

MENU

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HOTEL BENVENGUDO: A PIECE OF PARADISE
IN PROVENCE
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The skies in Provence are one of the most brilliant shades of blue that I've ever seen...



And as I arrived at [Benvengudo \(http://www.benvengudo.com/\)](http://www.benvengudo.com/), a boutique hotel in

Les Baux de Provence, scents of pine filled my nose and the warm afternoon sun touched my skin...



Benvengudo is a gorgeous family run property surrounded by seven acres of of gorgeous gardens filled with pine trees, fields of lavender and olive groves. The hotel has an excellent location for exploring the surrounding area of Provence and nearby Avignon, which I'll tell you about in my next post.





With plenty of pretty spots to relax and enjoy a glass of local Provencal



wine.

In their beautiful gardens...





Or right by the pool...



Or on your own private terrace if you're staying in a Jardin Room as I



was.

Though my room was modern, it had a certain rustic charm and it was always flooded

with light coming through from the terrace. There was everything in the room that you could need for a romantic Provencal escape including a 40 inch flat screen TV, the softest of bed sheets, mini fridge and tea and coffee making



facilities.

The room has only just been refurbished so there's that gorgeous fresh feeling of newness combined with beautiful antique furniture from



Provence.

Everyday flowers are picked from the garden and placed in your room, just one example of the gorgeous personal touches that you receive at this





The bathroom has a rain shower and these delicious Nuxe products that made my skin smell of



honey.



The communal areas of the hotel have the same modern rustic charm as the bedrooms and the library lounge was the perfect place to enjoy a post dinner drink with my companions, [Neil](http://www.manchesterconfidential.co.uk/) and [Fiona](http://www.london-unattached.com/). With 28 rooms it's not a tiny hotel, but the service is extremely personal as you might expect of hotel owned by a family. The hotel has actually been in the Beupied family for years but after Carole Beupied inherited it, Benvenugudo was given a complete makeover. As well as the gorgeous Jardin Rooms, there are also Jardin Suites plus first floor rooms and suites which also have a balcony. There is also the option of hiring a luxurious serviced apartment for families which have fully equipped kitchens and a private terrace.



One of the main reasons that I'd been invited to experience the hotel was to try the incredible food that they served along with the amazing wine list. One night I met the chef, Stéphane Gautier, a soft spoken man who allows his food to do the talking. Stéphane uses fresh herbs and produce from the hotel's own garden and presented his ingredients that were of outstanding quality including fragrant thyme, rosemary, borage, fennel and rocket.



Every night started with an aperitif in the garden accompanied by some delicious



canapés.
Delicious meats...



Beautiful cheeses with the finest oil from the hotel's own olive groves. Everything is sourced locally from local markets and



producers.

We were treated to lots of asparagus which has just come into season...





Plus perfectly ripe radishes along with tapenade - the quality was totally exquisite. I

enjoyed three dinners at the hotel and one lunch at the hotel's bistro but there was no chance of getting bored as there was a different menu every day served in their fine dining restaurant. Believe me, the restaurant truly is the jewel in the hotel's crown.

The chef is passionate about vegetables and we tried several delicious vegetable dishes while we were there.



I adored this dish of artichokes with a parmesan crumble, onion compote and foie



gras.

And I loved this plate of green and white asparagus that was so beautifully presented. I think he read my mind and knew all my favourite vegetables.

The chef's other passion is seafood and so we enjoyed plenty of the most delicious fresh fish from the



Mediterranean.



And the mostly perfectly prepared seared mackerel with Buffalo Mozzarella, cucumber and



sorrel.

And this delicious red mullet, Minestrone style. Portions were a little small but that just meant room for dessert...





Prepared by the hotel's talented pastry chef. We also had a cheese platter every night so that by the time we were heading home I could barely do my coat up!







But it was worth it, don't you think?

Other foodie highlights included this perfectly cooked duck breast...





And this egg that I had for lunch, cooked at 64 degrees to achieve the perfect consistency and served with verbena emulsion. With 28 seats the hotel restaurant is open to the general public though if the hotel is very full, space is reserved for the guests only.

Of course, a hotel breakfast is always a highlight and though they didn't cook to order, the buffet was small but perfectly formed from the hotel's fine



produce.








Served in a light and airy room looking out on to the patio and the swimming pool beyond.


As well as serving utterly delicious food and standing on gorgeous ground, Hotel Benvengudo offers a very charming and personalised service. I'd never been to Provence before and I totally fell in love with the blue skies and beautiful Provencal countryside and this hotel was a great place to enjoy all.

Hotel Benvengudo
Quartier de l'Arcoule
13520 Les Baux de Provence
France


I was hosted at Hotel Benvengudo as part of a press trip.

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Andrea Petersen · 21 hours ago

What STUNNING gardens and omg don't even get me started on the nightly nibbles and veggie seafood feast! Love the rustic *breezy* décor! Lucky girl ;) Lots of love, Andrea xxx

Andrea's Passions

^ | v · Reply · Share



The slow pace · 5 days ago

Wow! The place looks beautiful but the food looks even better!
xx,
E.

www.theslowpace.com

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