

Madrid in English

December 2020 - January 2021

MADRID METROPOLITAN

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FREE
MAGAZINE

LISI FRACCHIA

A SPANISH JOURNEY

INTERVIEW

Maria Jose Sevilla

AND MORE...

James Fabulous

**Winter Warmer With
Isotta's Eatsperience**

Henry Hoggs Sausages

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Welcome

Welcome to our winter edition of the Madrid Metropolitan. As we say goodbye to the annus horribilis of 2020, we say hello to the annus mirabilis of 2021 which is also our 5th anniversary!

To celebrate we welcome back Abi Lindsay Clark who has two incredibly enlightening and interesting interviews. Lisi Fracchia whose jewelry has taken the world by storm and María José Sevilla whose latest book *Delicioso* tells the remarkable journey of the history of food in Spain.

We are delighted to feature Henry Hoggs – delicious British style sausages - a must try for 2021 with their introductory offer for our readers.

We also feature the fantastically talented Isotta Peira who shares with us her winter warmer recipe.

If that isn't magical enough we have an interview with Spain magic sensation James The Fabulous.

That and a whole lot more. We hope you enjoy reading.

Madrid Metropolitan Team

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

Who's writing this month?

Abi Clark

Since moving to Madrid in 1997 Abi has been working in the Television & Radio world as a Freelance Journalist, Voice Actress/ Radio Presenter and Executive Producer. She has worked extensively with Radio Nacional 5 with her programme 'Un Paseo Por El Mundo' and has written articles for El País and various English language magazines for the Asian market. Apart from a 3 year gap in 2005 working in Television in China and plenty of fo-reign travel for both work and pleasure, Madrid has been her much loved home for more than 2 decades.



Isotta Peira

An Italian in Madrid, I am passionate about food, languages, and human beings. I love talking with new people, learn about their culture, and most of all eating new food! For me, food is a bridge between cultures and we all should walk over it: this is why I cofounded Eatsperience Madrid and became a Cooking Coach. I also love singing and dancing, but people prefer it when I cook!



Simon Wilkinson

Simon is from the south west of England and moved to Madrid in 2013. He has always had a passion for all things delicious and can always be found in the kitchen with beloved friends all around, sharing and creating his gastro ideas. Everyone loves dinner at Simon's house!



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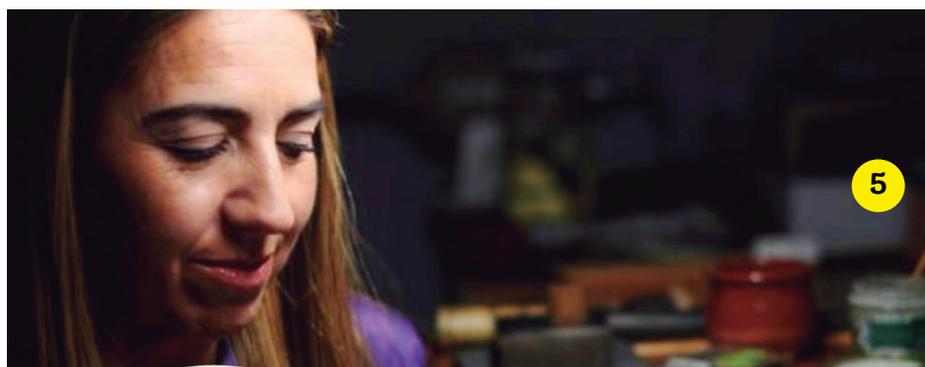
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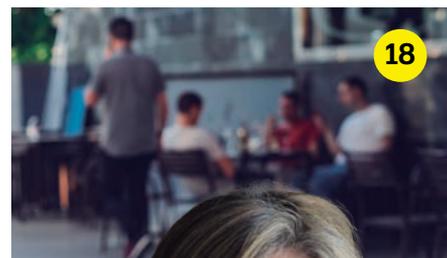
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Winter Warmer

with Isotta's Eatsperience

I want to share with Madrid Metropolitan friends a winter recipe, warm, delicious, and rich in nutrients, which holds a special place in my heart. The Sopa de Maní - Peanut Soup, is a typical Bolivian dish, perhaps an evolution of the Spanish meat soup, with the addition of the ingredient that gives its name to this dish: peanuts.

Peanuts (whose name's Maní in many countries in South America) are an especially good source of healthful fats, protein, and fiber. They also contain plenty of potassium, phosphorous, magnesium, and B vitamins. Despite being high in calories, peanuts are nutrient-rich and low in carbohydrates.

To celebrate both the Spanish gastronomy, the country that adopted me, and the Bolivian one, my wife's country whose gastronomy is spectacular and unfortunately almost wholly unknown in Europe, I love you to try my version of the traditional Sopa de Maní - Peanut soup.

The main ingredients are the most common in both countries: chicken, potatoes, and peppers.

Sopa de maní

Ingredients for 4 people

- ½ kg chicken pieces
- 1 cup peanuts (raw or toasted)
- A peeled white onion
- A carrot
- 1/2 cup of peas (raw or frozen)
- 1 stalk of celery
- 1/2 bell pepper
- 1/4 cup oil
- 1 garlic clove
- 1/2 liter of broth (vegetable/beef/chicken)
- EVO oil
- 4 potatoes
- Salt, pepper, cumin, oregano, parsley, and ground chili pepper (optional)
- 250g rice

PROCEDURE:

Mince the garlic, onion, carrot, celery stalk, bell pepper, and chop 3 potatoes (save 1 for later) into small dices. Then, in a pot, sauté these ingredients together with the peas and a drizzle of EVO oil. Once they are golden brown, add the chicken pieces and sauté them over medium-high heat during 2-3 minutes, then add the broth, cover and let it cook over medium heat for about 30 minutes.

In the meantime, boil the rice, and when it's ready, put it aside. Take the last potato, cut it into small French fries, and deep fry them, salt them, and set aside.

In a blender, blend peanuts with ground chili pepper and a ladle of the broth from the pot until reaching a smooth and creamy texture.

