

THE WORLD'S FAVOURITE TRAVEL TITLE

# Condé Nast Traveller

TRUTH IN TRAVEL

JULY 2009 £3.80

WIN  
A WEEK'S HOLIDAY FOR  
TWO ON THE ADRIATIC

## Secret Mediterranean

The authentic  
charm of Formentera

We reveal the best  
alfresco restaurants in

## Tuscany

Great food, great views,  
great value!

## Indian Ocean

Our choice of  
villas in the Lamu  
Archipelago

## FABULOUS FRENCH CHATEAUX

Live like royalty  
(from less than  
£150 a night)

HOW TO AVOID  
HIGH-SEASON  
TRAVEL HELL

## PLUS

The essential guide  
to the Amazon

Explore Scotland's  
spectacular west coast





On the terrace at Da Delfina, a few miles west of Florence. Opposite, top: roast figs with a torte of fresh red grapes at Da Delfina; chef Carlo Cioni collecting greens. Bottom: chef Walter Redaelli; his tomato pudding with Pecorino cheese



## DA DELFINA

Delfina is a Tuscan classic. A few miles west of Florence, this venerable establishment is housed in an old stone farmhouse with a huge terrace overlooking Buontalenti's multi-chimneyed Medici villa of Artimino and its vineyards. Comfort is the keyword: you come here for an elegant take on mamma's home cooking, served on crisply laid tables by impeccable, bow-tied waiters. Carlo Cioni, the personable host, is the son of the former gamekeeper at the nearby villa. His mother, Delfina – who celebrated her 100th birthday in February – started cooking for hunting parties in the 1950s; she was still making pasta into her nineties, and the dishes served today are all her recipes. Based on age-old peasant dishes, they feature a liberal use of seasonal fresh herbs – as in the superb, delicate *sformato di ortica* (a soufflé-like nettle bake). Soups are a strongpoint, among them the flavoursome *broadetto di funghi porcini*, a light, clear, earthy broth with generous strips of porcini mushrooms flavoured with basil. And the *farfona al vinsanto* we tried on a recent visit was excellent: a quarter guinea fowl spiked with bay and juniper and roasted in the oven with potato wedges in a sauce of *vinsanto* dessert wine. Order a bottle of the fine local red, Barco Reale; and make sure you come with plenty of cash, as this is one of the few places in Italy that still holds out against credit cards.

Via della Chiesa 1, Artimino, near Carmignano (00 39 055 8718074; [www.dadelfina.it](http://www.dadelfina.it)). Closed all day Mon, Tues lunch and throughout August. About €100 for two including wine

## RISTORANTE WALTER REDAELLI

Restaurants named after their chefs are not generally associated with value for money. But Walter Redaelli – who made his name at the nearby Locanda Dell'Amorsosa in Sinalunga – is refreshingly free of gourmet airs, and his pricing policy is as honest as his cuisine. Away from the obvious tourist haunts but handy for the Siena exit on the main A1 *autostrada*, Redaelli's fiefdom is a destination restaurant with a wide catchment area and a faithful clientele. Atmospherically lit at night, the restaurant and a six-room *locanda* occupy a striking red-brick Leopoldina villa from the late 18th century, surrounded by olive groves. The approach is seasonal and local, with many ingredients coming straight from the restaurant's own kitchen garden. There's always a daily menu; on a visit in July this included a summery pasta dish of *paccheri* with a spicy Tuscan ratatouille of aubergines, green beans, tomatoes and fresh *peperoncino*, and a flavoursome saddle of rabbit baked with wild fennel flowers; desserts are good, too, and there are no less than eight local olive oils to choose from. Unusually for inland Tuscany, there's generally at least one fish option for each course. Redaelli is good at choosing his staff: *maitre d'* Massimo Fringuello works the tables with a great deal of charm, and gives tips and pointers to guide you through the extensive wine list, which includes half a dozen by-the-glass options – including a Col d'Orcia Brunello at a very reasonable €8. A handsome old barn shields the sunny outside patio from a view of the *autostrada* down below, though it doesn't quite block the hum of traffic. Via XXI Aprile 10, Bettolle (00 39 0577 623447; [www.ristorante-redaelli.it](http://www.ristorante-redaelli.it)). Closed Tues. About €80 for two including wine