

instance, always mean yellow pea soup. dishes of the day – Thursdays, for restaurants serve the never-changing with fresh produce. Cute little lunch stopping to admire stalls groaning with fresh produce. Cute little lunch we try to recreate the Fond cheeseboard, cornucopia of a stall (hugocertsonorst.se) (avalonhotel.se). At **Hugo Ericson's** **The Avalon**, our chic, modern hotel striding food market located next door next day we go to the **Saluhallen**, the We love those cheeses so much that home with me. Who'd have thought it!

It's the beginning of a love affair with real Swedish crispbread that I take butter and AMAZING crispbread. from carrots and swede, locally churned cheese), served with marmalade made prästost, or blue cheese Adolox ('noble fish tanks swarming with pitihanas, eels and sharks. You order your teetering seafood platter and then direct it through Marina O'Loughlin, London newspaper critic, has remained

incognito for 11 years. She regularly and abroad in search of culinary adventure. **Marina O'Loughlin, London newspaper critic, has remained incognito for 11 years. She regularly travels the UK and abroad in search of culinary adventure. Marina O'Loughlin, London newspaper critic, has remained incognito for 11 years. She regularly travels the UK and abroad in search of culinary adventure.**

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eat away : marina o'loughlin

Postcard from Gothenburg

Marina falls in love with local cheese, cured salmon and crispbread in Sweden's second city

The seafood frenzy ups its game at stormy-sea-hued **Fiskekrögan** (fiskekrögan.com). Although it has an ambitious à la carte menu, everyone's here for one thing: the butter heaving with langoustines, fat crab claws boiled in dill water and a bewilderment of prawn salads – not even a token nod towards a vegetable. Clearly a favourite spot for wealthy locals, they pile their plates high with spiny seafile.

Which is why I'm sitting in **Fond** (fondrestaurant.com), one of several Michelin twinklers in town; I quite like that the lighting and atmosphere are a bit mountainy, a touch *Wallander* – it's the perfect setting for multi-award-winning chef Stefan Karlsson's intricate dishes, bursting with flavours of head-rushty intensity. Fluffy goat's cheese, maybe, served with caramelised yellow beet, thyme emulsion and candied pinenuts; or the finest cured salmon I've ever tasted; or an evolved fiskekupa, soupy fish stew with an incredibly vivid, creamy stock made from mussels and oysters. Then Swedish cheeses: wow. Robust prästost, or blue cheese Adolox ('noble fish tanks swarming with pitihanas, eels and sharks. You order your teetering seafood platter and then direct it through Marina O'Loughlin, London newspaper critic, has remained incognito for 11 years. She regularly travels the UK and abroad in search of culinary adventure.

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'Pungent gravalax and a shot of vicious, caraway-scented aquavit. Perfect elevenses.'

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PHOTOGRAPHS: DAVID THOMAS; ILLUSTRATION: MARK WATKINSON; MARINA STAYED AT THE AVALON HOTEL; (AVALONHOTEL.SE) AND FLEW WITH SAS (FLYSAS.COM)

BUDGET and BLOWOUT guide to

Ibiza

The White Islands' budding food scene is great for just-caught fish and fat steaks



Trained in London gastronomy, **MARK WATKINS** move Ibiza to set up catering firm **laqrandedouffecatering.co.uk** and now cooks for the likes of **Kate Moss**. He also reviews restaurants for **white-ibiza.com**.

LUNCH



* Sitting right on the edge of **Talamanca Bay**, **Bar Florante** is a bustling, friendly restaurant popular with locals. It offers a hearty menu del dia for €8 or go à la carte for local dishes like sardines, €9, or paella, €14.75. (00 34 971 19 04 66)

* While away a relaxed afternoon in easy-going and well run **chiringuito Aguas Blancas Justin** (pictured) set on **Agua Blanca** beach on Ibiza's eastern coast. Its popularity is based on its simple, well priced menu that includes feta salads, €9, catch of the day, and hamburgers, €10. (00 34 646 45 55 34)

