Madrid. He passion is food, travel and wine; in particular the communication of wine without the pretentiousness.



### Amy Shia

An "Alice" in Wonderland in Madrid. Contributing to Madrid Metropolitan about the incredible sights and delights; have a cat, met some queens, still in search of my Madhatter.



**Cover photo:** Victoria Belaustegui at the rooftop bar at Gymage. The picture is just one of many amazing photos featured on her Instagram feed. Follow her adventures at [#iamvickybe](#).

## MADRID METROPOLITAN

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# MY MADRID

Stories from people who love living here



## STEFANIE, from Canada

**1. What inspired you to make the move to Madrid?** I majored in Spanish literature in University so I had a background in it, and then after spending a year living in Mexico, I decided to try out Spain! I was living in a small town in Soria, spending almost every weekend in Madrid and I fell in love and haven't looked back since!

**2. What makes Madrid "home" for you?** Although it's a big city, every neighbourhood is like a different world and doesn't have that stressful feeling that big cities tend to have. I feel most at home in my "barrio", where the ladies at my breakfast place know me, the neighbourhood butcher, things like that.

**3. What could the city have more of?** I think it's very difficult to integrate Spaniards and foreigners in a natural way. It's very easy to make friends with other foreigners, but it's harder with Spaniards. Besides language exchanges, I wish there were more options.

**4. What could the city have less of?** Hmm that's a tough question. I guess the typical things - less pollution, less people, less cars.

**5. What piece of advice would you give a foreigner whilst they are in Madrid?** Madrid is a fabulous city, not just for the nightclubs and bars. I'd recommend trying new restaurants, visiting neighbouring cities, really getting a sense of the different areas.

**6. What gives you joy?** Good company, good food, a tinto on the terrace on a nice sunny day, and the power of dance!

**7. What bothers you the most?** There are definitely some issues with Spanish administration - let's start there.

**8. If your life was a film, what would be the title?** "Better when I'm dancing" to quote Meghan Trainor.

**9. And finally, who would play you?** A few people have told me I look like Olivia Munn!



## LEYLA, from USA

**1. What inspired you to make the move to Madrid?** I was a study abroad program, and I ended falling in love with the city. It was the right time in my life: I wanted to break out of the cage. I felt quite overprotected and confined by my family and at home and I needed freedom. Moving here was an easy decision!

**2. What makes Madrid "home" for you?**

There's a sense of belonging. The first time I saw Madrid from the air, I looked out of the window - and it was just a feeling. Bear in mind that I barely knew Spanish nor had ever met any Spaniards!

**3. What could the city have more of?** Even though there are discounts for young people and pensioners, not everybody who is over 25 and under 65 for example, have got themselves together financially. That's why I like the free entry hours at the museums: everyone is eligible.

**4. What could the city have less of?** Pollution, traffic, mass tourism.

**5. What piece of advice would you give a foreigner whilst they are in Madrid?** To go out of your comfort zone. Avoid all the touristic places. Try something new and ultimately, be patient with yourself - especially when practicing your Spanish!

**6. What gives you joy?** Firstly, my dog who is called Happy. Secondly, on the weekends when it's between 9 to 10am, and you wake up and everything is peaceful and quiet. The sunset by Templo Debod.

**7. What bothers you the most?** People who are inconsiderate, like litterers or smoking in front of others.

**8. If your life was a film, what would be the title?** Work in progress... or Entre Coche y Andén, you hear that a lot on the metro here!

**9. And finally, who would play you?** Mindy Kaling.



## KAT, from USA

**1. What inspired you to make the move to Madrid?** I have Spanish roots. My mother is Spanish. My dream was always to live in Spain to learn about my family's history, learn about our culture, and finally learn the language. After my divorce and sending my sons off to college, nothing was stopping me from the move.

**2. What makes Madrid "home" for you?** It's a feeling. I was traveling through Spain to decide where I wanted to live. When I arrived in Madrid, I stopped on the street one day and simply knew I was home. Funnily enough, I found out that my mother was born in La Latina.

**3. What could the city have more of?** Higher paying jobs and availability of jobs for all. This is a city rich in talent and diversity. We can do more to bring in jobs for the residents.

**4. What could the city have less of?** Smokers! Seriously, it's so awful.

**5. What piece of advice would you give a foreigner whilst they are in Madrid?** If you're an American, you need to learn British English in addition to Spanish. I had no idea what certain words meant like "flat"; "lift"; and especially "cheeky" - yet they come up a lot!

**6. What gives you joy?** Living here has brought me joy that I've never fully experienced before. The food is amazing, the streets are filled with laughter and music, the architecture is breathtaking and the city is rich with not only its own culture, but the rich diversity of an International city.. I can not believe that I actually live here. It's really a dream come true.

**7. What bothers you the most?** That I didn't move here sooner. Madrid is where I belong.

**8. If your life was a film, what would be the title?** You get one life to get it right. Or, Just Jump.

**9. And finally, who would play you?** My daughter! She is beautiful, smart, and funny! Most of all, she looks just like me!



# The best of what's on in Madrid ...

## JAZZ MUSIC FESTIVAL

### Celebrate the 38th anniversary of an infamous Jazz club

Clamores Jazz, Clamores, Calle de Alburquerque, 14. Various events until 25th July, [www.salaclamores.es](http://www.salaclamores.es)

**What is it?** A whole raft of concerts lined up for the summer.

**Why go?** If you're on the lookout for a bit of jazz, Hip-Hop, Chicago House, soul, then this is the place for you.

**Don't miss:** Chicago's thrilling trumpeter Marquis Hill Blacktet on 10th July.

## COMEDY

### Have a giggle at Jim Gaffigan's stand-up show

Jim Gaffigan, Teatro Figaro, Dr Cortezo 5, 12th July. Info: [www.grupos-media.com](http://www.grupos-media.com)

**What is it?** Jim's first gig in Madrid, as regular readers of this magazine will know (he was on the cover of our last issue), his observational comedy is family friendly and proof that you don't have overly provocative to be funny.

**Why go?** He's here for only one night so prepare to have for your sides well and truly split.

**Don't miss:** The chance to get tickets!



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## CLASSICAL CONCERT

### Hear Zarzuelas and Cantatas of Baroque Madrid

(Immortal Numens) Baroque Madrid: Zarzuelas and Cantatas, 9pm, 8th August, in the pórtico of the Cemen-terio de la Almudena. Avenida Da-roca 90. Metro: La Elipa. Free. Info: [www.veranosdelavilla.madrid.es](http://www.veranosdelavilla.madrid.es)

**What is it?** A program by Al Ayre Español that offers us a glimpse of the music that people listened to in Madrid in the late 17th and early 18th centuries.