Pull out of the pot the chicken pieces, remove the skin and the bones, and put it back in the pot.

Add the peanut cream to the pot, and mix well. Then, add the rice, season with salt and the spices, and cook for another 5 minutes while stirring.

Serve in soup dishes, and decorate with French fries and fresh parsley.



EATSPERIENCE MADRID
Creating a Culinary Experience



SOME POSSIBLE VARIATIONS:

Vegan: substitute the chicken with vegetables rich in proteins (broccoli for example)

Non-hot: substitute the chili powder with non-spicy paprika

Not rice fan? Substitute it with small pasta or with the grains you like the most

A hot bowl of this peanut soup is ideal for a Sunday lunch on a cold winter's day. The delicacy and smooth texture of the peas play in contrast with the crispy, savory chips. The juicy chicken gives us that feeling of "home" typical of British and Mediterranean culture, while the twist of the spicy peanut cream surprises us and transports us to a new and different culture from ours. The flavors are perfectly balanced: known and new flavors embrace each other in a dish that has become, since the first time I tried it, one of my favorites in the world.

Interview

Lisi Fracchia

Abi Lindsay Clark had the pleasure of interviewing Lisi Fracchia, Argentinian Gemmologist. Lisi is one of those wonderful success stories which makes her an inspiration to so many people who dream of success, making it clear that if you work hard and believe in your project, you can get there! Lisi tells us her story...

You are Argentinian and were brought up there. What brought you to Spain?

I am a gem expert and jewellery designer, but my journey has been a long and interesting one. I am originally from Patagonia, in Argentina, where I worked as a school teacher. I then married a geologist, whose career moved us to Madrid in 2006. It was then that I decided to do something different with my life, and explore my true passion...gemstones.

When did you first become passionate about the world of Gems & Gemmology?

By this time I had already travelled the world, collecting opals and pearls in Australia, diamonds in South Africa, and tourmalines in Brazil. Buying them without knowing why, they called my attention but I kept them and treasured them until the moment arrived, when I realised I wanted to



PHOTO: José Garguilar

take the next step and convert my passion into a career. I took my first classes at the Gemological Institute of Spain, and never looked back.

From 2009 to 2013, my husband's job took us to Brazil, the true paradise of gems. It seemed like fate had taken over. There, I had the opportunity to continue my studies, and took classes in gem expertise and metalwork. I was able to dedicate my time to

perfecting my skills, working with the foremost professionals of the field. Retired professionals from HSTern and Amsterdam Sauer were my teachers in metalwork.

When we returned to Madrid, I was prepared to dedicate myself to designing. In 2014, I received the Iberjoya award in Madrid, which assured me that I was on the right path, and motivated me to continue

with even more passion.

What was your first jewellery project?

My first jewelry project was a collection made up of 60 pearl necklaces of different pearl types combined with lava ,turquoise and coral inspired in 60 very important women to me and presented at one of INCs General Meetings I have to say that it was sold right away and that encouraged me to continue designing!!

You have achieved the status of jewellery designer for royalty and the rich and famous. How does that make you feel?

Seeing Queen Letizia wear one of my sphalerite creations was an unquestionably satisfying and emotional moment. Who better to showcase sphalerite pieces? I was and am, incredibly honored. Knowing that several queens, dutches, and celebrities choose my pieces is quite a humbling experience. I put my heart and soul into each unique design. It is gratifying to see them appreciated on such a grand scale.

I understand that all of the production of your jewellery is carried out in Spain. Do you consider your brand a completely Spanish brand?

I do especially when it comes to my sphalerite collection. Sphalerties

have by far become a symbol of Lisi Fracchia designs. These gorgeous but soft gems that come from the world famous Aliva sphalerite mine in Cantabria, Spain ,have both a very high refractive index and an extremely high dispersion, qualities that I love. I have the honor to work with one of the few people in the world who knows how to cut them successfully, Dr.Egor Gavrilenko .

Do you design and make a lot of unique pieces of jewellery?

Yes I do , and that is what I love the most ,making unique designs! I have always been told that I have an artistic eye, and I love to draw. This has been useful to me my whole life, and my talent has served me well in my life’s endeavours. Having said that, raw talent can be compared to a diamond in the rough. Without polish, cut it will never reach its potential. I have had to study and work very hard in order to get where I am.

You have just presented a new collection in the London fashion week where you also received the Orion star award for best jewellery designer, congratulations! Can you tell us about this?

It was an enriching experience where I presented my international catwalk collection inspired by the current independent and cosmopolitan woman with different possibilities of use and where I had the opportunity to interact with fashion personalities such as Elma Aveiro sister of Cristiano Ronaldo and then my pieces were presented at her show Madeira Fashion Week via Iris Rodriguez.

What other awards have you won during your successful career so far?

All the awards I received are important for the recognition they represent, but especially the In Flux Award that I received in Milan in October of last year. It was a real pride because it was a very competitive with the presence of designers from more than 58 countries. This award also opened doors for me to exhibit in Art Galleries in Italy and Germany.

You design and create earrings, rings, bracelets and necklaces. Do you ever see yourself using jewels to create other types of accessories such as broches or perhaps hair pieces, for example?

I design unique exclusive pieces or limited handmade editions like



the collections Sphalerite Dream, Patagonian Glaciers, Elche, Atardecer en el fin del mundo and other massive ones made in 3D like Kids, Anniversay, Puro Glamour.What fascinates me is to work with gems that are rarely used in jewelry like apatite, heliodore, kunzite, tsavorite and of course sphalerite.

You have a showroom in Madrid where people can purchase your jewellery and also online. Do you currently have showrooms in other countries?

I have my Atelier in Madrid and my web page as well as different sale points in exclusive clothing stores in Madrid and hopefully very soon in other countries.

Do you miss Argentina?

I miss Argentina and my family of course but I have always been inspired by my surroundings. From the rich colours and gorgeous landscapes of Argentina, to the geometric shapes of the world’s cities. I have enjoyed living in many places, and I try to reflect my appreciation for the beauty and uniqueness of each place in my pieces. They are tangible pieces of inspiration and fond memories that I share with the world. Hopefully, they will import these feelings to others.

