



MADRID, SPAIN

Location:	Central Spain
Official Language:	Spanish
Population:	3,141,992
Government:	Constitutional monarchy
Currencies:	Euro
Dialing Code:	+34
Time Zone:	GST (UTC +1) Summer: GST (UTC +2)
Drive Side:	Right
Official Travel Website:	www.madrid.com/es
Average Temperature:	Range 42 – 76 F

Quick Facts:

- The name Madrid comes from the word “magerit,” which is Arabic for “place of many streams.”
- Third most populated city in Europe.
- Second largest metro network in Europe.
- Hottest day in Madrid occurred on August 10, 2012. It was a record 40.5 C and 104.9 F.
- Madrid has the oldest restaurant still running in the world, Restaurante Sobrino de Botín, founded in 1725.
- Most visited city in Spain.
- The city of Madrid is sometimes referred to as Los Madriles.
- As the clock strikes 12 on New Year’s Day, everyone in Spain eats 12 grapes for good luck.



Airports:

Madrid–Torrejón Airport (IATA: TOJ, ICAO: LETO)- The airport is located 24 km (15 mi) northeast of Madrid, 5 mi (8.0 km) west of Alcalá de Henares, and 1 mi (1.6 km) NE of Torrejón de Ardoz. The military part (Base de Torrejón) is the base of several combat, logistics and electronic warfare units of the Ejército del Aire, the Spanish Air Force, among them the 12 Combat Wing with F-18 planes and the official planes of the President of the Government of Spain and the King of Spain.

Shopping:

Grocery Stores:

- Mercadona – Several locations in Madrid. They have a wide-variety of items.
- Carrefour – A large, chain grocery store with a wide-variety of items.
- Alcampo – A large store that sells groceries, electronics, clothes and much more. Very similar to the larger Carrefour, but with slightly better quality.
- Corte Inglés – A high-end grocery store, similar to Harrods.

Farmer's Markets:

- Mercado de San Miguel – A must-visit. Includes 33 stalls of produce, fish, meat and other specialty items. It is more expensive than others. Opens at 10 a.m., 7 days a week.
- Mercado de la Paz – A traditional market with vendors that have been around for generations. Fresh produce, meat, fish and cheese. Opens Monday through Friday 9a.m. to 2:30p.m. and 5p.m. to 8p.m.
- Mercado de Maravillas – Large market with over 200 stalls; they have almost anything you need.

Organic Markets:

- Mama Campo – A great store for organic produce, with wooden baskets of fresh products. Not large, but it has quality items.
- Espacio Organico – The largest of the organic supermarkets.
- NauraSi - Small, organic supermarkets.

Dining:

- Platea – A restored cinema that has been reconstructed with 12 restaurants. A “must go” to have food and beer.
- La Terraza – 2 Michelin star restaurant. Chef Paco Roncero studied under Ferran Adria. They have a set menu with 23 courses. It is very expensive and has a dress code. Very unique food if you want a dining experience or to offer your passenger one.
- Botin Restaurant – The oldest operating restaurant in the world. Has many traditional dishes of Spain and was mentioned by Ernest Hemmingway in one of his novels. The restaurant is very touristy, but good.
- Odds – A good, average-priced restaurant in the center of town.





Useful Words and Phrases

English to Spanish Translation

Hello	¡Hola!
How are you?	¿Cómo está usted? (formal) ¿Cómo estás? (informal)
Good morning	Buenos días
Good afternoon	Buenas tardes
Good evening	Buenas tardes
Good night	Buenas noches
Goodbye	Adiós Hasta luego Hasta la vista Hasta mañana
Cheers!	¡Salud!
Bon appetit	¡Buen apetito!
Yes	Sí
No	No
Do you speak English?	¿Habla inglés? (formal) ¿Hablas inglés? (informal)
How much is this?	¿Cuánto cuesta?
Sorry	¡Lo siento!
Thank you	Gracias
Reply to thank you	De nada
Where's the toilet?	¿Dónde está el baño?
Help!	¡Ayúdame!





Menu Items:

During the periods of the Roman Empire, mushrooms were considered the foods of the gods. Even though they were not the first civilization to enjoy mushrooms, they introduced its popularity to Spain. Spain still considers the mushroom important, especially in the northern regions of the country. The Romans and the Greeks also introduced Spain to winemaking.

In the middle ages, Germanic tribes brought in brewing and then in 711 AD, when the Berbers (Northern African group) and the Arabs crossed the Strait of Gibraltar, the cuisine changed dramatically. The introduction of foods such as rice, almonds, eggplant and sugar cane gave Spain the guidelines for the foods we enjoy today. In the South of Spain, many dishes have a great Persian and Indian influence from when the Moors occupied the peninsula.