**Why go?** A chance to listen to the result of the contact between Spanish and Italian musicians.

**Don't miss:** The zarzuelas by Antonio de Literes and Sebastián Durón, who dominated the scene at the time.

## CONCERT

### See noisy British rockers The Muse at Metropolitano

The Muse, Wanda Metropolitano Stadium, 26th July. Info [www.simulationtheory.muse.mu](http://www.simulationtheory.muse.mu)

**What is it?** The only Spanish stop on the world tour of this iconic British group.

**Why go?** They are so rock'n'roll that frontman Matt Bellamy is in Guinness Book of World Records for the most guitars smashed on a tour – 140 guitars!

**Don't miss:** The song 'Plug In Baby' – the guitar riff of which is according to us at the *Madrid Metropolitan* quite simply the best guitar riff this century.

## LIVE MUSIC

### Watch gospel legends The Blind Boys of Alabama

Macy Gray, Amadou & Mariam and the Blind Boys of Alabama, 10th July, Complutense University Botanical Gardens; info/book at [www.Nochesdelbotanico.com](http://www.Nochesdelbotanico.com)

**What is it?** An open air concert in the Botanical Gardens of the Complutense University with gospel living legends Blind Boys of Alabama, traditional Mali folk duo Amadou & Mariam and Macy Gray whose unique sound fuses R&B, neo-soul, and jazz.

**Why go?** It's sure to be one of the best concerts in town this July. Don't miss it!

## WINE/MUSIC EVENT

### Sip wines while you listen to jazz

5th Ingenia Jazz & Wine Festival, 8th–29th July, Teatro Cofidis, Alcalá 20. [www.gruposmedia.com/cartelera/v-festival-ingenia-jazz-wine/](http://www.gruposmedia.com/cartelera/v-festival-ingenia-jazz-wine/)

**What is it?** 8 July: Cortázar y el Jazz "La Maga Jazz Sextet"; 15 July: Kyle Eastwood "In Transit"; 22 July: Antonio Lizana; 29 July: Deborah J. Carter

**Don't miss:** One of the best bassists in contemporary jazz Kyle Eastwood, son of the legendary actor/director Clint Eastwood, has composed soundtracks for films such as Million Dollar Baby, Gran Torino or Mystic River and has his own versions of classic Count Basie, Monk and Mingus songs.





# Events

## MUSIC FESTIVAL

### Join 80,000 at a huge rock, indie & electro music festival

*Mad Cool, Espacio Mad Cool, Avenida Alejandro de la Sota, 51. 10th-13th July. Info: [www.madcoolfestival.es](http://www.madcoolfestival.es)*

**What is it?** Diverse non-camping festival with a line-up that includes stellar British bands like The Cure and The 1975, cool new female artist in town, Rosalia, american legends The Smashing Pumpkins and fun Australian band, The Cat Empire.

## PHOTO EXHIBITIONS

### Get into photography with over 1,000 works on show in town

*PHotoESPAÑA until 1st September; at over 80 locations in Madrid. Info at [www.phe.es](http://www.phe.es). Diana Markosian's Over the Rainbow (pictured); until July 31st at Casa de América, Calle Marqués del Duero, 2, 28014*

**What is it?** PHotoESPAÑA is of the world's top art shows and is now in its 21st year. This year focuses on the theme of tradition and the contemporary and will challenge the way you think about the progressive evolution of society.

**Why go?** You can discover the latest tendencies in photographic art as well as get up to date with the latest projects of the cream of the world's photographers.

**Don't miss:** *Over the Rainbow* (pictured above and on the contents page) by Diana Markosian is a sublime exhibition that shows the many facets of the transformation of a Cuban girl into a woman.

Be our guest.

## COME VOLUNTEER WITH US!

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## ART

### Try to spot the invisible man

Liu Bolin. *The Invisible Man* Exhibition, until 15th September, Palacio de Gaviria, Arenal. Info: [www.palaciodegaviriamadrid.com](http://www.palaciodegaviriamadrid.com)

**What is it?** See the work of chinese artist Liu Bolin, known as The Invisible Man, as he seamlessly blends into land-marks, buildings and natural scenery like a chameleon.

**Why go?** So you can rub your chin and muse about how the images' strong sociopolitical comment makes you realise how our material consumption damages the environment.

**Don't miss:** Him. He's sometimes tricky to find!

## MUSICAL

### See a captivating show celebrating the art, culture and food of Spain

Ñ, *Spain Spectacular Show*, Teatro Calderón, Calle de Atocha, 18. 28012. 4 July-3 August (except Sundays). [www.teatrocalderon.es](http://www.teatrocalderon.es).

**What is it?** A bombastic and wild celebration of Spain good enough to rival Cirque du Soleil. 15 musical numbers reveal the traditions and myths of the Spanish culture.

**Why go?** The rich and eclectic heritage (Iberian, Arab, Roman etc) is reflected through its most important painters, writers, musicians and filmmakers.

**Don't miss:** The flamenco dancers.

## FILM FESTIVAL

### Watch cult movie classics and latest blockbuster hits

Cibeles de Cine, CentroCentro Glass gallery, Calle de Montalbán 1, 28014. Until 12th September. Info: [www.cibelesdecine.com](http://www.cibelesdecine.com). Open daily at 8pm for 10pm screening. Closed on 6 and 7 July. €6, movie/drink combo €12.

**What is it?** A summer season with over 70 films, including essential classics, cult movies from the 80s and 90s, films for the whole family and the latest blockbusters.

**Don't miss:** *Cleopatra*, *All about Eve*, *Butch Cassidy and the Sundance Kid*, *The Seven Year Itch*, *Patton*, *The Sound of Music*, *The Hustler* and *Alien*, most of which are in their original language.

## MUSICAL

### Enjoy & be moved by the King of Pop amazing life story

Forever - King of Pop, Teatro Nuevo Apolo, Tirso de Molina, Until 18th August. [www.foreverkingofpop.net](http://www.foreverkingofpop.net).

**What is it?** Wildly successful tribute to the talented but tragic Michael Jackson. A variety of singers, musicians and dancers perform the music videos that cemented Jackson's legacy like *Thriller* and *Bad*.

**Why go?** You can follow MJ through his emotional journey from the early days in The Jackson 5, to his skyrocketing success with *Thriller*, and eventually to his downfall and the tragic and untimely death in 2009.

## MUSIC

### Hear folk icon Joan Báez

Teatro Real, Plaza de Isabel II, 28013. 28 July. Info: [www.joanbaez.com](http://www.joanbaez.com)

**What is it?** Concert of one of the most accomplished folk-singers of the 1960s

**Why go?** Her soprano voice is beautiful and her up-front political views are reflected in the songs she performs from artists like Bob Dylan, Judy Collins and Joni Mitchell.



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# HIDDEN MADRID

*Discover the places you never knew existed around the capital*



*This page - clockwise from top: One of the last of the "corner Madonnas" in the city; inventor of the siesta Saint Benedict; madroño liqueur in chocolate wafer cups; and the evolution of Madrid's coats-of-arms. Right, Felipe IV's neglected wall.*



**M**adrid has a rich and fascinating history stretching back to its founding. Author Peter Besas brings the streets of Madrid to life by telling the stories and legends that have shaped them, and the people who inhabited them, over the centuries.

