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BRITISH EDUCATION WITH MONTESSORI PEDAGOGY
FROM 3 TO 18 YEARS OLD

COGNITA



Welcome to our autumn edition...

We return to work and the new normality of our daily lives. In this issue we have a fascinating piece written by celebrated American writer Peter Besas on the fallen angels of Madrid. Super chef Catalina Brennan offers us the best paella recipe around. Melissa Dura encounters the iron discipline of Spain's royal guard and we have a wonderful book reader offer for those aficionados of Spanish food and its evolution over the last two millennium.

We hope you enjoy reading our publication.

Madrid Metropolitan Team

Olaf Clayton

*Olaf Clayton,
Publisher*

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

Who's writing this month?

Aly Farmer

I came to Spain as a language student and have enjoyed living and working in many regions of this wonderful country for many years. The diverse cultures, cuisine and landscapes have given me many years of interesting journeys and enjoyment. My interest in health has turned out to be my forte and I enjoy learning and helping people who want to adopt a holistic approach to health and wellness.



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.



Catalina Brennan

Born in Madrid, a true acuarian and tireless traveler. I have trained in the kitchens of the world and in the Basque Culinary Center. My cooking is international and full of contrasts and flavours. I love the closeness of dealing with the client and the instant feedback offered by cookery workshops, showcooking and working as a personal Chef. My life philosophy is that of Japanese "Kaizen", (continuous improvement) which makes me unable to keep still. My latest project is the "Travelling foodies Club" www.clubdefoodiesviajeros.com



Cover photo: Lana Yasmin at the Crystal Palace. The picture is just one of many amazing photos featured on her Instagram feed. Follow her adventures at [#lanastravels](https://www.instagram.com/lanastravels).

MADRID METROPOLITAN

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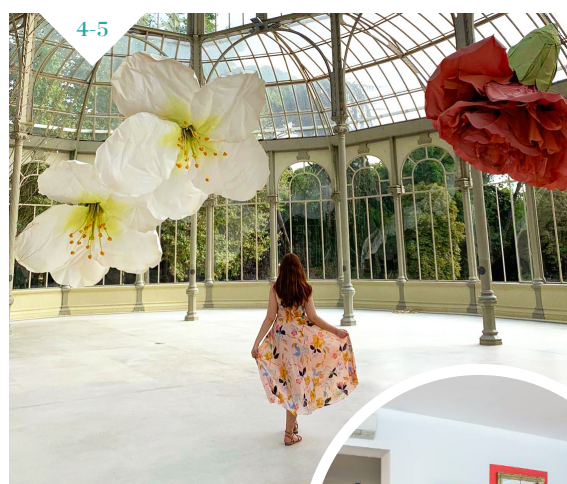
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Madrid Crystal Palace

Petrit Halilaj Exhibition

The Crystal Palace situated in Retiro Park hosts this extraordinary exhibition organised by the Reina Sofia Museum of the Kosovan artist Petrit Halilaj.

The renowned artista has exhibited in museums and art centres across the world including the Fondazione Merz, the New Museum, the HangarBicocca and the Bundeskunsthalle, **and is presenting his latest work in Madrid.**

Halilaj's work closely mirrors his own life including Kosovo's recent history and the consequences of the political, religious and cultural tensions in the Balkans region.

Halilaj brings to life his own memories from his childhood. He aims to dissect notions like home, nation and cultural identity, translating this subjective experience into visual forms which invite reflection on the global situation that intersects, dissipates and shatters societies and their cultures.





His personal experiences and circumstances form a pretext for striking up new private and joint stories, which develop into complex and ambitious installations always in dialogue with the space accommodating them.

FREE ENTRY

www.museoreinasofia.es/exposiciones/petrit-halilaj



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EDUCATION AFTER COVID

The impact COVID-19 has had on education, and especially online education, is undeniable. In a matter of days, we witnessed the biggest distance learning experiment in history. Teachers around the world digitised their content and changed their whole class dynamic in just a few days, something that takes months of full-time work in a normal setting.

Hastings School, a prestigious British School in the city of Madrid, gives us a first-hand account of the momentum caught by distance learning during the months of the lockdown, and how the future of education is tending even more towards this new educational model which coordinates and combines on-site and on-line learning.

On-line learning is playing a fundamental role in education and its success is unquestionable, demonstrating that it can cover certain aspects of on-site learning. Even so, Hastings considers that there still exist certain critical areas of on-site education that cannot be replaced for various reasons. First, for smaller children the ability to work independently is much more limited. Secondly, for all young people face-to-face human interaction is irreplaceable when it comes to the subtleties of education: sensing when a student does not understand, motivating students, generating excitement and a sense of buzz. Thirdly, interaction is vital for both student and teacher well-being. And we must not forget that the children with most disadvantages are those most prejudiced by not being on-site in the schools.



Technology was already changing before the lockdown was declared but the change has been accelerated and will play a fundamental role in many educational aspects.

Learning will more become personalized as the software programmes become more sophisticated. At Hastings School both Primary and Secondary students are already using Artificial Intelligence which gets to “know” the student and target questions at the appropriate level. As the students get better the questions get more difficult. The pupils can access these materials after class to review them and make sure they have understood. And finally, the pupils can also access an incredible range of resources: for example, they can try out different environments, experimenting what it would be like to be in the Amazon Rainforest or Pompeii, using virtual reality.

So much of what a teacher does is not simply delivering material but involves getting to know students, understanding what motivates them, boosting their confidence, challenging them etc. So, we must not overstate the level of change. Teachers will undoubtedly harness technology effectively, but much will not change.

Neil Tetley, the Principal of Hastings School, assures us that the key question in education has to remain “What makes great teaching and learning?” and then a subsequent question is “How do we harness technology to help us achieve great teaching and learning?”. Technology in itself is not the answer, but it offers amazing opportunities for us to drive forward education in exciting new directions.

COGNITA

An inspiring world of education

FALLEN ANGEL

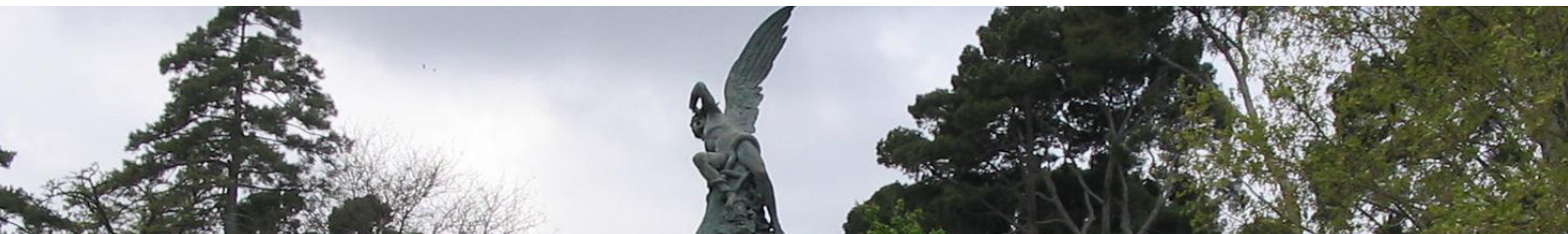
Author of Hidden Madrid, Peter Besas Goes In Search Of Madrid's Fallen Angels.



