



## The heat of small things

Joan Barril

The act of eating can be simply nutritional or mere pleasure. That's the difference between biology and civilisation, or, what amounts to the same thing, all those aspects that set human beings apart from other animal species. The human race boasts about its ability to do things for its body just because it wants to, and with good reason. That's why you'll find us propping up the bar and having a drink without needing to be thirsty, or expending a great deal of energy on seduction techniques so we can have sex without there being any external circumstances forcing us to do so. The act of eating is no exception, particularly in this world of abundance. We have established set times for the consumption of food. But we have also built a set of rules and trades around food that make life easier for the diner and transform the act of eating into a small celebration: waiters, kitchen boys, maître d's and great chefs, as well as the compilers of recipe books and researchers into our grandmothers' time-honoured cuisines have elevated the act of cooking to a relatively modern science known as "gastronomy". The leading experts in raw

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## **FÀBRICA MORITZ**

*Barcelona's brewery*

Since the middle of 2012, Fàbrica Moritz has been a temple dedicated to the worship of beer, a gastronomic, cultural and recreational hub and one of Europe's largest microbreweries. It also has a concept store with a Triticum bakery, a newsstand, a stall selling fresh, unpasteurised beer and a section with designer objects. They are all housed inside a vast, spectacular space that was home to the original Moritz brewery. Moritz first opened in 1864 and the building has undergone a major refit undertaken by the prestigious architect Jean Nouvel to mark this new chapter in its history.

And because everything here is large in scale – from the opening times (the Fàbrica Moritz opens from 6am to 3am) to the beautiful metal-clad bar which is 26 m long, the backlit panels with the brand logo and the gigantic copper stills which work endlessly to produce the fresh beer – you'll find a menu featuring more than 300 dishes.



Jordi Vilà at Fàbrica Moritz

The chef Jordi Vilà (who earned one Michelin star at his restaurant Alkimia) is at the helm and has opted for a cuisine that brings together regions as far apart as Catalonia and Alsace (the homeland of the brewery founder Louis Moritz) and also includes typical Andalusian fried platters, Galician-style seafood, German sausages and cold cuts, and French-style *cocottes*. A magnificent culinary panorama where you'll be spoiled for choice, although here are a few suggestions: battered monkfish with tartare sauce served on a bed of chicory; octopus; crisp-fried squid rings; crunchy ham croquettes; spicy bravas "from round here"; mini frankfurter made from artisan *Nürnberger* sausage; *coca de recapte* flatbread topped with grilled vegetables and a baby sardine in olive oil; *Flammkuchen* (a traditional Alsatian fine pizza base with a variety of toppings); sauerkraut with artisan sausages; and poussin à la Moritz with chips.

And, of course, because Jordi Vilà began his career at the age of 15 at the Baixas patisserie and was named top pastry chef in 2006, you'll have to leave room for his *bunyols de l'Empordà* (anise-flavoured sugar-coated fritters), the crème brûlée, the peach gazpacho with yoghurt and orange, and the dark chocolate fondant pot. And to drink, although there are many other options – the Fàbrica Moritz has an excellent cellar with 400 types of wine and a special selection of French and Alsatian wines – don't miss out on the opportunity to sample some of the fresh, unpasteurised beers from the microbrewery. Fàbrica Moritz: beer-inspired dishes at "the place to beer"!

**FÀBRICA MORITZ**  
Ronda de Sant Antoni, 39 ► Route 6



CATALAN AND ALSATIAN  
CUISINE AT EUROPE'S LARGEST  
MICROBREWERY, THE FORMER  
PREMISES OF THE ORIGINAL  
MORITZ BREWERY (1864)  
REMODELLED BY JEAN NOUVEL.



## EL TOMÁS DE SARRIÀ

*Barcelona's patatas bravas*

In Barcelona, El Tomás is synonymous with the fried potato chunks known as *patatas bravas*. El Tomás has stood on the main street in the district of Sarrià since 1919 although the current bar stands opposite the original premises and dates from 1956. It has the same bar, windows and furnishings from the time. During its first half century, El Tomás was a typical neighbourhood bodega that sold wine from the barrel, fizzy drinks, beers and soft drinks and a place where you could also have a tinned tapa.

In the early 1970s, the owners, who hail from Aragon, began to serve *patatas bravas*. They enjoyed spectacular success and their fame spread beyond the bar to the rest of the city and the whole country. Today, the *patatas bravas* at El Tomás are world famous.



Estevet at the entrance to El Xampanyet

Following a number of years in the doldrums after the market had moved to the outskirts of the city, El Born has become one of Barcelona's coolest neighbourhoods. It is the area most visited by tourists and visitors of all kinds due to its first-rate cultural attractions (headed by the Museu Picasso and Born Centre Cultural), and a whole host of fashion and designer boutiques run by independent designers from throughout Europe, together with countless restaurants and nighttime bars which have superseded the traditional shops.