On your website you state “Fulfilling your dreams is possible,” what advice would you give people who wish to achieve what you have over these last few years?

I would encourage them to keep studying updating themselves, working hard to stand out from the rest.

Thank you Lisi!





The World We Live In

**Quoting Nelson Mandela
“Education is the most powerful weapon you can use to change the world.” If we are to follow his legacy, this statement gives schools the responsibility to teach students to be good people.**

A child’s mind is like a rough diamond that we have the possibility to polish not only through Mathematics, Science or Literature, but also through the values we transmit as an educational centre. It is our duty to develop the character of the students so that they become people with a positive, responsible, empathetic and supportive attitude.

In a school like The English Montessori School, TEMS, Giving is an essential concept as detailed in our Be Well Charter. From the Early Years our curriculum programme includes activities that foster a spirit of cordiality, cooperation and solidarity that goes beyond a certain single action. The intention is to raise awareness among our students about the necessity to make the world a better place, of the importance of their attitude and their involvement in dealing with a common enemy, be it hunger, mistreatment, poverty, loneliness... and let them know that change occurs as a result of small actions.

At TEMS, guided by the best professionals, it is the students themselves who, through their creative, organisational and

commercial skills, prepare material and organise fund raising events involving the entire educational community to raise awareness of the problems around us and collect as much help as possible. They choose the NGOs to which they want to allocate contributions and engage in the process from beginning to end.

Year 12 students have prepared moving videos asking younger school mates to exchange one of the gifts for a donation to the Food Bank of Madrid or the NGO Educo Dining Scholarships in their letter to Santa or the Three Wise Men.

Another example of solidarity at school is the project Year 8 students have joined, Knit a Square, for children in orphanages in South Africa. The activity consists of knitting squares, then join them together and make warm blankets for these little ones in vulnerable conditions.

Sarah Ebery, Headmistress of The English Montessori School, explains: “Being supportive is an attitude, a way of acting in front of others and in front of oneself. At TEMS we prepare our students for charity to be part of their personality and to be able to empathise with the world in which we live to improve it and make it fairer.”

Simon & Nestor

have wowed

the country with their vision and innovative business that makes the best British style sausages in Spain. We talk to the founders of Henry Hoggs to find out more.

Simon

Simon is a second-generation skilled butcher (Smithfield College, London) whose passion for sausages, knowledge of all things meat and love for cooking is only equivalent to his joy for his life here in Spain with his family. Having owned a traditional family butchers in Devon for over 40 years, Simon and his father Derrick's reputation for fresh quality and local sausages was excellent. Loyal customers came back time and again from as far away as London, for Wilkinsons' Sausages. Receiving and acting-on constant customer feedback inspired and motivated Simon to always deliver the best possible product to customers and to go above and beyond when offering a food service. Having been in Spain for more than 7 years now with his wife and daughter, it was that cry for and desire for an authentic British type of sausage and excellent service that told Simon customers needed him again. A lot of people say they have a passion for food. In the main this refers to the eating of it.

Who is Simon?

Brought up around the family but-

chery business from the age of 4, made my first sausages at the age of eight continued after school at weekends and during the holidays for my father and then at 16 left our sleepy Devon village and headed for the bright lights of London to study at Smithfield College. Returned to Devon to find trainee management positions in the meat industry fancying a change I joined the motor trade where I enjoyed over 10 happy (but stressful years) another job in the meat industry (during this time I met my future wife Susan) After some time we decided to buy my family's business. We were well known in the area for our quality meats and our sausages. We sold the business in 2012.

What brought you to Spain?

We originally came to Spain in 2013 when the company my wife was working for asked her to come and help open the Madrid office. It had always been our plan at some stage to move to Spain but this offer accelerated our plans. We live in a small village just outside of North Madrid. I decided to train as an English teacher and found work with an academy with my first assignment being at Banco de España, I was there for over three years.



Nestor

If you want someone from Spain to understand your passion for good, artisan food – go find a Basque, especially when that person's family have owned pig farms are involved with Matanza. Nestor is the father of 2 young boys whose immediate reaction to fresh British pork sausages was to set-up a sausage company with Simon. When Nestor took English lessons from Simon, he got a lot



more than he bargained for. "Everyone needs to try these." Nestor's background in project management makes him the perfect navigator of this culinary odyssey (and chief sausage tester!) Nestor connects Henry Hoggs to Spain ensuring the synergy of traditional English butchery and Spanish culture. Henry Hoggs sausages are an amazing food, especially with a cold caña.

What inspired Henry Hoggs?
The words "I really miss our sausages"

were the catalyst for Henry Hoggs, we had a conversation one evening, after which a few boxes arrived containing equipment and we made our first sausages for us (and our close friends, who have been a source of great support)

An English student of mine Nestor had tried them liked them and after many conversations decided to join me on the quest to bring quality English sausages and bacon to the people of Spain.

How do they differentiate from what we buy in Mercadona etc

Sausages historically were somewhere to put the parts of the pig that weren't easily sold, but that's not how we do it...

The sausages we produce are to English recipes, using natural skins most of which have been used by my family for many years and are tried and tested.

We try where possible to use Duroc pork, a breed of some 200 years old that has been bred for its amazing flavour, which we source locally to Ma-

drid, using the back legs for our gammons, loins for our bacon and shoulder and belly for the sausages. We know that you will "taste the difference" in our products. Our Bacon & gammon are dry cured in the traditional way i.e. rubbed with salt and not injected with lots of salty water like mass produced products. This shows not only during the cooking process but also in the depth of flavour you get, enjoying every mouthful.

We go to great lengths to make our sausages and bacon taste like they should as well as having no bits of bone and gristle as found so often in other brands. Basically we wanted to produce a sausage that we could feed to our children and enjoy ourselves.

With regards to the nutritional values for example The Criollo Fresco from a leading supermarket has 326kcal, and 30g fat per 100g, whereas Henry Hoggs Honeyroast Sausages 208kcal and 15.5g fat per 100g

What ingredients do you use?