If you walk to the large circular intersection of the Paseo del Duque de Fernán Núñez and the Paseo de Cuba in the Retiro (entry through the Puerta del Ángel Caído, on the Avenida de Alfonso XII), you'll come to what is thought to be the only artistic statue in the world representing Lucifer, a.k.a. the Fallen Angel. In Milton's *Paradise Lost*, Lucifer was one of the chief angels in Heaven, the "light bearer", whose pride and envy caused him to rebel against God and to be thrown out of Heaven into Hell.

The strikingly dramatic sculpture in the park was fashioned by Ricardo Bellver (1845-1924) while he lived in Rome, and won for him a Medal, First Class, in the National Fine Arts Exhibit held in Madrid in 1878. The statue was then cast in bronze and presented at the Universal Exhibit in Paris that same year, causing much comment and arousing great enthusiasm from critics and admirers.

At around this time, the Duke of Fernán Núñez, who had raised financing to lay out sections of the park for horse and buggy traffic, decided to purchase the statue and give it a place of honor in a crossroads he was constructing in the Retiro.



However, as the statue was about to be erected, controversy arose, since to many, especially religious folk, it was unthinkable that a monument to Lucifer (or "Luzbell", as he is many times referred to) be placed in a public park. But Fernán Núñez managed to convince the public and the authorities that the statue should be erected, in view of its masterful artistic workmanship and also as a reminder and metaphor of the fate that may await those showing excessive pride.

The Fallen Angel was finally mounted on a huge pedestal and surrounded by a fountain with eight jets of water issuing from gargoyle-like heads, designed by José Urioste. It was unveiled in 1885 doubtlessly for a while becoming the talk of the town due to its subject matter and striking execution.

Of the public statues in Madrid, this is one that is worth making a detour for. Lucifer is depicted as a winged naked youth, crying out in agony as his right hand and both legs are entwined by a gigantic seven-headed serpent that is pulling him towards the nether world. Bellver has modeled a number of other public statues in Madrid, such as a Saint Andrew and a Saint Bartholomew, both in the Church of San Francisco el Grande, the coat-of-arms on the façade of the Agricultural Ministry, and the funerary monument to Goya, Menendez Valdes and Donoso Cortés located in the San Isidro Cemetery. But none is as electrifying or popular as The Fallen Angel.

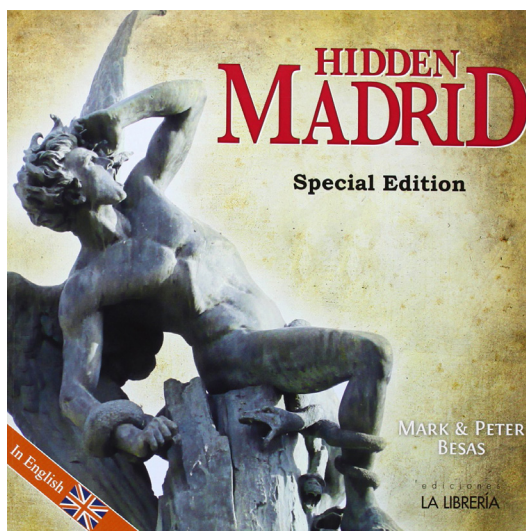
The statue of Lucifer conceals several secrets. For years it has been rumored that it was placed exactly on the spot in the Retiro where its altitude is 666 meters above sea level. Clearly this is surprising and significant, since in the New Testament, in Apocalypse, 666 is the “number of the beast”, usually associated with Satan and the Anti-Christ. Knowing that the average altitude of Madrid is about 650 meters above sea level (as is the case in the Puerta del Sol), the hypothesis did not seem too farfetched.

So we set out to determine the true altitude of the site of the statue using the latest cutting edge technology...meaning, we checked Internet, where, on a world map, you can pick out a specific place and be given the coordinates of the site, along with its altitude. Clicking exactly on the center of the Plaza del Ángel Caído (the site of the fountain), we discovered that it stands at an elevation of 665.424 meters. Even though it isn't 666, the result is surprising.

Another of the statue's secrets is that the serpent that is dragging Lucifer down into the abyss is not your garden variety of serpent. Due to the height of the pedestal on which the statue stands, it is hard to see some of its details, but if you look carefully, perhaps taking a snapshot of it with your mobile phone and then enlarging it, you will see that the snake has seven heads. Why seven? –and it's not the seven deadly sins. Well, in the Bible the number seven usually represents “perfection”, although it can also symbolize “perfect evil” or the culmination of evil, as is the case here.



Also difficult to appreciate from a distance is that the statue bears evidence of having been hit by bullets, probably during the Civil War. The small holes can still be seen on the angel, distributed as follows: two impacts on the back of the right wing; one on the left hip and one on the front of the right wing, near the elbow.



DISCOVER MORE OF THE CAPITAL'S SECRET GEMS

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





Julio Zachrisson. *El circo loco 5*.
© Julio Zachrisson, VEGAP, Madrid, 2020

Julio Zachrisson, un artista entre dos orillas / An Artist in Between Two Shores

Dic / Dec 2020-Dic / Dec 2021

Museo de Arte Contemporáneo

Conde Duque, 9-11. PLAZA DE ESPAÑA / NOVIADO. Tel. (+34) 91 588 59 22. Entrada gratuita / Free entry, Mar-vier / Tues-Fri 10:00-14:00 h & 15:00-21:00 h. Sáb / Sat 10:00-14:00 h & 17:30-21:00 h Dom y fest / Sun & Hols 10:30-14:30 h

Muestra retrospectiva con obra plástica, gráfica y escultórica del artista panameño residente en Madrid.

A retrospective exhibition on the visual art, graphic art and sculptures produced by the Panama-born artist who resides in Madrid.



Sylvia Molina

Narrativas borrosas / Blurred Narratives

Sylvia Molina

2 Sept-11 Oct

Museo C.A.V La Neomudéjar

Antonio Nebrija, s/n. MENÉNDEZ PELAYO. Precio / Price 5-6 €. Miér-dom / Weds-Sun 11:00-15:00 h & 17:00-21:00 h

El proyecto navega entre tiempos, espacios, memorias, conflictos, denuncias, preguntas... entre lo personal y lo público.

This project navigates between times, places, memories, conflicts, complaints, questions... between the personal and the public.



Serie Actitudes. La Chunga.
© Fundación Alberto Schommer, VEGAP, Madrid, 2020

Contemporáneos / Contemporaries

Alberto Schommer

23 Sept-10 Ene / Jan

Museo Cerralbo

Ventura Rodríguez, 17. PLAZA DE ESPAÑA / VENTURA RODRÍGUEZ. Tel. (+34) 91 547 36 46. Entrada gratuita / Free entry, Mar-miér y vier-sáb / Tues-Weds & Fri-Sat 9:30-15:00 h; Jue / Thur 9:30-15:00 h & 17:00-20:00 h; Dom y fest / Sun & Hols 10:00-15:00 h

Retratos de hombres y mujeres de la cultura del siglo XX del gran maestro español de la fotografía.

Portraits of men and women from 20th century culture taken by Spain's great master of photography.

