

ADVERTISEMENT FEATURE WITH ICEX

The Spanish dishes you need to try (and the London restaurants where you'll find them)

These authentic Spanish restaurants across London prove that Spanish food is much more than tapas



Marie Spøberg

For many people in the UK, their first introduction to Spanish cuisine will be in the form of tapas. You'll find these moreish little nibbles in pretty much any major city around the globe in the form of everything from casual bar snacks to miniature versions of haute cuisine, but there's more to Spanish food than just small plates. These are some of the specialities to keep an eye out for next time you sit down to a Spanish supper table – and where you can enjoy them in London to tide you over until your next holiday.



1/2 Spain is the world's leading producer of extra virgin olive oil and so it should come as no surprise that it's ubiquitous in the country's cuisine, drizzled on salads or used to fry local specialities.

Fried delights

Spain is the world's leading producer of extra virgin olive oil, the healthiest and highest quality source of fat, and so it should come as no surprise that it's ubiquitous in the country's cuisine. It's drizzled on lettuce and tomato, used to roast seasonal vegetables and adds a velvety smoothness to soups and gazpachos. It's also commonly used for frying – some of the country's most traditional dishes, such as croquettes, red mullet, aubergines with honey and calamari, obtain their distinctive texture from being dipped in special flour or breadcrumb coating before being immersed in piping hot oil.

Where to find in London: For the most exquisite fried squid, monkfish and golden croquettes, set your sights on *Hispania*. Like all the restaurants on this list, it bears the ICEX's Restaurants from Spain accreditation as a mark of its authenticity.

A platter made for two (or more)

Chopping boards have moved out of the kitchen to take pride of place on the dining table, and Spanish charcuterie is an excellent way to explore the nation's spectacular selection of cured meats and cheeses.



You're likely to find cured sheep cheeses like Manchego, goat cheeses with paprika such as Majorero Canario and smoked cow cheeses like the Galician San Simón da Costa. As for cured meats, must-haves on a good Spanish charcuterie platter include fatty varieties, such as Mallorcan sobrasada, lean options like dried beef from León or dry and well-cured meats, such as Catalan mallorcas. Start with the mildest cheeses and meats before progressing onto the more intense variations, to avoid the delicate flavours from being overpowered. Paired with breadsticks, toasted bread and perhaps a bowl of olives, a sharing board makes the perfect centrepiece for a group catch-up.

Where to find in London: The boards served at *Tapas Revolution* restaurants (there are ten locations scattered across the UK, including one in Westfield) are an authentic reflection of Spanish charcuterie with the charming addition of quince jam.

A staple grain

After Italy, Spain is the largest rice producer in Europe, and with Valencian paella as its signature dish, the country's cooking features an abundance of different rice recipes. Wood-fired paellas, oven-baked plain rice, creamy rice cooked in broth, tomato rice dishes, black squid ink rice – the possibilities are endless and there is something for every palate.

Where to find in London: Chef Quique Dacosta's restaurant *ArrosQD* in London specialises in rice dishes and bears the Restaurants from Spain accreditation as a mark of its authenticity.

Feasts from the sea

Spain's consumption of fish per capita is one of the highest in the world, and so it should come as no surprise that the country's cuisine revolves around seafood. Visit any of the pretty islands or little villages that stud the coastline and walk down to the harbour to watch fleets of experienced fishermen returning with their daily haul from the waves. For centuries they've supplied local markets with the catch of the day, which has led to a culinary tradition rich in seafood stews, soups and innovative, flavour-boosting techniques for cooking fish.



Where to find in London: For grilled prawns with perfectly sour drizzles of lemon aioli sauce, head to the bright, buzzy *José Pizarro's Poster Bar*. Or search the *Brindisa Kitchens* menu in London's Borough Market for your favourite fish dishes, including Galician-style octopus flavoured with intense Spanish red paprika.

Restaurants in the UK that serve authentic Spanish cuisine bear ICEX "Restaurants from Spain" certification and can be found on this list

MORE FROM CONDÉ NAST TRAVELLER

INSPIRATION

The 25 best places to go in 2023

BY CNT EDITORS

PLACES-TO-STAY

The best hotels in Paris

BY CONDÉ NAST TRAVELLER

STYLE-CULTURE

The best Christmas events in London 2022

BY ANYA MEYEROWITZ

EATING-DRINKING

The best restaurants in London right now

BY CONDÉ NAST TRAVELLER

INSPIRATION

The 12 best Christmas markets in London for 2022

BY SONYA BARBER

INSPIRATION

The 13 Best Places to Go in the UK in 2023

BY CONDÉ NAST TRAVELLER