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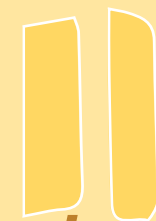
# THE POUR OUT

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A COLLECTION OF ARCHITECTURE  
RECIPES AND STORIES

a special thank you to  
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*barcelona*

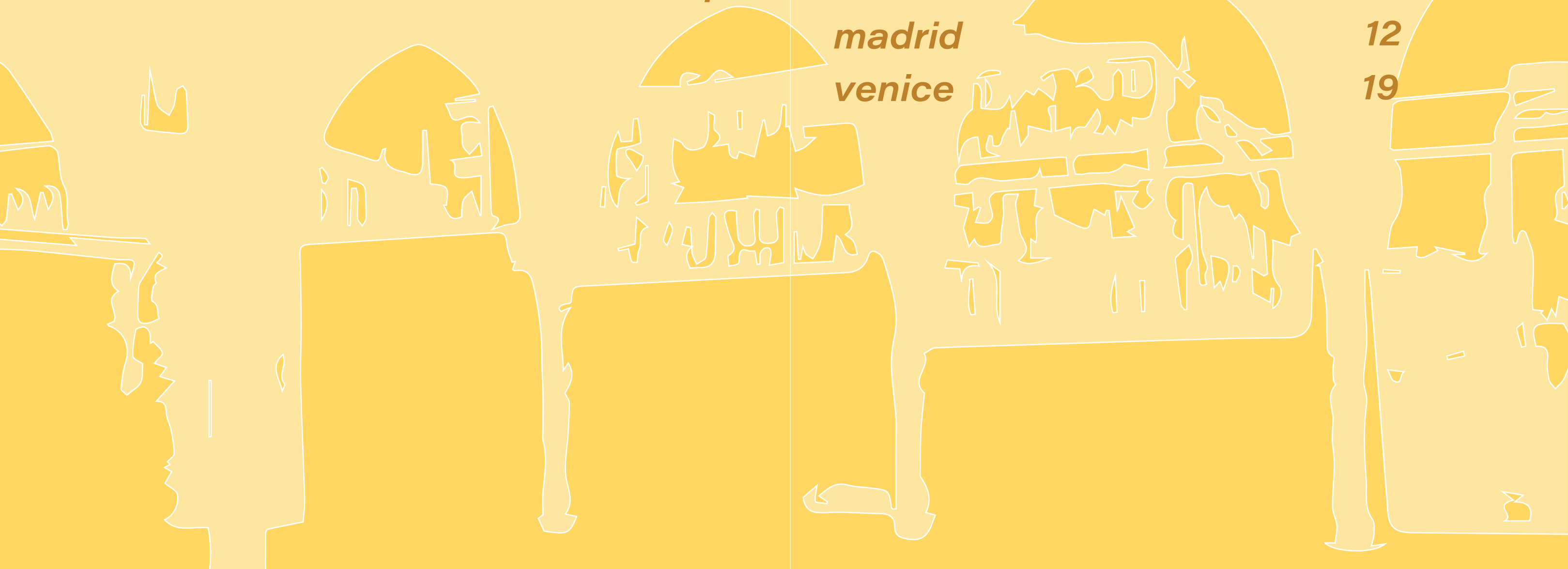
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The Pour Out examines how food markets and food stalls are influenced through architecture and surrounding contexts being: sidewalks, parks, and design of these buildings and structures.

