

NEW TWISTS ON CLASSIC CAKES: CARROT CAKE WITH MAPLE FROSTING  
SKY-HIGH CUPCAKES \* BLACK FOREST BROWNIES  
AMALFI LEMON DRIZZLE \* RUM & RAISIN BUNDT

# olive

NEW! [olivemagazine.com](http://olivemagazine.com)

MAKE  
'THE FULL  
WORKS'  
BURGER  
WITH SECRET SAUCE

Easy recipes  
to make you  
happy

ITALIAN SAUSAGE PIZZA  
SPICY PORK RAMEN  
SCONES  
SALTED CARAMEL CHOC POT

STAR RECIPE  
THICK COURGETTI

SIMPLE,  
SEASONAL  
MIDWEEK  
MEALS

BE HEALTHY }  
EAT LIGHTLY }

Tandoori cauliflower with mint raita  
Skinny lasagne | Chicken souvlaki  
Prawn, watermelon & feta salad  
Blackened cod with radish slaw



US \$10.50 • AUS \$11.50 • CAN \$10.95

IMMEDIATE MEDIA



# Feel-good trips

From stone-baked bread and yogurt eaten overlooking turquoise seas in Greece, to chilled gazpacho among the almond trees of southern Spain, here are five feel-good food trips

## Andalucia

**Why go?** At Las Chimeneas, a mountain retreat in the stunning Alpujarras, you can learn to cook some of the region's finest food (plus Spanish and Moorish specialities) under the tutelage of ex-Moro chef Tom Ryalls. Wander the finca belonging to owners David and Emma Illsley, picking organic almonds or pomegranates, or foraging for herbs before returning to the kitchen to learn how to put them together. Savour a glass of wine and watch Tom build a fire in a hole in the ground before making an authentic shellfish paella (fresh fish and seafood is brought up the winding roads in a little van).

**Food highs:** Apart from Tom's four cookery demonstrations, Alpujarran cuisine is cooked in Las Chimeneas' kitchen by two local women, with hearty soups in winter and chilled gazpacho or ajo blanco in summer. Take a day trip to village markets to learn about the region's produce or head out on a short hike to a nearby bar and pair every drink with a free tapa.

**Spiritual high:** In spring, wander amongst almond blossom, in other seasons stride up into the mountains. Or just sit on a balcony, watching the light fall on white villages.

**HOW TO DO IT** Inntravel's Moorish Flavours of the Alpujarras week costs from £980 per person, including seven nights' accommodation, most meals, all activities and return transfers to Malaga airport (inntravel.co.uk).



PHOTOGRAPHS: AUDREY GILLIAN, COURTESY OF INNTRAVEL

PHOTOGRAPHS: VAGGELIS PATERAKIS, GETTY IMAGES



EXTRA PHOTOS GET THE APP page 88

## The Mani Peninsula

**Why go?** The Mani Peninsula at the wild southern tip of the Peloponnese is mainland Greece, but not as you know it. Expect rugged beaches, villages with tumbledown stone houses and savvy Athenian tourists. Worth making a dash from the capital (a four-hour drive away), Kinsterna is a five-star spa hotel set in a lovingly restored 17th century mansion. From the infinity pool and grounds criss-crossed with the channels of the ancient kinsterna (cistern), to the pretty kitchen gardens and Coco-Mat bedding, this is refined rusticity.

**Food highs:** The homemade olive oil is an earthy, nutty joy on pretty much anything. Breakfasts, on the terrace overlooking those Aegean blues, come with homemade yogurt, honey, jams and feather-light tsaitia (herb/cheese pies). Dinner is more polished – a jus here,

a bisque there – but still honest Greek food centred around local organic meats, fresh fish, and some very decent estate wines. Culinary classes include bread-making in the old stone ovens and tastings of wine and grappa-like tsipouro.

**Spiritual high:** Hire the hotel's speedboat to circle the nearby island citadel of Monemvasia. Then climb to the heights of this rock-top town for views across the Aegean. Top your trip off with a local herb-infused oil massage from Kinsterna's deft therapist, Poppy (short for Calliope).

**HOW TO DO IT** Flights from Gatwick to Athens cost £114 return (en.aegeanair.com). Double rooms from €120, B&B (kinsternahotel.gr). More info: discovergreece.com



## East Sussex

**Why go?** Sand dunes, endless beach and sky and beautifully cooked seafood from the surrounding waters. The low-rise-motel look of **The Gallivant** hotel has a lovely retro feel – bright and breezy blue and white rooms are comfortable beach-shack chic. You won't get a sea view from any of the rooms (you'll have to climb up through the dunes for that), so book a Deck room with a private outside space instead. Down the road is picturesque Rye with antique shops, pubs and tea rooms, or you can visit the Snack Shack at the **Fish Hut** in Dungeness ([dungenessfishhut.net](http://dungenessfishhut.net)) and eat that day's catch (fillet of the day in a bun, lobster roll) in a deck chair.

**Food high:** Daniel Perjesi (ex The Capital, Club Gascon, The Hambrough), is in charge at The Gallivant, and ingredients don't

travel further than 15 miles if he can help it. Dungeness cod, prawns and whatever Russell, one of the local fishermen, catches, as well as Winchelsea salt marsh lamb and fruit and veg from the surrounding area. Breakfast is livened up with a 'recovery station' stocked with 'endless bloody marys', and tea and cake is served at 4pm for residents.

**Spiritual high:** Salty air, open skies and miles of sand to tramp along, or build sandcastles with, will build up your appetite and make you feel very much alive.

**HOW TO DO IT** Double rooms from £95, B&B plus tea and cake ([thegallivant.co.uk](http://thegallivant.co.uk)).