DINNER



* Tucked away in the heart of the Old Town, the easiest way to find **Comidas San Juan** is by the queue outside. Its popularity is due to its wonderful, value-for-money, simple Spanish dishes. Try rabbit stew, €6 or whole baked sea bass (pictured), €10.90. (00 34 971 31 16 03)

* Grill restaurants are an important part of the restaurant scene in Ibiza and **Es Callu** (meaning the embers) is a great example. There's a covered terrace, lovely smell of charcoal plus great big fat steaks, grilled pork and chicken. Prices start at €8 for chicken, ratarouille and olive oil chips. (escalutibiza.com)

DRINK



* Enjoy the laidback atmosphere at **Sunset Ashram** as you sip caiparinhas (pictured), €8, and watch the sun sink into the sea. You can also eat Med/Asian food, such as calamari salad with chilli ginger dressing, €14, Indian thali, €13, and sesame seared tuna with Asian slaw, €22. (sunsetashram.com)

* Share a bottle of cava, from €16, and tapas, from €5.50, served by friendly professional staff at **La Cava**, a chic new wine bar in Ibiza Town. Try to get a table outside and watch the world amble past. (lacavaibiza.com)

HOTEL



* The simple rooms above **El restaurante Del Carmen** (pictured) at **Cala D'Hort** overlook the spectacular **Es Vedra** rocks and are within a nature reserve, doubles from €70. The restaurant is always busy, serving great paellas, €18.50, and fish. (00 34 971 18 74 49)

* Right by the historic salt flats of **Las Salinas**, **Can Manel** offers well priced, clean apartments with a shared swimming pool, doubles from €140. The complex is very close to the beautiful and hip beaches of **Es Cavallet**, **Ses Salinas** and **Cap D'es Falco**. (00 34 971 30 71 93)

MUST DO



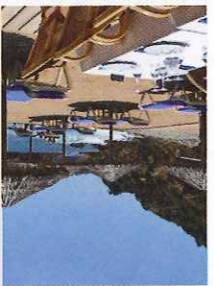
* Hit Saturday morning's **New Market** (pictured) in **Ibiza Town**. Start with coffee in **Bar Sa Plaça** and take in the buzz of a Spanish market in full swing. Check out enormous **John Dory** and spiny rascasse fish before picking up a watermelon and some Iberico ham for a beach picnic. (Calle de Canartas and Calle de Catalunya)

* Ibiza produces some very decent wines and the organic **Can Rich wherry** leads the field. Take a 1½ hour tour around the vines and cellar, finishing with a tasting of the vineyard's wines, including chardonnay and cabernet sauvignon, €10. (bodegascantich.com)

BLOWOUT



* The menu at super-stylish **Chiringuito** focuses on carefully sourced, quality ingredients. Try the excellent **Jabugo ham**, €26, or unbelievably buttery **wagyu beef**, €35. (elchiringuitoibiza.com)



* Nestled in a little cove and surrounded by cliffs and million-pound yachts, **Es Torrent** does what Ibiza does best – simple fish dishes in an idyllic setting. Try shrimp paella, €24, or baked John Dory with potatoes and peppers, €30. (estorrent.net)



* Mixologist **Chris Edwar** previously of the **Groucho Club**, looks after the upscale cocktail list at **Aura**. The €1 Beach Martini, mixed with **Hierbas Ibicencas**, the island famous firewater, is a must. Enjoy on the bar's open-air terrace. (auratibiza.com)



* Across the road from **Ses Salinas** is renovated **finca Hostal Salinas** with its fantastic outdoor bar and chic doubles from €20. Try Italian chef **Antonio Ruta's** delicious octopus and buffalo mozzarella sala €18. (hostalsalinas.com)



* Just outside the tiny but trendy village of **Santa Gertrudis** is restaurant and farm shop **Can Caus**. Pick up its own-brand **Companys** products including packs of specially spiced pork sobrasada sausage, €11.50. (cancaus-ibiza.com)

PHOTOGRAPHS: ALAMY; MICHELLE CANNON; ANNE PEEL