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PENCIL it in for the third Friday in June... World Tapas Day. One of the joys of food, as well as the fact that it keeps us alive, is that it feeds our spirit, particularly when we try dishes from other countries. And because unfortunately we cannot travel all the year round we can transport ourselves with a tasty morsel and drink. World Tapas Day was on Thursday and your diarist wetted his palate with a fine Tio Pepe sherry at the Dean Hotel, Harcourt Street, Dublin (deandublin.ie) before piling my plate with anchovies, cold meats and king prawns, washed down wtih Rioja. Earlier in the day at Taste of Dublin I had refuelled with pulpo (octopus), a Galician speciality which takes me back to my Camino

walk last year wiith CaminoWays.com. Now the question you're asking is where do I go for free tapas? Spanish taverns (tascas) will give you free tapas as a matter of custom for buying a drink. Andalucia is the home of tapas, but the other regions of Spain have put their own take on it. Being an afishyianado (yes, I made that up) I like the calamares a la romana (battered squid rings), a speciality of inland Spain. Just one of many reasons, then to visit Madrid. Aer Lingus flies there for from €39.99. Travel from October 1 to December 15. As a sample I found the Senator Gran Via 70 Spa Hotel with www.lowcostholidays.ie (€813.19), two adults sharing for August 1-8. Call (01) 485 3835.

