



马德里美食不思议

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作为欧洲南部最大的城市，西班牙首都马德里虽然历史悠久不如伦敦，繁华富庶不比巴黎，甚至当它安静地伫立在伊比利亚半岛时，也常常引不起太多旅行者的注意。但是，当真正深入这座城市后，从古典与现代交融的环境里，涌现的是足球文化、斗牛文化等融合和谐的艺术气质。尤其值得一提的是，当这些艺术气质搭配上迷醉味蕾的西班牙美食后，带来的是蔡依林歌词里的“马德里，不思议”的迷离体验。





伊比利亚半岛美食汇

就像马德里这座城市的包容一样，这里的美食也融合了伊比利亚半岛多样的烹饪风格，丰富而多味，呈现出清新、新鲜、颜色丰富的特点。此外，由于这里三面环海，海鲜也是当地人擅长烹饪的菜肴，而气候的影响，又让这里的饮食呈现典型的地中海餐饮特征：喜用橄榄油、番茄、鱼类、大蒜等，煎炸类食物占据烹饪方式“半壁江山”，海鲜烩饭、伊比利亚火腿等美食成为其典型代表而享誉全球。

马德里肉汤（cocido madrileño），一种用火将豌豆、红萝卜、芹菜、土豆、甘蓝菜等蔬菜与牛肉、猪肉等杂肉一同焖煮而成的多汁菜肴，口味鲜美，营养丰富，是马德里的最知名菜肴之一，也是最值得品尝的“主厨推荐”。此外，能代表马德里味道的另一道代表菜牛肚（callos），盛名于马德里各大知名餐厅。

同时，大蒜浓汤（sopa de ajo）、蜗牛餐（caracoles）、土豆煎蛋饼（tortilla de patatas）、烤海鲷（besugo al horno）等马德里的知名菜肴，也都是当地口碑甚好的代表菜品。尤其值得一提的是，鲑鱼在马德里菜肴中的地位非常高，它几乎是每道菜中必不可少的佐料。

也许西班牙人慵懒闲适的生活作风，缘于温暖湿润的地中海气候浸润，但换个角度，这种恬淡的心理状态，其实何尝不是一种享受生活的态度。

在美味中品尝传统和时尚

很多西班牙大厨选择在马德里开餐厅，让马德里的美食百味汇聚，也从另一个角度彰显了马德里这座城市包容并蓄的风格。在马德里，米其林高端大厨David Muñoz, Ramón Freixa 和 Sergi Arola都开有自己的门店，不但展示了精致的米其林大餐，也让人能体会到整体餐厅的“马德里氛围”。

除了时尚现代的米其林大餐，在马德里还有传统古典的美食小吃，其代表就是圣米盖尔市场。在今天，因为其浓郁的文化氛围，圣米盖尔市场已被当地宣布为文化景点，成为马德里市内最时尚的空间之一。这里能吃能逛，汇聚了来自各地的美





食爱好者，汇聚了来自各地的美味餐饮：La Casa del Bacalao的传统腌鳕鱼、La Boucherie的欧洲肉品、Il Pastaio的新鲜面食、Jugosa的水果汁、Horno San Onofre的甜点……这些美味的各色食材、餐品，组成了这个让人难忘的市场。

除了传统的圣米盖尔市场，在马德里还有一家算得上西班牙“老字号”的餐厅：波丁餐厅（Sobrino de Botín）。这家餐厅建于1725年，是世界上历史最悠久的餐馆之一，在诸如海明威的《太阳照常升起》、弗雷德里克·福赛思的《眼镜蛇》等关于马德里的小说里，都能发现它的踪影。波丁餐厅主营西班牙传统菜系，至今使用的仍然是当年开业时用的木烤炉，别有一番原始风情，其招牌菜是烤乳猪、烤羊肉等，值得一去。

除了波丁餐厅外，在马德里还有一家代表性的餐厅：Viridiana餐厅。

今天，Abraham García的名字似乎已成为品质保证，由Abraham大厨开的这间有30多年历史的Viridiana餐厅也不例外。这里的菜式融合了西班牙本土和国际范的风格，餐厅内是斗牛和Viridiana同名电影的主题装饰，典雅幽静，传统食材在大厨的精心烹制下，演绎中欧洲菜系、地中海菜系、西班牙传统菜

系、现代菜系等多国风情，风味别具。

特色小吃点亮街头美食

当然，除了特色美食和传统餐厅外，去到一个地方旅游，街头巷尾的小吃必不可少，因为这种看起来不起眼的食物，往往最接地气，也最能反映出一座城市的味道。在马德里，Tapas就是这样的代表。

Tapas在西语里有“盖住”的意思。据说旧时西班牙餐厅酒吧给客人上酒时，会将遮挡物盖到杯子上，美观的同时还能防止酒被弄脏。久而久之，这碟盖住杯子的小菜成了一种独立的小吃，并发展成样式繁多的美食文化，成为西班牙酒吧里不可或缺的下酒小食。