### MADROÑO LIQUEUR

There's a tavern in Madrid called "El Madroño" on the Plaza de Puerta Cerrada 7, where on the wall, behind the counter, you'll find an extensive explanation, including various painted tiles, tracing the evolution of Madrid's coats-of-arms. While you're there, order their home-made madroño liqueur served in glass made from an edible wafer, quite a delicacy, or buy an entire bottle. If only Carlos V had been able to get his hands on this!

Also, should you be interested in seeing an actual madroño tree, head down the Calle Mayor past the Plaza Mayor. Most of the trees planted on both sides of the street are madroños. The ones on the corner of Calle de los Milanese are clearly marked as such with a plaque. More madroños can be found in the Retiro Park, on the corner of the Paseo del Duque Fernán Núñez and the Paseo de Uruguay, next to the Rose Garden.

### A ROMAN SIESTA IN MADRID

Curiously, the origin of the word siesta, thought of as being so typically Spanish, actually harks back to ancient Roman times. It refers to the "sixth hour" or sexta hora. This, in the Roman daily timetable of 12 daytime and 12 nighttime hours, corresponded roughly to our lunchtime (11:15 a.m. – 12:00 in winter, and 10:44 a.m. – 12:00 in sum-



mer). The ninth hour of the day, nona, from which our "noon" was derived, is actually a misnomer since it originally came after noon, anywhere from 1:29 to 3:46 p.m.

In the Sixth Century, Saint Benedict, strongly feeling that only when the day was properly ordered would the monks in his monastery be able to perform the tasks required to serve God, even instructed his underlings to build clocks to count the hours in order to guide them in their duties. Benedict adapted the Roman timetable and set up a rule whereby at certain hours the monks would be required to work, to pray or to stop for meals and rest. All these were part of the daily routine. Among the time divisions, the sexta corresponded to midday and was the hour in Benedictine monasteries set aside for rest, many times including a short snooze, in other words, a siesta.

### CORNER MADONNAS

Don't miss seeing what is probably the last of the "corner Madonnas" in the city. It is an ornate statue found in a niche in a building on the corner of the Plaza de Ramales and the Calle de Vergara. These Madonnas were traditionally placed on the outsides of buildings and over doorways by the faithful in thanks for having their pra-

yers answered, or even just as a sign of piety. This Holy Virgin is known as "La Dolorosa". Many such images can still be seen in Andalusian cities and other parts of Spain, but virtually none survive in Madrid.

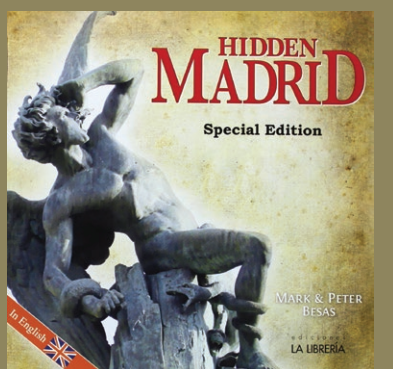
The ground floor of the house is taken up by the Café de las Austrias, a pleasant stopping-off place for a coffee, a drink or even a meal. We might also mention that it was on this square that on July 29, 1994 the Basque terrorist organization ETA set off a bomb in which three people lost their lives and damage was done to some of the buildings. Curiously, the corner Madonna remained unharmed, other than the glass protecting it on the outside, which was soon replaced.

### FELIPE IV'S NEGLECTED WALL

Should you want to hunt down other remnants of the old city walls, head over to the Ronda de Segovia 95 (near the Puerta de Toledo) where you'll find a sizeable remaining chunk of what was known as the Cerca de Felipe IV (Felipe IV's Enclosing Wall). As the city grew and started to sprawl over areas beyond the old Christian and Moorish walls, the king realized that a new enclosing wall was needed, not for defensive purposes, but so as not to leave Madrid open for anyone and everyone to come into and leave at will. With such a new wall, traffic would be properly controlled, transit taxes collected and miscreants and carriers of diseases better barred. Hence in 1625 Felipe IV had a wall built made of brick and mud that remained in situ as late as 1868. By that time, the city had again expanded far beyond it and thus made its existence unnecessary. In fact, the perimeter of that wall in modern Madrid is where the present rondas and bulevares form what may be considered the first "ring road" of the capital.

## Discover more of the capital's secret gems

*Hidden Madrid* is on sale at all major bookshops in Madrid, including El Corte Inglés, FNAC and the Casa de Libro. These and hundreds of other books about Madrid are also available at the publisher's bookshop, Ediciones La Librería, located on the Calle Mayor 80.





# Grupo Bang Bang: The family keeps growing

**Sultan of soul-food  
Ryan Day went on  
American road trip;  
brings back best of  
USA in form of four  
hip Madrid eateries**

BY RYAN DAY

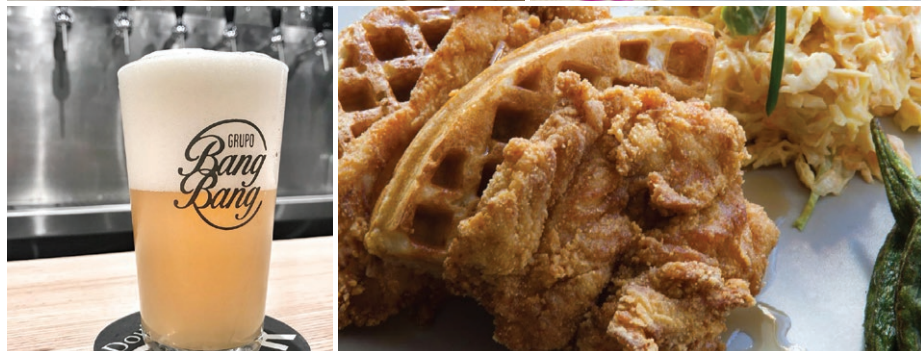
Grupo Bang Bang has its origins in a road trip. I was finishing a PhD in literature in Arizona when Claudia Ruiz, an actress from Madrid who I had no way of knowing I would one day marry, came to visit. Before going the academic route, I had worked in more bars and restaurants than I cared to remember. I had been a barista, a bar back, a bartender, a waiter, a cook, a “sandwich artist,” and a soda jerk as I worked my way through semester after semester. Claudia had also held an endless string of hospitality jobs in Spain and England as she worked her way through acting school.

On that trip, we spent a month driving around the Southwest, then heading slowly back towards Chicago where I grew up. As veterans of the hospitality industry, everywhere we went we ate... and ate... and ate... During the trip, I watched as her ideas about American food and American culture expanded, and my own eyes were opened to just how rich was the culinary landscape of the country I called home. Yes, there were hamburgers and hot dogs and pizzas (No-

*The vibrant Latin, Asian & European flavors were a far cry from the fast food associated with the perceived cultural desert of the US.*

thing wrong with that!)... But it was more: the mixture of Latin, African, and Asian flavors with the European made for a vibrant, global kitchen that was a far cry from the fast food that so many Europeans associated with the perceived cultural desert of the US.