PHE20



Piet Mondrian. *Tableau no. II, 1925 (with Black and Grey)*, 1925. Kunstmuseum Bern, Sammlung Professor Dr. Max Huggler-Schenkung, 1966.
© Mondrian/Holtzman Trust

Mondrian y De Stijl / Mondrian and De Stijl

11 Nov-1 Mar

Museo Nacional Centro de Arte Reina Sofía

Santa Isabel 52. ESTACIÓN DEL ARTE / ATOCHA RENFE. Tel. (+34) 91 774 10 00. Precio / Price 5 €. Lun-sáb / Mon-Sat 10:00-21:00 h. Dom / Sun 10:00-14:30 h. Cerrado mar, 9 Nov, 24, 25 y 31 Dic / Closed Tues, 9 Nov, 24, 25 & 31 Dec

Obras de Mondrian y de otros artistas del movimiento *De Stijl*, que dio origen en 1917 a una nueva forma de arte abstracto geométrico.

An exhibition featuring works by Mondrian and other artists from the *De Stijl* movement, which gave rise to a new form of abstract geometric art in 1917.



Iñaki Díez Cortaberría

Pájaros en la cabeza / Birds on my mind

Iñaki Díez Cortaberría

15 Sept-29 Nov

Museo Nacional de Ciencias Naturales

José Gutiérrez Abascal, 2. GREGORIO MARAÑÓN. Tel. (+34) 91 411 13 28. Precio / Price 3,50-7 €. Mar-vier / Tues-Fri 10:00-17:00 h; Sáb-dom y fest / Sat-Sun & Hols 10:00-20:00 h

Acuarelas de aves ibéricas a tamaño natural, apuntes de campo e ilustraciones científicas.

Water color life-size paintings of Iberian birds, field notes and scientific illustrations.



Folénos. Carlos Verger Floretti, 1920. Madrid, Museo Nacional del Prado (depósito: Museo de Zamora).

Invitadas / Uninvited Guests

Fragmentos sobre mujeres, ideología y artes plásticas en España (1833-1931)

Episodes on Women, Ideology and Visual Arts in Spain (1833-1931)

14 Oct-14 Mar

Museo Nacional del Prado

Paseo del Prado, s/n. BANCO DE ESPAÑA / ESTACIÓN DEL ARTE. Tel. 902 10 70 77. Precio / Price 15 €. Lun-sáb / Mon-Sat 10:00-20:00 h; Dom y fest / Sun & Hols 10:00-19:00 h

El papel de la mujer en el sistema español del arte.

An exhibition exploring the role of women in the Spanish arts system.

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Art exhibitions calendar
September-December 2020

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MADRID



Emperatriz Eugenia.
Franz Xavier Winterhalter, 1862

Eugenia de Montijo, la mujer que hizo historia / Eugénie de Montijo, the Woman who Made History

Arte en el II Imperio Francés en el Palacio de Liria Art in the Second French Empire in Liria Palace

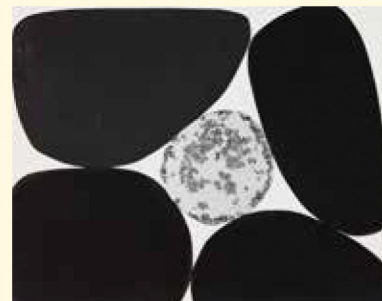
Desde / From Oct

Palacio de Liria

Princesa, 20. VENTURA RODRÍGUEZ. Precios, horarios y fecha en web / For prices, times and dates go to www.palaciodeliria.com

Homenaje a la que fuera emperatriz de Francia.

A tribute to the former Empress of France.



Anna-Eva Bergman, N° 76-1970. *Pierre de Castille*, 6, 1970. Fondation Hartung-Bergman, Antibes.
© Anna-Eva Bergman, VEGAP, Madrid, 2020

Anna-Eva Bergman

De norte a sur, ritmos

From North to South, Rhythms

22 Oct-4 Abr / Apr

Palacio de Velázquez

Museo Nacional Centro de Arte Reina Sofía

Parque de El Retiro. ESTACIÓN DEL ARTE / RETIRO / IBIZA. Entrada gratuita / Free entry. Lun-dom / Mon-Sun Sept: 10:00-22:00 h; Oct: 10:00-19:00 h; Nov-Dic / Dec: 10:00-18:00 h (24 y 31 Dic hasta 17:00 h / 24 & 31 Dec until 17:00 h). Cerrado 25 Dic / Closed 25 Dec

Obras abstractas de la artista noruega con el paisaje como referente.

Abstract works by the Norwegian artist with the landscape as a reference.



Ismael Cuesta, *Elegantes*, 1925.
Tinta y acuarela sobre papel

El lápiz del paseante The Walker's Pencil

Ismael Cuesta (1899-1982)

Nov-Feb

Museo de Historia de Madrid

Fuencarral, 78. TRIBUNAL. Tel. (+34) 91 701 18 63. Entrada gratuita / Free entry. Mar-dom / Tues-Sun 10:00-20:00 h

Un recorrido, a través de dibujos originales y de algunos materiales impresos, por el trabajo del artista madrileño, hijo del gran fotógrafo Amador.

A selection of drawings and printed material provides an overview of the work of the Madrid-born artist, son of the great photographer Amador.



El Bosco, *Triptico del Jardín de las delicias* (detalle), 1490-1500, Madrid, Museo Nacional del Prado

El Bosco / Bosch

Nuevo montaje museográfico

A new museum display

Desde / From 6 Oct

Museo Nacional del Prado

Paseo del Prado, s/n. BANCO DE ESPAÑA / ESTACIÓN DEL ARTE. Tel. 902 10 70 77. Precio / Price 15 €. Lun-sáb / Mon-Sat 10:00-20:00 h; Dom y fest / Sun & Hols 10:00-19:00 h

La nueva instalación de El Bosco supone un reto técnico de museografía integral.

The new Bosch installation is an exercise in overcoming technical challenges associated with comprehensive museum display design.



Retrato de Galdós, Calvache

Galdós en el laberinto de España Galdós in the Spanish Labyrinth

22 Sept-3 Ene / Jan

Real Academia de Bellas Artes de San Fernando

Alcalá, 13. SOL / SEVILLA. (+34) 91 524 08 64. Entrada gratuita / Free entry. Mar-dom / Tues-Sun 10:00-15:00 h. Cerrado / Closed 24, 25 & 31 Dic / Dec & 1 Ene / Jan

Retratos de Benito Pérez Galdós y de personajes relevantes de la época, realizados por fotógrafos como Laurent, Clifford y Kaulak.

Portraits of Benito Pérez Galdós and key figures from the era, taken by photographers like Laurent, Clifford and Kaulak.



Danny Lyon, *Operario de demolición*, 1967.
© Danny Lyon / Magnum Photos

Danny Lyon

La destrucción del Bajo Manhattan

The Destruction of Lower Manhattan

16 Sept-17 Ene / Jan

Museo ICO

PHE²⁰

Zorrilla, 3. SEVILLA. Tel. (+34) 91 420 12 42. Entrada gratuita / Free entry. Mar-sáb / Tues-Sat 11:00-20:00 h; Dom y fest / Sun & Hols 10:00-14:00 h

A finales de los años 60 el fotógrafo estadounidense documentó la desaparición de uno de los barrios más antiguos de Nueva York.

In the late 1960s, this American photographer documented the disappearance of one of New York's oldest neighbourhoods.



