

OUR SUNNY SUMMER SPECIAL

KONFEKT

K O M P A K T

Sharp Dressing — Drinking — Dining — Travel — Design



Settling into summer: — Few places speak to the glory of the season better than a Greek island and this week we're in Spetses, where old-world glamour still has its day in the sun. It's the perfect spot to sport a Tekla sarong and a pair of this year's most stylish shades. Then we're off to Rome to check in at an elegant hideaway, before trying our hand at a pasta recipe with miso sugo and braised onions. Plus, a Napa Valley chardonnay takes our fancy, we dip our toes in the Atlantic with a hotel owner in the Algarve and get surreal with an exhibition of Spanish painter Maruja Mallo's works in Santander. Setting the mood is Liv Lewitschnik.

“The dreamy post-midsummer exodus could be a little confusing for visitors to Stockholm who don’t know where all the people have gone. How would they know that the majority of Swedes are tucked away in our cabins?”



1.
Opinion / Liv Lewitschnik
Heat of the moment

Sweden in July. Lushly green and smattered with blooms. The lakes are still cool – but warmer. Summer rains roll through. Expansive pink skies illuminate the nights. These are the moments that we Swedes grab onto with our souls to help us to bury the memories of a long and immeasurably dark winter. Now that summer is here, we respond with the phrase *livet leker* – “life plays” – when someone wonders how we are doing.

And we are really playing at everything summery. We set sail for the archipelago in our boats and load up our cars for trips out to our little old cottages in the woods, where we’ll continue to slowly tinker at whatever still needs mending from the previous summer.

We spend long hours preparing our favourite meals – most of them involving fish – and we swim, sauna and tease each other while trying to win *kubb*, the Swedish version of boules, which involves throwing chunky blocks of wood.

We lay nets to catch fish. We sweep the undergrowth for blueberries and wild strawberries, and sometimes discover bright-orange cloud berries in the crevices of cliffs on the islands in the Baltic Sea. In short: we make the most of the light that we, for a brief moment, pretend will shine forever.

Perhaps that’s why the Swedish state has made it national policy that July is a month of leisure. For people to be able to get through what lies ahead, we are given five weeks paid holiday

leave every year, with the right to take four weeks consecutively in summer.

And we heed the state's dictum with relish. Preschools shutter. Playgrounds are deserted. The dreamy post-midsummer exodus could be a little confusing for visitors to Stockholm who don't know where all the people have gone. How would they know that the majority of Swedes are tucked away in our cabins? We hide out there, like some strange and shy Nordic creatures, imbibing the summer light to its very last drop.

2. Summer escape / Spetses, Greece Island in the sun

With its stately neoclassical mansions lining the sparkling Aegean coast, the island of Spetses exudes old-world charm (*writes Hester Underhill*). Once a naval stronghold with a proud revolutionary past, this haven has long attracted Greek elites, jet-setters and party-goers to its peaceful rhythms and pine-fringed shores. And being about a two-hour ferry ride from Athens, it's an easy destination for visitors in search of respite from the bustle of the capital.





Since opening in 1914, the Poseidonion Grand Hotel has welcomed aristocratic guests from far and wide. Modelled after the grand hotels of the French Riviera, it was the first hotel in the Balkans to offer hot running water, quickly becoming a magnet for royalty and politicians. After a meticulous restoration, the 52-key hotel now blends its belle-époque grandeur with modern luxury, its palm-lined gardens and sunny verandas facing the sea below.

Standing just outside the hotel is a statue of the island's most famous resident, Laskarina Bouboulina. A fearless naval commander and national heroine of the Greek War of Independence, her former home – a sumptuously decorated villa dating back to the 17th century – is open to visitors looking to dive into the island's fascinating history.

For dinner, a short stroll down the seafront leads to the island's oldest taverna, Patralis. A family-run institution since 1935, this restaurant serves generous portions of freshly caught seafood. Don't leave without trying the Spetsiota fish, which involves marinating fillets in lemon juice before baking them in a rich tomato sauce.

poseidonion.com; bouboulinamuseum.com; patralis.com

3. Stay here: Casa Monti, Rome Roman refuge

When in Rome, it's important to take a break from the crowds and the heat of Italian high-summer (*writes Grace Charlton*). Casa Monti is a 36-key oasis of calm that, despite being a conveniently quick saunter away from the Colosseum, the Forum and the Trevi fountain, might just be the ideal refuge. What is more, the Monti neighbourhood is brimming with artists, restaurants, wine bars and boutiques. Paris-based designer Laura Gonzalez carefully weaves the spirit of this eclectic locale into the hotel through hand-painted wallpaper and ceramics, as well as mosaics and artworks that dot the six-storey building.