A couple years later we were married and living in Madrid. I was teaching literature part time, and Claudia continued to act, but we were also part of the team that founded Tierra Burrito bar. For us, Tierra was a short-lived experiment. We learned a lot from opening Tierra, and we have endless respect for



what their team has developed it into, but we had to plot a different course. We wanted to share the experience of that first trip across the US in which we both fell in love with the sheer breadth of the American kitchen.

We decided to focus on a series of one-off projects that were oriented around craft beer, vegetarian as well as carnivorous options, and spaces that made room for cultural events such as a poetry night, a bluegrass jam, a bilingual quiz, and exhibits for emerging photographers and painters. What we really wanted were cultural spaces whe-

re simple American-inspired food and beer were a compliment to multicultural communities of writers, actors, musicians, photographers and artists.

Our first project in common, The Toast Café, opened in 2011. It is a small café dedicated to breakfast, brunch, burgers and beer. We followed that up with Roll Madrid, a tap room with a beer brunch and a menu of American classics like Chicken and Waffles in 2013. Next, in 2015, came Slow Mex, an homage to the taquerias of Chicago. Finally, in 2018, we launched The Village Tap Room, a behe-



moth with 24 taps of craft beer, a menu of beer-friendly classics, and a small stage for readings and presentations. Along the way, we also began to brew our own beer, Bang Bang Brew, in a small brewery near Segovia. In 2016 we added Marc Kildea as a partner and together we are slowly building a restaurant group that is focused on serving local products while also serving as a positive force in the community by supporting local organizations and local artists.

The heart of the group is craft beer and locally produced food. We love craft beer because it gives us the opportunity to know the people who make what we sell. We know the brewers, the distributors, in some cases even the farmers who are growing the ingredients. It is rewarding to be involved with products that comes from our region, our city, or even our neighborhood. We feel lucky to bring awareness of American food to Madrid, while at the same time putting a spotlight on locally made products. In all of our locations, we take our mantra seriously: Feed Your Soul!

*Photos: (left; clockwise from top) Grupo Bang Bang co-founders Ryan Day & Claudia Ruiz with baby son Alan; the Fish Taco from Slow Mex; Chicken & Waffles at Roll Madrid; a caña of Bang Bang Brew being poured at The Village Tap Room; the Roll Burger from Roll Madrid; (right) an event at Slow Mex.*



## FOUR WAYS TO FEED YOUR SOUL ...

GRUPO  
**BANG  
BANG**



**The Toast Café** Trendy American brunches, lunch/dinners & craft beer  
Metro: Moncloa



**The Village Taproom** Craft Beer and organic urban American food.  
Metro: Plaza de España



**Slow Mex** Mexican food done in a Chicago-style in heart of Malasaña.  
Metro: Tribunal



**The Roll** Neo-American dishes to restore the reputation of US food.  
Metro: Noviciado



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# How a bottle of Albariño changed my life forever

BY LUKE DARRACOTT

Back in March 2010, after only a few months in my new adopted country, a bottle of wine changed my life. I did a 5km charity run on a chilly March morning in Guadalajara. The day before I was shown around the town by a friend of mine. She said that we should go out for a big lunch to fortify ourselves; *arroz con bogavante* was the speciality of the restaurant.

In those days I only really drank big, structured reds, and usually with a view to being various sheets to multiple winds by the end of my time spent in the company of said wines. 'It's seafood, so I've ordered a white.' She proffered. No consultation. I did a small internal harrumph. Never was much for white wines.

It was a bottle of Martín Codax Albariño. Lots of words and weirdly placed consonants there that meant nothing to me. I tucked into my delicious bubbling stew, cracked open some claws and was glad my bib was keeping my shirt from becoming pebble-dashed by crustacea. I all but ignored the wine.

Then a big swig to clean my palate. The clouds parted, light beams fell through the ceiling onto my face and a heavenly choir started chanting. Oh sweet Jesus Mary and Joesph. That's good. That's really very good.

'Best wine for seafood that is.' Said my friend. And she was right. So right. What grows together goes together, goes the old, usually correct, maxim.

That is when and where my love and interest in food and wine started; in a rice restaurant in Guadalajara, a day before a *carrera popular*. Funny that.

So this month I want to highlight Rías Baixas, spiritually my favourite DO, and also mention its superstar grape Albariño, which we have often all come to love as a sprightly alternative to the oversaturated Verdejo.

First of all we have to mention Galicia, that verdant lovechild of Norway and Ireland. The wettest part of the country, but also the greenest, Galicia is home to a variety of different DOs. From west to east you have Rías Baixas, Ribeiro, Ribeira Sacra, Monterrei and Valdeorras. The latter two are located in the much hotter climes of Galicia that spread towards Portugal and Castilla y León. Ribeiro and Ribeira Sacra are river valleys of differing steepnesses and aspects. It is Rías Baixas though that, within the DOs, is amongst the most famed. There are 5 sub-zones that offer up different styles.



North to South, and getting hotter as you go, you have the following:

- *Ribeira de Ulla* - not far from Santiago de Compostela, mostly alluvial soils.
- *Val do Salnés* - low and wavy hills by the coast.
- *Soutomaior* - south of Pontevedra. Light, sandy and granite-covered soils.
- *Condado do Tea* - the inland steeper sides of the Miño river valley. Alluvial soils again.
- *O Rosal* - the shallower banks of the Miño nearer the coast. Also alluvial.

Driving around the folklore-filled fjords and the forest-filled roads through wavy hills wine isn't really the first thing that comes to mind. Given the colour green is also that shared by the bright little orbs hanging in bunches it takes a while to get your eye in. But when you know what you're looking for they become more apparent.

Galician grapes are generally trained high, on lofty trellises called *parrales* that keep them away from the humid ground. These sometimes-two-metre-high trellises float over fields and protect the grapes from rot and fungal infections while still soaking in the Spanish sun.

90% of the production is Albariño. Loureiro, Godello, Caiño Blanco, Arinto and Treixadura bring up the rear. There are reds too, made from local varieties, but you barely see them outside of Galicia.

There is a panoply of good wine in Galicia so it's hard to choose just a couple of wineries to highlight - we have quite a few in our shop. On the far-flung riverbanks of the O Rosal region you have the idyllic Quinta Couselo. We currently stock their Turonia 2018 (12.50€); a fresh, mineralic Albariño with a lovely zesty nose full of stone fruits and melon. Or indulge Galicia's claim to having the best seafood in the country and get a crisp bottle from one of Rías Baixas' most historic and reputable wineries: Do Ferreiro 2018 (15€) by Gerardo Méndez in the Salnés region.

The heat is coming, so as the temperatures soar, drink Galego!

