

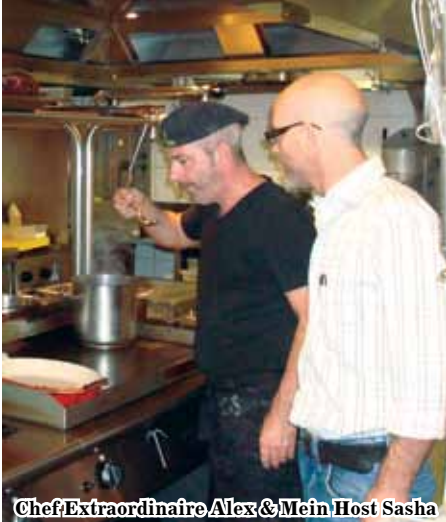
Fabrica 23

The Art of Fine Cooking

Sunday Lunch With Great Yorkshire Pudding!

As British as Winston Churchill or Sir Frances Drake or Morecombe and Wise, Yorkshire pudding take its place proudly alongside The Haywain, Lowry's matchstick men, Maggie Thatcher's handbag and other works of art.

The importance of Yorkshire pudding just can't be understated on the nation's Sunday



Chef Extraordinaire Alex & Mein Host Sasha

lunch table.

My uncle Tommy, soccer for Darlington (toecaps in his boots) and cricket for Durham (extra large box!), got stuck in to a metal baking tray full of Yorkshire pudding every Sunday, and that was before the meal arrived!

It is a culinary gift, to be able to make a true pud. Step forward Alex and take a bow.

I award you the medal for the only real

Yorkshire in Spain and a bar to that medal for your exquisite homemade horseradish sauce. Excuse my waffling as I wipe a tear from my eye.

But as a writer, I must not let personal preferences get in the way of constructive journalism.

So...

The rest of the meal wasn't bad either!

There is no secret recipe for the culinary skills of Alex.

At nine every morning the restaurant is open and receiving the fresh produce for the days menu, and then the preparation starts.

Having worked as a chef in some of the finest restaurants, and with the famous chefs, of Europe, Alex pours his soul into every meat, fish and sauce he prepares.

And talking sauces, each one is prepared by Alex personally, no packet stuff for him.

Brother Sascha works the tables with a well trained and attentive staff.

The choice of starters included soup and calamares, but Den and I went for the verduras especiales, barbagonoush, yogur, menta y pan Arabe.

A Middle Eastern dish, similar to humus, the



Verduritas Especiales, Barbagonoush, Yogur, Menta Y Pan Arabe

barbagoush was flavoured with mint and yoghurt and a dish of roasted courgette, carrots, red peppers and cherry tomatoes that were bursting with flavour with fresh soft Arabian bread.

A kaleidoscope of different flavours.

For her main course Denise chose filete de bacalao, pure de boniato, pesto y vinagreta tomatitos.

Juicy bacalao chunks with cherry tomatoes, pureed sweet potatoes



Filete De Bacalao, Pure De Boniato, Pesto y Vinagreta Tomatitos

and topped with a succulent prawn and washed with a spicy dressing.

You'll never guess what I had.

You guessed right.

Sunday lunch of roast beef, pinky and juicy. Roast potatoes the wonderful Yorkshire pudding, REAL gravy and the tangy horseradish sauce.



Two different meals and we both thoroughly enjoyed them, tasty, cooked to perfection and deceptively filling.

And everything presented as a work of art.

As much thought goes in to the look of the meal as it does in the preparation.

Dessert was more

tasty art with a tasty taste.

Cheesecake for me and chocolate cake for Denise, both homemade, and garnished with a sauce of fresh whole red fruits.

Raspberries, cherries redcurrants and blackcurrants all combined to satisfy any taste buds that survived the onslaught of a truly wonderful meal.

Great food, great staff and an olde worlde feel.

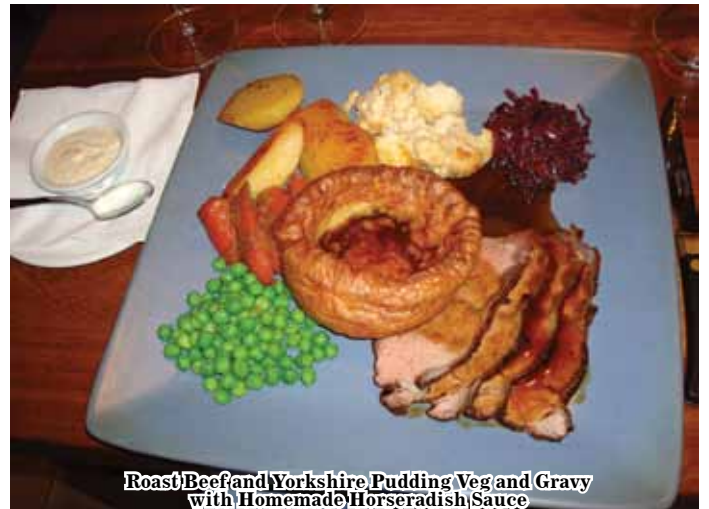


Fabrica 23
Tel: 971 45 31 25

C/. Cotoner, 42, Santa Catalina, 07013 Palma de Mallorca
www.fabrica23restaurant.com



Olde English Wine Bar - Fabrica 23



Roast Beef and Yorkshire Pudding Veg and Gravy with Homemade Horseradish Sauce