We still source the majority of our dry ingredients from the UK as I believe we have to stay true to the original recipes and concept

How do Spaniards react when they try them?

Interestingly we set up the business with our target market being the "expat" community, of which the majority still is but we do see an increasing number of spaniards joining us and when they understand how to cook them they're back time and time again



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Madrid Metropolitan's

Jenny Osborne catches up with the amazing

James Fabulous

How did you first get into magic?

I got into the magic game relatively late when I was 29. I was travelling in South East Asia, at the time I was working in a bar in Laos. There was a magician also working at the bar called Adam Axford. I loved his magic it was beautiful and we got along really well as mates. When I got back to England I was bored so I decided to start learning a couple of bits of sleight of hand. Adam came back to the country a month later and was stoked that I had taken up magic so he started teaching me more and more. We would go to bars and I would watch him perform then I would do my thing and he gave me pointers.

So you had a mentor to show you the ropes?

Absolutely, I never thought of becoming a magician when I was younger. It's one of the wonderful things about travelling is the people you meet. A brief encounter with Adam on the other side of the world changed the course of my life in a truly positive way.

What is magic to you?

For me the magic is not in what I am doing, it is the feeling it gives people when they see it. Magic turns you into a kid. Suddenly people are transported from their everyday lives to a realm where anything is possible. When we were children, magic was real and it is all around



us. As we all grow older our eyes are open to the real world and scepticism naturally forms where as once upon a time we would look at something and believe it to be magic. So when I can revert someone back to that time, just for a moment, when anything is possible because what they have witnessed with their own eyes is seemingly truly impossible, for me that IS the magic.

It says on your website you are a magician and mentalist. What is a mentalist?

Mentalism is the mindreading side of magic. It gives the audience the perception that I am psychic. It's something I've got into more and more in the last few years. While most people have seen a magician do card tricks not many people have met a mentalist who can tell

them the name of someone they are thinking of, or correctly guess their birthday or even unlock the pin code on their phone!

How has Covid impacted your profession this year?

Covid has been really devastating for the events industry. Unfortunately the concept of 'social distancing' is incredibly bad for close up magicians! Last summer was crazy busy with events, aeroplanes, hotels, festivals, weddings it was really full on. This summer has been very quiet so I've spent my time learning very advanced levels of magic and theory, which I'm looking forward to performing when the world opens back up.

I see you now have a virtual show, how is that going?

It's going really well, much better than I thought it would! When it became obvious that live events weren't going to kick off anytime soon I started building a show that could be done exclusively online. Now I join company Zoom meetings or family Zoom nights and perform 20-30 minutes magic and mind reading for those on the call. I've really enjoyed the creative process behind building the show, and while reading someone's mind over the internet rather than having them stand in front of me has it's own set of challenges it's a lot of fun and I've had wonderfully positive feedback.



“ For me the magic is not in what I am doing, it is the feeling it gives people when they see it. Magic turns you into a kid.

HM HOSPITAL GROUP IN ALZHEIMERS'S

BREAK THROUGH

More than a hundred experts including neurologists, researchers and psychiatrists met on-line at the HM Hospitals 'Cognitive Impairment and Neuropsychiatric Disorders: New Therapies and Challenges' Conference to look at the current situation in the diagnosis and treatment of various neurodegenerative diseases such as Alzheimer's, Parkinson's and dementia.



The conference discussed the roll out programme of the new drug, Aducanumab which represents the biggest advance in the treatment of the disease in the last 17 years.

The drug works by delaying cognitive deterioration which with the blood diagnosis is being hailed as a major breakthrough in the fight against Alzheimer's disease. The combination represents "a turning point" that will allow for the drug to provide antibodies that eliminates amyloid, the toxic protein that triggers neuronal degeneration," said the conference keynote Dr Olazarán.

The conference also addressed the research into a new therapy to slow the progression of cognitive

impairment in Parkinson's disease which HM Hospitals has pioneered.

Dr. Olazarán stressed that "more and more people who want to undergo simple blood screening tests".

The development could also open the door to other monoclonal antibodies that are still in less advanced phases of research. In clinical trials. "Aducanumab slows the progression of the disease by 20-30%, something that at first sight may seem modest. However, if we consider that the drug acts from the first phases of the disease, this can mean a delay of several years in the appearance of total dependence and therefore a reduction in the social burden of the disease," confirmed Dr. Olazarán.

A leader researcher Dr. Carmen Gasca, said that "Parkinson's disease is the second most common neurodegenerative disease and among the non-motor



manifestations include cognitive impairment and dementia that affect a large number of patients.

So far treatment for this deterioration have shown a modest improvements but that today therapies are emerging aimed at modifying the progression of the disease and therefore at slowing down this deterioration. However, in some cases access to the brain is limited by the so-called blood-brain barrier.

To solve this problem, Dr. Gasca explained that, in a pioneering way in Parkinson's disease, HM CINAC is immersed in an experimental approach, which



could allow the drugs to pass direct through the bloodstream to specific brain regions. This is a minimally invasive low intensity ultrasound (LIFU) targeted therapy.

“At HM CINAC, we have demonstrated that opening the blood-brain barrier in the cerebral cortex and striatum in patients with Parkinson’s disease is feasible and safe.

A total of 12 patients with mild cognitive impairment or associated dementia have been treated. Among the data analyzed so far, we observed that this opening also led to a slight improvement of these symptoms. This treatment is hopeful for the treatment of neurodegenerative dementias, facilitating the entry of therapeutic agents into the brain,” he said.

The conference also included the participation of Dr. Luis Caballero, who described the current state of diagnosis and treatment of psychiatric disorders associated with dementia.



