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Mike Powell is an adept of Malagueño cuisine since the 70s when he opened his fine-food restaurant La Cascada Verde in Marbella and now runs cookery courses at El Molino del Conde (www.elmolinospain.com), an ambience-packed country hotel near Malaga.

“I’m absolutely passionate about Spanish food – its freshness, its historical legacy left by the Moors and the quintessential flavours of southern Spain, the Mediterranean diet at its best,” he says. “Food is central to the Spanish way of life, so guests on our cookery vacations don’t just learn to cook Malagueño style, they’re infused with Spanish culture as well. Time magazine recently said Spain was the new food mecca for culinary pilgrims – I think that’s true.”

Powell recommends El Cabra and Restaurante Antonio Martín in Malaga city for fresh fish, and Restaurante Don Curro in Antequera for local specialities.

“If you want to take something home, it has to be Cómpeeta sweet dessert wine. Or a sweet or dry wine from Museo del Vino in Ronda [tel. 952 879735],” he says.

To find out more about Mike Powell’s Malagueño cuisine courses, visit www.aflavourofspain.ca.