



FOOD DESTINATIONS

TEMPTING TAPAS IN BARCELONA

By Julie Creasey



There's no better way to cap off an amazing time sightseeing, than with a tapas supper. Walking into any tapas restaurant in Barcelona, you'll see locals and tourists taking advantage of a perfect setting for savouring great conversation, drinks and a host of tastes and textures.

The entrance of most tapas restaurants features a glass counter where chefs assemble an array of tempting snacks and patrons at the bar enjoy the action. Glistening shrimp, crusty baguettes, briny olives and thinly shaved cured meats are all waiting to be served.

As your mouth starts watering, the extensive menu options can seem both exciting and overwhelming. Not to worry. The point of tapas is to take leisurely enjoy several courses. You'll have plenty of time to share a variety of snacks while the drinks and conversation flow.

For menu items, you can't go wrong with a selection of traditional food and house specialities. You'll find both Catalan dishes and food inspired by other regions of Spain. There's usually a mixture of lighter and heavier items. You'll also find plenty of options for those with food restrictions.

Classic tapas items include :

Pan con tomate (top left): a simple yet surprisingly satisfying toasted, crusty baguette covered with olive oil and fresh tomatoes. Something about this combination just tastes better in Barcelona (take it from one who's tried to re-create the experience at home).

Patatas bravas: akin to home fries, these small potatoes are deep fried in olive oil and served with aioli (garlic mayonnaise sauce) and a spicy "brava" sauce.

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