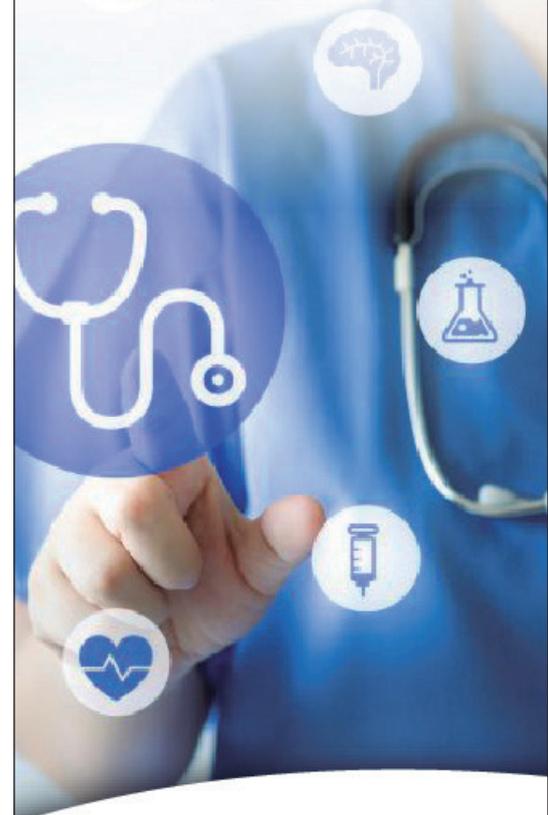
The specialist stressed that the neuropsychiatric symptoms responsible for cognitive impairment in patients causes them enormous suffering but also to their carers.

Therefore, he advocated for a comprehensive treatment, including environmental modification and drugs, in which carers, counseling and support play an essential role.

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Prevention is better than cure

The name Melio comes from the Latin word *melio*, which means 'to improve'. The company was founded in 2019 to bring health(y) care to everyone. We use the term health(y) care to describe the health care experience you use throughout the whole of life and not just when you're sick. Improvement is a journey.

Health care is about staying healthy and making sure that we catch a small problem before it turns into a big one. To do this,

you need to keep an eye on how your body is performing. Tracking your blood markers is a significant part of health(y) care. With this knowledge and personalised advice from us, staying healthy will be a part of your life for the whole of your life.

So what should you measure and how? There's so much health data you can collect these days, that it can get very complicated. But don't worry, our job is to make it simple and straightforward for you. We will give you access to

scientifically reliable and trusted diagnostics that are proven to work. And we'll turn the science jargon into normal language.

We will give you personalised health advice and content, giving you the tools and insights to stay healthy and on top of your game. And to see if you're making progress, we'll provide you with regular check-ups, the latest diagnostics, and scientific health advice and research.

Welcome to Melio!

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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A Tale

Of Two Slices

With Covid19 (temporarily) limiting choice, two old friends got reminiscing on the deli style sandwich shops they used to visit back in the day in their hometowns of Dublin and Brighton. Places where one could get a wonderful sandwich or salad made in the moment, chosen from a menu or conjured up at whim, from a vast array of colourfully displayed fresh ingredients, and a selection of different breads, bagels and baps. They are now bringing this idea to their adopted hometown of Madrid, so the Madrid Metropolitan went to talk to them.





So, what are you up to, guys?

Well, after moaning about the lack of decent sandwich offerings, we've decided to launch Gourmad (Gourmet Madrid- get it?) offering deli-style made-in-the-moment sandwiches and salads. You can choose from our menu (pastrami, chicken, turkey, roast beef, vegetarian) or build your own. We'll also offer soups, snacks, and soft drinks. And it'll all be done in a sustainable manner.

You mention sustainability.

What does that mean when food supply chains are increasingly globalized? And why does it matter?

We believe people care about what they eat- food should be tasty without having to be bad for you. So much of what we eat is full of additives and preservatives, comes

from halfway around the world with a massive carbon footprint, and arrives at our table wrapped in thick plastic. Yet the same brands boast about being green! Really being sustainable means focusing on using locally sourced ecological products, trying to minimize waste, obviously avoiding plastic, and generally incorporating the concept into everything we do.

But is that really viable?

In Dublin maybe not. But here, with this climate? Our chicken and turkey will come from Segovia, our cheese from Colmenar Viejo, our tomatoes and lettuce from Rivas and Toledo. All naturally produced. We're not fully there yet (and probably never will be). Our pastrami comes from NY, because it's just not possible to get anything remotely similar in Spain. But we do what we can, and it works in our favour. All the shit in food nowadays doesn't make it

tastier, it's just there to make more profits for the big Agro companies. We want to eat proper food, with a taste that's unbeatable, and we are sure you do too.

MM is known for its eclectic tastes. When can we expect to get our teeth into a gourmet sandwich of our choice?

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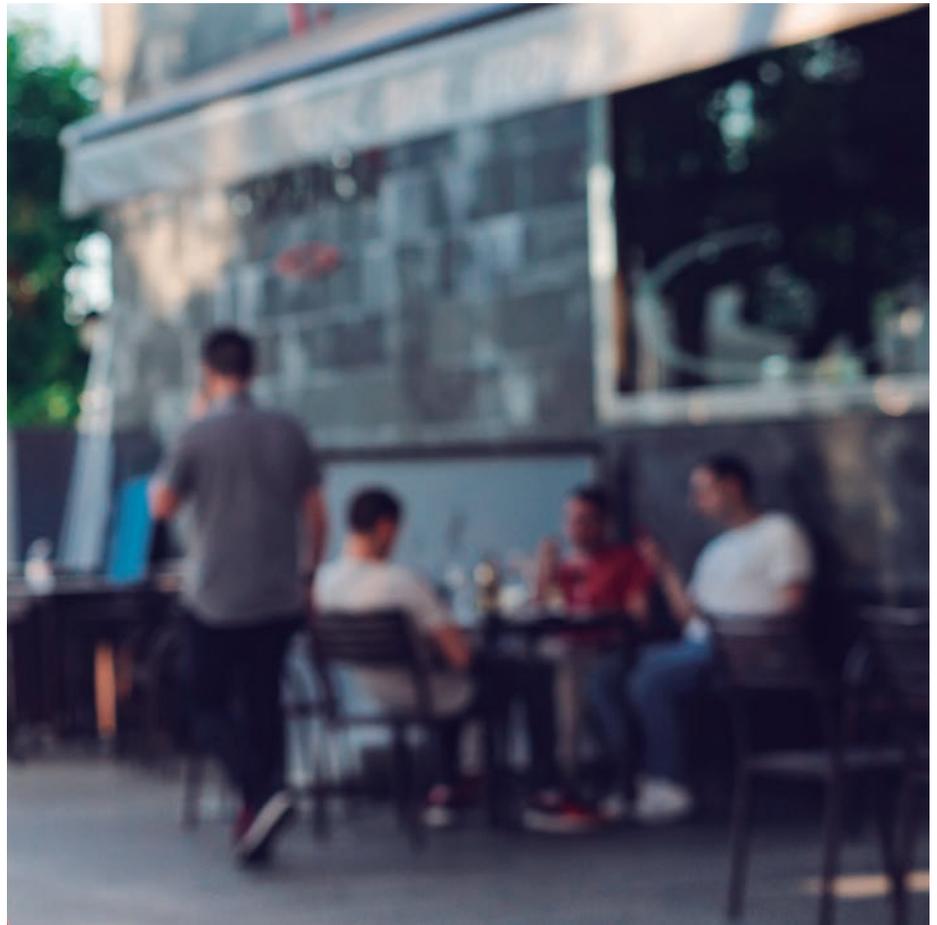
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Brexit will affect British citizens residing in Spain

