

ONE BITE BLISS

# BARCELONA

BY CAROLE M. AMBER | PHOTOGRAPHY BY NICHOLAS HINSCH

Chef Paul Yow's original creation: the perfect pintxo (pronounced "pincho"). Pintxos are basque-style tapas that come on a stick or piece of bread.



## BARCELONA RESTAURANT & BAR

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**Lunch**  
Mon-Fri 11:30AM-2:30PM  
**Dinner**  
Mon-Sun 5PM-10PM

It's the New Year. Why not try something new? As we embark on 2010, the foodies at CMH have created something exclusively for you: the CMH amuse-bouche. We've challenged the chefs of Columbus to design the perfect bite for the finest palates – and make their creation available to all CMH readers for the duration of each month, free of charge. Just ask for the "CMH amuse-bouche" the next time you're at Barcelona.

CMH's inaugural amuse-bouche has been skillfully fashioned by Chef Paul Yow at Barcelona Restaurant and Bar. Chef Paul's amuse-bouche reflects his travels to Barcelona, his study of Spanish ingredients and the philosophy of the restaurant, serving "the best, freshest products in a way that honors the traditions of Spain."

Owner Scott Heimlich says that Chef Paul "has a great mind for putting certain flavors together that work," and it's no easy feat to create the restaurant's signature dishes. "He hand-picks the best local products to balance the finest authentic Spanish ingredients available," Heimlich explains.

Chef Paul's philosophy becomes apparent as I wrap my lips around this extraordinary pintxo, or traditional skewered snack, from the Basque region of Spain. I'm transported to a bustling sidewalk café, loud with excitement, foreign prose and the smell of the Bay of Biscay. Chef Paul's amuse-bouche will separate true fine-food aficionados from the masses. This is NOT a bite for a culinary beginner nor the faint of heart.

Each ingredient is the best in its class. One pickled Basque Piparrose pepper, one decadent Manzanilla olive and one hand-harvested, hand-filleted and hand-cured anchovy from the northern coast of Spain – meld together for an intense, power-packed bounty of flavor. Each ingredient has its own strong personality, but the flavors are still well balanced. Chef Paul says that those who normally do not like these ingredients inevitably report that this bite somehow changed their minds. The pepper is bold, but not spicy. The olive is rich, yet subtle. And the anchovy is buttery, not fishy. Chef Paul is proud to say that this particular anchovy is "the absolute best anchovy in the world, period."

Chef Paul's amuse-bouche is truly an experience. If you "get" this bite, you'll "get" Spanish cured delicacies. So test your culinary fortitude and head to Barcelona during January and February to try Chef Paul's perfect pintxo, CMH's inaugural amuse-bouche. **CMH**

*Let us know if this pintxo amuses your palate (and check out Barcelona's signature Paella recipe) at [www.cmhmag.com](http://www.cmhmag.com).*