初次见到这种西班牙风味的特色小吃，你会觉得它像极了日本的“寿司”，因此也有人直接称其为“西班牙寿司”。不过，和日本寿司中放米饭不同，Tapas把米饭换成了面包，同时根据地中海的饮食习惯，把寿司上的生鱼片换成了不同食材。

Madrid: Culinary Delights

Text: Yingying Pictures: Quanjing

Madrid, the capital city of Spain, is the largest metropolis in southern Europe. It is not as legendary as London when it comes to history, nor is it as famed as Paris when it comes to wealth. As a matter of fact, this Iberian city is often overlooked by travellers to Europe. However, once you get to know it, you will discover the special charms of Madrid, both ancient and modern, both sedate and vibrant. After its fine arts, its soccer stars and toreadors, one thing about Madrid that you simply must experience is its fine dining.





A Smorgasbord of Iberian Cuisines

Every style of Iberian regional cooking finds a place in Madrid, making the city one of the richest gastronomic capitals of Europe. Food in this city is diverse, fresh, loaded with tastes and rich in colours. Seafood is a local specialty, due to Spain's proximity to the sea. The Mediterranean cooking style finds its fullest expression here, featuring ingredients such as olive oil, tomato, fish and garlic. A major cooking method is frying. The whole world knows seafood paella and jamón ibérico, but there is much more to explore about Spanish gastronomy.

Cocido madrileño is a traditional chickpea-based stew prepared with beef or



pork with additional potatoes, cabbage, celery, turnips, green beans and a few other vegetables. It is a most famous hearty dish from Madrid, a must-try for visitors. Another traditional dish of Madrid is callos, a stew that contains beef tripe and chickpeas, blood sausages and bell peppers.

Other representative dishes are sopa de ajo (garlic soup), caracoles (snails), tortilla de patatas (potato omelette), and besugo al horno (baked sea bream). It's worth mentioning that cod seems to occupy a special status in Spanish cuisine. You can find it in many dishes on the dining table.

Many visitors may notice life carries on at a slower pace in Spain, perhaps an influence of the warm and relaxing Mediterranean climate. This laid-back lifestyle is perhaps exactly what we all need to live life to the full.



A Fusion of Tradition and Fashion

Many Spanish celebrity chefs choose to open restaurants in Madrid, adding to the glamour of this gastronomical capital city. Celebrity chefs, David Muñoz, Ramón Freixa and Sergi Arola, all have their own Michelin starred restaurants, offering both star awarded dishes and great dining atmospheres.

For a more traditional taste, head for the Market of San Miguel in central Madrid. It's not only a traditional grocery market, but also a trendy location for gourmet food, a great place for both food sampling and shopping. The vendors sell a wide variety of delicacies: preserved cod from La Casa del Bacalao, processed meat from La Boucherie, fresh pasta from Il Pastaio, fruit juice from Jugosa, baked

desserts from *Homo San Onofre* ... You'll find it a truly ideal place for leisure both during the day and by night.

After the Market of San Miguel, you must also visit the oldest restaurant in the world according to the Guinness Book of Records, *Restaurante Sobrino de Botín*, founded in 1725. The restaurant also appeared in many novels about Madrid, most notably Hemingway's *The Sun Also Rises*, and Frederick Forsyth's *Icon and the Cobra*. The secret of its power of longevity remains in its fine *cochinillo asado* (roast suckling pig) and *cerdo asado* (roast lamb).

Another favourite restaurant of Madrid is *Restaurante Viridiana*. It was founded by celebrity Chef Abraham García more than 30 years ago as a tribute to the great 1961 film, *Viridiana*. The restaurant features an imaginative menu of fusion dishes, clearly influenced by multiple Mediterranean countries, but still respectful of basic Spanish cooking. The internal décor produces an elegant and intimate ambience. Chef Abraham has created a perfect combination of traditional Spanish ingredients with a diversity of cooking styles: central European, Mediterranean, traditional Spanish and modern fusion.

Tapas Bars

After all the special restaurants, you must also try local street food. What truly represent a city's characteristic tastes are very often its humble street bites. In Madrid, they are the Tapas.

"Tapas" originally involved empty plates. Legend has it that, back in the old days, bartenders in Seville would cover - or *tapar* - wine glasses with a small plate in order to protect the drink from fruit flies. Later on they began to place a simple slice of food on top of the plate. These plates developed into small dishes of varying tapas, and became the hallmark of Spanish bar food.

If you see tapas for the first time, you might think it resembles Japanese sushi. As a matter of fact, some people do call it "Spanish sushi". The difference, however, is that, instead of rice, tapas has bread, and it replaces raw fish with different ingredients of the Mediterranean style.