A trattoria-style restaurant serves up spritzes and Italian crowd favourites such as spaghetti ai due pomodori and vitello tonnato in the courtyard. On the top floor, a rooftop bar offers aperitifs with a view of the city's undulating hills. And if a few days of walking the cobblestone streets of Rome leaves you begging for something a little more soul soothing, Casa Monti's spa offers massages and treatments with all-natural products by Austrian holistic-skincare pioneer Susanne Kaufmann.

casamontiroma.com

4.

Recipe / Rebecca Clopath

Braised onions with 'filini' and miso sugo

Chef Rebecca Clopath's garden stands 1,600 metres above sea level in the sun-drenched Viamala valley of the Graubünden canton in Switzerland (*writes Myriam Zumbühl*). Here, the fennel is tall, the onions are sweet, the herb beds are overflowing with mint, rosemary and thyme, and berries hang heavy on the branches. It feels as though time moves at a different speed. "Plants grow slower but taste more intense," says the restaurateur. "This way, they have more time to develop their flavour." That's definitely the case when it comes to her onions,

which she braises and pairs with homemade *filini* pasta and miso sugo.



Serves 4

Ingredients

For the onion sauce

100g butter

60g white onions, peeled and roughly chopped

10g salt

1g fennel seeds

200ml white wine

20g oil

20g butter

For the miso sugo

50g fresh tomatoes

Salt, to taste

200g passata

5g salt

10g spelt miso

10g pear syrup (or apple molasses)

100g full-fat cream
Small bunch of fresh parsley

For the filini pasta

500g white flour
500g single-grain (einkorn) flour
240g eggs
240g egg yolk
50g oil
50ml hot water
Olive oil, to toss

For the braised onions

60g white onions, peeled
Wild garlic, capers and fennel blossoms to garnish

Method

1.

To start the onion sauce, melt the butter in a pan and add the chopped onions. Sauté for 10 minutes over medium heat until translucent. Season with salt and fennel seeds and deglaze with the white wine and reduce. Leave everything to simmer for 2 hours. Puree with a blender and pass through a sieve. Reheat the sauce and mix in the oil and butter until creamy and foamy.

2.

For the miso sugo, cut the tomatoes into cubes and salt generously. Meanwhile, simmer the passata, salt, miso, pear syrup and full-fat cream in a pan for approximately 1 hour. Then blend the mixture in a blender for 10 minutes. If desired, refine with finely chopped fresh parsley. Combine the fresh tomatoes with the sauce at the very end and season with salt.

3.

To make the *filini* pasta, pour the flour into a bowl and add eggs, oil and hot water, then work into a dough with your hands for roughly 10 minutes or until smooth. Pass through a pasta machine using the rollers for fine *filini*. To cook, salt the water in a pan (it should be as salty as the sea) and cook the rolled-out

dough for roughly 3 minutes. Remove from the water and toss with some pasta water and olive oil.

4.

For the braised onions, cut the onions lengthwise. Carefully grill or fry them in a pan until they are golden yellow or as browned as desired.

5.

To serve, place one tablespoon of miso sugo on a plate with a heap of the filini on top, add the onion sauce around the pasta and finish by placing the braised onion and herbs on top of the sauce. Garnish with wild garlic, capers and fennel blossoms.

5.

Home Truths / Joy Jung From Portugal with love

Munich-born Joy Jung inherited her sense of hospitality from her mother, Claudia, an interior designer who passed on to her the importance of creating cosy, inviting spaces where guests feel at ease (*writes Ivan Carvalho*). As the owner of Vila Joya, a boutique hotel in the Algarve that her parents opened in 1982, Jung and longstanding resident-chef Dieter Koschina delight guests who visit in hopes of discovering the Portuguese region's hidden beauty. Here, she tells Konfekt about her love of vintage scarves and the designs of the late Gabriella Crespi.



How would you describe your interior design style?