Himani Singh Soling, *We are opposite like that* (fotograma), 2019. Video HD, estéreo, color. Cortesía de la artista

The St*age

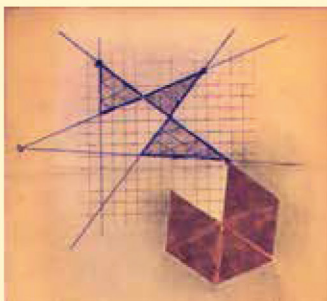
6 Oct-13 Dic / Dec

Museo Nacional Thyssen-Bornemisza

Paseo del Prado, 8. BANCO DE ESPAÑA. Tel. (+34) 91 791 13 70. Precio / Price 9 €. Mar-vier y dom / Tues-Fri & Sun 10:00-19:00 h; Sáb / Sat 10:00-21:00 h

Diez obras producidas por la Fundación TBA21, de artistas de todo el mundo, para su plataforma *online*. Todas reflexionan sobre cuestiones sociales y medioambientales de hoy.

Ten works by artists from all over the world, created for the foundation TBA21's online platform, reflect on current social and environmental issues.



José Luis Alexanco, 1980. *Pirámide IV*. Dibujo a tinta y collage sobre papel con impresión 21 x 21 cm. © José Luis Alexanco, VEGAP, Madrid, 2020

Ejercicio temporal (1964-2020) Temporal Exercise (1964-2020)

José Luis Alexanco

10 Sept-1 Nov

Sala Alcalá 31

Alcalá, 31. SEVILLA / BANCO DE ESPAÑA. Entrada gratuita / Free entry. Mar-sáb / Tues-Sat 11:00-20:30 h; Dom / Sun 11:00-14:00 h

La obra del artista madrileño está imbuida de misterio, en un mundo de investigación permanente, un universo presidido por una constante tensión.

The Madrid-born artist's work is steeped in mystery, in a world of continual exploration, a universe governed by a constant tension.



Estrecho de Magallanes Strait of Magellan

La frontera de agua / The Water Frontier

30 Oct-14 Feb

Museo Nacional de Antropología

Alfonso XII, 68. ATOCHA RENFE. Tel. (+34) 91 530 64 18. Entrada gratuita / Free entry. Mar-sáb / Tues-Sat 9:30-20:00 h; Dom y fest / Sun & Hols 10:00-15:00 h

En torno a las culturas que ocuparon la región habitada más austral del planeta.

An examination of the cultures found in the southernmost inhabited region of the planet.



Franz Marc, *El sueño*, 1912. Museo Nacional Thyssen-Bornemisza

Expresionismo alemán German Expressionism

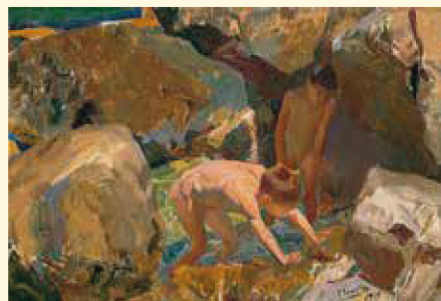
27 Oct-28 Feb

Museo Nacional Thyssen-Bornemisza

Paseo del Prado, 8. BANCO DE ESPAÑA. Tel. (+34) 91 791 13 70. Precio / Price 9 €. Mar-vier y dom / Tues-Fri & Sun 10:00-19:00 h; Sáb / Sat 10:00-21:00 h

Una nueva mirada sobre la colección de expresionismo alemán reunida por el barón Thyssen-Bornemisza.

A new perspective on the German Expressionism collection compiled by Baron Thyssen-Bornemisza.



Joaquín Sorolla, *Niños buscando mariscos*

Colección Banco Santander Santander Bank Collection

13 Oct-Dic / Dec

Sala de Arte Santander

Ciudad Grupo Santander (Boadilla del Monte). CANTABRIA (ML3). Tel. (+34) 91 259 67 18/19. Entrada gratuita / Free entry. Lun-jue / Mon-Thur 10:00-17:00 h; Vier / Fri 10:00-15:00 h

Más de 150 obras de maestros como El Greco, Sorolla, Picasso o Miró en un nuevo montaje para redescubrir la Colección Banco Santander.

More than 150 works by masters such as El Greco, Sorolla, Picasso and Miró, in a new assembly that invites us to rediscover the Santander Bank Collection.

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Gastro Experiences

with *Catalina Brennan*



The Perfect Spanish Paella Recipe

Hello all! I'm bringing you another of our Spanish national treasures, the PAELLA, or more correctly ARROZ DEL SENYORET, this is today's recipe.

The idea that most people have of paella, doesn't exist, sorry....

Paella is actually the recipient in which the rice is made. A round, low pan with handles which can be put on log fire or gas, hopefully. It should be have a very big diameter, so the rice layer will be very thin (1 cm!)

Then we have PAELLA VALENCIANA, which is rice with vegetables and meat, normally chicken and rabbit (no seafood and meat and vegetables...)

The basic ingredients for a strict Paella are these and a good rice (round rice, bomba is great if you are a newbie to paella, since it will not overcook and it absorbs a lot of flavour. I use arroz J.Sendra, it's perfect and you can buy it in Mercadona), good extra olive oil, and good produce which we can use to flavour our broth. In the case of paella Valenciana, the broth is made on the go, in the paella pan, with all the ingredients, then we would add the rice.

In Spain, all other rices that are not this paella valenciana, are simply called ARROZ (Rice) Paella name is used exclusively for the above and for selling whatever to tourists...sorry, but this is the way it goes. Other rices can include anything, even chorizo. Poor Jamie Oliver was

badly treated on social media when he did the paella with chorizo...It simply

cannot be called Paella, it's rice with vegetables and chorizo!

Sooo, I've decided to give you an easy peasy recipe for rice. It's a typical rice that you can get in the Alicante area, it's called ARROZ DEL SENYORET or also ARROZ CIEGO. Why? Because all the seafood is peeled, this way the Senyoret won't have to dirty his hands I love this rice! Also, the seafood takes up less space in the pan, leaving room for the rice. or else we will end up with a risotto! Add the hot broth (1200 grs) and spread the rice evenly.

7 mins full fire, 5 minutes medium, 5 mins minimum. The last minute, I turn up the fire to get a crust (socarrat).

I actually made this rice in Sicily, in a normal frying pan, with an induction hob and with risotto rice, cannerolli... but it turned out quite good!!! I thought it would be helpful for you to know.

ARROZ DEL SENYORET (serves 4)

- 360 grs round rice
- 1 kg galeras for the broth (photo)
- 8 king prawns
- 750 grs squid
- 300 grs peeled shrimps
- 500 grs mussels
- 2 tomatos, grated
- Saffron

- ½ teaspoon of sweet pimentón (paprika)

- 200 ml extra virgin olive oil & salt.

For the broth:

In a pot, with olive oil, sear the king prawns 1 minute on each side, high fire, then set aside. The same for the galeras, we want the maillard taste which we get when brown/toasted. Add water, 3 times the amount of rice + a tip (in this case I would go for 1400 grs), and the king prawns' head and skin. Raise to a boil and cook mid fire for 45 minutes.

Clean the mussels' shells and cook in pot with very little water (basically, we want vapour) salt and bay leaf, with the lid on, as soon as they open,

we will set them aside, discard the shells, and finish cooking with the rice. Add the juices from cooking to our broth.