Ca l'Esteve has withstood all these changes and its fame has crossed borders. What is the key? To remain true to its style – a typical 1940s' multicoloured, chaotic décor, with mosaic-clad walls, dozens of traditional objects, wine barrels and marble-topped tables with an iron base – and produce: excellent tinned tapas, sausages and cold cuts and salted meat and fish, with particular mention going to the anchovies, which are perhaps the best in the city. Well, there has been a change. The sign above the door has given pride of place to its star drink: *xampanyet*, a sparkling white wine.

Although it may be packed to overflowing, don't hesitate to step inside (the service is fast and efficient and you'll soon find room) and order some of the excellent Cantabrian anchovies (kept in brine in barrels for more than a year, then rinsed and seasoned to perfection with the secret house dressing), the clams, the cockles, the white tuna belly, the mussels in an escabeche pickle and small platters of Iberico cured sausage.

And to drink, you've got to order a glass of *xampanyet*, of course, although if you prefer you can have the house vermouth or a small hand-pulled Estrella Damm beer. El Xampanyet, the most popular place in El Born!

**EL XAMPANYET - CA L'ESTEVE**  
Carrer de Montcada, 22 ► Route 2



EL XAMPANYET, KNOWN TO LOCALS AS CA L'ESTEVE, PROBABLY SERVES THE BEST ANCHOVIES IN BARCELONA.



## TAKTIKA BERRI

*From the frying pan to the bar*

You can eat some of the finest and tastiest Sant Sebastian-style canapés – *pintxos* – in Barcelona, a city where this way of eating tapas was almost unheard of until the Fernández-Erdocia family decided to leave San Sebastian and reinvent themselves – economically speaking, of course – in the Catalan capital almost two decades ago.

Their gastronomic credentials, consistent with the excellent Basque tradition, leave no room for doubt about the authenticity and quality of their *pintxos*. Julián Fernández learned to cook at one of the foremost gastronomic associations in San Sebastián – Amaiak-bat and Gaztelubide – and is still a member. His mother, Alejandra Mendiburu, discovered the best-kept secrets of Basque cuisine in the kitchen of the farmhouse where she grew up. Julián's wife, Carmen Erdocia, who is the brains behind the success of Taktika Berri, has had the good fortune to have them both as her teachers.

## VEGETABLES

- 100 Fried artichokes
- 102 Roasted vegetable salad
- 104 Tomato, spring onion and tuna belly salad
- 106 Catalan-style broad beans
- 108 Porcini mushroom croquettes
- 110 Russian salad
- 112 Potato and onion omelette
- 114 Fried potato chunks with a spicy tomato sauce

## FISH

- 116 Black rice
- 118 Salt cod fritters
- 120 Fried whitebait
- 122 Chargrilled sardines with garlic and parsley
- 124 Battered squid rings
- 126 Mackerel in an escabeche pickle
- 128 Battered monkfish and artichoke skewers
- 130 Catalan-style salt cod
- 132 Raw cod salad
- 134 Red mullet with tomato and caper salsa
- 136 Tuna cube with tomato confit

## SHELLFISH

- 138 Tellin clams with garlic and parsley
- 140 Griddled razor clams with lemon oil
- 142 Small prawns with garlic and parsley
- 144 Spicy mussels with tomato
- 146 Clams with haricot beans and white wine
- 148 Potato and lobster slice with salsa verde
- 150 King prawns in tempura batter with romesco sauce and curly endive
- 152 Octopus in a vinaigrette dressing
- 154 Baby cuttlefish with peas

## MEAT

- 156 Morcilla onion sausage with chickpeas
- 158 "Cap i pota"
- 160 Cuttlefish with meatballs
- 162 Fricandeau with wild mushrooms
- 164 Giant spicy potato croquettes
- 166 Ham with tomato-rubbed bread

## DESSERTS

- 168 Mandarin sorbet
- 170 Crema catalana
- 172 Lent fritters with almond and orange
- 174 Confectioner's custard and raspberry millefeuille
- 176 Bread with chocolate and extra virgin olive oil
- 178 Curd cheese with jam or honey





## ROASTED VEGETABLE SALAD

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50 min | serves 4

1 red bell pepper / 1 aubergine / 1 onion / ½ garlic clove / 8 anchovies / 8 slices of bread / 4 spoonfuls extra virgin olive oil / salt

**1** Wash the pepper and aubergine and place on a baking tray together with the whole onion. Bake in a pre-heated oven at 200 °C for 35-40 minutes until the vegetables are tender. The vegetables can be barbecued instead to add extra flavour.

**2** Leave the vegetables to cool, peel them and remove the seeds from the pepper. Cut them into strips, lightly salt and keep to one side on a plate.

**3** Toast the bread and rub with a little garlic. Place the vegetables and anchovies on top and drizzle with olive oil.