Brexit will affect British citizens residing in Spain after December 31st 2020. The transitional period of Brexit ends, and in turn free circulation between the European Union and the United Kingdom will also end. British citizens will be considered non-EU foreigners in Spain, with all its consequences from both the immigration and tax point of view.



The European Union and the United Kingdom negotiations are on the last stretch, as on October 22nd negotiations resumed with intention to reach an agreement. These measures will affect the legal status of anyone with a residence permit, and his or her family members in two different aspects: fiscal and immigration.

British citizens arriving after the transitional period.

As you might or might not know, Brexit will affect British citizens;

those arriving after the end of the transitional period will be subject to the general regime for non-EU foreigners, unless the UK and the EU negotiate a future mobility plan within the Future Relationship Agreement. So, any British citizen who wants to reside in Spain will have to carry out all the bureaucratic procedures like any other non-EU citizen. They will need to start considering other options such as: non-lucrative visa, golden visa or a regular work permit... In general, a more rigorous requirement is to prove and declare officially that you have

adequate financial means to support yourself during the stay. For practical purposes of circulation within the European territory, you need to know that the documents of residence in the United Kingdom will no longer exempt the holder from the obligation of transit visa at any airport in the Union.

British citizens arriving before December 31st 2020

Lucia Goy, Lawyer from Harvard Law School and CEO of Goy Abogados in Madrid, experts on immigration, summarize the situation of British Citizens already registered in Spain by saying "they will keep both the residence card and the rights granted by it and it is advisable, in order to avoid future problems, to register as residents in Spain and obtain the EU registration certificate."

This procedure is especially relevant for retirees, since right now, all that is required is proof of income of at least 600 euros per month, a requirement that is easy to meet because their pension usually covers it. But in order to reside in Spain after December 31st, it will be necessary to apply for a non-profit visa, under the minimum income requirement of 2,200 euros per month.

British citizens who have resided in Spain for a period of 5 years or more, are advised to apply as soon as possible for a permanent E.U. card, which is valid for life. After 10 years residing in Spain, they can apply for the Spanish nationality, but they must renounce your British nationality after being granted Spanish nationality.

Keep in mind that, if a British resident in Spain registers at their local health center, they will continue to maintain their health rights in Spain.

For tax purposes

In Spain, for tax purposes, citizens are classified in two different groups: residents and non-residents. And there are different tax rules for this last group of non-residents. A resident -for tax purposes- is the person who lives in Spain 183 days in the same natural year, never mind his/her immigration status.

All residents in Spain are subject to report their assets abroad, filing Modelo 720

between January 1st and March 30th of the following year to become resident and pay taxes in Spain over their worldwide income filing the IRPF

Modelo 100 before the end of June of the following year.

The E.U. non-resident citizens are taxed in Spain 19% flat, over any income originated in Spain, while British citizens, as non-EU citizens, will be taxed 24%. This includes rental income without the possibility of deducting any type of expenses. In case the property is not a rental you will be subject to "imputación de rentas" at 24% of course.

Subject to Wealth Tax are all British citizens as non-EU citizens owning Real Estate and/or assets in Spain, for a total value of €700,000 (or more), and the non-residents must comply by national legislation, instead of being able to choose the regional legislation, which offers some advantages.

In conclusion

It is important to know, for UK nationals residing in Spain, that it is not mandatory to apply for a new residency document if you already have one, but they need to have or obtain the registration certificates -"Green card"- and family cards of EU citizens, which will serve to prove their legal residence in Spain after December 31st, 2020, and benefit from the provisions of the Withdrawal Agreement. Taxation for non-resident British Citizens will increase radically.

If you need any further information on immigration issues, do not hesitate to contact Goy Abogados, at abogados@goygentile.com. If you have questions regarding taxes please contact US Tax Consultants at info@ustaxconsultants.net.

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INTERVIEW

María José Sevilla

Aby Lindsay Clark talks to chef and writer María José Sevilla on the release of her new book *Delicioso, a History of Food in Spain*

María José, you are both a chef and a writer, when did you first feel your passion for the gastronomic world?

I am not actually a chef but a passionate cook and also a food and wine writer. My mother was an excellent cook and my grandmother was a professional cook admired by many. For decades I worked at the Economic and Commercial Office of Spain in London where my job was to highlight the virtues of Spanish Food and Wine as a marketeer, a broadcaster and an educator.

You are also a specialist in viticulture. Can you tell us more about that?