Luke owns Madrid & Darracott, a wine shop and tasting space on Calle del Duque de Rivas, 8. Tel: 91291975. Daily tastings at 12:30 and 19:00. Contact us to arrange bespoke tastings and events.



# Food & Love?

*Blind dates at Madrid's most romantic restaurants*



**Matt, 32. Translator.**



**Noelia, 31. Real estate agent.**



BY AMY SHIA

**I**taly, the land of beauty, culture and art if exquisitely distilled in the wide selection of dishes on offer at this month's restaurant under the spotlight: *Trattoria Pulcinella*. Conveniently located in the Salamanca zone of Madrid, would the culinary delights on offer excite the tastebuds and ignite the passions of our lucky wannabe lovebirds, Matt and Noelia?

## HE SAYS:

- 1. What were you hoping for on the date?** The idea of a meal! Everything else was extra!
- 2. What was your first impression of Noelia?** I thought she seemed very friendly and pretty, and was impressed by her punctuality.
- 3. What did you talk about?** Everything under the sun. The usual stuff to get to know someone, jobs, family, travel, pets.
- 4. Were there any surprising moments (apart from the initial meeting)?** We both happened to run into people that we knew
- 5. Describe Noelia in 3 words** Down-to-earth, charming and funny
- 6. Would she get along with our friends?** I don't see why not!
- 7. How might she have described you?** Hopefully as fun, but you'd have to ask her!
- 8. Would you meet again?** We already have!

**Matt's top recommendation:** "The risotto, a wonderfully subtle flavour!"

## SHE SAYS:

- 1. What were you hoping for on the date?** I expected to enjoy the atmosphere as well as the food and have a pleasant conversation with someone that I didn't know.
- 2. What was your first impression of Matt?** I thought he looked pretty smart.
- 3. What did you talk about?** We covered a wide range of topics: work, travel, family, hobbies...
- 4. Were there any surprising moments (apart from the initial meeting)?** Yes! There was a friend of mine having dinner at the restaurant and there was also a group of people that he knew at another table.
- 5. Describe Matt in 3 words** 3 words is very specific! Intelligent, easygoing and considerate
- 6. Would he get along with your friends?** I think he would, he is good fun.
- 7. How might he have described you?** I haven't got the slightest idea...
- 8. Would you meet again?** As a matter of fact we have already gone out for a drink this weekend. We had a good laugh!

**Noelia's top recommendation:** "The *Pizza del bosco*. Instead of tomato sauce, it has pumpkin cream and the truffles gave it a smooth and elegant twist."



**Matt and Noelia** had Carpaccio (starter), *Pizza del bosco*, Risotto (main), and Cannolo (dessert) with a bottle of wine. *Trattoria Pulcinella*, c/ de Regueros 7, 28004. T: 913 19 73 63. [www.pulcinellamadrid.com](http://www.pulcinellamadrid.com).

If you want to participate in Food & Love? email [blinddateMetropolitan@gmail.com](mailto:blinddateMetropolitan@gmail.com).



# Gastro Experiences

with Catalina Brennan

*Hello all! It's July & I'm writing from Sardinia, where I'm working as a #yachtchef for the summer – very exciting!*



Clockwise from left: Me writing this article in Sardinia; freshly cooked *Marmitako* – the tuna and potato stew from northern Spain; with Ria Katahrina Jahnke, head Chef of *My Way Sky Bar*, Gran Vía; and the breathtaking 360 degree view from *My Way Sky Bar*.

We are now in full swing of tuna season, oily fish is at it's max and I'm sailing, so, I'm bringing you the tuna + sailor's traditional recipe from Spain: *Marmitako*. It's a tuna and potato stew, very typical from the north. It makes sense, they have great Bonito del norte (also known as white tuna) in the Cantabric Sea and very nice cool temperatures which makes it easier to have a hot stew in the middle of July. Never mind, look for a shade and some chilled wine, you can't miss this recipe, it's easy and delicious!

## INGREDIENTS:

1 big onion  
1 green pepper  
1 big and ripe tomato  
1 big garlic clove  
Sweet paprika  
White wine  
Fish stock/broth  
Pimiento chorizero paste (sold in supermarkets)  
4 big potatoes  
600 grs fresh tuna (the best is Bonito del Norte, but it can be done with any tuna. As always, I recommend your local market fishmonger)

Chop the onion and green pepper and cook in olive oil until soft, aprox 15 mins. Add the garlic, chopped finely, then stir in a teaspoon of sweet paprika and quickly after the grated tomato and let cook for 5 mins medium heat.

Peel the potatoes and cut in dices, best done by "cracking" (cascar la patata) which is not a thorough clean cut but in the end we break

each dice so the starch from the potato will thicken our stew (optional!)

Mix well in the pot so it will get all the flavour from our stir fry, together with the white wine, for 5 mins. Add the fish broth to cover the potatoes and let it cook low heat for 30/40 minutes. Every once in a while stir the pot with your hands.

Once the stew is consistent, very hot, not too liquid, not too thick, tasty and the potatoes are cooked, add the tuna in 2cms pieces aprox, and let cook for 10 minutes with the residual heat and the lid on. If we overcook the tuna it will be too dry...

Tip: for express fish broth for this dish, you can mix some Japanese dashi in boiling water. Dashi is smoked tuna concentrate.

\*\*\*

As a Chef and foodie, I like to discover new restaurants, talk to Chefs and try out new dishes and ingredients, which I will share gladly with you every month!

For this issue I bring a must, an incredible sky bar with an amazing 360 degree view of Madrid!!! It has opened very recently, in June, so I advise you try it before it gets packed: *My Way Sky Bar*, Gran Vía, 42, 10th floor; [www.mywaymadrid.com](http://www.mywaymadrid.com)

Above see me with Ria Katahrina Jahnke, the head Chef. She's German but was raised in Tenerife, where she got her cooking degree. Her cooking is bold, fun and sophisticated.

You will find a Tasting menu (8 steps) for 35€ and a wine pairing option for plus 12€. Great quality price. The menu changes every 10 days aprox, created by Ria together with Joaquín Felipe Peira and his great expertise. Good wines and cocktails too!

\*\*\*

Now, let me tell you about our *traveling foodies club*. We are a group of like-minded people, who try out new places, meet chefs, in Madrid and abroad, cook with them, shop in their markets and indulge in great wines and food. Our last meeting was a wine, cheese & tapas tasting in Madrid.

Our next trip, 4th to 6th October: Granada!! We will eat at a beautiful place with views of the Alhambra, a special menu created for us by Jaier Feixas, learn to cook "espetos" in Costa Tropical, evening tapas in the old city and visit a very special winery, with wine tasting and a gastronomic surprise.

15th to 17th November, Rías Baixas! Michelin star Chef Yayo Daporta, seafood cookery class in a beautiful winery and much more... More information: [www.chefinhousecatalina.com/club-de-foodies-viajeros](http://www.chefinhousecatalina.com/club-de-foodies-viajeros).