I'm inspired by my mother – my style is about creating a feeling of being at home. In the 1980s, she focused on materials and using soft, natural colours. At Vila Joya, that means letting the ocean and the sky shade the room's atmosphere. Portugal is a great source of inspiration, especially its traditional terracotta tones and tiles. We are lucky to have some classic Portuguese tiles – *azulejos* – preserved at Vila Joya. I also love to play with what I've encountered on my travels. Our "1001 Nights" suite

has lovely Japanese-inspired wooden accents, as I recently travelled there.

The first thing you'd grab in a fire?

My dog Otto. He's my soulmate and chef Koschina's best friend.

Money is no object. What piece of design would you invest in?

Gabriella Crespi's Caleidoscopio lamps, made in Italy in the 1970s. I love those beautiful nickel-plated brass fixtures, some standing at different heights and others mounted on a wall. The gaps in the lampshades make the most beautiful reflections.

A favourite plant?

I love vines, so we have been working on creating Bonsai vines. But my absolute favourite has to be angel's trumpets. They give off a mesmerising scent at night.

A few books for the coffee table?

The Vila Joya guest books from the 1980s and 1990s. We already have nine books since opening in 1982, and the 10th is nearly finished. It's lovely to see what friends and visitors write, draw, glue and even sculpt inside these volumes.

Favourite things about your neighbourhood?

I love the sound of the ocean down at Xiringuito beach and the 'sunset rock' in front of our beach shack Vila Joya Sea.

If you had to live somewhere else, it would be...

Portugal is very dear to me. What more can I wish for than being able to jump between the ocean in the Algarve and one of the most vibrant cities in Europe, Lisbon? But if I had to choose, I would opt for Asia or South America.

Your go-to dish for a dinner party?

My chocolate mousse, a collaborative recipe created by my mum and chef Koschina.

Recipe book or play it by ear?

I always call chef Koschina for help.

A few contacts from your phonebook for fixing a house?

Our maintenance manager Vitor has been working at Vila Joya for 36 years, and he can fix anything.

Which garment or accessory holds the most precious memory?

All of my mother's vintage scarves. They still carry her scent even though she's no longer with us.

Any inspiration trips on the horizon?

I can see trips to Mozambique and the Philippines on the horizon. But what is bewitching me right now is the charming little island of São Tomé and Príncipe in Africa.

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6.
Wine of the week / Chandra Kurt
California soul

***Konfekt reader:* Dear Chandra, I'm heading on a tour of California's wine country. What's an unmissable stop?**

Napa Valley is one of the most sensational places for American wines and Raymond Vineyards, led by my good friend Jean-Charles Boisset, is the most memorable spot. Located in Rutherford, Raymond Vineyards is an experience for all the senses. You not only taste wine but also learn about it in a highly entertaining and, sometimes, provocative way. Rooms reminiscent of Parisian hotel salons house everything from the barrel cellar and laboratory to the tasting area. Try the winery's medium-bodied 2021 chardonnay, which mixes grapes from the north and central coast of California to create a smooth, fruity tittle.

