grappa and served with larded bread.

To the east, not far from Assisi, is the handsome town of Spello, just off the S75 near Foligno. It is worth a visit not just for its Roman remains and Pintoricchio frescoes but also for La Bastiglia, one of Umbria's most innovative restaurants. The cooking of its young and very up-and-coming chef, Marco Gubbiotti, is serious stuff: dishes might include tortelli filled with hay-smoked ricotta cheese and served with an infusion of sage and ginger, for example. The service is old-fashioned but top-notch; and compared with some of its Tuscan rivals, La Bastiglia is good value, especially the €50 tasting LEE MARSHALL menu. Taverna del Guerrino, via di Montefioralle 39, Greve in Chianti (00 39 055 853106). Open Wed dinner, Thurs-Sun lunch and dinner. About €50 Osteria di Passignano, via Passignano 33, Tavarnelle Val di Pesa (00 39 055 807 1278; www.osteriadipassignano.com).



MALLORCA

Time was when Ca Na Toneta, about five kilometres north of Inca in the village of Caimari, might have seemed wildly adventurous; but this little restaurant's passionate defence of everything that is homemade, locally grown, organic and sustainable resonates perfectly with Mallorca's new ecological consciousness. It is run by the Solivellas sisters, María and Teresa, who buy fish from the nearby port of Alcudia, meat from neighbouring farms and wine from local

griddled and chargrilled fish and a superb lobster caldereta. Squid a la plancha, with a reduction sauce of its ink and local olive oil, is a real delicacy. Book well in advance.

To get a table at Santi
Taura is harder still, because
33-year-old Santiago Taura's
eponymous restaurant, in
a former wine cellar at
the foot of the Tramuntana'
mountains in Lloseta, is
Mallorca's most talkedabout place to eat. On the
menu, Mallorquin-inspired
dishes (rice with squid and

peppers and capers, loin of lamb with pea purée, and Jabugo ham with an emulsion of milk and hyssop, plus orange-blossom crema catalana, show natural good sense as well as good taste.

In Mallorca, as elsewhere, serious cuisine is not what people want these days. And Bar Flexas, in the old town of Palma, has no truck with seriousness of any kind. Done up in a hilarious retro-traditional style, this brilliant bar is one of the few places in the centre of Palma to specialise in proper Spanish raciones (larger versions of tapas, perfect for sharing). Sit at the bar or at a table and order delicious spinach croquetas, pickled boquerones, rich venison ragout and the best tortillitas de camarones (shrimp fritters) to be had anywhere outside PAUL RICHARDSON Cadiz. Ca Na Toneta, Horitzó 21, Caimari (00 34 971 515226; www.canatoneta.com). Open 1.30pm-3pm Sat/Sun, and 8.30pm-11pm Tues-Sun; closed Mon-Thurs in winter. About €70 • Casa Manolo, Plaça Sant Bartolomeu 1, Ses Salines (00 34 971 649130). Open 1pm-4pm, 7.30pm-11pm; closed Mon, and Sun from November to April. About €55
Santi Taura, Guillem Santandreu 38, Lloseta (00 34 971 514622; www. restaurantsantitaura.com). Open Wed-Sat, Sun lunch and Mon dinner; closed August. About €50 • Simply Fosh, Carrer de la Missió 7A, Palma (00 34 971 720114; www.simplyfosh.com). Open 1pm-3pm, 7.30pm-10.30pm; closed Sat lunch and all day Sun, About €80. Lunch menu €18 per person; five-course tasting menu €58 per person Bar Flexas, Llotgeta 12, Palma (00 34 971 425938; www.barflexas.com). Open

Mon-Sat 1pm-5pm, 8pm-1am.

About €40

The food at Simply Fosh is as stripped-back and nonchalantly elegant as the minimalist dining room

Open lunch and dinner, Mon-Sat. About €130; tasting menus €60 and €100 per person . Il Vecchio Mulino. via Vittorio Emanuele 12, Castelnuovo di Garfagnana (00 39 0583 62192; www. ilvecchiomulino.com). Open 7.30am-8pm, Mon-Sat. About €36 for wine and a selection of snacks for two . Lillo Tatini, piazza Umberto I 13, Panicale (00 39 075 837771; www.lillotatini.it) Open lunch and dinner, Mon-Sat. About €70
La Bastiglia, via Salnitraria 15, Spello (00 39 0742 651277; www. labastiglia.com). Open Thurs dinner, Fri-Tues lunch and dinner. About €130; tasting menus €50-€75 per person

vineyards. They produce their own organic vegetables and olive oil on the family estate. The cooking is modest in the best sense, avoiding fashion and foams; and Ca Na Toneta's six-course menú degustación at €26 is one of the island's most appetising bargains.

Casa Manolo, a traditional bodega bar on the south coast at **Ses Salines**, has become a firm favourite with Mallorquins. Manolo Barahona runs the tavernstyle restaurant with his wife and two daughters. He specialises in fish and shellfish landed on the island, simply prepared according to various local formulae: there is rice,

mushrooms; prawns sautéed with sobrassada sausage) jostle with pan-Hispanic inspirations (piquillo peppers with pea sauce; chestnut cream with olive oil). Everything is authentic and delicious, and stunning value.

Another of Mallorca's hottest chefs is Kent-born Marc Fosh, who recently opened Simply Fosh in the chic Hotel Convent de la Missió in Palma after 15 years at Reads Hotel in Santa María. The food is as refreshingly stripped-back and nonchalantly elegant as the former convent's minimalist dining room. Dishes such as smoked rice with cuttlefish tagliatelle, yellow