# *the* **POUR** **OUT**



**barcelona**



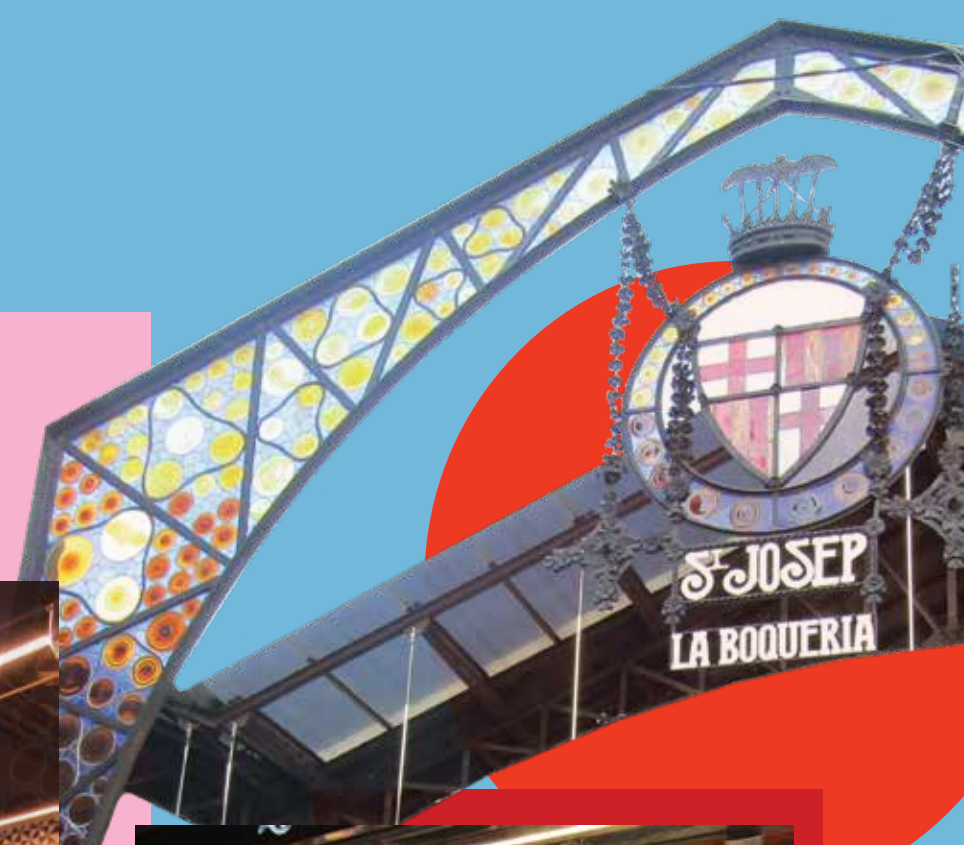
# LA BOQUERIA

Mercado de la Boqueria is located in the Gothic Quarter area of Ciutat Vella. The market is a direct response to food tourism, almost crafted specifically for tourist just off the main road of La Rambla. La Boqueria is a vivid market swarming with a range of people from all over the world.

People are moving throughout the space amazed by what they see: a captivating space that is constantly changing. There is a continuous flow of movement that seems never ending making it hard to not get lost in the endless rows of market stalls.

These food stalls have created their own businesses as they have become permanent landmarks of the city. Each stall has its own personality and each stall responds to the architecture differently as it creates its own shape within the space. The vibrancy of the area is unmatched.

The pour out continues as the streets have become their own markets. The main road is designed with a large median that functions as another sidewalk. This area becomes the main walkway that is used by restaurants that effectively pop-up each day creating a new street landscape.





# mercat de santa caterina

**Mercat de Santa Caterina is located in the Santa Caterina area of central Barcelona. The market was established during a reconstruction period in Barcelona. Throughout this time, Barcelona was eliminating cathedrals to transform the city. Similarly to La Boqueria, Mercat de Santa Caterina features a comparable layout of permanent stalls arranged in rows and columns throughout the space.**

**However, the atmosphere at Santa Caterina is vastly different to La Boqueria. At Santa Caterina the market is geared more towards locals with significantly more space in between each stall. This allows patrons to feel like a participant in the space rather than a spectator.**

**The architecture of the market is absolutely spectacular. The extravagant mosaic rooftop, vibrant and eye-catching, creates a direct connection between the inside and outside. This captivating roof invites people in but also fosters a connection to the surrounding environment.**

**At Mercat de Santa Caterina the market dominates the street holding prominent against the surrounding community. Deeply influencing the surrounding environment due to presence of the market.**





# Plaça Reial

Plaça Reial also known as the Royal Plaza is located in the La Rambla area of Gothic Quarter. Placa Reial is a large plaza creating a vibrant space opening up la Ciutat Vella. The plaza is lined with restaurants filling up each corner of the space.

The architecture enhance the dynamic environment, encouraging restaurants and to users to utilize the space with more intention. The flow of connecting arcades allows for pop-up vendors and temporary market stands to utilize the space at all times. Unlike other markets Placa Reial is able to provide more seating for patrons both visiting and passing through the plaza.

Plaça Reial also invites exploration of the surrounding area with each connecting street leading to a larger web of Barcelona. These webs then create a new urban flow that allows you to experience the city differently each time.