In the paella or pan: add salt all around to avoid burning, oil and once hot, the squid, cut. Do not touch! We have the tendency to swirl the product in the pan and it loses temperature...leave it once its done, set to the sides of the pan and add the peeled shrimp for 1 minute, make a hole in the middle and add the paprika, and quickly the grated tomato or else the paprika will burn and sour our rice. This is our "sofrito" which will add flavour. This you can stir. Once it starts to get stuck, add some water (aprox 100ml) and mix in all that you have in the pan. Let it cook for 3 minutes.



Take the pan out of the fire and add the saffron on top of the hot “sofrito”

so it will not burn, but give away all the aromas.

We are now ready for the rice. Spread it around the pan and mix it well.

This is the only mixing we will do from now on, or else we will end up

with a risotto! Add the hot broth (1200 grs) and spread the rice evenly.

7 mins full fire, 5 minutes medium, 5 mins minimum. The last minute, I

turn up the fire to get a crust (socarrat)



For a lot of rice and the traditional paella recipe, visit my friend’s David Montero’s.

He has a beautiful book also, with lots of recipes for creative rices (photo). And if you ever go to Valencia, contact him for a special Albufera tour and paella tasting or workshop. He’s the best!

 @ricepaella

www.rice-paella.com



Now, for a great experience in Madrid, our choice is:



www.casabenigna.com

Casa Benigna is the home of Chef Norberto Jorge and his team. In his words «a house with a passion for human beings».

It’s not only a place where you will eat the best rice, but also THE place for the most enjoyable «sobremesa» (the second best Spanish tradition, after siesta! This is post lunch long talks). Norberto has the most extensive knowledge on rice, cooking and life! He’s a great talker, you will love the experience.

This is his philosophy:

And his tightly knit beautiful team of six:

Norberto even has his own patented container for cooking rice: la PATELLA.

Designed and developed by Norberto, it is the result of numerous experiments in search for excellence in the preparation of dry rice typical from Valencia, their specialty. Rice is cooked and served in the Patella, which also allows for numerous other elaborations.

You simply cannot miss Casa Benigna, with its amazing rices, great produce, a long wine list with different denominations and beautiful philosophy. A must!





Health and beauty

by Aly Farmer

Rolling into Autumn

Summer is such a lovely time of the year and a time when family and friends get together, but what many people really enjoy in Spain is, the end of summer, and the early autumn days. The beaches are quiet and most of the tourist business has quietened down.

September and October are perfect months to start playing golf again. Sports is a good way to keep yourself fit and build your immune system.

It seems that more and more people are now taking their health into their own hands. That doesn't mean that our health practitioners and medical doctors aren't doing a good job, but it is also important that we use the platforms that are available to search and find out about our ailments and how we can help ourselves.

Autumn is the time of year when the weather can change abruptly from warm temperatures to chilly early evenings and mornings. This is the time of year when we need to start to take care of ourselves, especially under the circumstance in which we have been living.

If you have decided to have the flu injection or pneumonia vaccine, then this is the time, the end of September. Due to the current atmosphere, I would certainly suggest that if you are a high-risk patient, and need it, then be sure to make an appointment and be prepared.



This is also the time when you should up your intake of vitamins, especially vitamin C, multi vitamins can remain at the same dosage if you take them, but a good selection of fresh vegetables and fruit are vital at this time of the year. Our immune system can be weak from the busy summer months and late nights. So, to get back on track consider taking some supplements as well.

This time of the year can be challenging for women. Hormone imbalance can change with the different seasons and the weather can also affect our mood.

Women who are passing through perimenopause or the menopause should ideally also increase their intake of supplements, Vitamin C, a Vitamin B Complex and a Mineral Complex with Zinc, Calcium and Magnesium. These are all very important supplements for women.

Are you taking a natural hormone balance supplement, or a cream? This should also be a point to consider, using a little more is good at this time of year, allow your hormones to accept the change of season and balance out naturally. If you would like more information on hormone balance therapy, then please get in touch with me.



Sleep and rest are all important factors, life is short and we want to enjoy time exploring the area, travelling and visiting family. The holiday season will soon be upon us, so be sure to take out some “me time” and rest, enjoy a book, walk or just sit and listen to some good music.

There are plenty of sports and dance studios opening soon, although they may have restrictions, go on the internet and find out. Keeping fit and moving is essential, especially as many of us are working from home and sitting for long periods.

Fresh air and fun are what we all need, so be sure to get plenty of that, if you are inside during the week days, then try to get outside at the weekend, enjoy the autumn days and until next time, take care and be safe.

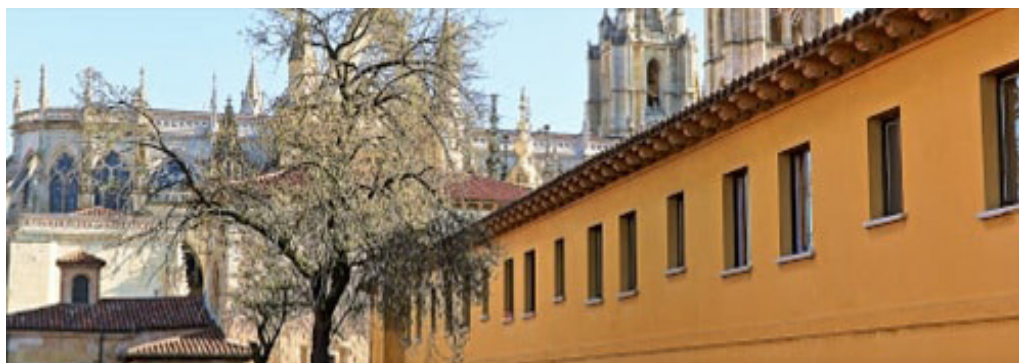




Collaborates in the recording of the sixth season of the spanish program 'Volando voy'

The recording of the new season of 'Volando voy', a program presented by the adventurer Jesús Calleja, has the collaboration of the two centers that HM Hospitales has in León. The presence of professionals from HM San Francisco and HM Regla in the recordings responds to the need to preserve the health of the team and the residents of the places where the episodes of the sixth season are recorded.

Likewise, the members of the production company that participate in the filming undergo a series of medical tests and examinations related to the detection of possible cases of COVID-19 at HM San Francisco and HM Regla so that the necessary preventive measures can be taken in each case. The medical director of HM Hospitales in León, Dr. Jesús Saz, acknowledges that "we are delighted to collaborate with this project led by Zanskar Producciones, so that we were only presented with the option of contributing our experience to this initiative, which has as a goal to promote rural repopulation, we do not doubt it for the end of its program to promote rural areas in our country."



The new season of 'Volando voy' will focus on the need of many Spanish towns to attract new neighbours and maintain their population. The first location was Maraña, located in the Picos de Europa Regional Park and which is very special for Jesús Calleja, because his love for the mountains began in that area. Later, HM Hospitales accompanied the recording team to the Valles Pasiegos in Cantabria, the municipality of A Veiga in Orense and Fermoselle in the Arribes del Duero (Zamora). The next stops will be the Sierra de Segura, Cazorla and Las Villas (Jaén), the Alpujarra of Granada and different towns where the crafts of the province of Toledo are developed.

MADRID SCOUTS



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If you would like to know more, you are welcome to join our online AGM via **zoom on 6 October at 20.00** email info@britishscoutsmadrid.com



Dear community,

Expats and our Spanish hosts are part of a proud generation of people known for their fierce independence and self-reliance. This crisis is impacting us all more than we could have ever imagined. Now more than ever, know that our community is strong and we are all here to support each other.