## POTATO AND ONION OMELETTE

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35 min | serves 4

4 eggs / 3 potatoes (650 g) / 1 large onion (200 g) / 150 ml olive oil / salt

**1** Peel and slice the potatoes. Peel and slice the onions into fine strips.

**2** Heat the oil in a frying pan and fry the onion for a couple of minutes. Add the potato and cook on a medium heat for 15-20 minutes until the potato is tender and slightly golden. Remove with a slotted spoon and drain.

**3** Break the eggs into a bowl, beat and add the potato and onion and ½ teaspoon of salt. Heat a spoonful of oil in a 20 cm diameter non-stick frying pan and pour in the egg and potato mixture. Lower the heat and cook the omelette for 2 minutes. Flip it over using a plate, return it to the pan and cook for a further 2 minutes.

**4** Remove, leave to cool slightly and serve with bread rubbed with tomato, a pinch of salt and a drizzle of olive oil.



## SALT COD FRITTERS

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45 min | serves 4

150 g shredded salt cod / 250 ml milk / 100 g butter / 150 g flour / 4 eggs / 2 garlic cloves / 2 spoonfuls chopped parsley / salt

**1** Rinse the cod thoroughly, finely shred, rinse again and leave to soak for 1 hour, changing the water every so often.

**2** Meanwhile, heat the milk, butter and a pinch of salt. Once it starts to boil, reduce the heat, add the flour in one go and stir vigorously with a wooden spoon.

**3** When the paste has thickened and begins to stick to the sides of the pan, remove from the heat and stir for a few minutes to allow it to cool.

**4** Once cooled slightly, add the eggs one by one, beating with a whisk (an electric whisk is preferable) making sure that each one is blended before you add the next.

**5** Add the chopped garlic and the cod, first checking that it isn't too salty. Blend well, add the parsley and mix together. Place balls of the mixture into hot oil and allow them to puff up. Remove the fritters

once golden, drain on kitchen paper and serve hot.

The oil should be moderately hot. If it is too hot, the fritters may be raw in the middle even though they are golden brown on the outside. Test the first batch and reduce the temperature of the oil accordingly.



## CURD CHEESE WITH JAM OR HONEY

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5 min | serves 4

4 slices of fresh curd cheese / 4 spoonfuls honey / 30 g pine nuts

**1** Spread the pine nuts out on an oven tray and bake in a preheated oven at 200 °C for 5-6 minutes. They can also be toasted in a frying pan without adding anything and stirring occasionally.

**2** Divide the curd cheese between the plates. Drizzle over a generous spoonful of honey and finish off with the pine nuts.

It is also traditional to serve the cheese with other dried fruit and nuts such as walnuts, hazelnuts, and raisins.



- 182 **BARCELONETA**
- 183 **BORN**
- 184 **GÒTIC**
- 185 **RAVAL**
- 186 **POBLE-SEC**
- 187 **SANT ANTONI**
- 188 **ESQUERRA DE L'EIXAMPLE**
- 189 **DRETA DE L'EIXAMPLE**
- 190 **GRÀCIA**
- 191 **SANT MARTÍ**





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## BARCELONETA

- 1 **Can Paixano** Carrer de la Reina Cristina, 7
- 2 **El Magatzem** Plaça de Pau Vila, 1
- 3 **El Vaso de Oro** Carrer de Balboa, 6
- 4 **Bar Bitàcora** Carrer de Balboa, 1
- 5 **Jai-Ca** Carrer de Ginebra, 13
- 6 **Can Maño** Carrer del Baluard, 12
- 7 **La Bombeta** Carrer de la Maquinista, 3
- 8 **La Cova Fumada** Carrer del Baluard, 56 (p. 70)
- 9 **Bar Electricitat** Carrer de Sant Carles, 15
- 10 **Bar Cal Papi** Carrer de l'Atlàntida, 65
- 11 **La Blanca** Carrer de Pontevedra, 25
- 12 **La Guingueta de la Barceloneta** Platja Sant Miquel, s/n
- 13 **Barraca** Passeig Marítim de la Barceloneta, 1
- 14 **Tapa Tapa** Moll d'Espanya, s/n (Maremagnum)



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## BORN

- 1 **Mundial Bar** Plaça de Sant Agustí Vell, 1 (p. 54)
- 2 **Bar Alastruey** Carrer dels Mercaders, 24
- 3 **Bar del Pla** Carrer de Montcada, 2
- 4 **Taller de Tapas** Carrer de l'Argenteria, 51
- 5 **El Xampanyet** Carrer de Montcada, 22 (p. 66)
- 6 **Tapeo** Carrer de Montcada, 29
- 7 **Euskal Etxea** Placeta de Montcada, 1-3
- 8 **Mercat Princesa** Carrer dels Flassaders, 21
- 9 **Bormuth** Carrer del Rec, 31
- 10 **La Vinya del Senyor** Plaça de Santa Maria, 5 (p. 46)
- 11 **Cal Pep** Plaça de les Olles, 8
- 12 **Lonja de Tapas** Pla del Palau, 7
- 13 **Ten's** Carrer del Rec, 79 (p. 38)
- 14 **Txacolin** Av. Marquès de l'Argentera, 19