

Mercato Centrale: A haven for foodies

Written by ANTONIO DELOS REYES

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Food enthusiasts of the Metro were in for a treat with the grand opening of Bonifacio Global City's Mercato Centrale last Sunday, Nov. 21. Inspired by the outdoor markets of Mercato Centrale in Florence and the Boroughs Market in London, Mercato Centrale is a new weekend lifestyle market aiming to provide fellow foodies with delicious treats as well as organic produce and meats.

With over 150 partners divided into 3 air-conditioned tents, visitors are welcome to sample a plethora of gustatory delights. Whether one is hit with a craving for roast peking duck, or perhaps are hankering for a full slab of melt-in-your mouth baby back ribs, all you have to do is look around and take your pick from the different stalls. International cuisine can be seen all over the market. Authentic Nasi Goreng is sold beside burritos and Paella Valenciana, served out of a paellera pan. Fried chicken pieces are cut up and sprinkled with different spices of your choice for a simple yet satisfying snack. For visitors with a sweet tooth, homemade muffins, cakes and pies are available. Ranging from cinnamon and caramelized apples, to devilled cake, to the Filipino favorite Sans Rival, one can choose from a dizzying assortment of pastries made by different families.

For bread lovers, the Mercato Centrale is a haven for rustic European breads. One can get a full loaf of rye bread, or chew into a French baguette slices topped with your choice of spread. Croissants, ciabattas, hardtacks and more can be had from the boulangeries that abound. If

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one prefers savory pies, take a pick from the classic quiche Lorraine to the novel chicken curry pie, or for something exciting, try sampling some turnovers with a range of different fillings.

Vegetarians can rest assured that their dietary restrictions are no barrier to enjoying delicious food. They can choose to indulge in different salad greens with an assortment of dressings at hand or try different vegetarian pastas and other entrees.

Mercato Centrale's partnership with Pinoy Organics.Com resulted in an organic livestock, vegetable and herb grocery right in the middle of a tent. One can choose from free-range chickens, pesticide and fertilizer free produce, organic rice and farm-fresh eggs from microfarms operated by enterprising individuals.