



Weekender NAPLES



Cheesecake at Veritas



Strong fragrant coffee, pastries peppered with candied citrus and sublime pizza make this chaotic Italian city a culinary knockout

Words GINA TRINGALI

1 Caffeine hit Chic coffee bar **Centrale del Caffè** sells three coffee blends by the kilo. Go early for a cappuccino and a brioche roll, or after lunch for a caffè (espresso) and a slice of torta della nonna (custard cake). centraledelcaffè.it

2 Cult bakery Whether you prefer your sfogliatelle flaky (riccia) or smooth (frolla), **Attanasio Sfogliatelle**, a cult bakery 10 steps from the city's Central station,

comes up trumps. They're served warm, straight from the oven, filled with sweetened ricotta and candied citrus. sfogliatelleattanasio.it

3 Market time Graze your way around lively **Pignasecca market**, Naples' oldest outdoor food market. Stalls are filled with sputtering clams, fresh bread and fat, ripe tomatoes, but keep your eyes peeled for holes-in-the-wall selling pizza a portafoglio; piping hot pizza, folded over. *Via Pignasecca*

4 Fifth quarter No frills **Le Zendraglie** packages offal for steadfast locals or serves it at its few tables. The Fiorenzano family transforms these cuts into traditional Neapolitan delicacies, including a selection of seafood and vegetarian dishes. Try tender centopelli (tripe) dressed with freshly squeezed lemon or a bowl of pasta and beans. *Via Pignasecca 14; 00 39 81 551 1993* ➔

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Chocolates at Gay Odin



Pizza at 50 Kalo



Sfogliatelle at Attanasio Sfogliatelle

Orecchiette with clams and spinach at Veritas



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5 Sweet like chocolate It may have nine shops across the city but **Gay Odin** still makes chocolates with artisanal savvy. At the Via Vetriera outlet you can get a sneak peak at their production and buy a box of the foreste; shaved milk chocolate shaped like logs. gay-odin.it

6 Street snacks Take the funicular to upscale Vomero for fritti (deep-fried snacks) with a panoramic view of the bay. **Friggitoria Vomero** serves delicious fried arancini, polenta and potato croquettes, scooped into a paper cone, to go. *Via Domenico Cimarosa, 44; 00 39 81 578 3130*

7 Fine dining At **Veritas**, chef Gianluca D'Agostino (previously of Locanda Locatelli) delivers elegant food that's big on regional and Mediterranean flavours. Order the 'dalla terra alla luna' tasting menu or go à la carte and savour his signature dish, mezzi paccheri pasta with pomodorini del piennolo; Vesuvian tomatoes with mussels and green peppers. veritasrestaurant.it

8 Pizza action Visiting Naples without eating pizza would be sacrilege. For the best, head to the seafront at Mergellina and pizzeria **50 Kalò di Ciro Salvo**. Order a stellar marinara, or one with braised escarole (endive), gaeta olives and piennolo tomatoes, and grab a local craft beer to drink with it. 50kalo.it

HOW TO DO IT

Return flights from Gatwick to Naples cost from around £100 return (easyjet.com). Double rooms at Hotel San Francesco al Monte Napoli cost from £115, B&B (sanfrancescoalmonte.it). More info: comune.napoli.it.

TRUST olive: Food writer Gina Tringali divides her time between Rome, Naples and Sicily designing gastronomic tours for Casa Mia Italy Food & Wine Tours (italyfoodandwinetours.com) and writing for *GT Food & Travel* (gtfoodandtravel.com).