

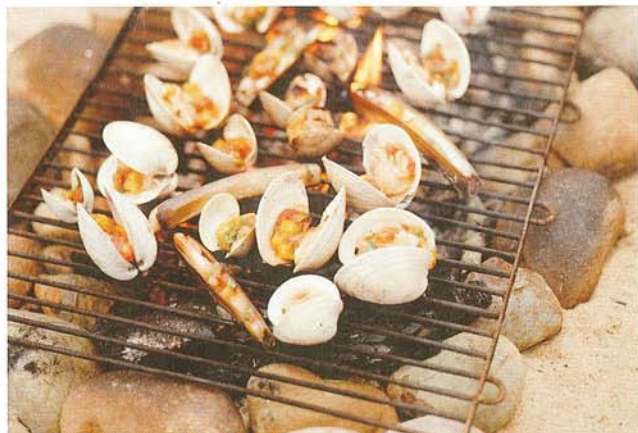


## SPAIN

**JOSE PIZARRO**  
HEAD CHEF, BRINDISA, LONDON SE1

The northwest of Menorca is amazing. I'm from Extremadura in Spain originally, but a friend of mine took me there for a long weekend four years ago and I fell in love with the area's untouched beaches, such as La Vall and Cala Morell, which are a local secret. When I go, I like to eat at Ses Truqueries in Cala 'n Blanes. The food found in the region is very simple. One of my favourite dishes is *calderta de langosta* (lobster stew) made with monkfish liver stock, which gives it this wonderful rich flavour.

*A week's rental of Casa Rockmorell, a five-bedroom house at the top of steps leading to Cala Morell cove, costs from £595 with Vintage Travel (0845 344 0420; vintagetravel.co.uk). Flights from £86pp.*



## ITALY

**FRANCESCO MAZZEI**  
OWNER AND HEAD CHEF, L'ANIMA, LONDON EC2

Despite growing up in Calabria, I didn't discover the beautiful town of Scilla until recently. One of my best memories is buying some lovely fish from the local fishermen on the beach and having an impromptu barbecue with friends over a couple of bottles of wine. Nearby is Vibo Valentia, with the best fish restaurant in the world, L'Approvo. It's quite unknown, but the spaghetti with scorpion fish was unforgettable.

*Long Travel (01694 722193; long-travel.co.uk) offers seven nights' self-catering at 1 Monaci, an agriturismo in the hills 40 minutes from the coast near Scilla. From £.445pp, including flights and car hire.*

## UNKNOWN PLEASURES...

### FRANCE

**ROWLEY LEIGH**  
CHEF-PATRON, LE CAFE ANGLAIS, LONDON W2  
La Merenda in Nice is tiny, with just one chef and one waiter. You can't book and they only take cash. The menu features things such as daubes of beef - very simple Niçoise food, cooked with finesse.

### ITALY

**TRISTAN WELCH**  
HEAD CHEF, LAUNCESTON PLACE, LONDON W8  
I love the fish market in Catania, in Sicily. It has incredible sea urchins, prawns and shrimps. You can tell when I've been there as I use much more olive oil in my cooking, more to my wife's frustration!

### GREECE

**ATUL KOCHHAR**  
CHEF-PATRON, BENARES, LONDON W1 AND VATIKA, SHEDFIELD, HAMPSHIRE  
Some Greek chefs I know in Athens have introduced me to some great places. I love Elia in Plaka - very much a locals' place. The chef has spent time in Asia, and it shows. The way he cooks octopus and squid has definitely inspired me.

### SPAIN

**SAM HART**  
OWNER, QUO VADIS, FINO AND BARRAFINA, ALL LONDON W1  
My mother grew up in Mallorca, and her childhood home is still in the family. When we're there, I go to C'An Toni Romero restaurant in Port d'es Canonge. I always order the excellent local raors fish fried with lemon.

### FRANCE

**JEROME TAUVRON**  
HEAD CHEF, L'ETRANGER, LONDON SW7  
On a beach in southwest France, in Canet-en-Roussillon, there's a wonderful restaurant called Can Marcel. It's all about incredibly fresh ingredients, simply prepared. The owner goes to the port each morning to buy from local fishermen. »