At a very early stage of my career it became clear that I needed to know more about wine in general, and the wines of Spain in particular. In the early 1990's, I was lucky enough to become the first Spaniard to pass the Diploma of the Wine and Spirit Education Trust in the UK. This Diploma became fundamental in the development of my whole working life and it still is. One thing I feel very proud of is to have been elected a member of La Gran Orden de Caballeros del Vino.

I understand you live in the UK, have you lived there for many years? What motivated you to move there?

The desire to learn the language and to enjoy the freedoms I did not have in the Spain of the 1970's

In 1989 you wrote the book, 'Life and food in the Basque country,' was that



your first book? How many other books have you written?

The book about Basque food (Weidenfeld and Nicolson) was the first. It was followed by 'Spain on a Plate' (BBC Books), 'Mediterranean Flavours' (Pavilion Books) and more recently 'Delicioso, a History of Food in Spain' (Reaktion Books). Over the years I have contributed to a number of other books such as 'The Cook's Room, A Celebration at the heart of the Home' (Macdonal and Co Publishers Ltd.), 'The Cook Book of Ingredients' (Dorling Kindersley), 'Street Food around The World' and 'An Encyclopaedia of Food and Culture' (ABC-CLIO), among a number of others.

You have worked as a presenter on UK television, for example with the BBC. Can you tell us about these projects?

I started working in television in the UK at the end of the 80's. I just had published 'Life and Food in the Basque Country' and it had been well

received by the press and by a couple of television producers looking for new ideas and faces. In those days very few people was writing about Spanish food outside Spain. Out of the blue, an independent British TV channel asked me to present a short program about Spanish drinks for children. This was followed by a request from BSB (British Satellite Broadcasting) to write and present five 30 minute programs for a new series under the title 'Plat de Jour'. The series featured ingredients and dishes from a number of countries including Spain. In 1991 I received a letter from BBC TV offering me to write and present a new series about Spanish food. At the end of 1990, the Corporation decided to produce two series about Spanish food, as part of their contribution to the 500th Anniversary of the European discovery of America and also the Olympic Games to take place in Barcelona in 1992. One of the series would be filmed both in Spain and in Ealing Studios in London

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and presented by a Spaniard. More importantly, the series was going to be fully backed by my employer in Madrid, ICEX. 'Spain on a Plate' was broadcast first in the UK in March 1992 and later in many other countries around the World. The BBC also asked me to write a book under the same title which was to become a bestseller. In 1993 'Spain on a Plate' was selected as the 'TV Program of the Year' by the prestigious Glenfiddich Awards in London. The same year the series was granted a 'Premio Nacional Alimentos de España' by the Spanish Ministry of Agriculture which particularly touched my heart. Since then I have contributed to a number of TV food programs in the USA, Australia and Japan among other countries.

Last year you published your latest book *Delicioso, A history of food in Spain, in English, with the UK publishers Reaktion books, could you give us an overview of what it is about? Would you like to have it translated into Spanish at some point?*

'Delicioso' belongs to a series published under the generic title, Food and Nations. It explores the rich history and geography of Spanish food from Palaeolithic times to the present day, telling the story of how food production and consumption developed and how it was influenced by other places and peoples. From the beginning I had something clear in my mind; The book had to offer a readable account of the unique "flavours" and long history of the food of my country.

I would love all my books to be translated into Spanish but it has not happened so far.

When I first moved to Spain back in 1997, I noticed certain apprehension in the Spanish people to try dishes from other countries, but this has changed dramatically in the past few years. What do you feel has been the main cause of this?

It was natural that it would change, particularly in the big cities but actually it changed quite slowly. The country had been opening up since the end of the seventies and the people, including chefs had started to travel abroad. They were bringing back other ideas, and also new ingredients, not necessarily to copy other chefs and other recipes, but to update their own traditions. Later, a new generation headed by very innovative and creative chefs mainly from the Basque Country and Catalonia, would position Spain at



the top of the professional world of food. Perhaps the improvement and excitement created by Spanish food during a period of almost forty years, did not encourage enough investment in restaurants from other countries, with some exceptions such as a number of Japanese and Latin American restaurants which have managed to develop a healthy following. Sushi, pizza and American style hamburgers are now available over the counter in shops and supermarkets all over the country. However, in certain parts of the country there is still a strong resistance to change. I can give you a good example. In the Andalusian Sierra where I live for a few months of the year, the changes I have encountered over a period of fifteen years are related to local cooks and chefs becoming more professional. It is the improvement of local traditional dishes, rather than the desire to try dishes and ingredients from other countries or even from other parts of Spain that has become important. A Chinese family opened a restaurant in Aracena our closest town and after two months, due to the lack of interest sadly had to close. This is not happening exclusively in Andalusia. In most parts of the country local food traditions and dishes have remained very strong and will most likely remain so.

In an interview you gave with the newspaper *La Vanguardia* you commented that, 'In reality, Spanish cuisine, as such, doesn't exist,' can you expand on this?

In the introduction, and in chapters seven and eight of 'Delicioso', I wrote on the subject of a Spanish Cuisine or the 'Cocina de España' in the singular,

which for me does not actually exist. My language is the language of the 'Cocinas de España' in their plurality and individuality, Mediterranean and not so Mediterranean. The most beautiful thing for me about my country is its diversity; the various languages, the climatic variations and the geographical barriers that for centuries have tended to keep apart the regional identities of its peoples and their food.

I became aware of the great diversity of the Spanish kitchen as my family moved from place to place following my father's postings in the air force. My grandmother's and my mother's dishes, as well as the dishes prepared by the local cooks they employed, reflected the parts of the country where they had lived. Although the food they loved and served most days was from Navarre and Aragon, where they were originally brought up, dishes from Extremadura, the Balearic Islands or the Basque Country would appear at our table from time to time, each dish so different and quite distinctive. For the last thirty years I have been travelling all over Spain. I have been lucky to eat in amazing restaurants in Madrid, Barcelona or Bilbao but if I wanted to understand local food I would eat in bars and small traditional restaurants where I could talk to the cook and so appreciate local traditions.

There has been a huge increase in the exportation of Spanish cuisine to other countries of the world over the last few years, do you think that the gastronomy is truly reflective of the standard of the cuisine at home?