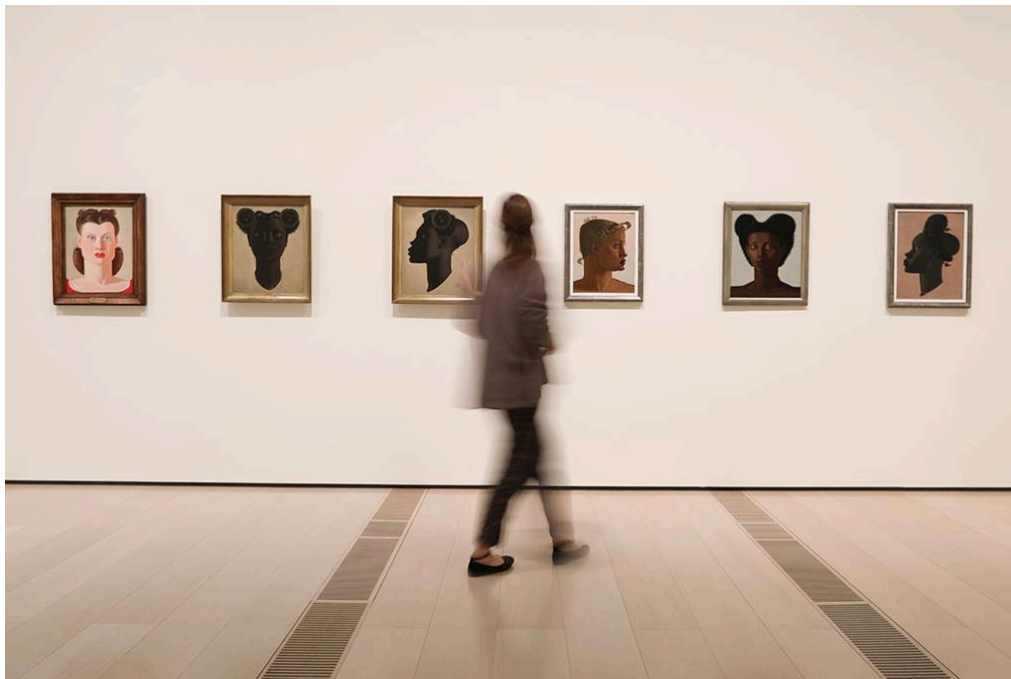


**The Bottom Line: 'R
Collection' chardonnay,
Raymond Vineyards**

Creamy notes of honeysuckle,
pineapple compote and
candied peaches make this
wine a delicious ambassador
of the Napa Valley.
raymondvineyards.com

7.
Visit This / Maruja Mallo at Centro Botin, Santander
In surreal life

In the 19th and early 20th centuries, the Spanish city of Santander was a point of departure for those seeking opportunity across the Atlantic (*writes Alex de Royere*). The Centro Botin, in collaboration with the Museo Nacional Centro de Arte Reina Sofía, is exploring this heritage with a retrospective exhibition of the surrealist painter Maruja Mallo. The artist was a leading figure of the Generation of '27 and was forced into exile in Argentina during the Spanish Civil War. Curated by art historian Patricia Molins, the exhibition surveys Mallo's prolific career through more than 90 paintings and drawings.



Well before the emergence of modern feminist art movements, Mallo sought to portray the modern woman and tackle questions of class, gender and race. While studying theatre in Paris, she encountered the likes of Miró and Picasso, who were fueling new forms of expression – influences she later interlaced with images of South American syncretism and nature. Among the highlights are “La verbena” and “El Mago/Pim Pam Pum” – witnesses of Mallo’s “modern, democratic, cosmopolitan and feminist vision,” says Molins.

'Maruja Mallo: Mask and Compass' runs through 14 September at Centro Botín;
centrobotin.or

Listen / 'Konfekt Korner' Athens special: Cycladic art, timeless footwear and redefining retail



We embark on a summer sojourn to the Aegean to celebrate the creative energy of Athens. We discover the Museum of Cycladic Art, meet shoemaker Le Monde Béryl and talk craftsmanship with Anthologist.

[Listen to the episode.](#)

8. Summer accessory / Tekla sarong That's a wrap

Danish design is synonymous with modernity and timeless silhouettes – something that Copenhagen-based textile company Tekla proudly embodies (*writes Maria Papakleanthous*). The sarong is the Scandinavian label's latest must-have summer accessory, which joins its existing line-up of premium bed linens, soft furnishings and sleepwear.



Made from soft organic cotton and manufactured in Portugal, Tekla's interpretation features a striped border pattern and is available in lilac and cream. Adorned with fringing on the edges, the versatile design is ideal for wrapping around your waistline as a pareo or tying into a halterneck minidress.

[teklafabrics.com](https://www.teklafabrics.com)

9. Cutting a dash / Smart sunglasses Clear the specs

During the sunniest season of the year, the only accessory you need is a pair of extraordinary shades (*writes Marcela Palek*). This year eyewear manufacturers are taking their expertise to a new level with exciting collaborations. South Korean label Gentle Monster joined forces with Maison Margiela to create specs with a striking silhouette. London-based eyewear brand Linda Farrow has developed a unique line of eccentric sunglasses in collaboration with designers such as Jacquemus, The Attico, Dries Van Noten and Magda Butrym. Meanwhile, German brands Mykita and Rimowa have partnered to make frames in the luggage brand's signature material, aluminium. They're

pieces that you can always find room for in your suitcase.
gentlemonster.com; lindafarrow.com; mykita.com



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