

MONOCLE



ISSUE
05

The best beach
accessory

MONOCLE TAKES TO THE SKIES
(and water) WITH OUR OWN SEAPLANE

MEDITERRANEO



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tanlines, a special report
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Our correspondent dons her
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in strategically
significant Tuscany.



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(with bonus border dispute)



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Fresh dressing: the looks
to ease you through summer
and into autumn



Dish of the day: chefs and food stars from
around the Med hand over their summer
recipes and talk culinary crusades



Totes amazing: four
bags for four beach types,
all packed for pleasure



Who goes there? The
nationalities heading to
a cabana near you



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Summer on a plate

The food ambassadors celebrating their countries' produce and making a name for their intimate restaurants

Lebanon

A family restaurant that's a hot spot for Beirutis

For the 30-year-old Bethany Kehdy, "Lebanon has a very ancient cuisine but it's not well known and most restaurants abroad dumb down the recipes." Growing up on a farm in the mountain village of Baskinta, Kehdy (pictured) was surrounded by orchards. The family grew everything from cherries and apples to chickpeas and tomatoes. "We're a food-centric family. We made our own cheese and yoghurt and I have good memories of harvesting or pounding pine nuts with my grandmother who taught me a lot about cooking." Today, Kehdy is inspired by her family's cookbooks and pantry to produce simple recipes – such as her za'atar (wild thyme) tart with goat's curd – which are relevant to a faster-paced lifestyle.

In such a small country, the mountain is inextricably linked to the sea. Kehdy's relatives own the charming Jammal restaurant (below) on the shore by Batroun in north Lebanon where fresh fish is always available on the daily menu. What started off as a few tables with a kitchen to cook meals for friends is now a much-loved restaurant, with Beirutis coming on weekends by boat to the small turquoise cove for a taste of the day's catch. "This place still has the charm of 1960s Lebanon, which is almost completely lost," says Kehdy. Her relatives seem to share her food philosophy and grow most of the vegetables used in the restaurant. Fish, mostly red mullet and sea bass, is caught straight off the coast.

Besides sharing her country's culinary culture through her dishes, Kehdy is an active food writer and photographer and is a guest chef at Tawlet restaurant in Beirut (Kamal Mouawad's project, see page 52). To show foodies the real local cuisine, Kehdy organises regular culinary tours of her home country. "I don't bring people to the usual places," she explains, rather, she takes them to local producers in small villages where they can indulge in rustic barbecues. "People come to understand the country far better."



Za'atar (thyme) tart with goat's curd

150g rye flour
60ml water
1 1/2 tsp sumac
2 tsp za'atar
1 1/2 tsp olive oil
1 1/2 tsp pine nuts
400g goat's curd
goat's cheese, feta or a combination, crumbled
1 medium tomato, sliced
1 small red onion, thinly sliced and mint to garnish

Preparation:

01 Combine flour, za'atar (thyme), with olive oil, salt and water to create a soft tart dough. Pinch the bases gently with a fork and set aside in the fridge for 10 minutes.

02 Pre-heat oven to 180C/350F/425 and bake until lightly crisped (about 15 minutes).

03 Add about 40g of the cheese per tart, then layer with a couple of slices of tomatoes and onions.

04 Sprinkle with a dusting of sumac, a drizzle of olive oil and a few pine nuts.

05 Bake in the oven for about 15 minutes until the tomatoes and onions are melting and the cheese is slightly browned at the edges.

06 Garnish with mint leaf.



Turkey

Aegean flavours are given another dimension in Istanbul

Didem Senol's inspiration was not her education at the French Culinary Institute or her stint at the Michelin-starred kitchen of Eleven Madison Park in New York. Senol discovered her muse in the rural farmers' markets of south Turkey where the buzzwords "seasonal" and "local" are not a far but the very foundation of a deeply rooted culinary tradition. "I learned a lot about Turkish cuisine and the use of ingredients by talking to ladies in the villages and vendors in the markets," says Senol, one of Istanbul's hottest chefs.

For five years, she ran her kitchen at a small, family-run hotel in a seaside village near Marmaris, experimenting with what she found in the weekly markets of Çeşme in the north to the Datca peninsula in the south. She established her own style of cooking that is, above all, loyal to the seasons and the bounty of Turkey's Aegean region. This theme was the basis of her cookbook, *Aegean Flavours*, and became the heart of her restaurant endeavour, Lolanita Maya and Grem, in Istanbul. "I get bored very easily, so the change of the season is a nice break in the routine." Often riffing on Turkish home-food classics such as murek (courgette fritters), or the street-food kokoreci (grilled lamb innards), Senol reveals the personal side of her kitchen. Her murek is a response to her mother's recipe and kokoreci carries the memory of her grandfather who used to grill it for her as a child. But Senol should not be mistaken for a traditional



Raw sea bass with tomatoes, capers and olive oil
1kg sea bass, filleted
2 large tomatoes
5-6 capers
Sea salt
Extra virgin olive oil
Freshly ground black pepper
1 spring onion

Preparation:
Slice sea bass into thin sheets. Sprinkle salt and pepper on a plate and lay fish over it. Sprinkle salt and pepper on top. Drain tomatoes over the fish. Cut spring onions in diagonal slices and lay on top, with the capers.



Turkish chef. She uses time-tested recipes as a base to play with the diverse flavours of the country. "What I do here is not traditional, though it is sometimes familiar. Mostly, that comes from the ingredients I use," she says. With an instinct for Turkish tastes, Senol's innovation shines through in the combination of flavours within a single dish. In her words, she's always looking for a balance between "acidity, sweetness, salt and adding a crunch; that's my equation for really good food."



