



805 Long Pond Road, Wellfleet, MA 02667 USA

Tel. 508.349.9769

Fax 508.349.9765

FOR IMMEDIATE RELEASE

Beyond the Boquería: Barcelona's Top Shops for Cooks

CONTACT:

Teresa Parker
Director, Spanish Journeys
teresa@spanishjourneys.com
m: 917-363-0339
www.spanishjourneys.com

Wellfleet, Mass., November 20, 2007: Barcelona's Boqueria market has become a mecca for food-gawkers from around the world. "It is spectacular," says Teresa Parker, who leads food tours of the Catalan region, "but if the Boquería is the only market you see you're missing out."

"Every neighborhood in the city has its market," Parker explains. "Some are beautiful, and most are amazingly well-stocked," though with fewer imported goods than the Boquería vendors carry, she adds. And they are much friendlier to roam than the increasingly tourist-crowded stalls of the Boquería.

Parker urges visitors to poke into smaller shops, too, because, she says, "they tell a story about what ingredients are most prized locally." And you're more likely to get the chance to chat with shopkeepers about their wares. "Catalans can be a little taciturn," she advises, "but ask for a little culinary advice and you'll likely find yourself nibbling tastes or snagging a recipe."

People can happily discover Gaudí and Barcelona's other cultural highlights on their own, Parker has decided. When she guides people in the city, she puts the harder-to-find markets and shops in the limelight. Some of her favorites:

- Mercat de la Concepció (C/Aragó 313-317) is down the street from Gaudí's Casa Batlló. It's a wrought-iron classic built in 1888 and beautifully integrated with a modern-day supermarket below.
- Mantequeria Can Ravell (C/Aragó 313) is the Eixample neighborhood's top cheese, cured meats, and luxury specialties purveyor. Taste at the marble table or feast in the restaurant upstairs.
- Cacao Sampaka (C/Consell de Cent 292). Albert Adrià, chef Ferran's brother, raised eyebrows with his wild flavors, but the chocolate here is Barcelona's best. Research it yourself: at this Eixample location you can order a bonbon tasting.
- Formatgeria de la Seu (C/La Daguería 16), in the Barri Gotic, is a tiny, artisanal-Spanish-only cheese shop run by Katherine McLaughlin a Scots ex-pat. Don't miss her cheese ice creams.
- Herboristeria del Rei (C/Vidre 1, off Plaça Reial), has been a fine source for herbs, honeys, and saffron since 1860. Check out the marble fountain where they used to stock leeches.
- Casa del Bacalao (C/Comtal 8), sells top-quality house-salted cod including thick, white loin pieces, unlike any you'll find in the U.S
- Vila Viniteca (C/Agullers 7, in the Ribera). Young owners have turned their family corner store into a trove of fabulously curated cheese, cured meat, and wine. There are regularly scheduled tastings.
- Targa (Pla de Palau 5-6, in the Ribera), sells restaurant and retail cooking equipment including clay casseroles, oil pitchers, and paellas of every size.

Food lovers can visit these shops with Parker on her next Cooking in Barcelona program, May 18-23, 2008.

Cooking in Barcelona includes:

- Three hands-on cooking classes with local chefs;
- Two walking tours featuring the culinary highlights of Barcelona, its famous Boquería market, and other great food shops;





- Tastings of cheeses, chocolates, and other Catalan specialties;
- A day of touring wineries and tasting artisanal cava and biodynamic reds;
- Three lunches and three dinners, both traditional and innovative;
- Selected wines paired with all meals;
- Gratuities at restaurant meals;
- Personalized assistance choosing lodging to suit your taste and budget;
- Insider background information and tips on enjoying some free time in Barcelona;
- Travel medical insurance, MedEx TravMed Abroad.

The course fee is \$2995 per person. Limited to 14 participants. Travelers must book and pay for their own air tickets and lodging. The workshop starts and ends in Barcelona.

Spanish Journeys offers intimate culinary tours in Catalonia and Barcelona. Trips are led by company director Teresa Parker, who is bilingual and earned a chef's diploma in Barcelona. Parker also offers custom plans for independent travelers visiting the region.

For more information about this or other Spanish Journeys itineraries, contact Teresa Parker at teresa@spanishjourneys.com, or by mobile phone at 917-363-0339.