With appreciation and strength,
The Board of Directors
The American Club of Madrid



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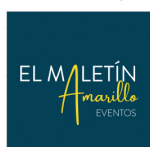
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Guide To Best **Madrid** **COWORKING SPACES**

As we hopefully get back to a new normal routine in September, Amy Shia gives us her top 5 co-working spaces in Madrid

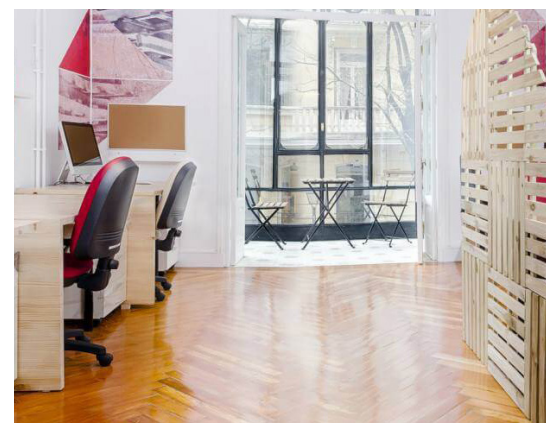
The effect of COVID-19 crisis and lockdown meant that more and more employees found that they no longer had to be chained to the office to do their job effectively, leading to a search for work-friendly cafes and spaces across the city. However, finding the best spots with the essentials, reliable and fast WiFi and great coffee (cheeky pastry on the side being optional) can be quite tricky. Here's a list of our recommended favourites, each with something to offer and located across Madrid.



1. LA PISCINE

A COFFICE (coworking + office) option based in the trendy neighbourhood of Chueca that allows you to work flexibly rather than commit yourself to a pricey month-long membership. You can set up your laptop, and pay an hourly rate (for the space and Wifi usage) and then also take advantage of the bottomless coffee on offer with options to purchase snacks. Less office, more Cafe.

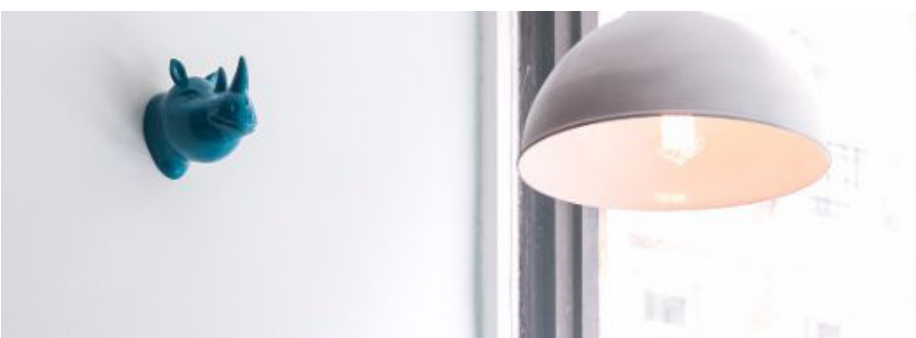
ADDRESS: CALLE CAMPOAMOR, 5
METROS: ALONSO MARTÍNEZ/CHUECA
FEES: DEPENDS ON USAGE.



2. THE SHED COWORKING

Situated in the Salamanca neighbourhood, this space boasts spacious rooms with natural light. You have the usual desk spaces and meeting rooms with the added perk of an outdoor terrace...and free coffee. An ideal location if you are looking for an environment that is bright, roomy and collaborative as there are plenty of opportunities for you to network with other professionals.

ADDRESS: 48, IDCH CALLE DE HERMOSILLA, MADRID, SPAIN
METRO: VELÁZQUEZ
FEES: DAY PASS €15, THEN BETWEEN €150-€250/MONTH DEPENDING ON NEEDS.





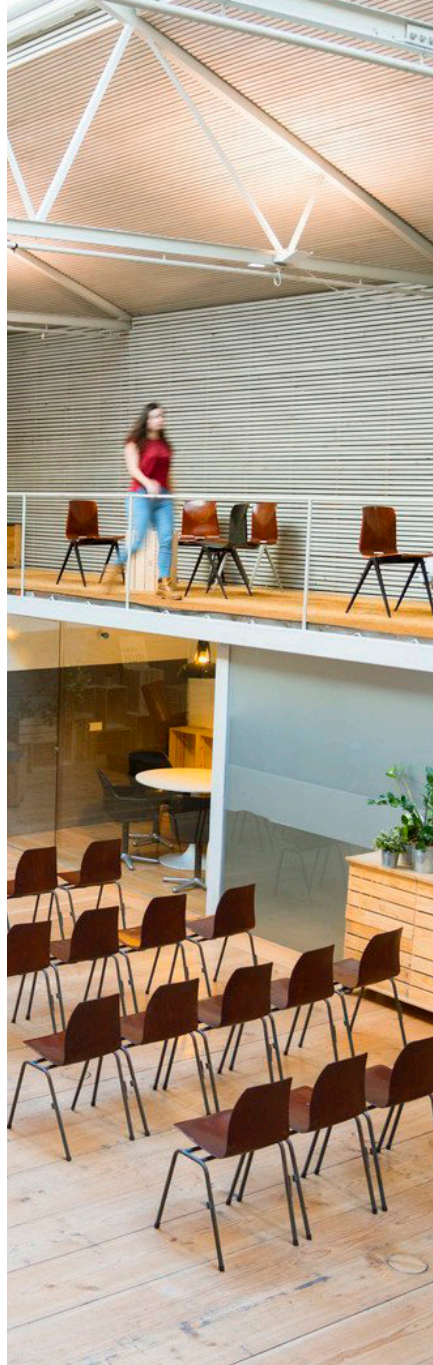
3. IMPACT HUB MADRID

One of the biggest coworking spaces across the city and boasting 6 impressive offices across several central neighbourhoods, Impact is a classic. Here, not only will you find a range of options for meeting rooms, private offices and spaces but also opportunities to network through its many initiatives and activities/workshops on offer.

ADDRESS: JAVIER FERRERO, 10 (PROSPERIDAD), CALLE ALAMEDA, 22 (ATOCHA), CALLE GOBERNADOR, 26 (ATOCHA), CALLE PIAMONTE, 23 (ATOCHA), SERRANO ANGUITA, 13 (TRIBUNAL), PLAZA PABLO RUIZ PICASSO, 1 (AZCA).

METRO: ATOCHA, TRIBUNAL, CHUECA, PROSPERIDAD- CHECK CORRESPONDING OFFICE LOCATION.

FEES: RANGING FROM €100/MONTH (FLEXIBLE HOURS, DAYS, SEATS), OR TEAM SPACES €260-290/MONTH.



4. UTOPICUS

Already an established coworking space in the city (with 8 different locations) and also established in Barcelona, another city popular for remote workers. On offer here is a cafe, restaurant to serve those break time needs and more importantly, reasonably priced private offices, meeting rooms and open spaces for small teams and startups.

ADDRESS: UTOPICUS FRANCISCO SILVELA, UTOPICUS CASTELLANA, UTOPICUS PASEO DE LA HABANA, UTOPICUS JOSÉ ABASCAL, UTOPICUS ORENSE, UTOPICUS GRAN VIA, UTOPICUS COLEGIATA.

METRO: CHECK CORRESPONDING OFFICE LOCATION.

