

# MARKET FORCES

Food-loving tourists can't resist browsing lively markets in cities from London to Rome, whether or not they're staying in self-catering accommodation

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## Barcelona La Boqueria Market

With more than 40 bustling food markets showcasing a host of fresh produce, Barcelona is undoubtedly one of the best cities in the world for true foodies. The city's award-winning La Boqueria Market is a landmark in itself, with its grand iron entrance and metal roof that dates back to 1914. Fresh fish, seafood, game and offal, fruits, vegetables, charcuterie, breads and pastries – to name a few – are all neatly displayed here, while autumn sees the appearance of a host of Catalan gastronomic delights: pumpkins, aubergines, turnips, pulses and artichokes, most of which are traditionally found in hearty soups.

In October, wild boar, quail, partridge, hare and pigeon are cooked in rich stews, often accompanied by

bolets (wild mushrooms), one of the main components of Catalan cuisine. Mushrooms at the market come in dozens of varieties, including porcini, chanterelle and saffron milk cap. Autumn is also the best time for seafood, including cuttlefish, squid, clams, red shrimp and octopus, which are traditionally used in rice dishes and soups or as main courses.

As the year moves on to chillier November, roast chestnuts and sweet potatoes emerge, traditionally served in cone-shaped bags, while December brings in pedigree poultry including duck, turkey, guinea fowl, goose and chicken. If you're feeling hungry and want to try some of the best food on offer, the market is peppered with lively stalls where customers can sample the region's tantalising range of dishes. ➔





### London Borough Market

London's oldest fruit and vegetable market dates back to the 13th century, when traders congregated there to sell a host of foods, including grain and livestock. Borough Market today is home to more than 100 stalls, where farmers from all over Britain showcase fresh produce including fish, meats, vegetables, cheeses and pastries. Most traders are primary producers who make, grow or breed the seasonal produce themselves.

By September, the shooting and hunting season has already begun, thrusting game birds and wildfowl into the culinary spotlight. Pheasant, grouse, duck, goose and grey partridge line up along the meat counters, plus a tasty range of chutneys and pies.

This time of year also brings all manner of greens to the table. Early autumn heralds the arrival of bright orange pumpkins and butternut squash, along with root vegetables such as beetroot, turnips and baby carrots. Rosy-cheeked apples sit side by side with tawny-skinned Cox's apples, traditionally used in English desserts such as crumbles and pies.

Colourful wild fruits abound during these months too. Blackberries are ready to be picked in early autumn, and elderberries provide the flavour for jelly and cordial. Ruby red cranberries take centre stage and are traditionally used to make the sauce for the upcoming Christmas feast.

### Istanbul İnebolu Pazarı Market

Alpine meadows, rolling highlands and quaint fishing villages mean the Black Sea region has long been exalted by Turkish people, but the area doesn't just look good, it tastes good too, producing some of the country's best cuisine. Villagers from around the Black Sea travel to Istanbul and set up shop at the İnebolu Pazarı farmers' market on Sundays, where they display a tantalising array of cheeses and wild mushrooms, swirls of creamy butter, fine selections of teas as well as freshly baked corn bread. The season gives rise to the renowned Black Sea anchovies, Jerusalem artichoke, leeks and pumpkins, all used in thick soups, while figs, cranberries, damsons and pears are often the basis for flavoursome homemade jams.

This is not one of Istanbul's best known markets, and you'll hardly see any tourists here, but it's a fascinating shopping experience where you'll be jostling with eager locals.

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Traders bring their seasonal produce to busy Borough Market

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Historic Campo de' Fiori has attracted locals for centuries with its tasty produce

### Rome Campo de' Fiori Market

With the approach of autumn, when the temperature drops and the colours of the landscape change, Italian cuisine becomes richer, warmer and heartier, with meat casseroles, thick vegetable soups and hearty pasta dishes appearing on the table.

Cooler evenings and shorter days also provide the perfect time for sharp-eyed mushroom hunters to scour the forest floor, with dozens of varieties found all over the country. A favourite is the rich, earthy porcini, traditionally used for creamy, smooth soups, pasta sauces and pizza toppings.

Rome's lively Campo de' Fiori, one of the city's oldest markets and for centuries the stage for public executions, bustles with shoppers each morning. Autumn is an exciting culinary season, with sellers displaying radiant pumpkins, sweet figs and heaps of roasted chestnuts that are traditionally sold bagged up and piping hot. Fruit stands also showcase juicy persimmon and tear-shaped prickly pears with light, airy centres. 👑