

CHEF'S MENU

IN SEARCH OF THE PROUSTIAN MADELEINE



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A great meal can be enjoyed in many ways. The senses, the setting, the conversation... all play their part. But when we eat mindfully, something more happens.

There are flavours that go beyond the present moment. An aroma, a texture, a sauce... can awaken a memory we thought long forgotten, bringing us back to a moment once lived.

In his work *In Search of Lost Time*, Marcel Proust describes how the simple act of tasting a madeleine dipped in tea suddenly transports him to memories of his childhood.

Since then, we refer to the “**Proustian madeleine**” as that moment when a flavour takes us, almost without realising it, back to a distant memory.

At 7 Portes, we invite you to discover your own through this **Chef's Menu**, a proposal built around one of the pillars of our culinary tradition: **the sauces of Catalan cuisine**.

Each dish highlights what often goes unnoticed, yet gives meaning to the whole: the depth, the emulsions, the reductions, the intensity that brings ingredients together and defines them.

A journey designed to be savoured slowly and to let yourself be carried away. To return, through taste, to memories you may not even realise you still hold.



THE CHEF'S MENU

Confit and marinated.

Confit onion and tomato with marinated sardine.

The flavour of escalivada.

Warm cream of roasted vegetables.

The Marinera.

Marinera sauce with mussels — a happy marriage.

Catalan béchamel.

It has only one partner: the Festa Major cannelloni.

Gratinated allioli.

Cod with Mrs Carme's garlic mousseline.
On a bed of ganxet beans, served with tomato and prawn tails.

The intensity of the roast.

Beef Wellington with foie gras, wrapped in golden puff pastry.
With the concentrated essence of Catalan roast.

The aroma of burnt sugar and vanilla.

Caramelised iced creamy cake, Mr Paco's favourite dessert.

Cellar

7 Portes white wine DO Penedès

7 Portes red wine DO Montsant

7 Portes cava DO Cava

Mineral waters