FEES: THERE ARE 2 OPTIONS: FLEXIBLE AND CORPORATE, AND PRICES RANGE BETWEEN €120-€300 /MONTH.



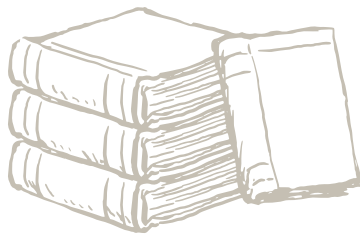
5. ESPIRITU 23

Ideally situated in the heart of Malasaña, this space includes meeting rooms, cafes, a kitchen and holds workshops and activities for freelancers, startup companies and remote workers. If you are looking for a place where you can engage with others, a place with personality in one of the most liveliest areas of the city, then this is it!

ADDRESS: CALLE DEL ESPÍRITU SANTO 23

METRO: TRIBUNAL/NOVICIADO

FEES: €10/DAY, €100-165 / MONTH DEPENDING ON NEEDS.

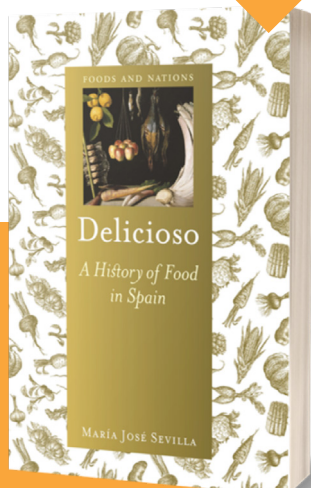


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DELICIOSO

By Maria José Sevilla

In recent years the reputation of Spanish food on the world's culinary stage has come of age, with chefs like Ferran Adrià, the Roca brothers, the Arzaks, Dani García, José Andrés lead a new wave of celebrated Spanish chefs. But as "Delicioso," a new history of Spanish food explains, it is not a sudden phenomenon but the culmination of thousands of years of evolution.

This book is a must for any foodie or lover of Spain's rich and complex history.

María José Sevilla's fascinating book takes us on a journey through the ages exploring the evolution of Spanish food and cooking.

That Spanish cuisine is a melting-pot of dishes, flavours, and ingredients mirroring the course of its history since Roman times comes as no surprise but Sevilla delves deep into the influences that Phoenician, Greek and Roman; Jewish, Moorish, and Middle Eastern brought to the peninsular and which were subsequently enriched by its climate, geology, and topography, which in turn shaped the many varieties of regional food traditions and "cocinas," such as Basque, Galician, Castilian, Andalusian, and Catalan. It has been shaped by the country's complex history, as foreign occupations brought religious and cultural influences that determined what people ate and still eat. And it has continually evolved with the arrival of new ideas and foodstuffs from Italy, France, and the Americas, including cocoa, potatoes, tomatoes, beans, and chili peppers. Having become a powerhouse of creativity and innovation in recent decades, Spanish cuisine has firmly itself among the best in the world.

UK based Spaniard Sevilla has brought her own considerable knowledge to the book drawing on over 30 years as a food writer with her first book, "Life and Food in the Basque Country" published in 1989. She subsequently worked with the various British TV channels including her 1993 award winning "Spain on a Plate", six documentaries exploring Spanish regional cooking, directed by Dick Forster and presented by her as well as the more recent work as a consultant on the BBC series "Rick Stein's Spain", a fascinating journey through Spanish food, wine, cuisine and traditions. In December of 2016, prestigious British magazine "The Drinks Business" named María José Sevilla one of the 15 most influential women in the world of Spanish wine.





EXCURSIONS FROM MADRID

Lying 50 kilometres to the north of Madrid, Miraflores de la Sierra is an ideal excursion to make from the capital.

The town which is believed to have been founded in the thirteenth century by farming folk from the region of Segovia was according to local legend renamed Miraflores by the then queen Isabel of Bourbon in 1627. Isabel who was the French wife of Phillip IV of Spain and who held in in such high regard that he left her twice in charge of the country as Regent whilst he went to quell the Catalan Revolt.

In the legend the queen was supposedly walking to the nearby monastery of Santa Mariá de El Pualar when she came across the village and was struck by the flowers in bloom exclaiming to her courtiers "Mira, ¡flores! ("look! flowers!")"

Situated in an area of outstanding natural beauty, in the Sierra de Guadarrama National Park, the village of 6000 inhabitants is easily accessible by road from Madrid and is an ideal city getaway offering beautiful scenery and extraordinary views over the Sierra of which she belongs.

A long and winding road takes you to its secluded location between the mountain passes of La Morcuera and Canencia which interject between the two natural parks of the Sierra de Guadarrama and La Cuenca Alta del Manzanares.

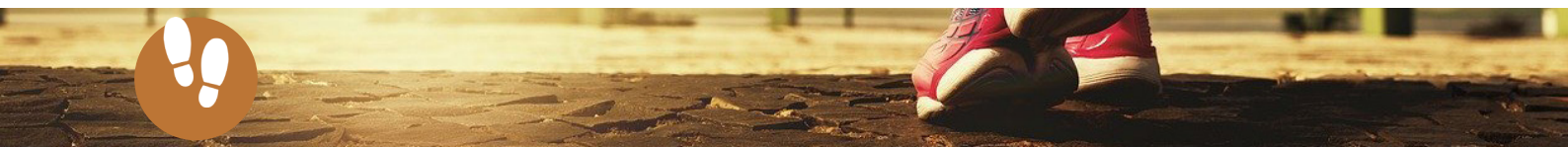
Things to do In Miraflores: The Town

The town of Miraflores is as it's name implies charming and rustic and a perfect weekend retreat for Madrileños, many of whom have summer and weekend homes there. With a history going back to the middle ages it has history, tradition and with over 40 bars and restaurants a fine selection of places to settle in and soak up the ambiente.

Walks

Miraflores de la Sierra, located close to the mountain slopes of the Najarra, and on the southern slopes of the Pico de la Pala, at a height of 1.150m is the ideal starting point for many routes through the Guadarrama mountains. The town is a reference point for hikers and there are suitable walks for all, ranging from the short, gentle walks through the Muñequilla oak forest to the demanding climbs up to the summits of La Najarra or La Perdiguera mountains.

Each season of the year offers visitors a superb variety of landscapes, such as the shady Monte Aguirre pine forests in summer, or the snow-covered peaks of the Cuerda Larga in winter, all containing a rich biodiversity with vestiges of past human activity to be found in the sheepfolds, shepherd huts, old charcoal kilns, beehives, bridle paths, fountains, water tanks, forest nurseries and ancient dry stone walls.





Where to Stay

The village an enchanting collection of rustic hotels for couples or groups at reasonable prices all year round.

El Encanto

El Barranco de Miraflores

El Horreo

El Colladito

Hotel La Munequilla



Where to Eat

Restaurante, La Línea, Specialises in cod dishes

Restaurante Melfi, Castilian asador.

La Parrilla (summer terraza and grill)

Taberna La Insula



Fiestas

The festive cycle of Miraflores de la Sierra begins on February 3 with the San Blas Festival which commemorates the defeat of Napoleon's troops and their abandoning of the town by the local guerrillas in the Humilladero de San Blas. when they launched a night attack in which they wore cowbells on their backs, simulating a cattle stampede – and it worked the French ran!