# Bo de B



## ingredients (your choice of):

1. lettuce
2. tomatoes
3. corn
4. onions
5. feta cheese
6. peppers
7. lentils
8. avocado
9. olives
10. cucumbers

## step by step:

1. evaluate the line and be prepared to wait, but it's worth it
2. chicken or beef?
3. choose your sauce - avocado, garlic, yogurt, or hot sauce - the more the merrier and you'll want them all
4. choose your toppings
5. add avocado
6. enjoy a heavenly sandwich and don't forget to order the patatas bravas!





madrid



# MERCADO DE san miguel

Mercado de San Miguel is located in the Sol area directly off of Plaza Mayor. The market is designed for food tourism positioned off Plaza Mayor. Mercado de San Miguel is bustling with a range of people from all over the world.

People are moving quickly throughout the space creating a lively and exciting atmosphere. Although the space can feel overwhelming at times due to the size of the space in comparison to the crowds. Despite this the architecture allows you to still feel connected to the outside.

The design of the space allows you feel outside because of the full glass walls and open air feel. In addition, as one of the first ironwork markets the materiality provides a stark contrast. The indoor/outdoor concept is amazing.

Additionally, the intentional design allows you to both fully enjoy your food while experiencing the space. The perimeter of the market is lined with counter-tops for dining and the central area has an open cafeteria-like feel. Furthermore, the enhanced Gothic architecture creates a starting point for the surrounding area as it responds to the architecture of the market.

## ingredients:

300 g of rice bombita  
40 g of extra virgin olive oil  
400 ml of chicken broth  
8 g of salmorreta  
0.03 g of saffron  
25 ml of white wine  
500 g of chopped chicken  
150 g of green beans  
190 g of loaves  
800 ml of vegetable broth  
120 g of sofrito

## for the vegetable broth:

220 g of turnip  
100 g of onion  
250 g of leek  
150 g of carrot  
150 g of celery  
250 g of chickpeas  
a sheet of kombu seaweed  
6 l of water

## step by step:

1. fill the bottom of a pot with the ingredients from the vegetable broth
2. cover with water, boil, and lower the temperature then cook for 18-24 hours
3. make the sofrito with red and green pepper, tomato, onion, garlic, and fried tomato
4. separate the ingredients from the paella
5. put the paella on the fire with the extra virgin olive oil, add the sofrito, the salmorreta, paprika, and the saffron
6. add the white wine and let evaporate
7. add sautéed green beans to the rice and stir to mix everything
8. add the chicken and vegetable broth and bring to a boil
9. raise the temperature to the maximum for two minutes to form the socarrat
10. let rest for 2-4 minutes outside the fire

## chicken PAELLA



recipe courtesy of paella by rodrigo de la calle @ mercado de san miguel



# mercado de san antón

Mercado de San Antón is located in the Chueca area of central Madrid. While it is a local market it is not far from the main road of Gran Vía which is designed for tourists.

This market was distinctly unique from the others as it was a multi-level designed market located on top of a grocery store. This layout created a space that encouraged people to both explore the different levels of the market and its vendors while also doing any everyday grocery shopping.

The architecture of the market was the most modern out of the ones I visited. It seems to have been built as a response. A response of enhancing the area rather than the area being designed around the market.

With its modernity, the market had a mall-like feel offering a full shopping experience. Fully enhanced by its circulation of escalators.

Mercado de San Antón also extends into Plaza de Pedro Zerolo, a local community park, helping it connect to the neighborhood.



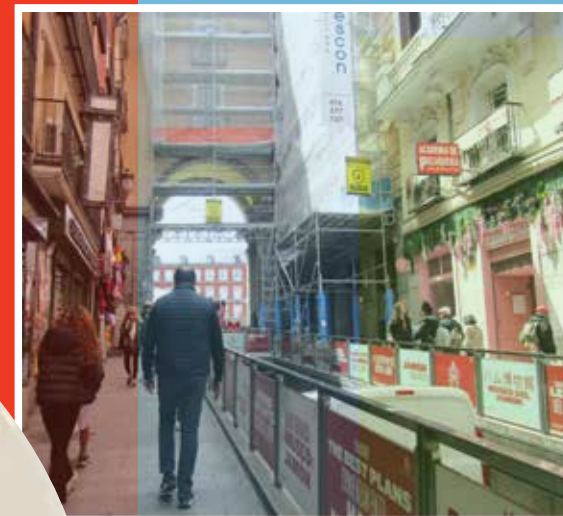


# PLAZA MAYOR

Plaza Mayor is located in the Sol area in the heart of Madrid. Originally created for hosting royal events, the plaza currently serves as an area for events, restaurants, vendors, and festivals.