When Christopher Columbus discovered the New World, this brought Spain more ingredients such as tomatoes, corn, potatoes, paprika and cocoa.

Cooking in Spain is essential for its culture, and brings families together. The cuisine itself is simple, but fresh and full of flavors. Spanish cooking is essentially family cooking, in that it's relatively simple to prepare and always uses fresh produce. Within each region of Spain, you will find that cooking techniques vary. Andalucía, in the south, has a spicier flavor and Arabic influence. Galicia, in the northwest, has Celtic heritage with hearty stews and beans. Asturias is famous for the sausage and bean stew. The Valencia region has more Mediterranean flavors, and the west of Spain is known for its ham, game, chorizos and other sausages.



Some of the most popular items in today's culinary experience are the cuisine from the Catalan and Basque regions of Spain. In the past fifteen years, many famous chefs have come from this region and their cuisines are taking the world by storm. Barcelona, the most famous city of the Catalan region, uses fresh fish, seafood, meat and chicken in ways that are unique. Bilbao, the northern part of the Basque region, is popular for its heartier dishes, with refined and favorable combinations. A popular dish in the region is Marmitako, bonito fish with potatoes.





Below, we have identified some local dishes in Madrid and the surrounding areas of Spain, along with many flavors you may be familiar with.

Breakfast

Churros

Served with chocolate dipping sauce and fresh fruit.

Scrambled Eggs with Grilled Chorizo

Served with grilled tomatoes and toast.

Assorted Breakfast Rolls and Toasted Breads Butters

Served with chocolates and assorted jams.

Cold Canape / Appetizer Selection

Bandeja de Jamón y Lomo Ibérico

Tray of Iberico ham and loin.

Bandeja de Queso Manchego

Tray of manchego cheese.

Assorted canapés

- Foie with bitter orange canapé
- Goat cheese and figs jam canapé
- Smoked-salmon canapé
- Tuna slice over Piquillo peppers
- Galician-style octopus

Salad

Ensalada de Jamón de Pato y Queso de Cabra

Duck ham and goat cheese salad.

Patatas Aliñadas

A potato salad with egg, tuna, and onions.





Soup

Gazpacho

A cold tomato soup.

Potaje de Garbanzos

A bean soup with ham, chorizo and potatoes.



Main Courses

Pisto

A Spanish ratatouille of tomatoes, peppers, zucchini, onions, garlic and olive oil.

Paella

Traditionally from Valencia, but cooked all over Spain. A saffron rice dish combined with white fish, shrimps, squids and clams. Rice can be mixed with fish and meat (mixed paella) or vegetables (vegetarian paella). The name “paella,” comes from the name of the special pan used for the cooking.

Estofado de Carne con Vino Tinto

Beef stew is a traditional recipe that is full of carrots, garlic and onions. The crushed tomatoes and red wine reduce, to give the sauce a deep, brown color and a rich flavor.

Pollo a la Catalana

Chicken, Catalan-style, is a rich main dish that is a great dish for fall. The chicken is browned, then simmered in a sauce of prunes, raisins, pine nuts, onions, tomatoes and white wine.

Fabada Asturiana

Traditional dish from Asturias, made with beans, sausage, ham, meat and tomatoes.

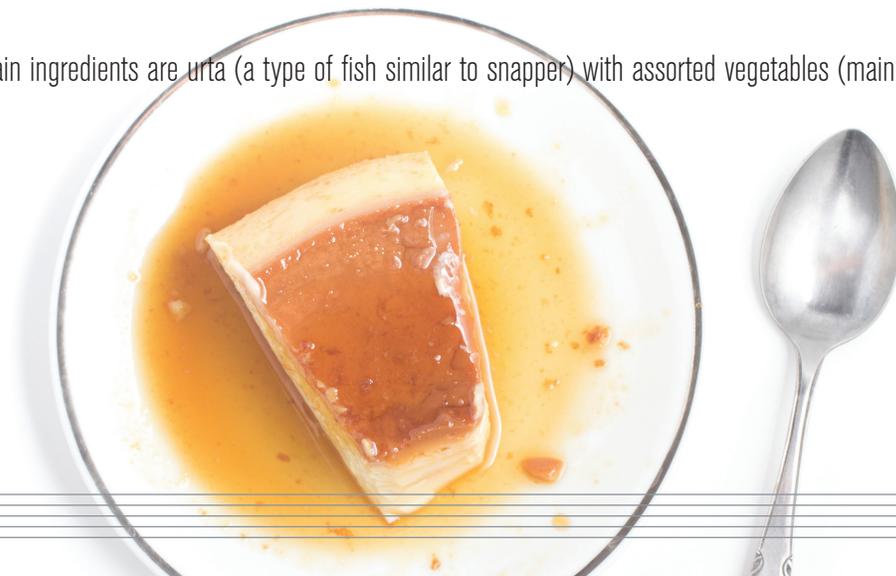
La Urta a la Roteña

Typical dish found in Rota. The main ingredients are urta (a type of fish similar to snapper) with assorted vegetables (mainly tomatoes).