From that day, every February 3, the pilgrimage to the Humilladero de San Blas takes place, in which the dogs with their striking costumes are the protagonists, remembering the courage of their ancestors. It is traditional to eat potatoes with cod and on the way back to the town the party continues with the release of heifers and dancing in the Plaza de España.

May 15 San Isidro, during the s. XVII is beatified and canonized to Isidro de Merlo and Quintana as San Isidro, making the veneration of the Saint popular. In 1960 he is declared patron of Spanish farmers by Juan XXIII. Every May 15th in Miraflores de la Sierra the procession is carried out in his honor through the streets of the town while wheat grains are thrown to bless the fields. Next, an auction of typical local products is held at the door of the church. The party ends at the Plaza de España with dancing and lemonade with cookies.

During the week of August 15 celebrations are held in honor of the patron saint of the town of the Virgen de la Asunción of Miraflores de la Sierra. The Pamplonica Band entertains every moment, the encierros (of adults and children), the popular games, the procession of the Virgin through the streets of the town, and the traditional bullfighting celebrations accompany this.

How to get there :

A regular bus service with departures from Plaza Castilla – For timetable see 725 BUS



YOUR HEALTH AND COVID

melio

We're entering a new phase of disease management where it is challenging to balance the ongoing need to have some restrictions with the impacts of drastic restrictions on public freedoms. We think people feel pulled in multiple directions, and there's a real danger of nuanced discussion being replaced by people shouting on either side of an unnecessary argument.

In Spain, the current risk for any particular individual is very low, so there is no need to panic. However, deaths do happen. As with many illnesses, a healthy lifestyle and precautions (e.g., hygiene and managing exposure) are likely to help you reduce your individual risk. The greatest risk, by far, is societal, and basic public health measures remain the best means of limiting the impact of the illness. The reason for this is that individual risk consists of the risk of catching Covid-19 multiplied by the individual risk of death if you do get Covid-19. This means that the simplest way to reduce risk overall is to reduce the spread of the virus.

The US Centers for Disease Control and Prevention (CDC) have, like most national health bodies, been tracking Covid-19 illness for some time. Pretty early on, they analysed data on hospitalisations and deaths to understand the effect of comorbidity (i.e., other illnesses) on the risk of death. In April, they observed that approximately 1 in 5 people in intensive care with Covid-19 had no underlying health condition (based on a specified list of risk conditions). Of those who died, 6% had no underlying condition.

Healthy people can die from Covid-19. However, knowing that some healthy people could die is not the same as understanding real risk. I could be hit on the head by an asteroid, but it's not something I worry about. I also don't worry a lot about my personal risk of Covid-19 because I know my personal risk is low. I worry that people I care about will die, and I worry about the pandemic's impact and the control measures on everyday life because those are real, tangible, risks, and quite big.

Telling people with serious illness to isolate themselves is challenging, particularly if they already have a limited life expectancy. While the general risk of infection is low, we all have a low risk of death. Therefore, it is in the interests of society as a whole to reduce infection risk.

I haven't talked about the long-term health effects of illness in healthy people because we don't know what they look like yet, and, if you protect yourself from death, you also protect yourself from long-term health impacts, which is a good thing.

Broadly speaking, if a disease is seen more frequently in more severe patients, it's probably indicating that the disease is a risk for more severe illness. This isn't totally reliable because illnesses tend to cluster (i.e., one person may have multiple conditions). Other hidden variables

Based on this, if you are in a position where you can improve your general health, you should. This is very different from claiming that only people with pre-existing conditions die.

According to the latest NHS Health Survey, in England, 43% of adults have at least one

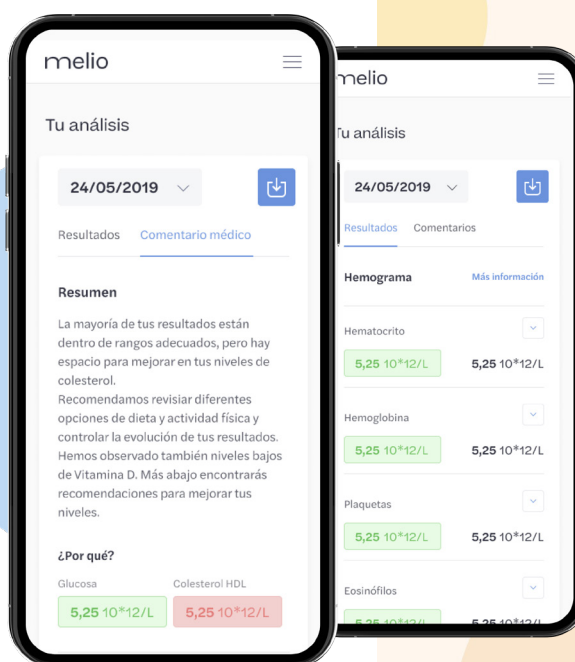


long-standing medical condition, and 56% were at increased risk of chronic disease because of their BMI and waist circumference. These are not people we would expect to die any time soon; they are just people. They are us. If you dismiss Covid-19 as being unimportant because it only affects ill people, you are very wrong. About half the population has a pre-existing health condition, and most of us would not expect them to die any time soon.

If you thought, 'Wow, 6% is quite high', please remember that your absolute risk is still very small if you are healthy. 50% to 60% of the population have no underlying condition, so you'd expect more. The fact that the percentage is down to 6% by the time we're looking at deaths shows that good health is a potent protective factor.

If you are the perfect weight with no other health conditions, you exercise daily and eat nutritious and healthy food; you may be at a very low risk of dying from Covid-19 if you get it. At each stage of illness, the more healthy you are, the better your chances, so you should keep yourself healthy. Being seriously ill is a physical challenge. The fitter you are, the better your chance of handling that challenge. The fewer the number of cases in your area, the lower your chance of catching it in the first place, and the lower the chance of other vulnerable people catching it, so keep fit and protect your community. It's that simple.

As we get better and handling this pandemic, we should expect to see the number of cases identified through opportunistic testing increase, hopefully with the ONS estimates from population sampling remaining steady or declining. This would indicate population identification and management improving and identifying a more significant proportion of those with illness. If we're doing this, we should be capturing more of the infected people with relatively mild illness. This means that the death rate from illness will appear to decline. A greater proportion of the positive tests will be among the young and healthy because we are capturing minor illness better. This is a good thing because it indicates that we are getting on top of local clusters of illness. It does not necessarily mean that young people are careless.



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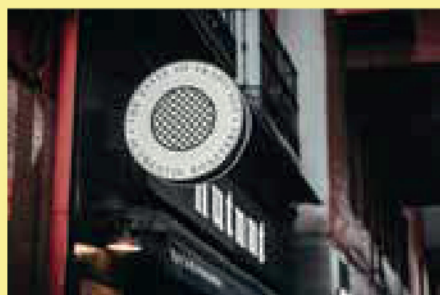
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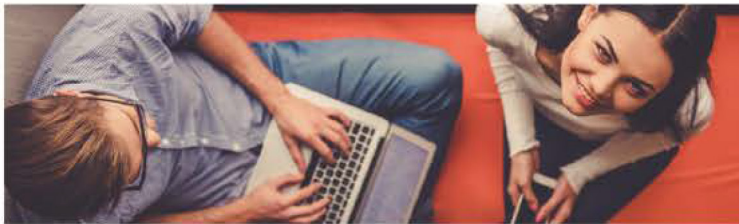
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