As you approach the plaza, you are greeted by large arches that are lined with vendors and market stalls. This expansive plaza then welcomes you into large arcades occupied by a plethora of restaurants that create a new space within the already existing space.

The pour out of people onto the plaza enhances your appreciation of the architecture even more. The sheer size of the plaza encourages one to explore to arcades. Additionally, the surrounding urban layout of Sol adds to the plaza's charm, as it is a perfect rectangular hole in a labyrinth of a city.



## ingredients:

### for the churros:

8 cups vegetable oil  
1 cup water  
1/2 cup butter  
1/4 tsp salt  
2 tbsp sugar  
1 cup all purpose flour  
3 eggs

### for the chocolate:

4 ounces dark chocolate  
2 cups heavy cream  
1 tbsp corn starch  
1/4 cup sugar

## step by step:

1. heat the oil in a deep frying pan to 360 degrees F
2. to make the churro dough, heat the water, butter, salt, and sugar to a rolling boil in a saucepan
3. add the flour and stir vigorously over low heat until the mixture forms a ball, approximately for 1 minute and remove from heat
4. beat eggs until smooth and add to the saucepan while stirring the mixture
5. spoon the mixture into a piping bag with a star tip and squeeze 4-inch strips of dough into the hot oil
6. fry 3 or 4 strips at a time until golden brown, turning once, about 2 minutes on each side
7. drain on paper towels, set aside until ready to serve
8. to make the chocolate for dipping place the chocolate and half of the cream in a saucepan over medium low heat and cook, stirring, until the chocolate has melted, dissolve the cornstarch in the remaining cream and whisk into the chocolate with sugar, cook on medium low heat, whisking constantly until the chocolate thickens, approximately 5-10 minutes
9. remove and whisk until smooth, pour chocolate into cups and serve with churros immediately

churros from  
**chocolatería san gínés**



**venice**



# RIALTO BRIDGE

The Rialto Bridge is located in the heart of Venice on the San Polo island. It is a main connection point for the city connecting San Polo to San Marco. It functions not only as a major circulation route but also as a vibrant marketplace with shops lining the span of the bridge.

As a large circulation route the Rialto Bridge is spectacular as it additionally is filled with shops as you approach the bridge as well as when you are on the bridge. It is something completely unexpected as it allows you to fully take in the depth of the city while also experiencing the simple concept of a bridge from a different perspective.

This innovative design allows you to appreciate the architectural intent more and fully grasp the way in which circulation was the

## ingredients:

- 1 2/3 lb of ripe plum tomatoes
- 12 oz. penne
- 1 garlic clove
- basil
- extra virgin olive oil
- salt

## step by step:

1. cut the plum tomatoes in half lengthwise and remove the seeds and liquid
2. in a saucepan, heat a drizzle of olive oil with a peeled garlic clove, when the garlic begins to sizzle add the tomatoes and a generous pinch of salt, then add basil leaves and stir
3. cook uncovered for about 10 minutes then cover the saucepan and cook for another 15 minutes, stir and set aside and cool for 15-20 minutes, strain the sauce to remove the skins
4. cook pasta and season with salt
5. combine pasta with sauce and enjoy!





# ST. MARK'S SQUARE

St. Mark's Square is located on the San Marco island of Venice. It is home to San Marco's Basilica, San Marco Campanile, Palazzo Ducale, and a plethora of restaurants and shops throughout the expansive arcades.

The plaza is an extravagant area that opens up to the Canale di San Marco another important port for Venice. As the main public square of Venice, St. Mark's Square serves as the religious and political center of Venice.

The architecture of the square, is reflective of Venice's rich history and has been thoughtfully adapted to be used by both vendors and restaurants. The arcades and the public square harmoniously blend food and commerce with the city's architectural history.





# canal grande canal grande canal grande

Canal Grande is the main canal that runs throughout Venice. Although Venice is composed of complex intertwining webs of canals that ultimately shape the urban flow and geography of the city. Canal Grande runs under the Rialto Bridge and is home to a sea of gondolas and boats.

Bustling with people, restaurants, and ships the canal holds a captivating lively atmosphere. Venice as a city would not be able to operate with the canal as it holds various imports and exports. It shapes the flow of the city which ultimately effects the vendors and markets lining the canal.



*the* **POUR**  
**OUT**