Dessert

Flan

Tarta de limón





Wine

Marqués de Cáceres 2011 MC (Rioja)

This is arguably the best MC Cáceres has bottled. Dense, smoky aromas of bacon, toast and blackberry show well. A concentrated, yet balanced palate, is home to flavors of ripe black fruits, accented by proper doses of spice and leather. A toasty finish is black as night, with coffee and hard spice notes.

Bodegas Muriel 2011 JME Garnacha (Rioja)

Round, robust aromas of ripe berry fruits, minty herbs, latex and smoky oak set up a fresh, tight, slightly tannic and drawing palate with savory, foresty flavors of raspberry and plum. A red-fruit finish shows a touch of citric acid, but overall fresh and clean.

Celler Piñol 2011 L'Avi Arrufi Garnacha Blanca (Terra Alta)

Varietal Garnacha Blanca from Catalonia is a distinct animal, and this is a prize specimen. Waxy and mature on the nose, but with dry scents of peach pit and apricot. Feels full and peachy but also grabby and acidic. Papaya and stone-fruit flavors finish full, pulpy and balanced. Drink through 2017.



Useful Tips

How much wine to buy?

The general rule is to plan on one bottle of wine per person, for your total wine purchases. The following guideline provides more suggestions:

Wine Varieties	4 Guests	6 Guests	8 Guests	10 Guests	12 Guests
2	2 bottles of each wine	3 bottles of each wine	4 bottles of each wine	5 bottles of each wine	6 bottles of each wine
3	1 bottle of each wine	2 bottles of each wine	2 bottles of each wine	3 bottles of each wine	4 bottles of each wine
4	1 bottle of each wine	1 bottle of each wine	2 bottles of each wine	2 bottles of each wine	3 bottles of each wine
5	1 bottle of each wine	1 bottle of each wine	2 bottles of each wine	2 bottles of each wine	3 bottles of each wine

**Dessert wine are considered different and served in much smaller portions. Usually the bottles are half the size of regular wine bottles.*

Measurement Conversions

- 1 teaspoon - 5 ml
- 1 quart - 0.946 liter
- 1 ounce - 28 g
- 1 meter - 3.28084 ft
- 1 tablespoon - 15 ml
- 1 pint - 473 ml
- 1 inch - 2.54 cm
- 1 foot - 30.48 cm
- 1 cup - 235 ml
- 1 pound - 456 g
- 1 centimeter - 0.393 in





Unique Items

As a flight attendant, you must be able to read your guest and find out what their likes and dislikes are. It is always a nice gesture to have a little gift for them with a story behind it, when boarding. It could be as simple as a box of specialty chocolate from that location to a personalized picture of the trip with the date on it as a memento. Make it fun for your passengers, and something they can remember the flight and the extraordinary service you gave them.

Madrid has many specialty shops and unique items you can buy. Here are some examples:

Fans

Every Spanish woman needs a fan. Madrid gets hot in the summer and you will see many women carrying a fan.

Olive Oil

Spain is known for some of the finest olive oil in the world.

Saffron

Spain is one of the major saffron producers in the world and the plant is grown in Castilla La Mancha. It is more expensive than gold by weight, but a very little quantity gives a wonderful flavor to food, especially for paella.

Paella Pans

If you are a cook, and want to make paella in your home, you can buy Teflon-coated pans, which have a flat bottom and are shallow. These can be bought in the kitchen section of El Corte Ingles and other stores.

Flamenco Music

One can buy CDs with flamenco music by great guitar players, like Paco de Lucia, almost everywhere souvenirs are sold.

Ceramic Plates

Many cities in Spain produce their own type of ceramic plates and many tourists like to buy these to decorate their homes.

Turrón Candy

Turrón is made from almonds and honey, formed into tablets. It is sold in Spain, usually during Christmas. There are two types, one is soft and the other hard. It is sold in El Corte Ingles Supermarket all year round.