For cookery workshops, corporate events, showcookings, or personal Chef experiences: [www.chefinhousecatalina.com](http://www.chefinhousecatalina.com). [cbrennan@brasoc.com](mailto:cbrennan@brasoc.com) + 34 606 99 1073. Follow me on ig & fb @chefinhousecatalina @clubdefoodiesviajeros.





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Located at the heart of the capital, a reformed palace dating back to the 19th Century, this hotel has a strong personality due to its unique style that blends modern and British colonial designs.

This awesome fusion, orchestrated by the well-known interior designer Lazaro Rosa-Violan, is a result of his detailed interior design and his comfortable corners, where the guest and the visitors will feel at home.

All 125 rooms will have anything you may need for you to enjoy your stay completely. All of them are comfortable, cosy and have their own personality. *Reservations: [www.onlyyouhotels.com](http://www.onlyyouhotels.com); +34 910 05 27 46*



## Great alternative to the over-crowded Mercado San Miguel

**The Taste Gallery, Plaza de San Miguel, 8.** The 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 celebrations. Whether for a gathering of friends or romantic getaway the Taste Gallery the warmest of welcomes to readers of the Madrid Metropolitan. *Reservations: [info@tastegalley.es](mailto:info@tastegalley.es) / 917 589 339*



## Traditional dishes with a modern twist in a stunning art deco setting

**Cubiertos de Gloria, Calle de Toledo, 28.** Until now the Cubiertos de Gloria has been one of Madrid's best kept secrets. It has bucked the trend of traditional restaurants disappearing from the *Casco Antiguo* of Madrid by reestablishing the genre with a modern twist. Art deco styled, it offers home made *cocina castiza* dishes that are truly delightful as well as very reasonably priced. Here you can feast on an exquisite range of well prepared seasonal dishes that do a good job of transcending the traditional / modern divide. A good place to go for a gastronomic experience to remember! *Reservations: 913 653 837*



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# Evening at the

*See the horses, have a flutter and enjoy great slap-up dinners at the Hipódromo de la Zarzuela – a winner for families & friends!*

BY ELLIOT PIGOTT

Last Saturday night I headed to the horse racing at the Hipódromo de la Zarzuela for the first of several special events celebrating 100 years of GP in Madrid. On arrival I was immediately in awe of the simplistic modernist style of main stands that overlook the presinely kept racetrack turf. After grabbing a drink at one of the many outdoor bars I headed to place a bet on the first race.

I have never been too concerned with form and have always chosen my horses on names which was easy using the well designed free programme on offer. There were more than enough places to place your bets and the atmosphere was a lot more relaxed than the pre race craziness in England. I wore a full suit but quickly realised I was overdressed as the only other person I saw wearing a tie was a horse owner, surveying his horse along with the punters as they were paraded around the paddock before the first race.

As a song played to signal the start of the first race, spectators headed to a variety of different spots to watch the action begin. Being English, I opted for the shaded area of one of the 3 main stands as the temperature remained high throughout the Spanish spring evening (similar to a hot

British summers day). You get a real sense of stepping back in time, the 1930s style presenting the perfect raised view of the sun drenched racetrack as the horses shot out of the starting gate to the cheers of the expectant crowd of all ages.

Those who don't have binoculars can watch the action on a big screen just behind the track as they wait for their horses to come down the final furlong in front of them. If like me you are lucky enough to pick a winner, you get to watch your horse and jockey celebrate in the winners circle. Throughout the night there were 6 races, varying in length from

## WHEN TO GO

Race meetings are every Thursday night throughout July and until 8th August. There's then a break and in September from the 15th the racetimes change to being every Sunday morning instead. All the information can be found on [www.hipodromodelazarzuela.es](http://www.hipodromodelazarzuela.es)







# races

1,100m to 2300m, the highlight being a 1100 sprint won by Borja Fayos on Antonella who showboated by standing on his horse as he headed to collect his trophy and the highest prize money of the night.

If not claiming your winnings or choosing your next horse in between races there are a wide selection of food trucks offering food from all over the world and bars to help you spend your winnings or to drown your sorrows. Those wishing to expand their summer wardrobes can also browse a selection of eclectic clothes stands with chilled house music playing in the background.

Just as the sun had set on the final race, the evening entertainment got underway with a mesmerising performance by Santo Serra, aka the Spanish horse whisperer. He had the crowd in the palm of his hand as he got his Arabian horses performing tricks to the mesmerised audience. After he had enthralled the crowd everyone headed to a Flamenco music concert and those who had the stamina danced to 80s and 90s hits performed by 'The Today Band' till well after midnight.

Whether you want a fun family day out or a different experience with a group of friends I would highly recommend a day out at the Hippodrome, especially during one of this year's special events, where you can enjoy a relaxed evening of racing and entertainment without the pomp and stuffiness sometimes associated with the races in the UK.



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# Welcome to heaven

► El Clandestino cocktail bar is a hidden gem found downstairs inside the El Clásico tavern off the Plaza Mayor.

It's centrepiece is their Author Collection of 16 cocktails, brought into existence by celestial queen of cocktails Sara Siles and expertly made by resident bartender Jakov. He and his staff love to show off their expertise and can even create your own bespoke summer cocktail!

El Clandestino also serves a mouthwatering selection of hot and cold tapas. It's the perfect place to escape the Madrid heat and cool down in the cellar till the early hours.

*El Clandestino at El Clásico, Calle Marqués Viudo de Pontejos, 9 (Esq. Calle de Esparteros). 28012 Madrid; [www.elclasicomadrid.com](http://www.elclasicomadrid.com).*



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# Hit the roof

## A SELECTION OF THE BEST ROOFTOP TERRACES IN MADRID

BY AMY SHIA

**W**hen it's sizzlingly hot in the city, where should you go? Madrid has a wide array of rooftop bars, some with pools, some in bars, some in hotels, some with great food and funky reggaeton. The choice is plenty, so we pick out the best for you to kick back, lounge and luxuriate – with a margarita in hand.

### HOTEL EMPERADOR

Spectacular panoramic views of Madrid at sunset? Yes. Rooftop pool? Yes. Open to the public? Yes. Cocktails, food and DJs spinning the decks whilst you relax and unwind with some friends or a loved one? Definitely, yes. Located right in the city centre on Gran Vía, this hotel boasts one of the best rooftop terraces in the city.

From the tenth-floor, you can enjoy the fabulously Sky bar which boasts over 300 varieties of cocktails and the company of a tour guide to point out the landmarks you can see from the hotel's advantageous position. If you're looking for the creme de la creme of experiences from a rooftop terrace in Madrid – this is it.

Highlights: Great view, big pool, hammocks. Non-guest entry Mon-Thurs €50, Fri-Sat €63; Chill rating: 10/10; Fun rating 6/10.

Gran Vía 53, 28013 Madrid; +34 91 547 28 00; [www.emperadorhotel.com/en/terrace](http://www.emperadorhotel.com/en/terrace). Open: pool Mon-Sun 10am-9pm, terrace Wed-Sat 7pm-2am, Sun 1pm-11pm.