The image of Spanish food outside Spain has improved dramatically contributing to the improvement of

the image of the country as a whole. Gone are the days when Spanish food was served in restaurants outside Spain where cooks, many working without any form of training, were trying their best to reproduce authentic Spanish dishes and not succeeding. The lack of shops selling authentic Spanish ingredients especially in major cities did not help. In those days Spanish chefs did not travel or had any intention to work or train outside their own localities. Twenty years on, the work and influence of talented Spanish chefs is now reflected in the food cooked in very popular tapas bars and in prestigious restaurants in many cities and towns all over the world. What has proved to be difficult is maintaining outside Spain the level of quality and innovation that characterises the best of Spanish food today, both traditional or innovative. However until now there have been some wonderful examples of excellent Spanish food served in Europe, Asia or America. A permanent challenge affecting Spanish restaurant business abroad has been to attract and retain, fully trained Spanish chefs prepared to work in kitchens outside their own country, even when a good offer has been made. They normally



don't speak the language and most importantly they miss life in Spain, their families and their friends. Unfortunately the future of many businesses is now in the balance owing to the devastating pandemic that undoubtedly will affect Spanish food and the whole hospitality industry all around the world.

How do you think dishes in the globalised world that we live in will evolve? Do you think that we will end up losing the traditional dishes from the different countries?

This is a complicated question and the reply would have to be analysed almost country by country. It will be necessary to look into their development and how strong still are their food traditions, among other factors, including food production, trading and very importantly, food

history. Quite often I judge food and wine writing competitions and every time it surprises me how many books are full of traditional dishes or based totally on traditional dishes. One of the most beautiful books I have seen in recent years was dedicated to the food traditions of Ethiopia, so intriguing and amazing were the recipes that I tried to cook a few. If we talk about European food in general and the food of Spain in particular, we need to look at the presence or not in daily life, of traditional dishes and the desire of people to eat them frequently even if around the corner they can eat also delicious food from another country. We cannot talk in the same way about traditional dishes in the U.K as in Italy or in Spain which brings us to another question What is a traditional dish? Is a curry a British traditional dish? For me it is.

One thing that will protect different food cultures today, including the Spanish, is that food for the majority of the people, is very emotional. When we are threatened or unsettled we need comfort and reassurance from recipes we love whether they are from our own culture or from other cultures that make us feel good.

Thank you María José!



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Whats on

Ma-drid



The International Newcomer’s Club (INC) has been holding some interesting events recently, whilst respecting all the government health guidelines. In October, members and guests were treated to a talk from leading expert in Holistic and Natural Nutrition, Tine van den Wall Bake, who provided sage tips on healthy, intuitive eating and how to simply Live Younger Longer.

Far from banning what we crave, Tine advises balancing it with as much raw fresh fruit and vegetables as we can. The closer the food resembles its natural state the healthier it is likely to be. Tine practises intermittent fasting as it allows the body to detoxify and recover. However, long term fasting is not for the faint-hearted and should be done in consultation with a physician.

Stress, illness, grief, tiredness all hit our immune system hard. Tine recommends anti-inflammatory foods

such as regular cups of ginger, lemon and honey or other herbal remedies. Tine gave us lots of food for thought and I’m sure that as a result, there will be quite a few liver-cleansing juice machines on this year’s Christmas list.

Other speakers included Soumaya Akbib, President of Art and Culture Without Borders, who explained how the arts are a very effective vehicle for breaking down cultural barriers.

The attendees included Virginia Tola, the acclaimed Soprano; Danka Zavic, the Ambassador for Bosnia and Sandra Andújar from Elite Spain

In November, the INC monthly meeting focus was on Sustainable Fashion in conjunction with Elite Spain, The Spanish Luxury Federation whose more than 100 premium brand members span gourmet food and wine producers to airlines and top end homeware. Sandra Andújar, the Federation’s director explained



that balancing production with sustainability and regard for the planet is very much the order of the day amongst the Federation’s diverse luxury member companies.

The event kicked off with Juan Carlos Mesa, Creative Director of sustainable fashion brand, Angel Schlessler, recent winner of the Mercedes Benz Madrid Fashion Week. Mesa highlighted the importance of creating clothes that can be easily adapted from day wear to evening wear and the use of responsible fabrics.

Lladró’s decorative centerpieces and jewellery display added some eye-catching elegance to the event whilst Alqvimia’s CEO, Drolma Lizcano, showcased her company’s natural cosmetic range.

INC members and guests enjoyed luxury chocolates from Cacao Sampka and a range of gifts from top end brands such as Deutsche Bank, Balmain, Brunello Cucinelli y Narciso Rodríguez

Leila Tekaya, from the National Tourism Office of Tunisia introduced attendees to one of the country’s glamorous hotels, La Badira that encompasses luxury with unmistakable Tunisian authenticity.



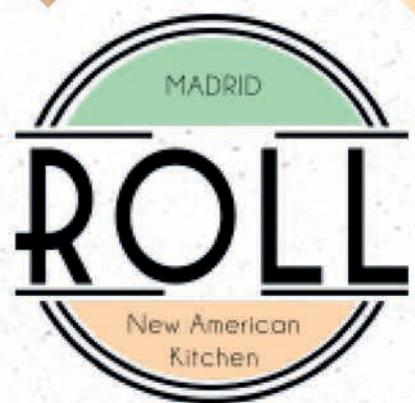
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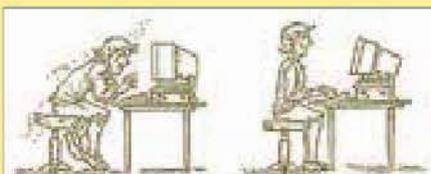
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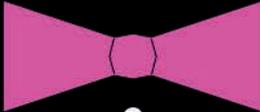
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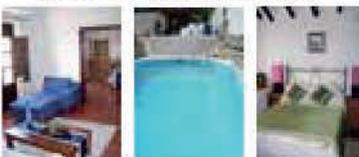
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