Greece

A celebration of the Greek islands' culinary secrets

There aren't many people in the Mediterranean who can talk about food like George Kalotetos does. A former business consultant from Rutgers who lives on the Cycladic island of Syros and is now director of the Aegean Cuisine project – a programme set up five years ago that serves as a platform to showcase the best products from the Aegean islands – he's the man responsible for jump-starting Greek gastronomy in recent years. Far from just sticking to Feta cheese fame, Kalotetos is connecting today's foodies and chefs with Greek cooking.

"This region is home to some of the most unusual, delicious foods and products in our country, yet few visitors know about them," he says. "The purpose of the Aegean Cuisine network is to make the culinary treasures of the islands known to a wider audience."

Restaurants that meet the standards of his project are granted an official label that certifies them as part of the group of eateries that use local, sustainable and fresh Greek produce, principles that are checked regularly by Kalotetos and his team. Currently there are 190 locals in the region that have received this recognition, awarded by the Cyclades and Dodecanese Chamber of Commerce. The Aegean Cuisine project embodies tradition, seasonality, health and all the basics of the greater Mediterranean diet: earthy vegetables, hearty seafood and abundant olive oil. Lots of the seasonal and regional vegetables and fruits, such as the artichokes found in Tinos or the tomatoes grown in Santorini, are rooted in our country's traditional recipes. The products we use today are the same ones used thousands of years ago," says Kalotetos.

MONOCLE 24
For more food and drink inspiration, listen to The Menu on Monocle 24



In the area

The islands

Best dish: Prekhas

4, Chios Street, Syros
+ 30 2 281 087 556

Best producer: Los Chistes Factory
Chios 100, 100
+ 30 2 285 082 506

These favourite local products:
Kokko pouto: cured mullet from Leros
Assyrtiko: a grape of Santorini, grown in volcanic soil
Best market: Hermoupolis, Syros
The agora, a street filled

Best at fresco: restaurant in the Aegean: Palamou (top left)
+ 30 2 247 025 486
Best hotel: Dreams Luxury Suites
Innsbruck, Santorini
+ 30 2 247 041 014

Best place to grab a summery drink: Restaurant and bar Olybia (below)

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In the area Cilento

Best deli:

La Piccola Bottega, a bakery with a wood-fired oven and selling other delicacies
[Piazza Pinto, Pisciotta](#)

Best producer:

Michele Ferrante, specialising in Controne beans
[Via degli Orti, 2](#)
[micheleferrante.it](#)

Three favourite local products:

Extra virgin olive oil from producer Massimo Radano
[olioradano.com](#)
Alici di Menaica: anchovies
[alicedimenaica.it](#)

Cacioricotta: cheese from an endangered goat in Cilento

Best market:

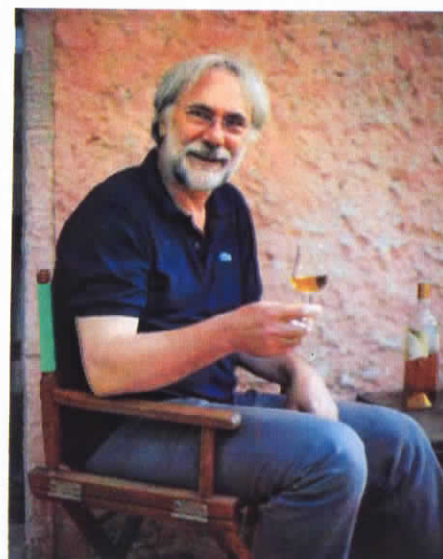
The daily farmers' market in Pisciotta where you can buy everything from fresh eggs, goat's cheese to wild herbs, located in the main piazza

Best hotel:

Marulivo Hotel in an old monastery, with a hill-top terrace overlooking the water
[marulivohotel.it](#)

Best place to grab a summery drink:

Il Bar del Capitano
[Via Cristoforo Colombo](#)



Italy

Slow Food at a restaurant that likes to keep things simple

Slow Food is usually linked to its charismatic founder, Carlo Petrini, but from the very beginning, Vito Puglia played an equal part. Twenty years on, this Mediterranean food emissary, born and raised in Cilento, doesn't work from the movement's busy head office in northern Italy but under an olive tree at his restaurant Perbacco in the south.

Vito became one of the first pioneers and founders of the Slow Food movement back in 1986. Although he was named national director of the project soon after, he is no marketing guru or savvy businessman. On the contrary, despite Slow Food being a key culinary movement, Vito prefers to stay small, keep a low profile and cook.

Perbacco is an unconventional eating establishment with a few tables overlooking green hillsides and the shimmering Adriatic Sea.

Vito has pursued his original mission, to conserve unmodified tastes, work with products found nearby and protect his country from the fast food industry. The main ingredients on Perbacco's menu mostly come from Cilento (which forms part of the Campania region) and are always seasonal. The local anchovy, for example, is a big favourite. Through simple, straightforward preparations, 25 years after signing the Slow Food Manifesto in Paris, Vito is still true to the original clauses and works with only sustainable produce, encouraging farmers to make the best of their organic methods.

But he's not only active behind the kitchen counter. Since 2006, Vito – who's on the movement's board of trustees – advises Italy's Congress on agricultural issues and sustainable development. According to him, Mediterranean food and the culture around the table puts the focus firmly on good quality. "We've created a lifestyle in which food is its core, where biodiversity and environmental sustainability are the way to achieve the perfect flavour." — DEP

Osteria Enoteca Perbacco, Contrada Marina Campana, 5 Pisciotta, Cilento; + 39 974 973889