ATICO II



GYMAGE



NH HOTEL SUECIA



## HOTEL OSCAR

This hotel rooftop terrace is fortuitously situated right in the centre of Madrid with a beautiful skyline view. If you imagine yourself dipping your toes in cool pool, lounging on elegant white couches amongst other beautiful people and chatting the night away- this is the place for you. Take advantage of the special packages on offer on weekdays, €35 euros for 3 hours usage of the swimming pool with towels, changing space and glass of cava! This is the place where the grown-ups come to play.

Highlight: unique exclusive/casual atmosphere; Chill rating: 4/10; Fun rating 10/10.

*Hotel Oscar, Plaza de Pedro Zerolo 12, 28004, Madrid; +34 900 818 320; [www.room-matehotels.com/es/oscar](http://www.room-matehotels.com/es/oscar). Open Mon-Thurs: pool 10.30am-7pm, terrace 7.30pm-2am.*

## ATICO 11

Stepping on Ático 11's terrace reminds you of the popular wedding destination, Santorini in Greece or the surf town, Ericeira in Portugal. The lush blue and white decor and gorgeously bronzed Madrilenos gives it a Mediterranean feel whilst vistas include the Cibeles. Again, no pool but there is an excellent lunch menu, exquisite decor (featuring wood panelling) and chilled atmosphere which would make this place a compulsory daytime visit.

Highlight: Excellent Bloody Mary; Chill rating: 5/10; Fun rating 8/10.

*Atico 11, Hotel Iberostar Las Letras, Gran Vía 11, 28013, Madrid. +34 915 23 79 80; [www.hoteldelasletras.iberostar.com](http://www.hoteldelasletras.iberostar.com). Open daily 5pm-1am.*

## NH HOTEL SUECIA

A clandestine gem amongst the treasure trove of hotel terraces and bars in Madrid. This terrace boasts comfy seats, excellent bar and a relaxed, casual vibe. No entrance fee is required for non-guests which is always a bonus, and this place is an excellent alternative to the neighbouring Bellas Artes (also famed for its terrace with tremendous view). Sadly, there is no pool but The Hemingway bar in the hotel is also another hidden delight: inspired by the famed American novelist and featuring leopard decor, sumptuous red velvet couches and cushions and prohibition era-style drinks - there is no place like it in Madrid.

Highlights: €12 inc. drink, funky DJs; Chill rating: 6/10; Fun rating 9/10.

*Calle del Marqués de Casa Riera 4, 28014, Madrid; +34 91 051 35 92; [www.casasuecia.es](http://www.casasuecia.es). Open daily noon-1am.*



NH HOTEL SUECIA



HOTEL OSCAR



HOTEL EMPERADOR



HOTEL EMPERADOR



## GYMAGE

The only non-hotel in our list also has the cache of being the first urban resort in the city and sits above a gym (hence the name), which is a wonderful excuse to get both your workout in before the sun sets. Overlooking Plaza Soledad Torres Acosta below, you feel as if you're in a lush, grassy oasis right in the middle of the urban jungle. You can enjoy the sun all year round through its solarium and also have some lunch and dinner if you also feel peckish.

Highlight: Cocktails; Chill rating: 7/10; Fun rating 8/10.

*Gymage, Calle Luna 2, 28004, Madrid; +34 915 320974; [www.gymage.es](http://www.gymage.es). Open Sun-Thurs noon-1.30am; Fri-Sat noon-2.30pm.*



# Go full-Madrileño!

Mid-summer fiestas - *los verbenas* - are the perfect time to dress up and party

BY WILLIAM MCGEE

From 6 to 18 August, Madrid will be in full party mode, as the city celebrates its annual open-air summer *verbenas*. The centuries-old festivities will take place in the city's traditional neighbourhoods of El Rastro, Lavapiés and La Latina, whose streets will be decked with bunting and lined with pop-up bars and food stalls.

Various activities will take place throughout the day, but the party will really come alive at dusk when the intense heat subsides and locals and tourists of all ages flock to the varied open-air concerts, food and drink tastings, art exhibitions, dance workshops and theatrical performances on offer.

The *verbenas*, like many Spanish festivals, have their roots in patron saints' days, and visitors can expect solemn masses and religious processions in addition to beer-and-wine-fuelled revelry.

This year's motto is "Festivals free from violent, homophobic and sexist attitudes", setting a precedent of tolerance and openness in a country that has long grappled with anti-social behaviour and violence, particularly against women, during its myriad festivals.

Despite the addition of rock concerts and electronic dance music, the festivities still retain many of their traditional elements and a strong community spirit. To celebrate like a local, don the traditional *chulapo* garb and grab a partner to dance the *chotis* to the sound of the barrel organ, following it off with a refreshing glass of lemonade.

The celebrations will kick off with the Fiestas de San Cayetano, located principally around the church of the same name and in Plaza de Cascorro. Following them are the Fiestas de San Lorenzo, located in the Lavapiés neighbourhood. The festivities will end on a high with the Fiestas de la Virgen de la Paloma, centred around Plaza de la Paja, Plaza de la Cebada, Plaza de San Francisco and Plaza de Puerta de Moros.



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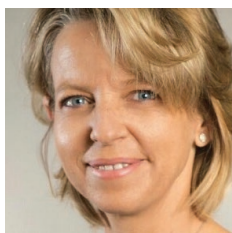


## AMERICAN CLUB VOLUNTEERS'

# Favorite places in Madrid

CRISTINA BERRY

One of my favourite things to do on a summer evening is to go for a run at Dehesa de Navalcarbón and, once I've burned off the calories (it has to be before-



hand so I have zero guilt), walk over to La Virgen Taproom, P.I. Európolis, Calle Turín, 13, 28232 Las Rozas, and have a double Jamonera beer which is brewed right there, onsite and a Perrito La Virgen – the best hot dog ever! If I don't have to get up early the next day, sometimes I top it off with a Gin and Tonic from Santa Manía, Calle Dublín, 9, 28232 Las Rozas, who also brew their gin at the premises with all-natural ingredients. I love having such quality local products close by.

CHESTER GLADUE

My favorite activity to take my visitors is the Teleférico de Madrid. Cable car above river & parks with views of the city & royal palace. With a narrated guide in multi-languages.



ANA MANZO

Sigüenza is not in Madrid but it is my favorite place in the whole world so I wanted to mention it. My father spent his childhood there and now is



the town where my family and I spend all our time whenever we can. Sigüenza is a Medieval town about an hour and half from Madrid and were is located my favorite place. La Alameda Sigüenza Restaurant is the best place to eat tapas in the whole world.

EUGENIA PAGAN LEGAZ

My favorite restaurant is Taberna Bienmesabe, Santa Engracia, 72. It has nice free tapas with your drinks, a great atmosphere after-work and during the weekends, flamenco and other Spanish music inside and on the terrace.



La Virgen Taproom in Las Rozas, where they serve a range of beers brewed on-site.



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# 40% of Spanish have high blood pressure

*AND IT'S PROBLEM THAT INCREASES WITH AGE*

**H**igh blood pressure is one of the most important cardiovascular risk factors. Despite that, and the elevated prevalence, almost 40% of people don't know they are hypertensive, a circumstance due to the fact that the pathology doesn't show symptoms.

That is why, in order to enhance prevention, specialists of the Center of Cardiovascular Diseases HM CIEC recommend to perform regular controls that should be more frequent over the years and thus, control the risk factors.

Currently, four of ten Spanish suffer from high blood pressure, a problem that increase with age and affects three of four parts of the population from the age of 60, especially men. From 75 years old, numbers get equal in both genders. Yet,

Doctor Ana Martín Arnau, a cardiologist from the team led by Doctor Francisco Javier Parra (pictured), chief of the Cardiology Service of HM CIEC, alerts about the increasing level of young hypertension patients, specially men, which affects 15% of people under 30 and gets over 25% of people from 30 to 45.

We estimate that four out of ten people with high blood pressure are not diagnosed. This occurs, principally, in men under 45 years old and this may be because of a lack of symptoms. Nevertheless, Doctor Martín Arnau assures that "there are some signs that can alert about the problem, such as headache, chest pain, dizziness, lack of air and palpitations." In these cases, we always recommend to see a specialist.

Because of the fact that the pathology is very frequent, we don't pay attention to high blood pressure, despite being one of the highest cardiovascular risk factors" explains Doctor Martín Arnau.

It is so important that a high number of cases of angina pectoris, heart attacks, cardiac insufficiency, strokes, renal failures, retine alterations and in the optic nerve, with blurry vision or loss of sight, erectile dysfunction and peripheral vascular disease.

That is why, apart from the symptoms, specialists recommend to measure regularly the blood pressure to dismiss values superior than the normal. It is recommended to perform these tests at least once at adolescence and more frequently from 18 to 20 years old, when risk factors appear such as stress or sedentariness. It is also recommended to measure the blood pressure at different days, because "multiple measures are more accurate and, besides, the first result is normally the higher one", affirms Doctor Martín Arnau. Another option is to record it with an ambulatory blood pressure monitoring which is a tensiometer that measure automatically the blood pressure during 24 hours.

## Preventing hypertension is good for your heart

Prevention is to control risk factors known, such as: keeping a heart-healthy lifestyle, with a low-salt and low-fat diet, limiting alcohol consumption and not smoking, controlling weight and practicing physical exercises regularly. Following this advice can be very useful in treating diagnosed hypertension. "Often, with this first step it is enough, especially when hypertension is minor", says Doctor Martín. If it is not this case, pharmacological treatment is required but always on the base of a healthy lifestyle. Treatment tends to be for life, since once hypertension is controlled, values have to be controlled as specialist of HM CIEC informs.



Doctor Francisco Javier Parra,  
Chief of Cardiology at HM.

## KEY FACTS

- Periodic controls help prevent high blood pressure, one of the most important cardiovascular risk factors
- Specialists of the Integral Center of Cardiovascular Diseases HM CIEC advise that a healthy way of life to reduce risk factors is the key
- 40% of hypertensive people are not aware they are
- The pathology affects specially men under 45

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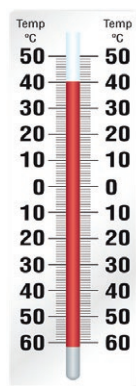
# Avoiding heatstroke

As temperatures soar for the summer months it's worthwhile taking time to look at the downside of too much sun with dehydration, sunburn, skin cancer, heat exhaustion and heatstroke being the main issues we face. Heat stroke is a very serious side-effect of too much sun and last year there were 18 fatalities from it in Spain.

If acted upon in timely manner heatstroke in itself is not a serious problem though it is essential to bring the person's body temperature down as quickly as possible.

The signs that someone is suffering from heat exhaustion include:

- Headache
- Dizziness and confusion
- Loss of appetite and feeling sick
- Excessive sweating and pale, clammy skin
- Cramps in the arms, legs and stomach
- Accelerated pulse or breathing
- Corporal temperature above 38C



- Being very thirsty

If you see these symptoms there are some things you can do

- Move them to the shade or a cool place that has air conditioning
- Lie them on their back and slightly raise their feet
- Get them to drink plenty of water. Sports drinks are OK, but alcohol is no good as it will dehydrate them even more.
- Cool their skin, especially on the wrists where the main arteries are near the surface, with sponges or damp towels

If after 30 minutes the person is still unresponsive, this may be a case of heatstroke and you should look out for the following symptoms.

- They feel hot and dry to the touch
- Even though they are hot, they are not sweating
- Their temperature has risen to above 40C
- Rapidness or shortness of breath

- They start convulsing
- They lose consciousness

You should call an ambulance and put them in the recovering position until it arrives

Preventing heat exhaustion and heatstroke is fairly easy if you follow these simple rules

- Stay out of direct sunlight during the hottest part of the day, usually between 2pm and 6pm
- Drink plenty of fluids, the recommended amount is between 2- 2.5 litres per day
- Take a cool shower or bath during the day
- Wear light-coloured loose-fitting clothing
- Wear a hat
- Sprinkle water on skin or clothes
- Avoid extreme sport
- Avoid excessive alcohol

The most vulnerable to heat exhaustion and heatstroke are the elderly and young children, so it is especially important to keep an eye on them.

Enjoy the summer!

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## Tips to beat depression

BY EVELYN KLAMER

In modern society, 40% of us go through at least one period of depression or anxiety during our lives. Here are a few suggestions to find relief if you're going through a depression yourself:

**1: Don't struggle against it.** The first and probably most important thing you can do is not to panic and fight against what's going on. The less you struggle the faster you'll get out of it.

**2: Create a list.** Write down all the things you can do that make you feel better, like meditation, painting, calling a friend, getting a massage. Try to do as many things

as possible that make you feel good.

**3: Ground yourself.** Dancing is the fastest way to get into your body. Even though you don't feel like it, put some tribal music on and dance bare feet for at least 15 min.

**4: Keep life simple.** If you feel anxious, do the following security check: Ask yourself: Do I have shelter? Do I have food? Do I have love? Everything else can wait. This is not a moment to think of the future

**5: Journal.** Every time you feel there's too much noise in your head. Give yourself 10-15 min 'brain dump'. Just write down everything that comes up for you without judging it or even reading it afterwards.

**6: Spend time in nature.** Sit under a tree or go for a long walk as often as you can – even if it's just in a park.

**7: Seek help.** Don't hesitate to look for help. – You don't have to get through it on your own.

*Evelyn Klamer is a dance and movement therapist who runs retreats and workshops to nourish your soul. For info visit [www.facebook.com/evelyn.klamer](http://www.facebook.com/evelyn.klamer) or [evelynklamer.com](http://evelynklamer.com). Join the love tribe!*

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